



2019 Unity Conference

By Willie Frank III, 7th Council

We had the opportunity to take 25 Nisqually youth, including our Nisqually Youth Council office holders, to the 2019 Unity Conference in Orlando for five days in July. The conference was created for native youth throughout Indian Country. Unity's mission is to "foster the spiritual, mental, physical, and social development of American Indian and Alaska Native youth and to help build a strong, unified and self-reliant Native America through greater youth involvement."

There were more than 2,500 youth in attendance consisting of youth councils from all over the country. Each day, our youth arrived for the 8:30 a.m. start time and I am proud of our youth for getting up every day and being on time. Our days consisted of starting out in the general assembly and then breakout sessions until 5 p.m. Topics included :Healing, Missing Woman, The Importance of Food Sovereignty in our communities, Addiction, Protecting our Native Rights, Suicide and Decolonizing Native American Museum Interpretations. There were many other topics.

All of our youth attended National Congress of American Indians (NCAI) 101 session where our own Dishane Everybodytalksabout was one of the presenters. Dishane gave an oversight about what

the NCAI Youth Council does for native youth. It was good to see one of our Nisqually youth as one of the presenters.

Paulette Jordan, Coeur d'Alene tribal member, talked about her race for the Idaho governor's office and being the first Native American woman to be the democratic candidate for governor. Paulette gave some great motivational words for our native youth boys and girls and spent an hour with our youth answering questions and taking pictures. They also listened to Martin Sensmeier, a Tlingit/Koyukon-

Athabaskan actor who has starred in movies such as *Magnificent Seven* and *Wind River*. It is good to hear from these native role models who have gone through the same experiences as many of our young native youth.

On Saturday evening, many of the youth took part in the talent show that had more than

40 groups signed up to participate. Our youth took part in the talent show by singing and drumming one of our coastal songs. It takes a lot of courage for people to get up and present in front of a room with more than 1,000 people in attendance.

I hope that our youth enjoyed the trip and learned a great deal from each other and different youth throughout Indian country. I would like to thank Bill

Continued on page 9-UNITY



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 at (360)456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

Time: 6:15 p.m. - 7:30 p.m.

Hosted by Anita Torres and Chuck Deuel. Anita can be contacted at 360-413-2727 ext. 2305.

Recovery Cafe located at 4820 Billy Frank Jr. Blvd. Olympia, WA 98513.

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.



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**

How to Contact Us

Tribal Center (360) 456-5221
Health Clinic (360) 459-5312
Law Enforcement (360) 459-9603
Youth Center (360) 455-5213
Natural Resources (360) 438-8687

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
(360) 456-5221

Leslee Youckton
youckton.leslee@nisqually-nsn.gov
ext. 1252

The deadline for the newsletter is the first 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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Gather Emergency Supplies, Before Disaster Strikes!

By Sheila McCloud



Stock up now on emergency supplies that can be used after an earthquake. Store enough supplies to last at least 3 days.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries.
- First aid kit and whistle to signal for help.
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Can opener for food.

Additional Items to Consider Adding to an Emergency Supply Kit

- Prescription medications and glasses Infant formula and diapers.

- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Sleeping bag or warm blanket for each person.
- Complete change of clothing.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits: paper cups, plates and plastic utensils, paper towels.
- Paper and pencil books, games, puzzles or other activities for children.

Information courtesy of www.ready.gov

The Earthquake has stopped: What do I do now?

- Check: Are you injured? Is anyone else injured?
- Determine if you need to evacuate (This is a good reason to have a small ax around in case the disaster has made it impossible to open doors or windows -- you need a tool to break out). Take your 3-day (or more) supply kit
- Do not go outside unless it's not safe to stay in your building.
- Do you smell or hear gas leaking? Turn it off. (You'll want to have a tool that will not create a spark)
- Check on your neighbors
- Conserve water
- Check for water stored in your water heater
- Get water from the toilet tank(not the bowl)
- Fill bathtub and sinks, making sure to tightly plug drain
- Keep refrigerator and freezer closed as much as possible if power is out.
- Save your phone battery
- Charge phone immediately in case power goes out
- Shut off apps
- Shut off Push notifications except for those you absolutely need
- Decrease screen brightness
- Shut off GPS, location services, and Bluetooth unless you absolutely need them
- Call only who you need to and keep conversations short.
- Forward calls to another phone, if you can
- If you can't call, send email or social media messages to friends and family
- Write down important phone numbers in case your phone dies
- Monitor local radio and TV broadcasts
- Monitor websites and social media for information



EPA Human Health Criteria

By Willie Frank III, 7th Council

This is an update on the Environmental Protection Agency's (EPA) recent decision to reverse the Human Health Criteria set by the Washington Department of Ecology in 2016.

In August 2016, Ecology established water quality standards that were approved by EPA after lengthy collaboration between the state and tribes. Our goal was to set a better water quality standard to protect shellfish and fish health, and the health of our people who consume them in higher amounts than most.

In February 2017, the EPA received a petition from several organizations to reconsider the 2016 decision. Groups representing the pulp and paper industry, manufacturers, businesses, and the Washington Farm Bureau filed a petition with the Trump administration to rescind the current protective standards. This action specifically targeted the level of PCBs permitted in the water, because the industries said they could not meet the standards. PCBs, or polychlorinated biphenyls, can be found in industrial products such as building materials, coolants and paint. When the chemicals wind up in our waterways, they accumulate in fish and shellfish, increasing cancer risks in people who

consume them in large quantities, and are also harmful to marine mammals such as orcas.

The Washington Department of Health already cautions people against eating more than two meals per month of resident Puget Sound chinook salmon and affirms that PCBs are the biggest reason why fish consumption advisories are issued in waterways all around Washington.

In August 2018 the EPA decided to reconsider Washington's 2016 Human Health Criteria, and on May 10th announced it will reverse the decision. The EPA's action shows a complete lack of respect for tribal treaty rights and the consultation process between the tribes and the federal government.

I will continue to update you about the developments in this unfolding legal fight. Gov. Jay Inslee and the state attorney general, Bob Ferguson, are in agreement with tribes that this rollback of protections is unacceptable.

Editors Note

The tribal newsletter has had an issue regarding the printing, as in no printer. At the beginning of the year, we changed printers to have the newsletter printed on news print paper. In May, that company decided to close their printing press, which included printing our newsletters.

Since May, I have been trying to find a news paper press that was a reasonable price and local. With only a few press companies in this area, it is hard to find a company since we are a small publication. Most press companies have an minimum of 1500 copies, over twice the amount we have printed! We have chosen to use the Nisqually Post and Print.

I am sorry for the delay in getting a newsletter out to you.
Leslee Youckton

July/August Night Sky

By George Walter

We often have a clear night sky during the summer months and therefore, when you are outside at night, the stars and planets are very noticeable. This year the highlights for July and August are the two largest planets, Jupiter and Saturn. They both will be high in the southern sky throughout the summer. Jupiter will be the brightest sky object (other than the Moon) and will be further west than Saturn. If you have binoculars, take a look at these planets. You should be able to see several of Jupiter's moons and Saturn's rings.

Children might ask about the northeast to southwest bright sweep of stars. That's our home galaxy, the Milky Way. We are located somewhat outside the core of the galaxy and during summer months we are able to look sideways toward and into our galaxy's center. With binoculars you can make out individual stars within the sweep. It is stunning at how many millions of stars make up that Milky Way. And each of those stars is the central sun of its own solar system. Amazing! When you're outside at night, keep looking up!



Shoreline Clean-Up Report

By David Stepetin

The NET (Nisqually Environmental Team) participated in a shoreline clean-up recently. We used rental kayaks for the day, which included initial kayak training. The entire effort was supported by staff from the Tribe's Natural Resources Law Enforcement and Education departments. And, two Tribal Council members and their families participated.

The NET now has its own kayaks! We have received two grants for this ongoing project from the Russell Family Foundation, as well as funding from the Tribe's charitable funds. We have purchased kayaks, including all safety equipment, for future use. We plan shoreline clean-up activities to be a regularly scheduled activity. Having these kayaks available means that, with proper training and following safety procedures, our youth will have ongoing opportunities to experience their natural heritage areas first hand and up close.

The NET is open to suggestion for expanding usage of the kayaks. Please feel free to contact me at 360-456-5221, ext. 1202, or by email at Stepetin.david@nisqually-nsn.gov.



NPD Update

By Chief Iyall

We are pleased to bring this information to the Nisqually Community. Please feel free to call us or visit with any questions or comments.

We have been busy recruiting officers and now have 11 full time police officers and four Fish and Wildlife officers. Our officers include:

- **Lt. Rodney McDonald, Sgt. Angel Soto and Sgt. Jay Yazzie** who have been with NPD for many years and become familiar faces within the community.
- **Officer Stephen Medina and Michael Terrell** who also trains our new officers.
- **Officer Noelle Winchell** who is working on a Public Safety for the community and she also your contact for domestic violence issues.
- **Officer Jalan Dickerson**
- **Officer Alec McClelland Officer John Campbell** both just recently graduated police academy.
- **Office Bob Audure** who is currently at police academy.
- **Fish & Wildlife Officers Chet Tweed, David Blanksma, Jeff Jackson and introducing Nisqually Tribal Member, Trey Birdtail.**

- **Kayla Sparkuhl** is the coordinator for OCVA, a program that can assist our community members who are victims of crimes. If you know anyone needing this service you can call or visit Kayla her at Public Safety.

Our focus is to keep the community safe and as this community grows exponentially it becomes a bigger challenge everyday. We care confident that we can handle this task and want to work with the community the best that we can. We will continue to put out information to you about how to work with NPD on minimizing the crime in our neighborhoods and reporting any suspicious activities or people.

New 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



Congratulations to AmeriCorps graduates Randy Fossella and Stikaiyu Kalama!

Randy and Stikaiyu started in July 2018. They have pulled about a ton of ivy from the Tribe's Lake St. Clair property; installed the new picnic shelter at the 21st St. park; helped with the Youth Center playground installation; built garden boxes for elders; and took care of Tribal parks and fields all summer. They went up to Nisqually State Park every week to keep it free of trash and to clear trails. They took good care of Medicine Springs and helped out with two community events there. In the spring the crew traveled to Mt. Rainier to get the Tribe's Designated Use Area ready for the summer camping season. Stikaiyu enjoyed learning how to do fish forage survey and labwork for Nisqually Reach Nature Center, and Randy developed his leadership skills through classes with Garden Raised Bounty (GRUB).



Thank you to the families of these members and the community for supporting them during their hard work in service to the Tribe.

CAUTION PLEASE BE AWARE

Giant Hogweed

By Lisa Breckenridge

Recently the Tribe's Native plant and land crews safely removed a patch of Giant Hogweed from the reservation. These plants can reach 15-20 feet tall! They form dense canopies that crowd out native vegetation and increase soil erosion. The biggest concern for public safety is that the plants have a clear watery sap that sensitize human skin to ultraviolet radiation, resulting in severe burns.

Giant hogweed is considered a "Class A" noxious weed in Washington State (mandatory control). If you see any of these plants on the reservation, please call the Tribal Planning office and let Tribal Land Manager Joe Kautz know. Please do not try to remove the plants yourself.





New Playground on Muk Sut Wei



There's a new playground to celebrate on Muk Sut Wei! Thanks to the Nisqually Housing Authority for taking the lead on replacing the old, dangerous playground with a brand new one.

Tribal Members Take your family camping for free this summer!

Nisqually dedicated campground at
Mt. Rainier National Park at Longmire
Overnight campers need a permit!
Contact Diane Moreno, 360-456-5221 x 1114
for directions and for a permit.
If you want to go up and picnic for the day,
no permit needed, just go ahead!





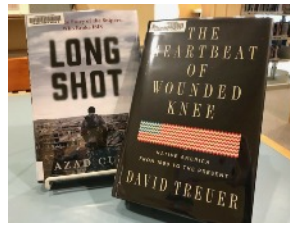
New Books

From Library Staff

Welcoming back the Nisqually tribal library. Our staff would like to continue to update readers with reviews on new and interesting books.

Since the world has been taken over by super heroes we have added many new marvel comics to our collection including newer and older versions. The Infinity Gauntlet, Black Panther, Captain Marvel and Wonder Woman.

Also for the people who love Biographies and Non-fiction we are adding many new great titles including Rachel Hollis "Girl Stop Apologizing," which pushes women to succeed in what they want. Sports fans will be glad to see we have bought LeBron James new Biography as well as Kevin Durant's.



We have also added many new adult non-fiction titles including "The Heartbeat at Wounded Knee" By David Treuer. Treuer has written many great novels. This book covers history as far back as the 1890 Wounded Knee

massacre. But unlike so many other novels which cover only American history, this looks at the survival of Indian Americans in the face so much adversity. How many tribes got past Treaty wars? How the tribes recovered again after the Allotment Acts. As well as how Indians were forced to boarding schools and what happened afterward. This book shows the resiliency of American Indians in the past and their success as of today.

Hope to see you soon!

Felon Voting Eligibility

Brent W. Bottoms, Nisqually Indian Tribe Prosecuting Attorney

In March, I started as your Tribal Prosecutor. I have been an attorney for fourteen years. Prior to coming to Nisqually, I was the Prosecuting Attorney for the Quinault Indian Nation. I have five children three daughters and two sons, ranging in age from 20 to 11. My wife, Sarah, and I live with our three youngest children in Olympia, WA.

I began my professional career as a civil attorney, but quickly felt the call to be a prosecutor. The reason for my change was that I enjoy working with a team (law enforcement, elected officials, community leaders, and others) to make a difference. Working towards a safer community is rewarding. The criminal justice system within a Tribal Court recognizes the defendant as a community member and measures success by the healing that occurs in that person's life. It is rewarding to see someone recover and improve. Improvement can come as development in family relationships, advancement in their careers, or boosting their participation in the community.

One of the ways that someone who has been involved in the criminal justice system can participate in their community is by voting. Many people who have been convicted of felonies in Washington State mistakenly believe that they can never vote again, or that the process is difficult. While this may have been true in

the past, for most, the process is now as simple as registering to vote. If you were convicted of a felony in Washington State and are no longer under the supervision of the Department of Corrections (DOC), then your right to vote has been restored. All you need to do is re-register to vote. Again, if you are not currently in prison or on community custody (i.e. required to report to a DOC parolee officer) and your conviction was a Washington State conviction, you can re-register to vote. This can even be done online (or by mail or in person). The Washington State - Secretary of State has a page with more information, <https://www.sos.wa.gov/elections/voter-eligibility.aspx>

Voting is an important right of citizenship. If you previously lost your right to vote but are eligible to re-register, I strongly encourage you to do so. I appreciate how welcoming the community has been, and look forward to working with you towards a safer community.

The information in this column is for informational purposes only and not for the purpose of providing legal advice or establishing an attorney – client relationship. You should contact your attorney to obtain advice with respect to any particular issue or problem.



Garden Stand News

By Grace Byrd

Never gossip in the garden. . .

The corn has ears, the beanstalk, and the potatoes have eyes.

-Author unknown

Lol! Just a little fun sent from our Garden Crew!

We love you all and hope to see you soon at our weekly Garden Stand on Thursdays from 1 p.m. -3 p.m.

Please note:

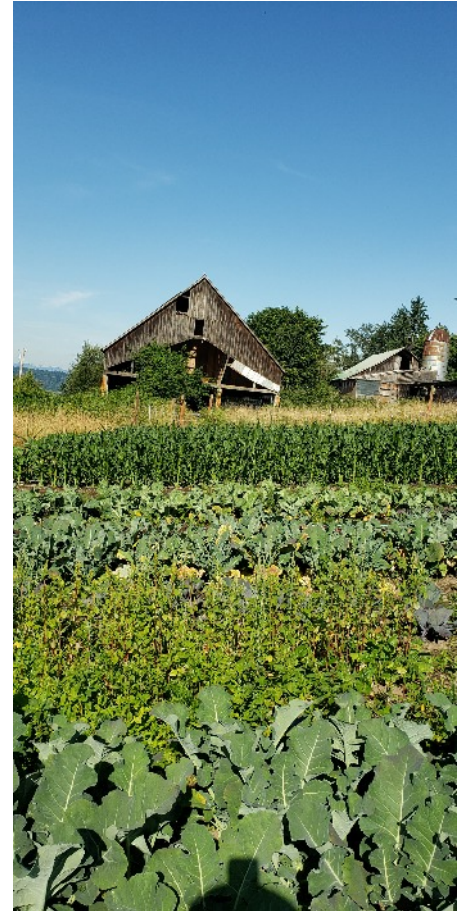
We have paired up with the Health Dept to also provide natural medicines at our garden stand so come check it out! Natural Medicines will be different or the same depending upon availability and season.

Produce/medicine is free to all tribal members and its direct community members.

Donations accepted from anyone.

If you don't live on or near the reservation, please donate something. It helps us to help our own. Thank you.

We are committed to grow fruits and veggies for Nisqually and its community. We are always willing to answer any gardening questions.



Weekly Garden Stand
Thursdays from 1 p.m. - 3 p.m.
Between the administration building and new head start building!

Continued from cover-UNITY

Kallappa, Alison Kautz, Marisa Woodard, Julia Gonzalez, Katrina Delacruz and Peggen Frank who attended as chaperones and took the time to commit to our youth and the future of our tribe. I would also like to thank Natasha Kautz who made this possible through a federal Housing and Urban Development grant for youth events. Kevin Moore was a huge help, making sure everything was set up for the youth and the accounting department went above and beyond to make this possible. I would also like to thank Tribal Council, Sharlaine and Cynthia for supporting our youth and making this possible as well.

Willie Frank III
7th Council

Save The Date! **Health Fair 2019**

Friday September 6, 2019

11 a.m. - 2 p.m.

Nisqually Youth and Community Center
1937 Lashi St SE Olympia, WA 98513

Please join us for our annual Health Fair and enjoy:

- Food
- Raffles
- Fun Walk
- Vendors
- Health Information and Services
- Positive Vibes





WHAM! BAM! – IT'S A SPAM SCAM!

Tips from the IT-WebDev Department

In 2015, there were over 205 billion emails sent and received; by the end of 2019 that number is expected to reach 246 billion. By the end of 2019, one third of the total worldwide population will be using email. This number will continue to grow as online services require email addresses, e.g. shopping, banking, social media sites. Email is widely used in the business world with consumer email use growing as well due to the use for notifications. Over half of all Internet users receive at least one scam email per day. The CAN-SPAM Act is a law enacted setting rules for commercial email, establishes requirements for commercial messages, gives consumers the right to stop emailing them and spells out tough penalties for violations.



Top Tips for SCAM-SPAM emails:

- NEVER reply to spam emails
- DO NOT click on spam email links
- DON'T publish personal email addresses on public websites or social media sites
- USE anti-spam software filters in email programs
- DON'T click on "unsubscribe" in spam emails – this often is a deceptive trick link

- SETUP rules in email to automatically reject or move spam emails to the trash folder
- REPORT abusers by forwarding unwanted emails to spam@uce.gov

Keyword definitions for SCAM-SPAM emails:

- Phishing – Scammers appearing to be legitimate companies or businesses in order to obtain personal information such as credit card numbers, bank account numbers and passwords
- Spoofing – Similar to phishing and uses links to malicious websites or infected attachments

Resource Websites:

- Spam laws - <https://www.consumer.ftc.gov/articles/0038-spam>
- Identity theft - <https://www.usa.gov/identity-theft> and <https://www.identitytheft.gov/>
- Microsoft Outlook tips - <https://support.office.com/en-us/article/10-tips-on-how-to-help-reduce-spam-55f756e8-688b-41c3-a086-8f68ccc592f6>

Whatever happened to? – AOL

Tips from the IT-WebDev Department

On May 24, 1985 America Online, or "AOL" as more commonly known, came into existence. It was first named Quantum Computer Services and was founded by Steve Case. In the very early 90s, during the growth of the Internet, online access was primarily limited to people associated with colleges or universities. It was the founder's goal to create an online bulletin board for all Commodore 64 computer users. He started with a few thousand users to more than 100,000. This number grew exponentially to a global membership count of 34 million by 2002. AOL established an online community environment with buddy lists (similar to Facebook friends), email and instant messaging services. Several beliefs speculate the downfall of AOL (from growth acquisitions to management), but primarily its inability to switch from dial-up Internet access to high speed broadband was the key business model fail.



AOL Timeline Facts:

- America Online was a household name and became one of the best loved brands in the world
- It is estimated AOL spent \$300 million in CDs to ship free to millions of worldwide households
- At one point, AOL obtained a new user every 6 seconds

- AOL went public and was worth \$125 billion
- AOL acquired both rivals Compuserve and Netscape expanding its user base through acquisition
- The modem systems AOL initially had in place couldn't handle the membership traffic and despite complaints by the user community, it still continued to grow
- In 2000, AOL merged with Time Warner Inc.
- AOL stock fell from a high of \$56.60 to a low of \$14.81 creating a \$200 billion loss of shareholder wealth
- Steve Case resigned in 2003 to take care of an ill family member
- In 2006, America Online officially branded its name as AOL
- AOL bought the Huffington Post (A U.S. online news blog site) for \$315 million
- AOL became known by its "You've got mail" voice alert
- In 2013, AOL still had 2.5 million dial-up service subscribers
- In 2015, Verizon communications purchased AOL for \$4.4 billion

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.





Electronic Health Records System!

The Nisqually Health Department would like to announce some very exciting news to our Nisqually Tribe community. We are transitioning to a new Electronic Health Record system! This is exciting for everyone because it will help improve and coordinate your care through all Health Programs to offer seamless, optimal care to better serve you.

You might remember the transition we made from paper to our existing system- this system was created for Veterans Health Systems in 1978 and adopted by Indian Health Services (IHS) in 2004. IHS has announced that they are phasing out of this archaic system over the next several years. Following that trend in healthcare, we are following that path as well, and to keep to the Health Department's vision of providing "State of the Art" technology, this will allow us to do just that. We are taking this step to transition away from the old system and will now be able to provide the highest quality of care to the community with the best technology and upgraded Electronic Health Record (E H R) system.

This fall, we will be saying "goodbye" to an over 30 year old system, and "hello" to a modern Electronic Health Record system: Greenway Health Intergy for Family Medicine and for Dental we will have Greenway MediaDent. The new system integrates a patient portal for communication from provider to patient, Family Medicine, Behavioral Health, and Dental care all into one holistic system, in a new technological world.

Why Greenway?

- 25+ Years in Tribal Health Experience; 35+ Tribal Health Sites Nationwide
- Strategic Focus on Tribes in the Pacific Northwest
- 100% focus on ambulatory care; 1 Vendor, Holistic Suite of Solutions
- Ability to communicate with our local hospitals

We anticipate that we will have transitioned fully onto the new system by the end of the year. Please stay tuned as we share updates along the way!



Caregiver Support Program

Mark your calendars!

Caregivers Support Group

- August 12 1 p.m. - 2 p.m. Signs and Symptoms of Heart Attacks w/Health Clinic
- August 26 4 p.m. - 5 p.m. Grief and Loss Support, also woodland park zoo tickets for the caregivers who have signed up for the program. Please sign up at the Elders.
- Wednesdays & Thursdays 4:30 - 8:30 p.m. Sewing, beading and craft with culture program.

Caregivers support program provides services for: unpaid caregivers of Native American Elders 55 years or older or Native American Elders raising children who live in their home because their parents are unable or willing to care for them.

Please contact the Elders program for more information at 360-486-9546 Karen Anderson ext. 1981 or Cleo Frank ext. 2166.



Shopping just got easier with WIC

WIC cards replace checks starting September!

Be sure your name, address including zip code, phone number, spelling and date of birth are correct and up to date in the WIC computer. This is critical to accessing WIC foods from your card!

Check out this feature on the WIC shopper app:

Did you know that "WIC allowable foods" is the same as your paper WIC shopping guide? The WIC shopper app has many more features.....download it on your phone and check it out!



Download the free
WIC shopper app

Facts about your WIC card:



1. You will need to set up a 4-digit PIN before you can shop. Pick a number that is easy for you to remember and hard for others to guess.
2. Expect your first appointment getting the card to take longer. We appreciate your patience!
3. The whole family's benefits will be on one card.
4. Keep your card. Your WIC benefits will be reloaded onto your card each month.
5. You can buy just the WIC foods you need and shop again when you need the other items.

Questions? Please contact your WIC staff at SPIPA:

Patty 360-462-3224 or Debbie Gardipee-Reyes 360-462-3227



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



South Puget Intertribal Planning Agency

WIC Program August Dates



CHEHALIS 8/8/19
SKOKOMISH 8/12/19
SQUAXIN ISLAND 8/13/19
NISQUALLY 8/14/19

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

SERVING NISQUALLY 8/22/19

Mexican Fiesta Pasta Salad



INGREDIENTS:
2 cups cooked tricolor rotini pasta, rinsed in cold water
1 can black beans, rinsed
1 can corn, drained
1/2 red bell pepper, chopped into 1/2" pieces.
1/2 cup cilantro, chopped
4 Tbsp Lemon juice
4 Tbsp olive oil
1/2 Tsp garlic powder
salt and crushed red pepper to taste

INSTRUCTIONS:
1. Combine the pasta, black beans, corn, bell pepper, and cilantro in large bowl.
2. To make dressing, combine lemon juice, olive oil, garlic powder, salt, and crushed red pepper in small bowl.
3. Just before serving, pour over salad and toss to combine.

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

This institution is an equal opportunity provider.





FDA Warns Against Use of Teething Jewelry

By Sue Bohannon, DMD

The FDA is alerting parents, caregivers and healthcare providers that necklaces, bracelets, and other jewelry marked for relieving teeth pain should not be used with infants or to provide sensory stimulation to persons with special needs, such as autism or ADHD.

The warning stems from multiple reports of death and serious injuries to infants and children, including strangulation and choking, caused by necklaces and bracelets often marketed for relieving teething pain. The risks of using teething jewelry include choking, strangulation, injury to the mouth, and infection.

Alternatives include:

- Gently rubbing or massaging the gums with a clean finger or wash cloth
- Giving the teething child a teething ring made of firm rubber
- Do not freeze the teething ring. If the object is too hard, it can hurt the child's gums



Avoid teething creams and Benzocaine gels, sprays, ointments, solutions and lozenges for mouth and gum pain in infants and children younger than 2 years. Benzocaine and other local anesthetics can cause methemoglobinemia, a serious condition in which the amount of oxygen carried through the blood is reduced. The condition is life-threatening and can result in death.

Please share this important information with new parents in your lives. Please call us to schedule a dental appointment at Nisqually Tribe's Dental Clinic at 360-413-2716.

PLEASE JOIN US FOR OUR FIRST EVER

DENTAL FUN DAY

Thursday August 22, 2019 10:00 a.m.—2:00 p.m.

Nisqually Youth and Community Center

1937 Lashi St S.E. Olympia, WA 98513

Dunk Your Dentist

Bounce Houses

Learning Tables

Hands On Activities

Raffles & Prizes

Coloring Table

Hot Dogs, Chips & Otter Pops



BRING THE KIDS AND
COME HAVE FUN!

NISQUALLY NATIVE WOMEN'S WELLNESS
PROGRAM

Mammogram Day

IF YOU ARE A WOMAN 40 OR OVER PLEASE
COME IN FOR BREAST HEALTH EXAM AND
MAMMOGRAM

NISQUALLY TRIBAL HEALTH
CLINIC

THURSDAY, AUGUST 22ND, 2019
FROM 9:00AM TO 4:00PM

WATER, TEA, JUICE, BREAKFAST SNACKS, AND LUNCH
WILL BE PROVIDED. ALL PATIENTS WHO ATTEND THEIR
MAMMOGRAM WILL BE ENTERED INTO A DRAWING FOR A
BEAUTIFUL BLANKET.

SPONSORED IN PART BY:

National Breast and Cervical
Cancer Early Detection Program

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Please call (360) 459-5312 to schedule an appointment.



Announcements

HBD Tom McCloud!



Happy Birthday



Jillian Marrisa!

Happy Birthday



Handsome!

Fun Summer Facts!

- The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer
- In the summer heat, the iron in France’s Eiffel Tower expands, making the tower grow more than 6 inches
- The first Olympic Games in the modern era were the 1896 Summer Olympics, officially known as the Games of the I Olympiad in Athens, Greece. The Games featured the Panathinaiko Stadium, the first giant stadium of the modern world that housed the largest crowd to ever watch a sporting event.
- A ubiquitous summer treat is watermelon. Watermelon is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans consume 15 pounds of watermelon annually
- Popsicles, a popular summer treat, was accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began selling them at an amusement park in New Jersey. In the U.S., cherry is the number 1 flavor.
- Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.





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