

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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February 2021

Nisqually Library Updates

By Catalina Sanchez

Happy New Year from the Nisqually Tribal Library. We just wanted to give everyone a brief update of the Nisqually Library for 2021. We just installed new laminate flooring; which really looks amazing with our new walls we had installed last year. Very thankful to our hardworking staff in the library and the maintenance crew that helped move all the books from the library floors, as well as anyone who donated the boxes we needed very much!

We miss seeing all of you, and hope that you reach out with any of your library requests. We've had a few patrons stop by for curbside pickup and I welcome you all to call or email any requests. We will try to meet any needs as we begin unpacking the books and arranging shelves.

Unpacking will take a little bit of time, but let us know what we need on our shelves for the New Year. Thanks Catalina S.



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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LIB LIFE,

Tribal Library Staff

Our facility remains in Phase II and closed to the public. We anticipate reopening to serve the community at partial capacity when the Tribe as an entity moves into Phase III as declared by Tribal Leadership. However, just because we're closed doesn't mean we're not here to help!

AN AWESOME REMINDER

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 will be handing out 2nd Quarter kits at the end of February. 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 to reserve your family's kit for February!

Library Staff can be reached at: 360-456 – 5221
Catalina S. extension 1222 OR Shannon R. extension 1141

Library Internship Highlights

It has been a great year working with the Library Staff. I enjoyed working with my co-workers. They are leaders, team players which makes a big difference in a work place. When you have leaders, team players in the office setting, it really makes a big difference to the trainee. Librarians have skills. They play a big role in their community to help and serve the people.

I had always wanted to know how the library operated, and this internship gave me a great understanding of how the Dewey Decimal System works. I learned to use tools on the computer to find books, to catalog, for data entry, and researched to find specific books on Nisqually Tribal history, cataloging those books and stocking the books on the shelf.

Harrilyn Smith , Library Intern

LinkedIn

REMINDER: Nisqually Tribe Library Offers Lynda.com Professional Development Courses

The Nisqually Tribe Library recently purchased an annual subscription of LinkedIn Learning for all patrons and cardholders to access professional development courses – from Microsoft Office applications to Learning AutoCAD, Photoshop to Small Business Marketing. Best of all? The courses are available on your home computer over the web!

If you are looking to access the platform, call us at the Library to get a password, then search the training catalog at:

<http://www.Lynda.com>

As a preview of the platform, Library staff have been using LinkedIn Learning (Lynda) to brush up on their skills in Microsoft Office products, including Excel, Outlook, PowerPoint, and Publisher. We are now moving into training in Emotional Intelligence (EQ) online, which is being supplemented by reading materials from the library. If your department or program would like ideas on training for staff, or you need assistance getting established with the platform, call us at the Library.



Nisqually Corrections News

By Mark Upton, Correction/SRT Corporal

In 2020, Corrections Officers at the Nisqually Jail had 55 incidents involving the discovery of narcotics, responded to over 40 inmate fights, and experienced 13 inmate on Officer assaults. The numbers are less than last year except in one area... Discovery of narcotics. Officers and SRT operators worked tirelessly in 2020 to combat the rise in narcotic presence in the area. During those efforts, there were two specific instances that were exhibited exceptional heroism.

On 09-11-2020, Officer Blacketer exhibited extreme thoroughness and conscientiousness in the performance of his duties, which is a well-known character trait of his. During a routine medical pass, an inmate's name was called with no answer. Instead of ignoring the lack of response and moving on, Officer Blacketer investigated further. Officer Blacketer discovered the inmate in question unresponsive and in a comatose state. After immense medical care it was determined that the inmate was suffering from a Heroin



overdose, and she was treated with life saving measures from that time on. The unfettered dedication of Officer Blacketer that day saved the life of that inmate without a shadow of a doubt.

On 12-02-2020, Officer McNeal exhibited steadiness under pressure and quick decision making as an Operator on the Nisqually Special Response Team. SRT conducted a high risk search of a dorm based on intel that there had been narcotics smuggled in. Officer McNeal was the first man through the door and restrained a person of interest that was known to be a violent offender. Once the inmate was being searched, Officer McNeal noticed a bag containing heroin sticking out of their mouth. The inmate attempted to swallow the heroin and, without hesitation, Officer McNeal prevented the item from being swallowed. Based on the torn condition of the bag and the amount of heroin it contained, it is apparent, beyond a reasonable doubt, that Officer McNeal saved the inmate's life.



Nisqually Fish and Wildlife Department

By Michael Terrell

The Nisqually Police Department and Nisqually Fish and Wildlife Department would like to wish everyone a happy new year. We have been busy at with numerous advancements within the department to provide the community with the best service possible.

We recently sent down two cadets, one being a Nisqually Tribal Member, to the Federal Law Enforcement Training Center in Artesia, NM for basic police academy. The basic police academy is a 13-week rigorous course providing cadets with all the necessary tools to become law enforcement officers. Nisqually Tribal member Masun Slape and Scott Benson attended the academy and successfully graduated on January 7, 2021.

Officers Slape and Benson will begin their post academy training in a few weeks with certified patrol training officers. The post academy training is a 12-week process that gives the officers real world hands on experience with experienced officers. The Nisqually Police Department is sending four cadets to the Federal Law Enforcement Training Center Basic police academy starting in April and graduating in July.



On behalf of the Nisqually Indian Tribal Council, the Nisqually Tribal Third-Party Election Auditor, Honest Ballot, announces important COVID-19 safety requirements for the upcoming 2021 Nominations meeting.

Details of the Nominations Meeting:

Date and Location:

**Saturday, February 6, 2021
Nisqually Youth Center
10:00 a.m.**

Please note that the location of the Nominations Meeting has changed to the Youth Center this year in order to better facilitate COVID-19 safety precautions.

Nomination Meeting COVID-19 Precautions:

- Social distancing is required during the Nominations Meeting process.
- Masks are mandatory for all attendees and personnel.
- Temperature checks will be performed at the door as a requirement for entry to the meeting.
- In order to further limit the number of people inside the Youth Center, we will be having nominations at staggered intervals for the four categories of positions:

1. Tribal Council, 45 minutes
2. Enrollment Committee, 45 minutes
3. Fish Commission, 45 minutes
4. Shareholders, 45 minutes

- Only people who express an intent at the door 1) Nominate someone **during the current interval**; 2) Second a nomination **during the current interval**; 3) Accept a nomination **during the current interval** will be allowed in the Youth Center in order to limit the risk exposure and to allow for social distancing.
- No one else will be allowed to enter the Youth Center. There will be no audience this year in order to minimize the risk of spreading COVID-19.

Note that Honest Ballot will circulate further notices and update throughout the 2021 election cycle. If you should have any question, please do not hesitate to contact Honest Ballot by phone at 800-541-1851 or email at honestballot@aol.com. Customer service is available by phone from 9:30 a.m. to 5:00 p.m. eastern time, Monday through Friday, and via email at all other times.

Important Election Dates:

Nominations Meeting: Saturday February 6, 2021 10 a.m. at Nisqually Youth Center

Primary Election: Saturday March 13, 2021 Billy Frank Jr. Gymnasium MAIL-IN/ABSENTEE ONLY 5:00 p.m.

General Election: Saturday May 1, 2021 Billy Frank Jr. Gymnasium MAIL-IN/ABSENTEE ONLY 5:00 p.m.

Open positions in the 2021 Election Cycle:

- Tribal Council Chair
- Tribal Council Secretary
- Tribal Council Fifth Member
- Enrollment Committee Chair
- Enrollment Committee Secretary
- Enrollment Committee Fifth Member
- 5 positions for Fish Commission
- 1 position for General Council Shareholder of Medicine Creek Enterprise Corporation (2 year term)
- 1 position for General Council Shareholder of Medicine Creek Enterprise Corporation (2 year term)



Enrollment: Current Address

To ensure that our members receive Tribal mail please make sure that the Enrollment Department has your current address. If you need to update, the forms are available online or you may request one from the Enrollment Department. At this time we do not have an address for the following members:

- Alferd, Noah
- Birdtail, Trey
- Carte, Chaunteil
- Chase, Darrion
- Chase, Ethan
- Curtis, Darry
- Dennison, Anthony
- Denson, Joleen
- Gonzalez, Julia
- Hatfield, Jameson
- Legg, Gabriella
- Wells, Alyssa Larios
- Lesage, Georgia
- Lesage, Malayna
- Leschi, Aaron
- Littlelight, Santos
- Marshall, Dustin
- Maxam, Eric
- McCloud II, James
- Mounts, Richard
- Obi, Madelynn
- Quintana, Alex
- Quintana, Charlotte
- Quintana, Larry
- Quintana, Rachel
- Rodrigues, Albert
- Sanchez, Cheyenne
- Sanchez, Gavril
- Scott, Melissa
- Segura, Betty
- Sison, Steven
- Tarrach, Rayna
- Thompson, Regina
- Villegas, Surena
- Welch, Kamille
- Wells, Ryder
- Wood, Adrianna
- Youckton, Alex

We look forward to hearing from you.
Thank you!

Update from Nisqually Tribal Archives 2021

By Kurtis Bullchild Archives Tech

Hello from the musty, dusty Archives Department! With the Covid 19 craziness of 2020 in hind sight, we can focus on making 2021 a more productive year for the Nisqually community and get back to some normal days. With the restrictions in place and the community on lockdown, it has given us the time to get organized and catch up on some of the back logged work here in Archives. Here are a few things to look forward to coming from the Archives Department.

I have been working on a Facebook page for our department which will be used for various purposes. We have a lot of old photographs that we will need help with identifying, sharing information of how to preserve your own photographs and documents, community events, and monthly trivia and drawings for various prizes.

Another event to look forward to this year is the Archives Department Oral History project. I have been working on the policies and a procedure manual for this project as well and ideas for community events and ideas for topics for the oral history recordings. Another one of the focus points for the Archives Department this year is the sharing of the digitized photographs and historical documents that are already in Archives.

We have a few collections that are almost fully digitized such as the Dale McBride and Cecilia Svinth Carpenter collections. And we are working on getting relevant collections added to our Archives. The Cecilia Svinth Carpenter collection is an important collection of Ceclilia's work on getting an understanding of our Nisqually Tribal history. All of her notes, case studies, personal correspondence with other historians, newspaper clippings and Nisqually Tribal historical documents such as old newsletters and minutes from previous councils are in this collection. We have reached 32,000 mark for digitized documents just from the Cecilia Svinth Carpenter collection.

We are also working on getting some museum quality display cases to display the historical objects and items we have in Archives such as baskets, old fishing tools and other items.

And last but certainly not the least is I have perused the old Tribal newspapers and found some articles written by tribal members that we have revised and retyped to share with the community in the 2021 newsletter!

If you have any questions or concerns for the Archives Department please contact us at 360-456-5221 ex. 1162 or email @ Bullchild.kurtis@nisqually-nsn.gov



Winter Gardening Tips From the Nisqually Community Garden

By Chantay Anderson

You may think that there isn't much to do in the garden right now but, that's where you are wrong! Now is a great time to work with your blueberry bushes and raspberry canes.

In late winter to early spring is the perfect time to plant any new blueberry plants and if you have any existing bushes you can get started on pruning. To prune your blueberries, you want to remove any dead or sick branches and any branches that do not have many fruiting buds (located at the end of each branch). After doing that, your bush should be thinned enough that it will have plenty of room for new growth and there should be no branches that are crossing or touching each other. There are some great YouTube videos that explain exactly what to look for when pruning. To top off your blueberry plants, carefully weed around them and then mulch with wood chips or undyed bark.



Maybe you have raised raspberry beds? Maybe you don't and they're planted directly into the ground? If they are planted in a bed now is a good time to repair or rebuild those beds, (I just did that in our little medicine garden.) You should also top them off with a little fresh soil and some mulch such as wood chips or leaf litter. Prune your raspberry canes based on the type of plant they are and remove any old dead or sick looking branches. You can also cut the tops of each cane (if you choose to, it is not necessary to top them). This will give you easier picking access. Doing this will result in a smaller harvest but you will have bigger more plump berries.



If you have any questions feel free to contact the garden and someone here would be glad to give you any advice!

Headsets for Online Conferencing

Tips from the IT-WebDev Department

In today's increasingly demanding world of online education access and work video conferencing for communications, headsets are now more important than ever to maximize clear audio quality. A computer's microphone and speakers in most cases of online use will suffice; however, to obtain the best quality in audio clarity, a decent headset with a built-in microphone system allow for the best performance. Headsets also help drown out background noise (for both the presenter and the listener).



Several points to take into consideration before purchasing headsets include;

- Wired or wireless (Bluetooth)
- Foam padding for comfort
- Range
- Weight and fitting

The Nisqually Tribe recently provided headsets for Tribal students to go along with their Chromebooks. These headsets are highly affordable and offer both wired and wireless functionality. They also have foam padding for comfort plus included is a soft protective carrying case. If interested in purchasing, these may be obtained at Amazon for a value price of under \$25 and in multiple color choices;

https://www.amazon.com/stores/ENJOY+MUSIC+LIFE+WITH+ZIHNIC+HEADPHONES+%21/page/9BDC9FE8-8DA4-42D8-9E5E-2BEB971DB508?ref=ast_bln

Helpful resource article on the best headsets for conference calls in 2020:

<https://www.ringcentral.com/us/en/blog/best-headset-for-conference-calls/>

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



Download the Avenza Maps App & the Nisqually Hunting Atlas, v.3



1. Download the Avenza Maps App on Google Play or the App Store:

<https://play.google.com/store/apps/details?id=com.Avenza>

<https://itunes.apple.com/ca/app/avenza-pdf-maps/id388424049?mt=8>



2. Download the Entire Map Atlas using a QR Code or Link:

Note: the Avenza app differs depending on the device it's installed on—these instructions are as close as possible but may vary for your device. Please use the Avenza help for your device or contact the Tribe's GIS Program if you have any trouble with the maps. If you have a previous version of the Nisqually Hunting Atlas already downloaded, you may want to remove it from the Avenza app before downloading the new version to save space on your device.

- Use the built in QR Code Reader in the Avenza app to download the atlas:

In the Avenza app, go to 'My Maps', select the '+' button, select download/import map, then select the QR reader (generally at the top right) and align your device's camera (you may have to allow the Avenza app access to the camera under your device's settings). Then select the 'Free' button and then the 'Download' button and the maps will begin downloading.



OR, enter this link into the 'Enter a URL of a map' section under Import Map in the Avenza app (under 'My Maps', '+') :

<https://www.avenzamaps.com/maps/1216475/nisqually-hunting-atlas-2020>

3. Download a separate Index for the Map Atlas using a QR Code or Link:

- Use the built in QR Code Reader to download the overview map to determine which page you would like to view:

OR, enter this link: <https://www.avenzamaps.com/maps/1213856/nisqually-hunting-atlas-2020-index>

If you are physically within the atlas area, the correct map page will specify "ON MAP" below the map document title on your list of downloaded maps.



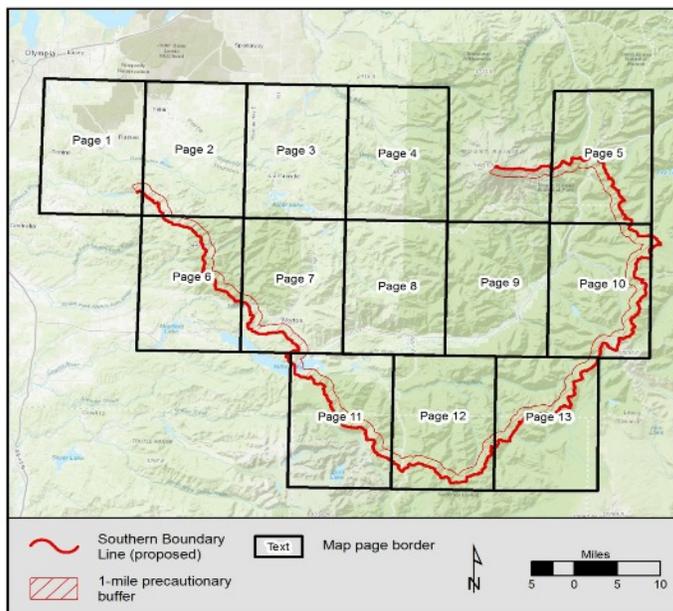
Note: If the file size of the entire Atlas is too big for your device, you can download individual map pages for just the areas you are interested in. Contact Jennifer at cutler.jennifer@nisqually-nsn.gov (x 2139) or Katie at anderson.katie@nisqually-nsn.gov (x 2120) for more information.

Nisqually Hunting Atlas, v.3 Flyer—Dec. 21, 2020



Nisqually Digital Hunting Atlas v.3 Now Available!

Offline Use of PDF Maps on Your Smartphone or Tablet



- Download the Avenza Maps app onto your smartphone or tablet (see links on reverse).
- Because the Atlas is only available to Tribal Members you cannot find it through an online search. Use the QR Code or link on the back of this page to download the entire atlas.
- Once you have downloaded the app and the atlas, an internet connection is no longer required.
- Your phone's GPS will pick up your location (location services must be on) and display it on the Avenza map even if you are offline.
- Maps include WA Dept. of Natural Resources Gates, Game Management Units, JBLM training areas, US Forest Service properties, roads and trails.
- Note: Gates included on these maps with the label 'DNR Locked Gate' can be opened with the WA DNR gate key available to Tribal Members from the Nisqually Natural Resources Dept. For more info. on keys, contact Junior Slape at 360-259-4911 or slape.jamesjr@nisqually-nsn.gov.
- Avenza or Map Questions? Contact Jennifer at cutler.jennifer@nisqually-nsn.gov (x 2139) or Katie at anderson.katie@nisqually-nsn.gov (x 2120).

Disclaimer: Due to the uncertainty in the location of the Southern Boundary Line, hunt to the inside (generally to the north) of the Southern Boundary Line and the 1-mile precautionary buffer shown in red hatching. Please refer to the Hunting Resolution for current regulations. The information presented in this atlas is intended for general reference purposes only. The geographic representation of the Southern Boundary Line displayed on this map has not been agreed upon by all parties.



Emergency Management:

What to Expect after Getting a COVID-19 Vaccine

By Sheila McCloud

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

Common side effects



On the arm where you got the shot

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness

- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours. If your side effects are worrying you or do not seem to be going away after a few days
- If you get a COVID-19 vaccine and you think you might be having a severe

allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911

Scheduling your second shot?

If you need help scheduling your vaccine appointment for your second shot, contact the location that set up your appointment for assistance. For questions or if you are having trouble using vaccine management or scheduling systems, reach out to the organization that enrolled you in the system. This may be your state or local health department, employer, or vaccine provider.

About your second shot

Both COVID-19 and mRNA vaccines will need 2 shots to get the most protection. The timing between your first and second shot depends on which vaccine you received. You should get your second shot:

- for the [Pfizer-BioNTech](#) 3 weeks (or 21 days) after your first shot,
- for the [Moderna](#) 1 month (or 28 days) after your first shot.

You should **get your second shot as close to the recommended 3-week or 1-month interval as possible**. However, there is no maximum interval between the first and second doses for either vaccine. You should not get the second dose earlier than the recommended interval.

Remember

Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.

With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.

Continued on page 10-VACCINE



Nisqually THPO News

Onugwito,

My name is Sela Kalama and I grew up, and reside on, the Quinault Indian Reservation, but I'm an enrolled Nisqually tribal member. The first opportunity I had pursuing a job within the tribe was working for Nisqually Housing with the Building Apprenticeship Program. It was a great opportunity and I'm very grateful to be back within the community again. My goal within the Tribal Historic Preservation Office (THPO) Monitor position is to continue to learn about Cultural Resource Management so I can work as a Tribal Liaison in the future. When I first applied for my position, I really just wanted to learn about Nisqually culture and more about my family lineage here on the reservation. I want to build my experience and knowledge to be able to possibly teach younger people and help all Indigenous people throughout Indian Country. I came into the tribe just wanting to be able to expand my knowledge and learn what I can about Nisqually, this is also why I've decided to enroll in Lushootseed language courses at Northwest Indian College. I've learned so much within the short amount of time that I have been here working for the THPO. The first project I was able to help with was the Kalama Hatchery project; it was amazing and had me thinking about my future so I decided to get a minor with my Bachelor's degree in Anthropology. My goal is to help others and make a difference regardless where it is. I just want to be able to help all my people.

-Sela Kalama

In preparation for next summer's construction season, Cal-Portland will begin clearing 5-7 acres of



land that will eventually become a part of their gravel mine in DuPont. Just last week I received the call that they will begin this year's clearing sometime in mid to late January. Someone from our office will be there every day that they are clearing and grubbing (removing stumps and tree debris) the land as well as afterwards when they begin bulldozing the topsoil down to glacial sediment (gravels). We work with Cal-Portland every year to ensure the protection of cultural and archaeological resources that may exist on their property.

We will continue to include updates to the THPO department field work 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.

Continued from page 9-VACCINE

It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

Information courtesy of CDC



Brighton Creek Healing and Retreat Center

By Pam James

Good Day Nisqually!

I am Pam James the New Brighton Creek Healing and Retreat Center Manager. I want to share updates of Brighton Creek; we are very busy with construction upgrades and COVID -19 quarantine preparation.

Staffing:

Presently we are in process of hiring the secretary, maintenance, and security positions

Construction and COVID -19 Quarantine:

- Licensing and permitting are in process.
- Upgrade the cabins with new roofs, siding and decks.
- The first four cabins have ½ bathrooms and one bed and fold down sofa for COVID use.
- RV Park has three trailers, two designated for COVID use, one designated for nurses station.
- Construction and installation of septic system for RV park estimated in the next three weeks.
- Lodge is set up with six beds for COVID use.
- Presently we have 22 patient beds for COVID quarantine use.
- We'll be upgrading the ADA bathroom and women and men's bathrooms this spring and summer.

Brighton Creek goal is to develop services to meet the needs of our community, to be implemented after COVID-19 is over:

- Healing and Retreat Center
- Transitional Housing – 60 day stay
- Retreats
- Meetings
- Events
- Group camps
- Family gatherings
- Community gatherings
- Traditional ceremonies
- Wrap around services
- Counseling
- Group therapy
- Traditional healing
- Traditional garden

- Renaming to a Traditional Nisqually Name
- Brighton Creek will provide the facility for Collaboration with Tribal Departments to provide:
 - Employment services
 - Education services
 - Behavioral health services
 - Housing services
 - Health services
 - Transportation services

We are excited for the future development of Brighton Creek, Our hope is to have a grand opening by fall of this year depending on the COVID outbreak.

**Stay Well, Stay Safe and Take Care!
“Get Vaccinated”**

We look forward to seeing you soon! Pam

TWEENS & TEENS PARENTING VIRTUAL SERIES
NORTH THURSTON PUBLIC SCHOOLS
4TH WEDNESDAY FROM 6:00 - 8:00 PM

JAN. 27 **TRAUMA & RESILIENCY**
Learn strategies to build resiliency, how to build support strategies and about the power of empathy and gratitude

FEB. 24 **PARENTING THROUGH CRISIS**
Learn strategies to help youth find a way through grief and sorrow during difficult times.

MARCH 24 **MANAGING TECHNOLOGY**
Learn about how technology positively or negatively impacts youth functioning and respect, power, and boundaries.

APRIL 28 **HEALTHY FAMILY COMMUNICATION**
Learn more about how effective use of words can create a climate of love, acceptance, hope, and support for families.

MAY 26 **BEHAVIOR & DISCIPLINE**
Learn strategies to assure accountability, empathetic listening, and how to address feelings of stress, anxiety, and sadness.

FREE PARENT SEMINAR SERIES REGISTRATION:
Online at <https://ntps.news/ttreg> or
Contact Nancy Cutlip, Family Engagement Liaison
(360) 412-4904 or ncutlip@nthurston.k12.wa.us

PRESENTED BY **Family Education & Support Services**



Mental Health and Suicide Prevention Serious:

From Nisqually Tribal Mental Health Department Part 1

With support of the WA State Health Care Authority under the Tribe's grant award called the Indian Nation Agreement- LaVita Plumage, Adult Care Caseworker here at the Health Department, has successfully completed the National Council for Behavioral Health's Mental Health First Aid Training. The core mission of this training is to help communities understand mental illnesses, seek timely intervention, and save lives.

In addition to Nisqually's Annual Suicide Awareness Walk, the Health Department has been working to develop more ways to support our community, promote awareness, and develop suicide prevention support.

Our Adult Care Caseworker, along with other Health Department staff, as part of the initiative of the Mental Health First Aid training, is to utilize ALGEE in the way we serve our people.

We will strive to host events and activities to the community in a safe way to continue the mission of helping communities understand mental illness. We

are also working to create trainings for staff and community.

ALGEE: THE ACTION PLAN

- ASSESS** for risk of suicide or harm.
- LISTEN** non-judgmentally.
- GIVE** re-assurance and information.
- ENCOURAGE** appropriate professional help.
- ENCOURAGE** self-help and other support strategies.

Any Tribal departments interested in training, please contact LaVita Plumage to learn more!

Lavita.tessay-plumage@nisquallyhealth.org

LEARN THE PRINCIPLE OF ALGEE to serve our community:

Keep your eye out for a series of tips we will be sharing. Thank you!

Nisqually Indian Tribe - Safeway Fruit and Vegetable Vouchers



Nisqually Community, in 2021 we continue to have a fruit & vegetable voucher program for eligible community Members. This is a \$10 voucher that can be used at Safeway or Albertsons for

Fresh – Frozen – Canned fruit and vegetables.

This is for eligible individuals to address food insecurity and chronic disease risk. To determine your eligibility and learn more about this program, please call and ask for one of our voucher distributors for more information:

- Anita Paz, TANF
Administrative Assistant 360-456-5221
- Mary Szafranski, PHN or Lavita Tessay-Plumage, Adult Care Caseworker @ The Nisqually Health Department 360-459-5312

During this difficult time, we are providing an option for us to mail your voucher to you or coordinating curbside pickup.

Please remember to follow these tips when you use your voucher and visit the grocery store:

Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.

Before Entering the Store

- **Wear a mask or bandana, and make sure that it covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.

When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times,** especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.

When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.



Behavioral Health Program 2021

By Tara Earhart

Hello, my name is Tarah Earhart, and I am the new Behavioral Health Program Manager. I look forward to growing and strengthening the Behavioral Health Program so that it can better serve this community. There are so many challenges that people face every day when dealing with mental health and substance use issues. The stressors of the past year have only magnified these difficulties.

The Behavioral Health Program is open during our regular business hours, Monday-Friday 8:00 a.m.-5:00 p.m., however, COVID-19 restrictions have impacted the services we currently provide. As the Behavioral Health Program works to mobilize and expand services in the coming year, I want to share some information about current resources for connecting with support in times of distress or crisis.

Recognizing Signs of Distress

Mental health and substance use issues can impact everyone differently. Here are some common signs of distress to be aware of as they may indicate a need for additional support:

- Crying spells or bursts of anger
- Loss of appetite
- Losing interest in daily activities
- Increasing physical distress symptoms such as headaches or stomach pains
- Changes in typical sleeping patterns, such as sleeping too much or too little
- Feeling guilty for no reason or worrying constantly
- Avoiding family and friends
- Excessive smoking, drinking, or using drugs, including taking prescription medications in a way that is not prescribed
- Having difficulty coping with daily life stress
- Having thoughts of hurting yourself or someone else

Remember, these are just common signs. It is important to be aware of any changes in someone's mood and behavior that seem out of character for them, even if they are not on this list. When in doubt, have a conversation with them to see how they are doing or reach out to one of the resources provided for further guidance.

When experiencing mental health or substance use issues, it can be difficult to ask for help. It can also be difficult for family or friends to contact help on someone's behalf due to fear that it will cause their loved one to be upset or create problems for them. These concerns are understandable, but do not let this stand in the way of getting that person help. The path to healing can be a challenging journey, but there is no obstacle that we cannot overcome when we work together.

Resources

For **non-urgent** mental health or substance use counseling, contact the Behavioral Health Program at 360-413-2727 during regular business hours, Monday-Friday 8:00 a.m.-5:00 p.m., to schedule an appointment with a provider. Due to current COVID-19 Restrictions, in-person appointments are limited but phone appointments are available. Contact us for additional information.

For an **urgent but not life-threatening crisis**, contact the Thurston County Crisis line at **360-586-2800**.

The Crisis Line provides 24/7 support:

- Listening and emotional support
- Assistance in identifying problems
- Locating resources
- Providing referrals

Other national resources include:

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text "Hello" to 741741

Veterans Crisis Line: 1-800-273-8255 and Press 1

For urgent and life-threatening situations, such as an individual being at risk of hurting themselves or others, CALL 911.



Divers Prepare Its 2021!

**Make a dental check-up part
of your dive season preparation!**

Sometimes infected teeth need to be removed and it's important not to disturb the area during the healing phase.



Call the Nisqually Dental Clinic today to schedule a check-up 360-413-2716



Did you know - a minimum of 4-6 weeks is recommended for some dental issues to heal before diving!

Help Protect Yourself and Others from COVID-19

Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.



And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



South Puget Intertribal Planning Agency



**USDA Foods Program
February Dates**

PT. GAMBLE S'KLALLAM 2/3/21
SQUAXIN ISLAND 2/9/21
SKOKOMISH 2/12/21
NISQUALLY 2/16/21
CHEHALIS 2/19/21

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
February Dates**



SQUAXIN ISLAND 2/9/21
NISQUALLY 2/10/21
CHEHALIS 2/11/21
SKOKOMISH 2/17/21

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

Happy Belated Birthday Maui!

Baby Rena would like to wish her Grandma Maui and very happy birthday on January 13, 2021.

I love you Grandma!

Anson Red Star would like to wish awesome birthday wishes to Sister Antonette Squally aka Maui Squally on January 13, 2021



February 13th

Natehya Byrd



Happiest Birthday Wishes to my Big Sister with lots of Love From Your lil Sister Rena Byrd

February 13th

Natehya Byrd

Happy Birthday to my Sweet, smart, and talented Granddaughter Natehya Byrd

You make me so proud, and I absolutely love you!
Grandma Grace

February 21st

Happy Birthday Kim Kautz!

February 4. Happy Birthday Auntie Marjie, Love the McDonald Family

February 6, Happy Birthday Grandma, We Love and Miss you

February 9, Happy Birthday Janae, Love the McDonald Family

February 13, Happy Birthday Chase, Love the McDonald Family

February 15, Happy Birthday Kiki, Love the McDonald Family

February 20, Happy Birthday Grandson aka Papa Jr, Love Papa, Grandma, Mama, Auntie Jasmine, Auntie Samira and Sissy

February 12, Happy Anniversary to my better half, Love you more <3

I AM WHO I AM

By Marlene Mercado

(Revised from the Nisqually Tribal News Volume 8, Issue 3 June – July 1997 Pg. 16 by Kurtis Bullchild Archives Tech.)

You ask me who I am and I tell you I don't know, you see – you stole my identity years ago.

Your Government said condemn this land for it is unfit to live, And to the United States Army it now stands – treaty land not yours to give.

It was a cold and wintery day I was two when we went away, you placed us across the river's bank and said now this is where you'll stay.

There were shelters of all sorts – tents and lean-to's were now our forts, I was forbidden to roam the land in a freedom I once knew, because within your world of rules I was a savage to you.

At age ten you once again removed me from my humble home, you cut my hair you changed my name – you taught me a new word – that word was shame.

I escaped from the boarding school where they taught the golden rule, because things just didn't seem right in my uniform of blue and white.

I wandered to your city with its bright lights to start my life anew, I tried to be that other person the one acceptable to you.

I built your places, I toiled your land – a future bright I had planned – But like a thief – one in flight my children of ten you stole in the night.

And the pain I feel took its toll because it's deep within my soul.

You ask me I tell you I don't know, you see – you stole my identity years ago.

I know walk this vast land with a bottle of whiskey in one hand – or was it a six pack?

Seeking a treasure more precious than gold but then how would you know – you wouldn't understand.

I now search high and low, I seek them from afar, because I know somewhere nearby I am followed by the law – a warning they give loud and clear we mean this without fail, the only way you'll see your kids is while you sit in jail.

My children now wander the white's man land in search of who they are – you cut their hair you change their name – you taught them a new word – that word is shame.

They toiled their land, they spoke your talk. You taught them to walk the white man's walk – you taught them to sing your songs to pray your prayers and to dream your dreams, but one thing you did not know – I taught them my language years ago... LOVE.

I know walk this vast land – there's no longer a bottle of whiskey in my hand, As I walk with my final trail with a body weak and frail, my head held high with Indian pride my ten children by my side.

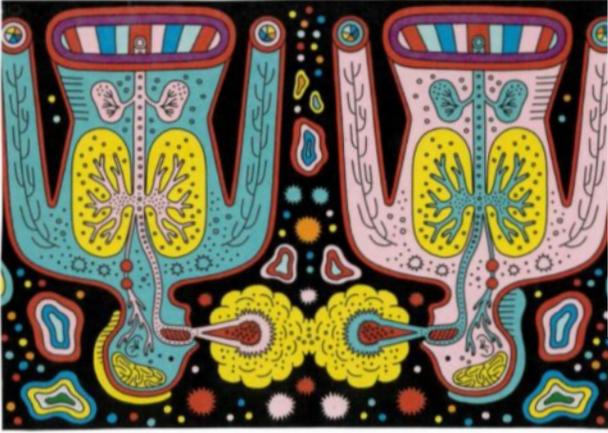
You ask me again who I am and I tell you, you wouldn't understand.

And I ask you now that the end is near – who is the one that lived in fear – it was not me I clearly see for it was my Spirit that was free

And I am who I am.

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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Nisqually Indian Tribe
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