



Native American Hall of Fame

Willie Frank, 7th Council Nisqually Tribe

On Nov. 2nd, our elder Billy Frank Jr. was elected into the Native American Hall of Fame in a ceremony in Tulsa, Oklahoma. This was a great honor for our family and our tribe.

The purpose of the Hall of Fame is to help educate the public about the trailblazers we have in Indian Country. There will be a traveling exhibit that will be available to schools, colleges, libraries, tribal museums, visitor centers and conferences. It was a great honor to accept this award on behalf of my father. I wish more than anything he was here to accept the award himself. I believe this would have been his biggest honor because it was from the Native American community.

But he would also say that none of these honors mean anything if we don't continue to fight for and protect our treaty rights. We must continue to protect our salmon as well as our natural and cultural resources for future generations. We must stay the course and work together for everybody. At the end of the day, we are all Nisqually people.



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 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 Council News

Billy Frank Jr Pacific Salmon Summit

Willie Frank, 7th Council Nisqually Tribe



The second annual Billy Frank Jr. Pacific Salmon Summit was held Nov. 5th and organized and conducted by Salmon Defense. The motto, The Truth Will Lead Us, is taken from something Billy Frank Jr. often said.

More than 200 people were in attendance, including our Tribal Council as well as other tribal leaders from throughout the region. Washington state's Department of Fish and Wildlife director, Kelly Susewind, and many of his staff were in attendance. Congressman Denny Heck was part

of a panel with Jamestown S'Klallam tribal Chairman Ron Allen discussing the different ways we can advocate for federal funding.

The Billy Frank Jr. Salmon Coalition was created during the first summit held in Tulalip in 2018. This was the first time that tribal leaders, sports fisherman, non-government organizations, commercial fisherman, state agencies, and staffers from the governor's office committed to working together in a new way. For more information, please go to www.salmondefense.org or check out their Facebook page.

General Welfare Assistance Program

David Iyall

The Nisqually Indian Tribe is proud to announce the establishment of the 2020 Nisqually Indian Tribe General Welfare Assistance (GWA) Program. The Tribe's Program is established under the guidance of the General Welfare Exclusion Act of 2014. Any enrolled Adult Tribal Member (Age 18 and older) shall be eligible to apply for participation in the 2020 GWA Program. The amount a Tribal Member chooses to allocate to the GWA Program to pay for eligible general welfare expenses will be deducted from the Tribal Member's per-capita distribution. Funds placed into the program will be subject to program guidelines but will serve as a non-taxable benefit and cannot be changed throughout the year.

The Tribe has engaged FSA TPA, LLC to administer the Nisqually Indian Tribe General Welfare Assistance Program through FSA TPA's Tribal Member Benefits Program administrative tool.

The Tribe will be holding an open enrollment period for members to complete applications to participate in the GWA Program. The GWA Plan Year will operate from January 1 through December 31, 2020 with the first distribution of benefits being available on **February 15, 2020**.

Enrollment Dates: December 1-31, 2019

Community Meetings:

December 16th at 2 p.m. and 5:30 p.m.
December 17th at 2 p.m. and 5:30 p.m.
Location: Billy Frank Gym
4820 She Nah Num Dr DE
Nisqually, WA 98597

For additional Program questions or concerns, please contact your Nisqually GWA Coordinator, Anne Tahkeal at (360) 486-9598 or a Claims Specialist with FSA TPA at (844) 969-8777.



Natural Resources Chinook

By Craig Smith

The Nisqually Natural Resources goal is to protect and restore treaty fishing into the future while recovering Environmental Species Act (ESA) listed Chinook. The Nisqually Tribe has a harvest goal of 10,000 to 15,000 Fall Chinook; however, this goal has become increasingly hard to achieve while recovering the wild Chinook. Approximately 95% of the Fall Chinook run are Hatchery Chinook produced from the Clear and Kalama Creek tribal hatcheries. Harvesting the hatchery Chinook instead of the wild Chinook is paramount in order to achieve both harvest and recovery goals.

In 2018 and 2019 the Nisqually Natural Resource Department had experimented with different types of traditional fishing gear that are suitable to catch and harvest hatchery Chinook while releasing the wild Chinook to continue to the spawning grounds. One gear type that has shown very successful at releasing Chinook and also happens to be very fun is a Cast Net. Cast netting is an individual fisher gear type that is used all over the world. It has been used in Hawaii for hundreds if not thousands of years. It has proven to be very effective in confined areas where fish are “stacking” like in front of hatchery creeks, log jams, and behind rocks. This selective gear type, along with others like traditional cedar weir, can help in reaching our community harvest goal, increase fishing time on the water, and allow wild Chinook to spawn in the Nisqually River.



Evergreen State College Native Pathways

In the Native Pathways Program, you can earn a Bachelors of Arts with an emphasis on Native and Indigenous studies.

- 12 - Credit Academic Program with additional 4 and 2 credit courses
- A well defined, consistent program that balances relationality, personal authority, indigeneouse knowledge and academics
- Immerse yourself in Indigenous and Western Pedagogy and Praxis
- Online or in Olympia, Tacoma or Quinault 2x/week and 2 weekends per quarter in the Longhouse on Evergreen campus in Olympia

Contact Dawn Barron at barron@evergreen.edu

Find out more at evergreen.edu/nativepathways

Rez Animal

Rez Animal, helping dogs and cats on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Reservation.

We offer the following services for tribal member pets for the above reservations.

- Spay/neuter program
- Veterinary care for sick or injured pets
- Rabies vaccinations

Rez Animal Resources
and Education (RARE)

P.O. Box 8640

Lacey, WA 98509

Phone: 253-370-6392



Like us on facebook!



Winter Storms/Extreme Cold

By Sheila McCloud



During winter, the air outside can get very cold. A winter storm happens when there is heavy rain and the temperature is low enough that the rain turns to ice or forms as sleet or snow. Winter storms can be freezing rain and ice, moderate snowfall over a few hours, or a blizzard that lasts for several days.

Sometimes, winter storms bring strong winds, ice, sleet, and freezing rain. Winter weather can knock out heat, power, and communications. Sometimes, this can last for days or weeks. Icy roads can also cause serious accidents.

Many winter storms bring dangerously low temperatures. Sometimes, people are injured or die from being in really cold temperatures for too long because this can lead to hypothermia or frostbite.

Words to Know

Hypothermia

A sickness when your body temperature drops below what is needed to be healthy and work properly.

Freezing Rain

Rain that freezes when it hits the ground. This makes a layer of ice on roads, walkways, trees, and power lines.

Winter Storm Warning

A warning issued when a lot of snow or sleet is expected in the next few hours or day

Winter Storm Watch

A warning issued when severe winter conditions may affect your area.

Frostbite

A medical condition when skin or body tissue is damaged from freezing.

Sleet

Rain that turns to ice before reaching the ground.

Winter Weather

A warning issued when conditions could cause dangerous situations (such as icy roads or sidewalks).





Conference Season

By Brad Beach

With Fall upon us and Winter quickly approaching our duties within the THPO department have to adjust slightly. Instead of participating in archaeological investigations on Mt. Rainier or construction monitoring along the ridgelines above the Skookumchuck River we attend various conferences where we network with people from other Tribes, various state and federal agencies, as well as private sector cultural resource firms.

Whether it's the 30th anniversary of the Centennial Accord where both Tribal and State Governments meet to discuss the pros and cons of their working relationship and how to better



that relationship, or the Cultural Resource Summit where the Department of Archaeology and Historic Preservation (DAHP) works to improve the relationship between state agencies, private firms, and the tribe's various cultural resource departments. This year's Cultural Resource Summit focused on archaeological reporting, and how state and private archaeologists can better report their findings in a timely fashion. There was even a round table where THPO's from a few different tribes laid out exactly what they would like to see in an archaeological report and how the DAHP could facilitate report templates to better reflect the tribe's wishes.

One agency that is taking cultural resources and Tribal input seriously is Pierce Conservation District (PCD). PCD is partnering with the South Sound Salmon Enhancement Group to restore portions of South Creek Prairie to improve salmon habitat - unfortunately, there are several

known archaeological sites along South Creek that need to be protected. PCD understands this need for protection and contracted AquaTerra Cultural Resources Consultants to conduct a training seminar for all of the volunteers that will be a part of the creek restoration team. Jeremy and myself attended this training as well and fielded questions pertaining to cultural resources, archaeological protection, and archaeological mitigation strategies.

While our ability to work outside is dramatically decreased in the fall and winter months, we still occasionally get invited to some pretty interesting events. Just last week Jeremy was able to attend a fisher release at Cispus Learning Center just south of Randle.

Every year I get to go to the Cispus learning center for Huckleberry Camp, one of my family's favorite times of year. This time when I was there it was not for huckleberries, it was to meet "Queenie". Queenie is the name of the fisher that I got to carry and help release back into the wild just a short hike from Huckleberry Camp. I was asked to take lots of pictures, but learned fishers do not stop and pose for the camera.



Mostly I just got black blurs as the fishers ran from their cages into the woods and up the creek. I believe these are the last of the fisher that will be released at Cispus, so am very excited to

have been a part of that. This is an attempt to reintroduce the fishers back into an area they once lived. It has been a great success so far as about 70 to 80 fishers have now been released in the area over the last year or so.

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 or badoldman.jp@nisqually-nsn.gov.



Anne Tahkeal Is Your General Welfare Coordinator

By Cynthia Iyall – Tribal Administrator

The General Welfare Program is coming to Nisqually Tribal Members, as a result of the 2014 General Welfare Exclusion Act. This program is an opportunity to serve as a non-taxable benefit to those who choose or opt-in to the program. Tribal Council has put code in place so that we may bring this benefit to you from Administration.

We are very excited to announce that Anne Tahkeal is your General Welfare Coordinator.



Through the process of creating our internal policies for General Welfare, Tribal Member Anne Tahkeal, was identified to be the General Welfare Coordinator. She can be found in Financial Services in the Administration building. She is the one with the big smile and funny sense of

humor. Anne has been engaged in this process, learning every aspect of this program to be able to help you make this work the best way possible.

Our program administrator is FSA TPA, LLC who has worked with us diligently to finalize the numerous details in order to implement the program specifically for Nisqually Indian Tribe. We are very appreciative of their assistance. We had a full size team here at Nisqually that included Tribal Council, Administration, Legal and Financial Services to work on program details. Human Resources and Community Services joined the team at implementation time to assist our members with enrollment. We greatly appreciate everyone's help.

This program is now being launched by the Tribal Council and Tribal Administration to allow those tribal members who wish to participate in this program the option to do so. Those who choose to participate will be provided with a thorough presentation and have support staff available to answer all of your enrollment questions.

The presentations will begin December 16 and go throughout the month. Treasurer Dave Iyall has sent you all a full packet with details. Notices of the specific dates and times of the presentations will be mailed to members and posted throughout the Administration.

This is program has many details to it, and we want to ensure the opportunity to answer all of your questions. For now, here are a few points to be aware of as you begin to consider enrolling for General Welfare:

- Tribal members 18 and over may participate in General Welfare.
- Once a member chooses to participate, you will be required to participate for the full year.
- You may enroll through the month of December.
- The February 15 per cap will be the first distribution eligible for General Welfare.

We hope to see you at the upcoming presentations in December. This will be a great opportunity to hear all details and see if this works for you.

If you are not able to make any of the presentations call Anne Tahkeal for further information on General Welfare.

There have been many hands in this project and we thank everyone who has contributed to make this a successful program to save dollars for our valued Tribal members.

For Questions contact Ann Tahkeal at 360-456-5221 x1253.



Who is that?

Tips from the IT-WebDev Department

Scammers, spammers, and identity thieves use the Internet as a tool for fraudulent activity. There are tools and resources to help prevent being spoofed.

Up to 9 million Americans have their identities stolen each year according to the FTC. At least 534 million personal records have been compromised since 2005 through attacks on the databases of businesses, government bodies, institutions, and organizations.

Identity theft and imposters are a constant threat with online communications and transactions. There are helpful tools and resources to help stay protected from becoming a victim of fraud. A few steps to take to help prevent identity theft online are:

- Use strong passwords
- Learn to spot spam and scams
- Monitor and review your credit scores (use credit locks or freezes)
- Protect computers and smart phones with security software
- Use only reputable websites when purchasing items online
- Don't accept friend requests on social media from unknown users

Helpful Resource Tools:

Internet Fraud Overview:

<https://www.fbi.gov/scams-and-safety/common-fraud-schemes/internet-fraud>

Report Fraud and Scams:

<https://www.usa.gov/stop-scams-frauds>

File FTC Complaints:

Reverse Lookup and Verify Phone Numbers or Names:

<https://www.anywho.com/whitepages>

Terms and Definitions:

Spoofing – The act of disguising a communication from an unknown source as being from a known, trusted source. Spoofing can apply to emails, phone calls, and websites, or can be more technical, such as a computer spoofing an IP address.

IP Address – A unique number that identifies each computer using the Internet Protocol to communicate over a network.

Identity Theft – Also known as **identity fraud**, is a crime in which an imposter obtains key pieces of personal information, such as a Social Security, bank account or driver's license number, in order to impersonate someone else.

Fraud - *Online fraud* includes financial *fraud* and identity theft.

Federal Trade Commission (FTC) - The FTC protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace.

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



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



Youth Basketball

By Jordan McCloud

This Veterans Day weekend Nisqually Youth represented well in Taholah Wa. at the annual Coastal Youth Tournament!

CONGRATS to 11u Champs Unbreakables AKA Lil Lobos as well as 13u champs Nisqually Lobos! Both coached by Aaron Youckton

Rosters include: 11u
George Sanchez
Ina McCloud
Aiden Youckton
Chad Ralston
Bear Gordon
Noealani McCrory
Urijah Aalona
Jace Newton



All stars: George Sanchez and Noealani McCrory MVP: Ina McCloud

13u
Damien Aalona
Marius Aalona
George Sanchez
Aiden Youckton
Ace Youckton
Kadyn Ward
Jason McCloud
Urijah Aalona
All stars: Damien Aalona and Kadyn Ward MVP: Marius Aalona



Also would like to congratulate Nisqually Chiefs! Who participated in the girls 13u division ending

with a 3rd place finish!

Roster includes:

Shay-lah Squally
Liliann Squally
Aaliyah Choke
Melina Woodard
Mackenna Mack
Letecia Kautz
Jayden Kautz
Missy Gordon

All stars: Shay-lah Squally and Missy Gordon



And finally Nisqually, who participated in the 9u division coached by Maury Sanchez!

Roster Includes:

James Valencia
Jon Squally
Atawit Sinclair
Brannon Sanchez
Samuel Mack
Watashon Spencer
Lawson Robinson
Amelio Banuelos and
Louie!

Congrats to all the teams! It was amazing to watch our tribe flourish at a great tournament. Thank you to all the coaches and parents that make these everlasting memories for our youth in our community!

-Youth and Community Center



Fun Facts From Finance

Trivia from Nisqually Financial Services

Per Capita

When making a change to your per capita distribution please be aware that paperwork must be submitted to Financial Services by the first of the month. For example; you want to change your tax percentage for the March 15th distribution. Paperwork must be submitted to Financial Services no later than March 1st to be effective for that payment.

W2's and 1099s

2019 is quickly coming to an end. W2's and 1099's are required, by law, to be mailed no later than January 31st. Now is the time to verify that your address is up to date with Financial Services and Enrollment. Financial Services requires that form W9 be completed to make changes.

Receivables Team

Financial Services has sub teams within the department. One team is the Accounts Receivable group. They are responsible for receiving payments which may include: house payments, water payments, stumpage payments and various checks received from businesses. They are also responsible for reconciling receivable accounts and issuing invoices as needed. Those team members are: **Barbara Visser and Norma Simmons.**

Reminder of Holiday closures

The Financial Services office will be closed at noon December 24th.
Will be closed all day December 25th and 26th.
Closing at noon December 31st.

SHOUTOUT from the STEP Board to our CLASS of 2019

The STEP Board would like to take a moment to congratulate ALL of the STEP Apprentices that have earned their high school diploma or GED over the past year.

Willette McCloud—HR Apprentice
Averi Bennett—Culinary Apprentice
Tiffany Stepetin—IT Apprentice
Tommy Stepetin—IT Apprentice

Congratulations Rock Stars!!! You all should be very proud of yourselves, we are!!!

Tia Lozeau, on behalf of the STEP Board





Nisqually Language Announcement

By Chay Squally

"haʔl slexi(l) bək^wak^wbix^w Chaynannah Squally tsi dsda tul ʔal čəd sq^waliʔabš" Good day everyone my name is Chaynannah Squally and I am from Nisqually. I have just recently received the job as Language Instructor. I've been a student of the Lushootseed language since my early days at Wahelut Indian School to now. I would like to take some time out and encourage all tribal and community members to come learn the language Monday and Friday afternoon from 1:15pm to 2:15pm at the Elders Building, also Wednesday and Friday evenings at the Youth Center at 5pm with the Nisqually Youth Council, thank you to newly appointed chairwoman Zamyah John for starting this. I am working closely with the Culture department and NWIC Nisqually Campus on new ways to contribute to the preservation, recovery, and revitalization of the sq^waliʔucid – Nisqually Language. I would like to say hisk^wuʔ - thank you to Irene McCloud for her work with Language in Nisqually Head Start and farewell as she moves onto her next journey as a language teacher in Puyallup.

"This year the Nisqually Early Head Start and Head Start children have started learning the Lushootseed Language. Each day upon arrival we welcome the children to school and start off their morning with our Children's Welcome Circle that includes rattles, drumming, and singing. We teach the children numbers, instructions, and simple phrases in the Lushootseed language. The children learn how to answer questions with "Yes" or "No" responses in Lushootseed. Finally, we close our circle and prepare for breakfast. Currently, the children are at 1 hour of Lushootseed language exposure a week. We are noticing their rapid learning and often hear them say "thank you" and "yes" in Lushootseed in their classrooms" –Irene McCloud

Greetings In Lushootseed	
haʔl labdubiciid	good to see you
ʔulabdubiciid	see you later
ʔəsxiid čex ^w	how are you
haʔl čəd	I am good
hisk ^w uʔ	thank you to a female
hišəbəʔ	thank you to a male
haʔl dadatu	good morning
haʔl slaʃ	good night
huý	until I see you again, farewell

After School Homework Help

Education Building
12503 Yelm Hwy. SE
Tuesday & Thursday
3:30-5:00pm

Contact 360.456.5221
 Ken Tuckfield x. 1161 or Keisha McDonald x.2206

Homework is required to attend.



Nisqually Indian Tribe Breaks Ground on New Health and Wellness Center

By Joe Cushman

Nisqually Tribal Council members, tribal health staff, tribal administrative staff, and community members gathered on December 2nd at 2 p.m. at the "protocol site" to witness a groundbreaking ceremony for the Tribe's new Health and Wellness Center.

Tribal Chairman Ken Choke opened the event with a prayer, followed by a performance by the Nisqually Canoe Family.

Tribal Health Services Director Samantha Phillips announced to the gathered crowd that the long awaited state of the art, 25 million dollar, 50,000 square foot, health and wellness facility was finally going to happen.

The project should take about 18 months to complete. This project has been in the works for almost 10 years. It was remarked that a lot of tribal folks, present and former council, health staff, administrators, financial services, committee members, community members, consultants, had worked hard making this groundbreaking day a reality. The was consensus that new health facility will be an amazing milestone for the community, and one that will provide benefits for generations to come.

The Tribe's health programs have come a long way since they started in the early 1970's in Yelm. A lot of folks don't realize that the Tribe's first employees were heath employees -- the CHRs and alcohol program staff, up in Yelm.

The CHR's had a little office in Yelm. They would go out to check on families, help with transportation to appointments, and provide training and assistance. Every now and then the IHS dental trailer would come to town. That was all there was for health services... otherwise families were on their own... But it was a start and the hard work of those early CHRs and other health staff set the stage for where the Tribe is today...

When the Tribe moved to the reservation in 1978, it by necessity built an administration building first, in order to house the tribal government. But it was soon obvious that a health clinic was needed as well. Tribal enrollment had jumped from under 50 to over 500 in less than a year, due to the Frank vs. Morton enrollment case, and these newly enrolled folks needed heath care.



So in 1980 the Tribe went to HUD, the Kresge foundation, and the state of Washington Referendum 29 program, and raised around \$800,000 for the first health clinic. The new clinic had room for the CHRs, health administration, the dental program, a nurse's station and exam rooms. Compared to what had been available, it was paradise. But it was also too small from the day the tribe moved in in 1980.

But the tribal health staff, led by tribal health Director Rena Wells, did a tremendous job of making the best of what they had, and the health programs just continued grow. The Tribe soon contracted the CHS program from IHS, and added other funding and services such as diabetes program, behavioral health, and cancer programs.

Fast forward 20 years to 1998. The health clinic was bursting at the seams. Tribal enrollment was continuing to grow. New and more services were needed. So the Tribe went to work again and secured another HUD grant, some IHS funding, and a bank loan, to complete a major clinic expansion.

All in all the Tribe raised over 3 million dollars to build the present 12,000 square foot facility. And of course that facility was too small from the day the health programs moved in. But health staff again came through and provided an amazing range of services out of a totally overcrowded space.

Finally about 10 years ago the Tribe began to look at what was really needed

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for the long term in terms of a health facility. Because of lack of space, the Tribe was not able to provide certain needed health services, and was unable to fully take advantage of new revenues from third party billings. The present location simply didn't provide enough room for expansion. But there was nowhere else to put a clinic. Or to put anything for that matter. The Tribe was maxed out on available land. Fortunately the Tribe in 2010 completed a land exchange with Fort Lewis as part of the BPA Phase I powerline relocation project. Suddenly over 100 acres became available for tribal community development. So the tribe got to work on planning the new clinic.

The project took many twists and turns, over the years but it never went away because there was such an overwhelming need for a new state of the art, adequately sized facility.

It is almost certain that the new Health and Wellness Center will emerge as one of the Tribe's crown jewels. The design is innovative and yet practical, and includes additional space to accommodate future expansion.

And what is almost as exciting is that the facility will actually pay for itself. Tribal health staff, financial services, and the tribal administrators have worked

hard with the consultant group Indigenous Pact and architects KMB to complete a first rate business plan that provides the confidence that the facility will actually pencil out.



And what is also exciting is that there is a lot going on the protocol site besides the clinic project. Right now a tribal team is working hard to design a state of the art Elder's facility that will be located next to the new health center. There will be new housing going up as well, and some of that housing will be Elders housing. The next phase of roads and utilities will soon be put in place, and there may even be a new public works,

fleet, and motor pool facility down by the water tower in the future. And in a couple of years the Bonneville Power Lines that still pass through the front portion of the property will finally be out of here forever.

The area around the new clinic site will be nothing less than "ground zero" for tribal development for the next 5 years. Council, staff, and committees will all be busy. It is indeed an incredible time to be at Nisqually. Let's make the most of it.....Thank you.



South Puget Intertribal Planning Agency
USDA Foods Program
SERVING NISQUALLY 12/19/19
Chicken and Dumplings


FEATURED RECIPE!

INGREDIENTS:
1 1/2 lbs chicken breast or canned (leftover turkey would also be great)
1 Tbsp olive oil
2 Tbsp butter
1 russet potato, peeled and diced
1 medium onion
1 rib celery
1 bay leaf, fresh or dried
Salt and pepper to taste
1/2 cup poultry seasoning or 1/3 palm full
1 Tbsp flour
1 quart chicken broth or stock (or broth & cream of chicken soup)
2 cups biscuit mix
1/3 cup warm water
1 cup frozen peas
handful of parsley

INSTRUCTIONS:
1. Dice chicken, set aside. Place oil and butter in a large pot on medium-high heat. Add vegetables and bay leaf, cook about 5 minutes stirring frequently. Season with salt, pepper and poultry seasoning.
2. Add flour and cook 2 minutes, stir in broth/ soup and bring to a boil, add chicken and stir.
3. Place biscuit mix in a bowl, combine with warm water and parsley. Drop in

tablespoonfuls and reduce heat to medium low. Steam dumplings 8-10 minutes. Remove cover and stir to thicken sauce a bit. Stir in peas. Remove from heat when peas are done and serve in shallow bowls. Serves 4

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 tasting 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.


WIC Approved Foods

Next WIC:
Wed, Dec 11, 2019 at
USDA Food Warehouse
(Date may change)

Warehouse: 360.438.4216

SPIPA's Nisqually WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.
Please bring:
Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224,
wicnutrition@spipa.org
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
Main SPIPA number: 360.426.3990



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



NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care
- Advice and help with proper footwear

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

Clinic dates for
Dr. Molina Kochhar:

2019

~~August 9~~
~~*August 16~~
~~September 16~~
~~October 4~~
~~October 11~~
~~November 1~~
~~*November 8~~
~~December 6~~

Call the Clinic @
360.459.5312

to schedule an
appointment

Nisqually Tribal Health Department

Pediatric Clinics

Dr. John Karpel

Clinic Dates:

REMAINING

DATES

Dr. Sylvia Morales

Clinic Dates:

Monday, June 10th

Monday, July 8th

Monday, August 12th

Monday, Sept. 16th

Monday, October 14th

*Tuesday, November 5th

Monday, December 9th

Tuesday, June 25th

Tuesday, July 23rd

Tuesday, August 27th

Tuesday, September 24th

Tuesday, October 22nd



"Is my child due for a
Well Child Check?"

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old.

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at
360.459.5312

to schedule
appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.

Reminder! Upgrade in the Dental Clinic!

By Sue Bohannon, DMD

I'm very excited to announce that the dental clinic converted to a new, more efficient electronic chart system. It will have better patient features like automatic confirmation emails, with phone call or text built-in, as well as seamless integration with other health programs. Please be patient with the dental staff during this time as they continue to learn and master the new software. Dental appointments may initially take a little longer than usual during the first few months. We began using the new electronic dental records on the last week of October. We believe the new software will help us deliver better patient care, once we are trained on how to use it. 360-413-2716



Did You Know?

- Laughing is good for the heart and can increase blood flow by 20%
- A lack of water can cause a range of problems, such as constipation, asthma, allergy and migraines.
- Writing things out by hand will help you remember them.

Nisqually Tribal Office Holiday Schedule

Tues., December 24th Early Release

Wed./Thurs., December 25-26th Closed

Tues., December 31st Early Release



Announcements

November 30, Happy 21st Birthday Tatiyana, We love you! Love the McDonald Family

December 9 Happy Birthday to the Twins

December 5, Happy Birthday Pauley D, Smooches

December 15, Happiest of Birthdays Cebo, Love your PIC

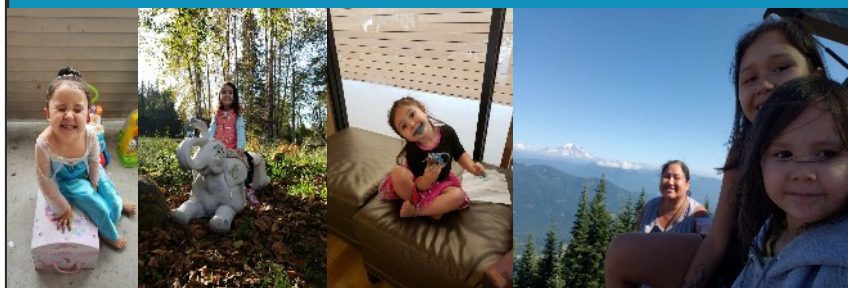


November 14

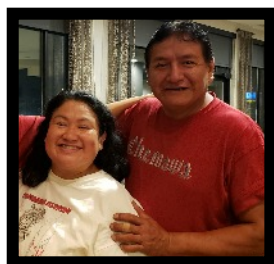
Happy 21st Belated Birthday Michael McGee!
Wishing you many blessings and growth filled
with love-Mom

Happy Birthday Paulina
I hope every day is full of
Sunshine, Rainbows,
Love, and Laughter
ESPECIALLY YOUR BIRTHDAY ☺
XOXOXOXO

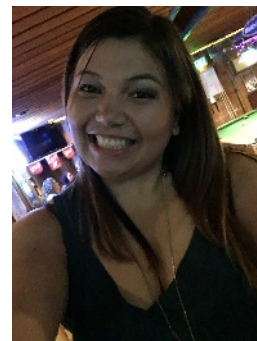
Happy 4th birthday to Maylani Trapp
from Mom, Dad, Ikaika, Anson, and Grandma Grace.
We all love you so very much!



The Squally/Byrd families
would like to wish
Anson Red Starr a very
Happy Birthday on
December 6th!

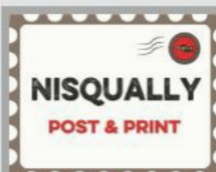


November 27th
Happy Belated Birthday
Chubbz



Love Dad!

**HAPPY 10TH
ANNIVERSARY TO US!**



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From the Nisqually Tribal Newsletter Staff



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