



Jean Sanders Retirement

By Joe Cushman

Tribal employees, community members, and family gathered on January 30 in the Bill Frank Jr. building to congratulate Jean Sanders on a nearly 40 year career with the Nisqually Indian Tribe.

Jean has been with the Tribe since the early days, and throughout her long career she provided steady and invaluable leadership, guidance, and inspiration to those around her. Jean was among the first group of tribal members who had the insight to recognize that the Tribe could do a whole lot more here on the reservation than just survive or “get by”, but could actually thrive and do great things. The steady growth at Nisqually didn’t happen by accident. It happened because the Tribe had leaders, including Jean, who were visionary and saw the potential for this area, which started as a little patch of woods and blackberry bushes, and is now developing into a tribal city.



Jean held a lot of different positions over the years. It is stunning to review the long list of Jean’s work and community responsibilities during her 38 years at the Tribe.

Jean worked in almost every department, as well as serving on Tribal Council, and a number of committees. As a result, folks in the community have come to rely on her as a source for background and insights about how tribal programs and projects evolved and developed over the years.

Here is just a partial list of Jean’s work career..

Jean worked in Personnel. She helped put in place a lot of the Tribe’s Indian preference policies and procedures that benefit the Tribe today... and formed the foundation for tribal contracting and enterprises efforts.

Jean worked in Housing. Jean was one of the first to see the potential for the HUD 184 housing loan guarantee program, which is now one of the major ways in which tribal housing is being delivered.

Jean worked in Education. She was one of the movers and shakers in the Tribe’s education program for years. Lots of folks at the Tribe got their start working with Jean on a GED, or voc training, career planning, or moving on to post-secondary education. Jean was especially instrumental in getting the Tribe’s dive training program off the ground, which laid the groundwork for development of the whole tribal geoduck harvesting program. Jean also helped set up the training program for the folks who formed the workforce for the Tribe’s first gaming operation.

Continued on page 3-JEAN

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

In This Issue

Tribute to Jinx.....	pg. 3
Archive Photos.....	pg. 4
Library	pg. 5
IT Tips	pg. 6
Janae Kalama	pg. 7
Explorer	pg. 8
Explorer Continue.....	pg. 9
THPO News	pg. 10
TANF	pg. 11
Dental	pg. 12
Trevor Project	pg. 13
Medication Refill	pg. 14
Announcements	pg. 11



Continued from cover-JEAN

Jean helped start Northwest Indian College. She was of those at the table negotiating with the college to bring the first funding and facilities down here from Lummi in the 1990s. So tribal members could pursue their educational while still working at the tribe and remaining within the community. Jean saw the need and made it happen.

Jean was on Tribal Council and a number of tribal committees for a lot of years. In this role she protected the Tribe's sovereignty and self-governance, while providing steady guidance on most of the Tribe's major community and economic development efforts. Jean also served as a tribal health administrator, grants compliance officer, assistant operations director, and tribal planner, in her spare time.

Jean was also involved with one of the settlement committees that had the foresight to invest the initial financing in the Tribe's first gaming operation. We have all seen how that modest investment has returned dividends many times over the years.

Jean also was instrumental in getting Nisqually involved in the canoe journey in the 1980s. Jean participated as an organizer and leader for years in



the canoe journey, and helped develop some of the basic rules of conduct and protocols for how the journey should be conducted.

Jean is retiring, but we are pretty sure she will continue to be active. We know she will keep busy down in her home in the valley, keeping an eye on the river, on the farm, on the fish, on the birds and wildlife, and everything else that is important to her. We hope she comes by the office often to talk, to tell stories, and give some advice

on the things she is seeing and hearing in the community.

Those of us who have talked with Jean over the years know that she thinks a lot about the future of the Tribe, where is it all going, what will happen, and will everything be ok.

But as long as tribal leaders like Jean keep stepping forth, who have a big heart, a keen mind, good judgment, and an indomitable spirit, the Tribe will be in good hands.

Thank You Jean!

Tribute to Ramona Bennett-Wells.....Jinx

By Frankie McCloud

This is a tribute to a woman who helped create a working environment for the Nisqually Tribe.

As a Social Services Director my department worked on shoe string funding. As my secretary she volunteered as we all did to get all the programs working. She worked in several of my departments as needed. Our department flourished once a system was created.

She had a multitude of experience which she shared with staff and clients as well.

I feel that she and I put in over 30 years getting the Tribal services where they are today.

She was always participating in staff parties and other tribal functions. She was a dynamo at Halloween costumes.

I am a firm believer that there are more employees who worked 20 to 30 years at the tribe who have never been recognized for their contributions to our Tribe and Community.

As an ex-boss-in-law friend I give credit to my ex-employee Ramona (Jinx) Wells for putting Nisqually Tribe where it is today.

I give my best and THANK you to Jinx
As ever Frankie McCloud.



Archives in March

By Kurtis Bullchild

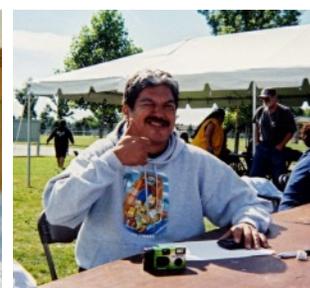
Hello from back here in Archives! This month's archives article will feature two sets of archives photos with the two national month topics. The first topic is **Woman's History Month** which has three photos of women who were influential in Nisqually's history. The other national topic for March is **Mustache March!** There are some archives photos of the best stashes in Nisqually history. I had limited photos to choose from for the Woman's history month. If you would like to contribute or add to the Archives photo collection for future articles and for preservation purposes please contact Kurtis Bullchild in Archives.

Bullchild.kurtis@nisqually-nsn.gov

Woman's History Month



Mustache March



A Time in History

By Joe Kalama, Library staff

Years ago smoking salmon, from time many years ago. Before the non-Indians peoples. The people would camp where they fished. They sat up camp and build a fire pit. Fire would be for cooking and smoking salmon. The would build a rack that hold the fish and that where fish would smoke to preserve the fish for winter and spring.

During the Indian wars our ancestors couldn't smoke the salmon for winter food. Territory governor tried to starve during them times of the war. Leschi did get

Stevens to put Article Three in the treaty that secured the right to fish in all usual and custom places.

The ancestors could start smoking the salmon again. During this time the non-Indians wanted buy or trade salmon from Nisqually people.

Life for our ancestor's come down for many years. Sometime in the 1900 century when territory became state. We still smoke for the same reason, smoke the salmon than our ancestors did.



Chief Leschi Birthday | New Library Intern-

By Catalina Sanchez, Library Staff

Thank you all for coming out to celebrate Chief Leschi's birthday at the Nisqually Library. The Nisqually Library celebrated Chief Leschi's birthday early Monday afternoon January 27th. We provided cake, history packets, books, videos, and raffle prizes. The library recognizes Chief Leschi's birthday as a day of remembrance for the Nisqually people. Leschi was a warrior for his people and fought valiantly to save his people and his land. Thanks to Nisqually tribal leaders on December 10 2004, Chief Leschi was exonerated of his charge of murder in a special historical court. The library works to preserve the memory of Chief Leschi and all of your support is greatly appreciated. Congratulations to our raffle winners Andrew Squally Sr., and Sommer Sanchez.



Harrilyn Smith

NAME: HARRILYN SMITH

Position: Intern (Library)

Tribal Affiliation: Member Native Village of Mekoryuk, Alaska tribe Cup'ig

Education: Northwest Indian College, Associate degree in Business at Nisqually Site. Alaska Technical Center, Carpenter

Hobby/Interest: Knitting, beading, making shell earring's. I enjoy spending time with my kids and grandkids when they are around. I like the ocean front of the Pacific and Atlantic Ocean. I grew up living in a subsistence life style, we follow the seasons for harvesting and hunting. We gathered beach grass during the fall season. The grass we picked are hung to dry to make grass baskets and dance fans. Spring season is the busiest time of year for the men to hunt for seal and walrus. Once when the seal and walrus are caught the women part the carcass, the meat would be hung to dry or freeze for the winter. Pond greens are picked during the spring, and picking wild eggs are one of our many diets. They are very tasty. Summer is our busy time of year; my people fish, for salmon, halibut, and cod fish we hang the fish to dry on racks. Not to mention, hunting for duck, geese and winter ptarmigan. My passion for many years, I always want to be a business owner. I have been writing my business plan for two months. I'm working on getting my business license to become a general contractor. My goals are to hire native people in the building construction industry.



Library Employee Presentation

By Catalina Sanchez, Library Staff

Answering questions from the presentation of Library Services

What are library hours?

The library is open from 9:00 a.m. – 5:00 p.m. Monday-Friday. The library is now closed for lunch from 12:00-1:00 p.m.

What are services the library provides? The Library offers a computer area, special collections room, and outreach stations to Head Start, Daycare and NWIC, and access to over 10,000 books.

Does the Library accept book donations?

Depends on need and room availability. I know in the past patrons are used to dropping off books. But right now with inventory and outreach books. The library cannot accept all donations. Please check with library staff before donating items. Thank you.

Donated an item now what? All items once donated to the library are now property of Nisqually Tribal library. All donated property may be re-used, discarded, and or given away at any time. All donations are final and are not guaranteed to be used in main library facilities.

Can the library provide Audio book readers? Can patrons make special requests for Audio books?

Yes we will order CD players, books, and audiobooks. DVD/Audiobooks may be used on site at the library during open hours.

Special requests can be sent to sanchez.catalina@nisqually-nsn.gov. All requests will be reviewed and submitted for budget approval. Please remember we cannot accept all request but do our best to accommodate our patrons. Look for the Nisqually Library on Facebook, coming soon.



Last Chance Bookshelf

The Library transfers books that have not been checked out or read in five or more years to the Outreach Collection, most of which are moved to Library shelves disbursed throughout different departments of the Tribe for clients and customers to take, or donated at community events. Each month the Library will review a title or two that is available for newsletter readers to request, on a first-come, first-serve basis.

This month's "Last Chance" title is The Joy Compass: 8 Ways to Find Lasting Happiness, Gratitude & Optimism in the Present Moment (Donald Altman, MA, LPC, 2012). It's a short guide that includes information and exercises to help improve the mind-body connection and bring awareness into everyday living.

As "mindfulness" and "awareness" continue to trend, it can be hard to invest in or read titles that seem like a passing phase. But in truth, practicing self-awareness has been around long before the notion of Buzzwords, #trends, and phone apps. As a tenet of Buddhism (and arguably many religions) "mindfulness" has become increasingly popular in American society over the last few decades as our

work ethic and productivity expectations have overcome our personal boundaries.

Moving on, what I like about this book is 1) it's short. Literally, 162 pocket-sized pages if you include the citations. But 2) the author prefaces the guide with some learned wisdom, something you don't always see in titles intended to sell themselves off the bookshelf:

...the truth is that there is pain in life. Joy is not an instant, magical elixir that erases the truth of pain and loss... There is often something important to be learned from the pain that life gives us... Rather than use up an incredible amount of energy on rejecting or pushing away uncomfortable feelings, it is more empowering to be present with the conditions in your life. (3-4)

Lastly, the exercises included in the book are short (3-5 minutes) and can be done *nearly anywhere*. They are adaptable and user-friendly, no special tools required (except pen and paper).

**If you would like to own this title:
Contact the Nisqually Tribe Library at ext. 1141 of
library@nisqually-nsn.gov**

Things to do on the Web

Tips from the IT-WebDev Department

What Can the Internet be Used For?

The Internet or World Wide Web is a network consisting of connected desktop computers, video game consoles, and smart devices such as mobile phones, tablets, and TVs. The web provides access to an enormous collection of information from around the world. It is useful for;



- Looking up recipes using a search engine, e.g. Google
- Reading the news online, e.g. The Olympian, Yelm Online, Seattle Times
- Finding old friends (through social media sites, e.g. Facebook)
- Reading emails
- Purchasing goods or services
- Conducting online banking
- Paying bills online
- Playing video games with other people
- Checking the weather, tides, etc.
- Looking at photographs, e.g. WA Rural Heritage Canoe Journeys collection

Internet Timeline Points

- The first computer started in 1943, finished in 1946 (used 18,000 vacuum tubes and weighed 50 tons)
- The first email was created in 1971
- The first web page was created in 1991
- Facebook was launched in 2004
- YouTube was created in 2005

Common Internet Terms

- ISP – Internet Service Provider, e.g. Comcast
- Surfing – Spending time looking on the Internet
- URL – Uniform Resource Locator, e.g. A website address such as google.com
- Browser – Software to view Websites, e.g. Firefox, Chrome
- Web Page - What is viewed on the screen, e.g. text & pictures
- Portal – An entry web page with links, resources, etc.
- Social Media – Software to interact with others, e.g. Facebook
- SPAM – Unwanted email, often malicious
- Intranet – An internal "Internet", e.g. For employees only



Fanfare High for North Thurston Girls Basketball's Leading Scorer Janae Kalama

Article from *Thurston Talk*, by Grant Clark

It's a common scene this season at North Thurston High School girls basketball games – several handmade signs can be found in the stands, proudly on display showing strong support for senior Janae Kalama.

"That's mostly a normal occurrence every game," Kalama said. "My little cousins make signs and bring them to the game. They've become my cheering section."

And they've had plenty to celebrate this year with the way the 5-foot-5 guard has been playing.

"I'm a little embarrassed by it," said Kalama, who has six cousins, a handful of aunts and uncles, both parents and a grandmother who frequently attend her games, "but I love it secretly inside."

Much has been asked out of Kalama this season after the Rams lost five key seniors to graduation last year, and she's certainly delivered. Kalama paces the squad in scoring with 13 points a game, while also leading the team in assists (3.5) and steals (2.6).

"I think there's been a lot of growth for me this year," said Kalama, who also pulls down nearly five rebounds a game, which is second best on the team. "We lost a lot of seniors and we needed someone to step up and be a leader. I've tried to do that the best I could. In my previous years here, I haven't really liked being in the spotlight. I would just pass to teammates and focus on defense, but this year I needed to score."

Kalama has filled that role nicely for North Thurston. Following a slow offensive start to her season, she has settled in as the Rams' go-to player on offense, scoring in double figures in nine out of 13 games.

It's a new role, but one she is excelling at.

"Janae is the most selfless basketball player I have ever met. She is always looking for ways to get her teammates the ball when sometimes she should be taking it to the hole herself," North Thurston coach Jackie Meyer said. "I have watched her over the past four years support other players and help them be the top scorer on the team while she was doing all the hard work of bringing the ball up the court under tough opponents, playing amazing defense, and working hard to steal the ball or get rebounds so she could assist her teammates."

Kalama has scored 20 or more points four times this season, including a career-high 25 points against Yelm and a 24-point outburst against 2A Evergreen Conference leading Black Hills.

By comparison, Kalama never surpassed 13 points in any of the 23 games she played in last year as a junior and only crack double digits seven times.

"She knows the game well and is a natural," Meyer said. "Sometimes we have to tell her to be careful with her passes because the rest of her team isn't ready for them. Her ability to read the court and play tough all the time is amazing."

"She doesn't get rattled by pressure. She will play any position you put her in. She may only be 5-6 but plays like she is 6 foot. She can grab rebounds down and wrestle the biggest people on the court." Kalama adopted this gritty style of playing at a young age. A member of both the Nisqually and Puyallup Tribes, she got her first taste playing basketball at tribal tournaments.

"It's intense. It's really physical and you end up playing a lot of basketball during the weekends," Kalama said. "One year I was at a tournament that had 14U, 16U and 18U age brackets and my team played under all three of them. We ended up playing 18 games the whole weekend. We were basically leaving one game and going right into another game."

A three-year starter, Kalama has brought that same tireless effort each time she has stepped out onto the court for the Rams the last four years, and this year is no different as she has been the team's engine. "Janae has always impressed me on the court. I have coached her for three years, but have been a fan of hers since I saw her play as a freshman," Meyer said. "She has always had a presence on the court. She is natural with the ball. Where I have seen growth is in leadership. Janae never wanted the attention of being the scorer and has always be an amazing passer and defender. This year we needed a scorer and a leader on the court. We knew she could do it, but I have to admit I am blown away by how she has stepped into that roll. She is amazing."



Photo credit: Grant Clark



No Child Left Inside: Nisqually Tribal Youth Explore and Connect

By George Walters

Nisqually River Foundation's Education Project was awarded a No Child Left Inside grant through Washington State Parks to work with Nisqually Tribal Youth and the Wa He Lut Indian School. The grant program, "Nisqually Tribal Youth: Explore and Connect," will bring youth from the Nisqually Indian Tribe's Youth Services Program and Wa He Lut Indian School 5th and 6th graders to explore and engage with their home watershed.

Grant activities began in July when kids from the Youth Centers summer camp floated the Nisqually River from the mouth of the Mashel River to the mouth of Ohop Creek, straddling the new Nisqually State Park. Kids got to float, paddle, swim, and use the rafts to make a slide into the river!

Students from Wa He Lut camped overnight on Mount Rainier in August at the Nisqually Tribe's dedicated camping area near Longmire. None of the 10 students

with us had ever been to Mount Rainier or this special campground. We hiked with a ranger at the Paradise Visitor Center along the Nisqually Vista/Dead Horse trails.

Students learned about the geology of the mountain, made up creative stories about how the mountain was formed, observed marmots sunning themselves, and saw the Nisqually glacier, headwaters of the Nisqually River. In the morning, we observed a lesser weasel around the campground before enjoying pancakes and learning with the Nisqually Tribe's staff from their Tribal Historical Preservation Office and Mount Rainier's Archaeologist-Cultural Resource Specialist staff. After breakfast, we set off to hike the Carter Falls trail.

Our next grant activity was "Salmon Camp" with 16 kids from the NITYC summer camp program. Amber Lefthand Bull, a Rosebud Sioux tribal member and



intern with US Fish and Wildlife Service, joined us for these dates. Down at the Nisqually River at Riverbend Campground kids met Nisqually tribal members who are also employees that were monitoring the active Chinook fishery. We observed drift net fishing, and observed how to take data off of the fish that are caught (scales, otoliths, length, etc.) . Then we traveled to She Nah Nam, the Nisqually Indian Tribe's (NIT) fish broker to meet their staff, pick some blackberries, enjoy a BBQ lunch, and observe a salmon dissection with Amber. That afternoon, we tie-dyed camp t-shirts with our newly designed "Salmon Camp" logo for the kids and for the guest presenters.

On day two we went to the Nisqually Reach Nature Center. Three NIT members/staff brought a boat so kids could observe and participate in a beach seine to sample nearshore fish and take short boat rides. In the afternoon kids met the executive director of the Nisqually Reach Nature Center, who gave them an overview of the estuary and engaged them in surveying for shore crabs. Afterwards, we had 2 stations: free/swim time on the beach, and seaweed pressing with the NIT shellfish biologist, Margaret Homerding. Margaret taught them about the ecosystem services seaweed provide, then engaged them in making their own seaweed print to take home from a variety of specimens she had collected.

On day three, we took our group to Yelm Creek, a tributary of the Nisqually River, to collect stream bugs

Continued on page 9-EXPLORE



Continued from page 8-EXPLORE

and learn about their power as bioindicators of water quality and salmon habitat. We took these samples to the education building at Billy Frank Jr.



Nisqually National Wildlife Refuge to identify them and have fun learning about stream bugs. We ended the day by making "fish prints" - painting salmon, then taking a print of the painted fish on paper. Students alternated between painting the fish and playing a "Smell Your Way Home" game with Amber which shows how salmon use their sense of smell to return to their natal streams to spawn.

Our fourth and final day of camp we taught students how to identify juvenile salmon at the youth center with Amber. We ate lunch in the vans on our way to Mount Rainier Institute (MRI) at Pack Forest where kids played a salmon carbon cycle game with dice and stations based on how carbon travels from the forest to salmon and back. We also visited their old growth stand of trees and talked about the ecosystem services the forest provides for the fish. We ended the day and the camp with a tour of the Tribe's Kalama Creek hatchery with one of their staff people. We did a short reflection activity, and distributed the projects they had made throughout the week: tie-dye t-shirts, salmon print papers, seaweed prints.

Wa He Lut students visited the Tribe's Clear Creek Hatchery in September to observe and participate in the Chinook spawning process. Students learned how to harvest the milt and eggs, how the salmon are analyzed for coded wire tags and marked to analyze the harvest rates. Students also participated in the fertilization of the eggs and observed the returning adults in Clear Creek. After the hatchery tour, we took the group to Medicine Springs. Here we



observed more chinook spawning, and could see the artesian springs in the pond.



In October we took a small group to a horse riding clinic with Frank Servine of Servine Feed, Tack and Boarding in Roy, WA where they learned basic grooming (brushing and hoof care), saddling, walking/leading, and riding horses in their covered arena. Frank has generously agreed to donate 1/2 of horseback riding lessons through this grant. Any youth that participates in an introductory clinic will be eligible for 10 free horse riding lessons.

In November, students from Wa He Lut joined us for a tree planting/habitat restoration field trip at a Nisqually Land Trust property on the Nisqually River outside of Yelm, WA (Bald Hills area). This reinforces the other work we do with these students, especially the October water quality monitoring, and their studies about salmon. On this trip, a student said, "I could come work with you guys some day". In November, these same students from Wa He Lut came out to McLane Creek in Olympia to observe the Chum run, learn about wetlands, and enjoy a wintery day in the forest.

In January, we had two different trips to Mount Rainier for snowshoeing with Wa He Lut and the Youth Center. This was incredibly popular, so we'll do it again on February 23rd. Sign up with Jordan in the Youth Center if you're interested! (360) 455-5213



THPO News

By Brad Beach

Winter has traditionally been the time to plan for a busy spring and summer (archaeology season), and this winter is no different. We have participated in a few archaeological surveys, including more work at Nisqually State Park, and observed some of the various construction activities that are occurring around the community; but the bulk of our work has been in preparation for next “season.” One project that might make the community excited is the completion of the Yelm bypass highway. While the project is in its infancy, we will be participating in the archaeological investigations that follow the proposed highway corridor. The project itself will take several more years... but at least the ball is rolling again.

Jeremy and myself also spent a portion of January preparing for the first “Employee Training Opportunity” of 2020 alongside the Library and Archives staff. For nearly two hours the Library, Archives, and THPO outlined our goals and achievements to a supportive crowd of about 40-50 people. The response was tremendous and the questions we were asked were great. In addition to the questions we were asked in person we also received numerous comment cards that asked us to elaborate on THPO/archaeological topics. We’ll do our best to answer all of the questions posed to us in these comment cards over the next few months.

The first question from our comments cards: Do you assist other Tribes? Do other Tribal Historic Preservation Office (THPO) programs work together?

The simple answer to both questions is yes. As the Nisqually THPO we don’t only have the area within the reservation boundaries, but all traditional and cultural lands. With that said there are also laws that we have to go by that does cause some restrictions and lack of authority issues outside of tribal lands, and federal lands, but that is another story. Although Nisqually THPO has its “area,” it is important to keep healthy Tribal relations. We have assisted and worked with the other Medicine Creek Treaty Tribes. As of most recent, we have been meeting with Puyallup Tribe’s THPO on behalf of Connell’s Prairie to assist in trying to preserve such a historical area. We have also worked with the Squaxin island Archaeologist as part of a survey of Spooner’s property along the Yelm Highway. We are always trying to build relationships and share our interests in preservation.

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.

Shout out to Jack Iyall from the STEP Board



The Strengthening Tribal Education Program (STEP) would like to give Jack Iyall a HUGE shout out for his dedication and accomplishments that he has made over this past year as an apprentice.

Jack started out his apprenticeship with the casino as the G&A Administrative Apprentice learning the roles of Administrative Assistant Apprentice in the following departments: Human Resources, Training, Marketing, and Facilities. He excelled in this position but his true passion is in the area of Human Resources, so when an opportunity was open, he applied for and accepted the HR Apprentice position. While in HR, he quickly mastered the HR Coordinator position. He has now moved on to the Service Coordinator position where he is learning many aspects of the Training Department. He has found the Training Department to be so fascinating that he has set a goal for himself of becoming the HR Training Manager. To achieve this goal, Jack has enrolled in college to work towards his Bachelor of Science in Business with a Certificate in Human Resources Management. He has dedicated himself to learning as much as he can from the Training Department.

Jack has also been awarded Team Member of the month for January. We are all very proud of you, Jack. Keep up the amazing job that you are doing, and never lose sight of those goals.

Congratulations on 1-year, Woo Hoo!
Tia Lozeau, on behalf of the STEP Board



Spring Greens

When: April 21st
Time: 10 A.M.– 3 P.M.
Where: The Nisqually Community Garden

Come learn about nettles, native plants and edible weeds. Tour the garden spaces, learn to make a salve and sample some yummy treats.
Please bring a lunch.

Please RSVP to Chantay Anderson
Email: anderson.chantay@nisqually-nsn.gov
Email me with any questions or concerns



TANF News

By Jesse Youckton

We held our first quarter “Pulling Together for Success Community Resource Dinner” on Feb. 5th at the Billy Frank Jr Gym. It was a successful night with 20 different resource tables set up for the community to check out. Thanks to Amerigroup for sponsoring the dinner! Matthew Sanders is our contact with Amerigroup and he was set up as a resource. Amerigroup Washington offers no-cost health insurance for kids, families and adults through Washington Apple Health. Other vendors set up were: Nisqually Tobacco Cessation, Nisqually Healing House, SPIPA Comprehensive Cancer Control Program, Yelm Timberland Library, Nisqually Healthy Families, South Sound Behavioral Hospital, Northwest Indian College, The Native Pathways Program at Evergreen State College, Division of Child Support, Fostering Together, Red Wind Casino, Red Wind Casino STEP Program, Nisqually Community Garden, SPIPA Native Women’s Wellness, Harborstone Credit Union, The South Sound Reading Foundation, Nisqually Children and Family Services, Nisqually General Assistance/Vocational Rehabilitation, DSHS Vocational Rehabilitation, and Nisqually TANF. Our future resource dinner dates are: May 27th, July 29th and October 28th. Keep your eyes open for future fliers as each event gets closer.

We continue to host Family Night events for TANF clients, twice every month. In February we had the opportunity to weave cedar coasters and the children made hearts for Valentines. Once a month, we host Native Health and Wellness event and in February, we collaborated with the Garden. Garden staff taught our clients how to make lip balm.

In an effort to help our clients succeed, clients will have the opportunity to meet with Hilda McIntosh, Workforce Navigator with the Workforce Development Program at SPIPA. Hilda will be here the 2nd Tuesday of every month to help clients update resumes and navigate individual career searches. We are also supporting our students success in school and are offering

Sylvan services to any of our TANF students who may need or desire extra tutoring.

On May 2nd, SPIPA TANF is hosting a Youth Engagement Summit at Pacific Lutheran University. The Summit will focus on education and leadership. You must be 13-18 years old. Space is limited, keep an eye out for our April newsletter article to see if we have space for non-TANF youth.

To better serve our clients, TANF staff are participating in a nine day training offered by UC Davis on “Excellence in Tribal Case Management Series.” Training is split between three weeks over three months and includes TANF Staff from all SPIPA TANF Sites.

If you are raising or caring for a niece, nephew, grandchild or a child that is not yours, we can help! Come into TANF and see Jesse or give him a call at 360-456-5237 ext 2210. Or if you need financial assistance raising your child call and see if you are eligible.

Liberty Tax Services

Happy New Year to all,

The Nisqually Tribal Council is pleased to present to you all, that this year we have partnered with Liberty Tax Service.

Starting January 30th through April 17th Liberty will be on site here in Nisqually, located upstairs in the Billy Frank Jr. Building next to the elevator/enrollment.

They will be open 10 a.m. - 5 p.m. Monday-Friday. (Tribal Members are free) Liberty has graciously given out a 50% discount to all employees under the Tribe’s umbrella.

Employees can be seen at the on-site location, as well as the Liberty Tax office in Yelm located at 715 E Yelm Ave, Suite 3, Yelm WA 98597. At the on-site location, tribal members will take precedence. Tribal ID or coupon are needed all locations.

Please call **360.456.0788** to make an appointment.



Divers Prepare!

Make a dental check-up part of your 2020 dive season preparation!

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



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

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



Census Jobs Available-We all Count!

The Census Bureau is currently hiring for hundreds of temporary local job to help with the 2020 Census. The schedules are flexible (part-time or full-time) and the pay is at least \$17.50 and hour. This is a great way to earn extra money while helping your community and Tribe. Apply or find more information online at 2020Census.gov/jobs



NISQUALLY HEALTH DEPARTMENT 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.

2020

Clinic dates with
Dr. Molina Kochhar:

~~February 7 & 14~~

March 6 & 27

April 3 & 24

May 1

June 5 & 26

July 24

August 7

September 11 & 25

October 2

November 6 & 13

December 4

Call the Clinic @
360.459.5312

to schedule an
appointment

Nisqually Native Women's Wellness Mammogram Day

WHO: All women 40+

WHAT: Breast health exam and mammogram

WHERE: Nisqually Tribal Health Clinic

WHEN: Thursday, March 19th, 2020

TIME: 9:00am to 4:00pm

WHY: To stay healthy and happy.

Water, tea, juice and snacks.

All patients who attend their mammogram will be entered into a drawing for two beautiful fleece blankets.

Sponsored in part by:



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



THE TREVOR PROJECT

Saving Young LGBTQ Lives

The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

	<p>TrevorLifeline If you're thinking about suicide, you deserve immediate help Call us anytime 866.488.7386</p>	24/7/365
	<p>TrevorText Talk to a Trevor counselor via text Text "START" to 678678</p>	24/7/365
	<p>TrevorChat Online instant messaging with a TrevorChat counselor TheTrevorProject.org/get-help-now/</p>	24/7/365
	<p>TrevorSpace A social space for LGBTQ youth under 25, and their friends & allies. TrevorSpace.org</p>	24/7/365
	<p>Suicide Prevention & General Info Information on suicide prevention and FAQ's on sexual orientation, gender identity and other topics can be found at: TheTrevorProject.org/resources</p>	



South Puget Intertribal Planning Agency



USDA Foods Program March Dates

PT. GAMBLE S'KLALLAM	3/4/20
CHEHALIS	3/5/20
SQUAXIN ISLAND	3/11/20
SKOKOMISH	3/20/20
NISQUALLY	3/24/20

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.





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

Next WIC:
Wed, March 11, 2020 at
USDA Food Warehouse
10 am -2:30 pm
(Date & time may change)
Warehouse:360.438.4216

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





Reminder about child dental appointments...

For the safety of children under the age of 18, **an adult, parent, or legal guardian must be on-site** and stay in the lobby during the appointment. Note: If your child comes to the clinic alone, their appointment will be rescheduled as we cannot see them without an adult or legal guardian available.

We have forms in the lobby that can approve a non-guardian adult to bring in your child, if that is needed please make arrangements ahead of time. If a non-guardian adult does bring in the child, please make sure they can inform the dental team of any changes or updates to the child's health.

Thank you for your understanding and please call us to make an appointment for you and your children at 360-413-2716



Nisqually Tribal Health Department

Pediatric Clinics

Dr. John Karpel Clinic Dates:	2020 DATES	Dr. Sylvia Morales Clinic Dates:
Tuesday, March 10		Tuesday, March 24th
Monday, April 13th		Tuesday, April 28th
Monday, May 11th		Tuesday, May 26th
Monday, June 8th		Tuesday, June 23rd
Monday, July 13th		Tuesday, July 28th
Monday, August 10th		Tuesday, August 25th
Monday, September 14th		Tuesday, September 22nd
Monday, October 12th		Tuesday, October 27th
Monday, November 9th		Tuesday, November 17th
Monday, December 14th		Tuesday, December 15th

Is my child due for a Well Child Check? What about sport physical?

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.

Refill Your Medication is Easy

Your remaining refills allowed are located on the lower left hand corner of the prescription label. Check your prescription bottles to identify how many refills you have remaining. Mark your calendar or set a reminder in your phone to help avoid last minute refills. If you need refills, call the pharmacy at 360-491-9770 and you will be connected to our automated system and be given three options:

- Option #1 will ask you to press 2 and type in your RX# which is located in the top right hand corner of your prescription bottle above your name highlighted in yellow
- Option #2 will ask you to press 3 to leave a message **if you choose to leave a message please leave your first and last name your date of birth and the medication you wish to refill.**
- Option #3 will connect you directly to the pharmacy staff where we will be happy to assist you in getting refills on your medication

If we are unable to refill your medication it may mean:

1. You have NO refills remaining.
2. You are due for an appointment with your provider.
3. Your prescription has expired (most prescriptions expire 1 year after they are first prescribed).

Prescriptions for a pain medication called Hydrocodone/acetaminophen will not have refills due to **federal regulations** and you will be required to make an appointment with your provider

Please allow 48 hours for a refill request.

NISQUALLY TRIBAL PHARMACY 360-491-9770
4816 SHA-NAH-NUM DR OLYMPIA WA 98513

RX# 6041691
DOE, JOHN

SAFETY CAP: Y
 DR. SIEGEL, E
 NEW
 00/00/00

12345 PHARMACY LANE OLYMPIA, WA 98513

AS DIRECTED

1 TAB
1 REFILLS

EXP DT-02/02/21
 BEFORE 02/02/21

24385-0485-47

CAUTION: Federal law prohibits transfer of this drug to any person other than patient for whom prescribed.



Announcements



Happy Birthday Sniffles! You are our ancestors wildest dream kiddo! Grandma Mary would be so proud of your accomplishments. Happy birthday from Daddy & Mommy Ob1

My daughter turned 18 today, so I bought her a locket and put her picture in it. As I gently placed it around her neck, choking back the tears, I said, "Well, sniffles, I guess you really are.....independent."

Happy Birthday
RAY-BEAN!

Happy Birthday
Dominik Thomas



**Happy Birthday
Ace Youckton!**



March 10, Happy Birthday Rene, We all love and miss you everyday

March 17, Happy 4 Birthday Ryker, Love the McDonald Family

March 22, Happy Birthday Mama, We miss you every day and love you with all our hearts



*Looking Forward Together:
Elders' Supports & Services*

Save the Date May 21, 2020

Billy Frank Jr. Center

*An intertribal gathering of
Tribal members, caregivers,
and service providers.*

Lunch Provided!

For more information call: 360.426.3990



South Puget Intertribal Planning Agency

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



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

A Full Service Print Shop for all your personal & business needs.



Hours:
Monday - Friday
8am - 6pm

Location:
12820 Yelm Highway SE
Suite C
Olympia, WA 98513
Phone: 360.338.6431
Email: orders@nisquallypostandprint.com

Self-Service Copies
Black&White/Full Color
Full Service Copies
Fax
Scanning
Stickers/Decals
Banners
Letterheads/Envelopes

****Notary Services****
USPS/UPS Shipping
Posters
Business Cards
Postcards
Invitations
Labels
Brochures
Booklets
Yard Signs

Website: www.nisquallypostandprint.com

