

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

October 2021

2021 Nisqually River Chinook Season

By Craig Smith

Every year setting our Chinook fishery season revolves around the “take” of wild fish during our targeted hatchery Chinook return. All pre-terminal (saltwater fisheries) and terminal fisheries (river fisheries) impacting wild Chinook have to be issued a “take” permit from NOAA fisheries because wild Chinook are listed under the Endangered Species Act. These schedules have to show that the take of the wild Chinook will not jeopardize the recovery of the population. Since 2017 we have been fine tuning the Chinook fishery to target more hatchery and less wild Chinook so we can maximize fishing time and hatchery catch while promoting wild Chinook recovery.

This year in response to targeting hatchery Chinook, the Nisqually Fish Commission altered the Chinook schedule from previous years 5-6-week fishery starting in early August to open late in August and extend through Labor Day for a 3-week season.

In December when the wild escapement and the hatchery rack returns are available we will analyze

the catch as compared to the total run sizes of each wild and hatchery Chinook to see if the experiment

worked. What we did notice was that the first week we opened was the biggest hatchery catch of the 3-week opener and the last week was the smallest hatchery catch. We also observed that the opposite catch statistics for the wild Chinook with the least caught the first week and the most the last week.

Regardless, the 2021 hatchery Chinook catch was twice as large as the 2020 due to what seems like a larger hatchery run-size. Even though it was very hot every day we fished this year the fishers seemed to be generally happy about the catch and the season. Here are a few pictures of a few fishers in the hot sun.



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.



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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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, William (Willie) Frank III
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Chayannah (Chay) Squally
 6th Council, Hanford McCloud
 7th Council, Leighanna Scott

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The Nisqually Tribal Council Update

- In recognition that health care options are limited throughout western Washington due to COVID-19, the new Nisqually Tribal Health Center will be open by appointment for tribal members and their descendants starting on Monday, Sept. 13, with telehealth and rescheduling still part of the COVID-19 protocol.
- We know the health staff will be getting used to new surroundings and some things won't be 100 percent finished, but we are making patient care the priority and know there will be full services in the near future. Call **360-459-5312** to make an appointment. We will announce a "Soft Opening" date next week for tribal members only.
- We are continuing our work to make our workforce resilient and ready to meet the challenges of the next 20 years and beyond. To that end, we continue to work with our new CEO, Pete Ansara, and consultant Debra Lekanoff on our governance reorganization that we are building to be more responsive to the community. By creating an organizational structure that makes our departments efficient and nimble, we are preparing to grow the capacity of our workforce to meet the needs of the community now and in the future as well as grow into our increasing economic clout locally and regionally.
- Given state legislators river tours of the issue with the I-5 bridge as part of our work to continue the plan to get the bridge out of the way of the river so salmon can thrive and the river can function more naturally. It's a project with a long horizon, but we're always going to be here, so we're going to see it through. It's important to JBLM as well as 30 percent of their workforce commutes over the bridge which is threatened by near-future flooding events that could take the bridge out.
- Working with Dawn Lee, consultant, on the rebuild of our Behavioral Health Department, to be known as the Nisqually Wellness Program from now on and it will treat youth ages 13-17 as well as adults. We are advertising for staff who will not be contractors, but employees of Nisqually to build more relationship between counselors and the community. The new department will be in the new Nisqually Tribal Health Center. Some limited services, in the interim, are still available in the old building.
- The Nisqually Tribe is buying all fish from fishermen this year as part of work toward food sovereignty. We want to be able to provide food to our people no matter what happens. The fish will be available to tribal members in October following all processing work. We have our community garden and will continue to work to create more paths to food sovereignty.

In recent days, Tribal Council has:

- Done site reviews of other governance structures of other tribes as we have begun early drafts of our own structure.

Go Hawks!

Nisqually Tribal Council

Chairman: Willie Frank III

Vice-Chairman: Antonette Squally

Treasurer: David Iyall

Secretary: Jackie Whittington

5th Council: Chay Squally

6th Council: Hweqwidi Hanford McCloud

7th Council: Leighanna Scott





I-5 Bridge

By Debbie Preston

The Nisqually Tribe, working with legislative lobbyist Davor Gjurasic, took a number of state legislators on tours of the Nisqually River to see the changes that have occurred, largely because of the way the I-5 Bridge affects water flow. This could lead to the river cutting off the bridge in a high water event in the next few years. This would be catastrophic

economically for the region as any days that I-5 is closed costs millions of dollars in supply disruption. The tribe has successfully lobbied for and received federal and state dollars supporting initial scoping and planning for replacing the bridges and adding lanes to the structures that would be elevated over the river and much of the floodplain.

The bridges also alter how salt water flows and negatively impacts young salmon as they prepare to leave the river. Joint Base Lewis McChord supports the tribe's position as an estimated 30 percent of their workforce is located on the Olympia side of the bridges, representing a security threat to readiness.





Tribal Cemetery Update

The Chief Leschi Cemetery hours of operation are from 8 a.m.-3 p.m. We have a sign-in sheet for any who come into the warehouse with masks and sanitizer as well. The Cemetery gates have a COVID mandate that the front gate will remain locked, unless special circumstances arise. (ie; funeral, holiday, etc.) The back gate will remain open from dawn (7 a.m.) to dusk.

If the bins are full, feel no pressure with just leaving the compost and trash in a pile by the path. It will all be taken care of as soon as possible.

*Reminder you MUST give us permission to clean your family grave(s). We follow traditional rules and are uncomfortable doing any excessive cleaning on the grave, but we'll continuously clean around them.

Depending on what you need:

- To flatten or add more to a grave, have a tree removed, or any Q&A's about caskets or urns to contact supervisor Derwin Goddard.

- For the bathrooms, or to borrow tools after hrs. (ie. shovels, rakes, wheelbarrow) Caretaker Feather Villegas or cemetery worker Robert McCloud will provide assistance.

How to get in touch with us:

Derwin Goddard (supervisor)
360-456-5221 x1174 or 360-790-0976
email: Goddard.derwin@nisqually-nsn.gov

Feather Villegas (caretaker) 360-459-9041 or text 360-499-1714
email: villegas.feather@nisqually-nsn.gov

Robert McCloud (worker/night volunteer)
360-489-7050

Library Update

Wishing all of the students returning to school this fall a safe and happy new school year!

The Nisqually Library is sad to announce that the end of August concluded our dear friend Shannon Rosenbaum's work for the Nisqually Indian Tribe.



Shannon began her journey in the Nisqually Library and quickly moved to Archives, where she worked tirelessly on organizing Nisqually artifacts and historical documents. Shannon returned to the Library for the past two years and vastly improved its physical space and organization.

She brought new life to our library, which sorely needed a remodel. On behalf of our staff, I want to wish her good luck on her journey home. Shannon was an amazing boss and advocate for tribal resources and knowledge.
Huy from Nisqually friends!

Nisqually PD/Fish and Wildlife

By Michael Terrell

The Nisqually Police Department has been extremely active within the community in the past month. Currently the department has two cadets at the Federal Law Enforcement Training Center attending basic police academy. The cadets are doing well and have approximately 6 weeks left before graduation.



Two officers are currently on the department's patrol-training program about halfway through. The program is intended to prepare officers for solo police work covering policies/ procedures, criminal law, criminal procedures, and other various fields. The department recently sent two officers through taser recertification and has an officer attending firearms instructor course.



Bob Iyall Running for Olympia Port Commissioner District 2

Nisqually tribal member and Medicine Creek Enterprise Corporation (MCEC) executive officer, Bob Iyall, is running for Olympia Port Commissioner, District 2.

The Nisqually tribal council wants to remind community members that Bob Iyall is running and he will be on the Nov. 2 general election ballot.



Iyall has helped oversee the expansion, in cooperation with our board of directors, of MCEC business, including expanding our tribe's "C" stores,

such as the newest one in Frederickson which was immediately successful, located between the shift work of Boeing and Joint Base Lewis McChord.

Bob has been involved in Nisqually economic development since 2009 when he was appointed, by Nisqually Tribal Council, to the Shareholder's Committee. In 2011, Bob was appointed one of the original members of the Nisqually Board of Economic

Development (NBED). As a member of the NBED, he assisted in the start-up and management of the Nisqually Markets and Nisqually Construction Services. He became CEO of NBED in 2014.

Finally, in 2017, NBED merged with MCEC to manage all Nisqually enterprises including:

1. Nisqually Red Wind Casino
2. Nisqually Construction Services
3. Nisqually Markets
4. Nisqually Communications Services
5. Nisqually Post and Print
6. Medicine Creek Café

Bob has helped our tribe develop a diversified portfolio of enterprises and has been a member of the Bricklayers Union for 42 years.

As a Port Commissioner, Bob will be in the center of some of the biggest economic development decisions in Olympia and Thurston County. It is vital that someone with his background has a seat at the table to give a voice to things that happen in our watersheds and traditional territories.

You can go to Bob's website for more information at www.bobiyallolyport.com

Head Start Celebration

By Debbie Preston

The Nisqually Head Start program celebrated the graduation of their Early Head Start children moving into Head Start, year 1, with parents and kids in a drive through event where staff dressed up as Dr. Seuss characters such as Cindy Lou Who, Thing 1 and Thing 2 and Horton, among others. Books and pizza were handed out along with the name cards for the children who will start Head Start on Sept. 28.





Nisqually Tribal Member Fiber Modems: UPDATE

Tips from the IT-WebDev Department

The Nisqually Tribe has implemented newer upgraded modems that allow multiple connections for both 2G and 5G connectivity. These newer modems have been primarily installed in the Cyamuca area and the goal is to install (upgrade) the existing modems in the Leschi area (the white modems were installed last August 2020 in the early stages of the COVID outbreak).

An article about the fiber project was provided in our Squalli-Absch newsletter in September 2020 and it's hard to believe it's been well over a year since the impacts of COVID which continue to reach far and wide; impacting our installations and scheduling (all installations require COVID clearance) with Health Services - taking precautions for the safety of both our installation team members and our Tribal member's residents, which is of utmost concern. Upgrade modems are on order to replace existing modems (white one shown below).

High speed modem types with built-in WiFi:



Newer modem – 2g and 5g



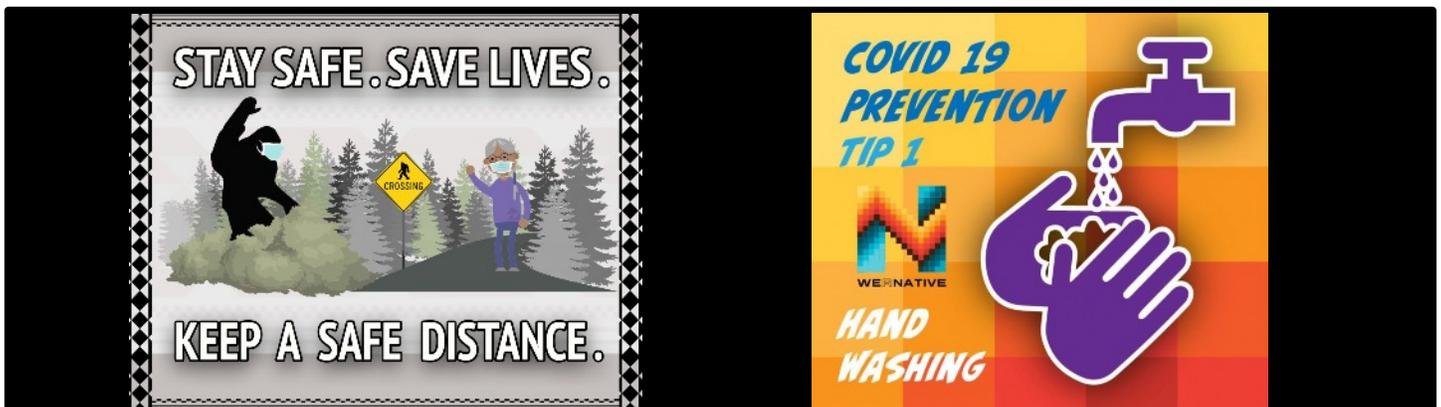
Existing modem – 2g

Instructions on how to connect and/or rename the WiFi network, change the default passwords and access these modems were provided during home installations. *If you have misplaced the instructions or to request an installation if you do not have a modem at all, please contact us at;*

Nisqually I.T. Department

Email address: nisquallyfibersupport@nisqually-nsn.gov

Phone number: 360-486-9557





Nisqually Education and SPSCC are offering a... High School 21+ Program

When:

Come in Monday —Thursday 9 a.m.— 2 p.m. for information.
Schedule an appointment to sign-up and to setup classes.

Who Should Attend:

Community members age 20 years and older who need their high school diploma.
Class times are flexible to fit many work and family schedules.

Experiences:

High school transcripts, current GED tests, internships, certifications/special licenses, being a parent, diving, participation in drug/alcohol treatment, sports, cultural events, fireworks, and current work... the list is endless. These can count towards graduation credits.



What is Needed:

High School Transcripts. If you don't have them, we can help you get them, please bring photo ID.

Location:

Nisqually Walker House / Education Building

Contact:

Shanon Millman-Rodriguez at smillman@spscc.edu.

On site Wednesday 9 a.m.— 2 p.m.

Ken Tuckfield at 360-456-5221 x1161 tuckfield.ken@nisqually-nsn.gov.

Back to School Back Pack Drive-Thru!



THANK YOU!

**to the Nisqually Education Program
And Nisqually Youth Program!**

**HAVE A GREAT
SCHOOL YEAR!**





Nisqually Education Program

Nisqually Education Programs

Nisqually Educational Services:

The Nisqually Education department strives to advocate and provide pathways for all sectors of education from infants to elders.

Youth Education:

Youth Education provides services to Nisqually Tribal members ages kindergarten through high school. Services include tutoring, specialized instructional access, mentoring, assistance with academic fees, in addition to parental support/ student advocacy.

Program Contact: Youth Education

Title: Youth Education Counselor

Name: Ken Tuckfield

Email: tuckfield.ken@nisqaually-nsn.gov

Phone #: 360-456-5221 x 1161

Title: Youth Education Counselor

Name: Keisha McDonald

Email: mcdonalds.keisha@nisqaually-nsn.gov

Phone #: 360-456-5221 x 2206

Adult Education:

Adult Education serves Nisqually enrolled adult students pursuing education and training beyond high school. This includes vocational and technical degrees and certificates, college degrees from accredited universities (associates, bachelors, graduate and professional degrees), and continued educational units (CEUs) for continued adult learning.

Program Contact: Adult Education

Title: Adult Education Counselor

Name: Christine Robbins

Email: robbins.christine@nisqaually-nsn.gov

Phone #: 360-456-5221 x 1294

Title: Adult Education Counselor

Name: Rachel Birkoski

Email: birkoski.rachel@nisqaually-nsn.gov

Phone #: 360-456-5221 x 2213

Nisqually Education Collaborative Programs

GED / High School Completion Program:

This is a collaborative program between South Puget Sound Community College (SPSCC) and Nisqually Youth Education. This program serves Nisqually community members and assists students in accessing and passing their general equivalency diploma (GED). This program also tutors and guides students with previous life experience in acquiring their High School diploma through the High School Completion program.

Program Contact: GED / High School Completion Program

Title: SPSCC Director of Tribal Programming

Name: Shanon Millman

Email: smillman@spscc.edu

Phone #: 360-456-5221 x 1181

North West Indian College (NWIC) at Nisqually:

This is a collaborated program between Nisqually Education and NWIC in the Education's Walker House building. NWIC offers college courses for students in the lower Puget sound region. NWIC at Nisqually offers courses that lead to the completion of the following degrees: A Bachelors of Arts (BA) in Tribal Governance and Business Management, a BA in Native Studies Leadership, a Bachelors of Science (BS) in Native Environmental Studies, an Associate of Arts (AA) in General Direct Transfer, an AA in Early Childhood Development, and an AA in Chemical Dependency Studies. *Note that this is the most degree programs offered at any NWIC extended site!

Program Contact: North West Indian Collage @ Nisqually

Title: Site Manager

Name: Jenny Serpa

Email: jserpa@nwic.edu

Phone #: 360-456-5221 x 1184



Third Annual Walk of Hope

By Debbie Preston

The Third Annual Walk of Hope was held on September 9, was a welcoming get together for healing. Thank you to all those who created this event.





Behavioral Health Rebuild Underway

By Debbie Preston

Dawn Lee owner/director of Dawn Lee Consulting, LLC, has been working in the field of substance use disorders since 1999 and is under contract to rebuild the Nisqually Tribe's Behavioral Health department which will include services for adults and youth, ages 13-17.



The goal is a fall opening for the newly named "Nisqually Wellness Program" in the new Nisqually Tribal Health Center. Services will include: Substance Use Disorder Counseling, group and individual therapy, mental health counseling for individuals and families and medication assisted treatment -- with office-based Suboxone. There will be a nurse practitioner on the premises for prescribed Suboxone. Counselors will be hired, not contracted, to improve the relation to community members.

All services will be for youth ages 13-17 and adults.

Lee is a Washington licensed Substance Use Disorder Professional (SUDP) and has been working in tribal communities since 2004. She envisioned and helped make reality the didg^walic Wellness Center for the Swinomish Indian Tribal Community.

In addition to her work as a SUDP, she has developed multiple programs within the Swinomish Indian Tribal Community which include increased staffing from six to 90 employees. Lee and her team at didg^walic won the Portland Area Indian Health Service Leadership Award, Recognition of Excellence Award and the Indian Health Service Directors Award.

Dawn is a member of the American Association for the Treatment of Opioid Dependence, Washington State Association for Treatment of Opioid dependence (WSATOD) and the Seven Directions Opioid Treatment Advisory Group at the University of Washington.



**SQUAXIN ISLAND BREAST
CANCER AWARENESS DRIVE**

SPIPA's 18th annual breast cancer walk will be a drive through event this year, hosted by Squaxin Island.

**October 16, 2021
9:00am-1:00pm**

**Please join us to show your support for Breast Cancer Awareness Month.
Event will start at Squaxin field.
Car decoration supplies and lunch will be provided.**

For further questions please contact Traci Lopeman at tlopeman@squaxin.us





Pharmacy Drive-Thru, Now OPEN

Nisqually Tribal Pharmacy

PROCESSING A NEW PRESCRIPTION OR REFILL

Most prescriptions are sent to the pharmacy electronically from your provider. This process could take up to 10 minutes for the pharmacy to receive the orders. Once the pharmacy gets to your prescription it is placed in the order which it was received. The prescription label (s) are typed, the drug is pulled and the prescription pills will be counted. The pharmacist will verify that all of the information including pt. name, Dr. name, drug, dosing, and quantities are all correct. The Pharmacist will also check for drug interactions and any duplications of therapy among other important things. Once this final check is done the automatic system will let you know that your RX is ready for pickup.



WAITING FOR YOUR PRESCRIPTION OR PICKING UP LATER?

If you will be waiting for your prescription after an appointment, we will have a beautiful pharmacy waiting area where you will be comfortable until your prescription is ready. Grab a coffee or a snack and watch T.V.

We now have a drive-thru window for your convenience. If you receive a call or text from the pharmacy that your prescription is ready, you may then come thru the drive-thru to pick it up!

**We can be reached at
360-491-9770**

Thank you for your patience.

FILLING YOUR PRESCRIPTION AT OUR NEW PHARMACY

To ensure we maintain accurate contact information on the pharmacy system, we will ask you to update or verify your information such as: phone number, address, and insurance info.

This way we can properly notify you by text or phone call that your prescription is ready for pick up. **Note:** Depending on how many prescriptions you have and when we receive your request, this process can take anywhere from 15-30 minutes.

Welcome, New Security Employee for the New Health Clinic- M'Lissa James

My name is M'Lissa James, I am your new Security Patrol Officer at the Nisqually Tribal Wellness Center. I am the daughter of Phyllis James and the granddaughter of Catherine James (Wells). I am enrolled Nisqually and have lived here on the reservation most of my life. I have three children (late) Rebecca Kalama, Chantay Anderson and Nieko Anderson. I have three siblings and six nieces and nephews who are also enrolled Nisqually.



I am honored to be hired as the Security Patrol Officer as my background is protecting the tribal assets. My previous employment was with the Nisqually Tribal Gaming Agency. I first started as a Nisqually Tribal Member Trainee in June 2008. After completing the training I was hired on full time as

Nisqually Tribal Gaming Agency Agent/Investigator. In August 2018 I applied for and was promoted to Nisqually Tribal Gaming Agency Investigations Shift Supervisor. I worked for the Nisqually Tribal Gaming Agency for nearly 12 years before venturing off and starting my own company Pacific NorthWest DirtWorx LLC with my boyfriend Bryan.

Things I enjoy doing most is traveling and would love to see as much of the world as possible. My favorite destination is Oahu Hawaii, love the sandy beaches but who doesn't. I have lots of goals in life but too many to list. The main goal is to be a successful role model for our youth as they are our future leaders.

Thank you,
M'Lissa James



Reduce Your Children's Risk of Tooth Decay

By Sue Bohannon, DMD

1. Sugary foods and drinks should be reduced overall. Did you know that saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth? This is why it is 'better' if they are consumed with meals.
2. Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
3. If your kids chew gum, make it sugarless – *Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.*
4. Monitor beverage consumption – Instead of soft drinks all day, children should also choose water and low-fat milk.
5. Help your children develop good brushing and flossing habits. A good example is having younger kids join you when you brush/floss to learn that lifelong habit together.
6. Schedule regular dental visits for both you and children of your family; lead by example to teach good dental habits.

Call us today to be seen at the new dental clinic, 360-413-2716, to schedule a check-up.

DENTAL HEALTH



journey to recovery

STOP OPIOID ABUSE
Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.¹
Opioids are a leading cause of injury related deaths in our state.² 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.³

Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.

- ✓ No single treatment is right for everyone.
- ✓ MAR can help you stabilize your life.

Here are a few services we offer here at the Nisqually Health Clinic

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Relicensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!
360-459-5312

Learn more at WATribalOpioidSolutions.com

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 and toe dressings changed, or for an annual foot exam.



2021 DATES WITH DR MOLINA KOCHHAR:

- ~~JUNE 14TH~~
- ~~JULY 20TH~~
- ~~AUGUST 13TH~~
- SEPTEMBER 10TH
- OCTOBER 1ST
- NOVEMBER 5TH
- DECEMBER 3RD

HEALTHY FEET ARE HAPPY FEET

CALL THE CLINIC

TO SCHEDULE YOUR APPOINTMENT AT

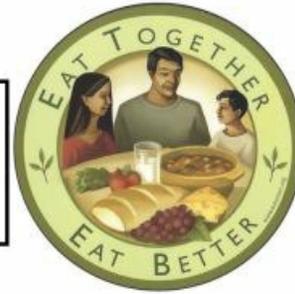
360.459.5312



Give Your Kids the Gift of Cooking Skills

Let kids help in the kitchen

Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce for a salad.



Teaching your children how to cook is a gift of health for a lifetime.

Your child wants to do whatever you are doing.

As early as 2 years old, kids can help in the kitchen.:

- Help decide which vegetables to have for dinner or snack
- Rinse vegetables and fruits, tear lettuce
- Put napkins, forks and spoons on the table
- Put things in the trash

3 year olds can:

- Spread butter or peanut butter on bread
- Name & count foods
- Talk about cooking
- Serve themselves at meals if you hold the plate or bowl
- Learn to say "please" and "thank you"



Try this: Kid's Easy Omelet

[Kids' easy omelette recipe - BBC Food](#)

4 year olds can:

- Crack eggs
- Help measure dry ingredients
- Mix batter
- Make a sandwich
- Cut soft foods with a plastic knife
- Peel oranges, bananas, and boiled eggs
- Clear the table and wipe it off after a meal

Don't know how to cook? Check out ideas on the internet including youtube, ask your family and friends to teach you, try making some simple meals that you may have eaten out. Ask your WIC staff for ideas.

Here are some additional resources. <https://www.doh.wa.gov/YouandYourFamily/WIC/NutritionEducation>



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



South Puget Intertribal Planning Agency



WIC Program October Dates



SQUAXIN ISLAND 10/12/21
NISQUALLY 10/13/21
CHEHALIS 10/14/21
SKOKOMISH 10/20/21

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



South Puget Intertribal Planning Agency



USDA Foods Program October Dates

PT. GAMBLE S'KLALLAM 10/5/21
SQUAXIN ISLAND 10/8/21
SKOKOMISH 10/13/21
NISQUALLY 10/15/21
CHEHALIS 10/21/21

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

This Institution is an equal opportunity provider.





Announcements



**Happy Birthday
Rayne Lemaster!**



*HBDD
Sheila McCloud!*

**Casino Player
Best of
Gaming
WINNER!
2021**

**THANK YOU FOR
VOTING US!**

FIRST PLACE WINS
Best Dealers
Best High Limit Room
Best Cocktail Service

SECOND PLACE WINS	THIRD PLACE WINS
Best Non-Smoking Casino	Best Hosts
Best Video Slots	Best Promotions
Best Keno	Best Table Games
	Where You Feel The Luckiest
	Best Roulette

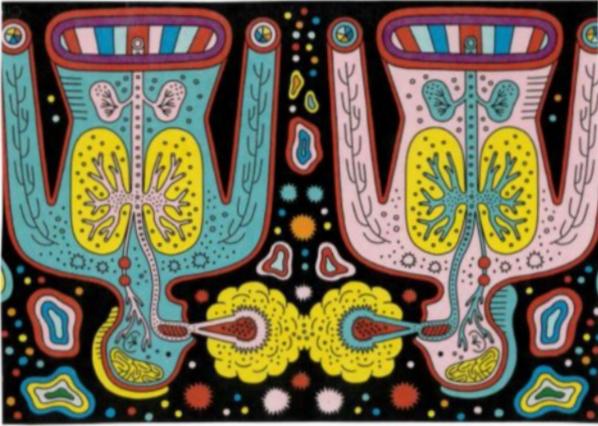
RED WIND *Nisqually*
CASINO

redwindcasino.com Olympia, WA. | 1-866-946-2444

Red Wind was recently awarded with several outstanding awards! Congrats to the Team!

YOUR MASK

REMEMBER



12820 Yelm Highway SE #C | Olympia, WA 98513

YARD SIGNS
24" X 18" Full Color
Metal H-Stake Included
\$13.50

CANCER RIBBONS
Call for Pricing

HALLOWEEN POSTERS
12" x 18"
Full Color Poster
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