

# N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 11 Issue 1

www.nisqually-nsn.gov

January 2021

## Garden 2020 Review

By Chantay Anderson

In spite of the late start this year due to COVID-19 we had a successful season and managed to have a field full of veggies as well as a crop of grain corn and a couple varieties of dry beans. The majority of our produce went out to our Elders produce box program, providing home-delivered weekly boxes of assorted produce and medicine for Nisqually Elders. We more than doubled the amount of boxes that went out this year compared to previous seasons, distributing up to 46 boxes a week. Grace Ann did an exceptional job with delivering so many boxes in a timely and organized fashion. The garden crew also managed to pull off socially distant garden stands as well as contributing to the Elders Pantries.



Janell Blacketer, Community Garden Field Technician 2 and certified Herbalist worked closely with other departments to teach them how to make natural medicines and products as well as distribute medicine and homemade hand sanitizer to departments in need. On top of all that she even managed to provide medicine and body care products for the Elders produce boxes.

Even though we were unable to have our usual harvest party, we had a successful drive thru event at the Youth Center on October 22<sup>nd</sup>! We had a beautiful bounty of fresh produce and medicine products to give away. We would like to thank the Youth Center Staff for allowing us to use their parking lot, and we would like to



*Continued on page 3-GARDEN*

# Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.

## **NON-EMERGENCY #**

### **360-412-3030**

Call this number to leave a NON-EMERGENCY crime tip. You will be asked to leave a message that will be forwarded to all Nisqually Tribal Police Officers.

**Please call 911 for Emergencies**



**FREE Rides**

**Monday through Friday**

**Upper and Lower Reservation Route**

**7:30 a.m. to 4:30 p.m.**

**Last OFF RESERVATION**

**Appointments ending at 3:00 p.m.**

**(360)456-5236**

transportation@nisqually-nsn.gov

## **How to Contact Us**

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

## **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  
5<sup>th</sup> Council, Brian McCloud  
6<sup>th</sup> Council, Hanford McCloud  
7<sup>th</sup> Council, Willie Frank

### **In this issue:**

Garden continues .....	pg. 3
Five things to know this month .....	pg. 4
Health and Wellness Center .....	pg. 5
Health and Wellness cont. ....	pg. 6
TERO Recap .....	pg. 7
TERO Recap cont. ....	pg. 8
New THPO Employee .....	pg. 9
Winter Chum .....	pg. 10
10 Tips .....	pg. 11
LIB Life .....	pg. 12
Not to Late for Your Flu Shot .....	pg. 13
Braces need Brushing .....	pg. 14
Announcements .....	pg. 15



Continued from cover-GARDEN

thank our exceptional seasonal crew: Anson Redstar, Vanessa Hipp, Angelo Ramirez, Lok Marcellay, and Rebecca Cesspooch for all their hard work.

We would also like to welcome Sophia Hipp as she has become our newest full time garden technician. Sophia has worked here at the garden over the past 4 years as a temporary seasonal employee and brings a wealth of energy and positivity to the garden. We are all so excited to have her here working with us!





# FIVE THINGS TO KNOW THIS MONTH

By David Iyall, Nisqually Tribal Council Treasurer

## 1. Gateway Update

I have some big news to share on this one. On November 18<sup>th</sup> the Tribe and Wig Developers signed an agreement to dissolve the Wig Properties LLC – Nisqually Partnership. All of the necessary paperwork was submitted and this act became official on November 30, 2020. This dissolution allowed for the former partners to split the assets, and gave the Tribe approximately 155 acres at the Lacey Gateway Property.

There is one more step to this project. In order to own the entire 250 acres of the Gateway Property, we have also signed a purchase and sale agreement on the remaining one hundred acres. We are set to close the sale of that property, January 5<sup>th</sup> 2021. This will give us the full ownership to the 250 acres. I will give another update in the next newsletter.

A lot of hard work has gone into getting us to this point. Tribal Council has worked with our legal team on this project for the last year and a half. Tribal Attorney David Wolff has really stepped forward and been a huge asset in these efforts. Thank you, David Wolff.

## 2. Elder's Center

We had a ground breaking for our new Elder's Center earlier this year and some of you are asking, why is there no construction going on at that site? The project is still on and we can expect a new building to be unveiled in 2021. The cost of the building was getting pretty high, so we had to make some adjustments to the design to bring the costs down. We also looked into grants for the building and were able to get a grant from the State of Washington in the amount of \$3.5 Million. With this new grant, we are required to make the building LEED Certified. This LEED Certification will make our Elder's Center more energy efficient, but in order to accomplish this the design needs to be updated. So, while we may not be seeing progress on our

new Elder's Center at the site, our architect is working hard to make necessary changes and make sure this project is LEED Certified.

## 3. Charitables

We have just wrapped up our annual Charitables requirement of our Revenue Allocation Plan for the Red Wind Casino. This year's Charitable group was led by our OMB Director Nicole Sims and included Stephanie Scott, Carmen Kalama, Lorna Kalama, Leighanna Scott, Willie Frank, Maui Squally, Jackie Whittington and myself. This group represented our Tribal Council, Shareholders, MCEC and TGA. We met four times this year to give out a total of \$2,588,755.68. Recipients include Tribal Programs, First responders and local charities.

Last year we gave out the checks at a formal dinner event held at our Youth Center. This year, with all of the restrictions regarding Covid-19, we will be sending the checks out. I am hopeful that we will bring the dinner back next year.

## 4. Nisqually Cannabis

Nisqually's new Green Foot Cannabis is scheduled to open December 18<sup>th</sup>. Tribal members will be given a 12% discount. Check out the new shop next door to the Post and Print, or visit online at [greenfootcannabis.com](http://greenfootcannabis.com)

## 5. COVID-19 Updates

We have been very blessed this year. With all that is going on, as of December 1<sup>st</sup>, the Nisqually Reservation had zero COVID-19 cases. It has been a tough year and getting information about COVID-19 out in a timely manner has been difficult. To help alleviate that pressure we have added to the Tribe's website and Facebook, a page dedicated to updates on the reservation.



# Nisqually Health & Wellness Center

By Brandon Brazos (Korsmo Construction) and Wayne Lloyd (Building Department)



## **Project Stats:**

Budget – On budget

Completion Percentage – 65%

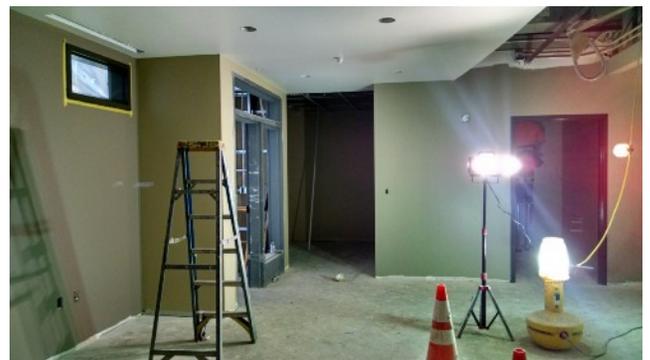
Square Footage – 50,000 SF

Anticipated Project Completion – May 2021

## **Construction Progress:**

The construction progress is continuing onward with a phased sequencing as the project is being built resulting in a wide spectrum of trade contractors working at the same time. The clinic is the furthest along where walls have been covered in drywall, finished and are being painted. Acoustical ceiling grid will commence by 12/14. This area will also be receiving its first clinical casework delivery this month and will be the first area completed in the building.

Adjacent to the clinic is the pharmacy department. Drywall has been installed throughout this area and painting crews will be moving into this area after the clinic is completed. The construction team and design team has recently coordinated some details regarding the transaction windows and the overhead coiling grille for this area.



*Interior finish in the medical clinic*

*Continued on page 6-HEALTH*



*Continued from page 5-HEALTH*

Traditional healing and finance departments also are continuing with drywall installation and is nearly complete. After the front entrance finished the black onyx split face CMU veneer, progress has begun on the curtainwall windows with frames and glazing in place. The main lobby has been used as a material storage/laydown area for the interim and once this space clears up, wall framing will begin for the café, reception, and fireplace chimney.

The boardwalk is a two-story corridor running down the middle of the building with a meandering walkway and intermediate planter beds underneath sky bridge walkways and a skylight that spans over 200 feet. The boardwalk will be one of the final areas completed and has not seen any drywall begin.

The hidden gem of the building is the Healing Room which is located on the backside of the building. On the interior of this room, the wood beams and ceiling decking has been installed along with eight interior peeler poles and eight exterior peeler poles.

The second floor of the facility contains four areas: behavioral health, dental, staff and a conference room. Framing is nearly completed in each of these areas and drywall installation will begin installation after MEPF rough-in is completed in all walls.

The exterior site development has taken major strides recently in work commencing. The parking lot has taken shape with most curbs cast in place. Sidewalks and fine grading will follow before preparation for asphalt paving.

The project has been going very well but has also been quite challenging working through a pandemic. When the shop that was fabricating the structural steel was closed, it cost the project over a month in delays. Korsmo has worked hard to make up lost time and has gained a couple of weeks back.

We look forward to completing this beautiful building for everyone to enjoy.



*Healing room with exterior peeler poles*



*Healing room interior*



# 2020 TERO Recap

By: Wayne Lloyd, Kayla Sparkuhl, and Jennifer Underwood

TERO has completed 39 compliance plans with two pending at this time. At the end of this report will be a list of all Companies who completed work and currently working on different sites, that would include everyone who also received orientations from us.

Combining all the information into one report, TERO has had 38 dispatch requests from compliance plans, seven internal dispatch requests from our Tribal departments. We have filled 22 out of 38 positions with Construction. And filled 20 positions out of the seven internal requests.



*TERO client that was hired on full time at DL Henrickson*

TERO has signed at least five waivers for specialized work. Out of 32 companies that has worked on Nisqually land, eight companies asked for Manpower requests. Out of 42 people that have been dispatched, two clients (both tribal other) have been hired on full time, at DL Henricksen & Korsmo. TERO has complied 67 contracts through the tribe. TERO has completed over 30 Orientations for at least 12 active construction sites, below is a list of those sites:

1. Nisqually Health and Wellness Center
2. Greenfoot Dispensary
3. Housing Project Phase II Journey Road Extension
4. Nisqually Red Wind Casino Truck Entrance
5. Natural Resource Building Remodel
6. Joint Construction/Operation of Fish Trap
7. Early Childhood Center
8. Cuyamucca Residential Fiber Project
9. Elders Center (Early Site)
10. Nisqually Health and Wellness reconstruction in progress
11. Tribal Council Floor
12. Pettit Clean Up Site

Korsmo is the prime contractor on the Health and Wellness building for the Nisqually Tribe. Groundbreaking was on December 2, 2019. The project is 65% completed. Everyday there is between 60-75 workers active at the site. Korsmo has maintained sending us certified payroll throughout the project. Below is a list of all contractors under Korsmo and how many TERO clients each company utilized.

As of December 1, 2020 the total time spent on building the Health and Wellness Center is 39,638.17 man hours, out of that 5,197.50 hours were Native man hours. Currently the project is at 13.11% TERO and overall have had 16 clients dispatched to

them from our office. This percent has fluctuated throughout the project and has been up to 28%. This percentage has never dropped below our goal of 10%.

13. Korsmo Construction—2 Tribal other (Hired 1 full time)
14. Axiom- none
15. B& G Ford Exteriors-1 Tribal other
16. Code Mechanical—none
17. Commercial Installation-none
18. DL Henricksen -1 Tribal other (Hired on full time with company)
19. DM Kelly-1 Tribal other
20. EC Company--none
21. Emerald Fire-none
22. Exterior Specialties—1 **Nisqually**, 1 Nisqually spouse, 1 Tribal other
23. Gilliard Logging-none

Nisqually Communications also provided certified payroll for their three jobs they completed on tribal land. They stayed in compliance the entire time.

TERO has orientated 34 companies for 2020, we have revised the orientation several times to streamline and update relevant information. We have also added a link to the Nisqually Tribe's website. We are currently working on turning it into a video. Would any of the Commissioners be interested in being on the video or their voice recorded for a few sections such as our historical trauma part?

Below is a list of all the Companies that received orientations from TERO:

24. Korsmo Construction
25. Axiom
26. B& G Ford Exteriors
27. Code Mechanical
28. Commercial Installation
29. DL Henricksen
30. DM Kelly
31. EC Company
32. Emerald Fire
33. Exterior Specialties
34. Gilliard Logging
35. K. Fox Insulation
36. La Nacional Construction
37. Lacey Glass
38. Mehrer Drywall
39. Moe's Welding
40. MTN2Coast
41. Nisqually Construction
42. Phoenix Mechanical

*Continued on page 8-TERO*



Continued from page 7-TERO

43. Taurus Industries
44. Warfield Masonry
45. Thunderbird
46. KBE Electric Co, INC
47. Level 5 Washington
48. Sabelhaus West, Inc
49. Nisqually Construction Services, LLC
50. Deluxe concrete services
51. Apply-A-Line, LLC
52. Lakeside Industries
53. Caliber Concrete Construction
54. Evergreen Concrete Cutting, Inc.
55. Rine Demolition, LLC
56. Precision Fiber, Inc
57. Nisqually Communication Services

- Brighton Creek New Automatic Gates
- Kalama Fish Hatchery Expansion
- New Fleet/Public Works/Building/TERO Building
- Home Builders Houses 6 and 7
- New Garden Property Remodel
- TERO Expansion and Remodel
- TERO Laser Art Studio
- Oatfield Property Horse Program
- COVID-19 Sneeze Guards Phase II
- Fencing and Beautification
- Oatfield Stump Removal and Grading
- Maintenance Department Building Structural damage and Roof
- EOC Building

**Completed Projects**

- Administrators Office Renovation
- 20 Unit Apartment Complex Landscaping
- Behavioral Health Remodel
- Behavioral Health Razor Wire Removal
- Brighton Creek Apartment Safety and Code Repairs/Remodel
- Brighton Creek Meeting Hall Remodel
- Brighton Creek Cabins Interior Refurbishment
- Brighton Creek RV Park
- COVID-19 Sneeze Guards Throughout the Tribe
- Health Clinic Dental Safety Barriers
- Health Clinic COVID-19 Testing Drive-Through Wall
- Maintenance Department Building Mold Removal
- Department of Natural Resources Phase I
- TERO Parking Expansion
- TERO Studio Electrical and Ventilation
- Recovery Café Remodel
- Tribal Council Access Floor
- TERO Parking Expansion Phase II
- Nisqually Tutor Program
- BEMAR Health Clinic HVAC Upgrades
- Head Start Expansion
- **GIS Offices**

This does not include the multiple building and property inspections performed since the Building Department has existed. We have been active in writing articles for our tribal newsletter and try to have an article for each paper. We have started doing a flyer for the weekly mail out. The purpose of this is to keep the tribal members and community informed of our TERO activities that include: Manpower requests, training opportunities, employment opportunities for Red Wind Casino and MCEC. One new thing that we've started doing to get information out to the community is more videos. One thing our community is used to is gathering for major events, and we haven't been able to do that because of COVID. There are videos on the website of the ground breaking ceremonies, beam raising ceremony, walk-through videos of the health and wellness center. December 2, 2019 was the date of the ground breaking ceremony, so on this date one year later we went back to do a video to show the progress since ground breaking. Once we have finished putting the video together we will get it to IT to have them put it on the website for everyone to enjoy.

Lastly, with the assistance of the COVID funds, TERO has purchased over 2,500 COVID-19 face masks from one of our Native American Owned Businesses (NAOB), Rez Gear. We have distributed the masks to Red Wind Casino staff, MCEC staff, Nisqually tribal employees, and the employees working at the construction site. By the end of the year all masks will be distributed to tribal members and community members.

**Projects in Progress**

- Nisqually Public Safety Complex Detox Ward
- Braget Farm Culture Center
- Nisqually Elders Center
- Nisqually Health and Wellness Center
- Greenfoot Cannabis Dispensary
- Department of Natural Resources Phase II
- Healing House Generator Backup
- Brighton Creek RV Septic System
- Brighton Creek Cabins Exterior Refurbishment

We are sending everyone Happy Holidays and Happy New Year. We hope everyone has a wonderful holiday season.

**TERO Department Staff**

- Wayne Lloyd, Director
- Victoria Jackson, Admin Secretary
- Kayla Sparkuhl, TERO Training Coordinator
- Jennifer Underwood, Compliance Officer
- Yolanda Bracero, Compliance Officer
- Jack George, Studio Tech.
- Aztec Sovereign, Studio Tech.



# New THPO Employee: First Few Days

Brad Beach, Jeremy Perkuhn, and Sela Kalama

The Tribal Historic Preservation Office (THPO) would like to welcome its newest employee, Sela Kalama. Although new to the THPO, Sela is not new to working for the Nisqually. Having worked for the Home Builders Apprenticeship program for eight months, Sela is more than prepared to assist the THPO in the monitoring of construction sites for archaeological resources. While working for the THPO program Sela is also going to continue her studies at Northwest Indian College's Nisqually campus, where she is finishing up her associate's degree. Sela started just in time to assist with a cultural resources survey that was initiated internally.

Ahead of the Kalama Creek hatchery improvements, the Natural Resources department worked with the THPO to seek out and hire a contract archaeologist to survey for cultural resources in the areas that will be affected by construction activities. While the survey itself went off without a hitch, working in and around salmon carcasses was a first for me. The following Monday I asked Sela to write a little note about her first few days with the THPO:

*"Coming into this position I knew very little of what I was getting into and didn't really*

*understand the position at all. Since I've started I have got to see what sites there are and have learned a lot about what we do in THPO. I can say that my first experience was amazing and that I do find this job very interesting. We have been to job sites and I have seen many different places and am getting familiar with what sites there are and learning more about the job. I have been reading books as well and have got to watch a dig happen in Tumwater that was a few days after I had got this position and it was very interesting to learn what things were and the history of the place. The first dig that I had experienced was at the Fish Hatchery and that was very interesting and I had a ton of fun with that project."* –Sela Kalama

Both Jeremy and I are really excited to have Sela on board and can't wait to tell you about our upcoming field experiences, but until then, if you have any questions or comments feel free to contact us at [beach.brad@nisqually-nsn.gov](mailto:beach.brad@nisqually-nsn.gov), [badoldman.jp@nisqually-nsn.gov](mailto:badoldman.jp@nisqually-nsn.gov), or [kalama.sela@nisqually-nsn.gov](mailto:kalama.sela@nisqually-nsn.gov).



## Emergency Management: Power Outages during COVID 19

Extended power outages may impact the whole community. A power outage is when the electrical power goes out unexpectedly.

### PROTECT YOURSELF DURING A POWER OUTAGE:

- Keep freezers and refrigerators closed.
- Use a generator, but **ONLY** outdoors and away from windows.
- Do not use a gas stove and ovens to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.
  - Check with Emergency Management 360-456-2822 for locations of cooling or warming centers. Locations may have changed this year due to the COVID-19 pandemic.
- If you go to a public cooling or warming center, keep at least six feet of space between you and individuals who are not a part of your immediate household.
- Wear masks when in public spaces. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who are unconscious, incapacitated, or otherwise unable to remove them.
- Try to bring items that can help protect you and others in the cooling or warming center from COVID-19, such as two masks for each person age two or older in the household, [hand sanitizer](#) that contains at least 60 percent alcohol, and cleaning materials.
- Be a good neighbor. Check on the welfare of others.

*Information courtesy of Ready.gov*



# Winter Chum 2020

By Craig Smith

The Nisqually Winter Chum have returned in fewer and fewer numbers in the last seven years. Lack of rain, poor ocean survival, predation by seals and sea lions, changing timing, and impact by pre terminal fisheries are some of the known causes.

The 2019 run back to the river was the worst in memory where only about 4,000 returned home to spawn. The 2020 forecasts and dismal recent year returns helped Nisqually and other terminal Tribe’s Policy members to successfully keep the very effective all citizen’s Purse Seine and Gill Net fleet from fishing on Fall Chum in the central Puget Sound this year which incidentally catches Nisqually Winter Chum. Stopping this fishery was a huge win for fall and winter chum returning to spawn. Because of low forecasts and in order to get pre-terminal fisheries to listen to our request for protecting the winter chum we committed to

not fishing Chum in the Nisqually River until we can prove with our In Season Update tool, relying on Yelm Creek Live counts, that we will make escapement. So far it is not looking good. Yelm had one live fish on Friday the 11<sup>th</sup> of December. River flows and tributaries are low or in the Muck Creek’s case completely dry. Hopefully by the time this article is published we have had lots of rain and the Chum are pouring into the system.

Because the 2019 spawning escapement was so drastically bad we really need to make up ground in 2020 so we can have more hope to having successful fisheries in 2022 and 2023 (chum return as 3 and 4 year olds). The Nisqually Natural Resources Harvest crew is dedicated to walking and floating streams and rivers but we really need water to do so and the chum need it as well. Please think, pray, dance, or whatever you can to receive more rain and winter chum.

---

## QR Codes – What are they?

Tips from the IT-WebDev Department

QR is an abbreviation for quick response code. It is version of a barcode, similar to those used on products purchased and scanned in stores at the cashier checkout.

Example QR Code:



This code opens a Web browser on a smart phone, tablet or computer and displays the website.

QR codes are often built into most modern camera devices however, an app may be required (either Android or iPhone) to read QR codes. In Google Play Store or Apple App Store, simply search for a QR code reader app (many are offered for free).

To test: Scan the code to the left of this article with a smart phone or tablet camera. If it works, a prompt should appear asking if you would like to open the “Nisqually-nsn.gov” web page.

These types of codes are used widely to promote products by linking to websites or video trailers. They are also used for online coupons or promotions.

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



# 10 Tips for Dealing with Covid-19 Stress and Depression

By Yolanda Machado, M.Ed.

1. Limit exposure to the media coverage on Covid-19- and other topics that are stressful, especially early in the day and before going to sleep. It is important to be informed, but you don't want to start and end your day on a negative note. Besides, how many times a day do you need to hear that are experiencing a global pandemic?
2. Maintain your connections with family and friends- even though it has to be from a distance. It is important that our support systems are in place during this stressful time. Try to opt for phone conversations, zoom, and face time as opposed to texting whenever possible. The illusion of being in-person is better than the alternative.
3. Get enough sleep and relaxation time- people who are sleep deprived and who don't have enough down time, do not cope well with stress, even the seemingly little irritations like burning the toast can be catastrophic. Experts suggest 7-8 hours of uninterrupted sleep is optimal for most people.
4. Eat a healthy diet- the jury is in on nutrition- "Garbage in, garbage out." Foods high in sugar, salt, and other processed ingredients do not help our bodies and minds to deal with the barrage of mental and physical pressures we encounter daily, especially serious illnesses. Eating healthy foods like fruits and vegetables can actually help fight many ailments.
5. Exercise for prevention and relief of stress- even going for a short walk on a regular basis (daily) yields benefits beyond stress management. Studies show that walking can also help with weight loss, strengthening muscles and bones, improving sleep, etc. How many reasons do you need to get motivated to get out of that lazy boy?!
6. Manage your time- by creating and following a schedule. This is where you can regain a sense of control and predictability that has been largely lost due to the pandemic. Establishing a regular routine reminds many of us what it was like to work 9-5- Monday-Friday, which is what was familiar to most of us. More importantly though, if we get out of the habit of following a routine, it will be very difficult at best to get back into that schedule when things return to "normal."
7. If you smoke to help with stress- consider quitting. If you smoke tobacco or vape, you're already at a higher risk for lung disease and Covid-19 is a respiratory illness. This could be a new year's resolution that could save your life!
8. Incorporate things into your daily life that bring joy- when we are stressed, the activities that once brought us happiness and joy are often deleted from our daily lives. It is important to make our hobbies and other similar activities a priority by putting them into our schedules much like we would our exercise routines.
9. Update your resume and/or skills- if you have lost your job due to Covid-19. Loss of a job can be one of the most stressful events in a person's life, but it doesn't have to be an insurmountable challenge. Use the time you have to retool your resume and skills. This activity not only helps with stress- because you are taking control of the situation, but it can also increase your confidence and self-esteem.
10. Seek professional counseling- when all else fails. Sometimes getting feedback and guidance from a professional counselor is what is necessary to gain an over looked perspective. Unfortunately, seeking mental health counseling sometimes has a negative stigma associated with it. My advice is to think of it like going to see a trusted friend for advice (only you might have to pay of it!) or think of mental health like you would physical health. For example, you wouldn't think twice about seeing a doctor for a broken bone. Remember, both the mind and body need to be in optimal condition in order to handle the stresses of everyday living.



# Nisqually Tribe Library Awarded CARES Act Grant for Community Programming

The Nisqually Tribe Library recently received a \$3000.00 grant from the Institute of Museum and Library Services through Washington State Library. This funding, as allocated in the CARES Act by Congress, has purchased materials for community outreach programming through the development of Family Engagement Kits.

1<sup>st</sup> quarter Family Engagement Kits were handed out in December 2020, each containing items to promote family engagement, independent play, and STEAM learning for families with school-aged children. Second quarter kits will be ready for handout at the end of the 2<sup>nd</sup> Quarter for most students, in February 2021.

The WSL received the funding from the [Institute of Museum and Library Services \(IMLS\)](#) to support libraries in responding to the coronavirus pandemic. In March, Congress provided the federal agency a total of \$50 million in the CARES Act to distribute to states and territories.

## LIB LIFE, Tribal Library Staff

While our facility remains closed to the public, we want to encourage our resilient patrons to use our services – from materials check-out and delivery, to curbside printing, online professional development, and telephone reference services.



### AN AWESOME REMINDER

**Library Delivery:** For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

**Telephone Reference Services:** Have a question about schoolwork? Wondering what materials your kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

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

## LinkedIn Learning Subscription

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

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

**If you are looking to access the platform, search <http://www.Lynda.com>**

As a preview of the platform, Library staff have been using LinkedIn Learning (Lynda) to brush up on their skills in Microsoft Office products, including Excel, Outlook, PowerPoint, and Publisher. If your department would like ideas on training for staff, or you need assistance getting established with the platform, call us at the Library.



# Winter Is Here But It's Not Too Late For Your Flu Shot

By Addie Spencer, MD

You can tell winter is here because pumpkin spice is everywhere and it's dark at 4:30 p.m. Even though this year is different in so many ways – on-line school, masks, drive-up gatherings – we still need to stay up to date with vaccines. Now is a perfect time to make sure you and your loved ones have gotten this year's flu vaccine.

- 4 types of vaccine are available:**
- High dose flu vaccine for elders
  - Preservative free vaccine for pregnant women and babies
  - Nasal spray inactive virus for 2-49 year olds
  - Regular seasonal flu shot for everyone over 6 months

Every fall there is a new formula for the seasonal flu vaccine. Because the virus changes year to year, our immune systems need an annual booster to prevent infection. Having a strong immune system that is ready to fight the virus helps keep you out of the hospital and makes you less likely to spread infection if you do get sick with influenza.

The good news is that we haven't seen any flu cases yet this fall so there is still time to get your 2020 flu shot. Please call the Nisqually Health Clinic 360-459-5312 to schedule your vaccine. We can meet you in the parking lot to keep the contact to a minimum. Nisqually Elders may request a home visit to get your vaccine. We hope to hear from you soon!

## Happy New Year from the Pharmacy Team

It is cough and cold season and there is nothing quite as irritating as a nagging cough. The pharmacy wants to remind everyone that there are certain common prescription medications that may cause a persistent dry cough. Here are four medications that we commonly dispense from the pharmacy:

1. Lisinopril – This is an ACE inhibitor drug used to treat high blood pressure. About 20% of users may experience a hacking dry cough.
2. Fluticasone Nasal Spray – This is a steroid nasal spray used to clear up inflammation caused by allergies. Fluticasone may rarely cause a dry irritated throat which may trigger coughing.
3. Simvastatin – This is a statin drug used to lower cholesterol. Not much is known, but there is some evidence to show that statins

can cause pulmonary lesions which may cause chronic cough.

4. Carvedilol – This is a medication used to treat high blood pressure. 2% of people who reported side effects also reported coughing.

The important thing to take away from this article is to make sure that when being treated for any medical conditions, that your medical practitioner has a current list of all medications that you are taking. **This is particularly important when going to an urgent care clinic, emergency room, or hospital where your current records are not readily available.** The pharmacy is able to provide your current medication list to these medical practitioners when requested. If you are using more than one pharmacy, each pharmacy should be contacted by the treating practitioner.

Have a Happy 2021!



# It's a New Year for a gentle reminder -- Braces need extra brushing and care!

By Sue Bohannon, DMD

I wanted to show what can happen to teeth that were not kept clean when braces were on. Unfortunately, you can literally see where the braces were! If extra time is not made to brush thoroughly then there's a very good chance the teeth will demineralize and possibly begin to decay. These white spots can quickly turn into decay that require fillings on many, many teeth.



When someone has braces, it is harder to clean around the brackets and wires. Sometimes it is not possible for young children to clean their teeth properly so their parent might need to brush their child's teeth at least once a day.



At Nisqually Tribe Dental Clinic, we have a few different special items that might help clean around the braces that we'd be happy to provide. We can also provide tutorials with children and parents about how to clean teeth that have braces. Children are our future and starting out with a mouthful of cavities when what we wanted was a pretty smile is heartbreaking.

Please call Nisqually Tribe Dental Clinic if you have any questions or need an appointment at 360-413-2716.

## Help Protect Yourself and Others from COVID-19

**Practice Social Distancing**



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



**And Wear a Cloth Face Covering**



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

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



**South Puget Intertribal Planning Agency**



## USDA Foods Program January Dates

<b>PT. GAMBLE S'KLALLAM</b> 1/6/21
<b>SQUAXIN ISLAND</b> 1/12/21
<b>SKOKOMISH</b> 1/15/21
<b>CHEHALIS</b> 1/21/21
<b>NISQUALLY</b> 1/26/21

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





**South Puget Intertribal Planning Agency**



## WIC Program ~~January~~ Dates



<b>SHOALWATER BAY</b> 1/6/21
<b>SQUAXIN ISLAND</b> 1/12/21
<b>NISQUALLY</b> 1/13/21
<b>CHEHALIS</b> 1/14/21
<b>SKOKOMISH</b> 1/20/21

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.  
This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.

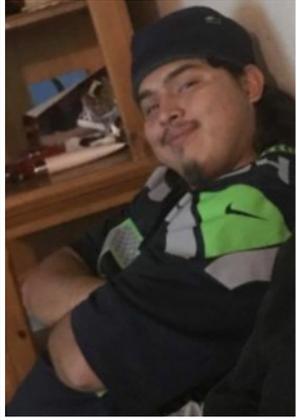




# Announcements

January 6, Happy Birthday Nano, Love the McDonald Family  
 January 6, Happy Birthday Homie, Marie  
 January 7, Happy Birthday Stacy, Marie  
 January 15, Happy Birthday Uncle David, Love the McDonald Family  
 JANUARY 16, HAPPY BIRTHDAY AZEEM, LOVE THE MCDONALD FAMILY  
 January 19, Happy Birthday Izzy, Love the McDonald Family  
 January 29, Happy Birthday Dad, Love the McDonald Family

**1/27/21**  
**Happy Birthday**  
**to my oldest son**  
**Derrick Sanchez**




January 29<sup>th</sup>  
 Happy Birthday Dad  
 (Benjie Kautz Sr)

We love you so much and  
 hope your day is the best!



January 9  
 Happy Birthday  
 Charie!

Love ya Magdalena

**Nisqually Tribal  
 Office Holiday's**  
 The tribal offices will be closed.

Monday January 18  
 MLK Jr. Day

Friday January 29  
 Chief Leschi's Birthday

**Do you live in  
 CUYUMUCA  
 and not scheduled  
 your fiber modem  
 install yet?**

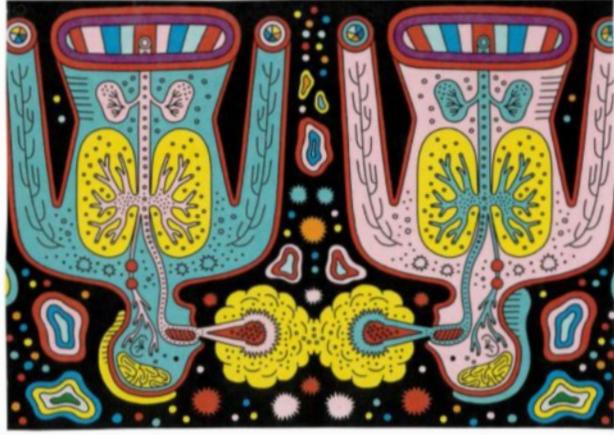
**CALL: 360.486.9557**



Nisqually Indian Tribe  
 Community High Speed Internet Project



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



**REMEMBER**

**YOUR MASK**

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



- Self-Service Copies
- Black&White/Full Color
- Full Service Copies
- Fax
- Scanning
- Labels
- Brochures
- Booklets
- Yard Signs
- Posters
- Business Cards
- Postcards
- Invitations
- Stickers/Decals
- Banners
- Letterheads/Envelopes
- USPS/UPS Shipping

orders@nisquallypostandprint.com  
www.nisquallypostandprint.com



**Hours:**  
Monday - Friday  
8am - 6pm

**Location:**  
12820 Yelm Highway SE  
Suite C  
Olympia, WA 98513

**Phone:**  
360.338.6431

**Email:**

**\*\*Notary Services\*\***