

Nisqually Absch News



Nisqually Tribal News

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

Phone Number (360)456-5221

Volume 8, Issue 5

www.nisqually-nsn.gov

May 2018

State Appeals Culvert Decision

By Debbie Preston

The U.S. Supreme Court will soon make a decision on an appeal by the State of Washington to overturn the culvert case which affirmed the fact that the state had to fix the fish-blocking culverts as part of upholding the treaty rights of tribes to have fish to harvest.

Tribes are disheartened that Washington state Attorney General Bob Ferguson is fighting a parade of lower court rulings upholding the tribes' position that the culverts must be fixed by the state and sooner than later to assist recovery of salmon stocks by allowing fish to return to habitat unavailable for decades due to culverts.

Attorney William Jay argued the case for tribes along with assistance from several attorneys, including long-serving attorney for tribes, John Hollowed, who wore a Billy Frank Jr. Day t-shirt under his dress shirt to the U.S. Supreme Court.

Charles Wilkinson, a Native American law expert at the University of Colorado, Boulder, in an article for E&E News, said, "Will the court, if it doesn't rule for the tribes, make law that will cut into the Boldt decision, and their own decision in 1979, too?" he asked. "Will the court backtrack on that? This is an enormous case in Indian law."



One judge, Justice Kennedy, has prior involvement in the case, and will not be a part of the decision, leaving the remaining eight judges to rule.

A decision is expected in the next several months.

John Hollowed, long-time attorney for tribes through the Northwest Indian Fisheries Commission, wore this year's Billy Frank Jr. Day t-shirt under his dress shirt when the tribes litigation team argued against Washington State's appeal of the culvert case in the U.S. Supreme Court in April. Above, Hanford McCloud Nisqually tribal councilman, stands in front of the U.S. Supreme Court prior to entering to hear the culvert arguments.



In observance of these holidays the Nisqually Tribal Offices will be closed Friday May 11th for National Indian Day and Monday May 28th for Memorial Day.

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.

Contact Carrol Clark at (360)456-5221 ext. 1221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

Time: 6:00 p.m. - 7:00 p.m.

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

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The deadline for the newsletter is the first Monday of every month.

Nisqually Tribal Council

Chair, Farron McCloud
Vice Chair, Chris Olin
Secretary, Sheila McCloud
Treasurer, Julie Palm
5th Council, Brian McCloud
6th Council, Handford McCloud
7th Council, Willie Frank

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Council Corner

Spring is a time for renewal and the blossoming of new opportunities. Here at Nisqually, we are seeing those things reflected in our new construction.

Our new apartments in housing are really moving along now, if you haven't driven by. The completion of these 20-unit complexes will do much to move folks off of our housing list as they will meet the needs of those who are alone or have one child. This will fix a long-standing problem of meeting the needs of that specific segment of our people who don't qualify for family housing otherwise.

Right behind the administration building, you can see the beginning of the renovation and addition to our Head Start and Early Head Start facilities. This will help your young people start their education here at Nisqually and maintain that care through pre-kindergarten.

Our TERO program is finishing getting comfortable in their new home near the Nisqually Youth Center and providing many job opportunities for our people.

The Medicine Creek Enterprise Corporation (MCEC – formerly NBED) with the Nisqually Construction Company, is well underway with the expansion of the Nisqually Market on the reservation that will include a mail/UPS sort of business store, food choices and expanded offices for Nisqually Construction and other MCEC businesses.



All of the projects have work opportunities through TERO and when they are finished, these businesses and homes will be a part of our growth in the future.

Hoyt.

Editor Correction

In the April issue of the Squalli Absch News, an incomplete cutline that was not meant for final print was erroneously included on the tribal council corner page. It was meant to make sure the name of the person was gotten and spelled correctly. My deepest apologies to DeShane Everybodytalksabout and his family, whose name I did not have at the time, but it is correctly appended to all social media of the Billy Frank Jr. Pacific Salmon Summit. All the students from Nisqually were excellent speakers and witnesses at this summit. –Debbie Preston

*The cutline should have read:
Three of witnesses chosen for the summit included two members of the newly-formed Nisqually Youth Council. From left, Taniesha Birdtail, DeShane Everybodytalksabout and Hilary Franz, Washington state Commissioner of Public Lands.*

New Elders Bus!



Alyssa Wells shows off the new Nisqually Elders Van. It has that new van smell, has more room and features video monitors for everyone.





North of Falcon Results in Nisqually Fishing Benefits

By Debbie Preston

Following the North of Falcon fishing season negotiations between tribes and the state of Washington, Nisqually fishermen can expect a little more opportunity for chinook and possibly chum this year.

“There was agreement from everyone that habitat loss and changing ocean conditions mean there are not a lot of fish in the rivers and Puget Sound,” said Willie Frank III, Nisqually tribal councilman who attended the North of Falcon meetings with Nisqually council member Hanford McCloud.

“Maybe the best thing we were able to negotiate for Nisqually is that there will be no sports fishing on Sundays during our chinook fishery,” Frank said. “The state agreed after we talked about the fact that there is always tension with the sports community who are frequently not educated about our treaty rights and the

fishery. It makes things tense and sometimes dangerous, especially for our elders.”

Frank said there will again be discussions with Joint Base Lewis-McChord about increasing enforcement presence on the shared grounds of Nisqually and JBLM that sports fishermen are given the privilege of using during the fishing seasons. “We just need it to be safer there and that’s up to them to provide that assistance,” Frank said.

The Nisqually Natural Resources Department will do in-season monitoring of fisheries again and with the chum forecast, Nisqually will open a chum fishery this year with ongoing monitoring during the season. Additionally, there will be no fishing by non-tribal fishermen after week 45 in Puget Sound which should help Nisqually chum return in better numbers again this year to the river.

Nisqually Continues Partnership to Improve Nisqually River Corridor for Fish

Article from the Northwest Indian Fish Commission

A streamside forest will become more salmon-friendly because of work by the Nisqually Indian Tribe and Tacoma Public Utilities.

The municipal utility owns a 90-acre stretch of streamside forest along the Nisqually River. Working with the tribe’s salmon habitat restoration crew, the partners are planting conifers in the now mostly deciduous (leaf-bearing trees) forest.

“There is a slow, natural evolution of forests from deciduous trees like alders to more conifers,” said David Troutt, the tribe’s natural resources director. “We’re helping speed up that process.”

Conifers like Douglas fir and Western red cedar are hardier than deciduous trees and therefore form more durable logjams. Trees wash into the river naturally and form logjams. The logjams create important habitat like deep pools where salmon rest and feed.

“While conifers stay inside a logjam for hundreds of years, deciduous trees rot away much quicker,” Troutt said. “In places where we’ve gone in and built logjams, we’ve seen larger populations of juvenile salmon.”

The city-owned forest is hard to access. The planting crew carried young trees for miles, sometimes scaling down bluffs. The tribe’s full-time planting crew has been a driving force behind habitat restoration projects in the Nisqually for more than a decade. They have planted and maintained more than 500 acres of forest.

The Tacoma property makes up the majority of the shoreline in an important stretch of the Nisqually near the mouth of the Mashel River, a vital chinook tributary. Nisqually chinook are part of a Puget Sound-wide population that are listed as threatened under the federal Endangered Species Act.

This multi-year planting project is the latest example of a decades-long relationship between the tribe and the utility. In the late 1980s, the tribe and the utility reached a settlement after years of litigation over the impact the utility’s dams had on salmon. The best example of this collaboration is the tribe’s Clear Creek Hatchery, which is funded as part of the settlement.

“The future of the Nisqually River includes both Tacoma and the Nisqually Tribe,” said Farron McCloud, Nisqually tribal chair. “These projects are a reflection of years of trust and a good working relationship.”



Sprung Spring at the Youth and Community Center

By Stacy Gouley

We're optimistic that April showers are going to bring May flowers in addition to the beginning of warm weather, good times and great memories. Hoping you've noticed some nice changes here – with the temporary addition of the Head Start program, there have been many more little happy faces walking around since February. The Leschi room and game rooms have been transformed into classrooms and the meeting room has been transformed into the game room. These are temporary adjustments to help maintain Head Start programming until the new Head Start building is completed.

Our maintenance program is doing a great job adjusting to the temporary additional storage needs that help the Head Start program continue to meet its goals for kids and their families. Meeting the ever-changing needs of the facility is the top priority for the staff.

Don't forget the children's activity resources available from the Youth Services department. This benefit is currently available to Nisqually tribal member children ages 6-17. This includes 18-year-olds if your child is still attending school. Call for more information or stop by to complete the one page application at the youth

center. This program is first come, first serve until program funding is exhausted.

Interested in personal health and wellness goals? With the nice weather, it's going to be easier to get out and about but for those of you interested in weight room and cardio workouts, come in, complete your 2018 registration and check out the exercise facilities that have been receiving some much-needed equipment updates. The saunas might be part of the activities that help you or a loved one reach those New Year resolution goals – little by little, you can get there. Maybe you need the support of our instructor. Just stop in and meet the health coach, Kareem Gannie, or make an appointment.

If you're interested in volunteering for any of the tribes' community events or programs, help is always welcome and interested applicants should contact us so we can begin the appropriate paperwork required to verify eligibility. Mother's Day and Father's Day events are coming soon, so keep an eye out for the weekly mail out to see our flyers.

Community Garden Invites You to Enjoy the Spring Bounty

By Grace Ann Byrd

Though the Nisqually Garden Stand isn't running yet, Nisqually tribal members can still go to the garden and harvest fabulous kale and collard greens. Even the flowers are available that are great to eat in salads.

Please don't touch the newly forming garlic babies. If you are unsure of what to pick, please ask for help on what's available.

Janell Blacketer and I are attending college to further our knowledge. Janell is attending in Portland to become an herbalist and I am working on my two-year degree. We are both interns for Native Plant Teachings using the Tend, Gather, Grow Curriculum with Elise Krohn and GRuB partnership team.

Love, hugs, water and grow healthy with lots of smiles to you all from our Garden Ladies.





Bear and Cougar Information

By Debbie Preston

It is spring time, when some of the furry creatures who live on or near our reservation start waking up and moving about. Here are some tips on how to keep them wild and less likely to be in your yard. Young bears and cougars or bobcats might make the mistake of roaming into your yard in search of food. Raccoons are even bolder and will become a regular nuisance if food is available. To combat their visits WDFW offers these tips for bears and cougars and other mammals such as raccoons:

State wildlife offices receive hundreds of black bear complaints each year regarding urban sightings, property damage, attacks on livestock, and bear/human confrontations.

The number one reason for conflict, (95 percent of the calls to offices) are the result of irresponsibility on the part of people: Access to trash, pet food, bird feeders, and improper storage of food while camping make up the majority of the calls.

Secondarily, young bears (especially young males) are not tolerated by adult bears and they wander into areas occupied by humans. Food may also be scarce in some years—a late spring and poor forage conditions may be followed by a poor berry crop, causing bears to seek food where they ordinarily would not.

If you live in areas where black bears are seen, use the following management strategies around your property to prevent conflicts:

Don't feed bears. Often people leave food out for bears so they can take pictures of them or show them to visiting friends. Over 90 percent of bear/human

conflicts result from bears being conditioned to associate food with humans. A wild bear can become permanently food-conditioned after only one handout experience. The sad reality is that these bears will likely die, being killed by someone protecting their property, or by a wildlife manager having to remove a potentially dangerous bear.

Manage your garbage. Bears will expend a great amount of time and energy digging under, breaking down, or crawling over barriers to get food, including garbage. If you have a pickup service, put garbage out shortly before the truck arrives—not the night before. If you're leaving several days before pickup, haul your garbage to a dump. If necessary, frequently haul your garbage to a dumpsite to avoid odors.

Keep garbage cans with tight-fitting lids in a shed, garage, or fenced area. Spray garbage cans and dumpsters regularly with disinfectants to reduce odors. Keep fish parts and meat waste in your freezer until they can be disposed of properly.

If bears are common in your area, consider investing in a commercially available bear-proof garbage container. Ask a local public park about availability or search the Internet for vendors.

Feed your dogs and cats, etc. inside or take up food immediately after they have eaten. Don't approach cubs, mom is always nearby and much more likely to be aggressive protecting her young.

For a full description of black bears, their life history and other tips to avoid conflicts, go to: <https://wdfw.wa.gov/living/bears.html>

Housing Notice

Dear Residents,
Nisqually Tribal Housing will like to inform you that the department will be closed for the following days May 21-22, 2018. If you need assistance please contact us prior to these dates.

Thank you.

If you have an housing EMERGENCY please call Natosha Kautz at 360-529-1579



Storm Team Practice
wednesday
May 16th, 2018
5 pm - 7 pm

Come watch and meet the Seattle Storm at the Nisqually Youth & Community Center
 Nisqually Tribal Members and Community Members.
 Call the Youth Center for more information 360-455-5213.



Night Sky – May 2018

By George Walter

It's a good month to look up at night. It's getting warmer, but you don't have to stay awake too late for full darkness. All the brightest planets will be visible, especially Jupiter, the largest planet. It will be sailing across the night sky, from east to west, all night long.

Venus will be in the evening sky. Look to the southwest just after sunset. It will be the first bright object you spot, visible before full dark. For a few days in mid-May, there will be a thin crescent moon near Venus. Mars and Saturn are transiting the night sky near each other. Look for them rising in the southeast about midnight and they will be overhead before dawn.

Meteors, also known as shooting stars, are caused by small space debris entering the Earth's atmosphere and burning up. Whenever the Earth transits through the path of a past comet, we can experience many meteors. There are called meteor showers and they can be predicted in advance – including every May, especially May 5-6. Unfortunately, the waning moon may interfere with optimum viewing. Get a comfortable chair and face east, away from the moon, and you might be rewarded with up to 10 bright meteors per hour.

Talking Treaties and Fish



Nisqually tribal councilman Willie Frank III is interviewed by TVW reporter Mike McClanahan at Frank's landing about the Washington state's appeal of the culvert decision. TVW is Washington's public affairs network. McClanahan hosts TVW's Impact program.

Summer Youth Opportunities with Natural Resources

By David Stepetin

Are you planning to sign up for summer youth employment with the tribe? In consultation with the Nisqually Youth Council, we have developed several possibilities for you to spend part of your summer with Natural Resources.

Salmon Camp – Again this summer we will be having a week-long salmon camp. This is a chance to learn more about all the many interesting projects that we do in natural resources and experience firsthand what natural resources jobs are like.

Shoreline Clean-up – We are looking for a crew of five youth to work with natural resources professionals patrolling the river and marine shorelines, cleaning up polluting debris and learning about important habitat.

This work will occur three days per week for 3-4 weeks, scheduled around the 2018 Canoe Journey.

Documentary Specialist – Ever thought about being a filmmaker? We want to document our youth natural resources activities this summer and we are seeking one young person to take this on. You will learn about photography and using a "Go-Pro" video camera to film activities, and use PowerPoint to create a presentation using the images and video.



Why Steelhead Are So Important

Part 1 – Basic Biology

By George Walter

Note: This article is the first of a four-part series on Steelhead (s.k^wawel' in the Lushootseed, the traditional language), what they are and why they have been and continue to be so important to the Nisqually fishery as well as general treaty fishing rights. Part one of the series is about basic biology. (Incidentally, while some steelhead return to some streams during summer months, I am writing only about the Nisqually winter steelhead).

Steelhead are one of the anadromous salmon species of the Nisqually River watershed. This means as juveniles, they swim to the ocean and return as adults to spawn. They are quite different than chinook, pink, coho and chum salmon.

Steelhead are closely related genetically to rainbow trout. In fact, some researchers argue that these two fishes are just two alternative life cycles for the same species, with steelhead becoming anadromous and rainbows just remaining in freshwater.

Steelhead run timing and pattern are different from other salmon as well. They enter the river in small numbers over a long time period, from early winter until June. They do not actually have a “run” at all, if by run we mean large numbers of spawning adults entering the river over a short one to two-month time. Also, steelhead do not necessarily die after spawning. A small portion of the spawning adults, called kelts, return to saltwater after spawning and can spawn again in the future.

As juveniles, steelhead commonly rear in freshwater from one to three years before becoming smolts and migrating out to Puget Sound and the Pacific Ocean. Once out in the ocean, they range far and wide. A number of years ago, one of the tribe’s fishermen caught a steelhead with a prominent disc tag. It turned out that fish was tagged by researchers in the northern Pacific, not far from the Aleutian Islands, a distance of some 2,000 miles.

One of the first studies I participated in when I started working for Nisqually Natural Resources was taking scale samples from steelhead. As described in other newsletter articles, fish scales can tell about the age of a fish in a manner similar to tree rings telling the age of a tree. The scale marks can tell if a fish was reared in a hatchery and there is even a scale mark for when the fish moves from fresh to saltwater.

From 1979 through the mid-1980’s we took scales from thousands of steelhead, both from the tribe’s commercial net fishery and from the sport hook-and-line fishery. The code of a fishes’ scale reads like this: number before period = years in freshwater; period = outmigration mark from fresh to saltwater; number after period = number of years in the ocean.

The most common life pattern at 40 percent was 2.1+, that is, the fish reared in the Nisqually for two years and then spent one full year plus in the ocean before returning to spawn. The second-most common pattern, at 24 percent, was 2.2+. In those days the state planted steelhead juveniles in the Nisqually watershed, and these amounted to about 8 percent of the total.

But here is the most amazing this about the steelhead and life patterns. Because of the 1-3 freshwater and 1-3 saltwater possibilities, and the possibility of some fish spawning multiple years, there were 22 different patterns seen in the scale samples of Nisqually steelhead. These were only the wild fish – I’m not including the hatchery-origin fish.

About 8 percent of the total (= to hatchery) were wild steelhead kelts that lived through a first spawning and returned to the river again to spawn. A few of these survived and returned twice and an even smaller number lived and returned three times.

What this research told us was that the natural steelhead run to the Nisqually Watershed was extremely diverse, well-adapted and was returning in good numbers. There was no need for hatchery supplementation, plus hatchery-origin fish could actually pose a risk to the healthy Nisqually run. That view is now supported by the leading science. As a result, at the urging of the tribe, the state stopped placing hatchery-origin steelhead into the Nisqually Watershed. in the mid-1980s.

Today, when our field team locates a dead steelhead, a full biological sample is taken which includes, scales, otoliths (ear bones, another source on information about age and health), length, sex, and genetics. Like studies from the past, these samples shed new light on the population that currently exists.

The next part of this series will discuss the importance of Nisqually steelhead fishing in the “old days.”



Water Sampling

By Debbie Preston

Margaret Homerding, Natural Resources Shellfish Program manager, takes a water sample at Zittle's Marina in South Puget Sound.

The water is collected to gather a phytoplankton sample for Soundtoxins. Soundtoxins is a project coordinated by Sea Grant, Washington Department of Health (DOH) and National Oceanic and Atmospheric Administration. (NOAA). The tribe volunteers to monitor the Zittle's station weekly from March –October and bi-weekly October through February.

There are 31 sites throughout Puget Sound. Volunteers collect samples and screen them for harmful algal species which can cause shellfish poisoning or harm fish. This allows DOH to better choose where they will sample shellfish meat for toxins to see if they need to have an area closure.

(<https://soundtoxins.org/about.html>)

Water quality in the area of Zittles should hopefully improve with the new state Department of Ecology rule that does not allow any vessels to discharge their sewage waste in Puget Sound and some adjacent areas, regardless of whether it is treated waste or not.



Nisqually Red Wind STEPS

The Nisqually Red Wind Casino's Strengthening Tribal Education Board would like to send a shout out to James Blacketer and Dean Wells for completing their GED. James has been in the Strengthening Tribal Education Program (STEP) as the Slot Tech STEP Apprentice since November of 2015 and Dean has been the Beverage STEP Apprentice since December of 2017 at the Nisqually Red Wind Casino. James and Dean worked very hard to earn their GED's and never gave up. Congratulations to the both of you, you should be very proud. It is a pleasure to have you on our team!

Thank you for all that you do,
STEP Board





Canoe Blessing



The Awakening of the Canoes and blessing of Nisqually pullers was held by the Nisqually Canoe Family Culture Services Department at the tribe's St. Clair property that has been rehabilitated by Nisqually's AmeriCorps crew.



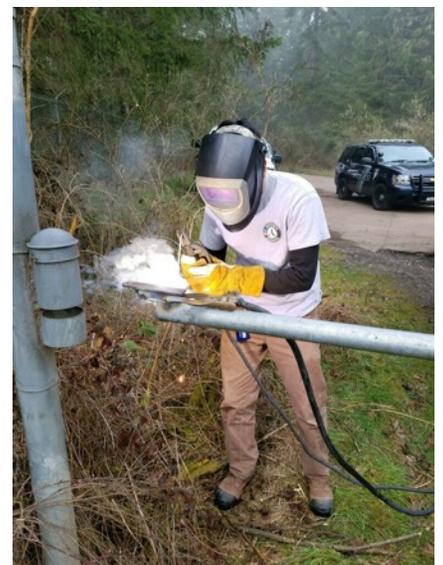
Antone George led the blessing on the rainy, chilly morning. Hanford McCloud, Nisqually tribal council member and canoe puller, said that Lake St. Clair will be an excellent place for the young pullers to learn, with calmer water and no currents. Plans are underway to leave a canoe at the property to be used for practice with supervision of a senior canoe puller.

Nisqually AmeriCorps Applications

Are you looking for a job that will help you a good wage, college money and give you skills such as problem-solving and leadership and give you pride in giving back to your community? It's time for applications for Nisqually AmeriCorps for Service Year 2018-2019.

Apply in May, start your job in July and graduate in June 2019. You must be 17 years of age, able to work fulltime and want to work outdoors!

Applications will be posted soon on Nisqually Tribe websites under Job Postings at www.nisqually-nsn.gov.





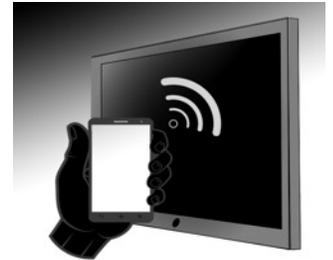
What is Streaming?

Tips from the IT-WebDev Department

The formal definition of streaming is “a method of transmitting or receiving data over a computer network as a steady, continuous flow, allowing playback to proceed while subsequent data is being received.” In simpler terms, “streaming” is an Internet communication method most often used for watching online video or listening to online audio services through an application (app). Examples of streaming apps include Netflix, YouTube, Pandora and iHeartRadio,

Popular types of streaming devices that provide access to movie or TV episodes include Amazon’s Fire TV Stick, Google’s Chromecast and Roku’s Streaming Stick. Prices for these devices range from \$35 and up. Most of these devices simply plug into a HDMI port of your TV and have WiFi built-in. Some devices come equipped with a remote control, also available as an accessory. Review the device’s

instructions to learn how to connect the device to a home network. Streaming also works with most mobile smart phones or laptops. One of the helpful features of the Google Cast app is that it allows what is being viewed on a smart phone to also be viewed simultaneously on a TV screen.



A helpful article and review of the best picks for 2018 streaming devices may be found here; <https://www.pcmag.com/article2/0,2817,2421457,00.a.sp>

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Protect that Phone!

Tips from the IT-WebDev Department

Aside from the concerns of securing personal data on a mobile device, there are physical protective measures to take. Two of the most important accessories for a smartphone owner to consider are:



- a protective phone case and
- a protective screen cover.

Many phone cases offer protection from pressure, temperature, vibration and impact. Otterbox and LifeProof are two common manufacturers that provide a warranty on their phone case products.

Some of the most important features to look for in a protective phone case include;

- Functionality - access to important controls such as the charge port, volume and power buttons
- Affordability
- Durability
- Washability
- Warranty (if available)
- Weight, size, thickness and material construction
- Kickstand

Phone screen protectors are available in plastic or glass. Plastic protectors are quite cheap, typically a pack of five for a few bucks. They are decent for regular scratches, but aren’t too sturdy, so they don’t help much in falls or drops. Tempered glass is much more resilient. Several screen protector providers offer lifetime replacement warranties. Check each manufacturer’s specifications and research reviews on products before purchasing.

Another protective measure that can be taken on smartphones is to load an app to help locate your phone in case it is lost or stolen. There are several apps to include “Find My Phone” for iPhones and Android phones and “Find My Device” for phones, tablets or watches.

[Here are a few helpful online reviews on phone protection:](#)
[The 14 Best Android Cases to Buy in 2018](#)
<https://www.lifewire.com/best-android-cases-4050600>
[The 8 Best Waterproof Cell Phone Cases](#)
<https://wiki.ezvid.com/best-waterproof-cell-phone-cases>
[The 8 Best Android Screen Protectors to Buy in 2018](#)
<https://www.lifewire.com/best-android-screen-protectors-4050528>
[5 best find my phone apps and other find my phone methods too!](#)
<https://www.androidauthority.com/best-find-my-phone-apps-for-android-and-other-find-my-phone-methods-too-565016/>

Editor’s note: I recently left my smartphone sitting on a park bench at Capital Lake in Olympia. Passersby found it and contacted me to inform me they had found it and wanted to keep it safe. What’s most interesting is that I did not have a secure lock code on my screen, so they were able to locate my contact information (and anything else on my phone actually). I’m thankful for honest, caring folks that proved there is still faith in kindness and good-natured strangers. I like to remember that all friends were strangers at one point.

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



Nisqually
Women's Wellness Day

Thursday, May 10th
At the Billy Frank Jr. Gym
At 5:30 pm

Please join the Nisqually Native Women's Wellness Program for dinner, speakers and potting a plant for someone you love.

Any questions please call the Nisqually Native Women's Wellness Patient Navigator, Raylene McCloud at 360-459-5312

Nisqually Indian Tribe






National Breast and Cervical Cancer Early Detection Program



Nisqually Tribal Library

Upcoming Celebrations:
May 11 National Indian Day
May 13 Mother's Day

Quote of the month:
"Mother Earth, who once provided all the necessities of life, continues to hold calming effect over the Native Americans. That is why the fight for land continues."
-Cecelia Svinth Carpenter, "They Walked Before."



Hours
Monday-Friday
9:00 a.m.- 5:00 p.m.
Closed 12:00 p.m.-1:00 p.m.
Computer Lab closes at 4:00 p.m.
Phone: 360-456-5221 ext. 1125

Farewell to John Chiu, Nisqually Medical Provider

John Chiu, PAC, medical provider with the Nisqually Clinic is moving on to the next chapter of his career after 13 years here at the tribe.

"Thinking back on my years, I feel honored that you have shared with me your health concerns, struggles and triumphs. I have had a wonderful experience with this community," said Chiu.

"I leave you in good hands of the remaining medical staff. I wish each of you good health and good continuity in your healthcare.

Very few people have the opportunity I have had to work at a job so close to the Nisqually community and the memory will be long cherished by me," said Chiu.

A farewell was held for Chiu whose last day was late in April.

**Thank You
Dr. Chiu!**



Nisqually Behavioral Health and Wellness

By Ruthie Diamond/Administrative Secretary

Mental Health Services

- Intake
- Assessments
- Individual Sessions
- Family Counseling
- Youth Counseling
- Couples Counseling



- Traditional Healer
- Relicensing Workshop
- Sweat Lodge

If you have any questions, please call Nisqually Behavioral Health and Wellness Center: 360-413-2727

Substance Abuse Services

- Intake
- Assessments
- Intensive out patient
- Outpatient
- Individual Sessions
- Youth Services
- Referrals

Tribal Support Advocate

- Culturally oriented social services
- Native healing
- Transportation
- Spiritual needs
- Holistic Health
- Wellness Coaching
- Job Search

Support Services

- Domestic Violence Perpetrator classes/life skills
- Wellbriety Meetings
- Alcohol Anonymous Meeting
- Men's Monthly Recovery Dinner (jail)
- Transportation to Detox and Inpatient Treatment
- Talking Circle (women)
- Monthly Community Dinners

Baby Teeth are Important

Just the Facts

Too many children have tooth decay...it can be prevented.

Severe tooth decay can lead to pain, infection, sleep problems, and learning. Children need their baby teeth to eat, talk, and smile!

What Can You Do?

Clean baby's teeth every day when the first tooth comes in. Use a small smear of fluoride toothpaste.

Limit sweet snacks and drinks.

Take your Baby to the dentist when the first tooth comes in.

Contact the dental clinic for a dental appointment for your baby.

<http://www.ihs.gov/headstart>

WIC Program May Dates

CHEHALIS 5/3/18
SQUAXIN ISLAND 5/8/18
NISQUALLY 5/9/18
SKOKOMISH 5/16/18

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.

USDA Foods Program May Dates

NISQUALLY 5/4/18
SQUAXIN ISLAND 5/8/18
SKOKOMISH 5/11/18
CHEHALIS 5/17/18
PT. GAMBLE S'KLALLAM 5/22/18

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 the Warehouse at Nisqually 360.438.4216



Fruit and Vegetable Rx Program for SNAP Participants

Are you utilizing EBT/SNAP Food benefits?
If so, this new program may benefit you!

The Nisqually Tribal Health Department is excited to bring this new resource to the Nisqually community. The Fruit and Vegetable Prescription (Rx) Program helps to make it easier for those participating in the Supplemental Nutrition Assistance Program (SNAP) to afford more fruits and vegetables. The prescription is a \$10 voucher that participants can use like cash to buy fruits and vegetables at any Safeway store in Washington. The Health Department, in partnership with the Washington State Department of Health, will begin distributing the \$10 vouchers to those on the SNAP food benefits program in April.

These vouchers will be available to eligible participants up to once weekly. The vouchers may be used at your local Safeway store to purchase fresh, canned or frozen fruits and vegetables as long as the products have no added fats, sugars or salt. Get your voucher at the following departments:

- Head Start and Elders Program: Bernita LaCroix**
- Healing House: Mary Szafranski**
- Tribal TANF: Lorna Kalama**
- Nisqually Clinic: Dylan Fillspipe**

As a participant in this new program here at Nisqually, you may also have the opportunity to take an online survey- you'll receive a \$3 Amazon e-gift card (limit one e-gift card redemption per week).

If you are unsure about commodity foods versus SNAP/EBT or if you have any questions about this new program, please contact Bernita.lacroix@nisquallyhealth.org or amber.arndt@nisquallyhealth.org

Human Papillomavirus (HPV)

By Sue Bohannon, DMD

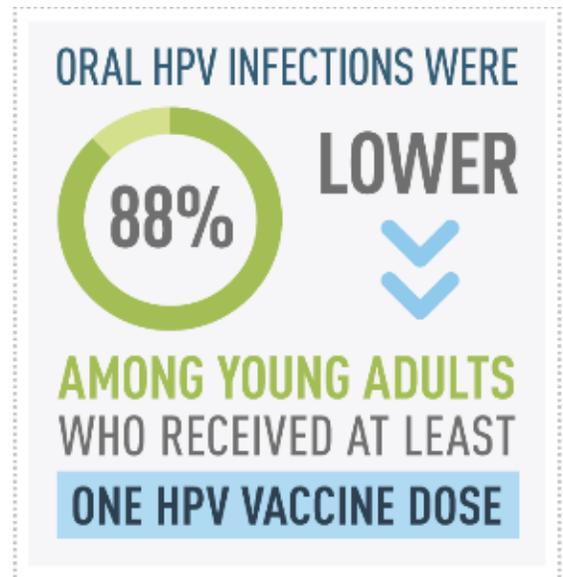
What do you mean a virus can cause cancer?!?

That's right. It's true. And it's the fastest-rising cancer among some populations. It's called human papillomavirus (HPV).

Good news?

There's a vaccine that's shown to be very effective in preventing HPV infections. As your dentist, I'm strongly recommending that boys or girls between the ages of 11-25 years old get vaccinated immediately to decrease the chance of getting an HPV infection that could lead to certain types of cancer including throat cancer.

Please call the Nisqually Tribe Medical Clinic today to schedule your child's vaccination appointment at 360-459-5312. For those of us older than 25, it's likely that we have been exposed to HPV already and therefore, a vaccination is no longer recommended. The Nisqually Tribe Dental Clinic does oral cancer screenings at every exam, as early detection saves lives. Please call the Nisqually Tribe Dental Clinic's direct line at 360-413-2716 to schedule a dental check-up if we haven't seen you in a while.



Source: Gillison ML, et al. 2017 ASCO Annual Meeting, Abstract #6803.

cancer.gov

Birthdays and Announcements

BIG HAPPY BIRTHDAY

to my husband

John C. Simmons the big 76

April 27, 2018

Love Norma Simmons.



Happy 9th Birthday
to my Youngest son Ohlakwa Klatush

Happy
Anniversary

April 12

Happy Anniversary to
Danny & Billie McGee

Love,

Robert, Liz, Danielle, Emily,
Megan & Michael

Family, Friends, Community members,

We, the children and grandchildren of Chehalis Tribal Elder Lorilee Kathryn (Youckton) Pickernell, would like to thank everyone involved in helping us guide our Mama to her final resting place.

Thank you to the following:

The Chehalis Tribe, Lucky Eagle Casino & Hotel, Nisqually Tribe, Nisqually Emergency Operations Staff and Quinault Nation for the donations and services provided.

Tommy "TJ" Jackson and Harold "Fudd" Charles for officiating the candlelight and the funeral services, the nurses and doctors who provided care for our mother during her time; Addie Spencer, Elizabeth Stiegel, and Mary.

The people of faith who prayed and provided comfort to our mother during her final days; Jessie Goddard, Nona Youckton, Sharon Hall, Charlotte Lopez, Chris Ortivez, and Marie Bird, Dora Underwood and Virginia Bringsyellow.

Coleman Mortuary for preparing our mother for her final journey and for honoring our Indian Shaker Church traditions.

The gravediggers; Ray "Barnaby" Canales and Dustin Klatush and the pallbearers; George Youckton,

Derwin Goddard, Franklin Pope, Teddy Pickernell, Tony "Abe" Brown, and James Quilt.

Chet Delamater and Alfred Starr for sitting with our mother during her final night at our Dad's church.

Virginia "Dolly" Canales, Joan "Boots" Martin, and Ole Obi, Dan "Bones" Gleason, Shoni Pannkuk, Maggie Wheeler, Jeff Perkins, Joseph Whitwer, Mary Weber, Pam Jackson, Norma Brown and April Reynolds for preparing the last meals to be shared with our departed mother.

Thank you to anybody who brought food items such as rolls, pies, salads, etc.

The fish cooks; John Youckton, Darrin Jones, Shawn Ortivez and Richie Revay.

Our Mama was our teacher, our doctor, our chef, our diary, our taxi driver and our cheerleader. She was a beautiful lady with a beautiful heart. She was loved, and she loved and adored anyone who came into contact with her. She had a smile and a laugh that would brighten up any room. Rest in Peace and God Bless. We will all miss you Mama.

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

