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Nisqually Tribal News

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

Phone Number 360.456.5221

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www.nisqually-nsn.gov

June 2013

Nisqually Tribal Center Grand Opening



EMAIL TIPS

RESPONDING TO EMAILS: If you want to reply to a message in your email, you have two choices: **Reply** and **Reply All**.

Both can be used for creating responses, but what is the difference, and which one should you use?

If you click **Reply**, your reply will only go to the sender of the original message. Often, the best choice.

- o This is the email address that appears in the *From:* header line of the message you are replying to.

If you click **Reply All**, your reply will be addressed to the sender of the original message and all other recipients of that message.

- o Your message will go to the address in the *From:* header and to all addresses in the *To:* and *Cc:* header lines — except for your own address.
- o *Reply All* is ideal for conversations where everyone on the list needs to see the reply, but something you would not want to use for most email as the effect is to fill a lot of mail boxes with a lot of irrelevant mail.

WHAT IS SPAM?

It's something you eat, right? Well yes...

But also in terms of email use, it is unwanted email. Several studies show the average Web email user receives anywhere from 105-147 emails per day and on average, reading email (including social media messages) can take up to 28 percent of a person's day. So the importance of email in our daily lives can play a big part in our time.

IT Support
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How to Contact Us

Tribal Center 360.456.5221

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Youth Center 360.455.5213

Natural Resources 360.438.8687

Nisqually News

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Olympia, WA 98513

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youckton.leslee@nisqually-nsn.gov

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

Nisqually Tribal Council

Chair, Cynthia Iyall

Vice Chair, William Frank III

Secretary, Jean Sanders

Treasurer, Stephanie Scott

5th Council, James Slape Jr.

6th Council, Antonette Squally

7th Council, Farron McCloud

2013 Tribal Election Results

Tribal Council Results

Vice-Chair

William Frank III 231

Richard Wells 73

Treasurer

Stephanie Scott 141

Samantha Phillips 70

Sheila McCloud 93

6th Council Member

Brian McCloud 85

Marjorie Stepetin 21

Antonette Squally 109

Jeff Choke 45

Natosha Kautz 43

7th Council Member

Joyce McCloud 62

Farron McCloud 130

Stacy Gouley 112



Enrollment Committee Results

Vice-Chair

Sharon Eggers 12

Leah Swanson 103

DeAnne Miller-Bonifer 16

Marie Kalama 161

Treasurer

Sharr Steet-Lah 183

Geraldine Carrol Clark 107

6th Member

Barbara Daniels 141

Joni Burmaster 48

Dana Weirsma 98

7th Member

Norine Wells 147

Lisa Sorter 22

Melvin Blacketer 57

Francine Lester 63





Did You Know?

Nisqually Indian Occupation and Use of the Muck Creek Watershed

Written by Cecelia Svinth Carpenter, Indian Historian

Muck Creek is a tributary of the Nisqually River and is considered a major participant in the overall environmental pattern of the Nisqually River Basin. It joins the Nisqually at about 10 river miles upstream from where the Nisqually empties into the marine waters of Puget Sound. Muck Creek measures 21 river miles and has seven tributaries the larger two are South Creek and Lacamas Creek.

Two Winter Villages

In the days before the whiteman came into this area the entire Nisqually River Basin was inhabited by the Indian people of the Nisqually Indian Tribe. There were at least thirteen permanent winter Nisqually Indian Villages on the Nisqually River and its tributaries with several closely related villages in the nearby smaller watersheds. Two of these Nisqually winter villages were located on Muck Creek.

The first, Yo-wal-sa, was located near the mouth of the creek where it emptied into the Nisqually River. The second village, Yil-whaltz, was located about eight miles upstream from the first village near the present town of Roy, Washington. Both villages were named for the Indian name of Muck Creek, Yil-whaltz, (pronounced "yell-wall-sa") and are both pronounced the same which indicates that the upstream village was an extension of the village group at the mouth of the creek.

Yo-wal-sa maintained its identity after the establishment of the Nisqually Indian Reservation in the 1854-1856 negotiations because it was located within the boundaries of the reservation. The village, consisting of at least one cedar plank winter home, was located on the hill overlooking Muck Creek with a winding trail leading down the steep embankment to a fish trap built near the mouth of the creek. This trap was in use until 1918 when Pierce County condemned that part of the Nisqually Indian Reservation for Fort Lewis. A traditional Nisqually fish trap was constructed of two picket fences made of long slender maple, willow or hazel poles tied together with nettle rope and stretched across the stream. As the salmon swam upstream they were enticed into the space between the two barriers through an opening in the lower fence. Once inside, they would be caught in the fisherman's basket nets. The upper fence was opened from time to time to allow salmon to go upstream to spawn.

The second village, located near the town of Roy, was vacated during the Indian War of 1855-1856 although the site was used as a favorite fishing place until the beginning of World War II. Both village areas had plentiful supply of salmon with nearby berry patches and camas bulb fields and deer abounded in the forested areas near the creek.

Summer Camping

Muck Creek and its several tributaries provided many summer campsites for the Nisqually Indian people living in the foothill villages of the Skate Creek, Elbe and Mashel River. Each summer the Indian families would travel downriver to the open prairie land and set up their temporary mat covered shelters on the bank of Muck Creek. They would spend several weeks in their summer camp while they dug camas bulbs, picked berries, gathered basket material and fished for salmon. The people of the lower Nisqually villages also made food trips out onto the prairie lands. There was plenty of creek space for all who chose to come. As food items were gathered, they were cooked and packed in storage baskets ready to be taken back to the winter home to be stored for winter use. Berries were dried on racks over a slow-burning campfire and camas roots were steamed in an earthen steam-baking pit dug in the ground before also being dried and packed.

Foot path led upstream along the banks of Muck Creek. As the vegetation pattern changed from the lower prairie lands to the bushy and forested lands upstream so did the food items that the Nisquallies sought. Berries found in the upper branches of Muck Creek included red huckleberries, blackberries, salal berries, strawberries and blue berries – all of which could be eaten fresh but most used for juice. Because the berries of the June plum were sour they were sometimes passed up favor of the sweeter berries. The fruit of plants like the Oregon grape was gathered for dye for basket materials. Hazelnuts were picked in late August, dried in their husks, but left in their shells to be stored.

Basket items included grasses, rushes, reeds, and cattails, all of which could be found in swampy areas, marshes and along streams. Cedarbark, cedar roots and spruce roots were collected and dried, ready to be carried home to be woven into baskets during the winter months when the family was confined indoors. Bark of the wild cherry and the stems

Continued on page 10-ARCHIVE

Nisqually Tribal Center Dedication May 3, 2013

By Joe Cushman

The Nisqually Tribe has been having some good days recently. New initiatives are being started; important projects are being completed, new enterprises opening, and new partnerships being formed. These are all good accomplishments. But it's safe to say that the newly completed Tribal Center building has raised the bar to new heights. Right here in "downtown" Nisqually, the Tribe has dedicated a new 26,000 square foot tribal center that will help take the Tribe to the next level as an organization, and help deliver more and better services to the community.



The new building makes a simple but powerful statement: The Nisqually Tribe is back, it's not going anywhere, and it's going to continue to get stronger. The new Tribal Center Building did not simply arrive overnight. It has been in the works for over 10 years, and many Councils, Committees, staff and partners have pitched in to make it possible. It has truly been a community project.



The new Tribal Center cost over 10 million dollars to design, build, and furnish. The facility was designed by Womer and Associates, with Korsmo Construction serving as general contractor. Native Land Development, Kautz Paving, and the Sharpe Brothers were among the tribal member contractors who participated in the project. USDA and Bank of America provided financing in the amount of over 8 million dollars for the building, with Tribe providing over 2 million in hard dollars.

There are still a lot of unmet needs at Nisqually, and it's not always clear how all the pieces fit together to fund community development projects such as a new Tribal Center, while also serving the needs of the membership. It's a difficult balancing act, but Nisqually is again showing how it can be done.



Eiichi at Sunrise

By Sue Shotwell

Projects on the farm are moving quickly as we spread seed for future crops and check crops that have over wintered. Daylight tides expose areas we haven't seen since last fall, revealing plump oysters ready to harvest. We have also hired another Nisqually Tribal member. Welcome Frances Rohr! Frances is enjoying the life of a shellfish farmer as she was thrown immediately into slinging seed bags and walking in mud. She has transitioned well and we enjoy having her as a part of our team! She brings a great positive attitude and a willingness to do hard work.



In other news, SLURP was attended by many Nisqually's this year. Our reigning SLURP champ Jr. Slape battled to save his title as fastest Slurper of 2012. The SLURP contest was a team event this year as I had to open his oysters. We came in second place, only eight seconds behind the winner. Fun was had by all, as the event raised funds for shellfish restoration projects in our area.





JOIN STREAM STEWARDS THIS YEAR FREE TO THE NISQUALLY COMMUNITY

Learn all about streams and how they work
Learn about the hidden life of our Nisqually River salmon

The Nisqually Tribe's Natural Resources Department begins its annual 7-week Stream Stewards course in June. Learn more about the Nisqually watershed, salmon and their habitat needs and what the Tribe's doing to protect and improve the watershed for salmon! And, it's all free!

Hands-on learning activities and field tours include beach seining for fish, checking stream and water samples for quality analysis, visiting and learning about prairie ecosystems and native plants, and visiting several salmon habitat restoration sites.

This class provides a great chance to learn more about employment opportunities in natural resources. Class time and field tours also can qualify for community service credit.

To enroll in the free Stream Stewards course for 2013, contact Don Perry, Outreach & Education Coordinator, at 360-438-8687 ext 2143, or perry.don@nisqually-nsn.gov. Early registration is recommended, as seating is limited to the first 20 applicants.



COMMUNITY SERVICES



Nisqually Indian Tribe Receives TWO National Awards in Spring 2013 for Education and Head Start Programs

By John C. Simmons, Community Services Director

It is the honor and privilege of the Community Services Division to recognize the dedicated staff of both the Education and Headstart Programs.

The Education Departments' JOM Program has received a **National JOM Exemplary Award**. This award is presented by The National Johnson O'Malley Association which has representation from tribal government, elders, Indian education committees, parents, students, educators, and administrators.

The Headstart Program was selected to receive the 2013 Region XI American Indian and Alaska Native Programs Award for **Effective Family Engagement**. This is a highly competitive award across America for programs that demonstrate strong leadership and exemplify innovative approaches to family engagement.



These national recognition awards will be honorably displayed as a reminder of the hard work provided by these departments and their staff, ensuring the Nisqually Indian Tribe is receiving the highest quality of community services. We would like to thank the staff and their extremely hard work through this process. Your persistence to positively impact our community and Tribe is greatly appreciated, and has definitely not gone unnoticed.

Leschi/Quiemuth Honor Walk 2013

By Allen Frazier

This year we had 188 participants for the annual Leschi/Quiemuth Honor Walk. Many others worked the event. Twenty-two native groups were represented at the event including: 43 Nisqually, 25 Puyallup, 5 Cowlitz, 4 Chehalis, 3 Shoalwater Bay, 3 Grand Ronde, 3 Yakama, 2 Turtle Mountain Chippewa, 2 Cherokee, 2 Warm Springs, 2 Alaska Natives, 1 Pima, 1 Upper Skagit, 1 Mescalero Apache, 1 Steilicoom, 1 Round Valley, 1 Hoh River, 1 Lummi, 1 Hogue, 1 Tiano, and 1 Northern Cheyenne.

This is the Nisqually Tribe's 5th year of sponsoring the Honor Walk after participating the 1st year in the Honor Walk sponsored by the Puyallup Tribe. The Puyallup Tribe began the first Honor Walk where Leschi was hung and stopped by his grave site at the Puyallup Cemetery and ended

the event at the Leschi High School. Many Nisqually youth and elders participated in that first event. Runners ran the whole distance from DuPont to Puyallup, including several Nisqually athletes.

The focus of the walks when sponsored by Nisqually has been to visit one of the main traditional villages where both Leschi and Quiemuth lived and were eventually buried (Yo-wahlsa and Yil-whaltz, both villages adjacent to Muck Creek or 'Yil-whaltz River'). Equally important was to visit many of the allotments illegally taken by Pierce County and the Army during the WW I era. In effect the Honor Walk is a healing experience for the historical traumas of not only unjust killings of the warrior brothers but also a catharsis of sort





for additional heartache resulting from the theft of the heart of the original reservations lands.

The Honor Walk has four ways to go. The main way is the long walk which follows the Nisqually River Northwest for about 7 miles. Then there is the run where about 15 runners this year run a circle around the prairie area which is a distance of 12 miles. Then there are a ½ dozen shuttles and buses which provide a more leisurely trip and near the very end when the motorized caravan reaches Nisqually Lake, the short walk of 2.5 miles begins with those who want the short version. Many of the children and elders walk the shorter version. Usually over a 100 people walk the 7 mile route with many, many small children and families taking their time and walking it in a safe way. One elder this year, Kitten Leschi, became heated in the warm sun and needed some TLC to recover. The Tribe's Chairwomen Cynthia Iyall walked the 7 mile walk, and the tribal Vice-Chair, Willie Frank, ran the 14 miles in great form. The Creator will bless all participants for

sacrificing their comfort in honor of the non-living loved ones and the sacred lands where the ancestors lived for many thousands of years.

Walking or running or auto riding in the Honor Walk are more than just family togetherness and good exercise. It is about connecting with the spirits of the land, the streams, the plants and animals, the spirits of the ancestors and non-living loved ones, many of whom are still buried there. The experience is about pushing one's self a little to get or 'earn' a blessing from the Sacred Spirit to help build the Tribe up for a better future. Now days life is much more than just about the Tribe, as it involves a much larger non-Nisqually Native Community, as well as the mainstream community surrounding the Tribe which includes many dedicated employees and citizen supporters. About ½ the participants were 'outsiders' in that they were not tribal community members. Their participation is a wonderful blessing unto itself because it shows they care and respect the native people here at Nisqually.

Quick Construction Update

By Joe Cushman

Walker House Renovation Project

The Walker House Renovation and Expansion project is ahead of schedule. Tribal member contractor Native Land Development advises that the facility could be done by late June or early July. The renovated facility will provide space for tribal education programs, Northwest Indian College and other college programs serving Nisqually, and office space for the Nisqually Board of Economic Development (NBED). The project is being funded through tribal hard dollars and an insurance settlement from the fire that occurred in 2011. Total project cost is around \$1.2 million.

Old Tribal Center Renovation

This project will be finalized this summer (2013) with construction starting in the fall. The renovated facility will provide increased office and meeting space for tribal social and community services programs.

Wastewater Treatment Plant

The waste water treatment plant project is out to bid as of mid May. The project will provide waste water treatment services to tribal facilities and tribal enterprises in the south reservation area, as well as serve the tribe's new housing area. The project is scheduled to be completed in the summer of 2014.

Housing and Frontage Road Project

This project will provide a new frontage road from Muk Sut Wei Drive running along Highway 510 past Muck Creek Drive, and then continuing west into the first phase of the Tribe's new housing area. The project will be out to bid in July of 2013 and completed in the fall of 2014.

New Water System

This project is currently under construction by Apollo Inc, a Native contractor from eastern Washington. The project will provide increased water availability for the south reservation area, including housing, facilities and enterprises. The water system project should be completed by the end of 2013. Total cost is estimated at \$4.5 million.

Public Safety Complex

This project is about 70% complete as of the end of May, and should be completed by the fall of this year. Tribal member contractor Native Land Development has partnered with Granger Construction in undertaking the project. Total project construction cost is around \$15.5 million.

Continued from page 7-ARCHIVE

of the maidenhair fern were taken to be used to make basket designs.

There were many food items in the Muck Creek watershed that could be cooked and eaten while in the summer camp. Added to a diet of berries, roots and fish, the tender stalks of the cattail, skunk cabbage and salmon berry plants were picked and blanched in water-tight cooking baskets. The tasty roots of the sweet licorice fern were eaten fresh. Small animals such as the squirrel were trapped and cooked over the campfire for a quick meal. Salmon were caught, filleted and baked on sticks beside the campfire. However, if the trip was planned purposefully to catch fish, the salmon were carefully smoked and dried. In most cases, the family would return to the winter home to lay up their winter supply of salmon.

Deer, elk and bear were hunted in the higher forested land towards Mount Rainer during the fall and winter months. While earlier food trips could include the entire Indian family, the hunting group was made up of those hunters trained in making snares and traps necessary to capture the larger animals. Because of the closeness of the winter village to the hunting grounds, the meat was taken home to be cooked and preserved.

The Nisqually Indian people continued to fish, dig camas, and pick berries in the Muck Creek watershed long after they were confined to the reservation. As the non-Indian population increased, the Indian use of the area declined.



New Goal for Activity & Fitness!

By Elizabeth Siegel, ARNP

As we enter the warmer months of the year, the time is right for shedding our “winter fat” and working towards new goals for activity and fitness. Getting ourselves up and off the couch is not particularly easy when we are already relaxed and ready for rest.



One strategy that may be helpful for creating behavior change involves setting goals for ourselves. These goals should be fairly specific, reasonable and attainable. Sometimes smaller goals can be made as steps along the way to a larger goal.

When making any behavior change, a person must first determine their reasons for change, because at 5:30 in the morning it is so much easier to turn off the alarm clock than to jump out of bed and go for a jog! This process is quite personal. One person may have a goal of running in a five mile race, while another might just want to be able to run after the grandkids without getting short of breath. Whatever your reason may be for getting in shape, keep it in mind as you plan your fitness goals.

Determining your specific goals is very important. A vague “I plan to get into shape” is unlikely to succeed. However, “I plan to walk for 30 minutes three times a week” or “I am going to work out on the treadmill at the Youth Center for 30 minutes

three times a week” can make us accountable to ourselves with justification of why it will benefit. It is reasonable to start with something small, and work up. For some of us, writing down our goals and posting them in a prominent location in the house is helpful. Sometimes sharing

goals with important people in our lives can help them to support us in our efforts.

“A goal is a dream with a deadline”
– Napoleon Hill

If you would like to discuss your fitness goals with a health provider, please schedule an appointment at the clinic.

We can: Establish baseline levels, take measurements, obtain your current weight, and assist with establishing attainable goals to gradually incorporate exercise into your daily routine. There is also the benefit of the Youth Center staff dedicated to fitness that can be of assistance. The Clinic wants to help you identify your get up and go plan and create strategies for you to succeed with Spring activity goals.

Give us a call at (360) 459-5312 to set an appointment.

Community Classes Update

The beading and paddle carving classes are
canceled until further notice.

There is however a cedar weaving class coming soon.
Please contact Jackie Wall at 360-456-5221 x2180
for more information.

sq^wali[?]ucid s̥xud̥xud

"Nisqually Language Words"

MAY



SPRING

pəḌča[?]əb

- "digging time"



pəḌx̥qulil

- "emerging time"



yəx̥^wulə[?]

- "eagle"



čabid

- "blue camas"



x̥ibx̥ib

- "hawk"



s̥xəd^zəd

- "camas roots"



sq^walaš

- "duck"



q^wətu[?]əl

- "camas"



sq^waq^w

- "raven"



sg^wa[?]ac

- "salmonberry

Sprouts"





Elders Beat

Upcoming Luncheons:

No confirmed dates at this time

Lummi – July – **overnight**

Puyallup – September

Suquamish – September

Squaxin Island – unknown

A sign-up sheet is located in the Elders dining room. If you are interested in travel you need to sign up and make sure you provide contact information. When signing up for travel, you are responsible for keeping yourself updated on travel information. This can be done by contacting Lorna, Nicole, Zelma or Rena at the Elders building.

The Elders Program is still looking for unpaid caregivers. If you are an unpaid caregiver of a Native American Elder, contact our Caregiver Support Specialist, Norine Wells. We are trying to build a support and resource system for such caregivers. Caregivers do not have to be Native American.

Zumba Golden!!

Mondays and Wednesdays from 11:00 to 11:50 Ho'O leads Elders in exercise to music. It's great for balance and muscle tone. Come join the fun!

Foot Spa

Don't forget diabetic Foot Spa is the fourth (4th) Tuesday of the month.

Appointments start at 9:00 AM. Call if you'd like to sign up.

Caregiver Program

Save the date – June 20th - 5:00 pm. We will host another get together for unpaid caregivers. Come share ideas on how caregivers can participate in the Caregiver Program.

Elders Program contact information:

Telephone (360)486-9546 Fax (360)459-4146

Rena Wells ~~ Zelma McCloud ~~ Lorna Kalama

Norine Wells ~~ Nicole Wells ~~ Rhiannon Wells

<div>  Nisqually Elders menu (360)486-9546 Va & Titan, Cooks </div>						
JUNE 2013						
menu subject to change						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed.					1
2	Roast Beef, Mashed Potatoes, Veggie Blend, Jello/Fruit	3	4	5	6	7
			Tuna Casserole, Steamed Broccoli, Fresh Fruit	Hot Dogs, Potato Salad, Cook's Choice of Veg. Watermelon		8
9	Beef Goulash, Buttered Noodles, Green Beans, Jello/Fruit	10	11	12	13	14
			Paprika Chicken, Oven Potatoes, Roasted Veggies, Fresh Fruit	BBQ Ribs, Potato Salad, Baked Beans, Cornbread Muffins, Fresh Fruit		15
16	Baked Salmon, Wild Rice Pilaf, Veggie Blend, Jello/Fruit	17	18	19	20	21
Happy Father's Day			Split Pea Soup, Sub Sandwich, Fresh Fruit	Make Your Own Taco, Fresh Fruit		22
23/30	Chicken Casserole, Steamed Broccoli, Garlic Roll, Jello/Fruit	24	25	26	27	28
			Chili, Fry Bread, Fresh Fruit	Biscuit & Gravy, Scrambled Eggs, Fresh Fruit		29

For My Daughter Alysha McCloud
You did it! I am so proud. It was a long
journey.....but you met each challenge
every step of the way. You should be
proud of this wonderful achievement
and know that you have the strength
and courage to follow your dreams.
Congrats and I love you.....Mom



Congratulation



Rayne Lemaster

River Ridge High School Graduate!

Onto college.....WSU

Love you very much and hope you have a great time
 in college not too far from your family.

Alysha received her Bachelor of Arts in
Business and Communication from the
University of Puget Sound
on May 19, 2013

HAPPY FATHERS DAY TO MY HUSBAND
 (ANGEL BANUELOS) – I KNOW YOUR
 CHILDREN ARE FAR FROM YOU BUT KEPT
 DEARLY TO YOUR HEART,I AM SURE
 THEIR THOUGHTS AND YOURS ARE FELT
 TO THE HEART TODAY. AS YOUR WIFE I
 WOULD LIKE TOO SAY YOU MEAN THE
 WORLD TO ME SO THANK YOU FOR BE-
 ING MY HUSBAND.
 AND MOST OF ALL THANK YOU FOR BE-
 ING THERE FOR MY CHILDREN WHEN
 THE NEED WAS THERE. ALWAYS'S APP-
 PRECIATED. LOVE YOU ALWAYS'S BABE
 ENJOY YOUR DAY AS A FATHER AND HUS-
 BAND. LOVE YOU JUANITA



TO MY DAD (RUDY QUINTANA)- would like to say" I love you" and always's dear to my heart. Just
 another day to you but a special day to me too rewind the memories and times you stood at My side.
 Love and respect you more than you ever know DAD!!!!!! Lotsa love , Juanita-angel,banuelos

Birthdays

Grand Ma Rosie & Your Family wish
Julio Kerrigan a very, very
Happy 8th Birthday on 6/25/05



June 4.

Happy Birthday to My Son Thomas Mercado
from your wife Joanne, your sister Laura and
Chris, brothers, Brian and Tony, your Nephews,
Jeremy, Moriano and your nieces – Nicolette,
Lexzandria and Sequoia &.....Mom

I would like to wish my brother Keoni Kalama
a wonderful 21st Birthday
on May 17th Love Your Ohana



**June 13, Happy 1st Birthday to our Lil Mama,
Love Papa, Big Mama, Mama, Auntie J &
Auntie Ruh!**

**June 19, Happy 6th Birthday Lovella,
Love The McDonald Family**

April 11, Welcome to the world Miss Kylee!
Congratulations, Kareem, Pauline & Karalee :)
Love your family



Happy Anniversary Mom & Dad
(Sheila & Tom)



Aaron Youckton,
Knowing you will be with me in all my
tomorrows, makes my today so wonderful.
Happy 14th Anniversary My Luv.

Happy Father's Day!

Nisqually Indian Tribe
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