

# N<sup>Squalli Absch</sup>ews



Nisqually Tribal News

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

Phone Number (360)456-5221

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September 2017

## First Salmon Ceremony



Left, Willie Frank III and Hanford McCloud, Nisqually tribal council members, prepare to take the First Salmon out to the river as part of the ceremony held down at Ruben's Camp on the Nisqually River. Ruben Wells, center, prepared the fish for the ceremony. Nisqually tribal singers sang songs to usher the salmon downstream and pray for many returns. A salmon dinner cooked on the fire with salads followed. "It was a spiritual day—very peaceful and good medicine," said Farron McCloud, tribal chairman.

Danny McGee tosses out one of his nets that was vandalized by cutting to partner Bucky McCloud during the chinook fishery opener. Nisqually tribal fishermen had four two-day openers this year for the chinook fishery.



## \*COURT NOTICE\*

Starting June 1, 2017 the court docket will be changing.

- 1<sup>st</sup> Monday, criminal court
- 2<sup>nd</sup> Monday, ICW and civil court
- 3<sup>rd</sup> Monday, criminal and traffic court
- Truancy/JuV probation court will be determined
- No court will be set the last week of the month
- Criminal and traffic court will start at 9:00 a.m.
- ICW and civil court will start at 9:30 a.m.

Please, contact the court clerk for any new arrests to find out next court date.

## 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

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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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**FREE Rides**

**Monday through Friday**

Upper and Lower Reservation Route  
11 am - 6 pm

Beyond the Route  
Call Requests and Appointments  
7:30 am - 2:30 pm

**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**





## Council Corner

It is hard to believe that summer is nearly over, but it has been a busy time. We were finally able to get our newest Nisqually Markets store property in Frederickson into trust lands. These stores are a major source of income for our tribe, but only if the land is taken into trust.

Under the Trump administration, this process has gone from a relatively quick regional process to a national-level process and it took us a long time to have it approved. Chairman Farron McCloud needed to lobby three times in Washington, D. C. and Connecticut on behalf of the proposal. It is the first fee to trust land for any tribe under the new administration. We think it will help other tribes who are facing similar delays on non-gaming properties.

We were glad to celebrate the First Salmon ceremony for the first time in a number of years on Aug. 23. It was good medicine to be at Ruben's Camp and be at the river and thanking the Creator for the salmon. We must continue to have these ceremonies and events and teach our youth about them. Our chinook fishery is so important to our community culturally, spiritually and economically. It was good to celebrate that in our way. In the future, we hope to hold a clam ceremony as was told to us by elders at the First Salmon ceremony. We must keep our treaties alive and these ceremonies are integral to our culture.

We also look forward to breaking ground on a 20-unit apartment complex on the former Canoe Journey property. A contract has been awarded to a tribally-owned contracting business that will work with our construction interns to continue to train our young people for employment. We wish our students of all ages a successful school year.

Hoyt.

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## Climate Change

By Debbie Preston

The Nisqually Tribe helped host the Tribal Climate Change Bootcamp, designed to get tribal leaders thinking about the changes that will occur often first on tribal lands as the climate continues to change.

The group of 65 including tribal members from Indonesia, New Zealand, Canada and all over the United States. Nisqually staff gave the history of Nisqually and toured the group through the Clear Creek Hatchery, discussing water security issues. The group also toured The Billy Frank Jr. Nisqually National Wildlife Refuge with Nisqually councilman Willie Frank III and George Walter where they asked about the Fish Wars and the work of Billy Frank Jr.

Finally, some of the group stopped at Frank's Landing before a dinner hosted by Nisqually at the Billy Frank Jr. gym. Songs and dances were shared as part of a delicious meal prepared by Leighanna Scott and her crew.

Bill St. Jean, Nisqually Salmon Enhancement Program Manager, feeds the coho in the raceway. St. Jean talked about the source for the water for the hatchery and how that might be affected by climate change in the future and the cost to tribal fish rearing. St. Jean, George Walter and Larry Sanchez all gave history about the Nisqually community and watershed.





## Nisqually Tribe Head Start

### Head Start

Nisqually Tribe is accepting enrollment applications for school year 2017-2018 for Head Start. Those with children 3-5 years old and interested in enrolling them into Head Start should contact Tahnee McCloud at (360) 456-5221 or email at [mccloud.tahnee@nisqually-nsn.gov](mailto:mccloud.tahnee@nisqually-nsn.gov). Please note your child must be three years old by August 31.

### Early Head Start

We are also continually accepting enrollment applications for the Early Head Start program. The Early Head Start program serves children 6 weeks-to-3 years old. Early Head Start provides early, continuous, intensive and comprehensive child development and family support services to low-income infants, toddlers and their families.

If you have any questions or would like an enrollment application please contact Chenoa Vargas-Perez at (360) 456-5221 or email at [Perez-Vargas.Chenoa@nisqually-nsn.gov](mailto:Perez-Vargas.Chenoa@nisqually-nsn.gov).

## Summer Youth Worker Program

By Amanda Hicks

The summer youth worker program started 19 years ago with the goal of employing our tribal youth during the summer so that they had something to occupy their time while earning income for the summer. Over the years, the program has evolved beyond cleaning elder's yards, working in tribal departments and cleaning up after the firework season.

This year, youth first obtained their first aid/CPR/AED adult and pediatric card, food handlers card, financial literacy courses and a Planned Parenthood education presentation. The youth have been engaged and learning more each year.

The second week, the youth spent the week learning about salmon with Rene Bracero. They went in the field to learn about the salmon cycle and habitat and visited the surrounding hatcheries. A small group was able to take a boat ride at Solo Point and learned how to set nets. They were taught how natural resources employees measure and count the salmon each season. This is Rene's third year sharing his knowledge about the salmon with our youth.

The following weeks, they learned about career planning, learning styles and took a field trip to South Puget Sound Community College (SPSCC) with Yolanda Machado, of SPSCC. Preparing our youth to think

about college and understanding different types of learning will boost morale and assist in furthering their education.

The youth also did team-building activities and learning about effective communication skills. The Nisqually Youth Program is proud to have a great group of youth actively participating in all the training set up for them. They finish the program with a fun couple of days to reward them for their efforts.







# Before the Boldt Decision – The Renegade Six

By George Walter

Photo provided by Hank Adams

**Introduction** - The Boldt Decision (formally *U.S. vs Washington*) was issued in 1974 and, after various appeals, firmly established the treaty fishing rights of the Nisqually Indian Tribe and other tribes of western Washington. However, this famous litigation was not the first lawsuit concerning the Nisqually Indians and treaty fishing rights. This is the story of an earlier fishing rights lawsuit from the 1960s that made its way, ultimately, to the U.S. Supreme Court.

In the 1960s there were two state agencies that managed fish harvests and contested Indian treaty rights. The Department of Fisheries was charged with managing commercial and recreational harvests of salmon and the Department of Game was charged with managing sport fishing, including steelhead. In fact, state law made it illegal to harvest steelhead, considered a prime sport fish, with any gear but hook and line. Most steelhead entered rivers in the winter, after the commercial salmon harvests were finished, and as a general rule, conflicts between the two state agendas was avoided.

A major exception to the general rule, however, was the Nisqually River. Here the largest salmon run was late chum salmon (dog salmon) run, which entered the river in December and January at the same time as steelhead. Thus, the Nisqually Tribal nets harvested both chum and steelhead, in explicit conflict with state law. The stage was set for a huge conflict – the Nisqually Fish Wars of the 1950s and 60s, where the state used its police and judicial power to prosecute off-reservation treaty-right fishing.

The 1960s was a time of civil rights conflict throughout the United States. In the segregated South, minorities would protest by occupying seats at segregated lunch counters, called “sit-ins.” In Washington, the fishing rights protests became known as “fish-ins.” On the Nisqually, six Nisqually fishermen, calling themselves the “Renegade Six,” challenged the state’s authority over their off-reservation fishing.

**Fishing Conflicts** – The conflicts between state police power, in particular the Game Department, and Nisqually fishermen centered on off-reservation fishing areas in the lower Nisqually River. Many fishermen used the off-reservation trust property of Willie Frank, called Frank’s Landing, for fishing access to the lower river. (This Willie Frank is the grandfather of the current tribal council member of the same name).



Jack McCloud Sr., Don McCloud, Billy Frank, Nugie Kautz, Curly Johns and Al Bridges  
*The Six Renegades - 1964*

Nisqually fishermen were arrested numerous times and their fishing gear and fish were confiscated. Sometimes they were taken straight to jail. Billy Frank, one of these fishermen, used to talk about the hundreds of times they were arrested and taken to jail, usually up in Tacoma. He said, “Those jail guards and us were on a first name basis.” You can get a feel for these days by viewing the documentary film, “As Long As the Rivers Run.”

**Lawsuits** – In 1962-63 the Department of Game initiated litigation in Pierce County Superior Court seeking an injunction against certain specific Nisqually fishermen, the Renegade Six, from fishing off-reservation. After their arrest in 1964 for violating the injunction, these fishermen decided that they had no choice but to move their case to federal court. But, of course, they had little money to support a lawsuit. There was a civil rights attorney in Tacoma, Jack Tanner, who had defended some of the Nisqually fishermen. In 1964 they met with Tanner while serving a 30-day sentence in Pierce County jail and persuaded him to file the federal action on their behalf. The central issue was the state enforcing steelhead harvest rules at usual and accustomed locations off-reservation.

The Renegade Six put together their limited resources and courage to defend their actions and initiate a lawsuit. They were Nugie Kautz, Jr., Bill Frank, Don

*Continued on page 6-RENEGADES*



March 1964 – Meeting with Jack Tanner at the Pierce County Jail

McCloud, Jack McCloud Sr., Herman “Curly” Johns and Al Bridges. These fishermen were all related in some way, as were their wives. Taking on this litigation was a substantial burden on their entire extended families.

**Results** – Since Nugie Kautz was the first name listed in the state’s initial case and also in this filing, this lawsuit came to be known as *Nugent Kautz et. al. vs. Washington Department of Game*. At the same time, Puyallup Indians lead by Bob Satiacum and others, were suing about state regulations of Puyallup River Indian treaty right fishing, a case called *Puyallup vs. Department of Game*. (Incidentally, Puyallup’s lawyer, Art Knodel, later initiated lawsuits for the Nisqually Tribe against Tacoma and Centralia concerning hydroelectric development on the Nisqually River). The state argued, among other things, that because Indians were now citizens of the United States they had to obey state regulations off-reservation. Ultimately, both cases were appealed to the U.S. Supreme Court and, because its appeal was filed first, this famous treaty fishing rights case became known as *Puyallup vs. Department of Game*. For various reasons, this case has been cited in all subsequent treaty fishing rights cases. But for the accident of what appeal was filed first, this famous decision might be known as “*Kautz et.al vs Game*.”

The *Puyallup vs. Game* decision, issued in 1968, was written by William O. Douglas, the liberal Supreme Court Justice from the State of Washington. But that’s not why it’s famous. This decision clearly stated that Indian treaty fish rights were real and had to be honored by the State of Washington, including at off-reservation locations. But, and this created an on-going major problem, the decision also stated that treaty fishing rights were subordinate to the

conservation needs of the salmon and steelhead. Specifically, the decision states:

The right to fish “at all usual and accustomed” places may, of course, not be qualified by the State, even though all Indians born in the United States are now citizens of the United States. But the manner of fishing, the size of the take, the restriction of commercial fishing, and the like may be regulated by the State in the interest of conservation, provided the regulation meets appropriate standards and does not discriminate against the Indians.

Seizing on the words “in the interest of conservation,” the State of Washington (and specifically the Game Department) immediately started attempting to prohibit

all Indian treaty right fishing in rivers as necessary for the conservation of steelhead. Again, the focus was on the traditional Indian net fishery in the Nisqually River and lead to further confrontations and, ultimately to the Boldt decision.



Six Renegades and Families Raise the Flag at Franks Landing

This time, however, treaty-right fishermen were able to enlist assistance from the U.S. Fish and Wildlife Service in determining what “conservation” meant and when it might be enforced. Ultimately, this lead to involvement of many other

tribes with fishing rights and the United States, as the tribes’ trustee, suing Washington in the case that yielded the Boldt decision.

Today salmon managers are still arguing over “conservation” and what it means for salmon harvest management. The Nisqually Tribe’s salmon management team participates in pre-season meetings every year discussing, among other things, conservation and how the conservation burden, established by that 1968 Supreme Court decision, should be met in upcoming salmon and steelhead harvests. The goal of all these negotiations is to insure that the conservation burden is addressed in all salmon harvests and not just by the in-river treaty fisheries.





# Nisqually GIS Program Receives Award with Others for Canoe Journey Work

By Debbie Preston

The Nisqually Tribe's Geographic Information Systems (GIS) program along with The Confederated Tribes of Grand Ronde, Quinault Indian Nation and the Squaxin Island Tribe were awarded a Special Achievement in GIS recently for their work to develop the Canoe Journey tracking system.

Esri, the company that built ArcGIS, the mapping software and spatial analytics software used worldwide to map and understand data, particularly geographic data, gives the awards each year to a select few of its more than 350,000 users.

The award recognizes collaboration on the web mapping tool used to track the canoes during Canoe Journey starting in 2013 when Quinault hosted the journey. From simple tracking, over the years the collaborators have added the ability to connect photographs and videos to the journey along the way. Finally, it has allowed the public to follow the journey and see the photos.

"We'd been talking about it for years, really, but it got off the ground in 2013 with Quinault," said Jennifer Cutler, GIS Program Manager for Nisqually.

With Esri's help, the loose group of GIS personnel with the various tribes helped mold the tool to become the accessible and useful product that is used by canoe families, tribes and the general public.

"We never had a bunch of meetings or anything like that," Cutler said. We just would send e-mails out and test ideas and it just worked out really well." Today,



GIS staff from each successive host of the canoe journey receives the basic tools from the past host. Next year's host, Puyallup, is already preparing to support the tracking system and their Canoe Family has been using one of the GPS trackers and posting pictures on their way to this year's destination of Campbell River, British Columbia, Canada.

"There is a certain amount of infrastructure behind the scenes each year," Cutler said. It would be nice if that could be hosted somewhere permanently at some point, but we're all involved in some way each year to make it happen. It's a pretty unique use of the technology and it's cool to be recognized out of 350,000 users as being leaders in this field of developing new uses for these tools."

## Eclipse View



*Sophia Hipp pauses during harvest of vegetables for elders to view the eclipse at the Nisqually farm using glasses provided by her supervisor.*

## Get the SHOT

## Not the FLU

**Wednesday, September 27<sup>th</sup>**

**5 p.m. - 7 p.m.**

**Nisqually Health Department  
Dinner will be provided**

Contact the clinic for questions: 360-459-5312



# Restoration of Medicine Springs to Tribal Ownership

By Joe Cushman

The restoration of Medicine Springs to the Nisqually Indian Tribe was official on July 26 when Tribal Chairman Farron McCloud executed the final legal documents restoring ownership of Medicine Springs to the tribe.

It was the culmination of many years of hard work by the tribe and city of Olympia in negotiating and implementing the Olympia/Nisqually water agreement. The agreement secured for both the tribe and Olympia a long-term supply of water from a new wellfield. An important component of that agreement was the transfer of Olympia's McAllister Springs facility back into tribal ownership.

The Nisqually Tribe basically lost title to Medicine Springs under the terms of the 1854 Treaty of Medicine Creek Treaty when more than 1 million acres of tribal land were ceded to the United States. The chain of title for the springs property since that time makes for interesting reading. The springs and surrounding property have been owned by quite a cast of characters, including; homesteaders, developers, railroads, schemers, dreamers and the like. It is amazing that the springs survived these twists and turns of ownership intact, and is still in good shape upon its return to tribal ownership. This is in large part due to the stewardship and care exercised by the city of Olympia in managing the springs over the past 75 years.

If the city had not taken protective ownership of the springs and surrounding property in the 1940s, there would quite likely be a McAllister Condos, or McAllister Estates or McAllister trailer park on that spot today. That sort of thing has happened throughout the area, yet somehow the springs was spared.

When the overall Olympia/Nisqually water agreement negotiations were started more than 20 years ago, the tribe was asked to concur with the city's request to move its water source up gradient to a site closer to the reservation. The tribe's position was that if the city was going to secure its water

supply future, the tribe needed to secure its water supply future as well.

After extensive negotiations, Olympia was able to develop a new wellfield approximately 1 mile from the reservation, and the tribe was able to secure a good water right of 3 million gallons per day at that new wellfield that would meet needs far into the future.


The Medicine Springs property is a 170-acre parcel located at the headwaters of McAllister Creek in the upper Nisqually Valley. It was used by the city of Olympia as a municipal water source from the 1940s until 2014.

Improvements at the springs property include a large, older concrete well house building, two dilapidated caretaker housing units, the springs itself, a retaining pond and dike and several smaller outbuildings. The Nisqually Tribal Council has by resolution tasked the tribal Parks Commission with the responsibility for caretaking of the property while a long term plan for its use is developed.

The Parks staff is carrying out basic maintenance and grounds keeping tasks, and the tribal Natural Resources Department used the pond this spring for the rearing and releasing of chinook salmon. The community planning process for development of a long term use plan for the property will begin in the next several months.

## Nisqually Health Fair

Multiple forms of traditional healing will be provided at your service, tons of gifts and prizes to be won, come join the fun!



**Friday, Oct. 13, 2017**  
11a.m.-2 p.m.  
Nisqually Youth Center  
1937 Lashi St S.E.  
Olympia, WA  
98513

"Healing yourself is connected with healing others" -Yoko Ono

## Traditional Healing!





# Salmon Camp 2017

By Rene Bracero

Salmon camp for the summer of 2017 was a great success. A record number summer youth participated in the week-long annual Salmon Camp created by Nisqually Natural Resources and the Nisqually Environmental Team (NET).

During salmon camp the youth did community service by cleaning up the river at Frank's camp. They also participated in different field studies such as joining the juvenile salmon beach seining study where they learned about juvenile fish, study techniques and the importance of the estuary. They also learned about the hatchery and fishery programs in Nisqually.

One of the goals for salmon camp is to involve the youth in learning about treaty rights at risk. One full day of salmon camp was focused on learning about the Medicine Creek Treaty, the Boldt decision, and more about Nisqually's usual and accustomed area.



*Getting ready to go out on Puget Sound for the day – what a team!*



*Sampling Juvenile Fish on the Nisqually Estuary*

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## Gathers Rain FUN!







# Back to School - Technology Tips

## Tips from the IT-WebDev Department

The use of technology by kids and teens is becoming an everyday part of life. From social media to gaming to streaming music to watching movies, the use of electronic devices is growing. Perhaps for this reason, schools have adapted to and are creating innovative ways to incorporate smartphones, tablets and laptops in the classroom. Several examples of electronic learning include online courses, multimedia presentations, video podcasts, document sharing, electronic textbooks and video conferencing.

Before students begin online coursework, it's a good idea parents be prepared by doing some research of the requirements needed for the curriculum. These may include a laptop, external hard drive, USB stick, speakers or headphones, antivirus software, wireless Internet access and a printer.



### Helpful Tips:

- **Don't buy new technology just because it's the latest** – Ensure the minimum requirements are met for the technology required as there may be a cost savings. Sometimes the latest isn't necessarily the greatest.
- **Order protective devices or insurance** - Most devices have the option for accessories such as water and drop resistant case protectors or insurance coverage. Check homeowner's or renter's insurance policies to determine if devices are covered. If the aren't covered, research optional coverage or extended warranties offered by retail stores.
- **Utilize scheduling software or calendars** – Keep track of important dates, deadlines and events through the use of calendar tools. Most school websites have an online calendar.
- **Monitor kids' online activity** – Make sure kids use safeguard options when searching online to prevent accidental access to foul language, obscene imagery, computer viruses or more. Utilize antivirus software tools and Web browser security settings to help ensure safety.
- **Research online reviews by other parents and experts** – Read the reviews written by actual consumers before purchasing products and watch expert tip videos. A helpful online Tech Tips for Students video may be viewed here; <https://www.cnet.com/how-to/back-to-school-tech-tips>

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

## Huckleberry Camp







# Nisqually TERO Wins National Excellence Award

By Debbie Preston

The Nisqually Tribal Employment Rights Office (TERO) department was awarded the Edwards/Navarro Award of Excellence, which is the TERO of the year award, similar to an MVP award for all TERO programs.

"The award highlights the work we have done in the past year," said Frances Rohr, Nisqually tribal TERO manager and compliance officer. "It is a very prestigious award that is sought after in TERO country," Rohr said.

The award is to highlight the job performed throughout the year, such as department leadership, direction, performance, program development, staff development, accomplished goals and overall growth of the program. "We were told that our TERO is 'above the curve and will set precedence in Indian Country with the possibilities of TEROs throughout the country' and that we have a 'fresh look at the industry and have valuable insight into what it takes to walk between worlds. \*(Indian ways/modern world)," Rohr said.

The award ceremony was part of the 40<sup>th</sup> Anniversary celebration of TERO held at the Warm Springs Indian Reservation at the Kah-nee-tah Resort.

Forty years ago, 12 tribes got together and discussed how to strengthen tribal sovereignty and provide jobs to Indian people. This was during the time that the Civil Rights Act was established.

"I am so proud of how far our TERO department has come and proud of our department leader, Frances Rohr and our TERO staff," said Julie Palm, Nisqually tribal council treasurer who attended as the council representative.

TERO was initiated, founded and organized by Edward Navarro and Conrad Edwards. They gathered some of the tribal leaders throughout the country and came together to discuss how to help their people.



*Photo Shelly Peltier, Lee Adolph, Quanah Sanchez, John Navarro, Frances Rohr, TERO Program Manager and compliance officer and Nisqually tribal council treasurer Julie Palm pose with the Edwards/Navarro Award of Excellence.*

## STEPS Program and Nisqually Youth Workers

By Tia Lozeau

Approximately 20 Nisqually Summer Youth attended a Nisqually RedWind Casino orientation and tour this summer. Cheebo Frazier, General Manager of the casino, shared Her journey over the last 20 years at the casino, beginning with her first job as a table games dealer. Youth could ask questions afterward and that was followed with playing fun games, prizes and a guided tour of the casino. Following the tour behind the scenes, we even found time to enjoy some ice cream from the Potlatch Gift-Shop.

The Strengthening Tribal Education Program (STEP) explained all of the opportunities the program has to offer as they have several departments within the casino that offer on the job training and education opportunities for Nisqually Tribal members.

We plan to collaborate with the Youth Center to have future events.





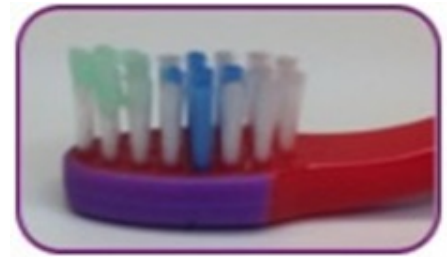
# Babies and their Dental Care

By Sue Bohannon, DMD

c/o National Center on Health, Oral Health

Here are some helpful, healthy hints on how to care for your baby's oral hygiene:

- Clean the baby's gums even before the first tooth appears in the mouth. Use a clean, damp washcloth to wipe any remaining milk off the gums. Doing this at least twice a day, especially after night feeding, will also help the baby get used to having clean his or her mouth.
- After the baby's first tooth comes in, use an infant toothbrush with soft bristles and a small head. Put a **smear** of fluoridated toothpaste on the toothbrush, and brush the fronts and backs of the baby's teeth. Lift the baby's lip to brush at the gum line of the front teeth. The best time to brush teeth is in the morning and at bedtime.



**Smear of toothpaste**

Preventing tooth decay and other oral health problems takes more than just brushing a baby's teeth with fluoridated toothpaste every day. Here are other ways to keep a baby's mouth healthy and to keep babies comfortable.

- Do not put a baby to sleep with a bottle or a sippy cup filled with breastmilk, formula, juice or other drinks with sugar. These practices should be avoided because the sugar in the liquid stays on the baby's teeth, which can lead to tooth decay.
- Teething can make babies' gums sore. When babies are teething, they can be cranky, drool more than usual and chew on their fingers or objects. To help a baby be more comfortable while teething, give him or her a cool teething ring, cool spoon, or cold, wet washcloth.

We would like to see babies as soon as they cut in their first tooth, so please spread the word to any new parents that you know. The longer parents wait, generally the more likely the child will have cavities; we are here to help prevent those cavities.

**Nisqually Tribe Dental Clinic (360) 413-2716**

## Nisqually Tribe's Dental Clinic Updates

By Sue Bohannon, DMD

1. We have a new full-time dentist, **Dr. Russell Rogers** who joined the dental team in late May. He was raised locally in Westport and grew up working on family fishing boats. He has three children, ages 6, 9, and 13. He enjoys hiking, running, and salt water fishing. We are very happy to have him – please come by and meet him!
2. Did you know the Nisqually Tribe Dental Clinic has its own phone number? Now you can call us directly and bypass being transferred, if you would like. Our number is **(360) 413-2716**.
3. Dental scheduling has changed; if no one is available when you call, please leave a message for us. We will check the voicemail throughout the day and someone will call you back as soon as we can. Thank you for your patience through this new process.
4. We have recently converted from paper to electronic charts, please be patient with the dental staff as we are learning new software. Dental appointments could take longer than usual. We apologize for any inconvenience this may cause.
5. Our hours have **not** changed. We are open Monday through Friday from 8:00 a.m. to noon and 1:00 to 4:30 p.m.
6. From the dental team, thank you for your continued support and trust in choosing us as your dental home! We are honored.





# Even Before You are Pregnant, Take Folic Acid for Your Baby's Sake

*Reduce chances of neural tube defects such as spina bifida and anencephaly by taking 400 mcg folic acid every day*

How do I get the folic acid I need?

- Take folic acid (also called folate) 400 mcg (.4 mg) a day as soon as you reach childbearing age. Most multivitamins will contain .4 mg, the recommended minimum for women.
- Eat a bowl of breakfast cereal that has 100% of the daily value for folic acid every day
- Take your prenatal vitamins daily during pregnancy
- Eat foods high in folate:



*Spina Bifida is a condition that affect the spine and is usually apparent at birth. Spina bifida can occur anywhere on the spine if the neural tube does not close all the way.*

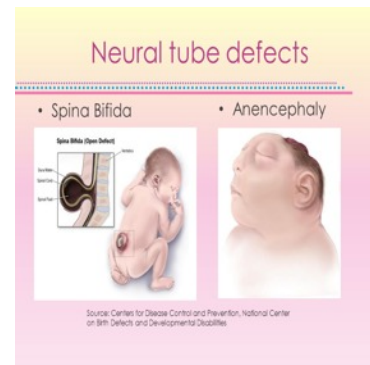
<https://www.cdc.gov/ncbddd/spinabifida/facts.html>

What is folic acid? What does it do?

Folic acid (Folate) is a B vitamin (B9).  
Our bodies use it to make new cells.  
Everyone needs folic acid.

*Folic acid is very important because it can help prevent major birth defects of the baby's brain & spine up to 70%*

*Spina bifida or Anencephaly occur in a baby before most moms know they are pregnant.*



*Anencephaly is a serious birth defect in which a baby is born without parts of the brain & skull.*

<https://www.cdc.gov/ncbddd/birthdefects/anencephaly.html>

## SPIPA's Nisqually WIC

The Women, Infants, and Children (WIC) program provides healthy foods and nutrition information for you and your child up to age five. Our office is open the second Wednesday of each month.

For appointments or questions contact: Debbie (360)462-3227 [gardipee@spipa.org](mailto:gardipee@spipa.org) or Patty (360) 462-3224 or the South Puget Intertribal Planning Agency (SPIPA) main number (360) 426-3990. Next WIC at Nisqually:



Wednesday September 13, 2017  
at USDA Food Warehouse  
10:00 a.m. - 2:00 p.m.  
Date and time may change  
Warehouse (360)438-4216

To schedule an appointment  
for SPIPA WIC,  
call and leave a message  
at (360) 462-3224





# Nisqually Tribe Tobacco Cessation

By Juanita Banuelos

A reminder: If you are considering making the decision to QUIT smoking we can help you get started with FREE Nicotine Replacement Products such as: Nicotine Patches, Nicotine Lozenges, Nicotine Gum, Bupropion, and Chantix.

Some people make a choice to go “cold turkey,” meaning they simply make the choice to Quit NOW! We are here to help you make a plan that can increase the chances that you quit for good. Nicotine can become an addictive habit which also becomes a dependence on needing and wanting to smoke as a form of relaxation, de-stressing, and socializing.

I, Juanita Banuelos, am here to help coach and encourage you to start and continue this journey once you have made your mind up to quit.

We start by making an appointment with our providers, setting up a Quit plan that includes your support list of family, friends and others and then setting a Quit Date.

There is no perfect time to quit. Setting a date increases a person's success in quitting. Studies show that having support increases also increases Quit rate from 11 percent to 16 percent. Learning to recognize your triggers also increases your ability to quit!

We are here for you when you are ready. Please call (360) 459-5312 to get STARTED.

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## Turn the Tide, Save a Life

By Addie Spencer, MD

Many families are touched by addiction and the heartbreak that comes with it.

The joy of recovery is all too often followed by the pain of relapse. And always - there is worry and fear. The fear of death from overdose and the worry and loss of all hope for a lasting recovery.

But death from an overdose of pills or heroin can be prevented. Anyone can rescue an overdose victim by quickly giving them a spray of the medicine naloxone in their nose. There are four easy steps to a rescue:

1. Yell and try to wake the person. If no response, call 911.
2. Give 2 quick rescue breaths.
3. Give the naloxone spray up the nose.
4. If no response, give two more breaths and another dose of naloxone up the nose.

Naloxone is very safe. It only helps people in an overdose of pain pills or heroin. It won't do anything for someone passed out from alcohol or another medical condition. It is even safe for pregnant women and children.

You can get a naloxone rescue kit and a quick training on its use three different ways:

1. Ask your medical provider for a prescription
2. Attend a Turn the Tide/Save a Life community event
3. Ask for a kit at the Nisqually Tribal Pharmacy window

Together we can save a life and turn the tide away from addiction and toward recovery. For more information, contact the Nisqually Tribal Health Clinic at (360) 459-5312.



## Birthdays and Announcements

September 6, Happiest of Birthdays to our Keisha, Love your Family



September 14

**HAPPY 21<sup>ST</sup> BIRTHDAY TO MY Daughter-Niece Willette McCloud!**  
**Love you from Auntie Kelly, Nicole, Skylar, Dorene and Sean**



I would like to congratulate my daughter Rachel Birkosk (Guidry) for receiving her BA in Tribal Governance and Business Management from Northwest Indian College. I am so proud of her for working so hard and following through with what she needs to accomplish. I can't imagine all of that plus working full-time and being a wonderful mama to my two precious grandsons, but that is Rachel when she puts her mind to do something she does it. And to me it looks like in stride. I love you with all my heart and cannot put into words of how proud your father and I are of you everyday. Love Mama and Dad

## Nisqually Red Wind Casino



Applications open from 9:00 a.m. 8/22 to 9:00 a.m. 9/19

Are you interested in learning how to make a career out of dealing a variety of Table Games?

The Nisqually Red Wind Casino will be conducting a 6 week dealer class where you will be have the chance to learn how to deal 6 Deck, Black Jack, Double Black Jack, Spanish 21, EC and Ultimate Texas Holdem.

Date: 9/25 - 11/6 Thursdays through Sundays

Time: Day classes 1:00 p.m. - 5:00 p.m.

Night classes 7:00 p.m. - 11:00 p.m.

Location: NRWC training room

Cost: FREE! If you are a Nisqually tribal member please contact Tia Lozeau at (360) 412-3651. If you are not a Nisqually tribal member but are interested in the classes please contact Nisqually TERO office at (360) 456-5221 to discuss eligibility.

We practice Native American hiring preference.

Apply on-line at [www.redwindjobs.com](http://www.redwindjobs.com) by the closing date in order to go on to the next phase of the application process. Any questions please contact the NRWC Human Resources Department at (360) 412-3622.



Nisqually Indian Tribe  
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Olympia, WA 98513