



Chinook Management Report

David Troutt

Nisqually fishermen harvested more than 12,000 chinook this season following lengthy discussion last spring that set the harvest schedule. Because Nisqually chinook were listed as threatened under the Endangered Species Act (ESA) in 1999, we have to negotiate with the federal lead agency for that listing, NOAA Fisheries, each year to get ESA coverage for our in-river chinook and coho fisheries.

After lengthy discussions in the spring of 2017, we secured the chinook season for our fishermen based on direction from the Nisqually Fish Commission.

The transfer of adult chinook from the hatcheries to upstream locations to maximize spawning was another element of the approved 2017 fishing plan. This is called adult supplementation.

First, we trap adults returning to Clear Creek and mark them with a jaw tag and take genetic samples from all fish that will be transferred. These salmon are held in "live bags" until transferred by truck, to their release location, either above the Centralia diversion dam or at the Centralia powerhouse.

One of the NOAA requirements was to move fish throughout the hatchery return timing to avoid affecting run timing by selecting only a portion of the run. The first transfers were made toward the end of August as a test run. Beginning the week of August 28 and continuing through the entire run, we are transferring several hundred adults every week with a goal of moving at least 2,000 adult chinook salmon above the dams. We appreciate having the assistance of Nisqually AmeriCorps for the transfer work.

This transfer process, which allowed a successful in-river fishery, is subordinate to the hatchery escapement itself. The goal was to take a portion of the surplus adults not needed for hatchery spawning and move them upstream. For 2017, we are succeeding in meeting both our hatchery egg-take goal and transferring the adults.



Left, Ed Villegas, fisheries technician and Jed Moore, fisheries biologist, finish applying the yellow jaw tag on a chinook before its transferred for release above the dam near Yelm.

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COURT NOTICE

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

- 1st Monday, criminal court
- 2nd Monday, ICW and civil court
- 3rd 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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Olympia, WA 98513

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preston.debbie@nisqually-nsn.gov
(360) 456-5221 ext.1245

Leslee Youckton
youckton.leslee@nisqually-nsn.gov
ext. 1252

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

While fall is about to begin, we still need to still be cautious with fire as even with the rain occurring this week, it been dry for a long time. Thurston County has a burn ban and we are asking the Nisqually community to please not burn outdoors until it is safer to do so and always refrain from burning household trash outside at any time as it is an air quality hazard for everyone.

We ask that those in the community with sweat lodges to make sure water is available nearby for any fires that might get out of hand and the pit is well away from flammables. If you are unsure about your site, contact Nisqually Emergency Services and they will check your site for you and make suggestions. We appreciate your cooperation as we do our part to prevent fires until the rains reduce the risk

Fall is also a good time to prepare your home for winter and the usual power outages and other emergencies. Get you wood stocked, gas for your generator stored appropriately and portable light sources with fresh batteries. It's always a good idea to stock up on water and some emergency food as well. If you have questions about emergency preparedness, feel free to contact Nisqually Emergency Management. Hoyt.



Willie Frank III loads chinook into a tote during the eight-day chinook fishery on the Nisqually River. Thanks to the Nisqually Tribe's efforts with habitat restoration partners and the Nisqually Clear Creek Hatchery, tribal and non-tribal fishermen continue to have fish to harvest.



Tribe Completes Purchase of House and Property for Program Space

By Joe Cushman

The “blue house” on the corner of 25th Avenue and Reservation Road has been purchased by the Nisqually Tribe.

The purchase is intended to provide a better location for the tribe’s award-winning Tribal Employment Rights Office (TERO) program.

The tribe utilized a portion of its TERO program funds to complete the purchase of the house. No tribal “Land Account” funds were used in the purchase, and no money was borrowed.

The tribe recently been cautious about purchasing additional property, but there were some compelling reasons for pursuing this acquisition:

- The property is adjacent to the tribal housing office property, thus providing opportunities for more construction-related training between the housing program and TERO;
- The house and lot are of sufficient size to be used by several tribal programs, thus helping the tribe address the need of some programs for

additional space without having to build expensive new facilities;

- The house is strategically located at the entrance to the Cuyamaca Village area, and is also adjacent to the tribal ballfield property.
- The move will free up more space for Education and the Northwest Indian College in the Education building

The overall size of the property is 1.5 acres. The main house has 3 bedrooms, 2 1/2 baths, a large attached garage with a separate living unit, an unattached metal building/workshop with another separate living unit, and a three-bedroom modular unit.

The TERO program is currently in the process of moving into the main house. The tribe will also be evaluating whether there is room on the property to accommodate another tribal program or programs in need of more adequate space.

A tour and open house event will be held sometime in the next several months.

Nisqually Parks Logo Contest

The Nisqually Tribe Parks Commission is seeking proposals from Nisqually tribal and community members ONLY, for a Nisqually tribal parks logo.



The concept should communicate the Nisqually role of protector of our sacred lands and waters. If selected, artists should be prepared to meet with the Tribal Parks Commission to make changes to their design.

The Commission will select an artist and will pay \$1,250.00 for the completed design, which will then be owned by the tribe.

Artists should submit concept drawings to the attention of Parks Commission Chair Tony Sanchez care of Lorena Guidry at the Tribal Administration building by November 15, 2017.

OPENING THIS FALL!
A New Park on 21st Street





Continued from cover-CHINOOK

In addition to transferring the adults upstream, we will be evaluating their spawning success. Each adult was marked with an aluminum jaw tag and we are doing a number of spawning ground surveys looking for those tags and documenting success. We will also count and take genetic samples from the out-migrating juveniles (smolts) in a smolt trap just upstream from the Centralia powerhouse.

This is a huge endeavor and would not be possible without our co-management partner, the Washington Department of Fish and Wildlife (WDFW). They are providing support in many of the phases of this project, including providing staff and their large fish transfer truck for the supplementation work. They will also assist with some of the monitoring work.



Getting ready to bag chinook for transport.



Bagging adults for transport. From the front: Eddie Villegas, Walker Duval, Azeen Ginnie and Tom Fredrich. Clear Creek Manager Shane Bryant in background.



Capturing Adult Chinook – Auger at Clear Creek Hatchery and tanks for holding



Chinook Season Report

Georgiana Kautz, Natural Resources Manager

As many of you know, I have been fighting cancer lately. I'm doing OK, and I wanted to write to let you know about the great chinook fishery we just completed.

Even though the fishery was only eight days, our fishermen caught over 12,000 chinook. They worked long hours and caught a lot of salmon. They might be tired, but we have a lot of happy fishermen!

I want to thank Rick and Monty at She-Nah-Nam Seafoods. They bought the chinook at record high prices and kept the price up throughout the season. I understand that they paid out something like \$360,000 to our fishermen. Wow! They did a great job.

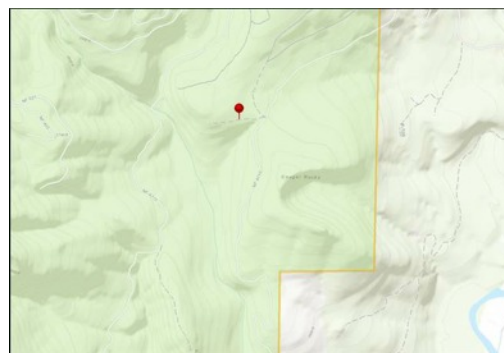
I also want to thank our natural resources staff and particularly Craig and David. Those two worked to get as many fishing days as they could, and our fishermen and the whole community benefited. Our Tribe's natural resources people work long and hard for us, and we appreciate all they do.

I have been imagining what Billy would be saying if he was still with us. I know he would be smiling and probably would say, "Porge, this is what we've working for all these many years."

Attention Hunters!

By the time this newsletter is published, the new Digital Hunting Atlas will be available for you to download and use on your smartphones and tablets. The maps will be accessible through the free Avenza Maps app which is available for Android, Apple iOS and Windows devices. This app will allow you to see your location on the map even if you don't have cell service.

Flyers with information on how to download and use the maps will be available in the Natural Resources Administration office. Please feel free to contact Jennifer with questions at (360) 456-5221 x2139 or cutler.jennifer@nisqually-nsn.gov.



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!



Oyster Farm

By Debbie Preston

Oysters will soon be harvested from the Nisqually Tribe's Oyster farm on Henderson Inlet following a spring and summer of planting young oysters (spat) and upgrading the racks where the newly-named Squali Absch oysters are tethered to tumble the oysters.

"We don't harvest during the summer when the water temperatures are higher and bacteria that can cause human illness are more prevalent as a result," said Margaret Homerding, shellfish program manager for the Nisqually Tribe. While oyster harvest could begin early in September, the long days of hot weather this summer have kept water temperatures elevated into September, delaying harvest.

Nisqually is part of the effort to return Olympia oyster populations to healthy levels in South Sound. The only West Coast native oyster was nearly polluted and over harvested out of existence until places like paper mills and other toxic waste producers were forced to clean their wastewater before it was dumped into Puget Sound. The small, but tasty, oyster is one of two types of oysters Nisqually cultivates. The other is the Squali Absch, named after the Nisqually people. Tumble bags that roll the oysters around to make a deep cup and more attractive shell hang in the water, using the tide to tumble the bags.

The Squali Absch is the Pacific oyster that was brought in from Japan by former oyster farm owner Jerry Yamashita's father who saved the shellfish industry at the time by bringing in the Japanese oyster that could survive the difficult growing conditions of the polluted Puget Sound in the 1930s. The Henderson Inlet location gives the oyster a distinctive taste that is starting to get noticed by oyster connoisseurs.



Left, Robert "Red" Perant and Justin Charlie place Olympia oysters in the tide flats of Henderson Inlet where they will grow to harvest size.

Top, Terry Gahan moves a tumble bag for Squali Absch oysters into place at the Nisqually Oyster Farm. As the tide rises, the bag tumbles the oyster, creating a deeper cup and smoother shell that the oyster market prefers.

Below, the crew works on the Argo, a daily chore.





Back to School Bash

By Ken Tuckfield

Nisqually Education held the Back to School Bash at the Youth Center on Sept. 30. The Library Department purchased and helped distribute the backpacks given to Nisqually tribal member students and community K-12 students. They are filled with school supplies to start off the school year.

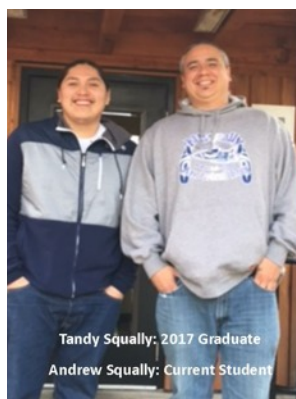
There was a meal provided, the Nisqually Youth and Community Center provided two huge inflatable bouncy toys for the kids to enjoy and there were representatives from Yelm Community Schools and North Thurston Schools to answer questions and help with school paperwork. Northwest Indian College also answered questions and organizations such as TANF and the Health Department had informational materials as well as school supplies.

The event was a huge success. Don't forget our after school homework help available in the Education Building from 3:30 p.m. to 5:00 p.m. Children must have homework to complete to attend.



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

When: come in Monday-Thursday 9 a.m.-2 p.m. For information. Schedule an appointment to sign-up and to setup classes.



Who Should Attend: Community members age 20 years and older who need their high school diploma. Class time are flexible to fit many work schedules.

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

What is needed: High school transcripts. If you don't have them we can help you get them, please

bring photo ID.

Location: Nisqually Walker House/Education Building

Contact: Shannon Millmen-Rodriguez at smillman@spscc.edu. On site Monday-Wednesday 9 a.m.-2 p.m. Or Ken Tuckfield at (360) 456-5221 ext. 1161 or tuckfield@nisqually-nsn.gov.

After School Homework Help

Education Building



12503 Yelm Hwy. SE

Monday - Thursday

3:30-5:00pm

Homework is required to attend.

Questions? Contact Ken Tuckfield
360.456.5221 x.1161



Librarian Faith Hagenhofer Retires

By Debbie Preston

Nisqually Librarian Faith Hagenhofer retired this month after a total of 16 years on the job in two stints and was honored by Nisqually tribal council in September with gifts and a reception.

Hagenhofer came to Nisqually first in 1992 where she and a group that included Grace Ann Byrd, Maui Squally, Lorraine Sanders, Tina McCloud and Stacy Gouley helped get some of the first round of renovations done to the building as well as helped bring the internet to the reservation.

In 2001, Hagenhofer left to finish an art degree and worked for Timberland Regional Library as well as the library at South Puget Sound Community College before returning to Nisqually in 2009. "There were many books in storage and mold got to so many of the books – we had to have them evaluated and ultimately had to get rid of most of them," Hagenhofer said. With the help of Ken Tuckfield, all the books remaining were evaluated and with Mitch Kover's help, entered into a database.

"The Nisqually Council gave us a budget to buy books, we used some grants to get furniture and the Book Mobile leading to the facilities we have today," she said. "With Mitch's help, the group automated the system." The Book Mobile grant also came with a position which became the children's librarian.



"I love all the friends I've made and I'm not going to move and I'll still be around," Hagenhofer said. She will continue to exhibit her art work nationally, participate in the schools as an art teacher on call and is an alternate for a Fulbright Scholarship, possibly for next year.

"My daughter and I are still working our farm and my husband is still working. I have appreciated all the times I have worked and played side by side with everyone, and, while I am thrilled at the threshold of my next journey, I will miss "you" - each of your many faces come to mind. Thank you for befriending me; we will keep seeing each other. There's really nothing like Nisqually Community dinners."

Changes Happening at the Library

Empty shelves at the Nisqually Library do not mean that the library is moving or closing. It's part of an experiment that moves some of the collection out to different parts of the Nisqually community.

"Parts of the collection weren't being used, so we decided to make some inquiries with different departments that directly serve the community about putting some books in those places," said Shannon Kravitz, Interim Archives Program Manager. Kravitz is overseeing some library services following Librarian Faith Hagenhofer's recent retirement after 15 years.

In each of the outreach stations, about 100 books are being placed and use will be tracked. "For instance, where the after school program happens at the Nisqually Youth and Community Center is a great place for books for kids," Kravitz said. Other places

will include the Education Building where the Northwest Indian College is housed along with tutoring help. "We're looking to be more collaborative with community services departments and trying to get books to people in places they frequent. We're testing the waters with this approach and that includes more informal checkout procedures. If it's successful, we can start to think about ways to develop these spaces further, that are better suited to engagement with library materials," Kravitz said. The goal is to have the outreach stations in place by the end of September. Look for a follow-up later on the on the project.

Meanwhile, the library will operate as normal, though there may be some disruptions as the expansion of Head Start gets underway. Additionally, the Book Mobile will continue to operate in a more limited way based on use.



Tablet Tricks and Treats

Tips from the IT-WebDev Department

Tablets are basically smaller versions of computers and larger versions of smart phones. They come in many sizes with 7 inches to 10 inches being the typical screen size range. Common manufacturers include Amazon's Fire®, Google's Chromebook® and Apple's iPad®. They typically do not come with keyboards but detachable keyboards and cases may be added as an option.

Amazon Fire:

- Set notification options (such as Priority) in **Settings>Sound & Notification>App Notifications**.
- **Check storage space by going to Settings>Storage.**
- **Add a child's profile in Settings>Profiles & Family Library>Add a Child Profile.**
- **Uninstall multiple apps from the Home Screen by tapping and holding an app icon. Uninstall will appear in the upper right allowing the selection of more than one app to remove.**



Google Chrome:

- Display all the keyboard shortcuts by pressing **Ctrl + Alt + ?** to view an overlay.
- Insert an optional SD or MicroSD memory card into the tablet's **card slot** for additional storage or transferring files or pictures.
- Take a screenshot by holding down the **Ctrl key and Task Switching key []]]** at the same time.

Apple iPad:

- Double click the **Home** button to see what's currently running, **swipe an app upwards** to close it.
- Go to **Settings/Notifications** to turn on/off and change how they're delivered to include sounds.
- Check energy use of apps and get power-saving tips by going to **Settings/Battery**.
- Split the keyboard in two halves by **dragging it apart** (to the left and right), **drag back together**.

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

Fish Give-Away at Clear Creek Hatchery



Tuesday October 3
Tuesday October 10
From 8 a.m. to 12 p.m.

For more information
please contact Nisqually
Natural Resources at
(360) 438-8687.

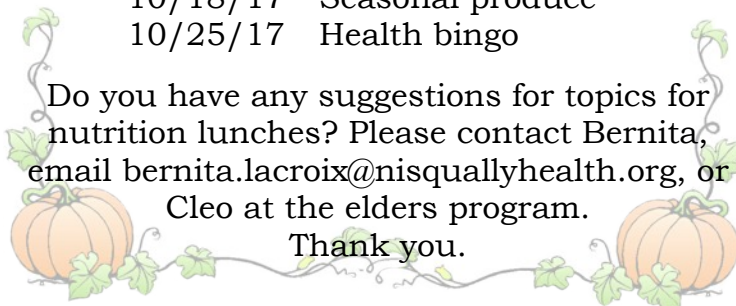
Nutrition Workshops

Every Wednesday at 1 p.m.
following elders lunch
At the Elders building
Everyone is welcome to attend!

Nutrition workshops will be offered every
Wednesday after the elders lunch meal
service.

10/4/17	Apples
10/11/17	Pumpkins recipes
10/18/17	Seasonal produce
10/25/17	Health bingo

Do you have any suggestions for topics for
nutrition lunches? Please contact Bernita,
email bernita.lacroix@nisquallyhealth.org, or
Cleo at the elders program.
Thank you.





2017 Nisqually Employee Picnic



Summer Garden Stand





Nisqually Temporary Assistance for Needy Families (TANF) Summer Activities

By Jesse Youckton

Nisqually Temporary Assistance for Needy Families (TANF) Summer Activities – by Jesse Youckton
We've had a busy summer here in Temporary Assistance for Needy Families (TANF). The Nisqually TANF program provides services to low-income families with at least one family member enrolled in a federally recognized tribe (and) residing in Thurston or Pierce counties. The family may be one parent or two parent of/or a guardian of child(ren).

At the beginning of summer, we finished our first set of **“Winning at Parenting”** classes through Family Education and Support Services. Six families attended the training that included:

- Fairy Family Tales
- Increasing Family Communication
- Child Development
- Limit Setting
- Anger in the Home
- Maintaining a Healthy Home Environment.

Child care and meals were provided at each class. A certification of completion was provided to each parent in “Strengthening Families Parenting training.” We thank Nisqually Environment Team (NET) for providing our families with Nature’s Discoveries Artbook III. Families loved the cover depicting the Nisqually Tribe. We have started our second parenting session, but have condensed it to three weeks, each week covering two topics.

Financial Literacy

All of our clients are signed up to attend a CASH class – basic financial literacy provided by Goodwill. This course provides them with the basics of banking as well as Do It Yourself (DIY) classes we conduct to show clients tips and tricks to help make their money stretch. This summer, the topics were making your own foaming hand soap, laundry soap and healthy snacks.

Driver’s License Barrier Removal Course

Nisqually Police Officer Soto led our Driver’s License Barrier Removal Course. Participants learned safe and legal driving advice and Officer Soto focused on the specifics of each participant’s reason that their license was suspended so they could learn to not repeat that offense. After completing the four- week course, TANF paid the fines prohibiting participants from obtaining a license. This course is available to all TANF clients.

Back To School

In August, we held a back to school dinner for our clients, providing each student with a backpack filled with school supplies, an incentive for clothes and additional supplies and a catered turkey dinner with activities for children.

As part of our community participation, we set up a recruitment table at Thurston County’s Little Red School house event to promote our program and provide some school supplies. Little Red Schoolhouse provides a backpack with supplies, one coat, some new socks and new underwear. For more information on the Little Red Schoolhouse project, visit www.redschool.org.

Also in August, TANF and Children and Family Services collaborated to offer a client training called **“Trauma Informed Communities Training.”** We also held our **“Pulling Together for Success”** quarterly community resource dinner. This is a chance for all those who could benefit from our resources to learn what is available to them. We serve not only Nisqually but other tribal members who live in the community and beyond. More than 100 people attended. We hope you will join us for our next dinner this fall with an education theme.

Client Assistance Responsibility (CAR)

Every month we have an activity called CAR or Client Assistance Responsibility. Client paperwork is due to their case managers by the fifth of every month. The intent of CAR is to invite each client into the office to turn in their paperwork, have lunch and a chance for a visit with their case managers, as well as other staff in the office. Clients appearing during CAR also get a “thanks for coming in” incentive such as a baking sheet, towel or box fan.

Staff also attended trainings on **“Adverse Childhood Experiences”** and **“Motivational Interviewing”** to improve our ability to provide services to our clients. During these trainings, we updated our intake process to assess each client and their employment and educational barriers, if any. If you have any questions regarding TANF or are interesting in applying, please contact Jesse Youckton at (360) 456-5237 ext. 2210 or at youckton.jesse@nisqually-nsn.gov.



**Are you pregnant?
Breastfeeding?
A family with a child
under age 5?**

**You may be eligible
for WIC!**



It is easy to get started at WIC with SPIPA:

1. Call WIC's direct line 360.462.3224 and leave your contact information.
2. We will call back and set up an appointment.
3. Bring your child with ID, bring your photo ID with address, proof of income, and WA Medical/Provider One Card.
4. At your appointment, we will:
 - Check to see if you qualify
 - Check your child's growth
 - Talk about your family's health and nutrition needs
 - Tell you about other programs that may be able to help you
 - Teach how to shop with WIC checks you receive at your visits
5. You only need to bring your child to WIC twice a year for measurements.

2017-2018 WIC Income Eligibility Standards Effective May 2017
TABLE OF WIC ELIGIBILITY BY GROSS INCOME AND HOUSEHOLD SIZE

Household Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$ 430	\$ 859	\$ 930	\$1,860	\$22,311
2	\$ 578	\$1,156	\$1,252	\$2,504	\$30,044
3	\$ 727	\$1,453	\$1,575	\$3,149	\$37,777
4	\$ 876	\$1,751	\$1,897	\$3,793	\$45,510
5	\$1,024	\$2,048	\$2,219	\$4,437	\$53,243

In accordance with Federal Law and Department of Agriculture (USDA) Policy, SPIPA WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free 866.632.9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.6136 (Spanish). USDA is an equal opportunity provider and employer.

SPIPA WIC Nutrition Program does not discriminate.

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 or Patty (360) 462-3224 or the South Puget Intertribal Planning Agency (SPIPA) main number (360) 426-3990. Next WIC at Nisqually:



Wednesday October 11, 2017
at USDA Food Warehouse
10:00 a.m. - 2:00 p.m.
Date and time may change
Warehouse (360)438-4216



Putting Nature back into our idea of Nurture...

By Sue Bohannon, DMD

In recent years, the Nisqually Tribe's Dental Clinic has focused on becoming more environmentally friendly and looking at holistic and alternative ways to treat our community.

One way that is more holistic is using minimally invasive dentistry with an emphasis on healing versus drilling a tooth. More subtle techniques include aroma therapy during dental treatment visits and giving patients coloring books to help address their anxiety naturally.



Nisqually's Environmental Team (NET), a part of Natural Resources, has collaborated to provide us with some beautiful coloring books with inspiring images of nature that can help some of our patients deal with their anxiety in a safe, non-medicated way. We are thankful to NET for these wonderful coloring books that remind us of the beauty of our planet.

It has been said that it is not possible to have healthy people on a sick planet. We will continue to look at more ways that we can strive for holistic care and environmentally-friendly dentistry approaches that support patient wellness as well as protect and sustain the planet and the local community's environmental health.

What can people do to prevent Oral Cancer and Advanced Gum Disease?

By Sue Bohannon, DMD

World Health Organization, Website

1. Come to Nisqually Tribe Dental Clinic and we will screen for signs of oral cancer and periodontitis (advanced gum disease). We recommend have a screening performed at least once a year.
2. Some warning signs are:

Advance Gum Disease:

- Bleeding from gums
- Mobility of teeth

Oral Cancer:

- Any sores in the mouth or on the face, and neck that do not heal within 2 weeks
- Swellings, lumps or bumps on the lips gums or other areas inside the mouth
- White, red or dark patches in the mouth (oral precancer)
- Repeated bleeding in the mouth
- Numbness, loss of feeling or pain in any area of the mouth, face or neck

If oral cancer and advanced gum disease is detected at an early stage, the treatment is much easier and the long-term prognosis is much better. We have a special laser detection device at our clinic that we use that is completely painless, takes only minutes and finds precancerous lesions before they are visible in normal light. Call Nisqually Tribe Dental Clinic today at (360) 413-2716 to schedule an appointment with us. Early detection saves lives!

If you have dentures, you should still come in once a year for a cancer screening and we will professionally clean your dentures at that time, too.

Birthdays and Announcements



Happy Birthday Art

I love all the old pics I find of you and the boys
Another year of Groovy Gouley memories
Love you the mostest
~MUAH
Me and the boys +1 ☺

October 15th

Happy Birthday

To Selina Oya!

Happy Birthday
Sheila McCloud



Happy Birthday Tayannah!



Happy Birthday Rayne!

Halloween Safety Tips



Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.

- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances. Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.



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

October Youth Calendar of Events 2017

360
455-5213

1937 Lash! 84 SE
Olympia, WA 98513

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	2 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	3 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	4 Kids Court 4 pm - 6 pm ITL GAME 6 PM	5 Kids Court 4 pm - 6 pm Golf 3:30- 7	6 Workouts 3:30 - 7 pm	7
8 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	9 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	10 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	11 Kids Court 4 pm - 6 pm ITL GAME 6 PM	12 Kids Court 4 pm - 6 pm Golf 3:30- 7	13 Workouts 3:30 - 7 pm	14
15 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	16 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	17 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	18 Kids Court 4 pm - 6 pm ITL GAME 6 PM	19 Kids Court 4 pm - 6 pm Golf 3:30- 7	20 Workouts 3:30 - 7 pm	21
22 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	23 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	24 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	25 Kids Court 4 pm - 6 pm ITL GAME 6 PM	26 Halloween Bash! 5:30 - 7:30	27 Workouts 3:30 - 7 pm	28
29 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	30 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm	31 Kids Court 4 pm - 6 pm ITL Basketball Prac. 5:15-6:15 pm				