



## Active Shooter Training Red Wind Casino

By Debbie Preston

The Nisqually Indian Tribe's law enforcement personnel conducted active shooter Thursday, Jan. 25 prior to the opening of the Red Wind Casino for business.

Nisqually Chief of Police Tom Iyall said Blue Line Inc. conducted the training that also included security personnel from the casino and representatives from other law enforcement agencies.

"The Nisqually Police Department and Red Wind Casino have been collaborating on active shooter training for several years and continue to ensure safety plans are in place for the tribal enterprises," said Red Wind Casino General Manager Cheebo Frazier. "We train all 675 team members on board for active shooter in our orientation training," Frazier said. "Preparedness is key. The Las Vegas Police Department and their partners were able to get control of the strip quickly during the recent Mandalay Bay Casino shooting thanks to years of preparation for such an event."

The training comes just as Red Wind Casino is expanding to being open 24/7 starting this month. "This training helps us identify all the ways that help us be ready to respond in the most efficient, safe and effective way in the case of an active shooter," Iyall said. "We hope we never have to use this training, but



*A Blue Line Inc. instructor leads Nisqually Police officers, casino security and other enforcement personnel through scenarios and discussions of how to set up and respond to an active shooter in the Nisqually Red Wind Casino. The casino was closed at the time, but the casino will now be open 24/7, making the training for any sort of emergency even more important.*

## \*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.

## EFFECTIVE DECEMBER 4, 2017

The Financial Services department will have new hours for the public.

Monday through Friday we will be open from 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m. (closed from 12:30 p.m. to 1:30 p.m. for lunch).

This will allow the Financial Services staff to better serve the public.

Sandy Spencer, CPA  
Controller

## How to Contact Us

Tribal Center (360) 456-5221  
Health Clinic (360) 459-5312  
Law Enforcement (360) 459-9603  
Youth Center (360) 455-5213  
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## 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 has been a year under a new federal administration and Nisqually continues to work to keep our priorities heard even if it isn't always the most receptive audience. Council member Willie Frank III was invited by U. S. Rep. Denny Heck to attend President Donald Trump's State of the Union Speech as part of Heck's desire to keep tribal constituents in President Trump's sight, if not in mind.

"Trump had a great chance to say something too," Frank said. "There he was talking about the beginnings of our country and he didn't even mention tribes, the people who have always been here." Trump's words from Tuesday were: "It was that same yearning for freedom that nearly 250 years ago gave birth to a special place called America. It was a small cluster of colonies caught between a great ocean and a vast wilderness. It was home to an incredible people with a revolutionary idea: that they could rule themselves; that they could chart their own destiny; and that, together, they could light up the entire world."

Even if Trump's speech was disappointing, Frank was thankful for the opportunity to attend. "It was a great



experience," Frank said. "I was honored Rep. Heck invited me and that council let me represent Nisqually. I got to speak with Denny in a less hurried environment than we do when we make our usual trips to Washington, D.C." I wanted to see if Trump would mention any of our natural resources concerns such as water and climate change, but he just talked about 'clean coal' which is an oxymoron."

As a council, we are concerned about the changes in climate that will affect our water and it's hard to make headway in the state when President Trump doesn't want to address the coming

negative impacts of climate change or even acknowledge it exists. We have to keep fighting here to maintain our senior water rights and keep holding the rest of the state accountable for maintaining water for fish and for our people.

Our future growth will depend on us protecting the resources.

Hoyt.

## Grant Received to Create Healing Retreat Center

By Debbie Preston

The Nisqually Health Department has been awarded nearly \$500,000 in grant funding with additional Health Department funds to develop and implement the Brighton Creek property as a healing retreat center to host tribal members who want to immerse themselves in trauma-informed and culturally appropriate services for issues such as historical trauma and domestic violence.

"I am just so thrilled to see some of this vision really get underway," said Sheila McCloud, tribal council secretary. Most of the first year will be developing the property such as the common rooms, kitchen, laundry room, cabins and bathrooms and the services such as curriculum and group spaces both indoor and outdoor. While the grant is under the Health Department, it will involve a high level of collaboration with Nisqually's domestic violence coordinators, tribal court, tribal law enforcement, behavioral health and other departments involved in the circle of care for victims of trauma.

This will also involve meeting standards for complex licensing, working with the interdepartmental team to develop and put in place a referral process and curriculum as well as equipping the cabins and making property repairs. The Nisqually Public Works department is working with Health to meet licensing and building code through Pierce County, where the property is located. The site's caretaker and the Nisqually AmeriCorps continue to help with work on the property as well. To meet licensing standards, much more will need to be done.

There will be a coordination with traditional healers and other appropriate departments to develop and implement things like a sweat lodge, individual counseling and traditional healing services, and group session environments.

"This is so needed in our community," said Nisqually Chairman Farron McCloud. "Have a place that our tribal members can heal in a spiritual and cultural way is so important."



# Nisqually Tribe and Partners Help Seed Upper Nisqually Watershed with Salmon Carcasses

Students from Shining Mountain Elementary helped distribute 2,000 pounds of the Nisqually Tribe's Clear Creek Hatcher chinook carcasses in the Mashel River outside of Eatonville to spread the important nutrients throughout the watershed. The project is part of a cooperative venture between the Nisqually Tribe and the non-profit Nisqually River Foundation, the action and funding arm of the Nisqually River Council that plans Nisqually watershed sustainability. The Nisqually Tribe is a part of the Nisqually River Council.

The Foundation's work covers a range of activities from youth and adult education to climate change adaptation to increasing recreation opportunities utilizing three staff members and one AmeriCorps volunteer.

The Shining Mountain Elementary outing was the 11<sup>th</sup> school or community volunteer group that participated in the carcass dispersal in the Nisqually River and tributary Mashel River this year. Prior to the day in the field, a NRF educator goes into the school classrooms with information about the importance of salmon carcasses in the watershed, some salmon life-cycle information and preparation for their day in the field.



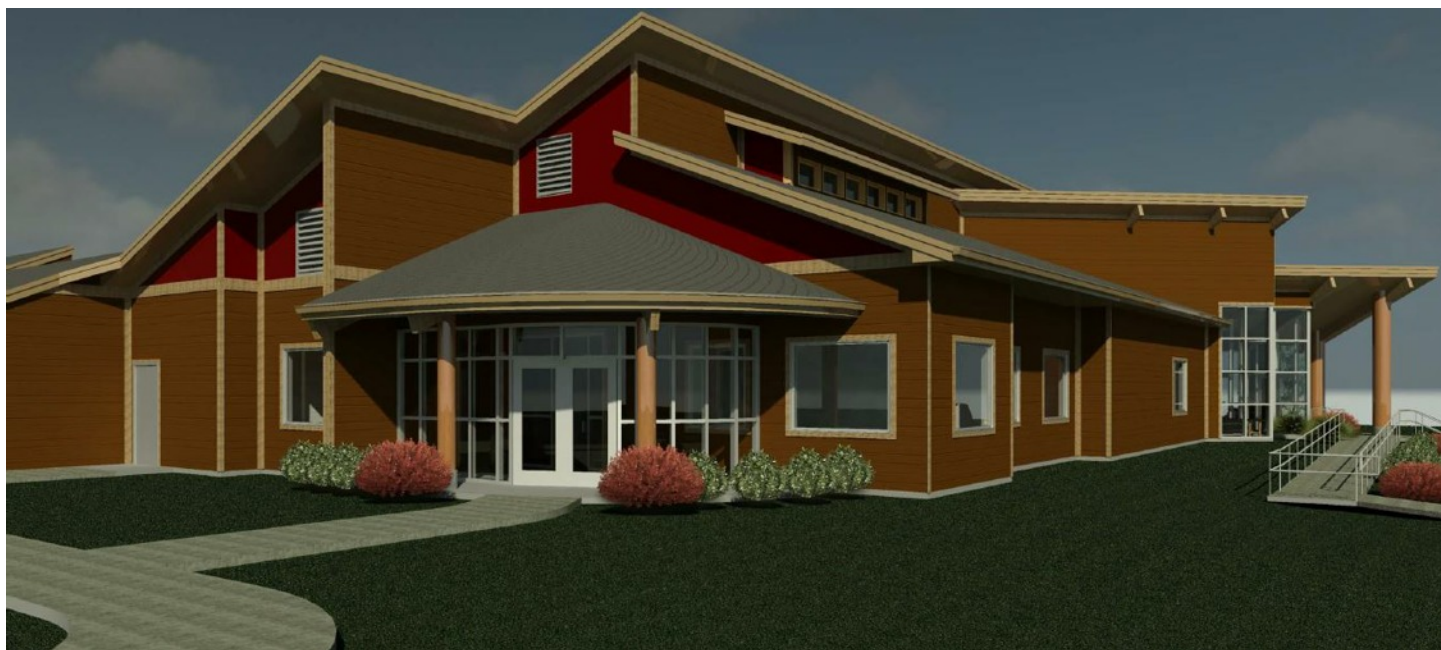
*Nisqually River Foundation Project Program Coordinator Sheila Wilson (yellow rain gear) debriefs students about their work, asking about their experience and reminding them of the salmon information they received in the classroom.*

*Top Sunny Mach, 9, gets some weight behind his toss of a frozen chinook carcass from the Nisqually Tribe's Clear Creek Hatchery. The Shining Mountain Elementary School classes helped put 2,000 pounds of the important fish nutrients in the Mashel River outside of Eatonville. Freezing the carcass kills any pathogens and the tail is clipped so those surveying streams as part of predicting future salmon runs aren't confused by the*



# Head Start Renovation and Expansion to Begin

By Debbie Preston



A \$4.6 million expansion of the Nisqually Head Start building will start in March, more than doubling the space available for the cramped services provided to children from infant to pre-kindergarten.

To prepare for moving the Head Start classes to the Nisqually Youth and Community Center, Head Start will be closed from Feb. 20 through March 2, with all services resuming March 5. "We will notify parents where we will house the infant program during construction, we're still researching alternatives," said Debbie Sioux-Lee, Head Start director.

The tribe received a \$5.6 million Duration Grant that will pay for the expansion and the staff. This year, 17 of the 40 Head Start children went from 3 hours a day, four days a week to 6 hours, four days a week and the school year is longer to mirror the primary school year. In all, the program is providing services to 64 children now and the extra space will be welcome.

The renovation and new building will have a number of improvements for students, staff and parents.

- The building will be more secure
- There will be more classroom space
- Staff will be able to provide for special needs children with services on site

- Head Start and Early Head Start will be in same building providing seamless transitions for kids
- State-of-the-art kitchen
- Space for parent trainings and conference space

The renovation will not affect the operation of the Nisqually library or the health offices located in the same building, though it will be noisy at times.

"Our current building has 5,000 square feet. We're adding another 5,108 square feet working space and 2,344 square feet of office space," Lee said.

Part of Nisqually's success in receiving the grant was the ability to use in-house planning for the renovation and expansion. "David Iyall has been a huge help working through this monster of a project. He has been very patient as we went through many changes on the interior design of the bldg., and overall project, and has been extremely supportive of the Head Start program. I'm really grateful to David, and want to publicly recognize him for all his work on this important development for the Nisqually community." Lee said.



# New State Law May Affect Tribal Members When Receiving Goods on Reservation

Tribal citizens should be aware of a new state law that may affect them when making purchases delivered into the Indian country where they are enrolled.

## **New Law Terminology**

**Marketplace Facilitators:** businesses that link buyers and sellers through a physical or electronic marketplace.

**Remote Sellers:** businesses that are not physically present in Washington but may sell items through the internet or catalogs.

## **Marketplace Fairness**

Beginning January 1, 2018, marketplace facilitators and remote sellers who make sales into Washington State may elect to either

- collect Washington sales tax OR
- comply with certain use tax notice and reporting requirements. Marketplace facilitators and remote sellers that do not choose to collect the tax must notify the customer of their use tax obligation and provide the state a list of those customers located within the state and their respective purchases.

## **How this may affect tribes and tribal citizens**

As a result of this new law, tribes and tribal citizens may be charged sales/use taxes for their purchases that are

delivered to them in their Indian country by the remote seller. Tribes and tribal citizens that purchase goods or services and have them delivered to Indian country in which they are enrolled are exempt from state sales and use tax. Your tribal exemption is not eliminated by the new marketplace fairness law, and your purchases with delivery are still exempt.

## **How you can ensure your purchases are exempt from sales taxes?**

Tribal citizens should provide the remote seller with their tribal identification and an exemption form at the time of purchase. You may use an exemption form created by the Department of Revenue or one that captures all of the appropriate elements to document the exemption.

## **Can I get a refund for taxes that are paid in error?**

Yes. The tribe or tribal citizen should first ask the marketplace facilitator or remote seller for a refund. If the marketplace facilitator or remote seller does not refund the sales tax paid, the tribe or tribal citizen may apply for a refund directly from the Department of Revenue. You will need receipts of your purchase to request a refund.

**For Questions or assistance with refunds,** contact the Department of Revenue's Telephone Information Center at 1-800-647-7706.

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## Police Officer Application Process

The police department currently has two patrol officer positions open. The process to apply has changed and applicants are required to apply at [publicsafetytesting.com](http://publicsafetytesting.com)

The Nisqually Tribe will pay the \$35.00 application fee for tribal members who wish to apply. The tribal hiring process still applies to the process and tribal members receive preference through the process. This is a new way to hire and we hope the process works faster and more efficiently.

### Police Officer Application Process

Nisqually Police Department uses Public Safety Testing to fill open Police Officer positions. The process

includes a written and physical examination. Those who successfully complete the process through Public Safety Testing will then be eligible for consideration to fill vacancies. Applications will be accepted on a continuous basis and vacancies will be filled utilizing Public Safety Testing. The testing fee for a Police Officer position with Nisqually is \$35.00. This fee is paid directly to Public Safety Testing. Enrolled Nisqually Tribal members may request payment assistance through the Personnel Department.

For more information, testing dates, locations and to apply, please contact Public Safety Testing at: <https://www.publicsafetytesting.com/>



# Fall Fitness Contest Winners

Kareem Gannie, Nisqually Fitness and Nutrition Coach, is proud of the winners of the Fall Fitness and Weight Loss Challenge categories that was held from October through the first week of January. They are:

## WEIGHT/FAT/INCHES CATEGORY

Weight Loss - Staci Miller  
Fat Loss - Melanie James  
Inches Lost - Marcela Gannie

## FITNESS TESTING CATEGORY MEN

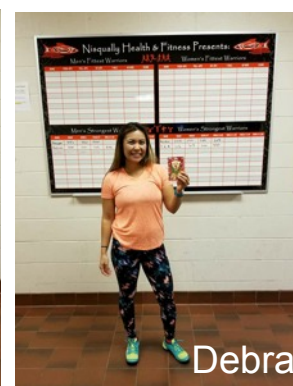
First Place - Azeem Gannie  
Second Place - Adam Flores  
Third Place - Kevin Sutterlict

*congratulations to all participants!*

## WOMEN

First Place - Debra Marrero  
Second Place - Deidrah Sutterlict  
Third Place - Debbie Preston

**Congratulations** to all of the participants that took a huge step towards improving their overall health and quality of life.



# The Tribal Council of the Nisqually Indian Tribe FREE Estate Planning Services

The Nisqually Tribal Council is sponsoring free and complete estate planning services to Nisqually elders.

- Without a valid will, you cannot legally control where your trust and non-trust property goes.
- You will receive a Last Will and Testament, Directive to Physician, and Power of Attorney, along with Bequest of Tangible Personal Property and Funeral/Burial Instructions if desired.
- Set up a first appointment to get started on working through these very important documents.

**If you are interested, it would be a good idea to start thinking about:**

- Who you would like to leave your money and property to
- Who you would like to have manage your affairs and estate
- Your end of life preferences regarding artificial feeding and life sustaining efforts if in terminal state

**And if possible, begin to collect the following:**

- List of the trust land you own (Allotment number, address/location) which can be obtained from the BIA office. If needed, the Legal Department has form you can sign and email to the BIA requesting your information.

**Appointments are in the morning, usually on the 1st and 3rd Thursdays of the month. The schedule for the next few months are as follows:**

**February 8 and 15 - 8:30, 9:30, 10:30 and 11:30 a.m.**

**March 1 and 15 - 8:30, 9:30, 10:30 and 11:30 a.m.**

**Please sign up for an initial appointment by contacting the Legal Offices at 360-456-5221.**



## Before the Boldt Decision – Part 2

By George Walter

Photos provided by Hank Adams

*Editors note: we apologize for running part 3 before part 2 in the newsletter. This should have preceded part 3.*

In the September 2017 Newsletter, there was a long article about the Renegade Six, Nisqually fishermen whose arrests lead to a U.S. Supreme Court decision that upheld off-reservation Indian treaty fish rights. This article is a follow-up, describing other arrests and attempts by the State of Washington to suppress Indian treaty-right fishing on the Nisqually River.

In February 1962, an 18-year-old Doug Derickson was fishing for dog salmon and steelhead on the Nisqually River. Bill Staatz, owner of the Staatz Farm, allowed fishermen access to the river through his farm, located just north of the Nisqually Reservation boundary. Doug started fishing at 14 with his grandfather, Lee Kover, and by the time he was 18, he had his own dugout canoe with a small motor attached. From the landing he typically motored upstream onto the reservation to set his nets.

On this particular day, he was in for a shock when he returned to the landing. He was greeted by what he later called a "SWAT team" of Thurston and Pierce county deputies, all dressed in black with helmets and M-16 rifles. He was quickly arrested, placed in a patrol car and, although he was arrested in Thurston County, taken to jail in Pierce County.

That same day, other Nisqually fishermen also were arrested in what is best termed a raid against Indian fishermen on the Nisqually River. In addition to Doug, those arrested that day were Melvin Iyall, Al Bridges, John Simmons Sr., Raleigh Kover (Doug's uncle) and Ernie Gleason, Sr. We have an old newspaper picture of the six meeting with their attorneys.

From Tacoma News Tribune, February 15, 1962

*Continued on page 9-BOLDT*





The Nisqually River at that time had a large steelhead run, and in good years, Nisqually fishermen fished for them into March. As noted in the September article, the Washington Department of Game managed steelhead for hook-and-line sport fishing only. To the department and their sport fishing supporters, net fishing by Indians was the worst thing imaginable, placing steelhead runs in “grave danger.” This belief ignored the fact that Indian net fishing and steelhead had co-existed successfully for centuries in the Nisqually River. State agents tried to do whatever they could through the courts and enforcement actions to eliminate Nisqually net fishing. Selling steelhead in Washington also was illegal.

It turns out that transporting the arrested fishermen to Pierce County was no accident. Thurston County judges were somewhat antagonistic to the state’s effort to arrest Indians and they were at times quickly released, with no bail required. Pierce County judges were friendlier to the state’s position on Indian fishing. The state also used the Pierce County court to seek an injunction against all Indian net fishing. It was that injunction that was successfully appealed to the U.S. Supreme Court several years later.

Another photograph, taken the same day, shows three of the arrested fishermen, Al Bridges, Melvin Iyall and Ernie Gleason, being loaded into a state patrol car for transport to jail. It seems that the state patrol also was part of the raid. This photo is very interesting as part

of the historic record. First, they were all dressed in their fishing gear. Doug recalls with some humor that they were all in the same cell in Tacoma, and all still wearing the fishing boots and gear.

Second, in the background, is the Nisqually train station. In those days, passenger trains stopped at this station regularly. And, more important for fishing rights, fish buyers used this convenient station to load steelhead onto the train for transport to Portland, where they could be legally sold.

Ultimately, after posting bail, the fishermen were released pending trial later in 1962. And, eventually, all the charges were dismissed. When Doug got back to the landing, his canoe, motor and nets were still there. In years after, as part of the ongoing harassment of Indian fishing, the state agents would confiscate fishing gear. It wasn’t until the early 1980’s that the state returned a dugout canoe confiscated from Billy Frank. That canoe is now displayed at Wa-He-Lute School.

Five of the six Indian fishermen arrested that February day in 1962 have passed away. Fortunately, Doug Derickson, 74, is still here to tell the story. Doug is still fishing on the Nisqually River. I interviewed him in November about his “getting arrested” experiences and what fishing was like to the 1960s. This article is based in part on that interview. At Doug’s insistence, the interview was videotaped and will become part of the Tribal Archives.



# Happy Retirement Mr. John Simmons



## Liberty Tax

The Tribe has contracted with Liberty Tax Service to provide free tax preparation services to Tribal members. Liberty will be available on-site, **beginning Monday through Friday 9:00 a.m. to 5:00 p.m., starting February 5, 2018, in the Financial Services conference room.**

Employees who are not Tribal members are also eligible for a savings of 50 percent off the preparation fee, this includes Red Wind Casino employees as well.

Liberty Tax is the Preferred Tax Service for the Nisqually Tribe.  
Visit us near the Financial Services Office  
or our Yelm location at 715 E. Yelm Ave - Across From Shell

Want more  
information?  
**Contact us!**

Laura Stock  
(360) 674-0355  
LTS\_Laura@LibertyTax.com



libertytax 866-871-1040 LibertyTax.com



# Looking for something different than chocolate or flowers for Valentine's Day?

*Tips from the IT-WebDev Department*

This year's gadgets gift-giving season offers affordable opportunities to hopefully satisfy even the savviest of techies. Technology has become a part of everyday living and new gadget developments never seem to end. Previous newsletter articles covered Black Friday and Cyber Monday, this month the focus is on a select group of these newer gadgets that are low in price and high on the cool scale.

## Cool Tech Gifts under \$50

- **Carved's** wood smart phone cases for iPhones and popular Android phones. A wood veneer that's available with cool design prints and patterns - Starting from \$24 at carved.com
- **AmazonBasics'** shockproof and waterproof Bluetooth wireless mini speaker clips on for sound portability and even serves as a shower speaker - \$19 at amazon.com
- **Xenovo's** iPhone camera lens pro wide-angle camera lens is a clip-on upgrade which easily attaches to the phone for better photos - \$33 at amazon.com
- The **Yeti** Sidekick storage pouch has a water-resistant zipper for continued use in the field to keep a fishing license, keys, and phone safe and sound - \$35 at amazon.com

- **ECEEN's** 13 watt, 2-port USB universal foldable solar charger's light weight, ultra-compact, and outdoor weather-resistant durability offers portable power on the go - \$40 at amazon.com
- **Google's** Home Mini responds to voice prompts and can play music, answer questions, set timers and control connected appliances around the house - \$49 at store.google.com
- **Joby's** Griptight ONE GorillaPod Stand is a compact and lightweight smart phone holder, great for avid mobile phone photographers - \$35 at bhphotovideo.com
- **Belkin's** Qi Wireless Charging Pad works either with a new iPhone 8 or compatible Android phones - \$40 at amazon.com
- **Anker's** PowerCore Slim 5000 Battery Pack is ultra-compact and charges a smart phone on-the-go - \$30 at amazon.com



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## WA Legislature's Housing Trust Fund

By Debbie Preston

The Nisqually Indian Tribe was approved for more than \$1 million housing grant from the Washington State legislature's Housing Trust Fund in the capital budget recently. This money will go a long way to help address those on the waiting list for housing. Washington State Rep. Frank Chopp, who is Speaker of the House, toured one of the homes nearly finished and talked with some of the housing interns who are learning the trade. Chopp is a big supporter of Nisqually's model of building homes with tribal members who are trained in construction.





# Stanley Speaks Retirement

*Editor's Note: The following letter was delivered to Stanley Speaks at a ceremony honoring his work for Indian Country for many years. Speaks retired earlier this year.*

## A Heartfelt Expression of Gratitude and Best Wishes to Mr. Stanley Speaks

As Director of the Northwest Regional Office of the Bureau of Indian Affairs, Mr. Stan Speaks worked closely with Nisqually Tribe for over 40 years on a number of key initiatives. Mr. Speaks served as mentor, advocate, and supporter of tribal self-governance and self-determination efforts at critical times in the revitalization of the Nisqually community. The Nisqually Tribe would be a different and less vibrant community today without Mr. Speaks key support on a wide range of governance and community development endeavors. Mr. Speaks' support and advocacy over the years included:

- Support and guidance at the beginning of the Tribe's P.L. 93-638 contracting activity in the mid 1970's.
- Support of the Tribe's efforts to enter into the self-governance program with the Department of Interior in the 1990's.
- Support and advocacy for Tribe's long- range land acquisition effort to reacquire alienated lands on the Nisqually reservation.
- Key assistance in the securing of initial funding to construct and operate the Kalama Creek Hatchery.



- Ongoing support and advocacy for the implementation of the Boldt decision, including the development of the Tribe's natural resources and fisheries management programs.
- Support of the key tribal initiative to fund, build, and operate a major hatchery at Clear Creek on the JBLM controlled portion of the Nisqually reservation.
- Support in negotiation of the Tacoma City Light and Centralia City Light settlement agreements.
- Critical advocacy and support for the Tribe's successful effort to secure the removal of high voltage BPA power transmission lines from the Nisqually reservation, and the completion of a land exchange with JBLM that added 170 acres to the Nisqually reservation land and greatly expanded the Tribe's on reservation community development opportunities.
- Steady support and advocacy for the Tribe's on-going Retail Initiative, involving the placing into trust status of off -reservation commercial properties as part of tribal economic diversification.

The Nisqually Tribe wishes Mr. Speaks the best in the next phase of his life and career, and will always appreciate the friendship and guidance he graciously extended to the tribal government and membership.

## New JBLM Garrison Commander Visits Nisqually

*JBLM Joint Base Garrison Commander Colonel Nicole M. Lucas receives a sculpture from Nisqually Tribal Chairman Farron McCloud during Lucas' first official visit to Nisqually following her installation at JBLM at the end of July.*





## Tribal Assister News and Updates

Dylan Fills Pipe the Clinics Tribal Assister will now be located in the Tribal Health Clinic for your convenience. Dylan can help those needing to apply for WA Apple Health on the WA Health Benefit exchange website.

As a reminder, all patients with no alternate resources coverage (Apple Health, Medicare, and Insurance) that utilize the Tribal Health services are required to be screened for potential free additional coverage. This additional coverage helps to support and enhance the services provided in health for you and your family.

You will never be asked or required to purchase insurance if you are not eligible for WA Apple Health. Native Americans and Alaskan Natives are exempt from the requirement to have insurance based on a provision in the Affordable Care Act requirements. Please inquire with the Tribal Assister for advice to assist you when you file your **income taxes** to assure that you are not penalized, if you do not have insurance. If applied, the penalty will take a large amount of money from your income tax return, if not noted and verified that you have tribal status.

Starting in December, the Tribal Assister program will be having a **weekly raffle** for all of those that come in to apply or update their application within the WA Health Plan finder.

For any questions about the Tribal Assister Program, or concerns in regards to your current application needs please call the business office at 360-486-9599 ext. 2007

## A Flu Shot is The Best Shot at Prevention for People 65 and Older

For millions of people, the flu can mean a fever, cough, sore throat, body aches, and fatigue for a week or more. But did you know that if you are 65 years or older, you are at increased risk of serious flu-related complications, like pneumonia?

"People's immune systems can become weaker with age, which places older adults at high risk of serious flu-related complications," says Dr. Lisa Grohskopf, a medical officer with CDC's Influenza Division. While flu seasons vary in severity, people 65 years and older bear a comparatively greater burden of serious flu-related illness compared to other age groups during most flu seasons. Data from recent seasons shows that between about 70 percent and 90 percent of seasonal flu-related deaths in the United States have occurred among people 65 years and older.

For hospitalizations, this number is between about 50 percent and 70 percent. This is why flu vaccination is especially important for people 65 years and older. While flu vaccine can vary in how well it works, there is a lot of scientific data showing that flu vaccination prevents illness and hospitalizations, even among people 65 and older for whom the vaccine may not work as well. A new CDC study published this summer in the journal Clinical Infectious Diseases (CID) found that flu vaccination reduced the risk of flu-related hospitalization among people 65 to 74 years by 61%. Vaccinated people 75 and older were similarly protected (57%). During 2015-2016, an estimated 66% of people 65 and older got a flu vaccine. While this is among the highest vaccination rates for any age group, that still leaves about 11 million people 65 and older unvaccinated.

## 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 February 14, 2017  
at USDA Food Warehouse  
10:00 a.m. - 2:00 p.m.  
Date and time may change  
Warehouse (360) 438-4216



## Food stays fresh, tastes better, and saves you money when its stored in the right place

### Fruits and Vegetables

**Store on the counter or in cupboard**  
bananas, fresh basil, garlic, onions, pineapples, and tropical fruit, potatoes and winter squash



#### Store in refrigerator

Apples, berries, broccoli, carrots, cabbage, cherries, cucumbers, grapes, fresh herbs, (except basil), leafy greens, leeks, lemons, oranges



**Store on the counter until ripe, then in refrigerator**  
apricots, avocados, melons, nectarines, peaches, pears, plums, tomatoes



#### Meat, Poultry and Fish

- Keep meat, poultry and fish on the bottom shelf of the refrigerator or in the freezer.
- These highly perishable foods can be stored in the fridge uncooked for 1-2 days or cooked for 4-5 days.
- They can also be stored in the freezer for several months.

#### Cheese

- Store cheese in wax, butcher or parchment paper to allow to breathe & not get moldy. Store it in a cold part of your fridge.
- Hard cheeses like parmesan, cheddar, and swiss can be grated or cubed and kept in the freezer. After being frozen, cheese is best used in cooking. Soft cheese such as cottage cheese does not freeze well.

#### Grains

- Store dry rice, pasta, flour and grains in airtight containers with the date labeled. Keep flour and grains in a cool, dark place, such as inside the cupboard.
- Cooked rice and pasta can be refrigerated or frozen in airtight containers. Flours with higher protein and oil levels, like whole wheat, last longer in the fridge or the freezer.

#### Fruit, Vegetable Fridge Tips

- Store bananas, apples and tomatoes separately. They give off gases that quickly ripen other food.
- Remove bruised or moldy fruit or it will cause the rest to go bad more quickly.
- Untie bundles (herbs, greens, etc.) to let food breathe.
- Use your refrigerator's crisper drawer. Set the humidity level to high for leafy greens or low for produce that tends to rot (not wilt) like avocados and strawberries.

#### Prevent Food Waste

- Move food that's likely to spoil soon to the front of the refrigerator or a designated eat now area each week.
- Store leftovers and produce in clear containers, and label with dates if storing in the freezer.
- Use leftovers and odds and ends in such things as casseroles, frittatas, soups and smoothies.
- Make a list each week of what needs to be used up and plan meals around it.
- Plan a eat-the-leftovers night each week.
- Share food you won't get around to eating with friends or neighbors before heading out of town.
- Make a 'Eat this first!' sign. Place it in the fridge near the most perishable food.

#### Food Planning

- Make a shopping list with specific meals in mind to save money and reduce waste.
- Buy just the amount of perishable foods that you will eat before the expiration date.
- Mobile apps and online tools can make meal planning easy. Create grocery lists and discover delicious recipes to make the most of your leftovers, save money, reduce waste.

## Valentines Fun Facts

- Teachers receive the most Valentine's Day cards followed by children, mothers, wives, sweethearts and pets.
- Millions of heart-shaped boxes of chocolate are bought every year for Valentine's Day.
- Over 1 billion Valentine's Day cards are sent worldwide every year.
- 60% of America's red roses are grown in the state of California
- Did you know that Groundhog's Day was originally held on February 14th?
- During the Middle Ages men and women would pick names out of a bowl and the person's name they drew would be considered their Valentine. They would wear that person's name on their sleeve for a week. This is where the saying wear your heart on your sleeve comes from.
- The oldest known Valentine's Day card is on display at the British Museum in London. It's dates back to the 1400's.
- The first box of chocolates for made for Valentine's Day was made by Richard Cadbury in the 1800's. This helped start the tradition of giving chocolate for Valentine's Day.



## Fun Fact Sheet on the U.S. Presidents

### Fast Fun Facts on the U.S. Presidents for kids

- George Washington was the 1st president of America. He was voted in, in 1789 and served as president for 8 years (until 1797)
- The first President to live in the White House was John Adams. He lived there for just 4 months as Thomas Jefferson won the election in 1800
- Thomas Jefferson was responsible for overseeing the Louisiana Territory purchase from France in 1803. This more than doubled the land area of the United States
- James Monroe was the last president who was a Founding Father of the United States
- During the presidency of Martin Van Buren over 15,000 native Indians were forced to leave their territory, this mass convoy was called the "Trail of Tears"; it was a catastrophic time for the native Indians and resulted in over 4,000 deaths
- Abraham Lincoln led the Union into the Civil War to protect the nation and put an end to slavery. He was assassinated on April 15 1865; five days after the Confederate armies surrendered ending the Civil War
- The presidency of Ulysses S Grant saw the collapse of the gold market on September 24, 1869 which set America into financial panic, and was know as 'The Black Friday Scandal' it was caused by two investors, Jay Gould and James Fisk, attempting to corner the U.S. gold market
- In 1941 Pearl Harbor was attacked by the Japanese and the US joined the Second World War. President Franklin D. Roosevelt served as Commander-in-Chief of the United States Armed Forces and guided America through some of the toughest crisis including the Second World War and the great depression
- Just after six months into the presidency of George W. Bush the 9/11 terrorist attacks took place on the World Trade Center in New York City and the Pentagon. Bush retaliated by pronouncing a war on terror, an international military campaign, which included war against the Taliban in Afghanistan in 2001 and war in Iraq in 2003
- Barack Obama is certainly a 21st century president, and has a YouTube Channel since 2006. He is the first ever American president to upload his weekly address, and his channel has exceeded over 289 million views. We wonder what George Washington would think of that?



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