



Nisqually Youth Participate and Help Elect Everybodytalksabout to NCAI Youth Vice Chairman

By Debbie Preston

In 1997, the National Congress of American Indians (NCAI) established the Youth Commission to unite tribal youth for a better Native America. The Nisqually Tribal Council collaborated with the Nisqually Youth Council to facilitate their first trip to the NCAI Annual Convention and Marketplace. "The Nisqually Indian Tribe values teaching our youth and seeing how the knowledge learned at this event will positively impact our community," said Tribal Council Chairman Ken Choke.

DeShane Everybodytalksabout didn't plan to run for national office when he and other Nisqually Youth attended the National Congress of American Indians (NCAI) meeting in Denver this fall, but the more he listened

and learned, the more fired up to participate he got.

"I wanted to be more involved. I wanted to be a leader today and

not tomorrow," said Everybodytalksabout, following his election for NCAI Youth Council Vice-Chairman. The two-year term carries the responsibility to attend meetings several times a year and carry on business electronically in between. He is already the Nisqually Youth Council Chairman. "I ran because I want the youth to know our voice is important and we can use it to accomplish good things," Everybodytalksabout said.

The Nisqually Youth were able to attend with additional support from Natosha Kautz, and a



Nisqually Housing Grant that can fund youth activities. They attended many presentations to learn about various issues important to participating tribes. Tayonnah Birdtail, secretary for Nisqually Youth Council, was most interested in the sessions about Indian Child Welfare (ICW) and the emphasis of making sure tribal children in need of foster care go to tribal member homes. "I learned a lot about ICW and also water issues," Birdtail said.

Nisqually Tribal Council Chairman Ken Choke attended as well as council members Willie Frank III and Hanford McCloud and youth chaperones and mentors Kevin Moore and Bill Kallappa. All were happy to see Nisqually Youth participating in tribal government both at home and at the national level as was envisioned by many tribal members.

"It's great DeShane and the other youth were there understanding what it's like to be a tribal leader," Choke said. "DeShane is the fourth generation of the family and it's great to see and support him in this position."

Continued on page 3-NCAI



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

She is on-site in the Administrative Building legal deposition room on the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call the tribal office at (360)456-5221 to set up an appointment.

Wellbriety Talking Circle

Where: Nisqually Recovery Cafe

When: Friday Nights

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

Recovery Cafe located at 4820 Billy Frank Jr. Blvd. Olympia, WA 98513.

Everyone is welcome and encouraged to share Recovery, the struggles and the strengths. You will find support for each other and spread hope at this open talking circle meeting.



FREE Rides

Monday through Friday

Upper and Lower Reservation Route

7:30 a.m. to 4:30 p.m.

Last OFF RESERVATION

Appointments ending at 3:30 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas

Cost is \$1.00

Vets and active duty military ride free. Customers with transit passes ride free.

**Please call
1-800-650-7846
for information**

How to Contact Us

Tribal Center (360) 456-5221

Health Clinic (360) 459-5312

Law Enforcement (360) 459-9603

Youth Center (360) 455-5213

Natural Resources (360) 438-8687

Nisqually Tribal News

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

Nisqually Tribal Council

Chair, Ken Choke

Vice Chair, Chris Olin

Secretary, Jackie Whittington

Treasurer, Julie Palm

5th Council, Brian McCloud

6th Council, Hanford McCloud

7th Council, Willie Frank

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Every morning the youth would start the day in the General Assembly with all of the tribal leaders from across Indian Country. The youth were able to hear many of the issues going on amongst the different tribes such as the ICW case that came out of Texas that ruled against the 1978 ICW Act and has a major effect on Tribal Sovereignty. The Mashpee Tribe in Massachusetts talked about having their land taken from them under the Trump administration.

Throughout the week, many of the tribal leaders spoke about the importance of culture, treaty rights and tribal sovereignty. "We are in a tough time throughout Indian Country with this administration when it comes to environmental and treaty right issues," Frank said.

Frank and McCloud were also proud to see the youth taking part in all the activities and having the persistence to sit through four days of many meetings, like all tribal leaders do. "It's important the youth understand what our elders did to provide these opportunities and preserve our culture and way of life," Frank said. One of the challenges the youth participated in was to take pictures (selfies) with as many tribal leaders from different tribes as possible,

allowing them to meet and know the leaders in Indian Country.

The Nisqually Youth Council were able to gain valuable knowledge in the workshops, meet and greets, youth Honoring Luncheon, Elders and Youth Round Table, and circles to carry forward in their work. The Nisqually Tribal Council and youth mentors were able to support and teach the Nisqually Youth Council in their journey to learn about tribal governance. The NCAI Annual Convention and Marketplace empowered Inter-generational Leadership for the Nisqually Indian Tribe. Table and circles to carry forward in their work. The Nisqually Tribal Council and youth mentors were able to support and teach the Nisqually Youth Council in their journey to learn about tribal governance. The NCAI Annual Convention and Marketplace empowered inter-generational leadership for the Nisqually Indian Tribe.



Carving Artwork for New Head Start Building



Carver John Smith pauses with his artwork that will be on the entrance to the new Nisqually Head Start building. The project is moving along with landscaping and interior work along with the improvements for the adjacent library.



Welcome Danielle Stricklet to Nisqually Housing Program

Hello everyone, my name is Danielle Stricklet and I am your new Resident Service Coordinator (ROSS program) here in the housing department. I have over 4 years of experience in the mortgage industry in Washington and Idaho.

I am a licensed mortgage loan originator and I have completed courses through Washington State Housing Finance Commission to teach first-time home buyer courses. I have more than 14 years of experience in the finance industry including consumer loans, credit and budgeting. I have also recently gone back to college and am pursuing a degree in psychology.

I have a public service network in Thurston County, in the chemical dependency and recovery fields and also in family preservation and career development.

Keep your eyes open for my credit repair classes I will be conducting in early 2019!

I look forward to meeting with you, sharing my experience, learning about you and developing an individual plan for your growth! Let's sit down together and get you connected with the right resources to get you where you want to be financially. I appreciate the opportunity to speak with you!

Yours in service,
Nisqually Indian Tribal Housing
Danielle Stricklett, Resident Services Coordinator
2205 Lashi Street, SE
Olympia, WA 98513
P: (360) 493-0081 ext 1284
F: (360) 793-8167
Stricklett.Danielle@nisqually-nsn.gov

First Annual Nisqually Tribal Housing Fair!

Nisqually Housing held the first Housing Fair at the Nisqually Youth and Community Center in November. There were raffles for great housing products as well as many tips and vendors to help with home decorating, repair or upgrading windows, to name a few. Stay tuned for next year as the housing crew promises they learned a lot from their first fair and it will be even better next year.





Police and Jail Promotions

By Debbie Preston

Two recent promotions with Nisqually Public Safety rewarded two officers for their hard work and ability to lead and innovate.

On the Nisqually Jail side, Cebo Benally was promoted to Correction Corporal on Oct. 28. Benally has worked in the jail for almost five years after working at the Red Wind Casino and Nisqually Youth Center.

Jeff Smith, Nisqually Corrections Lieutenant said what he appreciates about Benally is her leadership, respect of her peers, ability to think out of the box and “respond well under pressure.”

“I like that the job is different every day,” Benally said. “I enjoy the officers I work with each day.” Benally had been occasionally the officer in charge in the past, so the position isn’t a big change for her.



On the Nisqually Police Department side, Rodney McDonald was promoted to lieutenant recently. He has worked as an officer for seven years after retiring from the military, although he was called out of retirement briefly. “I enjoy the community here,” said McDonald. “I especially love working with kids.”

McDonald, as part of his duties, attends many of the inter-agency meetings with surrounding jurisdictions who all help each other when needed. “We all work together. For instance, if we need a canine unit, Thurston County is here quick with the dog,” McDonald said.

The Nisqually Police Department is working to meet the demands of having some 30,000 people move through Nisqually via Highway 510, the Nisqually Market and its businesses and the Red Wind Casino. They will have another officer soon, meaning there will be 10 officers, including Chief Tom Iyall.

“We’ve gotten five new vehicles that were made to be police vehicles rather than the cars we had before that were road vehicles with police equipment added,” McDonald said. The new vehicles are much more pursuit-ready and durable. “Having some of that capability gives an immediate boost to morale,” McDonald said.

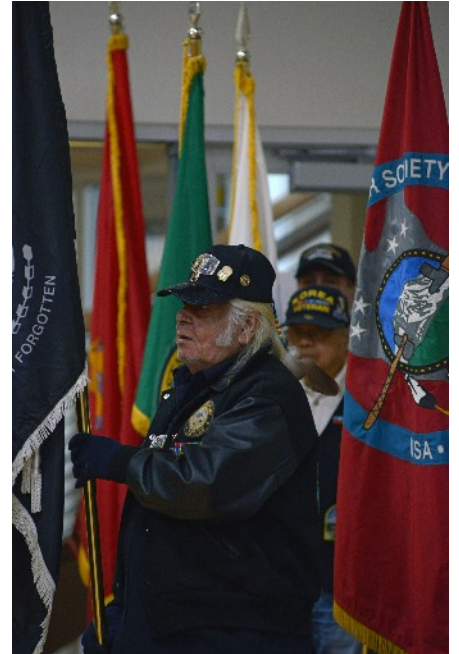


*Happy Holidays from
Nisqually Tribal Council*



Veterans Celebration

The Nisqually Tribe and Nisqually Tribal Council honored Veterans during a ceremony today. Each veteran attending was recognized, gifted a blanket and given time to tell any stories. Lunch was served afterward. The presenting of flag and the flags of each branch of service was done by the Inter-Tribal Warrior Society Honor Guard, started by Nisqually tribal member Robert Sison. The guard is made up a tribal members from all over the United States who live in the area. Jackie Whittington, tribal council secretary, coordinated the event.



THANK YOU VETERANS





Clearing Getting Done



Two crews are out clearing out brush on the reservation to reduce places for non-residents and transients to hide and enhance the community. The pictures near Church Kalama show Aaron Leschi, Ryan Kautz and Brandon Franklin work to finish the stretch between Church Kalama and the Nisqually Market. Another crew, led by Junior Slape, has been using an advanced brush hog to cut through dense thickets of undergrowth behind all Nisqually tribal offices and housing, as shown in the pictures. The Homelessness Task Force, at the direction of tribal council, is continuing to meet to create solutions to both improve the community's safety and look. The Task Force is made up of Nisqually departments and tribal members.



Emergency Management Corner

By Sheila McCloud

Earthquake History: The Puget Sound area is frequently subject to small earthquakes that most people don't even feel and don't cause any damage. Over the past several hundred years, a few earthquakes have made history for their higher magnitudes and damage. Depending on your age, maybe you remember one or two of these earthquakes listed below!

February 28, 2001: The Nisqually Earthquake, at 6.8 magnitude, was centered to the south in Nisqually, but caused some structural damage all the way in Seattle.

April 29, 1965: A 6.5 magnitude, deep earthquake in the South Sound area was felt as far away as Montana and British Columbia, and knocked down thousands of chimneys in Puget Sound.

April 13, 1949: A 7.0 quake was centered near Olympia and caused eight deaths, vast property damage in Olympia and a huge mudslide in Tacoma.

February 14, 1946: A magnitude 6.3, deep quake earthquake rocked most of the Puget Sound and caused major damage in Seattle.

June 23, 1946: A 7.3 magnitude quake was centered in the Strait of Georgia and caused some damage in Seattle. The earthquake was felt from Bellingham to Olympia.

1872: Centered near Lake Chelan, this earthquake is estimated to have been large, but there were few man-made structures in its path. Most reports center on landslides and ground fissures.

Are you ready for the next big one? In the newsletters to come, we will be sharing tips on Earthquake Preparedness.

New Playground at NYCC Slated for Opening Before Christmas

By Debbie Preston

A new playground will be completed before Christmas for kids to play on next to the Nisqually Youth and Community Center. "I have always wanted a playground for the kids at our youth center. A place where kids can play outside when we have our meetings," said Natosha Kautz, Housing Director for Nisqually. "Now, after all these years, we can get it done."

Kautz was able to secure federal Housing and Urban Development funds to pay for playground that features a zip line-style play feature as well as a dual slide, swings and other climbing features. In cooperation with Nisqually Parks and the Nisqually Youth and Community Center, the park is the fruition of many wish lists. There are a few parts still to be installed, so it's hoped the playground will be open for business before Christmas. The placement of the playground takes advantage of several trees for shade in the summer.

Two tractor trailer loads of bark were used on the playground, to comply with federal accessibility guidelines. "The artificial turf is quite expensive, but we're hoping to upgrade the smaller parks from the pea gravel to the artificial turf over time," Kautz said. Pea gravel is messy and hides trash like glass, so the hope is that installing artificial turf make it easier to keep the playgrounds clean.





Canoe Family-Native Heritage Education



The Nisqually Indian Tribe Canoe Family including Nisqually tribal council members Hanford McCloud and Willie Frank III and Interim Education Director Bill Kallappa visited a variety of schools in Yelm and Lacey to share songs, dances and information about the Nisqually Tribe as part of Native American Culture Month. Frank also shared information about his father, Billie Frank Jr., and information about the Fish Wars. -Chay Squally, Andrea Squally photos.



Nisqually Chinook

By Emmett O'Connell, Northwest Indian Fisheries Commission

The Nisqually Tribe is changing how it spawns hatchery chinook in an effort to give orcas a more nutritious meal.

"Puget Sound hatchery chinook have been getting smaller and smaller for decades," said David Troutt, natural resources director for the Nisqually Tribe.

The number of southern resident orcas has declined from nearly 100 to 74 in the last 20 years in part because they aren't getting enough chinook, their preferred food. The orcas and chinook are both listed as threatened under the federal Endangered Species Act.

"We need to restore chinook, not just as a food source for orcas, but because they are central to the way of life of the Nisqually Tribe," Troutt said. "One thing we're also trying is to make each chinook salmon more nutritious."

Instead of mixing eggs and sperm from chinook of various sizes, staff at one of the tribe's hatcheries spawned only large chinook with other large chinook. This year, tribal staff spawned all of the chinook at Kalama Creek, creating a large chinook and small chinook group. In future years, they plan to spawn only the larger returning chinook.

"Over time, we hope to see larger chinook coming from those larger parents," Troutt said.

No one knows why chinook salmon have been coming back smaller. But the key might be in how salmon choose partners in the wild.

"We don't consciously pay attention to their size when we spawn chinook in the hatchery," Troutt said. "There is some evidence that in the wild larger chinook will seek each other out. So, the broad mixing of chinook of various sizes in the hatchery could mean that fish with smaller genes are being spawned with larger fish more than they would in the wild."

The tribe will implant a coded-wire tag in each large chinook, so when they come back, they will be identified as descendants from the group. Tribal staff also are taking genetic samples so they can track the project over multiple generations.

"The Nisqually Tribe continues to use the best available science to ensure chinook both for our future and the orca's," said Nisqually Chairman Ken Choke. "Our tribe and tribal council make these investments in our future that benefit everyone."

"This will be a long-term experiment to see if we can reverse this trend of smaller chinook," Trout said.

The real solution for both chinook and orcas is more and better habitat for salmon. The Nisqually Tribe has been working with their neighbors for decades to restore salmon habitat in the Nisqually River watershed. But salmon habitat in Puget Sound continues to decline.

"We can totally restore the Nisqually watershed, but these fish still face a lot of hurdles once they enter Puget Sound," Troutt said. "We're still losing habitat faster than we can restore or protect it."



Chinook eggs being weighed at Clear Creek Hatchery. At the Kalama Creek Hatchery this fall, eggs were spawned in a way to favor larger chinook.

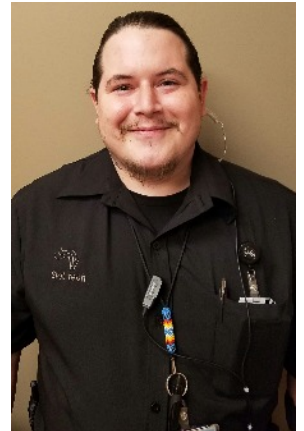


STEP Dean Wells

By Tia Lozeau

Congratulations Dean Wells! You have passed your 90-day probationary period as a Slot Tech Apprentice. Dean has been on his journey at RWC since December of 2017. Unfortunately, Dean had some unforeseen circumstances that impacted his apprenticeship the first time around, but we are thankful that he did not give up and returned to the casino. Dean has the most amazing guest service skills. He is always eager to make sure that guests at the casino have the most "Incredible experience" possible. I think that he has found the department that is the perfect fit for him. Way to go, Dean!

Keep being the rock star that you are, and you will go far.
Tia Lozeau, on behalf of the STEP Board



Healthy Holiday Recipes



Please Join Us!

Bernita LaCroix, nutritionist, cooks up some healthy holiday recipes at the Nisqually Youth and Community Center (NYCC) and will be doing so again at noon, Tuesday, Dec. 18 at the NYCC. Bring your sack lunch and get some tastes of the recipes as well as a raffle for cool kitchen gear.

Holiday Bazaars

The first Nisqually Holiday Elders Bazaar was well-attended and there will be a second



Elders Program Last Stop and Shop

Christmas Bazaar

December 20, 2018

10:00AM-6:00PM

Billy Frank JR Community Center
4820 She Nah Num DR SE
Olympia WA, 98513

Elders Program 360-486-9546
Nicole Wells, Events & Activities Coordinator
wells.nicole@nisqually-nsn.gov

NWIC Food Fundraiser

VENDOR INFORMATION
www.nisqually-nsn.gov
Vendor Agreements online!
Vendor Spaces 20.00 per Table
Nisqually Tribal Elders Free



Why Do Children Grind Their Teeth?

By Sue Bohannon

Grinding teeth is fairly common among young children, affecting three out of every 10. No one knows exactly why they develop this tendency, but it could be because their upper and lower teeth aren't properly aligned yet. Other possible causes are pain – such as an earache or eruption of a tooth – or even stress, perhaps due to frustration or tension or some change in routine.

Most kids outgrow this habit. If the problem is stress, getting into a routine of relaxation before bedtime may help, such as a warm bath, soft music, or reading a book, for example. Avoiding any screen time

(TV, tablets, computers, phone) for at least 2 hours before bedtime may help, too, as the colors and sounds can be over-stimulating their brain. Adding Lavender aromatherapy may help to aid in relaxing the child and keep them in a deeper sleep state. Adults can have night guards made to help with nighttime grinding but this isn't appropriate for children because it can be a choking hazard and create jaw and teeth problems during their growing years. Please call us to make an appointment if you would like to discuss this further.

Nisqually Dental Clinic at 360-413-2716

Everyday Preventive Actions Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have

severely weakened immune systems may be able to infect others for longer than 5-7 days.



What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.



Get Up and Stretch

By Diane Barres

Do you have travel plans in your future? Remember to get up every 2 hours and stretch those legs! While sitting for long periods, fluid has a tendency to pool in the lower leg. The pooling can lead to a blood clot (deep vein thrombosis) in the lower leg. Getting up every couple of hours, stretching, and moving helps to prevent this ailment.

Another prevention technique is to wear support hose while traveling. Support hose help to keep fluid from pooling in the lower legs. Just remember that support hose still require you to get up and move every 2 hours. Safe travels this holiday season!

Nisqually Tribal Health Department

Patient Referrals for **URGENT CARE**

The Nisqually Tribe CHS program has established a working relationship with two facilities for Urgent Care needs.

They are open on **weekends** and have lab and X-ray on site. Wait times are generally shorter than an ER Visit.

Normal rules for payment apply: please call 360-486-9599 for a PO, only go as a last resort, and provide all insurance information. This is only to be utilized if service at Nisqually Health Center is unavailable.

Providence Immediate Care Lacey	Providence Immediate Care West Olympia
4800 College St SE Lacey, WA 98503 (360) 486-2900 Mon-Fri 8 p.m. - 730 p.m. Sat-Sun 9 a.m. - 430 p.m.	1620 Cooper Point Rd SW Olympia, WA 98502 (360) 486-6710 Mon-Fri 8 a.m. - 5 p.m. Sat-Sun 9 a.m. - 5 p.m.

Overdose and Overdose Kits

By Diane Barres, PharmD

There are very few people whose lives have not been touched by addiction. For the past few years, the Nisqually Pharmacy staff has been training individuals to use Naloxone kits to prevent opioid (narcotic) overdose deaths. Naloxone is a medication used to reverse the effects of a narcotic overdose. There have been instances where the reversal medication has been used and it has saved a life.

To each and every one who takes the time to be trained to use the kit, and then carries a kit, thank you! It takes courage and true compassion for your fellow man/woman to stand up and fight in the opioid (narcotic) war.

Please take the time and check the expiration date on your kits (found on the end of the box). If the date is 12/2018 or before, bring it to the pharmacy for a current medication.

Questions: Call the Pharmacy @ 360-491-9770 and talk to Diane or Richelle

South Puget Intertribal Planning Agency

WIC Program December Dates

SHOALWATER BAY	12/4/18
CHEHALIS	12/6/18
SQUAXIN ISLAND	12/11/18
NISQUALLY	12/12/18
SKOKOMISH	12/19/18

This Institution is an equal opportunity provider.
 Washington State WIC Nutrition Program does not discriminate.
 NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.

South Puget Intertribal Planning Agency

USDA Foods Program December Dates

NISQUALLY	12/4/18
SQUAXIN ISLAND	12/7/18
SKOKOMISH	12/11/18
CHEHALIS	12/14/18
PT. GAMBLE S'KLALLAM	12/18/18

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.
 If you're unable to make the date, please call and schedule an appointment with appropriate staff.
 For USDA Food, call the Warehouse at Nisqually 360.438.4216



GONA

By Mary Szafranski, RN

Nisqually Behavioral Health Department facilitated a Gathering of Native Americans (GONA) training at the Nisqually Longhouse in June. GONA is a four-day healing journey that explores the issues brought on by multigenerational grief and historical trauma. The curriculum was developed over 20 years ago and there have been thousands of GONA trainings all over North America. GONA incorporates the values of human growth and responsibility that are found in Native cultures.

GONA is for Native Americans and others who want to become agents of change, community developers and leaders. It is a safe place to share, heal and plan for action using a holistic approach to wellness.

There are four components to a GONA training, **Belonging, Mastery, Interdependence and Generosity.**

Belonging - GONA welcomes all kinds and all ages of people. The first day we explored infancy and childhood, a time when we need to know we belong. We did team building exercises, creating and strengthening the sense of team, family and community.

Mastery – On the second day, we focused on empowerment. This day honored adolescence as a time of gaining mastery and healing from what holds us back. We learned about historical trauma, looking into ourselves

and our connection with our community for healing.

Interdependence – This was a day of action. It symbolized how we as adults need to interconnect with our environment and the social network of the community to form positive change in ourselves, our families and our entire community.

Generosity – The final day honored our elders and teachers who share their knowledge. We examined our responsibilities, giving back to the community and becoming active participants in in both our own healing and healing throughout the entire community.

We were blessed to have talented and energetic people presenting at this training including Joe Kalama, Jean Sanders, Gene Tagaban, Maria Treviso and Solana Booth. The Nisqually Youth Center's Marissa Woodard and Kevin Moore provided delicious breakfasts, lunches and snacks for the four days.

The Behavioral Health Department used grant funds to conduct this event. They are hoping to put it on again next year, with an even larger number of participants.

New Changes Coming to the Newsletter in 2019!



There will be some changes coming to your newsletter. We'll be switching to a newsprint product that will give us some more room and cut costs. Our goal is to have the first issue by February. Forgive our bumps along the way, but we think you will like the new look. Thanks for your patience.

Announcements

Wintery Words



blanket
coat
comforter
December
February
fireplace
flannel
heater
hibernate
holidays
hot chocolate
jacket

January
migrate
mittens
quilt
skates
sled
sleigh
snowball
snowflake
snowman
vacation
winter

©2007, Julie Vickery-Smith

<http://www.theholidayszone.com/>

Winter Jokes for Kids

Q: What do you call ten rabbits hopping backwards through the snow together?
A: A receding hare line.

Q: What type of diet did the snowman go on?
A: The Meltdown Diet

Q: Why did the boy keep his trumpet out in the snow?
A: Because he liked cool music.

Q: What did the snowman have for breakfast?
A: Frosted Snowflakes

Q: What often falls in the winter but never gets hurt?
A: Snow

Q: What do you have in December that you can't have in any other month?
A: The letter D

Q: What's white and goes up?
A: A confused snowflake.

Q: Where did the snowman keep his money?
A: In a snowbank.

Q: What is a snowman's favorite snack?
A: Ice Krispy treats

Q: How do you scare a snowman?
A: Pull out a hairdryer.

Q: What did the icy road say to the truck?
A: Want to go for a spin?

Q: What is a Snowman's favorite Drink?
A: Ice Tea.

Q: What kind of ball doesn't bounce?
A: A snowball.

Nisqually Tribal Members
Receive 20% off ENTIRE order!
Low cost shipping available in the US



A Variety of Seafood and other food products are available:


*Salmon	*Walleye	*Mussels	*Olive Oil
*Smoked Products	*Perch	*Spot Prawns	*Balsamic Vinegar
*Cod	*Swordfish	*Lobster	*Honey
*Halibut	*Snapper	*Scallops	*Rice
*Tuna	*Mahi	*Oysters	*Beans
*King Cod	*Catfish	*Imitation Flake-Crab	*Jams & Jellies
*Crab	*Tilapia	*Meat	*Syrup
*Shrimp	*Clams	*Calamari	*Beef & Bison

To order, email: orders@shenahnamseafood.com

We are open Monday - Friday 7:30am - 4:00pm


She Nah Nam Seafood is located at 715 78th Avenue SW, Tumwater, WA 98501

Phone Number: (360) 705-0142



Happy Holidays

From the Nisqually Newsletter Staff!



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

