



Billy Frank Jr. Day

Billy Frank Jr. Day was celebrated at the Nisqually Tribe on Thursday, March 8 as a celebration of Billy and all treaty fishermen with a dinner and stories from some of the Fish Wars fishermen and families Willie Frank III asked that everyone enjoy visiting with each other and Sonny Eaglespeaker closing the evening with his singing of Happy Birthday to Billy, as he has for many years.





Nisqually Tribal News
4820 She-Nah-Num Dr. SE
Olympia, WA 98513
360-456-5221

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Submission deadlines are the second
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

Information

Nisqually Tribal Center 360-456-5221
Health Clinic 360-459-5312
Youth Center 360-455-5213
Natural Resources 360-438-8687

In this issue

Emergency Management	3
Museum Studies	4
Chum Fishery	6
Lushootseed	7
IT News	8
BFJ School Celebration	9
Native Voting	10
Spring Tips	11
Diabetes	12
CHR	13
Brushing with Braces	14
Elders Menu....	15

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 (360)456-5221 to set up an appointment.



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**

Wellbriety Talking Circle

Where: Nisqually Recover Cafe

When: Friday Nights

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

Recovery cafe is located at 4820 Billy Frank Blvd., Olympia

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.

Nisqually Indian Tribe Victims of Crime Advocacy Services

The Nisqually Indian Tribe Victims of Crime Program offers advocacy services for individuals who are currently experiencing, or are survivors of, domestic violence, sexual assault, stalking, or any form of intimate partner violence/dating violence. Our services are free and confidential, and are available for Nisqually tribal members and Nisqually community members.

- Information and Referral - Emergency Services - Advocacy - Safety Planning -
- Weekly Women's Group -

Contact staff for more information and resources

Women's Healing Circle

Tuesdays from 6 p.m.- 8 p.m. in the
Recovery Café

4816 She-Nah-Num Dr SE, Olympia, WA
98513

Building K, next to the Nisqually Market.

Victims of Crime Program

Nisqually Public Safety Complex

11702 Yelm Highway SE, Olympia, WA 98513

Office (M-F, 8 a.m.-5 p.m.):

360-459-9603

Advocate: 360-878-7199

Call 911 for emergencies.

This project was supported by Grant No. 2015-VA-GX-0031 and Grant No. 2016-VA-GX-0044 awarded by the Office for Victims of Crime, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office for Victims of Crime. Grant funds are administered by the Office of Crime Victims Advocacy, Community Services and Housing Division, Washington State Department of Commerce.



Emergency Management Corner:

Emergency Management Corner: Preparing for an earthquake

The real key to surviving an earthquake and reducing your risk of injury lies in planning, preparing, and practicing what you and your family will do if it happens.

Practice Drills - By planning and practicing what to do if an earthquake strikes, you and your family can learn to react correctly and automatically when the shaking begins. During an earthquake, most deaths and injuries are caused by collapsing building materials and heavy falling objects, such as bookcases, cabinets, and heating units. Learn the safe spots in each room of your home. If you have children, get the entire family to practice going to these locations. Participating in an earthquake drill will help

children/grandchildren understand what to do in case you are not with them during an earthquake. Make sure you and your child also understand the school's emergency procedures for disasters. This will help you coordinate where, when, and how to reunite with your child after an earthquake. Contact your local school district for this information.

During your earthquake drill:

- **DROP down onto your hands and knees** before the earthquake would knock you down. This position protects you from falling but still allows you to move if necessary.

- **COVER** your head and neck (and your entire body if possible) under the shelter of a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that won't fall on you, and cover your head and neck with your arms and hands. Try to stay clear of windows or glass that could shatter or objects that could fall on you.
- **HOLD ON to your shelter** (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Next month: Evacuation Planning

Leschi Heritage Culture Center Report

By Joyce McCloud, Nisqually Cultural Services Program Director

First of all, thanks to all who helped with the Pow wow. Results will be announced in the newsletter!

With spring comes the annual Chief Leschi/Quiemuth Honor Walk which will begin with registration at 8 a.m. on Saturday, April 27 at the Billy Frank Jr. Gym. Buses will load and depart at 9:30 a.m. from the gym to transport all participants to Joint Base Lewis McChord (JBLM). This event is open to all Medicine Creek treaty tribes, JBLM, and surrounding communities.

Going on this walk gives the participants the opportunity to visit some of the allotment sites, village sites of our ancestors and the training site of Chief Leschi and the warriors.

When you arrive at the gym, you will receive a pamphlet of the allotment sites, that were condemned during World War II. There will be a 12-mile run, 7-mile walk and a bus tour that will stop at the Ross Cemetery and allow participants, if they desire, to complete a 2-mile walk to our last destination, near the site of the Indian agency. The evening of the walk, we will have a "Native Music for the Soul" concert with a venue to be announced later.

For questions, please contact the Culture Center staff by calling (360) 456-5221 and ask for the Culture Center.

**FIRST TIME
HOMEBUYER
EDUCATION**

April 16th, April 23rd and April 30th
Please attend all three trainings, food provided!
TIME 5:30PM-8PM
Hosted by ROSS at Housing 2205 Lashi St Se

Training is provided by First Tribal Lending!
RSVP with Danielle Strickleff in Housing
360-493-0081 strickleff.danielle@nisqually-nsn.gov



Museums Studies from the Institute of American Indian Arts

Editor's Note: Kurtis Bullchild transferred from Nisqually Library to Archives and details his training for the last three years to become a certified Archivist

By Kurtis Bullchild – Archivist

As the newest addition to the Archives Department, I have been training for the last 3 years in order to provide the best service for the Nisqually tribal members and the community. I came to the job with a knowledge of computers which allowed me to start organizing and digitizing the content in Archives. This will allow the Archives department to utilize the Nisqually Tribal Library as an access point for the archived material. This includes old photographs, access to digitized historical documents, maps, and other historical items.

Most of my training has been from the Institute of American Indian Arts (IAIA). I enrolled in August of 2017 and am now almost finished with the Museum Studies certificate program they offer. The program is worth 30 credits and is an online program. Some of the classes I've taken so far are MUSM110, Intro to Repatriation, MUSM130, Intro to Collections Care: Caring for our cultural property, MUSM240, Indigenous Curatorial Method and Practice and MUSM355, Museum Education and Awareness, to name a few.

The main thing about IAIA is it's very culturally-appropriate for Native American students that want to see their dream of becoming an Indigenous artist, curator, or writer come true. Some of the other degree programs they offer are: Indigenous Liberal Studies, Native American Art History, Cinematic Arts and Technology and Business and Entrepreneurship.

Being a Native American in the museum field, I have found that some of the courses offered through non-native colleges don't have the culturally sensitive aspect of learning how to handle or curate Native American art or ceremonial objects. Also it's important that Native American communities start getting their youth and tribal members involved with museum studies, archeology and art.

With the passing of the Native American Graves Protection and Repatriation Act or NAGPRA, we need more youth to get involved with learning to repatriate our historical objects or the repatriation of our ancestors. We have important issues that our ancestors fought and died for, which is our responsibility to protect and preserve for the future generations.

TANF News

Despite having to cancel our February family night, due to "Snowmageddon," we were still able to host our Health and Wellness night, with Bernita LaCroix as our guest speaker. She highlighted serving size and reading nutrition labels. As an example, she had students pour what they considered to be a serving for themselves with different foods (cereal and crackers). She then measured a serving based on the nutrition label. What one student thought was a regular bowl of cereal, was actually three servings. This is important to understand, if you are watching sugar or sodium intake.

We also hosted our first quarter Pulling Together for Success Community Resource Dinner. It was a great turn out with more than 20 resource tables. Thank you to everyone who was able to show up and browse our resource tables. Our next quarterly dinner will be

May 29. Contact Jesse Youckton for more information or to sign up for a resource table.

We continue to provide ongoing training on topics such as Financial Literacy, Parenting and Driver's License Barrier Removal courses. These are open to current TANF clients. As always, Division of Child Support has monthly outreach and is able to meet with you to cover any of your child support questions. Lisa Vasquez is here the second Wednesday of every month from noon to 5 p.m. if you want to stop by and see her. You can also call and schedule an appointment at (360) 664-6859. If you are interested in signing up for TANF or curious to learn more about us, stop by or give us a call. If you are raising a child that is not biologically yours, we can help!



Chum Fishery Summary 2018/2019 Season

By Craig Smith, Salmon Harvest Program Manager

Tribal and state co-managers are using several new tools to help reverse the downward trend of South Sound winter chum populations while maintaining some fishing opportunity.

The Nisqually River system has met escapement, the number of fish needed to sustain a run, six of 10 years, making it more successful than other parts of the system, including the Chamber's system that did not make escapement even once in 10 years. The Nisqually River is also the only part of the system that sees a significant extreme terminal harvest. Using the treaty catch per unit effort (Boat In Season Update) and Yelm Creek live counts (Yelm ISU) as an indicator of run return during the fishing season has allowed some fishing while getting a more precise number of returns to better meet escapement and protect against overfishing due to the sloppier estimate of pre-season returns.

The forecast for winter chum for the 2018/19 season was 39,793 with a treaty harvestable surplus of 10,793. Our pre-season list of agreed to fisheries (LOAF) agreement was: to fish two days a week, week 47- week 53. Yelm Creek In Season Update (ISU) to run size must reach 310 live count on or before Jan. 2 to proceed fishing 2-3 days per week, week two (beginning Jan. 6) through week four (beginning Jan. 20). Prior to week 53 and absent Yelm live count of 310, the Boat ISU will be used to inform management decisions. The sport fishery opportunity was foregone unless Yelm live count of 310 was reached and ultimately stayed closed all year.

On Dec. 18, (week 51), we ran the boat ISU and it showed the run was weaker (34,912) than forecasted (39,793) and along with unprecedented low flows in the

spawning grounds, the Nisqually Fish Commission elected to shut the fishery down until the Yelm ISU showed escapement had been reached. Yelm Live count peak occurred on Jan. 2, but only reached 268 showing a total escapement of 26,078 (27,000 escapement goal).

Water flows hampered spawning in Muck Creek until Jan. 28 and very few fish showed due to late recharge timing. Yelm Creek water was low all season, but there was enough for fish to move in throughout the season and spawn. The Harvest Management crew and others in the Natural Resource Department were very busy assisting with spawning ground surveys starting the beginning of December and continued walking Muck into February.

The hard work combined with low and clear water in the mainstem provided good conditions to see fish and allowed surveyors to document reaching an escapement estimate of 29,287. Yelm Creek was walked every week for 12 weeks. The mainstem was floated every week for 10 weeks in the reach from the Tank Crossing to Reuben's Camp. Kalama Creek was walked every week for eight weeks. Muck has was walked through February, including once with no water. Clear Creek was walked every week for seven weeks. Peilos Slough was walked five times and dead females were added to the mainstem counts. Horn Creek was walked once with zero seen.

Post Season:

Low water was widespread in the region during chum migration. Yelm Creek water was low all season, but flow was enough for fish to migrate throughout the season and spawn. The Harvest Management crew and others in the Natural Resource Department were very busy conducting spawning ground surveys starting the beginning of

December and continued into February. Water flows hampered spawning in Muck Creek until Jan. 28 and few fish showed due to late recharge timing.

The low and clear water in the mainstem provided good survey conditions and combined with hard work from dedicated staff, system escapement was met at 29,221 (goal 27,000). Yelm Creek was walked every week for 12 weeks. The mainstem was floated every week for 10 weeks in the reach from the Tank Crossing to Reuben's Camp. Kalama Creek was walked every week for eight weeks. Muck was walked four weeks starting Jan. 28, once with no water and three times with water through Feb. 25. Clear Creek was walked every week for seven weeks. Peilos Slough was walked five times. Horn Creek was walked once during the peak of mainstem migration with zero seen. For the last 10 years Muck has averaged 25 percent of the total spawning escapement. This year, due to late recharge, Muck Creek's total escapement for 2018/19 season is around 3 percent.

Summary of Winter Chum 2018/19:

- 1.) Area 10 and Area 11 commercial fishery shut down three weeks early to protect late chum at week 45 (helps protect all late chum)
- 2.) Forecast for Nisqually 39,793 with a treaty harvestable surplus of 10,793 fishery schedule modeled a total of 10,170
- 3.) Escapement goal 27,000 plus 2,000 sport/escapement set aside
- 4.) Treaty fishery schedule reduced from three to two days a week and 6 miles of previously opened upper river closed to fishing to protect spawning chum
- 5.) WDFW chose not to open a sport fishery until Yelm in season update

Continued on page 6-CHUM



Continued from page 5-CHUM

- (ISU) to run size predicted reaching escapement
- 6.) Treaty Boat ISU on Dec. 18 showed total run at 34,912 with a fishery catch of 6,200
 - 7.) Low water in the spawning grounds
 - 8.) Nisqually Fish Commission closed the commercial fishery on week 51, Dec. 18, until Yelm live count reached 310 two weeks earlier than List of Agreed to Fisheries agreement
 - 9.) Jan. 2, Yelm live count fell short of 310 at 268 and ISU showed escapement of 26,078 short of 27,000 goal
 - 10.) Nisqually Fish Commission opened a C+S fishery for two days (daytime only) on Jan. 11 and 12 for 20 fish total per boat and boundary consistent with commercial fishery. Catch 161
 - 11.) Post season escapement at 29,221
 - 12.) Final run size is estimated at 35,595, 4,200 less than forecasted

This is the second year that both in season update (ISU) updates to run size models performed within a few thousand fish of post season estimate.

Sign Up Now to Learn Southern Lushootseed Language

Now is a great time for all families interested in learning Southern Lushootseed Language to register for this free class.

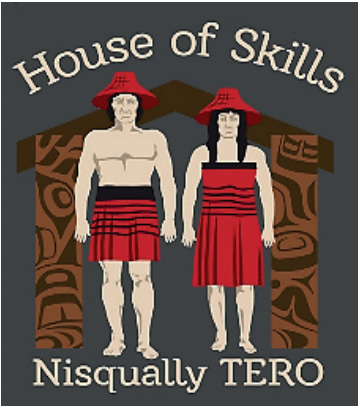
We are in the process of creating new materials and you can register now for the class starting April 1. See Jenny Serpa at the Northwest Indian College Nisqually site in the Education Building. While the class is free, if you want college credits, then you need to enroll and there will be some fees included in enrollment. We will be working on lots of new sentence booklets and will be looking for anyone interested in sharing family photos and or animal pictures to be included in the new material.

This word means “Friends” Debra Lankanoff and Antonette Squally



Nisqually TERO

Located at: 11500 25th Ave. SE Olympia, WA 98513
360.456.5221



Now is a great time to update your information with us!

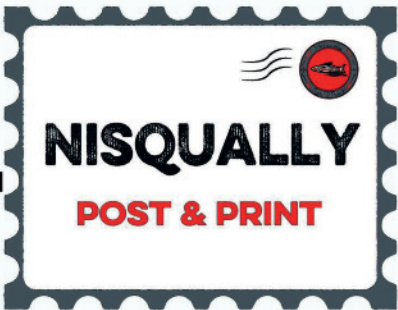
- New address?
- New phone number?

If you don't have an application on files but would like to, please remember to bring

- Tribal identification
- Spouses tribal identification

12820 YELM HIGHWAY SOUTHEAST
SUITE #C
(360) 338-6431
ORDERS@NISQUALLYPOSTANDPRINT.COM

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FOR QUESTIONS
OR QUOTES.**



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- **STICKERS • PAMPHLETS • BROCHURES**
- **BUSINESS CARDS • WINDOW PERFORATIONS**
- **VEHICAL DECALS & MUCH MUCH MORE**



Alternatives to Cable TV

Tips from the IT-WebDev Department

In past articles, we've discussed streaming audio and video over Wifi Internet connections. This article's purpose is to help expand the understanding of streaming technology and provide a choice of viable alternatives to costly cable TV packages and services. Please note that Internet access is required to utilize the options listed below and several Internet service providers (ISPs) such as AT&T and Comcast, charge overage fees if data usage caps are exceeded per their service contracts.

Many Americans pay \$100 to \$200 a month or more for their cable or satellite TV packages. Although more affordable basic cable packages are available, once add-ons are included such as sports channels, movie channels, etc., the monthly costs increase. There are also installation fees, equipment rental fees and additional charges that often come with cable TV packages.

Perhaps a more affordable solution is the use of one or a combination of cable TV alternatives, known as online streaming. These services run as an app on most smart electronic devices and computers. It's important to note that streaming requires bandwidth – the amount of data that can be passed along a communications channel in a given period of time. There is a minimum recommended Internet speed for streaming videos from websites and services. Something else to consider is that network bandwidth is shared between every device connected on a home network; for example a desktop, laptop, smart phone and a gaming console may all be connected at the same time putting too much demand on the network bandwidth resulting in slow loading, buffering and low quality of video and/or audio.



Some of the most popular streaming services include;

SlingTV - Streams shows from a SmartTV, tablet phone or computer. Currently offers a 7-day free trial at <http://www.sling.com>

Hulu – Watch movies and complete episodes of many popular TV shows. Pay monthly or purchase and a yearly plan at <http://www.hulu.com>

Netflix – One of the most popular streaming services available. Typically offers 30 days free, sign up at <http://www.netflix.com>

Amazon Prime Video – Offers original Prime movies, popular movies, and TV shows. Purchase as pay-per-view, monthly or annual memberships at

<https://www.amazon.com/gp/video/getstarted>

YouTube TV – Watch live local sports, news, and shows from over 60 networks. Offers a free trial period with monthly fees at <https://tv.youtube.com/welcome/>

Roku TV – Offering free and premium subscription services beginning in early 2019, partnering with Starz, Showtime, Epix, and others. Seven-day, free trial period for all partner programs and one monthly bill for all services at <https://www.roku.com/how-it-works>.

Reminder: If you live within the Cyamuc and Leschi areas and haven't obtained your WiMax device (for Internet connectivity at home), please contact the Nisqually IT Department at (360) 456-5221 x1110.

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

Tech Gadgets – Here Today, Gone Tomorrow

Tips from the IT-WebDev Department

From software to hardware, technology has a time that it is no longer supported by the manufacturer or wanted by the customer. Often referred to as a “shelf life” or “end of life” period, companies may replace software or hardware with newer versions or stop producing and supporting them at all.

In prior articles, we covered the average lifespan of consumer electronics and tech devices along with technology used in automobiles. The average lifespan of small appliances was only 5.5 years while the average life expectancy of a new vehicle was **around 8 years** or 150,000 miles. Some well-built vehicles can go **15 years** and 300,000 miles, if properly maintained. Ford Motor Company had



a slogan “Built to Last” for their automobiles, but recently announced they would stop selling automobiles (other than the Mustang and Focus Crossover) and rely on truck and SUV sales.

Examples of technology items that are no longer around or becoming obsolete, include;

- Sony Walkman – Replaced by iPods then replaced by Smartphones.
- Palm Pilot – Replaced by smart phones.
- Samsung Note 7 – Replaced due to overheating and exploding batteries.
- Myspace.com – Replaced by Facebook.

Continued on page 8-TECH GADGETS



Nisqually Hosts Pepper Ball Training

The Nisqually Law Enforcement community hosted eight law enforcement agencies from throughout the region for pepper ball training in March. While it might sound like a baseball drill, pepper ball actually describes a new use of the active ingredient in pepper spray. "Pepper spray is maybe effective up to 15 feet and less," said Mark Upton, Corrections Officer for Nisqually. "Pepper balls are longer range and less lethal," Upton said.

Pepper balls disperse when they hit a wall or a sidewalk in front of the suspect. In a jail situation, it can allow a diffusion of a situation without having the excessive cleanup that pepper spray requires due to its general, less specific dispersal.

The training was two full days, with the second day requiring each person to be exposed to the pepper balls as part of their certification. Once certified, officers can carry pepper balls as part of their non-lethal measures to apprehend or subdue suspects, or in the case of jails, prisoners who are engaged in larger scale disturbances and/or pose a serious violent safety risk to themselves or others. Deploying pepper balls subdues the suspect and minimize injury to the inmate and staff. They are a secondary level tool.



Nisqually police officers complete the training along with other law enforcement agencies to be able to use pepper balls, as seen in the picture. Rather than close range and widely disbursed like pepper spray, pepper balls can be used much more selectively and from farther away.

Continued from page 7-TECH GADGETS

- Napster – Replaced by streaming audio services due to a copyright infringement lawsuit.
- AOL – Replaced by Yahoo! then replaced by Google mail and Internet search.
- Nintendo Wii – Replaced by Microsoft's Xbox and Sony's Playstation.
- Barnes and Noble Nook – Replaced by Amazon's Kindle.
- Flash memory storage cards – Replaced by Wifi connectivity.
- 8 Track Tape player – Replaced by cassette players.
- Cassette player – Replaced by CD players.
- CD player – Replaced by streaming audio services.
- BluRay player – Replaced by HD DVD players.
- DVD player - Replaced by streaming video services.
- Transistor radio – Replaced by Sony Walkmans and portable digital audio players.
- Film (35mm) camera – Replaced by Digital cameras and becoming replaced by smart phones.
- Typewriter – Replaced by personal computers.
- VHS player/recorder – Replaced by DVD players/recorders then replaced by streaming services.
- BetaMax and VHS handheld video cameras – Replaced by digital video cameras and being replaced by Smartphones.
- Rotary telephone – Replaced by push button phones and being replaced by Smartphones at home.

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Billy Frank Jr. Community Celebration

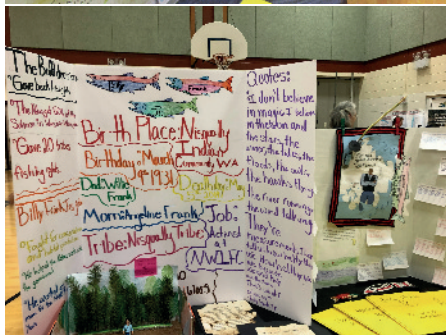
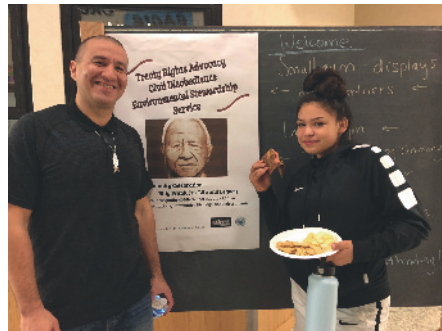
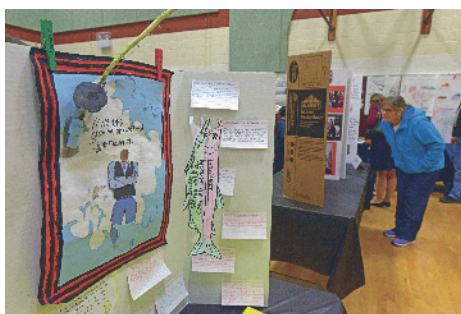
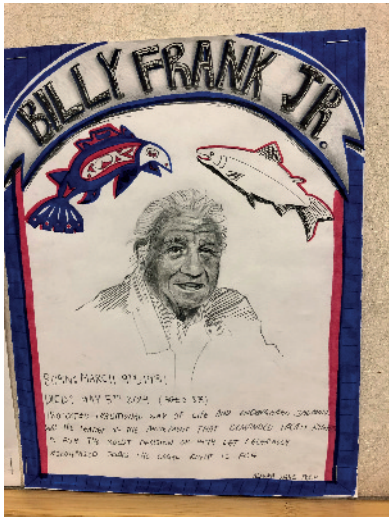
Nisqually Middle School

The North Thurston School District and Nisqually Tribe co-hosted a celebration of the life and legacy of Billy Frank Jr., the culmination of students in all grade levels participating in a curriculum about him, tribal treaty rights and the Fish Wars. Some 150 community members attended and a number of local sponsors helped provide materials and food and everyone was able to view the thoughtful and well-done projects so many students completed from all grades. District teachers worked with Nisqually Tribe representatives and others to bring the planned annual event to fruition. It was held at the Nisqually Middle School.

Some 150 people attended the Billy Frank Jr. Community Celebration that included dozens of student projects to look at as

well as vendors from various community partner organizations such as Salmon Defense and Nisqually River Council. Nisqually tribal Canoe Family dancers Gabriella Villegas and Marcella (Chula) Villegas dance during the celebration. A student project of deer skin rattles was on display, noting it was "a pain, but worth it" to sew the two pieces of hide together.

Emily McGee dances as part of the Nisqually Canoe Family program. One of many excellent drawings, exhibits and projects completed by students about Billy Frank Jr. and the Fish Wars.





Native American Voting Rights Act



Following the passage in both the Washington State House and Senate, Gov. Jay Inslee signed the Native American Voting Rights Act that encourages the registration of more tribal people to vote by removing barriers such as creating registration on reservations and not requiring a typical street address as many rural reservations do not have them. Additionally, counties will be encouraged to add Ballot Drop Boxes on reservations.

Washington state Sen. John McCoy, who helped move the legislation through, talks about the importance of improving voting participation in Indian Country, the last to receive voting rights.



Left, Rep. Debra Lekanoff, D-Bow, the first Native American woman in the Washington State House, poses with Nisqually tribal councilman Willie Frank and Sen. John McCoy and wife Jeannie. Gov. Jay Inslee signs the Native American Voting Rights Act with dozens of Washington tribal leaders in attendance.

Rep. Debra Lekanoff smiles after talking about the joy she had as a freshman lawmaker and the first Native American woman in the state Legislature of introducing her first bill, the Native American Voting Rights Act. "We were the last to receive the right to vote. It's my America too."





Spring Greens Tips and Protocol for Picking

By Grace Ann Byrd

To gather medicinal plants by each season is not only to honor those that gathered before us, it is to honor those we love and live among.

Please remember to do an offering of some sort when gathering medicine, traditional foods, or spring water and to only take what you need. An offering can be, but not limited to; cedar, sage, tobacco, sweet grass, water, song or prayers. Offerings, songs and prayers are always heard, received and appreciated by our Ancestors. Never gather without the guidance of someone that has experience, as there are some plants that have look-a-likes.

It is time to head to the forest to forage for nettles, licorice fern root or Prince's Pine.

Nettles are great for detoxifying us in the spring. They also boost immunity, help cure the common cold, support kidney function, help with osteoarthritis symptoms and relieve stomach issues.

Too much of a good thing can have its downfalls though, so only drink 2-3 cups per day.

Licorice fern root is found on maple trees often near water or moist forested lands and is great for colds and coughs. Clean the root of the dirt and debris and it can be either chewed or made into a tea by boiling it. It can be used either fresh or dried.

Prince's Pine is getting way harder to find with climate change as it only likes to grow under old growth or second growth fir trees. It can also be found up in the mountains. This medicinal plant can be cleaned and then boiled into a tea. It is good for many illnesses, and can help lower blood sugar, and reduce urinary tract infections. It is also good to prevent fluid retention. It can be used as a topical poultice to ease sores and blistering.

Another tasty treat is the **maple leaf flower bud**. This can be dipped in batter and fried and served with maple syrup.

You could also search the grasslands for **dandelion buds** to either eat raw or pickle in your choice of vinegar (Apple cider vinegar, rice vinegar, or white vinegar). No cooking is necessary to pickle these tasty, yet bitter dandelion buds. All you do is pick the dandelion bud before the flower has ever opened, when it is just a bud, then put the handfuls into a jar with the vinegar of your choice. They will keep in the refrigerator for weeks.

Thanks for reading and happy gathering! If you have any questions, you can email byrd.graceann@nisqually-nsn.gov.



South Puget Intertribal Planning Agency



USDA Foods Program April Dates

NISQUALLY 4/9/19
SQUAXIN ISLAND 4/12/19
SKOKOMISH 4/16/19
CHEHALIS 4/23/19
PT. GAMBLE S'KLALLAM 4/25/19

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



South Puget Intertribal Planning Agency



WIC Program April Dates

SHOALWATER BAY 4/8/19
SQUAXIN ISLAND 4/9/19
NISQUALLY 4/10/19
CHEHALIS 4/11/19
SKOKOMISH 4/17/19

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.





Nisqually Clinic Diabetes Program

Diabetes prevention and treatment provides diabetes education for self-management and improved quality of life for all who have, or are at risk for, diabetes. Clinic patients can receive services such as:

- Diagnostic diabetes screening
- Follow ups
- Blood sugar and A1c tests
- Diabetes prevention: you can see our dietitian or other health providers for diabetes education, self-management, lower complications and lab work
- Podiatry: diabetes foot exam, education, diabetic shoes and resources
- For our elders between the ages 60-75 who are diabetes patients at the clinic, we're offering to provide you with your own in-home blood pressure monitor and to teach you how to take your own blood pressure



Brown Bag Lunches

Every month community members are welcome to join our Dietician Bernita LaCroix for a lunch and learn in the Billy Frank Jr Gym. From noon to 1 p.m., you'll watch Bernita cook and prepare a beautiful and healthy lunch, share samples and recipes and teach you some great nutrition tips. You'll see flyers up every month for the date.



Exercise Resources

Everyone should try to get 30-60 minutes of physical activity almost every day. Improve quality of life with health coach Kareem Gannie, who is available Monday – Friday, 10 a.m. to 7 p.m. for workouts, nutritional guidance and more.



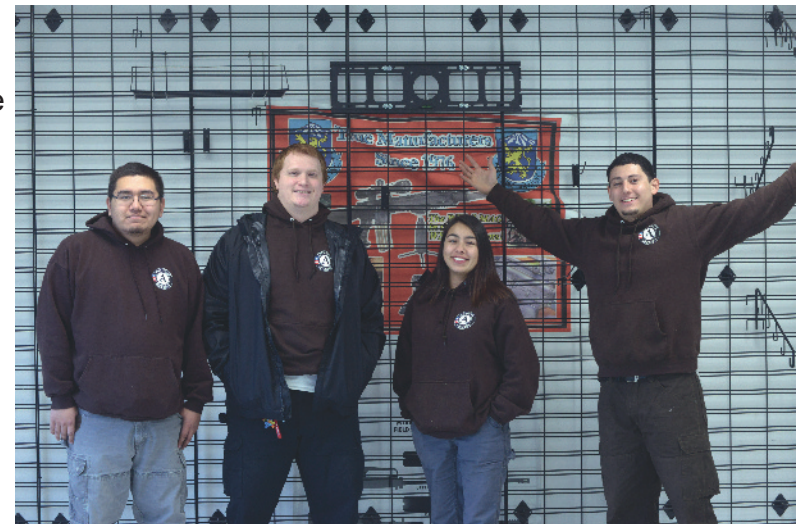
Please come see us in the clinic if you are interested in learning more about our diabetes program services.

Nisqually AmeriCorps

The four new Nisqually AmeriCorps crew members have been busy working at the Medicine Creek property clearing trail and transplanting ferns from the trail to other areas, keeping the ballfield looking good and planting at the Nisqually State Park.

James Decker, 25; Jordon Broten, 23; Mikayla Sison Smith, 21 and Stikaiyu Kalama, 20, join current member Randy Fosella and crew leader Eric Burfiend. "In the long run, I want to get my GED, and go to college," Decker said. "Right now, it feels good to help my community and explore different career opportunities. Ultimately, being outside – this is where I belong." "Being outside all day clears your head," Sison Smith said.

The crew can earn nearly \$6,000 for college tuition plus their weekly pay.



The new members of the Nisqually AmeriCorps crew, left, Stikaiyu Kalama, Jordon Broten, Mikayla Sison-Smith and James Decker pose at the old gun shop property now owned by Nisqually.



Community Health Representatives

Our current Community Health Representatives (CHRs) at the clinic are Joy Pena, Aaron Youckton and Rose Ward. CHRs can advocate patient needs as well as provide transportation to eligible patients within the Nisqually service area. Just to highlight some of the services provided:

- Medication or medical supply pick up and drop off
- Assistance with medical paperwork
- Transportation to and from Medical/Dental appointments

To request an appointment, please call (360)459-5312 and speak with a Medical Assistant. Please note, whenever possible, requests need to be made three days prior to appointment date and patients under the age of 18 must be accompanied by a parent or guardian. Schedules can fill up quickly, so the sooner eligible patients schedule, the better their chances are of receiving assistance.

NISQUALLY NATIVE WOMEN'S WELLNESS PROGRAM

Mammogram Day

IF YOU ARE A WOMAN 40 OR OVER PLEASE COME IN FOR BREAST HEALTH EXAM AND MAMMOGRAM

NISQUALLY TRIBAL HEALTH CLINIC

THURSDAY, APRIL 18TH, 2019

FROM 9 A.M. TO 4 P.M.

WATER, TEA, JUICE, BREAKFAST SNACKS, AND LUNCH WILL BE PROVIDED. ALL PATIENTS WHO ATTEND THEIR MAMMOGRAM WILL BE ENTERED INTO A DRAWING FOR A BEAUTIFUL BLANKET.

SPONSORED IN PART BY:

POWERED BY A GRANT FROM **susan G. komen.** FOR BREAST

National Breast and Cervical Cancer Early Detection Program

NISQUALLY INDIAN TRIBE

Please call (360) 459-5312 to schedule an appointment.

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.

Please note: Payment by Nisqually is for CHS-ELIGIBLE PATIENTS ONLY

Providence Immediate Care Lacey

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.

Providence Immediate Care West Olympia

1620 Cooper Point Rd SW
Olympia, WA 98502
(360) 486-6710
Mon-Fri 8 a.m. - 8 p.m.
Sat-Sun 9 a.m. - 5 p.m.



NISQUALLY HEALTH DEPARTMENT MONTHLY PODIATRY CLINICS

Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding foot-wear, need a Diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

Clinic dates for Dr. Molina Kochhar:

2019

January 11
February 1
March 1
April 12
May 3
June 7
July 12
August 9
September 13
October 4

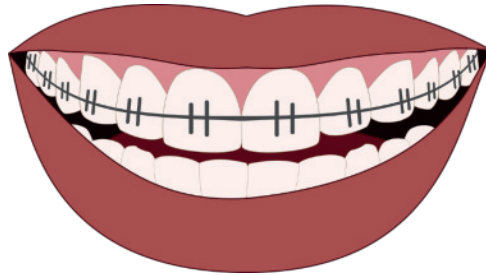
Call the Clinic @ (360)459-5312 to schedule an appointment



How should I care for my teeth when I have braces?

By Russell Rogers, DMD

How your teeth will look when your braces come off depends on how you take care of them while they're on. One thing we recommend is an electric rechargeable toothbrush because it is specially designed to clean around braces. Before you get started remember to remove elastics, bands, or removable parts of your braces.



- Hold the brush parallel to the floor against the side of your teeth. Guide the electric rechargeable brush head from tooth to tooth, following the natural curve of your teeth and gums
- Hold the brush in place on each tooth for a few seconds before moving on to the next tooth – with an electric rechargeable toothbrush, you don't have to press hard or scrub. Just let the brush do all the work for you.

- Don't forget to brush the insides of teeth, the tops of teeth, and the back of your mouth behind your back molars
- Clean brackets by angling the brush head against them. Make sure the brush also cleans under the wires

Although it can be difficult, for healthy teeth and gums, flossing with braces is important.

- Insert the Floss Threader or Superfloss between two teeth below the wires of your braces. Pull the floss halfway through
- When you reach the gum line, pull the floss into a C-shape
- Make sure to floss below the gum line with a gentle up-and-down motion

We also recommend using a fluoride rinse twice a day, after brushing, to help prevent cavities, strengthen enamel and freshen breath.

Please feel free to call today for an appointment with a dental professional to review these concepts in person, if you wish, at (360)413-2716.

Meet Anthony Booker, the New Hygienist

Hello, my name is Anthony Booker. I am the newest addition to the Nisqually Tribe Dental Team. I am a Registered Dental Hygienist normally working on Wednesdays. I am looking forward to working with you and improving your smiles.

I am from Florida and I've spent most of my adult life in the Navy. I got out of the military in 2007 and went back to work for them as a contract hygienist in 2009. I started out as a dental assistant, and did that for 12 years (10 for the military, one at University of Washington, and one at Tulalip Tribes). I also had the pleasure of working at Jamestown Sequim Dental Clinic. I became a hygienist in 2000 and I had a passion for saving smiles one tooth at a time.



I love the Pacific Northwest. The military brought me here, but the people are keeping me here. I enjoy cycling, working out, traveling, dancing, coaching volleyball and basketball. If you see me, give me a high five - I am friendly and very approachable. My goal is to give you a pleasant experience and to improve your oral hygiene through mechanical cleaning and educating you. I am proud to serve Nisqually and I am happy to be on this dental team. Please call the dental clinic today to schedule your next dental appointment

Anthony Booker, RDH, DA, LMT



Elders News

Social Gatherings

Come to the Nisqually Elders Center for social gatherings such as, Caregiver Support Group, Senior Meals and Cultural Activities. We thrive when we provide services to our elders in the Nisqually Tribe and Community.

Title VI Senior Meals (SPIPA)

Senior meals are provided to federally recognized Native Americans Elders in the Nisqually Community (Must provide copy of tribal ID) and Nisqually Tribal Members.

Please Keep Intake Sheets Up to Date!

Meals for guest are \$4

Caregivers' lunches may be paid for by the Caregiver Program.

Caregivers must see Karen Anderson, Caregiver Support Specialist to do an intake Sheet.

Senior Meals are served four (4) times a week: Monday, Wednesday, Thursday and Friday Noon -1:00 p.m.

Menus are mailed out each month, available at the Elders Center and online at www.nisqually-nsn.gov

The Caregiver Support Program (SPIPA)

The Caregiver Support Program is for Federally recognized Native American Elders taking care of their grandchild/ren residing in the same home(must meet requirements) and unpaid caregivers caring for a Native American Elders.

The Caregiver Support Program helps unpaid caregivers with gaining access to services, host peer support groups, and training services to support individuals caring for their loved one at home for as long as possible.

Caregiver Support Specialist is in the office Monday-Thursday 9 a.m. - 2 p.m.

Support Groups 2nd and 4th Thursdays of each month!

Watch in the weekly mail out for informational flyer!

For more information, contact: Karen Anderson, Caregiver Support Specialist 360(486) 9546 ext. 1981

Culture Activities and Events

Nisqually tribal members and Nisqually community members that reside on the Nisqually Reservation.

Nisqually Tribal Members come and join the Elders Program for the following:

Nemah Choubaquak hosts culture class in the evenings at the Elders Center. Beading, sewing, regalia making and other activities.

Culture Classes Wednesdays and Thursday 4:30 p.m. - 8:30 p.m.

Nisqually Tribal elders can utilize the building for projects during business hours.

Canoe Journey Related: Nisqually Culture Department

Culture Classes: Song and Dance Practice

Mondays at the Culture Center in DuPont

Tuesdays at the Billy Frank Jr. Gym in Nisqually

Classes are from 4 p.m. to 7 p.m.

For more information, contact: Culture Department (360) 456-5221

Travel for Elders

Watch in the weekly mail out for flyers with information about upcoming trips.

Come to the Elders Center and sign up!

The elders Center is open Monday thru Friday, 8 a.m. to 5 p.m.

Address: Nisqually Multigenerational Building 12649 Yelm HWY SE Olympia WA, 98513

Very important to sign yourself up for the trips! This is to avoid losing your space or not getting signed up in time!

Siletz Elders Luncheon on May 7, all spaces are full!

Hazel Pete Weavers Teaching Weavers Conference May 9 and 10, all spaces are full

Watch for Dates and Flyer in the Weekly Mail Out for:

- Swinomish Inter-Tribal Elders Luncheon
- Tulalip Elders Honor Day
- Lummi Elders Honor Day
- Grand Ronde Elders Luncheon
- Suquamish Elders Luncheon
- Canoe Journey July 19 to July 29, watch for flyers and mail outs.
- Northwest Native American Basketweavers Gathering

Cancelling Travel:

Please notify Elders Program Staff of cancellations! It allows the Elders Program to cancel rooms with the hotel!

We will not coordinate late sign ups, less than 2 weeks prior to travel!

Nicole Wells, Events & Activities Coordinator (360)486-9546 1151
wells.nicole@nisqually-nsn.gov



April 7, Happy 25th Birthday Samira, Love Dad, Mom, Keisha, Jasmine, Nevaeh and Rodney

April 7, Happy 3rd Birthday Juanito, Love the McDonald Family

April 11, Happy Birthday Kylee, Love the McDonald Family

April 26, Happy Birthday Dalia, Love the McDonald Family

The Squally/Byrd family would like to welcome Anson Red Starr, of Pine Ridge, SD to Nisqually and into the hearts of our family.



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

Conditioning Fitness Groups

Mondays

12:15 p.m. & 5:15 p.m.

Wednesdays

12:15 p.m. & 5:15 p.m.

Fridays

12:15 p.m.

At NYCC



Tuesdays & Thursdays
12 o'clock Noon
Nisqually Youth Center

Call Kareem for more info 360-455-5213

Nisqually Indian Tribe, Community, & Employees

PURPOSE: TO OFFER A CLASS TO HELP IMPROVE THE PHYSICAL, MENTAL AND SPIRITUAL HEALTH TO THOSE WHO ARE IN NEED.