



10 Years of the Nisqually Community Garden

By Chantay Anderson, Janell Blacketer, Carlin Briner and Grace Ann Byrd

The Nisqually Community Garden celebrated 10 years this summer and we wrapped up another successful season with the annual Harvest Party on October 15th, 2019. The event was well attended and featured a seasonal dinner, cider pressing with the apples from the Garden, and an abundant giveaway of food and medicine. We would like to give a big thanks to our volunteers, the Youth Center staff, and our garden staff, especially our extraordinary seasonal crew as they are finishing up their work for the year.

As we continually gather community feedback, our programming has grown and evolved over the years. In the past couple years we have increased services to Nisqually Elders. This year we completed our second season of the Elders Home Delivery program – this year 24 Nisqually Elders received a box of assorted produce from the Garden each week through the peak season. Also, in collaboration with the Nisqually AmeriCorps crew, we built raised garden beds in the yards of 5 Elders and provided seeds and starts for their own gardens. We will continue to build raised garden beds for 5 Elders each spring.

In addition to increasing services to Elders, we have also expanded our nutrition education and medicinal plant program over the past several years. We regularly collaborate with the Zumba and Yoga classes that the Tribe offers to employees at noon throughout the week. We bring recipes and produce from the garden (Smoothies, Energy/Protein Bites, Salads, etc.) and in

Continued on page 6-GARDEN



Thank You Garden Staff!

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: 6:15 p.m. - 7:30 p.m.

Hosted by Anita Torres and Chuck Deuel. Anita can be contacted at 360-413-2727 ext. 2305.

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

4820 She-Nah-Num Dr. SE
Olympia, WA 98513
(360) 456-5221

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

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

Nisqually Tribal Council

Chair, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Brian McCloud
6th Council, Hanford McCloud
7th Council, Willie Frank

In This Issue

Tribal Council News	pg. 3
GPON Fibers	pg. 4
Prepare for Winter	pg. 5
Garden Harvest	pg. 6
Nisqually State Park	pg. 7
Library Award	pg. 8
Utility Construction	pg. 9
Headwaters to the Delta	pg. 10
Diabetes Awareness Month.....	pg. 11
SPIPA	pg. 12
Healing House Staff	pg. 13
Wellbriety Meetings	pg. 14
Announcements	pg. 15



EPA Testimony

By Willie Frank, 7th Council



Councilman Hanford McCloud and I gave testimony at the Environmental Protection Agency's (EPA) public hearing on their proposal to withdraw the water quality standards that the State of Washington approved on Nov. 28, 2016. The hearing was held September 25th at the EPA Region 10 headquarters in Seattle.

The EPA and the Trump administration have taken it upon themselves to make these harmful changes and not have any government to government discussion with any of the tribes in the state or discussion with the state of Washington.

The Nisqually Tribe is a sovereign government with secured treaty rights. EPA is required to consult with us over these kinds of actions that directly impact our treaty rights. As our Trustee, EPA is obligated to protect our rights. This action by EPA will expose our tribal members to elevated risks of cancer and other negative health affects from practicing our culture without any consideration or consultation regarding these impacts.

Our treaties secured the right for us to continue to be who we are as Nisqually people. We will continue to fight and protect our treaty rights and our way of life for our Nisqually people. The fight will never stop for us. We must always make sure we are sitting at the table and having our voices heard.

Local Catch Presentation

By Willie Frank 7th Council

Bob Iyall and I had the opportunity to speak in Portland, Oregon, October 6th at a Local Seafood Summit. The Local Seafood Network, made up of fisherman, organizers, researchers, technical assistance providers, and engaged citizens from across North America put on this event. They are committed to providing local, healthy, low-impact seafood via community – supported fisheries and direct marketing arrangements in order to support healthy fisheries and the communities that depend on them.

There were more than 100 people in attendance from all over the country as far east as Maine and as far north as Alaska. It was a great opportunity to tell our story and educate this group on tribal treaty rights and the importance of salmon to the Nisqually people. I had the chance to talk about the Boldt Decision, Fish Wars and the effects we are seeing on all of our natural resources.

I found we have a lot in common with the group as we all want to see our salmon population come back and

make sure all of our resources within our waters are protected and healthy.

Bob spoke to the group about the work She-nah-num Seafood has been doing in providing an opportunity to buy fish from our fisherman at a reasonable price. Bob took them through a breakdown of our processing plant and some of the other products we offer. We wanted to get the message across about how important our natural resources are and the importance of buying our Nisqually salmon from our fisherman in order to exercise our treaty rights and protect our way of life.



GPON Fibers

By Chris Olin

9/26/2019

GPON Fiber to the Southern Community Homes Project.

Over the past 10 years, the Nisqually Tribe has taken necessary steps toward increasing internet access throughout the reservation. In 2013, we launched the "WiMAX wireless network" in both the southern and northern (Cyamuc) communities. After the WiMAX deployment completed, we began efforts toward establishing new fiber-optic infrastructure throughout the main tribal campus. This effort included the installation of a 1-mile back bone that extended from the public safety building to the tribal administration building. As part of our planning process, we installed multiple vaults where we included spare conduit for future growth and development.

In early 2018, Paul Walk from Redline Communications began reviewing our infrastructure needs and conducted a feasibility assessment outlining our options. Based on his efforts, a plan was formulated, and he started reviewing potential sources for funding. A source was identified and chosen based on its limited restrictions that made other options unfeasible. We pursued this funding through the state of Washington's C.E.R.B program. On March 21, 2019 myself, Mike Mason, Joe Cushman, Jason Pleva and Paul Walk (recently coined as the Nisqually Broadband Team) presented our plan and request for funding to the C.E.R.B board. We were given 20 minutes to present why our project should be selected for funding. To our surprise, the CERB board voted and approved our project immediately following our presentation. We were approved and awarded a \$150,000.00 grant and a low-cost loan in the amount of \$450,000.00.

Due to the previous efforts we made in the planning and development of our community's communications needs, we've reached a milestone in which we are now able to bring fiber optics directly to the homes and apartments within the southern community.

Fiber optics is the ultimate medium of choice in the delivery of internet, tv and telephone services throughout the world. Due to the advancements made in technology, subscribers are now able to use their Internet services for streaming live TV, sporting events, movies and telephone services without the need of cable TV, Satellite or traditional telephone service. In short, every technology is now available through the internet alone which is what we are delivering to you.

Many providers use fiber optics to interconnect areas over a large fiber optic backbone due to the cable's high bandwidth capacity; however, they typically convert these services off the fiber optics and onto old and antiquated copper services prior to reaching the customer. Cable TV uses coax copper cable while your telephone company

uses 2 to 4 wire copper cable. This procedure causes a giant bottleneck for bandwidth thus reducing the internet speed and reliability. This is done to save the cost of new construction and electronics while attempting to extend the life of their old technology.

Nisqually IT department and broadband team are delivering fiber all the way to your modem/router inside your home which delivers a much faster and reliable service. We are doing this utilizing GPON technology, made famous worldwide by Verizon when they introduced FiOS.

Since March 21, 2019 we successfully created a budget for the dollars, contracted the construction to our own company, "Nisqually Communications Services" (you may have spotted them already in your area), contracted Redline Communications as the engineer and project manager and purchased the electronics and modems/routers that will go into your homes.

This round of funding covered the development of the southern community only. The network will reach every home and terminate at the top of Peter Kalama Dr. hill and at some point the network will continue down the hill and into the Kalama Creek Hatchery.

Looking forward when Nisqually is able to acquire some land between the northern and southern communities, we will extend the network to the northern community.

If everything goes as planned, we anticipate activating customers by early to mid-2020. Prior to granting access for the wiring that will need to be conducted inside residents' homes, a community informational meeting will be held much like we did for the WiMAX. At this meeting, we'll present the network along with the details on how to get connected. We look forward to speaking with everyone soon!

On behalf of the Nisqually Broadband Team

Chris Olin
Chief Information Officer
360.456.5221 ext. 1116
Nisqually Indian Tribe



How to Prepare for a Winter Storm

By Sheila McCloud

Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous and also negatively affect critical community services including public transportation, childcare, and health programs. Injuries and deaths may occur from exposure, dangerous road conditions, carbon monoxide poisoning, and other winter storm conditions. Be better prepared this winter.



Now - Create and test emergency communication plan(s). Stock emergency supplies, and install battery-powered or battery backed-up carbon monoxide detectors and smoke detectors. Winterize your home. Review your property insurance, and safeguard critical documents. Get trained on specific needs your family may have.

During - Stay indoors and off the roads. If you must drive, keep emergency supplies in your car. Close off rooms to consolidate and retain heat. Dress in layers, and use blankets to stay warm. Bring pets into a warm place and out of the storm or severe cold.

Never use a generator, camp stove, charcoal grill, or gasoline or propane heater indoors, as these items can start accidental fires, cause electric shock, and/or cause deadly carbon monoxide poisoning. Never heat a home with a cooktop or oven. Limit your time outdoors, and stay dry.

After - Be Safe! Only drive if necessary. Remove snow and ice from your tailpipe before starting your car, and check regularly if idling. Clean all snow and ice from your car before driving. Dress in warm clothing, stay dry, prevent prolonged exposure to cold and wind, and avoid overexertion clearing/shoveling snow. Overexertion can lead to a medical emergency. Monitor local news and alerts for emergency information and instructions. Information courtesy of www.ready.gov



Evergreen State College Native Pathways

In the Native Pathways Program, you can earn a Bachelors of Arts with an emphasis on Native and Indigenous studies.

- 12 - Credit Academic Program with additional 4 and 2 credit courses
- A well defined, consistent program that balances relationality, personal authority, indigeneous knowledge and academics
- Immerse yourself in Indigenous and Western Pedagogy and Praxis
- Online or in Olympia, Tacoma or Quinault 2x/week and 2 weekends per quarter in the Longhouse on Evergreen campus in Olympia

Contact Dawn Barron at barron@evergreen.edu

Find out more at evergreen.edu/nativepathways

HOUSING FAIR

Friday November 8th 11 a.m. – 2 p.m.

At the Nisqually Youth
and Community Center

1973 Lashi St. SE Olympia, WA 98513

**PLEASE JOIN US FOR OUR HOUSING FAIR WE
WILL HAVE VENDORS, GIVEAWAYS AND
EDUCATIONAL MATERIAL.**

LUNCH IS PROVIDED

Our housing department will be **closed** for the day. We are at the Nisqually Youth Center hosting our housing fair. If there is an emergency please contact Natosha at the phone number listed below.

Thank you,
Housing Staff
Natosha 360-529-1579



Continued from cover-GARDEN

doing this it shows that taking care of yourself inside and out is available to you around Nisqually. We also deliver medicines and hold medicine-making workshops in partnership with many different Tribal programs. We take roots and honey to the Elders, stress and anxiety plants and tinctures to Substance Abuse and most departments have made a Nourishing Healing Salve or Trauma Balm with us. It's exciting to work with all of you and we plan on making more classes with different plant remedies all year. A special Thanks to those who have gone into the wild with us to harvest Cottonwood Buds, Devil's Club, Salal and Hawthorn, or anyone who has donated wild plants. The Garden Crew gathers wild plants all year and usually has tea available.

Though the main season of produce distribution has ended, we will continue to harvest and deliver produce for Elders only to the Nisqually Elders Center every Monday at noon through December. We will also be doing more workshops through the winter season so look for more information about upcoming classes!

Photos from the Harvest Party:



Maylani Ann Trapp, age 3
Photo courtesy of Lou Ann Squally



Nisqually State Park Update

By Lisa Breckenridge

Washington State Parks is continuing to plan for new projects at Nisqually State Park. State Parks staff met with the Tribe's Parks Commission on October 21st for an update.

River Overlook: The first project they are planning is to create a loop trail from the existing parking lot. The trail will have an overlook with a view of Mt. Rainier and the Mashel River.

Forest Health Project: The next project is thinning a stand of unhealthy forest to improve habitat and diversity. Most of the park area was a former tree farm, and some areas were replanted so thickly with Douglas Fir that no sunlight reaches the ground. The trees are too close together to be healthy. The goal here is to thin these trees out and plant native shrub and perennials in the openings.

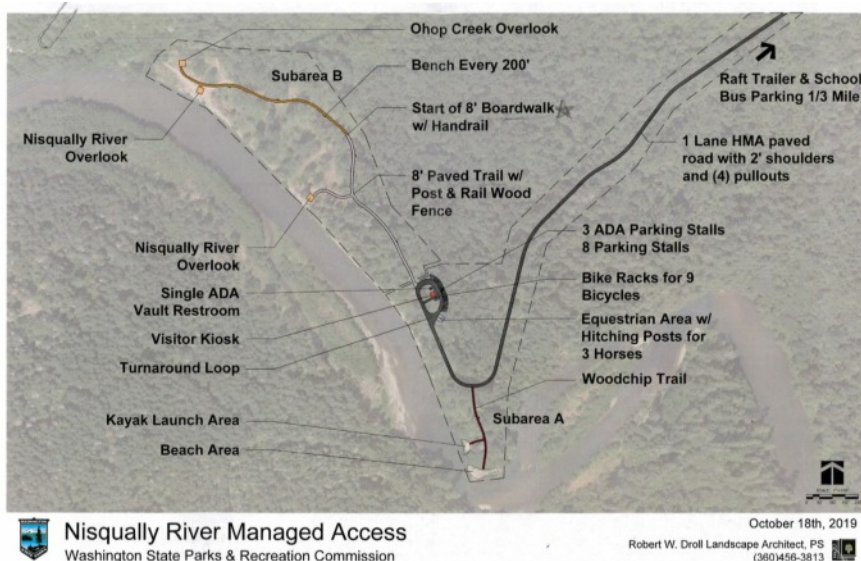
Trail Plan: There is already a network of the old logging roads throughout the park. Individuals and groups have been creating their own trails as well. State Parks is planning an overall trail plan to manage the trails better and cut down on user-created trails.

Park entrance and campground: State parks is designing a new park entrance that will include a new entry off of Highway 7 and a new welcome center/ fee station. They're also planning for a 52 site campground near the entrance. This would be designed in the next 1-2 years and built within 3-4 years.

Ohop-Nisqually River Access: Currently, the Ohop Creek/ Nisqually River access road is a gated-off former logging road. It provides important access for the Tribe's Salmon Restoration Program. It also provides access for "bad behavior"- illegal camping, vandalism, erosion at the creek, destruction of habitat plantings, shooting, etc. The State proposes to modify the road and gate and provide "managed access" which would better protect salmon habitat. This project is still very much in the design stage.

Cultural resources investigation: A thorough cultural resources investigation is required as part of the planning process. That will likely happen in 2020.

Tribal members will have an opportunity to learn more about these plans soon. Watch for a public hearing in early 2020!





Library Staff Receive Institutional Excellence Award

By Kacie Thompson

Nisqually Library staff recently attended the annual National Association of Tribal Archives, Libraries and Museums conference where fellow staff member Kacie Thompson was honored and recognized for previous accomplishments with the Library. The award also recognized achievements all staff has put forth in creating what we are today. The official award is titled: International Guardians of Culture and Lifeways "Library Institutional Excellence" award. The award recognizes a tribal library that profoundly demonstrates outstanding services to its community, has developed innovative and effective services and programs, has partnered with other institutions, and has made an impact on the community in a positive way.

Nisqually Archives and Library are continuing to work hard in providing support and resources throughout the Nisqually community.

Award presented to Kacie Thompson by ATALM'S Chairman of the Board Walter Echo-Hawk & Board member and U.S. Poet Laureate Joy Harjo.



Nisqually Tribal Library Staff

Nisqually Tribal Library would like to thank all the people who made it to Nisqually Days at the end of September. We had a great turn out.

As we are going through our new and old library card applications, we are updating our system in the Library. We would like to ask all **New** and **Current** library card holders to please come into the library and update their information. At this time we are requesting current email and home address updates.



Thank you hope to see you soon.

Flaggers Certification

November 13, 2019 **or** December 12, 2019

There is a growing need for Flaggers in the State of Washington over the next several years. This is a great opportunity to learn a new skill that can be used in other fields of work & earn a good salary.

If you are interested in signing up for the flagging course, please visit the Tribal Employment Rights Office (TERO) 11500 25th Ave. SE Olympia, WA 98513 or contact Kayla Sparkuhl at Sparkuhl.Kayla@nisqually-nsn.gov.

You must be a Certified TERO Client to attend.



New NON-EMERGENCY # 360-412-3030

Call this number to leave a NON-EMERGENCY crime tip. You will be asked to leave a message that will be forwarded to all Nisqually Tribal Police Officers.

Please call 911 for Emergencies



Underground Utility Construction Course

By Kayla Sparkuhl

The first Underground Utility Construction Course with Redline Training Academy took place October 23, 2019 – October 4, 2019. This ten day course consisted of classroom instruction and field training provided by instructors from Redline Training Academy, Vermeer Northwest, DCI and Prodrill. Students received training in personal protective equipment, trench safety, ladder safety, utility color code, DCI DigiTrack Locating, prodrill HDD fluid/soil classification, directional drill certification, excavator operator certification, vac-machine operation, pothole utilities, flagging and OSHA training. Redline assists with job placement upon successful completion of this course.

In addition to the Underground Utility Construction Course, we are also offering a four-day OSP Fiber Splicing Course (Optical Fiber Splicing and Performance Testing). The overall objective of this course is to enable a Technician to successfully construct an Optical Network from a Termination to a far end destination regardless of Architecture. This includes Hands On Lab exercises performing all of the traditional tasks that the Technician would be asked to perform. Success is measured by Instructor evaluation of tasks and final performance testing of a completed lab cable network. Students will be instructed and understand the basics of HDD operations before heading to our proving grounds where they drill to a target and pull back conduit. Students learn how to prepare proper tooling and mud mixture for multiple soil conditions. Students will learn how to identify and locate existing utilities and plot their drill path accordingly.



The OSP Fiber Splicing Course is scheduled for October 22, 2019 – October 25, 2019, and January 14, 2020 – January 17, 2020. The next Underground Utility Construction Course is scheduled for November 4, 2019 – November 15, 2019. Stop by TERO 11500 25th Ave. SE Olympia, WA 98513; or contact Kayla Sparkuhl at Sparkuhl.Kayla@nisqually-nsn.gov or at 360-456-5221 ext. 1002 for more information.

50th Years of the Occupation at Alcatraz, Indigenous Days Sunrise Ceremony

My little family has been going to these ceremonies for the past 5 years. This years was far the best I have witnessed. Getting to an Island when it is dark and stars are out. And to watch my girls dance with their Round Valley Family, as the sun rises brings a whole brand new start. From the crisp sea air to hear the seagulls go by, but this year you can hear coastal songs over the water. Words can explain the beauty. But my heart is happy I was there. Just want thank the Leimomi Canoe Family for traveling so far. -Joy





From the Headwaters to the Delta

By Brad Beach

It seems like just yesterday that Jeremy and I were on Mt. Rainier investigating archaeological sites, participating in joint planning meetings, and best of all.... digging a new pit toilet so the Mt. Rainier trail crew can relocate one of the backcountry camps along the Wonderland Trail. Although working with the National Parks crew on Mt. Rainier has definitely been a highlight of the season, it was a relatively small part of what we have worked on this year throughout the Nisqually Watershed.

Following the path of the river we can chart our work from the headwaters to the delta. I've already mentioned our work on Mt. Rainier, so I'll start in Eatonville where Jeremy and I advised the South Pierce County Historical Society to implement an inadvertent discovery plan (IDP) as they worked on the Tofu House, a historic structure that served as a meeting place for Japanese-Americans living in south Pierce County. Our next stop is Nisqually State Park where we worked with a private archaeological firm to survey Nisqually's property, commonly referred to as the "Manke property." We spent close to three weeks digging shovel test probes, circular holes that are approximately one foot in diameter and two to three feet deep, to locate any evidence of previous tribal occupation.

While not within the Nisqually Watershed, Jeremy has been spending a lot of time along the Skookumchuck Ridge, about 15 miles south of the town of Rainier, monitoring the construction that goes along with the installation of three-hundred feet tall wind turbines. Getting up at 4:15 a.m. and leaving the house by 5 to arrive at the jobsite location by 6 a.m. has been a change from every day. But it's a must to meet up with myself and the hundreds of workers who have to go over safety regulations and the work events of the day. After our morning routine, we load into our rigs and begin the 20 minute to 2-hour convoy up into the back country depending on which one of the 38 sites we will work at. From the top, nearly 3000 feet above sea level you can see three peaks: Mt. Rainier, Mt. Adams and Mt. St. Helens. If you look off in another direction you can see Chehalis, then turn your head some more and you can see the Nisqually Delta. The view is short

lived though, as the excavators and dozers began to move earth in preparation for the installation of the turbines. As Nisqually Tribe THPO site monitors, we have to monitor their every move; getting excited over the possibility of a historic find, yet hoping nothing is uncovered or disturbed. It's sort of a game of give and take as the new world takes soil from the earth. Our role is to give our culture the protection it



deserves if anything were to be unearthed in the process. It is a beautiful job that we have and one we can be proud of knowing we have the chance to protect our ancestors who once protected us.

Our last stop along the River puts us in the Nisqually Reach where we participated

in an archaeological investigation around the Nisqually Reach Nature Center and the boat ramp at Luhr's Landing. The boat ramp has seen better days and the Washington State Department of Fish and Wildlife (WDFW) has plans to replace it. Luckily we didn't find any indications of prior human occupation but are aware of the importance of fishing areas so the project should be able to proceed without any interruptions.

We will continue to include updates to the THPO department field work in future Nisqually newsletters, but in the meantime if you have any questions feel free to contact us at beach.brad@nisqually-nsn.gov or badoldman.jp@nisqually-nsn.gov.



November is Diabetes Awareness Month and November 14th is World Diabetes Day

All month long we will be celebrating to create awareness and help community members make the important changes needed to protect our families.

Keep your eyes open and you'll see information shared all over campus to spread awareness throughout the month. Join us in our social media campaign by wearing blue on World Diabetes Day. And using the hashtags #WDD #WorldDiabetesDay #TEST2PREVENT

Did you know diabetes is a leading cause of blindness, amputation, heart disease, kidney failure and early death? It is estimated that 1 in 2 people with diabetes are undiagnosed. Detecting diabetes early involves the whole family, if type 1 diabetes is not detected early it can lead to serious disability or death.

Symptoms of Type I Diabetes



Symptoms of Type II Diabetes



It's important to remember that over 50% of type 2 diabetes is preventable by adopting a healthy lifestyle. As families, sharing healthy meals and being active together can help reduce risks. Blood sugar checks are available to our elders on Mondays and Wednesdays. We have nutrition services available to help families learn more about healthy meal planning with traditional foods. Tribal members are welcome to come to the Nisqually Health Clinic anytime to have the nurse check their blood sugar and learn more about how we can prevent and manage this disease.



Please join us for a special dinner on World Diabetes Day,

November 14th at 5:00 p.m. in the Billy Frank Jr. Center. We will have a healthy dinner, door prizes, a raffle and more. Come celebrate with us and learn more about how you can protect your family.

After School Homework Help
Education Building
12503 Yelm Hwy. SE
Tuesday & Thursday
3:30-5:00pm
Contact 360.456.5221
Ken Tuckfield x. 1161 or Kelsha McDonald x.2206
Homework is required to attend.



Reminder: In Order to Serve Our Community Better

We are updating our Electronic Health Record System

Please be patient with us as our appointment times will be longer as our staff learn the new software entering patient visits:

October 14th thru November 2019.

Thank You

If you have questions, please give us a call at 360) 459-5312



FEATURED RECIPE!

South Puget Intertribal Planning Agency

USDA Foods Program

SERVING NISQUALLY 11/25/19

Italian Vegetable Soup



INGREDIENTS:

- 1 pound ground beef
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped carrots
- 2 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can tomato sauce
- 2 (19 oz) cans kidney beans, drained/rinsed

- 2 cups water
- 5 tsp beef bouillon granules
- 1 Tbsp dried parsley
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 2 cups chopped cabbage
- 1 (15.25 oz) can kernel corn
- 1 (15 oz) can green beans
- 1 cup macaroni

INSTRUCTIONS:

1. Brown ground beef in a large soup pot, drain excess fat. Stir in onion, celery, carrots, garlic, tomato sauce, kidney beans, water and bouillon. Season with parsley, oregano and basil. Season for 20 minutes.
2. Stir in cabbage, corn, green beans and pasta. Bring to a boil and reduce heat. Simmer until vegetables are tender and pasta is done.

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

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

USDA Foods Program November Dates

PT. GAMBLE S'KLALLAM 11/5/19
SQUAXIN ISLAND 11/8/19
CHEHALIS 11/14/19
SKOKOMISH 11/19/19
NISQUALLY 11/25/19

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

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program November Dates

WIC WOMEN, INFANTS & CHILDREN

SQUAXIN ISLAND 11/12/19
NISQUALLY 11/13/19
CHEHALIS 11/14/19
SKOKOMISH 11/20/19

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.





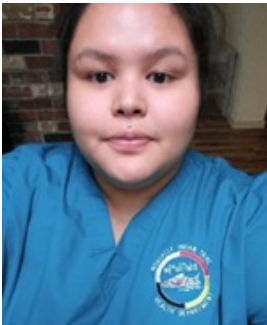
Healing House Staff

Hello my name is Victoria Jackson. My parents are Pete and Vickie Jackson. I am a member of the Port Gamble S'klallam Tribe. My Grandparents are Beatrice Jackson (Jamestown S'klallam Tribe) and Benjamin L. Jackson (PGST). I am also a member of the Stz'uminus First Nation. My grandparents are Eliza Mary Goldsmith (Cowichan) and Cyril Seymour (STF). I was born and raised in Tacoma. I am a mother



to 2 sons and 2 stepdaughters. I have been a part of the Nisqually Community for about 7 years now. I started working for the Nisqually Tribal Health Department in November of last year. I am one of the CNA's at the Healing house. Growing up, it has been instilled in me to always respect and to take care of your Elders. I am very grateful to have this opportunity to work with the Nisqually Tribal Elders.

My name is Eliona George. I grew up on the Nisqually Reservation, but I am from the Puyallup tribe. My parents are Damon and Marie George and my grandmother is Marian Smith. I have been a full time nursing assistant at the Nisqually Healing House since the beginning of April. I have really loved it here, and I love even more my new role in the community. I have learned so



much working with the Nisqually elders. And I am learning even more while I attend Northwest Indian College right here at the Nisqually campus. I am really thankful for the opportunities given to me, and really look forward to the direction that I am heading!

Hello, I am Mylea Samuels. I am one of the newest additions to the Nisqually Adult Healing House. I am from the Nez Perce reservation in Lapwai, ID. I was born and raised in Idaho but I've always loved the Pacific Northwest. It only seemed fitting to move over after graduating from Lapwai High School in 2018 look forward to working with the Nisqually Elders and the community.



My name is Querida Perez and I'm an enrolled Chehalis tribal member. I grew up on the Nisqually reservation and have ties to the community. I am a wife and a mother to two beautiful children. Currently, I am employed by the Nisqually Health Department as a Certified Nursing Assistant (CNA). This current position gives me the gracious opportunity to give back to the Nisqually community. I enjoy sharing time and space with the Nisqually elders whom share so much of their wisdom.



ALOOOHA,

My name is Jeffreen Patton and I'm a new CNA at the Adult Healing House. I recently moved to Washington this year and have spent almost my entire life living in Hawaii. When I got the call from HR saying that I got the job, I was so elated that I was jumping around singing "I GOT MY DREAM JOB!" My heart brought me to the mainland, and my heart is here to stay with the Nisqually. I feel so blessed to be here and learn about the culture and history. It is truly an honor to be a part of the tribe in my own small way. MAHALO NUI LOA



Nisqually Tribal Office Holiday Schedule

Mon., November 11th Closed

Wed., November 27th Early Release

Thurs./Fri., November 28-29th Closed

Tues., December 24th Early Release

Wed./Thurs., December 25-26th Closed

Tues., December 31st Early Release



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
- Advice and help with proper footwear

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

Clinic dates for
Dr. Molina Kochhar:

2019

~~August 8~~
~~*August 16~~
~~September 16~~
~~October 4~~
~~October 11~~
November 1
*November 8
December 6

Call the Clinic @
360.459.5312

to schedule an
appointment

Nisqually Tribal Health Department

Pediatric Clinics

Dr. John Karpel

Clinic Dates:

REMAINING

DATES

Dr. Sylvia Morales

Clinic Dates:

Monday, June 10th

Monday, July 8th

Monday, August 12th

Monday, Sept. 16th

~~Monday, October 14th~~

*Tuesday, November 5th

Monday, December 9th

Tuesday, June 25th

Tuesday, July 23rd

Tuesday, August 27th

Tuesday, September 24th

~~Tuesday, October 22nd~~



"Is my child due for a
Well Child Check?"

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old.

AND...

By 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2.5 years, 3 years, and every year until age 21.

Call the Clinic at **360.459.5312** to schedule appointments such as:

- Well Child Checks
- Head Start Exams
- Childhood Immunizations
- Physicals and/or Screenings.

NISQUALLY WELLBRIETY NOONER

Where: Nisqually Recovery Café

When: Wednesdays

Time: 12:00 - 1:00 pm



Nisqually Recovery Café
4820 Billy Frank Jr Blvd.
Olympia WA 98513

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

WELLBRIETY Talking Circle

Where: Nisqually Recovery Café

When: Friday Evening

Time: 6:15 - 7:30 pm

Contact: Anita at anita.torres@nisquallyhealth.org or Chuck at chuckdeuel@comcast.net



Nisqually Recovery Café
4820 Billy Frank Jr Blvd.
Olympia WA 98513

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



Announcements

OCTOBER 7TH
HAPPY BELATED BIRTHDAY
MONICA
LOVE DAD



Happy Belated Birthday Rachel
Birkoski
"Dirty 30"
From your mama!

November 25, Happy Birthday Kareem, Love the McDonald Family

October 15th
Happy Belated Birthday to my little sister
Selina Oya!
We love you and hope you had a good one.

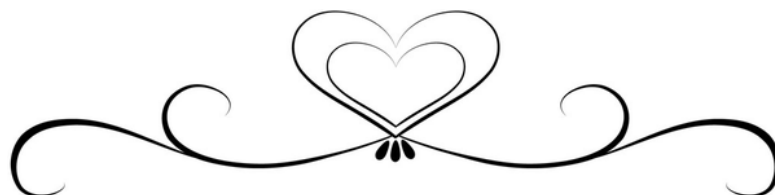
November 15th
Happy 17th Birthday to Maleah C. Broussard!
Love you, always mom and family!



Happy Belated Birthdays
Shane and Rachel
From Auntie Kim!

Thank You

It is with deepest gratitude that my family give thanks to Nisqually during our time of loss with my son Joshua McGee. To my family for supporting and helping us through the arrangements for his Celebration of Life, and everyone in the kitchen that helped make the meal something he would have enjoyed. Special thanks to my cousins for making the slide show beautiful. Your love has been felt by all of us during this time and we ask from everyone going forward to love a little harder and accept differences stronger. We love and thank you all ~ Magdalena McGee & Family





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



A Full Service Print Shop for all your personal & business needs.



Posters	Self-Service Copies
Business Cards	Black&White/Full Color
Postcards	Full Service Copies
Invitations	Fax
Labels	Scanning
Brochures	Stickers/Decals
Booklets	Banners
Yard Signs	Letterheads/Envelopes
USPS/UPS Shipping	**Notary Services**

Hours:
Monday - Friday
8am - 6pm

Location:
12820 Yelm Highway SE
Suite C
Olympia, WA 98513

Phone:
360.338.6431

Email:
orders@nisquallypostandprint.com

Website:
www.nisquallypostandprint.com