

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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September 2021

TERO Career Fair

By Jennifer Underwood

TERO would like to thank everyone for attending our Career Fair on Wednesday at the Medicine River Ranch. Around 210 signed in for the event, but we bet that there were several who didn't sign in.

The Career Fair was geared towards 14 year olds and up, in hopes of getting the younger generations interested in their career they will evolve into as they grow up. We had sign-up sheets for anyone interested in the numerous trainings we are offering. There were over 35 vendors in attendance, people could sign up for colleges, unions, apprenticeships, or fill out job applications. TERO truly wishes to see everyone succeed whether it's getting an interview, attending a college or a training, or getting a job. We are here to help, call us or come on by.

We plan on making this at least an annual event. Although the day, time, or venue could change for the next event. Any and all comments made, TERO has taken back to our team to further discuss, which will aid us in planning the next event.

****Special THANK YOU shout outs to the following:**

- Thank you Nisqually Maintenance/Operations
- Thank you Emergency Management
- Thank you Transportation
- Thank you the Public Works Department
- Thank you the Finance Department
- Thank you the Building Department
- Thank you the sqʷaliʔabš Food Truck
- Thank you the Medicine River Ranch Department
- Thank you Nisqually Post and Print
- Lastly, thank you to TERO Studios

Thank you to our 14 TERO event staff who assisted us with parking, sanitation pick up, food prep, cooking, food helpers, set up/pick up! They are: Marilyn Young,

Continued on page 6 -TERO



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

Zoom meetings will be set up for 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 Lori Lehman at 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 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov

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

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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, William (Willie) Frank III
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Chayannah (Chay) Squally
 6th Council, Hanford McCloud
 7th Council, Leighanna Scott

In this issue:

Language	pg. 3
National Night Out	pg. 4
Library	pg. 5
Natural Resources	pg. 6
THPO	pg. 7
Pronouns Matter	pg. 8
Sports	pg. 9
IT-Living in a Virtual World	pg. 10
STEPS Program	pg. 11
Brighton Creek	pg. 12
Health	pg. 13
Dental	pg. 14
Announcements	pg. 15



The Nisqually Tribe Finds Knowledge and Power in Learning Their Language

By Debbie Preston

Language is a bridge between the past and the present.

Nisqually tribal member Antonette “Maui” Squally knows that personally from her journey learning the Nisqually language and becoming a teacher.



“I remember so clearly listening to Willie Frank Sr., who was the last speaker of the Nisqually language, when I was 13 or 14 years old,” Squally said. Squally’s mother cared for Frank, who lived to be 101, in his later years. “I trace my interest in language to that time. I was captivated.”

She had some language classes in tribal school and showed great aptitude for it, but in the intervening years, it fell to the wayside.

Cue her uncle, Leonard Squally, who told her it was time to accept her Indian name, but not until she knew what it meant.

“I think he knew what he was doing,” Squally said with a chuckle. The search led her to the Puyallup Tribe and their Lushootseed language program. Lushootseed is the basic language of many tribes in western Washington, although most tribes have dialectal differences.

There, Squally’s passion for language was rekindled and she became a certified teacher in six months, an impressively short time to become fluent.

“When I came home able to speak the language and tell my uncle that my name meant ‘fine weaver,’ he cried, Squally said.

Puyallup tribal teacher Connie McCloud praised Squally’s ability to connect with elders who had been told to stop speaking their language. Most would not teach their children the language for fear of the harm that would come to them in schools.



“I have had elders come and take my hands in theirs, one of the most intimate expressions of care, and thank me for speaking our language and for teaching it to this generation and the next,” Squally said.

Along with telling her uncle what her name meant, she learned the meaning of what his mother used to call him when he was a young boy. “I told him she was either calling him a rock or a little girl and he laughed and laughed. Every time I would visit him later, he would greet me with that Nisqually word and just laugh,” Squally said.

Another elder interrupted her when she was going over some names of animals, “That. What’s that mean?” The elder remembered her mother using the term around her as a young girl. “It was the word for ‘skunk,’ ” Squally said with a laugh. “We’re guessing she was calling her a little stinker.”

As she delved into the language, she has learned the geography, that place names and the history of her people. “It’s all tied up in the language and is just as much a part of passing this forward as the language,” Squally said.

She followed her teachers’ instructions to teach those in her family first. Now her niece, Chay Squally, is also a language teacher. The two are creating flash cards, books and a language application for phones. When COVID restrictions ease, they will resume language sessions with the elders.

The recordings of Willie Frank Sr. made by tribal member Jean Sanders are the foundation for the

Continued on page 4-LANGUAGE



National Night Out Event BBQ

By Leighanna Scott

August 3, 2021 was the National Night Out, an annual community building campaign that promotes police community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National night out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.



Continued from page 3-LANGUAGE

language tools because they include the nuances of the Nisqually language.

“We started a class with 10 people who will also become teachers, but we get quite a few who come in just to listen to the tapes of Willie Frank Sr.,” said Chay Squally. “He’s still the magnet for people that gets them interested in learning.”

During the time when there were just a few Nisqually tribal members speaking the language, it was used during Canoe Journeys. During Canoe Journey dancing and singing practices in the region over the last 15 years, the Skokomish Tribe returned the gift of a Nisqually song that Skokomish had kept alive for at least 100 years. “So many times, that has happened,

where another tribe is able to return a song or a dance to a tribe when it’s time,” Chay said.

“We call it the Nisqually anthem – it says ‘This is the best we have to offer,’ and it’s hard to describe the feeling of performing that song now in our language. It is so empowering to sing it,” Chay Squally said.

Both women are now on Nisqually tribal council and are gratified to see support and interest in language classes from their community

“You don’t know where you are going if you don’t know where you’ve been,” Antonette Squally said. “I’ve always been told that, and getting this history from our elders and the language helps us go forward.”



LIB LIFE,

Tribal Library Staff

The Library has a reopening plan in place, which will permit a limited number of people by appointment only. **HOWEVER**, we are currently booked out through October and are also following policy movement, development, and additional recommendations with regard to COVID19 risk mitigation, meaning, our plans may change at any given time. We apologize for the inconvenience that our closure may have on your family needs, but realize that we are still open via curbside and on-reservation drop-off, and beefing up our online presence to meet community need while staying safe.

Community Services Summer Engagement Program: For Tribal and Community members with school-aged children, applications are still available for participation in the Summer Engagement Program! On June 18th, Community Services staff handed out extraordinary kits to aid in the completion of this program. Don't forget to log your hours and send registration/logs to Sanchez.catalina@nisqually-nsn.gov by **AUGUST 30th!**

Library Delivery: For those patrons that live within the boundaries of the Nisqually Reservation, we are able to deliver

materials to your door weekly. Give us a call to reserve your materials by Wednesday of the week to receive items on your doorstep by Friday! For those patrons that live outside the boundaries of the Reservation, call the Library for curbside pick-up to reserve a time – at least 24 hours in advance.

Curbside Pick-up/Drop-off: All registered Library Card holders are eligible for curbside pick-up/drop-off of materials. Check out our catalog and call in your reserved materials!
<https://weusso.softlinkliberty.net/>

Telephone Reference Services: Have a question about schoolwork? Wondering what materials your kids might like to read based on their age(s) and interest(s)? Need to request an Interlibrary Loan? Nisqually Tribal Members and members of the Reservation community, feel free to give us a call to discuss your information needs!

Library Staff can be reached at 360-456-5221
Catalina S. extension 1222 **OR**
Shannon R. extension 1141

Library Trainee Update

By Misty

Hello Nisqually Community!
It's Misty, your Nisqually Library Trainee. The last time I updated, I was just getting started with my first Library Support Staff Certification class. As of now, we're six weeks in and wrapping up. I have had a great experience, and learned so much. I had a little trouble with copyright laws and how they pertain to libraries,

but thankfully I have a teacher who provides a lot of great reading resources so I was able to make it through with no problem! Looking forward, I have five more courses and the next one will be all about "youth services" in the library. Stay tuned for my next update!

**Nisqually Tribal
Office Closures for
September 2021**

**Labor Day
Monday, September 6**

**Nisqually Day
Monday, September 27**

**Take your family camping
this summer!**

**Enjoy the views of the Mountain
from Nisqually's private campsite.
The campsite is spacious and private.**

**Available only for Tribal members,
camping is free.**

**You do need to fill out an
application and get a permit.**

**Call 360-456-5221 and ask for Diane,
or come by the Tribal Planning Office.**



Nature Resource News

HUNTING NEWS

The Nisqually Tribe's hunting season is now open. Hunting tags and copies of the hunting regulations are available at the DNR office, 620 Old Pacific Highway. Also, maps of hunting areas are available electronically and can be downloaded to your smartphone. Pick up the instruction flyer at Natural Resources when you get your hunting tags. Please remember that all hunters must have current hunting tags and appropriate I.D. with them while hunting.

STEVEN BORREGO – WILDLIFE PROGRAM MANAGER



The Department of Natural Resource is pleased to announce the hiring of our new wildlife program manager, Steven Borrego. Steven brings experience working with other regional tribal wildlife management agencies, including the Nez Perce Tribe and the Confederated Tribes of the Colville Reservation, as well as state and federal agencies. Steven completed

his Bachelor of Science degree in wildlife science at Oregon State University ("the Beavers"), and later a master's in natural resource science - wildlife ecology at Washington State University in Pullman ("the Cougars"). Steven jokes that makes him a hybrid of the two rival university mascots, a "coug-beev", and that it's difficult to make allegiance to one university or the other. His master's degree at WSU involved research into cougars and endangered jaguars in northern Mexico.

Steven's career includes field experience in wildlife management and research in Idaho, Oregon, Washington and Wyoming. Among the species he has worked with are bighorn sheep, foxes, goshawks, fisher and marten. Steven also worked with the Nez

Perce Tribe in Idaho to help manage wolves during the wolf reintroduction in central Idaho. Later he worked on a multi-year wolf research project in NE Washington, working closely alongside the tribal wildlife department and cattle producers on the Colville reservation.

Another research project for Steven was in SE Alaska investigating nutrient cycling of pink salmon and the role of brown bears. This work included Steven netting and tagging pink salmon in the same pools and reaches that brown bears were frequenting. Fortunately, no incidents occurred but he did have hours and hours of up-close observations of brown bears gorging themselves on salmon and pooping the digested nutrients back into the riparian zone.

Steven is enthusiastic to be part of the natural resource team and looks forward to working with DNR staff and tribal members, along with the other Medicine Creek Treaty tribe wildlife biologists, to develop the new wildlife program to ensure tribal hunters maintain and gain access across the Tribe's traditional hunting areas. In the future as the program develops, the wildlife program will also involve resource assessments and co-management of wildlife species important to the Tribe. Steven is particularly interested in gaining knowledge from Nisqually hunters, both about the "old days" and current hunting activities and their experiences. "I came to the Nisqually Tribe to listen and learn from tribal elders, and younger tribal hunters, and to apply my experience in wildlife science to enhance and better manage wildlife populations and their habitat that are important to the Tribe."

If you get a chance, please drop by the Natural Resources office to meet Steven.

Steven Borrego

Continued from cover-TERO

Kevin Gorai, Erin Gorai, Jaydon Owens, Xavier Flores, Dammon Sanchez, Angel Rivera-Otero, Peter Jackson, Laila Underwood, Makaila Underwood, Tashante Green, Wesley Olin, Angelo Rameriz, and Rosaleen Turningrobe,

TERO TEAM:
Yolanda Machado
Jennifer Underwood
Kayla Sparkuhl
Victoria Jackson
Jack George
Aztec Sovereign

Thank you to anyone that we may have left off. Each and every one of you assisted in making the Career Fair a beautiful success! Thank you from the bottom of our hearts,



Mystery at Minter Cove

By Brad Beach, Jeremy Perkuhn, and Sela Kalama

There is a saying that goes something like this, “the more you know, the more you realize you don’t know.” This saying became particularly poignant over these last few weeks when the Tribe’s Historic Preservation Office (THPO) participated in an archaeological survey along the shores of Minter Cove.

We already knew that the point of land we were working on was a shell midden before Euro-American contact, and the first archaeological report from 1948 alludes to this as well. In this report it’s discussed that the original shell midden was likely to occupy the entire point but that land development in the early 1940’s destroyed rock cairns and leveled a large portion of the midden in preparation of future construction. The first few days of digging seemed to verify this history, the upper levels of shell midden seemed to be crushed as if a piece of heavy equipment continually drove over it spreading it evenly across the point as to level the land.

Where things took a surprising turn was towards the end of the first week when a historic wooden pipe was found below the layers of crushed shell midden.



Ground Stone Tool

Shortly after the wooden pipe was found, cut nails were identified in another test unit within the lower layers of the shell midden. I do not think anyone on the team was expecting historical artifacts to be found under, and within, the shell midden materials. As the team proceeded to remove more layers of sediment, and more artifacts to boot, a second shell midden was found overlying an earlier beach surface.

The archaeological survey wrapped up about a week ago and at this point we are all anxiously waiting to see how the stratigraphy of the various midden materials and sediment are going to be analyzed and how the wooden pipe and cut nails are going to be associated with the separate middens and other artifacts. This ended up being an incredibly fun project to assist with, and the unusual deposition of both shell midden and sediment make it even more interesting!

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

Tribal Council Meets with Congressman Derek Kilmer

August 2 Nisqually Tribal Council hosted Congressman Derek Kilmer. Congressman Kilmer is a strong advocate for the Nisqually Tribe in Washington D.C. They discussed the Puget Sound Salmon Recovery funding and funding for the Nisqually Bridge I-5 Project.

Congressman Kilmer toured the facility, which at the library he witnessed our Vice Chairwoman Antonette Squally and 5th Council Woman Chay Squally working on transcribing our language. Council showed the Congressman the New Health Facility where he witnessed 6th Councilman Hanford McCloud weaving one of the entry poles.



We will continue to work and educate state/federal/city/county officials about who we are as Nisqually People.



Pronouns Matter

By Josette Ross (She/Her)

****May is Mental Health Awareness Month and June is Two-Spirit LGBTQ+ Pride Month. The Nisqually Health Department is working to share our commitment to supporting the mental health and wellbeing of the Nisqually Tribal Community year-round by sharing the services we offer and some of the exciting projects we are working on. Keep an eye out in the mail out, on Facebook and here in the newsletter for more updates. ****

Definition of a Pronoun:

A personal pronoun is a short word we use as a simple substitute for the proper name of a person. ... I, you, he, she, it, we, they, me, him, her, us, and them are all personal pronouns (www.grammarly.com)

Using someone's preferred pronouns (She/Her, He/Him, They/Them, etc.) can feel hard or different at first, but it's important to know you don't have to be perfect all the time. Simply asking someone what their preferred pronouns are is a great step in supporting them! Practice using their pronouns when talking about them, and make a habit of using your own pronouns when introducing yourself.

It's important! Pronouns aren't a preference — they can save lives. The Trevor Project's new research

on mental health found that 42% of LGBTQ+ youth seriously considered attempting suicide in the past year, yet those who had their pronouns respected by all the people they live with attempted suicide at half the rate of those who did not have their pronouns affirmed. (www.thetrevorproject.org)



The Nisqually Tribe Health Clinic is working hard to create a safe and affirming environment for all of our patients, including our trans tribal and community members. Beginning in May, we added expanded options for sexual orientation, gender identity, pronouns and preferred name to our electronic health record intake form.

This means that our patients can now use the pronouns and name that makes them feel most comfortable, regardless of what is listed on their legal documents. We want all of our patients to feel welcomed and supported in our clinic.

Questions? Feel free to reach out!
Josette.ross@nisquallyhealth.org 360-459-5312

If you or a loved one are in need of mental health support, you can find resources and crisis intervention services at thetrevorproject.org.

Nisqually PD/Fish and Wildlife

By Michael Terrell

The public safety complex has been busy this past month patrolling the neighborhoods and involved in numerous community events. The police and fish and wildlife department was at the career fair and answered employment questions from numerous interested individuals and also had on display police equipment. Also on August 3rd was national night out at the Nisqually youth center. The public safety department was able to connect with the community and build relationships.



Two cadets are currently attending the basic police academy in Artesia New Mexico. A patrol officer and

a Fish and wildlife officer (Nisqually tribal member) recently graduated from the basic academy and completed their first week of field training. If you see them out in the community be sure to say hi! After a 13 week training phase and completing the PTO requirements they will be released to work as solo officers.

Please remember as the hot weather is upon us to stay hydrated and take proper safety precautions. When in and around water, and if floating the river, be sure to use coast guard approved life vests!



Nisqually T-Ball

By Natosha Rosado

Nisqually All Stars and Nisqually Warriors first Tball season was a huge success. The All-stars and Warriors would like to thank everyone who helped make our first season happen. These kids were so much fun and they progressed tremendously in the 10 weeks

A BIG thank you to the parents who volunteered to help with our 18 kiddos and two teams. Thank you to our Tribal Council and the departments who helped sponsor our two teams



Zugwuts Basketball

Coach Maury Sanchez and assistant coach Jeremy Spencer (helps with the 10u team) have been taking youth to participate in different basketball tournaments. No luck in placing but the kids are having fun and get to see what rez ball is about. Making memories for them to always remember.

Thank you to Kevin Moore, with the Youth Program, for always assisting with the finances for the lodging, entry fees, and food that it takes to travel with the kids. GO ZUGWUTS!

2021 H.O.O.P.S. Centrailia



14 U Team
2021 Spokane for
Alonzo's B-Day Bash



H.S. ZUGWUTS



10u ZUGWUTS



Living in a Virtual World

Tips from the IT-WebDev Department

Interpersonal interactions and cultural gatherings that identify us as human beings were changed due to an invisible disease.



Technology was already creating social distancing prior to COVID health concerns. However, as a result of the ongoing pandemic struggles, physical

interaction literally halted while online interaction skyrocketed.

From online high school graduation ceremonies to online meetings to the worldwide Olympics, the whole planet became more virtual in 2020 and continues now over half way into 2021. Online technology use trends appear to be expanding as reports of COVID variants forming and virus cases spreading across the country continue to make news headlines. Every form of business from products to services was impacted resulting in the further use of technology devices.

CIOs and IT Administrators are struggling to keep up with the technology demands of customers and users; often facing challenges of device shortages created by industry manufacturing inventory reductions. Manufacturers across all industries are still suffering today with Ford Motor Company being a most recent example with over 20,000 F-series pickup trucks waiting on computer chips to complete their assembly (pandemic impacts combined with a fire at the supplier). GM, Tesla, and BMW also report chip shortages.

A question that has been asked for decades is “does technology help people connect or isolate them”? Let’s look at some interesting points;

- Reliance on video and audio conferencing grew phenomenally, e.g. in health, education and business environments.
- Stay at home orders combined with movie theatre closings increased streaming of online

media content and TV viewing for entertainment.

- Online gaming became one of the most popular activities during the COVID-19 outbreak period and industry spending surged.
- Quarantined individuals could maintain interaction with friends and family through the use of technology.
- Studies showed an increase use of smart phone usage particularly for messaging. In a late 2020 U.S. study, 54 percent of mobile users were using messaging while 40 percent were placing calls.
- Between February and April 2020, iOS and Google Play app and gaming downloads increased from 9.1 billion to 12 billion.
- In late 2020, over 400 million people participated in online video conferencing on a daily basis.

Tips for effective “Dos and “Don’ts” of virtual communication;

- **Don’t assume** - If someone is running late to an online meeting, they may be having technical issues.
- **Don’t jump to conclusions** – Facial expressions may not be seen or voices heard clearly, video cameras may even be turned off. The lack of in-person communication removes non-verbal physical queues that can be helpful in connecting.
- **Do be patient** – Whether it’s a technical challenge or an understanding of device usage, be understanding; people are at all skill levels of understanding technology.
- **Do be forgiving** – Stress and anxiety have increased as a result of the pandemic. Learn to accept mistakes, whether of yourself or others.



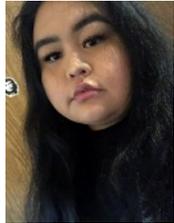
STEP Shoutout to Dejah McCloud and Nala Squally



By Tia Lozeau, on behalf of the STEP Board

The STEP Board would like to congratulate Dejah and Nala for completing one year in their apprenticeships.

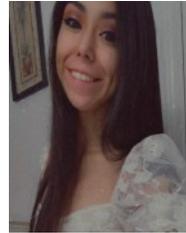
Dejah started her journey at the NRWC in the Slots department as an Attendant. She quickly realized that Slots was not her forte and transferred into the Administrative Assistant apprenticeship. In this position, she has learned the HR Admin Assistant and is finishing up her training with the Training department as the Team Member Relations Assistant. Dejah's next progression will be into the Marketing department as the Admin Assistant.



Dejah, your willingness to step out of your comfort zone and learn all you can, inspires me. You have set goals for yourself that I know you will reach. Dejah,

keep up the fantastic work, and don't stop reaching for those stars.

Nala is the beverage apprentice and has been learning all aspects of the beverage department for the last year. Nala started as a bar back and quickly progressed into the bartender position. As a bartender, she has worked in the Coho and River Water Bar and Grille, and her next progression will be in Pealos. I have witnessed Nala grow and become more comfortable and confident in her position. Nala is very friendly and loves working with the guests. Keep up the AMAZING job, Nala. You will graduate from the program before you know it.



Congratulations again to both of you!

Nisqually Tribal Archives

(A story from the 1995 Nisqually Community Vision Plan, page 18. Revised by Kurtis Bullchild, Archives Tech.)

Nisqually Story

I Remember...

When I was a little girl growing up on the Nisqually Reservation, I remember... Taking walks in the woods or near the River to have a picnic. Playing in the water with brothers, sisters, and cousins. Climbing trees and swinging from the tree branches – they were our toys. Seeing and hearing the various species of birds – the canaries, robins, blue jays, woodpeckers and owls.

I remember the wild flowers and berries which were so plentiful in the woods and prairies. The lilies, deer tongue, violets, and ferns – we used them to make bouquet of flowers. The salmon berries, black caps and black berries – we would eat them as they were, or can them or make pies and jam from them. The salmon was so plentiful then – to eat, can, sell, or smoke. The smokehouses were always full with fish hanging from the rafters. Wild game was more plentiful then too. It was not uncommon to have venison steaks or roast for dinner.

I remember traveling to the mountains to gather huckleberries. We would camp near a stream for a

couple of days or so. This was a time for visiting and making new acquaintances, for there were usually other Indian families there – probably members of the Yakima Tribe.

I remember the physical and mental strength of the old people and the wisdom they had. Even though most of them had limited education, their wisdom far exceeded what we think we know today. I remember their quick wit and sense of humor that made you smile or filled you with laughter.

Most of all I remember my grandmother who was always there to guide us, to comfort us, to scold us, to pray for us. I can still envision her walking home on the Old Reservation Road having just come from checking her net and packing fish in a gunny sack thrown over her back.

Looking back, we were more spiritual then. We just didn't realize it.

~ Carmen Kalama ~



BRIGHTON CREEK

Good Day Nisqually!

Brighton Creek staff has been working diligently with our focus on COVID Response and construction needs to bring Brighton Creek up to specific codes in Pierce County.

Construction and COVID19 Quarantine Site:

We continue to prepare for COVID19-Delta and Columbia Variances that are currently on the rise we want to ensure we're ready as needed. We are very excited we were able to secure COVID funding to complete the ADA bathrooms and Kitchen/Dining Hall for much needed renovations.

- Repainting the exterior of the lodge
- Installing fencing around perimeter of facility
- Evaluating our well and water system for repairs and possible upgrading
- Constructing a carport for equipment

At this time we have completed the interior and exterior painting of the cabins. We continue with the



cabins, assembling and installing furniture, and decorating the interior to create a comfortable transitional environment and to make our guests feel at home. Our hope is to continue to

move forward in bringing the community and tribal members a very nicely appointed healing environment. We are excited to see the potential and transformation of the facility, and have hopes of opening by 2022, COVID permitting.

Stay Well, Stay Safe and Take Care! Encouraging everyone to "Get Vaccinated"

We look forward to seeing you soon!
Brighton Creek Staff



We are busy with construction, licensing, and meeting code requirements. COVID delayed many projects and the ability to order and receive supplies timely. Our goal with the help of the Building Department, is to overcome these delays and accomplish the following projects this year:

- Upgrading and renovating the kitchen/ dining room, ADA bathroom and women & men's bathrooms to meet code requirements.
- Installing septic system for RV Park

New Health Center Coffee Shop

While a name is still to be determined, the Nisqually Tribal Health Center coffee shop is now open from 7:30 a.m. to 4:30 p.m. Monday through Friday. Come get your cold or hot drinks or a light lunch item like a sandwich or yogurt.

Open to just employees for now. Will be open to everyone after the new clinic is opens.





September is Thyroid Cancer Awareness Month

Find it early.
Know the signs.
Learn about neck checks.



Signs to discuss with your provider—a lump in your neck, lymph node swelling, or fullness in your neck. Tell your doctor if you've had voice changes or difficulty breathing or swallowing. Ask for a neck check next time you see your provider.

Questions? Call the Health Department at
360-459-5312

A neck check takes less than a minute and can make all the difference
Visit **THYCA.ORG** for more info on Thyroid cancer



SPIPA HEALTH AND WELLNESS PROGRAM UPDATES

We have closed out Program Year four. Thank you to everyone for their hard work and dedication in making this possible.
Welcome to Program Year five!

AUGUST EVENTS

- Shoalwater Bay Yellow Brick Road sun and water safety event 8/18.
- Chehalis health fair 8/26.

SUCCESSFUL PAST EVENTS

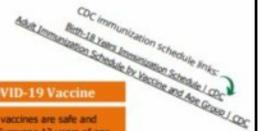
- Nisqually had 150+ participants attend their pride event in June!
- Skokomish hosted a memorable Fathers day event with 72 participants.
- Survivorship and Caregiver surveys are posted to our Health and Wellness facebook group.

[/groups/spipahealthandwellness](https://www.facebook.com/groups/spipahealthandwellness)

Immunization Awareness

Vaccines work by activating our immune systems without making us sick. There are many dangerous infectious diseases that can be safely prevented through vaccinations.

HPV vaccine	Flu vaccine	COVID-19 Vaccine
HPV vaccine protects against a common infection that can cause certain cancers in men and women. <ul style="list-style-type: none"> • Cancers of the cervix, vagina, and vulva in women. • Cancers of the penis in men. • Cancers of the anus and back of the throat in men and women. 	Seasonal flu vaccine protects against flu, a potentially serious, contagious respiratory illness caused by influenza viruses. <p>Everyone 6 months and older should get a flu vaccine every year by the end of October, if possible.</p>	COVID-19 vaccines are safe and effective. Everyone 12 years of age and older is now eligible to get a free COVID-19 vaccination. <p>There are currently 3 vaccines available:</p> <ul style="list-style-type: none"> • Pfizer • Moderna • Johnson & Johnson



INFUSED WATERS

Stay hydrated by adding fruits, vegetables, and herbs to your water for a delicious refreshing drink!

Sweet fruits: Lemon, lime, orange, melon, apple, cucumber, kiwi, jalapeno.

Fresh spices: Make long thin slices of ginger, cayenne, and turmeric.

Types of cucumber: breadsticks, Douglas fir, grand fir, spruce, hemlock.

Aromatic herbs: Basil, lemon balm, mint, rosemary, sage.

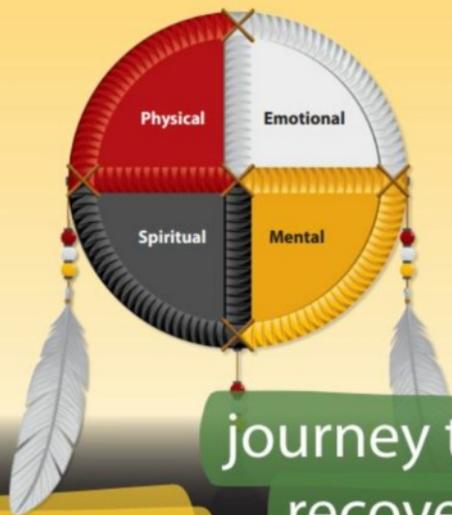
Flavorful edible flowers: Rose, lavender, chamomile, violet.

Fruit concentrate: Lemon, lime, or tart cherry.

Tasty combinations:

- Cucumber mint • Strawberry Douglas fir • Blueberry, lemon, ginger • Orange, lemon balm, lavender • Raspberry rose with tart cherry concentrate

Reprinted from: Healthy Connections & U.S. DEPT. OF HEALTH & HUMAN SERVICES
By: Ellen Goffin and Victoria Segerson



journey to recovery

STOP OPIOID ABUSE

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.*

Opioids are a leading cause of injury related deaths in our state. 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.†

Medication Assisted Recovery (MAR) can provide the help you need to recover from opioid dependency.

- ✓ No single treatment is right for everyone.
- ✓ MAR can help you stabilize your life.

Here are a few services we offer here at the Nisqually Health Clinic

- Medication Assisted Treatment such as suboxone or vivitrol.
- Naloxone rescue kits to prevent risk of overdose.
- Assistance with outside inpatient and outpatient services
- Support services such as housing assistance.
- Driver Re-licensing and support navigating the criminal justice system.

Call us to learn more about our recovery support services!

360-459-5312

Learn more at
WATribalOpioidSolutions.com



NISQUALLY HEALTH DEPARTMENT 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 and toe dressings changed, or for an annual foot exam.



2021 DATES WITH
DR MOLINA
KOCHHAR:

JUNE 11TH

JULY 23RD

AUGUST 13TH

SEPTEMBER 10TH

OCTOBER 1ST

NOVEMBER 5TH

DECEMBER 3RD

HEALTHY FEET ARE
HAPPY FEET

CALL THE CLINIC

TO SCHEDULE YOUR
APPOINTMENT AT

360.459.5312



My teeth hurt, what do I do?

By Sue Bohannon, DMD

If you pass on hot or cold drinks because you know they'll make your teeth hurt, you should try using a toothpaste made for SENSITIVE teeth.

Many things can cause teeth to become sensitive like inconsistent or less than stellar brushing habits, brushing too hard, acidic foods and drinks (think soda pop), clenching, or using a tooth-whitening product.

Sometimes people will just have one area in their mouth that feels uncomfortable to temperature. That is normal, it can happen to a couple of teeth or many teeth can be affected. We have *sensitive* toothpaste here at the Nisqually Dental Clinic and would be happy to give you some to try. I will skip the science behind it but they really work!

If your sensitivity does not go away after a week or two of use, I would recommend that you give us a call to make an appointment, 360-413-2716, to see if something more serious is going on. Ignoring your teeth can make things worse.



If you want to stay out of the dental chair as much as possible, it really helps to brush and floss twice a day to keep your smile bright and pain-free.

South Puget Intertribal Planning Agency

**USDA Foods Program
September Dates**

PT. GAMBLE S'KLALLAM 9/2/21
 SQUAXIN ISLAND 9/14/21
 SKOKOMISH 9/17/21
 NISQUALLY 9/24/21
 CHEHALIS 9/23/21

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 SPIPA at 360.426.3990. This institution is an equal opportunity provider.

South Puget Intertribal Planning Agency

**WIC Program
September Dates**

SHOALWATER BAY 9/1/21
 NISQUALLY 9/8/21
 CHEHALIS 9/9/21
 SQUAXIN ISLAND 9/14/21
 SKOKOMISH 9/15/21

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.



Announcements



September 6
Happy Birthday Keisha
Love Dad, Mom, Jasmine,
Samira, Nevaeh and Rodney



Labor Day Youth Activities

Saturday noon to 4 p.m. Inflatables, bouncy house, obstacle course and big slide. Saturday youth lunch from 11:30 a.m.- 2 p.m.

Sunday and Monday hotdog or hamburgers chips and a drink. *Cotton candy.

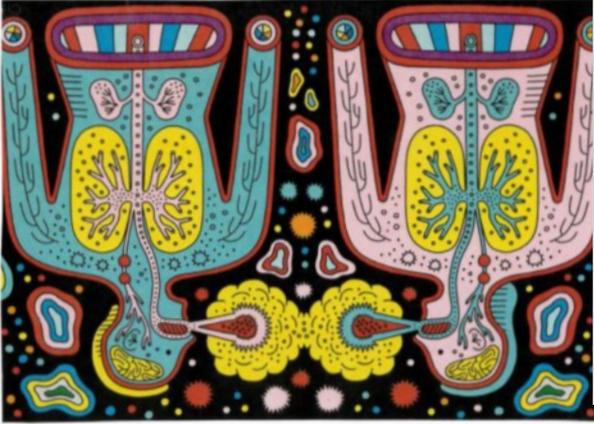


Correction from page six of the August 2021 Newsletter Graduates as Mia was included under the Bachelor Degree Section. Mia graduated with a **dual** Bachelor of Arts and Bachelor of Science degrees.

From the entire TESC Class of 2021, nine students graduated with a **dual** Bachelor of Arts & Bachelor of Science - Mia, a Nisqually Tribal Member, was **one** of those nine. Mia successfully finished summer quarter and will register at Oregon State University earning pre-med credit for application into the University of Washington School of Medicine.

REMEMBER

YOUR MASK



POST & PRINT

Nisqually

Hours:

Monday - Friday

9am - 5pm

Location:

12820 Yelm Highway SE #C
Olympia, WA 98513

New Phone:

360.810.8600

Email:

orders@nisquallypostandprint.com

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\$5.50

YARD SIGNS (DIRECTION SIGNS)

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Metal H-Style Included
\$14.50

Stickers
3" x 3" Full Color
\$0.25 each

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

