

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 15, Issue 4

www.nisqually-nsn.gov

April 2025

Nisqually Team Awarded \$900K for Community Forest Climate Project

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Part of a new \$5 million grant program from the Paul G. Allen Foundation to fund six place-based natural climate solutions projects across the Pacific Northwest.

Olympia, WA, Feb. 27, 2025 – The Paul G. Allen Family Foundation has announced an \$886,999 joint grant to the Nisqually Indian Tribe, Nisqually Community Forest, and Northwest Natural Resource Group to build forest resiliency in the face of climate change by applying the principles of ecological forestry to commercial timberland management.

The pioneering Nisqually project implements ecological forestry – a management technique that, through a regimen of thinning younger trees, puts industrial timberlands on an old-growth, climate-resilient trajectory while also producing commercial timber – in the Nisqually Community Forest, 5,500 acres of timberlands on the flanks of Mount Rainier that also include critical habitat for threatened salmon species.



“This is the forestry of the future,” said David Troutt, director of the Nisqually Tribe’s Department of Natural Resources. “Our approach will accelerate forest resiliency, increase carbon sequestration, provide steady local forestry jobs, and greatly advance recovery of our threatened salmon.”

“And with the Allen Foundation’s support, we will make it a model for communities throughout the Pacific Northwest.”

The Nisqually project is one of six natural climate solutions (NCS) projects receiving funding from the Paul G. Allen Family Foundation to accelerate climate change mitigation efforts in the Pacific Northwest (PNW). The foundation is tapping into the PNW’s diverse strength and heritage in conservation innovation, as well as the regional leadership, ecological stewardship, and historical knowledge of Indigenous peoples and local communities in the region. Projects will be conducted in Washington, Oregon, Alaska, British Columbia, and Idaho, with the majority led by Native American and First Nations partners.

Continued on page 2-AWARDED

Defined as deliberate, nature-based “human actions that protect, restore, and improve management of forests, wetlands, grasslands, oceans, and agricultural lands to mitigate climate change,” NCS can provide up to 37% of the cost-effective global CO2 mitigation needed through 2030 to stabilize warming to below 2°C. In the United States, NCS have the potential to mitigate up to 21% of net annual emissions.

“We are in a critical window where natural climate solutions have immense potential to accelerate climate change mitigation efforts while also providing key biodiversity and human well-being co-benefits,” said Yuta Masuda, director of science for the Paul G. Allen Family Foundation and co-author of several recent studies on natural climate solutions. “The Pacific Northwest is home to some of the world’s most transformative science and technology-based conservation efforts and policy innovations, and these are high integrity projects, bringing some of the best talent and minds together to tackle the unique challenges we face.”

Funding for these six projects totals approximately \$5,000,000 over three years. In addition to the Nisqually project, Foundation funding also supports natural climate solutions projects from Bonneville Environmental Foundation, Coeur d'Alene Tribe, Native Conservancy, Trout Unlimited, and University of British Columbia. ###

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-413-3019
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, Norine Wells
5th Council, Chris Olin
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Monday May 26, 2025
Memorial Day

Thursday June 19, 2025
Juneteenth

Friday July 4, 2025
4th of July

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MOU Signing for Nisqually State Park

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

Nisqually Tribe Chairman Ken Choke as well as Diana Dupuis, director of the Washington State Parks and Recreation Commission sign the most recent Memorandum of Understanding between the tribe and the agency as they work to develop the Nisqually State Park together. This includes the current stage of an interpretive trail, interpretive plaza with art and other phases. The Nisqually Parks Commission, planning



department and others have been working on developing Nisqually State Park for a number of years. It is the first new state park to be added in decades. The agreement was signed during the March 6 Nisqually Tribal Council meeting. To read more about the park work so far: <https://parks.wa.gov/news/2025/nisqually-state-park-temporarily-closed-major-development-projects>



HONEST BALLOT
NOTICE OF GENERAL ELECTION
NISQUALLY INDIAN TRIBE
2025 General Election For
Tribal Council and Enrollment Committee
at Billy Frank, Jr. Gymnasium 4820 She Nah Niam Drive SE, Olympia, Washington 98513
SATURDAY, MAY 3, 2025,
9:00 AM to 5:00 PM



ELECTION RESULTS
NISQUALLY INDIAN TRIBE
2025 Primary Election
Tribal Council and Enrollment Committee
Held at Billy Frank, Jr. Gymnasium 4820 She Nah Niam Drive SE, Olympia, Washington 98513
SATURDAY, MARCH 8, 2025
9:00 AM to 5:00 PM

TOTAL VOTES CAST: 273

TRIBAL COUNCIL VICE-CHAIR Vote for no more than One (1) candidate Antonette Squally Cheebo Frazier	ENROLLMENT COMMITTEE VICE-CHAIR Vote for no more than One (1) candidate Melvin Blacketer Julie Palm
TRIBAL COUNCIL TREASURER Vote for no more than One (1) candidate Keoni Kalama Norine Wells	ENROLLMENT COMMITTEE TREASURER Vote for no more than One (1) candidate Stephanie Scott Brittany Harris
TRIBAL COUNCIL 6TH MEMBER Vote for no more than One (1) candidate Benjamin Hicks Jr. Guido Levy Jr.	ENROLLMENT COMMITTEE 6TH MEMBER Vote for no more than One (1) candidate Betty Pacheco Andreyra Squally
TRIBAL COUNCIL 7TH MEMBER Vote for no more than One (1) candidate Leighanna Scott Jean Sanders	ENROLLMENT COMMITTEE 7TH MEMBER Vote for no more than One (1) candidate Maury Sanchez Anthony Squally

TRIBAL COUNCIL TREASURER Vote for no more than One (1) candidate **Keoni Kalama **Norine Wells Nicole Sims	131 votes 114 votes 27 votes
TRIBAL COUNCIL 6TH MEMBER Vote for no more than One (1) candidate **Guido Levy Jr. **Benjamin Hicks Jr. Frances Rohr	169 votes 73 votes 30 votes
TRIBAL COUNCIL 7TH MEMBER Vote for no more than One (1) candidate **Leighanna Scott **Jean Sanders Ryan Kautz Santee Wells	188 votes 46 votes 27 votes 11 votes

** The top two candidates in each race with the most votes will move onto the General Election on Saturday, May 3, 2025.



Building Department Programs Overview

By Jessie Fox, Executive Assistant, Building Department

The Building Department runs two very popular programs, DEESP (Disabled Elders Emergency Support Program), and Beautification. These two programs are designed to assist enrolled Tribal members with specific home repairs and improvements.

The DEESP (Disabled Elders Emergency Support Program) is designed to provide emergency repairs for Tribal elders residing within a 50-mile radius of the Nisqually Indian Reservation. While the program does not cover the cost of new appliances, it does help to cover the costs of many other safety issues, such as lighting, plumbing, and carpentry repairs.

The Beautification program is open to enrolled Nisqually Tribal members residing in Thurston and Pierce counties. This program can help replace broken or damaged windows, repair porches, remove junk and debris, and build fences, among other things. This program *cannot* help with pest services, septic repairs, or interior and exterior remodeling.

The Housing Department has some programs that may help to cover the cost of some of the repairs that the DEESP and Beautification Programs cannot cover. In order to help serve as many Tribal members as we can, the Housing Department and the Building Department have joined efforts this year. One example of the collaborative efforts between Housing and Building is a recent kitchen remodel, funded through Housing with the work being completed by the Building Department carpentry crew. And as you can see, the result is not only functional, but beautiful as well.

There are specific policies and procedures in place for each program that are governed by different mandates, so please make sure to reach out to the designated department for all the details.

The Housing Department can be reached at 360-456-5221 Ext. 1138 (Melvin).

The Building Department can be reached at 360-456-5221 Ext. 1322 (Jessie).

Applications are also available on our website

<http://www.nisqually-nsn.gov/index.php/administration/tribal-services/building/>





New Employees

New to GIS Department

I'd love to introduce you to the newest member on my GIS team and welcome Alexander Perigon (they/them) to the Nisqually Indian Tribe!



They've previously been providing GIS services for 2 years at the Coquille Indian Tribe in North Bend, Oregon serving all tribal departments.

They graduated from Oregon State University in Corvallis, Oregon with a degree in Geography and Geospatial Science, Environmental Sciences, and a minor in GIS.

They're currently working towards their Masters in Geospatial Information Sciences remotely through the University of Maryland.

Please welcome Alexander to our team and feel free to swing by our office and introduce yourself to them. We're excited to have their talent over here in GIS!

Thanks so much and take care.

New to the Fleet Department

My name is Deidrah Sutterliect and I am the new administrative assistant in the Fleet department.



I am an enrolled member of the Skokomish tribe, but I have lived in Lacey and been close with the Nisqually community for most of my life.

My previous employment includes the Northwest Indian Fisheries Commission as well as the Nisqually Tribe and MCEC. I am very excited to be working here at the Nisqually tribe!



Date: March 10, 2025
To: Nisqually Indian Tribe Members
From: Honest Ballot

2025 GENERAL ELECTION
To be held at – Billy Frank, Jr. Gymnasium on
The Nisqually Indian Reservation
4820 She Nah Num Drive SE, Olympia, WA 98513
SATURDAY, MAY 3, 2025
9:00 A.M. to 5:00 P.M.

Attached to this letter is the Notice of the Candidates who have advanced to the General Election. As required by Title 13 of the Nisqually Tribal Code, you have the following options to cast a vote in these important elections:

- In-person at the General Election via written ballot; or
- By Absentee Ballot if you are not available to vote in person on May 3, 2025, you may vote by Absentee Ballot according to Article IV, Section 2 of the Nisqually Constitution. To vote by Absentee Ballot please follow the instructions on the [Absentee Ballot Request Form](#):
 - Complete the Absentee Ballot Request Form – available at the Tribal Center or on the website. Follow the instructions on the form.
 - Submit the Absentee Ballot Request Form to Honest Ballot
 - By mail to: Honest Ballot at 12820 Yelm Highway SE # C-2, Olympia, WA 98513; email to honestballot@aol.com; fax at 718-279-0873 **OR**
 - Place the completed form into the locked mailbox at the Tribal Center.
 - Honest Ballot will send you an Absentee Ballot for the general election.
 - The completed **Absentee Ballot** return by mail no later than May 3, 2025, or deposit the envelope in the locked mailbox at the Tribal Center no later than closing of the polls **5:00 PM on May 3, 2025**.

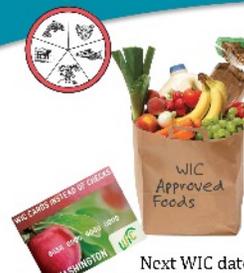
If it comes to your attention that a fellow tribal member did not receive this mailing package, please advise them to contact Honest Ballot at (800) 541-1851 or send an email to vote@honestballot.com. Customer Service is available from 9:30 AM to 5:00 PM Monday through Friday, and via email other days and times.

Thank you.

Honest Ballot . 27246 Grand Central Parkway . Floral Park . NY . 11005

718-279-VOTE (8683) . 800-541-1851 . Fax 718-279-0873 . Email vote@honestballot.com www.honestballot.com

Founded in 1909



Nisqually WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:
Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org

or call **360.462.3224**
Email: wicnutrition@spipa.org
SPIPA main number: 360.426.3990

Next WIC date:
Thursday, Apr. 16, 2025

We will offer both phone appointments and in person appointments. Date subject to change.

This institution is an equal opportunity provider.
Washington WIC doesn't discriminate.




South Puget Intertribal Planning Agency

USDA Foods Program
April Dates

PT. GAMBLE S'KLALLAM	4/8/25
SQUAXIN ISLAND	4/11/25
SKOKOMISH	4/16/25
NISQUALLY	4/18/25
CHEHALIS	4/24/25



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.



Nisqually Fish and Wildlife Training

By Officer K. Reuben

Nisqually Fish & Wildlife Enforcement assisted the Lacey Fire District and Thurston County Sheriff's Office Dive Team for the very first time on Monday, February 24th. The training was conducted at the mouth of the Nisqually River and McAllister Creek with a goal to better navigate and to have a better multi-agency response to rescues and emergencies when they occur on the Nisqually River. Nisqually Fish & Wildlife Enforcement will continue working diligently with the Dive Team with a mission to provide the best service to all.





Leschi Walk

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

The Leschi Walk was held on a beautiful sunny day, Feb.. 28, a joint event with Nisqually Tribe and the city of Lakewood. Leighanna Scott 7th Council, and Cynthia Iyall, elder and Leschi descendent, welcomed everyone to the walk that memorializes the unjust hanging of Chief Leschi just outside the boundaries of the park more than 160 years ago. Keoni Kalama, Medicine River Ranch Manger, talked about bringing Leschi’s legacy of horses back, including the students who were riding that day. Lakewood Mayor Jason Whalen and Lakewood Parks, Recreation and Community Services Director, Mary Dodsworth talked about the ongoing work on the interpretive trail about Nisqually and Leschi that will have Nisqually tribal art work and a number of signs around the route about Leschi.



Continued on page 8-LESCHI WALK



Continued from page 7-LESCHI WALK





Wa-He-Lut Celebrates Billy Frank Jr. Day

Photos by Aztec Sovereign photos Nisqually Tribe Communications and Media Services

The Wa He Lut Indian School celebrated Billy Frank Jr. Day for the first time, with both Hanford McCloud and Willie Frank III on hand to help tell the story. There were activities, dances and a trip to the Billy Frank Jr. Nisqually National Wildlife Refuge where the Treaty of Medicine Creek was brought to tribes. Additionally, the area so important to salmon, was protected, in part because of the relationship that Billy Frank Jr. had with the area land owners who occupied it after treaties forced tribes on to the reservations.





Nisqually Parks Gathering

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

As part of the continued work to provide Nisqually art for the River Gateway project at Nisqually State Park, Kim Deriana, artist, has been leading the different gatherings that have yielded some choices for the design of the entrance that shows visitors Nisqually culture and helps visitors respect the salmon.

Participants in this activity designed pavers that will be used in the design and the different Lushootseed words for salmon were taught and put on a poster for a kids activity. Ideas about how to honor language speakers were also collected for a ceremony in the future. For questions about the Park project, contact Lisa Breckenridge at 360-867-3346. Questions about Honoring Our Ancestors Ceremony, contact NisquallyLanguageStaff@nisqually-nsn.gov



Chayannah Squally and Antonette Squally look at two alternative designs for the welcome area of Nisqually State Park as designed by Nisqually tribal members. Artist Kim Deriana helped assemble the ideas. While some designed salmon pavers, many of the kids colored the posters of salmon and heard how to say each of the names of the salmon in Lushootseed.



Tax Preparation services in the Planning Department conference room.

Liberty Tax Service is providing on-site tax preparation services for Nisqually Tribe members only.

Service Hours

Tuesday 10 a.m. – 5 p.m.
Wednesday 10 a.m. – 5 p.m.
Friday 10 a.m. – 5 p.m.

Documents to bring

- Tribal ID
- Prior Year Tax Return, if new to Liberty

- Dependent Information
- 1099's
- W-2's
- Any other tax documents

Liberty Tax Service offers services for 2024 tax returns. In addition to onsite services, you may also go to the Liberty Tax office in Yelm
715 E Yelm Ave Ste 3,
Yelm, WA 98597
360-400-1401
LIBERTYTAX.COM

Drop box will also be available in Financial Services



The Dark Side of Social Media: Health and Safety Risks

Tips from the IT-WebDev Department

Media influences and conventional beauty standards have long plagued society. This issue took on new urgency in May 2023 when the U.S. surgeon general issued a major public advisory over the links between social media and youth mental health.

Experts have long suspected that social media may be playing a role in the growing mental health crisis in young people. However, the surgeon general's warning is one of the first public warnings supported by robust research.

Some of the negative impacts of social media from health studies include;

Mental health: Social media may contribute to feelings of depression, anxiety, and low self-esteem by encouraging comparisons to others' curated online personas.

Cyberbullying: Anonymity in online platforms can facilitate cyberbullying, which may have severe psychological effects on victims.

Misinformation and "fake news": Social media can be a breeding ground for the rapid spread of false information, impacting public opinion and decision-making.

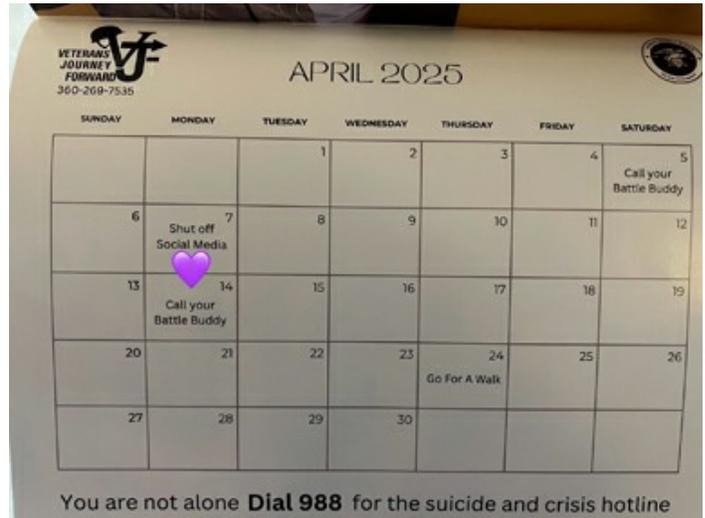
Social isolation: Excessive time spent on social media can lead to a reduction of in-person interactions and feelings of isolation.

Sleep disturbances: Scrolling through social media before bed time can disrupt sleep patterns due to screen light and the stimulating nature of content.

Privacy concerns: Users may unwittingly share large amounts of personal information on social media, raising privacy issues.

Fear of missing out (FOMO): Constantly seeing others' positive experiences on social media can lead to a feeling of missing out on life events.

Negative impacts on body image: Highly curated images on social media can contribute to body image issues and dissatisfaction.



Editor's Note: I was recently gifted a wall calendar from a good friend, Robert Thayer, whose father, Lt Cdr Howard Thayer, went missing (MIA) during the Vietnam War. His father was honored for valor by the U.S. military for his act of bravery and highlighted in a movie titled: *Men of the Fighting Lady*. His posthumous Distinguished Flying Cross was earned for a dramatic rescue of a fellow pilot flying blind when an anti-aircraft shell shattered the cockpit of his Skyraider during the Korean War. Of particular interest in this calendar (produced by Veterans Journey Forward – which started with the belief that every single one of us is resilient, and that our resilience can be fostered with the help and support of a community) is the recognition of a day in each month of the year dedicated to “Shut off social media”.

Additional information may be found online;
[Social Media and Youth Mental Health](#)
[Mounting Research Documents the Harmful Effects of Social Media Use on Mental Health](#)



Introducing Fleet Department

By Billy Henry

Raymond Forespring Fleet Service technician

My name is Ray Forespring, born July 29th, in Olympia, Washington. Grew up with cousins hanging out in Nisqually Valley. I am a Cowlitz tribal member, family tree; Patricia Forespring (Easter Day), Katherine Katie Mounts (Easter Day) Kathrine McCloud, (scanewa Skaowit) and she is daughter of Chief Scanewa (How How Klaput) and (Ta-wis-na) I am very happy to be working for The Nisqually Indian Tribe.



Michael Sytsma Transit Driver

My name is Michael Sytsma, I am the newest driver in the Transportation department. My previous jobs I have worked: I have worked for the Nisqually Corrections department for three months Jun-Aug 24, I have also worked for a place called Global K9 Protection Group providing explosive detector dog support to TSA Screening intended for passenger or cargo aircraft; I have also worked for the Red Wind Casino security for three years. I am a retired Army Veteran, Sep 1989 to Oct 2013. I reside in Yelm and my hobbies are hunting, hiking, fishing and camping.



Randy Derickson Fleet Service Technician

My name is Randy Derickson Sr. I am a Nisqually Tribal member. I am very big on my culture and working with others is a passion of mine. I have worked in many departments here at the tribe. I started my career as a Maintenance Tech for the tribe for many years. I have also worked in Public Works and under the Health Department. I now use my passion for working on vehicles of all sorts for the Fleet Department here in Nisqually. It is with great honor to be where I am with Nisqually Indian Tribe. I have also created more opportunities here by performing good outstanding work, I take much pride in the work that I do. The tribe has provided a great career path, and I am in my comfort zone doing the things I love to do!



Benjamin Vasquez Fleet Service Coor.

My name is Benjamin Vasquez, I am a Cowlitz Tribal member and local resident of the community. I have worked for many years as a salesman and assistant manager at 4 Wheel Parts and Discount Tire so I am hoping to bring that experience to the Nisqually Tribe's Fleet Service Department so we can get the Elder Vehicle Service program started and running smoothly and efficiently. Nisqually is a great place to work and a great community to be a part of, so I hope to stick around for a long time.



Bernardo Reginio Auto Detailer

My name is Bernardo Reginio, I was born in Olongapo City in the Philippines. I moved to the United States in 1979 before serving in the United States Navy. I've been a detailer for 25 years and I really enjoy working for the Nisqually Tribe. I bring years of experience to the Fleet Service shop and have met quite a few employees from other programs, who have shown me gratitude and I feel like one of the Nisqually family. I'm looking forward to having a Nisqually Tribal member apprentice, to show the tricks and secrets of auto detailing!



The Fleet/Transportation program has been growing since we've moved into the new FAT Bldg. (Facilities & Transportation). We are hiring a Tribal member next week to fill our apprentice Fleet Shop Technician which offers *on-the-job* training and schooling in order to become a **Certified Fleet Shop Technician**. We are also going to hire an apprentice position for auto detailing in the next 60 days. This will be open to any 21 yr. old Nisqually Tribal Member.



Gratitude and Goodbye

Over 16 years of providing care for the Nisqually people and the surrounding community has been the greatest honor of my career. As I move on, please know that I carry with me cherished memories and valuable lessons I have learned from you.



Some of my favorite recollections include working in the old clinic where we once had a bat fly into the sharps container and providing care to the Nisqually Canoe Family and their guests in the tent at Canoe Journey 2016. During COVID our small team rose to the challenge by offering testing, treatment and vaccines to keep the community safe all while having fun in the Youth Center parking lot or Billy Frank Jr. Gym.

Moving into the new Nisqually Tribal Health and Wellness Center (NTHWC) facility was awe inspiring and uplifting for staff and patients alike. I share pride in the work we've done to grow, adding staff and

services such as prenatal care, a dedicated pediatric provider, medications for substance use disorder treatment and expanded lab services. I am extremely grateful to have witnessed all these changes.

We have a wonderful medical team, and I am confident that you are in excellent hands with Dr. Aneesa Sataur, Elizabeth Siegel, ARNP and Rachel VanDeMark, DNP. They bring clinical expertise and deep commitment, and I have no doubt they will continue to provide the excellent medical care you have come to know.

I will miss being part of the incredible NTHWC team, but at the same time, I am looking forward to new adventures. Thank you for your trust, kindness, and support, and for allowing me to be a part of your care these many years.

With my deepest gratitude and warmest wishes,
Alison (Addie) Spencer, MD

Class Schedule

April 1st – Your Savings
April 8th – Credit Reports and Scores
April 15th – Borrowing Basics
April 22nd – NO CLASS
April 29th – Managing Debt

May 6th – Using Credit Cards
May 13th – Building Your Financial Future
May 20th – Protecting Your Identity and Assets
May 27th – Making Housing Decisions

June 3rd – Buying a Home
June 10th – Disasters – Financial Preparation and Recovery
June 17th – An Introduction to Financial Technology
June 24th – An Introduction to Personal Taxes

Nisqually Indian Tribal Housing is proud to bring you an exciting series of classes designed to teach you how to manage, save and grow your money! Learn about how credit, spending habits, budgeting, and debt can affect your goals.

MONEY 101

When: Every Tuesday 5:15-6:30pm
March 4th-June 24th
Where: Nisqually Indian Tribal Housing Office (2205 Lashi St SE) + Virtually

Please RSVP to housing@nisqually-nsn.gov or by phone at 360.493.0081 if you would like to attend!

Snacks and Refreshments provided courtesy of Nicole Sims and Financial Literacy and Weekly attendance giveaway items provided by NITH!



CELEBRATING PRIDE

2SLGBTQ+

June 11th 5-6:30 PM
Nisqually Tribal Health & Wellness Center
Dinner | Speaker | Raffle | Resources

Come together in a welcoming space to uplift and support our 2SLGBTQ+ community. Enjoy a shared meal, hear from an inspiring speaker, and learn about available resources.

All are welcome—bring your good hearts and good energy!

DONATIONS NEEDED

RELAY FOR LIFE GARAGE SALE

Donate your treasures March 31st - April 2nd, then shop for a cause April 3rd & 4th! Join us at our Relay for Life Garage Sale and help turn bargains into hope!

Drop off Donations

Monday, March 31st thru
 Wednesday, April 2nd
 8 AM - 5 PM

Billy Frank Jr Gym
 4820 She-Nah-Num Drive SE
 Olympia, WA 98513

OPEN TO PUBLIC

ALL PROCEEDS BENEFIT THE AMERICAN CANCER SOCIETY

(360) 413-2731



NTHWC HEALTH FAIR

JULY 11TH 11AM - 2PM

AT NISQUALLY YOUTH CENTER **TIME 11:00 AM**

CELEBRATE WELLNESS & COMMUNITY FOOD, MUSIC, GIVEAWAYS, ACTIVITIES, & HEALTH RESOURCES FOR ALL AGES!

EVERYONE WELCOME!

Save the Date for Our Community Health Fair!

HEALING WATERS SURVIVORS SUPPORT GROUP

Wednesdays
5:00 PM - 6:00 PM
Healing Room
NTHWC



Questions?
 Call (360) 970-8649



Join us for a weekly support group designed to provide a safe and supportive space for women who have experienced any form of domestic violence.

This group is open to women only — a place to find connection, healing, and strength in community. Come as you are and join us on your healing journey.

Questions? Contact us at (360) 970-8649

When: Beginning February 5th – Wednesdays, 5:00 PM – 6:00 PM

Where: Healing Room – NTHWC

What to Expect:

- Mindfulness practices to promote healing and resilience
- Monthly themes with valuable information and resources
- A welcoming, women-centered space to share and reflect



Honoring Lisa Wells Dedication to Community Health

The Washington Health Benefit Exchange recently recognized Lisa Wells for 10 years of service as a Tribal Assister, celebrating her work helping Native families and community members navigate health coverage options.

While this recognition highlights a decade of dedicated service through the Exchange, Lisa's commitment to the health and well-being of our community stretches far beyond these 10 years.

For many years, Lisa has been a trusted and compassionate guide, ensuring that individuals and families understand their options and have access to the care they need. Her work has strengthened not only the connection between our clinic and the community, but also the sense of trust and support that is essential to good healthcare.

Please join us in celebrating Lisa's well-deserved recognition, and in offering our gratitude for her lifelong commitment to serving the Nisqually community with care, respect, and cultural understanding. Her work continues to lift future generations and reflects the spirit of service and generosity that is at the heart of our shared values.

Photo : Chay Squally - Cultural Events Coordinator, Lisa Wells - Business Office Manager, Michael Christensen - Administrator, Antonette "Maui" Squally - Vice Chairman



Colorectal Cancer Awareness Month

Colorectal Cancer (CRC) is the second leading cause of cancer death for Native Americans. The National Cancer Institute estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it. Approximately 1 in 23 men and 1 in 25 women will develop colorectal cancer in their lifetimes.

There are usually no symptoms until it's too late. Colorectal cancer awareness is important because many cases are preventable. Regular screenings can detect polyps in the colon early before they turn into cancer. Most men and women should start screening

at age 45 but can have it done earlier if symptoms are present.

The three screening tests that most accurately identify colorectal cancer are the colonoscopy, flexible sigmoidoscopy, and the stool test. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. Colonoscopy can also detect cancer at early stages, when treatment is more likely to be successful.

Getting screened saves lives by detecting precancerous growths in the early stages when they are easiest to treat and remove,

potentially helping to save lives. Early detection and awareness of risk factors like genetics and lifestyle are essential for effective treatment and management.

Contact us at 360-459-5312 or talk to your health care provider to schedule your next screening and learn more about ways to lower your risk.

Talk to your loved ones about the importance of early detection and encourage them to get screened.

Sources:

- [AIC](#)
- [Keep It Sacred](#)
- [CDC](#)



Meet Your Provider: Arielle Chilcote-Barnard – Herbalist

Spending most of her life in the Pacific Northwest Arielle wandered through the cedar forests and played endlessly in her



grandmother's garden where she learned her love and curiosity for plants.

Wanting to develop her knowledge and relationship with the plants, she moved to Vermont in 2018 to attend Vermont Center for Integrative Herbalism (VCIH). She spent 4 years at VCIH finishing their clinical herbalist program in 2022. Arielle also spent a year studying at the Colorado School of Clinical Herbalism.

She has 120 hours of clinical internship, and over 1,000 classroom hours. After school Arielle started an herb and flower farm in Colorado, worked in a community apothecary and became a birth doula. Now back in Seattle she still plays in her grandma's garden, and when she isn't thinking about plants (mostly never) she is trying to hit her 50-book-a-year reading goal.

Arielle is honored to be of service to the Nisqually community and is looking forward to being a partner in your healing journey.

What is your name and your role at the clinic? Arielle Chilcote-Barnard. I am the new

herbalist in Traditional Healing and the garden

Can you share your background and experience that brought you to this role? I grew up in Seattle raised by my grandmother who is an avid gardener. Through her I found my love and curiosity for plants and plant medicine. In 2018 I moved to Vermont to attend the Vermont Center for Integrative Herbalism to further my knowledge of plants. I graduated in 2022 as a Clinical Herbalist with 120 clinical hours and over 1,000 classroom hours. Since then, I have started a flower and herb farm, worked in a community apothecary, and worked at a medicinal mushroom company.

What inspired you to join the Nisqually Tribal Health & Wellness Center? I had a friend who worked for the tribe tell me about this job, when I heard about it, I was in disbelief. This is the dream job for an herbalist! Getting to work in a clinic, garden, and an apothecary, all of which are to benefit this community is an incredible honor. An honor that I now get to say is my job! I am still often in disbelief this job exists.

What do you hope to accomplish in your role as Herbalist? My first goal and priority is making sure I am of service to my clients and helping them achieve their health goals. Part of that goal is to work with other practitioners at the clinic to truly create holistic healing within an individual. By also working in the garden, I hope to get the apothecary fully self-sustaining with plants grown here on Nisqually land.

By working with the community through appointments, classes, and community events I hope to also share what knowledge I have and create space for folks to feel empowered to make their own plant medicine and to be a resource for their community. While also learning from the community, and the plants...this journey is never over there is always more to learn and understand. The more herbalists the better.

What do you enjoy most about working in a tribal setting? Working for the tribe is an incredible gift of community, support, and abundance. I felt very supported in my short 3 weeks and amazed by all the resources provided. The real benefit of working for the tribe is getting to be of service to tribal members and supporting their health journey.

Can you share one or two fun facts about yourself? (e.g., hobbies, favorite activities, or something unique about you) This will be my second year trying to read 50 books, last year I read 43...this year I predict 30. I love talking about books with folks, but fair warning I only read fantasy... magic or bust. If you see me in the apothecary or garden with headphones, I am 100% listening to a book.
b. I'm a textile nerd, show me your favorites!!

Which shared value resonates deeply with you? Well, all of them for sure, however as an herbalist environmental stewardship may stand out the most. Being in partnership with the
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Supporting 2SLGBTQ+ Health: Understanding the Gaps

March 17th - 21st is 2SLGBTQ+ Health Awareness Week. The 2SLGBTQ+ community faces significant health challenges, including higher rates of mental health concerns, substance use, and barriers to care.

The National Institute on Minority Health and Health Disparities recognizes 2SLGBTQ+ people as a “health disparity population” due to reduced access to healthcare and the effects of discrimination.

2SLGBTQ+ individuals experience unique healthcare barriers, including:

- 2SLGBTQ+ youth are more likely to experience homelessness and are 2–3 times more likely to attempt suicide.
- 30% of 2SLGBTQ+ elders avoid medical care due to past discrimination, and 1 in 10 have been neglected by a caregiver.
- Bisexual adults report lower emotional well-being and higher rates of suicidal ideation than other orientations.
- Gay men and men who have sex with men (MSM) are at higher risk for HIV and other STIs.
- 42% of transgender women are HIV positive, and transgender individuals face higher rates of mental health concerns.
- 56% of transgender and gender-nonconforming Native Americans have attempted suicide.

Inclusive Care at Our Clinic

At the Nisqually Tribal Health & Wellness Center, we are committed to providing gender-affirming care and creating a welcoming space for all patients. Our services include:

Gender-affirming care as part of our comprehensive healthcare offerings.

Gender-neutral bathrooms in our lobby to ensure accessibility and comfort for all patients.

Culturally competent healthcare tailored to the needs of 2SLGBTQ+ and Two-Spirit individuals.

Behavioral health resources to support mental well-being.

Our 2SLGBTQ+ & "Celebrating Our Magic" a Two-Spirit Resource Guide, connecting patients with supportive services, community organizations, and culturally relevant information.

Building an Inclusive, Culturally Relevant Healthcare Space

To build a welcoming environment where all community members feel supported, seen, and valued. Together, we can continue to bridge healthcare gaps by:

- Expanding access to culturally competent care.
- Collecting sexual orientation and gender identity (SOGI) data to better understand and address health disparities within our community.
- Supporting public health initiatives that promote preventive care, mental health, and wellness for all ages.
- Honoring our cultural traditions by incorporating traditional therapies and culturally centered activities, such as:
 - Storytelling
 - Ceremonial services
 - Weaving and beading circles
 - Tribal language classes
 - Two Spirit talking circles
 - Native youth camps
 - Care packages with traditional foods
 - Family-based services
 - Indigenous birth ceremonies
 - Cultural heritage days

Health and well-being are inherent rights, rooted in our responsibility to care for one another. By blending cultural practices with modern healthcare, we build stronger, more inclusive spaces that reflect our shared values of respect, unity, and cultural heritage. Thank you for helping us create a health and wellness center that truly serves the heart of our community.

Source: [Tribal Health LGBTQ+ Health](#)



RELAY FOR LIFE GARAGE SALE

THURS APRIL 3RD 8AM - 5PM

FRI APRIL 4TH 8AM - 1PM

Billy Frank Jr Gym
4820 She-Nah-Num Drive SE
Olympia, WA 98513

CLOTHING, GADGETS, APPLIANCES, SMALL FURNITURE AND SO MUCH MORE!

OPEN TO PUBLIC

ALL PROCEEDS BENEFIT THE AMERICAN CANCER SOCIETY

(360) 413-2731

MMINIMMIP WALK

MAY 5TH 12 - 1:30 PM

YOU ARE NOT FORGOTTEN

WEAR RED TO SHOW SUPPORT
BRING A PHOTO FOR REMEMBRANCE TABLE
FREE SHIRTS AVAILABLE (FIRST COME, FIRST SERVE)

NISQUALLY TRIBAL HEALTH & WELLNESS CENTER
(360) 459-5312

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earth creates the most healing and vitality for us and for our earth.

What are you most excited to bring to the community or team? I can't wait to nerd out about plants with everyone! Creating more spaces where we can hang out with plants and find vitality in our bodies by working with them.

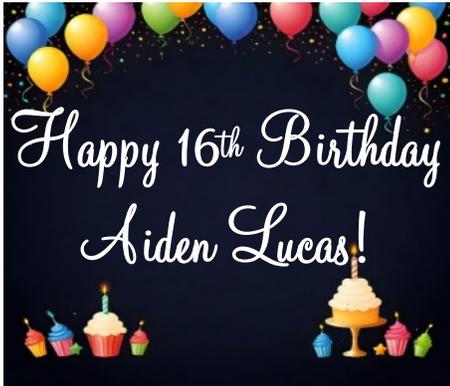
How can the community support you in your work? I would love to meet with as many departments as possible to start building bridges between departments for greater healing...So let's set up a meeting! And I would love for everyone to book an appointment with me even if you are unsure or only a little bit interested. Getting to know the community is just as important for an herbalist as the plants are.

Do you have a message for the Nisqually community as you begin this journey? I am honored to be here in my role as an herbalist, and I am very excited to start seeing folks in the clinic. I want to hear all of your plant stories and learn how you are in relationship with plant medicine.



Announcements

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



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

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
Transit available
6:00 a.m. to 6 :00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.
Contact Cecile Hemphill,
Motor Pool Coordinator/Dispatch
At 360-456-5236

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

