

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

October 2025

Color Run

Photos by Aztec Sovereign, Nisqually Tribe Communications and Media Services

Fit was a beautiful day for the fourth annual Color Run with kids activities, shirts and lots of time to chat with friends and acquaintances.

The winners were:

1st Azeem Gannie

2nd Rene Theo Bracero

3rd Marcela Gannie

4th Allie Sigo



Whole Fish Give Away-

Photo by Debbie Preston, Nisqually Tribe Communication and Media Services Director

The success of fishermen during the chinook fishery meant on a Friday before a holiday, the tribe gave away whole fish as storage space was at a premium with so many fish.



Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Tuesday November 11-Veteran Day
Thursday November 27-Thanksgiving
Friday November 28-National Native American Heritage Day
Thursday December 25-Christmas
Friday December 26-Admin./Christmas

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, Cheebo Frazier
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

In this issue:

Mariners Game	pg. 4
Fall Challenge	pg. 5
Fishing	pg. 6
Pulling Together Dinner	pg. 8
Suicide Prevention Walk	pg. 10
Housing	pg. 11
Dental Hygiene Month	pg. 12
SPIPA Food Dates	pg. 14
Announcements	pg. 15



October Council Corner— 2026 Budget Work

The Tribal Council, Tribal Administrator Office and Budget Director spent the month of August and early September reviewing operating budget *in detail* with Department and Program Directors and management teams. This was rigorous and took a LOT of time! Thank you to the team mentioned above for being so receptive and accommodating to be sure we looked at every budget and every line item.

Putting Tribal Member services first is the goal for programs and departments including our Elders, Youth, Culture, Education, Housing and Health (to name only a few focus areas).

Some important notes:

1. **COVID and ARPA monies** will be gone by 12/31/2026. That reduces our overall funding as a Tribe. Special programs and projects funded by ARPA will be phased out unless they can be covered by grant monies.
2. We are focusing on training for employment, career building and employees through TERO and training programs coming online.
3. The Tribe is moving to **Paylocity Human Resources and Payroll system** which will change the on-site clock-in and timesheet system, create digital personnel files and improve hiring processes.

4. Programs and departments will focus on **sharing information with the community**.
5. We are reviewing the **Master Planning process** to determine Tribal Priorities for capital projects, especially for this year, considering we are hosting the Journeys.
6. Many properties have become available in the Cuyamuca Village area which could be future homesites and new Tribal neighborhoods for us.
7. By the time this article prints, we will have had several **Community Budget meetings** including a budget brunch and three budget public hearings in September.

The Tribal Council has updated the budget committee process and is working on a **Budget Code** to put a Tribal law in place for setting budget guidelines for the use of Tribal funds, assets and resources to always be used in the best interest of the Tribe and its members.

Happy to share what we have been working on this past month and I look forward to the upcoming budget meetings to talk about details.

Cheebo Frazier, Vice Chairwoman

Salmon Restoration Grants Update

By David Troutt

In mid-September the Tribal Council's Budget Committee and Tribal Council approved receiving a salmon recovery grant, that in combination with an earlier grant, will total \$10 million to improve that treaty fishing right through habitat improvement.

The most recent grant is focused on a massive restoration of Ohop Creek, targeting spawning areas of the creek. When completed, there will be a substantial improvement to both spawning and rearing habitat on this important tributary of the Nisqually River.

This grant is the second large habitat restoration grant the Nisqually Tribe has been awarded in recent years. The first was to replace the Brighton Creek culvert under Harts Lake Loop Road. Removing the culvert will open nearly seven 7 miles of quality habitat for salmon and steelhead. It will bring

spawning salmon to the part of the creek that flows through Nisqually's Brighton Creek property.

These two grants will bring positive ecological changes in the Nisqually watershed, enhancing the tribe's salmon fishery and treaty rights.

All state and federal habitat restoration grants are competitive – applicants from all over the state and country are seeking restoration funding for habitat projects. The Natural Resources grant writing team, Chris Ellings and Ashley Von Essen, work to bring these opportunities that align with the tribe's restoration goals in the Nisqually watershed.

The tribe's Native Planting Crew is frequently also the recipient of these funds to fulfill the restoration of riparian areas and the establishment of forests.

Continued on page 5-RESTORATION



First Pitch

Photos by Jack George, Nisqually Tribe Communications and Media Services

The Seattle Mariners came calling, even though it is fishing season, to have a representative of the Billy Frank Jr. family throw out the first pitch during Native American Night, Tuesday, Aug. 26.

So Willie, as his father did at a Mariners and a Tacoma Rainiers' game, helped celebrate the occasion with that first pitch. Willie fooled almost everyone except his catcher, first base coach, Eric Young Jr., who signaled he was ready at any time. Willie didn't want to let the nerves of being officially announced get to him, so he threw it in there quickly, leaving many photographers in the dust.





Time for some Web Cleaning - Online that is.

Tips from the IT-WebDev Department

We're not talking about traditional spider webs found when house cleaning. The term "spiders" and "crawlers" are actually technology terms for software programs or automated scripts that search the Internet to index web pages for search engines and collect all types of data from the web. Spiders gather information such as text content, images, metadata and email addresses.



This is helpful in building databases for search engines to use to display pertinent results, however there can be a negative side to the process of spiders, web crawlers and scrapers; and that is the mass harvesting of user data or email addresses to be used outside the scope of copyright, terms of use, privacy violations and data sovereignty. Responsible crawlers adhere to ethical guidelines and applicable laws, such as GDPR in Europe but with the growing use of artificial intelligence (AI), legal battles continue to attempt to address the complexity of human-AI collaboration. Human and machine-generated combined content remains basically undefined currently, while future court cases will likely refine the standards.

Ensuring our data remains "ours" is an ever-going battle without an expected "won the war" date. Americans lost over \$43 billion

to identity fraud in 2022; with data breaches and leaked personal information causing many people to become victims.

So what can be done to help ensure our personal information isn't being exploited on the Internet?

- Secure online accounts
- Remove data from Google search results
- Request that third-party websites remove information
- Delete old accounts and apps
- Boost social media privacy settings
- Opt-out of data broker email lists
- Use anti-tracking and privacy tools
- Remove identifying images from Google Maps
- Make public records private
- Clean up email accounts
- Optimize browser privacy settings
- Sign up for an identity monitoring tool: Use companies (paid services) to help remove personal information on the web, these include Optery, Privacy Beem DeleteMe, Canary and OneRep.

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services, products or links provided.

Continued from page 3-RESTORATION

For the long-term, these two projects are the tip of the project iceberg. We are planning projects in place from the Mountain to the Sea, leaving a legacy of protection, restoration, recovery, and improved treaty right implementation with each and every one of these efforts.

Every project starts with an idea and then an application. Our entire salmon recovery team is involved. We owe great thanks to everyone that puts the Nisqually Tribe in the position to dramatically improve its homelands through describing these projects with expertise that helps the tribe to successfully compete for these grants.

Nisqually Health Fitness & Nutrition

FITNESS CHALLENGE:

CRUSH YOUR GOALS!

Join our exciting Fitness Challenge and embark on a journey to transform your body and improve your health. Whether you're a beginner or a fitness enthusiast, this challenge is perfect!

Top three most improved body composition earn prizes!

Start Date : October 6-10th
End Date : December 8-12th
Duration : 10 weeks
Contact : HealthFitness@nisqually-nsn.gov

FREE OF CHARGE



Chinook Fishery Success a Welcome Start to Fall

Craig Smith, Salmon Harvest Manager and Debbie Preston, Director, Nisqually Tribal Communications and Media Services

There have been lots of smiling fishermen for this chinook season.

The 2025 chinook season was the first time in a decade Nisqually fishers were able to fish three days a week through the bulk of the chinook run. Our

color we had for most of the fishery helped fishing success because it can help hide the nets. We haven't seen the dark water that early in a number of years." Smith said.



Additionally, those who fished the hatchery selective fishery also did well, with a high number of hatchery chinook encountered, lots of pink salmon, and a few bright coho. Fishermen drifted between Reuben's camp and Clear Creek, targeting hatchery chinook returning to Clear Creek hatchery. During this fishery, if the chinook has an adipose fin (wild), it is quickly taken to the nearest recovery bag in the river and released after the fishery is over for the day. This is to protect the Nisqually wild chinook stock, while still continuing to harvest abundant hatchery chinook.

Joe Sanders was able to provide fish for a ceremony and enjoy days on the river. "I'm happy to get this coho to take home to cook too," said Sanders with a grin.

fishery has been limited because of Endangered Species Act- listed wild chinook. However, due to heavy biological sampling since 2017, staff has been able to show that our fishers can harvest more hatchery chinook than wild by fishing in a time and area that target hatchery chinook.

"The fishermen really have the protocol down this year and it really helps extend the number of days

The forecasted hatchery chinook run was similar to recent years but based on catch, it looks to be healthier than recent years. The tribe bought the majority of the fish but catches were better than expected and storage space became limited reducing the ability to buy chinook the final week curbing effort and catch.

"The price was good and fishers caught a lot of fish," said Craig Smith, Salmon Harvest Manager for Nisqually Natural Resources. "We saw a lot of smiling faces, for sure."

While the numbers of hatchery chinook will most likely exceed the expected return based on the higher than expected catch, its hard to know how much larger at this point. "We think the dark water



they can fish because we're releasing the wild stock of chinook after it recovers," Smith said. The last day of the hatchery selective chinook fishery was Sept. 12.

Continued on page 7-CHINOOK



A Reminder About the Importance of School Attendance

As the new school year begins, we want to take a moment to remind everyone about the importance of regular school attendance. Showing up everyday plays a vital role in academic success, personal growth and building a strong foundation for the future.

My name is Thaddeus Aalona and alongside Gus Williams, we are honored to serve the Nisqually community as Juvenile Probation and Truancy Officers. We are committed to supporting students and families in staying on track and overcoming any challenges that may affect school attendance.

If you have any questions, concerns, or need assistance please don't hesitate to reach out to us or Karlita Johnny our program manager. We're here to help.

Best regards

- Thaddeus Aalona 360-456-5221 ext. 1082 email at aalona.thaddeus@nisqually-nsn.gov
- Gus Williams 360-456-5221 ext. 1258 email at williams.gus@nisqually-nsn.gov
- Karlita Johnny email at johnny.karlita@nisqually-nsn.gov

Serving the Nisqually Community

Continued from page 6-CHINOOK



The hatcheries did not produce coho for returns this year, but the chum forecasted run has enough returns to support ceremonial and subsistence fisheries.

"Last year's large chum run was healthiest in the last 20 years. Chum salmon runs return at 3 and 4 years old and last year's run was equal for both ages. That means this year's return should expect a fair number of at least 4 year olds because last year's age 3 class was strong.," Smith said.

Last season, Nisqually fishermen got to fish for chum for the first time in 7 years and it was a joyous occasion.





Pulling Together for Success

Photos by Debbie Preston

If you came to the Aug. 27 Pulling Together for Success event, you had a diverse number of information tables about everything from jobs, education and resources such as social and mental health services to raffle registration and information about area doctors at Sea Mar. The Masonry cafe was on hand with delicious food as well.





STEP Program Mentor Meeting

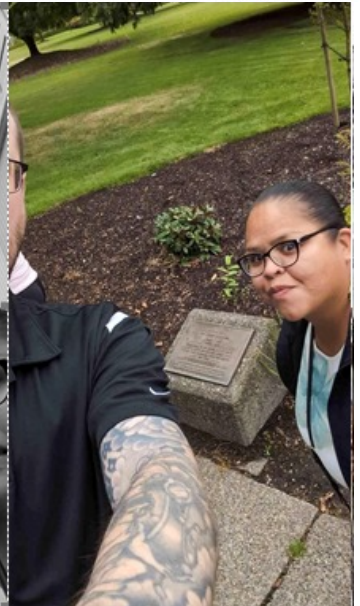
The Strengthening Tribal Education Program (STEP) hosted an unforgettable August STEP/Mentor meeting that was a delightful blend of great food, laughter, and adventure! We kicked off the event with a fabulous meal at the Cove in downtown Olympia, where the atmosphere buzzed with excitement as we enjoyed delicious dishes together. After satisfying our appetites, we launched into an interactive scavenger hunt through the beautiful state capital campus!

As we meandered through the grounds, we explored fascinating stories of Washington state history while tackling trivia questions that tested our knowledge. We unearthed fun facts about iconic monuments, posed for quirky photos with historic buildings, and shared plenty of laughs along the way. Each moment allowed us to bond and create lasting memories, showcasing the spirit of teamwork in action.

It was a fantastic opportunity to connect, learn, and enjoy each other's company while exploring the captivating beauty of Washington state! We truly had an incredible time making memories together!

Thank you to everyone who joined us for this incredible day of discovery and fun—we can't wait for our next adventure together!

Tia Lozeau,
On behalf of the STEP Board





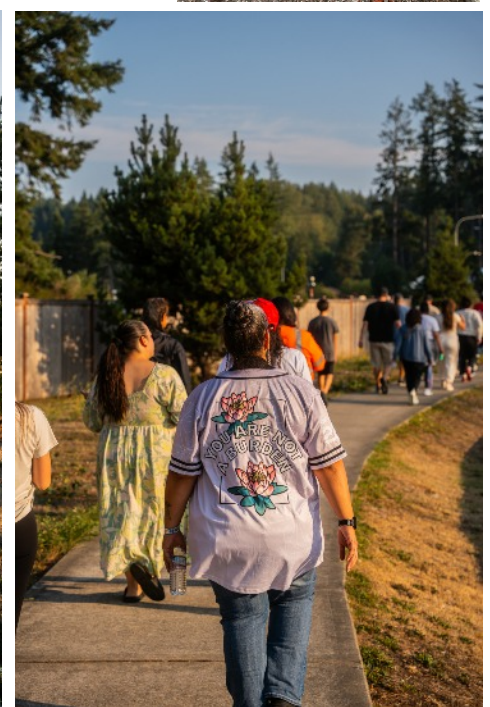
Suicide Prevention Walk

Photos by Jack George, Nisqually Tribal Communications and Media Services

The Nisqually Tribal Health and Wellness Center hosted a walk as part of National American Indian and Alaska Native Suicide Awareness Day, a day to remember relatives who have passed on due to suicide, those that have lost someone and those who are still struggling to bring healing and resources.

Hope for Life - Call, text or chat 988. This hotline is available 24/7.

You matter. You are loved. Reach out. You are not a burden.





Congratulation, New Home

Congratulations to the Sanders Family who got to move into our newly renovated unit on Lashi Street. Formally known as the Nisqually Healing house.

This is our new 4 bedroom, 2 bathroom unit that got added to Housing Inventory in March 2025. This family moved in September 1st.



Reminder of those who are on the waiting list to update their file information. Nisqually Housing has applications for all Waiting List Applicants to fill out, if we don't have current and updated information the applicant may be dropped to the bottom of the waiting list.

DEADLINE IS OCTOBER 31ST, 2025!



Thanks,
Nisqually Tribal Housing

Discover the healing benefits of Massage

National Massage Therapy Awareness Week

October 19 – 25, 2025

Discover the healing benefits of massage. Massage therapy helps restore balance, ease stress, improve circulation, and support overall wellness. It is more than relaxation; it is a pathway to caring for mind, body, and spirit.

At our Traditional Healing Program, massage sessions are available to community members, with priority appointments for Nisqually Elders and Nisqually Tribe members (NTM)

Call Traditional Healing at (360) 493-6450 to schedule your appointment today.

Honor your body. Calm your spirit. Strengthen your wellness.

Discover the healing benefits of Massage.

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At our Traditional Healing Program, massage sessions are available to community members, with priority appointments for Nisqually Elders and Nisqually Indian Tribe Members (NTM).

Call (360) 493-6450 today to schedule your session.

**HONOR YOUR BODY.
CALM YOUR SPIRIT.
STRENGTHEN YOUR WELLNESS.**

Priority Sessions for Nisqually Elders & NTM



Caring for Smiles & Oral Health

Every smile tells a story, and behind every healthy smile is the practice of good dental hygiene. In October, we celebrate the important role dental hygiene plays in our overall health, confidence, and well-being.

Dental hygiene is more than just brushing and flossing. It is a commitment to lifelong wellness. Preventive care helps us protect our teeth and gums from disease, maintain comfort when eating and speaking, and even safeguards our heart and immune system. Studies show strong links between oral health and overall health, reminding us that daily habits make a lasting difference.

Who are Dental Hygienists?

As dedicated professionals who provide preventive care, patient education, and support individuals to achieve optimal oral health, our hygienists are committed members of the dental team. From early childhood to elder care, hygienists are trusted to maintain ideal oral health for long-lasting, whole-body benefit.

Recommendations from your hygienist

Brush twice per day

Floss daily

Visit your dental hygienist every 3-6 months

Limit sugary drinks

Thank you to our Nisqually Tribe Dental Hygienists, Tina and Cindy, for your commitment and knowledge. You are assets to our team and the community at large. Your contributions enable our office to offer ideal oral care.



October - Dental Hygiene Month
Caring for Smiles & Oral Health

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As dedicated professionals who provide preventive care, patient education, and support individuals to achieve optimal oral health, our hygienists are committed members of the dental team. From early childhood to elder care, hygienists are trusted to maintain ideal oral health for long-lasting, whole-body benefit.

Recommendations from your hygienist:

- Brush twice per day
- Floss daily
- Visit your dental hygienist every 3-6 months
- Limit sugary drinks



Thank you to our Nisqually Tribe Dental Hygienists, Tina and Cindy, for your commitment and knowledge. You are assets to our team and the community at large. Your contributions enable our office to offer ideal oral care.

**Questions?
Call us** **360-413-2716**

CONTACT NTHWC
📞 Main: 360-459-5312

You can contact us during business hours on our main phone line, or contact departments directly.



- 📞 Business Office: 360-486-9599
- 📞 Behavioral Health: 360-413-2727
- 📞 Dental: 360-413-2716
- 📞 Pharmacy: 360-491-9770
- 📞 Traditional Healing: 360-493-6450

Always dial 911 for life-threatening emergencies.



NTHWC DRIVE-THRU FLU VACCINES

STAFF & ELDERS:
MON, SEPTEMBER 25TH 11-1
THURS, OCTOBER 2ND 11-1

OPEN TO ALL:
THURS, OCTOBER 9TH 3-7

FLU VACCINE FOR AGES 6 MONTHS & UP!

DRIVE-THRU LOCATED AT
NISQUALLY ELDERS CENTER



SAFE USE OF OTC MEDICINE



SCAN ME!



Over-the-counter (OTC) medicines like cough syrup, cold tablets, and motion sickness pills can alleviate symptoms when used as directed. But taking more than recommended can harm our health and spirit. High doses of certain medicines may cause heart problems, kidney damage, memory loss, or even death.

Watch for signs of unsafe use:

- Taking more than the label says
- Mood changes or confusion
- Continuing use despite harm

Contact the Nisqually Tribal Health & Wellness Center at **(360) 459-5312** for questions, care, counseling, and healing.

To learn more about specific medicines, understanding warning signs, and recognizing withdrawal symptoms, scan the QR Code.

MY NATIVE PLATE:

A Simple Guide to Healthy Eating.



Eating well doesn't have to be complicated. My Native Plate offers an easy way to balance your meals and nourish your body.

How It Works:

- Fill half your plate with **vegetables** – fresh, steamed, baked, or roasted.
- Fill the other half with **grains/starches and protein** – such as wild rice, beans, or traditional meats.
- Add a **side of fruit** – berries, peaches, or apples are great choices.
- Drink **water** – a simple way to stay healthy and hydrated.

Tips for Everyday Balance:

- Stay active to support your health and energy.
- Use a 9-inch plate to keep portion sizes just right.
- Choose variety – mix traditional foods with fresh options like wild greens, fish, bison, squash, and berries.
- Cook with care – grill, bake, or stew instead of deep-frying.
- Enjoy fruits and vegetables as snacks or desserts.

Questions?
Call us



360-459-5312



The Native & Strong Lifeline is **free**, **confidential**, and **available 24/7/365**.

It's available to all Tribal and Indigenous people in Washington, or anyone contacting the line from a Washington area code.

How to contact the Native & Strong Lifeline:

- **Call:** 988 then press 4
- **Text:** N8V to 988
- **Chat:** Select the "All Native people in Washington state" box in the pre-chat survey when chatting online.

Questions?
Call us



360-459-5312





Breast Cancer Awareness

Honoring Survivorship • Raising Awareness •

Supporting Community Health

October reminds us of the vital importance of early detection and compassionate support in the battle against breast cancer. This month, we shine a special light on the experiences of Native American women whose health outcomes reveal significant disparities that demand our attention.

Native Women's Wellness Program (NWWP) – SPIPA

Breast Cancer is the most diagnosed cancer and the second leading cause of death among women in the United States. The early detection and treatment of breast and cervical cancer through preventative screenings reduces mortality rates and greatly improves cancer patients' survival. However, there is a disproportionately low rate of screening among women of racial and ethnic minorities and under or underinsured women, which creates a wide gap in health outcomes between these women and other women in the United States. The goal is to decrease cancer incidence, morbidity and mortality by focusing on our tribal population, who have increased cancer risk due to health disparities.

Together, we can make breast cancer screening and early detection more equitable. This October, let's honor life, increase awareness, and support every woman in our community.

Please call our schedulers at NTHWC to schedule your next mammogram. If you have additional questions about NWWP, feel free to reach out to Patient Navigator Raylene McCloud at 360-459-5312.

BREAST CANCER AWARENESS

**Honoring Survivorship
Raising Awareness
Supporting Community Health**

October reminds us of the vital importance of early detection and compassionate support in the battle against breast cancer. This month, we shine a special light on the experiences of Native American women whose health outcomes reveal significant disparities that demand our attention.

**Help Raise Breast Cancer Awareness with us
by wearing PINK on October 24th**

**Please call our schedulers at NTHWC to schedule
your next mammogram at (360) 459-5312.**

**If you have additional questions about NWWP, feel
free to reach out to Patient Navigator Raylene
McCloud at 360-459-5312.**

South Puget Intertribal Planning Agency

**USDA Foods Program
October Delivery Date**

**Nisqually
10/16/25**

**At the SPIPA Warehouse
10:00am-1:00pm**

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.



Announcements



Annual Harvest Celebration Event

Location: Youth Center

Date: October 9th 2025

Time: 5pm - 7:30pm

Contact: Chantay Anderson @ EXT. 1166 or
anderson.chantay@nisqually-nsn.gov

~Until Supplies Last~

- ❖ Garden produce
- ❖ Medicine products
- ❖ Dinner
- ❖ Raffle

Collaborative event
hosted by Community
Services, Community
Garden, Daycare, General
Assistance, Workforce
Development, and Voc.
Rehab.



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

