

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

July 2026

Swift Water Rescue Training

By Debbie Preston, Nisqually Tribe Media and Communications Director

Nisqually Tribe Fish and Wildlife Officers, Nisqually Patrol Officers and one Nisqually Corrections Officer participated in Swift Water Rescue Training with officers from Chehalis Tribe. A total of eight officers from Nisqually received their initial certification.

The Training Organization was Paratekk Rescue, with instructor John Hall. All officers who participated in the phase one the week of May 26 were certified as Rescue Technician 1. Those who finished the additional three days of training received Swift Water Rescue Technician 2 certification, which includes more advanced training.

There are many potential scenarios that either have or will play out on the Nisqually River when officers are called to assist. This training helps officers be prepared for real-world incidents and to assist other agencies in their water emergencies in the area.



Continued on page 3-SWIFT WATER RESCUE

Nisqually Canoe Journey Updates

1. We still need tribal members/community members to help with gift making.
2. We will be buying from tribal members - gifts for the potlatch/gifts for canoe families
3. Landing site will be Sequelitchew Creek Trail head – beach on July 31, 2026.
4. We need volunteers. Our volunteer registration form is available online at Nisqually Tribe website – under canoe journey – forms.
5. We can also use tribal members/community members on our many task forces.



Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Friday July 3, 2026

Independence Day Observed

Monday, September 7, 2026

Labor Day

Monday, September 28, 2026

Nisqually Day Observed

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

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New Committee Coordinator-Kealoha Kalama

Hello, my name is Kealoha Kalama, but many of you know me as Kiki. I am the new Committee Coordinator, and I am here to provide support and process administrative correspondence. I am very much looking forward to working with all the Nisqually Tribal Committees. Please don't hesitate to reach out if you need anything.

If you serve on a committee, I would appreciate your help in keeping our records current and improving communication with the Nisqually Tribal Membership. Please assist me by providing the following:

- **Meeting Schedules:** To help us keep everyone informed, please send your committee's meeting schedules (date, time, and location).
- **Stipend Request Packets:** Please submit packets via the drop box on the second floor of the main administrative building or by email. Ensure you include the stipend

request form (with Chair and Secretary signatures), the sign-in sheet, and the meeting minutes.

- **Agenda Posting:** Meeting agendas must be posted at least 24 hours prior to your meeting time. We now have a dedicated corkboard on the first floor of the main administrative building, located near the back door. Please reach out if you need assistance with posting your agendas.
- **Webpage:** Our committee webpage is currently in development. This will provide another great avenue for sharing a centralized committee calendar and keeping Tribal members informed. Stay tuned for updates!

Contact Information:

- **Phone:** 360-456-5221, ext. 1075
- **Email:** committee@nisqually-nsn.gov



Tribal Employment Rights Office (TERO)

By Frances Rohr

I am happy to announce that due to the hard work of our Tribal Administrators, Tribal Council, and the TERO Commission—we are back. For those of you who don't know me, my name is Frances Rohr, the new Director for the department. I am a big believer in TERO and understand the value that this program brings to Tribes and our communities. I am especially excited about getting back out into the community and doing outreach to see what our community needs are and how we can help. I am thankful for the opportunity to help bring back this department.

What is TERO?

TERO stands for Tribal Employment Rights Office or Ordinance—ultimately it is an act of Tribal Sovereignty. There are hundreds of Tribes who have an active TERO Ordinance. It's a way for Tribes to enforce tribal preference in hiring. By giving our tribal members, descendants, and tribal spouses an opportunity at working on projects, we are able to train and develop the workforce in a way that strengthens our tribal nation from within.

Why is it Important?

Having our own people (the Workforce) employed on tribal projects gives people an opportunity to learn on the job and get paid, essentially strengthening our

own economy in our Nisqually community. We will be able to start training people on the job by strengthening our workforce from within, we are able to hire our own people to do the work we would typically hire outside agencies for, and this helps us be more self-sufficient and use our tribal dollars to support tribal households. Having a job, working on projects, and giving back to your own community creates purpose and pride in our people.

What to Expect?

Know that the TERO Department, Tribal Administrators and the TERO Commission will keep working hard to get this program up and going in a good way. We are in the middle of getting the office set up and staffed. We will be working on community outreach through events, dinners, and getting involved wherever we can. We will also be reaching out to the community for input and direction so please look out in the mailers and on our FB Bulletin (She-Nah-Num) for updates. We are located in the "H" building by the old HR, Archives and SPIPA. If you have any immediate needs please feel free to stop by or reach out to rohr.frances@nisqually-nsn.gov or call 360-456-5221 ext. 1420.

Welcome Frances Rohr, New Tribal Employment Rights Office (TERO) Director



Hello, my name is Frances Rohr I am a Nisqually Tribal Member. I am excited to give back to the Tribe by using all I've learned in life, school, and through our community—to help better our TERO Program.

I am and always have been dedicated and devoted to our community. I will continue to walk the Red Road and do the work that needs to be done in a good way.



NISQUALLY EDUCATION CORNER

1. After school Homework Program
2. Is your child attending summer school? Let us know if they need help
3. What questions do you have for the Education department?
4. Send us your graduation photos.
5. If you are graduating, please send us a copy of your diploma.
6. Are you interested in Running Start? Junior and Seniors.
7. What kind of activities would you like to see in Education?

Education Staff

Betty Pacheco – Education Director
Christine Robbins – Adult Education Counselor
Rachel Birkoski – Adult Education Counselor
Hannah Ogilvie – Youth Education Counselor
Keisha McDonald – Youth Education Counselor
Karen McCloud - Receptionist

Book of the month

★ [Beyond the Glittering World](#)



Edited by Stacie Denetsosie, Kinsale Drake, and Darcie Little Badger. Torrey House, \$18.95 trade paper (240p) ISBN 979-8-89092-030-0

Welcome Our New Nisqually Education Director- Betty Pacheco

Hello my name is Law-Heel-Owah and my English name is Betty Pacheco. I am a Nisqually tribal member. My father was the late Ben Hicks Sr, and my mother is Donna Choke. I have three siblings, two children and two dogs.

I will be finishing up my Doctoral Degree in Education and Leadership by August 2026. I am so invested in our community, to uplift education and culture. I support our community when it comes to education: Head Start, K-12 and college.

I enjoy spending time with my family, gathering cedar, sweet grass, and making baskets. I enjoy learning new styles and techniques of weaving. I enjoy traveling and just living my best life every day.

I am super excited to bring Nisqually education and our students into the spotlight. I want to highlight and celebrate our students.



New Residency Occupancy Specialist- Melvin Blacketer

haʔt dadatu dxʷʔal gʷəlaapu siʔiʔab dʔiisəd ʔatət tidsda. I, Melvin L Blacketer, a 1910 Nisqually Assistant Minister, am honored and excited to help our people in my new position as Residency Occupancy Specialist here at Nisqually Indian Tribal Housing.

My goals are to help maintain safe, inclusive, and highly efficient housing environments so that every household will have a stable foundation to reach their full potential. My mission is to develop and serve quality housing for the families and Elders of our tribal community while helping connect housing residents to vital community resources. My vision is to ensure

solution-based ideas for every home rental or owner to the best of ability and knowledge.

I am the second son of Leora F. George and the late Glenn E. Blacketer Sr. My Maternal Grandparents are Arline George and the late Alexander George II. My Paternal Grandparents are the late John and Beatrice Blacketer.

My Cultural and traditional Teachings are beading, sewing, carving, painting, sing and dancing, just for starters.

Buy Refurbished, Save the Planet

Tips from the IT-WebDev Department

As prices continue to rise, many of us are looking for ways to save a buck or two. This is where buying refurbished electronics can help. These devices work like new and can sell for 30%-70% less than retail price, with the added benefit of keeping electronics out of landfills. Many people replace smartphones after two years, despite their ability to last 6-8 years. The same goes for other electronics as well.



original manufacturer. They will usually offer full warranties.

- Seller Refurbished – Make sure you look for good seller reviews and get a warranty; this means they used a third-party for restoration. Verify how these products were certified too.
- Renewed – Generally this means a product was barely used and needed little to no repair.
- Open-Box – Products that were returned lightly used or opened. A good bang for the buck.

What does refurbished mean?

- A refurbished device is a product that was previously returned and then repaired to meet its original manufacturer specifications. They are generally accompanied by a certification of quality from the manufacturer and include a 3-, 6- or 12-month warranty.
- Avoid products that are selling “as-is” because they have not been refurbished.

What to look for?

- Certified Refurbished/Manufacturer Refurbished – This is the safest option as the products are restored and certified by the

Companies may even offer money to trade in devices for a refurbished one, so check for this option first. Be sure to clear data and perform a factory reset before trading in any personal electronic devices!

Always check that a seller is reputable and read the reviews before making any purchases. It's a good idea to have a warranty and check the return policy. Many local and national resellers will also have buy-back programs if customers are unsatisfied. Buying refurbished can save money without sacrificing quality, so give it a thought when upgrade time rolls around.



Nisqually Weather

By George Walter

When you read something about global weather patterns, have you ever wondered what are the main factors that influence weather right here at Nisqually?

There are two big things that determine Nisqually weather, the Pacific Ocean and the Cascade mountains. Storms reaching our area generally come from the southwest and, when these storms reach the coast, the mountains force the air to rise and cool, bringing the abundant rain that characterizes the Pacific Northwest.

But it's the Pacific Ocean that drives Nisqually weather (and, really, weather around the world). That's because the Pacific Ocean covers about one third of the Earth and is constantly soaking up warm solar energy radiating from the sun. But the amount of solar energy varies from north to south with the change of seasons (the southern Pacific Ocean soaks up more warmth in our winter, and the opposite occurs in our summer).

Second, as the Earth rotates, the water in the Pacific Ocean (including the warmer water that accumulates at the Equator) moves west. When it reaches Asia the water turns north, creating what is termed the Japanese Current – a stream of warmer water moving north along the east coast of Asia. The water of the entire Pacific Ocean north of the Equator rotates in a clockwise direction.

If you've read this far, you're probably wondering what all this has to do with Nisqually weather. It's this flow of warm water toward cooler water, in a clockwise direction, and the wind that accompanies it, that is the dominant process bringing our weather.

When the winds come from the southwest (the direction of Hawaii), they are warmer and may bring substantial rain. This is the normal pattern from October until early summer.

Sometimes, however, a blob of very cold air descends into the northern Pacific Ocean and interferes with "normal" weather patterns. That's when we are more likely to get cold winds coming from the north and northwest, a pattern that may even bring snow.



Sometimes during our summer, as the sun and its warmth heats up the land part of North America, air temperatures and pressures increase. Under that condition, and sometimes for weeks at a time, we will have warm high pressure sitting over the Pacific Northwest. Those are the very warm and dry

summer months. Occasionally a storm will break through, but that condition tends to be temporary.

Eventually, as the Earth cools, the cooler and moisture-laden air over the Pacific Ocean will totally displace the high pressure and we have the first rains of the fall and the beginning of our typical warm, wet winter.

Now that you've read this account, let's pose another question. How well did the Nisqually ancestors many generations ago understand the weather? There is no doubt that they possessed great knowledge of their world. My guess is that, even without weather satellites and the like, they understood seasonal and weather patterns very well and likely were very good at weather forecasting. What do you think?



The Training and Professional Development Program Welcomes Two New Staff Members

Kahelelani Kalama is the newest member of the Training and Professional Development Department Staff as the Office Coordinator and is a member of the Nisqually Tribe. Most of her work experience has been with the Nisqually Tribal Government and has included several positions that have required administrative duties, such as the Nisqually Youth Program (Front Desk), the Legal and Administrative Department (Administrative



Assistant) and the Tribal Council (Administrative Assistant). Her last position was as a Community Service Officer for the Nisqually Police Department, where she served in that capacity for seven years. Kahelelani describes herself as a people person and enjoys greeting, recruiting and guiding fellow tribal members as they seek to better their lives and their communities.

When Kahelelani isn't working she enjoys spending time with her family and two children doing outdoor activities such as fishing, hunting, rockhounding, and riding her side by side. She could also be found doing beadwork and weaving in her spare time as well as traveling regularly to both the Big Island of Hawaii and Montana to visit with her large extended family. Lastly, Kahelelani is currently finishing the requirements for her Associate of Arts Degree through the Northwest Indian College and hopes to continue to encourage and support the Nisqually Community towards life long learning pursuits.

Orinda Goddard, a member of the Confederated Tribes of the Chehalis Reservation,



recently joined the Nisqually Tribe's Training Department as a Curriculum Developer and Trainer. Although she officially stepped into this role three months ago, her connection to the Nisqually community began more than 24 years ago when she volunteered as a receptionist at the Nisqually Health Clinic under the leadership of Rena Wells.

During that time, Orinda began developing the skills and values that would shape her career in tribal government and community service. She credits the Nisqually community and past tribal leaders for helping guide and mentor her throughout her journey. Their support and leadership continue to influence the work she does today.

Orinda earned both her associate degree and bachelor's degree from Northwest Indian College, along with a certification in Vocational Rehabilitation Counseling. Since 2022, she has served as a faculty member at the Nisqually site campus for Northwest Indian College and later became a faculty member for the Tribal Vocational Rehabilitation Institute.

With 18 years of experience in the field of vocational rehabilitation, Orinda specializes in transitional youth services and policy development. Throughout her career, she has remained committed to education, workforce training, and helping individuals create meaningful career pathways.

Orinda believes it is important for individuals to find work they truly enjoy, noting that much of a person's life is spent serving and working alongside their community and colleagues. Her passion for supporting others in achieving their education and employment goals continues to guide her work and leadership within tribal communities.



Kalama Creek Hatchery

By Debbie Preston, Nisqually Tribe Media and Communications Director

Amber Lefthandbull gave students from the Eatonville School District a tour of the Kalama Creek Hatchery and they also conducted water quality tests to practice their science skills. Each year, Nisqually hosts a number of school districts at the hatchery to talk about the salmon life cycle, treaty fishing and spawning and rearing salmon. This year, the first year after the construction was finished, there were only coho reared, but chinook will be back in the program next year and soon, there will be a program to assist the growth of the chinook found to be most closely related to the original chinook stock of the river.



Contact Information for Home Maintenance Emergencies

Should Elders or Nisqually tribal members need assistance with emergency building issues such as air conditioning and/or heating repairs or plumbing issues, help is available.

Building works with EOC and Housing to provide 24/7 on-call service to our Elders and the community.

Members can call EOC or housing and they will notify Mike Elliott, Director of Building Department or Matt Hjelm, electrician, and they will respond immediately or contact them directly at the numbers listed below.

“Once we arrive at your home, we assess the problem and get it fixed,” said Elliott. “If we

cannot fix it ourselves, we coordinate with other departments (Public Works, EOC, etc.) to get contractors on the job as soon as possible.”

During the summer months portable A/Cs are available in the event heat pumps fail.”

Mike Elliott, Building Department Director
360-701-5399

Matt Hjelm, Electrician
360-999-9303

Richard Nieves, Housing Maintenance Super.
360-890-0639



Elders Paint With Me

By Debbie Preston, Nisqually Tribe Media and Communications Director

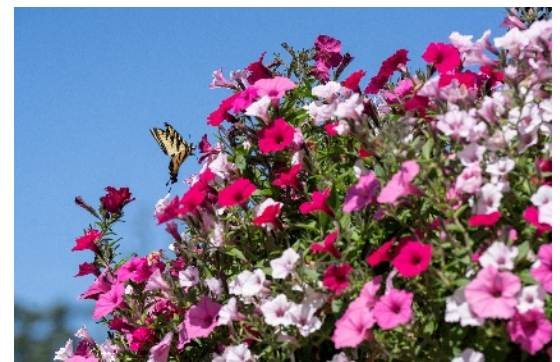
Elders Paint With Me is a relaxing way to spend a morning. There were lots of smiles and chuckles as they worked with instructor Sandra Wallace making the rounds to assist with questions and techniques.



Watering Baskets

By Debbie Preston, Nisqually Tribe Media and Communications Director

Ron Smith, Wastewater Treatment Tech, waters the hanging baskets along Billy Frank Jr. Blvd. Wastewater Treatment and Public Works each have a hand in watering the baskets each day of the week. The butterflies and bees all appreciate the flowers as well.





K-Pop

By Aztec Sovereign, Communications and Media Services

The “Huntrix” performance team gave the families attending a “Golden” performance to remember by showing them “How it’s done” in the Demon Hunter world! Rumi, Mira and Zoey performed their hit songs along with a supporting cast of dancers giving it their all with songs from “Saja Boys” such as “Soda Pop” and “Your Idol! “





Millersylvania Canoes

By Debbie Preston, Nisqually Tribe Media and Communications Director

The Nisqually Canoe Family joined other tribes for the June 7 Canoe Family Celebration at Millersylvania State Park where the public could get in the canoes and learn about the culture and history of the tribes of the region. Many thanks to Feather Villegas, Betty Pacheco and Joyce McCloud for contributing some pictures from the event!



Medicine Creek
Community Garden

GARDEN STAND

Every Friday!
9-2PM

**833 Old Pacific Hwy SE
Olympia, WA 98513**

Please park in gravel parking lot. Remember your reusable bags! Donations are greatly appreciated.

Open to Nisqually Tribal Members, Tribal Community and Employees.

**Questions or comments contact Chantay Anderson
Anderson.chantay@nisqually-nsn.gov**

Nisqually Administrator Hours During Canoe



The Administration Department will remain open during the Canoe Journey. The hours of operation will remain unchanged. Hours of operation are as follows:

Monday-Friday: 8:00 a.m. – 5:00 p.m.

During Canoe Journey: On-call availability

Administrators available:

Lorilee Morsette – Chief Tribal Administrator

Natosha Rosado – Tribal Administrator

Joe Kautz – Tribal Administrator

Contact Phone Number: (360) 456-5221

All Tribal Administrators will be on-call during the Canoe Journey as well as during regular work hours. Lorilee will be the primary Administrator for the office, Natosha will be the primary contact for the Canoe Journey site, and Joe will be rotating between both sites. Administrative services will still be available, but the department will operate with limited staff during this time. Please allow for longer responses as needed.



FIFA World Cup Puyallup Protocol

By Jack George, Communications and Media Services

The World Cup Coastal Protocol hosted by the Puyallup Tribe, is a cultural gathering that “celebrates the Coast Salish people whose ancestral lands will host World Cup activities in our region,” according to FIFA , the governing body of the World Cup Soccer tournament.

In celebration of the historic World Cup, the protocol symbolically celebrates the arrival of visiting nations. Invited tribes share traditional songs and dances with all guests to celebrate the beauty and diversity of the region's local Native American heritage and canoe culture.

Visitors are invited to respectfully observe, learn, and participate when invited in this vibrant expression of Native culture.

The Nisqually Tribe participated in the World Cup Coastal Protocol on June 18. The day ended with all of the Medicine Creek treaty tribes. Songs roared across the event tent, families witnessed the gathering of the people as one; in that same breath and beat of the drum, dancers surrounded the singers that gathered in the middle, dancing to the voices of each tribe’s songs. Unity as a people.



Continued on page 14-FIFA PROTOCOL



Continued from page 13-FIFA PROTOCOL





Nisqually Wellbriety Pow-Wow

By Debbie Preston, Nisqually Tribe Media and Communications Director

Nisqually was able to reschedule the annual Pow-Wow for late June and the event provided a chance to look at operational regimes to improve and add for the upcoming Canoe Journey. The event started with the Coastal Jam on Friday night with a big spread of food from CJ and his crew, including crab, fried chicken, macaroni salad, roasted veggies and much more.





Nisqually Public Safety Update

As we move into summer break, it's a good time to review how to best report concerns or crimes. When reporting crimes or concerning events within the community, please utilize the services of TCOMM (Thurston 911 Communications).

There are two standard ways to report an incident:

- **Call 911**
- **Non -Emergency Number for Nisqually (360) 704-2740**

If you don't have the non-emergency number, please call 911. Trained emergency dispatchers will route your call to the appropriate dispatcher for distribution to Police, Fish and Wildlife, Fire Department, or Emergency Medical Services. This is a service that Nisqually pays for and is the most efficient way to get help.

Many community members are still reporting incidents directly to officers through their personal cell phones or instant messages to personal accounts. The Nisqually Public Safety Jail Control Center also frequently receives calls from citizens, community members and visitors reporting incidents. This type of contact to officers or the jail bypasses the dispatch system and can consume critical time needed to properly respond to calls for service. It also creates gaps in information that would otherwise be officially documented. Proper documentation through TCOMM helps document for court purposes and identifies problems and recurring issues that may need to be addressed in the future.

Summer: Community Pedestrian and Bicycle Heightened Awareness

A reminder that school is out and that means more of the community youth out and about walking and bicycling as well as adults. Expect the unexpected when driving to help protect our community. Report any suspicious vehicles, individuals, or activity in areas frequently visited by children and minors during the summer months at the numbers listed above, either TCOMM or 911.

Fire Risk

Fire prevention is a responsibility we all share. By taking proper precautions and exercising good judgment, we can help prevent unintentional damage from accidental fires to tribal properties, private residences, natural resources, and neighboring communities.

Please be aware of wind, dry conditions and dry grass in the areas where fireworks or any burning will occur. Have water available for an emergency and be aware of Fire Bans..

Nisqually Public Safety Training

March and early April - Nisqually Public Safety (NPS) team members and Chehalis Public Safety members completed Swiftwater Level 1 and Advanced Swiftwater Rescue training.

Nisqually Tribal Council supported this training, identified as a priority by the department, to help ensure the safety of the Nisqually tribal members and the community. Additional officers will be trained in the future to help support and strengthen the relationships across the local tribal communities, promoting mutual assistance across the area to become a regional asset across Indian Country. Three supervisors attended the FBI-Law Enforcement Executive Development Association Program, Command Leadership. Lt. Jeff Smith, Sgt. David Blanksma, and Sgt. Michael Althaus completed this during Father's Day and we thank them and their families for the sacrifice of this time. All three will continue this training that will solidify the future leadership framework that will be consistent across Nisqually Public Safety. These training opportunities will be extended to additional supervisory staff and department members.

Fish and Wildlife Division

Nisqually Fish and Wildlife Nisqually tribal Officer Leon Dunstan reported to the Federal Law Enforcement Training Center (FLETC) in June for the three-week Marine Law Enforcement Training Program. Officer Kalela Reuben completed the Washington Criminal Justice Training Center (WACJTC) Virtual Leadership Training Program. Nisqually Fish and Wildlife Division held its annual 24-hour Patrol Tactic In-Service Training. Attended by all members of the division. Nisqually hosted officers from Neah Bay Public Safety and the city of Roy needing those credit hours for WACJTC. The Fish and Wildlife officers are preparing and scheduled to start the Washington State Department of Fish and Wildlife Hunter's Education Instructor Program. This is in preparation to offer a course for tribal and community members prior to the start of the Nisqually hunting season and the Washington State fall hunting seasons.

Patrol Division

Officer Frank Koutelieris -BIA OJS approved Background Investigations for Law Enforcement and Corrections Positions certification program hosted by Port Gamble S'Klallam Tribe. Officers within the department have requested and received approval to develop an in-house Officer

Continued on page 17-NPD



Nisqually Tribal Security

What do we do?

Our department plays an unique role within the Tribe. While many departments observe holidays or closures, security remains on duty, protecting our people, facilities, and tribal assets. Our team works closely with the Nisqually Police Department, serving as an extra set of eyes and assisting when needed with investigations and evidence gathering.



We greatly appreciate the continued support and partnership we receive from our tribal law enforcement agency.

We look forward to seeing the growth and development happening within the Nisqually Tribal Security Department, and we will soon be welcoming several new hires to our team.

Strengthening our department allows us to better serve and protect our community. Our department operates seven days a week from 7:00 a.m. to 10:00 p.m.

Who is Tribal Security?

Garry Hicks III- Security Manager
Pat (PJ) DeFord- Security Officer
De Airo Moore- Security Officer
Elizabeth McGee – Security Officer
Chula Arellano.V- Security Officer

Russell (Boyas) Johns- Security Officer
Triston Mesteth- Security Officer
Gaby Arellano-V- Security Officer
Sarah Germann- Security Officer
Jared Werner- Security Officer
Steve Sutterli- Security Officer

Contact Us

Main Security Number: 360-413-3035 ext. 1019

Youth Center Number: 360-413-3037 ext. 1328

Clinic Number: 360-413-2733

Garry Hicks III

Work Cell: 360-359-6573

Desk Phone: 360-413-3018

Non-Emergency Dispatch: 360-704-2740

The Clinic, Youth Center, and Administration Building all have Security Desks. Come say “Hi!” to us. Don’t forget that Security works every day and works past business hours and during closure days when the Tribal Offices are closed.

THINGS TO REPORT TO SECURITY:

Leaving your vehicle overnight
If you are staying after hours
If you notice safety hazards, such as damage to buildings
Suspicious people on campus
Suspicious vehicles on campus
If a door to any buildings is left unlocked
Alarms are going off inside the buildings

Continued from page 16-NPD

Wellness Program initiative to ensure that officers have access to the tools, resources, and support necessary to strengthen officer wellness and expand peer-support networks. This will better support officers’ mental well-being while enhancing their ability to serve the Nisqually Tribe and community. Sgt. Jalan Dickerson and Nisqually tribal Officer Masun Slape, attended the First Responder Executive Peer Support Course. Officer Gary Ortiz continues to research and gather information on peer-support training and certification processes.. Nisqually tribal Officer Rodney Thomas -completed the WACJTC Patrol Carbine Instructor Program at the end of May.

Corrections Division

The Corrections Division continues to make significant progress with its re-entry initiative, helping ensure that individuals leaving

custody are connected to ongoing services and support upon released. Several former residents have reached back to the facility to express their gratitude for the assistance they received and to share how the program has positively transformed their lives. This important work continues to expand through new partnerships, including those with the Pierce County Alliance and the Northwest Integrated Health Program. Corrections is a demanding profession, and seeing positive outcomes reflects the dedication, compassion, and commitment of the team members who make the program possible.



National Migraine and Headache Awareness

Migraine sufferers are at risk of developing a condition called medication overuse headache (MOH). This is a migraine-like daily headache, or marked increase in frequency of migraine attacks, caused by the overuse of certain medications.

When acute medications are used too frequently, the brain's pain pathways become increasingly sensitive. As the medicine wears off, the pain returns—often worse—prompting you to take another dose. This creates a continuous cycle where the medication itself generates more headaches

Studies have shown that using certain pain medications for 10 or more days a month may cause MOH. These include:

- Aspirin
- Acetaminophen
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Combination pain relievers
- Opioids
- Triptans
- Ergotamines

The symptoms of medication overuse headaches can include:

Daily or nearly daily headaches: These headaches often occur upon waking and may improve temporarily with medication but return as the medication wears off.

Other symptoms: Nausea, irritability, difficulty concentrating, and restlessness may accompany the headaches

At Nisqually Pharmacy we keep track and limit the total amount available for pick up to reduce the risk for our patients.



South Puget Intertribal Planning Agency

USDA Foods Program Delivery Date

Nisqually Tribe

Wednesday, July 15th

At the Warehouse
10:00am-1:30pm



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 WIC

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

For appointments and questions, contact:
Debbie Gardipee
360.463.4439
dgardipee@spipa.org

Next WIC date:
July 15th, 9-3
SPIPA IPC, phone appts.
Phone and in person appointments. Date subject to change.

SPIPA main number: **360.426.3990**



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



South Puget Intertribal Planning Agency

Diaper Distribution

Nisqually Tribe

Wednesday, July 15th

USDA Warehouse at Nisqually
10:00am-1:30pm

Pull-ups | Diapers | Wipes | More



Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990



Announcements

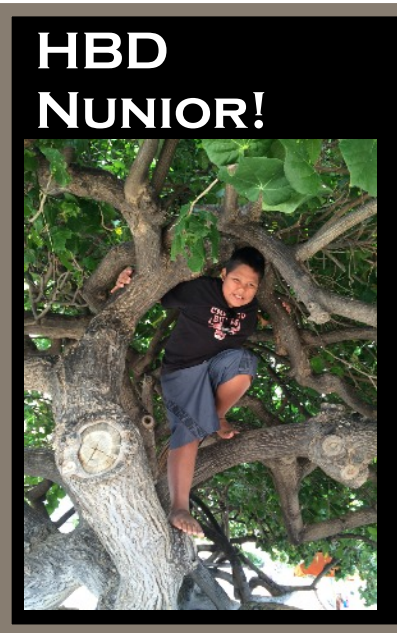


July 5, Happy 10th Birthday AJ (Azeem Jr.), Love the McDonald Family

July 5, Happy 50th Birthday Johnny Joe, Love the McDonald Family

July 25, Happy Birthday KaraBear, Love the McDonald Family

July 27, Happy 13th Birthday Pebbles, Love the McDonald Family



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

Appointments 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 5:00 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

