

# NISQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 15, Issue 6

[www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)

June 2025

## Swearing In the New Tribal Council and Enrollment Members



*Tribal Council*



*Congratulations!*



*Enrollment*

# Nisqually Markets Launches Industry-First ‘Ramen Go!’

Instant Noodle Stations –Starting at Yelm  
 Nisqually Markets is proud to announce the official launch of Ramen Go! – a state-of-the-art instant ramen experience, which debuted on May 6 at its Yelm Highway location.

As the first convenience store chain of its kind to offer a dedicated ramen preparation station, Nisqually Markets continues to lead the tribal convenience store industry in redefining what it means to be convenient, accessible, and community-forward.

“Ramen Go! is a game-changer,” said Sam Roark, Nisqually Markets Director of Retail Operations. “We wanted to offer something warm, fast, and comforting – and nothing beats ramen for that. Our state-of-the-art machine makes it easy for customers to grab a hot meal on the go without sacrificing quality or flavor.”



How Ramen Go! Works:

The process is quick and simple:

- Choose your noodles – Customers pick from two favorites: Buldak and Shin Ramen.
- Purchase first – Once purchased, customers receive a bowl, lid, chopsticks, and toppings from the cashier.
- Prepare instantly – Using the high-efficiency ramen machine located in the store’s dedicated ramen preparation station, customers can have a hot meal, ready to go, in mere moments.

Following the successful rollout at Yelm, Nisqually Markets plans to expand the program to its Frederickson location next, with more stores to follow.

## 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

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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  
 5<sup>th</sup> Council, Chris Olin  
 6<sup>th</sup> Council, Guido Levy Jr.  
 7<sup>th</sup> 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](http://www.nisqually-nsn.gov)

## Nisqually Tribal Office Holiday Closures

*Please mark them on your calendars!*

Thursday June 19, 2025  
 Juneteenth

Friday July 4, 2025  
 4<sup>th</sup> of July

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# Weavers Conference

By Jack George, Nisqually Tribe Communications and Media Services

It was another enriching Hazel Pete Weavers Teaching Weavers weekend at the Great Wolf Lodge. It was a chance to see old friends and meet new ones from different tribes around the region.



Master weaver Betty Pacheco pauses with a student during the conference. Lorena Guidry shows off her cedar weaving work. Nanilei Sanchez holds up the beginning of a project. Jasmine McDonald smiles broadly as she nears the finish line of her hat with the help of weaver Ray Hicks Bullchild. Danessa Wilson and her daughter Lailani smile for the camera!

# Head Start to Dentist

By Aztec Sovereign, Nisqually Tribe Communications and Media Services

Nisqually Head Start kids took a trip to the Nisqually Tribal Health and Wellness Center to see and get used to the dentist. They had their teeth counted and checked in a fun way. Now that next visit won't be so scary!



Looking at the fake choppers to talk about healthy brushing habits. Showing how to do a good job on your brushing on the fake choppers.



# Kalama Creek Hatchery Opening Celebration

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

The completion of Phase 1 of the Kalama Creek Hatchery was celebrated today, May 6. at the hatchery. The early elders, fishermen and council and staff who started the hatchery were remembered and there will be a plaque put on the facility with the early workers there.

Chairman Ken Choke recalled working there in the early days, listening to those who were there in the beginning. Alan Frazier also talked of all those who paved the way.

Recently retired Rep. JT Wilcox talked about his favorite memories of working all the years in the state legislature was working with Nisqually and seeing all the great progress. Wilcox helped find a last-minute \$6 million for the facility when the bids came in high, because, by this time, everyone was on the same page about helping Nisqually's hatchery, he said.

Bill St. Jean, who has aimed for this project's completion, along with Phase 2, as the bookend of his

career at Nisqually, talked about the development of this project with the challenges of less water and warmer water as part of climate change. The facility will have a first class water reuse system and able to keep the trays colder, especially for the native chinook most recently discovered to be not extinct.

"We've also created this facility to handle more fish for longer periods of time as part of helping improve the numbers of this Nisqually River chinook," St. Jean said.

Natural Resources Director David Troutt echoed the excitement about the chinook and the features of the hatchery that will assist in improving populations of the chinook.

Lunch was provided by CJ and company during a busy week of cooking for this crew. About 150 people attended, including a number of elders who were present when Kalama Creek Hatchery became a reality.





*A fairly hot day for May greeted attendees, but it was a great day for celebration. Nisqually 7th Council Leighanna Scott snips the ceremonial ribbons with elders, Chairman Choke and Natural Resources staff looking on. Alan Frazier is reflected in the building as he speaks about the early days of the hatchery. Bill St. Jean, Salmon Enhancement Program Manager, talks about the priorities of the upgrade to better meet the challenges of the future of raising fish and working with the native Nisqually chinook. Members of the Nisqually Canoe Family offer a song. Coho swim by a window in one of the circular tanks. This room will be used for kids who come to learn about the tribe's hatcheries. Previously, there was not a place for them to sit or get out of the rain. Bill St. Jean talks about the ability to have fish in different temperatures that they require for rearing as part of the design to work with Nisqually River native chinook. Nisqually Chairman Ken Choke recalls the days of working at the hatchery many years ago and its importance to the tribe.*



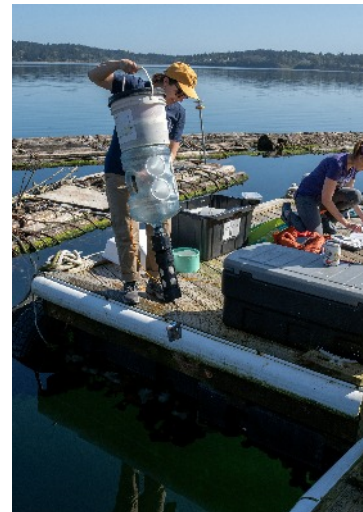
# Crab Light Traps

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

Margaret Homerding, Shellfish Program Manager for the Nisqually Tribe, Katie Houle, Senior Biologist for the Pacific Shellfish Institute, and Shannon Boldt, a volunteer for the Nisqually Reach Nature Center, work to identify most of the life in a light trap. “We are targeting the early life stages of Dungeness crab, but we catch other crabs and any organism that is attracted to the light,” Homerding said. The project was started following the collapse of the Dungeness crab fishery in South Puget Sound in 2017. The light trap design was created by Dr. Alan Shanks in a study he designed for coastal Oregon and Washington. A light attracts the larval crab into the trap (the light comes on automatically at sunset and off at sunrise). The crab larvae are identified and counted and this includes other types of crab that are found in the area. The crab are less than the size of a pencil eraser head.

“You need a lot of data to really help understand what is going on with the crab populations,” Homerding said. “So even though this is our eighth year of doing it, we are just now getting to the point where we can start comparing the abundance of the baby crab we catch in the trap with the abundance of adult crab we capture in our fishery- since it takes 4 to 6 years for a crab to reach the size for the fishery.” Homerding also does sampling of adult crabs in the Nisqually treaty fishing area. “What Shanks demonstrated was that he could extrapolate the numbers of crab he caught in the light trap and predict available coastal Oregon crab harvest reasonably well.” The trap is checked four days a week from April 15 to August 30 by the collaborators, which is a significant commitment for all.

In the Salish Sea/ Puget Sound, it takes many more light traps to understand all the “local” populations of crab in different bays and estuaries. What tribes and other collaborators are also trying to understand with their multiple light traps throughout Puget Sound is the types of habitat the crabs prefer, whether temperature affects them, and when and where they move. “It is expected to see a lot of variability. We are starting to see some trends, but it’s a 20-year-project to really feel like you have some understanding of the different populations.” The Hakai Institute out of British Columbia, Canada has also joined in the research, so the North Salish Sea also has 20 light traps now. “The partnerships are helping us do this work as it really is a big time commitment to collect as often as we do.”





# First Aerial Elk Survey Conducted on JBLM and Surrounding Area by Nisqually Wildlife Program

By Steven Borrego

During the week of March 3-6<sup>th</sup>, the Nisqually Wildlife Program in DNR conducted the first (ever) 4-day aerial elk survey of Joint Base Lewis-McChord and sounding areas to the south of the Base. Through months of planning and coordination with JBLM staff, and working alongside WDFW wildlife biologists, the



Nisqually Tribe's Wildlife Program took the lead, and coordinated this incredibly difficult survey. The purpose was to conduct the first aerial elk composition count in this area. A composition survey not only counts the

number of elk, but also counts the number of bulls, cows and calves.

The aerial surveys were conducted in the early morning for four days in a helicopter, where the survey crew flew low-level, back and forth



transects. While planning the survey, Steven Borrego the Wildlife Program Manager for the Nisqually Tribe, worked with a team of wildlife biologists, data analysts and

biometricians from WDFW to draw 52 survey polygons across JBLM and areas in state GMU's 666 and 652. A survey polygon is a big block of land that makes it easier to divide the entire large survey area into bit-sized chunks. Inside each of the survey blocks, the survey team flew transects, back and forth (almost zig-zag) to count the elk.

By flying back and forth in a tight zig-zag pattern at low elevation, and within a short pulse of time (for example, a few days), wildlife biologists can estimate how many elk, and collect data about the landscape, and where the elk are (and where they are not).

The team did not see many elk on the Base. They know they use the Base, but that week they were not using the Base. Also, the team accounted for unseen elk along the entire survey, on and off the Base. The survey team assumed there would be elk that could not be seen (e.g. under the trees and vegetation) and uses a statistical model to help account for those unseen elk. This type

of modeling adds (or subtracts) animals to an aerial survey based on conditions and the landscape.

There is quite a bit of forest cover on JBLM, however the survey



team expected to see more elk along the forest edges and in the many large open pastures and large meadow impact

zones, but they were not there – at least during the several days of surveying. After the team completed JBLM in a few days, they gradually moved into green lush pastures and forests South and Southeast of the Base, near Yelm and Roy where they began to see larger groups lounging in the green grassy pastures.

It was difficult survey to plan because an aerial survey had never been flown by WDFW or the Nisqually Tribe, and the survey required lots of coordination with WDFW staff as partners, JBLM military ground unit logistics, JBLM air traffic, changing March weather (rain and wind) and planning with the helicopter company and pilot. The survey team did not fly over urban and developed areas, even though sometimes urban elk make occasional appearances in a backyard, or soccer field. The team wanted to direct attention to the larger area outside of the developed and urban zones, and survey the areas that are typically better elk habitat. The team is still analyzing the results with WDFW.

Elk may have grown accustomed to explosions and training to a degree, but perhaps not as much as previously thought. The week that the survey was performed the Department of Defense temporarily halted ground and aerial operations so the helicopter crew could safely carry out the elk survey. JBLM staff report there are some areas with elk damage to replanted trees and vegetation, and the Tribe, JBLM and WDFW will move forward in discussions about what was seen, and how we can use this information in the future. Counting very few elk is still useful and important information. This survey was a big lift, and any future surveys should be much easier now that the Nisqually Tribe's Wildlife Program has led the way.



# Earth Day 2025 Nisqually Beach Clean-Up

By Craig Smith and Margaret Homerding

Wednesday April 23rd was a beautiful spring day and, to celebrate Earth Day, several people from the Nisqually Natural Resources Department and Nisqually Wildlife Officers teamed up to remove debris from part of the Nisqually shoreline. The Nisqually Crew were joined by employees from Washington DNR and National Oyster Company. Ultimately, we removed multiple boat loads of trash off beaches adjacent to the Nisqually Estuary.



The cleanup is an effort coordinated by the Pacific Coast Shellfish Growers Association (PCSGA) and was hosted by National Shellfish Company, which provided a dump barge and lunch. The Nisqually Team used our nimble river skiffs and freed trash from the places where Nisqually foods grow. Much of the debris was concentrated in the pocket estuaries. That's where the high tide pushes materials like huge Styrofoam blocks through small channel opening. Then it cannot exit the narrow tidal entrance and it gets trapped.



Photo; Rene Bracero, Margaret Homerding, Shannon Nardi, Chauncy Birdtail, Kalela Reuben, Craig Smith, Quin Mount, Walker Duval.

These pocket estuaries are essential for Nisqually salmon to find refuge and forage as they migrate to the ocean. They also serve the important role as a water filter when storm water fills the estuary's headwater creeks. This special filtering power provides cleaner water for the Nisqually estuaries many shellfish beds. And, cleaning up trash and garbage is one of the best forms of instant gratification as well as having a lasting benefit on the health of overall Nisqually food systems.

The debris collected during this and other cleanup efforts is cataloged and sorted according to type; data from these cleanups is used by the PCSGA to develop policies that help minimize debris that escapes from shellfish operations. Funding for the garbage disposal and recycling costs is paid for in part by funds raised by the PCSGA through its fundraising events.

## Food Box Distribution

By Debbie Preston, Nisqually Tribe Communication and Media Services Director  
By photos Jack George, Nisqually Tribe Communications and Media Services

The food distribution from Emergency Management Chef program has continued to bring fresh food to the community. The dollars supporting this work stress the food must be as unprocessed as possible. CJ and Averi work with area tribes and farms and the Southwest Hub to acquire goods from local farms and fishermen. It takes a lot of work to coordinate bringing the food in and preparing the distribution. Hands up to all the volunteers who help to assemble and distribute.







# Cybercrime on the Rise

## Tips from the IT-WebDev Department

Cybercrime is on the rise globally. Cybercriminals earned \$1.03 trillion in 2024; estimates suggest that cybercrime will cost the world \$10.5 trillion annually by 2025. This poses significant challenges for government agencies, private enterprises, and individual internet users.



Recently, the FBI issued a warning over free online file converters that infect PCs with malware. From converting one file type to another to combining multiple images into a single PDF file, cybercriminals are now using all these different online tools as a lead-in to their attacks. It's also easy to get users to click on them by using malicious ads which show up at the top of search results or through malicious emails. The FBI also recently warned businesses, particularly those in the healthcare sector, of a scam involving physical ransom letters sent via the U.S. Postal Service. These letters, falsely claiming to be from the ransomware group BianLian, demanded Bitcoin payments ranging from \$150,000 to \$500,000 in exchange for not leaking supposedly stolen data. Authorities believe this is a fear-based scam designed to trick organizations into paying a ransom for a breach that never happened.

We have covered numerous topics in prior newsletter articles surrounding online safety and we must remain vigilant in our fight against villainous actors out there in the digital world.

### Tips and tools for protection in the digital world:

- ✓ Use Virtual Private Networks (VPNs) for encrypted Internet connections
- ✓ Utilize password manager software for storing online passwords
- ✓ Implement two factor authentication for secured logins
- ✓ Subscribe to identity theft monitoring services
- ✓ Use secured email
- ✓ Install anti-malware and anti-virus software protection
- ✓ Use website reputation or site security tools prior to visiting sites
- ✓ Ensure computer or smart device software remains up to date, specifically security updates

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

The National Security Agency (NSA) issued a recent alert stating millions of Android and iPhone users are unaware that their security mechanisms are weak and even minor device settings might expose phones to attack. This warning was dubbed as "signal vulnerability" after President Trump officials unintentionally invited a journalist to join a private group conversation. The NSA notification served as a reminder to adjust communications preferences on smart devices. Google security experts warned users also of popular messaging application threat settings such as in WhatsApp and Telegram. One of these settings is the "linked devices" setting option which links other devices.

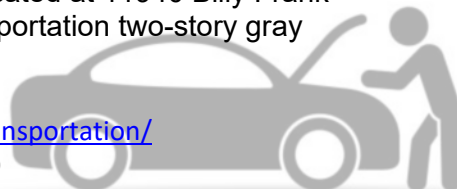
# NEW Elders Vehicle Repair Policy

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

**ATTENTION Nisqually ELDERS:** Nisqually Fleet Service has created an excellent benefit for Nisqually tribal elders to perform minor repairs and maintenance on your private vehicle. Below are the steps and policy. You MUST register as a recipient for services through Financial Services FIRST.

See the policy and steps by going to the link on the Nisqually Tribe website. Once you have completed registration, contact Benjamin Vasquez @ 360-456-5221 Ext 1066 to schedule repairs. The garage is located at 11940 Billy Frank Jr. Blvd. in the Facilities and Transportation two-story gray building.

<http://www.nisqually-nsn.gov/index.php/administration/transportation/>  
(At the bottom "Additional Resources")



### Approved list of Repairs:

1. Replacement of worn-out tires (this includes the purchase). \*
2. Mounting, balancing of tires and disposal of old tires.
3. Oil changes and filter replacement every 3000 miles or 12 months.
4. Battery replacement (12-volt combustible engines. No electric vehicles).
5. Replacement of wipers.
6. Repair or replacement of headlights, taillights, and brake lights.



# How Did the Canoe Journey Get Started?

By George Walter

For some 30 years folks at Nisqually have been participating in the Canoe Journey and in 2016 the Tribe hosted the Canoe Journey - Paddle to Nisqually. But have you wondered how it all got started? Recently I talked with Suquamish Elder Barbara Lawrence and got the inside story.

In 1985 Barbara was a young political activist at Suquamish. The State of Washington's Centennial was coming in 1989 and Barbara learned that the governor had appointed a Washington State Centennial Commission to plan the celebration.

The Commission was holding outreach sessions throughout the state and Barbara got interested and started to attend these sessions. One thing that immediately stuck her was the absence of any representatives of Washington's Indian tribes on the commission. So, from the back of the room, Barbara asked at the sessions she attended, "What about the Tribes? How are you planning to include Indian citizens in your celebration?"

Barbara's persistent attendance and her questions resulted, ultimately, in her being appointed to the Commission by Governor Booth Gardner. She was by far the youngest member of the Commission and the only minority person. It seemed that the Commission and staff had a huge challenge – how to include Washington's Tribes, and racial minorities, in the planning effort.

The Commission co-chairs were Ralph Munro, Washington's Secretary of State, and First Lady Jean Gardener. They, and the Commission lead staff person, Putnam Barber, were very supportive of this young Suquamish woman and encouraged her to be creative in developing Tribal involvement in the Centennial.

Ultimately, Commission adopted and funded a major Tribal event, called the Paddle to Seattle. The idea was to re-enact what Suquamish and other Puget Sound Indians were doing at the time of the creation of Washington, paddling to Seattle from their home areas to trade and conduct business. Starting the journey at Suquamish, the home of Chief Seattle, served to bring his famous speech back into the public mind.

At the time not all Tribes had canoes suitable for such a cross-sound paddle. So, in these pre-

centennial years the state provided cedar logs to tribes for canoe carving. It takes many months, if not years, to create a suitably large canoe for marine travel and some of the canoes were not finished in time. But a spirit of goodwill prevailed, loaner canoes were found and the Paddle to Seattle went forward with much publicity and fanfare. Some Nisqually elders may remember the event, or possibly even attended it.

As Barbara tells the story, the most memorable part of the entire event was the sendoff ceremonies on the beach at Suquamish. Many tribal leaders were there, as were state dignitaries and Commission members. Everyone was gathered in a huge circle on the Suquamish waterfront. The canoes were gathered, ready to go. There were speeches and some of the tribal paddle groups sang their traditional songs and danced.

Toward the end of the event, Barbara relates, a group of Indians holding their paddles up in the air, came through the group to the center. "I didn't recognize any of them," says Barbara, "and they were singing in a language I didn't recognize. We all enjoyed their songs and dances and when they finished their leader, I think of him as a chief, came forward to speak."

It turned out that these Indians were from Bella Bella, far up in British Columbia. They had heard about the event and had paddled all the way from home to join. And, most important, their chief invited all the Puget Sound Tribes to paddle north in four years' time to gather at Bella Bella for a major celebration of all native peoples of the Pacific Northwest.

And that's now it started. An invitation, a challenge really, was issued by a Bella Bella chief and four years later, in 1993, the first Canoe Journey began. And, despite the disruption of COVID19 and other logistical problems, it continues today – an event that reinforces good relationships and community strength for the Indian people of the Pacific Northwest.

The 2025 Canoe Journey, the "Paddle to Lower Elwha," is scheduled for July 21<sup>st</sup> to August 5<sup>th</sup>, with the final landing at Lower Elwha on July 31<sup>st</sup>. In 2026 it's "Paddle to Nisqually," with the Nisqually Indian Tribe hosting the final canoe journey event.



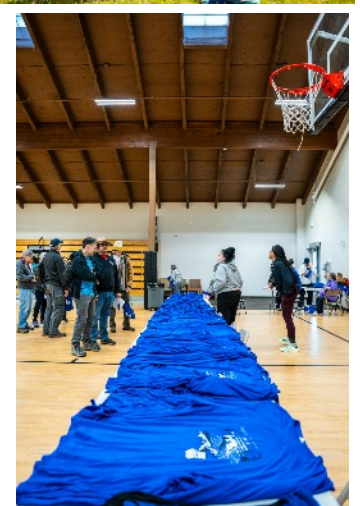
# Leschi Walk

Photos by Jack George, Nisqually Tribe Communications and Media Services

The Annual Leschi/Quiemuth Honor Walk and Run was held on a beautiful Sunday on the lands condemned by the Pierce County to become what was then Fort Lewis. The tour, as always, highlighted the Nisqually people who lived there and were displaced, and talked about the plains so important to the renowned horseman of Nisqually, especially Leschi and Quiemuth. It is easy to envision Leschi standing above the prairie observing his horseman and their maneuvers.



*The walkers, runners and bus tour groups assemble for the prayers, songs and introduction to the lands they are about to tour. A safety instruction from Joint Base Lewis McChord is always included regarding staying on the road to avoid unexploded ordinance. Ken Choke, Nisqually Tribe Chairman, talks about the history of the lands and the work to hold the event each year. Hanford McCloud talks about the walk/run and what to think about as each person passes through these places where Nisqually people lived for millennia.*





# Medicine River Ranch Saturday Games

By Aztec Sovereign photos - Nisqually Tribe Communications and Media Services

The Medicine River Ranch Saturday games are always a great way to see the developing skills of the young riders. They "daub" the cow, sort of like bingo, which requires skill to get up along side the animal and daub it while maintaining good position on the horse and giving the horse confidence you know what you are doing. They have been practicing all the elements of this game in their riding time during the week.



*Sunny, with his owner. Sunny is well trained and easily follows even more tentative rider commands. Chasing the cow to daub it. Sometimes you have to get off the horse and run. The "rescue" ride of gathering up another person and riding back to the finish. Maybe this one didn't want to be rescued. Displaying the buckle win!*



# MMIP Walk

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

An estimated 300 people and some horses, participated in the Nisqually Health and Wellness Center's Missing and Murdered Indigenous People walk on Monday, May 5. Nisqually and other tribal members, community and employees participated as well as the Medicine River Ranch horses and riders.

CJ, Averi and crew served up lunch and there were snacks and folks from the Traditional Medicine department on hand.

The names of those lost were spoken throughout the walk. "You are not forgotten."



*The Canoe Family leads the crowd out on the walk. LaVita Plummage, Health Services Manager, gets ready to round up the participants for the send off. The clinic also gave out flags in remembrance. Medicine River Ranch riders keep the pace slow behind the walkers. Marjorie Wells carries the photo of her loved one, Aliyah Wells, toward the gathering.*



# Conversion from Septic to Wastewater Treatment Project Nearing End

By Debbie Preston, Director, Nisqually Tribe Communications and Media Services Director

A project that gives Nisqually homeowners more use of their yards back and is better for the environment and water quality, is getting close to wrapping up, said Chris Clardy, Public Works Manager for Nisqually.

To switch homes and administration buildings, on the north campus, from septic to the Tribe's wastewater treatment plant (located behind the new Transportation, Building Maintenance, Building Department and Public Works building near the Camas Plaza), contractors have plumbed into the central sewer line that already exists along Billy Frank Jr. Drive eliminating the residential and government drain fields. There were about four houses a day that got switched over once the lines were plumbed in.

"Septic systems treat the water at a lower standard than our wastewater treatment plant does," Clardy said. That means it is also better for the earth to switch, with less chance of contaminating ground water that eventually becomes drinking water. In addition to the residential drain fields being eliminated, there are seven large drain field areas serving the tribal government that are also being taken out of service. This is also a big win for the environment.

Additionally, once a home is no longer on a septic system, owners don't have to worry about driving over the drainage area/tanks or blocking access to the sewer cleanouts. And they could plant or build on the property in the area without concern of damaging the system.

"You basically get the use of your whole yard back," Clardy said.

In addition to 15 homes on Nisqually Drive, the back part of the Administration campus is also being added to the system. Archives, the old transportation building, Human Resources (old health clinic) and

several other buildings have septic systems located behind the Billy Frank Jr. Gym and beyond.



The south section of the tribal campus has also been added to the wastewater sewer collections system. Daycare, the old Elder's Building, the college as well as the modulars and eight homes on Elder's Lane. Elders Loop has been designed to provide a safer intersection with Elders Lane and create a better overall layout for future tribal use.

"This also keeps maintenance centralized, rather than to individual septic systems," Clardy said. Complete restoration of the property owners' yards is also a part of the contract, so homeowners will see their road and yards restored to as good or better than before.

Finally, as a result of the project residents and employees will notice improved traffic patterns throughout the campus as well as additional parking spaces added to the rear of the Billy Frank Jr. Gym and the lower parking lot behind the old clinic (now housing Human Resources and the Language Program).

The project could also potentially include a safe unloading lane for the Head Start bus and an asphalt bicycle/walking trail from Journey Road to the Camas Prairie Plaza, connecting pedestrian walkways and creating a safe walk/bike path all the way from Nisqually Market to Camas Prairie for the tribal community. "It should be a safer way to bicycle around the area and encourage people to bicycle or walk," Clardy said.

In the short term it will create a parking issue, and a few headaches, but by the end of May, the improvements overall will be a great addition for the tribal community. Public Works would like to thank everyone for their patience and support in this endeavor.



# North Thurston Schools Visits

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

Salish Middle School, the final group of 7<sup>th</sup> graders from North Thurston School District, visited the Nisqually Tribe on Thursday, May 8. Like the three schools before them, they spent time with Nisqually Natural Resources Enforcement officers where the Fish Wars were explained and the tribe's treaty right to fish, reserved by them in treaties with the federal government.

They also created a necklace with a cedar paddle and beads with Nisqually artist and carver, Kyle Sanchez. You can find his art in a mural in downtown Olympia as well as in a carved figure that graces the entrance to the Nisqually Youth Center. His paintings can be found throughout the Nisqually Tribe's campus.

Other visits included tribal governance and finance, horses with the tribe's Medicine River Ranch hands and the Southern Lushootseed language with the tribe's language department.

The day was created with connections to the district's educational goals for students that include: : Goal 2 - Empowered Learners, Goal 3 - Critical Thinkers and Solution Seekers, Goal 5 - Post secondary success.

Nisqually and the district have spent years building a relationship that has blossomed into the partnership that helps students understand the history of the lands in their area and gives the tribe the opportunity to present their history, culture and sovereignty.



*Nisqually tribal Natural Resources Enforcement Officer Trey Birdtail answers some questions about elk from a student. The officers patrol the rivers and South Sound during fisheries and the forests during hunting season. They are also backup to Nisqually Tribe Police Officers. The students were awed with how big and heavy the elk antlers were. Nisqually tribal artist and carver, Kyle Sanchez, tells the students to note the smoothness of the finished piece he has passed around and the difference between it and the paddles he is giving them for their project.*

# Native Student Night

By Jack George, Nisqually Tribe Communication and Media Services

This North Thurston School District Native Night was held at the Nisqually Community Center along with Nisqually Youth Program for families. There were Indian Tacos, family games and updates about the Native Student Program and the Nisqually Youth Program.

*There were several art projects and good food on hand as well as information about the program.*





# Protecting Mother Earth

By Debbie Preston, Nisqually Tribe Communication and Media Services Director  
By Aztec Sovereign, Nisqually Tribe Communications and Media Services

The Community Services Division hosted another successful "Respecting Mother Earth" event in collaboration with many other departments with 135 people attending and enjoying dinner as well. Wayne Lloyd, Building Director for Nisqually, talked about solar power on homes with tribal members.

It was held in the Nisqually Tribe Community Building this year which provided more room for some of the activities such as making bird feeders, the really popular soap making project, Nisqually Language department's bingo and the Nisqually Youth department gave attendees the chance to make wind chimes.

Along with activities, great information on solar panels for the home was available from the Building Department as well and the Medicine River Community Garden had goodies to give away from their growing operation in the valley. They brought back their worm farm that entertained kids and adults alike. Worms are essential for good gardens and with the new composter they have, worms are easily available.

*Making a bird house was a popular thing to do for the kids. Attendees had the opportunity to make a wind chime as well. The next generation plays a game about the earth.*



**Class Schedule**

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

**MONEY 101**

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

Please RSVP to [housing@nisqually.nsn.gov](mailto: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 NITB!





# Traditional Healing Spring Dinner

By Debbie Preston, Nisqually Tribe Communications and Media Services Director  
Photos by Aztec Sovereign, Nisqually Tribe Communications and Media Services

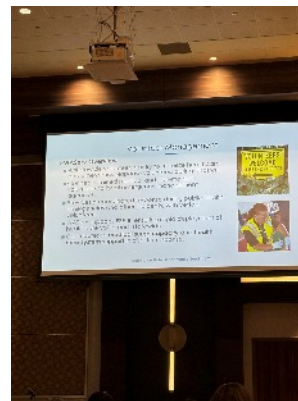
The arrival of spring and the medicines to come was celebrated, along with all those using the traditional ways and medicines in their recovery journey. The Traditional Medicine team hosted the event and dinner was served.



# Training for Emergency Management and Health and Wellness Operation Team

By Debbie Preston, Nisqually Tribe Communications and Media Services Director

The Nisqually Tribal Health & Wellness Centers Operation Team, along with the Nisqually Emergency Management Team, went to a training last week at the Muckleshoot Casino for Tribal Public Health Emergency Preparedness and Training. This conference presented a lot of information regarding amber alerts training, cardiac response, measles outbreak information and what to plan for during an outbreak. We also got information on tools and resources regarding having other agencies help out during a pandemic and emergency to ensure the Nisqually Tribe is prepared and have all the resources together for an emergency.



Thanks to the following people who attended. M'lissa James (NTHWC Security) Kristen Boeck (NTHWC Shipping & Receiving Clerk) Richard Kufahl (NTHWC Facilities Support Specialist) Jeff Choke, (Emergency Management) Robert Thomas (Emergency Management) Mary Safranski (NTHWC Nurse) Krystal Wells-Badoldman (Emergency Management) Felicia Lopez (Emergency Management) -Richard Kufahl, Nisqually Tribal Health and Wellness Center Facilities Management photos and summary.



# Mammogram Day

## Thursday

### June 5, 2025

Join us at the Nisqually Health & Wellness Center from 9 am to 4 p.m. for a day focused on early detection and women's wellness.

If you are 40 or older and haven't had a mammogram in the past year, please call 360- 459-5312 to schedule your appointment.

Each participant will receive a gift from the Native Women's Wellness Program (NWWP) as a thank you for prioritizing your health.

**Mammogram Day**  
**Nisqually Health & Wellness Center**  
**June 5th, 2025**  
**9am-4pm**

If you are 40 or over and have not had a mammogram in the past year please call 360-459-5312 to schedule your appointment. After your appointment you will receive a gift from NWWP.

NISQUALLY INDIAN TRIBE

**NISQUALLY INDIAN TRIBE**

# Summer BASH

**ADMIT ONE** **2025 NATIONAL NIGHT Out**

**Movie Night - Friday, June 6th | 5:30 PM**  
 Bring the family and enjoy a fun evening together!

**Carnival Day - Saturday, June 7th | 10:00 - 4:00 PM**  
 Join us for a full day of excitement featuring games, activities, and fun for kids of all ages!

**Special Guests from Our First Responder Team**  
 Meet local heroes from the Nisqually Police Department, check out the SWAT car and firetruck up close! Join us for a fun and safe way to learn, connect, and celebrate together.

**NISQUALLY YOUTH CENTER**  
**JUNE 6<sup>TH</sup> & 7<sup>TH</sup>**  
**360-456-5221**

# 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!**



# Breaking the Silence: Addressing Men’s Mental Health

By Dr. Sataur

Mental health is a critical component of overall well-being, yet for many men, acknowledging psychological struggles can be difficult due to longstanding cultural, societal, and personal barriers. Despite growing awareness, men’s mental health remains a complex and often under-discussed issue, contributing to high rates of untreated mental illness, substance abuse, and suicide among men worldwide.

## Indigenous Men: Mental Health and Historical Trauma

Native American and other Indigenous men face mental health challenges that are compounded by a legacy of colonization, historical trauma, systemic marginalization, and cultural loss. These factors create a unique set of mental health stressors, which are often intensified by limited access to culturally competent care. Men are often less likely to talk about their mental health, seek help, or even recognize when they need it. This silence can have serious consequences. According to the World Health Organization and national health services around the globe, men are significantly more likely than women to die by suicide. In the United States, for example, men account for nearly 80% of all suicides. Depression, anxiety, PTSD, and substance use disorders frequently go undiagnosed in men—not necessarily because these issues are less prevalent, but because men are less likely to seek help or are misdiagnosed.

### Key Challenges:

- **Historical and Intergenerational Trauma:** Indigenous communities have experienced forced removals, boarding schools, loss of language, land, and culture—all of which have lasting psychological impacts across generations.
- **Disproportionate Rates of Mental Health Issues:** Studies show that Native American men experience higher rates of PTSD, depression, and substance use compared to the general population.
- **Suicide Rates:** Suicide among Native American men, particularly youth and young adults, is significantly higher than national averages. According to the CDC, suicide is the second leading cause of death among Native youth aged 10-24.
- **Barriers to Care:** Geographic isolation, underfunded Indian Health Service programs, and a lack of culturally responsive mental health providers limit access to care for many Indigenous men.



### Culturally Rooted Healing:

Despite these challenges, many Indigenous communities are leading the way in developing culturally grounded approaches to healing. These include:

#### •Traditional Practices and Ceremonies:

Incorporating sweat lodges, talking circles, drumming, and storytelling into treatment helps reconnect individuals with their identity and heritage.

•**Community-Based Programs:** Initiatives such as peer-led support groups, men’s healing camps, and tribal mental health services offer a safe space for Indigenous men to address trauma and build resilience.

•**Language and Identity Reclamation:** Reviving Indigenous languages and cultural teachings can strengthen identity and belonging, which are powerful protective factors against mental distress.

### Changing the Narrative

The conversation around men’s mental health is beginning to shift. Public figures, athletes, and tribal leaders are increasingly speaking out about their own struggles, helping to break down stigma and open paths to healing.

Employers, schools, and health systems also play a vital role by promoting mental wellness, providing resources, and fostering environments where emotional honesty is not only accepted but encouraged.

### Strategies to Support Men’s Mental Health Include:

- **Education:** Teaching emotional literacy from a young age can empower boys and men to express their feelings.
- **Community Support:** Peer groups, support networks, and community-based programs tailored for men—particularly those inclusive of cultural practices—can make a significant impact.
- **Mental Health Services:** Offering culturally competent therapy and reducing barriers to care can improve outcomes, especially for underserved populations.
- **Open Dialogue: Encouraging conversations among friends, family members, and communities helps dismantle shame and promotes connection.**

### A Call to Action

Men’s mental health—especially among Indigenous and marginalized populations—is not a niche issue; it’s a public health imperative. Addressing it means acknowledging the influence of culture, identity, and history in shaping mental wellness. When men are supported in caring for their mental health, the ripple effect benefits families, communities, and future generations.

**If you or someone you know is struggling, help is available.** In the U.S., you can contact the Suicide & Crisis Lifeline by dialing **988** or explore Indigenous-focused resources such as the **StrongHearts**

*Continued on page 20-MEN’S HEALTH*



# Celebrating 2SLGBTQ+ Pride at Nisqually!

Join us for an evening of celebration, community, and connection as we honor our Two-Spirit & LGBTQ+ relatives!

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!

For more information, contact 360-459-5312.



**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!



*Continued from page 19-MEN'S HEALTH*

**Native Helpline (1-844-7NATIVE)**, which offers confidential support for Native American communities.

Healing starts with listening, honoring, and speaking the truth—especially for those who've had their voices silenced for too long.

**Helpful Resources:**

**StrongHearts Native Helpline 1-844-762-8483 (1-844-7NATIVE) | [strongheartshelpline.org](http://strongheartshelpline.org)**

A culturally appropriate, confidential helpline for Native Americans and Alaska Natives dealing with domestic violence, relationships, and emotional wellness. Offers support from

trained advocates with knowledge of Native cultures.

**Indian Health Service (IHS) – Behavioral Health**

Offers mental and behavioral health programs for Native individuals, including trauma, substance abuse, suicide prevention, and community wellness.

**We R Native [weRnative.org](http://weRnative.org)**

A multimedia health resource for Native youth and young adults. Covers mental health, identity, culture, and includes stories from Indigenous men and youth on emotional well-being.

**Native Wellness Institute**

[nativewellness.com](http://nativewellness.com)

Provides workshops, retreats, and resources promoting Indigenous health and wellness, including men's gatherings focused on healing, culture, and leadership.

**One Sky Center**

A national resource center for American Indian/Alaska Native health, substance abuse, and mental health services. Offers publications and provider directories for culturally competent care.



# Mother's Day

By Debbie Preston, Director, Nisqually Tribe Communications and Media Services Director

Raylene McCloud, Women's Wellness Coordinator, and her helpers put on a lovely Mother's Day event, sponsored by Nisqually Native Women's Wellness, the Nisqually Tribe and SPIPA. All enjoyed potting some plants to take home and cancer survivors or those in treatment got a large hanging basket. McCloud gave a presentation about ways to catch breast cancer early and the differences if you have a history of family with breast cancer. "Early detection is key," McCloud repeated a number of times.

Dinner was served and many found their way over to Traditional Medicine provider Adrianna Villegas who had various oils and flowers to enhance a homemade bath balm mix as well as oils that smelled like "grandma."



Attendees enjoy their meal while Raylene McCloud preps them for the quiz toward the end of the meal with information. Correct answers got the person a prize. They were all so pretty, it was hard to decide which to choose. Adrianna Villegas mixes the epsom salts and baking soda for use by those making the bath salts the folks added essential oils or dried flowers to enhance the smells. Liz Satiacum checks out the flower selection. Rose Sinclair pots a few plants for folks to take. Sinclair and others helped McCloud set up the event. McCloud talks about mammogram screening, how often to get one and the importance of catching breast cancer early for the best chance of successful treatment.



# 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.

# National Call Your Doctor Day – June 10

Today is a reminder to take charge of your health by scheduling that check-up or follow-up you've been putting off.

Regular visits with your provider help catch health concerns early and keep you feeling your best. We're here to support your wellness journey—call today to make your appointment!



South Puget Intertribal Planning Agency

## June Diaper Distribution



**Nisqually Tribe**  
6/20/25

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



South Puget Intertribal Planning Agency

## USDA Foods Program June Delivery Date



**Nisqually**  
6/20/25



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 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](mailto:dgardipee@spipa.org)

or call 360.462.3224  
Email: [wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)

SPIPA main number: 360.426.3990



Next WIC date:  
**Wednesday, June 18, 2025**  
Nisqually Warehouse

**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.





# Announcements



June 10<sup>th</sup>  
Happy Anniversary!  
Tom and Sheila

## 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**

