



Transfer of McAllister Springs to Nisqually Complete

By Debbie Preston

The Nisqually Tribal Council and Olympia City Council completed the final transaction of signing McAllister Springs over to the Nisqually Tribe during a ceremony at Nisqually on Feb. 2. The planning of the transfer has been underway for several decades, spanning numerous city and tribal councils and staff.



McAllister Springs had been the City of Olympia's main supply of drinking water from 1949 until early 2015 when, responding to state and federal drinking water requirements, the city transitioned its water source to the more protected McAllister wellfield. The Olympia City Council declared the McAllister Springs properties as surplus to the needs of the city's drinking water utility in January. The properties to be transferred include four parcels, totaling approximately 177 acres.

"The city is so pleased to be returning the Springs to the Nisqually people," said Olympia Mayor Cheryl Selby. "We are grateful to the tribe for taking on the care and protection of the property for future generations, and for allowing the city continued access to this special property for environmental education."

"Chief Leschi and the Nisqually people used this whole area," said Nisqually tribal Chairman Farron McCloud. "He knew then what we know now. While there are papers and ownership as part of our modern day, we're talking about Mother Nature here – and that belongs to the Creator. It's our job to take care of

it." McCloud said the tribe looks forward to reconnecting more fully with this part of their history.

McAllister Creek was historically called Medicine Creek and near the mouth of the creek in the Nisqually River delta is where Nisqually, Muckleshoot, Puyallup and Squaxin Island tribes signed the Treaty of Medicine Creek with Gov. Isaac Stevens in 1854. The springs, known as She Nah Nam, are the headwaters of Medicine Creek.

In taking on ownership, the tribe agreed to on-going maintenance of the properties. Additionally, the tribe will have access to the new well that Olympia is drawing from for the needs of the tribe well into the future about a mile northwest from Nisqually on state highway 510. There are no current withdrawals occurring from McAllister Springs for water. Nisqually will eventually connect to the new well and close off the older wells close to the Nisqually River.

In May 2008, the City and Tribe entered into a historic agreement for cooperative management of water resources. The agreement, believed to be the first of its kind in the nation, involved joint development of water supplies at the McAllister wellfield and called for permanent protection of the environmentally sensitive McAllister Springs properties.



Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

- Last will and testament
- Durable power of attorney
- Healthcare directive
- Tangible personal property bequest
- Funeral/burial instructions
- Probate

She is on-site in the Administrative Building legal deposition room on 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.

Contact Jasmine McDonald at (360)456-5221 ext. 2196 to set up an appointment.



FREE Rides

Monday through Friday

Upper and Lower Reservation Route
11 am - 6 pm

Beyond the Route

Call Requests and Appointments
7:30 am - 2:30 pm

360-456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas

Cost is \$1.00

Vets and active duty military ride free. Customers with transit passes ride free.

**Please call
1-800-650-7846
for information**

How to Contact Us

Tribal Center (360) 456-5221

Health Clinic (360) 459-5312

Law Enforcement (360) 459-9603

Youth Center (360) 455-5213

Natural Resources (360) 438-8687

Nisqually Tribal News

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The deadline for the newsletter is the first Monday of every month.

Nisqually Tribal Council

Chair, Farron McCloud

Vice Chair, Chris Olin

Secretary, Sheila McCloud

Treasurer, Julie Palm

5th Council, Brian McCloud

6th Council, Handford McCloud

7th Council, Willie Frank

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***** ATTENTION *****

Nisqually Indian Tribe
dxw'sq'ali' abá People of the river, people of the grass

Home Administration Council Education Elders Events Heritage Library Newsletter Tribal Services Youth

ha? labdubiciid
(it's) good to see you.

Nisqually Community Events

November 2014 Elders Beading Arts and Crafts Classes
This event is open to Nisqually Tribal Members, Tribal Community and Employees.

November 2014 Diabetes Prevention and Control
This event is open to Nisqually Tribal members, Tribal Community and Employees.

November 2014 Culture Classes on Tuesdays and Thursdays

**Nisqually Tribal Members login to see
...events, classes, newsletters,
education and other tribal services.**

www.nisqually-nsn.gov Username: nisqually Password: leschi



Council Corner

Even with snow causing some disruptions here at Nisqually, a number of positive events occurred recently.

Early in February, we celebrated with the city of Olympia the signing of the final documents transferring ownership of McAllister Springs (Medicine Creek) back to Nisqually. The city and tribe and our collective staff members have been working on this day for decades.

Not only does the tribe get the springs and 177 acres of land back, we have access to a large amount of water for our future needs in the new well that Olympia is already using about 1 mile northwest on state Route 510. Like Chief Leschi knew back then, we know now – that these lands belong to the Creator and we must take care of them.

In other land news, our housing projects continue to move forward. We welcomed state representatives

Andrew Barkis and J.T. Wilcox recently to tour the house being built by Nisqually tribal members under the instruction of Keith Chidester-Brent. The congressmen were also looking at the spot for the proposed 20-unit one and two-bedroom pod that the tribe is requesting grant funding for to reduce the housing waiting list. The pod would be one of four for the area across the street from the house under construction. Both congressmen praised Nisqually's approach to housing. The interns presented both men with rattles they made. Many of the interns helped make the gifts used for potlatch at the 2016 Paddle to Nisqually.

We hope to have positive news about the grant funding request for the housing soon. We are grateful for these steps forward that will help create housing for Nisqually people to come home. Hoyt.

A Healthy Journey Begins

By Debbie Preston

Maury Sanchez is participating in two journeys this year. The first will extend long beyond this year and it's the journey to health and fitness. He will need those attributes to complete the second, the Paddle to Campbell River, British Columbia that will start nearly a month before the landing date of Aug. 7.

Sanchez is a Canoe Family member and singer. He wants to inspire others to regain their fitness as he continues his own health journey. "I've lost 111 pounds and I have more goals to meet, but I feel better, I'm able to walk 5 miles now and one of my new goals is to be able to run again." He lost about 40 pounds before Paddle to Nisqually, then continued to attack his extra weight.

Sanchez grew up active and played basketball for hours each day. "I was in good shape and I wasn't heavy," he said. "I want to be able to show the kids the basketball moves my elders taught me growing up and to do that, I have to get in even better shape." His goals include participating in the 50 and over basketball league and he knows more pounds off will help him sing because it's harder when he is heavy.

He wants to live well beyond his upcoming 50th birthday and plans to continue to lose weight and improve his diet. He added a level of difficulty by quitting smoking a few days before New Year's Day. "It's true that when you quit smoking, you want to eat more and I found that if I'm walking or being active, I don't eat," Sanchez said.



"I don't want the weight to be the thing that takes me down for good. I had it in the back of my mind that I could get surgery to fix this, but now I want to do it myself. I lift weights and walk here at the Nisqually Youth and Community Center and I encourage others to come out here and walk too." Sanchez

said he has daily challenges eating more healthy food, but he's working on that too. "I have cut down on portions for sure."

"I'm getting stronger and more fit. The most important muscle to improve is your heart. I encourage others to come down here and get fit for life and especially for the Paddle to Campbell River. I look forward to seeing new faces down here. Come try some yoga or consult with fitness coach Kareem Gannie."



Countdown to Canoe Journey 2017!

May We Help You Get in Shape?

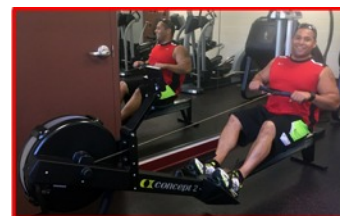
By Kareem Gannie

The Nisqually Health and Fitness Program would like to remind you that we've added a **Concept 2 Indoor Rowing Machine** to our arsenal of exercise equipment.

Utilizing the rowing machine is a great way for those pulling during the canoe journey to condition and strengthen the muscles that will be used.

When used correctly, rowing machines work the rhomboids in the shoulder, trapezius in the upper back and lats in the lower back as well as the biceps, and pecs. Rowing is especially good as a lower body workout, involving the quads in the upper front of the thighs, as well as the calves and glutes in your buttocks. In rowing, the strong grip required on the oars produces stronger hands and wrists while the abdominals are engaged throughout the entire motion. Where running, jogging, and skipping jar the joints of your body, the rowing machine workouts are a low-impact exercise alternative.

Rowing machines are an efficient single fitness machine providing many health benefits including: aerobic workouts, calorie burning, increased muscle strength, elongated muscle toning and weight loss. Rowing is a natural, low impact motion causing minimal stress on the joints. Regardless of age, most people can use a rowing machine for exercise. Even those with mobility issues can make use of this efficient machine. Low to the ground, the rowing machine presents even less risk of falling or losing your balance than a stationary bike.



The Nisqually Health and Fitness Program is available to Nisqually Tribal and community members as well as tribal employees. To sign up you can contact Kareem Gannie at the Nisqually Community Center Monday-Friday 8:00 a.m. – 5:00 p.m. by phone (360)455-5213, email gannie.kareem@nisqually-nsn.gov, or stop by in person.

The InBody 570 Body Composition Analyzer is here!

The Nisqually Health and Fitness Program is proud to announce the arrival of the InBody 570 body composition analyzer, which goes beyond traditional body composition analysis

The InBody 570 is state-of-the-art testing technology that we are excited to have at the Nisqually Youth and Community Center. It enables us to look beyond the number on the scale and show you what your body is really made of.

Your weight in pounds does not tell the whole story of your body composition. That number does not differentiate between the number of pounds that make up your lean body mass, your inflammation level and your body fat. In less than a minute, the InBody 570 provides a simple way to check your lean body mass and body fat, as well as regularly monitoring your water weight, BMI, body fat percentage and muscular development over time.

Simply step onto the foot plates and take a hold of the hand grips and the InBody 570 will show you how your diet, lifestyle and exercise regimen are affecting your body. No dunking. No pinching. No discomfort. It is a completely non-invasive and pain-free test.



The InBody 570 also measures visceral fat which is a key indicator in obesity related diseases. It can detect imbalances between limbs for early detection and prevention of injuries. In addition, it also measures the ratio of extracellular water to total body water, which can indicate inflammation levels.

Another amazing aspect of the InBody 570 is that it tracks your results over time – so every time you get on it, you will see your stats from the previous times along with your current stats. That way you will be able to track your true progress, where you have room for improvement and what adjustments we need to make to get you headed in the right direction.

The Nisqually Health and Fitness Program is available to Nisqually Tribal and community members as well as tribal employees. To sign up you can contact Kareem Gannie at the Nisqually Community Center Monday-Friday 8:00 a.m. - 5:00 p.m. by phone (360)455-5213, email gannie.kareem@nisqually-nsn.gov, or stop by in person.

Source: <https://www.inbodyusa.com/pages/inbody570>



Take steps to get active today for a healthier tomorrow

By Stacy Gouley

Colorectal cancer (commonly known as colon cancer) is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. You may also be at higher risk if you are African American, smoke or have a family history of colorectal cancer. In four recent years, 15 American Indian/Alaska Natives were diagnosed with colon cancer in the South Sound.

Colorectal cancer is a preventable cancer through identification and removal of pre-cancerous polyps. Since 2010, more than 200 South Sound tribal and community members have prevented cancer through removal of precancerous polyps. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. If you have family history of colon cancer, screening should begin at age 40. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened. Call your provider for more information about screenings.

To increase awareness about the importance of colorectal cancer screening and physical activity, the Nisqually Youth and Community Center is sharing mindfulness about Colorectal Cancer Awareness Month. At Nisqually, 85.7 percent of those over 50 reported that they have been screened for colon cancer which is great and we want to maintain support for screenings and by encouraging you to get active.

- The Nisqually Youth and Community Center offers updated fitness equipment in the cardio and weight rooms, a walking/jogging track, gymnasium, weekly Yoga, and a Health Coach to help guide you.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50; talk to your medical provider.
- Quit smoking and stay away from secondhand smoke; call the clinic about tobacco cessation
- Get plenty of physical activity and eat healthy; make an appointment with a nutritionist and/or call Kareem Gannie, Health Coach to find your fitness level and see what you can do starting today.

Feel free to visit us at the Youth & Community Center to update registration and use the cardio or weight room, maybe try a yoga session or sit down and develop a plan with Kareem. The walking track is also a great resource during any weather. Big picture, we want to help you decrease risk factors; start slow but very importantly...START.

For more information, call the Youth and Community Center at (360)455-5213

Sources: SPIPA Cancer Program
Washington State Cancer Registry



17th Annual sq^wali?abš Wellbriety Pow-Wow March 17-19, 2017

At the Nisqually Youth and Community Center
Coastal Jam Friday March 17
starting at 5:00 p.m. Grand Entry
Sat. 1:00 p.m., 7:00 p.m.
Sun. 1:00 p.m.

BE WELL IN 2017 WITH YOGA!

What are the health benefits of yoga?

- ◆ Increased flexibility, strength, balance and overall relaxation

Everyone is welcome!

- ◆ Join us on Tuesdays at 5:30 p.m. at the Nisqually Youth and Community Center. Class is taught by Michelle Pugh, certified yoga instructor. No experience is necessary!



Nisqually Indian Tribe
Squally-Absch

People of the river, people of the grass





Personal Reflections - Kalama Creek Hatchery – Part 2

By George Walter

In the January 2017 newsletter, I wrote a personal account of the initial hatchery development at Kalama Creek. That article centered on egg boxes known as Netart boxes, gravel ponds and the Nisqually community folks involved in these early years. That simple system might have gone on for years were it not for a unique combination of circumstances occurring in 1977.

Following the 1976 winter floods, 1977 was a drought year. The situation was so extreme that Congress created a drought relief funding program for Washington. At the same time, a man named Michael Cofchin, after failing in his plans to develop a trailer park on the reservation, offered to sell about 78 acres to the Nisqually Tribe. This land, most of Allotment 21 over the hill from the Kalama Church, was acquired by Cofchin, a non-Indian, years earlier.

The challenge for the tribe was how to come up with the funds to acquire this property. In 1977 the Nisqually Tribal government, infrastructure and financial capacity was in its infancy. There were no funds available.

Also, in 1977, there was a turnover of membership on the tribe's governing body. Bill Frank, was elected as the 5th member. There were only five members then, and what we now know as the Tribal Council was termed the Business Committee at the time. Georgiana Kautz was elected chairman. Following her resignation three months later, she was succeeded by Dorian Sanchez. The vice-chair was Frankie McCloud.

When he heard about the drought relief funding opportunity, Billy Frank asked Hank Adams to research the opportunity. Ultimately Hank, working with biologist Steve Wilson and Joe Cushman (that's right, Joe was writing grants to acquire reservation land way back in 1977), used the argument that the drought had impacted salmon, and in particular coho salmon and that relief was needed.

The grant was successful, including funding for the tribe's first real hatchery. Importantly, because there was water on the property, it included funding for the tribe to acquire the Cofchin property for siting the hatchery. So, because of a drought and Congressional relief funding, the tribe acquired its first major reservation property and its first hatchery.

The initial Kalama Creek development was one large asphalt pond (the one still there), a dam to impound stream water and a pump to take the water to a tower and a small building. Electric power was buried and brought to the site. The initial plans were for developing a total of four ponds, but further studies determined that there was not enough water for multiple ponds.

With development of a real hatchery came additional tribal employees. Paul Svoboda was hired as the hatchery biologist and staffing at the hatchery expanded. In addition to Bob Blacketer and Bunny McCloud, technicians working at the hatchery included Kim Kautz and Alonna Kalama, and later Rene Bracero, Sr. Steve Wilson left during this period, Paul Svoboda moved on to be tribal biologist and he hired John Kerwin as hatchery biologist.

The first year the hatchery reared coho. They returned in very high numbers. At the time, we thought that Kalama Creek would be a huge benefit for the tribe's coho fishery, but the numbers of coho never reached the heights of those first few years. During these early years, eggs were hatched in the Netart boxes before being moved to the hatchery ponds. Chum salmon were also hatched in some of the Netart boxes in the early years and then were allowed to swim out freely.

One other modification to the facilities was done in the early 1980s. The old gravel pond was rebuilt more symmetrically and a new dam to better capture water, was added. Most importantly, the remodeled facility included a structure to capture returning adults for spawning.

Had you visited the Kalama site during the 1980s, the facility I described here is the one you would have seen. During the 1990s and up until recent years, as federal funding for hatchery maintenance became available, more modifications have occurred.

In a Part 3 of my account, I will relate what additional changes were made at Kalama Creek.



Nisqually Watershed Map

By George Walter

The center of the Nisqually homeland is the watershed named after its resident Indian community. We thought that you would enjoy checking out a current map of your homeland. Jennifer Cutler, head of the Tribe's GIS program, prepared it.

The map shows the major land owners and managers. It also shows in the background the relative elevation and terrain. You can see that all the upper watershed, east of Eatonville, is mountainous. Almost all these lands are managed as commercial forest. West of Eatonville the terrain is flatter. This part of the

watershed is rural, with small farms, forest tracts and some residential areas.

Finally, the map shows the protected areas of the watershed and our watershed protection partners. Note all the work being done to permanently protect the shoreline of the Nisqually River and major tributaries, streams that are vital to salmon habitat and therefore vital to the Nisqually Tribe's treaty rights

See map on pages 8 and 9.



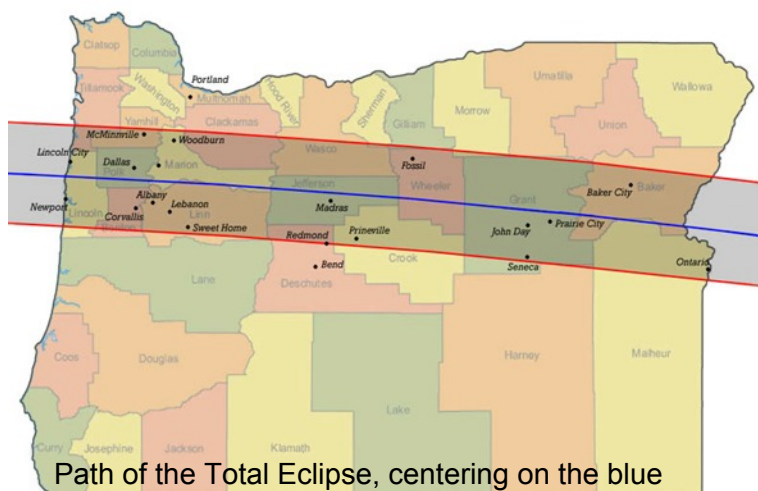
Solar Eclipse – August 2017

By George Walter

Now is the time to plan to witness a very rare once-in-a-lifetime event, a total solar eclipse. On the afternoon of August 21st, the moon will pass directly between the sun and the earth, casting a shadow. During a total eclipse the sky turns dark, you can see stars and there is a brilliant halo around the darkened sun. It lasts only about four minutes and is described by many persons as a very profound spiritual experience.

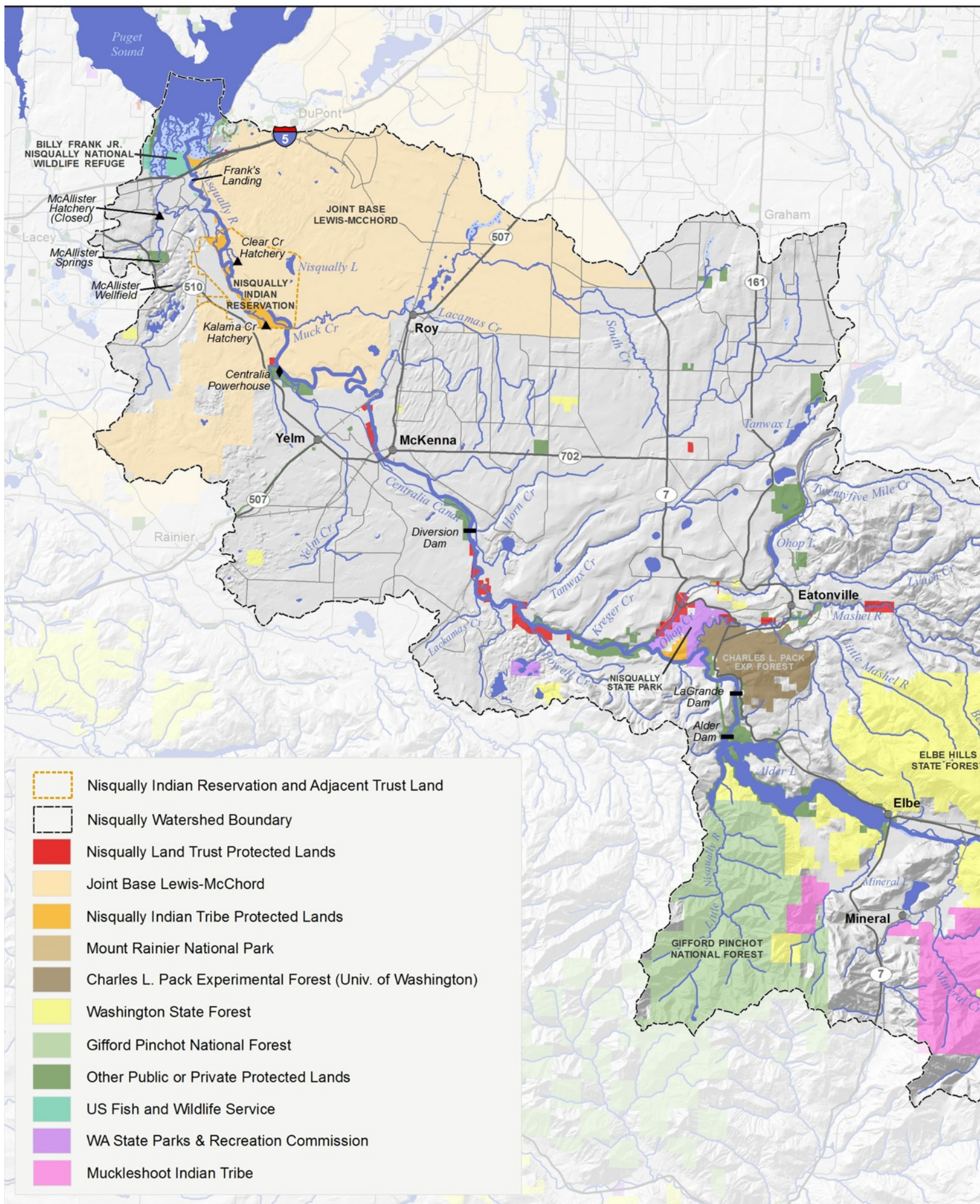
The path of the total eclipse passes through Oregon, including over the Warm Springs Reservation (see the map). You can easily see the total eclipse and return home in one day. A partial eclipse, where the moon's shadow covers only part of the sun, will be seen more widely, including here at Nisqually.

You can find all kinds of information about the eclipse on the website www.eclipse2017.org. I will put additional information in the newsletter as the date grows nearer. In the meantime, mark your calendar and make plans.



Path of the Total Eclipse, centering on the blue

Map courtesy of eclipse2017.org / Better Images / Google Maps / Eclipse2017.org





Nisqually Watershed Major Landowners and Protected Lands

Washington State



Miles



Data derived from: Joint Base Lewis-McChord, Lewis, Pierce and Thurston Counties, Mt. Rainier National Park, Nisqually Indian Tribe, Nisqually Land Trust, WADOE, WADNR, WSDOT, USGS



Nisqually Indian Tribe

Cartography by: J.Cutler, 2/3/2017



Pi Day
Tuesday March 14th
1:00 p.m. – 3:00 p.m.
In the Library



Come have a piece of the circle, a slice of Pie with us in the library.

*Celebrate Math

*Puzzles for one and all!

Pi Day is celebrated on March 14 all over the world. Written 3/14 – it becomes the first three digits of Pi, symbolized with the Greek letter π . It is the symbol used in mathematics to represent the constant of the ratio of the circumference of a circle to its diameter, which is approximately 3.14159.

Pi has been calculated to over one trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern.

CALLING ALL
Nisqually photographers
Give us your best shot!
PHOTOGRAPHER'S CHOICE

The first 30 entries received will be printed on photographic paper and framed for hanging. We will show these in the Library and on the digital signage throughout the tribe for 10 weeks, from March 7 to May 15th.

Nisqually Tribal Library

Come contribute to this new show of photos by dropping off a thumb drive or sending the image by email in jpeg format.

For information call or email Faith ext 1125,
hagenhofer.faith@nisqually-nsn.gov



Come Join the Library's
Brown Bag Lunch
Discussions

Library computer lab
12 p.m.-1 p.m.

Technology Topics

3/7 Protecting your online privacy

3/14 Information transfer

3/21 Managing your digital images

3/28 Finding FREE (or cheap) online classes

More topics to follow.



Library Movie Night
Tuesday March 21st
4:00 p.m. - 6:00 p.m.
at the Nisqually Tribal Library





Online Videos

Tips from the IT-WebDev Department

A recent study showed that digital viewing of videos online surpassed social media use. This isn't that surprising as more and more traditional TV viewers are switching to watching their favorite shows through connected Internet devices such as Apple TV® and Roku®.

Programs such as NetFlix®, Vudu® and Amazon Video® also make watching favorite TV series, sports or other programs easy from the comfort of a living room.

YouTube® has over a billion users (almost one third of all Internet users) and more than half of YouTube views come from mobile devices.

Numerous tribal videos (including past Canoe Journeys) may be found on the Paddle to Nisqually website at; <http://www.paddletonisqually.com/index.php/photosvideos/> or on the Nisqually Tribe's government website at; <http://www.nisqually-nsn.gov/index.php/events-photo-gallery>.

Disclaimer: The Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of third-party services and/or products links provided.



Tobacco Cessation

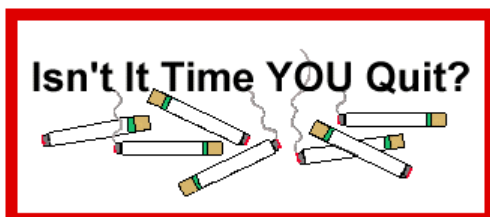
By Juanita Banuelos

Happy New Year, new you. We all enter a new year with great hope and expectation of changes in our lifestyle and we can help. For instance, if you are thinking of trying to quit smoking, we are here to help. Our providers can get you started. We offer free nicotine replacement products in our pharmacy to get you started on a cleaner, smoke-free life. We currently offer: Nicorette patches, lozenges, gum, Chantix and Wellbutrin generic (Bupropion).

Quitting smoking greatly reduces the risk of developing medical diseases such as : heart disease, respiratory diseases, COPD and coronary diseases that in some cases lead to lung cancer.

Here at Nisqually Tribe Health Clinic, we are here to help and reach out to support and follow up. If you are interested in getting started, please call us at (360) 459-5312 to make an appointment. Nisqually Tobacco Quit Program, Juanita Banuelos

\Supported by Red Wind Casino



Wellbriety Talking Circle

Where: Nisqually Recovery
Café

When: Friday Nights
Time: 6:00 - 7:00 p.m.

Nisqually Recovery Café
4820 Billy Frank Jr Blvd.
Olympia WA 98513

Everyone is welcome and encouraged to share Recovery, the struggles, the strengths, support for each other and spread hope at this open talking circle meeting.



Women's Heart Health

By Cindy Gallegos, MSN, RN

Heart Attack

Women do not always have the classic heart attack symptoms. Many experience vague or silent symptoms that may be missed. Six common signs in women are:

1. Chest pain or discomfort – may feel like a squeezing or fullness anywhere in the chest
2. Pain in the arm(s), back, neck or jaw – gradual or sudden and can wake you up from sleep
3. Stomach pain – abdominal pressure mistaken for heartburn, flu, or stomach ulcer
4. Shortness of breath, nausea, or lightheadedness – trouble breathing
5. Sweating – break out in nervous cold sweat common for women having a heart attack
6. Fatigue – extremely tired, unable to do simple activities like walk to the bathroom

<http://www.webmd.com/heart-disease/features/womens-heart-attack-symptoms#1>

Both men and women experience chest pain or discomfort which can be mild or strong. If you think you are having a heart attack call 9-1-1 right way. Do not drive yourself, or have a friend drive you or dismiss what you are feeling

Do not let anyone tell you that you are overreacting. Do not wait to get help

<https://www.womenshealth.gov/heart-health-stroke/signs-of-a-heart-attack/index.html>

Heart Health

1. Eat a heart- healthy diet - low salt (sodium), limit trans-fat, and cut back on sugar
2. Manage your health conditions – common health problems include high blood pressure, diabetes and high cholesterol.
 - Take your medications as directed
 - Check blood sugars
 - Get you blood pressure and cholesterol tested
 - Follow up with your provider
3. Get the facts about aspirin – talk to your provider to see if aspirin is right for you and discuss medications and supplements
4. Know the signs of a heart attack

Call 9-1-1 if you think you are having a heart attack.

Heart attacks have several major warning signs and symptoms:



Chest pain or discomfort.



Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.



Shortness of breath.



Nausea, lightheadedness, or cold sweats.

If you are experiencing any of these symptoms, call 9-1-1.

Adult Healing House and Community Caregivers

By Ruthie Diamond / Lead Caregiver

BATHROOM SAFETY

- Leave a light on in your bathroom at night.
- Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet. Such as grab bars, over the toilet commode seat with side bars for assistance.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom.
- Place a shower chair in shower if needed.
- To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.
- Mark cold and hot faucets clearly.
- Use door locks that can be opened from both sides. If you do need assistance someone can get to you without being locked out of the bathroom.
- If possible, bathe only when help is available.
- Take your time moving from the toilet or shower to ensure you have proper balance.



SPIPA Food Distribution Program

Many people have misconceptions about the food offered by the **SPIPA Food Distribution Program**. It's definitely not just about the cheese these days, although we do still offer that. There are more frozen meats and in season fruits and produce being offered now than ever before.

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island or Port Gamble S'Klallam Tribes, you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify.

Please call the **SPIPA Food Distribution Warehouse at (360) 438-4216** **Monday - Friday** between the hours of **8:00 a.m. - 4:00 p.m.** and one of our staff will be happy to assist you in applying for this program.

**We now have better food options!
Here is a partial list of what is available.**

Frozen Meats

Whole Chicken
Bison/Bufalo
Ground Beef
Roast Beef
Chicken Breasts
Pork Chops
Ham

Fresh Veggies

Romaine Lettuce
Green Beans
Onions
Carrots
Celery
Cabbage
Broccoli

Fresh Fruits

Apricots
Peaches

Oranges

Grapefruits
Lemons
Apples
Dry Milk
Egg Noodles
Rice

Spaghetti Noodles

All-purpose Flour
Cornmeal
Bakery Mix

Canned

Spaghetti Sauce
Tomato Sauce
Beans
Beef Stew
Soups
Refried Beans

Dry

Dry Beans
Cereal
Oatmeal
Crackers
Mixed fruit & Nuts
Roasted Peanuts

Dairy

Block Cheese
Sliced Cheese
1% Milk
Butter

Serving: the Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble S'Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe.

SPIPA's Nisqually WIC

The Women, Infants, and Children (WIC) program provides healthy foods and nutrition information for you and your child up to age five. Our office is open the second Wednesday of each month.

For appointments or questions contact: Debbie (360)462-3227 gardipec@spipa.org or Patty (360) 462-3224 or the South Puget Intertribal Planning Agency (SPIPA) main number (360) 426-3990. Next WIC at Nisqually:

Wednesday March 8, 2017
at USDA Food Warehouse
10:00 a.m. - 2:00 p.m.
Date and time may change
Warehouse (360)438-4216



What can I do to get – and keep – my child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports.

Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give children toys that encourage physical activity like balls, kites, hula hoops, and jump ropes.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Limit TV time and keep the TV out of a child's bedroom.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.



Native American Games— physical activity kit (PAK) check it out: <https://www.ihs.gov/hpdp/pak/>

Learn how engaging in outside activities can be fun and affordable for families through <http://www.letsmove.gov/lets-move-outside>, which promotes a range of healthy outdoor activities for children and families across the country.

Sources for this page:

<https://www.cdc.gov/physicalactivity/basics/index.htm>
<http://www.letsmove.gov/active-families>





Are you Medically Prepared for an Emergency?

By Mary Szafranski, PHN

Temporary power outages are common in our area. A little medical planning can go a long way.

Create an emergency kit or restock your current kit. Flashlights, extra batteries and first aid supplies are just the beginning. You should stock foods that don't need refrigeration or cooking, bottled water and specialty items if you have a particular diet, a baby or pets. It is suggested that you have a week's worth of drinking water in your stockpile; enough water for one gallon, per person, per day.

Place a case of bottled water in the bottom of your freezer to have available for emergencies. In warm weather, you can use individual frozen bottles in a small cooler to keep medications, such as insulin,

cool. When one of these water bottles thaws, you can drink it. Do not allow the insulin itself to freeze.

Insulin manufacturers recommend that insulin be stored in a refrigerator at 36 to 46 degrees. Insulin loses some effectiveness when exposed to extreme temperatures. Insulin vials, cartridges and pens can be left unrefrigerated between 59 and 86 degrees Fahrenheit for up to 28 days and continue to be effective.

If you take prescription medications make sure to reorder before you run out. Try to have at least one weeks' worth of medication on hand.

A little planning can go a long way to make you more comfortable when an emergency situation occurs.

We Can Help Elders with the Medicare Enrollment Forms Before Deadline in March

You don't want to miss the Medicare Open enrollment period which is from Jan. 1 to March 31. If you are not enrolled, please ask Lisa Wells, Chris Curtis, Jacob Peterson or Jay Simmons for assistance.

The application is really quick and easy, only about a half a page long! If you are a Nisqually tribal elder, we can even reimburse you for your monthly premiums.

So stop by the Business Office and ask one of our friendly staff members for assistance and we can get you started and help with the application if needed.

Thanks,
Nisqually Business Office

Rainier Therapeutic Riding

12020-123rd Ave. SE
Rianier, WA 98576

Rainier Therapeutic Riding provides free horsemanship classes for Veterans and Active duty service men and women. Session run eight weeks. Call to observe a class in progress or see the facility. Next session start March 10. Classes now in progress. They are a 501-3c non-profit, serving those who have served in a mission of healing. See us on Facebook, or contact us at www.rtriding.org. Or email saddleup@rtriding.org or call at (360)446-1000.

Your Attention Please – Medical Update FDA WARNING ON MOST TEETHING/NUMBING PRODUCTS

A toxic substance (belladonna) found in unsafe levels in teething tablets (homeopathic/natural and regular) and some teething/numbing gels which poses unnecessary risk to infants and children. FDA urges consumers not to use these products. Look for labels that state "belladonna free" on the packaging of teething tablets.

Thank you for your attention and please let inform other community members of this medical alert if they have babies and/or small children.

Your friends, Nisqually Tribe Dental Clinic
(360)459-5312

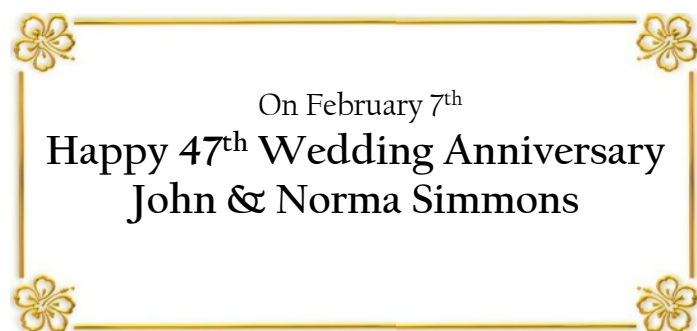
Birthdays and announcements

Happy 70th B-Day to my Momma Bubbles 3/5/17

Happy B-Day To my Dad 3/21/17

Happy B-Day to my youngest daughter Feather 3/25/17

Happy B-Day to my nephew George 3/14/17



March 16th



Happy 15th Birthday to
the Mad Raven.

Mommy & Daddy love you!

-Rod & Kim Obi

Fun Spring Activities Checklist!

The Great Outdoors

- ☐ Plant something green
- ☐ See the cherry blossoms
- ☐ Have a picnic at the park
- ☐ Find the first crocuses and snowdrops
- ☐ Jog outside
- ☐ Take a hike
- ☐ Play softball
- ☐ Ride a bike
- ☐ Sit outside at a café
- ☐ Visit a farm to see the animals
- ☐ Walk on a deserted beach
- ☐ Play a round of golf
- ☐ Go horseback riding

Nostalgic

- ☐ Fly a kite
- ☐ Look for four-leaf clovers
- ☐ Jump in puddles
- ☐ Get dirt under your fingernails
- ☐ Blow bubbles
- ☐ Climb a tree
- ☐ Find a playground and swing on the swings
- ☐ Feed the ducks at a pond
- ☐ Wade in a creek
- ☐ Draw pictures on the sidewalk with chalk
- ☐ Skip stones across a pond
- ☐ Plan a spring break vacation

Eat and Drink

- ☐ Roast a bunch of asparagus

- ☐ Steam whole artichokes and eat them leaf by leaf
- ☐ Bake cupcakes with pink (or lavender or yellow or baby blue) frosting
- ☐ Eat a ripe apricot
- ☐ Visit the farmers' market and buy spinach and sugar snap peas
- ☐ Pick strawberries
- ☐ Eat jellybeans
- ☐ Buy a package of Peeps
- ☐ Mix up a pitcher of margaritas

Just Because

- ☐ Listen to the rain
- ☐ Watch bumblebees at work in a garden
- ☐ Notice the trees budding
- ☐ Spot a rainbow
- ☐ Listen to the birds singing
- ☐ Go bare-legged
- ☐ Feel the sun on your face
- ☐ Leave your windows open to catch a spring breeze
- ☐ Pet a bunny
- ☐ See all the Oscar-winning movies
- ☐ Send someone other than your mom a Mother's Day card
- ☐ Wear open-toed shoes
- ☐ Buy a fun umbrella
- ☐ Visit the zoo
- ☐ Decorate your home with fresh tulips and daffodils
- ☐ Get caught in a spring shower



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

MARCH YOUTH CALENDAR OF EVENTS 2017						
1937 LASHI ST SE OLYMPIA, WA 98513 360-455-5213						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 DANCE PRACTICES BEFORE THE WELL-BRIETY POW-WOW MARCH 18 & 19, 2017 DANCE PRACTICE THURSDAYS!						
5	6	7	8	9	10	11
Basketball Practice All ages	Basketball Practice All ages	Basketball Practice All ages	INTER-TRIBAL LEAGUE GAMES 6 PM & 7 PM TBD- HOME OR AWAY	Game Room & Computer Lab POW-WOW Practice OPEN	STAFF TRAINING	Ethnic Celebration at St. Martin's
12	13	14	15	16	17	18
Basketball Practice All ages	Basketball Practice All ages	Basketball Practice All ages	INTER-TRIBAL LEAGUE GAMES 6 PM & 7 PM TBD- HOME OR AWAY	Game Room & Computer Lab POW-WOW Practice OPEN	Game Room & Computer Lab POW-WOW Practice OPEN	Well-Briety Pow-wow
19	20	21	22	23	24	25
Well-Briety Pow-wow	Basketball Practice All ages	Basketball Practice All ages	INTER-TRIBAL LEAGUE GAMES 6 PM & 7 PM TBD- HOME OR AWAY	Game Room & Computer Lab POW-WOW Practice OPEN	Game Room & Computer Lab POW-WOW Practice OPEN	Family Swim at Timberline HS
26	27	28	29	30	31	
Basketball Practice All ages	Basketball Practice All ages	Basketball Practice All ages	INTER-TRIBAL LEAGUE GAMES 6 PM & 7 PM TBD- HOME OR AWAY	Game Room & Computer Lab POW-WOW Practice OPEN	Game Room & Computer Lab POW-WOW Practice OPEN	Saturday Activities are PARENT PARTICIPATION EVENTS CALL FOR MORE INFO 455-5213