

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 13 Issue 12

www.nisqually-nsn.gov

December 2023

Veterans Day Ceremony

By Debbie Preston

The Nisqually Indian Tribe honored Nisqually tribal and community veterans as well as employee veterans and their families in a ceremony on Thursday, Nov. 9.

The Quilts of Valor Foundation again provided quilts to veterans who have not received a quilt yet. The group has provided thousands of quilts to veterans with their name and the goal of wrapping each recipient in love. The group has also received charitable donations from the Nisqually Tribe that help them continue their mission for all veterans.

Nisqually also remembered those recently passed, especially elder Peter Svinth, whose photo was present at a seat at a table.

Joyce McCloud of the Nisqually Canoe Family noted the first time she heard her brother talk about his service was at a Nisqually Veterans Day ceremony many years ago.

Tribal members serve at a higher rate per capita than any other ethnicity, nearly 20 percent. Thank you to all who serve and have served, including Nisqually veteran Bob Sison, seen here addressing the attendees of the Nisqually event for veterans from the tribe, the community and employees and their families.

<https://www.ibsa.mil/.../native-american-legacy-of-honor.../>



Tribal Council Business

Nisqually Tribal Council

Meeting Minutes



Date: 10/19/23
 Minutes Approved on:
 Meeting Called To Order: 1:29

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Absent
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Present
Chayannah Squally	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Absent
Derrick Sanchez	Sergeant of Arms	Present

Guest: Hanford M, Marla T, Isiah T, Aiyana S, Kaiewa K, Bob T, Rodney T, Robert T, Falcon S, Keoni K, Darrin B, Annie T, Polly S, Brandon F, Micheal B, Aron L, Junior S, Shannon B, Hayley F, Alvin A, Querida P, Bobby J, Tucker J, Micheal T, Larry S, Joe C, Anthony S, Tom I, Brent B, Kayla S, Shar S, Allen F, Cheebo F, Karissa F, Justine C, Ken C, Jamie B, Addie S, Ezra K, Pete A, Sharlanie R, Aztec S, Kevin P, Cynthia I, Haline B, Lori L, Jasmine M, Nancy B, Stephanie M, Bob I, Micheal A.

Agenda Items

Jackie Whittington – **Recognizing the Request to release financial records from Larry Sanchez. Shall reach out to Alvin to set up a time that works to go over what is requested.**

Tom Iyall – **Recognition of the recent Police Academy Graduates. Isaiah Thomas, Kaiewa Kunewa, Alyysa Mapu and Tucker Johnson.**

Break 1:43-1:48

Shannon Blanksma – **Approval of October 19th, 2023, Weekly Budget Consent Calendar.** *Motioned by Jackie Whittington, seconded by David Iyall. Motion passes, 4-0-0.*

Shannon Blanksma – **A Resolution Authorizing an Agreement with the Washington state Recreation and Conservation Office (RCO) for acquisition and Management of Forest Lands Along Busy Wild Creek Under RCO Project Agreement 22-1535A. Resolution #121.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

George Walters – **Resolution to accept funds from United States Department of the Interior, Bureau of Indian Affairs for Tribal Climate Resilience in 2023. Resolution #122.** *Motioned by Chayannah Squally, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Jasmine McDonald – **Approval of a New JD: Resource Navigator.** *Motioned by Guido Levy Jr, seconded by Chayannah Squally. Motion passes, 4-0-0.*

Pete Ansara – **A Resolution Authorizing Delegation by the Nisqually Indian Tribe for Certain TERO Officer Services Provided for the Nisqually Indian Tribe. Resolution #123.** *Motioned by Jackie Whittington, seconded by David Iyall. Motion passes, 4-0-0.*

Continued on page 3-TC MINUTES

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

4820 She-Nah-Num Dr. SE
 Olympia, WA 98513
 360-456-5221

Leslee Youckton
 youckton.leslee@nisqually-nsn.gov
 ext. 1252

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

Nisqually Tribal Council

Chair, William (Willie) Frank III
 Vice Chair, Antonette Squally
 Secretary, Jackie Whittington
 Treasurer, David Iyall
 5th Council, Chayannah (Chay) Squally
 6th Council, Guido Levy Jr.
 7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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The Quilts of Valor Foundation's process in creating the quilt is described. A Nisqually tag is affixed to a quilt after hearing of another name to be added. Co-planners for the event this year Lori Lund and Julie Palm accept the gifts to the tribe from Quilts of Valor Foundations. Co-organizer Julie Palm welcomes

everyone to the event. Everyone gets a chuckle as the ladies struggle a little to get a quilt on veteran employee Victor Smith. Joyce McCloud talks about hearing her brother talk about his service for the first time at a Nisqually Veterans Ceremony years ago.

Continued from page 2-TC MINUTES

Dr. Spencer/ Halene Benally – **Approval of Pharmacy Fulfilment and Eligibility Policy. To go into effect beginning January.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Council – **Approval of Sponsorship \$5,000 Dollar donation to North Thurston High School, for a new outdoor scoreboard.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Heidi Thomas – **Approval to have a letter sent to Mt. Rainer signed by Chairman.** *Motioned by Chayannah Squally, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Sommer Sanchez – **Approval of October 5th TC Minutes.** *Motioned by Chayannah Squally, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Motion to Adjourn by Jackie Whittington, seconded by David Iyall. Motion passes, 4-0-0.

Meeting ends 2:05



A Letter Received

By Kurtis Bullchild in Archives

Almost every day the routine is to go check the Archives mail box, and sometimes there is an interesting envelope or the occasional photograph handed over to the Archives department for preservation. There was an envelope in there with a name and address from Germany addressed to a previous tribal employee named Kathy Humphrey who worked in the Planning department in the early 90's. Within the envelope were three items: a photograph from 1996 that has three tribal members and a tribal employee, a short essay possibly written by Kathy Humphrey about Alice (Allie) McCloud and a cedar basket she made, and a letter explaining the contents.



The letter states that the person who wrote it was traveling in the United States and Canada from 1995 to 1999 and they found a book titled "*Where the Waters Begin*" by our own Cecelia Svinth Carpenter in the seat pocket of an airplane. The person states that they only recently opened the book after almost 20 years and found the photo, the essay and a business card with Kathy Humphrey's name on it.

The person who wrote the letter is named Augusta Albrecht and they said that they would like to get the photo and the essay to the right people and that they enjoyed reading the book.

The photo was taken in December 1996 and after a bit of research the place it was taken is called Twinbrook Metro Station which is just outside of Washington D.C.

The people in the photo are from left to right: Bud, Stephanie, Norine and Clark.

Cedar Basket with Rosettes

This basket was made in 1995 by Alice McCloud, a member of the Nisqually Indian Tribe. The McCloud family is the second largest family on the reservation, and Alice is of Nisqually Indian and Native Hawaiian descent. She has been making baskets most of her 48 years. She also works for the Tribe as a youth counselor in its Education Department.

The basket is a traditional design, and is made of ^{sweetgrass and} strips of cedar bark which are carefully removed from huge cedar trees. Great care is always taken not to injure the tree by removing too much bark or too many roots during one season. Cedar bark and roots were used by Nisqually Indians and other Indians in the Pacific Northwest for a great many articles, including baskets, clothing, and blankets. Additionally, cedar logs were used to build their shelters, and were also used for canoes, which carried them up and down the Nisqually River and into Puget Sound where they fished and traded with neighboring Indian tribes.

Nisqually Tribal Holiday Office Closures

Thursday.....Dec. 21 at 12 p.m.

Friday.....Dec. 22 All Day

Monday.....Dec. 25 All Day

Friday.....Dec. 29 at 12 p.m.

Please plan accordingly.





Boldt Decision – A Concise Summary

By George Walter

In February 2024 it will be 50 years since Judge George Boldt issued the landmark decision in the Indian fishing rights case, *United States vs. Washington*. In preparation for the celebration, I thought it might be useful to offer a summary of most vital elements of the decision.

General Treaty Interpretation - Boldt’s decision is based on two bedrock legal principles established by multiple U.S. Supreme Court decisions. These are:

1) Indian treaties are agreements negotiated between sovereign powers and are, in essence, contracts between these sovereigns. For the United States they were ratified by the U.S. Senate, as with other treaties, and are the supreme law of the land; they continue in force unless explicitly modified by Congress or Executive Order.

2) The words, expressions, and basic elements of Indian treaties must be interpreted as the Indians themselves would have understood them.

Fishing Rights Decision – The purpose of the *U.S. vs. Washington* case was to establish for all time the meaning of the following phrase, taken from the *Treaty of Medicine Creek of 1854*:

The right of taking fish, at all their usual and accustomed grounds and stations, is further secured to said Indians in common with the citizens of the Territory. . . .

Seems simple enough, but it’s not. Legal challenges to Indian fishing rights had been raised by the states of Washington and Oregon and its citizens beginning in the 1880’s and continuing ever since.

As a result, before the Boldt trial and decision there had been multiple U.S. Supreme Court decisions touching on one or more aspects of treaty fishing rights and the treaty language. For Judge Boldt, these decisions were precedents that guided his analysis and decision.

Boldt’s decision was lengthy and included a comprehensive analysis of treaty fishing rights. He knew whatever he decided would be appealed by the losing party, and he wanted to make sure that his analysis was sound. The initial decision and subsequent implementing decisions have been

gathered in three lengthy volumes, but here is a summary of the key parts:

1) The treaties clearly reserved Indian tribes fishing rights that they already possessed: the right to fish not just on the newly created reservations, but at all traditional sites (usual and accustomed – U&A – areas). The Boldt decision recognized initial U&A areas and established a process for expansion of U&A areas in future proceedings.

2) These fishing rights had not been changed or diminished by Congressional or Executive actions, including the creation of the State of Washington. Therefore, they were the law of the land and the State of Washington was bound by them.

3) The language “in common with” would have been understood at treaty times as “shared equally,” that is, a 50/50 division of the harvestable fish between treaty fishing and non-Indian fishing interests, as represented by the State of Washington. Fishing rights included both salmon and steelhead, the latter then managed by the state for sport harvest only.

4) The treaties implied that tribes had the right to manage their own fisheries as they saw fit, subject only to the needs to conserve the salmon and steelhead. Boldt set out certain standards for self-regulation, including having professional fish managers, a legal code to establish fishing regulations and law enforcement, and an enrollment system to determine who was actually eligible to fish under tribal authority.

Number (4) was critically important as it led directly to Congress, through the BIA, providing funding for the tribes, including Nisqually, to establish and operate these essential treaty right programs. It took a few years, but by 1977 the Nisqually Tribe had established these programs and, as you know, they are still in place today.

This is only the beginning of the story. In future newsletters I will provide more information about the many benefits that came to the entire Nisqually Indian community from the Boldt decision.



USNS Billy Frank Jr. (T-ATS-11) Keel Laying Ceremony

The historic keel laying ceremony of the USNS Billy Frank Jr. (T-ATS-11), a Navajo class salvage and rescue ship, was conducted in Mobile, AL in Austal USA shipyard Tuesday, Nov. 14. The ship will be the first to be named after an individual tribal member, following a group of ships named after tribes. It is also the first steel, rather than aluminum ship.

Nisqually tribal vice-chair Antonette Squally opened the proceedings with a prayer in the Nisqually language, southern Lushootseed, a language that Billy Frank Jr.'s father was the last to speak fluently, prior to the resurrection, in part thanks to recordings of Frank Sr.

Nisqually Chairman Willie Frank III and wife Peggen Frank, Northern Arapaho tribal member, each had their initials welded onto a plate that will be placed in the keel of the ship. Their Indian names also appear on the plate.

Peggen Frank is the official sponsor of the ship, and will have a lifelong relationship with the ship once it is completed.

"Billy would love being here," said Peggen Frank. "I can see him smiling and we'd be hearing that big, deep Billy laugh. Can you hear it? I can." This brought a laugh from the many tribal leaders and members present who felt Billy there. His son, Willie, noted while his father would never have wanted all the accolades, he always welcomed the opportunity to tell the stories of Nisqually and of all tribes.

"My father is still teaching us - bringing us together whether it's here or in Washington, D.C., telling us to work together," Frank said.



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Continued from page 6-USNS



"It's a good day, one; to be Nisqually, two; to be Indigenous and three, to be the son of Billy Frank Jr." The ship will be completed sometime in 2025 a larger ceremony when it is officially launched. <https://www.fox10tv.com/.../austal-holds-keel-laying.../>



The beginnings of the USN Billy Frank Jr. (T-ATS-11) lie behind the flags in the the Austal USA facility in Mobile, AL. Prior to the ceremony, many took the opportunity for pictures. Nisqually Vice Chair Antonette Squally prefaces her prayer in Southern Lushootseed, the Nisqually language, that "This one is for you uncle," (Billy Frank Jr.). Nancy Shippentower, a Puyallup tribal member and a niece of Billy Frank Jr. and Nisqually Vice-Chair Antonette Squally share a laugh with Austal USA employees. Elmer "Jerry" Charles, a tribal Army veteran, takes a picture of the plate with group photos being taken behind him. U.S. Navy Capt. Ryan Bohning introduces the story of Billy Frank Jr. and talked about the how Frank persevered against great odds and was a Marine during the Korean

War before returning home. There he continued to fight for the rights of tribes to fish in their usual and accustomed areas, as promised in the treaties tribes signed with the United States government. Capt. Bohning also noted that tribal members serve in the military at the highest rates per capita for a minority population. In her remarks, Peggen Frank joked in her remarks that Billy Frank Jr. has most likely now amassed more honors than his legendary arrests of 50 or more. The plate that will be placed in the keel of the ship. With permission granted, the Nisqually Tribe will be making t-shirts of the sign. Auld and Peggen Frank finish her initials with Willie Frank III looking on. Willie Frank III talks with a local television station.



Youth Get Lessons on Script Writing

By Aztec Sovereign

Chad Charlie, a writer for the acclaimed television show, *Reservation Dogs*, made an appearance through the Nisqually Youth Program to teach some of the skills of script writing on Nov. 18.

Charlie engaged with the youth from Nisqually, exchanging tales from his own past and emphasizing the creative potential of personal experiences in scriptwriting. He emphasized the notion that the more unconventional, the better. He documented the imaginative ideas the youngsters suggested for a *Reservation Dogs* episode, acts 1-3 and then crafted an initial script draft. While the show has finished its run, rumors abound about a feature film or another season, though Charlie did not confirm or deny any of them.

Charlie emphasized the idea that in the realm of scripts, there's no such thing as too wild. He cited Director Jordan Peele, the mastermind behind *Get Out*, who initially hesitated with the script due to its perceived craziness. However, once the film hit theaters, it proved to be a major success.



Nisqually Greenhouse Gas Reduction

Nisqually Tribe has received a grant from the Environmental Protection Agency (EPA) for \$110,000 to complete a Climate Action Plan. This plan is focused on reducing greenhouse gas emissions from the Nisqually Reservation. This plan is part of a broad federal initiative to support cities and indigenous communities in reducing greenhouse gas emissions.

“Buildings and transportation are the two activities that produce the most greenhouse gases,” said Wayne Lloyd, the Tribe’s Building Department director. “A lot of the power to heat and cool buildings comes from oil and coal. We’re trying to shift that to incorporate solar into Nisqually buildings and homes. This project will help us develop a strategy and priorities to reduce energy costs and increase community resiliency.”

The Tribe is partnering with a team from Olympia Community Solar, a local nonprofit, to complete the first part of the project focusing on reservation buildings. The initial building sector analysis and recommendations will be done in early 2024 and will be shared with the community for review and comment at that time.

Then in late spring, the second part of the grant will kick in and the Tribe will focus on the Transportation sector and on developing career pathways for tribal members in emerging industries that support the climate transition.

Additional EPA grant funds for solar, vehicle electrification, and other climate projects will be available for communities that complete this plan.



Building Department News

By Jessie Fox, Executive Assistant to the Building Department Director

As the Building Department grows, we endeavor to have a versatile and all-encompassing crew, ready to help with all your construction needs. Therefore, we are excited to announce that we have a new plumbing crew.

Our new plumbing crew consists of Andy Bostwick, Plumber Supervisor, Jeremy Smith, Journeyman Plumber, and finally, Billy Johnston, Plumber Apprentice. Together these gentlemen bring many years of practical hands-on experience and a vast wealth of knowledge. Whether you have a leaking sink, or a running toilet, our plumbing crew is excited to help find the solution.

And in other Building Department news, we are proud to say that our department chili cook-off was a raging success. As the temperature began to get a little cooler, we decided a cook-off was a great way to warm our spirits, our stomachs, and build a little fun into our lunch break.

With the smell of homemade chili delighting our senses, we began the workday, and let's just say, we were all looking forward to lunch. We had three contenders for the Best Chili Award. Wayne Lloyd, Building Department Director, Jen Elliott, Permit Manager, and Jeremy Stockert, Carpenter Supervisor.

Crockpots filled with chili were set up in the conference room, with ladles at the ready. And as the crew materialized to wolf the chili down, fun, friendship, and laughter ensued. The voting ended and ballots were tallied. And the winner was, drumroll please... Jen Elliott, whose rich and flavorful three meat chili, beat the competition by a landslide.

They say that the way to teamwork is through the stomach, right? Well, it is here in the Building Department anyway.



Northwest Trek Fellowship

The Northwest Trek Wildlife Park, located north of Eatonville, is looking for a member of the Nisqually Indian Community for a 1-year Fellowship position. With guidance from the Nature Engagement Curator, the Fellow will develop engaging experiences for Nisqually Tribal Youth and the community, with a focus on increasing empathy for wildlife and nature. The Fellow will actively work to incorporate the Indigenous perspective and heritage into the culture of NW Trek and represent us at events, gatherings, and meetings. Northwest Trek commits to creating a space that honors the Fellow, welcomes the expression of their cultural perspective, and actively contributes to their professional development.

Pay: \$22.13/hour plus benefits

Term: January 16 – December 31, 2024

Qualifications: Must be a member of the Nisqually Indian Tribe, at least 18 years of age, possess a valid Washington State Driver's License, and have a passion for connecting people to nature and wildlife. If interested, please contact Craig Standridge at (360) 832-7160 or craig.standridge@nwtrek.org. To discuss this opportunity further, you may call David Stepetin at 360-456-5221, ext. 1202, or George Walter, at 360-456-5221, ext. 2136, or drop by to see us at the Natural Resources Department.



Just the Facts, Ma'am: Misinformation on the Internet

Tips by the IT-WebDev Department

In a TV show dating back to the 50's, Sgt. Joe Friday of *Dragnet* stated, "Just the facts Ma'am". Or did he? Actually, the variation of the famous quote from the TV series *Dragnet* was never actually said by Sgt. Joe Friday, rather the quote was used in a pseudo-parody movie with Dan Aykroyd. The phrase was modified from two similar statements: "All we want are the facts, ma'am" and "All we know are the facts, ma'am."

So where can we go to find the true story? This is an age-old dilemma to answer, dating back to the times of early hand-written and printed materials, or even going further back to verbal storytelling. Oftentimes stories get retold, but they have a different twist when they are retold. The story changes so much over time it isn't the same as it started after just three repeats. Once a story is changed, it can never be repeated the same due to individual bias and most people do what they want with stories making them their own. Once a story is solidified to someone's liking, they often keep it that way and it can last for an extended time until the story is changed and retold to the point it could become a whole new story.

So, where can we find correct or reliable information?

- Scholarly, peer-reviewed articles and books
- Trade or professional articles or books
- Magazine articles, books and newspaper articles from well-established companies
- Other sources like websites can be reliable but require further evaluation

One of the major pitfalls of relying on the Internet for blogs and social media as valid content resources, is that they are online media content conversations (or stories), whereby the content creators are emboldened by relative anonymity to frequently change the content, launch attacks, provide inaccurate information, or even misquotes. Hacked or false accounts also proliferate on social media; at the end of 2022 Facebook acted on 1.3 billion fake accounts. Facebook estimated that fake accounts represented approximately 4-5% of worldwide monthly active users during the beginning of 2023. Another downfall and according to a large marketing agency, legitimate users on Facebook sometimes get

caught up in a dragnet that's intended to catch fake accounts. "Users that have filed appeals are often left in the dark and unsure of the status of their appeals. Restoring a disabled or hacked Facebook account is a lengthy process that can extend over several weeks" stated the agency's President. The importance of using reliable sources truly boils



down to effective communication. It is imperative to pay close attention to website addresses or hyperlinks being visited, as the Internet is scattered with biased, misleading, and altogether incorrect information. If knowledge is based on unreliable information, it will not be a trustworthy asset.

News Flash: Advances in artificial intelligence could have "civilization-altering impacts" and rapidly increase the amount of dangerous misinformation being spread online, a former Facebook employee has warned. The former engineer and product manager quit Facebook in 2021 after leaking thousands of documents showing toxic content was being spread knowingly by the platform. The whistleblower said without stronger regulation there would be "a repeat of what we saw with social media" on a far greater scale.

Helpful Resources:

- www.schmoop.com - A website offering students a variety of study materials written by scholars.
- www.snopes.com - A website that conducts extensive fact-checking research on popular topics.
- www.factcheck.org - A website that aims to reduce the level of deception and confusion in U.S. Politics.

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



2024 NISQUALLY INDIAN TRIBE GENERAL WELFARE PROGRAM

Your Tax Savings Start Here

ANNUAL ENROLLMENT OCTOBER 15- DECEMBER 31, 2023

The Nisqually General Welfare Program is an optional program allowing Nisqually Tribal Members to take advantage of General Welfare tax exemptions up to \$7,500 per quarter. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received. An application is required to participate in the program for any enrolled Adult Nisqually Tribal Member (Age 18 and above). Please note, for current participants, you must sign and submit the renewal letter that was mailed directly to you in November if you wish to renew participation for the 2024 Plan Year at your current election amounts. Approved General Welfare Program applications will be in effect for February 2024-January 2025 tribal distributions and may not be changed.

Below is a list of common eligible general welfare expenses allowed by the program. A complete list of eligible expenses is available in the Nisqually General Welfare Program Guide.

- Mortgage/Rent Payments
- Utilities
- Childcare Expenses
- Healthcare Expenses
- Transportation Stipend- *\$1,000 per month*
- Nutrition Stipend- *based on household size*

The Tribe's program is administered by FSA TPA, LLC.

PROGRAM HIGHLIGHTS

Benefit Card: A benefit card can be used with the standard GWA Program for most health, utility, education, and childcare providers. The benefit card cannot be used to withdraw cash from your benefit account; it can only be used to pay for eligible program expenses.

Elder Supplemental Income Benefit: Elders aged 55 and above can elect to participate in the Elder Supplemental Income Benefit. These funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received. If elected, eligible Elders will receive a tax-free stipend in the amount of \$2,500 per month or as a lump sum quarterly payment of \$7,500. Payments will be distributed to eligible participants via direct deposit or check.

Members who have outstanding debt owing to the Tribe for eligible GWE expenses (including but not limited to housing, childcare, or utilities) are eligible to participate in the Program, but their benefits will be directed first to repayment of debt owed to the Tribe. The member will receive the remainder of their benefit for the eligible expense of their choosing in accordance with this Guide. Debtors shall be identified in accordance with the Tribe's Debt Collection Policy.

APPLICATION PROCESS

Deadline:
November 30, 2023

Fax: 360-486-9549

Email:
GENERALWELFARE@
NISQUALLY-NSN.GOV

Deliver to Tribal Offices:
Attention of Linda
Rodriguez



QUESTIONS? CALL US.

General Welfare Coordinator
Linda Rodriguez
4820 She-Nah-Num Dr S.E.
Olympia, WA 98513

ph: 360-413-3020
fx: 360-486-9549
e: GeneralWelfare@nisqually-
nsn.gov
Monday-Friday
8:00 am - 5:00 pm PST



December 2023

TO SCHEDULE PLEASE CALL
(360) 493-6450

MON	TUE	WED	THU	FRI
<p>tiŋiŋtubut. <i>'Take care of yourself.'</i></p> 	<p><i>Happy Holidays</i></p> 		1	
4 MASSAGE-ANDREA HWC-BRADLEY	5 MASSAGE-ANDREA HWC-BRADLEY	6	7 ACUDETUX EAR ACUPUNCTURE-MELISSA	8
11 MASSAGE-ANDREA HWC-BRADLEY	12 HWC-BRADLEY	13 MASSAGE-KAREN S.F. -MARCI & KAREN	14 MASSAGE-ANDREA MASSAGE-KAREN S.F. -MARCI & KAREN HERBALIST-MELISSA	15 MASSAGE-KAREN S.F. -MARCI & KAREN
18 MASSAGE-ANDREA HWC-BRADLEY	19 MASSAGE-ANDREA HWC-BRADLEY	20	21 EARLY CLOSURE @ 12PM ACUDETUX EAR ACUPUNCTURE-MELISSA	22 HOLIDAY CLOSURE CHRISTMAS
25 HOLIDAY CLOSURE CHRISTMAS	26 MASSAGE-ANDREA	27	28 MASSAGE-ANDREA HERBALIST-MELISSA	29 EARLY CLOSURE @ 12PM



Nisqually Health & Wellness Center Mammogram Day

December 14th 9am-4pm

The Nisqually Tribal Health & Wellness Center

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.





IMPORTANT NOTICE

AFTER HOURS PHARMACY

The Rite Aid Pharmacy Hawks Prairie has unfortunately closed its doors as of Wednesday, 9/27/2023.

We are working on finding an alternate solution to cater to your after-hours medication needs. In the meantime, we currently have other pharmacy options available for your convenience.

Purchase Referred Care eligible patients to fill prescriptions during regular Nisqually Tribal Health & Wellness Center working hours. It's important to note that prescriptions not preauthorized by our pharmacist will incur out-of-pocket costs for the patient.

We are actively exploring pharmacy options in the Lacey/Olympia area to better serve you. It may take some time to establish a new pharmacy that meets our needs.

Thank you for your understanding and patience during this transition.



PHARMACY OPTIONS:

- Rite Aid in Yelm
- Tims Pharmacy in Yelm
- Rite Aid Sleater-Kinney in Lacey

Should you have any questions, please reach out to us.

(360) 491-9770

Let's Get Vaccinated

Updated COVID-19 and flu vaccine boosters are now available at the NTHWC for children from **6 months up to age 18.**

Call **(360) 459-5312 opt 1** to schedule a vaccine visit or to learn more!



Why do podiatrists make great detectives?
Because they can always sense when trouble is afoot.

Updated Podiatry Schedule 2023



~~July 7th~~

~~July 14th~~

~~August 11th~~

~~September 8th~~

~~September 22nd~~

~~October 6th~~

~~October 13th~~

~~November 3rd~~

~~December 1st~~

December 8th

Call NTH&WC to schedule today
Phone: (360) 459 - 5312 Option #1
Fax: (360) 456 - 1557

Please Follow the NTHWC on our Facebook Page:

<https://www.facebook.com/nisquallyhealth/>



Please Follow the NTHWC on our Facebook Page:

<https://www.facebook.com/nisquallyhealth/>



NEED HELP PAYING YOUR ENERGY BILL?

Keep the Heat On With LIHEAP!



South Puget Intertribal Planning Agency
Low Income Housing Energy Assistance Program

Serving Nisqually Tribal Members

December 15th, 2023

9:00am-4:00pm

SPIPA Warehouse
4822 She-Nah-Num Dr SE
Olympia, WA 98513

To Process your Application, you MUST bring:



Printed copy of most recent light bill, photos not allowed. Must be in tribal member's name.



Social security cards for all household members



Verification of income for all household members 18 and over

For more information contact Debbie Gardipee at 360.462.3227



Need Diapers?

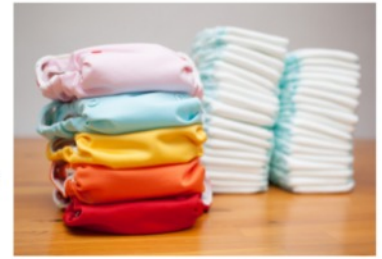
Diapers are NOT CHEAP

Often times, those in low income families face high costs and limited supplies of this essential need.

1 in 3 Mothers in the United States struggle with diaper scarcity.

Diapers are necessary

When supplies are low or absent, it can add to the challenges of maintaining consistent childcare and steady employment.



SPIPA is excited to be able to provide Diaper Distribution services to eligible tribal members of federally recognized tribes.

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.



For more information

fill out this form today, or for questions, email DDOR@spipa.org



Form is available at: spipa.org/family-and-community-resources/

Eligibility

- At least one household member is enrolled in a Federally recognized tribe
- Must meet income guidelines

If you qualify for:

Food Vouchers
LIHEAP/ Weatherization
USDA Foods
WIC
Workforce Development Programs
You are eligible to receive diaper distribution.



South Puget Intertribal Planning Agency

USDA Foods Program December Dates



PT. GAMBLE S'KLALLAM	12/5/23
SQUAXIN ISLAND	12/8/23
SKOKOMISH	12/13/23
NISQUALLY	12/15/23
CHEHALIS	12/20/23

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.



South Puget Intertribal Planning Agency

WIC Program December Dates



SQUAXIN ISLAND	12/12/23
NISQUALLY	12/13/23
CHEHALIS	12/14/23
SKOKOMISH	12/20/23



This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.
NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



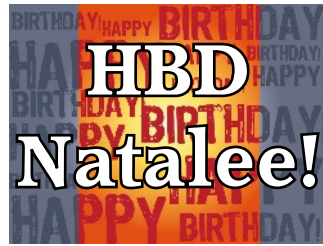
Announcements

HAPPY BIRTHDAY

Sending out Happy Birthday Wishes to my love Anson Red Star!

Our whole family and Nisqually Tribal Community loves you!

Happy Birthday Grandpa Red Star from Lil Rena!

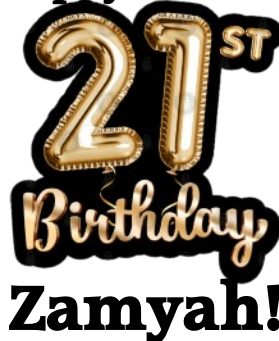


Birthday shoutout to my Sister Paulina – you’ve always been one tough chick! We’ve seen some stuff, been through stuff and here’s to many more years of going through stuff! Lots of love from me and mine

Happy 18th Birthday Willakai!



Happy Belated



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

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 Adrian Scott,
Motor Pool Coordinator/Dispatch
At 360-456-5236

FROM THE TRIBAL NEWSLETTER STAFF



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

