

# NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 14 Issue 10

www.nisqually-nsn.gov

October 2024

## Summer Youth at the Ranch

By Cynthia Iyall

Equine Assisted Services & Medicine River Ranch hands partnered with Youth Services, Language and Behavior Health to host the Summer Youth' last day of summer at the ranch.

The goal for the EAS and Ranch staff was to provide each youth with a great experience before they head off to school. Our day started with an hour of rain so we gathered kids with BH staff under the tent and they each were able to create their own drum. Across the way in our covered round pen, two to three youth came in to work with a horse and obstacles where they learned about managing their emotions as the season changes from summer to fall and the school year is quickly approaching. This was a moment of horse medicine allowing each child to connect with a horse and understand more about themselves.

The Language ladies partnered with us to create a Language Treasure Hunt that was a great hit with the kids as they learned words in our language for horse, saddle, pig, trail and many more. EAS staff worked with youth to learn all of the tack for horses so they knew what they were looking for in this event.

This was such a great event that we will be offering it again for the community this fall.

Monty Sison cooked an amazing lunch for youth and the adults; everyone went home after a day full of cultural activities and great food and the best medicine of all, Horse Medicine.

We appreciate the good partnerships created with Youth Services, Language and Behavior Health to create a meaningful day for all for the youth.



Continued page 4-RANCH

# Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

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Indigenous Peoples Day  
Monday, October 14<sup>th</sup>

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Veterans Day  
Monday, November 11<sup>th</sup>

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Admin. Early Release (12 p.m.)  
Wednesday, November 27<sup>th</sup>

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Thanksgiving  
Thurs., Fri., November 28<sup>th</sup> & 29<sup>th</sup>

## 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, Ken Choke  
Vice Chair, Antonette Squally  
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)**

## In this issue:

Youth at the Ranch.....	pg. 4
Fish'in Season.....	pg. 5
EPA Grant Awarded .....	pg. 7
Billy Frank Jr. Statue Update .....	pg. 8
NIT Employee BBQ .....	pg. 9
Thank You .....	pg. 10
Building New Houses .....	pg. 12
IT .....	pg. 13
NTHWC Traditional Healing .....	pg. 16
Announcements .....	pg. 19





# Nisqually River Archway in Nisqually State Park

By Debbie Preston

Nisqually tribal members worked with lead artist Kim Deriana, Mandan/Hidatsa tribal member, to dream up forms that might become designs for the Nisqually River Archway in Nisqually State Park. The workshop is one of several that have been held and will continue, to assist in the designs and information that will be presented to the public in the space. Look for more opportunities in the future!







Continued from cover-RANCH



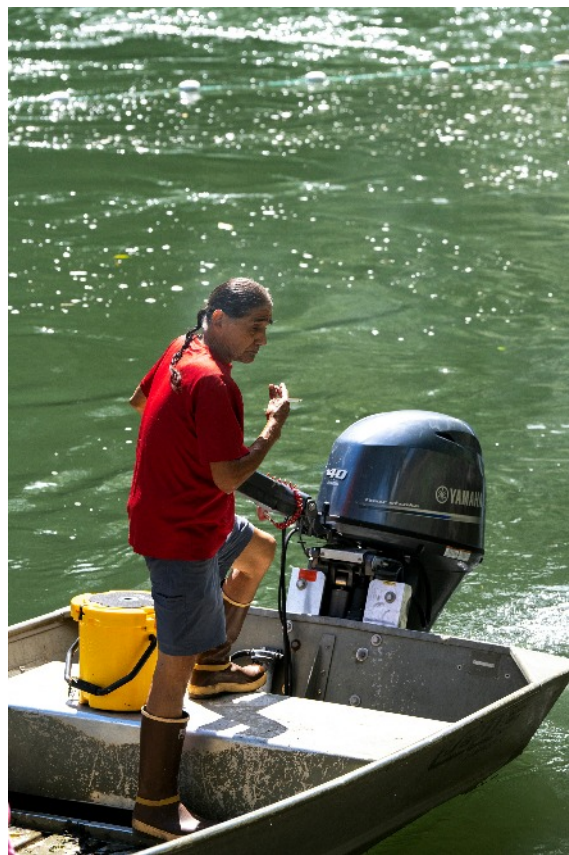




# Fish'in Season











# Nisqually Indian Tribe Wins \$5.4 million EPA Grant to Reduce Greenhouse Gas

By Debbie Preston

**Nisqually Indian Tribe, Wash.** (Sept. 18, 2024) – The Environmental Protection Agency (EPA) has awarded the Nisqually Indian Tribe \$5.4 million under the agency’s Climate Pollution Reduction Grants (CPRG) program.

This grant will fund a major project aimed at implementing key greenhouse gas (GHG) emission reduction measures within the tribe’s community, with a focus on enhancing commercial and residential buildings.

The program, designed in partnership with Olympia Community Solar, will feature the installation of solar panels and electric heat pumps across various tribal facilities and residences. These upgrades are designed to lower electricity and heating costs, reduce reliance on wood burning and propane, and provide essential cooling to protect vulnerable populations from extreme heat events. This strategic program sets forth the Tribe’s commitment to addressing climate change and advancing sustainable practices for the benefit of current and future generations.

“Our ancestors moved with the seasons, meaning they were light on the land, using materials that were a part of the landscape,” said Ken Choke, Chairman for the Nisqually Tribe. “Today, we work with lands allotted from the treaty and do our best to reduce the impacts of our structures with solar panels, heat pumps and other improvements. This not only reduces our greenhouse gas emissions but saves us money.

“We continue to lead by example with the solar panels already installed on our buildings and we are thankful for this award from EPA to help us continue this work,” Choke said.

## Key benefits of the program include:

- **Dedicated climate staffing:** The grant will fully fund a Climate Program Director for the 5-year duration of the program.
- **Reduction in propane consumption:** The tribe’s Public Safety building will see a significant decrease in propane use, cutting consumption by approximately 40,000 gallons per year through the implementation of advanced heat pump systems.

- **Expansion of solar capacity:** A total of 661 kilowatts of solar power will be installed across four tribal buildings, enhancing the tribe’s ability to generate renewable energy and reduce overall energy expenses.
- **Home upgrades:** Solar panels and heat pumps will be added to about 30 tribal homes. These improvements will not only lower heating and electricity costs but will also reduce the reliance on wood and propane stoves, thereby improving indoor and outdoor air quality.
- **Incentives and support:** The program will create incentives for Tribal members to encourage the installation of heat pumps, heat pump water heaters, and weatherization measures. These efforts are expected to foster widespread adoption of energy-efficient technologies within the community.
- **Sustainable model development:** The project will create a model and resources to guide the tribe’s integration of GHG reduction strategies and clean energy solutions into future government planning and community initiatives.

The project plan and application were completed in collaboration with Olympia Community Solar, a nonprofit organization based in Olympia. Olympia Community Solar played a pivotal role in this initiative by creating a greenhouse gas emission inventory and developing the actions proposed in the grant.

“It’s amazing to see the dedication the Nisqually Tribe has towards reducing their impact on the world around them and improving the well-being of their community,” said Zachery Miller, Olympia Community Solar Grants manager. “In working with them on this grant project, we met so many community members that wanted to see some of the exact changes this grant will bring. I’m glad we got to partner with the tribe because we know these dollars are going to a community that is driven and passionate about reducing carbon emissions and protecting future generations.”

## About EPA’s Climate Pollution Reduction Grants (CPRG) Implementation Grants:

Authorized under the Inflation Reduction Act, EPA’s CPRG program provides nearly \$5 billion in grants to

*Continued on page 8-EPA GRANT*



# Billy Frank Jr. Statue Update

By Debbie Preston

The Billy Frank Jr. statue models continue to educate the people of Washington about the Nisqually Tribe, the Fish Wars, Billy Frank Jr. and the statue project that will eventually be a bronze statue in Statuary Hall, adjacent to the House of Representatives in the Capitol.

Using volunteers and staffing from ArtsWA, Nisqually Communications and Media Services, Frank family members and sometimes gallery owners themselves, the copies are moved about Washington state with the accompanying materials such as the timeline of legal wins from the Fish Wars all the way through present day.

Pictured are two such stints, one in the Port Angeles public library and in the Paschal Sherman Indian School in Omak. Aztec Sovereign, Nisqually Tribe Communications and Media Services crew member, made the presentation about the project in Omak and distributed educational material before bringing the copy of the statue back for deployment to Kennewick for the South Columbia's Creative District Creative Arts Festival.

As part of the festival and the week-long stay, schools will visit and there will be a discussion of the Fish Wars held during the week.

Artist Haying Wu continues work on the final 11-foot model at South Puget Sound Community College, with public viewing hours now available Monday through Wednesday from 1 to 3 p.m. in the college's Scene Shop in the Kenneth J. Minnaert Center for the Arts (Building 21, Room 271, Olympia Campus). The timeline now looks to be mid-to-late 2026 for installation, but there are several processes that could alter that estimate. For a map of the college to visit, scroll to the bottom of this page: <https://spscc.edu/billy-frank-jr-stature-project>  
To view videos about the project and updates, <https://www.arts.wa.gov/billy-frank-jr/>



*Continued from page 7-EPA GRANT*

states, local governments, tribes, and territories. The program supports the development and implementation of ambitious plans to reduce greenhouse gas emissions and other harmful air pollution, with a focus on benefitting low-income and disadvantaged communities.

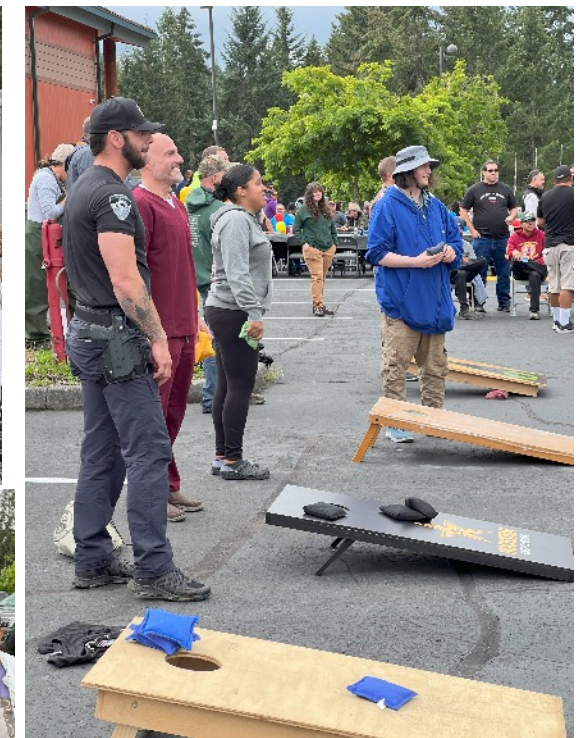
## About Olympia Community Solar:

Olympia Community Solar is a nonprofit organization based in Olympia, WA, dedicated to advancing access and equity in the clean energy space. The organization has several programs that support residential, public, nonprofit, and tribal clean energy development. For more information, visit [olysol.org](http://olysol.org)





# Nisqually Indian Tribal Employee End of Summer BBQ







# Thank You, From Leimomiwainui

The Leimomiwainui Canoe Family would like to thank the Nisqually Tribe for their support with the 2024 Puyallup Youth Canoe Journey. The Leimomi travelled with the Squaxin and Chehalis route with landings at The City of Allyn, Skookum Park, Nisqually Solo Point boat launch and Owen Beach then final landing at Puyallup. We want to thank Nisqually for hosting canoes with the landing and leaving from Solo Point boat launch, for the meals and thank you to the cooks, and camping.

The Leimomi and other tribal canoes participated in the Puyallup Tribe and FIFA commercial of the Puyallup's partnership of support for FIFA World Cup '26.

We want to thank all for the support of the Leimomi lunch fund raiser at Nisqually BFJr Gym and the Nisqually Tribe Charitable award. A big thank you goes to the singers, dancers, canoe crew, Robert McGee for transporting the canoe to the stops, the skippers Kyle Sanchez, and Mehana McCloud that paddled the Leimomi on the journey, we also thank Squaxin support boat crew when our support boat needed maintenance.

All the Leimomi youth crew stepped up when we did protocol at Puyallup, with announcing the songs, drumming, dancing and gifting, all the practices paid off and you were wonderful.

Thank you to Lenissa Grover, Janice Hicks-Bullchild and Nancy Bob for assisting the youth with language. The Leimomi thanks the Elders that supported us on the 2024 Canoe Journey. And as always, we thank the family that does a lot behind the scenes supporting the Leimomi and you know who you are. Until next year stay safe.







*Leimomi crew after protocol at Puyallup. Leimomi youth making announcement of songs and gifting. Leimomi youth drummers. Grampa Brian holding great grandson, future canoe crew member. Elder Jackie Wall giving Squaxin youth canoe permission to come ashore at Solo. Elder Jack Mc Cloud giving Chehalis youth canoe permission to come ashore at Solo. Elder Brian Mc Cloud giving Leimomi and Squaxin youth canoes permission to leave Solo to Puyallup*





# New Residential Homes

By Jessie Fox, Executive Assistant to the Building Department Director

If you have driven down Yelm Highway recently, you may have noticed a new home being built on the corner of Muck Creek Drive. This home is one of three new homes currently being built by the Building Department. This home will have 4 bedrooms, 2 baths, designer touches, and a spacious interior. The lot, having been cleared by the Building Department's operating engineer, has had the trusses erected. The Building Department carpentry, electrical, plumbing, and painting crews are beginning construction on the rest of the home. The Muck Creek Home is on schedule to be completed early next year.

House 12 is coming along nicely, with tile having been completed in the bathrooms and kitchen. As with the Muck Creek house, this beauty will have 4 bedrooms, 2 baths, and a similar layout. This home is slated to be completed by early October 2024. With the help of some specialty trades, the Building Department crews have been responsible for at least 80% of the construction work on the Muck Creek House and House 12. From framing, the plumbing and electrical installation, and the tilework, among other things, our crews have been busy!

House 14 is another new home in the residential community near the Health Center and House 12. This home is being built with a HUD grant, and the work has been contracted out to The Whole Nine Yards. And like the Muck Creek house, completion is expected early next year.

All three of these new homes will have a 16-kwh solar array which is a collection of solar panels that generate electricity from sunlight. In addition to the solar panels on the roofs, each home will be outfitted with an 11.5-kwh Tesla Power Wall 3 Battery System. This compact home battery system stores energy generated from the solar array. It can power the entire home for days during a power outage, so residents can enjoy energy independence and comfort. Both systems should result in very low to zero cost power bills, saving the tribe a significant amount of money overall.

When the construction of these homes has been finished, they will be turned over to the Housing Department for the next phase, which of course, is having tenants move in.

Next year will bring a bevy of new homes near the Elders Center. Roads are currently being built and paved, to make way for this new neighborhood. The Building Department expects to build at least 10 new homes there in the upcoming year.

We take pride in constructing beautiful and quality homes for our tribal community. Along with the Beautification and DEESP programs, homebuilding is just one aspect of what the Building Department does. We also provide Home Inspections, Permits, and Home Repairs. Our Project Managers and the Building Department Director, work with other departments to coordinate new Construction projects in the Commercial sector.

For questions and information about our programs, and services, please contact Jessie Fox, our Executive Assistant. She can be reached at (360) 456-5221 ext. 1322 during normal business hours.

## House 12



*Continued on page 14-HOUSES*





# Plug it in, Plug it in—Today’s Benefits of Being Wired

## Tips from the IT-WebDev Department

When it comes to network security, wired ethernet provides the best connectivity security. WiFi (wireless connectivity) is always at a disadvantage for a simple reason, the network signal is in the air. Yes, it can be encrypted, but it’s still accessible, and therefore much easier for hackers to compromise than encryption and gain access to personal data. Because wired ethernet is a physical connection and not through the air, ethernet is much more difficult for someone to gain access. Without physical access to a network, a bad actor shouldn’t be able to even begin to intercept personal data.



Beyond security concerns, performance is also a key benefit to wired vs. wireless. We’ve covered this topic in-depth for speed comparisons in past newsletter articles.

Also take into consideration the maximum length of an ethernet cable is approximately 328 feet. This limit applies to most Ethernet cables, regardless of their category, e.g. Cat5 to Cat8. However, don’t worry if longer distances are needed (performance does typically drop off over long distances), simply extend the network signal over ethernet by using a network switch. A switch regenerates the data signal, allowing it to travel farther without compromising the connection quality.

What does the term “cat” mean? No, its not the cute furry creature in the above photo. “Cat” simply stands for “category.” The number that follows indicates the specification version supported by the cable. A general rule of thumb is that higher numbers represent faster speeds and higher frequencies, measured in megahertz (MHz). Newer cables, e.g. Cat8, typically support higher bandwidths and therefore increased download speeds and faster connections.

Until WiFi 7 (or a more advanced protocol) is developed and while WiFi may be good enough for most Internet surfing needs; the opportunity to run ethernet (or fiber) throughout the house, is still the best plan. Demanding users who plan to modernize their home network for the next couple of years might consider adopting WiFi 7 devices when they become available. WiFi 7 appears to be the future, and is expected to become a standard that will be adopted quickly on new laptops and phones. We’re already seeing announcements of gaming laptops, desktop PC motherboards and handsets WiFi 7 compatible. Serious gamers will appreciate the new standard’s low latency and quick responsiveness. Those who engage frequently in VR/AR will benefit from WiFi 7’s higher speeds and low latency. Look for future articles covering WiFi 7 as it becomes more available.

**Editor’s Recommendation:** When using computer, printer, or TV networking wires in the home, e.g. power cords, ethernet cables, printer cables; use a wire harness or cable management system. This will help prevent pets from chewing on and tripping on loose wires. There are several types of wire/cable management systems, from Velcro straps to plastic channeling to plastic spiral wrap and tubing. These may be purchased relatively inexpensive at electronic or hardware stores and online such as Amazon.





Continued from page 12-HOUSES

### **Muck Creek Home**



## **Nisqually Human Resources Office Update!**

The following changes were made to the Nisqually Indian Tribe Employee handbook per Nisqually Tribal Council resolution regarding these two areas. See the exact language following.

Updates in section:

- 2-19 Hiring, Separation and Native Preference, section (c)Hiring and employment actions, goals, Native American and Nisqually Tribal preference.
- 6-2 Employment Separations – Removal of 24 month cessation period.

### **Looking for a rewarding career opportunity? Join Our Team at the Nisqually Indian Tribe!**

**Apply online, on your smart phone, or onsite at the Nisqually Indian Tribe's HR Application Station!**

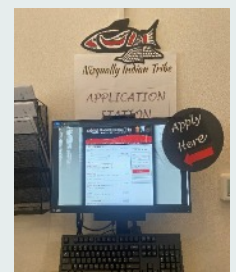
- Discover Exciting Career Opportunities
- Convenient Onsite Application Process
- Positions Updated Weekly
- Location: Human Resources Building D (Old Clinic)  
4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station  
Monday-Friday 9 a.m.-3 p.m. or reach out to schedule a time!

**Visit us today to start your journey with the Nisqually Indian Tribe!**

Questions? Contact the HR front desk at **360-486-9558**.

**Website URL:** <https://nisquallyhr.applicantpro.com/jobs/>

**On your smart phone camera, use the QR code then click the link to see NIT's latest career opportunities!**







# Northwest Public Radio

By Debbie Preston

Northwest Public Radio videographers and sound personnel spent a full weekend with Nisqually tribal fishermen and families around Frank's Landing as part of a project they are doing about the Fish Wars and the Billy Frank Jr. statue project. Northwest Public Radio reaches a large swath of eastern Washington, spreading the Nisqually story to places where it may not be known. It is largely a video project and we'll post links when it is complete in the month or so ahead.



Anna King, NW Public Radio producer, interviews Liz Vantiem as part of the project. A crew from NW Public Radio goes out on the river to get video and still shots of fishing.



<http://www.nisqually-nsn.gov/>



## Let's Get Vaccinated



**Location:** Nisqually Elder's Center  
4842 Journey ST SE Olympia, WA 98513

**When:** Tuesday, October 8th 2024  
and  
Tuesday, October 15th 2024  
**Time:** 11 am - 1 pm

help us **REDUCE WASTE!**

*Sustainable Choices, Brighter Future Ahead*

Beginning 10/01/2024  
Traditional Healing will no longer have disposable cups.  
We highly encourage all to PLEASE bring your own reusable water bottle and/or mug/cup!

**hawətubulləd**  
Thank you all!





# NTHWC – Traditional Healing

## Traditional Plant Fall Support Medicines

As the crisp air of autumn sets in and leaves turn vibrant hues of orange and gold, it's the perfect time to explore traditional plants and remedies that have been cherished for centuries. Among these, blue elderberry, elecampane, and fire cider stand out for their historical significance and health benefits. Let's delve into these fall favorites and discover how they can enhance your well-being during this season of transition.

### 1. Blue Elderberry (*Sambucus cerulea*)

Blue elderberry is a longstanding ancestral medicine that continues to grow in our Coast Salish lands, including 15 small trees growing here at the NTHWC. Blue Elderberry, often overshadowed by its black counterpart, offers a range of benefits that make it a valuable autumnal remedy. This native North American shrub produces small, blue berries that are packed with nutrients and antioxidants.



#### Health Benefits:

**Immune System Support:** Blue elderberries are renowned for their immune-boosting properties. They are rich in antioxidants such as flavonoids and vitamins C and A, which help protect the body against colds and flu. The berries help stimulate the immune system, making them a great addition to your diet during flu season.

**Anti-Inflammatory:** The compounds in blue elderberry have anti-inflammatory effects that can help alleviate symptoms of chronic inflammatory conditions such as arthritis.

**Digestive Health:** Elderberries are also beneficial for digestive health. Their high fiber content supports gut health and can aid in relieving constipation.

#### How to Use:

Blue elderberries can be enjoyed in various forms, including syrups, teas, and tinctures. A daily dose of elderberry syrup can be a great way to boost your immune system and maintain overall health.

### 2. Elecampane (*Inula helenium*)

Elecampane, a plant with a rich history in traditional medicine, is known for its distinctive yellow flowers and beneficial properties. This perennial herb has been



used for centuries to support respiratory health and more.

#### Health Benefits:

**Respiratory Health:** Elecampane is particularly valued for its effects on the respiratory system. It has expectorant properties that can help clear mucus and ease coughs and bronchitis. Its soothing effects on the respiratory tract make it a popular choice during cold and flu season.

**Digestive Aid:** The root of elecampane is also used to support digestive health. It has been traditionally used to improve appetite, aid digestion, and alleviate symptoms of indigestion.



**Anti-Inflammatory:** Elecampane contains compounds with anti-inflammatory properties, which can help reduce inflammation and support overall wellness.

#### How to Use:

Elecampane can be used in teas, tinctures, and capsules. For respiratory support, a warm cup of elecampane tea can be particularly soothing. Always consult with a healthcare provider before using elecampane, especially if you are pregnant or on medication.

### 3. Fire Cider

Fire cider, a tangy and spicy herbal vinegar tonic, combines a variety of potent ingredients to create a powerful health elixir. It typically includes apple cider vinegar, garlic, ginger, horseradish, onions, and hot peppers.

#### Health Benefits:

**Immune System Boost:** The combination of garlic, ginger, and hot peppers in fire cider provides a strong boost to the immune system. Garlic has antibacterial and antiviral properties, while ginger and hot peppers can help stimulate immune function and combat infections.

**Anti-Inflammatory:** Fire cider's ingredients, including ginger and turmeric, have anti-inflammatory effects that can help reduce inflammation and alleviate symptoms of chronic inflammatory conditions.

**Digestive Health:** Apple cider vinegar, a key ingredient in fire cider, aids in digestion and promotes a healthy gut. It can help improve digestion, reduce bloating, and support overall gastrointestinal health.


*Continued on page 17-PLANTS*





# NTHWC Traditional Healing

**OCTOBER 2024** TO SCHEDULE PLEASE CALL (360) 459-5312

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
tiḡiḡtubut. "Take care of yourself." TRADITIONAL HEALING	1 MASSAGE	2 MASSAGE SPIRITUAL FACILITATION	3 MASSAGE SPIRITUAL FACILITATION	4 MASSAGE SPIRITUAL FACILITATION
7 MASSAGE STRESS MANAGEMENT HERBALIST	8 MASSAGE	9	10 MASSAGE  ACUETOX EAR ACUPUNCTURE	11
14 CLOSED HOLIDAY INDIGENOUS PEOPLES DAY	15 MASSAGE	16 MASSAGE	17 MASSAGE SPIRITUAL FACILITATION ACUETOX EAR ACUPUNCTURE	18 MASSAGE SPIRITUAL FACILITATION
21 MASSAGE STRESS MANAGEMENT HERBALIST	22 MASSAGE	23	24 MASSAGE  ACUETOX EAR ACUPUNCTURE	25
28 MASSAGE STRESS MANAGEMENT	29 MASSAGE	30 MASSAGE SPIRITUAL FACILITATION	31 MASSAGE SPIRITUAL FACILITATION ACUETOX EAR ACUPUNCTURE	

Continued from page 16-PLANTS

**Cardiovascular Support:** The garlic and apple cider vinegar in fire cider may help support cardiovascular health by reducing blood pressure and cholesterol levels.

**How to Use:**

Fire cider can be consumed as a daily shot, added to salads as a tangy dressing, or incorporated into marinades. Its potent flavor can be an acquired taste, but its health benefits make it a worthwhile addition to your fall wellness routine.

As autumn unfolds, incorporating traditional plants like blue elderberry, elecampane, and fire cider into your health regimen can offer a range of benefits. These natural remedies, cherished for their historical significance and therapeutic properties, can support your immune system, improve respiratory and digestive health, and provide overall wellness during the fall season. Embrace these time-honored traditions and enjoy the vibrant, healthful benefits they bring as the leaves turn and the temperatures drop. As always, consult with a healthcare provider before introducing new remedies, especially if you have underlying health conditions or are on medication.





## In Season: Acorn Squash!



**NUTRIENTS IN ACORN SQUASH:**  
Vitamins: C and A; potassium, calcium, magnesium, folate, and fiber.

**SELECTION:**  
Select acorn squash that are dull and heavy for their size.

**STORAGE:**  
Store acorn squash in a cool, dry area away from extreme temperatures and sunlight. Acorn squash can stay fresh for up to 3 months.

**QUICK FIX TIPS:**

- Serve acorn squash cooked and mashed with cinnamon or ginger.
- Peel, cut up, and add acorn squash to pies, soups, pasta sauces, or stews.
- Cook squash, cut into cubes, and add to a vegetable medley for a delicious side dish.

**Cherokee Corn & Beans with Acorn Squash**

**Prep Time:** 60 Minutes  
**Serves:** 8  
**Cups of Fruits and Vegetables per Serving:** ½

**Ingredients:**

- 1 acorn squash
- 1 tsp canola oil
- 1 small onion
- 1 can (15-oz.) low-sodium chili beans, rinsed and drained
- 1 can (15-oz.) gold and white whole kernel corn, drained
- 1 can (15-oz.) low-sodium veggie broth
- hot, cooked rice, for serving

**Preparation:**

1. Preheat oven to 375° F.
2. Place squash on oven rack and bake for 15 minutes, or until softened slightly.
3. Peel squash and cut into 1-inch chunks. Set aside.
4. In a large saucepan, heat oil over MEDIUM heat.
5. Add onion and cook for 5 to 7 minutes. Add a splash of water to the pan after about 3 minutes to help the onions cook.
6. Add chili beans, corn, squash, and veggie broth.
7. Reduce heat and simmer, covered, for 20 to 25 minutes, or until the squash is tender.
8. Serve over rice.

**Nutritional Information per Serving:**  
Calories: 220; Total Fat: 1.0g; Dietary Fiber: 5g; Sodium: 314mg  
Recipe is courtesy of Produce for Better Health Foundation (PBHF).



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

S.P.I.P.A'S Native Women's Wellness Program  
Inter-tribal Breast Cancer Awareness Walk hosted by the  
**Chehalis Tribe on Saturday, October 12, 2024**  
Registration starts at 10:30am @ Chehalis Tribal  
Community Center's **Gathering Room** walk begins at 11am



10:30 am Registration Begins    10:55 am Opening Prayer and Welcome    11:00 am walk begins  
Event Starts Time: 10:30am to 2:00pm    Location: Gathering Room  
There will be Photo booth, Cancer Screening Information, Pledge sheets, Incentives, T-shirts for all walkers, Cancer Speaker, and Lunch  
All walkers are Welcome to come Show your Support for all Breast Cancer Champions.  
Questions Please Contact:  
**Christina Hicks** at Phone: 360.709.1741 or email: [chicks@chehalistribe.org](mailto:chicks@chehalistribe.org)



## NEED DIAPERS?

The Diaper Distribution On Reservations **DDOR** Program works with other SPIPA programs to deliver supplemental diapering supplies to eligible families.

Families that are eligible for other Family and Community Resource Programs are eligible for Diaper Distribution.

Scan this QR code to get started today.



P: 360.426.3990

[SPIPA.ORG/FAMILY-AND-COMMUNITY-RESOURCES](http://SPIPA.ORG/FAMILY-AND-COMMUNITY-RESOURCES)



## South Puget Intertribal Planning Agency

### USDA Foods Program October Dates

PT. GAMBLE S'KLALLAM	10/3/24
SQUAXIN ISLAND	10/16/24
SKOKOMISH	10/18/24
NISQUALLY	10/22/24
CHEHALIS	10/25/24

**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 October Dates

SQUAXIN ISLAND	10/08/24
NISQUALLY	10/09/24
CHEHALIS	10/10/24
SKOKOMISH	10/16/24

**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

October 26<sup>th</sup>

Happy 5<sup>th</sup> Birthday  
to our sweet, sassy, Jayona!



Love, Dad, Mom, Keoni Jr. & Josie.



## 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**



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

