

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 14 Issue 12

www.nisqually-nsn.gov

December 2024

Veterans Lunch

By Debbie Preston

The Nisqually Tribe, the Quilts of Honor group and the Nisqually Elders Center staff helped to honor veterans from the tribe and community at the Elders Center on Thursday, Nov. 7. Veterans who had not received a quilt were awarded one and the tribe gifted each veteran a jacket and a gift bag. A photographer was available for portraits. Nisqually Tribe Chairman Ken Choke opened the proceedings honoring all the Nisqually warriors, beginning in the earliest times with Leschi, the Fish Wars warriors and through today's military. Tribal members serve in the armed services at the highest rates per capita of any "minority" group.

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VETERANS**





How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-459-9603
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Nisqually Tribal News

4820 She-Nah-Num Dr. SE
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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
5th Council, Chris Olin
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Christmas Eve
Tuesday December 24

Christmas Holiday
Wed., Thurs., Fri. December 25-27

New Years Eve
Admin. Early Release (12 p.m.)
Tuesday December 31

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Nisqually tribal member Julie Palm, who helped organize the luncheon, presents a medallion to Bob Sison with U.S. Navy beaded on it. Some of the old pictures of Nisqually and community veterans lined the entrance hall of the Elders Center. Larry Seberg, Nisqually Army veteran and Leschi descendent, walks the lunch line. Elizabeth DeGroff, Housing Auditor for Nisqually, receives a quilt for her Army Service. DeGroff speaks Arabic and German, among other skills that were used for her high-level clearance jobs. The Quilts of Valor group honors a veteran with one of their hand-stitched quilts. The group was started by a mother of a veteran who was killed in war and had a dream about starting the group. There are now hundreds of chapters across the United States who make the quilts.



Facilities and Transportation Blessing and Dedication

By Debbie Preston

While the four departments involved moved to their new offices in the latter part of October, an official blessing and ribbon cutting took place Friday, Nov. 8 at the Facilities and Transportation Building, bringing building, facilities, transportation and public works all under one roof.

Nisqually Chairman Ken Choke praised the planning and the work of councils and employees over time to create the new building and bring the four departments together.

"Tony Berkson finally has a permanent home after all these years," quipped David Iyall, Tribal Administrator, while talking about the planning work over the years. Berkson, Public Works Director for the tribe for several decades, now has a permanent office after being a nomad for many years.

The spaces between the sidewalk and the building were covered with fake grass that doesn't need watering or cutting - so they added some golf cups (five in total). Folks tried their hand at the interesting terrain as part of the day.

All departments but the Facilities department are accessible from within other departments by either going upstairs or across the hall. The Facilities Department's entrance is facing toward the old Canoe Journey site. The front entrance that starts in Transportation faces Billy Frank Jr. Way. To the right of that entrance are the garages for fleet repair and detailing. The Public Works entrance faces toward the water tower. The Building department can be accessed via the stairwell or an interior elevator.





170 Year Memorial Medicine Creek Treaty and Chief Leschi

By Cynthia Iyall

The wind whispered through the ancient pines as Chief Leschi of the Nisqually Tribe stood at the edge of Medicine Creek, the very ground beneath his feet a testament to the life his people had known for generations. A heavy heart weighed him down, for he knew the treaty being presented by Governor Isaac Stevens would irrevocably alter their way of life, forcing them onto a small, barren reservation far from the rich fishing grounds of the river they revered.



The treaty, named for the sacred creek where the negotiations were taking place, promised a semblance of peace, but Leschi saw through the facade. He understood that the land they were being asked to relinquish was their very sustenance, their connection to the spirits of their ancestors. He watched as other chiefs, some swayed by promises and others simply worn down by the relentless pressure, signed the document, their marks etched onto the parchment like a betrayal of their heritage.

When it was his turn, Leschi refused to sign. He spoke with a voice that echoed the strength of the river, stating that the land offered was not suitable for his people, that their survival was tied to the very waters they were being forced to abandon. His words resonated with the gathering, but Stevens, determined to secure land for white settlement, dismissed his concerns.

The following years were marked by growing tension. As settlers poured into the region, conflicts arose, and Leschi, seen as a symbol of resistance, was accused of murder in a disputed incident. Despite his innocence, he was arrested and put on trial, where the jury, swayed by anti-Native sentiment, found him guilty.

On a cold February day, Leschi was hanged at Fort Steilacoom, his final words echoing the lament of his people – a lament for the land they lost, the way of life that was stolen and the broken promises of a treaty that had condemned them to a life on the fringe of their own ancestral home.

Though Leschi's life was tragically cut short, his legacy lives on. His defiance against the Medicine Creek Treaty became a symbol of Native resistance, reminding future generations of the price paid for their land, and the unwavering spirit of a man who stood up for what he believed in, even in the face of overwhelming odds.

On December 4, 2004, twenty years ago, all of the stars aligned allowing Leschi's family and people joined together to successfully exonerate him of crime in Washington State.



Fish War Screening

By Debbie Preston

Photos Aztec Sovereign , Nisqually Tribe Communications and Media Services

Fish War was shown to Envision Career Academy, a project-based approach to career-connected learning school for grades 9 through 12 in Lacey.

The movie, made with support from the Northwest Indian Fisheries Commission member tribes, uses rare archival footage and the insight of activists on the front lines of the fight to trace the battle from its origins in the '60s to today while interrogating what guaranteed fishing rights truly mean in the face of a climate crisis and human intervention.

The movie was followed by a question and answer session with Nisqually tribal member Willie Frank III who also discussed the creation of the statue of his father, Billy Frank Jr., that will enshrine the Fish Wars and that history in Statuary Hall in the Capitol Building in Washington, D. C. in 2026. Hanford McCloud, Nisqually Tribe cultural educator, also helped lead the discussion about Nisqually history and the tribe's connection with the school district.





November Pulling Together for Success

By Debbie Preston

The November Pulling Together for Success event brought opportunity to apply for jobs with the Nisqually Tribe and Red Wind Casino as well as service information from Nisqually and community resources.





Radio Tagging Nisqually Wild Chinook

By Craig Smith

In the August 2024 Tribal Newsletter we announced the identification of a previously unrecognized wild Nisqually Chinook stock that seems to be rebounding with all the positive habitat improvements being made in the Nisqually watershed and estuary. Since this rediscovery, there are important questions to answer to help us better manage and enhance this unique Nisqually stock.

The major question is this stock's spawning distribution and timing throughout the watershed. Over the last three seasons starting in August and ending in November, the Nisqually Natural Resources

harvest crew has been sewing radio tags on caught and released wild Chinook from drifts in the vicinity of the Tank Crossing and Centralia Powerhouse. During three years of research over 100 wild Chinook have been radio tagged. The accompanying photo shows the placement of a radio tag.

These fish have individual biological data recorded: age, sex, size, coloration, and genetics to make sure that the individual is the local Nisqually vs. any unmarked stray of a different stock. Each tag emits a unique radio signal that can be picked up with a radio



antenna. The Salmon Recovery crew has deployed several stationary radio antennas in locations throughout the watershed, starting at Pielo's Slough area on the reservation all the way upstream to the confluence of the Mashel and Nisqually. The goal here is to better understand migrating and spawning of these fish. The crews are also conducting weekly floats on portions of the Nisqually River downstream of the Mashel River. These floats use a mobile radio antenna to find fish along the way.

Not all the data analyses have been completed but the preliminary results support what we expected. Once we discovered this unique Nisqually Chinook stock, we figured

that they were most likely spawning in the upper mainstem Nisqually where we could not find them because of poor water clarity- basically hiding from sight. This radio tag study seems to be back up our guess - spawning in the mainstem. It also suggests that they are utilizing the habitat restoration in Ohop Creek, including later in the season when the waters rise and fill these rehabilitated areas. There is a lot more analysis of the data to determine migration and spawn timing so stay tuned for more cool discoveries coming about these very resilient large Chinook.

New Hire at the G.I.S. Program

By Hannah Whidden, Manager



The Nisqually Tribe's Geographic Information Systems (GIS) program announces that we have a new GIS analyst, James Blacklaw. James was born and raised in the Olympia area and therefore is familiar with the Nisqually area. He recently graduated from The Evergreen State College with a Master of Environmental Studies degree with an emphasis on GIS.

Formerly he did some property acquisition and GIS work with both the Washington Department of Transportation and the environmental group, Conservation Northwest. Also, he is a drone pilot and has his FAA UAS part 107 drone pilot's license.

We are excited to have this talented additional staff person on board and, once we have policy and use guidelines, and insurance, in place we look forward to adding a drone to the work activities available from your GIS program staff.



Trunk or Treat

By Debbie Preston

It was another great Trunk or Treat and the weather cooperated keeping adults and kids dry. From cowboy hats from the Medicine Creek Ranch to goodies from the Community Garden and all the candy any kid could want, departments and residents contributed to make another memorable event. Thanks to CJ and crew for providing burgers and drinks.

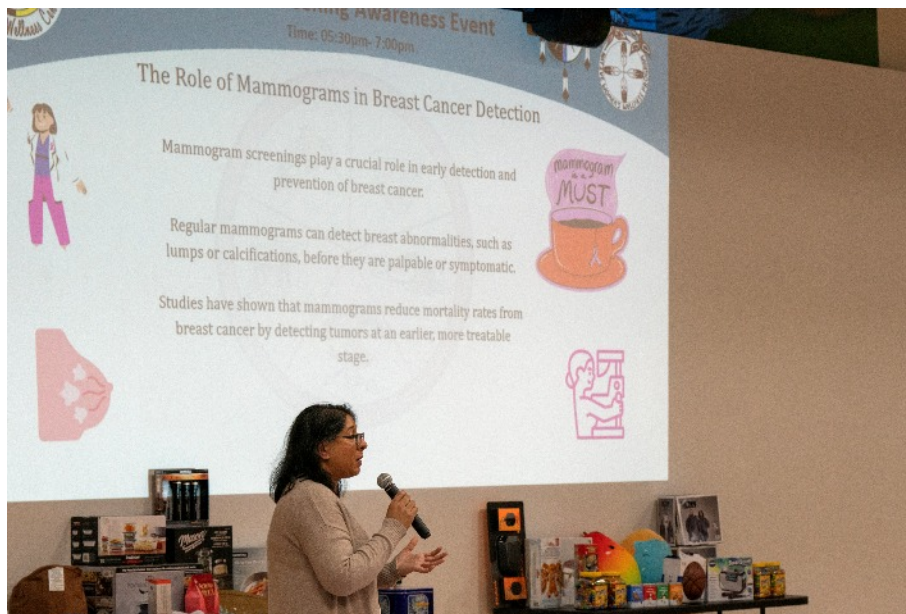
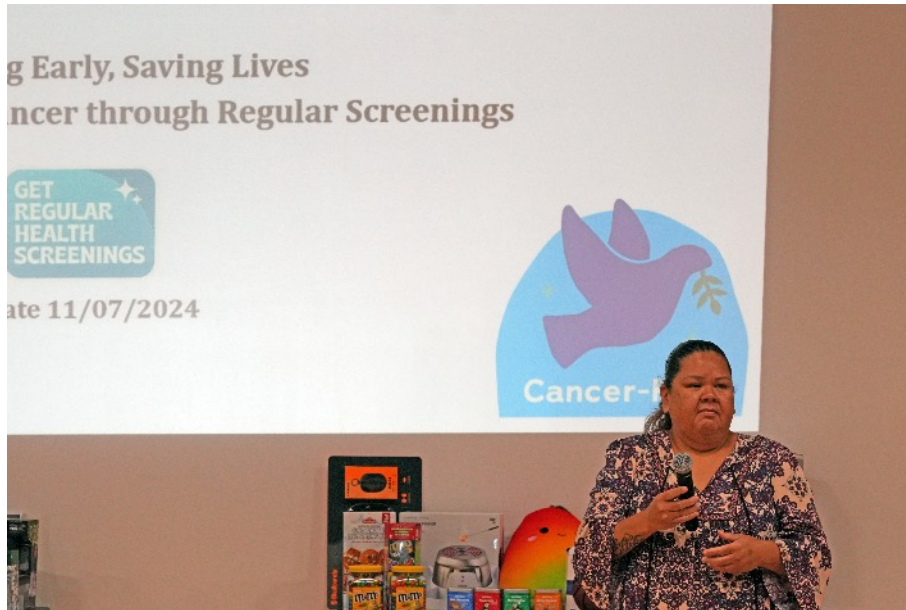




Cancer Screening

By Debbie Preston

The Cancer Screening Awareness Dinner drew a good crowd and there was discussion of types of cancer screening, what to expect. It was emphasized being in charge of your own health and knowing your own body can help you and your health provider know when something isn't right and should be investigated.



Raylene McCloud talks about the services available for screening before introducing Dr. Sataur. Dr. Sataur talks about the types of cancer, such as cervical and breast cancer, and how they are found with early screening as well as preventative vaccines such as the HPV.





The future of AI - Will they (it) take our jobs?

Tips from the IT-WebDev Department

The year 2024 is coming to an end. A new year of innovation and technology is just around the corner. What will the impacts of AI be in the workforce as well as our everyday lives? That remains to be determined.

- Spiritual and faith-based roles
- Teachers and educators
- Skilled trades, e.g. Plumbers, electricians
- Politicians
- Leadership roles in an organization

In February 2024, a Gallup survey showed 22% of respondents feared technology would take over their jobs, while 72% of Fortune 500 chief HR officers saw artificial intelligence (AI) replacing jobs within the next three years. "AI is not good at nonlinear thinking, and therefore, solving human problems can't be the strength of AI." stated a principal analyst at an enterprise strategy group. There are many human aspects, such as emotional intelligence, that AI cannot replace.



Grand announcements of AI developments are being made at the same time industry news clarifies AI's historically immense energy and capital requirements. Generative-AI models are far larger and more complex than traditional software, and the corresponding data centers require land, very expensive computer chips, and huge amounts of power to build, run, and cool. Currently, there isn't enough electricity available, and data-center power demands are already straining grids all

AI may however one day replace content editors - AI content moderation is already used to classify communication into categories. There are also tools currently in place that proofread and provide suggestions for content, allowing writers to create and check their own writing. While AI might additionally be hailed for its analyzing capabilities while helping business analysts be more effective, AI lacks human insights and knowledge to properly do the job. In addition, some marketing jobs may be replaced by AI.

over the world. This massive infrastructure will be extraordinarily expensive, requiring perhaps trillions of dollars of investment in the next few years. In the fall, analysts predictions were that OpenAI projects losses could nearly triple to \$14 billion in 2026 and that it will continue to lose money until 2029. Claims remain that revenue will reach \$100 billion. However, Microsoft and Google are spending more than \$10 billion every few months on data centers and AI infrastructure. Exactly how the technology warrants such spending is entirely unclear, and investors are taking notice. The scale of spending may soon surpass that of the Apollo missions and the interstate-highway system.

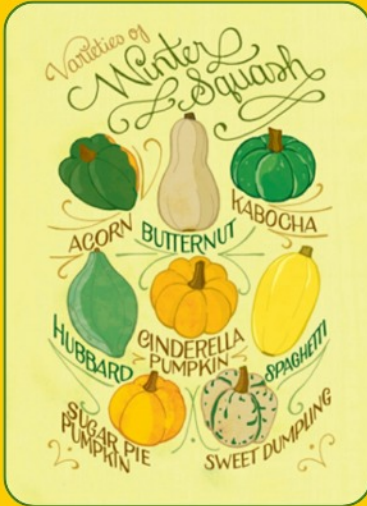
What jobs will AI not replace? AI tools may assist with these roles, but not fully replace them.

- Business software
- Cloud computing
- Computer science
- Data centers
- IT management
- Networking
- Security
- Software development
- Social Workers
- Performing arts
- Doctors and healthcare workers

It appears AI is here to stay now and in the future. The past year saw AI developments in customized chatbots, generative image and video creation, and disinformation abounding. Some of the biggest concerns with AI is that it remains ethical, lawful and robust. Time will tell how inter-woven AI integrates with human functions. But for now, it is safe to say AI won't take our jobs.



Whipped Butternut Squash



Less than 100 calories and about 22 carbs per cup.



INGREDIENTS:

- 1 Butternut Squash
- Olive Oil
- 1-2 Teaspoons Butter
- Cinnamon

STEPS:

Preheat oven to 400 degrees. Cut squash in 1/2 lengthwise and remove seeds. Rub cut edge with olive oil. Bake cut side down for about 30-50 minutes, depending on thickness until very tender when pierced with a fork. Remove from the oven and let stand until cool enough to handle but not cold. Remove pulp to a mixing bowl. Add 1-2 teaspoons of butter and a dash of cinnamon. Whip with an electric mixer until fluffy.

SAVE THE DATE 12/16

RELAY FOR LIFE BAKE SALE

Christmas Treats Your Way!
Choose, Wrap, and Create the Ultimate Holiday Goodie Plate

WHO	EVERYONE
WHAT	RELAY FOR LIFE BAKE SALE
WHEN	MONDAY, DECEMBER 16TH 11 AM -2PM (OR UNTIL GONE)
WHERE	TRIBAL ADMIN BUILDING

INFO: (360)413-2731

All proceeds will go to the Squalli-Absch Relay for Life Team to fight cancer and raise awareness in our community

WE ARE HIRING!

GENERAL DENTIST

Help Shape the Future of Tribal Healthcare:

If you're a compassionate Dentist looking to make a lasting difference in tribal healthcare, we welcome your application!

We offer competitive pay, outstanding benefits and paid time off.

APPLY NOW!



YOUR VOICE MATTERS!

HELP US PROVIDE THE BEST CARE POSSIBLE BY TAKING THE 2024 PATIENT SATISFACTION SURVEY.

YOUR FEEDBACK STRENGTHENS OUR SERVICES FOR THE NISQUALLY COMMUNITY.

SCAN ME



TO COMPLETE THE SURVEY, SCAN THE QR CODE OR VISIT:

[bit.ly/PatientSatisfaction 2024](https://bit.ly/PatientSatisfaction2024)



Nisqually Human Resources Office Update!

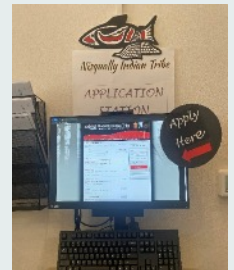
The following changes were made to the Nisqually Indian Tribe Employee handbook per Nisqually Tribal Council resolution regarding these two areas. See the exact language following.

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!



Take your first steps towards quitting.



Great American Smoke Out



November is the Great American Smoke Out! Nisqually Tribal Health & Wellness Center supports your journey to quit smoking, vaping, or using commercial tobacco.

Ready to quit or just thinking about it?
We're here to help every step of the way.

Learn More: https://bit.ly/NTHWC_SmokeOut



 South Puget Intertribal Planning Agency

USDA Foods Program December Dates

PT. GAMBLE S'KLALLAM	12/4/24
SQUAXIN ISLAND	12/10/24
SKOKOMISH	12/13/24
NISQUALLY	12/17/24
CHEHALIS	12/20/24

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

Nisqually WIC (Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:

Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org

or call 360.462.3224
Email: wicnutrition@spipa.org

SPIPA main number: 360.426.3990

 Next WIC date:
Tuesday, Dec. 3, 2024

We will offer both phone appointments and in person appointments. Date subject to change.

 **WOMEN, INFANTS & CHILDREN**

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



Take Your First Step Towards Quitting: Great American Smoke Out

November marks the annual Great American Smoke Out, a nationwide initiative to encourage individuals to quit smoking, vaping, and using commercial tobacco products. This month, the Nisqually Tribal Health & Wellness Center supports our community members' journey to better health. Whether you're ready to quit or just considering it, we're here to help you every step of the way.



Why Quit Commercial Tobacco?

Commercial tobacco use—whether it's smoking, vaping, or chewing—can have severe effects on the entire body. The chemicals in these products are not only poisonous but also known to cause cancer and other severe health issues. Secondhand smoke can also harm our loved ones, putting everyone's health at risk.

Did you know? Nicotine, found in tobacco products, is highly addictive. It's been shown to be as addictive as heroin and cocaine. That's why it's so hard to quit. But with the right tools and support, it's possible to overcome this addiction.

Honoring Tradition and Health

Quitting commercial tobacco is not just about adding years to your life, it's about enhancing the quality of those years for you, your family, and future generations.

Tobacco is deeply culturally significant in many traditional ceremonies and practices, symbolizing respect, healing, and community. However, today's commercial tobacco products vastly differ from our ancestors' natural, sacred tobacco.

These modern products are filled with harmful chemicals and additives designed to create addiction, not healing. By choosing to quit commercial tobacco, you're not only protecting your health but also honoring the traditional, sacred use of tobacco. At the Nisqually Tribal Health & Wellness Center, we're committed to supporting you on this journey—helping you reclaim your well-being while preserving the values of our ancestors.

Our Quit Kits: Tools for Success

We understand that quitting tobacco isn't easy. That's why our pharmacy team has put together comprehensive Tobacco/Vaping Cessation Quit Kits. These kits include:

- Ways to manage cravings: Strategies and reminders to help you stay strong during those challenging moments.
- Tools to increase water intake and physical activity: Staying hydrated and active can help reduce cravings.
- Support for anxiety relief: Helpful items to keep stress levels low, making it easier to stay on track.
- Rewards for milestones: Celebrate your progress with small rewards to motivate you.

These kits are designed to support your journey to becoming tobacco-free, making the process less overwhelming.

Medications to Help You Quit

At the Nisqually Tribal Health & Wellness Center, our pharmacy offers a range of options to help you quit commercial tobacco:

- **Nicotine Replacement Therapies (NRT):** We carry nicotine patches, gum, lozenges, and nasal spray in various strengths to help reduce withdrawal symptoms.
- **Prescription Medications:** Our providers can prescribe **Chantix** and **Wellbutrin**, two medications proven to help people quit smoking.

These resources can make quitting more manageable by reducing cravings and withdrawal symptoms, giving you a better chance at success.

We're Here to Help

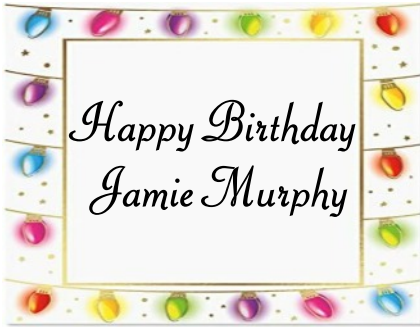
You don't have to go through this journey alone. Our medical providers and pharmacy team can answer your questions, provide guidance, and support you in quitting commercial tobacco.

Take the first step today—schedule an appointment with one of our healthcare providers or visit the pharmacy to learn more about our quit kits and other resources. Call 360-413-5312 to schedule your appointment today!

Together, we can break free from the grip of commercial tobacco and build a healthier future for ourselves and our community.



Announcements



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



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