NISQUALLY INDIAN TRIBE

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Nisqually Tribal News

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

Phone # 360-456-5221

Volume 15, Issue 9

www.nisqually-nsn.gov

September 2025

Eatonville Dump Clean Up

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

After a decade of seeking solutions to cleaning up the Eatonville dump that was open from 1950 to 1980, the Nisqually Tribe and the state Department of Ecology, with the assistance of Cascadia Law Group (hired by the tribe), were able to come to an agreement with Weyerhaeuser and the city of Eatonville for the cleanup.

Maia Bellon, of Cascadia Law Group, began making calls to the state Ecology's Toxic Cleanup Program, southwest region, in 2020. The direct engagement of the tribe resulted in the state Department of Ecology providing a multi-million-dollar grant to the town of Eatonville to move the effort forward.

The dump, located on an old slide that ends in a wetland that is part of the Mashel River watershed, has been leeching problematic chemicals from the site. The cleanup is tricky due to the steepness of the dump, but about 20 percent of the garbage has been removed so far. A temporary retaining wall made from organic materials helps stabilize a hillside above while work occurs. Clean fill dirt has also been staged to finish the project once the removal is complete.

Plastic, glass and metals are most persistent after three decades, but there are also a significant number of old appliances to remove as well. For more detailed maps and description of the project, see https://apps.ecology.wa.gov/cleanupsearch/site/15271









Fish War



The Nisqually Tribe continues to present some of the history of the tribe to employees of Nisqually, especially for non-tribal employees. This was a screening of Fish War, the documentary that was made as part of 50 years since the Boldt Decision and paid for by the collection of western Washington treaty tribes through the Northwest Indian Fisheries Commission.

Other presentations have included the history of Leschi and Quiemuth and discussion of the Southern Lushootseed language.

Nisqually Tribal Office Holiday Closures

Please mark them on your calendars!

Monday September 1, 2025 Labor Day

Monday September 29, 2025
Nisqually Day

How to Contact Us

Tribal Center 360-456-5221 Health Clinic 360-459-5312 Law Enforcement 360-413-3019 Youth Center 360-455-5213 Natural Resources 360-438-8687

Nisqually Tribal News

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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, Cheebo Frazier
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 - <u>www.nisqually-nsn.gov</u>

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Council's Corner

By Cheebo Frazier, Vice Chairwoman

Good day, our Nisqually people.

This is my first time serving as an elected leader for our Tribe and I have been spending time getting familiar with schedules, meetings, budgets, funding sources, teams and staff, and office protocols and how things run. This job is busier than I anticipated but I am doing well balancing it with school and family. I am enjoying the new job very much.

This past weekend we had a wonderful membership gathering for GC. I hope that you found the handouts highly informational to address current events, and discussion topics relevant and intriguing, and most of all we would like to show follow-up from our gatherings. We made a list of concerns and suggestions mentioned to share amongst our group. Thank you to everyone who could attend and share your words.

At GC sometimes there can be directives given through the parliamentary process but there are also opportunities for us to listen and respond to the community in open forum. We are listening.

I would like to share that there are several ways to bring your concerns forward. Being a working Council, we are stationed at the Tribal Office full-time and aspire to be reachable for your input, improving the way we manage services and resources to meet the needs of our Tribal Membership.

There is a form available to submit an agenda item for the weekly TC agenda, which at times includes a 7-day notice for TC to look into the matter further. The TC also strives to recognize Tribal members during open meetings when they have pressing matters.

There is also a form available to submit an agenda item for the Bi-annual GC agenda, which can be submitted at the Tribe to our Council Secretary, Jackie Whittington. We ensured the forms were available at the meeting for you and we have them at the Tribal Office.

Public records are available to Tribal Member for inspection at the Tribal Office if there are financial questions or inquiries during normal business hours. It is good to call ahead and set a time for a finance person to assist and pull documentation you would like to see.

We thank you for your engagement to work with us and for giving us necessary feedback. I am grateful to you all. Take Care. And be well.

Welcome Lorilee Morsette, the new Chief Administrator

We are happy to welcome Lorilee Morsette in rejoining the Nisqually Indian Tribe as our Chief Administrator. Lorilee, a Suquamish and Chippewa-Cree Tribes citizen, brings over a



decade of leadership experience in Tribal governance, human resources, and organizational development. Her first day was Monday, August 4th, and so you may see her making rounds to meet teams, in meetings or can find her to say hello in the Tribal Administration office suite with Natosha and team.

Lorilee previously served our Tribe as Human Resources Director and Tribal

Employment Rights Officer, assisting us in beginning the Big Water community needs assessment plan. She returns with broader national experience and a renewed commitment to community-centered leadership. Her career includes executive roles at Indigenized Energy and Mutual of America Financial

Group, as well as serving on the board of the National Native American Human Resources Association (NNAHRA).

Some interesting facts about her are that she is a cultural artist in beadwork and ran her own business and has humbly accepted a national award for Leadership in sovereignty, culture, and sustainability for Tribes this past year.

- https://www.firstpeoplesfund.org/artist-in-businessleadership-fellows/lorilee-morsette
- https://www.indiangaming.com/tribal-leadership-council-2025-award-recipients/

Please join me in welcoming Lorilee back to our team. We look forward to her leadership and the positive impact she will bring to our community.





2025 Bill Frank Jr. Classic

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

The 2025 Billy Frank Jr. Classic sponsors that included Nisqually Tribe with hole sponsorship helped Salmon Defense raise \$127,000 and participants who donated and bought mulligans closed out the day with a combined total of \$129,000. Jamestown S'Klallam continues to donate their award- winning course, The Cedars at Dungeness, and provides support from Garrett Smithson and his staff to ensure the event runs smoothly and successfully.

The golf tournament has happened for more than 20 years and is the largest fundraiser each year to

continue the mission of Salmon Defense, a 501(c)(3) nonprofit, to increase public awareness and education, and support legal actions to turn the tide on salmon habitat degradation.

Several Nisqually teams participated and both Medicine Creek Enterprises and Nisqually Red Wind Casino had tents with information and snacks about the products.

For more information, check out www.salmondefense.org

















2025 Huckleberry Camp

Photos by Debbie Preston, Nisqually Tribe Communication and Media Services Director

The huckleberries were fat and juicy and the weather early in the week was not too hot, making the picking (and eating), relatively easy.

At Cispus Center camp, kids were signed up for the climbing wall and the ropes course as part of the week of activities. As always, there were teachers and helpers to assist with weaving, sewing and beading. CJ and crew were on hand with the food truck and used huckleberries in pancakes, among other things.













Health, Police and Fire Emergency Practice

By Debbie Preston, Nisqually Tribe Communication and Media Services Director

The Nisqually Tribal Health and Wellness Center, in cooperation with Nisqually Police Department and Fire District 3, conducted an emergency fire drill that was only known to supervisors. It was also a hostage situation, giving everyone practice in what to expect and what things needed to be ironed out. Volunteers were hostages, and the "bad guy." One hostage, Kristen Boeck, shipping and receiving clerk, was "released," early on. Law enforcement then cleared each room until coming to the room of note. Hostage number two was Paige Sherwood, Behavioral Health Patient Services, and the perp was Jayme Abraham, Peer Counselor, as details needed to be ironed out.

















Food Distribution

Summer goodies such as peaches, huckleberry jam and corn were part of the food distribution for August. Thank you to all those who help put together this food and distribute it!





Happy Holidays!

Tips from the IT-WebDev Department

That headline may have sparked the attention of Thanksgiving, Christmas or other prominently celebrated festivity events. This article, however, is focused on the fact that there are more than 25 technology related "holidays" in the year. These include monthly, weekly and daily acknowledgments such as Information Overload Day, Global Media and Information Week, World Usability Day and the following listed by month;

January – National Cleanup Your Computer Month, Data Privacy Week, Thank a Plug-in Developer Day

February – Free Open Source Software Month, Change Your Password Day, Safer Internet Day

March – Teen Tech Week, National Day of Unplugging, Check Your Batteries Day

April – World Cloud Security Day, National IT Service Provider Day, National Flash Drive Day

May – International Drone Day, National Technology Day, Web Designer Day

June – National Email Week, National Barcode Day, Social Media Day

July – System Administrator Appreciation Day, Take Your Webmaster to Lunch Day, Al Appreciation Day

August – World Wide Web Day, Find Your Inner Nerd Day, Shop Online for Groceries Day

September – National Coding Week, National Online Learning Day, National IT Professionals Day

October – National Cyber Security Awareness Month, Digital Parenting Week, National Internet Day

November – World Communication Week, Systems Engineer Day, National Computer Security Day

December – Computer Science Education Week, National App Day, National Device Appreciation Day

List of technology celebrations: <u>Technology Holidays - National Today</u>

List of all types of observances in the USA: <u>Observances in USA in 2025 | There is a Day for That!</u>

Technology plays a major role in our every day lives. It helps us perform our jobs, it helps us travel, it keeps the lights and water working in our homes and it helps keep us healthy. It's so common in use, that we don't often take the time to acknowledge everything technology helps us with in our lives.

Just as one might take time out to appreciate a police officer, a firefighter, a doctor or a nurse, let's take a moment and honor the IT staff that helps keep systems and software performing so that we may perform or enjoy our everyday tasks. Just for fun, we've included links to other types of observances such as National DJ Day, National Day of Racial Healing, National Human Trrafficking Awareness Day, National Dress Up Your Pet Day, National Save the Eagles Day and Squirrel Appreciation Day (yes that's actually a thing).

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





More From 2025 Paddle to Elwha







































New Tribal Law: Civil Protection Orders

The Nisqually Tribal Council has enacted a new law, Civil Protection Orders, Title 25 of the Nisqually Tribal Code. This new law provides for civil protection orders for victims of domestic violence, harassment, stalking, and sexual assault. Having this law in place will provide better protection for victims of violence.

The Nisqually Tribal Court can issue and enforce protection orders involving any person, in matters arising anywhere in the Indian country of the Tribe or otherwise within the authority of the Tribe.

Any one of the following may file a petition for an order of protection on behalf of a victim: (1) Any person who alleges that he or she has been the victim of domestic violence, stalking, harassment, or sexual assault; 2) A family or household member on behalf of a victim under the age of 18 years; (3) The Nisqually Tribal Prosecutor or other Tribal Attorney for the Nisqually Tribe; or (4) An individual acting in an official capacity in the protection of domestic violence, stalking, harassment, or sexual assault victims.

The Court can prohibit the threatening conduct, restrict contact, prohibit monitoring or surveillance, order the respondent to vacate a residence shared with the victim, or order the respondent to stay away from other locations, including public locations. The Court can make orders protecting property and children, including orders granting the victim temporary custody if the victim and respondent have children in common. The Court can also order

domestic violence intervention treatment or other services.

Firearm prohibitions are required for certain types of orders. This aligns the tribal law with federal law, which prohibits persons subject to certain types of protection orders from possessing, receiving, shipping, or transporting firearms or ammunition. See 18 U.S.C. § 922(G)(8).

Tribal protection orders must be enforced everywhere, including off-reservation, regardless of whether the order is registered in state court. Federal law *requires* enforcement of protection orders across jurisdictions, if certain criteria are met: the respondent must have had notice and opportunity to be heard, and the issuing court must have had jurisdiction. The Tribe's new law allows respondents to ask for modifications in certain circumstances, such as when an order removes the respondent from a residence that he or she owns, or when an order requires a respondent to stay away from a specific residence, school, place of employment or other location.

The new law can be found at http://www.nisqually-nsn.gov/index.php/council/tribal-code/, and forms to petition for a civil protection order are available at the Nisqually Tribal Court.

The Nisqually Victims of Crime Program can help individuals obtain a protection order. The program can be reached at (360) 970-8649 or dv@nisqually-nsn.gov.

Newsletter Feature: "Thank You. I Like Hearing That."

Submitted by Elizabeth Morris, Training & Development Specialist.

Success in building strong communities and organizations begins when we focus on and let our gifts fully shine, along with the gifts of others. Too often, we fall into the habit of highlighting what's missing or broken, instead of celebrating what's already present and meaningful.

In this article by Peter Block, he encourages us to shift that paradigm: lean into what we're good at, name the moments when others have shown theirs, and make generosity not critique the default way we connect. It's a powerful reminder that strength flows when we honor what's abundant, not when we fixate on what's absent.

Read the full article here:

https://designedlearning.com/thank-you-i-like-hearing-that/

Discussion Prompt

After reading the article, reflect on this:

- When was the last time you sincerely acknowledged someone's strengths at work?
- How might our workplace shift if we made recognizing each other's gifts a daily habit?
- What's one strength or "gift" you bring that others may not see right away?

Encourage your team to share one acknowledgment with a colleague this week and notice the ripple effect.





Welcome New Employees!

Auto Detailer Apprentice, Nikki Sanchez



Nikkole Sanchez but go by **Nikki,**Nisqually Tribal member, born and raised here on the Nisqually reservation.

Dedicated mother of three boys and one beautiful baby girl. one son I share with my twin sister. I love spending time with my family and loved ones, taking lots of pictures. I enjoy listening to music, going for walks, and being outdoors and

around the water. I am an ADHD OCD freak so I am always cleaning and organizing everything.

Julian Kalama Transit driver



Hello, my name is Julian Kalama enrolled Puyallup Tribal member. However, I grew up around here in Nisqually. My parents are Damon George and Jolena Davis. I am new to working for transit. Before this I was working for Nisqually Markets for the last six years. So, I'm not new to the community. I just wanted to better my

future and my family's future. So, I wandered into this great career path and opportunity that the tribe was kind enough to give me a chance. It's been great to get to see all the community members I didn't see much. To talk with the elders, hear their stories, all while taking them where they need to be on their short journeys from place to place. So far it's been a great chance I've been given and I hope to be able to stay here for many years to come.

Deanda Sanchez Transit Driver



Dagó'té Nisqually
Community, Shí dishdii Deanda
Sanchez gonzéé Dził Łigaai
Síaan N'dee łaii Hopi inshłii Shíí
companion Derrick Sanchez
gonzéé Washington State/
Nisqually Village gosinlii
Nisqually Transit Driver shii
na'iziig Ashóód
shídaadołts'á á '- Asqualli
Sinom.

Hello, Nisqually Community, My name is Deanda Sanchez. I am White Mountian Apache and Half Hopi. My companion is Derrick Sanchez, member of the Nisqually Tribe, we met at a pow wow at Chemawa Indian School.

My parents are Georgina Pailzote and Nathan Lacapa. My clans are butterfly and bear on my Apache side, Spider on Hopi side. Born and raised in Arizona on reservation land. Attended Chemawa Indian High School and graduated from there since 2011. I have been living in the Nisqually Community since 2019. Since living in Washington state and on Nisqually Reservation, I have come to love the culture of the community and the community itself, and also build a family through out the years i have been here. I am a mother of three and proud of them. As you read in the first sentence, I am introducing myself in Apache and explaining, who I am, which tribe I am and who I was born from. I am the newest Nisqually Transit Driver in the Fleet Department, I am thankful for the opportunity to have this job. To grow more as an individual for myself and my family. Thank you for reading my bio.





Healthy Aging Caring for Our Elders, Honoring Traditions

By Dr. Sataur

As we grow older, our bodies, minds, and spirits change. In Native and Indigenous cultures, elders hold a sacred place; they are knowledge keepers, storytellers, and leaders. Healthy aging is not just about living longer; it's about maintaining strength, dignity, and connection to our culture, community, and land.

What Is Healthy Aging?

Healthy aging means:

- Staying as independent as possible
- Preventing or managing chronic conditions
- Maintaining mental and emotional well-being
- Connecting with family, tradition, and community
- Honoring the wisdom and spirit that comes with age

Common Health Challenges in Native Elders

Many Indigenous communities face higher rates of:

- Diabetes
- Heart disease
- High blood pressure
- Arthritis
- Memory loss or Alzheimer's
- Depression or anxiety

While some health issues are linked to genetics, many can be managed—or even prevented—with supportive care, healthy living, and community

resources.

6 Tips for Healthy Aging in Native Communities

1. Stay Active in Body and Spirit

Even gentle movement like walking or dancing can improve heart health and keep your joints flexible. Gardening, fishing, or gathering medicine can also be healing. Contact the Elders' Center about movement programs for elders.

2. Eat Traditional and Nutritious Foods

Return to ancestral foods when possible—wild game, berries, fish, squash, corn, beans. These foods are nutrient-rich and support better blood sugar and heart health.

3. Keep the Mind Sharp

Listening to stories, learning language, doing puzzles, and participating in ceremonies all help keep your brain strong. If memory loss happens, early support can help.

Resource: Alzheimer's Association – Native Outreach

4. Manage Chronic Conditions

Visit your tribal clinic regularly. Medications, diet, exercise, and stress management all play a role.

5. Protect Mental and Emotional Health

Grief, loss, and trauma are common. Talking to elders, community leaders, or counselors can offer healing. Participating in ceremonies, prayer, or talking circles can ease loneliness. *Resource:*

StrongHearts Native Helpline — 1-844-7NATIVE (1-844-762-8483)

We R Native – Mental Health Resources for Native Youth & Families

6. Connect with Culture and Community

Traditions are a source of strength. Singing, drumming, beadwork, language, and storytelling maintain connection and value. Being involved gives purpose and joy.

HEALTHY AGING: CARING FOR OUR ELDERS, HONORING TRADITIONS

As we grow older, our bodies, minds, and spirits change. Healthy aging is not just about living longer; it's about maintaining strength, dignity, and connection to our culture, community, and land.

What Is Healthy Aging?

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- Staying as independent as possible
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- Connecting with family, tradition, and community
- Honoring the wisdom and spirit that comes with age



To learn more or get connected to Elder wellness resources, contact the clinic at (360) 459-5312.



Support for Caregivers and Families

Caring for an elder is a sacred responsibility. Support is available:

- •National Indigenous Elder Justice Initiative (NIEJI) nieji.org: Elder abuse prevention and caregiver support.
- ●Indian Health Service (IHS): ihs.gov
- ●Native American Aging Info (NICOA): nicoa.org

Final Words: Aging with Honor

Aging is a journey to pass on knowledge, to reflect, and to be celebrated. When we care for our elders and support their health, we strengthen the whole community.

Our elders are like trees rooted deeply in culture, giving shade and guidance to the generations growing beneath them.







SAFE USE OF OTC MEDICINE







Over-the-counter (OTC) medicines like cough syrup, cold tablets, and motion sickness pills can alleviate symptoms when used as directed. But taking more than recommended can harm our health and spirit. High doses of certain medicines may cause heart problems, kidney damage, memory loss, or even death.

Watch for signs of unsafe use:

- · Taking more than the label says
- Mood changes or confusion
- · Continuing use despite harm
- Contact the Nisqually Tribal Health & Wellness Center at (360) 459-5312 for questions, care, counseling, and healing.

To learn more about specific medicines, understanding warning signs, and recognizing withdrawal symptoms scan the QR Code.









CONTACT NTHWC

Main: 360-459-5312

isqually Tribal

4 Wellness

You can contact us during business hours on our main phone line, or contact departments directly.



Behavioral Health: 360-413-2727

Dental: 360-413-2716

Pharmacy: 360-491-9770

Traditional Healing: 360-493-6450

Always dial 911 for life-threatening emergencies.



South Puget Intertribal Planning Agency

September Diaper Distribution



Nisqually Tribe

9/19/25 At the SPIPA Warehouse 10:00am-1:00pm

Pull-ups | Diapers | Wipes | More

Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990



Next WIC date: Friday September 5th SPIPA Warehouse

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

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** 360.463.4439 Email: dgardipee@spipa.org

SPIPA main number: 360.426.3990



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

South Puget Intertribal Planning Agency

USDA Foods Program
September Delivery Date



Nisqually 9/19/25 At the SPIPA Warehouse

10:00am-1:00pm

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution sto 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.







Announcements





Rodney Thomas!

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

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

Zoom meetings will be set up for the first and third Thursday of each month. Available appointment times are 8:30 a.m., 9:30 a.m., 10:30 a.m. and 11:30 a.m.

Please call Lori Lehman at 360-456-5221 to set up an appointment.



FREE Rides Monday through Friday

Transit available
6:00 a.m. to 6:00 p.m.
Open to all tribal, community
and tribal employees. We offer
rides from 6:15 a.m. to last off
rez ride at 5:15 p.m.
Contact Cocile Hompbill

Contact Cecile Hemphill, Motor Pool Coordinator/Dispatch

At 360-456-5236



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