

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 12 Issue 2

www.nisqually-nsn.gov

February 2022

Chum Run

By Craig Smith

While the Nisqually chum run was not robust enough to support a commercial fishery, the Nisqually Fish Commission did allow a short Ceremonial and Subsistence fishery. “That was a great management decision based on what was seen and fishermen experienced high flows and not a lot of fish, as was expected based on the surveys,” said Craig Smith, Salmon Harvest Program Manager.

While the run was not robust, it should be enough to make escapement, the number of fish needed to support the run in the future. The tribe developed the Yelm Creek model with the aid of elders and fishermen as an indicator of run size and it has been an excellent indicator of the number of fish returning.

Smith said the fish were a little earlier in the year than usual and the peak of the run was earlier. “Climate change seems to be a factor in the trends of these runs,” Smith said. “There is also no way that sea lions are not negatively affecting this run. We saw them in every section of our survey float.”

The high flows, however, over much of the run, might turn out to have been good for chum. “Either we saw them or we got reports from others that they were in tributaries where they haven’t been seen for a number of years because there wasn’t enough flow,” Smith said.

Since water was consistently high for a number of weeks, many chum spawned in side channels and that may improve survival for the next generation.

Chum were seen in Horn Creek on the Wilcox Farm where no chum have been seen for a number of years and Exeter Creek was a haven with its network of sloughs. “It was also definitely good for coho,” Smith said.



Tribal Council Business

Resolution #1 Health Staff Onsite Rotation to Prevent Contagion Outbreak 6-0-0

Resolution #2 Authorizing the Support of SPIPA'S Reapplication to the CDC for NWWP and CCCP Funding 6-0-0

Resolution #3 Approve and Amendment to the Nisqually Indian Tribe 401(k) Profit-Sharing Plan 6-0-0

Resolution #4 Automatic Enrollment of Aurelia Briscoe 6-0-0

Resolution #5 Automatic Enrollment of Jaylin Scott-Rodriguez 6-0-0

Resolution #6 Appointing Tribal Council Designee for 2022 Elections Process 6-0-0

Resolution #7 Memorandum of Understanding with the State of Washington 6-0-0

Nisqually Tribal Council Meeting Minutes



Date: 1/13/2022

Minutes Approved on:

Meeting Called To Order: 1:40 p.m.

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

Guest: Debra L, Deb P, Nate C, Alvin A, Josette R, Amber A, Cynthia I, Selina O, Ezra K, Pete A, Cheebo F, Shannon I, Shannon B, Tony S, Marla T, David W, Sharlaine R, Joe C, Sue B, Terssa H.

Tribal Councils Motions and Consensus:

Amber Arndt – Covid week 95. Next vaccine event 1/19.

Amber Arndt – A Resolution for Staff Onsite Rotation to Prevent contagion Outbreak. **Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 6-0-0. Resolution #1**

Amber Arndt – A Directive to update the pandemic Flu plan. Consents

Amber Arndt – A Directive for Emergency approval for health to allow appropriate staff to work from home during quarantine. Consents

Amber Arndt – A Directive for directors to submit a weekly COVID-19 report to administrators and CEO. Consents

Amber Arndt – A Resolution authorizing the Support of SPIPA's Reapplication to the CDC for NWWP and CCCP Funding. **Motion by Antonette Squally, second by Leighanna Scott. Motion passes, 6-0-0. Resolution #2**

Continued on page 3-TC BUSINESS

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, Hanford McCloud
 7th Council, Leighanna Scott

In this issue:

Donation	pg. 3
NPD News	pg. 4
NPD Snow	pg. 5
IT	pg. 6
EPA Award.....	pg. 7
Finfish Harvest Program	pg. 8
Wildlife Program	pg. 9
New Pharmacy Staff	pg. 10
Traditional Healing	pg. 11
Brighton Creek News	pg. 12
Health	pg. 13
Behavioral Health	pg. 14
Announcements	pg. 15



Continued from page 2-TC BUSINESS

Alvin Aganon – Approval of Weekly Budget Consent calendar. Motioned by David Iyall, second by Handford McCloud. Motion passes, 6-0-0.

Alvin Aganon – A Resolution to Approve an Amendment to the Nisqually Indian Tribe 401(k) Profit Sharing Plan. **Motioned by David Iyall, second by Handford McCloud. Motion passes, 6-0-0. Resolution #3**

Shannon Iyall – A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Aurelia Briscoe. **Motioned by David Iyall, second by Antonette Squally. Motion passes, 6-0-0. Resolution #4**

Shannon Iyall – A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Jaylin Scott-Rodriguez. **Motioned by Antonette Squally, second by Chayannah Squally. Motion passes, 6-0-0. Resolution #5**

Shannon Iyall – Approval of 30 Day list. **Motioned by Jackie Whittington, second by Antonette Squally. Motion passes, 6-0-0.**

Nate Cushman – Bigfire memo finalizing Nisqually Primary and General Election deadlines for 2022. Consents

Nate Cushman – A Resolution Appointing Tribal Council Designee for 2022 Election Process.

Motioned by David Iyall, second by Jackie Whittington. Motion passes, 6-0-0. Resolution #6
David Wolff – A Resolution Approving a MOU with the State of Washington. **Motioned by David Iyall, second by Jackie Whittington. Motion passes, 6-0-0. Resolution #7**

Pete Ansara / Health – Approval of New and updated JD’s: Nursing Director, ARNP, Registered Nurse, Brighten Creek Caretaker, CEO for health, CAN, CFO for health, Medical Director, Medical clinic Scheduler, Medical Assistant, Health IT Director, Dental Hygienist and Dental Assistant. **Motioned by Antonette Squally, second by Jackie Whittington. Motion passes, 6-0-0.**

Sommer Sanchez – Approval of 12/16/2022 TC Minutes. **Motioned by Chayannah Squally, Second by Handford McCloud. Motion passes 5-0-1. (Jackie).**

Selina Oya – Memorial funds request. Tabled.

Executive Session – 2:15-2:23

Motion to adjourn by David Iyall, second by Antonette Squally. Motion passes, 6-0-0.

Meeting ends 2:25

-

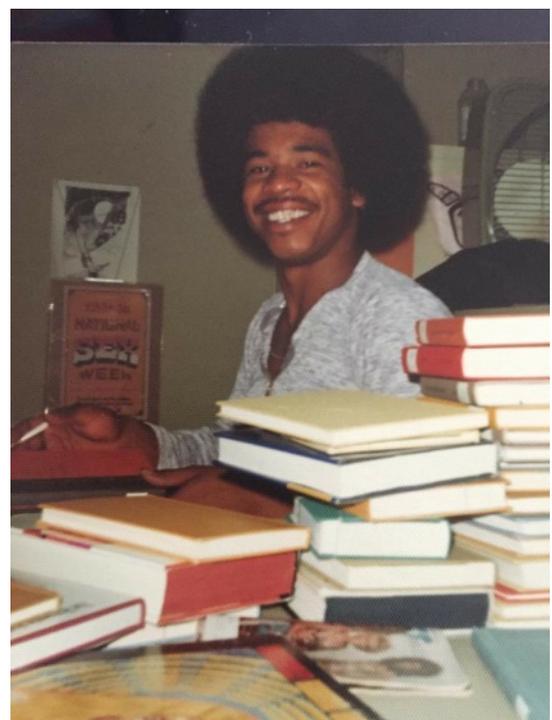
Donation in Memory of Tyrece Armstrong

By Anita Paz

The Nisqually Tribe received a donation in the amount of \$500 from Kathleen Sather in honor of tribal member Tyrece Armstrong (Hicks family). Tyrece was the son of Arlene “Kiki” Armstrong. Tyrece passed in 1977 while attending the Evergreen State College.

Kathleen was his fiance at the time and this donation is from her, in his memory. It will be gifted to the education department in his memory.

Tyrece had a big personality and was a friend to many. We love and miss him dearly.





Fentanyl

By Mark Upton, Corrections/SRT Corporal

Fentanyl is one of the deadliest drugs on the streets today. What is used on the streets always makes its way into the jails and prisons at some point.

Nisqually Corrections Officers have been on the lookout for Fentanyl ever since it became popular for its potency (80-100 times stronger than morphine) and low cost. Unfortunately it is also well known nationwide for causing 53% of overdose deaths. Using less than 0.07 ounces of the drug causes certain death.

One day in late December I noticed an inmate appearing to fall asleep while standing in our booking area. This sort of behavior is a common occurrence with opiate users as the sedative properties of the drug take over, and is referred to as "nodding out".

Because of the observed behavior, and investigation was launched and a suspected "dealer" was quickly noticed due to suspicious activity using the inmate phone system. A search team was assembled and a plan drawn out to enter the dorm that the suspected dealer was in. Quick and decisive action was necessary to ensure any contraband was not destroyed or worse.. Consumed.



The plan was executed perfectly and Officer Roy located the suspect. A quick search of the suspected dealer by Officer Roy discovered two bags of contraband that were confiscated for later dissection. Once in a controlled area, the bags were open revealing what we had all hoped, and feared to find. 354 fentanyl pills.

The suspect was on probation for multiple felonies which included Assault in the 3rd degree and Possession of narcotics with intent to deliver. He was picked up by US Marshals and transported to the Thurston County Jail for his actions at our facility. Also, because of this incident his probation was revoked and he is awaiting transport back to prison to serve the rest of his original sentence.

The amount of Fentanyl recovered was enough to kill everyone in the facility, so it is impossible to know how many lives were saved by the actions taken by Corrections Officers. But what can be measured is the amount of dedication and aptitude exhibited by the Corrections Officers that day.

On behalf of the Nisqually Corrections Bureau I thank all involved, and all that continue to work bravely to keep our community safe.

Nisqually Police Department Officers

By LT. McDonald, Rodney

The Nisqually Police Department has been going through some changes recently and are very excited for what year 2022 has to offer. One officer with the department recently retired while another Officer lateraled to a local municipality.

Sergeant Angel Soto has been with the Nisqually Police Department serving the Nisqually Tribe and the Nisqually community since November, 2004. Recently Sgt. Soto has retired after approximately 17 years with the Nisqually Police Department. Prior to working for the Nisqually Tribe, Sgt. Soto retired from the U.S. Army with over 20 years of service. Sgt. Soto was a key player within the department, always willing to step up and help other Officers on any assigned tasks. We wish him the best of luck on his future endeavors, he will be missed.

Officer Robert Auderer recently lateraled to Tenino Police Department taking on the Chief of Police position. Officer Auderer worked for the Nisqually Police Department for over two years with prior law enforcement experience in Shelton, WA. We wish now Chief Auderer the best of luck in his future in law enforcement.

The Nisqually police Department has already interviewed and hiring replacements to fill the vacancies. After basic academy, equivalency academy, and post academy training program, four more Officers will hit the streets ready to serve and protect the Nisqually Tribe, its Community, Natural Resources, Culture, and Traditions!





Corrections Offices Helps a Lost Family Member

By Mark Upton, Corrections/SRT Corporal

Snow, Ice, and freezing temperatures were experienced during the turn of the new year. Many bundled up and grabbed sleds to enjoy the weather, some stayed home and played it safe. But when an elderly man in slip on shoes and sweat pants walked down the driveway to the Public Safety Complex lost and cold, Corrections Officer McNeal knew he wasn't out having fun.



Corrections Officers responded to the exterior of the facility to investigate what was going on with the elderly man. He seemed very confused, and could not tell us where he lived, or what he was doing out on the iced over streets of Yelm Highway. He had no identification, no cell phone and no way to stay warm. Corrections Officers called dispatch to request a Police response to the situation and let the man sit in a department vehicle to get warm. While in the car the man was asked more questions in hope that he would recall some information that could assist Officers in getting him home safe, but he was unable to speak in coherent sentences.



While waiting for PD to arrive, the man was brought to the Public Safety waiting room to protect him from the elements and given some water and a snack. Officers called the Red Wind Casino to ask if anyone had been reported missing, but there had been no reports at that time. About twenty minutes later the Casino called the facility and told us that the elderly man's wife and son had been looking for him, and were on the way to pick him up.



A heart-warming re-union followed and the son told us that his father suffered from dementia, and had been missing from the Casino for over three hours.

Everyone went home safe and warm that day thanks to the quick thinking and compassion of Nisqually Corrections Officers.



Information Technology Department Update

By Chris Olin – Chief Information Officer

New Staff:

Over the past few months IT has been filling vacancies. As we reach capacity, we expect an increase in support to the Administration as well as resurrecting some pending projects and new projects that will benefit the Administration and Health.

Some of you have seen the new team members already or have met them in the course of our work. Each new member brings strength and skill sets to their respective field of work.

Randell Harris – Admin IT Manager –

Provides direct oversight to the Administration IT department and works closely with myself on various matters surrounding IT.

Zedrick De La Cruz – Network Technician –

Supports the Network Administrator in all areas related to networking. Network team is responsible for deploying, troubleshooting, monitoring

and maintaining the many networks and locations we have.

Stephen Mogensen – Network technician - Supports the Network Administrator in all areas related to networking. Network team is responsible for deploying, troubleshooting, monitoring and maintaining the many networks and locations we have.

Dillan Zunie-Allen – PC Technician - Provides direct support in all matters involving our workstation computers, printing needs, software, repairs, maintenance and troubleshooting at multiple locations.

Benjamin “Julian” Gwin – PC Technician - Provides direct support in all matters involving our workstation computers, printing needs, software, repairs, maintenance and troubleshooting at multiple locations.

Stephen Schuckenbrock – Sr Systems Administrator – Works in conjunction with the Systems Administrator and as team they plan, manage, maintain,

deploy, update, upgrade, troubleshoot and monitor all matters related to our server infrastructure.

Welcome aboard!

Locations:

Temporarily some of our staff were in the upstairs of old admin above the gym. Recently, we vacated that space and moved some of those staff into the renovated old health clinic basement, at an estimated 1,600 feet. Information Technology Administration now has two locations.

Location 1- Lower level the old health clinic renovated for our use. In this location you will find the Admin IT Manager, Desktop Support team and Web Development team.

Location 2 - Administration Building where we've been since 2013. In this location you will find Network Administration team, Systems Administration team and myself.

Weatherproofing Tech Devices

Tips from the IT-WebDev Department

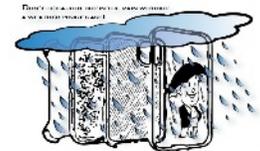
Editors note: I have dropped my phone at least three times in the parking lot (on pavement). Without both the screen protector and Otterbox protective phone case, I expect I would be looking at a broken phone.

Many users are not aware of the technical aspects of their technology devices. Manufacturers typically specify the range of temperatures that are optimal for a specific device (in the operations manual). The optimal temperature would be during the time when the device is not being used and is powered off. Temperatures that are above or below this range can cause harm to a device. Consumers should also know that lithium-ion batteries are very sensitive to sudden and fast temperature changes. The performance of the battery inside of a smart phone may be affected by cold weather.

With recent snow, hail and ice weather events, now is the perfect time to consider weather proofing technology devices that may be used outside or exposed to harsh weather conditions. Especially if wearing heavy gloves, it is sometimes harder to hold onto and manage a device held in our hands. Add into the mix, a slippery surface, and we might face a literal impact of falling down with or even on our device.

HELPFUL TIPS

- Use a waterproof phone case
- Place devices in a waterproof pouch or dry bag
- Apply screen protectors/self-adhesive shields
- Consider purchasing a waterproof smart phone
- Use a drop case for devices such as laptops, tablets or Chromebooks
- Keep a phone in a pocket, such as an internal jacket – this helps keep it warmer longer
- Invest in an insulated carrying case
- Do not leave a phone in a cold area, e.g. car or boat storage
- If absolutely necessary to keep a phone in a cold environment, turn the device off
- Try to avoid having the device in cold to hot or vice versa extremes



The Gumdrop DropTech Case offers drop tested, rugged, shockproof bumpers for device protection. Otterbox is another well known smart phone case provider offering a full range of products for numerous brand devices. Insulated, padded carrying cases are also helpful for both cold and drop protection; these may be used even for gaming devices such as the Nintendo Switch.

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



Nisqually Tribe and Partners Receive EPA Award for Innovative Project

Jan. 13, 2022 - A Nisqually Tribe collaborative project to improve water quality and quantity in the Mashel River, the main tributary to the Nisqually River, has won a prestigious national award from the federal Environmental Protection Agency (EPA).

The project is acquiring property for permanent ecological forestry management. This includes future restoration of timberlands and stream and tributary shoreline in the Mashel River and its tributary, Busy Wild Creek. This is a watershed- based landscape approach with the Nisqually Indian Tribe, the Nisqually River Council, Nisqually Community Forest and the Nisqually Land Trust working collaboratively with the state Department of Ecology to purchase and manage properties and pooling each group's areas of expertise and funding sources.

Each of the 50 states can submit only one project for consideration for the George F. Ames Performance and Innovation in the State Revolving Fund Creating Environmental Success (PISCES) Award. Only five projects nationwide were selected for Exceptional status, including Nisqually's project, the designated submission for all of Washington.

"This is a fascinating project. We hope we can share this across the country as a model and see it replicated elsewhere in the country," said Andrew Sawyers, EPA Director of the Office of Wastewater Management, the agency that oversees the Clean Water State Revolving Fund (SRF) that helped fund this project prior to its selection for the award.

An EPA model, Visualizing Ecosystems for Land Management Assessment, showed that short rotations of timber harvest of 40 years result in reduced water available for streamflow during critical summer rearing for salmon species. This negatively affects quality and quantity of habitat availability due to high rates of water evaporation from trees and soils in younger forests and less woody debris and duff-layer material to hold water in the drier months.

"As development in the Nisqually River watershed has added more wells that are not counted against minimum flows, we have had to think outside the box about ways to protect it and be able to hand it off in good health to our kids and grandkids," said David Troutt, Natural Resources Director for the Nisqually Tribe

This project will improve water quality and quantity in the Mashel River, the main tributary to the Nisqually River. The Mashel currently routinely exceeds the state standard for water temperature for fish-bearing streams and also suffers from low flows during the summer months, adding to the tendency to become too warm.

The Mashel River is also federally designated critical habitat for chinook salmon and steelhead trout, listed as "threatened" under the Endangered Species Act. This severely impacts treaty reserved fishing rights. Current state forest practices rules do not provide adequate streamside tree protection to smaller non-fish-bearing streams, which results in warmer temperatures in the system as a whole.

The Nisqually Tribe will use stream-flow gauges to monitor flow. Over time, as forests age under improved management, they expect to see improvements in summer low flows and salmonid productivity and survival.

These improvements can take time to show up, because research indicates that the benefits of this project are realized when the trees get to be 60 years and older. In some places in the target area, there are trees that exceed that age, but in many places the trees are only 10 to 40 years old. As part of the tribe's work to improve the age composition, it is now working on an innovative project in the upper Mashel with the Microsoft Corporation's Artificial Intelligence and Environment departments to develop tools for measuring, in real time, the impact that changes in forest management have on stream depth. While this project is still in development, they anticipate the ability to measure impacts as soon as a year after a harvest activity.

"I was always taught by mother and father the importance of water," said Willie Frank III, Chairman of the Nisqually Tribe. "We have to do whatever we can to protect our watershed and we can't do it alone. Projects like these where we are working with state, federal and local non-profits partners show what can be done when we work together."

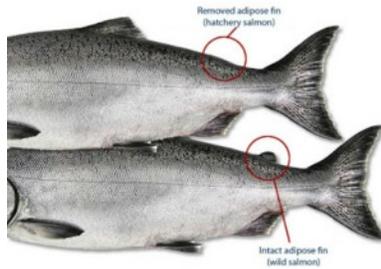
For more information: Debbie Preston, Information Officer – Nisqually Tribe 360-456-5221, ext 1341



Selective Fishing Research Finfish Harvest Program

By Craig Smith

For multiple years the Nisqually Natural Resources department has been investigating fishing techniques to target increased harvest on hatchery Chinook while balancing recovery/not harvesting wild Chinook. Here is a quick summary of the attempted gears and results:



size. Fishers really liked using the cast net because of its active nature and ease of release however, the effectiveness of encountering a Chinook was very low unless used in a hatchery creek directed at excess hatchery rack. The fishers noticed that pink capture was very easy due to abundance which could provide pink directed fishing opportunity in the future while minimizing Chinook impact due to very low Chinook encounters.

In 2018 a **traditional cedar weir** was deployed in the Clear Creek side channel. The gear was labor intensive, smelled amazing, strikingly beautiful, and was successful due to location on a small stream. It became very evident that keeping a weir in position in the main stem would require constant maintenance due to the force of main stem flow. The weir was determined that it could be used in a hatchery creek to harvest excess hatchery rack.



For years we have been conducting our Change in Ratio adult sampling using **tangle net (TN)** and the Nisqually Fishers previously used TN for a commercial gear type. When The Nisqually Tribe fished TN commercially in 2012, 2014 and 2015, the gear was not accepted by the community due to the amount of non-target bycatch.

In 2019 we experimented with **cast nets** which encountered very few Chinook unless fished in Clear Creek hatchery side channel where Chinook abundance is high and space limited. Release from the cast net gear can be done within a second of pulling fish from the water and was by far the quickest release gear type. It was determined that we would not encounter enough Chinook to conduct a release mortality study due to insufficient sample



In 2020 and 2021 we experimented with 6-inch **drift GN** to start to determine release mortality because GN acceptance criteria had already been worked out over countless seasons. The 2020 and 2021 sampling season showed excellent results with a release mortality of 10%. For every 100 Chinook released 90 survived a 24-hour hold- short term mortality. The Chinook were caught with a drift net with 6-inch mesh. When brought to shore the net was completely pulled from the boat and soaked in the river while fish were removed. The fish were held in live bags for 24 hours. This study will continue in 2022 and if results are similar with 2020 and 2021 and the Nisqually Fish Commission wishes to plan a selective fishery in 2023 we can do so assuming only a 10% mortality on released wild Chinook.





Wildlife Program Update

By Junior Slape, Natural Resources Manager

Our new Wildlife Program manager, Steven Borrego, has drafted a vision and mission for this program. On January 11th we presented it to the Tribal Council for their review and now we're asking for the Nisqually Tribal community to review it as well. Please send any comments you might have to either Steven or me.

Vision and Mission Statement – Draft – January 11, 2022

Vision: To promote, enhance and protect the access to treaty wildlife and gathering resources by the Nisqually Tribe, today, and for future generations.

Mission: To maintain and protect viable populations of native wildlife species throughout the ceded territory of the Medicine Creek Treaty, while supporting their habitats to meet the cultural, subsistence, recreational, and economic needs of the tribal membership.

To provide accurate, sound scientific information to inform best practices in the restoration and protection of high-value resources, such as plant and animal populations and regional environments whose future existence depends on adapting to a changing climate and environment.

To promote restoration of degraded wildlife habitats and the restoration of healthy populations of endangered, threatened and extirpated species of native wildlife.

To promote and encourage current and future generations of Nisqually tribal members to pursue educational and professional endeavors directed at building and enhancing natural resource management.

Returning Hunting Tags

Look through the glove box and see if you have old hunting tags. We ask that you turn in your hunting tags for previous years, whether used or not, to the Natural Resources Department. You can bring them by the office on Old Pacific Highway (where we issue new tags) or even send them to us using the interoffice mail system. For the 2020-21 Hunting Season, we received back only 28% of the issued tags.

Hunting is one of the treaty rights available for Tribal members. We have a hunting code that establishes seasons and the like, but we also need to better understand the hunting and harvest activities and patterns in order to appropriately manage our overall hunting. Tag returns are critical to this effort and we are counting on you. Thank you.

Nisqually Education and SPSCC are offering a... High School 21+ Program

Class Info:

Email anytime to get information, or to set up an appointment to signup for classes. Classes can be virtually or in-person. In-person times are Monday and Wednesday between 9 a.m.- 2 p.m. Classes can be done anytime online.

Who Should Attend:

Community members age 18 years and older who need their high school diploma. Class times are flexible to fit many work and family schedules.

Experiences:

High school transcripts, current GED tests, internships, certifications/special licenses, being a parent, diving, participation in drug/alcohol treatment,

sports, cultural events, fireworks, and current work... the list is endless. These can count towards graduation credits.

What is Needed:

High School Transcripts. If you don't have them, we can help you get them, please bring photo ID.

Location:

Nisqually Walker House / Education Building

Contact:

Shanon Millman-Rodriguez at smillman@spscc.edu. On site Monday and Wednesday 9 a.m.— 2 p.m.



Welcome New Pharmacy Staff

Shortly after moving into the new Nisqually Health Department building this Summer, the pharmacy added two highly experienced professionals to the staff. Here are their introductory messages.

Bona Musser, Pharmacy Technician

Hello!

My name is Bona Musser. I joined the Nisqually Pharmacy in September 2021 as a Pharmacy Technician. I feel incredibly blessed to be part of this health care system, in this brand new beautiful Health facility with so many nice people. I bring with me over 30 years of experience in the field of Pharmacy. I started as a Pharmacy Assistant back in 1984 at a local independent pharmacy in Durand, Michigan, where I was born and raised. I moved to the beautiful Pacific Northwest in 1988 after visiting and falling in love with this area. I met the love of my life, and we are blessed to have two wonderful children, one adorable grandchild and another one on the way. We will celebrate 32 years of marriage this year. My outside interests include playing with my grandson, baking cheesecakes, enjoying my ever-increasing flock of hummingbirds, lake fishing with my Husband, and playing Bunco monthly with a treasured group of ladies. Most recently, I worked at Tim's Pharmacy and Gift Shop in Yelm for 23 years,

where I was able to interact with and serve many people from the Nisqually Tribe during that time.

Robert Hanson (Blaine), Pharmacy Administrative Manager

My Name badge says Robert Hanson, but you can call me by my middle name: Blaine. In September, I joined the Nisqually Tribal Pharmacy as the Pharmacy Administrative Manager. Basically, I get to do the non-therapeutic paperwork – freeing up the Pharmacists to be Pharmacists. I have been working in pharmacy for close to three decades. I am a father of four grown children, an Air Force veteran and a former restaurant manager.

I am a graduate of The Evergreen State College with a Bachelor of Arts degree, with an emphasis in business management and Psychology. I volunteer for Camp Victory for Children, a non-profit, completely volunteer run organization that runs residential camps for girls or boys that are survivors of sexual assault and sexual abuse. My wife of 32 years and I lead arts & crafts for both the boys camp and the girls camp. If you want to know more you can visit campvictoryforchildren.org. I look forward to seeing everyone's smiling face at our beautiful new facility.

Welcome to Nisqually Children and Family Services

By Betty Pacheco

We are excited to announce that we have two new caseworkers. They come with a variety of experience which will help this department in many ways. Liz Daniels and Amanda Andujar have already worked with our families and are sharing their knowledge.

Hello my name is Amanda Andujar and I am excited to be working with the Nisqually Tribe and Children and Family Services. I recently moved here from Miami, Florida. I have my Bachelors Degree in Criminal Justice with an emphasis on Human Services, and I have 10 years of Child Welfare experience. I am a Board Certified Guardian Ad Litem, and have experience working with at risk youth and families. I am a Mom to five amazing children ranging from 7-23 years old, and am an

animal lover with a small horse/goat/cow farm in Roy. I enjoy the outdoors and everything that the Pacific Northwest has to offer. I look forward to working with and meeting you all.

Liz Daniels

Nisqually Children and Family Services Case Worker. Enrolled member of The Choctaw Nation of Oklahoma. I am very excited to work with the Nisqually community, and am grateful to be here. I am passionate to serve the community, using leadership skills and humility in the face of adversity and life challenges. I enjoy gaining knowledge of different crafting techniques and sharing them with future generations.



Traditional Healing

Hello from Traditional Healing! We are happy to kick off the new year with our amazing team of healers and are looking forward to the growth of our program in 2022.

In light of ongoing COVID related uncertainty, we want to encourage you to take care of yourself, manage the feelings that come with these times in a healthy manner. **Please consider taking some time to come in and speak with Bradley Castillo, one of our amazing healers providing Indigenous Stress Management Support. He is on-site Monday-Wednesday 9 a.m. - 4 p.m.**

There are also current openings in the schedule for a spiritual intuitive healing session with Marcianne Allen and Karen Lilly. **Please take advantage of having such wealth of knowledge and opportunity to connect with natural born healers here in**

Nisqually. They will be on-site and available for appointments.

Also a reminder that there is still opportunity to schedule **psychic readings VIA phone with Lisa Holm. Her new schedule moving forward for 2022 will be Wednesday's and Thursday's 1 p.m. - 5 p.m. Again, all of her visits will be by phone only until further notice.**

Just a reminder that we have **two massage therapists on site, Andrea is available every Tuesday and every other Monday (unless otherwise posted), and Karen Scott.** ***Please keep in mind Massage is for Nisqually Tribal Members Only, Nisqually Tribal elders have preference.*

Please call our program secretary Victoria Jackson at our direct line 360-493-6450 to schedule with

any of our healers. We also want to remind community that they are more than welcome to schedule a virtual session with any of our healers to encourage access during the ongoing pandemic, of course with the exception of massage therapy.

Thank you all for supporting this amazing program. Again we are very excited to meet the needs of the community by continuing to grow the Traditional Health program and offer different ways of healing in Nisqually. If you have any questions, thoughts, or would like to know more about Traditional Healing offerings, please do not hesitate to reach out the Traditional Health Program Manager: Taylor Pulsifer 360-459-5312 ext. 2801

Happy New Year!!

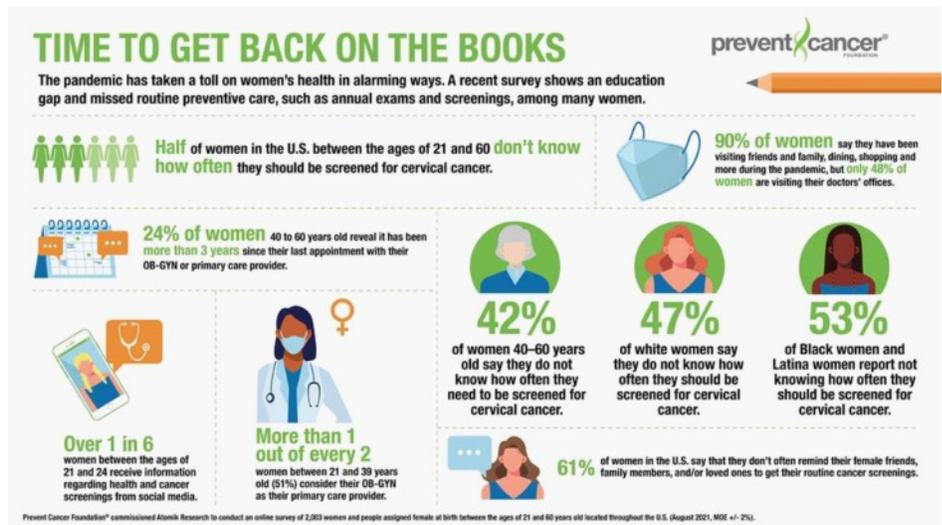
Cervical Cancer

Cervical cancer disproportionately affects Native communities. American Indian and Alaska Native women have a much higher occurrence of cervical cancer compared to white women and are often diagnosed at its later stages. Cervical cancer is the most common HPV-associated cancer among American Indian/Alaska Native (AI/AN) women (U.S. Cancer Statistics Data Briefs, August 2019).

Cervical cancer is **detectable** (PAP test and HPV testing), **preventable** (HPV vaccination) and **treatable** (85% survival when caught in early stage).

How can the Native Women's Wellness Program support your tribe?

- Women age 21-64 may be eligible for free cervical screening, diagnostic services and navigation.
- NWWP provides funding to support your Patient Navigator and Provider. Patient navigators provide patient outreach, coordination of screenings and provide community educational & outreach events.
- NWWP funds may be used to purchase HPV vaccination doses, clinic supplies and educational flyers and opportunities. **This year your Patient Navigator may have organized for your clinic team to receive scrubs in teal color.** This is one of the innovative ways our funding supports the clinics.





BRIGHTON CREEK UPDATE

We hope you are well and staying safe!

We, at Brighton Creek Healing & Retreat Center, continue bringing all Nisqually Tribal Members a well-maintained and sanitary COVID-19 Quarantine Site and a Healing and Retreat Center.

Construction and COVID-19 Quarantine Site UPDATE:

Brighton Creek continues to prioritize the facility as a COVID -19 quarantine site, to be ready if needed for our tribal members. In the meantime, we have been consistently busy with construction, licensing paperwork and meeting code requirements. We are continuing to move forward with our construction efforts, with repairs and remodeling projects planned for 2022.

Our hope is to continue to move forward in bringing the community and tribal members a very beautiful healing and retreat center. We are excited to see the potential and transformation of the facility!

Brighton Creek 2021 Accomplishments

- Prepared as COVID-19 quarantine site
- Secured funding for bathroom/dining/kitchen renovation to begin Jan 2022
- Upgraded electrical in cabins 1 and 2
- Completed septic install for RV park
- Installed security fence
- Removed dead trees
- Installed 2-backup generators
- Secured funding for security cameras and security trailer
- Increased water capacity adding two pressure tanks

- Working on mapping the property
- Working in collaboration with Council, Administration, Building, Planning, Maintenance, and Public Works.

Brighton Creek Healing and Retreat Center Goals for 2022

- Hire Security, Maintenance and Caretaker Staff
- Upgraded electrical in Cabins 3 and 4
- Increase security systems
- Caretaker residence/modular installation
- Complete renovation of bathrooms, kitchen and dining
- Landscaping
- Complete state licensing
- Seek grant funding to assist with renovation projects and services
- Set up counseling/therapy office
- Continue collaboration with Council, Administration, Building, Planning, Maintenance, and Public Works
- Collaboration with Behavioral Health, Culture and other departments for services, activities, and events.
- Hopefully COVID variances will end
- Complete property into trust status

HAPPY NEW YEAR!

“Get vaccinated!”

We look forward to seeing you soon!

Brighton Creek Staff





NISQUALLY HEALTH BUSINESS OFFICE UPDATE



Krislyn- Benefits Coordinator

Johanna- Tribal Assister

Business Office Phone #
(360) 486-9599

BUSINESS OFFICE UPDATES

Access to the Business Office still remains restricted due to Covid-19 Safety Protocols. As of November 1st, the drop box located in Billy Frank Jr. gym will no longer be there. Since changing locations, our work flows have slightly adjusted. Please continue to call for PO's, dropping off documents, and all other needs. Applying for medical benefits has never been easier. Krislyn can assist with Apple Health applications/updates, register new patients along with update current patients. Johanna can assist with Apple Health applications/updates, Medicare Part B, and Social Security benefits.

NEED A PO # ?

Please Contact either:
Christine Curtis or Lisa Wells

DROPPING OFF DOCUMENTS

Call to be met outside or leave at the front with our greeter who can direct your paperwork to the correct staff member

NEED INSURANCE?

Krislyn and Johanna are both certified Tribal Assisters

HEALTH DEPARTMENT Services

2022 HOURS OF OPERATION
MONDAY-FRIDAY 8AM-5PM
WE ARE CLOSED FOR LUNCH
EXCEPT THE CAFE
FROM 12PM-1PM.

PHARMACY

(360) 491-9770 PRESS "0"

DRIVE-THRU AND IN PERSON PICK-UP AVAILABLE
PATIENT CONSULTATIONS IN-PERSON AND VIA PHONE

(360) 486-9599

CHS/PRC

ISSUE PO'S AND INQUIRE ABOUT REFERRALS IN-PERSON AND VIA PHONE
APPLY FOR ALTERNATE RESOURCE AND UPDATE REGISTRATION IN PERSON

MEDICAL

(360) 459-5312 PRESS "5"

IN-PERSON VISITS - NISQUALLY TRIBAL ELDER HOME
VISITS - COVID VACCINE/BOOSTER AGES 5+

(360) 413-2727

Behavioral Health

IN-PERSON SUD APPOINTMENT'S AND WALK-IN'S WELCOME

TRADITIONAL HEALING

(360) 493-6450

IN-PERSON VISITS FOR ELIGIBLE PATIENTS BY
APPOINTMENT ONLY

(360) 459-5312 PRESS "5"

COVID TESTING

AVAILABLE FOR ELIGIBLE PATIENTS BY APPOINTMENT ONLY.
DRIVE TO RIGHT SIDE OF BUILDING AND CALL WHEN READY

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES HOLIDAY
CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE.
IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221. THE
NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION.

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

DENTAL AND CAFE Services

HOURS OF OPERATION ARE MONDAY THROUGH FRIDAY 730AM-430PM
DENTAL CLOSED DURING LUNCH FROM 12PM-1PM
CAFE IS AVAILABLE DURING LUNCH HOURS

WELLNESS CAFE (360) 493-6441

COFFEE, SPRITZERS, TEA, SNACKS AND FOOD WHILE SUPPLIES LAST.

DENTAL (360) 413-2727

AVAILABLE FOR IN-PERSON VISITS TO ALL ELIGIBLE PATIENTS

PLEASE NOTE THAT THE NISQUALLY HEALTH DEPARTMENT OBSERVES
HOLIDAY CLOSURES SET FORTH BY THE NISQUALLY INDIAN TRIBE.
IN THE POSSIBILITY OF INCLEMENT WEATHER, PLEASE CALL (360) 456-5221.
THE NISQUALLY TRIBE MAIN LINE WILL HAVE UP TO DATE INFORMATION

TEMP CHECKS AND COVID SCREENING REQUIRED WHEN ENTERING.

Nisqually Health Department Diabetes Program
Schedule your annual diabetes exam: 360-459-5312

Know the Differences

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.



Heart Disease A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.

About **630,000 Americans** die from heart diseases each year.
11.7% of American adults (that's more than 1 of every 10) have been diagnosed with heart disease.



Coronary Heart Disease A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About **366,000 Americans** died from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C**.
- **Reduce the sodium** and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active**.
- **Control your weight**.
- **Don't smoke**.
- **Manage stress**.



nhlbinh.gov



NIH National Heart, Lung, and Blood Institute





Dual Diagnosis vs. Substance Use Disorder-What Does it Mean?

With the surge in media attention including the recent court case against Purdue Pharma, I am sure that many of you are aware of the dangers of a substance use disorder and have personally experienced at least some aspect of the current crisis.

Over the past few decades, healthcare and law enforcement has slowly changed its view on substance use as well as the intervention associated with the issue, but has continued to fail on properly diagnosing and treating the root cause of the addictive behavior especially within the context of minority populations.

Rarely in my practice have I encountered a client that reports trying addictive substances and consciously choosing to lose everything valuable in their life for a mere substance. Instead, through extensive therapy, and yes, sometimes medication, it is discovered that the individual had suffered from depression, anxiety, and PTSD due to a life of trauma and isolation. If a person is unable to receive dopamine and serotonin, “the reward and feel-good chemicals” from positive engagement within society, the individual often turns to a substance that can provide a temporary boost oftentimes without a conscious decision.

Without proper evaluation for underlying causes of addictive behavior, individuals often become more

lost and discouraged when they have stopped using substances but don't notice an improvement in mood or thought process causing a rapid relapse.

In addition, recent studies have shown that vulnerable populations may already be at more of a disadvantage due to a phenomenon called “intergenerational trauma” wherein the theory states that even if an individual themselves is not directly exposed to trauma, the genetic markers and traits of trauma may pass through as many as three generations.

When viewed in the context of chronic disease process and understanding that one must address the whole person-mind, body, and spirit; great success is achieved.

Our goal within the Behavioral Health Program is to treat the entire individual while creating a safe space of healing and supporting a path to a more positive future. If you have been struggling with making impactful changes or just formed a New Year's resolution, please give us a call or stop by to see how we might be able to help!

Behavioral Health 360-413-2727
In person SUD appointments and walk-ins welcome.

South Puget Intertribal Planning Agency

**USDA Foods Program
February Dates**

PT. GAMBLE S'KLALLAM 2/3/22
 SQUAXIN ISLAND 2/8/22
 SKOKOMISH 2/11/22
 CHEHALIS 2/17/22
 NISQUALLY 2/18/22

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
February Dates**

SQUAXIN ISLAND 2/8/22
 NISQUALLY 2/9/22
 CHEHALIS 2/10/22
 SKOKOMISH 2/16/22

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

February 4, Happy Birthday Auntie, Love the McDonald Family

February 9, Happy Birthday Janae, Love the McDonald Family

February 13, Happy Birthday Chase, Love the McDonald Family

February 20, Happy Birthday Rodney (Grandson), Love Papa, Grandma, Mom, Sissy, Auntie Jasmine and Auntie Samira

Happy Anniversary to us <3, Love Marie



**Happy b-day "KK" Kamea the big ONE!
Happy b-day to my POPS. Love you pops!**



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.

Nisqually Transit

FREE Rides
Monday through Friday

Upper and Lower Reservation Route
7:30 a.m. to 4:30 p.m.
Last OFF RESERVATION
Appointments ending at 3:00 p.m.

(360)456-5236

transportation@nisqually-nsn.gov



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

Strengthening Tribal Education Program
 Empowered people fulfilling their dreams and aspirations.

STEF
 S.T.E.F. Casino

Must be at least 18 years old to apply.
 For more information contact:
 Tia Loeau, S.T.E.F. Coordinator
 tlozeau@redwind.net
 (360) 412-3651
 or visit step.redwindcasino.com

Apprenticeship Offered

Hourly	Hourly Plus Tips/Tokes
Administrative Assistant	\$17.32
Culinary	\$23.17
Engineer I	\$23.17
Facilities Custodial	\$16.67
Facilities-Outside Grounds	\$20.02
Finance	\$17.32
Human Resources	\$17.32
IT Technician	\$21.57
Marketing	\$16.67
Security	\$20.02
Table Games Dealer	\$14.50
Vallet	\$14.50

(requires valid driver's license)
 (must have previous experience dealing blackjack or completed a dealer class.)

STEF
 S.T.E.F. Casino

Nisqually POST & PRINT
 360.810.8600
 orders@nisquallypostandprint.com

CUSTOM VALENTINES
 (30) 3" X 5" Full Color
\$6.00
 Other Designs Available

Happy Valentine's Day

To: _____
 From: _____

STEF
 S.T.E.F. Casino

12820 Yelm Highway SE #C | Olympia, WA 98513