

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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www.nisqually-nsn.gov

August 2022

Congratulation Newly Elected Officials

Following the certification and court upholding the election results, the swearing in of all office holders and other positions was held July 1 in Nisqually Council Chambers. Congratulations to all.

- Photos by Aztec Sovereign.



Congratulations to
Tribal Council,
Enrollment Committee &
Shareholders!



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 7/14/22
Minutes Approved on:
Meeting Called To Order: 1:32

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

Guest: Annie G, Maury S, Mary S, David W, Jamie S, Liz H. Shannon I, Shannon B, Sharlaine R, Leslie F, Deb M, Stefanie M, Alvin A.

Tribal Councils Motions & Consensus:

Swearing in of Enrollment Committee 7th Member Maury Sanchez.

Introduction to New HR Director Lorilee Morsette.

Mary Szafranski – Week 123, 25+ cases. Mary is working on a flyer with a 1800 number to call to report positive cases. Thurston county has shut down testing sites and most vaccine clinics.

Mary Szafranski – **A Resolution Rescinding Tribal Council Resolutions 8-2021, 112-2021 and 79-2021.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes 6-0-0. Resolution #108*

Alvin Aganon – **Approval of Weekly Budget Consent Calendar.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes 5-0-1.*

Shannon Blanksma – **A Resolution Authorizing Emergency Hazard Pay to All Tribal Employees Using the Tribes Rescue Plan Act Coronavirus State Relief Funds Monies.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes 6-0-0. Resolution #107*

Shannon Iyall/ Leslie Ferrer – **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Desmond Sharp-Cole.** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes 6-0-0. Resolution #109*

Shannon Iyall/ Leslie Ferrer - **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Emilia Cole.** *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes 6-0-0. Resolution #110*

Shannon Iyall/ Leslie Ferrer - **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of**

Continued on pg. 3-MINUTES

How to Contact Us

Tribal Center 360-456-5221
Health Clinic 360-459-5312
Law Enforcement 360-459-9603
Youth Center 360-455-5213
Natural Resources 360-438-8687

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Olympia, WA 98513
360-456-5221

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

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

Nisqually Tribal Council

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

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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Ko'Chise Sanchez. *Motioned by Leighanna Scott, seconded by David Iyall. Motion passes 6-0-0.*

Resolution #111

Shannon Iyall/ Leslie Ferrer – **Approval of 30-Day List.** *Motioned by Jackie Whittington, seconded by Antonette Squally. Motion passes 6-0-0.*

David Trout – **A Resolution to Approve and Authorize a Professional Services Agreement with the Nisqually River Foundation.** *Motioned by Leighanna Scott, second by Jackie Whittington. Motion passes 6-0-0. Resolution #112*

Liz Henry – **A Resolution to Approve and Authorize a Professional Services Agreement with Andrea Pellissier.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes 6-0-0. Resolution #113*

Liz Henry - **A Resolution to Approve and Authorize a Professional Services Agreement with the Whole Nine yards, LLC.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes 6-0-0. Resolution #114*

Liz Henry – **Consents to Approve the Purchase of 5 Tiny Homes to Support Recovery Campus on the Brighten Creek Property for \$705,500.**

Chris Olin – **Approval of Updated Cell Phone and Smart Phone Policy.** **Tabled**

Chris Olin – **Approval of Bring your Own Device Policy.** **Tabled.**

Nate Cushman - **Resolution of a Resolution Designating Certain Tribal Property as “Ruban’s Camp”. (With changes Ruban Wells Sr”.** *Motioned by Antonette Squally, second by Chayannah Squally. Motion passes 6-0-0. Resolution #115*

Geno Sanchez – **A Resolution to Approve and Authorize a Contract with BMG Painting & Remodeling, LLC.** *Motioned by David Iyall, second by Chayannah Squally. Motion passes 6-0-0. Resolution #116*

Sharlaine Revey – **Approval of Social Worker JD.** *Motioned by Leighanna Scott, seconded by David Iyall. Motion passes 6-0-0.*

Sharlaine Revey – **Approval of Case Aids/ Outreach Worker JD.** *. Motioned by Leighanna Scott, seconded by David Iyall. Motion passes 6-0-0.*

Sharlaine Revey – **Approval of Adult Wellness Center Office Manager JD.** *Motioned by Antonette Squally, second by David Iyall. Motion passes 6-0-0.*

Pete Ansara – **Approval of Updated Housing Director JD.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes 6-0-0.*

Sommer Sanchez – **Approval of 6/16/2022 TC Minutes.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes 6-0-0.*

Sommer Sanchez – **Approval of 7/01/2022 TC Minutes.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes 6-0-0.*

Shannon Blanksma – **Consents for David Stepetin’s request to cash out 240 annual hours.** *Loralie to look into the policy regarding cashing out hours.*

Antonette Squally – **Consents for budget for Nisqually Summer Language Program. Letter to go out to GC.**

Motion to Adjourn by Antonette Squally, seconded by David Iyall. Motion passes 6-0-0. Meeting ends at 2:13

Date: 7/21/22

Minutes Approved on:

Meeting Called To Order: 1:38

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

Guest: Mary S, Nate C, Brent B, David W, Alvin A, Jamie S, Shannon B, Marie M, Joe C, Ezra K, Deb P, Sharlane R, Cynthia I, Bob I, Justine C, Chris O.

Tribal Councils Motions & Consensus:

Mary Szafranski – Week 124, 712 Positive Cases in Thurston County, 8 positive reported cases on the rez. Flu event will be drive through and is set for October 12th.

Alvin Aganon – **Approval of Weekly Budget Consent Calendar.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 6-0-0*

Alvin Aganon – **A Resolution Authorizing Acquisition of a House and lot at 11602 25th Ave on the Nisqually Reservation.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 6-0-0 Resolution #117*

Alvin Aganon – **Nisqually Indian Tribe Umpqua Bank Resolution.** *Motioned by David Iyall, seconded by Antonette Squally. Motion passes, 6-0-0 Resolution #118*

Chris Olin – **Approval of Updated Cell Phone and Smart Phone Policy.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 6-0-0.*

Chris Olin – **Approval of Bring your own Device Policy.** *Motioned by Leighanna Scott, seconded by Jackie Whittington. Motion passes, 6-0-0.*



Tribal Council Public Hearing

The Nisqually Tribal Council hosted a public meeting with stations about the history of tribe's Hawks Prairie Property in July.

Please keep a look out in your mail for your general council packet with more information about the property.



Continued from page 3 -MINUTES

Nate Cushman – **Draft Housing Department Eligibility Admissions and Occupancy Policy. Tabled**

Nate Cushman – **A Resolution to Approve and Authorize a Jail Services Agreement with the City of Lakewood.** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 6-0-0 Resolution #119*

Nate Cushman – **A Resolution to Approve and Authorize a Contract Renewal with Wellpath, LLC.** *Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes, 6-0-0 Resolution #120*

Nate Cushman – **A Resolution to Approve and Authorize a Contract Extension with Liz Henry.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 6-0-0 Resolution #121*

Bob Iyall – **Approval to Implement MCEC budget for remainder of the year.** *Motioned by Leighanna Scott, seconded by Antonette Squally. Motion passes, 6-0-0*

Housing Committee would like to set up a meeting to discuss concerns.

Marie McDonald – **A Resolution to Approve and Authorize a Submission by SPIPA of an FY2022-2023 CSBG Program Application to the Department of Health and Human Services, office of Community Services.** *Motioned by Leighanna Scott, seconded by Antonette Squally. Motion passes, 6-0-0 Resolution 122*

Marie McDonald – **A Resolution to Approve and Authorize a Submission by SPIPA of an FY2022-2023 LIHEAP Program Application to the Department of Health and Human Services, office of Community Services.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 6-0-0 Resolution #123*

Wayne Lloyd – **A Resolution to Approve and Authorize a Construction Services Agreement with GM Construction, LLC.** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 6-0-0 Resolution #124*

Leslie Ferrer – **A Resolution to Approve the Automatic Enrollment in the Nisqually Indian Tribe of Antonette Turningrobe-Wells.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 6-0-0 Resolution #125*

Sommer Sanchez – **Approval of 7/14/22 TC Minutes.** *Motioned by Chayannah Squally, seconded by Jackie Whittington. Motion passes, 6-0-0*

Motion to Adjourn by Chayannah Squally, seconded by Leighanna Scott. Motion passes 6-0-0 Meeting ends 2:04



Ancient Does Not Mean Easy

Brad Beach and Sela Kalama

Before the advent of metalworking, humans had to manufacture their tools from stones, bones, and wood. While these three materials made fantastic tools, only those¹ made from stone were able to stand the test of time in our region. Materials such as bone and wood degrade at a rapid rate in western Washington due to a combination of moisture and acidic soils from the numerous stands of Douglas Firs; because of this deterioration, most artifacts we find are made of stone. To better identify these stone tools, the Nisqually Tribal Historic Preservation Office (THPO) recently attended a small-group training event where we learned how to flint knap.



On a beautiful, sunny, Monday morning the THPO staff, Annette and Kurtis Bullchild, Debbie Preston, Aztec Sovereign, and Jack George met with Archaeological Investigations Northwest (AINW) lithics instructor Terry Ozbun for a full day of flint knapping on Henderson Inlet. Flint knapping is the process of shaping a fine-grained volcanic rock (obsidian, chert, basalt) into a useable stone tool ~ think “arrowhead.” Though the premise of flint knapping is straight forward, hit one rock with another rock to remove some of the material, the reality is that flint knapping is incredibly difficult!

After learning about radial fractures, bifacial thinning, and bipolar reductions we soon realized that just because flint knapping is a 2.6-million-year-old skill that pre-dates modern humans, it is by no means easy! The silver lining is that even though we might not be able to create an “arrowhead” at this time, we can identify the stone debris that flint knapping leaves behind and use that information to find and protect archaeological sites within the Nisqually watershed and beyond.



Time to Define

Inadvertent Discovery?

An inadvertent discovery is the accidental (inadvertent) discovery of an archaeological resource during the construction/development process; it is also our last line of defense before a building or parking lot gets built. Once an archaeological resource is found inadvertently, the project is supposed to come to a halt so all of the affected parties can discuss the best way forward. The best path forward could be anything from simply photographing and recording the discovery to a massive archaeological undertaking; it solely depends on what was found. And to the dismay of the project proponent, the cost of any archaeological remediation is absorbed by the project owners. This is why we often tell people that exploring for archaeological resources before a project starts can save both time and money in the long run.

¹ General information: certain environmental conditions may preserve wood and bone for millennia.



Technology Trends – What does the future hold?

Tips from the IT-WebDev Department

Computing power will continue to explode in 2022. There is now considerably better and more secure cloud infrastructure. As a result many businesses are re-platforming to the cloud or a hybrid variant. We are also seeing a push towards better mobile networks with 5G already rolling out and 6G on the horizon. This means even more power in smart devices to include advanced technologies used in phones, automobiles, and wearable devices.

Forbes magazine predicts a continued momentum for the smart device explosion further into 2022, including the introduction of intelligent home robots. We currently have intelligent televisions, autonomous cars, and intelligent robots in factories that can work alongside humans to complete tasks.

There is another trend term they identified and that is **datafication** – With the large amounts of the digitization today, it means that we have enormous amounts of data available. That data has now become the number one business asset for many organizations. We can use this data to better understand our clients’ needs, research key trends, and get insight into what’s working inside our organizations. The term “datafication” was introduced by Kenneth Cukier and Victor Mayer-Schöenberger in 2013 to refer to transforming invisible processes into data that companies can use to optimize their business.

Organizations and researchers are also using this data and computing power to provide advanced artificial intelligence (AI) capabilities throughout the world. One of the key trends in the AI industry is

machine vision. We now have computers that can see and recognize objects through a video or photograph. Language processing is also making big advances, so machines can understand our voices and speak back to us.

Economic, production, resources (both material and human) along with health impacts will always come into play to further technology developments here at home and across the world. The crystal ball isn’t always clear with unforeseen impacts, but the trends in technology are advancing regardless. The key will be to harness this data and technology in order to successfully apply it towards positive growth and use.

"Whatever the future holds, do not forget who you are. Teach your children, teach your children's children, and then teach their children also. Teach them the pride of a great people ... A time will come again when they will celebrate together with joy. When that happens my spirit will be there with you." - Chief Leschi, Nisqually



STEP SHOUT-OUT

STEP would like to send a massive shout-out to Ellen Wells for earning her GED. Ellen has diligently studied for the exam and passed with flying colors. She has also been accepted into a few different colleges to start working on an associate degree in Business.

Keep believing in yourself, and do not stop; you will accomplish all the goals that you have set for yourself and more.
Tia Lozeau, on behalf of the STEP Board





Nisqually Hunting Regulations

Changes to come to hunting regulations for 2022-23

The Nisqually Wildlife Program proposed changes to the 2022-23 Hunting Regulations, which were agreed upon and passed by the Nisqually Fish (and Wildlife) Commission on May 31, 2022, and approved by the Tribal Council on June 16, 2022.

The proposed changes went through two public hearings held in the Fish Commission chambers on May 18th and May 25th and approved by the Commission on May 31st. The dates of the public hearings were announced to tribal public through a mailer sent to all tribal households in April. The public hearings drew a large gathering of eight tribal members who were interested in listening and voicing their thoughts regarding the proposed changes. The Wildlife Program was tasked by the Department of Natural Resources to update the hunting regulations, and proposed changes based on best available science and management recommendations, and considerable feedback and suggestions provided by tribal members, and internal discussions with DNR staff. For a complete list of changes, please see the final approved 2022-23 Hunting Regulations when they become available in July.

A few of the notable changes include:

- Seasonal bag limits will go into effect this hunting season, with two elk per hunter, per season; and four deer per hunter, per season; three black bear per hunter, per season; and one adult mountain goat per hunter, per season.
- Fee for hunting tags. A \$20 fee for the first tag, and \$10 for every hunting tag thereafter. Tags for tribal elders shall be free, unless they want to be entered into the end-of-season raffle (see below), then tags shall be \$10 for elders for the first tag, and \$5 thereafter. The hunting tag fee payment will be a similar process to buying fish tickets and shellfish tickets. Hunters will pay the accounting office for the tag, and then bring the receipt to the DNR building to pick-up the hunting tags.

- A minimum 3-point bull elk requirement throughout most of the ceded area. There was considerable feedback by tribal members who attended the public hearings that wanted to see requirements on bulls, and less pressure on cow elk.
- Either sex (for both cow elk, and doe deer) season has been shortened, begin October 1st running through December 31, 2022.
- Bull elk and buck deer will open the same day as previous years, August 1st and will remain open until February 28th.
- The Reservation is closed to hunting, except for along the Nisqually River corridor during the regular hunting season. This proposal came after several tribal members voiced their concern that hunting near tribal houses and tribal government offices was a public safety concern. The tribal property known as the “Braget Farm” is now closed to hunting.
- Hunter orange or hunter pink requirement during October 1st – December 1st. This date coincides with the period when most state hunters are actively hunting within the ceded area of the Treaty of Medicine Creek.
- End-of-season raffle for two \$300 gift certificates to Cabelas. Two weeks after the end of the hunting season there will be a raffle draw for the two gift certificates. All the hunting tag fees will go towards the raffle. You must return your unfilled hunting tag within two-weeks of the end of the hunting season, or 10-days of a harvest in order to be eligible.
- New upland resident game bird season.
- Spouses and others who are not enrolled Nisqually tribal members will not be issued tags, nor are they permitted to pick-up hunting tags for enrolled Nisqually Tribal members.

Please be sure and read the entire new hunting regulations for all changes not mentioned above. Please stop by the DNR office at 620 Old Pacific Highway during business hours to pick up a copy of the new regulations.



AIANTA Visit

By Debbie Preston

The Nisqually Tribe hosted the American Indian Alaska Native Tourism Association (AIANTA) CEO, Sherry L. Rupert (Paiute/Washoe) along with AIANTA's National Park Service Program Coordinator, Jolene Catron (Navajo Nation) for a packed three days of familiarization with the area and Nisqually opportunities for tourism. The tour precedes planned meetings in the fall with other state and federal park officials regarding the opportunities for cooperation in tourism.

Hanford McCloud, who has spearheaded many of the tribe's educational opportunities, helped lead the tours through the Nisqually watershed, with a river tour with Chairman Willie Frank, a walk at the Billy Frank Jr. Nisqually National Wildlife Refuge, a meeting with Dupont city officials followed up with a walk on the Sequelitchew Creek Trail.

A spectacular finish was a helicopter tour to see the entire Nisqually watershed and highlighting the work the tribe has done to ensure the protection of the riparian (streamside) trees for many of the 80+ miles from Mount Rainier to the mouth of the river.

-Photos by Jack George and Aztec Sovereign.
For more information about AIANTA:
<https://www.aianta.org/>





Language Books

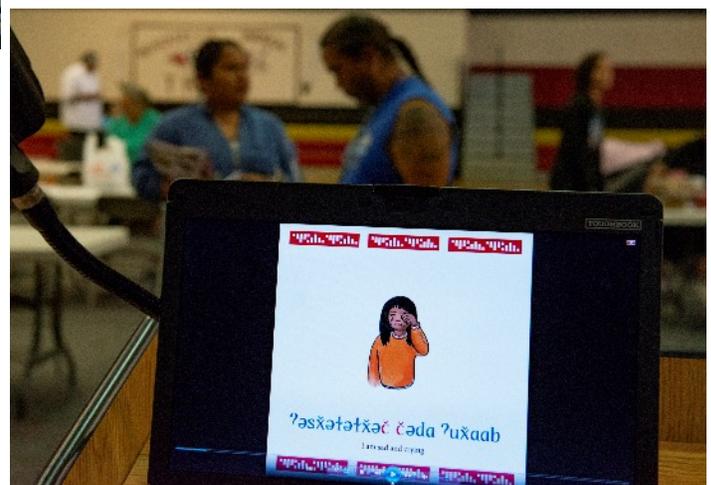
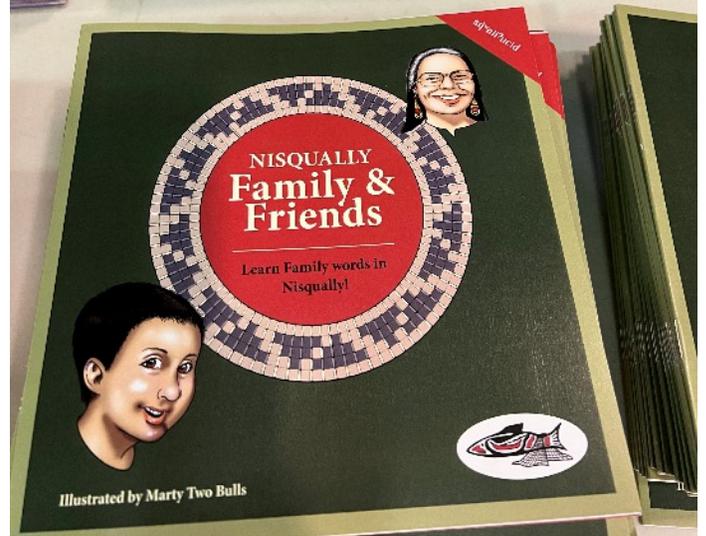
By Debbie Preston

It was a joyous afternoon when the Nisqually Language Center debuted the long-awaited books with stories and names with pictures and the Nisqually language along with resources to listen to how to say the words. An early dinner was also served. The Nisqually Language Center now has a Facebook page:

<https://m.facebook.com/groups/511342743843739/>

If you were unable to pick up your books at the event, contact either Catalina Sanchez , sanchez.catalina@nisqually-nsn.gov, or Kayla Sparkuhl, Sparkuhl.Kayla@nisqually-nsn.gov or by calling 360-456-5221 and asking for either one of them to arrange for pick up.

This is just the beginning.





Canoes Out On The Water!

By Debbie Preston

Leimomiwainui canoe family and the Nisqually Canoe Family brought their canoes to Solo Point on July 23, opening with prayer and song before kids and adults alike took turns paddling in and around Ketron Island. CJ had his truck at the ready with lunch and snacks.

The Nisqually Reach Nature Center helped kids and adults do a beach seine and look at and identify the life found. Upper right, Hanford McCloud skippers the Nisqually canoe leaving from Ketron Island. Younger children went out to the point of Ketron across from Solo Point and back with support boats accompanying them. Leimomiwainui skipper Kyle Sanchez gets ready to load up the next batch of those who want to paddle.



Livestock Brand Design Submissions for Medicine River Ranch

By Debbie Preston

Nisqually tribal member and Nisqually Community artists, here is an opportunity to create a unique brand for all the Medicine River Ranch animals that will be registered with the state and seen nationally and eventually internationally.

Keoni Kalama, Medicine River Ranch Manager, said he is excited to take this next step for the ranch as it is growing. "It's time. We will have Indian Relay Race horse teams in the future, we have pigs and we're about to have our first foal that will be the first registered quarter horse under the Nisqually Medicine River Ranch name."

Brand designs need to be simple and clean, but at that same time, represent Nisqually when thinking about Medicine River Ranch and "People of the river, people of the grass." The Nisqually Language app on any platform can be downloaded if you want to work with some of those elements, and want some

assistance from the Nisqually Language Center. (Call Administration and ask for Kayla Sparkuhl or Catalina Sanchez to request assistance with the language. (360) 456-5221.

Here is a link to a discussion of brands in Texas that can help inform some design ideas. <http://www.tscrabrands.com/design-brand.html>

"Just think of the animals a little too. The less complicated the design, the better, even if there are better ways of branding now where infection isn't as big a concern," said Kalama.

Please submit your design by Sept. 16, 2022. Please use an 8 1/2 x 11-inch piece of paper to print your design to or to draw on and submit to this e-mail or drop at the front desk of Nisqually Administration, attention: Debbie Preston. preston.debbie@nisqually-nsn.gov

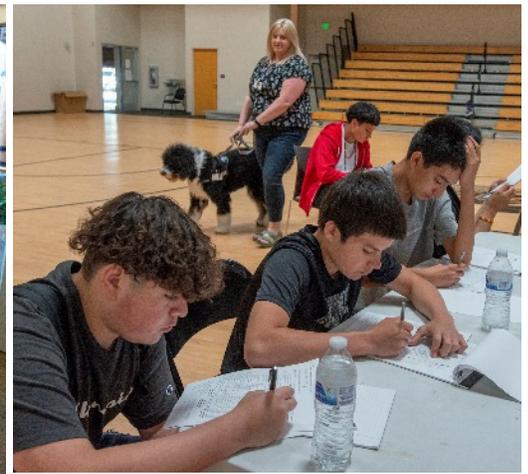


Therapy Dog Visits The Tribal Employees

By Debbie Preston

Thanks to Lacey Police Department and Lindsay Palmer for bringing therapy-dog-in-training Trip for some visits around the Administration campus. The Bernedoodle was a welcome break from the daily grind for many. Therapy dogs have been shown to bring heart rates down and reduce anxiety. (on floor with the belly rubs)

Trisha Swales, new payroll specialist for Nisqually, loves on Trip with the belly rubs. Trip and Lindsay leave the Nisqually Youth program following a visit as the students return to learning what jobs might best suit them based on their interests.





Headstart Celebration

By Debbie Preston

Congratulations to the Head Start class for moving up! This is the larger class! The Canoe Family leads the march around the Administration Building. Each graduate had their picture at the table. Learning to hold their hands up after the song is finished.





Youth Services Senior Grad Night!



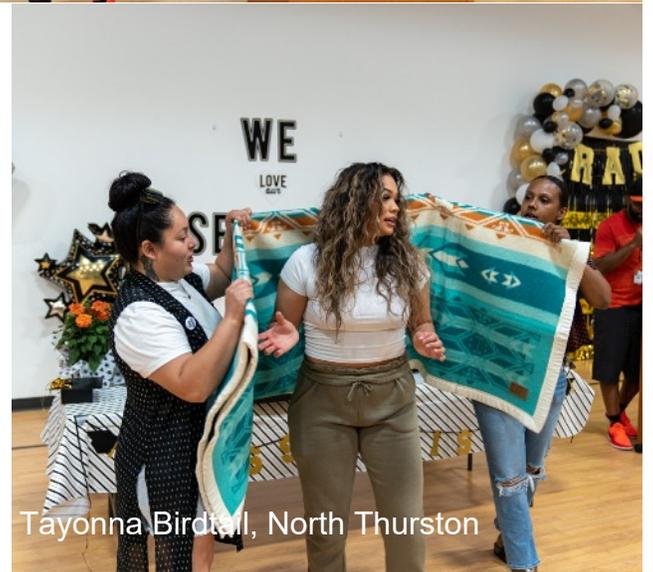
Alohilani Kalama, New Market



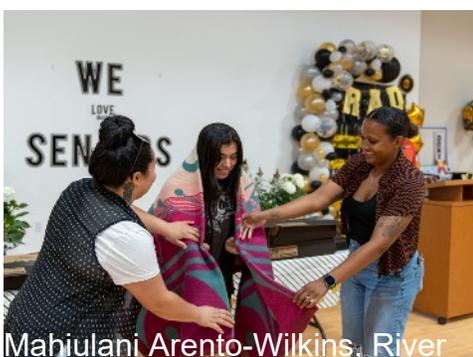
Aiden McCloud, Chief Leschi



Nanalei Sanchez, Riverside Indian School



Tayonna Birdtall, North Thurston



Mahiolani Arento-Wilkins, River



Kulaque Kalama, Riverside Indian

Congratulations Grads!



Summer Fun-In-The-Sun

August is “Summer Fun-In-The-Sun” Safety Month.



So, as you are able, get outside and enjoy the summer and be safe! In addition to COVID, there are a couple of other risks to be aware of when enjoying the great outdoors. Exposure to ultraviolet light and a heightened risk of dehydration are both real concerns.

Summer is the time of year when people spend more time outdoors. Whether swimming in the pool, going to the beach, or strolling in the park, summer can be the best time. But, this doesn't mean there are no consequences. Being outside for a long time results in more sun exposure. And, this can be bad for your health. And when it's hot and humid, your risk of dehydration and heat illness increases. This is your reminder to stay safe while enjoying the summer.

Sunlight is essential for your body to produce vitamin D. But, too much of it can cause harmful effects to your skin and eyes. Excessive exposure to ultraviolet (U.V.) light is linked to most skin cancers. It can also lead to cataracts and eye cancer. So, precautions are necessary to reduce the risk of getting skin or eye diseases while you're having fun in the summer.

Some people only think about sun protection when they go to the lake, beach, or pool. But UV exposure adds up day after day, and it happens every time you are out in the sun, even on our “partly cloudy” western Washington days. Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful.

To protect your skin, use a broad-spectrum sunscreen with a sun protection factor (S.P.F.) of 30 or higher and reapply it every two hours or every one hour if you are swimming. Check the ingredients in your sunscreen. **Avoid any that contain octocrylen,**

benzophenone, oxybenzone, or benzene as they are known cancer causing chemicals. The actual things we think we are doing to protect ourselves may be harming us. Whenever possible, choose a mineral only sunscreen. Wear a wide-brimmed hat, and clothing designed to cover your body as much as possible. A good pair of sunglasses can serve as a fashion statement and protection for your eyes from U.V. exposure. In addition to those protections, make sure to stay hydrated because your body tends to lose fluids quickly in the sun.



Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Dehydration also can occur in any age group if you don't drink enough water during hot weather — especially if you are exercising vigorously.



When you work, play or exercise outdoors during hot or humid weather, cool water is your best bet. Sports drinks containing electrolytes and a carbohydrate solution also may be helpful. **And** when consuming sports drinks with electrolytes, keep an eye on the sugar and sugar substitutes in them. They can add up quickly and the body doesn't differentiate between sugar and sugar-free substitutes.

In summation, enjoy the summer while it is here. Get outside and be as active as you are able. And stay safe and hydrated. Now go and enjoy your summer sunshine.



Nisqually Health Department hosts 3rd Annual Two-Spirit LGBTQ+ Pride Event!

By Josette Ross

On Friday, June 24th 2022, the Nisqually Health & Wellness Center hosted the Third Annual 2SLGBTQ+ Pride event at the NHWC parking lot.

This year, we combined our Pride event with our Health Fair, making it our largest event to date. Approximately 450 people attended the street-fair style event to receive a swag bag filled with Pride goodies, educational and health related resource materials. Guests enjoyed complimentary meals from one of 3 food trucks and even had Hawaiian shaved ice, courtesy of TANF and the Youth Program.

Groove Entertainment kept the mood lively with great music, Head Start hosted a kids area with rock painting and a bubble machine, and representatives from the Northwest Portland Area Indian Health Board hosted a children's coloring contest and a reading of the Two-Spirit book, "Sassy Sassafrass."

During the event, we had a resource station with information for LGBTQ folk, family and friends, and a resource guide that continues to be available at the NHWC. We also had a 2022 Health Report with Patient Satisfaction Survey. We will be reaching out to patients on an ongoing basis in the upcoming weeks to continue to ask for survey input. If you have any questions, please contact Amber Arndt at amber.arndt@nisquallyhealth.org.

We were pleased to see so many Nisqually programs host tables at the event and are excited to start planning the next one for 2023!

We cannot thank you enough for joining us to celebrate all of our Two-Spirit LGBTQ+ relations. Stay tuned for more outreach events hosted here at the Health Department!!



Housing truck with this year's theme "Love is Love"



Medical staff hosting the Youth Sexual Health table



The crowd visiting our vendor tables



California Tacos and Masonry Café food trucks were a hit!



DJ Drew from Groove Entertainment kept the music going



Traditional Healing Updates

Massage Therapy:

We want to thank everyone for being patient and understanding with the new changes to our massage services. We are really happy that we have been able to start seeing more tribal members and getting patients in on a more regular basis. Just a reminder that:

- All patients may schedule up to two appointments in advance, no more than two per month. *This includes appointments with all massage therapists.
- Patients must cancel massage appointments at least 24 hours in advance. If patient is a no-show more than three times, the patient will be unable to schedule for the following six months.
- If you are given a medical referral for massage, we are able to schedule you in house at the next availability. If your medical need is higher than we have capacity for, we will assist you in accessing massage therapy with an outside vendor.

If you have any questions or concerns regarding the massage services, please do not hesitate to reach out to the Traditional Healing Program Manager:

Taylor.Pulsifer@Nisquallyhealth.org or 360-493-6450.

Traditional Medicines:

We have made significant progress in the medicines garden at the Nisqually Health & Wellness Center! We raise our hands to all the people that have helped make it happen. All the plants that are grown in the garden will be used for medicine making and stocking the apothecary here at the clinic. Please come check out the garden and plants next time you are at the health clinic! If you are interested in volunteering or attending a workshop with plant medicine please get in contact with Melissa Meyer @ Melissa.Meyer@Nisquallyhealth.org



NISQUALLY ELDERS PROGRAM

Pantry for Nisqually Elders 55+, Elders living on Nisqually Rez and Elders living with Nisqually Tribal Members.

SUMMER PANTRY

Please call the Elders Program at 360-486-9546
With any questions.

Pantry and Meconis box lunch for Elders.

FRIDAY AUGUST 19TH 9 a.m. to 3 p.m.

Herbal kits from Nisqually Tribal member Janell Blacketer.

FREE COMMUNITY SHRED EVENT Lemay Secure Mobile Shredding AUGUST 19TH 9 a.m. to 12 p.m.

Shredding open to Nisqually tribal members and people living on Nisqually Rez.

Secure shredding protects you from identity fraud. Four (4) grocery bags of paper per person.

Call Tribal Transit at [360-456-5236](tel:360-456-5236) by Thursday August 18th for scheduling priority.

Nisqually Elders Program 360-486-9546



Cancer and Related News

From the Desk of the National Comprehensive Cancer Control Program

CDC Newsroom Releases, Journal Articles and Blogs

Click on the links below.

[Interim Public Health Recommendations for Fully Vaccinated People](#)

[MMWR: Outbreak, Including Vaccine Breakthroughs, in Barnstable County, MA](#)

Save the Date

Monday, August 9 8 PM ET

Webinar: Medical Breakthroughs from ASCO (American Society of Clinical Oncology)

Presented by Sharsheret, Inc.

[Register Here](#)

Wednesday, August 11 2 PM ET

HEALTH EQUITY Zoom Session: Addressing Disparities with Adapted Evidence-Based Interventions

Presented by the Comprehensive Cancer Control National Partners (CCCNP)

Join [Zoom Meeting](#)

Wednesday, August 18 3 PM ET

Webinar: The American Indian Commercial Tobacco Program: Five Year Evaluation

Presented by the National Native Network

[REGISTER HERE](#)

“For more information on the many types of cancer and treatments, see

<https://www.cdc.gov/cancer/ncccp/index.htm>

Week of August 2, 2021

Study Links Economic Mobility to Racial Mortality Gaps

American Cancer Society Media Release, August 4, 2021

A new study suggests structural racism measured by the racial economic mobility gap between Black and White persons with a similar parental income (as an indicator of similar childhood socioeconomic status) is strongly associated with Black-White disparities in mortality in the United States, both in a recent birth cohort and in all ages combined.

These findings, appearing in *Cancer Epidemiology*, suggest that the effects of structural racism on mortality have persisted with a similar magnitude across generations in the past century.

To learn more, go to: [Study Links Economic Mobility to Racial Mortality Gaps \(cancer.org\)](#)



Updated - National Prostate Cancer Awareness Month Social Media Toolkit

September is National Prostate Cancer Awareness Month. The GW Cancer Center updated its prostate cancer awareness social media toolkit! The toolkit offers tips for getting started on social media and sample messaging for Twitter, LinkedIn and Facebook, including new messaging around COVID-19. Download the [toolkit](#).



Why Black Women Are More at Risk of Dying From Breast Cancer

Reprinted from *Courier Journal*, August 4, 2021

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. Yet, according to a recently released report, Black women in the United States face a perfect storm of issues spanning across every aspect of the health care system and society at-large that are causing them to die about 40% more often from breast cancer than white women. Indeed, in some metropolitan areas, the gap can be as high as 74%. Why is this happening?

As the report, “Closing the Breast Cancer Gap: A Roadmap to Save Lives of Black Women in America,” by breast cancer leader Susan G. Komen highlights, despite advances in science and increased access to early detection nationally, Black women face the combined effects of racial, gender, ethnic and other forms of bias while navigating systems and institutional structures in which entrenched inequities remain the status quo. To learn more, go to: [Why Black Women Are More at Risk of Dying From Breast Cancer](#)

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.

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 APPOINTMENTS 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.



August is Breastfeeding Awareness Month

Mother's Milk is the BEST

Breastfeeding : The healthiest choice for my babies and me

—Kasia Seymour, Squaxin Island Tribe



When I was 10 years old, I watched my mom breastfeed my newborn brother. I saw how they bonded and how my grandma supported them. I knew then that I would breastfeed. I knew I wanted that close bond with my children. Breastfeeding became important in my heart.

I had my first son as a teenager and breastfeeding was not easy at first. I had some pain and trouble latching. My Mom tried to help, but she didn't have breastfeeding problems, so she didn't know how to help. The lactation nurse at St. Pete's gave me some latching and positioning tips and breastfeeding was easy after that. Any other issues I had, I talked with my mom and grandmother who knew what to do. **Breastfeeding helped me recover faster from giving birth, gave me more energy, was convenient, and the bonding has lasted a lifetime.**

I breastfed for the first year. He didn't get sick, eventhough he went to daycare. I know that breastfeeding gave him an immunity boost. I am so glad I breastfed all of my kids. My children come first!



Kasia and her son, TJ, when he was 1

"Go with what is in your heart. Breastfeeding is in my heart."

Kasia's advice for pregnant moms:

Before the baby is born:

1. Find out what you can about breastfeeding , so you'll know what to expect
2. Get your support lined up— family and /or lactation specialists
3. Buy some lanolin in case you have any cracking
4. Buy or make some breastpads to catch any leaking from the breast

Once baby is born:

1. Try different holds for latching (football hold worked best for me)
2. If going back to work, get a breastpump (some insurances will pay for it)
3. Ask for help , you won't regret the time you spent breastfeeding and bonding with your baby



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.



South Puget Intertribal Planning Agency

USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM	8/4/22
SQUAXIN ISLAND	8/10/22
SKOKOMISH	8/12/22
CHEHALIS	8/18/22
NISQUALLY	8/19/22

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 August Dates

SQUAXIN ISLAND	8/9/22
NISQUALLY	8/10/22
CHEHALIS	8/11/22
SKOKOMISH	8/17/22

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accomodate walk-ins due to their other duties.





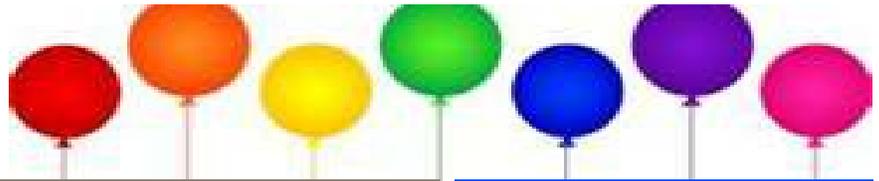
Announcements

August 23, Happy Birthday Auntie Dana, Love the McDonald Family



**Happy Birthday
Tom McCloud!**

**Happy Birthday
Jillian Marissa!**



Happy Birthday
TILDA!




**HBD
Triston.**

Tribal Estate and Will Planning

Tribal Estate Planning Services provided by Emily Penoyar-Rambo

Services offered:

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

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

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



**FREE Rides
Monday through Friday**

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

**Contact Adrian Scott,
Motor Pool Coordinator/Dispatch**

At 360-456-5236



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

STRENGTHENING TRIBAL EDUCATION PROGRAM

Empowered people fulfilling their dreams and aspirations.

APPRENTICESHIPS OFFERED

HOURLY PLUS TIPS/TOKES		HOURLY	
Beverage	\$15.25	Administrative Assistant	\$18.19
Cage	\$18.19	Culinary	\$16.80
F&B Front of House	\$16.80	Engineer I	\$24.33
Gift Shop	\$16.80	Facilities Custodial	\$17.50
Keno	\$16.80	Facilities Outside Grounds	\$21.02
Slot Attendant	\$15.25	Finance	\$18.19
Slot Technician	\$18.19	Human Resources	\$18.19
Table Games Dealer	\$15.25	IT Technician	\$22.65
Valet	\$17.50	Marketing	\$17.50
		Security	\$21.02

[requires valid driver's license]



Must be at least 18 years old to apply.
 For more information contact:
Tia Lozeau, S.T.E.P. Coordinator
 tlozeau@redwind.net
 (360) 412-3651 or scan QR Code

