

N SQUALLI ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 12 Issue 11

www.nisqually-nsn.gov

November 2022

Nisqually Tribe's Kalama Creek Hatchery Rebuild to Begin

Nisqually Indian Tribe – Sept. 23, 2022 - The Nisqually Tribe will begin a complete overhaul of its Kalama Creek hatchery in late 2022 to improve rearing for chinook, listed as an endangered species, and coho.

"We are rebuilding this facility – it's exceeded its life span," said Bill St. Jean, Enhancement Operations Manager for the Nisqually Tribe.



Thanks to a gap-filling \$4.2 million from the federal American Rescue Act (ARPA) funds, the \$8.3 million phase 1 of the project can begin.

Kalama Creek is the smaller of the tribe's hatcheries, located on the reservation and built in the 1970s.

One of the advantages of the new facility will be the ability to better integrate natural chinook into hatchery chinook populations. With 20 circular tanks for young fish – the natural chinook can be integrated in small batches and throughout the return time.

"We usually pull adult fish to spawn in two batches now and we can do many more with those tanks which will also allow us to diversify the genetics of the run," St.

Jean said. "Right now, because we have all been using Green River chinook for 100 years, there is little life history diversity, they all come in within weeks of each other. We can begin to change that."

The facility is also being built in anticipation of reduced water related to climate change. While the Kalama Creek hatchery is not yet experiencing reduced water flows, water filtration and use of UV light to kill all parasites harmful to fish will allow reuse of water, reducing water use. "We are experiencing reduced flows at Clear Creek and we will see them at Kalama eventually," St. Jean said.

There will be six larger tanks where adult chinook can be kept both while preparing for spawning and for fish as they grow out of the smaller circular tanks. An existing asphalt raceway will get a liner so it no longer leaks water.

For coho salmon, the tribe wants to better describe the coho genetic strains returning to the Nisqually River. Because chinook are the endangered species, not much work has been done to tease out the genetic strains

Continued on pg. 2-HATCHERY

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 10/6/22

Minutes Approved on:

Meeting Called To Order: 10:08

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Absent
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	Present

Guest: Hanford M, Chantay A, Keoni K, Alvin A, Liz H, Jamie B, Ezra K, Pete A, Josette R, David W, Elizabeth D, Mary S, Nate C, Shannon B, Sharlaine R, Cynthia I, Joe C, Leslie F, Shannon I.

Tribal Councils Motions and Consensus:

Mary Szafranski – Week 135 of COVID, 10 cases affiliated with the tribe off reservation. Washington state to end state of emergency on 10/31.

Mary Szafranski – **A Resolution Terminating the COVID-19 State of Emergency on the Nisqually Indian Reservation.**

Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. Resolution #154

Mary Szafranski – **A Resolution Revising Indoor Masking Guidance for Tribal Buildings.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes. 5-0-0 Resolution #155*

Shannon Blanksma – **Approval of Weekly Budget Consent Calendar for September 20th and October 4th.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 5-0-0*

Shannon Blanksma – **A Resolution to Accept Funds from the United States Department of the Interior, Bureau of Indian Affairs for Mass Marking in 2022.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0 Resolution #156*

Shannon Blanksma – **A Resolution to Accept Funds the United States Department of the Interior, Bureau of Indian Affairs for Timber Fish and Wildlife in 2022.** *Motioned by Leighanna Scott, seconded by David Iyall motion passes. 5-0-0 Resolution #157*

Shannon Blanksma - **A Resolution to Accept Funds from the United States Department of the Interior, Bureau of Indian Affairs for Pacific Salmon Treaty Research in 2022.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 5-0-0 Resolution #158*

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

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, 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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of Nisqually natural coho. But the new facility will allow the tribe to either integrate or, with the installation of a new adult fish trap at the diversion dam near Yelm, switch stocks altogether to the late-run coho.

Another addition will be a classroom to accommodate the many school groups that come to Nisqually to learn about salmon and their life cycle and the Nisqually Tribe. Students K-12 and college all visit Nisqually hatcheries.

“This much needed grant will allow us to complete this critical project and make the Kalama Creek Hatchery a central piece in supporting the recovery of our Endangered Species Act listed fall chinook salmon” said Willie Frank III, Chairman of the Nisqually Tribe. “This project will bring us needed flexibility in our fish culture efforts to support our recovery objectives and our treaty- right -protected fishery.”

“While we continue to support aggressive habitat protection and restoration actions, hatcheries are, and will continue to be for the foreseeable future, critical to supporting our treaty rights. This is a great day for the Nisqually people, our salmon, and our treaty rights. We are thankful for the state and federal partnerships that help us make this dream a reality.”

In addition to the ARPA funds, this phase 1 part of the project is being paid for by a Washington State Legislature grant, National Oceanic and Atmospheric Administration disaster relief grant and Nisqually tribal matching funds.

For more information, contact: Debbie Preston, Information Officer, Nisqually Tribe 360-456-5221 or preston.debbie@nisqually-nsn.gov

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Shannon Blanksma – **A Resolution of Support for the NTHWC to Pursue the Special Diabetes Program for Indians (SDPI) grant.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 5-0-0 Resolution #159*

Shannon Iyall – **A Resolution Approving the Automatic Enrollment in the Nisqually Indian Tribe of Devyn James.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 5-0-0 Resolution #160*

Shannon Iyall – **Approval of 30 Day list.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0*

Joe Cushman – **Approval of Design and Korsmo as Contractor for MAT Clinic.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 5-0-0*

Joe Cushman – **Approval of AE Recommendation for Youth Center Project.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 5-0-0*

Joe Cushman – **A Resolution Appointing Tribal Council and Staff Representatives to the South Sound Military and Communities Partnership (SSMCP) Elected Officials Council and Steering Committee, with request to add Hanford McCloud.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 5-0-0 Resolution #161*

Sommer Sanchez – **Approval of September 15th TC Minutes.** *Motioned by Leighanna Scott, seconded by Chayannah Squally. Motion passes, 5-0-0*

Elizabeth DeGroff – **Approval for Kathrine Smith to move from a 3 bedroom on 21st way to a 2 bedroom on Elders lane.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 5-0-0*

David Wolff – **Consents to send a letter to MCEC board regarding new upcoming changes with the deadline of November 30th 2022.**

Liz Henry – **With updates within health center departments.**

Liz Henry – **A Resolution to Approve and Authorize a Professional Services Agreement with Korsmo Construction.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 5-0-0 Resolution #162*

Joe Cushman – **Approval of APRA funds for Medicine River Ranch.** *Motioned by David Iyall, seconded by Chayannah Squally. Motion passes, 5-0-0*

To set up meeting with Antonette Squally, Keoni Kalama and Cynthia Iyall to go over plan for ranch. Executive Session 10:44-11:09

Motion to Adjourn by Jackie Whittington, seconded by David Iyall. Motion passes 5-0-0. Meeting adjourned at 11:13



Spawning At Clear Creek

By Debbie Preston

Nisqually Tribe fisheries personnel spawned the last of the chinook needed to rear the number of fish and release them necessary to perpetuate the run at the Nisqually Tribe's Clear Creek Hatchery.

Tribal fishermen and non-tribal recreational fishermen are able to fish thanks to the restoration efforts of the tribe and many partners that include Nisqually River Council, Nisqually Land Trust, city of Tacoma, city of Centralia, Eatonville, the Salmon Recovery Funding Board, Washington Department of Fish and Wildlife, South Puget Sound Salmon Enhancement Group and others. Restoring and protecting habitat in the ocean, Puget Sound and the river are key to improving the health and long-term returns of these salmon.



Top: Crowding fish.
Left to right: Azeem Gannie mixes male sperm with the eggs to fertilize them.
Fish waiting.
Coded wire tags, tiny nose tags inserted into fish when they are released, are removed from adult fish and used to understand migration patterns of fish, among other things.

Thomas Wells drops eggs into a bucket in preparation for spawning with male sperm.
Fish are moved into a long pen prior to spawning the males and the females.



2022 Winter Chum in Conservation Status

By Craig Smith, Finfish Harvest Manager

Since 2015 Nisqually Winter Chum has seen a precipitous drop in survival. Unfortunately, this year’s Winter Chum outlook has not changed from that pattern. The escapement goal to the spawning grounds is 25,000 and the forecast to hit river is only 11,000. Our 2022 management actions for responding to the crises are described in Table 1 from this year’s Nisqually Annual Fishing Regulations.

Table 1. Excerpt from Nisqually Annual Fishing Regulations 2022/23

Chum	<p>No directed Chum fishery. If Yelm Escapement ISU reaches 404 live count on or before January 2, fishing schedule: 2-3 days/wk through wk 4 (wb 1/22/2023). Fishing boundary: Mouth of Nisqually River up to approximate RM 5 at confluence of Clear Creek and mainstem Nisqually.</p> <p>Test Fishery will require agreement and a planned meeting between WDFW and the Nisqually Tribes before implementation.</p>
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Because we are not planning a directed fishery and need biological data to help manage this run, we will attempt to get samples from at least 200 winter chum using a small test fishery and combined with carcass samples from the spawning grounds. The biological data collected is: sex, length, and most importantly scale samples which tell us the age. We need a minimum of 200 scales to understand the age composition which is paramount in determining survival and brood strength allowing forecasting and understanding strength of future runs. Pulling scales from carcasses on the spawning grounds is very challenging and often the scales are unreadable. The test fishery may be a combination of drift GN and cast net to attempt to release chum alive after sample.



The Nisqually Tribe has taken responsible steps in the approach to conservation of winter chum. In the last several years we have used the Yelm Creek In-Season-Update (ISU) to open a fishery if it shows we will exceed our escapement in the spawning grounds. This sounds okay to a non-fisher but it often means there are little fish left to catch in the fishing area when opened.

Chum populations can rebound quickly if nature helps which we keep hoping will happen in recent years. If the run comes in much larger than forecasted, the fishery can miss out on “harvestable surplus” or abundance exceeding escapement needs. For many years our elders on the Nisqually Fish Commission gave us a mission to figure out a way to predict run size early to support a meaningful conservation-based fishery and it seems like new technologies may help that mission. Our possible solution to attain a better understanding of Chum coming into the river has been pushed hard by our Natural Resource Manager James Slape Jr. in the form of a high-tech sonar counter. This technology is still in its infancy (planning phase) but should allow us to calculate abundance early enough in the season to have a meaningful fishery and still get escapement. Often these technologies are seen as a “smoking gun” and hopefully it does not disappoint.



A Look Back . . . Way Back . . . to 1974.

By Joe Cushman

Way back in 1974, when the Nisqually Indian Tribe was just getting on its feet, it received a small grant, a HUD "701" planning grant, and formed a little committee to do some initial comprehensive planning and goal setting.

Committee members included Alice McCloud, Marie Kalama, Zelma McCloud, Mildred Ikebe, Zelda Thompson, and Sadie Mounts, with tribal administrator Lucille LaDue serving as a committee coordinator. No doubt many other community members contributed as well.

The first installment of the Boldt decision had just been announced, and there was a sense that change was in the air. The comprehensive planning committee was a way for the community to take a look at where it was (existing conditions), where it needed to go (goals and objectives), and to identify a pathway to get there (development strategies).

What is remarkable about the planning document that was produced by this small committee was how astutely it perceived what the tribe needed to do, and how 40 years later most of what the tribe has carried out was actually "called out" by this original community planning effort.

The Comprehensive Plan produced by the committee proudly stated that the tribal office had recently grown to a total of four staff: a manager, a CHR, a manager trainee, and a fisheries enforcement officer. So, what exactly were the needs and priorities that were called out by this committee to help this small staff and distressed community start to grow?

- *The tribe needed a land base (The tribe had no land except the cemetery.)
- *The tribe needed a building on the reservation that was their own (The tribe had no buildings, and had to meet either in Yelm or at the log cabin church.)
- *The tribe needed to go about developing the fishery resource (The tribe had no fishery program, no hatcheries, no DNR staff.)
- *The tribe needed to develop its judicial system (The tribe had no court.)
- *The tribe needed to develop a health care program for its members (The tribe had no health care, except for one overworked CHR, and an occasional visit from IHS.)
- *The tribe needed housing (Nobody had a decent house. Some families were still living in shacks or worse.)
- *The tribe needed to take advantage of the fish resource through fish processing and fish sales (The fish were sold to fish buyers on the river bank, and were trucked off to processing plants where someone else captured the "value added" revenue.)
- *The tribe needed programs for the education and training of its members (The tribe had no education program, dropout rates were high, and job training was not available.)
- *The tribe needed to carefully evaluate and start some economic endeavors (The tribe had absolutely no economic base.)

That was it in a nutshell. The plan, boiled down to its essence, provided a one-page vision, clear and concise, for moving forward. Forty years later, much of this original vision has indeed been accomplished.

I suspect that the total grant received from HUD to support this initial planning effort was under \$10,000, and I'm sure none of the committee members in those days benefitted from a stipend or any other form of support. But what a great document they produced. It's another example of the "heavy lifting" that was done in the early days by community members, and a community, determined to succeed.

Continued on pg. 7-1974



NISQUALLY COMPREHENSIVE PLAN FIGURE 5-1

GOALS General Council

Acquire Land

Maintain Nisqually Reservation as a cultural, economic, social and political unit for the continuing benefit of the tribal members.

Utilize the natural resources of the reservation in the best interest of the tribal members, collectively and individually.

Create opportunities for productive, satisfying employment for every member of the Nisqually Tribe who desires to work on or adjacent to the reservation.

Make available housing and education opportunities, including job training, for both young people and adults.

Provide community services and facilities to promote a healthful, productive satisfying living environment.

Understand history as it relates to present problems.

PROBLEMS

LAND

- Inadequate control of the land base.
- Inadequate control of the resources.
- Historical problems.

ECONOMIC

- Decision making
- Bureaucracy
- Lack of training
- Lack of financing
- Lack of Tribal income

NATURAL RESOURCES

- Land losses
- Division of reservation land ownership
- Desertation of fishery
- Fishing rights

COMMUNITY: PHYSICAL

- Inadequate housing
- Land base (tribal)
- Land ownership
- Lack of community facilities

COMMUNITY: SOCIAL

- Legal
- Health - Nutrition
- Education
- Juvenile
- Alcohol and drugs
- Political
- Senior citizens
- Law enforcement
- Probation and parole

POLICIES Business Committee

LAND

- Gain control of as much land as possible. Starz Farm, Treaty Tree Site, Lost Lake, Tom Brown, Ft. Lewis.
- Gain complete control of the natural resources on the reservation; fish, water and timber.
- Acquire effective legal aide.

ECONOMIC

- Develop appropriate training programs.
- Processing plant - smokehouse.
- Establish tribal enterprise management structure.
- Develop light industry.

NATURAL RESOURCES

- Establish alternative strategies for each acquisition.
- Support hatchery development.
- Gain control of fishing rights.
- Develop fishery.

COMMUNITY

- Develop a land use/ownership system whereby the tribe can make decisions concerning the use of land (lots).
- Upgrade housing.
- Develop a mobile home park or rental housing.
- Community center.

COMMUNITY: SOCIAL

- Obtain a tribally owned legal office to fight the numerous legal battles.
- Senior citizens.

PLANNING

LAND ACQUISITION BY PRIORITY

- Legal
- Purchase

ECONOMIC

- Support fish hatchery development
- Smokehouse - Cigarettes
- Fishery
- Starz Farm
- Lost Lake

SMOKEHOUSE

- Light industry (non-polluting)
- Tribal office and community center.

STRATEGIES Staff

IMPLEMENTATION

→ **PLANNING**

EVALUATION

←

REVIEW



Nisqually Warehouse Gets New Upgrades With CARES Act Dollars

The Nisqually Warehouse has been storing and housing perishable and dry goods managed by the South Puget Intertribal Planning Agency (SPIPA) Food Distribution on Indian Reservations Program (FDPIR) for over 38 yrs. Since 1984, the Food Distribution on Indian Reservations Program has grown significantly, delivering food to eligible Tribal members at the Chehalis, Nisqually, Pt. Gamble S’Klallam, Skokomish, and Squaxin Island Tribes.

Between 2020-2022, SPIPA was awarded over \$300,000 in CARES Act dollars to upgrade existing equipment, and organizational units to continue supporting and providing exemplary service to these Tribal communities. Building upgrades included a new roof, heat pump /HVAC system, thermostat, kitchen cabinetry, generator, and a state-of-the-art security system that monitors front and back doors; On the inside of the warehouse, a walk-in fridge and freezer, floor to ceiling commercial shelving units, a pallet jack, new non-skid mats, new computers, monitors, scanners, and other technology used by FDPIR staff; For transport, a new refrigerated delivery truck, parking lot expansion to accommodate additional truck maneuvering, and smaller storage units to organize food for safe transport inside the delivery trucks.

These upgrades could not have come at a better time. Fairly recently, the Nisqually warehouse was recognized in best practice for inventory and organization and will serve as a model to others serving multiple locations. The FDPIR program has been able to provide to eligible Tribal members with an expanded service area to accommodate federally recognized Native Americans and Alaska Natives within the city limits of Olympia, Lacey, and Yelm, as well as County boundary lines to serve eligible tribal members in more rural areas, spanning as far south as the Chehalis Tribe in Lewis County, to as far north as The S’Klallam Tribe in Kitsap County.



**New Kohler Generator
New roof on Warehouse**





Cultural Awareness Classes

By Kurtis Bullchild Archives Tech 4

The Nisqually Tribal Archives wants to help create awareness of our history and more importantly our culture. What is it to be Nisqually? Although the Archives department cannot answer that question in its entirety we can offer some insight to certain aspects of our culture. Basketry and basket weaving are a big part of our tribal history and culture. On September 16th from 9:00

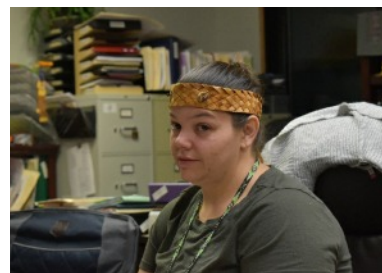
a.m. to 3:00 p.m. in the Archives facility was the first session of the **x̣pay? g̣wədʔadad** (Red Cedar Teachings) class where the students learned how to weave a seven strand cedar headband from a Master Weaver and tribal member Janice Hicks-Bullchild and her assistant and mother who is also a Master Weaver and a Chehalis tribal member Waypetemahquah Choqe.



employees to attend our classes in order to learn about the Nisqually people they work for. It is a great opportunity to learn about the Nisqually culture, but the classes are open to the Nisqually Community as well. There is limited space and sessions will be

to decorate them with beads and abalone shell buttons. The classes brought to you by the Archives department encourages all departments in the tribe to allow your

limited to six people so the Archives department will keep a list of people who wanted to attend a class and get you signed up for the next one. So be on the lookout for our next **x̣pay?**



g̣wədʔadad session coming soon.

The class was attended by two tribal employees, Stephanie Medina from HR and Elizabeth Daniels from ICW, the Tribal Liaison for the Thurston County School District Laura Bowman and two tribal elders who all finished their headbands and were even able

Suquamish Museum Review

By Kurtis Bullchild Archives Tech 4

The second museum to be reviewed is the Suquamish Tribe's Suquamish Museum, which is located at 6861 NE South St, Suquamish WA 98392 on the Suquamish reservation which is about a 2 hour drive from the Nisqually community. The hours of operation are as follows: Monday thru Friday 10:00 a.m. to 5:00 p.m. daily. Saturday and Sunday 10:00 a.m. to 5:00 p.m. General admission is \$5.00 for adults and kids.

This is the second native owned and operated museum to be reviewed and this is a museum that is a must see for Nisqually Tribal members. The location of the Museum is one of the best parts of planning a trip. It's located close to the Suquamish owned House of Awakened Culture which is the Suquamish Tribe's community

building where they hold different community events such as Coastal jam sessions and an annual Pow-Wow. This is all located on the Suquamish reservation. As for the museum itself, there are two open rooms, one with various objects, carvings and other items from the Suquamish culture. The other room has items and displays dedicated to the history of the Suquamish people. The third and final room is the gift shop which has a big assortment of gifts to purchase but it also has an enormous amount of handmade items for sale. From woven key chains to beaded items, the gift shop is well stocked.



This is a small museum which will allow you to view everything they have to offer and engage with the staff at the museum as well.





Annual Harvest Party



THANK YOU GARDEN STAFF!





New Licensed Social Worker, Social Services Department- Jas Rubin

My name is Jas Rubin. I joined the Social Services Department in October 2022 as a Licensed Social Worker. My goal is to take the motto of the Social Services department, "Lift up my relatives" and actualize this through a program model that addresses the needs of the Nisqually community through honesty, respect, and humility.

I am a graduate of the Evergreen State College (Bachelor of Arts) and completed my Master of Social Work at the University of Washington at Tacoma. I was born on traditional Naumkeag land. I have lived most of my life in the South Puget Sound region. I was raised on Suquamish and Squaxin land since 1976-1978. I enjoy spending my time hiking with my son; long cycling rides; and recording and playing music in my recording studio. I am looking forward to working with all of you in efforts to strengthen the Tribe's general welfare, allow prosperity, and preserve the Nisqually Native traditional way of life.

S.T.E.P's Shout Out

The Strengthening Tribal Education Program (STEP) would like to send a HUGE congratulatory shoutout to Anthony Choke for earning his Tribal



Human Resources Professional certification. Since joining the STEP program in January 2020, he has learned many aspects of the casino's human resources department. Including but not limited to the HR Administrative Assistant, HR Coordinator, HR

Employment Specialist, Service and Training Coordinator, and Trainer positions. In November, Anthony will be progressing into the role of HR Generalist.

While learning all aspects of HR. Anthony has set many goals for himself. I am confident that with his drive and determination, he will obtain them all and more. Continue the outstanding job that you have accomplished, Anthony. We are all proud of you!

Tia Lozeau, on behalf of the STEP Board.

NISQUALLY COMMUNITY

Support Groups

At the Nisqually Adult Wellness Center
1937 LASHI ST SE OLYMPIA WA 98513

<p><u>MONDAYS</u></p> <p>12PM-WELLBRIETY In Roundhouse</p> <p>6PM-COED WELLBRIETY SWEAT</p>	<p><u>TUESDAYS</u></p> <p>6:30PM-MEN'S TALKING CIRCLE In Roundhouse</p>	<p><u>WEDNESDAYS</u></p> <p>6PM- WOMENS TALKING CIRCLE In Squalli-Absch Room</p>	<p><u>WEDNESDAYS</u></p> <p>6PM- WOMENS TALKING CIRCLE In Squalli-Absch Room</p>
<p>6PM WELLBRIETY MEETING 1ST & 3RD THURSDAY OF EACH MONTH In Roundhouse</p> <p>6PM-MENS SWEAT 2ND & 4TH THURS OF EACH MONTH</p>	<p><u>THURSDAYS</u></p> <p>6PM WELLBRIETY MEETING 1ST & 3RD THURSDAY OF EACH MONTH In Roundhouse</p> <p>6PM-MENS SWEAT 2ND & 4TH THURS OF EACH MONTH</p>	<p><u>FRIDAYS</u></p> <p>12PM-WELLBRIETY In Roundhouse</p> <p>6PM-FAMILY SUPPORT GROUP In Squalli-Absch Room</p> <p>6:30PM COED TALKING CIRCLE In Roundhouse</p>	<p><u>SATURDAYS</u></p> <p>10AM-WELLBRIETY MEETING 1ST & 3RD SATURDAY OF EACH MONTH In Roundhouse</p> <p>12PM WOMENS SWEAT 2ND & 4TH SATURDAY OF EACH MONTH</p>

Questions contact Farron 360-455-5213 or Kelly 360-413-2727
Starting in October 2022



Starting October - December the Nisqually Medical Clinic will be open Monday - Friday 7:00am - 6:00pm

IF YOU HAVE ANY QUESTIONS PLEASE CALL 360-459-5312 OPTION #5



NEW HOURS
OCTOBER-DECEMBER
2022



(360) 459-5312
Option #5



4840 Journey St SE
Olympia, WA 98513

New Employees at Health and Wellness Center

Welcome Dr. Sataur



Dr. Sataur joined Nisqually Tribal Health and Wellness Center in July 2022. She is board certified in Family Medicine and sees patients of all ages. She has been practicing medicine in Olympia, WA for five years. Originally from New Jersey, she received her undergraduate degree in biology and english literature from Bryn Mawr

College in Pennsylvania. After spending several years researching cancer biology at the University of Pennsylvania and biophysics at Princeton University, she moved to England where she completed a master's degree in medicine and english literature at King's College London. Dr. Sataur graduated from Touro College of Osteopathic Medicine in New York, and completed her Family Medicine residency at Westchester General Hospital in Miami, Florida, where she served as chief clinic resident her final year. She is excited to join this practice, and eager to become a primary care physician for patients of all ages in the community. She enjoys working with patients to promote health and wellness in a compassionate manner. She believes in building

lasting relationships with her patients to provide the best care possible. When not working in the clinic, Dr. Sataur can be found exploring the trails in the Pacific Northwest, or baking and gardening at home.

Welcome Rachel VanDeMark



Rachel VanDeMark, ARNP joined Nisqually Tribal Health and Wellness in July 2022. She is nationally certified as a pediatric primary care nurse practitioner, with additional expertise in healthcare quality and safety. Rachel grew up in Vermont and has called Washington home for over 20 years. She completed her doctorate in nursing practice and

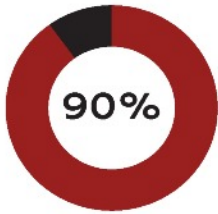
master of healthcare administration at the University of Washington, with additional training in behavioral, developmental, rural and global health. Rachel partners with families and caregivers to provide well-care, sick visits, developmental, and behavioral health services for newborns, children, and adolescents. At home she enjoys spending time outside with her husband, three teenagers, their dog Friday, and nearby extended family and friends.



Nisqually Tribal Health & Wellness Center (NTHWC)

Based on our recent patient satisfaction survey results, our overall satisfaction score is a 90% or an A-. This score combines patient trust, overall comfort in the facility, feeling safe, and how likely the patient is to refer a loved one!

From June-August 2022, we had over 170 responses! 70% were Nisqually Tribal Members. And for 97% of respondents, NTHWC is their regular source of care.



The results of the survey have been shared with the Nisqually Health Board. NTHWC Leadership have put together an action plan based on survey results to ensure that we respond to the feedback of our patients. We are grateful for the overwhelming trust and confidence that our patients place in us and we will continue to strive to bring the very best to Nisqually.

-NTHWC Leadership

HOW DID WE ARRIVE AT A 90% SATISFACTION RATING? LET'S BREAK IT DOWN FOR YOU!

- 88%** | 88% of patients trust that their information is private.
We have created a full-time Compliance Officer position. We are pursuing AAAHC accreditation. We have implemented annual HIPAA training for ALL staff.
- 90%** | 90% of patients feel comfortable in this environment.
We strive to prioritize whole person care through a foundation of Nisqually cultural strength. This facility is centered around Nisqually culture and our connection to the natural world.
- 94%** | 94% of patients feel safe in this environment.
Patient safety is our top priority. We have three dedicated committees that work together to hold ourselves accountable: Quality Improvement, Risk Management, and Infection Control.
- 87%** | 87% of patients would refer a loved one to access NTHWC services.
We hope to increase this number as we work to launch our patient portal, dedicated website, and strengthen our communication and engagement.

In 2012, NTHWC partnered with BERK to conduct a patient satisfaction and expansion feasibility study. We included 3 primary patient satisfaction questions from the 2012 survey in this one so that we could directly compare the results. We are happy to see that patient satisfaction has increased in every applicable category!



NISQUALLY TRIBAL HEALTH & WELLNESS CENTER

Coho Café

The café at the Nisqually Health and Wellness Clinic has a new name - Coho Café.

"We thank everyone who filled our surveys in March 2022 and gave us all the great input leading to this perfect name for the café," said Richard Kufahl, manager of the Coho Café. The café will get a new sign in December with the name in Southern Lushootseed and English. Along with the sign, the café is thankful to Nisqually Tribal Council for Community Impact funds that will help the café to grow, including a new espresso machine, two grinders as well as two new freezers allowing the storage of more stock.



A big hit has been the addition of homemade pizzas and breakfast sandwiches. The pizzas are 7 and 12-inch and have all of your favorites as well as a barbecue chicken pizza. In the future, they hope to add bread sticks. Beginning Oct. 17, the café is offering biscuits and gravy on

Monday and Tuesday and nachos on Wednesday and Thursday. The coffee brand has been changed to Cutters Point Coffee and you can now leave tips for your server.

Kufahl said they will be getting the name of the café out in the Lacey area as well and encourage everyone in the community to see all the new items.

You can place phone orders by calling (360) 491-6441. If you are planning a meeting with a department with a big order, please contact Kufahl at either (360) 491-6440 or richard.kufahl@nisquallyhealth.org to make sure he has your budget number and correct information to create a bill for you.

Look for information on a Facebook page soon to follow our daily drink specials and daily deals. Hours are Monday-Friday, 7:30 a.m. to 4:15 p.m. "If you have any questions, concerns or items that you think would be a great fit at the café, please reach out to me and I will be more than happy to assist any questions you may have," Kufahl said.



You're Never Too Old To Set New Exercise Goals

By Addie Spencer, MD

Exercise can be fun! One way to get excited about being active is to set yourself some big, bold goals.

Elizabeth Siegel ARNP spent the last year training for an epic bike trip. She and her husband dreamed of riding their mountain bikes from Canada to Mexico. To get ready she had to do lots of planning and exercising. Sometimes it was hard to get out of bed and out to the garage to peddle on her stationary bike for 45 minutes. But the goal of traveling by mountain bike for three months made it easier. We wish her a safe



and exciting journey and look forward to hearing all about it when she returns in November.

Swimming is my favorite type of exercise. But sometimes it's easy to make excuses not to exercise.

About a year ago I set the goal of competing in the National Senior Games in 2023. I've been training three days a week at the YMCA and last Sunday I raced against other Washington State seniors. It was so much fun! I swam fast enough to win three gold medals and qualify to swim with seniors from all across the country in Pittsburgh, PA next year. This goal keeps me going to the pool and pushing myself through a challenging workout three days a week.



What big, bold exercise goals can you set for yourself? Please schedule a visit at the Nisqually Tribal Health & Wellness Center medical clinic for a check-up and let us know! Call today 360-459-5312.

Nisqually Tribal Office

Closed

Friday, November 11

Veteran's Day

Early closure

Wednesday, November 23

Closed

Thursday, November 24

Friday, November 25



South Puget Intertribal Planning Agency

WIC Program November Dates



SHOALWATER BAY	11/2/22
SQUAXIN ISLAND	11/8/22
NISQUALLY	11/9/22
CHEHALIS	11/10/22
SKOKOMISH	11/16/22



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 accommodate walk-ins due to their other duties.



South Puget Intertribal Planning Agency

USDA Foods Program November Dates



PT. GAMBLE S'KLALLAM	11/3/22
SQUAXIN ISLAND	11/8/22
SKOKOMISH	11/10/22
NISQUALLY	11/16/22
CHEHALIS	11/18/22



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.



Announcements

November 30, Happy Birthday Tatiyana,
Love the McDonald Family



Happy Belated Bday Witchie Pooh's
Oct 3rd & Oct 9th
Love your mom,sisters,nieces and
nephews

Happy 3rd Birthday Mahina
aka "Hurricane Katrina"
We love you so much love your
mom,aunties,uncles ,grandma GiGi



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

