

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

Volume 14 Issue 5

www.nisqually-nsn.gov

May 2024

Climate Action Plan Update

By Lisa Breckenridge

The Tribe recently completed a “Partial Climate Action Plan” in partnership with Olympia Community Solar, a local non-profit. The project was funded by a grant from the federal Environmental Protection Agency’s “Climate Pollution Reduction Grant” program.

This plan identifies the biggest energy costs and sources of greenhouse gas emissions from the buildings on the reservation- government buildings, commercial buildings, and homes. It outlines a number of ways to reduce costs and reduce greenhouse gases by installing energy efficient and clean energy upgrades. The plan recommendations are listed in the graphic below.



“It’s really important to get more cooling installed in tribal member homes,” said George Walter, Nisqually Environmental Program manager. “We all experienced the heat dome in 2022, and events like that are likely to become more frequent in years to come. Reducing energy costs while making homes safer and more comfortable in the summer is a priority.”

There are significant state and federal funding resources available right now to make these projects happen. “It’s pretty exciting to be finishing this plan in time to use it to apply for dollars to install these upgrades,” said Wayne Lloyd, Building Department Director. “There’s a lot of state and federal money available right now for clean energy and energy efficiency.”

The recommendations in the plan also include adding new staff members to implement the projects. “These are pretty technical projects, and our project management staff is already at capacity, so we really need the additional help,” said Lloyd. “The good news is that we can use grant funds for the new positions too.”

Priority Measures Summary	
Priority	Measure Description
1	Hire two new staff members. A Climate Resiliency Program Manager and Project Manager to take lead on CPRG and other sustainability-focused projects for the tribe.
2	Install heat pump systems at the Tribe’s Public Safety building to reduce onsite propane consumption and direct emissions.
3	Install solar energy at the Tribe’s Public Safety building to reduce their indirect emissions, electricity costs, and protect them against rising electricity costs.
4	Add 409 kW of solar to three tribal services buildings including the Youth and Community Center, Tribal Health Services, and Administrative Buildings to reduce their indirect emissions, electricity costs, and protect against rising electricity costs.
5	Install heat pumps in 31 Nisqually Rental Homes to reduce heating costs, reduce use of wood and propane stoves, and add cooling to protect vulnerable populations from heat events.
6	Install solar on 41 Nisqually rental homes to reduce monthly electricity costs and indirect carbon emissions, and protect tenants from rising electricity costs.
7	Provide residential and commercial energy efficiency incentives to tribal members on and off the reservation.

The plan is considered partial because it only addresses greenhouse gas impacts from buildings on the reservation. Other sources of greenhouse gases including transportation will be included in the second part of the project, which will start later this spring.



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Stay connected with the Nisqually Tribal Health & Wellness Center

Follow us on Instagram, Facebook, and LinkedIn for important updates, stay up-to-date on our latest services, health tips, community events, & more!

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- COMMUNITY HEALTH



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linkedin.com/company/nisquallyhealth

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

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Leslee Youckton
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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

In this issue:

Human Resources	pg. 3
Cedar Peeling	pg. 4
MCEC Dinner.....	pg. 5
School Visit.....	pg. 6
Spring Greens	pg. 7
Archives	pg. 8
Pow-Wow.....	pg. 10
Medicine Creek Ranch	pg. 12
THE DIRT.....	pg. 13
Announcements	pg. 15



ENERGY/DECARBONIZATION/SOLAR INITIATIVE:

By Debbie Preston

The Nisqually Indian Tribe is proposing a community energy initiative that will enable the rapid deployment of distributed solar and associated hydrogen storage with meaningful benefits to the tribal membership. The initiative has been developed in response to a community need to address rising energy costs impacting the membership, as well as a commitment from the tribal leadership to transition away from carbon-based forms of energy and adopt more sustainable environmentally- friendly energy solutions.

The Nisqually Tribe has completed initial technical and feasibility review of the energy initiative for the tribal community, and has concluded that residential distributed solar generation and energy storage, including rooftop residential and residential-serving community photovoltaic (PV) solar and storage, will reduce energy costs for community low income households, reduce pollution from power generation,

and create job opportunities for community families, while providing a secure and sustainable power source.

This energy initiative is currently underway with funding support from the federal Department of Commerce for Fleet De-carbonization planning, a pilot electric vehicle charging program, and a solar array feasibility study.

The tribe has also submitted a \$35 million Solar for All proposal to the EPA and asked the state of Washington for \$8.6 million for a solar array and hydrogen energy storage. The storage would serve the tribe’s new Facilities and Transportation Building and wastewater treatment plant that are in the early phases of construction.

Looking for a rewarding career opportunity? Join Our Team at the Nisqually Indian Tribe!

Apply online, on your smart phone, or onsite at the Nisqually Indian Tribe's HR Application Station!

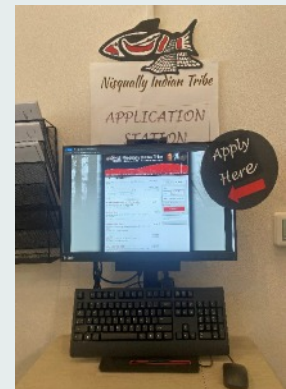
- Discover Exciting Career Opportunities
- Convenient Onsite Application Process
- Positions Updated Weekly
- Location: Human Resources Building D (Old Clinic)
4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station
Monday-Friday 9a-3p or reach out to schedule a time!

Visit us today to start your journey with the Nisqually Indian Tribe!

Questions? Contact the HR front desk at **(360) 486-9558**.

Website URL: <https://nisquallyhr.applicantpro.com/jobs/>

On your smart phone camera, use the QR Code below then click the link to see NIT’s latest career opportunities!





McCloud Shares the Art of Cedar Peeling for Weaving

By Debbie Preston

Nisqually tribal cultural educator and government liaison Hanford McCloud taught students from Mountlake Terrace and Olympia about the cultural tradition of pulling cedar bark from trees to weave everything from hats and baskets to planks for cedar longhouses. By taking only one third of the tree, the cedar tree will heal and continue to grow. Only a few trees do this. The groups met at the University of Washington's Pack Forest near Eatonville, traditional Nisqually territory. McCloud is a renowned weaver and learned from his mother beginning when he was 12 years old.

There is a lot of kinetic energy used to pull the bark once it is cut. Ideally, the pull is about 40 to 60 feet long, enough to make many hats and baskets.

The bark, at this time in spring, peels readily from the tree.



Nisqually tribal member Randy Derickson starts the pull on a cedar tree. This work takes a lot of energy. McCloud answers questions from students. McCloud separated the inner bark, the weaving material, from the outer bark.



Fort Steilacoom Park Partnership Update

By Lisa Breckenridge

The Fort Steilacoom Nisqually project is moving ahead. Background information on the project was given at an open house in the Billy Frank Jr. Gym March 12 by Lakewood Parks staff and Nisqually Parks Commissioners.

Input was taken from community members and written on various posters around the gym. The project will create about six new interpretive signs at the park as well as some new benches, maps, and art installations. The 2023 legislature approved \$300,000 in funding to make this happen.

Project elements include:

- A loop walking trail that takes visitors through the prairie part of the park, with beautiful views of camas blooms in the spring time
- A map that highlights traditional place names for the area
- Interpretive signs that tell the tribe's story, with an emphasis on Chief Leschi
- Custom benches



Custom art exhibits

The partnership will continue to design these elements in 2024 and build and install them in time for a ribbon cutting in June 2025. The Parks Commission is representing the Nisqually Tribe in this partnership. Anyone interested in learning more about the project or contributing ideas is welcome to attend a Parks Commission meeting. Call Lisa Breckenridge in the Planning Department to get the information on the next meeting date and time.

The city of Lakewood Parks department began meeting with tribal leadership in 2021 to develop ideas for a collaborative installation at Fort Steilacoom Park. Fort Steilacoom Park includes about 500 acres of ballfields and playgrounds as well as natural prairie-oak woodlands and forest. This area is significant in Nisqually history as a central meeting and gathering place, rich in prairie resources. This area is also significant in the story of Chief Leschi, who was unjustly hanged there by members of the territorial government.



Get Reacquainted with MCEC!

Your are cordially invited to attend a dinner with the MCEC Board of Directors and Executive Management.

May 6, 2024

5:30 p.m. – 7 p.m.

@ Billy Frank, Jr. Gym

We will provide updates on Nisqually business lines and upcoming projects. We look forward to seeing you there!



School Visits

By Debbie Preston

Nisqually Tribe is hosting a different North Thurston School District middle school each Tuesday for five weeks as part of the partnership in Science Technology Engineering Math and Arts education. The kids rotate through short introductions on everything from tribal treaties, natural resources and law enforcement, horses, art with Kyle Sanchez, learning some basic Nisqually words with language and how the tribe thinks about the future with planning. *Jack George and Debbie Preston photos -Nisqually Tribe Communications and Media Services.*



Medicine River Ranch hands take students on a ride after some brief introductions to behavior around horses. The Nisqually Tribe has mental health services through licensed professionals with horses as well as Pony classes for the tribal community on Saturdays. Medicine River ranch hand Colby Valdez demonstrates how to use a lasso. Nisqually tribal member and master carver Kyle Sanchez directs students in an activity to make a necklace. Trey Birdtail, Nisqually Natural Resources Enforcement Officer, talks about his responsibilities for protecting fish and wildlife on the reservation.



Spring Greens

By Debbie Preston

The Nisqually Tribe Community Garden hosted their Spring Greens workshop for the Nisqually community this past weekend to teach how to use nettles to make tea, nettle pesto and fertilizer. Time was spent identifying helpful plants that occur all around us like yarrow which makes a nice poultice for wounds.

Grace Ann Byrd holds up a sprig of yarrow, often used as a poultice. Grace Ann Byrd, talks about what is grown on the farm, purchased from the Braget family while Heather Urban keeps daughter Angelina warm. Clarisse Randolph, garden technician, left; and Grace Ann Byrd, stand near a table with nettle pesto for a snack. The crew also made a salad from the greens throughout the area. Grace Ann Byrd looks at a bug that Heather Urban, 9 found in the field. Nettles can also be used as a fertilizer. Participants check the nettle patch to make sure it is not flowering. Once it flowers, it's not good for kidneys. Early, it's great for kidney health and general health.





Nisqually Tribal Natives Dance for Japanese Delegation

By Kurtis Bullchild Archives Tech 4

Way back in 1989 was the Washington Centennial and here in Olympia at the state capitol grounds was an event hosted by Governor Booth Gardner and the 1989 Washington Centennial Commission. The event was a reception in the honor of The Honorable Toshitami Kaihara Governor, Hyogo Prefecture, Japan and The Hyogo Friendship Mission on August 2, 1989. The Nisqually Tribe were invited to display and show their culture off to the Japanese delegation. The article written by the Olympian states "Accompanied by the Black Elk drum group, the Nisqually Tribe dancers performed "traditional" dance steps and the faster "fancy" dancing.

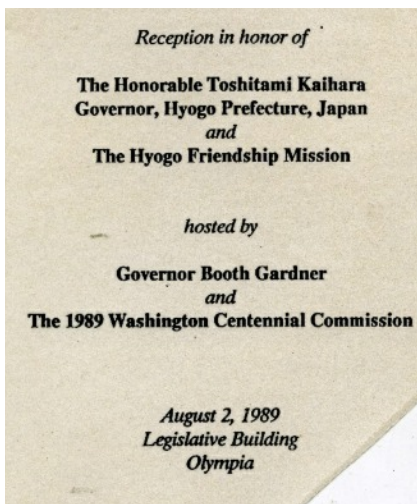


Former Nisqually Tribal Chairman Larry Sanchez is quoted saying "It's important to share our culture with people who don't know us" The Olympian then goes on to say " The dancers finished their performance with a friendship dance in which Joe Kalama asked the visitors to join in, but the Japanese delegation were a bit shy. Finally a few business men in suits joined in, and then their wives. Soon both the Nisqually dancers and the Japanese visitors were dancing and shaking each other's hands in the friendship dance".



Some of the names of the people in the photos are Naomi Squally, Sarah Kalama, Louanne Squally, Brianne McCloud, Candace Squally, Tara McCloud and Larry Sanchez.

On another note, the Nisqually Archives has an informational table set up at the Pulling Together for Success event that the Workforce program (TANF) that Jesse Youckton coordinates. If you have any questions, concerns or just want to talk history, come see us at the next one.





National Statuary Hall Committee Visits Artist at SPSCC

By Debbie Preston

The Billy Frank Jr. Statue Committee met at South Puget Sound Community College April 10 to be able to view the progress of artist Haiying Wu on the 9-foot-tall copy of the statue that Wu is refining as the base that he will then melt and lay clay on to again "make a fuzzy picture clear," is an analogy he has used.

Earlier in the week, Nisqually Chairman Willie Frank III, son of Billy Frank Jr. , stopped in to see the large version for the first time with his family.

Each time the statue has been scaled up, Wu refines it back to the original detail. Once the clay is applied and he refines it to his satisfaction, a mold can be

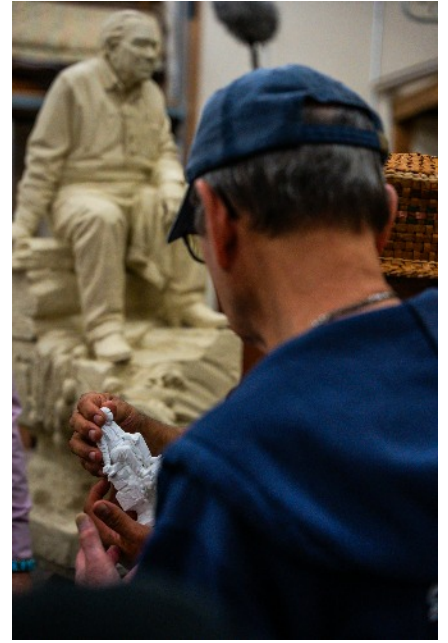
made. The mold will then be used to make the bronze statute. Wu estimates this part of refining the base will take about four months. Jack George and Debbie Preston photos Nisqually Tribe Communications and Media Services.

Learn more:

<https://www.artswa.gov/billyfrank-jr/>

<https://spccc.edu/billyfrank-jr-statue-project>

Sign up for project updates:
<https://bit.ly/billyupdates>



The Billy Frank Jr. Statue committee and various other attendees listen to Wu's explanation of the process. Haiying Wu and Willie Frank III enjoy a "light" moment with the Styrofoam figure, moving it back from the wood riser that simulates the actual height with the base on it. Willie Frank III talks to the artist about how well he looks. Wu talked about how coming to work with a smiling Billy Frank Jr. was energizing and relaxing. The Billy magic is still with us. Washington state Lt. Governor Denny Heck, also co-chair of the committee, talks with the artist. Wu seen through the legs of the sitting Frank. Elder Larry Seaberg looks at a small copy of the statue.



20th Annual Nisqually Wellbriety Pow-Wow

After a four-year absence, the 20th Annual Nisqually Wellbriety Pow-Wow was held April 5-7 with two Slahal games. It was a spectacular return. Congratulations to all those who pulled it off and thank you to all those who attended. -Jack George video - Nisqually Communications and Media Services







Medicine River Ranch Open House

By Debbie Preston

The Nisqually Tribe's Medicine River Ranch had an Open House for tribal members, the Nisqually community and employees to witness the growth in the horse ranch that is reconnecting the tribe to the horses and horsemanship it was renowned for historically. Following the condemnation of two-thirds of the reservation by Pierce County for the creation of what is now Joint Base Lewis McChord, many Nisqually people were separated from their horses or had to sell them. Chief Leschi and his brother Quiemuth were renowned horsemen.

More than 200 people came out to check out the horses, pigs and sheep as well as learn about the services the ranch provides around mental health healing for all. The tribe offers a Pony Club for tribal children to begin that association with horses for the next generation from the beginning.



P Blondie, who has a longer name for show time, was left in the able hands of Sgt. Terrell, who wasn't sure it was a good idea, but her owner wasn't worried and wanted to take a break. Blondie is in the top 30 internationally as a show horse and was unphased by lots of pets and piggies enjoyed getting the grass that is always greener on the other side. Why lasso a stationary object when you can rope your friends. It's a hay ride! Nisqually Tribe Vice Chair Antonette Squally enjoys interacting with Blondie, who also gave her a horse hug. Fences, kids and horses. It's a good day to be a kid. "What did you bring us?"



Charming Kitten, Pumpkin Sandstorm, Spandex Tempest: Cute names perhaps, but these are wreckers of havoc!

Tips from the IT-WebDev Department

The identity names indicated above are group nicknames for hackers creating major instability online and shutting down commercial and service provider arenas. Many of these groups are supported



by what is known as state sponsorship – meaning that governments back their efforts to disrupt critical infrastructure, create chaos, crash businesses, aid in foreign military and dictatorship actions as well as spy on and oppress others worldwide. State-sponsored hackers also blur

the lines between criminal organizations and government groups.

Cyberattacks cost very little when compared to traditional military operations. In addition, they are generally easier to carry out. With their great deniability, they typically have far less consequences to the attacker. Malicious foreign nations have realized that they could utilize cyber-attacks in achieving their political, commercial, and military goals.

Cybercrime statistics;

- One in two North American Internet users had their accounts breached in 2021
- In 2021, there were an average of 97 data breach victims every hour worldwide
- 108.9 million user accounts were breached between July-September in 2022
- 2022 breaches equated to 14 accounts being leaked every second
- eCommerce fraud was expected to cost the retail sector \$48 billion globally in 2023
- Online payment fraud is predicted to cost businesses \$343 billion between 2023-2027
- Between July 2020 and June 2021, the US was the most targeted country for cyber

attacks, accounting for 46% of attacks globally

- In North America in 2021, the main attack type was ransomware, 30% of attacks
- For businesses in 2021, 60% of US organizations had their data encrypted in successful ransomware attacks
- An estimated 53.35 million US citizens were affected by cyber crime in the first half of 2022
- U.S. citizens lost \$6.9 billion in 2021 to cyber-related crimes, including romance scams (\$956 million), investment scams (\$1.4 billion) and business email compromise (\$2.39 billion)

Editor's comments: *I've personally had my credit card account breached, been a victim of the Yahoo security breach, was a recipient of the AT&T unlimited data throttling settlement and recently am a claimant in the Facebook privacy class-action lawsuit. Over the past few years, I've collected approximately \$500 in settlement awards from businesses practicing unfair actions and security breaches. As a side note, I've had to replace three appliances in the past year as defective products, all of them fire risk hazards – and all at the replacement cost of the manufacturer. A final comment, I had to take my vehicle in for a defective airbag which could have resulted in loss of life. While some of these issues were major hassles, creating frustration and time intensive in resolving... the automotive defect was of the most concern and another awareness flag that we must remain diligent in protecting our well-being and rights; a helpful website to remain informed, is the class action database - <https://www.consumer-action.org/lawsuits>.*

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



Community Garden

THE DIRT

May 2024

Natures Wellness Basket

- Cedar leaves and bark
- Cattail roots and flowers
- Camas bulbs
- Cleavers
- Dandelion flowers/buds and roots
- Elderberry Flowers
- Hawthorn leaves and flowers
- Usnea
- Big leaf maple flowers
- Devils Club bark
- Princess Pine
- Rose petals
- Chickweed
- Nettle
- Horse tail
- Fiddlehead ferns from lady fern
- Licorice fern rhizome and young stems
- Miners lettuce

Produce Availability:

- Coming soon!



ATTENTION:

**Garden stands
this year will be
located at the new
garden property
starting in late
June. Stay tuned
for more details.**

Indoor Seeding:

Kohlrabi, lettuce, cabbage, fennel, bok choy, sunflowers, cucumbers, squash, melons, broccoli, and beneficial flowers.

**This section will be used to inform you of what seeds you should be starting indoors. Whether that be a green house or a warm very sunny window.*

Direct Seeding:

Beets, beans, carrots, arugula, spinach, dill, cilantro, turnips, radishes, and cilantro.

**This section will be used to tell you what seeds you should be directly seeding into your garden beds, pots, or planters.*

Monthly Garden Tips:

It should be safe to start planting all vegetables but keep an eye on nighttime temperatures as sometimes it can get cold. Wait to plant tomatoes, peppers and basil until nighttime temperatures have been at least 50F or warmer for 5 nights in a row. With this rule of thumb your plants should have a successful growing season. Stake or cage your tomatoes plants at time of transplant. If you planted potatoes last month hilling your potatoes when they are about 8 inches tall will help increase yield and protect them from the sun. Inspect your plants often as it is best to catch pest problems early! Keep up on your weeding!

If you have any questions or want to know more about anything in this month's article, please contact Chantay at anderson.chantay@nisqually-nsn.gov

Written by: Chantay Anderson, Garden Program Manager



Plant or vegetable of the month:

Camas

CAMAS

Camas (*Camassia spp.*) is a beautiful blue- to purple-colored lily that blooms in April through June in open meadows or prairies with well-drained soil. Camas was one of the most important and widely traded foods in Salish country before European colonization. The small bulbs are sweet and soft when cooked, like a dense potato. They can be eaten fresh, roasted, or boiled, but were usually steamed in a pit in the ground. Camas contains a complex sugar called inulin that is known to support gut health. When slow-roasted, inulin breaks down into a digestible sugar that tastes sweet but does not raise blood sugar.



Many native families actively managed patches of camas prairie through burning, aerating the soil with digging sticks and weeding out unwanted species. These practices helped to promote a diversity of edible plants on the prairies including roots, bulbs, berries and nuts. Birds, butterflies and wild game also thrive in the open and food-rich prairies. Colonial land management practices such as farming, grazing, inhibiting controlled burns and building developments have reduced camas prairies to a fraction of their vast size within just a few generations. Tribes, land management organizations and citizen groups are working together to protect and preserve camas prairies.

28

Try this recipe!



SPRING SALISH SOUP

This delicious soup is packed with spring vitality. Nettles are mineral-rich and salmon provides essential fatty acids and a good source of protein. White beans can be used as an alternative to camas, and leafy greens like chard or kale can be used in place of nettles.



Ingredients

3 tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
6 cups of water or broth
3 cups fresh or frozen camas bulbs or 2 cups dried camas bulbs
1 grocery bag full of fresh spring nettles
2 cups of baked, canned or smoked salmon
Salt and pepper to taste

Recipe by Elise Krohn

Preparation

In a soup pot on medium heat, cook the onions and garlic in olive oil until they become translucent. Add water or broth and camas, and then bring to a boil. Turn down heat, cover with a lid and simmer for about 20 minutes. While the soup is simmering, wash nettles in a colander then cut them into small pieces with scissors. Once the camas is tender, add the nettles. Cook an additional 5 minutes. Add the salmon and then season with salt and pepper. Enjoy!

Cook time: 40 minutes. Serves 4-6.

29

Above inserts are from: Feeding 7 Generations A Salish Cookbook by Elise Krohn and Valerie Segrest



Building Relationships Through Stewardship

By Jessie Fox, Executive Assistant to the Building Department Director

When the call came in that one of the Tribal Elders was in need of an accessible shower, the Building Department's apprentices and journeymen were there to answer the call. Sean, Alex, and Chris received accolades for their friendly and professional work ethic. The grateful Elder's family had this to say about the service and care the staff provided.



"As you know, my mom is almost 86 and has been living with us for several years now. Mom has a lot of health and mobility issues and was not able to safely bathe here at home. We are so thankful for the accessible

shower recently installed through your programs.



We are appreciative of the excellent

work done by the apprentices, Sean and Alex. Both were friendly and professional, kept us informed on their progress, and kept the construction mess to a minimum. It's great to see young guys from our community learning a professional trade. Chris joined Sean for the final few days, and his experience helped bring the project to a finish. And since we are



also elders and this is our forever home, we all benefit from this project. Thanks to everyone involved."

The DEESP

Program has limited funds to help the Elders in the Tribal community. The funds were generously provided through a grant. If you or a loved one find

yourself in need of emergency or safety repairs, please contact the Building Department at 360-456-5221 ext. 1322.

Alternatively, applications can be picked up at the Building Department (12565 Elders Lane SE, Olympia, WA 98516) or printed from the Building Department Website. <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/building/>

In other news, the Building Department has been very busy making improvements around the reservation. The carpentry crew, including the apprentices, worked tirelessly to renovate the Training Center's access ramp. Now it will be easier than ever for everyone to have easy access to all the learning courses and training that Yolanda provides for employees and those in the community.

Another project that the Building Department has been working on is the bridge near the Youth Center. Tribal Council noticed that the existing bridge was



unsafe. Ryan Kalich, the Building Department Building Inspector, inspected the bridge and discovered that boards placed on the earth below the bridge had rotted out.

After removing the existing structure, the Building Department Beautification Team laid down a more sustainable gravel walking path and a railing.



The railing features decorative oars, custom made and painted by the Building Department Beautification Team.

This new path will be safer for all who traverse from the adjacent parking lot onto the field.



HEALTH FITNESS NUTRITION

UP COMING

ROCK CLIMBING, 5K COLOR RUN & HIKING

MAY – AUGUST 2024

NHFN BLDG.
1937 Lashi St. SE
Olympia WA. 98513f

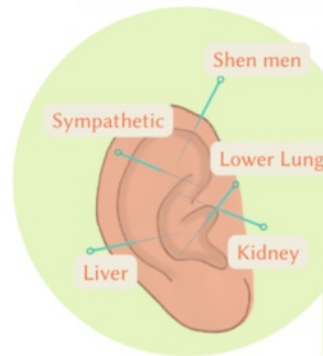
- May 25th rock climbing
- June 1st hiking
- June 15th 5k color run
- July 13th & 27th hiking
- August 10th & 31st hiking

Contact us @ 360-456-5221
Alisha Gannie ext. 1079
Kareem Gannie ext. 1275
Misti Vigil ext. 1383

NISQUALLY
TRADITIONAL
HEALING

Ear Accudetox @ NTHWC

Experience the benefits of this ancient healing that can help reduce stress, anxiety, and other health issues.



May 2nd
10th
16th
23rd
30th

THE FIVE POINTS AND THEIR BENEFITS:

1. **Sympathetic Point**, which calms the nervous system and helps with overall relaxation;
2. **Shen Men** or "spirit gate", which reduces anxiety and nervousness;
3. **Kidney Point**, for reducing aggression, calm fears, aids digestion and heal internal organs;
4. **Liver Point**, for detoxification, blood purification, and to suppress aggression; and
5. **Lung Point**, which promotes aeration and helps reduce grief.

Two sessions* - AM Session beginning at 10AM,
PM session beginning at 1:30PM

*Due to limited capacity, please call 360-493-6450 to secure your spot.
Service is open to all registered NTHWC patients.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <i>Take care of yourself.</i>				1		2 ACUDETUX EAR ACUPUNCTURE		3	
6 MASSAGE STRESS MANAGEMENT HERBALIST		7 MASSAGE		8 MASSAGE SPIRITUAL FACILITATION		9 MASSAGE SPIRITUAL FACILITATION		10 MASSAGE SPIRITUAL FACILITATION ACUDETUX EAR ACUPUNCTURE	
13 MASSAGE STRESS MANAGEMENT HERBALIST		14 MASSAGE		15		16 MASSAGE ACUDETUX EAR ACUPUNCTURE		17	
20 MASSAGE STRESS MANAGEMENT HERBALIST		21 MASSAGE		22 MASSAGE SPIRITUAL FACILITATION		23 MASSAGE SPIRITUAL FACILITATION ACUDETUX EAR ACUPUNCTURE		24 MASSAGE SPIRITUAL FACILITATION	
27 CLOSED HOLIDAY MEMORIAL DAY		28 MASSAGE STRESS MANAGEMENT		29		30 MASSAGE ACUDETUX EAR ACUPUNCTURE			



Looking Forward Together:

Elders' Supports & Services ~ Your Health and Wellness



Tuesday, May 14, 2024
9:00am - 3:00pm

Little Creek Casino Event Center
91 WA-108
Shelton, WA 98584

You are invited to an intertribal gathering of tribal elders, caregivers, and service providers.

This event is open to Tribal Elders of the Following SPIPA Consortium Tribes: The Chehalis Tribe, The Nisqually Indian Tribe, the Shoalwater Bay Indian Tribe, the Skokomish Indian Tribe, and the Squaxin Island Tribe.

First 25 Elders from each of the five Tribes to register will receive an incentive. Registration Deadline is May 4, 2024.

TOPICS DISCUSSED cyber fraud, hearing, and vision.

MEALS There will be a light breakfast served in the morning, with lunch provided in the afternoon.

How to Register:

By Phone



360.426.3990

In person



Contact your Tribal Elders Coordinator

Chehalis	Skylar White Eagle	360.529.7839
Nisqually	Elders Program	360.486.9546
Shoalwater Bay	Kathirine Horne	360.267.8134
Skokomish	Rosetta or Perry	360.426.7788
Squaxin Island	Tracey Coffey	360.432.3906

Online



<https://bit.ly/4abREwW>

Call 360.426.3990 or email dgardipee@spipa.org and mshilley@spipa.org for questions and special accommodations.



South Puget Intertribal Planning Agency

USDA Foods Program May Dates



PT. GAMBLE S'KLALLAM	5/2/24
SQUAXIN ISLAND	5/7/24
SKOKOMISH	5/10/24
CHEHALIS	5/16/24
NISQUALLY	5/20/24

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency

WIC Program May Dates



NISQUALLY	5/8/24
CHEHALIS	5/9/24
SQUAXIN ISLAND	5/14/24
SKOKOMISH	5/15/24



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.



Announcements



May 16, Happy Birthday Chenoa, Love the McDonald Family

May 18, Happy Birthday Enzo, Love the McDonald Family

May 27, Happy Birthday Jasmine, Love Dad, Mom, Keisha, Samira, Nevaeh and Rodney (aka AA ROD)

May 29, Happy Birthday Missy, Love the McDonald Family

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



GARAGE SALE

MAY 23-24
9 AM to 5 PM

OPEN TO PUBLIC

Billy Frank Jr Gym
4820 She-Nah-Num Drive SE
Olympia, WA 98513

CLOTHING | GADGETS | HOUSEWARES
SMALL FURNITURE
CASH & CARD ACCEPTED

AMERICAN CANCER SOCIETY
All proceeds benefit the American Cancer Society



WE'RE HOLDING A MEGA YARD SALE DONATIONS NEEDED!

SQUALI-ABSCH RELAY FOR LIFE TEAM FUNDRAISER!

Bring your donated items to the BFGym. Small household items, clothing, small furniture, books, etc.

MAY 20-22 | 10 AM TO 4 PM
BILLY FRANK JR GYM

All proceeds will benefit the American Cancer Society. Sale will be held May 23-24 10-5



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