

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

December 2022

Nisqually Curriculum Approved and Available to All Schools to Teach

By Debbie Preston

With a click of a mouse, 15 years of cooperative work to create a Nisqually Tribe curriculum to be used by local school districts zipped over to an Office of Superintendent of Public Instruction (OSPI) remote drive. With lots of clapping and whoops, Nisqually Tribal Council blessed the cooperative work of Nisqually Archives/THPO Annette Bullchild and local Educator/Historian Abbi Wonacott.

“We know that many times tribal information is submitted, but teachers don’t know the history or are afraid to teach it because of making mistakes,” said Bullchild. “Abbi has created Nisqually information from the Cecelia Svinth-Carpenter collection and some of her own research as a curriculum for teachers and we’re going to pilot it in the Bethel School District in 2023 to make sure this works for teachers.”

The curriculum is a “living document,” that can be amended and have additions made to it by Tribal Council resolution. Legislation championed by Washington Senator John McCoy, Tulalip Tribes tribal member, was passed in 2005, requiring the teaching of tribal history that has been submitted by tribes. Known as Since Time Immemorial (STI), the materials for general education have been created, but specific curriculum for tribes in the local areas of schools is the responsibility of each tribe.



“While the state Legislature passed STI, they didn’t attach any funding to it,” said Bullchild. The Nisqually Tribe, however, donated charitable funds to the STI over several years. “This would not have happened without the tribe’s contributions,” said Dr. Laura Lynn, Interim Executive Director of the Office of Native Education at the Office of the Superintendent of Public Instruction.

*Wonacott grew up near the Mashel River and always wanted to know more about the history. She worked with her honors classes in the Bethel School District to research the story of the Mashel massacre and that began a long journey of reaching out to Nisqually and working to create the full curriculum, even before the passage of STI. She also wrote a book, *Where the Mashel Meets the Nisqually: The Mashel Massacre of 1856*.*

Continued on page 3-EDUCATION

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 10/20/22
Minutes Approved on:
Meeting Called To Order: 1:35

Willie Frank	Chairman	Present
Antonette Squally	Vice Chairman	Absent
Jackie Whittington	Secretary	Present
David Iyall	Treasurer	Absent
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: Cat S, Kayla S, Naiome W, Andrey S, Nancy B, Brent B, Nate C, David W, Mary S, Pete A, Ezra K, Shannon B, Deb P, Elizabeth D.

Tribal Councils motions and consensus:

Executive Session 1:38-1:53

Mary Szafranski – Week 137, 3 cases affiliated with Nisqually. 132 flu vaccines given out at the flu shot event. Five and over eligible for COVID booster.

Shannon Blanksma – **Approval of October 20th, 2022, Budget Consent Calendar.** *Motioned by Jackie Whittington, seconded by Guido Levy Jr. Motion passes 4-0-0*

Shannon Blanksma – **A Resolution Authorizing Execution of a Contract with Rice Fergus Miller for Schematic Designs Services for the MAT Clinic/ Nisqually Healing Center at 3663 Pacific Avenue, Olympia Washington.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 4-0-0 Resolution #163*

Shannon Blanksma – **A Resolution Authorizing Submission of a grant to USDA under the Reconnect Round 4 Broadband Program.** *Motioned by Jackie Whittington, seconded by Leighanna Scott. Motion passes, 4-0-0 Resolution #164*

David Wolff – **A Resolution to Approve and Authorize the Filling of an Amicus Curiae Relief in the Maverick Gaming Litigation.** *Motioned by Chayannah Squally, seconded by Guido Levy jr. Motion passes, 4-0-0 Resolution #165*

David Wolff – **A Resolution to Approve and Authorize the Purchase of Real Property Located In Pierce County, Washington by Medicine Creek Enterprise Corporation.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 4-0-0 Resolution #166*

Nate Cushman – **A Resolution Approving Title 22, Nisqually Residential Leasing Code.** *Motioned by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 4-0-0 Resolution #167*

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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“That history haunted me as a child and I just thought it was so important to have all the students know about it,” said Wonacott.

“It’s a beginning - a first step - is how I think about it,” said Bullchild. “It’s something that’s organized in a curriculum and we can point to it whenever anyone calls for this kind of information. It’s been researched and vetted and it can be updated as needed.”



“This is a huge step to have this available to school districts or really anyone that wants to know our story,” said Willie Frank III, Chairman of the Nisqually Tribe. “It compliments the outreach we are doing and also reduces some of the load by having this available. We love doing the outreach, but it is helpful to have this basic education about Nisqually always available to schools and the public.”

The curriculum will be available on the OSPI website in the next month.

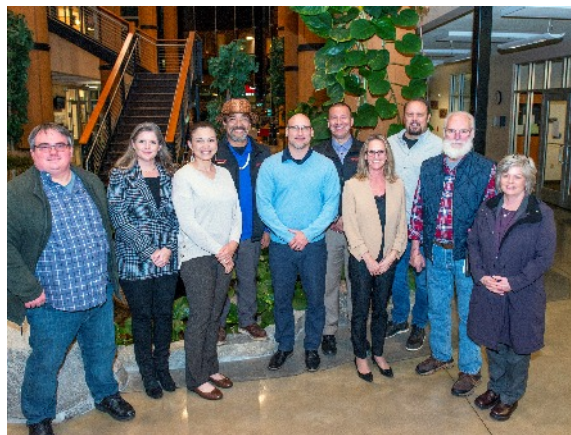


Working with North Thurston School District

The Nisqually Indian Tribe and North Thurston School District employees and school board held a work group meeting, one of several government



meetings held each year. It was a time to talk about what comes next, as the group has accomplished a number of goals, including flying the Nisqually flag at all schools, the Nisqually language will be taught in the school next year and the district and tribe piloted a Science Technology Engineering Arts and Mathematics (STEAM) for all fourth grade classes in the district. “We want to continue to grow this project, but we have to figure out a way to do it in a way that doesn’t tax the tribe’s resources,” said one of the teachers who participated. Hanford McCloud, government liaison and cultural educator, agreed. “We need to keep thinking how we grow this effort – show people how it’s done,” said McCloud.



Continued from page 2-MINUTES

Nate Cushman – **A Resolution to Approve and Authorize a Jail Services Agreement with the City of Olympia.** *Motioned by Guido Levy Jr, seconded by Chayannah Squally. Motion passes, 4-0-0*

Resolution #168

Elizibeth DeGroff – **Approval of Waiting List for Rental Housing. “With requested changes.”**

Motioned by Jackie Whittington, seconded by Leighanna Scott. Motion passes, 4-0-0

Sommer Sanchez – **Approval of October 6, 2022, TC Minutes.** *Motioned by Guido Levy Jr, seconded by Chayannah Squally. Motion passes, 4-0-0*

Nancy Bob, Catalina Sanchez, Naiome Wilkins, Kayla Sparkle and Andrya Squally – Nisqually Language Program update – Plans to work with Council 2-3 days a week, working with Southworth elementary. Head start and Benthal schools. Scheduled to do BINGO in the bfj gym on 11/3. Will come back in March for more updates.

Motioned to Adjourn by Chayannah Squally, seconded by Leighanna Scott. Motion passes, 4-0-0 Meeting ended 3:08



Presentation with Capital High School

Nisqually Tribe Chairman Willie Frank III and Bill Kallappa, President of the State Board of Education and Education consultant for the Nisqually Tribe, relate the story of the treaties, the Fish Wars, Boldt Decision and the Nisqually story to a group of Capital High School students. Comprised of many of the theater arts students, a number of guests also attended to hear the presentation. Students did the work to reach out and ask for the duo to repeat a presentation done for one class last year. "We're happy to do it," said Frank. "Now that we've got a curriculum approved, it's only going to help us tell the Nisqually story."



Language BINGO!

The Nisqually Language Resource Center is spreading the knowledge of the Nisqually language, Southern Lushootseed, to tribal members, school districts, employees and others. This week, they held a language bingo event at lunch for Nisqually Tribe employees. Voice recordings of Willie Frank Sr., who lived to be 104, have been invaluable in assisting in the way to say many words.



Nisqually employees, both tribal and non-tribal, tried their hand and pronouncing the Southern Lushootseed words and playing the game, including Nisqually 6th Council, Guido Levy.



The Nisqually Language bingo card features many pictures of common animals and plants.



Nisqually Language Resource Manger Nancy Bob repeats the Southern Lushootseed words for the game with Nisqually Chairman Willie Frank III, Vice Chair Antonette Squally, a language speaker, and Chay Squally, council member and language speaker, participating.



Traditional Medicine Garden Naming Ceremony

The Nisqually Traditional Medicine Department hosted the naming ceremony of the garden behind the Nisqually Tribe Health and Wellness Center on Nov. 16, with a fire outside and hearty and healthy food inside. Melissa Meyer, Traditional Medicinal Plants practitioner and teacher in the Traditional Healing Program at the Nisqually Medical Center, thanked Derick Sanchez for his invaluable help in reconfiguring the garden to better suit its location and improve the soil.



Coho Run 2022

The Nisqually tribal hatcheries got what they needed to spawn coho this year, and while the run was again low, the fish were of a better average size than recent, disastrous years when the coho were small and low in number.

With a slow fishery, Neugie Kautz and Chief Squally had some time to shoot the breeze. As it gets into late December, Yelm Creek should begin to give important data about the size of the chum run.

Danny McGee brings his boat in with a few fish.





Elders Luncheon



Elders Thanksgiving Luncheon 2022 - Mel Ponder Photography



Veteran's Day

The Nisqually Tribe celebrated and honored Nisqually tribal and community veterans as well as employee veterans at an event on Tuesday, Nov. 8. The Nisqually Canoe Family sang and students from Wa-He-Lut Indian School sang and danced. An Air Force Color Guard from Joint Base Lewis McChord posted and retired the colors. Following lunch, the women of Quilts of Valor presented quilts to those veterans who did not receive one last year. All veterans received a keepsake box with their branch of service etched in by Alex Choke, Jack George and Sean Jose. The featured speaker was Lourdes E. 'Alfie' Alvarado-Ramos, Director of the state Veteran Affairs Department, who urged everyone to be a veteran advocate by helping connect veterans and spouses with benefits they may not know about.





Drift Gill Net Release Mortality Study— a BIG Success

By Craig Smith

For the last several years the harvest management crew has conducted a test to determine the feasibility of releasing wild Chinook from a drifted gill net (GN). As some may recall, Tangle Nets were used in the past and the fleet quickly determined it was not a gear type that they wanted to fish because the increased catch of non-target species like trout, micro jack Chinook, and Pink salmon. The fleet disliked the gear so much they told me that they wanted to Tangle Me up in the gear! Nisqually fishers have been using gill nets for countless seasons so it made sense to study the possibility of a selective fishery using drift gill nets. A selective fishery harvests target salmon while releasing non-target salmon. Wild Chinook are listed as threatened under the Endangered Species Act and our fishers are not able to catch a lot of the hatchery fish because of our need to recover wild Chinook in the Nisqually. This study was to help us determine how many wild Chinook we could release and not kill while harvesting extra hatchery fish. The results of the study were very positive and if approved by the Nisqually Fish Commission we hope to implement an added selective fishery to next years Chinook fishery. This selective drift fishery may help us catch an extra 1,000 to 3,000 more hatchery Chinook while staying within our wild Chinook impact targets.



The study used 6-inch drift GN and held the Chinook in live bags in the river for 24 hours to determine the short-term mortality of the gear for releasing Chinook. Over the 3 years of testing it showed that encountered and released Chinook had a 10% mortality after 24 hours, which is much better than expected and better than other selective gear types being used on the west coast. We think that the reason for the low mortality is the small soak time or drift time that are common in the Nisqually. The fish struggle for very short periods so they are not fighting until exhaustion as with other selective gear.

Nisqually Tribal Office Holiday Hours

Early closure
Thursday, December 22
Closed
Friday, December 23
Monday, December 26
Early closure
Friday, December 30

Nisqually Tribe
Social Services Department Adult Services

Case Management Program is
NOW OPEN!
Monday—Friday
8:00 a.m.—5:00 p.m.
Walk-In's Welcome
TUESDAYS & THURSDAYS
1:00 p.m.— 5:00 p.m.

To schedule an appointment :
360-456-5221 ext. 1370
Located in the Billy Frank Jr. Building 2nd Floor



2023 NISQUALLY INDIAN TRIBE GENERAL WELFARE PROGRAM

Your Tax Savings Start Here

ANNUAL ENROLLMENT NOVEMBER 1- DECEMBER 31, 2022

The Nisqually General Welfare Program is an optional program allowing Nisqually Tribal Members to take advantage of General Welfare tax exemptions up to **\$7,500** per quarter. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received. An application is required to participate in the program for any enrolled Adult Nisqually Tribal Member (Age 18 and above). Please note, for current participants you must sign and submit the renewal letter that was mailed directly to you in November if you wish to renew participation for the 2023 Plan Year at your current election amounts. Approved General Welfare Program applications will be in effect for February 2023-January 2024 tribal distributions and may not be changed.

Below is a list of common eligible general welfare expenses allowed by the program. A complete list of eligible expenses is available in the Nisqually General Welfare Program Guide.

- Mortgage/Rent Payments
- Utilities
- Childcare Expenses
- Healthcare Expenses
- Transportation Stipend- *\$1,000 per month*
- Nutrition Stipend- *based on household size*

The Tribe's program is administered by FSA TPA, LLC. A provider payment form will be required for any direct provider payments such as rent or mortgage.

NEW PROGRAM HIGHLIGHTS

As mentioned above, you may now elect to receive up to a maximum of **\$7,500** per quarter to be reported as non-taxable benefits.

Benefit Card: A benefit card can now be used with the standard GWA Program for most health, utility, education, and childcare providers for eligible expenses versus having to pay out of pocket and seek reimbursement (reference Program Benefit Guide). The benefit card cannot be used to withdraw cash from your benefit account; it can only be used to pay for eligible program expenses.

Elder Supplemental Income Benefit: Elders age 55 and above can elect to participate in the Elder Supplemental Income Benefit. These general welfare funds are not in addition to your per capita distributions. Rather, the amount a member receives in general welfare funds shall reduce the amount of per capita funds received.

If elected, eligible Elders will receive a supplemental income stipend in the amount of \$2,500 per month or as a lump sum quarterly payment of \$7,500. The stipend will also be considered a tax-free benefit under the GWA Program. Supplemental Income payments will be distributed to eligible participants via direct deposit or check.

APPLICATION PROCESS

Deadline:
December 31, 2022

Fax: 360-486-9549

Email:
GENERALWELFARE@
NISQUALLY-NSN.GOV

Deliver to Tribal Offices:
Attention of Linda
Rodriguez



QUESTIONS? CALL US.

General Welfare Coordinator
Linda Rodriguez
4820 She-Nah-Num Dr S.E.
Olympia, WA 98513

ph: 360-413-3020
fx: 360-486-9549
e: GeneralWelfare@nisqually-
nsn.gov
Monday-Friday
8:00 am - 5:00 pm PST



Technology, Be Prepared: What, When, How, Why?

Tips from the IT-WebDev Department

We may utilize technology on a daily basis and not necessarily appreciate it until it's not working the way we want it to or not even working at all. For example, when Facebook, Twitter or YouTube, or Internet email servers went down (on several occasions), an anxiety and perhaps even panic began to unravel in some realms, whether the personal or business worlds.

Imagine there was an actual time (before advanced technology) where societies could only communicate and support one another in other ways such as in groups or face-to-face. As mass media developed over the century (some in our lifetimes, such as radio, newspapers, television and the Internet), societies seemed to rely on these new mediums of information. Pandemics such as COVID pushed us further apart and into virtual or electronic realms. Several studies indicate social distancing was already occurring prior to the pandemic, such as societies using messaging over phone calls and in-person visitations.



What if?

What if there was no cellular service? What if there was no Internet service? This editor has lived through these scenarios multiple times, during hurricanes in Florida. Not only was there no communication service such as cell phones or Internet, there was also no electricity or running water.

When did that happen?

Reliance on cell phone service and the Internet began in the early 90s and 2000s. That's just over twenty to thirty years ago!

How will it change?

Speeds of communication services are changing such as upgraded cellular service, satellite services and fiber-optic Internet speed increases (topics covered in prior Squalli-Absh newsletters).

Why do we need alternate methods?

In the example above of the hurricane wiping out cell phone towers, destroying utility structures (such as power, phone and Internet) combined with the disruption of fresh water supply sources; there has to be backup for forms of communication and services that rely on technology or electricity. For example, walkie talkie devices for communication might be used and generators for power provision.

There are emergencies such as natural disasters (earthquakes, volcanic activity, solar flares, floods, snow, wind or ice storms, etc.) and pandemics which can impact the use of technology in our daily lives.

Thankfully Washington state does not have to deal with hurricanes (there have been a few tornados however over the past few years), however there are constant threats of volcanic or earthquake activity. Best motto (borrowed from the Boy Scouts) – “Be Prepared.” Be Prepared means “you are always in a state of readiness in mind and body to do your duty.”



New Fitness Machines Bring in More People

Since having 30 state-of-the-art exercise machines installed at the Nisqually Adult Wellness Center, Kareem Gannie, Program Manager for Health and Fitness, has seen a huge increase in use of the facility.

“I knew we needed more room. Our free-weight room is small and can really only fit six people, plus free weights are intimidating to a lot of people,” said Gannie.

Gannie proposed using the four corners of the upstairs track for the machines, a quick way to expand capacity and bring fitness newcomers in more easily. “We had an engineer make sure that those corners could hold the weight first,” said Gannie, “Outside of a new building, this was an economical way to improve access for more people.”



be using the machines at a time, using all the corners. This is in addition to the up to 18 that can be using the cardio room.



The machines have instruction on how to use each one. There are exercise corners that are grouped for things like legs, core and arms along with overall fitness.

“We’ll be adding five more machines in the coming weeks and then two more in 2023 to bring the machine numbers up to 37,” said Gannie. The free weight room and the cardio room are still operating as well.

The Adult Wellness Center is open from 6 a.m. to 9 p.m., though most of the traffic occurs starting at noon and into the evening hours.

Gannie also hopes to add a key card to the new doors now installed on both ends of the gym to access the equipment. “It’s just part of keeping kids safe so they aren’t up there without supervision and security for the equipment too,” said Gannie.

In October and November, more than 223 people have signed in to use the equipment. There are probably more as not everyone signs in, though they are asked to do so. There have been 78 sign ins in November already. Between 30 to 36 people could

STEP’s Shout OUT

STEP would like to send a HUGE congratulatory shoutout to Ryder Wells, our Culinary Apprentice.

In conjunction with the STEP apprentice program, Ryder has been enrolled in Renton Technical College to earn his certification in culinary as a sous chef through the American Chef Federation (ACF). On October 24th, Ryder and his team participated in the Bite of Apprentice held in Seattle through the ACF.

I am pleased to announce that they took second place in the BEST Apprentice category.

Congratulations, Ryder! Keep working hard, and amazing things will continue to happen.
Tia Lozeau, on behalf of the STEP Board.







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

Refill Requests Available Through the Patient Portal

By Krislyn Chum, CAC; Michelle Davidson, CAC

Our Services

We are excited to announce the ability to request medication refills with our online Patient Portal!

In 4 quick, easy steps you can request medication refills from your profile. We put you in the driver's seat of your own care! Please follow the steps outlined to refill your medications. If you have questions or concerns regarding your portal account, or need access, please call the clinic at 360-459-5312.

STEP ONE

My Health Record
Nisqually Tribal Health & Wellness
Summary
Visits
Medications
Growth Charts

My Medications
Current Medications
Adult Aspirin EC Low Strength
Adult Aspirin EC Low Strength
ACTIVE
Prescribed On: 12/08/2022

STEP TWO

Request Medication Refill

Medication (required)
 Adult Aspirin EC Low Strength-81 MG Oral Tablet

STEP THREE

Pharmacy

- Nisqually Tribal Health and Wellness
4816 SH-NAH-NUM DR. S.E.
OLYMPIA, WA 98513
Phone: 3604919770

STEP FOUR

Submit Cancel



Processing a New Prescription or Refill

Prescriptions are usually sent to the pharmacy electronically from your provider. This is true if your provider is in the Nisqually Tribal Health & Wellness Center or if you have a referral to an outside provider. Once the provider hits “send”, it can take up to 10 minutes for the pharmacy to receive the orders even when your provider is in the NTHWC. Once the pharmacy receives your prescription, it is processed in the order in which it was received. Prescriptions are moved up in the que when the pharmacy staff are informed that the patient is waiting. The prescription label(s) are typed, the drug is pulled and the prescription pills are counted. The pharmacist verifies that all the information including pt. name, Dr. name, drug, dosing, and quantities are all correct. The Pharmacist also checks for drug interactions and any duplications of therapy among other important things. We are committed to providing safe and accurate prescription fulfillment to the Nisqually community. Note: Depending on how many prescriptions are being filled, the process usually takes anywhere from 20-30 minutes. Sometimes it may take longer if there is information that needs to be clarified with your provider. We do everything we can to keep you safe. Thank you for your patience. Once this final check is done the automatic system can notify you by text or phone call that your RX is ready for pickup.

Refilling Your Existing Prescriptions at Nisqually THWC Pharmacy

When requesting refills on existing prescriptions, please have ready: your date of birth, the prescription drug name and/or prescription number.

When requesting refills, please allow three to five days. When a refill authorization is needed from your provider, it may take that long for them to get back to us, especially if your provider is not at the NTHWC Clinic. Also, to ensure we maintain accurate contact information, we may ask you to update or verify information such as: phone number, address, and insurance information. This way we can properly notify you by text or phone call when your prescription is ready for pick up.

Waiting for Your Prescription or Picking Up Later?

If you are waiting for your prescription after an appointment, we have a beautiful pharmacy waiting area where you will be comfortable until your prescription is ready. Grab a coffee or a snack, visit with friends or read a magazine. We also have a drive-thru window for your convenience. Questions? We can be reached at 360-491-9770.

New Pharmacist added to Pharmacy Staff.

My name is Jenny Lee, and I started working with the Nisqually THWC Pharmacy in October 2022. I lived in New Jersey for eleven years, where I went to pharmacy school and worked as a pharmacist at Rite Aid for five years. I recently moved back to Washington state, where I grew up, to be closer to my parents. Outside of work, I enjoy reading, gardening, and spending time with friends and family. I am honored to join the pharmacy team and the Nisqually community.

***** COMING SOON! *****

A Chance for Input into Services Coming Soon

The Nisqually Tribal Council is interested in learning about community perspectives on tribal services, conditions, and general Nisqually well-being in order to support the development of tribal community programs. They have hired a professional data collection company that has worked in Indian Country for years doing assessments of various community needs as part of that research. Every Nisqually household on the reservation will have the opportunity to offer input. Stay tuned for more details.



“Data are just summaries of thousands of stories – tell a few of those stories to help make the data meaningful.” — Chip and Dan Heath



Attention Nisqually Tribal Elders!

Nisqually Tribal Elders who participate in our Medicare Part B Premium Reimbursement Program will soon be receiving notice from the Social Security Administration regarding your new benefit for the Year 2023. This notice usually arrives between November and December. Remember to bring in or mail in this notice you receive to the Nisqually Tribal Health & Wellness Center Business Office, as we need this notice to match your Medicare Part B deduction.

If you have any questions, please contact Lisa Wells or Christine Curtis at (360) 486-9599

Our mailing address:
 Nisqually Tribal Health & Wellness Center
 Attn: Business Office – PRC/CHS
 4840 Journey St. SE
 Olympia, WA 98513





South Puget Intertribal Planning Agency

USDA Foods Program December Dates

PT. GAMBLE S'KLALLAM	12/1/22
SQUAXIN ISLAND	12/7/22
SKOKOMISH	12/9/22
NISQUALLY	12/16/22
CHEHALIS	12/14/22

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.

Need help paying your light bill?

You may be eligible for LIHEAP Assistance

South Puget Intertribal Planning Agency
Low Income Housing Energy Assistance Program



South Puget Intertribal Planning Agency

WIC Program December Dates

CHEHALIS	12/8/22
SQUAXIN ISLAND	12/13/22
NISQUALLY	12/14/22
SKOKOMISH	12/21/22

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



Who Must be 18 or older, and an enrolled member of the Chehalis, Nisqually, Skokomish, Shoalwater Bay, or Squaxin Island Tribes.

When December 16, 2022
9:00am - 4:00pm

Where **Nisqually Warehouse**
4822 She-nah-Num Dr. SE
Olympia, WA 98513

What you MUST bring with you



Current light bill with name and address



Social Security cards for all living in household



Current light bill with name and address

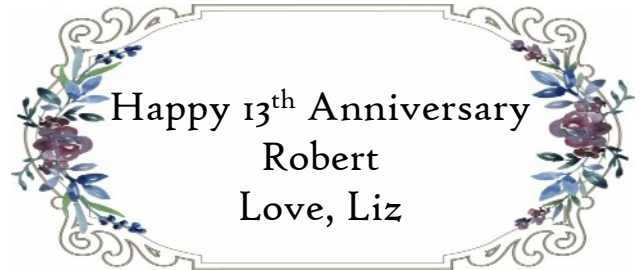
For more information, contact Debbie Gardipee-Reyes at: 360.462.3227



Announcements



December 9, Happy Birthday Jordan, From Marie
DECEMBER 15, HAPPY BIRTHDAY CEBO, LOVE MARIE



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

from Newsletter Staff



Happy Holidays

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

