

# NISQUALLI ABSCH News



Nisqually Tribal News

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Phone # 360-456-5221

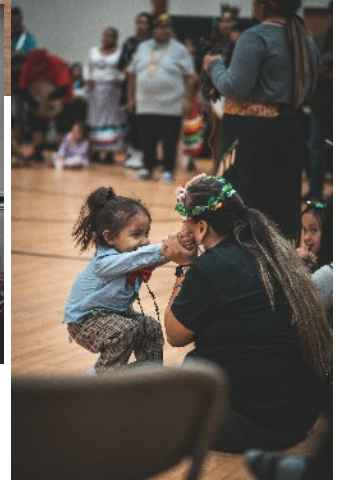
Volume 13 Issue 1

[www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)

January 2023

## 2023 New Years Eve Coastal Jam

By Jack George



*Celebrating the New Year through song and dance.  
Council member Chay Squally hopping into the New Year.  
Singers echoing their songs in the Billy Frank Jr. Gym for the New Year's Coastal Jam.  
Andriya Squally and her son celebrating the end of 2022 with smiles.*

# Tribal Council Business

## Nisqually Tribal Council Meeting Minutes



Date: 12/8/22  
Minutes Approved on:  
Meeting Called To Order: 1:32

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

Guest: Tony S, Lisa B, Selina O, Justine C, Mary S, Alvin A, Stacy G, Brent B, Nicole S, Deb P, Ezra K, David W, Shannon B, Heidi P, Joe C, Nate C, Pete A, Cynthia I, Nancy B, Stephanie M. Maria M.

Maria Siguienza – Coming in as a guest to give thanks, for support in election for 21<sup>st</sup> district.

Lisa Breckenridge – Monthly Nisqually Parks update. Topics are phase 2 art installation is in the final weeks, any changes need to be made ASAP. Parks will be meeting again next Wednesday. Phase 3 to start in January, this is a high-profile project and needs all the support to be successful for the tribe.

Mary Safranski – Clinic has been extremely busy testing for COVID, Flu and RSV. Having 81 Flu cases, 18 COVID and 17 RSV cases.

Alvin Aganon – **A Resolution Regarding Employee Compensation.** Mentioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 5-0-0. **Resolution #184**

Debbie Preston/Stephanie Medina – **Approval of Nisqually Communication & Media Services Department. With Change to “Nisqually Nation Communication & Media Services Department” and Request for different shared calendars for departments and tribal members. Working under TC and CEO.** Motioned by Leighanna Scott, seconded by Antonette Squally. Motion passes, 5-0-0.

Heidi Peterson – **A Resolution Approving 2023 General Welfare Programs and Policies.** Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0. **Resolution #185**

David Wolff – **A Resolution to Approve and Authorize the Gift of Certain Property to the Nisqually Indian Tribe from Medicine Creek Enterprise Corporation.** Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0. **Resolution #186**

Stacy Gouley – **Approval of donation funds for funeral services for café employee.** Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 5-0-0.

Joe Cushman – **A Resolution Authorizing Submission by SPIPA of an FY2023-FY2025 CCDBG Program Application to the Department of Health and Human Services, Administration for Children and Families.** Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. **Resolution #187**

Joe Cushman – **A Resolution Authorizing Submission by SPIPA of an FY2023-FY2026 AOA Title VI Parts A and C Application to the**

**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  
5<sup>th</sup> Council, Chayannah (Chay) Squally  
6<sup>th</sup> Council, Guido Levy Jr.  
7<sup>th</sup> 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](http://www.nisqually-nsn.gov)

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**Department of Health and Human Services, Administration on Aging.** *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.*

**Resolution #188**

Joe Cushman – **Approval of Grant Funds to finish Housing Roads.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0.*

Selina Oya – **Approval for New Year’s Fireworks December 26<sup>th</sup> through January 1<sup>st</sup>.** *Motioned by David Iyall, seconded by Leighanna Scott. Motion passes, 5-0-0.*

Selina Oya – **Cemetery Committee is looking for direction on a non-tribal burial request. TC to set up a meeting with the Committee to discuss further and work on creating a policy.**

Selina Oya- **Approval of TC Minutes from 11/17/2022.** *Motioned by Leighanna Scott, seconded by Antonette Squally. Motion passes, 5-0-0.*

Nicole Sims – **Consents to make a \$5,000 donation to Yelm High School, to buy Championship Rings, using tribal council outreach funds.**

Shannon Blanksma/ Nancy Bob – **Approval for a Budget Modification, to help create a phone App.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 5-0-0.*

Leighanna Scott – **Approval to use carry over funds for Tribal Member Assistance of \$1,000.** *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes,*

*Motion to Adjourn by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.*

Meeting ends 2:27

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**Date: 12/8/22**

**Minutes Approved on: 12/15/22**

**Meeting Called To Order: 1:32**

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

**Guest: Alvin A, Ken C, Nate C, M ary S, Nicole S, Deb P, Pete A, Brent B, David W, Shannon B, Jamie S, Liz H. Ezra K.**

Tribal Councils motions and consensus:

Mary Safranski – **Short Update on Testing at the Health Clinic, 83 positive flu cases, 15 positive COVID cases and 4 positive RSV cases.**

Shannon Blanksma – **Approval of the 2023 Budgets.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Leighanna Scott in at 1:40 p.m.

Ken Choke – **Approval of updated JD: Emergency Management Systems Technician/ Culture Activities Coordinator. Going from A16 to A20.** *Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.*

David Wolff – **Resolution to Approve and Authorize a Reaffirmation of Tribal Agreement with Columbia State Bank.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0. Resolution #189*

Sommer Sanchez – **Approval of TC Minutes from 12/8/2022.** *Motioned by Leighanna Scott, seconded by Guido Levy Jr. Motion passes, 5-0-0.*

Nicole Sims – **Update on charitable event will be on January 5, 2023.**

David Wolff – **A Resolution Appointing Board Members for Medicine Creek Enterprise Corporation and Other Government Corporation.** *Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 4-0-1 Leighanna Scott Abstains. Resolution #190*

Liz Henry – **A Resolution Making Spouses of Nisqually Tribal Members Eligible for Health Services from the Tribe.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. Resolution #191*

Liz Henry – **A Resolution Authorizing Payment by the Nisqually Indian Tribe for Certain Health Services Provided to Members of the Nisqually Indian Tribe who Reside Outside of the Tribes Purchases/ Referred Care Delivery Area.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. Resolution #192*

Liz Henry – **A Resolution Enacting the Nisqually Indian Tribes Provision of Health Services to Specific Categories of Non-Eligible Individuals in Compliance with section 813 of the Indian Health Care Improvement Act (IHCA), as Amended at 25 U.S.C 1680C2.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. Resolution #193*

Liz Henry – **A Resolution Rescinding Resolutions 29-2021, 131-2021 and 132-2021. Pertaining to Extension of Health care Services to Certain Populations.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0. Resolution #194*

Liz Henry – **Approval of Bilateral Amendment to CY 2022 Funding Agreement between Nisqually Indian Tribe and the United States of American Department of Health and Human Services.** *Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Liz Henry - **Approval of Bilateral Amendment to CY 2021 Funding Agreement between Nisqually Indian Tribe and the United States of American Department of Health and Human Services.** *Motioned by Antonette Squally, seconded by Leighanna Scott. Motion passes, 5-0-0.*

*Motion to Adjourn by Antonette Squally, seconded by Chayannah squally. Motion passes 5-0-0.*

Nate Cushman – **Approval of Letter signed by Chairmen regarding Minors Trust and Tribal Moneys in General.** *Consents*

Meeting ends 1:56





# A Look Back At 2022!







# More 2022







# Display Resolution – What is it?

Tips from the IT-WebDev Department

The textbook definition of display resolution (or screen resolution) defines how many pixels are present in a physical display or an entire screen. A given display will have a maximum resolution which depends on its physical ability to focus light. Screen resolution is measured and determined by the number of pixels a screen can show horizontally and vertically. A single pixel, or discrete picture element, consists of a tiny dot on the screen.

Examples of standard computer screen resolutions (listed from low to high resolution values) include 640x480, 800x600, 1024x768, 1280x720 (HD), and 1920x1080 (full HD). While applying the maximum resolution to a larger monitor may result in a sharper display, it doesn't necessarily translate to the same quality when used on a smaller screen. Icons and texts may appear too small on screens configured with a greater resolution than they are meant to accommodate. On the other hand, if the screen resolution is too low, it usually results in poor image quality.

Televisions are also measured in display resolution and these values may vary on the size of the screen as well as the cost. Typically, the higher the price, the higher the resolution. These resolutions include 720p, 1080p (Full HD), 2K, Ultra-High Definition (UHD), 4K and 8K. A 4K TV is a television set with 4K resolution. That means the television screen has 3,840 horizontal pixels and 2,160 vertical pixels, for a total of about 8.3 million pixels. Most TVs above 50 inches

in size are 4K. The latest technology screens called 8K (7,680x4,320) are very expensive, not widely available in the consumer market and display over 33 million pixels.



So is bigger always better? Not necessarily, as a TV screen with better high dynamic range (HDR) performance, a better overall contrast ratio or better color can actually display better than a screen with just more pixels. Also, the picture quality of an LED

display is better than an LCD due to modular light-emitting diode; an LED screen produces better control over the contrast, rendering a clearer picture.

## COMMON TERMINOLOGY

**LED** – Light-emitting diode display, is a screen display technology that uses a panel of LEDs as the light source. Electronic devices such as mobile phones, TVs, tablets, computer monitors, laptops screens, etc., use a LED display to display their output.

**LCD** – Liquid Crystal Display, is a flat display screen commonly used in laptops, desktop computers, and television screens.

**Refresh rate** - The refresh rate of a display refers to how many times per second the display is displaying a new image. This is measured in Hertz (Hz). For example, if a display has a refresh rate of 144Hz, it is refreshing the image 144 times per second.

# Zonta Club

Chayannah Squally, 5th Council, speaks to Zonta Club of South Puget Sound about those in her family who are part of the Missing and Murdered Indigenous Women and People. Squally was one of several speakers from around the region that were asked to talk about the topic. Zonta's mission is to advocate for women's equality, education and ending child marriage and gender-based violence. The presentation about MMIWP will be followed up with a legislative campaign to both local and national representatives.



Chay Squally poses with Roxane White, Executive Director and Found of Missing, Murdered Indigenous Women, People and Families, and Karyn Kameroff,

an enrolled Choctaw Nation of Oklahoma and the Program Coordinator for Pathway to Healing with the Cowlitz Tribe.

White brought the topic home to the room of 50 or so people with a short exercise. She asked tribal members attending, about 6, to stand if they had a family member who was missing. All of them stood. She asked them remain standing if someone in their family had been murdered. They all remained standing. She asked the 50 or so non-tribal members to stand if they had a family member missing. No one stood. She asked them to stand if a family member had been murdered. One person stood. A graphic representation of the statistics.



# The Golden Days of Grant Writing

By Joe Cushman

**Editor’s Note: *Grant writing is a cornerstone of the Nisqually Tribe’s funding, but it used to be almost the only funding. Joe Cushman reminisces about the good ol’/bad ol’ days of grant writing that included climbing the U.S. Postal Service fence in Tacoma to make sure a grant made the midnight deadline. And you thought grant writing was boring.***

Folks have accused me recently of reminiscing a lot about the good old days. And it’s true that as you get older, your mind tends to think back to how things used to be in the “good old days”. Even if the good old days weren’t really all that good.

Well, one of things that was different in the “good old days” was grant writing. So, I guess a few recollections and reminiscences on that subject are in order.

One of the few benefits of getting older is that you are no longer expected to stay up all night and write grants. And that’s good, because at this age, an all-nighter would basically do me in for good.



Sleep deprivation used to be a fact of life in the old grant production days, and the days were a blur of frantic writing and editing, followed by last minute copying and the mad rush to the post office at midnight.

Grants are still an important part in the Nisqually Tribe’s overall scheme of things, but with tribal resources more diversified, the “live or die” aspect of grant writing has faded somewhat.

Forty years ago, the tribe survived on BIA and IHS 638 contracts, indirect cost dollars, and federal, state, and local grants.

Almost all the tribe’s initial buildings, land acquisitions, service programs, etc., were started with a grant. In those days, the tribe developed and ran whole programs and departments on the basis of grants received. Some of those departments were able to run for years on the annual grant cycle, but once in a while, the bottom fell out.

The hardest job of all was when the dreaded letter from the funding agency would arrive in the mail: “We regret to inform you.... that your grant was not refunded...” It was excruciating to have to walk into a program office and tell three to five people with families, bills and obligations, that because the grant you wrote didn’t make the cut, their funding was terminated. This meant they had two weeks to pack up and go home and hope for something the following year. That happened a lot and it really hurt.

Every tribe had its grant writer or grant writing team, and the grant writers all kept in touch on what was happening in the grant writing world and competed to see who could nail the most dollars.

Tribal grant writers were a small, close-knit group of folks – some might say misfits and nerds - whose lives revolved around deadlines, federal register announcements, matching fund documentation, letters of support, scopes of work, budgets, needs statements, evaluation schemes and other minutiae of the grant-writing craft. They were sort of a guild.

A typical grantwriter conversation was not about sports, politics, books or movies. It was more like; “Hey have you heard yet on that HUD grant? What did you do for ANA/SEDS , have you talked to EDA on the planning dollars? What do you think about trying SAMHSA this year? Did you see the RFP for Voc Ed? Like so many specialty fields, it was its own language.

There was no personal life for grant writers to talk about, because grant writers basically had no personal lives. When everyone else was out on Friday night having a good time, the grant writer was at his or her desk, frantically putting the finishing touches on that week’s proposal or proposals. (Don’t ask why they never were finished ahead of time, it just never happened). Saturday night was a good time to start on the next big one while the adrenaline was still flowing, and Sunday was always a good time to come in and tidy up the office. Monday, the whole

***Continued on page 8-GRANTS***





# Chum Run Research



*Rene Bracero and Walker Duval, above, drift for what turned out to be elusive chum off of Reubin's Camp. Right, Emiliano Perez takes the measurements and the scale from the chum that are then returned to the bag alive for later release. The age data collected by Nisqually is some of the best in Puget Sound, but lack of fishing opportunity means the live catch research was needed.*

## Continued from page 7-GRANTS

cycle started up again, and so, the weeks and months slipped by.

There was a high attrition rate among grant writers. It was grueling, punishing and relentless work with many folks lasting for only a month or two, and some more cleverly slipped to a management position for one of the grants they had written. (This was looked down upon by the hard-core grant writers).

Chronic sleep deprivation, depression, temper tantrums, bizarre behavior, acting out -- it was all part of the life.

It was also, frankly, dangerous. Many a time the grant was printed and copies made at 11 p.m., followed by a race to the Safeway at Hawk's Prairie to buy stamps, followed by a 90-mph mad man drive up I-5 to reach the Tacoma regional postal center before midnight. Hanging out at the mail drop off in Tacoma at midnight on Friday was a good time to meet your fellow grant writers, who would be descending to the drop from around the region.

One time, I arrived at the postal drop off after the mail had already been collected for the night, so I was out

of luck. This was before the 9/11- heightened security days. In desperation, I scaled over the six-foot chain-link fence of the postal complex and ran down a hallway like a madman looking frantically for a mail cart to drop the packet in. I came upon a startled postal clerk who was pushing a cart down the hallway. I threw the proposal into the cart, and ran off into the night before they could call security. The other real danger was on the drive home when the fatigue really started to hit and the road started to wave in front of you - your eyes refusing to stay open. You rolled down the windows, turned the radio on loud to try to stay awake, or - as a last resort - just pulled over to sleep for 30 minutes.

It's all gone now. The paper-and -postage-stamp-based grant writing era lasted from maybe the mid-70s to around 2005 (there wasn't a lot of grant writing before the mid 70's because there simply wasn't a lot of grant money to go after) Now all the old ways have been replaced by technology. These days it's all about computers, electronic submissions, grant.gov websites, passwords, spreadsheets, drop boxes and the like. Its much more efficient, much easier on the body, mind, and spirit, but I hate to say it, I kind of miss the old days a bit.





# Community Christmas Party

The Community Christmas Party was well attended, with lots of activities for the kids, like letters to Santa, cookie decorating and stocking decorating. There was the annual raffle, excellent food and Santa was available for pictures.







# Elders Building Walk-Thru



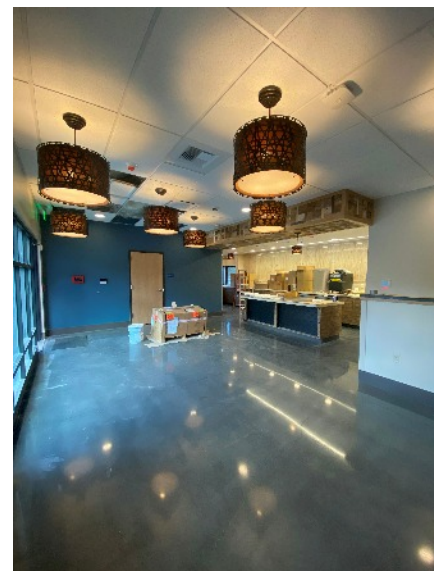
*Nisqually Elders Department employees overlook the dining area of the new Elder's Building that should be done in the spring. The upstairs room can be used for meetings or other kinds of gatherings. Cleo Frank, Elders Program Manager, looks at the beginnings of the state-of-the-art commercial kitchen for the Elder's building.*





# New Nisqually Markets Set to OPEN at the End of January!

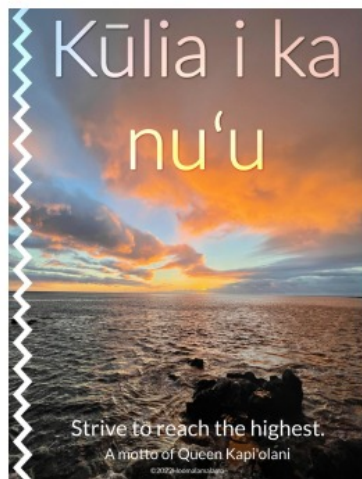
The newest Nisqually Market is slated to be open for business by the end of January, with a soft opening earlier. While technically the seventh store, it will replace the old Rez Mart near the Elder's Building and add many more amenities such as a coffee shop with drive through and all the food choices that folks have come to expect from Nisqually Markets.



## Strive to Reach the Highest

By Ho'omālamalama

I took this picture while watching the sunset near Kohala, thinking about the future. When an old saying came to mind, "Kūlia i ka nu'u!" Roughly translated, strive for the pinnacle or highest.



So many of our ancestors prayed these words into the wind, hoping it would find our ears and rest on our hearts. Not to settle but become the best.

To overcome adversity, achieve good things and leave a legacy.

Kū: to stand and rise up.  
Nu'u: to the highest point.

What does it all mean? For me it is the seed and source of why I became a holistic fitness and lifestyle

coach. I want to become a catalyst for positive change and help other *Kūlia i ka nu'u*. To follow in the steps of the healers in my family but through a different path.

Through dance fitness I see women groove without a care while burning calories. They begin to feel positive changes within their bodies. With mindfulness prompts and coaching I witness how they manifest goals. But the best part is hearing how their lives are inspiring others.

I'm grateful for the opportunity to work with SPIPA and serve the women of Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island. With their support I created a coaching program which includes in-person, live-stream, blog post, podcast, fit journal and so much more.

The program is called WholeisticFit, "Fitness for your mind, body and soul." To learn more please contact SPIPA's Squaxin Island or Nisqually Offices.

Kūlia i ka nu'u...





# Inadvertent Discovery?

By Brad Beach and Sela Kalama

Land development can draw some very contentious reactions from people. There are people who see development as a net positive solution to the current housing crisis as well as those who believe that we have encroached on nature too much and should improve our current infrastructure instead of expanding our sprawl. As cultural resource professionals, people often try to use our “industry” to prevent development that they oppose.

One of the more memorable attempts happened a couple years ago when our office received a call regarding the discovery of some artifacts at a construction site. I called the concerned person back as soon as I could and learned that their family had collected numerous artifacts in an area where they were constructing a new 5G communication tower near the Deschutes River. The caller agreed to meet with Nisqually personnel, so Site Monitors from the Tribal Historic Preservation Office (THPO) met the concerned caller near the cell tower construction site. Once on site, it became clear that the concerned caller’s intentions were not as altruistic as they led us to believe.

We discovered that this concerned person didn’t have any artifacts themselves and that they were

talking about artifacts that their grandparents had found decades ago on their property, several miles away, and have subsequently misplaced. As our Site Monitors investigated the area around the construction site I started investigating as well and found that the concerned citizen was the founder of a group called Citizens Against 5G and has been actively trying to prevent the construction of this 5G communication tower in their neighborhood. After putting all the pieces together, it became even more clear that we were being used for this person’s own agenda.

Even though some people falsify discoveries to further their own agenda, inadvertent discoveries do happen and knowing what to do is incredibly important. The number one priority with an inadvertent discovery is to leave it where you found it and contact the appropriate people. Once an artifact is removed from its context its research value is diminished and our ability to intervene is substantially diminished as well. If you are ever out and about and encounter something you believe is an artifact, please contact us at [beach.brad@nisqually-nsn.gov](mailto:beach.brad@nisqually-nsn.gov), or [kalama.sela@nisqually-nsn.gov](mailto:kalama.sela@nisqually-nsn.gov).

# Elder’s Christmas Lunch

Over the holidays the Elders Program provided a lovely Elder’s Christmas lunch with the Wa He Lute Indian School dancers, portraits and a photo booth.







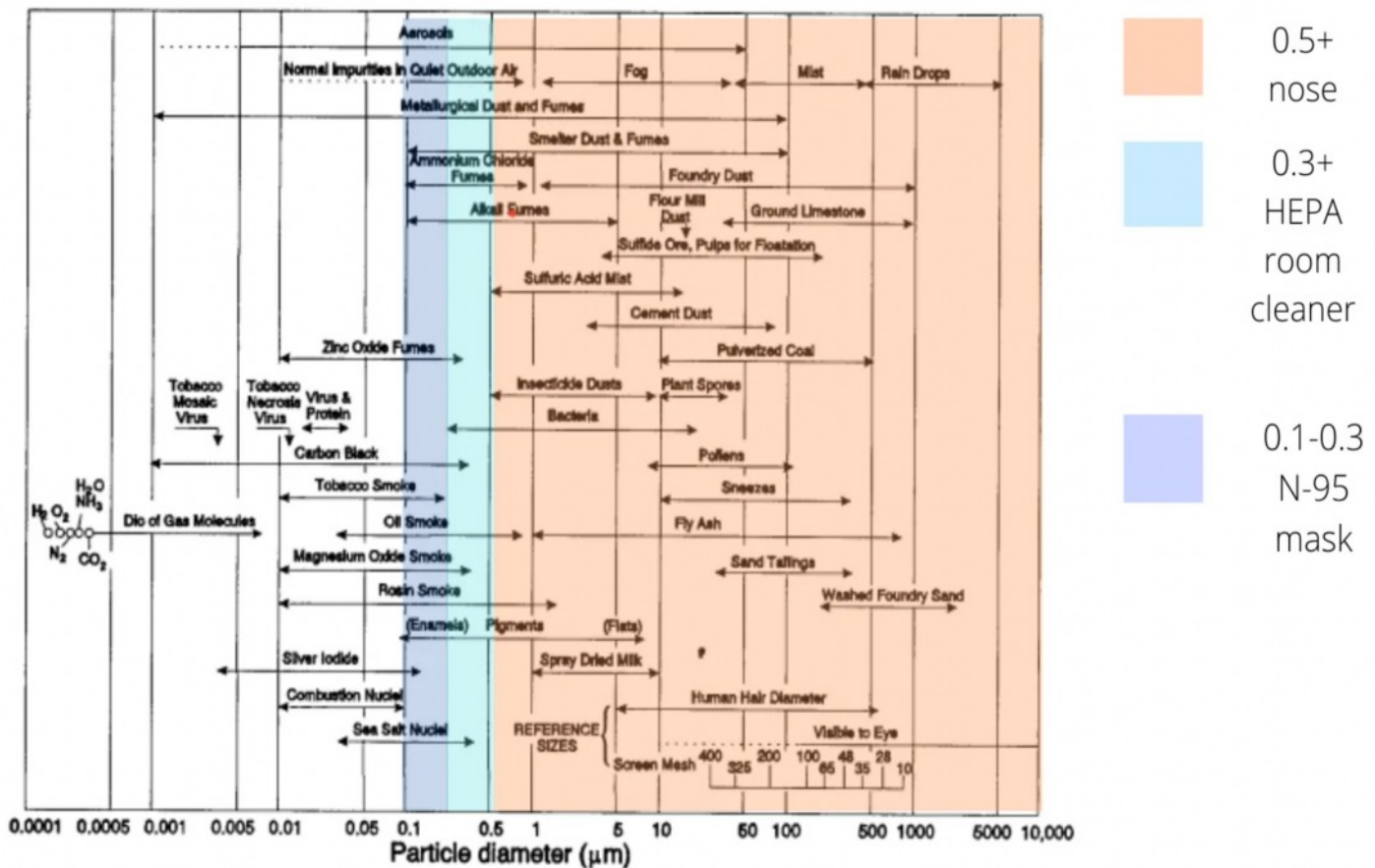
# Breathe Through Your Nose and Stop Deep Trimming Inside Nose Hairs

By Dr. Richelle Kistler

Did you know that your nose is your own personal air filter? Our nose is the guardian to our precious lungs. Our nose naturally filters out allergens, pollutants, smoke and germs almost as well as an air purifier. Our first line of defense is our nose hairs, next is microscopic cilia, then we have a mucus blanket which moves out whatever is missed from the hairs and cilia to help keep crud out of the lungs. The nose heats, cleans and moisturizes the air we breathe immediately before delivering it to the lungs! Air breathed through the nose is instantly sent to the sinuses which produce nitric oxide gas that kills germs! The Creator has given us a mouth to eat, talk, and breathe through during crisis - noses should be our primary route of breathing, if possible. When we breathe through our noses we use the natural filtration system that is with us all the time. We can also detect chemical/pollutant smells our nose picks up automatically to tell us there is danger or we should avoid an area.

Our noses filter out things that are bigger than ~0.5 microns. Hepa cleaners filter out things that are bigger than ~0.3 microns. N95 masks filter out 95% of things that are bigger than ~0.3 microns. Viruses, bacteria and smoke are less than 0.1 micron. See chart below. Make small changes daily in breathing more through your nose rather than your mouth. This is called breathing defensively. It is also important to clean out our nostrils and nose hairs daily. Much like brushing our gums, tongue and teeth - we should be cleaning our filters daily. Simply blow out through the nostrils and wipe inside each nostril with a moistened wipe or cloth. Baby wipes work well.

Referenced and for latest chart information or help in combatting breathlessness or coaching go to [www.BreathingRetrainingCenter.com](http://www.BreathingRetrainingCenter.com)







## WIC Mom Shares: Budget Tips

**Saving money on a limited budget can be difficult, but it is possible!**  
As a mom of three children, and I learned how to stretch my dollars after a car accident 12 years ago left me disabled. Here some ways you can save on everyday expenses:

### Create a budget and stick to it!

- Know your income and your expenses.
- Know the difference between your needs and your wants.



*Give your child your time, it is far more valuable and needed than toys!*

### Resources for Clothes and Toys

- Shop thrift stores instead of buying new items.
- Check local clothing banks at churches or non profits
- Mom Facebook groups
- Take advantage of yard/garage sales and buy clothing in the next size up for your child.



### Keep water and snacks in your car to avoid costs of eating out



### Community Resources

- Join a local Buy Nothing site on Facebook to exchange items with members of your community
- Borrow from a friend or neighbor
- Find out what assistance your local family support center offers families
- Attend free local community events and library programs for fun



**This institution is an equal opportunity provider.**

**Washington State WIC Nutrition Program doesn't discriminate.**



South Puget Intertribal Planning Agency

## WIC Program January Dates

SHOALWATER BAY	1/4/23
SQUAXIN ISLAND	1/10/23
NISQUALLY	1/11/23
CHEHALIS	1/12/23
SKOKOMISH	1/18/23



**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 wait-ins due to their other duties.



South Puget Intertribal Planning Agency

## USDA Foods Program January Dates

PT. GAMBLE S'K'LALLAM	1/6/23
SQUAXIN ISLAND	1/11/23
SKOKOMISH	1/18/23
NISQUALLY	1/20/23
CHEHALIS	1/25/23



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



January, 2, Happy Birthday Chance, Love the McDonald Family  
 January 6, Happy Birthday Nano, Love the McDonald Family  
**January 6, Happy Birthday Homie, Smooches Marie**  
 January 7, Happy Birthday Stacy, Smooches Marie  
 January 16, Happy Birthday Azeem, Love the McDonald Family  
 January 19, Happy Birthday Izzy, 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**





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

HOURLY PLUS TIPS/TOKES		HOURLY	
Beverage	\$15.75	Administrative Assistant	\$19.45
Cage	\$19.45	Culinary	\$17.97
F&B Front of House	\$17.97	Engineer I	\$26.02
Gift Shop	\$17.97	Facilities Custodial	\$18.72
Keno	\$17.97	Facilities Outside Grounds	\$22.48
Slot Attendant	\$15.75	Finance	\$19.45
Slot Technician	\$19.45	Human Resources	\$19.45
Table Games Dealer	\$15.75	IT Technician	\$24.22
Valet	\$15.75	Marketing	\$19.45
		Security	\$22.48

**STRENGTHENING TRIBAL EDUCATION PROGRAM**  
*Empowered people fulfilling their dreams and aspirations.*  
**APPRENTICESHIPS OFFERED**

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

