

NISQUALLI 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

July 2023

Nisqually Tribe Receives Millions Toward Various Nisqually and Shared Projects

I-5 Bridge Replacement

The Nisqually Tribe received nearly \$27 million toward several projects and was part of the effort to garner more than \$58.5 million toward the replacement of the I-5 bridges. The bridge dollars will be allotted in two chunks, \$32.5 million in the 2025-2027 biennium and \$26 million in the 2027-2029 biennium.

The I-5 money will take the project through design and up to construction. The tribe has worked closely with Washington State Department of Transportation to endorse the alternatives in design that protect the tribe and salmon. "It's amazing to think about how everyone is now talking about this project as if it were already done," said David Troutt, Natural Resources Director for Nisqually. "Early on, we were told it was a fantasy."

Nisqually Healing Center (MAT)

The tribe's plans for the Nisqually Healing Center, the medically assisted, holistic addiction treatment center, received \$12 million in state funds and an additional \$5 million from the federal government, shepherded through the process by Senator Patty Murray. "This should pay more than half the cost of the Olympia facility," said Pete Ansara, CEO for Nisqually. The project will be located where the old Frankie's Bar and Grill was located at 3663 Pacific Ave. SE.

Both the cities of Lacey and Olympia are welcoming a facility that treats both tribal and non-tribal clients in the way that has been shown to be most successful, using MAT and locating all associated services on site and providing transportation.

Kalama Creek Hatchery

The Washington Legislature also funded \$3.35 million for phase two of the Kalama Creek Hatchery upgrade. Phase one is underway using the \$3 million in state funding from last legislative session. Nisqually Construction is a major contractor on the job.



Kalama Creek Hatchery upgrades continue and the tribe received additional state funding that will finish phase 2.

Nisqually Health and Wellness Center Ft. Steilacoom Park

The tribe received \$6 million in assistance from the state capital budget for the Nisqually Health and Wellness Center and received \$309,00 to support the collaborative effort between the tribe and the city of Lakewood to create interpretive signs and art about the Nisqually Tribe at the city's Ft. Steilacoom Park.

Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 6/8/23
Minutes Approved on:
Meeting Called To Order: 1:35

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

Guest: Deb P, Shannon B, Nate C, Alvin B, Steven B, Leslie F, Sharlaine L, Heidi P, James S, Jessie F, Joe C, Hayley F, Tony B, Elizibeth G, David W, Pete A, Stepanie M, Nano P, Bill S, Ezra K, Brent B, Justine C, Lisa B, Marie M, Mary S.

Tribal Council Motions & Consensus:

Shannon Blanksma – **Approval of Weekly Budget Consent Calendar.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 3-0-0.*

Marie McDonald – **A Resolution Approving Submission by SPIPA of an Emergency Food Assistance Program (EFAP) Proposal for the Nisqually Indian Tribe. Resolution #62.** *Motioned by Jackie Whittington, seconded by Guido Levy Jr. Motion passes, 3-0-0.*

Bill St. Jean – **A Resolution to Approve and Authorize a Professional Services Agreement with WDFW. Resolution #63.** *Motioned by Jackie Whittington, seconded by David Iyall. Motion passes, 3-0-0.*

Steven Borrego – **Approval of 2023/2024 Annual Hunting Regulations Resolution #64.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 3-0-0.*

Emiliano Perez – **Approval of 2023/2024 Annual Fishing Regulations Resolution #65.** *Motioned by Guido Levy Jr, seconded by David Iyall. Motion passes, 3-0-0.*

David Wolff – **A Resolution Approving Articles of Incorporation for Medicine Creek Construction Management Government Corp. Resolution #66.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 3-0-0.*

Brent Bottoms – **A Resolution Adopting Parental Leave Policy. Resolution #67.** *Motioned by Guido Levy Jr, seconded by David Iyall. Motion passes, 3-0-0.*

Shannon Iyall/ Leslie Ferrer – **A Resolution Approving the Automatic Enrollment into the Nisqually Indian Tribe of Ke’Ala Unchango. Resolution #68.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 3-0-0.*

Continued on page 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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More than 1 million people a year visit the park and the signs will offer substantial information about the Nisqually Tribe, including history in the Steilacoom area, the Leschi story and Nisqually today.

Nisqually State Park

The Nisqually Tribe is also working with Washington State Parks to expand and improve Nisqually State Park. The legislature approved \$51.907 million for the project to pay for structures, interpretation and art and the development of a campground and other features.

“We are playing the long game,” said Nisqually Chairman Willie Frank III. “These projects are cornerstones to our tribe’s health, culture and financial security and it’s important that we are able to articulate the need to the right people.”

“We establish these relationships and consistently tell our story and our vision and these are the good results from that work,” Frank said.

A good example is Rep. Marilyn Strickland. Nisqually has consistently informed her about the issues and needs from the time she was mayor of Tacoma and she has a deeper understanding than most because of the work done by Nisqually leaders.

Continued from page 2-MINUTES

Pete Ansara – **Approval of an Updated JD: Security Supervisor.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 3-0-0.*

Leighanna Scott comes in at 1:54

Stephanie Medina – **Approval of a New JD: Data Administrator.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Lisa Breckenridge – **A Resolution Creating Journey Park as a Community Park and Authorizing the Nisqually Parks and Recreation Commission to Manage it.** *Tabled and will go to Master Planning.*

Elizibeth Glenn/ Tony Berkson – **Approval of a Design Option for Protocol Housing Phase III Road Project.** *Tabled for Community Input via survey.*

Elizebeth Glenn – **Muk Creek Discussion of open lot and feature plans.** *Tabled.*

Wayne Lloyd/ Joe Cushman – **Approve Basic Direction for Development of the site.** *Tabled.*

Joe Cushman – **A Resolution Approving the Nisqually Long Range Transportation Plan (LRTP) and Inventory of Reservation Roads. Resolution #69.** *Motioned by David Iyall, seconded by Guido Levy Jr. Motion passes, 4-0-0.*

Sommer Sanchez – **Approval of TC Minutes from May 18th, 2023.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Justine Capra – **Governmental Affairs Update.**

Shannon Blanksma – **A Resolution Authorizing Approval to close Bank of America TGA Credit Card Accounts. Resolution #70.** *Motioned by David Iyall, Jackie Whittington. Motion passes, 4-0-0.*

Selina Oya – **Cj working with someone to use their spot for food during firework season, cannot use Food Truck.**

Heidi Peterson – **A Resolution Amending the Nisqually Youth Code. Resolution #71.** *Motioned by David Iyall, seconded by Jackie Whittington. Motion passes, 4-0-0.*

Executive Session 2:58-3:27

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

Meeting adjourned at 3:28



Talking Youth Services and Next Generations with 7th Councilwoman, Leighanna Scott

“Our goal is to see our Youth Services continue to grow with our youth and our youth grow through the



program. I’m always excited to see our kids take the lead in the different opportunities that the program is now offering.”

said Leighanna Scott, 7th Council “Twenty to 30 years ago, this was us going through Summer Youth Working and the Northwest Indian Youth Conference, raising money for food and hotels. We didn’t have much, but it was enough. We worked together for those things.”

For Scott, growing Youth Services is a priority, whether it’s making sure it meshes well with the other

services in the community, like Youth Council, job training and most importantly Wellness. “Now we see our Youth Services growing into itself, developing with our youth’s needs in mind.” Scott said.

Of course, fun is always a part of the program, but Scott is thinking of the big picture of how kids in the program learn about their peers and the community and turn that into knowledge of themselves and their people. “We are working to grow this program and we’ll do it with not just the community’s input, but with the buy in of our own youth, those voices that will eventually be leading us.” Scott said.

Director Kevin Moore and the program assistants have been taking input at several events and signing more kids up. The Summer Youth Employment program will run from July 17 through Aug. 25 with kids ages 14-17 learning what some of the Nisqually Tribe’s jobs are and getting paid to help do those jobs for their community.

Visit to Haiying Wu’s studio

Nisqually tribal members, employees and Arts Washington staff were hosted by Billy Frank Jr. statue artist, Haiying Wu and his family at his home where his studio is located. Guests, including Billy’s son, Nisqually Chairman Willie Frank III, were able to view the first of a number of clay model drafts Wu will produce as he works toward a 4-foot tall maquette, or the final model for the larger sculpture. In this instance, he is working out dimensions, adjustments to his original drawing and adding details. As the size grows, the facial detail will become more apparent and more mirror Wu’s original sketch. Wu’s home studio is in Issaquah. He will do much of the small model work there. There will be several more clay models.



The clay model sits in front of “cardboard cutout” Billy, a prop frequently used as Billy Frank’s birthday parties.

The cutout has been a help for Wu, along with other pictures and videos.

Artist Haiying Wu listens to a question in his studio.

Willie Frank III, Chairman of the Nisqually Indian Tribe and son of Billy Frank Jr., enjoys a laugh with Haiying Wu.

Photos provided by Aztec Sovereign



Groundbreaking for New Facilities and Operations Center

By Debbie Preston

There was a groundbreaking on June 26. with Rep. Marilyn Strickland in attendance, for the maintenance, building, transportation and public works building to the right of the water tower and temporary offices located there.

The Canoe Family sang a song and remarks were brief. Rep. Strickland also assisted with funds to pave part of Billy Frank Jr. Boulevard where it goes beyond the apartments.

The \$11.2 million facility was part of the 2023 budget process and will create cohesive department operations as well as free up space for other needed improvements on campus.

As an example, transportation will have a section designed for its needs, including proper bays for car and truck maintenance and plenty of parking for

vehicles. In turn, this will free up parking in the area of the Billy Frank Jr. gym area.



Several parts of the building complex currently located in portable structures across the highway from administration are in need of demolition. Those slated for demolition will become the area for a new Emergency Operations Center in the future.

The new building will be a two-story office building connected to a one-story shop area. The first floor office area is 6,805 square feet with a second-floor office area of 4,915 square feet. It will contain offices, conference rooms, restrooms, stairs, elevator, janitor closets, and storage areas. The shop area is 12,792 square feet, single story. This will be used for vehicle repair in addition to heavy equipment repairs. The site area will have parking, covered parking and storage areas.

New Filly Born

The Nisqually Tribe's Medicine River Ranch is proud to announce the birth of the first filly to Rita and Jet. The yet-unnamed filly was born early on June 15.





Nisqually Reservation Timber Inventory Project

By Curtis Stanley

The Tribe with the BIA, Puget Sound Agency Forestry team recently completed a forest inventory on Reservation trust timberlands.

The Nisqually Reservation includes over 800 acres of trust timberlands owned by allottees and the Nisqually Tribe. The Tribe from time to time works with the BIA-Nisqually Tribe Trust Forestry to inventory timberlands, forest operations, commercial or non-commercial tree thinning of these timberlands, as part of the Tribe's and the BIA's, trust forest responsibility. The preliminary design was completed this past winter (BIA emails/communication with the NW Regional, Puget Sound Agency) discussing with the Tribe the plan and schedule for carrying out the recent timber inventory work on the reservation. Using our invaluable GIS team, this team field sampled each allotment (walked) or cruised nearly 200 GIS mapped timber stands in May.

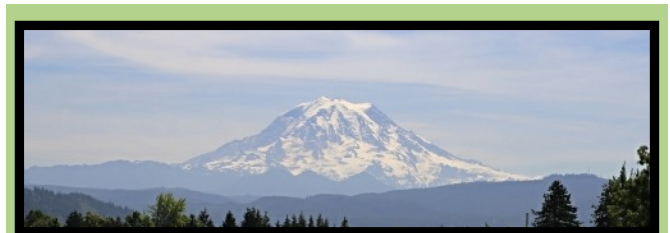
To the generalist, if a forest is not observed being affected by cutting, wildfire, tree disease, land conversion, or other action, it is an unchanging entity. In reality, a forest is a dynamic opposed to stagnant environment, as multiple use of the forest causes continuous changes. Thus, information about the reservation's everchanging timberlands requires updating using forest measurements for necessary forest and environmental management. To the forester, in a dynamic system, in time frames, trees increase dimensions (density, biomass, tree top or crown cover of trees to volume), girth, height, or

number of trees per acre, which basal area is measurement derived from each tree stand. Fundamentally, basal area means the cross section visually of each tree measured with optical instruments. Meanwhile, trees die, grow, or germinate in our reservation forestlands. All of this is essential to appropriate forest management.

The measuring process for obtaining the tribe's timber estimation, other watershed, forest health, and landscape information produces information regarding quantity, quality and conditions of our forests along with other environmental considerations of vegetation, soils, water, wildlife, fisheries for multiple use management plans.

The forest management project will provide information for preparing the Tribe's forest management plan for conducting multiple use trust forestry. The Tribe will have good timber inventory information for managing our forestry operations, for our land acquisition and establishing a renewable resource.

"It's time to camp at the Nisqually Tribe's Designated Use area at Mount Rainier! See the flyer to the right for details and whom to call to reserve your spot."



It's Camping Season!
Reserve your spot at Mt. Rainier National Park
Contact Diane Moreno for reservations and more information, at the planning office, 360-456-211.
Plan ahead, it is first come first served.



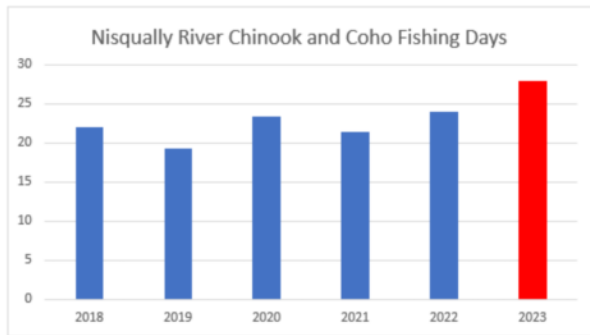


2023 Fishing Outlook and New River and Minter Opportunity

Nisqually River Commercial GN fishery schedule:

The 2023 Chinook and Coho season is the larger than the previous five seasons, five weeks of Chinook including a September Labor Day. Sport fishing is closed Sunday-Tuesday while we are fishing during August and closed Sunday and Monday September through November 15th.

Chinook forecast: Hatchery: 13,000 and Wild: 800



Inside Minter Bay Treaty Opportunity:

Inside Minter Bay is now open for Beach Seine, Hook and Line, Cast Net, and Dip Net three days a week

September 1st through October 28th. Then 7 days a week October 29th- December 7th (Chum).

Chinook (forecast 8,000) and Coho (forecast 15,000) open inside Bay Tuesdays, Wednesdays, and Thursdays. First week in September should be best Chinook opportunity. Coho peak first two weeks in October. Chum (forecast is 30,000) inside the Bay is open 7 days a week. All of November is the peak.

Additional Hatchery Chinook Nisqually Drift Fishery:

There will be an additional hatchery Chinook selective drift fishery from Reuben's Camp up to Clear Creek once a week on Thursdays until we reach our quota on dead Wild Chinook. Nisqually Fish Commission is sponsoring a presentation on how and why we will manage this selective fishery on June 8th at 5 p.m. and July 27th at 5 at the Natural Resources Building. Fishers must attend one of the two presentations to participate in the fishery.

Questions: Contact JR. Slape ext 1269, David Troutt ext 2134, Nano Perez ext 2130, Craig Smith ext 2133
Nisqually River Chum: Closed for Conservation.

DO YOU
 want to catch more Chinook drifting 6" gill net in
2023?

If so!
 you will need to join us at one of the two Nisqually Fish Commission sponsored presentation to be eligible to participate in the 2023 Drift GN Selective Hatchery Chinook fishery!
 (This fishery is in addition to the regular scheduled Chinook fishery.)

Natural Resources Meeting room
 June 8th and July 27th at 5:00 pm

Contact

JR Slape ext. 1269 Nano ext. 2130	David Troutt ext. 2134 Craig Smith ext. 2133
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Nisqually Hunting Regulations 2023-24

The 2023-24 hunting regulations were approved by the Nisqually Fish Commission on May 30th and then approved by the Tribal Council on June 8, 2023 as Hunting Resolution number 64.

The proposed changes went through two public hearings held in the Fish Commission chambers on May 23rd and May 30th. The dates of the public hearings were announced to tribal public through a mailer sent to all tribal households in late April.

The public hearings drew several tribal members who were interested in listening and voicing their thoughts regarding the proposed changes. Several of the proposed changes came directly from the tribal public and were discussed by the Commission and the Wildlife Program. Based on low return rates of hunting tags, the Commission decided to implement a few notable changes.

For a complete list of changes, please see the final approved 2023-24 hunting regulations.

A few of the notable changes for 2023-24 include:

- Returning of all tags. Return rates remain relatively low, and therefore no new tags shall be issued until ALL tags from the previous season are returned.
- Fine for not returning hunting tags within 14 days of the end of the hunting season (or within 10 days of harvesting an animal), shall double the current hunting tag fee. For example, if someone is issued two separate hunting tags (say an elk and a deer tag) which is \$20 for the first tag and \$10 for the second tag (total of \$30 for both tags), and does not return the tags (filled or unfilled) within 14 days of the end of the hunting season, a fine shall be double the regular hunting tag fee for the hunter for the following year. In this example the hunter who did not return their tags within 14 days would have to pay \$40 for the first tag, and \$20 for the second tag, and \$20 for additional tags going forward for the remainder

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

- No changes were made to the raffle prize incentive for returning ALL hunting tags within 14 days of the close of the season (or within 10 days of harvesting an animal). The prize remains the same, two \$300 gift certificates to Cabelas.
- We added year around feral swine hunting (also called feral hogs, feral pigs and wild boar). Free roaming feral swine are a destructive exotic species, and fortunately they remain very rare in Washington. Feral swine reproduce very rapidly, and their populations are slowly spreading throughout the west. Although it's very unlikely you will encounter feral swine in the Medicine Creek ceded area, please report any sightings to the DNR Wildlife Program.
- We added furbearers under one tag, which covers all permitted species.
- We added the southern Lushootseed names of native wildlife species.

Speaking of the end of season hunting raffle, on April 20th the DNR Wildlife Program and Nisqually Fish Commission conducted the 2022-23 end of the season raffle. The drawing was held in the presence of the Fish Commission, DNR Wildlife Program and a few members of the tribal public. The incentive raffle prize was for two separate \$300 Cabela's gift cards. This year's winners were Falcon Sison and Robert McGee, congratulations and thank you for returning all of your hunting tags on time!

For more information contact Steven Borrego, Wildlife Program Manager at 360-456-5221 ext. 1339.



Construction for the Elders Village is Underway!

By Jesse Fox

Ten (10) accessible, two-bedroom homes are currently under construction on the west side of Journey Road. KR Homes has been working closely with the Nisqually Building Department on an aggressive schedule to get these greatly needed units put together without delay.

The first three homes in the photo have been constructed with sheetrock on the inside walls. The exterior finishes will include a prefinished lap siding, stone veneer wainscot, and vibrant paint colors at the trim. Cabinets for these homes will also be arriving soon! Nisqually representatives from the

Elders and Housing Departments were consulted and all agreed upon these beautiful finishes.

The next four homes are weathered in with the interior sheetrock underway. Exterior siding is coming up quickly! The final three homes are framed up and being covered with plywood sheathing on the roofs and exterior walls. You are encouraged to drive

through the neighborhood and see their progress. Change is happening every day!

Construction for these ten (10) adorable homes will



Photo Elders Village June 13, 2023

be completed in September 2023. The homes will be managed by the Housing Department and tenants will be selected for occupancy in accordance with the established management policies (Eligibility, Admission, and Occupancy). For more information, please contact the Housing Department at 360-493-0081.

Educating Mount Rainier Personnel

By Debbie Preston

The Nisqually Indian Tribe has helped educate Mount Rainier summer personnel for many years, giving information about where the tribe traditionally roamed throughout the watershed, over to Yakima and up to Canada, and describing the materials important to the tribe for weaving, eating and medicines.

"This is a great place to be now - in partnership - meaning we each bring something to the table," said Hanford McCloud, Nisqually government liaison for the tribe. McCloud said partnerships allow relationship that can move the partnership into more trust and beyond mere partnership.



By participating in the program each year, summer staff can feel more confident about describing the tribe's relationship to the park and the materials in it, such as cedar and pipsissewa.



Spirit House Project

By Joe Cushman (Planning Director) and Jessie Fox (Executive Assistant, Building Department)

Nisqually Spirit House Project

Construction work has started on the new Spirit House. The 6.8-million-dollar project is scheduled to be completed by the end of the calendar year.

The community Spirit House is a project that has been in the works for a long time at Nisqually. The Elders have reminded the Tribe for many years about the need for a spiritual building in the community, a place to gather, worship, celebrate, and a place for comfort.

The Spirit House will be a one story, 10,546 square foot wood frame building with a worship space to accommodate up to 300 people, and a dining area large enough for up to 100 people. There will also be meeting and Sunday school rooms, a kitchen, plenty of storage space, and several offices for future church programs staff. Restrooms, parking, and an outdoor play area will also be available onsite.

In response to the recommendations and input provided at the recent community hearing on the Spirit House project, an 8-ft cedar fence has been erected. Seedlings from the Treaty Tree will be planted along the fence line to create an additional buffer between the housing area, cemetery, and the Spirit House.

The Tribe is also seeking input from the community on several related issues:

1. A Name for the Spirit House:

What should the Spirit House be called? What is a good community-based name? Is there a Nisqually word that reflects the purpose and function of the building?

2. Priority for Initial Services:

There will need to be some staffing, programming, and budgeting work completed for 2024 to support initial Spirit House operations. What should the initial focus of services be for the Spirit House?

What is the most appropriate use for this building? It is intended to be nondenominational so that all people will be welcome to use it. Should the initial focus be on events such as funerals, weddings, and other life events and celebrations and remembrances? Should other services, such as church services and Sunday school type of activities,

be evaluated and introduced over time? We are seeking your input on the following questions.

- Should it be for funerals and celebrations of life only?
- Should it be available for weddings?
- Should it be available for worship?
- Should it be available for religious groups to provide services?
- Other?

3. Building Appearance

- The building being constructed is intentionally plain. No outside architect can appropriately design such a special place, so how do we make this building Nisqually? This needs to come from the user, the Nisqually community. As councilwoman Leighanna said, "We bring the light. We will bring the good into the building."
- What additions should be added permanently to the outside of the building?
- What additions should be added permanently to the inside of the building?
- How does the community feel about contracting a local artist or team of artists? Suggestions or volunteers?
- Do we leave the building plain and allow each user to decorate for each event?

Any suggestions on artwork, design features, or other amenities that can be included in the project will be appreciated. Please drop off any input or comments on the above questions at the following address

Nisqually Tribal Admin Building Front Desk
Attn: Jackie Whittington or Joe Cushman
4820 She-Nah-Num Drive SE
Olympia, WA 98513

Input and comments can also be emailed to:

Whittington.jackie@nisqually-nsn.gov
Cushman.joe@nisqually-nsn.gov

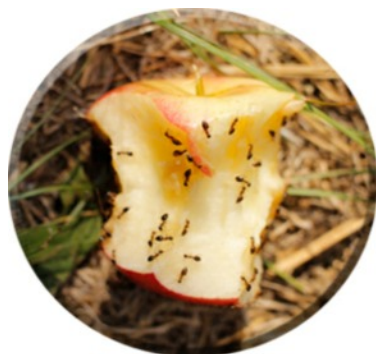
The Tribe plans to have quarterly updates sent out to the community regarding progress on Spirit House construction, as well as progress on programming and planning for initial operations.



There are Some Bad App[le]s Out There!

Tips from the IT-WebDev Department

Wait! Don't use that "app". It might appear on the surface or even in online reviews to be something that came from the tree of knowledge, but that application "app" might not be so "fresh" after all. Point being appearances can be deceiving. This article uses the analogy of an apple that appears ripe on the outside but once bitten into, is rotten on the inside.



This same reasoning applies to software "apps"; apps can hide their core danger(s), bugs and/or malware within the front-end of the software functionality. We've covered malware, apps, hackers, online dangers and more in prior newsletters.

Let's peel back this analysis further, in national news... according to Montana's governor, Greg Gianforte, the move to ban TikTok was "to protect Montanans' personal and private data from being harvested by the Chinese Communist party". The ban comes after a federal move to stop government employees using the app on their work phones. That was followed by administrations around the world, but Montana is one of the first in the latest wave to extend a ban to consumer users as well. Also, recently the shopping app TEMU has topped Instagram, Snapchat, and WhatsApp in the Apple App Store as a top download in the U.S. This China-based app has now been accused of data risks by the U.S. Government.

What's the big deal? Think about all we do on our smart phones; we have private conversations with our friends, log into our bank apps, type in passwords, enter our credit cards info, share personal photos and much more.

Tip: How to check for malware on Android

1. Go to the Google Play Store app.

2. Open the menu button. You can do this by tapping on the three-line icon found in the top-left corner of your screen.
3. Select Play Protect.
4. Tap Scan. ...
5. If your device uncovers harmful apps, it will provide an option for removal.

Resources:

10 popular apps that are dangerous for Android and iPhone

<https://www.komando.com/tech-tips/dangerous-popular-apps/841108/>

The 5 worst apps for your privacy

<https://nordvpn.com/blog/worst-privacy-apps/>

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

Why do podiatrists make great detectives?
Because they can always sense when trouble is afoot.

Updated Podiatry Schedule 2023



- July 7th
- July 14th
- August 11th
- September 8th
- September 22nd
- October 6th
- October 13th
- November 3rd
- December 1st
- December 8th

Call NTH&WC to schedule today
Phone: (360) 459 - 5312 Option #1
Fax: (360) 456 - 1557



5 Awesome Reasons to Eat Your Veggies

It's national eat your veggies month! Here are some of the cool things that veggies can do for your health, and they're all backed by science.

1. Veggies are loaded with antioxidants

Antioxidants cancel out free radicals, which can cause inflammation, aging, and chronic diseases like diabetes, cancer, and Alzheimer's disease. Great sources of antioxidants, such as vitamin C, vitamin E, beta-carotene, and flavonoids are carrots, bell and spicy peppers, cauliflower, and romaine lettuce.

2. Veggies are good for your heart

Veggies give you potassium and fiber and are low in calories. Potassium helps keep your blood pressure in check, while fiber helps lower your cholesterol and blood sugar levels. Eating more veggies can also help you stay in shape, which takes some pressure off your heart. Some of the best veggies for your heart are leafy greens, such as spinach and kale.

3. Veggies are good for your digestion

Veggies are a good source of dietary fiber, which helps move food through your digestive system and prevents constipation. Plus, some veggies contain prebiotics and probiotics, which are types of fiber and bacteria that promote a healthy gut. Examples of prebiotic veggies are garlic, onion, leek, asparagus, and artichoke. Examples of probiotic veggies are fermented ones, such as sauerkraut, kimchi, and fresh pickles.

4. Veggies are good for your bones

Veggies provide many minerals that are essential for bone health, such as calcium, magnesium, phosphorus, zinc, and selenium. These minerals help build and maintain bone density and strength. Veggies also contain vitamin K and vitamin C, which are involved in making collagen and bones. Collagen is a protein that gives bones flexibility and resilience. Eating more veggies can help prevent or slow down bone loss and osteoporosis as you age.

5. Veggies are good for your brain

Veggies can boost your brain function and memory by providing nutrients that protect your brain cells from damage. Some of these nutrients are folate, vitamin C, vitamin E, and carotenoids. Folate is especially important for brain development and cognitive performance.

It helps produce DNA and neurotransmitters that regulate mood and cognition. Low levels of folate have been linked to depression and dementia. Some of the best veggies for your brain are broccoli, avocado and lentils.

The best way to make sure you are eating all the right veggies is by eating a rainbow! That's right – choose a variety of colors.

Dark leafy greens, red and orange peppers and squash, white cabbage and cauliflower, purple cabbage, and brown mushrooms. Some of the best vitamins are present in the substances that give foods their bright colors. Eat more of what you like and try something new!



5 Awesome Reasons to Eat Your Veggies!





Pediatric Corner

By Rachel VanDeMark, DNP, ARNP

For those of you who haven't met me yet, I'm Rachel, a pediatric nurse practitioner here at the Nisqually Health and Wellness Medical Clinic.



Beginning in June, I will be here three days a week on Tuesdays, Wednesdays, and Fridays. I am trained to take care of babies, children and teens including sick visits, well visits, sports and back to school physicals, and in partnership with other team members, behavioral health care including ADHD, anxiety, and depression.

I enjoy watching children and teens grow and thrive, and I especially love meeting the many different special people in a child or teen's life.

I hope to see you soon whether it's for a back to school physical, catchup up immunizations, a check in on asthma or allergies, or something else!

Contact the Nisqually Tribal Health and Wellness Center at 360-459-5312 option 1 to schedule your child's appointment.

Summer safety tips for kids!

- Stay hydrated – water bottles are the best!

- Use sunscreen and enjoy some shade during the hottest part of the day.
- Always wear a helmet when bicycling or during other wheeled adventures.
- Watch children of all ages around water and use life jackets.
- Wear seatbelts and use car seats and booster seats.
- Never leave a child alone in a parked car, even for a minute.



summer tips for

kid's safety



ALWAYS USE A HELMET WHEN RIDING A BIKE

USE A LIFE JACKET WHEN AROUND WATER

USE SUNSCREEN

NEVER LEAVE ALONE IN A HOT CAR

WEAR SEATBELTS AND USE CAR SEATS & BOOSTERS

STAY HYDRATED!

NISQUALLY COMMUNITY GARDEN

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The Nisqually Community Garden stand will operate on Fridays this summer, from 1 to 3 p.m. at the Nisqually Health and Wellness Center, with some exceptions for holidays or special events.






Follow Us on Social Media

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Are you #SmokeReady?

S **STAY INFORMED**
Keep up-to-date with local air quality reports and weather forecasts.

M **MITIGATE EXPOSURE**
Decide with your healthcare provider if using a "particulate respirator" or N95 respirator is right for you during outdoor activities.

O **OPTIMIZE INDOOR AIR QUALITY**
Close windows and doors, use air purifiers (purchased or DIY), and avoid activities that generate indoor air pollution.

X **KEEP A SMOKE READINESS PLAN**
Develop a specific plan for household members who are sensitive to smoke, such as individuals with respiratory issues or the elderly. This plan may include additional precautions, evacuation plans, and access to necessary medications or specialized equipment.

E **EMPHASIZE MENTAL HEALTH**
Consider ideas to stay mentally strong during a smoke event, such as meditation, connecting with loved ones, or seeking support from mental health professionals if needed.

South Puget Intertribal Planning Agency

USDA Foods Program July Dates

PT. GAMBLE S'KLALLAM	7/6/23
SQUAXIN ISLAND	7/12/23
SKOKOMISH	7/14/23
CHEHALIS	7/21/23
NISQUALY	7/19/23

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.

South Puget Intertribal Planning Agency

WIC Program July Dates

SHOALWATER BAY	7/5/23
SQUAXIN ISLAND	7/11/23
NISQUALY	7/12/23
CHEHALIS	7/13/23
SKOKOMISH	7/19/23

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 walk-ins due to their other duties.



Announcements



July 5, Happy 7th Birthday AJ, Love the McDonald Family
July 5, Happy Birthday Johnny, Love the McDonald Family

July 18, Happy 30th Birthday Querida, Love the McDonald Family

July 27, Happy 10th Birthday Pebbles, Love the McDonald Family

July 25, Happy Birthday KaraBear, 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

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

