

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

August 2023

It's Hay Season at Nisqually!

By Cynthia Iyall

So what has Willie Squally been up to? Willie joined the Medicine River Ranch (MRR) a while back as a Ranch Hand. He has been busy working, learning and teaching a wide variety of ranch skills. With inspiration from Keoni Kalama, MRR General Manager, he took it upon himself to learn the art of cutting and baling hay.

The big fields at the ranch and the Culture Longhouse were his first attempt at baling. With a little research and YouTube videos Willie was confident that he could get this done. Keoni had set the goal of baling hay annually at the ranch, Willie saw this as a terrific opportunity and gathered up a crew including Willie Squally, Jr, Colby Valdez, and Stephan Valdez.

Willie found that operating the tractor was simple, the hardest part was connecting the grass cutter and hydraulics just so. Once he mastered that he was off to cut grass. Even though this was his first attempt, his crew said that he looked like a seasoned natural doing an excellent job.

Why cut this grass? The crew said that aside from looking better, it is going to save a lot of money for MRR by not having to purchase as much hay. This is Nisqually hay that is a part of our community, it is sustainable as it will feed our animals. Once the expected 300 bales or so are ready, they will be stored for winter use. Planning proper storage is the next task for the crew

Much was learned during this project including navigating the tractor and cutter over the steep terrain as well as picking up any debris prior to baling. This will ensure the horses are not exposed to any garbage or any surprises when they eat Nisqually hay. This is a notable example of sustainability as well as our ranch staff honing new skills. Willie summed it up by saying, "you can teach an old dog new tricks".



Left to right: Colby Valdez, Stephen Valdez, Junior Squally, Willie Squally



Tribal Council Business

Nisqually Tribal Council Meeting Minutes



Date: 6/29/23
Minutes Approved on:
Meeting Called To Order: 1:30

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

Guest: Justine C, Ken C, Larry S, Allen F, Jeff C, Jamie S, Alvin A, David W, Ezra K, Shannon B, Kevin P, Pete A, Deb P, Hayley F, Heidi P, Nate C, Joe C, Curtis S.

Tribal Councils Motions & Consensus:

Jeff Choke – **Request and Approval to host a Firework show at the Youth Center on the 4th if July at 10pm. (Will have a clean up crew, water trucks on standby) Requesting \$12k.** Motioned by Chayannah Squally, seconded by Jackie Whittington. Motion passes, 5-0-0.

Shannon Blanksma/ Alvin Aganon – **Approval of Weekly Budget Consent Calendar.** Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.

Shannon Blanksma/ Alvin Aganon – **A Resolution Authorizing Acceptance of the US Department of Treasury Local Assistance and Tribal Consistency Fund Program (LATCP) Program Award Resolution #72.** Motioned by Antonette Squally, seconded by Jackie Whittington. Motion passes, 5-0-0.

Shannon Blanksma/ Alvin Aganon – **A Resolution Approving the Sale of Tribal Property Located at 6640 Littlerock RD in Tumwater, WA Resolution #73.** Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.

George Walters – **Resolution to accept funds from the United States Department of the Interior, Bureau of Indian Affairs for Timber Fish and Wildlife in 2023 Resolution #74.** Motioned by Antonette Squally, seconded by David Iyall. Motion passes, 5-0-0.

Heidi Peterson – **A Resolution Amending Title 1, Chapter 1 (Nisqually Open Public Meetings Act) Resolution #75.** Motioned by Antonette Squally, seconded by Chayannah Squally. Motion passes, 5-0-0.

Curtis Stanly – **A Resolution Authorizing Submission of Tribes Forest Management Deduction Expenditure Plan, FMD 2023 to Bureau of Indian Affairs Resolution #76.**

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
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ext. 1252

The deadline for the newsletter is the second Monday of every month.

Nisqually Tribal Council

Chair, William (Willie) Frank III
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, David Iyall
5th Council, Chayannah (Chay) Squally
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

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New Markets Skills Education

By Debbie Preston

The Nisqually Tribe continues to provide education for teachers and students alike. Hanford McCloud, Cory Larson and Willie Frank the III, educate a number of students from all over Thurston County at New Market Skills Center in Tumwater.



Continued from page 2-MINUTES

Motioned by Chayannah Squally, seconded by Antonette Squally. Motion passes, 5-0-0.

Joe Cushman – **A Resolution Providing Tribal Concurrence with WSDOT for the Planning and Environmental Linkages (PEL) Report, Purpose and Need Statement, and Design Option Report, for the I-5 Marvin to Mounts Rd Project Resolution #77.** *Motioned by Jackie Whittington, seconded by Chayannah Squally. Motion passes, 5-0-0.*

Sommer Sanchez – **Approval of June 8th, 2023, TC Minutes.** *Motioned by Jackie Whittington, seconded by David Iyall. Motion passes, 5-0-0.*

Heidi Peterson – **A Resolution Amending Mandatory Reporting Section 5-21 of Nisqually Employee Manual Resolution #78.** *Motioned by Chayannah Squally, seconded by David Iyall. Motion passes, 5-0-0.*

Justine Capra – **Governmental Affairs Update.**

Nancy Jo Bob – **Discussion on Merging Library and Language Departments.**

Shannon Blanksma – **Acceptance of Grant Award from Commerce.** *Motioned by Antonette Squally, seconded by David Iyall. Motion passes 5-0-0.*

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

Meeting ends at 2:04



Secretary of the Navy Names Future Ship USNS

Billy Frank Jr.

14 July 2023

WASHINGTON – Secretary of the Navy (SECNAV) Carlos Del Toro announced today, that a future Navajo-class Towing, Salvage, and Rescue ship will be named USNS Billy Frank Jr. (T-ATS 11).

The future T-ATS 11 honors Billy Frank Jr., who was a Nisqually tribal member and is an iconic Native American environmental leader and treaty rights activist. The name selection follows the tradition of naming towing, salvage, and rescue ships after prominent Native Americans or Native American tribes.

“I am honored for the opportunity to name a naval ship after Billy Frank Jr., a man who was a proponent and leader for Native American rights,” said Del Toro. “Billy Frank Jr. spent his life serving others and his namesake ship will do the same as it travels around the world enabling humanitarian assistance and the maintenance of freedom.” William “Billy” Frank Jr. was born in 1931 as a member of the Nisqually tribe in Washington. After serving as a military policeman in the U.S. Marine Corps during the Korean War, Frank returned to Washington where he became an electrical lineman and continued to fish on his traditional grounds.

“This is truly an honor for the Frank family, Wa-he-lut School and the Nisqually Nation,” said Willie Frank

III, son of Billy Frank Jr. and Chairman of the Nisqually Indian Tribe.

“My father served this beautiful country as a United States Marine. He was proud to serve his country. “He is still teaching and bringing us together” said Frank.

“We have a chance to tell our story and educate a whole new audience about the Nisqually Tribe, Billy Frank Jr., and the 29 tribes in the state of Washington. “

“As Chairman of the Nisqually Tribe, we want to thank the United States Navy for recognizing and honoring our Nisqually veteran, father and uncle. This also honors all Native Americans who serve in the military at the highest rates per capita of any population.”

The Navajo-class will provide ocean-going tug, salvage, and rescue capabilities to support Fleet operations. The current capabilities are provided by Powhatan-class T-ATF Fleet Tugs and Safeguard-class T-ARS Rescue and Salvage vessels, which reach the end of their expected service lives starting in 2020. Navajo-class ships will be capable of towing U.S. Navy ships and will have 6,000 square feet of deck space for embarked systems.



NISQUALLY
ELDERS PROGRAM

**sq^wali?abš Cup Distribution
Nisqually Elders Distribution &
Caregiver Program Distribution
Nisqually Community Garden Stand**

**Thursday August 10th
10 a.m. to 3 p.m.**

sq^wali?abš sluḵluḵaltx^w

Nisqually Elders Center
4842 Journey Road SE
Olympia, WA 98513
360-486-9546

Nisqually Eldes, Elders living on the Nisqually Reservation, Elders living with Nisqually Tribal member & caregiver program participants. Any questions please call the Elders Program at 360-486-9546.



A Wonderful Sunday Afternoon!

It was a wonderful Sunday afternoon, we sat with Nisqually Elders, Family and Good Friends.

What a beautiful setting inside the New Elders Community Center. Balloons, round tissue flowers, and lots of candy on each table. The lunch was prepared by CJ. We had Peter's choice, Indian Tacos. Char brought cake and cookies, Elders provided coffee and several choices of drinks.

Not only celebrating Peter's BIG DAY, we also celebrated life. Knowing how much COVID TOOK FROM US! Missing all the celebrations the gatherings whether a birthday, or the passing of our loved ones. No one could gather and give respect.

This was a time to celebrate and remember everyone. Peter lost two family members during COVID, his sister Sandy and cousin Herald Merz/Baldy.

We invited everyone who came just to celebrate life with us and remember who we lost with love and respect.

Thank you to all who were able to attend and those who could not make it, you were missed.

BLESSINGS
Peter Svinth



Whats Going On Around Nisqually!



Rez Mart Razed

While it was not the first Rez Mart, it was much beloved and so there is some nostalgia about it as it is razed to provided needed room for future improvements. Stay tuned for what's going on "across the highway."

Sign

Employees from Berry Signs put the finishing touches on the entrance sign in front of the entrance to Administration.



Arts Washington Meeting

By Debbie Preston

Lt. Governor Denny Heck was appointed co-chair of the Billy Frank Jr. Statue Committee at the July 12 meeting held at the Nisqually Tribe. At the meeting, additional details were discussed about the budget and education opportunities, website for the process and coordination between Arts Washington, the Nisqually Tribe and the committee. Following the meeting, Lt. Gov. Heck toured the Nisqually Elder's Center and got a quick drive around tour of some of the new developments at Nisqually with Chairman Willy Frank.



Peggen Frank, Director of Salmon Defense, listens to Chairman Willie Frank III talk about the statue with members of the Billy Frank Jr. Statue Committee. Lt. Gov. Heck talks with Areyu Medicinebear during his tour of the new developments at Nisqually. Nemah Choubaquak, Director of Cultural Activities for the Elder's Center, poses with Heck and Marjorie Stepetin.

Lands Commissioner Hilary Franz Tours Nisqually River

By Debbie Preston

Nisqually tribal Chairman Willie Frank III continues to take government officials on tours of the river and the eminent danger of a big flood that is threatened if a flood event to take out the I-5 bridges over the Nisqually River. Hilary Franz, Public Lands Commissioner and candidate for governor, took the tour this past week along with Director of Tribal Relations for the Department of Natural Resources, Patrick Depoe, a Makah tribal member.

The state legislature has allocated millions of dollars in the next two biennium budgets for design work and the state Department of Transportation is already soliciting public comment via a direct mailing sent out earlier this summer.

"We'll tell this story to whomever wants to hear it. We have to protect our salmon and these bridges are a vital economic link and important to the military readiness for JBLM with 30 percent of their work force on the Lacey/Olympia side of the bridges," Frank said.





Hanford at the Hands On Children’s Museum.

By Debbie Preston



Nisqually tribal member Hanford McCloud is demonstrating cedar weaving, especially in the making of cedar hats, today, Saturday, July 1 at Hands on Children’s Museum. It was part of the Museum’s Summer Festival of Fun and tribal guest artist series. Hanford McCloud answers questions about weaving as he talks with visitors. McCloud uses a deer antler to help tighten the weave, a trick he uses to save his fingers.

New Motor Pool Coordinator/Dispatcher

I want to welcome Marshall Plumage to the Fleet department as our New Motor pool coordinator/Dispatcher. Marshall has been working in the Operations maintenance program since last November and decided to move to Fleet a couple of weeks ago and he started with us today. Marshall has quite a bit of experience in Fleet operations and motor pool dispatching, and we’re glad to have his knowledge and experience join us in the Fleet Dept. Marshall is a enrolled member of the Fort Belknap Indian Tribe located in Montana. I hope you will join us in welcoming him!



Motor Pool Services Provided

Vehicles for departments and programs use

Monday – Friday 7:00 a.m. - 5:00 p.m.

Transit Services Currently Provided

Call request service

- FREE rides beyond the fixed route, Monday through Friday, currently as far as Yelm and Hawks Prairie areas.
Please call ahead at least 24-hours if possible.
6:00 a.m. - 6:00 p.m.
- Earliest Pickup is at 6:30 a.m., latest is at 5:00 p.m.



Lewis Army Museum

By Debbie Preston

The Nisqually Indian Tribe has begun a partnership with Lewis Army Museum to change and update the displays that relate to the Nisqually Indian Tribe to better represent the tribe's story. The museum is run by a foundation, but its displays are related to all things Fort Lewis which later became Joint Base Lewis McChord (JBLM). The land, nearly two-thirds of the treaty allocated reservation, was taken from the Nisqually Tribe by condemnation by local governments. The early and subsequent history of the tribe and Ft. Lewis/Joint Base Lewis McChord will be told in the updated and expanded exhibits.

The tribe is gratified to know that all new soldiers assigned to JBLM will be required to tour the museum in the future so as to know the area and history of where they are being assigned. There are extensive exhibits on many wars that soldiers were sent to from JBLM as well as developments in technology and weapons. The museum is now more accessible to the public, with directions posted on the Lewis Army Museum website.



Lewis Army Museum Director, Erik Flint, retired lieutenant commander, describes the history of the museum and the restored welcome area the mimics the original purpose as a hotel of sorts for families of military personnel and later for military personnel. Nisqually Tribe Culture Department representatives Daydiska and Joyce McCloud attended the tour and look at the exhibits. Heidi Pierson, right, curator for Lewis Army Museum, talks about the outdated and frequently incorrect history currently in the museum in a room that depicts some of the Lewis and Clark interaction with tribes. Joyce McCloud and Nisqually Chairman Willie Frank III take in the exhibits. A picture that tickled most who viewed it was soldiers wearing Scotts Broom on their helmets and uniforms as camouflage. The invasive weed was introduced from Scotland and planted purposely by the state along highways. It now out-competes much native flora and fauna and is difficult to get rid of on any property. Nisqually tribal representatives get a look at the exhibit that talks about the Indian Wars and Chief Leschi, much of which is not particularly illuminating or accurate. The tribe will help tell the story in this room and other places within the museum.





Adult Wellness Program

By Amanda Rae Hicks, Culture Education and Outreach Coordinator

Hello relatives. Since being in our new location, 11602 25th Ave SE, Olympia, WA 98513, it has been lots of work on getting settled in and re-grouping from the move. We have started up some teaching classes again. We were blessed with newly named Master Weaver Peggy McCloud wanted to teach Cedar Graduation Caps for families that had graduates this year. We had about six students complete grad caps.

After the grad cap class, Master Weaver Betty Pacheco has been teaching since June. We had five hat kits, 40 cedar stick barrette kits, 20 sweet grass medallions and 40 cedar pouches. There are five dates left in July, I know this article will come out after they are over, but please watch the tribal TV screens, website and the She Nah Num Bulletin for upcoming announcements for our program.

Cab making and beading for couple sessions, the program still has supplies for these projects. Call, email, or message Amanda to make your special projects.

The program still has material for Ribbon skirts, currently there has been one student that came in to work on their ribbon skirt. At this time by appointment is how the program is helping with that. Contact Amanda Rae to make appointment to work on a skirt.

We plan on continuing Bingo Nights but with summer here, meaning canoe journey and huckleberry camp, July and August is a bit hectic. We will announce the next bingo when it is planned, also we will have a list of tailgates that we will be hosting this fall! Please keep an eye out for those announcements too.

The current meetings and talking circles are:

- Wellbriety Meetings: Mondays, Wednesdays, and Fridays at 12 p.m. (noon) at Adult Wellness House
- Wellbriety Co-Ed Sweats: Monday Nights: Go in at 6 p.m.
- Wellbriety Talking Circle: Friday NIGHT 6:30 p.m. at Adult Wellness House

The service on the lower rez, in general, is not the best. The best way to reach is to call main tribe phone line at 360-456-5221 and ask for ext. 2171. Please leave a message because sometimes it takes a moment to get to the phone from working in the outer rooms.

On behalf of Farron Mccloud, director, Jordan McCloud, fitness coordinator and Amanda Rae Hicks, culture ed and outreach coordinator, we would like to thank everyone for the patience and understanding of our transition into the new space.

Also, during the families time of grievance. We lost the mother and wife of Jordan and Farron, so healing through that while trying to provide for our people has been hard but we have to keep going, and that's what we are doing. Continued prayers for EVERYONE that has lost a loved one recently, we love you all. We are here to help others begin their healing journeys, whatever that may look like to them.

The meetings are open and confidential, even if you just come to listen. It is all healing. Hope you all have a safe and well summer!

Drought Emergency

By George Walters

In mid-July the Washington Department of Ecology issued a Drought Advisory Notice, stating that current conditions indicate that a regional drought is a possibility and requesting that advance actions be implemented to address possible drought.

For Nisqually, the primary concern is stream flow for both the Nisqually River and, more importantly, tributary streams. The Nisqually River gets its flow from Alder reservoir and at present the reservoir is within the range of normal. However, this could

change over the summer and there may be some modest in the river's minimum flow requirements.

Concerning drinking water, the Tribe's wells are in good condition and have an adequate supply available. However, this could change over the next few months. Therefore, it might be a good idea to practice some degree of water conservation.



Nisqually Language Attends Head Start Graduation and Nisqually Health Services Pride Event

Nisqually Language program has been proud to work closely with the Nisqually Headstart Program. Naiomie Squally led the Head Start program in singing traditional language songs at the Head Start Graduation. We raise our hands to Nisqually Head Start staff, Language Staff, and Nisqually Culture for your combined help in making this year a memorable year. Introducing Nisqually Language to the regular curriculum of Nisqually Head Start has been a rewarding experience. We can't wait to see how far our youth grows with Nisqually Language.



Another year of Nisqually Health Services Pride event. Nisqually Language program had fun seeing everyone who came by and got a giveaway bag. We want to commend Nisqually Health services. This is one of the most rewarding giveaways we have all year. Special shout-out to Kitana Sanchez and Naiomie Squally. This year Language gave out custom language towels, lanyards, bracelets, fans and much more. Look for more Language classes coming soon.



Nisqually Language Dinner

By Debbie Preston
Photos by Aztec Sovereign

The Nisqually language Department hosted a wonderful event on Wednesday evening with more than 140 attending.

There was an announcement of the Nisqually Language Books app, beta testing sign-up for the Nisqually language, memory match game, language games, books handed out, a raffle, a survey for future language community needs and the always Famous Dave's Bar-B-Que!





Nisqually Upper Watershed Timberland Initiative Summary

By Joe Cushman

The Nisqually Tribe has added 1,381 acres of timberlands to the acquisition of forestlands in the upper Nisqually River watershed.

The tribe, in partnership with the Nisqually Land Trust and others, has protected nearly 80 percent of the riparian (streamside) area below the Alder dam.

What the tribe and its partners are now targeting is in the upper watershed timberland areas, where there are still large tracts of timber owned by private developers and forest land investment trusts.

To ensure the Nisqually watershed functions as a cohesive environmental unit, the tribe is acquiring timberlands in the upper watershed. These lands will protect the upper watershed and its salmon habitat, sustaining Nisqually's way of life.

In the past 2 years, the Nisqually Tribe has been successful in launching a forest buying program. An initial tract of 1,214 acres was purchased from Hancock Timber in 2022, and this second purchase was completed June 30, 2023 and is connected to the first purchase. (see attached map).

"It's exciting to look out over that property and see our land," said Guido Levy, 6th Council of Nisqually Tribal Council. "We cared for thousands of acres as a people and then were confined to a reservation and had 2/3rds of that taken from us. But we can't be stuck in the past. This is about providing for our future generations and it's exciting," Levy said. "

Large timberland owners are mostly absentee owners and have different goals than the environmentally responsible objectives of the tribe. Absentee owners are focused on a quick return on investment and

securing a profit for their shareholders, while complying with only the minimum of environmental and regulatory requirements.

Thus, these firms are in and out of the watershed on a 5 to 15-year basis, leaving it to others to restore the landscape to fulfill its critical environmental protection functions. This short-term vision puts these large-tract owners directly at odds with the tribe's long-term

goals of maintaining the watershed and protecting salmon habitat and important tribal cultural areas.

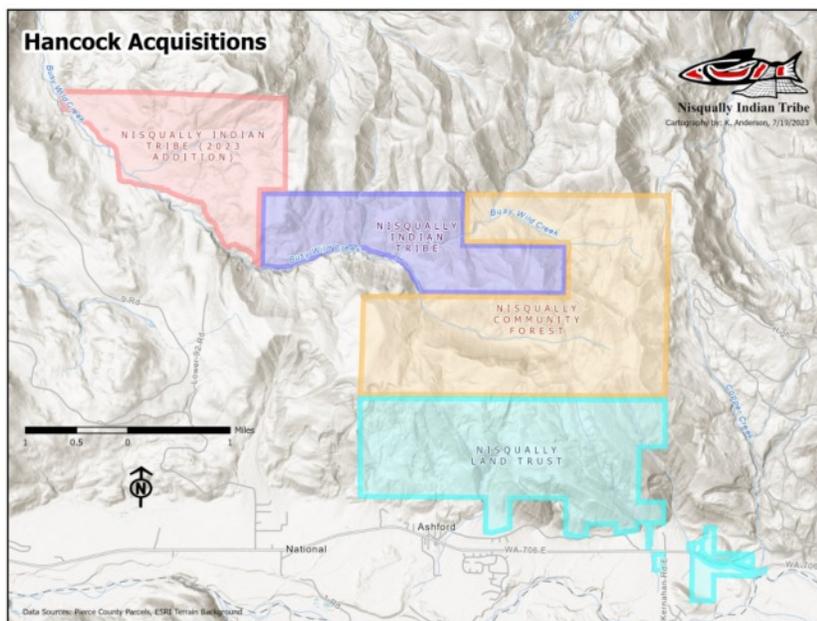
The tribe had an appraisal of the land and timber made, an assessment of the potential of the property for carbon credits, and a long-range financial projection detailing operational and management costs that include projected timber revenues.

On July 6, Nisqually Tribal Council

members, accompanied by tribal staff and consultants, embarked on a tour of these new timberland acquisitions. It was a breathtaking experience to stand on the top of a mountain in the middle of the upper watershed forest, and see property owned by Nisqually as far as the eye can see.

The tribe is now the owner and manager of over 4 square miles of productive timberland in the upper watershed, with more acquisitions possible in the future. Neighboring tribes such as Muckleshoot have also made major purchases of timberlands for the same purpose.

The first Hancock acquisition had a negotiated purchase price of \$6,056,730 for the 1,214 acres, and the second Hancock acquisition a price of \$6,530,000, both close to the market value as determined by tribal appraisal.



Continued on page 12-TIMBERLAND



Continued from page 11-TIMBERLAND

The acquisitions will provide multiple benefits to the tribe, in addition to the long-term benefits from careful timber management and sustainable harvesting. These additional benefits include salmon habitat protection, opportunities for traditional gathering and cultural activities, and opportunities for treaty hunting.

The tribe has secured a \$14 million low-interest loan through the Department of Ecology for the timberland initiative that will cover both acquisitions. This loan has a deferred payment start-up schedule and a low rate of interest.

Tribal timberland consultant Joe Kane has been successful in securing a \$2.3 million grant through the state Recreation and Conservation Office (RCO) program to defer costs on the first acquisition, and also has an additional \$2.8 million currently included in the state RCO budget for 2023 for the same purpose.

There are compelling reasons to take a serious look at a major timberland program option. There is in excess of 30,000 acres of timberland in the upper watershed could be achieved over time and is necessary to protect critical salmon habitat, treaty hunting areas, and other important gathering and ceremonial sites. These 30,000 acres will provide a sustainable source of revenue, provide access to forestlands for cultural and gathering activities, and protect critical salmon spawning habitat in the upper watershed.

A more detailed financial and management plan to pursue this larger timberland initiative is currently being developed and will be presented to the Council and membership soon.

There will be a lot to do in terms of management and oversight to make the timberland project a long-term success. Future opportunities for special timberland projects such as carbon credits must be explored to help pay for management of these lands.

A big thanks to tribal timber consultant Joe Kane for navigating the whole acquisition process, and doing

the essential paperwork, communications and documents.

And a big thanks to Nisqually Department of Natural Resources, Community Forest and the Nisqually Land Trust for providing the technical expertise and boots on the ground to give the tribe the reassurance that this type of new endeavor is possible and profitable.

A tip of the hat to Justine Capra and the realty team folks at Nisqually for keeping the process moving as we

approached the closing date, and needed approvals and signatures.

And lastly, a huge thanks to Tribal Council for having the vision to support a timberland initiative in the watershed.

This could be the start of something big.



Nisqually tribal council members pose in front of signs noting the tribe's ownership of some of the property in the upper Nisqually Watershed. Following the purchase of the



*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.*



SmartPhones – The Dark Side

Tips from the IT-WebDev Department

Smartphones are a part of most of our everyday lives. We may use them to make phone calls, send text messages, perform work related tasks, conduct online shopping, take photographs, and much more. In fact, an estimated 85% of Americans use a smartphone, according to Pew Research. The growth rate of smartphone ownership is tremendous, with just 35% of Americans owning a smartphone in 2011.

In 2020, the typical cellphone plan cost was \$113 per month. The global average smartphone selling price was \$363 in 2021 and premium smartphone model prices were \$1,000 or more. This can be rather expensive, especially for those living on a fixed budget.

In a 2021 study, the typical person checked their phone every five minutes and 75.4% of Americans considered themselves to be addicted to their phones. A survey cited by Statista found that 46% of people spent five to six hours on their phones on a daily basis, all for personal use. It's easy to say that smartphones are a luxury rather than a necessity. After all, people managed to live without them for centuries.



Why is it now that people appear to be addicted to their smartphones?

Let's start with a recent definition. Smartphone addiction is the excessive, and hard to control, use of a smartphone. These devices have become so pervasive and their use so widespread that a psychological term has been developed to describe the attachment people have: "nomophobia, or the fear of being without a mobile device," according to Addiction Center. The American Academy of Sleep Medicine found that 89% of college students suffer from moderate or severe nomophobia. This is a significant finding, as research published in the International Journal of Environmental Research and Public Health says that people with "severe levels of nomophobia" are 11.7 times more likely "to be problematically dependent on their mobile phones."

Smartphone use, and particularly smartphone addiction, has significant impacts in the workplace. Because cell phones are multifunctional devices, they are extremely distracting. We may reach for our device to check a text message, and we're likely interrupted by various pings and popups that are compelling – from "breaking news" alerts to status updates from friends or family. These interruptions affect employees' ability to focus. Those addicted to their phones or experiencing nomophobia may find it harder to concentrate, may feel increased stress and anxiety, and may be blocked creatively. A Frontiers in Psychiatry study on the physical and mental effects of excessive smartphone use discovered young adults experience sleep problems, poor physical fitness and even changes in the brain's gray matter. These are the symptoms that often lead to burnout.

Editor's comments: Smartphones can have both positive and negative impacts in our lives. The key is to recognize these impacts. As an example, in my Sunday morning church services (where I served three years on vestry), our priest began with a disclaimer comment before her sermons.... "Please turn off or silence your cell phones during the service, it's only 45 minutes of time away from your phone and offers a mental break whether or not you find my sermon helpful or not. Should you need to step outside for an urgent matter, please try to do so in a non-disruptive manner." (We had several ER doctors and nurses in our parish).

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



Nisqually Tribal Housing News

Indoor Summer Home Maintenance:

- Changing HVAC filters
- Testing the AC
- Washing the insides of windows
- Adding UV-protective or thermal window treatments to reduce heat transfer
- Reversing the direction of your ceiling fans
- Deep cleaning your garbage disposal, dishwasher, washing machine, dryer and other appliances
- Checking appliance hoses for leaks
- Testing smoke and carbon monoxide detectors and changing batteries
- Vacuuuming your vents
- Deep cleaning all surfaces

Outdoor Summer Home Exterior Maintenance:

- Cleaning your gutters
- Inspecting your roof for missing or damaged shingles

- Power-washing siding, sidewalks, decks and other surfaces
- Painting or staining worn surfaces
- Cleaning your exterior air conditioning unit
- Trimming bushes and trees
- Cleaning and setting up outdoor furniture
- Inspecting fences for damage
- Looking for cracks, rotting and other damage on siding
- Caulking around windows and filling in other cracks and gaps
- Cleaning your exterior dryer vent
- Cleaning and prepping your grill
- Inspecting for pests

August 2023 Housing Event Participation/Office Closure:

3rd of August- National Night Out

Nisqually Tribal Housing is having a summer clean up



DUMPSTERS WILL BE COMING OUT AGAIN FOR TWO WEEKS: AUGUST 7 - AUGUST 21

Locations

Upper Rez

- 1) Church Kalama Drive - Church Drive way
- 2) Muk Sut Wei - End of cul de sac
- 3) Nisqually Drive SE - Across from 4740 driveway
- 4) Muck Creek Drive SE - Island of 1st cul de sac
- 5) 12329 48th Ave SE—area will be marked on road under the street light

Lower Rez

- 1) Mary Bobb Lp - past driveway of 11925 on right
- 2) BaKwom Drive - between 2412 and 2346, parallel to rd
- 3) Swa Wa Crt SE - End of cul de sac to the left
- 4) Chickaman Crt-Emergency Mngt Office -area marked
- 5) 21st Way SE - at the end of the road



Jr. Nationals Basketball Mesa, Arizona

By Maury Sanchez

ZugWuts traveled south for the Native Jr. Nationals Basketball tournament. Making it to the final four with victories over Tohono O'odham Nation Az., Ft. Mojave Nation CA, Seminole Nation FL, Crow Nation MT, with a record of 4-0. ZugWuts would face a tough Alaska team. The ZugWuts came up short in the semi final game but these kids gave there all. The 7/8 grade boys went 3-2 and the Lady ZugWuts went 3-1. Over all the ZugWuts 10-4 playing teams from all over the nation.

Just wanted to thank everyone who helped with their generous donations. ZugWuts are looking forward to returning next year. Hoyt.



Back left row to right assistant Coach James Old Coyote, Dom Rodriguez. Dez Lynch, Silas Old Coyote, Tosh Spencer, Brannen Sanchez, Coach Maury Sanchez, Bottom left to right Eddie Rodriguez, Tommy Gouley-Miller, Garrett Brown, Tiger Tinzana



**NISQUALLY TRIBAL
HEALTH & WELLNESS CENTER
FALL HEALTH FAIR**

**An event to promote
public health, suicide
prevention and opioid
awareness**

**WEDNESDAY
SEPTEMBER 13TH, 2023
5PM TO 7PM @ THE NTHWC
4840 JOURNEY ST SE**

**GIVEAWAYS, DINNER, FREE RESOURCES
& MORE!**

SAVE THE DATE!

Join us for the Fall Health Fair at the Nisqually Tribal Health & Wellness Center on September 13th !

Mark your calendars and get ready for a day dedicated to your well-being.

Explore a variety of health services, resources, and activities designed to promote a healthier lifestyle for you and your family. There's something for everyone!

Don't miss this opportunity to connect and learn about preventive care, and discover ways to enhance your overall health and wellness.

Save the date, September 13th , and let's embark on a journey towards better health together!



Biophilic Design: A 'natural' approach to architectural design.

What is biophilic design? Biophilic design goes beyond aesthetics; it incorporates elements that engage our senses and connect us with the natural world. Biophilia can boost our immune systems, support mental and emotional health, create social connections and aid physical recovery.

Stepping into the Health & Wellness center natural light floods through large windows, connecting you to the outdoors and creating a sense of openness.

Lush greenery, living walls, and carefully selected local plant life bring the calming presence of nature indoors, promoting relaxation and rejuvenation.

The use of local natural and culturally relevant materials, such cedar and river rock, add warmth and grounding elements to the design, fostering a sense of comfort and serenity.

Studies have shown that exposure to nature and biophilic design can have a profound impact on our health and well-being.

By seamlessly integrating nature-inspired elements into the Health & Wellness Centers architecture and interior spaces, this innovative approach creates a healing environment that reduces stress, enhances mental well-being, and accelerates the healing process.

Patients and staff at the Nisqually Tribal Health & Wellness Center benefit from reduced stress levels, improved mental focus, and increased productivity. The healing process is expedited, thanks to the calming and restorative qualities of the environment.

Thanks to biophilic design, nature, and order merge to create a space that nurtures the mind, body, and spirit. Visit the Nisqually Tribal Health & Wellness Center and embark on a journey of well-being and holistic healing.



Biophilic Elements:

- Daylight
- Views of Nature
- Natural Regional Materials (Cedar)
- Plants
- Complex Finishes
- Airflow Variability
- Presence of Water
- Changing Light and Shadow
- Scents
- Texture
- Ordered Hierarchy
- Distant View
- Safe Alcoves
- Discovery



Book Your Teeth Cleaning!

Keep that smile shining bright! 🌈 Our NTHWC Dental team has been working hard to overcome some staffing challenges, and we're excited to announce that we have recently hired another talented dental hygienist! 🦷 ✨

What does this mean for you? More hygiene appointments are available in July! 📅

We understand that it may have been difficult to secure an appointment in the past, our team provides you with exceptional dental care, and we're doing everything we can to accommodate your needs.

Call 360-413-2716 and schedule your appointment today! Let us help you maintain that healthy, bright smile. 😊💙



Medication Shortages

Your doctor writes a prescription, and the pharmacy cannot get it in stock through the wholesaler to fill it because the drug warehouse cannot get the medication.

Many of us have heard about drug shortages before. During the COVID pandemic drug shortages increased and though we are out of the pandemic stage, the shortages continue to occur.

How does this occur? Why does this happen?

It's often reported that there are raw material shortages so the manufacturers simply cannot produce the product.

Let's be honest,

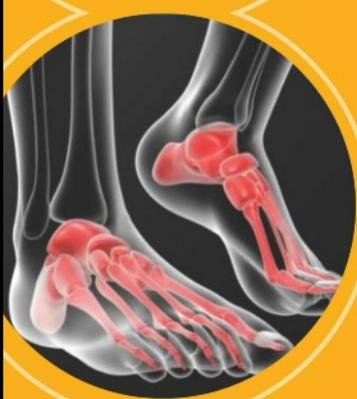
- It is because there is a lack of incentives for manufacturers to produce less profitable drugs.
- The market doesn't recognize and reward manufacturers for mature quality systems which allow focusing on continuous improvement and early detection of supply chain issues (demand skyrockets due to social media outlets which quickly diminish supply).
- Logistic and regulatory challenges make it difficult for the market to recover from a disruption (new technology, changing customer demands, global economic conditions).
- Manufacturing quality problems which lead to recalls and discontinuations of drugs.

There may be times where your doctor is going to have to change medication therapy because the drug simply isn't accessible.



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

Please plan, be understanding, and work with your doctor and pharmacy to find temporary solutions if you find yourself in this situation. We are all in this together.
For additional information, please visit:
<https://www.fda.gov/drugs/drug-safety-and-availability/drug-shortages>

Please Follow the NTHWC on our Facebook Page:
<https://www.facebook.com/nisquallyhealth/>



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<https://www.facebook.com/nisquallyhealth/>



Summer Vacation = Well Child Checkup Time

By Addie Spencer, MD

Do you have any kids in your family? Summer vacation is a great time to schedule their well child checkup. All our doctors and nurse practitioners have openings for physical exams throughout the summer.



You can schedule a time that works for your family – as early as 7:30 am if you are an early bird or as late as 4:30 pm if you prefer. We are here Monday – Friday for you.

At the well child checkup, we will measure height and weight, screen vision and hearing, discuss healthy eating/exercise and check on development as well as emotional health.

Additional health topics are covered depending on your child’s age. This is also a great time for you or your child to bring questions and concerns to discuss with your primary care provider.

Vaccines are also an important part of the well visits. Did you know that teens also need vaccines? Starting at age 11 there are several recommended vaccines including a tetanus booster and the HPV vaccine against cancer.

Our dedicated staff are waiting for your call to schedule a well child checkup today at 360-459-5312 Option #1.

(Please remember, we need the child’s guardian to accompany them on all visits to provide consent for treatment. If the guardian isn’t available, just ask for a “Consent to Treat Minor” form for the guardian to complete and sign prior to the visit.)

Typical Well Child Checkup schedule:

- 2 weeks
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2 ½ years
- 3 years
- Then once a year

Catch up vaccines can be given at any age.

South Puget Intertribal Planning Agency

USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM	8/4/23
SQUAXIN ISLAND	8/9/23
SKOKOMISH	8/11/23
CHEHALIS	8/25/23
NISQUALY	8/29/23

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 August Dates

SQUAXIN ISLAND	8/8/23
NISQUALY	8/9/23
CHEHALIS	8/10/23
SKOKOMISH	8/16/23

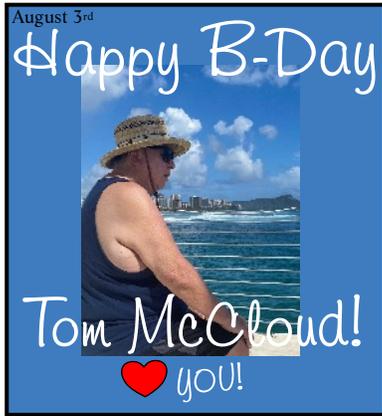
This Institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.

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

August 23, Happy Birthday Auntie, 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

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

APPRENTICESHIPS OFFERED

HOURLY PLUS TIPS/TOKES	HOURLY
Beverage \$15.75	Administrative Assistant \$20.06
Cage \$19.10	Culinary \$17.33
F&B Front of House \$17.33	Engineer I \$25.60
Gift Shop \$18.19	Facilities Custodial \$19.10
Keno/Sportsbook \$17.33	Facilities Outside Grounds \$22.11
Slot Attendant \$15.75	Finance \$19.10
Slot Technician \$20.06	Human Resources \$20.06
Table Games Dealer \$15.75	IT Technician \$22.11
Vallet \$15.75	Marketing \$18.19
	Security \$22.11

(requires valid driver's license)

QR Code

Tia Lozeau, S.T.E.P. Coordinator
 Hozeau@redwind.net
 (360) 412-3651 or scan QR Code

Must be at least 18 years old to apply.
 For more information contact: