

NISQUALLY ABSCH News



Nisqually Tribal News

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

Phone # 360-456-5221

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July 2024

Restoring Whiteman Cove: A Journey of Renewal for Salmon and the Southern Resident Orcas

By Brad Beach, THPO

The Tribal Historic Preservation Office (THPO) is thrilled to be part of an inspiring ecological restoration project at Whiteman Cove, situated on the west side of the Key Peninsula along the shores of Case Inlet in the southern Salish Sea. This project promises to breathe new life into the cove's ecosystem, boosting salmon populations and supporting the recovery of the iconic Southern Resident Orcas that call these waters home.

In the early 1960s, Whiteman Cove underwent a transformation that would alter its natural course for decades to come. An earthen berm was constructed, complete with two water control structures, to create a saltwater lagoon for raising juvenile salmon. The Washington State Department of Fish and Wildlife (WDFW) utilized this lagoon until the early 1970s, when they abandoned this approach in favor of more effective salmon rearing methods. Yet, the remnants of this project remained – the earthen berm and water control structures stood as a testament to a bygone era, even as the surrounding waterfront parcels were sold into private ownership.



The Washington State Department of Natural Resources (DNR) eventually inherited the earthen berm and water control structures, and quickly recognized the detrimental impact this altered landscape had on salmon habitat. Undeterred, the DNR rallied various stakeholders invested in salmon restoration in Case Inlet and drafted a comprehensive restoration plan. This ambitious plan aimed to restore the natural tidal channel by

Continued on page 3-WHITEMAN COVE

Tribal Council Business

Nisqually Tribal Council Meeting

Minutes

Date: 6/6/24

Minutes Approved on:

Meeting Called To Order: 2:05

Ken Choke	Chairman	Present
Antonette Squally	Vice Chairman	Present
Jackie Whittington	Secretary	Absent
Norine Wells	Treasurer	Present
Chris Olin	5 th Council	Present
Guido Levy Jr.	6 th Council	Present
Leighanna Scott	7 th Council	Present
Derrick Sanchez	Sergeant of Arms	Present

Guest: Emiliano P, Hanford M, Hayley F, Craig S, David I, Brent B, David W, Nate C, Joe C, Ezra K, Shannon B, Stephanie M, Pete A, Junior S, Aztec S, David T, Rose H, Nettsy B, Cleo F.

Shannon Blanksma – **Approval of June 6th, 2024, Weekly Budget Consent Calendar.** *Motioned by Guido Levy Jr, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Emiliano Perez – **Approval of Nisqually Indian Tribe Hunting Resolution 2024-2025. Resolution #48.** *Motioned by Chris Olin, seconded by Leighanna Scott. Motion passes, 4-0-0.*

Norine Wells comes in at 2:10

Craig Smith – **Approval of 2024/2025 Fishing Regulations.** *Motioned by Leighanna Scott, seconded by Chris Olin. Motion passes, 5-0-0.*

Rose Henry – **Approval to use Nisqually Indian Tribe Logo as a Tribal Member. While giving working relationship updates to Point Defiance Zoo and Northwest Trek.** *Consents.*

Sommer Sanchez – **Approval of May 30th, 2024, TC Minutes. (Adding in action out of executive session.)** *Motioned by Norine Wells, seconded by Chris Olin. Motion passes, 5-0-0.*

Chris Olin – **Approval of IT Memo, for Tribal council, Council Staff and Employees to follow Policies.** *Motioned by Norine Wells, seconded by Chris Olin. Motion passes, 4-0-1 Antonette Squally Abstains.*

Stephanie Medina – **Approval of Ken Chokes Leave of absence and return to work Memo. (adding in return to pay and title)** *Motioned by Chris Olin, seconded by Leighanna Scott. Motion passes, 4-0-0. (Ken Choke requeues himself).*

Stephanie Medina – **Approval to have Jeff Choke be Interim Director of Emergency Management. (Draft a Memo with Effective date, pay scale and title)** *Motioned by Chris Olin, seconded by Guido Levy. Motion passes 4-0-0. (Ken Choke requeues himself).*

Hanford McCloud – **Update on his position as Government to Govetrnment. Update on Re-naming Mount Rainer, and surrounding tribes getting involved. Concern from**

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

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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, Ken Choke
Vice Chair, Antonette Squally
Secretary, Jackie Whittington
Treasurer, Norine Wells
5th Council, Chris Olin
6th Council, Guido Levy Jr.
7th Council, Leighanna Scott

Where to Find Information:

Squalli Absch Newsletter

- Mailed, on website

Street Buzz

- Mailout, on She Nah Num

Facebook and website

Nisqually Indian Tribe Facebook

- geared toward educating the public

She Nah Num

- Private Facebook page

Website - www.nisqually-nsn.gov

In this issue:

Fee to Trust Update.....	pg. 4
Broadband	pg. 5
Parks Ground Breaking	pg. 6
Medicine River Ranch	pg. 7
2024 Graduations	pg. 8
Canoe Naming	pg. 10
Building Permits	pg. 11
Swiftwater Training	pg. 12
The Dirt	pg. 14
Announcements	pg. 15



Continued from page 2-MINUTES

community in Olympia regarding a very old tree, Hanford and Nate will work on the issue.

Nettsy Bullchild – The tree has culture significance; it is in a covered area near the area. The tree is in bad condition as it is diseased, if the tree were to come down could the tribe put a monument or something in its place?

Nate Cushman – **A Resolution Approving Signatory Changes with Kitsap Credit Union. Resolution #49.** *Motioned by Norine Wells, seconded by Antonette Squally, motion passes, 5-0-0.*

Nate Cushman – **A Resolution Appointing Tribal Council Members as Delegates to the Affiliated Tribes of Northwest Indians (ATNI) Resolution #50. A Resolution Appointing Tribal Council Members as Delegates to the Northwest Indian Fisheries Commission (NWIFC) Resolution #51. A Resolution Appointing Tribal Council Members as Delegates to the National Congress of American Indians (NCAI). Resolution #52. A Resolution Appointing Tribal Council Members as Delegates to the Washington Indian Gaming Association**

(WIGA) Resolution #53. A Resolution Appointing Tribal Council Members as Delegates to the National Indian Gaming Association (NIGA)

Resolution #54. *Motioned by Norine Wells, seconded by Chris Olin. Motion passes, 5-0-0.*

Shannon Blanksma – **A Resolution Approving Signatory Changes with Umpqua Bank.**

Resolution #55. *Motioned by Chris Olin, seconded by Leighanna Scott. Motion passes, 5-0-0.*

Antonette Squally – **A Resolution to Exclude Isaiah Butterfly. Resolution #56.** *Motioned by Antonette Squally, seconded by Guido Levy Jr. Motion passes*

3-1-1 (Norine Wells is Against, Leighanna Scott Abstentions) Consents to have all police reports sent to Prosecutor, Pete Ansara to hire a third-party investigator for this matter, Leighanna Scott would like a follow up on this matter.

Consent for Antonette Squally to sign for Secretary Jackie Whittington.

Motion to Adjourn by Antonette Squally, seconded by Guido Levy Jr. Motion passes, 5-0-0.

Meeting ends at 4:31

Continued from cover-WHITEMAN COVE

breaching the earthen berm, spanning the channel with a bridge, and the removal of the outdated water control features.

For the Nisqually Tribe's THPO, involvement in this project took on a deeper significance due to the presence of an archaeological site recorded just outside of Whiteman Cove in 1948. Following the Nisqually earthquake in 2001, archaeologists revisited the site, only to conclude that a landslide had destroyed any remaining artifacts along this stretch of beach. Undeterred, the Squaxin Island Tribe hosted a two-day archaeological training session with retired Washington State University (WSU) Professor Dr. Gary Wessen, hoping to relocate the lost site. While the training sparked renewed hope, the forces of nature ultimately prevailed – the landslide and subsequent high tides over the past 23 years had completely erased any trace of the archaeological site.

As we look to the future of Whiteman Cove, the THPO remains committed to preserving the Nisqually Tribe's rich cultural heritage and restoring the natural beauty of our ecosystems. We've recently found a new home in building "H", next door to SPIPA, and the Nisqually Tribe's HR department is now located in the former medical clinic building. As always, please don't hesitate to reach out to me at beach.brad@nisqually-nsn.gov with any questions regarding cultural resources and historic preservation.





Nisqually Indian Tribe Fee to Trust Update

By Joe Cushman

There is progress on the Tribe's fee-to-trust efforts. The Tribe has one new parcel approved into trust and recorded (Perry), with three other parcels in the final stages of review and processing (Northwest Indian Fisheries Commission, Brighton Creek, Nisqually Valley Grocery), and two additional parcels currently being reviewed at the BIA Agency level (DNR, Meridian Road.)

(The Tribe also has two large fee-to-trust proposals (gaming and non-gaming) submitted for the Marvin Road property.)

The realty team will continue to work closely with BIA Agency realty staff to move these acquisitions to completion.

Perry Property:

This is the property between Nisqually Drive and Muck Creek Drive. BIA has issued written approval for the property to go into trust. The Tribe published the required 30 day required Secretarial notice in the local newspaper and forwarded the notice of publication affidavit to BIA.

Update July: BIA realty staff visited the Perry Property on July 19th to complete their final site inspection.

Update September: Regional Director has signed Perry fee-to trust-deed, and it has been recorded at Thurston County. Deed has been sent back to BIA for final recording at Portland.

Update Oct 12, Deed recorded at Title Plant in Portland and sent back to Tribe for filing in tribal records.

Brighton Creek:

This is the 23-acre healing property in Pierce County. BIA has issued written approval for the fee to trust to move forward to final processing. We have received authorization from BIA to publish a 30-day Secretarial notice in the local newspaper. The final packet will then be resubmitted for final review and recording.

Final instructions for publication of the 30-day public notice and instruction for recording of the final deed at Pierce County have been received.

NWIFC:

This is the Fish Commission property on Martin Way. BIA has issued written approval for the fee to trust to move forward to final processing. We have received authorization from BIA to publish 30-day Secretarial notice in the local newspaper. We will then will resubmit the packet for final review and recording.

Final instructions for publication of the 30-day public notice and instruction for recording of the

final deed at Thurston County have been received.

DNR:

This is the DNR headquarters property in Nisqually Valley. BIA has requested an amendment to the legal description for the parcel. We worked with the surveyor to address the legal description issue, and resubmitted the revised legal description and packet to BIA for further processing.

Update: The fee to trust packet should be transmitted from the agency to Portland for review soon.

Nisqually Valley Grocery:

Working with MCEC, we were finally able last week to address the boundary line encroachments that showed up on the boundary survey. (sign and coffee stand. BIA won't allow any boundary encroachments on a fee to trust property). The surveyor was notified to revise the survey plat and have it recorded at the county ASAP, so an updated clear title report with no encroachments can be issued, and the packet resubmitted to BIA for further processing.

Update : Amended survey has been completed and recorded, updated title report has been secured and the revised fee to trust packet has been submitted to BIA and is being processed. BIA realty staff visited the DNR on July 19th to complete their initial site inspection.

The fee to trust packet should be transmitted from the agency to Portland for review soon.

Update Oct: The Agency confirms that NVG is are being finalized for submittal to Portland for Preliminary Title Opinion (PT0).

Meridian Road:

The initial Fee to trust packet and request has been submitted to BIA, following the transfer of the property from MCEC to the Tribe, and the passage of the tribal fee to trust resolution. BIA has acknowledged receipt of the package and is completing initial review at the agency.

Update July: BIA realty staff visited Nisqually on July 19th to complete their initial site inspection, but were unable to reach Meridian Road property due to the traffic jam.

Update September: BIA realty staff visited Meridian Road on August 23 to complete their final site inspection. All good. The fee to trust packet should be transmitted from the agency to Portland for review soon.



Broadband/Quick Update

By Joe Cushman

The Nisqually broadband initiative is starting to make significant progress.

The design, engineering and permitting work for the various broadband projects is proceeding.

*The Tribe went out to bid for the “**WSBO**” project in April. The low bidder was the Chehalis Tribal Construction company. They are currently under contract and construction should begin this week. (The WSBO project is a \$6,775,000 grant project and involves running fiber to areas north of Rochester and Littlerock.

*In about 2 months we should be ready to go out to bid on the **Nisqually to Chehalis** fiber project. This is funded by a 2.6 million-dollar CERB grant.

*We are already working on the **NTIA technology Hub** project, (\$500,000 grant award). This project will install a technology HUB at the selected location along the Yelm Highway in front of the tribal center. The draft environmental review has been completed and approved by NTIA.

*We have also talked to **CERB** about some additional funding to help defray the cost increases cited by PSE for accessing their poles for the overhead portion of the various fiber routes.

*We also pursued a challenge of the **WSBO decision** to not fund the Tribe’s most recent 12-million-dollar broadband proposal. The Tribe has submitted a public records request for the WSBO Round II scoring process, and a batch of documents were reviewed. This appeal was not successful.

Other:

There was a **NTIA Broadband regional meeting** for western Washington Tribes in August of 2023 which Nisqually hosted at Indian Summer.

Tribal Econ staff have recently been meeting and collaborating with Pac Mountain Workforce Development on the potential for a regional job training program in which Nisqually can play a major role. Pac Mountain will be submitting a major multi-year training grant (Pathways to Infrastructure) to the Department of Labor. This proposal will focus on broadband trenching, directional drilling, and splicing, as well as clean energy and transportation, but could evolve into other training areas over time.

One a final note, Senator Murray’s office came out to the Tribe last July to discuss the Tribe’s upcoming energy, hydrogen, and solar projects. There may also be some discussion of broadband, as the Senator’s office has been very involved in tribal broadband issues.

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

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

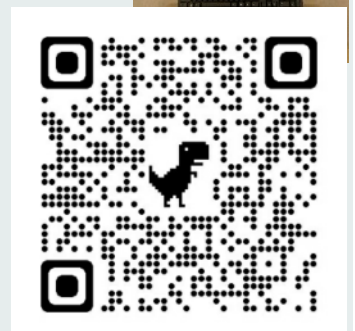
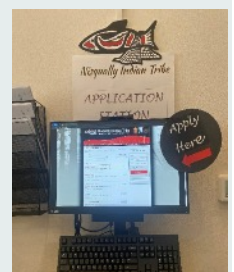
- Discover Exciting Career Opportunities
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- Positions Updated Weekly
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4820 She- Nah- Num Drive Se Olympia, WA 98513
- Hours: Drop in to apply at the HR Application Station
Monday-Friday 9a-3p or reach out to schedule a time!

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

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

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

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





Park Ground Breaking

By Debbie Preston

The Nisqually Tribe and Washington State Parks celebrated their groundbreaking partnership in developing Nisqually State Park with a ceremony and remarks from each. The next stage of development that is getting underway is adding interpretive signage about Nisqually, salmon and the Ohop Valley as well as the Mashel Massacre. “We are continuing this tradition of protecting our lands, our rivers, this tradition every year, not only with the Nisqually people but all tribal nations that share these lands,” said Chairman Ken Choke. “That’s what it’s all about, it’s more about family, that’s how we want to treat these lands, with a family oriented mindset.”



Brighton Creek Culvert

By Debbie Preston

Chris Ellings, Salmon Recovery Program Manager for Nisqually Tribe Natural Resources, explains the importance of the 6 miles of fish habitat that will be opened with the removal of the fish-blocking culvert on the creek. The culvert has been the number one target for salmon recovery for two decades, but because it was a county culvert and not a state culvert, it took a federal money push to get the project underway.

James “Jr.” Slape, Nisqually Natural Resources Manager, stands above the culvert that sends out such a volume of water, that no fish can get past it. There is also 30 or so feet of fill on top of the culvert that will need to be removed before establishing a concrete archway that will allow fish passage.





Medicine River Ranch

By Debbie Preston

The River Ridge Native American Studies students, Social Studies, spent the day at the Nisqually Tribe's Medicine River Ranch for one of the last days of their junior year. They learned about the tribe's history with horses, working and leading a horse as well as riding the horse and other animals on the ranch. They also learned what is necessary to feed and care for a horse.



Keoni Kalama, Medicine River Ranch. General Manager accompanies the canoe around the ranch. Kalama, Sanchez and other ranch hands rotated the students through a number stations about the horses and the ranch. Carlissa Kalama rides with her hands out with direction from Derrick. Makiah Wilbourn brushes Duster during the day-long class at Nisqually's Medicine River Ranch as teacher Alison McCartan observes. Wilbourn spends many summers on her family's ranch in Arizona. The River Ridge Native American Studies class gets a ride in the canoe gifted to the tribe by Muckleshoot via a truck haul around the ranch. Medicine River Ranch ranch hand Derrick Sanchez explains some points about horses while Laura Bowman, district tribal liaison, pets Sunny.

Frybread Contest

By Debbie Preston

There is no better contest than one where food is the prize for everyone involved; contestants, judges and the crowd- all got to eat samples of frybread. Winners were First- Alta-Mear Sanchez, followed by Anson Red Starr and Jordan Scott. Congratulations to all. Keep an eye out for the next one!





2024 Graduations

By Debbie Preston

Congratulations to all the Nisqually graduates and their family members who also graduated or supported a graduate. Nisqually Head Start celebrated students moving up in the program or moving on to kindergarten in 2025.





Wa He Lute celebrated their 8th graders moving on to area high schools as well as their younger students moving up to the next grade. Many Nisqually High School grads like Ace Youckton are making their future plans after the big day. Finally – you are never too old to learn, as Antonnette Squally, Nisqually Vice Chair can attest after graduating with her Bachelor’s degree in Native American and Indigenous studies with credit in so many more aspects of tribal governance and culture. Grandma was cheered on by grandkids and children alike.



Congrats Class of 2024

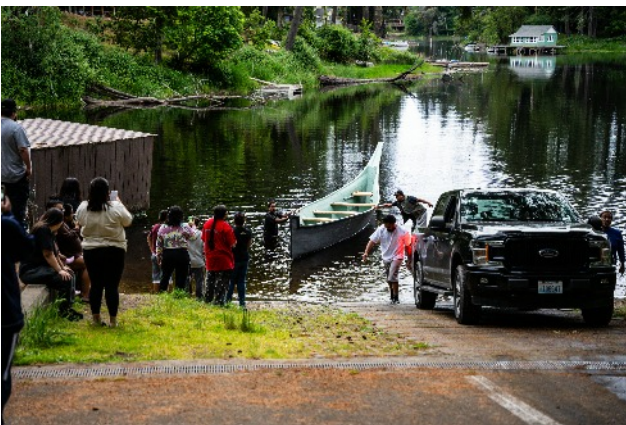




Canoe Naming

By Debbie Preston

The Nisqually Tribe Culture and Medicine River Ranch hosted a naming ceremony for the canoe gifted to the tribe from the Muckleshoot Tribe at Canoe Journey in 2023 and blessed other canoes that will once again be on the water. The new canoe was launched into Lake St. Clair where many young people got a chance to paddle.



The new canoe was named after Tandy Squally

yaḥwulə? suq'w
Younger Brother Eagle

-Photos by Jack George



Building Department Permits

How much do you know about permits? Did you know the Building Department can help you with your permit needs? Read on to learn about this important and necessary service, and how the Building Department can help.

The permit process is more than just procedure and paperwork – it’s a way to ensure structures are safe for you and the people you love. Inspectors make sure buildings comply with important building codes, including checking the foundation, framing, insulation, roofing, plumbing, door locks, sheetrock, and grading.

The permits also help ensure that people build correctly in environmentally sensitive or hazardous areas – such as floodplains – and comply with land-use and zoning plans that preserve the quality of life here on the Reservation

Permit review is also a financial issue. Proper permitting helps protect property values. Also, property insurers often refuse to cover damage caused by work done without permits and inspections. Likewise, banks often will decline to finance a purchase without proof of a final inspection.

Proceeding with a project without a permit may mean that the project will ultimately have to be removed or remedied somehow -- and that costs money. So, before a project is started, see if a permit is required.

What needs a Permit?

For example, a building permit is required if you are:

Building or installing:

- Building of a new home
- Addition to any structure
- Remodel of any structure
- Porches, decks, structure of the deck, and patios that are more than 30 inches above grade
- Alteration to any structure (example- enlarge windows, reframing all walls)
- Cover to a patio or deck.
- Chimneys
- Garages and carports.
- First time installation of fixtures and appliances permanently connected to the electrical, mechanical, gas and/or plumbing system(s). Approval typically happens as part of the inspection process.
- Fences and privacy walls.
- Sheds that are attached to a house.

- Sheds or playhouses that are detached.
- Swimming pools, 24 inches deep or more.
- Attic pull-down stairs
- Retaining walls.
- Skylights
- On-grade patios, decks, and porches
- Retaining walls.
- Water tanks supported directly on grade if the capacity does not exceed 5,000 gallons and the ratio of height to diameter or width does not exceed 2 to 1.
- Sidewalks and driveways.
- 5,000 gallons and are installed entirely above the ground.
- Temporary growing structures for commercial production constructed with the roof and side of polyethylene, polyvinyl or similar flexible synthetic material, used to provide plants with either frost protection or increased heat retention.
- Window awnings supported by an exterior wall which do not project more than 54 inches from the exterior wall and do not require additional support
- Replacement of roof shingles and sheathing
- Patios or decks.
- Replacing the board on the deck.

Adding to or changing, Repairing, or replacing:

- Attics, finishing.
- Basements, build or enlarge.
- Rooms
- Dormers, bay windows, or other wall openings
- Water heater or any other parts of the plumbing
- Furnaces and any other parts of the heating and gas system
- Circuits or any other parts of the electrical system
- Walls to a porch
- Garage to livable area
- Gutters and down spouts.
- Small-scale roof repairs
- Replacing sheathing on a Roof Repairs
- Replacing foundation

Projects that Require a Gas (Minor) Permit:

- Portable heating device
- Portable ventilation equipment
- Portable cooling unit
- Steam, hot or chilled water piping within any heating or cooling equipment

Continued on page 12-PERMITS



Swiftwater Rescue Training

By Craig Smith, Natural Resources Staff

The Nisqually Natural Resources Staff spend a lot of their work time in and around the Nisqually River walking, floating, fishing, and boating. I have spent two decades on the Nisqually River and have witnessed or personally been involved in several life-threatening situations. This winter a WDFW smolt trap employee perished on the Duckabush River and another two WDFW personnel almost lost their lives on the Nisqually Smolt trap. Nisqually Natural resources was overdue to get staff trained for swift-water rescue.

Seven Nisqually Natural Resources staff took a 6-hour online Swiftwater Rescue Course. After passing the online course we donned dry suits, life vests, gloves, booties, and helmets to take the field course held on a Saturday and Sunday in early May on the Middle Fork Snoqualmie River in the Cascades east of North Bend, Wa. The weather was decent the first day but absolutely miserable on Sunday. The course taught several important skills to self-rescue or rescue others in multiple swift-water situations which staff experience during their careers on the Nisqually River.



Standing from left to right- Shawn Want, Walker Duval, Craig Smith, Masun Slape. Kneeling from left to right- Amber Left-Hand-Bull, Chase Perez, Rene Bracero

The course was very challenging and hard on the body with all staff taking serious body shots on sharp granite boulder both days, producing several severe bruises, not visible from the attached photograph. The Nisqually River is incredibly dangerous due to swift and cold water with plenty of log jams. Our Natural Resources field staff place their lives at risk every time they work on the river to collect the data that is so very important to support the Tribe's Treaty fishing rights. This training was very significant in helping protect our staff from possible mishaps in the future, including responding to river mishaps that might strike others. Staff worked hard through the bumps and bruises and terrible weather, completing 22+ hour course with a 3-year certificate, and more importantly the ability to save a life.

Continued from page 11-PERMITS

- Replacement of parts
- Portable evaporative cooler
- A self-contained refrigeration system containing 10 pounds or less of refrigerant and actuated by motors of 1 horsepower or less.

Projects that Require a Plumbing (Minor) Permit:

- The stopping of leaks in drains, water, soil, waste, or vent pipe, provided, however, that if any concealed trap, drainpipe, water, soil, waste or vent pipe becomes defective and it becomes necessary to remove and replace the same with new material, such work shall be considered as new work and a permit shall

be obtained and inspection made as provided in this code.

- The clearing of stoppages or the repairing of leaks in pipes, valves or fixtures and the removal and reinstallation of water closets, provided such repairs do not involve or require the replacement or rearrangement of valves, pipes, or fixtures

If you have any questions, please contact:

Jen Elliott

Permit Manager

360.456.5221 Ext. 1366



What's Up, WhatsApp? - The future of social media

Tips from the IT-WebDev Department

No one knows for sure, but the future of social media will be impacted further by artificial intelligence (AI). Let's begin by taking a look at how social media began and has grown over the past 28 years. The rise of social media began back in 1996 with the release of the networking site Bolt (shutdown). Shortly after, in 1997, Six Degrees was released where users could add friends and make profiles. In 2002, we had Friendster, and in 2003, we had MySpace. These services along with AOL Instant Messenger and Live Journal paved the way for today's social media platforms.



In the past, we communicated through comment sections in blogs and instant messaging forums. But all of these sites were designed as static places for users to present information similar to a website or to find people they already knew in real life. There was no algorithm, there wasn't any "interactive content" as we know today. Enter into the new mix of social media, AI. AI, however, carries its share of risks. One major concern is AI bias, where systemically prejudiced decisions are made due to assumptions created in the machine learning process. Lack of quality, objectivity and a large enough size of training data all contribute to AI bias. Likewise, biased humans may also inadvertently create biased algorithms within AI programming.

With the increased use of AI-based tools, they will collect, analyze and tag large amounts of user-generated data for both advertising and moderation purposes. Generative AI is already used to create social media posts with text or images or to create hashtags for a described post for an account. In summary, social media companies use AI tools to do the following: moderate content, recommend content, sort through large data sets, and target advertising.

- In 2023, there were 4.95 billion people actively using social media across the world.

- In 2015, there were only 2.08 billion social media users – that's an overall increase in users of 138.2% in eight years.
- In October 2021, Facebook, Instagram and WhatsApp went down for six hours worldwide.
- There have been numerous social media outages currently within the past year (2024).
- As of 2022, nearly 40 percent of the world's population has a Facebook account, and with over 2 billion daily active users, the platform is still active despite its decline.
- 79% of internet users are concerned about their privacy on social media.
- On average, 61.4% of the world are active social media users, regardless of age
- On average, 80.8% of the world's population aged 18+ are active on social media
- America has 72.5% active users regardless of age, 88.6% for only those aged 18+ with 78% female and 66% male users.
- Roughly nine-in-ten Americans (89%) are concerned about social media sites knowing personal information about children.

CAUTION - Social media provided us connection, then it gave us increased risk for depression, anxiety, and self-harm, all while helping the spread of misinformation. Social media platforms are now scrutinized for their potential to cause political instability and ethnic violence. It's unclear what will come in the next few years of social media or if it will even be around in its present form.

TIP: A helpful resource site to monitor online services is <https://downdetector.com>. Check real-time statistics of services such as T-Mobile, Xfinity, Apple services, Microsoft 365, Amazon, and numerous social media, banking and gaming platforms.

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



Community Garden

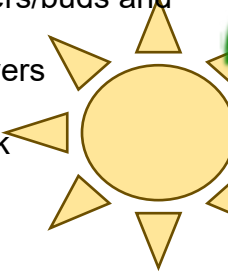
THE DIRT

July 2024

Written by: Chantay Anderson, Garden Program Manager

Natures Wellness Basket

- Cedar leaves and bark
- Dandelion flowers/buds and roots
- Elderberry Flowers
- Usnea
- Devils Club bark
- Princess Pine
- Rose petals
- Chickweed
- Yarrow
- Plantain
- Lambs quarter leaves
- Salmonberry
- St. johns wort flowers
- Thimbleberry
- Strawberries
- Blackberries
- Oregon grape berries



ATTENTION:
Garden stands
this year will be
located at the new
garden property.
Please park in
large gravel
parking lot.



Produce Availability:

- Basil
- Beans
- Beets
- Blueberries
- Broccoli
- Bok Choi
- Carrots
- Cilantro
- Cucumbers
- Dill
- Eggplant
- Garlic scapes
- Green onions
- Herbs
- Kale, Collards, Chard
- Kohlrabi
- Lettuce
- Parsley
- Peas
- Radishes

Indoor Seeding:

Lettuce, bok choy, & broccoli.

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

Direct Seeding:

Beets, carrots, cilantro, turnips, & radishes.

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

Monthly Garden Tips:

- Water your gardens in the morning so that plant leaves don't stay wet for too long as this can encourage disease.
- Pick back herbs that are flowering to encourage a bushier plant.
- If your tomatoes are cracking, try to regulate your watering. Tomatoes will crack if they have undergone some drought-like conditions and then heavily watered.
- Prune your tomatoes to encourage increased fruit production. Remove any suckers frequently.
- If potato foliage is starting to die, stop watering and wait for foliage to fully die off before harvesting.

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



Plant or vegetable of the month:

Wild Strawberry

WILD STRAWBERRY

Wild strawberries are creeping perennials that grow in mats in woodlands, open fields and on grassy beaches. Flowers are white with five petals and many stamens. Leaves are toothed and are grouped in 3's. The fruit is orange to red colored and about 1/2 inch across. Several kinds of wild strawberries grow in our region, including woodland strawberry (*Fragaria vesca*), Virginia or blue-leaved strawberry (*Fragaria virginiana*) and coastal or beach strawberry (*Fragaria chiloensis*).



Wild strawberries are a lot of work to gather but the results are always worth it. One of these little berries the size of the tip of your pinky finger has more flavor than the huge strawberries sold in markets now. They remind us that some of the most sensational flavors are only found in the wild.

Strawberry leaves can be dried and made into a delicious mineral-rich tea. They have a pleasant mild flavor and the tea will gently tighten inflamed tissue including puffy gums, sore throats, upset stomach and diarrhea. It is an excellent tonic for women's health.

Try this recipe!



STRAWBERRY SAUCE FOR THE LOVE OF SUMMER

This delectable sauce captures the sweetness and warmth of summer. It can be enjoyed in countless ways including adding it to drinks like lemonade, mixing it into salad dressing, pouring it over pancakes and of course, for making the classic summer dessert—strawberry shortcake. If you freeze or can some, you can enjoy their sweet taste in the middle of winter.

Ingredients

3 cups wild strawberries
1 tablespoon lemon juice
1/2 cup honey, brown rice syrup or sugar
*Optional – 2 teaspoons rosewater, 1/4 teaspoon vanilla

Preparation

Place strawberries and lemon juice in a small pot and gently heat, mashing the berries with a spoon until they are soft. Add honey and blend thoroughly. Serve immediately or pour into a glass jar and store in the refrigerator for 1-2 weeks.



Recipe by Elise Krohn

Above insert from: *Feeding 7 Generations A Salish Cookbook* by Elise Krohn and Valerie Segrest



Bluetooth vs WiFi: What's the difference?

Tips from the IT-WebDev Department

We may often use either or both of these technologies every day, from playing music from a smart phone on external speakers or connecting wireless printers. In short summary; Bluetooth enables your devices to connect directly to other devices, while Wi-Fi permits your device to join the online world. Wi-Fi is like a wireless route to the internet. It uses a router to send and receive signals instead of relying on physical cables or phone lines. Remember, a wired connection will be faster (and more secure) than a wireless connection.



Bluetooth™

Bluetooth operates at 2.4 GHz and can connect devices as far as 787 feet apart (Bluetooth 5.0). In comparison, Wi-Fi leverages the 2.4 GHz, 5 GHz, and 6 GHz spectrums, with typical operation distances of 75–150 feet indoors and 150–300 feet outdoors. Generally, the longest range is achieved on a 2.4 GHz band, followed by 6 GHz, and then 5 GHz.

In terms of speed, Bluetooth peaks at 2 Mbps while Wi-Fi boasts higher speeds of up to 10-46 Gbps (Wi-Fi 6 and Wi-Fi 7). Bluetooth also has lower security, often requiring only a pairing code, allowing easier access for unauthorized devices. Wi-Fi implements higher security measures, demanding passwords or keys and using stronger encryption standards such as WPA2/WPA3. We can make the most out of both wireless technologies by using them together. For example, we can use Bluetooth to connect to our headset on our computer while simultaneously using Wi-Fi to play an online game or watch a video.

Bluetooth

Bluetooth is a wireless technology that uses ultra-high

radio waves to allow multiple devices to communicate with each other. The goal of Bluetooth is to offer an easy and protected way to link devices and share information between them.

Wi-Fi

Wi-Fi allows devices to connect to the Internet or other networks using radio waves. A device needs to be connected to a router in order to gain Internet and/or network access.

WiFi and Bluetooth Tips:

- Remove devices you're no longer using, e.g. old phones, speakers, laptops, gaming consoles and tablets
- If you go through a breakup, remove all your ex's devices and any shared devices
- Create a guest network on your WiFi and allow only visitors to access only this network (not your primary network)

Interesting Bluetooth history factoid:

Surprisingly, the name Bluetooth dates back more than a thousand years to King Harald "Bluetooth" Gormsson who was known for two things: Uniting Denmark and Norway. His dead tooth, which was a dark blue/grey color, and earned him the nickname Bluetooth. In 1996, three industry leaders, Intel, Ericsson, and Nokia, met to plan the standardization of this new short-range radio technology to support connectivity and collaboration between different products and industries. During this meeting, Jim Kardach from Intel suggested Bluetooth as a temporary code name. Kardach was later quoted as saying, "King Harald Bluetooth was famous for uniting Scandinavia just as we intended to unite the PC and cellular industries with a short-range wireless link."

Meet the New GIS Manager-Hannah Whidden

My name is Hannah Whidden and I'm the new GIS manager in natural resources under David Troutt. It's so nice to meet you. Here's my bio and a photo you can use for the next newsletter:



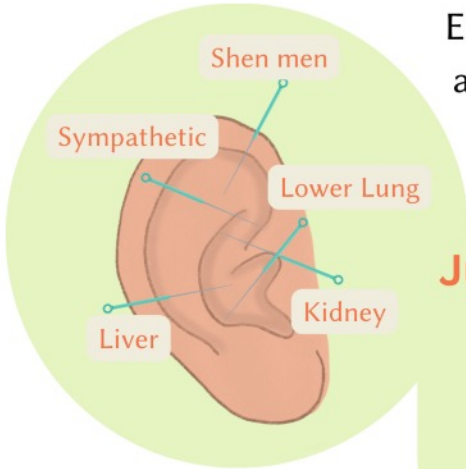
Hannah Whidden is the new GIS Manager for Natural Resources under David Troutt. She studied biology and chemistry at Willamette University for college and attended graduate school at The Evergreen State College for environmental studies and GIS. She previously started an environmental consulting firm

protecting stormwater quality, worked for state government (WA Ecology and WA DNR) in the natural resources fields, and in private consulting (at Esri). You can find her hiking, backpacking, snowshoeing, cross-country skiing, or playing frisbee on the weekends with her husband Scott and husky dog Levi. She also loves to knit sweaters in her free time and owns an eco-friendly skincare business (www.olsudz.com) on the side as well. Hannah's a born and raised Washingtonian and she's excited to protect the natural resources for the tribe. If you have any mapping needs feel free to reach out to Hannah and her team directly anytime at whidden.hannah@nisqually-nsn.gov. She's here to assist your team with any data or mapping needs for all departments.



TRADITIONAL HEALING

Ear Accudetox @ NTHWC



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

July
Monday ---- 1st
Thursday --- 11th
Thursday --- 18th
Monday --- 22nd

The Five points and their benefits:

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

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

***Due to limited capacity, please call 360-459-5312 to secure your spot.**

tiixitubut. Take care of yourself

HEALTH FITNESS NUTRITION

UP COMING

ROCK CLIMBING, 5K
 COLOR RUN & HIKING

MAY - AUGUST 2024

NHFN BLDG.

1937 Lashu St. SE

Olympia WA. 98513f

- July 13th & 27th hiking
- August 10th & 31st hiking

Contact us @ 360-456-5221
 Alisha Gannie ext. 1079
 Kareem Gannie ext. 1275
 Misti Vigil ext. 1383
 All events are for all fitness levels.

JULY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MASSAGE STRESS MANAGEMENT ACUDETUX EAR ACUPUNCTURE	2 MASSAGE	3	4 CLOSED HOLIDAY INDEPENDENCE DAY	5
8 MASSAGE STRESS MANAGEMENT HERBALIST	9 MASSAGE	10	11 MASSAGE SPIRITUAL FACILITATION ACUDETUX EAR ACUPUNCTURE	12 SPIRITUAL FACILITATION
15 MASSAGE STRESS MANAGEMENT	16 MASSAGE	17 MASSAGE	18 MASSAGE ACUDETUX EAR ACUPUNCTURE	19 MASSAGE
22 MASSAGE STRESS MANAGEMENT ACUDETUX EAR ACUPUNCTURE	23 HERBALIST	24 MASSAGE SPIRITUAL FACILITATION	25 MASSAGE SPIRITUAL FACILITATION	26 MASSAGE SPIRITUAL FACILITATION
29 MASSAGE STRESS MANAGEMENT	30 MASSAGE	31	tiixitubut. Take care of yourself TRADITIONAL HEALING	

tiixitubut. Take care of yourself

TRADITIONAL HEALING

CONSULT WITH THE HERBALIST

Melissa Meyer (Tsimshian) is a community trained experienced Herbalist who has a love for plants and the natural healing that they bring.

LET US HELP YOU
 TAKE STEPS TOWARDS
 NATURAL WELLNESS

When we combine historical plant knowledge with modern science, it allows us to discover which traditional methods work. Herbs can make great plant allies, helping us to naturally treat a variety of ailments as well as helping to promote the physical, mental, emotional and spiritual well being, bringing us more into balance.



To Schedule Please Call 360-459-5312



Nisqually Tribal Health & Wellness Center

Patient Feedback Program

By Stacy Gouley, Compliance Officer

Your experience at our clinic matters. Please share your thoughts. Have you experienced any noteworthy successes that you would like to share with us, or were there any missteps that need to be addressed?

We strive for excellence in our services. Please take a moment to provide your feedback by accessing the form near the fish tank upon arrival, or our team members will be happy to guide you through the process if needed.

After completion, you can choose to either hand it directly to a staff member for timely attention or place it in the comment box that is checked weekly by the compliance officer or delegate.

Patient Feedback Program

Please tell us about your experience while visiting the Nisqually Tribal Health & Wellness Center

We plan to assess feedback to ensure our staff members are able to go above and beyond to provide excellent care, as well as identify any issues that patients may commonly experience.

Need assistance?
 If no forms are left available here, any staff member can help you obtain a form.
 Please submit form in comment box, or you may hand to a staff member for immediate attention.
 THANK YOU,
 NTHWC Management

***COMMENT BOX WILL BE CHECKED WEEKLY**

Your Health Care is our Priority!

Nisqually Tribal Health & Wellness Center
 sq'ali'ab's
 People of the river, people of the grass.

South Puget Intertribal Planning Agency

USDA Foods Program July Dates

PT. GAMBLE S'KLALLAM	7/2/24
SQUAXIN ISLAND	7/9/24
SKOKOMISH	7/12/24
CHEHALIS	7/18/24
NISQUALLY	7/24/24

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990. This institution is an equal opportunity provider.

South Puget Intertribal Planning Agency

WIC Program July Dates

SQUAXIN ISLAND	7/9/24
NISQUALLY	7/10/24
SKOKOMISH	7/17/24
CHEHALIS	7/18/24

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

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



Announcements

HAPPY BIRTHDAY

July 5, Happy Birthday AJ,
Love the McDonald Family

July 25, Happy Birthday Kara Bear.
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



OUR COMMUNITY - OUR FUTURE

COMMUNITY

Clean Up

DAY

FRIDAY
JULY 12TH, 2024 @ 10AM

MEET AT NISQUALLY YOUTH CENTER IN COMFY SHOES/CLOTHES
 FURTHER INSTRUCTIONS WILL BE GIVEN DURING TIME OF MEET.

"AFTER PARTY!"
 After the cleanup, we'll meet back at the Youth Center to celebrate contributing to a better, cleaner community with complimentary lunch & drinks!

***Latex gloves, buckets, brooms, garbage bags, trash grabber, and mask will be provided.**

ALL PARTICIPANTS WILL RECEIVE A FREE T-SHIRT & WATER BOTTLE!
 THIS WILL BE A DRUG & ALCOHOL-FREE EVENT

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

