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Mamáy'asnim Hitéemenwees is Set to Have a New Building in Lapwai



Mamáy'asnim Hitéemenwees students and staff turning over the dirt where the new head start facility will be built.

On August 18, Nez Perce Tribal executives, elders, Mamáy'asnim Hitéemenwees students and even officials from Washington D.C. were in attendance for the Mamáy'asnim Hitéemenwees groundbreaking ceremony that will soon be the new head start building in Lapwai.

The Nez Perce Tribe broke ground on a piece of land on the old BIA grounds, on Parade Ave. between A and B Street, to build a new early childhood development center.

"Head start attempts to involve communities and families in both the design and implementation of the program at the local level," said Nez Perce Tribal Executive Committee Chairman Sam Penney about the benefits of early childhood development through programs like Head Start. "School readiness involves the interrelationship between cognitive and intellectual development, physical, social emotional and other areas of development."

There were several speakers at the groundbreaking ceremony, both from the local and national levels. The emotional importance that came up multiple times was the investment in the future of the Nez Perce Tribe and the young tribal members that will one day lead it.

"It's really great to see that we are investing in our kids because when we invest in our kids, we invest in our future," said Ashton Picard, Policy Council Representative.

"This project is not something that will happen overnight. It's been a long time in the making, with many people in the past working towards this goal of having a facility that is built from the ground up," said Patricia White Temple, Education and Childhood Development Specialist. "It didn't start with me. This has always been a dream of every head start director who's worked here, that's been shifted into old buildings. Everybody has always dreamed of having a new building."

The Mamáy'asnim Hitéemenwees involvement was emotional and exciting. Community members in attendance were able to witness the groundbreaking event and where the building will soon be, and see another step towards a bright future for the children.

Hatched to be Wild

By Cole Sinanian,
MailTribune.com

Rick Zollman stands at the edge of a rectangular, concrete pool, peering into the water below. Tens of thousands of juvenile chinook salmon rush toward him, their speckled backs and silver bellies glistening in the afternoon sun.

Zollman waves and smiles at the fish as they leap from the water to greet him, conditioned to expect food when they sense his presence.

Each of the 18 pools — or raceways — at northeast Oregon's Lookingglass Hatchery holds roughly 65,000 juvenile chinook, totaling nearly 1.5 million fish.

The fish were hatched here in January from parents collected in one of five regional rivers, then transferred to the raceways in spring. They'll remain here for a year, growing and maturing until ready for release into the wild.

Shaded by towering lodgepole and Ponderosa pines, Lookingglass Hatchery sits along Lookingglass Creek, not far from the Idaho border in the historic homeland of the Nez Perce Tribe.

The Nez Perce have exclusive fishing rights to Lookingglass Creek, one of the Tribe's traditional fishing spots. For centuries, Nez Perce families have gathered here to harvest salmon returning from the Pacific.

The Tribe uses the hatchery to restore the area's natural population of wild chinook, in the hopes that they may one day reach levels that support consistent harvest.

In a controversial practice known as "supplementation," Lookingglass managers take mature wild fish from the area's streams and spawn them at the hatchery.

The goal is to ensure that the fish released from the hatchery are from the same genetic lineage as the wild stock, so they can return to spawn naturally.

Many scientists and conservationists have pointed to hatcheries as a contributing factor to the demise of wild salmon stocks in the Pacific Northwest.

But for tribes like the Nez Perce, whose culture is bound to salmon, hatcheries may be all that's preventing their way of life from disappearing.

To supply fishing grounds while minimizing the effects of hatcheries on endangered wild salmon, tribal-operated hatcheries are employing experimental methods like supplementation to restore wild fish populations in the rivers.

"With hatcheries, they're not a solution, they're a tool," says Zollman, who works for Nez Perce fisheries but is not a tribal member himself. "The idea is that we still have fish spawning so our grandkids can go watch them, and still be able to catch fish and have them on the table."

At Lookingglass, the spring chinook conservation program operates for rivers in the Grande Ronde and Imnaha river systems.

Lookingglass is one of five hatcheries among the 33 operated by the Oregon Department of Fish and Wildlife that has a conservation program. Like Lookingglass, the others — Cascade, Irrigon, Umatilla and Wallowa hatcheries — each have tribal co-management.

The Lookingglass program uses supplementation — removing wild fish from rivers and integrating them into hatchery broodstock — to produce the next generation of salmon.

Chinook spawned at the hatchery eventually return to their natal streams as adults to spawn naturally, producing offspring that are genetically and behaviorally indistinguishable from wild-origin fish.

The National Oceanic and Atmospheric Administration regulates hatcheries that take endangered salmon populations — such as Columbia River spring chinook — for broodstock.

To prevent an overabundance of hatchery-reared fish on the spawning grounds, which generally have greater return numbers than wild-origin fish, Lookingglass manag-

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NIMIIPUU TRIBAL TRIBUNE

The Nimiipuu Tribal Tribune is published twice a month, on the first and third Wednesday. Our mission is to publish a timely and credible resource for our loyal readers and provide local information relevant to the Nimiipuu people and surrounding communities. Our vision is to disseminate content of interest to readers and to ensure this news publication is accessible by all.

Due to the rising cost of printing and in effort to be more environmentally friendly, we have decided to cancel hard copy subscriptions. Hard copies will no longer be available.

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ers employ an elaborate system of weirs (fish traps) to maintain a healthy ecosystem balance.

In what's referred to as the "sliding scale" method, Lookingglass managers use the weirs to select how many of each type of fish — hatchery-reared or wild — reach the spawning grounds. The number of a given year's wild returns determines the number of hatchery fish allowed to reach the spawning grounds.

Lookingglass managers also use the weirs to adjust the number of wild-origin fish taken for broodstock based on that year's wild returns. During years when wild returns are low, more hatchery-origin fish are collected for broodstock, so as to not interrupt the wild chinook population's recovery.

Once collected, broodstock are spawned at the hatchery, and their offspring are incubated, then transferred to early-rearing tanks.

Once the young fish reach a few centimeters in length, they're segregated based on the rivers their parents originated from, which prevents biological connections from being compromised.

After about a year of maturing in the raceways, the fish are trucked to acclimation sites (small pens near the spawning grounds in their home rivers) where they spend their final four to six weeks before release.

It's here that fish internalize the rivers' unique chemical and magnetic cues that will one day guide them home.

When Lookingglass began its conservation program in 1997, each of the area's watersheds had only a few dozen fish returning to spawn.

At Lookingglass Creek, those numbers were in the single digits.

Now, hundreds of fish return to Lookingglass Creek each year — enough to support limited sport and tribal fisheries.

While year-to-year numbers fluctuate wildly, average annual returns in the nearby Lostine River now top more than 1,000, according to data provided by Zollman.

Salmon had a particularly prosperous year in 2010, when returns to the Lostine were close to 5,000. Half of 2022's returns to the Lostine, which have yet to be fully counted, were wild-origin fish.



Baby Chinook salmon at the Lookingglass Hatchery in Elgin, OR.

Supplementation represents a shift in hatchery management that began around the turn of the century.

But some scientists say these programs are risky. Studies have shown that interbreeding hatchery fish with natural-origin fish can negatively affect wild populations.

Salmon are biologically linked to the rivers they come from. Raising juvenile fish in an artificial habitat can make those fish less suited to natural environments, decreasing the chances that they return home to spawn.

This lack of biological fitness carries on to the hatchery fishes' offspring, which can genetically weaken the local wild populations when the two interbreed, according to a recent report by the Washington Department of Fish and Wildlife.

"Hatchery fish are domesticated, and that difference is actually programmed into the genetics of the fish themselves," says Jamie Glasgow, director of science and research at the Wild Fish Conservancy, a Washington-based nonprofit conservation organization. "If wild fish interact and spawn with hatchery fish, the next generation of offspring from that hatchery and wild pairing is much less likely to survive in the wild."

Since the region's first hatcheries were built in the late 1800s, the majority of hatchery programs have operated under an agricultural model of fish production.

This approach relies on the sheer volume of fish produced to sustain runs and support fisheries without consideration for habitat restoration or the fishes' genetic fitness, says Jack Stanford, a retired professor and fisheries ecologist at the University of Montana.

"There's this mantra out there that you can replace lost catch because of the demise of wild fish with hatcheries," he says. "And it does not work."

The net result is the entire Pacific Northwest salmon fishery being reliant on a system that may be contributing to the decline of the very fish it's intended to save.

"It's like we're trying to save this patient, but we're standing on their throat while we're doing it," says Glasgow.

Nevertheless, some members of the Columbia River Plateau Tribes view hatcheries as essential to keeping ancient traditions alive.

They see supplementation as necessary to not only saving the fish from extinction, but to keeping salmon in the rivers and streams in tribal homelands that once served as sacred fishing grounds.

The lives of the Indigenous people who inhabit the plateaus and valleys of the Columbia River Basin once completely revolved around salmon. The seasonal returns of salmon to natal streams are integral to their cultures.

"We're a salmon people," says Joe Oatman, a member of the Nez Perce Tribe and director of the Harvest Division of its fisheries program. "Our whole identity and our whole view of the world revolve around salmon. And to be salmon people, we need to have salmon in the rivers."

Lookingglass is considered to be among Oregon's more successful conservation hatchery programs.

While numbers are nowhere near enough to sustain a fishery robust enough to supply the Nez Perce year-round, the program has prevented the region's spring chinook salmon population from disappearing entirely.

Zollman says that for the foreseeable future it's unlikely numbers will reach a point where the hatchery program is no longer needed, given the many factors contributing to the fishes' mortality that are beyond his control.

But in terms of giving salmon a fighting chance at survival, Zollman is confident the program is working.

For Oatman, the fact that there are still fish in these rivers at all is a sign of a successful supplementation program.

"It's more than just catching a few fish to bring home," says Oatman. "It's about finding a place where we can pass on these traditions that have been there for countless generations."

Understanding, Managing, Reversing Diabetes

What is diabetes? Diabetes is what happens when there is too much sugar in a person's blood. There are different types of diabetes including type 1, type 2 and gestational.

What does too much sugar in the blood mean? Blood sugar or blood glucose, refers to a nutrient that we need for energy. This nutrient comes from carbohydrates. Carbohydrates are broken down in the digestive system and turned into glucose, a type of sugar.

From there, the glucose enters out blood stream so it can be delivered to our cells. Glucose travels through our blood to get to our cells where it can be used as energy. The glucose enters the cell with insulin.

Where does insulin come from? Insulin is made in the pancreas and special cells called beta cells. When the beta cells are working correctly they make just enough insulin to get the glucose from the blood into the cells.

Without insulin, the glucose cannot enter the cells and gets stuck in the blood stream while it continues to pool. When this happens, the person may feel sick. Common symptoms that indicate this is happening include extreme thirst and needing to urinate frequently.

That is why those with type 1 diabetes need insulin from another way. And for those with type 2 diabetes, the pancreas can still make some amount of insulin, sometimes even more than the body needs, but the cells cannot use it correctly, this is called insulin resistance.

Diabetes is very common and an even larger pandemic then COVID continues to be. There are nearly 600 million people with diabetes in the U.S., as it continues to increase in both type 1 and type 2 diabetes.

Most common risk factors and symptoms with type 2 diabetes: Being overweight or obese, different racial background, Native American, African American, Hispanic backgrounds have additional higher risks, social economic factors, lack of good food, loss of capability exercise or physical activity, seems to increase the risk of developing diabetes and increasing inflammation.

Symptoms of diabetes or pre diabetes include extreme thirst, urinating a lot, very tired, urinary tract infections, skin infections, fungal infections, neuropathic pain, burning shooting pain in feet at night.

Recap: Eating carbs causes your blood sugar to increase, your body then releases insulin which is a hormone that lowers your blood sugar levels. Eating too many carbs continuously causes a large amount of insulin to be released over time and therefore your body becomes insulin resistant causing type 2 diabetes.

Your body cannot lower your blood sugar anymore when you become insulin resistant which is why people with type 2 diabetes have to take insulin shots or metformin. However, if you eat protein with every meal, protein intake causes your body to release another hormone called glucagon that counteracts the glucose-lowering action of insulin by stimulating glycogenolysis and gluconeogenesis which is your body's metabolic actions (your metabolism). Therefore, eating protein helps your body burn excess sugars in your blood and body fat to prevent and reverse type 2 diabetes.

12 Super Foods to help prevent, manage and reverse diabetes:

#1 Beans: Beans, especially lentils and kidney beans are good as they can keep blood sugar levels from spiking after a meal. Beans are packed with important vitamins and minerals, potassium and magnesium, and are high in fiber.

#2 Blueberries: The stuff that makes blueberries that blue purple color are also antioxidants that help your body fight off harmful damage to your cells and can help reduce your risk of cancer. The anthocyanins in blueberries can help with insulin sensitivity and lower blood sugar levels. You can also eat blackberries, raspberries and acai berries.

#3 Oatmeal: Oatmeal is full of fiber to keep you fuller, longer. It also lowers cholesterol.

#4 Eggs: Just one egg contains 6 grams of protein, choline, which is good for your memory, and lutein, which is good for your eye health. There is almost no cholesterol in egg whites and egg whites are almost entirely protein.

#5 Oranges: Oranges and citrus fruit contain a lot of fiber if you eat the whole fruit. Eating citrus fruits can lower the risk if diabetes in women, however, drinking the juice alone can increase the risk.

#6 Broccoli: Broccoli, cauliflower, cabbage, brussels sprouts, and kale are good for anyone with or without diabetes. They contain anti-cancer and disease fighting compounds. Broccoli is high in fiber, protein, and is loaded with vitamins.

#7 Olive Oil: Olive oil can help with diabetes in limited amounts.

#8 Salmon: Salmon contains fatty acids, omega 3 acids and is recommended to eat at least two times a week.

#9 Dark Leafy Greens: Kale, spinach, collards all contain vitamin A, vitamin C, vitamin E, vitamin K, iron, calcium, and potassium.

#10 Whole Grains: Whole grains such as whole oats and quinoa.

#11 Tomatoes: Tomatoes are rich in Vitamin C, vitamin E, and potassium. Eating two medium tomatoes a day can reduce your blood pressure and cardiovascular disease that comes with type 2 diabetes.

#12 Dark Chocolate: In moderate amounts, dark chocolate 70% cocoa or higher, can help with cholesterol and blood sugar levels. It has less sugar and antioxidants. Limit your amount because they are still high in fat and calories but are good every now and then for your health and your taste buds.



Idaho has First Probable Case of Monkeypox on July 6, 2022



Monkeypox is a rare disease frequently seen in central and western Africa. Most often it affects rodents, humans, monkeys, and apes. The source of the disease remains unknown. However, rodents' and other mammals like monkeys may harbor the virus and infect people. Nearly all monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs, or through imported animals. Monkey Pox is usually a mild disease, but severe cases may occur, which makes isolation necessary to avoid spreading

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks. Monkeypox is spread through touching the infection or items that have been in direct contact with the infection such as: rash, body fluids, scabs, respiratory secretions during prolonged, face-to-face contact or intimate physical contact. Pregnant women can spread the virus to their fetus through the placenta. People may first experience a rash which will be followed by other symptoms. However, others may only experience a rash. Other symptoms may include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

Monkeypox can spread in the following ways:

- Person-to-person through direct or close contact with the infectious rash, scabs, or body fluids and/or intimate contact.
- From touching items (such as) surfaces, objects, bedding, towels, clothing, linens, or fabrics that were previously touched by the infectious rash.
- From respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex.
- From infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal.

Overall, anyone can get monkeypox if they have close contact with someone who has the virus.

If you feel you have Monkey Pox you need to avoid close contact (including intimate physical contact) with others and animals until a healthcare provider examines you. If you have symptoms of Monkey Pox you need to see a healthcare provider. If you test positive for Monkey Pox, you need to isolate yourself until your rash has healed completely, including a fresh layer of intact skin has formed. The illness typically lasts 2-4 weeks. If you suspect you have Monkeypox, contact your Health Care Provider.

There are no treatments specifically for monkeypox virus infections. However, some antiviral drugs and vaccines may be used to treat and prevent monkeypox virus infections.



22nd Annual Culture Camp Focuses on Fitness and Nutrition

By Joyce McFarland,
Nez Perce Tribe Education Manager

Wallowa Lake, OR- The 22nd annual Nez Perce Cultural Camp was held at Wallowa Lake on August 2-4 (22 students in grades 8th-12th) and August 9-11 (85 students in grades 4th-7th). Youth who attend primarily live on or near the Nez Perce reservation, but some come from out of the area.

The camp project was started in 2000 by Cultural Resources (Language, Arts Council) and Students for Success with the vision of "giving youth a greater appreciation of the heritage of the Nez Perce people so they can continue the culture in the future."

This year's camp theme was wic'éetx wáaq'is: qepsqéps ciláakt, qepsqéps néekt, qepsqéps hewléexhewlex (Be healthy! Strong body, strong mind, strong spirit). Camp activities focused on fitness, exercise, and nutrition considering both traditional and contemporary knowledge. Students wrote essays on the theme with their camp registration.

One of the favorite features of camp for the youth is interaction with the Resident Elders. Wilfred "Scotty" Scott assisted with the flag song, flag raising, and Nez Perce history. He also offered words of encouragement and love to the students and adults. Florene Davis was with the students all week. She assisted with Nez Perce language and inspiration. Daily language lessons were led by the Elders and Language Program staff (Angel Sobotta). Language activities focused on fitness, exercise, nutrition, and food terms. To support fitness, the students learned icebreakers (Life on Rez, Warrior-Lady-Bear, Fry Bread Hands) and song/dances (If You're Happy and You Know It, Hokey Pokey, Bunny Hop, Electric Slide) in Nimiipuutimt. Nez Perce language terms for traditional foods were also included. They all received language booklets that they can share with their families. The language resources developed for camp are available on the Nez Perce Language website at www.nimipuutimt.org.



Culture Camp students take a hike to a local waterfall.

The University of Idaho Extension office, led by Danielle Scott with assistance by Loraine Harris and Emma Paddlety, taught the older students how to make bone necklaces. Students at both weeks of camp also made water and exercise bracelets. They learned that people their age should drink 8 cups of water per day (8 beads on bracelet) and exercise 60 minutes per day moderately to vigorously (6 beads on bracelet). At least three times a week, more vigorous exercise is recommended. For both camps, Nez Perce elder Lee Bourgeau provided a highly informative presentation about nutrition and traditional foods. She told them certain food or food products were introduced into tribal people's diets that are not healthy, such as "white" colored products like sugar, flour, and pasta. Lee researched the nutritional value in traditional foods, so talked about how roots, berries, meats, and fish provide needed nourishment to one's diet. Her presentation stressed the importance of the roles of men and women as providers. Lee also said how important it is to take care of others and not waste what the animals, fish, or plants provide to us. Pete Wilson, Nez Perce, said that medical doctors ask him to teach them about traditional medicine. Pete shared where and when the medicines are gathered and how they can be used for personal health and well-being. Talking to one's elders to learn more about traditional medicines was also encouraged. For the older students, Titus Yearout, Nez Perce and University of Idaho basketball scholarship student, talked about his fitness and exercise commitment. He started by asking the students how many like to exercise. About half the students raised their hands. Later playing a game with the students was one way Titus showed them exercise can be fun. He covered how his exercise commitment has evolved from when he was in middle school and high school to now being a college athlete. Titus showed the students how the UI men's basketball team warms up before practice with movement and stretching to give the students an idea on what they can do on their own. Hiking was scheduled for each week of camp to promote exercise. The older student did the 30-minute walk from the trail head to the waterfall that is above the lake. The younger students all rode the Gondola to Mt. Howard to walk the trails. Some of the older students also hiked these trails or rented paddle boards or kayaks on the lake for their additional exercise time. Recreation activities included swimming, volleyball, basketball, GaGa Ball, football, Frisbees, jump ropes, miniature golf (week 1), and go-carts. Each morning the entire camp started at 6:30 with a circle gathering. A prayer (respecting all ways) was offered by Angel Sobotta on the first day and by a youth representative on the second day. Ashton Picard also lead a prayer sang the second week. Nicqoi Everett for week 1 and Odin Henry and Selin Bisbee for week 2 volunteered to lead the prayer. The younger kids also sang the Good Morning and You Are Special songs in Nimiipuutimpt to honor the late Bessie Scott who was a camp Resident Elder with her husband Scotty for 14 years. The group then learns about the full day's activities and expectations for their participation. The mini pow-wow, led by Pete Wilson (Spirit of Renegade drum), is always a popular activity for the youth on the second night. The youth participate in a grand entry, honor song, intertribal, owl dance, circle dance, potato dance, and girl and boy exhibition dances. Since a low number of boys attended the first camp, the owl dance contest was not held. Instead there was a team dance competition. Camp awards are given for winners in storytelling, team dance (week 1), owl dance (week 2), potato dance, exhibition dances, language, and essay writing. Due to the large size of the younger camp, the storytelling contest the first night was for the girls and the second night for the boys. Each group also has one youth selected as a top Lan-

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guage student and miyooxaat (leader). All youth receive a T-shirt, certificate, essay booklet, and language workbook.

Camp awards: Week 1 (grades 8-12): Storytelling: 1st- Abigail Whitman, 2nd- Roni Arthur, 3rd- Jenni White Temple. Team Dance: 1st- Kiahna Padilla, Candace Whiteplume, Davi Jo Whitman; 2nd- Gloria Johnson, Valentina Villa, Jenni White Temple; 3rd- Roni Arthur, Andrea Baird, Emoli Steffy. Potato Dance: 1st- Mari Jayne Garcia, Valentina Villa; 2nd- Gloria Johnson, Laila Penney. Exhibition Dances: Girls- Jenni White Temple (honorable mention- Andrea Baird, Davi Jo Whitman), Boys- Nicqoi Everett. Language Awards: Roni Arthur, Andrea Baird, Marcus Guzman, Jenni White Temple. Miyooxaat (Leader): Nicqoi Everett, Valentina Villa, Candace Whiteplume, Davi Jo Whitman. Essay Winner: Jennelle Capetillo. Week 2 (grades 4-7): Storytelling: 1st- Abreann Yearout, Mariano Gomez; 2nd- Twila Moses, Juan Chimburas; 3rd- Kyrie Rickman, Samuel Rickman. Owl Dance: 1st- Amaya Arthur, Jeron Axtell; 2nd- Kaelyn Greene, DJ Wilkerson; 3rd- Ginna Wilson, Leo Ellenwood. Potato Dance: 1st- Maxine Guzman, Ravena Moffett; 2nd- Rainbow Moses, Twila Moses. Exhibition Dances: Girls- Rainbow Moses (honorable mention- Celila Arthur, Sierra Arthur), Boys- Lance Steffy (honorable mention- Max Payne, Caige Samuels). Language Awards: Amaya Arthur, Jeron Axtell, Juan Chimburas, Akesis Montelongo, Rainbow Moses, Twila Moses, Camassia Penney, Chalye Powaukee, Kayelani Powaukee, Caige Samuels, Lance Steffy, R'Miia Taylor, Malik Williams, Abreann Yearout. Miyooxaat (Leader): Amaya Arthur, Joshua Arthur Jr., Haven Bisbee, Natalia Bisbee, Leo Ellenwood, Kaelyn Greene, Tiara Palmer, Max Payne, Kyrie Rickman, Katrell Samuels, Ryker Samuels, Jaleia Sonneck, Amera Williamson, Tathen Yearout. Essay Winner- Nevaeh Moses.

CAMP SPONSORS: Nez Perce Language, Nez Perce Arts Council, Nez Perce Students for Success, Nez Perce Education Department, Nez Perce Tribal Executive Committee, Youth Affairs & Local Education Program Fund, Nez Perce Career Center, Nez Perce State Tribal Education Partnership (STEP). CAMP SUPPORTERS: Nez Perce Circle of Elders, Nez Perce Cultural Resources, Spirit of the Renegade Drum, Nimiipuu Health, University of Idaho Extension/Nez Perce reservation, Nez Perce Community Centers, Nez Perce KIYE Radio, Nez Perce Appaloosa Express, Nez Perce Executive Direction, Nez Perce Finance Department, Nez Perce Social Services Department, Wallowa Lake United Methodist Camp.

Nez Perce Cultural Camp (week 1) Top Essay: Jennelle Capetillo, 14, Asotin: Hi, I am Jennelle, I am 14 years old. I think a few activities that require strength and fitness in our traditional ways are fishing, hunting and dancing. I like to practice these traditional ways with my dad. He takes my family hunting and fishing, and shows us how to properly give thanks and be respectful. As of today I like to play sports, basketball, softball and volleyball, they help me to stay in shape. And during the winter I also ski and ice skate and this year will be mucking the barn.



Jenelle Capetillo,
Week 1 essay winner



Nevaeh Moses,
Week 2 essay winner

A few healthy traditional foods we eat at home are salmon, deer, elk and moose, sometimes buffalo. Salmon is full of protein and low in saturated fat and game meat is a great source of protein because it's full of vitamins and minerals. Some plants we use for healing are, khouse khouse, mountain tea and arnica. We use kouse kouse in the sweat house to clean our bodies and pray. Mountain tea is great for the immune system. Arnica wasn't really used by the Nez Perce (that I know of) but we use it in our house because it is good on bruises and sore muscles. I went to Culture Camp a couple years ago. I thought it was so fun and would be great to go again. I've spent the last 4 years in Wallowa county. It was so cool, until recently moving to Washington. I really enjoy learning about our old ways and carrying them on. I feel like I have learned a lot of male ways but I don't learn a lot of the female ways because I don't have an active female tribal influence. I think culture camp will be a good way to practice tradition with other kids my age and experience culture from a female perspective.



Culture Camp students listen to the Nez Perce Tribal Flag Song.

Nez Perce Cultural Camp (week 2) Top Essay: Nevaeh Moses, 11, Lapwai: Traditional Nez Perce activities that require strength and fitness are fishing and hunting. I have been fishing and hunting with my dad in the Blue Mountains in Washington and Oregon, buffalo country in Montana, and all around the Wallowa's places like Lostine and Imnaha. My favorite spot to fish is Dworshak. My favorite spot to hunt is hunting camp in Oregon. Dworshak is my favorite, because I love to fish and climb on the rocks. I like to hunt in Oregon at hunting camp, because my cousin and uncles are everywhere, so I'm never alone. My favorite ways to exercise today are running, soccer, and basketball is fun because you can play with friends. The same with soccer and I think running is just fun. I think running is a good way to exercise. Traditional foods are healthy for people to eat like fish, elk, deer, and moose. My family uses a lot of natural plants and medicines, but my dad doesn't really know when to go get the roots. He mostly grew up fishing and hunting. The plants and medicines that we do use are qawsqá·ws, mountain tea, sweet grass, sage, patoswey, and rose.

Nez Perce Tribe Resolutions Committee Holds Three Meetings on Blood Quantum and Enrollment



Attendees at the Lapwai meeting on August 23, 2022.

The Nez Perce Tribe (Tribe) is in a period of self-determination and can take ownership of their identity and future by finding solutions to counter the destructive impact of the U.S. government's termination era policies, such as blood quantum.

The Nez Perce Tribe General Council requested a review of the Nez Perce Tribal enrollment membership criteria in 2007 and 2008. The Nez Perce Tribal Executive Committee (NPTEC) conducted public meetings and surveys to gather tribal member input in 2009, 2010 and in 2014. The Tribe conducted an enrollment study on the impacts. The study provided data indicating a severe decline in membership will occur within the next 100 years based upon the current enrollment criteria.

In accordance with Article I, of the Tribe's Constitution and By-Laws, which is to protect and promote the interests of the Nez Perce Tribe, it is proposed to provide amendments to Article IV regarding membership criteria. The amendment would change the requirements that a person must meet to become an enrolled member of the Nez Perce Tribe.

Currently, a person must be a child born to an enrolled member of the Nez Perce Tribe and be able to prove they have at least ¼ or higher Nez Perce blood to be eligible to become a member. The amendment would allow a person to become a member of the Tribe if they are a lineal descendant of a person enrolled with the Nez Perce Tribe, and can prove that they have a least 1/8 or higher of Nez Perce blood. To be a lineal descendent means a person can trace their descendancy directly back to a person who was a Nez Perce tribal member. That descendant does not necessarily have to be the applicant's parent, but must be in their direct lineage, such as a grandparent or great-grandparent.

Fifteen years have passed from the initial action to review enrollment. Multiple public meetings and surveys have been completed, enrollment studies threaten a severe decline in membership if tribal members do not address the constitutional amendment. Enrollment has been debated extensively at General Council meetings, due diligence has been done to move this constitutional amendment on enrollment criteria to a vote of the Nez Perce people.

Current Language: Article IV, Section 1 (B) All children who are at least one-fourth (1/4) degree Nez Perce Indian ancestry born to a member of the Nez Perce Tribe, provided that an application for enrollment is filed with the Nez Perce Tribal Executive Committee within eighteen (18) years after birth. Proposed Change # 1 : Article IV, Section 1 (B) All tribal members enrolled in the base roll as of December 31, 1956 are recognized as four-fourths (4/4) Nez Perce Indian ancestry for purposes of enrollment in the Nez Perce Tribe. Subsequent changes will then be applied to their descendant's Nez Perce Indian ancestry and changes in their enrollment made within a twelve (12) month period. Proposed Change #2: Article IV, Section 1 (C) Person adopted into membership of the Nez Perce Tribe shall consist of (I) has at least one parent or grandparent who is an enrolled member of the Nez Perce Tribe (2) has at least one-fourth (1/4) degree of Indian blood from any federally recognized Indian tribe within the United States. Subsequent changes will then be applied to the Nez Perce Tribe's membership ordinance. Enrollment in the Nez Perce Tribe will remain at least one-fourth (1/4) degree Nez Perce Indian ancestry. An application for enrollment must be filed with the Nez Perce Tribal Executive Committee within eighteen (18) years after eligibility for enrollment.

Any enrolled member of the Nez Perce Tribe, age eighteen years or older can vote on whether they want to see this constitutional amendment passed or not.

Dave Penney has seen the impact tribal enrollment has had on our unenrolled Nez Perce children. For 2.5 years, he researched blood quantum articles, looked at other tribes and their enrollment procedures, collected it all and put it together, and in 2007, he wrote a resolution.

"At the time, there were 2,061 enrolled tribal members age 18 and older, and 709 enrolled children age 17 and younger," said Penney. "Enough talk, now is the time for action. We are diminishing."

Three meetings were held, one in Lapwai, Kamiah and Orofino, to openly discuss the example of the amendment by Penney. His amendment states that everyone born on or before (a certain date) is considered 4/4 Nez Perce.

Some tribal members are in favor for counting all Indian blood, proving they are of Nez Perce descendancy. Others would like to see the fractions removed altogether. Whatever the case, tribal membership is in agreement something needs to be done. If you would like more information, contact the Resolutions Committee at resolutionscommittee@nezperce.org.

2022 Snake Basin Salmon and Steelhead Fish Buy Initiative

Purpose of Fish Buy Initiative

This purpose of the Fish Buy Initiative was to utilize American Rescue Plan (ARP) funding as a short-term initiative to increase the ability to catch more of the Tribe's harvest share of Fall Chinook, Coho salmon and Steelhead and provide an economic incentive and benefit to tribal fishers and tribal communities. The Tribe produces salmon and steelhead and we want to benefit from these efforts.

The expectation is that all fish that are purchased will be given out to tribal members as food to help meet their dietary needs. The intent was to buy fish from tribal members during a time when quality of salmon and steelhead is likely the highest and to serve as something like a food bank where tribal members and their families can come pick up fish to eat whenever they need them.

This initiative is consistent with the purpose of the ARP to deal with an economic crisis and to improve the health and economic wellbeing of Nez Perce tribal members.

This initiative covers the Snake Basin fall season salmon and steelhead fisheries in 2021 and 2022.

In 2021, a total of 1,767 fish (787 fall Chinook, 391 steelhead, and 589 Coho) were purchased from tribal members who were fishing during the fall season. Tribal members were also paid to process (fillet and vacuum-seal) 1,180 fish that were purchased. These fish were provided to Elders/ Seniors Program and to community members throughout the year for subsistence needs.

Details on 2022 Fish Buy Implementation

This will be the second year of the fish buy initiative. This initiative is open to all Tribal members who are HACCP certified and are participating in the 2022 Snake River Basin steelhead, fall Chinook and Coho salmon fishery.

Based upon our experiences from the first year of fish buys that occurred in 2021, there are some changes to how the buys will be done this year. The following are those details.

2022 Fish Buy Details

Fish buys will occur daily beginning Tuesday, September 6th to Friday, September 10th, during hours of 10AM – 3PM at the Nez Perce Tribe Fish and Wildlife Commission office. No buys will occur outside of this time because of the short staffing and limited capacity to do this.

Tribal fishers must be HACCP certified and will be paid $6.00/lb for cleaned fish (bled, gutted, gills removed, with head and tail still on) that are properly iced down (NO SLUSH ICE FOR CLEANED FISH). Fish may be declined if the fish are not handled according to HACCP protocols, fish are not in this cleaned form, or fish are of poor meat quality.

Tribal members are encouraged to process the purchased fish (fillet and vacuum-seal) on a "first come basis" as part of a processing crew. Space is limited so please be on time (start time is 10AM). Each processor will receive payment in amount of $15.00 per fish. Each member of the processing crew will be paid daily after all the fish have been processed.

We expect to conduct fish buys up through the middle of October provided there is sufficient funding available, and the fishery season is still open by then.

Subsistence fish distributions we be scheduled for Lapwai, Orofino and Kamiah/ Kooskia communities in upcoming months. Additional fish buys, as well as fish distributions will be scheduled, and periodic updates will be provided in as much advance time as possible. Stay tuned.

For additional information on Nez Perce Tribal gillnet permit applications, please contact the Nez Perce Tribe Fish and Wildlife Commission office at 208-843-9376. For any questions on the Fish Buy Initiative you can contact Joseph Oatman (208)843-7320 ext. 3730 or Samuel Greene at (208)413-4226.

Students For Success Project Venture Kick-off Week

There was no rest for the Students for Success staff following their busy week the week before completing the GONA and the Hat Day with Mikailah Thompson. SFS jumped right into a 3-day Project Venture Kick-off event! The first two days were introduction to basic camping skills. The kids learned how to start fire with flint (using a knife) and shredded pieces of fat wood and a dried piece of blue jeans. Good skills to learn in case they didn't have a lighter or matches. They also learned how to use a compass and went through a challenge to show they comprehended how to use the compass. The day was hot but you couldn't tell because the kids were truly enjoying themselves. The kids learned how to put up their



own tents and take them down (a skill they would need for later in the summer for their 3 day backpacking trip to the mountains.) The youth were shown briefly how to use the mini-propane stoves and Jonathan Matthews showed them his version of a stove using just a soda can and a certain kind of household alcohol (not a beverage type.) The day was finished with making bows out of PVC pipe and shooting arrows through hoops with Josiah Pinkham and his crew from the WSU Camp.

Half of the SFS staff left early from the Project Venture event to set up at the Pride Event in the park, where the SFS event was being held, needless to say, the park was full! The NAHOVA youth board manned the booth at the Pride Event.

On the third day of the Project Venture kick-off the kids showed up nice and early to the Education Building with their backpacks to hike up the Fire Trail. Before we left on this hike we went over what kind of packs are best for carrying weight for long distances and showed them the types of packs they should try to use. Some of the kids wanted to get the feel of wearing the packs and volunteered to wear them on the hike. The day was hot but you couldn't tell as the kids were all smiles and having fun! The hike was a success and all of them showed excitement for the upcoming backpacking trip.

It was a great start for this group of kids! The summer was looking to be full of adventures!

Nez Perce Tribe Local Education Fund Awards Over $450,000 in Grants

On August 18, 2022 the Nez Perce Tribe Local Education Program Fund awarded local educational programs $456,332. These funds went toward programs engaged in education to support their work and projects, many of which included cultural programming.

"With the force to adapt with COVID protocols through teaching online and utilizing home deliveries, business slowed down the previous year. This year, the Enterprises has seen an increase in revenue, which allowed for an increase of funds disbursed to local educators," stated Nez Perce Tribe Enterprises Executive Officer Nikoli Greene.



NPTEC Secretary Shirley Allman presents Sam White Temple (left) and Bob Sobotta (right) with a $10,000 check.

The funds are distributed in accordance with the Indian Gaming and Self-Reliance Act of 2002. The Act was approved by Idaho voters through the Proposition One initiative. The mission of the grant program is to provide financial assistance to local education programs and schools located on or near the Nez Perce Reservation. The ultimate goal is to improve the mind, speech, manner, capability, and character of the human populace. To date the Tribe has awarded over $6.1 million in education grants since 2004.

Dozens of educators and their programs were awarded by the Tribe as part of their Local Education Program Fund. The awards recognized teachers, coaches and program directors and ranged all the way from early childhood to college and the university level. Just as the ages spanned all the way up, the different programs and objectives that earned awards were just as diverse.

Fifty-five different initiative and even more individual educators were recipients of these monetary awards ranging from $1,000 to $10,000.

These awards encourage all different types of cultural education such as Cornerstone Christian School, Idaho history, Nez Perce Culture course, High School Native Club.

However, those connections are not a requirement. That is seen in the awarding of efforts likemathemaics and robotics, and programs like the Leader in Me, and a jet boat field trip for grade schoolers. Education is a wide variety of learning and fun, the Tribe has always supported education 100%.

Energy Secretary Granholm and Northwest Tribal Leaders Gather to Discuss DOE Initiatives

Energy Secretary Jennifer Granholm recently joined leaders from the Confederated Tribes of the Umatilla Indian Reservation, Nez Perce Tribe, Confederated Tribes and Bands of the Yakama Nation, and the Wanapum Band of Indians for a dinner in Richland, Washington. "I come with open eyes to see, open ears to listen and an open mind to learn from you — the foremost experts in this region and leaders — about the work DOE is advancing under this administration," said Granholm.

The dinner the evening before the secretary's visit to the Hanford Site on Aug. 12 was an opportunity for Granholm to hear directly from regional tribal leaders about the importance of Hanford's landscape, natural resources and sacred sites, and how they have been woven into the tribes' cultural identities since time immemorial.



Front row, L to R: Marie Wyena, elder, Wanapum Band of Indians; Dana Miller, tribal councilman, Confederated Tribes and Bands of the Yakama Nation; N. Kathryn Brigham, Board of Trustees chair, Confederated Tribes of the Umatilla Indian Reservation; Energy Secretary Jennifer Granholm; Chairman Samuel Penney, Nez Perce Tribe; and Clayton Buck, Wanapum Band of Indians. Back row, Brian Vance, Hanford Site manager; Jeremy Takala, tribal councilman, Yakama Nation; and Toby Patrick, Board of Trustees member, CTUIR.

Discussions focused on access to and protection of sacred sites and natural and cultural resources; Columbia River dams and protection of salmon; funding to develop and maintain tribal technical capacity to support meaningful engagement at the Hanford Site; and efforts to actively engage in revising DOE's orders and policies for interacting with tribes.

Granholm shared DOE's initiatives to work with programs funded by the Bipartisan Infrastructure Law to ensure that tribes are aware of new opportunities offered by these programs, and that these opportunities consider tribal equities and input.

Students For Success NAHOVA Youth Board

By Abraham Broncheau,
Nez Perce Tribe
Students For Success Director



On July 5th the Students for Success program took 10 youth to rock climb in Spokane. The brave kids took turns scaling up a 50 foot rock base and rappelled back down to safety after they reached their goal. It was a great way for the kids to increase their confidence and to realize that they could accomplish anything with the right mindset. The higher they climbed you could see the boost in their enthusiasm to keep challenging themselves.

The next day the Students for Success staff packed up 10 different youth in the van and went back up to Spokane to catch an early morning flight to Minneapolis, Minnesota for the National UNITY conference. The NAHOVA youth board held several fundraisers and earned points through community service, attending board meetings and assisting with fundraisers to earn their way to the conference. Six of the NAHOVA representatives were attending the UNITY conference for the first time, the other four attended last year in Dallas, Texas. This year's conference had no Covid restrictions and had over 1,700 Native youth from across the country. On the first night in attendance the youth attended the Youth Leaders Training facilitated by Chance Rush and his daughter. The evening was full of icebreakers and meeting new people including Stormee Kipp, the actor from the new Predator movie 'Prey.' Earlier in the day the NAHOVA board President Joseph Payne modeled the UNITY basketball gear for the 3 on 3 tournament promotion and was featured on the UNITY social media posts.

The second day started with learning about UNITY and the lighting of the UNITY fire in downtown Minneapolis. Immediately after that was the Parade of Nations. Our youth board proudly displayed their Nez Perce Tribe flag as they entered the convention center with all the other tribes present at the conference. That night Loretta Tuell treated the Nez Perce group to dinner at the Indigenous owned restaurant Owamni by the Sioux Chef. For an appetizer many of the kids and staff tasted crickets for the first (and possibly the last time.) The chef came out and greeted us and took a selfie. The NAHOVA board was grateful for Mrs. Tuell's generosity.

The third day was primarily spent in their Area Caucuses and breakout sessions. However some of the presenters included Chef Pyet and Kiowa Gordon (Dark Winds.) During one of the breaks Joey Payne recognized Lil Mike and Funny Bone (from Reservation Dogs) and the Nez Perce group were the first to get a group picture with them as well as autographs and other memorabilia. During our free day we went to the Mall of America. We started at the Nickelodeon theme park and then split into groups and did some shopping.

The 4th day was much anticipated by the kids as there were two big events that night, the evening Gala and the teen dance. But first they had to attend breakout sessions throughout the day starting with the Education Expo. In the afternoon our 2 UNITY representatives (President Joseph Payne and Vice-President Graciela Broncheau) attended the National UNITY Council business meeting. Immediately following the last session our kids literally ran back to their rooms to get ready for the evening Gala. The evening Gala was a chance for our youth to dress formally, be served dinner and watch the Modeling Show by Red Berry Woman. After the gala our group went outside to take pictures with the city background and while there a group of young men started singing round dance songs, so we all circle danced in downtown Minneapolis. The kids thought that was pretty cool. After the photo session the kids ran back to their rooms again and got ready for the teen dance. The DJ was Emcee One, friend of the Nez Perce group and he had just recently been the DJ for the NAHOVA board teen dance at their GONA in June. The dance was packed as you can imagine with hundreds of Native youth (and some chaperones.) It was a long day for all!

The final day for our crew was a lot of site seeing. We started the day off with breakout sessions but then left to go see the George Floyd memorial. It was an emotional time for all as they walked the area where George Floyd was murdered. There were tears and hugging but that turned to inspiration and raised fists. It did spark a lot of deep conversations amongst each other. Shortly after we left the memorial we headed towards Paisley Park (Prince tourist attraction.) It was awesome to sit in the studio where he practiced and seeing all of the memorabilia. After seeing the 100 foot Prince mural in downtown Minneapolis, next to 1st Avenue, we went back to the hotel to get ready for Culture Night. Culture night was a night for all tribes to share their culture with everyone. There was a lot of dancing and singing! The Nez Perce group danced their way off the floor. Since our flights left in morning we were unable to attend the last morning portion so everyone spent the evening saying good bye to friends. It was another great experience at the UNITY conference for all! Next year is at Washington, DC.

On behalf of the youth board, they wanted to share that they always welcome new NAHOVA board members! If interested please email Abraham Broncheau at abeb@nezperce.org. or Shannyn Nicholai at shannonn@nezperce.org.

NMPH Staffing

As the summer winds down,
we have seen an uptick in COVID-19 cases.
Nimiipuu Health has had staff members out on approved personal time off, and additional staff out unexpectedly which has left us short staffed at both Lapwai, and Kamiah clinics. As such, we can only see Acute Care patients for the next 3 weeks.

COVID-19, planned vacations, and other health issues have led to this temporary change.

We appreciate the Community Health staff's assistance the during this time, as they have supported the Medical Department and the diligence that our CNAs have provided during this busy time is also appreciated.

Thank you for your understanding and please accept our sincere apologies for any inconvenience.
As we prepare for the new school year, please be cautious. If you are sick or have been exposed to someone who is sick, please take the necessary precautions and stay home.

Call 208.843.2271, ext. 2971 to speak with our Contact Tracer or COVID-19 Response Coordinator at 208.843.2271, ext. 2967. Stay Safe!

Emergency Dials

America's Suicide Prevention and Mental Health Crisis Lifeline

988 - Behavioral Health Crisis and/or suicide Ideation

911 - Emergency Requiring Law Enforcement and/or Medical Services

211 - Resource Gathering
988:
What it is and what Idaho's doing (nezperce.org)
For more information please visit - https://idahocrisis.org/

Public Notice

PUBLIC NOTICE

45 DAY PUBLIC COMMENT PERIOD

NEZ PERCE TRIBE TANF PROGRAM

286.75 What must be included in the Tribal Family Assistance Plan?

(a) the Tribal Family Assistance Plan (TFAP) must outline the Tribe's approach to providing welfare related services for the three year period covered by the plan including:

(6) assurance that a 45 day public comment period on the Tribal TANF plan conducted prior to the submission of the TFAP. The public comment period will be held

August 26, 2022 through October 12, 2022

The TFAP can be found at 298 Agency Road, Lapwai, Idaho or by clicking here:

TFAP Download (https://www.nezperce.org/wp-content /uploads/FY22-

TANF-3-Year-Renewal-Plan .approved.1.pdf)

Please email your comments to: Consuelo Guillory @ (consuelog@nezperce.org

(mailto:consuelog@nezperce.org) or Jackie McArthur at (jackiem@nezperce.org (mail to: jackiem@nezperce.org)

Upcoming Dates

Budget & Finance Subcommittee
Wednesday, September 7, 2022
(1st & 3rd Wednesday of the month)
8:30 a.m. NPTEC Chambers

Energy / Climate Change Subcommittee
Wednesday, September 7, 2022
(1st & 3rd Wednesday of the month)
2:00 p.m. NPTEC Chambers

TERO Commission Monthly Meeting
Wednesday, September 7, 2022
(1st Wednesday of the month)
6:00 p.m. Boards & Commissions Building
210 A Street; Lapwai, ID

Human Resources Subcommittee Meeting
Thursday, September 8, 2022
8:00 a.m. NPTEC Chambers

Fish & Wildlife Commission Meeting
Monday, September 12, 2022
(2nd Monday of the month)
5:00 p.m.

Regular NPTEC Meeting
Tuesday, September 13, 2022
(2nd Tuesday of the month)
8:00 a.m. NPTEC Chambers

Lapwai Mobil Food Pantry
Tuesday, September 13, 2022
9:00 a.m. pwai High School Parking Lot

Human Resources Subcommittee Meeting
Monday, September 19, 2022
8:30 a.m.

Law & Order Subcommittee Meeting
Monday, September 19, 2022
2:00 p.m. NPTEC Chambers

Natural Resources Subcommittee
Tuesday, September 20, 2022
(1st & 3rd Tuesday of the month)
8:30 a.m. NPTEC Chambers

Land Enterprise Commission
Tuesday, September 20, 2022
(1st & 3rd Tuesday of the month)
2:00 p.m. NPTEC Chambers

Budget & Finance Meeting
Wednesday, September 21, 2022
8:30 a.m. NPTEC Chambers

Climate Change & Energy
Wednesday, September 21, 2022
2:00 p.m.

** Please Note: All meetings are subject to change*
** If you would like to submit a meeting date, send meeting information to communications@nezperce.org*

Employment Opportunities

Nimiipuu Health
https://nezperce.org/wp-content/uploads/08/08082022-NMPH.pdf
Nez Perce Tribe
https://nezperce.org/wp-content/uploads/2022/08/August-8-2022-NPT.pdf
Nez Perce Tribal Enterprises
https://nezperce.org/wp-content/uploads/2022/08/08-08-2022-NPTE.pdf

Hipéexnu kíi'u núun wisíix seeks an:

Experienced Nimíipuu Cultural/Language Instructor

- Able to teach/serve youth.
- Work remotely.
- Must have a reliable vehicle.
- Tribal Preference.
- Reside on or close to NP Rez.

If Interested Email:
- Resume
- Letter of Interest

DEADLINE TO APPLY: 09/09/2022

hipéexnu@gmail.com

UYLC Recovery Event

UYLC Recovery Presents a Recovery Month Event
Who: UYLC Recovery is inviting everyone to come and help us celebrate the miracle of recovery! This is a community event, and everyone is welcome.
What: We will have speakers, food vendors, bounce houses for the kids, information booths, and live music by Torn Veil!!
When: September 30, 2022 from 5:00-10:00pm
Where: Riverfront Park Kamiah, Idaho
Why: Because Recovery is something to celebrate! Someone who has battled with a substance use disorder and came out on the other side is a miracle. We are proof that recovery is possible and that life is worth celebrating!!

If you have questions about this event, please contact Amber at uylcrecovery@gmail.com or call (208) 745-2775.

Kamiah Education

The Kamiah Education Foundation (KEF) will host an elegant fundraising event on October 15th, 2022. The "Kamiah Education Foundation's 3rd Annual Alumni Dinner and Auction" event will be held at the Kamiah American Legion Hall. Doors open at 5:00 for a No-Host Happy Hour and silent auction bidding, followed by a delicious catered dinner by "A Taste of Art." There will be entertaining games, and the Master of Ceremonies, Greg Johnson, will keep the crowd entertained. At 7:00 pm, auctioneer Ted Weeks will take the stage to begin some lively bidding wars for items that range from custom-made jewelry to weekend getaways to things for the home and even exotic vacations. There is something for everyone.

Tickets can be purchased from KEF Board members or the Upriver Youth Leadership Council office at 405 Main Street. The $40 ticket price includes (1) a Single Dinner Ticket; a complimentary glass of champagne, Chocolate; and a Commemorative Souvenir. Pre-purchase is encouraged, as this is a sit-down catered meal, and only a limited number of seats will be available.

The delectable menu will include Smoked and Grilled Tri-tip Steak with Garlic Horseradish Aioli, Caesar Salad, Roasted Tri-color Potatoes, Honey Ginger Carrots, Roll Medley, and a Gourmet Dessert. There will also be a silent auction for a select few decadent desserts. Partner up with your tablemates and bid on a delectable dessert to share!

According to the KEF Facebook page, "The purpose of The Kamiah Education Foundation is to enhance education in Kamiah Schools. We are visionaries who value education and advocate for our students and teachers. We build partnerships in our community and encourage giving time, talent, and money. We invest in the future of our youth as we broaden horizons and prepare students to experience life in and beyond our beautiful valley."

Some of the KEF's past projects have included High School Art and Music supplies, Biology Kits, Chemistry materials, and CNA equipment; Middle School Science Kits and Special Education Adaptive Technology equipment; Elementary Science Kits, Kub Pride program awards, and Native Culture and Language Team support.

The Foundation is always open to new members and invites you to join in the efforts to enhance our Kamiah student's education. For more information on Kamiah Education Foundation and the "Kamiah Education Foundation's 3rd Annual Alumni Dinner and Auction", please email the Foundation at KEF@kamiah.org.



Nez Perce Tribe Recycling Program Newsletter—Sept. 2022

’apaqa’ánno’ ’ee kaa ’epeqíicxnu’ wéetesne

- Respect and take care of the earth.

Nez Perce Tribe Water Resources Division - Solid Waste and Recycling Program

Lapwai Contacts: Jon Van Woerkom . (208) 791-3965 or Linda Nemeth . lindan@nezperce.org

In the Spotlight

Food Waste and Jelly Ice

Food Waste—Did you know that:

- In 2021, households, retail businesses, and the food service industry wasted an estimated 931 million tons of food worldwide.
- Food waste contributes to climate change through the emission of greenhouse gasses; in fact, food waste accounts for nearly 10% of global greenhouse gas emissions.
- In 2020, almost 15% of food-related carbon dioxide emissions came from *losses in food supply chains, due to a lack of refrigeration and spoilage in transport and processing*.



One potential solution—Jelly Ice!

Researchers at the University of California, Davis, created the cooling cube known as jelly ice — jelly ice stays just as cold for just as long as traditional ice with one key difference—it doesn't melt thanks to a gelatin membrane that traps water in its cube-like shape. It is reusable, flexible and compostable. Jelly ice is anti-microbial and prevents cross-contamination. Researchers used nanotechnology to create jelly ice. It is not made of plastic; it is protein-based and 90% water and will keep its shape once it is no longer cold. The cubes can be cut to any shape and size needed. Jelly ice not only keeps food cold, it can also be reused up to 10 times. When no longer useable, jelly ice cubes can be composted. Jelly ice is environmentally friendly, sustainable, and reusable. The research team has filed for a patent and is currently working toward the commercialized use of jelly ice. - from Federal News Network

See video at: https://www.youtube.com/watch?v=UWv5QAo46Q8

“Talkin’ Trash”







What’s your excuse?



Qe’ciyéw’yew’

Tips to make this year a Greener School Year:



Reuse what you can from last year

Ditch disposable water bottles and use reusable water bottles

Ride the bus and reduce greenhouse emissions

Donate or recycle old cell phones, tablets, and computers

Reduce electrical waste—turn off lights and unplug chargers when not in use, and use Smart Power Strips that will stop drawing electricity when appliances are turned off.

Lapwai Recycling Schedule

Community Recycling

September 8 & 22

Páyniwaas Parking Lot , 11 am—1 pm

Office Collections

September 1, 15 & 29

Best Wishes for a Great Year to All of Our Students and Teachers!

Certified Indian Businesses

Boss Heating & Air Conditioning, LLC
Phone: 208-743-9484
Email: oscar@bossheatingandac.com
Chantelle Souther, Realtor
Phone: 208-935-0043
Email: ChantelleSells@kw.com
D-Flagging & Traffic Control LLC
Phone: 208-451-4915
Email: dianalwarden@msn.com
D-3 Native Wood Works, LLC
Phone: 208-507-0348
Email: braddr@hotmail.com
Falcon Construction
Phone: 208-791-3882 / 208-843-2341
Email: montie.phillips@yahoo.com
Hipeexnu kii U Nuun Wisiix, Inc.
Phone: 208-816-6552
Email: www.hipeexnu.org
Intertribal Terrestrial Services, LLC
Phone: 208-791-6552
Email: its.teressa@nezpercesystems.com
Jason Hendren
Phone: 208-413-1831
Email: jasonh@gmail.com
Kamiakin Systems Integration
Phone: 509-494-4474
L & R General Contracting
Phone: 208-848-6828 / 208-790-8948
Email: levijholt@gmail.com
MB Plumbing
Phone: 509-751-6018
McFarland Enterprises
Phone: 208-843-2353 / 208-816-2657
Email: michaelmcfarland566@gmail.com
Nez Perce Tourism, LLC
Phone: 208-790-8873, nezpercetourism.com
Tiny Tots Learning Center
Phone: 208-935-8587
Tribal Headway Construction LLC
Phone: 208-935-8959
Tribal Risk and Insurance Solutions
Phone: 800-274-1379
Web Site: www.trisllc.com
Verge
Phone: 208-790-0022
Email: onthevergesince1855.com
White Shield, Inc.
Phone: 509-547-0100
Email: sfricke@whiteshield.com
Womer and Associates, Inc.
509-534-4884
www.wwomer.com
WW Transport LLC.
Phone: 208-962-5926

Nez Perce Tribal Directory

Appaloosa Express Transit 208-621-4691
Bio-Control 208-843-9374, Fax 843-9373
Career Center Lapwai 208-843-7316, Fax 843-7387
Child Protection Services 208-843-7302, Fax 843-9401
Child Support Enforcement 208-843-7362, Fax 843-7388
Clearwater River Casino 208-746-0723, Fax 746-5715
Commodity Foods Kamiah 208-935-4115, Fax 935-4125
Commodity Foods Lapwai 208-843-7305, Fax 843-7401
Communications 208-621-4808
Conservation Enforcement 208-843-7143, Fax 208-843-7148
Construction Office 208-621-4871
Court Kamiah 208-935-2525
Cultural Language Lapwai 208-843-7402, Fax 843-7308
Cultural Language Kamiah/Orofino 208-935-2525
Cultural Resources 208-843-7313, Fax 843-7419
Day Labor Program 208-621-3673
Distance Learning Center Kamiah 208-935-4106, Fax 935-4126
Distance Learning Center Lapwai 208-843-7336
Dworshak Fish Hatchery 208-476-4591, Fax 476-3252
Economic Development 208-621-3710
Education Department 208-621-4610
Enrollment Clerk 208-621-3678
Enterprise Executive Office 208-843-7407, Fax 743-3291
ERWM 208-843-7375, Fax 843-7378
Executive Direction 208-843-7324, Fax 843-7343
Finance 208-843-7317, Fax 208-843-7319
Financial Assistance 208-621-4665
Fire Management 208-843-2827, Fax 843-2834
Fish & Wildlife Commission 208-843-9376, Fax 843-7381
Fisheries Administration 208-843-7320
Fisheries Enforcement 208-843-7143, Fax 843-7148
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