



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

Snee-Nee-Chum | P.O. Box 157 | Deming, WA 98244

Volume 6, Number 5 December 2016

Native Students' Day at the University of Washington and Other Adventures

Mid-October found members of the Si:wesa:yhem tset Class and other Nooksack Tribe high school youth on the road to the University of Washington for Native Students' Day. Our students and native students from all over western Washington were treated to breakout sessions divided into groups by grade level and extensive campus tours of the beautiful UW campus draped in fall colors. A big thanks to our SAMSHA department for providing funds to make this journey possible along with Jim La Roche of UW Multicultural Outreach and Recruitment for providing spiffy hotel rooms for us to stay in.

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Meanwhile back in the classroom, the Si:wesa:yhem tset Class has been building model fighter planes to enhance our study of World War II. We have also been wrapping up our nutrition and cooking classes with Barb and Sandra at the clinic. Next month, we start personal finance classes with Montaine and vocational education with Barb. Stay tuned- there is always a lot popping at the Nooksack Education Department! ■





Nooksack Tribal Education Department

360-966-9696 | 5604 Mission Road, Bellingham, WA 98226 | Monday through Friday 8:30am - 5:00pm

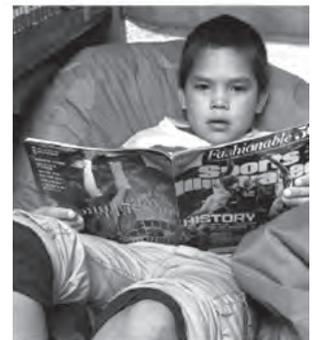


At left: Malik, Willie, Jordan and Elias in the library.

At right and below: Betty read herself right into a nice nap. Eldon kicks back in the library.



Willie and Loren celebrating Blue Friday with ice cream and cookies.



Keyawna, Hannah and Keke celebrating Blue Friday with ice cream and cookies.

Donia Edwards, Director, dedwards@nooksack-nsn.gov

Lorraine Zapata, Employment Training Coordinator

Lorraine.zapata@nooksack-nsn.gov

Provides access to Higher Education, Adult Technical Education, Johnson O'Malley, Adult Basic Education Programs and to post-secondary education opportunities)

Charise Wenzl, Academic Enrichment Manager, cwenzl@nooksack-nsn.gov
Main contact for parents or teachers seeking services, organizes and facilitates tutoring/intervention services for K-12, manages Nooksack Tribal Library, facilitates and manages after school/summer academic classrooms and computer lab, one-on-one tutor for grades K-5)

Keith Lindsey, Youth Academic Intervention Specialist, klindsey@nooksack-nsn.gov
Certified teacher in charge of S'i:wes:ylhem Tset high school graduation program and one-on-one tutor for grades 6-12)

Ravenia Hillaire, Youth Tutor, rdhillaire@nooksack-nsn.gov

Assists youth with homework completion, classroom and library assistant, small group instruction, native liaison between parents and schools)

Loren Roberts, Language Instructor, lroberts@nooksack-nsn.gov

Provides language instruction to youth programs and adults, also serves as a culture specialist to schools, tribal departments and to the Education Program)

Services we offer:

- after school homework assistance
- two fully equipped classrooms, including tribal library and computer lab
- summer reading/math programs
- cultural workshops
- Nooksack language classes
- Liaison for a parent having difficulty communicating with the school
- staff can accompany parent to conferences or IEP meetings/provide transportation
- communication with teachers regarding student performance and homework completion
- one-on-one tutoring (with a referral)
- small group tutoring (with a referral)
- WWU Woodring College of Education volunteers every quarter



For our struggling students, the parent or teacher may initiate a referral process by contacting Nooksack Education staff. We will make sure the school district Release of Educational Records form is signed by parents and we will set up a meeting with the teacher to make sure specific goals are set for students.

Nooksack Valley School District Conferences

The Education Department enjoyed participating in the Nooksack Valley Student Teacher Conferences on the evening of Nov 9th. This event was held at the community building and there was a large turnout of families. The conferences gave us a chance to connect with parents and teachers who want to use our services. Anyone who needs after school assistance with homework for their child can sign a Release of Information form from their child's school. This form gives us permission to share information with teachers so that we know what specific goals are to be targeted with the student. If you need help with this form or need us to get one for you, please contact us. We are happy to help.



STAR OF THE WEEK



BRAYDEN

Favorite Color: Blue
Favorite Book: Big Nate
Favorite Movie: Lego Movie
Favorite Food: Spaghetti
Favorite School Subject:
 Reading
When I grow up I want to be: A Cop
My family is special because:
 They are really nice
If I could give one gift to every child in the world it would be:
 A little toy car
If I could make one rule that everyone in the world had to follow it would be:
 Be kind



PEYTON

Favorite Color: Orange
Favorite Book: Warrior Cats
Favorite Movie:
 Walking Dead
Favorite Food: Spaghetti
Favorite School Subject:
 Reading
When I grow up I want to be: A Video Game Designer
My family is special because:
 They love me
If I could give one gift to every child in the world it would be: Money
If I could make one rule that everyone in the world had to follow it would be:
 No smoking



SADIE

Favorite Colors:
 Purple and Blue
Favorite Book: Monster High
Favorite Movie: Monster High
Favorite Food:
 Macaroni and Cheese
Favorite School Subject: Math
When I grow up I want to be: my Aunt Lisa
My family is special because:
 My mom and dad and brother fix my bed so I can watch TV
If I could give one gift to every child in the world it would be:
 Food. Something to eat.
If I could make one rule that everyone in the world had to follow it would be:
 Everyone has to be nice.



TROY

Favorite Color: Black
Favorite Book:
 Henry and Mudge
Favorite Movie:
 Tom and Jerry
Favorite Food: Pizza
Favorite School Subject:
 computers
When I grow up I want to be: A Cop
My family is special because:
 I like my family
If I could give one gift to every child in the world it would be:
 A Secret Tent
If I could make one rule that everyone in the world had to follow it would be:
 No hitting or kicking

NV Connect Mentors Needed Now!



Nooksack Valley Schools believe supportive, nurturing, guiding relationships between students and trusted adults are a key to school and life success.

We are looking for adult Mentors to meet with and support Nooksack Valley Middle School and High School students. The focus of NV Connect Mentoring relationship is building a sense of value and direction for each student.

As a volunteer NV Connect Mentor, you will:

- meet with assigned students one time per week at school during school hours
- focus on subject areas: life and school interests, friendships, school attendance, grades and behavior, long range goals and plans, personal responsibility and self-control and decision making
- work with a student one hour per week for two years

For an application or more information, please contact:
 Jim Schmotzer, Student Success/Mentor Coordinator, Nooksack Valley Schools
 360-966-7561, Ext. 1324, jim.schmotzer@nv.k12.wa.us ■

Sudoku

1					5			4
	2	3	4		6		5	
							6	
9		4					7	
			5	6	7			
	5					8		3
	4							
	3		7		1	9	8	
2			8					7

How to play Sudoku:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it. This simply makes it easier to play the game.

answers on page 20

Driver's Education Starting Soon

This is a class for youth (15-21 years old) seeking their Washington State driver's license. The cost of the class is based on income and there are a few spots still open for the first session that is set to start in December or January.

To pre-register or for more information, please contact Sarah or Gary Kentner.



Nooksack Driving Academy

4975 Deming Road #B, Deming, WA

98244

360-526-2259

Email: NMSEP@nooksack-nsn.gov



If the legends
fall silent
who will teach the
children of our ways?

Chief Dan George

Chinook Habitat Restoration Project on The North Fork Nooksack (Xwqélém) River

In addition to the South Fork Nooksack (Nuxw7iyem) River Nessel Phase 1 project highlighted in last month's newsletter, the Natural Resources Department also oversaw construction of a chinook habitat restoration project on the North Fork Nooksack (Xwqélém) River this past summer, Farmhouse Phase 2b. This last summer's work was part of a larger multi-year project using engineered log jams to restore stable spawning and rearing habitat in the North Fork Nooksack (Xwqélém) Farmhouse Reach, just upstream from Kendall Creek. These log jams will help address what's limiting spring chinook in the North Fork: frequent channel shifting that destroys salmon redds, and lack of slow-water habitat with woody cover for hiding and resting for spawning and rearing salmon. The Farmhouse Reach project is part of the Department's broader efforts to increase natural production of Chinook and other salmon for sustainable Tribal harvest.



Sindick Bura planting willow stakes at Farmhouse Phase 2b, summer 2016.

This summer, 19 engineered log jams (ELJ's) were constructed. The project went out for bid in June, and Trimaxx Construction Inc. out of Sedro Woolley was awarded the bid. Natural Resources staff supported the project by completing many various tasks, a few of which are listed below:

- Securing and managing grant funding for design and construction of restoration.
- Obtaining environmental permits.
- Tracking inventory of logs.
- Treating invasive knotweed near current and previous construction disturbance areas.
- Creating and installing construction signs.
- Delivering construction materials.

- Conducting Fish Exclusion Work.
- Conducting Turbidity Monitoring.
- Replanting log jams, areas disturbed during construction, and other areas along the river.
- Installing safety warning signs on log jams for river users.
- Overseeing construction to ensure compliance with project design and environmental permits.

This fall, the restoration crew has been working hard to replant log jams and other disturbed areas. They will return in the spring and summer to control knotweed and other invasive vegetation.

Natural Resources has been ramping up the habitat restoration program over the past few years to aggressively restore habitats to recover spring chinook. These projects take a lot of work: obtaining grant funding, working with consultants to develop project designs, managing grants, working with landowners to obtain access permission, ordering supplies, advertising and managing construction contracts, overseeing and assisting with construction, replanting after construction is complete, and monitoring project effects. The Habitat Program hired three temporary staff to assist with restoration activities during our busy spring and summer field season in addition to our full-time Habitat and Fisheries staff. The Natural Resources Department would like to thank the many Natural Resources staff who put in long hours to complete this project on schedule and under budget, as well as the Chairman, Council, and broader Tribal community for their continued support. We are looking forward to continuing this important work to restore chinook habitat! ■



Construction of the North Fork Nooksack (Xwqélém) Farmhouse Phase 2b Restoration Project, summer 2016.



NNR Staff performing fish exclusion at Farmhouse 2b (from left to right: Raven (temp staff), Treva, Arin and Ned (full-time NR staff))



Nooksack Health Clinic Patients

After Hours – Holiday, Early/Administrative closures:

For Medical emergencies dial **911**

24 hour Community Nurse Line: (800) 607-5501

If you have urgent same day medical issues please refer to:



7 days a week from 8:30 am - 5:00 pm

Closed for Thanksgiving and Christmas.

Phone: 360-734-2330

Located on Cornwall Avenue, 1 block north of the Assumption Church.

2220 Cornwall Avenue

Bellingham, WA 98225

This clinic is a preferred provider for the following insurance carriers:

- AETNA
- REGENCE BLUE CROSS BLUE SHIELD(No HMO Plans)
- CIGNA GREATWEST
- CIGNA THE LEWER AGENCY, INC
- DSHS (Open, unrestricted coupons, no HMO'S, No Molina, No CHPW)
- FIRST CHOICE HEALTH NETWORK (Must have group # and First Choice Logo on card)
- GROUPHEALTH
- HMA
- LABOR & INDUSTRIES
- LIFEWISE (Premera Plan)
- LUMMI TRIBAL HEALTH (After 4:30 M-F, all day Sat & Sun)
- **NOOKSACK TRIBAL HEALTH(If eligible and after Nooksack Clinic is closed)**
- MEDICARE
- PREMIERA BLUE CROSS
- **SHASTA ADMINISTRATIVE SERVICES (CIGNA)**
- UNITED HEALTHCARE

For tribal employees (CIGNA) or CHS only patients you may also use:



4280 Meridian St. - Bellingham, WA 98226 - Phone: (360) 734-4300

OPEN 7 DAYS a week - Hours: Mon-Fri: 8am-9pm Sat-Sun: 9am-5pm

NOTE: This clinic does NOT accept: DSHS (Medicaid) & Medicare

Seasonal Affective Disorder (SAD) Information

Posted By NIT Behavioral Health (Dr. Aamer A Khan)

Definition

Seasonal Affective Disorder (SAD) is a type of depression that is related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months; sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms

In most cases, Seasonal Affective Disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. However, some people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Major depression

Seasonal Affective Disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy, “leaden” feeling in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

Seasonal changes in bipolar disorder

In some people with bipolar disorder, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), and fall and winter can be a time of depression.

When to see a doctor

It is normal to have some days when you feel down. But if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation.

Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.



Factors that may increase your risk of Seasonal Affective Disorder include:

- Being female. SAD is diagnosed more often in women than in men, but men may have more-severe symptoms.
- Age. Young people have a higher risk of winter SAD, and winter SAD is less likely to occur in older adults.
- Family history. People with SAD may be more likely to have blood relatives with SAD or another form of depression.
- Having clinical depression or bipolar disorder. Symptoms of depression may worsen seasonally if you have one of these conditions.
- Living far from the equator. SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

Complications

Take signs and symptoms of Seasonal Affective Disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it is not treated. These can include:

- Suicidal thoughts or behavior
- Social withdrawal
- School or work problems
- Substance abuse

Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad

Treatments and drugs

Alternative medicine

Some people are interested in trying alternative medicine (a nonconventional approach instead of conventional medicine) or complementary medicine (a nonconventional approach used along with conventional medicine).

Certain herbal remedies, supplements or mind-body techniques are sometimes used to try to relieve depression symptoms, though it is not clear how effective these treatments are for seasonal affective disorder.

Keep in mind, alternative treatments alone may not be enough to relieve your symptoms. Some alternative treatments may not be safe if you have other health conditions or take certain medications.

Supplements

Some people choose to take a supplement to treat depression, such as:

- **Melatonin.** This dietary supplement is a synthetic form of a hormone occurring naturally in the body that helps regulate mood. A change in the season to less light may change the level of melatonin in your body. Taking melatonin could decrease winter-onset SAD, but more research is needed. Safety in children or with long-term use in adults has not been determined.
- **Omega-3 fatty acids.** These healthy fats are found in cold-water fish, flaxseed, flax oil, walnuts and some other foods. Omega-3 supplements are being studied as a possible treatment for depression. While considered generally safe, in high doses, omega-3 supplements may interact with other medications. More research is needed to determine if eating foods with omega-3 fatty acids can help relieve depression.

Keep in mind that nutritional and dietary products aren't monitored by the FDA. You can't always be certain of what you're getting and if it's safe. Also, because some herbal and dietary supplements can interfere with prescription medications or cause dangerous interactions, talk to your health care provider before taking any supplements.

Light therapy

In light therapy, also called phototherapy, you sit a few feet from a special light therapy box so that you are exposed to bright light. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood.

Light therapy is one of the first line treatments for fall-onset SAD. It generally starts working in a few days to two weeks and causes few side effects. Research on light therapy is limited, but it appears to be effective for most people in relieving SAD symptoms.

Before you purchase a light therapy box, talk with your doctor about the best one for you, and familiarize yourself with the variety of features and options so that you buy a high-quality product that's safe and effective.

Medications

Some people with SAD benefit from antidepressant treatment, especially if symptoms are severe.

An extended-release version of the antidepressant bupropion (Wellbutrin XL, Aplenzin) may help prevent depressive episodes in people with a history of SAD. Other antidepressants also may commonly be used to treat SAD.

Your doctor may recommend starting treatment with an antidepressant before your symptoms

typically begin each year. He or she may also recommend that you continue to take the antidepressant beyond the time your symptoms normally go away.

Keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try different medications before you find one that works well for you and has the fewest side effects.

Psychotherapy

Psychotherapy, also called talk therapy, is another option to treat SAD. Psychotherapy can help you:

- Identify and change negative thoughts and behaviors that may be making you feel worse
- Learn healthy ways to cope with SAD
- Learn how to manage stress

Lifestyle and home remedies

In addition to your treatment plan for seasonal affective disorder, try the following:

- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood. ■

NOOKSACK AUTOMOTIVE DEPT



Shop Hours:
7:30am - 5:00pm
Monday thru Friday

- ❖ All Technicians A.S.E. Certified
- ❖ Quality Repairs Guaranteed
- ❖ H.D. trucks, cycles, boats & equipment
- ❖ Advanced Diagnostics Performed
- ❖ Welding and Fabrication
- ❖ Towing Services Available

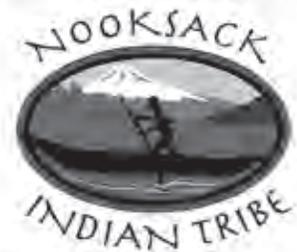
FREE WINTERIZATION CHECK WITH OIL CHANGE

Services Include:

- Oil (up to 5 qts)
- Lube
- New Oil Filter
- Refill of Window Washer Refill

Plus:

- ✓ Air Filter ✓ Power Steering Fluid
- ✓ Tire Pressure ✓ Transmission Fluid
- ✓ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.



Nooksack Automotive
4975 G Deming Road
Deming, WA 98244
(360) 306-5756

Clinic News

Welcome new hires:

Yvonne Eber, RN - Community Health Nurse and **Kim Long, RN** - Nursing Staff



The clinic will be closed for the holidays:

December 26, 2016 - January 2, 2017

We will resume normal business hours on **January 3, 2017.**

****Please plan accordingly: Check your medications now, to ensure you have enough refills****

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Human Papilloma Virus Vaccine: What you need to know.



WHAT is the Human Papilloma Virus (HPV) and WHY get the vaccine?

HPV is a group of over 200 related viruses.

More than 40 of these viruses can be spread through sexual contact from the skin and mucous membranes of an infected person.

Low risk HPVs, which do not cause cancer, can cause skin warts.

High Risk HPVs, which can cause cancer, are responsible for most cervical, vaginal, anal, throat, and penile cancers.

The vaccine against HPV is called Gardasil9, meaning it gives you immunity to the 9 most common strains of HPV – *providing protection against HPV cancers.*

WHO should receive the vaccine?

- All kids who are 11-12 should receive the vaccine, although it can be received up to age 26.
- The vaccine is a 2-3 dose series, depending on age.

Why so young? This protects the child long before exposure. The vaccine creates a robust immune response when given during preteen years, making it ideal during that time.

The Good News???

- Since implementation of the Gardasil vaccine in 2007, HPV related illnesses have dropped 56%!
- New recommendations from the CDC now allow for **TWO** (instead of three) doses:

If the first HPV vaccine dose was given before the 15th birthday, only **ONE** more dose is needed – it should be given at least 6 months after the first dose.

We will continue to encourage the first HPV dose to be administered at 11-12 years old.

Some children will still require 3 doses of HPV vaccine:

- Adolescents who have already received two doses of HPV less than 5 months apart.
- Teens and young adults who start the series at ages 15-26 years of age.
- Individuals with a weakened immune system.

Frosty The Snowman



"Frosty The Snowman" is a popular Christmas song ... that does not contain the word "Christmas" in its lyrics! First made popular by Gene Autry in 1950, Frosty has also been featured in several TV specials.

K D R W O N S F O E D A M R B Q T
 X T Q Z R L E M D N A U O Y E T O
 J O L L Y H A P P Y S O U L G L G
 E T A H K L I S D L O B P H A N Y
 V M M L M R L T M Z D K T O N L T
 I H I L L S O F S N O W C V T M S
 L B U T T O N N O S E F C C O R O
 A W L T Y L V M T T O J H Y D H R
 S C L N I G A R D T Q I T Y A H F
 A A P C B D L U U A L M L X N F T
 W M D L H X E O G D E E L J C R A
 N E V P P I E C R H P H U R E O K
 A T F W M D L E A I A S S H Z S O
 M O N A A U N D P L T N Y I O T O
 W L T M I K H B R T P T D M H Y L
 O I Z W N R O T H E E Y E P L N Q
 N F C O O C Y E P P N M E B L Y O
 S E W R N E S T M M A S F H N A L
 E Q T R K A Y U A G U R A Y T T Y
 H V O P M M H E I L L H T Y M T R
 T C T E T T G C S V E K T T P T G

FROSTY
 THE SNOWMAN
 JOLLY HAPPY SOUL
 CORNCOB PIPE
 BUTTON NOSE
 TWO EYES
 MADE OUT OF COAL
 FAIRY TALE
 MADE OF SNOW
 CHILDREN KNOW
 CAME TO LIFE
 SOME MAGIC
 OLD SILK HAT
 THEY PLACED IT
 ON HIS HEAD
 BEGAN TO DANCE
 WAS ALIVE
 CHILDREN SAY
 LAUGH AND PLAY
 JUST THE SAME
 YOU AND ME
 THUMPETY
 THUMP THUMP
 LOOK AT FROSTY GO
 HILLS OF SNOW

answers on page 21

Come visit www.WordPuzzleHound.com for more fun word puzzles!
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Social Services Department

The Nooksack Elders Program hosted their Annual Elders Luncheon on October 27th at the Mi'sq'eq'o' Community Building. We had approximately 300 guests in attendance. There were a lot of smiles, hugs, laughter and visits with our family & friends from near and far. An awesome Thanksgiving meal was prepared by Northwood Casino. Oh Snap Photo Booth as always was a smashing hit and is always kept busy the whole time! One of the biggest highlights of the day comes from the themed basket donated by various tribal departments. Our elders admired the baskets as they walked in and were appreciative that everyone received!

The Elders program would like to thank the Sulkanum singing group; speakers Bill Coleman & Dan Roberts; and all the staff and volunteers that helped make this a memorable day for everyone.

As this year comes to an end, the Social Services Department wants to share with the membership what services we have provided to our community in 2016:

EFAP (Emergency Food Assistance Programs)

Nooksack Tribes' monthly Food Bank provided 16,972 pounds of food to 467 household or 1646 individuals in 2016

- Open to all tribal members monthly – no income guidelines required

Nooksack Tribal Food Voucher Program issued 266 food vouchers, which served 188 households or 810 individuals in 2016

- Available to tribal members within the Whatcom County Service area once every six months with no income requirement

STOWW Commodity Foods, continually served 20 families throughout the year

- Income required – applications can be picked-up at social services

LIHEAP (Low Income Home Energy Assistance Program) and CSBG (Community Service Block Grant)

Nooksack Energy Programs assisted tribal members with Puget Sound Energy, Cascade Natural Gas, Wood, Presto Logs, and Propane. We serve approximately 120 families on a monthly basis or 1,440 individuals in 2016

- Income required – applications can be picked up at social services and eligible clients can apply one time every six months

For more information on either of these programs; Food & Energy Assistance, please contact Crystal Bailey at 360-592-0135.

The Elders Program kept our elders busy this year!! Listed below are all of the events/activities/programs that the elders attended or participated in:

- 41 Elders traveled to Lincoln City elder's luncheon
- 45 Elders traveled to Little Creek elder's luncheon
- 25 Elders traveled to Tulalip, Swinomish, Samish elder's luncheons
- 38 Elders attended NW Washington Fair
- 34 Elders attended Upper Skagit elder's luncheon
- 22 Elders attended Lummi elder's luncheon
- 45 Elders traveled to Puyallup elder's luncheon
- 43 Elders attended the Bellewood Acres lunch & train tour
- 25 Elders attended Nooksack Days
- 45 Elders traveled to CDA elder's luncheon
- 15 Elders attended the Veterans Day Celebration
- 25 Elders attended the Grilling and Chilling Info Fair
- Weekly exercise classes
- Flu Shots
- Thanksgiving Turkey Vouchers
- Assistance with setting-up Meals on Wheels
- Hosted a World Elder Abuse Awareness Day
- Hosted an Informational Fair
- Monthly Elder's Committee Meetings
- Weekly Everson Shopping
- Monthly Bellingham Shopping

For more information on the Elder's Committee, contact Sherie Johnny. For travel & events, contact Tresea Doucette or Leon Cline at 360-592-0135

TANF and Childcare

TANF assisted 47 families, including 80 children, in 2016 with cash benefits & supportive services. Childcare assisted 30 families, including 52 children, in 2016.

GED

Social Services offers a GED program open to the community in the Deming area Monday, Wednesday and Friday, 8:30 am to 5:00 pm, or in the Skagit area Tuesday and Thursday, 7:30 am to 4:00 pm.

For more information, contact Desmond Naughton; Deming 360-592-0135 or Skagit 360-848-1758. ■

Nooksack Elder's Victim Assistance Program
and
Social Services Department is Hosting
An Elders Living Treasures Luncheon
December 14, 2016, 11:00 am to 2:00 pm

Mí sq'eq'ó Community Building
2505 Sulwhanon Dr.

To remind the community the importance of our Cultural
Tradition of Honoring our Elders.

Contact Leon Cline or Tresea Doucette for more information
@ 360-592-0135



ABE / G.E.D

Have you always wanted to earn your GED? There are lots of great reasons to do just that. Maybe you want to increase your chances of getting a better job or have ambitions to go to college? Or maybe you want the personal satisfaction that comes with such an accomplishment. Whatever your reasons, there is no reason not to take the plunge.

Classes are available in the Social Services building in Deming and there is another classroom in Mount Vernon if that is more convenient.

Classes are small and instruction is individually tailored to meet your needs. You can learn at a pace that you are comfortable with.

Please call Desmond Naughton at (360) 592-0135 or send an email to dnaughton@nooksack-nsn.gov.

SUDUKO Puzzle Answers

1	6	9	2	8	5	7	3	4
8	2	3	4	7	6	1	5	9
4	7	5	1	3	9	2	6	8
9	1	4	3	2	8	5	7	6
3	8	2	5	6	7	4	9	1
6	5	7	9	1	4	8	2	3
7	4	8	6	9	2	3	1	5
5	3	6	7	4	1	9	8	2
2	9	1	8	5	3	6	4	7

ELDERS LUNCH MENU

December 2016

Dec 8 Elders Committee meeting 2:30 PM	Dec 11th & 12th Arts & Crafts Fair	Lunch is served at Northwood Casino Starting at Noon	1 Teriyaki Chicken Rice Veggies <small>Cottage Cheese and Fruit</small>	2 Beef Tip and Gravy Mashed Potatoes Corn Bread
5 B'ham shopping Fried Chicken Mashed Potatoes Cole Slaw	6 Commodities Turkey Mashed Potatoes Veggies	7 Exercise Chili Corn bread Veggies <small>Cottage Cheese and Fruit</small>	8 Meatloaf Mashed potatoes Veggies	9 Food Bank Soup and Sandwich Ham or Turkey on Whole wheat Macaroni Salad
12 Everson shopping Mac and Cheese Veggies <small>Cottage Cheese and Fruit</small>	13 Baked Salmon White Rice Baked Beans	14 Living Treasures Luncheon Community Building	15 Hamburger Potato Salad Baked Beans Chips	16 Beef Stew Brown Rice Corn Bread
19 Everson Shopping Tuna Casserole Veggies	20 Beef Taco Refined Beans Salsa and Chips	21 Exercise Baked Ham Scalloped Potatoes Steamed Veggies <small>Cottage Cheese and Fruit</small>	22 Prime Rib Baked Potatoes Mixed Veggies	23 Spaghetti & Meatballs Garlic Bread Veggies
26 CLOSED Christmas Day	27 Closed Admin	28 Closed Admin	29 Closed Admin	30 Closed Admin

Every Day Fresh Green Salad, Fresh Fruit, Soup Chef Choice, Sugar Free Desserts

Disposal of Tribal Asset

This 1992 Ford F35/CB is up for disposal. Per policy, the asset must first be offered to departments. The deadline for a department to claim this asset expired on Friday, November 4, 2016. Since a department did not submit any offers and since the asset is valued under \$5,000.00, the asset can then be offered for purchase to Tribal members at fair market value (or more).



This asset is in poor to fair condition and is valued at \$2,517.00. If you are a Nooksack Tribal member and are interested in purchasing this asset, please submit your closed bid, at or above \$2,517.00, with your name, enrollment number, mailing address, phone number and bid amount to:

Nooksack Indian Tribe
Attn: Charity Bernard
P.O. Box 157
Deming, WA 98244

Bid submissions must be received by Thursday, December 22, 2016. If you are the highest bidder, payment in full will need to be rendered by Friday, January 13, 2017. Should the highest bidder fail to render payment by the deadline, the next highest bidder will be notified that they are now the winning bidder (and this will continue down the bid list until payment is rendered). ■



Welcome New Hires

Kyle Joseph, On-call Driver 10/11/2016

Brittney Kentner, Head start bus aide 10/25/2016

Nashawnee George, On-call Receptionist 10/31/2016

Yvonne Eber, Community Health Nurse 11/01/2016

Kimberlee Long, Nurse Supervisor 11/01/2016

Qwinsee-Lah Paez, On-call Receptionist 11/02/2016

Rosemary Paez, On-call Receptionist 11/02/2016



Nooksack Tribal Police Department

The mission of the Nooksack Tribal Police Department is to provide the highest level of community service and ensure a safe place for families to live and grow.

2016 Crime Statics

The following is an example of the number, and type of calls for service the Nooksack Tribal Police received in the Third Quarter of 2016:

Alarms: 4	Lost & Found: 2
Attempted Suicide: 2	Noise Complaint: 3
Assaults: 8	Security Checks: 23
Burglary: 1	Resisting Arrest: 0
Child Abuse: 0	Trespass: 7
Domestic Violence: 7	Vehicle Accidents: 0
Drug Complaints: 15	Paper Service: 16
Deaths: 0	Thefts: 6
Disorderly: 2	Warrant Arrests: 8
Fish & Game: 1	Suspicious Activity: 9
Harassment: 3	Unsecure Building: 21
911 Hang-up: 3	■

Apply for Nooksack Indian Tribe jobs ON-LINE

Visit www.nooksacktribe.org and click on "Careers" to view current job openings, then view job of interest and click on Apply. Complete the First Time Registration and the application. This on-line application can be submitted 24 hours a day.

Once you have registered and completed the application you will be able to use it for any future position you wish to apply for.

You will need an email address to set-up your on-line application. If you need assistance, please contact Human Resources at 360-592-5176. ■



Legal Notice – Monte E. Speedis

Monte Elder Speedis (DOB 12-26-81) is **PERMANENTLY EXCLUDED** FROM THE TERRITORIAL JURISDICTION OF THE NOOKSACK INDIAN TRIBE, effective August 24, 2016, pursuant to a Court ORDER, Case No. 2013-CI-EXC-001. ■

How to Submit News to the Snee-Nee-Chum Newsletter

*You may submit news items or department updates for consideration to
Charity Bernard at cbernard@nooksack-nsn.gov.*

Items for the January newsletter must be submitted by December 13th.

Questions? Call Charity at (360) 592-5176, extension 3114. ■

Answer Key

Frosty The Snowman



U.S. CITIES AND TOWNS WORD SEARCH PUZZLE BOOKS

GET YOUR COPY TODAY



Word search grid with words circled:

K	D	R	W	O	N	S	F	O	E	D	A	M	R	B	Q	T
X	T	Q	Z	R	L	E	M	D	N	A	U	O	Y	E	T	O
J	O	L	L	Y	H	A	P	P	Y	S	O	U	L	G	L	G
E	T	A	H	K	L	I	S	D	L	O	B	P	H	A	N	Y
V	M	M	L	M	R	L	T	M	Z	D	K	T	O	N	L	T
I	H	I	L	L	S	O	F	S	N	O	W	C	V	T	M	S
L	B	U	T	T	O	N	N	O	S	E	F	C	C	O	R	O
A	W	L	T	Y	L	V	M	T	T	O	J	H	Y	D	H	R
S	C	L	N	I	G	A	R	D	T	Q	I	T	Y	A	H	F
A	A	P	C	B	D	L	U	U	A	L	M	L	X	N	F	T
W	M	D	L	H	X	E	O	G	D	E	E	L	J	C	R	A
N	E	V	P	P	I	E	C	R	H	P	H	U	R	E	O	K
A	T	F	W	M	D	L	E	A	I	A	S	S	H	Z	S	O
M	O	N	A	A	U	N	D	P	L	T	N	Y	I	O	T	O
W	L	T	M	I	K	H	B	R	T	P	T	D	M	H	Y	L
O	I	Z	W	N	R	O	T	H	E	E	Y	E	P	L	N	Q
N	F	C	O	O	C	Y	E	P	P	N	M	E	B	L	Y	O
S	E	W	R	N	E	S	T	M	M	A	S	F	H	N	A	L
E	Q	T	R	K	A	Y	U	A	G	U	R	A	Y	T	T	Y
H	V	O	P	M	M	H	E	I	L	L	H	T	Y	M	T	R
T	C	T	E	T	T	G	C	S	V	E	K	T	T	P	T	G

Come visit www.WordPuzzleHound.com for more fun word puzzles!

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Who Turns out to Vote?

YEAR	2012	2013	2014	2016	2016
VOTE	General	Secretarial	General	Recall	Referendum
TURNOUT %	33%	30%	49%	35%	37%

Why is it important to vote?

Elections are determined by those who participate. Choosing to vote offers you a say in our Tribal democracy.

How can a person get involved in the voting process?

All eligible voters, according to Title 62, will receive their ballot in the mail. The best way to ensure that you receive your ballot is to update your address with the Enrollment Office. If you do not receive your ballot in the mail, you may pick-up a ballot at the office of the Election Superintendent.

How do you know who to vote for?

Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. The informed voter must understand all candidates' positions on issues important to him/her in order to make the best vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Are they involved culturally? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.



2016/2017 Nooksack Tribal Council Election

Official List of Candidates

NOTICE IS HEREBY GIVEN that the Nooksack Indian Tribe will hold its Primary Election as follows:
PRIMARY ELECTION DAY: Saturday, December 17, 2016

Election for Tribal Council Positions: Vice-Chairman, Treasurer, Positions C & D

Manner of Voting: Voting shall be conducted entirely through the United States Postal Service.
Ballots must be received via United States Postal Service on or before December 17, 2016 by 1pm.

Certification of Candidates per 62.05.010 (as amended by the Nooksack Tribal Council on October 7, 2016 – Resolution #16-150): The following Candidates have been certified and will be placed on the Primary Election Ballot as declared by the Election Board:

Vice-Chairman

Richard "Rick" D. George (Incumbent)
Jesse F. Madera, Jr.
Sandra "Sam" K. Joseph
Nadeen M. Jimmy

Treasurer

Agripina "Abbie" D. Smith (Incumbent)
Lily A. Roberts
Orlincio G. Almojera
Candace R. Kelly

Position C

Frank L. Leyva
Roy L. Bailey
George C. Bailey
Rickey D. MacWilliams

Position D

Katherine R. Canete (Incumbent)
Bernadine "Bernie" V. Roberts
Leon T. Cline

This notice is provided pursuant to 62.05.040 of Title 62 – Nooksack Tribal Election Ordinance. As the Election Superintendent, I certify that this list shall serve as the OFFICIAL LIST OF CANDIDATES, which shall be used to prepare the Official Election Ballot.

Katrice A. Romero, MSW
Election Superintendent

11.21.16

Date

Hello my name is Richard (Rick) D. George

I come from the Whaholich family.

My father is John George Jr., and his parents are John and Josephine George of Nooksack.

My mother is Delores Sparks (maiden name) and her parents are Carl and Josephine Sparks from the Port Gamble S'klallam Tribe.

I am coming to you to ask for your support to be reseated as the Vice Chairman of our Tribe, over the years on council I have learned a lot about representing our tribe at the State and Federal level by working with other tribe's protecting our treaty rights.

I believe in open communication, I am willing to listen and talk with any of our tribal members.

When I first got on Council, I remember talking with a couple of our late elders, that stated, The way you treat people is what they will remember, So I have always tried to smile and greet people the way I would like to be treated.

I don't look at Council as a position of power, but as a position of service for our members.

Once again I appreciate your support.

Thank you

Rick D. George # 243

Jesse F. Madera

4744 False Creek Lane
Deming, WA 98244
Phone: 360-927-5834



For those of you who do not know me my name is Jesse Madera my Indian name is Kwulshanexw which was given to me by my Great Grandfather Sindick Jimmy. I am the son of Julie Jefferson, the Grandson of Bernita Antoine, and the Great Grandson of the late Sindick and Susan Jimmy.

I am happily married to Chasity Madera and I have six children and one grandchild. I currently work for the Nooksack Tribe in the Housing Department and bring with me many years of construction trade experience. In addition to my full time job I volunteer for the Whatcom County Fire District #1 as the Association Chairman where my duties are to oversee the ins and outs of the program and its activities. Also, for the past five years I have been a volunteer firefighter/EMT for Fire District #1.

My objective as Vice Chairman will be to provide a positive, open attitude towards our Tribal Governmental issues; to work in a team environment on resolving concerns that reflect our tribal organization, to listen to your needs and work to give you the answers you deserve. I will vote on resolutions and make recommendations that will bring us positive gains so that we can provide support to all the programs of the Tribe. At the end of the day, my position is to be a voice for our people.

Work History

2000-2013 Facilities and Maintenance worker/Supervisor-Nooksack Indian Tribe/Tribal Works

2013-Present—Nooksack Indian Housing Authority Maintenance

Education

1992—Mt. Baker High School Graduate

1994— Northwest Indian College Construction Graduate

2011— Emergency Medical Technician

Candidate Statement

Quatasolwit Sandra "Sam" Joseph, born and raised here in Whatcom County

My Great Grandparents are Robert and Ellen Sulkanum, Grandparents are Johnny and Elizabeth Roberts, parents Elder "Bill" and Rosie Roberts. My husband is Pete Joseph, children are Roy L. Bailey, Lawrence L. Bailey, August Joseph, and Rosalena Joseph.

Running for Council to:

- A. Up hold the Constitution and Bylaws of our Tribe.
Nooksack Tribe entered into Treaty with the United States of America, therefore developing the Nooksack Tribes Constitution and Bylaws.
- B. To protect our Tribal Sovereignty
Nooksack Tribe a Sovereign Nation as recognized by the United States Government in our Treaty.
- C. Keep the Integrity of the Tribal Council
I do not abuse drugs or alcohol, I have good morals and integrity and will represent the Tribe as a professional and educated Tribal Council member.
- D. To be an advocate for the Tribal Members
I will be a strong voice for the Nooksack Tribal Membership, to bring concerns and recommendations to the Tribal Council table. I am not afraid to stand before State or Federal Governments to voice our tribal concerns or defend our Sovereignty as the Nooksack Indian Tribe.

I promise to the best of my ability to follow through with what I have listed, and to be a good representative for the Tribe. Try to better communicate information out to Tribal members.

I am a Traditional Native Woman with teachings of our Elders and will stand for the rights of our Tribal Community.

I am a Nooksack Tribal member, proud of who we are and where we come from.

PLEASE VOTE SANDRA JOSEPH VICE CHAIRMAN OF THE NOOKSACK TRIBAL COUNCIL

THANK YOU

SANDRA K. JOSEPH
3000A GOSHEN ROAD
BELLINGHAM, WA 98226

EXPERIENCE: Worked in many of the Nooksack Tribal Departments beginning December 1983 to present.

Community Health Representative

Education Specialist

Accounting Clerk

Elders Coordinator

Energy Assistants Program Coordinator

Community Services Block Grant Coordinator

Emergency Food Program

Health Director

Tribal Works Accounting Clerk

Culture Coordinator

COMMITTEES: Education Committee, Housing Board, Culture Committee, Elders Committee

INTERESTS: To practice our traditional way of life. To pass down to our young generation our traditional ways of life so it will be alive and can continue for our future generations to come.

During my years of employment I have traveled to many Conferences and workshops pertaining to my jobs, it was an excellent experience to learn and improve my knowledge, this was to keep up to date on the positions I held.

Dear Nooksack Tribal Member

Please allow me to introduce myself, my name is Nadeen Marcia Jimmy, traditional name Same Te Lot. I married my high school sweetheart Marty Jimmy, we recently celebrated our 36th wedding anniversary. Together we raised five beautiful children and are expecting our sixth grandchild. I know exactly how blessed my life is and I do not take anyone or anything for granted. We are a well-grounded family that honors our culture.

I was raised in a single parent household my father passed away before my first birthday. My mom worked very hard to provide for the two of us and she instilled in me to work for what I needed, she taught me what good work ethics were and to take care of my own family. I started my working career when I was just 14 and have held a job since. I worked hard, set goals and have reached each one over the years.

My career path over the years has included several areas within the Nooksack Tribe and entities; CHR, head start, fisheries, assistant manager of the Liquor Store, 6 years at the Nooksack River Casino where I served 4 years as the Human Resources Director. I then spent over 11 years at Northwest Indian College with a majority of that time in the Human Resources Department.

I returned to Nooksack Tribe in June of 2010 the past three years as the Director of the Social Services Department where I manage 15 grants. I consider this my dream job, what I have worked my whole life for. Ever since I learned to read and write between the age of 8 to 10 years old. I learned to help my mom, who could not read or write. I taught myself how to pay our household bills, prepare mail, read and complete forms and applications the list goes on and only grew over time. I helped my mom's best friend who was blind and a lot of others along my way in life with these same tasks. I remember the sense of pride I had within myself that I knew in my heart, mind and soul I wanted a job in Social Services so I could always help people. So how perfect fit I am in the department/position I am now. I may not personally get to sit with every client or assist every client that comes to Social Services, but I can do the work to ensure we have the means/funding to help our tribal members when they find themselves in a situation that they need help.

Being a grant funded department we do have rules and regulations to follow and I pride myself on following those set before me. I pride myself on being fair and treating all clients equally. I know what being professional means and never let my personal feeling interfere with business. I also pride myself on doing the extra work to try and find assistance for those who do not qualify for any of our programs. I have made many

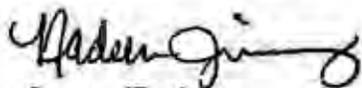
contacts over the years and I am not afraid of spending days even weeks calling all these individuals and agencies to look for other resources to help our people. I have had a few successes and a few that were not, but I am not afraid to take the time out of my day or life to do all I can for our people. I am not afraid to work past 5 pm, nights or weekends to ensure the needs of the department are met.

I stand up for what I believe in, I believe in being open and honest. I believe in building people up, giving them a sense of ownership and providing the support needed to succeed, but also knowing I need to run a professional and efficient department.

I humbly come to you, asking for your support in my quest to move into the next phase of my life in serving our people in a council capacity. My door is always open and I welcome anyone to come talk with me, day, evening or weekend like I mentioned above I do not operate on an 8:30 am to 5:00 pm basis, I operate on an until the job is complete basis.

Vote: Nadeen Jimmy, Vice-Chairman

Love, honor and respect one another



Same Te Lot

AKA - Nadeen



Agripina "Abbie" Smith for Treasurer

Nooksack Tribal Council

My name is Agripina D. Smith. I am known to most of you as Abbie. My parents are the late Johnny D. Romero and the late Betty Phelps. My Grandparents are the late Sindick Jimmy and Susan Malloway Jimmy. I descend from Robert Sulkanom, an original allottee. His land is located on the Goshen, Martin and Roberts Road. I grew-up on the Goshen Road, where my sisters, aunts, cousins still reside. I have lived here in Bellingham/ Deming area all of my life.

At a very young age, I went to all the council meetings and gatherings that Nooksack had. This was in the 1960's before the Nooksack Indian Tribe became recognized in 1973. At these gatherings, I listened and paid attention. I remembered names and can still put faces on speeches that were spoken. I can still hear the laughter from people that used to come visit my

grandparents in the big house on the Goshen Road. I remember that house was always full of people, whether it be for a powwow or shaker meeting. I grew-up with all three denominations, seowen, shakers and Pentecostal. I am a Christian today. My Grandparents were prayer warriors. It has followed me all of my life and it is still with me today.

I have an accounting degree and an associate degree. I have been in accounting since 1979. With my background and experience in accounting, it has helped me maintain, manage, and create the Tribal Council budget and Events budgets. In fact, I am working on the 2017 budgets now for Tribal Council. During my term as the Tribal Treasurer the Nooksack Tribe has passed 6 consecutive audits with no findings and has also maintained a balanced budget. While we made necessary changes to be a successful and financially stable tribe, we have also developed necessary policies to ensure compliance with regulations and to also safeguard our tribal assets.

There is so much to say. I could write a book on what has transpired with our Tribe. There have been many changes, additions, and growth spurts in these past 43 years. I am old enough, or young enough, to remember our history - we have come a long way. I am proud to say that I am a member of the Nooksack Indian Tribe and I am here to work for you. Please support me as the treasurer in this election. Thank you.

Position for Tribal Treasurer

Greetings, my name is Lily A. Roberts, first I am a daughter to Kevin Roberts and Bonnie Charles, second I am a sister to Becky, Kalvin, Kreg, and Maly. Third I am a wife to Wesley E. Christjohn and fourth I am a mother to Jaymz and Megan. I was born and raised in Nooksack, my ancestral line of elders from Nooksack were my late grandparents, Roy and Mary Roberts, Ben and Dorothy Charles, and my late great grandparents were Bill and Rose Roberts of Nooksack. For the 2015/2016 school year, I was a student for a BA degree in Tribal Governance and Business Management at Northwest Indian College, a 3.1 GPA, and I am currently working as an elder's van driver where I help transport elders to Northwood Casino for their lunch. I enjoy spending time with them, I feel that it is a great program through the tribal social services department.

I feel that I have a strong connection to my culture and traditional life. It is a great balance with education and the working field. You may ask how do I fit family life in there? My kids are right there next to me, we love the canoe season, and fit some stickgame tournaments in each year and the smokehouse season every winter. I was baptized in the 1910 shaker religion as well as my husband and children. I believe in praying while I sing for people and if there isn't anything to sing for in the smokehouse or stickgame, then I will blast the radio or a favorite cd in my car. I also believe in our table songs for the blessing of food and the cooks at gatherings or even a birthday song. I know this way of life it's because it is what I grew up on, and it is what my families have grown up on in our community.

My life isn't just about me, me, me. Running for this position is about protecting Nooksack and keeping what we have as Nooksack for now and our future generations. It is amazing what I have learnt about how Nooksack became a tribe. It took a lot of hard work and dedication from our

ancestors. It took a lot of house meetings and a lot of raising money to get us through court to be to get recognized as a tribe, and we finally received that recognition in 1973. It took a lot of time and effort for Nooksack's ancestors to create our constitution.

I have a passion for numbers, for math, I like math, ever since junior high and high school, math is fun to me. In the past 3 years, I have worked in various departments of Nooksack and I have taken math and accounting classes. 2015 was my most favorite year of my life, I worked as a tenant accountant and an accountant specialist. I like to have everything accounted for. I liked having that feeling of responsibility of having every penny accounted for. I love following a budget and keeping to it, and to take a look at what was successful and unsuccessful, there are events that happen every year in my tribe, and I would like to help keep a plan and try very hard at being prepared for upcoming events.

In one of my jobs in 2013, I worked for a very important department of Nooksack and just because I was bored, I started tallying up the requisition books for a year, and I said to my supervisor, "Do you know how much each requisition book is worth?" It wasn't a realization before and it is important. I am studying what a treasurer is and this is what I have learned so far: crunching numbers is a person that performs a great many numerical calculations, as a financial analyst, an officer assigned to primary responsibility of overseeing the management and reporting of an organization's finances, review procedures and financial reporting, get familiar with the activities in our tribe and understand accounting requirements.

I know there is more to this and I am willing learn and take a stand for our Nooksack people.



Lily Roberts

11/3/16

11/3/2016

ORLINCIO G Almojera
PO. Box 361
Deming WA 98244

WORK History:

1996-Present - JANITOR head Nooksack Trib Maint
1992-1996 - MAINT. DIRECTOR - Nooksack River Casino
1988-1992 STORE CLERK - Nooksack Tribe Liquor & Sn
1980-1992 Plumber/Water system operator

EDUCATION:

1959-1963 - NORTH KITSAP High - Poulsbo, WA
1963-1965 - OLYMPIA COLLEGE - Bremerton WA
1986 - UNIVERSITY of WISCONSIN - HIP Fundamentals
1985 - BILLINGS NID - HIP Rules & Regulations
1984 - GREEN RIVER COLLEGE - Auburn, WA - Water system

Nooksack Tribe:

1981-1983 - TRIBAL COUNCIL POSITION
1985-1987 TRIBAL COUNCIL TREASURER
1983-1985 HIP DIRECTOR

1980-1990

- 1 - HOUSING BOARD member
- 2 - FISHERY BOARD member
- 3 - WATER ASSOCIATION
4. EDUCATION
- 5- FOREIGN TRADE REPRESENTATIVE
- 6- NCAI Delegate
7. Health



Candace Roberts Kelly

I served on Council 2004-2008 and am running to serve my Tribal Members, to give them a voice. I would like to see more involvement with the Youth. The Nooksack community has canoe pulling, it is a great physical activity, but I would like to see more involvement with other youth with baseball, basketball, football.

I have been married to Ed Kelly for 27 years, we have 3 children; RoseMary LaClair and her husband Nicholas and their 2 daughters, Kurtis Kelly and Felicia and their 2 daughters, Julia and Lloyd. I've lived here my whole life, I am a wife, grandmother and a supporter of the Native Canoe Races. I enjoy supporting and playing the Sla Hal game. I am a "12" and enjoy watching the Seattle Seahawks with my family. I believe in "Family Time", getting together with family fills the soul. Am believe in Shaker Church, Seown, Canoe Journey. I believe in "Teaching" and teach and follow the teachings in everyday life.

I love to knit, crochet, bead in my free time. I love spending time with my grandchildren.

VOTE FOR FRANK LEYVA

POSITION "C"

November 3, 2016

My Dear Nooksack Tribal Members:

My name is Frank Leyva, my Indian Name is "Tealish". I am the 2nd son of the late Judith Senior-Leyva (her Indian name was "Siam-te-naut") and the late Frank Leyva Sr. My grandparents were Leonard and Rose Senior. I am married to Molissa Bura, who I have 4 step children with and we also have a son Ethan Leyva.

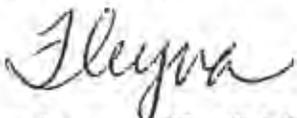
I was born and raised in Bellingham. I have lived all over the western United States but have called Nooksack my home for the past 18 years. I am currently running for Nooksack Tribal Council Position C.

I have a Bachelor's Degree in Accounting and Business Management. I have worked for the Nooksack Tribe since 1996 in various accounting positions, currently as the Tribal Treasurer Assistant half time and Grant Accountant half time. What started out as a 30 day temporary position has turned into my life career. I enjoy working for my tribe and helping tribal members.

I consider myself a community servant, I have helped between 150-200 tribal families annually with tax preparation. (40-50 of them being tribal elder households).

I feel that my work experience, education and cultural awareness would be an asset for Nooksack Tribal Council. I am "honest, fair and accountable."

I appreciate your time, and support.



Frank Leyva, "Tealish"

Candidate for Nooksack Tribal Council Position C

VOTE FOR FRANK LEYVA

POSITION "C"

I'm George Bailey and I'm running for Position C of the Nooksack Tribal Council and I welcome the opportunity to serve our tribal community. As a member of the tribal council, I will be taking on the responsibility to uphold the integrity of that position. If elected it would be my goal to carry out the duty as a council member of the Nooksack Indian Tribe. Growing up in here in Nooksack I learned to listen to our elders when they were talking and learning to respect what they had to say to our people. The voice of our community is what needs to be heard and listen too and what they may have to say and what they asking for from the council. What I was taught, was to pass on the teaching that I was given by my elders. As a member the Nooksack Tribal Council I will cast that vote one to this position which is given by being elected as a council member fairly and honestly for all members of the Nooksack Indian Tribe.

I'm asking for your vote for position C on Nooksack Tribal Council, if you elect me, I will carry those duties entrusted by your vote with great respect and faithfully.

Respectfully,



George Bailey

Whul wheel ton/ Laquahtel

George C. Bailey
P.O. Box 744
Deming, WA. 98244
Phone 360-739-5627

Work Experience

January 2012 to November 30, 2015
HR Director
Sauk-Suiattle Indian Tribe
Darrington, WA. 98241
360-436-0131

June 2011 to November 2011
HR Consultant
Sauk-Suiattle Indian Tribe
Darrington, WA. 98241

June 2001, - January 2011
HR Director/HR Specialist
Nooksack Indian Tribe
Deming, WA. 98244

Oct. 1994 – June 2001
Purchasing Agent, Card Dealer
Dual Rate Floor Supervisor/Card Dealer
Keno Manager

Jan. 1990 – Oct 1994
Chemical Dependency Counselor
Treatment Director
Genesis II, Nooksack Indian Tribe
Everson, WA. 98247

Dec. 1980 – April 1989
Liquor Store/Mini Mart Manager
Swinomish Indian Tribe
LaConner, WA.

1974 – 1980
Washington State Liquor Stores
Retail Clerk/ Assistant Manager
Bellingham, WA. 98225

Hello. My name is Rickey MacWilliams.

I am retired, and love being a tribal elder!

My mother is Carol Reid, who is the oldest living Nooksack tribal member.

I was raised by my grandparents Frank & Ella Reid on the Mission Rd. As such, I learned at an early age to work hard, respect my elders, and to be honest. This made me strong and the man I am today. I lived there before the tribe obtained recognition in 1973. We used to gather at the Mission Road Methodist church and our elders would talk of gaining recognition for our tribe. Our first tribal center was the "little white house" in Everson. Elders will remember this. We as a people did not have much back then, but our elders had a vision. As a group, that vision became who we are today. I am very proud of the elders who fought for our recognition.

In the mid-seventies, I obtained my G.E.D. thru the tribe, and continued on to Whatcom Community College. As a young man, I worked as a grants writer for 5 years for our tribe. A new opportunity came during this time, and I found my dream....the chance to become a commercial fisherman! Later on, in time, I gained employment with the City of Bellingham, where I worked for 30 years. I would save all of my vacation and comp time, so as I could continue my love of fishing. During this time, I also was also able to purchase and became the proud owner of the fishing vessel Kaliber.

I bring these life experiences and a "can do" attitude as a candidate for Nooksack tribal council. I am very proud of the accomplishments the tribe has made, and I want to be a part of the future vision and direction of my tribe.

What I have to offer you is: hard work and dedication.

I am not afraid of a challenge (being married for 29 years!), and am willing to take risks.

I would greatly appreciate your consideration in making me your next council member.



Rickey MacWilliams

Rickey MacWilliams
4760 Tidal Way #101
Blaine, WA 98230

1983-2014
Skilled Worker 2
City of Bellingham Public Works Operations
Bellingham, WA

Maintenance of the city's infrastructure, and inspection of systems. Utilized computers, including GIS and other various software. I was in charge of leading crews in various projects that would enhance the water quality, protecting the city streams and waterways.

- Certified heavy equipment operator
- Commercial Driver's license
- Better Maintenance Practice Certification

1979-2015
Treaty Commercial Fisherman
Owner/Operator of F/V Kaliber
Ferndale, WA

Fished for salmon in puget sound using gill net gear.
Harvested dungeness crab

- Licensed under Nooksack Indian Tribe
- Licensed broker under Nookack Indian Tribe

1975-1980
Grants writer
Nookack Indian Tribe
Deming, WA

Sought and provided funding for various social sevice programs. Monitered program budgets. Wrote quarterly reports to federal agencies. Was familiar with internal operations and funding for the tribe. Negotiated contracts with the bureau of Indian affairs and C.E.T.A. and S.T.O.W.W.

- Representative of the Nooksack Indian Tribe

Grade 6-12

I picked berries in the Everson area and bucked bales of hay for local farmers.

When I was 16 I worked at Kale Cannery in Everson, WA

Katherine R. Canete

Tsbado Whichtalum

for

Nooksack Tribal Council Position D



Greetings to my dear Nooksack elders and fellow tribal members:

About Me:

My name is Katherine Canete also known by my ancestral name, Tsbado Whichtalum. I am the daughter of Juana Branson (Romero) and Kim Cooper. I am a Nooksack descendent of Sulkanum, Whichtalum, and Willamot.

First, I want to thank you for your support and for allowing me to serve you on the Tribal Council. I am humbled by your trust and I write to you today to respectfully ask for your vote again this year.

I take much pride in our culture and the teachings passed down to me by our ancestors and our elders. I find my strength and balance in those teachings as I dedicate my life to continual work to strengthen our Nooksack Nation to grow and move forward in a good way. Its important to move forward to build a promising future for our children and grandchildren all while remembering the sacrifices and work of our ancestors. Our Nooksack history is strong and should never be forgotten, but always remembered and taught to our children. I look to our teachings to help build a healthy tribal government to protect our sovereignty and our way of life as Nooksack.

Accomplishments:

The last few years have been tremendously difficult for all of us in Nooksack; I have stood my ground and never backed down from protecting what is rightfully ours. Our Nooksack tribal sovereignty has been under attack by non-natives and a group of people who have failed to prove their eligibility for enrollment, and I am proud of our Nooksack people and the Nooksack Tribal Council for standing strong to protect what belongs to Nooksack.

While we have been faced with adversity and difficult times, there have been many great things that we have accomplished together at the tribe that we can all be proud of.

Some of our most notable accomplishments are:

- Taking care of our tribal cemeteries. Together we developed a cemetery committee and we were able to get new fences, headstones, tools, equipment, chairs, canopies and a new trailer to make sure our grave diggers could complete their work.
- Nooksack accomplished a constitutional change through the Department of Interior Secretarial Election process. Together we removed Section H of the membership criteria to better protect the authenticity of the Nooksack Tribe. We should all be proud of that!
- We have made mass improvements in our health care system. Medical bills are no longer being left unpaid. We have implemented a VA reimbursement program to assure adequate health services for our veterans. We are in the process of building a new health and wellness center. We have established more health programs for our community that include fitness and the community health fund.
- We have made education a real priority by allocating funds for an endowment and scholarship program. Funds were allocated for the Educational and Leadership program as well as the GED and high school completion program. Every year we have allocated funds for back to school support and graduation incentives for our tribal members.
- We have implemented tribal laws and regulations to better protect Nooksack's sovereignty and to better serve the Nooksack members. Including the Court Rules, the General Welfare Code, and our enrollment ordinance.
- Together we have made the changes necessary to obtain financial health and stability at the Nooksack Tribe. This allows us to provide more services and also improve services to our membership. We have strengthened policies and procedures to ensure clean audits and to also strengthen our government to consider transitioning in to a Self-Governance tribe.
- For the first time in Nooksack, we have established a full time court and judge. And we now have a full tribal police force.

We are moving in the right direction together. My intention is to continue to be for the greater good; and to build a closer bond between the Nooksack Members and the Nooksack Tribal Government. Without each other we have nothing, together we have it all. My experience and dedication to work with and for my people is all I know. My goals and priorities remain the same, to see that all tribal members benefit equally, and to strengthen our tribal government while preserving our culture and traditions to protect our tribal sovereignty.

I humbly ask for your support and your vote in this election.

Bernadine “Bernie” Roberts



Candidate for Position D

I am a candidate running for Position D in our Nooksack Tribal Council election.

I was born to Ernie and Helen Paul. My grandparents are Richard and Louisa (Johnson) George of Deming. My husband of over 30 years, Larry Roberts Sr. and have lived our life together in Deming.

I also come from many branches of Nooksack homesteads, Foss Weaxta, Whaholich and Charlie Chehalis families from the Deming area and the Coffee Johnson from the Goshen area.

I can remember being a part of community meetings that were held at the Methodist Church on Mission Road, as a young adult, when our families were working so hard to get our tribe recognized by the federal government. We had acquired an old building in Deming, where our first casino and market center are now. The original building is no longer there, but this is just a glimpse of how we have developed our resources and services in Deming.

My work for Nooksack comes in many different areas. I first began working as Administrative Secretary of the Nooksack Tribe in the late 1970's. I did work for the Whatcom County School Districts in assisting our native children and throughout my years working for our tribe. I retired from the ICW department in 2011.

During my time working for the tribe, I also served on the *Nooksack Tribal Council (two separate terms/positions); Nooksack Indian Housing Board, Nooksack Education Board and CPT*. Within all these boards, I was very fortunate to be able to be a part of helping develop plans, strategies & to reach some of the many goals for our future

generations. Nooksack still has much more to excel in and grow, and if given the opportunity I would like to be a part of that growth both locally & nationally.

Now that many years have gone by, I feel that it's time once again to give back to my tribe with some of the skills and knowledge that I have learned and hopefully pass on to the future of our tribe. As I run for Position D I strongly believe that we need to have our tribe work for everyone. I feel that I can be a voice for everyone. I understand and respect each family and how they are different in some ways and yet the same in others, but in the end we are all NOOKSACK. We have families who sometime need extra help for many reasons. Families that need jobs, housing and medical, this must continue and grow but most of all being fair to everyone across the board, because a Native American Tribe is created to serve our people in a social and welcoming environment.

As a young adult, I learned and experienced the challenges it takes to operate enterprises. How important it is for our tribe to be a leader in our community and across the nation.

Together we can make Nooksack a better tribe, a better place for all of us. For all of us to be united instead of divided. I feel that I bring the skills and knowledge to be able to help do this, for all of us. I am not for one family or another. I believe in treating ALL tribal members fairly, honestly, respectfully and truthfully.

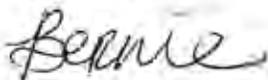
I would appreciate your vote and the opportunity to represent ALL NOOKSACKS at the tribal council table.

I thank all of you for your time in reading my thoughts.

YES, every vote does count, including YOURS!

Please vote, even if not for me – vote as our ancestors have done.

Thank you



Bernadine Roberts

Na que man stun

Leon Thomas Cline

Addressing my community:

I am running for the Nooksack Tribal Council position "D" to be a positive voice for the Nooksack membership.

The Cline lineage of being Nooksack is LAWE'CHTEN and GYIXDE'QE. My parents are Lex'e ym, the second, Darrell Cline and Kwa'i sot, Carole J. Thomas, is from the Snuneymuxw First Nation. I am a Nooksack member that was born, and raised here in Whatcom County. I have been with my husband, Stevie, for 21 years.

Currently, I am working for Nooksack Social Services as the Dual Project Coordinator. I work with the Nooksack Domestic Violence Program and the Nooksack Elders Victim Assistance Program. I can step in and be an advocate for either program, but for the most part, we are bring awareness and sensitivity about abuse to the forefront.

Constantly learning and retaining all sorts of information, I have pretty good recall of specific information. Enjoy most forms of communication, but thrive on that cup of tea and fondness of the past and the stories to go with it. I believe in fairness and justice. Furthermore, assurance and confidence with everyday life, this is improving my leadership qualities, boundaries and direction. The old ways need to be ours for retaining. I will stand up for a Nooksack member's equality.

The old ways need retaining for future of the Nooksack Tribe. Understanding this inspiration, I will do my best to ensure that responsibilities of our reactions for decisions. Growing up with 3 great grandmothers, listening was the unspoken rule and expectation. If you have a concern, I'll take note and convey to council. This is biggest factor that should be happening for the membership.

Positivity put into motion.

Thank-you for your time.



Snee-Nee-Chum
P.O. Box 157
Deming, WA 98244

Tribal Closures

The Nooksack Tribal Council has approved the 2016 Holiday Schedule.

December 25 thru December 29 – Christmas | January 2 – New Year’s Day (observed)

Administrative Contacts

Tribal Council Office (360) 592-5164
 Enrollment Office (360) 592-5176 x1010
 Tribal Council Fax (360) 592-4506

Administration

Administrative Office Main..... (360) 592-5176
 Administrative Fax (360) 592-2125
 Human Resources (Director: Suzanne Brownrigg) ... (360) 592-5176
 Emergency & Risk Management (360) 592-HELP (4357)

Law Enforcement (Police Chief: Rory Gilliland)

Police Department (360) 592-9065

Health Services (Director Lona Johnson)

Medical Clinic (360) 966-2106
 Dental Clinic (360) 306-5151
 Medical Business Office (360) 966-7704
 Genesis II Office (Manager: Rick George) (360) 966-7704

Behavioral Health (360) 966-2376

Social Services (Director: Nadeen Jimmy)

Social Services Main (360) 592-0135
 Elders Office (360) 592-0100
 TANF-Deming (360) 592-3219
 TANF-Skagit (360) 848-1758
 GED Office Nooksack (360) 592-0135 ext 5124
 GED Office Skagit (360) 848-1758
 Domestic Violence Office (360) 592-5176
 DV Emergency Hotline (360) 592-4164

Family Services (Director: Ken Levinson)

Indian Child Welfare (ICW) (360) 306-5090
 Child Support (360) 306-5090

Education (Director: Donia Edwards)

Education Main Office (360) 966-2043
 Headstart-Deming (360) 592-0141
 Headstart-Everson (360) 966-0523

Youth Program (Director: Roxanne Murphy)

Office (360) 966-2043

Other Services

Tribal Court..... (360) 306-5125
 Tribal Court Fax (360) 306-5181
 Housing Office (Director: Katrice Romero) (360) 592-5163
 Natural Resources (Director: Gary MacWilliams) (360) 592-5176
 Fishing and Shellfish Fisheries Hotline (360) 592-5140
 Cultural Resources (Director: George Swanaset, Jr.) ... (360) 306-5759
 Tribal Veterans Program (360) 592-5176
 Tribal Gaming (360) 592-5472
 Facilities & Maintenance
 (Director: Richard Edwards) (360) 592-0162
 Auto Shop (360) 306-5756
 Community Building (360) 966-9153
 North Intertribal Vocational
 Rehabilitation Program (360) 592-5176 x1048

Casino & Market Centre

Nooksack Northwood Casino (360) 734-5101
 Toll free (877) 777-9847
 Nooksack Market Centre..... (360) 592-5864