



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 5, Number 12 July 2016

Si:wesa:ythem tset Class



By the time you read this, the Si:wesa:ythem tset Class will have wrapped up the formal school year, but we are still staying busy working on projects and summer jobs and stacking up the required hours to meet state graduation targets. Students will continue to have class on Mondays to work in the Tribal garden, take vocational training, and complete contract learning goals. Our 2016-2017 session will start on September 6, 2016.

We sure need a little rest this summer! It has been a busy year indeed and the last two months were packed with even more mega-learning experiences. We pointed the class van south towards Seattle for a visit with Louie Gong at the site of his new Pike Place Market store. Louie sought our students' input on design projections for the store's layout, as well as a very full lesson on what it takes to start-up a new business. Afterwards, we headed for the Seattle Museum of Art for a tour of the Northwest Native art collection and to take in the other exhibits.

The following week saw the class departing Anacortes on a Washington State ferry for Orcas and San Juan Island. We hiked Mt. Constitution and explored Eastsound then headed on the afternoon ferry to Friday Harbor (even though it was a Wednesday). There, the next morning, we received a guided tour of the Whale Museum followed by a visit down island to the museum and site of the American Camp, part of the "Pig War" that, after 12 years of tension but no actual fighting, concluded with the treaty that awarded the San Juan Islands to America. Hopping back in the van, our next stop was the rugged western coast of San Juan Island where students clambered over the cliffs and watched for whales. Sadly, no whale graced us with an appearance, but we still enjoyed immensely the vast vistas of sea, sky, and island.

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Upcoming Events

- ❖ 7/4 – Tribe Closed – Happy 4th of July!
- ❖ 7/7 – Elder's Committee Meeting (open to all elders)
- ❖ 7/8 – Food Bank Distribution Day
- ❖ 7/12 – STOWW
- ❖ 7/28 – Pots & Pans Cooking Class (see page 10)

REMINDER: Funeral proceedings are a priority set of events at the Mí sq' eq' ó Community Building. Should any other event scheduled conflict with the needs of funeral proceedings, the event will be cancelled and/or postponed.

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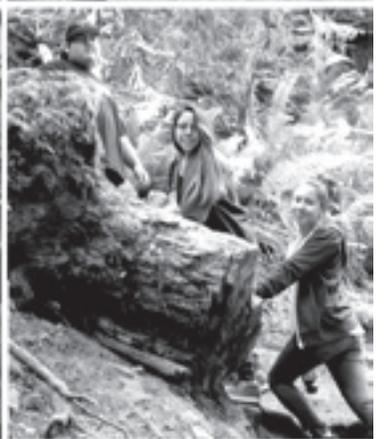


In between discovery journeys, we have managed to keep busy in the classroom while still continuing our weekly work with Montaine and Ed in the Nooksack Tribal Garden, along with a series of nutrition and cooking classes wonderfully presented by Sandra and Barb at the clinic.



A proper conclusion to this academic year for the Si:wesa:ylhem tset Class must include bountiful thanks and recognition for the people who not only helped make this program possible, but continued to provide guidance and support throughout the year: Donia Edwards, Peter Joseph, Loren Roberts, Lorraine Zapata, Lona Johnson, Charise Wenzl, Barb Himes, Sandra Bura, Ed Kelly, and Montaine Sorenson.

And, of course, my talented, energetic, challenging, surprising, inquisitive, and amazing students: Thomas Warbus, Coral Kapuni-Lopez, Cain Zapata, Cetasiye Zapata-George, Dylan Roberts, Kayshish Pichette-Cline, Keshawn Bailey, Leinani Swanaset, Lucas Revey, Sakara Roberts, Sean Villanueva, Shiloh Muskrat, Sincere Zapata, Tyler Tageant, and Dalia Kapuni-Lopez.



Education Department News

Greetings from Education!

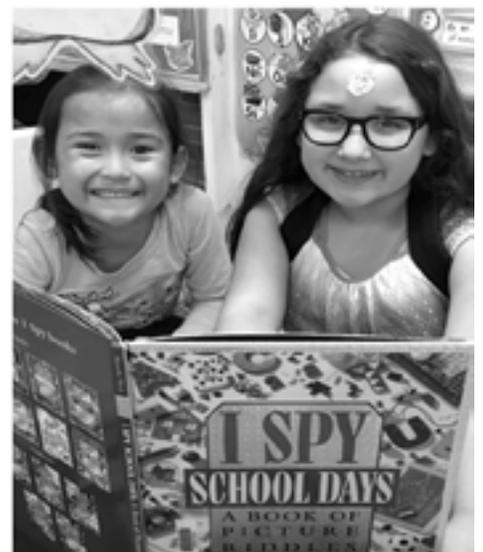
Summer is an exciting time around here. The classrooms are filled with energy as we practice science concepts with fun and sometimes messy experiments. We have the Summer Reading

Challenge happening as well, so be sure to encourage your children to read whenever they get a chance. There will be a winner from each age group at the end of the summer. Children can earn minutes by coming into the classroom library and reading during their free time.

We have thousands of book titles for all ages and twelve magazine subscriptions. Reading with a peer or an adult counts toward the minutes earned too so even the beginning readers can earn minutes just as quickly as the advanced readers.

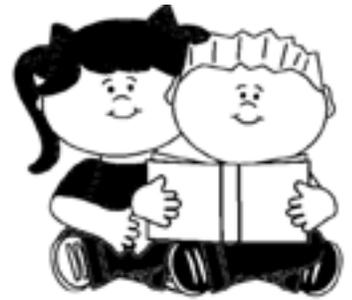


*Race for knowledge winners enjoy their ice cream reward!
left to right: Ayden, Raymond, Troy, and Brianne.*



Ready, Set, Read!

Everson Summer Book Exchange



Hello Parents & Families,

We are excited to begin our 2nd annual summer reading book exchange! Students who read over the summer have the best chance of maintaining or improving their level of reading achievement. Many kids **DO NOT** read during the summer months and lose important reading skills they worked so hard to gain during the school year. We at Everson Elementary (with the help of the Everson Public Library) are doing our very best to support you in making sure your kids read during the summer. To help make sure students have access to books this summer, we have created the **Everson Book Exchange**.

Today your child brought home a bag of books for the purpose of reading over the summer. Every couple of weeks, Everson Elementary Staff will drive through your neighborhood in a van full of books. Your child can come out and meet the van (kind of like the ice cream truck for books!) where they can **exchange** the books they have read for new books from our collection. If they bring one book to the exchange, they can choose one book to take home. If they bring two books to the exchange, they can choose two books to take home, and so forth.

The van will come every two weeks on a Thursday on the following dates:

- 6/30
- 7/14
- 7/28
- 8/11

Here are the stops:

- Everson Meadows 5:00 – 5:20
- Roeder St/Everson Road 5:30 – 5:50
- Suchanon 6:00 – 6:30
- Sulwhanon 6:30 – 6:50



Everson Elementary will be available the entire two hours from 5 – 7pm!!!

Thank you for doing whatever you can to help your child keep on reading this summer!

Sincerely,


Kevin De Vere, Principal
Everson Elementary



Star of the Week

Please enjoy our Education “Star of the Week” pictures and interviews. These children showed outstanding effort in completing homework and their school assigned reading. Congratulations!



Star of the Week
ALVITA

My favorite color is: Blue
My favorite book is:
Diary of a Wimpy Kid
My favorite movie is:
Descendants
My favorite food is:
Mac and Cheese
with Hot Dogs
My favorite school subject
is: Music
Something that makes my
family special is:
We have dinner at the table
When I grow up I want to
be: A TV Actress
If I could give one gift to
every child in the world it
would be:
an iPhone 6
If I could make one rule
that everyone in the world
had to follow it would be:
To Be Kind and
Don't Call People Names



Star of the Week
DOUGLAS

My favorite colors are:
Blue & Green
My favorite book is:
Star Wars
My favorite movie is:
Avengers
My favorite food is:
Pizza
My favorite school subject
is: PE
Something that makes my
family special is:
We spend time at the river
When I grow up I want
to be: A Person that finds
Bones & Fossils
If I could give one gift to
every child in the world it
would be:
Books and Puppets
If I could make one rule
that everyone in the world
had to follow it would be:
They all get Free Choice



Star of the Week
NATALYA

My favorite color is: Purple
My favorite book is:
The Bus one
My favorite movie is:
The Good Dinosaur
My favorite food is:
Spaghetti
My favorite school subject
is: Free Time
Something that makes my
family special is:
We like to go out to eat
When I grow up I want to
be: A Cop
If I could give one gift to
every child in the world it
would be: Candy
If I could make one rule
that everyone in the world
had to follow it would be:
Take lots of Pictures



Star of the Week
ELDON

My favorite color is: Blue
My favorite book is:
Spiderman Marvels
My favorite movie is:
Ant Man
My favorite food is:
Mac and Cheese
My favorite school subject
is: Math
Something that makes my
family special is:
We clean up
When I grow up I want to
be: A Cop or a Fisherman
If I could give one gift to
every child in the world it
would be:
a Remote Control Car
If I could make one rule
that everyone in the world
had to follow it would be:
Be Nice, Be Helpful and
Be Kind



Star of the Week



Star of the Week
SOPHIA

My favorite color is: Purple
My favorite book is:
The True Story Of
Rumplestiltskin
My favorite movie is:
The Fault In Our Stars
My favorite food is:
Garlic Fries
My favorite school subject
is: Advanced Reading
Something that makes my
family special is:
We All Canoe Paddle
When I grow up I want
to be: A Receptionist
Manager
If I could give one gift to
every child in the world
it would be: A Jacket
Because Everyone Needs
Something To Cover Them
If I could make one rule
that everyone in the world
had to follow it would be:
You Can't Leave Children
In The Car



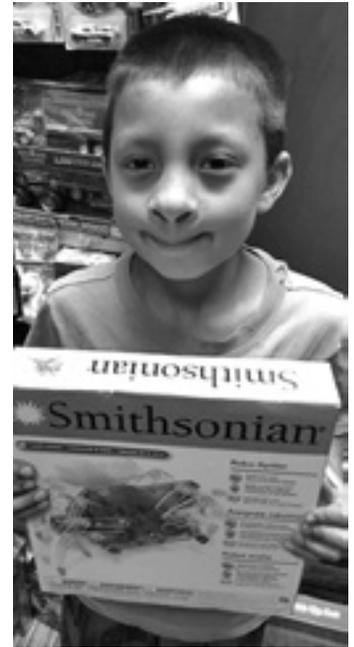
Star of the Week
LOREN

My favorite color is: Red
My favorite book is:
Star Wars
My favorite movie is:
Hotel Transylvania 2
My favorite food is:
Grapes
My favorite school subject
is: PE
Something that makes my
family special is:
They Help Me Do My
Work
When I grow up I want to
be: A Computer Guy
If I could give one gift to
every child in the world it
would be: Candy
If I could make one rule
that everyone in the world
had to follow it would be:
Everyone Has To Do Their
Homework



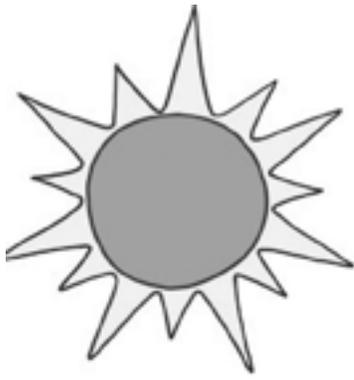
Star of the Week
BRIANNE

My favorite color is: Purple
My favorite book is:
I Spy
My favorite movie is:
Angry Birds
My favorite food is:
Spaghetti
My favorite school subject
is: Free Time
Something that makes my
family special is:
They Hug Me
When I grow up I want to
be: A Pop Star
If I could give one gift to
every child in the world it
would be: Candy
If I could make one rule
that everyone in the world
had to follow it would be:
Keep Your Hands to
Yourself



Star of the Week
KIYAH

My favorite colors are:
Purple and Pink
My favorite book is:
Bad Kitty
My favorite movie is:
Angry Birds
My favorite food is:
Top Ramen
My favorite school subject
is: PE
Something that makes my
family special is:
Love
When I grow up I want to
be: A Fitness Instructor
If I could give one gift to
every child in the world it
would be:
a Tablet
If I could make one rule
that everyone in the world
had to follow it would be:
Be Kind
No Mean Words Ever



July is UV Radiation Awareness Month

With summer around the corner, we have to protect ourselves from ultraviolet radiation.

What is **ultraviolet** radiation? Ultraviolet radiation, also known as UV rays, is invisible rays that are part of the energy that comes from the sun. UV radiation can damage the skin and cause melanoma and other types of skin cancer. UV radiation that reaches the earth's surface is made up of two types of rays: UVA and UVB rays.

What can you do to protect yourself? Here are some easy and simple steps for protection against UV rays.

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

American Cancer Society
www.cancer.org 1-800-ACS-2345

Centers for Disease Control and Prevention
www.cdc.gov/ChooseYourCover 1-888-842-6355
The Skin Cancer Foundation
www.skincancer.org 1-800-SKIN-490



News from Nooksack Health Clinic

If you have to reschedule or cancel your appointment with a provider, we ask that you please provide at least 24 hours' notice. This will allow that time to be available to others, Thank you!



School will be here soon! Call now to schedule your annual sports physical! Remember to bring your school forms with you.



Mamogram Party *held June 14, 2016*



What Nooksack Elementary School Children think of Counseling

Posted by Dr. Aamer a Khan, Behavioral Health

COUNSELING

is...

Calming, Special, awesome,
terrific, Fun, helpful, my
favorite part of school
because my counselor
listens, asks me how
I'm doing, is very smart,
♥ cares A lot! ♥



COUNSELING

is...

helpful, fun. makes
me feel safe.

because the room
is playful and filled
with art.

my counselor
is very smart

Nooksack Diabetes Program Pots & Pans Cooking Series

Nooksack youth and adults are learning to cook nutritious and simple recipes in a Pots & Plans cooking series offered by Nooksack Diabetes Program staff. Several recipes incorporate vegetables grown in the clinic Traditional Ways garden. Classes and gardens are supported by the Health Department, Nooksack Diabetes Grant, WEAVE (Good Health and Wellness in Indian country) Project and Nooksack Seeds of Health Project.

Here is a recipe for a tasty vinaigrette salad dressing from one of our classes:

! / 2 cup olive oil

2-3 T. red wine vinegar

Drizzle of Balsamic vinegar

1/2 tsp salt

Pepper to taste

Optional: fresh herbs (dill, oregano, basil, etc),

Dijon mustard

Mix all together in a jar and shake well before serving. Will keep for 1 week in the refrigerator

The next POTS & PLANS cooking class will be held on July 28th from noon to 1pm in the Nooksack Health Clinic kitchen. Class limited to 10 people. Call the clinic to reserve your spot at 966-2106. Barb Himes, Sandra Bura, Nooksack Diabetes Program. ■



Basic Internet Safety



DID YOU KNOW?



95% of teens (ages 12-17) are online.

Lenhart A, et al. Teens, kindness and cruelty on social network sites.

Pew Internet & American Life Project, 2010.

The Internet has drastically changed the way that children interact with the world. They have access to in-depth knowledge, tools to express their creativity, and people from all over the world. Yet along with offering a fascinating, new way to connect with the world, the Internet also offers new risks

Cyberbullying

Exposure to inappropriate material

Online predators

Revealing too much personal information

Learning to recognize the warning signs of these risks will allow trusted adults to intervene and lessen potential negative impacts. By acting as a resource, parents and guardians can help make the Internet a safer place for their families. As a parent or guardian, you should stay well-informed about current issues to understand what your children are experiencing on and off the Internet. If they are social networking, instant messaging, using webcams, or blogging, help them use these tools safely by learning how to use them yourself. Children whose parents and guardians regularly talk to them about personal safety are more likely to exhibit responsible behavior on their own.[1] NetSmartz invites you to learn about the issues surrounding your children's online lives. Then use the discussion starters to help you begin a dialogue about safety with your children.

If you or someone you know is involved in a domestic violence, contact:
Nooksack Domestic Violence Program at 360-592-5176 x 3444.
Domestic Violence Sexual Assault Service at 1-877-715-1563 or
call your local law enforcement for immediate assistance.

Nooksack Indian Tribe Memorial Day Ceremony Details

Emcee: Micheal Hunter

Guest Speaker: Phil Dan from Swinomish

Singer: Tayler Mezo, Mount Baker High School Student

Chaplain: Jeremy Bert (Post 83)

Honor/Warrior Song: Sulkanum Singers *Taps:* Wayne Fitch

Wreath: Merl Leathers and Carol Jaime

Gun Salute: Elder Roberts, Dan Walker, Jim Phy, Sr., and Tom Branson

Special Thank you to Michael Boice, Captain Ted, Gerald Leavitt and Benjamin Leavitt



Memorial Day

Poem by CW Johnson

We walked among the crosses
where our fallen soldiers lay.
And listened to the bugle
as TAPS began to play.
The Chaplin led a prayer
we stood with heads bowed low.
And I thought of fallen comrades
I had known so long ago.
They came from every city
across this fertile land.
That we might live in freedom.
They lie here 'neath the sand.
I felt a little guilty
my sacrifice was small.
I only lost a little time
but these men lost their all.
Now the services are over
for this Memorial Day.
To the names upon these
crosses I just want to say,
thanks for what you've given
no one could ask for more.
May you rest with God in heaven
From now through evermore.



I Empower My NATION Through PARTICIPATION



For more information call Genesis II at 966-7704

Nooksack Way of Life it Prevention!

Printed with funds from the Washington State Department of Social & Health Services



Good News

From The Us Supreme Court Front

The Court, usually unhelpful when it comes to tribal issues over the last 30+ years, upheld the federal domestic violence conviction of a habitual domestic violence offender in Indian country on June 13, 2016, in the case US v. Bryant. The Court, citing to the limited resources of the Tribes, and the inability or unwillingness of States to assist, had a chance to hear whether a new federal law was valid - a federal crime for a domestic violence offense in Indian Country.

Under the VAWA reauthorization several years ago, Congress enacted 18 USC 117(a), which makes it a federal crime for any person to commit an act of domestic violence, while in Indian Country, when such person has 2 prior convictions (including tribal convictions). Mr. Bryant, was a piece of work, with 100 tribal court convictions, including numerous domestic violence cases. Mr. Bryant did it again, but this time the feds used their new authority and prosecuted him for hitting his girlfriend. Bryant received 4 years in prison.

Most (state and federal) courts do not give any weight to tribal convictions when sentencing an offender due to the differences between the US Constitution and ICRA. This new federal statute legitimized tribal convictions - the statute withstood Constitutional scrutiny and a less than friendly US Supreme Court. Another upshot of the case is that it demonstrated that the feds were interested in assisting Indian Country with the domestic violence issue.

If you would like to read the Court syllabus or opinion on the above-referenced case, please contact Charity Bernard at cbernard@nooksack-nsn.gov with your name and mailing address and a copy will be mailed to you.

.....

The hummingbird's delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life's sweetest creation.

-Papyrus



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 A/C
PERFORMANCE 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

BICYCLES!!



SECOND SESSION STARTS JULY 23RD

Bicycle and Survival Training

Earn a free bicycle completely tuned up and all the safety gear you will need. We'll spend several Saturdays learning light terrain riding and basic survival and first aid skills such as fire starting, water, shelter and food identification. Basic First Aid and other skills will be discussed for survival situations. If you are eager to ride and love the outdoors, sign up to earn a bicycle and gear!

Age Restrictions: Must be 10 –19 years old to register and either an enrolled tribal member or family member, or an NIT/Northwood Casino/Market Center employee family member.

For more information or to sign up please call 360-526-2259 or email gkentner@nooksack-nsn.gov or skentner@nooksack-nsn.gov.

Sign up for the course are due by July 22nd. Our first meeting will be Friday, July 29th, to explore our first trails and learn about basic survival. The following three will be Friday August 5th, Friday August 12th, and Friday August 26th. At the end, participants will get to take their bicycles and gear home!

Frequently asked questions include:

Where will we be riding?

A: All rides will be on light/beginner terrain in remote areas such as the Galbraith Mountain trails. Our BASE for meeting will be Five Cedars Community Building at 9:00am on the scheduled days. We will end by 5pm.

What is provided?

A: If needed, transportation will be provided, to and from Five Cedars, as well as lunch and snacks.



"Rivers don't turn around discouraged when reaching an obstacle, instead finding a new path to keep moving in the same direction..."

Why I Ride

- Because I can
- Because I can never win or lose
- Because it's exercise that doesn't feel like punishment

Sponsored by the Nooksack Indian Tribe Mobility Safety Education Program in partnership with Bellingham Police Department and Northwest WA Indian Health Services



Bicycles and Survival Training

The Nooksack Mobility and Safety Program held its' first two classes in May. Youth, ages 9-19, are learning basic mountain biking, bike maintenance, Youth get to explore various trails, earn a bike, and earn some amazing bike gear. The second session will start July 22, 2016. The classes are taught every other Friday from 10AM-430PM. Food and transportation are provided.

For more information or to sign-up, please call 360-526-2259 or email gkentner@nooksack-nsn.gov or skentner@nooksack-nsn.gov.

WELCOME NEW HIRES!

K Tricia Stevens, Gardener
06/08/2016
Desmond Naughton, ABE/GED instructor
06/13/2016
Angela Yeoman, Court Administrator
06/20/2016
Richard M Edwards, on-call to FT Health Janitor
05/26/2016
A LaShaun Powell, seasonal to FT Health Janitor
05/31/2016 ■



Unmarked Graves

The Tribal Council and Cultural Resources Department are in the process of identifying all unmarked graves and then placing a marker at each grave site. In an effort to respect every family's wishes, if you do not wish to have your family member's grave site marked, please contact George Swanaset, Jr., Culture Director, at 360-592-5176 ext. 3232 or via email at george.swanasetjr@nooksack-nsn.gov by July 21, 2016.

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 August newsletter must be submitted by July 18th. Questions? Call Charity at (360) 592-5176, extension 3287. ■



The departments of the Nooksack Indian Tribal Government participated in the Annual Red Nose Day event. Human Resources Director, Suzanne Brownrigg, challenged all of the departments to participate. The department that had the most participation would have bragging rights and win the Red Nose prize. This year's winning department with 100% participation went to the Health Clinic. The Health Director, Lona Johnson, claimed the prize for her department at the monthly Director's Meeting held on Tuesday, June 5th.



*Health Clinic was the winning department of the Red Nose prize.
Health Clinic Director, Lona Johnson*



Get Seriously Silly for a Good Cause

Buy your Red Nose at your local Walgreens and join a national event to help fight kids' poverty.

**RED
NOSE
DAY**

Thurs May 26·9/8c

 NBC

Nooksack River 2016 Salmon Commercial and Subsistence Fishing Schedule

During all salmon management periods (August 1-December 7), that area of the river from the Marine Drive Bridge, then upriver to the Slater Road Bridge, is closed to set nets. Drift nets may only be used in this area of the river.

In an agreement with the Lummi Nation, the Nooksack Tribe opens at 12:01 AM, Sunday, on a weekly basis, while the Lummi Nation opens at 4:00 PM, Sunday, throughout all salmon management periods (August 1-December 7).

That area of the river from the “Big Bend” in the river, which is the first 90 degree bend in the river, located about ¼ mile upriver from Slater Bridge, then downriver to Marine Drive Bridge, remains closed until 4:00 Sunday, on a weekly basis, throughout all salmon management periods.



Chinook Salmon Management (August 1-September 3)

In order to protect migrating spring Chinook salmon, during the week of August 1-6, the river is only open from Slater Road Bridge, then downriver to Marine Drive Bridge.

Minimum gillnet stretch mesh size is 6-1/4,” during river and marine Chinook management period.

August 1-6: The River opens at 4:00 PM, Monday, August 1st and close at 4:00 PM, Saturday, August 6th.

Aug. 7-13: At 12:01 AM, Sunday, August 7rd, the river is open from that area of the river from the “Big Bend,” then upriver to the Hannegan Bridge in Lynden. The river will open downriver from the “Big Bend,” then to the Marine Drive Bridge at 4:00 PM, Sunday, August 7rd. The river will close at 4:00 PM, Saturday, August 13th.

Aug. 14-20: At 12:01 AM, Sunday, the river is open from the Big Bend, then upriver to Nugent’s Corner Bridge. As in all weeks, the river will open downriver from the Big Bend, then to the Marine Drive Bridge at 4:00 PM, Sunday. River closes at 4:00 PM, Saturday, August 20th.

Aug. 21-27: At 12:01 AM, Sunday, the river is open from the Big Bend, then upriver the tribal auto shop (large blue pole building) on the Tribe’s west side property. The river will open downriver from the Big Bend, then to the Marine Drive Bridge at 4:00 PM, Sunday. River closes at 4:00 PM, Saturday, August 27th.

Aug. 28- Sept. 5: At 12:01 AM, Sunday, the river is open from the Big Bend, then upriver to the blue pole building on the tribe’s west side property. The river will open downriver from the Big Bend, then to the Marine Drive Bridge at 4:00 PM, Sunday. River closes at 4:00 PM, Saturday, September 3rd.

Coho Salmon Management (September 4-October 22)

Open weekly from 12:01 AM, Sunday, to 4:00 PM, Saturday, the river is open from the Big Bend, then upriver to the blue tribal auto shop pole building, through September 17. Starting September 18, the river then opens upriver to the confluence of the north and south forks.

The area of the river from the blue pole building, then upriver to the confluence of the north and south forks, is closed through September 17th to protect migrating Spring Chinook. Spring Chinook are currently listed as “threatened” under the Endangered Species Act (ESA).

Minimum gillnet stretch mesh size is 5,” during the river and marine Coho management period.

The river opens downriver to the Marine Drive Bridge at 4:00 PM, Sunday, on a weekly basis, throughout the Coho management period.

Chum Salmon Management (October 23 to December 7)

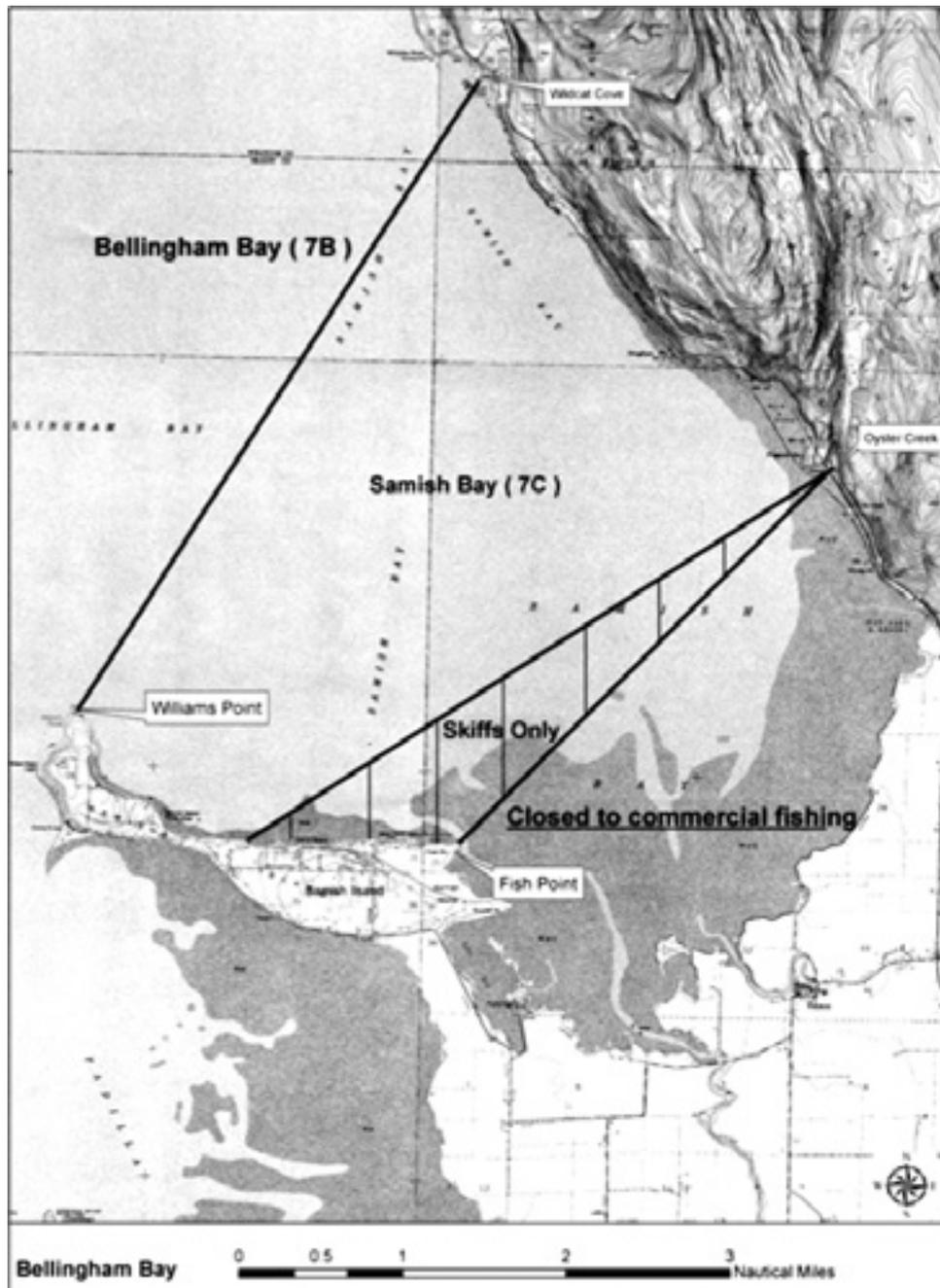
Minimum gillnet stretch mesh size is 6-1/4,” during the river and marine Chum management period.

Open weekly from 12:01 AM, Sunday to 4:00 PM, Wednesday, from the Big Bend, then upriver to the confluence of the North and South Forks.

Opens downriver to the Marine Drive Bridge at 4:00 PM, Sunday, on a weekly basis, throughout the Chum management period.

Bellingham and Samish Bay 2016 Weekly Commercial and Subsistence Salmon Fishing Schedule

Samish Bay is closed southeasterly of a line from Oyster Creek to the fisheries marker on Samish Island, except that hand pull gillnets may fish from 4:00 PM, Sunday to 4:00 PM, Wednesday, on a weekly basis, south to a line from Oyster Creek to Fish Point on Samish Island, from August 3rd through September 14th (see the chart below).



The fishing schedule listed here is tentative. While it's unlikely that the fishing schedule will change, it's the fisherman's responsibility to check the fishing and shellfish information hotline. The hotline is updated as necessary to reflect any changes to the commercial and subsistence fishing schedule.

Fishing and Shellfish Information Hotline:
(360) 592-5140

7B- Bellingham Bay Chinook salmon mgmt. period (August 1-September 2)

- On a weekly basis, opens at 4:00 PM, Sunday and closes at 4:00 PM, Friday.

7C- Samish Bay Chinook salmon mgmt. period (August 1-September 16)

- On a weekly basis, opens at 4:00 PM, Sunday and closes at 4:00 PM, Friday.

7B- Bellingham Bay Coho Salmon Management period (September 4 –October 22)

- On a weekly basis, opens at 4:00 Sunday and closes at 4:00 PM, Saturday.

7B- Bellingham Bay Chum Salmon Management period (October 23-December 7)

- On a weekly basis, Bellingham Bay opens at 4:00 PM, Sunday and closes at 4:00 PM, Wednesday.

Nooksack Way of Life Berry Picking Opportunities

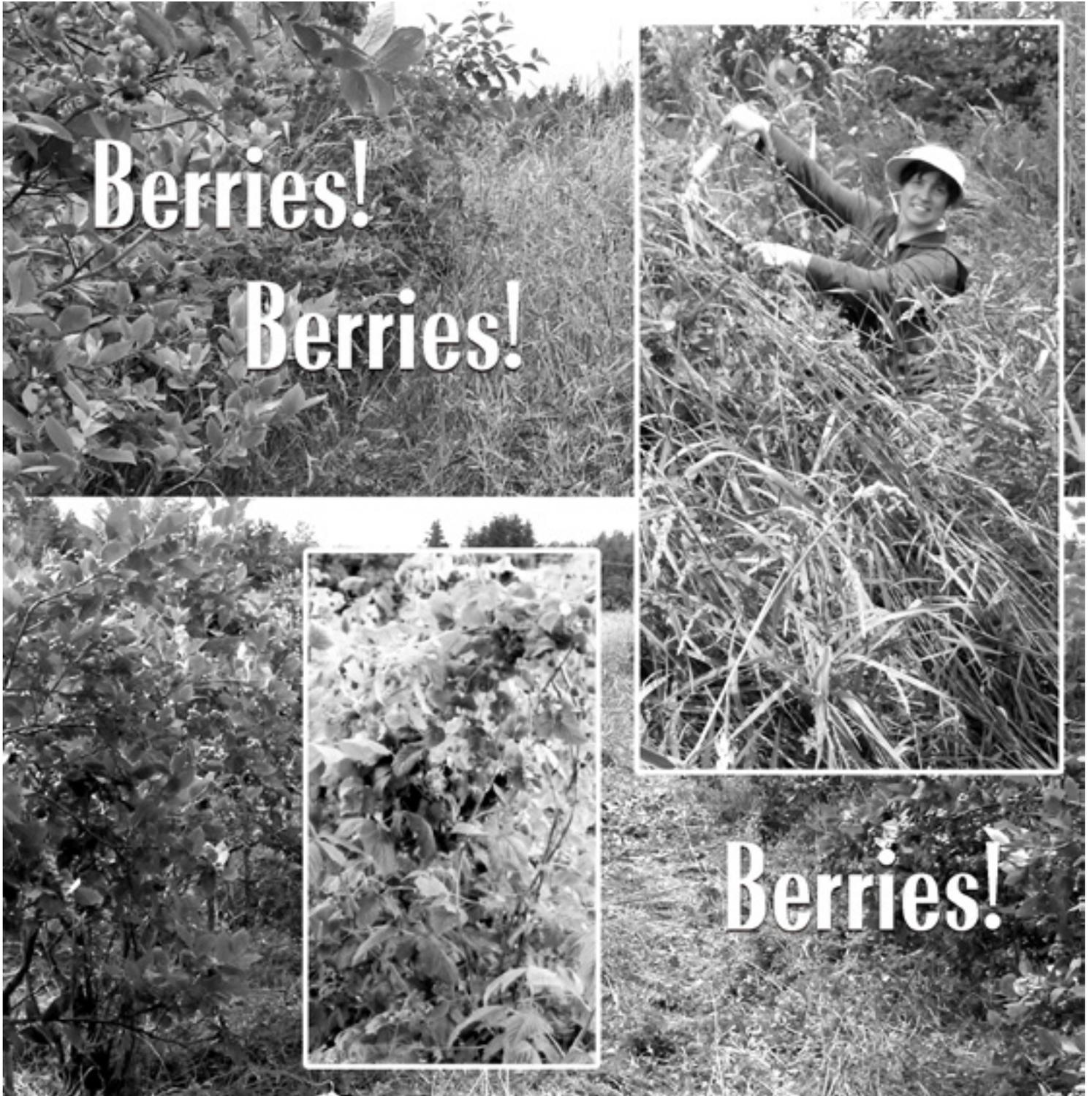
Nooksack Way of Life teamed-up with local Whatcom County gardeners on June 13th and 14th. Together the group of 8 cleared extremely tall grass from around the blueberry bushes.

The team's effort is an on-going project to preserve the organic blueberry field that has remained dormant for several years. The landlady has graciously invited tribal members to come pick her from her bushes on designated days.

As of June 14th, the berries are not yet completely ripe. When they are fully ready, an invitation to come out to glean these organic berries will be sounded.

Also, the raspberries on Mission Road next to the Church are getting close to being ripe. Tribal members are invited to pick from the first two rows of the field.

Hope to see people out there picking this summer and enjoying the wonderful berries.





Puget Sound Energy's Home Energy Lifeline Program
H.E.L.P. for low-income households

You may be eligible to receive help with your PSE electric bill. The H.E.L.P. program provides a one-time payment based on income, household size, and electric usage. The payment goes directly to your PSE account. This program is available to Puget Sound Energy (PSE) customers. If you have already received federal winter energy assistance (LIHEAP) this year, you can still apply for the PSE HELP program. We also have assistance for CNG gas customers.

Nooksack Outreach Date: July 14, 2016

Time: 9am-3:30pm (last client seen before 3:15pm)

Location: Nooksack Community Building
2515 Sulwhanon Dr, Everson

Please arrive prepared with following documentation:

- **Valid Photo ID** – *for the person who will be signing the application.*
Government Issued IDs & Tribal IDs are acceptable. Cannot be expired!
- **Social Security cards for everyone in the home 18 years of age or older**
If a card is missing, bring W-2 form, pay stub, tax return, military or school records, or other official document with your full name and your Social Security Number.
- **Your most recent Puget Sound Energy bill (if applicable, your CNG Bill)**
Bring your PSE electric bill (and CNG bill if applicable) for your current address.
- **Proof of income received by all household members for April, May, and June**
Verification of all types of income must be provided for every member of the household. We count income in the month you actually receive it, which may be different from the month you earned it.

HH Size	1	2	3	4	5	6	7	8	9	10	11	12	13
Income limit	\$1471	\$1991	\$2511	\$2817	\$3046	\$3393	\$3826	\$4259	\$4693	\$5126	\$5559	\$5993	\$6426

Please arrive early, as clients will be seen on a first come, first served basis.

All other dates are by appointment only at the Opportunity Council.
 For more information or to schedule a non-outreach appointment or appointment by phone, please call (360) 255-2192.

Nooksack Elders Information Fair



July 13, 2016

10 am to 2 pm

Mi'sq'eq'o Community Building

2515 Sulwhanon Drive

Everson, WA 98247

Social Services Elders and Elders Victim of Crime invite you to the Nooksack Elders Informational Fair on July 13th, 10 am to 2 pm at the Nooksack "Mi'sq'ed'o Community building.

There will be lot of information available from local businesses;

- 1) NIT Clinic
- 2) NIT Dental
- 3) Home & Community Services
- 4) Northwest Regional Council
- 5) DSHS
- 6) WAHA (making life choices with clarity and confidence)
- 7) And many more

Lunch will be provided ~ Door Prizes ~ Laughter ~ Fun

For more information please contact: Leon Cline or Katie Delgado at 360-592-0135



ELDERS LUNCH MENU

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
30 CLOSED MEMORIAL DAY	31 Pulled Pork Sandwich Cole slaw Cottage Cheese and Fruit	1 Meatloaf Mashed potatoes Veggies	2 Meat Lasagna Garlic Bread Veggies	3 Food Bank Teriyaki Chicken Rice Veggies
6 Bellingham Shop Beef Tip and Gravy Mashed Potatoes Corn Bread Cottage Cheese and Fruit	7 Chicken Breast Wild Rice Squash Potato Salad	8 Beef Short Ribs Refined Beans Salsa and Chips	9 Turkey Mashed Potatoes Veggies	10 Pot Roast Baked Potatoes Veggies
13 Everson shopping Tuna Casserole Veggies	14 Soup and Sandwich Ham or Turkey on Whole wheat Potato Salad Cottage Cheese and Fruit	15 Baked Salmon White Rice Baked Beans	16 Beef Taco Refined Beans Salsa and Chips	17 Pork Roast Mashed Potatoes Mixed Veggies
20 Everson shopping Swedish Meatballs Rice Veggies	21 Baked Ham Scalloped Potatoes Steamed Veggies	22 Prime Rib Baked Potatoes Mixed Veggies Cottage Cheese and Fruit	23 Cod Potato Cole Slaw	24 Beef Stew Brown Rice Corn Bread Cottage Cheese and Fruit
27 Everson shopping Fried Chicken Mashed Potatoes Cole Slaw	28 Chili Corn bread Veggies Cottage Cheese and Fruit	29 Spaghetti & Meatballs Garlic Bread Veggies	30 Chicken Fried Steak Mashed Potatoes Veggies	Lunch is served at Northwood Casino starting at Noon

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

Nooksack Food Bank has Moved

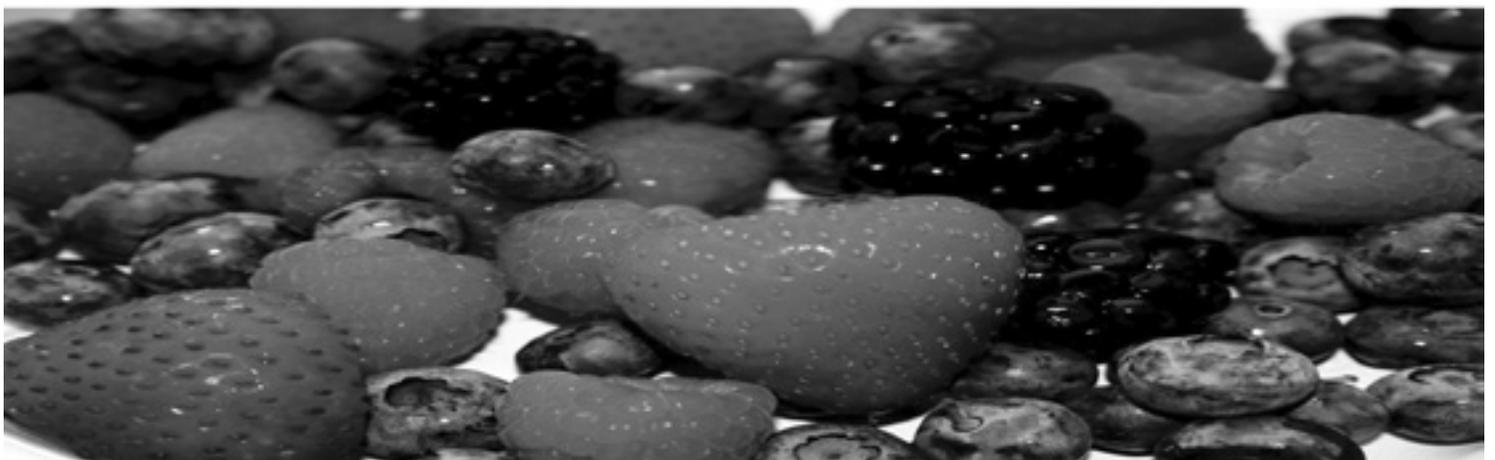
5061 "B" Deming Rd

Deming, WA 98244

360-592-0135

The Nooksack Food Bank has an exciting announcement. We have found a permanent location in the Deming area and will be operating out of this location on July 8th, 2016! You can find us behind directly behind the social services (family services) building.

If you have any questions or for more information please feel free to contact Crystal Bailey or Mimi Jimmy @ 360-592-0135



Hello from the Nooksack TANF Skagit Satellite Office

Our office serves all of Skagit County area. We currently serve 11 families. If you would like any further information or know anybody that would like to apply, we are located at: 2021 E. College Way, Suite 210, Mount Vernon, WA 98273; Office: 360-848-1758; Fax: 360-848-1768.

Sativa Robertson, Case Manager

Jill Walker, Receptionist

Email: srobertson@nooksack-nsn.gov

Email: jwalker@nooksack-nsn.gov ■

Social Services Announces New DSHS Representative

Our DSHS Representative, Michael Puderbaugh, has been promoted to Work First Lead at the Bellingham office. We are wishing him well on his new job and we will miss him. We are welcoming Chis Navarro who will be taking over as our new DSHS Representative here at Social Services Building. He will be available on Wednesdays and Fridays, from 8:30 am to 4:00 pm. ■

2016 Food Bank Distribution

Food Bank is distributed on the 1st Friday of each month (unless it falls on the 1st)
12:00-3:00pm or while supplies last!

Friday- July 8th
Friday- August 5th
Friday- September 9th



Friday- October 7th
Friday- November 4th
Friday- December 9th

If you have any questions, please feel free to call our main office at 360-592-0135.

2016 STOWW Distribution

Tuesday- July 12th
Tuesday- August 9th
Tuesday- September 6th

Tuesday- October 4th
Friday- November 1st
Tuesday- December 6th

If you are unable to pick up your food, please call or email the STOWW office as soon as possible to make other arrangements for pick up.

253-589-7101 or 800-567-6690

Becca- ext. 237 Bernita- ext. 228 Danny- ext. 227

Becca.stoww@gmail.com



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

2016 Holiday Calendar

The Nooksack Tribal Council has approved the 2016 Holiday Schedule. Tribal Offices will be closed on the following days in 2016.

- July 4 – Independence Day • September 2 – Council’s Choice • September 5 – Labor Day
- September 23 – Governance Day • October 10 – Coast Salish Day • November 11 – Veterans Day
- November 24 – Thanksgiving Day • November 25 – Day After Thanksgiving • December 25 – Christmas Day

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 Manager: Jovie Joven) (360) 592-5839
 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