



# Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

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## Oldest member of the Nooksack tribe will celebrate her 100th birthday, June 23, 2016

Carol Winifred Reid is the eldest of 14 children; daughter of Frank and Ella Reid, who raised their children on the Mission Road, in Everson, Washington.

During these years, missionaries typically removed Indian children from their homes and sent them to attend Christian schools, such as the Chemawa Indian School - a Native American boarding school in Salem, Oregon. This school has been in existence since February 25, 1880 and is still one of four off-reservations Indian schools operated by the BIA.

In 1940, Carol's first child, Noland, was born in Oakland, CA. Noland Murphy, is the son of Bud Murphy, who she met at Chemawa Indian School. Noland's father fought and died in the Pacific during the war with Japan.

Carol worked at Boeing in Seattle during the war (1942-1945). She moved to Oakland, CA. in 1946 with her sister, Vicky, to attend nursing school, where she met Ralph MacWilliams, who was in the US Navy. They married and moved to Short Beach, Connecticut in 1948, where Ralph's family lived. Together they had five children, namely, Sandra, JoAnn, Ralph III, Gary and Rickey MacWilliams.

*continued on page 2*



## Upcoming Events

- ❖ 6/2: Elder's Committee Meeting (open to all elders)
- ❖ 6/14: Mobile Mammogram (see page 18)
- ❖ 6/15: "World Elder Abuse Awareness Day" Awareness Luncheon (see page 21)
- ❖ 6/16: Youth End of School Year BBQ (see page 8)
- ❖ 6/23: Nooksack Diabetes Program Cooking Class: Pots & Pans (see page 8)

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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Carol Reid with son, Nollie.

In Connecticut, Carol worked for equal rights for women in the 1950’s with Lucy Hammer, state senator. During this time she was a Branford, Connecticut politico. Carol moved back to Bellingham in 1965 as a single mother with 6 children. She struggled with alcohol, but overcame the addiction in the early 1970’s. Carol went on to earn a Counselling Certificate in Substance Abuse from Seattle University and worked with Lummi Nations as an Alcohol/Drug Counselor. In her 60’s, she returned to school and earned a degree in Human Resources from Fairhaven College and WWU. Carol also attended NW Indian College and studied herbal and natural medicine. Through the years, her family has turned to her for herbal remedies for their ailments. Her passion was to learn and teach others about their Nooksack Native American heritage.

*Lawechtelot* is Carol’s Nooksack name. She was involved in the Tribe, working with Vista workers to get the kids more involved in school; picking-up many of the kids from their homes and getting them to the Head Start program. Carol was in her 70’s when she became a foster parent to Native Americans. She shared her knowledge with the Indian children, along with own her children. She loves the art of basket weaving

and became proficient in the skill and taught basket weaving to others. Carol also would often hike with fellow Nooksack members of the Jimmy family to gather cedar bark and dye the cedar using natural dyes, beets and berries. Some of her baskets are on display at the Capital in Olympia, Washington. She is a teacher of Native American culture - helping to keep the traditions alive. Carol taught the young at Lummi and Nooksack and still continues to teach her children, grandchildren and great grandchildren about the Native American culture. She visited her great-grand children's schools on many occasions telling Indian stories. Carol would often take her grandchildren, Mike and Ronnett Campion, to British Columbia for Pow Wows and Stampedes - teaching them the Indian ways while tent camping.

During her time at Northwest Indian College, Carol took part in a journey to Lacandón tribal village in the Central American Rain Forest, near Guatemala. She traveled with a group of Native American students who had experienced outside groups coming into their tribes to change their Native ways. Their mission was to meet with the Lacandón tribe teaching them to take control and preserve their culture which was under consistent pressure from developers, missionaries and merchants. The others students on the journey ranged from 21 to 28, Carol was 75! The group hiked 10 miles thru the rain forest, sleeping in tents, traveling on foot, bathing in rivers to be hosted by the Mayans.

Carol's granddaughter, Sally Murphy, from Connecticut lived with her for a short period to learn the Native American ways. Sally attended Pow Wows, cultural meetings, basket weaving along with other Nooksack activities. To this day, Sally uses this knowledge in her two YOGA studios in Branford, Connecticut. Her studios are adorned with baskets from Granny along with many Indian blankets from Nooksack artisans. She works to keep the culture alive through her practice.

Carol along with other Elders were very active for many years visiting other tribes and telling stories, and sharing ideas to keep their culture alive.

Several of Carol's children became active with the Nooksack tribe - Sandy, Ralph III, Gary and Rickey exercised their treaty rights and commercially fished in northern Puget Sound. Ric worked at the center writing grants early in his career; and Gary is currently the Director of the Tribe's Natural Resources Department. She has 10 grandchildren, 22 great-grandchildren and 1 great-great-grandchild, lovingly known to her family as "Granny".

Carol has traveled from coast to coast several times; always up for an adventure. Everywhere she traveled she would find a nearby reservation and drop in for a visit.

Since March 2010, Carol has lived with minimal assistance at Rosewood Villa in Bellingham. She gets out weekly with one of her children, grandchildren or great-grandchildren for family events, meals or just for fun. She still loves going to the Casino. Carol remains cheerful and has imbued her children and descendants with her culture, her children have enjoyed much success in their lives born from her teachings and encouragement to strive to be better.



*Carol Reid turns 100 years old! (DOB: 6/26/1916)*

Of the 14 Reid children, the following and their descendants are members of the Nooksack tribe. Rex Reid, Pola Short, Sharon Delange, Alice (JoJo) Reid, Delores (Macky) Doherty, Bonnie Thompson, Wilma (Skip) Johnston and Norma Williams.

Deceased are Vicky Lincoln, Charlotte Reid, Robert (Bud) Reid, Frank Jr (Sonny) Reid and Donna Reid.

We will keep the community informed of progress made and future information sessions. ■

# Si:wesa:ythem tset Class

## Planting Seeds

The big news for the Si:wesa:ythem tset Class - this past month has been aiding in the start of construction on the Nooksack Tribe Traditional Ways garden; the next step upon completion will be a community planting and a naming ceremony. Montaine Sorenson, the garden project manager, in conjunction with the Health Clinic's WIC, a CDC Weave Grant, and the Nooksack SEEDS of Health Project, states that the garden is being constructed to teach nutrition and enhance diabetes abatement, promote recreation, and provide a place for meditation and cultural learning. Eventually, as part of the grant, solar and wind power will be used to aid in maintaining the garden. After initially building the planting boxes, our class is honored to continue being a part of this project by working every Wednesday afternoon to complete the construction of the garden in the next few weeks. People to thank, in addition to Montaine for getting the project up and running are: John Maranda, for volunteering his outstanding carpentry skills; Ed Kelly, for assistance in planning; Barb Himes, nutrition consultant; Sandra Bura,

Victoria Mayers, and Candace Kelly for plant gathering and support; and Keith Lindsey, for providing and supervising the Si:wesa:ythem tset students.

As we continue our academic pursuits in class and pile up the credits towards graduation, our class continues to explore our region to enhance cultural, historical, geographical, and scientific knowledge. This month we visited Peace Arch Park to view the sculpture garden and discuss the history of how our border with Canada was established; the Semiahmoo Park at low tide to study marine biology and traditional Coast Salish gathering places; and sailing on an informative cruise aboard the historic Plover ferry to see oyster farming in Drayton Harbor. We also took a three-mile hike around Lake Padden and invested some sweat equity in a brisk basketball game. Students from the class are also intensely involved in the production of our video featuring the wisdom and life experiences of our Nooksack elders.

The journey continues *"to follow knowledge like a sinking star, beyond the utmost bound of human thought,"*  
-Ulysses by Lord Alfred Tennyson ■





# Nooksack Indian Tribe

House of Children  
Head Start Program



## NOW ACCEPTING APPLICATIONS



- ✓ LOW INCOME PROGRAM
- ✓ SERVE AGES 3-4 YEARS OLD
- ✓ BUS TRANSPORTATION AVAILABLE WITHIN SERVICE AREAS
- ✓ PROVIDES SERVICES FOR CHILDREN WITH DISABILITIES
- ✓ AVERAGE OF 16 CHILDREN IN EACH CLASS
- ✓ NO COST TO FAMILIES

The mission of the Head Start Program is to provide services and support to children, families and their community. Through partnerships with other community resources we will respectfully identify the needs of children, families and community members while striving to strengthen, educate and empower each by providing opportunities to participate in culturally enriched Early Childhood Programs.

In accordance with Federal Law Head Start is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

For more information give us a call in our office at 360.592.0141.



# Education Department

Here at Education we are already planning our summer curriculum which will be based around STEM (Science Technology Engineering Math) concepts. Everyone loves a fun science experiment! We plan to have a very interactive and engaging program that the children will be excited about.

In other news, we welcomed 5 volunteer tutors from Western Washington University this quarter. They are always welcome and the kids really enjoy having fun with the tutors while the tutors gain valuable knowledge they can take into their future careers as teachers.

The Tribal Library and the s'i:wesá:yhem tset Program continue work on the "Stories of the Nooksack Elders" documentary film. Interviews with Nooksack Elders are taking place and territorial footage has been ongoing. The library is also excited about our new book order including many popular titles, native authors and several books of different reading levels about Bigfoot!

As always, please join us in celebrating our Education Star of the Week winners. These children showed outstanding effort in completing homework and their school assigned reading. Congratulations! ■



**Star of the Week**  
**KATIE BAILEY**

*My favorite color is:* Red  
*My favorite book is:*  
 Once Upon A Time  
*My favorite movie is:*  
 Batman vs Superman  
*My favorite sport is:*  
 Basketball  
*My favorite food is:*  
 Fried Rice  
*My favorite school subject is:* Art  
*My favorite free time or family activity:*  
 Play Secret Games with my Best Friends  
*When I grow up I want to be:* a Nurse  
*I'll bet you didn't know that I can:* Clean

**Star of the Week**  
**TROY SULKANUM**

*My favorite color is:* Black  
*My favorite book is:*  
 Scooby-doo  
*My favorite movie is:*  
 Blaze and the Monster  
*My favorite sport is:* Soccer  
*My favorite food is:*  
 Grapes  
*My favorite school subject is:* Counting  
*My favorite free time or family activity:*  
 Play at Home  
*When I grow up I want to be:* a Fireman  
*I'll bet you didn't know that I can:* Read!

**Star of the Week**  
**KEARA ROBERTSON**

*My favorite color is:* Blue  
*My favorite book is:*  
 A Dandelion Wish  
*My favorite movie is:*  
 Kung Fu Panda 3  
*My favorite sport is:*  
 Basketball  
*My favorite food is:*  
 Yogurt Parfaits made by my Mom  
*My favorite school subject is:* Art  
*My favorite free time or family activity:* either Play Outside or go to Program  
*When I grow up I want to be a:* Scientist  
*I'll bet you didn't know that I can:* do Kung Fu and Karate

**Star of the Week**  
**JAMES ROBERTS**

*My favorite colors are:* Blue, Green and Red  
*My favorite book is:*  
 Ninja books  
*My favorite movie is:*  
 Ninja or Power Rangers  
*My favorite sport is:*  
 Soccer  
*My favorite food is:*  
 Tuna Sandwich  
*My favorite school subject is:* Computers  
*My favorite free time or family activity:* I like to come to Program and have dinner  
*When I grow up I want to be:* A Power Ranger  
*I'll bet you didn't know that I can:* Jump High in a Power Ranger Suit



**Star of the Week**  
**KIMBERLEE GEORGE**

*My favorite color is:* Pink  
*My favorite book is:*  
 One Fish, Two Fish,  
 Red Fish, Blue Fish  
*My favorite movie is:*  
 Barbie Spy Squad  
*My favorite sport is:*  
 Soccer  
*My favorite food is:*  
 Spaghetti  
*My favorite school subject*  
*is:* Math  
*My favorite free time or*  
*family activity:*  
 go to the Store  
*When I grow up I want to*  
*be:* a Scientist  
*I'll bet you didn't know that*  
*I can:* Jump Rope

**Star of the Week**  
**KAVIKA JEFFERSON**  
**JAMES**

*My favorite colors are:*  
 Blue & Green  
*My favorite book is:*  
 Minecraft  
*My favorite movie is:*  
 Ant Man  
*My favorite sport is:*  
 Basketball  
*My favorite food is:*  
 Pizza  
*My favorite school subjects*  
*are:* Math, PE & Art  
*My favorite free time or*  
*family activity:* Playing Ipads  
*When I grow up I want to*  
*be:* a Fisherman  
*I'll bet you didn't know that*  
*I can:* beat all Video Games  
 in 2 days!

**Star of the Week**  
**RYAN HILLAIRE**

*My favorite colors are:*  
 Black & Red  
*My favorite book is:*  
 Batman  
*My favorite movie is:*  
 Wolverine  
*My favorite sport is:*  
 Soccer  
*My favorite food is:*  
 Cupcakes  
*My favorite school subject*  
*is:* Reading  
*My favorite free time or*  
*family activity:* Play Tag  
*When I grow up I want to*  
*be a:* Army Man  
*I'll bet you didn't know*  
*that I can:* Fly!

**Star of the Week**  
**SAMANTHA JULIAN**

*My favorite colors are:*  
 Green and Blue  
*My favorite book is:*  
 Coyote Solstice Tale  
*My favorite movie is:*  
 Harry Potter  
*My favorite sport is:*  
 Soccer  
*My favorite food is:*  
 Pizza  
*My favorite school subject*  
*is:* Math  
*My favorite free time or*  
*family activity:* Swimming  
*When I grow up I want to*  
*be:* a Nurse of Dogs  
*I'll bet you didn't know that*  
*I can:* do Cartwheels

**The "Ready, Set, Read" Book Drive going on Now**

Summer will be here before we know it and doing whatever we can do to avoid the Summer Slide (kids actually getting worse at reading over the summer because of not practicing enough) is TOP Priority. One thing we will do again this year is send EVERY child home on the last day of school with a bag of books. Students will be able to exchange these books for new ones over the summer. To get us started, we ask for your help in building our free book collection by donating gently used books to the Everson Book Exchange. Books can be dropped off at the office. THANK YOU for helping our students learn to read better!!! ■

**BOOK**  
**DRIVE**

# Youth Department: plans for Summer Program and National Unity Conference and welcomes new Program Manager

The Youth Department has been busy scheduling and planning for our annual Summer Program. We will be publishing the Summer Program Application and Calendar soon (probably by the time you receive this newsletter) and we will do outreach about that through the Nooksack Communications Page on Facebook, on the Tribal Website, [www.nooksacktribe.org](http://www.nooksacktribe.org), and parents and caretakers will have an opportunity to fill-out the application at the end of the school year barbecue. This barbecue will happen on June 16th at Timber Ridge. Please save the date and plan to attend!

We are conducting enrollment in the Summer Program in the same fashion as last year with priority being given to youth that more regularly attend the After School Program. We admit up to 120 youth every year for the summer – this is the maximum number of seats we have on our busses and vans. The earlier you get your application in, the more secure your youth's spot will be! The other good news is that this application is good for the entire 2016/2017 school year, and your youth can then immediately attend the After School Program, or participate anytime during the 2016/2017 school year.

All our families have to do to receive a year's worth of helpful services is fill-out our application!

Additionally, the Teen Program is reviewing applications to select the teens that will attend the National UNITY Conference in Oklahoma City July 22nd thru July 26th. Applications were due by May 19th. To qualify to attend, Nooksack teens had to submit an essay, show that they regularly attended school, introduce themselves in one of the Nooksack

languages, offered a speech in front of a panel and also completed eight hours of community service. Due to limited space and funding, we will likely be selecting up to eight youth (four females and four males) through this process. If a teen is not selected through our process, we hope they might be able to attend through one of our other departments that will likely be sending teens to this conference. For more information about the conference, contact Teen Program Mentor, Rikki Auguston at [rauguston@nooksack-nsn.gov](mailto:rauguston@nooksack-nsn.gov) or (360) 966-9696.

The Department has been getting questions lately about who is admitted to all of our programs. We grant admission to Nooksack Tribal Members or to other youth that are in the household care of Nooksack Tribal Members.

The Youth Department would also like to warmly welcome Tribal Member Julie Missing, who has joined our work family as the Program Manager. Julie will be helping with supervising staff, providing customer service, field trip planning and offering even more assistance with looking after young ones. She has extensive professional work experience that even includes a background in teaching. You can reach Julie at the office at (360) 966-9696, via e-mail at [jmissing@nooksack-nsn.gov](mailto:jmissing@nooksack-nsn.gov), or via cell phone at (360) 927-6379.

For more information, contact the Youth Department at (360) 966-9696 or you can contact Youth Department Director Roxanne Murphy at [rmurphy@nooksack-nsn.gov](mailto:rmurphy@nooksack-nsn.gov) or via cell at (360) 318-6615.

We hope you all are having a wonderful spring and a great start to the summer season! ■

## WELCOME NEW HIRES!

Kanwarjot Bassi, Dental Assistant

John Graep, Automotive Technician II

Bianca Rodriguez, Dental Assistant

Dale Joseph, Restoration Technician (seasonal)

A Lashaun Powell, Restoration Technician (seasonal) ■

*Reminder:* The next POTS & PANS cooking class will be held on June 23rd from noon to 1pm at the Nooksack Health Clinic Kitchen. Learn how to prepare quick and delicious meals. Sample the 2-3 recipes that we make in class. Participants will receive a \$10-\$30 grocery or retail voucher. Class limited to 10 people. Call the clinic at 966-2106 to reserve your spot. Barb Himes, Sandra Bura, Nooksack Diabetes Program. ■

## 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](mailto:cbernard@nooksack-nsn.gov). Items for the July newsletter must be submitted by June 17.

Questions? Call Charity at (360) 592-5176, extension 3287. ■



# BICYCLES!!

FIRST SESSION STARTS MAY 21ST, SECOND SESSION STARTS JULY 23RD

## Bicycles 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](mailto:gkentner@nooksack-nsn.gov) or [skentner@nooksack-nsn.gov](mailto:skentner@nooksack-nsn.gov).**

Sign up for the first course are due by May 18th. Our first meeting will be Saturday, May 21st to explore our first trails and learn about basic survival. The following three other Saturdays are June 4th, June 18th and July 9th to finish up. At the end of the July 9th rides, 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

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

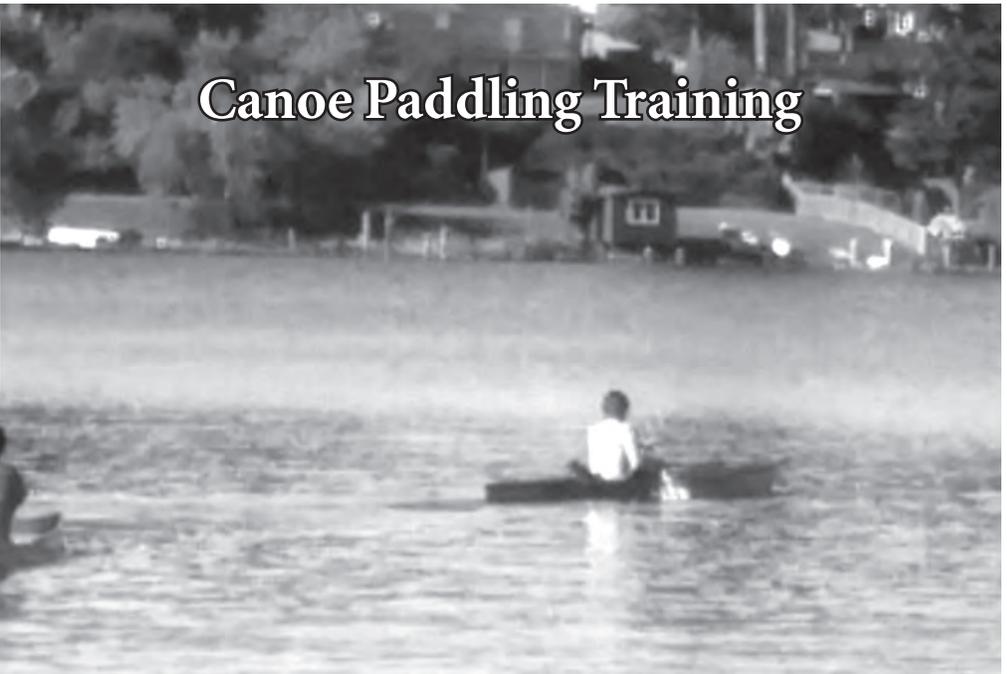


### Why I Ride

- 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

# Canoe Paddling Training



Nooksack Way of Life has started their canoe paddling training. Teens 13 to 18 are welcome to register with the program. The youth will be picked-up and returned home. Currently, youth are training for singles. However, when enough youth join there is an opportunity for multiple manned races.

If you have a young person in your family or know of an interested teenager, please contact Michael Jimmy at [mjimmy@nooksack-nsn.gov](mailto:mjimmy@nooksack-nsn.gov) or [jwilliams@nooksack-nsn.gov](mailto:jwilliams@nooksack-nsn.gov) or call the main office at 966-7704. ■



## Update your address

If your name appears below, please fill out the adjacent form to update your mailing address with enrollment.  
Thank you.

Empleo, Dorothy Almojera  
Cooper, Michelle Louise  
Leathers, Penny Rae  
Tigilau, Shahayla Starr  
Miller, Mary Ann Margaret  
Banks, Anthony Johnathon  
Harkinson, David Andrew  
Jimmy Sr., Bruce Ronald  
Williams, Darren Allen  
Karchesy-Julian, Renee Annmarie  
Ohms, Gina Villagomez  
Jack, Irvin Frank Paul  
Sorrell, James William  
Baker, Kalea Cole George  
Bacon, Jennifer Louise  
Sather, Esperanza Ruth  
Nunez, Roberto Luis Jesus W  
Whigham, Selita

Lewis, Deanna Fey  
Rico Sr., Richard Martin  
Williams, David Michael Pierre  
Nicholson-Julian, Darwin Ryan  
Ritualo, Tiyanna Elaine Marie  
Seelig, Dylan Michael Manley  
Williams, Amanda Sadie Rose  
Morris, Ms. Ashley Marie  
Vinuya, Julia Ann-Marie  
Thelander, Irene Doris  
Elkins, Norma Jane Leanette  
Allison, David Keith  
Williams, Susan Cecilia  
Kelly, John Patrick  
Miller Sr., Colby Thais  
Miller, Curtis Earl  
Ortiz-Balli, Elena Lana  
Tommy, Toshua Isiah

Johnny, Justin Edward  
Silva, Wylie Cole  
Warbus, Ashley Rosalyn  
Flores, Filbert Lorenzo  
Williams, Rosalie Anastasia  
Williams, John Henry  
Fulljames, Michael Dean  
Fulljames, Brandy Alexandra  
Ward, Daniel Bradley  
Moran, Angela Justine  
Backman Jr., Mark Richard  
Cooper, Sam Sta-lee-qwh  
Olsen, Paris Avery Charles  
George, Frances Jean Marie  
Roberson, R. J. Tramain  
Paul, Jeffery  
■



**Nooksack Indian Tribe**  
ENROLLMENT DEPARTMENT  
ADDRESS CHANGE FORM

**Tribal Member Name:** \_\_\_\_\_

Maiden Name: \_\_\_\_\_ Enrollment # \_\_\_\_\_  
(or SS# if not known)

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name(s) of Enrolled \*\*Minor Child(ren) and Date of Birth: *(If applicable. If you need more space, use back of form).*

1. \_\_\_\_\_  
DOB

2. \_\_\_\_\_  
DOB

3. \_\_\_\_\_  
DOB

*\*\*In accordance to Title 63, under 63.05.001(c)(2) "...If the address change is being made for a Minor, the parent or legal guardian making the change must show documentation that they are the individuals with legal authority over the Minor..." Documentation may include Certified Copy of Birth Certificate showing Parent(s) name and or Court documentation declaring placement or custody of children.*

NEW ADDRESS

**Mailing Address:** \_\_\_\_\_  
\_\_\_\_\_

**Physical Address:** \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Permanent Change      \_\_\_\_\_ Temporary Change

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Number: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

This form is to be filled out by the individual who is updating their address in accordance to Title 63; unde 63.05.001(c) **Updating Records**.  
This request can be returned by Email at: [enrollment@nooksack-nsn.gov](mailto:enrollment@nooksack-nsn.gov) ; or fax at: (360)306-5099 ATT: Enrollment; or by Mail to: Att: ENROLLMENT, PO Box 164, Deming, WA 98244

DO NOT WRITE BELOW THIS LINE (To be filled out by Enrollment Department) if address change for minor child(ren)

Certified Copy of Birth Certificate     Copy of Court Documentation     Copy of Guardianship

\_\_\_\_\_ Initial processed by

# Mother's Day



# Canoe Races



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# Nooksack Tribal Court Matters

## Filing Deadlines:

Civil Filings are due by 3:30pm

Criminal Filings are due by 4:00pm

Quashing Warrants are due by 2:30pm

## Filing Fees:

Civil Complaints \$150.00

Motions \$75.00

Modification of Child Custody Orders \$75.00

Annulments \$75.00

Dissolutions (Divorce) \$75.00

Marriage Licenses \$50.00

Restraining Order (not Domestic Violence) \$75.00

## Filing Fees, *continued*:

Guardianship \$75.00

Vulnerable Adult Protection Order – no filing fee

Child Support Petitions – no filing fee

Domestic Violence Restraining Orders – no filing fee

Notary Fees (Free to Tribal Members) \$25.00

Copying Fees \$2/per page

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## Summer Safety

*Submitted By Dr. Cate Webb, Pediatrician, Nooksack Indian Tribe*

### *Why Should I be Concerned About Heat Stress?*

Heat-related health problems range from mild conditions like heat rash and heat cramps, to the most serious heat-related illness of heat stroke. Prolonged exposure to extreme heat can cause dizziness and fatigue. Heat stroke is caused by the body's inability to cool down properly and can happen to anyone.

- Hospitalizations for heat-related illness in Washington State range from 25 to 113 people each year.
- Extreme heat events (heat waves) are predicted to happen more often and last longer due to our changing climate.

### *Some people are at higher risk for heat-related illness*

- People 65 years of age and older
- Infants and children up to 4 years of age: Infants and young children are sensitive to the effects of extreme heat, and must rely on other people to keep them cool and hydrated.
- People who are overweight
- People who are ill or on certain medications

### *Preventing heat stress for active children*

- ⇒ Before outdoor physical activities, children should drink freely and should not feel thirsty
- ⇒ During activities that last less than 1 hour, water alone is fine to drink
- ⇒ Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat
- ⇒ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat
- ⇒ Sports practices and games played in the heat should be shortened, with more frequent water/hydration breaks
- ⇒ Children should quickly move to a cooler area and seek medical care if they feel dizzy, lightheaded, nauseated

### **REMEMBER:**

1. If you are thirsty, you are already dehydrated and it is time to re-hydrate by drinking water.



2. NEVER leave infants or children in a parked car, even if the windows are open.

*I'm made to be loved,  
not baked.*



**Don't leave me in the car.**

3. Never leave pets in a parked car. They can suffer heat-related illness too.

—Sources: CDC website, WA State Department of Health website, AAP parent website ([healthychildren.org](http://healthychildren.org)) ■



## CATARACT AWARENESS

A cataract is a medical condition in which the lens of the eye becomes progressively opaque, resulting in blurred vision



Normal Vision



Vision with a cataract

### Early symptoms of Cataracts:

- “Washed out” color vision
- Glare and halos at night
- Low contrast sensitivity
- Cloudy vision
- Blurred or double images
- Poor vision in low lighting

### Risk Factors:

- Increased age
- Smoking and Alcohol
- Diabetes, hyperlipidemia
- Trauma to the eye
- Exposure to the sun and UVB rays
- Corticosteroid medication

### Foods that help prevent Cataracts:

Salmon      Spinach  
 Berries      Carrots  
 Avocados    Walnuts      Eggs

Contact your healthcare provider if you experience any of the above symptoms.



# Parents Advice: How To Prevent Teen Suicide

By Nadine J. Kaslow, PhD. Submitted by NIT Behavioral Health

## Parents Can Make a Difference

Parents can help prevent suicide by recognizing warning signs, identifying risk factors (characteristics that may lead a young person to engage in suicidal behaviors), promoting protective factors (characteristics that help people deal with stress and reduce their chances of engaging in suicidal behaviors), and knowing how to talk to their children and seek mental health services. You can empower yourself and your teen by following these 7 steps.

### 1. Know your facts

Information is power and too much misinformation about suicide can have tragic consequences. Separating myth from fact can empower you to help your teen in distress.

**Myth:** Suicide in youth is not a problem

**Truth:** Suicide is a major problem affecting youth; it is the 3rd leading cause of death among 10-24 year olds

**Myth:** Asking about suicide causes suicidal behavior

**Truth:** Addressing the topic of suicide in a caring, empathetic, and nonjudgmental way shows that you are taking your child seriously and responding to their emotional pain

**Myth:** Only a professional can identify a child at risk for suicidal behavior

**Truth:** Parents and other caregivers often are the first to recognize warning signs and most able to intervene in a loving way

### 2. Recognize the warning signs

Studies show that 4 out of 5 teen suicide attempts are preceded by clear warning signs, so make sure to know them. A warning sign does not mean your child will attempt suicide, but do not ignore warning signs. Respond to your child immediately, thoughtfully and with loving concern.

#### Don't dismiss a threat as a cry for attention!

- Changes in personality: sadness, withdrawal, irritability, anxiety, exhaustion, indecision
- Changes in behavior: deterioration in social relationships and school and/or work performance, reduced involvement in positive activities
- Sleep disturbance: insomnia, oversleeping; nightmares
- Changes in eating Habits: loss of appetite, weight loss, or overeating
- Fear of losing control: erratic behavior, harming self or others

### 3. Know the risk factors

Recognize certain situations and conditions that are associated with an increased risk of suicide.

- Previous suicide attempt(s)
- Mental health disorders (depression, anxiety)
- Alcohol and other substance abuse
- Feelings of hopelessness, helplessness, guilt, loneliness, worthlessness, low self-esteem
- Loss of interest in friends, hobbies, or activities previously enjoyed

- Aggressive behavior
- Bullying or being a bully at school or in social settings
- Disruptive behavior, including disciplinary problems at school or at home
- High risk behaviors (drinking and driving, poor decision-making)
- Recent/serious loss (death, divorce, separation, broken romantic relationship,)
- Family history of suicide
- Family violence (domestic violence, child abuse or neglect)
- Sexual orientation and identity confusion (lack of support or bullying during the coming out process)
- Access to lethal means like firearms, pills, knives or illegal drugs
- Stigma associated with seeking mental health services
- Barriers to accessing mental health services (lack of bilingual service providers, unreliable transportation, financial costs)

### 4. Know the protective factors

These factors have been shown to have protective effects against teen suicide:

- Skills in problem solving, conflict resolution, and handling problems in a nonviolent way
- Strong connections to family, friends, and community support
- Restricted from lethal means of suicide
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Easy access to services
- Support through ongoing medical and mental health care relationships

### 5. *Take preventive measures*

You are not powerless; you can guard your teen against the possibility of suicide.

- Interact with your teen positively (give consistent feedback, compliments for good work.)
- Increase his/her involvement in positive activities (promote involvement in clubs/sports)
- Appropriately monitor your teen's whereabouts and communications (texting, Facebook, Twitter) with the goal of promoting safety
- Be aware of your teen's social environment (friends, teammates, coaches) and communicate regularly with other parents in your community.
- Communicate regularly with your teen's teachers to ensure safety at school
- Limit your teen's access to alcohol, prescription pills, illegal drugs, knives and guns
- Talk with your teen about your concerns; ask him/her directly about suicidal thoughts
- Explain the value of therapy and medication to manage symptoms.
- Address your concerns with other adults in your child's life (teachers, coaches, family)
- Discuss your concerns with his/her pediatrician to seek mental health referrals

### 6. *Talk to your teen about suicide*

Talking to your teen about a topic like suicide can seem almost impossible. Have this important discussion with your teen by using these tips.

- Talk in a calm, non-accusatory manner
- Express loving concern
- Convey how important he/she is to you
- Focus on your concern for your teen's well-being and health

- Make "I" statements to convey you understand the stressors he/she may be experiencing
- Encourage professional help-seeking behaviors (locate appropriate resources)
- Reassure your adolescent that seeking services can change his/her outlook

### 7. *Last but not least, seek mental health services*

Mental health professionals can be essential partners in teen suicide prevention.

#### *a) Take appropriate action to protect your child*

- If you feel that something is "just not right"
- If you notice warning signs
- If you recognize your child has many of the risk factors and few of the protective factors listed above

#### *b) Find a mental health provider who has experience with youth suicide*

- Choose a mental health provider with whom your child and you are comfortable
- Participate actively in your child's therapy

#### *c) If danger is imminent, call 911 and ask to be connected to NIT Police for assistance or take your child to the nearest emergency room*

National Resource:

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## 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**

# Health Clinic Notes

**\*\*Patients:** Please arrive 10 minutes early to your scheduled appointment time. \*\*

**Reminder:** Walk-ins are for acute illnesses only. All routine medication refills or follow-up visits require a scheduled appointment.

**WALK-INS: 9am – 9:45am and 1pm – 1:45pm**

Our clinic opens at 8:30am. Providers start seeing patients at 9am.

**If you take or receive over-the-counter medications/supplements from the Clinic:**

All patients that receive medications (vitamins, Tylenol, ibuprofen, etc.) from the clinic will need to be assessed by either the Medical Provider or nurse to dispense medications appropriately. Please plan on scheduling a nurse visit or an appointment with your provider to review and obtain medications. ■

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## Mobile Mammograms

Have you had your mammogram in last year? Has it been longer? If you are age 40-74, you could benefit from breast cancer screening. The clinic is hosting its quarterly mobile mammogram party!

**JUNE 14th. Spaces are limited, please call 966-2106 to schedule your appointment.**

**Snacks, and an activity will be provided. ■**

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## Myths about Drug Abuse and Addiction

*Submitted by Genesis II - Alcohol/Drug Outpatient Treatment*

**MYTH 1: Willpower is all one needs to beat addiction.**

**TRUTH:** Prolonged substance use alters the way the brain works. The brain sends signals of powerful and intense cravings, which are accompanied by a compulsion to use. These brain changes make it extremely difficult to quit and often a treatment program is required.

**MYTH 2: Addicts have to hit “rock bottom” before they can get help.**

**TRUTH:** Recovery can begin at any point in the addiction process. Given the impacts on the brain and possible consequences of addiction, the earlier one can get treatment, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Get help early rather than holding out for the perfect desperate moment.

**MYTH 3: Addiction is a disease; there’s nothing you can do about it.**

**TRUTH:** Most experts agree that addiction is a brain-based disease, but that doesn’t mean one is a helpless victim. The brain changes related to addiction can be treated and reversed through therapy, medication, exercise, and other treatments. As with any behavioral change, a personal commitment to change comes from within and requires a commitment to focus on the treatment plan.

**MYTH 4: Addiction is lifelong.**

**TRUTH:** Addiction is different in every person, where some struggle for years and others manage to respond to treatment quickly. The ultimate goal is that long-term recovery will allow people to lead normal and productive lives.

**MYTH 5: People can’t force someone into treatment; if treatment is forced, it will fail.**

**TRUTH:** Treatment doesn’t have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who enter treatment voluntarily. People are often able to think more clearly as they sober up, which can help foster change.

**Questions?**

Genesis II is located at 2505 Sulwhanon Drive, Everson, WA 98244. Our phone number is 360-966-7704. ■

# Weekly Fitness Schedule

*Instructors: Chris Pash and Margaret Tumangday*

Ladies Only Class (Step): Monday 11am - 12pm

Bootcamp / Strength: Tuesday 12 - 1pm

Ladies Only Class (Circuit): Wednesday 11am - 12pm

Strength Training: Wednesday & Friday 12 - 1pm

Bootcamp for Beginners: Monday & Thursday 12 - 1pm

Teen Fitness: Monday, Wednesday & Friday 3:15 - 4:15pm ■

## Attention Nookack Voting Members

*Submitted by Nooksack Strong Referendum Committee  
(not affiliated with or funded by the Nooksack Indian Tribe)*

Are you tired of the 306 disenrollment issue dragging on for more than three years in tribal court? Do you want to bring the issue before the Nooksack voting membership to resolve?

A referendum is circulating to bring the 306 disenrollment issue before the voting members of the Nooksack Tribe. Please go to the following website to read the referendum and sign the referendum online. All signatures are confidential but you can leave a public comment if you like. Please type your enrollment number after your last name.

We currently have over 306 signatures. If we get 522 people to sign the referendum, then we can have an election to vote to disenroll the 306.

<https://www.change.org/p/nooksack-voting-members-disenroll-the-306>

Please Note - A hard copy of the referendum to sign will also be mailed out for those who do not use computers.

Thank you for your support!

Nooksack Strong ■

## Social Services Department

### *Elder Committee*

*Sherie Johnny, 360-592-0135 ext. 3422*

A friendly reminder the Elders Committee meets the first Thursday of every month at 2:30 pm in social services conference room. The committee consists of; Sherie Johnny (staff appointed delegate), Sandra Joseph, Gordon Cline, Gary MacWilliams, Walter Roberts Jr., Elouise Zapata and Maureen Marshall. All meetings are open to our elders or if you have any questions please feel free to contact Sherie Johnny.

### *Elders Victim Assistance Program*

*Leon Cline, Project Coordinator and Char Roberts, Elders Advocate, 360-592-0135 ext. 3443*

June 15th is "World Elder Abuse Awareness Day" the OVC (Office of Victims of Crime) Elder Victim Assistance Program will be hosting an Awareness Luncheon at the Mi'sq'eq' o Community Building (2515 Sulwhanon Dr) with guest speakers, lunch, door prizes, and good company. Open to Enrolled Nooksack Elders 55 and older. For more information contact Leon Cline.

### *Food Programs*

*Crystal Bailey, 360-592-0135 ext. 3445*

**Food Vouchers** – social services issues 20 food vouchers a month. All tribal members 18 and older are eligible for a food voucher one time every six month regardless of income. To find out if you are eligible or for more information contact Crystal Bailey.

**Food Bank** is the first Friday of every month unless Friday falls on the 1st, then it's the next Friday. The remaining dates for 2016 are: June 3, July 8, Aug. 5, Sept. 9, Oct. 7, Nov. 4 and Dec. 9. If you have any questions please contact Crystal Bailey at 360-592-0135 ext. 3445.

### *Diaper Drive*

Social Services is still accepting diaper donations. Donation box is located in social services, 5061 Deming Rd. **\*\*All donated diapers are used to help any family in need, if we have them to give. Call 360-592-0135 to verify we have diapers available.** ■



# Generational Trauma Workshop held in May addresses the importance of dealing with historical trauma

The Samish Vocational Rehabilitation Program held a generational trauma workshop on May 4, 2016. The workshop discussed the importance of dealing with historical trauma and how important it is to address this topic to help move our people into a new healing. There were elders and panel experts that helped those that attended the event. It was held at the Skagit Valley Community College and teachers, students, tribal members and community members at large, participated. The movie that was shown is referenced below if you would like to see it.

<https://www.youtube.com/watch?v=vZwF9NnQbWM> ■

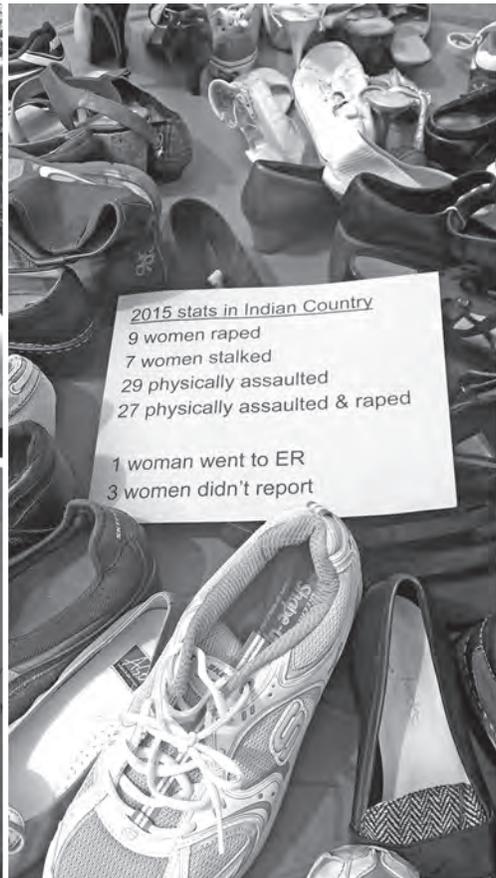
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## Nooksack tribe promotes sexual assault awareness with Moccasin Mile Walk

Our Nooksack Domestic Violence Program held a 1-mile walk. It was held on April 27th. The event went very well, with 43 participants walking 1-3 miles. Our walk was 50 miles of walking to raise awareness for sexual assault awareness month. We had over 10 volunteers helping out with registration, handing out t-shirts, 'swag' bags, water and healthy snacks.

The 2015 statistics in Indian country are as follows: 9% are raped; 7% are stalked; 29% are physically assaulted and 27% are physically assaulted and raped. If you or someone you know have had any of these things happen, please telephone the Nooksack Domestic Violence Program at 360-927-1675 or contact DVSAS in Bellingham at 877-715-1563.

Here is the video that was done by the Bellingham Herald for that awesome day. <http://www.bellinghamherald.com/news/local/article74293907.html> ■



# Nooksack Elders Victim Assistance Program

## June 15, 2016

### World Elder Abuse Awareness Luncheon

- Northwest Regional Council presentation
- Luncheon
- Door prizes

10:30 am to 1 pm

Mi'sq'eq' o Community Building  
2515 Sulwhanon Dr  
Everson, WA 98247

Please RSVP by June 1, 2016

Any question, please feel free to contact

Leon Cline 360.592.0135 ext 3443

*Seniors  
Matter*   
*Support Elder Abuse Awareness*



**OVC**

# 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- June 3rd  
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.

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# 2016 STOWW Distribution

Tuesday- June 7th  
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](mailto:Becca.stoww@gmail.com)



# ELDERS LUNCH MENU

## June 2016

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

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



**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) 592-5432  
 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