



Snee-Nee-Chum

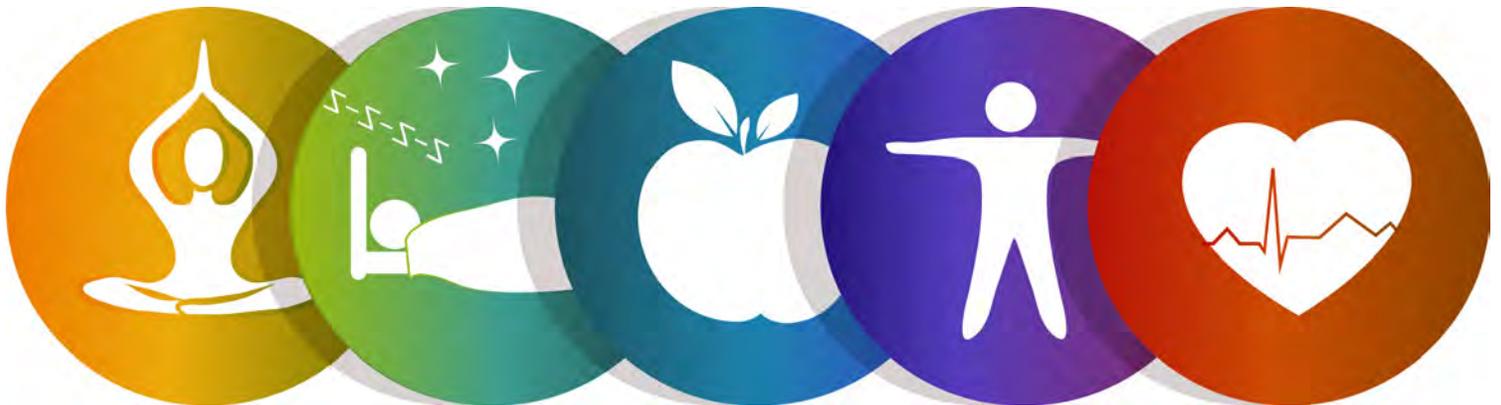
A monthly newsletter of the Nooksack Indian Tribe

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

Volume 5, Number 10 May 2016

New Health and Wellness Center

The Nooksack Health Department is in the planning stages of developing and building a new Health and Wellness Center with expanded services. Currently, we are reviewing proposals for contractors for a Facility Feasibility Study and Community Outreach Facilitator.



The purpose of a Facility Feasibility Study is to collect and analyze information to determine whether it is realistic to build a new Health and Wellness Center including determining the location, size and services offered.

The Community Outreach Facilitator will hold community focus groups and distribute surveys to the community and current patients of the Nooksack Health Clinic. We are seeking feedback from our community members on how to expand services to meet the health needs of our Tribal members of every age and future generations.

The Nooksack Tribal Council will select the contractors with input from the New Health Clinic Committee. If you are approached to participate in a survey or conversation regarding the New Health and Wellness Center, please be honest and share your ideas. Your feedback matters!

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

Upcoming Events

- ❖ 5/5: Elder's Committee Meeting (open to all elders)
- ❖ 5/7 and 5/8: Mother's Day Canoe Race Weekend
- ❖ 5/2: Elder's Committee Meeting (open to all elders)
- ❖ 5/26: Nooksack Diabetes Program Cooking Class (see page 6)
- ❖ 5/29: Memorial Day Ceremony (see below)
- ❖ 5/30: Memorial Day – Tribe Closed
- ❖ 6/23: Nooksack Diabetes Program Cooking Class

Memorial Day Celebration: Post 83 is diligently planning the Veteran's Memorial Day Ceremony and Celebration. It will be held on Sunday, May 29, 2016, at 11:00am. Lunch will follow the ceremony.

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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Art Therapy: The Healing Arts available at Nooksack Behavioral Health

Submitted by: Dr. Aamer A Khan

Art Therapy encourages Clients to express themselves through a variety of activities and helps patients process what is going on in their inner world.

Through assisting patients on a personal journey of discovery and expression, Expressive Arts Therapy is an effective tool introduced at the Nooksack Tribal Behavioral Health. We believe that embedding art and self-expression into therapy has many important advantages for clients, as Arts Therapy gives patients the ability to share perceptions they can't normally share in other therapy methods.

When clients are given a creative, unstructured environment for personal expression, they experience a freedom that allows them to unearth and dissect their inner feelings, which is an important part of the healing process. By using images to communicate, patients often better express their feelings than if they were to convey emotions verbally.

The Nooksack's Behavioral Health program aims to ensure that all clients have the tools needed to continue down a path of healing and recovery. Expressive Arts Therapy sessions are not only for "artists," and the works of art created are not the final product. Rather, the simple yet profound exercise of Expressive Arts Therapy is about what clients are able to recognize and realize about them. ■

**Art therapy is about the
creation and the
discussion of the intent of
the client. It's a different
way of sharing. No matter
how healthy, verbal
expression is the hardest
thing to do.**

Shingles:

What it is and how we can prevent it?

Evy Oxenford, ARNP

Shingles, which is also called zoster or herpes zoster, is a painful skin rash caused by the same virus that causes chicken pox. For those who have had childhood chicken pox, the virus that caused their chicken pox outbreak remains hidden and symptom-free in their nerve cells for the rest of their lives. One in three people (1:3) will then get a reactivation of that virus in the form of shingles at some point later in life, and especially if the immune response is weakened. It can start with pain, burning, or tingling followed by a painful rash in the skin area supplied by the affected nerve cells, usually in one patch of the body.

Getting the shingles vaccine (Zostavax®) reduces risk for developing shingles, and possible long-term pain from post-herpetic neuralgia (PHN) which can follow the shingles rash. Even people who have already had shingles can receive the vaccine to help prevent future occurrences of the disease. Even if people do get the rash, they will likely experience less pain from the shingles outbreak if they have had the vaccine. CDC recommends that people aged 60 years and older get one dose of the shingles vaccine.

There have been several people with shingles seen at the Nooksack Health clinic lately. Shingles is only contagious in that the virus can give someone else chicken pox who is not immune to chicken pox, but it cannot give shingles to another person. People who are immune to chicken pox (usually those who have already had chicken pox or have had the Varicella chicken pox vaccine) are protected from other people's chicken pox virus. A few people are still at risk for catching chicken pox from someone with shingles, such as children less than one-year-old, or those who have never been immunized AND never had chicken pox itself.

There are antiviral medications to help treat shingles, but the medications just help shorten the length and severity of the illness and are not a cure. For the medications to work, they need to be started as soon as possible after the rash appears so it is important to see your health care provider if you think you have shingles.

Even though there are antiviral medications available, prevention by shingles vaccination is advised. Shingles vaccine (Zostavax®) is available at the Nooksack Health Clinic. Talk with a healthcare provider or nurse if you have questions about the shingles vaccine. Go to CDC.gov and Web MD.com for more information. If you are age 60 years or older and are due for the shingles vaccine, we recommend you call the clinic today to schedule your appointment.

Nooksack Health Clinic, 2510 Sulwhanon Dr., Everson.
Contact #: (360) 966-2106 ■

Genesis II Corner

At the end of March, Rodger Melville, a Chemical Dependency Counselor at Genesis II, retired. Rodger had been with Genesis II for the past seven years. Thank you Rodger for your service and for serving the members of the Nooksack Indian Tribe and community. You will always be remembered for your honesty and commitment to helping each client at Genesis II to move towards a life of recovery from alcoholism/addiction.



Genesis II Parent Group – Tuesday April 19, 2016

The Genesis II Parent Group will be an ongoing group meeting beginning Tuesday April 19 from 7:00 - 8:30pm at Genesis II conference room, Bldg. D. Coffee, tea and snacks will be available. Please call Annette Solomon, at Genesis II (office) 966-7704 or (cell) 305-9071.

**Space is limited to only 12 people per session.*

Thought for the day:

Sometimes abstinence is the best medicine...

Genesis II Staff:

Veronica Charles – Admin Assistant

Annette Solomon – Chemical Dependency Professional

Joni Hamilton - Chemical Dependency Professional ■



A stroke is when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes can affect people of all ages. Strokes often lead to serious life changing complications such as:

- Problems forming speech
- Paralysis or weakness on one side of the body
- Problems with thinking, awareness, learning or memory
- Difficult controlling or expressing emotions
- Numbness

Recognizing the signs of stroke:

**Stroke –
there's treatment if you act FAST.**



1623

New York State Department of Health

4/07

Getting immediate medical attention is crucial to preventing disability or death,
don't delay CALL 911

Increased risk of stroke:

- High Blood Pressure
- High cholesterol
- Smoking
- American Indian, Alaskan Natives and African Americans

Nooksack Health Department

The Nooksack Health Department has received five new grants in the first quarter of 2016. Each grant was submitted by the Grants' Department through collaboration with the program managers and key staff. Official award letters have been received and implementation and planning are beginning now.

Seeds of Native Health - \$30,478

The Nooksack Health Department was awarded a grant from Seeds of Native Health to develop and maintain a community garden. Activities under this grant include a series of food preparation and cooking demonstration classes. Fresh fruits and vegetables will be shared with the community. For more information regarding the community garden, contact Candace Kelly.

WEAVE- \$50,000

Chronic diseases, including cardiovascular disease and type 2 diabetes, are among the most widespread and costly causes of morbidity and mortality among American Indians throughout the United States, but they are also among the most preventable. The WEAVE Grant, funded by NW Portland Indian Health Board, seeks to provide culturally appropriate strategies for health promotion and development of health policies. Through this grant, we will soon be hiring a gardener to assist with the community garden.

Special Diabetes Program - \$77,966

Our Diabetes program received a continuation grant for diabetes treatment and prevention activities. Monthly diabetes program activities include breakfasts, luncheons, cooking demonstrations and much more. The Diabetes program regularly sponsors community sports and physical activities. Our nutritionist, Barb Himes, is available for individual diabetic and nutrition education.

Substance Abuse & Mental Health Services Administration (SAMHSA) - \$1.53 Million

The Chemical Dependency program received a 5-year grant from the Substance Abuse & Mental Health Services Administration (SAMHSA) to fund prevention activities to prevent substance abuse among tribal youth in our community and to coordinate services provided through the tribe. This program is designed to address substance abuse prevention priority of underage drinking among youth 12-20 years.

Dedicated Marijuana Account: Tribal Prevention and Treatment - \$13,310

Additionally, the Chemical Dependency program was awarded a 1-year grant for the State of Washington Department of Social and Health Services for the Dedicated Marijuana Account Tribal Prevention and Treatment Services.

Keep an eye out for upcoming activities and classes from the Nooksack Health Department.

A big thank you to the Grants Department and all everyone who contributed in the application process. ■

Health Clinic Reminder

If you are referred to another physician or office by an outside provider, please call to let our clinic staff know. In order to best track your care and process payments/copays in a timely manner, we need to generate a new referral for those outside visits. ■

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 PREPURCHASE VEHICLE INSPECTIONS

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

Cooking Classes! POTS & PLANS

Thursdays from noon to 1pm
5/26, 6/23, 7/ 28, 8/ 11, 9/22, 10/27
Nooksack Health Clinic Kitchen
Each class lasts for about 1 hour

Simple

- Learn basic cooking skills
- Learn how to prepare quick and delicious meals

Healthy

- Curriculum written by registered dietitians
- Learn how to choose foods for various health conditions such as diabetes and heart disease

Affordable

- Recipe ingredients are very affordable
- Every class includes a Mix & Match recipe that lets you choose which ingredients to use

Free Samples

- Sample the 2-3 recipes 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.

Presented by:

Nooksack Diabetes Program

For more information, call Barb Himes or Sandra Bura at 966-2106 or email bhimes@nooksack-nsn.gov. ■

Welcome New Hires!

Calistea Harry-Roberts
On-call Youth Aide

Julie Missing
Youth Program Manager

Thrisa Allworth
Chemical Dependency
Receptionist

■

Department of Interior Individual Indian Monies (IIM) Account

The Tribe has received correspondence from the Department of the Interior, Office of Special Trustee. If you are named below, the Accounting Technician, Anthony Vicari, does not have an address on file (nor does the Tribe) for you with regard to your IIM account.

At your earliest convenience, please contact Mr. Vicari at the DOI Office of Special Trustee, at (425) 252-4382 or Anthony_Vicari@ost.doi.gov, to update your contact information with him.

BROWN, LILIA
CHARLES, DEBORAH
DAVIS, THEODORE LELAND
EDWARDS, CHRISTINE
FILLARDEAU, JAMES A
GONG, DEVIN THEODORE
GONZALES, PETER A
GREEN, JUDY JOANN
HART, EDARAY W
JONES, JEFFREY
JONES, MICHAEL
JONES, WILLIAM
JULIAN, FRANKLIN L
KAPUNI, WILLIAM
KOOGLER, SERENA
LUTON, MILISSA ANN
MAY, TAMARA
MCJOE, AMELIA
MCJOE, JAMES HARVEY
MIRANDA, CHERYL
ROBERTS, LANCE J
VANRY, CAROL
VILLA, PETER
VILLASENOR, GLORIA
VOLISKY, WINNIFRED
WOLFE, DAVID ■

Nooksack Tribal Police Department

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

2016 Crime Statics

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

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

2016 Department Goals

Even with the loss of two officers, we have continued to focus on area patrols to be responsive to neighborhood needs, and be in the area for more rapid call response. The reduced staffing levels have made staffing interesting, but we continue to provide responsive services to the community.

Nooksack Positive Parenting

GRANDPARENTS, PARENTS AND TEENS! IF YOU MISSED OUT ON OUR POSITIVE PARENTING CLASS, HERE IS A SHORT RECAP! THIS CLASS IS PUT ON BY THE ROSS PROGRAM, SAMHSA AND FAMILY SERVICES.

WE HAD 5 WEEKS OF GREAT CLASSES AND GIVEAWAYS AT GRADUATION TO SHOW OUR APPRECIATION!

“We live in Modern Times, but do a lot of things that are traditional. I got to reflect on areas of improvements. It was nice to step back and look at our roles as parents. It was a safe place to reflect on our parenting struggles.” -Edna Revey (Program Support and Participant of NPP)

CHILDREN LEARN WHAT THEY LIVE BY DOROTHY LAW NOLTE, PH.D.

- If children live with criticism, they learn to condemn.
- If children live with hostility, they learn to fight.
- If children live with fear, they learn to be apprehensive.
- If children live with pity, they learn to feel sorry for themselves.
- If children live with ridicule, they learn to feel shy.
- If children live with jealousy, they learn to feel envy.
- If children live with shame, they learn to feel guilty.
- If children live with encouragement, they learn confidence.
- If children live with tolerance, they learn patience.
- If children live with praise, they learn appreciation.
- If children live with acceptance, they learn to love.
- If children live with approval, they learn to like themselves.
- If children live with recognition, they learn it is good to have a goal.
- If children live with sharing, they learn generosity.
- If children live with honesty, they learn truthfulness.
- If children live with fairness, they learn justice.
- If children live with kindness and consideration, they learn respect.
- If children live with security, they learn to have faith in themselves and in those about them.
- If children live with friendliness, they learn the world is a nice place in which to live.

**** PLEASE WATCH FOR OUR NEXT CLASS IN THE FALL ****

IF YOU WOULD LIKE TO LEARN MORE ABOUT YOUR PARENTING BEFORE OUR NEXT CLASS,
PLEASE CHECK OUT THIS QUIZ WE DID IN NOOKSACK POSITIVE PARENTING!

Parenting Style Quiz

http://www.activeparenting.com/Parents-Parenting_Style_Quiz





NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

What is Adult Day Health?

Our program provides specialized care to older adults and people with long-term illness and disabilities.

Adult day health & wellness programs help participants build strength and maintain their independence. Equally important is the support we give to family caregivers.

Eligibility

Our participants need to be over the age of 18. Individuals with chronic health conditions such as stroke, diabetes, heart disease, depression or memory loss are encouraged to inquire.



Daily Schedule

Northwest Adult Day Health & Wellness participants start their day with coffee and conversation. Exercise & small group activities begin shortly thereafter, followed by a nutritious lunch & special programs.



Individualized Care

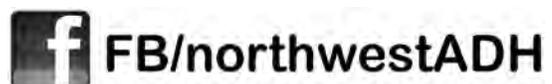
Individual care needs are identified for each participant. Our on-site medical care team works to ensure their overall health & wellbeing. All staff have expert knowledge about how to care for people with memory loss. They ensure that each participant's needs are responded to with compassion & care.



Contact us!

Learn more about adult day health services in Whatcom County by visiting NWadultdayhealth.com or calling 360-306-3031.

Northwest Adult Day Health & Wellness Center
851 Aaron Drive
Lynden, WA 98264 ■





NORTHWEST ADULT DAY HEALTH
& WELLNESS CENTER

NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

Our adult day health program can meet the needs of adults who:

- Have memory loss or other chronic health conditions
- Would benefit from regular access to an on-site medical care team
- Wish to strengthen or maintain physical abilities
- Are looking for companionship and new friends
- Live with a family caregiver who could use respite and support

Northwest Adult Day Health & Wellness participants have access to:

- Experienced staff trained to assist older adults and those with disabilities
- Memory care and wellness activities
- On-site nursing for medication management and basic health monitoring
- Exercise including occupational therapy
- Social and activity groups
- Nutritious meal and beverages served daily
- Family caregiver support services that include individualized assessment of caregiver needs and caregiver support groups
- Extended program hours as needed

For more information about our Whatcom County adult day health program, please visit us online at NWADULTDAYHEALTH.COM or contact:

Phone: (360) 306-306-3031 Fax: (360) 306-3030

Email: mwynstra@hinet.org or ktoneill@hinet.org

851 Aaron Drive, Lynden, WA 98264

Office Hours: Monday – Friday, 8:00 am - 4:00 pm

Note: For veterans, you must be enrolled in the VA Health Care System to receive funding to participate. Barbara Reuter, VA Respite and ADH Coordinator is available to assist Vets through the process of enrolling in the VA Health Care System. Contact her directly at (206) 277-4459 to get started.

Care T.I.P.S.

Try Including Practical Strategies

Apathy/ Lack of Initiative

One of the early symptoms seen in people with dementia is apathy.

Signs of Apathy:

- **No get up and go**
- **Socially withdraws**
- **Lack of interest in usual/ favorite activities**
- **More likely to say ‘no’ to social invitations**
- **Appears to disregard the presence of family and friends**

Apathy can be a symptom of depression or it can be a result of increased confusion. It can lead to feelings of hopelessness and frustration in both the person with dementia and their care partners.

**For more information visit
www.banneralz.org**



Banner Alzheimer's Institute

Strategies

Be practical:

- Make eye contact and reduce distractions such as loud noise
- Avoid questions in which “no” is the automatic answer. Give step by step instructions to show how the task should happen

Use creativity in activity:

- Think exercise
- Utilize music
- Incorporate the senses
- Include children or animals
- Reminiscence using old photos, mementos, or stories from the past

Stay Positive:

- People with dementia can sense the mood of those around them
- The more relaxed and positive you are, the better the person will feel
- Encourage the person to do what they can for themselves and only offer help as needed
- Use praise, encouragement and humor

Ask for help:

- From family, friends or even professional caregivers for social activities in or out of the home
- From adult day programs which can provide alternative stimulation & activities
- From a support group of other caregivers who may offer ideas
- From your medical provider if you think your person is depressed and may need treatment



PARTICIPANT REFERRAL FORM

**NORTHWEST ADULT DAY HEALTH
& WELLNESS CENTER**

REFERRAL CONTACTS
Phone (360) 788-6410 Fax (360) 788-6549

DATE: _____

PARTICIPANT NAME: _____

PARTICIPANT ADDRESS: _____

DATE OF BIRTH: _____

REFERRAL FROM: _____

PHONE#: _____

WHO TO CONTACT REGARDING REFERRAL: _____

RELATIONSHIP TO PARTICIPANT: _____

PHONE NUMBER: _____

REASON(S) FOR REFERRING: _____

HOW DID YOU HEAR ABOUT THE PROGRAM? _____

FOR ADULT DAY HEALTH STAFF:

Info Packet - Date: _____ Time: _____ Staff: _____

Tour Scheduled - Date: _____ Time: _____ Staff: _____

Intake Scheduled - Date: _____ Time: _____ Staff: _____

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- May 6th
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.

2016 STOWW Distribution

Tuesday- May 10th
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





Community Caregiver Support Groups

Sponsored by: Northwest Adult Day Health and Wellness Center

LYNDEN Location

2nd & 4th Tuesday of each month
2:30 – 4:00 pm

Northwest Adult Day Health and Wellness Center
851 Aaron Drive

For more information, please call (360) 306-3031
nwadulthoodhealth.com

This group provides speakers on topics relevant to caregiving, as well as devoting time to support, encourage and get to know other family caregivers who are facing many of the same challenges.

Note: Care is provided at no cost for family members who are currently enrolled at NADH.

BELLINGHAM Location

3rd Tuesday of each Month
1:30 - 3:00 p.m.

Christ the King Church, 4173 Meridian St.,
Room 211 - upstairs

This group provides an opportunity to educate, encourage, and support one another.

Note: No care is provided for family members during this group



2016 Blue Skies for Children's Shoe Distribution

Blue Skies for Children, a local non-profit, will be distributing FREE brand new shoes and socks to children living in Whatcom County, who are homeless, low-income or in foster care or relative placement. Blue Skies will provide one pair of shoes and one pair of socks for up to (5) five children per family. Children must be ages 6 to 18 to receive shoes and socks.

Frequently Asked Questions:

- When does distribution begin and end? April 18 – May 26, 2016
- What days do you distribute shoes & socks? Mon, Tues, and Thurs.
- What time do you offer appointments? 3:00 to 6:00pm – By appointment only
- Do you have any other appointment times? By appointment only
- How do I make an appointment? Call 360.756.6710 10am-4pm Mon-Thurs
- How do I know if my children are eligible? If a child is eligible for free or reduced lunch program, then they are eligible for this program.

What do I need to bring to my appointment:

- Your child(ren) **MUST** be with you at the appointment so that they can try on shoes.
- An application will be mailed to you when you set your appointment. You must bring a **completed** application to the appointment.
- You must bring ID for yourself and your child(ren). (Call if you have questions)
- You must bring (2) months paystubs, TANF, or other income verification.

Note: Foster family guardians do not need income verification but do need to prove placement.



Wendell Fidele: US Navy
WWII

IN HONOR OF OUR VETERANS



Larry Roberts: US Army
1966-1968



Gordon Kelly: US Marine Corp
1954-1960



Ronald L. Roberts: US Navy



Michael H. Hunter: US Army
1967-1969



Honorato "Bo" Rapada: US Marine Corp
1975-1980



Walter Rick Roberts: US Army



Elder Roberts Jr: US Army
1965-1967



Jovie Jovan: US Navy
Viet Nam 1959-1966



Gregory Polido: US Marine Corp



Moses Polido Jr: US Air Force



George Swanaset Sr: Air National Guard
US Air Force 1965-1974



Robert A. Kelly: US Army
Viet Nam 1962-1964



Elder Roberts: US Army
1965-1967

Picture Note: These pictures represent most of the Nooksack Indian Tribe Veterans; some pictures we have not been able to get. If you have a loved one who is a Nooksack Veteran, please consider sharing their photo. We would love to know who they are and honor them.

Thank y ou.



**Orlean Almojera: US Navy
Viet Nam 1965-1969**



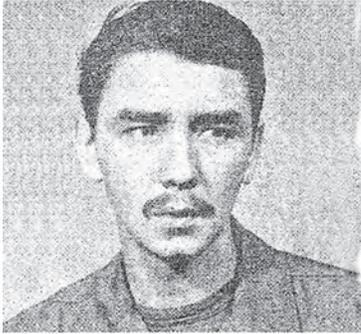
**Darrell Cline: US Army
1967-1970**



**William Cooper: US Navy
1956-1960**



**Robert Jimmy: US Army
Viet Nam 1970-1973**



**Simon Media IV: US Army
1966-1972**



**Gerald Leavitt: US Air Force
Korea 1948-1952**



**Milton Wesley Williams Jr: US Navy
1975-1978**



Jeff Williams: US Army



Name Unknown



**Gordon Cline: US Army
Korean Conflict 1957-1961**



**Troy Jimmy: US Navy
1983-2010**



**Ricky Jimmy: US Marine Corp
1983-1987**



Name Unknown



**Alex B. Cline: US Army
1979-1982**



**David A. Cline: US Navy
1980-1992**



**Russel D. Cline: US Marine Corp
1977-1997**



**Jeffrey L. Cline: US Air Force
1977-1997**



**Sevina Rabang: US Army
1981-1984**



**Rex Wallace Reid: US Navy
WWII 1942-1945**



Why Do We Celebrate Memorial Day?

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered on Veterans Day, Veterans Day is the day set aside to thank and honor ALL those who served honorably in the military - in wartime or peacetime.

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union Veterans, the Grand Army of the Republic (GAR), established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers.

Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30th. It is believed that date was chosen because flowers would be in bloom all over the country.

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C.

The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers and Sailors Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

Official Birthplace Declared

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the birthplace of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo's claim say earlier observances in other places were either informal, not community-wide or one-time events.

By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities.

It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

How you can honor a Veteran:

There are many ways to give back to the more than 23 million vets who have sacrificed so much.

A good place to begin is with the following organizations:

American Legion

Department of Veteran's Affairs

Veterans of Foreign Wars

USO

There are many types of short and long-term volunteer opportunities available through those organizations and the others listed below. Here are 10 ways you can help:

Visit a wounded veteran at the hospital.

Offer your home repair skills to a veteran or military family.

Create an online neighborhood user group that can be used to share information about neighborhood activities, recommend reliable repair companies, and find babysitters. An online group may also help identify the needs of your neighbors.

Volunteer your financial, legal, or career expertise via MilServe.

Deliver a meal or care packages to veterans.

Help a veteran tell their story through a project such as the Veteran's History Project. You can download a VHP field kit from the Library of Congress website.

Volunteer with an organization, such as Canine Companions for Independence, that provide therapy dogs to veterans.

Offer a vet a ride by volunteering with the Disabled American Veterans (DAV) organization, which provides free transportation to men and women unable to travel to VA medical facilities on their own.

Visit serve.gov and use keyword "veterans" to find more opportunities to serve our nation's veterans.

Say "Thank You".

Visit serve.gov to learn more about the Corporation for National and Community Service's work with veterans, read additional veterans and military family stories, or find additional veterans-related resources.

ELDERS LUNCH MENU

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 Everson shopping Pork Spare Ribs Veggie rice Veggies	3 Beef Tip & Gravy Brown rice Veggies Cottage Cheese and Fruit	4 Goulash Garlic Bread Veggies	5 Bellingham Shopping Hamburgers Potatoes Baked Beans Chips	6 Food Bank Teriyaki Chicken Rice Veggies
9 Everson shopping Sweet and Sour Meatballs White Rice Veggies	10 Commodity Fried Chicken Mashed Potatoes Cole Slaw	11 Mac and Cheese With Hotdogs Veggies	12 Turkey Mashed Potatoes Veggies	13 Prime Rib Baked Potatoes Veggies Cottage Cheese and Fruit
16 Everson shopping Tuna Casserole Veggies	17 Soup and Sandwich Ham or Turkey on Whole wheat Potato Salad Cottage Cheese and Fruit	18 Baked Salmon White Rice Baked Beans	19 Beef Taco Refined Beans Salsa and Chips	20 Pork Roast Mashed Potatoes Mixed Veggies
23 Everson shopping Chicken Fried Steak Mashed Potatoes Veggies Cottage Cheese and Fruit	24 Baked Ham Scalloped Potatoes Steamed Veggies	25 Chicken Breast Wild Rice Veggies	26 Pot Roast Baked Potatoes Veggies	27 Cod Fish and Chips Cole Slaw
30 CLOSED Memorial Day	31 Everson shopping Chili Corn bread Veggies Cottage Cheese and Fruit			Lunch is Served at Northwood Casino At Noon

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

Nooksack Cemeteries 2016

Submitted by George Swanaset, Jr., Nooksack Cultural Resources Director

The Nooksack Cemeteries have needed upgrades for some time now; not only to the fences surrounding the perimeter, but also to the grave markers themselves. Due to loss of records, there are some graves that are not easily located in each of our tribal cemeteries.

The Nooksack Tribe has had a couple meetings with community members to discuss the work that is going to take place in our cemeteries in the near future. The Nooksack Tribal members, who were in attendance, gave their blessing to do so. The Nooksack Tribal Council has set aside money for this work to be done, and has it in their hearts.

Tribal maintenance employees, Rick Jimmie and Leno Almojera, contacted three agencies to get quotes on the cemeteries. Once the contractor was chosen, the work began early March, and was completed by the end of March.

The Lynden Jim Cemetery will also be fenced at a later date, when all survey work is complete.

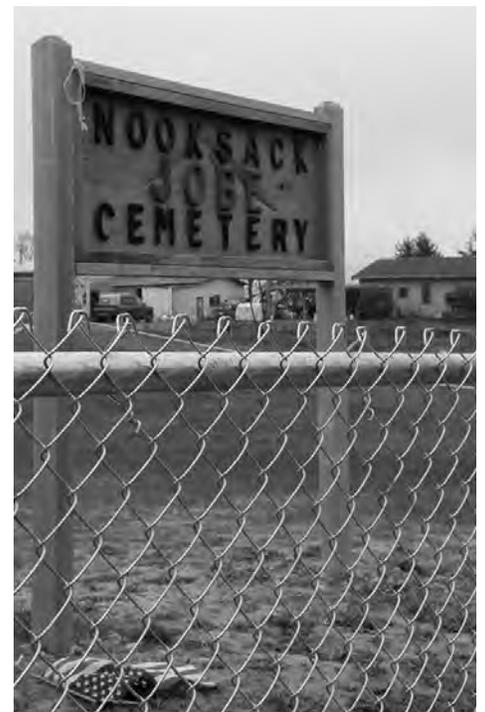
In efforts to continue the upgrades to our cemeteries, we are now using GPS units to record known graves, in order to keep accurate records for our

families. This is not to disrespect families or their loved-one's resting place, but for preservation purposes. It is our intent to "take care", of our loved one's final resting place - to ease the minds of our Nooksack families.

Once we have a complete list, we will begin to place grave markers at each unmarked grave. We anticipate this to begin no later than mid-May of 2016. ■



Case Cemetery



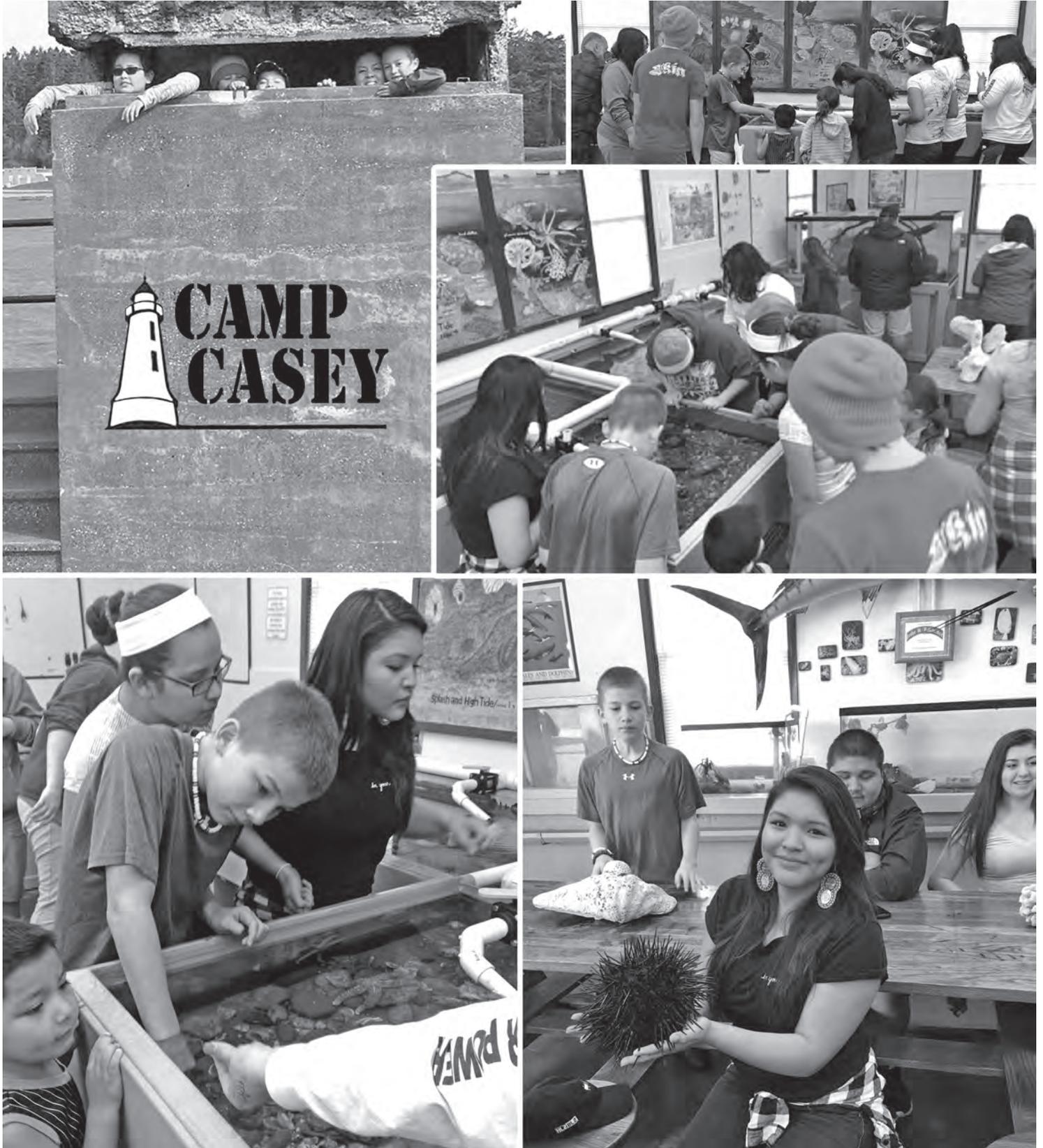
Sulkanum Cemetery



Jobe Cemetery

Nooksack Way of Life sponsors field trip to Camp Casey

During Spring break, April 4-8th, the Nooksack Way of Life sponsored a youth field trip to Camp Casey in Coupeville. 10 youth and 3 chaperones enjoyed a 5 day/ 4 night science focused experience. They went on beach combing walks; took hikes in the woods; and explored the science center and aquatic center respectfully. Students built a campfire and enjoyed s'mores and hot dogs by the open fire. Sleeping arrangements allowed the group to stay in the fort itself. Students who are currently attending the NIT S'í:wesá:ythem tset class earned high school science credit for the curriculum based science activities.



Si:wesa:ylhem tset Class

Another busy month for the Si:wesa:ylhem tset Class started with a trip up Mount Baker to video some territorial views and Nooksack name places for the tribal documentary we continue to work on. We followed that a week or so later with a journey to Semiahmoo to visit another gathering site of the Coast Salish people.

The highlight of the month, however, was the journey to Spokane and the Northwest Indian Youth Conference. The presentations and break-out sessions were very well done, with Nooksack tribal youth consistently involved in both participation and leadership roles, and, of course, the big dance and three-on-three basketball tourney were, well, awesome!

As daily classes continue, several students have accumulated close to the required hours to earn the necessary credits for graduation. More students have asked to be scheduled for the testing necessary to enter Running Start (a way to simultaneously earn high school and college credits) and others will be enrolling in Running Start this month! Thank you for your support of these fine students as they continue their journey to adulthood and academic success. ■





Northwest Indian Youth Conference

The 41st Northwest Indian Youth Conference occurred on March 28th through March 31st. Nooksack Way of Life and the Education Department teamed-up to transport 36 youth, ages 12-18, and 7 adult chaperones to the annual Spokane event. Five vans caravanned over the pass. The event was hosted by the Coeur d' Alene Tribe and the theme was Quest Life is the Best Life. Students who attended were required to have passing grades and good attendance in school. All students participated in workshops, projects and activities throughout the week. Hamilton Seymour won the Mr. NWYAC Award. He competed in talent contests where he lip synched, wrote an essay, and gave a powerful speech. Everyone enjoyed this annual event and many of the youth anticipate returning to the conference again next year.

Quest Life is the Best Life







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.

- May 30 – Memorial Day • 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