Lynden High School invited the Sulkanum singers and drummers to come perform at their Martin Luther King, Jr. all school assembly on January 14th. The drummers took the floor in the gymnasium and performed as students entered and found their seats. Sulkanum’s opening songs set the tone for the event allowing Swil Kanim, of the Lummi Nation, to finish off the assembly as the keynote speaker. This is the first time that the Nooksack Indian Tribe has been invited to participate in a Lynden High School event since the start of the Nooksack Way of Life program. It is the hope of the Nooksack Way of Life Program that the school district will continue to work together in creating additional learning opportunities for all students who attend Lynden School District.

continued on page 2 and 3
On January 15th, the Nooksack Indian Tribe was invited by the Nooksack Valley High School Leadership Team to participate in the Martin Luther King, Jr. all-school assembly.

The Sulkanum singers and drummers opened the assembly with two songs; then after a brief review of the purpose of the assembly, the audience watched a three minute video on war canoe racing. The keynote speaker was our very own Council member, Lona Johnson, who was introduced by Candice Hilton. Lona spoke of the importance of being a leader for your community, family, and school. She spoke about her life as a canoe paddler and how she drew strength from her culture to be the leader she is today.

The end of the assembly started with the NVHS chorus singing a series of Pete Segar songs. The finale, Swil Kanim, who spoke about the importance of honoring yourself, as you honor others.

Mrs. Robinson, the NVHS leadership teacher, was extremely impressed by the presentation of the speakers and drummers. She indicated that in the future the NVHS leadership team will be reaching-out to the Nooksack Tribe again to request assistance with other school events.
Lynden High School assembly

Lona Johnson

Candace Hilton

Sulkanum Singers and Drummers at Nooksack Valley High School
Nooksack Way of Life Program Offers Arts and Crafts

Nooksack Way of Life Program visited the After School Program to provide an arts and crafts table for the students. Children interested in creating a God’s Eye made some to take home and made some to donate to the 2016 Canoe Journey give-away. The children seemed to enjoy making crafts as gifts for family members and for donations to the program for give away. Due to the popularity of this project, NWoL will continue to offer arts and crafts classes on various early release days.

On January 13th, the Nooksack Way of Life program visited the Youth program. The youth enjoyed plundering through a huge box filled with various assortments of beads. They made bracelets to share with friends and family and they made a few to donate.

The beads were donated by various personal friends of the program, including Jennifer Williams.

The Nooksack Way of Life plans to continue to provide beading classes. In the future, the youth will have the opportunity to make bracelets and canoe paddle key chains.

During winter break, Nooksack Way of Life Program offered a paddle necklace making class for the younger kids enrolled in the Youth Program. With the support of the educators, the kids made a necklace to donate to the give-away stash for the 2016 canoe journey and then they made one to take home. Those who participated made each necklace with focused, loving energy. Each were happy to be included in the give-away assembly program. The team will continue to bring various arts and crafts projects to the Youth Program during early release days and no-school days.
Greetings from the Education Department!

We are having a great new year so far. New books and magazines just came into the library. For the primary age group, we added the I Spy series, DC Comics, Marvel Comics and several books from the I Can Read series. We also added more advanced I Spy books for the primary group. For the young adults (teens), we added popular novels including the Pulitzer Prize winning “House Made of Dawn” and a top ten Native fiction book, “Thirty Eight”.

We have three new laptops in our computer lab and the iPad minis continue to be very popular with our kids! Our library is also working on a Digital Literacy grant that will enable us to produce high quality documentary type films. We have already started recruiting for “Stories of the Nooksack Elders” and we are in need of Nooksack Elders to share stories of their childhood, parents, grandparents, history, memories, legends, etc. If you have something to share or you know someone who has something to share, we would love to hear from you!

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**STAR OF THE WEEK INTERVIEW:**

**IZABEL JOHNSON**

**AGE 8**

*My favorite color is:* Red

*My favorite book is:* Spiderman Versus the Vulture

*My favorite movie is:* Spiderman 2

*My favorite sport is:* Soccer and Basketball

*My favorite food is:* Pancakes with Peanut Butter & Jelly and Syrup

*My favorite school subject is:* Math

*My favorite thing to do after school is:* Play Pass with my Dad

*When I grow up, I want to be:* An Astronaut

*I’ll bet you didn’t know that I can:* Shoot a Web out of My Hand

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Showing our Seahawk love on Blue Friday.

Rhonda, Destiny, Samantha and Eldon enjoying the computer lab iPad tablets!
Fun Fridays are for celebrating our new Star of the Week and our Race for Knowledge winners. These children work hard on their homework and reading skills all during the week and it is important to celebrate them. We always have a great time. Please enjoy the Star of the Week interview with Izabel Johnson, age 8. In addition to celebrating, we are committed to offering a cultural activity on every Fun Friday. Currently, we are working on a cedar hat that will be available in the library. Each child is encouraged to try weaving a portion of the hat so in the end they have a beautiful hat they can all look at and know that they helped create it. We expect this project to last a few weeks - weaving cedar can be time consuming for little hands! Up next, we plan to do more weaving by creating bracelets.

If you have any questions or comments for the Education Department, please call us at 966-9696.

Pictured clockwise from top left: Children learn how to weave a cedar hat during cultural art class on Fun Friday. Makalie, Keara, and Eugene; Nika; Eugene; and Keyawna. Race for Knowledge winners enjoy their ice cream reward. Betty, Eugene and Izabel; and Ryan and Brianne.
Now is the time to start applying for scholarship assistance! All of the scholarships are available and out there - you need to develop a scholarship portfolio.

- Learn how to write your personal essay
- Collect your transcripts
- Sell yourself by informing the funder how you plan to give back to the community by highlighting your extra-curricular activities in school, your awards, accomplishments, civic duties, volunteering, sitting on boards and committees are just a few examples
- Ask for letters of recommendations

The Education Department can help:

✓ Email Donia Edwards (dedwards@nooksack-nsn.gov) and set up an appointment.
✓ The Education Department will supply you with the supplies needed to create and keep all your documents together for your personal portfolio.
✓ We have a computer available for internet access or to print
✓ We can also help you apply for admissions and complete your FAFSA.

Get that college degree!

No Excuses.

Need career exploration?

Need help preparing for the college entry exams?

Need money to help pay for the college entry exam fees?

Need assistance to help pay for college admission expenses and related costs?

Contact Lorraine Zapata at 360-966-9696 or email her at Lorraine.zapata@nooksack-nsn.gov.

REMINDER:

The higher education application for tribal assistance is available on the tribal web page. If you do not have access to the internet, call Lorraine.
Positive Indian Parenting
Honoring Our Children
And the Nooksack Way of Life

Session 1 (Jan. 6):
Opening Dinner-4:30

Session 2 (Jan. 13):
Impact of Historical Trauma

Session 3 (Jan. 20):
Choices in Parenting

Session 4 (Jan. 27):
Harmony in Childrearing

Session 5 (Feb. 3):
Traditional Behavior Management

Session 6 (Feb. 10):
Balancing Our Way of Life

Session 7 (Feb. 17):
Graduation Dinner-4:30

Wednesdays, Jan. 6th-Feb. 17th
Doors open at 11:00
Lunch 11:30
Classes 12:00-1:00

This seven-week class draws on the strengths of traditional child-rearing practices and includes: humor, lessons from nature, and elder knowledge and storytelling to blend old values with modern parenting experiences.

All families are encouraged to join!

To register or for more information please contact the
Nooksack Way of Life Program at (360)966-7704

Location: Suchanond Community Building - 2500 Suchanond, Everson, WA 98247
Si:wesa:ylhem tset Class

Since the last update, our class, as usual, has been quite busy. The students wrapped up December by experiencing the honor of serving the elders at their Christmas dinner. With the help and organization of members of the Social Services department, the Si:wesa:ylhem tset Class assembled gift bags, registered the elders as they entered the community center, served meals to the elders, and presented them with gift baskets of Christmas goodies at the conclusion of the luncheon. Peter Joseph and other elders present thanked the students profusely for their service.

While continuing to earn credits for their high school diplomas, in the first two weeks of January, the students had the opportunity to take extended visits at two more of our local institutions of higher education. On the 7th, we visited Whatcom Community College and on the 13th, the class enjoyed seeing the campus and exploring the facilities of Northwest Indian College. Both campuses increased the students’ knowledge and prospects of available career paths and the abundant support these schools offer for reaching their goals via advanced education.

Photos at left:
Si:wesa:ylhem tset class explored Whatcom Community College on January 7.

Photos below:
Students visited Northwest Indian College on January 16.

Photos from the elders Christmas dinner follow on pages 10 and 11.
Make Blood Pressure Control Your Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it’s high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It’s easy to get your blood pressure checked. You can get screened at your doctor’s office and drugstores or even check it yourself at home, using a home blood pressure monitor.

Make Control Your Goal

If you know you have high blood pressure, take these steps to help get it under control:

Ask your doctor what your blood pressure should be. Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time. One way to do that is with this free wallet card[920 KB] from Million Hearts®.

Take your blood pressure medicine as directed. Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.

Quit smoking. If you don’t smoke, don’t start. You can find tips and resources at CDC’s Smoking and Tobacco website.

Reduce sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts® Healthy Eating & Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

American Indian and Alaska Native Heart Disease and Stroke Facts:

♥ Heart disease is the leading cause of death among American Indians and Alaska Natives. In 2013, heart disease caused 2,712 deaths.

♥ Stroke is the fifth leading cause of death among American Indians and Alaska Natives. In 2013, stroke caused 1,552 deaths among American Indians and Alaska Natives.

♥ Heart disease and stroke are also major causes of disability and can decrease a person’s quality of life.

♥ Heart Disease is the first and stroke the sixth leading cause of death Among American Indians and Alaska Natives.*


♥ The highest heart disease death rates are located primarily in South Dakota and North Dakota, Wisconsin, and Michigan.

♥ Counties with the highest stroke death rates are primarily in Alaska, Washington, Idaho, Montana, Wyoming, South Dakota, Wisconsin, and Minnesota.

♥ American Indians and Alaska Natives die from heart diseases at younger ages than other racial and ethnic groups in the United States. Thirty-six percent of those who die of heart disease die before age 65.

♥ Diabetes is an extremely important risk factor for cardiovascular disease among American Indians.

♥ Cigarette smoking, a risk factor for heart disease and stroke, is highest in the Northern Plains (44.1%) and Alaska (39.0%) and lowest in the Southwest (21.2%) among American Indians and Alaska Natives.
Preventing Heart Disease and Stroke Among American Indians and Alaska Natives

Prevent and Control High Blood Cholesterol: High blood cholesterol is a major risk factor for heart disease. Preventing and treating high blood cholesterol includes eating a diet low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise. All adults should have their cholesterol levels checked once every five years. If yours is high, your doctor may prescribe medicines to help lower it. See our cholesterol fact sheet.

Prevent and Control High Blood Pressure: Lifestyle actions such as healthy diet, regular physical activity, not smoking, and healthy weight will help you to keep normal blood pressure levels. Blood pressure is easily checked, and all adults should have it checked on a regular basis. If your blood pressure is high, you can work with your doctor to treat it and bring it down to the normal range. A high blood pressure can usually be controlled with lifestyle changes and with medicines when needed. See our high blood pressure fact sheet.

Prevent and Control Diabetes: Diabetes has been shown to be a very important risk factor for heart disease among American Indians and Alaska Natives.* People with diabetes have an increased risk for heart disease but can reduce their risk. Also, people can take steps to reduce their risk for diabetes in the first place, through weight loss and regular physical activity. For more information about diabetes, see CDC’s diabetes program website.

No Tobacco: Chewing, dipping, and cigarette smoking are non-traditional uses of tobacco among American Indians and Alaska Natives. Smoking increases the risk of high blood pressure, heart disease, and stroke. Never smoking is one of the best things a person can do to lower their risk. And, quitting smoking will also help lower a person’s risk of heart disease. A person’s risk of heart attack decreases soon after quitting. If you smoke, your doctor can suggest programs to help you quit smoking. For more information about tobacco use and quitting, see CDC’s tobacco intervention and prevention website.

Moderate Alcohol Use: Excessive alcohol use increases the risk of high blood pressure, heart attack, and stroke. People who drink should do so only in moderation and always responsibly. More information on alcohol can be found at CDC’s alcohol and public health website.

Maintain a Healthy Weight: Healthy weight status in adults is usually assessed by using weight and height to compute a number called the “body mass index” (BMI). BMI usually indicates the amount of body fat. An adult who has a BMI of 30 or higher is considered obese. Overweight is a BMI between 25 and 29.9. Normal weight is a BMI of 18 to 24.9. Proper diet and regular physical activity can help to maintain a healthy weight. You can compute your BMI at CDC’s nutrition and physical activity program website.

Regular Physical Activity: Adults should engage in moderate level physical activities for at least 30 minutes on most days of the week. For more information, see CDC’s nutrition and physical activity program website.

Diet and Nutrition: Along with healthy weight and regular physical activity, an overall healthy diet can help to lower blood pressure and cholesterol levels and prevent obesity, diabetes, heart disease, and stroke. This includes eating lots of fresh fruits and vegetables, lowering or cutting out added salt or sodium, and eating less saturated fat and cholesterol to lower these risks. For more information, see CDC’s nutrition and physical activity program website.

Treat Atrial Fibrillation: Atrial fibrillation is an irregular beating of the heart. It can cause clots that can lead to stroke. A doctor can prescribe medications to help reduce the chance of clots. See our fact sheet on this condition.

Genetic Risk Factors: Stroke can run in families. Genes play a role in stroke risk factors such as high blood pressure, heart disease, diabetes, and vascular conditions. It is also possible that an increased risk for stroke within a family is due to factors such as a common sedentary lifestyle or poor eating habits, rather than hereditary factors. Find out more about genetics and diseases on CDC’s genomics and disease prevention website.
Coat & Diaper Drive

The Social Services sponsored Coat Drive and it was a success! We had collection boxes throughout the Tribal community and collected approximately ten bags of coats! As promised, we brought all of the collected coats to the January 8th food bank and we are happy to report 90% of the coats were claimed and the last few that were left were donated. We would like to thank everyone who donated to our cause, as this would not have been possible without everyone’s support. We have stored our beautiful donation boxes in preparation for winter 2016. Again thank you to everyone who donated coats and to the social services staff members who helped with the project.

The Diaper Drive is doing well and we were able to bring a very large donation of diapers to the January 8th food bank for distribution AND much to our surprise our monthly surplus from Bellingham Food Bank included three cases of baby wipes! We were able to provide diapers and wipes to several families. As a reminder the diaper drive will go year round and donation boxes are located in Deming and Everson. Our goal is to assist any family who has a need.

What a great way to kick off the New Year: coats, diapers and wipes, oh my! If you have any questions, please feel free to call social services at 360-592-0135.

Elders Update

An update for the community: The elders daily lunches were moved to Northwood Casino in December and will continue until further notice. Please know that is the goal of the social services department (elders program) to resolve daily lunches as quickly as possible. We are diligently working and focusing a lot of our attention to this matter in the best interest of our Tribal Elders. On January 12th, the Social Services Director and Tribal Maintenance Director met with Indian Health Board at the elders facility to view the kitchen. It is apparent, we have our work cut out for us, but it is everyone’s common goal to come up with a permanent solution.

** The Elders Program would like to acknowledge and thank Northwood Casino and their wonderful staff for being so open and willing to work with us with such short notice.

Elders Committee

Social Services is happy to announce the Elders Committee Members: Maureen Marshall, Merle Leathers, Sandra Joseph, Elouise Zapata, Walter Roberts, Gordon Cline, Gary MacWilliams and Staff Facilitator, Sherie Johnny (Assistant Director Social Services Department). Elders Committee meetings are held the first Thursday of each month at 2:30 pm in Tribal Administration Building, Conference Room. All meetings are open to the community, please feel free to come and join us. For more information contact Sherie Johnny at 360-592-0135.

Nooksack Domestic Violence Program (NDVP)

Another month has slipped by and we made it through the holidays. NDVP will continue raising awareness within our community on domestic violence issues. We are looking forward to April, sexual assault awareness month, and will be sponsoring an awareness ‘walk.’ More information will be in our next newsletter.

If you are in need of domestic violence services, please telephone our department. Nooksack Domestic Violence Program is located in the social services department at 5061 Deming Road/P. O. Box 157, Deming, Washington 98244. Our office number is 360-592-0135 and the cell number is 360-927-1675. You can email Tammy Cooper-Woodrich at twoodrich@nooksack-nsn.gov or Leon Cline at LeonCline@nooksack-nsn.gov.

ABE/G.E.D.

Where has the time gone? We are already into a new year. A new year is a great time for making resolutions. What is yours? Does it have to do with an educational change? Brushing up on basic skills or pursuing that G.E.D. you’ve been contemplating for some time? If so, give Deborah Alexander a jingle at (360)592-5176 ext: 3425 and let us get the ball rolling. Classes are small and instruction is individually tailored. Currently we have 7 students attending and are anticipating several graduates by June. The classroom is located in the Social Services building. We meet Monday-Friday 8:30-5:00 and are pretty flexible. Call, stop by, or send Deborah Alexander an email at dalexander@nooksack-nsn.gov. She looks forward to working with you on your educational endeavors. Together we can make it happen.
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– February 5th
Friday– March 4th
Friday– April 8th
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– February 9th
Tuesday– March 8th
Tuesday– April 12th
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
Nooksack Tribal Veterans Program

As we close the book on 2015 and look forward to a whole new year of possibilities, we are so thankful to have called you all friends and supporters. Your unwavering devotion to our troops and veterans is an inspiration to us and makes our mission to support veterans possible. So we welcome 2016 - we cannot wait to see what you have in store.

The VA Reimbursement Sharing Agreement for Direct Care Services of NIT Clinic Project

During the month of January (and February), the NIT Veterans Office and the Legal Department had a conference call meeting with the Office of Tribal Government; VISN20 and VA Medical Center of Seattle to discuss the remaining concerns of NIT to move towards the final written agreement of the VA Reimbursement Sharing Agreement for Direct Care Services.

Need Help with your VA Benefits?
The Nooksack Tribe Veterans Program would like to help all Veterans who have served the U.S. Military access their VA benefits.

Do you need a DD214 (military discharge papers)?
Do you need to apply to the VA Health Care System?
Do you need to apply for your connected compensation benefits?
Do you need to learn more about other VA benefits that is available to you as a Veteran?

Monthly Meetings:
The American Legion, Wendell H. Fidele, Post83, meet every third Wednesday of the month, at 6 PM, in the lower level Conference Room at the Tribal Administration Building, located at 5016 Deming Road, Deming, Washington. We encourage all Veterans, Tribal and non-Tribal to join us. The next meeting is on February 17, 2016.
2016
DIABETES CHALLENGE
(THESE CHALLENGES ARE ONLY FOR DIABETIC PATIENTS)

JANUARY 1, 2016
ENDS: DECEMBER 31, 2016

To be eligible to receive your $30.00 retail card (Big 5 store) you must complete:

* Diabetes Health Exam (including fasting labs and A1c)
* Urinary Micro Albumin/Creatinine Ratio (UACR)
* Foot Exam
* Eye Exam
* See Diabetes Educator/Nutritionist
* Dental Exam or visit

FOR MORE INFORMATION CONTACT: BARB HIMES OR SANDRA BURA  @ 966-2106
MAKE YOUR DREAM OF HOME OWNERSHIP A REALITY!

New Home Owners Class

Nooksack Indian Housing Authority is offering a New Home Owners class to give you important information that can put you on the path to home ownership.

Location: The Community Building
2500 Suchanon
Everson, WA 98247

Date: February 24th

Time: 11:30am to 1:00pm
*Luncheon provided by Nooksack Indian Housing Authority

Neighborhood Mortgage will present information on:

♦ Section 184 Loan: a program specifically designed to provide access to mortgage financing to Native American and Alaska Native tribal members.
  1. Why should you use the Section 184 Loan?
  2. What can you use the Section 184 Loan for?
  3. Where can you use the Section 184 Loan?

♦ Debt to Income Ratio

♦ Credit: Good or Bad
  1. What is good Credit?
  2. What can I do if I have bad credit?

♦ Financial Planning

Nooksack
INDIAN TRIBE

Neighborhood Mortgage
NMLS # 62776
432 W Bakerview Road Suite 101
Bellingham, WA 98226
Phone: 360.671.8044
FAX: 360.671.8043
www.neighborhoodmortgage.net
Make Homeownership Dreams a Reality through Section 184

Nooksack Tribal Members can achieve homeownership dreams by utilizing the Section 184 home loan program, authorized by the Housing and Community Development Act of 1992. The Section 184 program housing program is specifically designed for Native American families to facilitate the ability to purchase a home on or off the Tribal land. The Program can be used to purchase a home, rehabilitate an existing home, or refinance your current home loan. The advantages of the Section 184 loans include: very low down payment of 2.25 percent; interest rates will be locked in at market rates; and, no monthly mortgage insurance fees. An added benefit of this program is that you can use the loan to build a home or refinance your current loan on Tribal Trust Land. The 184 program offers a very low down payment requirement of 2.25 percent of the purchase price.

Down Payment Assistance is available
When using the Section 184 Home loan program, Nooksack Indian Housing Authority (NIHA) can also assist with up to $5,000 toward the down payment portion of the home loan. Unlike traditional programs offered through NIHA, the Down Payment Assistance Program is not low-income restricted. The amount of assistance received through this program is based on the total household income and the size of the family.

Contact NIHA Staff for more information
No matter where you are in the home buying process, NIHA staff is here to assist. Our trained and certified staff is available to meet and talk with prospective homebuyers and provide the tools and knowledge necessary to help you become successful homeowners.

Call NIHA at (360) 592-5163 for more information on all of the above.

How to Submit News to the Snee-Nee-Chum Newsletter
You may submit news items or department updates for consideration to Charity Bernard at cbernard@nooksack-nsn.gov. Items for the March newsletter must be submitted by February 17th.

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

Welcome New Hires!
Billy Wheeler, Automotive Shop Technician
Job Changes: Andrea Garcia, Health Clinic Manager
Alicia Johnny, Medical Support Specialist

Apply for Nooksack Indian Tribe jobs ON-LINE
Visit www.nooksacktribe.org and click on “Careers” to view current job openings, then view job of interest and click on Apply. Complete the First Time Registration and the application. This on-line application can be submitted 24 hours a day.

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

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

Call NIHA at (360) 592-5163 for more information on all of the above.
The Nooksack Tribal Council has approved the 2015 Holiday Schedule. Tribal Offices will be closed on the following day in 2015.

- February 15 – Presidents’ Day
- March 9 – Billy Frank, Jr. Day
- April 22 – Mother Earth Day
- 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