



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 7, Number 2 September 2017

Down the Road and Across the Salish Sea



On August 16, a group of Nooksack teens and their sponsors took advantage of the excellent weather by traveling to Seattle's Pier 55 and venturing forth on a four hour cruise. But unlike the Skipper and Gilligan, they avoided winding up marooned on a desert island. Instead, they found themselves welcomed to Blake Island and feted with a most excellent salmon feast.

With full bellies, our teens then kicked back for a half hour presentation featuring Coast Salish songs, dances, and stories. Time was then available for hiking and exploration. But all too soon, the horn of the Argosy Cruise Lines ship hustled everyone back aboard for a smooth return under blue skies to home port and finally, up I-5 by van to home in the green foothills of Mt. Baker.

Fun Facts:

- Tillicum Village was started as a tourist attraction for the 1962 World's Fair which also was the impetus for the construction of the Space Needle.
- In 1993, President Clinton hosted the first Asia-Pacific Economic Cooperation forum in the Tillicum Village longhouse.
- Tillicum means "friendly" and "people" in Chinook jargon.

Additional photos on pages 2 and 3

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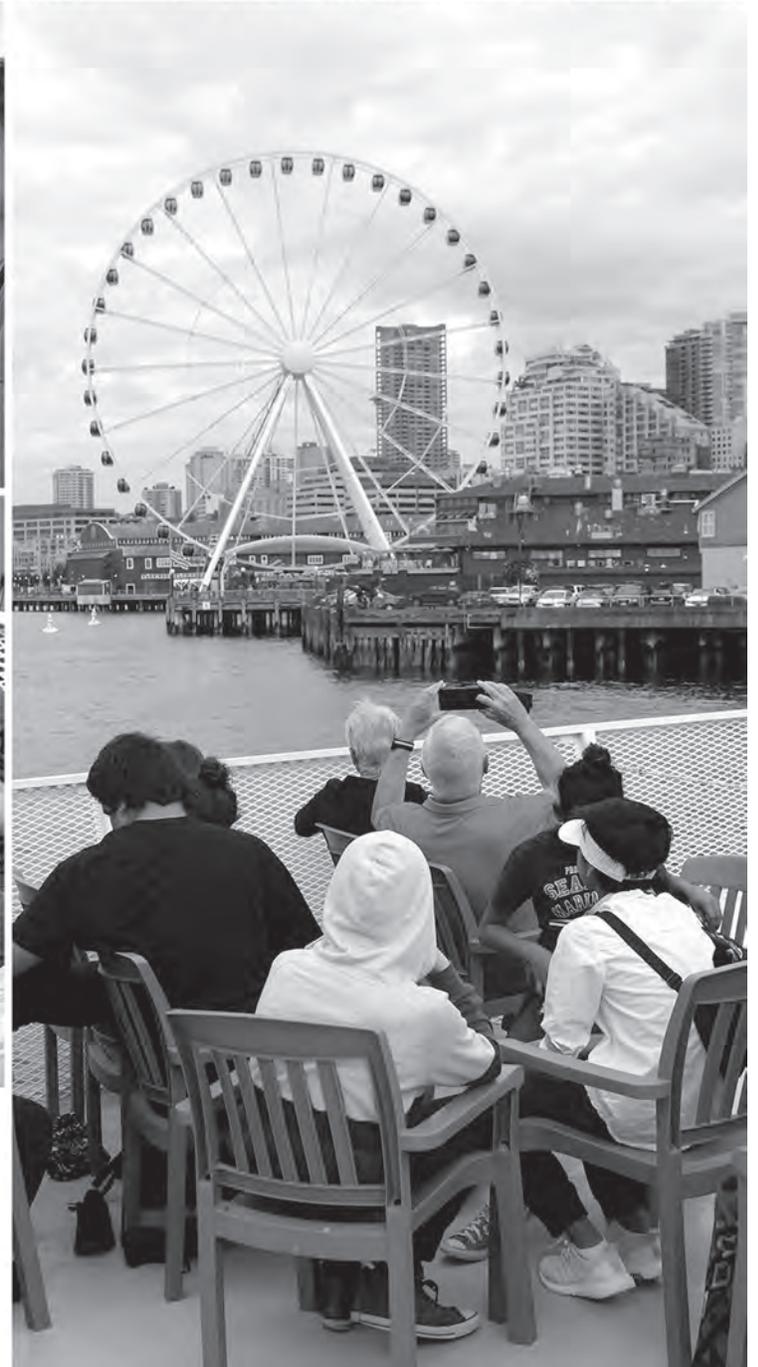
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Φ Φ FOUR-Φ HOUR CRUISE

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

Early Heart Smarts



Posted By Dr. Aamer A Khan, NIT Behavioral Health

Early Heart Smarts is an exciting, evidence-based class approved for children ages 3-6. At this age, children are naturally heart-centered and eager to learn! *Early HeartSmarts* uses games, music, a teddy bear and storybooks to teach about the physical and emotional Heart. Children learn to identify and understand the variety of emotions they experience in themselves and witness in others. They practice expressing and experiencing positive emotion for family and friends. Children also learn problem-solving skills. Finally they learn to remain stable when confronted with difficult strong emotions which will allow them deal with them in a healthy way.

Why is this important? When children learn to develop emotional language and are able to express emotions appropriately, they can then take responsibility for their feelings and behaviors. Developing social and emotional skills allows children to improve focus and concentration at school. This Increase in focus and concentration gives children a chance to learn educational material taught at school. Having good grades and graduating from school allows children a sense of pride and accomplishment that will lead to long term employment and well-being.

This curriculum also focuses on showing kindness and concern for others in their HeadStart community and at home. This will lead to positive relationships within their families and their larger community. Strengthening these community and education skills opens the door to learning traditional and cultural values taught by family and tribal elders. Learning problem-solving skills will help these children solve problems and make smart choices for themselves and the Nooksack tribal community. Confidence and self-awareness provide the strength to do the right thing instead of giving into negative peer pressure and negative pressures from outside the Nooksack community.



Nooksack Indian Tribe

House of Children

Head Start Program

Now Accepting Applications

- Low Income
- Ages 3-4 years old
- Bus transportation available within Service area
 - Provides services with disabilities
 - Average of 16 students per class

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 at
360-592-0141
Monday-Friday
8:30 am – 5:00 pm

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



The facts of lice



What are lice?

Lice are tiny wingless insects that live on a person's scalp and feed on their blood. About the size of a sesame seed, lice lay eggs called nits, which they glue to hairs, close to the scalp.

Each year, head lice get into the hair of **6 to 12 million kids**, ages 3 to 11.

Symptoms of head lice

Your child may have head lice if he or she complains of:

- A tickling feeling in the hair, like something is moving
- An itchy scalp
- Sores on the head caused by scratching

How to check for lice

Carefully part your child's hair with a comb and look for the insect's eggs. Lice eggs, laid in the hair close to the scalp, look like tiny white or yellow ovals and often are mistaken for dandruff flakes.

How head lice are spread

Head lice are mainly spread by direct head-to-head contact, which can be common among kids during play at school, camp, day care or slumber parties.

How to treat head lice

1. Kill the insects. Apply an over-the-counter or prescription medication that will kill lice and nits. Follow the instructions on the label. Comb dead and any remaining live lice out of the hair using a fine-toothed nit comb.

2. Check the hair of family members and close contacts, like babysitters and your child's close friends, for head lice. Keep checking family members for two weeks to be sure the lice are gone.

3. Clean any items your child has worn or used in the past 48 hours. Machine wash clothes and bedding in hot water. Also vacuum carpet and furniture.

How to reduce your child's risk

Encourage your child not to share items that touch the head, like hairbrushes, pillows and hats, and to avoid head-to-head contact while playing with other kids.

Head lice myths, busted!

- Head lice cannot jump or fly from head to head.
- Kids diagnosed with live head lice at school do not need to be sent home early. They can go home at the end of the day and return to class after treatment has begun.
- Getting head lice is not a sign of dirty hair or poor hygiene.

HOUSEHOLD CLEANING

INSTRUCTIONS

FOR

LICE

Adult head lice can live up to 2 days on personal items, stuffed animals, household surfaces, clothing, and bedding. Anything coming in contact with lice or an infested person 2 days before treatment should be cleaned.



Machine-wash all clothing, linens, and personal items in water that is at least 130°F, then dry them in a hot dryer for at least 20 minutes. Allow time for the water to heat up between washings.



Dry clean items that cannot be washed, or seal them in a tightly closed plastic bag for 14 days. After 14 days has passed shake the items outside vigorously to remove dead lice and eggs.



Soak all combs and brushes in hot water (130°F) for 5-10 minutes.



Vacuum carpeting, mattresses, household furniture, and auto upholstery. Take the vacuum outside the house to change the bag or dump the canister. Seal the bag containing the lice into another disposable bag and discard in the trash.

Use the following checklist to help you clean your home:

- Combs and brushes
- Head bands
- Barrettes/hair pieces
- Clothing
- Bed linens
- Mattresses, pillows, pillow case
- Towels
- Hats
- Coats, scarves, earmuffs, gloves
- Car seats

- Baseball caps
- Bike/sports gear
- Headphones
- Furniture
- Auto upholstery
- Rugs, carpeting
- Play mats
- Stuffed animals/toys
- Hair rollers
- Sleeping bag

Healthy Gut, Healthy Brain

Our brain lives in a symbiotic relationship with the bugs in our gut.

Posted By Dr. Aamer A Khan, NIT Behavioral Health

Our brain lives in a symbiotic relationship with the bugs in our gut. Whatever we eat, they eat. In return, they help our brain function optimally in a variety of ways. During the past few years, it has become increasingly apparent that in the absence of bacteria humans would never have evolved to our current level of cognitive performance. Our brains are profoundly dependent upon a wide range of chemicals produced by these gut bugs. For example, without these gut microbes our brains do not correctly develop the serotonin neurons that play a key role in the control of emotion (Molecular Psychiatry 2013;18:666-673).

For every one of your big human cells, roughly 100 to 1000 little bugs live alongside and inside of you. If you were to count all of the cells on and inside of you that are not actually YOU, they would number in the hundreds of trillions, with approximately one million of these microbes living within every square centimeter of your skin! These bugs were not simply along for the ride as we became the dominant species on this planet; they made the journey possible. As soon as individual cells evolved into fully multicellular organisms during the Cambrian period about 500 million years ago they quickly discovered the fantastic survival benefits of fully integrating themselves; once there, they never left.

The total weight of the many trillions bugs that reside in your gut is over two pounds and they are multiplying constantly thanks to all of the nutrients you are providing them; they are also in a constant battle for survival. The viruses in your gut kill so many bacteria every minute that their carcasses account for about sixty percent of the dry mass of your feces (now you know what is in there!).

Gut bacteria produce many different chemicals that can influence brain function (Current Opinion Microbiology 2013;16:246-254). They convert the complex carbohydrates in our diet to the fatty acids butyrate, acetate and propionate. Butyrate can easily leave the gut and enter the brain, where it can influence the levels of the BDNF. BDNF plays a critical role in the birth and survival of neurons and the ability of the

brain to learn and remember. Reduced levels of BDNF are correlated with impaired cognitive function and depression.

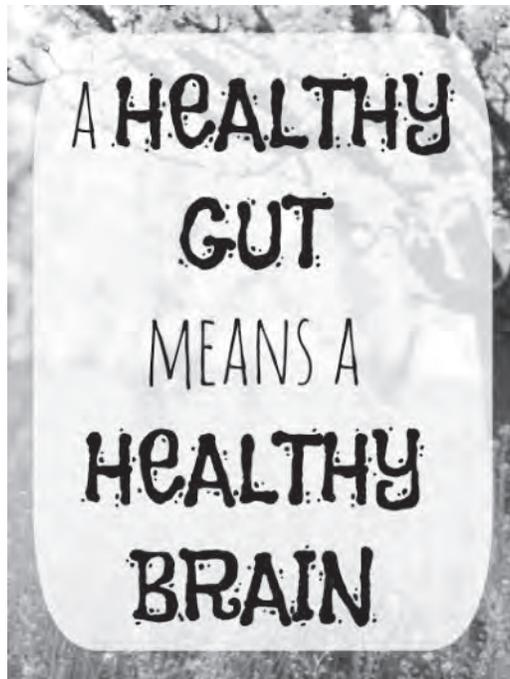
Gut bacteria also produce the neurotransmitters norepinephrine, dopamine, acetylcholine and GABA; although these molecules cannot cross the blood brain barrier, they indirectly affect brain function via their actions at the vagus nerve (J Psychiatric Res 2015;63:1-9). The presence of the bacterium *Bifidobacterium infantis* 35624 has an antidepressant effect in animal models of depression due to its ability to release tryptophan, a precursor to the production of serotonin. Accumulating evidence suggests that gut bugs play key roles in both the developing and mature nervous system and may contribute to emotional and behavioral disorders as well as numerous neurodegenerative diseases.

We need to take good care of these bugs so that they will take good care of our brains. Consuming prebiotics and probiotics can help us to maintain a healthy diversity within the bug environment. For example, elderly and frail humans who have major cognitive impairments also have the lowest level of bug diversity in their guts (Nature 2012;488:178-184). Can we manipulate their world

in order to improve our health? Yes.

Diabetes and the metabolic syndrome are well-known risk factors for developing dementia. A recent study discovered that consumption of *Lactobacillus acidophilus* and nutritional supplements combining probiotics and prebiotics for six weeks had significant positive effects on the level of serum insulin, C-reactive protein and uric acid (Clinical Nutrition 2014;33:198-203). Humans fed a mixture of probiotics containing *Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175 for thirty days had reduced production of the stress hormone cortisol. Clearly, the bugs in your gut can positively or negatively influence your mental function and stress response; it is definitely worth your effort to keep them very happy with a healthy diet.

© Gary L. Wenk, Ph.D. Author of *Your Brain on Food*, 2nd Edition, 2015 (Oxford University Press)



Preventing Bone Loss

Approximately 5.4 million Americans have osteoporosis and low bone mass, according to the National Osteoporosis Foundation (NOF; nof.org). Osteoporosis is a bone disease that results in weak, brittle bones, making them more susceptible to fractures. One of the most common causes of osteoporosis is the failure to take in adequate amounts of key nutrients such as calcium and vitamin D, which is needed to help maximize your body's absorption of calcium. A healthy lifestyle with a balanced diet, including an adequate amount of calcium, and physical activity may reduce the risk of osteoporosis in later life, according to the NOF. The recommended dietary allowance of calcium is 1,000 milligrams (mg) for women ages 50 and younger and men ages 70 and younger. For women ages 51 or older and men ages 71 or older, the recommended daily intake of calcium is 1,200 mg. Along with a healthy lifestyle, supplements can help support healthy bones and reduce the risk of osteoporosis. It is best to get calcium and vitamin D through your diet, but supplements are available if you aren't able to reach your goals. Look for a U.S. Pharmacopeia- verified

product to ensure high quality. Most patients will do well on supplements that contain calcium carbonate or calcium citrate. Calcium carbonate tablets are inexpensive and provide more calcium in fewer tablets, but can cause constipation. Calcium citrate may be tolerated better, but is more expensive and has less calcium per tablet. Calcium is absorbed best if you take no more than 500 mg at a time. A variety of Kirkland Signature™ calcium gummy and tablet supplements with vitamin D can be found in the warehouse and on Costco.com. Your Costco pharmacist can help you pick a calcium supplement that is right for you. Also, free bone-density screenings are offered at Costco pharmacies. Bone-density testing is performed by doing an ultrasound of the heel bone. The test takes about one minute and provides immediate results. The result is reported as a T-score, which is a number that compares your bone density to the average bone density of a young, healthy person. A T-score that is greater than minus 1 is considered normal. The T-score can help determine your risk of having a bone fracture; the lower the T-score, the higher the risk for fracture.



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

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

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

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

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. ■

Steady as you go... How to prevent falls

As we age, falls are a health risk. According to the Centers for Disease Control and Prevention, falls are the main cause of injury deaths among older adults.

To prevent falls:

Always wear shoes.

Clear walkways and remove small area rugs.

On the stairs, fix loose or uneven steps.

Install handrails and make sure there is plenty of light.

Use a nonslip mat on the tub or shower floor.

Install grab bars next to the tub and toilet.

Try a shower chair.

Exercise regularly for strength, coordination, and balance.

Use a cane or walker if you are unsteady.

Have your vision checked regularly.

See your doctor if you have trouble with balance or dizziness.

Have your doctor review your medications for side effects like dizziness or sleepiness.

Get up slowly after sitting or lying down.

Happy Retirement Kathy Puderbaugh, ARNP!

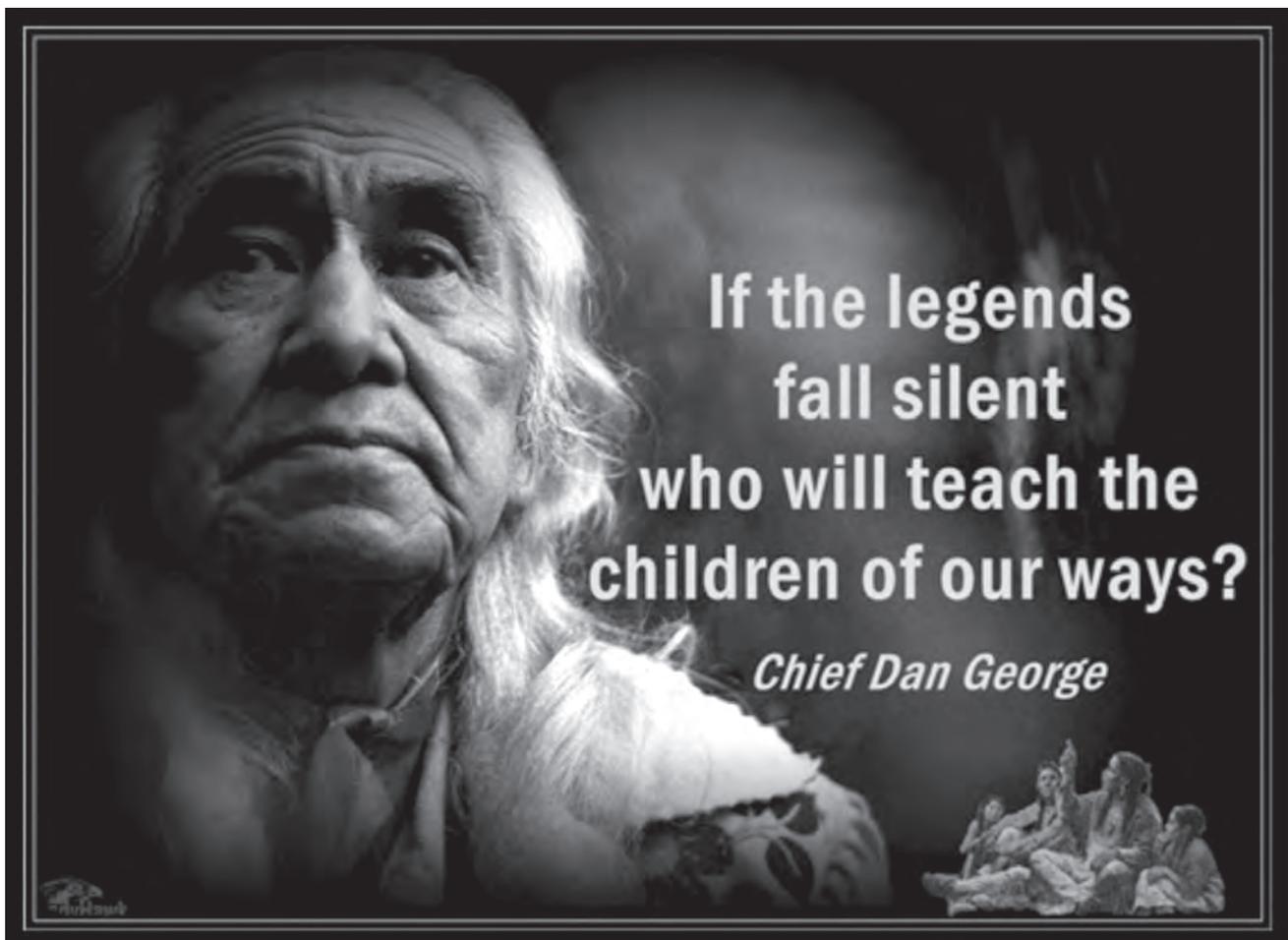
As many of you know, Kathy retired on August 31, 2017.

We've been so blessed to have her on staff as a provider! Kathy's many years of medical expertise is seen each and every day, with all of her patients. If you received care from Kathy you know she always gave 100%. She listened to what you said and understood what your needs were. She never passed judgement, and always gave the upmost standard of care.

Kathy quickly became part of our community and family as she provided compassionate care for so many people, and supported many families through the hardest of times. Kathy is truly one of a kind, and we are all blessed to call her a friend and an amazing colleague.

We cannot express how much appreciation we have for you Kathy, and all the hard work you devoted to us all during your years with the Nooksack Tribal Clinic. We wish you a very happy retirement; you've earned it!!!

With much love and respect always,
Nooksack Health Department Staff



The Legacy Challenge – Passing it on, with ease

ASK YOURSELF this question: When I die, will my family have an easy time tending to my financial affairs? When it comes to protecting and caring for loved ones, there is often a disconnect between the clear intentions in the heart and the practical planning put in place. I understand. Being practical about one's own death is not the easiest of internal conversations. But it is essential to develop a road map that will help your family navigate your financial affairs after you have passed. It goes without saying that your loved ones will be in the midst of a wrenching emotional journey. You don't want to compound their grief

with added stress and frustration if they are left to figure out your financial affairs without any guidance. Here's how to help your family deal with your affairs. Make sure your estate plan docs are up to date. A will, a trust, a financial power of attorney, an advance directive and a durable power of attorney for health care are the must-have documents that will make it easy for your family to care for you if you ever reach a point where you can't express your wishes. And once you die, your will and trust will ensure the smoothest transfer of ownership of your assets. Check that your bank accounts are payable on death. When you die, your immediate family will need to make sure your ongoing bills and outstanding debts continue to get paid. The way to guarantee your family has quick, easy access to your bank accounts is to make sure each account has a payable-on-death provision that transfers the account after you die to the person you designate. When you pass, that person will need to present a copy of your death certificate and

proof of identification, and he or she will be able to step in and pay bills. Create a master list of every financial asset and obligation. It's not good enough to have it all filed away in dozens of folders. It's not enough to have thorough records that make sense to you. What is



necessary is to create a cheat sheet that spells out every investment, insurance policy and debt you have. Not doing this sets in motion an endless search by your family, who will forever wonder if they have found everything. A logistical strategy for doing this: Create a file (online or a hard copy tucked into a filing cabinet) that lists by name every financial

account you have. Don't include any account numbers or other sensitive information. Include a note attached to your master list that explains to your executor that the account numbers (and online passwords, if applicable) are written down and stored in your bank safe deposit box (see below). This isn't about not trusting your loved ones—it's a way to protect yourself from having the information stolen from your home. One final step: Spell out the name of the bank where the safe deposit box is and who in the family has been entrusted to keep a key or knows where you have stashed it. Communicate and update. Let your immediate family know that you have created this master list. If you don't want to share it with them yet, that's fine. But tell them where the list is. A filing cabinet. The lower left drawer of your office desk. Whatever. But you want it to be clearly labeled and kept in a place that you have communicated to your family. I want you to review the list once a year to make sure it remains up to date.

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 October newsletter must be submitted by September 15th.

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

Did You Grow Up Living with an Alcoholic? Are You a Teenager Living with an Alcoholic?

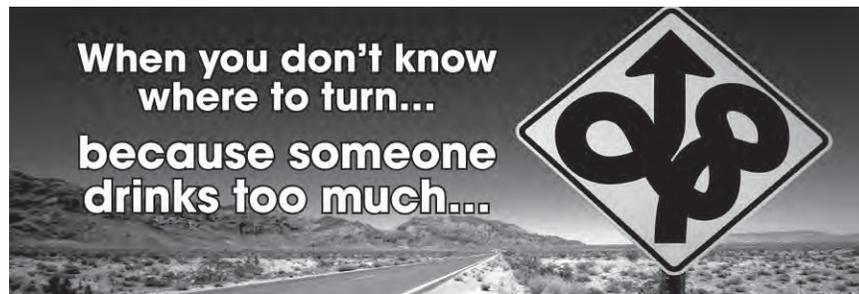
One in four children under age 18 in the United States is affected by a parent's abuse of alcohol. Growing up in a home where one or both parents are alcoholics can have life-altering effects on children, with long-lasting emotional and psychological scars.

Al-Anon Family Groups' latest Membership Survey reveals that more than half of members' lives have been affected by a parent's drinking. Listen to the podcasts and read members' stories to get insight into the help and hope they found in Al-Anon.

How will Al-Anon help me?

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.



What if I am not ready to go to a meeting?

There are a variety of reasons why people are reluctant to attend their first meeting.

First, they're so deeply engaged in trying to cope with a stressful situation that it's hard to break away from engrained patterns of behavior.

On the one hand, we know that any possible solution is likely to be found somewhere we haven't yet looked. But on the other hand, it can be worrisome to try something that seems entirely new.

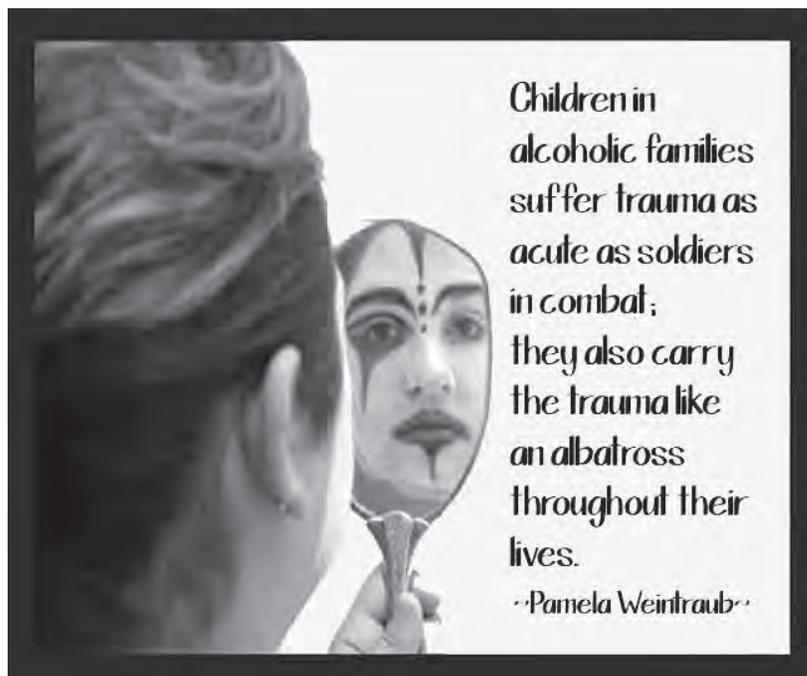
Many Al-Anon members struggled for many years with the difficult challenges of coping with the effects of alcoholism. It's often easier to envision continued difficulties than a positive solution. That's why it's easy to think of so many reasons not to attend an Al-Anon meeting.



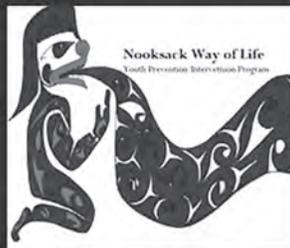
If you feel anxiety about attending an Al-Anon meeting, you're not alone. Many people have felt that way. But overcoming that reluctance is an opportunity for personal growth, the first of many that the Al-Anon program offers. It's the first step on the road to recovery.

Don't worry about whether or not you want to become a "member." Just visit a variety of different meetings to gather information—to hear how the people there handle their issues with alcoholics. It may be that some of their experiences will be helpful to you.

Please feel free to call Genesis II for more information. 360-966-7704



I Empower My Nation Through Participation



For more information call Genesis II at 966-7704

Nooksack Way of Life is Prevention!

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

2017 Naig Medal Count for Team Washington and Nooksack

Team Washington took 10th place out of 22 teams overall in the Indigenous games, with a team of 28 athletes in canoeing. 25 medals total and 24 of them coming from canoeing and one Gold from basketball.

As a team Washington took home 10 gold / 6 silver / 9 bronze. Nooksack, Lummi, Suquamish, Tulalip, and Makah are the communities that participated over the week of competition.

Nooksack's medal count total was 18 with 5 Gold / 5 Silver / 8 Bronze. 6 Medals came from single races and 12 from doubles races.

Single Races (MC1) Medalists

14U Male 1000m Ryan James, Lummi	BRONZE
14U Male 3000m Jaymz Roberts Christjohn, Nooksack	SILVER
16U Female 1000m	... Cei'J Gagnon, Makah	GOLD
16U Female 3000m	... Cei'J Gagnon, Makah	GOLD
16U Male 1000m Zachary Williams, Nooksack	GOLD
16U Male 3000m Zachary Williams, Nooksack	GOLD
19U Female 1000m	... Gina McCaulley, Makah	SILVER
19U Female 6000m	... Ginal McCaulley, Makah	SILVER
19U Female 3000m	... Kayleasha Davis, Nooksack	GOLD
19U Male 3000m Hamilton Seymour, Nooksack	BRONZE
19U Male 6000m Dionisio Romero Ritualo, Nooksack	SILVER



Double Race (MC2) Medalist

14U Male 1000m	... Jaymz Christjohn & Moses Seymour, Nooksack	BRONZE
14U Male 3000m	... Louis Williams & Andrew Williams, Nooksack	BRONZE
16U Female 1000m	... Jenavieve Old Coyote & Ah-Nika-Leesh Chiquiti, Suquamish	...	BRONZE
16U Female 3000m	... Jessica Roberts & Aaliyah Jimmie, Nooksack	SILVER
16U Male 1000m	... Chance Olson & Jaymz Chirstjohn, Nooksack	GOLD
16U Mixed 1000m	... Zack Williams & Aaliyah Jimmie, Nooksack	SILVER
16U Mixed 3000m	... Zack Williams & Aaliyah Jimmie, Nooksack	BRONZE
19U Female 1000m	... Gina McCaulley & Kayleasha Davis, Makah & Nooksack	GOLD
19U Female 3000m	... Gina McCaulley & Cei'J Gagnon, Makah	GOLD
19U Female 6000m	... Gina McCaulley & Cei'J Gagnon, Makah	GOLD
19U Male 3000m	... Dionisio Romero Ritualo & Hamilton Seymour, Nooksack	BRONZE
19U Male 6000m	... Dionisio Romero Ritualo & Hamilton Seymour, Nooksack	BRONZE
19U Mixed 1000m	... Dionisio Romero Ritualo & Catherine Stensgar, Nooksack	BRONZE
19U Mixed 3000m	... Hamilton Seymour & Kayleasha Davis, Nooksack	SILVER
19U Mixed 3000m Gordon Olson & Sakara Harry, Nooksack	BRONZE

ELDERS LUNCH MENU

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed
4 Closed	5 Bellingham Shopping BBQ Chicken Rice Veggies Craft Day	6 Exercise Class Corn Beef Cabbage Potatoes Carrots Commodity Day Craft Day	7 <u>Elders Committee</u> BLT's Potato Salad Chips	8 Food Bank Fish & Chips Coleslaw Clam Chowder
11 Everson Shopping Salisbury Steak & Gravy Mashed Potatoes Veggies Roll	12 Commodity Day Pancakes Sausage Eggs Craft Day	13 Exercise Class Turkey & Dumplings Veggies Rolls Craft Day	14 <u>Elders on travel,</u> <u>Puyallup</u> <u>Emerald Queen</u> Closed	15 <u>Elders on travel,</u> <u>Puyallup</u> <u>Emerald Queen</u> Closed
18 Everson Shopping Pork Chops Scalloped Potatoes Applesauce Veggies Roll	19 Hamburger & Hot Dogs Pasta Salad Chips Craft Day	20 Exercise Class Pot Roast Potatoes Veggies Rolls Craft Day	21 Enchiladas Rice Beans Chips & Salsa	22 Closed
25 Everson Shopping Chicken Alfredo Veggies Garlic Bread	26 BBQ Ribs Potato Salad Coleslaw Baked Beans Craft Day	27 Exercise Class Biscuits & Gravy Bacon Hash Browns Eggs Craft Day	28 Prime Rib Red Potatoes Veggies Roll	29 Egg/Tuna Sandwiches Pasta Salad Chips



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

2017 Holiday Calendar

The Nooksack Tribal Council has approved the 2017 Holiday Schedule. Tribal Offices will be closed on the following days in 2017.

September 1 – Council Elect • September 4 – Labor Day • September 22 – Nooksack Governance Day

October 9 – Coast Salish Day • November 10 – Veterans Day • November 23-24 – Thanksgiving

December 25-29 – Christmas

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: Mike Ashby - interim)

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: Marilyn McLean)

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

Education (Director: Donia Edwards)

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

Youth Program (Director: Roxanne Murphy)

Office (360) 966-2043

Other Services

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

Casino & Market Centre

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