



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 7, Number 8 March 2018

Checking Out Tacoma

If you haven't been to Tacoma in a few years, then it's time you gave it another look. That's just what the Si:wesa:yhem tset Class did one day in early February.

Downtown Tacoma has been transformed and revitalized in the last decade from a rough and tumble port town to a city with a sophisticated urban core. While downtown looks spiffy indeed, we were there for a trifecta of museums; the Washington State History Museum, the Glass Museum, and America's Car Museum.

In our mind-expanding journey, the first stop was the History Museum where we traveled a timeline of exhibits of Washington history starting with the Coast Salish and ending with an overview, along with geology and culture, of the modern economic powerhouse that is our current state. Nope, we didn't forget to spend some time being amazed by the giant model railroad layout. We then crossed the Bridge of Glass to view the Chihuly Glass Museum. After lunch, we motored a mile or so down the road to America's Car Museum, one of the best automotive museums in the whole dang country. The museum started with a donation of 650 automobiles from the LeMay collection; the LeMay family still retains over 3,500 cars themselves. That happens to be the largest private car collection in the world. And it's all right there in Tacoma, a fascinating city just a few miles down the road. Check it out!

additional photos on page 2 and 3



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Protect The Ones You Love

Smart911 is a free, new service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information – including medical issues, current location and even pets - can help Police, Fire and EMS locate and help you.



A free service – Provided by your community



Private and secure – You control your information



Saves time in an emergency – When seconds count



Smart911.comTM

Because every second counts. Sign up today.

Education Department

The Tribal Library decided it would be fun to go around to the school districts that serve our Nooksack students and highlight a different school official every month. This way, our tribal members get to know some fun facts about the school administrators and teachers who see our kids every day. The Education department works very hard at establishing and maintaining open and positive relationships with the schools so as a team we can establish best practices for serving our Nooksack children.

This month we are highlighting Kevin Devere, Principal at Everson Elementary and tireless member of our Education task force. The task force shares information and ideas and brings together members of several schools and tribal departments. During these

meetings we try to best establish ways to bridge the gap between schools and tribe. One wonderful benefit that has come from these task force meetings is school conferences which are held at the community building. That is just one example of course and it shows how much the schools and the tribe really want to do what is best for our tribal children and families. We are dedicated to working side by side to make that happen.

As a reminder, please submit by email (cwenzl@nooksack-nsn.gov) or in person at the Education Department any pictures you have of your child receiving a school award so we can celebrate them in our monthly submission. This month we have Raymond Hillaire who received a Pioneer Pride award from Everson Elementary.

Interview with: Kevin Devere, principal at Everson Elementary with 2nd grade student Ryan Hillaire



What is your favorite –

Food? Sushi

Book? Blue Like Jazz

Color? Sage Green

Movie? A Few Good Men

TV Show? West Wing

What do you do for fun? Run, Hike, Family, Read

If you could have one super power what would it be?

The power to create an equitable world

Do you have any pets? Yes - Dog - Mylie

Who has inspired you in your life? Children

Why? They deserve better

Do you have any hobbies or fun things you do to relax?

Music, Reading

What is the most useless talent you have? Juggling

Where is your favorite place to travel or your dream

travel destination? A warm beach

What inspires you? Excellence; A kind word; Sacrifice;

Thoughtfulness; Faith

STAR OF THE WEEK

Interview with: Kamren

Favorite Food: Oranges

Favorite Movie:

Spiderman

Favorite Animal:

Dog and Cat

My Favorite Thing about

School is: Recess

My Best Friends are:

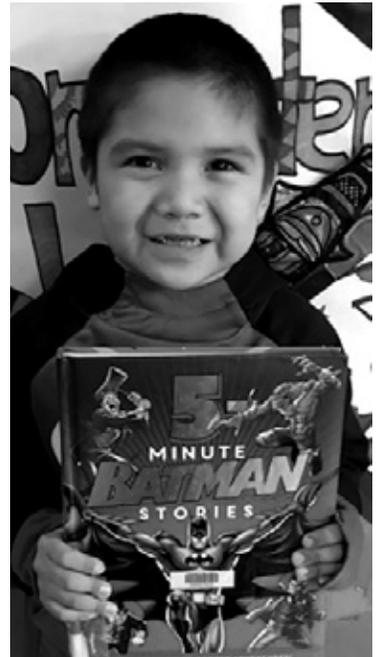
Damien, Troy and Timone

My Favorite Game to

Play is: Speedrun 4

When I Grow Up I want

to be: A Ninja



Raymond receives his **Pioneer Pride** award for “working hard to learn his weekly spelling words and turn his homework in. Awesome! Raymond is a patient work partner with other kids.”



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Nooksack Valley Middle School Attendance Recognition

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Submitted by Jessica Williams, Education Employment/Career Coordinator:

The Nooksack Education department was recently informed of five students attending the Nooksack Valley Middle School who have each accomplished a perfect/excellent attendance record for the first trimester.

The perfect attendance record is limited to students who have no absences or tardies. The education department is happy to recognize Rivenia Solomon in the 7th grade for her perfect attendance record. The excellent attendance record is limited to students who have 2 or less absences and 2 or less tardies. We are happy to recognize Peyton Davis and Samantha Douglas-Julian in the 6th grade, Nathan Roberts and Doreen Jimmy in the 7th Grade and Sonya Swanaset Morris in the 8th Grade. Each student was awarded with a gift certificate, sponsored by the Nooksack Way of Life program, and a certificate of achievement. We want to encourage students to continue with their accomplishments, we also look forward to the next trimester with more students to be recognized.



All 2017-2018 President's List & Dean's List

The Dean's List



At Northwest Indian College the President's List distinction is limited to students who earn a quarterly grade point average of 4.0. The Dean's List distinction is limited to students who earn a quarterly grade point average of 3.5-3.99.

The Education department is happy to recognize the following Nooksack tribal members who have achieved the President's List for Fall Quarter: Mary Brewer and

Veronica Charles. As well as students who have achieved the Dean's List for Fall quarter: Ryawn Cline, Karlee Cooper, Stephanie Cultee, Rebecca Galindo and RoseMary LaClair. We would also like to congratulate Rikkole Edwards for achieving a 4.0 for Fall quarter at Western Washington University.

Congratulations to you all and good luck for winter quarter.

Welcome New Hires!

Tierra McKay (02/01/2018) On-call Youth Aide

Edwards Fornsby (02/01/2018) On-call Health Custodian

Marlene Bishop (02/05/2018) ARNP

Jesse Paez (02/05/2018) Maintenance Technician

Jordan LaTorre (02/07/2018) On-call Youth Aide

Aaron Cline (02/13/2018) Transfer from headstart teachers aide to Natural Resources Restoration Technician

Qwinsee-lah Paez (02/14/2018) Front desk Medical Receptionist

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 HEATER SYSTEM 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.



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. ■



Nooksack Automotive
4975 G Deming Road
Deming, WA 98244
(360) 306-5756

Dealing with a Breakup or Divorce

Grieving and Moving on After a Relationship Ends

Posted By Dr. Aamer A Khan, NIT Behavioral Health

A breakup or divorce can be one of the most stressful and emotional experiences in life. Whatever the reason for the split—and whether you wanted it or not—the breakup of a relationship can turn your whole world upside down and trigger all sorts of painful and unsettling emotions. As well as grieving the loss of your relationship, you may feel confused, isolated, and fearful about the future. But there are plenty of things you can do to cope with the pain, get through this difficult time, and even move on with a renewed sense of hope and optimism.

Why are breakups so painful?

Even when a relationship is no longer good, a divorce or breakup can be extremely painful because it represents the loss, not just of the partnership, but also of the dreams and commitments you shared. Romantic relationships begin on a high note of excitement and hopes for the future. When a relationship fails, we experience profound disappointment, stress, and grief.

A breakup or divorce launches you into uncharted territory. Everything is disrupted: your routine and responsibilities, your home, your relationships with extended family and friends, and even your identity. A breakup also brings uncertainty about the future. What will life be like without your partner? Will you find someone else? Will you end up alone? These unknowns can often seem worse than being in an unhappy relationship.

This pain, disruption, and uncertainty means that recovering from a breakup or divorce can be difficult and take time. However, it's important to keep reminding yourself that you can and will get through this difficult experience and move on with your life as a stronger and wiser person.

Coping with a breakup or divorce

- Recognize that it's OK to have different feelings. It's normal to feel sad, angry, exhausted, frustrated, and confused—and these feelings can be intense. You may also feel anxious about the future. Accept that reactions like these will lessen over time. Even if the relationship was unhealthy, venturing into the unknown is frightening.
- Give yourself a break. Give yourself permission to feel and to function at a less than optimal level for a period of time. You may not be able to be quite as productive on the job or care for others in exactly the way you're accustomed to for a little while. No one is superman or superwoman; take time to heal, regroup, and re-energize.

- Don't go through this alone. Sharing your feelings with friends and family can help you get through this period. Consider joining a support group where you can talk to others in similar situations. Isolating yourself can raise your stress levels, reduce your concentration, and get in the way of your work, other relationships, and overall health. Don't be afraid to get outside help if you need it.

Source: Mental Health America

Allow yourself to grieve the loss of the relationship

Grief is a natural reaction to loss, and the breakup or divorce of a love relationship involves multiple losses:

- Loss of companionship and shared experiences (which may or may not have been consistently pleasurable)
- Loss of support, be it financial, intellectual, social, or emotional
- Loss of hopes, plans, and dreams (which can be even more painful than practical losses)

Allowing yourself to feel the pain of these losses may be scary. You may fear that your emotions will be too intense to bear, or that you'll be stuck in a dark place forever. Just remember that grieving is essential to the healing process. The pain of grief is precisely what helps you let go of the old relationship and move on. And no matter how strong your grief, it won't last forever.

Tips for grieving after a breakup or divorce:

Don't fight your feelings – It's normal to have lots of ups and downs, and feel many conflicting emotions, including anger, resentment, sadness, relief, fear, and confusion. It's important to identify and acknowledge these feelings. While these emotions will often be painful, trying to suppress or ignore them will only prolong the grieving process.

Talk about how you're feeling – Even if it is difficult for you to talk about your feelings with other people, it is very important to find a way to do so when you are grieving. Knowing that others are aware of your feelings will make you feel less alone with your pain and will help you heal. Writing in a journal can also be a helpful outlet for your feelings.

Remember that moving on is the end goal – Expressing your feelings will liberate you in a way, but it is important not to dwell on the negative feelings or to over-analyze the situation. Getting stuck in hurtful feelings like blame, anger, and resentment will rob you of valuable energy and prevent you from healing and moving forward.

Remind yourself that you still have a future

When you commit to another person, you create many hopes and dreams for a life together. After a breakup, it's hard to let these aspirations go. As you grieve the loss of the future you once envisioned, be encouraged by the fact that new hopes and dreams will eventually replace your old ones.

Know the difference between a normal reaction to a breakup and depression – Grief can be paralyzing after a breakup, but after a while, the sadness begins to lift. Day by day, and little by little, you start moving on. However, if you don't feel any forward momentum, you may be suffering from depression.

Helping your kids during a breakup or divorce

When mom and dad split, a child can feel confused, angry, and uncertain as well as profoundly sad. As a parent, you can help your kids cope with the breakup by providing stability and attending to your child's needs with a reassuring, positive attitude.

Reach out to others for support

Support from others is critical to healing after a breakup or divorce. You might feel like being alone, but isolating yourself will only make this time more difficult. Don't try to get through this on your own.

Connect face-to-face with trusted friends and family members. People who have been through painful breakups or divorces can be especially helpful. They know what it is like and they can assure you that there is hope for healing and new relationships. Frequent face-to-face contact is also a great way to relieve the stress of a breakup and regain balance in your life.

Spend time with people who support, value, and energize you. As you consider who to reach out to, choose wisely. Surround yourself with people who are positive and who truly listen to you. It's important that you feel free to be honest about what you're going through, without worrying about being judged, criticized, or told what to do.

Get outside help if you need it. If reaching out to others doesn't come naturally, consider seeing a counselor or joining a support group (see the Resources section below). The most important thing is that you have at least one place where you feel comfortable opening up.

Cultivate new friendships. If you feel like you have lost your social network along with the divorce or breakup, make an effort to meet new people. Join a networking group or special interest club, take a class, get involved in community activities, or volunteer at a school, place of worship, or other community organization.

**EVERYTHING
IS GOING
TO BE
ALRIGHT.
MAYBE NOT
TODAY
BUT
EVENTUALLY.**

Taking care of yourself after a breakup

A divorce is a highly stressful, life-changing event. When you're going through the emotional wringer and dealing with major life changes, it's more important than ever to take care of yourself. The strain and upset of a major breakup can leave you psychologically and physically vulnerable.

Treat yourself like you're getting over the flu. Get plenty of rest, minimize other sources of stress in your life, and reduce your workload if possible. Learning to take care of yourself can be one of the most valuable lessons you learn following a breakup. As you feel the emotions

of your loss and begin learning from your experience, you can resolve to take better care of yourself and make positive choices going forward.

Self-care tips:

Make time each day to nurture yourself. Help yourself heal by scheduling daily time for activities you find calming and soothing. Spend time with good friends, go for a walk in nature, listen to music, enjoy a hot bath, get a massage, read a favorite book, take a yoga class, or savor a warm cup of tea.

Pay attention to what you need in any given moment and speak up to express your needs. Honor what you believe to be right and best for you even though it may be different from what your ex or others want. Say "no" without guilt or angst as a way of honoring what is right for you.

Stick to a routine. A divorce or relationship breakup can disrupt almost every area of your life, amplifying feelings of stress, uncertainty, and chaos. Getting back to a regular routine can provide a comforting sense of structure and normalcy.

Take a time out. Try not to make any major decisions in the first few months after a separation or divorce, such as starting a new job or moving to a new city. If you can, wait until you're feeling less emotional so that you can make decisions with a clearer head.

Avoid using alcohol, drugs, or food to cope. When you're in the middle of a breakup, you may be tempted to do anything to relieve your feelings of pain and loneliness. But using alcohol, drugs, or food as an escape is unhealthy and destructive in the long run. It's essential to find healthier ways of coping with painful feelings.

Explore new interests. A divorce or breakup is a beginning as well as an end. Take the opportunity to explore new interests and activities. Pursuing fun, new activities gives you a chance to enjoy life in the here-and-now, rather than dwelling on the past.

Making healthy choices: Eat well, sleep well, and exercise

When you're going through the stress of a divorce or breakup, healthy habits easily fall by the wayside. You might find yourself not eating at all or overeating your favorite junk foods. Exercise might be harder to fit in because of the added pressures at home and sleep might be elusive. But all of the work you are doing to move forward in a positive way will be pointless if you don't make long-term healthy lifestyle choices.

Learning important lessons from a breakup or divorce

It can be difficult to see it when you're going through a painful breakup, but in times of emotional crisis, there are opportunities to grow and learn. You may be feeling nothing but emptiness and sadness in your life right now, but that doesn't mean that things will never change. Try to consider this period in your life a time-out, a time for sowing the seeds for new growth. You can emerge from this experience knowing yourself better and feeling stronger and wiser.

In order to fully accept a breakup and move on, you need to understand what happened and acknowledge the part you played. The more you understand how the choices you made affected the relationship, the better you'll be able to learn from your mistakes—and avoid repeating them in the future.

Some questions to ask yourself:

1. Step back and look at the big picture. How did you contribute to the problems of the relationship?
2. Do you tend to repeat the same mistakes or choose the wrong person in relationship after relationship?
3. Think about how you react to stress and deal with conflict and insecurities. Could you act in a more constructive way?
4. Consider whether or not you accept other people the way they are, not the way they could or "should" be.
5. Examine your negative feelings as a starting point for change. Are you in control of your feelings, or are they in control of you?

You'll need to be honest with yourself during this part of the healing process. Try not to dwell on who is to blame or beat yourself up over your mistakes. As you look back on the relationship, you have an opportunity to learn more about yourself, how you relate to others, and the problems you need to work on. If you are able to objectively examine your own choices and behavior, including the reasons why you chose your former partner, you'll be able to see where you went wrong and make better choices next time.

Planning for the Possibility of a Lahar Mudslide

A lahar, or volcanic mudslide caused by melting ice, originating from Mount Baker, could flow down the Nooksack River valley and reach Bellingham Bay or the Fraser River. This happened approximately 6,600 years ago, when a lahar flowed down the Middle Fork Nooksack and into the Sumas Valley, possibly continuing as far Bellingham Bay. Initial modeling of a large lahar shows that under the of mud and water could move the upper reaches of the North and could reach Deming in would be expected to slow valley and could reach Everson later. The U.S. Geological Survey is in the process of developing high resolution estimating the affected area sized events. A warning system areas along the river adequate to saving lives and reducing



worst case scenario, the slurry as fast as 50 miles per hour in Fork or Middle Fork valleys less than an hour. The lahar down as it moved down the approximately 60 minutes Survey is in the process of lahar hazard maps and and travel time for different that will give residents of the time to evacuate is critical property damage in the event

The warning system will include identifying evacuation routes, monitoring the volcano for signs of an eruption, and an alert system to warn residents. In October, the Nooksack Tribe will be participating in an active volcano/ lahar drill for the area potentially impacted by a volcanic eruption. The drill is currently in the planning and development phase. A tabletop discussion of evacuation planning for tribal departments is also being developed. For more information about living with an active volcano visit the U.S. Geological Survey at: <https://pubs.usgs.gov/fs/2000/fs059-00/fs059-00.pdf>. For additional information on the active volcano or tabletop drills, contact Sharon Point at spoint@nooksack-nsn.gov.

MARCH 20 & 21, 2018

**MOBILE
MAMMOGRAM
PARTY**

**We are bringing back our Mobile Mammography Imaging
with Swedish Medical Center's Breast Health Express
bus!!**

THE MOBILE UNIT'S EXAM ROOM AND IMAGING AREA ARE DESIGNED
FOR BOTH PRIVACY AND COMFORT.



Join us for a 2-day event; screening for breast cancer and participating in activities, while learning about the importance of early screening/detection.

Spaces are limited, so call the clinic to reserve your space now.
(360) 966-2106

You will not want to miss out on this fun event!!



**Prizes for every
woman screened!**

**Snacks and
refreshments will
be provided**

**Local Health
Partners**

**Breast Health
Education**

**NOOKSACK
HEALTH CLINIC**

2510 Sulwhanon
Dr. Everson, WA
98247
360-966-2106

3/20/18

9am-4pm

3/21/18

9am-4pm

You're Invited

Nooksack Housing and Health Information Fair

When: April 11, 2018 from 10:00 am to 2:00 PM

Where: 2515 Sulwhanon Drive Everson, WA 98247

Mi'sq'eq'o' Community Building

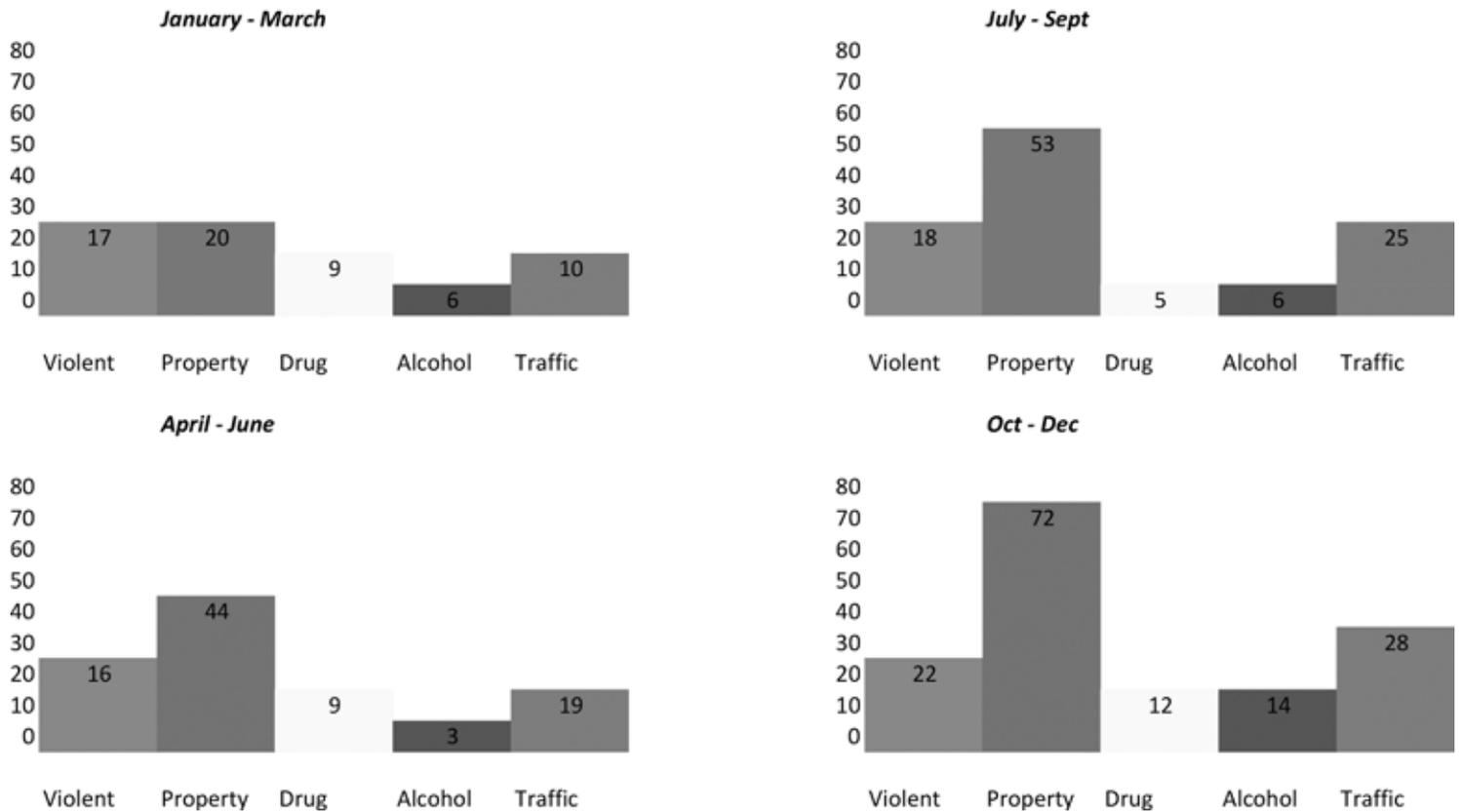
Nooksack Housing and the Health Clinic are providing an informational fair with various surrounding vendors that may be beneficial to your needs. Lunch will be provided. Opportunity to win raffle prizes.

Just a few potential vendors that may be there:

- Nooksack Tribal departments
- Credit counseling information
- 184 home loan Information
- Everything in Sight optical
- Whatcom County Fire District 1
- Opportunity Council
- Costco
- NIT Police
- Insurance Vendors
- Clinic Staff
- Nooksack Housing Maintenance and staff
- Appliance information upgrade

DOOR PRIZES!
RAFFLES!

2017 Types of Crimes at Nooksack



The Crime Chart (above) is a general compilation of five broad categories of crimes for 2017, which include “Violent Crime”, those where an Assault occurred, “Property Crime” where property was stolen, damaged or lost, “Drug Crime” where an illegal substance was involved, “Alcohol Crime” where alcohol was used during the commission of the crime, and “Traffic Crime” where the crime involved a vehicle. There are many different individual crimes that are grouped together to form these five broad crime categories, but what they indicate is that our Community is a relatively safe Community. Our main category of crime in Nooksack, was Property Crimes, dealing with lost, stolen or damaged property. Our Violent Crime and Drug related Crimes remain low when compared with many other local Communities.



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 the April newsletter must be submitted by March 17th.

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



Commercial Fishing License & Permits



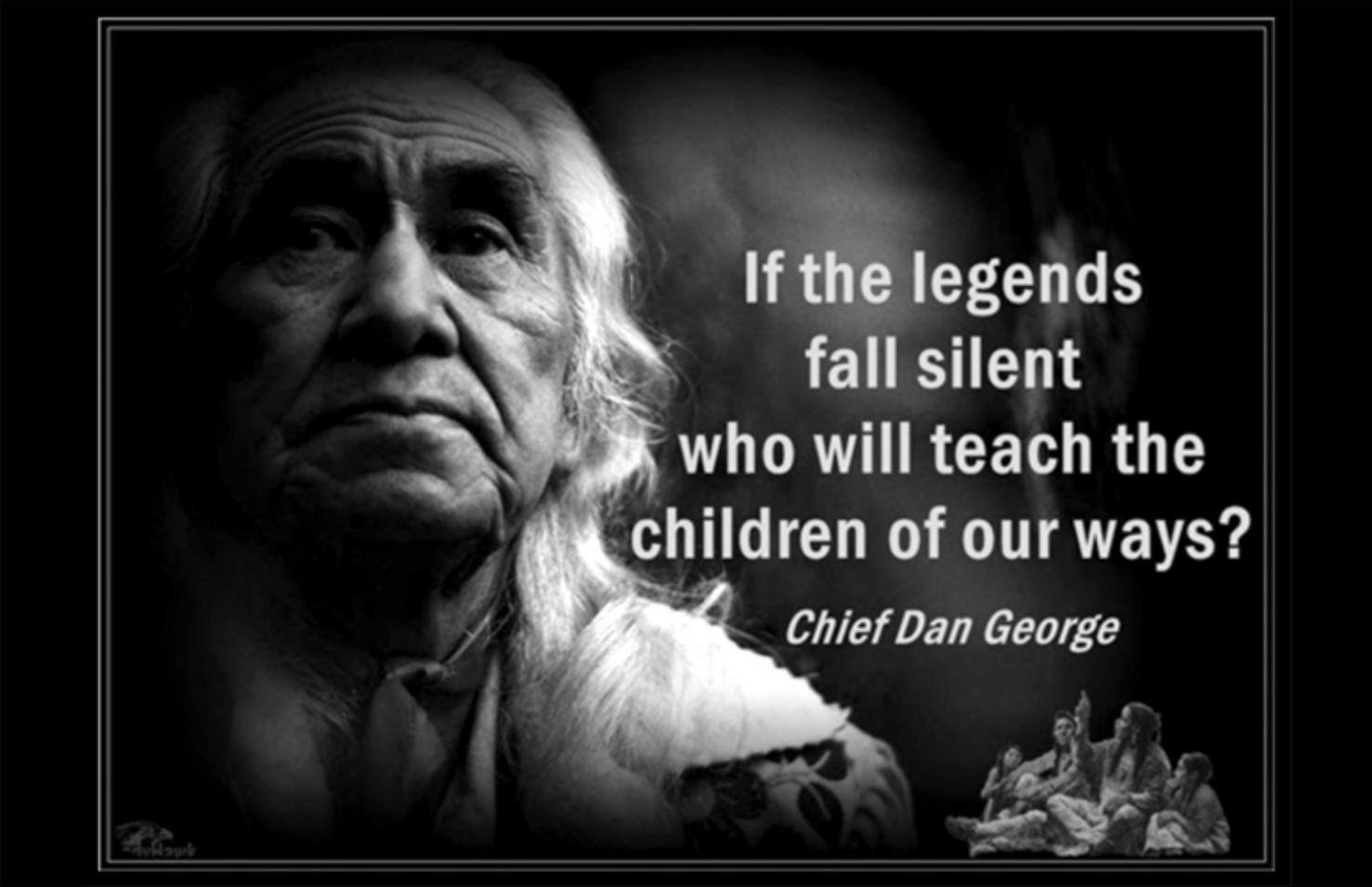
COST FOR PERMITS:

<u>PERMIT TYPE:</u>	<u>COST:</u>	<u>DECAL ABBREVIATION:</u>
CRAB	\$20 ea.	C
SHRIMP	\$20 ea	S
SEA URCHINS	\$20 ea	SU
SEA CUCUMBER	\$20 ea	SC
GEODUCKS	\$20 ea	G
FISHING DECALS	\$20 ea	
NEW VESSEL REGISTRATION	\$25 ea	
RENEWAL VESSEL REG.	\$25 ea	
FISH BUYER LICENSE	\$25 (PER STATION)	
FISHING ID		

ALL FISHING PERMITS EXPIRE ANNUALLY ON JUNE 30TH
(FISHING BUYERS LICENSE EXP. ON A CALENDAR YEAR JAN-DEC)

HUNTING TAGS

DEER/ELK	\$10	EXP: Sept. 1st- Feb. 28th)
BEAR/COUGAR/MT. GOAT	\$15	EXP: CALENDAR YEAR



If the legends
fall silent
who will teach the
children of our ways?

Chief Dan George

ELDERS LUNCH MENU

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hamburgers Chips Baked Beans	2 Salmon Patties Pasta Veggies
5 <small>Bellingham Shopping</small> Commodity Day Biscuits and Gravy Eggs Hash browns	6 Beef Stroganoff Veggies	7 <small>Exercise Class</small> Chicken Pot Pie Veggies	8 Pizza Salad	9 Closed for Billy Frank Jr Day
12 <small>Everson Shopping</small> Sloppy Joes Chips Fruit Salad	13 French Dips Fries Veggies	14 <small>Exercise Class</small> Chicken Stir Fry Rice	15 Baked Chicken Rice Veggies	16 <small>Food Bank</small> Corn Beef & Cabbage Carrots, Potatoes & Soda Bread
19 <small>Everson Shopping</small> Pork Roast Potatoes Veggies	20 Egg/Tuna salad Sandwiches Chips Fruit Salad	21 <small>Exercise Class</small> Pork and Cabbage Rice	22 Turkey Gravy Potatoes Veggies	23 Shrimp Rice Veggies
26 <small>Everson Shopping</small> Pancakes Sausage Eggs	27 Fajitas Beans Rice	28 <small>Exercise Class</small> Baked Chicken Potatoes Veggies	29 Goulash Veggies Garlic Bread	30 Baked Fish Pasta Veggies



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

2018 Holiday Calendar

Tribal Offices will be closed on the following days in 2018:

March 9 – Billy Frank, Jr. Day • April 23 – Mother Earth Day • May 28 – Memorial Day
 July 4 – Independence Day • August 31 – Council Selection • September 3 – Labor Day
 September 24 – Governance Day • October 9 – Coast Salish Day • November 12 – Veterans Day
 November 22-23 – Thanksgiving • December 24-28 – Christmas Closure / Administrative Leave

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