



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 8, Number 12 July 2019



Memorial Day Ceremony



The Nooksack Veterans Program and the American Legion Wendell H. Fidele Post #83 co-hosted the Memorial Day Ceremony May 24, 2019 at the Mí sq' eq' ó Community Building.

May 3, 2000, President Clinton requested and encouraged individual departments and agency personnel, and Americans everywhere, to pause for one minute at 3:00 p.m. (local time) on Memorial Day, to remember and reflect on the sacrifices made by so many to provide freedom for all.

We would like to recognize those whom made the ultimate sacrifice as well as their family members for this Nation.

Katherine Romero, Keith Lindsey and Lonnie Rose were our honored speakers and gave a heartfelt speech remembering our Veterans past and present.

Leah Z., Edward F., Jamie J., made a wonderful meal for this event. Mike R. and Staff gave us the delicious barbequed sockeye salmon.

Thank you to our Color Guard, Commander Elder Roberts, Emcee Don A., Chaplin Jeremy B., Bugler Wayne F., The Sulkanum Singers. A special thank you to Keith Lindsey's Youth, Vickie and Jim Phy, Penny F. for helping with the decorations.

Photos on page 2 and 3.

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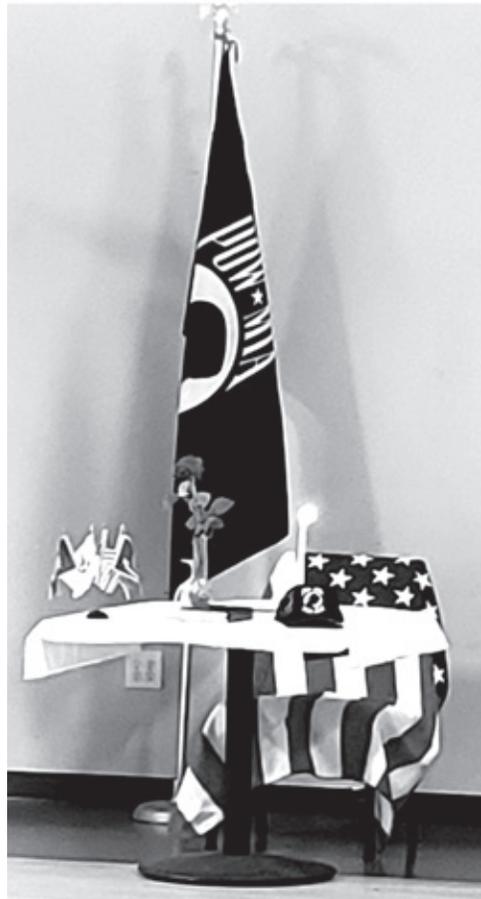
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NOOKSACK AUTOMOTIVE DEPT



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.



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

HAPPY 4TH OF JULY!

Hi everyone, it's firework season again! This is Officer Dan Nevares with your Nooksack Tribal Police Department and I want to ensure that everyone in our community is celebrating and enjoying the holiday safely. The open hours of the firework stands are from June 8th through July 3rd and July 6th through July 8th. Hours of business are 8:00 am to 11:00 pm.; and from 12:00 am on the 4th through 11:00 pm on July 5th.

At the Police Department, we bear the weight of enforcing and administering all fireworks Ordinances as provided in Title 55 of the Nooksack Tribal Code to ensure that everyone is safe and having fun. Your Police Officers are here to protect the public's safety and to ensure there are no injuries to anyone in the Nooksack Tribal Community from unsafe use of fireworks.

As we all know, the Police Officers aren't be able to be everywhere in the community, even when they are needed the most. Here are some basic facts and safety tips that will aid each and every one in the community in a safe and fun 4th of July Holiday.

According to the American Society for Surgery of the Hand:

Fireworks burn greater than 1,000 degrees Fahrenheit. If not used properly, fireworks can cause serious burns and other injuries which can result in:

- o Extensive scaring
- o Hospitalization
- o Surgeries
- o Amputation of the Hand

In 2016, sparklers alone caused a reported 1,300 hand and finger injuries, contributing to a total of 11,000 fireworks injuries. Don't let this happen to you!!! Follow these important safety tips while using fireworks.

1. Never consume drugs or alcohol when using fireworks.
2. Do not allow children to handle fireworks without an adult's direct supervision.
3. Always wear eye protection when using flammable material.
4. Never hold a firework that is not meant to be held.
5. Light only one firework at a time, and only light them outdoors, never in the direction of another person.
6. Never relight a firework that does not go off. Wait 20 minutes and then place it in a bucket of water.

If you seriously injure yourself or someone else while using fireworks, call 911 or go to the emergency room immediately!!! Remember that your Police Officers primary function and concern is for the community's health and wellbeing during this exciting holiday. Furthermore, it is ultimately up to you to make sure that the 4th of July celebrations are a safe and enjoyable experience.

Have fun and have a happy and safe 4th of July season!

– Officer Dan Nevares, Nooksack Tribal Police

Gerald Leavitt

Born June, 1929



My mother's name was Winifred Adaline Tenny Leavitt, and she would be the niece of Joseph Louie, her mother was his sister.

Childhood memories – we did a lot of things living out in the woods. We use to go over the property and down to the river a lot when the salmon were running and get salmon. We hunted in the back yard and we use 22's because they didn't make much noise when we wanted some venison we would just go get it no matter what time of year it was. Went to school, went to elementary grades went to Maple falls and there was no junior high so when I finished the elementary grades I started mount baker high school and I graduated from there in 3 years and I didn't go the last couple months, I could have graduated a year before but I took a job U.S. Coast and geodetic surveys and I never quit. I did my whole senior in very little time I had all my credits done when I was a junior, I could have graduated when I was a junior but I didn't.

Adulthood – I don't really do much of my favorite activity anymore but I used to like hike up the mountains find a place to stay overnight with nothing and just stay out there for a while. And if you know what to eat and know where to do things like that you can live forever out in the woods. In Washington and this side of the mountains there so much stuff out here that's good to eat, plants, birds, and animals.

Greatest Influences – Art Louie, he was Joseph Louie's brothers. I used to go fishing and hunting with them and they showed me we would go out and maybe stay out a week with just what we had on and nothing else and a 22 so we could get grouse and eat we'd eat off the land.

Greatest Joys – It can rain and snow and I'm still home. I was raised here. I know these hills clear to the silver lake area and I don't think you can lose me anywhere but I can sure lose you. Its good here, it's good to see some of my relatives here too.



Gerald Leavitt: US Air Force, Korea 1948-1952

HUNTER ED COURSE



ABE / G.E.D.

Hunter Education is planned on being offered this year. Prospective students who want to learn basic hunter and firearm safety are encouraged to pick up an application at the front desk of the Nooksack Police Department or the Nooksack Natural Resource Department. Please return as soon as possible so that a class can be planned for late summer or early fall. Once enough students have registered, the student will be contacted with a training date.

The course will be held on a weekend and would require successful completion of 16 hours of class room instruction and passing a final cumulative written examination with 80% or better. The prospective student would then be issued a Washington State hunters education card. Please contact Officer Brandon Farstad at the Nooksack Police Department or the Nooksack Natural Resource Department for further information.

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's 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's 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.

Shoot me an email at dnaughton@nooksack-nsn.gov or call (360) 592-0135. I look forward to meeting you and getting you started on the road to GED success.

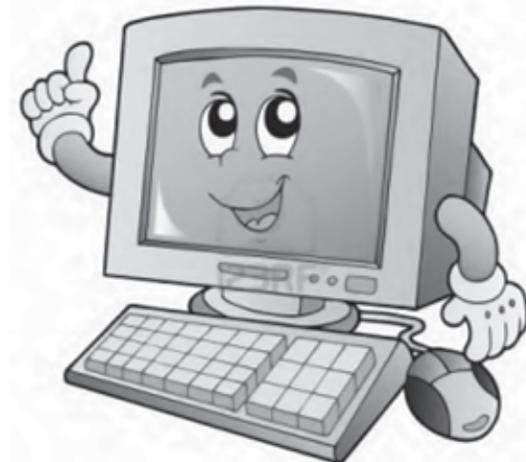
Desmond Naughton BA
ABE/GED Instructor



Website Development and Redesign Committee

The NIT IT department is looking for a few volunteers to join the Website Development Committee! Your input is requested to make our website more easy to use and portray what the Tribal community wants to see!

If you would like to volunteer to be a part of this committee, please email Daleno Cooper, IT Director, dcooper@nooksack-nsn.gov.



Monthly Report of the Nooksack Tribal Court

Nooksack Tribal Court was established by the Nooksack Tribal Council in June of 1980. The Tribal Court's mission is to fully implement the general jurisdiction and judicial powers statutorily delegated by the Council. The Tribal Court is open during regular Tribal government business hours, Monday through Friday, 8:30 a.m. to 5:00 p.m. The Court's phone number is (360) 306-5125. By order of former Chief Judge Montoya-Lewis, all civil filing must be received by the clerk's office by 3:30 p.m. All criminal filings must be received by the clerk's office no later than 4:00 p.m. The Court has an established fee schedule applicable to the filing of cases and pleadings.

This year through May, the Nooksack Tribal Court has conducted a total of twenty-six civil hearings as follows:

- Animal Control: 3
- Child Custody: 4
- Child Support: 1
- Exclusion: 1
- Housing: 3
- Name Change: 1
- Natural Resources Infraction: 1
- Parenting Plans: 5
- Termination of Parental Rights: 2
- Traffic Infraction: 3
- Vehicle Impound: 2

In addition, the Court has conducted a total of forty-eight criminal hearings.



NEW HIRES

05/22/2019
Ryan Hilton
Custodian

06/03/2019
Kenrick Doherty
Temp Project Laborer

05/29/2019
Joseph Ruddy
Gardener

06/03/2019
Kurtis Kelly
Temp Project Laborer

05/28/2019
Catherine Stensgar
On-Call Receptionist



Catherine Stensgar

Catherine is here for the summer – back from University of Hawaii, where she is doing her undergrad courses. She is helping the Tribe as an on-call receptionist during her summer stay.

While Hawaii is great and has beautiful weather – the Tribe is home. If you are around, stop in at admin to say hello.

How to Submit News to the Snee-Nee-Chum Newsletter

You may submit news items or department updates for consideration to Charity Allen at callen@nooksack-nsn.gov.

Items for the August newsletter must be submitted by **July 17th**.

Questions?

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

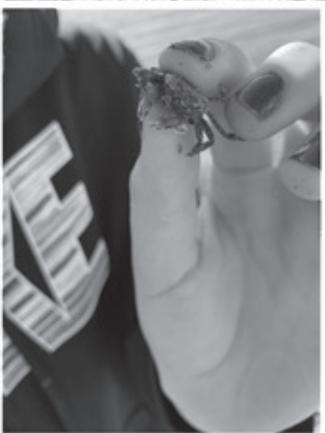
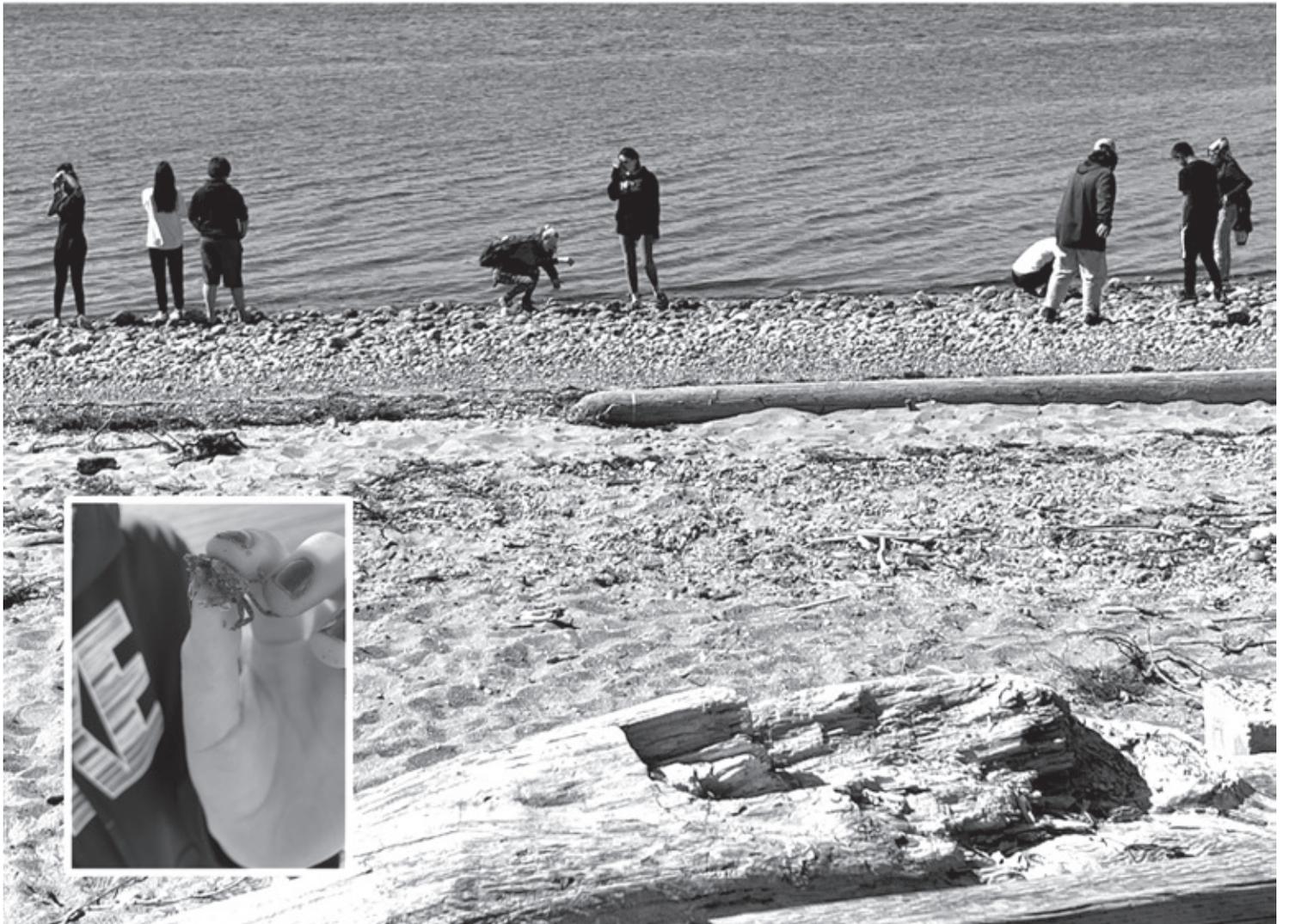
Awards, Awareness, and Awesomeness

Your Nooksack Tribe Education Department has implemented some new strategies to insure the academic success of our children. Of course, a main key to academic success is attendance. If your child is not in school they can't learn and make joyful progress up the ladder of grades to high school and beyond. To provide some motivation in that upward and onward direction, Ravenia Williams, our school district liaison, held (with the help of Nooksack Way of Life staff) the department's first Attendance Awards dinner. The great news is that there were *a lot* of Nooksack children getting awards for perfect or improved attendance. Just take a look at their smiling faces. Keep up the good work kids and families!

Teen Program participants spent some time learning about our sensitive aquatic environment by exploring the beach at Semiahmoo. Just turn over any rock and you'll see a lesson in awareness of how nature protects and grows all the little critters that will become big critters, keeping the circle of life rolling.

On June 12 Nooksack Way of Life, the Education Department, and Behavioral Health sponsored both a Fathers' Day BBQ lunch and an end-of-school-year cookout for our fathers and our Youth and Teen Program kids. Dean Ollinger and his staff did an awesome job of cooking up and dishing out good eats for lunch *and* dinner. Behavioral Health provide raffle items of toys and gift cards for all the young people present too. All this hard work is the definition of *awesomeness*.







Early Childhood Development

Submitted by Alicia Allard

Early Childhood Development Manager Nooksack Indian Tribe

Greetings from the Early Childhood Development Department! The Spring rains have brought us an abundance of beautiful flowers, and hopefully everyone has had some time to get outside and listen to the birds and the hum of the insects as they help pollinate and spread the seeds that will soon bring us summer berries and plants. This short season of growth, when the natural world wakes up from its Winter sleep; is a great time to reflect on the value of Early Childhood Education and the lifelong impact we have on the lives of children when we support them in those early years of growth.

Recently, Tribal Early Childhood Professionals; Culture and Language educators and scholars; Tribal Leadership and elected officials representing numerous Tribes from Washington and Alaska came together for the Early Learning Language Summit, hosted by the Lummi Nation and the Washington State Department of Children, Youth & Families (DCYF). This Summit was an opportunity for Tribal Early Childhood educators to share their successes and challenges in integrating language into the early childhood education programs in their communities. Nooksack was represented by the Head Start program and the Early Childhood Development Department, and all attendees came away with an increased commitment to ensuring Nooksack language and culture are at the core of the curriculum of all early learning programs in the community, from Head Start to Child Care. We would like to say Hy' Shqe to Lummi Nation Culture & Language Department and DCYF for hosting this important Summit, and bringing so many Educators, Scholars, Activists and Tribal Leaders together to discuss the many issues related to Tribal language education in early learning programs.

During this Summit we were reminded that the first few years of a child's life see the most rapid brain development of any time in a human's life. Newborns can recognize their mother's voice and language, and every word spoken to them and interaction in those first years supports their brain development. Early Childhood Education programs partner with families to provide high-quality care and education during these early years, because the experiences a child has during the first five years of life greatly impact their lifelong wellness and academic success.

Those of us who work with young children know that parents and families are their first and most important teachers, and all education begins at home. With that in mind, and with Summer fast approaching when many children will be home all day tempted by TV and video games, the Early Childhood Development Department would like to share some fun FREE family activities for Summer. These activities are focused on getting kids outside, are no or low-cost, and can be enjoyed by family members of all abilities and ages. We hope you enjoy these or other activities with the youngest ones in your family, and always remember the impact you have on their development every time you spend time with them.



1. Try a Nature Photo Scavenger Hunt

a. Great for Camping Trips and mixed age groups.

b. Make a list of 10-20 natural items (Many free downloads available) and challenge the family to see who can check off all the items on the list first.

c. Help children identify plants, animals that are new to them, older children can practice reading new words, children of all ages can practice Nooksack language.

2. Make a Homemade Bird Feeder

a. Cover pinecones in peanut butter and roll in birdseed, oats, dried berries, ect. Hang from a string outside and watch as the birds enjoy their snack.

b. Help children identify, count and name which birds visit the feeders.

3. Summer Sensory Exploration

a. Take a family trip to one of our many family friendly (even stroller and wheelchair friendly) parks and nature trails around the county.

b. Challenge the children to notice something that uses each of their senses: Smell, Touch, Taste, Sight, Hearing while they enjoy the walk. At the end of your walk ask the children to share what they saw and why they chose it.

c. Ask them questions along the way about what they see, what colors, what smells, what can they hear?

Have a safe and happy 4th of July!

Summer Sun Safety



Summer is here! While we are spending more and more time in the great outdoors, it is important to remember to protect ourselves and our families from harmful Ultraviolet Radiation (UV rays) produced by the sun. People who get a lot of exposure to the sun's UV rays are at an increased risk for skin cancers and eye problems. The sun's rays can damage your skin in as little as 15 minutes, so it is important to take a few steps to protect yours and your loved ones' health.

Sunglasses

Sunglasses are the best way to protect your eyes from the sun. Be sure to get sunglasses that block both UVA and UVB rays. Labels that say "meets ANSI UV Requirements" mean the glasses block at least 99% of UV rays.



Hat

A hat that has a brim all the way around that shades your face, ears, and the back of your neck is the best. If you wear a baseball cap, you should also protect your ears and the back of your neck.



Clothing

When weather permits, long-sleeved shirts and long pants and skirts provide protection against UV rays. A wet T-shirt offers much less UV protection than a dry one, and lighter colors have less protection than darker ones. A typical T-shirt has an SPF rating lower than 15, so don't rely on it for sun protection. If you can see light through a fabric, UV rays can get through, too.



be **SUN** safe

Sunscreen

Sunscreen plays an important role in protecting the skin against UV rays. You should put on sunscreen at least 15 minutes before you go outside, even on cloudy or cool days. Reapply it if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off. Always check the expiration date on sunscreen to be sure it's still effective. Sunscreens have a sun protection factor (SPF) number that reflects their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen (which protects against UVA and UVB rays) with an SPF of at least 15; if your skin burns easily, use SPF 30 or higher. Children under the age of 6 months cannot wear sunscreen and should be protected from the sun using hats and protective clothing, and kept out of direct sunlight.

People with certain medical conditions will need to take extra care in the sun to prevent exposure related complications. Please see your medical provider if you have any concerns or questions about staying safe in the sun. Be safe and have fun outside!

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!).

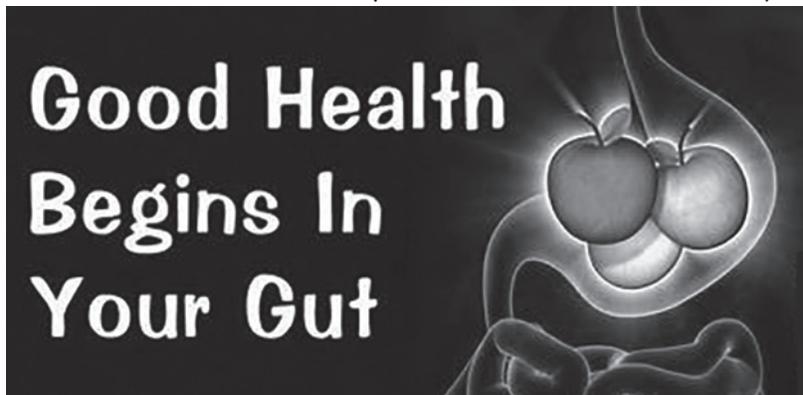
Gut bacteria produce many different chemicals that can influence brain function (Current Opinion Microbiology 2013;16:246-254). They convert the complex carbohydrates in our diet to the fatty acids butyrate, acetate and propionate. Butyrate can easily leave the gut and enter the brain, where it can influence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



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© Gary L. Wenk, Ph.D.

*Author of Your Brain on Food, 2nd Edition, 2015
(Oxford University Press)*

Do You Have Questions About Child Support?

The Nooksack Child Support Enforcement Department is a federally funded program (Social Security Act Title IV – Part D). The major goal of the program is to ensure that all Nooksack Youth receive the financial support from their parents that they deserve. To further this goal, the staff works with parents who might be struggling to meet their financial obligations. Caseworkers try to determine the cause of unemployment and help clients connect with services.

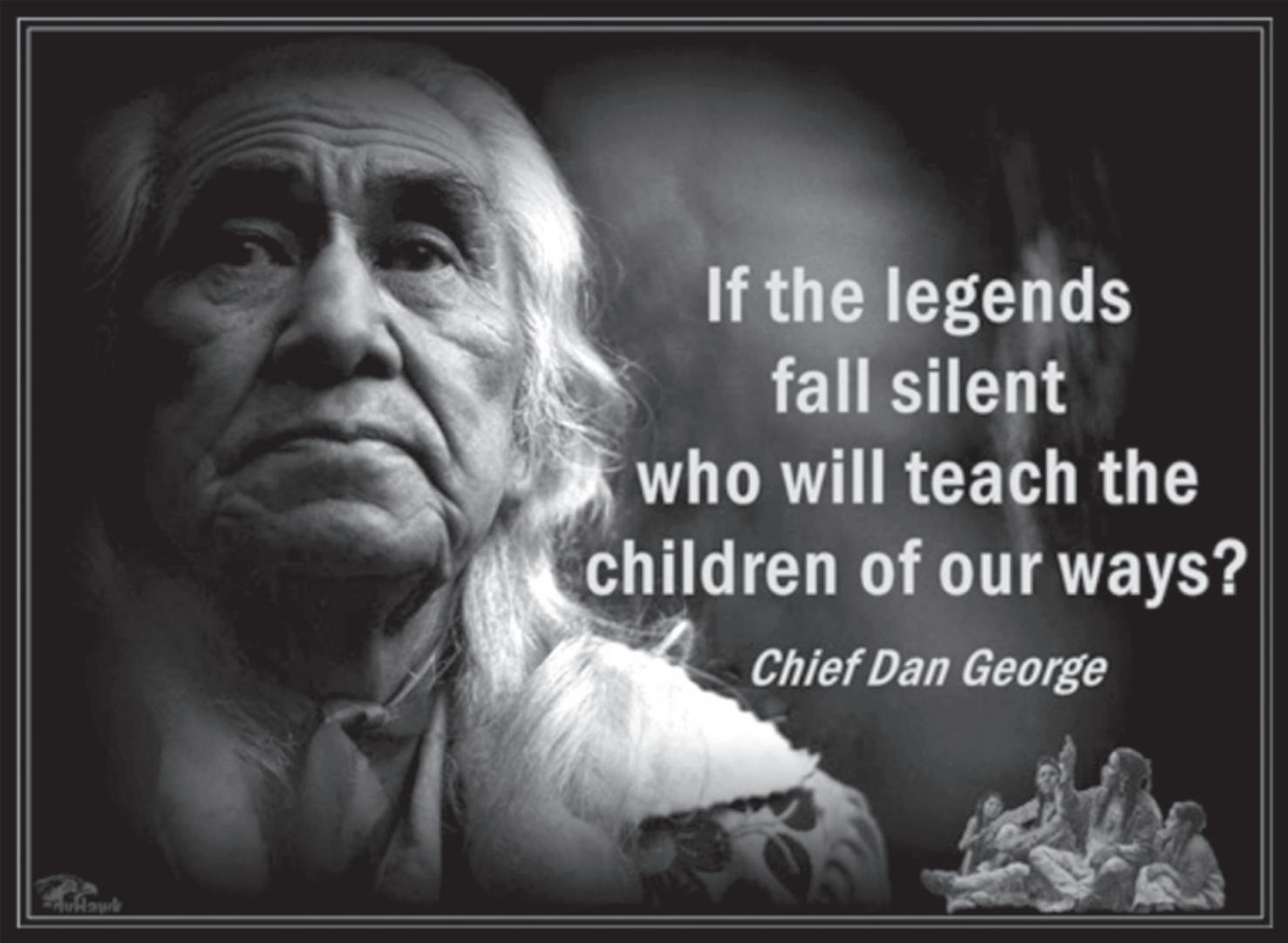
The Department is located within the Social Services building and the funding supports more than nine full-time positions. These positions range from case managers, who work directly with clients, to financial and data specialists, to an administrative assistant who is the first person you will contact if

you visit the office. The staff can help to determine if someone is the father of a child, help to track down parents who are lost, create new child support orders, enforce old orders and collect and disperse current support and arrears.



To determine the best way to support children and their parents who might be struggling, the Department has created a new questionnaire that will be sent out to all parents who are not meeting their financial obligations. This letter/questionnaire will be mailed out soon. The Department asks that anyone receiving this letter answer the questions and return it in

the envelope that is provided as soon as possible. Please contact the Department with any questions. 360-306-5090



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

Chief Dan George

ALCOHOL
IS NOT THE
ANSWER
IT JUST
MAKES YOU
FORGET
THE QUESTION

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Tribal Holidays: Jan. 1: New Years Jan. 21: Martin Luther King Jan. 22: Treaty Day Feb. 18: Presidents day March 8: Billy Frank Jr. Day Apr. 22: Mother Earth Day May 27: Memorial Day July 4 & 5th: Independence Day Aug. 30: Council Selection Sept. 2: Labor Day Sept. 24: Governance Day Oct. 14: Coast Salish Day Nov. 11: Veterans Day Nov. 28: Thanksgiving Nov. 29: D/A Thanksgiving Dec. 23-24 & 25: Christmas Dec. 26, 27, Administrative Leave
1 Beef French Dips Baked Potato wedges Beef Barley Soup Jell-O	2 Everson Shopping Lemon Chicken Rice Steamed Veggies Vegetable Soup Berries w/Whipped Cream	3 Exercise Day Pork Roast Rice Pilaf Brussel Sprouts Chicken Noodle Soup Apple Sauce	4 Tribal Offices Closed 4th of July Holiday	5 Tribal Offices Closed 4th of July Holiday	
8 Biscuits & Gravy Eggs Hash browns Oatmeal	9 Bham Shopping Commodities Goulash Steamed Broccoli Beef Barley Soup Pudding	10 Exercise Day Pork Stir Fry Rice Roasted Veggies Dinner Roll Ice Cream	11 Elders Committee Baked Potato Bar Chili Mixed Berries w/Whipped Cream	12 Food Bank Tuna Noodle Casserole Mixed Veggies Corn Chowder Jell-O	
15 Elders Community Building Closed Grand Ronde Trip	16 Elders Community Building Closed Grand Ronde Trip	17 Exercise Day Beef Stew over Rice Yeast Rolls Jell-O	18 Chef Salad Bread Sticks Chicken & Rice Soup Apple Crisp	19 BBQ Salmon White Rice Corn Fry Bread Clam Chowder Jell-O	
22 Spaghetti Green Beans Garlic Bread Beef Barley Jell-O	23 Everson Shopping Turkey & Ham Sandwiches Tomato Soup Angel Food Cake w/Mixed Berries & Whipped cream	24 Exercise Day Fish & Chips Coleslaw Baked Potato Soup Cookies	25 Teriyaki Chicken Rice Mixed Veggies Chicken veggie Soup Cobbler	26 Shrimp Fettuccini Garlic Bread sticks Vegetable Blend Clam Chowder Jell-O	
29 Grilled Ham & Cheese Coleslaw Tomato Soup Chocolate Cake w/berries & whipped cream	30 Everson Shopping Hamburgers on Whole Wheat Bun Potato Salad Beef Veggie Soup Jell-O	31 Exercise Day Chicken Fried Steak Rice Green Beans Navy Bean Soup Pudding	Every day: Fresh green salad and fresh fruit.		

Every day: Fresh green salad and fresh fruit.



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

2019 Holiday Calendar

Tribal Offices will be closed on the following days in 2019:

July 4 – Independence Day • August 30 – Friday before Labor Day
 September 2 – Labor Day
 September 24 – Governance Day • October 14 – Coast Salish Day • November 11 – Veterans Day
 November 28 – Thanksgiving Day • November 29 – D/A Thanks Day
 December 23-27 – Christmas Closure / Administrative Leave

Administrative Contacts

Tribal Council Office (360) 592-5164
 Enrollment Office (360) 592-0135
 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)

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: Heidi Davis)

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

Youth & Family Services (Director: Katrice Rodriguez) ... (360) 306-5090

Child Support (Director: Marilyn McLean) (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

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
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