

SNEE-NEE-CHUM

Noxws' á?aq / Always bracken fern roots

August 2023

Temkwimats / Rainbow trout time



Protecting vulnerable salmon



Summer Program fun

Pg. 6



Youth visit DC

Pg. 8



Canoe Journey lands at Birch Bay

Pg.10

Chinook salmon returning to the South Fork Nooksack River to spawn face rising water temperatures and decreasing flows; a deadly combination as seen in 2021 and 2022.

At the Nooksack Tribe and Lummi Nation's urging, the Whatcom County Council in July passed a law that bans floating on this stretch of river. The move had the support of the Washington Department of Fish and Wildlife and the local Watershed Management Board.

Typically, thousands of inner tubes, kayaks and other floatation devices are used on the lower South Fork during the summer. Prohibiting them will reduce stress on migrating salmon and reduce damage to salmon eggs vulnerable to trampling.

More on page 4...

ABOVE - A family wades into the South Fork Nooksack River in July.
Photo by Kimberly Cauvel

SNEE-NEE-CHUM
NOOKSACK INDIAN TRIBE
PO Box 157
DEMING, WA 98244





NOOKSACK INDIAN TRIBE

We are a tribe located in our ancestral homeland in the northwest corner of Washington state. Our name comes from a place name in our language and translates to “always bracken fern roots,” which illustrates our close ties to our land and the resources that continue to give strength to our people. Our tribe is located in Deming, nestled amongst majestic mountains, lush forest, and the meandering and dynamic Nooksack River. Here in this scenic locale, we maintain a Tribal Council and Tribal Government. Both our Council and Government work to create a better future for every Nooksack and to ensure our tribe’s sovereignty.



Nooksack Tribal Council

RoseMary LaClair, Chairwoman
Alita Charles, Vice-Chairwoman
Gary E. Kentner, Treasurer
Frank Leyva, Secretary
Roman Swanaset-Simmonds, Council Member
Victoria Joe, Council Member
Ryawn Cline, Council Member
Roy Bailey, Council Member

Snee-Nee-Chum Newsletter

Newsletter Editor:
Kimberly Cauvel
Official publication of the Nooksack Indian Tribe
PO Box 157
Deming, WA 98244
Website: nooksacktribe.org

Share with Snee-Nee-Chum

Submit news, announcements, celebrations, or department updates for consideration to Kimberly at kimberly.nooksackcommunications@gmail.com. Items for the September newsletter are due August 15.






Contains PCW recycled paper

Nooksack Days are returning

Vendor applications for the events are being accepted through September 1st. Contact Administration or visit the offices, at 5016 Deming Road, to apply.

2023 NOOKSACK DAYS STICKGAME & POW WOW

Nooksack Mi'sq'eq'o Community Building & Gym
2515 Sulwhanon Dr, Everson

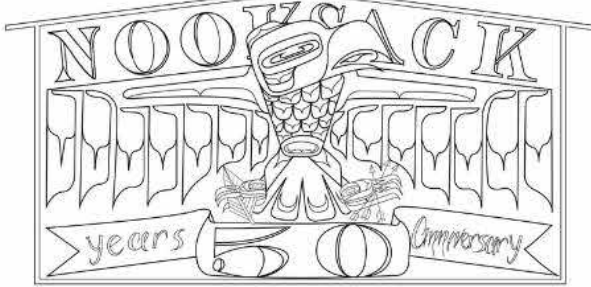
ALL ARE WELCOME TO ATTEND!

Save the Date

CULTURAL EVENTS:
SEPTEMBER 18 - 20

NOOKSACK DAYS DINNER:
SEPTEMBER 21

STICKGAME & POW WOW:
SEPTEMBER 22 - 24



Smoke from fires can be dangerous for everyone

Take these steps to protect your health



Stay informed on air quality

 Visit WA Smoke Blog (www.wasmoke.blogspot.com) for current air quality conditions and smoke forecasts.

Pay attention to local news for health warnings and air quality reports in your area.

Avoid smoky air

 **People with health conditions**, such as lung or heart diseases, diabetes, stroke survivors or have a cold, should limit their time outside, avoid intense physical activities and keep indoor air clean when smoke levels are “moderate.”

Babies, children, people over 65, and pregnant women should follow this advice when smoke levels are “unhealthy for sensitive groups.”

Everyone else should do this when smoke levels are “unhealthy for everyone.”

Keep indoor air clean

 Close windows and doors, pay attention to the heat, and stay hydrated.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.

Don't smoke, use candles, or vacuum.

Use an air cleaner with a HEPA filter.

Contact your healthcare provider

 If you have heart or lung diseases and your symptoms get worse around smoke, contact your healthcare provider. **Call 911 if you or someone else has serious symptoms**—like trouble breathing.

www.doh.wa.gov/SmokeFromFires

Consider summer-time COVID risk

With people moving indoors as temperatures rise and wildfire smoke clouds the skies, a summertime increase in COVID cases is likely.

Typically, there is a small wave of cases in July, and this year was no exception.

Area pharmacies are receiving increased numbers of Paxlovid prescriptions recently. And official case reports are again increasing as well.

I am concerned that August and September this year may also see increased cases, as the planet is seeing record-high temperatures combined with wildfire smoke.

Now is a great time to prepare, by either buying HEPA filtration systems or building a DIY box fan filter for at least one room in your home.

—Frank James,
Nooksack Health Officer

Summer season is heating up

Tribe has Burn Ban in place



NOOKSACK INDIAN TRIBE

Nooksack Tribal Council Declares Burn Ban

DEMING WASHINGTON JULY 14, 2023 – Due to the warm weather conditions ahead and decreasing fuel moisture levels, the Nooksack Tribal Council will be enacting restrictions on open burning in Nooksack Tribal Lands in Whatcom County starting at 3:00 PM PDT on Friday, July 14, 2023.

All land clearing and yard debris burning must be discontinued at that time and all tribally issued burn permits are suspended.

Recreational fires will still be allowed with the landowner's permission. Recreational fires must meet the following requirements:

Must only contain seasoned firewood or charcoal

Must be contained in an enclosure no larger than 3' X 3' across, and must be a minimum 16" high, made of cement blocks, stones, or steel.

Beach fires (where allowed) can be dug into an 8" deep pit, surrounded by 4" high enclosure of rocks.

Fires must be at least 25' from structures, timber, and combustible materials. A charged garden hose or (2) 5-gallon buckets full of water to be next to the fire.

A shovel or rake capable of stirring and extinguishing the fire to be on-site.

Recreational fires are allowed after dark, if attended by someone 18 years or older at all times. Fires must be attended until out cold.

No burning when winds exceed 7 MPH.

Violations of these burn restrictions can result in a fine. In addition, if you have a fire that escapes or needs to be extinguished by the fire department, you may be held financially responsible for fire suppression costs, as well as be criminally charged.

If your property lies within, or you are visiting property that is fire protected by Washington State Department of Natural Resources (DNR), or a federal parks or forest agency, you must contact those organizations about outdoor burning restrictions.

If you have any questions on open burning on Nooksack Tribal Lands, please contact the Nooksack Police Department at (360)592-9065 or visit the Tribe's website at: <https://nooksacktribe.org> or the NIT Facebook page.

Have a safe and fun summer!

Date: July 14, 2023



Local air quality is now being monitored

The Natural Resources Department recently acquired and installed two new air quality sensors from the U.S. Environmental Protection Agency as a part of the Wildfire Smoke Air Monitoring Response Technology Pilot program. Current air quality status, including at the location of the new sensors, can be viewed at <https://map.purpleair.com/>. A more detailed map including active wildfire smoke plumes can be found at <https://fire.airnow.gov/>.

The new sensors were installed at the Administration office in Deming and adjacent to the Elder's apartments at Five Cedars to help fill a data gap in Deming and the South Fork Nooksack areas.

In previous years, the severity of wildfire smoke has been difficult to determine without local data. Nooksack tribal members and residents of these areas were required to infer from air quality monitoring stations in Maple Falls and western Whatcom County. With more localized information, the Nooksack community can better determine when conditions are unsafe to be outside and when vulnerable populations should take additional precautions.

A recent memo from the

Nooksack Tribal Health Clinic emphasized the importance of preparation for poor air quality for those suffering from respiratory and cardiac diseases such as COPD and asthma. The Washington State Department of Health also encourages wildfire smoke preparedness.

A few recommendations for coping with wildfire smoke include:

- Limit the duration and intensity of outdoor activities.
- Stay inside with cleaner air: close windows and doors, and filter indoor air through an HVAC system, a HEPA portable air cleaning system, or a DIY box fan filter.
- Set air conditioning to recirculate.
- Do not contribute to poor indoor air quality (no indoor smoking, burning candles, etc.).
- If you must be outside, wear an N95 mask.

For questions about the new air quality sensors, please contact Maggie Taylor in the Natural Resources Department, at extension 3142. For questions or concerns about how wildfire smoke may affect your health, please contact the Health Clinic.

See more air quality & health information on pages 12-13.

Words of the Month

Kw'á7les	Hot weather, it's hot
Xwem	Fast, hurry
Óyem	Slow, to slow

Snichichmót ta Lhqalch / Word of the Month

Hear the Word of the Month at nooksacktribe.org/word/ or scan here.

NOOKSACK CULTURE PROGRAM

Whatcom County passes floatation ban to protect South Fork chinook salmon



Treva Coe,
Assistant Natural
Resources Director

Following a difficult few years for South Fork Nooksack River Chinook salmon and those working to restore the species, Whatcom County leadership has made a move that will help protect the fish from June through October each year.

The summer of 2021 started out strong for Chinook salmon in the South Fork Nooksack River. That year marked the largest Chinook return to the South Fork since well before 1999, thanks largely to the success of a hatchery program that was initiated in 2007 to save the native South Fork Nooksack Early Chinook population.

However, in early September 2021, fisheries stock assessment crews from the Nooksack Tribe and Lummi Nation observed large numbers of Chinook dying in the South Fork, and examination of the carcasses indicated that the vast majority had not spawned. The final estimate of the number of these pre-spawn mortalities was 2,416 native Chinook salmon, including 31% of the wild (not originating from the hatchery) native Chinook that had returned to the South Fork.

That news was devastating to the salmon co-managers of the Nooksack Basin – the Nooksack Tribe, Lummi Nation and Washington Department of Fish and Wildlife – and to all those who care about the recovery of Chinook and other salmon in the Nooksack River watershed and greater Salish Sea region.

To determine the cause of this mass mortality event, a fish pathologist examined some of the carcasses and found fish to be infected with three pathogens: *Flexibacter columnaris*; *Icthyophthirius multifiliis* (also known as “Ich”), and freshwater diatoms. All three of these pathogens are known to become a problem



Dead chinook, which appear white, dot in the South Fork Nooksack River in summer 2021, when about 2,500 of the fish perished in hot water before reaching the Lummi Nation's upstream hatchery.

Photo from Lummi Natural Resources

when water temperatures are high. The underlying cause of the fish mortality became clear: high water temperatures, low river flows and degraded river habitat.

These problems have long been known to plague Chinook in the South Fork Nooksack River, which – along with the North and Middle forks – has been a priority for salmon habitat restoration since the local salmon recovery plan was developed in 2005. Since then, over \$10 million in Salmon Recovery Funding Board grants alone has been spent on habitat restoration efforts in the South Fork.

The Nooksack Tribe's Natural Resources Department, a leader in salmon recovery efforts in the river basin, has completed 10 restoration projects involving the construction of 95 log jams in the South Fork, and several more river restoration projects are planned for the near future. Monitoring indicates that restoration in the South Fork to date has been effective at forming deep pools and that those pools are heavily used by Chinook. Department staff also continue to plant trees along the river for shade and nutrients, to stabilize riverbanks, and to grow the trees that will form future

ORDINANCE (2023-040) AMENDING WHATCOM COUNTY CODE SECTION 11.20.025, FLOTATION DEVICES ON THE SOUTH FORK OF THE NOOKSACK RIVER, TO BETTER PROTECT ESA-LISTED CHINOOK SALMON (AB2023-416):

No person shall operate a paddleboard, innertube, inflatable flotation device, foam flotation device, limb-propelled flotation device, rubber raft, canoe, or kayak, unless the use is in the exercise of federal treaty rights, on the South Fork of the Nooksack River between the dates of June 1st and October 31st. The provisions of this section shall not apply to:

- A. Devices engaged principally in commercial operations constituting an act of interstate or foreign commerce or bona fide scientific research;*
- B. Use for emergency purposes when there is reasonable belief that such use is necessary to protect or preserve persons, animals or property;*
- C. Use by law enforcement agencies to enforce the above provisions;*
- D. Department of Natural Resources-designated and Whatcom County-designated swimming/boating areas on the South Fork of the Nooksack River.*

The provisions of this ordinance will be in effect until the number of the South Fork Nooksack Early Chinook natural-origin spawners reach 50% of the recovery goal of 9,900.

log jams.

However, restoration takes time.

In the meantime, Nooksack, Lummi and Washington Department of Fish and Wildlife scientists are very concerned about the additional risk posed to Chinook by high levels of recreation in the South Fork. Salmon stop eating when they enter the river, and they have limited energy reserves to complete their life cycle and fight infection. Stress is

cumulative – the more stress they encounter as they move upstream to spawn, the higher the risk of pre-spawn mortality.

We know from published studies that rafting and other forms of recreation can stress Chinook and increase the risk of pre-spawn mortality. In fact, recreation in the lower South Fork, especially inner tubing, was identified as a limiting factor in the 2005 salmon recovery plan. That same year, Whatcom County even banned certain

floatation devices (including paddleboards and inner tubes, among others) in the South Fork upstream of the Highway 9 bridge at Acme between June 1st and October 31st.

But until now, such uses were still allowed downstream of the Acme bridge. Many inner tubers would put in near the Highway 9 bridge at Acme and float downstream to Strand Road or the Potter Road bridge, for a distance of 3.7 or 6.1 miles, respectively. (See Map at right)

If you have ever approached or floated over a salmon holding in a clear river, you'll know how quickly they startle. That startle response uses up limited energy reserves and stresses the fish. An individual floating the South Fork for several miles will encounter and potentially startle many fish as they float downstream. Imagine the cumulative stress to fish of hundreds of people doing the same thing on a hot day! This cumulative stress poses an unacceptable additional risk to our imperiled South Fork Nooksack Chinook salmon.

In addition to the stress on adult Chinook, scientists are also concerned about the risk of redd trampling associated with recreational use. South Fork Nooksack Early Chinook spawn throughout the South Fork. In 2022, there were 71 Chinook redds (where salmon deposit their eggs) documented in the portion of the lower South Fork often used for inner tubing, between the Acme bridge and Potter Road bridge. Salmon eggs are very sensitive in the first few days after being deposited. Even a slight disturbance, such as someone walking on the overlying riverbed, can be fatal.

With these concerns and the 2021 Chinook mass mortality event in mind, the Nooksack Tribe, Lummi Nation, and Washington Department of Fish and Wildlife sent a joint letter to the Whatcom County Council in June 2022 requesting that they amend the existing ban on inner tubing and other watercraft to encompass the entire South Fork Nooksack River.

Whatcom County Councilmember Kaylee Galloway moved quickly to introduce the new ban for consideration, and the proposed ordinance was brought to a public hearing and vote on August 9, 2022. Opposition to the ban was both underestimated and well-organized, however, and only 3 of 7 council members ultimately voted in support.

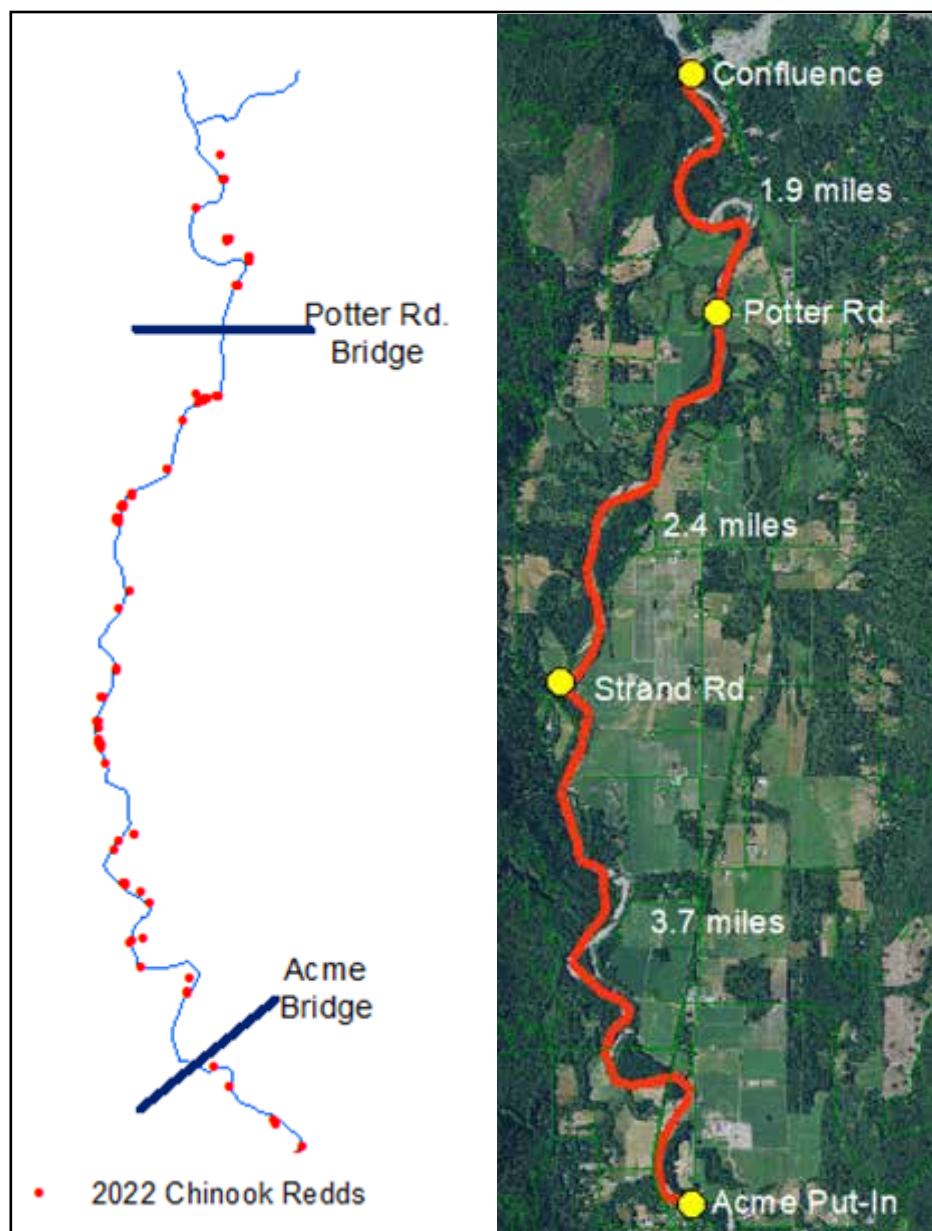
In the months since that disappointing vote, the federal and state government signaled that restoring chinook salmon habitat in the South Fork is a national and state priority. NOAA announced \$5.2 million in grant funding for the Nooksack Tribe and \$4.2 million in funding for the Lummi Nation to advance high-priority habitat restoration projects in the South Fork. Washington state also passed a capital budget in the spring that will allow the Puget Sound Acquisition and Restoration program to fund both the Nooksack Tribe's South Fork Nooksack River Fish Camp (Ts'eq) Integrated Flood and Fish Project and Whatcom County's acquisition of floodplain in the Fish Camp project area.

Charged with the urgency of protecting both South Fork Nooksack Early Chinook and the past and future investments in their recovery, the salmon co-managers also set about slowly building support for banning inner tubing in the lower South Fork. Nooksack Natural Resources staff, in particular, took the lead in building a stronger case for the ban over the past year.

In November, Nooksack Natural Resources, Nooksack Tribal Council, and the Tribe's lobbyists, Lisa McShane and Michael Peñuelas, organized a field tour to show local and state officials the upcoming restoration projects, the Skookum Creek Fish Hatchery and the location of the mass salmon mortality – just a stone's throw from the hatchery. In December, we presented the science on the impacts of recreation on Chinook in the South Fork to the Water Resource Inventory Area Watershed Management Board for the Nooksack Basin (WRIA 1) and secured a letter of support for the ban. Lisa McShane met with staff from the nonprofit ReSources, as well as other environmental advocates, to secure their support as well, ultimately resulting in about 150 messages of support for the ban.

Following those efforts, Whatcom County Councilmember Kaylee Galloway brought the ban back up for consideration in June. We presented the science again at a council work session, and the ban was re-introduced at the

Continued on page 7...



ABOVE - Nooksack Natural Resources staff mapped sites of observed chinook salmon redds (red dots on left map), where spawning fish place their eggs along the riverbed, in the vicinity of popular sites for innertubers and kayakers to put in and get out of the South Fork (yellow points on right map).

Images from Nooksack Natural Resources

SALMON

**ARE OUR HERITAGE & CULTURE –
& THROUGHOUT OUR HOME WATERSHED,
SALMON NEED WATER.**



**Salmon
Need Water**

LEARN MORE & SHOW SUPPORT:

salmonneedwater.org  

Literacy at the library continues through summer



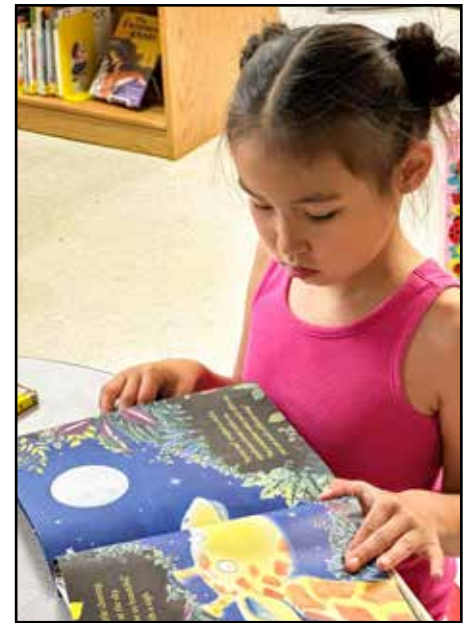
Charise Wenzl,
Nooksack Tribal Librarian

With summer program in full swing, the kids have been keeping busy having fun.

In the library we have our reading program using Since Time Immemorial Curriculum. We also have literacy folders in addition to several school approved websites we are using. We are staying literacy focused with the K-3rd grade children and giving choices between math and literacy for the 4th-6th grade children.

Our reading incentive this summer is a charm bracelet. For every 20 minutes a child reads/practices literacy, they earn a new charm for their bracelet. This incentive is a popular one.

We are very pleased to



Photos from Charise Wenzl

announce the library has been awarded a new one year Basic Services Grant from the Institute of Museum and Library Services. These smaller grants are invaluable to us as they keep a steady stream of new books and supplies coming in.

If you have any questions, comments or concerns, please reach out at 360-966-9696 or by email to cwenzl@nooksacknsn.gov.



This project was made possible in part by the Institute of Museum and Library Services



Summer adventure, homewaters to Columbia River gorge



Photos from the Nooksack Youth Program

...Continued from page 5

council's June 20 meeting.

At a public hearing and vote on July 11, we presented an abbreviated version of the June talk. Many members of the public signed up to give public testimony, both for and against the ban. Lummi policy representatives also spoke eloquently about the importance of protecting treaty rights, as did councilmember Galloway.

Finally, late in the evening that night, the council passed the ordinance with a vote of 4-2, with 1 member absent. The ordinance took effect starting July 25.

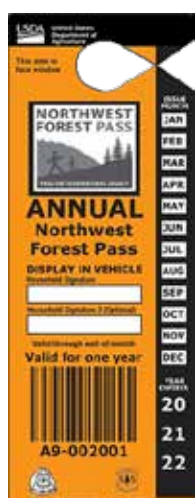
While South Fork Chinook are likely to face warm water again during their migration this year, as record temperatures are set around the globe, we must take every action possible to protect them – and ensure the resource is sustained for future generations. ▫

Recreation passes available

State and federal passes are available for free to tribal members at the Natural & Cultural Resources Department.

Discover Passes are required at state recreation lands. Tribal Discover Passes do not expire. Yellow Discover Passes are the old version. Please return them in exchange for a Green Pass. One pass can be transferred between two vehicles.

Northwest Forest Passes are honored at all U.S. Forest Service operated recreation sites in Washington and Oregon where a day-use fee is required. ▫



Did you know that for nearly 40% of overdose deaths, someone else was present? ¹

Naloxone Keeps the Circle Strong

Know the signs of an opioid overdose:

- Being unresponsive
- Pale face, blue lips
- Slow to no breathing
- Pinpoint pupils
- Gurgling or choking noises
- Slow to no heartbeat

See the signs and give naloxone. Talk to a pharmacist or nurse today.

Indian Health Service (IHS) resources *Learn more* Partnership to Advance Tribal Health (PATH) resources

This material was prepared by Comagine Health for the American Indian Alaska Native Healthcare Quality Initiative under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. NQIIC-AIHQI-313-01/06/2023

1. https://www.cdc.gov/mmwr/volumes/69/wr/mm6935a1.htm?s_cid=mm6935a1_w

Stand Up. Stand Strong. Don't just Stand by.

Text BRAVE to 94449 to sign up

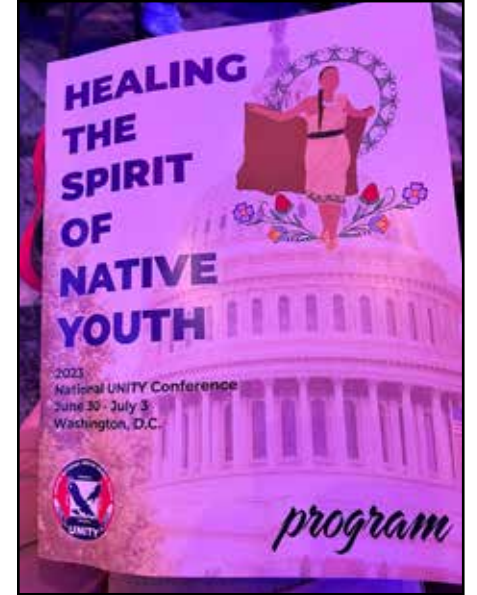
The videos and text messages will give you the tools you need to get support for yourself or a friend, if they're going through a tough time.

You will receive 3 text messages per week for 8 weeks.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Youth Teen Council visits Wash., D.C.



The Nooksack Youth Program ventured to Washington, DC, in early July to attend the annual UNITY (United National Indian Tribal Youth) Conference and tour parts of the nation's capital.

Photos from the Nooksack Youth Program





A Canoe Journey landing



Several First Nations canoe families joining the Canoe Journey from lower British Columbia lined up in Birch Bay on Saturday, July 22, awaiting Nooksack's welcome to come ashore.

Photo above from Scott Macklin, of Trinity Western University



Photo above from Amber Lee, Washington State Tribal Liason for the American Red Cross



Photos from Nooksack Tribal Councilwoman Victoria Joe

The Canoe Journey has returned after three years without the annual event. The 2023 event, Paddle to Muckleshoot, marks the 29th intertribal Canoe Journey. The

first, called the Paddle to Seattle, took place in 1989.

Throughout the multi-day event, canoes travel from their home territories to a final host nation, visiting other tribal

nations along the way. The canoes ply the shared waters of their ancestors, following historical trade routes, and each participating tribe shares their language, songs, dance and

stories in a cultural exchange.

The Muckleshoot Tribe is the host this year and the theme is Honoring Our Warriors Past and Present. Muckleshoot expects about 120 canoes to participate and 8,000 people to attend during protocols the week of July 31-August 6.

Nooksack hosted some Canoe Journey travelers at Birch Bay on July 22.

"It is my honor to welcome you ashore today. I welcome you with open arms and I ask that you please come share a meal with us," Chairwoman RoseMary LaClair said to the visitors while wading into the bay to greet them. "Please come nourish your Indian spirit, and nourish your body so that it may take you to your final destination."

LaClair and Councilwoman Victoria Joe addressed the canoe families and raised their hands to them.

"I thank you for traveling the highways of our ancestors," Joe said. "Thank you for your songs and your prayers that you bring with you." ▫





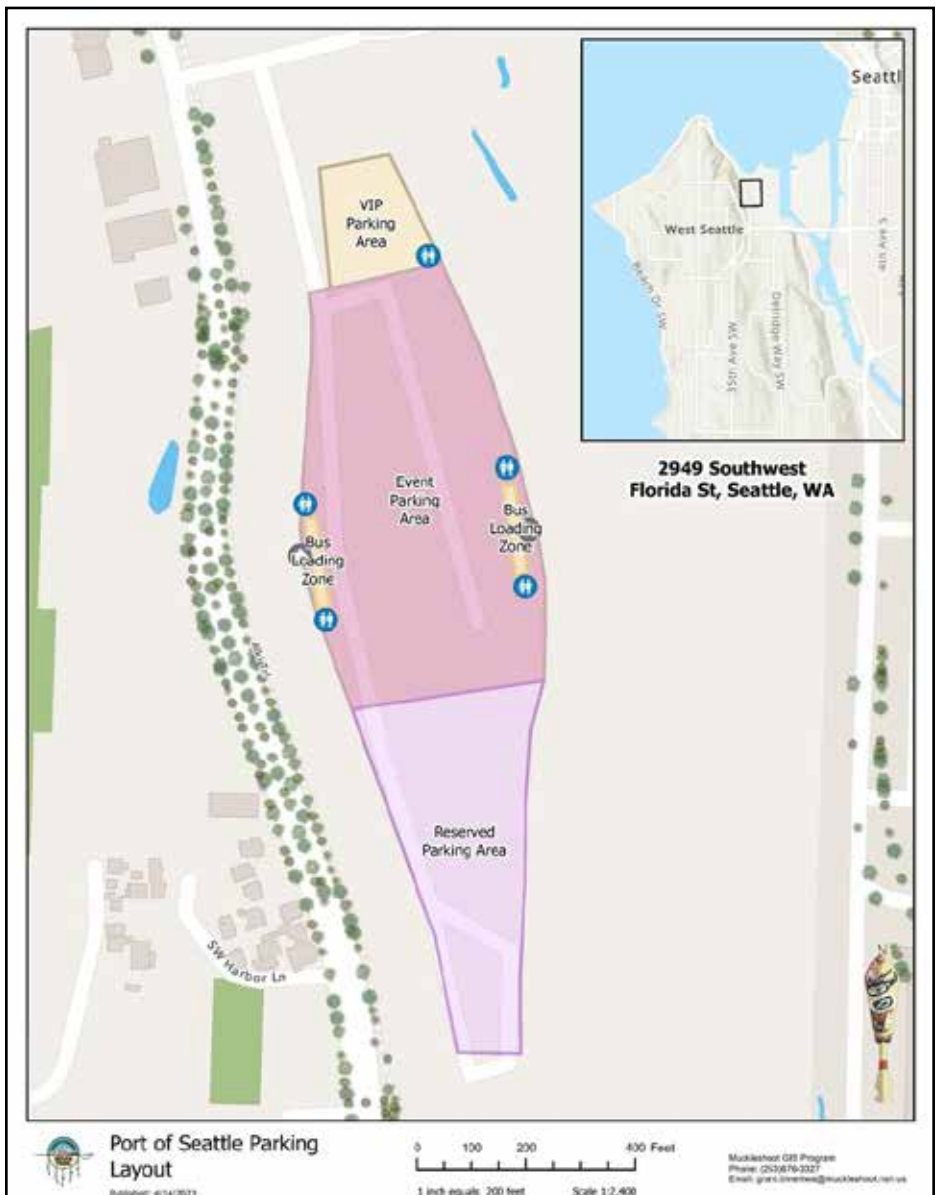
Photos from Nooksack Event Coordinator
Anna Brewer



Photos below from Nooksack Tribal Member Lily Roberts



Following the final Canoe Journey landing at Muckleshoot, protocol activities run through August 6th. Park at Port of Seattle (map below) to shuttle to the Muckleshoot Community Center in Auburn.



800-Quit-Now (800-784-8669)



Stay healthy by not using commercial tobacco products and be a positive role model for your loved ones, family, and community.

Benefits of Not Smoking

- Money in your pocket from not buying commercial tobacco products
- Positive role model for your loved ones
- No exposure to secondary smoke
- No tobacco breath

If you are currently using tobacco products, there are many benefits of quitting. If you are a smoker, quitting will reduce your chance of having:

- Cancer of the lungs, throat, mouth, lips, gums, bladder and kidney
- Heart disease, hardening of the arteries, and stroke
- Emphysema and other lung diseases
- Circulation problems.

If you have children, your quitting can lower their risk from second hand smoke of:

- Sudden Infant Death Syndrome (SIDS) - (cot death)
- Asthma
- Ear infections
- Allergies
- Bronchitis and other lung problems.

Do you know about third hand tobacco smoke?

Third hand tobacco smoke remains in clothes, hair, and surroundings after a cigarette is extinguished. The chemicals in tobacco smoke are found in clothes, walls, ceilings, curtains and skin of smokers. When they touch another person or hug a child, those toxins are transferred to them.

If you currently smoke and are ready to quit, please contact your local IHS or Tribal Clinic or call 1-800-QUIT-NOW (1-800-784-8669).

Wildfire smoke & your health



Breathing in wildfire smoke can seriously impact your health. According to state and federal public health agencies, wildfire smoke can make anyone sick, but people with asthma, COPD, or heart disease, and children and pregnant women are especially at risk.



Visit CDC, WA DOH, and US EPA websites for more information.

<https://www.cdc.gov/air/wildfire-smoke/default.htm>
<https://doh.wa.gov/community-and-environment/air-quality/smoke-fires>
<https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire#how>



NOOKSACK INDIAN TRIBE

From the Office of the General Manager, Veronica Washington

Burn Ban Restrictions in Effect at 3:00 pm, Friday, July 14, 2023. Due to the current and predicted warm weather conditions and decreasing moisture levels, burning on Tribal lands is restricted, including Fireworks.

If you have any questions or concerns about burning on Nooksack Tribal lands, please contact 911 or Nooksack Police Department at (360) 592-9065

Swedish Mobile Mammogram Party at the Nooksack Health Clinic

8/17/2023

Please join us in our biannual breast cancer screening by receiving your Mammogram and enjoying an activity, food and fun! Appointments are available from **8am-3:30pm**

Please call 360-966-2106 to schedule your appointment today!

HERE FOR YOU



OUR TEAM'S MISSION IS TO ENSURE **YOUR CHILD** RECEIVES THE FINANCIAL SUPPORT THEY NEED.

NOOKSACK CHILD SUPPORT PROGRAM

(360) 306-5090

nooksacktribe.org



Our Vote is Our Power



You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.


International OVERDOSE AWARENESS day is August 31st.


Join a SAMSHA sponsored walk
Details TBD



31 AUGUST
INTERNATIONAL OVERDOSE
AWARENESS DAY


TIME TO REMEMBER. TIME TO ACT.




International Overdose Awareness Day |  PENINGTON INSTITUTE

International Overdose Awareness Day is convened by public health non-profit Penington Institute

#END OVERDOSE



International Overdose Awareness Day |  PENINGTON INSTITUTE

International Overdose Awareness Day is convened by public health non-profit Penington Institute

HOPE



*I wear purple for
OVERDOSE
Awareness Week*

#OverdoseAware www.cdc.gov

COVID
Flu
Hepatitis
RSV
Td

Vaccination recommendations
sometimes change.
Are you up to date?

ASK YOUR
HEALTHCARE
PROVIDER

OVERDOSE Awareness Week

Recognize signs of an
overdose and take action
to save a life.

www.cdc.gov

#OverdoseAware

What you can look for:

- ⚠ Small, constricted "pinpoint" pupils
- ⚠ Falling asleep or losing consciousness
- ⚠ Slow, weak, or no breathing
- ⚠ Choking or gurgling sounds
- ⚠ Limp body
- ⚠ Cold and/or clammy skin
- ⚠ Discolored skin (especially in lips and nails)



one

honest
conversation



Washington State
Health Care Authority



2023 BACK TO SCHOOL ASSISTANCE


DISTRIBUTION DAYS ARE WEDNESDAY, AUGUST 9TH & THURSDAY, AUGUST 10TH FROM NOON TO 7PM AT TRIBAL ADMINISTRATION

Age 4 requires headstart enrollment and ages 15 to 19 require high school enrollment verification. The amounts are: 4-5 year olds = \$225, 6 -19 year olds = \$300.

COMMUNITY RESOURCE FAIR

August 14, 6-8 pm
DINNER PROVIDED

MI'SQ'EQ'O
NOOKSACK COMMUNITY BUILDING
2515 SULWHANON DRIVE

THE DEBT COLLECTION CLINIC
(FREE LEGAL HELP FROM ATTORNEYS)

WHEN
July 14 & 28
August 25
September 8 & 22
October 6 & 20

1:00 - 3:00 p.m.

WHERE
Whatcom District Court
311 Grand Ave., 4th Floor

WHAT TO BRING:
Come prepared: Make the most of your time with us

- ⇒ Court documents
- ⇒ Letters from creditors and collectors
- ⇒ Billing statements

This service is specifically for low-income individuals and families.

WHAT WE DO:

Our Debt Collection Clinic provides free legal assistance for low-income debtors (you must qualify in order to receive assistance).

Assistance is restricted to lawsuits related to:

- ◆ DEBT COLLECTION
- ◆ GARNISHMENT (NOT FOR CHILD SUPPORT)
- ◆ MEDICAL DEBTS AND CHARITY CARE




NORTHWEST JUSTICE PROJECT

1814 Cornwall Avenue
Bellingham, WA 98225
(360) 734-8680

LAW ADVOCATES

1407 Commercial Street
Bellingham, WA 98225
(360) 671-6079

NOOKSACK AUTOMOTIVE DEPARTMENT




Free Heat/AC System Check with Oil Change

- All technicians ASE Certified
- Quality repairs guaranteed
- HD trucks, cycles, boats & equipment
- Welding and fabrication
- Towing services available

Services include: Oil (up to 5 quarts), Lube, New Oil Filter, Refill of Window Washer

Plus:

- Air filters
- Power steering fluid
- Tire pressure
- Transmission fluid
- Visual check of break pads, lights, turn signals, break lights, etc.



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

**OFFICES WILL BE CLOSED
AUGUST 25th FOR**

Employee Appreciation Day

**Thank you
for all you do!**

In place of the annual employee picnic,
we're celebrating staff this year with an
extra day off that employees can enjoy
how they choose.



Nooksack Indian Tribe
Head Start Program

Give Your Child a HEAD START

Now Recruiting Students
Ages: 3-5 Years
2023-2024

Child Services	Parent Services
<ul style="list-style-type: none"> Health Screenings Dental Screenings Nutritious Meals Engaging Activities Structured Schedule Disabilities Services 	<ul style="list-style-type: none"> Parent Activities Parent Education Community Resources Fatherhood Activities Family Activities

2 Locations: Deming Head Start 5018 Alder Street Deming, WA 98244
 Everson Head Start 6760 Mission Road Everson, WA 98247

Call or Email us at P. (360)592-0141 E. dbentley@nooksack-nsn.gov

Mount Baker School Disclaimer:
 "The district does not sponsor or endorse this event/information and the district assumes no responsibility for it. In consideration of the privilege to distribute materials, the Mount Baker School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards."

August 2023 Elders' Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Caesar Salad Minestrone Soup Cupcakes	Ham/Cheese Sandwich Chicken Noodle Soup Chips Cookie	Hot Dogs JoJos Veggie Sticks Jell-O w/ Fruit	Building CLOSED Food Bank Friday
7	8	9	10	11
Building CLOSED	STOWW Day Tuna Sandwich Chips Tomato Soup Cupcakes	Hamburger Mashed Potatoes Gravy, Green Beans Dinner Roll Yogurt w/ Berries	Pork Stir Fry Rice Egg Flower Soup Cake	Baked Chicken Mac & Cheese Veggies Berries
14	15	16	17	18
Fish Sandwiches Veggie Sticks Clam Chowder Fresh Fruit	Meatloaf Mashed Potatoes Mixed Veggies Jell-O	Chicken Alfredo Mixed Veggies Breadstick Apple Crisp	Biscuits & Gravy Boil Eggs Hash Browns Yogurt	Hot Dogs Mac Salad Chips Watermelon
21	22	23	24	25
Spaghetti Corn Garlic Bread Cupcakes	Baked Chicken Rice Green Beans Jell-O	Taco Bar Cheese, Lettuce Tomato Chips, Salsa Honeydew	Ham Scalloped Potatoes Mixed Veggies Berries	Baked Fish Boiled Potatoes Mixed Veggies Cake w/ Berries
28	29	30	31	
Beef Dip Au-juice Swiss Cheese French Fries Fruit	Sloppy Joes Tater Tots Peach Cobbler	Spam Fried Rice Mixed Veggies Garden Salad Cookie	Chef Salad Garlic Bread Navy Bean Soup Cupcakes	Every day: Fresh green salad and fresh fruit.

Nooksack Tribal Holidays

Tribal Offices will be closed on the following days in 2023:

- Jan. 2 New Year's Day Obsv
- Jan. 16 MLK Jr. Day
- Jan. 23 Treaty Day Obsv
- Feb. 20 Presidents' Day
- Mar. 9 Billy Frank Jr. Day
- Apr. 21 Mother Earth Day Obsv
- May 15 D/A Mothers Day
- May 29 Memorial Day
- Jun. 16 Fri of Father's Day
- Jun. 19 Juneteenth
- Jul. 4-5 Independence Day
- Sep. 1 Fri before Labor Day
- Sep. 4 Labor Day
- Sep. 22 Governance Day
- Oct. 9 Coast Salish Day Obsv
- Nov. 10 Veterans Day
- Nov. 23 Thanksgiving Day
- Nov. 24 D/A Thanksgiving
- Dec. 22 Admin Leave
- Dec. 25 for Christmas
- Dec. 26-29 for Admin Leave

Tribal Council MEETING

August 1



6 p.m. at the Mí sq' eq' ó
Community Building
2515 Sulwhanon Dr,
Everson, WA 98247

News straight
to your inbox

Subscribe!

@nooksacktribe.org



Social Services
(360) 592-0135

Food Bank Distribution

August 4 - 10 a.m. to 1 p.m.
5061 Deming Road

STOWW Distribution

August 8 - 11 a.m. to 2 p.m.
5048 Mt. Baker Hwy



Nooksack Tribal Offices Closed

August 25th

for Employee Appreciation Day



culture is
prevention




stopoverdose.org

Nooksack Tribal Offices Closed

Sept. 1st & 4th

for Labor Day



Administrative Contacts

Tribal Council Office(360) 592-5164
Tribal Council Fax(360) 592-4506

Administrative Office Main.....(360) 592-5176
Administrative Fax.....(360) 592-2125
Human Resources (Director: Amy Taylor).....(360) 592-5176
Emergency & Risk Management.....(360) 592-HELP (4357)

Early Childhood Education (Director Elvira Bitsoi)
Head Start - Deming(360) 592-0141
Head Start - Everson.....(360) 966-0523

Education (Director: Donia Edwards)
Education Main Office(360) 966-2043
Youth Program(360) 966-2043

Health Services (Director: Lona Johnson)
Behavioral Health(360) 966-2376
Dental Clinic(360) 306-5151
Genesis II Office(360)-398-6399
Medical Clinic(360) 966-2106
Medical Business Office(360) 966-7704

Law Enforcement (Police Chief: Francisco Sanchez)
Police Department(360) 592-9065

Natural & Cultural Resources
Natural Resources (Interim Dir: Ned Currence).....(360) 592-5176
Fishing and Shellfish Fisheries Hotline(360) 592-5140
Cultural Resources (Dir: George Swanaset, Jr.).....(360) 306-5759

Social Services (Director: Heidi Davis).....(360) 592-0135

Elders Office(360) 592-0100
TANF - Deming(360) 592-0135
TANF - Skagit...(360) 848-1758
GED Office Nooksack(360) 592-0135 ext. 3425
GED Office Skagit(360) 848-1758
Homelessness Resource Mgr (Tiffani Zamudio).....(360) 592-0135

Youth & Family Services (360) 306-5090
(Director Montaine Healy-Green)

Domestic Violence Office(360) 592-5176
DV Emergency Hotline(360) 592-4164

Other Services
Auto Shop(360) 306-5756
Child Support(360) 306-5090
Economic Development & Planning(360) 592-0162
Enrollment Office (Dir: Roy Bailey)(360) 592-0135
Facilities & Maintenance (Dir: Richard Edwards).....(360) 592-0162
Housing Authority Office (Dir: Malori Klushkan).....(360) 592-5163
Mí sq' eq' ó Community Building.....(360) 966-9153
North Intertribal Vocational Rehabilitation Program
(Counselor Tammy Cooper-Woodrich)(360) 671-7626
Tribal Court Fax(360) 306-5181
Tribal Court(360) 306-5125
Tribal Gaming(360) 592-5472
Tribal Veterans Program(360) 592-5176

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

