SNEE-NEE-CHUM

Noxws' á?aq / Always bracken fern roots

April 2024

Temswi7wa / Eulachon Time



Newly electeds report for duty



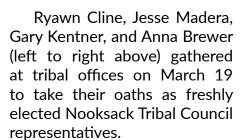
Family fun with **Head Start**

Pg. 6

A nod to Nooksack

youth in sports

Pgs. 8-11



Three days earlier, tribal membership voted Kentner and Cline into new terms and Brewer and Madera into firsttime positions.

Each newly sworn-in council member is honored to work for the Nooksack community.

More on pages 2-3...



open weekdays Pg. 13



New gym facility

CORRECTION — The March issue misspelled Jesse Madera's name. We apologize for the error.

NOOKSACK INDIAN TRIBE SNEE-NEE-CHUM PO Box 157





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 Anna Brewer, Vice-Chairwoman Gary E. Kentner, Treasurer Frank Leyva, Secretary Roman Swanaset-Simmonds, Council Member Victoria Joe, Council Member Ryawn Cline, Council Member Jesse Madera, 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 May newsletter are due April 17.





New and returning Tribal Council members elected

In the races for four positions on the eight-member Nooksack Tribal Council on the ballot this year — for vice-chair, treasurer, and positions C and D — voters selected two incumbents and two new council members for the new four-year term.

The tribe's events coordinator Anna Brewer was newly elected to the position of vice-chair, with about 60% of votes. Gary Kentner was reelected as treasurer with about 62% of votes.

In the race for council seat C, housing authority staff member Jesse Madera earned about 61% of votes. And Ryawn Cline secured re-election to council seat D, running unopposed.

Newly elected members Anna Brewer and Jesse Madera promised in their candidate statements to serve the tribe with fresh perspective and dedication if voters chose them for council.

Brewer, a descendant of the George family and mother of three teenagers, said homeschooling her children helped prepare her for the responsibility, as she faced and overcome difficulties learning to fulfill the role of teacher alongside being a parent and having a career.

Madera, who volunteers with Whatcom County Fire District 1 in addition to having worked for the tribe for more than two decades and raising six children, said he is committed to serving his community and excited to add the title of council member to his resume. •

Tribe's General Manager resigns



NOOKSACK INDIAN TRIBE

5016 Deming Road • P.O. Box 157 • Deming, WA 98244 Administration: (360)592-5176 • Fax: (360) 592-2125

MEMORANDUM

TO: Nooksack Tribal Community

From: Veronica Washington, General Manager

DATE: February 22, 2024

RE: Resignation as General Manager

On February 13, 2024, I gave my letter of resignation to the Tribal Council, which they have accepted; my last day as General Manager will be March 1st, 2024. My sincere apologies for not getting this out sooner, as I was giving Council time to process and develop their plan moving forward.

This entire experience has been incredibly eye-opening and inspiring. I am grateful to have worked alongside so many talented and passionate people who have educated me on the importance of our work and how we can improve the services we provide to our people. I have also gained a few important lessons and learned many things about myself, my family, and our community.

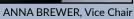
I am confident that the Services Department Administrator and other administration staff are equally competent to provide the necessary tools to help with the transition. As we all know, the General Manager position is one of the most impactful and demanding jobs that require mutual respect, built from trusted relationships between the organization, the entities, and the Tribal Council.

Thank you all so much for your support and dedicated efforts to assist me as I navigated through every obstacle and resolution necessary to provide for our people. It was an honor to fulfill such a vital role within our tribal government thus far, and I wish you all continued growth and success in carrying the tribe forward in the best way possible.

Respectfully,

Veronica Washington, General Manager







GARY KENTNER, Treasurer



JESSE MADERA, Position C



RYAWN CLINE, Position D

The Tribal Council members elected as of March 16 were sworn in to their positions on Tuesday, March 19.



NOOKSACK INDIAN TRIBE

GENERAL ELECTION HELD MARCH 16, 2024 OFFICIAL ELECTION RESULTS

COPY

VICE CHAIRMAN	IN PERSON	ABSENTEE	TOTAL	%
ROY LEE BAILEY	120	17	137	40.53%
ANNA REBECCA BREWER	180	21	201	59.47%

TREASURER	IN PERSON	ABSENTEE	TOTAL	%
GARY EUGENE KENTNER	185	15	200	61.73%
LEON THOMAS CLINE	104	20	124	38.27%

COUNCIL SEAT - C	IN PERSON	ABSENTEE	TOTAL	%
JESSE FELIX MADERA	177	30	207	60.88%
AGRIPINA (LONA) LAELANA JOHNSON	125	8	133	39.12%

COUNCIL SEAT - D	IN PERSON	ABSENTEE	TOTAL	%
RYAWN KELLY CLINE	239	24	263	100.00%

CERTIFICATION OF ELECTION RESULTS

Terry Rainey - Election Superintendent

SIGNED

I, the undersigned Election Superintendent of the Nooksack Tribal Election Board do hereby certify the above to be an accurate abstract of the ballots cast in the General Election tabulated on March 16, 2024.

Serving up breakfast





New, returning, and mid-term Tribal Council members helped serve up hot meals at the community breakfast in March. The weekend gatherings are a great time for tribal membership to come together.

Photos from Zachary Williams, Nooksack Education Department













Secure a ride for Veterans Stand Down (see below).

The tribe will provide transportation for Nooksack veterans upon request.

Submit a request to the Nooksack Veterans Program no later than Friday, April 12, to reserve your spot.

File a request at https://nooksacktribe.org/departments/veterans-program/, or contact Veterans Program Manager Chris Gellys at 360-592-5176 ext. 3306 or veterans@nooksack-nsn.gov.





Don't miss the



TAX FILING DEADLINE on April 15th

The Internal Revenue Service (IRS) provides information to help taxpayers located in or near Indian county prepare their individual income tax returns.

Taxpayers can find Volunteer Income Tax Assistance locations serving Indian country by state. One of two locations registered in Washington is at Northwest Indian College, at 2522 Kwina Road, Building 20.

A Volunteer Tax Assistance Resources for Indian Country web page also includes information about several free programs the IRS provides to help taxpayers prepare their individual tax returns, including tax counseling for the elderly and the IRS Free File program. IRS trained volunteers familiar with tax issues affecting tribal members generally staff these sites.

Find more information at

https://www.irs.gov/government-entities/indian-tribal-governments/volunteer-tax-assistance-resources-for-indian-country.



March 9 was Billy Frank Jr. Day



Tribes across the Northwest including Nooksack recognize March 9 as a day honoring treaty rights advocate Billy Frank Jr., of the Nisqually Indian Tribe. Many tribes close their offices on or around that date, and some host events celebrating Billy's accomplishments.

Billy was arrested dozens of times during the Fish Wars for practicing his treaty right to harvest salmon, and over his lifetime he helped teach non-Natives in Washington state and beyond about Northwest tribes' cultures and their rights under treaties signed with the United States government in the 1800s.

March 9 was Billy's birthday. He walked on a decade ago, in 2014.



Safety, salmon discussed at Family Fun Night



Nooksack language teacher Loren Roberts reads to 3-year-old Head Start students during a lesson on Billy Frank Jr. including the tribe's traditional Halq'emeylem language.





Nooksack Head Start had a great turnout for Family Fun Night in Deming, featuring fire safety and recognition of Billy Frank Jr.

Families created fire escape plans for their homes and practiced learning and dialing parent/guardian phone numbers for emergencies.

The kids participated in firefighter-themed yoga poses and firefighter footwork ladder drills for exercise. They also crafted a dalmatian fire pup and movable paper fish—a reminder of Billy Frank Jr.—to take home with them.

The preschool classes in Deming celebrated Billy Frank Jr. Day at the beginning of March. They learned and talked about who he was and why we have a day off to recognize his contribution to our community. The students also celebrated Billy Frank Jr. and his contributions to treaty fisheries and environmental stewardship by painting a river together and each making their own sparkling fish to add to it. •

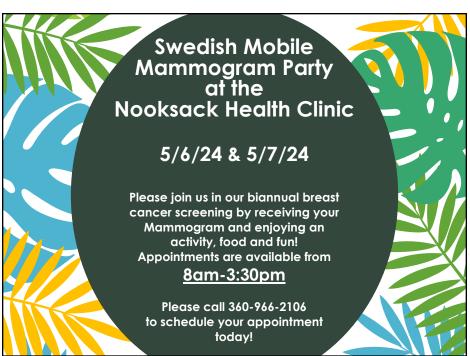














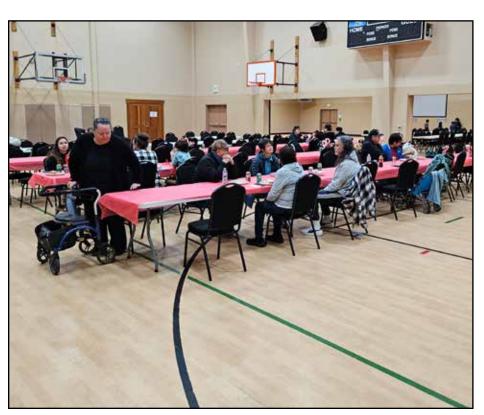


Crafting at culture night



Families gathered at the Feburary Culture Night to craft together, many making Valentine's Day themed cards, gifts, and mementos.

Photos from Nooksack Events Coordinator Anna Brewer



Cheering on Nooksack youth in sports

Photos shared to Nooksack Indian Tribe Communications Facebook page

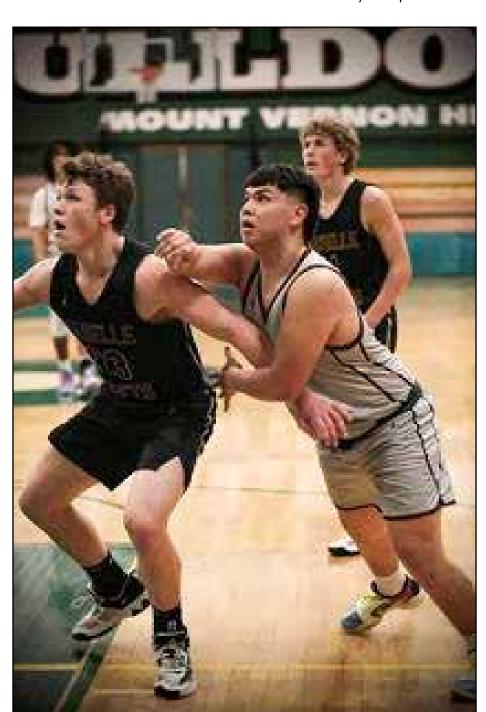
From competing with canoe families to participating in school and extracurricular sports, we're proud of the dedication and achievements of Nooksack athletes. Your tribe is always cheering you on! Thank you to the families who shared these images of Nooksack tribal members and descendants in action on the field and celebrating wins with their teams and loved ones.





Jordyn Cooper

Mackenzie Isaak





Aria Kelly





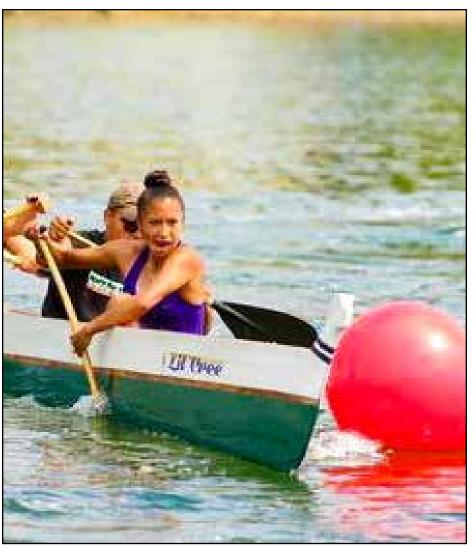


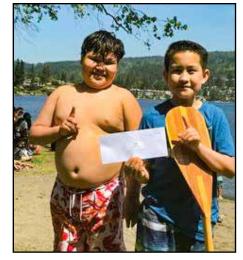
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Jordan Bailey



Katie Bailey







Herman Jimmy Jr.



Rhonda Madera (from left), Izabel Johnson, Makalie Tveter, Samiya Powell



Sammy and Desmond Bailey



Matthew Williams Jr.



Ethan Cooper



Jeremy and Paul Miller with grandfather Paul Castillo



Lilly and Martin Julian



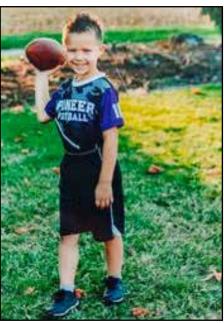




Kasen Isaak



Roy Roberts and his Thunderbirds in 2000



Nelon Davidson



Jake Nelson



Jordan Bailey and Cylis Mandeville, on the right, after earning a chance to race in the World Sprints this coming August.



Jiddi Robertson



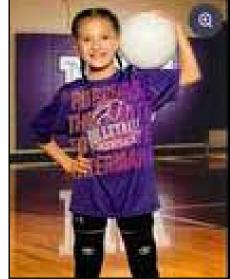
Edna LaClair





MayLynn LaClair







Seaiunnah Tigilau





Suzanna Roberts



Charlie Solomon Jimmy, far right, with his Special Olympics team

TRIBAL MORE INFO NOW AVAILABLE AT NOOKSACKTRIBE.ORG

Star of the week: Arya

Favorite food: Pizza and basketti Favorite book: Dr. Seuss Favorite movie: Land Before Time Best friends: Kaylie, Akaysha,

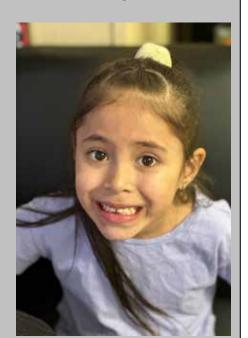
Noah

When I grow up I want to be: A police officer

Favorite thing about the Youth Program: Being Star of the Week Favorite thing about school? Playing Legos with Otis

If I could make one rule that everyone in the world had to follow, my rule would be: Be nice

and help people.



Star of the week: Susan

Favorite food: Zupa soup Favorite book: Babysitter's Club Favorite movie: Young Sheldon Best friends: Rayanna and Eleanor When I grow up I want to be: A

police officer **Favorite thing about the Youth**

Program: We can do what we

Favorite thing about school?

If I could make one rule that everyone in the world had to follow, my rule would be: Don't tell me I

can't wear make up.



Star of the week: Alaina

Favorite food: Spaghetti Favorite book: Pete the Cat Favorite movie: Avatar

Best friends: Kailey and Akaysha When I grow up I want to be: A

teacher

Favorite thing about the Youth Program: We get to do fun stuff Favorite thing about school? Learning and doing art If I could make one rule that everyone in the world had to fol-

low, my rule would be: Be kind.





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

Duo is digitizing Nooksack language lessons



The Nooksack language is a Coast Salish dialect spoken today by very few people. Nooksack tribal member Joshua Olsen (at right above), and George Adams are working to revitalize it, and their efforts were recently featured in a program at the Deming branch of the Whatcom County Library System.

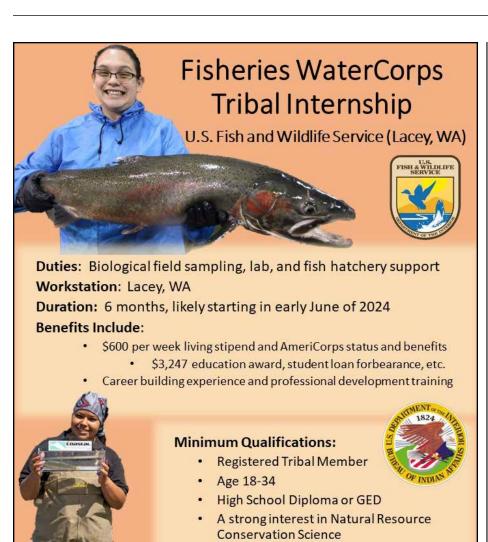
As part of a Heritage Arts Apprenticeship Program, George and Josh developed a curriculum for teaching the language and have created a supplemental daily text and audio messaging system to reach students.

Heritage The Arts Apprenticeship **Program** is offered by the Center for Washington Cultural Traditions, which is operated in a partnership between Humanities Washington and The Washington State Arts Commission.

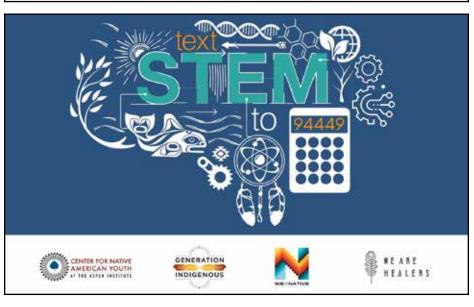


A sample of the text and audio messaging is displayed on a cellphone.

humanities WASHINGTON





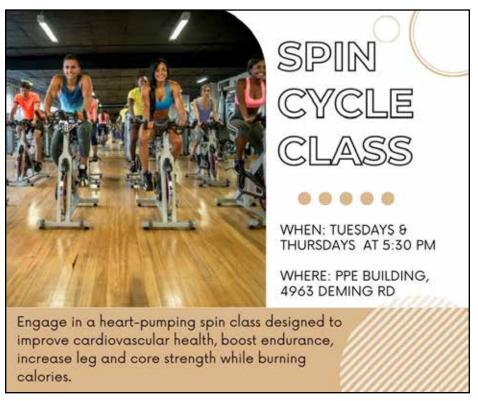


Fitness footnotes Opportunities to get moving



A variety of exercise equipment is now available in the PPE Building at 4963 Deming Road. The space is open for use 8:30 a.m. to 8:30 p.m. Monday through Friday.





Contact Us





Email - smatthews@nooksack-nsn.gov

Cell - (360) 398-3933

Small bites

Food & Nutrition notes



Eating your veggies: Satisfying salads

Looking to add more salads to your weekly menu? Read on for tips to make your salad nutrient-dense, filling, and fun!

Build your base.

Select one or more leafy green to start with.

Some favorites include arugula, escarole, green-leaf lettuce, kale, mixed greens, redleaf lettuce, romaine lettuce, and spinach.

Boost the nutrients with extra vegetables, and consider fruit.

Extra vegetables enhance texture and flavor and increase vitamin and mineral content. Try preparing the veggies in different ways; chopping, dicing, shredding (such as with a cheese grater), or slicing.

Some veggies that work well in salads include artichoke hearts, broccoli, radishes, water chestnuts, beets, cucumbers, red cabbage, bell peppers, carrots, snap or snow peas, and celery

Fruits can also help mix things up. Consider adding apples, mandarin oranges, fresh berries, melons, pears, or grapes.

Consider adding a protein, especially if this is your main dish.

If your salad is central to your meal rather than a side, bulk it up with meat or plant-based protein.

Good sources of protein for salads include cooked beef, chicken, ham, turkey, salmon, shrimp, or tuna; boiled eggs; black beans, kidney beans, navy beans, or chickpeas; edamame, tofu, or tempeh; and nuts.

Dress your salad.

Try a simple oil and vinegar combination, which can be store bought or hand-mixed.

A yogurt-based dressing is good for a creamy option.

Salsa is also a great addition to salads.

You can top your salad off with more flavor from a sprinkling of fresh herbs, such as cilantro, parsley, dill, or basil.

Mix in extras.

Want even more flavor or texture? Toss on some avocado, olives or croutons, or these other types of toppings.

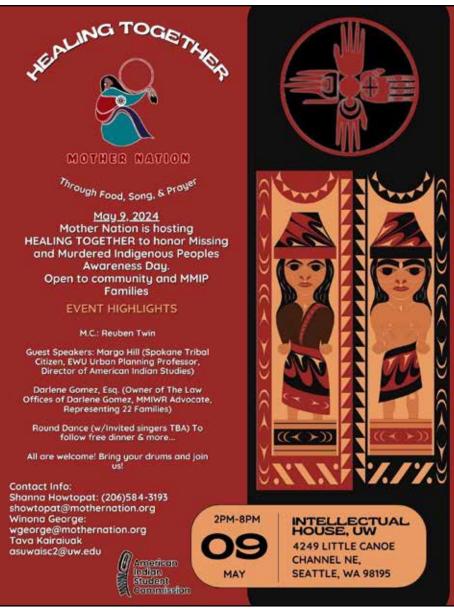
- Cooked grains: bulgur, farro, quinoa, or wheat berries.
- Unsalted nuts and seeds: almonds, cashews, peanuts, pecans, pistachios, pumpkin seeds, sunflower seeds, or walnuts.
- Cheese: blue, cheddar, feta, mozzarella, or parmesan.

Need more nutrition support? Get in touch!

Schedule an appointment at the Nooksack Tribal Health Clinic today.







Contact Us

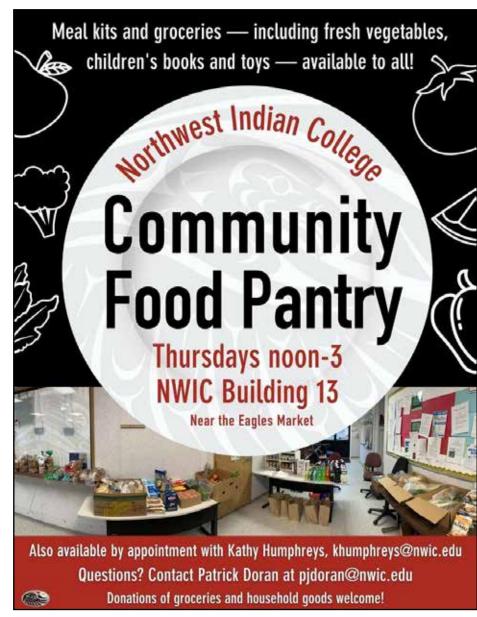
Meredith LaFrance

Registered Dietician Nutritionist at the Health Clinic

Office - (360) 966-2106

Email - mlafrance@nooksack-nsn.gov





April 2024

Elders' Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti Green Beans Bread stick Cookies	2 Spam Fried Rice Mixed Veggies Jell-O	3 Ham, Potato Salad Baked Beans Steamed Broccoli Roll, Apple Crisp	4 Tuna Casserole Steamed Veggies Pears	5 Food Bank Friday Chicken Fried Steak Boiled Eggs Hash Browns Yogurt w/ Berries
8 Tomato Basil Soup Turkey Sandwiches Blueberry Cobbler	9 STOWW Day Chef Salad Garlic Bread Soup Cupcakes	10 Chicken Strips JoJos Carrots Fruit	Handwiches Cucumber Slices Tomato Soup Cake	12 Chili Mac Corn Bread Veggie Sticks Cookies
15	16	17	18	19
Baked Chicken Mixed Veggies Baked Beans Wheat Roll Apple Sauce	Hamburger Gravy, Rice Green Beans Jell-O w/ Fruit	Pork Chops Potatoes Mixed Veggies Jell-O Cake	Chicken Adobo Rice Cucumbers Pears	Egg Salad Sandwiches Veggie Sticks w/ Ranch Soup Mandarin Oranges
22 CLOSED for Earth Day	23 Hamburger Lettuce/Tomato Baked Beans Potato Salad Jell-O	24 Hot Turkey Sandwich Mashed Potatoes Green Beans Blueberry Muffins	25 Pork Stir-Fry Rice Egg Roll Jell-O w/ Fruit	26 Chicken Macaroni & Cheese Steamed Veggies Fruit Salad
29 Hamburger Soup Roll Cherry Crisp	30 Chicken Fried Rice Deviled Eggs Green Beans Jell-O			Every day: Fresh green salad and fresh fruit.

Nooksack Tribal Holidays

Tribal Offices will be closed on the following days in 2024:

Jan. 1 New Year's Day

Jan. 15 MLK Jr. Day

Jan. 22 Treaty Day

Feb. 19 Presidents' Day

Mar. 8 Billy Frank Jr. Day

Apr. 22 Mother Earth Day Obsv

May 27 Memorial Day

Jul. 4 Independence Day

Aug. 30 Fri before Labor Day

Sep. 2 Labor Day

Sep. 23 Governance Day

Oct. 14 Coast Salish Day

Nov. 11 Veterans Day

Nov. 28 Thanksgiving Day

Nov. 29 Native Heritage Day

Dec. 24 Admin Leave

Dec. 25 for Christmas

Dec. 26-31 Admin Leave

Tribal Council MEETING April 9



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









Visit the Human Resources

Department page at

nooksacktribe.org

for information about

current job openings.



Administrative Contacts

Tribal Council Office (360) 592-5164 Tribal Council Fax (360) 592-4506
Administrative Office Main
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	
TANF - Skagit	(360) 848-1758
GED Office Nooksack	
GED Office Skagit	
Homelessness Resource (Mgr Tiffani Zamudio)	
Tiornelessitess resource (Mgi Tiliani Zamadio)	(000 372 0103
Youth & Family Services	(360) 306-5090
(Director Montaine Healy-Green)	(300) 300 3070
Domestic Violence Office	(360) 592-5176
DV Emergency Hotline	
DV Littergeticy i louitle	.(300) 372-4104
Other Services	
Auto Shop	(360) 306-5756
Child Support	(360) 306-5730
Economic Development & Planning	, ,
Enrollment Office (Dir: Roy Bailey)	
Facilities & Maintenance (Dir: Richard Edwards)	
Housing Authority Office (Dir: Malori Klushkan)	
Mí sq' eq' ó Community Building	(300) 900-9133
North Intertribal Vocational Rehabilitation Program	
(Counselor Tammy Cooper-Woodrich)	
Tribal Court Fax	•
Tribal Court	
Tribal Gaming	.(360) 592-5472
Tribal Veterans Program (Mgr Christopher Gellys).	(360) 592-5176 ext. 3306
C : 0M 10	
Casino & Market Center	(0.(0) 704 5404
Nooksack Northwood Casino	
Toll free	
Nooksack Market Center	.(360) 592-5864

