

# SNEE-NEE-CHUM

Noxws' á?aq / Always bracken fern roots

May 2024

Tem7alile / Salmonberry Time



## Tribal youth are stepping up



### New veterans programming

Pg. 6



### Spring Break excursions

Pg. 8



### It's garden season

Pg. 12

Youth from Nooksack and other tribes in western Washington gathered recently for the first Intertribal Youth Council Coalition meeting, organized by the North Sound ACH and advisors of the tribes' various youth councils.

Youth council members at the event said they fare ready for more involvement in their communities and eager to help tackle issues including the current drug overdose crisis and cultural revitalization.

*More on page 4...*

ABOVE - Nooksack Youth Council President Landon Tageant brainstorms with Odessa Flores of the Tulalip Tribes during a meeting of the new Intertribal Youth Council Coalition.

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  
 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](http://nooksacktribe.org)

### Share with Snee-Nee-Chum

Submit news, announcements, celebrations, or department updates for consideration to Kimberly at [kimberly.nooksackcommunications@gmail.com](mailto:kimberly.nooksackcommunications@gmail.com). Items for the June newsletter are due May 15.



Contains PCW recycled paper



Photos from 2022 War Canoe races on Lake Whatcom, taken by Kimberly Cauvel.

# 2024 War Canoe Schedule

MAY		
May 4-5	Tulalip Days	Tulalip Sports Complex, WA
May 11-12	OPEN	
May 18	Penn Cove	Couville, WA
May 18-19	Pilalt Days	Skwah (Chilliwack Landing), BC
May 24-26	Nooksack Days	Bloedel Donovan Park, WA
May 24-26	Seabird Island Days	Seabird Island (Agassiz), BC
JUNE		
May 31-June 2	Cultus Lake Water Sports	Cultus Lake, BC
June 7-8-9	Musqueam	Musqueam Cultural Centre, BC
June 14-16	Stommish Water Festival	Lummi, WA
June 22-23	Sasquatch Days	Harrison Hot Springs, BC
June 28-30	Whey-Ah-Whichen Festival	Cates Park, Tsleil-Waututh, North Van., BC
JULY		
July 6-7	Ambleside	Ambleside Park, West Van., BC
July 6-7	Nin’wu Days	Wjolep (W. Saanich), BC
July 12-14	Sqewlets	Squawkum Park, Harrison Bay, BC
July 13-14	Tsawout	Tsawout, BC
July 13-14	Stzuminus	Chemainus, BC
July 20-21	Quw’utsun	Cowichan Bay, BC
July 26-28	Snuneymuxw Water Sports	Snuneymuxw (Nanaimo), BC
August		
August 2-4	Geronimo Days	West Saanich, BC
August 10-11	Swinimish	LaConner, WA
August 17-18	Chief Seattle Days	Suquamish, WA
August 17-18	Snunuwus	Nanoose Bay, BC
August 22-25	Makah Days	Neah Bay, WA



# WANTED

Highly Motivated 9<sup>th</sup>-12<sup>th</sup> Grade Students

## BIA-BIE Youth Indian Police Academy

The Bureau of Indian Affairs and the Bureau of Indian Education are partnering to host the 2<sup>nd</sup> annual Youth Indian Police Academy for students enrolled in 9<sup>th</sup> - 12<sup>th</sup> grade. The Academy will occur at the Riverside Indian School Campus in Anadarko, Oklahoma, from June 16 through June 28, 2024.

At no cost to students, participants will receive assistance with traveling to and from the school, where they will stay in dorm rooms and be well-fed throughout their stay. Participants will receive uniforms and travel for field trips will be provided. Students will come away from the program with a meaningful life experience, new friendships, and awareness of career opportunities available to them as young adults.

## Application Instructions:

Students wishing to attend the academy must write and submit a five-paragraph essay explaining who they are, their life goals, and why they wish to attend the Youth Indian Police Academy. Final essays need to be emailed to: [Carla.Whiteman@bie.edu](mailto:Carla.Whiteman@bie.edu) on or before **May 17, 2024**. Each essay will be reviewed by a selection panel who will select up to 28 students.

## Guardians:

Upon student selection, guardians must complete an admissions package. The package will be emailed after selections are made. This includes providing student emergency contact, out-of-state student travel information, authorization for medical care of a minor, medical history, residential check list, parental consent form, photograph release form, school check out policy, student code of conduct, student policies, acceptable use policy, BIA consent to participate and a release from liability.

## FACTS & TASKS

### WHEN:

June 16, 2024 - June 28, 2024

### WHERE:

Riverside Indian School  
Anadarko, OK

### SEND ESSAYS TO:

[Carla.Whiteman@bie.edu](mailto:Carla.Whiteman@bie.edu)

### ESSAYS DUE:

May 17, 2024

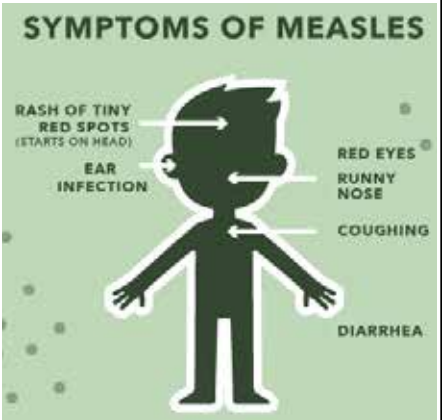
## HANDS-ON LEARNING EXPERIENCES INCLUDE:

- Nightly Team Building Events
- Tactical Training Exercises
- Accident Investigation & Crime Scene Labs
- Driving Under the Influence Simulations
- Special Weapons & Tactics Demonstrations
- Emergency Medical Services Certification
- K9 Demonstrations
- Field Trips for full-immersion Learning



## HEALTH ALERT

The U.S. is seeing a measles outbreak. Know the symptoms. See more on page 13.



## NATIVE STUDENTS

Scholarships NOW available for biological sciences, Native studies and STEM!



Scholarship Applications  
Deadline: May 31, 2024

Learn more here:

[indian-affairs.org/nativescholarship](http://indian-affairs.org/nativescholarship)



## MARINE TRADES CAREER EXPLORATION AND JOB FAIR



THURSDAY  
MAY 9, 2024  
10a - 1p



FREE EVENT

Open to the Public

No registration required

### Join Us!

- Explore careers in the marine trades
- Network with working waterfront employers
- Try fun, hands-on activities
- Enter to win a Yeti cooler



Scan QR code for a list of participating businesses or visit: [tinyurl.com/pobmarine](http://tinyurl.com/pobmarine)

Event Location: Fishermen's Pavilion  
2599 S. Harbor Loop Drive, Bellingham



# Tribal youth councils form coalition



Youth from Nooksack and other tribes in western Washington gathered on March 28 for the first Intertribal Youth Council Coalition meeting, organized by the North Sound ACH and advisors of the tribes' various youth councils.

Nooksack, Lummi, Swinomish, and Tulalip youth attended. The meeting was hosted at Lummi offices.

"I'm so happy that we're all

here today that I could fall to my knees and cry," Lummi Youth Council President Damien Kamkoff said at the start of the meeting. Nooksack Youth Council President Landon Tageant also shared enthusiasm for the gathering.

Youth council members at the event said that they feel it's time for Native youth to take on—and be trusted with—more leadership roles in their commu-

nities.

Organizing the coalition has been several years in the making, with involvement from Nooksack Teen Enrichment & Prevention Program Manager Keith Lindsey and others.

Following welcome songs by Lummi Youth Council members and Nooksack's Loren Roberts, the group discussed important health issues including the prevalence of dangerous drug use

and the occurrence of suicides across their tribal communities.

The teens helped brainstorm potential solutions to those issues and pathways for more traditional language and culture revitalization work. The youth envision a future where they, their loved ones, and their cultures flourish.

The coalition plans to meet regularly to tackle a variety of issues. ▫





ABOVE LEFT - Nooksack Youth Council President Landon Tageant (right) and Vice-President Jace Bailey (left) with Nooksack Teen Enrichment & Prevention Program Manager Keith Lindsey and North Sound ACH Tribal Liaison Michaela Vendiola during the first Intertribal Youth Council Coalition meeting, held on March 28, with representatives of Nooksack, Lummi, Swinomish, and Tulalip.



ABOVE RIGHT - Nooksack Teen Enrichment & Prevention Program Manager Keith Lindsey speaks during the first Intertribal Youth Council Coalition meeting. Bringing the region's tribal youth councils together has been a longtime goal for Lindsey and others who work with the youth.

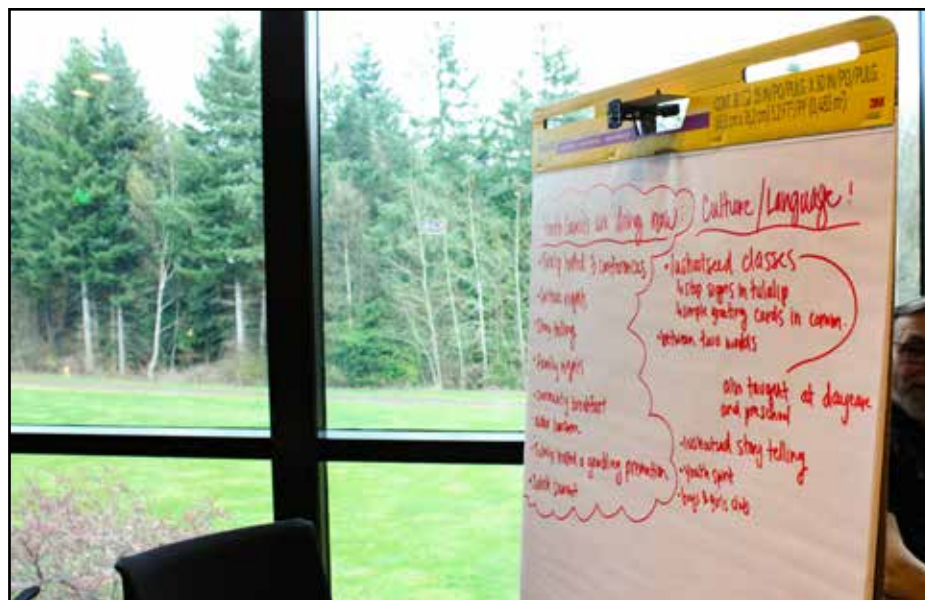
*Photos from the Nooksack Youth Program and North Sound ACH*



Nooksack Youth Council Representative-at-Large Jordan Johnson (left) brainstorms with youth from other area tribes.



Nooksack's Loren Roberts listens while teens discuss community health issues at the Intertribal Youth Council Coalition meeting.



RIGHT - Lummi Nation Youth Council members welcomed participants of the first Intertribal Youth Council Coalition meeting to the tribe's offices with a song.



# Veterans program

## Services for those who served



ABOVE - New Nooksack Veterans Service Program Manager Chris Gellys addresses tribal veterans during a lunch meeting in April.

*Photos from Brandon Yates*

Make an appointment  
to meet with Chris



The first of new monthly Nooksack Veterans Service Program meet and greet events took place on April 16, organized by new program manager Chris Gellys.

American Legion Post 83 and Nooksack drummers participated in the event, and Chris Cooper offered a welcome prayer before lunch was served.

During the event, Gellys introduced himself to the Nooksack community and summarized the services he is overseeing as the tribe's new Veterans Program Manager.

Gellys is a Navy Veteran with a decade of program management and social services experience. He specializes in veteran services support, striving to connect the needs of the veteran population with local resources. He is dedicated to serving those who have served our nation.

So far in his new role, Gellys has worked with Tribal Council and administrative staff to coordinate a social services program that serves Nooksack veterans with education and training, employment and career development, healthcare, disability and compensation advocacy, and more.

Representatives of several outside organizations that serve veterans were at the event to connect with the community, including from Whatcom County, WorkSource, the Vet Center Bellingham, Vietnam Veterans of America, Growing Veterans, and more. Gellys said he is working to strengthen relationships with Veterans Affairs and other offices as well, and to encourage their presence at future monthly meet and greets.

The first of these meet-ups took place on a notable anniversary for the tribe, Gellys acknowledged—a date when tribal member Wendell Harry Fidele, better known as Wendell H., died aboard the USS Pringle during an attack near Okinawa.

"April 16th marks a moment in history that the Nooksack tribe lost a son," Gellys said.

Wendell H. was the only son of Esther Johnnie Fidele and Fred Harry Fidele. He was an honor student and active in sports.

He graduated from Mt. Baker High School, attended Columbia University in Missouri for a certificate in diesel engineering, and volunteered for the U.S. Naval Reserves at 20 years old.

Wedell H. was assigned to the USS Pringle (DD-477) as a Water Tender 3rd Class Petty Officer—and paid the ultimate sacrifice for our country as he fulfilled that role. He was awarded numerous medals for his service.

The story of Wendell H. is just one of many created by members of the Nooksack tribe who chose to serve the nation.

Gellys said the community must ensure that our veterans are acknowledge, support, and appreciated. "Thank you, my brothers and sisters, for all that you endured," he said.

Gellys is located in the Social Services building and can be reached by phone at 360-592-5176 Ext 3306.





**Veterans Crisis Line**  
1-800-273-8255 PRESS 1

**For 24/7 confidential support, call today.**



**VETERANS Meet and Greet**

**Thursday, May 16 - 1 pm**

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

The Nooksack Veteran Services Program holds meetings on the third Thursday of each month.

For more information, contact program manager Chris Gellys at 360-592-5176 Ext. 3306 or [cgellys@nooksack-nsn.gov](mailto:cgellys@nooksack-nsn.gov).

**Thank you, Veterans**

**May is National Military Appreciation Month**

**Other days of recognition:**

- May 1 • Loyalty Day
- May 10 • Military Spouse Appreciation Day
- May 18 • Armed Forces Day
- May 27 • Memorial Day



**Contact Us**

**Chris Gellys**  
Veterans Program Manager

Office - (360) 592-5176 Ext. 3306  
Email - [cgellys@nooksack-nsn.gov](mailto:cgellys@nooksack-nsn.gov)



5061 Deming Rd.  
Deming, WA 98244

**NOOKSACK OFFICE OF THE TRIBAL ATTORNEY**

**June Wills Clinic offered**



A will allows you to select the person(s) who will handle your affairs and receive what you own after you pass on. It can be comforting knowing your family won't need to worry about these things or bear the expense of closing an estate. A will may be changed or updated if your wishes or life situation change.

Without a will, the BIA makes these decisions on your behalf through a lengthy process called probate. Nooksack contracts with attorney Kate Jones, who specializes in tribal wills, to provide wills clinics periodically so tribal members can have their wills done at no charge.

**For any tribal members who are interested, Wills/Estate Planning clinic appointments are available on Thursday, June 6th.** The clinic is available to all enrolled Nooksack members and their spouses, aged 18 and over, at no cost to you.

To attend the clinic, please call or email attorney Kate Jones at 206-370-1034 or [katejoneslaw@gmail.com](mailto:katejoneslaw@gmail.com) to schedule your intake appointment. You may also call the Office of Tribal Attorney at 360-592-4158 ext. 3354 to leave a message for attorney Kate Jones. There is no charge and no obligation.

**When you need probate**

As soon as possible, contact any of the following offices to inform the BIA of the decedent's passing:

1. The agency or BIA regional office nearest to where the decedent was enrolled: Bureau of Indian Affairs, 2707 Colby Avenue, Suite 1101 Everett, WA 98201. Phone: 425-622-9158.
2. Any agency or BIA regional office: Bureau of Indian Affairs, The Federal Building, 911 NE 11th Ave. Portland, OR 97232. Phone: 503-231-6702.

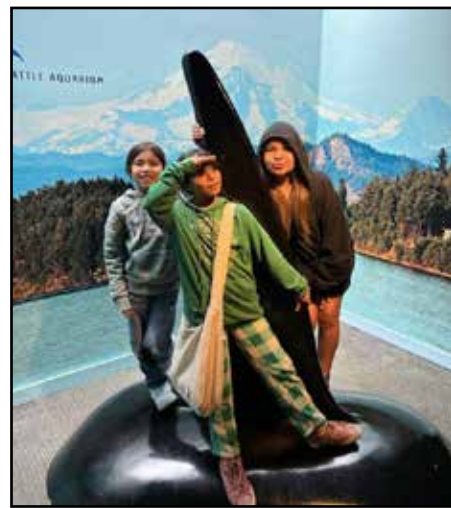
3. The Trust Beneficiary Call Center, Office of Special Trustee: (888) 678-6836. Email: [tbccmail@btfa.gov](mailto:tbccmail@btfa.gov). 4400 Masthead NE, Albuquerque, NM 87109.

Additional resources to assist your family in this difficult time:

- Your Land Your Decision (What is Probate?): [www.bia.gov/bia/ots/dop/your-land](http://www.bia.gov/bia/ots/dop/your-land)
- The Trust Beneficiary Call Center, Office of Special Trustee: [www.doi.gov/ost/tbcc](http://www.doi.gov/ost/tbcc)



# Youth program explores during Spring Break







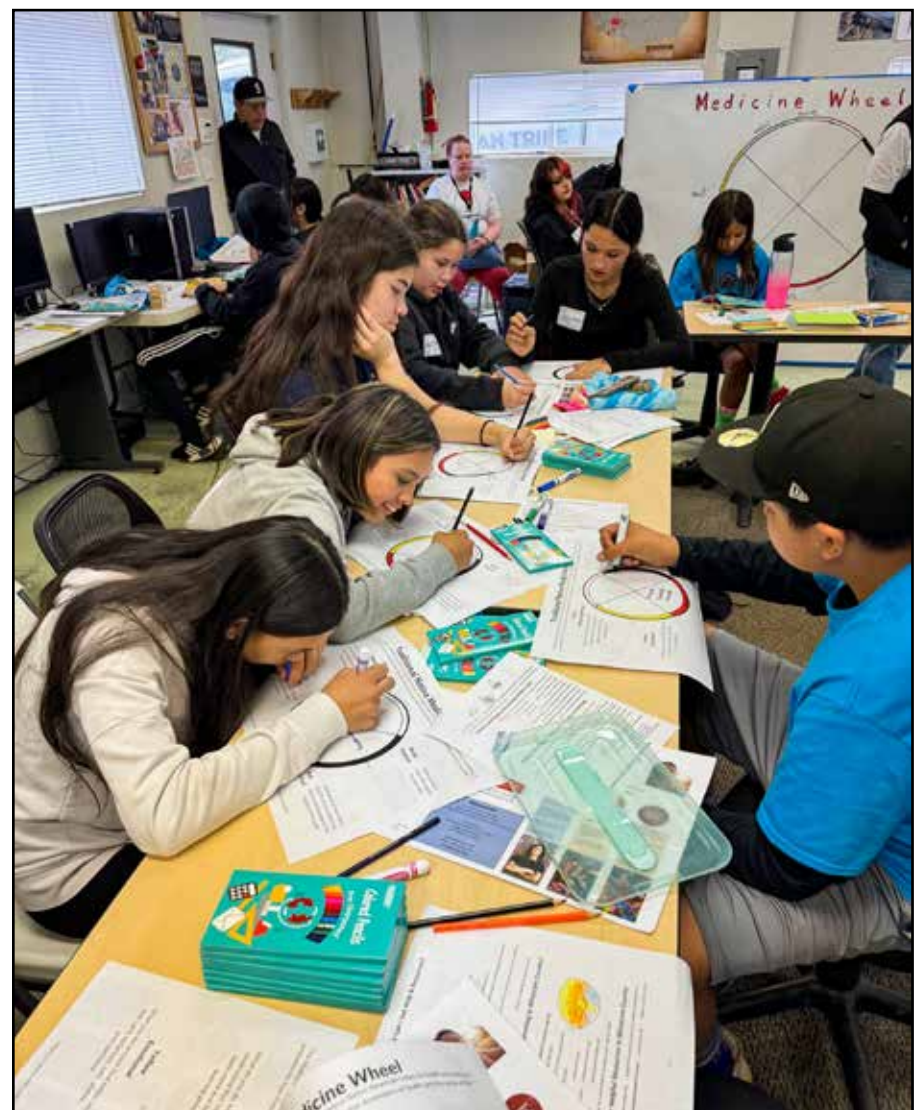
Nooksack youth toured parts of Seattle during Spring Break in April including the city's aquarium, the Seattle Art Museum, and Post Alley.

*Photos from the Nooksack Youth Program*

# Helping teens protect their mental health

*Photos from the Nooksack Youth Program*

Nooksack teens attended a presentation about mental health on April 5. The presentation, by the Mt. Baker Community Coalition, Mad HOPE, and Whatcom Family Community Network, included tips and tools for Native teens to use to help tune in to their emotions and cope during difficult times.



# Books, computers & more: The Tribal Library has something for everyone

The Nooksack Tribal Library has added many new titles and continues engaging youth in fun learning programs after school.

New additions to the library collection include realistic fiction for all ages, biographies, Coast Salish-specific books, and

other Native nonfiction titles.

Graphic novels continue to be popular with young patrons, while adult patrons lean toward the Coast Salish collection. Recently, the library has gotten more teens interested in reading by introducing them to some of

our new realistic fiction, and that is something to be proud of.

The library serves children after school with our computer lab and homework assistance. We are currently working with some children on multiplication tables and other math concepts.

Our Star of the Week recipients (next page) are well deserving of this library honor, so if you see them out and about, give them some congratulations!

For our patrons of all ages, we now offer a collection of almost 10,000 titles, many of them brand new, including best sellers and an extensive Native author and Native content section. Come enjoy a cup of coffee or tea while you peruse the shelves, use the computers, or grab magazines to explore.

Not seeing what you're after? Come by or contact Tribal Librarian Charise Wenzl at 360-966-9696 or cwenzl@nooksack-nsn.gov to request new resources. ▫

## TONY CLINE LNS SENIOR PUBLISHED POET



**So what are your plans after high school?**

*I'm going to attend The Indian American Institute of Arts. Cinematic Arts and Theater.*

**What are you going to do with that degree? Become an actor?**

*Yeah, try to become an actor. Become the new Wes Studi.*

**Would you say Teacher Mr. Riley Thuleen was your biggest influence here at Lummi Nation School?**

*He was definitely a big impact looking back on it retrospectively. I feel like he's a much bigger impact now because I've read a lot of poetry. I've read a couple Shakespearean sonnets and kind of like them and I know Mr. Thuleen was like in love with Shakespeare and Shakespearean sonnets. So I feel like he's definitely had a much bigger impact on me now that I've written poems. And he did say something along the lines of like, you may not feel like it now, but someday you will feel like a spark will be lit and you'll definitely be writing poetry all the time.*

**How did you get involved with Black Hawk Studios and reading off the morning announcements? Which are great, by the way!**

*I feel like I always kind of knew I had some kind of interest in media arts. So I had that class for like three years now, since sophomore year maybe, but at least definitely since junior year. And I don't know, I just feel very connected to media arts. And after doing a couple of practice interviews in the beginning of this year, Mr. Gripp and Mr. Kamkoff were like, you have a real knack for talking to people and making them feel comfortable, so you should do the announcement show that we're getting started up again.*

**Do you think that anything you learned from Mr. Gripp and Mr. Kamkoff will help you when you get to the next level?**

*Yeah, for sure. Because it's all very elementary, one-on-one, pretty basic stuff, but I feel like that's definitely the stuff, it's the fundamentals that you've got to return to, and understand the next level of art that you're doing, so I feel like it will definitely be important. Especially because I don't already have some of those fundamentals, so I'm really kind of doing my best to soak it in.*

**You know who else is one of your biggest fans? It's Mr. Gary Brandt. He talks very highly of you. He says you're a highly intelligent young man who's going to do things. How do you feel about Gary Brandt?**

*Gary Brandt, he's awesome. I feel like, I don't know, I feel like Gary is like a person you should strive to be like when you're old. It's just like, Mr. Brandt, I feel like part of it is his discipline in the military, but he's very active and lively. It's like he crawled out of a Dr. Seuss book or something. He's just lively and full of energy and funny. He's positive too.*

**Thank you for your time, Tony - Is there anything you'd like to add about your time at Lummi Nation School?**

*I'll look back on my beginning coming here at middle school and I still kind of feel a lot like Dances with Wolves. I have a lot in common, but, you know, I feel like I've kind of adapted my own sense of Indian being at the school for like five years now. So, the first couple (years) were definitely harder. but, you know, once I got into a groove, you know, it became pretty good.*

*Especially when I talk to my friends now and they're like, everybody loves you here. You walk into a room and everybody pays attention to you and waits for you to say something funny or play a song that everybody likes.*

*And I was like, huh? Because I never really realized it because I kind of just kind of accepted that this is how I like to express myself. So, I never really picked up on the fact that everybody's like, oh, Tony's in the room now.*



### TONY CLINE

#### ONE IN A MILLION

She stands out from the rest of them  
Her beauty outshines them all  
She is the most gorgeous girl I've ever seen  
Her eyes are sparkling diamonds  
I find myself entranced by her beauty  
Impossible to look away  
Yet I fear if I stare too long she'll disappear  
She'll dissipate into the air never to know how much love I harbor in  
my heart for her  
Her alluring black hair looks like it was cut from wavy silk  
Her body moves so freely and beautifully as the songs she  
effortlessly sings  
Her voice sounds like it was crafted by angels, beautiful and sweet  
By God she's amazing  
By God she's wonderful  
By God  
Lydia is one in a million  
Forever and always beautiful  
Forever and always  
One in a million



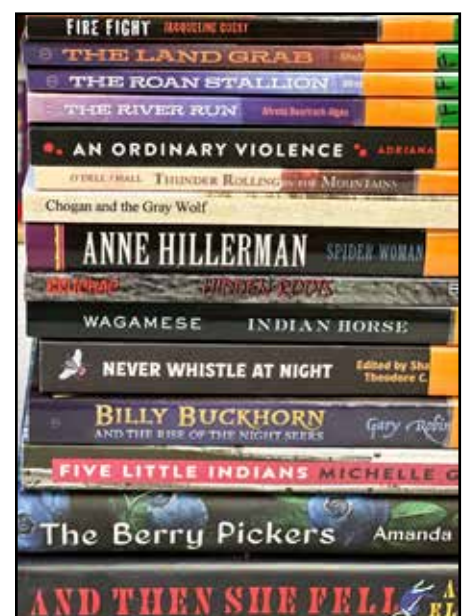
Photos from the Nooksack Tribal Library

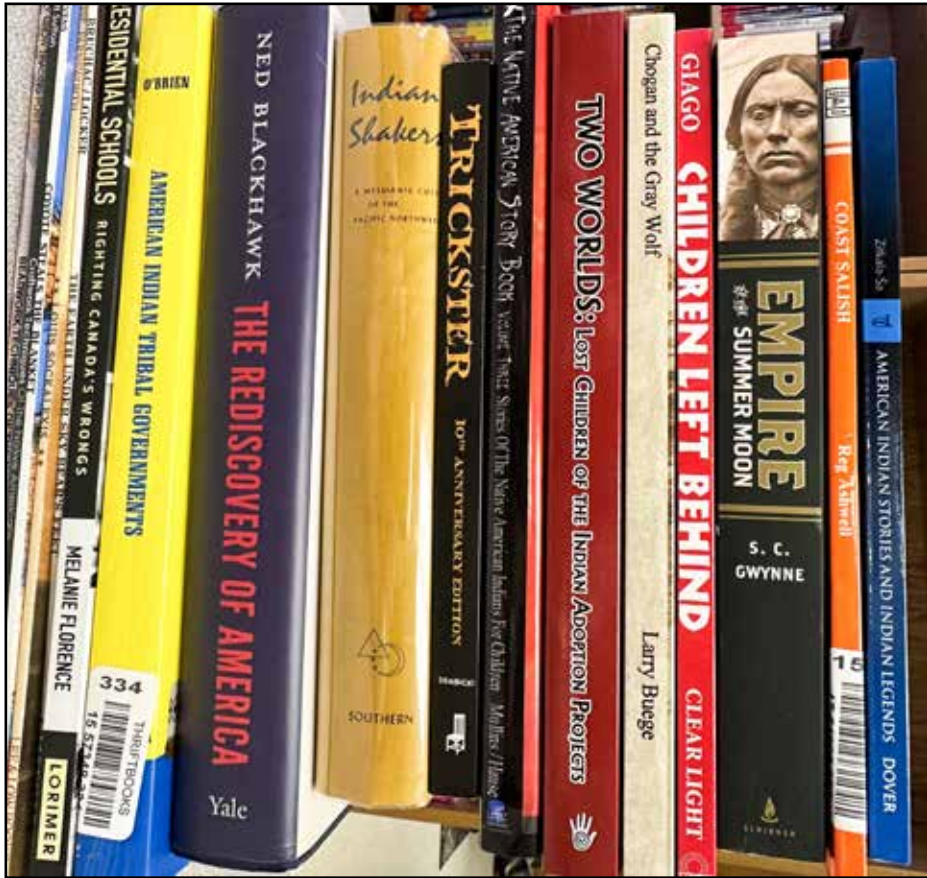
## A FOREST OF WORDS

"One in a Million"

You can find Tony's poem on page 86 of this collection of poems. Thank you Tony and we are excited to see where you go after LNS!!

*Class of* **2024!**  
*Tony Cline*





## Star of the week: Clarence

**Favorite food:** Popcorn  
**Favorite book:** Wings of Fire  
**Favorite movie:** Kung Fu Panda  
**Best friends:** Kasen, Gavin, Tori, Kelsey, Colby  
**When I grow up I want to be:** A book writer  
**Favorite thing about the Youth Program:** Library  
**Favorite thing about school?** Reading  
**If I could make one rule that everyone in the world had to follow, my rule would be:** No racism.



## Star of the week: Kaylie

**Favorite food:** Rice and Noodles  
**Favorite book:** Kitty and Dragon  
**Favorite movie:** Frozen  
**Best friends:** Akaysha and Ava  
**When I grow up I want to be:** A police officer  
**Favorite thing about the Youth Program:** The library and reading  
**Favorite thing about school?** Free time  
**If I could make one rule that everyone in the world had to follow, my rule would be:** No hitting.



## Star of the week: Braxton

**Favorite food:** Ice Cream  
**Favorite book:** Star Wars  
**Favorite movie:** Onward  
**Best friends:** Joviah, Michael, Kyle  
**When I grow up I want to be:** A YouTuber  
**Favorite thing about the Youth Program:** Doing math  
**Favorite thing about school?** Reading books  
**If I could make one rule that everyone in the world had to follow, my rule would be:** No hitting, no being mad.



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

# Small Bites

## Food & Nutrition notes



Spring is a season of renewal. It is a time when the Earth comes alive with a burst of growth and color, signaling the bountiful, nutrient-packed provisions to come. It is the perfect time to begin preparing a garden, some fresh herbs on the windowsill, or a few pots on the doorstep with salad greens and tomatoes. As we begin preparing for spring planting, we can also reflect on our well-being.

Consuming a balanced diet rich in fruits, vegetables, whole grains, lean and plant-based proteins, and healthy fats can support our energy levels and help meet our nutritional needs. Nutrition plays a crucial role in the prevention and management of certain chronic conditions such as Type 2 diabetes and high blood pressure.

Spring's bounty of fresh produce not only tastes delicious but is also packed with essential vitamins and minerals. Fruits and vegetables are rich in phytonutrients that benefit the human body in many ways, from improving cardiovascular health to boosting the immune system.

Some examples of nutrient-packed produce to incorporate into your garden, look for at the local farmers market, or purchase from the store:

- Strawberries are high in fiber and rich in vitamin C.
- Chard is a good source of vitamin K, which helps with blood clotting and bone health.
- Leeks contain lutein and zeaxanthin, good for eye health.
- Onions are a good source of vitamins C and B6, which help maintain a healthy nervous system and immune system.

### Consider the many benefits of gardening

Because it involves physical activity, gardening brings health benefits beyond nutrition. Digging, planting, and weeding engage major muscle groups, which helps us build strength. Gardening also gets us outside, which tends to release stress and where the sunlight can stimulate the production of vitamin D in the skin.

#### A few gardening tips:

- No matter how big or small your space is, pick a spot with the most sunshine.
- Starts can be easier to plant but may cost more than seeds.
- Find out which gardening zone you are in, based on forecast first and last frost dates, through a resource such as [planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov).

### Community garden programs upcoming

The tribe's Community Gardener Nathaniel Smith was hard at work through April at the garden plots in Deming and in Everson, working the soil, weeding, and sprucing up the pathways between the rows in preparation for planting.

He and Registered Dietitian Nutritionist Meredith LaFrance have been brainstorming ways to expand the garden program to improve access to fresh fruits and vegetables for Nooksack community members and their families. The garden may provide future ingredients for Elders' Lunches and community

# Health Clinic Notes



**STELLAR STAFF** - Our Medical Providers take the time to listen and answer questions. The amount of care and compassion they give to each patient is appreciated, and we would like to say thank you to Dr. Cathy Webb, Meredith LaFrance, and Dr. Sara Sheaffer!

**REFERRALS** - To receive a referral from one of our providers to outside medical providers or specialists, such as for vision, chiropractic, or other services, patients must be seen in the Nooksack Clinic to ensure their medical chart is current.

**COLON CANCER AWARENESS** - The clinic hosted a bingo lunch event on March 27 to increase awareness around colon cancer. The event was sponsored by the American Indian Cancer Foundation and supported by NW Gastroenterology, and two of their Providers—Dr. Siemanowski and Dr. Gullickson—who spoke about the importance of colon cancer screening and answered questions. If you are between the ages of 45-75 and have not been screened or are due to be screened, please call and schedule an appointment. While supplies last, those who get screened may receive a \$50 Visa gift card!



cooking demonstrations, may host events to teach about gardening and traditional plants, and is likely to generate produce boxes for delivery service.

A goal of the Nooksack s'o-hl spi:ls, meaning "our garden", is to provide monthly boxes stocked with a sampling of garden produce and recipes to interested tribal members. As garden pro-

duction allows, boxes may become available during the Summer and into the Fall.

Interested in receiving these produce boxes? Contact Meredith LaFrance at 360-966-2106 or [mలాfrance@nooksack-nsn.gov](mailto:mలాfrance@nooksack-nsn.gov), or Nathaniel Smith through the "Nooksack s'o-hl spi:ls (our garden)" Facebook group. ▫

## Contact Us

**Meredith LaFrance**

Registered Dietician Nutritionist  
at the Health Clinic

Office - (360) 966-2106

Email - [mలాfrance@nooksack-nsn.gov](mailto:mలాfrance@nooksack-nsn.gov)



## NIVRP can help with employment & cultural needs

The North Intertribal Vocational Rehabilitation Program (NIVRP) serves disabled adults who have a permanent diagnosis that creates barriers to work.

We are here to keep you in your job or get you into a job by overcoming the barriers caused by the disability. Once you are deemed eligible, an individualized plan for employment is set up, listing the job you want to have and the services needed to reach your goal.

Washington state also offers vocational rehabilitation through the Department of Social and Health Services (DSHS) Division of Vocational Rehabilitation. They serve the disabled population in the same manner; however, NIVRP serves Native Americans who are enrolled in federally recognized tribes and offers services related to culture and traditions in addition to all other vocational assistance similarly provided by the state.

The NIVRP has supported qualifying individuals with services related to canoe pulling, carving, beading, sweat lodges, drum making, regalia making, and more.

If you have a permanent disability or behavioral health diagnosis that has limited your ability to get or keep a job, please contact our office and set up an appointment to begin the application process for our services.

Tammy Cooper-Woodrich is the vocational rehabilitation counselor that serves the Nooksack Indian Tribe. She is available at the Nooksack Social Services Office, 360-592-0135, Mondays and Tuesdays. She is at the Bellingham NIVRP office, 360-671-7626, Wednesday-Friday. Please call for an appointment. ▫



## HEALTH ALERT: Measles is circulating

The Centers for Disease Control and Prevention has received dozens of reports of cases across 17 states so far this year, including in Washington. This marks a notable uptick in the circulation of the illness compared to in 2023, when 58 cases were recorded throughout the entire year.

Measles isn't just a rash. The viral illness can be dangerous, especially for babies and young children.

Measles typically begins with cold and flu-like symptoms, including a runny nose, cough, high fever, and watery eyes. A

rash usually appears 2-4 days after the onset of those symptoms. The rash typically starts on the face or head and spreads to the trunk and then the extremities.

Measles is highly contagious and can cause serious complications including pneumonia and brain inflammation. The best protection against measles is the measles, mumps, and rubella (MMR) vaccine.

Signs of measles tend to emerge within 10 days of exposure to the virus, which most frequently occurs during international travel. The virus is

transmitted through direct contact with infectious droplets or by air when an infected person breathes, coughs, or sneezes.

Those infected with measles are contagious from 4 days before the rash begins. Anyone not vaccinated against measles could contract the virus if exposed to a carrier.

Measles was eradicated in the U.S. in 2000 but reemerges periodically due to international travel and a decline in vaccination rates.

For more information, visit <https://www.cdc.gov/measles>. ▫

## Measles: Questions and Answers

### INFORMATION ABOUT THE DISEASE AND VACCINES

#### What causes measles?

Measles is caused by a virus.

#### How does measles spread?

Measles is spread from person to person through the air by infectious droplets. It is highly contagious.

#### How long does it take to show signs of measles after being exposed?

It takes an average of 10-12 days from exposure to the first symptom, which is usually fever. The measles rash doesn't usually appear until approximately 14 days after exposure, 2-3 days after the fever begins.

#### What are the symptoms of measles?

Symptoms include fever, runny nose, cough, loss of appetite, "pink eye," and a rash. The rash usually lasts 5-6 days and begins at the hairline, moves to the face and upper neck, and proceeds down the body.

#### How serious is measles?

Measles can be a serious disease, with 30% of reported cases experiencing one or more complications. Death from measles occurs in 2 to 3 per 1,000 reported cases in the United States. Complications from measles are more common among very young children (younger than five years) and adults (older than 20 years).

#### What are possible complications from measles?

Diarrhea is the most common complication of measles (occurring in 8% of cases), especially in young children. Ear infections occur in 7% of reported cases. Pneumonia, occurring in 6% of reported cases, accounts for 60% of measles-related deaths. About 1 out of 1,000 cases will develop acute encephalitis, an inflammation of the brain. This serious complication can lead to permanent brain damage.

Measles during pregnancy increases the risk of premature labor, miscarriage, and low-birth-weight infants, although birth defects have not been linked to measles exposure.

Measles can be especially severe in persons with compromised immune systems. Measles is more

severe in malnourished children, particularly those with vitamin A deficiency. In developing countries, the fatality rate may be as high as 25%.

#### How is measles diagnosed?

Measles is diagnosed by a combination of the patient's symptoms and by laboratory tests.

#### Is there a treatment for measles?

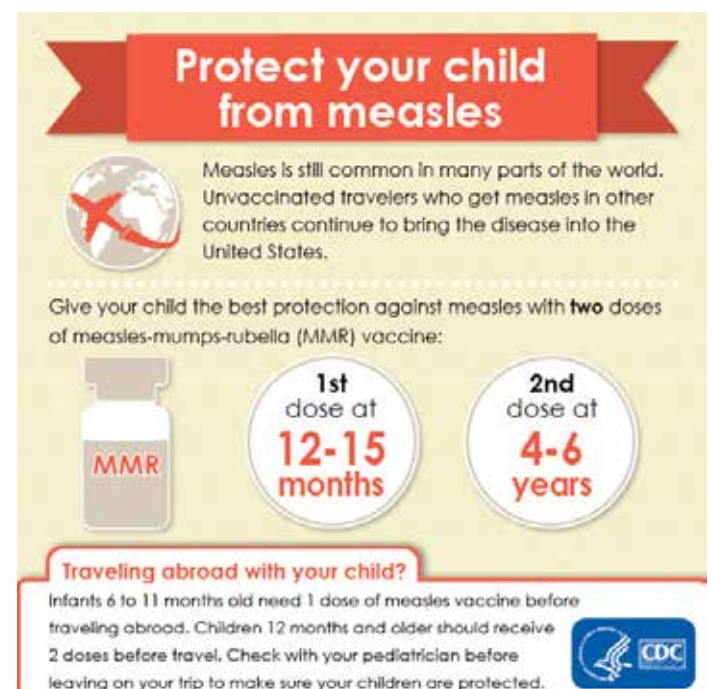
There is no specific treatment for measles. People with measles need bed rest, fluids, and control of fever. Patients with complications may need treatment specific to their problem.

#### How long is a person with measles contagious?

Measles is highly contagious and can be transmitted from 4 days before the rash becomes visible to 4 days after the rash appears.

#### What should be done if someone is exposed to measles?

Notification of the exposure should be communicated to a doctor and the health department. If the person has not been vaccinated, measles vaccine may prevent disease if given within 72 hours of exposure. Immune globulin (a blood product containing antibodies to the measles virus) may prevent or lessen the severity of measles if given within 6 days of exposure.



**Protect your child from measles**


Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:

- 1st dose at **12-15 months**
- 2nd dose at **4-6 years**

**Traveling abroad with your child?**

Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.



# Fitness footnotes

## Opportunities to get moving

### Mindful Movement: Cultivating inner peace through Yoga

In the hustle and bustle of modern life, finding moments of stillness can feel like a luxury. One powerful practice that can help us achieve this is yoga.

Yoga is more than just physical exercise; it's a journey of self-discovery and connection to our bodies, minds, and spirits. Here are some ways practicing yoga can benefit us:

**Mindfulness:** Yoga encourages us to be present in the moment, to observe our thoughts and emotions without judgment, and to cultivate a sense of inner peace and acceptance. By incorporating mindfulness into our daily lives, we can reduce stress, anxiety, and overwhelm, leading to greater well-being.

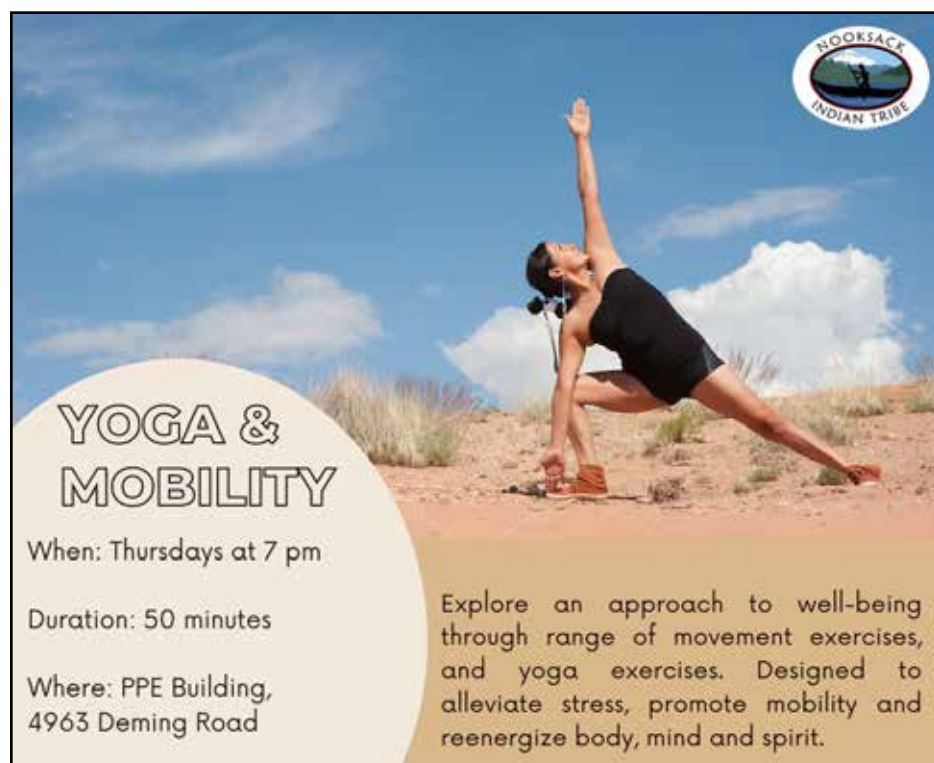
**Strength:** Through a combination of physical postures (asanas), breath work (pranayama), and meditation, yoga helps us build strength, flexibility, and balance in body and mind. This can improve our physical health and enhance

our resilience in navigating life's challenges.

**Culture:** Yoga's origins are deeply intertwined with ancestral knowledge, spirituality, and philosophy. As members of an Indigenous community with our own cultural heritage, embracing yoga allows us to honor the wisdom of our ancestors while also appreciating the diversity of global traditions.

**Community:** Practicing yoga together can foster a sense of community. Yoga class provides an opportunity for individuals to come together to share experiences and support each other on their wellness journeys.

**Accessibility:** One of the beauties of yoga is its inclusivity. It can be adapted to suit all ages, fitness levels, and physical abilities. For those unable to attend yoga classes in person, our Fitness Instructor Shanie Matthews also offers tribal members free access to her online yoga studio. Contact her to enroll. ▫



**YOGA & MOBILITY**

When: Thursdays at 7 pm

Duration: 50 minutes

Where: PPE Building, 4963 Deming Road

Explore an approach to well-being through range of movement exercises, and yoga exercises. Designed to alleviate stress, promote mobility and reenergize body, mind and spirit.

## Contact Us

**Shanie Matthews**  
Fitness Instructor/Opioid Peer Coach

Email - [smatthews@nooksack-nsn.gov](mailto:smatthews@nooksack-nsn.gov)  
Cell - (360) 398-3933



# Movie night fun



Community members gathered March 29 for dinner and a double feature hosted by the tribe. Stay tuned for the next movie night.

Photos from Anna Brewer, Nooksack Events Coordinator



## You're invited to celebrate with your community!

**Family Fun**

- Supervised play space
- Bounce House
- Sports Physicals

**HEALTH CARE**

- Dental Care
- Vision Exams- with glasses!
- Health Consultations

**Bike Skills Course**

Where kids can learn all about:

- Making controlled stops
- Obstacle awareness & more!

**Get Your ID**

- Visit WA Dept. of Licensing on site
- Funding may be available for IDs and license renewals!

**Elder Care**

- Memory Screening
- Foot Care
- Hearing Checks

**Blood Donation**

- Every 2 seconds, someone in the U.S. needs blood and/or platelets
- A single donation can save more than one life

**Transportation Assistance**

- Shuttles from Kendall Elementary to the EWRRC every 15 minutes!


**THE CATHERINE MAHAFFEY EAST WHATCOM WELLNESS FAIR**

MAY 18TH 2024 | 10AM-2PM

AT THE EWRRC CAMPUS 8251 KENDALL RD

Those with or without insurance are welcome. All ages and stages served.

Please RSVP with the QR code, call 360-599-3944, or go to: [tinyurl.com/wellnessfair24](https://tinyurl.com/wellnessfair24)



## Indigenous civil rights documentary to premiere at Seattle Film Festival



FISH WAR, a documentary film about fights for treaty fishing rights, is set to premiere at SIFF (the Seattle International Film Festival) on May 11 and be shown a second time on May 12.

The film will also be available to stream May 20-27. Find tickets online: <https://www.siff.net/festival/fish-war>

Fifty years after a pivotal federal court case in the fight for Northwest tribes' treaty rights to harvest salmon, the Fish Wars rage on against adversaries including habitat destruction and climate change, which could destroy salmon runs forever. "Instead of fighting over fish, we are fighting for the fish—to keep them on this planet."



Plus a Special Screening for Nooksack membership  
7 p.m. on Friday, May 3

Mí sq' eq' ó Community Building  
2515 Sulwhanon Drive

## Words of the Month

**Txwnáts'**

Transform, change.

**Ilh xwcháchal**

How long, time-wise?

**Ts'éxnoxw**

To push something.

Hear them at  
[nooksacktribe.org/word/](https://nooksacktribe.org/word/).



**NOOKSACK CULTURE PROGRAM**

## May 2024

## Elders' Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Every day: Fresh green salad and fresh fruit.		1 Hot Dogs Chips Veggie Sticks Cupcakes	2 Meatloaf, Corn Mashed Potatoes & Gravy Mixed Fruit	3 Food Bank Friday BBQ Chicken Mac & Cheese Green Beans, Grapes
		Elders Trip - Spokane	Elders Trip - Spokane	Elders Trip - Spokane
6 Spaghetti Mixed Veggies Garlic Bread No-Bake Cookies	7 STOWW Day Tuna Sandwich Chips, Soup Pound Cake Strawberries	8 Soft Taco Mexican Rice Refried Beans No-Bake Cookies	9 Chicken Salad Wrap Veggie Sticks Jell-O Fruit	10 Salisbury Steak Mashed Potatoes Corn Dinner Roll Chocolate Mousse
13 Sloppy Joe's Tater Tots Peach Cobbler	14 Spam Fried Rice Mixed Veggies Cupcakes	15 Pot Roast Steamed Potatoes Carrots & Celery Watermelon	16 BBQ Pulled Pork Sandwiches Corn Salad Pudding	17 Indian Taco Beef, Lettuce, Tomato, Cheese, Onion Jell-O & Fruit
20 BBQ Fish Potato Salad Pork & Beans Sliced Melons	21 Chicken Gravy, Rice Green Beans Cake w/ Whipped Cream & Fruit	22 Burger Dip Jo Jo's Sliced Cucumbers Blueberry Muffins	23 Shrimp Chow Mein Steamed Veggies Mandarin Oranges	24 Chicken Macaroni & Cheese Veggies Fruit Salad
	Elders Trip - Swinomish			
27 CLOSED for Memorial Day	28 Pork Chops Boiled Potatoes Veggie Sticks Apple Sauce	29 Chef Salad Bread Stick Clam Chowder Pudding Cake	30 Chicken Burger Lettuce, Cheese & Tomato Fries Fruit Salad	31 Sliced Ham Potato Salad Baked Beans Cherry Crisp

## 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




**Food Bank Distribution**  
May 3rd - 10 a.m. to 1 p.m.

**STOWW Distribution**  
May 7th - 11 a.m. to 2 p.m.

5061 Deming Road  
Nooksack Social Services  
(360) 592-0135

**Tribal Council MEETING**  
**May 7**

6 p.m. via Zoom  
noosacktribe.org



**Nooksack Tribal Offices Closed**  
**May 27th**  
**Memorial 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

**ANY AND ALL POW WOW GOERS WELCOME!**

**20<sup>th</sup> ANNUAL TRADITIONAL POW WOW**



**Saturday, May 25, 2024**

Grand Entries 1:00 PM and 6:00 PM  
Retiring Colors 9:00 PM

**Everyone Welcome - Free Admission**  
**Free Dinner Served - Cultural Arts Vendors**

Monroe High School Commons  
17001 Tester Road  
Monroe, WA 98272

**MC: Randy Vendiola Host Drum: 206**

**Save the Date! More Details to Follow!**  
*For Pow Wow or Vendor Information Contact: Mars Miller*  
360-793-0279  
425-359-8935 millerm@monroe.wednet.edu

If you wish, bring copies of photos of your loved ones for our Memorial Honor Board  
Sponsored by: Monroe, Snohomish, and Sultan School District Consortium  
Skykomish Valley Indian Education Program and SVIE Parent Organization

From HWY 522, take the first Monroe exit. Turn right off the exit ramp. In the roundabout take the first right at Tester Road.  
From HWY 2 East or West turn south onto Fryelands Boulevard. Turn left onto Main Street.  
Follow Main Street and in the roundabout take the Tester Road exit.

This is a family event. No drugs/alcohol/weapons are allowed on the premises.  
Except for service animals, please leave pets at home.

**News straight to your inbox**

**Subscribe!**




- 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 (Mgr Christopher Gellys) ... (360) 592-5176 ext. 3306
- Casino & Market Center
- Nooksack Northwood Casino .....(360) 734-5101
- Toll free .....(877) 777-9847
- Nooksack Market Center .....(360) 592-5864

