## Northwestern Band of the Shoshone Nation

### Newsletter

March 29th 2024

### **SAVE THE DATE:**

- ♦ Weight Loss challenge weigh-in (Mon. April, 1st 5<sup>th</sup>)
- ♦ Resource Classes (April 1st,15th,22nd,29th & May 6th)
- ♦ Beading Class (Thurs. April 4<sup>th</sup> &18<sup>th</sup> @ 4:30-6:30pm)
- ♦ Council Meeting (Fri. April 19th @ 6pm)
- ♦ Utah Legal Services (Fri. April, 19<sup>th</sup>) by appt only
- ♦ Language & Culture Camp (Sat, May 4<sup>th</sup>)
- ♦ Golden Spike Celebration (Sat, May 11th)
- ♦ Washakie Cemetery clean-up (Sat, May 11<sup>th</sup>)
- ♦ Archery (Sat, May 25th)
- ♦ Lagoon Day (Sat, June 15th )
- ♦ North Shore Swim (Sat, July 20th)

### **NWBSN Growth Courses**

### Starting Monday, April 1st, 2024.

Course topics cover

- Stress management
- Nutrition
- Auto maintenance
- Healthcare
- Alzheimer's information

Contact Courtney at <a href="mailto:cmuir@nwbshoshone.com">cmuir@nwbshoshone.com</a> for more information and to get signed up.

\*Incentives provided for participants.



#### WEIGHT LOSS CHALLENGE

Hours 8:30am - 4:30pm

Third weigh-in **April**  $1^{st} - 5^{th}$  Fri. Apr, $5^{th} \rightarrow$  (Brigham 3-5 p.m.)

Final weigh-in May 6th - 10th

Monthly weigh-in incentive: Subway card. Reach end goal weight: \$200.00 gift card.

Overall winner for male & female: \$300.00 gift card.

### PARTICIPANT MUST BE LOCATED IN UTAH OR IDAHO

YOU ARE REQUIRED to show up in-person to weigh-in (WEIGH-IN LOCATIONS ARE OGDEN, BRIGHAM, POCATELLO) and Weigh-in Monthly in-person to qualify for end goal incentives!

Idaho participants please contact Jason @ 208-478-5712 for more info

## Northwestern Band of the Shoshone Nation

Newsletter

March 29th 2024



### **Beading Class II & III**

Learn how to make key chains (beginners)
Thursday April 4<sup>th</sup> & 18<sup>th</sup> 4:30-6:30 PM
Tribal office Ogden @ 2575 commerce way
RSVP by Wednesday, April 3<sup>rd</sup> Call 435-734-2286
or email; beatrice@nwbshoshone.com

(Subject line BEADING)

# **Council Meeting**

# Friday, April, 19<sup>th</sup> @ 6pm

Ogden Tribal Headquarters 2575 Commerce Way Ogden, Utah





Will be in our office Friday April 19<sup>th</sup> by Appointment only 10am -12pm Please Call Patty 435-734-2286 to schedule an appointment.

# Courtney's RESOURCE CORNER

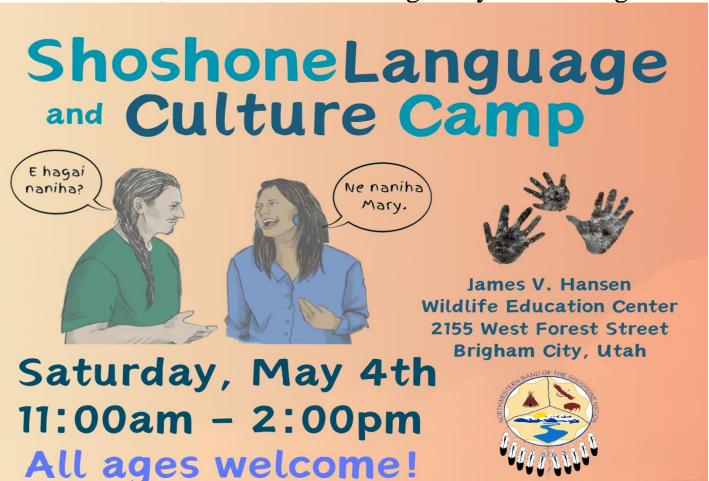
### **Alzheimer's Association**

Provides information and support for individuals living with Dementia, as well as their loved ones and caregivers. 24/7 HELPLINE: 800-272-3900

### Northwestern Band of the Shoshone Nation april Newsletter

March 29th 2024

Located at The Bear River Migratory Bird Refuge



### WASHAKIE CEMETERY CLEAN-UP

A dumpster & Port-a-potty will be available at the cemetery from  $May\ 6^{ ext{th}}-31^{ ext{st}}$ 

Corner Canyon Lacrosse team will be helping us clean up our Cemetery on Saturday, May 11th 10am-1pm. This is an annual event that we always look forward to. Tribal members are welcome and encouraged to join us. It's a great chance to get-to-know them, serve your ancestors and tribal family. Lunch will be provided.

# Northwestern Band of the Shoshone Nation

### Newsletter

March 29th 2024

### Weber County Archery Park

Saturday, May 25<sup>th</sup> 10 a.m. – 12 p.m.

Please RSVP by Wed. May 22<sup>nd</sup> 4pm 435-734-2286

1181 N Fairgrounds Drive Ogden, Utah 84404





### HOUSING RESOURCES

### **DOWN PAYMENT & HOME REHABILITATION ASSISTANCE**

Assistance funding is available through Housing Services <u>for first time homebuyers</u> and <u>homeowners with emergency repair needs.</u> For applications and income requirements, please contact Housing Services.

Housing Services is currently accepting applications for our Low to Moderate Income Rental Program. This is an income-based program and homes are located in Brigham City and Ogden. If you are interested in being added to the Wait List, or you have an application older than one year, please reach out to Kristie at <a href="mailto:housing@nwbshoshone.com">housing@nwbshoshone.com</a> to complete or update your application.