



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 6, Number 4 November 2016

Nooksack Way of Life: Youth Visit Tillicum Village

On September 17th, Nooksack Way of Life took a group of 20 youth to the Tillicum Village outside of Seattle. The weather was cloudy and cold, but the group had a great time. The group met at Genesis II and then they drove down to Seattle's waterfront where they took a boat ride to the Coast Salish reenactment village. A buffet lunch was served with the show. Contact Thrisa Cline at 966-7704 for information on how to join the Nooksack Way of Life Program.



Additional photos on page 2.

Upcoming Events

- 11/3 – Elder's Committee Meeting (open to all elders)
- 11/5 and 11/6 – Craft Fair (see page 3)
- 11/6 – Time Change: Fall back 1 hour
- 11/11 – Veterans Day Ceremony (see page 10)
- 11/11 – Tribe Closed – Veteran's Day
- 11/17 – Heritage Night (see page 9)
- 11/23 – Early Closure (Tribe closes at noon)
- 11/24 – Tribe Closed (Thanksgiving)
- 11/25 – Tribe Closed (Day After Thanksgiving)
- 12/26-12/30 – Tribe Closed (Christmas & Admin Leave)

REMINDER: Funeral proceedings are a priority set of events at the Mí sq' eq' ó Community Building. Should any other event scheduled conflict with the needs of funeral proceedings, the event will be cancelled and/or postponed.

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Nooksack Way of Life took 20 youth to Tillicum Village outside of Seattle on September 17th. (see page 1)

Nooksack Way of Life Hosts Whale Watching Trip

September 24th turned out to be a very pleasant day for whale watching. Nooksack Way of Life hosted a whale watching field trip from the Bellingham Ferry Terminal. The tour included a boat ride around the San Juan Islands and up to Vancouver Island, where three transient orca whales were spotted. We then went on to Friday Harbor for a brief visit to their whale museum. Lunch was included and consisted of salmon, BBQ chicken, rice, coleslaw, biscuits, and a fresh brownie. In addition to spotting orcas, the group saw harbor seals, sea lions, porpoises, jelly fish, star fish, and various birds. It was a very exciting trip. If you know of any young teenager who may be interested in being included in with the Nooksack Way of Life program, please contact Thrisa Cline at 966-7704. Once youth are registered they are able to participate in the various activities provided by the prevention program. ■

Photos on page 3.



Nooksack 6th Annual Arts and Crafts Fair

November 5 & 6, 2016

December 10 & 11, 2016

Time:

9:00 am to

6:00 pm

@ Nooksack Community Building 2515 Sulwhanon Dr,
Everson, WA 98247

For more information or a vendor application please contact:

Stewart Roberts and Wachekiya Roberts at Nooksack Indian Tribe; Monday-Friday, 9 a.m. to 5 p.m.
at 360-592-5176 or via email to droberts@nooksack-nsn.gov or wroberts@nooksack-nsn.gov.



NOOKSACK AUTOMOTIVE DEPT



Shop Hours:
7:30am - 5:00pm
Monday thru Friday

- ◆ All Technicians A.S.E. Certified
- ◆ Quality Repairs Guaranteed
- ◆ H.D. trucks, cycles, boats & equipment
- ◆ Advanced Diagnostics Performed
- ◆ Welding and Fabrication
- ◆ Towing Services Available

FREE A/C PERFORMANCE CHECK WITH OIL CHANGE

Services Include:

- Oil (up to 5 qts)
- Lube
- New Oil Filter
- Refill of Window Washer Refill

Plus:

- ✓ Air Filter ✓ Power Steering Fluid
- ✓ Tire Pressure ✓ Transmission Fluid
- ✓ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.



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

Youth Department offers updates on high attendance, new technology, weather reminders

The Youth Department's After School Program is in high gear as we have been welcoming and helping our Tribe's young ones through the start of their new school year.

The Department would like to thank all of the Head Start staff that helped so tremendously with our Summer Program. Vast amounts of youth had exceptional experiences and our regular staff and the friends from Head Start assisted so much with this.

The After School Program is beginning to average 70 youth attending on a regular basis. We are glad that everyone is having such a good time amongst the food, recreation, tutoring, Nooksack Language, and Behavioral Health group sessions that we offer.

We are also in the process of improving a technology option that will allow parents and caretakers to receive text message notices from our Youth Department. This will help massively with field trip reminders, program closure notices, and the like. We would offer an opportunity to opt out of such services, and would most certainly continue to call any family that does not have text message abilities. We are hoping to implement this enhancement in the coming months.

With or without this improvement, we also want to remind people to please keep us informed if your phone number changes. When kids get hurt or sick, we really need to reach parents and caretakers quickly. All you have to do to update your phone number, or any emergency contact, is call 966-9696 and we will be happy to make those changes in our system.

The storms that occurred in mid-October were a good reminder that the Youth Department's services might be shut down due to power outages or inclement weather. Generally speaking, if the power is out at Timber Ridge for a half hour, or if Puget Sound Energy is predicting a lengthy wait to address it, the After School Program will be canceled. Our Program also works hard to get youth home in case there is flooding near our Tribe's housing areas. We do our best to keep the kids and drivers safe during inclement weather. When we cancel Program, we contact the local school districts, put a notice on the Tribe's Facebook page, send an all-staff e-mail through our government and our staff calls all of the parents and caretakers.

We hope you all will stay safe and warm this winter and we thank every family that has been sending their youth to our Program.

For more information, contact the Youth Department at (360) 966-9696. ■





Nooksack Indian Tribe's Social Services Dept. 5th Annual



Coat Drive



Help support your community by donating new or gently used coats for Children and Adults!

Collections Dates: October 3rd to November 18, 2016

Distribution Date: December 9th, 2016 (At Food Bank)

Donations being accepted at the following locations:

- Deming—NIT Social Services & Administrative Offices
- Everson—NIT Clinic

**Questions? Please call NIT Social Services
(360) 592-0135**



Journey to the Volcano

Along with an explosion of color in our foothills' foliage, fall also signals the start of another school year for our young people. Along with a return to academic challenges in the classroom, the Si:wesa:yilhem tset Class took a school kick-off journey south to Seattle and Mt. St. Helens.

Our first stop was the Museum of Flight in Seattle to view the new exhibits celebrating Boeing's 100th anniversary of designing and constructing aircraft in the Northwest. A 3-D film on the future of space exploration and a jaunt in the flight simulators were extra perks of the visit. The next morning we jumped in the van early to head further south, taking the Castle Rock exit for the scenic drive to Mt. St. Helens.

On the way we stopped at the visitors' center for a lesson on the geology that created the Cascades and caused the eruption of Mt. St. Helens eruption in 1980. When we reached the national monument, we took a brisk three mile hike through the landscape created by the eruption. Our last visit was the Johnson Ridge Observatory for a close-up view of the still steaming crater before turning our van back towards the interstate and northward and home.

Our class would like to extend thanks to Peter Joseph, Molissa Leyva, Rick George, Jennifer Williams, and Thrisa Allworth for the support and funding to make this trip possible and, of course, my wonderful students that make learning fun. ■







On Wednesday, November 9, 2016, the Nooksack Tribe will host Nooksack Valley Middle School and Everson Elementary School's fall conferences. Dinner and childcare will be provided as well as other fun activities and a chance to meet with your child's teacher. An RSVP will be coming home soon in your child's take home folder. ■

.....

NEW! Writing Prompts – words to pass on to your children

Each month four writing prompts will be offered. Pick up a composition notebook from the Dollar Store; on the inside cover record today's date and your name; at the top of the page copy down the writing prompt; and then underneath write your thoughts about the subject. When the book is completely filled you will have a wonderful book of your writings to pass on to your children.

SEPTEMBER 2016

1. What is your mom like?
2. What do you think the biggest cultural differences are between your generation and your parent's generation?
3. What is one of your greatest blessings?
4. What has ended recently in your life and what new thing has just begun?

OCTOBER 2016

1. Describe a "first day" in your life (first day of marriage, of school, etc.).
2. What bad habit would you like to change?
3. Write about a piece of jewelry you own. Where did it come from? When do you wear it?
4. What is your mom like?

NOVEMBER 2016

1. As a kid, what job did you dream you would have as an adult? What job do you have now?
2. Write a "Thank you" note to someone.
3. Write about your first home: your childhood home or your first apartment or house on your own.
4. When was the last time you felt needed?
5. Write about an extracurricular activity you did when you were growing up, and how it affects (or does not affect) your life now. If you did not do any extracurricular activities, write about what you would have liked to do. ■



Mí sq' eq' ó Community Building

Dinner & Giveaway

Thursday

November 17, 2016

6:00 pm



HERITAGE NIGHT

Sudoku

3	2					9	4	
6	8			2				1
			9			2		
5			8					
	4	8				1	6	
					9			8
		7			8			
8				1			3	5
	6	5					1	2

How to play Sudoku:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it. This simply makes it easier to play the game.

answers on page 20

----- Cut Here  -----

NEW! Tribal Member Email Bank

The Nooksack Indian Tribe is in the process of building a Tribal member email bank to help assist with getting any news out to the membership.

If you are interested in receiving news and updates as they are occurring, please provide the following information:

Printed Name: _____

Email Address: _____

Do you reside in a Nooksack Housing Development? Yes No

If yes, which development? _____

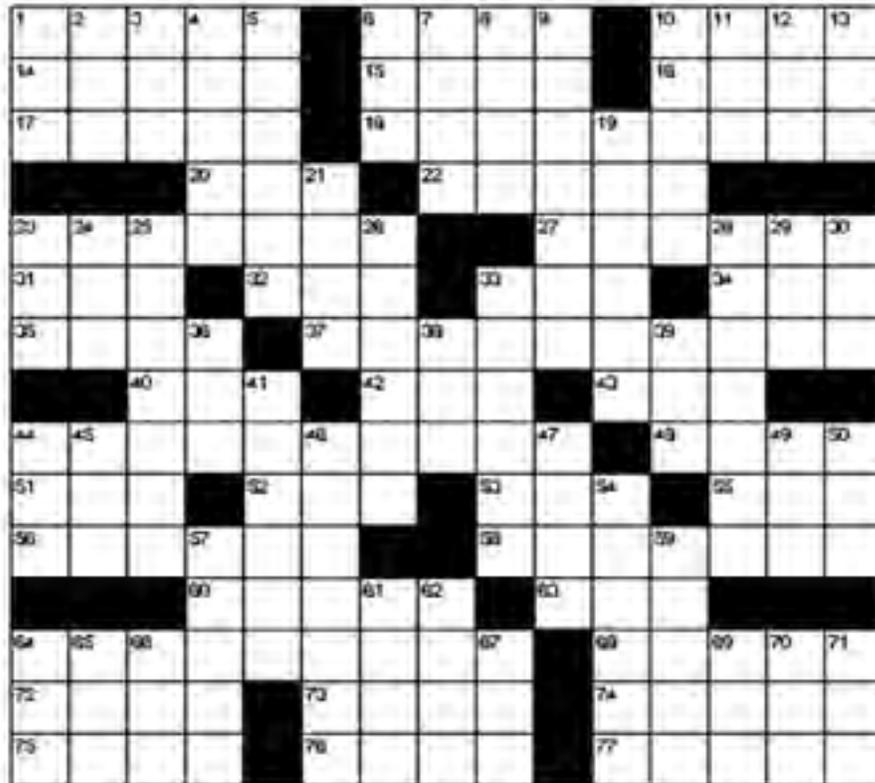
After completing, please mail form to: Nooksack Indian Tribe, Attn: Charity Bernard, P.O. Box 157, Deming, WA 98244 or via email at cbernard@nooksack-nsn.gov

THANKSGIVING

Puzzle by Frank A. Longo
 Edited by Will Shutz

ACROSS

1. Big meal, like the first Thanksgiving dinner
6. Person who frosts a cake
10. Stick a fork into
14. New ___ (capital of India)
15. Treat for the dog
16. Pepsi or Coke
17. 34-Across's middle name
18. With 23-Across, the Pilgrims' agreement to establish a government
20. Low-___ (indistinct, like computer graphics)
22. ___ cards (fortune-telling tool)
23. See 18-Across
27. Thanksgiving's season
31. "Not a Pretty Girl" singer DiFranco
32. Cheerleader's shout
33. ___ Tin Tin (dog in a 1950's TV series)
34. "The Raven" poet
35. Olympic figure skater Lipinski
37. Area of the United States in which the Pilgrims settled: 2 wds.
40. Pacino and Gore
42. Squeak-stopping stuff
43. Have some 44-Across, for example
44. Thanksgiving dessert: 2 wds.
46. Overflow point of a cup
51. Santa ___, California
52. Suffix with serpent, hero or opal
53. ___ Lanka (country in the Indian Ocean)
55. Garden of Eden resident
56. Confused states: Hyph.
58. The Pilgrims were giving thanks for this at the first Thanksgiving
60. Aware of, in slang: 2 wds.
63. Slide down a slope
64. What students and employees enjoy during Thanksgiving



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- | | | |
|--|---|--|
| 58. Sci-fi novelist Asimov | 11. Stranded motorist's need | 47. Significant stretches of time |
| 72. Jacob's twin in the Bible | 12. Ginger ___ | 49. Hookups in the E.R. |
| 73. ___-Rooter (drain-cleaning company) | 13. Soap unit | 50. Encountered |
| 74. "___ worry!" ("Never fear!"): 2 wds. | 19. Pass time lazily | 54. Ticking off |
| 75. Like Shaquille O'Neal | 21. Read over quickly | 57. Moving-van rental company: Hyph. |
| 76. Baseball Hall-of-Famer Slaughter | 23. Garfield is one | 59. Glare blocker attached to a cap |
| 77. It's poured on the Thanksgiving turkey | 24. ___ scale of 1 to 10: 2 wds. | 61. "Tiny ___ Adventures" (animated series) |
| | 25. Film studio of "Pulp Fiction" and "Trainspotting" | 62. "I think you're ___ something!" |
| | 26. Shania Twain's "You're Still ___": 2 wds. | 64. Doc for a 23-Down |
| | 28. In an embarrassing situation: 3 wds. | 65. Gentle ___ lamb: 2 wds. |
| | 29. It's between Sun. and Tue. | 66. Ripken of baseball |
| | 30. "___ & Stacey" (short-lived sitcom) | 67. Urgent call for help |
| | 33. Hot dog topping | 69. "One Day ___ Time": 2 wds. |
| | 36. Swiss mountain | 70. Truck designed for on- and off-road: Abbr. |
| | 38. Reddi-___ (brand of dessert topping) | 71. Shy |
| | 39. Mad scientist's workshop | |
| | 41. "Never mind": 2 wds. | |
| | 44. "Mork and Mindy" co-star Dawber | |
| | 45. Prefix meaning "one" | |
| | 46. Give an emotional lift to | |

answers on page 20

**You are cordially invited to our
13th Annual
Veterans Day Ceremony**



**Honoring All Veterans Who Have Served
Friday, November 11, 2016
11:00 AM**

Mí sq' eq' ó Community Building

2515 Sulwhanon Road, Everson, WA 98247

**A complimentary Lunch will be served after the ceremony
for Attendees.**

Please contact *Candace Kelly* via e-mail at *ckelly@nooksack-nsn.gov* or call (360) 592-0135 to RSVP or for more information

We look forward to seeing you there!!!



Weekly Fitness Schedule

Instructors: Chris Pash and Margaret Tumangday



Morning Class (Chris): Monday & Wednesday 7:30 - 8:30am

Elders: Wednesday 11:30am - 12pm

Bootcamp for Beginners: Monday 12 - 1pm

Ladies Circuit (Maggie): Tuesday & Thursday 12 - 1pm

Strength Training (Chris): Tuesday & Friday 12 - 1pm

Bootcamp (Chris): Thursday 12 - 1pm

Open Gym (Tin Bldg. & Cardio Room): Tuesday & Thursday

Teens Strength: Tuesday 3:30 - 4:30

Teens Conditioning: Tuesday 3:30 - 4:30



Natural Disaster Needs Assessment

We are preparing a brief questionnaire to mail out to our most vulnerable households; specifically our elders and those who are known to have specific medical and/or mobility needs.

The information you provide on this form will help us determine what your specific needs are and how we can best help you in an emergency situation.

If you receive this form in the mail, please complete it and return it to the Nooksack Medical Clinic Manager, Andrea Garcia, as soon as possible so we can enter all the information into our Emergency Needs Database. This information will only be accessed by our designated Emergency Team Members, who all understand and respect your right to privacy. ■

“WE'RE STILL HERE.”

The Survival of Washington Indians

Travelling Exhibit will be displayed at Mt. Baker School District November / December 2016.

“We’re Still Here” The Survival of Washington State Indians Presents issues, challenges and successes that Washington Indians have experienced through years in Washington State. The exhibit highlights the conflicts over land, identity, sovereignty, fishing rights, and preserving their culture. The exhibit also shows how the tribes are successfully passing on the culture to future generations. The exhibit was created with the advice and input of tribal leaders and authorities from around the State.

Contact Ian Linterman at Mt. Baker School District or Peter Joseph at the Nooksack Tribe for more information.

ilinterman@mtbaker.webnet.edu

pjoseph@nooksack-nsn.gov . ■



November is National Diabetes Awareness Month!

Diabetes is one of the leading causes of disability and death in the United States.

It can cause:

- Blindness
- Kidney disease
- Nerve damage
- Heart disease
- Skin conditions and other serious health problems if not controlled

Diabetes Awareness



Begins With You!
Support • Advocate • Educate

Suspect you may have diabetes? Here are a few symptoms you will not want to ignore!

- Excessive thirst
- Excessive hunger
- Urinating often
- Blurry vision
- Cuts or bruises that are slow to heal



Diabetes is easily tested for, through simple blood work, just ask your Doctor! There are a few different kinds of blood tests:

A1C- this measures your average blood sugars for the past 2-3 months.

Normal A1C is less than 5.7%

Pre-diabetic A1C is 5.7% to 6.4%

Diabetic is 6.5% or higher

Common Complications:

Retinopathy: damage to the blood vessels in the back of the eye (retina), can eventually lead to blindness.

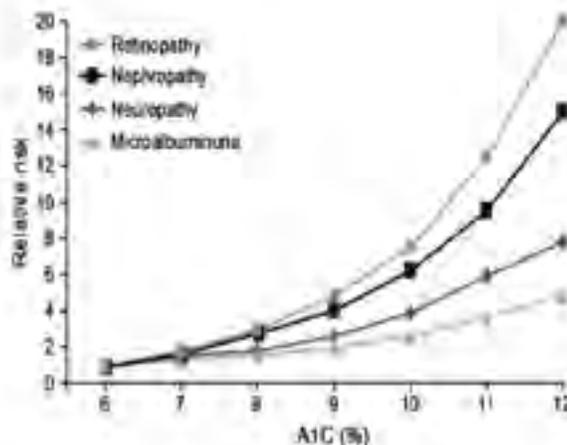
-Early Symptoms: floaters, blurriness, dark areas of vision, difficulty receiving colors

Nephropathy: Diabetic Kidney disease – high blood sugar can destroy blood vessels in your kidneys that help filter waste

-As diabetic nephropathy progresses, your kidneys cannot do their job as well. They cannot clear toxins or drugs from your body as easily. You may lose more protein in your urine, have higher blood pressure, or have high cholesterol levels.

Neuropathy: weakness, numbness, pain from nerve damage – usually in the hands and feet.

Microalbuminuria: increase in protein secretion in the urine – key indicator of kidney damage or dysfunction.



Fasting Glucose Test

This is blood test that is done after fasting, not eating, for at least 8 hours before the test, usually done in the morning

Normal is less than 100 mg/dl

Pre-diabetic is 100 to 125 mg/dl

Diabetic is 126 mg/dl or higher

Random Glucose Test

is a blood sugar check at any time of day. Diabetes is diagnosed at blood glucose (sugar) of 200 mg/dl or higher.

The good news?

People who are at high risk for Diabetes type 2 can lower their risk by more than half if they make healthy lifestyle choices.

These changes can include:

eating healthy

increasing physical activity

losing weight

Interested in reading more about Diabetes? Here's some great resources that I used to create this article:

Mayo Clinic, Center for Disease Control, and American Diabetes Association-- **Lisa Kelly, LPN**



**"The red circles are your red blood cells.
The white circles are your white blood cells.
The brown circles are donuts. We need to talk."**



Nooksack Health Clinic Patients

After Hours – Holiday, Early/Administrative closures:

For Medical emergencies dial 911

24 hour Community Nurse Line: (800) 607-5501

If you have urgent same day medical issues please refer to:



7 days a week from 8:30 am - 5:00 pm

Closed for Thanksgiving and Christmas.

Phone: 360-734-2330

Located on Cornwall Avenue, 1 block north of the Assumption Church.

2220 Cornwall Avenue

Bellingham, WA 98225

This clinic is a preferred provider for the following insurance carriers:

- AETNA
- REGENCE BLUE CROSS BLUE SHIELD (No HMO Plans)
- CIGNA GREATWEST
- CIGNA THE LEWER AGENCY, INC
- DSHS (Open, unrestricted coupons, no HMO'S, No Molina, No CHPW)
- FIRST CHOICE HEALTH NETWORK (Must have group # and First Choice Logo on card)
- GROUPHEALTH
- HMA
- LABOR & INDUSTRIES
- LEFWISE (Premera Plan)
- LUMMI TRIBAL HEALTH (After 4:30 M-F, all day Sat & Sun)
- **NOOKSACK TRIBAL HEALTH (If eligible and after Nooksack Clinic is closed)**
- MEDICARE
- PREMIERA BLUE CROSS
- SHASTA ADMINISTRATIVE SERVICES (CIGNA)
- UNITED HEALTHCARE

For tribal employees (Shasta Insurance) or CHS only patients you may also use:



4280 Meridian St. - Bellingham, WA 98226 - Phone: (360) 734-4300

OPEN 7 DAYS a week - Hours: Mon-Fri: 8am-9pm Sat-Sun: 9am-5pm

NOTE: This clinic does NOT accept: DSHS (Medicaid) & Medicare

A HEALTHY SMILE IS A BEAUTIFUL SMILE

By Kanwarjot Bassi

A healthy smile is a beautiful smile. For a healthy mouth and smile, it is very important to brush properly. For most of us, tooth brushing is just another daily chore, but if done correctly, it helps to keep our teeth clean and our breath fresh. Brushing your teeth also reduces bacterial growth, and, in turn, may lead to fewer cavities in the mouth.

Modified Bass Technique is a widely accepted tooth brushing technique and is explained below to help you improve your brushing habits:

- Place the toothbrush at 45 degree angle to your gums and teeth.
- Exerting 'gentle' vibratory pressure, brush your teeth by moving the toothbrush back and forth in short, sweeping, circular motions. **DO NOT SCRUB.**
- Use this technique to brush the top (chewing) surfaces, inner, and outer surfaces of your teeth.
- To brush the inner surfaces of your front teeth, insert the brush vertically and use the same back and forth sweeping motion.
- Cleaning your tongue is also an important part of tooth brushing. Make sure to clean your tongue to keep it bacteria free and to keep your breath fresh.



Here are some other good tooth brushing practices:

- **Brush twice daily for at least two minutes.**
- Brushing very hard can lead to loss of tooth structure, which can lead to sensitive teeth, and in severe cases, cavities. To avoid this, brush gently and use a soft bristled toothbrush.
- Replace your toothbrush every three months to prevent excessive bacterial growth. Change of seasons is a good time to help you remember.
- Manual toothbrushes are as effective in cleaning teeth as powered toothbrushes, if the right technique is used.
- Look for ADA (American Dental Association) seal when selecting a toothbrush.



It might not be practical to brush your teeth every single time you eat something, but rinsing with water, especially after eating sticky foods can help.

Remember, a smile is the prettiest thing one can wear, so keep brushing and keep smiling!



Parents Advice: How To Prevent Teen Suicide

by Nadine J. Kaslow, PhD.

Parents and Monitors Can Make a Difference

Parents can help prevent suicide by recognizing warning signs, identifying risk factors (characteristics that may lead a young person to engage in suicidal behaviors), promoting protective factors (characteristics that help people deal with stress and reduce their chances of engaging in suicidal behaviors), and knowing how to talk to their children and seek mental health services. You can empower yourself and your teen by following these 7 steps.

1. Know your facts

Information is power and too much misinformation about suicide can have tragic consequences. Separating myth from fact can empower you to help your teen in distress.

Myth – Suicide in youth is not a problem.

Truth – Suicide is a major problem affecting youth; it is the 3rd leading cause of death among 10-24 year olds.

Myth – Asking about suicide causes suicidal behavior.

Truth – Addressing the topic of suicide in a caring, empathetic, and nonjudgmental way shows that you are taking your child seriously and responding to their emotional pain.

Myth – Only a professional can identify a child at risk for suicidal behavior.

Truth – Parents and other caregivers often are the first to recognize warning signs and most able to intervene in a loving way.

2. Recognize the warning signs

Studies show that 4 out of 5 teen suicide attempts are preceded by clear warning signs, so make sure to know them. A warning sign does not mean your child will attempt suicide, but do not ignore warning signs. Respond to your child immediately, thoughtfully and with loving concern. Don't dismiss a threat as a cry for attention!

- Changes in personality: sadness, withdrawal, irritability, anxiety, exhaustion, indecision
- Changes in behavior: deterioration in social relationships and school and/or work performance, reduced involvement in positive activities
- Sleep disturbance: insomnia, oversleeping; nightmares
- Changes in eating Habits: loss of appetite, weight loss, or overeating
- Fear of losing control: erratic behavior, harming self or others

3. Know the risk factors

Recognize certain situations and conditions that are associated with an increased risk of suicide.

- Previous suicide attempt(s)
- Mental health disorders (depression, anxiety)
- Alcohol and other substance abuse
- Feelings of hopelessness, helplessness, guilt, loneliness, worthlessness, low self-esteem
- Loss of interest in friends, hobbies, or activities previously enjoyed
- Aggressive behavior
- Bullying or being a bully at school or in social settings
- Disruptive behavior, including disciplinary problems at school or at home
- High risk behaviors (drinking and driving, poor decision-making)
- Recent/serious loss (death, divorce, separation, broken romantic relationship,)
- Family history of suicide
- Family violence (domestic violence, child abuse or neglect)
- Sexual orientation and identity confusion (lack of support or bullying during the coming out process)
- Access to lethal means like firearms, pills, knives or illegal drugs
- Stigma associated with seeking mental health services
- Barriers to accessing mental health services (lack of bilingual service providers, unreliable transportation, financial costs)

4. Know the protective factors

These factors have been shown to have protective effects against teen suicide:

- Skills in problem solving, conflict resolution, and handling problems in a nonviolent way
- Strong connections to family, friends, and community support
- Restricted from lethal means of suicide
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Easy access to services
- Support through ongoing medical and mental health care relationships

5. Take preventive measures

You are not powerless; you can guard your teen against the possibility of suicide.

- Interact with your teen positively (give consistent feedback, compliments for good work.)
- Increase his/her involvement in positive activities (promote involvement in clubs/sports)
- Appropriately monitor your teen's whereabouts and communications (texting, Facebook, Twitter) with the goal of promoting safety
- Be aware of your teen's social environment (friends, teammates, coaches) and communicate regularly with other parents in your community.
- Communicate regularly with your teen's teachers to ensure safety at school
- Limit your teen's access to alcohol, prescription pills, illegal drugs, knives and guns
- Talk with your teen about your concerns; ask him/her directly about suicidal thoughts
- Explain the value of therapy and medication to manage symptoms.
- Address your concerns with other adults in your child's life (teachers, coaches, family)
- Discuss your concerns with his/her pediatrician to seek mental health referrals

6. Talk to your teen about suicide

Talking to your teen about a topic like suicide can seem almost impossible. Have this important discussion with your teen by using these tips.

- Talk in a calm, non-accusatory manner
- Express loving concern
- Convey how important he/she is to you
- Focus on your concern for your teen's well-being and health
- Make "I" statements to convey you understand the stressors he/she may be experiencing
- Encourage professional help-seeking behaviors (locate appropriate resources)
- Reassure your adolescent that seeking services can change his/her outlook

7. Last but not least, seek mental health services

Mental health professionals can be essential partners in teen suicide prevention.

a) Take appropriate action to protect your child

- If you feel that something is "just not right"
- If you notice warning signs
- If you recognize your child has many of the risk factors and few of the protective factors listed above

b) Find a mental health provider who has experience with youth suicide

- Choose a mental health provider with whom your child and you are comfortable
- Participate actively in your child's therapy

c) **If danger is imminent, call 911 and ask to be connected to NIT Police for assistance or take your child to the nearest emergency room**

National Resources

1-800-273-TALK (8255) – Suicide Prevention Lifeline



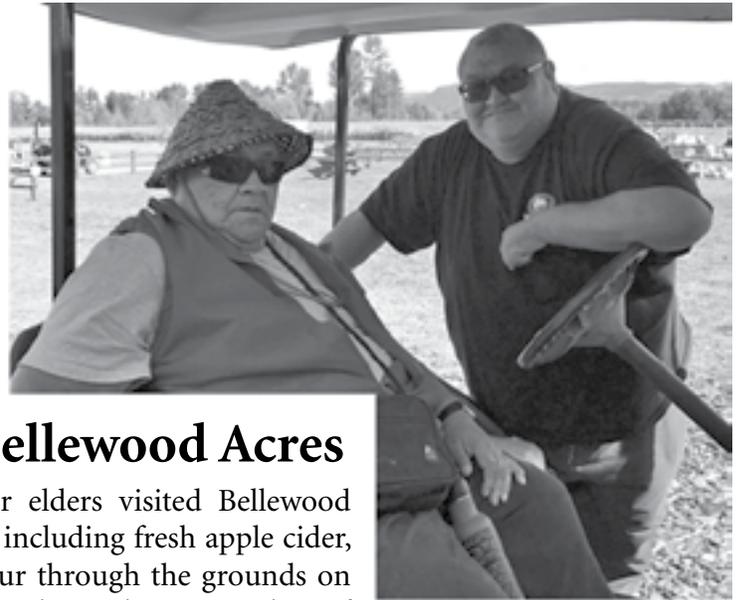
Nooksack Indian Tribe Domestic Violence Program

We would like to thank you for your support on the Wear Purple Day, on October 11, 2016. The pictures were amazing. This year we were able to get purple scarves that will be useful for the winter months. We would like to thank Char Roberts for the Elder's Abuse Awareness Pins that she gave out for DV Awareness Month.

In Whatcom County, the Bellingham-Whatcom County Commission Against Domestic Violence (BWCCADV) hosted many events and activities. Please follow them on facebook and twitter to prevent domestic violence in our community. (<http://dvcommission.org/>)

There is a National Domestic Violence Hotline, telephone 1-800-799-7233. If you or a loved one is experiencing domestic violence, please contact your local police, DVSA's, Lummi Victims of Crime or Nooksack Domestic Violence Program at 360-927-1675. Thank you for your continued support of Domestic Violence Month. ■





Elders Trip to Bellewood Acres

On September 21st, our elders visited Bellewood Acres and had a good lunch including fresh apple cider, a variety of pie, a guided tour through the grounds on a train ride and we ended the day with a variety bag of fresh apples! It was a fun time with good company and good eats. ■





ABE / G.E.D

Have you always wanted to earn your GED? There are lots of great reasons to do just that. Maybe you want to increase your chances of getting a better job or have ambitions to go to college? Or maybe you want the personal satisfaction that comes with such an accomplishment. Whatever your reasons, there is no reason not to take the plunge.

Classes are available in the Social Services building in Deming and there is another classroom in Mount Vernon if that is more convenient.

Classes are small and instruction is individually tailored to meet your needs. You can learn at a pace that you are comfortable with.

Please call Desmond Naughton at (360) 592-0135 or send an email to dnaughton@nooksack-nsn.gov. ■

Apply for Nooksack Indian Tribe jobs ON-LINE

Visit www.nooksacktribe.org and click on "Careers" to view current job openings, then view job of interest and click on Apply. Complete the First Time Registration and the application. This on-line application can be submitted 24 hours a day.

Once you have registered and completed the application you will be able to use it for any future position you wish to apply for.

You will need an email address to set-up your on-line application. If you need assistance, please contact Human Resources at 360-592-5176. ■

SUDUKO & CROSSWORD Puzzle Answers

3	2	1	7	8	5	9	4	6
6	8	9	4	2	3	5	7	1
7	5	4	9	6	1	2	8	3
5	1	3	8	7	6	4	2	9
9	4	8	5	3	2	1	6	7
2	7	6	1	4	9	3	5	8
1	3	7	2	5	8	6	9	4
8	9	2	6	1	4	7	3	5
4	6	5	3	9	7	8	1	2

F	E	A	S	T		I	C	E	R		S	T	A	B	
D	E	L	H	I		B	O	N	E		C	O	L	A	
A	L	L	A	N		M	A	Y	F	L	O	W	E	R	
			R	E	S		T	A	R	O	T				
C	O	M	P	A	C	T				A	U	T	U	M	N
A	N	I		R	A	H		R	I	N		P	O	E	
T	A	R	A		N	E	W	E	N	G	L	A	N	D	
		A	L	S		O	I	L		E	A	T			
P	U	M	P	K	I	N	P	I	E		B	R	I	M	
A	N	A		I	N	E		S	R	I		E	V	E	
M	I	X	U	P	S			H	A	R	V	E	S	T	
			H	I	P	T	O		S	K	I				
V	A	C	A	T	I	O	N	S		I	S	A	A	C	
E	S	A	U		R	O	T	O		N	O	T	T	O	
T	A	L	L		E	N	O	S		G	R	A	V	Y	



OFFICIAL NOTICE
of
NOOKSACK TRIBAL COUNCIL ELECTION

The Nooksack Tribal Council General Election has been called by
Nooksack Tribal Chairman, Robert Kelly, Jr.

Tribal Council Primary Election Date: December 17, 2016
Tribal Council Regular Election Date: January 21, 2017

Council Positions Open for Election

Vice-Chairman	(incumbent, Rick D. George)
Treasurer	(incumbent, Agripina "Abbie" Smith)
Position C	(vacant)
Position D	(incumbent, Katherine Canete)

Candidate Packets will be available for pick up on October 28, 2016 at 2pm at the Election Superintendent Office.

Prospective Qualified Candidate Packets are due back to the Election Superintendent on or before November 4, 2016 at 4pm.

Election Superintendent:

Katrice Romero

Office of the Election Superintendent:

4979 Mt. Baker Highway

Suite G

Deming, WA 98244

Election Superintendent Office Hours:

Tuesday – Friday

2pm to 6pm

Chinook Habitat Restoration Project

This summer the Natural Resources Department oversaw construction of a chinook habitat restoration project on the South Fork Nooksack (Nuxw7iyem) River just a mile downstream from the Saxon Road Bridge. Twenty engineered log jams were built to form deep pools, provide complex woody cover for hiding and resting adult and juvenile chinook, and create cold-water refuges from high temperatures in the main river. This project was the first of three phases of work that will restore over one and a half miles of important spring chinook holding and rearing habitat in the South Fork; in all, 40 log jams will be built over a 3-year period including work completed this summer. In addition to log jams, Natural Resources restoration crews are planting constructed logjams and areas disturbed during construction to stabilize soil and create shade. Projects like these are part of the Department's broader efforts to protect and restore spring Chinook and other salmon for Tribal harvest.

Restoration projects require a lot of work leading up to, during, and after construction, including:

- Assessing factors limiting salmon production.
- Identifying priority areas for restoration.
- Securing and managing grant funding for design and construction of restoration.
- Working with engineering consultants to design restoration.
- Obtaining environmental permits.
- Going out to bid for contracts to supply logs and construct log jams.
- Tracking and managing inventory of logs.
- Installing warning signs for river users.
- Delivering construction materials.
- Overseeing construction to ensure compliance with project designs.
- Measuring turbidity (water murkiness) to make sure construction doesn't negatively affect downstream habitats.
- Isolating construction areas and removing fish prior to construction.
- Replanting log jams, areas disturbed during construction, and other areas along the river.
- Controlling invasive plant species (especially Japanese knotweed).
- Monitoring recovery and chinook use of restored habitats.





The Natural Resources Department would like to thank the many Natural Resources staff who put in long hours to complete this project on schedule and under budget, as well as the Chairman, Council, and broader Tribal community for their continued support. We are looking forward to continuing this important work to restore chinook habitat! ■



Veterans Program

The Tribe has a New Veterans Coordinator!

The Nooksack Indian Tribe has a new Tribal Veterans Coordinator. Please welcome Candace Kelly. She is full of energy and ideas to help improve the Veterans Program here at Nooksack. Candace has an array of benefits available to Veterans – some with limits (i.e. lifetime caps). Please arrange a time to meet with Candace to discuss all the benefits that may be available to you as a veteran. You may reach her by phone at 360-592-5176 or via email at ckelly@nooksack-nsn.gov.

Monthly Meeting Change of Day and Location

The Veterans' monthly meetings have been held on the 3rd Wednesday of each month. Many of the Veterans could not make it, so as of October 2016, the day has been changed to the 2nd Tuesday of each month starting November, which lands on the 8th. The meetings will still occur at 6:00pm.

Also, the monthly meetings will now be held at the Social Services Building (instead of the Administration Building). The address is 5061 Deming Rd., Deming, WA.

Please pass this information on to Veterans interested in attending. Should you have any questions, please contact the Tribal Veterans Coordinator, Candace Kelly, at 360-592-5176. ■



Welcome New Hires

Seaneen Roberts, On-call Receptionist 09/13/2016

Daniel Bennett, Police Officer 09/28/2016

Megan Cooper, Caseworker II - Family Services 09/28/2016

Cheyenne Faulks, HealthDepartment Janitor 09/30/2016

Kyle Joseph, On-call Elders driver 10/11/2016

Transfers

Sarah Cline, Receptionist to TANF Receptionist / NEW Program Coordinator 10/11/2016

Victoria Joe, CHR to CHR Supervisor 10/14/2016



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

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

Items for the December newsletter must be submitted by November 16th.

Questions?

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

ELDERS LUNCH MENU

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Commodity Day Exercise Tuna Casserole Veggies Cottage Cheese and Fruit	2 Teriyaki Chicken Rice Veggies	3 Spaghetti & Meatballs Garlic Bread Veggies	4 Food Bank Beef Tip and Gravy Mashed Potatoes Corn Bread
7 B'ham shopping Fried Chicken Mashed Potatoes Cole Slaw	8 Exercise Turkey Mashed Potatoes Veggies	9 Chili Corn bread Veggies Cottage Cheese and Fruit	10 Prime Rib Baked Potatoes Mixed Veggies	11 CLOSED Veteran's Day
14 Everson shopping Mac and Cheese Veggies Cottage Cheese and Fruit	15 Exercise Baked Salmon White Rice Baked Beans	16 Pork Roast Mashed Potatoes Veggies	17 Hamburger Potato Salad Baked Beans Chips	18 Beef Stew Brown Rice Corn Bread
21 Everson Shopping Chicken Fried Steak Mashed Potatoes Veggies	22 Exercise Beef Taco Refined Beans Salsa and Chips	23 Baked Ham Scalloped Potatoes Steamed Veggies Cottage Cheese and Fruit	24 Closed Thanksgiving	25 CLOSED Day After Thanksgiving
28 Everson Shopping Baked Chicken Rice Pilaf Veggies Cottage Cheese and Fruit	29 Exercise Soup and Sandwich Ham or Turkey on Whole wheat Macaroni Salad	30 Meatloaf Mashed potatoes Veggies	Lunch is served at Northwood Casino Starting at Noon	

Every Day Fresh Green Salad, Fresh Fruit, Soup Chef Choice, Sugar Free Desserts



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

2016 Holiday Calendar

*The Nooksack Tribal Council has approved the 2016 Holiday Schedule.
 Tribal Offices will be closed on the following days in 2016.*

- November 11 – Veterans Day • November 24 – Thanksgiving Day
- November 25 – Day After Thanksgiving • December 25 – Christmas Day

Administrative Contacts

Tribal Council Office (360) 592-5164
 Enrollment Office (360) 592-5176 x1010
 Tribal Council Fax (360) 592-4506

Administration

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

Law Enforcement (Police Chief: Rory Gilliland)

Police Department (360) 592-9065

Health Services (Director Lona Johnson)

Medical Clinic (360) 966-2106
 Dental Clinic (360) 306-5151
 Medical Business Office (360) 966-7704
 Genesis II Office (Manager: Rick George) (360) 966-7704

Behavioral Health (360) 966-2376

Social Services (Director: Nadeen Jimmy)

Social Services Main (360) 592-0135
 Elders Office (360) 592-0100
 TANF-Deming (360) 592-3219
 TANF-Skagit (360) 848-1758
 GED Office Nooksack (360) 592-0135 ext 5124
 GED Office Skagit (360) 848-1758
 Domestic Violence Office (360) 592-5176
 DV Emergency Hotline (360) 592-4164

Family Services (Director: Ken Levinson)

Indian Child Welfare (ICW) (360) 306-5090
 Child Support (360) 306-5090

Education (Director: Donia Edwards)

Education Main Office (360) 966-2043
 Headstart-Deming (360) 592-0141
 Headstart-Everson (360) 966-0523

Youth Program (Director: Roxanne Murphy)

Office (360) 966-2043

Other Services

Tribal Court..... (360) 306-5125
 Tribal Court Fax (360) 306-5181
 Housing Office (Director: Katrice Romero) (360) 592-5163
 Natural Resources (Director: Gary MacWilliams) (360) 592-5176
 Fishing and Shellfish Fisheries Hotline (360) 592-5140
 Cultural Resources (Director: George Swanaset, Jr.) ... (360) 306-5759
 Tribal Veterans Program (360) 592-5176
 Tribal Gaming (360) 592-5472
 Facilities & Maintenance
 (Director: Richard Edwards) (360) 592-0162
 Auto Shop (360) 306-5756
 Community Building (360) 966-9153
 North Intertribal Vocational
 Rehabilitation Program (360) 592-5176 x1048

Casino & Market Centre

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