



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

December, 2012
Volume 2, Number 11

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

Upcoming Events

Dec. Tribal Council Meeting
Tuesday, Dec. 4, 5:30 p.m.
Community Building

Community Breakfast and
Christmas Checks
Saturday, Dec. 8, 9 a.m. to 1 p.m.
Community Building

Child Support Outreach
Wednesday, Dec. 5, 11 a.m. to 1 p.m.
Rutsatz Housing Site

Elders Wellness Circle
Wednesday, Dec. 5 and Dec. 12
just after lunch
Elders Luncheon Building

Zumba
Every Tuesday and Thursday until
Dec. 11, 6:45 to 7:45 p.m.
Community Building

Caroling with Nooksack Church
Friday, Dec. 21, 6 p.m.
Nooksack United
Methodist Church

Jan. Tribal Council Meeting
Tuesday, Jan. 4, 5:30 p.m.
Community Building



Free Children's Drum-Making Classes Offered After School

The Nooksack Way of Life Youth Substance Abuse Prevention/Intervention Program is currently looking for kids to participate in our next drum-making class. This after-school class is offered to all Nooksack Indian Tribe children. To participate, each enrollee needs to be drug and alcohol free and must complete a registration packet, which includes:

- Parent permission slip
- Application form
- Medical release form.

What to know:

- Look for sign-up sheets that will be posted around the community. Times and dates will be provided after registration is finished and our numbers are finalized.
- Students will need to wear clothes that can get dirty because making drums is messy.
- After-school snacks will be provided, and Angela Hesyck will provide pickup and drop-off services to all children.
- For questions or more information, contact Angela Hesyck at ahesyck@nooksack-nsn.gov, (360) 966-7704, or her cell (360) 325-2948.



Danielle Cooper

The class is part of our new program funded by Substance Abuse and Mental Health Services Administration (SAMHSA), which was launched to provide prevention services for youth. Cultural activities such as drum-making help ground our youth in Nooksack cultural traditions, and it's our hope that these drums will be used to bless and honor our community.

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Children’s Drum-Making Classes, *continued*

First Drum-Making Class a Success

Six Nooksack children participated in the first drum-making class. They enjoyed the class and are already offering ideas on how to expand the activities! ■



Ryan Ridley



Emma Leigh

Cold Weather Shelters

Do you know someone who is cold this winter and without shelter?

Interfaith Coalition’s Cold Weather Shelters

- Women’s Shelter: Garden St. Methodist Church on the corner of North Garden and Magnolia Street.

- Men’s Shelter: Faith Lutheran on Northwest Avenue and Interstate 5.

Hours: 5 p.m. until 8 a.m. the following day.

When open: As temperatures drop below freezing and/or combined with wind or snow.

Transportation: Available at certain organizations like The Rainbow Center and the Lighthouse Mission to provide transportation to those shelters.

Important Phone Numbers

- Cold weather shelter hotline: (360) 788-7983 (shelter information, including whether open, hours and transportation).

- Interfaith Coalition Office number: (360) 734-3983 (shelter information). ■

Merry Christmas

Community Breakfast and Christmas Checks December 8

Please join us for the Tribe's Community Breakfast on Dec. 8, from 9 to 11 a.m., in the Community Building. All Tribal Members will receive a \$200 Christmas Check, which will be distributed at the Community Breakfast from 10 a.m. to 1 p.m. Please bring photo identification with you to pick up your check.

Those checks that are not picked up will be mailed out on December 10 to the address on file with Enrollment. If you have a new mailing address, please update your address with Enrollment immediately by calling (360) 592-4158, extension 1010 or 1003. If you have any questions about the Christmas Checks, please contact the Council Office at (360) 592-5164. ■

Tribal Member Input Needed for Grants

At the Dec. 8 Community Breakfast, we hope our Tribal Members will be able to stop by information tables that will be set up in the addition portion of our Community Building to provide input regarding various grants and government improvements.

Several of the grants that we apply for require us to obtain input from our Tribal Members regarding the developments or initiatives in each grant. During the Community Breakfast, you'll find information tables set up and staff available for grants relating to everything from Housing and Transportation to Social Services and Health.

Your participation in visiting with the staff at the information tables and filling out very brief surveys could really help our government secure and maintain our grants, jobs and funding. Some staff will have drawings for prizes! Staff will also need to capture your name and contact information, but we're offering you every single assurance that this information will only be used to fulfill our grant requirements to prove that we have received your community input. Lastly, chatting with our staff will provide a great opportunity for you to understand what's going on in our departments and our government.

Let your voice be heard!

For more information, contact Raynell Wurtz, Grant Writer, at rwurtz@nooksack-nsn.gov or (360) 592-0162. ■

Nooksack Indian United Methodist Church

6605 Mission Road
(360) 756-6003

Pastor Barbara SilverSmith

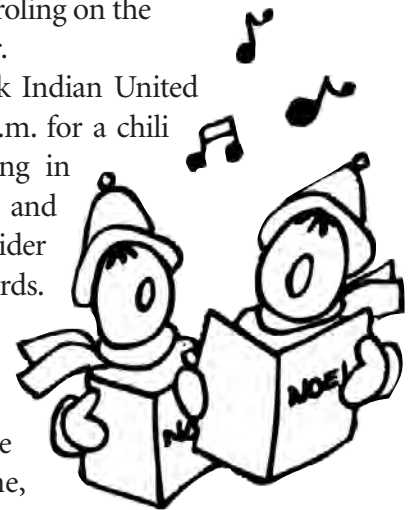
—provided by Pastor Silversmith

Save the Date for Caroling

Friday, Dec. 21, 6 p.m. — "Darker the Night, Brighter the Light!" Christmas Caroling on the Longest Night of the Year.

Meet at the Nooksack Indian United Methodist Church at 6 p.m. for a chili supper, Christmas caroling in the Tribal housing areas, and cookies, cocoa and hot cider at the church afterwards.

Call (360) 303-0656 for more information. If you or anyone you know would like us to serenade you outside your home, please call Kathy Waters at (360) 966-5887 or e-mail tapioca321@gmail.com.



The River — Hope and Healing for All Nations

A new ministry called "The River," led by Johnny and Lauri Paez, will be held on Saturdays at 4 p.m. at the Nooksack Indian United Methodist Church. The Paez family has been serving the Lord for over 25 years, primarily in the worship ministry, and they bring the love of the Creator in the power of His Spirit through song, teaching, sharing and prayer. They also plan to bring in Native guest speakers periodically to share their stories. Snacks or a simple dinner will be served and childcare will be provided. For more information, call Johnny or Lauri Paez at (360) 966-2909 or e-mail at johnny_lauri@frontier.com.

This ministry's focus is to bring hope and healing to Native people based on the Book of the Creator — the Bible. We hope this becomes a gathering place where all people can come whenever they feel a need for prayer, a hug, or a desire to feel renewed.

We will not meet on Dec. 22, but instead will meet on Dec. 21 at 6 p.m. for a chili feed and caroling to those who have invited us. We'll wrap up with hot cider, cocoa, and cookies back at the church. Everyone is welcome. ■

CANOE JOURNEY 2013 ART CONTEST



**Contest opens Dec. 1, 2012
Closes Jan. 15, 2013**

If selected, the winner will be contracted to paint art and name (Xwotqwemton) on the Journey Canoe.

Drop off your entries to the Genesis II Building anytime Monday through Friday, 8:30 a.m. to 5 p.m.

For more information,
call (360) 966-7704
or email

pjoseph@nooksack-nsn.gov

or

ahesyck@nooksack-nsn.gov

*Sponsored by:
The Nooksack Way of Life
Youth Prevention Intervention Program
Funded by
Substance Abuse and Mental Health Services
Administration (SAMHSA)*

Education Department

Director: Donia Edwards

Assistant Director: Anthony Aure

Main Office: (360) 966-9696

Head Start Program Receives National Recognition

The National Center for Quality Teaching and Learning (NCQTL), which is funded by the Office of Head Start, recently recognized the Tribe's two Head Start Programs as exemplifying effective, intentional, and high-quality early childhood teaching practices.

NCQTL has chosen our program to be featured in a video and photography regarding Head Start training that will be distributed to Head Start Programs nationally and at conferences, which is a national effort to improve Head Start teacher effectiveness.

This is a one-of-a-kind recognition for our program and teachers Amy Brandland and Maggie Kim! They have been recognized as exemplary teachers and our Head Start Program is fortunate to have them as our lead teachers. Very few programs, let alone Tribally managed Head Start Programs, receive this kind of recognition.

NCQTL will be partnering with Nooksack's Education Department to coordinate the upcoming filming and photography, which will include acquiring signed waivers from parents who will allow their children to participate in these activities.

This hats' off from NCQTL has made us even more proud of our Head Start Program, teachers, and participants. We hope it will make you just as proud, too, as our program serves as a national model for effective teaching practices. For more information, contact Donia Edwards at (360) 966-2043.

Happy Holidays and Update on G.E.D. Testing

—provided by Deborah E. Alexander, ABE/G.E.D. Instructor

Winter is here. What a perfect time to fulfill that goal of completing your G.E.D. or brush up on skills in math, reading, and writing. Many of you are very close to G.E.D. completion, and your Nooksack community would love to see you finish. Here's why you may not want to procrastinate anymore. **As of January 2014, any tests taken prior to this date will no longer be counted toward your G.E.D. because all testing will be computerized.** The G.E.D. Program is here to guide you and show you that you can do it. Ready to get started? Please call Deborah Alexander at (360) 592-5176 ext. 5124 or e-mail dalexander@nooksack-nsn.gov.

Happy Holidays! ■



Nooksack Family Services

Child Support main number: (360) 306-5090

Indian Child Welfare main number: (360) 306-5090

Nooksack Child Support Outreach Schedule

—provided by Elaine Zapata-Dilley,
Program Manager

The Tribe's Child Support Program will be traveling to our Nooksack housing sites to help people learn more about what the program does and how they can assist in the child support process. These services can include paternity establishment, child support order establishment, assistance with the modification process, or answering general questions. All meetings will take place from 11 a.m. to 1 p.m. and refreshments and small giveaways will be provided.

<u>Date</u>	<u>Building</u>
Wednesday, Dec. 5	Rutsatz
Wednesday, Jan. 9	Five Cedars
Wednesday, Feb. 6	Suchanon
Wednesday, March 6	Rutsatz
Wednesday, April 10	Five Cedars

Please note: Community Outreach schedule after April 2013 will be announced.

Why I Work for the Nooksack Child Support Program

—provided by Brian Kelly

I work in Child Support as the financial specialist. When I first started working in this position, I thought our primary job was to make a non-custodial parent pay Child Support. In time, I began to realize Child Support helps families with so much more than money.

Many community members also believe the Child Support Program's primary purpose is to make a person pay child support and suffer the

consequences if he/she doesn't pay. However, we provide many services to our clients, such as helping people reduce child support debts, get back on track with paying monthly child support, find jobs, continue their education, and referring clients to parenting classes to help them build better relationships with their children. I help families every day, and the most rewarding part of my job is helping families become whole or better managed.

The following case demonstrates the positive outcome of our services:

A father and mother had separated, and the father was absent from his child's life for a couple of years. The mother lost hope, trust, and respect for the father. Upon his return, her anger was so great they couldn't even be in the same room to address Child Support. After the case manager began working with the parents, helping them get past their resentment, they were able to talk and see the importance of supporting their child. The father started paying his child support consistently, and the mother saw the father was starting to change and grow. The father continued to pay child support, and the mother began to trust him enough to think about their child spending time with him. The father took classes with the Fatherhood/Motherhood Program to become a better parent, and took his child on program outings. His child began to see his father in a new light, and eventually the mother began to allow the child overnights and weekends, and finally several nights a week, with the father.

Please call the Child Support Program at (360) 306-5090 to learn how we may be able to help you. ■

NOOKSACK AUTOMOTIVE DEPT



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

- ❖ A.S.E. Master Technicians
- ❖ Appointment Required
- ❖ H.D. trucks, cycles, boats & equipment

**Free Winterization
Inspection with
Oil and Lube Special**

\$39.99

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

Staff Update at North Intertribal Vocational Rehabilitation Program



The North Intertribal Vocational Rehabilitation Program (NIVRP), which serves six Puget Sound Tribes, welcomes Tammy Cooper-Woodrich to Nooksack as a vocational rehabilitation counselor serving our disabled population. Tammy is a Nooksack Tribal Member, and has been working as a

vocational rehabilitation counselor with the NIVRP for six years. She will be replacing Gretchen Gahan, who is moving to the Bellingham office after 15 years of services at Nooksack. We are sorry to say goodbye to Gretchen, but we wish her well in her new endeavor and we welcome Tammy to her new position at Nooksack. Tammy's office is located in the Maintenance Building.

Tammy was also recently appointed by Gov. Christine Gregoire to the State's Traumatic Brain Injury Council. Congratulations, Tammy! To read the full article about the council and Tammy's role, please visit: <http://tinyurl.com/d9pdywg>.

The NIVRP assists with overcoming limitations caused by disabilities. To be eligible for services, applicants must:

- Be an enrolled member of a Federally-recognized Tribe
- Live within the service area
- Have a permanent disability diagnosis
- Be able to show barriers to work caused by the disability
- Be planning to seek work or wish to maintain a job position.

Your health care providers must provide information regarding your diagnoses and barriers to work. If you are eligible, please call (360) 592-5176 ext. 3667 or email Tammy at twoodrich@nooksack-nsn.gov to set up an appointment. ■

Government Services Executive Reports Available

The Tribe's Government Services Executive reports are now available on our website, www.nooksacktribe.org/council. Be sure to check out the latest Nov. 6 GSE Report to keep up with our government. The headlines from the November meetings are as follows:

- Interim Government Services Executive Appointment
- 2013 Budget Update
- 401K Implementation Success
- Nooksack Child Support Program Outreach
- Health Department Seeks Canoe Builder
- Receptionist Customer Service Improvements
- Education Department Offers Zumba Classes ■

Human Resources News

Director: Suzanne Brownrigg
(360) 592-5176 ext. 3231
Main Office: (360) 592-5176

Welcome New Hires!

Victoria Mayers
Chemical Dependency Prevention Specialist

Jennifer Fuentes
Chemical Dependency Social Worker

Theresa Davis
Medical Support Specialist

Shannon Trulson
Mental Health Counselor

Evelyn Oxenford
Nurse Practitioner

James Rabang
Landscaper

Rikkole Edwards
Administrative Assistant Tribal Police

Erica Caupuana
Restoration Grants Coordinator

To find out about our current job opportunities, simply log on to our website at www.nooksacktribe.org. Applications are available online. Postings also can be found on bulletin boards located in the lobbies of our offices. ■

Nooksack Community Health Clinic

2510 Sulwhanon Drive, Everson • Phone: (360) 966-2106 • Fax (360) 966-2304 • Text (360) 393-5616
Hours: Monday through Friday, 8:30 a.m. to 5 p.m. Walk-in hours: 9 to 10 a.m. and 1 to 2 p.m.
(except for the third Wednesday of every month when we are closed from 8:30 a.m. to noon)

New Text Phone Service

The Nooksack Community Health Clinic is happy to announce that we provide some assistance for people with “text only” phones. If you need to reach anyone at the clinic for appointments, patient registration, nurse, or Community Health Representative, you may send us a text message to (360) 393-5616.

Community Health Representative News

The Clinic receptionist is now scheduling Community Health Representative (CHR) transportation to the Clinic. It is best to schedule a ride as soon as you know you need one. Please call at least one day before your appointment and be prepared with the following information:

- Your address and phone number
- Date and time of your appointment
- Clinic name, address, and phone number
- Name of the doctor you are seeing.

To schedule or cancel a ride, please call the clinic at (360) 966-2106 or text (360) 393-5616.

Managing Big Meals During the Holidays When you Have Diabetes

—provided by Barb Himes

The holidays can be tricky to manage when you have dietary concerns. Keep these tips in mind if you have diabetes.

- Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar.
- Limit the number of servings of starchy foods on your plate. It might be tempting to have mashed potatoes, sweet potato casserole, and rolls, but try to choose just one of these items. Or, just take a few spoonfuls or bites of each.
- Choose fruits and vegetables served raw, grilled, or steamed. Avoid vegetables in creams, gravies, and butter.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.

- If you choose to drink alcohol, limit the amount and have it with food.
- Enjoy your favorite holiday treats, but take small portions, eat slowly, and savor the taste and texture.
- After your meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower blood sugar levels.
- If you overindulge, don't beat yourself up. If you eat more carbs or treats than you planned for, don't think you have failed. Just make a plan to get back on track.

—Source: American Association of Diabetes Educators

Diabetes Events Schedule

No Diabetes Clinic or Lunch in December
Both events will resume in January ■



Abby Yates Launches New Business

Nooksack Tribal Member Abby Yates (George) has been busy both professionally and personally in 2012. After her daughter, Jemma Lu Yates, was born last July, Abby decided it was time to start her own business. In November, she launched Bluebird Social Media & Marketing.

Bluebird will be working with local businesses, as well as reaching out to Tribal-owned casinos to offer marketing and social media management services. Abby has ten years of casino marketing experience, she's an active member of Whatcom Women in Business and Whatcom Young Professionals, and she has served on several boards for the Bellingham/Whatcom Chamber of Commerce. Abby was also featured as the Whatcom Young Professionals Member of the Month in October 2012 (www.bellinghamwyps.com), and attended *Leadership Whatcom*. She has also volunteered with Big Brothers Big Sisters of NW Washington and Domestic Violence and Sexual Assault Services.

Last but not least, Abby married her sweetheart, Brandon Yates, on Nov. 17. She is excited to be involved with the Nooksack Indian Tribe and business entities owned by Tribal members. She can be reached at bluebirdsocialmarketing@gmail.com or on Facebook at Blue Bird Social Media. ■

Nooksack Behavioral Health

Office: (360) 966-2376

The Genesis Corner – New Staff Introductions

The Behavioral Health Department's newest staff members have arrived. Our health, education and cultural departments, in addition to many others, have been working diligently on the Nooksack Way of Life Youth Substance Abuse Prevention/Intervention Program, funded by Substance Abuse and Mental Health Services Administration (SAMHSA). The five-year program's goal is to provide our Tribal youth with various forms of support to prevent alcohol and drug involvement. The team includes Peter Joseph, CDP program manager; Victoria Mayers, education specialist; Jennifer Fuentes, social worker; and Angela Hesych, prevention specialist.

Allow us to introduce and welcome our newest staff members:



Jennifer Fuentes, Angela Hesych, and Victoria Mayers (left to right)

Jennifer Fuentes

Jennifer Fuentes, our new youth chemical dependency prevention social worker, brings 15 years of experience working in prevention and intervention. She holds a bachelor's degree in Social Science and a master's degree in Counseling Psychology. She specializes in working with youth and families, and will make a wonderful addition to our staff. Please join us in welcoming Jennifer to our community.

Angela Hesych

Angela Hesych has been hired as a Prevention Specialist and is passionate about working with youth. For the last two years she has been attending the Northwest Indian College for her associate's degree in Chemical Dependency and will graduate in spring of 2013. A mother of three, Angela and her husband of 15 years also have served as foster parents, and very much enjoyed their time with their foster children. She is excited to be part of the program's team.

Victoria Mayers

Victoria, our new drug and alcohol prevention education specialist, has 16 years of experience in education. For eight of those years, she worked with the Lummi Nation, teaching general and special education, developing school-to-work programs, mentoring new teachers, and most recently, serving as director of Lummi Birth-to-Five Early Learning Program.

Victoria is excited to be part of the new Nooksack Behavioral Health team as it begins to develop drug and alcohol prevention programs targeting middle school and high school youth. As education specialist, her responsibilities include working with public schools to develop bridges with the Nooksack Tribe, designing drug and alcohol prevention curriculum for weekly activities, and supporting the development of a new drug and alcohol prevention coalition. She looks forward to meeting everyone, and encourages people to introduce themselves at community events.

Genesis Facility Update

The Genesis counseling offices are moving into temporary office trailers that are being prepared for the Genesis II staff and clients. This move might be completed by the time you read this. As you're approaching the Community Building, you'll see the two blue temporary office trailers being prepared for Behavioral Health's relocation. This transition is demanding and requires continued patience from staff and the community! Thank you for your understanding.

The Health Department is also examining and establishing a longer-term strategy to house staff and provide even better health services to our Tribal Members and families.

We will continue to have the same telephone and fax numbers. All of our usual counseling services will remain intact. We look forward to serving you.

Why Confidentiality is Important to Us at Behavioral Health

—provided by Marsha Smith

In the healthcare field, confidentiality is a word people hear often, but they may not fully understand its importance. Confidentiality is so important that it has been incorporated into law. The Health Insurance Portability and Accountability Act (HIPAA) laws protect the patient/client throughout the healthcare field. In the Behavioral Health Department, confidentiality is not only contained in our laws but also in our Code of Ethics

that guides our practice. We know that it can be difficult to share your life story and problems with an unknown person, especially in a small community. It is as important to the counselor as the client that the appointments are conducted in a safe and trusting environment so that the work we do together is helpful and effective.

For questions or concerns about confidentiality or to schedule an appointment, contact the Behavioral Health Department at (360) 966-2376.



Seasonal Affective Disorder

—provided by Damaris Gomez-Babayán

Seasonal Affective Disorder (SAD) is a type of depression that occurs at the same time every year, typically starting in the fall and possibly continuing into the winter months. According to some studies, this condition is caused by the lack of sunlight or difficulties coping with the darker months. It is important to check if you or anyone in your family might experience changes with the daylight. Symptoms include lack of energy, social withdrawal, and unhappiness and irritability (feeling sad more often or experiencing frustration easily).

How to manage this condition: It's a good idea to talk to your doctor to be advised on managing your symptoms. Treatment alternatives include brief individual counseling, temporary treatment with medication, or bright light therapy. At home, it's a good idea to make healthy choices, including maintaining a good sleep schedule, avoiding excessive caffeine, and exercising or walking during periods of sunlight. You might also consider increasing your activities with friends or relatives rather than staying home alone. Most studies also recommend avoiding alcohol because it can make depressive behaviors worse. Millions of Americans are suffering from the same condition and they are able to improve. You are not alone if you suffer from SAD.

For more information, contact the Behavioral Health Department at (360) 966-2376. ■

Nooksack Indian Housing Authority (NIHA)

Director: Katrice Romero (360) 592-5163

Coming Early 2013 – Pathways Home: A Native Homeownership Guide

Nooksack Indian Housing Authority (NIHA) is proud to announce Pathways Home: A Native Homeownership Guide, scheduled to begin in early 2013. The official start date and enrollment information is to be determined and will be published in a future *Snee-Nee-Chum*.

Pathways Home is a comprehensive homebuyer education program designed to educate prospective Native homebuyers on how to become successful homeowners with a curriculum tailored specifically for the Native American community.

Homeownership – Advantages and Challenges

The following are some advantages of homeownership:

- Owning your home can provide your family with a sense of security, pride, stability, and privacy.
- Home ownership means that anyone in your extended family has a place to stay.
- It allows you to make changes to your space to suit your style and needs.
- It may provide you with a tax benefit.
- It may be a good investment as property values increase over time.

Although there are many advantages, there are also responsibilities and challenges associated with homeownership:

- Homeowners may have to pay property taxes on fee simple land, homeowners insurance, utilities, and maintenance costs. Property taxes may not apply on trust property.
- Owning your own home means that you put the time and money into the upkeep and maintenance of your property.
- Owning your home makes changing your residence more difficult. Homeowners cannot just give notice and relocate. They must go through the process and sell their home. ■



Natural Resources

Director: Gary MacWilliams • Phone: (360) 592-5176

Update on Log Jam Projects

The Natural Resources Department is wrapping up a highly productive field season restoring Chinook salmon habitat in the Nooksack River. This past summer and fall, Natural Resources implemented three projects (constructing 43 individual log jams) on the North and South Forks of the Nooksack River. The summer started with nine log jams built just downstream of Hutchinson Creek on the South Fork near Acme, then moved downriver to the South Fork near Strand Road, where two log jams were built. In the North Fork, 32 structures were installed downstream of Warnick Bridge over the North Fork (just downstream of Canyon Creek). This year's construction was the second of three phases of construction in the "Wildcat" Reach of the North Fork.



Sindick Bura, Roman Swanaset-Simmonds, Darren Malloway, Harlan Harvey and Jeff Point at the Wildcat log jam project on the North Fork.

All three projects are part of the department's efforts to restore habitat to increase natural production of Chinook and other salmonids for sustainable Tribal harvest. Natural Resources has completed more than ten log jam and several riparian restoration projects over the past six years.

The log jams help create deep, cool holding pools with cover in the South Fork and form side channels in the North Fork for stable spawning. Our staff monitors

the effectiveness of these projects and incorporates any lessons learned into future designs. Many of the earlier constructed projects are already showing signs of improved habitat. Chinook consistently spawn in a side channel that was restored in the Lone Tree reach of the North Fork, and the site is now a release site for Washington Department of Fish and Wildlife hatchery-raised Chinook. Projects in the South Fork have formed new deep pools that will help Chinook survive the journey upstream to spawn.



Russell Roberts, Treva Coe, and Francisco (Biscuits) Sanchez conducting fish exclusion before construction.

Log jam projects have been funded through a variety of grants from State, Federal and even International agencies and provide year-round work for two Tribal members and seasonal work for several more. Thanks to the ongoing support from the Tribal Chairman and Tribal Council, Natural Resources is looking forward to continuing this important work to restore Chinook habitat.



Completed log jam downstream of Hutchinson Creek on the South Fork. ■

Contract Health Service (CHS) Eligibility Requirements

Below is helpful information about our Contract Health Services.

To receive these services, you must:

- Be eligible for Direct Care Services at the Nooksack Community Clinic, and a member of the Nooksack Indian Tribe.
- Reside on Nooksack Tribal land or within Whatcom County, our Contract Health Services Delivery Area (CHSDA), excluding Lummi Tribal Lands. Residents within the CHSDA have no legal entitlement to contract health service and only potential eligibility for services.
- Maintain close economic and social ties with the Nooksack Indian Tribe. The clinic will require you to prove your social economic ties with one of the following documents: Proof of employment, birth certificate, or marriage certificate. Close Economic and Social Ties regulation is determined by the Nooksack Tribal Council and can be modified at any given time.

CHS Payment Rules

- Prior Authorization must be obtained from the Nooksack Community Clinic for non-emergency care. A provider from the Nooksack Community Clinic who makes the referral will be approved by Contract Health.
- In case of emergency, the Clinic must be notified within 72 hours after patient receives emergency treatment or hospitalizations. Emergency visits will be reviewed by a medical professional to determine payment. The elderly and disabled have 30 days to notify CHS of emergency treatment or hospitalization.
- The Nooksack Community Clinic is the payer of last resort. It is a Federal requirement that patients with no alternate resources must apply for services through the Department of Social and Health Services (DSHS). You can apply for DSHS support through June Fritz, our DSHS liaison at the Clinic. Please call the Clinic for her hours.
- If you have any questions about Contract Health Services, call (360) 966-2106.

Reminder

If you are receiving bills at home, please forward them to the clinic. ■

Feeling alone, angry, hopeless?



**When it seems like there's
no hope, there is help.**

It's important to talk to someone.

You can call right now.

**We are available all hours of
the day and night,
and the call is completely free
and confidential.**

**If you or someone you know is thinking about suicide,
call the National Suicide Prevention Lifeline:**

1-800-273-TALK (8255)

Honor Your Life



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration



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

Happy 43rd Anniversary Art and Becky George ~ Married December 6, 1969 ~ Congratulations!

Administrative Contacts

Tribal Council Office	(360) 592-5164	Family Services (Director: Ken Levinson)	
Enrollment Office	(360) 592-4158 x1010	Indian Child Welfare (ICW)	(360) 306-5090
Tribal Council Fax	(360) 592-4506	Child Support	(360) 306-5090
Administration		Education (Director: Donia Edwards)	
Administrative Office Main	(360) 592-5176	Education Main Office	(360) 966-9696
Administrative Fax	(360) 592-2125	Headstart-Deming	(360) 592-0141
Human Resources (Director: Suzanne Brownrigg) ...	(360) 592-5176	Headstart-Everson	(360) 966-0523
Emergency & Risk Management	(360) 592-HELP (4357)	Youth Program	(360) 966-9696
(Program Manager: Glenn Yorks)		Other Services	
(Program Facilitator: Steven Jimmy)	(360) 303-3457	Tribal Court.....	(360) 306-5125
Law Enforcement (Police Chief: Rory Gilliland)		Tribal Court Fax	(360) 306-5108
Police Department	(360) 592-9065	Housing Office (Director: Katrice Romero)	(360) 592-5163
Health Services (Director: Rebecca Crocker)		Natural Resources (Director: Gary MacWilliams)	(360) 592-5176
Medical Clinic (Manager: Lona Johnson)	(360) 966-2106	Fishing and Shellfish Fisheries Hotline	(360) 592-5140
Dental Clinic	(360) 306-5151	Cultural Resources (Director: George Swanaset, Jr.) ...	(360) 306-5764
Medical Business Office	(360) 966-7704	Tribal Veterans (Program Manager: Jovie Joven)	(360) 592-5839
Genesis II Office (Manager: Rick George)	(360) 966-7704	Tribal Gaming	(360) 592-5176 x1456
Behavioral Health		Tribal Maintenance	(360) 592-0162
Social Services (Director: Katherine Canete)		Auto Shop	(360) 306-5756
Social Services Main	(360) 592-5176 x3668	Tribal Library	(360) 592-5291
Elders Office	(360) 592-0100	Community Building	(360) 966-9153
TANF-Deming	(360) 592-3219	Casinos & Market Centre	
TANF-Skagit	(360) 848-1758	Nooksack River Casino	(360) 592-5472
GED Office Nooksack	(360) 592-3219 ext 5124	Toll free	(877) 935-9300
GED Office Skagit	(360) 848-1758	Nooksack Northwood Casino	(360) 734-5101
Domestic Violence Office	(360) 592-5176	Toll free	(877) 777-9847
DV Emergency Hotline	(360) 592-4164	Nooksack Market Centre.....	(360) 592-4214

2012 Holiday Calendar

Nooksack Tribe's government offices will be closed on the following holiday: December 25 – Christmas