



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 7, Number 3 October 2017

New Year and New Adventures in Learning



The Si:wesa:yhem tset Class kicks off the 2017-18 academic year with classroom upgrades and new explorations of the educational experiences our area offers. Our first trip of the year found us on the road in our faithful van and headed to Seattle. Our day there was packed with learning and adventure. The class started with a trip up the Space Needle and a quick lesson on the history of this iconic Northwest landmark and the geography of Puget Sound. Once down the Needle's elevator, we popped over to the neighboring Chihuly Garden and Glass Museum to be awed by the fragile creations created by this famous glass artist.

After lunch at the Armory, we used the monorail (also built for the 1962 Seattle World's Fair) to travel downtown and cruise through Pike's Place Market. Taking the monorail back to the Seattle Center, we concluded our visit exploring the Pacific Science Center; it really was hard to leave the butterfly atrium behind.

The following week found us exploring closer to home. The class visited the Whatcom County Museum's Lightcatcher Building to experience the People of the Sea and Cedar exhibit, a presentation of artifacts, illustrations, and hands-on activities focused on the Nooksack and Lummi tribes. If you haven't seen this yet, check the exhibit out before it's too late.

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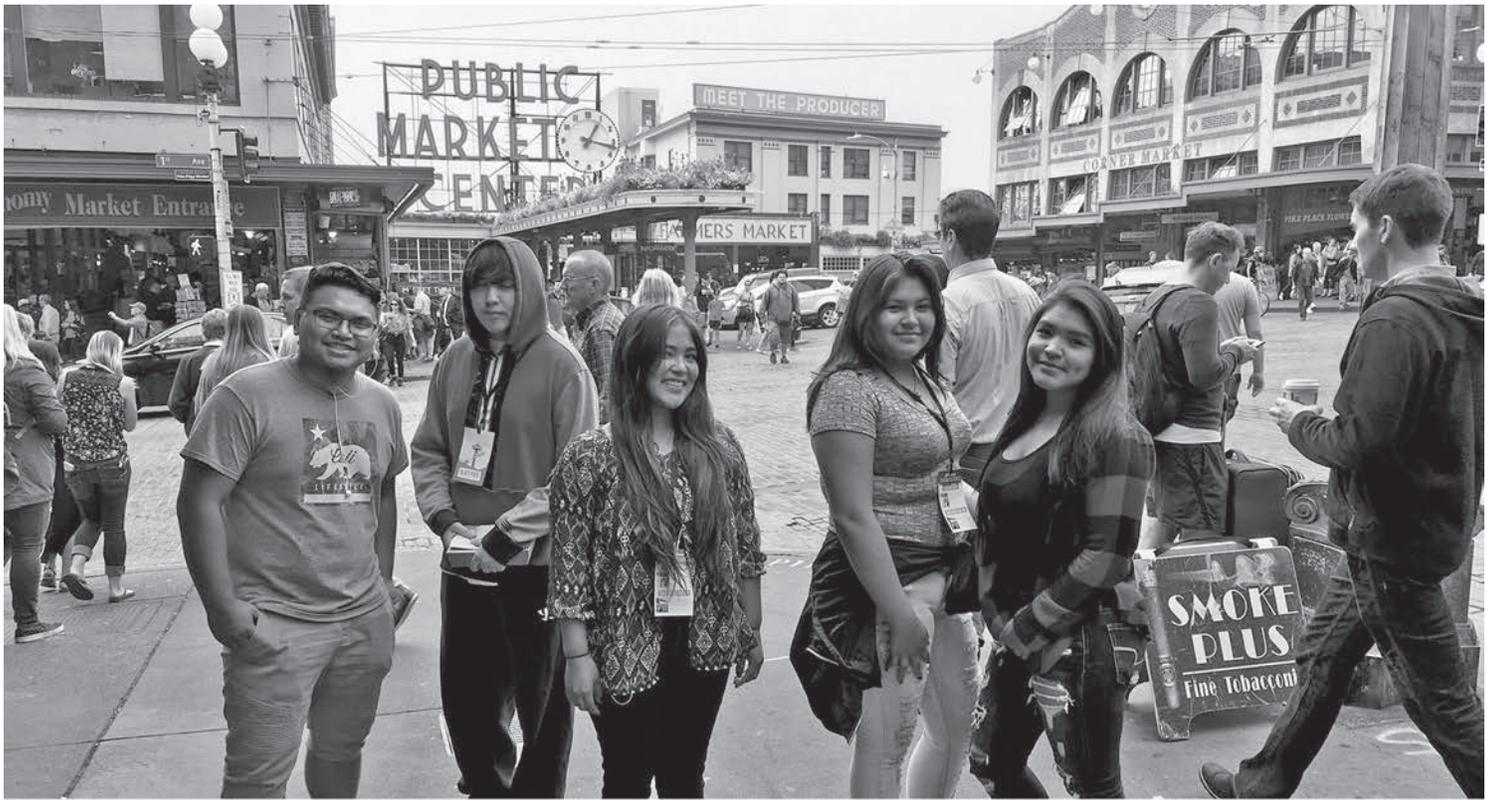
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Our class would like to thank Nooksack Way of Life and the SAMHSA program for making these trips possible and with blessing our classroom with new computers, seating, and an overhead projector. These tools also serve to increase the effectiveness of our educational adventures.

If you are a Nooksack teen in need of credits to achieve your high school diploma, have an intrinsic desire to learn, and want to know more about the Si:wesa:yIhem tset Class, please contact klindsey@nooksack-nsn.gov.





Education / Tribal Library

Now that school is back in session we would like to remind parents and family members that we offer assistance when it comes to communicating with teachers. If your child is struggling or even if you just need a ride to a school conference, we are here to help. We can email or call teachers to get homework assistance, schedule individual conferences, help you fill out paperwork, or anything else you need to help your child be successful. Because we are here to help your child succeed, that means helping the parents and families as well. Feel free to call us about the small group tutoring we offer and how we can be of help to your child or your family. *Any questions or suggestions? We welcome your input. Please call Charise Wenzl at the Education Dept. Tribal Library with any inquiries or to ask for assistance. 360-966-9696*

The library has received even more new computers from an Institute of Museum and Library Services grant as well as an even bigger grant that SAMHSA has generously shared with us. Our lab is getting bigger and better all the time. We also purchased brand new rolling task chairs that the students are really crazy for. New bookshelves are being purchased because we have so many new and exciting book titles that our current shelves are overflowing. This time of growth is so exciting for the library. Is there a certain title you would like or a series you have been dying to read? Just call and ask the Library if we already have it. Chances are, we do. But if we don't we can most certainly order it for you to check out. We keep a list of requested titles and we purchase all of them. We take requests for magazine subscriptions as well. This ensures we always have the newest and most popular titles that our patrons want to read. With our new computers having all the latest software and operating systems, completing resumes and doing research becomes a quick and easy task. Need help? Just ask the library staff. We can help!



Raven runs a reading group with K-2nd grade students in the library. They really love passing the microphone around and taking turns reading. It's a great way to make reading time fun and playful.



Betty says, "I'm going to read ALL these books in 20 minutes!"



On fun Friday in the library Justina is in charge of the popcorn station making sure everyone gets their popcorn.



Friday fun day means parties and free choice in the library. A good game of Battleship is always a popular choice.



The computer lab is a very busy place. To earn computer and iPad privileges the students have to read for at least 20 minutes after school before they can have a turn.



Justin likes reading the Guinness World Record 2017 book.



K-2nd grade children having fun with the microphone during reading group time in the library.



As a reward Justina won a giant coloring poster and has been working on it steadily



During fun Friday in the library, Sophia is in charge of running the cookie station and making sure all the children get their cookies with frosting and sprinkles. They line up eagerly waiting for their turn. We LOVE FUN FRIDAYS!!!

Reading Challenge Winners For Summer 2017

These big achievers read more minutes than any other child in their age group. They pushed themselves very hard to read during the summer. As a reward the winners enjoyed a pizza/ice cream party, picked three toys each from the toy store and got the use of the library computer lab all to themselves for an entire afternoon. Congratulations to our reading achievers!



Olga Kapuni: K-1st grade winner



Loren Charles: 2nd-3rd grade winner



Izabel Johnson: 4th-5th grade winner



Maurice Villanueva: 6th-7th grade winner



OFFICIAL NOTICE of NOOKSACK TRIBAL COUNCIL ELECTION

A Nooksack Tribal Council Election has been called by Chairman, Robert Kelly, Jr., and Katrice Rodriguez has been appointed as the Election Superintendent.

Primary Election: November 4, 2017, 4pm
General Election: December 2, 2017, 4pm

Tribal 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 **September 7, 2017 at 2PM** at the Election Superintendent Office.

Prospective Qualified Candidate Packets are due back to the **Nooksack Tribal Council Secretary, at the Election Office** on or before **September 22, at 2PM.**

Office of the Election Superintendent:

4979 Mt. Baker Highway | Suite G.

Deming, WA 98244

Phone: 360-592-5176

Hours: Tuesday – Saturday 2pm to 10pm

Katrice Rodriguez, Election Superintendent

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

Welcome New Hires!

08/16/2017 ... Kayleasha Davis On-call Receptionist
 09/06/2017 ... Stephanie Hammer ... Bus Driver Headstart
 09/11/2017 ... George Bailey Elders Kitchen Assistant
 09/18/2017 ... Brandon Farstad Police Officer
 09/25/2017 ... Justin Johnny Desktop Support Technician Transfer
 09/18/2017 ... Brandon Farstad Police Officer

Nooksack Civil Legal Aid

The Tribe has started a new Civil Legal Aid program to assist victims, families, and survivors of domestic violence through advice, and assistance navigating the legal system. The program has employed an attorney to assist community members with parenting plans, custody disputes, visitation orders, protection orders, and dissolutions. This program works with the Nooksack Tribal community to ultimately provide protection to the children and families affected by domestic violence.

Nooksack Indian Tribe encourages victims and survivors of domestic violence to connect with the Civil Legal Aid Attorney, Ryan Mills for help. Call (360) 310-8500 for a phone consultation or stop by Nooksack Family Services to learn more information.



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. ■

Nooksack's Newest Officer

The Nooksack Tribal Police Department is pleased to announce the hiring of our newest officer, Brandon Farstad. Brandon was hired to replace Officer Devin Cooper, who left us to take a position with the Blaine Police Department. Officer Farstad comes to us with a vast background in law enforcement. He worked with the Port Townsend Police Department and the Island County Sheriff's Department. He spent 8 years with the Upper Skagit Tribal Police, as a Patrol and Natural Resource Officer.

Officer Farstad was a former member of the United States Marine Corps, as a Sergeant and was deployed to Afghanistan. He has been an instructor in Hunter Safety education and enjoys working with community youth. He will serve us, as a Patrol Officer and an assistant to Officer Francisco Sanchez in Natural Resource patrol and enforcement. Please join us in welcoming the newest Officer to the Nooksack Tribal Community. Welcome Officer Brandon Farstad!

Taking Care Of Dentures



Wearing dentures can be a big adjustment. However, taking good care can lead to long lasting, and better fitting dentures. Here are a few tips to keep your dentures in great shape:

1. Clean your dentures daily:
Rinse your dentures with water after every meal. Brush dentures with a soft bristled denture brush but do not use any toothpaste. The abrasives in toothpaste can damage dentures.
2. Remove your dentures every night before going to bed: This gives the gums a chance to breathe, and they remain healthy. Wearing dentures all the time (especially at night) can lead to fungal infections.
3. Whenever you are not wearing dentures, put them in a denture box, and let them soak in water. You can put denture cleaning solution or tablets, while they soak. Make sure to rinse off the cleaner before you put them back in your mouth.
4. Do not use bleach to clean your dentures. Do not boil your full/partial dentures.
5. If your denture is slightly loose, or food is getting stuck in it, try to put small amount of fixodent to hold it in place. Make sure you clean the material from your mouth and denture daily.
6. If you develop a sore area in the mouth, try to keep the denture out of your mouth as much as possible until you get an appointment at the dental clinic.
7. Visit your dentist regularly.
8. If you are wearing dentures for the first time, it may take some time to get used to them (sometimes up to six months). You can expect a change in speaking and chewing manners. However, with time you get used to these changes.

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 November newsletter must be submitted by October 27th. Questions? Call Charity at (360) 592-5176, extension 3114.



PHOTODISC

DRUG TAKE-BACK PROGRAMS

Safe medication disposal

IF YOUR medicine cabinet is full of medications that have expired or are no longer needed, you've probably wondered about the best way to dispose of them. Safe disposal of unused medication can prevent accidental poisonings, medication misuse and abuse, and it helps protect the environment.

The best option is to use community-based drug take-back programs. The Drug Enforcement Agency website (dea.gov) supports a search tool to find an authorized drug disposal collector in your area. The DEA also offers National Prescription Take-Back Days twice a year, in April and October. For more information, visit the DEA website.

Costco pharmacies sell envelopes to return medications for safe disposal for \$3.99. If you have additional questions about safe medication disposal, ask your Costco pharmacist.

If a program is not available in your

area, most medications can be disposed of in the trash as a last resort after taking a few precautions (see bulleted list).

Some medications include specific disposal instructions, which should be followed. According to the Food and Drug Administration, if disposal instructions are not included with your medication, take the following steps:

- Remove the medication from the original container and mix it with used coffee grounds, kitty litter or dirt to make the medication less desirable or unrecognizable to children, pets and persons seeking drugs.

- Place the mixture in a sealable bag, empty can or other container to prevent the medication from leaking or breaking out of the garbage bag.

- Make sure to scratch out any personal information on the prescription bottle to protect your identity and personal health information.

LOVE YOUR BRAIN

By Dr. Heather Snyder, Costco Connection June 2017

ALZHEIMER'S is the most common type of dementia, which is a general term for memory loss and the loss of other cognitive abilities severe enough to interfere with daily life. Alzheimer's disease, which accounts for 60 to 80 percent of dementia cases, causes a progressive decline in memory, thinking and behavior. Today, 5.5 million Americans are living with the disease. Sadly, there is currently no way to prevent, slow down or stop the progression of Alzheimer's disease. However, growing evidence indicates that people may be able to reduce their risk of cognitive decline by adopting key lifestyle changes. In recognition of Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association (alz.org) offers "10 Ways to Love Your Brain," tips that may help keep your brain as healthy as possible as you age. Here are six tips for you to follow (the rest of the tips can be found at alz.org/10ways). Break a sweat by engaging in regular cardiovascular exercise. It elevates heart rate and increases blood flow to the brain and body. Hit the books. Study in any stage of life will help reduce the risk of cognitive decline and dementia. Take

a class; learn a language or a new instrument. Buddy up. Staying socially engaged may support brain health. Pursue activities that are meaningful to you. Consider volunteering at a local animal shelter, joining a local choir or just sharing activities with family and friends. Follow your heart. What's good for the heart may be good for the brain. Evidence shows that risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes—also negatively affect cognitive health. Stump yourself with puzzles, crosswords or playing cards. Challenging the mind may have short- and long-term benefits for the brain. Catch some zzz's. Not receiving enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

It's never too late or too early to incorporate these healthy habits into your lifestyle. Research suggests that combining all 10 behaviors offers a greater benefit to brain health than any single activity alone. To learn more about Alzheimer's disease, and to find resources for caregivers, families and people living with the disease.

Warning Signs

MEMORY LOSS that disrupts daily life may be a sign of Alzheimer's or another form of dementia. The Alzheimer's Association recommends consulting a doctor if you notice any of the following:

1. Difficulty completing familiar tasks
2. Confusion with time or place
3. Changes in mood or personality

To learn more about potential warning signs, see the 10 warning signs of Alzheimer's at alz.org/10signs

Urgent or emergency? The right choice for the problem.

By Valerie Finholm

IT'S SUNDAY and your three-year-old has a slight fever and says his ear hurts. Should you take him to the emergency room (ER) of your local hospital or to the urgent care center in your neighborhood? What if your husband is complaining of chest pains? Should you take him to the urgent care center or to the hospital ER? When in doubt, it's better to be safe and call for an ambulance. In other cases, it's important to know the difference between urgent care and hospital emergency care. Making the right choice can save you



time, money and, more important, your life or that of a loved one. "The public confuses urgent care with emergency care," says Dr. Debra Perina, an emergency physician in Charlottesville, Virginia. "Urgent care is similar to your physician's office, where you go for bumps and bruises and viral illnesses." She suggests that, if possible, patients call their primary care physician's office first before choosing between urgent care and an ER. "Usually they'll have a physician on call who can give advice on where to go," she says. An urgent care center is the right choice for common illnesses and injuries that need to be treated right away but are not an emergency, such as sore throats, earaches, flu, sprains and minor cuts that may require stitches, says Perina. This is where you take your four-year-old whose ear hurts when your pediatrician's office is closed. "Many people may feel they are saving time or money by going first to urgent care, but, in instances of serious illness, that loss of time can be dangerous," says Dr. Jay Kaplan, past president of the American College of Emergency Physicians. Hospital ERs are prepared for every kind of adult and childhood

medical emergency, including heart attacks, strokes, head injuries, high fevers and other life threatening conditions. This is where you take your husband who has chest pains. Urgent care Perina explains that urgent care centers are usually open after normal business hours, including evenings and weekends. In most cases, a doctor is on-site, although care may be provided by a nurse or physician's assistant. Services differ, depending on the clinic. Some have the ability to do blood work and offer X-rays, and some don't. It's

best to call ahead to see if your concern can be handled. Patients at urgent care clinics are typically treated on a first-come, first-served basis, says Perina, so you'll get treated the hospital emergency room, where the sickest patients are treated first. In addition, urgent care centers usually charge less than ERs. But it's important to know that urgent care centers are not equipped to handle serious conditions.

Emergency room

Emergency rooms at hospitals are open 24 hours a day, 365 days a year. For serious injuries or illnesses, when minutes count, this is the place to go. Emergency rooms have highly qualified nurses and doctors, advanced medical equipment and access to specialists, says Kaplan. Visiting an urgent care center first may delay medical care for a serious condition, particularly while the patient is transferred to a hospital. A number of medical conditions are considered emergencies because they can require rapid or advanced treatments (such as surgery) that are available only in a hospital setting.

SYMPTOMS CHECK

Symptoms that can be evaluated and treated at an urgent care clinic include:

- Fever. without rash.
- Ear pain.
- Painful urination.
- Persistent diarrhea.
- Sore throat.
- Vomiting.
- Minor trauma such as a common sprain or shallow cut.

Symptoms that are best evaluated in an emergency room include:

- Persistent chest pain, especially if it radiates to the arm or jaw or is accompanied by sweating, vomiting or shortness of breath.
- Difficulty breathing.
- Any severe pain, particularly in the abdomen or starting halfway down the back.
- Clumsiness, loss of balance or fainting.
- Sudden difficulty speaking or trouble understanding speech.
- Altered mental status or confusion, including suicidal thoughts.
- Sudden weakness or paralysis, especially on one side of the face or body.

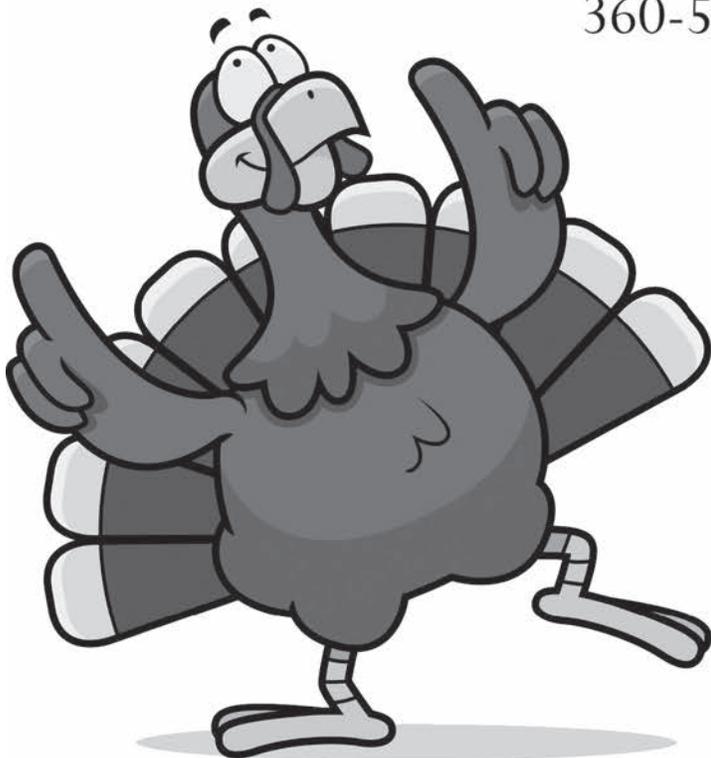
- Severe heart palpitations.
- Sudden, severe headache.
- Sudden testicular pain and swelling.
- Newborn baby with a fever (a baby less than 3 months old with a temperature of 100.4 degrees or higher needs to be seen right away).
- Falls that cause injury or occur while taking blood-thinning medications.
- Sudden vision changes, including blurred or double vision and full or partial vision loss.
- Broken bones or dislocated joints.
- Deep cuts that require stitches—especially on the face—or a large open wound that won't stop bleeding.
- Head or eye injuries.
- High fevers or fevers with rash.
- Vaginal bleeding during pregnancy.
- Persistent vomiting or diarrhea.
- Seizures without a previous diagnosis of epilepsy.
- Serious burns.



The Nooksack Elders Program is happy to announce we will be providing “Butterball Turkey Certificates” again this year! We will be mailing out certificates towards the end of October

Please contact the Nooksack Enrollment Office
to update/verify your address at
360-592-5176 Or 360-592-0135

Any questions call Social Services
360-592-0135



ELDERS LUNCH MENU

October 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 2 Bellingham Shopping Grilled Cheese Soup Wear Purple Day | 3 Chicken Rice Veggies Craft Day | 4 Elders Travel CDA No lunch | 5 Elders Travel CDA No lunch | 6 Elders Travel CDA No lunch Food Bank |
| 9 Closed Salish Day | 10 BLT'S Chips Pasta Salad Craft Day Commodity Day | 11 Exercise Class Pot Roast Veggies Potatoes Craft Day | 12 Goulash Veggies Garlic Bread | 13 Fish Chips Coleslaw Chowder |
| 16 Everson Shopping French Toast Sausage Eggs Hash browns | 17 Meatloaf Potatoes Veggies Rolls | 18 Exercise Class Stir Fry Rice | 19 Nooksack Elders Annual Lunch | 20 Salmon Rice Veggies |
| 23 Everson Shopping Egg/Tuna Sandwich Chips Hamburger Soup | 24 Indian Tacos | 25 Exercise Class Baked Potato Bar Shredded Pork Shredded Chicken | 26 Turkey Dinner | 27 Prime Rib Potatoes Veggies Rolls |
| 30 Everson Shopping Beef Stew Rice Fry Bread | 31 Rez Dogs Chips Pasta Salad Happy Halloween Bingo 11:30 – 12:00 | | | |

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



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

2017 Holiday Calendar

The Nooksack Tribal Council has approved the 2017 Holiday Schedule.

Tribal Offices will be closed on the following days in 2017.

October 9 – Coast Salish Day • November 10 – Veterans Day
 November 23-24 – Thanksgiving • December 25-29 – Christmas

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: Mike Ashby - interim)

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: Marilyn McLean)

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: Serrano Cueva) (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