



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 7, Number 7 February 2018

2018 Tribal Member Resource Fair was a success!

Thank you to all who attended the resource fair and helping it be a success. And thank you to all who helped put this event together. The General Manager is planning to have resource fairs more often so that it gives the tribal membership more opportunities to discover all the ways the tribal government can assist them. If you have any suggestions on how this event can be improved, please contact Charity Bernard at 360-592-5176.

additional photos on page 2



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NOOKSACK TRIBAL COUNCIL ELECTIONS OFFICE

4979 Mt. Baker Hwy Suite F. | PO BOX 587
Deming, WA 98244 | PHN: 360-592-5164

NOTICE OF NOOKSACK TRIBAL COUNCIL ELECTION 2017-2

To the voters of the Nooksack Indian Tribe of Deming, Washington: You are hereby notified of the 2018 Nooksack Tribal Council Election for the following Nooksack Tribal Council Positions:

Chairman, Secretary, Position A, and Position B.

PRIMARY ELECTION DAY: Saturday, February 17, 2018 @ 1pm

GENERAL ELECTION DAY: Saturday, March 17, 2018 @ 1pm

Candidate Packets: Prospective Candidates may obtain Candidate Packets consisting of the Qualified Candidate and Petition Forms beginning **Friday, December 22, 2017 at 10am** at the Election Board Office.

Deadline for Candidate Packets: Candidate Packets are due back to the Election Board office by **2pm on Friday, January 5, 2018**. Late packets will not be accepted.

2018 Nooksack Tribal Council Election Board:

Katrice Rodriguez, Election Superintendent
Kaitlyn Witt-Faulks, Ballot Clerk
Malori Klushkan, Ballot Clerk

Election Board Office Hours from December 22, 2017 through January 5, 2018:

Monday through Friday 10am to 7pm (open during the noon lunch hour)

Election Board Office Hours from January 8, 2018 through March 2018:

Monday through Friday 9am to 5pm (open during the noon lunch hour)

Election Board Office Holiday & Inclement Weather Closures:

December 25 & 26, 2017

January 1, 2018

The Election Board will follow the NIT Inclement Weather Closure Policy

I, Katrice Rodriguez, Election Superintendent, hereby certify that this NOTICE OF ELECTION was mailed on 12/22/17 to all eligible voters at the addresses on file with the Nooksack Enrollment Department.

Signed: _____

Katrice Rodriguez
Katrice Rodriguez, Election Superintendent

February is

**American
Heart Month**

life is why™

February 2, 2018 is National GO RED day! Wear Red to support Heart Disease Awareness!!

KNOW YOUR NUMBERS? THEY COULD JUST SAVE YOUR LIFE.

Talk to your healthcare provider today to learn about your:

Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index)

Your heart depends on it.

The 4 Numbers
You Need To Know For
Heart Health

Risk factors that can be managed:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

Risk factors you can't control:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack



Blood Pressure

WHAT IT IS The force of your blood pressing against artery walls

IDEAL GOAL Less than 120/80 mm Hg

WHY High blood pressure, defined as 140/90 mm Hg and above, increases your risk of strokes and heart attacks.



Blood Sugar

WHAT IT IS The amount of sugar (or glucose) in your blood, measured by hemoglobin A1c and/or fasting blood glucose tests

IDEAL GOAL HbA1c less than 5.7%; fasting glucose less than 126 mg/dL

WHY Diabetes is diagnosed when HbA1c is 6.5% or higher and/or fasting glucose is 126 mg/dL or higher. Too-high sugar levels can damage blood vessels, making you more susceptible to heart disease.



Blood Cholesterol

WHAT IT IS A fat-like, waxy substance in the blood

IDEAL GOAL *Total cholesterol:* Less than 200 mg/dL, *Tri-glycerides:* Less than 150 mg/dL, *"Good" HDL cholesterol:* Greater than 60 mg/dL, *"Bad" LDL cholesterol:* Less than 100 mg/dL

WHY Higher levels of cholesterol may block blood flow to the heart.



Body Mass Index

WHAT IT IS A measure of body fat calculated using your height and weight

IDEAL GOAL 18.5 to 24.9

WHY Excess bodyweight (a BMI of 25 and above is considered overweight; 30 and above is considered obese) increases heart disease risk, especially when waist circumference goes up.

Prevention

Consequences of High Blood Pressure



High blood pressure (HBP) can injure or kill you.
When high blood pressure is uncontrolled, it can lead to:

STROKE

HBP damages arteries that burst or clog more easily.

77% of people who have a first stroke have HBP.

HBP increases your stroke risk by four to six times.

VISION LOSS

HBP can strain the vessels in the eyes.

HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.

75% of people with congestive heart failure have HBP.

HEART ATTACK

HBP damages arteries that can become blocked.

69% of people who have a first heart attack have HBP.

ERECTILE DYSFUNCTION

HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

KIDNEY DISEASE/FAILURE

HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.

HBP is the second-leading cause of kidney failure

These conditions can happen over several years, but they can be prevented by controlling blood pressure.

Did You Know?

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is \$46.4 billion.

For more information
heart.org/bloodpressure

Check.
Change.
Control.™

Healthy Gut, Healthy Brain

Our brain lives in a symbiotic relationship with the bugs in our gut.

Posted By Dr. Aamer A Khan, NIT Behavioral Health

Our brain lives in a symbiotic relationship with the bugs in our gut. Whatever we eat, they eat. In return, they help our brain function optimally in a variety of ways. During the past few years, it has become increasingly apparent that in the absence of bacteria humans would never have evolved to our current level of cognitive performance. Our brains are profoundly dependent upon a wide range of chemicals produced by these gut bugs. For example, without these gut microbes our brains do not correctly develop the serotonin neurons that play a key role in the control of emotion (Molecular Psychiatry 2013;18:666-673).

For every one of your big human cells, roughly 100 to 1000 little bugs live alongside and inside of you. If you were to count all of the cells on and inside of you that are not actually YOU, they would number in the hundreds of trillions, with approximately one million of these microbes living within every square centimeter of your skin! These bugs were not simply along for the ride as we became the dominant species on this planet; they made the journey possible. As soon as individual cells evolved into fully multicellular organisms during the Cambrian period about 500 million years ago they quickly discovered the fantastic survival benefits of fully integrating themselves; once there, they never left.

The total weight of the many trillions bugs that reside in your gut is over two pounds and they are multiplying constantly thanks to all of the nutrients you are providing them; they are also in a constant battle for survival. The viruses in your gut kill so many bacteria every minute that their carcasses account for about sixty percent of the dry mass of your feces (now you know what is in there!).

Gut bacteria produce many different chemicals that can influence brain function (Current Opinion Microbiology 2013;16:246-254). They convert the complex carbohydrates in our diet to the fatty acids butyrate, acetate and propionate. Butyrate can easily leave the gut and enter the brain, where it can influence the levels of the BDNF. BDNF plays a critical role in the birth and survival of neurons and the ability of the

brain to learn and remember. Reduced levels of BDNF are correlated with impaired cognitive function and depression.

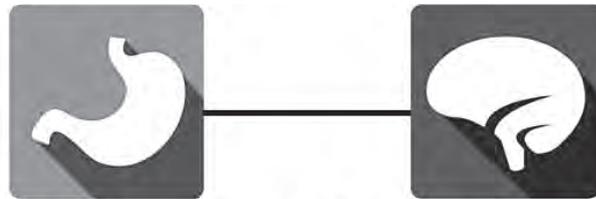
Gut bacteria also produce the neurotransmitters norepinephrine, dopamine, acetylcholine and GABA; although these molecules cannot cross the blood brain barrier, they indirectly affect brain function via their actions at the vagus nerve (J Psychiatric Res 2015;63:1-9). The presence of the bacterium *Bifidobacterium infantis* 35624 has an antidepressant effect in animal models of depression due to its ability to release tryptophan, a precursor to the production of serotonin. Accumulating evidence suggests that gut bugs play key roles in both the developing and mature nervous system and may contribute to emotional and behavioral disorders as well as numerous neurodegenerative diseases.

We need to take good care of these bugs so that they will take good care of our brains. Consuming prebiotics and probiotics can help us to maintain a healthy diversity within the bug environment. For example, elderly and frail humans who have major cognitive

impairments also have the lowest level of bug diversity in their guts (Nature 2012;488:178-184). Can we manipulate their world in order to improve our health? Yes.

Diabetes and the metabolic syndrome are well-known risk factors for developing dementia. A recent study discovered that consumption of *Lactobacillus acidophilus* and nutritional supplements combining probiotics and prebiotics for six weeks had significant positive effects on the level of serum insulin, C-reactive protein and uric acid (Clinical Nutrition 2014;33:198-203). Humans fed a mixture of probiotics containing *Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175 for thirty days had reduced production of the stress hormone cortisol. Clearly, the bugs in your gut can positively or negatively influence your mental function and stress response; it is definitely worth your effort to keep them very happy with a healthy diet.

© Gary L. Wenk, Ph.D. Author of *Your Brain on Food*, 2nd Edition, 2015 (Oxford University Press)



THE GUT-BRAIN CONNECTION: How Your Mental Health May Depend on the Health of Your Gut

Fighting Dental Decay with Sealants

Brushing teeth twice a day definitely helps in preventing dental decay but some teeth need extra protection. The back teeth (molars) in our mouth have deep depressions and grooves which help in chewing food, but are prone to decay as food tends to lodge in those uneven surfaces.

Applying dental sealants on permanent molars and premolars (and in some cases, primary molars) early on as soon as these teeth erupt can significantly decrease the chances of decay. Dental sealants are thin, plastic coatings that can prevent decay (caries) on the chewing surfaces of back teeth.

Adults, who are at high risk for decay, can benefit from sealants too. Placing sealants is easy. The tooth that needs to be sealed is first cleaned, and then the sealant is placed on the chewing surface. A light is then shined on the sealant to harden it.

Other methods to prevent dental decay are:

- Brushing twice a day with a toothpaste that contains fluoride.
- Flossing teeth regularly.
- Staying away from snacks and drinks containing sugar.
- Visiting your dentist for a regular check-up.



February is the National Children's Dental Health Month and Nooksack Dental Clinic team encourages you to make a dental checkup appointment for your child. We also invite your kids to participate in some fun contests organized by the clinic. Please call us at (360)306-5151 to know more.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.

Crest

+
Oral-B

ADA American
Dental
Association®

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Tribal Member Jesse Madera graduates from the Whatcom County Recruit Academy

“Out of Every One Hundred Men, Ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the One, One is a warrior, and he will bring the others back.”

On December 15, 2017 Nooksack Tribe's own Tribal Member Jesse Madera graduated from the Whatcom County Recruit Academy (Class of Fall 2017). Through countless hours of physical and mental determination and commitment Jesse prevailed. Prerequisites for becoming a firefighter (whether volunteer or paid) are the same, they are put through a testing process to enter the department. This includes a written test, interview with the Fire Chief, a doctor physical, physical fitness test and finally the Whatcom County Fire Recruit Academy (approximately 184 hours of training over a couple months time)!

Jesse also serves as a volunteer Emergency Medical Technician for Whatcom County Fire District 1 and has served with this district for the past 7 years (2011 – present). Fire District 1 Station 82 provides fire protection, basic life support emergency medical services (EMS), and water rescue to an area approximately 75 square miles within the District's boundaries. The District provides service to the Cities of Everson, Nooksack, Deming and The Nooksack Indian Tribe.

Jesse has proven that through hard work, dedication and commitment that anything is possible at any age. He would love to share his experience with anyone who might have the slightest interest in becoming an EMT/Firefighter. Jesse's family can't be more proud of all that he has accomplished. Congratulations Jesse!

“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”



“Volunteers Do Not necessarily have the time; they have the Heart.”

WHATCOM COUNTY RECRUIT ACADEMY

CLASS OF FALL 2017

DECEMBER 15TH, 2017



Program

- I. Bellingham Firefighters Pipes and Drums
- II. Welcome
- III. Pledge of Allegiance
- IV. Introduction – Drillmaster Mitch Nolze
- V. Acknowledgement of Company Officers
- VI. Presentations to Recruits

District 1 - Chief Mel Blankers, Captain Greg Macy
District 7 - Chief Larry Hoffman, Asst. Chief Dean Crosswhite
District 8 - Chief Bill Newbold, Asst. Chief Bill Hewett
District 11 - Chief Duncan McLane, Asst. Chief Michael Lish
District 18 - Chief Omar Mejia
NWFR - Captain Kris Jorgensen
SWFA - Chief Dave Ralston, Asst. Chief Rod Topel

- VII. Chiefs' Company Recognition
- VIII. Visual Presentation
- IX. Closing

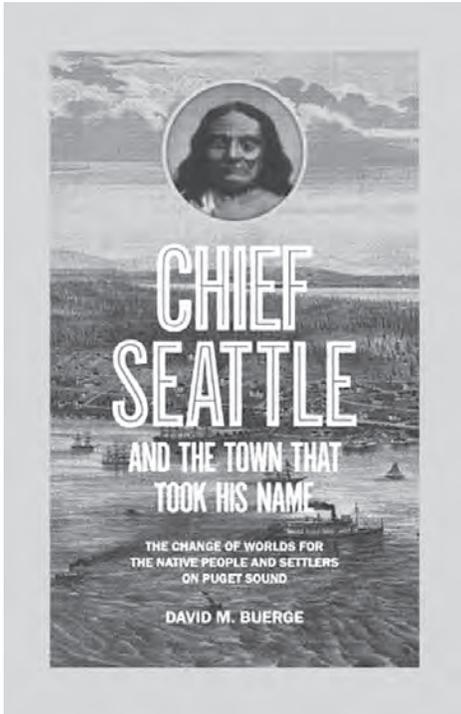
Graduates

<u>District 1:</u>	Joseph LaChaussee Jorge Raga	Jesse Madera Jennifer Squire
<u>District 7:</u>	Taigh Cagle Andrew Wiley	Ben Johnson Nadezhda Zelenskaya
<u>District 8:</u>	Sean Cahill Lyndon Hirai Nicholas Rucker Bryan Weimer	Ian Dandridge Kelly Meagher McNulty Anton Sobolik
<u>District 11:</u>	Brian Thompson	
<u>District 18:</u>	Chris Camp	
<u>NWFR:</u>	Luke Haran Spencer Morgan	Ian Kjera Kyle Wheeler
<u>SWFA:</u>	Nicolas Carter Lewis Jensen Jackson Wood	Philip Jackson Kai Steele

I have no ambition in this world but one, and that is to be a firefighter. The position may, in the eyes of some, appear to be a lowly one; but we who know the work which the firefighter has to do believe that his is a noble calling. There is an adage which says that, "Nothing can be destroyed except by fire." We strive to preserve from destruction the wealth of the world which is the product of the industry of men, necessary for the comfort of both the rich and the poor. We are defenders from fires of the art which has beautified the world, the product of the genius of men and the means of refinement of mankind. But, above all; our proudest endeavor is to save lives of men-the work of God Himself. Under the impulse of such thoughts, the nobility of the occupation thrills us and stimulates us to deeds of daring, even at the supreme sacrifice. Such considerations may not strike the average mind, but they are sufficient to fill to the limit our ambition in life and to make us serve the general purpose of human society.

Chief Edward F. Croker FDNY circa 1910

New Native American Biography & History — Chief Seattle



Many know that the city of Seattle was named after a prominent Suquamish and Duwamish chief, but there hasn't been a thorough account of Chief Seattle and his times—until now. We wanted to be sure to reach out to the Nooksack Snee-Nee-Chum Newsletter with information about a new book that details his life and times, as it may be of interest to your community.

Chief Seattle and the Town That Took His Name: The Change of Worlds for the Native People and Settlers on Puget Sound is the story of a half century of tremendous flux, turmoil, and violence, during which a Native American leader became an advocate for peace and strove to create a successful racial-hybrid community.

Author David Buerge, a journalist and historian, spent 20 years researching and writing this book. He drew on oral histories from Duwamish, Suquamish, Muckleshoot and other tribe members and mined historical records, newspaper reporting, and pioneer diaries. He still considers himself a student of the subject, valuing and prioritizing tribal knowledge and experience.

In a time when native rights continue to be threatened, native issues need more attention. This book is one step in a direction where more people recognize and appreciate the story of Chief Seattle himself, and the native roots of the city of Seattle.

Is it ok to call “911” when I need an Officer, or just have a question?

Yes, it is the fastest way to get an Officer to respond to your needs. Monday – Friday between 8:00 AM and 4:00 PM there is normally office staff to answer your call at the Police Department (592-9065). However, Officers are sometimes out of the department and can only be reached by police radio. Calling the police department directly when you need an Officer to respond, actually delays the response of the Officer to assist you. All police dispatch service is done through the “911” dispatch center.

When a “911” call is received at the dispatch center, critical information is then passed on to the Officer over the police radio. An incident number is assigned to the call and the nearest Officer on patrol is dispatched to your location to assist you.

If you only have a question, you can simply ask the “911” dispatcher to have a Nooksack Tribal Police Officer call you back and the next free Officer will be assigned to contact you.

If you want to report something, but want to remain anonymous, just tell the “911” dispatcher that you wish to remain anonymous and your identity will be kept secret.

If you need to speak with an Officer, but don't want your information on the police radio, tell the “911” dispatcher not to put your information over the radio and they will have the Officer call into “911” to receive the information over the telephone.

The Nooksack Tribal Police are here to help you, and you can help them do their jobs faster, by calling “911” with your law enforcement questions and requests for service.

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 the March newsletter must be submitted by February 14th.

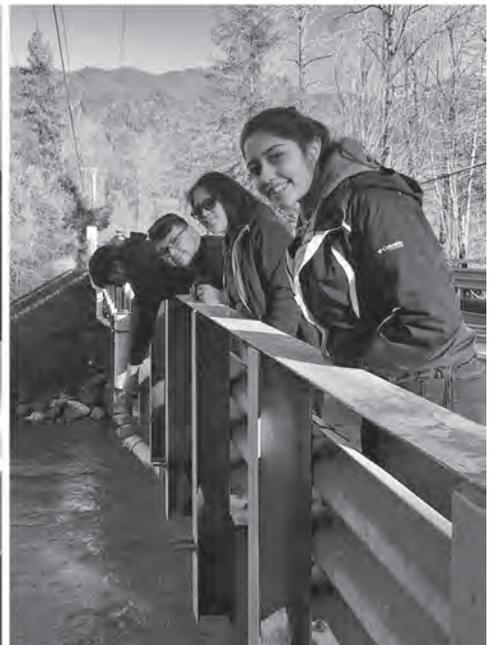
Questions?

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

Nooksack Way of Life Teen Adventures

The end of 2017 found the Si:wesa:ythem tset Class and other Nooksack teens traveling nearby for two adventures. The Nooksack River is famous for its annual gathering of eagles, so the class ventured up the Mt. Baker Highway on a photo safari to capture the beauty of these majestic birds of prey. In December, we visited the Whatcom County Museum to appreciate two new exhibitions. One featured a stunning collection of paintings by various artists, some Native,

capturing the spirit of the West. The other, at the old city hall, featured a vast collection of artfully displayed bird specimens which dovetailed nicely with our eagle photography lessons. In addition, we were wowed by the museum's holiday display of dozens of Christmas trees brightly decorated by community groups. The class and teen participants would like to thank Nooksack Way of Life for helping to make these learning adventures a reality.



Education Department News

What a joyous start to the new year we are having here at Education. There were so many celebrations, parties, and food here at the Tribal Library that we are finally just now settling down.

Even with all the good cheer and celebratory mood, homework remains our main focus and we have twenty-nine children using our Library and tutoring services on a consistent basis with many others coming in two or three times a week. The computer labs in both classrooms are always full and all 10 iPads are constantly in use. The students make use of the constant stream of new release books added to the library from K-12 grade level across all genres. We have all the new most popular titles with a large section at every level devoted to Native American content and authors. We also have all the required reading books the school district puts out, such as the Sasquatch titles, AR Level reading books, etc. We are able to keep the library fresh and new with updated computers and books. The students are always expressing how much they enjoy the space and their appreciation it is here for them. These library books, computers and materials are made possible with grants from the Institute of Museum and Library Services.

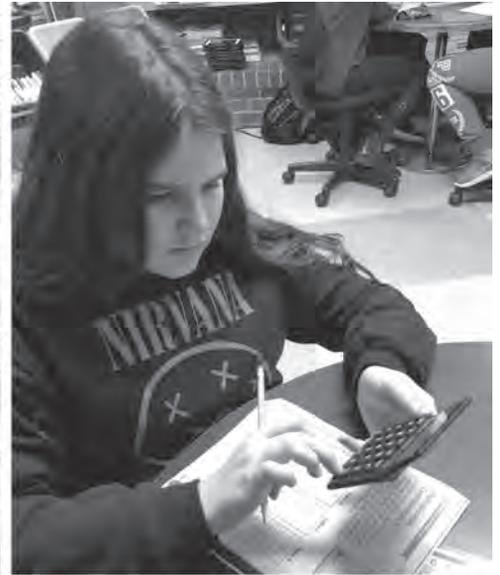
Please enjoy our captioned pictures of how the students are interacting and taken advantage of the services the library classrooms have to offer. Any questions or suggestions for us? Please call Education Manager and Tribal Librarian Charise Wenzl at 966-9696 ext 4109. We look forward to hearing from you.



Jordan gets ready for his math fact timing worksheet. We like to time the students so they get use to the pressure of testing and become better at math facts. They love the challenge and get a reward afterward. Practicing fact timing takes the pressure off of being timed so when they go back to the school classroom they can test higher and higher.



After the required 30 minutes of reading or math homework, Jace loves to enjoy relaxing on the iPad.



Heidi concentrates on her math homework using a calculator to check her work. Great focus Heidi!



Alvita gets busy with several pages of math homework while holding tight to Rudolph.



Katie and Sonia having a little popcorn snack while doing math homework together. These girls come to the Library or our other Education classroom to complete their homework daily. Showing great focus and responsibility they are an example to our younger students who see their commitment to homework and look up to them.



Ravenia Williams leads some of her Tribal Library students in a group reading. With a grant from The Institute of Museum and Library Services, our library has a brand new state of the art listening center with advanced capability media player, wireless head phones, rolling chairs, a wooden center to keep it all organized and many more books on CD.

Group tutoring math session with our WWU volunteer tutor Briley. Malik, Desmond and Jalaya getting down to math business.



(at right) Ravenia Williams, Lead Tutor/Library Assistant celebrates at the staff party with Charise Wenzl, Academic and Tribal Library Manager.



Natalie loves to read and devours many pages in just minutes. She uses the Library every day and is one of our most voracious readers.



Jessica Williams, our new Career Development Coordinator and Assistant to the Education Director, made a wonderful Indian Taco lunch for our Education staff party. She had a lot of help from her kitchen helpers Erikka Edwards and Ravenia Williams. Delicious!



During Fun Fridays in the Tribal Library Classrooms, the cookie decoration line reaches clear out the door! Jalaya and Katlynn handle the little customers like a couple of pros while they ask for custom frosting and sprinkles orders.



We would like to congratulate Raven Soloman for the incredible achievement of PERFECT ATTENDANCE FOR THE ENTIRE SCHOOL YEAR!! This is a rare and hard earned award from Nooksack Valley Middle School. Not even one day absent in an entire year. WOW! What incredible dedication, responsibility and maturity Raven has shown. We are so very proud of you Raven. The Education Dept. presented Raven with a nice gift and a certificate. If you see her around, please give her some very heartfelt congratulations on this outstanding achievement.

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

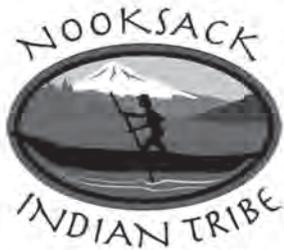
FREE HEATER SYSTEM CHECK WITH OIL CHANGE

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

Estate Planning (Will Preparation)

Who needs a Will? We all do. Having your Will prepared is important no matter your age, or how small your estate is. It protects your wishes, and ensures that your property will go to the people you want, and makes things much easier for your loved ones later on. If you are a Nooksack Tribal member or spouse, **PRIVATE appointments** are available with an attorney who will create a Will for you, these appointments are **FREE to Tribal Members and spouses.**

Please consider taking advantage of this valuable service. Call the Legal Department at (360) 592-4158 extension 3354 with questions or to make an appointment.

- No cost to you
- Private appointments
- Licensed specialized Estate Planning attorney
- Next appointments will be soon
- (360) 592-4158 extension 3354



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. ■

Welcome New Hires!

Sarah Abitia (11/09/2017) Temp Tribal Gaming Agent

Cecelia Martines (01/02/2018) Head Start Bus Aide

Terrence McKay (01/12/2018) On-call Youth Aide

Erikka Edwards (01/08/2018) Transfer from Youth Aide to Headstart Bus Aide

ELDERS LUNCH MENU February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatballs Rice Veggies	2 Elders Committee Fish hash Eggs French Toast
5 Bellingham Shopping Sloppy Joes Chips Veggies	6 Commodity Day Baked Chicken Potatoes Veggies	7 Exercise Class Pancakes Sausage Eggs	8 Baked Ham Potatoes Veggies	9 Food Bank Shrimp Rice Veggies
12 Everson Shopping Corned Beef Cabbage Potatoes	13 Pork Roast Potatoes Veggies	14 Exercise Class Fajitas Beans Rice	15 Biscuits and Gravy, Eggs Hash browns	16 Salmon Pasta Veggies
19 Closed For Presidents' Day	20 Patty Melts Chips Fruit Salad	21 Exercise Class Pork and Cabbage Rice	22 Turkey Potatoes Veggies	23 Tuna Casserole Veggies
26 Everson Shopping Beef Gravy Pasta Veggies	27 Corn beef Hash Eggs Fruit	28 Exercise Class Baked Chicken Rice Veggies		

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



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

2018 Holiday Calendar

Tribal Offices will be closed on the following days in 2018:

February 19 – Presidents’ Day • March 9 – Billy Frank, Jr. Day • April 23 – Mother Earth Day
 May 28 – Memorial Day July 4 – Independence Day • August 31 – Council Selection • September 3 – Labor Day
 September 24 – Governance Day • October 9 – Coast Salish Day • November 12 – Veterans Day
 November 22-23 – Thanksgiving • December 24-28 – Christmas Closure / Administrative Leave

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