Nooksack Tribal Library

We have started off the year with a bang here in the library. We have a LEGO competition in addition to lots of readers and math homework assistance. It’s a very popular building on campus and we strive hard to keep it fun, inviting, encouraging and helpful to the youth. We take a lot of pride in that they love being here and we are able to create a great space for them. The computer lab with 17 computers is always packed after homework is completed. It’s the kids’ favorite thing to do.

Continued on pages 2 and 3.
The shelving for the books has been ordered and in the meantime we just have our boxes put on the floor where the shelves will be. It helps us visualize how amazing this space will be when it’s finished. We are still looking at mid-summer for the grand opening, but the major things have been completed. Just waiting on furniture now!

Please take a moment to congratulate our very awesome Star of the Week winners, Brayden and Cyrelia. They came to the library daily and did their homework. Great job students!

Any questions? Call 360 966 9696 and ask for Charise at the tribal library on the Timber Ridge campus. Or email me at cwenzl@nooksack-nsn.gov.

*This project was made possible in part by the Institute of Museum and Library Services*
Stars of the Week

BRAYDEN
Favorite Food: Spaghetti
Favorite Movie: 5 Inches Tall
Favorite Animal: Dog
Favorite Thing About School: PE
My Best Friends Are: Skyler and Austin
Favorite Game To Play: Zombies
When I Grow Up I Want To Be: A Worker at Selco

CYRELIA
Favorite Food: Ice Cream
Favorite Movie: Bird Box
Favorite Animal: Dogs and Cats and Birds
Favorite Thing About School: Art
My Best Friends Are: Saraya and Kailey
Favorite Game To Play: Roblox
When I Grow Up I Want To Be: A Worker at Walmart

How to Submit News to the Snee-Nee-Chum Newsletter
You may submit news items or department updates for consideration to Charity Allen at callen@nooksack-nsn.gov.
Items for the March newsletter must be submitted by February 18th.
Questions?
Call Charity at (360) 592-5176 extension 3114.
A Message from the Health Clinic

Per IHS policy, all patients must notify the clinic within 72 hours of an Emergency Room or Hospital visit. Elders have 30 days to report a visit. Please call and leave a voice message if it is after hours, weekends, or holidays. A follow-up visit should be scheduled with one of our providers after the initial ER visit. If the clinic is open, please make an effort to call or utilize the clinic for acute care. If it is a Life Threatening Emergency, examples: chest pains, shortness of breath, and severe allergic reactions; or, if an emergency shot is used or needed, example Epi-pen, go straight to the Emergency Room. Also, to ensure the visit will be covered by the clinic, all documents and annual updates are to be completed and on file. Patient updates are done once a year, so the information the clinic has on file is current and correct, which includes current phone numbers and insurance information. The Emergency Room is to be used as a last resort or in emergency situations, NOT for routine care. You will need to make an appointment at the clinic for these visits.

If you are receiving Doctor bills at home, that means we are not receiving them at the Clinic. Please do not wait to drop them off at the Clinic front desk – do so as soon as you get them. This will prevent being sent into collections.

The Contract Health office (as it used to be known – now it is Purchased and Referred Care) has been receiving emails with patient bills and EOBs attached to them. Our office will no longer be accepting patients’ bills by email, as it may violate HIPAA guidelines, and can contain personal health information (abbreviated as PHI). In order for CHS to maintain and protect your privacy, please send bills that you receive at home, to the clinic by Fax, dropping them off at the clinic, or by regular mail. We want to ensure our membership that their privacy is being kept. Encrypted emails would be sufficient, if you chose to send emails, as it would be secure and private. In order to send this type of email, you may have to research the websites that offer this type of email. (Note that IHS has addressed the use of email containing “e-phi” on their website: https://www.hhs.gov/hipaa/for-professionals/faq/2006/does-the-security-rule-allow-sending-electronic-phi-in-an-email/index.html.)
A Healthy Heart is a Happy Heart

February is Healthy Heart month. As we are diving into this New Year, there is no time like the present to give our heart health some attention. But how do we do this? We can start with daily physical activity, eating healthier foods, and not using commercial tobacco products. Taking better care of our heart (and overall health), reduces our risk of cardiovascular disease, heart attack, and stroke.

How to be more active?

- Be active for at least 30 minutes on most days of the week.
  - Any activity or movement is good. Some is better than none!
  - If you are unable to do 30 minutes all at once, try breaking your activity down to 3 sessions a day for 10 minutes at a time.

Make Healthy Food Choices

- Eat a wide range of fruits and vegetables every day
- Grill or bake instead of frying your foods.
  - Avoid cooking with lard, butter, or shortening.
  - If you eat meat, choose lean meat, fish, and wild game.
- Limit the amount of salt you eat.
  - Try herbs and spices to season your food so you can use less salt.
  - Be careful when choosing foods that are pickled, brined, cured, or smoked. These tend to be high in salt.
- Eat meals with your family at home
- Choose water instead of sugary drinks like fruit juices or soda pop

Avoid Commercial Tobacco Products (cigarettes, cigars, spit tobacco and e-cigarettes.)

- If you smoke or use spit tobacco, resources are available to help you quit. Get free help by calling 1-800-QUIT-NOW (1-800-784-8669) or contact your health clinic
- Smoking around others is harmful. If you must smoke, take it outside, and ask others to do the same.

If you have any questions or concerns about your health, please talk to your healthcare provider.

References: www.ihs.gov
Nooksack WIC
February is the Red Month & Healthy Hearts

It’s all about hearts and the color red during February with Valentine’s Day and the national celebration of Healthy Heart Month!

Menu:
RED SAUCE over spaghetti
Tossed salad with RED RADISHES and TOMATOS
STRAWBERRY over yogurt

Kids benefit by eating vegetables
They…
*Feel better
*Stay healthier
*Grow up with more variety and balance on their plate
*Grow up willing to taste new foods
*Grow up to be teens, young adults and adults with fewer health problems

Adults benefit by eating vegetables
They…
*Feel better
*Stay healthier
*Enjoy more variety and balance on their plate
*Become adventurous with new foods
*Live their lives with fewer health problems

Keep trying because everyone needs to eat vegetables for good health, every meal and every day.

Nooksack WIC hours
Monday-Friday 8:30am-2:30pm.
Women, infants and children eligible.
Give us a call at (360) 966-2106 and set up an appointment.

Fall Quarter 2019 Dean’s & President’s List
Submitted by: Donia Edwards, Education Director

The Dean of Student Life at Northwest Indian College has announced the Dean’s and President’s list for Fall Quarter 2019. Congratulations to these Tribal members on their outstanding achievement!

President’s List: This distinction is limited to students who earn a quarterly grade point average of 4.0 and must be enrolled in 12 or more credits to be eligible for the President’s list:

Ryawn Cline
Richard Auguston
Mary Brewer
Seaneen Roberts

Dean’s List: This distinction is limited to students who earn a quarterly grade point average of 3.5 to 3.99 and must be enrolled in 12 or more credits to be eligible for the Dean’s List:

Veronica Washington
Karlee Cooper
Danielle McKay
Kyle Tabor-Cooper
Cherisse Sulkanum
Hamilton Seymour
Rebecca Galindo
Terrance McKay

Congratulations to the following Nooksack Tribal members who have graduated from Northwest Indian College Fall Quarter 2019:

Richard James Auguston
Associate of Arts and Sciences Degree – General Direct Transfer Degree
Graduated with Honors

Tamara Danelle Cooper Woodrich
Award of Completion Tribal Vocational Rehabilitation Studies

Shelbi Lane Madera
Associate of Arts and Sciences Degree – General Direct Transfer Degree

Amanda Michaele Smith
Associate of Arts and Sciences Degree – General Direct Transfer Degree
December 19, 2018 OLYMPIA, WA – Washington Governor Jay Inslee has approved an agreement with the Nooksack Indian Tribe on an amendment to its Class III gaming compact. The amendment will allow the Tribe to operate Class III gaming at Northwood Casino in Lynden. The casino currently offers Class II gaming only. The casino is the sole gaming facility operated by the Tribe and is its primary economic enterprise.

“The Nooksack Tribe’s gaming compact is the second-oldest in the state,” said Commission Chair Bud Sizemore. “We’ll continue to work with the Tribe over the next couple years to update its gaming compact and better align it with others in our state.”

The “Community Contribution” section of the compact was updated to be consistent with language in other tribes’ compacts. It also includes organizations that may be impacted by the operation of Class III gaming at Northwood Casino. The Tribe will create and maintain a responsible gaming policy and contribute 0.07% of net revenues to fund problem gambling treatment and studies.

Next Steps:
The Tribe will now send the amendment to the Secretary of the United States Department of Interior for consideration, signature and publication in the Federal Register. The Nooksack Tribal Council anticipates that the Northwood Casino will have 10 gaming tables, including roulette, craps and card games, in operation by early spring 2019.

The Indian Gaming Regulatory Act of 1988 provides that Indian tribes may conduct Class III gaming activities on Indian lands when the gaming is conducted in conformance with a tribal-state compact.

RCW 9.46.360 provides that the Gambling Commission negotiate those compacts on behalf of the state. The Nooksack Indian Tribe’s tribal-state compact for Class III gaming was originally signed on Oct. 28, 1991 and this is the seventh amendment. For more information, please check the Tribe’s Facebook page.
A Note From Council

Timber Ridge: Up until recently, the Nooksack Tribe rented Timber Ridge (for 9 years). The Council purchased this property and the closing occurred at the beginning of January, 2019.

Partial Government Shutdown: The partial government shutdown will have a minimal immediate impacts on the Nooksack Tribe. During the early 1990’s, the Tribe was offered the opportunity to transition from a fiscal reporting year (October 1 – September 30) to a calendar year (January 1 – December 31), which we accepted. This simple change has given the Tribe a full year of funding prior to the governmental shutdown. BIA services are not currently available and includes the slowing down of final approval of our recently submitted gaming compact amendment.

2019 Budget: The 2019 budget was presented and approved at the first regular Council meeting (January 8th). Only a few members came to the meeting. Thank you for those who did attend. See how we have improved as a Tribe with the Historical Financial Performance that was also presented with the budget.

Fuel Discount: Tribal Members, 16 and older, can now receive a $0.40 per gallon discount through the Market Center with Tribal ID.

Resolutions Passed January, 2019:
Reso #19-1 – Award Acceptance Water Quality Combined Financial Assistance (NR Grant)
Reso #19-2 – Approval of the 2019 Budget
Reso #19-3 – Appointment of Delegates to the Puget Sound Tribal Management Conference
Reso #19-4 – Appointment of Delegates to the WRIA 1 Management Board
Reso #19-5 – Appointment of Commissioners to the NWIFC Board
Reso #19-6 – MOA for GSA Fleet Management (PD)
Reso #19-7 – Ratification of Phone Polls
Reso #19-8 – Ratification of Phone Polls
Reso #19-9 – Approval of the Increased Tribal Member Fuel Discount

<table>
<thead>
<tr>
<th>Years Ending December 31</th>
<th>Primary Government Revenues</th>
<th>Primary Government Expenses</th>
<th>Change in Net Assets</th>
</tr>
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<tbody>
<tr>
<td>2002</td>
<td>15,768,748</td>
<td>17,855,816</td>
<td>(2,087,068.00)</td>
</tr>
<tr>
<td>2003</td>
<td>18,364,644</td>
<td>18,343,347</td>
<td>21,297.00</td>
</tr>
<tr>
<td>2004</td>
<td>14,811,411</td>
<td>17,615,261</td>
<td>(2,803,850.00)</td>
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<td>2005</td>
<td>18,086,911</td>
<td>16,724,379</td>
<td>1,362,532.00</td>
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<tr>
<td>2006</td>
<td>16,750,218</td>
<td>18,596,284</td>
<td>(1,846,066.00)</td>
</tr>
<tr>
<td>2007</td>
<td>18,457,076</td>
<td>18,847,828</td>
<td>(390,752.00)</td>
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<tr>
<td>2008</td>
<td>21,660,285</td>
<td>22,437,153</td>
<td>(776,868.00)</td>
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<td>2009</td>
<td>21,593,565</td>
<td>21,280,050</td>
<td>313,515.00</td>
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<tr>
<td>2010</td>
<td>25,328,292</td>
<td>21,141,938</td>
<td>4,186,354.00</td>
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<tr>
<td>2011</td>
<td>26,320,288</td>
<td>22,410,816</td>
<td>3,909,472.00</td>
</tr>
<tr>
<td>2012</td>
<td>26,764,676</td>
<td>24,607,777</td>
<td>2,156,899.00</td>
</tr>
<tr>
<td>2013</td>
<td>25,137,451</td>
<td>25,330,820</td>
<td>(193,369.00)</td>
</tr>
<tr>
<td>2014</td>
<td>28,060,234</td>
<td>25,675,207</td>
<td>2,385,027.00</td>
</tr>
<tr>
<td>2015</td>
<td>25,159,152</td>
<td>24,668,072</td>
<td>491,080.00</td>
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<tr>
<td>2016</td>
<td>30,851,302</td>
<td>25,893,635</td>
<td>4,957,667.00</td>
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<tr>
<td>2017</td>
<td>25,239,050</td>
<td>23,570,092</td>
<td>1,668,958.00</td>
</tr>
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</table>
NOOKSACK INDIAN TRIBE
FREE WILLS/ESTATE PLANNING CLINIC

• A last will dictates who will inherit your assets, your IIM account and Tribal trust lands and, most importantly, it will also designate who will care for your minor children.

• A Community Property Agreement puts into writing that you and your spouse’s property belongs to the marital community. Most real assets will automatically transfer to your spouse upon your death.

• A Durable Power of Attorney is used while you are still alive but for some reason unable to take care of your finances. This document will designate a person to help you during incapacitation.

• A Medical Power of Attorney is used while you are still alive as well, but it is to designate a person to help doctors decide what is medically in your best interest.

• A Health Care Directive/ Living Will directs doctors on subjects such as “do not resuscitate”.

• A Directive to Family lets your family know your wishes on after-death arrangements (i.e., cremation vs. burial, ceremony, etc).

All information is confidential – very little personal information is needed to prepare these documents

The next Clinic will be held February/March 2019
If you are a Nooksack Tribal member and interested in having a Will prepared at NO COST, please contact: Sue at 360-592-4158 x 3354
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Every Day Fresh Green Salad, Fresh Fruit, Soup Chef Choice, Sugar Free Desserts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Southwest Chicken w/Beans &amp; Corn Veggie Fried Rice Cornbread Chili No Bake Chocolate PB Cookies</td>
<td>5 <strong>B’ham Shopping</strong> Commodities Pork Chops Roasted Potatoes Steamed Veggies French Bread Cream of Mushroom Soup Cake w/Fruit Topping</td>
<td>6 Exercise Class Lasagna Carrots Sourdough Bread Greens Split Pea Soup Fruit Crisp</td>
<td>7 Elders Committee Tacos Coleslaw Potato Wedges Chicken Soup Pumpkin Muffins</td>
<td>8 <strong>Food Bank</strong> Jambalaya Beans and Rice Fried Bread Cauliflower Salad Corn Chowder Scones</td>
</tr>
<tr>
<td>18 Tribe Closed President’s Day</td>
<td>19 Spaghetti w/ Meatballs Sourdough Bread Roasted Brussel Sprouts Corn Chowder Chocolate Cake</td>
<td>20 Exercise Class Chicken Fajitas Roasted Root Veggies Chips and Salsa Greens Vegetable Soup Muffins</td>
<td>21 Beef Stir Fry Roasted Root Veggies Fresh Rolls Ginger Chicken Soup Blueberry Crisp w/Whipped Cream</td>
<td>22 Baked Salmon Fry Bread Brown Rice Roasted Root Veggies Clam Chowder Chocolate Chip Cookies</td>
</tr>
<tr>
<td>25 Water Aerobics Beef Goulash Garlic Bread Roasted Root Veggies Green Beans Squash Bisque Pie Bites</td>
<td>26 Everson Shopping Baked Potato Bar w/Pulled Pork Broccoli-Bacon Salad Roasted Green Beans Chili &amp; Cornbread Cookies</td>
<td>27 Exercise Class Pad Thai with Chicken Steamed Veggies Homemade Egg Rolls Wonton Egg Soup Cranberry Orange Bread</td>
<td>28 Biscuits w/Sausage Gravy Hash browns Eggs Oatmeal Coffee Cake</td>
<td></td>
</tr>
</tbody>
</table>
2019 Holiday Calendar

Tribal Offices will be closed on the following days in 2019:
February 18 – Presidents’ Day
March 8 – Billy Frank, Jr. Day
April 22 – Mother Earth Day
May 27 – Memorial Day
July 4 – Independence Day
August 30 – Friday before Labor Day
September 2 – Labor Day
September 24 – Governance Day
October 14 – Coast Salish Day
November 11 – Veterans Day
November 28 – Thanksgiving Day
November 29 – D/A Thanks Day
December 23-27 – Christmas Closure / Administrative Leave

Administrative Contacts

Tribal Council Office (Director: Jocelyn Barden) (360) 592-5164
Enrollment Office (360) 592-0135
Tribal Council Fax (360) 592-4506

Administration
Adminstrative 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)
Police Department (360) 592-9065

Health Services (Director Lona Johnson)
Medical Clinic (360) 966-2106
Dental Clinic (360) 966-7704
Medical Business Office (360) 966-7704
Genesis II Office (Manager: Rick George) (360) 966-7704

Behavioral Health (360) 966-2376

Social Services (Director: Heidi Davis)
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
Youth & Family Services (Director: Katrice Rodriguez) (360) 306-5090

Child Support (Director: Marilyn McLean) (360) 306-5090

Education (Director: Donia Edwards)
Education Main Office (360) 966-2043
Headstart-Deming (360) 592-0141

Youth Program
Office (360) 966-2043

Other Services
Tribal Court (360) 306-5125
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