



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 8, Number April 2019

Nooksack Tribal Police recognized by Lummi Nation

On March 14th, while attending a meeting of the FBI Safe Trails Task force, Officer Gordon Alves and Officer Dan Nevares were honored at a luncheon, hosted by the Lummi Nation. The date was set to honor the First Responders of multiple Tribes and Nooksack Tribal Police were included. Officers Alves and Nevares stated their surprise at being included, as they thought they were only there for a meeting.



Officers Alves and Nevares stated their surprise at being included, as they thought they were only there for a meeting. They both were honored to be recognized in the ceremony and to represent the Nooksack Tribe. “The honor is in the service to your Community,” Alves stated. Officer Dan Nevares is the newest Nooksack Tribal Officer and found the inclusion in the ceremony a pleasant surprise. “We were having our meeting and the next thing I knew we were being honored,” Nevares stated. First Responders include Fire Department, Police Officers and Paramedic staff.

Snee-Nee-Chum Table of Contents

Nooksack Tribal Police
recognized by Lummi Nation... 1

Resolutions Passed by Council... 2

Arne Hanna Aquatic Center
Pool Admissions Paid For 2

How to Submit News to the
Snee-Nee-Chum Newsletter ... 2

Swedish Mobile Mammography
will be coming to the clinic..... 3

Six Little-Known Diabetes
Symptoms 4-5

If the legends fall silent 5

Art Therapy: The Healing Arts
available at Nooksack
Behavioral Health 6

Give thanks 7

Nooksack Automotive Dept ... 7

2019 Food Bank Distribution ... 8

Free Wills / Estate
Planning Clinic..... 9

Lessons in life 10

Elders' February Lunch Menu 11

2019 Holiday Calendar 12

Administrative Contacts..... 12

Resolutions Passed by Council

- 19-19 Grant Application –
FY18 Restoration & Protection of Puget Sound Work Plan
- 19-20 Grant Application – PCSRF FY18 Proposal
- 19-21 Grant Application – DOJ CTAS
- 19-22 Child Care Licensing &
Child Development Advisory Committee
- 19-23 Interagency Agreement with WA Department of Health
- 19-24 Delegate and Alternate Delegate to North Sound
Accountable community of Health Board
- 19-25 Participation in NPAHB Tribal Opioid Response Consortium
- 19-26 Conveyance of Two NIHA Housing Units
- 19-27 Amendment to CCDF Plan
- 19-28 Lease Agreement with Copiers Northwest
- 19-29 Ratification of Phone Polls 2.22.19-3.1.19

Arne Hanna Aquatic Center Pool Admissions Paid For

The Nooksack Diabetes Program will pay for admission on a sign-in basis for enrolled Nooksack tribal members, their spouses and family members residing in the household or on Nooksack tribal lands. Participants must sign in and indicate the name and enrollment # of the tribal member they are signing in under. This is a great way to stay active and have some fun!

Call Arne Hanna Aquatic Center at 360-778-7665 or email cob.org/ahac for a schedule. The aquatic center offers open swim, lab swim, deep water running, water aerobics, water arthritis and more.

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 May newsletter must be submitted by **April 17th**.

Questions?

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



**Swedish Mobile
Mammography
will be coming to the clinic:**

APRIL 10th and APRIL 11th

Appointments are available
9am-3:45pm

Join us in our mission to bring awareness to the importance of Breast cancer screening while enjoying some snacks, activities, educational information and prizes!!

If you are 40 years of age or over and have not had your mammogram within the past year, call now to save your spot
360-966-2106

4. Chest pain

Chest pain can be another sign of underlying diabetes. People with diabetes have a higher risk of heart disease than those without diabetes. One symptom of heart disease is angina, which is chest pain or discomfort because the heart muscle isn't getting enough oxygen-rich blood. Angina may also feel like tightness or pressure in the chest, and can also occur in the shoulder, arms, neck, jaw or back. It may also be mistaken for heartburn. Medications called nitrates, which relax and widen blood vessels to the heart, may be used to treat angina. The underlying heart disease may be treated with lifestyle changes, such as stopping smoking, eating a healthier diet and controlling blood glucose levels, as well as medications that lower blood pressure and cholesterol levels.

5. Erectile dysfunction

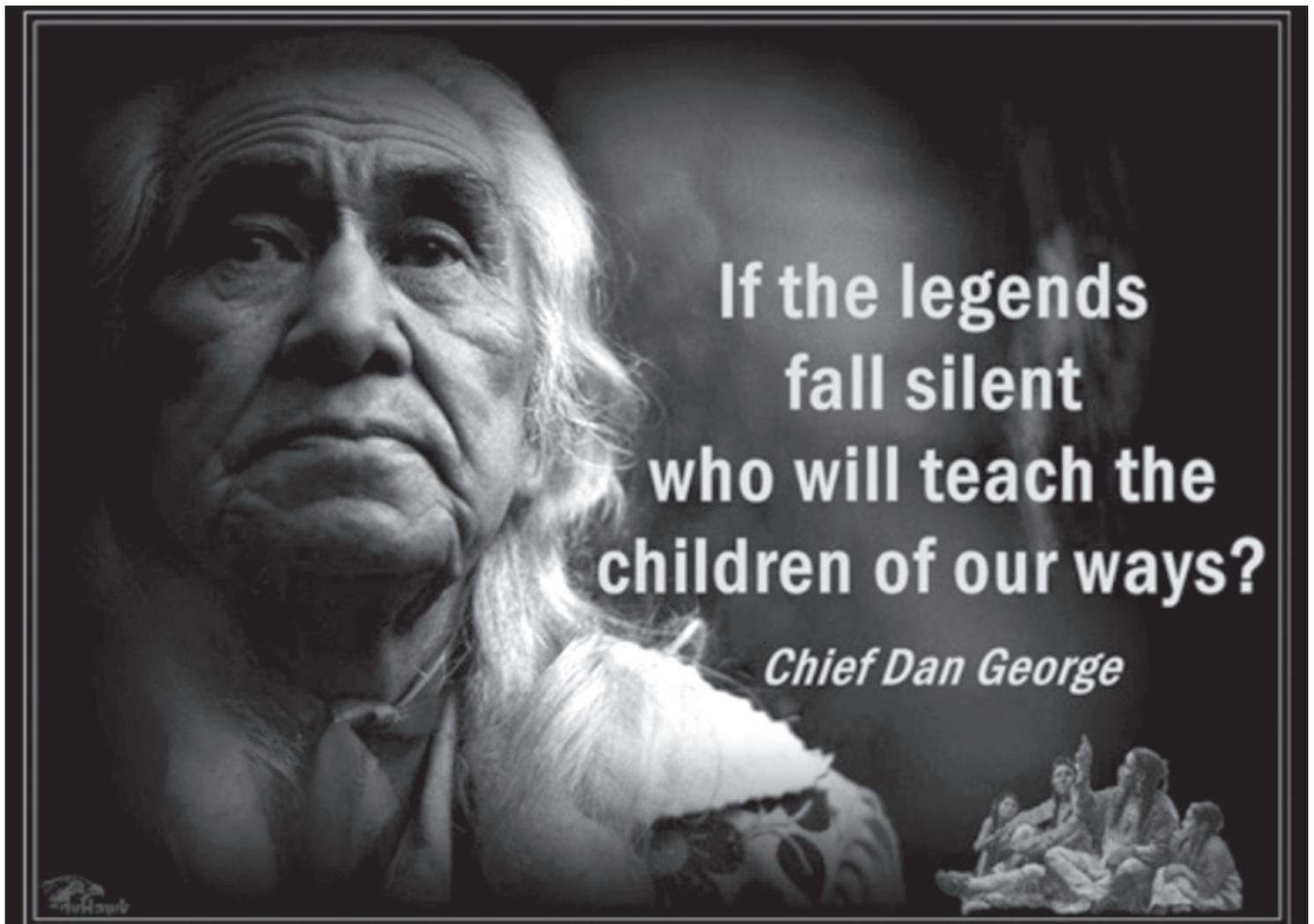
Erectile dysfunction, the inability to achieve an erection firm enough for sexual intercourse, is not only vexing but can also be a sign of diabetes. Chronically high blood glucose levels from diabetes

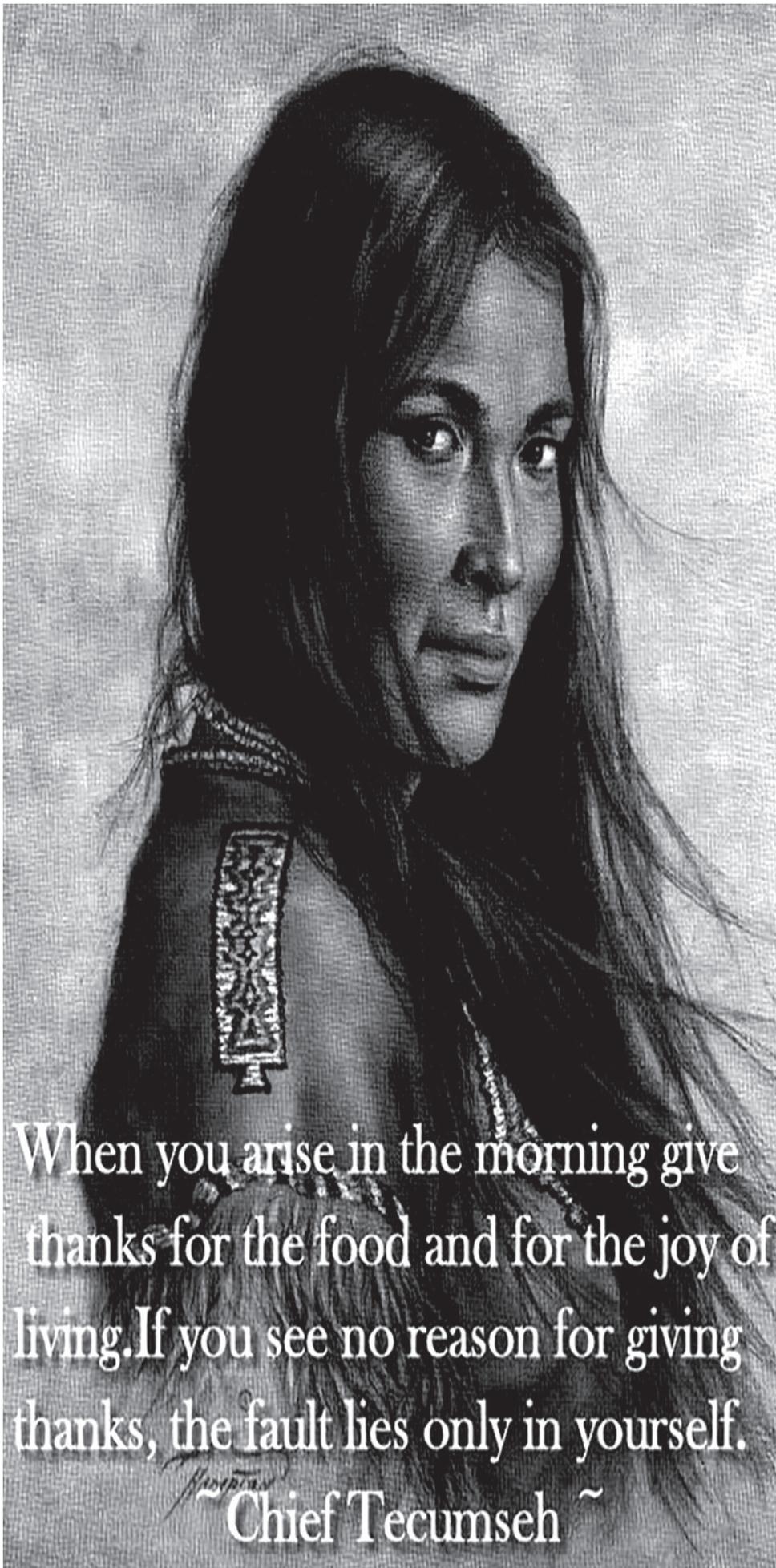
can damage the nerves and blood vessels that make an erection possible. Once the problem is diagnosed, it can be treated with better diabetes control, medications and various devices.

6. Gum disease and bad breath

When diabetes is not well controlled, the resulting high blood glucose levels promote the growth of harmful bacteria. These bacteria help to form a sticky film called plaque, which can cause tooth decay, cavities, gum disease and bad breath. Gum disease (gingivitis) can progress to periodontitis, in which the gums pull away from the teeth and form pockets that can become infected. Periodontitis can eventually break down the bone and tissue that hold teeth in place, which can lead to tooth loss. Gum disease can be treated by controlling diabetes, practicing good oral hygiene (regular brushing and flossing), and regular visits to the dentist for deep cleaning.

If you experience any of these signs or symptoms, whether or not you've been diagnosed with diabetes, be sure to seek medical attention.





When you arise in the morning give
thanks for the food and for the joy of
living. If you see no reason for giving
thanks, the fault lies only in yourself.

~ Chief Tecumseh ~

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

2019 Food Bank Distribution

STARTS AT 12:00-3:00 OR UNTIL SUPPLIES LAST!

FRIDAY- APRIL 5TH

FRIDAY- MAY 3RD

FRIDAY- JUNE 7TH

FRIDAY- JULY 5TH

FRIDAY- AUGUST 2ND

FRIDAY- SEPTEMBER 6TH

FRIDAY- OCTOBER 4TH

FRIDAY- NOVEMBER 8TH

FRIDAY- DECEMBER 6TH

If you have any questions please call 360-592-0135





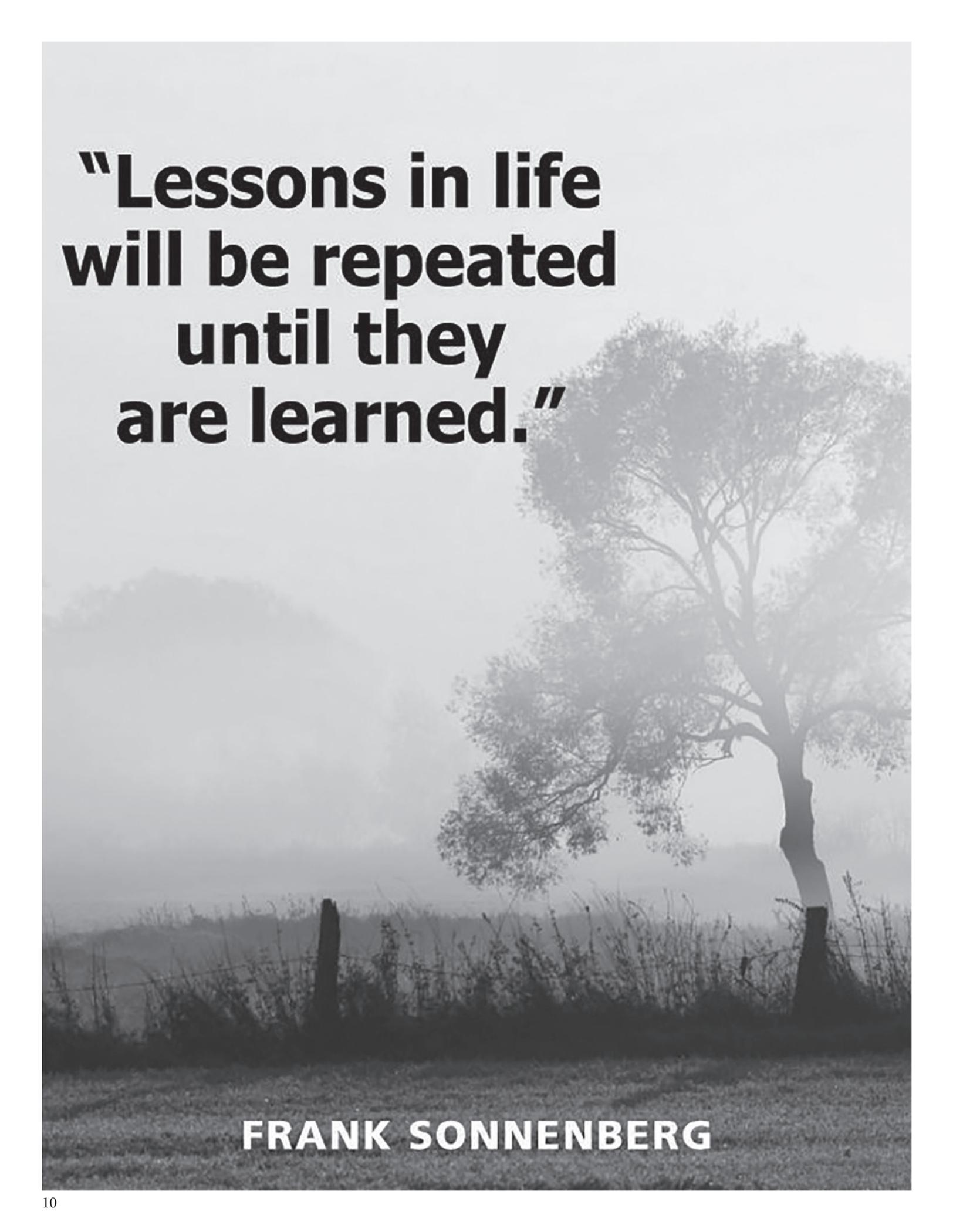
NOOKSACK INDIAN TRIBE FREE WILLS/ESTATE PLANNING CLINIC

- 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 April ?? & ??. 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

A black and white photograph of a rural landscape. In the foreground, there is a grassy field with a wooden fence post and a wire fence. A large, leafy tree stands on the right side. In the background, there are rolling hills or mountains under a hazy sky. The overall mood is quiet and contemplative.

**“Lessons in life
will be repeated
until they
are learned.”**

FRANK SONNENBERG

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Tribal Holidays: Jan. 1: New Years Jan. 21: Martin Luther King Jan. 22: Treaty Day Feb. 18: Presidents day March 8: Billy Frank Jr. Day Apr. 22: Mother Earth Day May 27: Memorial Day July 4: Independence Day Aug. 30: Council Selection Sept. 2: Labor Day Sept. 24: Governance Day Oct. 14: Coast Salish Day Nov. 11: Veterans Day Nov. 28: Thanksgiving Nov. 29: D/A Thanksgiving Dec. 23-24 & 25: Christmas Dec: 26, 27, Administrative Leave
1	2	3	4	5 Food Bank Baked Fish Rice Steamed Veggies Clam chowder Vanilla cake w/ berry sauce	
8 Beef Taco Bar Coleslaw Tortilla Chips w/ salsa Chicken & Rice Soup Brownies	9 B'ham Shopping Commodity Day Turkey/Ham sandwiches Hamburger soup Strawberry Jell-O w/ whipped cream	10 Arts & Crafts Day Exercise Class Roasted Chicken Rice Steamed Veggies Split Pea Soup Chocolate Chip Cookies	11 Elders Committee Meatloaf Mashed potatoes & Gravy Steamed Veggies Vegetable Beef Apple Crisp with whipped cream or ice cream	12 Closed Billy Frank Jr. Day	
15 Beef Hot Dogs Potato Salad Chili Cake with Berries & Whipped Cream	16 Everson Shopping Teriyaki chicken Rice Steamed Veggies Chicken Egg Drop Soup Banana Bread w/ chocolate chips	17 Exercise Class French Dips Potato wedges Brussel sprouts Beef Barley Soup Pudding	18 Pork Chops Rice Cream of Mushroom Steamed Veggies Split Pea Soup	19 Shrimp Fried Rice Steamed Veggies Egg Rolls Clam Chowder Ice Cream	
22 Closed Mother Earth Day	23 Everson Shopping Barbeque Chicken Rice Fresh Rolls Fruit Salad Chicken Noodle Blueberry Crisp w/ ice cream	24 Elders Trip Chehalis	25 Elders Trip Chehalis	26 Hamburgers Baked potato wedges Baked Beans Clam Chowder Soup Chocolate Cake	
29 Spaghetti & Meatballs Garlic Bread Roasted Brussel Sprouts Corn Chowder Peach cobbler w/ ice cream	30 Everson Shopping Sloppy Joes Potato wedges Fresh cut up veggies Beef Barley Soup Cinnamon Apples w/ ice cream				

Every day: Fresh green salad and fresh fruit.



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

2019 Holiday Calendar

Tribal Offices will be closed on the following days in 2019:

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 (360) 592-5164

Enrollment Office (360) 592-0135
 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)

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: 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
 Headstart-Everson (360) 966-0523

Youth Program

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