



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

November, 2011
Volume 1, Number 10

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

Upcoming Events:

November Tribal Council Meeting
Tuesday, November 1, 5:30pm
Community Building

Veterans Day Ceremony
Friday, November 11, 11am
Mt. Baker High School Auditorium

Safety and Preparedness Fair
Saturday, November 12, 10am-4pm
Community Building

Genesis Youth Program Kick-Off
Wednesday, November 30, 6-9pm
Community Building

December Tribal Council Meeting
Tuesday, December 6, 5:30pm
Community Building

Arts & Crafts Fair
December 9 & 10, 10am-4pm
Community Building

Social Services Department

Director: Katherine Canete (360) 592-5176 • Main Office: (360) 592-5176

SOCIAL SERVICES SCHEDULE

Food Vouchers: Thursday, November 1, on a first-come, first-served basis.

Food Bank: Friday, November 4, open at noon until supplies run out.

Commodities: Available for pick-up on Tuesday, November 8.

After School Program

The Nooksack Youth After School Program has partnered with Nooksack Tribal TANF to provide tutoring services to all children, grades K-12, attending the After School Program at Timber Ridge on Mission Rd. There are two classrooms, four tutors, and the Tutor Program Coordinator. We have several goals and objectives, including homework completion, test preparedness, and teaching good citizenship. We offer one-on-one tutoring, small group instruction in math and reading, games, rewards, incentives, and a lot of positive reinforcement.

Recently we have added over 270 brand new books for all ages to our growing library. Our math program also has plenty of new and exciting material to help our students master several different mathematical concepts.

We have noticed growth in several areas with many of the students already, and we celebrate their success! The students did a great job decorating the classrooms with handmade ghosts, spiders, jack-o-lanterns, and festive coloring pages.

Please feel free to drop in and take a look at our classrooms and curriculum. In addition, I would like to personally invite you to talk with me about anything regarding your child's academic needs. The more we know, the better we can serve! You can reach me at the Education Department anytime before class starts at 3pm. Call (360) 966-9696 and ask for Charise Wenzl. Remember, your input is essential and always valued!



Photos submitted by Charise Wenzl. – Students working hard on homework. Sophia reading one her many favorite new books. Tutor Peter helps Patrick with his math homework. Bean bags make for a relaxing reading circle.

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GED Program at Nooksack

Calling all Nooksack Tribal members, others affiliated with Nooksack Tribe, and those from other tribes 16 years old and over interested in completing their GED.

Tired of sitting at home? Been thinking about finishing your GED? The GED Program still has openings. Come on down and let's talk. We've been busy working on English, reading, social studies, and math. It's not too late to sign up. All classes are individually paced but we work together as a team. Classes are held Monday-Thursdays, from 9am-4pm. If you have any questions, feel free to give Deborah Alexander a call at 592-3219 ext. 5124 or send an email to dalexander@nooksack-nsn.gov.

Update! GED Program in Skagit

The GED program at the Mount Vernon satellite office is off to a good start! We have five students so far from various Native tribes in the Northwest. Two of the students are ready for initial GED testing while the remaining students are working toward testing.

We are studying academic writing, U.S. geography, earth science, and geometry this quarter, with afternoons dedicated to individual study. We also receive a free copy of the Skagit Valley Herald each day to use in the classroom. In addition, students have completed a PowerPoint project to add to their resume of skills and will soon begin a technical unit to enhance their keyboarding skills.

Classes are held Tuesdays and Thursdays from 9am-4pm. Individual tutoring is also available on Wednesday afternoons from 1-5pm. Students are welcome to join the GED classroom at any time. To refer possible students to the Mount Vernon office, contact Sativa Salazar at (360) 848-1758. The Skagit GED/ABE instructor is Ashley Sweeney, M.Ed Adult Literacy, Curriculum and Instruction.

Elders Meal Program

The Elders' Meal Program at the Nooksack Tribe is funded annually through the Older Americans Act Title VI, Part A Grant to provide healthy, nutritious meals to Native American elders 55 years old and older. These meals are offered Monday-Friday, noon-2pm, at the Elders Complex at the 5 Cedars Housing Site. The meals are provided to:

1. Reduce hunger and food insecurity.
2. Promote socialization of older individuals.
3. Promote the health and well being of older individuals by helping them gain access to good nutrition and other disease prevention and health promotion services. These services help delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.
4. Provide supportive services to Native American Elders.

Transportation to Elder Meals may be available for those who live in Deming or Everson. Please contact Rozelda Roberts at 360-592-0100 for transportation inquiries.

Home Delivered Meals are only available to Elders who are 55 years of age or older and homebound for any reason of illness, disability, or functional need, and inability to prepare their own meals. A "Home Delivered Meal Intake and Assessment" form must be completed with Pauline Plaster to determine eligibility. Please contact Pauline Plaster at 360-592-0135 to make an appointment or for more information.

NOOKSACK AUTOMOTIVE DEPT



**November
Oil & Lube
Special**

Only \$29.99

Services Include:

- Oil (up to 5 qts)
- New Oil Filter
- Lube
- Window Washer Refill

Plus:

- ✓ Air Filter ✓ Power Steering Fluid
- ✓ Tire Pressure ✓ Transmission Fluid
- ✓ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.

- ❖ Personal Cars Only
- ❖ Appointment Required
- ❖ Additional Charge for more than 5 qts



**Monday thru Friday 7 A.M. – 4 P.M.
4975 G Deming Rd, Deming, WA
(360)303-5569**

Class Schedules

Revitalizing Fatherhood Program

Serrano Cueva, Program Coordinator

Eugene Aldredge, Caseworker

Schedule Update: Currently, Fatherhood workshops are held Tuesdays, 2-4pm, at the Suchanon Community Building. **Starting December 1, Fatherhood Meetings are moving to Mondays, 1-3pm, at the Social Services building.** The Fatherhood Program is working in collaboration with the TANF Healthy Relationships held on Wednesdays from 2-4pm at the Social Services building, or TANF cooking classes held Thursdays. The goal is for participants to attend the Fatherhood workshops on Mondays and one of the TANF workshops on Wednesdays or Thursdays. Healthy snacks are provided at every Fatherhood workshop.

The Fatherhood Program staff customizes every participating parent's involvement with the program. While participating parents are expected to attend available workshops, the staff works one-on-one with participants to ensure they gain the information requested. Whether parents want the available parenting workshops, job skills, or just to meet new parents in the community, program staff will ensure participating parents receive everything they want from the Fatherhood Program.

The Program focuses on promoting healthy environments for children through ensuring Fathers and Mothers are both an integral part of children's lives, and offers resources in the following topics:

- Education Opportunities, including GED completion and higher education options (campus tours, degree options, etc.)
- Career Advancement, including resumes, interviewing techniques, mock interviews, effective job applications, and effective communication
- Positive Indian Parenting Curriculum
- Other topics requested by participating parents, including Health and Fitness plans such as healthier eating, vital health labs, and fitness opportunities.

Activities: The program conducts activities frequently for our participants. We offer activities for participants only, as well as activities for participants and their children.

Program Eligibility: The program staff encourages every father in the community to come and join the Fatherhood Program. However, Father figures are also welcome to the program.

Mothers are also welcome to become a part of the Fatherhood program. The workshops, activities, or trainings are not exclusive to fathers. Please contact the program staff for more information.

Deming Life Skills and Motherhood Schedules

Deming Life Skills classes meet Wednesdays, 1-3pm, in the Social Services Conference Room. Deming Motherhood classes meet Mondays, 12:30-3pm, in the Social Services Conference Room.

Skagit TANF Parenthood & Life Skills Schedule (meets Thursdays, 12-3pm)

November 3, 12-3pm • Instructor: Kate Newton

Food Handler Licence

November 10, 12-3pm • Instructor: Serrano & Kate
Resumes/Re-interviewing

November 17, 12-3pm • All Staff

Thanksgiving Party***

*****Classes marked with *** please bring your kids!*****

Native Life Empowerment Class Schedule

Each class is offered every Tuesday from 2-4pm.

November 1

Stress and Burnout: Control it Before it Controls You

November 8

**Traditional Leadership and Healthy Decision Making:
Everyone can Lead**

November 15

**Personal and Professional Growth and Management:
Wellness for Life**

November 22

Vision: Seeing it, Creating it, Living it

November 29

Wrap-up: Beginning your Wellness Journey ■

Human Resources News

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

Main Office: (360) 592-5176

Welcome New Hires

We've welcomed the following new employee to the Nooksack Indian Tribe.

Vasiliy Lagutochkin, Bus Driver

Job Opportunities

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



**THE AMERICAN LEGION, WENDELL H. FIDELE, POST 83
CORDIALLY INVITES YOU TO OUR
8th Annual
VETERANS DAY CEREMONY & CELEBRATION**

HONORING ALL VETERANS WHO HAVE SERVED

**MT. BAKER HIGH SCHOOL AUDITORIUM
IN DEMING, WASHINGTON
ON FRIDAY**

**11 hundred hours
11th day
11th month
2011th year**

**Please contact *JOVIE JOVEN* at 529-5839 or *SMOKEY ROBERTS* at 966-5907 for more information.
We look forward to seeing you there.**



Nooksack Tribal Veterans Program

Program Manager: Evaristo "Jovie" Joven, Jr. (360) 592-5839

Assistant Veterans Representative: Elder "Smokey" Roberts (360) 966-2907

Veterans Day Ceremony and Celebration

Everyone is invited to our Veterans Day Ceremony and Celebration, sponsored by the American Legion, Wendell H. Fidele, Post 83 which will be held on Friday, November 11, 11:00am, at Mount Baker High School Auditorium, Deming, Washington. "Honoring All Veterans Who Have Served."

Enrollment to VA Medical Health Care System

Attention to all Nooksack Tribal Veterans who are not yet enrolled to the VA Medical Care System, please contact Jovie Joven at (360) 592-5839 or Smokey Roberts at (360) 966-2907 for assistance in enrollment process.

Monthly Meetings

The American Legion, Wendell H. Fidele, Post #83, meet every third Wednesday of the month, at 6:00pm, in the downstairs Conference Room at the Tribal Administrative Building, located at 5016 Deming Road, Deming. We encourage all veterans, Tribal and non-Tribal, to join us. Next meeting: Wednesday, November 16. ■

Nooksack Community Health Clinic

6760 Mission Road, Everson, WA 98247 • Phone: (360) 966-2106

Osteopathic Manipulation Available

Starting Monday, November 7, Sara Sheaffer, DO, will be available to treat patients with gentle, effective, hands-on musculoskeletal therapy (called osteopathic manipulative medicine, or OMM) at the Nooksack Tribal Clinic. Dr. Sheaffer, an osteopathic family physician, joined the medical staff at the clinic in July. In addition to her training as a family doctor, Dr. Sheaffer uses OMM as an enhancement for treating many medical conditions, including headaches, sinus infections, asthma, emphysema, neck and back pain, and more. To schedule an appointment with Dr. Sheaffer for OMM, please contact the clinic at (360) 966-2106.

Nooksack Community Health Fair Wrap-up

The 1st Annual Nooksack Community Health Fair was held on September 28 at the Nooksack Community Building.

Our Nooksack Community Health and Social Services programs provide many programs, information and services to our tribal members and their families. Please read about the recent event that brought so many of us together to discuss our programs available to all of our tribal members and their families.

Our Health Department staff and Health Fair planning committee partnered with Social Services, Education, and many support programs from the Nooksack Indian Tribal Community and Whatcom County area to provide an outstanding day of presentations, food, giveaways and health education. The Medical Clinic and the Northwest Washington Indian Health Board dispersed 75 winter coats donated by NIKE; the Northwest Regional Council provided information about Elder and Home Service programs, including medical transportation, and the Wisdom Warriors program, a Chronic Disease management program. The mobile Mammogram machine was onsite to provide mammograms for women over the age of 40.

Flu shots and basic health care screenings were provided by our Medical Clinic staff. Our Diabetes program provided onsite blood sugar testing and basic nutrition information. We continue to provide our Healthy Heart Program at the Medical Clinic, which is partnered with our Diabetes program to provide an exercise program, and nutrition and gardening activities. Our Pediatrician, Cate Webb, asked all children and adults if they knew about our Reach Out and Read Program for children seen at our clinic. Our newest Genesis II staff member Christina Yzaguirre provided information about youth chemical dependency, and Diane Staves presented information on stress management and how stress affects your overall health, offering chocolate cupcakes for one idea to help alleviate stress.

Presentations included information about Elder Abuse, sponsored by our Social Services program; A Self-Defense demonstration presented by our June Fritz from DSHS; and a surgeon from Peace Health Medical Group spoke on wound healing and Peripheral Vascular Disease.

Anyone wishing for more information on any of the displays, participants, or community agencies from our 1st Annual Nooksack Community Health Fair may contact the Health Clinic at 966-2106.

We are looking forward to next year for our 2nd Annual Community Health Fair in 2012.

Photos provided by Nooksack Community Health Clinic. ■



The Health Fair staff provided information to visitors at the 1st Annual Community Health Fair.



Health Clinic staff member Felicia Rabang provides information about WIC, coordinates and assists with scheduling WIC clients, issues WIC checks, and provides support for clients and patients who visit the Nooksack Medical Clinic.



Alita Charles, Data Entry specialist and Medical Clinic staff member, provides backup support to our clinic receptionist and wants to develop a support group for young mothers in our community.



Notes from Dr. Cate

by Dr. Cate Webb, Nooksack Clinic Pediatrician

Are You & Your Family Up-to-Date on Your Vaccines?

This is a reminder for everyone that one of the most important and effective things you can do to keep yourself and your loved ones healthy is to get your vaccines up-to-date for you and your children. One of the reasons that vaccines are on my mind is because of a recent death of a baby in Snohomish County from Whooping Cough (Pertussis). Whooping Cough is a vaccine-preventable disease. The baby was too young to get the vaccine, but the adults caring for the infant are eligible for the Tdap vaccine to protect from the illness. The only way small babies can be protected is to immunize the older children and adults who are in contact with them.

There are many vaccines, and they are all important. This month, I'm focusing on three vaccines that are extremely important: Tdap (or Dtap), MMR, and the flu shot. The diseases prevented by these vaccines are: 1. Tetanus/diphtheria/pertussis; 2. Measles/mumps/rubella; and 3. Influenza.

For the full immunization schedule, please check with our clinic. It can also be found on the CDC (Center for Disease Control) website: <http://www.cdc.gov/vaccines/recs/schedules/default.html>.

What Can I Do to Prevent These Diseases?

1. Check with the clinic if you are unaware of your vaccine status, even if you think you are up-to-date. The best time to do this is at your routine check-ups. You may also ask at any clinic appointment, or call the clinic and speak with the nursing staff.
2. Make regular check-up appointments for your children at the following ages:
 - 6 visits in the first year of life
 - 12 months old
 - 18 months old
 - Then yearly starting at age 2. We can update them on their routine vaccines at this time.
3. If you are an adult and have contact with infants, please get your Tdap vaccine. Some examples of people who qualify for this vaccine are immediate family, grandparents and relatives of an infant, childcare workers, and healthcare providers. Also get the vaccine if you are pregnant and have not had a prior dose of Tdap. In addition, Tdap is given routinely to 11/12-year-old children and Dtap is given in a series before entering kindergarten.
4. Make sure your children get the routine MMR vaccine at 12 months and 4 years old.
5. Everyone should get their flu vaccine if they are older than 6 months.

Why Should I Be Concerned?

Visit this website to see four cases of horrible Whooping Cough in infants and children: <http://www.vaccineinformation.org/video/pertussis.asp>. Because a "picture is worth a thousand words," this video is even more powerful than a picture. The video reminds us how scary it is for an infant or child to suffer from this illness. Each segment is only about 1 minute and shows the children experiencing the horrible cough and having difficulty catching their breath. You can protect yourself from many different diseases by getting your vaccines, but even more motivating for me is that we need to protect the most vulnerable in our community: young infants, pregnant women, elders, and those with underlying health concerns. These people need the help of everyone else in their community to be immunized so that they can stay healthy. We all can do our part! ■

Election Ordinance Amendment and Important Dates

The Tribal Council recently amended the Election Ordinance. Please note that the election process has been shortened from six months to three months. The revised Election Ordinance will be available November 18 at the council office.

Here is a brief outline of the election process and important dates:

- The Election Board Superintendent will be appointed by December 1, 2011.
- The superintendent will post the Notification of the Election by December 23, 2011.
- Candidate Petitions will be due to the Election Board by January 6, 2012.
- Certification of Candidates will be posted on January 20, 2012.
- The Primary Election Candidate Forum will be held on February 11, 2012.
- The Primary Election will be held on February 18, 2012.
- The General Election Candidate Forum will be held on March 10, 2012.
- The General Election will be held on March 17, 2012.

Genesis II Treatment Agency

Manager: Rick George (360) 966-7704

Updates from the Genesis II/HOPE Corner

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

~Thomas Edison

We've begun our Youth Intensive Outpatient Treatment groups here at Genesis, for which our Kathy Williams recently baked her famous homemade bread to serve up with homemade chicken soup. Our intention is to serve up a healthy meal for our adolescent clients, as their group meets from 3-5pm. We have various resources available to transport our youth to treatment activities.

Family members are provided confidential participation while their son or daughter is receiving services here at Genesis II/HOPE program. Family participation improves a patient's chances of success significantly. This is truly a Family challenge, and all family members deserve support.

We will begin to host a FREE and confidential weekly family support group for ANYONE in our community whose family member is challenged with alcohol or drug abuse. These groups will facilitate psycho/education as well as opportunities to share your concerns and to receive skillful support. Snacks will be provided. Feel free to bring food to share.

If you have an adolescent struggling with alcohol or drug use, please feel free to call for a free consultation. Ask for Christina @ (360) 966-7704 X 173. ■



Emergency and Risk Management

Program Manager: Glenn Yorks (360) 739-0114

Program Facilitator: Steven Jimmy (360) 303-3457

Community help line (NIT EOC): (360) 592-HELP

Nooksack Tribe Emergency Management is on FACEBOOK! Make sure to visit and "Like" the page so you may receive critical information during severe weather events, flooding, or other emergencies and disasters. Announcements posted to the NIT EM Facebook page also include CPR/First Aid classes, CERT classes, and upcoming preparedness events. See you on FACEBOOK!



Visit us on
Facebook

Preparedness and Safety Fair!

Saturday, November 12, 10am-4pm
Mission Rd. Community Center

Bring the kids and the family!

Things are coming together for the Fair! We have received donations and we've purchased some great preparedness and safety supplies to give away during the Fair! Some of the items include family 72-hour emergency supply kits, emergency tools, fire extinguishers, Hardware Sales gift card and more! NIT CERT members wearing their CERT equipment or clothing will be eligible for special drawings and prizes.

Many agencies will be represented, including the American Red Cross, Whatcom County Health Department, Indian Health Board, Whatcom County Emergency Management, and the Whatcom Fire Chiefs Association. We will be bringing in the Fire Safety House to train the kids on how to evacuate a smoke-filled building!

NOTE: Age 18 + and Nooksack Tribal Identification required to participate in the drawings! ■

Help us KICK OFF our Genesis II Youth Program!

A Family-Friendly event to INSPIRE our tribal youth, offering new opportunities for leadership and talent development

Where: Nooksack Community Building
6746 Mission Road, Everson, WA 98247

When: Wednesday, November 30

Time: 6-9pm or 'til you're ready to stop rapping

Community Dinner

Surprise Local Music Artists

Motivational Speakers

Talent Development Workshops

This will be the first of many Youth Events, Youth Fairs, and Community Dinners



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

Administrative Contacts

Tribal Council Office (360) 592-5164
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

Law Enforcement (Police Chief: Jim Lynch)

Police Department (360) 592-9065

Health Services (Director: Rebecca Crocker)

Medical Clinic (360) 966-2106
Dental Clinic (360) 306-5151
Medical Business Office (Manager: Lona Johnson) ... (360) 966-7704
Genesis II Office (Manager: Rick George) (360) 966-7704
Behavioral Health (360) 966-2043

Social Services (Director: Katherine Canete)

Social Services Main (360) 592-5176
Elders Office (360) 592-0100
TANF-Deming (360) 592-3219
TANF-Skagit (360) 848-1758
Domestic Violence Office (360) 592-5176
DV Emergency Hotline (360) 592-4164

Family Services (Director: Ken Levinson)

Indian Child Welfare (ICW) (360) 306-5090
Child Support (360) 306-5090

Enrollment Office (360) 592-4158 x1010

Education (Director: Donia Edwards)

Education Main Office (360) 966-9696
Headstart-Deming (360) 592-0141
Headstart-Everson (360) 966-0523
Youth Program (360) 966-9696

Other Services

Housing Office (Director: Katrice Nicol) (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) 306-5764
Tribal Veterans (Program Manager: Jovie Joven) (360) 592-5839
Tribal Gaming (360) 592-5176 x1456
Tribal Maintenance (360) 592-0162
Auto Shop (360) 306-5756
Tribal Library (360) 592-5291
Community Building (360) 966-9153

Casinos & Market Centre

Nooksack River Casino (360) 592-5472
Toll free (877) 935-9300
Nooksack Northwood Casino (360) 734-5101
Toll free (877) 777-9847
Nooksack Market Centre (360) 592-4214

2011 Holiday Calendar

Nooksack Tribe's government offices will be closed on the following holidays:

November 11 – Veteran's Day • November 24 & 25 – Thanksgiving • December 26 – Christmas