



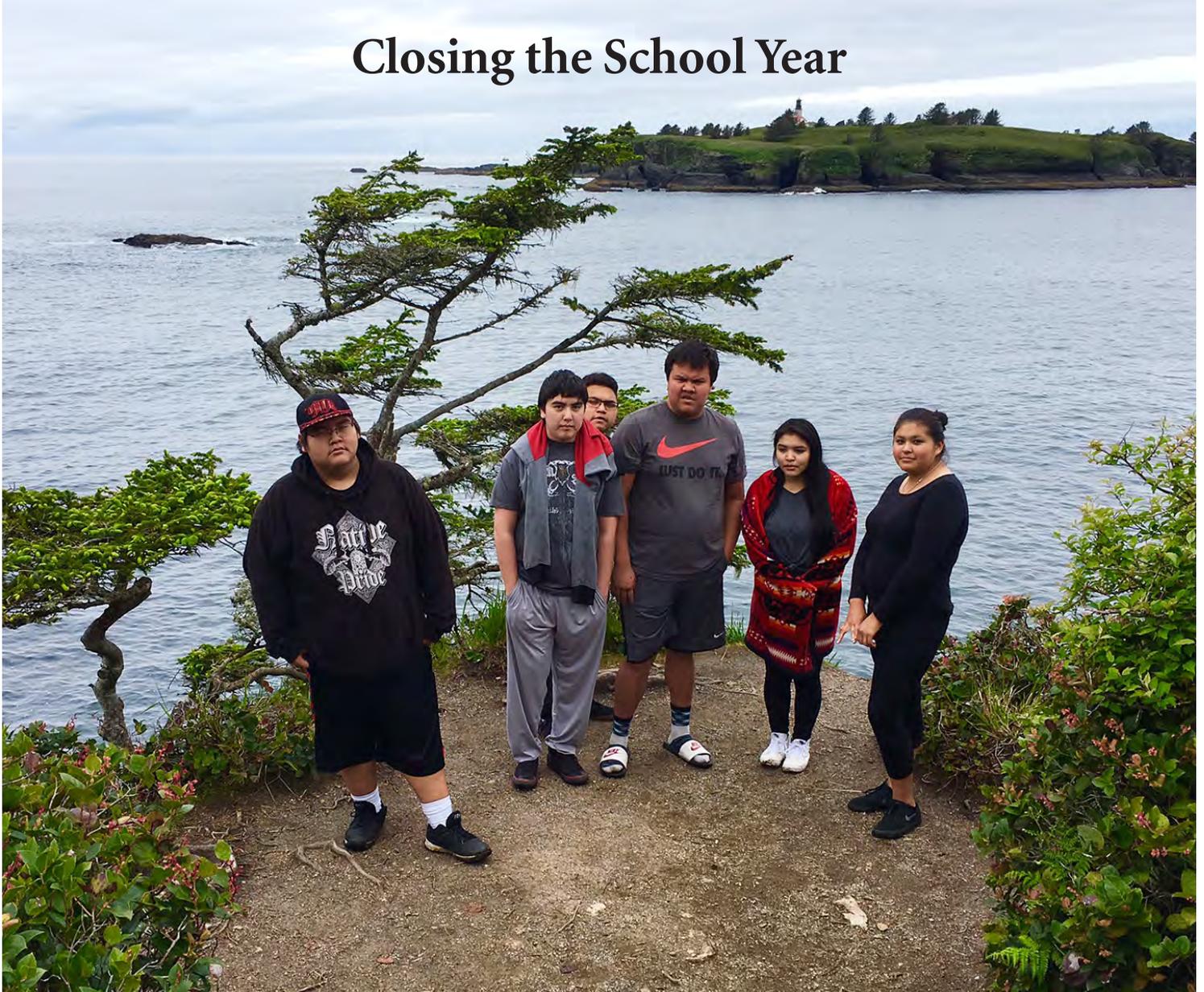
Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 6, Number 12 July 2017

Closing the School Year



For their end of the year journey, students of the Si:wesa:yhem tset Class set out on an epic adventure to the Olympic Peninsula to explore both natural and cultural history. Highlights included a visit to the Makah Cultural Center for a guided tour and exploration of the hundreds of preserved Coast Salish artifacts which this museum is renowned for and hiking and exploring the Olympic National Park. Before leaving the peninsula, we took a beautiful jaunt through the coastal rainforests to Cape Flattery, the most northwestern tip of the continental United States.

continued on page 3

Snee-Nee-Chum Table of Contents

House of Children Head Start Program Now Accepting Applications	2
NIT Water Department Update.....	2
Nooksack Way of Life Program Update.....	4
Roll Call! Rep Your Tribe(s).....	5
Risk Factors of Teen Substance Abuse	5
The Faces of Drug Arrests ...	6-7
I am more powerful... ..	8
The Serenity Prayer	8
New Services Added to the Community Health Fund	9
Clinic Patients	9
How to Submit News to the Snee-Nee-Chum Newsletter ...	9
July is UV Safety Month	10
Everson Summer Book Exchange	11
News from the Social Services Department	12-13
If the Legends fall silent	13
Nooksack Elder's Annual Luncheon	14
Elders Trips 2017	15
Elders Lunch Menu	16
Social Security – Making A Difference In Communities.....	17
Ex-Spouse, Benefits, Taxes, and You	17
Opportunity Council H.E.L.P. Energy Assistance Programs.....	18-19
2017 Holiday Calendar.....	20
Administrative Contacts.....	20



House of Children Head Start Program Now Accepting Applications

- Low Income
- Ages 3-4 years old
- Bus transportation available within Service area
- Provides services with disabilities
- Average of 16 students per class

In accordance with Federal Law, Head Start is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

For More Information give us a call at
360-592-0141
Monday-Friday
8:30 am – 5:00 pm

The mission of the Head Start Program is to provide services and support to children, families and their community. Through partnerships with other community resources we will respectfully identify the needs of children, families and community members while striving to strengthen, educate and empower each by providing opportunities to participate in culturally enriched Early Childhood Programs



NIT Water Department Update

The NIT Water Department works hard to be in compliance with the EPA standards and the safe drinking water act. Today, June 30th, we are happy to report that NIT is in complete compliance with EPA. Safety is our number one priority.

Our Water Department is headed up by Joe Bob, Water Department Program Manager, who oversees Russell Roberts (Water Distribution Specialist) and Kevin Roberts (Water Tech). They continually test the water at six different locations for Copper, Lead, Chlorine, coliforms, as well as many other elements and bacteria.

Should you have any questions, please see the Nooksack Tribe home page or call the Water Department 360-592-5176. ■

Back in Whatcom County, the class concluded their nutrition classes with Barb and Monica at the clinic and spent several days helping Rose at the tribal garden in Deming. With classroom work wrapping up on June 9, though we'll still be getting some classes done over the summer, we'd like to thank all those that made this academic year a success: Donia Edwards, Loren Roberts, Dante Aure, Peter Joseph, Molissa Leyva, Lona Johnson, and Dean Ollinger. ■



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

Nooksack Way of Life Program Update

The Nooksack Way of Life Youth Prevention program has had a busy year so far! The NWOL team currently consists of Peter Joseph; the program manager, Thrisa Cline; the program social worker, Michael Jimmy; the program Prevention Specialist, Maggie Tumangday Mamac; the program Fitness Specialist and Gilly Roberts, the program assistant. We are now half way through 2016 and working hard to meet our New Year's resolutions! We have been offering some new and exciting programs.

Beginning in January, we began the Nooksack Teen Summit. Teens 13-18 meet with Michael and Thrisa for an intensive day of teen activities, education and volunteering. Some topics covered so far throughout this year have been; healthy relationships, building healthy boundaries, conflict resolution, etc. In addition, the teens have worked hard volunteering for the Squalicum Creek restoration project and the Veteran Elder's luncheon. These volunteer hours are closely tracked and can be used on job and academic applications.

The next portion of the teen summit is about to launch! We see great potential in growth for this portion and recognize that it can take some time to develop. So far, we have 9 teens who have volunteered to become active mentors for youth ages 8-12. Referrals will soon be accepted and matched to teen volunteers of the same gender. Teens will participate in team and leadership development activities with the youth they are mentoring. Each young youth will be mentored by their assigned teen for the 2017-2018 school year.

Another amazing program we continue to offer is our canoe crew. Michael is currently in his 5th year of skipping. Practice is Monday-Friday 5:30pm-7pm. The program is also able to fund the costs of attending races.

In order to support our pullers, Maggie heads off the physical fitness training. She offers teen conditioning Tuesdays and Thursdays from 3:30-4:30.

The NWOL team has also worked hard to bring other events into the community. These included; the Easter Luncheon, Mother's Day Lunch and Father's Day Lunch. We are excited for the coming months and events as they unfold!

NAIG- North American Indigenous Games- is fast approaching with Maggie and Gilly working hard to bring Nooksack youth to Toronto for the 2017 NAIG. GO NOOKSACK!!!

**NORTH AMERICAN
INDIGENOUS
GAMES 2017**
TORONTO · ONTARIO



The program has had a main focus on youth in the past. We have now established funding to serve young adults up to 25 years of age, too! We will soon be launching skill classes and enrichment activities for the 18-25 Nooksack young adults! Please stay tuned for details!

Thank you to the NWOL team, the program administration and the community for the hard work and support to reach our program goals of increasing Nooksack youth graduation rates in order to prevent drug, alcohol and nicotine abuse. We are excited to see this year's outcomes and invite everyone interested in participating in the program or volunteering to reach out to Thrisa Cline or Michael Jimmy. ■

ROLL CALL! REP YOUR TRIBE(S)

Show your #NativePride with a
Custom Handmade Wooden Paddle necklace.

We Think Dreams has designed
handmade & hand tattooed
wooden paddles necklaces.

4 inch paddle with 26" leather cord chain.

Available in multiple wood species options.

Get yours today:

www.etsy.com/shop/WeThinkDreams

info@WeThinkDreams.com



Risk Factors of Teen Substance Abuse

Risk factors for teen substance use include low levels of parental supervision and/or communication, family conflicts, inconsistent or severe parental discipline, and a family history of substance abuse. Individual risk factors include difficulties handling impulses, emotional instability, thrill-seeking behaviors, and underestimating the consequences of using. Risk of substance abuse also increases during times of transition, such as changing schools, moving, or parent divorce. Societal risk factors for teenagers include peer pressure and the portrayal of teenage drinking in the media, including social media and advertising which promotes drinking behaviors in teenagers.

Warning Signs of Teen Substance Abuse

Sometimes detecting warning signs in teens may be easy, but it's often difficult since users try to hide their symptoms and downplay their problem. The challenge for parents is to distinguish between the normal ups and downs of adolescence and the red flags of substance abuse. If you are worried that a friend or family member may be abusing substances, look for the following warning signs:

- Acting uncharacteristically isolated, withdrawn, angry, or depressed
- Change in friends; being secretive about the new peer group
- Change in favorite hangouts and hobbies; lying about new interests and activities
- Demanding more privacy; locking doors; avoiding eye contact; sneaking around or not willing to share where they have been or what they were doing
- Having bloodshot eyes or dilated pupils; using eye drops to try to mask these signs
- Money, valuables, or prescriptions missing from the household
- Skipping class; lower grades; suddenly getting into trouble at school

Drug Abuse Facts

- Symptoms of substance abuse include tolerance to a substance, increased need to use more of the substance for a longer period of time, withdrawal episodes, and difficulties handling life issues due to the substance use.
- Substance abuse is a disease that varies based on the individual, one's family, one's genetics, and social factors.
- Substance abuse treatment is based on the stage of the addiction, including onset of the abuse, managing risk factors, and type of treatment needed.

If you have any concerns or questions about Alcoholism/Addiction issues, please call Genesis II at 360-966-7704. ■

THE FACES

OF DRUG ARRESTS



Different drugs can have different physical effects on their users:

COCAINE

- Weight loss
- Inflamed nose (if snorted)

METH

- Weight loss
- Tooth decay
- Facial sores
- Appearance of accelerated aging

HEROIN

- Weight loss
- Abscesses
- Cellulite
- Scabs on skin (from picking)

OXYCODONE

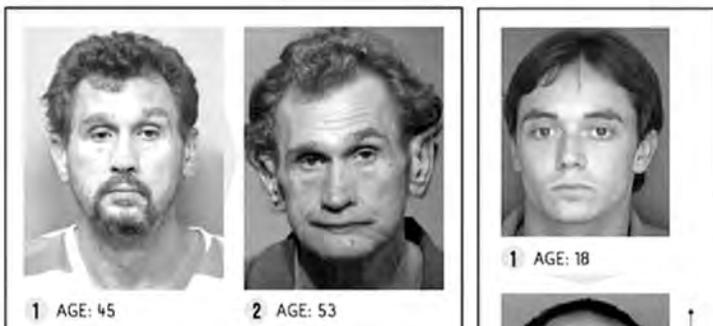
- Bloodshot eyes
- Flushed skin
- Weight loss/gain (due to change in eating habits)
- Small pupils

! Here's a look at how people charged with drug or paraphernalia possession have physically changed over the years via their mug shots.



THE FACES

OF DRUG ARRESTS



Disclaimer: There is little arguing that the effects of street and even prescription drug abuse can dramatically alter a person's physical and mental state, sometimes irreversibly. The individuals depicted in these photos were arrested for drug and drug related offenses. The deterioration seen in consecutive photos is not necessarily the direct result of drugs or addiction, though in aggregate, it becomes clear that involvement in illegal drugs often brings with it a rapid, and tragic physical decline. All persons are considered innocent of the crimes they were arrested for until proven guilty. Rehabs.com urges anyone featured here to discuss affordable treatment options with us by emailing help@Rehabs.com

Need Help? To find yourself or your loved one the best addiction treatment, call our helpline at 1-888-4-REHABS.  **Rehabs.com**
The Nation's Best Rehabs

Need Help?
Call Genesis II at 360-966-7704

Sources

- <http://florida.arrests.org/>
- <http://www.drugabuse.gov/publications/research-reports/cocaine-abuse-addiction/what-are-long-term-effects-cocaine-use>
- <http://www.pbs.org/wqwh/pages/frontline/melh/body/>
- <http://www.drugfree.org/drug-guide/heroin>
- <http://drugabuse.com/library/heroin-abuse/>
- <http://luxury.rehabs.com/oxycotin-addiction/>

I am
more
powerful
than the
combined
armies
of the world
I have
destroyed
more men
than all the
wars
of all the nations
I have caused
millions
of accidents and
wrecked more homes
than all the floods
tornadoes and hurricanes
put together
I am the worlds slickest thief
I steal billions of dollars
I find my victims among
the rich and poor alike
I am relentless insidious
unpredictable
I bring sickness, poverty and death
I give **nothing** and take all
I am your worst enemy
I am
alcohol

GOD, GRANT ME THE
SERENITY
TO ACCEPT
THE THINGS I
CANNOT CHANGE.....
COURAGE
TO CHANGE
THE THINGS I CAN
WISDOM
TO KNOW
THE DIFFERENCE.....

New Services Added to the Community Health Fund

The Nooksack Health Center is glad to announce that new services are being added to the Community Health Fund. There have been requests from our members for certain medical services that weren't covered and those requests have been brought to the Council for consideration. They have approved few more services along with the ones we already provide through the Community Health Fund.

Newly added services:

- **Orthodontics (Braces)**
\$2,000.00 per member for one time use, as funds are limited
- **Chiropractic / Acupuncture / Medical Massage**
10 visits per category per member per calendar year
- **Lifeline:** Emergency life-savings services
monthly premiums \$27-\$40
- **Emergency Stay:** Hotel accommodations for Nooksack Tribal members who are in need of assistance
5 nights per member per calendar year for \$100.00 a night



For further information, please contact Jeff Bailey at 360-966-2106. The new and updated applications will be available very soon. ■

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Clinic Patients:

What should you bring to your medical appointments?

Please bring your Updated insurance card(s) and supplement to Medicare or Medicaid (if you have one)



For Medication review appointments:

Please bring a list of current medications and/or the bottles with you



Did you receive a bill at home?

Make sure to bring in all medical bills as soon as possible for prompt payment and to avoid collection fees.

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 August newsletter must be submitted by July 13th.

Questions?

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



Ultraviolet light is high energy rays that are emitted from the sun. These are invisible rays are known as UVA, UVB, and UVC.

What are the effects of Overexposure to UV rays?

Skin Cancer: the most common form of cancer in the US.

Premature skin aging

Development of Cataracts or other eye damage

Immune System Suppression: The Skin is the largest organ of the human body. Overexposure to the sun may reduce the ability of the skin to protect from cancers and/or infections.

How can I protect myself from UV rays?

- Use sunscreen with a Sun Protection Factor (SPF) of 30 or higher, reapply every 2 hours, unless swimming, then reapply every hour.
Be sure and check expiration dates on your sunscreen!
- Wear sunglasses (adults and kids) with UV protective lenses.
- Wear hats when in the sun.
- Seek shade when available, and use clothing for protection.
- It is known that the sun's rays are the brightest from 10-2 pm. So avoid being out at this time.

Lastly, you should spread the word to all those you know- you might just save them from UV exposure.

Facts about UVA and UVB Radiation

These wavelengths can cause damage all year long, not just in the summertime.

UV rays bounce off of reflective surfaces like water, snow and cement.

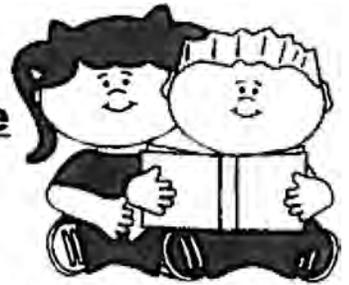
Cloud cover will NOT protect your skin or eyes.

UVB-screening Sunscreen	Broad-spectrum Sunscreen

Not all sunscreens protect against both UVA and UVB rays, not even those with high SPF.

Exposure increases the risk of cataracts later in life.

Everson Summer Book Exchange



Hello Parents & Family Members -

Reading is the single most important skill your child needs to learn. The problem is many kids **DO NOT** read during the summer. When kids don't read during the summer that means they are **NOT** getting better at this most important skill. We at Everson Elementary (with the help of the Everson Public Library) are doing our very best to support you in making sure your kids read during the summer. We have created the **Everson Book Exchange**.

The books in this bag were given to your child at school today for the purpose of reading over the summer. Every couple of weeks, Everson Elementary Staff will drive through your neighborhood in a van full of books. Your child can come out and meet the van (kind of like the ice cream truck for books!) where they can **EXCHANGE** books they have read for new ones. If they bring one book, they can choose one book. If they bring two books, they can choose two, etc.

The van will come every two weeks on a Thursday on the following dates:
7/6; 7/20; 8/3 and 8/17

Here are the stops:

- Everson Meadows 5:00 – 5:20
- Adventist Church on Roeder St. - 5:30 – 5:50
- The Park in Sable Terrace - 6:00 – 6:20
- Sulwhanon Community Building – 6:30 – 6:50
- Everson Elementary 5 – 7pm



Thank you for doing whatever you can to help your child keep on reading this summer!

Sincerely,

A handwritten signature in cursive script that reads "Kevin De Vere".

Kevin De Vere, Principal
Everson Elementary

News From The Social Services Department

Opportunity Council H.E.L.P. Nooksack Outreach Program is coming to Nooksack on July 25, 2017 at two locations; Deming Social Services Building and Everson Suchanon Community Building. This is an awesome program and is able to give additional assistance to qualified clients. Please review the list of items to bring with you to ensure a smooth meeting.

The Nooksack Elders Annual Luncheon is set for October 19, 2017. Our doors will open at 10:00 am to the public and we will have reserved seating for our Nooksack Elders. If you would like to arrive a little early, we will be ready for you starting at 9:00 am.

•••• Social Services Programs ••••

G.E.D.

Are you interested in obtaining your G.E.D.? We are here to help! Instructor, Desmond Naughton is available to assist community members five (5) days a week. His schedule is as follows:

Monday / Wednesday / Friday, 8:30 a.m. to 5:00 p.m. at Deming Social Services Building; OR Tuesday / Thursday, 7:30 a.m. to 4:00 p.m. at the Skagit TANF office.

For more information contact the main Deming office at 360-592-0136 or email Desmond at dnaughton@nooksack-nsn.gov.

Energy Assistance

The social service department has two Energy Assistance Program; LIHEAP (low income home energy assistance program) & CSBG (community service block grant)

These programs are Income Based set by the HHS Poverty Guidelines and our service area is Whatcom County. We take into consideration the client request and our funding sources to determine which program is best for our clients and our awards range between \$300 to \$500 based on household size and income. Tribal Members are eligible to apply every six months for assistance and are awarded based on our funding sources. For more information, call Crystal Bailey or the social services office at 360-592-0135 or email cbailey@nooksack-nsn.gov, njimmy@nooksack-nsn.gov or sjohnny@nooksack-nsn.gov.

Food Assistance

The social services department has three programs to assist tribal members; Food Voucher Program, Food Bank and STOWW Commodity Foods

We issue 20 food vouchers written to Fred Meyer on the 1st of every month. They are on a first come first serve basis, tribal members 18 and older are eligible one-time every six (6) months and ARE NOT income based. Amount of award is based on household size. For more information, call Crystal Bailey or the social services office at 360-592-0135 or email cbailey@nooksack-nsn.gov, njimmy@nooksack-nsn.gov or sjohnny@nooksack-nsn.gov.

Elders Programs

The Elders Program has three programs; Title VI, Elders Victim Assistance Program and hard dollars provided by the tribal council for Travel & Events

Title VI provides us the opportunity to provide a healthy nutritious lunch five (5) days a week at the Elders Community Center in Five Cedars, where elders can gather for a meal, enjoy each other's company in a stress free environment. The Title VI Nutritional Program affords the department the opportunity to gift all elders a Butterball Gift Certificate for Thanksgiving. Title VI also has a small grant geared towards our unpaid Caregivers this provides the opportunity to send our unpaid caregivers for Caregiving Conferences and/or other types of services such as Honoring Our Unpaid Caregivers within our Community.

Elders Victim Assistance Program is a great resource to protect our elders, if you ever suspect an elder is in danger or not being taken care our program can help. What is Elders Abuse? Below are just a few examples and if you suspect this maybe happening to any elder you may know please call Char Roberts, Leon Cline or Nadeen Jimmy @ 360-592-0135 or email us at, proberts@nooksack-nsn.gov, leoncline@nooksack-nsn.gov or njimmy@nooksack-nsn.gov all communications are dealt with the upmost confidentiality.

Financially Exploited: (misusing an elder's money, property or asset)

Medication Misappropriation: (stealing medication, replacing medication with "other medication", selling of medication)

Neglect: (failing to meet basic needs like food, housing, clothing and medical care)

Physical: (hitting, kicking, pushing slapping, or force causing injury) or

Emotional: (harming self-worth or emotional well-being, name calling and scaring)

continued on page 13

Social Services Programs, *continued from page 12*

The elders victim assistance is the wonderful program to bring to our elders craft days now on Tuesday and Wednesday of each week at the elders community building in Five Cedars 1:30 pm to 4:30 pm weekly. We have learned knitting, crocheting, made book marks, painted rocks/flower pots, made wall hangings and are currently learning to sew. Our elders are currently sewing travel pillows and homemade aprons for their annual luncheon set for October 19, 2017!

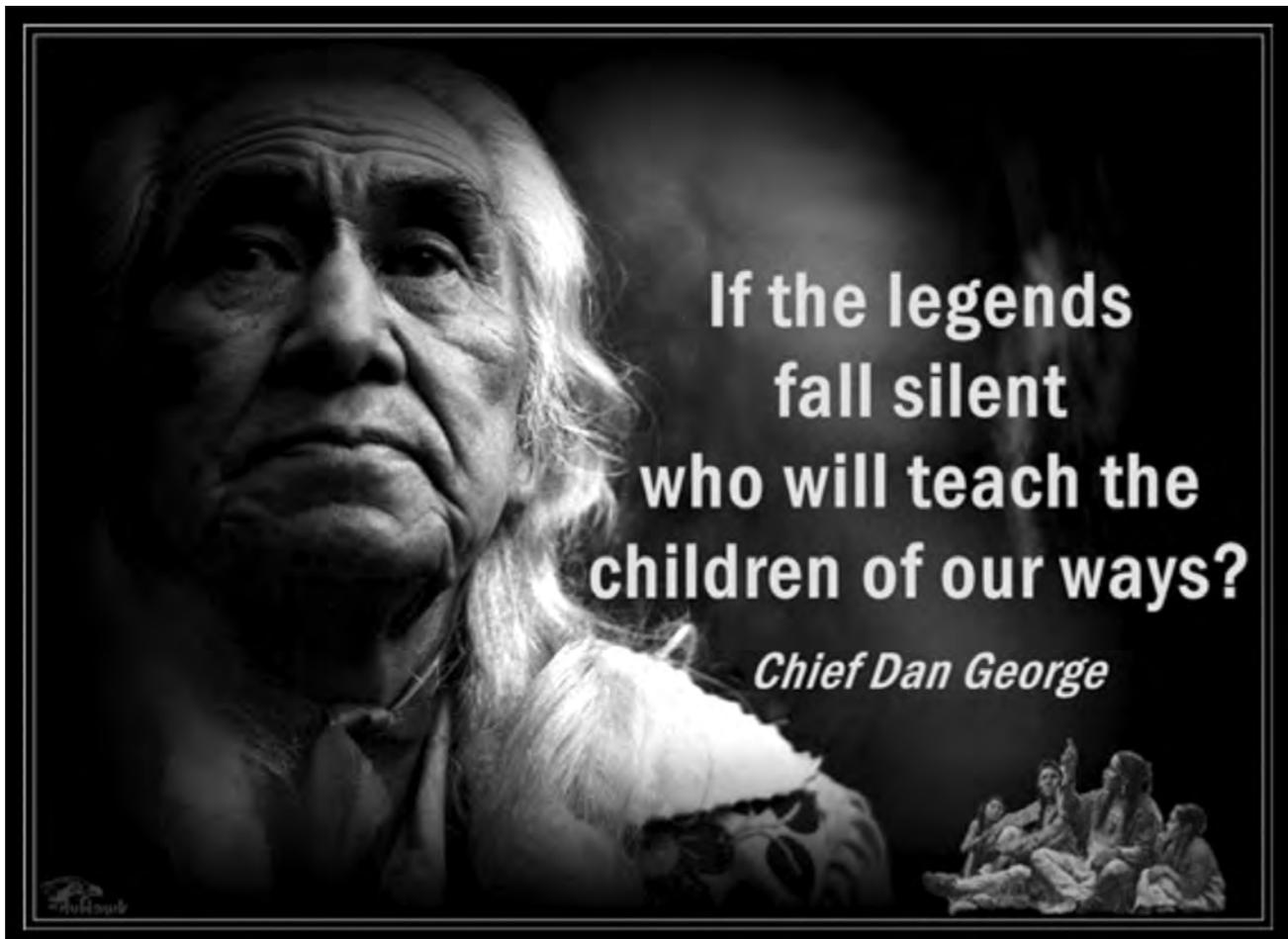
Travel & Events funded through hard-dollars by the tribal council, provides the opportunity for elders to travel four (4) times per year, host and annual elders luncheon. The elders have four overnight travel, this year they traveled to Lincoln City in April, in July will be traveling to Grande Rhode, September to Puyallup and October to Coeur d'Alene. We try to accommodate as many elders as possible on these travels and all trips are filled for this year. If you have any questions please call the office at 360-592-0135 to confirm your attendance or to get on our waiting list. The department staff will be calling at least 10 days prior to travel to confirm attendance and/or cancelations.

The social Services Elders Program is accepting names of Nooksack Elders to sit on the Elders Committee. The committee meets once a month, terms are for 1 year and the committee is selected by the Tribal Council. If you are interested, please call Nadeen Jimmy or Sherie Johnny at 360-592-0135 or email njimmy@nooksack-nsn.gov or sjohnny@nooksack-nsn.gov.

** We will be accepting names until August 6, 2017 at this time we will prepare an official list to Tribal Council for selection.

TANF

Social Services has two offices to serve tribal members in the Deming and Skagit. Application packets are available at Social Services and if you need assistance with the application process please call the office at 360-592-0135 and ask for Heidi Davis or Sativa Robertson. ■



**Nooksack Elder's
Annual Luncheon
October 19, 2017
Doors Open
10:00 am**



**Mi'sq'eq' o'
Nooksack Community building
2515 Sulwhanon Dr**

*** * * * ***

Nooksack Social Services/Elders Program

360 592-0135 (OR) Email

sjohnny@nooksack-nsn.gov— njimmy@nooksack-nsn.gov

*** * * * ***

This event is for 55 years old or older

No Children allowed at this event

Caregivers and Van Drivers are welcomed

Elders Trips 2017
Dates To Remember
These Trips are subject to change.

Tulalip @ Tulalip Casino

June 15th doors open at 9 am – bus pick up will start at 7 am

Samish @ Fidalgo Bay Resort

June 23rd

Lummi @ Xliem Liem Community building

July 14th

Grande Rhode @ Spirit Mountain Casino

July 9th, 10th and 11th

Upper Skagit

August 17th bus will leave at 9:00 AM from NRC

Puyallup Emerald Queens Casino Event

September 14th and 15^h Bus will leave at 1:30 PM from the NRC

Coeur D'Alene @ Coeur d'Alene Casino resort

October 4th, 5th and 6th Bus will leave at 9:00 AM from the NRC

Nooksack – Elders Annual Luncheon – Mi'sq'eq'o' Community Building

October 19th, doors will open at 10 am – pick up will start at 9 am

November & December no plans at this time

All Elders must sign-up with

Social Services: Sherie Johnny, Leon Cline, Lily Roberts or our Receptionist @ 360 592-0135 or by email: sjohnny@nooksack-nsn.gov or leoncline@nooksack-nsn.gov there is also a sign-up sheet at Elders building but you must sign yourself up.

Please Note:

If you sign up and are not able to attend please contact Social Services right away to cancel. If you are a no call no show you will not be able to go on the next trip.

**** As of February 2017 all over-night travel was completely filled. We have a waiting list started for each trip. If you would like to verify if you are on any of the travel list call Social Services at 360-592-0135 ****

ELDERS LUNCH MENU

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Open Faced Turkey Sandwich Mashed Potatoes Vegetables	4 CLOSED 4 th of July	5 Bellingham Shopping Exercise Class Meatloaf Potatoes Vegetables Roll Craft Day	6 Elders Committee Chicken Breast Rice Veggies	7 Hamburger & Hotdogs Potato Salad Baked Beans
10 Elders Travel to Grand Ronde	11 Commodity Day Elders Travel to Grand Ronde	12 Exercise Class Stir Fry Rice Craft Day	13 Lasagna Vegetables Garlic Bread	14 Elders Travel to Lummi
17 Everson Shopping Waffles & Strawberries Bacon & Sausage Eggs	18 Pulled Pork Sandwiches Coleslaw Chips Craft Day	19 Exercise Class Baked Spaghetti Vegetables Garlic Bread Craft Day	20 Tuna & Egg Salad Sandwiches Tomato Soup Chicken Noodle Soup Chips	21 Prime Rib Potatoes Vegetables Rolls
24 Everson Shopping Fried Chicken Potato Salad Coleslaw Baked Beans	25 Goulash Vegetables Garlic Bread Craft Day	26 Exercise Class Taco Bar Craft Day	27 Grilled Ham & Cheese Tomato Soup Chicken Noodle Soup Chips	28 Fish Fries Coleslaw

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



Social Security Making A Difference In Communities

by Kirk Larson

Social Security Washington Public Affairs Specialist

Social Security is a critical federal program that promotes income stability among millions of households in the United States. Social Security is always evolving to meet the needs of the American public. We're optimistic about the future and the limitless possibilities for progress.

Much of the progress we've made together, as a nation, is through the shared responsibility of paying Federal Insurance Contributions Act (FICA) tax. This federal payroll tax funds Social Security— programs that provide benefits for retirees, the disabled, and children of deceased workers. You help us keep millions of hard working Americans out of poverty.

Without your contribution, wounded warriors wouldn't receive the benefits they deserve. Children who have lost parents would have no social safety net. Millions of elderly people would be destitute. In the same way that we take great pride in helping people who need it, you should take pride in making this country stronger. You can see the many ways our retirement benefits help your loved ones and neighbors at www.socialsecurity.gov/retire.

Right here in the Washington Social Security is at work providing support.

In King County alone there are over 300,000 people (about 1 out of 6) collecting monthly payments totaling over 5 billion dollars per year.

When you look at Washington State the economic impact in small and large communities is undeniable. There are close to 1.3 million people receiving monthly payments worth more than 20.4 billion dollars per year.

The case is similar in other state. Take Idaho, there are over 326,000 people receiving payments. That is about one out of every five people. That represents over 4.8 billion dollars per year.

Social Security money is an important driver of local commerce.

If you want to learn about your own Social Security benefits, visit www.ssa.gov/myaccount/ to empower your future, for today and tomorrow. ■

Ex-Spouse Benefits, Taxes, and You

by Kirk Larson

Social Security Washington Public Affairs Specialist

Mid-April features both Ex-Spouse Day and Tax day. These two observances are extra important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses. In addition, you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's record. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both. You are potentially eligible for up to 50% of what your ex-spouse could receive at their full retirement age.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. In addition, your ex-spouse must be at least age 62.

The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit Retirement Planner: If You Are Divorced at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income. What you learn may bring a smile to your face ... even on Tax day! ■

Do you need help with your PSE or CNG account?



H.E.L.P. may be available!



Opportunity Council

is coming to the Nooksack Tribe to offer
PSE & CNG bill assistance to eligible tribal
households. We will be at two locations this year.

WHEN:



07.25.17



9am - 3:30pm

WHERE:

Social Services Office
5061 Deming Rd

Suchanon Community Bldg
2500 Suchanon Dr

WHAT TO BRING:

- * VALID PHOTO ID (FOR BILL HOLDER)
- *SOCIAL SECURITY CARDS (ALL HOUSEHOLD MEMBERS)
- *RECENT PSE/CNG BILL
- *PROOF OF INCOME FOR HOUSEHOLD RECEIVED IN:
APRIL - MAY - JUNE

For more information,
call (360) 255-2192
M-Th (9-12, 1-4), F (9-12)

opportunity
council





Puget Sound Energy's HELP & Cascade Natural Gas WEAFF Energy Assistance Programs

You may be eligible to receive help with your **PSE electric or CNG gas bill(s)**. The PSE HELP and CNG WEAFF programs each provide a one-time payment based on income, household size, and annual electric/gas usage. The payment goes directly to your utility account. These program is available to Puget Sound Energy (PSE) customers and Cascade Natural Gas (CNG) customers. If you have already received federal winter energy assistance (LIHEAP) this year, you can still apply for the PSE HELP program.

Opportunity Council is coming to Nooksack Tribal for a Special One Day Outreach event for PSE HELP or CNG WEAFF and will be taking applications on a walk-in basis!

When: Tuesday, July 25th, 2017
Time: 9am-3:30pm (last client seen before 3:15pm)
Where: Suchanon Community Building
 2500 Suchanon Dr, Everson
 - OR -
 Nooksack Social Services
 5061 Deming Rd, Deming

Please arrive prepared with following documentation:

- **Valid Photo ID** – for the person whose name appears on the bill & who will be signing the application. *Government Issued IDs & Tribal IDs are acceptable. Cannot be expired!*
- **Social Security cards for everyone in the home (Birth Certificates are OK for Minors)**
If a card is missing, bring W-2 form, pay stub, tax return, military or school records, or other official document with your full name and your Social Security Number.
- **Your most recent Puget Sound Energy bill and if applicable, your CNG bill.**
Bring your PSE electric bill (and CNG bill if you have one) for your current address.
- **Proof of income received by all household members for April, May, and June**
Verification of all types of income must be provided for every member of the household. We count income in the month you actually receive it, which may be different from the month you earned it.

To qualify, your average household monthly income must be at or below the following guidelines:

PSE HELP	1	2	3	4	5	6	7	8	9	10	11	12	HH+1
Household													
Income limit	\$1485	\$2003	\$2520	\$2913	\$3146	\$3394	\$3826	\$4259	\$4693	\$5126	\$5559	\$5993	+\$433
CNG WEAFF	1	2	3	4	5	6	7	8	9	10	11	12	HH+1
Household													
Income limit	\$1485	\$2003	\$2520	\$3038	\$3555	\$4073	\$4591	\$5111	\$5631	\$6151	\$6671	\$6671	+\$520

Please arrive early, as clients will be seen on a first come, first served basis.

All other dates are by appointment only at the Opportunity Council.
 For more information or to schedule a non-outreach or phone appointment,
 please call (360) 255-2192.



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.

September 1 – Council Elect • September 4 – Labor Day • September 22 – Nooksack Governance Day

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: Katrice Romero) (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