



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 6, Number 3 October 2016

Everyone Had Fun at the 2016 Employee Picnic!



Rikkole Edwards, LeAndra Smith, Katherine Canete, and Emma-Leigh Cline were the winners in the ladies division of the Training Camp competition.

Upcoming Events

- 10/5-10/7 – Elder's Trip (Coeur D'Alene Casino Resort)
- 10/10 – Tribe Closed – Coast Salish Day
- 10/11 – Wear Purple Day (see page 9)
- 10/13 – Elder's Committee Meeting (open to all elders)
- 10/27 – Annual Elder's Luncheon (see page 22)
- 11/11 – Tribe Closed – Veterans Day
- 11/23 – Early Closure – Tribe closes at noon
- 11/24 – Tribe Closed – Thanksgiving
- 11/25 – Tribe Closed – Day After Thanksgiving

REMINDER: Funeral proceedings are a priority set of events at the Mí sq' eq' ó Community Building. Should any other event scheduled conflict with the needs of funeral proceedings, the event will be cancelled and/or postponed.

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Fitness Instructors created a fun obstacle course for the employee picnic.



News from the Education Department

This summer the Education Department hosted a Summer Reading Challenge. There was one winner (read the most minutes) from each age group. The winners celebrated with toys from the prize store along with a pizza and ice cream party. Congratulations readers!

Now that the school year is back in session we are happy to see the kids excited to do their homework. If they do not have homework, we assign the older kids (3rd through 6th grade) multiplication or division timings and the younger kids read for 30 minutes. It is hard for the kids to keep this momentum going so we use rewards and incentives to keep them interested in doing the work it takes. You can remind your child that they can do their homework here at Program and feel free to contact us if you have any questions about homework help. ■



Betty Canete, K-1st grade Summer Reading Challenge Winner.



Izabel Johnson, 2nd – 3rd grade Summer Reading Challenge Winner.

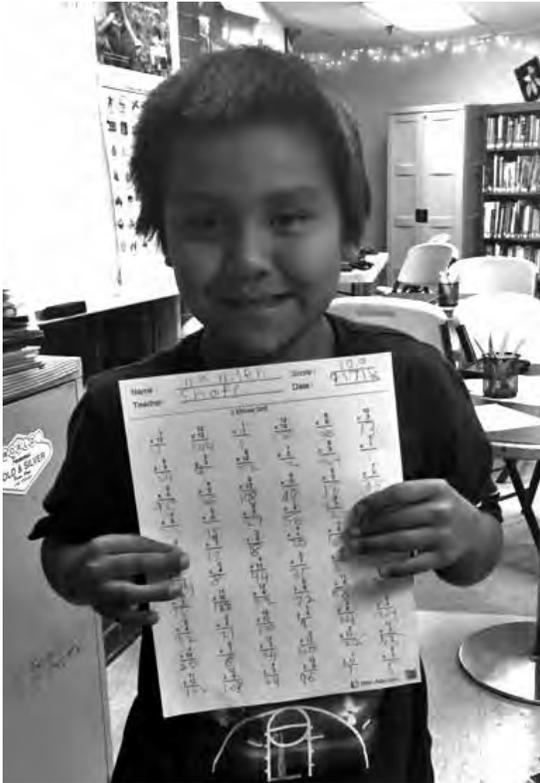


Eva Hoffman, 6th – 7th grade Summer Reading Challenge Winner.



Nika Canete, 4th – 5th grade Summer Reading Challenge Winner.

LEARNING IS FUN!



*Damien works on multiplication timings.
Getting faster and faster!*



Ryan, Eugene and Timone enjoy the listening center.

NEW! Writing Prompts – words to pass on to your children

Each month four writing prompts will be offered. Pick up a composition notebook from the Dollar Store; on the inside cover record today's date and your name; at the top of the page copy down the writing prompt; and then underneath write your thoughts about the subject. When the book is completely filled you will have a wonderful book of your writings to pass on to your children.

SEPTEMBER

1. What is your mom like?
2. What do you think the biggest cultural differences are between your generation and your parent's generation?
3. What is one of your greatest blessings?
4. What has ended recently in your life and what new thing has just begun?

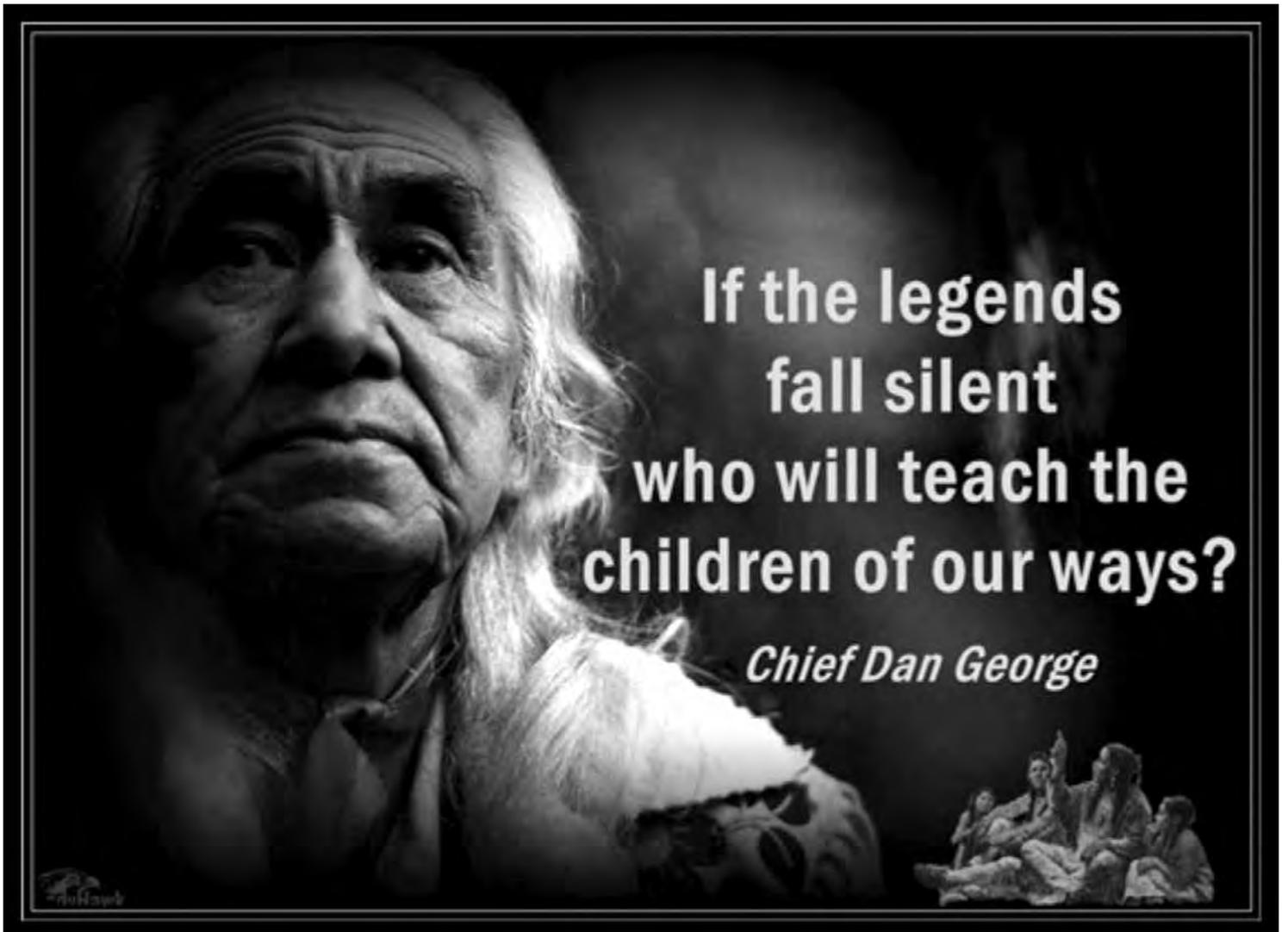
OCTOBER

1. Describe a "first day" in your life (first day of marriage, of school, etc.).
2. What bad habit would you like to change?
3. Write about a piece of jewelry you own. Where did it come from? When do you wear it?
4. What is your mom like?

Youth Enjoy the Waterslides

With the weather being so nice, Nooksack Way of Life Program took youth to the waterslides for the day on August 30th. The program provided transportation, day passes, and two chaperones to accompany the youth. If you know of a youth between ages of 10-18 who may be interested in participating in youth friendly and culturally oriented activities, please contact the Nooksack Way of Life Program at 966-7704 or email:

Peter Joseph at pjoseph@nooksack-nsn.gov or Jennifer Williams at jwilliams@nooksack-nsn.gov. ■





Nooksack Indian Tribe



House of Children Head Start Program

NOW ACCEPTING APPLICATIONS

- Low Income Program
 - Ages 3-4 years old
- Bus transportation available within service area
- Provides services for children with disabilities
 - Average of 16-18 children in each class

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.



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 on Head Start give us a call in the office Monday-Friday 8:30 am- 4:00 pm 360-592-0141

----- Cut Here  -----

NEW! Tribal Member Email Bank

The Nooksack Indian Tribe is in the process of building a Tribal member email bank to help assist with getting any news out to the membership.

If you are interested in receiving news and updates as they are occurring, please provide the following information:

Printed Name: _____

Email Address: _____

Do you reside in a Nooksack Housing Development? Yes No

If yes, which development? _____

After completing, please mail form to: Nooksack Indian Tribe, Attn: Charity Bernard, P.O. Box 157, Deming. WA 98244 or via email at cbernard@nooksack-nsn.gov

Across

- 1. Play a trick on
- 5. Bats
- 9. Streisand, when not being formal
- 13. Aspirin and ibuprofen
- 16. _____ above
- 17. Spectral Guest at the Halloween Formal
- 19. Hi-speed net
- 20. Hearty partying
- 21. Interfere
- 22. The evil eye, e.g.
- 24. "Amen!!"
- 27. Plague carrier
- 28. Scandalous company?
- 30. In excelcius _____
- 31. "Puttin' on the Ritz" accessory
- 32. Halloween greeting
- 34. More cunning
- 37. Disc Jockey at the Halloween Formal

1	2	3	4		5	6	7	8		9	10	11	12	
13				14					15		16			
17										18				
19				20					21					
22			23		24		25	26				27		
28				29		30					31			
			32		33		34		35	36				
			37				38							
39	40								41					
42						43		44		45		46	47	48
49				50	51				52		53			
54			55					56		57		58		
59						60	61				62			
63					64									
65						66					67			

- 39. Wee ones
- 41. A Govt. dept.
- 42. Pro-sobriety org.
- 43. Slimy swimmer
- 45. Conductor Solti
- 49. "But, _____ long the heaven of this pure affection became darkened, and gloom, and horror, and grief swept over it in clouds." -- E.A. Poe
- 50. Cow chow
- 53. Gore concern, abbr.
- 54. Lawrence's land
- 56. Dawn goddess
- 58. Poison Ivy portrayer
- 59. Play a game at the Halloween Formal
- 63. Potter's postmen?

- 64. Bad luck interval
 - 65. Dagestan denial
 - 66. Paternal parents
 - 67. Home of Paris
- Down**
- 1. Proceed slowly
 - 2. You may sing in it
 - 3. Ghastly shade
 - 4. Building bend
 - 5. _____ charmed life
 - 6. Donny or Marie
 - 7. Tech. company bigwig
 - 8. Halloween's mo.
 - 9. Loose lady
 - 10. Terror from the skies?
 - 11. Dedicated driving area
 - 12. Holy gatekeeper

- 14. Supermodel Carangi
- 15. Jerk
- 18. Horror film reaction, perhaps
- 23. German house spirit
- 25. Like many zombies
- 26. Devilish adornment
- 29. Four-time SuperBowl coach Chuck
- 31. Star Wars droid, for short
- 33. Switch position
- 35. 1977 double-platinum Steely Dan album
- 36. Fictional traveler Phileas
- 37. Like many fords
- 38. Wilbur Post's pal
- 39. Apply cream cheese

- 40. Like skeletal tissue
- 44. Looked bad?
- 46. Lens system
- 47. Cinematic zombie master
- 48. Like a zombie's stare
- 50. Evergreen
- 51. 50 across for 38 down
- 52. Horsey hues?
- 55. Come out on top
- 57. Secret agent man
- 60. Gave blood to a vampire
- 61. Fertility clinic stock
- 62. Snit

Nooksack Social Services Department News & Events

October 11th, 2016

2nd Annual Wear Purple Day

October is Domestic Awareness Month and the Social Services Domestic Violence Program will be hosting the 2nd Annual Wear Purple Day to bring awareness to domestic, spousal and teen dating violence. We would like to collect pictures of you sporting your purple – email/text/Facebook your pictures to Leon Cline at lcline@nooksack-nsn.gov; or text to 360-325-2693; or Facebook tag to Leon Cline. If you or anyone you know is involved in a domestic violence relationship, contact Nooksack Domestic Violence Program at 360-592-5176 or Domestic Violence Sexual Assault Service at 1-877-715-1563 or call your local law enforcement for immediate assistance.

October 27th, 2016

Nooksack Elders Annual Luncheon

The luncheon will be held at the Nooksack Mí sq' eq' ó Community Building, 2515 Sulwhanon Drive, Everson. For more information, contact Tresea Doucette at 360-592-5176, extension 3446 or email tdoucette@nooksack-nsn.gov.

Social Services Program Information:

Food & Energy Assistance Programs

Contact Crystal Bailey at 360-592-0135

Monthly Food Bank

The Food Bank is located at 5061 Deming Road, Deming. The first Friday of the month, unless the first Friday falls on the 1st of the month, then it is held on the 2nd Friday of the month

Noon to 3 PM or while supplies last

Food bank is free and open to the community

Food Vouchers

On the first of each month, social services receives twenty food vouchers to distribute that are redeemable at Fred Meyer. There is no income guideline and every tribal member 18 and older is eligible for one food voucher every six months.

Energy Assistance

Puget Sound Energy, Cascade Natural Gas, and Propane Tribal members must meet income eligibility of 150% HHS Poverty Guidelines

Service Area: Whatcom County

Must complete a social service application and must provide proof of all household income

TANF (Temporary Assistance for Needy Families) Cash assistance & child care (limited), contact Heidi Dave at 360-592-0135 . ■

“ Nooksack Domestic Violence Program

Wear Purple Day

October 11, 2016

October is Domestic Violence Awareness Month

OUR GOAL IS TO RAISE AWARENESS ABOUT DOMESTIC, SPOUSAL AND TEEN DATING VIOLENCE.



If you are being abused,
REMEMBER:

- You are not alone
- It is not your fault
- Help is available



For more information
contact Leon Cline
360.592.0315 x3443 360.325.2693 cell

Take pictures of yourself, with family & friends, co-workers or a department group pictures of wearing purple and Text or Facebook tag your pics to Leon that way they can be submitted as a newsletter article.

Don't be a skeptic - Social Security is here to stay.

by Kirk Larson, Social Security Washington Public Affairs Specialist

It's healthy to be skeptical in a world of uncertainties. Major news networks sometimes broadcast conflicting facts that require a bit of research to verify. There's even a day in October dedicated to skeptics. So, this is the perfect time to tell all the skeptics that there's no reason to think Social Security won't be here for you well into the future.

Recently, the Social Security Board of Trustees released its 76th annual report to Congress presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. We're pleased that legislation signed into law by President Obama last November averted a near-term shortfall in the Disability Insurance (DI) trust fund that was detailed in a previous report.

With that small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full benefits until 2023, and the retirement fund will be adequate into 2035. It is important that members of Congress act well before 2023 in order to strengthen the finances of the program. As a whole, Social Security is fully funded until 2034, and after that it is about three-quarters financed.

Many people wonder if Social Security will be there for them. Here's a fact that will relieve any skepticism you might have: the increased cost of providing Social Security benefits for Baby Boomers is less than the nation's



increase in spending was for public education when the baby boomers were children.

Put your skepticism aside and rest assured that Social Security is with you today and will be with you tomorrow. You can read the entire report at www.socialsecurity.gov/OACT/TR/2016. ■

Sudoku

				2	8		7	
			3					8
		8			1			4
	4					7		6
	8		7	5	6		4	
5		7					1	
9			8			6		
8					9			
	2		5	4				

How to play Sudoku:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it. This simply makes it easier to play the game.

answers on page 17

Social Security Disability Helps People Who Work

by Kirk Larson, Social Security Washington Public Affairs Specialist



August, marked the 60th anniversary of the Social Security Disability Insurance (SSDI) program, signed into law by President Dwight D. Eisenhower in 1956. Originally, the program was limited to individuals who were age 50 or older. It also had a six-month waiting period, and there were no benefits payable to spouses or children.

The disability program has undergone many changes to become the program it is today. Now, people who receive Social Security disability benefits can also receive Medicare coverage after 24 months, and their dependents may be eligible to receive benefits on their earnings records. There are also work incentives in place to help people with disabilities go back to work.

As of June 2016, there are more than 10 million disabled workers and dependents receiving a portion of the more than \$11 billion that is sent each month in Social Security disability payments. It can happen to anyone: studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching their full retirement age.

Social Security provides an economic lifeline to America's workers through our benefit programs. We run the largest disability program in the nation. In Washington State there are over 180,000 people receiving Social Security disability monthly payments. In addition, there are over 33,000 children and spouses that receive extra payments off the disabled individual record. That is more than 2.7 billion dollars per year.

To meet the challenges of providing benefits to so many, the agency has evolved, using technology to operate more efficiently. Access to online applications for disability benefits, reconsiderations, and hearings have given applicants more service options when applying for benefits. Our health IT initiative allows Social Security to access electronic medical records, including those from the U.S. Department of Defense, which reduces administrative costs, streamlines operations, and speeds up service to veterans.

We also have incentives that give beneficiaries with disabilities — who are able — the opportunity to return to work. These work incentives include continued cash benefits for a period of time while you work, continued Medicare or Medicaid coverage, and help with education, training, and rehabilitation to start a new line of work. In some cases, we may even be able to deduct certain impairment-related work expenses from your countable income, making it possible to earn more and also remain eligible to receive benefits. Examples of these expenses are wheelchairs, transportation costs, and specialized equipment needed for work.

Social Security is committed to securing today and tomorrow for our millions of disabled workers. For more information about the disability program, please visit www.socialsecurity.gov/disabilityssi. ■

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

Medicare: Over Half a Century of Helping Protect Our People

by Kirk Larson, Social Security Washington Public Affairs Specialist

On July 30, 1965, President Lyndon B. Johnson signed Medicare into law with these words: “No longer will older Americans be denied the healing miracle of modern medicine. No longer will illness crush and destroy the savings that they have so carefully put away over a lifetime.” When Medicare first started, workers went door to door trying to get seniors to sign up. Medicare was not the cornerstone then that it is today and people did not know whether it was going to work for the long haul.

Now, over half a century later, Medicare remains one of the most popular government programs in the nation. It has been changing the lives of Americans by providing the peace of mind that comes with health care that is there when you need it. Medicare saves lives, helps people live longer, and keeps families strong.

For over 50 years, the Medicare program has provided essential health care services for millions of people who are age 65 or older or disabled. Without Medicare, many people would not be able to pay for hospital care, doctor’s visits, medical tests, preventive services, or prescription drugs.

Your Medicare card is the most important piece of identification you own as a Medicare beneficiary since medical providers will request it when you seek their services. If you need to replace a lost, stolen, or damaged Medicare card, you can do it online with a my Social Security account at www.socialsecurity.gov/myaccount. Requesting a replacement card through my Social Security is safe, convenient, and easy. Going online saves you a trip to your local Social Security office or unproductive time on the phone.

Fifty years ago, Medicare didn’t have as many options as it does today. As the largest public health program in the United States, Medicare includes four parts to keep you covered:

- Part A is insurance that covers inpatient hospital stays, outpatient care in nursing facilities, hospice, and home health care.
- Part B includes medical insurance for doctor’s services, medical supplies, outpatient care, and preventive services.
- Part C is a Medicare advantage plan that allows you to choose your health care coverage through a provider organization. You must have Part A and Part B to enroll in Part C. This plan usually includes Medicare prescription drug coverage and may include extra benefits and services at an additional cost.
- Part D is prescription drug coverage. There is a separate monthly premium for this plan; however, people with low resources and income may qualify for the Extra Help with Medicare prescription drug costs from Social Security. Visit www.socialsecurity.gov/prescriptionhelp to see if you qualify.

A recent survey to Medicare beneficiaries asked: Why do you love Medicare? One person stated, “It gives peace of mind not only for seniors, but for veterans and disabled as well.” Another satisfied recipient replied, “I most likely wouldn’t be alive today without Medicare.” These are just two of the millions who endorse Medicare’s half-century strong success story. ■

Are you Diabetic?

If so, you still have a couple months to complete the 2016 Diabetes challenge!!

To receive a \$30 Big 5 Card, you must complete:

- | | |
|--|-------------|
| Diabetes Health Exam (including labs) | Foot Exam |
| Micro Albumin/ Creatinine ration | Eye Exam |
| Meet with Diabetes Educator/Nutritionist | Dental Exam |

Challenge ends 12/31

for more information or to register contact:

Barb Himes or Sandra Bura @ 966-2016

Health Clinic News

Welcome New Hires!

Sierra Rice: Front Desk Receptionist Lisa Kelly: Clinic Nurse Richard Edwards: Community Health Representative

Mammogram PARTY TIME!!!



October 18, 2016

Health Clinic

Appointments available between:

9-12pm & 1-4pm

We are doing things a little differently this time...

We will be using Mt. Baker Imaging to provide more thorough imaging and provide other local providers access to the results.

Schedule your appointment on 10/18 to have a manual breast exam, followed by an activity, snacks and scheduling of your mammogram.

After you have completed your screening, you will be entered into a raffle to win:

Silver Reef Spa Certificate!!!

Call 966-2106 to reserve your spot

Healthy Eating Food Demonstration Lunch



October 27, 2016

12-1pm

Health Clinic



Open to **ALL** community members

Focusing on healthy eating & chronic disease prevention

For More information and to RSVP

Contact Barb Himes or Sandra Bura at 966-2106

Successful Grillin' & Chillin' Information Fair

Our Grillin' & Chillin' Information Fair was a huge success! Special thanks to all the departments that came together to make this event a big hit! We had over 30 vendors, Everson Fire Department & EMTs – lots of great prizes and great food! ■



Program kids checking out the fire truck and ambulance.



Behavioral Health booths were a hit!



Tiffani, Chasity, and Katrice at the sign-in table.



Dr. Cate Webb and her son Seth.



Vaccines are now available at the clinic!!

Call 966-2106 to schedule your visit today.



October is Breast Cancer Awareness Month



FAQs through the National Breast Cancer Foundation:

What kind of impact does stress have on breast cancer?

In 2012, some research studies have shown that factors such as traumatic events and losses can alter immune system functions, and when immune functions are altered cancer cells may have an opportunity to get themselves established within one's body. What has been shown is that it is not the fact that a major life crisis has occurred but instead how the individual reacted to this event and coped (or didn't cope). Therefore, identifying ways to keep your stress level in check is wise.

How often should I go to my doctor for a check-up?

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.

Can physical activity reduce the risk of breast cancer?

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This does not require going to a gym either. Power walking is more than sufficient!

Weekly Fitness Schedule

Instructors: Chris Pash and Margaret Tumangday

Cardio Room: Monday - Friday ALL DAY

Strength Training: Wednesday & Friday 12 - 1pm

Elders Training: Wednesday & Thursday 11am - 12pm

Ladies Class: Tuesday & Thursday 12 - 1pm

Bootcamp for Beginners: Monday & Thursday 12 - 1pm

ROMWOD / Yoga: Monday - Friday 2-5pm



5 Myths and 5 Truths about Addiction

My name is Veronica Charles, I work as the Intake Specialist at Genesis II substance abuse and chemical dependency program. My job is to help new and current clients with appointments, insurance coverage, paperwork for their file and answering any questions they might have about our program. In the short time I have worked here I have learned a lot about the different types of drugs that are out in the world today and the effects not only physically but mentally and emotionally as well. There are a lot of questions and sometimes false truths being told about someone with addiction. Here are 5 Myths and Truths about Addiction I have found from the Indian Health Services.

MYTH 1: Willpower is all one needs to beat addiction.

TRUTH: Prolonged substance use alters the way the brain works. The brain sends signals of powerful and intense cravings, which are accompanied by a compulsion to use. These brain changes make it extremely difficult to quit and often a treatment program is required.

MYTH 2: Addicts have to hit “rock bottom” before they can get help.

TRUTH: Recovery can begin at any point in the addiction process. Given the impacts on the brain and possible consequences of addiction, the earlier one can get treatment, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Get help early rather than holding out for the perfect desperate moment.

MYTH 3: Addiction is a disease; there’s nothing you can do about it.

TRUTH: Most experts agree that addiction is a brain-based disease, but that doesn’t mean one is a helpless victim. The brain changes related to addiction can be treated and reversed through therapy, medication, exercise, and other treatments. As with any behavioral change, a personal commitment to change comes from within and requires a commitment to focus on the treatment plan.

MYTH 4: Addiction is lifelong.

TRUTH: Addiction is different in every person, where some struggle for years and others manage to respond to treatment quickly. The ultimate goal is that long-term recovery will allow people to lead normal and productive lives.

MYTH 5: People can’t force someone into treatment; if treatment is forced, it will fail.

TRUTH: Treatment doesn’t have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who enter treatment voluntarily. People are often able to think more clearly as they sober up, which can help foster change.

Resource: Myths about Addiction. (2016). Retrieved September 09, 2016, from <https://www.ihs.gov/asap/addictionmyths/>. ■

Come and See the New Cardio Room!

We have a new cardio room here at the community building – come see the room and new equipment. Fitness Instructor Chris Pash wants to inform the community that it is open to everyone and so is his and Maggie's assistance. ■



Estate Planning



It is not easy planning on what is going to happen after your pass away or if you become incapacitated – but it is important to do. Estate planning will protect your wishes and hopefully keep your family from quarreling during a painful time in their lives. If you do not do an estate plan, you run the risk that your intended beneficiaries – those you love the most – may not receive what you would want them to receive, whether due to extra administration costs, unnecessary taxes or squabbling among your heirs.

Estate planning is so important, no matter how small your estate may be. It allows you, while you are still living, to ensure that your property will go to the people you want, in the way you want, and when you want. It permits your estate to save as much as possible on taxes, court costs and attorneys' fees; and it affords the comfort that your loved ones can mourn your loss without being simultaneously burdened with unnecessary red tape, financial expense to settle your estate and confusion.

Below are the documents that comprise a full estate plan:

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).

Pencil in on your calendar! November 15th and 16th, the Wills & Estate Planning Clinic is coming to Nooksack. More details to follow soon. If your name is on our list, you will be contacted to schedule a time. If you are interested and have not put your name on the list, please contact Charity Bernard.

Wills and Estate Planning Update

If you are a Nooksack Tribal member or spouse and interested in having a Full Estate Plan prepared at NO COST, please contact: Charity at 360-592-5176 x 3114 by November 1, 2016

Fall back on Sunday, November 6!



Daylight Savings
Time Ends Nov. 6.
Turn your clocks
back one hour at
2:00 am.



*Tribal members please
contact Enrollment to
ensure that your mailing
address is current.*

Thank you!

SUDUKO & CROSSWORD Puzzle Answers

6	9	3	4	2	8	5	7	1
4	7	1	3	9	5	2	6	8
2	5	8	6	7	1	3	9	4
3	4	9	1	8	2	7	5	6
1	8	2	7	5	6	9	4	3
5	6	7	9	3	4	8	1	2
9	3	4	8	1	7	6	2	5
8	1	5	2	6	9	4	3	7
7	2	6	5	4	3	1	8	9

D	U	P	E		L	O	C	O		B	A	B	S		
A	N	A	L	G	E	S	I	C	S		A	C	U	T	
W	I	L	L	I	A	M	O	T	H	E	W	I	S	P	
D	S	L		A	D	O				M	E	D	D	L	E
L	O	O	K		A	N	D	H	O	W		R	A	T	
E	N	R	O	N		D	E	O			C	A	N	E	
				B	O	O		C	R	A	F	T	I	E	R
				W	O	L	F	M	A	N	J	O	H	N	
S	M	A	L	L	F	R	Y		A	G	R				
M	A	D	D				E	E	L		G	E	O	R	G
E	R	E		F	O	D	D	E	R		E	C	O	L	
A	R	A	B	I	A			E	O	S		U	M	A	
R	O	B	E	R	T	F	O	R	A	P	P	L	E	S	
O	W	L	S			S	E	V	E	N	Y	E	A	R	S
N	Y	E	T			D	A	D	S		T	R	O	Y	

August 25, 2016

Dear Awesome Nooksack Nation:

Greetings from our most northern Indian Nation, Gwich'in (Athabascan), located in Alaska! Our names are Sarah James from Arctic Village and Kay Wallis from Fort Yukon. We had the Honor to attend the "Traditional Circle of Indian Elders and Youth" on your Nooksack Nation land this August.

Thank you for hosting us in a nature place where we were able to give our prayers for Mother Earth and for the continuation of our Native Peoples customs, traditions and Way of Life. Into the sacred fire went prayers, which the smoke carried forth, that we may continue to be strong stewards of the land. We believe that Indian Nations are each put in our different areas of the earth to care for Mother so that Seven Generations will have a place to live healthy and loving lives.

Your kindness was indeed bountiful. The food was delicious and we are still licking our lips remembering. Everyone we met was gentle with us who were given to the People (born) in 1944. And the Give Away ceremony, wow, was very generous indeed. We saw all the planning and big-time effort that went into giving from your hearts. The necklaces! The warm Big Foot blankets! The cedar crème, which makes our skin soft . . . and young, smile! The tea reminds us of the great People of Nooksack Nation.

And your river! Ahhhh, spiritual indeed. There your Ancestors was beholding and blessed us. The river offered refuge. The refuge we take when we feel the need to go some place special in our minds, a place that brings us peace and love. The memories you gave us are wondrous.

In our Gwich'in language we say "Mahsi' choo" or Big Thank YOU!

Blessings,

Sarah James
PO Box 51
Arctic Village, Alaska 99722
sarahjamesav@hotmail.com

Kay Wallis
540 L Street
Anchorage, Alaska 99501
arcticaunty@gmail.com

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

*You may submit news items or department updates for consideration to
Charity Bernard at chernard@nooksack-usn.g ov.*

Items for the April newsletter must be submitted by March 21st.

Questions?

Call Charity at (360) 592-5176, extension 3287. ■



Nooksack Elder's Annual Luncheon

October 27th, 2016

*Nooksack Mí' sq' eq' ó
Community Building*

2515 Sulwhanon Dr, Everson, WA 98247

Doors open at 10:00 AM

Please contact:

Tresea Doucette

360 592-0135 ext 3446 or

tdoucette@nooksack-nsn.gov

*This event is for 55 years old or older
No Children will be allowed at this event*

Caregivers and Van Drivers are welcomed

ELDERS LUNCH MENU

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Everson shopping Off The Menu	4 Commodity Day Off The Menu	5 Coeur D'Alene Travel Day	6 Coeur D'Alene Annual Luncheon	7 Food Bank Coeur D'Alene Travel Day
10 CLOSED Coast Salish Day	11 B'ham shopping Turkey Mashed Potatoes Veggies	12 Chili Corn bread Veggies Cottage Cheese and Fruit	13 Prime Rib Baked Potatoes Mixed Veggies	14 Fried Chicken Mashed Potatoes Cole Slaw
17 Everson shopping Mac and Cheese Veggies Cottage Cheese and Fruit	18 Baked Salmon White Rice Baked Beans	19 Pork Roast Mashed Potatoes Veggies	20 Hamburger Potato Salad Baked Beans Chips	21 Beef Stew Brown Rice Corn Bread
24 Everson Shopping Chicken Fried Steak Mashed Potatoes Veggies	25 Beef Taco Refined Beans Salsa and Chips	26 Teriyaki Chicken Rice Veggies Cottage Cheese and Fruit	27 Nooksack Annual Luncheon Doors open At 10:00 AM	28 Soup and Sandwich Ham or Turkey on Whole wheat Macaroni Salad
31 Everson Shopping Baked Chicken Rice Pilaf Veggies Cottage Cheese and Fruit		Lunch is served at Northwood Casino Starting at Noon		

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



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

2016 Holiday Calendar

The Nooksack Tribal Council has approved the 2016 Holiday Schedule. Tribal Offices will be closed on the following days in 2016.

- October 10 – Coast Salish Day • November 11 – Veterans Day
- November 24 – Thanksgiving Day • November 25 – Day After Thanksgiving
- December 25 – Christmas Day

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: Rory Gilliland)

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: Ken Levinson)

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) 592-5839
 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