

PR SRT STD
U.S. POSTAGE
PAID
Redding, CA
Permit #7



Redding Rancheria News

Redding Rancheria Work Place Values Winners

These values are guidelines for our behavior as staff members of Redding Rancheria. We expect that people will apply them with intelligence and judgment, recognizing that at times there are some natural tensions among the values.

Serving Others

We are here to provide excellent service with a caring attitude. We are proud that our work serves tribal members, each other and the larger community.

Working Together

We are actively involved in building a spirit of teamwork and collaboration, within and between departments, functions and work places. Because we work together and support each other, we are a smarter and more effective group.

Doing What's Right

Our decisions and actions reflect integrity and honesty. We are committed to earning and keeping the trust of the people we serve. We

do not seek nor accept personal gain for our actions.

Embracing Change

We honor our traditions and recognize that change is an ongoing part of our environment. We face the challenges and changes in our work with creativity, innovation, adaptability and a sense of humor.

Respecting Differences

We seek to understand differences in ideas, approaches and perspectives and we welcome people from all backgrounds. We understand that our diversity makes us stronger and better as a community.

Balancing Life

Although work is our focus, together, we realize that life is more than work. We encourage healthy lifestyles that support mental and physical well-being. We believe a balanced employee is happier and more productive.



Pictured on the right:
Serving Others: Connie Keffer
Balancing Life: Dr. Debbie Lupeika
Doing What's Right: David Philips
Embracing Change: Michelle Hayward
Respecting Differences: Doug Dawson
Working Together: Patty Spaulding

In Memory Of Rusty Hayward & Mario Pizano



Rusty Hayward



Mario Pizano

Ki-Het-Ti-Na-Tay
Sounds in the Mind

Hestum

Help others Empower for solutions Serve with a smile Treat with respect Understand diversity Meet customer needs

From the Office of Public Works

2007 Water Quality Consumer Confidence Report

Is my water safe?

Last year as in past years, tap water on the Redding Rancheria met all U.S. Environmental Protection Agency (EPA) and state drinking water health standards.

Redding Rancheria vigilantly safeguards its water supplies and once again we are proud to report that our system has not violated a maximum

contaminant level or any other water quality standard.

For a copy of the 2007 Redding Rancheria Water Quality Consumer Confidence Report Contact: Tori Maxwell, Environmental Project Manager 530.242.4574

Public Water System #0605083

Redding Rancheria Celebrates Earth Day

Come join us for Redding Rancheria's 2nd Annual Earth Day Celebration as we clean up along Clear Creek and restore native vegetation.

Here is an opportunity to leave the Earth a little nicer.

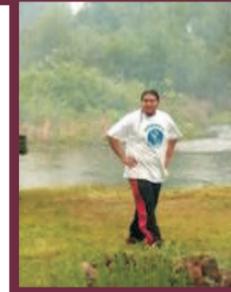
When: Saturday April 12, 2008
9:00 am – Noon

Where: Lower Parking Lot- Win-River Casino
Follow the signs & balloons

- We will provide rakes, trash bags and gloves
- Remember to wear appropriate clothing & shoes
- Lunch provided for all volunteers immediately following the clean up.



For more information contact:
Tori Maxwell
Redding Rancheria Environmental Office
530.242.4574



American Diabetes Association Conference



The American Diabetes Association (ADA) held its 55th annual "Post-Graduate Course" in San Francisco February 1-3, 2008. This conference is the epicenter (no earthquake pun intended) where nationally and internationally renowned diabetes specialists come together to discuss, debate and review current research and treatments in diabetes care. I was fortunate to be able to

attend the conference representing the Redding Rancheria Indian Health Clinic's Diabetes Program.

As most of us are aware, diabetes has reached epidemic levels throughout the world in the last two decades. Historically, the incidence and severity of diabetes among Native Americans has predominated disease distribution. While this is still unfortunately the case, quality of diabetes care in Tribal and Indian Health Service facilities exceeds national standards and sets the precedent for care nationally.

Diabetes is a complex disease process. Most people know of the "two types." More and more we are learning that diabetes is an ever more inclusive disease and at some point in the near future any further classification beyond "diabetes" will be unnecessary. Understanding of the complexity and nuance of this disease is ever emerging. There are three primary physiologic (physical

and hormonal) defects:

- 1) Abnormal release of sugar from the liver indiscriminately.
- 2) Resistance of our fat and muscle cells to utilize the insulin we still produce (aka insulin resistance). And, 3) Declining production of insulin from the pancreas (aka insulin deficiency). By the time someone is diagnosed with type 2 diabetes more than 50% of their insulin producing cells have been destroyed. Since recognition of type 2 diabetes as a disease entity, we've known that improved diet, increased physical activity and even modest weight loss significantly alter the first two defects (thus improving blood sugar). It's only been in the last decade that we've come to understand that there is some inevitability of further (and sometimes rapid) decline of insulin production over time. It is with this in mind that the ADA set forth an agenda to emphasize a more aggressive approach to diabetes treat-

ment. The current ADA consensus recommends early intervention with medications to impede disease progression.

This new approach is to do more than just control blood sugar. As acknowledgment and understanding of diabetes as a progressive disease emerges it behooves us to work aggressively from the time of diagnosis to preserve the insulin producing cells of the pancreas as opposed to only addressing and treating the blood sugar. If we can delay disease progression, we buy our patients precious time.

The real take home message of all ADA conferences is: diabetes is not a static disease. At the heart of diabetes research is the quest for a cure-but until that time- we must provide state of the art care for diabetic patients.

Respectfully Submitted,

Carrie McLaughlin, MSN, FNP, CDE

Fitness and Nutrition Tips - Control that Weight

Well it is March and all those amazing resolutions people made in January are falling by the waist-side. Oops I meant way side. So here are some reminder tips to keep everyone motivated. Now most of these tips have been heard at one point or another, but we all need reminders from time to time. So here we go:

Watch Your Food! Now I don't mean have a staring contest with it, but do be aware of what you are putting in your mouth. I think what often happens is people get discouraged and say to themselves something like this, "big mac, fries, and a regular coke...why not, I can't fit into anything in my closet

anyway and I already blew my new year resolutions, so I will just start over next year." Look, we all fall off the health and fitness band wagon once in a while, but don't give up! If you "junk it" up one day, then counter the next day with more fruits, vegetables, whole grains, lean proteins and water. Bad Fads. Just like the leg warmers and neon belts I used to wear to school (okay so I just dated myself and let you all know how stylish I used to be as a teenager) diet fads are not the answer. Don't do diets! The word itself is icky. It has the word "die" in it! Change your eating behaviors, pull healthy ideas together and create your

own healthy eating plan. Okay so I know this is not as easy as it sounds but try these two simple steps:

1. Avoid fad diets and fad diet pills; eat 3 meals and 3 snacks. Put something in your system every 3 hours! Yes you should eat something every 3 hours for weight loss, blood sugar control, and to keep your metabolism revved.
2. Limit your portion size, limit fats, high-fat foods, sugar, soda, and alcohol. Just be aware of what you are taking in. Move It! Get some movement in everyday! The more you exercise the more you will feel better and look better, and active people actually can eat a little more

than non-active people! Make it enjoyable. Dance with your kids during commercials, walk with a friend, march in your chair, go to the gym as a family, ride bikes on the river trail. Start with 10 minutes slowly a day and increase it. Write It Down! Keep a food journal. It keeps you honest about what you are putting in your mouth. It is an excellent motivator. Lean On Me. Gain the support of family and friends. Get extra help from your doctor, psychologist, nutritionist, or fitness specialist.

Amy Palko BS, CPT
Nutritionist/Fitness Specialist

Awards & Recognition

The following students have turned in awards and/or their report cards for the 2007-2008 school year:

Academic/Attendance Achievements:

- Skyler Wilson - Honor Roll
- Miranda Edwards - received a 4.0 her 1st & 2nd quarters and has been on honor roll both quarters
- Andrew Billy - Honor Roll
- Yazmine Billy - Honor Roll
- Dakotta Hayward - Honor List
- Michael Hayward - Student of the Month
- Akwa-Elu Lucero - Perfect Attendance
- Shelby Murphy-Harris - Honor Roll
- Kierah Haller - State of California Academic Award
- Albert Montgomery - State of California Academic Award
- Jasmine Phillips - Positive Referral for Academic achievements

Sports:

- Tyler Edwards - Participation in Sports
- Payton Edwards - Participation in Sports
- Cody Greer- Participation in Sports/Football Highlight
- Shelby Murphy-Harris - 2007 Gymkhana Award (Horseback Riding). She won a magnificent saddle and 34 ribbons so far - many 1st & 2nd place ribbons.

Sports Spotlight



Public Works & Safety Spotlight

On Wednesday, January 30, Rob & Sandy conducted fork lift certification training for two Redding Rancheria and three Win-River Casino employees. The class consisted of classroom movie, power point, MSDS, hazard communication and a test including hands on operation of each forklift.

The safety training was conducted by Sandy Long and the hands on training was conducted by Rob Kirkorian.



Congratulations Hilton Garden Inn 1000 Days without lost time due to an accident!

Redding Rancheria Employees of the Month

Congratulations Bob, Eric and Tina!



The Human Resources Department would like to congratulate Bob Horner as the January 2008 Employee of the Month!

Bob was nominated and received this award for the following reasons:

- Exceptional employee who always has a great attitude
- Is willing to go the extra mile for the

- Health Clinic
- Is trained in all aspects of his job and is able to fill-in where needed
- First person to volunteer when asked by supervisor
- Worked many hours updating patients in new software system
- Community volunteer



The Human Resources Department would like to congratulate Eric Underwood as the February 2008 Employee of the Month!

Eric was nominated and received this award for the following reasons:

- Jumps right into a project, does what is asked of him and makes sure the job gets done right.

- Works safe and cleans up the area after he is done.
- Is always on time and doesn't hesitate to come in different hours when needed.



The Human Resource Department would like to congratulate Tina Jury as the March 2008 Employee of the Month!

Tina was nominated and received this award for the following reasons:

Tina Jury is a model employee. She demonstrates all of the core values of our organization. She serves others by going the "extra mile". A couple of years ago she took a sign language course at the college to able to communicate with two of our patients. She did many extra things to help these patients and she did them on her own time. She helps everybody in the Pharmacy as well as other departments and is an example of how we should all be working together. When we are short handed, she fills in and helps out wherever she is needed.

Tina respects differences and embraces change in the department as well as the entire clinic. I can always count on Tina to do what is right. She has the unique ability to separate work and her personal life, even though her family is the most important thing in her world. She is very good at balancing life.

Tina constantly demonstrates excellent interpersonal and communication skills. I can count on her to have a positive attitude to ensure her work is completed. The quantity and quality of work that she does is far above normal and she is able to do any job in the Pharmacy, which she can legally perform. For these reasons and more, I would like to nominate Tina Jury as the "Employee of the Month."



Win-River Casino Announces Contractors

Redding Rancheria Selects Local Companies for \$90 Million Win-River Expansion



The Redding Rancheria has selected two local companies to lead the \$90 million expansion of the Win-River Casino.

Redding-based Gifford Construction and Robert S. Bryant General Contractor, will begin work in the spring to build a 175-room hotel and parking garage, and more than double the size of the casino. "It was important to the Redding and Shasta County community to keep this

project local, rather than select an out-of-town contractor," said Gary Hayward, general manager of Win-River Casino. "Splitting this expansion between two local companies lets us continue investing in our community."

"The tribe feels very strongly about hiring local companies," added Barbara Murphy, Redding Rancheria tribal chairperson. "Without the support of our local community, we could not succeed."

Gifford will build the hotel and parking garage on the location of the casino's current parking lot, and Bryant will expand the casino from its current 75,000 square feet to more than 200,000 square feet, including the addition of two restaurants and a 1,500-seat event center.

The hotel will offer luxury suites, a club lounge on the top floor, an indoor/outdoor pool, a full-service spa, a gift shop, and an attached garage with 1,000 parking spaces.

The 75,000-square-foot casino will be expanded to over 200,000 square feet to accommodate 2,000 slot machines

and 28 table games. The casino currently offers 1,026 slot machines and 14 table games. The poker room also will be expanded from its current 8 tables to 20.

Gary Hayward said the construction will be completed in stages and the casino will stay open during the project, which is scheduled to be completed in 2010.



Welcome Home

Lt. Colonel Mike Shepherd's Stateside



Pictured above: Shelly and Mike Shepherd and their children, Patrick (age 5), Veronica (age 5) and Trevor (4) were very excited to see their Dad after not seeing him for 5 months.

Shelly Shepherd's husband, Lt. Colonel Mike Shepherd, was deployed to Kuwait from July 2007 through December 2007. While overseas, he traveled to Iraq and Afghanistan. Mike has been in the Air Force for 21 years and is a Navigator stationed at Edwards Air Force Base.

The photo was taken by a woman on the flight with Mike upon his arrival at the Los Angeles Airport.

Senior Nutrition Offers More Than Just Lunch



Senior Nutrition is discovering artists! Pictured here is Don Lowery with some of his Rock Art. Painting rocks is just one of the activities you can do while waiting for lunch to be served.



Senior Nutrition has offered basket weaving, talking stick making and porcelain painting classes in addition to the popular "Nutro Bingo" game. Our very generous musicians work for tips and lunch three times per month.

The CHR's also lead a

low impact aerobic class on Thursday mornings at 10:15 and Tai Chi is offered after lunch at 1pm on Tuesdays. This program could not endure without the help of the hardworking volunteers that make our program different from other lunch programs in the area. You don't have to stand in line because our lunches are served to the table by fellow elder volunteers.

If you are Native American, 55 years or older (50 if you are Redding Rancheria Tribal Member) you are eligible

for a free meal on Tuesday, Thursday and Fridays in the Community Center. Doors open at 10 am for activities and lunch is served at 11:30 am.

Lunch isn't the only thing served at the Senior Nutrition lunches, they have some thing to look forward to every week. Great food is not the only thing prepared every time (Ellie Kissick and Carmelita Meigs.) They often have arts and crafts available to purchase along with live music and bingo.



Redding Rancheria News

Redding Rancheria Receives National Honor



The Redding Rancheria received the National Indian Gaming Association's Chairman's Leadership Award on Monday, April 21, 2008 at NIGA's Annual Trade Show and Convention held in San Diego, CA. Each year Chairman Stevens recognizes and honors people in Indian Country who have shown dedication and leadership to protecting tribal sovereignty. The Redding Rancheria produced its Documentary, "With the Strength of our Ancestors, the story of the Redding Rancheria" to educate the community about its culture and history.

The Redding Rancheria has distributed the documentary to local schools and

organizations around the Nation. For more information on how to get a copy please contact Maria Orozco, Director of Public Relations at 530-242-4516.

Here is a quote from NIGA Chairman, Ernest L. Stevens Jr., "Redding Rancheria's outstanding documentary, "With the Strength of Our Ancestors," tells the story of the Wintu, Pit River and Yana Tribes from the time before the coming of Europeans, the tragic and devastating story of genocide committed against the Redding Rancheria people by American gold rush miners, and their long strides back in rebuilding their community today. This documentary provides true insight into the history,

fortitude, courage and character of the people."

"The Redding Rancheria is truly honored to receive this award from the National Indian Gaming Association for our documentary, "With the Strength of our Ancestors." It was important to us to document the history of the struggles and sacrifices of our ancestors. Our people overcame tremendous obstacles to reach the successes today. Telling the history to the young people of our Tribe and their children not born yet is critical to their identity and the continued success of our Tribe. The documentary helps the Tribe to educate the community about California Native Americans history and our cultures," said Barbara Murphy, Redding Rancheria Tribal Chairperson.

Ki-Het-Ti-Na-Tay
Sounds in the Wind

Hestum

Help others Empower for solutions Serve with a smile Treat with respect Understand diversity Meet customer needs

Head Start Activities

Race Cars Ranged From A Flying Carpet To A Scooby Doo Van



The Head Start "500" is an annual event that is designed to promote the positive impact and importance of fathers in families. Each father is responsible for making their child a race car out of a cardboard box. After the cars are complete, a race is held and all of the children's families are invited to come and watch the kids race their cars around a race track.

The rules of the race are simple. First, the children run one lap and then have to stop

in the "pit stop" area. A member of the child's family is in the pit stop and changes the child's shoes (tires), gives them a drink of water and wipes off their sunglasses (windshield). Next, the child runs back out onto the race track for one more lap finishing the race.

This year's event was held on March 6, 2008 in the Win-River Casino Event Center. The track was set up using orange cones with two real go karts on display. This is one of the most family involved events that Head Start has through out the school year!



The Redding Rancheria Head Start is now taking applications. Please contact Diane Coe at 530.225.8925 or visit our web page at www.redding-rancheria.com

Head Start Stick Horse Rodeo

The Redding Rancheria Head Start celebrated Redding Rodeo week with various activities that included their annual Stick Horse Rodeo on Friday, May 16th. The Rodeo began at 10:00 a.m. with the children parading down the street riding their homemade stick horses from Head Start to the Tribal Government building. Employees came out to the sidewalk to cheer on the little cowboys, cowgirls and visiting miniature donkeys, courtesy of Willie Reeves, a Head Start Bus Driver.

After the parade, the riders returned back to the school for barrel racing. Each child raced through the barrels while Diane Coe, Program

Manager and Joe Ross, Substance Abuse Counselor cheered on the contestants.

Since this was the hottest day of the week, all of the participants corralled their horses and headed into the kitchen for an early lunch. Jane Heinan, Head Start Cook, made a fabulous BBQ tri-tip, baked bean, potato salad, rolls and fresh fruit lunch. Donations for Relay for Life were taken during lunch and the Head Start staff was able to raise \$180.75 from parents and employees. It may have been a scorcher of a day, but they all had a great time.



Redding Rancheria Employees of the Month

Congratulations Julie and Kalene



The Human Resources Department would like to congratulate Julie Roberson as the April 2008 Employee of the Month!

Julie was nominated and received this award for the following reasons:

- She exemplifies consistency, patience and kindness in her interactions with the children and with her coworkers.

- She is unflappable, and adjusts to change with a positive attitude.
- She willingly accepts any assignment, even when others might complain.
- She embraces what is best for the children and always gives her best to the children and our program.

Congratulations Julie!



The Human Resources Department would like to congratulate Kalene Baker as the May 2008 Employee of the Month!

Kalene was nominated and received this award for the following reasons:

- She has an extremely positive attitude

and is very accommodating to change.

- She makes sure all her work is completed on a daily basis.

Congratulations Kalene!

Employee Spotlight

Tim Rodriguez, David Christopherson, JoAnna Turmel, Aria Kraft, and Joe and Christi Ross have formed a new employee group that has started riding together on Fridays. According to Tim, they have been called numerous things such as Rez Riders, Rancheria Road Warriors, Rancheria Rough Riders and the Indian Angels but nothing has officially been picked. To date, this group has taken trips to Shingletown and the Veteran's Memorial Cemetery.

Reminder!

Next All Staff meeting is scheduled for July 23rd, breakfast at 8:30 a.m. and meeting 9-11 a.m.



Congratulations Graduates

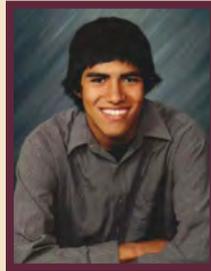


Making a Difference 2008 Graduates

Our community nurtures its youth and prepares them for future Tribal and community leadership with skills for a



Cody Greer
West Valley High School
son of
Stacey & Charlie Carman,
Gary & Tina Greer



Robert Pasillas
Westwood Charter School
son of
Danita & Warren Quinn



Natasha Wright
Modoc Charter School
daughter of
Krystal Schumacher,
John Wright



Yazmine Billy
Parsons Junior High School
daughter of
Lisa Wilson



Kayla Carrillo
Pioneer Middle School
daughter of
Trisha Schumacher,
Joe Carrillo



Sarah Gard
Burney Junior High School
daughter of
Debra & Steve Gard



Noah Hayward
Modoc Charter School
son of
Angie Hayward



Taylor Hayward
Happy Valley Elementary School
daughter of
Gary & Denise Hayward



Ricky Pimentel, Jr.
Sequoia Middle School
son of
Liz & Dave Romero,
Ricky Pimentel, Sr.



Brianne Schlapia
Shasta Lake Middle School
daughter of
Krystal Schumacher,
Steve Schlapia &
Rebecca Linggi



Cultural Department

Cultural Corner With James Hayward, Sr.



What an honor it was for the Cultural Department to finally dedicate the Ishi monument at the Narrows near Black Rock, home of Ishi's Tribe. Floyd Buckskin opened up the ceremony with prayers, song in remembrance of our relative "Ishi." The small group of eleven people honored and sang songs for his spirit and asked for blessings for the monument, to always remember the strength of our people.

Two weeks later, we invited the public and the community to our event, along with representatives from surrounding Tribes. The Forest Service and Conservation Camps, as well as people coming from as far away as Barstow, Ca. were also present for this special viewing of the Ishi monument.

I opened up the Ceremony with prayer and song and honored the Elders that began this journey but had passed on, as well as honoring Walt Williams - Ishi Camp commander that helped tremendously with the frame stone work of the Ishi monument.

What a beautiful monument that will last forever so that we can all enjoy and remember our relative "Ishi."

James Hayward, Sr.



Message From the Environmental Office

Why Protect Yourself and Your Family? Twenty-nine Americans die every day from skin cancer.

Half of all cancers in the US are skin cancers.
One in five Americans will develop

skin cancer during their lifetime.

More than one million new cases of skin cancer will be found in the U.S. this year alone. The number of people with the deadliest form of skin cancer, melanoma, is rising at an alarming rate. In 2005, one in 62 Americans had a lifetime risk of developing the disease—that's 20 times higher than it was in 1930. Skin cancer is preventable. You can take simple steps now to lower your risk.

AN OUNCE OF PRE-VENTION IS

WORTH A POUND OF CURE

SIMPLE SUNSCREEN RULES:
Apply a generous amount (1 ounce or palm-full) of sunscreen to dry skin 20 minutes before going out into the sun. Studies show that most people apply only a quarter to half of the proper amount of sunscreen, which means the actual SPF they have on their bodies is lower than advertised.

Apply broad-spectrum sunscreen rated SPF 15 or higher. Take your time and apply generously and remember areas that are easy to forget, such as your lips, nose,

ears, feet, hands, areas where your scalp is visible, and the back of your neck.

Reapply every 2 hours – more often if you are sweating or swimming. Sunscreen also needs to be reapplied every time you towel off.

Remember to seek shade, especially during peak hours of sun exposure (between 10 and 4); wear UV-blocking lenses, wide-brimmed hats and protective clothing.

Awards & Recognition

The following students have turned in awards and/or their report cards for the 2007-2008 school year:

Academic/Attendance Achievements:

- Gary "Bear" Hayward - Received various sports awards for basketball and soccer
- Justin Sherwood - March Student of the Month
- Kimberly Murphy - Improved tremendously and received the Honor Roll for 2nd trimester.
- Michael K. Hayward - Received a Good Passenger award
- Miranda Edwards - Received a 4.0 for the 3rd quarter.
- Rachelle Pimentel - Received the Honor Roll award for 07-08 school year.
- Taylor Hayward - Received an All Star Citizenship award and various sports awards for softball, volleyball and basketball.
- Tegan Trinity - Received the Governor's Challenge PE award



Shelby Murphy-Harris & Kimberly Murphy participated in the Cottonwood Parade



Albert Montgomery was awarded the State of California Assembly's Scholastic Achievement Award



Shelby Murphy-Harris participated in the Red Bluff Round-up Parade. She also won 1st place in her category for Gymkhana.



Miranda Edwards, who plays for the Anderson Youth Soccer League, was one of the youngest players to pass her refereeing qualifications.

Christmas Card Design Contest!

The Public Relations Department is currently accepting designs for the 2008 Redding Rancheria Tribal Member Christmas Card.

This year's theme is Gingerbread cookie or house.

All submissions are due September 1st, 2008 and need to be sent to the Redding Rancheria PR Department.

Contact Maria Orozco at 530.242.4516 or email her at maria@win-river.com for more information.



Redding Rancheria Health Clinic Updates

The Redding Rancheria Indian Health Clinic is pleased to announce some exciting changes that are taking place at the clinic. We strive to find ways to improve the delivery of health services to our patients. Our staff works as a team to meet all the challenges facing health care needs in a world of rising costs and diminishing funds. We ask for and listen to our patient's ideas and suggestions. We discuss them at committee meetings with input from our staff to find solutions and new creative ways to ensure we are providing excellent patient care.

Setting the standard of care also means acknowledging that we do meet a high standard of health care services. The clinic provides a valuable service to our Native American population and we want our patients to have the security of knowing that we do follow all the

mandated Federal guidelines in providing excellent health care to our patients. This is why we have been preparing for the past two years to become an accredited clinic. The accreditation process is conducted by the Accreditation Association for Ambulatory Health Care (AAAHC) and only those health care facilities that meet the highest standards of health care according to the AAAHC guidelines are accredited.

We also implemented a new patient flow process. Patients are no longer required to be at the clinic 20 minutes prior to their appointment but only 10 minutes prior to their appointment. Patients are no longer required to sign in at the reception desk. They sign in only once at the front medical desk.

After the patient has been seen by the provider they are taken

to check out. If the patient has any changes to address, phone number or insurance, they will be updated at that time. Many of our patients have told us they really appreciate the new patient flow and feel it gets them in and out in a more timely fashion.

The pharmacy has made and is continuing to make changes. They implemented the numbering system at the end of last year. The numbering system has eliminated standing in line waiting to get prescriptions. They have just completed a major reconstruction project and will be adding a second window to help speed up the process of getting your prescription in a more timely fashion. The pharmacy is hoping to have this completed in the next few months.

The clinic staff is celebrating the first year with a new

software program that was implemented last May. This was a major change for our staff and took many weeks of training. The program ensures that all patient files are compliant with the current Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Change is inevitable and continues. This is how we grow and mature as people and as an outstanding health care facility. We appreciate all the patience and support from our patients as they change and grow with us because we care about your health.



New Automated Appointment Confirmation System

The Redding Rancheria Indian Health Clinic is proud to announce the implementation of a new automated appointment confirmation program, HouseCalls.

HouseCalls will call your home phone number and deliver an informative message pertaining to your next appointment. Once the reminder message has been delivered, you will confirm your appointment, cancel the appointment or leave a message for our staff with the use of your telephone keypad.

The system will call patients two days before their appointment between 4 p.m. and 6 p.m.

The clinic decided to implement this system because we feel it is important to provide the

highest level of service for our patients by providing a more efficient way to remind our patients of their appointments. Additionally, HouseCalls will enable our staff to fully concentrate on serving our patients during your visit.

Please save the following attachment. It will list the key pad numbers used to confirm, cancel your appointment or leave a message for our staff.

IMPORTANT NOTICE

We are continually looking for ways to improve our services to our patients. We are excited to announce the implementation of a telephone appointment reminder system (Housecalls) to provide you the courtesy of a timely, efficient reminder of your next scheduled appointment.

Housecalls will call you two days prior to your next appointment to give you the date and time of your scheduled appointment. You will also be able to either confirm or cancel your appointment by using your telephone keypad and pressing the following keys anytime during the message:

- **Press the 1 key** to confirm your appointment
- **Press the 2 key** to cancel your appointment
- **Press the 3 key** to leave a message for our staff

If you are unavailable when the call is made, the system will leave you a brief message providing you have voicemail or an answering machine.



PR SRT STD
U.S. POSTAGE
PAID
Redding, CA
Permit #7



Redding Rancheria Member Spotlight



Phillip Potter shows off his team's Red Heat uniforms that he received funding for through the Redding Rancheria Sponsorship program.

**Congratulations to
Virgil Baker, Jr!**

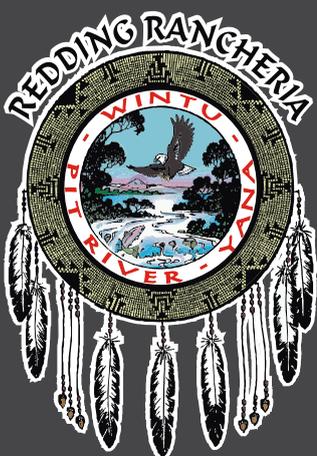
**He bowled a perfect
game of 300! Way to
go Virgil!**



PUBLIC RELATIONS E-NEWSLETTER

2008 DAY AT THE RELAY

On May 31st and June 1st, team members from Redding Rancheria and Win-River Casino participated in the 2008 Relay for Life. Our team walked, played volleyball, served food and dealt blackjack. Way to go team we were first place with a final total of \$21,330



2100 Redding Rancheria Rd.
Redding, CA 96001



PUBLIC RELATIONS E-NEWSLETTER

Employees from the Redding Rancheria and Win-River Casino served beverages during the last night at Marketfest. Being the major sponsor of the evening we were able to serve drinks, exhibit a booth and have a blast.



Bob Shoemaker & Vicki Baggett
Win-River Casino



Jasmine Romero, Rocksann Barba,
Anthony Semore, Chris Orozco and
Craig Wages
Win River Casino



Kris Racy
Win-River Casino



Don Benner
Redding Rancheria



Alex Mack & Talara Burns
Win-River Casino



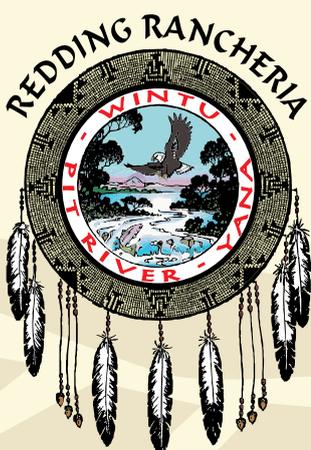
Eric Underwood
Redding Rancheria



Janet Crouse & Rich Mitchell
Win-River Casino



Lawana Hayward
Win-River Casino



2100 Redding Rancheria Rd.
Redding, CA 96001



PUBLIC RELATIONS E-NEWSLETTER

WIN-RIVER CASINO EMPLOYEE APPRECIATION DAY 2008

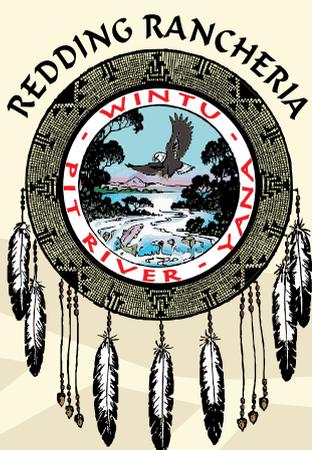
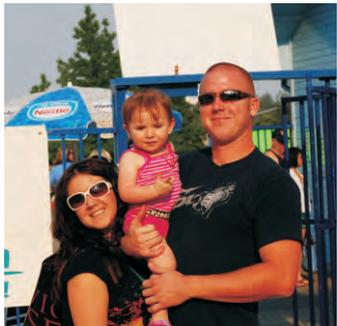


The fun filled day started at Shasta Lanes for bowling and ended at Waterworks Park for slides and dinner.



REDDING RANCHERIA EMPLOYEE APPRECIATION DAY 2008

An evening of fun, family and friends at Waterworks park. The evening included music (DJ Jazzy Josh), water slides, prizes, and dinner for everyone.

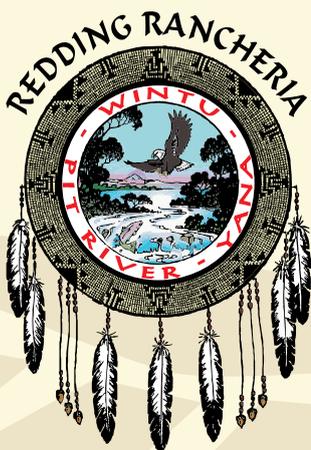


2100 Redding Rancheria Rd.
Redding, CA 96001



PUBLIC RELATIONS E-NEWSLETTER

The Redding Rancheria All Staff held on October 1st was an fun time with lunch, bowling, laughter with Mr. Craig Zablocki and necklace making. A special thanks to the Executive Team and the Human Resources Department for a great day and the chance to visit with other team members. Great job!



Presented to you by:
Maria Orozco
Tacey Watkins
Melodie Honey



2100 Redding Rancheria Rd.
Redding, CA 96001



public relations e-newsletter

The 2008 Stillwater Pow Wow was a great success! Thanks to all of our volunteers who set up, served beverages, cleaned up, and worked the event. We have great employees at the Redding Rancheria and Win-River Casino. We are such a great team!



Presented to you by:
Maria Orozco
Tacey Watkins
Melodie Honey

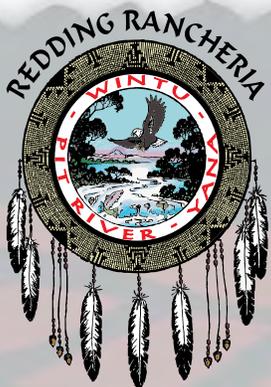


2100 Redding Rancheria Rd.
Redding, CA 96001



PUBLIC RELATIONS E-NEWSLETTER

In October the Redding Rancheria and Win-River Casino held a Health Fair for all employees in the Casino's Eagle Room. Guests included Shasta Regional Medical Center, Delta Dental and more. There were screenings, health and wellness information and healthy snacks (thanks Redding Rancheria Health Clinic). A special thanks to all the staff from both Human Resources Departments for making sure we are healthy.



Brought to you by:
Maria Orozco
Tacey Watkins
Melodie Honey



2100 Redding Rancheria Rd
Redding, CA 96001



PR SRT STD
U.S. POSTAGE
PAID
Redding, CA
Permit #7



Redding Rancheria Year End 2008

Betty Benner will never be forgotten



Betty Parker Benner, born April 11, 1929, passed away November 8, 2008, at home, surrounded by family. She resided in Shasta County her entire life and retired after 25 years from Shasta County Social Services.

Betty was born to James & Bessie Parker and was one of eight children. Her grandmother Neary Snaden was the first person to live on the Redding Rancheria. Betty moved down to the Redding Rancheria from Fall River when she graduated from High School. She would live the rest of her life on the Redding Rancheria.

She is survived by two sons, Leon and Jim Benner, and four daughters, Patty Spaulding, Karen Vasquez, Karla Alonso and Jo-Ann Turmel, fourteen grandchildren, thirty-two great grandchildren and six great-greatgrandchildren.

She traveled by motorcycle all over the United States and Canada. She was very active in the early days of the Redding Rancheria's formation while also serving on the Tribal Council. She enjoyed woodworking, welding, gardening, hunting, fishing and playing Bingo.

She enjoyed life and will always be a well-respected Elder of the Tribe and she will be greatly missed.

The Benner Family



Lisa Wilson, Michelle Hayward and Jeanette McCain volunteered to get arrested for the Muscular Dystrophy Organization. They raised over \$800 for the worthy cause.



The elders received a blanket in appreciation of everything that they do for everyone here at Redding Rancheria. We love our elders!

Ki-Het-Ti-Ma-Tay
Sounds in the wind

Redding Rancheria Community Service Department

I would like to give thanks to the **Community Services Department** Staff for the wonderful job that they did at the Redding Rancheria Community Services Department Christmas Party. For years the department would distribute gift cards to Community families, then we decided that we would change and make it a Family Night; dinner with all the trimmings, Santa Claus and some Christmas songs sang by the Department with anyone who wanted to join in. It was a great night. In addition, each family received one raffle ticket and we raffled off two game systems; one Wii System and one X-Box 360 with Guitar Hero. Every child present received a Wal-Mart gift card. We played Hunter, Bear and Woman. Santa dashed in and the kids sat on his lap and gave him their Christmas wish. We had 181 guests, 91 children and 90 adults. All went well and I am happy to announce that the Hubbard family won the Wii System and the Martin family won the X-Box 360 System. Also a 6 ft. tall Mickey Mouse balloon was donated and won by the Lara family.

Thanks to all! It was a lot of fun!

Happy New Year!!

Lauri Hayward



Redding Rancheria Employee Christmas Party



Member's Conference

This year's conference was held on November 21st & 22nd and featured a wellness and cultural theme. The event kicked off with a dinner on Friday night that included a holiday-themed dinner, raffles and Craig Zablocki as a guest Speaker.

Saturday's event started with a breakfast buffet and numerous activities for youth and adults alike. Some of the wellness activities included diabetes education, acupuncture demonstration, yoga and biofeedback. A few of the cultural activities included a healing circle, necklace beading, basket weaving, a hand game competition, a traditional dance demonstration and a community sweat lead by James Hayward, Senior.

In addition to the adult activities listed above, the kids had a great time too! We also held a mini wellness and cultural conference at Head Start. Some of the day's highlights for the kids included drumming, cultural sharing and a reptile exhibit that consisted of 15 different animals.

Sherry Bates



Gary Hayward, Win-River Casino



Rest Ye, Merry Gentlemen?

There's no rest for the merry this holiday season, but there is a lot progress being made in our expansion efforts at Win-River Casino. While most of the progress has been underground, the most visible, and likely most pertinent to our southern city-limit neighbors, is the extensive reworking of the Canyon/Redding Rancheria Road and Highway 273 intersection.

This work at the intersection is nearly complete, and the new signal lights are up and running. All local residents and regular visitors to the area should take note that the timing of the lights at this intersection has changed, so driving habits may need to be adjusted for safety's sake.

The infrastructure and utility work at the Rancheria entrance itself has included the installation of new utility lines, sewer lines, and storm drains. This complicated utility relocation work has involved multiple utility companies, so the timely coordination of efforts was imperative. PG&E, City of Redding Electric Utility, AT&T, and Charter Communications all spent hours working atop the poles as well as in the trenches, literally, to complete this work.

This work is now extending along Redding Rancheria Road, and at one point, visitors were able to watch construction workers lower a super-sized storm drain access retainer ring as a safety measure to prevent dirt walls from caving in on utility workers. The storm drain, sewer, and electrical work along Redding Rancheria Road are all well on their way toward completion in January 2009.

While the most time consuming work has been underground, the most visible has been the completion of our new permanent parking lot across from the Casino and the secondary access road that runs along the canal on the south side of the Rancheria. This parking lot and access road are now open and operational.

Preparation for the upcoming parking garage alongside the new access road is complete, and the surface aggregate has been spread and leveled in readiness for the foundation work which is expected to commence early next year.

On the north side of the Rancheria, the hillside near the creek has been graded to prepare the site for construction of our 121-room resort hotel. Extensive water drainage measures have been put in place underground on the hillside to prevent any run-off from making its way into Clear Creek. Keeping the creek as a pristine habitat for migrating salmon is of utmost importance to our culture as well as the community as a whole. Work on the hotel structure itself is expected to commence early next year.

As you can see, our holiday season has been busy creating next season's comfort and joy. So to all of our guests, neighbors, and highway travelers, thank you for your continued patience and support as we build our new resort destination.

Gary Hayward



Installation of Storm Drain Access Retainer



Lowering of Storm Drain Access Retainer

November, Native American Month

Throughout the month of November Head Start children participated in Native American Month with the Cultural Department. The children and staff walked down to the community center to see Louis Gustafson and Louise Davis's family share the Traditional Feather Dance. Louis sang traditional songs while Richard, Louis, Ta-She-Na, Awi and Louise danced.

The next week Louise came to the Head Start and shared two traditional stories with us. The first story was about a grandmother squirrel and her granddaughter from the Pit River people. The second story was about the baby eagle. Louise also shared the baby eagle song with us. Later in the month, we participated in a Cultural Sharing and Food Tasting morning. Louis showed the class Pit River and Wintu bows and arrows and showed them the dance bows. He shared with us what it was made of and where you can find the materials. He also showed us some of the feather dance regalia that the boys were wearing the previous week. He talked about why the boys wear it and what it means to wear the feathers. Louise talked with the class about what the girls wear during ceremony. She explained each of the items and the meaning of them. She talked about the shells from the ocean and how her family used to find them and what their uses were for. After all of the sharing we tried some new foods! Louise prepared some Acorn Soup and Sharon Smithart and Carmelita Meigs cooked the Salmon. The kids really enjoyed the dancing, sharing and the new foods.

We are thankful we have the Tribe to encourage us to learn more about the Wintu and Pit River culture. Special Thanks to James Hayward Sr., Cultural Manager for including us in your Cultural planning and to Louise and Louis for all you do for us here at Head Start. You guys go above and beyond and we really love it!

Jayne Stack and Louise Davis



A Cascade Christmas

The Redding Rancheria Executive Team had once again, generously reserved the entire Cascade Theater and arranged for members and employees to attend a performance of "A Cascade Christmas" by the Redding Dance Project at the Cascade Theater on December 1st.

Melodie Honey

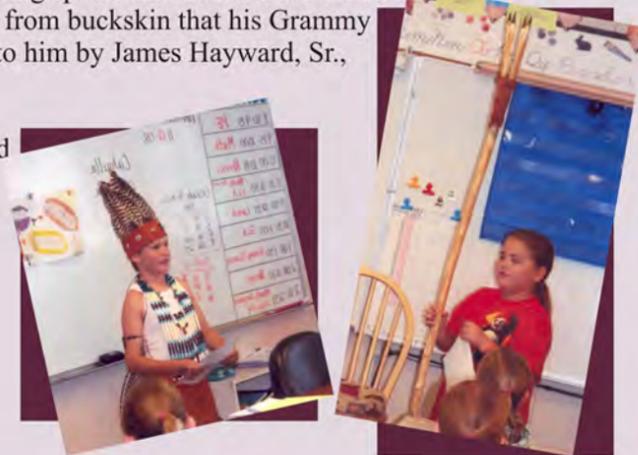


As you know November was Native American month and many of the local area schools have been studying California Indians this month. Dylan Baker and Payton Edwards, both members of the Redding Rancheria, presented their Native American projects to Mrs. Pearce's 4th grade class at Pacheco Elementary School.

Dylan Baker described to the class how he and his father, Virgil Baker Jr., made a fishing spear. They wrapped leather straps around the wood to bind the pieces together. They used a tree in their backyard to make the spear. To sharpen the point they burned it and rubbed it on a rock to make it sharp. Indians would use fishing spears like these to catch fish in creeks and streams. Payton Edwards described how he made his regalia from buckskin that his Grammy had that was her grandfather's buckskin, and used turkey feathers given to him by James Hayward, Sr., our Cultural Manager, to make the headdress and the cape.

Both boys did an excellent job of presenting the projects to their class and answering the many questions from their classmates.

Tracy Edwards



The Redding Rancheria donated \$430,000 to the City of Redding for the South Bonnyview project through the Local Community Benefits Committee. The Indian Gaming Special Distribution Fund Grant Program was created for local government agencies impacted by tribal gaming. Only the County, the Cities and Special Districts (excluding Mosquito Abatement and Cemetery Districts) are eligible to apply. We are proud to play a part in helping our Community grow.

Maria Crozco



Events and Activities

Redding Rancheria Members celebrate the holiday season



Congratulations Michael and Louise!!



Michael Striegel was November's Employee of The Month. He.. Wastes no time

jumping into projects or last minute tasks. He makes sure the job gets done. He gets along great with all employees. Michael has always been a great team player and a hard worker. He not only gets the work done but the quality is great. He is not afraid to take on extra work or tasks and he always has a great attitude. He communicates well with staff and supervisor. Way to go, Michael!



Louise Davis was December's Employee of the Month. Louise is a very valuable person to this organization and

particularly in helping me with the development of the Cultural Department. She has much technical skill and always puts the tribe first. I feel very comfortable in discussing culture and where it should go in the future. I do believe we strike a good balance in the department and I have much more to say but really feel she deserves our appreciation.

Way to go, Louise!

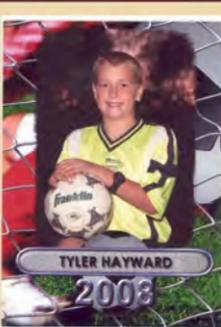
Congratulations to our athletes and new additions



Dakotta Hayward



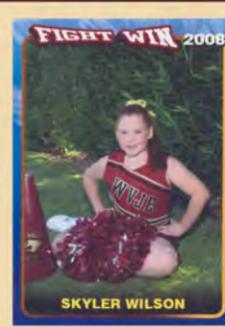
Michael Hayward



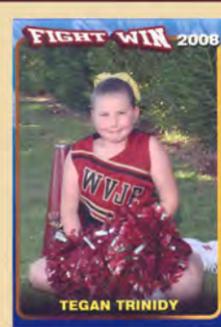
Tyler Hayward



Cody DeRosia



Skyler Wilson



Tegan Trinidad

Riley Isabella Hayward, daughter of Glen and Amy Hayward



Martin Potter Jr. son of Martin Potter



Colby Saechao Son of Ashley Murphy

Taking time to serve the community



The Redding Rancheria Education Department and Tribal Youth Leadership students (ages 11-15) served dinner at the Good News Rescue Mission on November 5, 2008, as part of the Youth Leadership Program-Community Service session. There were 12 youth and 10 adults who attended and made this event a success. The Youth Leadership students really enjoyed taking the time to serve the community and some students have volunteered again at the mission serving food. Some of the responsibilities the youth had to undertake were putting the food on the trays, while others then served the trays to the guests. Everyone worked great together and cannot wait to go back next year.

Mariysa Schumacher

If you have any questions about wanting to volunteer or making a donation please contact Melodie Honey at 530-242-4514 or Melodieh@Redding-Rancheria.com.

