



Public Relations E-Newsletter

Thursday, March 17th, The Redding Rancheria Executive Team dressed up and celebrated St. Patrick's Day with their staff. They delivered necklaces and mint chip ice cream to HeadStart, Clinic and Tribal. It was a lot of fun, everyone was so surprised! It is nice to have such a wonderful place to work.



Brought to you by:
Maria Orozco
Tacey Watkins
Melodie Honey



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Redding, CA
Permit #7



Attention Members



The Public Relations Department is looking for your **photos, announcements, achievements** or any events that you have coming up or has happened in the past. Please let us know, we would like to attend to get photos and put your information in the upcoming newsletters.

If you would like to submit something please contact either Melodie Honey at 530-242-4514 and melodieh@redding-rancheria.com or Maria Orozco at 530-242-4516 or maria.orozco@win-river.com. We would really love to hear from you!!



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

Hestum

Redding Rancheria News

Clinic to be moved



Glen Hayward
Executive Director of
Health Services

Glen Hayward, a member of the Redding Rancheria, has recently become the Executive Director of Health Services of the Redding Rancheria Health Clinic. Previously Glen was working as the VP of Emergency Services at Shasta Regional Medical Center for the last 10 years. He plans to work hands on with patients a couple days a month to build a relationship with their patients and co-workers.

Glen's first goal is to increase efficiency, maintain a high quality care and improve access. The Executive Team of Redding Rancheria gave direction to bring back Dental services and Clinic is planning to meet that goal.

"We will see immediate changes at the current location and over the next several months the customers will see improvements to their access and our services", says Glen. The Redding Rancheria will move its health clinic to a 33,000-square-foot building near Shasta Regional Medical Center that the tribe purchased last month. The Clinic will not be transferring over to the new facility right away due to renovations and updates. With the grants that the Clinic has received they have purchased new equipment to help speed up the wait time for prescriptions.

The clinic employs 60 people and has about 4,000 patients and with the new building there will be room for more employment and patient care.

"We have a strong leadership with lots of exceptional employees who are dedicated to providing excellent patient care and service to the tribe" says Glen. "I am very excited about the new building and ideas, it will bring a lot of new opportunities."



2010 Value Winners



Embracing Change Robert Garcia

The Tribe's guiding value for Embracing Change can be stated as follows: 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. Robert has been in the middle of change since he has started with the Redding Rancheria. Whether our winner is working with the changes of the new EHR program at the clinic, providing support to Tribal Administration and Headstart, or volunteering as a football and basketball coach, he is always approaching challenges with a can do attitude and sense of humor. Creative, innovative, adaptive are what best describes Robert.



Working Together Kalene McDaniels

The Tribe's guiding value for Working Together can be stated as follows: We are actively involved in building a spirit of teamwork and collaboration, within and between departments, functions and workplaces. Because we work together and support each other, we are a smarter and more effective group. Kalene has a big job without taking into account everyone and the many departments that she assists on a daily basis. She takes on additional tasks without complaint. She's a tiny person with an even tinier voice who still manages to get everything done that she has to do and then help others. So you may not hear much from her but she supports her co workers in any way she can. You may not realize that she and her husband have a busy life at home as well with raising their 5 children ages 9 months to 17 years old. She doesn't realize how truly great she is.



Serving Others Ellie Kissick

The Tribe's guiding value for Serving Others can be stated as follows: 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. Ellie has been working for the tribe for 11 years and has shown that Serving Others is honorable, as she comes in with a smile to serve those of the community that are our teachers and we must not forget them. She nourishes them not only with the great cooked and baked meals daily but also with lots of activities that are fun and very festive for them. I cannot express enough how much I enjoy seeing our elders enjoying their activities and the fun that they are blessed with during this time. She herself always looks to serving them first. This is the true integrity of her character. We want to Thank you for your true dedication.



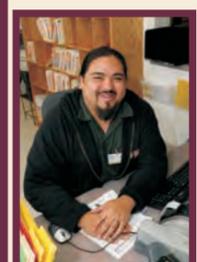
Respecting Differences Amy Brom

The Tribe's guiding value for Respecting Differences can be stated as follows: 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. Amy demonstrates the ability to use diversity to make the clinic and her patients stronger through improved mental health. Her extensive research and understanding of the Native American culture and traditions allows her to assist her patients in the healing process naturally. In the course of her treatments, she uses varied techniques all directed towards Native Americans and their creator, centering their spiritual lives for an enhanced well being. In addition, she goes out of her way to assist employees and departments in increasing their awareness of teamwork and stress relief. Managing the different needs of the employees, the patients, and their families, while showing consideration and respect to everyone as she helps them move forward with their lives, is quite an achievement.



Doing Whats Right Annette Hale

The Tribe's guiding value for Doing What's Right can be stated as follows: 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. Annette goes through life with a caring attitude and a smile on her face. She consistently maintains honesty and integrity when making decisions. The staff that she works with love and respect her. You can always count on things being done because she is a lady of her word. She has become an important asset to the finance department. In addition to her job at the tribe she has a husband of 27 years, 2 sons, 2 daughters and 3 grandchildren.



Balancing life Virgil Baker, Jr.

The Tribe's guiding value for Balancing Life can be stated as follows: 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. Virgil's family comes first and foremost. He deeply loves his 2 sons, Dylan and Devin and his wife Leni. He not only bowls three nights a week, he plays softball two nights a week, while still managing to encourage his kids to participate in sports, too. Even though soccer is now over for the kids, they began to play basketball, along with bowling one night a week, sounds like they are taking after dad. At the clinic, he is loved by our patients who know him by name and he listens carefully to each of their stories with reverence and respect with an ability to make them all feel special. For the employees, his laughter fills the building with joy and everyone finds themselves laughing with him. Intertwining all these activities with his focus on work is truly an accomplishment to be proud of.

Win-River Casino

Win-Fit Challenge

Win-River Casino once again demonstrates it is a forward thinking, family based business that puts relationships ahead of profits by introducing the Win-Fit Programs. The Win-Fit Weight Loss Challenge and Win-Fit Competition were established to help team members find ways to incorporate healthier lifestyle habits into their daily routine.

The Win-Fit Weight Loss Challenge was introduced at All Staff 2010 by Benefits and Risk Manager Patti Blair who shared of her own struggles and success at weight loss. According to Patti, "Win-River recognized the need to encourage healthy living and saw the opportunity to impress upon team members how important it is to create healthy habits."

The Win-Fit Weight Loss Challenge supported weight loss through healthy eating habits and some good natured competition for cash prizes. Team members who participated weighed in and took their "before" pictures that first day, with 94 deciding to take on the challenge.

Win-River didn't leave team members to face this daunting ordeal on their own. Recipes and healthy eating tips were shared with team members as they weighed in each week. Water bottles, DVDs, books, and even a subscription to Healthy Cooking magazine also encouraged team members to stay on track and better themselves.

"I fought it. I knew I needed it, but it was hard," said Vicki Bagget, 2nd place winner of the Win-Fit Weight Loss Challenge. "Food is an addiction, so to have someone there to support you; well I just never thought I'd be where I am today."

The challenge kicked it up a notch with the introduction of the Win-Fit Competition. The first Win-Fit Competition was lead by General Manager Gary Hayward and focused on the importance of exercise as a part of a healthy lifestyle. As many as 25 team members competed and pushed themselves through a grueling mix of squats, burpees, push-ups and more. A timed finale earned five team members generous cash rewards for the most repetitions they could complete through a series of exercises. Following that, the competition continued with the Insanity Workout lead by Alex Mack. The second Win-Fit Competition Finale was held at Enterprise Park. Team members braved the cold and rain to run a 2 mile course which had various work out stations posted along the way. Cash prizes were awarded for the top three times and most repetitions at each station. Team members rallied together to cheer on each other, and with this show of support, all team members who entered the competition were able to complete the entire course.

Overall, Win-River Casino has encouraged over one hundred of its team members to join together to strive for better health, along with improved strength and endurance. The leaders of not only Win-River Casino, but the tribe itself, recognized the need to improve the lives of our team members. This act has reached further than just our immediate team by influencing team member families and improving the quality of their life through better health.

"I want to thank the casino for providing us with this opportunity. I have struggled with my weight all my life," said Jasmine Romero, long time team member and 1st place winner in the Win-Fit Weight Loss Challenge. "You have to be ready to lose weight and from day one of this challenge I said I was going to win this. There were challenges, but I took it meal by meal. Tribal Council, and everyone else who approves these programs, I want them to know what it has meant to me. They didn't just focus on weight-loss; they focused on building our strength through exercise, and inspired team members to live a healthier life."

Moving forward into 2011, the Win-Fit programs will continue to focus on improving not only the health of our team members, but encouraging healthy habits that will promote success through positive change. This year the Win-Fit Weight Loss Challenge is broken into three phases which will allow team members more chances to participate, and of course win. The Win-Fit Competition will once again offer a competitive physical challenge for all levels of fitness. Also available this year is the free gym membership for all Win-River Casino team members at Everyday Fitness. Spinning, free weights, EFX, Pilates and more give team members the chance to get up and get moving. For more information on any of these events or programs please see the Win-River Casino Human Resources team. We look forward to helping you improve your health.



Vicki Bagget Jasmine Romero Alex Mack



Enrollment



Diane Coe
Redding Rancheria
HeadStart and
Childcare Program
Manager

April 30th is the first deadline for Head Start applications for next fall! The Redding Rancheria offers a part-day Native American Head Start program to eligible children in our Children's Center at 1950 Redding Rancheria Road. The school year starts the day after Labor Day and follows the public school calendar. The program runs from 8:15 – 12:15 five days a week, with a full day child care option. Limited transportation by school bus is available. Children must be three years old by December 2nd; four year olds have priority over three year olds. There is no fee for the Head Start program. The applications are reviewed and scored, with vacancies going to those with the highest score.

FULL DAY CHILD CARE NEW THIS FALL!

A full day Child Care program will be offered this fall to those families who are working or going to school! The Redding Rancheria Child Care program is due to open August 15th (tentative) from 7:30AM – 5:30 PM daily. Sliding scale fees are available for those who qualify, and limited private pay slots will also be available. Preschool children ages 3-5 will be enrolled and the curriculum, teacher qualifications, and class size will follow that of our Head Start classrooms.

Parents may apply for both of our Head Start and Child Care programs by completing the online form at our website: www.redding-rancheria.com. Or by calling either the tribal office 225-8979 or the Head Start office 225-8925.

For more information, or to visit the preschool, please call Diane Coe, Program Manager at 225-8925.

Diane Coe



Brianne Schlapia



Brianne Schlapia, a Redding Rancheria Tribal Youth, is a Junior at Central Valley High School. She is a guard for the Central Valley Falcons Basketball team. She is a wonderful student with a 3.0 GPA. Not only is Brianne and great student she is an Academic Tudor for younger students. Over the summer she helped coach 6th graders from Shasta Lake Middle School for a 6-4 season. Brianne likes to keep involved with the tribe. She worked in the Education Department over the summer and loves to attend the programs and activities that the Education Department puts on throughout the year. Brianne was one of the two

team members that recently received an "All Tourny Award".

Her love for basketball is very intriguing, she plays all year long on top of all of the other hobbies she participates in. Since she was 6 years old she has always loved to be outdoors riding quads and dirt bikes. After Brianne graduates she plans to move to Chico to become a Kindergarten Teacher.



Skyler Wilson



Skyler Wilson, a Redding Rancheria Tribal Youth, is a Cheerleader for Happy Valley Elementary School. She has cheerlead for 5 years now and continues to Cheerlead when she starts high school. She is in the 8th grade and is carrying a 3.0 GPA. Not only does Skyler love to do cheerleading she also loves to play softball, which she is playing softball this season.

Her favorite subject in school is Math Skyler is a very busy young lady, with 2 sisters and 1 brother and making time do to what she loves, spending time hanging out and shopping with her friends. Skyler also volunteers at our very own Stillwater Pow Wow.



Team Member of the Year



Team Member of the year Steven Frese with General Manager Gary Hayward

Steven Frese is our Team Member of the Year for 2010. Steve is consistent, hard working and a professional Security Guard. He possesses a steadfast work ethic, which enables him to support his fellow team members in all capacities and without hesitation. Any assignments or special instruction given to him are accepted and completed with great enthusiasm and without error. His supportive and positive attitude is a boost to departmental morale and efficiency. Steve consistently goes above and beyond expectations in the area of customer service. He is proactive in learning the needs of our guests, offering support and service without request. Steve continuously identifies areas of improvement and development, allowing the departmental guest FIRST standards to evolve and adapt to meet the needs of our guests. His performance brings great credit upon himself and the Security Division.

Win-River casino is proud of all of our employees that received Team Member of the Month! Great job everyone we appreciate your contribution to our mission statement. "Win-River Casino provides premier gaming and entertainment with the highest level of customer service for our guests, employees and tribal members."

Team Members of the month



Rez Rocks 2



Saturday, February 19th, Rez Rocks 2 was held at the Win-River Casino Events Center. It was a success! There were over 600 people that attended and over \$2000 raised for the Stillwater Pow Wow.

Through the night there were 12 different bands that played and competed for a first place prize of \$500 second place took home \$250 and third took home \$150.

There were lots of volunteers that helped out Jack Potter Jr. helped judge, even our very own Tribal Youth Cody DeRosia, Justin Sherwood and Nick Edwards came out.

This event just keeps growing and growing! If you have any questions or would like to participate please contact Rob Krikorian at 227-1059.



Redding Rancheria's

STILWATER

New Date, New Location!

Save the Date

Oct. 7-9, 2011
Win-River Casino

POW wow 11

Exercise doesn't have to be hard to be effective

As one of the simplest exercises, walking requires no equipment aside from a good, supportive pair of walking shoes. The recommended 30 minutes can be broken up into two, 15-minute sessions or even three, 10-minute sessions, making it easy to weave into a busy lifestyle. Weight loss isn't the only benefit of a walking program. Regular walking helps lower cholesterol, reduces the risk of type 2 diabetes, increases bone strength, and improves circulation. Remember, just a few extra steps each day is a simple and easy way to take an active role in maintaining a significantly healthier life.

Let's start your walking program:

Establish your baseline, if you've been sedentary, start walking three times a week at a stroll for 20 minutes. Work your way up to five times a week, 30 minutes per session, for a total of 2.5 to 3 hours per week. Choose distance and time. Some walkers focus on distance, others target time. Ultimately, it's about speed, if you can walk five miles but it takes you five hours to do it, it's not a fit level of work. So use distance and time, as well as heart rate.

Check the intensity. Exercising at a particular heart rate percentage enables you to gauge the difficulty of your workout. Sometimes this can be difficult because we have to remember that the traditional heart rate formula standards do not fit everyone.

So let's keep it simple and follow this rule; use the "talk test" to gauge your exercise intensity. If you can string together six to eight words or chat briefly, you're in your aerobic zone, but if you find yourself gasping for air, lower the intensity. If you can say several phrases with one breathe, you may not be working out hard enough.

Great places locally to walk;
 Sacramento River Trail www.sacramentoriver.org
 Sundial Bridge www.turtlebay.org
 Anderson River Park www.ci.anderson.ca.us

Get your annual physicals, watch what you eat and add some exercise and you will be well on your way to feeling better. We are here to help you succeed and feel better.



Glen Hayward RN, BSN
 Executive Director of Health Services
 Redding Rancheria Indian Health



Services offered



Joe Ross
 Substance Abuse
 Counselor

Good day, may this newsletter find you in good health and spirits. Soon spring will be here. Spring is a good time to welcome renewal. Springtime is a good time to make commitments towards being a better person or living a better life. The Redding Rancheria Substance abuse department welcomes those who may choose to live life free of drugs and alcohol. Here is a flyer describing just a few of the things that we offer the Native community.

The Redding Rancheria is committed to providing quality care for Native Americans that suffer from alcohol and drug dependency. Our staff is dedicated to recovery that is social model and traditional health based. We also offer Red Road meetings that are culturally sensitive and open to all those who want to join.

Services Provided:

- | | |
|-------------------------------|----------------------------------|
| Outpatient Treatment | Meetings |
| Referral to Inpatient Centers | 12 Step Support |
| Personal Counseling | Alcohol and drug education class |

If you have any question please contact myself at 225-8979 ext1133.

Redding Rancheria Community Services Department is readily available to serve its community and its members. We continue to provide these services with increasing our programs to meet the community's needs. Redding Rancheria serves the Native American Population which is Trinity County and 2/3 of Shasta County meeting the eligibility and requirements of its programs.

- Lauri Hayward Community Services Director
- Trisha Baker Community Services Administrative Secretary. Intake worker for clients seeking assistance with LIHEAP, Sharing Fund, BIA
- Radley Davis Children & Family Services Manager Provides services to Redding Rancheria tribal members
- Judy Fernandez Children & Family Services Case Worker Redding Rancheria tribal member advocate and caseworker
- Joe Ross Substance Abuse Counselor, Provides individual counseling, relapse prevention, 12 Step Red Road Study, Red Road Meetings, referrals for residential inpatient treatment, outpatient treatment program,
- Christopher Baker Housing Clerk. Program provides housing assistance to enrolled federally recognized tribal members that qualify under the NAHASDA program guidelines and meet the eligibility criteria
- Ellie Kissick Senior Nutrition/Caregiver Part C Program. Providing congregate meals to elders on site with activities such as bingo, music and healthy exercises for them to participate in and enjoy while here
- Carmelita Meigs Transporter Picks up elders and transports them to the Rancheria Senior Nutrition Center for lunch and activities and then takes them home



If you have any questions or would like to apply for any of our programs please contact myself at 225-8979 ext. 1138
 All My Relations

Lauri Hayward

Employee of the Month



January

Wayde "Manny" McCloud

Manny is a great asset to the Redding Rancheria. He has worked as a Custodian for the last 2 1/2 years. No matter what mood Manny is in he will show up to work with a smile on his face and a very positive attitude. He works very well with others and is always willing to assist any co-worker. Manny's work is always excellent and put in 110%. Great job Manny! Keep up the great work!



February

Gina Hubbard

Gina is a very hard worker, is very dedicated and has a very positive attitude. She went above and beyond during the insurance switch earlier this year and it was greatly appreciated and noticed by everyone you came in contact with. We greatly appreciate all that she does!

Member's Upcoming Birthdays

March

Michael Hayward Sr. 3/2	Suntana Potter 3/24
Scott Bailey 3/3	Wyatt Fischbach 3/26
Ricardo Dominguez 3/5	Melanie Benner 3/27
Skyler Wilson 3/7	Shyenne Benner 3/27
Tegan Trinity 3/10	Tocoo Potter 3/27
Patrick Shepherd 3/12	Hope Wilkes 3/27
Veronica Shepherd 3/12	Zane Hand 3/29
Giovanni Bellotti 3/13	Tyler McCain 3/29
Jordayn Pimentel 3/15	Litoshna Wilson 3/30
Mario Pizano Jr. 3/15	Shawnell Hayward 3/31
Robin Bailey-Boyle 3/22	
Jason Hayward Sr. 3/22	
Melvin Brummett-Murphy 3/23	
Alana Hart 3/23	
Tony Hayward Jr. 3/23	

April

Ivan Fischbach 4/1	Scott Hayward 4/23
Tyler Hayward 4/1	Shaelyn Pizano 4/23
Warren J. Sorahan 4/1	Jeremiah Wilkes 4/23
Malia Hayward 4/2	Logan Brantley 4/24
Cody Murphy 4/2	Taylor Hayward 4/25
April Rymel 4/2	Olivia Pizano 4/26
Sara Hayward 4/6	Hailee Rehnblom 4/26
Devin Baker 4/8	Jason Wilkes 4/26
Talen Maynard 4/11	Gary Hayward Jr. 4/27
Trevallion Potter 4/14	Ricky Pimentel Jr. 4/27
Antony Therford Jr. 4/16	Chelsea Hayward 4/28
William Bailey 4/19	James Benner 4/29
Virgil Baker Jr. 4/19	Steven Hayward Sr. 4/29
Brian McCain 4/20	Brianne Schlapia 4/29
Anthony Schumacher 4/22	

Are your kids ready for Kindergarten?

Have you registered your child for Kindergarten?? Most public schools are busy enrolling kindergarten students for next fall, and I encourage parents to not delay! In fact, you may not know that kindergarten is not mandated in California...so if your school's classrooms fill up, you may not be able to attend at your local school.

Here's some basic building blocks that you can do at home to help your child be ready for kindergarten. (excerpted from "Countdown to Kindergarten, A Parents' Guide to Starting Kindergarten" from Shasta First 5.

4 Basic Building Blocks of Kindergarten Readiness Motor Skills

- Uses small objects
- Has general coordination
- Performs basic self-help, self-care tasks

Self-Regulation

- Pays attention
- Controls impulses
- Follows directions
- Plays cooperatively
- Handles frustrations well

Social Expression

- Relates well to other adults
- Is curious and eager to learn
- Expresses needs and wants
- Expresses empathy for others

Academics

- Recognizes letters, shapes and colors
- Counts 10 objects
- Writes own first name (upper and lower case)
- Recognizes rhyming words

HeadStart 500 Box Car Race

The Head Start "500" Boxcar Races were held on Friday, February 18th in the Win River Event Center. This is an event that we hope promotes Fatherhood Involvement by giving the family a project to work on at home, in this case its building a cardboard box car. We had many different kinds of boxcars this year; trucks, vans, busses, a boat and our very first cardboard motorcycle from Chance Hayward.

Many thanks to Joe Ross and Eric Underwood for hosting our event, Randy (last name?) for providing us with the "race" music and lastly Win River Casino for allowing us to use their facility yearly for this event. The parents put a lot of work into these boxcars and it's great that we have such supportive people to help out!

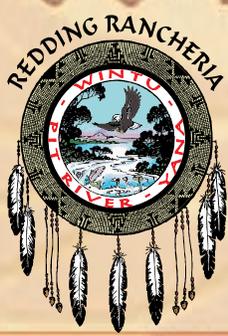
Jayme Stack





Public Relations E-Newsletter

The Redding Rancheria Headstart 500 was again such a success. The Annual Event was held at Win-River Casino's Event Center and the Hall was packed. The racers were ready with their equipment (glasses, water & shoes). Each Racer had such a unique car decorated by their household. Thank you to Joe Ross & Eric Underwood for being the emcees. Jason Hart and Rob Krikorian kicked off the race with an entertaining race. Great job Headstart Staff!



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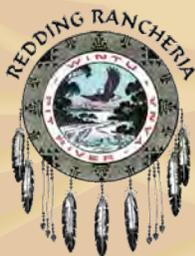


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Redding Rancheria E-Newsletter

On April 22nd the Redding Rancheria's EPA Department hosted an Earth Day in front of Win-River Casino. A variety of Vendors came out to show their support to introduce money saving gadgets, ways to conserve energy ideas & a live remote from Red Rocks 103.1. Thank you to the folks who helped out at the Win-River & Redding Rancheria Booths. Great job EPA & Public Works. Can't wait till next year.





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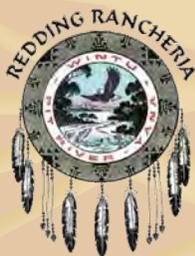
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Redding Rancheria E-Newsletter

On April 7th the Redding Rancheria's Cultural Resource Department hosted the kids from the Redding Rancheria Headstart for a field trip to the Dancing Circle and Sweat Lodge. James Hayward, Sr. and Louise Davis informed the kids of the traditions and history of the Native American Culture. James also helped the kids learn how to use the spear. The kids and parents all had a great time! Great job James and Louise!





Redding Rancheria E-Newsletter

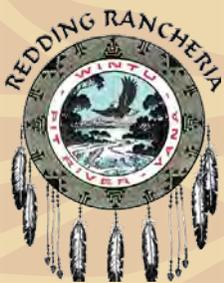
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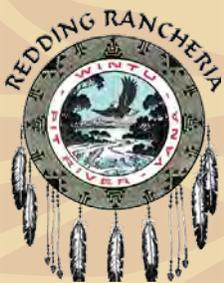
Friday, May 20th, The HeadStart kids showed off their rodeo skills at the Stickhorse Parade and races. Thank you to everyone who came out to support the kids during rodeo week. They are always so excited to see their fans in the crowd. The kids and parents put a lot of time into making their special horse and it's always wonderful to see the parents so involved. Great job to the HeadStart Staff for another great event.





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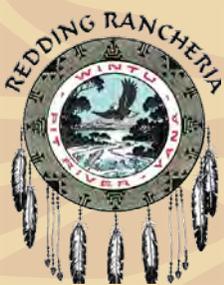
Friday, May 20th, The HeadStart kids showed off their rodeo skills at the Stickhorse Parade and races. Thank you to everyone who came out to support the kids during rodeo week. They are always so excited to see their fans in the crowd. The kids and parents put a lot of time into making their special horse and it's always wonderful to see the parents so involved. Great job to the HeadStart Staff for another great event.





Public Relations E-Newsletter

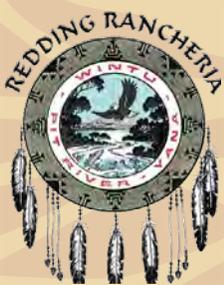
The Human Resources Department held its Annual Pancake Breakfast where the proceeds went to the Relay for Life. They raised over \$1600 with their delicious pancakes and raffle. Thank you to everyone who came out to participate and eat those yummy pancakes. We look forward to next year.





Public Relations E-Newsletter

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Attention:

Redding Rancheria's

STILWATER

**New Date,
New Location!**

Save the Date

Oct. 7-9, 2011
Win-River Casino
Lower Parking Lot

POW wow 11



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

Hestum

Redding Rancheria News

Council meets with Larry EchoHawk

On April 27, 2011, Larry Echo Hawk, the Assistant Secretary-Indian Affairs U.S. Department of the Interior visited the Redding Rancheria Tribal Council and Executive staff. The Tribal Council had previously invited Assistant Secretary Echo Hawk to personally visit the Redding Rancheria so that he could become familiar with our Tribe including the uniqueness of our small land base. The Assistant Secretary was on the West Coast visiting California tribes. He had held a meeting at Blue Lake Rancheria the day prior to arriving in Redding where he met with several different tribes. The Redding Rancheria was fortunate that he came to visit our Tribe and our Tribal Council was able to talk with him about the history of the Redding Rancheria as well as some of the priorities of our Tribe which included issues such as a lack of funding for tribal courts and law enforcement for California Tribes and the complex process and lack of resources to aid tribes in putting their lands back into trust. After the meeting with the Tribal Council, several Tribal Council members joined Mr. Echo Hawk on a tour of all of the Tribal properties and businesses. Our Tribal lobbyist, Holly Macarro, attended the meeting as well as outside legal counsel, Sara Setshwaelo-Dutschke. Traveling with Mr. Echo Hawk were Brian Newland and Burton Warrington, Policy Advisors to the Deputy Assistant Secretary, as well as Principal Deputy Assistant Secretary of Indian Affairs Del Laverdure, and Amy Dutschke, Regional Director of the BIA's Pacific Regional Office.

Larry is an attorney and legal scholar. On May 20, 2009, Echohawk joined the administration of U.S. President Barack Obama as the head of the United States Bureau of Indian Affairs. He served as Attorney General of Idaho from 1991 to 1995, the first Native American elected to a constitutional statewide office. Larry is also admitted to the bar in Idaho, Utah and California. He is a member of the Pawnee tribe. John, Larry's brother, is the head of the Native American Rights Fund and member of Obama presidential transition team.



Giving Back

Walk A Mile in Her Shoes

On Saturday, April 9th all Entities of the Redding Rancheria got together for the Shasta Women's Refuge, "Walk A Mile In Her Shoes Event". The Team participated with over 130 walkers/runners and helped raise over \$28,000. Our Redding Rancheria Team included a representative from all Entities of the Tribe. All 13 walkers were equipped with shoes, socks & logo'd shirts. They looked amazing and we are so proud of them for getting the Honor of Raising the most monies as a Team. Way to Go Redding Rancheria!



Redding Rancheria

Celebrates Earth Day



This year's Earth Day was a success we had 35 vendors doubling last years 14 and approximately 300 patrons visited the event. Our motto for the tribe is "Proud To Play a Part" and this is what we did. A combined effort between the Environmental Department, Public Relations Department, and the help from the staff from Win-River the event went off without any problems. I would personally like to thank the Tribes new Water Technician Paul Taylor for the help and dedication he had in the organization of the event.

Climate is changing and we as people of the land need to play our part as individuals by doing things a little different.

Going green is a hard thing to do because of cost, but simple things like recycling, turning off the lights when not in use, and conserving water not only help the environment but will help your wallet as well.

Don Hayward



Redding Rancheria Health Clinic

Redding Rancheria

Contract Health Services

Contract Health Services (CHS) covers specialty care for patients outside of the Redding Rancheria Indian Health Clinic (RRIHC) for certain services. Patients must be a registered, active patient of the clinic to be eligible for these services. You must be a California Indian and you must have an available alternate resource, like Medi-cal, Medicare, or a third party carrier like Blue Cross. Lastly, you must live within the federally designated clinic service area.

Eligible services must be deemed urgent or emergent to address a life-threatening problem or to prevent permanent disability. Patients must obtain a referral from their provider, requesting the services prior to receiving the services. A referral does not constitute a guarantee of payment by the CHS department. Bills must be submitted no later than six months from the date of service. The patient's alternate resource must be billed first as primary insurance. CHS has limited funds each year and is not insurance, but a benefit received by your Native American status as the payer of last resort.

The CHS staff processed 4,832 claims during 2010. The clinic's two staff members are here to assist patients when they have questions. Remember if CHS denies payment for specialty care or an emergency visit, the patient is responsible for payment. We advise patients to ask before receiving services to ensure patients understand their financial responsibility.

You can contact the CHS department by calling the clinic on the main line at (530) 224-2700, then asking for CHS.



Anita Barnett and Greta Rodriguez
Contract Health Services Department

May-Mental Health Month



Amy Brom
Behavioral Health Director

Did you know that everyone has mental health? During the month of May each year we turn our attention to raising awareness in the general public of what makes for good mental health and of recognizing the problems of poor mental health. There are preventative practices that make for good mental health, such as relaxation and stress management techniques; and restorative practices that improve poor mental health, such as counseling and changing our behaviors. Our staff in the Behavioral Health Department teach these everyday to our customers. On Monday, May 23rd, we participated in the "Minds Matter" Mental Health Resource Fair sponsored by Shasta County Health and Human Services, to promote relaxation and stress management. The fair was held at the Redding Library, 1100 Parkview Ave. from 11:00 am to 5:30 pm. There was food, information booths and speakers on various mental health topics throughout the day.

The Behavioral Health Department is also expanding our services to customers by becoming a training site for local graduate students in psychology, social work, or marriage and family therapy. These therapists-in-training are either in the last year of their degree programs, or have graduated with their Master's degrees and are training for licensors. Trainees have been providing services to HeadStart children and families at the Rancheria for the past two years, and recently began providing counseling at the clinic. Training students is a win-win, benefitting our customers, our department staff, and our community.

Amy Brom



Behavioral Health Department

Senior Nutrition



Ellie Kissick
Caregiver Program
Manager

A great lunch isn't the only thing served at Sr. Nutrition. Information on services available to elders in the community, arts and crafts, music, exercise, nutrition education, bingo and socializing among neighbors and relatives is waiting for those wishing to participate.

We have offered basket weaving, talking stick making, rock art, sign language, beading and of course bingo for pre-lunch activities. Ideas for classes or games are always welcome. Live music to celebrate birthdays is offered once a month.

We are grant funded through the Department of Health and Human Services and stretching the budget is possible by utilizing the dedication of several elder volunteers that help with the program. Serving meals, washing dishes, calling bingo or teaching a craft are some of the ways the elders contribute to the program.

If you are Native American, 55 years or older (50 if you are a Redding Rancheria Tribal Member) you are eligible for a free meal on Tuesday, Thursday and Friday (Monday, Tuesday and Thursday during the summer) in the Community Center. Spouses of elders regardless of heritage are also eligible. Doors open at 10am for activities and lunch is served from 11:30am-12:00pm.

RREDCO Welcomes Golf Course Manager



Jeremy Dunkason
Golf Course Manager

The Redding Rancheria welcomes Mr. Jeremy Dunkason, the newly hired Golf Course Manager and Golf Professional, to the River Tasalmi Golf Course. He has been in the golf business since he was 15 years old. He started out as a caddy at the El Caballero Country Club, then moved and worked for 15 years at the Mission Viejo Country Club as their Golf Professional. He has worked as a Golf Professional at the Mt. Shasta Golf Resort, Tierra Oaks and Eagle Point.

Jeremy was born and raised in England till the age of nine and then moved to the United States. He doesn't only play golf. He loves all sports especially soccer. He has won over 8 different golf tournaments, including one in the PGA Players Division in 1984.

"I am very excited about my new position. There is a lot of potential here at the River Tasalmi and I am developing good relationships with the customers and staff. Everyone has been so welcoming and helpful. I am really enjoying the challenge."

To make a tee time, host a golf tournament or get a golf lesson please call 530-246-9077.

Redding Rancheria HeadStart

Takes a field trip of Culture

On April 7th the Redding Rancheria's Cultural Resource Department hosted the kids from the Redding Rancheria Headstart for a field trip to the Dancing Circle and Sweat Lodge. James Hayward, Sr. and Louise Davis informed the kids of the traditions and history of the Native American Culture. James also helped the kids learn how to use the spear. The kids and parents all had a great time! Great job James and Louise!



Celebration

Clinic Celebrates 20 Year Anniversary

On April 20th The Redding Rancheria Indian Health Clinic celebrated its 20 Year Anniversary at the Churn Creek Location. The Celebration was attended by Dignitaries from Shasta County, The City of Redding, The City of Anderson, The City of Shasta Lake and the Greater Redding Chamber of Commerce Board of Directors. At the Celebration the plans for the new Clinic were displayed and the Redding Rancheria is excited for the Grand Opening Celebration. Congratulations to the Redding Rancheria Indian Health Clinic we look forward to many more years of excellent healthcare.



Redding Rancheria Community Fund

RRCF Dinner another success

The Redding Rancheria Community Fund Dinner was held on March 5, 2011. This year the Event was themed, "Decades", The 50's through the eighties. Over 400 attended the Event for dinner, awards presentation and Entertainment by The Keyhole Mystery Theatre. The Mystery Entertainment was a total surprise to everyone and the group who performed the YMCA stole the show. Thank you so much to you Gentleman who performed. The crowd loved it and was the talk of the Event. This year the 2011 RRCF Award Recipient was the Anderson Veterans Walk of Honor Park. They received the check for \$10,000 and a Resolution from the Redding Rancheria Tribal Council. The Event raised approximately \$42,000. 49 Organizations received funding in 2010 with a total of more than \$184,000. Since the inception of the fund in 2002 it has donated more than \$1.7 million dollars back to our Community.



Recognition

Employee of the Month



March
Erin Reed

Erin is a Medical Assistant for the Redding Rancheria Health Clinic. She is very hardworking and efficient. Erin is always willing to help whenever she sees the need. Her attitude is always happy and pleasant with employees and customers. Erin is an all around great person and great employee. We greatly appreciate all that she does!



April
Gennie Pacheco

Gennie is a Health Clinic Biller for the Redding Rancheria Health Clinic. She has always gone above and beyond to serve others. Gennie volunteers a lot of her time to help others in the community. She is always willing to help fellow employees and always has a smile on her face. Gennie exemplifies the Redding Rancheria value of serving others at work and in our community.

Member's Upcoming Birthdays

May

Dana Cox 5/1	Ginger Murphy 5/19
Robert Pasillas 5/1	Reyna Potter 5/20
Caroline Bailey 5/2	Tyler Edwards 5/21
Britney DeRosia 5/2	Cody Greer 5/21
Melvin Hursey III 5/2	Dani Hayward 5/22
Morgan Maynard 5/3	Skyler Hayward 5/24
Karen Hart 5/5	Tony Hayward Sr. 5/26
Michael Swan 5/5	Alberto Valdivia-
Nicholas Edwards 5/8	Rodriguez 5/27
Kiana Benner 5/10	Ezra McCain 5/28
Laine Hayward 5/11	Joanna Rehnblom 5/28
Shaina Benner 5/14	Kimberly Murphy 5/29
Breann Sanchez 5/14	Angelia Potter 5/29
Krystal Schumacher 5/14	John Averette 5/30
Jessica Harvey 5/16	Raelyn Souza 5/30
Samuel Carrillo 5/19	Destiny Schlapia 5/31

June

Amanda Cossairt 6/2	Jarred Wright 6/26
Madison Hart 6/5	Karen Vasquez 6/27
Phil Potter Jr. 6/6	Yazmine Billy 6/28
River Webb 6/6	Jasmine Phillips 6/28
Keenan Sorahan 6/8	Natasha Wright 6/28
Hunter Hayward 6/10	Elizabeth Baker-Romero 6/29
Tara Harvey 6/11	Maria L. Valdivia-
Ryder Johnson 6/12	Rodriguez 6/29
Katrina Wolfin 6/13	Maria R Rodriguez 6/30
Jo Turmel 6/14	
Jason Hart 6/16	
Kaleb Hayward 6/16	
Daniel Sherwood 6/16	
Ethan Schumacher 6/21	
Iva Hart 6/22	
Jessica Wilson 6/23	

Community Services

What is Redding Rancheria Family & Children Services



Radley Davis
Family & Children Services Manager

Family & Children Services (FCS) is a tribal program designed to protect tribal children while helping their parents become better care providers. FCS arranges, provides, and coordinates the delivery of services to ensure child safety, promote well-being, and keep families together whenever possible. FCS intervention is warranted when a Redding Rancheria Tribal Child is abused or neglected or at risk of significant harm because of willful acts, intent to act, or omissions by the person responsible for the child's health, safety, or welfare. The investigation sets the stage for direct involvement with the family, problem identification, service delivery, and the development of a helping relationship to begin addressing and solving issues.

Section 4 (Investigation, Removal, and Notice) of the Redding Rancheria's Children's Code mandates that the FCS investigate alleged abuse or neglect to have occurred to an Indian child on the Redding Rancheria or to the child of a Redding Rancheria Tribal Member anywhere shall be investigated. FCS investigates or assesses allegations of abuse or neglect in which the perpetrator is identified as:

- (1) a parent, whether custodial or noncustodial;
- (2) a legal guardian or custodian;
- (3) an adult residing in the home of the child, including an adult who is cohabitating with the child's parent; or
- (4) a person other than a person responsible for child (PRFC) only to the extent necessary to determine whether harm to the child reflects a PRFC's unwillingness or inability to protect the child.

What happens if the report is untrue (unfounded)? If no abuse and/or neglect are found, then the case is closed with FCS. If you want help with other problems, you will be referred to another service.

What happens if the report is true (founded)? If, based on the investigation, it is decided that abuse and/or neglect of your children has occurred, or that your children are at risk of future harm, then your family will be given a Tribal Case Worker to help you solve the problems that place your children at risk or harm.

Are children always removed? The FCS Case Worker and FCS Program Manager must make a decision about safety of your children. If there is a threat of immediate danger or problems that are too serious to solve with the children at home, the Case Worker can take the children into custody to have them stay in an emergency family/native shelter home. If the Case Worker removes your child there will be a Tribal Court Hearing. You have the right to have your lawyer at all court hearings and you should tell the judge why you think your children should not have been removed from you. Your children will have their own Tribal Legal Representative at all hearings.

The Family & Children Services does not want to remove children from their parents, and will try to keep them with you whenever that is possible. If your children do have to live elsewhere for a while, you will be told of the reasons why and what you must do to get them back. FCS can be reached at 530-242-4525.

Radley Davis



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Redding, CA
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Attention:

Redding Rancheria's

STILWATER

**New Date,
New Location!**

Save the Date

Oct. 7-9, 2011
Win-River Casino
Lower Parking Lot

POW wow 11



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

Hestum

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

Redding Rancheria News

Sharon Bailey



Sharon Bailey was a respected elder in our community and was born on July 16th, 1942 and entered into another world on June 30th, 2011 to be with her son Tim Courtney. She was born to parents Ruel Hayward, Sr., a Nor Rel Muk Wintu from Hayfork, California and Carole Gemmill Hayward, a Madesi from the Pit River Tribe and Yana from Big Bend, California. Sharon spent her youth here on



Clear Creek with her five brothers and three sisters; Art Hayward, Irene Gimmel, Barbara Murphy, Glen Hayward Sr., Ruel Hayward Jr., Ramona Schumacher, John Hayward and James Hayward Sr., riding horses to pasture and later joined the Shasta County's Junior Sheriff Posse which kept her grounded in the community.

She moved to Canada in 1967, where she worked for the Indian Friendship House in Quesnel B.C., Canada. Sharon then became a Native Courtworker in Vancouver B.C. helping all Native Peoples.

Sharon moved back home to the Redding Rancheria in 1989 and worked for ten years for the Tribe as the Director of Planning and Grants. She also worked with the "Brown Bag Committee" to help stuff brown paper grocery bags for Elders every month. Sharon later worked for Win-River Casino as a Table Games Manager where she then retired in 2001 giving her time to relax, travel and spend time with her grandchildren in Hayden, Idaho.

Sharon is survived by three children; Robin Bailey-Boyle, Will and Scott Bailey and five grandchildren. She enjoyed life and will always be a well-respected Elder of the Tribe. She will be greatly missed.



Win-River Casino

Hosts Anderson and Redding Greeters

Win-River Casino Celebrated its 18 Year Anniversary hosting Greeters from the Anderson & Redding Chamber of Commerce. The Anderson Greeters was held in the Eagle Room and it was filled with Dignitaries, Community Partners and plenty of Friends. The Redding Greeters was held in the Event Center and was also full of Community Partners and Friends. Both Events were greeted by our Gauntlet (Win-River Managers meeting & greeting) with hand clapping and praise. Thank you to the Community for your support.

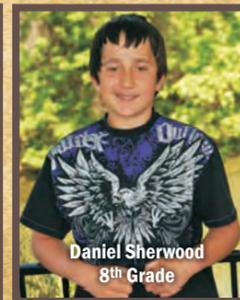
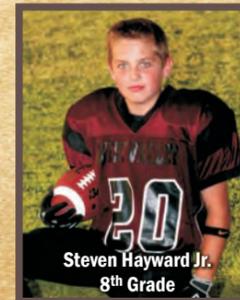
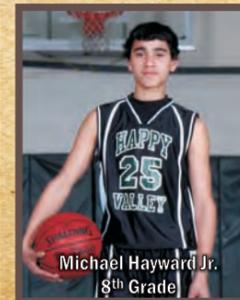
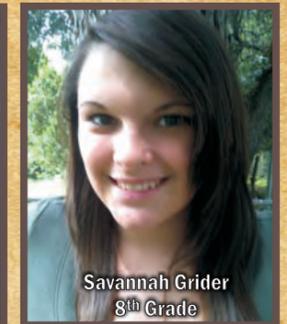
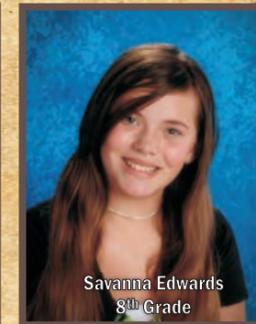
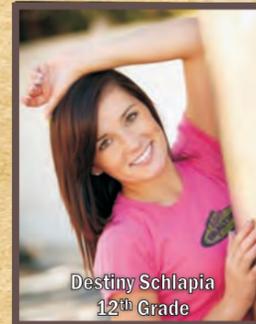
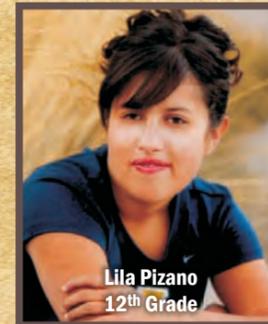
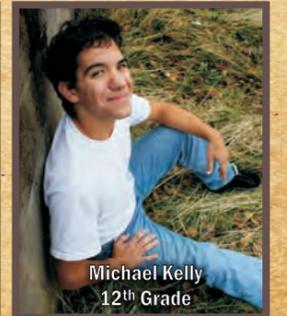
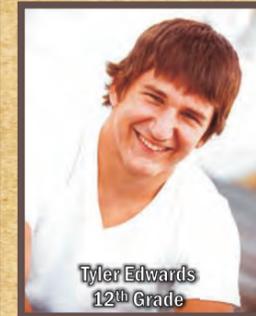
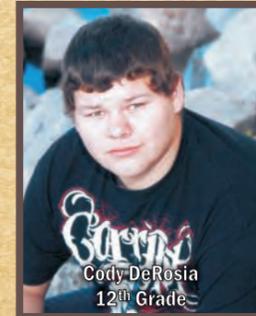
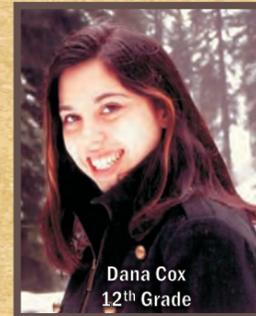


Redding Rancheria Graduates

May-June 2011

Congratulations Class of 2011

Not Shown:
Katelyn Cole
Brandon Foreman
Breanna Foreman
Zane Hand
Aha-Bleza Keluchie
Reyna Potter



Redding Rancheria Community Fund

Awards over \$46,000 to 17 Local Schools

Redding, CA (June 8, 2011): The Redding Rancheria Community Fund a fund by the Shasta Regional Community Foundation announces grant funding to 17 local schools for physical education and the arts in Shasta and Trinity Counties in the amount of \$46,600.

Grants made since the inception of RRCF: \$1,780,000. The following organizations received funds:

- Anderson Union High School District \$2,500 for football program
- Buckeye School of the Arts \$2,000 to support their enrichment program for special day class students
- Burney Elementary School \$1,500 for the "art in my world" program
- Douglas City School \$1,600 for musical instruments
- Grand Oaks Elementary School \$2,000 for musical instruments
- Happy Valley Elementary School \$4,000 for 2 scoreboards in the gym
- Junction Elementary School \$5,000 to support the renovation of empty classrooms into a theatre
- Lewiston Elementary School \$2,000 for a summer basketball clinic
- Mistletoe Elementary School \$4,000 to support a new playground
- Mountain Union School District \$2,000 to purchase P.E. equipment
- Pacheco Union Elementary School District \$5,000 to be split equally between Prairie and Pacheco Schools to purchase new P.E. equipment
- Redding School of the Arts \$3,000 to support the purchase of fitness circuit equipment
- Shasta High School \$2,500 to support the purchase of ski team equipment and uniforms
- Shasta Union Elementary School \$1,500 to support the purchase of AV equipment for the gym
- Trinity County Office of Education \$3,000 to support the purchase of a new sound system
- Verde Vale Elementary \$2,500 to support a portion of a part time art teacher
- West Valley High School \$2,500 for football program

For more information regarding the Redding Rancheria Community Fund please contact Kerry Caranci at the Shasta Regional Community Foundation at 530-244-1219.

Membership

May-June 2011

Member's Upcoming Birthdays

July

- Michael K. Hayward 7/1
- Eli Bailey 7/2
- Madilynn Bailey 7/3
- Coltan Norris 7/3
- Elijah Schumacher 7/6
- Christopher Smith 7/6
- Donald Benner 7/9
- Justin Potter 7/10
- Cody De Rosia 7/13
- Debra Sargeant 7/14
- Patricia Souza 7/15
- Lisa Wilson 7/17
- Taneeka Moss 7/19
- Lillie Potter 7/19
- Forrest Baker 7/20
- Lila Pizano 7/20
- Kaylee Carman 7/21
- Richard Wilson 7/21
- Dylan Baker 7/22
- Glen Murphy 7/23
- Maryssa Schumacher 7/23
- Jada Billy 7/25
- Jamie Pizano 7/25
- Nicole Wilkes 7/26
- Zachary Haller 7/28
- Steven Hayward Jr. 7/29
- Richard Burns 7/30
- Albert Montgomery 7/31

August

- Christopher Baker 8/2
- Michelle Shepherd 8/4
- Robin Averette 8/11
- Colby Saechao 8/11
- Lori Short 8/14
- Jason Hayward Jr. 8/15
- Brady Schumacher 8/17
- Daniel Castillo 8/18
- Shad Hayward 8/20
- Joseph Murphy 8/20
- Jeremy Smith 8/20
- Robert Benner 8/23
- Danita Quinn 8/25
- Anthony Hayward 8/26
- Victor Hayward 8/27
- Esteban Pizano 8/27
- Trisha Schumacher 8/27
- Bianca Benner 8/28

Enrollment



Hope Wilkes
Director of Community
Services

The Redding Rancheria Enrollment Committee had a Session held on June 1st & 2nd at the Hilton Garden Inn. The Session gave the Committee a chance to review the Enrollment Ordinance for a refresher course. The Committee also reviewed a new Enrollment Application with recommendations and approvals of the new Enrollment Application in the new format. There were only a few minor changes. The next process was to review the Enrollment Policy with the Legal Department.

In 2011, we have welcomed 5 new babies to the Redding Rancheria Tribal Membership. Congratulations to all the proud parents. Thank you.

Hope Wilkes

Redding Rancheria HeadStart

Graduation 2011

Congratulations to the 28 Head Start students that graduated June 2nd. This year's graduating class was one of our largest, and included 5 rancheria tribal youth: Aiyonia Alonso, Brandon Baker, Chance Hayward, Takoda Murphy and Koda Sanchez.

This year's graduation ceremony was moved to the Win River Events hall, due to the rainy weather. The Iss Awi drummers opened the ceremony, James Hayward, Sr. gave the blessing, and Jason Hart, Tribal Council Chair delivered the diplomas. As part of the program, the children sang songs and counted to ten in the Wintu and Pit River languages. Afterward lunch and cake were served.

Over 200 people attended to honor the students and their families. This marks the 17th graduating class from the Redding Rancheria Head Start.

Diane Coe



Members gather to celebrate 18 years

Win-River Casino Celebrated its 18 Year Anniversary with some very special Guests. The Redding Rancheria Tribal Membership was invited to come down for a very special dinner to say thank you from all the Win-River Team. They were greeted by the Win-River Managers thanking them for all they do. It was a great night to Celebrate with one another and the many accomplishments they have seen over 18 Years. The Power Point Presentation was a history of where the Tribe first opened Win-River Casino to where it is today. Thank you so much Redding Rancheria Membership for all the support and encouragement you do! You are appreciated.



Appreciation

Clinic All Staff Golf Tournament

I have been at the clinic for 6 months and had asked the staff to accept a lot of new changes as well as a new direction in our patient care. They have been exceptional as well as adaptive they have accepted and took all the changes in stride and not only excelled in the implementation but also worked to provide new alternatives and suggestions that will make our new facility state of the art as well as the envy of all the local medical practices in Shasta County.

We had a great team building exercise that morning which resulted in a lot of great collaboration and wonderful ideas that will serve to improve patient care as well as help staff balance their life with work. A happy and balanced staff makes for better patient care and better patient satisfaction.

Our golf tournament was a way of getting away from the clinic if only for a few hours to spend some time enjoying each other's company. Not to mention get a few laughs at some of our staff's golf swings, (they shall remain nameless).

Glen Hayward



Win-River Casino

Win-Fit Competition

28 participants competed in the Win-River Casino's Win-Fit Challenge Competition on June 13th at Everyday Fitness. This Competition was an incredible way for Our Team Members to encourage one another as a Team or in Individual Events. "Win-River recognized the need to encourage the need to encourage healthy living and saw..... Win-River Casino has been encouraging it's Team Members through weight loss and healthy habits with exercising and monthly weigh-ins. Win-River Casino Team Members receive a free membership to Everyday Fitness and often times you will find fresh fruit and an encouraging word in break rooms and in Our Human Resources Department. If you would like more information regarding the Win-Fit Competition coming in the Fall contact the Human Resources Department.



Employee of the Month



May
Paul Taylor

Paul is the newest member of the Public Works Department. Since Paul has been here he has hit the ground running, such as, taking the time to read to the Head Start kids while organizing and recruiting 35 vendors for the Earth Day Fair. He is reliable, here without question and always on time. Paul is always in a good mood and is a great team member. Previously Paul had worked for Win-River Casino in the Facilities Department. Paul has a lot of experience and we are proud to have him as a part of our team! Great job Paul!

Recognition

The City of Redding Fire Department came to the Redding Rancheria Tribal Government's Council Meeting to present them a plaque in appreciation for the generous funding of \$416,000 towards the purchase of vital equipment such as a breathing support vehicle and a new fire department aerial (truck company). This allows the City to maintain one truck company in service at all times.



On April 9th the Redding Rancheria Team walked in the Shasta Women's Refuge, "Walk A Mile In Her Shoes Event". They raised over \$1100 for the Event and received the award for Top Fundraising Team. Great Job Team Redding Rancheria. Here is the photo of Tracy & Maria receiving the award

Youth Leadership

Year End Trip

The youth leadership finished off this year with a trip to San Francisco on June 14th.

The group departed for Discovery kingdom at 7:00am and arrived shortly after the gates opened. After making our way through the lines, the youth quickly scattered to find the biggest roller coasters they could. They flew by so fast that, many times, we could only identify them by their screams and pink shoes!

The next day the group headed to Alcatraz Island to tour the facilities and learn of the events that took place there. Many expressions crossed their faces, as they heard the recollections of past prisoners and by the end of the tour; I believe they gained a deeper appreciation for their personal freedom.

Our last day was less structured and the groups were able to explore the city and spend time together. Some headed for the Exploratorium and some rode the cable cars for the first time.

Dinners together were always loud and fun..... "When you see Jason Hart, ask him about his birthday dance- it will not soon be forgotten".

We have great Team Leaders and I would like to acknowledge & thank the following adults for their commitment to the Youth Leadership Program throughout the year:

- | | | | | |
|--------------|-------------------|---------------|--------------------|----------------|
| Don Benner | Stacey Carman | Tracy Edwards | Jason Hart | Don Hayward |
| Gary Hayward | James Hayward Sr. | Tamra Olson | Marrysa Schumacher | Violet Trinity |

"Thank you all so much for your continual support and involvement this year!"

I would like to end by saying..... "Someday- we are all going to be old & gray (yes...you too) and these kids are going to look back and recall the times we shared. We won't be strangers to them..... we'll be the ones who rocked out to their favorite music in the car...the ones who talked with them till 1:00am....the ones who navigated through Chinatown and who took crazy pictures with them.

I am so thankful to be part of such a wonderful "Family" and I know that I am not alone, when I say "I would not have missed it for the world."

Education Director
JoAnna Swmel



Relay For Life

2011 was another great success

The 2011 Relay for Life was one of our most successful yet. This year Win-River Casino was the Title Sponsor of this year's Event held at Shasta College on June 11th and 12th and we had plenty of Employees & their Families walking, playing volleyball and some blackjack. This year Win-River Casino's Managers served well over 700 tacos to all the participants. Thank you to all who volunteered for this event. We are all working together to find a cure.

Maria Crozco



TDaP Shot required



Dr. Paul Davis

Last year there was an epidemic of Whooping Cough a.k.a. Pertussis, so this year the state has mandated that all 6th-12th graders be vaccinated prior to the start of the school year. This is a routine childhood vaccine and most children had their last booster at about age five before they started kindergarten.

Nationally, the 11-17 year old population is behind on this vaccination booster because this age group tends to be healthy and does not seek preventative health care.

Whooping cough can feel like a bad chest cold that last for months. It does respond to antibiotics, but it can be fatal especially to children less than 1 year of age, the elderly, and people with chronic disease.

The vaccination is called TDaP; it vaccinates against Tetnus, Diphtheria, and acellular Pertussis, and it is good for ten years. At minimum, students are required to show proof of receiving the TDaP shot. However, this is a good opportunity for a physical. This age group should be screened for scoliosis, obesity, depression, as well as for hearing and vision problems.

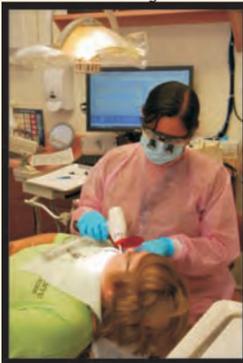
Additionally, this is also a good time to start the Human Papilloma Virus Vaccine (HPV). This is a three shot series given over six months. It is offered to both boys and girls that are over 9 years old. HPV infects about 70 % of sexually active adults. Besides causing genital warts, HPV is the leading cause of abnormal pap smears and believed to be the sole cause of cervical cancer.

Welcome Dental

The Redding Rancheria is proud to announce the re-opening of the dental clinic and the hiring of

Dr. Todd Gandy. Although the days are limited to Thursday and Friday, this is the first step in getting the dental program back to a full time schedule by the time we move into new building.

Dr. Gandy has a private practice in Redding and has been working with other dental agencies such Shasta Community Health. He was interested in helping to get our dental clinic open and has worked with us for the past several months to ensure we were able to open on time and be ready for patients.



The staff for dental includes Maggie, RDH; Amber, RDA and Roxanne, dental receptionist. Roxanne will be working Wednesday, Thursday and Fridays setting up dental appointments. Dental appointments are for all eligible children and adolescents under 21 years of age and eligible expectant mothers.

Reminder...if you are CHS eligible you can sign up for the Delta Dental program. If you have questions regarding the Delta Dental program, please contact Bob, Judi or Nate in Alternate Resources.

Team Member Appreciation Day 2011

Win-River Casino's Team Member Appreciation Day 2011 was fun fun fun! Here are the photos for our Team Members and their families having a great time bowling or enjoying themselves at Waterworks Park. Thank you to Randy Teague for the incredible music. Great job Human Resources for throwing such an incredible party for the families of Team Win-River Casino.





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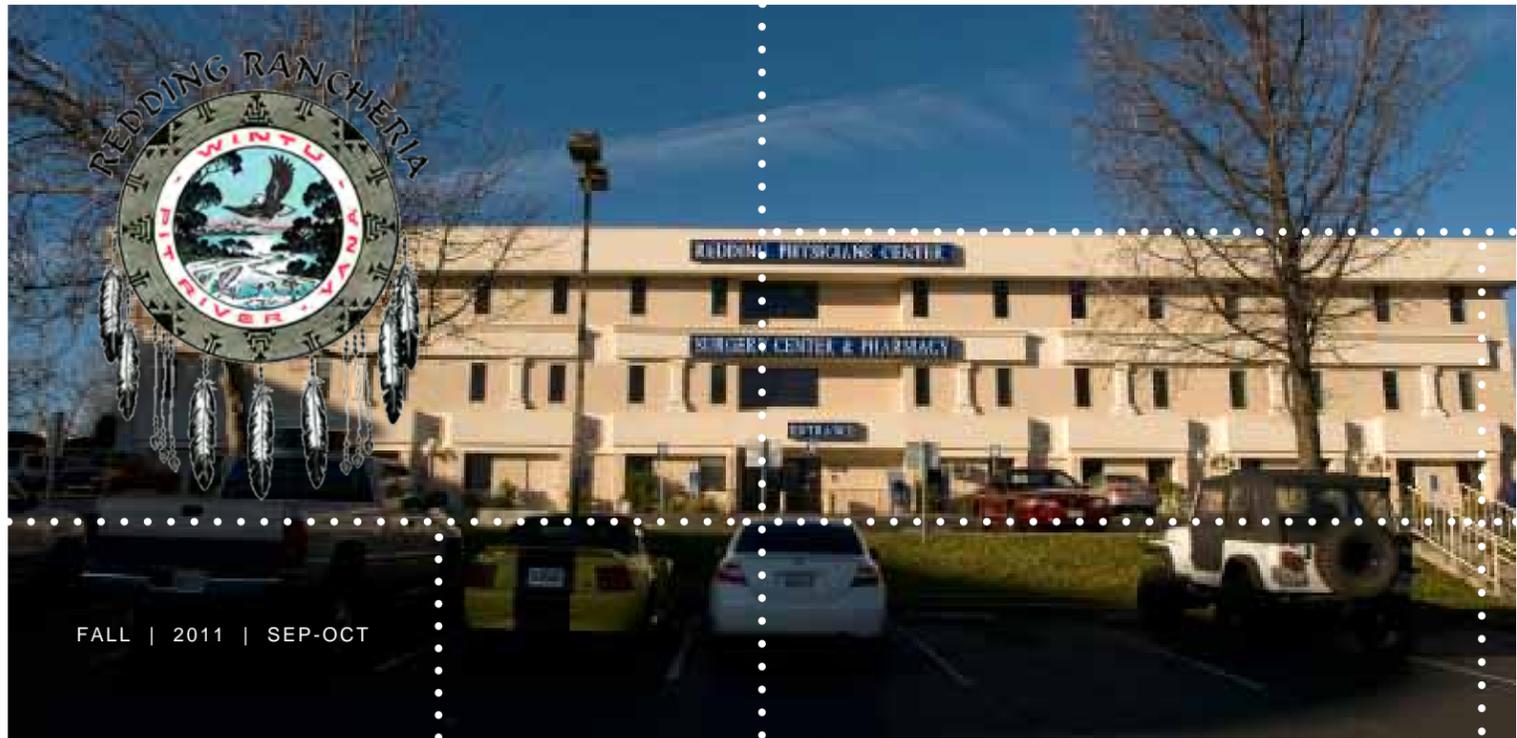


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FALL | 2011 | SEP-OCT

KI-HET-TI-NA-TAY

Sounds of the wind



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New Council

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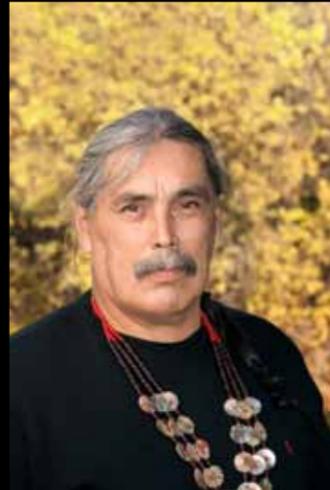
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MIKE HAYWARD
1ST ALTERNATE



PATTY SPAULDING
2ND ALTERNATE



JASON HAYWARD SR.
3RD ALTERNATE

JUST FOR FUN

In addition, there were also a few "just for fun" events added this year.

There was a \$1,000 slot tournament and the following booths: hair bling/hair flair; manicures; pedicures and facial waxing. Additionally, the kids had a great time too! We held special activities just for them at the Head Start. Some of the day's highlights for the kids included a reptile exhibit, petting zoo, a bounce house, face painting and airbrush tattoos.



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TRIBAL MEMBER TREVALLION

Tribal Member Trevallion Potter participates in Addicted Offenders Walk-A-Thon

Trevallion Potter, participated in a Walk-A-Thon on Saturday September 17, 2011 to help new Addicted Offenders Program participants pay for rent at local sober living environments. This program helps support the clean and sober journey being undertaken by those involved. The walkers raised a total of \$1288 towards this wonderful cause.



MESSAGE FROM EPA

Hestum, I would like a moment of your time to let you know what has been going on in the Environmental Department over the last few months.



The Environmental department recently purchased a 2011 Polaris Ranger UTV. This was purchased solely with EPA funding. The Ranger helps in clean up of the creek and allows the water technician to access this sample sites easier. We have also been working on a trail that goes behind the Tribal Office to the lower parking lot below Win-River; during this process we have removed 2 acres of invasive plants like Himalayan Blackberry and tree of heaven. We will be replanting the area with native species plants like oak, pine, and willow to name a few. The replanting process will begin this fall and early winter. Returning the Native Species to the area will help the creek and animals as well as beautify the surrounding area. If you have any questions or concerns feel free to call me at 242-4559.

Thank you Don Hayward, Environmental Project Manager.

Native American Family Support Program

Background: The National Family Caregiver Support Program (NFCSP) was created in November 2000 by an amendment to the Older Americans Act. Administered by the U.S. Administration on Aging, the NFCSP provides grants to States and Tribal Organizations to implement programs offering a range of direct services and supports to caregivers of chronically ill, frail, or elderly relatives, or relatives with developmental disabilities. The program also extends services to grandparents caring for their grandchildren at home.

While there are emotional and social benefits to looking after frail and disabled persons within the home, research shows that caregiving can place emotional, physical, and financial strain on caregivers and their families. Are you a Family Caregiver?

You are a Caregiver if you answer "yes" to two or more of the following questions that pertain to taking care of an elder.

Group #1
Do you help pay bills? Provide Transportation? Clean the house? Prepare meals? Supervise the taking of Medication?

Group #2
Do you assist with: Bathing, Dressing, Eating, Getting up and down, Walking, Toileting, or Supervising for Safety?

You qualify for the program if the elder you are caring for is Native American, 55 years or older and lives in the Service Area. (If the Elder is a current patient at the Redding Rancheria Health Clinic, then you are in the Service Area)

(If you receive payment for your services, then you are considered a professional caregiver and are not eligible for family caregiver services).

Services we can offer:
Counseling, Information and Referral, Support Groups, Respite and Training. We work closely with Mountain Caregiver Resource Center in providing workshops and conferences for the family caregiver. We also have a lending library with training tools and books on various topics relating to the tasks and trials of caregiving.

We offer support groups for our clients on the second Wednesday of each month with lunch provided. In October, we took a picnic lunch to the Gorge, along Clear Creek and watched salmon spawning.

If you would like more information on the services offered by the Redding Rancheria Native American Family Support Program, please call Ellie at 242-4594 Monday through Friday 7am to 3pm.



Getting the right test at the right time is one of the most important things a man can do for his health. Screenings find disease early, before you have symptoms, when they are easier to treat. Early colon cancer can be nipped in the bud. Finding diabetes early may help prevent complications such as vision loss and impotence. Below are 7 tests that no man should ignore;

1. Prostate Cancer Screening both a Digital Rectal Exam and a Prostrate Specific Antigen Blood test (PSA). This should start at age 50 for low risk men, 45 for men with high risk factors and 40 for men with strong family history.
2. Testicular Cancer, in most cases this cancer develops between ages 20 to 50 the American Cancer Society recommends men should have a testicular exam during their annual health visit and perform simple self test at home, feeling for nodules and bumps.
3. Colon Cancer screenings should begin at age 50 for average risk adults, the doctor will perform a colonoscopy by using a flexible tube with a cam
4. Skin Cancer screenings, the most dangerous form of skin cancer is Melanoma, your risk increases over your lifetime as you are exposed to more sunlight and/or tanning beds.
5. Screening for high blood pressure, getting your blood pressure checked gives you 2 numbers the first (systolic) gives you the pressure in your arteries when your heart beats, the second (diastolic) gives you the pressure in your arteries in between beats. 120/80 is considered normal blood pressure, anything higher needs to be evaluated and monitored by your medical provider
6. Cholesterol Checked getting a fasting lipid panel gives you your total cholesterol, your "LDL" bad cholesterol, "HDL" good cholesterol and Triglycerides the fat in your blood. These results help you and your doctor determine your risks for heart disease and stroke.
7. Type 2 Diabetes screening a fasting plasma glucose test is the most common method for checking your blood sugars, more often doctors are turning

to a test called an A1C this lets you know how well your sugars have been managed over the previous 3 months.

I know we all have someone in our family that may be "stubborn" or feels that these test are not necessary or maybe just embarrassing. I encourage all the wives, girlfriends, sisters, aunts and mothers to get your men to the doctor to have these screenings. Early detection is the key to better treatment options.

FACT or MYTH

Wearing a hat all the time will make you go bald
MYTH

The more you shave the thicker your hair will become
MYTH

Drinking Beer will lead to a Beer Belly
FACT (sorry guys)

BBQ meat contains substances that may increase risk of cancer
FACT (sorry guys)

FOODS THAT CAN IMPROVE YOUR OVERALL HEALTH

Lean red meat, chicken, fatty fish, tart cherries, shellfish, avocado, pistachios, almonds, tomato sauce, leafy green veggies, orange/red colored veggies, berries and high fiber cereals

*Glen Hayward RN, BSN
Executive Director of Health Services*



REDDING RANCHERIA TRIBAL HEALTH CENTER



It's official. The Redding Rancheria Indian Health Clinic is now the Redding Rancheria Tribal Health Center.

As we embark on our new journey to the new building located at 1441 Liberty Street, we embark with a new name and fresh new logo. As with all things in life, change occurs and we know this move will be a great change for the Tribe, the staff and most of all, our patients.

The new building will offer our patients more providers and exam rooms, a full dental department, full Behavioral Health unit, a three bed urgent care, full pharmacy and much more. We are concentrating our efforts to bring more providers on board before we actually open the new facility.



RRTHC Hires Part Time Provider

The Redding Rancheria Tribal Health Center welcomes Dr. John Nepomuceno, M.D. and yes, the name is familiar because he is the other half of the Drs. Nepomuceno. He joins his wife, Dr. Carlota Nepomuceno who joined the Redding Rancheria a little over six months ago. Dr. John Nepomuceno will be working two days per work helping in the medical department and with our diabetic patients. He has worked in many different venues including urgent care, emergency services and private practice. This is the first time the Redding Rancheria has employed a husband and wife provider team and it is working out very well for the patients and the center although having two providers with the same last name can be a bit confusing so we have affectionately named them Dr. John and Dr. Carlota.



REDDING RANCHERIA CELEBRATES RIVER TASALMI RIBBON CUTTING CEREMONY



Come play Bingo at Win-River Casino and help raise monies for a Local Non-Profit.

For the month of August was Anderson Chamber of Commerce and they received a check for \$759.30. "Win River Casino Bingo team members and patrons enjoy giving back to the community, our double action game is one of the most popular Bingo games across the Bingo world and this is the reason we selected this game to give back to the community. "Come join us," says Slot Manager Anthony Semore.



REDDING RANCHERIA HEAD START AND CHILD CARE



On September 6th, the Redding Rancheria Head Start and Child Care had a first. "Today our Head Start program began the AM/ PM program option," says Diane Coe, Program Manager, "and it went off without a hitch!" This year, half of the preschool Head Start children will be attending class from 8:00 till noon, and the second half will attend 12:30 to 4:30. "We have happy children coming in the early morning, and again eager faces coming to school at 12:30," says Cassi Lawson-Pigott, afternoon Head Start teacher. "My class starts with lunch and our afternoon flows from there."

The change was brought about by the upcoming opening of the Center's Full Day Child Care program. Starting October 3rd, the Redding Rancheria Head Start and Child Care Center will begin serving preschoolers ages 3-5 for a full day, from as early as 7:30 AM to 5:45 PM. "Our child care grant supports sliding scale fees, so we're targeting working Native American Families," says Diane, "and the response has been very good! We're not even open yet, and we're already nearly full."

For more information on vacancies, enrollment criteria and fees, please call Diane Coe or Jayme Stack at 225-8925.

Diane Coe, Redding Rancheria Head Start and Childcare Program Manager



RRTHC Welcomes New FNP

The Redding Rancheria Tribal Health Center welcomes Gretchen Melburg, FNP. Gretchen was born in Fallbrook CA, near Marine Corps Base Camp Pendleton, where her father was stationed. She grew up in Lodi CA, in the heart of the San Joaquin wine grape agricultural region, spending countless hours of her childhood playing hide and seek in the vineyards with her one sister and four brothers. She graduated early from high school to start college to become a registered nurse and has worked as a registered nurse in northern California for more than 25 years, employed for the majority of that time by Mercy Medical Center in Redding. She enjoys the beauty of nature, spending as much time as possible outdoors enjoying the wide variety of activities in this area. Recently, she became trained as a Family Nurse Practitioner (FNP) and has started her FNP career with Redding Rancheria. Gretchen said, "I am so thankful and thrilled to be working with the patients and staff here at the Redding Rancheria Tribal Health Center!"

Think Pink Day

The Redding Rancheria celebrated Think Pink on October 20th by wearing their "Save Second Base" t-shirts. Win-River Casino had a Think Pink booth out front to celebrate with its customers by handing out promotional items and cupcakes. It is very important to the Redding Rancheria to promote such causes as Think Pink for their employees and customers to stay healthy. Please encourage everyone in your life to get checked.



Redding Rancheria recognizes Indian Day

On Friday, September 23, 2011, the Redding Rancheria Tribal Administrative, Clinic and Head Start/ Child Care facilities closed their buildings in recognition of Indian Day. American Indian Day was first observed by a group of Rochester, New York, Boy Scouts at the suggestion of Dr. Arthur Parker, Director of the Rochester Museum of Arts and Sciences. The Boy Scouts started this celebration and continued it from 1912 to 1915.

In 1914, Red Fox James, a Blackfoot from Montana, traveled on horseback 4,000 miles soliciting the aid of governors for a holiday honoring the American Indians. He presented his proposal to a group of governors in Washington DC on December 14, 1914, where it was adopted by 24 states. In the 1915 annual meeting of the American Indian Association, 1,250 Native Americans gathered in Lawrence, Kansas, and sanctioned the plan. At this session, September 22, the fourth Friday in September, was set forth as the designated date. The following year, New York adopted the celebration preceding the adoption of other states. While a few states have selected other days, most states follow the September convention of honoring our Native American heritage.

Cadorin Construction

September 9th we started construction on the Ceremonial Dance Arbor.

Phase 1 Layout and dig holes

Phase 2 Set forms and pour concrete

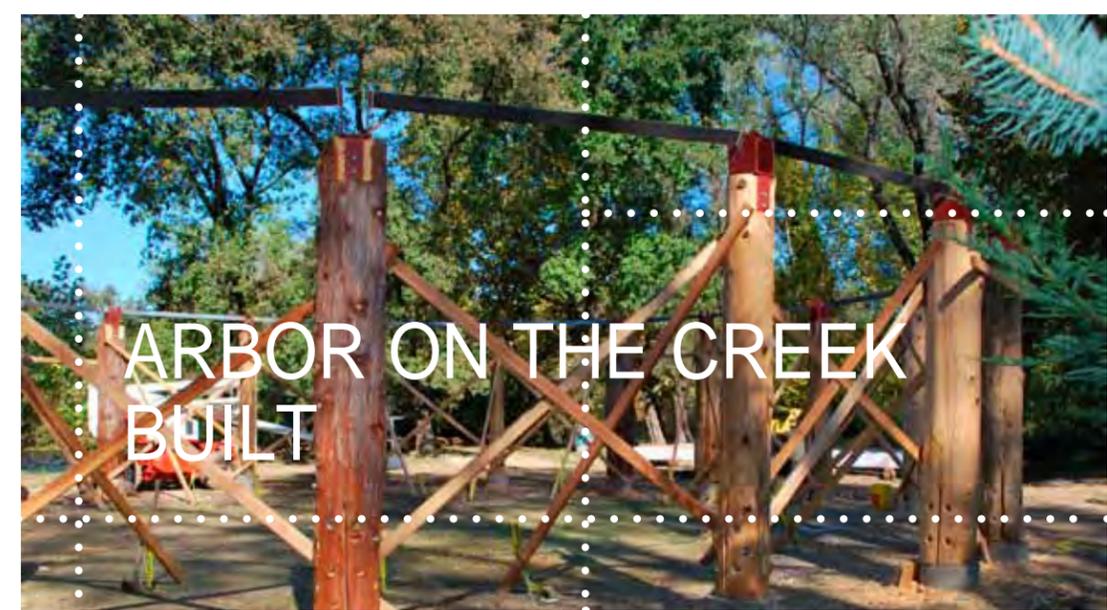
Phase 3 Stand logs and bolt hardware to logs

Phase 4 Welding outer ring into place

Phase 5 Set inner ring and set trusses from outer ring to inner ring

Estimated project completion

November 11th.



First of all I would like to thank everyone involved

for making this vision and dream of our membership a reality. Above all else I would like to thank our Creator, our tribal elders and our membership which had a vision many years ago.

We are much closer to the vision today. What a beautiful Arbor and a center piece of our Culture that will be part the foundation of our tradition. When this Arbor is complete we will have our elders blessings, we will be dancing and rejoice in feast "Potluck", to celebrate this area for our membership and our community. Each day that I walk down there, my heart fills with joy because I know that we have a place to take our young children and teach them many things about our traditions, a place to have traditional ceremonies, a place to have our "Big Time", a place to light a sacred fire and tell stories, a place to

teach our children traditional things, such as, how to make spear poles, clapper sticks and bows and many other things. One day we will hopefully bring the Bear Dance to the Redding Rancheria. This is an investment in our culture that will complement the lower grounds as the cultural area that will always be there for our members and our youth. There is much more to this dream and down the road a little at a time we will fulfill that dream.



"My heart fills with joy because I know that we have a place to take our young children and teach them many things about our traditions,"



MEMBER'S UPCOMING BIRTHDAYS

Fernando Pizano	11/1	Dakotta Hayward	12/3
Alanna Rehnblom-Rymel	11/1	James Hayward Sr.	2/3
Jannamarie Howard	11/2	Lexy Benner	12/4
Nathan Hayward	11/3	Jack Potter Jr.	12/5
Lyla Wilson	11/3	Hilton Schumacher	12/5
Christopher Hart	11/4	Joseph Dominguez	12/8
Lawrence Baker	11/7	Savannah Grider	12/8
Justin Hayward	11/10	Takoda Murphy	12/11
Shayne Hayward	11/12	Don Hayward	12/12
Amy Burns	11/13	Brandon Baker	12/13
Kierah Haller	11/13	Noah Jordan	12/19
Akwa Lucero	11/16	Debra Gard	12/21
Violet Trinidy	11/16	Alexis Hayward	12/24
William R Hayward	11/20	Danyel Sherwood	12/26
Michelle Hayward	11/21	Larry Fultz	12/27
John Phillips	11/23	Raymond Burns	12/28
Andrew Thetford-Keluchie	11/24	Lydia LaPerle	12/28
William A Hayward	11/25	Aha-Bleza Keluchie	12/30
Orval Hayward	11/27	Warren C. Sorahan	12/30



LITTLE BIG TIME

Little Big Time was held on Thursday, October 20th. Since expanding our program we currently have over 60 children enrolled. All three classes were able to participate in drumming, dancing, salmon, baskets, acorn grinding, beading and we had Indian Tacos for lunch. This event is made possible by all of the wonderful volun-

teers we have that are willing to be a part of our program and help out each year. We were blessed with wonderful weather, welcome blessings from James Hayward Sr. and everyone was encouraged to join in during the friendship round dance. It was a fun afternoon!



September is National Childhood Obesity Awareness Month



President Obama made a proclamation that September 2011 is National Childhood Obesity Awareness Month. Statistics show that over 23 million American children and teenagers are overweight or obese, creating a nationwide epidemic. Childhood obesity increases the risk of type 2 diabetes, high blood pressure, heart disease, and stroke. To help reduce these risks, encourage your child to include healthy eating habits and activity sixty minutes per

day. To receive tips for healthy eating and exercise, go to: www.letsmove.gov.

If you are Native American diagnosed with diabetes and wanting to make steps on a healthier path, you may qualify to enroll in our Healthy Heart Program. Call Debbie Sarot at (530)226-1725 if you are interested in finding out more information about the Healthy Heart Program.

We want to give a big thank you to all that participated in the diabetes community needs assessment! Your feedback is essential toward the planning and development of the program.

Jessica Cupp, Registered Dietician

Employee of the month

Tammy Lantheaume-Computer Technician

- Tammy consistently helps all departments with fantastic customer service and spends the extra time to make sure the job is done right.

- She has been instrumental in all the silent auctions this year that support Pow Wow and Relay for Life.

- She has taken on many projects this year and completed all of them beyond expectations.

- She is very active in the healthy challenge, attending Jazzercise and Zumba on a regular basis and motivating other to attend.



Save the date

The Redding Rancheria Tribal Building and Health Center will be closed on the following dates:
 Tribal Building and Health Center on November 11th – Veteran's Day
 Tribal Building and Health Center on November 24th and 25th – Closed for Thanksgiving Holiday
 Tribal Building December 7th – Closing at 11:30 a.m.
 Tribal Building December 7th – Closing at 12 p.m.
 Health Center December 9th - Closing at 3 p.m.
 Tribal Building December 26th - January 2, 2012
 Health Center December 26th and 27th – Closed for Christmas Holiday
 Tribal Building and Health Center January 2, 2012 – New Years

Take 10

On October 10, 2011, Tracy Edwards, Redding Rancheria CEO, took part in the Take 10 Reading Initiative in which adults spent 10 minutes reading to young children in Head Start centers, preschools, kindergartens and community centers. She was joined by Shanna Cannon, Record Searchlight Publisher. Tracy and Shanna delivered books and stickers to the Redding Rancheria Head Start and read to the children. The children loved the stories and enjoyed having special guests in their classroom. The effort is part of the Shasta Early Learning Project, a collaboration of county agencies, school districts and service clubs focused on preparing more youngsters for kindergarten and for the learning process.



REDDING RANCHERIA STILLWATER POW WOW 2011



The 2011 Redding Rancheria's Stillwater Pow Wow was a great success! On Thursday October 6th, the committee held an Honored Elders Dinner in the Eagle Room for our Honored Elders of the Pow Wow. This year we honored our very own Tribal Members Jim Benner and Mac Hayward, We also honored Lillian Lego and Charlotte Brownfield.

This year we were able to bring the event on property and there are so many people to thank. We had over 3000 people come through the gates! Thank you to everyone who helped with the site preparation, volunteers, and everyone who came to enjoy this special cultural event. Great job to the Cultural Department & the Stillwater Pow Wow Committee. Again, great job to everyone who made this event possible and the best ever!





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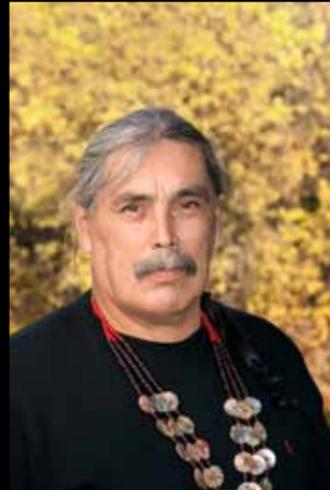
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Trevallion Potter, participated in a Walk-A-Thon on Saturday September 17, 2011 to help new Addicted Offenders Program participants pay for rent at local sober living environments. This program helps support the clean and sober journey being undertaken by those involved. The walkers raised a total of \$1288 towards this wonderful cause.



MESSAGE FROM EPA

Hestum, I would like a moment of your time to let you know what has been going on in the Environmental Department over the last few months.



The Environmental department recently purchased a 2011 Polaris Ranger UTV. This was purchased solely with EPA funding. The Ranger helps in clean up of the creek and allows the water technician to access this sample sites easier. We have also been working on a trail that goes behind the Tribal Office to the lower parking lot below Win-River; during this process we have removed 2 acres of invasive plants like Himalayan Blackberry and tree of heaven. We will be replanting the area with native species plants like oak, pine, and willow to name a few. The replanting process will begin this fall and early winter. Returning the Native Species to the area will help the creek and animals as well as beautify the surrounding area. If you have any questions or concerns feel free to call me at 242-4559.

Thank you Don Hayward, Environmental Project Manager.

Native American Family Support Program

Background: The National Family Caregiver Support Program (NFCSP) was created in November 2000 by an amendment to the Older Americans Act. Administered by the U.S. Administration on Aging, the NFCSP provides grants to States and Tribal Organizations to implement programs offering a range of direct services and supports to caregivers of chronically ill, frail, or elderly relatives, or relatives with developmental disabilities. The program also extends services to grandparents caring for their grandchildren at home.

While there are emotional and social benefits to looking after frail and disabled persons within the home, research shows that caregiving can place emotional, physical, and financial strain on caregivers and their families. Are you a Family Caregiver?

You are a Caregiver if you answer "yes" to two or more of the following questions that pertain to taking care of an elder.

Group #1
Do you help pay bills? Provide Transportation? Clean the house? Prepare meals? Supervise the taking of Medication?

Group #2
Do you assist with: Bathing, Dressing, Eating, Getting up and down, Walking, Toileting, or Supervising for Safety? You qualify for the program if the elder you are caring for is Native American, 55 years or older and lives in the Service Area. (If the Elder is a current patient at the Redding Rancheria Health Clinic, then you are in the Service Area)

(If you receive payment for your services, then you are considered a professional caregiver and are not eligible for family caregiver services). Services we can offer:

Counseling, Information and Referral, Support Groups, Respite and Training. We work closely with Mountain Caregiver Resource Center in providing workshops and conferences for the family caregiver. We also have a lending library with training tools and books on various topics relating to the tasks and trials of caregiving.

We offer support groups for our clients on the second Wednesday of each month with lunch provided. In October, we took a picnic lunch to the Gorge, along Clear Creek and watched salmon spawning.

If you would like more information on the services offered by the Redding Rancheria Native American Family Support Program, please call Ellie at 242-4594 Monday through Friday 7am to 3pm.



Getting the right test at the tight time is one of the most important things a man can do for his health. Screenings find disease early, before you have symptoms, when they are easier to treat. Early colon cancer can be nipped in the bud. Finding diabetes early may help prevent complications such as vision loss and impotence. Below are 7 tests that no man should ignore;

1. Prostate Cancer Screening both a Digital Rectal Exam and a Prostrate Specific Antigen Blood test (PSA). This should start at age 50 for low risk men, 45 for men with high risk factors and 40 for men with strong family history.
2. Testicular Cancer, in most cases this cancer develops between ages 20 to 50 the American Cancer Society recommends men should have a testicular exam during their annual health visit and perform simple self test at home, feeling for nodules and bumps.
3. Colon Cancer screenings should begin at age 50 for average risk adults, the doctor will perform a colonoscopy by using a flexible tube with a cam
4. Skin Cancer screenings, the most dangerous form of skin cancer is Melanoma, your risk increases over your lifetime as you are exposed to more sunlight and/or tanning beds.
5. Screening for high blood pressure, getting your blood pressure checked gives you 2 numbers the first (systolic) gives you the pressure in your arteries when your heart beats, the second (diastolic) gives you the pressure in your arteries in between beats. 120/80 is considered normal blood pressure, anything higher needs to be evaluated and monitored by your medical provider
6. Cholesterol Checked getting a fasting lipid panel gives you your total cholesterol, your "LDL" bad cholesterol, "HDL" good cholesterol and Triglycerides the fat in your blood. These results help you and your doctor determine your risks for heart disease and stroke.
7. Type 2 Diabetes screening a fasting plasma glucose test is the most common method for checking your blood sugars, more often doctors are turning

to a test called an A1C this lets you know how well your sugars have been managed over the previous 3 months.

I know we all have someone in our family that may be "stubborn" or feels that these test are not necessary or maybe just embarrassing. I encourage all the wives, girlfriends, sisters, aunts and mothers to get your men to the doctor to have these screenings. Early detection is the key to better treatment options.

FACT or MYTH

Wearing a hat all the time will make you go bald
MYTH

The more you shave the thicker your hair will become
MYTH

Drinking Beer will lead to a Beer Belly
FACT (sorry guys)

BBQ meat contains substances that may increase risk of cancer
FACT (sorry guys)

FOODS THAT CAN IMPROVE YOUR OVERALL HEALTH

Lean red meat, chicken, fatty fish, tart cherries, shellfish, avocado, pistachios, almonds, tomato sauce, leafy green veggies, orange/red colored veggies, berries and high fiber cereals

*Glen Hayward RN, BSN
Executive Director of Health Services*



REDDING RANCHERIA TRIBAL HEALTH CENTER



It's official. The Redding Rancheria Indian Health Clinic is now the Redding Rancheria Tribal Health Center.

As we embark on our new journey to the new building located at 1441 Liberty Street, we embark with a new name and fresh new logo. As with all things in life, change occurs and we know this move will be a great change for the Tribe, the staff and most of all, our patients.

The new building will offer our patients more providers and exam rooms, a full dental department, full Behavioral Health unit, a three bed urgent care, full pharmacy and much more. We are concentrating our efforts to bring more providers on board before we actually open the new facility.



RRTHC Hires Part Time Provider

The Redding Rancheria Tribal Health Center welcomes Dr. John Nepomuceno, M.D. and yes, the name is familiar because he is the other half of the Drs. Nepomuceno. He joins his wife, Dr. Carlota Nepomuceno who joined the Redding Rancheria a little over six months ago. Dr. John Nepomuceno will be working two days per work helping in the medical department and with our diabetic patients. He has worked in many different venues including urgent care, emergency services and private practice. This is the first time the Redding Rancheria has employed a husband and wife provider team and it is working out very well for the patients and the center although having two providers with the same last name can be a bit confusing so we have affectionately named them Dr. John and Dr. Carlota.



Come play Bingo at Win-River Casino and help raise monies for a Local Non-Profit.

For the month of August was Anderson Chamber of Commerce and they received a check for \$759.30. "Win River Casino Bingo team members and patrons enjoy giving back to the community, our double action game is one of the most popular Bingo games across the Bingo world and this is the reason we selected this game to give back to the community. "Come join us," says Slot Manager Anthony Semore.

REDDING RANCHERIA CELEBRATES RIVER TASALMI RIBBON CUTTING CEREMONY



REDDING RANCHERIA HEAD START AND CHILD CARE



On September 6th, the Redding Rancheria Head Start and Child Care had a first. "Today our Head Start program began the AM/ PM program option," says Diane Coe, Program Manager, "and it went off without a hitch!" This year, half of the preschool Head Start children will be attending class from 8:00 till noon, and the second half will attend 12:30 to 4:30. "We have happy children coming in the early morning, and again eager faces coming to school at 12:30," says Cassi Lawson-Pigott, afternoon Head Start teacher. "My class starts with lunch and our afternoon flows from there."

The change was brought about by the upcoming opening of the Center's Full Day Child Care program. Starting October 3rd, the Redding Rancheria Head Start and Child Care Center will begin serving preschoolers ages 3-5 for a full day, from as early as 7:30 AM to 5:45 PM. "Our child care grant supports sliding scale fees, so we're targeting working Native American Families," says Diane, "and the response has been very good! We're not even open yet, and we're already nearly full."

For more information on vacancies, enrollment criteria and fees, please call Diane Coe or Jayme Stack at 225-8925.

Diane Coe, Redding Rancheria Head Start and Childcare Program Manager



RRTHC Welcomes New FNP

The Redding Rancheria Tribal Health Center welcomes Gretchen Melburg, FNP. Gretchen was born in Fallbrook CA, near Marine Corps Base Camp Pendleton, where her father was stationed. She grew up in Lodi CA, in the heart of the San Joaquin wine grape agricultural region, spending countless hours of her childhood playing hide and seek in the vineyards with her one sister and four brothers. She graduated early from high school to start college to become a registered nurse and has worked as a registered nurse in northern California for more than 25 years, employed for the majority of that time by Mercy Medical Center in Redding. She enjoys the beauty of nature, spending as much time as possible outdoors enjoying the wide variety of activities in this area. Recently, she became trained as a Family Nurse Practitioner (FNP) and has started her FNP career with Redding Rancheria. Gretchen said, "I am so thankful and thrilled to be working with the patients and staff here at the Redding Rancheria Tribal Health Center!"

Think Pink Day

The Redding Rancheria celebrated Think Pink on October 20th by wearing their "Save Second Base" t-shirts. Win-River Casino had a Think Pink booth out front to celebrate with its customers by handing out promotional items and cupcakes. It is very important to the Redding Rancheria to promote such causes as Think Pink for their employees and customers to stay healthy. Please encourage everyone in your life to get checked.



Redding Rancheria recognizes Indian Day

On Friday, September 23, 2011, the Redding Rancheria Tribal Administrative, Clinic and Head Start/ Child Care facilities closed their buildings in recognition of Indian Day. American Indian Day was first observed by a group of Rochester, New York, Boy Scouts at the suggestion of Dr. Arthur Parker, Director of the Rochester Museum of Arts and Sciences. The Boy Scouts started this celebration and continued it from 1912 to 1915.

In 1914, Red Fox James, a Blackfoot from Montana, traveled on horseback 4,000 miles soliciting the aid of governors for a holiday honoring the American Indians. He presented his proposal to a group of governors in Washington DC on December 14, 1914, where it was adopted by 24 states. In the 1915 annual meeting of the American Indian Association, 1,250 Native Americans gathered in Lawrence, Kansas, and sanctioned the plan. At this session, September 22, the fourth Friday in September, was set forth as the designated date. The following year, New York adopted the celebration preceding the adoption of other states. While a few states have selected other days, most states follow the September convention of honoring our Native American heritage.

Cadorin Construction

September 9th we started construction on the Ceremonial Dance Arbor.

Phase 1 Layout and dig holes

Phase 2 Set forms and pour concrete

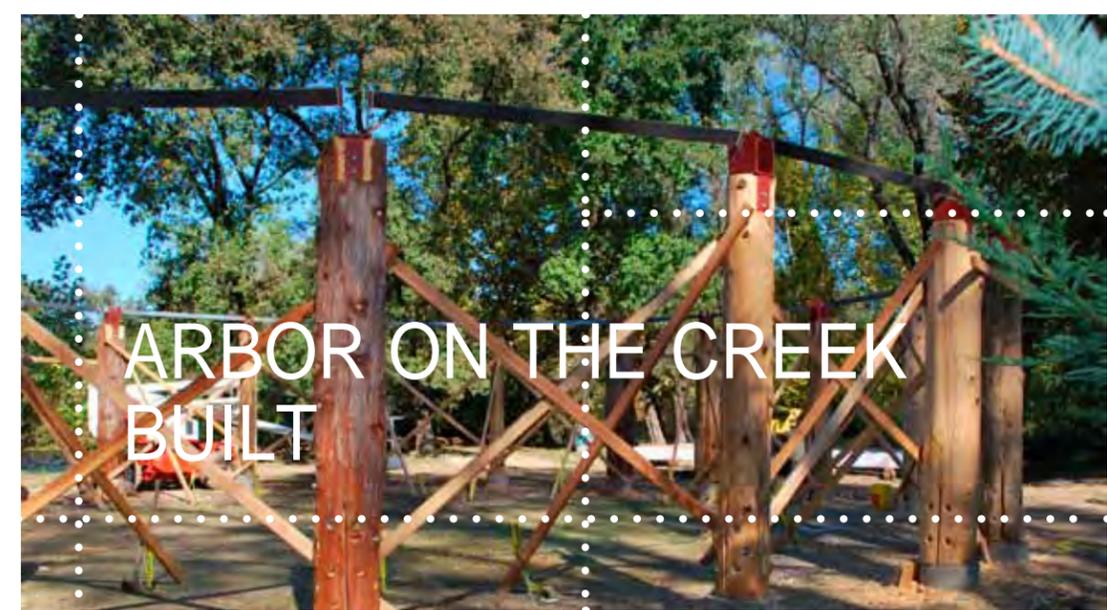
Phase 3 Stand logs and bolt hardware to logs

Phase 4 Welding outer ring into place

Phase 5 Set inner ring and set trusses from outer ring to inner ring

Estimated project completion

November 11th.



First of all I would like to thank everyone involved

for making this vision and dream of our membership a reality. Above all else I would like to thank our Creator, our tribal elders and our membership which had a vision many years ago.

We are much closer to the vision today. What a beautiful Arbor and a center piece of our Culture that will be part the foundation of our tradition. When this Arbor is complete we will have our elders blessings, we will be dancing and rejoice in feast "Potluck", to celebrate this area for our membership and our community. Each day that I walk down there, my heart fills with joy because I know that we have a place to take our young children and teach them many things about our traditions, a place to have traditional ceremonies, a place to have our "Big Time", a place to light a sacred fire and tell stories, a place to teach our children traditional things, such as, how to make spear poles, clapper sticks and bows and many other things. One day we will hopefully bring the Bear Dance to the Redding Rancheria. This is an investment in our culture that will complement the lower grounds as the cultural area that will always be there for our members and our youth. There is much more to this dream and down the road a little at a time we will fulfill that dream.



"My heart fills with joy because I know that we have a place to take our young children and teach them many things about our traditions,"



MEMBER'S UPCOMING BIRTHDAYS

Fernando Pizano	11/1	Dakotta Hayward	12/3
Alanna Rehnblom-Rymel	11/1	James Hayward Sr.	2/3
Jannamarie Howard	11/2	Lexy Benner	12/4
Nathan Hayward	11/3	Jack Potter Jr.	12/5
Lyla Wilson	11/3	Hilton Schumacher	12/5
Christopher Hart	11/4	Joseph Dominguez	12/8
Lawrence Baker	11/7	Savannah Grider	12/8
Justin Hayward	11/10	Takoda Murphy	12/11
Shayne Hayward	11/12	Don Hayward	12/12
Amy Burns	11/13	Brandon Baker	12/13
Kierah Haller	11/13	Noah Jordan	12/19
Akwa Lucero	11/16	Debra Gard	12/21
Violet Trinidy	11/16	Alexis Hayward	12/24
William R Hayward	11/20	Danyel Sherwood	12/26
Michelle Hayward	11/21	Larry Fultz	12/27
John Phillips	11/23	Raymond Burns	12/28
Andrew Thetford-Keluchie	11/24	Lydia LaPerle	12/28
William A Hayward	11/25	Aha-Bleza Keluchie	12/30
Orval Hayward	11/27	Warren C. Sorahan	12/30



LITTLE BIG TIME

Little Big Time was held on Thursday, October 20th. Since expanding our program we currently have over 60 children enrolled. All three classes were able to participate in drumming, dancing, salmon, baskets, acorn grinding, beading and we had Indian Tacos for lunch. This event is made possible by all of the wonderful volun-

teers we have that are willing to be a part of our program and help out each year. We were blessed with wonderful weather, welcome blessings from James Hayward Sr. and everyone was encouraged to join in during the friendship round dance. It was a fun afternoon!



September is National Childhood Obesity Awareness Month



President Obama made a proclamation that September 2011 is National Childhood Obesity Awareness Month. Statistics show that over 23 million American children and teenagers are overweight or obese, creating a nationwide epidemic. Childhood obesity increases the risk of type 2 diabetes, high blood pressure, heart disease, and stroke. To help reduce these risks, encourage your child to include healthy eating habits and activity sixty minutes per

day. To receive tips for healthy eating and exercise, go to: www.letsmove.gov. If you are Native American diagnosed with diabetes and wanting to make steps on a healthier path, you may qualify to enroll in our Healthy Heart Program. Call Debbie Sarot at (530)226-1725 if you are interested in finding out more information about the Healthy Heart Program. We want to give a big thank you to all that participated in the diabetes community needs assessment! Your feedback is essential toward the planning and development of the program.

Jessica Cupp, Registered Dietician

Employee of the month

Tammy Lantheaume-Computer Technician

- Tammy consistently helps all departments with fantastic customer service and spends the extra time to make sure the job is done right.

- She has been instrumental in all the silent auctions this year that support Pow Wow and Relay for Life.

- She has taken on many projects this year and completed all of them beyond expectations.

- She is very active in the healthy challenge, attending Jazzercise and Zumba on a regular basis and motivating other to attend.



Save the date

The Redding Rancheria Tribal Building and Health Center will be closed on the following dates:
 Tribal Building and Health Center on November 11th – Veteran's Day
 Tribal Building and Health Center on November 24th and 25th – Closed for Thanksgiving Holiday
 Health Center December 7th – Closing at 11:30 a.m.
 Tribal Building December 7th – Closing at 12 p.m.
 Health Center December 9th - Closing at 3 p.m.
 Tribal Building December 26th - January 2, 2012
 Health Center December 26th and 27th – Closed for Christmas Holiday
 Tribal Building and Health Center January 2, 2012 – New Years

Take 10

On October 10, 2011, Tracy Edwards, Redding Rancheria CEO, took part in the Take 10 Reading Initiative in which adults spent 10 minutes reading to young children in Head Start centers, preschools, kindergartens and community centers. She was joined by Shanna Cannon, Record Searchlight Publisher. Tracy and Shanna delivered books and stickers to the Redding Rancheria Head Start and read to the children. The children loved the stories and enjoyed having special guests in their classroom. The effort is part of the Shasta Early Learning Project, a collaboration of county agencies, school districts and service clubs focused on preparing more youngsters for kindergarten and for the learning process.



REDDING RANCHERIA STILLWATER POW WOW 2011



The 2011 Redding Rancheria's Stillwater Pow Wow was a great success! On Thursday October 6th, the committee held an Honored Elders Dinner in the Eagle Room for our Honored Elders of the Pow Wow. This year we honored our very own Tribal Members Jim Benner and Mac Hayward, We also honored Lillian Lego and Charlotte Brownfield.

This year we were able to bring the event on property and there are so many people to thank. We had over 3000 people come through the gates! Thank you to everyone who helped with the site preparation, volunteers, and everyone who came to enjoy this special cultural event. Great job to the Cultural Department & the Stillwater Pow Wow Committee. Again, great job to everyone who made this event possible and the best ever!

