

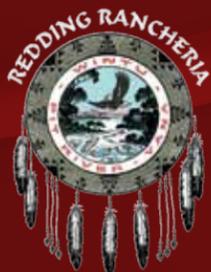
Wednesday, August 5, 2015  
 7:30am - 3:30pm  
 Win-River Resort & Casino



Discover Health  
**REDDING RANCHERIA**

**ALL AGES  
 WELCOME!**

Sponsored by



# Ki-Het-Ti-Na-Tay Sounds in the wind

MARCH 2015

Redding Rancheria Tribal Council goes to Washington D.C.



Redding  
 Rancheria  
 News  
 Hestum



Redding Rancheria  
 Tribal Health Center  
 Dental

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RECOGNIZING A  
 STROKE CAN SAVE  
 YOUR LIFE

PAGE 4



REDDING  
 RANCHERIA  
 COMMUNITY FUND  
 DINNER  
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NATIONAL DOCTOR'S  
 DAY

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On March 23, 2015, a delegation from Redding Rancheria traveled to Washington D.C. to meet with the Assistant Secretary for Indian Affairs, Kevin Washburn. Chairman Jack Potter, Jr., Vice-Chair Leon Benner, Treasurer Don Benner and Council Member Brian McCain along with CEO Tracy Edwards, Tribal Attorney Neal Malmsten, lobbyist and additional attorneys met all day at Dentons Law Offices to prepare for the late afternoon meeting. The delegation met at the Department of the Interior with Secretary Washburn in regards to Redding Rancheria's 9th Circuit Appellate Court case Redding Rancheria v. Jewell in which the 9th Circuit Court of Appeals determined that when the Department of Interior failed to take the tribe's I-5 property into trust it should have considered other factors in making that determination. Redding Rancheria Tribal Council determined that a face to face meeting with Secretary Washburn in order to discuss those issues would be highly beneficial to the tribe.

*Tracy Edwards*  
 Redding Rancheria CEO

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 Permit #7



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

# 2015 Value Winners of The Redding Rancheria

The Redding Rancheria Value Awards are very special awards which recognize six exceptional employees annually. Our Guiding Values are what we practice in our every day work life at the Redding Rancheria. It became obvious to us early on that certain individuals stood out and exemplified perfectly our Guiding Values. So in 2006 we began to choose six individuals who personified our Guiding Values. Each year we sit down and look at our entire staff and it becomes clear each year that six individuals rise to the top in how they conduct themselves in the workplace. Since 2006 we have awarded 54 individuals. There are no hard and fast rules for what it takes to get an individual nominated for an award and we have not said that an individual couldn't receive an award multiple times. Interestingly, over the last nine years we have awarded 54 different people which show that we have many deserving employees who work for the Redding Rancheria.

*Tracy Edwards  
Redding Rancheria CEO*



**Rolene Davis**  
*Respecting Differences*



**Rovert Muro**  
*Serving Others*



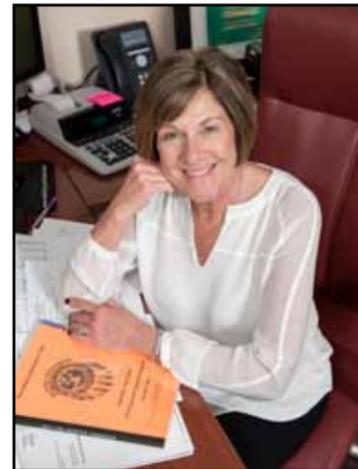
**Jennifer Woolf**  
*Balancing Life*



**Josh Sandbloom**  
*Embracing Change*



**Angie Carter-Streiff**  
*Working Together*



**Lori Whitlock**  
*Doing What's Right*

# HAPPY BIRTHDAY

- |                           |                        |
|---------------------------|------------------------|
| 3/2 Michael Hayward Sr.   | 3/22 Jason Hayward Sr. |
| 3/4 Little Sara Keluchie  | 3/23 Alana Hart        |
| 3/7 Skylar Wilson         | 3/23 Tony Hayward Jr.  |
| 3/10 Tegan Trinity        | 3/23 Buddy Murphy      |
| 3/11 Trinity Rain Hayward | 3/24 Suntana Potter    |
| 3/12 Patrick Shepherd     | 3/27 Toccoo Potter     |
| 3/12 Veronica Shepherd    | 3/27 Hope Wilkes       |
| 3/15 Jordayn Pimentel     | 3/29 Tyler McCain      |
| 3/15 Mario Pizano Jr.     | 3/30 Litoshna Wilson   |
| 3/20 Ayla Pasillas        | 3/31 Shawnell Hayward  |
| 03/21 Charlotte Hayward   |                        |

## Grace Bell Memorial Award

Grace Bell Memorial Award: A woman in the community who excels in both business and community service. There were 10 nominees and a group of anonymous people get together to go over the nominations and choose who they feel best fits the award description and Maria Orozco was chosen!



**Anderson Chamber  
of Commerce**



**WIN-RIVER**  
— RESORT & CASINO —



# Redding Rancheria Head Start

March Madness Week- March is such a LONG month so we spent a fun week dressing up during MARCH MADNESS. Children and staff participated by wearing stripes one day and silly socks the next day. We had a FUN pajama day and a Wacky Wednesday. Kids and staff had a great time playing dress up during the week and gave all something to look forward to during the long month.



# Senior Nutrition and Volunteer Appreciation Day

April is National Volunteer Month and Sr. Nutrition dedicates one meal day to honor our volunteers that help the program thrive. This year we are honoring 14 of our senior nutrition participants that assist with the daily tasks required to provide meals to our deserving elders. The duties that the volunteers assist with are: Serving meals to the seated elder so they don't have to stand in line, provide information to newcomers, keep the coffee table stocked, pick up dishes, help clean up and the ever important job of calling Bingo. Providing a quality meal service would be impossible for our two staff to accomplish without their help.

We have also had elders teach different art to the group such as making arrowheads, weaving pine needle baskets, painting, beading and making talking sticks. Anyone is welcome to volunteer and we are always looking for artists to demonstrate their craft. (Volunteers need not be Native American).

Every year we pick a theme for the Volunteer Appreciation Day. We've had Vegas style, Carnival style, Mag the Hag, tap dancing, barbershop quartet and this year we are going Hawaiian style complete with hula dancers from a local group.

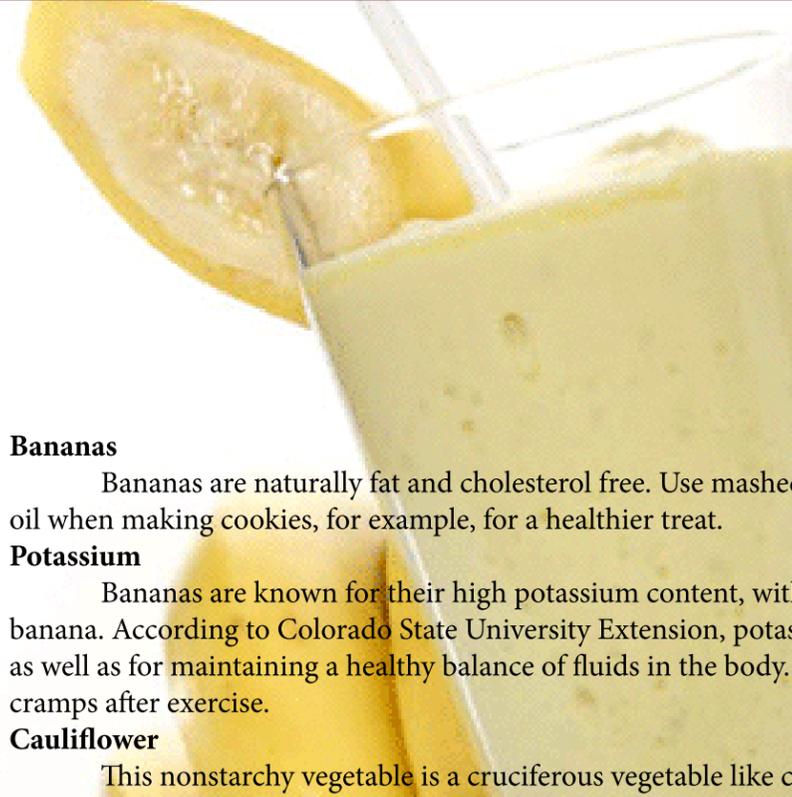
If you are Native American, over 55, (50 if a Redding Rancheria Tribal member) then you are eligible for a free lunch on Tuesdays, Thursdays and Fridays in the Community Center from 11:30-Noon. Come at 10 if you'd like to play bingo, use the gym or just hang out with friends.

Call the office Monday through Friday 7am-3pm for more information.



*Ellie Kissick,  
Senior Nutrition Programs Manager*

# Banana Spice Smoothie



- 2 Frozen Bananas
- 1 cup Cauliflower (leftovers work great)
- 2 cups Vanilla Milk
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp allspice

**Bananas**

Bananas are naturally fat and cholesterol free. Use mashed bananas to substitute for some or all of the butter or oil when making cookies, for example, for a healthier treat.

**Potassium**

Bananas are known for their high potassium content, with over 400 mg potassium in a single medium-size banana. According to Colorado State University Extension, potassium is necessary for good nerve and muscle function as well as for maintaining a healthy balance of fluids in the body. The potassium in bananas can help prevent muscle cramps after exercise.

**Cauliflower**

This nonstarchy vegetable is a cruciferous vegetable like cabbage and broccoli. High intake of cruciferous vegetables is associated with a lower risk of some cancers. They contain vitamins, minerals, and phytonutrients, or plant nutrients, that may help neutralize damaging toxins.

On March 20, 2015, Tracy Edwards, Redding Rancheria CEO, and Don Benner, Redding Rancheria Human Resources Sr. Director, 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. Tracy and Don 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.



## Tribal Youth Leadership Media Training

On March 21st the Redding Rancheria Tribal Youth went to a Media Training taught by Maria Orozco, Public Relations Director for Win-River Resort & Casino. At this training the youth had a better understanding of public speaking, confidence to speak to public, media relations training and a better knowledge of social media. Each student was interviewed in front of a camera and were asked to make a media board and present it to the rest of the class!



- |                       |  |
|-----------------------|--|
| <b>April 16th</b>     | <b>National Youth Sports Awareness Day</b>   |
| April 30th            | Relay for Life fundraiser Day                |
| <b>May 9th</b>        | <b>Mildred Rhoades Walk</b>                  |
| May 28th              | National Mental Health Awareness Day         |
| <b>June 6-8</b>       | <b>Relay for Life, Cancer Awareness</b>      |
| June 18               | Summer Safety Day                            |
| <b>July 4th</b>       | <b>Fundraiser in parking lot for Pow Wow</b> |
| July 16th             | Asthma Awareness Day                         |
| <b>August 5th</b>     | <b>Health Fair</b>                           |
| September 15th        | CHDP Day (tentative)                         |
| <b>September 17th</b> | <b>Suicide/Depression Awareness Day</b>      |
| October 15th          | Think Pink Day                               |
| <b>November 5th</b>   | <b>Men's Health - Prostate Cancer</b>        |
| November 14th         | National Diabetes Day                        |
| <b>December 3rd</b>   | <b>Holiday Safety for children</b>           |

## National Doctors' Day, March 30th

Today is the day to acknowledge our great providers or possibly another provider you have... A Thank You would go a long ways... National Doctor's Day was created to show appreciation to your doctors. Doctors perform vital diagnosis, treatment and care for yourself and your family. When you are well, your doctor keeps you well. When you are sick, there is no other person more important to you than your doctor.

With the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed S.J. RES. #366 designating March 30, 1989 as the day to celebrate this holiday. The first Doctors' Day observance was March 30, 1933, in Winder, GA. The idea came from Eudora Brown Almond, wife of Dr. Charles B. Almond, and the date was the anniversary of the first use of general anesthetic in surgery.

Thank you to our doctors:

- Dr. Paul Davis**
- Dr. Dan Weiner**
- Dr. Bryan Featherstone**
- Dr. Carlota Nepomuceno**
- Dr. James Bennie**
- Dr. Melinda Orellana**
- PA. Ross Goodrich**
- PA Kate Ermenc**
- PA Fred Hering**
- FNP Gretchen Melburg**

*Don Benner*  
Senior Director of Human Resources



# Tribal Spotlight Dani Hayward

I went to Tanzania for three and a half weeks to volunteer with a group called Growth International Volunteer Excursions (GIVE). We helped build a school for the villagers on the island off of Tanzania, called Zanzibar. The coolest part was that everyday that we worked, the villagers were there helping us. They wanted that school just as badly as we wanted it for them. I taught English as a second language two hours a day to fifteen-year-old boys and they taught me Swahili in return. This was a life changing experience that made me realize how fortunate we are to have what we have. Things that are easily accessible to us like fresh water, medical facilities, and a sufficient education, are very uncommon in Tanzania. But, I have also learned how unlucky we are to have what we have. Because of our materialistic desire for more we are starving ourselves of the simple joys of life. These people literally had nothing, and yet they were among the happiest people I had ever met. During my stay I swam with wild dolphins in the Indian Ocean and learned how to paint from a local Tanzanian artist. We stayed right outside of a little village called Cairo and did something that I haven't heard most volunteer groups doing: we respected their culture and religion. 97% of the island is Muslim so the women had to cover their knees and shoulders. Every time we walked through the village GIVE required the female volunteers to cover our knees and shoulders because we didn't want to be disrespectful to the people. And in return the people welcomed us with open arms. I was welcomed into one of their homes and got to hold a two month old baby when the mother barely knew me, she trusted the group we were with enough to know that GIVE volunteers were doing good for their community. It felt so good to be welcomed and appreciated by these people that we barely knew but were building a school for.

After two and a half weeks we went on a two-day safari in Tarangire and the Ngorongoro Crater and I got to see beautiful elephants, lions, hyenas, water buffalo, zebra, giraffes, and more amazing animals. And then we said goodbye to the volunteers that weren't climbing Kilimanjaro and eight of us went on our way to start the five day up and two day down hike on the mountain. Climbing Kilimanjaro was the most physically and mentally challenging thing I have ever done, and yet the most rewarding. The view at the summit was so spiritual, breathtakingly beautiful, and honestly unexplainable because you have to see it for yourself to reap the full reward. I am so grateful to have been given this life changing opportunity and I couldn't have done it without the support of Redding Rancheria and the education department.

Dani Hayward



# Redding Rancheria Behavioral Health Department

Sharon (Share) Hofmaister is employed as a Behavioral Therapist 1 and is a licensed Marriage Family Therapist. Share grew up in this area and attended Central Valley High School, Shasta Community College, and California State University, Chico, where she studied and earned Associate Arts degrees in Music, Dance and Art. She left school to be married and raise her family just prior to completion of a BA in Physical Education in 1975. Share completed a Bachelor of Arts in Psychology, at Simpson College in Redding in 1997 and began working at Victor Treatment Center in Redding 1998. She continued her education, earning a Master of Arts in Counseling degree from University of Phoenix in 2002 and was fully licensed as an MFT in 2008. Share worked with Victor Treatment Center from 1998 to 2013 serving emotionally disturbed children and youth and their families. Share has received extensive training in CBT, DBT, Art, Autism Spectrum disorders, Crisis management, and trauma-based therapies and provided individual, family and group therapy.



Share is a proud mother of one son who is serving honorably in the United States Army. Her son's service over the last 12 years has included 4 Iraq deployments. Share has 4 beloved grandchildren.

She is positive and fun. She brings a welcome happiness with her and is excited to help our Native community.

Her birthday is in December. Her favorite color is in her words "the color you see when the sun shines through a breaking wave in the ocean, a kind of Tourmaline."

Share is a strong proponent of natural healing modalities. She has been using herbs and essential oils as well as diet, meditation and exercise to manage her health. Share is an organic gardener. She enjoys the outdoors

and is a lover of kayaking, hiking, bicycling, snorkeling and exploring the natural world.

Share has many interests and throughout the years has earned a Cosmetology license, taught music and voice and was acting Music Director for numerous stage productions with Shasta Community College, Riverfront playhouse and Redding Community Theater. Share is a massage therapist, musician, writer and artist. She is currently creating a healing arts retreat center in her home in the Shingletown area. I can tell you from personal experience that she can bake. She brings in to work some of the best homemade treats. Delish!!

If you see her, welcome her to the Redding Rancheria Family.

**Kara Anne Rogge, LCSW**  
**Behavioral Health Director**  
**Redding Rancheria Tribal Health Center**

# REDDING RANCHERIA TAKEN OVER BY ROCK TEES, BIG HAIR AND CONVERSE

Redding Rancheria's Largest Fundraiser Goes 80's themed

Redding, CA (April 13, 2015): Approximately 500 community members came together and helped our Back to the 80's Celebration for the 2015 Redding Rancheria's "A Year to Remember" annual fundraiser dinner.

"I wondered how we would surpass last year's theme of Comic Book, but this event was truly the most successful fundraiser dinner we have had raising approximately over \$50,000 for the Redding Rancheria Community Fund. We are grateful for the continued support we receive from the community in growing this beneficial fund," said Maria Orozco, Director of Public Relations for the Redding Rancheria.

During the Back to the 80's themed dinner, an additional gift of \$14,000 was awarded to the Burney Elementary School and the Fall River Jr. Sr. High School. Executives from the Redding Rancheria Tribal Government & Win-River Casino performed a dance entertaining the crowd with their dance moves.

All proceeds from the Redding Rancheria Community Fund Dinner will go to benefit the 2015 RRCF. The RRCF has donated over \$2.3 million since its inception in 2002. Sixty-one local organizations received funds in 2014 totaling more than \$199,000.

