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The strength of our community lies in the honor of our elders, the health of our families and the self-reliance of our members. Members see Tribal resources as opportunities to become educated, contributing members and leaders of the community.

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FALL | 2011 | SEP-OCT

# KI-HET-TI-NA-TAY

Sounds of the wind



**RIBBON CUTTING**  
Redding Rancheria celebrates River Tasalmi Golf Course ribbon cutting ceremony  
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**HEAD START**  
On September 6th, the Redding Rancheria Head Start and Child Care had a first.  
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**STILLWATER POW WOW**  
The 2011 Redding Rancheria's Stillwater Pow Wow was a great success!  
**PAGE 6**



**ARBOR BUILD**  
What a beautiful Arbor and a center piece of our Culture that will be part of the foundation of our tradition.  
**PAGE 9**

## Redding Rancheria Seats New Council

THE REDDING RANCHERIA TRIBAL GOVERNMENT HELD ITS ANNUAL TRIBAL COUNCIL ELECTIONS ON SATURDAY, OCTOBER 1ST. THE GOVERNING BODY OF THE REDDING RANCHERIA IS THE TRIBAL COUNCIL WHICH IS COMPOSED OF SEVEN COUNCIL MEMBERS AND THREE ALTERNATE COUNCIL MEMBERS ELECTED BY ITS MEMBERSHIP.





JASON HART  
TRIBAL CHAIRPERSON



JACK POTTER JR.  
VICE CHAIRPERSON



BRIAN MCCAIN  
TREASURER



MICHELLE HAYWARD  
SECRETARY

## New Council

CONTINUED FROM PAGE 1

The Redding Rancheria Tribal Council has been delegated broad governing responsibilities and powers and among these are the responsibilities to establish goals, make and enforce laws, and manage the economic affairs of the Tribe. The government of the Redding Rancheria exercises protects and enhances the sovereign right of self-government while promoting a lasting cultural and community identity and traditions for all members of the Tribe.



HOPE WILKES  
COUNCIL PERSON



BARBARA MURPHY  
COUNCIL PERSON



JAMES HAYWARD SR.  
COUNCIL PERSON



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.



**2011 Member's Conference.** This year's conference was held on October 21st & 22nd and featured a variety of things to do. The event kicked off with a dinner on Friday night followed by a Hollywood-style game show with Brad Bonar. Saturday's event started with a breakfast buffet and numerous activities for youth and adults alike. Some of the wellness items included an acupuncture demonstration, yoga, massages, reflexology, facials and foot detoxing. A few of the cultural activities included necklace beading and a community sweat lead by James Hayward, Senior.



## 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 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.



## 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](http://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*

## 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.

## 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



# 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!

