



Dee-ni' Nuu-wee-ya'

SMITH RIVER RANCHERIA TRIBAL NEWSLETTER

Nee-san-naa-xee-ch'aa-ta Num-nii~ma~s (December) 2011 - Volume 18, Issue 12

SMITH RIVER RANCHERIA

140 Rowdy Creek Road
Smith River CA 95567
(707) 487-9255
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Tribal Notice

Contact: **Earl Brown**, Housing Director
Phone: **(707) 487-9255**

NOVEMBER 1, 2011

Smith River Rancheria Public Notice

Subject: Indian Community Development Block Grant (ICDBG), Fiscal Year 2012

The Smith River Rancheria (SRR) will apply to the US Department of Housing and Urban Development for funding in the amount of \$605,000 under the Homeownership Assistance category.

One of the requirements for the application is to provide notice of our intent to apply for the block grant and what the program will accomplish.

The Tribe currently has a waiting list that consists of 65 tribal members for the Homeownership Assistance Program. Do you want to be a homeowner? Please contact the Smith River Rancheria Housing Department Housing Specialist, Linda Tuttle at linda.tuttle@tolowa.com or the Housing Director, Earl Brown at ebrown@tolowa.com to find out the specific requirements for our FY2012 ICDBG Homeownership Project.

We are seeking input from members of the tribal community that may have an interest in this project. For more information on this project please contact Earl Brown, Housing Director at 707-487-9255.

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Vicki Ozaki and Darrell Moorehead

Vicki Ozaki, Co-Chair of the Redwood Coast Tsunami Work Group, is congratulating Darrell Moorehead on receiving their annual Community Service Award for his work in promoting tsunami awareness on the north coast. This year, he participated in a Ford Family Foundation Leadership project that placed signs in local harbors describing the tsunami damage suffered in March and what to do should an event like the one in Japan occur here. If you can feel the shaking, run like hell for high ground and don't return until the office of emergency services announces it is "OK" to return to low ground. The series, yes that is series, of tidal surges can last for dozens of hours.

In addition to educating people on the dangers of tsunamis Darrell has 22 years of service with Smith River Fire Protection District. As Assistant Fire Chief, he is actively involved in planning for and responding to all sorts of local calamities, not just the tsunami threat

Submitted by Darrell Moorehead, TERO Officer

Addition:

November 2011 issue, the following sentence was omitted from Carlo Giovannetti's obituary: He was also preceded by the death of his great aunt Letsy (Brown) Whipple.

Correction:

November 2011 issue, Elder Nutrition Menu: Elders 55 + may qualify for free lunches. Otherwise, a \$2 donation is suggested.

Nee-san-naa-xee-ch'aa-ta Num-nii~ma~s (December) 2011

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Dee-ni' Nuw-wee-ya' Publisher/Editor

Jessica Haas (707) 487-9255 ext 3221
jessica.haas@tolowa.com

A CANDLELIGHT VIGIL FOR YAN'-DAA-K'VT AND OUR TOLOWA DEE-NI' ANCESTORS

In 1853, during the Nee-dash World Renewal Ceremony held at the Center of the World of Yan'-daa-k'vt, our Tolowa Dee-ni' Ancestors experienced a horrifying mass execution by the settlers of Del Norte and Curry Counties. Over 450 ancestors were annihilated that night. The Yan'-daa-k'vt Massacre is the second largest recorded mass destruction of Indians in American history.

The Tolowa Dee-ni' Holocaust campaign began in 1851 and ended in 1856 which eight-thousand (8,000) of our people perished. We have endured over one-hundred and fifty years since this onslaught of invasion into our homelands and the terror that followed. Our contact history is painful, yet we survived it and all that was unnatural and foreign to us. We have come a long way as a people.

Today, we are the ongoing generations and growth which has occurred as a directed result of our strength and will to continue as the Tolowa Dee-ni' People. We want to acknowledge this tender past with somber reverence and a healing heart-felt understanding.

This vigil is a time to gather together to honor and remember our ancestors and our Holocaust. Family and Friends are welcomed to attend this evening of prayer and remembrance.

We will meet at the Lake Earl Grange in Fort Dick for carpooling to Yan'-daa-k'vt. We will enter on Silva Road to the cemetery. After the vigil, we will meet at the Lake Earl Grange for some homemade soups, tea, coffee and dessert.

Candles will be provided, wear warm clothing and rain boots. Elders will be transported from the parking area to Yan'-daa-k'vt. Call the Smith River Rancheria for more information at 487.9255 x3170.

6:00 PM, Wednesday, December 21, 2011
at Yan'-daa-k'vt on Silva Road
off Lower Lake Road, Fort Dick, CA

Candlelight Vigil for Yan'-daa-k'vt And our Tolowa Dee-ni' Ancestors

Wednesday, December 21st, 2011

6:00 PM – 8:30 PM

Yan'-daa-k'vt and Lake Earl Grange, Fort Dick, CA

Schedule

- **5P-5:45P Transportation** (every 15 minutes a group will leave grange)
Caravan and Carpool from Lake Earl Grange in Fort Dick, CA to Yan'-daa-k'vt **through Silva Road entrance**
- **6P-7P Gathering at Yan'-daa-k'vt**
 - **Prayer/Welcoming**
 - **Personal Sharing-Words, Poetry**
 - **Acknowledgement -Ancestry Name Recital**
 - **Closing**
(Leave Yan'-daa-k'vt to Lake Earl Grange)
- **7:15P-8:30P Gathering for homemade clam chowder, deer meat stew & yeast rolls**
 - **Opening**
 - **Serve soups, bread, beverages**
 - **Genesis Digital Presentation (20 mins)**
 - **Closing**

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40% recycled
newsprint,
using soy-
based ink.



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Waa 'Ee-lee-te (Events)

Dec 1 - 24	Nature's Coastal Holiday at Azalea Park (see page 5)
Dec 1	WIC Services available at Smith River Howonquet Clinic 10:00 am - 2:00 pm. Call (707) 487 - 0215 for more information
Dec 2	Homebuyer Education Course at Howonquet Hall Community Center 9:00 am - 4:00 pm (see below for more information)
Dec 9	January Newsletter Deadline
Dec 13	Regular Session Tribal Council Meeting - 6:00 pm Howonquet Hall Community Center
Dec 17	Tribal Youth Christmas Party, 2:00 pm - 5:00 pm Howonquet Hall Community Center

Xii-chu Nee-dash

Dec 20	Baby Blessing & Naming Ceremony	page 4
Dec 21	Yan'-daa-kvt Center-of-the-World Candlelight Vigil	page 2
Dec 22	Story Telling and Gambling	page 4
Dec 23	End-of-the-World Offering and First Night/Practice Dance	page 4
Dec 24	Xii-chu Nee-dash Potluck	page 4

Dec 23	Tribal Offices Close at 12:00 pm
Dec 26	Tribal Offices Closed for Holiday
Dec 27	Regular Session Tribal Council Meeting - 6:00 pm Howonquet Hall Community Center

SMITH RIVER RANCHERIA Housing Department

IS HOSTING A HOMEBUYER EDUCATION COURSE

When:	Friday, December 2, 2011
Where:	Howonquet Hall Community Center 101 Indian Court Smith River, CA 95567
Time:	9-12:00PM & 1- 4:30PM (Lunch not provided ~ Snacks available)

This Homebuyer Education Course is required for all Down Payment Assistant Loan participants and perspective first time home buyers. Reservations are recommended but not required. Please call Linda Tuttle, Housing Program Specialist @ 707-487-9255 x3140.

Xii-chu Nee-dash Waa-'ee-lee-te

☀ *Xii-chu Nee-dash Waa-'ee-lee-te 2011* ☀ *Winter-Solstice Nee-dash Schedule 2011*

Fellow Dee-ni' and Friends come partake in this Winter Solstice Nee-dash Ceremony and activities. In the beginning of time, the Creators handed down the laws for the Dee-ni' people to follow. The law says to dance and say the prayers until you have prayed for everything "clean" around the world. The Nee-dash protocol, prayers and responsibilities are handed to down and taught to each dance leader. The dance house was constructed to continue this practice. Come be a part of continuing our life ways and to help keep the World in Balance. Nee-dash, the ceremonies and activities will be hosted at the Dance House at Nii~lii~chvn-dvn on South Bank Road.

- December 20th Baby Blessing & Naming Ceremony at 7:00 pm*
- December 21st Yan'-daa-k'vt Center-of-the-World Candle Light Vigil at Yan'-daa-k'vt at 6:00 pm*
- December 22nd Story Telling & Games at 7:00 pm*
- December 23^d End Of the Year Offering & First Night of Nee-dash at 7:00 pm*
- December 24th Winter Solstice Potluck at Howonquet Hall at 6:00 pm*
- Nee-dash Ceremony to follow at the Dance House at 8:30*

☀ If you are interested in learning to dance and participating in Nee-dash, be sure to attend Friday night.

Preparation for a blessing, or selecting a new Dee-ni' name and learning the Naming Ceremony protocols requires advanced planning.

☀ If you are an adult and would like a Dee-ni' name, or having your newborn being blessed, please contact Loren or Lena Bommelyn at 707-464-1665.

Elder Nutrition Menu - December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Casserole	2 Bev's Tamale Pie
5 Pasta Casserole	6 Meatloaf	7 Navy Bean Soup	8 Sack Lunch	9 Shepherd's Pie
12 Bean & Cheese Burrito	13 Beef & Rice Casserole	14 Chicken Vegetable Soup	15 Spaghetti	16 Breakfast
19 Chili Relleno	20 Pork and Noodles	21 Soup and Sandwich	22 Sack Lunch	23 HOLIDAY
26 HOLIDAY	27 Fish & Chips	28 Split Pea Soup	29 Chicken Fiesta	30 Salisbury Steak

Lunch served @ 12:00 pm
Reserve Lunch @ 707.487.4463
 Menu Subject to Change

Howonquet Hall Community Center
 101 Indian Court
 Smith River, CA 94438

Tai Chi - Every Wednesday, 12:30 pm
RepChem 3rd Wednesday

Suggested donations:

Elders 55 + \$2 (some elders may qualify for free lunches)

Under 55, a \$7



UIHS Orthodontic Care Program

UIHS Orthodontic Care Program re-opening in December 2011!

Requirements for the program are:

- Registered Indian client at UIHS
- Between 6 and 15 years of age
- Living in the service areas of Humboldt and Del Norte Counties
- Consistent, excellent oral hygiene
- All identified restorative treatment completed
- Must meet appointment compliance standards (no missed appointments)
- Orthodontic Care Program space availability

All interested clients may schedule a screening and consultation appointment with their regular dental care provider. If client is a good candidate for the Orthodontic Care Program, then their provider will refer them for an appointment with the Orthodontist.

Submitted by Denise Padgette



Court Appointed Special Advocates (CASA)

Court Appointed Special Advocate (CASA) Training Starts in January

YOU CAN HELP A CHILD HAVE A BRIGHTER FUTURE!

Call 464-3320 x 208 for more information

40 cases need an advocate appointed!

Please support the children in Del Norte County and help build a stronger community!

Our Community, Our Children, Our Responsibility!



What kids say about their volunteers:

“Someone who means the world to me”

“Gives me Hope”

“I would not have survived without my CASA”

“Before my CASA, I never spoke in court”

“Always encourages me to do my best”

Thank You!

Volunteers: Gail Brotherhood, Bob Black, Vicki Lambson, Tom Rector, Beth Liles, Chief Doug Plack, Mary Hoskinson, Pat Jensen, Charles Mathews, Carolyn Westbrook, Carol Layton, Ron Mayhue, Christine Slette, Don Christiano, Melissa Darnell, Leslie Duncan, April Quigley, Kyle Clausen, Patti Haban, Jeff & Susan Stouffer, Melissa Bray, Mark Bray, Maryanne Fallman, Tim Hoone, Janet Gilbert, David Gibbs, Cynthia Edalgo, Patti Adams, Jerry Critz, Joe Trotter, Melinda Hinshaw, Rick Holly, Amanda Chadwick, Karen Lyons

Submitted by Dorothy Perry, CFS Director

December is National Awareness Month



The American Foundation for Paying Attention to Things has declared December “National Awareness Month”. What they are asking all Americans to do is just stop what you are doing, and take a moment to open our eyes for once-just once-in our lives, and take a look around you. They state that all across this country, millions of men and woman are dangerously unaware!!

Doing a self-exam once a month can reduce the chances of becoming unaware: 1st position yourself in front of your bathroom mirror, 2nd make eye contact with your reflection in the mirror, 3rd while still maintaining eye contact, take three to five minutes to think about the fact that you exist as a human being. Suggest by AFPAT founder Michael Poe.

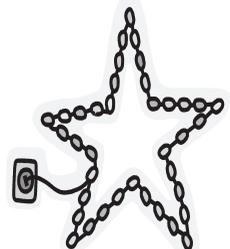
On that note, let’s all take the time to just be aware this Holiday Season, and have a STRESS FREE month!!!

*Happy Holiday
From Rebecca Prows*

Nature’s Coastal Holiday

November 26th through December 24th nightly from 5:00-9:00 pm, at Azalea Park in Brookings, Oregon.

Share in the beauty, wonder and joy of the annual Nature’s Coastal Holiday light show and sculpture display at Azalea Park during the Christmas holiday season. Azalea Park becomes a winter wonderland of brilliant lights and sculpture. Thousands of lights transform the park's subtle shades of winter into a glowing nightscape. Exciting lighted sculptures, capturing the essence of the Pacific Northwest are featured in the display. Refreshments provided for your enjoyment. Community volunteers assist in presenting this beautiful holiday atmosphere to our public. Proceeds from this event are shared with local community groups and Brookings city parks. Adults \$1.00; Children under 12 Free. Also, free hot cider and cookies. Call (541) 469-1103 for more information.



Source: www.brookings.or.us

Tribes, state forge partnership on protecting marine resources

California history is marred not only by past injustice and violence toward tribal peoples, but also by overexploitation of the natural resources the tribes have depended upon and taken care of since time immemorial. However, recent events offer hope that, at last, a new era is beginning. California Indian tribes welcomed Gov. Jerry Brown's September 2011 executive order creating a new gubernatorial tribal adviser position and making it official state policy to consult with tribes as sovereign governments on the full range of issues affecting them. The Brown administration has also made remarkable progress in a few short months working with North Coast tribes on management and protection of resources.

The InterTribal Sinkyone Wilderness Council is a consortium of 10 federally recognized tribes with ancient and enduring ancestral and cultural ties to the coastline and inland areas of Mendocino, Lake and southern Humboldt counties. Our member tribes depend on the ocean for food, for the continuation of their culture, and for their very survival. In 2009, we were alarmed to learn that California, through the Marine Life Protection Act (MLPA), was starting to design marine protected areas in ancestral territories that might disallow the traditional take of seaweed, shellfish and other marine resources by North Coast tribes.

That planning process could easily have produced another intolerable outcome in the state's bleak tribal relations history. Instead, it marked the start of a remarkable journey resulting in state officials committing to better honoring tribal contributions, past and present.

What went right? North Coast tribes resolved to protect their peoples' traditional gathering rights through concerted action and came to the table with practical solutions. For the tribes, protection of the ocean and traditional cultural use of marine resources are inseparable ideas. Without careful stewardship, the ocean's gifts will steadily decline and may someday vanish. North Coast residents, including fishermen, harbor districts and conservation groups, stood in solidarity with the tribes.

State officials, including Resources Secretary John Laird, and members and staff of the MLPA Initiative, the Department of Fish and Game, and the Fish and Game Commission, carefully considered tribal concerns and ultimately committed to meeting the challenges of managing ocean resources while respecting the traditions and knowledge of local tribes.

After many months of work, tribes and other local residents agreed upon a plan that would avoid key tribal gathering places and allow for continued tribal fishing, gathering, harvesting, and stewardship in many of the new protected areas. The plan would also create several fully protected marine life refuges in high-priority conservation areas. The process has been far from perfect or easy, yet the tribes' persistence – and the state's willingness to listen and to work toward a solution – has paid off. For the first time in the state's history, it appears that California will formally recognize and protect the tribes' traditional cultural use of marine resources.

The InterTribal Sinkyone Wilderness Council has been protecting and restoring our redwood rain forest and coastal heritage for decades. We are pleased to have been involved in every step of the North Coast MLPA process, and to have helped craft a solution to ensure lasting protections for our precious ocean and the tribes' cultural ways – a solution that is supported by the people and the government of our state. And we look forward to contributing to ongoing educational efforts to increase the public's awareness of the tribes' traditional ecological knowledge that has helped keep our natural world in balance for millennia.

Much work remains to build long-term trust between California and the many tribes of this state. But an important page has been turned. Secretary Laird's new tribal consultation policy signals an intent to respect tribal knowledge and interests regarding management of the state's natural resources more broadly.

The policy will create opportunities for meaningful tribal participation in the stewardship and co-management of the state's resources, and will open a new chapter in tribal-state relationships.

Much of the impetus for the policy has grown out of the discussions with tribes and lessons learned during the MLPA process. We celebrate this significant progress and will stay focused on building a brighter future – for tribes and for California. The road ahead in our work to achieve environmental and social justice will be a long and a challenging one, but through unwavering commitment from the tribes and many allies, we can together reach the goal of a better world.

*Submitted by Russ Crabtree, Tribal Administrator
Source: The Sacramento Bee, Oct 28, 2011*



Title 4, Chapter 4: Smoke Free Areas

On November 11, 2011, the Smith River Rancheria Tribal Council voted to adopt and post for thirty (30) days, the Smoke Free Area Ordinance.

CHAPTER 4. SMOKE FREE AREAS

The Tribal Council of the Smith River Rancheria, empowered by the Tribal Constitution to enact ordinances, hereby ordains the following:

§1. Purpose

The purpose of this Ordinance is to protect the public health and welfare by regulating smoking in work sites, public places and certain other areas. The UIHS native tobacco project is committed to the health and well-being of Tolowa people, youth, families, and the community. It is important to provide a healthy environment for our tribal members, families, visitors, staff and volunteers. By providing a smoke-free environment, the Smith River Rancheria Tribal Council is showing their commitment to the health of Tolowa people and being a responsible Tribal government. It is recognized that this policy will require behavior modification on the part of individuals who use commercial tobacco products.

§2. Background

The Smith River Rancheria recognizes that exposure of non-smokers to secondhand smoke is hazardous and that nonsmokers should be protected. Secondhand smoke can lead to serious illnesses in adults such as bronchitis, lung cancer and cardiovascular disease.

Research indicates that smoking is the major preventable cause of illness and premature death in the United States. Over 400,000 people die annually as a result of commercial tobacco use. Exposure to secondhand smoke is linked to many negative health consequences and is responsible for approximately 3,000 lung cancer deaths annually among nonsmokers in the United States.

The United States Surgeon General has determined that:

(1) secondhand smoke exposure causes disease and premature death in people who do not smoke; (2) children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory problems, ear infections and asthma attacks; (3) exposure of adults to secondhand smoke has adverse effects on the cardiovascular system and causes heart disease and lung cancer; and (4) there is no risk-free level of exposure to secondhand smoke. These findings are adopted.

It is also found that tobacco smoke is a major contributor to indoor air pollution. People who are at special risk from secondhand smoke include infants, children, teens, pregnant women, elderly people, nonsmokers with long-term exposure to secondhand smoke, individuals with cardiovascular disease, and individuals with impaired respiratory function. Establishing smoke-free work places is the most effective way to ensure that exposure to secondhand smoke does not occur in the workplace.

§3. Smoke- Free Areas/Prohibitions

All areas of the workplace are now smoke -free without exception. Smoking is not permitted anywhere in the workplace, including all indoor facilities and company vehicles. Smoking is not permitted in private enclosed offices, conference and meeting rooms, or employee lounges.

Smoking is prohibited in all enclosed areas of all of the following places and sites:

All interior and exterior spaces of Smith River Rancheria Tribal offices and buildings with the exception of the Lucky 7 Casino.

EXCEPTION: In designated smoking areas that will be at least 25 feet from doorways and windows.

Public Tribal / Community Events.

EXCEPTION: In designated smoking areas of the events that will be at least 25 feet from the event.

All Tribal vehicles.

All area of the Tribal playground

EXCEPTION: In designated smoking areas that will be at least 25 feet from playground.

§4. Exceptions

Traditional Beliefs and Ceremonial Practices: The Smith River Rancheria continues to recognize the value of traditional beliefs and ceremonial practices. The use of non-commercial tobacco for ceremonial purposes is allowed in the designated traditional healing room, including any space designated for a ceremony.

Outside Smoking. Smoking is prohibited within 25 feet of entrances, open windows and ventilation systems of all places where smoking is otherwise prohibited by this Ordinance.

§5. Compliance

Compliance with the smoke-free policy is mandatory for all employees and persons visiting Tribal facilities, with no exceptions. Employees who violate this policy are subject to disciplinary actions. Any disputes involving smoking should be handled through the tribal procedure for resolving other work-related problems.

Tribal Administrator

The Tribal Administrator (TA) or his /her designee, is responsible for implementing and ensuring compliance with the Smoke Free Area Ordinance of the Smith River Rancheria. The TA, or his/her designee, shall ensure that Directors are responsible for the implementation of and compliance with the Smoke Free Area Ordinance in their respective programs and administrative areas.

Human Resources

The Division of Human Resources includes a copy of this circular in all new employee and student orientation programs.

§6. IMPLEMENTATION

The implementation of the Smoke Free Area Ordinance is a component of a larger initiative to improve the health and wellness of our tribal members, employees, and communities. The implementation of this policy will be accompanied with education and awareness programs, such as Smoking Cessation Programs. The Smith River Rancheria will continue to offer support to employees who wish to stop using commercial tobacco products through the Employee Assistance Program and the Tobacco Cessation Program offered by United Indian Health Services.

Other Tobacco Cessation Resources and Important Links.

A. Free Quitline Smoking Cessation (1) 877-724-1090 The line is answered by a group of clinical counselors

American Cancer Society <http://www.cancer.org>

American Lung Association [http://](http://www.lungusa.org)

American Health Association <http://www.americanheart.org>

§7. Penalty

A person found to violate this Ordinance shall be guilty of a municipal civil infraction subject to the sanctions as provided in this Code of Ordinances.

Managers and supervisors at all levels are responsible for the enforcement of this policy and for documenting verbal warnings

Employee Violation

Employees who fail to comply with this policy may be subjected to appropriate disciplinary action.

Visitors and Patient Violations

Visitor and patient violations shall be handled accordingly:

The visitor or patient is to be informed politely

Security personnel shall ask patients or visitors who refuse to comply with the policy to leave the property and shall document the incident.

§8. Effective Date and Legislative History

The effective date of this Ordinance shall immediately upon passage. This Chapter was adopted on _____, as the Smith River Rancheria Ordinance on Smoke Free Areas by Resolution #_____.

Copies are available at the Tribal Office at 140 Rowdy Creek Road in Smith River.

Submitted by Jessica Haas, Recording Secretary

See-waa-dvn (Beside the Rock) Construction



Setting footing forms



Reinforcing steel within footing



Footing of building pad #1 ready for concrete



Pumping concrete into forms



On the left: Concrete perimeter footing and interior grade beams of building No. 1

On the right: Stem wall forms being installed along with horizontal reinforcing steel.



Fresh poured concrete in the stem wall at the common garage wall in building No. 1



Perimeter stem wall of building No. 1 with the grade beams within the stem wall

Pictures and construction details by Malcolm Champlain, Housing Project Manager

Nee-san-naa-xee-ch'aa-ta Num-nii~ma~s (December) Birthdays

Ashton Allen	Kourtney Holz	Charles Pomeroy
Austin Allen	Nicholas Husted, Jr.	Robin Rasmussen
Michael Austin	Angel Idol	Marvin Richards, Jr.
Maximus Baines	Elody James	Catherine Richards
Guy Balcom	Tyler Johnson	Elijah Richards
Will Baldrige	Brannan Jones	Jesse Richards III
Gary Batini	Dean Jones	Laurene Richards
Karen Bimemiller	John Jones	Rocky Richards
Megan Boardman	Michael Jones	Tawnya Richards
Anna Boatsman	Trevion Jones	Benjamin D. Roberts
Andrea Bravo	Lorena Joy	Braquel Roberts
Andrew Bravo	Terile Keevil	Ricardo Rojas
Seaira Brundin	Kaitlin Kendall	Arianna Romo
Mya Carpenter	Ezekial Kirby	Jess Sanders
Makayla Chapman	Tasheena Kirby	Frances Schriver
Zackary Chapman	Jennifer Lavezzo	Marva Scott
Nellie Chisman	Jaz Leddy	Philbert Seshar
Jalissa Cole	Amee Lopez	Katrina Simpson
Christy Crawford	Richard B. Lopez	Anthony Smith
Stormy Criner	Robert Lopez	David E. Smith
Timothy Criteser	Shalawn Lopez	Sharon Smith
Kalynn Davis	Vernon Losh II	Gabrielle Solomon
Victor Dobrec III	Cheantel Loucks	Phillip Sullivan
Noella Essex	Daniel McCann	Scott Sullivan
Cole Estrada	Elsie McClung	Cheryl Templer
Alvina Fairchild	Mitchel McKuhn	Jacob Thomas
Nellie Fox	Trista Mickelson	Jason Thomas
Felicia Fugate	Marilyn Mitchell	Harold Thornton
Abaline Gardner	Norah Mitchell	Tyler Travis
Vanacha Gilkey	Kris Moorehead	Marlee Tribur
Steven Gochanour, Sr.	Hannah Mouser	Alvin Tripp, Sr.
Leon Gochanour	Sadie Nichols	Tina Whipple-Hall
Thomas Gochanour	Maggie O'Brian	Remi White
Lynne Gonzalez	Kristina O'Loughlin	Tisha White
Heather Griffin	Zachary Olds	Brayden Wilber
Tandy Harmon	Kaydence Owen	Tyler Wilber
Arnold Hempel	Amanda Parke	Skylar Windham
Cheyenne Hinshaw	Lucinda Parras	Treyvon Wolfe-Easley
Wesley Hinshaw	Holly Pittman	Claud Wyland



Kasandra is wearing a set of beads hand-strung by her Great-Great Aunt Nelly Chisman.

Kasandra Inez Kamisky was born on October 3, 2011 at 3:26 pm, weighing 10 pounds, 5 ounces and measuring 21 ½ inches to parents Troy William Kamisky and Tribal member Wendy Inez Kamisky. Kasandra joins Grandmother Donna Haynes, Great-Grandmother Letty Seshar-Shapiro, Great-Great Aunts Nelly Chisman & Adeline Thomas, & Evelan Mann, Uncle David Smith, Aunts Colette Niles and Darby Niles, first cousins Lacey Hackett and Maile Horn and Great-Uncle William Seshar.

Lacey Hackett, tribal member, was the "flyer" on the first place cheerleading squad for Six Rivers Youth Football competition, held in Eureka High School Gym on November 5. Lacey has been in the Eel River Valley (ERV) league for over 5 years and is on the AAA squad. She attends Scotia School and is a 7th grader. Her family is sooooo proud of her accomplishments and attended from as far away as Redding.



Maile Horn, (Lacey's sister) participated on the ERV mascot team for the first time...and is 5 years old and attends Scotia Elementary School. Proud mama, Collette Niles, coached the mascots this year.

Cheers and good wishes to all the girls who worked so hard and performed so well.

Submitted by Grandmother Donna Haynes



Sheryl's Culture Corner

Ch'ulh-yvmh Prayer

Hee-he...

Attention

Dii	xaa-ghi	srxii-xay	nuu	nvn	k'wii-daa-naa-ye'	waa	xuu-cha~
<i>This</i>	<i>new</i>	<i>generation</i>	<i>our</i>	<i>your</i>	<i>ancestors</i>	<i>that-way</i>	<i>a-good-life</i>
'aa-wvtlh-t'sit-la.	Hii-du'	wvn-la	waa	tr'aa-ma	xuu	wee-ya'	
<i>was known (was-so).</i>	<i>That</i>	<i>for (it-was)</i>	<i>thus</i>	<i>strong emotion</i>	<i>their</i>	<i>words</i>	
ghvtlh-ts'vt-la.	'Ee-le'	srii-na	duu	naa-ghvtlh-k'vs-le'.			
<i>carried-over (is-so)</i>	<i>Land-peak</i>	<i>high</i>	<i>not</i>	<i>shall-the-tide-break-over-it.</i>			

Hee....

Agree-with / Amen



1972 Azalea Festival, Chit (Brookings), Oregon

Left to right: Edward Lopez, Sr., Ronald Richards, Sr., Sunnae Whipple Walker, Allen Richards, Jr., Denise Richards Padgette, Carl James, Sheryl Bommelyn Steinruck, Marvin Richards, Sr., Cynthia Elston, William Bommelyn, Sr., Nicol Richards Aubrey, and Mark Richards

Photo: 1972 Azalea Festival in **Chit** (Brookings), Oregon. Left to right: Edward Lopez, Sr., Ronald Richards, Sr., Sunnae Whipple Walker, Allen Richards, Jr., Denise Richards Padgette, Carl James, Sheryl Bommelyn Steinruck, Marvin Richards, Sr., Cynthia Elston, William Bommelyn, Sr., Nicol Richards Aubrey, and Mark Richards.

"To this new generation, our ancestors knew a good life! Thus, their words are sent to Him (**K'wan'-lee-shvm – God**) with strong emotion (*sincerity and dedication*)."

It was with this same sincerity and dedication to know the "good life" that my mother, Eunice Henry Bommelyn, rallied support from her sisters and nieces to teach the "baby boom generation" about our ceremony, the **Nee-dash** (*Feather Dance*), the prayers (as depicted above), stories, and songs before they were gone forever. They made arrangements with the leaders of the Del Norte Indian Welfare Association and our elders of that time and began teaching us in 1966.

Every Saturday afternoon for years to come, we gathered at **K'vsh-chu** (*Redwood*) Hall and learned the **Nee-dash** (*Feather Dance*) from our esteemed leaders: Willie Bob, Amelia Jim Brown, Leonard James, Sr., Ellen LaFountain, Lena and Edward Lopez, Sr., Samuel Lopez Sr., Frank Moorehead, Lila and Fred Moorehead, Irene and Cornelius Natt, Gobel Richards, Walter Richards, Sr., and, Ethel Scott.

Once the word got out many young people came to listen and to learn our ceremony. The youthful participants represented every **Dee-ni'** (*"The People"*) family of the day. Represented from the following families: Bommelyn, Bowen, Brown, Brundin, Criteser, Elston, Green, Hostler, James, Lopez, Mattz, Moorehead, Napoleon, Richards, and, Whipple as some dancers are depicted in the 1972 photo below. I apologize if I have omitted any family name or anyone, as it is not intentional.

Over the years we have danced or performed at many places and events: **K'vsh-chu** (*Redwood*) Hall, Smith River, California; California Indian Day at **Nii~lii~chvn-dvn** (*"foot-of-the-riffle-place" / Henry Flat*), California; Del Norte County Fair and Beach Front at **Taa-'at-dvn** (*Crescent City*), California; Azalea Festival, **Chit** (*Brookings*), Oregon; Curry County Fair, Gold Beach, Oregon; Lady Bird Johnson Grove Dedication, Orick, California; Humboldt State University, Arcata, California; Eureka Inn, Eureka, California; California Indian Day, California State Fair, and, National Congress of American Indians, Sacramento, California; Smithsonian Folk Festival, Washington DC; United Indian Health Services Dedication, Trinidad, California; University of Oregon, Eugene, Oregon; **Nee-dash**, Siletz, Oregon; Los Angeles City Schools, Los Angeles, California; and, at the **Nii~lii~chvn-dvn** Dance House.

Sam Lopez, one of our revered dance leaders, would say, "Indian people are the most *praying-est* people you would ever meet because they pray for everything. And, by the end of the ten-night-dance, they prayed clean around the world!" We pray for everything: our families, our food, our work, the land, our health, and, everything you could think of. Our elders were very strict teachers that made sure we learned it right. Those of us that had the privilege and honor to learn from these teachers will always carry thankfulness in our hearts. We honor them for teaching us. We are sharing and carrying this knowledge forward to all generations.

Anyone with the desire to further this effort is welcome to attend and participate in our Regalia Making Meetings held every Sunday evening beginning at 6:30 p.m. We meet at the **Xaa-wan'-k'wvt** (*Howonquet*) Hall Community Center (HHCC) located at 101 Indian Court on the ocean side of Highway 101 across from the Lucky 7 Casino next to the Smith River Clinic. These classes are for anyone wanting to learn how to make regalia, male or female. You do need to bring your own materials for your project. We are available to help but we do not have any funds to help purchase materials. It is important that we take the time to do this work and to have fun doing it. We can visit if nothing else. I will offer **Dee-ni' Wee-ya'** *Taa-laa-wa Dee-ni' Language* lessons, songs, stories, and, topics of interest.

As the **Nee-dash** prayer says, "To this new generation, our ancestors knew a good life!" We are the present-day culture-bearers to carry this "good life" into our future. I look forward to seeing you on Sunday nights. For more information, you may contact me via my cell: 707-954-0711. **Shu' shaa-nin-la** (*thank-you*).

Submitted by Sheryl Suu-daa-chu Steinruck

Employee Spotlight



Sunnae Walker was born and raised in Smith River and is a Smith River Rancheria Tribal Member. She attended elementary school in Smith River and graduated from Castle Rock Charter School. Sunnae is currently working towards a degree from College of the Redwoods. She has completed Speech classes, two years of English, three years of computer classes, and will be taking math classes in the future.

Growing up as a part of the Richards and Whipple families, Sunnae's aunts, uncles, and grandparents were a big influence in her life. She was always surrounded by family members. Sunnae remembers as a child playing with trucks and toy guns, or whatever the boys were playing, because the boys would destroy her dolls or other "girlie" toys. Also growing up, Sunnae attended dance practice almost every week with her family. The dance practice was held at K'vsh-chu Hall. Sunnae's grandmother, Eliza Dailey, owned a lot of the land at the mouth of the Smith River, including the location of the dance village known as Howonquet. People would sit on the banks and watch the dancers below. Sunnae and other family members now live on the properties adjacent to the location of the dance village. It is important to their family that no one is allowed to build on the site, and have gone to the County in the past, and will continue to fight to preserve the land.

Sunnae's first job was working in the lily fields. She would get off the school bus at the fields, and work for a few hours after school. Other jobs Sunnae has had include working at the UIHS clinic in Smith River, and road construction flagging for North Coast Paving. She loved her flagging job because she got to work with her dad. They had a lot of fun working together. Sunnae has worked for the Smith River Rancheria's Maintenance Department for 2 years. She enjoys her job and likes the people she works with.

Sunnae has been happily married to her husband Duane for fifteen years. She has four children and eleven grandchildren. Sunnae likes to collect beads and attends an Indian dress making class. She plans to make a dress for her five granddaughters. It has been difficult laying out the design, which includes rays of sunshine, but it has been fun and will be worth it when the dress is finished.

Sunnae has traveled to Albuquerque, New Mexico four times to attend the "Gathering of the Nations". She took a train two times by herself, which was quite an experience. Another time, she went with her mother and also went with Denise Padgette and her kids. She has loved it each time, it is definitely something worth seeing.

Sunnae's next trip will be to Idaho to visit her grandchildren before Christmas this year. She can't wait to see them again.

Submitted by Debbie Boardman, Receptionist

Bret Wells was born and raised in Seattle, Washington. Growing up, Bret and his brother spent a lot of time with their father, a very talented man, who was once the Lead Model Maker for Boeing. Bret learned a lot from his father including custom woodworking. As a boy Bret joined the Boy Scouts, eventually becoming an Eagle Scout, the highest rank attainable in the program. Bret also became a member of the Order of the Arrow, which is the national honor society of the Boy Scouts of America. During these years, Bret was also influenced by the words of Chief See-at-hl, the namesake for the city of Seattle.



Bret's first job was washing dishes and doing clean up at a small "mom and pop" diner, complete with a soda fountain, near the University of Washington. He would ride his bike there after school, then, before he could start work, the owners would insist he have a burger and a shake. They were nice people and he always appreciated their kindness.

Bret graduated from Roosevelt High School, and then went on to the University of Washington. After completing his studies there, he moved to Sacramento, California and attended Capital Bible College. Bret has achieved a Ministerial Arts Degree and a Degree in Bible Science. While living in Sacramento, Bret met and married his wife of 29 years. After their marriage, the couple moved back to Washington and Bret became a Youth Pastor. They then moved to Ukiah, California where Bret was a Pastor and also owned an auto repair shop for 18 years. The list of car types Bret worked on is impressive and includes Maserati, Rolls Royce, Lamborghini, and an original Shelby Cobra with Carroll Shelby's signature under the hood!

Bret and his wife moved to Smith River 10 years ago to take over Faith Christian Church. He began working for the Smith River Rancheria's Maintenance Department 15 months ago. Work and being Pastor of the church takes up most of Bret's time, but when he has a chance, he loves to play golf and racquetball. Other hobbies include reading, custom woodworking, and custom stained glass. Bret also plays piano, string bass, saxophone, and clarinet.

Bret and his wife have 3 grown children, ages 28, 26, and 24. Over the years the family has traveled to the Bahamas, Mexico, Canada, Florida, and most of the east coast. They also enjoyed a trip to Williamsburg and visited the Smithsonian. Bret and his wife, Doreen, would like to, someday, go on a Missionary trip to India, and sometime down the road form a Worship Team with their family. Another thing they look forward to in the future is having grandchildren to spoil.

Submitted by Debbie Boardman, Receptionist

Smart Shopping During the Holidays



While many people recognize the environmental benefits of recycling and composting, much of the stuff in our trash cans is not currently recyclable or compostable. What can we do about this stuff? The following are some additional ideas on how you can change your shopping habits to reduce waste and increase recycling during the Holidays and throughout the year.



Reuse- Many items we might purchase may be borrowed from a neighbor, checked out from the library, rented, or leased. Try following the old adage **'Use it up, wear it out, make do, or do without'**. There are also a wide variety of resources which provide creative ways to reuse things to replace things we might otherwise purchase, or to give our purchases another life.

Make a List, Stick to it, & Combine Trips- This is a good way to avoid impulse buying which can lead to waste, while saving time and/or gasoline.

Shop at Home First- You can keep our local economy healthy just by consciously choosing to Shop at Home, buying from locally owned stores. If you don't see what you need, ask if the store can order it for you. The more we shop out of the area, the fewer services remain available locally, and the more we force ourselves to shop out of the area.

Shop without Travelling-If something you need is not available locally, try shopping on the World Wide Web or by catalog mail order. You can make sure you only get the catalogs you want by following the tips on Reducing Junk Mail.

Consider the Lifecycle Impacts of Your Choices- As we use each new product in our lives, we share the responsibility for the environmental impacts of that product as it was created: as the raw materials were extracted, processed and manufactured. We also share in the impacts of producing the energy necessary to make and use the product, and to collect once it is discarded. Finally, we share in the impacts as the product as we used it, then recycled, composted, burned, disposed or dumped it.

Let Manufacturers Know What You Think- Let the manufacturers know what you think about their product and package. Most products will have the manufacturer's phone number and/or address on the label. When you express your opinion on the durability, toxicity, or recyclability of their product or package, they will assume that you represent hundreds of people who had the same thought, but didn't call. So simply by complaining when a manufacturer changes to an unrecyclable package or commending a company which makes a non-toxic alternative to a hazardous product, you can have a big influence on the market. You can also join groups which work on these issues, like the California Product Stewardship Council or Californians Against Waste.

Educate Yourself- By educating ourselves and taking these responsibilities seriously, we can reduce our personal impacts on the planet while improving our quality of life. Follow these tips to reduce these impacts:

- If the product has a warning label saying 'Flammable,' 'Harmful if Swallowed,' 'Poisonous,' or 'Keep Out of Reach of Children' it is a hazardous material. Take some extra time to see if there is a non-hazardous alternative.
- Choose reusable, compostable, returnable, and repairable products over disposable ones.
- When possible, choose products made from recycled materials.
- Make sure the packaging is recyclable in Del Norte.

Submitted by Andromeda Lopez, Source: www.recycledelnorte.ca.gov

Tribal Family Resource Center

The Community & Family Services Department (CFS) is planning a Tribal Family Resource Center thanks to a grant from the Administration for Native Americans (ANA). CFS received a one-year planning grant from ANA to develop the modular behind the main CFS office located at 110 First St. Smith River into a resource center to serve SRR Tribal Members and the local community. The grant will include development of the modular to offer a conference & classroom, 3 computer stations for employment, education, and other business pursuits, & a visitation room for families to use that includes staff support. The modular is equipped with a full kitchen to accommodate groups & meetings. The grant also funds CFS staff hours and consultants to assist with community services & planning. CFS will be hosting focus groups for different age groups beginning in January 2012 to plan activities for the Tribal Family Resource Center so that it best serves Tribal Members and local community partners. The focus groups will be designed to let the community voice be heard so please plan on joining us!! For more information please call CFS at 707-487-9255.

Submitted by Gena Grizzard, CFS Social Worker



National Eggnog Day

National Eggnog Day: December 24th

National Eggnog Day comes but once a year. It celebrates a special, traditional holiday drink and the timing couldn't be any better, the day before Christmas, Christmas Eve! Eggnog is a popular drink throughout the United States and Canada, and is usually associated with winter celebrations such as Thanksgiving, Christmas, and the New Year. No one seems to know who created National Eggnog Day, but eggnog lovers are ecstatic that this day exists. Consumption of eggnog peaks on the Christmas Eve but by the New Year, it is no longer available in stores. Check out the following recipe if you would like to make homemade eggnog to wow family and friends at your holiday festivities or when it is no longer available in stores.

Non-alcoholic Eggnog Recipe

*The eggs are gently cooked to kill any potential bacteria in this non-alcoholic eggnog.

Ingredients:

- 6 large eggs, plus 2 yolks
- 1/2 cup, plus 2 tablespoons sugar
- 1/4 teaspoon salt
- 4 cups whole milk
- 1 tablespoon vanilla extract
- 1/2 teaspoon grated nutmeg
- 1/4 cup heavy cream, whipped to soft peaks
- Additional grated nutmeg for garnish

Preparation:

Combine eggs, egg yolks, sugar, and salt in a heavy 3- or 4-quart pan, whisking until well-combined. Continue whisking while pouring milk in a slow, steady stream until completely incorporated. Turn on burner to lowest possible heat setting. Place pan on burner and stir mixture continuously until an instant-read thermometer reaches 160 degrees F. and the mixture thickens enough to coat the back of a spoon. Be patient. This should take about 45 to 60 minutes.

Strain mixture through a fine sieve into a large bowl to remove any accidental small cooked bits of egg. Add vanilla extract and nutmeg, stirring to combine. Pour into a glass pitcher, decanter, or container and cover with a lid or plastic wrap. Refrigerate this egg custard mixture to chill at least 4 hours or up to 3 days before finishing.

When ready to serve, pour heavy cream into a bowl and whip until it forms soft peaks. Fold whipped cream into cold custard mixture until combined. Serve eggnog in chilled cups or glasses and garnish with a sprinkle of nutmeg.

Submitted by Andromeda Lopez, CFS Office Clerk

National Eggnog Day information resource website: holidayinsights.com; eggnog Recipe resource website: homecooking.about.com



Scholarship Opportunity

The Smith River Rancheria Education Department would like to inform you:

The American Indians Committee of the National Society Daughters of the American Revolution awards scholarships to Native Americans. This award is intended to help Native American college and technical school students of any age, any tribe, in any state striving to obtain an education. All awards are judged based on financial need and academic achievement.

The scholarship is a one-time award of \$1,000.

Deadline for National Society Daughters of the American Revolution: American Indians Committee: April 1, 2012.

To request an application or more information, please contact Leann Babcock at 707-487-9255 ext. 3131

Submitted by Leann Babcock, CFS Program Technician

Tribal Energy Program - Summer Internship Program

Application Postmarked: February 17, 2012

Location: Sandia National Laboratories in Albuquerque, New Mexico
Internship Duration: 12 weeks

Background: The Tribal Energy Program promotes tribal energy sufficiency, economic development and employment on tribal lands through the use of renewable energy and energy efficiency technologies.

Eligibility: Current college upper-classmen and graduate students, who are familiar with Native American culture and tribal issues, are needed to support the Tribal Energy Program efforts with technical project tasks. Students are needed to assist a cross-disciplinary team to perform specific tasks. Interactions will be with Sandia's renewable energy staff, Native American tribes interested in renewable systems and Sandia's American Indian Outreach Committee. Instant immersion in these activities is offered in working directly with experienced and internationally recognized peers. Travel will be required, including field visits to renewable energy projects.

Required: As authorized by the Tribal Energy Program, the student applicant must be a US Citizen and be a Native American as defined as a member of a recognized Federally-recognized Tribe, Alaska Village or Alaska Corporation (not state-recognized, not bands or groups, or first peoples of Guam or Hawaii). Specific interest in renewable energy is required. NOTE: Applicants must pass a pre-employment security check (local & federal law enforcement, driver's history, personal references, educational, credit & employment checks).

Application Instructions:

- Apply to contact address listed at the top of the announcement prior to the deadline.
- Apply using a personal resume including GPA (3.2 Bachelors, 3.5 Masters, 3.7 PhD) and all relevant work experience and outside activities. Include your phone number & email address.
- Include all college transcripts (official copies are required).
- Complete the questionnaire & essays requested, which are included with this announcement.

Salary & Relocation Expenses:

- Salary commensurate with number of hours completed by the end of the 2011 Fall semester in an appropriate technical major
- Sandia will pay relocation expenses (mileage and per diem or round-trip airfare) for a school site > 50 miles from Albuquerque, New Mexico

More information and application instructions may be found at: <http://apps1.eere.energy.gov/tribalenergy/internships.cfm>

Submitted by Dorothy Perry, CFS Director

Intertribal Timber Council - Scholarship

Application Postmarked: January 27, 2012

Awards: \$2,000 for college students or \$1,500 for graduating senior high school students

Purpose: The Truman D Picard Scholarship Program is dedicated to the support of Native American students pursuing a higher education in Natural Resources.

Require Material: The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

1. Letter of Application: The letter must include your name, permanent mailing address, email address if available, and phone number. It should be a maximum of two pages in length and discuss the following:
 - A. Interest in natural resources
 - B. Commitment to education, community and your culture
 - C. Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should attach the Student Aid Report or have the report sent to the ITC office. If it has not been completed, send last year's report.
2. Resume
3. Three signed letters of reference, on letterhead and dated within the last six months.
4. Evidence of validated enrollment in a federally recognized tribe or Alaska Native Corporation, as established by the U.S. Government. A photocopy of your enrollment card, front and back, or Certificate of Indian Blood (CIB) will suffice.
5. Transcripts: ALL students must include transcripts.
 - High school students must also provide documented proof of acceptance to an institution of higher education and a review of college class scheduled to verify major before a check is released.
 - College students must also provide proof of their declared major.

Please visit www.itcnet.org or call (503) 282-4296 for more information.

Submitted by Brad Cass, Natural Resources Director

December is Universal Human Rights Month

The Universal Declaration of Human Rights (UDHR) was adopted on December 10, 1948 by the General Assembly of the United Nations (without dissent) as a response to the Nazi holocaust and to set a standard by which the human rights activities of all nations, rich and poor alike, are to be measured.

Some of the rights are: no one shall be subjected to cruel and inhuman punishment; being entitled to a fair and public hearing by an impartial tribunal; the right of the people to be secure in their person, houses, papers and effects; the right to freedom of thought, conscience and religion; the right to a standard of living that includes food, clothing, housing, medical care and necessary social services; the right to Education; the right to participate in the cultural life of the community; not being arbitrarily deprived of property; and right to legal counsel.

Many people still do not enjoy the same rights and privileges that Americans take for granted. This month, take some time to reflect upon the importance of the rights we have in this country, such as the right to vote, the right to a speedy and fair trial and most of all, freedom of speech.

To view the full version of the Universal Declaration of Human Rights: <http://www.udhr.org/UDHR/>.

Submitted by Dorothy Perry, CFS Director

Holiday Travel

Whether you travel for work or leisure, odds are that you will have a safe trip. Incidents that would just be an inconvenience at home can cause major problems on the road. Travelers can, and have, become victims of crime or experienced unexpected problems. The following travel tips may help you avoid difficulties and enjoy a safe journey.

- ✓ Leave information about your trip and how to contact you in case of emergency with one or two people that you trust.
- ✓ Don't bring anything you would hate to lose, like valuable jewelry, unnecessary credit cards, Social Security card, and other irreplaceable items.
- ✓ Use common sense and be cautious. Don't use poorly lit streets, shortcuts or narrow alleys and try not to travel alone at night.
- ✓ Don't discuss your travel plans with strangers or where strangers might overhear.
- ✓ If you carry a handbag or briefcase, try to find one where you can wear the shoulder strap over your chest to discourage purse-snatchers.
- ✓ Keep your hotel room locked at all times and put your valuables in the hotel safe.
- ✓ Don't get on an elevator if there is a suspicious person inside.
- ✓ Only take taxis clearly identified with official markings. Beware of unmarked taxis.
- ✓ If you are driving, keep your doors locked.
- ✓ Don't leave valuables in your car. If you have no choice, keep them out of sight or locked in the trunk and take them with you when you leave the vehicle.
- ✓ Avoid carrying large sums of money.
- ✓ If confronted or "mugged", give up your valuables... No material possession is worth an injury or possibly losing your life.

For more personal safety and travel tips:

1. "The Gift of Fear and Other Survival Signals that Protect Us From Violence" by Gavin de Becker, 1999
2. "Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)" by Gavin de Becker, 2000
3. "Facing Violence: Preparing for the Unexpected" by Rory Miller, 2011
4. http://travel.state.gov/travel/tips/safety/safety_1747.html

Submitted by Dorothy Perry, CFS Director

Stress Free Holidays



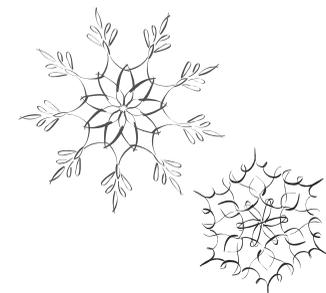
December is National Stress Free Holiday month. The holiday season is creeping up fast, a chance to share the joys of family and friends. The holiday season can be a stressful time for all of us, from planning dinner to buying presents. As the time gets closer more stress

is added. Here are some tips for a stress free holiday:

- **Get lots of rest, eat healthy, take vitamins and drink plenty of water.**
- **Ask for help** when needed to lessen the stress.
- Start holiday shopping early by making a list and spending limit.
- Look for presents and stocking stuffers on sale.
- Plan for stress free tree decorating. Parents put up the tree and lights and play music; children can decorate the tree.
- Cooking is always a big part of the holiday season. Instead of one person making dinner, plan for a pot-luck or a dinner party. Make dishes that are easily served and easy to clean up after, or designate a clean-up crew.
- Find time to do something you enjoy: walking, music, reading, have fun, laugh, and visit with friends and family.

May the Holidays bring you Joy and Happiness!

Submitted by Leann Babcock, CFS Program Technician



Little Things Save a Lot

Energy efficiency does not have to be expensive; just follow a few simple steps.

It is easy to get overwhelmed by two words: energy efficiency. What should I do? How should I do it? Do I have to replace my entire heating and cooling system to see savings?

The easy answer is no, you can do a lot of upgrading with little money. On your next trip to the home improvement or local hardware store, take this shopping guide with you. It lists five areas where a few simple energy-efficiency investments will produce savings right away.

Lighting

Since lighting accounts for about 11 percent of home energy use, switch your bulbs with compact fluorescent light bulbs (CFLs). An Energy Star-qualified CFL uses about 75 percent less energy than a traditional bulb, lasts up to 10 times longer and can save about \$40 in energy costs over its lifetime. A four-pack of 14-watt CFLs (equivalent to a 60-watt incandescent) runs about \$6.

Filling the Cracks

A tube of caulk can a roll of weather stripping can go a long way toward saving money on your electricity bill. It is easy to find where cold air leaks in around doors and windows. Simply hold your hand out and feel. Caulk around windows, dryer vents and fans for about \$2 a tube, and weather strip around door for about \$4 a roll.

There are also some not-so-obvious places for air to flow in and out of your home, notable outlets and behind switch plates.

To see if you have air flowing through your outlets or switch plates, light a stick of incense, hold it in front and watch for the smoke to be disrupted. You can find special sealing kits for outlets and switch plates for about \$2.

And don't forget about applying weather stripping around your attic hatch or pull-down stairs. You also might want to install an insulator box to place over the opening. A kit costs about \$40.

Sealing these cracks can save you around \$200 a year, according to TogetherWeSave.com. The website, operated by Touchstone Energy Cooperatives, shows how little changes add up to big savings.

Programmable Thermostat

Beginning at \$40, a programmable thermostat becomes a larger investment, but you could save \$180 a year with the proper settings. For the biggest impact, program your thermostat to raise the temperature during summer and lower it in the winter while you are out of the house. You also can program it to dip lower at night while sleeping. The thermostat can be set to automatically revert to a comfortable setting shortly before you arrive home or wake up.

While programmable thermostats are helpful, they are not for everyone. These gadgets are best for people who are away from home for extended periods throughout the week.

Sealing Ductwork

More than 40 percent of your home's energy use goes for heating and cooling, so it is important to keep that air in the home. Leaky ductwork remains one of the main culprits of hot and cold air loss.

If your home's ducts are exposed, inspect them for leaks and seal them. Look for holes and joints that have separated, and then seal them with foil-backed tape, about \$6 a roll, or mastic, a type of sealant that costs about \$12 a tub.

You can apply the mastic with a regular paintbrush. Make sure the tape is marked with the Underwriters Laboratories UL symbol, which means it has been independently tested for safety.

Properly sealing ductwork can save about \$170 a year, according to TogetherWeSave.com.

Water Heater Insulation

Blankets are not just for keeping people warm. A water heater blanket can save you 4 percent to 9 percent in water heating costs – a big ticket item because 12 percent of your home's energy use goes toward water heating.

How do you know if your water heater needs more insulation? Touch it. If it is warm, wrap it. Choose a blanket with an insulating value of at least R-8, which runs about \$20.

TogetherWeSave.com also reports that you can save more than \$70 a year by keeping your water heater's thermostat set at 120 F.

Larger Projects

If you want to make larger investments in your home, adding insulation or upgrading appliances are great starters. For more information on insulation, visit www.EnergySavers.gov. To learn about the most energy-efficient appliances, visit energystar.gov.

Energy Efficiency Shopping List	
Planning energy efficiency upgrades at home? Take this handy shopping list with you to your local home improvement store.	
CFLs (4-pack)	\$6
Caulk	\$2
Weather stripping	\$4
Outlet sealing kit (10)	\$20
Attic door insulator kit	\$40
Programmable thermostat	\$40
Mastic	\$12
Water heater blanket	\$20
Investment:	\$144
Potential Annual Savings:	\$700
Sources:	HomeDepot.com, TogetherWeSave.com

Submitted by Malcolm Champlain

Source: http://www.ruralite-digital.com/ruralite/201111_CEC

Lifeline and Link Up: Affordable Telephone Service

Background

The Lifeline program provides discounts on monthly telephone charges, and Link Up provides a discount on the cost of commencing telephone service for qualifying low-income households. Lifeline and Link Up are supported by the federal Universal Service Fund (USF). The Federal Communications Commission (FCC), with the help of the Universal Service Administrative Company (USAC), administers the USF. Here are some frequently asked questions about the Lifeline and Link Up programs.

What Benefits are Available Under the Lifeline and Link Up Programs?

Lifeline provides discounts on one basic monthly telephone service (wireline or wireless) for qualified subscribers. These discounts can be up to \$10.00 per month, depending on your state. Federal rules prohibit qualifying low-income consumers from receiving more than ONE Lifeline service at the same time. That is, qualifying low-income consumers may receive a Lifeline discount on either a home telephone or wireless telephone service, but may not receive a Lifeline discount on both services at the same time. Lifeline also includes Toll Limitation Service, which enables a telephone subscriber to limit the amount of long distance calls that can be made from a telephone.

Link Up provides qualified subscribers with a one-time discount (up to a maximum of \$30) off of the initial installation fee for one traditional, wireline telephone service at the primary residence or the activation fee for one wireless telephone. It also allows subscribers to pay the remaining amount they owe on a deferred schedule, interest-free. Federal rules prohibit qualifying low-income consumers from receiving more than ONE Link Up discount at a primary residence. That is, qualifying low-income consumers may receive a Link Up discount on installation or activation charges associated with either a home telephone or wireless telephone service. Qualifying consumers may be eligible for Link Up again only after moving to a new primary residence.

Enhanced benefits are provided to low-income consumers who live on a federally recognized Indian Tribe's reservation, pueblo, or colony; on a former reservation in Oklahoma; within an Indian allotment; or within an Alaska Native region established by the Alaska Native Claims Settlement Act. See our consumer guide (www.fcc.gov/guides/promoting-telephone-subscribership-indian-country) on Promoting Telephone Subscribership on Tribal Lands for more information on these enhanced Lifeline and Link Up programs.

How Do I Qualify for Lifeline and Link Up Discounts?

The Lifeline and Link Up programs are available to qualifying consumers in every state, territory, commonwealth, and on Tribal lands. Eligibility criteria vary by state. For states that rely solely on the federal Lifeline and Link Up program eligibility criteria, subscribers must either have an income that is at or below 135% of the federal Poverty Guidelines (aspe.hhs.gov/poverty/index.shtml) or participate in one of the following assistance programs:

- Medicaid,
- Food Stamps,
- Supplemental Security Income (SSI),
- Federal Public Housing Assistance (Section 8),
- Low-Income Home Energy Assistance Program (LIHEAP),
- Temporary Assistance to Needy Families (TANF), or
- The National School Lunch Program's Free Lunch Program.

For more information on Lifeline and Link Up, including eligibility requirements, visit the USAC website (www.usac.org/li/low-income) or call 1-888-641-8722. You may also contact your local telephone company, state public service commission (PSC) or the FCC at 1-888-CALL-FCC. For your state's PSC contact information, visit the National Association of Regulatory Utility Commissioners website (naruc.org), or look in your local telephone directory's blue pages or govern-

ment section.

Who Pays for the Lifeline and Link Up Programs?

All telecommunications service providers and certain other providers of telecommunications must contribute to the federal USF based on a percentage of their end-user telecommunications revenues. These companies include wireline telephone companies, wireless telephone companies, paging service companies and certain Voice over Internet Protocol (VoIP) providers.

These charges usually appear as a percentage of a consumer's telephone bill. Companies that choose to collect Universal Service fees from their customers cannot collect an amount that exceeds their contribution to the USF. They also cannot collect from a Lifeline program participant USF fees on any services supported by universal service.

Some consumers may notice a "Universal Service" line item on their telephone bills. This line item appears when a company chooses to recover its USF contributions directly from its customers by billing them this charge. The FCC does not require this charge to be passed on to customers. Each company makes a business decision about whether and how to assess charges to recover its Universal Service costs.

Can I get more than one discounted service?

No. U.S. Government rules prohibit qualifying low-income consumers from receiving more than ONE Lifeline discount at the same time. If you are receiving more than one monthly Lifeline service, you should contact the telephone company that you do not want as your Lifeline provider to de-enroll from the program so you are left with a single Lifeline provider. Consumers found to be violating this rule may also be subject to criminal and/or civil penalties.

For More Information

For information about other telecommunications issues, visit the FCC's Consumer & Governmental Affairs Bureau website (www.fcc.gov/consumer-governmental-affairs-bureau), or contact the FCC's Consumer Center by calling 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) TTY; faxing 1-866-418-0232; or writing to:

Federal Communications Commission
Consumer & Governmental Affairs Bureau
Consumer Inquiries and Complaints Division
445 12th Street, SW
Washington, D.C. 20554

*Submitted by Leann Babcock, CFS Program Technician
Source: www.fcc.gov*

Child Care Assistance Program

If you live in Del Norte or Curry County and need help paying for child care while you work or go to school, Smith River Rancheria Community and Family Services may be able to help.

We are currently accepting applications for the Child Care Assistance Program (CCAP); a federally funded program administered by Smith River Rancheria.

The CCAP provides a subsidy to help families pay for licensed child care in a child care center or family day care home. Families who qualify for CCAP pay a nominal share of their total monthly child care expenses.

To request an application or more information, please contact Leann Babcock at 707-487-9255 ext 3131.

Submitted by Leann Babcock, CFS Program Technician

Eating Healthy Through Winter

Stock Your Fall Pantry. For a nonperishable supply of fruit and vegetables this winter, buy canned and jarred varieties. They're great to have on hand for boosting your vegetable and fruit consumption and for convenience - especially during the winter when their fresh counterparts aren't in season. Check the product's label for important information about canned goods:



For canned fruit, look for descriptions such as "packed in its own juices," "packed in fruit juice," unsweetened, "in light syrup" or "in heavy syrup." Fruits packed in juices contain less added sugar and therefore fewer calories than fruits packed in syrup.

If you're cutting back on sodium, look for descriptions such as "no salt added" and "reduced sodium" on Nutrition Facts labels of canned vegetables.

For maximum flavor and nutritional value from canned foods, use the product immediately after opening it. Handle leftovers as you would any perishable food: Store in the refrigerator or freezer to retain taste and nutritional quality.

Get to the Root of the Produce Department. With flavors ranging from sweet to sulfurous and colors that vary from white to bright pink to orange to deep red, root vegetables are winter mainstays that are pleasing to both the plate and the palette.

Low in fat and calories, many roots serve as good sources of fiber, which promotes healthy digestion and may help prevent heart disease and certain types of cancer. Fiber can also help control blood sugar levels for people with diabetes and aid in weight management due to the increased ability of foods with fiber to make you feel full.

Beets, parsnips and rutabagas are good sources of folate. Carrots are also excellent sources of vitamin A from beta carotene. Many root vegetables, especially parsnips, celeriac and rutabagas, contain potassium, which blunts the effect of salt on blood pressure and may reduce your risk of developing kidney stones and possibly bone loss.

In Winter, Turn to Frozen Fruits and Vegetables. During the winter months when fruits and vegetables aren't at their peak, you can turn to the freezer aisle to stock up. Remember these tips when shopping for frozen fruits and vegetables this winter:

- To control fat and calories, choose frozen plain vegetables or those made with low-fat sauces.
- Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label.
- To help frozen fruit keep its shape, serve while it's still partially frozen.
- Frozen fruit bars make a nutritious snack. Read the label to learn if they're made with real fruit juice or flavored water.
- Buy fruit and vegetables in loose-pack plastic bags, use what you need and freeze the rest.
- Don't let the fact that fruit and vegetables are out of season be an excuse for not getting your fill.

A Winter Alternative to Fresh Fruit. Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the middle of winter? A convenient option is dried fruit. Like fresh, dried fruit contains lots of fiber, vitamins A and C, potassium and folate.

Dried fruit is a portable snack and in the kitchen it can be added to salads, pancake batter, bread recipes or a bowl of cereal.

Dried fruit may contain more calories per serving than fresh and some dried fruits are preserved with sulfite, which can trigger allergic reactions in some people, so read the package label.

Submitted by Denise Padgett

Source: www.eatright.org

December

An Acoustic
CHRISTMAS
PAM TILLIS

December 10th - 7pm
Tickets \$25

Holiday Cash

Win your share of \$13,600
Random Drawings Fridays in December
12 to 3pm & 5 to 8pm Every half hour!

New Year's Eve

Casino Cash 10pm to 1am
Every 15 Min.!

Plus "Good Neighbor" Prizes!

Bingo Bash
2 Sessions
See Players Club
for details

Also includes: Hats, Party Favors and Champagne or Sparkling Cider at Midnight

House of Howonquet

Christmas Day Buffet - 12 to 8pm
Beef Brisket - Pineapple Glazed Ham - Chicken Breast Alfredo

New Year's Eve Specials - 5 to 11pm
New York Steak & Lobster Tail - Chicken Cordon Bleu
Salmon Bearnaise

New Year's Day Buffet - 12 to 8pm
Tender Pot Roast - Roasted Pork Loin
Garlic Chicken

LUCKY 7 CASINO

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Tribal Youth Christmas Party

Sat Dec 17th

2:00 pm - 5:00 pm

Howonquet Hall Community Center
101 Indian Court, Smith River