



Dee-ni' Nuu-wee-ya'

SMITH RIVER RANCHERIA TRIBAL NEWSLETTER

Nee-san-lha'-ch'-aa-ta Num-nii~ma~s (November) 2012 - Volume 19, Issue 10

Tolowa Family Resource Center (TFRC) Activity Highlights from September 2012



Left: Elinor Richards, Sue Jocsing, & Adrienne Thomas enjoyed swamp tea at the Elder Pit Stop.

Below: Shalawn Lopez serves blackberry smoothies.



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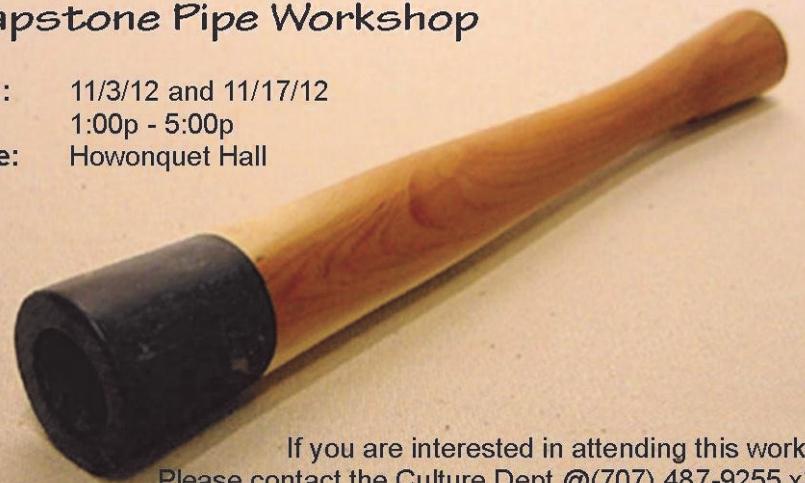
The TFRC sponsored a youth blackberry picking outing in September. The blackberries were used to make smoothies which were served at Dee-ni' Day.

Community & Family Services also set up an Elder Pit Stop at this year's event to provide Elders with a comfortable place to relax, visit, and enjoy swamp tea.

Submitted by Gena Grizzard, Social Worker

Soapstone Pipe Workshop

When: 11/3/12 and 11/17/12
Time: 1:00p - 5:00p
Where: Howonquet Hall



If you are interested in attending this workshop
Please contact the Culture Dept @ (707) 487-9255 x3176



Smith River Rancheria Tribal Council and staff wish you a happy and safe holiday season!

November

Blast Of Cash

Over
\$30,000
in Cash Prizes!!

November

Cash Drawings
1 to 5pm
Monday thru Friday
& Doubled on Sunday



Thanksgiving Buffet

12 to 8pm

Roasted Turkey

Glazed Ham - Baron of Beef
And all your favorite sides

Adults - 17.99 Kids - 8.99

FOOTBALL ACTION!

Monday nights - 5 to 8pm
Beer & Well Drink Specials

Sundays - 10am to 8pm
Specials on Pitchers of Beer

**LUCKY
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We do not have
addresses for:

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Mitchell Burshem
Julia Curry
Katie Domas
Beverally Feinstein
Xytellarayanna Freeman
Danielle Gravatt
Samuel Hendrickson
Joshua James
Monica Livingston
Derek Martin
Tammy Parsons
Dawn Popanz
Brayden Roberts
Tiffany Sanchez
Sadie Spargur
Cody Weeks
Derek Wells

Please call the Enrollment Office to
update your address

(707) 487-9255 ext. 3120

Or send mail to:

Smith River Rancheria
Attn: Enrollment
140 Rowdy Creek
Smith River CA, 95567

Nee-san-lha'-ch'-aa-ta Num-nii~-ma~s (October) 2012

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Waa 'Ee-lee-te (Events)

Nov 3	Soapstone Workshop - 1:00 pm (see cover)
Nov 3	Women's Heart Art - 1:00 pm (see below)
Nov 8	Wee'-ya' (Language) Committee Meeting - 5:00 pm Nii~li~ Me'-ne', Lucky 7 Casino
Nov 9	December Newsletter Deadline
Nov 12	Tribal Office Closed
Nov 12	Women's Heart Art - 1:00 pm (see below)
Nov 13	Regular Session Tribal Council Meeting - 6:00 pm Xaa-wan'-k'wvt Hall Community Center
Nov 21	Waa-tr'-vslh-'a~ (Culture) Committee Meeting - 5:00 pm Nii~li~ Me'-ne', Lucky 7 Casino
Nov 20	Regular Session Tribal Council Meeting - 6:00 pm Xaa-wan'-k'wvt Hall Community Center
Nov 22-23	Tribal Office Closed
Nov 23-24	Nee Dash Ceremony - see page 4 Xaa-wan'-k'wvt Hall Community Center

Women's Heart Art Workshop

Artist: Oceana Madrone

Dates/Times: November 3, 2012 1:00p-5:00p
November 12, 2012 6:00p-8:30p
December 1, 2012 1:00p-5:00p

Location: Howonquet Hall Community Center

This will be a project oriented healing group. Ladies will be working on variety of art projects while discussing current women's issues. Please contact the Culture

Department at:

amanda.oconnell@tolowa.com or (707) 487-9255 x 3176

If you are interested in participating.



Xaa-wan'-k'wvt Nutrition Center Menu - November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham Casserole	2 Breakfast
5 Vegetable Soup with Beans	6 Enchilada Casserole	7 Navy Bean Soup	8 Chicken & Noodle Casserole	9 Stuffed Cabbage
12 Red Beans & Rice	13 Salmon Loaf	14 Chicken and Vegetable Soup	15 Spaghetti	16 Holiday Lunch
19 Chili Macaroni	20 Oven Fried Chicken	21 Potato Chowder	22 HOLIDAY	23 HOLIDAY
26 Soup & Egg Salad Sandwich	27 Chicken Divan	28 Beef Stew	29 Tuna Casserole	30 Beans with Bacon

Lunch served @ 12:00 pm
Reserve Lunch @ 707-487-4463
 Menu Subject to Change
 101 Indian Court in Smith River

Suggested donations:
 Elders 55+, \$2 (some are free) Under 55, \$7

Tai Chi - Every Wednesday, 12:30 pm
BP/BS Checks—call CHR @ 487-0215,
 464-2919, or 482-2181
RepChem 3rd Wednesday



The Xaa-wan'-k'wvt Xush Culture Group would like to invite all Smith River Rancheria decedents to Nee Dash on Nov 24 at Howonquet Hall Community Center. At 3:00 pm, there will be a pot-luck dinner. Dancing begins at 6:00 pm. If you would like to participate, practice and regalia making will be held on Friday, Nov 23 at 6:00 pm. If you have questions, call Marvin Richards at 707-954-2889 or Lenora Hall at 707-951-9345.

What is the Honor Tax?

The Honor Tax is a way of recognizing and respecting the sovereignty of Native Nations, and implementing the United Nations Declaration on the Rights of Indigenous Peoples.

This is a "tax" out of respect for Native Sovereignty - rather than a gift or donation. We all live on traditional Native homelands. You can initiate an Honor Tax in your community!

At the link below you will find the tools to do just that:
<http://honortax.org/toolkit.html>

Submitted by Marva Scott, Culture Director

CHILD CARE ASSISTANCE PROGRAM

By: Leann Babcock-McCallum
 CFS Program Technician

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 x3131.

November is National Fragrance Month



Did you know the sense of smell is the first sense we experience? By the end of the first trimester, babies in the womb can smell what their mother is eating, because smells cross the amniotic fluid. Unborn babies are clearly aware of bad smells early on -- a baby in the womb will actually cringe when she smells cigarette smoke. A baby placed on Mom's belly right after birth will work his way up to the breast for the first nursing, navigating by sense of smell.

Most of the information we gather about the world – sights, sounds – goes through the front brain so we can make sense of it. But smell goes directly to the most primitive part of our brains, related to our memories and reflexes.

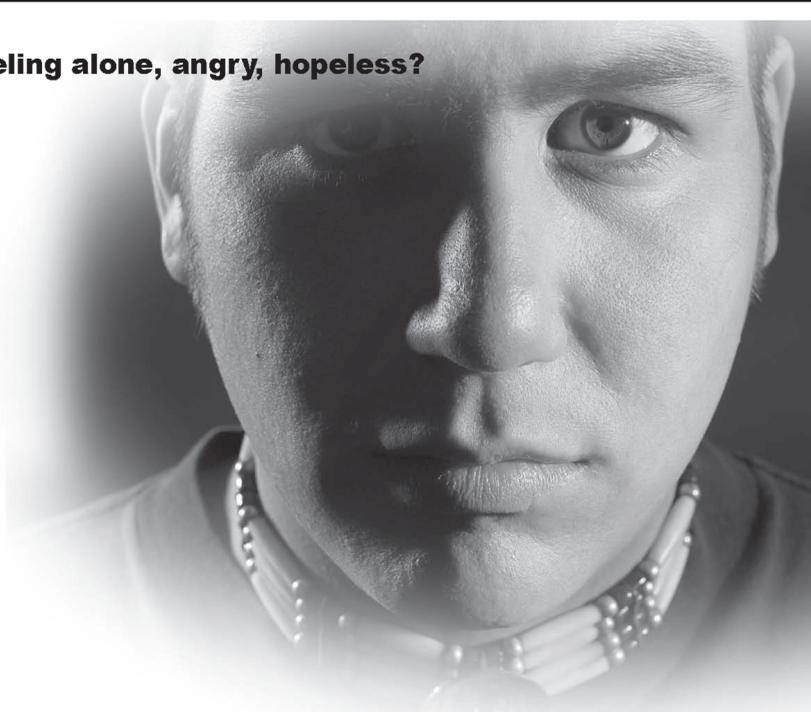
That is why a smell can trigger a memory, and why it is the first sense to alert us to danger (such as fire). Smells we associate with danger (such as the cologne of someone who hurt us) can trigger fear. Smells we associate with safety and happy times can help us relax.

Think about smells that make you feel good, and make them a part of your life. Essential oils, candles, incense, flowers, basic items like foods and plants – all can go a long way to making your home and other surroundings a more pleasant place for you and your family.



Submitted by Judith Burke, Social Worker

Feeling alone, angry, hopeless?



When it seems like there's
no hope, there is help.

It's important to talk to someone. You can call right now. We are available all hours of the day and night, and the call is completely free and confidential.

If you or someone you know is thinking about suicide,
call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Honor Your Life



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

NATIONAL
**SUICIDE
PREVENTION**
LIFELINE
1-800-273-TALK
1-800-273-8255
www.suicidepreventionlifeline.org

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Walking Group

We meet weekly and walk
at different beaches and
trails in Crescent City.
Come join the fun!

For all
Ages!



**Thursday
Afternoon
2:00**

**For more
info contact:**

Wendy Rinkel
United Indian Health Services 2298
Norris Ave
Crescent City, CA 95531
(707) 464-2919
Fax (707) 464-8218



Avoid Senior Scams

Criminals who swindle the elderly are taking advantage of trust and naiveté. Look at the following scams and know how to stay ahead of these scam artists.

Financial scams targeting seniors are a larger share of the headlines these days, as law enforcement and government—including the new Consumer Financial Protection Bureau—seek to squash this growing crime. Every day, there is a new scam attempting to steal large amounts of money from older Americans who have saved the correct way.

Electric Bill Payment Scams

Co-ops are spreading the word about the scam in which members are told President Obama will help pay electric bills under a special federal program if they provide personal information, such as a bank routing number or their Social Security number. Better Business Bureaus in several states have issued consumer warnings, as have attorneys general in Mississippi, North Carolina and Arizona. Customers may think their bill was paid without checking. A few have even had power shut off. If power is disconnected for nonpayment, they have to pay reconnection fees. It could be a very expensive proposition.

Telemarketing for Dollars

Dialing-for-dollar scams change as often as news headlines, but some of the most common lures are charity scams, which can come in waves after a big local or national disaster. Another popular call, often made at night or early in the morning when people are off guard, is the fake credit card call. This call tries to convince people a card has been stolen or used in some way that has affected their credit score. The caller tries to confirm sensitive financial information, including address, and credit card and Social Security numbers.

Free Lunch Investment Seminars

Most of these schemes involve selling people on unsound investments or other things they don't need, simply to earn high commissions or fees. It might be worthless real estate, rare coins or investments not appropriate for people in a later stage of life. Among the products unscrupulous brokers are pushing at these lunches are variable-rate annuities, which are not appropriate for short-term goals. Many of these investments are sold by people with official sounding designations that mean nothing and can be obtained by paying a fee.

Grandparent Schemes

Scam artists use a victim's love for and isolation from their relatives. Many will call an older person, whispering "Grandma?" and mumbling so the older person will volunteer a name. Once they have found an identity, they claim to have lost or had their wallet/passport stolen. Some have even said they were arrested and need bail money.

Medicare Scams

U.S. citizens who are 65 or older qualify for Medicare. That fact alone is a target for con artists. People impersonate Medicare representatives to persuade older people to provide their personal information, or crooks provide bogus services for elderly people at makeshift mobile clinics to get their information, bill Medicare and pocket the money, according to the National Council on Aging.

Power of Attorney

These are usually plots thought out and executed by someone close to the senior. They involve assigning authority to another person to manage someone's finances. At times it is done with no problem, but other times it is through intimidation.

Fake Sweepstakes

"Congratulations! You've just won \$20,000!" You get the promise of large amounts of cash, but you have to wire some of your own to collect it, allegedly to cover things such as insurance, upfront taxes or shipping and handling fees. The fact is if you won, you would not be asked to pay any of this. Paying a fee to enter is not a legit contest.

Knock Knock Thefts

A simple distraction when a consumer answers the door can result in theft. A person comes to the door posing as someone they are not, such as a policeman, utility rep, etc., and they distract the victim while the crook's partner ransacks the house, stealing cash and valuables.

Door-to-Door Home Repairs

An individual or pair goes door to door selling repairs they claim are needed immediately, such as a roof repair. Once the work is completed, the victim finds the bill is much higher than quoted or the work was done with cheap materials. These repairs can be even more expensive with the theft of your belongings if this person goes in your house.

Home Loan Scams

The two biggest frauds making the rounds are forensic loan audit schemes and loan modification scams. These audits are supposed to uncover fraud in the loan-origination process, thereby allowing the unscrupulous attorney to file a suit forcing a modification. However, that doesn't happen, and the person winds up losing his money. Loan modification crooks offer to help seniors renegotiate their mortgage and lower their payments for an upfront fee. They usually take the money and do nothing in return.

Sweetheart Scams

A romantic interest or a younger person stays with a senior long enough to gain their trust. They get his or her name on deeds and bank accounts. That person vanishes along with property and money.

*Submitted by Malcolm Champlain, Housing Project Manager
Source: ruralite.org*

Eight Ways to Prevent Elder Financial Fraud

- ▶ **Make it a policy not to buy from or contribute to solicitors.**

The Women's Institute for a Secure Retirement suggests using the following script with callers or people who knock on your door: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing."

- ▶ **Shred all receipts with your credit card number or other personal information.**
- ▶ **Never give out any personal information over the phone unless you initiated the call.**

That includes your credit card, banking or Social Security numbers as well as health insurance or Medicare information.

- ▶ **Use direct deposit when you can to prevent checks from being stolen.**
- ▶ **Know where your documents are kept and what they say.**

Stay organized and make sure what the literature says jibes with what brokers or representatives are telling you.

- ▶ **Check out your broker, and never make a check out to an individual for investments.**

Write checks out to a company or firm to make sure your money is going where it is supposed to go. You can check out brokers and their firms with the U.S. Securities and Exchange Commission (www.sec.gov/answers/statesecreg.htm).

- ▶ **Don't isolate yourself.**

Maintain connections with others in your community, such as friends, neighbors, clergy or even your letter carrier, so you have people with whom you can share your complaints or suspicions.

- ▶ **Hire an elder law attorney.**

If you work with a lawyer, make sure he or she is a member of the National Academy of Elder Law Attorneys, who have special training in legal issues facing seniors.

Sources: MSN Personal Finance and Electric Co-op Today

If you suspect you or a loved one is a victim of a scam, experts recommend calling Adult Protective Services immediately.



From Tribal Employment Rights Office (TERO)

Do you know 85% of colleges use Facebook to recruit students-80 of college admissions counselors acknowledge receiving a friend request on Facebook in 2010. Admission counselors acknowledge alcohol consumption in pictures, vulgar posts, and illegal activities hurt the chances of admission for the applicants. So if you're applying to college or graduate school, be sure to take down that picture of you next to a beer. Or remove that comment about a girl you like on your Facebook wall. More and more companies are using social media site to recruit applicants and employees. Even if you're not applying to college or grad school, remove it anyway. It's not going to help your career!

Submitted by Darrell Moorehead, TERO Office

Lheth-xat-nee-dvn (Councilor's Place)

Affiliated Tribes of Northwest Indians (ATNI) recently had their 59th Annual Convention in Pendleton, Oregon. This organization represents Tribes in Washington, Oregon, Idaho and California. Our Tribe is one of three in California that belong to this organization including Karuk and Hoopa. ATNI deals with issues that are of concern in the Pacific Northwest such as Education, Health, Housing, Human Resources, ICWA, Veterans, Native vote, Energy & Telecommunications, Natural Resources, TANF, Transportation and Trust issues. ATNI works closely with the National Congress of American Indians (NCAI.) Both of these organizations lobby at the state level and national level for topics that are important to Native Tribes across America.

This year a main concern of ATNI is taxation of trust and Tribal income. Income that is dispersed amongst Tribal members should not be taxed because of numerous reasons. However, the IRS seems increasingly interested in Tribal reporting and enforcing taxation on per capita payments and other types of payments.

Another important issue is Native Vote. It is imperative that all Natives who are 18 years and older vote this coming election. If America has a republican president we could be in dire straits with our budgets and future funding capital. As it is now, Tribal Nations have prospered because we have a democratic President who cares deeply about Natives. It is very important that all Natives vote this year.

The Violence Against Women organization is very active in getting information out to Tribes for the benefit of Native women who are harmed in some way. This may include financial resources, safe living conditions and counseling. A resolution was made to take to NCAI for recommendation to WA DC.

This and other important topics were discussed and presented to the membership. Updates and memorandums were given by National Indian Gaming Association, Federal Communications Commission, USDA, Department of Energy, State Tribal government-to-Government Relations Panel, Corp of Engineers, Klamath Youth Regional Treatment Center, Land into Trust, University of Washington Longhouse Project, Bonneville Power Administration.

I believe it is important for our Tribe to have a voice and presence within this organization. All the lobbying that is provided by ATNI helps Tribes throughout the Pacific Northwest.



Submitted by Lenora Hall

The Seeds of Wellness



I recently attended The Seeds of Wellness in Indian Country Conference in Blue Lake, CA. This conference was put together to enhance culturally appropriate approaches to better serve American Indian Crime Victims and their families. The conference was hosted by The Northern California Tribal Healing Coalition Members that include local Tribes and Native agencies.

The agenda comprised of Suicide Prevention, Human Trafficking in Indian Country, Native American Hate Crime Prevention, Domestic Violence and Advocacy for Tribal Families from a Tribal Perspective. I was very impressed with the workshop titled Mindfulness as a Suicide Prevention Tool. This workshop was given by Dr. Michael Yellowbird, MSW, Ph.D., who is a professor at Humboldt State University. A topic that he was adamant about is the contrast of the left brain and right brain relationship and the affects that this relationship has on the mind and body. He emphasized that there needs to be a balance in the brain to strengthen the brain to prevent suicidal thoughts. The most difficult workshop was attending the Elder Abuse workshop because it had an actual case of a grandmother going through a traumatic experience. We watched a video about the incident which included the actual 911 call. An interesting session was given by Elizabeth Lara-O'Rourke, Hupa/Yurok/Chilula, telling cultural stories with a moral at the end of the story.

Northern California Indian Development Council (NCIDC) sent me to this conference. These types of community events are important approaches to serve our Native communities.

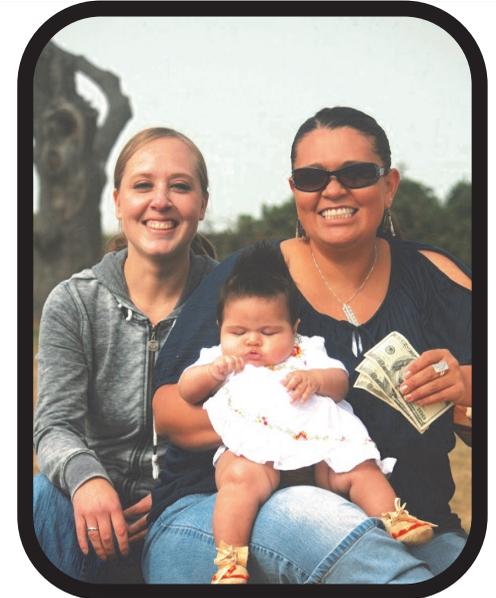
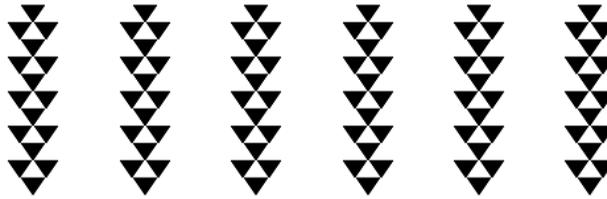
Submitted by: Denise Richards-Padgette

Left: The Smith River Rancheria received this plaque for helping sponsor the conference.

Dee-ni' Day



Right: Amanda Donahue, Suntayea Steinruck and Akdiine Steinruck. Suntayea Steinruck won the Ch'vtlh-xvt Tournament, taking a purse of \$300.00.



Ch'vtlh-xvt (*Women's Shell Dice*) is a traditional dice game played by women. Above: Tribal members Suntayea Steinruck and Amanda Donahue play in this year's tournament.



Na'-le (*Men's Gambling Game*) is a traditional game played by men only. There are two teams that compete, while singing and drumming until one team has acquired all eleven points. Left: Two teams participate in this year's tournament. Right: The winning team, James Donahue Sr., Woodsew Donahue, Flynt Donahue and Keeget Donahue, takes home a \$300.00 purse.



This year's horse shoe tournament was packed with action. First place, with a prize of \$100.00, went to EFC and Kris. Second place, \$50.00, went to Jimmy Richards and Lawrence. Third place, \$25.00, went to Jaytuk Stienruck and Chad Leavelle. Above left to right: Jaytuk and Chad show off their earnings; Randy Richards and Ronnie Richards celebrate a point; Lawrence; Jimmy and EFC counting points. Below left to right: EFC celebrates his victory; Kris collects his earnings from Garrett; Ronnie pitches a shoe.



Dee-ni' Day



Graduates, Seniors & Veterans Dinner



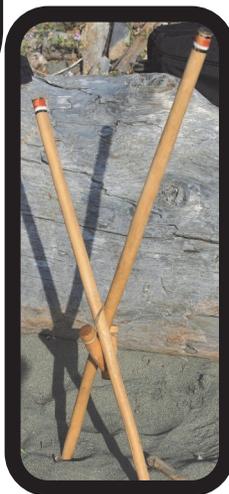
Dee-ni' Day, Natlh-dvtlh-delh Tournament



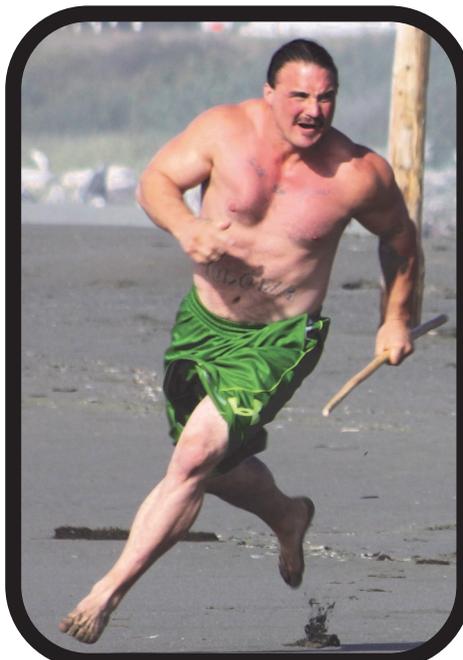
Above: Rotah Shorty, Flynt Donahue, Kobe Mitchell and Kai Baugh won the 9-11 year old division, taking home \$300.00.



Above: Mason Mitchell, Kagett Donahue and Chee Shorty won the 12-14 year old division, taking home \$400.00.



Left: back row Harold Jones, Lennex Landry, Matt Hinshaw, Jed Morris, Lonx Landry, front row Jaytuk Steinruck, Don James, Sam Jones, Harold Campbell, Hawk O and Shawn Turner. Hupa won the men's division this year, 2-0, taking home \$600.00.



SOCIAL SECURITY HELPS VETERANS (AND ACTIVE DUTY MILITARY) EVERY DAY

November 11 is more than just a national holiday; Veterans Day is a time to honor the men and women who risk their lives to protect our freedom. We at Social Security ask you to join us in saluting the men and women of the armed forces. Be sure to say “thank you” to a veteran on this important day.

For those who return home with injuries, it will be our turn to help them. If you know any wounded veterans, please let them know about Social Security’s Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website answers a number of commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. It is important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they are unable to work due to a disabling condition. Active duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Receipt of military payments should never stop someone from applying for disability benefits from Social Security.

A person cannot receive Social Security disability benefits while engaging in substantial work for pay or profit. However, the work activity is the controlling factor and not the amount of pay the person receives or military duty status.

Learn more by visiting www.socialsecurity.gov/woundedwarriors.

We at Social Security thank all veterans and members of the armed services for all that they do — not only on Veterans Day, but every day of the year.

*By Amanda Donahue
Social Security District Manager
in the Crescent City Office*

What is Fee-to-Trust Transfer?

Having fee simple lands transferred into federal trust status is a powerful tool for making reservations whole and protecting Indian lands for future generations. When fee lands are returned to trust, Indian nations and people begin to eliminate the checkerboard pattern of trust and fee lands and regain control of lands on the reservation.

Trust lands are protected from sale or default to non-Indians, are free from county taxation and are within tribal jurisdiction. Having lands in trust status also allows individual Indian landowners and tribes to take advantage of federal programs restricted to trust lands, such as opportunities for business development, housing, environmental and cultural protection.

Steps in the Process

Before submitting the Application for Trust Acquisition of Fee Land the tribe or landowner should take time to gather all of the required information and discuss the application with the BIA realty or tribal land office staff. It is important to make sure that the initial application is completed carefully, with special attention paid to the criteria required for the secretary of the interior to authorize a request as identified in 25 CFR 151.10. Getting advice from other tribes or individuals who have been successful with fee-to-trust applications is also a good idea. When the application is submitted to the BIA, the tribe or landowner should have a copy made that is dated, stamped and initialed by the realty staff. The realty staff will review the application and then submit it to the superintendent with a recommendation. At this point, applicants should request a copy of the recommendation and make sure everything in the application is still accurate.

Upon receipt of the application, the superintendent will notify the state and local governments who have regulatory jurisdiction over the land to be acquired. These entities have 30 days to provide written comments as to the acquisition’s potential impacts on regulatory jurisdiction, real property taxes and special assessments. The applicant is provided with a copy of these written comments and is given a “reasonable time” in which to reply and/or request that the secretary issue a decision. If everything goes smoothly, the land will be put into trust at this point. However, if the state protests, the application can go first to the Interior Board of Indian Appeals (IBIA) and ultimately end up in federal court.

It is important to note that once the initial application has been submitted, applicants need to stay on top of the application’s whereabouts and status by making regular phone calls to the realty office to check in. As a general rule, one week that someone is not contacted regarding the application is equal to one extra month added on to the overall time to process the application.

What to Expect

Local and county governments will sometimes challenge fee-to-trust transfers because it could result in loss of tax revenue and jurisdiction. In some cases, Indian nations have to be prepared to educate neighboring communities about the importance and benefits of restoring Indian lands to Indian control and trust status. Some of the benefits include: economic development and jobs, new community amenities, and natural or cultural resource protection.

Individuals seeking to have fee lands transferred to trust status can also encounter resistance either from the tribe, the BIA or other entities. In general, the BIA gives priority to tribal over individual fee-to-trust transfers. Attitudes toward individual fee-to-trust transfers can vary dramatically from one region or agency to the next, and, these attitudes can influence the process itself. Landowners should fully understand their rights and responsibilities regarding fee-to-trust transfers and be prepared to advocate for their position every step of the way.

Length of Time

Generally, the fee-to-trust process takes anywhere from 12 to 18 months. Occasionally a transfer will take less time, eight or nine months, but this is rare, and is usually due to extreme persistence on the part of the tribe or individual landowner who has submitted the request. A request may also take much longer if the case is complicated by any number of factors. Diligence and persistent follow-up are important.

Source: itlf.org



A CERT CLASS IS COMING!!

Starts Thursday, September 20th

**Community Emergency Response Team classes will be held
on the following dates:**

September 20th	7:00 p.m.-9:30 p.m. (Disaster Preparedness) ✓
October 4th	7:00p.m.-9:30 p.m. (Fire Safety and Utility Controls)
October 18th	7:00p.m.-9:30 p.m. (Disaster Medical Ops Part 1)
November 1st	7:00p.m.-9:30 p.m. (Disaster Medical Ops Part 2)
November 15th	7:00p.m.-9:30 p.m. (Light Search and Rescue Operations)
November 29th	7:00p.m.-9:30 p.m. (Cert Organization/Disaster Psychology)
December 13th	7:00p.m.-9:30 p.m. Terrorism/ Cert Response
December 20th	7:00 p.m.-9:30 p.m. (Course Review/Final Exam/Disaster Simulation)

CERT Program educates people about disaster preparedness that may impact their community and trains them to support emergency responders in a disaster

Sign up today or call Cindy Henderson (707) 954-8775

Apps to Survive a Storm

When disaster strikes, you want to be ready. These smartphone apps will help you get prepared, remain connected, and stay safe.

You probably already have a disaster-preparedness kit (if you don't, check out ready.gov for what to include), but your best friend might be your smartphone. You shouldn't count on Wi-Fi service in a disaster, or power to charge your batteries. (Keep backup batteries for mobile devices in your disaster kit.) But even a partially-functional phone can show you how to do CPR, act as a flashlight or store your insurance documents.

WEATHER



StopDisaster

iPhone
\$2

Knowing what to do in a disaster? Good. Knowing how to prepare for one? Priceless. Well, \$2. That's what you'll pay for StopDisaster, an iPhone app that walks you through preparedness checklists for hurricanes, earthquakes, blizzards and all the other unwanted visitors. (Not in-laws.) It'll help you build an emergency kit, get your documents in order and store your emergency phone numbers, ready to dial.

For Android users, there's a similar app called Disaster Readiness that costs \$1.49.



Hurricane Tracker

iPhone
\$3

When a hurricane is approaching, you don't want a storm-tracker map from three hours ago; you want the latest official maps, data and projections. Furthermore, you want your phone to alert you when a storm has your name on it (figuratively speaking; although wouldn't it be creepy if the hurricane actually did have your name on it?). These hurricane-tracking apps are for the serious weather junkie or anyone who wants to be more informed than their neighbors.

For Android, try the free Hurricane Software app.

EMERGENCY



Flashlight

Android and iPhone
Free

This app turns your phone into, yep, a flashlight. It's that simple. And as smartphone cameras add LED flashbulbs, these flashlight apps are getting that much more powerful.



Hands-Only CPR

Android and iPhone
Free

For an adult victim of cardiac arrest, the American Heart Association now recommends hands-only CPR. No more mouth-to-mouth resuscitation. But you still have to do it right. The official Hands-Only CPR app walks you through the two-step checklist: call 911, start chest compressions; there's a (brief) video showing you how to restart that heart.

For \$2, the Pocket First Aid & CPR app includes the same CPR info and is packed with first-aid advice for all sorts of other ailments.



SHELTERS

ARC: Shelter View

iPhone
Free

When a hurricane or earthquake drives people from their homes, the American Red Cross steps in to provide free shelter. That's great as long as you know where the shelter is. American Red Cross: Shelter View shows you where.

For Android, follow the Red Cross on Twitter.



5-0 Radio Police Scanner Lite

iPhone
Free

During a disaster, everyone's heard a rumor. What's really going on? The answer might be found on police-band radio, which you can pick up using a free app on your phone. This isn't talk radio; it's an unfiltered feed of cops, firefighters and other public safety officers. We wouldn't recommend relying on it as your only news source – but it's worth listening in.

For Android users, try the free Scanner Radio app.



GasBuddy

Android and iPhone
Free

Gas prices may be high, but they're not likely to be different by a dollar or more between stations. That changes in a crisis. GasBuddy uses your GPS to display up-to-the-minute gas prices near you so you can avoid any potential gouging.



Dropbox

Android and iPhone
Free

We know you intend to grab your laptop when the earth shakes, but what if you can't? If you have copies of your most-important files stored in a Dropbox account, you can access them even if your computer doesn't make it out. So what is Dropbox? It is essentially cloud storage. Install the program on your PC or Mac, upload files to your folder and they are instantly available on all of your other computers. And with the app, everything can be found on your mobile devices as well. Don't have network access? Don't worry. If you starred your important files, you can still get them on your phone.

Source: usaa.com

SMITH RIVER RANCHERIA

Housing Department

..is now taking application for the beautiful new See-waa-dvn Apartments. Adult Community apartments are now ready for occupancy.



NEWLY BUILT

- 2 Bedrooms
- 1 Bath
- 1 Car Garage
- All new electric appliances: Dishwasher, Microwave, Oven, Stovetop.
- Laundry Facility: Washer & Dryer
- Central Heating and Air Conditioning

Close to House of Howonquet, Lucky 7 Casino, Senior Nutrition Center, UIHS Clinic AND Bingo. Location is perfect, right in the heart of beautiful Smith River. Please stop by the Smith River Rancheria Office or call Linda Tuttle in the Housing Department for information and/or and application. Such a beautiful opportunity for our tribal adult community. Eligibility will be determined based on a point score system.

*Linda K. Tuttle, Housing Program Specialist
707-487-9255 x3140*

Ch'ee-nvk-t'i (Announcements)

TAI-CHI Class

Relaxing
Improves Flexibility
Loosens Joints
Improves Balance



For all
Ages!

Howonquet Hall
Wednesday
12:30 - 1:30 pm

**For more
info contact:**

Wendy Rinkel
United Indian Health Services 2298
Norris Ave
Crescent City, CA 95531
(707) 464-2919
Fax (707) 464-8218



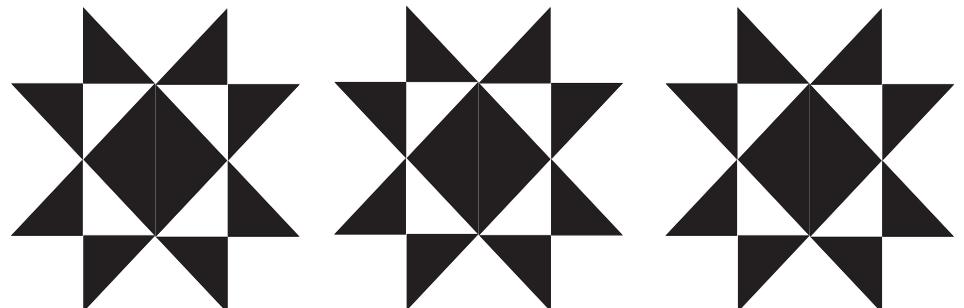
TRIBAL MEMBER IN THE NEWS:

Heather Kliever, tribal member and registrar with Lane County Historical Society and Museum in Eugene, Oregon, has been awarded the Oregon Parks and Recreation Department's Elisabeth Walton Potter Oregon Heritage Preservation Scholarship and will represent the Museum at the American Association for State and Local History's National Conference in Salt Lake City.



The scholarship is awarded to individuals that are actively involved in local preservation efforts and demonstrate the ability to continue to meet the preservation needs of their local community. Kliever, who graduated from the University of Oregon with a MS Arts Administration represents the Museum for the Eugene@150 Celebration and is a Eugene Historic Review Board member. She has also successfully written grants for the Museum's collections including conservation of a pioneer trail marker and a collaborative study and inclusion of 78 culturally significant quilts to the National Quilt Index.

Submitted by Heather Kliever



Ch'ee-nvk-t'i (Announcements)

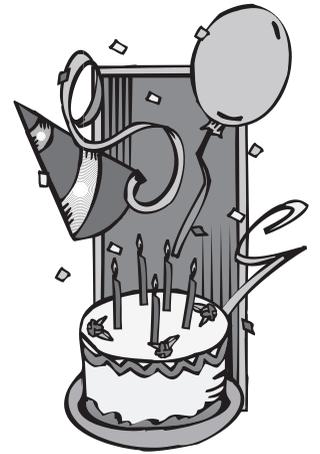


James Richards hunting, by Denise Padgette

HAPPY 19th BIRTHDAY to
James Boatsman (11/25)

HAPPY 14th BIRTHDAY to
Dustin Jenson (11/24)

LUV MOM



*Happy 52nd Birthday, Mom
(Lenora Hall)!*

Thank you for everything you do for me.

I love you!

Ahwaxtin Hall

Fast Horse Marketing

Social Media and Online Marketing
for Native American
Businesses and Organizations



➔ FastHorseMarketing.com

Submitted by Katrina Upton

Nee-san-lha'-ch'aa-ta Num-nii~ma~s (November)

Happy Birthday

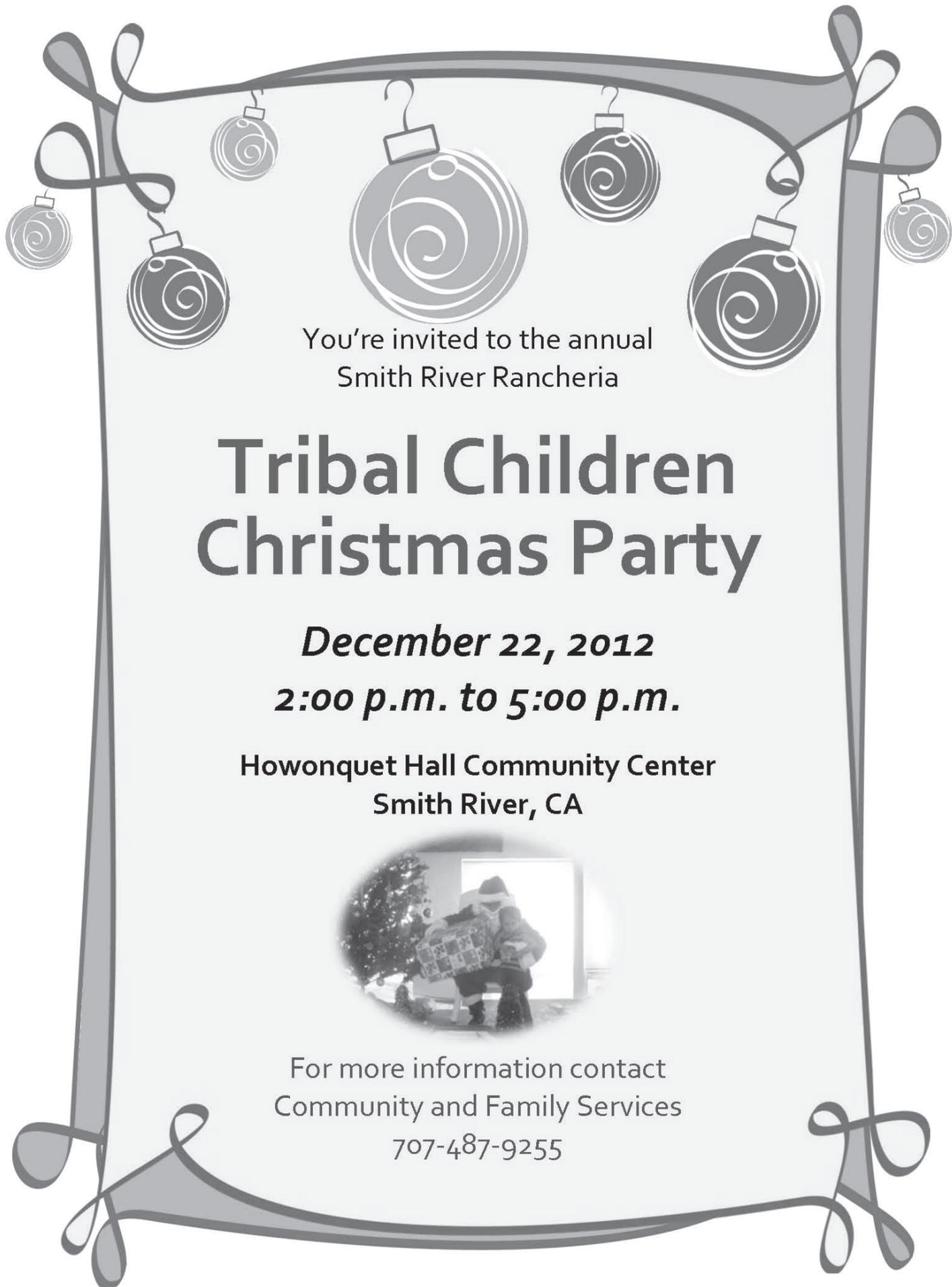
Sara Balcom
James Baldrige
Lonie Baldrige
Amber Bartow
William Bartow
Mabel Boardman
James Boatsman
Todd Buckmaster
Allie Castellaw
Stephanie Chisman
Judith Cox
Hope Cutright
Norene Darnell
Brittany Ellis
Sheila Evans
Alicia Fender
Sierra Fender
Maggie Fillmore
Robin Fox
James Freeland
Erin Gardner
Sterling Gardner
Matt Gertsch
Lacey Hackett
Lenora Hall

Bryce Haney
Sharyne Harper
Madison Harralson
Monica Harrison
Teresa Hegnes
Austin Hodges
Isaiah Hodges
Matthew Honnies
David Hostler
Sabrina Hostler
Michael Hurt
Lisa Idica
Grace Jacobs
Beverly James
Jeramey James
Jesse James
Dustin Jenson
Shealynn Johnson
Deanna Kahoalii
Diana Kaufman
Savannah Kelly
Robert Kirby
Claire Klabouch
Contessa Kliever-Kerr
Tessa LaFazio

Evangeline Lampley
Jacinda Lampley
Benjamin Lear III
Renni Loftin
Adrian Lopez
Katelyn Lopez
Lance Lopez
Richard L. Lopez
Tyler Lopez
Whitney Luerra
Oscar Martinez, Jr.
Zachary McDaniel
Karen McGuire
Luis Mendoza
Sara Miller
Dennis Moffett
Dirk O'Reilly
Troy Padgette
Hannah Pavola
Natalie Payne
Mary Persinger
Melissa Ram
Jesse Richards, Sr.
Dakota Richards
River Richards

Zachery Richards
Kylie Scaglione
Kara I. Scott
Karlie Scott
Julie Seshar-Harris
Linda Smith
Keisha St. Clair
Jaytuk Steinruck
Christie Swafford
Estin Swafford
Denyce Thomas
Maria Thomas-Mata
Kathleen Thornton
Ramiro Torres
Marjorie Trudgen
Kaleb Ward
Cody Weeks
Andrew Whipple, Jr.
Kathleen Whipple
Calib Wilson
Devlynn Winishut
Robyn Wood
Abigail Woolfolk
Benjamin Workman
Tiffany Wyland

Save the Date!



You're invited to the annual
Smith River Rancheria

Tribal Children Christmas Party

December 22, 2012
2:00 p.m. to 5:00 p.m.

Howonquet Hall Community Center
Smith River, CA



For more information contact
Community and Family Services
707-487-9255

Domestic Violence Candlelight Vigil 2012



Above: Sunnie Mae Rubio was the Guest Speaker

On October 11, 2012 Tribal Members and Members of the Community joined us at the Howonquet Hall in Smith River to show their support of survivors and to let other know we will not tolerate violence!

Submitted by: Leann Babcock McCallum





Smith River Rancheria
140 Rowdy Creek Rd
Smith River, CA 95567

Presorted
First Class
U.S. Postage Paid
Smith River, CA
Permit NO. 4

*Our Annual
Candlelight Vigil at
Yan-daa-k'vt Village
Is coming up on:*

December 21, 2012



Save the Date!!

