

# TRIBAL TRIBUNE



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# July Grounds Dance Pavilion

By Roger Jack  
Tribune Journalist

On February 4, 2010, the Colville Business Council approved funding for the construction of the new July Grounds Dance Pavilion across the highway from the Colville Indian Agency. A simple ground blessing occurred and construction began on March 1st. \$224,470 was set aside for construction of the pavilion that exceeds the old big top in height and width measurements. Most of the funding will come from Wells Dam settlement monies and the pavilion will be completed in early June, in time for the annual Fourth of July celebration. Stimson Construction Company of Airway Heights won the bid for this project. Stephan Arnold, a tribal member, is construction site manager.

"I'm as happy as can be to come back and do this work for the tribe," Arnold said. "It's like giving back to the people and the community, in a way, for the life and culture that they've given to me. It's an honor to start construction of this arbor, and the next one that we'll be building at the Omak Stampede Grounds, too. That one will be completed before the Omak Stampede in August."

"When completed, each arbor will have electricity and lighting built in, and each comes with the intent of using them anytime of the year for powwows or family gatherings or flea



Roger Jack Photo

markets, whatever the community likes," he said. "But they're not limited to cultural activities we're used to, maybe a cage fight match or political debate may take place there, too. Some natural lighting and open air can make an activity as natural and nice as can be in spring and summer, but closed windows and siding may help keep people warm in

the fall and winter, too."

Smoker Marchand and the tribal planning department designed the facilities. The Public Works department will maintain them in the future. Reservations to use the sites, other than annual powwow dates, can be booked through them.

The construction workers at the Nespelem site have opted to build,

or rebuild the kitchens at family campsites at no cost to the camper; however supplies for construction have to be purchased. In the case of a smaller kitchen that measures 16'x 20', the cost estimation for supplies may be approximately \$2,400. The construction manager has made this option available to complement the completed arbor.

## Colville Chairman Testifies Before Congress on Cobell v. Salazar Settlement Issues

NESPELEM, WA— Michael O. Finley, Chairman of the Confederated Tribes of the Colville Reservation, testified Wednesday before the U.S. House of Representatives' Committee on Natural Resources on issues related to a proposed settlement in the Cobell v. Salazar case, a landmark class-action suit against the US government for its historic mismanagement of individual Indian trust funds.

The Committee held an oversight hearing on the matter Wednesday in Washington DC. Finley, who is also Chairman of the Board of Directors of the Intertribal Monitoring Association on Indian Trust Funds (ITMA), testified on behalf of ITMA, describing that organization's perceptions of the current proposed settlement.

Under the proposed settlement, the federal government will create a \$1.4 billion Accounting/Trust Administration Fund to be divided among the class plaintiffs, and a \$2 billion Trust Land Consolidation Fund to assist tribes in purchasing "highly fractionated" lands, divided and redivided into smaller and smaller interests over the years among the heirs of landowners. These amounts are far less than the plaintiffs had earlier requested. One settlement figure offered by lawyers for the Indian plaintiffs during the Cobell proceedings was \$47 billion.

Finley said the proposed settlement, disclosed in early December of 2009, has been a source of confusion for both individual landowners and tribal officials. He noted that the government is attempting to include, in the settlement, issues involving management of Indian trust land, as opposed to trust funds deposited in Individual Indian Money (IIM) accounts. He cautioned that this move might extinguish potential trust-land mismanagement claims for a base payment of merely \$500 unless individuals affirmatively opt-out of the settlement.

Before the Court can approve the settlement, Congress must first pass authorizing legislation. The settlement originally included a deadline for Congress to approve the legislation of little more than three weeks. Although the deadline has been extended twice, tribal leaders and Indian landowners were only recently provided an opportunity to receive a detailed description of the proposed settlement.

These discussions took place at a

national ITMA meeting in Las Vegas held in February, specifically for this purpose.

Finley said that although ITMA is pleased that this meeting occurred, more outreach by federal officials is needed to assure that affected class members understand how the settlement is intended to work, and what their options are.

He noted that the settlement's "rough justice settlement formula," allocating certain amounts to IIM account holders, might result in payments of far less than would be reasonable. Because of the way the formula was set up, he said, "those who lost the most may actually receive the least." ITMA recommended that the Plaintiffs and the Government consider setting aside a portion of the settlement fund to provide class members a third option to have their claims resolved administratively, and asked that the Department of the Interior commit to consult with tribal governments on how the \$2 billion Trust Land Consolidation Fund will be implemented and spent.

Finley said that the settlement Cobell litigation, which has been in federal courts for more than a decade, has "consumed enormous resources" of both the government and the plaintiffs in the case, and has affected relationships between Indian tribes and federal agencies. In addition, more than 100 tribes, including Colville, have lawsuits pending against the US, claiming mismanagement of tribal trust assets.

"I cannot emphasize enough how emotional of an issue land and the government's trust responsibility are to Indian people," Finley said. "It goes without saying that to Indian people the [Cobell] case is much different than a standard class action involving a household appliance."

Finley urged that the parties organize in-person outreach to Indian beneficiaries to discuss the settlement, rather than relying on a website and a pre-recorded phone message to disseminate information. Federal officials need to recognize the enormous impact Cobell has had on tribes and tribal members, and the understandable suspicion they may have regarding this latest attempt to settle a lawsuit involving US mismanagement, over almost a century, of billions of dollars worth of their assets.

"Again," he said, "this is not the average class action lawsuit."

## Eaglebear featured on Showtime Comedy Special

OMAK, WA-- A potluck dinner was held March 5, at the Omak Community Center to celebrate the recent comedic success of Vaughn Eagle bear (Colville and Rosebud Sioux). He is the son of Doll Watt and grew up in East Omak on the Colville Indian Reservation.

"I am from Omak Washington and Norris South Dakota. But now I live in Spokane Washington. I like to read books, listen to music, and drink coffee and tea. Oh yeah and I almost forgot to say I like to make people

laugh. I perform stand up comedy locally and nationally through out America. And I even did stand up in Canada and I didn't say the letter "a" once in my skit," quoting his online bio.

Nicknamed "The Frybread Assassin" Eaglebear says his brand of comedy is a blend of life experiences mixed with an commercial appeal. Vaughn performs in shows throughout

Eaglebear  
Continued on page 10

## Nespelem Rest Area Dedicated

By Roger Jack  
Tribune Journalist

The new rest area in Nespelem was dedicated on April 2nd. The rest area was named for Chief Joseph of the Nez Perce tribe who, after battling all the odds of returning to his homeland of Wallowa, Oregon, after the War of 1877, was settled in Nespelem.

"It's a rare honor given to few people," Smoker Marchand of the Colville tribal planning department said, "to have such a site named for them. It's also designated a part of the Nez Perce trail that extends from Oregon, through Idaho, Montana, Wyoming, Kansas, Oklahoma, and back to Washington State. The Washington State Department of Transportation acquired funding to construct the facility."

Willie Womer and Associates designed the facility and construction on the project began August 9th, 2009. The government allocated \$377,000 to complete the project. The site was selected and ground

broken in essence to replace the old highway sign that gave a brief description of the Nez Perce War and because of the closeness to Joseph's final resting place. What makes it unique is that it reflects the aesthetics of the community's relationship to the Nez Perce people, history, and culture through artwork and fine detailed itinerary depicted on the wall of the building. Smoker is responsible for providing his keen insight into the creation of iron work pieces and where each would be placed. The sculpture of Chief Joseph, the elk bugling, war bonnet, maps of the battle sites and 'you are here' signs. But, also, keeping in mind, the relationship of the tribes that were already here on the reservation, in that he ordered the names of each tribe carved on basaltic rock and placed between the building and the highway to add decoratively to the project. Even the doors depict dancers in regalia to designate which is the men's and women's rest rooms.



Cindi Seymour/Archives & Records Photo

The dedication ceremony was m.c.'d by John Stensgar, Keller district councilman and vice chairman of the Business Council. Other dignitaries in attendance included Harvey Moses, Jr, and Gene Joseph of the Nespelem district and Mike Marchand of the Omak district, Smoker Marchand of the tribal planning department and

Greg Boatright of the Department of Transportation, Colleen Leskinen former mayor of Nespelem, Pete Palmer, Land Use Shoreline Administrator, and Nez Perce elder Frank Andrews, Sr., who gave a synopsis of the Nez Perce battles and trek to the Colville Indian Reservation. Lunch was later served at the Senior Citizen center.

The Lake Roosevelt High School Raiders earned their third trip to the Washington State, 1A division basketball playoffs again this year. This being their last year in the 1A division it was an honor for the ball players, families and fans to travel to the Yakima Sun Dome March 3rd through 5th for the play offs. However, the Raiders were defeated in the first match against the Cascade Christian Cougars, who won first place in state, with a score of 39-54. The Raiders came back in their second contest to defeat the Columbia Coyotes of Burbank, with a score of 59-26. However, in their fourth match against the Chelan Goats, the Raiders lost by a score of 39-63. This, too, was the Raiders' fourth loss against the Goats.

Our community is proud of the accomplishments of the following Raiders: DJ La Planate, Dakotah Holt, Scott Rosco, Jake Fury, Cade Egbert, Nate Pachosa, Kramer Carlson, Tanner Loe, Ty Egbert,



Harley Frank, Tommy-Lee Turner, and Cole Seaver. Next school year, 2010-2011, the Raiders will play in the class 2B athletic division.

The Lady Bulldogs of Okanogan were also in the state play offs. Their first contest was quite impressive with a score of 61-25 against the

Cedar Park Christian Eagles. The Bulldogs lost their second and third games against Connell, 40-44, and Lakeside with a score of 29-38.



**Inchelium District Candidates – Position No. 1 – NO PRIMARY**

**Inchelium District Candidates – Position No. 2 – NO PRIMARY**

**Keller District Candidates – Position No. 1**

The 2010 Colville Confederated Tribes election process has begun. The membership is, once again, charged with voicing their support and preference for a candidate to represent them, for the next 2 years, as one of their council members.

As the incumbent from the Keller District I am asking for your continued support. I have and will continue to put forth my best efforts on your behalf and keep the best interest of the membership, of the Colville Tribes, at the forefront in consideration on any vote cast.

It has been an honor to be your choice and voice, as the Keller Representative for the last 16 years. I will continue to represent you with Pride, Honor and Integrity.

Please cast YOUR vote for Jeanne A Jerred, in the upcoming May 2010 Colville Tribal Primary Election.

Jeanne A Jerred



My name is Julie A. Edwards, with great respect and humbleness I ask to represent you, the Keller voter, in Colville Business Council.

I have worked the last thirteen years for the Colville Confederated Tribes as a Natural Resource Enforcement Officer and Police Officer. Before working here I served as a United States Marine. My Grandmother was Julianne Lucy Pe-el Saluskin, My mother and father are Fred and Cynthia Manuel of Nespelem. My husband Michael Edwards and our three children have lived in the Keller community for over ten years, this is our home!

Jobs in Keller no longer exist, logging has come to a stop and the Marina will be closed. Few have thought about how our community members will support their families. The Keller district is the only district that does not have a satellite college campus. Transportation does not exist. I believe our community deserves the same job, education and transportation opportunities as the other districts. I will find ways to make our community stronger and bring it closer together. We deserve representation!

Sovereignty must always be on the forefront of each tribal members mind. We have to be vigilant in the protection of our resources and make sound decisions when going into compacts. Dealing in a "government to government" manner has the risk of weakening our sovereign status and sovereignty across all Indian country. I have spent the last thirteen years learning and educating myself about sovereignty and how it could affect the Colville Confederated Tribes, both long term and short term. I possess the knowledge and drive to make decisions that will safeguard our resources, protect our membership and preserve our reservation.

Public Safety is always on the minds of the Keller Community. Law Enforcement is only one part of making our community safer. The larger task is making criminally destructive actions socially unacceptable by the community. Together, law enforcement and the community can make great strides in building a safer community in which to live and raise our families.

The Keller Community has been ignored and we cannot afford to be treated as if we don't exist, please give me the opportunity to be your voice.

Thank you for your time and consideration.

Sincerely,  
Julie A. Edwards  
Candidate Position #1 Keller



Keller District Position #1  
Hello Voters

My name is Sylvia Tatshama Peasley, and I would like to introduce myself to you as a candidate for the upcoming Primary Elections for Colville Business Council in the Keller District. I currently work as the Director at the newly remodeled Keller Community Center here in the Keller District of the Colville Reservation. Our community of Keller is small, remote and struggling daily with alcohol, drugs, lack of jobs, lack of housing, lack of daycare, lack of cultural teachings in the community. I want to be a voice to this community and to our entire Tribe. I have been working on drafts of letters to assist in the development of grants for our Tribe and to our town of Keller in particular. Sparrowhawk Consulting is working on a grant through the Services Division which would provide more coordination between various youth serving programs and I will be submitting my letter of support and also statistics to support the areas of concern in that draft. I have also talked with our local Keller TANF Youth Director and my staff to draft up a one year option to provide more funding for our youth through the 2009 Indian Housing Plan grant through CIHA. I have also been working with our Information Technology Department in submitting a letter of support so that we may develop wireless access to our community through the community center here in Keller. I know that these program grants will be beneficial to our youth and our adults, as we are the hub of this community. My time here at the Keller Community Center has been devoted to implementing programs that are already in existence in our Tribal/Local government programs. Here I have helped to continue providing 2nd Harvest once a month, Emergency Food Vouchers to those in need, distributing hunting tags to tribal members, providing a meeting area for our youth, adults, elders and programs so that we may better assist the community. In my day to day work, I talk with our community; we submit letters of support for every kind of opportunity offered, fill out all the surveys that come through the door. But that does not help the community right now. We are in serious need of housing and daycare. We need a full time computer lab for the community, where people may search the internet to look for opportunities and general information as is their right in this technological world. I see CIHA frowning on having too many people living in their housing units. But what are people to do, when there is no housing available or it is given out to people from other districts that have been waiting for some time in their own districts for a place to live. The town of Keller needs an apartment complex. We need a daycare. We have young parents who can go off and get a job, go to school but have no one who can watch their children while they do this. Logging is gone in the community except for our existing obligations to finish; Roosevelt Recreation is closing down due to lack of revenue making, and these impact departments here in our community. San Poil Logging, Mt Tolman Fire, Parks & Recreation Natural Resources enforcement, they all are in our districts. THIS MEANS NO JOBS FOR OUR PEOPLE HERE IN KELLER!!! Mismanagement and bad decisions at the top meaning the CBC table!!! It is time for our people to vote, funny we had so many who voted during the referendum offered not too long ago and we actually had more people in Keller District vote than vote in the Colville Business Council Elections. If we can have that much of a say then I say vote for me in the upcoming Primary Election and I will work for you. (509) 634-4434 Thank you Sylvia Tatshama Peasley



To the San Poil River People;  
I Henry (Hobo) Stensgar would like your support in the upcoming election as your Keller District Councilor in position #1.

I was born 1957 to Richard Stensgar and Sophie Bluff Stensgar. My father Richard is Lake Band and my Mother is Kalispell. I have lived in the San Poil all of my life.

Education: GED 1977, AAS Degree in Business Management 2005.  
Why I would like to take this responsibility: To help keep our land and our water from being destroyed and polluted. To help young and old, give the elders their traditional foods. In addition, for the young, give them the traditional value to stay alive.

For more information contact me at 14654 Hwy 21 S. Republic, WA 99116 or call me at 509-775-2816.

Sincerely yours,  
Hobo Stensgar



**Nespelem District Candidates – Position No. 1 – NO PRIMARY**

To the Tribal membership:

The 2010 Colville Business Election time is upon us once again and you will be getting those election letters that promise you the moon; where, if elected "they" have plans to make immediate improvements in all areas of tribal government and operations, "they" will never travel because "they" will always be at their desks and available to you, solving reservation problems for the good of all. Realistically "they" need to be able to develop effective alliances within the CBC to even begin to work towards changing anything. I ask that you logically keep in mind that "they" are 1 of 14 Colville Business Council members who have a vote on issues brought to the council table. I implore you to assess all those candidates backgrounds and see what they have done for the Tribes and for themselves, up to this point.

As the incumbent, I have been working towards and pledge to continue pressing forward for:

- Receiving better recognition of our tribal authority as a sovereign government;
- Stabilizing our economy within the reservation, via CTEC/CTFC and by diversifying our economic base;
- Supporting the History/Archeology Program in getting our ancestral remains reburied and to develop future protocols with the Army Corps of Engineers (COE) and other federal agencies to better understand tribal sovereignty in this area;
- Working through the Affiliated Tribes of Northwest Indians (ATNI), which is an organization to get results on our ATNI resolutions, so that when they reach National Congress of American Indians level (NCAI), they will not be tabled or pushed aside;
- Getting better recognition and more decision making power through ATNI's voting process. As one of the large land based tribes within ATNI, as it is now the smaller tribes with a fraction of our membership and little to no land base, have the same voting power as us larger Tribes;
- More American Recovery and Reinvestment Act (ARRA) monies for our Reservation Roads program, tentatively we are scheduled to receive approximately \$21 million in that area;
- A clear and better understanding to relay to our members of our 181D agreement by evaluating with consultants to determine the formulas used in that initial settlement agreement, so it will work as was promised, increasing as opposed to being stagnant;
- Trust Reform within the Bureau of Indian Affairs and Office of Special Trust;
- Resolving the ongoing BIA issues. I am a strong advocate on actions taken by the CBC in this area.

I pledge to continue to work with individual tribal members to resolve their problems with the Tribes or other entities. I would like to thank each and every one of you for your continued trust and support.

Thank you,  
Harvey Moses Jr.



**Nespelem District Candidates – Position No. 2**

**Vote for Ricky Gabriel Position #2 Nespelem For Change.**

Greetings voters on and off reservation,

My name is Ricky Gabriel. I am running for position #2 Nespelem District Councilman. My parents are Pat Gabriel and Gerry Gabriel. My paternal grandparents are Sam Gabriel and Evelyn Antoinette Laramie from the Okanogan band. My maternal grandparents are George Friedlander descended from Chief Moses and a son of Chief Kamiakin and Celestine Minthorne from the Cayuse band of the Umatilla Nation.

I was born in 1976. I have one loved 14yr old daughter, Bridget Gabriel. I am happily married to my very supportive wife, Jade Gabriel.

After High school, while working as a Project Engineer for a large construction firm, I aided in forming many alliances with trade leaders, business owners, and tribes. I was instrumental to the national T.E.R.O organization as their spokesperson for their Native American Outreach program. The alliance of Pacific Northwest District Council of Carpenters and T.E.R.O. Native American Outreach on tribal construction projects is aimed at training Native Americans to become competitive within construction trades, on reservation projects as well as off, directly out of high school. I have always abstained from drugs and alcohol

- New Ideas- While working in Seattle, I contacted our business council and CTEC businesses with business opportunities regarding lumber sales and construction business opportunities some of these ideas were followed through, others were fumbled, lost, or ignored. Our members have great business ideas which need to be heard. People are our biggest asset not the dollar sign.
- Change- With new more positive attitudes in council, sustainable change can happen I do not agree with the dismissive and rude attitude that I have witnessed towards our members and elders. I am a big supporter of intertribal relations. We must work together to gain momentum and strength.
- Sustainable Economy- Repairing our lack of accountability at all levels is the first step needed. If elected, I would support new and existing business ventures, ensuring that all business follow a financially responsible business plan. Maximize on our grant opportunities by enforcing strict compliance, and optimum compensation to our grant writers who bring in the tribal budget. We must pay down our debts with every available dollar! Finding new sources of income, financial responsibility and retraining of members. I promote T.E.R.O expansion and trade union education so that our people have a trade degree, steady wage, health, medical, and retirement program. We could become a source of professionals in another 4 years.
- Natural Resources- Sustainability is our greatest challenge. Our biggest asset is the water. We have nothing without water. Our natural resources reflect how we are surviving as a people. As for our timber, actively researching new markets for different products could provide jobs and revenue. One can't put a dollar price on the existence of our food, medicines, or the integrity of our reservation.

If I am elected my first priority is to rally hope and pride to our proud nation and its leaders by bringing positive new ideas and future orientated view points. I intend to restore the trust and faith of our people by not hiding or suppressing membership opinions or hide major tribal decisions. I intend to restore our economy by creating new business opportunities, enforcing our tribal policies and procedures. I will take every opportunity to protect, and restore our natural resources. You are my greatest strength and happiness.



## POW-WOW

2nd Annual Alcohol Awareness Pow-Wow  
April 24, 2010  
Dinner @ Noon, Dancing to follow. This is a non-contest Pow Wow. All drums & dancers

welcome!!  
At the Inchelium Community Center & Longhouse

For More Information Please Call:  
Pam Phillips 509-722-7019  
Bridget Douastal 509-722-7020



## CEDAR DRUMS FOR SALE

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Elmer City, WA 99124

**509-633-8396**



## Omak District Candidates – Position No. 2

### Way xast to all Omak District Vote:

I am, once again, campaigning for the position of Omak District Council Position #2. And once again, I look forward to your support in that effort. There are certain key issues that have prompted political turmoil not only within the council, but throughout the membership as well. I would like to address some of those issues at this time

**MINING:** I'll begin with explaining why I voted against the mining referendum. Reason #1, is the water rights. We have not yet established a clear title on our current water rights and established our quantums. Reason #2 is, I believe that we have a case in current standing against Tech Cominco for the tailings that are contaminating the Columbia River; our Columbia River! There is a possibility that a ruling in the future may turn in their favor.

Then there is the molybdenum, and other precious metals. If and when we decide to actively mine molybdenum, or any of the other precious metals that are certainly within the boundaries of our land, we must fully understand the overall impact of the process. The very process of mining is defined by the cleaning and separation of the precious metals from the surrounding materials; tailings if you will. That very cleaning and separation is accomplished through the use of chemicals, and only through the use of chemicals. Despite the technological accomplishment in the mining process, those chemicals will require disposal. There may be problems and breaches of process that have the distinct possibility of contamination in our waterways with those chemicals; we do not need that nor even the possibility.

**ROCK CRUSHER:** I was in support of the purchasing of a rock crushing operation by the C.C.T. It should be clear that the removal of crushed rock is not removal of a precious metal. There are several reasons behind my support of this proposed purchase, including; the creation of employment for our Tribal Members and the spec materials are removed from described borrow pits already in existence. The primary reason, at this point, is the 1.7 million dollars that we would not have to allocate to businesses off of the C.C.T. Reservation by the purchase of crushed materials from those businesses. For the past three years we have been allowing outside rock crushing operations to come in and crush our materials; and we have to pay them to do it. I feel that it is time that we pay ourselves for that same service. This does not even cover the royalties received from the trust products fund; and that has been going on for years.

I have received calls from other tribes regarding the possibility of mobilization of crushing operations to their nations and territories. This would open the possibilities of native to native contracting. Aside from the jobs, the relationships with other tribes may generate the possibility of 600,000 to 800,000 dollars per year. I believe that we could profit greatly from those native to native relationships. This does not curtail the possibility of becoming competitive and seeking out those State crushing contracts.

**CHIEF JOE FISH HATCHERY:** At the current, the Chief Joe Fish Hatchery has stalled until September, or maybe even later. The Army Corp of Engineers has expressed a concern over the development of a well at the face of the Chief Joe Dam. Even at this point, the Colville Business Council is beginning to develop a plan by which we would start with the rearing ponds and the housing bids in an attempt at an earlier start date.

I have been in contact with an Oregon import log buyer; he may have an offer to buy our timber for export. This would require a presentation and an offer that would not only include provision for employment of the logging contractors, but also address of the stumpage for the Colville Tribal Membership as well. I, of course, will direct him to the Natural Resources & Community Development Committee.

These are some of the issues and concerns that have come before me as a Colville Business Council member. I do everything that I can to represent your best interest in all of these, and every endeavor, that comes before me; and I will continue to do so with your support in the up and coming Primary and General Elections.

Lem lemt,  
Ernie A. Williams  
P.S. You may call me anytime at work or at home.  
Work: (509) 634-2212 Cell: (509) 631-0402



To the Colville Tribal Membership:

The very essence of "Leadership" is that you have to have a "VISION".

And, it is "WHAT you KNOW, not WHO you KNOW" that gets you where you should be in LIFE.

My name is Lisa Nicholson-True, daughter to the late John Henry Nicholson and Barbara "Bobbi" White. I am pleased to announce that I am seeking your support for representative of the Omak District position # 2 this 2010 election year. Those of you who may not know me please let me tell you what I have to offer YOU as your representative in this upcoming election. I grew up on a Ranch where the children were expected to work along side of the adults from dusk until dawn when we were not attending school. In a day when a penny saved was a penny earned and you lived with extended families on one income. Times were simpler and the rewards of riding horses, fishing and hunting on the weekends were priceless. I left the reservation at the age of 18 years old to attend college after losing my father to Suicide. Why do I mention this dark history you may wonder? One of the messages I would like to share with you comes from the A.S.S.I.S.T training I attended this past month at the Nespelem Long House. We trained for two days "how" to identify the signs and help someone who is either contemplating suicide or is part of a family who is trying to cope with the loss of their loved one. I wanted to "share" this part of my past to let YOU, my fellow membership know that as a survivor of Suicide I want to bring "HOPE" and "VISION" back to our Youth. It is time we begin to invest in more long term viable youth programs that will guide our children into the right direction. Our reservation faces more peer pressure involving drugs and alcohol than ever before. Sadly, it should not take the loss of one of our own tribal members to make us realize we need to promote programs that will bring to our membership, both young and old, a sense of hope and opportunity that will allow them to live a life of "spiritual balance". Thankfully, I had the love and support of my immediate family, my three brothers, my mom and my Aunt Babe as I entered college seeking to "find my purpose" in life. I attended Spokane Community College where I attained my A.A.S. degree in Computer programming and transferred to Gonzaga University where I attained my B.A. degree in Business Administration. After working for the State and the Tribes for almost 15 years in positions ranging from Administrative Assistant to Housing Manager to Accountant and Grant Writer/Grant Project Administrator I left the Tribes inspired to own my own business. Unfortunately, I chose one of the most competitive industries today. I feel fortunate for the experience but saddened that this industry did not favor well for me or any of the biggest Automobile companies given the overall U.S. economy as we now watch these companies turn to the federal government to survive. Humbly, I returned to work for the Colville Tribes and as time has passed I felt compelled to further my education in order to better understand of our Tribal needs. I chose to apply to and was accepted into the Masters program at Gonzaga University where I chose to major in Organizational Leadership. My ideal as your representative will be to work diligently to serve your needs by "changing policies" in specific programs that are not meeting the "true needs" of our tribal membership. My goal will be to actively seek outside funding to meet our memberships' "unmet needs" through the stimulus packages and other appropriations. As your representative I will bring objectivity, leadership, accountability and a voice of educated reasoning to the table.

Our Tribe is currently facing some very tough economic times as we launch another two year campaign to find the most qualified candidates to lead us out of the red areas and begin to make sound decisions that will promote healthier tribal communities and avoid the continued down swing of events.

It is a time when more tribal members are depending on our "Tribal Leaders" to make more sound investments that will strengthen the local economy by providing more jobs. We need to focus on bringing more viable programs to our reservation in order to engage our youth in healthier activities by providing more opportunities allowing them to fulfill their civic life. This is a time when our Leadership must increase its accessibility, and expand its programs and services to meet the needs of our tribal membership. The time is NOW when your "VOTE" means more than ever before. That is why I am asking YOU to support Lisa Nicholson-True in this upcoming election as your representative for the Omak District position # 2.

Let's face it for almost 2 decades the Tribe has relied heavily on the Timber market which has resulted in the depletion of our timber resources. The only thing that is providing positive revenues to our Tribe now is the Gaming Enterprises which has surprisingly continued even in these down economic times.

We now face a challenge. The Colville Confederated Tribes has become dependent on one source of revenues. We need to make sound decisions on "HOW" we are going to expand our economic markets in a different direction without depleting the rest of our natural resources.

Our Tribe may not have ever faced such tough economic times but what I will bring to the table that the other candidates lack is "Leadership and Education". We cannot rely on "experience alone" because times have changed and we need to put "Leadership and Education" back into our Council chambers.

The path to possibilities is attainable if we vote for the candidate that brings "Leadership and Education". Your support and VOTE for Lisa Nicholson-True will make that path possible.

Hello. My name is Darlene Burke and I am running for Omak District Council, Position 2. I was born in Nespelem, WA to William "Butch" Burke and Lucille (Simpson) Burke, but raised by my adoptive parents, Eileen (Burke) and Jose Sanchez. I have 22 year old twin sons, Michael and Leonard.



I have worked for over 20 years in the CTEC organization and based on my experience as an employee working my way up the ladder, a supervisor, and a leader, I believe I can represent you. I have supervisory and budgetary experience, as well as a strong work ethic and a lot of common sense. I have attended and participated in numerous meetings regarding the tribe and the enterprises, as you have, and have not received answers to many questions posed, and that concerns me. Also, I am sure you are concerned by the lack of transparency by Council. However, I am confident that if elected, I will share as much information as I can with you, so long as it does not pertain to employee confidentiality.

In the current economy and our financial situation, I felt it was important for me to stand up and push for change for you and the tribe, by running for a seat on the Council, and I hope you will support me in that effort. We cannot continue to do business as we have in the past, we need to move beyond the negativity, the micromanaging, the nepotism and the buddy deals (hire your friend and/or family member) that are rampant throughout the tribal organization and CTEC.

I also feel the current leadership is not making decisions in the best interest of the tribe and the enterprises, but if elected I will work with the rest of Council to bring about the change that is necessary for all of us to succeed. Furthermore, I am willing to stand against the others if I believe a decision is not in the best interest of the tribe; however, I will try my best to be a team player. More importantly, I will not, as an individual Council person (if elected), take credit for the awarding of a grant and/or contract worth thousands or millions of dollars because it takes the majority of the Council to vote on the issue before it can move forward.

I know that previous Councils made a lot of mistakes in handling our resources, but many others have made good decisions, and I want to be a team player in making good, sound decisions that will benefit you and the rest of the tribe and the enterprises. I want to take the lessons we learned from our mistakes to make the whole tribal structure run more effectively and efficiently for you. So, please vote for me during the Primary Election, May 1, 2010. Or if you decide to vote by absentee, do not forget to mail your ballot no later than May 1, 2010

There are a number of other issues I am interested in, such as the Mills, mandatory drug testing for the tribe and the enterprises, the Casinos, the 181-D funds, increasing opportunities for the youth and taking care of our elders, as well as those that fall in between both designations that will be addressed in my next campaign letter. Thank you.

Darlene Burke, PO Box 998, Omak, WA 98841, 509-422-6051

**Colville Business Council Primary Election Candidates:** Views and opinions expressed in the Candidates Forum, complimentary or critical, are those of the candidates. They are not endorsed by the Tribal Tribune staff, Tribal administration, the Tribal Business Council or the Colville Confederated Tribe's membership as a whole. Burden of proof statements made in any campaign materials lies with the candidate.

### "OFFICIAL LIST OF CERTIFIED CANDIDATES" for the 2010 CBC ELECTION

#### INCHELUM DISTRICT

Position #1

Juanta Warren  
Douglas J. Seymour

Position #2

Michael O. Finley

#### KELLER DISTRICT

Position #1

Jeanne A. Jerred  
Jillie A. Edwards  
Syviva Tatshama Peasley  
Henry (Hobo) Stensgar

#### NESPELEM DISTRICT

Position #1

Harvey Moses, Jr.  
Matthew Dick, Jr

Position #2

Gene H. Joseph  
Victoria Lynn Circle  
Marie A. Covington  
Ricky Gabriel

#### OMAK DISTRICT

Position #1

Carleen M. Anderson  
Laveda Anderson-Fry  
Ted Bessette  
George James Marchand  
Cherie Monetauw  
Fawn Swan

Position #2

Ernie A. Williams  
Darlene J. Burke  
Lisa Nicholson-True

# Omak Indian Bowling Tournament

April 16, 17, and 18, 2010

Omak, Washington

## Bowl Any Squad for Any Event

Singles • Doubles • Mixed Doubles • Teams • All Events

Friday - April 16	Saturday - April 17	Sunday - April 18	Lineage
9:30 pm	9:00 am	10:00 am	\$ 9.75 Lineage
	12:00 pm	1:00 pm	\$ 1.00 Postage
	3:00 pm		\$ 1.25 Postage
	7:00 pm Masters		\$ 21.00 Total

SANCTIONED TOURNAMENT • JACKET PRIZES • 100% PAY OUT RAFFLE • 50/50 • MEN & WOMEN SIDE POTS

**Host Hotels:**  
Mention "All Indian Bowling Tournament"  
Rendway Inn and Suites (509) 826-0400  
Okanogan Inn & Suites (590) 422-6431  
Deadline for discount rooms March 30, 2010



**Contact Information:**  
Eli Williams (509) 634-1636  
Rena Dick (509) 634-4256  
Valley Lanes (509) 826-1273

*Shirley K. Charley*  
Shirley K. Charley, Election Committee Chairperson

*March 24, 2010*  
Date



It is time again for the ...

## Fire & Safety Poster Contest

(hosted locally by CIHA, regionally by NWIHA & nationally by Amerind Risk Management Corporation)

Last year, 3 winning posters were sent from CIHA to the region and won. (1 first place and 2 second place). The region sent the first place winner to the National level... It was a Colville Tribal poster that won the National Prize! Let's Do It Again!!!

### NATIONAL winner will receive a \$2,000 savings bond

Entrants do not have to be Colville Tribal Members or CIHA / Tribal Housing residents to submit a poster.

Please have your entries back to me before: DEADLINE: May 2, 2010 at 4:00 p.m. NO LATE ENTRIES CAN BE ACCEPTED!!!

Please read the attached Rules, Ideas & Instructions. Contact me with any questions at ramona.rounds@colvilletribes.com or 509-634-2163.

Let's teach others how to be safe in 2010!!

Ramona J. Rounds,  
Community Services Manager  
Colville Indian Housing Authority  
509-634-2163- direct line

## COLVILLE INDIAN HEALTH SERVICE

# CONTRACT HEALTH SERVICE

Pre-authorization is a requirement of Contract Health Service throughout INDIAN HEALTH SERVICE. This is the only way we can keep track of Contract Health Service dollars. Since we are audited periodically we must ensure that services purchased have been approved before being provided in order to comply with CHS Federal Published Rules and Regulations. All CHS eligible people living within the Colville Service Unit Contract Health Service delivery area MUST:

1. Get prior approval for SERVICES such as: outpatient visits, referrals from a Private Physician (including all revisits), x-rays/radiology, lab/pathology, rental

of medical equipment, purchase of medical supplies, etc.

2. Prior notification does not guarantee IHS can pay for services unless all CHS requirements are met.

3. Upon notification to the CHS Office, all the information you provide will be entered into the CHS/RCIS computer program. This is why we need to talk to you in person, to make sure we get all the necessary information needed, voice mail notification is not accepted. This information will be reviewed by the Managed Care Department. So we need all the information you can give us.

4. If you have, or ARE ELIGIBLE

FORANALTERNATE RESOURCE, such as private insurance, medicare, medical coupons, etc., that resource must be billed first.

Pre-authorization is mandatory under the "referral" system. Referrals can only be made by the Staff Physicians/Providers and the Dental Officers at the Nespelem Clinic, Inchelem Clinic, Omak Clinic and the Keller Clinic. Referrals are made by the physicians or Dental Officers when it is felt that a specialist needs to be consulted, or for services that we are unable to provide at any of these clinics.

5. For medical/dental emergencies notify the Nespelem clinic CHS Office within 72 hours of start of services. During hours when the Clinic is closed and an emergency

occurs, eligible beneficiaries are advised to go to the Hospital Emergency Room. However, we need to stress that EMERGENCY ROOMS ARE MEANT TO BE FOR EMERGENCY USE ONLY AND SHOULD NOT BE USED AS AN "OUTPATIENT CLINIC". Indian Health Service is going to have to deny payment for Emergency Room services that were not of an emergent nature. The Clinic in Nespelem will continue the policy and procedures of Indian Health Service and pre-authorization is mandatory. Failure to call the Contract Health Service Office in person is reason for denial of payment.

PHONE # 1-800-416-7459 OR 509-634-2900 AND ASK FOR CHS

## WANT TO SUBSCRIBE TO THE TRIBAL TRIBUNE?

Send subscription or change of address to:

Tribal Tribune, P.O. Box 150  
Nespelem, WA 99155

Name: \_\_\_\_\_

FIRST MIDDLE INITIAL LAST

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Free to Adult Members of the Confederated Tribes of the Colville Reservation and Minors (Upon Parental Request).

In Washington State .....\$30.00 Per Year

Elsewhere in United States .....\$40.00 Per Year

Canada and Overseas .....\$50.00 Per Year

Rates For All Other Subscriptions By Mail (Paid In Advance)

Non-Colville Tribal Member Elders,  
Disabled and Servicemen/Women \$15.00.

## Colville Indian Housing Authority Housing Police Officer



Hello, my name is Dave Butz. I am the new Colville Indian Housing Authority (CIHA) housing officer for the Colville Tribes. I am and have been, an officer for the Colville Tribal Police, for about 12 years.

The position I am in now has been created to develop a closer relationship between the Tribal Police, CIHA and the communities we serve.

My goals for this year will be to: establish working procedures for this position, identify specific and general problems and issues within the housing communities, develop coordinated strategies to deal with these problems with the combined efforts of CIHA, the Police Department, and the community. Additionally I hope to establish legal and civil guidelines to facilitate the resolution of problems and issues in the housing communities. I will also be out in the communities, personally meeting with as many residents as possible this year.

I strongly feel that no single person or government agency can solve the problems we face in our housing communities. This will take the combined efforts of government, community leaders, and members to accomplish. I hope that in my position, I will be able to develop a bond of trust with community members and with other departments within the Colville Tribes so that we can work together to make our communities the best they can be.

Thank you all for allowing me to serve.

By: D Butz 1P11

Omak Tribal Elders Dinner  
May 14, 2010

## Request for Proposal

General Information  
Posted Date:  
March 8, 2010  
Closing Date:  
April 16, 2010 at Noon  
Bid Opening Date:  
April 16, 2010 at 2:00 p.m. at the Purchasing Program

### Description

The Colville Confederated Tribes is announcing a request for bid (RFP) for the Colville Confederated Tribes Annual Senior Luncheon on Friday, May 14, 2010 at 12:00 p.m. at the Omak Long House located approximately 5 miles East of Omak, Washington on the PSIS Campus and Omak Lake Road.

The Contractor shall provide all personnel, equipment and supplies necessary in the performance of this contract to provide coffee and tea for registration and a Luncheon for no less than 400+ people: Two types of Meat, Fish, Two Salads, Fresh Fruit, Deserts (Cake & Pies), Bread, Cold Beverages (water, pop, kool-aid) Tea, Coffee and Condiments (mustard, mayonnaise, ketchup, salt, pepper, coffee creamer, sugar, sweet n low).

### Proposal Requirements:

1. The Contractor will provide all personnel, equipment and materials necessary or required, including meal preparation, delivery, set-up, takedown and clean up of the designated eating area.

2. The Contractor will coordinate with the Contracting Officer's Representative regarding location for setting up food preparation, serving, and eating area.

3. There will be no smoking in the immediate area of food preparation of serving.

4. The Contractor will provide personnel to prepare and serve food; cooking, serving equipment, service ware (paper plates, paper cups, and napkins), and disposable-eating utensils (sealed in plastic); plastic gloves for food servers and garbage containers.

5. There will be no barehanded contact of food, use barriers such as tongs, papers, spoons or gloves to prepare and serve foods.

6. Store cold foods in a refrigerator, as much as possible, until luncheon is ready to be served. Be sure potentially hazardous hot foods stay hot.

7. Keep food safe from cross contamination with careful storage and sanitizing.

8. Keep serving area clean and safe.

9. All remaining food will be sacked up and handed out to the people in attendance.

10. Proposal must be in writing with a total proposal amount.

11. Copy of valid/current food handler's permit must accompany proposal.

Proposals should include a breakdown of expenses, materials used, list of references, and prior experience.

### Safety

All applicable regulations pertaining to safety, including Tribal Occupational Safety and Health Act (TOSHA) standards and regulations shall be strictly adhered to by the contractor. Particular care shall be exercised in connection with the operation of vehicle and other equipment on the site.

### Clean up and Disposal

All trash and debris shall be removed from the site and disposed of off the Keller Park Area. The contractor shall remove all rubbish, accumulated materials and trash from the premises, leaving the site in a clean, acceptable condition. Any adjacent areas that are damaged by the contractor shall be repaired or replaced to the satisfaction of the Contracting Officer or the Contracting Officer Representative or their authorized representative.

### Vacating Work Area

During exercises, natural disaster, national emergencies, or for security reasons, the contractor may be required to vacate a work area.

### Smoking

No smoking is allowed in Tribal Government buildings. The contractor and his or her employees can smoke at designated areas outside the building, or in his or her vehicle.

### Protection of Property

The contractor shall be responsible to check and determine that all necessary precautions have been taken to protect all property, both Tribal and private, in all areas where this contract is being accomplished. Damage caused from failure by the contractor to exercise care in the performance of work shall be immediately repaired to the satisfaction of the Contracting Officer or designated representative without additional cost to the Colville Confederated Tribes.

### Availability of Utility Services

All reasonable quantities of utilities will be made available to the contractor without charge. Any temporary lines or connections that may be required will be installed, maintained, and removed by the contractor at their own expense, and in a manner satisfactory to the Contracting Officer, or designated representative.

### Evaluation

All responsive proposals will be opened, reviewed and rated based upon the following evaluation factors:

- Proposed menu
- Price
- Compliance with solicitation requirements
- Experience and/or past performance
- Preference Order on Selection (you need to identify which category you are submitting a proposal under):

1. Charitable or nonprofit organization and private individuals using all proceeds to fund a charitable function

2. Individual Colville Tribal Member who does not meet the requirements of (1) above

3. All other parties

Late proposals will not be opened and will not be considered.

### Point of Contact

Contract Officer; Colville Confederated Tribes; P.O. Box 150; Nespelem, WA 99155; Phone 509-634-2277, Fax 509-634-2751.

Organized by WSU Colville Reservation-Ferry County Extension Office as part of the R Fit Nation Program  
In collaboration with CCT Food Distribution Program  
Omak & Nespelem Community Center Directors

Learn Hands-on Techniques for Starting your Own Seeds at Home.  
Learn Hands-on Methods for Planting and Maintaining a Vegetable Garden.  
Learn How to Plant a Vegetable Garden in a Large Pot or Tub.  
Learn How to Build and Utilize a Compost Bin for Improving Your Garden Soil.

## 2010 Garden Workshop Series

Taught by WSU Okanogan Co. Extension Master Gardeners

Pre-Registration Requested to Insure Enough Supplies Available  
For More Information Contact: Linda McLean, (509) 634-2304

**Nespelem Community Center**  
5 Nespelem School Loop Rd  
Nespelem, WA

**Seed Starting**  
March 16, 2010  
3:00pm-5:00pm

**Omak Community Center**  
601 Benton St  
Omak, WA

**Seed Starting**  
March 18, 2010  
3:00pm-5:00pm

**Grow Your Own Groceries**  
April 13, 2010  
3:00pm-5:00pm

**Food in a Tub**  
May 4, 2010  
3:00pm-5:00pm

**Grow Your Own Groceries**  
April 14, 2010  
3:00pm-5:00pm

**Food in a Tub**  
May 6, 2010  
3:00pm-5:00pm

**CCT Food Distribution**  
Nespelem, WA

**Composting**  
June 8, 2010  
3:00pm-5:00pm

**Composting**  
June 10, 2010  
3:00pm-5:00pm

Persons with a disability requiring special accommodations while participating in this program may contact WSU Colville Reservation Ferry County Extension, PO Box 111, 9 Methow St. Bldg. #888, Nespelem, WA 99155, (509)634-2304, or [ljmclean@wsu.edu](mailto:ljmclean@wsu.edu) at least five days before the program.

Cooperating Agencies: Washington State University, U.S. Department of Agriculture (USDA FRTEP Award #2009-41580-05326 and Confederated Tribes of the Colville Reservation, Colville Agency BIA, and Ferry County. Daniel L. Fagerlie, Project Director, [fagerlie@wsu.edu](mailto:fagerlie@wsu.edu) Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported to your local Extension office.

## Colville Tribes Diabetes Program Presents: Your Fitness

Last month, we covered the limited use of the sauna suit as it pertains to your fitness and weight loss. It was a good way to warm-up your muscles for your regular exercise routine, but not to burn fat, or for sustained weight loss week to week. Healthy weight loss is when we shed those extra pounds of fat we carry on our bodies. We all come in different body shapes:

1. Endomorphs are apple-shaped, and they carry weight around their mid-section;

2. Mesomorphs are pear-shaped, and they carry their weight around their hips and thighs; and

3. Ectomorphs are your slightly built neighbors, hardly any visible fat on their bodies, but not much muscle mass either.

When we are talking about weight-loss, these are the type of bodies that will be burning that excess fat. You may take a moment to note what sort of body type you are, as it will become apparent why it is of note when we talk about the myth of "Spot Reduction".

"Spot Reduction" is the myth that if you exercise one particular body part, the fat around that body part will disappear. So, people will do endless sit-ups to rid themselves of their spare tire; or, they will do

inner and outer thigh exercises to slim up their hips and thighs. This is a myth that dies hard. When you were taking in more calories than you were burning and gaining the weight, the body determined where to place the excess fat stores.

It is understandable how people come believe that "Spot Reduction" works. For instance, if you do arm curls, your biceps become stronger, and with enough consistency, they become bigger. Thus, people think that if they exercise their stomachs, the belly fat will melt from their mid-section. **THIS LINE OF THINKING IS ENTIRELY WRONG.**

Your body type, inherited from your parents will determine where excess weight is stored. It will also determine which fat stores to get the extra energy when you tip the energy balance towards weight-loss. You have no conscious control over it.

Healthy weight-loss will occur slowly over time. Thinking back, we didn't all of sudden in one month put on an extra 30 lbs. of fat, it happened over months, and maybe even years. So, you want to lose weight in a healthy manner, which is no more than 2 lbs. per week. The slower the weight loss, the better because faster weight loss usually means you are losing muscle mass, which we would

rather preserve because the more muscle we have, the more calories we can burn.

You could cut your nutrition intake each week to lose those 1-2 lbs. per week over seven days and lose the weight that way. Another approach would be to exercise and burn more energy than you take in through food and drink. A third option would be to take in fewer calories, and burn more calories, still maintaining no more than 1-2 lbs. of weight loss per week. Research demonstrates that the slower the excess weight comes off your body, the longer you will keep the weight off your body.

If you have any questions regarding Your Fitness, please contact me at 509-634-2940.

By: Sonny Sellars, Certified ACSM Health and Fitness Specialist

**UPCOMING  
DEADLINE  
FOR THE TRIBAL TRIBUNE  
April 20th**



**LAKE ROOSEVELT  
COMMUNITY HEALTH CENTERS**

San Poil Valley Community Health Center-Keller, WA  
Inchelium Community Health Center-Inchelium, WA

## LRCHC Update



Commander Tom Berg, has retired from the Commissioned Corp after 21 years as pharmacist for LRCHC. Tom accepted his original assignment to the Inchelium clinic in 1989 as the Pharmacist / Clinic Manager. Tom was the clinic manager when the Colville Tribe transitioned the Inchelium clinic from a satellite Indian Health Service (IHS) clinic to a tribal clinic operating under a 638 contract with the Indian Health Service. Tom was also very involved in the planning process for the new clinic facilities in Inchelium and Keller that opened in 1994.

Tom is shown here with friend and former co-worker, Dr. Coy Fullen, who surprised him by attending his retirement party at the clinic on March 24th. Inchelium council member, Juanita Warren, presented Tom with a Pendleton blanket on behalf of the Colville Tribal Business Council. Tom plans to continue coaching baseball, basketball and football for Columbia High School at Hunters. He will also be filling in for us in the pharmacy on occasion. Thank you Tom, for all your years of service.

**LRCHC Pharmacy:**  
Indian Health Service  
Beneficiaries: In 2008 the clinic

had a succession of meetings and correspondence with the then Council Health & Human Services Committee Chair, Carleen Anderson, IHS Portland Area administrators and Nespelem IHS Interim CEO/Pharmacist to discuss clinical issues, including pharmacy. We were informed that we were the only tribal or IHS clinic in the region that had such an extended pharmacy formulary and that still offered over the counter medications. At that time, we began to evaluate our pharmacy formulary and dispensing practices. Policy revisions were made to discontinue medications to people receiving medications at our pharmacy that were not patients and we began charging a minimal fee for over the counter medications to a limited population. IHS eligible children and elders still receive them at no charge.

In 2009 HRSA and IHS coordinated a review of our pharmacy program and recommended our formulary be curbed to meet the formulary guidelines of IHS. Our unrestricted expansive formulary and high pharmacy costs were not in an acceptable range. Since then we have been analyzing our medication list, omitting some "Cadillac" name brand

medications, and replacing them with acceptable generic medications. We also began stocking lower tier drugs so that we would be able to offer them to our patients to try before higher tier medications. Insurances require this process be completed and documented in a patients chart before they will approve paying for the higher tier drugs. This is the standard of practice of insurance companies, including the Tribes prescription insurance company, Medco.

We have been trying to make these changes gradually so as to have as minimal impact on patients as possible. We realize change is hard and ask for our patients understanding of our need to make these changes.

Non-Indian LRCHC Patients: Our pharmacy provides medications to our non-Indian patients that are seen regularly by one of our Providers. To continue to be able to do that we have contracted with a second pharmaceutical vendor. Due to that change our patients paying the cost plus dispensing fee may notice an increase in cost of some of their medications.


In the past LRCHC has not collected co-pays from our insured non-Indian patients. LRCHC is now collecting co-pays from our non-Indian patients according to the fee schedule that follows. We appreciate your patronage and hope these changes will not impact your ability to continue utilizing our services.

Fee Schedule for Medications for Non-Indians

\* Insured non-Indian patients will now pay 50% of the standard co-pay required by their insurer.

\* Sliding Fee patients will continue to pay cost plus a \$4.50 dispensing fee.

Please call the Pharmacy at 722-7009 for more information.



**San Poil Valley Community Health Center  
Keller, WA**  
Medical: (509) 634-7300  
M-W-TH 8:00-4:30  
Dental: 634-7320  
Wed 7:00-5:00

**Inchelium Community Health Center  
Inchelium, WA**  
Medical: (509) 722-7006  
Mon - Fri 7:30-4:00  
Dental: 722-7013  
M-Th 7:00-5:00

- LRCHC provides medical, dental and optical services regardless of race
- Medicaid, Medicare, Private Insurance and Indian Health Service patients are welcome
  - Services are provided on a sliding fee basis to eligible patients.

[www.ferrycounty.com/LRCHC/](http://www.ferrycounty.com/LRCHC/)

## The family of Denise Covington thanks you

The Family of Denise Covington, who is currently fighting/winning her fight against Breast Cancer, would like to thank the Laverne/Lorena Dick Family for sponsoring the Pool Tournament/Raffle that raised \$700.50 to help our mother with Cancer Care & living costs.

We'd like to thank all the The Moose at Grand Coulee for donating the space for us to have this pool tournament, award sponsors, participants of the Pool Tournament, Congratulate the winners (for information about pool tournament contact Laverne Dick), & thank all of those that brought the wonderful food for the potluck luncheon

We'd also like to thank all of the Area Business', Colville Business Council, Distributor's, and all of the individuals who were able to donate such great Raffle items (for Raffle Information contact Laverne Dick), we'd especially like to thank those that purchased raffle tickets, raffle drawing was held January 9, 2010.

As many of you know Denise has lived here the majority of her life, she married our father Leo Covington & moved to the Colville Indian Reservation where she raised 5 children of her own, 2 grandchildren (Stoney & Shan), & several other children along the way. In living here Denise employed as a certified nurses aide has taken care of the Colville people in working at the Convalescent Center & now at the Indian Health services. We the family of Denise Covington truly thank the community support, individual support & all the testimonies we heard from other cancer survivors, it is a true blessing to have the support our mother has received from everyone.

Thank you!  
Denise Covington & Family



Melynda "Louie" Covington-Justin/Rayna/Mylia/Antee', Chauncy/Rose & Shauntina Cawston

Pj Pakootas-Mitchell Pakootas, Charissa, Nicole, Jessica Birdtail & baby Mitch

Kristy Covington-Justin Sweger, Lane Priest, Khani Priest, Juel Sweger

Blaine "Bozo" Covington-Lori, Austin, Shawnee, Wyatt & Morgan Covington

Sharlyn Covington-Shawn & Andre Hubert, JoyceAnn Covington-Hubert

The family of Denise Covington

would like to also show appreciation to the "Covington Girls & Elizabeth Sullivan" for getting together & having such a successful 50/50 Raffle & raising \$1,104.00 for our mom Denise to help her along with expenses while she battles Breast Cancer. The Raffle drawing was held December 21, 2009, the winner was Tiffany from Omak, Tiffany also took home a Christmas stocking with Items donated by the Covington Girls.

Thank you again for all your support.  
Denise Covington & Family

# FOOD MATTERS

## PLANT YOUR MEALS!!

The last 2 months we have talked about real food, how to reconnect with the foods that will give you all the nutrients nature intended them to give you. We mentioned that "real foods" as they are grown are much more satisfying and that they end up preventing and reversing some disease states, such as heart disease and diabetes. The question came up, "where do we find real food?" and one of the answers to that question is that we CAN grow some of it ourselves!! It's a lot easier than it looks too! If any of you have lived through the second World War, you may remember "Victory Gardens" which sprang up from backyards, school playground and public parks to relieve demands on the public food supply. The trend is now cultivating a comeback in the US. Growing our own food supply can prevent food from traveling up to an average of 1,500 miles from the farm to our homes. It will also reduce travel-related pollution. (Which contributes to global warming!) For our many families who are low-income, or TANF dependent, fresh fruit and vegetables may not be in the family budget. But growing them in your backyard can help to have a healthier lifestyle.

Generally, vegetables are easy to grow. The WSU extension is having classes on how to grow vegetables and the Tribe can furnish you with "natural" fertilizer—horse poop!! Call Linda McLean for the class schedules. Lettuce and leafy veggies are the easiest to grow, along

with tomatoes and squash. Potatoes aren't hard either. Planting flowers in between the rows will help keep the bugs away also. Just nurture it and water it and don't let things get too ripe. Let's all have Victory Gardens and be nourished!!!

### VICTORY VEGETABLE SOUP

4 TOMATOES, SLICED  
2-3 GREEN ZUCCHINI, SLICES  
2-3 CRUSHED GARLIC CLOVES  
2 YELLOW SQUASH, SLICED  
1 LARGE ONION, FINELY CHOPPED  
3 CUPS CHICKEN BROTH  
½ CUP FROZEN OR FRESH PEAS  
½ CUP CHOPPED CELERY

Heat chicken broth and stir. Season sliced vegetables with black pepper and garlic salt. Saute chopped onions and celery in pan with 2 Tbs olive oil and set aside. Repeat with tomatoes in the same pan. Combine onions, tomatoes and all other vegetables and simmer for 5 minutes in soup pot. Stir in chicken broth and bring to a boil. Reduce heat, cover, and stew for 10 minutes until tender.

**ENJOY !!**

Dede Lavezzo, RD, MPH, CDE  
Contact the RD at:  
422-7450 or 634-2943

This Column comes to you courtesy of  
Tribal Health Programs





Okanogan Lady Bulldogs would like give a special thanks to all our donations we received to attend the state basketball play-offs in Yakima, WA on March 2- 6, 2010 and supported us with this great life experience.

Cates & Erb, Inc.; Townsend Ranch; Apple Springs; Rite Aid Store; Wal-Mart; Pepsi Cola- Omak; CCT TANF; Heatstroke Screen Printing; Les Schwab Tire- Omak; Sunopta Fruit; Pete Peterson Plumbing; Okanogan Athletic Booster Club; Krystal Nissen; Gordon Pitts; Doug Leese; Steve Chamberlin; Mick & Wanda Howe; Ben & Jeannie Whitley; Morgan Stanley-Smith Barney- John Gavin & Sue Cleveland of Yakima and all our families, friends and proud Bulldog fans!

Gary Smith- Head Coach; Teddi Reese; Kolby Marchand; Krista Olson; Taylor Kramer; Quintana Morelock; Caitlyn Behymer; Morgan Kerr; Jameka Townsend; Kara Staggs; Tyler Schreckengost; Carly Harris; Britnee Grooms; Kevin Daling- Asst. Coach, Jordyn Boesel & Jill Townsend- Managers

## Eaglebear

*Continued from front page.*



the country and most recently made it big time with an appearance on Showtime's comedy special, Goin' Native: American Indian Comedy Slam!, which he announced has been extended for continued showing through the end of the year.

Family and friends gathered to share their stories of growing up with Vaughn, congratulate him on all his success and express how proud they are of him.

"I love you son, I'm real proud of you," said Doll Watt, after telling the crowd a few humorous stories from Vaughn's childhood.

Vaughn admitted he got into comedy just by chance. "I walked by a comedy club and they had open mic comedy and I said I wanted to try it...so I went in and I just watched. I finally got up the courage to try it

and since then it has just been picking up. I've been doing comedy for five years, fulltime for the last two years now...and making a living at it," he said.

A sample of his original brand of one-liner comedy, unconventional style and thought provoking material can be found on his website [www.vaughneaglebear.com](http://www.vaughneaglebear.com). You can also keep in touch with links to his Myspace, twitter and facebook.

"My ultimate goal is to just never have a regular job again. Where ever the comedy road takes me I'll go with it."

His booking and publicity is managed by Michelle Shiningelk, a Colville tribal member and owner of Shining Elk Entertainment, Inc. based in California.

## Small Business Planning Class Graduates Five



Pictured left to right: Lew Blakeny (instructor), Dusty Diebel, Charlotte Roy, Patrick Gabriel, Robert Howard, Rick Gabriel, Ted Piccolo (Exec. Dir. NNDF)

On March 3rd the Northwest Native Development Fund graduated their first small business planning class "Indianpreneurship."

There were five graduates and two other individuals who took the course for participation purposes (not pictured).

"Each class has its own personality" said Ted Piccolo, Executive Director of the Northwest Native Development Fund, "and this class had a mix of folks. Some knew absolutely what kind of business they wanted to be in and some were merely searching for how to start one when they did latch on to an idea."

The class was 10 weeks long and took place one night a week. It covered the basics of developing a business plan including an introduction into financials, marketing and research.

According to one successful graduate, Robert Howard, "I felt every class was worth while."

Beyond the five graduates, the NNDF has assisted over six different tribal member owned businesses. Several of them start up enterprises.

In the words of one Colville business owner "I was just going to send ya a quick thanks. I was awarded the grant. This will help my business in a great way."

The NNDF will soon be offering pay-check protected loans to help individuals get out of the "pay-day" loan spiral. Watch the Northwest Native Development Fund website [www.thenndf.org](http://www.thenndf.org) for further developments.



Happy 11th Birthday Cheldyn Edwards-Norwest April 5th Hugs & Tugs Dad & Family

April 6th is a very special day for a beautiful lady! Happy Birthday Melody Always Tom



HAPPY 13 YEARS MY LOVE! May many more come our way....I love you! Your Loyal wife for Eternity, Justina J. Simpson



Travis Ray turned 22 on January 11th. He has one daughter Lisette. His parents are Cindy Nanamkin Ray and Ferlin Ray. His grandparents are Joe and Danita Nanamkin, his great-grandparents are George and Ernestine Nanamkin.



Danita Ray turned 15 on January 22nd, she is a freshman at Eisenhower High School in Yakima where she has some honors classes. Her parents are Cindy Nanamkin Ray and Ferlin Ray, her grandparents are Joe and Danita Nanamkin, her great-grandparents are George and Ernestine Nanamkin, she has three brothers Dewey Pierce, Travis and Joseph Ray...and one niece Lisette.



Lisette Ray turned two years old on January 13th her parents are Travis Ray and Veronica Garcia, her grandparents are Cindy and Ferlin Ray, her great grandparents are Joe and Danita Nanamkin, her great, great grandparents are George and Ernestine Nanamkin.



Ellen Nicholson Abeita, Celebrating her 99th birthday

We think of you all the time and we love you very much. Happy Birthday!! Bob, Connie, Cheryl and Carolyn



Happy 11th Birthday Baby girl (4-27) & keep up the great work! Love Mommy & Brian Boyd



Happy Birthday!!! Robert Brooks With A lot of Love From: Your Family & Friends



Happy 2nd Birthday "HANDSOME BOY" Anthony James, April 10th LOVE YA! Mom, Sister, & Family



Roniah Friedlander Happy 10th Birthday Roniah Love, Mom & Sister



Happy "21" Thaddeus Happy belated "7" Thomas Luke and my middle boy is 18, Nicholas Love you all my boys. Mom



"Come on and smile-Marcus it's only Ronald McDonald" Marcus Moore just turned 4 years old and he is going to pre-school and loves it. He is the son of Lutsa McCraigie & Eugene Moore. We all love him & are proud of him!!!!!!!!!!!!!!



Isaiah Justus Spencer and Veronica Jo Shaffer announce their engagement. Veronica is the daughter of Ron and Becki Shaffer of Inchelium, Washington, and Isaiah is the son of Danny and Bonnie Spencer of Chewelah, Washington. Veronica earned her Bachelor of Arts in Social Work at Eastern Washington University and her Master's in Social Work at the University of Nevada Las Vegas. She is currently employed by the Clark County Public Guardian as a Deputy Public Guardian. Isaiah earned his Bachelor of Arts in Education at Eastern Washington University and Master of Science in Education at Nova Southeastern University. He is currently employed by the Clark County School District as a teacher and coach. Their wedding will be held June 26, 2010 in Chewelah, Washington.



Happy Birthday Pokey (dad) April 1st Love always, Chris, Darin & Tani Tonasket



Happy Birthday to "35" Reggie Watt, April 21st Have a very nice B-day, we all love you From: Mom, Larry, Roxanna, Precious, Gerald & all the family Your wife Penny



Happy Easter to our boys Mathew, Talon, Omarion, Ike Always thinking of my precious boys and always missing you both. Love always Mom, Ronnie, and lil brother Darrius xo xo xo



APRIL 15TH Happy 20th Birthday Ariel Clark Love always Ronnie & Boys



Congratulations to Tony Joe Louie of Inchelium High School for being nominated to the All-State 1B Basketball Team for 2009-10. Tony is a senior at Inchelium and has been a member of the Panorama All-League Team for the past two years. Tony averaged 16.5 points, 7.9 rebounds, 7.3 assists and 3.7 steals per game this year for the Hornets and lead their team to win the Panorama North division. Tony will play in the All-State game in Seattle on March 20th."



Happy Birthday "61" Kathy Wapato April 11th We Love you Mom & Grandma From: Reggie, Penny, Larry, Roxanna, Precious, Gerald & all family Love You



Happy 1st Easter to our baby boy, Darrius Marquette Love always Mommy & Daddy



APRIL 15TH HAPPY 15TH BIRTHDAY AIRION ANDREWS Love always Ronnie and boys



Tubby Happy 31st Birthday Love always you Sis Amanda, Ronnie & all boys







**AN INVITATION TO ALL COLVILLE TRIBAL MEMBERS**

**Please Join Us For The Ribbon Cutting And**

# Grand Opening

## Of The New

# MILL BAY CASINO



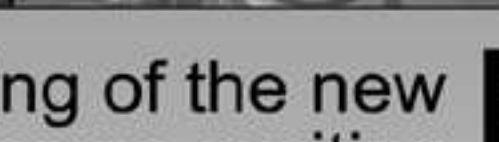
**12 PM Wednesday, April 14, 2010**  
**455 Wapato Lake Road, Manson, WA.**

**Spacious New Casino For Your Enjoyment**

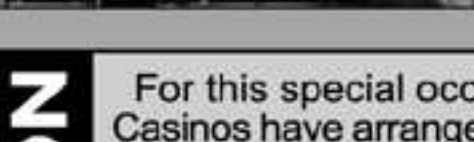


**Over 30,000 Square Feet Of Gaming**

**New Crosswinds Restaurant**



**"Heat" Lounge Featuring Live Entertainment**



**The New Mill Bay Casino**



To celebrate the opening of the new Mill Bay Casino, we have some exciting things in store! From a complimentary sandwich bar, to free souvenir gifts - on top of the over 30,000 square feet of brand new gaming floor - there is PLENTY for you to see and do! Plan to be a part of this historic day, as we cut the ribbon on the newest Colville Tribal Casino!



**FREE SANDWICH BAR!**  
**FREE SHUTTLE BUS SERVICE!**  
**FREE SOUVENIR GIFTS!**

**FREE BUS SERVICE TO MANSON**

For this special occasion, the Colville Tribal Casinos have arranged for special charter buses to transport our Tribal Members from Omak, Nespelem and Inchelium/Keller to the celebration. We would like to have as many of you - our people - as possible, take part in the opening of your new casino.

**Omak Shuttle Bus Schedule:**  
*(Leaves from Okanogan Bingo Casino)*  
Depart Omak - 10:00 AM, Arrive Manson 11:30 AM  
Depart Manson - 2:00 PM, Arrive Omak 3:30 PM  
Depart Omak 4:00 PM, Arrive Manson 5:30 PM  
Depart Manson 6:00 PM, Arrive Omak 7:30 PM  
Depart Omak 7:45 PM, Arrive Manson 9:15 PM  
Depart Manson 9:30 PM, Arrive Omak 11:00 PM

**Keller Bus Schedule:**  
*(Leaves from Keller Community Center)*  
Depart Keller 8:25 AM, Arrive Omak 9:50 AM  
Depart Omak 10:00 AM, Arrive Manson 11:30 AM  
Depart Manson 3:00 PM, Arrive Omak 4:30 PM  
Depart Omak 4:45 PM, Arrive Keller 6:15 PM  
Depart Keller 6:30 PM, Arrive Omak 8:00 PM  
Depart Omak 8:15 PM, Arrive Manson 9:45 PM  
Depart Manson 9:45 PM, Arrive Omak 11:15 PM

**Nespelem Bus Schedule:**  
*(Leaves from Nespelem Community Center)*  
Depart Agency 9:15 AM, Arrive Coulee Casino 9:35 AM  
Depart Coulee Dam Casino 9:45 AM, Arrive Manson 11:30 AM  
Depart Manson 4:00 PM, Arrive Coulee Dam Casino 5:30 PM  
Depart Coulee Dam Casino 6:45 PM, Arrive Agency 7:00 PM

**Inchelium Bus Schedule:**  
*(Leaves from Inchelium Community Center)*  
Depart Inchelium 7:00 AM, Arrive Manson 11:25 AM  
Depart Manson 3:00 PM, Arrive Inchelium 7:30 PM

Seating for all buses is first come, first served basis. Please contact Mill Bay Casino with any questions.

**MILL BAY CASINO · 455 Wapato Lake Road · Manson · 1-800-648-2946**



**2010-121.gov**  
 Accept this as an official notification that the Tribal Government Chair, Shirley K. Charley has received an Ethics Complaint, signed under oath from Leroy Jerred, Tribal member from the Keller District, against Carleen Anderson, Omak District elected councilperson. This process will start on the date of acceptance by the Rules Committee.

8 FOR (SC, GJ, BN, SA, HM, JW, VS, JS), 0 AGAINST, 2 ABSTAINED (CA, JJ)

**2010-122.gov**  
 The legal review of the complaint against Councilperson Carleen Anderson, be conducted by the Office of Reservation Attorney (ORA). Upon completion and recommendations to the Rules Committee under the Tribal Government Committee no further action will be conducted as far as this complaint.

8 FOR (SC, GJ, BN, SA, HM, JW, VS, JS), 0 AGAINST, 2 ABSTAINED (CA, JJ)

**2010-123.gov**  
 The legal review of the complaint against Councilperson Juanita Warren, be conducted by the Office of Reservation Attorney (ORA). Upon completion and recommendations to the Rules Committee under the Tribal Government Committee no further action will be conducted as far as this complaint.

9 FOR (SC, JJ, GJ, BN, CA, SA, HM, VS, JS), 0 AGAINST, 1 ABSTAINED (JW)

**2010-124.gov**  
 The legal review of the complaint against Councilperson Virgil Seymour, Sr., be conducted by the Office of Reservation Attorney (ORA). Upon completion and recommendations to the Rules Committee under the Tribal Government Committee no further action will be conducted as far as this complaint.

9 FOR (SC, JJ, GJ, BN, CA, SA, HM, JW, JS), 0 AGAINST, 1 ABSTAINED (VS)

**2010-125.gov**  
 The legal review of the complaint against Councilperson Jeanne Jerred, be conducted by the Office of Reservation Attorney (ORA). Upon completion and recommendations to the Rules Committee under the Tribal Government Committee no further action will be conducted as far as this complaint.

9 FOR (SC, GJ, BN, CA, SA, HM, JW, VS, JS), 0 AGAINST, 1 ABSTAINED (JJ)

**2010-126.gov**  
 The legal review of the complaint against Councilperson Susie Allen, be conducted by the Office of Reservation Attorney (ORA). Upon completion and recommendations to the Rules Committee under the Tribal Government Committee no further action will be conducted as far as this complaint.

9 FOR (SC, JJ, GJ, BN, CA, HM, JW, VS, JS), 0 AGAINST, 1 ABSTAINED (SA)

**2010-127.com/m&b**  
 Approve the contract for Stimson Contracting in the amount of \$448,940.00, for the construction of the Dance Arbors for Nespelem Fourth of July Grounds and Omak Stampede Grounds. Tribal dollars identified and designated from Wells Dam Fund per resolutions 2010-080 (nespelem) & 2010-081 (omak). TERO fees are waived. Chairman or designee to sign all pertinent documents.

10 FOR (SC, JJ, GJ, BN, CA, HM, JW, VS, JS, SA), 0 AGAINST, 0 ABSTAINED

**2010-128.nat**  
 Approve a lease agreement to Steven D. Brown of the homesite located at 28970 Hwy 97, Okanogan, and parcel #3326114000 and legally described as the Northwest quarter of Section 11, Township 33 North, Range 26 E.W.M., Okanogan County, Washington, on the Colville Reservation to include homesite only and driveway plus 100 feet north, south, east and west of homesite dwelling. Lease terms to commence March 1, 2010 to June 30, 2010 at the monthly rental rate of \$500.00 in "as is condition". Chairman or designee to sign all pertinent document

9 FOR (SC, CA, JW, GJ, BN, JS, SA, JJ, VS), 0 AGAINST, 0 ABSTAINED



**Northwest Indian Youth Conference 2011**  
 Sponsored by  
 Confederated Tribes of the Colville Reservation

**LOGO & THEME CONTEST**

The Northwest Indian Youth Conference (NWIYC) is seeking a logo and theme for 2011 conference being hosted by the Confederated Tribes of the Colville Reservation. Entries must include the following:

Logo Submissions (list contact information on the back of design)

- Name of Student, Address & Phone Number
- Grade (High & Middle School Students Only)
  - School Name
- 8x10 drawing with no more than 5 colors

Theme Submissions (list contact information on back of submission)

- Name of Student, Address & Phone Number
- Grade (High & Middle School Students Only)
  - School Name
- Theme in legible written and/or typed on a 8x10 paper

**Deadline Extended:**  
**April 16, 2010 @ noon**  
**March 10, 2010 at 4:00 p.m.**

Send to:  
 NWIYC 2011  
 c/o CCT Tribal Health Program  
 PO Box 150  
 Nespelem, Washington 99155  
 509 634 2944 phone  
 509 634 2963 Fax



**Northwest Indian Youth Conference 2011**  
 Sponsored by  
 Confederated Tribes of the Colville Reservation

**PLANNING MEETING NOTICE**

THE NORTHWEST INDIAN YOUTH CONFERENCE (NWIYC) PLANNING COMMITTEE WILL BE MEETING ON

April 16 to 17, 2010  
 4:00 p.m. to 4:00 p.m.

Inchelium Tribal Longhouse

Bring your sleeping gear! It's an overnight!

Agenda

- Establish Date of Conference
- Establish Committees
- Leadership Building
- Teen Presentations
- Discuss next Overnighter

Everyone Welcome  
 Youth (Middle School & High School) & Adults

GREAT FOOD WILL BE SERVED!



Traditional Values that benefit all peoples.



Vote for Hobo Keller District Council Position #1

The right candidate for the People of the San Poil River



PAID ADVERTISEMENT

**TRUCKS! TRUCKS! TRUCKS!**

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**Chevrolet Silverado 1500 LT1**

**SUPER BUY**



**07 Nighttrain Harley**

**SALE**



**Lincoln Mark LT 4WD**

**SALE**



**Toyota Tacoma Double Cab Long Bed V6 Auto 4WD**

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**Dodge Ram 2500 SLT Quad Cab Short Bed 4WD**

**SALE**



**Nissan Titan SE Crew Cab 4WD**

**CONSUMER CAL AUTO LIQUIDATORS**



**CONTACT ME HECTOR MENDOZA**

**Email: hector0977@yahoo.com**

**Office: 509.244.2277**  
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