



HEALTHY NATIONS REPORT

Healthy Nations UPDATE

Good news! Healthy Nation has been approved both by our Tribe and the Robert Wood Johnson to carry-over their funds to extend the Healthy Nations to the end of September 2000.

That means Healthy Nations staff: Julie Simpson, Incheilium Community Education/Wellness Coordinator, Stefanie Lelone, Nespelem Community Education/Wellness Coordinator, George Abrahamson, Omak Community Education/Wellness Coordinator and Darlene Zacherle, Keller Community Education/Wellness Coordinator will be working until September 30, 2000.

What will happen after September 30, 2000? Healthy Nations is currently looking for funding for the Community Education/Wellness Coordinators.

Many times over the years, Community Center Youth Coordinators (Chief Timentwa, Julie Michel (Gendron), Debbie Bailey and Clarice Kuehne) have been mixed up with Healthy Nations Community Education/Wellness Coordinators. At one time, the Community Youth Coordinator did work with Healthy Nations, but in August of 1997 the Youth Coordinators were placed back with the Community Centers. Presently, the Youth Coordinators work directly

under the supervision of the Community Center Directors (Lillian Belegarde, Phil Wak Wak, Mona Fabela and John Stensgar).

Healthy Nations has naturally collaborated with numerous programs and agencies on countless activities that involved in the building upon our strengths to balance our selves and lives physically, mentally, emotionally and spiritually and promoting our heritage, leadership, education and wellness activities. We look forward to continued this collaboration efforts between all programs, agencies and community groups. We especially looking forward in working with the youth and the community.

Just to mention a few, Healthy Nations is planning to continue with the Native Youth Gathering and looking on planning a womens, mens and middle school gathering. There is already an excellent children's gathering held in collaboration with Incheilium Community Center and Healthy Nations. We also looking for interested people to become involved in these types of activities.

As we are moving into these last few months, I would like to express myself to Emily Abrahamson and children, Scott & Shane Pakootas, Lance and children and Nathan and little sister for being supportive to your George, Julie, Stefanie and Darlene. And to the past families of Jalene Finley and LoVina Louie your

support to them during their tenure with Healthy Nations. We sure miss you!

I would also like to thank from the bottom of my heart, Mary Ann Breiler, who is an excellent Office Assistant and friend. My whole heart goes out to the community, youth and volunteers that have helped and supported Healthy Nations over these six years. Especially to my family (Joe, Kim, Marcus, Gus, Jason, Jeffrey, Sara and Ann), my brothers (Vincent, Julian, Angel and Marc) and sisters (Barbara, Diana, Clara,

Cecile, Mary, Lupe and Jess), my auntie Reet and my dad without all of you in my life I wouldn't be able to do my work in the community.

If you have any questions, please feel free to contact me at 509 634-2782. Thank you for your support, encourage and participation in the last six years. If you have any suggestion on possible funding, please call.

Respectfully submitted,
Val Vargas-Thomas
Program Manager
Healthy Nations

HEALTHY NATIONS Nespelem Report

February it seems is a short month. I have participated in the Northwest Indian Youth Conference meetings. Spent time in the Nespelem School, the Grand Coulee Middle School and L.R.H.S.

I started the Women in Wellness support group for the women. All are welcome to come and attend. The meetings are every Wednesday at 4:30 at the Community Activity Center.

Also new is the Women's basketball night held at the Nespelem School every Sunday at 4:00 p.m. please come and lets play some ball. If interested we are using the door to the left of the school by the gym entrance.

The newest and upcoming event, for the 4th grade and up, will be guitar lessons twice a week. At this time we are just waiting for the materials to come in. Space is limited for this project so if your child is interested in learning please contact me ASAP.

I am also looking for people interested in helping the youth with mentoring and tutoring. Working with the schools I find that we are lacking in this area. If you would like

letter of commendation, special name tag, special designated parking space and free lunch for one year, certificate, embroidered Pendleton blanket, \$500.00, and an engraved desk clock.

to volunteer and help please let me know.

If you have questions please contact me at (509) 634-2780 or ext. 2780 or 2781.

Thank you for your time and I look forward to hearing from you.

Stefanie Lelone
Community Well-ness/Education Coordinator

NATIONAL HASKELL ALUMNI

TO ALL HASKELL ALUMNI, PARENTS AND FRIENDS:

The National Haskell Alumni Association would like to plan a celebration for the year 2000. This would be a great time for everyone to come back to Haskell and meet old friends again. We are planning a cook-out and entertainment on campus, including the Outstanding Alumnus event. We would like to have as many as possible of the past Outstanding Alumni to come back to be special guests to the one to be elected. If any of you know an entertainer that would help us, let me know. May 11th will be the date.

I know this is a big project, but with everyone working together, we can do it. I am asking for a donation to help cover the expenses.

All donations should be made out to the National Haskell Alumni Association — Haskell 2000.

I will chair the event and will be appointing several committees. Send the donations to:

Martha Houle, President
National Haskell Alumni Assoc.
11415 W. 67th St.
Shawnee Mission, Kansas 66203
If you have any questions, please call me (913) 631-7833
Thank you and hope to see, you May 11th, 2000.
Sincerely,
Martha Houle
National Haskell Alumni

Gaming Employees and Supervisor of the Year



NESPELEM, WA.—The Colville Tribal Gaming Division held an Employee Recognition Banquet at Campbell's Resort, Chelan, WA., on Wednesday, Feb. 9.

Present at the annual recognition dinner and at his first official Gaming Division function was the newly appointed General Manager, Joe Calabrese.

Tim Parker won the Coulee Dam Casino Employee of the Year award. Tim, who works in the Slot Department, was cited for being: "a great employee as well as an excellent role model for his co-workers at CDC". He was unable to be present at the banquet to receive his award.

Winning the Okanogan Bingo-Casino Employee of the Year award was Teddy Cohen, who is a member of the Security staff. Part of Teddy's citation read: "Officer Cohen continuously exceeds the Colville Tribe and CTEC Gaming Division's goals of providing our customers with the friendliest, most cheerful, yet professional attitude".

A member of the Human Resource Staff, Marianne Mosqueda won the Mill Bay Casino Employee

of the Year award. Marianne was described as always willing to help out and that her Spanish language skills have been very helpful in her position.

And the Supervisor of the Year for 1999 was Clarice Cushman from the Mill Bay Casino Maintenance Department. Part of her citation reads: "She is an integral member of the Pow Wow committee and has worked tirelessly to ensure its success".

The Supervisor and each Employee of the Year received: a



AND THE WINNERS ARE—Receiving their awards at the Gaining Employee Recognition Banquet are: (L to R) Clarice Cushman, Supervisor of the Year (Mill Bay Casino); Marianne Mosqueda, Mill Bay Casino Employee of the Year; and Teddy Cohen, Okanogan Bingo-Casino Employee of the Year.

NESPELEM COMMUNITY CENTER Youth Coordinator News

Activities for the youth are very important, and there has been numerous community members and parents involved with supporting the youth with these activities. These extraordinary community members and parents set aside time to become involved with the youth in various ways coaching, training, fundraising, supporting the youth during games/activities, etc... and in many more ways. By this, it shows strength and care in the community. Supporting the youth (and not only our own children, but others as well) will be a continuous priority - giving the youth a positive opportunity to make healthy choices. With great appreciation, I would like to thank all of the parents and community members for being there for their child and the other youth that are involved with activities and sports!

Youth Basketball is still going strong! On January 29th and 30th, the coaches held a 3rd/4th grade and 5th/6th grade Basketball Tournament. This remarkable event seemed to go smoothly. Respectful recognition is sent out to: Tony Ankney, Tim Palmer, Adam Bearcub, Ron Jane, Debbie Bailey, Cindy Nanamkin - Rae, Dorothy Palmer, Terry Covington, Pete Pahner, William (Bub), Tom Wilson, Julian Vargas, Marion Ives, Jr. Desautel, Ted Clowe, Jolene Signor, Vinny Jack, Crystal Conant, Mark Ives, Sam Ankney, Donna DeWinkler, Scott Conant, Colleen Leskinen, Colleen Cawston, Carrie Batten, Gerald Tinny, Maryanne Brieler, all parents and community members that came to support the youth. I apologize if I forgot any other names, but you're in my prayers. It is so nice see our youth from all communities come together and show their sportsmanship and teamwork. And I'm learning more about basketball at each game.

Basketball Camp has been discussed, and the Nespelem Community Center is reserved for spring vacation for this event. Coaches and trainers are needed for this event. If you would like to share some of your knowledge and training or for more information, please contact me as soon as possible. Your insight of basketball will be of great assistance for the youth. Let's make this another exciting event for the youth!

Coyote Boxing Club youth and adults are also still going strong! The boxers have participated in the Spokane Inter-Tribal Boxing Smoker in Wellpinit on January 22, 2000. Congratulations to all boxers! Russel Boyd had not only won his bout, but has also returned home with the best boxer jacket in the 15 years and older category. Russel is outstanding in his workout! Bill Drywater has also won and came back with the best boxer jacket in the under 15 years category. Bill also trains long hard hours! Our other winners are Dustin Covington and Myles Manthey, and Johnny Drywater at a draw. Not all of our boxers were able to be matched at this time - as it will go at times of Smokers, but their attendance gives them more knowledge of the sport of boxing. I would like to welcome the new boxers - Curtis Manthey and Hanky Wilson. I encourage all boxers to keep up the great work! I would like to thank the trainers Val Drywater and Nate Michel for their devotion and commitment to these youth. They have been with the youth for 2 years now and have registered themselves as USA boxing coaches. More gratitude goes to the parents and community members that support these youth: Tina Drywater, Terry Covington, Tom Wilson, LeRoy Jeffed, the tribal and BIA employees that supported them in fundraisers, and I apologize again for any others unmentioned at this time. You're in my prayers too! It takes a lot of self-discipline and commitment to learn and

participate in this sport. Physical and mental training is a priority. The Coyote Boxing Club also has rules to participate - for example: 1) have passing grades in school 2) respect yourself and others 3) focus on training and fully participate 4) exercise the knowledge that boxing is a sport and not a weapon - Do Not take it out in the community or the schools, and to keep it in training and in the ring! For more information, you may contact me or any of the coaches. Nate Michel at 633-2460 or Val Drywater at 634-4614. Right now the Coyote Boxing Club is planning a Smoker for April 15, 2000 here at the Nespelem Community Center.

Sewing has been moved to not only Wednesdays, but to Monday through Friday from 4:00 pm to 6:30 pm. It is combined with the regalia making class. If there are any events going on at the Nespelem Community Center on any Friday evenings, we will need to postpone until the following Monday. This is open to anyone and all you need to do is just come in anytime between 4:00 pm and 6:30 pm or call for more information. I would like to say thank you again to Louella Friedlander and Gerri GrosVenor. They have both been devoted and committed to sharing their knowledge with the youth and adults that joined us. I would also like to thank the Yellow Cloud staff for bringing their youth down to participate. It's great to see the youth get involved with these projects. It is not mandatory for any participants to come every evening - but when they find time to join us at the Center. This is a very relaxing way to end the day. Come join us!

The Regalia Making Class is similar to the sewing as stated above. Appreciation goes to all mentioned and more! Remember that this is in a relaxed structure and you do not need to wear suits. Just bring your youth and if you don't have a youth, bring yourself.

The Circus is coming! And I, and 3 chaperones will be taking 20 youth to this event. Qualifications: be between the ages of 7 years to 12 years, would like to go to the circus on April 2, 2000 at the 1:00 pm show, can behave and have fun at the same time, and follows the guidance of the chaperones. Parent permission is a must! So don't forget your permission slips! Tickets and the ride are free, but money is needed for McDonalds and the circus. I will be sending home tickets and permission slips with the youth through the schools. Please bring your ticket back to your school and drop them in the container in the office. On March 24th, the drawing will be taking place at the Nespelem Community Center. All winners will be notified by phone; therefore you will need to have a contact number. We will be leaving the Nespelem Community Center at 10:00 am and returning at approximately 7:00 pm. I'm sure this will be an exciting time for the youth!

The volunteers that come to the Center devote their time in working with the youth in sports, cultural, and other activities. It is only just for us to show our respect for these community members. These volunteers have been very helpful in mentoring our youth. I would like to thank everyone that has committed their time in guiding our youth in the various activities here at the Community Center, and the ones that have supported the fundraisers. You have proven that the community can be empowered with strength and integrity. You will always be in my prayers!

Julia Michel
Nespelem Youth Coordinator
(509) 634-2371

Listed below are employees and supervisors who won a monthly award and the section they work in:

COULEE DAM CASINO

January Sharon Covington Security
February Brenda Cirk (Kirk) Slots
March Henry Palmer Security
April Matt McKissen Cage
May Edna Simpson Cage
June Holly Nanamkin Food-Bev
July Tim Parker Slots
August Anthony Frank Cage
September Alex Waters Maintenance
October Martina Ramsey Food-Bev
November Karen Thomas Cage
December Marlene Hale Marketing

MILL BAY CASINO

January Tricia Lewis Table Games
February DeeDee Hall Slots
March Nels Christensen Maintenance
April Nila Serafini Slots
May Marianne Mosqueda Human Res
June Natividad Gutierrez Food-Bev
July Monte Silvermail Maintenance
August Rita Cannasso Food-Bev
September Sharon Little Security
October Carl Fall Accounting
November Cindi McCraigie Table Games
December Grace Sisson Marketing

OKANOGAN BINGO-CASINO

January Charles Telakish Slots
February Teddy Cohen Security
March Geraldine DeBrosky Security
April Dawn Beall (Beel) Administration
May William Harlow Security
June Darin John Security
July Bonita Gorr Cage
August Jerri Edwards Maintenance
September Rose Palmanteer Accounting
October Shawn Torrence Slots
November Alice Garcia Food-Bev
December Roby Herman Table Game

SUPERVISOR

Jerry Brantley CDC Security
Jeanette Sandaine CDC Slots
James Adams MBC Slots
Clarice Cushman MBC Maintenance
Ginger Walker MBC Table Games
Zelda A. Pergola MBC Pull Tabs/Gift
John Sam OBC Slots
Barb Watt OBC Maintenance
James Coggins MBC Maintenance
Amy Davis MBC Table Games
Jay Brown MBC Maintenance
Jackie Tupling MBC Administration