

# PASKENTA BAND OF NOMLAKE INDIANS

March 1, 2016

Volume 2, Issue 3

## TRIBAL COUNCIL

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## Tribal Chairman's Report

Dear Fellow Tribal Members,

Within the next week you should receive a copy of the Tribe's Strategic Plan for 2016 -2021 in the mail. As many of you know we all worked over the past 16 months identifying strategic objectives for the Tribe. We conducted 2 surveys and hosted 2 large membership meetings where participants had a chance to help shape the direction of the Tribe. The outcome of all that work identified four primary objectives; to establish a transparent and high functioning government; to create a diverse and robust portfolio of investments that support economic development and members welfare; to ensure all tribal members have adequate resources to manage their health needs; and to support the improvement of members housing conditions. Each of these objectives includes a range of actions.

By midyear we will review our progress and reevaluate our objectives and actions. At the end of the year we will provide a written report to the membership on our overall progress.

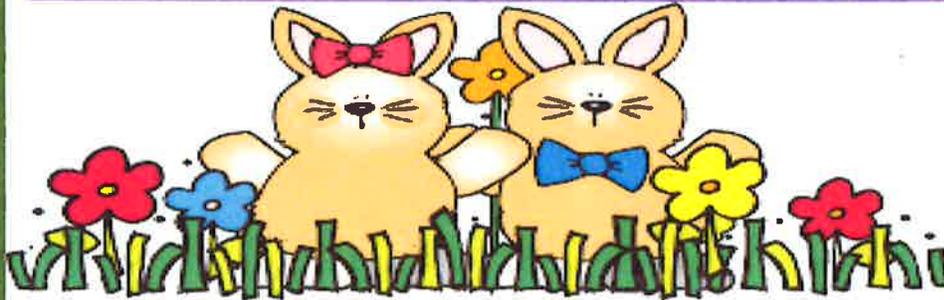
We are very pleased with the work that we have done and have you all to thank for your help in creating this important document. This document will help guide our work for several years to come and will be shared with our business and governmental partners as a map of our plans.

Mark your calendars for May 7, 2016 for the next General Council meeting. The meeting will be held in Carlino's at Rolling Hills Casino beginning at 10:00am. On the agenda for that meeting will be nominations for the upcoming Tribal Council election in September 2016. The Election Board will be conducting the nomination process. Detail of the nomination process and other election information will be coming to you from the Election Board over the next couple months in the mail.

If you have a chance please feel free to come by and visit us in our new office.

Andy Freeman

NEWS YOU CAN USE!



Message from the CEO!  
Greetings:

**Protect Yourself, Your Elders and Your Tribe!**  
Insurance helps pay for your care so you don't have to rely on your tribe's very little I.H.S. funds. As we already know, Indian Health Services (I.H.S.) is not health insurance and may not cover all healthcare needs., especially our elders. Elders need care that I.H.S. or the tribe does not provide or cannot afford.

Please contact your tribal benefits coordinator or State Health Insurance Assistance program for help.

Benefits Coordinator at Rolling Hills Clinic  
Call 530-690-2800

**NEED HEALTH CARE SERVICES?**

**NEED AN APPOINTMENT?**

**Call: Red Bluff (530) 690-2778 or**

**Corning Clinic (530) 690-2827**

**Services:**

- ◆ Pediatric, Family, Preventive & Internal Medicine
- ◆ Dermatology, Physical Therapy
- ◆ Licensed Psychologist, Behavioral Health
- ◆ Children & Family Dentistry
- ◆ Periodontal Care
- ◆ Other Specialties

Influenza season is here, but there is still time to get your flu vaccination. The Centers for Disease Control & Prevention (CDC) Advisory Committee recommends an annual flu vaccination for all individuals six months of age and older, unless medically contraindicated. The CDC also suggest that the single best way to prevent the flu is to get vaccinated each fall. What is Influenza ("Flu:)? Flu is a highly infectious viral illness.

Symptoms of the flu, including seasonal and H1N1 flu are similar. They include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, and chills. If you experience any influenza like symptoms, you should contact your medical provider or health home immediately.

You can avoid getting the flu by:

- ◆ Avoiding close contact
- ◆ Stay home when sick
- ◆ Cover mouth and nose
- ◆ Wash hands often
- ◆ Avoid touching eyes, nose or mouth
- ◆ cleaning and disinfection
- ◆ Other good health habits.

For more information call RHC!



## Casino Events

### Carlino's Event Center

- \* March 5th: *Whiskey and Stitches* (Irish Rock)
- \* March 12th: *All Fired Up* (Classic Rock/Dance)
- \* March 19th: Chad Bushnell (Country)
- \* March 26th: *Northern Traditionz* (Country)

### Equestrian Center

- \* March 3-6: AQHA Horse Show
- \* March 11-13: Run 2 Win Barrel Race
- \* March 19: Reining Clinic

### The Links at Rolling Hills Casino

- \* March 5th: \$5 off your green fee if you wear a Scottish Kilt
- \* March 17th: Wear green for St. Patrick's Day and receive a free small bucket of range balls with your paid round.
- \* March 26th: Demo Day! Come out and try the newest Cobra and Taylormade clubs from 10a.m.-3:00p.m. Receive \$5.00 off the twilight rate starting at 2:00p.m.
- \* March 27th: Happy Easter! Pick an egg in the pro shop and receive \$1-\$5 off your green fee.

### Clear Creek Sports Club

- \* March 18-20: Nor Cal Retriever Club Field Trial
- \* March 21-25: Nor Cal Vizla Field Trial
- \* March 25-27: Nor Cal Brittany Club Field Trial (Horse & Dog)



## Tribal Calendar

- \* Always check the Tribal Website, Facebook page or call the office to make sure the Council Meeting is still on calendar!!!
- \* **March 4th:** Promise Grant Kick off Meeting
- \* **March 7th:** IDRS presents Small Business Start up and Training from 10am to 12pm in Carlino's Event Center.
- \* **March 17th:** Tribal Council Meeting at 10am in the Human Resources Training Room. The Council will have a discussion regarding the cemetery and invite a local attorney to answer any legal questions the membership might have in regards to the property.
- \* **April 7th:** Tribal Council Meeting at 10am in the Human Resources Training Room
- \* **April 12st:** Tribal Council Meeting at 10am in the Human Resources Training Room
- \* **May 7th:** General Council Meeting

## Announcements



The Tribal Government office is currently looking for a Part Time Receptionist to join the team. Job duties will include welcoming visitors to the office and answering phones as needed. Hours will be limited to "on-call" as needed with no less than 2 hours notice. If you are interested in joining a dynamic and exciting work environment, please submit your resume in writing to the Tribal Government Office in person or by email to [office@paskenta.org](mailto:office@paskenta.org).



Exciting changes are happening at the Official Paskenta Band of Nomlaki Indians website! Not only is it being updated with fresh content daily, soon Tribal Council members will be able to download minutes and forms directly off the website. Come check us out at <http://www.paskenta-nsn.gov> to see the latest announcements and Tribal News!



# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Train the Trainer	2 Train the Trainer	3 Train the Trainer	4 Promise Grant Kick off -10am	5
6	7	8	9	10	11	12
13 	14	15	16	17 Council Meeting 10am 	18	19
20	21	22	23	24	25	26
	28	29	30	31		

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