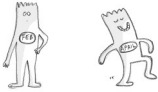


February 2024

509-634-2733

Can February march?



No, but April may.

Vocational Rehabilitation

STILLNESS IS... stillnessjr (c) littlemon.com 51-243

Special points of interest:

Culture Group All welcome Thursday Omak VR 4:30—Dinner provided and some supplies if needed—Dottie 422-7402

WED Feb 21 at 12 Tribes Casino Winter Wonderland Elder's Luncheon 11-2

Job skills training 10AM Tues and Thursday TANF Office Mon and Wed Government building TANF 10 AM –

NNDF: How We Can Help You?

Counseling

The NNDF staffs a full time counselor to aid individuals seeking to develop or expand their business.

Business Planning

Business Plan development assistance, with numerous templates.

Marketing Plan

Marketing Plan development assistance.

Your success is based on successfully marketing your product or service.

Small Business Loans.

For those who are unable to gain needed financing from traditional lending institutions, the NNDF will work with them and you to help make your dreams come true. We do this by leveraging our resources with local lenders

and technical assistance providers.

Budgeting Assistance

The NNDF maintains networking relationships with various local and statewide lending institutions and can help in building your loan application.

Employee Loans

We want to help individuals to get themselves out of the “pay day loan” cycle. We will create a relationship with your employer to help provide small loans to bridge that

gap.
Latest
Available Courses Register HERE Indian-preneurship Where: Native Business Center (Sister Sky)55 E Lincoln

Unit 102, Spokane, WA

When: 4 Day Workshop February 3, 4, 10, & 11 9AM-5PM...

COMMUNITY DEVELOPMENT

The NNDF has worked with multiple partners to help create a more economically vibrant community.

PERSONAL DEVELOPMENT

Northwest Native Development Fund offers a variety of financial and business educational courses.

LOAN ASSISTANCE

The NNDF seeks to foster economic and financial independence for Native People.

INSIDE THIS ISSUE:

NNDF	1
TERO	2
HIGHER ED	2
WORD SEARCH	3
VOC REHAB	3
AWARENESS	4
ARTHRITIS	4
SMALL BUSINESS	5
ANNOUNCE-	6





PRACTICE
TRADITION,
BUILD THE
FUTURE, TRAIN
FOR
OPPORTUNITIES

JOKE OF THE DAY
Why do we never tell jokes about pizza? They're too cheesy.

TERO Training Updates

TERO JOB DISPATCH

Mariam Barrow
509-634-2729

Training Requests

Roberta Bearcub
509-634-2719

Coming soon

- **Tele Handling FEB 20th**

It is somewhat like a forklift but has a boom (telescopic cylinder), making it more a crane than a forklift, with the increased versatility of a single telescopic boom that can extend forwards and upwards from the vehicle.

- TERO 101 Workshop

Any questions open to everyone interested in learning "What TERO is all about"
Feb 13 9-1130 Gov Center Auditorium

Current RFP listings

RFP | YDP, Miss CCT Crown | Closing Date Feb 12, 2023 PDF

RFB | Salmon Creek RM8 enhancement project design and engineering services | Closing Date Feb 8, 2024

Did you know...

If you haven't updated your TERO Application in the past 6-months, you may lose eligibility to be dispatched to a project. Please ensure that we have a current application on file so that we can contact you with job and/or training opportunities.

TERO Applications and training registrations can be found at Omak TERO/Voc Rehab office 1100 8th ave or 2nd floor Government



TELEHANDLER

HIGHER EDUCATION

Strengthening Native Communities through Higher Education



<https://www.cct-ene.com/scholarships-grants>



DEADLINE DATES

- 1st term: Fall - August 1st
- 2nd term: Winter/Spring- December 1st
- 3rd term: Spring- February 1st
- 4th term: Summer- May 1st

PO Box 150 Nespelem, WA
Lucy F. Covington Government Center

Southwest Wing- 3rd Floor

(509) 634-2779 | Fax (509) 634-2790 | Toll Free 1-888-881-7684

Monday - Thursday 7:00am - 5:30pm

LIBRARY Hours of Operation

BOOK CLUB FREE TO JOIN

STAFF HOURS

Monday & Wednesday 7:00 AM - 5:30 PM - Nespelem

Tuesday 7:00 AM - 3:00 PM - Nespelem

2nd & 4th Thursday 7:00 AM - 5:30 PM - Keller

1st & 3rd Thursday 7:00 AM - 5:30 PM - Inchelium

(Keller & Inchelium hours will be adjusted when staffed)

****Computers are available when staff is in.****

February

C	T	N	V	W	D	S	H	S	L	O	V	E	H
T	S	L	A	I	I	E	V	N	E	B	E	L	A
L	O	T	O	E	A	T	S	S	T	A	H	W	S
E	T	T	E	R	H	L	E	M	E	R	G	E	S
S	W	E	T	S	N	N	I	N	H	E	A	B	N
H	E	K	R	G	R	O	U	N	D	H	O	G	O
A	N	I	H	I	S	T	O	R	Y	O	N	R	W
D	T	S	N	O	G	A	R	D	O	U	A	E	Y
O	Y	S	E	K	C	H	O	C	O	L	A	T	E
W	N	V	A	L	E	N	T	I	N	E	E	U	S
A	I	N	S	W	E	L	L	N	E	S	S	T	N
H	N	S	S	E	N	I	S	U	B	N	E	N	L
U	E	H	E	Y	R	A	U	R	B	E	F	S	H
S	L	D	R	E	N	N	T	T	A	N	Y	N	R

DRAGON
CHOCOLATE
HEART
SHADOW
KISS
LOVE
SNOWY
FEBRUARY
BUSINESS
WELLNESS
HISTORY
VALENTINE
TWENTYNINE
EMERGE
GROUNDHOG



Play this puzzle online at : <https://thewordsearch.com/puzzle/6590106/>

VOCATIONAL REHABILITATION



Who always has a date
on Valentine's Day?
= A calendar.

Our Mission:

The Colville Tribal Vocational Rehabilitation Program provide culturally appropriate Vocational rehabilitation services to federally recognized tribal members with disabilities. Individuals who have a functional limitation and need assistance obtaining, maintaining, or regaining employment. Services are custom designed to fit each individuals needs. M-TH 7-530

- ◆ 21 Colville Street
NESPELEM 634-2733
- ◆ 1100 8th Avenue
OMAK 422-7578

Who is Eligible:

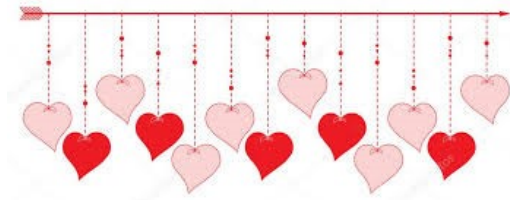
If you want to go to work and your answer is yes to the following statements, you may be eligible:

- ◆ Do you reside on or near the boundaries of the Colville Indian reservation?
- ◆ Are you an enrolled member of a federally recognized tribe?
- ◆ Do you have a physical or mental impairment that results in a substantial impediment to employment?
- ◆ Are you willing to work on a plan that will help you find suitable employment?

Congenital Heart Defect Awareness Week	February 7 – 14
Heart Failure Awareness Week	February 11 – 17
Sepsis Survivor Week	February 11 – 17
National Condom Week	February 14 – 21
National Eating Disorder Awareness Week	February 26 – March 4

Days to Note:

Event	Date
World Cancer Day	February 4
National Wear Red Day	February 3
Give Kids A Smile ® Day	February 2
National Black HIV/AIDS Awareness Day	February 7
Toothache Day	February 9
National Donor Day	February 14
National Heart Valve Disease Awareness Day	February 22
Rare Disease Day	February 29



8 Reasons to Exercise

Exercise is recognized for its ability to improve cardiovascular health and balance, strengthen muscles and promote range of motion and flexibility. But regular [physical activity](#) also plays a crucial role in the health of your joints. Here's how:

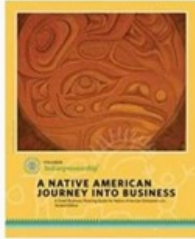
1. Lubricating Your Joints
2. Promoting Circulation of Nutrients to Joints
3. Strengthening the Muscles Around Joints
4. Reducing Inflammation
5. Increasing Blood Flow to Joints
6. Maintaining Joint Flexibility
7. Promoting Weight Loss
8. Improving Balance and Coordination



Journey INTO BUSINESS

Build your Business Plan

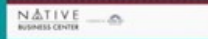
W/ ROXANNE BEST



Four Day Workshop -
February 3, 4, 10, & 11

9am -5pm

Sister Sky, Inc
55 E. Lincoln Rd., Unit 102
Spokane, WA





NATIVE BUSINESS
 CENTER

Directories Provide Exposure for Businesses



"It's our passion to help other Native small businesses," says Tracy Kieffer, Program Manager at Native Business Center and Spokane Tribal member."
-Spokane Journal



Native Business Center is a native-led 501(c)(3) powered by Sister Sky Inc.



Native Business Center
18h · 🌐

Native Business Center, powered by Sister Sky Inc., is administrator of the Native Business Directory which is the **ONLY** directory of its type in Washington State.

From the Spokane Business Journal:
Directories Provide Exposure for Businesses

"The Native Business Directory, for example, has led to collaboration and partnerships between businesses, Kieffer says. 'That was a huge success for the directory,' she says. 'It's some place for Native businesses to find other Native businesses to support their own small business.'"

Read the full article here: <https://www.spokanejournal.com/articles/15648-minority-owned-business-directories>.
View our business directory: <https://>

Join in-person workshops or live webinars and meet with our awesome #nativeSBA trainers in real time, or view webinar recordings on your own schedule. Join the Sister Sky Inc. E-Learning center to receive 8 modules of small business training materials. [Learn more. At this web link https://nativesba.sisterskyinc.com/](https://nativesba.sisterskyinc.com/)



**Occupation Exploration - Mental Health
at WVC Omak Campus**

Are you interested in a career that is centered around helping people? Mental health is vital for quality health and wellbeing.

Join us for an in-depth look at various mental health career pathways by examining several case examples of people in crisis and mental health struggles.

Wednesday, February 7

5:30pm - 7:30pm

Wenatchee Valley College Omak Campus

Each clinician will discuss a case example that is similar to the work they do and the people they work with. Clinicians will discuss specifics like symptoms, management, diagnosis, and treatment, as well as what their role in treatment looks like and how they support people in their unique journey. They will share why they entered into mental health as a career and the schooling involved and much more.

Request for Proposal

**Mindful Families, Healthy Lives: The Omak Tribal Head Start Yoga Journey
Colville Tribes Omak Tribal Head Start**

General Information:

Posted Date: January 23, 2024

Closing Date: February 1, 2024 at 5:00PM PST

Bid Opening Date: February 6, 2024 at 9:00AM PST

Submission Deadline:

**Quotes must be submitted to Dorthey Zacherely at dorthey.zacherely@colvilletribes.com
by February 1, 2024,**

at 5:00PM PST. Late proposals will not be opened and will not be considered.

**For clarifications or questions please contact Keith Matt, Omak Site-Supervisor at
keith.matt.hds@colvilletribes.com and phone: (509)-422-7707.**

Applications open in February: White House Internship Program | The White House

Under the Biden-Harris Administration, it is a paid internship for the first time in recent history.

“My internship at the White House was a daily reminder that showing up, working hard, and trying to make a positive difference for my country was how I hoped to spend the rest of my career, and that whatever I did next, I hoped it would be in service of the country.” *ALLISON WONG, WHITE HOUSE INTERN FALL 2012*

SENIOR ASSOCIATE DIRECTOR IN THE OFFICE OF PRESIDENTIAL PERSONNEL 2021

-22

<https://www.whitehouse.gov/get-involved/internships/white-house-internship-program/>



