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509-634-2733

Vocational Rehabilitation

Special points of interest:

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

KELLER RESOURCE FAIR APRIL 17 9AM—1 PM

April 25 to 27: Gathering of Nations

Job skills training 10AM Tues and Thursday Omak TANF Office

Mon and Wed Government building TANF 10 AM

[Daryl Toulou 634-2921](tel:634-2921)



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Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated [1 in 36 children](#) and [1 in 45 adults](#) in the United States today

Among the most common [co-occurring conditions](#) are: attention-deficit/hyperactivity disorder (ADHD) anxiety and depression gastrointestinal (GI) disorders seizures and sleep disorders

Anybody can be autistic,

regardless of sex, age, race or ethnicity. However, [research from the CDC](#) says that boys get diagnosed with autism four times more often than girls. According to the DSM-5-TR, the diagnostic manual for ASD, autism may look different in girls and boys. Girls may have more subtle presentation of symptoms, fewer social and communication challenges, and fewer repetitive behaviors. Their symptoms may go unrecognized by doctors, often leading to under-diagnosis or misdiagnosis. Getting a diagnosis is also harder for autistic adults, who often learn to “mask”, or

hide, their autism symptoms.

Autism is a lifelong condition, and an autistic person’s needs, strengths and challenges may change over time. As they transition through life stages, they may need different types of support and accommodations. [Early intervention](#) and therapies can make a big difference in a person’s skills and outcomes later in life

Autism Speaks' [Autism Response Team](#) can help you with information, resources and opportunities.

In English: 888-288-4762 | help@autismspeaks.org





**PRACTICE
TRADITION,
BUILD THE
FUTURE, TRAIN
FOR
OPPORTUNITIES**



OMAK I.H.S CLINIC CONSTRUCTION



TERO Training Updates

TERO JOB DIS-PATCH

Mariam Barrow
509-634-2729

Training Requests

Roberta Bearcub
509-634-2719

April Trainings:
Hands on Small Engine Repairs—Bring own equipment to repair. April 22-26

May Trainings:
Carpentry-

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

REQUEST FOR PROPOSALS:

- **RFQQ** | Paschal Sherman Indian School HVAC Equipment Replacement Design | [Closing Date April 24, 2024](#)
- **RFB** | Range Unit 35 Exterior Fencing Contract | [Closing Date April 2, 2024](#)
- **RFB** | Inchelium Forestry Office, 2024 Simpson Lakes Stand

Exam Contract Package | [Cover Letter PDF](#) | Closing Date April 19, 2024 |

- **RFP** | Replace Roof Membrane on 3 Buildings at Chief Joseph Hatchery, Bridgeport, WA | [Closing Date May 3](#)
- **RFP** | Install Pump House Ventilation System at Chief Joseph Hatchery, Bridgeport, WA | [Closing Date April 12, 2024 PDF](#) | [Q&A PDF](#)
- **RFP** | Fish Health Services at Chief Joseph Hatchery, Bridgeport, WA | [Closing Date April 12, 2024 PDF](#)
- **RFQ** | Contracting electrician services to identify existing electrical services and electrical load, create electrical schematics, and develop specifications for propane-fueled standby generators and automatic transfer switches to adequately supply electricity to the Tribe's community water systems (CWS) in the Keller, Omak and Malott communities on the Colville Indian Reservation. | [Closing Date May 22, 2024](#)
- **RFP** | Twin Lakes Pump House Advertisement Notice | [Closing Date April 17, 2024](#)
- **RFP** | Weaving Artis-

tic Narratives: A Call for Local Artists to Connect in Educational Settings For Omak, Inchelium, Nespelem, and Keller Districts Colville Confederated Tribes Head Start Program | [Closing Date May 15, 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.

List of things needed for CDL Class A

Certified Birth Certificate
Drivers Abstract-driving record 3 years from WA DOL
CDL medical Card (DOT physical)
Drug Screen (DOT UA)
High diploma or GED
Good Contact Number
Copy of Valid Drivers License
Get the CDL Drivers Permit from WA DOL
Practice Test on WA DOL CDL Practice Test
Must be a current TERO client with 2 pieces of ID

Questions call Roberta Bearcub 509-634-2719

April

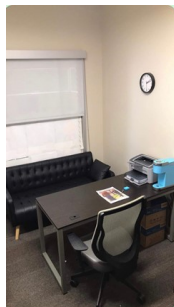
L	C	W	E	L	L	N	E	S	S	B	I	T	F
E	E	P	O	D	B	F	H	I	U	N	G	T	A
X	S	U	L	N	A	P	O	T	O	N	N	S	R
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C	B	E	U	L	R	R	D	O	I	R	I	P	R
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S	U	N	L	I	G	H	T	P	E	S	N	S	W
D	L	L	A	B	E	S	A	B	R	P	L	R	S
A	Y	A	D	S	L	O	O	F	L	I	R	P	A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

- DAFFODILS
- APRILFOOLSDAY
- SEEDLING
- SUNLIGHT
- FROGS
- WELLNESS
- BUTTERFLY
- BASEBALL
- CHICKS
- SPRING
- FARMER
- TRAILS
- EXERCISE
- OUTDOORS
- CLEANUP
- ACCEPTANCE



Play this puzzle online at : <https://thewordsearch.com/puzzle/6884288/>

VOCATIONAL REHABILITATION



Recharge Rooms such as those described here produce significant short-term reductions in perceived stress, and users find them highly enjoyable. Voc Rehab provides space for clients to use to recharge, feel safe or work on resumes or job applications

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?



How to Care for Ribbon Skirts

Ribbon skirts are more than garments; they're embodiments of culture, teachings and tradition. Understanding how to care for them ensures their longevity and respect for their sacred significance.



➔

@MIKISIKAHTAK.CREATIONS
COLLABORATION WITH
@SKIRTSBYSHANNON



APRIL IS RIBBON SKIRT EVERYDAY MONTH GET THOSE SKIRTS READY

A beautiful way to celebrate spring
#ribbonskirtseveryday

Washing Instructions

Minimize washing to preserve the skirt's integrity. Place it inside a pillowcase and tie the pillow case off before washing on a gentle/delicate cycle with cold water to avoid the colors bleeding. Hanging to dry is preferable, followed by ironing inside out to prevent ribbon damage. Limiting washing helps protect stitching and ribbons.



➔

@SKIRTSBYSHANNON

Ironing Tips

Ironing your ribbon skirt inside out is crucial to prevent ribbon damage, as they can easily burn against heat. Many artists use stick glue to hold the ribbons down prior to sewing them down, you want to avoid melting glue through the ribbons. Handle the ironing process with care and attention to maintain the skirt's beauty and integrity.



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Storage and Handling


Hang your ribbon skirt to honor its sacredness. Avoid storing it in cramped spaces or folding it improperly. Treating it with reverence respects its cultural importance and ensures its preservation for future generations.



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Shannon's Ribbon Skirt Teachings



Shannon Gardner
OWNER & ARTIST BEHIND SKIRTS BY SHANNON

A few years ago I was in a full moon ceremony and an Elder told me that women used to wear ribbon skirts back in the day as a form of modesty. The bottom of the skirt is a circle and represents the shape of Mother Earth and is supposed to connect you to it. Ribbon skirts can have many different meanings, some can be made to represent a person's spirit name and their colors. Whereas other artists use their creative freedom when making them to suit their preference and style. There is no right or wrong way to make one as long as you approach the process with good intentions and deep respect for them as they are sacred items.

➔

@SKIRTSBYSHANNON

Paige's Ribbon Skirt Teachings



Paige Cardinal
OWNER & ARTIST BEHIND MIKISIKAHTAK CREATIONS

The shape of the skirt is the shape of our home fire, the tipi. We are encouraged to use bright colors when creating our ribbon skirts so that our ancestors can see us. I was taught to always keep a clean space when sewing any traditional wear and to hang them up once complete. Never store them folded away. By doing these things, it is clear to us and our families that our traditional garments are well respected from start to finish.

➔

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Understanding Ribbon Skirts

Ribbon skirts are handmade with care, incorporating vibrant ribbons, symbols, and colors that carry cultural significance. They are worn for ceremonies, gatherings, and everyday wear, connecting individuals to their culture and ancestors. Teachings vary for every Nation and Tribe and all teachings should be respected.




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Suggested Care Materials

To care for your ribbon skirt, you'll need mild detergent, cold water, a soft cloth (for spot cleaning), a white pillow case, an iron (optional, with low heat), and storage space away from direct sunlight.

Do not be discouraged to buy a Ribbon Skirt if you cannot afford to buy these additional items. Handmade garments are a huge investment and you can definitely get by without all of the above.



➔

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Conclusion

Caring for ribbon skirts extends beyond maintenance: it's a practice of honoring culture, tradition, and teachings. By following these steps, we can ensure that these cherished garments will remain a testament to our heritage for generations to come.



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Follow @mikisikahtak.creations on Instagram, Facebook & TikTok for more Indigenous education

♥ ♡ 💬 📌

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We Love our Omak area Peacemakers



PEACEMAKERS

The Circle Continues

NO beginning No end

A circle of community

- * Peacemaking is aimed at restoring and healing not to coerce
- * Is alternative to formal court proceedings
- * The community and all individuals have roles in the process and are all treated with respect
- * The peacemakers role is to ensure all are treated fairly and with respect and are given the opportunity to participate
- * Peacemaking is confidential
- * Participants cannot divulge or be forced to divulge information about what happens in a healing or talking circle, it is the customary rule.

Vocational Rehabilitation likes to make referrals for our customers even when not involved with the court for the awesome help and healing that can happen. THANK YOU PEACEMAKERS



April is Alcohol Abuse Awareness Month, a time to raise awareness and understanding of alcohol abuse. Over time, excessive alcohol consumption can lead to the development of chronic diseases and other serious issues that affect your quality of life, physical and mental health.

The Sobriety Circle & Triangle Symbol, is the symbol used by Alcoholics Anonymous. The equilateral triangle represents the three part answer - unity, recovery and service - to a three part disease - physical, mental and spiritual, while the circle represents wholeness or oneness. Perfect to celebrate your recovery.

The butterfly symbolizes **freedom from the chrysalis of addiction and rebirth in a new life of recovery.** The words "Keep it simple" provide daily guidance for maintaining your recovery.

- [San Poil Valley Community Health Center](#) 509-634-7300 Keller WA
- [SAMHSA's National Helpline](#)—1-800-662-HELP (4357) with individuals facing mental and/or substance use disorders and in need of immediate help.
- Direct individuals in suicidal crisis or emotional distress to support through the [National Suicide Prevention Lifeline](#)—1-800-273-8255.



HIGHER EDUCATION



LIBRARY

OUR PURPOSE

The Library, first and foremost, provides our communities with access to information. We promote an open learning environment for all patrons regardless of age, ability, or enrollment status by providing cultural, educational, and recreational information and materials (books, videos, music, etc.) as well as access to the Internet. In addition, we recognize the importance of these materials for personal and professional development (e.g. tutorials, resume building, digital literacy, etc.).

We work to foster creativity, scholarship, and innovation in our patrons to meet the demands of our world.

DEADLINE DATES

1st term: Fall - August 1st

2nd term: Winter/Spring- December 1st

3rd term: Spring- February 1st

4th term: Summer- May 1st

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

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

Library Operations Manager
PO Box 150, Nespelem, WA 99155
Nespelem 509-634-2791
Keller 509-634-2802
Inchelium 509-722-7037

Southwest Wing- 3rd Floor

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


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



HOSTED BY COLVILLE TRIBES HEALTH AND HUMAN SERVICES

PRESENTED BY
LIFELINE
Ambulance, Inc.

LEARN HOW TO USE NARCAN TO SAVE A LIFE



11am-noon on Monday, April 15
Lucy Covington Gov't Center auditorium, Nespelem

RSVP > We are limited to 25 for the first workshop.
Please call 509-634-2419 or email april.blankenship.hhs@colvilletribe.com.

DSHS DVR Vocational Rehabilitation Counselor Job Opening in OMAK

Link to job description below

<https://www.governmentjobs.com/careers/washington/jobs/4423668/dshs-dvr-vocational-rehabilitation-counselor?>

Description

STATE OF WASHINGTON DSHS DVR Vocational Rehabilitation Counselor

Are you a leader with a passion for assisting people with disabilities by providing vocational rehabilitation services to assist them in obtaining and maintaining employment? Join the [Division of Vocational Rehabilitation \(DVR\)](#) and our hard-working team of professionals. In this role, you will independently provide vocational rehabilitation counseling and case management to a caseload of individuals with disabilities to assist them in achieving a competitive employment outcome. This position is located at the Omak DVR office.

Closing Date APRIL 7th

What do you get when you cross a dog and a tulip? A collie-flower

CCT EMPLOYMENT AND TRAINING and BFET

EMPLOYMENT & TRAINING RESOURCE FAIR

Keller Community Center
11669 WA-21
Keller WA 99140

Wednesday
April 17, 2024
9 AM-1 PM

Contact us:
Esmeralda Mosqueda
(509) 634-1309/2290
esmeralda.mosqueda.ent@colvilletribes.com

The **Employment & Training Services** goal is to provide a more comprehensive service to Tribal Members by providing employment and/or individualized training or education plans to meet their goal. This plan is developed from a comprehensive intake process. The Job Developer will recruit, interview, assess, counsel, and individualize each service plan. Services are for adult clients and eligible youth for special services.

Nespelem Office: 12 Lakes St. Nespelem, WA | Phone: (509) 634-2290 | Fax: (509) 634-2742

Esmeralda Mosqueda, E&T (BFET) | (509) 634-2675 | Fax Number (509) 634-2518 |

Omak Office: 630 Benton St. Omak, WA | Phone: (509) 422-7474 | Fax: (509) 422-5684

Colville Indian Housing Authority

The mission of the Colville Indian Housing Authority is to treat all of our families with respect and dignity as we provide safe, sanitary, and decent housing for federally recognized Native Americans with a preference for Colville tribal members, and to provide housing assistance and opportunities to meet the diverse needs of the members as they become self-sufficient.

Important things to know:

- If you were approved and are on a waiting list. You have to update your application every six months.

HOURS OF OPERATION

MONDAY -THURSDAY 7:00am to 5:30pm

NESPELEM

Main Phone | (509) 634-2160
Fax Number | (509) 634-2335

OMAK

Eagle Nest Phone | (509) 826-1560 or (509) 826-1399

INCHELIUM

Buttercup Lane Phone | (509) 722-7062



PLANT A GARDEN , FLOWER, or TREE THIS YEAR

