



The Tribe speaks, Sczenski and Campbell voted in as new Council Members



The 2012 Coeur d'Alene Tribal Council. Back from left: Vice Chairman Ernie Stensgar, Chairman Chief Allan, Secretary John Abraham. Front from left: Don Sczenski, Charlotte Nilson, Leta Campbell and Alfred Nomee.

The Coeur d'Alene Tribal membership turned out for the annual Tribal Council Elections. It is typical in a year where there are three spots up for the taking that the total voter numbers are larger, this year was saw the largest

voter turnout in recent history – just beating out the 2007 election year; This year 532 voters turned out – in 2007 that number was 531.

Chairman Chief Allan, Secretary Norma “Jeanie” Louie and Paulette Jordan all

ran to keep their current seats on the Council. They ran against Michael “Buck” Allen, Treva Callahan, Leta Campbell, Ida “JR” Gustin, Donald Sczenski, Matt Stensgar and Ronald “George” Torpey.

About 60% of the membership

voted for the current chairman who received an even 300 votes to retain his spot on Council – but he was the only incumbent to return to the chambers. Jeanie Louie and Paulette Jordan lost their seats to Don Sczenski who received 275 votes and Leta Campbell who walked with 174 votes. Campbell has served on the Council before, but this is the first year Sczenski will serve after numerous attempts to gain a seat.

There was some controversy early in the election process this year with two petitions being denied due to lack of physical address proof and also a request to deny a petition due to the accusation that the person in question did not reside full time on the reservation – the latter objection was denied by Election Board.

The swearing in ceremony began as they all do – with the reading of the minutes by the Election Board so that the membership in attendance can hear just how the process works – packets with all the pertinent information regarding the process (including objection letters) were handed out to all those in attendance.

The Council members who were exiting their positions gave their speeches; Jordan and Louie both spoke the membership about how grateful they were to have served on the Council and how honored they were to have been given the chance. Paulette – the youngest Council member, thanked the rest of her colleagues for teaching her so much in the three years she got to serve with them.

The newest members of Council were then sworn in, although in a humorous moment – Chief Allan was almost passed over in the process. They thanked the membership for the vote of confidence and promised to serve them well. The Council then voted for the officers, Allan received a unanimous vote to retain his position as Chairman. Ernie Stensgar received the same for his position as Vice-Chairman – and John Abraham’s nomination for Secretary also went uncontested.

Another Tribal Council election is now in the books and the Council has two new faces and voices to represent the people of their Tribe.

CdA Tribe receives Strengthening the Spirit grant

The Coeur d'Alene Tribe recently received multi-year funding through the United States Department of Justice Office of Juvenile Justice and Delinquency Prevention for a tribal youth program.

The grant is for \$463,681 over three years.

“Strengthening the Spirit” serves sixth, seventh, and eighth graders on the reservation through afterschool and summer youth programming involving structured educational, cultural and physical activities.

Students will engage in hands-on activities to pique their interest in science, technology, engineering and

math. In addition, students will participate in physical activities to promote physical well-being, healthy eating and a drug free lifestyle and experience cultural activities to foster a stronger cultural identity and sense of self-worth.

“We need our kids to stay engaged and stay in school in order to graduate and this DOJ grant will help us to give kids on the reservation a healthy outlet, somewhere to go where they feel safe and loved and can learn the skills they need to succeed in school and in life,” said Chief Allan, Chairman of the Coeur d'Alene Tribe.

Director of the Benewah Wellness Center, Cheryl

Weixel believes this combination of activities will help reengage middle school students and help them to reach their full potential.

“Our ultimate goal is to do all that we can to make the youth on our reservation strong, healthy people in all aspects of the word. At the end of the day, we are all thinking of the kids and their future,” Weixel said of the program.

The Coeur d'Alene Tribe previously received funding from 2005-2008 from the DOJ to start up the program, which is open to native and non-native students.

Please see page 2 for the application to get your student enrolled in the program.

Lakeside’s inagural golf team qualifies for state tournament



Pictured clockwise from bottom center: Matthew Stensgar, Justin Hoffman, Jordan Nilson, Kris Sneve, Jonathan Nomee and Jordan Meshell

This is the first year that Lakeside High School has had a competitive golf team and they have shown others in their district that they are a force to be reckoned with.

They shined through their inagural season by besting seasoned teams across the region and having their A-team take 2nd place at the 5A district tournament to qualify for the state competition. They finished with a team score of 394 at Districts. Kris Sneve took 4th in the individual category by shooting a 94 in both rounds while Justin Hoffman took 5th with his double 97’s.

They were up against some stiffer competition at the State tournament in Pocatello but managed to walkaway 8th overall, not bad for a new team! Congrats to all of Lakeside’s Golf team and good luck next year.

Address service requested
Plummer, ID 83851
P.O. Box 408
Coeur d'Alene Tribe - Council Fires

PRSR STD
US POSTAGE
PAID
SPOKANE, WA
PERMIT #123

Forestry doing prescribed burns, settling into new digs in Plummer office

By Kurt Mettler

General: For those that haven't heard, Forestry has moved down to Plummer across from the Fisheries/Water building and next door to ECLC. With the exception of Fire Management and some of the field fuels staff, all the forestry operations are down in Plummer, stop in to visit and learn where our offices are at. The building also includes the remaining Natural Resources functions that are not in the Fish/Water building which includes: Director, Air Quality, Realty and Lands, Lease Compliance, Pesticide Enforcement and Environmental Programs.

As weather conditions have allowed, most of the Forestry staff have been prescribed burning for hazardous fuel reduction on the Ridge to Ridge project area. The weather hasn't been ideal but we are reintroducing fire as conditions have allowed.

Those not qualified to help with firefighting have been marking and cruising on the Kopaqhn sale or preparing for tree planting.

Fuels Program: The Fuels Program has 3 active hazardous fuels reductions (HFR) contracts going on at this time. Empire L & C has completed an estimated 57 acres on Timber Agriculture Interface Fuel Break Project 7's A310 in the Little Butte Area. Empire L & C will be treating the Windfall/Peedee contract off of Coon Creek after they complete A310.

The Cherry Creek contract is under contract with Native Timber Services, and they will be treating slash piles when they can access the unit. The Fuels Crew has been prepping future hazardous fuels reduction treatments and prescribed burn areas with flagging, surveys, firelines and GPS. Our prescribed burn window has opened, we are

within prescription, and are working on the Ridge to Ridge sale area.

Thru May 9 we have accomplished about 91 acres of understory burning. Please be cautious near the above mentioned areas during active burning. If you have any questions, contact Chuck Simpson - Fuels Specialist - at (208) 686-5030.

Timber Sales: Timber sale staff have been busy marking and cruising the Kopaqhn Logging Unit in timber stands around Worley. If market conditions are favorable, this timber should be put up for sale mid to late summer of 2012. Although weather has been cold and rainy, working conditions are good, the mosquitoes haven't been troublesome, and visibility has been good since the brush only leafed out recently. Efforts are being made to increase the ponderosa pine component in stands in this sale through removal of

many Douglas-fir and grand fir trees. We do not know at this time how much stress the tussock moth infestation has caused to these trees, but stand treatments will target trees heavily impacted by the caterpillars, and leave stands in a condition that improves overall vigor. Timber sales staff have also been teaching kids about forestry at Water Awareness Week and assisting with prescribed burning of timber stands out between Lovell Valley Road and State Highway 60.

Forest Development: The tree planting contract was awarded to Worman Forest Management, the only bidder on the contract advertisement. Most of the planting will restore marginal cropland to forest in the Lake Creek drainage. The Conservation Reserve Program contract on one of these areas also require 10% to 20% of the field area be seeded to a mixture of grasses and forbs

rather than trees. These areas have been flagged to separate them from tree planting areas, and a contract for grass/forb seeding is being negotiated. Other tree planting areas include strip seed tree cuts in the Tamiyel Logging Unit, where piles were burned last winter and some interplanting near Senkler Road to increase stocking.

The John Point timber stand improvement project will be advertised in June to suppress white pine blister rust, thin and weed areas planted in 1989. Funding from the Environmental Quality Incentives Program (EQIP) has tentatively been approved by the USDA Natural Resources Conservation Service (NRCS), and the signed EQIP contract has been submitted for approval by NRCS. In addition, we received Forest Health Protection funding to cost share on this project from the USFS through the BIA.

Coeur d'Alene Tribe Council Fires



Address
P.O. Box 408 / 850 A. Street
Plummer, ID 83851

Phone Numbers
Main Line: 208-686-1800
Toll Free: 1-800-829-2202

www.cdatribe-nsn.gov

Contact Information
Director/Editor
Jennifer L. Fletcher
jfletcher@cdatribe-nsn.gov
208-686-0154

*Administrative Assistant
Reporter/Photographer*
V. Lynn Lowley
vllowley@cdatribe-nsn.gov
208-686-0212

Reporter/Photographer
Lorraina B. Smith
lgentry@cdatribe-nsn.gov
208-686-0500



Coeur d'Alene Tribal Council
Chairman - Chief J. Allan
term expires May 2015
Vice Chairman - Ernest L. Stensgar
term expires May 2014
Secretary/Treas. - John Abraham
term expires May 2014
Charlotte A. Nilson
term expires May 2013
Alfred M. Nomee
term expires May 2013
Leta Campbell
term expires May 2015
Don Sczenski
term expires May 2015

Lawrence Nicodemus and the Coeur d'Alene Tribe's Language Department provided the paper with the following translation of *sgwelp igwe'l 'ya'(pqi'n'm* which describes a fire made for the purposes of gathering or meeting.



COEUR D'ALENE TRIBE
DEPARTMENT OF EDUCATION
850 A STREET
P.O. BOX 408
PLUMMER, IDAHO 83851
(208) 686-1800 • Fax (208) 686-1182

**Strengthening the Spirit
Grades 6-8**
Application
2012-2013

Dear Parents/Guardians:

To help your son/daughter (**grades 6-8**) access the programs and services, The Coeur d'Alene Tribe's Department of Education is asking for your permission to participate in discussions relating to your student's academic progress, grades, attendance, class assignments, higher educational opportunities, career opportunities, and social/emotional concerns. In addition, we would like to have permission to photograph and video your son/daughter when participating in the program. These photos and video may be used as advertisements for several bridge programs and may be placed in public view through several mediums of media. Below is a list of all the items the Coeur d'Alene Tribe's Department of Education would like to have access to:

Items	
To obtain official and unofficial transcripts	To obtain copies of State and Local Assessment Scores
To obtain all attendance records	To implement and obtain career surveys
To obtain class schedules	To obtain relevant behavioral/Referral reports
To obtain all grade reports	To obtain relevant juvenile court records
To photograph and video your child	To discuss and obtain any other information needed to make informed decisions
To provide transportation on various trips	

In order to ensure that we have the most current information from the teachers, we request that you allow us access to your PASS and SWIS account that is set up by Lakeside Schools or the Tribal Schools NASIS system. With this, we can track what assignments students are missing and provide parents with the most accurate information available.

By checking the box to the left, you will be allowing the Coeur d'Alene Tribe's Department of Education to obtain the username and password for the online PASS and SWIS system at Lakeside Schools or the Tribal Schools NASIS system.

By signing this document, you are authorizing us to access the list of items above to aid in your student's academic success. If you have any questions or concerns, please contact Glen MacPhee at (208) 686-5211 or our Director of Education, Dr. Chris Meyer at (208) 686-5013.

Student Name: _____ Grade: _____
First MI Last Suffix

Tribal Affiliation: _____ Enrollment #: _____

Cell Phone #: () _____ Email: _____

Parent/Guardian Name: _____
First MI Last Suffix

Tribal Affiliation: _____ Enrollment #: _____

Address: _____
Street City State Zip

Day Phone#: () _____ Evening Phone#: () _____

Parent/Guardian Signature: _____ Date: _____

~ Chairman's Corner ~

hinchanpa'qhmn



A new day, a new term, and a big thank you to the Membership.

Well, our election process has come and gone. And as has been my feeling every time, I find myself humbled by the experience. I am very grateful for the support that many of you gave me, and I am honored to serve you for another term as Council Member and as Chairman. Thank you for the opportunity, and for the privilege, of being an elected leader of our Tribe.

I am excited for the coming year, and feel energized about working on critical challenges we are going to face in the future. And no matter how each individual voted, at the end of the day one thing is certain for me—and that is my dedication to our community the Coeur d'Alene Tribe. As I said before, elections are a humbling experience, and for me, they are also a time to reflect on the type

of leadership I hope to provide. No matter what, the bottom line is that now we have to put our differences aside and get on with the important work ahead, as a family, as a group, as the Coeur d'Alene Tribal community.

I also want to commend and thank the other candidates who ran in the elections as well. It is difficult to put yourself on the line, and I appreciate the resolve that every candidate showed. And lastly, I want to thank my colleagues Jeanie Louie and Paulette Jordan for their service as Council Members to our Tribe. I know they will both continue to be valuable assets to our community.

Welcome to new Council Members Don Sczenski and Leta Campbell. I look forward to working with you both in the future. Especially as the hard work begins anew, and we recognize the real challenges of outside interests who hope to see us stumble and fail.

One way we can work more effectively in our state is by getting our own Tribal Member Paulette Jordan elected to the Idaho legislative house seat 5. Paulette is smart, she's energetic, she's educated, but most importantly she's one of us. She understands who we are as Coeur d'Alene people, and she will be a good legislator if we can all stand behind her to get her elected to this state seat. Paulette just won the primary contest, now it's time for us all to step up and help her where we can. Check out her website at www.jordanforidaho.com for more information on how you can get involved.

In the meantime, take a minute to smell the roses! Spring is here! It's a new day, and it's a good one.

Best regards,

Chief Allan

J U N E - 2 0 1 2

SUNDAY <i>st(eti'wes</i>	MONDAY <i>chdi'k'w</i>	TUESDAY <i>asasq'it</i>	WEDNESDAY <i>cha'lasq'it</i>	THURSDAY <i>mosq'it</i>	FRIDAY <i>tseichsq'it</i>	SATURDAY <i>chli'i'</i>
					1	2 Lakeside High School Graduation
3	4	5	6 CDA Tribal Credit Applications Due	7	8 PWSD: Summer Vacation Begins	9
10	11	12 COUNCIL FIRES PRIORITY DEADLINE CDA Tribal Credit Board meeting	13	14 Flag Day	15	16 Wellness Center Sprint Triathlon
17 Father's Day	18	19	20 COUNCIL FIRES FINAL DEADLINE CDA Tribal Credit Applications Due First day of Summer	21	22	23
24	25	26 CDA Tribal Credit Board meeting	27	28	29	30

~ Community Announcements ~

s n w i' m

DeSmet sewer project to get underway

This summer, the Coeur d'Alene Tribe's Public Works Department in cooperation with the Indian Health Services (IHS) will begin a major sewer rehabilitation project in the community of DeSmet.

The project will consist of replacement of approximately 2,200 linear feet of deteriorated sewer mains, 7 manholes, 1,000 linear feet of sewer service lines to homes, improvements to the wastewater lagoon berms, new submersible pumps at the wastewater lift station, and construction of a maintenance building at the lift station. The plans and specifications are in the process of being finalized.

The bid process will be carried out in May and June. The Tribe expects to award a contract in late

June with construction expected to begin early in July. All of the work will take place on the south side of DeSmet Road. Homes along Davenport Way, Mocteleme/Shepard, Byrnes and Howard Street will be affected by this project. Each affected home will receive a new sewer service line.

The Public Works Department plans to hold an informational meeting for community residents on Wednesday June 13, 2012 at 6:00 p.m. at the Evangeline Abraham Longhouse. All residents are encouraged to attend this meeting to look at the project plans and discuss the project with Tribal staff.

If you have any questions about this project, please contact Public Works Director Jim Kackman at (208) 686-2066.

Buy fresh, buy local at the fair

Come celebrate with local community members this spring at the 2nd Annual Sustainability Fair, to be held at the county lot next to the Gateway Café in Plummer on Saturday, June 9th from 9:30AM – 2PM. The event is being hosted by One Sky One Earth Food Coalition and hopes to promote the many resources that we have in our own community. The planning committee has a full day planned, including live entertainment, and demonstrations, and a tour of the new community garden that was built during last year's 1st Sustainability Fair.

Anyone who has a product that they make or grow within 100 miles of Plummer, Idaho is encouraged to consider selling at the event. Vendors are asked to pay a \$10.00 registration fee, and donate an item for raffle. All proceeds benefit One Sky One Earth.

Demonstrations will include how to build a simple solar panel, solar

cooking, raised-bed gardening, composting and vermicomposting. Come learn how you can cut back on trash removal costs while improving your gardening soil, or see how you can decrease utility costs by harnessing the power of the sun!

The committee is also hoping to share tips for making our community stronger and more sustainable. Do you and your family have a great way that you reduce, reuse and recycle, or produce your own food and goods? Please share your creativity with us! Email your ideas to OneSkyNI@gmail.com. Anyone sending a great idea will have their name submitted for a raffle prize on the day of the fair.

For information about the fair, contact Iris Mayes at 686-1716. If you are interested in being a vendor, please contact Gina Baughn at Coeur d'Alene Tribal Natural Resources, 686-0131 to reserve a space.

Join us for a day of learning and fun!

HUD awards \$56 million in grants, CdA Tribe recipient

Grants support critical projects in tribal areas to address housing, community development and jobs

The U.S. Department of Housing and Urban Development today awarded more than \$56 million to 76 tribal communities throughout the nation to improve housing conditions, promote community development and to spur local economies with construction projects and jobs. The competitive grants awarded are part of HUD's Indian Community Development Block Grant (ICDBG) Program that address a wide variety of community development and affordable housing activities for low- to moderate-income families.

"These grants are a step forward in forging solutions to improve the housing and economic conditions for some of our country's most culturally rich neighborhoods," said HUD Secretary Shaun Donovan. "I'm impressed at the

energy and creativity in how these communities are leveraging public funds to create lasting solutions for countless families."

The recipients, which include the Coeur d'Alene Tribe's Housing Authority who was awarded \$455,200, will use these grants to develop viable communities including rehabilitating housing or building new homes or to purchase land to support new housing construction. The funding can also be used to build infrastructure such as roads, water and sewer facilities. To stimulate economic development and job growth, recipients use the grants to establish commercial, industrial and agricultural projects. Recipients also use the funding to build community and health centers, or to start businesses to support the community including shopping centers, manufacturing plants, restaurants or convenience stores and gas stations.

Tribe's St. Maries Creosote Project moving forward

By Sandra Raskell, Project Engineer Lake Management

After years of sampling, the St. Maries creosote site is finally moving towards design.

The St. Maries Creosote site is immediately adjacent to, and south of, the St. Joe River in the city of St. Maries, Idaho. From 1939 through 1964, the site was used for peeling and treating logs to be used for poles. Historically, as the treated poles were loaded onto rail cars by the stiff arm, creosote dripped onto the soil around the butt vats and rail cars. If several cars were loaded at the same time, poles would drip creosote onto the soil beneath the rail line. In late 1998 and early 1999, the site was noted to have soil staining, creosote odor, and product sheen, thus began the process of identifying clean-up actions.

For the next decade, the United States Environmental Protection Agency (USEPA), the Coeur d'Alene Tribe (Tribe), and the potential responsible parties (PRP) worked through reports, meetings, consent decrees, court documents, etc. Arcadis, the Voluntary Remediation Party (VRP) and its associated subcontractors, began the process of sampling upland soils and river sediments to determine the geotechnical properties, extent of contamination, and treatment possibilities. This data will be used to design an appropriate clean-up plan as well as pumping well installation which will aide in monitoring surface and ground water quality. Monitoring and



Boats on the water take samples at the St. Maries creosote site.

pumping wells were also installed to monitor existing water quality as well as hydrology of the site.

Results are finally coming in from the sampling efforts. The results are mixed in regards to usefulness in future designs. All acceptable data is being used to detail the scope of work for this project. The Tribe, EPA and Arcadis are currently working through the results and openly discussing which data will be acceptable to be used in their design.

Currently, Arcadis is working on their pre-design studies. Using the sampling data, these studies will generally offer the proposed details of the remediation design for clean-up. The first round of the pre-design documents is expected to be submitted mid-July. Once reviews and changes are approved, Arcadis will move towards final designs.

Generally, the soil will be treated

two different ways. The top 20 feet of contaminated soil will be treated thermally. Soils from 20 feet below ground surface to the extent of contamination will be treated in-situ by mixing a chemical compound in the soil to stabilize the contamination by making it less permeable. Sediments removed from the St. Joe River will also be treated thermally. The river will be backfilled with clean and acceptable river material. Any contaminated groundwater, decontamination water, or other collected and contaminated waters will be treated with an on-site waste water treatment plant.

Clean-up actions are anticipated to start in 2013 and last until 2015.

If you have any questions, please contact Sandra Raskell, P.E., Lake Management Department Project Engineer by phone at (208) 667-5772 or by email at sraskell@cdatribe-nsn.gov.

Baller Herren to visit Hoopfest - Natives get in free

It is never too late to follow your dreams. It takes drive and follow-through to make your hoop dreams become a reality.

Former professional basketball player, Emmy-nominated ESPN documentary subject, motivational speaker, professional author... Be there to hear the inspirational true story of Chris Herren, coming to Spokane June 28, 2012.

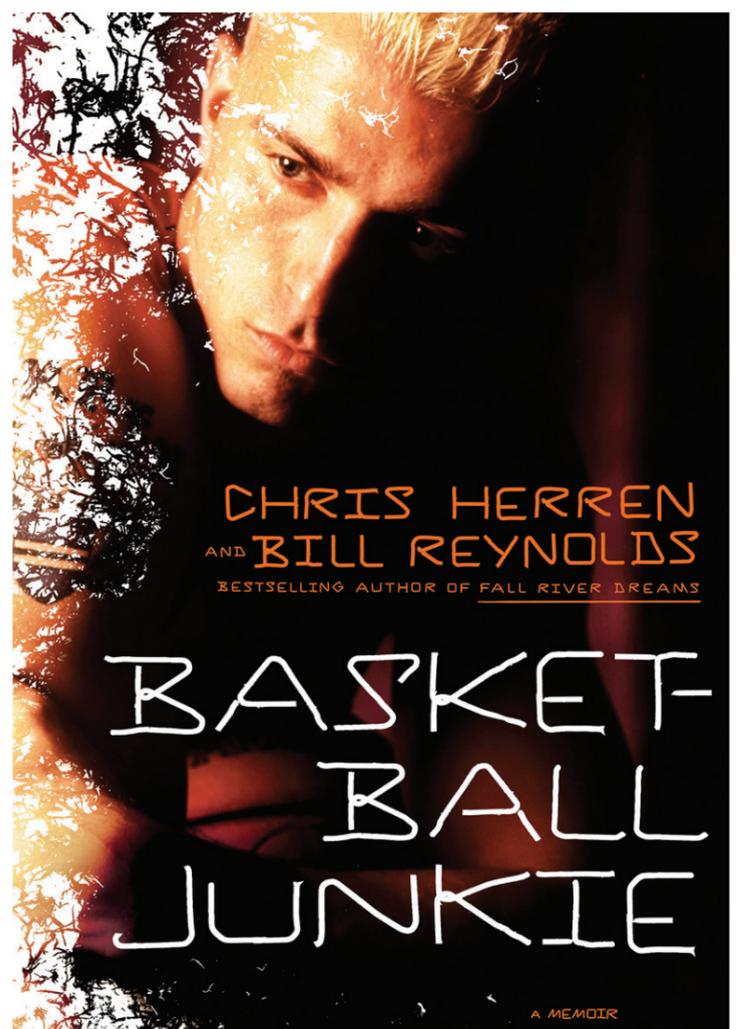
Herren spent his collegiate basketball career playing for Boston College and Fresno State. After college, he was drafted in the 2nd round of the 1999 NBA Draft to play for the Denver Nuggets, and eventually went on to play for the Boston Celtics.

Herren has struggled with substance abuse for much of his basketball career. After completing intensive rehabilitation programs, Herren has been drug-free and sober since 2008.

Herren started Hoop Dreams with Chris Herren to mentor players on and off the court. He established The Herren Project as a way to assist young addicts through the recovery process.

Herren co-wrote a book entitled

HERREN: continued on page 5



Language program visits Salish language Institute

By B.L. Azure
Char-koosta News

The importance of role models in Indian Country cannot be understated. They are very important because it is a tad easier to go down trails that others have tread. To that point, a delegation of Coeur d'Alene tribal members involved in their tribal language revitalization effort dropped by the Nk'usm Salish Language Institute last Thursday to listen to the story of their efforts to save the Salish tongue. The little school that can is beating a path that others want to follow.

There are two Coeur d'Alene tribal elders that are fluent in their tribal language. [they are] Felix Aripa and Irene Lowley - are actively involved in the language revitalization effort.

The Coeur d'Alene language revitalization effort that has been in effect since 1996 was recently awarded an Administration for Native Americans grant similar to the one Nk'usm received to teach four adult students. The three-year grant will be used to teach three Coeur d'Alene tribal member students the Salish dialect used by the Idaho panhandle tribe. Christa Howard, administrative assistant with the Coeur d'Alene Salish Language Program is also participating. They in turn will then teach what they'll learn to other members of their tribe.

Those three - Donna Matheson, Cree Whelshula and Michelle Clark - along with five other Coeur d'Alene tribal members and one non-tribal member linguist spent all Thursday in the various Kindergarten-to-eighth grade classrooms at Nk'usm .

According to Kim Matheson, Coeur d'Alene Salish Language Program manager, there are people who somewhat understand the language verbally or in written form but can't speak it well.

She said that her program has been doing a lot of recording of fluent speakers since 1999. However since there are only three fluent speakers left time is of the essence.

"We have a lot of written documentation so a lot of people know the written form," she said. "Now we need to develop the speaking form. That's the direction we're going and this grant will help

us get there. We want to create a group of speakers who become teachers that can go out into the community and teach the language."

Matheson said that the language students funded by the ANA grant have had at least one year of college level instruction in the language and that is the foundation they will build upon. But first comes the blueprint of lesson plans. That is why the Coeur d'Alene tribal members were at Nk'usm ; they wanted to see how the instructors there are teaching Salish and to get insight on their methods and curriculum used.

Chaney Bell, ANA grant administrator and Salish language instructor under the grant, informed the Coeur d'Alene visitors on their methods and the curriculum developed by Chris Parkin used at Nk'usm. "Our goal is total immersion and we are moving in that direction," Bell said.

"We align our courses with what is being taught in the public schools," said Nk'usm staff instructor Melanie Sandoval. "The students' parents have concerns that their children are also learning the what is taught in public schools. When it comes to the language we want the students to be conversational fluent in Salish."

Each of the four adult students - AJ McDonald, Steve Arca, Michelle Matt and Kale Gardner - at Nk'usm told the visitors about their progress learning Salish. They are taught Salish eight hours a day, five days a week by Bell and Sandoval.

"I've been here six weeks now and it's starting to make sense," McDonald said. "This is an easy way to learn. Before I could pick up a word here and there. But here with a lot of hard work I am learning a lot more. It's really cool at the end of the day when you realize what you have learned."

"I've always wanted to learn Salish but it's a hard language to learn," Arca said. "Here with the concerted effort we are learning fast. After the first week here I was very proud of what I have learned. At the end of every day I feel very excited by what is going on here and what I am learning."

"It's very hard and frustrating at times but it's been great for me," Gardner said. "I am doing this because I want to raise my children

using Salish as their first language."

"My daughter knows more Salish than I do," Matt said about her daughter who is a student at Nk'usm. "Anna helps me a lot. She tells me when I'm not saying the Salish words the right way."

"A lot of the fluent elders are passing away. I wish we could have started this many years ago when there were a lot of them. I wish we had all that knowledge that has passed on," Sandoval said. "One of the reasons we are here is to be the bridge the connects the fluent speakers to these young kids. We are giving them the language that will strengthen them, that will give them their identity so they will know who they are."

"We are at the point where there is a big divide between the few fluent speakers and the rest of us," said Donna Matheson, Coeur d'Alene ANA student. "Here there doesn't seem that the divide is as big. We are starting small. I think that once we build a community of speakers the school will come."

"We don't want to lose our language. When I was young my uncle told me not to ever be ashamed of our language," Felix Aripa said, adding that it is up to the tribes to do what ever they can to save tribal languages. In Idaho the tribes run up against stiff opposition from state government and politicians who have in the past tried to pass legislation to make the state an English-only state. Despite political ill winds the Coeur d'Alene people will continue the quest to save their tribal language. "If our elders were here today they would say 'Lemlmts.' They would be very happy that our language is being taught and learned. That is something we all want to see, especially the interest in our younger people. They are working hard to learn this. It takes dedication because this language with a lot of jawbreakers is pretty hard to master."

Aripa said it was very uplifting to see all the Salish speaking tribes in the interior Northwest all taking the effort to save the language.

"We want to continue to be your good neighbors," Aripa said. "Because of our language we can understand each other just like brothers and sisters."

Tian caps off voters on election day



Anna Tian was the last member to cast her vote in the 2012 Coeur d'Alene Tribal Council Elections. Photo By Lynn Lowley

It's nearly time to dig for Camas

By George Torpey

Camas digging is right around the corner. Get your tools and baskets ready.

Camas is very high in protein: 5.4 ounces of protein per pound of roots. In comparison, steelhead trout has 3.4 ounces of protein per pound.

The proper time to gather camas is when the lower half of the flowers begins to fade. Generally around June, but this varies according to seasonal weather conditions.

The camas is usually cooked in earth ovens before eating it or storing it then drying it for long term storage and consumption.

Although the men gathered the wood for the ovens, men were not allowed near the roasting pits so that the camas would not be contaminated and not cook properly. (Lucky)

The oven (a roasting pit dug into the ground) was preheated by building a fire in it and placing small rocks (about 5" in diameter) in with the wood. In addition to the small rocks, some pits can have larger flat stones on the bottom which also are heated by the fire. When the rocks were hot, they are covered with wet vegetation such as slough grass, alder branches, willow, and/or skunk cabbage

leaves. Then the camas bulbs are placed on top of the vegetation. Sometimes wild onions were placed in with the camas. The camas is then covered with more leaves then bark and earth and a fire was built on top of the oven. Cooking usually took between 12 and 70 hours, depending on the number of camas bulbs in the oven.

The camas which was intended for storage was then dried for about a week. Dried camas can be preserved for many years. Some people have eaten camas that had been prepared years earlier.

The new people that came to the area, such as Lewis and Clark, occasionally consumed camas after they were shown how to harvest it and prepare it. A Jesuit missionary observed that the consumption of camas by those unaccustomed to eating camas, "followed by strong odors accompanied by loud sounds".

After the harvest time when everyone is done and in order to increase the camas yield, the camas areas, as well as other root gathering areas, were occasionally burned over.

Don't forget a prayer is given before the harvest and again when everyone is done by an Elder or Root Digging Chief.




Saturday June 16, 2012

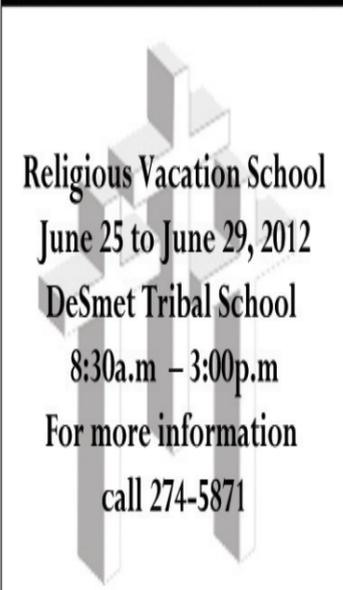
Race Time is 9:00am with a mandatory pre-race meeting at 8:30 am at the Wellness Center Pool

Divisions include an Open (14-40), Masters (40+) and Team for both Men and Women categories

Entry fee is \$10 per person and are due by 6/1 for a t-shirt entries will be accepted up until 8:30 am on race day.

Contact Eva Windlin-Jansen for more information and entry forms at 208-686-9355





Religious Vacation School

June 25 to June 29, 2012

DeSmet Tribal School

8:30a.m - 3:00p.m

For more information call 274-5871

Tribal Parking Passes for Heyburn Park

If your parking sticker has expired, you can avoid a ticket. Stop in and get a new one, at the Felix Aripa Building (Fish, Lake, & Wildlife) on 401 Annie Antelope Road.

Bring:

- your Tribal I.D.,
- vehicle registration,
- and your vehicle.

We will place the sticker on.

HERREN: continued from pg. 4

Basketball Junkie: A Memoir, documenting his career on and off the court. He is also the subject of the ESPN documentary, Unguarded, which details his rise, fall and redemption in (and outside of) the world of sports.

Date: Thursday, June 28, 2012;

Time: 7:00 p.m.; Location: Hoopfest Center Court, Riverfront Park, Downtown Spokane, WA

For more info email: barbarag@healinglodge.org

Native American youth will be allowed free of charge and have VIP seating; Chris Herren will host a meet and greet with Native American youth at 6:00 p.m.

Tribe leading the way to a healthier membership and workforce with new program

By Heather Keen

The Coeur d'Alene Tribe recently launched a new wellness program aimed at helping employees get healthy and stay healthy. The pilot program entitled GuL Sni'k'wi'n, or "Choices" in the Coeur d'Alene language, targets the everyday choices that affect health.

Created with the help of Dr. Gina Wolf of Occupational Wellness Strategies, GuL Sni'k'wi'n aims to educate participants about their health by taking initial measurements of waist circumference, blood pressure, A1c (blood glucose levels) and cholesterol. Participants then receive information regarding target levels and are encouraged to improve or maintain personal measurements below target levels through everyday choices such as eating healthy, exercising or quitting smoking. Measurements

will be taken again at three, six and nine months. Individuals who maintain or improve their numbers over the long term have the opportunity to earn a cash incentive for staying healthy.

"We are really excited to offer this program to our employees and we hope participation will continue to grow in the future to encourage total health and well-being for all employees. We can't force people to change, but we can give them the information and the tools to succeed and that's exactly what this program is designed to do, said Cheryl Weixel, the director of the Benewah Wellness Center, of the program. More than 150 casino, medical and wellness center, and tribal government employees completed the initial screening and Weixel believes that many of these individuals have already begun to improve their measurements.

The Coeur d'Alene Tribe has

seen significant increases in health insurance costs over the past few years, which led leadership to begin considering more robust wellness programs for employees. Chairman Chief Allan agrees that the upfront expense of this program is worthwhile.

"Time after time it has been shown that the return on investment for employee wellness plans is significant in terms of lowering health-care costs, increasing productivity and raising morale. We are committed to helping our employees be healthier and in turn happier as a result of making better choices for themselves and their families. That is by far the most important reason for having a program like this, Allan said.

Brenna VanDalsen, a registered dietitian and wellness coach for the Benewah Medical Center says the program is intended to help individuals make small changes

that will move them closer to a healthier lifestyle for themselves and their families.

"It is exciting to see many of our participants beginning to create healthy habits and to hear them share how they are teaching their children what they are learning about health and wellness. We believe this program will truly help many people make lasting changes for the better, she said.

A number of free and convenient resources are offered to participants, including weekly "Lunch n Learns," group workouts and exercise classes, and access to a registered dietitian, a wellness coach, personal trainers and fitness coaches, all of whom are available to help program participants, as well as all members reach their health and wellness goals.

The Tribe encourages wellness through many other programs available through the Wellness Center. Programs include the

following: Youth sports and leadership programs, which have been offered to hundreds of native and non-native youth since the opening of the Wellness Center.

Fitness challenges, sports leagues and corporate teams in local fitness events:

- The Wellness Center's triathlon training program and training groups help people prepare for road races and triathlons of all distances from 5Ks and sprints to marathons and Ironman distance.

- Five people are training for Ironman Coeur d'Alene and several others will be competing in other Ironman, 70.3, Olympic and sprint triathlons in 2012.

- The Wellness Center is also organizing an Ironman bike course support station on the reservation.

Wellness Center memberships are open to anyone who would like to join and services are available for all members.

Ramos boys, Quannah and Sheldon, excelling on the ice as they take titles in hockey



Quannah and Cheldon Ramos are Coeur D' Alene from Spokane, where they attend Rogers High School. They have been playing hockey for five years and both had outstanding seasons. Cheldon played in the Midget League for 15-18 year olds for the Asphalt Blues as a right wing, while Quannah played for the Spokane Jr Chiefs as a defender.

Cheldon's team took 2nd in

league and 2nd place in the league tournament. He finished with over 30 goals and 30 assists. The highlight of the season was when his team the Blues took the Spokane American Days tournament that featured 14 teams from Spokane, Tri Cities, Seattle, WA, Moscow, and Coeur D' Alene, ID, and Vernon and Rossland Trail, British Columbia.

They defeated the Tri City Rebels

4-3 in one of the most exciting games of the tournament. They trailed TC with less than a 1:00 in game when Cheldon scored to tie score 3-3. In the final seconds of game his teammate Tanner Stolz was awarded a penalty shot when he was fouled with only .03 tenths of a second left in the game. Tanner scored on his penalty shot to win the opening game over the Rebels. Cheldon finished with 2 goals.

On Saturday morning, the Blues defeated the Moscow Bears, 5-2, with Cheldon nailing 2 more goals. Unfortunately, their afternoon game against the Tri City Thunder Cats was a forfeit to the Blues after Tri City were eliminated from the tournament for a bench clearing fight against Rossland Trail. The goals they scored and the goals scored against them, along with the 12 minutes they accumulated in penalties for their 3 games placed them in the Championship game against the Tropics from Vernon,

BC, Canada, on Sunday.

In the title game, Cheldon scored the tying goal in the 3rd period with less than 4 minutes to play, and hit the winning goal with less than 3 minutes in game to hold on to a 5-4 win. For the tournament, Cheldon finished with 6 goals, and had numerous assists.

Quannah originally started the season playing for the Bruins, but joined the Spokane Jr. Chiefs in December when the team recruited him to play because of his size as a defender. At 6' and 180 pounds he's one of the biggest in the Bantam League for 13-14 year olds.

A highlight of Quannah's season was when the Spokane Jr Chiefs won the state tournament in Kennewick, WA in March. His team lost their opening game to the Tri Cities Jr Americans 3-4 on Friday. On Saturday, the Jr Chiefs defeated the Seattle Jr Thunderbirds 3-2, and Sno King Jr Thunder Ice 6-4.

Since Tri Cities and Spokane

each had one loss they faced off in the title game on Sunday, which Spokane won 3-2 in overtime for the state title.

To cap off the season the Spokane Jr Chiefs won the SAYHA Rep Team of the Year award. After starting the season off with 15 straight losses, the team regrouped in December and turned the season around by finishing with the State Championship Title.

Quannah and Cheldon Ramos are the children of Mark Ramos from the Coeur D' Alene Tribe. Their grandparents are Genevieve Friedlander and Greg Ramos, and the late Lester Herman of Keller, WA.

I want to thank Rod Black and Frenchy Si John for all the help with helping to find Quannah a sponsor for his hockey season. I also want to thank Wayne Davis of Day Springs Construction who sponsored Quannah. They made a major difference in the season for our family. Thanks again Rod, Frenchy, and Wayne.

The two can often go hand in hand

What is the relationship between Substance Abuse and Domestic Violence?

Although alcohol doesn't cause domestic violence, regular alcohol abuse is one of the leading risk factors for intimate partner violence. Alcohol treatment does not cure abusive behaviors; what should treatment include for this co-occurring behavior? Studies conducted by the DOJ found that 61% of domestic violence offenders also have substance abuse problems, this number is greater on reservations.

Children of substance abusing parents are more likely to experience physical, sexual, or emotional abuse than children in non-substance abusing households.

These are just a few of the topics that will be presented at the "Intersection of Substance Abuse and Domestic Violence" one day training on June 27, 2012 9:00 – 5:00 at the Wellness Center. The training is free. For more info please call Bernie at 686-0900.

Annual WSU Tribal youth leadership camp set for July 12-15, 2012

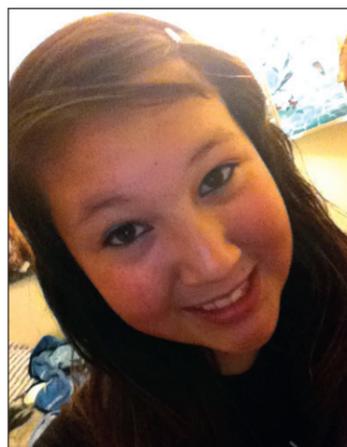
The Tribal Liaison's Office at Washington State University is hosting its' 14th annual Native Youth Exploring Higher Education (NY'EHE) summer camp July 12-15, 2012. Native American students entering 9th grade in the fall of 2012 are invited to attend the four-day camp held on the WSU Pullman campus.

The camp is free for participants and has an emphasis on Science, Technology, Engineering, and Mathematics (STEM) areas of study. A variety of workshops will focus on hands-on activities designed to engage and stimulate camp participants' interest in STEM fields. Students will also gain the experience of living in a college environment, including sleeping in a residence hall with a roommate, eating at the dining facilities, playing at the student recreation center, and engaging with current WSU students who serve as camp mentors.

The priority deadline to apply

is June 1, 2012. All camp information, including printable applications and flyers, are available online at www.tribal-liaison.wsu.edu.

If you have any questions regarding the camp please call 509-335-8618 or email the nyehc.coordinator@wsu.edu.



Congrats Kendall! We are so proud of you and love you so much!! Love mom, dad, Alyssa, Kimmie and all the rest of the family!



Give Your Child a Head Start!

**Coeur d' Alene Tribe
Early Childhood Learning Center**
ECLC offers

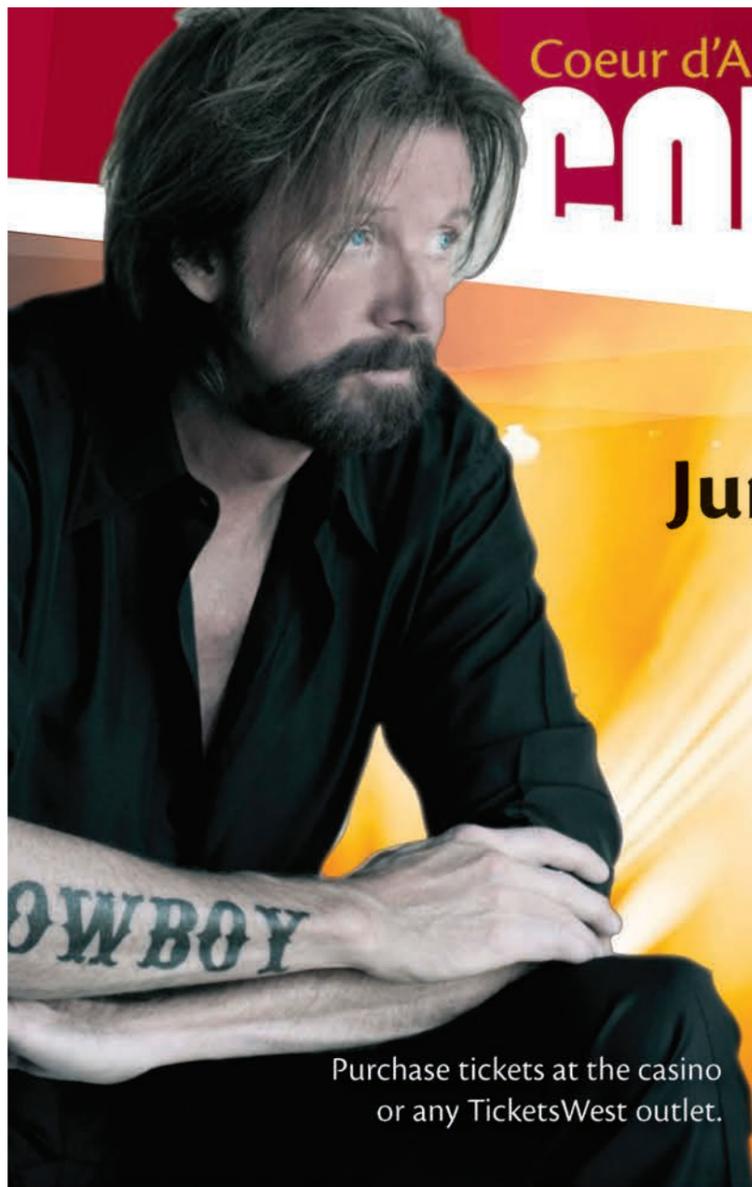
- *Early Head Start- for children 6 weeks to 2 years of age
- *Head Start- for children 3 to 5 years of age
- *Hours of Operation - 8:00 a.m. - 2:30 p.m. (as of September 2012)

Who ECLC serves

- Children with a diagnosed disability
- Homeless children
- Low-income families
- Coeur d' Alene Tribe preference applies
- Children in foster or kinship care
- Families and children living on the Coeur d' Alene reservation

**Accepting Applications for 2012-2013 school year
Apply Today!!**

For Head Start and Early Head Start
Pick up your application at the front desk or
CALL US FOR MORE INFORMATION
686-6409



Coeur d'Alene Casino Resort

concertseries

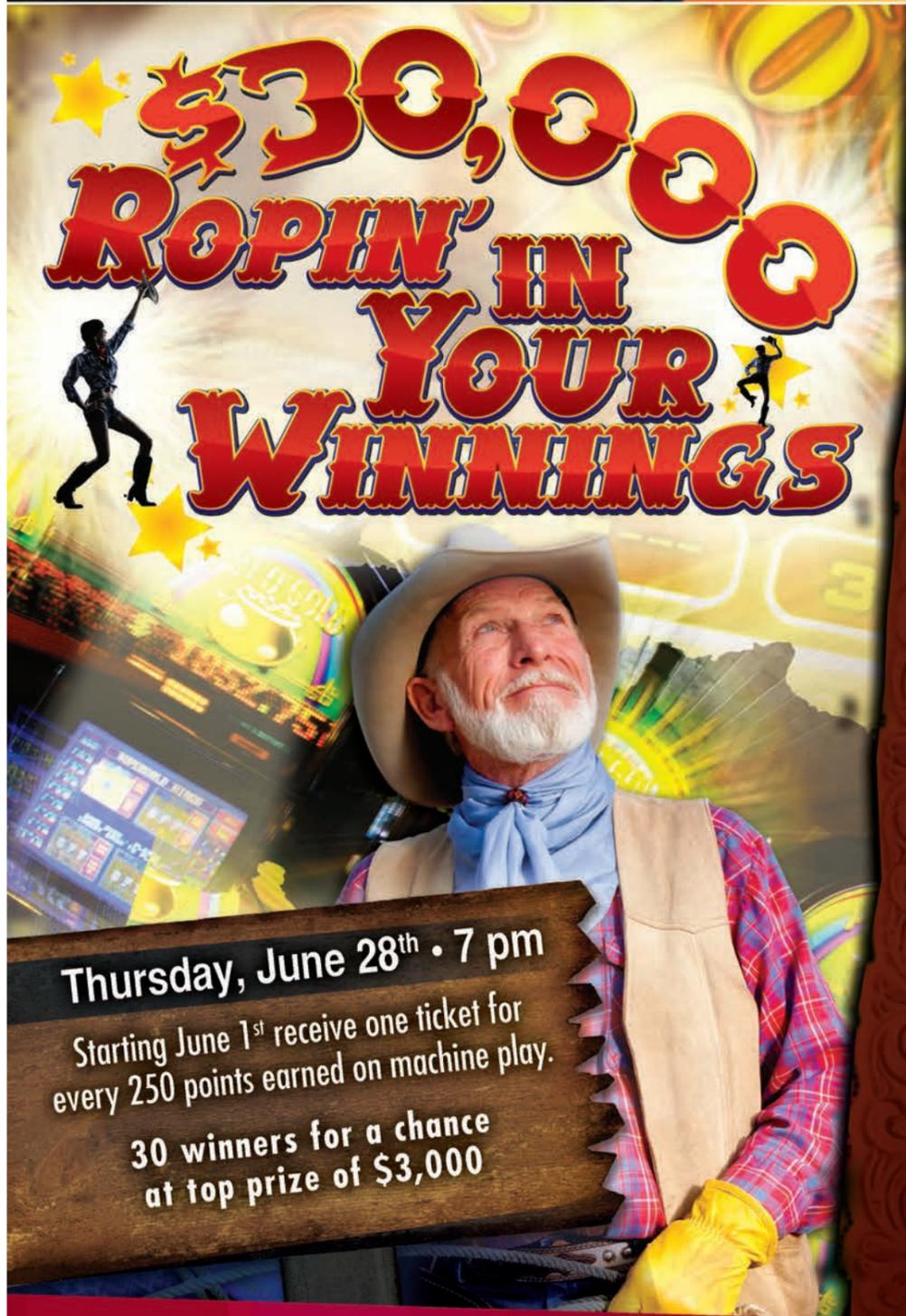
2012

Jun 7 Paintin' the Town
(David Lee Murphy & Darryl Worley)
General \$30 • Reserved \$40

Jun 21 A Really Big Shew
(A Tribute to Ed Sullivan)
General \$20 • Reserved \$30

Jul 26 Ronnie Dunn
General \$50 • Reserved \$60

Purchase tickets at the casino or any TicketsWest outlet.



\$30,000 ROPIN' IN YOUR WINNINGS

Thursday, June 28th • 7 pm

Starting June 1st receive one ticket for every 250 points earned on machine play.

30 winners for a chance at top prize of \$3,000

GAMING

SENIOR JUNE MONDAYS
4th | 1,000 points 11th & 25th | Drawings 18th | \$5 EPC

COWBOY UP GIVEAWAY
June 1st - 30th | Daily

FILLER UP
June 1st - 30th | Gas Promotion

BLACKJACK TOURNAMENT WEDNESDAYS
Every Wednesday in June • 6 pm

EVENTS

FATHER'S DAY FREE GIFT
June 17th | First 800 receive a gift

FOOD

T-BONE TUESDAYS
June 5th - 26th

WINE MAKER'S DINNER SERIES
NORTH STAR AND CHATEAU ST. MICHELLE
June 7th • 6 pm

MUSIC, MICROS AND BARBEQUE
LAUGHING DOG BREWING COMPANY • CHEYENNE
June 9th • 4 pm

NINKASI BREWING COMPANY • SHOOK TWINS
June 23rd • 4 pm

FUN

BELMONT STAKES
June 9th • 3 pm • OTB

FATHER'S DAY GOLF AND SPA SPECIAL
June 17th | Round of golf, pedicure, and barbeque

BLOCK PARTY | BEATLES TRIBUTE BAND
June 22nd • 8 pm - 12 am | Expanded Drinking Area

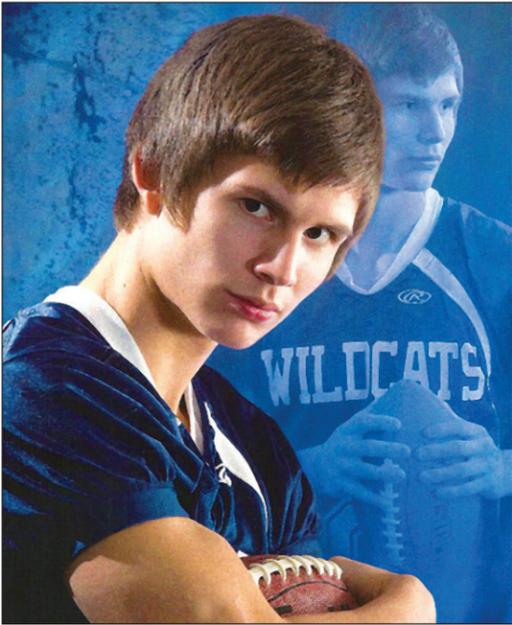


COEUR D'ALENE
CASINO
RESORT • HOTEL

1 800 523-2464 | CDACASINO.COM |  /CDACASINORESORT

25 miles south of Coeur d'Alene at the junction of US-95 and Hwy-58

Congratulations to all of



V
E
R
N
I
E

J
O
H
N
S
O
N

I
I
I

Vernie Ronald Johnson III will graduate from Lapwai High School on June 2nd, 2012. His goal is to play football while pursuing a degree at Whitworth University in Spokane, Washington.

While at school he received the following: Citizenship Award 2011, Captain of LHS Knowledge Bowl team 2009-2011, Dual Credit Participant 2010-2012, Local Talent Search Participant **JOHNSON: page 13**



K
E
L
S
E
Y

P
L
U
F
F

Kelsey Michelle Pluff will graduate from Tekoa High School on June 3, 2012. In school she received High Honor Roll and participated in Basketball, Volleyball and Cheerleading.

She plans to attend North Idaho College and major in Child Development.
Her Dad and Mom Ken and Alice Pluff; Mom Bev Galler would like to say Great Job and they are so proud of her.



S
H
A
Y
L
A

M
Y
R
I
C
K

Shayla Myrick will graduate from Lakeside High School where she received her High School Diploma on June 2nd, 2012.

Shayla plans on attending North Idaho College to pursue her associate of arts degree in Music then transferring to a University in California for her Recording Arts Business Degree.

Shayla is the daughter of Leonora **SHAYLA: page 13**



D
A
M
O
N

F
L
E
M
M
I
N
G

S
O
T
O

Damon Flemming-Soto will graduate from Lakeside High School with his High School Diploma. While in school he received the Sportsmanship award, best smile award!

"Damon, we are so proud of you!" We love you and wish you the best in furthering your education!! Love your family, Dad (Carmen Flemming), Mom (Patrina Campbell), brothers (Jamie and Hodges), and sisters (Jasmine, Karmen, Angelita, and Regina).



G
I
N
A

A
N
N
E

D
E
L
O
R
M
E

Gina Anne DeLorme will graduate from Lakeside High School in Plummer, Idaho on June 2nd, 2012. Gina is the daughter of Kim DeLorme.

We are so proud of you Gigi. We love you and know you will succeed and accomplish all of your dreams!

Love mom, YaYa, John, Zachary and LaLa



J
O
S
H
U
A

S
E
V
E
R
N
S

Joshua Michael Severns will graduate Lakeside High School while also attending NIC as a Dual enrollment student on June 2, 2012

While in school he received the following accolades: Player of the year/ Sportsmanship award 2005-07 Potlatch baseball, Co-Director Pep Band 2009-2011 Potlatch High school, Scholar of the year for WSU Leadership training 2010, Dual enrollment student **SEVERNS: page 13**



M
A
R
Q
U
E
T
T
E

H
E
N
D
R
I
C
K
X

Marquette L. Hendrickx attended Gonzaga University where she graduated with a Master of Arts degree in Organizational Leadership.

While in school Marquette was able to maintain a 3.75 GPA.

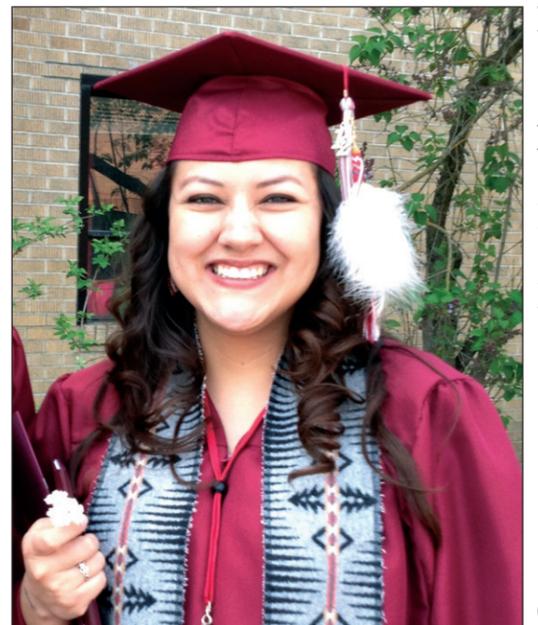
After graduation she plans to "Follow the path the God has laid before me. I do not see any major changes in my immediate future however **HENDRICKX: page 13**



M
A
B
E
L

A
R
R
O
Y
O

Mabel Rose Arroyo graduated from Lewis-Clark State College in Spokane Washington on May 6, 2012 with a BS Communication Arts. I plan to use the education that I've attained to benefit my Tribe in my current position at the Coeur d'Alene Tribal Housing Authority. I am now putting all my attention and focus on being **ARROYO: page 13**



K
A
T
H
E
R
I
N
E

S
A
I
L
T
O

Katherine Sailto graduated from North Idaho College with an Associate of Science Degree in General Studies.

While there she received scholarships from the American Indian Education Foundation, the Human Rights Education Institute, and others. Member of the American Indian Student Alliance, helped raise money for scholarship funds for future Native American NIC students.

She plans to attend Washington **SAILTO: page 13**

our Graduates for 2012



KAYLA MYRICK

Kayla Myrick graduated from Lakeside High School where she will receive her High School Diploma on June 2nd, 2012.

Kayla will be attending North Idaho College in the fall to pursue her Associate of Science Degree in Pre-Med. Then transferring to a University for her Bachelors Degree.

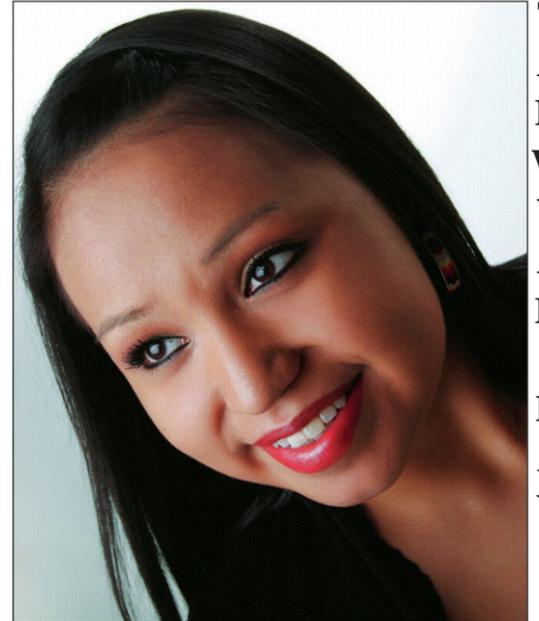
Kayla is the daughter of Leonora Davison and Shawn Myrick; older sibling Nora **KAYLA: page 13**



LAMONT HIGGINS

Lamont Marquis Higgins will graduate from Lakeside High School on June 2, 2012 with his diploma.

While in school Lamont achieved the following: All League Player for basketball 4 years in a row, All League Player for football 3 years in a row, N.W. All Star Player 2012, Nominee for N.W. Idaho Athletic Hall of Fame 2011, Male Athlete of the Year 2010-11, Iron Man Award, Defensive Player of the Year **HIGGINS: page 13**



TAH-WY-AH DAVIS

Tah-wy-ah Davis will graduate from Lakeside High School on June 2, 2012.

While in school she received the Northstar All-League Basketball award during her Sophomore, Junior and Senior Years She plans on joining the United States Army.

yuumtamon'may - Tah-wy-ah Ann Davis is the descendant of Chief Willie Red Star nimiipu (Nez Perce) Chief Manual Louie **DAVIS: page 13**



CAIN MITCHELL

Cain Mitchell will graduate from Ferris High School on June 10, 2010.

While in school he played varsity football, and participated in Advanced Math.

Cain is going to attend Washington State University. He is going to study Communications. He plans on becoming a sports **MITCHELL: page 13**

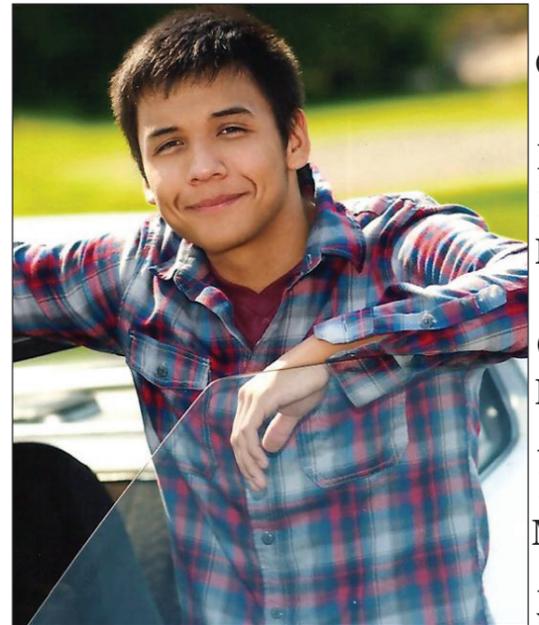


MICHELLE WHALEY

Michelle Renae Whaley will graduate from Lakeside High School in Plummer, Idaho on June 2, 2012. Accomplishments/Awards ASB (Associate Student Body) - Senior Year- Vice President and Junior Year- Secretary.

Future Plans: To Attend Boise State University and get a bachelor's degree in social work.

Personal Information: I'd like to thank all my friends and family for always being here for me and pushing me when I needed **WHALEY: page 13**



JOSEPH FRANCIS CHAPMAN

Joseph Francis Chapman will graduate June 2, 2012 from Lakeside High School in Plummer, Idaho. Joseph enlisted February 27th, 2012 in the United States Marine Corps. He will depart for basic training on July 16th, 2012 in San Diego, California, and after basic training his Military Occupational Specialty (MOS) will be in motor transport.

Family members include; parents: Joseph and Theresa Chapman, paternal **CHAPMAN: page 13**



JESSE LASARTE

Jesse LaSarte graduated from North Idaho College with an Associate of Science in General Studies.

While there he received the NIC Foundation Minority Scholarship, Doug & Jan Bell Memorial Scholarship, NIC Alumni Association Scholarship and WSU's FCOG Scholarship.

Jesse plans to pursue a **LASARTE: page 13**

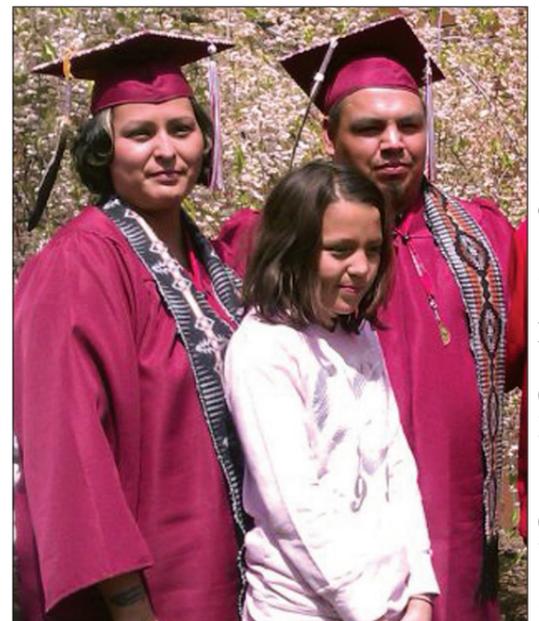


AMANDA KOM

Amanda Kom will graduate from the Foster School of Business at the University of Washington with a degree in Business Administration: Accounting on June 8, 2012.

She would love to travel and pursue a career abroad after graduation.

She is the Daughter of Sheila and Larry Kom; her Maternal Grandmother is **KOM: page 13**



LESLIE & JACKSON LOUIE

Jackson and Leslie Louie both graduated from North Idaho College in the Spring of 2012. Jackson and Leslie both completed an AAS Degree in Business Leadership. Please see page 14 for a list of their separate accomplishments and future plans.

~ People in the News ~

gut snik'w'lmkhwet

Casino chef Adam Hegsted invited to prestigious James Beard House in New York City



Executive Chef Adam Hegsted squeezes citrus into the flutes of his mid meal pallet cleanser dish - a tart and fresh pine sorbet.

Story & photos by J.L. Fletcher

Executive Chef at the Coeur d'Alene Casino, Adam Hegsted, is getting the opportunity to fulfill a culinary dream of his – he has been invited to cook at the James Beard House in New York City. While some may not “get” this – those immersed in the world of food and wine will understand that this invitation is as prestigious as they come – it is a true honor, especially considering he will be first chef from Idaho to be invited.

He will be leaving the Inland Northwest mountains for the East coast high rises to cook on June 2nd at the exclusive dining

establishment. But, in order to prepare himself for the challenge – he took his food on a test run with some lucky diners at the Ts'elusm steakhouse at the Casino.

Guests were ushered to tables near the kitchen where tables were draped in white and center pieces were full of earthen woods and pine – found just outside the doors of the establishment. These were soon doused in liquid nitrogen in order to allow the scents to permeate the table and enhance the dining experience for all.

Hegsted was introduced to the group by Laura Stensgar, he was simultaneously proud yet humble as he explained that his invitation

was a dream for him. He continued by explaining that all the food being served throughout the evening was found regionally and much of it had been locally foraged by him and his staff. And then he was off to begin preparation for the evening's culinary journey.

His first course was a unique and tasty trio of one bite appetizers: A piece of Applewood grilled quail, a cold smoked sturgeon topped with a bit of caviar and (my personal favorite of the night) the Idaho Sushi with a delicious green sauce atop of Waygu beef “sashimi” over a baby baked potato.

The next of the 7 course meal was a medallion of steelhead with watercress, cucumber and fennel pollen; followed by a wild combination of morel mushrooms, fiddleheads (the immature fronds of a fern head) and homemade “earth” – which admittedly made some diners uneasy at first but soon won them over with its rich and succulent flavor. (Not real earth by the way).

A pallet cleansing “intermezzo” was served next – a light and bright pine based sorbet. The entrée followed – a medium rare rack of lamb which had been dry aged for 60 days accompanied by potato gnocchi and delicious pesto made from stinging nettles found on the golf course. The traditional cheese course followed then came dessert – four different kinds of local berries with sorbet and rose petals.

The dinner was an all-around delight and quite educational for someone who never considered going into their own back yard to dig up some food for they own tables.

We all wish Hegsted the best of luck at the James Beard House and hope those in attendance can appreciate what he's doing for northwest cuisine.



Local morels with fiddleheads, pinenuts and earth.

Mayes joins Tribe's University of Idaho Extension program



Iris Mayes is the new University of Idaho Extension Educator serving the Reservation Community. Iris started at the end of April. She will be working on education and outreach in the Reservation community, including supporting the community organization One Sky One Earth Food Coalition. She will also be working with the Success Center and for Rock'n the Rez programs. Iris previously worked on projects for One Sky North Idaho, and assisted in design of the new housing development at Agency as a graduate student.

Iris has a BLA in Landscape Architecture, from University of

Idaho and an MS in Bioregional Planning and Community Design, University of Idaho, a BS in English Literature with honors from University of Oregon, and a MA in Public Affairs, University of Oregon. She was serving as the Assistant County Planner, Whitman County, WA for several years prior to this new role. Iris also has a background in various arts and crafts. She is also interested in how cultural knowledge and activities can support student's education in science, technology, engineering and math. She is very excited to be of service to the Reservation Community!

Member selected for Millenium Scholars

Coeur d'Alene Tribal Member Vernie Ronald Johnson III was recently selected as a Gates Millennium Scholar (GMS), a “good-through-graduation”, or “full ride” scholarship that Johnson plans to use to pursue a degree in kinesiology at Whitworth University in Spokane, Washington.

A senior at Lapwai High School, “Ronnie” Johnson has been on the Honor Roll throughout his high school career, has served as the Captain of the LHS Knowledge Bowl team, and was the 2011 recipient of Lapwai High School's Citizenship Award. In addition, Johnson has participated in the Dual Credit Program to prepare for college and has earned college credits through both Lewis-Clark State College and University of Idaho. He has also volunteered for the local Meals on Wheels program making and delivering meals to senior citizens in Lapwai and has served as a mentor for

younger student athletes in local youth and middle school track and football programs.

In addition to his academic accomplishments, Johnson is a standout student athlete who has excelled in football, basketball and track throughout his high school career. Johnson will be attending Whitworth University starting in the fall, where he received an academic scholarship and an undergraduate minority diversity scholarship. He will play football for the Pirates.

“I knew I was a finalist for the program, but I was really surprised when my principal told me I had been chosen for the scholarship,” said Johnson. “I'm really excited to be able to attend Whitworth – I visited their football program and I really liked their campus and the academic programs they offered. I just knew I wanted to go play football and get my degree there

SCHOLAR: continued on page 14



Benewah Medical gearing up for a busy summer

Ah, qhest! First and foremost thank you to each member of the community who attended and provided feedback at our Community Information & Listening sessions. The input and contributions were appreciated and very helpful in assisting us in our improvement efforts. We will provide a summary of what we learned in those meetings in the July issue of Council Fires. In addition to our three community meetings we have truly appreciated the feedback our dental patients have provided during our recent satisfaction survey. We continue to encourage you to use our patient comment cards and patient advocates to voice your observations and ideas to us.

Please note a number of upcoming events sponsored by our Diabetes and Community Health Outreach programs. Every Thursday our Diabetes Prevention team hosts a "Lunch 'n Learn" in the Wellness Center to discuss various topics related to health and wellness. Contact Brenna Van Dahlsen at 686-1767 for more information.

We are planning cooking classes in June with dates, times and locations to be determined

soon. These cooking classes will demonstrate proper food preparation and nutrition information and we will provide the meal being demonstrated to all who join.

On June 16 the Wellness Center will have its annual Sprint Triathlon. Registration information is available at the Wellness Center or on our website. Please contact Eva Windlin-Jansen, Fitness Manager for more information or if you have specific questions.

On July 13 we will have our annual "Block Party" with a variety of health related vendors and activities throughout the day. We invite you to bring a picnic lunch and enjoy the day with us. This event will again be located in the corner lawn between BMC and the Wellness Center from 11:00am - 3:00pm.

On July 21 the Diabetes Prevention team is again sponsoring the July'amsh Fun Run at the Greyhound Park; registration is free. Our activities are open to the public and we are pleased to have you join us. Watch for additional information on flyers and registration soon.

Dates, times, additional

information and other events are posted on our website, www.bmcwc.com/happenings or please feel free to call us at 686-1931.

The new facility is rapidly progressing now that the weather is a bit more settled. The placement of the permanent brick and sandstone exterior walls are almost finished. Inside the building, both the upper and lower level drywall has been completed and in some areas painting has begun. Windows are soon expected to be installed in the lobby exterior frame which will then enclose the whole building. The site roadwork and utilities are well underway again. We invite you to track the construction progress 24/7 on the two cameras viewable from the BMC/WC website, www.bmcwc.com; click on the "Future Home of BMC" link that will take you to the dedicated expansion site or go to: www.expansion.benewahmedicalcenter.com. Once you get to that site, click the "Progress" button and that will take you to the camera links.

Best wishes to everyone for an enjoyable summer!

Gary Leva, CEO
BMC/WC

Chronic pain is hard to explain

One of the hardest things about chronic pain is that only you know how bad the pain feels. There's no blood test that can show much you're suffering. There's often no outward sign, like a bandage or a cast. There's just the pain.

"Pain is always personal," says F. Michael Ferrante, MD, "It's invisible to other people looking at you -- and that can lead to a lot of mistrust and difficulties in relationships."

Whether you have low back pain, or migraines, or nerve pain, people might not understand or believe what you're going through. That suspicion might not only be shared by your in-laws or your boss, but even your doctor -- and that can have serious repercussions, preventing you from getting the pain treatment you need.

To get good control of your chronic pain -- and your life -- it's not enough to tell your doctor it hurts. You need to learn how to talk about pain: how it feels, how it rates on a pain scale, and how the pain affects you.

What Is a Pain Scale?

Everyone feels pain differently. Some people have conditions that should cause great pain, but don't. Others have no sign of a physical problem, but are in great pain. Your level of chronic pain can't be assessed in a scientific test or screening.

To help compensate for this problem, many doctors rely on pain scales to get a more concrete sense of a person's pain. You might have seen a pain scale in your doctor's office before. One common type shows a series of numbered cartoon faces moving from 0 (smiling and pain-free) to 10 (weeping in agony.) A doctor would ask a person in pain which face matched up with what they were feeling.

They might seem simple. But pain scales have a lot of good research behind them, says Steven P. Cohen, MD, associate professor in the division of pain medicine at Johns Hopkins School of Medicine in Baltimore. As chronic pain has shifted from being seen as a mere symptom to a serious condition in itself, pain scales have caught on as a tool to evaluate and monitor pain. While they're helpful for anyone in pain, they're crucial for some.

"Pain scales are especially important for people who might have trouble communicating clearly," says Cohen. That could include children and people with cognitive impairments.

Using the Pain Scale

Of course, one inherent problem with using a pain scale is that it's still subjective. A stoic person might describe their pain as a 2 on the pain scale, while another person would describe the same pain as a 6.

For a doctor to get a good sense of your chronic pain, just pointing to a single face or number isn't enough. Your doctor will need

some context, says Seddon R. Savage, MD, incoming president of the American Pain Society and an adjunct associate professor of anesthesiology at Dartmouth Medical School in Hanover, N.H.

Using the Pain Scale continued...

"I ask people to remember the worst pain they've ever experienced in their lives," Savage tells WebMD. "It might be a kidney stone or childbirth. That level of pain becomes the benchmark to which we compare the current pain."

She then tells people to evaluate their pain over the last week and asks them to assign a number to their pain at its most severe, its least severe, and its typical level.

"I also ask people to show me on the pain scale what an acceptable level would be," Savage says. "The fact is that we probably can't bring chronic pain down to zero. But we can aim for a level that still allows you a good quality of life."

Pain scales are especially helpful as a way to monitor pain over time, Cohen says. By using the same scale consistently with the same person, a doctor will get a good sense of how your pain is progressing and how well your treatments are working.

Describing Your Chronic Pain

Your doctor needs to know not just how much the pain hurts, but how the pain hurts, says Savage.

The kind of pain you're feeling can say a lot about the cause, experts say. Cohen says that pain that's caused by tissue injury -- like arthritis or a back injured while shoveling snow -- tends to be like a dull ache.

But nerve pain, which could be caused by many conditions, ranging from diabetes to sciatica, typically causes a more distinctive shooting pain. Others describe it as burning, buzzing, or electrical pain. Nerve pain is also associated with other sensations that aren't painful in themselves, like tingling or numbness, Cohen says.

Savage says that it's also important to discuss any variations in your pain. How does it change during the day? What makes it hurt more? What makes it hurt less?

When you see a pain expert, go in prepared. Be ready to describe your chronic pain, as specifically as you can, along with details about when the pain started. The more information you have, the easier it will be for your doctor to help treat your pain.

How Does Your Chronic Pain Affect You?

Beyond the severity and the type of chronic pain, there's a third factor you need to discuss. "It's really important to talk to your doctor about how your pain affects your life," says Savage. It's a crucial and often overlooked detail.

When a person comes into a doctor's office complaining of chronic pain, many doctors focus

PAIN: continued on page 15

Take healthy eye care seriously - see your provider

Vision plays an important part in our lives. It enables us to care for our families. We also use our sight to watch our families and our communities grow, to perform our day-to-day activities, and to get around. It is important to make sure your vision is healthy so it can last a lifetime. And that takes wise choices.

Research studies have found that diabetes is common among American Indians and Alaska Natives, and has increased substantially over the past two decades. Because American Indians and Alaska Natives have a higher risk of getting diabetes, they also have a higher risk of getting eye problems resulting from diabetes, such as diabetic eye disease. Diabetic eye disease is a group of eye problems that includes diabetic retinopathy, the most common eye disease in people with diabetes.

One of the most important things you can do to protect your vision is to get a comprehensive dilated eye exam. In this procedure, an eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a room. This allows your eye care professional to examine the back of the eyes for any signs of eye disease. Early detection and treatment can help to reduce your risk of vision loss and blindness.

"Diabetic retinopathy, glaucoma, and age-related macular degeneration [AMD] affect millions of Americans," says Dr. Sieving, director of the



National Eye Institute (NEI) of the National Institutes of Health. "These conditions were once untreatable, robbing people of their vision, mobility, and independence. Thankfully, in the last decade, medical researchers have developed highly effective, sight-saving treatments. However, these treatments are only effective if the disease is diagnosed before it causes vision loss. Since there are often no warning signs, regular dilated eye exams are important to early detection and treatment."

Your past is just as important as your future. Many eye diseases and conditions are hereditary and knowing your family history can help to determine if you are at higher risk. Make sure you pass on your history to the next generation so they can take care of their eyes, too. And, tell your eye care professional if anyone in your family has an eye disease or condition.

Other simple steps to keep your vision at its best include the

following:

Make healthy food choices—A variety of vegetables, especially dark leafy greens such as spinach, kale, or collard greens, should be an important part of your diet. Researchers have found that people with diets that contain higher levels of vitamins C and E, zinc, and omega-3 fatty acids (found in salmon, tuna, and halibut) are less likely to develop age-related macular degeneration.

Quit smoking or never start—Tobacco smoking has been linked to an increased risk of AMD, cataract, and optic nerve damage, all of which can lead to vision loss.

Wear eye protection—If you play sports or even work on home projects, it is critical to wear appropriate eye protection to prevent eye injuries.

For more information about eye health and tips for finding an eye care professional or organizations that provide financial assistance for eye care, visit <http://www.nei.nih.gov/healthyeyes>

~ Editorials ~

sne'kunmn

Adolph: thank you for supporting youth sports program

Once again I'd like to thank the CDA tribal Business Council and the Wellness Center for their support and dedication to Northwest Reservation sports boys basketball team the Northwest Elite we recently traveled to Lummi Nation to compete in the Lummi Youth Tournament April 13th thru April 15th. Our roster for that tournament was; Jackson Louie Jr.-Colville tribe, Eugene LaSarte-Colville tribe, Qwana Matheson-CDA tribe, Jason Holt-Spokane tribe, Charlie Reeves - CDA tribe, Leroy Arroyo - CDA tribe.

It was a great experience for our young men we had a really great time. The Lummi Nation really took good care of us and welcomed us in the Indian way. They fed us each day, housed our team for the weekend and were just super nice to us all. We had the money for that tournament was the gas and the Lummi Nation Councilman called me and said "get a team over here". All I'll take care of your guys and they did just that. The boys had a great time at the beach and of course playing basketball. There was 12 teams and we fought a good fight. I personally am proud of each one of our young men. They are representing their tribes with class and pride and learning life lessons and the importance of kindness and humility that was shown by the Lummi Nation. To our team Eugene Chubbs LaSarte received an All Star for his hard work and

hustle.

On April 20th thru April 22nd we traveled to the Tulalip Indian Reservation and again were welcomed with amazing hospitality. Josh Fryburg invited me to bring a team and we did. Our team stayed in the gym and the Tulalip Youth Council fed us each day. It was most kind of them and the young men in attendance were; Jackson Louie - Colville tribe, Eugene LaSarte - Colville tribe, Chance Williams - Colville tribe, Kieth Matt - Colville tribe, Qwana Matheson - Coeur d'Alene tribe, Jon Matheson - Coeur d'Alene tribe, Cooper - Coeur d'Alene tribe, Job Shimmel - Warm Springs, Johnson Leighton - Lummi Nation, Thomas Sanford - Coeur d'Alene tribe, and Jason Holt - Spokane tribe.

Thomas Sanford age 10 played with 2 teams. He played with the Tulalip and the NW Elite Boys. The tournament was 14 and under open so he gained valuable experience and some new friends over in Tulalip. He was excited and happy for the honor to participate and I'm very proud of his dedication to competing at a higher level.

We played some great elite teams in this tournament and we won 3 games lost 2 and ended up with fourth place. Again it was an exciting awesome opportunity for our young bucks to meet and play with other tribes, exposing themselves to Indian Country and the vast experience that comes

along with playing basketball on a competitive level. Jackson Louie Jr. showed his hustle and played his heart out to receive an All Star and all of our guys played hard and represented their tribes with honor I', proud of them and glad to be a part of their growth and development on and off the court, outstanding group of young warriors.

The Northwest Elite has some tournament coming up; "The Jim Thorpe Native American games in Oklahoma City Oklahoma on June 10th thru June 17th. To get to this tournament we will need parents, community members and local business support getting our youth playing on a National Level. Fundraisers and raffles are in the works, but individually we are asking for any help you can; offer ideas, gifts, anything to help us reach the Native American Games. If you have any ideas or just want to help please contact us at; northwestreservationsports@hotmail.com or like us on facebook; northwestreservationsports and get our contact info.

Special thanks to the Lummi Nation Steve Toby and Josh Fryburg Tulalip Youth Council Ernie Williams Colville Tribal Councilman. He been cheering us on at every tourney, the Wellness Center staff players, parents and fans.

*Lem Lem
Coach Adolph
Northwestreservationsports*

Torpey: members, employees shouldn't be afraid to speak up

I got something to say and It's time to speak out about the abuse and disrespect of tribal employees and tribal members and everyone needs to know about it so it is just not my words any more but everyone's to say.

I can imagine there have been many other incidents but people are afraid for losing their job if they speak out, the tribal government organization has been abusing

the "At Will" policy for too long, to me it is a sign of weakness that a person responsible for our tribal organization has to rule with fear of others rather than with respect and understanding of other persons concerns. I can imagine the majority of people affected by this policy are tribal members because they are usually the ones most concerned about what happens within the tribe?

This needs to be addressed and corrected before it gets worse.

This is the way our people are being treated and I have experienced this same issue with the tribal organization by trying to tell me that I can't talk to tribal council members or talk about issues to tribal members.

Of course you know my answer

TORPEY: continued on page 14

Sczenski: thank you for all your support during Council run

Dear family, friend and Tribal members,

I am writing this letter to say thank you for all of your support at the elections. I am confident that I will serve my people to the best of my ability.

Like I said: my door will always be open that is when I get one. I am supposed to get an office in the next few days. You should be able to call Tribal offices to get my number. Once again thank you.

*Councilman
Don Sczenski*

Mahoney: should not feel guilty for asking questions of Tribal Council

My name is Vicki Mahoney and I've been a Coeur d'Alene Tribal member all my life. I'm the proud mother of a 15 year old son who is also an enrolled member. I have been an employee of the CDA Tribe close to twenty years. Some of you may have seen me on distribution days, elections, as the Tribal Council assistant when you have come to see or visit a Tribal Council Member.

Any Coeur d'Alene Tribal member that knows me, knows that I am not an outspoken person but that I always try to treat everyone with respect, I always try to have a smile on my face and I try to get along with everyone. I also enjoy the job I have as the Coeur d'Alene Tribal

Council Executive Assistant.

I have a complaint about the way I have been treated. My job here is to work directly with the Tribal Council and I am in daily contact with all tribal council members. Just recently I had proposed a question to each member on council and was told by a director that my questions was an "unwarranted distraction from Council activities" and he criticized my question. In my position as "Coeur d'Alene Tribal Executive Assistant", I feel that my contact with them is very important and I don't deserve to be criticized for doing my job. When I received this email, I felt belittled and bothered that a director would send something so

Callahan: proud of tribal council run

I just wanted to say Congratulations to Leta, Don, and Chief for being elected to Tribal Council. You did it!

Running for Council is no joke! Even though I didn't get elected, I am very proud of myself, I am also proud of the other candidates that ran. It takes courage to step up to the plate and regardless of the outcome, we did that. I truly didn't realize that when you put your name in the hat and run for council, you essentially agree to be criticized by the membership. Running for council was an experience that I will never forget and also something that I will definitely do again. I want to say thank you to all of those who shared their concerns and ideas with me and helped me out along the way.

I am not going to lie, it's hard knowing that there are members

of the Tribe that feel that me and my kids don't belong out here because we are mixed with black and my husband is white; but their ignorance makes me believe even more that there is a reason why we are here. Racism is a worldwide problem and it is very unfortunate that it is happening in our own Tribe, we are minorities and should not be treating our own people wrong. Our kids need to know that racism has no place in our Tribe.

We are all Cd'A and we all have Cd'A blood running through us. I know that there is a long bumpy road ahead, but I am ready to gear up and take that ride. Thanks again and see you all next year!

*Live, Laugh, Love,
Treva Callahan
Tribal Member*

Campbell: council run not for the faint

When it comes to tribal council elections wimps need not apply. The Coeur d'Alene people have intelligent, aggressive and strong people who run for elected office. Our candidates will take you to task. They will point out your weaknesses and areas that must be improved if you are to lead.

I would like to thank and applaud the candidates because they take criticism as well as point it out. This helps make those elected stronger council members. I thank the people for voting, and I especially would like to thank my supporters, our community and the

Coeur d'Alene Tribe for giving me the privilege to serve the Coeur d'Alene Nation for the next three years.

I would also like to thank my awesome family. My large extended family supported me with their prayers and guidance throughout this campaign. In closing I can honestly say that no one can accuse me of picking on someone weaker than I. There were no wimps in this last council election race. Thank you,

*Leta Campbell
Tribal Council Member
lcampbell@rezmail.com*

Moffitt: please stay off all my property

For those that may not know me, my name is Julie Moffitt aka; Julie Joe. I pay my rent; I may not own my home [but] I'm on disabilities. It's against the law for a person to break and enter, steal, vandalize and [cause] bodily injury. A sign is posted, NO TRESPASSING-PRIVATE PROPERTY. Stay off my rafters, trees and leave my animals alone.

*Tribal member
Julie Moffitt*

condescending.

As an employee, a board member of the Election, and a Coeur d'Alene Tribal Member, I think I have the right to ask members of Tribal Council a question from time to time.

I wanted to voice my concern to the general membership, to vent my frustrations. I don't think it is right for staff to criticize and define what constitutes a "warranted" question to Council. Members of Council have stated that they have an open door, yet key staff, a director, tries to stop employees, tribal members from asking questions. Talked over, talked down too, criticized that your question is a distraction from Council activities. The director had CC me what he

thought, his opinion, of my question to Council was.

I am fortunate that I am in a position that I see members of Council almost every day. But what about those Tribal Members who are made to feeling guilty that their question(s) is of little consequence to ask their elected Tribal Leaders.

Members of Tribal Council have looked into my question and thank-you. Tribal Council, I appreciate your work and the difficult job that you have. And thank you fellow Coeur d'Alene Tribal Members for listening to me speak out.

*Lim Lemtsh
Vicki Mahoney, CDA Tribal
Member*

JOHNSON: cont. from page 8 208-2012, Honor Roll Student 2009-2012, Captain on 2011 football team, MVP 2011 football season, Offensive Player of Year 2011 football season, Captain on 2011-12 basketball team, Member of 2012 State basketball team, Member of 2009-2011 State track team, Native Youth Exploring Higher Education Participant 2009, Male Athlete of Year 2009, Preparing for Academic Excellence Camp Participant (PACE) 2007-2008 Bill Gates Millennium Scholarship, \$13,000 academic scholarship from Whitworth University. Job History; 2010-2011: Nez Perce tribe Counselor for PACE Lapwing, Idaho.

Vernie would like to thank his mom, dad, sister, grandma Shell, grandma Margie, grandpa Vernie, all his Aunties, Uncles, extended family and friends for their love and support.

SHAYLA: cont. from page 8

Davison and Shawn Myrick ; older sibling Nora Myrick, maternal grandparents Leonard Davison Sr. and the late Francine Mellon Tinney, Paternal grandparents: Viola Myrick and the late Lloyd Myrick.

There have been some challenges and I know that you will face many more challenges as you move forward and begin creating a life of your own, but I also know that if you approach those challenges with the same love and courage that you have now, you will find your way in life and you will be happy. You have made me proud, CONGRATULATIONS! Love Mom!

KAYLA: cont. from page 9

Myrick, maternal grandparents Leonard Davison Sr. and the late Francine Mellon Tinney, Paternal grandparents: Viola and the late Lloyd Myrick.

I don't tell you this anywhere near enough, but I am really proud of you. I absolutely adore the woman you have grown into. I love you so very much, and that is why today is one of the best days of my life, and also one of the toughest. It's one of the best, because you are now ready to get out there and take on the world, and I know you can do it. But it's one of the toughest because I am going to miss you terribly. CONGRATULATIONS! Love mom.

CHAPMAN: cont. from page 9

grandparents: Roberta Juneau and the late Eli Nomee, maternal grandparents: Virginia DeLorme and the late John DeLorme.

Congratulations JoJo! We are so proud of your accomplishments and love you very much! Mom, Dad, Nicole, Crystal, Sam, Amya, Alexa and Aralynn.

HIGGINS: cont. from page 9

for football, MVP for basketball and football and Chairman of CDA Tribal Youth Council 2011-2012.

He plans on Joining the U.S. Air Force

I'd like to thank my mother, Nicole SiJohn-Higgins, and my father, Darren "Texas" Higgins Sr. for their support throughout my entire school year and thanks for being my #1 fan's. A huge thanks to my grandma Cindy LaDeaux for being my 2nd biggest sports fan and all the support she has given me. And to my mini me, my baby bro DayDay, keep practicing everything I have taught you in basketball and football because one day you just might be better than me.

MITCHELL: cont. from page 9

announcer.

Cain's parents are Georgina Mitchell and Chad Gregg. His grandmother is Barbara Mitchell. He is the 6th of 9 children.

DAVIS: continued from page 9

suknaqwn (Okanogans) and Chief Morris Antelope schitsu'umsh (Coeur d'Alene). Paternal grandparents Milton Davis Sr. and Joyce Yallup Maternal grandparents Deb and Jeanie Louie. Daughter of Milton "Jewie" Davis nimiipu, winachapam (Wenatchee) wayampam (Yakima) and Umatilla and LoVina Louie Coeur d'Alene, Okanogan snaykst (Lakes) and nimiipu. We love you "Wa-wa"!

SEVERNS: continued on page 8

at LCSC/NIC since sophomore year in high school. Voted most likely to succeed, Potlatch 2009. Multiple Lionel Hampton Jazz Fest awards for Drums and Choir. Volunteer work for CASA program, American Red Cross, and CDA tribal fire department.

He plans to complete his associates degree at NIC and transfer to EWU or WSU to complete four year degree. Would like to move back to my hometown of Boston and attend medical school at Boston College or Boston University. I would eventually like to start a family and open up my own psychiatric practice.

I want to thank my Mom, Karen Severns for providing me with support and motivation; I strive to match her success someday. My Dad, Mike Severns for keeping me focused in my school work and providing me with much needed insight. I also greatly admire my dad's 23 year service to the U.S. Air Force. My Sister, Cami Severns for putting up with me and encouraging me to be the best that I can be. My Best friend Brian Grady for never letting me have a dull moment, he has supported me through everything. I also want to thank the rest of my Family and Friends for their continued support for me. It's been an incredible journey!

WHALEY: cont. from page 9

it. For my parents; Mabel and Miguel Arroyo for setting such high expectations for me, never giving up on me, and believing in me when I didn't. Also, a huge thank you to the Coeur d'Alene tribe for supporting me throughout all the years from sports to academics. It's a great feeling knowing how much the tribe is behind each and every one of us! Lastly, to the Class of 2012, we finally did it! I couldn't of asked for a better class to celebrate and share this special moment with, except you guys.

ARROYO: cont. from page 8

a wife, mother, and grandmother.

I first and foremost want to thank my husband Miguel, children: Dorisa, Michelle, Leroy, Devin, Alberto, and Joycelyn; and my granddaughter Kyra Rose for all their love, support, and encouragement because I wouldn't have made it without them. A huge "Thank You" to my mom and Jose for always being there for me and my Cousin (you know who you are). I am very thankful to all my family for believing in me even when I didn't believe in myself. In addition, I want to thank the Coeur d'Alene Tribe for their assistance and Norma and Stacey from DOE. It has been a long and tough road and I'm very thankful to have finally reached this milestone in my life.

KOM: continued from page 9

Patricia Harroun and Maternal Great Grandmother, Lucy Finley.

I'd like to give a special thank you to the Coeur d'Alene Tribe. Without their support my education at University of Washington wouldn't have been possible.

HENDRICKX: cont. from page 8

now that school is close to complete I look forward to having more time to devote to my family, raising my children and serving others."

I certainly did not earn this degree alone. I could not have accomplished much without the love and support from my best friend and husband, Justin. Thank you for taking on more than I'm sure you wanted to while I was endlessly reading or writing papers. Thank you to my children, Kamryn, Liam and Loudon for sacrificing so much of your "mom time." I promise it will not have been in vain and I hope that you someday realize how important this milestone was for our whole family. It was all for you, my loves! Thank you to all of my friends, family, co-workers and the Impact Church for helping me stay sane the last few years. Finally, thank you to my mom, Lora Hodgson, for instilling in me the importance of education and faith.

SAILTO: cont. from page 8

State University in the fall.

I would like to thank my mother, Frances Coffey, for being a wonderful inspiration. A special thank you and congratulations to my friend Jesse LaSarte! As well as a thank you to Evanlene Melting Tallow, the Native American student advisor at NIC. I am so thankful I have this opportunity and very grateful to the dept. of ed. to be able to help make this journey an easier one. I can't wait to get to WSU, GO COUGS!!!

LASARTE: cont. from page 9

B.A. Education with elementary certification

I didn't graduate on my own, so I would like to thank Katie and the Girls, my Dad and Ruth, my Mom, and Chee Chee for their support and love along the way. Also, thank you Norma at the Department of Education—I really appreciate your hard work.

COEUR D'ALENE'S
next royalty

THINK YOU'VE GOT WHAT IT TAKES TO BE
 MISS COEUR D'ALENE
 OR LIL MISS COEUR D'ALENE?

July 20th - 22nd

QUALIFICATIONS
 Must be a Coeur d'Alene Tribal member/descendant
 Miss Coeur d'Alene: 13-19 years old
 Lil Miss Coeur d'Alene: 5-12 years old

Contact Stacy Pluff with questions.
 208.771.3960
 s_pluff_77@yahoo.com

FRYBREAD bid!
Bids now being accepted
 for 1,000 pieces of frybread for Julyamsh.

Provide bid by June 22nd to:
 Yvette Matt / Coeur d'Alene Casino
 800-523-2464 x7273 • ymatt@cdacasino.com

JULYAMSH
2012
 THE LARGEST OUTDOOR POWWOW IN THE NORTHWEST!

July 20th - 22nd
 Greyhound Park, Post Falls, Idaho

SPECIALS Head Man
 Head Woman • Miss • Little Miss
 Committee Choice - All Around
 Prairie Chicken, Horse Tail,
 Old-style Round Bustle

Meet RJ and Jay Paul Molinere (Houma Indian Nation of Louisiana) of the History Channel's Swamp People.

Midnite Express
HOST DRUM

Francis Davison *Coeur d'Alene* HEAD MAN
 Susan Garry *Coeur d'Alene* HEAD WOMAN

Francis Culloyah *Kalispel*
 Tony Incashola *Salish-Pend d'Oreille* MCs

OVER \$145,000
IN TOTAL CASH PRIZES

HAND DRUM • FUN RUN/WALK • HORSE PARADE • ART AUCTION
 FOR MORE INFO 800.523.2464 www.julyamsh.com

Tillie Torpey receives Top Scholars award



Coeur d'Alene Tribal Member and Lakeside High School junior Tillie Torpey, along with 2 other classmates, was recently honored at North Idaho College in their The Top Scholars Program. The program is intended to draw attention to the best high school juniors in Idaho's Region 1 high schools. Sponsored by North Idaho College and the Region 1 high schools, the top 10 percent of each junior class was invited to NIC for recognition Monday, April 23 as part of the Top Scholars Program. The family noted that Tillie was the only Native American to receive the honor this year. Congratulations to Ms. Torpey!

Miss Idaho makes a visit to Plummer



Miss Idaho Genevieve Nutting visits the students of Lakeside's Success Center. She talked to the kids about goals and how hard work can help achieve those goals. She answered a lot of questions and gave each student an autographed photo.

TORPEY: cont. from page 12

to that? That has been my case for the last three years with "the problem" and finally an excuse to get me out of the tribal organization. But hey! Things happen for a reason. I'm proud of a fellow tribal member that is willing to speak up and I pray that others will grow the courage to speak out when things aren't right.

We don't always need tribal council to speak for us, we need tribal council to back us up and protect us from the Ego Monsters. We need to support each other as a community and help others gain the courage and to know they have a voice when things aren't right, the question is, will fellow tribal members have a voice and will that voice be heard by the elected? We'll see?

George Torpey

LESLIE LOUIE: cont. from pg. 9

Leslie Louie Graduated from NIC while there she received Post-Secondary Certificates in Computer Applications and Leadership Leslie plans to transfer her Business Leadership Degree to Lewis-Clark State College in the fall where she will study Business Marketing. Her final educational goal is to earn an MBA in American Indian Entrepreneurship from Gonzaga University. Leslie plans to utilize her marketing degree by being a "small business incubator" for our community. I want to give special thanks to the Dept. of Ed for helping me by encouraging me to go

back to school and mentoring me along the way, and being my biggest supporters throughout the whole process. I want to thank my husband Jackson Louie for committing himself to furthering his education with me and helping me along the way and encouraging me to push through the hard times. I also would like to thank my kids Isaiah, Charlie, Jasmine, Jay and Taylor, for helping out as much as they could with their brothers while Jackson and I attended classes and worked on our homework. I would also like to thank my bonus family, the Louie family for supporting Jackson and I along the way and encouraging us. I would like to thank my mother Kim Dotson,

Moose lottery applications due in August

Coeur d'Alene Tribe
25th Annual Moose Lottery

Application Deadline
August 3, 2012

Drawing Date
August 15, 2012

Controlled hunt permits are available for the harvest of moose on-Reservation and in the Ceded area. Only enrolled members of the Coeur d'Alene Tribe 14 years of age and older are eligible for the drawing. Contact the Wildlife Program at 686-6603 with any questions.

- On-Reservation tags and ceded area tags are available. These tags are all designated as either sex.
- Two on-Reservation, either sex, archery only tags are available. These tags will be good for two years (2012 and 2013 hunting seasons). Moose must be harvested with the use of legal archery equipment if one of these tags is drawn.
- There is a three year waiting period if you were selected in last year's drawing. Designated Hunters are also included in the waiting period, as well as the individual they were hunting for.
- All successful applicants must pick up their tags in person before September 1, 2012. All unclaimed tags will be reallocated to alternate hunters.
- Hunter report forms are mandatory for all hunters and must be returned before January 31, 2013.

Coeur d'Alene Tribe
2012 Moose Lottery Registration Card

Name: _____ **Date:** _____
Tribal ID: _____ **Date of Birth:** _____
Address: _____ **Phone:** _____

Please select either the Archery Tag, or rank your preference of On-Res or Ceded Tags (e.g. #1, and #2). You cannot apply for the Archery Tag if you apply for On-Res/Ceded, and vice versa.

Hunt Preference:

<input type="checkbox"/> On-Res (either sex)	<input type="checkbox"/> On-Res Archery (either sex)
<input type="checkbox"/> Ceded Area (either sex)	

Return all entries to the Wildlife Program at P.O. Box 408, Plummer, ID 83851. Entry must be received by close of business August 3, 2012 to be eligible for drawing. Incomplete applications will not be accepted.

SCHOLAR: continued from pg. 10

and I'm honored that the Gates Millennium Scholar Program is going to help me do just that," he continued. "The Coeur d'Alene Tribe is really proud of Ronnie - he has already accomplished so much both academically and athletically. He's a great role model for all of our tribal kids and he's definitely a rising star in our tribe," said Coeur d'Alene Tribal Chairman Chief Allan of Johnson. Johnson's father, Vernie Johnson Jr., said "Ronnie's always been a go-getter and Lori and I always knew he would do great things. He has such a bright future in front of him- we are very proud." Johnson was recommended and nominated to apply for the scholarship by the school's

Athletic Director, Mary Lynn Walker and was encouraged by his science and English teachers to complete the application process. Approximately 24,000 students applied to the GMS Program and Johnson was one of 1,000 new students who received this year's award. "Education continues to be the best pathway to opportunity, and we believe that college costs should not be an obstacle along that path," said Jim Larimore the deputy director for student success at the Bill & Melinda Gates Foundation. "That's why scholarships like the Gates Millennium Scholars Program and others are so important. Scholarships provide students who have the will to get a postsecondary education with a way to get one, thereby securing a

better future for themselves, their families and their communities." The GMS Program is funded by a grant from the Bill & Melinda Gates Foundation and was established in 1999 to provide outstanding low income African American, American Indian/Alaska Native, Asian Pacific Islander American, and Hispanic American students with an opportunity to complete an undergraduate college education in any discipline they choose. The Program provides recipients with leadership development opportunities, mentoring, academic and social support as well as financial support. The Program is known for its recipients' high graduation rates - a six-year rate of 90 percent (45 percent higher than the national graduation rates for all students).

J. LOUIE: continued from pg. 9

Jackson Louie graduated from North Idaho College, while there he received Post-Secondary Certificates in Computer Applications, Foundations, General Business, and Supervision Jackson plans to transfer his Business Leadership Degree to Lewis-Clark State College in the fall where he will study Business Management. His final educational goal is to earn an MBA in Business from Gonzaga University. Jackson plans to utilize his Business degree at the CDA Casino or other Tribal entity. I'd like to thank my wife,

Leslie, for enrolling me in school and helping me succeed in my AAS degree. I would also like to thank Dept. of Ed staff; Dr. Meyer, Kathy Albin, and Barbara Jackson, for their hard work and encouragement to get me through the program successfully. I also would like to thank my kids, parents and brothers and sisters for encouraging me along the way and helping us out however they could to accomplish our goals and continue to accomplish our future goals. My words of wisdom to those that follow are, a building is only as strong as its foundation and the Dept. of Education is a strong foundation to build your dreams off of.

Tribal and community members participate in Bloomsday 2012



Gina DeLorme 1:17:02, Joseph Chapman 1:07:33, Lori DeLorme 1:24:54



Sue Garry and Jeanne Givens. Jeanne: it was a lot of fun. It was tiring but we did well. Dooms day hill was not a problem. We walked and enjoyed the pace. Feet hurt a bit. We started near the very end, 3:30 when we crossed. Sue would like to say thank you to the Coeur d'Alene Tribe Healthy Balance Program and my Sisters and brother who helped support me, it was a great accomplishment



Kjell Schiöberg, Exercise Specialist at the Benewah Medical / Wellness Center ran Bloomsday. It took me 43.06 min, what got me in 94th place overall



Joanna Curley, Sunni Jo Mullen and Ida "JR" Gustin. This is before the start, our second year, the first year (last year) was to get a shirt and actually say we earned our shirts; and they were an ugly yellow, so we had to sign up one more year, and this year the shirts were great!

- Joseph M. Matt Sr.
2:24:47
- Samantha C. George
2:59:40
- Darian W. Dalton
1:45:32
- Tempest A. Pierre 3:03:57
- Jaeden T. Matt
1:51:51
- Lucky S. Matt
2:42:06
- Shawna Daniels
1:34
- Jennie Darnold
1:34
- Gary Leva
1:40:39
- Willard M. Spottedblanket
2:30:36
- Glen MacPhee 1:37 (has run in every Bloomsday)
- Mitch Michael Jr.
2:07:27
- Susannah Scaroni participated in Bloomsday 2012 wheelchair division . She was the 2nd place finisher in the women's wheelchair division with a time of 36:06.3.

Coeur d'Alene Tribal Child Support Program staff here to help parents with issues

By Briana Havier

The Coeur d'Alene Tribal Child Support Program (TCSP) has been up and running since December 15, 2010 and began working on child support cases as of March 2011. We are in full swing and looking forward to assist you with your child support case. You can contact us at 208-686-5200. Or if you would like to speak with one of our case workers in person, our office is located at 845 P Street, Building #2, Plummer, ID 83851. It is the middle modular between the Social Services Administration Building and Career Renewal.

Meet the staff of the Coeur d'Alene Tribal Child Support Program:

Misty Lowley: Program Manager, Colville Confederated Tribes. My name is Misty Lowly and I am currently the Program manager for the Coeur d'Alene Tribal Child Support Program. I Graduated in 2007 from Spokane Community College with an A.A. degree. I then transferred to Eastern Washington University and graduated in 2009 with a B.A. degree. My major was Sociology with a minor in Criminal Justice and American Indian Studies. I have two children, Kristopher age 19 and Rachel age 12. I also have a 6 month old granddaughter named Gabriella.
Carol Pluff: Finance Specialist

Coeur D' Alene Tribal member. I have been employed at TCSP for just over a year now as the Financial Specialist. Prior to that, I was an asst. court clerk, for about 10 years. All together I have worked for the Coeur d' Alene Tribe for over 16 years.

Mona Daniels: Senior Case Specialist, Coeur d'Alene Tribal member. I have a B.A. and Masters degree in Social work, I have been with the Tribal Child Support Program 1 and a half years. Prior to that, I worked with the Indian Child Welfare Department for the tribe for approximately 3 years.

Toni LaDeaux: Case Specialist, Coeur d'Alene Tribal member. Although I have only been working for the Tribal Child Support Program for 6 months, I've realized I really like the job that I do. I like being able to help custodial parents get the child support they need in order to take care of that child. I also like helping the non-custodial parents obtain an obligation that is more affordable, rather than be in debt.

While attending North Idaho College, I worked at Coeur d'Alene housing for 3 years. My main job duties there was working with elders and helping them live independently. I originally went to college with a major in computers. After a semester, I quickly changed my major to Social Work, realizing that I would rather help people

then fix or work on computers all day. I Graduated N.I.C. May of 2011, with my A.S. in Social Work and a Minor in Psychology.

Carmel McCurdy: Program Attorney, I Graduated from University of Idaho College of Law and became a member of the Idaho State Bar in 1997. I served as a law clerk for the Hon. Ronald D. Schilling, 2nd Judicial District Court, and then held various positions as deputy prosecutor, in private practice, and as the prosecuting attorney for the Nez Perce Tribe Child Support Enforcement Program prior to becoming the attorney for the Coeur d' Alene Tribal Child Support Program in July, 2011. I like warm weather and

enjoy riding my motorcycle whenever the weather cooperates.

Briana Havier: Intake Specialist, Coeur d' Alene Tribal member. My name is Briana Havier and I am currently the front desk Intake Specialist at the Coeur d' Alene Child Support Program, daughter of Yolanda Guadian and Larry Havier. I've recently moved up here from Arizona and within the couple days I was here my grandmother Joenne Zepeda helped me get this job.

Before I moved to Idaho, I received my General Education Diploma from Central Arizona College. Even though I have been working for the T.C.S.P. for a short 6 months I really

enjoy what I do and what I've learned so far and look forward to working more with the tribe.

TCSP can: Establish & Enforce Child Support Orders; Assist in location of missing parents and/or assets; Modify Child Support Orders.

Coming Soon: TCSP is working to be certified and trained in doing Genetic Testing for Paternity Establishment.

TCSP is also working to be able to accept "in-kind" payments. Stay tuned for more information on both of these services that will soon be provided by our program. TCSP CANNOT ASSIST WITH CUSTODY OR VISITATION ISSUES

PAIN: continued from page 11

only on the cause. Obviously, treating any underlying condition or disease is important. But your doctor also needs to focus on the symptom that brought you into the office: pain.

Savage says that you should think about the specific ways your chronic pain is affecting you. Does pain wake you up at night? Has chronic pain made you change your habits? Do you no longer go on walks because the pain is too severe? Has it affected your performance on the job -- maybe even putting your ability to work in jeopardy?

Giving specifics about how your chronic pain is impinging on your life and changing your behavior is key, Savage says. "It helps your

doctor understand how much you're suffering and appreciate the pain as a problem that needs treatment," she tells WebMD.

Getting the Right Chronic Pain Treatment

Often, chronic pain is really more than just pain; it's a constellation of related symptoms and conditions. You might need treatment not only for the pain, but for the underlying cause. You might also need treatment for other problems that developed as a result of your pain -- sleep problems, depression, anxiety, or secondary pain.

"Treating chronic pain is not as simple as taking a single medication," Savage says. "It's more of an ongoing process." To control pain, it often takes a number of different experts working together. That could include your GP, a pain specialist,

a physical therapist, a psychologist or psychiatrist, other specialists -- and you.

"The patient is really the most important member of the team," Savage says. While doctors can offer possible treatments for your chronic pain, only you can tell how well they're working.

"Patients who have the 'fix me, Doc' idea tend to do poorly," says Ferrante. Instead, you need to take an active role in your medical care. Be ready to talk about your chronic pain and how it affects you -- and be prepared to advocate for yourself, even in the face of doubt.

"You can't listen to the people who doubt the pain you're feeling," Ferrante tells WebMD. "You can't give in to their negativity. You must have faith in yourself and keep trying to get the right treatment."

STRUGGLING WITH DRUGS OR ALCOHOL?

The Healing Lodge of the Seven Nations provides residential chemical dependency treatment for tribal youth, right here in the Northwest.

SERVING YOUTH 13-17 YEARS OF AGE



90 to 120 day treatment program

Expressive Arts • Social Justice • Recreational opportunities •

Native American cultural base • Music Program complete with recording studio

Admission Contact: Dorothy Poppe • Phone: 509-795-8340 •

dorothyp@healinglodge.org • 5600 East 8th Avenue • Spokane Valley, WA 99212

Enrolled tribal members or direct descendants (children and grandchildren) have their treatment paid directly by Indian Health Service, never a cost to tribal programs.

Recovery is just a call away. (509) 795-8340