



509-634-2733

# Vocational Rehabilitation

## Special points of interest:

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

Language Class at Omak  
Voc Rehab Mondays 4-530

Omak Elders fundraiser  
May 4 Fry bread chili feed  
and yard sale St Josephs  
church.

MAY 16 Plant a Tree Day

April 29-May 5 National Week  
of Action for MMIWGP

Event MAY 6 4 PM Gov Cen-  
ter

Job skills training 10AM  
Tues and Thursday Omak  
TANF Office

Mon and Wed Government  
building TANF 10 AM

Daryl Toulou 634-2921

## Mothers Day

According to The Old Farmer's Almanac, in the U.S. Mother's Day is celebrated annually on the second Sunday in May. This is why the date changes year-to-year. This year Mother's Day is on May 12, 2024

tum	female's mother
sk <sup>w</sup> uy	male's mother
stmtima?	maternal grandmother
qáqna?	paternal grandmother
tkhmilx <sup>w</sup>	woman
sma?m?im	women



As we leave behind an April unlike any we've ever known, Mother's Day is almost here, and I want to let all the moms out there know that I will certainly be **celebrating you on Mother's Day**. In fact, *I'll be recognizing mothers of ALL types* - from birth moms to adoptive moms, foster moms, fill-in moms and women who desperately wished for children of their own. The beauty in Mother's Day is that there's room to honor all the love in the many forms mothering takes.

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## DUCK SINGS FOR HER CHILDREN

*At Whirlpool Place (Koashka) there lived a duck with lots of little ducklings. She told her children to go to the river and have a bath. She said, "I will sit on the bank and sing for you." They got to the river. The mother sat on the bank, and she started to sing. She said, "When this song ends, jump in all together." At the last word of her song, the ducklings jumped in and went under the water and came up again far off. They swam around and came back to their mother. She sang her song again and each time they ducked and swam and came back to her. folk tales of the Cochiti Puebloan peoples in New Mexico*





PRACTICE  
TRADITION,  
BUILD THE  
FUTURE, TRAIN  
FOR  
OPPORTUNITIES



TERO SMALL ENGINE  
REPAIR CLASS OF 2024



**TERO JOB DISPATCH**

**Mariam Barrow**  
509-634-2729

**Training Requests**

**Roberta Bearcub**  
509-634-2719

**May Trainings:**  
**Government bldg.**  
**Nespelem**

- **Hands on Carpentry May 20-24 8-3PM**
- **Cabinet and Countertops May 13-17 8-3PM**

**REQUEST FOR PROPOSALS:**

**RFP** | Colville Indian Housing Authority, Comprehensive Housing Needs Assessment | **Closing Date May 29, 2024**

**RFP** | Janitorial Services at Chief Joseph Hatchery, Bridgeport, WA | **Closing Date May 10, 2024**

**RFP** | Construction services for the Antoine Creek enhancement project | **Closing Date May 13, 2023**

**RFP** | Engineering services for the Upper and Lower s̓x̓itkʷ (Chewuch River) enhancement projects | **Closing Date May 7, 2024**

**RFQ** | Colville Indian Housing Authority Project, Bathroom Fan Project, Multi-Unit Apartment Complex, Arrow Lakes Apartments Units

**TERO**

#29 A-F and #33 A-F, Twelve (12) Units 29 Short Cut Road Inchelium, WA 99138 | **Closing Date May 8, 2024**

**RFB** | Williams Flat Fire Salvage North Packet | **Closing Date May 31, 2024**

**RFP** | Provide Design for Motor Control Center at the Colville Tribes Resident Fish Hatchery | **Closing Date May 17, 2024**

**RFP** | Design and Construction of a 28 ft. by 8 ft 6 in Mono Hull Landing Craft Research Boat | **Closing Date May 3, 2024**

**RFB** | San Poil District Forestry has 3 excavator scalping contracts up for bid | **Closing Date May 3, 2023 PDF** | Devils Elbow Fire Map

**RFB** | San Poil Forest, Williams Flats Fire Mechanical Scarification South | **Closing Date May 3, 2024**

**RFP** | Replace Roof Membrane on 3 Buildings at Chief Joseph Hatchery, Bridgeport, WA | **Closing Date May 3, 2024 PDF** | **Q&A as of April 15, 2024**

**RFP** | Weaving Artistic Narratives: A Call for Local Artists to Connect in Educational Settings For Omak, Inchelium, Nespelem, and Keller Districts

Colville Confederated Tribes Head Start Program | **Closing Date May 15, 2024**

**Did you know...**  
**If you haven't updated your TERO Application in the past 6-months, you may lose eligibility to be dispatched to a project. Please ensure**

**that we have a current application on file so that we can contact you with job and/or training opportunities.**

**Questions call Roberta Bearcub 509-634-2719**

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



Omak New Skate Park



Craig after a hard day at work

THANK YOU

# Voc Rehab month of May

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

- SHARE
- MAYDAY
- LABORDAY
- AGATE
- EMERALD
- SUPPORT
- ABILITY
- MEMORIAL
- MOTHER
- EMPLOYMENT
- GREEN
- HAWTHORN
- LILY
- POSITIVE
- MENTALHEALTH



Play this puzzle online at : <https://thewordsearch.com/puzzle/7031716/>

## VOCATIONAL REHABILITATION



Franco clean up day working in the community garden-

### Our Mission:

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

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

### Who is Eligible:

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

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



**May is Arthritis Awareness Month**, an opportunity to inform people about this complex family of debilitating diseases. While most people have probably heard of arthritis, it's likely that many of them don't know much about the impact of arthritis, the #1 cause of disability in the United States. That's why, during Arthritis Awareness Month every May, the Arthritis Foundation calls extra attention to this painful and debilitating condition that affects nearly 60 million men, women and children in the U.S.

### Position Yourself for Comfort

Think **ergonomics** when it comes to managing arthritis pain and avoiding strain and stiffness. Your body should be comfortable with the equipment you use, from your computer keyboard to the chair you sit in.

- **Move often**
- **Place your computer monitor so you don't have to look up**
- **Sit with your upper back straight and your shoulders relaxed**
- **Support your arms**
- **Place your feet firmly on the floor**
- **Keep your main work tools within arm's reach**

### Choose the Right Chair and Other Equipment

If your office doesn't provide an appropriate chair or other equipment for your needs, it may be within your rights to request a workplace accommodation.

- **Select a chair with lumbar support**
- **Pick a chair that swivels and rolls**
- **Find the right size chair**
- **Tweak the fit of your chair**
- **Rest your head**
- **Set up a document holder**
- **Raise your laptop**
- **Use a headset**
- **Try an ergonomic keyboard and mouse.**



*Employers can help their employees who have arthritis as well as their organization with free information and resources from the Arthritis Foundation. Learn more at [Arthritis@Work](mailto:Arthritis@Work).*



## May is Better Sleep Month

**3 Tips on How to Get Better Sleep** Sometimes all it takes to get into a better sleeping routine is a gentle nudge. To get your regular "zzz" sessions back on track, make sure to review the following three sleep tips.

1. Put yourself on a sleep schedule. One of the most fundamental parts of sleeping well is also one of the most difficult. Experts recommend going to bed at the same time each night and waking up at the same time each morning. Being disciplined about a regular bedtime and not deviating on the weekends or special occasions can help your body relax on cue and fall asleep predictably.
2. Avoid sleeping enemies. There are a number of enemies to a restful night's sleep, including drinking caffeine or exercising too late in the day, drinking alcohol, eating a big meal before bedtime, and using electronic devices that emit blue light before bedtime. Following a [proper sleep hygiene regimen](#) can help you avoid these anti-sleep factors.
3. Make your bedroom as pro-sleep as possible. The elements that contribute to a sleepy slumber den include temperature (make sure your room is not too hot), sound (make sure your room isn't prone to noisy disruptions), and simplicity (try to remove items from your bedroom to help quiet your brain and eliminate distractions).

If you're ready to revamp your sleep routine this May, make sure to visit the American Academy of Sleep Medicine (AASM) page on [healthy sleep habits](#) for even more tips



<https://www.ncwlibraries.org/online-resources/>

Consumer research, homework help, digital skills classes, newspapers, crafting, genealogy, and more! All of our resources are free – all you need is a library card and a device capable of getting online

All FREE RESOURCES

Test & Career Prep -Peterson

Learn a New Skill - LinkedIn Learning

Movies & Documentaries-Kanopy

Learn a Second Language- Rosetta Stone

Our Largest Selection of Digital Books-Libby

May Awareness

- ALS Awareness Month
- Apraxia Awareness Month
- Arthritis Awareness Month
- Better Hearing and Speech Month
- Borderline Personality Disorder Awareness Month
- Cystic Fibrosis Awareness Month
- Mental Health Month
- National Mobility Awareness Month
- Nurses Month
- 12 International Awareness Day for Chronic Immunological and Neurological Diseases (CIND)
- 18 Global Accessibility Awareness



Phone: Toll-free (800) 736-0979 or (509) 429-6704. Parent to Parent of Okanogan County walks alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.





# HIGHER EDUCATION



## CCT FINANCIAL AID

### DEADLINE DATES

1st term: Fall - August 1st

2nd term: Winter/Spring- December 1st

3rd term: Spring- February 1st

4th term: Summer- May 1st

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

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

**Southwest Wing- 3rd Floor**

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

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

## LIBRARY

### OUR PURPOSE

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

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

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

### JOIN THE BOOK CLUB

We are always looking for **NEW** members to join the Book Club. The only Criteria is that you are open to reading a variety of books and that you are able to read at least one book a month. Copies are limited



APRIL'S BOOK

"A READER LIVES A THOUSAND LIVES BEFORE HE DIES." - GEORGE R. R. MARTIN



Call to register:  
Nespelem Library  
12 Lakes Ave  
(509) 634-2791

## MT TOLMAN FIRE CENTER

### Attention Emergency Fire Fighters

- Make sure MTFC Dispatch has all of your current contact information
- Be ready for a U.A.
- Be willing to take a Physical
- Be able to pass the 3.0 mile, 45 lbs., under 45 minute Arduous "Pack Test"

And always stay hydrated!

**We're organized into four main departments and provide roughly 60 seasonal and non-seasonal employees.**

**The Departments within Fire Management include.**

- **Fuels:** Prescribed Fires, Hazard Fuels Reduction Wildland Urban Interface, and Monitoring.
- **Logistics:** Dispatch, Warehouse, Mechanics, Fire Prevention and Lookouts.
- **Operations:** Wildland Fire Suppression, Aviation Management, Engines and Operators.

**Finance:** Accounting, Purchasing and Time keeping.

**Normal business hours are, Monday - Friday from 7:00 am to 4:30 pm.**

**During fire season, Sunday - Saturday from 7:00 am to 6:00pm.**

**Dispatch hours are 24 hours a day during fire season.**

**MTFC Dispatch can be reached at 509-634-3100**

**CALL ABOUT PACK TESTS AND REFRESHER COURSES  
IN MAY**

**509-634-3100**



**Saturday, May 18, 2024**

**Sabado 20 de Mayo, 2024**

**9:00am-2:30pm**

**Omak East Side Park Fitness Trail**

**HANDS ON CARPENTRY**

Provided by the CCT TERO department

WHEN: MAY 20TH - 24TH	WHERE: CCT AUDITORIUM	TIME: 8:00-3:00
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FOR MORE INFORMATION CONTACT CCT TERO FRONT DESK AT EXT. 2716 OR 2719

**CABINET & COUNTERTOPS**

Presented by the CCT TERO Department.

TIME: 8:00-3:00	WHEN: MAY 13-17	WHERE: CCT BUILDING AUDITORIUM
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REGISTRATIONS AVAILABLE IN THE CCT TERO OFFICE.  
FOR MORE INFORMATION CONTACT THE CCT TERO OFFICE: EXT. 2716 OR 2719.

**Let's Grow Spring Garlic!**

**Inchelium Red Garlic!**  
Grab & Go! Pick up at: **Omak TANF Parking lot**  
Wednesday, May 1, 2024  
1:30pm - 3:30pm

- Food with a history -  
Revitalize & Re-energize!

Must complete survey to receive your garlic. Visit the link or the QR Code to complete on line or you may complete a paper copy when you pick up garlic.

[https://wsu.co1.qualtrics.com/jfe/form/SV\\_8uL7KfFh81V400](https://wsu.co1.qualtrics.com/jfe/form/SV_8uL7KfFh81V400)



Oldest strain of garlic grown in North America, it was found in Inchelium, Washington. It is believed to have been grown far before the arrival of English settlers.

For more information contact:  
Linda McLean - (509) 634-2305  
or  
ljmclean@wsu.edu



A collaborative effort between Colville Confederated Tribes, Washington State University Extension & USDA NREIP Award # 2022-0325. Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported to your local Extension office. Persons with disability requiring special accommodations while participating in this program may contact WSU Colville Reservation Extension, PO Box 150, 22 Nequamen/Sun Path St., Nequamen, WA 99135, (509)634-2305, or [ljmclean@wsu.edu](mailto:ljmclean@wsu.edu) at least one week before the program.

**Upcoming Events**

**THE BIG FIX!**  
FREE SPAY/NEUTER EVENT FOR LOCAL ANIMALS

ALL PATIENTS WILL BE REGISTERED ON A FIRST COME, FIRST SERVED BASIS  
ALL PATIENTS MUST BE AT LEAST 2LBS & 2 MONTHS OLD  
MAY 6-9, 2024  
OKANOGAN COUNTY FAIRGROUNDS AGRIPLEX  
7:30 AM-REGISTRATION BEGINS!

IP TRIMES PAWS cause DONATE HERE!

Mon, May 06

**THE BIG FIX! FREE Spay/Neuter Clinic**

**DJ Workshop, Eagles Nest Housing Omak, WA., 25 May 2024**



**Mayday** is an internationally recognized radio word to signal distress. It's used mostly by aircraft and boats, and most of us are happily only familiar with it through TV and fiction. It appears as both an interjection ("Mayday! Mayday!") and to modify a noun ("a mayday signal"). The **May Day** that refers to the first of May has been in English for a very long time—back to the 1200s, in fact—but it's not what inspired the call for help. International Workers' Day, also known as Labor Day in some countries and often referred to as May Day, is a celebration of laborers and the working classes that is promoted by the international labor movement and occurs every year on 1 May, or the first Monday in May.

