

RSIC Lawsuit Against Thacker Pass Lithium Mine



Federal Judge Miranda Du Denies Tribes Injunction, Fight Continues

URGENT CALL FOR SUPPORT!

Go to www.protectthackerpass.org to see how you can help

Photo Provided by: Max Wilbert

**Open to RSIC Tribal Members Only, During COVID-19.*

JOIN OUR ONLINE



Tribal Council Meeting

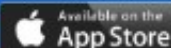
WEDNESDAY, OCTOBER 13 & 27, 2021 | 6PM



***PUBLIC COMMENT WILL BE READ INTO GENERAL COUNCIL MINUTES**
Deadline to Submit is Wednesday of Meeting, October 13th at 4pm.

For Public Comment Form, email bsam@rsic.org or 775-329-2936

DOWNLOAD THE ZOOM APP



To Attend ZOOM Tribal Council Meetings or Questions,
Contact Public Information Officer, Bethany Sam,
at bsam@rsic.org or 775-842-2902

Deadlines, Mailing List

The Camp News Profile

Started in the early 1980s, *The Camp News* is the monthly publication for the Reno-Sparks Indian Colony (RSIC) community. The newsletter is produced monthly out of the RSIC Public Relations Office, and duplicated and distributed by the RSIC Administration Front Office.

SEND US YOUR NEWS

The deadline for all print submissions to be considered for publication in *The Camp News* is 5 p.m., the second Thursday of every month.

CONTACT OUR STAFF

E-mail your submissions to newsletter@rsic.org, bsam@rsic.org or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

CIRCULATION

If you live outside Washoe County and would like to receive *The Camp News* via U.S. Post Office, please contact us with your mailing address.

If you have a problem with delivery, please call us at (775) 329-2936.

ELECTRONIC EDITION

For those of you who would prefer to get an electronic version of *The Camp News* or just read it on-line, please see: www.rsic.org and PDFs of our publication are available.

If you have questions, call us at 329-2936.

September / October Important Dates

- 29- Special Economic Development Tribal Council Meeting, via ZOOM, 6pm email bsam@rsic.org or text/call 775-842-2902 for zoom meeting invite.
 - Northern Nevada Food Bank at Hungry Valley Gym Parking Lot, 9am-10:30am.
 - RSIC Language & Culture Virtual Zoom Bead Session 6pm- 8pm (Email Stacey Burns, sburns@rsic.org for Zoom ID and Passcode).
 - Hungry Valley Alcohol Anonymous Virtual Zoom Meeting @ 6pm. More Info, call 775-433-5327.
- 30- National Wear Orange Shirt Day for Residential School Children.
- 7- Deadline to submit Declaration of Candidacy for RSIC Tribal Elections.
- 11- Reno Indigenous People's Day
- 13- General Tribal Council Meeting, via ZOOM, 6pm. Email bsam@rsic.org or text/call 775-842-2902 for zoom meeting invite or public comment form.
 - RSIC Language & Culture Virtual Zoom Bead Session 6pm- 8pm (Email Stacey Burns, sburns@rsic.org for Zoom ID and Passcode).
 - Hungry Valley Alcohol Anonymous Virtual Zoom Meeting @ 6pm. More info, call 775-433-5327.
- 22- Food Bank of Northern Nevada, HV Gym Parking Lot, 9am-10:30am
- 20- Nevada Indian Territory & Patagonia Land Acknowledgement Ceremony, 1pm-4pm. More info, paduah@live.com
 - Harvest Moon
 - RSIC Language & Culture Virtual Zoom Bead Session 6pm- 8pm (Email Stacey Burns, sburns@rsic.org for Zoom ID and Passcode).
 - Hungry Valley Alcohol Anonymous Virtual Zoom Meeting @ 6pm. More Info, call 775-433-5327.
- 26- Commodity Food Distribution, 34 Reservation Rd, 8am-12pm.
- 27- Special Economic Development Tribal Council Meeting, via ZOOM, 6pm email bsam@rsic.org or text/call 775-842-2902 for zoom meeting invite.
 - RSIC Language & Culture Virtual Zoom Bead Session 6pm- 8pm (Email Stacey Burns, sburns@rsic.org for Zoom ID and Passcode).
 - Hungry Valley Alcohol Anonymous Virtual Zoom Meeting @ 6pm. More Info, call 775-433-5327.
- 29- Happy Nevada Day! RSTHC & RSIC Admin Offices CLOSED.

Find the most up-to-date info on RSIC's Facebook.
If you'd like to receive RAVE Alert text messages,
call/text 775-842-2902 or bsam@rsic.org or bharjo@rsic.org

FOLLOW US AT:



www.rsic.org



SPECIAL NOTICE



Reno Sparks Indian Colony

Tribal Election

Saturday November 6, 2021

POLLING TIMES - 7:00 AM TO 7:00PM

POLLING LOCATIONS - TBA

(4) TRIBAL COUNCIL SEATS OPEN

**THE PRELIMINARY ELIGIBLE VOTERS LIST
WILL BE POSTED AT THE FOLLOWING**

**ADMINISTRATION OFFICE FRONT WINDOW
- 34 RESERVATION RD. RENO, NV 89502**

RSIC WEBSITE - WWW.RSIC.ORG

Please make necessary address and name changes with the RSIC Enrollment Office as the Election Committee will be mailing date sensitive material out to all enrolled members.
Enrollment Office Phone: 775-786-3363

THANK YOU

RSIC ELECTION COMMITTEE

E-MAIL: RSICELECTIONCOMMITTEE@RSIC.ORG

Lithium Nevada and supporters of the proposed Thacker Pass lithium mine project love to claim that the mine will bring jobs to the area. This may be true. But, even if it is true, the mine will also bring more air, water, and soil pollution. The mine will also lead to escalated crime against women, especially indigenous women.

The Final Environmental Impact Statement prepared by the Bureau of Land Management notes that soil and water will be contaminated with sulfates, arsenic, antimony, and uranium, for example. Long term exposure to antimony can result in chronic bronchitis and chronic emphysema. And, this is in an area where wild fire smoke is already wrecking local air quality. Long term exposure to arsenic can lead to skin lesions and skin

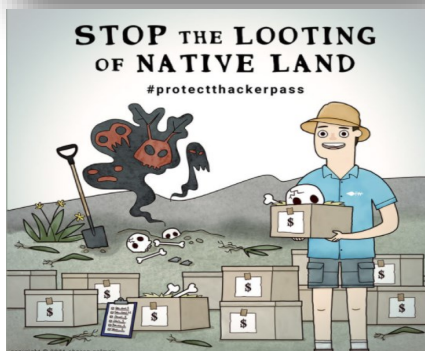


Photo of Thacker Pass Camp Entrance

cancer. Long term exposure to uranium can lead to kidney damage and liver and bone cancer. And, this is in an area where Fort McDermitt tribal members have already been killed by cancer from working at the McDermitt and Cordero Mercury mines.

This kind of pollution affects children, the elderly, and the sick at much higher levels than it affects others. So, the question is: Are you willing to give kids cancer, are you willing to kill the elderly and the sick for a job?

Another thing to consider, here, is the amount of crime, violence, and drug use that accompany new mines. The connection between higher rates of domestic and sexual violence – especially against indigenous women – and the presence of man camps is well-established. So, another question is: Are you willing to be raped for a job? Are you willing to see your

daughter, sister, or cousin raped for a job? Are you willing to risk a child in your community sex-trafficked for a job?

One more thing to consider is whether people will actually seek employment at the mine or whether people are even capable of seeking employment at the mine. The mine will require drug tests. I'm sure that includes marijuana. Meanwhile, Fort McDermitt tribal members have pointed out that there are already plenty of jobs in the area, but no one wants to work them. There is a marijuana farm at Fort McDermitt, for example, and one of the reasons the Tribe allowed that farm to come to the reservation was the promise of jobs for tribal members. But, that farm has already had to establish a camp for workers outside of the reservation because not enough tribal members have sought employment at the farm.

The truth is, folks, destructive industries

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Apply NOW for the Reno-Sparks Indian Colony
Head Start Program!



The Reno-Sparks Indian Colony Head Start program is still
accepting applications for the 2021-2022 school year!

Head Start offers early education services for low-income families with children aged 3-5.

HEAD START ALSO PROVIDES:

- Nutritious breakfasts and lunches
- Kindergarten/School readiness skills
- Services provided to children with disabilities
- Language/Cultural Curriculum in all classrooms
- Transportation provided in Hungry Valley

For more information and receive an online application, please contact Lisa Watson at
lwatson@rsic.org or at 775-789-5615.

Deadline for complete applications is July 1st. Applications will be accepted after the
deadline; however, you may be put on a waitlist.

Families residing on the Reno-Sparks Indian Colony receive preference.

"Aishe Zaa Memme Eki" - Shoshone, "Pesa mu kegemuna" - Paiute, "Mi wa anaw wan? Mihi?" - Washoe
"It is good you all came."



ATTENTION:
ALL
RSIC Tribal
Members
&
RSIC Residents



PPE=MASKS
(KIDS & ADULT
SIZES)



COVID-19 Case Manager, Griselda Maya

**PERSONAL
PROTECTIVE
EQUIPMENT (PPE)
IS AVAILABLE**

AT RSIC STOCKPILE

CALL TO REQUEST PPE
775 560-9041
OR 775-785-1346

Made with PosterMyWall.com

OPEN 7 DAYS/WEEK 8 A.M. - 5 P.M.

Delivery available to RSIC Residents, Homebound Seniors, Disabled &
RSIC Off-Reservation Tribal Members living within Reno-Sparks area.

COMMODITY



FOOD DISTRIBUTION

Reno Sparks Indian Colony
Tuesday Oct. 26, 2021 8am - 12 pm



Administration Bldg.
34 Reservation Rd.
Reno, Nv.

Who is Eligible

Households which (1) live on a reservation or live near an approved area near the reservation and have at least one member who is a member or any recognized tribe, which (2) meet the income resource eligibility guidelines can participate in the program. Eligibility is based on the income and resources of all members of the household.

How does a household apply for participation?

Households which (1) live on a reservation or live near an approved area near the reservation and have at least one member who is a member or any recognized tribe, which (2) meet the income resource eligibility guidelines can participate in the program. Eligibility is based on the income and resources of all members of the household.

What information must be presented during the interview?

When you come to your interview it will be necessary to provide proof of income for all household members. For example, bring pay stubs and/or award letters for government benefits such as Supplemental Security Income (SSI) or Social Security so the certification worker can determine the total amount income for all household members received during the last 30 days. Statements for all household savings and checking account will also be required. Also information in school tuition grants, loans, and dependent childcare expenses must be verified. Recent utility bills will help verify your address. Having all these items with you speed up your household's eligibility determination.

For more info PLEASE call Yerington Paiute Tribe Commodity Program
775 783-0260 or cell 775 781-4856

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Reno-Sparks
Tribal Health
Center

CLOSED
FRIDAY, OCTOBER 1
12 P.M. TO 5 P.M.



Pharmacy will remain open all day.
All other services will be closed.

No Covid Testing available
during closure times.

Thank you for
your
cooperation. We
need healthy
vaccinated staff
to continue to
serve you safely.

**Closure needed for staff to
receive their flu and COVID
booster vaccines.**

**If you have any questions please
call us at 775-329-5162**

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**RENO-SPARKS INDIAN COLONY
PUBLIC COMMENT FORM
RSIC Enrolled Members Only**

FORM MUST BE FILLED OUT COMPLETELY
PLEASE GIVE FORM TO TRIBAL SECRETARY

DATE: _____

NAME: _____

ADDRESS: _____

IF APPLICABLE, AGENDA ITEM NO.(S) _____

1. TOPIC: _____

BRIEF STATEMENT: _____

2. TOPIC: _____

BRIEF STATEMENT: _____

3. TOPIC: _____

BRIEF STATEMENT: _____

4. TOPIC: _____

BRIEF STATEMENT: _____

DO YOU WISH TO SPEAK? Yes _____ No _____

In Favor _____ In Opposition _____

**COMMENTS ARE LIMITED TO FIVE (5) MINUTES TOTAL
FOR ALL TOPICS YOU WISH TO BE READ INTO THE MINUTES**

**THE TRIBAL COUNCIL REQUESTS ALL CONCERNS
BE EXPRESSED IN A COURTEOUS MANNER
THANK YOU FOR YOUR COOPERATION AND PARTICIPATION**

RECYCLING FOR RSIC

RESIDENTS & EMPLOYEES

PROVIDED BY GREEN SOLUTIONS RECYCLING (GSR)

Please support our efforts to minimize our impact to Mother Earth by only placing approved recyclables in the GSR bins.



APPROVED RECYCLABLES MUST BE CLEAN & DRY:

- FLATTENED CARDBOARD
- METAL
- ALUMINUM CANS
- GLASS (NO MIRRORS)
- PLASTICS
- PAPER

(NO FOOD SOILED PAPER SUCH AS PAPER PLATES, NAPKINS, PIZZA BOXES, MILK CARTONS, TAKE-OUT BOXES)

NOT PERMITTED:

- AUTOMOTIVE FLUIDS
- PAINTS
- FOODS
- LIQUIDS
- ANYTHING WET
- TIRES
- HAZARDOUS MATERIALS SUCH AS OILS
- ANYTHING FOOD SOILED
- ADHESIVES
- SOLVENTS
- CHEMICALS
- CLEANERS
- MIRRORS

(NO FOOD SOILED PAPER SUCH AS PAPER PLATES, NAPKINS, PIZZA BOXES, MILK CARTONS, TAKE-OUT BOXES)



SEPTEMBER IS WOMEN'S HEALTH & FITNESS MONTH!

Join the VIRTUAL FITNESS CHALLENGE with SWORKIT

COMPLETE 3 WORKOUTS A WEEK IN SEPTEMBER AND JOIN THE ROAD TO BETTER HEALTH - HOME WORKOUTS MADE SIMPLE

USE SWORKIT FOR VIRTUAL BEGINNER TO ADVANCED PERSONALIZED WORKOUTS OR CUSTOMIZABLE PLANS IN STRENGTH, HIIT, GUIDED CARDIO, SPIN, YOGA, ABS, YOUTH WORKOUTS..OR LOG YOUR OWN WORKOUTS

SIGN UP FOR THE CHALLENGE HERE:



Must be a patient of RSTHC to receive incentive

LEARN ABOUT & SIGN UP FOR SWORKIT HERE:



VISIT THE FOOD BANK OF NORTHERN NEVADA'S MOBILE HARVEST IN HUNGRY VALLEY

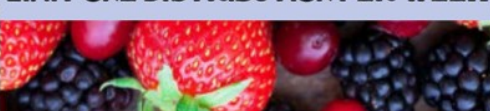
Drive Through Until Further Notice

WHEN:
FRIDAY
10/22/21
9-10:30AM

Tribal Members, Residents, Employees Only

WHERE:
HV GYM PARKING LOT

LIMIT ONE DISTRIBUTION PER WEEK



- PLEASE NOTE:
- EACH FAMILY (NOT PERSON) RECEIVES ONE DISTRIBUTION
 - CLIENTS MAY PICK UP FOR UP TO 3 FAMILIES NOT PRESENT
 - VOLUNTEERS DISTRIBUTE BASED ON WHAT FBNN STAFF WRITES ON WINDSHIELDS



ALCOHOLICS ANONYMOUS EVERY WEDNESDAY



@ 6:30PM
NORTHERN NEVADA INTERGROUP (NNIG)

HUNGRY VALLEY AA ZOOM MEETING

TO JOIN VIA PHONE, CALL 699.900.6833



MEETING ID:

832.373.1135

Password: JA2S82

We hope you log on! Going strong during COVID-19! Practicing Social Distancing by Going Virtual!

for more info: 775.433.5327

Cont. RSIC Lawsuit Against Thacker Pass Lithium Mine

Federal Judge Miranda Du Denies Tribes Injunction, Fight Continues

like mining ALWAYS use the jobs arguments to justify destroying the land and polluting vulnerable communities. But, it is precisely because the land is destroyed and communities are polluted that people need jobs. As more land is destroyed, and it becomes more and more difficult for people to support themselves on the land, the easier it is for mines to make people dependent on them. And, at the end of the day, we know many ancestors of Fort McDermitt tribal members were massacred by the federal government – the very same federal government permitting the Thacker Pass mine. These people were massacred **BECAUSE THEY STOOD IN THE WAY OF DESTRUCTIVE INDUSTRIES LIKE MINING.**

Don't expose children to cancer for a job. Don't kill grandmothers for a job. Don't risk the rape of someone you know for a job. Protect Thacker Pass.

- US Federal Court Nevada District Judge has denied the Reno-Sparks Indian Colony, People of Red Mountain and Burns Paiute Tribe of Oregon (Tribes) preliminary injunction. The lawsuit continues. We will continue to MARCH forward. The Attorney's will discuss an appeal.
- The Reno-Sparks Indian Colony, People of Red Mountain and Burns Paiute Tribe of Oregon (Tribes) has joined the lawsuit (as plaintiffs) against Bureau of Land Management and Lithium Nevada Corporation (defendants). This makes 8

Plaintiffs. The Tribes were never notified of this proposed project and therefore BLM has violated the National Historic Preservation Act (NHPA).

- On August 27, 2021, the United States District Court Federal Court Judge Miranda Du heard oral arguments from the Tribes Attorney's (Will Falk, Terry Lodge and Julie Cavannaugh-Bill and Rick Eichstaedt). Through our Preliminary Injunction, we asked the Judge to halt any and all activities at Pee-Hee Muhah until the entire court case is heard and decided upon. We cannot have nontraditional – non spiritual archeologist excavating, removing and disrespectfully theorizing about Native culture in our sacred, traditional and cultural places! It

would be a massacre all over again. Again, Judge Du denied this today.

- **The RSIC and People of Red Mountain's Attorneys are taking NO money from us.** They are working pro bono. They aren't allies or white do gooders, they are our relatives who will defend our sacred places and stand up to protect traditional cultural landscapes, just as our ancestors did and we do today!
- Through our ORAL HISTORIES, Tribes always knew that massacres of our ancestors took place near, around and in PeeHee Muhah. BLM denied this, even though we uncovered

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Cont. RSIC Lawsuit Against Thacker Pass Lithium Mine

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historical documents on the BLM Website.

- As Native Nevadan's we know there were many massacres all over our Great Basin, not just at PeeHee Muhah. We must educate the public of the atrocities the first peoples of the Great Basin went through. All of us carry this historical trauma.
- One of these massacre dates was September 12, 1865. In remembrance and to honoring our ancestors and the sacredness of PeeHee Muhah, the People of Red Mountain and supported held an In Remembrance & Honoring Gathering. Many people came from near and far.
- We must remember my relatives, that PeeHee Muhah (Thacker Pass) is a shared use area by a num-

ber of tribes. Just because regional tribes have been isolated and forced on to reservations relatively far away from PeeHee Muhah does not mean these regional tribes do not possess cultural connections to the Pass. Not only did the US Calvary massacre all our relatives all over our traditional territories, they separated all of us and forced the Reservation system on us.

- The BLM and Lithium Nevada Corp is our new US Calvary, we can't keep separated and apart. We cannot and will not stand for the disrespect of our traditional cultural places. We cannot stand for the 21st century US Calvary desecrating and massacring our livelihoods again.

- To continue bringing awareness, Chairman Melendez has done numerous interviews to discuss Thacker Pass, The Mining Law of 1872, and what Tribes feel meaningful consultation is. Interviews include, Indian Country Today, Channel 4 News, Guardian News, Climate News, CNBC, Nizhoni Films, plus more. We will share on RSIC's Facebook page once available.
- We appreciate all your support and we thank our legal team for their dedication to help bring awareness to the injustices our tribal people continue to face. Thank you for being Earth Protectors.

For more information, call RSIC's THPO / Cultural Resources Director, Michon Eben at 775-785-1326 ext 5402 or meben@rsic.org.

Thacker Pass

Action Alert!

The Bureau of Land Management plans to begin destroying the sacred land and critical wildlife habitat of Thacker Pass very soon. They are planning to send "professional archeologists" into Thacker Pass very soon to conduct government-sanctioned looting.

To learn how you can help our voices be heard, go to www.protectthackerpass.org



Reno-Sparks Indian Colony New Employees

James Thomas - COVID-19 Support Staff

Rusty Blackwater—Public Works - Landscape Worker

Gina Grimes - Housing - Resident Services Officer

Felicia Johnson - RSTHC - Patient Referred Care Clerk

Daniel Bale - Information Technology - Clinic I.T. Specialist

Ramona Manning - Head Start - Head Start Teacher Assistant

Justine Puente - RSTHC - COVID-19 Support Staff

Richard Brown - Legal Dept. - Senior Staff Attorney

Karen Browner-Elhanan - RSTHC - Chief Medical Director

Tia Scott - RSTHC - PRC Clerk

Janelle Katenay - Human Resources - Seasonal HR Clerk

Emily Bowman - Archives— Archives Technician

Georgianna Wasson - Finance - Accounting Technician

Suzanne Thomas - RSTHC - Medical Scheduler

Jacob White - Smoke Shop #5 - 1st Assistant Manager

Jon Watkins - Education - Higher Ed Coordinator

Logan Miller - Education - Hungry Valley 1-on-1 Tutor

Tovye Elm - Education - Hungry Valley Tutor

Kimberly Jussila - Education - Reno 1-on-1 Tutor

Bridgette Stump - Education - Youth Mentor Assistant

Trevor Holman - Tribal Police - Police Officer

Trevor Schryer - Education - 477 Client Intake Officer

Tanya Hernandez –Human Resources - Temporary Receptionist

Alisha Numan - RSTHC - COVID-19 Support Staff





Reno-Sparks Indian Colony
Senior Lunch Menu
34 Reservation Rd., Building F
2021 Reno NV 775-785-1343

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Denver Scramble with Ham, Onions, Bell Peppers & Cheese Carrots & Celery Sticks Whole Wheat English Muffin Yogurt Cup with Berries
4) Beef Taco on Whole Wheat Tortilla with Lettuce, Tomato & Cheese Pinto Beans Apple 	5) Chicken Alfredo on Whole Wheat Noodles Broccoli and Cauliflower Honeydew	6) Pork Fried Rice with Peas and Carrots Pineapple Fortune Cookie	7) Sub Sandwich on Whole Wheat Hoagie with Turkey, Ham Provolone, Lettuce, and Tomatoes Sun chips Banana	8) BBQ Chicken BBQ Chili Beans Seasoned Vegetables Fruit Cup 
11) Sloppy Joe on Whole Wheat Bun 5 Way Veggies Peaches	12) Chicken Breast over Rice Pilaf Broccoli Apple	13) Elk burger on Whole Wheat Bun Lettuce & Tomato Sweet Potato Tots Honeydew	14) Salisbury Steak Mashed Potatoes Green Beans Mandarin Oranges Whole Wheat Roll	15) Salmon Wild Rice California Vegetables Tropical Fruit
18) Turkey Goulash over Whole Wheat Noodles 5 Way Vegetables Mixed Berries	19) Pork Chop Whole wheat Noodles Brussels Sprouts Pear	20) Beef Vegetable Stew Dark Green Salad Pan Bread Cantaloupe	21) Chili Dog on Whole Wheat Roll with Cheese Dark Green Salad Mandarin Orange: Halloween Treat  NO TRICKS JUST TREATS	22) Multi Grain Pancakes Turkey Sausage Links Sliced Peppers Apple Slices
25) Beef Gyro on Whole Wheat Pita Bread with Lettuce Tomato and Onion Pasta Salad Fruit Cup	26) Pork Tenderloin Roasted Potatoes Asparagus Applesauce	27) Chicken Enchilada Black Bean Salad Grapes 	28) Tuna Sandwich on Whole Wheat Bread Lettuce & Tomato Baby Carrots Orange	29) Closed Holiday  HAPPY NEVADA DAY!

Please tie up dogs during delivery times, 10:30 am-1:30 pm staff will not enter yards with loose dogs. Please call before 10:00 am to cancel or add your meal for delivery. Menu is subject to change without notice.

*Vitamin C-Daily +Vitamin A -3X per week 1% Milk Daily

COVID 19 Reminder- Your meal will be in a plastic bag and placed on your doorknob, or driveway fence, if you have loose dogs. Please listen for staff to honk and knock then pick up your meal bag after they leave. Staff will return within 15-20 Minutes. Meal bags that stay on the door, or fence will be removed and a "Missed you" note will be left. This ensures safe temperatures of food.

October

Reno-Sparks Indian Colony
 Senior Center Activities Calendar
 34 Reservation Rd
 Building F
 775-785-1343

2021



Monday	Tuesday	Wednesday	Thursday	Friday
Activities Limited to Zoom Due to COVID 19 Zoom ID for Activities: 457 962 8360 Password: zaio9k				1)
4) Call to sign up for Movie Night	5) 1:00 pm Halloween Centerpiece	6) 12:00 pm Paiute Language Class 1:00 pm Halloween Centerpiece	7) 	8)
11)	12) 1:00 pm Halloween Wreath 	13) 1:00 pm Halloween Wreath	14)	15) 
18) 9:00 am Food Pantry Last day to sign up for Movie Night	19) 8:00 am Commodities @34 Drive Thru only	20) 1:00 pm Halloween Decorations 	21) Halloween Birthday Raffle check your treat for winning prize 6:00 pm Movie Night at Century Parklane	22)
25) 	26) 1:00 pm Halloween Decorations	27) 1:00 pm Halloween Decorations 	28) 	29)

Paiute Language Class Zoom Meeting ID: 973 902 8272. If you have any questions or need help, call Language & Culture 775-785-1321. If you are interested in participating in any activities, please call the senior center 775-785-1434 at least 24hrs in advance so we can give you supplies. Activities can be done on your own, but 3 participants needed for zoom class. Activities are subject to change, or cancel without notice. RSIC Senior Center follows Federal, State, and Tribal health Guidelines for COVID 19. Mask required for in person events. Please refrain from in person events/activities if you are not fully vaccinated.

National Suicide Prevention Month

By: Vanessa Williams, RSTHC Prevention Outreach Coordinator

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. September 10, 2021 is World Suicide Prevention Day and the Monday thru Sunday surrounding this day is recognized as National Suicide Prevention Week. The purpose of World Suicide Prevention Day is to remember those affected by suicide, raise awareness, and focus efforts on directing treatment to those who need it most

HOW ARE YOU FEELING?

- Sleeping too much
- Not sleeping at all
- Feeling on edge, angry, worried, or scared
- Feeling like nothing you do matters
- Feeling there is no way out
- Feeling that you have no reason to live
- Feeling like you have no purpose in life
- Little to no energy
- No interest in seeing friends
- Not able to complete daily tasks
- Feeling helpless
- Feeling hopeless
- Feeling alone
- Feeling exhausted
- Uncontrollable anger
- Uncontrollable revenge

seeking

- Feeling trapped
- Increase in the use of alcohol, drugs, or smoking
- Not being able to focus to
- Talking more about death
- Giving away prized possessions
- Caring less about what happens and being risky
- Sudden mood changes
- Writing or talking about death, dying, or suicide
- Withdrawing from friends and/or family
- Fall in grades
- Trying hard and still having poor grades
- Refusal to go to school
- Refusal to participate in normal activities
- Frequent physical pains
- Changes sleeping and/or eating habits
- Negative mood and attitude
- Use of alcohol and/or drugs



These Can Be Warning Signs

These can all be warning signs of suicidal thoughts or ideation. Whether you have said them to yourself, said them out loud, can say yes that you have been experiencing some of these things, or if someone else is displaying any of these signs, there is help. Lately these feelings have become more and more common for people of all ages. We have all lost a sense of connectedness from the increased social isolation and social distancing in some form or another. We are all uncertain what will happen next with the pandemic we are going through, and for some people this can be scary and overwhelming. There are multiple ways to cope with the feelings we are having. Different things work for different people, so be open to trying more than one thing.

How You Can Help

Do not keep thoughts of suicide to yourself. Silence does not prove you are strong. Open up and talk to someone that your trust (family, friend, counselor, support group, etc.). It is very important that you find people in your life that you can confide in, feel comfortable with, and are available at any time, day or night. There are support lifelines that are also available 24 hours a day. Build

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your circle of trust and have a plan.

Find an activity that you enjoy doing. Self-care is very important. In order to care for others you have to take care of yourself first. You cannot pour from an empty cup. Healthy activities can be something that connects you to your culture (beading, making regalia, quilting, gathering traditional medicines, drum making, etc.). The goal is to feel good about yourself.

Build a support network. You are part of a larger whole and you make a difference. Your family, your community, your tribe, the state you are from are all a part of what makes you, you. You may feel less isolated when you find a sense of connection to these things. Ask yourself who are the people you can count on when you are feeling down? Who can you call if you just need to talk? Are there groups you can join with people who have the same interests as you? Social media is a great outlet for sharing feelings and being able to hear stories of others who have the same feelings. Making a list of these connections and creating bonds will be helpful to your emotional health.

Use your support network when you find yourself in a difficult situation. The normal reaction for you may be to shut down and shut people out, but that also makes it harder for your support system to reach out and help you.

Make a safety plan. It is a step by step plan that you will follow when you feel depressed, suicidal, or in a crisis. The goal of your safety plan is to feel safe. Follow the steps and each one will take you to a higher level of feeling safe. <https://suicidepreventionlifeline.org/help-yourself/> has templates to help you create your own safety plan.

What You Can Do If YOU Are In Crisis

If you yourself are in a crisis here are some steps that you can follow to keep yourself safe:

Recognize what warning signs you are having. What thoughts, images, moods, situations, and behaviors are you experiencing?

Use your coping skills/strategies. What works for you? Deep breathing, taking a walk, writing, listening to music, painting, drawing, exercising, meditation, yoga, singing, smudging, beading, calling someone? It may take more than one activity to get you to start feeling safe, and that is ok.

Get out and go somewhere with others who may offer support. Remember your support network and lean on your supports, because they may serve as a distraction from the crisis. Being out in social settings may also help take your mind off of the difficult thoughts or feelings that you are experiencing.

Contact a family member(s) or friend (s) who you can confide in. Know those in your

support network that are supportive and who you feel most comfortable with to talk to when you are under stress. Choose individuals that help you feel safe.

Do not be afraid to seek professional help. It may be a therapist/counselor or a support group. Just simply speaking to someone can make you feel better and improve your mental health.

Create a safe environment. Have you thought of ways in which you might harm yourself? Work with a counselor to develop a plan to limit your access to these means.



HELP IS JUST A CALL AWAY.

The following call lines and services are available for YOU in your time of need.

Adult Crisis and Suicide Crisis Support Services of Nevada Will answer 24/7. All ages welcome. Call 1 (800) 273-8255 or text "CARE" to 83963 Nevada Warmline Speak with a trained peer from NAMI with similar experiences. (775) 241-4212	Youth Crisis and Suicide Mobile Crisis Response Team for youth. Available 24/7. Rural line: (702) 486-7865 www.kNOWcrisis.com
Health Care Workers Nevada HealthCARES Warmline is open Monday through Friday from 8 a.m. to 8 p.m. at (833) 434-0385.	Veteran Crisis Veterans Crisis Line Call 1 (800) 273-8255, Press 1
Law Enforcement and First Responders Northern Nevada Peer Support Network https://www.nnpsn.com/	Adult General Support NAMI Nevada Helpline Will provide follow-up. (775) 470-5600 Rural Clinics Immediate Mental Health CARE Team Telephone Triage open 24/7. Clinicians available 9am-6pm, 7 days a week 1 (877) 283-2437
Substance Abuse Help Line 775-825-4357 or 1-800-450-9530	

Prepared by Valerie Coughlin-Harkin, Rural Regional Behavioral Health Coordinator, last updated 2/201

Continued On Page 16

What You Can Do If Someone Else Is In Crisis

If you are with someone who is in crisis here are steps to keep them safe:

ASK: “Are you thinking about killing yourself?” It’s not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

KEEP THEM SAFE: Ask the person if they have a plan. If they do, you can remove items, or keep them from going to where they plan to complete their plan. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



**Support wherever
and whenever
you need it.**

Text **NATIVE** to 741741 or message
Crisis Text Line on Facebook



BE THERE: Listen and let them talk without judging them. Do not make them feel guilty, and don’t make it about you. Listen and be as understanding as possible. You will learn what the individual is thinking and feeling. Research shows that accepting and talking about suicide may reduce rather than increase suicidal thoughts.

HELP THEM CONNECT: Get them help. Be the warm, caring handoff. The National Suicide Prevention Lifeline’s (1-800-273-TALK (8255)) and the Crisis Text Line’s number (741741). Text “**NATIVE**” to 741741 and you will be connected to someone that is culturally trained for the native population. You can also help make a connection with a trusted family member, friend, spiritual advisor, or mental health professional. Ask them about their support network or if they have a safety plan. Local crisis centers offer immediate counseling to everyone and can connect the individual to local services.

STAY CONNECTED: Check in with the person who was in crisis. Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

***YOU ARE NEVER ALONE,
WE ARE HERE FOR YOU.***

If you need to make a behavioral health appointment please call us (775) 334-4307 and we will be more than happy to schedule it for you. If you need more resources on mental health services in the Reno/Sparks area please call (775) 334-0898 and we can get you connected.

***-RENO SPARKS TRIBAL
HEALTH CENTER***

***BEHAVIORAL HEALTH DE-
PARTMENT***

*By: Vanessa Williams, B.S.
Community Health Sciences,
RSTHC Prevention Outreach
Coordinator*



RESOURCE LIST

EMERGENCY SITUATIONS CALL 9-1-1

RSIC TRIBAL POLICE.....(775) 785-8778 RENO
(775) 785-7985 HV
RENO POLICE DEPARTMENT.....(775) 334-2175
SPARKS POLICE DEPARTMENT..... (775) 353-2231
WASHOE COUNTY SHERIFF'S DEPARTMENT
(775) 328-3001

CRISIS HOTLINES

CRISIS CALL CENTER.....(775) 784-8090
TEXT "LISTEN" TO 839883

CRISIS TEXT LINE.....TEXT "START" TO 741-741

NATIONAL SUICIDE PREVENTION LIFELINE
1(800) 273-8255

RAPE ABUSE/INCEST/NATIONAL NETWORK(RAINN)
1(800) 656-4573

SAFE EMBRACE.....(775) 322-3488
(24HOUR DOMESTIC/SEXUAL VIOLENCE, SEXUAL ASSAULT, HUMAN TRAFFICKING)

STRONG HEARTS NATIVE HELPLINE
(DOMESTIC VIOLENCE, DATING VIOLENCE) 1(844) 752-8483

MENTAL HEALTH SERVICES

RENO SPARKS TRIBAL HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT.....(775) 334-4307

NEVADA URBAN INDIANS.....(775) 788-7600

NORTHERN NEVADA ADULT MENTAL HEALTH SERVICES
(775) 688-2001

WEST HILLS HOSPITAL.....(775) 323-0478

RENO BEHAVIORAL HEALTH.....(775) 393-2200

HOPES CLINIC.....(775) 788-4673

ST. MARY'S BEHAVIORAL HEALTH.....(775) 770-3905

NEVADA 211.....DIAL 2-1-1
(COUNSELING, EMERGENCY FOOD, HOUSING, EMERGENCY
SHELTER, DENTAL SERVICES, MEDICAL SERVICES, DRUG ABUSE
TREATMENT, HOMELESS SERVICES, SUICIDE PREVENTION, ETC.)



Reno Sparks Tribal Health Clinic, 1715 Kuenzli Street, Reno, NV 89502
(775) 329-5162

TEEN RESOURCES

TEXT LINES

TEXT "LISTEN" TO 839883

CRISIS TEXT LINE: DEPRESSION, GRIEF, LOSS, DOMESTIC
VIOLENCE, SEXUAL ASSAULT, SUBSTANCE ABUSE,
THOUGHTS OF SELF-HARM

TEXT "TREVOR" TO 1-202-304-1200

THE TREVOR PROJECT: SAFE, ACCEPTING, INCLUSIVE
ENVIRONMENT FOR YOUTH WHO IDENTIFY AS LESBIAN,
GAY, BISEXUAL, TRANSGENDER, QUEER AND/OR
QUESTIONING

CRISIS HOTLINES

CRISIS CALL CENTER... ..(775) 784-8090

SUICIDE PREVENTION LIFELINE
1-800-273-8255

THE TREVOR PROJECT... ..1-866-488-7386

NATIONAL DOMESTIC VIOLENCE
1-800-799-7233

NATIONAL CHILD ABUSE... ..1-800-422-4453

MENTAL HEALTH SERVICES

RENO SPARKS TRIBAL HEALTH CENTER
BEHAVIORAL HEALTH(775) 334-4307

PYRAMID LAKE TRIBAL HEALTH CLINIC
BEHAVIORAL HEALTH... ..(775) 574-1018

NEVADA URBAN INDIANS... ..(775) 788-7600

WEST HILLS HOSPITAL... ..(775) 323-0478

RENO BEHAVIORAL HEALTH... ..(775) 393-2200

HOPES CLINIC... ..(775) 788-4673

ST. MARY'S BEHAVIORAL HEALTH
(775) 770-3905

NEVADA 211... ..DIAL 2-1-1
(RUNAWAY SHELTER, BIRTH CONTROL, TUTORING,
TEEN PREGNANCY RESOURCES, HELP WITH FINDING A
JOB, & SCHOOL SUPPORT)

SAFE PLACE... ..(775) 352-8080
(HOMELESS & AT-RISK YOUTH)

YOU ARE NOT ALONE! If you need support please reach out.

YOU ARE WORTH IT! If you need support reach out.



PROTECT ALL OUR RELATIONS

FAQs about COVID-19

How were the vaccines made & delivered so quickly?

The COVID-19 virus is related to SARS and MERS, which are also coronaviruses that cause respiratory disease in humans. Health experts and doctors studied these viruses for many years, long before COVID-19 was identified. Their work and knowledge helped make it possible to develop safe and effective vaccines which are being used today.

Are the vaccines safe and effective for Native communities?

Yes. The clinical trials for the COVID-19 vaccines involved tens of thousands of volunteers of different ages, including members of the Navajo Nation and the White Mountain Apache Tribe. These trials followed the same rigorous standards as any other vaccine to ensure safety and effectiveness.

What is the Delta variant?

The Delta variant is the dominant strain of COVID-19 in the United States* and is twice as contagious as other variants. Cases involving the Delta variant are increasing among the unvaccinated and younger adults.

All authorized vaccines in the US provide protection against the Delta variant.

*as of August 2021

Why should I get vaccinated?

COVID-19 can cause serious illness and death - there is no way to know how it will affect you. Vaccination is the safest way to build immunity.

When you get vaccinated, you're building community immunity to protect yourself and your tribe. Every vaccination is a step towards getting back to normal. It's possible to get COVID-19 once you're vaccinated, but the vaccine drastically decreases your chances of severe illness, hospitalization, or even death from COVID-19.

SCHEDULING A VACCINE APPOINTMENT

Contact your local tribal health center or find your nearest vaccine site:

- Call the Reno-Sparks Tribal Health Center Hotline at **775-334-0444**
- Visit [NVCovidFighter.org](https://nvcovidfighter.org)
- Text your zipcode to **438829**

**For your family
For your land
For you**

**Brave up
Get vaccinated**



Photographs by
Bucky Harjo



Information Source:
Centers for Disease Control and Prevention (CDC)

#**ONE**COMMUNITY | #**ONER**ESPONSE



PROTECT ALL OUR RELATIONS

STOP THE SPREAD



Minimize in-person contact with people outside your tribe



When not with people from your household, mask up!



Wash or sanitize your hands often.



Social distance by

- Greeting verbally
- Gathering outside

If inside, wear masks and stay apart.



Stay home if you don't feel well, even if you have mild symptoms.



Clean and disinfect frequently touched objects and surfaces

WAYS TO COPE



Learn about your culture



Pray and have safe ceremonies



Enjoy traditional foods and medicine



Create cultural art like beadwork

COVID-19 TESTING

If you have symptoms, feel you've been in direct contact, or have questions, call the Reno-Sparks Tribal Health Center Nurse Call-In line at **775-334-4319**

If infected: Isolate and Self-Quarantine.



Information Source:
Centers for Disease Control and Prevention (CDC)

#ONECOMMUNITY | #ONERESPONSE

RSIC Truancy Department

Our Youth of Today Are Our Leaders of Tomorrow



RSIC UNITY participating in 2019 Hungry Valley Community Walk. Stock Photo by: Bethany Sam

RENO, NV — Reno-Sparks Indian Colony has a Tribal Court that provides services to the community under the Youth Court relating to truancy. The RSIC Youth Court sees criminal offenses and status offenses. Criminal offenses are those incidents where the juvenile acts in a way that is against the peace and dignity of our Tribal Community. Status offenses are noncriminal acts that are considered a violation, only because of a juvenile's status as a minor. The Truancy Officer works with the families, formally or informally regarding status offenses.

When a minor commits a viola-

tion of truancy, there is a misconception that the minor is automatically punished for his/her behavior by the Tribal Youth Court. Before the youth and his family gets involved with the Tribal Youth Court, the Truancy Departments first responds with a voluntary approach by offering assistance to address issues of truancy with the minor and the family. Some of these approaches are parental involvement, meaningful incentives for school attendance, and at times community resources are necessary. If the issue persists, some cases are referred to the Tribal Youth Court. When a minor is involved with the Youth Court, the Court pro-

vides guidance to the minor and family to assist them in reducing truancy. The Truancy Officer encourages participants to reach out and build strong relationships with the Education Department's Tutors and Advisors, and the Behavioral Health Department (if needed) in order to support the students' needs in moving forward.

There are several factors affecting our youth and families, such as lack of guidance or parental supervision, domestic violence, poverty, drug or alcohol abuse in the home, lack of awareness of attendance laws, and differing attitudes toward education. In this regards the Truancy Department is

Continued On Page 21

dedicated to assisting and/or making the appropriate referrals for these families to receive suitable services.

One of the programs that our youth can participate in is the Youth Peer Court (YPC). This program is to enhance positive peer role modeling, and decrease juvenile delinquency by promoting positive influence. YPC is an intervention program based on the concept of restorative justice. YPC is use for juveniles (ages 11 to 17), and who charged with less serious violation offenses (e.g., shoplifting,



Stock Photo by: Bethany Sam

vandalism, and disorderly conduct). Young offenders can be referred to the YPC as a voluntary alternative in lieu of more formal handling by our traditional Tribal Youth Court.

Our youth of today are our leaders of tomorrow. We need to support them and provide them with the skills needed to pursue their dreams.

Find your dream. It's the pursuit of the dream that heals you. – Billy Mills

Learn More at 775-785-8775.

Myths About The Flu Shot



Myth: You can only get the flu in the winter.

Flu season begins in September and typically gets worse between October and January. It continues as late as May.

Myth: I hear the flu shot is not effective this year.

The effectiveness of the flu shot can vary from year to year. But, the important thing to keep in mind is that it can still lower your chances of getting sick. A flu shot can also reduce the severity of flu symptoms if you do get sick, which can help prevent a hospitalization.

Myth: I might get the flu from the flu shot.

You cannot get the flu from the flu vaccine. You might experience some mild symptoms such as soreness at the site of the injection.

Myth: There are no benefits from getting a flu shot so I don't need one every year.

You should get your flu shot every year. It helps protect you and those around you who are vulnerable to the flu including the elderly, children, and those with weakened immune systems.

Myth: I don't need a flu shot this year because the risk is from COVID-19.

Experts agree that it is critical to get a flu shot this year more than ever during the pandemic. The flu shot does not protect against COVID-19. But, it can help keep you and those around you healthier, which is especially important during the pandemic.



NATIONAL HEALTH COUNCIL
Celebrating 100 Years

NATIONALHEALTHCOUNCIL.ORG

NOTICE OF GENERAL ELECTION

Saturday, November 6, 2021



DEAR RSIC MEMBERSHIP

The General Election for the Reno-Sparks Indian Colony will be held on Saturday, November 6, 2021 from 7:00 a.m. to 7:00 p.m. There will be (4) Tribal Council seats open. The polling locations for the Election will be:

Reno Location

Multipurpose Room
34 Reservation Road
Reno, NV 89502

Hungry Valley Recreation Center-Lower Level

9075 Eagle Canyon Road
Sparks, NV 89441

Please make necessary address and name changes at the RSIC Enrollment Office as the Election Committee will be mailing date sensitive material.

The Eligible Voters List will be posted at www.rsic.org and at the following locations:

- **Administration Office Front Window**
34 Reservation Road
Reno, NV 89502
- **Reno-Sparks Tribal Health Center**
1715 Kuenzli St.
Reno, NV 89502
- **RSIC Housing Office**
9055 Eagle Canyon Road
Sparks NV, 89441

Candidates must submit a completed Declaration of Candidacy form to the Election Committee no later than **October 7th, 2021 at 5 p.m. No exceptions will be made.**

Hand deliver the Declaration of Candidacy to the

Reno-Sparks Indian Colony

Attn: Trisha Calabaza
15A Reservation Road
Reno, NV 89502 or
e-mail to RSICElectionCommittee@rsic.org

RSIC ELECTION COMMITTEE

Election Chairman: Ramona Darrough

Election Vice Chairman: Tanya Hernandez

Election Secretary: Trisha Calabaza

Member: Jessica O'Daye

Alternate Member: Lynette Sam

Alternate Member: Vacant

FOR QUESTIONS AND/OR COMMENTS

e-mail: RSICElectionCommittee@rsic.org

Phone: Trisha Calabaza, Secretary
775-785-1335 ext. 7777.



Reno-Sparks Indian Colony 2021 Tribal Election

Declaration of Candidacy

Last Name (Print)	First Name (Print)	Middle Name (Print)	Suffix (Jr., Sr. etc.)
Physical Address		City	State
Zip Code			
Mailing Address			
Phone Number	E-Mail Address	Date of Birth	RSIC Enrollment #

I, _____, hereby declare my name for candidacy and wish to run for the following seat on the RSIC Tribal Council (select one):

☐ RSIC Tribal Council Seat (4 open seats available)

I swear under oath that I meet the following requirements to be eligible for candidacy:

- I am an enrolled member of the Reno-Sparks Indian Colony.
- I am at least twenty-one (21) years of age on the date of the 2021 RSIC Election.
- I have not been convicted of a felony, as defined in 18 U.S.C. 1153, unless pardoned with all civil rights restored. (If your background check comes back without a disposition of conviction, you may be asked to turn in proper paper work to show and prove you have not been convicted of a felony, it will be your responsibility to get the proper paper work turned in a timely manner, at your expense.)
- I have physically resided on the Reno-Sparks Indian Colony for not less than one year immediately prior to the Election for which I am filing.

Signature of Candidate

Date

Candidates must file their name with the Election Committee by **October 7th, 2021 at 5 p.m.** No exceptions will be made. Complete this form scan and e-mail form to: RSICElectionCommittee@rsic.org or drop off with Trisha Calabaza at 15A Reservation Road, Reno, NV 89502.

Official use only

Certification of Candidate

I certify that this candidate meets the requirements to run for a seat in the 2021 RSIC Tribal Election.

Certified by: _____ Title: _____ Date: _____
Signature of Election Chairman or designee



RENO-SPARKS INDIAN COLONY

ABSENTEE BALLOT REQUEST

2021 Tribal Election • November 6, 2021

I hereby request an Absentee Ballot for the 2021 RSIC Tribal Election to be held on November 6, 2021
Please mail the ballot to the following Reno-Sparks Indian Colony enrolled member.

Name Enrolled Under (Please print clearly)

Address

City

State

Zip Code

Enrollment No.

Date of Birth

VOTER'S SIGNATURE

SIGNATURE (USE FULL NAME)

MUST BE SIGNED BY VOTER (USE BLACK INK ONLY)

Deadline to request an Absentee Ballot: October 23, 2021 5:00 p.m. (PST), **NO EXCEPTIONS.**

Use the enclosed self addressed envelope to mail this form to:

RSIC Election Board

P.O. Box 10392

Reno, NV 89510-0392

RED ROAD TO WELLBRIETY



JULY 2021 SERIES

Thelma Simon, LADC

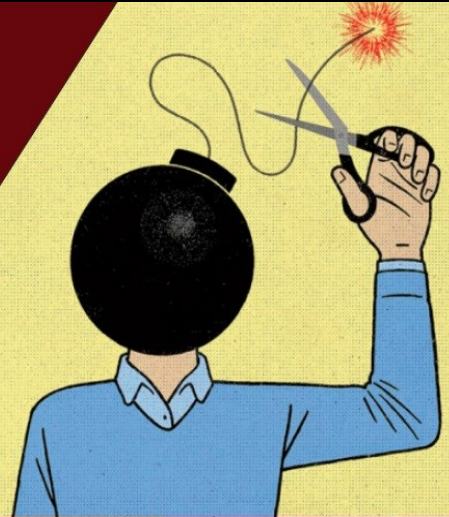
Friday's @ 1 PM
Starts July 23, 2021

Service
Spiritual Awareness
Perserverance
Justive
Forgiveness
Humility
Willingness
Integrity
Courage
Faith
Hope
Honesty

Due to the COVID-19 Social Distancing Guidelines, there are a limited number of participants please call (775) 334-0989 to sign-up/ZOOM code



"Harnessing the power of change"



ANGER MANAGEMENT

TUESDAYS AT 3PM
Due to COVID-19 Social Distancing Guidelines Please Call to Sign Up
775-334-0989
OR
775-329-5162 extension 2010

THE BENEFITS

Knowing Your Triggers

Learn to identify what sets you off or worsens your anger

Communication Skills

Learn how to express feelings and needs assertively (not aggressively)

Respond Instead of React

Calm yourself down



WEEKLY
Mondays @ 3 pm
Thursdays @10 am

DUI CLASS

Level II,
II-X, & III

- ✓ MAKE POSITIVE CHANGES TO YOUR HIGH-RISK DRIVING BEHAVIORS
- ✓ LEARN HOW ALCOHOL & OTHER DRUGS AFFECT DRIVING ABILITY
- ✓ EXAMINE YOUR SUBSTANCE ABUSE PATTERNS
- ✓ EXPLORE THE LINK BETWEEN THOUGHTS, FEELINGS & BEHAVIOR
- ✓ DEVELOPE A PLAN FOR CHANGING YOUR IMPAIRED DRIVING BEHAVIOR

****DUE to COVID-19**
Social Distancing Guidelines, there are a limited number of participants allowed. Please call the following number to sign-up

(775) 334-0989
or
(775) 329-5162 EXT 2010



TALKING CIRCLE

with
Dr. Art Martinez

Every other TUESDAY
of the month
@ 12 pm

★ Limited number of seats due to COVID-19 Social Distancing Guidelines. Call (775) 334-0989 to sign-up or get a ZOOM code.



Open to RSTHC patients 18+

YOU ARE NEVER ALONE. WE ARE HERE FOR YOU

Crisis Support of Nevada 24/7 all ages welcome
1(800)273-8255 or
text "CARE" to 83963

October Breast Cancer Awareness Month

Early Detection Saves Lives

The most common kinds of breast cancer are:

- ✦ **Invasive ductal carcinoma.** The cancer cells grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.
- ✦ **Invasive lobular carcinoma.** Cancer cells spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

Some warning signs of breast cancer are:

- ✦ New lump in the breast or underarm (armpit).
- ✦ Thickening or swelling of part of the breast.
- ✦ Irritation or dimpling of breast skin.
- ✦ Redness or flaky skin in the nipple area or the breast.
- ✦ Pulling in of the nipple or pain in the nipple area.
- ✦ Nipple discharge other than breast milk, including blood.
- ✦ Any change in the size or the shape of the breast.
- ✦ Pain in any area of the breast.

What can I do to reduce my risk?

- ✦ Keep a healthy weight
- ✦ Exercise regularly
- ✦ Limit alcoholic drinks

- ✦ Breastfeed your children, if possible
- ✦ If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

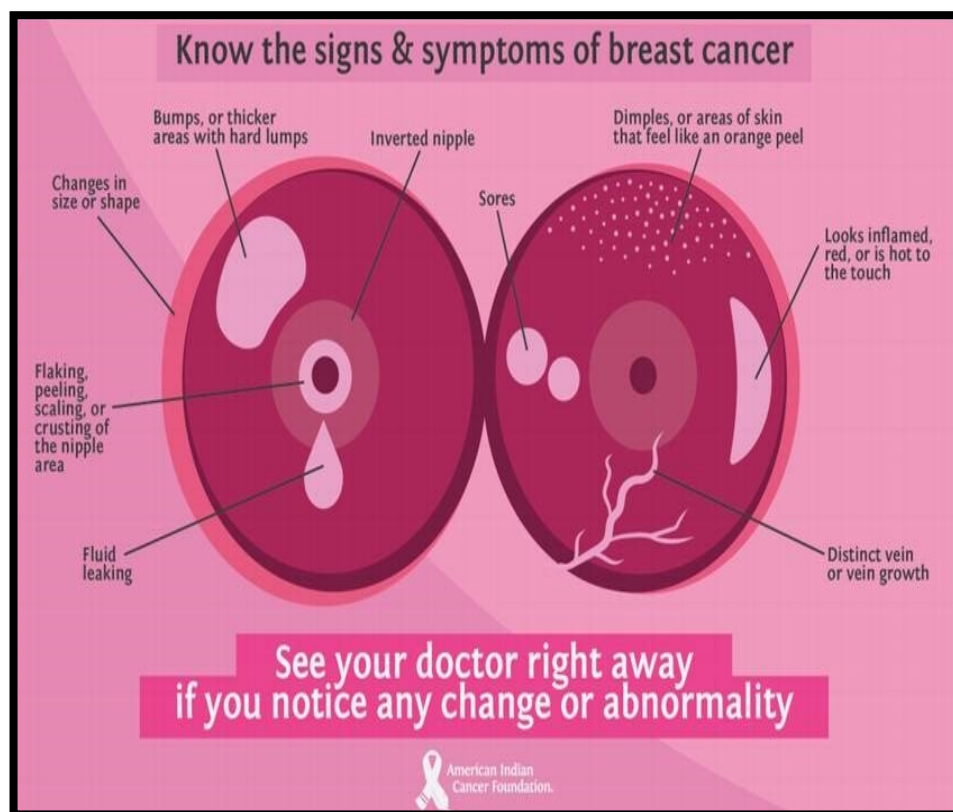


From Your RSTHC Provider , Dr. Melissa Veil, PA-C. Did You Know?

- ✦ Routine mammograms are recommended starting at age 40. Mammograms can be started before age 40 if you have certain risk factors or any breast abnormalities are found.
- ✦ Most breast cancers are found on self-breast exams. Monthly self-breast exams are recommended starting around age 20. Early detection provides the best chances of survival.

Schedule an appointment with your PCP to further discuss your individualized breast cancer screening plan

To schedule an appointment today, call 775-329-5162.





RENO-SPARKS TRIBAL HEALTH CENTER

NEW UPDATED 2021 HOURS

**Now
Accepting
New
Patients!*

OPEN

**Effective
September 7,
2021*

RENO LOCATION

*** COVID-19 VACCINE WALK-INS ***

MON-FRI 8AM -4:30PM

VACCINE HOTLINE: 775-334-0444

Open to ALL RSTHC Patients 12 years & Older

*** PATIENT CARE / PHARMACY MON-FRI 8AM-4:30PM**

*** WALK-INS: MON-FRI 8AM-4:30PM**

*** APPOINTMENTS & TELEHEALTH VISITS: MON-FRI 8AM-4:30PM**

*** COVID-19 TESTING: MON-FRI 8AM -4:30PM**

**IF YOU ARE EXPERIENCING ANY COVID LIKE SYMPTOMS
PLEASE CALL**

NURSE LINE 775-334-4319

GENERAL INFO: 775-329-5162

APPOINTMENT / WALK-IN SCREENING LINE 775-334-4523

HUNGRY VALLEY LOCATION

COVID-19 TESTING ONLY

TUESDAYS & THURSDAYS ONLY: 8AM - 3PM

GENERAL INFO: 775-329-5162

STAY SAFE* WEAR YOUR MASK* WASH YOUR HANDS* KEEP YOUR DISTANCE
BE A COMMUNITY WARRIOR* KEEP OUR COMMUNITY SAFE* GET VACCINATED

WWW.RSIC.ORG



@RSICTRIBE

RSIC COMMUNITY PROJECTS

Community Dumpsters



Dumpster near Anderson Park,
Reno Colony.

Community dumpsters are now available in Reno and Hungry Valley. Hungry Valley dumpsters are both located up and down Eagle Canyon Road near Running Deer Ln and Fancy Deer Dr. Reno dumpster locations are Parking lot off of Park St and East end of Colony Rd. Dumpsters sizes will also change from 40 yard to 30 yards to make disposal of waste easier.

Water Heater Maintenance

Water heater maintenance will be performed for all RSIC residents. Water heater maintenance will include cleaning of the water heater as well as an inspection to identify if any parts need to be replaced. This service does not include the replacement of any parts of the water heater. RSIC plans on having this service begin first week of October. Residents and contractors will have to keep their distance and wear masks to follow

COVID protocols. The community will get an advanced notice and be able to schedule when they are available to receive this service. This service will take about 2-3 hours.

RING Doorbell

RING doorbells will be installed for all residents. RING is a camera/doorbell which has features such as motion activation, live feeds from the front door, and two-way conversations with no contact. These RING doorbells require a Wi-Fi connection to work and charging the battery every so often. There are different subscription plans that allow the product to save videos and other features but are not required for features such as motion activation, live feeds, and two-way talk. RSIC will not provide a monthly subscription. Residents

will be able to schedule their availability for this as well. Installations will begin Early October.

Air Purifier

Air purifiers will be delivered and set up for all residents. These air purifiers are rather small being 27 inches tall and cover about 335 square feet. These air purifiers feature HEPA filters, ionizers and UVC lights to help mitigate the spread of viruses, bacteria, and dust. RSIC residents will be able to schedule when they are available for this service. Delivery and setup will begin Early October. RSIC will not be responsible for maintenance after initial delivery and setup.

For more information, contact RSIC Public Works, Chris Delprado at 775-785-1341.



Dumpster in Hungry Valley, next to TLC Building and Fancy Dance

Reno-Sparks Indian Colony Higher Education Program

I want to go school, can the Higher Education Program help?

Absolutely! The Higher Education Program provides scholarships to RSIC Tribal Members attending colleges, universities, and vocational/technical schools based on tuition, supply costs, and available financial aid.

Be sure to complete your Free Application for Federal Student Aid (FAFSA) as soon as possible after October 1st for the year you plan to attend school to be eligible for a RSIC Higher Education Scholarship!

You'll also need...

- A Copy of your Tribal ID Card
- Completed RSIC Higher Education Application Packet
 - Completed Financial Needs Analysis Form
 - Proof of FAFSA Submission
 - College Acceptance Letter
 - Degree Plan
 - Class Schedule
 - High School Diploma/GED
 - Unofficial Transcripts
- Proof of Submission to 2 Scholarships

RSIC Scholarship Application Deadline is October 31st for the Spring Semester.

**Have questions, or need a copy of the application?
Please contact Higher Education Coordinator Jon Watkins
at (775)399-1919 or jwatkins@rsic.org!**



TALKING CIRCLE

*with
Dr. Art Martinez*

Every other TUESDAY
of the month
@ 12 pm

★ Limited number of seats due to
COVID-19 Social Distancing
Guidelines. Call (775) 334-0989 to
sign-up or get a ZOOM code.



Open to RSTHC patients 18+

YOU ARE NEVER ALONE. WE ARE HERE FOR YOU

Crisis Support of Nevada 24/7 all ages
welcome
1(800)273-8255 or
text "CARE" to 83963



RSIC Education Department Zoom WCSD Tutoring



**Students MUST have consents on file (or be willing to sign a consent)
in order to utilize RSIC Tutoring.**

Reno Zoom Tutoring Mondays-Thursdays

Elementary: 4:00-5:00pm
Middle: 3:00-4:00pm
High School: 3:00-4:00pm

Hungry Valley Zoom Tutoring Mondays-Fridays

Mondays, All Grades: 3:00-6:00pm
Tuesdays, All Grades: 2:00-3:30pm
Wednesdays, All Grades: 2:00-3:30pm
Thursdays, All Grades: 3:00-6:00pm
Fridays, All Grades: 3:00-6:00pm

**For questions or concerns,
please contact Jon Watkins at 1(775)399-1919.**

Legal / Public Announcements

Recruitment for committee / boards

Recruiting for Housing Advisory Board

The RSIC HAB Committee is recruiting for (4) new members. Appointments are for a four-year term and members are appointed by the Tribal Council. The HAB is made up of seven (7) board members. The terms of the HAB are staggered four (4) year terms. Any member who applies and is selected may assume an existing term until the expiration of the assumed term. Below are the eligibility criteria to the a HAB member:

- Must be an enrolled member of the RSIC and be at least 18 years of age
- Cannot be a current employee of the RSIC Housing department.
- Housing Participants must be current on and remain current in their house payments while serving as a member of the HAB.
- Membership on the other committees shall not disqualify a person from appointment to the HAB unless expressly prohibited by the Tribal Council.

Submit letters of interest

RECRUITMENT FOR TWO (2) ALTERNATE ELECTION BOARD MEMBERS

Notice to Reno-Sparks Indian Colony Enrolled Members

An Election Board consisting of five (5) members and two (2) alternates shall be appointed within six (6) months before the Tribal Election and the terms of office for these officials shall be for two (2) years. The Election Board members shall be compensated at a rate prescribed by the Tribal Council.

The Standing Rules for Committees and Advisory Boards of the Reno-Sparks Indian Colony were revised and adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. Rule No. 8, states – Each person appointed as a member of a committee or advisory board shall not sit on more than two committees or advisory boards at a time; this is combined, meaning that if a person sits on a committee and an advisory board, that person has reached the limit under this rule. The only exception is if a person sits on an intermittent board, such as the Election Board; in that instance the person is subject to the limit of this provision but can sit as a member on one intermittent committee or advisory Board. A person can only serve as the Chair of one committee or advisory board at a time, including an intermittent committee or advisory board.

The 2021 Tribal Election will be automated. Training will be provided to the Election Board by Automated Election Services. The training will include use of the ballots, voting tabulators, voting booths, and the AutoVote Management System. The automated voting process will allow for the 2021 Tribal Election results to be available within 10 minutes after all ballots are cast at the polling sites, at Reno-Sparks Indian Colony and Hungry Valley, and the polling sites are closed.

Any Interested RSIC Enrolled Member may submit their signed letter of interest to Angie Wilson, Tribal Administrator at 34 Reservation Road, Reno, NV. No emails will be accepted.

Recruiting Representative for Executive Health Board

The Reno-Sparks Tribal Health Center is recruiting for one (2) RSIC Tribal representatives to serve on the Executive Health Board.

The members are appointed by the Tribal Council and shall serve a term for a four-year period. If you are interested in being a member of the Executive Health Board, please submit a letter of interest to:

Executive Health Board

Reno-Sparks Tribal Health Center
1715 Kuenzli Street, Reno, NV 89502

All interested participants will be invited to fill out an application and attend a Health Board meeting for introductions via Zoom. For more information, please phone, 329-5162, ext., 1901.

RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS

Notice to RSIC Enrolled Members

The Law & Order Committee is currently recruiting for three new members. Appointments made to the Committee are for a four-year term and members are appointed by the Tribal Council. The Committee, pursuant to the bylaws, are scheduled to meet the first Wednesday of each month at 6:30 p.m.

The Committee shall be compensated at a rate approved by the Tribal Council.

The Standing Rules for Committees and Advisory Boards of RSIC has been revised and were adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. All Committee members must abide by these rules. Please see the Tribal Administrator's Office for a copy of the Standing Rules.

Any interested RSIC enrolled member may submit their applications to the Tribal Administrator's Office located at 34 Reservation Road.

Legal / Public Announcements

Recruitment for committee / boards

Recruiting for Enrollment Committee

The Enrollment Committee has (2) vacancies. The Enrollment Committee members shall be appointed by the Tribal Council for a 4 year term with an option to renew their membership on the Enrollment Committee. Section 1– Vacancies and Recruitment—Any vacancies shall be filled in a corresponding tribal manner to maintain the balance of the Committee action. B. Letters of interest from Colony members will be solicited and upon receipt shall be filed with the Enrollment Officer for the Committee's review. C. The Committee shall submit a list of interest persons eligible to serve on the Enrollment Committee to the Tribal Council for formal appointment. The Enrollment Committee will make their recommendation on said appointment known to the Tribal Council at that time. D. The Tribal Council will notify the Committee of their decision.

DEADLINE FOR LETTERS OF INTEREST
OPEN UNTIL FILLED.

Submit letters of interest to:

Sheila Katenay, Enrollment Officer
skatenay@rsic.org

Or Drop Off at 34 Reservation Road.

COVID-19 EMERGENCY RENTAL ASSISTANCE (ERA) & UTILITY ASSISTANCE PROGRAM

WHO IS ELIGIBLE TO RECEIVE ASSISTANCE?

- In need of financial assistance, due to being directly or indirectly affected by COVID-19.
- Applicant must be renting their primary place of residence.
- Applicant must meet household local median income guidelines.
- Open to all RSIC Tribal members and other Federally Recognized tribal members in eligible service areas. (Must provide proof of Enrollment)

WHAT DOES THIS ASSISTANCE COVER?

- Rent/Rental Arrears
- Costs Associated with moving into a new rental.
- Utility Bills/Utility Arrears (electric, water, gas)
- Internet Costs (if services were purchased/installed after March 13, 2020)

RENO-SPARKS INDIAN COLONY HOUSING DEPT.



APPLICATIONS
AVAILABLE BY MAIL,
EMAIL, OR DOWN-
LOAD VIA OUR
WEBSITE.

HELP SPREAD THE
WORD AND INFORM
FAMILY AND FRIENDS
LIVING OFF THE
COLONY.

FOR MORE INFO
PLEASE CONTACT
THE HOUSING DEPT.
@ 775-785-1300
OR EMAIL
RDARROUGH@RSIC.ORG

WWW.RSIC.ORG

IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA

Notice is hereby given that the Petitioner, who has filed a Petition for Adoption in the Reno-Sparks Tribal Court, Case No. CV-AD-2021-0029, praying that said Court enter an Adoption Decree of O.R., a Minor Child.

Notice is hereby given that Mitchell Rivers or any person having objection to the aforesaid adoption shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV 89502, within ten (10) days after publication of this notice.

Dated this 23rd day of August, 2021

Stephanie Contreras, Court Clerk
Reno-Sparks Indian Colony Tribal Court
1900 Prosperity Street, Reno, NV 89502
Tel: (775) 785-8775 Fax: (775) 329-8153

COVID-19 Vaccines Available!

All Native Americans 12+ years,
Non-Native RSIC Residents, and
RSIC Employees & Employee's Family

@ Reno-Sparks Tribal Health Center

Pfizer, Moderna, & Janssen

Open to All
Native Americans
12 years & older.

*Now
Accepting
New
Patients.

Vaccine Hotline:

775-334-0444

to schedule appt or for more info.

WALK-IN Appts
Available for
All Vaccines .
Must be 12+ years old.
Hours: Mon-Fri,
8am-4:30pm

Pictured: RSIC Tribal Member, Tristan Keo
Photo by: Bucky Harjo & Bethany Sam

Made with PosterMyWall.com

I'm getting
VACCINATED
to keep my
family safe!

f @rsictribe



**Did you lose
someone to
COVID-19?**



**Did you pay
funeral, burial or
cremation costs?***
(on or after Jan. 20, 2020)



**Did the death
occur in the U.S.?**
(U.S. territories included)

If you answered **Yes**
to all three questions, you may qualify for:

COVID-19 Funeral Assistance

Call **FEMA** at **(844) 684-6333**

Phone lines are open Monday through Friday, 6 a.m. to 6 p.m. PT.
Multilingual services are available. Only the applicant must be a U.S.
citizen, non-citizen national or qualified alien.

* FEMA will not provide COVID-19 Funeral Assistance funds to states,
tribes, territories, businesses, organizations or other entities.

When you call, please have the following ready:

- Your social security number
- Your date of birth
- Your mailing address and phone number
- The deceased individual's date of birth and social security number (if applicable)
- Location where the deceased individual died
- Information about any funeral or burial insurance policies
- Information about other funeral assistance already received



fema.gov/funeral-assistance



THURSDAYS

3 PM

DOMESTIC VIOLENCE CLASSES

DUE TO
COVID-19
SOCIAL
DISTANCING
GUIDELINES
PLEASE CALL
TO SIGN-UP



(775) 334-0989

or

(775) 329-5162 ext. 2010

Behavioral Health
1715 Kuenzli Street
Reno, NV 89502



RENO SPARKS INDIAN COLONY

ENCOURAGES YOU TO STAY UP-TO-DATE DURING THE COVID-19 PANDEMIC

Sign up for RSIC's Rave Alert System

Follow RSIC on Twitter: @RSIC_Tribe



RSIC Tribal Members, Get ZOOM
Video APP to attend
RSIC Tribal Council Meetings

Read RSIC's CAMP NEWS Newsletter

Follow RSIC on Facebook: @rsictribe



Share & Teach Elders how to use
Smartphones, Social Media, APP's, etc..
Visit RSIC's Website at www.rsic.org

Check RSIC Resident Newsletter Boxes for helpful info & monthly PPE Distribution



Follow All COVID-19 Safety Protocols:

- *Wear A Mask
- *Wash Your Hands
- *Keep Your Distance
- *Use Hand Sanitizer

**BRAVE UP, BE A COMMUNITY
WARRIOR AND GET VACCINATED!
LET'S GET BACK TO NORMAL!**

**RSTHC VACCINE HOTLINE
775-334-0444**



Public Information Office: 775-842-2902





CONFIRMED ATTEMPTED CHILD ABDUCTION AT RSIC

BE ALERT BE WATCHFUL

**PLEASE BEWARE of STRANGER DANGER
CALL TRIBAL POLICE OF ANY SUSPICIOUS ACTIVITY ASAP
775 785-8776 or 911**

Teach your child never to wander off or go out of sight.

Teach your child to always walk with and stay with friends—to never go alone.

Teach and practice saying NO loudly and repeatedly, if they are unsure.

Teach your child to yell HELP, as loudly and repeatedly as possible, until they are heard.

Predators hate noise and attention.

Teach your child to find a safe adult (a policeman or a mom with a stroller) or a safe spot (if they are fearful) such as a school, shop or safety sign. However, don't tell your child that all uniforms are safe as some predators may be wearing a uniform.

Always know where your children are.

Keep your kids within your sight or supervision.

Be alert to other people around you, but not paranoid.

Be alert to Internet threats—research shows predators are increasingly luring more mature children through the Internet, such as online, through forums, chat lines, and message systems.

Always keep young children's computers within your vision (not in their bedrooms), and under your supervision.

Install a 'Net-Nanny' or Parental Control Software program on your computer.

Teach your child to never ever give out personal or private information.

STRANGER DANGER ALERT



RENO-SPARKS INDIAN COLONY
★ CHAIRMAN'S OFFICE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936 • Fax: (775) 954-9175

September 23, 2021

RSIC Tribal Members and Community,

The Education Department, Recreation Department, and Tribal Police are working together to have more presences at WCSD bus stops in response to the recent predators in our communities.

In the recent confirmed attempted child abduction, we want you to know the child is safe at home. Right now, RSIC Tribal Police and Reno PD are also working together in this investigation to find the suspect. Please be alert, be watchful for all our children. If you see any suspicious activity, please call 775-785-8776 or 911.

There is no more urgent event that faces a community than one that involves children. Anything that poses a threat to the most innocent and vulnerable in a community rises to the level of highest priority.

This week a child in our community was approached by a stranger, that made the child feel unsafe. The child, immediately recognized this as dangerous and ran away from the stranger to tell an adult family member. That adult called the police department. Officers responded to interview the child and the adult. Also, information gathering included video documentation with the assistance of RSIC IT. This was able to produce an image of the person of interest in this event. The child is safe. The information was shared with neighboring agencies and the Northern Nevada Intelligence center, so that awareness can be present in all communities.

The Education Department received a response from the WCSD Transportation on the delayed bus drop offs after school. Mr. Lee estimates the delayed afternoon drop offs could continue through at least October and they are working on eliminating the double runs. The WCSD Board of Trustees at their September 14 meeting heard an update on the staffing issues the WCSD Transportation Department is experiencing. They are currently have 40 vacancies and have 42 routes that are not covered traditionally.

Family members and Neighbors are encouraged to be hyper-vigilant in the mornings and afternoons around bus stops. The Hungry Valley morning routes are 7:00 am and afternoon routes are between 3:30 and 4:30, depending on the delayed times due to double runs. The Colony routes are between 8:00 and 8:30 am and afternoon routes are between 4:00 and 5:00 pm. Info on bus routes and delayed times, please call Education Dept at 775-329-6114.

The measure of strength in a community is its response to critical events and this child and adult responded precisely the way they should and this is why the child is safe. Please use this event as an awareness tool to inform your children and keep them safe. The police department has worked with the Tribal Administrator, Education Director, Recreation Director and the Public Information Officers to provide information and education that we safeguard the children of the Reno Sparks Indian Colony. Stay vigilant and help us protect the children.

Respectfully,

Arlan D. Melendez
Chairman



Coat Drive

OCT 4th - OCT 30th

Accepting gently used or new coats, scarves, sweaters/hoodies, hats, and gloves.

DROP OFF-LOCATIONS:

Reno Admin Office - 34 Reservation Road

HV TLC - 105 Loop Road

Drop boxes will be out from
8am - 4pm Monday - Friday

For more Info: (775) 329-2936 ext 3218.

