



# THE CAMP NEWS

VOLUME X ISSUE 11

November 30, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Annual RSIC Veterans Day Celebration Grows

*Tribal elders lead parade, THPO exhibits builds pride, hundreds attend banquet*

The Reno-Sparks Indian Colony's 2015 Veterans Day Celebration offered a day-long, wide variety of programs for all.

"Our community continues to show respect and honor for our veterans," said RSIC Chairman Arlan D. Melendez. "Veterans Day is an important day for the Colony and throughout Indian County."

This year's Veterans Day celebration started at the annual City of Reno Veterans Day Parade.

Ninety-one RSIC community members marched in the parade, which was led by two revered Colony veterans and elders.

Tribal members Beatrice Thayer and Thomas McGinty served as the parade's deputy co-grand marshals.

The parade's theme, "Honoring those who served and sacrificed to preserve freedom – WWII 70<sup>th</sup> Anniversary," recognized the elders' experience during World War II.

Thayer served in the U.S. Army/Air Force from 1945-59 after lying about her age, so she could join the military at 17-years of age.

In 1973, she volunteered for the Nevada Army National Guard and retired in 1982.

McGinty, a corporal of the U.S. Army Air Corps, served from 1941-1945. Two months ago, he celebrated his 100<sup>th</sup> birthday.

After the parade, the RSIC Tribal Historic Preservation Office hosted a post-parade party.

The THPO created a powerful, museum quality, military exhibit which included donated artifacts and items from veterans.

With a special salute to all

RSIC Veterans with a custom-designed slide show, the THPO exhibit also featured a personal documentary on Thayer.

The six-minute video included Thayer's personal testimony about her extraordinary military experience which spanned more than a quarter of a century.

Furthermore, the THPO allowed continuing public viewing of the exhibit through the end of November.

Veteran and Olympic gold

*Continued on page 4*



**Leading The Way** — World War II Veteran and Reno-Sparks Indian Colony Tribal elder Beatrice Thayer helped lead the 2015 City of Reno Veterans Day Parade. In recognition of the anniversary of the end of World War II, veterans from that conflict were honored for their service, sacrifice and successful preservation of freedom. In addition to Thayer, RSIC Tribal member Thomas McGinty, a US Army Air Corp, also was named deputy grand marshal of the parade. In all, 91 RSIC community members represented the Colony in the parade. See page 22 for more photos of the entire RSIC Veterans Day celebration.



**Anyone who wants in on a group discount rate...  
It does not matter where or what tribe you are from...  
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## 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 community. The newsletter is produced monthly out of the public relations department and duplicated and distributed by 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 [smontooth@rsic.org](mailto:smontooth@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, please contact us with your mailing address.

If you have a problem with delivery, please call us at 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](http://www.rsic.org) and PDFs of our publication are available.

If you have questions, call us at 329-2936, ext. 3268.

## Important DECEMBER dates

- 1 Scholastic Book Fair, RSIC Library, 9 a.m. – 6 p.m.
- 2 Scholastic Book Fair, RSIC Library, 9 a.m. – 6 p.m.  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.  
Law & Order Committee meeting, Tribal Court, 6 p.m.
- 3 Scholastic Book Fair, RSIC Library, 9 a.m. – 6 p.m.
- 4 Scholastic Book Fair, RSIC Library, 9 a.m. – 6 p.m.
- 7 Education Advisory Committee meeting, Education Conference Room, noon  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.  
Senior Advisory Committee meeting, Senior Center, 1 p.m.  
Enrollment Advisory meeting, Enrollment Office, 5:30 p.m.  
Youth Santa Night, Hungry Valley Rec Center, 6 p.m.
- 8 Adult Christmas BINGO, Hungry Valley Rec Center, 6 p.m.
- 9 Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.  
Tribal Council Meeting, Swearing In Ceremony, Hungry Valley Rec Center, 6 p.m.
- 10 Deadline for *The Camp News*  
RSIC Community Christmas Dinner, Hungry Valley Rec Center, 6 p.m.
- 11 Christmas Arts & Crafts Fair, RSIC Facility Building, 10 a.m. – 7 p.m.
- 12 Christmas Arts & Crafts Fair, RSIC Facility Building, 10 a.m. – 7 p.m.
- 14 Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.
- 15 Commodity Distribution, Senior Center
- 16 Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.
- 18 14<sup>th</sup> Annual Native Tommo Craft Fair, RSIC Gym, 10 a.m. – 6 p.m.
- 19 14<sup>th</sup> Annual Native Tommo Craft Fair, RSIC Gym, 10 a.m. – 6 p.m.  
Six Flags Holiday In the Park, Noon – 9 p.m., Vallejo, Calif.
- 21 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.
- 22 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.
- 23 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.
- 24 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Christmas Eve, RSIC Administration Offices closed at noon
- 25 Christmas Holiday, RSIC Administration Offices closed
- 28 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.  
Christmas Reading Roundup, Hungry Valley Education, 9:30 – 11:30 a.m.  
Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
- 29 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Christmas Reading Roundup, Hungry Valley Education, 9:30 – 11:30 a.m.
- 30 RSIC Rec Department Winter Day Camp, RSIC Gym & Hungry Valley, noon. – 4 p.m.  
Christmas Reading Roundup, Hungry Valley Education, 9:30 – 11:30 a.m.  
Elder Fit Club, RSIC Senior Center, 12:30 – 1 p.m.
- 31 New Year's Eve Holiday, Administration closes at noon  
Christmas Reading Roundup, Hungry Valley Education, 9:30 – 11:30 a.m.  
New Year's Eve Sobriety Pow Wow, RSIC Gym, 7 p.m.

Check: <http://rsic.org/senior-activities-and-menu/> for daily seniors' activities and menu

medal winner Billy Mills served as the keynote speaker at the Colony's annual community dinner.

Mills spoke about his military experience and how it contributed to his success as an athlete and eventually, an international philanthropist.

The evening including traditional Native ceremonies (songs, music, and prayer) and special recognition for the RSIC World War II Veterans.

Along with Thayer and McGinty, two other tribal members who are WWII veterans were presented with special gifts for their service: Louis Melendez, a U.S. Army Cpl., and Daniel Vidovich, a U.S. Marine.

Also a U.S. Marine, Mills was born on the Pine Ridge Indian Reservation in South Dakota.

Orphaned at 12-years of age, Mills was sent to Haskell Indian School in Lawrence, Kan. There, Mills, an Oglala Lakota, caught the attention of the

cross-town coaches at Kansas University and eventually earned an athletic scholarship.

During his collegiate career, Mills won the Big Eight Conference cross-country championship in 1960 and was on the 1959 and 1960 Jayhawk outdoor national championship track and field team.

With a degree in physical education, Mills joined the U.S. Marine Corps and was a first lieutenant when he qualified for the 1964 Olympics.

Practically an unknown, Mills managed a come-from-behind Olympic victory in the 10,000 meter run, the only American to ever win this event.

"*Running Brave*," a motion picture about Mills' life still serves to inspire youth, especially in Indian Country.

In 2013, Mills was awarded the Presidential Citizens Medal, the second highest civilian honor.

**Editor's note:** *To view more photos from the RSIC Veterans Day Celebration, please see page 22.*



**Giving Thanks** — Chesney Sampson, the University of Nevada Junior Princess, gave the Lord's Prayer prior to the meal at the Veterans



**Check It Out** — The Tribal Historic Preservation Office put together a powerful exhibit to recognize our military veterans. Besides viewing the relics, the event included the personal testimony of some RSIC veterans. Below and to the left, a visitor signs the guest book at the exhibit.







# Christmas Arts & Crafts Fair

DECEMBER 11<sup>TH</sup> & 12<sup>TH</sup>, 2015

**RENO-SPARKS INDIAN COLONY FACILITY BLDG**

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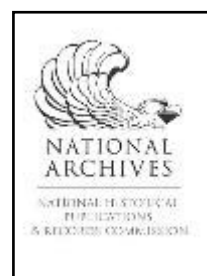
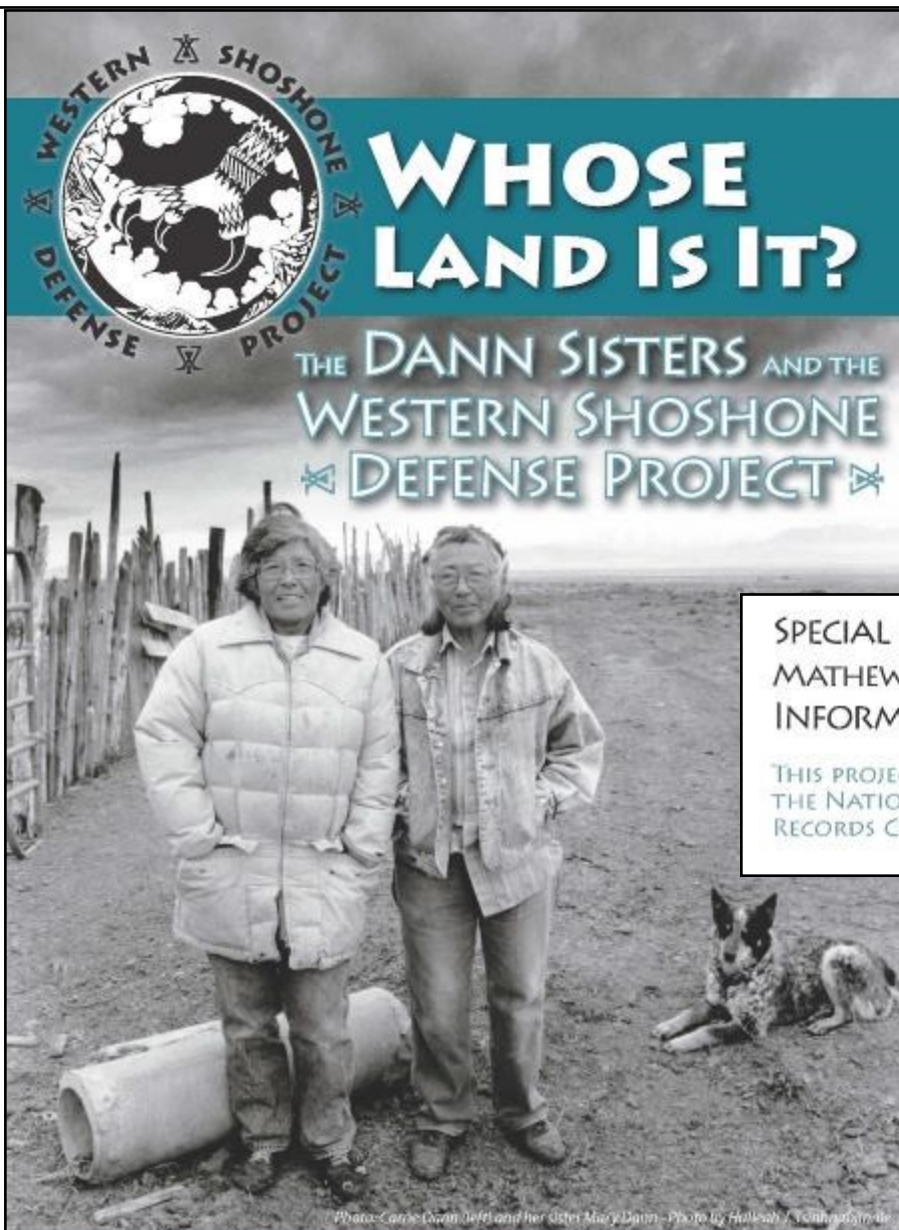
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**EXHIBIT OPEN**  
**SEPT. 28, 2015 - MAR. 18, 2016**

MATHEWSON-IGT KNOWLEDGE CENTER



Western Shoshone ranchers Mary and Carrie Dann fought the federal government for decades to preserve their ancestral lands and the right to graze livestock without permits from the Bureau of Land Management. In the newly available records of the Western Shoshone Defense Project, explore the Dann Sisters' struggle, and that of the Western Shoshone, over issues of sovereign rights contested for years in the federal and international court system.



# Nevada Indian Commission Serves Tribes for 50 Years

*American Indian Achievement Awards celebrate ambassadors to Indian Country*

The Nevada Indian Commission celebrated 50 years of service to the state and honored four Nevadans for their contributions to the American Indian community on Nov. 14 at the Governor's Mansion in Carson City.

The evening reflected on those that established the Indian Commission including Governor Grant Sawyer and Assemblyman Ernie Johnson who introduced legislation to create the commission in 1965.

The 11 previous executive directors, along with Sherry Rupert, the current and longest serving executive director as well as many commissioners along the way, were also recognized.

The organization's mission is to ensure the well being of American Indians statewide through development and enhancement of the government to government relationship between the State of Nevada and Indian tribes, and through education for a greater cultural understanding of the state's first citizens.

The commission was established to

be the conduit between the governor and the 27 federally-recognized Nevada tribes

The awards banquet also celebrates American Indian Heritage Month, proclaimed by Governor Brian Sandoval.

The five members of the Nevada Indian Commission selected the 2015 American Indian Achievement Award recipients.

Receiving Achievement Awards were: American Indian Community Leader of the Year: Joseph Holley, member and

former chairman of the Battle Mountain Band, Te-Moak Tribe of Western Shoshone Indians.

American Indian Youth Services/Role Model of the Year: Saundra Mitrovich, outreach and retention coordinator for the University of Nevada.

American Indian Youth Ambassador of the Year: Alexandria Williams, a sophomore at Chaparral High in Las Vegas.

The Contributor and Supporter of the Year: John

Oceguera, Walker River Paiute tribal member and former speaker of the Nevada State Assembly.

The American Indian Achievement Awards Banquet and Silent Auction is now in its sixth year and is the first statewide effort to recognize Nevadans who have positively influenced the lives of American Indians.

The event helps raise funds to support establishing a cultural center at the former Stewart Indian School, according to Rupert.



**Good Way To Start** – Gary McCloud, part of the Pyramid Lake Black Shirts, brought in the staff to kickoff the Nevada Indian Commission's American Indian Achievement Awards. John Oceguera and Saundra Mitrovich, the contributor and youth services role model respectively, each expressed gratitude to the Reno-Sparks Indian Colony when receiving his/her award. The American Indian Achievement Awards Banquet is now in its sixth year.

# The Importance of Jury Duty

*Fundamental right of jury trial requires reliable community participation*

The importance of jury duty in a free society cannot be overstated.

A trial by a jury is a fundamental right in our society. It is not only guaranteed by the United States Constitution, but also by the Reno-Sparks Indian Colony Constitution. See, Article VII, Section 6.

Notwithstanding, those constitutional protections, a jury trial protects the rights of both defendants and victims.

The prosecution is allowed to present to the Colony citizens the facts of an alleged crime and have the Colony's citizens decide guilt or innocence.

Likewise a defendant is entitled to his or her own community's members deciding his or her guilt or innocence after hearing and seeing the evidence. An open and fair hearing is presented to the RSIC community for decision.

At times a prospective juror will claim that serving on a jury is inconvenient.

Others will claim financial hardship due to missing work.

Some will claim family care issues.

Prospective jurors are quite imaginative in dreaming up excuses why he or she cannot or should not serve.

However those "excuses" do not work.

While we all recognize that jury duty is at times inconven-



**Balance** — The Reno-Sparks Indian Colony Constitution, Article VII, Section 6, guarantees a trial by jury. Frequently, prospective jurors shun their civic duty and attempt to avoid participating in our legal process. This can jeopardize our system which allows all parties to equally partake in the process. Financial hardship, family obligations, and other excuses are not acceptable for missing jury duty.

—ient or may result in some lost income, those unfortunate results are a part of the duties and obligations of RSIC membership.

Others claim that they do not believe "in the system." It somehow has been unfair in the past or a family member has been a victim of the unfair "system."

Well, to change the "system" one must participate.

Also, those who claim not to believe in "the system" demand trial by jury when charged with a crime.

One sure way to make the system work is to take part in it.

Additionally, if a prospective juror fails to attend a trial when summoned that person faces a

contempt of court sanction.

The fine for failure to appear for trial is up to a \$100.00 fine.

The Court will issue an Order To Show Cause why the prospective juror should not be held in contempt of court and sanctioned.

If the person fails to show up for the OSC hearing the Court then issues a warrant for that person's arrest.

So to avoid this unpleasantness, just appear when summoned.

Remember it is your duty *AND* right to serve as a juror when called and possibly selected.

So please. show up for jury duty if you receive a summons to do so.



# Tribal Labor Sovereignty Act Moves Through Congress

*Bill heads toward passage in House with help from Native leaders*

A bill to exempt tribes from federal labor law is taking a big step forward in the 114th Congress last week.

H.R.511, the Tribal Labor Sovereignty Act, bars the National Labor Relations Board from asserting jurisdiction over tribes and their enterprises, mainly gaming facilities. The bill enjoys the support of top Republicans and key Democrats, including Rep. Betty McCollum (D-Minnesota), the co-chair of the Congressional Native American Caucus.

"I am very proud of my record of standing up for the rights of workers and I have expectations that tribal governments will also respect workers' rights," McCollum said at the National Congress of American Indians annual convention in San Diego, Calif., last month.

Not all of McCollum's fellow party members agree with her philosophy, though. Several Democrats on the House Committee on Education and the Workforce filed a strongly-worded dissent in a report accompanying the bill, arguing that the measure will allow tribes to treat their employees -- most of whom are non-Indian -- in a discriminatory fashion.

"This bill cloaks an anti-union agenda in the respectable garb of tribal sovereignty. It is another attempt in the [Republican] Majority's quest to dismantle labor unions and strip workers

of their ability to bargain for better pay and working conditions," the report, which was signed by nine of the 16 Democrats on the committee, stated.

But with Republicans firmly in control of the House, the bill is slated to pass the chamber. The House Rules Committee is meeting to finalize the package before it comes up for vote, according to the majority leader's schedule.

The movement on the bill represents a dramatic shift in political winds.

After the National Labor Relations Board (NLRB) in 2004 asserted Indian Country for the first time in decades, tribes asked Congress to respect their sover-

eignty and treat them in a manner similar to state and local governments under the National Labor Relations Act.

But in two embarrassing votes in 2004 and in 2005, Democrats trounced Republicans and beat back efforts to put tribes on the same level as other governments.

The issue sat dormant for another decade as the NLRB, in case after case, asserted jurisdiction over tribal casinos. And when tribes took the grievances to federal court, they were not successful at proving that they enjoy the same status

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**Supreme Power** — *The Tribal Labor Sovereignty Act is making its way through federal channels. The potential law would bar the National Labor Relations Board from having power over tribes and their economic enterprises, mainly gaming facilities. According to RSIC Tribal Chairman Arlan D. Melendez, this legislation will correct an injustice and promote fairness in recognizing the sovereignty of Tribal governments. As all federally recognized tribes operate under sovereign immunity, all 562 tribes have the inherit right to be their own supreme authority.*

# Letting Go: The Power of Old Wounds

*Loving, life-giving relationships demand openness, vulnerability*

*Submitted by Adriana Botello,  
RSIC Human Services Department*

Old wounds have many ways of stealing into relationships.

They can disrupt a connection, prevent a connection from reaching take-off, or slowly pull at a relationship until it's gasping for air.

Everyone is capable of having a connection that is loving and life-giving – a relationship that allows each person to be completely seen, stripped back to bare, pretenses gone, flaws and vulnerabilities on full show. It is beautiful, but it is not easy, because this type connection requires openness and vulnerability. The walls need to fall and the armor needs to soften.

Here is the dilemma – let go of the armor and risk being hurt, but do not let go of the armor and the relationship you deserve will struggle to find you.

Armor is the protective wrap we put around ourselves to stop the things that have hurt us before from ever hurting us again. It is not a bad thing – we all have it and we all need it – but the tougher and tighter the armor, the harder it is to connect, feel loved, and give love. You might feel the love, deeply and purely, but it just cannot get through the way it should.

The deepest wounds often come from childhood. They

can affect the way people see the world, themselves and their relationships. They can shape the expectations people have of themselves and others, and what they think they deserve. They can also affect people on a physiological level – the way they hold themselves physically, the way they move, their nervous system, and their brain. But none of this has to be permanent.

Of course, not all wounds come from childhood. Few of us reach adulthood without having had our hearts broken, our ideas about love questioned and our spirits bruised. It's how we deal with this that will determine the power our history has to keep hurting us. In fact, by providing an opportunity for self-reflection, learning and experimentation, past hurts can be the gateway to stronger relationships – but this does take effort, a willingness to explore and the courage



**Relationships** – *Everyone is capable of having a connection that is loving and life-giving.*

to experiment with a different way of being.

The capacity for that is in all of us. In the same way that with deliberate effort and practice we can expand our physical capabilities, we can also extend well past the self-enforced limits of our emotional edges.

How do I know that an old wound is at play?

When there is chronic fighting in a relationship, it's likely that old wounds are feeding the battle. The existence and influence of old wounds will often be out of our awareness. We won't know they're there, but their effects will be obvious.

Old wounds are set to work when something in the present moment triggers old memories that are attached to old hurts. When this happens, we react to the new situation as though it's an old one.

There are a few ways to tell that an old wound is at play:

1. The conflict is constant, and always feels the same.
2. Your emotional reaction to something within the relationship is intense and out of proportion to whatever seemed to cause it.
3. Your reaction is difficult to shift.

Let's get practical. Here are some things that will enrich and enliven any relationship. Try experimenting and see which ones nourish your relationship

*Continued on next page*



and deepen your connection.

1. Love yourself like you would anyone else.

Pay attention to your own needs. Everything you need to find balance and live wholeheartedly is already in you. The clues will come out as feelings, whispers, and thoughts you can't get rid of. Take notice. It's your intuition and it knows what you need. Do not ignore it, push it further down into you or shut it down. If you're someone who has had plenty of being ignored throughout your life, this is where you get to stand up and give yourself the love you deserve.

2. Feel your feelings.

If the way you deal with hurt and disappointment is with a stoic pushing down of the feeling, try trusting your capacity to support yourself. The only way to deal with feelings is to feel them. They exist for a good reason and hold information about what you need or the direction you need to take. The more you push them down, the more damage they do – they toughen your armor, harden you and swipe at your capacity to connect. Let the feelings unfold, feel them a bit more than last time, and trust that you'll be okay – because you will be.

3. Watch the things you tell yourself in an argument.

Be careful of self-talk that sounds like self-pity, victim talk, defensiveness or anger. Self-talk is the silent, automatic messages that swirl round



**Not Easy** – *A relationship that allows each person to be completely seen, stripped back to bare, pretenses gone, flaws and vulnerabilities on full show is a beautiful, but no easy connection to obtain. A healthy connects requires openness and vulnerability.*

in your head. It's powerful and shapes the way you relate to the world. When you listen to the messages, you might be surprised by the tone and the words. The way you talk to yourself will leak into the way you are with the people close to you. Your self-talk might need some redirecting. This will mean being clear and strong with you sometimes, and comforting and tender at other times.

4. Your vulnerabilities are beautiful. Do not hide them.

There are parts of all of us that are so soft, tender and raw that the temptation is to hide them away for protection. They are the things you think about at 2 a.m., the feelings you feel that nobody knows about, your insecurities, your fears. They are the fragile parts of you and it would make sense to hide them if you were in a harsh or unsupportive environment but now you're in a different one. Let

your partner see them – do not cover them with anger, denial or pretense. This might feel risky and you might feel as though it is easier and safer to keep your frayed edges protected, wrapped up and tucked away where nobody can see, but trust that whatever happens you can support yourself, vulnerabilities and all. You're not the same person you were all those years ago. Open up, little by little. It doesn't have to all be about self-disclosure. It might be in the way you relate, the way you touch, the loving words you offer, the softening of yourself around someone. It's about being vulnerable, because you can't have intimacy without it.

5. Stay with the tough stuff.

What do you do when the conversation gets hard? Do you flare up? Shut down? Walk away? Stay? The temptation might be for fight or flight, and it

Continued on next page

is likely that you'll have a favorite. It is also likely that neither are a great option. Try slowing things down so you can respond more deliberately and be less barreled by automatic responses and old memories that happen out of your awareness. Avoiding difficult conversations has a way of driving distance between people. When one of you disengages, the other will soon follow. When this happens, issues will keep their heat and turn the solid foundation of your relationship to mud. If you feel yourself getting flighty, try grounding yourself. Feel your feet on the floor, your back, and your legs. Slow your breathing and remember that they are just feelings. They will come, and then they will go. When the temptation is to disengage,



**Enjoying Imperfection** – *Humans are far from perfect and when we look for perfects in our loved ones, inevitably, everyone falls short. When you put aside unrealistic expectations, your relationships will grow.*

focus on your partner and remember why it is important that you stay.

6. Widen the space between what happens, and how you respond.

We all get into habitual ways of responding in relationships. They happen instantly and without conscious thought. Slow down the process. Breathe so you can give yourself time and widen the space between what happens or what is said, and your response. Then, when you're ready, speak clearly, openly, and without blame or judgment. That doesn't mean you cannot point out the problems, but do it from a position of strength, grace and love, not righteousness. Consider what you can do – or stop doing – to make it easier for the other person to give you what you need. The more open and emotionally generous you can be, the more the other person will have permission to do the same.

7. Use the forgive button...a lot.

All relationships will come into conflict now and then. When you're with someone who loves you, there will be a ton of power that comes from being hurt. Use it wisely. We all get it wrong sometimes and we all do stupid things that hurt the people we love. When you're the one who has been hurt, acknowledge it, discuss it, feel hurt or angry, but do not use your hurt or anger as a way to keep the power or control in the relationship. Use it to feed a conversation and

to find a better way to do things, but do not use your hurt or anger to lift you to the saddle of your high horse. It can be pretty cold and lonely up there. That doesn't mean you have to accept every bit of nonsense going around – you do not. What it means is that not holding out on a resolution or fight dirty because of a sense of entitlement or 'rightness'. The silent treatment, getting personal or nasty, or fiercely claiming victim status might feel good at the time, but it will sink your relationship in the long run. Righteous people can be hard work – you do not want to be one of those.

8. Let go of 'perfection'. It's weighing you down.

We humans can be pretty great to be around, but we are far from perfect. The problem with perfection is that it overlooks the sobering fact that you can not be perfect at everything. When you're striving for perfection in one area, another area will suffer. It is just the way it is. When you put the expectations of perfection onto your relationship or your partner, it is going to cause trouble. If you are reading this and you are thinking something like, 'I do not get it. There is nothing wrong with wanting things to be perfect,' or 'I am not righteous, it is just that I am pretty much always right, but that's not my fault,' explore how your need to be perfect or right might be affecting your relationship, then loosen the hold and open up to enjoying your forgiving, fun,

*Continued on next page*



honest, imperfect relationship.

9. Say what is true.

Speak with an open heart. This does not mean attacking, blaming, judging or criticizing in the name of honesty. Attack is attack and criticism is criticism, however you dress them up. The phrase, 'just being honest' is too often used as a poor disguise for 'just being mean'. Speaking with an open heart means talking about how you feel. It's letting yourself be seen in a way that makes it easy for others to respond and give you what you need. This will mean going deeper into what you're feeling and finding the truth behind it. If you are angry, what is the feeling underneath it? What are the words? Anger never exists on its own and there's always something – sadness, insecurity, fear, guilt, jealousy. If you feel the need to shut down or close up, what's behind that? What are you scared will happen if you stay open? Avoiding an issue doesn't make it any less true. It just gives it the power to hurt you from the dark.

10. Do not leave the loving up to someone else.

When you do not love yourself enough, your guard will either be too far up or not up far enough. Anyone will do or nobody will do – and that is a lonely way to live. Do not be the bully that judges, shames or criticizes you. Chances are you have had enough of that already. The monster is well fed

– do not feed it any more.

11. Be fully wherever you are.

Listen with your heart and your full body. People will open up and be more ready to connect when they feel heard and seen. Too often in conversation, we're not fully there.

Instead, we're distracted by other things or by thinking about how we'll respond. Feel what's being said rather than listening to it. When your partner is talking notice how you hold your body. Are you open? Attentive? Available? What about your face? Is it hard? Warm? Tender? Are you thinking about your response or are you listening to what's being said?

12. Your wounds do not have to wound you anymore.

Your wounds do not have to wound you anymore. They are the proof of your resilience,

your strength and your courage and now they can work hard for you. First though, you will have to shine the light on them. Do not keep them in the dark, otherwise you won't see them coming when they crash into you. When you have an emotional reaction to your partner, what does this remind you of? What is your earliest memory of these feelings? You might need to sit with them for a while to let them speak to you. What about your partner? Who does he or she remind you of? Then – how are they different? Focusing on the differences will help you to stop seeing your partner or your relationship through an old filter.

And finally...it is important to remember that when trying anything new, it will feel

*Continued on next page*



**Don't Leaving The Relationships To Chance** — *When you do not love yourself enough, your guard will either be too far up or not far enough. Anyone will do or nobody will do, and that is a lonely way to live. Listen to your heart and people will open up and be more ready to connect.*

*Continued from page 14*

awkward for a while and the temptation will be to run back to what is familiar. Be aware of this and move back into your safety zone if you want to, but remember the reasons you wanted to move out of it and let it be a temporary refuge, not a permanent address.

It is easy to accept that the way you feel and the things you believe are normal – they may be, but that does not mean they are working for you. There is always the possibility for a new kind of normal. One that is richer, more open, more loving and more connected. The shift might not be a quick one, but with courage and the readiness to experiment with the world and your relationships, it is always possible to find a new way to be – one that feels more whole-hearted and vital.

I WOULD LIKE TO THANK  
EVERYONE WHO CAME OUT  
TO VOTE!!

EACH AND EVERYONE  
OF YOUR VOTES COUNTED.  
I WILL REMAIN ON THE TRIBAL  
COUNCIL THANKS TO ALL  
OF YOUR VOTES AND KEEP  
THE WORDS I SPOKE..  
LETS COME TOGETHER AS  
ONE NOT SEPARATED ANY  
LONGER... I WILL REMAIN  
STRONG AND REMAIN YOUR  
VOICE WHEN IT COMES  
TO OUR COMMUNITY ISSUES  
AND ACCOUNTABILITY!!!

THANK YOU FOR ALL THE  
VOTES AND TRUST YOU HAVE  
IN ME!!!

RUTH SAMPSON GUERRERO

## REPORT SIGNS OF METH PRODUCTION

- chemical smells (like ether, ammonia, vinegar or solvents)
- empty containers of lye, acetone, denatured alcohol, drain cleaner, camp fuel, cold tablet boxes, and batteries
- red-stained coffee filters, glassware with rubber tubing attached, buckets of kitty litter, chemical stains on carpet, car seats, etc.
- homes with windows covered or blacked out
- propane burners, possibly stained with blue

Learn more - [www.stoptribalmeth.org](http://www.stoptribalmeth.org)

Montana State University Extension  
Tribal Meth Education Training &  
Help Center

National Congress of American Indians



## RSIC FINANCE NOW TAKING CREDIT



TO BETTER SERVE OUR CUSTOMERS, WE WILL ACCEPT ALL MAJOR  
CREDIT CARDS FOR PAYMENT AT THE RSIC FINANCE OFFICE.  
FOR MORE INFORMATION, PHONE JILL MIX AT (775) 329-2936.



# Tribal Christmas Tree Recycling Program Planned

*New specialist brings practical college experience to department*

*Submitted by Bhie Cie Ledesma,  
Environmental Specialist II*

The Reno-Sparks Indian Colony Environmental Program would like to assist in getting as many Christmas trees recycled as possible this year.

Christmas tree recycling provides residents with an easy alternative to dumping trees in the landfill or—as is sometimes seen—in our community open spaces.

The recycled Christmas trees

are chipped into mulch that is used for park and weed abatement projects and is available for free to area residents at the Bartley Ranch and Rancho San Rafael drop-off sites.

The details of the community drop-off will be forthcoming.

Please call BC Ledesma, RSIC Environmental Specialist II, at 785-1363 ext. 5407, if you anticipate needing assistance, so we can better plan dates, times, and locations.



The Keep Truckee Meadows Beautiful (KTMB) Organization will be hosting the free annual Christmas tree recycling drop off event.

Drop off your tree anytime between: Dec., 26 - Jan., 10, 9 a.m.- 4:30 p.m., at any of these locations: Bartley Ranch Regional Park, Rancho San Rafael Park, Shadow Mountain Sports Complex, or the following Truckee Meadows fire stations: Arrow Creek, Cold Springs, Hidden Valley, Spanish Springs, Stead, Verdi and Washoe Valley.

Christmas Tree Recycling is sponsored by the NV Energy Foundation and is offered in partnership with the City of Reno, City of Sparks, Goat Grazers, Nevada Division of Forestry, Truckee Meadows Fire Protection District, Nevada Division of Forestry, Tholl Fence, Washoe County, and the Washoe County Health District.”

<http://ktmb.org/christmas-tree-recycling/>

## Environmental Program Adds Staff

*New specialist brings experience to department*

*Submitted by Bhie Cie Ledesma,  
Environmental Specialist II*

“Hi, my name is BC Ledesma and I am the new Reno-Sparks Indian Colony Environmental Specialist II in the Environmental Department located in the planning department.

I will be working with the Environmental Protection Agency (EPA) General Assistance Program (GAP) and the Clean Air Act grants.

I will be assisting the RSIC Environmental Program Manager with monitoring, revising the Tribal environmental plan,

expanding our used oil collection and recycling program, and whatever other improvements I can make to assist our people in being more environmentally focused.

Environmental issues were part of my program of study at the University of Oklahoma both in obtaining my Master of Public Health degree and in Contemporary Native American Issues.

I’m excited to get started since the land and our earth are and how it will be for our children are things I think about on a regular basis.

Please contact me at (775) 785-1363 ext., 5407.

# District Superintendent Recognizes RSIC partnership

*Encourages parents to make children's education a priority*

Dear Families,

As we wrap up the month of November, I want to acknowledge the members of the Hungry Valley Vertical team who were recognized by the Board of Trustees during the Spotlight on Success event held on Nov. 3.

The Hungry Valley Vertical team is made up of members of the Reno-Sparks Indian Colony and administrators and staff from the schools children in Hungry Valley attend—David Keller (former principal) and Kristen Gilkerson (former teacher) for Jesse Hall Elementary School; and the staff from Yvonne Shaw Middle School, Spanish Springs High School, and Troy Parks, Area Superintendent.

This team has been instrumental in engaging and listening to the needs of our American Indian community. The Washoe County School District celebrates the heritage of its American Indian students and values the cultural legacy and diversity the students, families, and staff bring to the classroom. American Indian Heritage Month is a time to reflect upon and honor the contributions of American Indians and celebrate the rich traditions of our American Indian community every day.

The holidays are fast approaching and I know many of you are preparing to spend quality time with your friends and family, while keeping up with your daily responsibilities. It is during this hectic time of the year that I want to take the time to thank you for all you do to engage with your children's school: asking questions about their progress and challenges; volunteering your time at their school; helping with their homework; and for always making your children's education a priority.

In the coming weeks, during winter intersession, many of our students will be attending classes where they will be provided extra support to help strengthen their literacy and math skills to ensure they stay on the pathway to graduation. The majority of the classes will take place at our high schools, where students will study writing and English in preparation for High School Proficiency Exams. Middle school students will be busy studying math, reading, and other core subjects. Elementary school students will be attending reading camps and studying literacy and math, among other subjects.

For more information about classes during any intersession, please contact your student's school.

Do not forget to visit our website ([www.washoeschools.net](http://www.washoeschools.net)) to learn about the many wonderful things happening in our district.

I am looking forward to this holiday season and am excited for what is to come in 2016 for WCSD and all of our students, families, and staff!



Sincerely, Traci Davis, Superintendent

Save  
the  
Date

## RENO-SPARK INDIAN COLONY **Sovereignty Day**

What: *Celebrating 80 years of Sovereignty*

Where: 34 Reservation Road

When: **January 15, 2016**

Time: 1 p.m. – 7 p.m.







**A Team Effort** — The Reno-Sparks Indian Colony was a recipient of the Washoe County School District Spotlight on Success Ceremony at McQueen High on November 3. The spotlight focused on Native American Indian Heritage Month and the achievements of the Hungry Valley Vertical. The Hungry Valley Vertical involved of all three schools in Hungry Valley: Jesse Hall Elementary School, Shaw Middle School and Spanish Springs High and the collaboration of the Reno-Sparks Indian Colony. The Vertical group comprised of WCSD principals and administrators and the RSIC Education Department staff from Hungry Valley who held open meetings for the parents and community. The district staff, department staff and parents discussed issues and concerns regarding students and how the group can collaboratively work together for the success of native students at those schools. The hope is to continue these valuable discussions this school year and make a positive impact for the students. Pictured above are: Rhonda Knight, Kristen Gilkerson, Troy Parks, Tiffany Young, San San Tin, Teri Larson, David Keller, Gina Leonhard, Tanya Hernandez, and Naomi Hanczrik .

## HOMEWORK HELP

**For  
MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS**

HV Education has new tutoring hours for Middle School  
and High School Students  
Education Tutors will be available to help students on  
Monday thru Thursday from 4:30pm to 6pm until December 17, 2015.

We realize that these students need more time to complete their work. Please  
encourage your students to come and take advantage of the extra help before  
the semester ends.



**Spanish Springs Cougars**

**“Mavericks”**

**2nd Place**

**SYFL Cheer Competition**

I wanted to say Congratulations  
To my Niece Toni Talez Torres  
“Me Su Name Pesa” , sister all  
your hard work paid off. You  
truly are an inspiration and I  
want you to know that it is only  
the beginning for more things  
to come.

Never Settle for less, Never  
stop trying when others say you  
can't .

The dedication and you put  
forth even when you were in-  
jured paid off.

I am very proud of you and our  
family stands behind you but  
most important you have God's  
favor and do not you ever for-  
get that...

All things are possible in Jesus  
Christ's name which strengthens  
us...

Love you always and forever,  
Felice Guevara, Barry Carroll,  
Kassius & Kyrus Saampson



**[www.rsic.org](http://www.rsic.org)**



# In & Around: Reno-Sparks Indian Colony Community

2015 Nevada Day Parade: Pow Wow Club, royalty, Eagle Wings, recreation staff



**Proud To Represent** — To see other photos from the Nevada Day parade, log onto: : [www.rsic.org](http://www.rsic.org).



# In & Around: Reno-Sparks Indian Colony Community

*Tribal distribution, electronic voting machine test run, civic duty, lock & key*

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**Civic Duty** – Of the 776 eligible Reno-Sparks Indian Colony voters, 327 voted in the recent tribal election. That is 42 percent, well-over the 36 percent turnout in the 2014 city, county and state midterm election. Voting for tribal leadership is a right guaranteed by the Colony's constitution. For certified results from last month's tribal election, please see page 36.



**Test Run** – Ray Garcia Valdez of Automated Election Services, shows the RSIC Election Committee Co-Chair Tanya Hernandez that the electronic voting machines are ready for use. This was the second year that the RSIC used Election Services. Results were available within an hour after the final ballot was cast.



**Merry Christmas** – RSIC Tribal Council Treasurer Jackie Quetone helps a tribal member collect her Christmas distribution. Last Monday, nearly 1,000 checks were distributed to tribal members. To date, 1027 checks have been distributed.



**Lock & Key** – The night before the RSIC Tribal Election, officers from the Tribal Police Department secured ballots at police headquarters after the machines were inspected by the election committee and other interested community members.



# In & Around: Reno-Sparks Indian Colony Community

*Paiute puppets, basket dance, traditional songs, autographs*



**Paiute Puppets** — Two young members of the RSIC Leilani Berreman-Mauwee and Lyndsie Mauwee perform a puppet show for a dozen on-looker at the Barnes and Noble bookstore. Speaking their Native language, the girls explained why the raccoon has black eyes and why the skunk has a white strip down its back and smells badly.



**Basket Dance** — According to Eagle Wing Pageant Dancers co-founder, Lois Kane, performers are dancing in the steps of our ancestors and believe that the spirit of the old ones lead and guide them. The group includes men and women, from toddlers to elders. Above, London Mauwee proudly dances.



**Singing For Our Ancestors** — Adriana Gutierrez and Stacey Burns sing and drum during a recent Eagle Wings performance at the Barnes and Noble bookstore in south Reno. The event was a fundraiser for the RSIC Library.



**N7** — MorningRose Tobey, a freshman for the University of Nevada women's basketball team signs a t-shirt of a young fan during the recent Nugget Classic. Tobey, along with her Wolf Pack teammates wore custom turquoise jerseys in celebration of American Indian Heritage Month.



# In & Around: Reno-Sparks Indian Colony Community

*2015 Veterans Day Celebration: parade, exhibit, banquet*



**Proud To Represent** — To see additional photos from the Veterans Day Celebration, log onto: : [www.rsic.org](http://www.rsic.org)



# 14<sup>th</sup> Annual Native Tommo Craft Fair

- Tommo means Winter in Paiute -

**December 18-19, 2015**

34 Reservation Road (Gym)

Reno, NV 89502

(Off Interstate 395, take Mill Street or Glendale Off Ramp on Westside)



*Open 10 a.m. – 6 p.m. both days*

Come and support our local and surrounding area  
Native Craft Vendors!



- Beaded Items
- Native Jewelry
- Native Artwork
- Books & Music, and many one-of-a-kind items!
- Native Blankets
- Baked Goods
- Handmade Quilts

Native vendor tables available: \$40 each table, per day. A preference discount will be given to vendors that sell both days. First come, first serve basis--don't wait to reserve your spot!

For more information, contact Joanne at (775) 442-3939 or via e-mail:  
[tommo.native.craft.fair.2015@gmail.com](mailto:tommo.native.craft.fair.2015@gmail.com)

*A portion of the proceeds will go to help our Human Services clients during the Holidays!*

*Here's wishing everyone a very safe & happy holiday season!*

# RSIC Praised for Excellent Food Program

*Education Department shares interdepartmental ideas for success with USDA*

*Submitted by San San Tin,  
RSIC Education Department*

Michael Ladd, Regional Tribal Liaison of the Western Regional Office of the Food and Nutrition Service (FNS) visited the Reno-Sparks Indian Colony Education Department last month.

The FNS and the Center for Nutrition Policy and Promotion (CNPP) are agencies of the United State Department of Agriculture (USDA) Food, Nutrition, and Consumer Services.

Ladd came to RSIC because it is known as a model program in creating synergy across different programs: Head Start, Child Care, Summer Foods and Child & Adult Care Food Program (CACFP) programs.

Ladd met with the Colony's Education Department Manager San San Tin, Head Start Program Manager Christina Jacobus, Health/Safety/Nutrition Advocate Francisco Ceballos, and Head Start Cook Raelyne Thomas.

The group discussed what it took to get programs and staff together to meet the needs of our children.

The FNS works to end hunger and obesity through the administration of 15 federal nutrition assistance programs including WIC, Supplemental Nutrition Assistance Program (SNAP), and school meals.



**Great Chemistry** — RSIC employees from the education department, Francisco Ceballos, Christina Jacobus, Raelyne Thomas are pictured with Michael Ladd from Western Regional Office of the Food and Nutrition Service (FNS). Ladd visited the Colony to discuss the tribe's successful food programs.

*Photo by San San Tin*

In partnership with Tribal and state governments, the FNS programs serve one in four Americans during the course of a year.

Working with public, private and non-profit partners, the FNS's mission is to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet and nutrition education in a way that supports American agriculture

and inspires public confidence. No American should have to go hungry.

Jacobus and Thomas have provided presentations about RSIC's program collaborations to other tribes for several years.

"It takes great dedication and collaboration efforts but the result is tremendous for the health and nutrition for our children," said Tin.



# CONTACT NUMBERS FOR THE TRIBAL POLICE

IN CASES OF EMERGENCY PLEASE DIAL 911.



*We must stress the importance of calling dispatch.*

Dispatch will send an officer to the address of the emergency; they will also ask questions to assist the officer prior to arrival. Also, dispatch can contact other services that maybe needed such as medical assistance, fire, or additional police personnel.

## POLICE NON-EMERGENCY NUMBERS

These numbers should NOT be used for calls of emergency.

- 785-8776** *RSIC TRIBAL POLICE BUSINESS OFFICE.* This number is to be used to conduct administrative business with the police department. This includes leaving messages for police staff, information requests, general questions, or any other police business related matters. The business office is open Monday through Friday, 8 am to 5 pm.
- 785-1365** *HUNGRY VALLEY SUB-STATION.* This is an office number for business use. Officers use the sub-station for briefings, writing reports and telephone calls.
- 322-4900** *SECRET WITNESS.* A special telephone line that citizens can call without identifying themselves to provide information of crimes or criminal acts they have knowledge of.

## POLICE CELL PHONE NUMBERS

### DO NOT USE THE FOLLOING CELL PHONE NUMBERS FOR EMERGENCIES

**WARNING!** You may not always reach an officer on the police cell phones. When an officer is responding to a call for service, he/she will be attending to the matter at hand. They may not be available to answer the phone. So **please remember, call dispatch for police assistance** (334-2677) or 911 to have an officer respond to your emergency.

240-9773 – *Reno area cell phone.* This number may be used to contact the on duty Reno area officer after business hours for general questions, or other non-emergency police matters. **It should not be used for service or emergency assistance. PLEASE CALL 911.**

240-9775 – *Hungry Valley area cell phone.* This number should be used to contact the on duty Hungry Valley area officer after regular business hours for general questions, or other non-emergency police matters. **It should not be used for service or emergency assistance. PLEASE CALL 911.**

**Non-emergency** contact with police, please call the dispatch non-emergency number 334-COPS (2677).

# Native American Gets Highest National Civilian Honor

*Obama names 17 Presidential Medal of Freedom winners*

**WASHINGTON, DC** – Last week, President Barack Obama named seventeen recipients of the Presidential Medal of Freedom, including Billy Frank, Jr. (posthumous), a tireless advocate for Indian treaty rights and environmental stewardship.

The Presidential Medal of Freedom is the Nation's highest civilian honor, presented to individuals who have made especially meritorious contributions to the security or national interests of the United States, to world peace, or to cultural or other significant public or private endeavors.

The awards were presented at the White House on Nov. 24.

"From public servants who helped us meet defining challenges of our time to artists who expanded our imaginations, from leaders who have made our union more perfect to athletes who have inspired millions of fans, these men and women have enriched our lives and helped define our shared experience as Americans," said President Obama,

Besides Frank, the following individuals will be awarded the Presidential Medal of Freedom: Yogi Berra (posthumous); Bonnie Carroll; Shirley Chisholm (posthumous); Emilio Estefan; Gloria Estefan; Lee Hamilton; Katherine G. Johnson; Willie Mays; Barbara

Mikulski; Itzhak Perlman; William Ruckelshaus; Stephen Sondheim; Steven Spielberg; Barbra Streisand; James Taylor; and Minoru Yasui (posthumous).

Frank's activism paved the way for the "Boldt decision," which reaffirmed tribal co-management of salmon resources in the state of Washington.

Specifically, Frank's efforts meant that the tribes who signed the treaty were entitled to half of the state's harvest of salmon

Frank led effective "fish-ins," which were modeled after sit-ins of the civil rights movement, during the tribal "fish wars" of the 1960s and 1970s.

His magnetic personality and tireless advocacy over more than five decades made him a revered figure both domestically and abroad.

Frank was the recipient of many awards, including the Martin Luther King, Jr. Distinguished Service Award for Humanitarian Achievement.

Frank left in his wake an Indian Country strengthened by greater sovereignty and a nation fortified by his example of service to one's community, his humility, and his dedication to the principles of human rights and environmental sustainability.

Born and raised just outside the Nisqually Reservation on a small homestead known as Franks Landing, the former



**For All Natives** – Billy Frank, Jr., who walked on last year, is being awarded a Presidential Medal of Freedom posthumously. Frank led efforts to make the federal government honor its treaties with his tribe, which set a precedent throughout Indian Country.

chairman of the Northwest Indian Fisheries Commission was arrested an estimated 50 times by game wardens for fishing with a gillnet on the Nisqually River.

Gillnets have been used for generations of Native fishermen. They are so effective that their use is closely regulated by government management agencies.

Billy passed last year at the age of 83 and is considered an icon of Native rights.

Other Presidential Medal of Freedom awardees include a recording and touring artist who sold more than 100 million albums, the former administrator of the Environmental Protection Agency who helped ban the pesticide DDT, two Major League Baseball Hall of Fame member, and the first African-American woman elected to Congress.



# New Employees



**Mary Lask**  
Tribal Health Center

Q: What is your exact job title?

A. Substance Abuse Counselor.

Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?

A: My hope is to learn about the specific needs of Reno-Sparks Indian Colony by getting familiar with individual and family needs based on each person's view point. I want to be able to learn about how traditions impact and promote growth within the Native American cultural.

Specifically, being a Substance Abuse Counselor for me is like being a life coach. I provide guidance through educating individuals and families about the process of addiction and how change can take place. It's about creating opportunity for positive change that helps rebuild the client by eliminating harmful habits and creating habits that help the person feel whole and complete, which provides a sense of well-being, sense of self, and a reconnection to their spiritual roots, and makes them resilient in the face of adversity.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: I am a Licensed Alcohol & Drug Counselor my background includes extensive work as a Youth & Adult Substance Abuse Counselor, providing assessments, diagnosis, treatment plans, case management, and aftercare for substance use disorders and behavioral issues. Experience in therapeutic approaches include using Motivation Enhancement Therapy (MET), Cognitive Behavioral Therapy (CBT), and Multi-dimensional Family Therapy (MDFT) and Interactive Journaling (IJ).



## Christmas Reading Roundup



December 28-31 – January 4-7

Monday -Thursday

9:30 – 11:30 a.m.

H.V. Education will be having one on one reading times with kids during Christmas Break. Please call 785-1310 to schedule your child.

Transportation will be provided.

# New Employees



**Tahleena Hardin**

Smoke Shop 2

Q: What is your exact job title?

A. Retail Clerk.

Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?

A: I would like to learn as much as I can and grow within the ranks of the RSIC.

Q: Do you have a Tribal affiliation? If so, where?

A: Fort McDermitt Paiute Shoshone.

Q: What is your exact job title?

A. IT Tech I.

Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?

A. What I hope to accomplish is to make this my permanent position and make our network better and to help all those in need of any computer tech problems.

Q: Do you have a Tribal affiliation/ If so, where?

A: Born and raised Paiute Resident and Tribal Member of Reno-Sparks Indian Colony.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: I am grateful for getting the opportunity to work for the RSIC IT Department. Also as well as getting to know more of the community and other tribal employees and to have myself known to others.

**Micaela Chagolla**

Information Technology Department





# New Employees



**Martha Garcia**

Education Department

**Q: What is your exact job title?**

**A. Child Care Aide**

**Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?**

**A: I hope to stay here and start a long term career.**

**Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?**

**A: I would like to thank everyone at the RSIC for the warm welcome.**



**Carrying On Tradition** — The songs and dances performed by the Eagle Wing Dancers are indigenous to Northern Nevada tribes: the Paiute, Shoshone, and Washoe and the dances are over 1,000-years-old. Co-founded by Lois Kane, the former RSIC Language director, the Eagle Wing Dancers performs throughout the year at all types of functions. Above, members of the group poise after dancing at the Barnes and Noble bookstore in conjunction with the RSIC Library Book Fair. Pictured are, back row, left to right: Gaylen Williams, Sophia Sam-Gonzalez, Natalie Chacon, Adriana Gutierrez, Stacey Burns, Emma Williams and Jason Lopez. Front row, left to right: Wylie Williams, London Mauwee, and Powma Lopez.



Three Nations Wellness Center & RSIC Senior Center  
Presents

# Elder Fit Club

A 12 week program for elders using  
resistance bands and chair based exercises

When: **Monday, December 7, 2015** through  
Wednesday, February 3, 2016

Where: RSIC Senior Center

Time: 12:30-1:00

**Join us for some fun!**





Continued from page 9

as state and local governments.

The only exception came earlier this year when the NLRB -- after a lawsuit -- refused to apply the NLRA to the Chickasaw Nation in Oklahoma due to provisions in the tribe's treaty. But within a matter of weeks, the 6th Circuit Court of Appeals upset the environment with two conflicting and confusing rulings that questioned whether the NLRB got it right with the 2004 ruling.

H.R.511 addresses the uncertainty by amending the NLRA to clarify that tribes and their enterprises are not considered "employers" under the law. Tribal employment matters would continue to fall under tribal law, some of which already allow unions to organize.

The NLRA otherwise does not mention tribes, a key omission considering that it was passed in 1935, just a year after the Indian Reorganization Act of 1934 ushered in a new era of self-determination in Indian Country.

"The simple fact is this: when Congress passed the National Labor Relations Act in 1935, its intent was to require private sector employers to engage in collective bargaining with their employees," Ron Allen, the chairman of the Jamestown S'Klallam Tribe of Washington, and Arlan Melendez, the chairman of the Reno-Sparks Indian Colony in Nevada, wrote in *The Hill*. "At the same time, Congress deliberately eliminat-




## KEEP YOUR BODY, MIND AND SPIRIT STRONG

Through the **Affordable Care Act**, American Indians are eligible to receive health insurance for free or very low cost.

### BENEFITS INCLUDE:

- Pre-existing conditions are covered
- Preventative screenings
- Access to specialty care
- Accepted at IHS, Tribal and urban Indian clinics
- Medicaid expansion

Signing up is easy and can be done any time. Visit your IHS, Tribal or urban Indian clinic for more information or assistance, or call Reno-Sparks Tribal Health Center: (775) 329-5162.



ed from the NLRA's coverage public sector employers, so state, local and federal governments are excluded from the definition of 'employer.'"

"Why did Congress make this distinction?" Allen and Melendez continued. "It recognized the key differences between private employers and government employers when it comes to labor relations and did not want to engender the kind of labor strife and work stoppages that could paralyze local, state and the federal governments, jeopardizing public health and

safety in the process. We believe the same principle must apply to tribal governments."

The Senate version of the bill is S.248. It cleared the Senate Indian Affairs Committee last June with only one Democrat voicing an objection.

According to RSIC Tribal Chairman Arlan D. Melendez, this legislation will correct an injustice and promote fairness in recognizing the sovereignty of Tribal governments.

Reproduced with permission  
from [Indianz.com](http://Indianz.com)

# Pyramid Lake Paiute Tribe to Establish Tele-Pharmacy

*Technology will help serve three remote Northern Nevada Tribes*

**Carson City, Nev.**— American Indian Tribal members on three remote reservations in Northern Nevada will soon be able to get their prescriptions filled via a tele-pharmacy dispensary system, the first of its kind in Nevada.

U.S. Department of Agriculture Secretary Tom Vilsack announced over \$23 million in grants for Distance Learning and Telemedicine projects on Nov. 19, in honor of National Rural Health Day.

As part of that announcement, the Pyramid Lake Paiute Tribe was approved for \$377,772 to develop a tele-health system that will serve nine partner sites, including three tele-pharmacy dispensers at tribal health clinics on the Walker River Paiute, the Duckwater Shoshone and the Fort McDermitt reservations.

In making the announcement, Vilsack noted that rural communities often lack access to specialized medical care or advanced educational opportunities.

"These grants will help increase access to health care and many other essential services," Vilsack said.

The Pyramid Lake project will use video-conferencing and special tele-pharmacy dispensers located at remote end user sites using the Pyramid Lake Tribal Health Clinic as the "centralized bridging location".



**Using Technology** — Headed up by the Pyramid Lake Paiute Tribe, several Native Americans based in rural communities will be able to have medical prescriptions filled via video-conferencing. Pharmacists will communicate directly with patients at remote sites to discuss safety and use of medications.

Local health providers will order prescriptions via the electronic health system, and oversight/approvals will be provided by pharmacists at the Pyramid Lake Health Clinic Pharmacy.

Prepacked prescriptions will be securely dispensed via a secure robotic dispensing machine.

The pharmacists then will communicate directly with patients at remote sites via video conferencing to discuss prescription safety and use.

The tele-health video system will also be used for behavioral health, tele-dermatology and distance education. The nine sites for the system are: Pyramid Lake Data Center, Sutcliffe Community Center, Pyramid Lake Jr./Sr. High, Wadsworth Victim's Advocate Office, Wadsworth Community Center, along with the tribal clinics named above.

The USDA Rural Development Nevada State Director Sarah Adler applauded the

vision and collaborative efforts that brought the distance learning telemedicine (DLT) project together.

"The purpose of the DLT is to enable rural communities to use technology to solve problems of distance and lack of scale. This project is an innovative example, connecting one pharmacist to multiple tribal communities, creating immediate access to medicines that otherwise would be hours away. I am proud our agency plays a role in improving health for these tribal communities," Adler said.

USDA, through its Rural Development mission area, has an active portfolio of more than \$211 billion in loans and loan guarantees.

These programs are designed to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural America.



# Happy Holidays

From the RSIC - LANGUAGE & CULTURE PROGRAM

There will be no language classes for the month of December



# *Reno-Sparks Indian Colony Library*

## Scholastic

*Now through  
Friday Dec. 4th*

*9 a.m. - 6 p.m.*

*Closed for lunch from  
1pm-2pm*

R.S.I.C. LIBRARY

401 GOLDEN LANE

RENO, NV 89502

For more information Contact:  
Adrianna Gutierrez (775) 785-1320  
[agutierrez@rsic.org](mailto:agutierrez@rsic.org)

# Book Fair





Nevada Governor's Office of Energy  
and AmeriCorps Presents:



## NEVADA CLEAN ENERGY CORPS

### *Amazing Volunteer Opportunity!*

Serve your community by learning about Nevada's renewable energy and energy efficiency potential and giving back using that knowledge.

Learn the skills that professionals need to build energy efficient structures, retrofit existing structures, and design the renewable energy systems to power them.

### *The NCEC Program involves 1,700 total hours*

- 340 hours of professional training and certification.
- 595 hours of experience performing and writing energy audits and renewable energy reports.
- 595 hours of community outreach distributing information, free LED lights, and free high efficiency shower heads.
- 170 hours of operational planning and review.

### *What It Takes*

- Ages 18 or over.
- Willingness to work closely as a team.
- Strong communication skills.
- U.S. Citizen with H.S. diploma or GED.
- Experience in environmental or engineering preferred.
- Must be available full time for the entire year-long program.

### *What You'll Get*

- \$12,500 living stipend paid weekly in \$240 increments.
- \$5,500 education award collected at the end of your service.
- Around \$3,000 in professional certifications for residential energy auditing, commercial energy auditing, and renewable energy systems.

To apply, visit our website at [energy.nv.gov/Programs/Nevada\\_Clean\\_Energy\\_Corps](http://energy.nv.gov/Programs/Nevada_Clean_Energy_Corps)

# Certified Tribal Election Results

*Committee members sign final voter count for chairman, two council seats*



## Final Report

### Reno Sparks Indian Colony Official Election Results Tribal Election Saturday, November 07, 2015

#### CHAIRPERSON

Candidate	Votes	Hand Counted	Total	
ARLAN D. MELENDEZ	211	1	212	66.46%
JODY McCLOUD	106	1	107	33.54%

#### COUNCIL MEMBER

Candidate	Votes	Hand Counted	Total	
RUTH SAMPSON GUERRERO	156	1	157	14.11%
DARYL GARDIPE	146	1	147	13.21%
JACQUELINE QUOTONE	135	0	135	12.13%
SHAWNA KIRSTEN	125	0	125	11.23%
FRANCIS DRESSLER	118	1	119	10.69%
CRYSTAL HARJO	118	0	118	10.60%
CAROL PINTO	81	0	81	7.28%
FELICITAS GUEVARA	80	1	81	7.28%
ANGEL JACKSON	76	0	76	6.83%
CATHERINE PHOENIX	74	0	74	6.65%



#### Election Certification

We, the undersigned election officials of The Reno Sparks Indian Colony Election Board, do hereby certify the above to be a true and accurate abstract of the votes cast for the candidates shown herein for the election held on Saturday, November 7th, 2015. We further certify that said election was conducted in accordance with the Constitution, the Election Ordinance and the Rules and Regulations of the Reno Sparks Indian Colony.

Chairperson: *Lanya J. Hinch*  
Member: *Lisa Calakaya*

signed

Member: *Ramona T. Dantz*  
Member: *Bill Weege*  
Member: *Stephanie Shy*



# Legal Notices, Public Announcements

*Advisory committee spots open, address update form, name changes, grant expires*

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## **Recruitment for Pow Wow Committee Members**

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 30th Annual Numaga Indian Days Pow Wow Committee. There are five vacancies.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years. If you are interested in becoming a NIDP committee member, please submit your completed application to:

Reno-Sparks Indian Colony  
ATTN: Tribal Administrator  
98 Colony Road, Reno NV 89502

Applications are available at 98 Colony Road.  
All interested individuals must submit an application  
(date stamped by front office staff) for consideration.

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## **IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Morning Rose Darlene Tobey, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2015-0035, praying that said Court enter an Order changing the present legal name of Morning Rose Darlene Tobey, to the name of MorningRose Darlene Tobey, which is the name Petitioner desires to have.

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

Dated this 11th day of September, 2015  
Henrietta A. Tobey  
Clerk of Court  
Reno-Sparks Tribal Court

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## **RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS**

Notice to RSIC Enrolled Members

The Law & Order Committee is currently recruiting for one new member. 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 third Wednesday of each month, but the date can be changed by the Committee.

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 98 Colony Road.

## **IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Jean Wadsworth, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2015-0028, praying that said Court enter an Order changing the present legal name of Autumn Shawn Dick, to the name of Autumn Shawn Wadsworth, which is the name Petitioner desires to have.

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

Dated this 7th day of August, 2015  
Henrietta A. Tobey  
Clerk of Court  
Reno-Sparks Tribal Court

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## **IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Jean Wadsworth, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2015-0028, praying that said Court enter an Order changing the present legal name of Kiyla Marie Dick, to the name of Kiyla Marie Wadsworth, which is the name Petitioner desires to have.

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

Dated this 7th day of August, 2015  
Henrietta A. Tobey  
Clerk of Court  
Reno-Sparks Tribal Court

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## **Recruitment for Language & Culture Advisory Committee Member**

The Language & Culture Advisory Committee is currently seeking an RSIC Tribal member to serve on the Language & Culture Advisory Committee. Committee member will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno Sparks Indian Colony Language & Culture Program  
401 Golden Ln. Reno, NV 89502



**Reno-Sparks Indian Colony  
Senior Program Menu  
34 Reservation Road  
Reno, NV 89502  
775-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Cream of Broccoli Soup Salad Bar+* Crackers Grapes* Milk	2) Taco Salad Ground Turkey Beans Lettuce and Tomato+ Mandarin Oranges* Milk 	3) BBQ Pork Sandwich on whole wheat bun Coleslaw+* Fruit Cocktail* Milk	4) Brunch 10:30 am Pancakes Turkey Sausage Link Tomato Wedge+ Orange* Milk
7) Italian Sausage Sandwich on whole wheat bun Sweet Potato Fries+ Tropical Fruit* Milk	8) Tomato Soup+ Grilled Cheese on whole wheat Cucumber Slices* Apricots+ Milk	9) Pepperoni Pizza Spinach Salad* Mini Heirloom tomatoes+ Peaches* Milk	10) BBQ Chicken Sandwich on whole wheat bun Lettuce and Tomato+ Carrot Raisin Salad+ Pears* Milk	11) Brunch 10:30 am Raisin Bran Cereal Boiled Egg Strawberries and Bananas* V-8 Juice +* Milk
14) Pork Stir Fry+* Jasmine Rice Fortune Cookie Pineapple* Milk	15) <b>Commodities</b> Egg Salad Sandwich on whole wheat Lettuce and Tomato+ Orange* Baked Lays Sugar free Vanilla Pudding Milk	16) Chefs Salad Breadstick Tomato Wedges+ Mandarin Oranges* Milk 	17) <b>Bingo Lunch</b> Roast Beef Mashed Potatoes Mixed Veggies+* Tropical Fruit* Milk 	18) Brunch 10:30 am Egg and Turkey Bacon Croissant Tomato and Cucumber salad+* Peaches* Milk
21) Lemon Salmon Rice Pilaf Carrot and Zucchini Mix+* Apricots+ Milk 	22) Green Chili Chicken Stew Green Salad+ Crackers Tropical Fruit* Milk	23) Turkey Goulash+* Whole wheat Penne Pasta French Bread Pears* Milk	24) Brunch 9-11 am Oatmeal Boiled Egg Whole Wheat Toast Cherry Tomatoes+ Light cottage cheese Yogurt Fruit Cup*	25) <b>Holiday -Closed Christmas Day</b> <b>No lunch delivered or served</b> 
28) Beef Stroganoff Egg Noodles Carrots and Brussel Sprouts+* Banana* Milk	29) Corn Chowder Turkey and Cheese Sandwich on whole wheat bun Lettuce and Tomato+ Fruited Jell-O*	30) Pork Quesadilla Southwestern Bean and Corn mix+ Mandarin Oranges* Milk	31) Brunch 9-11 am Breakfast Burrito Tomato Wedges+ Grapes* Orange Juice * Milk	January 1 Holiday – Closed New Years Day No lunch served or delivered 

Nutritional Value \*Vitamin C + Vitamin D 1% Milk served daily





# December

**Reno-Sparks Indian Colony**  
**Senior Program Activities**  
**34 Reservation Road**  
**Reno, NV 89502**  
**775-329-0929**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10 am & 1 pm Christmas Morning Crafts & Gifts	2 12:30 pm Language Class 12:30 pm Senior Fit Class	3 10 am & 1 pm Christmas Morning Crafts & Gifts	4 10:30 am Brunch 9:30 am Errand Day Bill Pay - Shopping
7 11:30 am Blood Pressure Check 12:30 pm Language Class 12:30 pm Senior Fit 1 pm Senior Advisory Committee Meeting	8 10 am & 1 pm Christmas Morning Crafts & Gifts 12 pm Tribal Police Presentation 5:30 pm Potluck and Bingo night	9 12 pm Nutrition Presentation 12:30 pm Language Class 12:30 pm Senior Fit Class 1 pm Errand Day Bill Pay - Shopping	10 10 am & 1 pm Christmas Morning Crafts & Gifts 12:30 pm Sparks Galaxy Movie Theater <i>call for movie details</i>	11 10:30 am Brunch 9 am Respite Caregiver Support Group Meeting
14 Food Pantry 10 am & 1 pm Christmas Morning Crafts & Gifts 12:30 pm Language Class 12:30 pm Senior Fit Class	15 Commodities 1 pm Christmas Movie at Senior Center	16 12:30 pm Language Class 12:30 pm Senior Fit Class	17 12:30 pm Christmas Lunch and Bingo Eldorado Ebenezer Christmas Show 7 pm and Buffet 5 pm <i>*Must have tickets</i>	18 10:30 am Brunch 9:30 am Errand Day Bill Pay - Shopping
21 10 am & 1 pm Christmas Morning Crafts & Gifts 11:30 am Blood Pressure Check 12:30 pm Language Class 12:30 pm Senior Fit Class	22 10 am & 1 pm Christmas Morning Crafts & Gifts 12:30 pm Century Theaters Movie <i>call for movie details</i>	23 12:30 pm Language Class 12:30 pm Senior Fit Class 1 pm Errand Day Bill Pay - Shopping	24 9 -11 am Breakfast Senior Center closed at noon	25 Closed – Holiday No lunch served or delivered
28 11:30 am Blood Pressure Check 12:30 pm Language Class 12:30 pm Senior Fit Class	29 1 pm Errand Day Bill Pay - Shopping	30 12:30 pm Language Class 12:30 pm Senior Fit Class	31 9 - 11 am Breakfast Senior Center closed at noon	January 1 Closed – Holiday No lunch served or delivered



*Merry  
Christmas*

# RSIC Honors 80,000+ Missing In Action Warriors

*Annual community dinner includes Prisoner of War / Missing In Action Table*

For the first time during the Reno-Sparks Indian Colony's Veterans Day Celebration banquet, the organizers created a Prisoner of War / Missing In Action table.

This tribute was intended to acknowledge POWs or those MIA as the Colony recognized all its veterans, active, inactive, retired, and deceased.

According to Navy Live, the official blog of the United States Navy every aspect of the POW/MIA table holds meaning.

The manner in which this table was decorated was full of special symbols to help everyone remember our brothers and sisters in arms.

As the prominent location—just to the left of the stage—served to visually remind attendees that the evening's celebration could not involve all veterans, two members of the organizing committee shared the symbolisms of the set up.

-The small, round table was set, but never occupied—represented the prisoners of war/missing in action (POW/MIA).

-The POW/MIA table was smaller than the others, symbolizing the frailty of one prisoner alone against his or her oppressors.

-This table was separate from the others banquet seating.

-The table was round -- to show everlasting concern for our missing soldiers.

-The empty chair depicted an unknown face, representing no specific Soldier, Sailor, Airman, or Marine, but all who could not celebrate with us.

-The tablecloth was white -- symbolizing the purity of the warriors' motives when answering the call to duty.

-The single red rose, displayed in a vase, reminded us of the life of each of the missing, the[ir] loved ones, and friends of these Americans who keep the faith, awaiting answers.

-The vase was tied with a red ribbon, a symbol of our continued determination to account for all POWs and all MIA.

-A slice of lemon on the bread plate was to remind us of the

bitter fate of those captured and missing in a foreign land.

-A pinch of salt symbolized the tears endured by those missing and their families who seek answers.

-The drinking glass was inverted -- to symbolize all POWs and all MIA inability to share the evening's celebration.

Annalisa C. Underwood of the Naval History and Heritage Command Communication and Outreach Division said that the tradition of setting a separate table in honor of all POWs and all MIA comrades has been in place since the end of the Vietnam War.

According to the United State Department of Defense POW/MIA Accounting Agency's, there are 83,100 American POWs and MIA.

These soldiers are missing from WWII, the Korean War, the Vietnam War, the Cold War, and the Gulf Wars/other conflicts.

Out of the 83,000 missing, 75 percent of the losses are located in the Asia-Pacific, and over 41,000 of the missing are presumed lost at sea (i.e. ship losses, known aircraft water losses, etc.).



**Tribute —** "You are not forgotten so long as there is one left in whom your memory remains."



**Santa Night...**   
  
*RSIC Youth 0-17yrs*  
*December 7, 2015*  
*6:00pm - 8:30pm*  
*Hungry Valley Gymnasium*  
*Refreshments & Music by RRC*

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# **B I N G O**

*Tuesday Dec. 8th 6:00pm-9:00pm*  
*Hungry Valley Gym*  
*Adults 18+only*  
*Dress as your favorite Christmas Character*

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***Community Christmas  
Potluck Dinner***  
*Thurs. Dec. 10th 6:00pm-9:00pm*  
*Hungry Valley Gym*  
*need community to cook turkeys/ham*  
*please bring the following according to last name initial:*  
*A-F mashed potatoes & gravy G-K veggies L-R dessert S-Z salads*  
*for more information please call the recreation program at 329-4930*

# CHRISTMAS BINGO



**Tuesday December 8 at 6pm**  
**Hungry Valley Gymnasium**



**Come dressed as your favorite  
CHRISTMAS CHARACTER  
for special raffle...**



This event is for all RSIC enrolled members and residents who are 18+yrs old.

Children of any age will not be permitted inside the building or event. All attendees will be required to sign in and must present a RSIC tribal ID if asked.

NO EARLY BIRDS PLEASE...DOORS OPEN PROMPTLY @6pm

Sponsored by the RSIC Recreation Program for the benefit of the RSIC community and enrolled members ONLY. Please remember this event is intended for the enjoyment of the RSIC membership and is an alcohol and drug free event.

Anyone who is suspected of being under the influence will not be permitted and the Tribal police will be notified.

For more info please contact Recreation at 329-4930/785-1360.