



THE CAMP NEWS

VOLUME XI ISSUE 5

May 31, 2016

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Creative Prevention Programs Build Healthy Attitudes

Kids' cooking classes teach life-long nutrition, kitchen skills, safety

Sometimes, children cannot help but learn.

"Vegetables can be really good," believes Preston Sam, one of 19 children who recently enjoyed a cooking class, compliments of the Reno-Sparks Tribal Health Center.

After two hours of learning proper kitchen techniques, plus dicing, slicing, and flipping, Sam's new understanding of vegetables wasn't just about taste.

"You should count your colors," said Gracie El-Chamas. "The more colors you eat the healthier and better your food is."

Feedback like this made Kristie Messerli's heart soar.

A registered dietitian and nutritionist at the Reno-Sparks Tribal Health Center Messerli has been organizing creative programs, like the Nothing To It Cooking Classes, to reshaping food and nutrition attitudes of all the RSTHC patients, with special focus on youth.

"Because our community is faced with high rates of childhood obesity and diabetes, eating habits are very, very important," Messerli said. "If we can teach our children to make

good choices when they are young, it will help them maintain a healthy lifestyle when they are adults."

With oversight and directions from three adult instructors, the RSTHC kids learned the proper way to maintain a cooking area while preparing food. The instructions emphasized kitchen safety, not just from sharp utensils or hot pots and pans, but the importance of a germ free environment. The students were thoroughly schooled about

washing hands and cooking instruments and surfaces.

The students made several items including healthy frozen banana and yogurt snacks, quesadillas, and Sloppy Joes loaded with fresh vegetables.

"I wasn't very excited about coming because I thought it would be a bunch of little kids," said Makayla Tom, "But I really had a fun time and now, I am glad my aunt made me come."

Tom wasn't the

Continued on page 4



Careful Concentration — Daymian Katenay uses perfect cutting technique as he chops cloves of garlic to be sautéed. Katenay was one of 19 youngsters who attended Saturday cooking classes sponsored by the Reno-Sparks Tribal Health Center.

2016 Memorial Fun Run/Walk

June 4, 2016

Reno-Sparks Tribal Health Center



In memory of those who walked on

Reno-Sparks Tribal Health Center
2016
Memorial Fun Run/Walk

Choice of 1 mile,
3 miles or 5 miles

Starts at RSTHC down
to Gateway Park,
then back to RSTHC

Water will be provided along the route

Agenda of Event

- 7:45 Registration
- 8:30 Walk/Run Starts
- 11:00 Round Dance & Memorial Flowers
- 11:30 Raffle
- 12:00 Lunch
- Introduction of Clinic Director-

Andrea Johnson Harper

Shirts will be given to the first 300 participants

For more information contact:

Danny Thayer @ 775-329-5162 ext. 1918 or Kristie Messerli @ 775-329-5162 ext. 1943

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 RSIC 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 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 and PDFs of our publication are available.

Important JUNE dates

- 1 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Yoga, 3NWC, 5:30 p.m.
Law & Order Committee Meeting, Tribal Court Room, 6 p.m.
- 2 Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 4 Memorial Day Fun Run / Walk, RSTHC, 7:45 a.m. (registration)
- 6 Education Advisory Committee Meeting, 34 Reservation, noon
Senior Advisory Committee, Senior Center, 1 p.m.
Enrollment Advisory Committee Meeting, Enrollment Office, 5:30 p.m.
Zumba, 3NWC, 6 p.m.
- 8 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Yoga, 3NWC, 5:30 p.m.
- 9 Food Handler Certification Course, RSTHC Conference Room, 1 p.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 13 Summer Food Program, 34 Multipurpose Room, breakfast at 8:30 a.m.,
lunch at 11:30 a.m.
Summer Food, Hungry Valley Education Room, breakfast at 8:30 a.m.,
lunch at 11:30 a.m.
Zumba, 3NWC, 6 p.m.
- 14 Primary Election Day
Complimentary Cooking Classes, Nothing to It! Culinary Center, 6 p.m.
- 15 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Yoga, 3NWC, 5:30 p.m.
Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
- 16 Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
2016 Honor Our Students Social Pow Wow, RSIC Gym, 6 p.m.
- 17 Language & Culture trip to Stewart Father's Day Pow Wow, 5 p.m.
Stewart Father's Day Pow Wow, Grand Entry, 7 p.m.
- 18 Stewart Father's Day Pow Wow, Grand Entry, 1 p.m. & 7 p.m.
- 19 Stewart Father's Day Pow Wow, Grand Entry, noon
- 20 Summer Reading Program, Reno & Hungry Valley Tutoring Rms, 9:30 a.m.
Senior Program Father's Day Dinner, Sizzler, 5:30 p.m.
Executive Health Board meeting, RSTHC, 5:30 p.m.
Zumba, 3NWC, 6 p.m.
- 21 Commodity Distribution, Senior Center
Language & Culture Advisory Board meeting, RSIC Library, 5:30 p.m.
- 22 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Yoga, 3NWC, 5:30 p.m.
- 23 Veterans Town Hall, RSTHC, 1 p.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 24 39th Annual Duckwater Festival, 7 p.m.
- 25 HV Clean Up, 8 a.m.
39th Annual Duckwater Festival, 8 a.m.
- 26 39th Annual Duckwater Festival, 10 a.m.
- 27 Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
Zumba, 3NWC, 6 p.m.
- 29 Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Yoga, 3NWC, 5:30 p.m.
Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.
- 30 Talking Circle, RSTHC Behavioral Health Conference Room, 4 p.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.

<http://www.rsic.org/> for comprehensive calendar

Continued from front cover

only reluctant participant, however, Messerli has a solution.

Messerli said that involving your children in food shopping and preparing meals will naturally stimulate interest in a healthy lifestyle.

"Take your children to the grocery store," Messerli said. "This will give you an opportunity to teach your children about nutrition, and provide your kids with a feeling of empowerment and accomplishment."

Messerli added that kids might be more willing to eat or try foods that they help prepare.

Furthermore, the United States Department of Health & Human Services reports that Native American diets and food practices have changed more (for the worse) than any other ethnic group in the United States.

Accordingly, for about the last

two hundred years, most aspects of the lifestyles of Great Basin Native Americans have changed including our cooking and eating patterns.

In modern day, although the current diet of Native Americans may vary by tribe, and by personal traits such as age (e.g., young versus old), Native families eat similarly to the rest of the American population.

These habits have caused serious health problems throughout Indian County.

The USDA website includes a recent study found that only 10 percent of Native Americans have a healthful diet, while 90 percent have a poor quality that needs improvement. The majority of Native Americans have diets that are too high in fat (62 percent). Only 21 percent eat the recommended amount of fruit on any given day, while 34 percent eat the recommended amount



Careful Watch — Ameya Sam and other participants at the *Nothing To It* cooking classes learned to watch vegetables change color to determine if they have cooked long enough.

of vegetables, 24 percent eat the recommended amount of grains, and 27 percent consume the recommended amount of dairy products.

More troubling, Native Americans are also four times more likely to report not having enough to eat than other U.S. households according to the National Institute of Health.

For complex reasons, Native Americans have experienced high rates of poverty and unemployment, and families often struggle to put enough food, much less healthy enough food, on their table.

One reason is that healthy and fresh foods tend to be more expensive and are often simply unavailable in low-income and rural communities.

In addition, Indian Health Service reports that American Indian and Alaska Native youth, ages 10 through 19, are *nine times more likely* as Non-Hispanic White youth to be diagnosed with type 2 diabetes.

In response, two years ago,



To Good Health — One of the four cooking groups sits down to enjoy the food they prepared. The students made several items including healthy frozen banana and yogurt snacks, quesadillas, and Sloppy Joes loaded with fresh vegetables. For more information about future cooking classes, please call Krisite Messerli at the Reno-Sparks Tribal Health Center, 329-2936.

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Bi-State Traditional Ecological Knowledge Summit

“Planning from a Broader Perspective”

June 28-30, 2016

Stewart Indian School Gym, 5500 Snyder Ave., Carson City, NV



Join us in an open forum to consider how best to incorporate Traditional Ecological Knowledge in the adaptive management of sagebrush and pinyon-juniper ecosystems.

Tribal people and agency resource managers interested in the Bi-State region are encouraged to attend.

A limited number of travel scholarships are available to Tribes.

For more information, contact:
Sherry L. Rupert, Executive Director
Nevada Indian Commission
(775) 687-8333
TEKSummit2016@gmail.com

Registration is free, but seating is limited.
Register early at www.nic.nv.gov.



Nevada Indian Commission



United States Department of Agriculture
Natural Resources Conservation Service



Native Americans Nations Show Support for Family

Prayer run for Navajo girl brings out 45 for Hungry Valley event

Under gray, drizzly conditions, the spirit of hope won out.

Forty-five faithful souls gathered at dawn in Hungry Valley on a recent Saturday to run, to walk and to pray for healing.

"Initially, I was going to grab a couple of friends," organizer Winter McCloud said. "I was blown away when I saw all the people who showed up."

Men, women, youngsters, elders, Native and non-Native, families, individuals, neighbors, and friends from as far as Fernley, navigated an 11-mile course to show support for a grieving family after Ashlynne Mike, a young Navajo girl, was sexually assaulted and brutally murdered.

Via Facebook, Healthy Active Natives suggested individuals

run to honor Mike and Indian Country responded.

In response, the 33rd Annual Shiprock Marathon held May 7 in New Mexico took on a more somber tone according to Associated Press, as 1,800 participants followed the course which maneuvers about three miles from where Ashlynne's body was found.

Locally, thanks to McCloud's gesture to organize a relay-race with a handful of people, her efforts turned into five hours of comradery, solidarity, and peace that started in the heart of Eagle Canyon.

Participants wore yellow because that was Mike's favorite color. Plus, because of the overcast day, bright yellow marigolds which dotted the course seemed especially decorative.

"I want to offer up my body by running to support this Native family," said McCloud, a Washoe Indian and a regular on the extreme Spartan race circuit. "We had an 11-mile course, one mile for every year of Ashlynne's short life."

The original 11-mile relay-race was conquered by a few serious athletes; some participants walked the entire way, while some participants ran and walked the entire course. Other participants, running and/or walking along the way, used the chase vehicles at various spots



Family Solidarity — Brothers Rios race down the final stretch of an 11-mile run to support the family of Ashlynne Mike of the Navajo Nation. Isaiah Rios (left) finished the 11-miles prayer run and then returned to the course to join his younger brother, Zackary (right) for the final four miles.

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on the trail. Regardless of the distance, the slick, hilly treacherous course did not dampen anyone's good will.

The day began with a powerful prayer that not only stirred everyone's spirit, but restated the importance of our four directions.

"I know that the Navajos speak of the east bringing a new day, but we turned all four directions and re-connected to what is important," McCloud said. "The prayer that Michon Eben offered was more than I could have imagined."

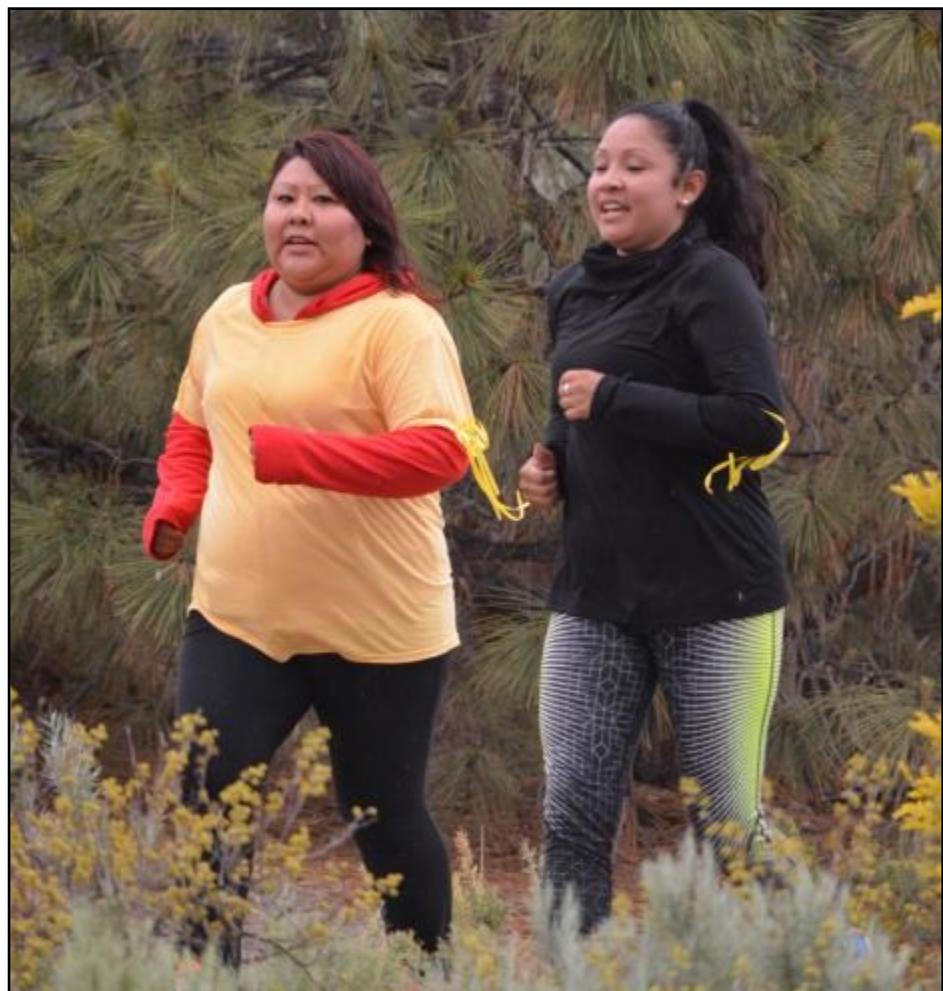
A seasoned runner too, Tobey Stump played a hand drum and sang to welcome the day.

McCloud said that she has run recreationally, up to six miles, but at those types of events, it is a much different environment than at the prayer run.

"For a 10K, you have to register, and it's all about a time and a competition," McCloud said. "The goal of our prayer run was to show honor for the Mike family and to make sure all of our participants got to the end."

In fact, McCloud as well as the first to cross the 11-mile mark, 14-year-old Isaiah Rios, returned to the course to encourage and finish the race with other participants.

"I didn't even know these two women, but we are connected now because we ran the last mile for Ashlynn," McCloud said.



Tie A Yellow Ribbon — Besides wearing yellow in honor of Ashlynn Mike, the participants of the 11-mile prayer run tied yellow ribbons around their arms. Coincidentally, at several spots along the wet, winding running path, Mother Nature provided splashes of yellow, too.

Details of Crime Shocks Community

Murder, kidnapping charges leveed

Community members near Shiprock, N.M., and throughout Indian Country are still shocked by the brutal death of Ashlynn Mike.

Authorities found the body of the 11-year-old girl after Mike and her brother were kidnapped by a suspect as they made their way home from school in the city of Fruitland on the Navajo Nation Reservation.

The boy was found after he was able to escape and he assisted law enforcement with his description of the suspect and his vehicle.

According to the *Navajo News*, a 27-year-old Native American man was arrested and confessed to authorities.

If convicted of kidnapping a minor, the suspect faces a minimum of 20 years in prison. The murder charge carries a minimum of life in prison.

The Federal Bureau of Investigations (FBI) and Navajo Nation Division of Public Safety investigated the case with assistance from the U.S. Marshals Service, New Mexico State Police, San Juan county Sheriff's Office and the Farmington Police Department. Assistant U.S. Attorneys Niki Tapia-Brito and David Adams are prosecuting the case.



United States Department of Agriculture

Summer Food Rocks!

AT THE RENO-SPARKS INDIAN COLONY



The Summer Food Service Program operates Monday-Friday from June 13, 2016 to August 5, 2016

Breakfast: 8:30 a.m. – 9:30 a.m. Lunch: 11:30 p.m. – 12:30 p.m.

All children 18 years & younger are eligible to receive a free, delicious, and nutritious meal.

| | |
|---|--|
| <p>Reno Site Multipurpose Room 34 Reservation Road, Reno NV 89502</p> | <p>Hungry Valley Site Education Building 9055 Eagle Canyon Road, Sparks NV 89441</p> |
|---|--|

For further information please contact Francisco Ceballos, SFSP Coordinator at 775-789-56 X5432, fceballos@rsic.org

Helping the American Indian/Alaska Native Community with third party payers

Enrolling in health care programs can help you and the American Indian/Alaska Native health care system

Have you ever wondered if there was something you could do to help strengthen and enhance the services available for your children, elders, aunts, uncles and other relatives?

Enrolling in insurance programs like Medicaid, Nevada Check-up, Medicare, Disability or private insurance helps pay for medical bills and increases the flow of resources to expand the Reno-Sparks Tribal Health Center's services. These resources benefit the entire American Indian/Alaska Native Community.

The Reno-Sparks Tribal Health Center (RSTHC) is a nonprofit health care center that works with the American Indian/Alaska Native community to treat illness and promote wellness for the entire service area. To continue providing high-quality services for our service area, we depend on more than just Indian Health Service (I.H.S) funding. The organization depends on an active partnership between health care providers, employees and the customers who use and benefit from the system.

With only minimal increases in I.H.S. funding each year, the Tribal Health system must rely on a mix of other funding resources to provide its full range of services. Roughly 40 percent of all services would not exist if RSTHC relied on I.H.S. funding alone.

Here's how you can help!

In addition to grants and private insurers, there are third-party insurance payers such as Family Medicaid, Nevada Check-Up, Prenatal Medicaid, Medicare and Disability insurance. Every time an RSTHC customer provides his or her insurance information to the clinic, additional funding for Native Health services is brought into the organization at no cost to the customer. All of this money is used to fund the clinic and programs, and to buy medical equipment, medicines, and supplies needed for our services.

Third party insurance payments make a big difference in the services RSTHC can provide, but there are many missed opportunities to access resources. When someone goes outside of the I.H.S. system, does not volunteer to share insurance status, decides not to participate in screening, or does not apply for insurance or assistance they are eligible to receive, money is lost that could have supported the Indian Health care.

We would caution you to not make assumptions about your eligibility status with Medicaid or other 3rd party sources. You just might still qualify, even if you already have private insurance.

The Reno-Sparks Tribal Health Center has a designated employee available to assist with your enrollment paperwork. They can help with the entire enrollment, re-enrollment or renewal process. That individual is a resource to you. Or, if you prefer to fill out the paperwork on your own, mail-in applications are available.

The I.H.S. annual budget is set at levels below what is needed to fully meet the needs of the American Indian/Alaska Native community. The journey to wellness is traveled in shared responsibility. Customer/owners play an important role in every part of RSTHC's programs and services, including funding. So, the next time you visit RSTHC, ask an employee about applying for the Medicaid program. It is the best thing to do for your family, your friends and your community!

SOME MYTHS AND FACTS ABOUT THIRD PARTY PAYMENTS

Myth: It doesn't matter if I apply for Medicare, Medicaid or Nevada Check-up, or disclose my private insurance coverage-I am entitled to Indian Health Service (IHS) coverage, free of charge!

Fact: You are entitled to IHS coverage, but your Medicare, Medicaid, Nevada Check-up and disability or private insurance matter a great deal. Customer/owners who enroll in other insurance programs help the entire Native Community by bringing in additional resources and freeing up IHS funds for improvements to services. Customers don't have to pay deductibles or co-payments, regardless of what they sign up for.

Myth: Applying for Medicare, Medicaid or Nevada Check-up coverage is too complicated and isn't worth the time it takes to sign up.

Fact: The RSTHC Benefit Coordinator can check a customer's eligibility for other insurance coverage during a quick screening, and then, if eligible, will help with the application process to keep it simple. There is no cost to the customer, and the benefit to the whole Native Community is significant. To contact the Benefit Coordinator, please call 775-329-5162, extension 1007.

Myth: I go to a medical center outside the Indian health system because I have private insurance coverage. This way, I am freeing up a spot for someone without insurance who really needs the care.

Fact: Customers and employees have created a wonderful health system for all American Indian and Alaska Native people in our area. If you are eligible, using the Indian health system for all of your health care supports it financially and honors the work that we do. Using your insurance in the Indian health system brings in important funding needed to maintain and improve services for everyone.

For more information Contact:
RSTHC PATIENT BENEFITS
(775) 329-5162 X 1007



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

JUNE - 2016

Mission:

To encourage the growth of a positive cultural identity for Reno-Sparks Indian Colony community members through the teaching of their native language(s) – **Numu**, **Newe** and **Washiw** – and by providing a learning environment in which community members will gain a basic understanding of the Great Basin Cultures.

Beginner level Washoe and Paiute Language Classes will continue in June 2016. These interactive classes include grammar, story telling, games, songs and immersion activities. Each class has a knowledgeable language instructor and anyone who is interested in learning one or more of the Great Basin Native Languages is welcome to attend.

Language Classes:

Tuesdays

Newe (Shoshone):

Location: ON HOLD UNTIL FURTHER NOTICE.

Wednesdays

Washiw (Washoe):

Location: Hungry Valley Gym (Lower Level), Hungry Valley

Time: 5:00 p.m. – 7:00 p.m. Instructor: Jamie Astor

Dates: 6/1, 6/8, 6/15, 6/22, 6/29

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno

Time: 12:30 p.m. – 1:30 p.m. Instructor: Thalia Dick

Dates: 6/1, 6/8, 6/15, 6/22, 6/29

Thursdays

Numu (Paiute):

Location: Administration Bldg, 34 Reservation Rd. - Conference Rm.

Time: 6:00 p.m. – 8:00 p.m. Instructor: Ralph Burns

Dates: 6/2, 6/9, 6/16, 6/23, 6/30

Cultural Activity:

June 17, 2016

5:00 PM – 9:00 PM

STEWART POW WOW

Join the Language & Culture Program for an evening at the Stewart Pow Wow. We will be leaving from the Language & Culture office (401 Golden LN., Reno) at 5:00 PM and returning at 9:00 PM. Bring your own chair and money for food. We will provide transportation, water and a canopy to sit under. Seating is limited so call the L&C office at 775-785-1321 to reserve your seat!

Everyone is invited! Anyone interested in learning about the Great Basin language or way of life is welcome to attend our language classes. **Children must be accompanied by an adult.** For more information, contact the Language & Culture Program, Stacey Burns – sburns@rsic.org or 775-785-1321

Paiute Language Draws Standing Room Only Crowd

High School Native language learners showcase skills to elders, family, friends

The legendary sports writer Grantland Rice penned the famous quote: "It's not whether you win or lose, it's how you play the game."

For the many organizers of the annual Paiute Language Bowl, no truer words could be spoken.

"The 'bowl' is not really about winning but rather about the language itself," said Rhonda Knight, the Indian Education Specialist in the Equity & Diversity Department at the Washoe County School District. "It is a celebration of new life for the continued growth and awareness of this special, ancient language."

Held last month, the annual Paiute Language Bowl drew a standing room only crowd to the University of Nevada Joe Crowley Student Center as three teams---North Valley High, Reed High and Spanish Springs High, showcased their new language skills to elders, family, educators and friends.

"The students are proud to see their families and community support each of them and being able to showcase what they have learned in the Paiute Language classes," Knight said.

This year, a new component was added to the event---a speaking portion. After translating English words, phrases, and sentences to Paiute, a



Paiute to English — *Hope Dressler, who attends Spanish Springs High, uses an electronic table to find the correct translation of a Paiute word into English. Dressler's answer appeared on a large screen in the front of room for the entire audience to review.*

three-person panel of elders, Ralph Burns, Reynalda James, and Thalia Dick, asked students questions in Paiute and the students were required to reply in Paiute. The elders served as judges.

"This was such a great chance to honor our elders and to have authentic cultural experiences through public education for our students," Knight said.

Furthermore, Dr. Debra Harry, a member of the Pyramid Lake Paiute Tribe and founder and executive director of the Indigenous Peoples Council on Bio colonialism (IPCB), and the Emerging Indigenous Leaders Institute,

addressed the audience prior to the completion.

A professor at UNR, Harry is a global leader and scholar in the movement to protect the rights of Indigenous Peoples to their genetic resources, Indigenous knowledge, and cultural and human rights.

"I feel the Paiute Language Bowl was a success, based on the collaboration between our families, the Native community, the school district and the university," Knight said. "Anytime we can get our students to the University of Nevada campus it is a huge opportunity,"

The National Center

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for Education Statistics recently reported that about 20 percentage or 1,007 Native Americans, who graduate from a Nevada high school in 2014, enrolled in college at a degree granting post-secondary institution.

Out of 119,205 students in the state, nearly 5,000 are American Indian.

According to the Nevada Department of Education (NDE), in the early 1980's, a committee worked with the NDE and its Professional Standards Committee to earn approval to add the Great Basin Native American Language (GBNAL) into classrooms.

Today, the GBNAL Nevada Administrative Code allows one of the four Great Basin tribal languages (Northern Paiute, Southern Paiute, Washoe and Western Shoshone) to be taught in Nevada public schools.

Also, the GBNAL endorsement allows fluent Native speakers like Burns, James, and Green, to Nevada to be certified and to teach in the Nevada public school.

The Washoe County School District (WCSD) is one of the school districts that has integrated Native language class into three of their schools.

The WCSD schools are using the *Numu Yadooana* book for instruction. The *Numu Yadooana* book is a joint effort of the WCSD, Title VII Indian Education Program and the



The Final Arbitrators — Paiute elders Ralph Burns, Reynalda James and Thaila Dick helped determine if student answers and their annunciation of the Great Basin Native American Language were correct. All three elders are fluent speakers of their Native language and are instrumental in preservation and revitalization efforts.

Reno-Sparks Indian Colony Native Voices Language/ Culture Program.

The book honors the writing system officially adopted by the Pyramid Lake Paiute Tribe, the Wycliff Writing System, with just a few adjustments.

“The language is all of our people’s language,” Burns wrote in the book’s introduction.

In addition, the book acknowledges the significance of including language in increasing student achievement.

Education experts throughout Indian Country often link skilled Native language speakers with strong overall academics.

“Learning an indigenous language connects you to the plants, animals and the earth,” said Stacey Burns, the RSIC Coordinator of Language and Culture. “Speaking an indigenous language connects us to each other.”

Burns, who has taught Paiute language in our area high schools said that knowing your language is also knowing your people’s history and struggle.

“Speaking our language moves our students forward with pride and strength,” Burns said. “Our native language connects us to each other and to our surroundings. It keeps our way of life real and full of life.”

Burns underscored that when we use our native language it brings us all together.

“Our youth are the most important component to revitalizing our languages,” Burns said. “They are the generation that will continue our way of life, so we need to support them and nurture their growth in the language and culture to ensure a strong cultured generation.”

This spring, the University of Nevada graduated 100



STEWART FATHER'S DAY POWWOW

2015 EVENT OF THE YEAR

JUNE 17-19, 2016

5500 SNYDER AVE., CARSON CITY NV 89701



General Information

- Free Admission
- Dry camping is available in designated areas only (call for more information); if in an undesignated area, you will be asked to move
- Food/Indian tacos (we will accept the first 4 completed and paid Indian taco vendor applications)
- Please bring your own chairs

Shade Tents Set up for shade tents begins Friday morning at 8:00am (no exceptions)

Activities

- Stewart Alumni Reception to take place Thursday, June 16, 2016, in the Stewart Indian School Gym
- Competition Dancing (must be in full regalia to accept award)
- Raffle and 50/50
- Arts & craft vendors
- Special events and exhibits

For General Information Call Denise M. Becker at 775-687-8333 or dmbecker@nic.nv.gov.

For Vendor Information Call Chris Ann Gibbons at 775-687-8333 or cgibbons@nic.nv.gov.

Host Hotel: Carson City Plaza Hotel 1-888-227-1499
Ask for the 'Stewart Powwow' rate.

For information and related forms, visit
StewartIndianSchool.com



www.facebook.com/stewartindianschool



Master of Ceremonies:
Gridley Hilpert, Sun Valley, NV

Arena Director:
Sam Johnson, Reno, NV

Head Man:
Gary Sam, Owyhee, NV

Head Lady:
Elizabeth Sam, Owyhee, NV

Head Teen Boy:
Duane Masters Jr., McDermitt, NV

Head Teen Girl:
Mya Murphy, Schurz, NV

Host Drum:
Blood River Singers, Porterville, CA

New This Year!
Gourd Dancing Sat/Sun 11:00am-1:00pm

Grand Entry Times

| | |
|----------|--------------------------------------|
| Friday | 7:00pm to 10:00pm |
| Saturday | 1:00pm to 5:00pm & 7:00pm to 11:00pm |
| Sunday | 12:00pm to 4:00pm |

OPEN TO THE PUBLIC

Sponsored in part by:



The Stewart Father's Day Powwow Committee, Nevada Indian Commission, and State of Nevada are not liable for accidents, injuries or short funded travelers.

This is an alcohol and drug free event.



Thank You



The RSIC Environmental Program would like to express our gratitude to all of those who came out and joined the many Spanish Springs community volunteers at the Keep Truckee Meadows Beautiful (KTMB) Great Community Cleanup on Eagle Canyon Road!

Your dedication to our community and the environment is evident and we hope to see you next year!

Toby Stump
Scott Nebesky
Brenda Nebesky
Darlene Gardipe
Doug Gardipe
Winston Sam
Ralph Simon
Ira Coffey
KC Eben
Steve Calderon
Wayne Roberts
Sam Harry
Jose Barajas
Steve Frank
Wilbur Biggins
Michon Eben
Renee Hardin
Max & Adrian Hardin
Bash, May, & Dom Winap
UNR NASO members:
Darcy Emm
Jonathan Sojo
Jarrette Werk



Long Lasting Impact of Early Childhood Trauma

Children who experience emotional suffering do not 'just get over it'

*Submitted by Adriana Botello,
RSIC Human Services Department*

Humans are a relatively adaptable being which is why we are thriving and not dying out like other species.

Horrendous disasters such as the Philippines typhoon, the Boxing Day Tsunami, the nuclear disaster in Japan, the major wars of our time, and horrific famines see great suffering, but these events also inspire survival through adaptation.

It turns out we possess a strong survival mechanism in our brains directly linked to our bodies, fight, flight, freeze (fff).

In fact, the survival part of our brain, which is primitive yet effective, is the first to develop in- utero starting at around seven weeks.

It regulates our breathing, digestive system, heart rate and temperature, along with the 'fff' system which operates to preserve our life.

If we have to dodge a falling object, jump out of the path of a speeding car, keep very still to avoid being seen, run for the hills from a predator, or get someone potentially threatening, we need this to happen fast. If a baby is scared, cold, hungry, lonely, or in any way overwhelmed this triggers their survival system and they cry to bring an adult to them to help them survive.

If a baby is repeatedly scared and emotionally overwhelmed and they do not get their survival brain soothed, so they can cope, they begin to develop a brain and bodily system which is on hyper alert and the world seems to be a scary place.

Sadly, this is not something they can 'just grow out of'. Far from it as what neuroscience is showing us from all the recent findings. An early experience has a profound effect on the way in which a child's brain forms and operates as the survival brain is on over drive and senses threat everywhere so works too hard, too often, for too long.

Babies and young children systems are flooded with potent stress hormones which help in the event of needing the 3fff's, but they are not good to have at high levels for too long.

Imagine the feeling when you truly believe you have lost your wallet with all your cards and money in it. You feel a bit faint, your brain is whirring, your heart racing, breathing is shallow, and you may get the urge to empty your bowels or bladder.

Hopefully, when the wallet is found the stress hormone levels drop and you can think more clearly and resume your day fairly unscathed. What if you are 4, 9 or 15 years old? How will you cope if your repetitive early childhood trauma of living with domestic violence, unavailable

or rough caretakers, chaos and unpredictability has left you traumatized?

Humans are amazingly adaptable in order to survive, although not necessarily thrive. So a child's system adapts to get whatever basic needs met it can and to live to the next moment, think soldier in a war zone kind of survival.

In an abusive environment this will make sense but it is not something a child can just stop doing as their survival brain is in charge and has to do what it has learnt to keep them alive.

The kinds of survival behaviors they commonly develop are:

Regression

Presenting as helpless may have made caretakers frustrated, even angry and rough with them but will mean they sometimes had to touch a child who presented as unable to say get dressed or wipe their bottom or feed themselves – this can look like immaturity and 'babyish' behavior in an 8 year old but it has previously served a purpose

Being held and touched kindly is a basic human need and tragically children in Romanian orphanages who were not, died. Almost 'pathetically' children often devise ways which can seem strange, given their age and previous capabili-

Continued on page 20

Hungry Valley



COMMUNITY **CLEAN UP!**



Saturday June 25th beginning at 8am

After the Cleanup, volunteers can enjoy a BBQ lunch at the amphitheatre.

Dumpster Locations: Both sites will be on Eagle Canyon Road, one will be east of Fancy Dance Drive, and the other will be south of Running Deer Lane.

Please DO NOT place: TVs, tires, batteries or liquids in dumpsters.

VOLUNTEERS NEEDED!

**Please come out and show your dedication to
our community and the environment!**

For more information contact the Public Works department at 785-1341



Leadership Efficiency Sustainability

The Nevada Clean Energy Corps (NCEC) is an AmeriCorps program administered by the Nevada Governor's Office of Energy. The program combines national service and workforce development to promote clean renewable energy and energy efficient practices in Nevada communities. Participating members receive training and leadership opportunities in emerging green markets.

The NCEC has three strategies to help Nevada residents save energy and water, and live more energy efficient and healthier lives:

1. **Outreach:** Volunteers distribute LED lights and high efficiency showerheads to residents in Nevada to help them save energy, water, and money.
2. **Education:** Volunteers provide education on creating a healthy home, basics of renewable energy, and residential energy efficiency through presentations and instructional videos.
3. **Energy Auditing:** Volunteers receive valuable workforce training as certified energy auditors and provide their services to qualifying members of the community free of charge.

Want to learn more?

Visit our website at http://energy.nv.gov/Programs/Nevada_Clean_Energy_Corps/

Contact us directly at goncec2016@gmail.com



Free Pesticide Disposal at the Hungry Valley Community Cleanup!

Saturday, June 25th, 8am-1pm



Pesticides are the only toxic substances released intentionally into our environment to kill living things. This includes substances that kill weeds (herbicides), insects (insecticides), fungus (fungicides), and rodents (rodenticides). Eliminate hazards at home- Old pesticide containers will begin to deteriorate over time. Leaking containers can result in pesticide exposure to people, pets, wildlife, and the environment.

The RSIC Environmental Program and the Public Works Department is partnering with the NV Department of Agriculture's pesticide waste disposal program to give pesticide users the opportunity to properly discard unwanted pesticide products. This is a safe way to protect the environment from pesticide pollution and contamination.

| Acceptable Products | Unacceptable Products |
|---|---|
| <ul style="list-style-type: none">• Insecticides• Fungicides• Herbicides• Rodent Baits | <ul style="list-style-type: none">• Batteries• Antifreeze• Paint• Degreasers |



For more information:
BC Ledesma, Environmental Specialist II at 785-1363.



RSIC Law & Order Committee

The mission of the Reno-Sparks Indian Colony's Law and Order Committee is to review, evaluate and make recommendations to change the existing Law & Order Code and ordinances of the RSIC Communities in conjunction with the Constitution and By-Laws of the RSIC and the Indian Civil Rights Act to insure due process within RSIC boundaries.

LOC follows the regular guidelines for Committees same terms and conditions set by Tribal Council.

Meetings the 1st Wednesday of every month, 6 p.m.

Tribal courtroom—1900 Prosperity Street—775-785-8775

June 1

PESA U

to the 2016 Paiute Language Bowl Organizers / Contributors

Tiffany Young, WCSD, Equity & Diversity Coordinator, Equity & Diversity Department staff, Kristen McNeill (WCSD, Deputy Superintendent) Equity & Diversity interns Paola DeLeon (UNR student) & Guoda Lynch (UNR student) Lynsie Dunn (E & D Specialist), Loni Romo & Justin Zuniga (both WCSD E & D Student Graduation Advocates), San San Tin (RSIC Education Director) Stacey Burns (RSIC Language & Culture Coordinator), Reynelda James (PLB Judge), Ralph Burns (PLB Judge), Thalia Dick (PLB Judge), Dr. Debra Harry UNR Adjunct Professor, Saundra Mitrovich (UNR Center for Student and Cultural Diversity) Paiute language Instructors Christina Thomas, Emma Williams (WCSD Equity & Diversity Paiute Language Instructor) co-operating teachers (SSHS) Anthony Abbie, (NVHS) Debby Shaw and Mr. Bonham (REED); Greenbrae Trophy Center, Kates Logo's, UNR-JCSU, WCSD: Communications Dept., Nutrition Services, Print Shop, and the Transportation Dept., plus all District staff, PLHS students and staff, tribal elders and community who attended the event.

Rhonda Knight

Senior Tax Assistance Rebate (STAR) Program Outlined

Nevada Department of Health and Human Services, Aging and Disability Services

The Senior Tax Assistance Rebate (STAR) Program, a statewide tax program refunds a portion of the property tax paid by eligible senior citizens on their primary residence.

For example:

- Homeowners would receive a tax rebate in the amount paid up to a maximum of \$500.
- Rebates will be mailed out.

AUTHORITY:

The authority for this program comes from Section 60 of the Senate Bill 514 of the 2015 State of Nevada Legislative Session.

ELIGIBILITY:

The age eligibility is as follows:

The applicant must be 65 years of age, on or before, June 30 of the year in which they are applying.

The residency eligibility is as follows:

The applicant must have owned their primary residence and live and paid property taxes, continuously, in Nevada from at least July 1 of the preceding year in which they are applying.

The applicant must be a full time Nevada resident at the time of application and must not own any other property

The income eligibility is as follows:

The applicant's household income cannot exceed 200 percent of federal poverty level on the last tax return filed.

\$23,540 for singles and

\$31,860 for couples, adjusted base on the number of individuals living in the household.

Income will be verified by applicant submitting last tax return with application

Applicant and/or spouse cannot own other real property, in addition to their claimed residence

Applicant and/or spouse cannot own liquid assets in excess of \$150,000.

Assets reported by self-attestation of applicants

Should an applicant's primary residence have an assessed value \$500,000 or more, a credit report will be pulled to verify no mortgages exist on other properties

If there is not enough money to pay all claims at 100 percent, all refunds for applicants must be reduced by a uniform percentage.

Only one application per household.

For more information, please call, Cathy Steed at (775) 688-2964.

Continued from page 15

ties, to get some physical contact, even if it's unpleasant. Children often learn to survive by being 'like a baby' as they have either learnt how babies get more kindness and attention or have some inbuilt 'memory' of this. However, 'acting like a baby' can be negatively viewed as regression, yet it is often an expression of trust in caretakers as they feel safe enough post abuse to seek out kindness from them. These

behaviors need to be handled gently until the child is ready to move on. Imagine you had never experienced physical closeness and gentle touch, but you were driven to seek it out which requires real courage.

Dramatic reactions

When a child is in the 'I've lost my keys' panic state most of the day, it's like a pan boiling on the stove and the smallest extra heat causes it to boil over

The survival brain leaps into action at the slightest thing, an accidental shove from another

child, a small scratch on the arm, a lost pencil, a 'look' from another child and the 3fff's are triggered, for most children that's flight but if cornered and unable to escape, or previously over used, it will be fight

Children may cry more readily and for much longer and louder as they do not have the ability to self soothe or to be soothed easily as their brain has not been exposed to this and is not wired that way so telling them to 'calm down' is of no use

Continued on page 46

CALLING ALL SUPER READERS

The Education Department is offering a 6-week Reading Program



Where: Education Offices –
Reno & Hungry Valley Tutoring Rooms

Dates: June 20, 2016 to July 28, 2016
Monday – Thursday

Times: 9:30 a.m. – 11:30 a.m.

Students will work on reading and writing. This program is for beginner readers or students who need a little extra support.

COME ON DOWN AND BECOME A SUPER READER

For sign up information, please call

Lynette Sam, Reno Education Tutor
329-6114 x5103

Alice Wrenn, HV Education Tutor
785-1310 x4310
(Transportation will be provided for HV
students)

Don't Forget to Vote! Important Primary Election June 14

Democrat, Republican, Nonpartisan sample ballots for downtown Colony

Below is a copy of the 2016 Primary **Sample Ballot** for registered voters who live on the downtown Colony.

Early voting for the upcoming June 14 Primary Election starts on Saturday, May 28 and runs through Friday, June 10.

If you chose to vote at the polls on **Tuesday, June 14**, downtown Colony residents should vote at *Vaughn Middle School*, 1200 Bresson Avenue.

REPUBLICAN

| FEDERAL OFFICES OFICINAS FEDERALES | DISTRICT NONPARTISAN OFFICES OFICINAS INDEPENDIENTES DISTRITALES |
|---|---|
| UNITED STATES SENATE Six Year Term VOTE FOR ONE SENADOR DE LOS ESTADOS UNIDOS Período de Seis Años VOTE POR UNO | SCHOOL BOARD TRUSTEE DISTRICT D Four Year Term VOTE FOR ONE ADMINISTRADOR DEL COMITÉ ESCOLAR DISTRITO D Período de Cuatro Años VOTE POR UNO |
| Angle, Sherman <input type="radio"/> | Grain, Kenneth W. <input type="radio"/> |
| Davis, D'Nese <input type="radio"/> | Hecker, Lauren <input type="radio"/> |
| Hamilton, Eddie <input type="radio"/> | Little-Balotin, Kathleen <input type="radio"/> |
| Hock, Joe <input type="radio"/> | Marquez, Brock <input type="radio"/> |
| Hock, Thomas "SAD Tom" <input type="radio"/> | Raymond, Melena <input type="radio"/> |
| Leads, Robert X. <input type="radio"/> | Reese, Emily <input type="radio"/> |
| Polak, Carlo "Mazunga" <input type="radio"/> | |
| Proble, Juston J. <input type="radio"/> | TOWNSHIP NONPARTISAN OFFICES OFICINAS INDEPENDIENTES MUNICIPALES |
| Tarbell, Bill <input type="radio"/> | |
| NONE OF THESE CANDIDATES <input type="radio"/> | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 2 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 2 Período de Seis Años VOTE POR UNO |
| STATE PARTISAN OFFICES OFICINAS DE PARTIDO DEL ESTADO | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 3 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 3 Período de Seis Años VOTE POR UNO |
| STATE SENATE DISTRICT 13 Two Year Term VOTE FOR ONE SENADO DEL ESTADO DISTRITO 13 Período de Dos Años VOTE POR UNO | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 4 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 4 Período de Seis Años VOTE POR UNO |
| Bailey, Kent <input type="radio"/> | Sferrazza, Pete <input type="radio"/> |
| Brockelsby, Samantha "Sammy B" <input type="radio"/> | |
| TOWNSHIP NONPARTISAN OFFICES OFICINAS INDEPENDIENTES MUNICIPALES | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 3 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 3 Período de Seis Años VOTE POR UNO |
| JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 5 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 5 Período de Seis Años VOTE POR UNO | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 4 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 4 Período de Seis Años VOTE POR UNO |
| Cilton, David W. <input type="radio"/> | Pearson, Scott E. <input type="radio"/> |

DEMOCRATIC

| FEDERAL OFFICES OFICINAS FEDERALES | TOWNSHIP NONPARTISAN OFFICES OFICINAS INDEPENDIENTES MUNICIPALES |
|--|---|
| UNITED STATES SENATE Six Year Term VOTE FOR ONE SENADOR DE LOS ESTADOS UNIDOS Período de Seis Años VOTE POR UNO | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 2 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 2 Período de Seis Años VOTE POR UNO |
| Cortez Masto, Catherine <input type="radio"/> | |
| Mahendra, Bobby <input type="radio"/> | |
| O'Briant, Lidda Susan <input type="radio"/> | Stemazza, Peta <input type="radio"/> |
| Rheinhart, Allen <input type="radio"/> | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 3 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 3 Período de Seis Años VOTE POR UNO |
| NONE OF THESE CANDIDATES <input type="radio"/> | |
| UNITED STATES HOUSE OF REPRESENTATIVES DISTRICT 2 Two Year Term VOTE FOR ONE CÁMARA DE REPRESENTANTES DE EE.UU. DISTRITO 2 Período de Dos Años VOTE POR UNO | Sullivan, Ryan Katherine <input type="radio"/> |
| Alm, Vence <input type="radio"/> | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 4 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 4 Período de Seis Años VOTE POR UNO |
| Evans, H. D. "Chip" <input type="radio"/> | |
| Shepherd, Rick <input type="radio"/> | |
| DISTRICT NONPARTISAN OFFICES OFICINAS INDEPENDIENTES DISTRITALES | |
| SCHOOL BOARD TRUSTEE DISTRICT D Four Year Term VOTE FOR ONE ADMINISTRADOR DEL COMITÉ ESCOLAR DISTRITO D Período de Cuatro Años VOTE POR UNO | Pearson, Scott E. <input type="radio"/> |
| Grain, Kenneth W. <input type="radio"/> | JUSTICE OF THE PEACE, RENO-VERDI, DEPARTMENT 5 Six Year Term VOTE FOR ONE JUEZ DE PAZ, RENO-VERDI DEPARTAMENTO 5 Período de Seis Años VOTE POR UNO |
| Hecker, Leuren <input type="radio"/> | |
| Little-Bolotin, Kathleen <input type="radio"/> | Clifton, David W. <input type="radio"/> |
| Marquez, Brock <input type="radio"/> | |
| Reymond, Malena <input type="radio"/> | |
| Rease, Emily <input type="radio"/> | |



Don't Forget to Vote! Important Primary Election June 14

Democrat, Republican, Nonpartisan sample ballots for Hungry Valley

This is a copy of a **Sample Ballot** for the Hungry Valley community. Early voting for the upcoming June 14 Primary Election starts on Saturday, May 28 and runs through Friday, June 10.

If you chose to vote on **Tuesday, June 14**, Hungry Valley residents should vote at *Spanish Springs High*, 1065 Eagle Canyon Road.

DEMOCRATIC

| FEDERAL OFFICES OFICINAS FEDERALES | |
|---|--|
| UNITED STATES SENATE Six Year Term VOTE FOR ONE <i>SENADOR DE LOS ESTADOS UNIDOS</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Cortez Masto, Catherine <input type="radio"/> | |
| Mahendra, Bobby <input type="radio"/> | |
| O'Briant, Liddy Susan <input type="radio"/> | |
| Rheinhart, Allen <input type="radio"/> | |
| NONE OF THESE CANDIDATES <input type="radio"/> | |
| UNITED STATES HOUSE OF REPRESENTATIVES DISTRICT 2 Two Year Term VOTE FOR ONE <i>CÁMARA DE REPRESENTANTES DE EE.UU.</i> <i>DISTRITO 2</i> <i>Período de Dos Años</i> VOTE FOR UNO | |
| Aim, Vance <input type="radio"/> | |
| Evans, H. D. "Chip" <input type="radio"/> | |
| Shepherd, Rick <input type="radio"/> | |
| DISTRICT NONPARTISAN OFFICES OFICINAS INDEPENDIENTES DISTRITALES | |
| REGENT UNIVERSITY OF NEVADA DISTRICT 11 Six Year Term VOTE FOR ONE <i>REGENTE UNIVERSIDAD DE NEVADA</i> <i>DISTRITO 11</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Geddes, Jason <input type="radio"/> | |
| TOWNSHIP NONPARTISAN OFFICES OFICINAS INDEPENDIENTES MUNICIPALES | |
| JUSTICE OF THE PEACE, SPARKS, DEPARTMENT 2 Six Year Term VOTE FOR ONE <i>JUEZ DE PAZ, SPARKS</i> <i>DEPARTAMENTO 2</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Higgins, Kevin <input type="radio"/> | |

REPUBLICAN

| FEDERAL OFFICES OFICINAS FEDERALES | |
|--|--|
| UNITED STATES SENATE Six Year Term VOTE FOR ONE <i>SENADOR DE LOS ESTADOS UNIDOS</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Angle, Sharon <input type="radio"/> | |
| Davis, D'Nese <input type="radio"/> | |
| Hamilton, Eddie <input type="radio"/> | |
| Heck, Joe <input type="radio"/> | |
| Heck, Thomas "GAD Tom" <input type="radio"/> | |
| Leeds, Robert X. <input type="radio"/> | |
| Poliak, Carlo "Mezunge" <input type="radio"/> | |
| Prable, Juston J. <input type="radio"/> | |
| Tarbell, Bill <input type="radio"/> | |
| NONE OF THESE CANDIDATES <input type="radio"/> | |
| DISTRICT NONPARTISAN OFFICES OFICINAS INDEPENDIENTES DISTRITALES | |
| REGENT UNIVERSITY OF NEVADA DISTRICT 11 Six Year Term VOTE FOR ONE <i>REGENTE UNIVERSIDAD DE NEVADA</i> <i>DISTRITO 11</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Geddes, Jason <input type="radio"/> | |
| TOWNSHIP NONPARTISAN OFFICES OFICINAS INDEPENDIENTES MUNICIPALES | |
| JUSTICE OF THE PEACE, SPARKS, DEPARTMENT 2 Six Year Term VOTE FOR ONE <i>JUEZ DE PAZ, SPARKS</i> <i>DEPARTAMENTO 2</i> <i>Período de Seis Años</i> VOTE FOR UNO | |
| Higgins, Kevin <input type="radio"/> | |

Early Voting Sites

Downtown Reno Library:

301 S Center St, Reno 89501

Incline Village Library:

845 Alder Ave, IV 89451

Legends at Sparks Marina:

1310 Scheels Dr #B107
Sparks 89434

North Valleys Library:

1075 N Hills Blvd #340
Reno 89506

Northwest Library:

2325 Robb Dr, Reno 89523

Raley's Store #102:

2895 N McCarran Blvd
Sparks 89431

Raley's Store #105:

1630 Robb Dr, Reno 89523

Raley's Store #106:

701 Keystone Ave, Reno 89503

Raley's Store #108:

18144 Wedge Pkwy
Reno 89511

Raley's Store #110:

2389 Wingfield Hills Rd
Sparks 89436

Registrar of Voters Office:

1001 E Ninth St, Bldg A
Reno 89512

Reno Town Mall:

4001 S Virginia St, Reno 89502

Sak 'N Save Food Store:

1901 Silverada Blvd
Reno 89512

Scolari's Store #1:

950 Holman Way, Sparks 89431

Scolari's Store #18:

3310 S McCarran Blvd
Reno 89502

Scolari's Store #24:

4788 Caughlin Pkwy
Reno 89519

Shoppers Square:

370 Casazza Dr, Reno 89502

South Valleys Library:

15650A Wedge Pkwy
Reno 89511

Spanish Springs Library:

7100A Pyramid Lake Hwy
Sparks 89436

Sparks Library:

1125 12th St, Sparks 89431

Sun Valley Center:

5055 Sun Valley Blvd #100
Sun Valley 89433

2016 -2017 School Year

RSIC Back 2 School Supply Distribution List

Kindergarten – 6th Grade

| | |
|---|---|
| 1 - Pink Eraser | 2 – Glue Sticks |
| 1 – Pack of Wide Ruled Filler Paper | 2 – Dry Erase Markers |
| 2 – Spiral Wide Ruled Notebooks | 1 – Blunt Scissors (K-3 rd Only) |
| 1 – 1 ½ " Binder (6 th Grade Only) | 1 – Pointed Scissors (4-6 th Only) |
| 1 – Pack colored pencils | 2 – Highlighters |
| 1 - Ruler | 1 – Box of Kleenex |
| 1 – Pack of Markers | 5 – #2 Pencils |

Middle School

| | |
|------------------------------------|------------------------------|
| 2 – Pocket Dividers | 1 – Pack of Fine Tip Markers |
| 2 – College Ruled Filler Paper | 1 – Blue Pen |
| 2 – Spiral College Ruled Notebooks | 1 – Black Pen |
| 2 – 2" Binder | 4 -2 Pocket Folders |
| 2 – Dry Erase Markers | 2 -Mechanical Pencils |
| 2 – Highlighters | |

High School

| | |
|--------------------------------------|-----------------------|
| 1 – Black Pen | 2 – 2" Binder |
| 1 – Blue Pen | 4 -2 Pocket Folders |
| 2 - Packs College Ruled Filler Paper | 2 -Mechanical Pencils |
| 2 – Pocket Dividers | 2 – Dry Erase Markers |
| 2 – Spiral College Ruled Notebooks | 2 – Highlighters |



BACK TO SCHOOL



Supply Distribution

And

Meet Your School Staff

When: Saturday July 23, 2016

Where: Anderson Park
(Behind the Gym)

Time: 10:00 a.m. - 4:00 p.m.

Reminder:

Johnson O'Malley Requirements are as follows:

Attend school in WCSD ages K to 12th grade
A member of or is at least $\frac{1}{4}$ degree Indian Blood
descendant of a member of an Indian Tribe or a RSIC
tribal member and students must reside on RSIC lands.

Parents must accompany all students to fill out forms

New to WCSD/Kindergarteners must bring Tribal Enrollment Cards

Come on down pick up your school supplies, have lunch on us, and

Enjoy the music by the Reno Rock Camp



Reno Sparks Tribal Health Center Three Nations Wellness Center

LOSE TO WIN WEIGHT LOSS CHALLENGE

1 MALE WINNER & 1 FEMALE WINNER

WINNERS GET MONEY, SWEATSHIRT AND PROTEIN

WHAT: INDIVIDUAL WEIGHT LOSS CHALLENGE

WHEN: JUNE 2, 2016 THROUGH AUGUST 26, 2016

WHO: RSIC MEMBERS/EMPLOYEES & RSTHC PATIENTS

FEE: \$5 PER PERSON

ALL PARTICIPANTS RECEIVE A SHIRT FOR WEIGHING IN 10 OUT OF 12 WEEKS

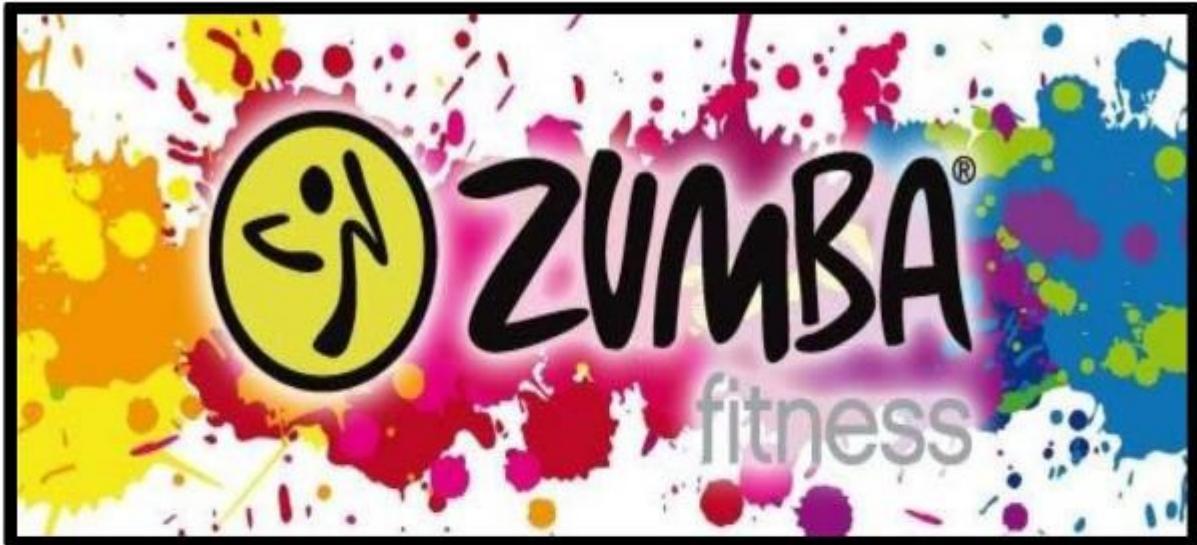
NEW

Fill out a rewards card for exercising twice a week or
8 times in a month and get a wellness gift from us!

SIGN UP AT THE THREE NATIONS WELLNESS CENTER OR CALL WALI

QUERTA @ 329-5162 EXT 1947

**THE 3 NATIONS WELLNESS CENTER
AND DIABETES PROGRAM PRESENT:**



**DID YOU KNOW YOU CAN BURN UP TO 1,000
CALORIES DURING ONE HOUR OF ZUMBA?**

Come join us!



Who: Open to RSIC employees and RSTHC patients

What: ZUMBA! Wear tennis shoes and bring a bottle of water

When: Every Monday night, from 6:00 pm-7:00 pm

Where: 3 Nations Wellness Center Gym

NO SIGN UP REQUIRED. JUST SHOW UP, READY TO EXERCISE!

Please contact Kristie Messerli, Registered Dietitian for questions: 775-329-5162 ext. 1943



Father's Day Dinner

June 20 - Monday, 5:30 pm

615 E Prater Way, Sparks



Need to a program client with an updated file and either RSIC enrolled or resident.

Transportation provided from the senior center, call or stop by to sign up.



Farmer's Market Coupon Book



The 2016 coupon books will be available on June 15 at the Senior Center. Qualifications: updated/program client who is RSIC enrolled or resident 60 years of age or older, income limits apply. Please come to the office to sign up and/or call to confirm your file is up to date.



WANTED

**be on the lookout for missing
Cowboy & Cowgirl Seniors
If seen rustler em up to the**

Reno-Sparks, Indian Colony 2016 Senior Fun Day

August 25, Thursday

10 am to 2 pm

Reno Gymnasium

bingo

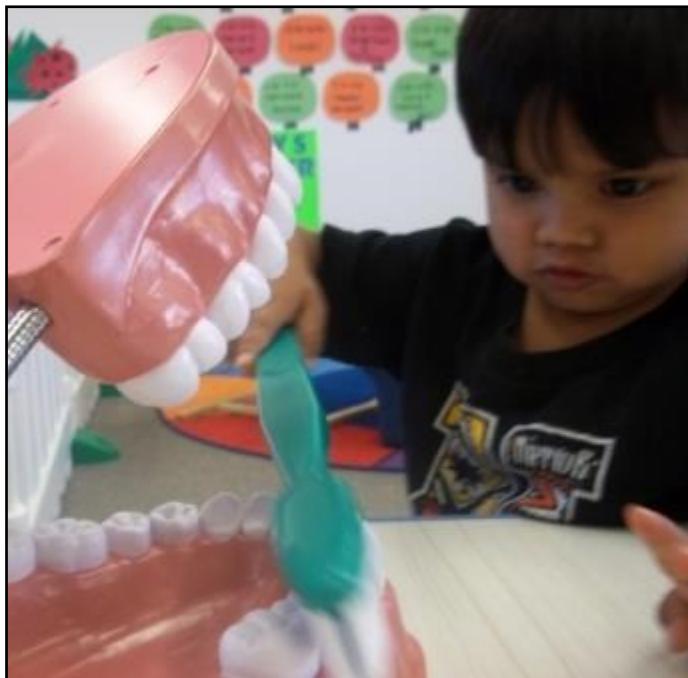
**Come disguised for a chance to WIN a lucky prize
Most Authentic, Funniest, Best Boots
or take the chance of being locked up**

**Also Pardner' No children/grandchildren
Leave them ones in school or tending the homestead
This day for Seniors only 55 years and older**

**hold ya a saddle
or need more info
call 775-329-9929**

In & Around: Reno-Sparks Indian Colony Community

Hungry Valley Child Care Program Busy With Healthy, Seasonal Activities



Early Lessons – The Hungry Valley Child Care staff has introduced proper tooth brushing to the children and why we need to brush our teeth. The lesson was hands-on as the youngsters took turns brushing the large teeth. However, parents are key for setting a daily routine and making children understand the importance of oral hygiene.



Strong, Healthy Teeth – Hungry Valley Child Care students learned that teeth can help you chew the right foods to help children grow. They also help kids speak clearly. According to dental experts, the foundations for healthy permanent teeth in children is laid during the first years of life. Parents should supervise their children's tooth brushing for about 12 years.



Learning Language – On Wednesdays at the Hungry Valley Child Care Center, students enjoy cultural activities like learning the Paiute language. Throughout the week, the staff continues to use basic Paiute words like eat, drink as well as body parts. Dr. Bob Siegler, author of "How Children Develop" believes there is a period, prior to age 5 when learning language is easier.



Can't Have One Without the Other – Dr. Dennis O'Neil, a professor of behavioral science says that language is arguably the most important component of culture because much of the rest of it is normally transmitted orally. He said that it is impossible to understand the subtle nuances and deep meanings of another culture without knowing its language well.

In & Around: Reno-Sparks Indian Colony Community

Easter egg decorating, hunting means springtime fun

All Hungry Valley Child Care photos provided
by RSIC Education Department



Paschal Eggs – One of the oldest springtime or Easter traditions is to decorate eggs. Usually, celebrants use dye and paint on chicken eggs, but a modern custom is to use chocolate eggs or plastic eggs filled with treats such as chocolate. In general, eggs are a symbol of fertility and rebirth. Students from the Hungry Valley Child Care program decorated boiled eggs with dye.



Hand Crafted – Children in both Hungry Valley Child Care classrooms made Easter baskets and dyed eggs which the students took home. According to History.com, the Easter bunny first arrived in America in the 1700s when German immigrants shared their tradition of an egg-laying rabbit called Osterhase.



Signs of Spring – Easter is typically a religious holiday with roots in several faiths—Passover, the resurrection of Greek, Egyptian and Christian gods. The decoration of eggs, which usually represents new life, is believed to date back to at least the 13th century.



Indoor Fun – The Hungry Valley Child Care staff planned an indoor egg hunt for each classroom. Prior to the hunt, the children decorated hard-boiled eggs. In central European Slavic cultures, the tradition of gathering eggs is supposed to lead to health and beauty.

In & Around: Reno-Sparks Indian Colony Community

Very happy birthday, dedicated staff, path to education, sharing our system



Four Generations — *Thelma Delorme, 91-years-young, recently celebrated her birthday with several family members including four-year-old Sunshine Cervantes. Cervantes is the great granddaughter of Delorme's sister, Margaret Sanchez (far right).*



Tear It Down — *Because of safety concerns, the Reno-Sparks Indian Colony Public Works staff removed a chain link cage that not only was an eye sore, but the frequent play area of Colony children. Besides removing the dangerous fencing, public works cleared the area for more parking at 34.*



Hurdles To College — *Michelle Katenay and Staci Emm participated in a focus group to help measure our students' needs for a tribal college. Emm and the organizers from the University of Nevada, have created a survey for more feedback. If you are over 18-years-old, please give your input. The assessments are available at the RSIC Education Offices.*



Comparing and Contrasting — *Reno-Sparks Indian Colony Senior Staff Attorney Ralph Simon explained the differences and the similarities of tribal government versus city, county, state and federal government. Simon addressed the nearly 40 participants of the 2016 Northern Nevada Chamber Leadership Program.*

In & Around: Reno-Sparks Indian Colony Community

Celebrating graduates, Native royalty, remembering those in need



Advice for the 'Real World' — Reno-Sparks Indian Colony Chairman Arlan Melendez told soon-to-be college Native American graduates to explore beyond the reservation boundaries because the students can bring their knowledge home. This spring, 100 students who self-identified as Native Americans, graduated from the University of Nevada.



Proud Reign — Chesney Sampson celebrates the conclusion of her reign as Miss Jr UNR Princess with a special dance. Sampson is the grand daughter of Juanita Sampson and the late Eugene "Peppy" Sampson and the daughter of Robert Sampson. She is a fourth grader at Hidden Valley Elementary School.

Photo by Bucky Harjo



Peace — Evie Astor created a personal message on her yellow t-shirt to publicly support the journey of Ashlynne Mike. Despite the constant drizzle and heavy traffic, nearly 50 people participated in the prayer run for the 11-year-old deceased Navajo girl and her family. For a complete feature story about the event, please see page 6.



All Smiles — Bridgette Stump was recently crowned Miss UNR Princess at the University's pow wow. Stump, an enrolled member of the RSIC, is also Chippewa Cree. A junior at Spanish Spring High, her father is Toby Stump and her paternal grandparents are Janice Eben-Stump and the late Leon Stump. Her mother is Moneta Moody-Stump and her maternal grandparents are Jake Moody and Debbie and Randy Flucher.

Photo by Bucky Harjo

BOXING

ALL
RSTHC PATIENTS
AND
RSIC EMPLOYEES



JOIN US!
EVERY THURSDAY NIGHT
6:30 PM- 7:30 PM

BEGINNERS
INTERMEDIATE
ADVANCED

MASTER TRAINER
RICK PEARSON

MEN ONLY

Learn combinations, proper form
and technique, along with foot
work while training your
cardiovascular system.

Head Start Visits Urban Roots Farm

Children explore connection to land, vital need for relationship with Mother Earth

*Submitted by Brie-Cie Ledesma,
Environmental Specialist II*

Urban Roots is dedicated to growing healthy minds, bodies, and communities through a wide array of educational programming from camps, to farm school, and garden programs for schools.

According to their mission statement, Urban Roots is founded on the idea that food is a powerful tool for academic and sustainable agriculture instruction.

They support the movement in Northern Nevada to make the place we live abundant with healthy food, rich soil, and deep relationships with each other and the land.

On May 16, Reno-Sparks

Indian Colony Reno Head Start Class A, students and family volunteers took a field trip to Urban Roots Farm.

They met various farm animals which included goats, pigs, and chickens and learned about how some local restaurants recycle and help feed the animals by saving their kitchen scraps such as carrots, onions, cabbage, fruit and other greens.

A local seafood restaurant also regularly donates buckets of oyster shells that help ensure the chickens get enough calcium and can produce healthy eggs.

Urban Roots provided a tour of the pollinator garden which contained lots of brightly colored flowers that bees love



Up Close — *A student from the Reno-Sparks Indian Colony Head Start Class A pets a rooster who lives on the Urban Roots Farm. The farm provides educational programming for young learners.*

and learned about how bees help with pollination. Along the way, they petted friendly farm cats that do the job of helping to keep mice away.

Urban Roots staff showed them the hoop houses and vegetables growing in them. The kids and parents were able to see various fruit trees and even one infested with aphids, where they talked about how ladybugs are helpful friends in “chomping” aphids and other pests. At the end of the tour, the class had a brown bag lunch at Urban Roots before returning to RSIC.



Down On The Farm — *Students from the RSIC Head Start Program recently got to tour the Urban Roots Farm. The facility houses several different types of animals which are all cared for in a healthy, environmentally friendly manner. Photos provided by the Environmental Program*



CARDIO KICKBOXING

ALL ELIGIBLE
RSTHC PATIENTS
AND
EMPLOYEES



JOIN US!

EVERY FRIDAY

12:00pm-1:00pm

FIGHT FOR FITNESS

WOMAN ONLY

CERTIFIED PERSONAL TRAINERS

WALI QUERTA

TIFFANY DEAN

Intense cardio by punching,
kicking, and using natural
body weight.

*19TH ANNUAL * CRAFT FAIR *

FAIR FEST

2016

October 14th & 15th

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road * Reno, NV

(Off 395/580 So. Freeway)

Glendale or Mill St. exits

Jewelry * Beadwork * Arts & Crafts

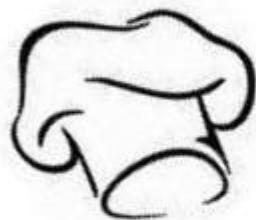
Baked Goods * Raffle * Food & Fun!

Doors Open
10am to 6pm

INDIAN TACOS WILL BE SOLD

FREE ADMISSION
FREE TRICK OR TREAT BAGS

For more information:
Ramona Darrough
775-842-1385



Come join us for a Complimentary cooking class!



When: Tuesday, June 14th 2016

6:00 – 8:30pm

Where: Nothing to It! Culinary Center

225 Crummer Lane

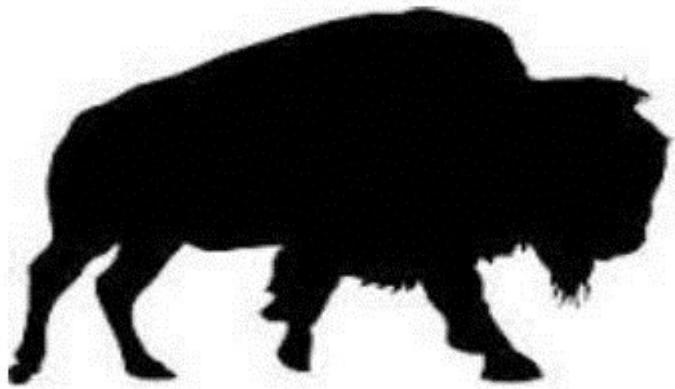
Reno, NV 89502

Registration required. Please contact Kristie
Messerli, Registered Dietitian at 334-4305 ext.
1943 | kmesserli@rsicclinic.org



Talking Circle

Thursday, June 30



When: The last Thursday of every month from 4:00 to 5:00 p.m.

Where: RSIC Tribal Health Center, Behavioral Health Conference Room

All Ages Welcome

The talking circle is also a listening circle. The talking circle allows one person to talk at a time for as long as they need to talk. So much can be gained by listening. Is it a coincidence that the Creator gave us one mouth and two ears? The power of the circle allows the heart to be shared with each other. What we share with each other also heals each other. When we talk about our pain in the circle, it is distributed to the circle, and we are free of the pain. The talking circle works because when the people form a circle, the Great Mystery is in the center.

Sponsored by the RSIC Tribal Health Center Behavioral Health Department
For more information contact Jason Hill, Prevention Outreach Coordinator at
775-329-5162 ext. 1965 or email at jhill@rsieclinic.org

FOOD HANDLER CERTIFICATION COURSE



| | |
|---------------|---|
| WHEN: | Thursday, June 9, 2016 1:00 PM—5:00 PM |
| WHERE: | Reno Sparks Indian Colony Tribal Health Center: Conference Room 1715 Kuenzli St. - Reno, NV 89502 |
| WHO: | Anyone who cooks, prepares, or serves food at restaurants, cafes, stores, schools, childcare facilities, food stands or other food service operations on tribal lands. The public is also welcome. |

The course is FREE and will cover the essential food handling information and practices necessary to prevent foodborne illnesses. Food Handler's Certification Cards will be issued following successful completion of the training. The course will be presented by Nicole Kenote, Environmental Health Specialist, Indian Health Service.

***NOTE: Participants must attend the entire training to be eligible to sit for the exam.**

CONTACT : Nicole Kenote, MS
Reno District IHS OEH&E
nicole.kenote@ihs.gov
775-784-5327 ext. 243



*Sponsored by the Indian Health Service
& the Reno Sparks Indian Colony.*



Start Swimming Before Summer



Announcing Water Fitness for Diabetic, Non-Diabetic, and Senior RSTHC patients at Alf Sorensen, 1400 Baring Blvd, Sparks

Sign up NOT Required except for Lessons...

Just Drop In to the class you are eligible for:

Sponsored by the RSTHC Diabetes Program

| | | |
|--|---|--|
| Senior Water Fitness (55years and older) (Transportation available for RSIC Residents and Seniors only. Meet at RSIC Senior Center at 8:15am for transport) | Increase fitness level and stamina while having fun in the water through this exercise program for seniors. | Tuesdays & Thursdays 9-10am |
| Senior Water Fitness Saturdays (55years and older) (Transportation not available) | Increase fitness level and stamina while having fun in the water through this exercise program for seniors. | Saturdays 12-1pm |
| Senior Aquacize (55years and older) (Transportation not available) | Enjoy a slower paced workout that increases fitness level and strength. | Tuesdays & Thursdays 10-11am |
| Adapted Aquatics 2 (Adults 18yrs and Older) All Welcome | For those who need a complete non-impact exercise program. Students must feel comfortable in deep water. | Tuesdays & Thursdays 11:30-12:30pm |
| General Adapted Aquatics (for anyone with a physical or mental limitation, call 353-2385 for more info) All Welcome | Provides individual instruction for those with a physical or mental limitation. Designed to increase strength, flexibility, and range of motion. | Monday & Wednesdays 11:30-12:30pm |
| Toddler Time! (age 6years or younger) Parents must be in the pool with the child | Parent and Child Swim | Monday through Thursdays 11:30am - 4:30pm |
| Swim Lessons Available for all ages | Build basic water safety or develop your skill. <u>(Enrollment Required @ Alf</u> call 353-2385, paid for by the RSTHC Diabetes Program - ask for Cindy) | Refer to www.sparksrec.com for schedule and reg dates |
| Lap Swimming (all ages) | Pool space designated for lap swim varies. | Mon-Thurs: 6-9am, 9-11am, 11-1:30pm, 1:30-3pm Saturdays 12-5:45pm |

Tribal Card required @ Class Check-In

QUESTIONS?

General Swim Class info: 353-2385 (Alf Sorensen) or 329-5162 x1947 (Walita Querta)



RSIC TRIBAL ARCHIVES

Preserving the Past to Ensure the Future

CHANGES TO THE ARCHIVES

Happy Retirement!

We have said goodbye to our Tribal Archivist, Joyce Melendez. Mrs. Melendez started and ran the RSIC Tribal Archives & Records for over 20 years. She has retired and hopes to travel and visit with family more. Thank you Joyce, for your years of service and commitment to RSIC Tribal Preservation and Tribal Record Organization. You will be missed around the RSIC offices and especially at the Archives and Records Center, best wishes on your new endeavors.



L-R Joyce Melendez, Athena Brown, Paula Hunsberger, and Valerie Morales. Longtime friends/coworkers.

RSIC Tribal Archives

15A Reservation Road |Reno, NV 89502

Phone: 775-329-8802

Office Hours 8 a.m. to 5 p.m. Monday – Friday



RSTHC BEHAVIORAL HEALTH GROUP SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | | 9-11am Rediscovering Your Life (IOP) Mary Lask | 9-11am Hopes & Dreams (IOP) Mary Lask | 9-11:30am Craft Group (IOP) Jason Hill |
| 1-3pm Life Skills Group Mary Lask (IOP) | | 12 to 5pm Administration Time Clinic Closed | | |
| 3-4:30pm DUI Group Levels II, II-X & III Paul Snyder | | | | 3-4:30pm DUI Group Levels II, II-X & III Paul Snyder |
| | 4-5pm White Bison Group Jason hill | | 4-5pm Domestic Violence & Anger Management Group Dr. Nielsen | |

39th Annual Duckwater Festival

Duckwater, Nevada

June 24th - 26th, 2016

Friday 24th

Evening Events Only

* Jackpot Volleyball * Youth Handgames
@ 7pm * Open Handgames

Saturday 25th

7am *Turkey Shoot *Fun Run/Walk

BREAKFAST SALE
8AM - 10AM

TBA *Sign ups Handgame Tournament
TBA *Open Handgames
11am *Co-Ed Softball 1-Pitch Tournament
1pm *Sign-ups Horseshoe Tournament
1pm *Powwow Grand Entry (11a register)
2pm *3 person Basketball Tournament

FREE BBQ DINNER
5pm

5pm *Raffle
5:30p *Kids & adult games
7pm *Powwow Grand Entry (6p register)

Sunday 26th

* Open Handgames
10am *Co-Ed Softball 1-Pitch cont.
11am *Powwow Grand Entry

CAMPING & SHOWERS
AVAILABLE

*SCHEDULE SUBJECT TO CHANGES

AVAILABLE ALL WEEKEND

Food & Craft Vendors

First Aid Booth

Fuel Sales (times TBA)

CONTACT INFO:

\$60 Fee - Reserve Vendor/booth space/walking:
Annie Pete (775) 863.0475

- Please bring own tables, chairs, generator
(optional in case of electrical difficulties).

Horseshoe Info: July Thompson (775) 863.0222

Powwow Info:

Angel Graham (775) 863.0227 or email
cashreceipts.postoffice@duckwatertribe.org

Basketball Info: Eddie Birchim (775) 863.0270

Volleyball Info: Eddie B. or Jackie Hodson (775)
863.0227 or email
reception.fixedassets@duckwatertribe.org

Handgames Info: Tilly Thompson (775) 863.0222 or
email matilda.thompson@ihs.gov

Co-Ed Softball Info: Alfreda Walker or Brenda
O'Neil (775) 863.0222 or email
alfreda.walker@ihs.gov or brenda.oneil@ihs.gov

GENERAL INFO:

Gonnie Mendez (775) 863.0227 or email
tribal.manager@duckwatertribe.org

The Duckwater Shoshone Tribe is not responsible for stolen
property, damages, accidents or travel expenses.

Summer Reading

Challenge

Monday June 13 –
Monday August 1st



Read books to earn
buttons! We'll hang your
buttons on the fence to
show our community
that we love to
read!

*Goodie bags
for signing up
& grand prize for the most
books read!
*Sign-up beginning June
13th in the
RSIC Library



Contact: Adriana Gutierrez (775) 785-1320

RSIC Library, 401 Golden Lane, Reno , NV 89502

INTRODUCING

YOGA

At 3 Nations Wellness Center
Every Wednesday Night

5:30 pm-6:30 pm

Open to all eligible RSTHC patients and RSIC
employees- No sign up required

BENEFITS OF YOGA:
INCREASED METABOLISM
LOWER BLOOD PRESSURE
LOWER BLOOD SUGARS
INCREASED STRENGTH
WEIGHT MANAGEMENT
REDUCES ANXIETY AND STRESS

Contact: Kristie Messerli,
Registered Dietitian
775-329-5162 ext. 1943

Continued from page 20

They are feeling things as deeply as they seem to be at this point and are not just 'attention seeking'

Disassociation

Disassociation or 'zoning out' is another way the brain and body copes with high levels of potentially toxic stress hormones for overly long periods. It can also be a learnt survival strategy, submit, switch off and wait for the frightening, painful, incomprehensible act to be over. This ability to switch off can look like defiance or non-compliance as a child may just stare ahead and not respond to requests from adults.

Children cannot continuously cope with the muscle tension, nausea, thudding

heart, racing thoughts so finding something to fixate on to soothe them can become a great coping strategy and again will look as if they are being non-compliant whereas they are escaping from their trauma the only way they know how.

How long until they do 'get over it'?

It's a fair question as why it's so hard for traumatized children to trust caring adults. If they were removed from the abuse and trauma as a baby or even directly after birth, surely they should not be having these dramatic reactions?

Going back to our survival part of our brain, this is not designed to be the dominant part of anyone's brain as we also have an emotional memories part and a thinking, reasoning, socially able cogni-

tive part which should mostly be 'in charge'. All three areas are interlinked and share info back and forth all the time but mostly we need to think before we act and then we do better. However, if your start in life has made your survival brain 'hyper alert' then to manage this is like repeatedly trying to get a squirrel into a matchbox!

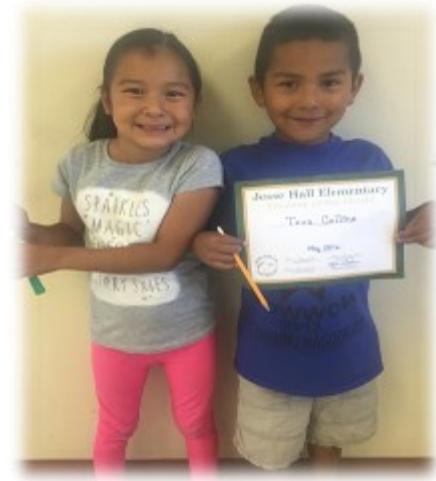
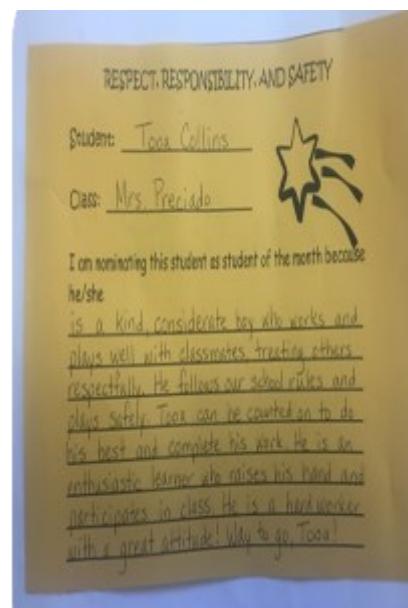
Children need us to be calm, kind, to use rhythm, patience and to try to step into their world and emotional state and show empathy. With the right long term acceptance, kindness and support children can get a better chance at eventually being able to manage their reactive survival brain which has, after all, got them this far.

Congratulations to Tooa Collins

for receiving the Respect, Responsibility, and Safety Award at Jesse Hall Elementary



Tooa Collins 2nd Grade



Proud sister Aiyanna Collins and Tooa



CONGRATULATIONS to an awesome young man that has been through a lot.

My son lost his mother to an accident when he was eight-years-old. Last September, he lost his older brother to an accident. This would be enough to push anyone over the edge.

However, my son is stronger than that. He stayed strong and focused on himself and school. This June, he will be graduating from Spanish Springs High. The ceremony will be held at Lawlor Events Center on June 11th at 2 p.m.

I would like to invite anyone who would like to attend and cheer for my son when he receives his diploma.

To say that I am proud of my son is an understatement. He was chosen for the countdown to graduation interview. Only one student per high school is chosen to represent their school in this interview.

To my son Terrell Munoz Tissychy-Ortero —*Congratulations* and know that I and our family back you 100 percent in your future endeavors. **Carlos Louis Ortero**



April 28, 2016

I can't explain why I'm still here and you are gone...

Every day, I'm reminded of how you've made every sad song...

Your presence still fills me when I laughed when I breath and now, when I cry...

I remember so easily, I don't even have to try...

Time seems empty, oceans are shallow,
my soul cannot fly as it is wounded by what has transpired...

So I wait trapped by a fate we could've never seen

Wanting to join you there but I'm still needed here

So this is where I'll stay.

Be well my son my friend my soulmate

Be happy. I will always love the time you shared with me.

I hope you will greet me with open arms when it is my turn to crossover

I am truly sorry for any harm or sadness I caused you. I only wanted the best for you.

So, please forgive me for any wrong I have done...

Reawakening Connections to Our Traditional Homelands

RSIC EXPLORING PYRAMID LAKE, NEVADA
APRIL 26, 2016

Presented by the RSIC THPO/Cultural Resources Program
and Language & Culture Program







The Reno-Sparks Indian Colony (RSIC) is providing a giant PESA MU (Thank You) to the Pyramid Lake Paiute Tribe (PLPT) for allowing the April 26th Exploring Pyramid Lake Tour! The gracious tour guides, Ralph Burns and Ben Aleck, provided well thought out education on Pyramid Lake, its inhabitants and surroundings. The oral histories were very informative, which provided the participants the cultural elements and connections to the environment and peoples. The language lessons were powerful and spiritual!

The staff at the Sutcliff Fisheries and Marble Bluff Hatchery was very professional and provided great education on several techniques of the Kooyooe and trout fisheries at Pyramid Lake. The PLPT staff at the Museum/Cultural Center was so gracious in providing a forum for lunch and exhibits. Thanks to the PLPT staff that set up tables and chairs at the museum for lunch and being visible on the dirt road to the Pyramid. The PLPT Seniors Center Staff and seniors were a great addition in visiting our tour participants and enjoying lunch with us. Although, the tour bus didn't visibly see the PLPT Rangers and Tribal Police, we know that they knew our whereabouts at all times. The RSIC understands that the PLPT Tribal Council took great efforts to make our April 26th Exploring Pyramid Lake Tour a powerful event.

The RSIC Cultural Resource/THPO appreciates the RSIC Tribal Council, Planning Department, Language and Cultural Program & Public Works Department for all the collaboration and efforts that were put in to making this event a success! Pesa Mu!

New Employees



Howard Miller

Tribal Court

Q: What is your exact job title?

A. Adult Probation Officer

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

A. As the Adult Probation Officer, I will be interacting with the community members through the Tribal Court. My goal is to assist them in getting through this phase in their life and build a better and brighter tomorrow.

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

A. No.

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

A: I look forward to serving the RSIC Community.

Q: What is your exact job title?

A. Juvenile Probation Officer

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

A. I hope to inspire youth in a way that it becomes contagious so that they are able to take advantage of life in a positive way.

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

A. I do not, but my wife does with the Maidu Tribe in Northern California and Cherokee Tribe in Oklahoma.

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

A: I graduated from the University of Nevada as a student-athlete where I played football and had the opportunity to play with the National Football League and Canadian Football League. I played with the Tennessee Titans and the Calgary Stampeders. During my time with those organizations, I realized that sports were not the end all be all, so I ended up getting my masters in education at Saint Francis University.



Stefphon Jefferson

Tribal Court

New Employees



Alexes Rodriguez
Public Works Department

Q: What is your exact job title?

A. RSIC Public Works Custodian

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

A. I hope to accomplish my job well and to help the community.

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

A. Yes, Oglala Sioux of South Dakota.

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

A: Nothing at this time.



William Astor
Finance Department

Q: What is your exact job title?

A. Procurement Technician

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

A. Help to expand and repair vendor relations.

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

A. RSIC Member.

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

A: Nothing at this time.

New Employees



Candace Rhodes
Smoke Shop 1

Q: What is your exact job title?

A. Retail Clerk at Smoke Shop 1

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

A. Job experience and to become manager one day.

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

A. The 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 very grateful to be working for my community.

Q: What is your exact job title?

A. Accounting Supervisor

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

A. I hope to utilize my education and the professional skills that I have acquired throughout my twenty plus year career in various accounting positions, to become a strong and knowledgeable leader and vital part of RSIC's Accounting and Finance team.

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

A. No.

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

A: I grew up in Northern Michigan, but I have been residing in the Reno/Sparks area since 1988. I earned my Bachelors Degree from the University of Nevada- Reno in 1995. I am very happy to be given the opportunity to work within the Reno-Sparks Indian Colony. I look forward to meeting and working with everybody in the community.



Steven Saari
Finance Department

New Employees



Tiffany Thompson
Finance Department

Q: What is your exact job title?

A. General Ledger Accountant.

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

A. I hope to accomplish helping the Finance Department in any way that I can as far as reporting accurate and reliable numbers for the Financial Statements.

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

A. I do not have a tribal affiliation, but have a deep respect for any tribal people and am happy to serve in any way possible.

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

A: I love to meet new people here and am learning from everyone I come into contact with.



John Dressler
Senior Center

Q: What is your exact job title?

A. Cook II.

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

A. Use my culinary and baking skills to my best ability.

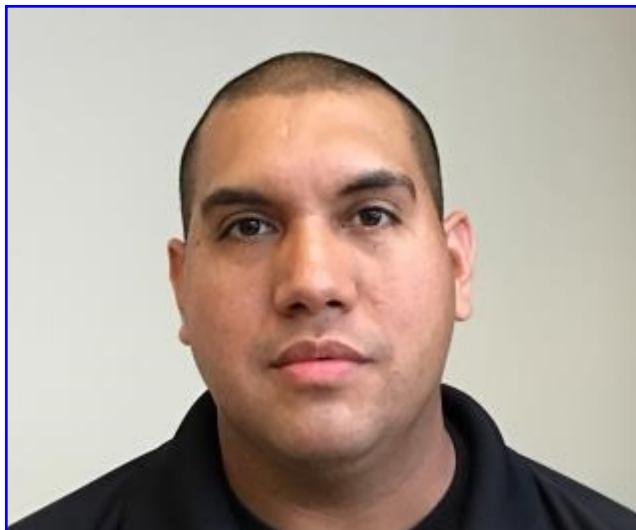
Q: Do you have a Tribal Affiliation? If so, where?

A. RSIC Member.

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

A: Nothing at this time.

New Employees



Matthew Zumoff

Tribal Health Center

Q: What is your exact job title?

A. Security Officer

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

A. I hope to be a valuable asset to the tribe and I hope to add a positive working experience to my resume.

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

A. Yes, Pyramid Lake Paiute Tribe, Nixon, Nevada.

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

A: I am grateful to be working for the Reno-Sparks Indian Colony and I look forward to a positive working experience.



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.



Public Notice Regarding Past Due Debts

Collection cases to be forwarded to RSIC Tribal Court

Attention RSIC Community Members

The RSIC is in the process of reviewing all **past due debts owed to the RSIC**. These debts include, but are not limited to, housing payments, garbage collection charges, etc. These past due debts are subject to collection in the RSIC Tribal Court.

Those accounts that are past due will be sent a notice via certified mail that states the type of debt and the amount owed as of May 1, 2016. Debtors who are unable to pay the past due amounts in full now may go to the RSIC Finance Department to make arrangements to pay past due garbage fees; and/or to the Housing Department to make satisfactory arrangements to pay housing related past due debt. Payment arrangements will allow not more than 12 equal monthly payments of the past due amount if the debtor's income is below the poverty line, or not more than 6 equal monthly installments for all others.

Past due payments will be in addition to the current payments or charges due on the account. This is a one-time offer to satisfy past due debts with the Colony.

If the debtor fails to pay the past due amount or to make payment arrangements, suit will be filed in Tribal Court and the debtor will not only have to pay the amount past due, but may also be subject to paying additional interest, court costs and fees. Collection of the court judgment may involve wage garnishments and/or collection against other income or assets.

If the debtor **acts within two weeks of the mailing date of the certified mail**, the debtor will avoid those extra charges and the inconvenience and burden of a court case.



Procedures for the Community Use of Facility Buildings

Outline for deposits, equipment, signs, decorations and emergencies

PURPOSE: To establish procedures for the use of the Reno-Sparks Indian Colony Facility Building, Hungry Valley Community Center and Senior Center and any equipment (tables, chairs, coffee pot, etc..) requested for the use.

SCOPE: This policy and accompanying procedures will apply to all individuals requesting the use of any RSIC facility building, which includes the multipurpose room / small kitchen (combined) at 34 Reservation Rd.

POLICY: The Reno-Sparks Indian Colony provides the use of these facilities to promote and ensure a safe and healthy environment to support and maintain community and family functions.

PROCEDURES: All requests shall require a completed and approved "Application for Building Use" form. Dates for approval are on a first come first serve basis. Anyone requesting to use any of the RSIC facilities will need to come to the public works office. Reservations are not accepted over the phone.

Applications for the building use form must be picked up and submitted no less than two (2) working days prior to the function/event. The facilities cannot be reserved earlier than 7 p.m., on Fridays.

The RSIC reserves the right to deny use of any of the facilities to any individual or group.

Any outside organization requesting to use any facilities will be subjected to a non-resident fee charge even if a community member fills out the building use form. They will still be charged a non-resident use facility charge.

Applicant holds harmless the RSIC, its officers and any employee liable for personal injury, death or property damage arising out of the use of its facilities.

Any unusual activities must be authorized by the RSIC Tribal Council (dances, political events, revivals, etc.)

A refundable key and cleaning deposit will be required before the keys will be released. The keys must be returned by noon the next business day or the key deposit will be forfeited.

No key or cleaning deposit will be returned to the individual/group until the facility has been inspected for cleanliness.

A non-refundable fee of \$200 will apply to any organization not affiliated with the RSIC, non-residents, members/residents utilizing said facilities for other organizations.

Non-refundable fees will be charged to cover the cost of maintenance, cleaning and equipment.

TABLES AND CHAIRS are not to leave the RSIC. All requests for tables and chairs need to be submitted no later than two (2) days in advance.

There is a \$50 non-refundable use fee and a \$200 deposit pri-

or to checking out the tables and chairs. It is the responsibility of the person or group requesting tables and chairs to pick up tables and chairs. They will not be delivered or picked up by public works. If the table/chairs are defective upon return, you will not receive your deposit back. It will be applied to replacing the equipment.

All clean up is the responsibility of the applicant. This includes the bathroom, hallways and outside areas.

Public works is not responsible for security and is not on duty for custodial services, except for RSIC departments, funerals and beneficial events for community.

Groups and individuals are responsible for their own set-ups and putting away all tables and chairs after your event.

All trash must be tied and bagged and the garbage must be removed from the building and placed in the proper receptacles.

You are responsible to ensure that all doors are locked up and closed before you leave.

FACILITY FEES:

Keys = \$15 deposit
(refundable)

Building use = \$25 fee
(Non-refundable)

Cleaning deposit= \$50
(Refundable)

Non-Resident Use

Daily fee = \$200
(Non-refundable)

Continued on next page

Tables/Chairs=\$200 deposit
(\$50 Non-refundable)

Cleaning deposit=\$50

Deposit will be forfeit if additional cleaning is required by the public works staff.

The \$15 key deposit is refundable if the keys are returned by noon the following business day.

The \$50 cleaning deposit is also refundable if the room/kitchen is left clean and there are no complaints received from the public works staff.

The rooms marked staff only will not require a key, since the use will be during regular office hours.

However, RSIC affiliated organizations—for example: Head Start, Girl Scouts, Boy Scouts, church, youth basketball teams, committees, housing Board, etc., may have the \$15 key deposit waived.

FACILITY ROOM CAPACITY

IS AS FOLLOWS:

| | |
|--|-----|
| 1. Multipurpose room/kitchen (34 Reservation Rd.) | 120 |
| 2. Hungry Valley Community Center* | 70 |

(*not available until church services end on Sundays at noon)

3. Hungry Valley Conf. Room:

| | |
|----------|----|
| Paiute | 50 |
| Shoshone | 50 |
| Washoe | 50 |

Scheduling for the Colony or Hungry Valley gym is done by Recreation Manager.

Recreation Center Operating Hours/Days:

Mon-Sat. 12:00pm – 9:00pm

Sunday 12:00pm – 6:00pm

Closed for staff lunch

4:00 – 5:00pm

| | |
|---|----|
| 5. Planning Conf. Room | 12 |
| 6. 98 Conference Room (STAFF ONLY) | 20 |
| 7. Senior Center (PM ONLY) | 50 |
| The multipurpose room at 34 Reservation Rd., is reserved on availability: | |
| a. It is not available the day of a RSIC General Tribal Council Meeting | |
| b. Your meeting/event must be scheduled two days in advance | |
| c. The room must be scheduled by Wednesday for a Saturday event | |
| d. There is only one event allowed per weekend | |

RESTRICTIONS

1. Use of alcoholic beverages is strictly prohibited
2. No smoking is permitted anywhere inside any buildings
3. No animals of any kind are allowed in the buildings, except for those trained to assist disabled persons.
4. Activities involving minors must have appropriate on-going, on-site supervision by adults

PENALTIES

1. Failure to pay a key and cleaning deposit and picking up the keys will result in an automatic building use suspension for one year.
2. You will not attempt to obtain a key from the RSIC Chairman, public works or any other staff. This is an automatic building use suspension of no less than one year.
3. Failure to leave the building in proper condition will be grounds for building use suspension for a period of one year.

SIGNS/DECORATIONS

Temporary signs and/or decorations may be affixed to the walls with tape only and must be removed immediately after the event.

Use of thumbtacks, nails and/or staples is not allowed.

EQUIPMENT

Additional equipment, microphones, speakers, stage, etc., is available upon request. Arrangements for pick-up and delivery and set up must be two (2) days prior to the event.

ENERGY CONSERVATION

All groups and individuals are asked to be sensitive to energy conservation. Use only necessary lights.

EMERGENCIES FOR THE MULTI-PURPOSE ROOM

RSIC Building use form will be filled out.

All fees must be paid unless waived by the RSIC Chairman for special events (fundraisers, funerals).

The RSIC Public Works Director must be notified with the detailed information regarding the emergency.

This will be in effect when there is an immediate need to use the multipurpose room for unforeseen circumstances.

Examples of emergencies: heat is out, funerals, power outage, floods, plumbing problems or unexpected meetings with dignitaries for official business.

Examples of non-emergencies: completing the building use form with the wrong date or poor planning.

For more information about the procedures for using facility buildings at the RSIC, please call public works at 785-1363.

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

June

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| *Vitamin C - Daily + Vitamin A - 3 X Week 1% Milk - Served Daily  |  Serving Times Mon - Thurs 11:30 am - 12:45 pm Brunch 10:30 am - 12:45 pm  | 1) Soft Ground Turkey Taco Refried Beans Lettuce & Tomato Chuck-wagon Corn Cantaloupe Milk | 2) BBQ Chicken Sandwich Carrot and Raisin Salad + Watermelon and Honeydew* Milk | 3) Spinach and Egg Scramble Wheat Bagel Mini Heirloom Tomatoes+ Banana* Milk  |
| 6) Tuna Casserole With peas and Carrots+ Fruit Cocktail* Milk  | 7) Tomato Soup Grilled Cheese on wheat bread Cucumber Slices* Pineapple* Milk  | 8) Shredded Pork Quesadilla whole wheat tortilla Chuck-wagon Corn*+ Mandarin Orange* Milk | 9) 10:30-12:30 pm Open face Turkey Sandwich on wheat bread Carrots & Broccoli+ Peaches* <i>Closed at 12:30 for staff recertification</i> | 10) Brunch Scrambled Eggs Hash browns Tomato & Bell peppers+* Grapes* Milk |
| 13) Liver and Onions Egg Noodles Peas and Carrots + Tropical Fruit* Milk  | 14) Chicken Noodle Soup Green Salad Tomato Wedge + Orange Sugar Free Pudding Milk | 15) Baked Sole Fish Rice Pilaf Normandy Blend Veggies+* Grapes* Milk | 16) Birthday Bingo Hamburger on a whole wheat bun Lettuce and Tomato+ Macaroni Salad Watermelon * Milk  | 17) Brunch Cream of Wheat Boiled Egg Whole Wheat English Muffin Waldorf Salad V-8+* Juice Milk |
| 20) Spaghetti with Turkey Meat sauce over wheat pasta Mixed Veggies+* Pears* French Bread Milk | 21) Commodities Navy Bean Soup Turkey and Cheese Sandwich on wheat bread Lettuce and Tomato + Fruited Jell-O* Milk  | 22) Chicken Pot Pie Brussels Sprouts Tropical Fruit Milk | 23) BBQ Pulled Pork Sandwich on wheat bun Coleslaw+* Mixed Berries* Milk | 24) Brunch Biscuit and Sausage Gravy Melon Mix* V-8 juice+* Milk  |
| 27) Beef and Broccoli With carrots Jasmine Rice Strawberries and Pineapple* Fortune Cookie Milk  | 28) Egg Salad Sandwich on wheat bread Lettuce and Tomato + Sun Chips Orange Sugar Free Pudding Milk  | 29) Enchilada Casserole Green beans and corn+ Mandarin Oranges* Milk | 30) Oven Baked Chicken Mashed potatoes and Gravy Mixed Veggies+* Fruit Cocktail* Milk | 1) July - Brunch Frosted Mini Wheat Cereal Boiled Egg Tomato and Cucumber Salad+* Mixed Berries with light Yogurt Milk  |



Just a reminder to tie up your doggies, please





June



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Reno-Sparks Indian Colony Senior Program - Activities 34 Reservation Road building F Reno, NV 89502 775-329-9929 | | 1 12 pm Injury Prevention Presentation 12:30 Language 12:30 Fit Class 1 pm Errand Day | 2 12:30'ish Galaxy Theater Movie 5:30 Potluck & Night Bingo at HVRC, bring food dish and 2 prizes  | 3 10:30 am Brunch 11:30 am – 12 pm Tai Chi with Carrie Is back. Come learn the enjoyment of light easy stretching |
| 6 11:30 am Blood Pressure Check 12:30 pm Fit Class 1 pm Senior Advisory Committee Meeting | 7 8:30 am Water Fit 1pm Summer Crafts 5:30 Potluck & Night Bingo at Reno, bring food dish and 2 prizes  | 8 8 am Carson Hot Springs 12 pm Nutrition Presentation 12:30 Language 12:30 Fit Class | 9 8:30 am Water Fit EARLY LUNCH 10:30-12:30 pm Closed for Staff Recertification From 12:30 – 5 pm | 10 10:30 am Brunch 11:30 am – 12 pm Tai Chi. Come learn the enjoyment of light easy stretching |
| 13 11:30 am Blood Pressure Check 12:30 pm Fit Class 1pm Summer Crafts | 14 8:30 am Water Fit 12 pm Tribal Police Presentation 1pm Summer Crafts | 15 12:30 Language 12:30 Fit Class 1 pm Farmer's Market Coupon Book Distribution *Must qualify | 16 8 am Carson Hot Springs 12:30 Birthday  | 17 10:30 am Brunch 11:30 am – 12 pm Tai Chi. Come learn the enjoyment of light easy stretching |
| 20 Food Pantry 12:30 pm Fit Class 1pm Summer Crafts 5:30 pm Father's Day Dinner Sizzler | 21 8 am Commodities 8:30 am Water Fit 12:30'ish Park-lane Theater  | 22 8 am Carson Hot Springs 12:30 Language 12:30 Fit Class 1 pm Errand Day | 23 8 am Pyramid Lake Senior Fun Day  | 24 10:30 am Brunch 11:30 am – 12 pm Tai Chi. Come learn the enjoyment of light easy stretching |
| 27 11:30 am Blood Pressure Check 12:30 pm Fit Class 1pm Summer Crafts | 28 8:30 am Water Fit Class | 29 12 pm Community Health Education Presentation 12:30 Language 12:30 Fit Class | 30 8 am Carson Hot Springs |  |

15) Farmers Market Coupon Book, qualifications: Current updated program client who is RSIC enrolled or resident 60 years of age or older and is below poverty income.

20) Father's Day Dinner: Current updated program client, who is RSIC enrolled or resident. Transportation provided from the senior center. Call or stop by to sign up.

23) Pyramid Lake Sr. Fun Day 10 am – 2 pm, limited transportation, call to sign up

Legal Notices, Public Announcements

RSIC advisory committee recruitment, help wanted

Reno-Sparks Tribal Health Center Recruiting Representative Executive Health Board

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative and one (1) Urban representative to fill vacancies on the Executive Health Board.

The Executive Health Board voting membership consists of five (5) Reno-Sparks Indian Colony residents who are enrolled members, and two (2) representative from the Urban Indian population, for a total of seven (7) voting members. RSIC representatives must live on the Colony or in Hungry Valley.

The Executive Health Board members meet at least once a month, usually on the third Monday, and are provided a monthly meeting stipend for participation.

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:

The 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. For more information please phone, 329-5162, ext., 1901.

HELP WANTED

Couriers are needed to deliver *The Camp News* every month on the Reno Colony and in Hungry Valley.

Please contact Penny at 329-2936 or come by the RSIC Administration Offices at 34 Reservation Rd., if interested.

RECRUITMENT FOR LAW AND ORDER COMMITTEE 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 34 Reservation Road.

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

WWW.rsic.org

Legal Notices, Public Announcements

Name changes, RSIC advisory committee recruitment

**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, Eugenio Floyd Garcia, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC- 2016-0018, praying that aid Court enter an Order changing the present legal name of Eugenio Floyd Garcia, to the name of Gene Floyd Sampson, 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 14th day of April, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

Recruitment

The Housing Advisory Board is currently seeking an RSIC Tribal member to serve on the Housing Advisory Board. Board members will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. The board is made up of seven members who provide general oversight and community involvement in Housing Department activities. If interested in becoming a board member, please submit a letter of interest to:

Reno-Sparks Indian Colony Housing
905 Eagle Canyon Drive
Sparks, NV 89502

Recruitment for Language & Culture Advisory Committee Member

The Language & Culture Advisory Committee is currently seeking two 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

**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, Marie Rose Hernandez, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2016-0016, praying that aid Court enter an Order changing the present legal name of Marie Rose Hernandez, to the name of Katie Rosly Calvin, 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 April, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court



VETERANS TOWN HALL

THURSDAY, JUNE 23, 1-3:30 p.m.

RENO-SPARKS TRIBAL HEALTH CENTER (1st floor conference room)

1715 Kuenzli Street, Reno, NV

*Hosted
by the*

VA Sierra Nevada Health Care System



- ◀ Native Veterans
- ◀ Veteran Service Organizations
- ◀ Community Partners
- ◀ Family members
- ◀ Public Servants
- ◀ Dignitaries

Explore information booths, 1-2:30 p.m.

Attend Town Hall to give quality feedback and specific suggestions on how the VA Sierra Nevada HCS can improve service to Native Veterans, 2:30-3:30 p.m.

Our goal is to increase communication between Native Veterans & their families with the VA Sierra Nevada HSC.

VA leadership will be present to answer your questions and address your concern about the health care services.

For more information, please contact:

Darin C. Farr
Public Affairs Officer
VA Sierra Nevada HCS
775-789-6628
darin.farr@va.gov

Stacey Montooth
Community Relations Officer
Reno-Sparks Indian Colony
775-329-2936, ext. 3268
smontooth@rsic.org



Continued from page 4

the National Congress of American Indians, the oldest, largest and most representative American Indian organization serving the broad interests of tribal governments, urged tribes to invest in positive nutrition education and physical activity habits which will lead to healthier lifestyles.

And that is exactly what is happening at our health center.

"All the programs sponsored by the RSTHC Diabetes Program and the 3 Nations Wellness Center—cooking classes, bowling, swimming, walk/runs, Friday Try Days---they are all about building positive attitudes about nutrition and exercise which are essential for healthy lifestyles.

For more information about the healthy offerings at the RSTHC, please phone Kristie Messerli at (775) 329-5162, ext. 1943 or email her at: kmesserli@rsicclinic.org .

Sources for this feature story included:

Centers for Disease Control and Prevention (2000). "Prevalence of Selected Cardiovascular Disease Risk Factors by Sociodemographic Characteristics among American Indians and Alaska Natives." *Morbidity and Mortality Weekly Report*.

Fiple, Kenneth F., and Conee Ornelas, Krimhil, eds. (2000). *The Cambridge World History of Food*, Volumes 1 and 2. Cambridge,

U.K.: Cambridge University Press. Greaves, Tom, ed. (2002). *Endangered Peoples of North America: Struggles to Survive and Thrive*. Westport, CT: Greenwood Press.

Lytle, L. A.; Dixon, L. B.; Cunningham-Sabo, L.; Evans, M.; Gittelsohn, J.; Hurley, J.; Snyder, P.; Stevens, J.; Weber, J.; Anliker, J.; Heller, K.; and Story, M. (2002). "Dietary Intakes of Native American Children: Findings from the Pathways Feasibility Study." *Journal of American Dietetic Association* 102(4): 555–558.

United States Department of Agriculture, Center for Nutrition Policy and Promotion (1999). "The Diet Quality of American Indians: Evidence from the Continuing Survey of Food Intakes by Individuals." *Nutrition Insights* 12.



RSIC Administrative Professionals Day – National Secretary's Day was created in 1952 through the work of Harry F. Klemfuss.. Using his skill in public relations, Klemfuss promoted the values and importance of the job of secretaries. In doing so, he also created the holiday in recognition of the importance of secretaries. The name of this special day has changed and evolved over the past few decades, but, the importance remains. The two new terms in use today are: Administrative Professionals and Executive Admins. The name change recognizes and acknowledges that the role has changed significantly. Celebrating with Reno-Sparks Indian Colony Chairman Arlan Melendez are left to right: Elena Sampson, Janice Gardipe, Lawana Martinez, Chery Johnson, Johnny Christy, Verna Nuno and Penny Sampson.