



THE CAMP NEWS

VOLUME XI ISSUE 3

March 31, 2016

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Native World War II Veteran Recognized for Her Service

Reno-Sparks Indian Colony Tribal member part of VA dedication ceremony

Beatrice Thayer served her country for 22 years.

"I don't know why all of a sudden they are making a fuss," an extremely humble Thayer said.

A member of the Reno-Sparks Indian Colony, Thayer was a special guest at last month's Veteran's Administration (VA) Sierra Nevada Health Care System garden dedication.

"Women will forever play an integral role in our nation's history, and our military---both now and into the future," said LTC (RET) Sharlee W. Smith Smith, the dedication's mistress of ceremonies. "While not always recognized, acknowledged, respected or even paid for our service, our desire to serve our country has never wavered."

Certainly, Thayer is an example of that loyalty.

Smith, who is the president of the sixth region association of the United States Army, said that many of the contributions of female veterans have been forgotten and are not recorded in today's history book even though women have proudly

served and taken part in every major conflict since the American Revolution,

Such oversite leaves many women's veterans, including Thayer, understating her contributions and in some cases, female soldiers do not even see themselves as worthy of veterans status.

However, the VA Sierra Nevada is trying to correct that.

On Friday, March 18, the VA Sierra Nevada unveiled a custom designed meditation garden at its main campus in Reno, Nev.,

to Thayer and all women veterans.

Katherine "Kat" Miller, Director of State of Nevada Department of Veterans Services was the keynote speaker.

She shared with the crowd that depending on where they are standing now, every woman whom has served in the military has had a difference experience, but she told the crowd her 22 years in uniform has taught her not to blend in to make others comfortable.

Continued on page 5



Women Veterans Honored — Beatrice Thayer was one of about 70 female veterans who took part in a ceremony at the VA Sierra Nevada Health Care System. The day was dedicated to the broad spectrum of where women have served the United States in the past, as well as recognizing the bright future because of the younger women volunteers.

UNIVERSITY OF NEVADA, RENO POW WOW

*Lawlor Event Center * April 16 & 17, 2016 *



2016 Head Staff



LITTLE RICK HARJU
PHOTOGRAPHY

CARLOS CALICA
Master of Ceremonies
Automotive Technology ASE

ELMER ATLOOKAN
Arena Director

JUSTIN GOOGLES-KEKA
Head Man
New Mexico State University
B.A.S (Criminal Justice)
SIPPI, Albuquerque, New Mexico
A.A.S

MICHELLE McCaULEY
Head Woman
University of Nevada, Reno
M.M.E (Masters of Music Education)

WILD BEAR
Host Drum



Contest Powwow Grand Entry Times

Saturday: 1pm & 7pm

Sunday: 12pm

Specials

18 & Older Men's Prairie Chicken Dance
Sponsored by Head Man - Justin Goggles-KeKa

18 & Older Women's Contemporary Fancy Dance
Sponsored by Head Woman - Michelle McCauley

Tiny Tots
Sponsored by Outgoing Miss University of Nevada - Alyssa Songoi

Junior Girls Jingle
Sponsored by outgoing Junior Miss University of Nevada - Chesney Sampson

Junior Boys Fancy
Sponsored by outgoing University of Nevada Tiny Tot Brave - Asa Nelson Jr.



Vendor and Volunteer Contact: Saundra Mitrovich

E-mail: smitrovich@unr.edu

Phone: 775-682-6499

For More Information Contact: John McCauley

E-mail: johnmccauley@nevada.unr.edu

Phone: 775-772-1487



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 APRIL dates

- 6 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Law & Order Committee meeting, Tribal Court, 6 p.m.
- 7 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 9 Senior Water Fitness Saturdays, Alf Sorenson, Noon
- 11 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
- 12 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
- 13 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
- 14 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 16 Senior Water Fitness Saturdays, Alf Sorenson, Noon
University of Nevada Pow Wow, Lawlor Event Center, 1 -7 p.m.
- 17 University of Nevada Pow Wow, Lawlor Event Center, noon
- 18 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Executive Health Board meeting, RSTHC, 5:30 p.m.
- 19 Commodity Distribution, Senior Center
Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
- 20 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
- 21 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 22 Earth Day
- 23 Senior Water Fitness Saturdays, Alf Sorenson, Noon
Public Works Water & Sewer Project Meeting, 34 Conference Room, 10 a.m.
- 25 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
- 26 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
Bingo Night, Sexual Assault Prevention Awareness Month, RSTHC, 5:30 p.m.
- 27 General Adapted Aquatics, Alf Sorenson, 11:30 a.m.
Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.
- 28 Senior Prescription Drug Round Up, RSTHC, 9 a.m. – 10 a.m.
Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Senior Aquacize, Alf Sorenson, 1400 Baring Blvd., Sparks, 10 a.m.
Adapted Aquatics 2, Alf Sorenson, 1400 Baring Blvd., Sparks, 11:30 a.m.
Talking Circle, RSTHC Behavioral Health Conference Room, 4 p.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 30 KTMB Great Community Clean Up, Eagle Canyon Road, 8 a.m. – noon
Senior Water Fitness Saturdays, Alf Sorenson, Noon

see: www.rsic.org for a comprehensive calendar

Pyramid Lake War Memorial Celebration



Friday, May 20, 2016

We run and walk for the
Numu (the People),
our future generations,
our health, for healing, and so-
briety.

At Sunrise we remember those
that have gone before us the
Pyramid Lake Wars and the
sacrifices that have been made
by our ancestors.

If you have any questions, or would like to volunteer your time, please
contact Della John @ (775) 574-1000 or djohn@plpt.nsn.us .

Sunrise Ceremony & Eagle Staff Run/Walk

6:30 a.m. Sunrise Ceremony, Posting of Colors by PLVWO and Registration @ the Numana Hatchery
- off of State Route 447.

7:00 a.m. Run and Walk begins. (From Numana to the Nixon Gym -Approx. 8.1 miles).

Pre-Registration Deadline: April 29, 2016 (Must pre-Register to be guaranteed a shirt).

Online registration is now open. Please go to plpt.nsn.us .

Pyramid Lake Heath Clinic will be set up along the route with Water. There will also be transportation to
the Nixon Gym along the route.

Craft Fair, Handgames and Card Games, and Pyramid Lake War History

10:00 a.m. Craft Booths Open- All vendors welcome. Set up is FREE.

Pyramid Lake War Memorial History.

Old Style Card Games and Hand Games. Come and Learn to play!

Potluck Luncheon

12:00-1:00 p.m. Lunch is served. Donations are greatly appreciated.

Cultural Activities

1:00 -3:00 p.m. Learn Traditional Paiute Dances, Hand Drum Songs and other activities.

If you have a talent that you would like to share with the people, please come and share your knowledge.

Miller insists that Thayer and other World War II women's veterans' perspective should be admired and always publically lauded.

Thayer's service with the United States Army Air Corps, the Air Force and the Nevada Army National Guard was outlined during the event which also included a town hall meeting for women veterans, speeches by dignitaries, the swearing in of three new female military recruits, the garden dedication, a Native blessing, a group photo, and a reception. About 200 people attended and enjoyed the day.

According to Elisa Basnight and the Center for Women Veterans website, women veterans represent one of the fastest growing segments of the veteran's population—about 9.2 percent of the total veterans population. Today, there are an estimated 2 million women veterans nationwide.

Victoria Parker, Kaylea Phoenix, and Brenda Henry are three active RSIC female veterans along with Thayer and Judith Macias, who have retired. Margaret Harjo, Vira Aleck, and Ethel Lois Dixon who have passed, are proudly recognized as RSIC women veterans.

Women have been part of the U.S. Armed Forces since the inception of the Army Nurse Corps in 1901, but have informally served since the inception of our nation's military.

In the Civil War, women disguised themselves as male soldiers. During the American Revolution, women served on the battlefield alongside their men, mainly as nurses, water bearers ("Molly Pitcher"), cooks, laundresses, and saboteurs. As the Army faced an epidemic

of typhoid at the outset of the Spanish-American War in 1898, Congress once again authorized the appointment of women as nurses.

Between 1,200 and 1,500 women volunteers were recruited and served between 1898 and 1901 in the United States, overseas, and on the hospital ship Relief.

So, when the call came for service in World War II, women's successful participation in World War I was an important precedent for expanding roles of women in the military and for developing the military establishment's acceptance of women's service.

Thayer along with almost 400,000 women, served in World War II.

"My commitment to Indian country is especially important," VA Secretary Robert A. McDonald recently told the National Congress of American Indians during its Executive



Picture Perfect — Beatrice Thayer was featured in a News 4 television report about the dedication of a custom designed meditation garden at the VA Sierra Nevada Health Care System. A World War II Women Veteran, Thayer was part of the program which included past, present and future military veterans, all whom are women. Thayer, a resident of the Reno-Sparks Indian Colony, served for 22 years in three different branch of the military.

Council Winter Session last month. "Nearly 27,000 American Indian and Alaska Native Service members are defending our freedom today, and there are over 150,000 Native Veterans."

Thayer listed in the U.S. Army Air Corps in February of 1945. Telling recruiters that she was older than she was, Thayer went from Stewart Indian School to basic training at the Women's Army Corp Center in Des Moines, Iowa.

Later she was stationed at Gulfport Field in Mississippi, a B29 training center. This was a staging area for overseas processing and where thousands of "colored troops" were waiting to be shipped to Europe during the war.

A staff sergeant Thayer later transferred to other duty stations including Biggs Field, 9th Force, El Paso, Texas as a medic, Greenville Air Force

Johnson-Harper Named RSTHC Director

New leader brings decade of health care experience to tribal health center

Andrea Johnson-Harper has recently been named the director of the Reno-Sparks Tribal Health Center (RSTHC).

Johnson-Harper, a member of the Yavapai-Apache Nation in Verde Valley, Ariz., and raised in Las Vegas, brings over a decade of experience in health care to this important post at the Colony. Most recently, Johnson-Harper led the healthcare efforts for two Paiute tribes in Southern Nevada.

“Growing up in Indian Country, I know the importance of healthcare and the effects it can have on so many,” Johnson-Harper said. “I am happy to be back in Reno and I am glad to be working for a compact tribe.”

The RSTHC is a tribally-owned and operated clinic and under the provisions of a Title V Self-Governance Compact, The Reno-Sparks Indian Colony (RSIC) administers individual

programs and services that the federal government via Indian Health Service (IHS) would otherwise provide.

Johnson-Harper, who graduated from Haskell Indian Nations University and attended UNLV, began her health center directorship at the Las Vegas Paiute Tribe and Moapa Band of Paiutes with a handful of staff and concluded her service supervising 85 people.

“In just about 13 years, we went from a single-wide trailer to a custom constructed facility which served over 6,000 people,” Johnson-Harper said.

RSIC Chairman Arlan D. Melendez believes that Johnson-Harper’s experience working with Native American community health care programs will be beneficial for the RSTHC.

“We look forward to Andrea overseeing our health center as we continue to expand services



Welcome Back — Andrea Johnson-Harper has family throughout Northern Nevada even though she grew up in Las Vegas. She is from the Yavapai-Apache Nation.

for our community and create partnerships for more specialty care,” Melendez said. “With our urban location and commitment to enhancing the quality of life of all American Indians by providing a culturally competent and patient-centered continuum of care, Andrea will certainly help us reach our goals.”

Since opening its 65,000-square-foot facility in 2008, the RSTHC is staffed by over 150 people. Health services include: preventive medical care, geriatrics, podiatry, ophthalmology, physical therapy, diabetes treatment and awareness, women’s health, psychiatry, dentistry, audiology, pharmaceutical, and substance abuse counseling.

A seven-member, Executive Health Board, appointed by the Reno-Sparks Indian Colony Tribal Council, provides input





Proudly presents an exclusive behind the scenes fundraiser

Under the Stewart Stars

Come walk in our footsteps

Saturday May 21st
Historic Stewart Indian School
Carson City, NV

4:00 PM – 8:00 PM

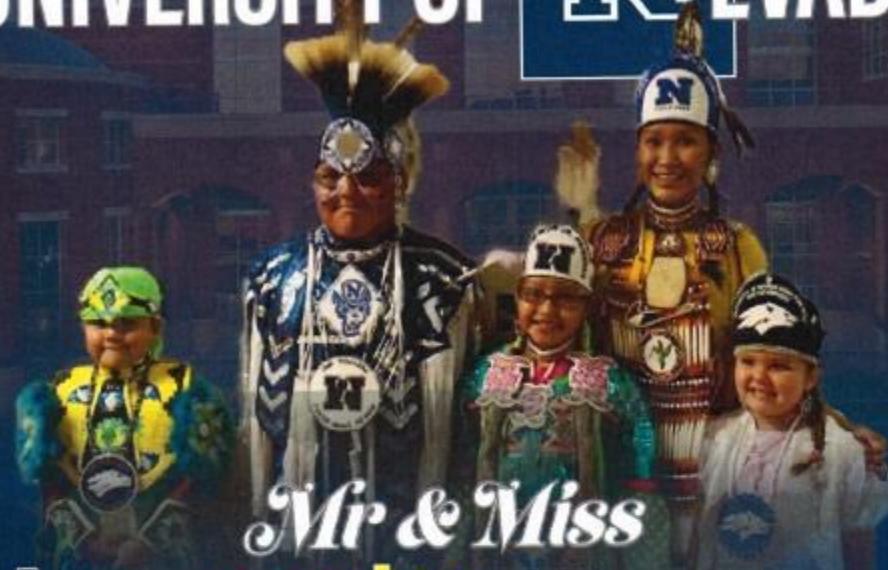
For additional Information please call 775-544-6972 or email Info.sispanv@gmail.com

The Stewart Indian School Preservation Alliance is proud to announce the inaugural "Under the Stewart Stars" fundraising event. Join us for an exclusive behind the scenes tour of the historic Stewart Indian School campus with Stewart Alumni followed by an evening of dinner and entertainment. Proceeds from the event will go to support the Stewart Living Legacy Project and the Stewart Indian School Preservation Alliance.

A limited number of tickets will be made available for this exclusive event in the coming weeks.

For additional information please call:
775-544-7269 or email info.sispanv@gmail.com.

UNIVERSITY OF NEVADA



Mr & Miss AMERICAN INDIAN Pageant 2016-17

CATEGORIES

Brave & Princess ages 12-18

Junior Brave & Princess ages 6-11

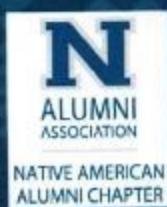
Tiny Tot Brave & Princess ages 3-5

FOR APPLICATION/INFORMATION

Chelsea O'Daye 775-530-2504 or 2014missunr@gmail.com

REQUIREMENTS

- Submit initial application
- Participate in selling raffle tickets
- Provide one raffle item
- A talent is required for pageant
- Participate in the pageant on April 16th
- Submit an essay on education and your community



Acclaimed Photographer Visits Colony

Project 562 social documentarian capturing positive images of every tribe

Matika Wilbur, an acclaimed portrait photographer and social documentarian, who has been featured in the *New York Times*, *Slate*, *The Huffington Post*, *Indian Country Today* and *O Magazine* recently visited the Reno-Sparks Indian Colony.

From the Swinomish and Tulalip Tribes of the Pacific Northwest, Wilbur is the founder of Project 562, a multi-year, national photo and video narrative with a mission to reveal contemporary Indian identity of every tribe in America.

"The time is upon us to change the way we see Native America," Wilbur, a former teacher said. "The indigenous story is a story that honors and respects the original people of this land and it is something that we can all learn from and celebrate."

The 2010 U.S. census shows approximately 5.2 million American Indians living in the United States and despite the cultural, economic, and political variety and progression of American Indians, misleading, stereotypical images dating back to the nineteenth and even eighteenth centuries still prevail at large in the media.

Project 562, the first undertaking of its kind, will dramatically change that.

In 2013, Wilbur, who studied at Rocky Mountain School of Photography in Montana and the Brooks Institute of Photog-

raphy in California, sold everything in her Seattle apartment and hit the road. So far, she has visited 262 tribes, gathered hundreds of stories and taken thousands of pictures.

The entirety of the project will conclude in a publication, curriculum and exhibition at The Smithsonian, Metropolitan Museum of Art and Seattle Art Museum. Currently, Wilbur's work is exhibited at her tribe's Hibulb Cultural Center and this spring she has scheduled a show at Harvard University.

"I've been connected to the national Indian community since childhood," Wilbur said, "but to meet people in their own ancestral homelands, to arrive and walk and sleep and join them where they have been for millennia is so deeply affecting and important in getting right what we are doing."

Project 562 will take Wilbur to all 562 federally recognized tribes in America. In seeking these healing images and stories, for three years, Wilbur has driven more than a quarter million miles and received welcome from hundreds of sovereign North American indigenous tribes on their own lands.

These individual tribes, from Alaska to the Southwest, Louisiana to Maine, have offered her their unique creation stories as well as communal and personal narratives; methods of tribal "becoming" and teaching for youth; specific histories and reflections on their near genocide in "manifest destiny"; their legacies of survival through political and legal battles for sovereignty;

Continued on next page



Accurate Images — Matika Wilbur, an award winning photographer from the Swinomish and Tulalip tribes, is the founder of Project 562. Her mission is to visit every American Indian federally recognized reservation and capture contemporary images which truly reflect the beauty and strength of Indian Country.



An Artistic Eye — Matika Wilbur captures the right light and the correct angle as the Eagle Wing Pageant Dancers perform at the Reno-Sparks Tribal Health Center. For about a week, Wilbur visited the RSIC community, photography and recording various activities, events and people for her national photo and video narrative which eventually will become a publication for use in education curriculum and one-of-a-kind exhibition in several national museums and galleries including The Smithsonian, the Metropolitan Museum of Art, the Seattle Art Museum, and Wilbur's tribe's Hibulb Cultural Center.

sacred songs and ceremonies; and their up-to-the-moment struggles, achievements, and aspirations to maintain cultural legacies while co-existing as part of the United States.

The tribes have shared with Wilbur, the treasures and ravages of their ancestral territories, from the stunning beauty of the waters of Havasu to the rapacious “fracking” of Navajo country. Wilbur has realized in these encounters in a range of landscapes one of the most vital truths of her journey: Indian identity is inextricably linked to native lands.

She has witnessed the aggressive encroachment on Indian land for development and for water and other natural resources, countered by the

tireless will of peoples threatened, or in some cases wholly displaced, to preserve or recover their ancestral environments.

Throughout this intense sojourn, Wilbur's output as a fine arts photographer has produced the most extensive, exquisite visual portrayals of Native Americans ever conceived.

Her work is organizing the impressively multi-faceted, complex views and voices of the existing state of Indians, an unprecedented, tribally-collaborative “Native America-na”, accompanied by a brilliant and engaging travelogue via her blog, videos, and social media presence.

please visit:

www.project562.com

into the policies and procedures, as well as oversight to the Traditional Medicine and other programs.

Two Tribal Council members serve as liaisons and non-voting ex-officio members of the Board. The Tribal Council serves as the governing body of the clinic.

Moreover, the RSTHC plays a major role as part of the continuing health care for all eligible American Indians / Alaskan Natives in the Reno-Sparks metropolitan area. In 2013, the RSTHC recorded over 18,000 patient encounters ranging from a simple check-up to chronic and acute conditions, or prenatal visits, to name just a few.

“I know the healthcare issues in Nevada, Arizona, and California so I have always maintained a good working relationship with IHS and state healthcare agencies,” Johnson-Harper said. “However, I look forward to heightening levels of care and improve services right here in this community.”

Married for 26 years to Don Harper, a member of Cherokee Nation and geographer for the US Fish & Wildlife Services in Las Vegas, the couple has a son, Andrew Wathogoma, a student at Haskell Indian Nations University in Lawrence, Kan., and a daughter, Amanda Wathogoma, a student at Durango High in Las Vegas, along with 3 additional grown children.

Ardent, lifelong fans of the Oakland Raiders, Johnson-Harper's family also follows Kansas Jayhawks athletics.

Tribal Member Gifted Great Basin Baskets

Frank hoping to share ancient treasures with family, friends, community

A childhood friend has tasked Steve Frank with a very important project—to correct history.

A member of the Reno-Sparks Indian Colony, Frank has been gifted three Great Basin baskets with an assignment to find the priceless works of art a proper home.

"We want them in Nevada," said Carl Butler who reconnected with Frank at their 40th year Carson High class reunion. "So, I asked Steve (Frank) to get involved."

A non-Native, Butler said that these works of art should reside where they were made and that means that the baskets don't belong with his family in Washington state.

Via Facebook, Frank and Butler made arrangements to ship the baskets to Reno. Once Frank had the three medium-sized baskets in his possession, he set out to find out as much about their style, the materials used, the regions the baskets originated and maybe even the maker.

Frank's first stop was to see former RSIC Language and Culture Coordinator Lois Kane and neighbor Linda Garcia.

"Lois Kane told me that the baskets were very nice and I should not let them go," Frank said.

Garcia told Frank the baskets were extremely well made.

His next stop, led him to one of the area's foremost authority

on Great Basin basketry. After sharing his unconventional story with RSIC Librarian Adriana Gutierrez and Language and Culture Coordinator Stacey Burns, Burns managed to set up a meeting with Dr. Eugene Hattori, the Curator of Anthropology at the Nevada State Museum.

Early in March, Hattori, who also serves as an adjunct assistant professor at the University of Nevada, met with Frank along with Gutierrez, Burns, Fredina Drye-Romero, Education Programs Professional for Indian Education at the Nevada Department of Education, and Stacey Montooth, Public Relations Officer at the RSIC.

The group assembled at the Nevada State Museum's basket vault. Here in this extremely secure, climate controlled area with special lighting, Hattori examined Frank's baskets and also shared important historic information about the Native art of basket making.

Hattori quickly identified that two of Frank's baskets as Moapa Southern Paiute and the other is of Death Valley Timbisha Western Shoshone origin. He was unable to absolutely identify Frank's smallest basket, but suspected that the three coil basket was from Southern Paiute.

Continued on page 12



Home Again — Steve Frank, who attended school in Carson City, recently reconnected with a childhood friend whose family wanted to get three Native American baskets back to the Great Basin. Frank is pictured with the three baskets. From left to right, Dr. Eugene Hattori, Curator of Anthropology at the Nevada State Museum believes the far left basket is probably Southern Paiute, the second is of Death Valley Timbisha Western Shoshone origin and the third is a Moapa Southern Paiute design.

Continued from page 13

Wearing gloves and using a special eye piece, Hattori said the largest basket was decorated with a diamond design bordered by black devil's claw fiber and filled with yellow bulrush root fibers for a yellow color.

The second largest basket included a black devil's claw fiber and distinctive woven trim at the very top of the finish or the selvage of the basket. There was evidence that the basket was not just Southern Paiute, but specifically a Moapa Paiute basket. He was unsure as to who made the third basket but said that the weaver was very skilled and might have been Maidu.

Hattori said that all of the baskets were coiled with rod foundations rather than using a grass bundle. He said that Frank's three baskets were probably created sometime between 1900-1930 which he partially attributed to the darkened color or shade of the willows used. Hattori said that Frank's baskets were almost certainly made for sale.

The art of basket making, Hattori explained changes significantly with the arrival of the Arts and Crafts movement. This international movement emphasized handcrafted arts, including American Indian crafts such as Southwestern pottery, Navajo rugs and blankets, and basketry. Many of the affluent families who travelled to the Tahoe / Carson City area purchased American Indian baskets to decorate their homes.

The Arts and Crafts move-

ment flourished in Europe and North America between 1880 and 1930.

So, in Washoe Country, especially near Lake Tahoe where rich tourists frequented, the Arts and Crafts movement provided a chance for Native basket makers to sell their work. The most notable basket maker who participated in this early economic development opportunity was Dot-so-la-lee.

Billed as the greatest American Indian basket maker in the world, Dot-so-la-lee worked through Abe Cohn's stores in Carson City and Tahoe City,



A Glimpse At Greatness — *Dr. Eugene Hattori, Curator of Anthropology at the Nevada State Museum, not only helped determine that Steve Frank's recently acquired baskets are at least 85-years-old, but he showed the RSIC group several baskets from the museum's vault. Many of the baskets were the work of Dot-so-la-lee, the world famous Washoe weaver. Though priceless to those in Indian Country, today Dot-so-la-lee's one-of-a-kind baskets can fetch from \$200,000 to \$1 million. She made about 120 known baskets.*

Calif. He advertised her talent, but also profited from her labor. Thought experts find it difficult to precisely determine how much time was spent by weavers creating a basket, the Cohn's recorded that when Dot-so-la-lee began and completed her baskets. Hattori said that some of her largest baskets, up to 12 inches high with a similar diameter, took as long as six months to produce.

For Frank and his Washoe Father, Paiute stepmother, and his sister, Audrey, she an accomplished Washoe basket maker, the results of this inheritance are still playing out.

Frank is confident he can find good homes for the baskets and is even considering separating the three baskets, so everyone in his immediate family can enjoy the magnificent work and most significantly, the unique cultural value.

"I pray every day for health, happiness and good things to happen," said Frank. "I never asked God to send me anything like these baskets. They are so important culturally and they are so valuable, but God did send them to me, so that must be His plan."

Frank said that he thinks all along, he was meant to inherit these baskets and find an appropriate place for them. He also has plans to explore displaying the baskets at the Reno- Sparks Tribal Health Center or at the RSIC Tribal Historic Preservation Office.

"I'd like everyone on our reservation to enjoy them," Frank said.

Got drugs?

Turn in unused or
expired medication
for safe disposal

Senior Prescription Drug Round Up Thursday, April 28th

Locations

Reno Sparks Tribal Health Center
1715 Kuenzli Street—Reno
9 a.m. to 10 a.m.

Washoe County Sparks Senior Center
97 Richards Way—Sparks
10 a.m. to 11 a.m.

Washoe County Senior Center
1155 E. 9th Street—Reno
10:30 a.m. to 11:30 a.m.

Evelyn Mount Northeast Community Center
1301 Valley Road—Reno
12 p.m. to 1 p.m.

Acceptable Items:

- unneeded prescription drugs (in original containers with patient name marked out)
- prescription liquids
- pet medications

OTHER OPTIONS FOR DISPOSAL

- Dispose in permanent drop boxes located in the lobbies of Reno Police Department, Sparks Police Department, and the Washoe County Sheriff's Office.
- Crush prescription drugs in a seal-tight plastic bag. Add kitty litter or wet coffee grounds. Seal the bag and dispose in the trash.



JTNN Join Together Northern Nevada
and the Northern Nevada Community Foundation



Nevada Native Nations Land Act Moves Forward

House Natural Resources Committee approved bill to transfer public lands in trust

A United States House committee approved a bill in mid-March that was introduced by U.S. Rep. Mark Amodei (R-NV) to enable six tribes in Nevada to hold public lands in trust.

"If they want to do agriculture, if they want to do a commercial project, a convenience store... housing, the full gambit of uses, you name it, they're now the masters of their own destiny," Amodei told Peter Zampa of KOLO 8 News.

The House Natural Resources Committee approved the Nevada Native Nations Land Act, H.R. 2733, which Amodei introduced to provide more opportunities for economic development and protection of natural resources in the regions.

"(The) vote puts us one step closer to placing Nevada public lands back into local control — rather than in the hands of Washington bureaucrats," Amodei said. "My bill carefully balances the unique needs of our Nevada tribal nations with those of local ranchers, land owners and businesses."

Under the bill, the Reno-Sparks Indian Colony would transfer approximately 13,434 acres of BLM land to be held in trust for the creation of a safety buffer around the Hungry Valley community.

The Fort McDermitt Paiute Shoshone Tribe would transfer



Letting Go of Federal Control — In October of 2014, United States Representative Mark Amodei (R-NV) met with six leaders of Great Basin tribes which are involved with the Nevada Native Nations Land Act. Amodei says it doesn't make sense for the Department of Interior to maintain jurisdiction over these lands. In March, the Nevada Native Nations Lands Act was approved by the House Natural Resources Committee.

approximately 19,094 acres of Bureau of Land Management (BLM) land to be held in trust.

The move would resolve checkerboard land issues and address law enforcement and emergency management issues.

The Shoshone-Paiute Tribes of the Duck Valley Indian Reservation would transfer approximately 82 acres of U.S. Forest Service land in Elko County, Nev., to the trust for housing and infrastructure development.

"These lands will enable the tribes to chart brighter futures for their communities and preserve their cultural heritage

and traditions," Amodei said.

"I'm pleased to see the committee move this important piece of legislation, and I look forward to the full House passing this bill as soon as possible."

Also under the bill, the Summit Lake Paiute Tribe would transfer approximately 941 acres of BLM land to be held in trust to protect natural resources and fish populations.

Additionally, the Pyramid Lake Paiute Tribe would transfer 6,357 acres of BLM land to be held in trust, while the Duckwater Shoshone Tribe would transfer approximately 31,269 acres of BLM land.

Matters of the Heart

Believing God for Greater Things

Many have felt the impact of a broken heart, grief can be overwhelming at times. For every time there is a season. There is a time to mourn; there is a time to dance. As we celebrated Easter last month, I am reminded that Jesus came to **give us life and life with abundance; with a fulness till it overflows with joy**. At times this can be easily said rather than done; however, this cheerfulness is not to be insincere or pretentious. A well known passage is simply stated, "create in me a clean heart, and renew a right spirit within me". we do not always have control over the circumstances that surround us, but we do have control over the attitude and actions we take. I hope this brings cheerfulness to your day in all the days of your life.

Our heart in this context is not our physical condition but our attitude toward our spiritual condition.

A joyful heart is good medicine
A happy heart works an excellent cure
A glad heart is an excellent remedy
A cheerful heart makes for a quick recovery
A cheerful mind works healing
A cheerful disposition is good for your health
A rejoicing heart does good to the whole body
A merry heart makes a cheerful countenance

**For more information or if you are in need of prayer.
Please contact Pastor Augustin 775-425-5886**

No More Neglect, Emotional, Verbal, Physical Abuse

Important tips for letting go of toxic parents

*Submitted by Adriana Botello
Humans Services Department*

It's one thing to be hurt by those who you don't really care about you, but when it's by the person who is meant to love you, hold you, and take the sharp edges off the world, while teaching you with love, wisdom and warmth how to do it for yourself, it changes you. There is a different kind of hurt that can only come from the people you love. It's like being broken from the inside out.

The scarring and hurt that comes from toxic parents probably isn't something we talk about enough. None of us are perfect, including our parents, but there is a point at which imperfect becomes destructive, taking away from children the love, warmth and nurturing they deserve and replacing it with something awful.

When children are raised on a diet of criticism, judgment, abuse and hate, it's only a matter of time before they take over from those parents, delivering with full force to themselves the toxic lashings that have been delivered to them.

Toxic parents have a long list of weapons, but all come under the banner of neglect or emotional, verbal or physical abuse. They lie, manipulate, ignore, judge, abuse, shame, humiliate and criticize. Nothing is ever good enough. You get

or contaminates the way a person sees themselves is toxic. Toxic parents treat their children in such a way as to make those children doubt their importance, their worth, and that they are deserving of love, approval and validation. The truth is that you, like every other small person on the planet, deserved love, warmth, and to know how important you were. You're not useless at life – you've bought in to the messages that were delivered by a parent too broken to realize what they were doing. But it doesn't have to stay that way. It is possible to heal from toxic parenting. It begins with the decision that the legacy of shame and hurt left behind by a toxic parent won't be the way the story will end.

Here are some ways to move forward:

It's okay to let go of a toxic parent. This is such a difficult decision, but it could be one of the most important. We humans are wired to connect, even with people who don't deserve to be connected to us. Sometimes though, the only way to stop the disease from spreading is to amputate. It doesn't matter



an A; they'll want an A+. You get an A+; they'll wonder why you aren't school captain. You make school captain; your sister would have been a better one. They'll push you down just to criticize you for the way you fall. They provide a childhood with no warmth, security or connection.

Any negative behavior that causes emotional damage

how much you love some people, they are broken to the point that they will only keep damaging you from the inside out. You're not responsible for them or for the state of your relationships with them, and you are under no obligation to keep lining yourself up be abused, belittled, shamed or humiliated. Healing starts with expecting more for yourself, and you're the only person who can make that decision.

And it's okay not to. Don't be harsh on yourself if you stay in the relationship. The act of returning to an abusive relationship can set trigger self-hate. 'Why aren't I strong enough?' Know that loyalty is such an admirable trait, even if it gets in the way of your capacity to protect yourself. Own where you are and give yourself full permission to be there. Accept that for now, this is where you're at, and fully experience what that's like for you. You'll never love yourself enough to change your expectations if you're flogging yourself for not being strong enough. It takes tremendous strength to keep walking into a relationship that you know is going to hurt you. When you're ready, you'll make the move to do something different. For now though, wherever you are is okay.

Be honest about the possibilities. If you're going to stay, know that it's okay to put a boundary between yourself and your parent. You can act from

love and kindness if you want to – but don't stay in the relationship unless you can accept that the love you deserve will never come back to you. If it was going to, it would have reached you by now. See their behavior for what it is –

evidence of their breaks, not evidence of yours. Put a force field around yourself and let their abuse bounce off. Love yourself and respect yourself enough to fill the well that they bled dry. They might not be capable of giving you the love and respect you deserve, but you are.

Be careful of repeating the patterns with other people

You might find yourself drawn to people who have similarities to your toxic parent. There's a really good reason for this. All of us are driven to find an ending to things that remain unresolved. Because love, warmth and nurturing are such an important part of child development, yet so elusive for the children of toxic parents, it's very normal for those children to be driven to find a resolution to never feeling loved, secure or good enough. They will look to receive what they didn't get from their parents in others and



Product of the Environment — *When children are raised on a diet of criticism, judgment, abuse and hate, it is only a matter of time before they take over from those parents, delivering with full force to themselves the toxic lashings that have been delivered to them.*

File Photo

will often be drawn to people who have similarities to their toxic parent. With similar people, the patterns will be easier to replicate, and the hope of an ending closer to the desired one – parent love – will be easier to fulfill. That's the theory. The pattern often does repeat, but because of the similarities to the parent, so does the unhappy ending.

The decisions aren't conscious ones, so to move towards healing, the automatic thoughts and feelings driving the choices need to be brought more into awareness. Look at the people in your life and explore the similarities they have with your own parents. What do they do that's similar? What do you do that's similar to the way you are in your relationship with your parents? Which needs are being met? What keeps you there? The

more awareness you have, the more you can make deliberate decisions that aren't driven by historical wants.

Owning your right to love and respect. One of the greatest acts of self-love is owning your right to love and respect from the people you allow close to you. You're completely entitled to set the conditions for your relationships, as other people are to set the conditions for theirs. We all have to treat those we love with kindness, generosity and respect if we want the same back. If those conditions aren't met, you're allowed to close the door.

Be careful of your own toxic behavior.

You've been there, so you know the behaviors and you know what they do. We're all human. We're all going to get it wrong sometimes. Toxic behavior though, is habitual and it will damage the members of your own family as surely as it damaged you. You don't have to be a product of the inept, cruel parenting that was shown to you, and this starts with the brave decision that the cycle stops with you. People who do this, who refuse to continue a toxic legacy, are courageous, heroic and they change the world. We're here to build amazing humans, not to tear them down. How many lives could have been different if your parent was the one who decided that enough was enough?

You're allowed to make mistakes and you're allowed

to do it on your own.

You may have been lead to believe that you're not enough – not smart enough, beautiful enough, funny enough, strong enough capable enough. The truth is that you are so enough. It's crazy how enough you are. Open yourself up to the possibility of this and see what happens. You don't need to depend on anyone and making mistakes doesn't make you a loser. It never has. That's something you've been lead to believe by a parent who never supported you or never gave you permission to make mistakes. Make them now. Make plenty. Give yourself full permission to try and miss. There will be hits and there will be misses. You don't even know what you're capable of because you've never been encouraged to find out. You're stronger than you think you are, braver, better and smarter than you think you are, and now is your time to prove it to yourself.

Write a list. (And get yourself a rubber band.)

Write down the beliefs that hold you back. The ones that get in your way and stop you from doing what you want to do, saying what you want to say or being who you want to be. Were you brought up to believe your opinion doesn't count? That parents are always right? That you're unlovable? Not important? Stupid? Annoying? Incapable? Worthless?

Now beside each belief, write what that belief is costing you. Has it cost you relationships? Happiness? Freedom to be? To

experiment? To explore? Then, rewrite the script. Thoughts drive feelings, behavior, what you expect for yourself and what you expect from relationships and the world. How are you going to change those beliefs? Just choose one or two to start with and every time you catch yourself thinking the old thoughts, actively replace it with a new, more self-nurturing thought – then act as though that new thought is true. You don't have to believe it – just pretend it is. Your head will catch up when it's ready.

If it's difficult to break out of the old thought, try this: wear a rubber band (or a hair band) around your wrist. Every time you catch yourself thinking the old thought, give the band a little flick. This will start to train your mind to let go of the old thoughts that have no place in your life anymore. You just need a little flick – you don't need to hurt yourself – your old thoughts have been doing that for long enough already. There is no right or wrong on this. All the answers, strength and courage you need to do what's right for you are in you. You just need to give yourself the opportunity and the reason to hear it.

Nobody is all good or all bad. But don't be guilt ridden by that.

One of the things that makes ending any relationship so difficult is that there will be traces of exactly what you want. Even toxic parents can sometimes be loving, warm or nurturing, though it's mostly, if not

Community Input Sought

Input, suggestions, for probate, wills code revisions

The Reno-Sparks Indian Colony tribal member and community are strongly encouraged to provide input, suggestions and comment regarding the Probate and the Wills code.

Comments will be accepted through the end of the month.

Copies of the code were mailed to every RSIC household and the current drafts are available at <http://www.rsic.org/community-input-sought-for-codes/>

An April community meeting at which the RSIC Senior Staff Attorney Ralph Simon will be available to review comments with Law and Order Committee, will be scheduled.

After the community meeting, the draft Codes will be reviewed by the Tribal Coun-

cil and necessary revisions will be made.

There will be formal readings of the codes at two future Tribal Council meetings.

At the end of the second reading, the Tribal Council may act to adopt the codes.

The Tribal Council may determine after the second reading to revise the Codes further to incorporate input received at those readings, and then will consider adopting the Codes at a later meeting.

For more information or to provide input, please phone RSIC Senior Staff Attorney Ralph Simon at (775) 329-2936, or provide written comments in a sealed envelope to:

*Law and Order Committee
RSIC
34 Reservation Road
Reno, NV 89502*

Continued from page 18

always, done to further their own agenda. In the same way that being 'a little bit bad' probably isn't enough to sever an important relationship, being 'a little bit good' isn't enough reason to keep one. Zoom out and look at the big picture. If you feel miserable in the relationship more than you feel good, question your reasons for staying. If it's because your parent is old, frail, sad or lonely, that might be all the reason you need to stay, and that's

okay. If it is, own the decision in strength and put limits on contact or how much you will give to the relationship. You're entitled to take or give as much to the relationship as you decide. Just whatever you do, do it deliberately, in strength and clarity, not because you're being manipulated or disempowered. The shift in mindset seems small, but it's so important.

Build yourself up.

Toxic environments are toxic to the brain – we know that with

absolute certainty. The human brain is incredibly adaptive, and in response to a toxic environment it will shut down so as to protect itself as much as it can from the toxicity. When this happens, as it does during prolonged periods of emotional stress, the rate at which the brain produces new neurons (neurogenesis) slows right down, ultimately making people vulnerable to anxiety, depression, cognitive impairment, memory loss, reduced immunity, loss of vitality, reduced resilience to stress, and illness (research has shown that migraine and other pain conditions are more prevalent in people who were brought up in abusive environments, though the exact reason for the relationship is unclear).

We also know, with absolute certainty that the damage can be turned around. Diet (omega 3, green tea extract, blueberry extract, reduced intake processed sugar and unhealthy carbohydrates), exercise (anything that increases heart rate), and meditation (such as a regular mindfulness practice) will all help to rebuild the brain and heal the damage done by a toxic environment. Increasing neurogenesis will help to build resilience, cognitive function, and vitality and protect against stress, anxiety and depression.

Healing from toxic parenting starts with deciding that the lifetime of messages that have left you hollow or scarred are wrong. Because they are. It means opening a heart that's

Continued on page 23

In & Around: Reno-Sparks Indian Colony Community

Spring fun, Easter Bunny visits, St. Patrick's Day games, snow frolic



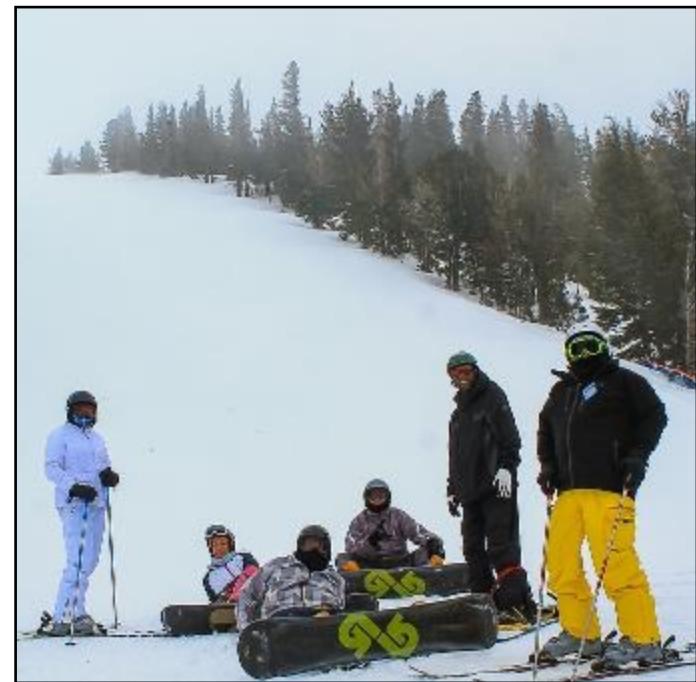
Winner – A young community member reaches for Easter treats while getting some help with his balance. In the background, proud adults celebrate with the children on a successful egg hunt. *Photo by Buck Harjo*



Glad To Meet You – Susie Quartz-Holling and her family enjoy a recent visit from the Easter Bunny, while other youth and the staff from the Reno-Sparks Indian Colony Recreation Department watch. *Photo by Buck Harjo*



BINGO-OH – Isabella Perez shows excitement when her letter and number is called during the RSIC's Education Department's after school program St. Patrick's Day BINGO game. Besides enjoying the game of chance, the children snacked on green veggies and fruit, like celery, broccoli, grapes, and apples.



Enjoying the Slopes – During one of the recent Reno-Sparks Tribal Health Center ski outings, several outdoor enthusiasts associated with the RSIC played in the snow. Pictured from left to right: Bridgette Stump, Tiffany Dean, Jacob Stump, Toby Stump, Sumoo Allotey and Casey Eben. *Photo by Buck Harjo*

In & Around: Reno-Sparks Indian Colony Community

Ready to rock, our youngest represent, delicious easy cooking for health



Thank You and Good Night – Christian Lopez served as the lead singer for several numbers performed by Reno Rock. The not-for-profit group which teaches young people how to play instruments and sing, is looking for additional Native Americans. Currently, Phoenix along with Wenonah Harjo, Nyelie and Natalie Chacon are regular participants.

Photo by Buck Harjo



Our Future Is Now – Powma Williams, Wyliann Brady, London Mauwee, Danielle Tom Antonio, sing at a recent meeting of the Washoe County School Board trustees. Annually, the school board reviews data including graduation rates, standardize test scores and drop out numbers for American Indian students in the school district. This year, the group met at Shaw Middle School near Hungry Valley.

Photo by Judy Martin



Nothing To It – Sponsored by the Reno-Sparks Tribal Health Center, the Culinary Center hosted clients from the clinic for a complimentary cooking class. For information about future classes, please contact Kristie Messerli, the Diabetes Center Registered Dietician, at (775) 334-4305, ext. 1943.

Photo provided by the RSTHC

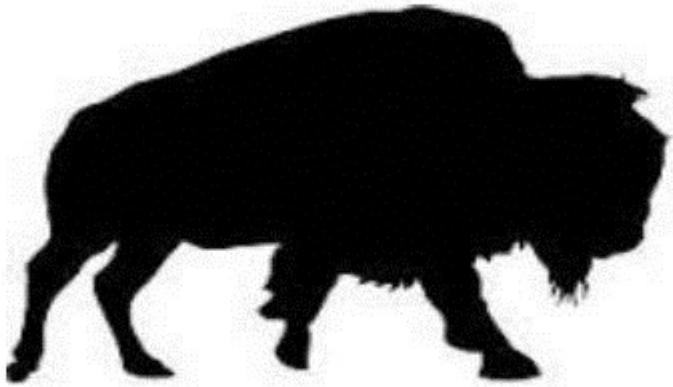


Healthy Grub – Participants of the March Nothing to It! Culinary Center complimentary cooking classes made five dishes from appetizers to dessert. Above, the cooks made sweet potato fries with red pepper dip. About two dozen people took advantage of the classes.

Photo provided by the RSTHC

Talking Circle

Thursday, April 28



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@rsicclinic.org

Tribal Court Provides Clarity on Advocates Roles

RSIC follows Indian Civil Rights Act, tribal law and order code

Submitted by Jeraldine Magee
Administrator
Reno-Sparks Tribal Court

This is to clarify an issue that keeps coming up regarding the representation of Native Americans who appear before the Reno-Sparks Indian Colony Tribal Court.

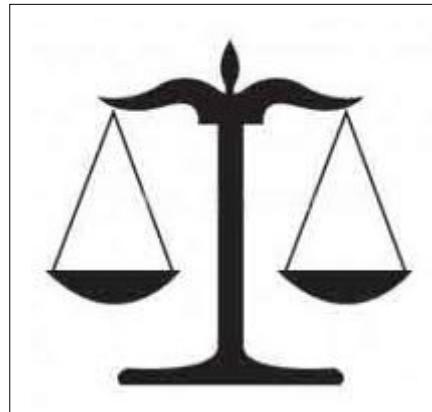
The Reno-Sparks Indian Colony Tribal Court provides two full-time tribal court advocates.

The advocates, if able, represent Native defendants in criminal matters before the RSIC Tribal Court.

They also, if able, represent enrolled RSIC tribal members in *limited* civil matters.

They cannot represent individuals in cases involving claims against the Reno-Sparks Indian Colony.

The RSIC Tribal Court, as a courtesy, also has conflict advocates (*one or two*) to assist in the representation of individuals, when the tribal court advocates have a conflict of interest, and are unable to represent an individual, as set out above.



If the two full-time tribal court advocates and the conflict advocates all have a conflict of interest with an individual, the RSIC Tribal Court has no obligation to go further and provide representation for an individual.

The Court Clerk has a list of other advocates and attorneys who are authorized to practice before the RSIC Tribal Court that defendants or litigants may use.

The information above is based on the sections set out below:

Pursuant to the Indian Civil Rights Act of 1968 (ICRA) 25 U.S.C. § 1302. Constitutional Rights: No Indian tribe in exercising powers of self-government shall:

(a) In general

6. Deny to any person in a criminal proceeding, the right to a speedy and public trial, to be informed of the nature and cause of the accusation, to be confronted with the witnesses against him, to have compulsory process for obtaining witnesses in his favor, and at his own expense to have the assistance of counsel for his defense.

And the Reno-Sparks Indian Colony's Tribal Law & Order Code states under Title III Section 3-1-105 Rights of the Defendant:

In all criminal proceedings, the defendant shall have the following rights:

(2) To appear and defend in person, by privately obtained attorney, tribal advocate, tribal member, or other person lawfully admitted to practice under the provisions in this Code. Class A offenses, however, may be prosecuted without the presence of the defendant upon a showing that the defendant received actual notice of the proceedings at least five (5) days prior to the proceeding.

Continued from page 19

probably been closed for way too long, and receiving the love, approval and validation that has always been yours to own. Sometimes, it means realizing that parents break too,

sometimes irreparably, and sometimes to the point of never being able to show love to the people in their life who deserve it the most. Sometimes it means making the brave decision, in strength and with

the greatest self-love and self-respect, to let go of the relationship that's been hurting you.

Breaking free of a toxic childhood is hard, but hard has never meant impossible. With

Continued on page 24

11 Facts About Teens & Alcohol

Startling revelations about dangers of drinking

*Submitted by Jason Hill, M.M., CADC,
Prevention Outreach Coordinator
Reno-Sparks Tribal Health Center*

1. By age 14, 41 percent of children have had least one drink.
2. The average age at which Americans begin drinking regularly is 15.9 years old.
3. Teens who begin drinking before age 15 are five times more likely to develop alcohol dependence than those who begin drinking at age 21.
4. An early age of drinking onset is also associated with alcohol-related violence not only among persons under age 21 but among adults as well.
5. It is estimated that over three million teenagers are out-and-out alcoholics. Several million more have a serious drinking problem that they cannot manage on their own.
6. Annually, more than 5,000 deaths of people under age 21 are linked to underage drinking.

7. Various studies have found that 44 percent of students attending 4-year colleges drink alcohol at the binge level or greater.
8. Every year, an estimated 30,000 college students require medical treatment after overdosing on alcohol.
9. Annually, 400,000 students between the ages 18 and 24 engage in unprotected sex while drunk and say they would not have done it had they been sober.
10. The three leading causes of death for 15- to 24-year-olds are automobile crashes, homicides and suicides — alcohol is a leading factor in all three.

The rate of current alcohol consumption increases with age, according to the 2011 National Survey on Drug Use and Health, from 2 percent at age 12 to 21 percent at age 16, and 55 percent at age 20.

Article Source:

[http://www.teamfortcollins.org/
resources/parent-of-a-teen/11-
facts-about-teens-and-alcohol/](http://www.teamfortcollins.org/resources/parent-of-a-teen/11-facts-about-teens-and-alcohol/)

Continued from page 23

the deliberate decision to move forward, there are endless turns your story can take. Brave, extraordinary, unexpected turns that will lead you to a happier,

fuller life. It's what you've always deserved. Be open to the possibilities of you. There are plenty.

What is special education?

Special education refers to a range of services that can be provided in different ways and in different settings."

There is no "one size fits all" approach to special education. It's tailored to meet each student's needs. Special education refers to a range of services that can be provided in different ways and in different settings.

If your child qualifies for special education, he/she will receive individualized teaching and other key resources at no cost to you. The specialists who work with your child will focus on his/her strengths as well as their challenges. And you'll be an important member of the team that decides what he/she needs to make progress in school.

If you have any questions or concerns regarding your child. Please call the Education Department or the Head Start Office

**Naomi Hanczrik, K-12
Student/Family Support Advocate
Education Department
775 785-1310 or 775 329-6114
Information provided by Understood.org 2016**

Come join us for our first annual “Bowling to Beat Diabetes” summer league!



**We are looking for 32 people to form our Reno Sparks Tribal
Health Center Bowling League!**

Schedule to be determined.

**If you are interested or would like additional information,
please contact Rick Pearson or Kristie Messerli**

Kristie Messerli
Registered Dietitian
(775) 329-5162 ext. 1943
kmesserli@rsicclinic.org

Rick Pearson
Certified Personal Trainer
(775) 329-5162 ext. 1948
rpearson@rsicclinic.org

Environmental Specialist Provides Recycling Solutions

Common community disposal questions get answers

Q: Where can I get rid of an old television?

Intelligent Lifecycle Solutions at 725 Greg Street, Sparks, Nev., (775) 690-9348 will accept all kinds and sizes of TVs (large, older tubes and all flat screens) for a flat rate of \$25 each.

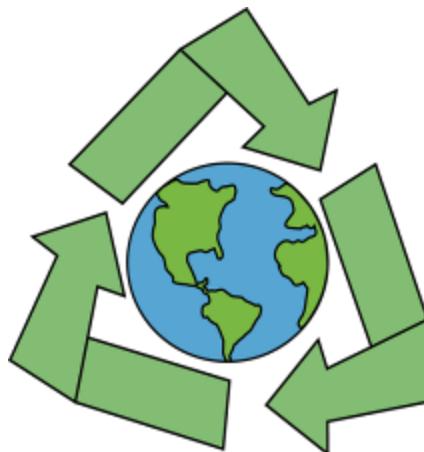
Best Buy will recycle tube TVs smaller than 32" and flat panel TVs, LCD, Plasma, and LED smaller than 50" for a \$25 fee.

Waste Management at 1100 East Commercial Row, Reno, Nev., will take and recycle electronics for \$0.75/pound. Call (775) 326-2381 with questions.

Q: How do I get rid of old tires?

Tires Plus at 1250 North McCarran Blvd, Reno, Nev., is the least expensive place to dispose tires at \$2.49/per tire. Call them with questions at (775) 525-9386.

Most any other tire dealer will take used tires from the com-



munity at an average cost of about \$5-\$10/per tire.

Q: Where do I take my used oil?

The Reno-Sparks Indian Colony Public Works Department will take small quantities—less than 5 gallons—of used oil and recycle it for free.

Q: What do I do with old paint?

For latex paint, it is recommended to dry it out with either sand or kitty litter, or by spreading it out on a tarp or shower curtain to dry. It can then be

thrown away in regular trash.

H2O Environmental located at 3510 Barron Way #200, Reno, Nev., will also accept paint at \$2.50/gallon for latex, and \$3.00/gallon for oil based. This is charged on the amount you bring in and not the size of the container. Call (775) 351-2237 with questions.

Another way to get rid of unwanted items is to post them in the "free" section of Craigslist. Also, Freecycle.org is a website where "gifting groups" post things for free in an effort to divert reusable goods from landfills.

This information was prepared by BC Ledesma, RSIC Environmental Specialist II, in consultation with the Northern NV Recycling Coordinator and Keep Truckee Meadow Beautiful.

Please call (775) 785-1363, extension 5407 for more information.



recycle now



1st Annual
Native Tamano
Craft Fair

- Tamano means Spring in the Paiute Language -

May 13-15, 2016

34 Reservation Road (Gym)
Reno, NV 89502

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



Open 10 a.m. – 6 p.m.

(All three days, except Sunday will close at 5 p.m.)

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



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

INDIAN TACOS by Numu- Diné will be sold!

Native vendor space available: \$30 each space, per day. Priority will be given to vendors that sell all days; otherwise it's on a First Come, First Serve basis. Limited space available, so don't wait to reserve your spot! **For more information, contact Joanne at (775) 442-3939**

In Conjunction with the
**2nd Annual Rainmakers Open Teen Boys/Girls Basketball
Tournament**

For more information, contact:

Shane Sanchez at (775) 303-9420 or Dayna Malone (775) 200-4463



Join Us at the Great Community Cleanup!

Eagle Canyon Road

Saturday, April 30th

8 am – 12 pm

WHERE TO MEET: Above Spanish Springs HS at the 2-mile marker, near the curve in the road where the guardrail ends.

FREE LUNCH: will be provided to all volunteers.

All cleanup supplies will be provided (garbage bags, gloves, tools, etc.,)

Join KTMB, the Truckee River Fund, RSIC Environmental, and hundreds of local residents to clean our open space hills and remove invasive weeds during this community-led event! For more information contact BC Ledesma, Environmental Specialist II at 785-1363.



KEEP TRUCKEE MEADOWS
BEAUTIFUL



Hungry Valley Education Program Information

Procedures, reminders outlined

Staff must be informed by a phone call or a note if your child will not be attending the After School Program (ASP).

Without prior notification, students registered and enrolled in the ASP will be asked to step off the bus as they are the responsibility of the Reno-Sparks Indian Colony Education Department Staff.

Recently, students have been going home without staff notification. Please call (775) 785-1310 and leave a message, or you may also email either Tanya

Hernandez:
thernandez@ rsic.org, or Naomi Hanczrik:
nhanczrik@rsic.org. Thank you for your understanding.

Parents please check your child's backpacks daily for notes and fliers from school and after school program.

Hungry Valley Computer Room...

If a community member would like to use the computer



room in Hungry Valley, please call (775) 785-1310 and make arrangements to come in and use the computers as staff may be out of the office on education business.

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**



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)

Key Changes With Indian Health Services

US Secretary of Health and Human Services announces new principal deputy

Colleagues,

I am pleased to announce that IHS Deputy Director Mary Smith, an enrolled member of the Cherokee Nation, has agreed to serve as the Principal Deputy of the Indian Health Service and will be delegated the responsibilities of the Director, effective today. As such, she will report directly to the Secretary and be responsible for the day to day operations of the IHS as well as our priority IHS initiatives. She will also work directly with Acting Deputy Secretary Mary Wakefield on the Executive Council on Quality focused on our critical work related to the Great Plains Area and making sustainable improvements for direct service tribes throughout Indian country.

Since joining IHS in October 2015, Mary has led a number of key agency priorities including providing leadership on the progress we have made in behavioral health, native youth initiatives, such as Generation Indigenous, and serving as the primary IHS liaison to other federal agencies. She has also made significant contributions to the progress we've made on contract support costs as well as in our work on Medicaid in states where expansion will be of particular benefit to Native Americans. Mary has significant management experience from her time working in federal and state government and in the private sector. Mary's expertise on Native American issues and track record of delivering impact for the tribal community will undoubtedly be great assets to IHS as she assumes this new role. I am very pleased to have Mary serve as Principal Deputy, and look forward to working with her in her new role.

I also want to express my appreciation to Bob McSwain, who has diligently carried out the responsibilities of the Director since February 2015. Bob has requested to serve in another capacity within IHS to allow more time to be with his family. Bob, a member of the North Fork Rancheria of Mono Indians of California, is a long time civil servant who began his federal career with the Indian Health Service in 1976. Bob has been a steward for IHS and committed to its mission of ensuring high quality comprehensive health services are available and accessible to American Indian and Alaska Native people across the United States. I appreciate Bob's willingness to lead IHS during this important time.

Please join me in thanking Bob for his leadership and congratulating Mary on her new position.

Sylvia M. Burwell
Secretary

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.



New Employees

Q: What is your exact job title?

A. My title is Certified Health Education Specialist within the Community Health Department at the Reno-Sparks Tribal Health Center.

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

A. I would love to utilize my skills and experience to support the Reno-Sparks Indian Colony in areas of health and wellness. I look forward to collaborating with existing RSIC team members to create innovative programs that are both effective and appealing to our community.

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

A: I look forward to getting to know the members of the RSIC community. My doors are always open to any questions, suggestions, or requests you may have. Please, do not hesitate to reach out to me!



Michelle Leon

Tribal Health Center



Everett Smith

Public Works Department

Q: What is your exact job title?

A. Maintenance Worker II

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

A. I would like to stay a long time.

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

A: I am a Reno-Sparks Indian Colony member.

New Employees



Lianne Kelly
Finance Department

Q: What is your exact job title?

A. Hello RSIC Community and Fellow Employees:
My name is Lianne Kelly. I am the new Payroll Technician.

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

A. I hope to find ways streamline and improve the processing of payroll. Learn new things and meet new people.

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

A: I am a crafty person; so I can't wait to learn some new crafts here in the workshops.

Q: What is your exact job title?

A. Custodian, full-time and temporary

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

A. To do a good job and learn as much as I can

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

A. I am a RSIC Paiute, 4/4.

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

A: I'm glad to be here. It is a beautiful day! I will do the best that I can at my new job.



Dennis Bill
Public Works Department

New Employees



Echo Conway

Tribal Health Center

Q: What is your exact job title?

A. Community Health Representative.

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

A. I hope to accomplish an excellent rapport with the community members of the Reno Sparks Colony and Hungry Valley members and ensuring that they receive the care, compassion, and resources available to them.

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

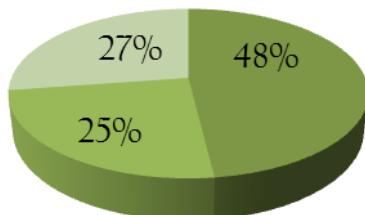
A: My Tribal affiliation includes a member of the Yerington Paiute Tribe in Yerington, Nev.

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

A: I'm very excited to be a part of the Reno Sparks Tribal Health Center and hope that I get a chance to meet every single community member. I do have 10 years of experience working in the healthcare field from Tribal Clinics, Rehabs, Nursing homes, In home healthcare, Phlebotomy, Podiatry, ER, general surgery, med-tele, ICU, VA Hospital, to Hyperbaric Oxygen Therapy, so if anyone has any questions please do not hesitate to give me a call at the clinic.

Reno-Sparks Indian Colony Employee Status Report

- RSIC Tribal Members
- Indian Employees
- Non-Native Employees



155	RSIC Member Employees
89	Indian Employees
94	Non-Native Employees
16	Board/Committee Members
354	=Total RSIC Employees

Reno-Sparks Indian Colony
Human Resources Department
34 Reservation Road, Reno, NV 89502
Phone: 775.785.1303

Text the words
"LetsGetHealthy"
to 48421 for nutrition,
exercise tips and upcoming
Three Nations Wellness Center's
Diabetes and Exercise Programs



Thank you for
subscribing to our
Lets Get Healthy
community information
service

For more information contact:
Kristie Messerli @ (775)329-5162 Ext. 1943
"Lets Get Healthy"

SHOSHONE LANGUAGE CLASS

WILL BE ON HOLD
UNTIL FURTHER NOTICE

For information on the RSIC Language & Culture Program's
Language Classes or Cultural Activities,
Contact Stacey Burns at 775.785.1321 or email: sburns@rsic.org



Attention!

Reno-Sparks Indian Colony

Head Start

Enrollment

For the

2016-2017 School Year

begins

April 1

Make your Dental and Physical Appointments now
as appointments fill up fast. When making your
appointments let them know it is for Head Start.

Susanville Indian Rancheria 7th Annual Memorial POW WOW

May 20-22 2016

Host Drum

Ghost Canyon

Fort Hall, Idaho

MC

Fred Hill Sr.

Pendleton, OR

Arena Director

TBA

Head Man

Kellan Joseph

Pendleton, Oregon

Head Woman

Terri Calfrobe

Culdesac, Idaho



IN HONOR OF OUR ELDERS AND VETERANS FOR ALL

THE SACRIFICES THEY MADE SO THAT WE MAY LIVE

Lassen County Fairgrounds

195 Russell Ave

Susanville CA 96130

MORE INFORMATION PLEASE LOG ON TO

WWW.SIR-POWWOW.COM

Or Contact Amella Luma @ 530.249.7192

THIS IS A DRUG AND ALCOHOL FREE EVENT

Host Hotel: Diamond Mountain Casino, Pow Wow Rates,

Phone: (530)252-1100/ (877)319-8514

Grand Entry

Friday May 20 @ 7 pm

Saturday May 21 @ 12 pm & 7 pm

Sunday May 22 @12 pm

Currently Accepting
All Vendors, Indian
Taco Vendors limited
to first 4 that are
paid in full.

Camping &
Showers
Available

*Don't forget to
bring your chairs!

Revised 12-31-15

Legal Notices, Public Announcements

Retail, office space for lease, committee recruitment, help wanted

Retail or Office Space for Lease

1962 Pyramid Way, Sparks, NV 89431



Total Space Available: 1,784 SF

Rental Rate: \$1/SF/Month

Property Type: Retail

Property Sub-type: Retail (other)

Additional Sub-types: Office Building

Lot Size: 43,753 SF

Single unit space. Shares building with smoke shop and nail salon. Property has parking lot and is visible from busy Pyramid Highway / Greenbrae intersection

Contact: Steve Moran

smoran@rsic.org



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

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

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.

Legal Notices, Public Announcements

RSIC committee recruitment, public works project public meeting

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.

www.rsic.org

RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS

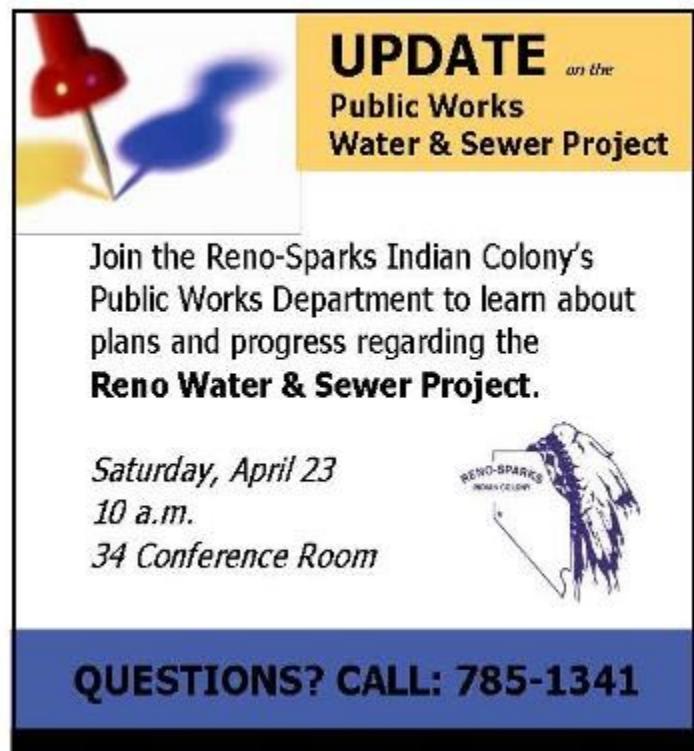
Notice to RSIC Enrolled Members

The Law & Order Committee is currently recruiting for one new member. Appointments made to the Committee are for a four-year term and members are appointed by the Tribal Council. The Committee, pursuant to the bylaws, are scheduled to meet the third Wednesday of each month, but the date can be changed by the Committee.

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

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

Any interested RSIC enrolled member may submit their applications to the Tribal Administrator's Office located at 98 Colony Road.



UPDATE on the
**Public Works
Water & Sewer Project**

Join the Reno-Sparks Indian Colony's Public Works Department to learn about plans and progress regarding the **Reno Water & Sewer Project**.

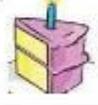
*Saturday, April 23
10 a.m.
34 Conference Room*

RENO-SPARKS
INDIAN COLONY

QUESTIONS? CALL: 785-1341

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

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Vitamin C - Daily + Vitamin A - 3 X Week 1% Milk - Served Daily</p>		<p>Serving Times Mon - Thurs 11:30 am - 12:45 pm Brunch 10:30 am - 12:45 pm</p>		<p>April 1) Brunch Scrambled Eggs Hash Browns Cucumber and Tomato Salad+* Banana+ Toasted Wheat Muffin</p> 
<p>4) Alaskan Baked Cod Mushroom Wild Rice Mixed Veggies+* Apricots* Milk</p> 	<p>5) Cream of Potato Soup Tuna Salad Sandwich on Whole Wheat Lettuce and Tomato+ Fruited Jell-O* Milk</p>	<p>6) Veggie Pizza+ Spinach Salad* Pears* Milk</p> 	<p>7) Italian Sausage Tomato sauce over Whole Wheat Penne Pasta Peas and Carrots+ Fruit Cocktail Milk</p>	<p>8) Brunch Honey Nut Cheerios Boiled Egg Light Vanilla Yogurt with fresh berries* V-8 Vegetable Juice+*</p>
<p>11) Taco Salad, ground turkey meat, Refried beans, Lettuce and Tomato+ Fresh strawberries* Milk</p> 	<p>12) Navy Bean Soup Turkey and Swiss cheese on Whole Wheat Bread Lettuce and Tomato+ Orange* Milk</p>	<p>13) Chicken Stir fry+* with Veggies Jasmine Rice Fortune Cookie Pineapple * Milk</p>	<p>14) Beef Lamb Sliders Lettuce and Tomato+ Potato Salad Grapes* Milk</p>	<p>15) Brunch Blueberry Pancake Turkey Sausage Mini Heirloom Tomatoes with Light Cottage Cheese+ Cantaloupe* Milk</p>
<p>18) Tuna Salad on a Hoagie Roll Baked Lays Lettuce and Tomato+ Banana Cranberry juice Milk</p>	<p>19) Commodities Chili Beans over Brown Rice Tortilla Green Bean and Carrot mix+ Mandarin Oranges* Milk</p>	<p>20) French Dip Sandwich Coleslaw+ Kiwi and Strawberries* Milk</p>	<p>21) Birthday Bingo BBQ Chicken Roasted Sweet Potatoes+ Pasta Salad*+ Fresh Fruit Salad*</p> 	<p>22) Brunch Egg Salad sandwich on Whole Wheat Lettuce and Tomato+ Carrot Raisin Salad+ Grapes* Orange juice</p>
<p>25) Spaghetti with Whole Wheat Pasta Mixed Veggies+ Apricots* French Bread Milk</p>	<p>26) Chef's Salad Breadstick Mini Heirloom Tomatoes+ Ambrosia Salad* Milk</p>	<p>27) Pork Roast Brown Rice Gravy Carrots and Green bean mix + Pear* Milk</p> 	<p>28) Beef Fajita with Bell Peppers Black bean and Corn Mix + Tropical Fruit* Milk</p>	<p>29) Ham Scramble Whole Wheat Toast Fresh Pineapple with strawberries* V-8 Juice Milk</p>



WELCOME april



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Brunch 10:30 am 9 am Open Crafts
4 11:30 am Blood Pressure Check 12:30 Fit Class 1 pm Senior Advisory Committee meeting	5 8:15 am Senior Water Fitness Class transport 1 pm Crafts – Tye Dye Aprons	6 12 pm Nutrition Class 12:30 pm Language 12:30 Fit Class 1 pm Crafts – Tye Dye Aprons	7 8 am Carson Hot Springs Therapy Pool 12:30 pm Galaxy Movie Theater 5:30 pm Hungry Valley Recreation Center-Seniors Only Potluck & Night Bingo ~ Bring a food dish and 2 Bingo prizes	8 Brunch 10:30 am 9 am Open Crafts
11 11:30 am Blood Pressure Check 12:30 pm Fit Class 1 pm Crafts – Flower Balls	12 8:15 am Senior Water Fitness Class transport 12 pm Tribal Police Presentation 1 pm Crafts – Flower Balls	13 8 am Carson Hot Springs Therapy Pool 12:30 pm Language 12:30 Fit Class 1 pm Errand Day – Pay Bills, Shopping	14 8:15 am Senior Water Fitness Class transport 1 pm Crafts – Sewing Spring Aprons	15 Brunch 10:30 am 9 am Respite Caregivers Support Group Meeting
18 Food Pantry Delivery 12:30 pm Fit Class 1 pm Sewing Spring Aprons	19 8 am Commodities 8:15 am Senior Water Fitness Class transport	20 12:30 pm Language 12:30 Fit Class 1 pm Errand Day – Pay Bills, Shopping	21 8 am Carson Hot Springs Therapy Pool 12:30 pm Birthday Bingo	22 Brunch 10:30 am 9 am Open Crafts
25 11:30 am Blood Pressure Check 12:30 pm Fit Class 1 pm Crafts Wood painting-burning	26 8:15 am Senior Water Fitness Class transport 12:30 pm Century Theater Movie	27 8 am Carson Hot Springs Therapy Pool 12:30 pm Language 12:30 Fit Class 1 pm Crafts Wood painting-burning	28 8:15 am Senior Water Fitness Class transport 1 pm Crafts Wood painting-burning	29 Brunch 10:30 am 9 am Open Crafts



Senior Water Fitness Class – join us for low impact exercise in the water.
Carson Hot Springs – Join us for warm mineral water soak, great for achy joints and bones.
A swimsuit, towel & water shoes needed for both.
For additional information or to sign up, call Teresa 329-9929



Sexual Assault affects survivors, families, and their communities. It's everyone's responsibility to help prevent it.

Join us and learn how you can protect yourself and loved ones:

*Free Bingo Night
In Honor of*

*Sexual Assault Awareness
Month*



Families are encouraged to attend. Wear **TEAL** to show your support and earn a **FREE** raffle ticket.

Location: Reno-Sparks Tribal Health Center Conference Room

1715 Kuenzli Street Reno, Nevada 89502

Tuesday, April 26th, 2016
5:30 - 7:30 PM



Sponsored by: Inter-Tribal Council of Nevada Inc. Family Violence Prevention Project and the Community Health Department at The Reno-Sparks Tribal Health Center. For more information contact: Rita Imus 355-0600 Family Prevention Advocate or Michelle Leon Health Education Specialist 829-5162

This project was supported by Grant No. 2014-TW-AX-0021 awarded by the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence against Women."

Continued from page 5

Base in South Carolina as a chaplain's assistant and an administrative clerk. She went to the 12th Air Force headquarters in West Germany.

While abroad, Thayer was selected to attend the Inter-Allied Moral Leadership Conference for Women in Uniform hosted by the Netherland Royal Air Force.

In addition, Thayer held various clerical duties and delivered important war correspondence to the Supreme Headquarters of the Allied Forces in Europe.

Thayer returned to the United States in 1956 and was assigned as a chief clerk with the 1608th Flight Line Maintenance Squadron at Charleston

Air Force Base in South Carolina and with the Adjutants Generals Office at Scott Air Force Base Air Training Command Center in Illinois.

In 1948, the United States Army Air Corp became the United States Air Force and Thayer was honorably discharged as a staff sergeant, E-6, in October of 1958.

After re-entering civilian life, and just after she started her family, Thayer joined the Nevada Army National Guard in 1973 and retired in 1982.

A mother of two sons, a grandmother of five, and great grandmother of nine, Thayer is affectionately known as "Grandma or Aunt Bea."

Today, Thayer is proud to be part of the Nevada Honor Flight family, having traveled to Wash-

ington D.C., in 2012 to see memorials dedicated to honor her service and sacrifices. She has also lent her expertise to several tribal committees including the Tri Basin Cultural Committee. Plus, she was an outstanding volunteer member of the American Red Cross' Disaster Relief team.

Speaking to being recognized by the VA Sierra Nevada, Thayer said she was honored.

"This is really nice," she said.

In addition, Jason Hill from the Reno-Sparks Indian Colony Health Center offered a public prayer in Paiute and sprinkled medicinal tobacco in the new garden.

Thayer, 87-years-young, is one of 55 living veterans from the Colony which includes seven tribal employees.



Tribute to the Antelope — Dancers from the Eagle Wings recently performed at a Washoe County School Board meeting held at Shaw Middle School.
Photo by Judy Martin