



# THE CAMP NEWS

VOLUME XII ISSUE 10

October 31, 2017

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Mock Exercise Helps Healthcare Staff Train, Fend Off Flu

*Emergency drill, fake press conference prepares staff, allows patient participation*

In a four hour period, during “Operation Take Your Best Shot” the Reno-Sparks Tribal Health Center (RSTHC) staff inoculated 192 patients for the flu, all the while preparing for a potential real-life emergency.

“This was an ideal situation,” said Andrea Johnson-Harper, Director of the Reno-Sparks Tribal Health Center. “Our staff will benefit from the mock drill, while nearly 200 of our patients not only got a flu shot to stave off future illness, but they also got a glimpse of the inner workings of our emergency plan.”

As flu season usually commences around the beginning of October, several Reno-Sparks Indian Colony (RSIC) departments and divisions collaborated with the Washoe County Health District for the emergency drill on Oct. 11.

All RSIC health care divisions and emergency responders—Tribal police, public works, public relations and emergency services—tried to vaccinate as many people as possible from 1 – 4 p.m., at the Tribal facility located at 1715 Kuenzli St.

The staff accommodated some patients with the usual

doctor’s office setting vaccination and also operated a drive-through clinic for patients.

“We didn’t even have to get out of the car,” said Bob Rogers, one of nearly 8,000 Urban Indians served at the RSTHC. “There was no waiting and that was so convenient.”

In the make believe scenario for “Operation Take Your Best Shot,” the Washoe Health District declared a health

emergency throughout region due to an influenza epidemic.

RSIC community members, the Urban Indian population and RSIC employees were alerted via the tribe’s emergency notification system and directed to get his/her annual flu shot at the RSTHC.

This is the second straight year that the tribe’s medical staff has worked with Washoe

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**Good To Go** — Suzanne Thomas, the RSIC Human Resources Clerk, smiles after being vaccinated by one of the volunteer students helping with “Operation Take Your Best Shot.” Above, a Reno-Sparks Tribal Health Center Medical Assistant, Veronica Imus, double checks Thomas’ injection. Along with Thomas, 191 other people were vaccinated earlier this month’s during a joint emergency exercise with Washoe County Health. This is the second year that the Colony has collaborated with the health district to prevent the flu and to practice emergency readiness.

# Community Reminder

**Saturday, November 11, 2017**  
**VETERANS DAY FESTIVITIES**

## **Veterans Parade**

Pay your respects to our military. The parade marches through the heart of downtown and honors those who have protected our country.

## **Starting Time/Location**

It starts at about 11:20 a.m., after the opening ceremonies on the North Virginia Street Bridge at 11:11 a.m. The parade will end between 1-2 p.m. The parade goes north on Virginia Street from the Virginia Street Bridge at 1st street and marches north to 5th Street...rain or shine.

## **More info forthcoming:**

- \*Parade Staging Areas**
- \*RSIC Parade Number**
- \*Pick-up locations for walkers/  
Veterans**

## **2017 Veterans Dinner**

**Where: RSIC Gymnasium**

**Time: 6 p.m.**

**Doors will open at 5:30 p.m.**



Due to the importance of this event and out of respect for the Veterans and their families, the RSIC Recreation Department will provide a special dinner and activates for all children over 5-years-old.

*Thank  
You*

**The RSIC Veterans Planning Committee**

## **RSIC/THPO Cultural Arts Opening Exhibit**



Burton Pete  
United States Marine Corps

Celebrating the works  
of Mr. Burton Pete and his contribution  
to Native American arts & recognizing his  
military service

**Saturday, Nov. 11 • Noon—4 p.m.**  
**1995 East 2nd St. • Reno, Nevada**

## 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](mailto:smontooth@rsic.org) or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

### CIRCULATION

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

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

### ELECTRONIC EDITION

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

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

## Important NOVEMBER dates

- 1 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Essential Oils for Beginners, RSTHC, 5 p.m.  
Law & Order Committee, Tribal Court, 6 p.m.
- 2 Athletics Hall of Fame Induction Ceremony, RSIC Gym, 6 p.m.
- 4 Tribal Election 7 am. – 7 p.m.  
Youth Basketball Clinic, Hungry Valley Gym, 10 a.m.
- 6 Mammovan, RSTHC, 8 a.m.  
Education Advisory Committee meeting, Education Conference Room, Noon  
Senior Advisory Committee meeting, Senior Center, 1 p.m.  
Enrollment Advisory Committee meeting, Enrollment Office, 5:30 p.m.  
RSIC Veterans Color Guard meeting, 34 Reservation Rd., 6 p.m.
- 7 Cooking Class, Nothing To It!, 6 p.m.
- 8 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Rethink Your Drink, RSTHC, 5:30 p.m.
- 10 Veterans Day Observed, RSIC Administration Offices Closed
- 11 Veterans Day Parade, Downtown Reno, 11 a.m.  
Burton Pete Art Exhibit, THPO, 1995 East 2<sup>nd</sup> St., noon  
Veterans Day Dinner, RSIC Gym, 6 p.m.
- 14 Grocery Store Tour, RSTHC, 6 p.m.
- 15 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Tribal Council Meeting, 34 Reservation Rd., 6 p.m.
- 16 Great American Smoke Out  
Healthy Holiday Eating & Oils, RSTHC, 5:30 p.m.
- 17 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 18 Youth Basketball Clinic, Hungry Valley Gym, 10 a.m.  
Archives & Records Preserving Our Family's History,  
34 Reservation Rd., Multipurpose Room, 10 a.m.
- 19 Thanksgiving Celebration, Hungry Valley Christian Fellowship, 10:30 a.m.
- 20 Christmas Distribution, 34 Reservation Rd., Multipurpose Room, 7 a.m.
- 21 Commodity Distribution, Senior Center, 8 a.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.
- 22 Washoe County School District Thanksgiving Break  
Thanksgiving Celebration, RSIC Administration Offices Closed at noon
- 23 Thanksgiving Day, RSIC Administration Offices Closed  
Washoe County School District Thanksgiving Break
- 24 Washoe County School District Thanksgiving Break  
Thanksgiving Celebration, RSIC Administration Offices Closed  
Eagle Wings After Thanksgiving Fair, RSIC Gym  
N7 Nevada Women's Basketball, Lawler Events Center, 2 p.m.
- 27 Housing Advisory Board Meeting, Hungry Valley Recreation Center, 6 p.m.
- 29 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Economic Development Meeting, 34 Reservation Rd., 6 p.m.  
N7 Nevada Men's Basketball, Lawler Events Center, 7 p.m.
- 30 Talking Circle, RSTHC Behavioral Health Division, 4 p.m.

more at : [www.rsic.org](http://www.rsic.org)



*Continued from front cover*

County Health. Last year, 134 people were vaccinated.

"In a smaller timeframe, we increased our patient participation by 43 percent," said Johnson-Harper. "It's great to help protect our patients from the flu and test the readiness and teamwork of our staff."

Stephen Shipman, the Washoe County Public Health Emergency Response Coordinator was very complimentary about the exercise.

"This was an excellent example of collaboration and professionalism," Shipman said. "The event went well and you made it look easy."

In an effort to improve future drills, every staff member was given an opportunity to publicly share his/her feedback during a meeting held at the conclusion of the exercise.

"It was great that a lot of cars

had seniors," said Veronica Imus, a medical assistant who was giving shots at the drive-through station.

Though the overall sentiment about the day was very positive, several suggestions were made to improve.

"Not being a nurse, I learned that it's important to know how much (medicine) is in a vial," said Kathy Tillford, a dental assistant who ran the logistic section of the exercise. "Initially, I sent too many vials across the street (to the drive-through)."

An unforeseen factor which complicated the day, but also provided a learning opportunity was poor air quality.

Due to wildfires in the area and unpredicted winds, several of the staff members stationed outside had to use masks to help with breathing.

"The drive-through is a good

mechanism for getting things done quickly, however we had to provide personal protection equipment for our staff because there was so much smoke," said Marge Levine, the RSTHC Nurse Supervisor.

The emergency response coordinator for the health center, Daniel Thayer, said that the smoke and the wind could be a factor in a real event.

"That was something we didn't plan for, but it taught us something," Thayer said.

In addition, "Operation Take Your Best Shot" included a mock media briefing.

RSIC Public Information Officer Stacey Montooth gave a formal description of the identified threat, statistics on the epidemic, real-time inoculation numbers, and held a question and answer session in the 3Nations Wellness Center within the RSTHC.

Using statistics released from the Washoe County Health District 2016-17 Influenza Surveillance Report, Montooth told those in attendance that that out of 2,408 laboratory-confirmed influenza cases in Washoe County last flu season, 312 (13 percent) were hospitalized for more than 24 hours and eight patients died.

She added that a 2010 Centers for Disease Control and Prevention (CDC) study indicated that American Indians are four times more likely to die of the flu than other Americans, but experts aren't sure why.

According to Montooth's briefing, Dr. John Redd of the Indian Health Service (IHS) said that since American Indians are



**Top Notch Service —** During Operation Take Your Best Shot, a total of 192 patients were served during the point of distribution or POD exercise. These outstanding numbers are a 43 percent increase from the 2016 exercise. Above, Margaret Flores, a medical assistant and Linda Spoonhunter, a registered nurse, prepare to vaccinate a SUV full of elders. According to statistics released by the Washoe County Health District, there were 2,408 confirmed influenza cases in the county last flu season and 13 percent of those patients were hospitalized. Eight people died from the flu in 2016. National studies reveal that American Indians are four times more likely to die of the flu than other Americans. **Photo By Scott Carey**

*Continued on page 5*



**Good To Go** — Dan Hourihan from the Inter-Tribal Council Emergency Response Commission asks a question during the mock press briefing. Hourihan was an observer for the exercise. He did not participate in the exercise, however, his expertise was solicited after the drill. Also pictured, RSIC Planner Scott Carey, helping with the public information section, video records the press briefing.

more likely to have chronic health conditions such as diabetes and asthma, that could explain the high death rates.

Montooth cited another study in which the American Indians living in New Mexico, nearly 10 percent of that state's population, had the highest rate of flu-related hospitalization and flu-related deaths of any ethnic group in the state last year.

In New Mexico, American Indians' hospitalization rates were twice that of African Americans, plus American Indians' death rates were twice that of Hispanic Americans.

According to the U.S. Department of Health and Human Services, last year just 50 percent of Americans got the flu vaccination.

Montooth enlisted the help of RSTHC Medical Director Larry Noble to explain another possible contribution for the alarming hospitalization and death rate data connected to American Indians.

Noble emphasized that compliance with medical



**Tough to Breathe** — Because of nearby wildfires, a windy day meant poor air quality as the Reno-Sparks Tribal Health Center staff undertook "Operation Take Your Best Shot." To combat the smoky environment which can cause irritation of the eyes, nose, throat and lungs, many of the participants stationed outside wore masks. Above Lorri Chasing Crow, the RSTHC Information Manager, who served as a data collector during the emergency drill, sports official particulate respiratory protection..

recommendations is an issue in all populations, not just Native Americans.

Noble said that no matter what scientific data is presented or how many physicians suggest flu shots, a segment of the overall population, regardless of ethnicity, culture, social economic status, and geographic location, never comply with recommended medical advice.

Furthermore, Montooth noted that distrust might play a bigger role for Native Americans.

She recalled the long history of treaty violations by the federal government, reminding the audience that it has been well-documented that the



**Learning and Laughter** — During "Operation Take Your Best Shot," staffers enjoyed the teambuilding and comradery which was created during the emergency drill. Above, patients complete needed paperwork with oversight from RSTHC professionals.

Continued on back cover



# NEVADA BASKETBALL

PROUDLY PRESENTS



## WITH THE PACK

**WOMEN'S BASKETBALL**  
**FRIDAY, NOV. 24 | 2 PM**



VS.



SACRAMENTO STATE

**MEN'S BASKETBALL**  
**TUESDAY, NOV. 29 | 7 PM**



VS.



ILLINOIS STATE



DON'T MISS THE  
**MEN'S BASKETBALL CLINIC**  
**SUNDAY, NOV. 5 | 12 PM**

Reno Sparks Indian Colony Gymnasium  
34 Reservation Rd.  
Reno 89502

OPEN TO KIDS K-6<sup>TH</sup> GRADE



**ADMISSION FOR 4**

Redeemable on game day only.

Must present tribal card and flyer for admission.

# Tribal Health Center Doctor Gets Emergency Duty Call

*Indian Health Services disaster medical assistance team provide hurricane relief*

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In response to recent hurricanes Harvey, Irma and Maria, 58 United States Public Health Service officers including the Reno-Sparks Tribal Health Center provider Dr. Tara Van Orden, were deployed and continue to assist victims from three of the worst weather events in history.

"A day did not go by without someone asking about her," said Andrea Johnson-Harper. "We are so very proud of her."

In mid-September, Van Orden initially reported to Houston and was eventually sent to help at a shelter in Fort Myers, Fla. She is now assisting hurricane victims in Puerto Rico.

Dr. Van Orden and other health service officers form Disaster Medical Assistance Teams which are professional and para-professional medical personnel organized to provide rapid-response medical care or casualty decontamination during a terrorist attack, natural disaster, or other incidents in the United States.

"It was stressful leaving the health center, especially my patients, but I knew the people impacted by the hurricanes needed help," Van Orden said in between her assignment.

The three hurricanes caused record levels of rainfall and flooding which affected millions of people in Texas, Louisiana, Florida, and Latin America.

During hurricanes, high winds cause water surges, flooding and are often followed by additional damaging winds

and rainfall.

"We actually were onsite when Hurricane Irma hit Florida," Dr. Van Orden said. "Typically, we arrive after a disaster, but in this case, we sheltered in place in a high school building just like thousands of others."

The Indian Health Service (IHS) United States Public Health Service Officers work to assess the needs of local service units, tribes and tribal organizations to assist with health care and medical needs for those impacted by the storms.

The deployed officers represented 11 of the 12 IHS area offices.

The Public Health Service officers provided support with efforts such as delivering pharmaceutical supplies, assisting those who rely upon electricity-dependent medical equipment like wheelchairs, oxygen tanks and blood sugar monitors; evacuating hospital patients; and staffing Federal Medical Stations.

In the aftermath of the storms, a group of 36 mental health team members continued to provide emergency support in the form of direct clinical, behavioral and mental health services, including individual and family crisis intervention, staff and workforce protection counseling, emergency on-call service and disaster case management.

Hurricane Irma impacted the Seminole Tribe of Florida,



***Dr. Tara Van Orden***

Miccosukee Tribe of Indians of Florida, Catawba in South Carolina, Poarch Band of Creek Indians of Alabama, Eastern Cherokee in North Carolina and the Pamunkey Tribe in Virginia, though Van Orden's assignments have not been in Indian Country.

The IHS preparations include taking protective measures, assuring food, fuel, water and ice with contingency plans, and establishing points of distribution.

According to an official press release distributed by IHS, the agency takes great pride in providing help to tribal nations and to all members of the public who have been affected by the recent hurricanes.

And there's no doubt that pride extends right back to the RSTHC.

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### ***Editor's Note:***

*Much of this article was provided by Leonda Levchuk, IHS Public Affairs Specialist, whose agency granted permission to the RSIC to reproduce her work.*

**YOU ARE INVITED!**

# Thanksgiving Celebration

**SUNDAY, NOVEMBER 19, 2017  
10:30 AM**

**YOU ARE INVITED TO JOIN  
US FOR A SPECIAL  
THANKSGIVING SERVICE  
AND POTLUCK DINNER.  
CELEBRATE WITH US AND  
GIVE THANKS FOR OUR  
LORD'S BLESSINGS!**



**BRING A SIDE DISH,  
VEGETABLE OR DESSERT TO  
SHARE. TURKEY AND  
BEVERAGES PROVIDED BY  
HVCF.**

**LOCATION:  
HUNGRY VALLEY REC.  
CENTER**

**CONTACT:  
PASTOR AUGUSTIN JORQUEZ  
775-233-0268**



# Major Turnout for Truckee River Cleanup Day

*Tribal members, residents, employees, guests help protect essential water source*

Reno-Sparks Indian Colony community members and invited special guests, welcomed fall by joining a region-wide effort, Truckee River Cleanup Day.

"The Reno-Sparks Indian Colony did a great job of pulling together, and really putting an effort out that we can be proud of," said Bhie-Cie N. Ledesma, environmental specialist II from the Tribe's Environmental Program. "Every effort helps in protecting our water so it can continue to give life."

According to Ledesma, 101 people signed in at the Reno-Sparks Tribal Health Center. She said that participation extended beyond RSIC

members, residents, and employees, and included several other groups such as the Clean Up Pals, area high schools, Ninkasi Brewing, and many civic minded individuals from the Reno-Sparks area.

"Our turnout was amazing," Ledesma said.

Moreover, Ledesma reported that the crew picked up 60 cubic yards of trash, debris, and weeds from the banks of the Truckee River. She said that the RSIC effort stretched from the RSTHC to the river walk bordering Three Nations Plaza at Walmart,

For the regional effort, 750 volunteers picked up an estimated 30,000 pounds

of trash and 39,000 pounds of invasive weeds.

Spearheaded by Keep Truckee Meadows Beautiful (KTMB), a nonprofit organization with ties to the national group, Keep America Beautiful, these large scale cleanup events like the Truckee River Cleanup Day create a cleaner, more beautiful area which increases the quality of life for everyone who lives in, or visits the Truckee Meadows.

Truckee River Cleanup Day is one of the more popular community events in the region, which is held every fall to focus on the beautification and litter removal along the Truckee River corridor and its tributaries.

Over the last two years, the RSIC Environmental Program has collaborated with KTMB to grow the event by increasing public outreach.

At the RSIC, participants got a one-of-a-kind t-shirt commemorating the effort.

Plus, workers enjoyed an complimentary barbecue and took home valuable information about environmental issues.

"The cleanup was a huge success," Ledesma said., "We want to reinforce it is Earth Day everyday."

For more information about upcoming opportunities to join the RSIC and KTMB in its environmental efforts, see:

<https://www.ktmb.org/> or contact Ledesma at: 775/785-1363, ext. 5407 or via email at: [bledesma@rsic.org](mailto:bledesma@rsic.org) .



**Earth Day Is Every Day —** *On the banks of the Truckee River from the Reno-Sparks Tribal Health Center to Three Nations Plaza, volunteers recently picked up 60 cubic yards of trash, debris and noxious weeds. Before the arrival of Europeans, Native Americans were supremely utilitarian toward nature and individual species. Today, that distinguishing characteristic—an unbreakable connection to Mother Earth and all creatures—links not just American Indians, but all indigenous people of the world.*

*Photo Provided by Bhie Cie Ledesma*

# The Nevada Health Centers Mammovan is Coming to Your Neighborhood!

*Early Detection is the Best Protection!*

The Mammovan will be in YOUR neighborhood on:

DATE: Monday, November 6, 2017

HOURS: 8:00 am - 3:30 pm

LOCATION: Reno Sparks Tribal Health Center

1715 Kuenzli St, Reno, NV 89502

facility parking lot

*For an appointment, please call:*

**Nevada Health Centers Mammovan**

**877.581.6266**

Go to [nvhealthcenters.org/services/mammovan/](http://nvhealthcenters.org/services/mammovan/) for the current calendar of Mammovan events

## GET YOUR MAMMOGRAM TODAY!

- Women 40 and over require NO referral. Women 39 and under, or men, MUST present a physician (PCP) referral
- Must be at least 366 days since last screening
- NO minors can be left unattended and they may NOT accompany you into the exam room
- Results are mailed directly to you and your PCP / Specialist

*Please be sure you have all of the following with you upon arrival to ensure a smooth check in experience:*

- Current & valid government issued photo ID
- Current insurance card (if applicable)
- Completed registration forms (available online at [nvhealthcenters.org/services/mammovan/](http://nvhealthcenters.org/services/mammovan/))
- Name & phone number of your Primary Care Physician (PCP)

## Acceptable Methods of Payment:

- Medicare • Medicaid • Sliding Fee Scale
- Women's Health Connection (WHC)
- Most major insurances – Yearly Preventive Screenings are covered under most insurances, however, verify your coverage prior to your appointment to assure the Mammovan is an accepted provider.
- Individuals **NOT COVERED** by health insurance may qualify for a "no charge" screening.



NEVADA HEALTH CENTERS  
**MAMMOVAN**  
ON THE MOVE IN NEVADA



# 1st Annual Inter-Tribal Council Nevada Health Fair Held

*Focus on domestic violence awareness makes for powerful, fun event*

On Oct. 14, the Inter-Tribal Council of Nevada (ITCN) Family Violence Prevention Project held its 1st Annual Health Fair in conjunction with Domestic Violence Awareness Month.

The theme was sports day and keeping active.

All participants were encouraged to wear their favorite sports attire.

Jonathon Lowery and Taylor Williams volunteered their talent by singing a round dance song, as well as a healing song for all those in attendance.

According to studies, Native Americans have a significantly high risk for domestic violence meaning one-in-three Native American women will experience some type of violence in their lifetime.

We had over 100 participants who visited booths and received valuable information to share.



By taking a stand, we show support to the countless number of victims and survivors in our communities.

As the day progressed we had a photo booth, snapchat app, snacks, speakers, and survivor stories.

The weather was nice and everybody seemed to have a

fun time especially learning new dances from volunteers throughout our community.

I would like to thank everybody who came out and enjoyed the day with us.

If you or someone you know is a victim of domestic violence and is in need of emergency assistance, please call and speak with an advocate to determine eligibility.

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## Rita Imus

Cell: 775-741-5457

Violence Prevention Advocate  
rimus@itcn.org

## Clarice Charlie

Cell: 775-741-1806

Progame Coordinator  
Claricac28@yahoo.com



**Taking A Stand** — Men, women, children, dancers, clergy and even bikers joined Inter-Tribal Council of Nevada (ITCN) for the 1st Annual Health Fair held during Domestic Violence Awareness Month. The fair was held at Anderson Park on the Colony.

*Photos By Pastor Augustine*

680 Greenbrae Drive Suite 224  
Sparks, NV 89431  
Phone: 775-355-0600, ext. 132  
Fax: 775-355-5212





# RETHINK YOUR DRINK: NATIVE INFUSIONS

Come learn alternative ways to quench your thirst using traditional herbs, plants, and berries without the unnecessary sugar and calories!

**November 8TH, 2017 FROM 5:30 PM-6:30 PM**

Contact Kristie Messerli, Dietitian or Gina Featherstone, Health Educator @ 329-5162 to sign up!

## **DID YOU KNOW...?**

Frequently drinking sugar-sweetened beverages is associated with weight gain, type 2 diabetes, heart disease, kidney disease, liver disease, tooth decay and cavities!



# Youth Energy, Solar Energy Uplift Sioux Elder, Veteran

*High Schoolers learn about, install new technology to reduce electricity bills*

Denver high school student Lina Krueck woke up to the sounds of chirping birds in a tent not far from the Pine Ridge Reservation in South Dakota.

After some coffee and breakfast, Krueck, along with seven of her fellow students, headed off to Pine Ridge for a day of installing solar panels on the home of Loran Conquering Bear, a tribal elder. For Krueck, this wasn't just any project—it was personal.

Krueck was adopted from the Pine Ridge Reservation as a baby; her birth mother was a member of the Oglala Sioux tribe.

Now, a young woman of 18, Krueck was getting to visit for the very first time and help bring clean energy to a community so close to her heart.

"The people I met were incredible," said Krueck. "I felt so at home, and I felt a real connection with people I had never even met before. It was a very special trip for me. I've never felt like a part of a community the same way I did while I was there on Pine Ridge."

Conquering Bear, a United States military veteran, was grateful for the chance to get solar energy to his home.

"I think this project is awesome with the cost savings because the majority of everyone's income here is spent on propane and electricity, and in the winter time it's harder because they have to pay

sometimes half their income," he said. "I'm on dialysis and I have to travel 400 miles a week to get treatment, and paying for gas is a lot. Our money is really budgeted, and getting this help on our electricity bills, will really help."

The project was made possible through a partnership with Oglala Sioux Lakota Housing (OSLH) and Ecological Action, a high school club from Denver that focuses on sustainability and renewable energy.

The students held fundraisers to help offset the cost of the system and visited the GRID Colorado office to participate in special solar photovoltaic workshops from the tribal team leading up to the installation.

For many of the students, it

was their first time to the Great Plains and visiting one of the seven tribes which makes up the Great Sioux Nation.

The students worked hard alongside community members to bring the solar array to life while learning how to use new technology like microinverters, which were generously donated by Enphase Energy.

According to Jeff Boyce, the faculty leader of Ecological Action, it was a life changing for many of the students.

"This trip changed the lives of my students and opened my eyes to the power of learning outside the classroom," he said. "The folks at GRID went out of their way to educate, to engage and empower my students each and every day."



**No Downside —** High school students, including Lina Krueck who was born on the Pine Ridge Reservation recently installed solar panels on Tribal elder and military veteran Loren Conquering Bear's home in South Dakota. Conquering Bear is part of the largest population of military veterans on a reservation. GRID Alternatives is a non-profit organization that brings together community partners, volunteers and job trainees to implement solar power and energy efficiency for low-income families, providing energy cost savings, valuable hands-on experience, and a source of clean, local energy that benefits all.

*Photo Provided by VA Office of Tribal Relations*



# **THURS. 11/16**

## **HEALTHY HOLIDAY EATING & OILS**

**Top Tips from a 25-year-veteran Therapist**

Have happy holidays eating well, and relaxing tips!

In the First Floor Conference Room:

**5:30-7:00pm**

**FREE  
SAMPLES!**

**NATURAL  
RECIPES!**

**CLEAN EATING!**

**ALL IN ONLY  
ONE HOUR!**

**Essential Oil  
Alternatives  
Supporting  
Your Health!**

**2 QUIRKS OILS**  
Denise Quirk  
(775) 691-9767

[www.mydoterra.com/dodq2](http://www.mydoterra.com/dodq2)

**Free Classes**

**Thursday November 16**



Presented by Reno-Sparks Indian Colony Tribal Archives

# Preserving our Family's History

**Come and start a Family Tree  
Scrapbook for your family to share**

- Learn how to preserve and protect your family photographs
- Learn how to preserve and create a family tree scrapbook page
- Receive a digital copy of your photographs

Saturday November 18, 2017

10 a.m.-4 p.m.

34 Reservation Rd.

Multi-Purpose Room



Must be an RSIC member or community member to participate. You will need to bring photos of your family and be willing to donate a scanned copy of your photos to the RSIC Tribal Archives.

1 photo album per family  
Archival supplies will be provided

**Please RSVP**  
**Space and supplies are limited**

**Light refreshments**  
**will be served throughout the day**



To RSVP or for more information please contact:

Lydia Morris-Archives Technician E-mail: [lmorris@rsic.org](mailto:lmorris@rsic.org)  
or Trisha Calabaza-Tribal Archivist E-Mail: [tcalabaza@rsic.org](mailto:tcalabaza@rsic.org)

Phone: 775-785-1335

15A Colony Road| Reno, Nevada 89502

# Ask Paul

**Client:** "I haven't used in 3 months."

**Me:** "WOW! That is a big deal. You haven't smoked anything or drank any alcohol in 3 months. Now how do you feel?"

**Client:** "A lot better. I haven't had hangovers, I got a job and my family is talking to me again."

**Me:** "So, what new issues are coming up in your life?"

**Client:** "I can't lose weight. I'm gaining weight and I hate it."

In the Medicine Wheel, The Elders consider a person's health to include spiritual, emotional, mental and physical health – the whole person. This month we'll focus on physical health. Many times people have the false belief that once they discontinue using substances they will automatically transform into a healthy, happy person who has minimal life issues. When we compare the substance using life to a non-substance using life the problems are considerably less. However, we all have struggles and challenges. The Elders teach us the idea of life's challenges is to learn from these experiences, grow through them and share healthy solutions and wisdom with others so their burdens can be less.

I hear many people who become concerned with their weight after being substance free. Women

usually say they want to "lose weight" men usually say they want to "get in shape." I find that visualization and mindfulness techniques are beneficial. I also rely on our specialists to refer clients. I'll begin this article with a thought change process, and then ask advice from a specialist in this area.

You become what you think of daily. Everything that is created by people started with a thought. Let's use a visualization technique from the book "The Secret." Now, imagine yourself at your perfect weight. If you have a picture of yourself at that weight, carry it around. Remember how that weight feels and act like you are that perfect weight. Ask yourself, how a person with the perfect weight would behave or what that person would eat, and follow that person's lead. Visualize yourself as that person. Now ask yourself these questions: How do you look? How do you feel? How do you feel in your clothes and how do your clothes look on you? What is your life like? How do you act during the day? What do you eat? Do you exercise and if so, how much? Do you like this person? How does it compare to how you feel now? Is this person happy, healthy and having fun?

If you can think about it, you can create it. Do you believe you can achieve your goal? Can you be persistent enough to achieve your goal? Let's have the "ideal you" be your guide. We're still visualizing the perfect weight, so what do you choose? Apple or donut? What would

"ideal you" choose? How does "ideal you" act, exercise, care for herself/himself and care for others? Begin thinking, "that's how I used to be." Stop thinking, "that's just who I am." You are creating the new you. The reason to stop using substances is to live to your potential and enjoy family, friends, community, good food, activities, and yourself. Start creating the new you with your future you as a guide. How fun is that!?!?

Also, we need some education and expertise to help us create a total strategy, so I visited with Stacy Briscoe, the Reno-Sparks Tribal Health Center Diabetes Program Manager and a nutritionist/dietitian and diabetes educator, for advice and recommendations to help launch into the new you.

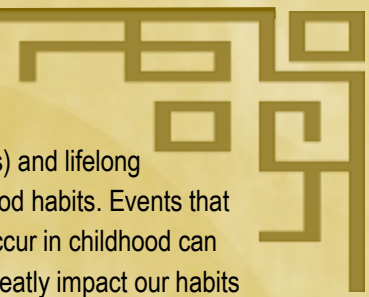
Here are some questions for Stacy:

**Stacy what is the most common reason diets fail?**

It's tough to classify into just ONE reason since we are all different and come to weight loss with different perspectives, but we see a lot of people get frustrated that they aren't losing, and give up. I guess you could say that not being patient enough with your process is a common theme.

Often, it has taken someone a while to gain the weight they're trying to lose, so one cannot expect it to go away instantly! Weight management is a "slow and steady wins the race" game.





***Stacy what is the most successful approach to losing weight and how much weight can a person lose and still be healthy?***

Consistency is key, being patient with yourself, not depriving yourself, drinking plenty of water (about 64 ounces/day), getting regular exercise (minimum 150 minutes/week or 30min/day), having support, and of course a balanced diet are some of the most important components to a good plan. Also, I often talk to patients about “defending your nutrition environment.” If you know that Twinkies are your downfall, then keeping them out of the house is one of the best ways to enable yourself to make good choices.

Many individuals find it helpful to see a nutritionist regularly and log their intake as it helps keep their head in the game. You don’t have to log every day, but a few days a week can go a long way towards making sure you’re not eating too many calories as well as give you an idea of where most of your calories are coming from.

Also, eating breakfast is so, so important to jumpstart that sleeping metabolism in the morning!

A safe rate of loss is to lose about 10 percent of your body weight in 6 months. That equals to about 1 -2lbs/week, which is safe and a maintainable, reasonable goal. If you weigh 220 pounds, and you started tomorrow, that would put you at 198 pounds by April! People lose

at different rates, but that’s the general guideline we go by.

***Stacy what are the most common foods that hide calories and what are the best foods to eat that will keep a person feeling satisfied with energy and not pack on the calories?***

A diet high in empty calories is a diet that makes it easy to pack on the pounds. Foods like sodas, candy, chips, sugar, white starches (low fiber breads, bagels, white rice, crackers) all are very easily digested by the body, usually very high in calories for the consumed portion, and low in fiber and protein.

Foods that have protein and fiber and water should be the foundation of the foods you eat! That means lean meats, fish, cheese, eggs, non-starchy vegetables (zucchini, broccoli, greens, cucumber, celery, etc.), whole grain carbohydrates, and little to no processed or boxed foods.

Protein is one of the best tools for cutting hunger. For example, so many patients will tell me they don’t eat breakfast because they’re hungry soon after eating it, but once they add a protein to that breakfast (a hard boiled egg, a few nuts, or a string cheese) that breakfast keeps them satisfied clear through to lunch. If I have a patient, no time for a snack and I’m STARVING, I’ll grab a string cheese to cut my hunger and it prevents my stomach from growling during the session!

***Stacy what else would you like to share?***

ACE (Adverse Childhood Experiences)

es) and lifelong food habits. Events that occur in childhood can greatly impact our habits around food as we age. Having inadequate food, abuse, being food-deprived, or having someone excessively focus on your intake as a child can give you troubles around food later on. It’s important to explore those experiences with a trained counselor because once those issues come to light, you can work through them and see success.

Also, health is not just the number on the scale!! Yes, weight loss can be a side effect of healthier eating and increased exercise, but body composition (the amount of fat vs. muscle in your body), cholesterol levels, liver function, heart health, and blood sugars can all improve out of weight loss, and those are also things that define us as healthy.

Finally, please remember the Elders teach us in the Medicine Wheel to be healthy spiritually, emotionally, mentally and physically. Although we concentrated on physical health this month – all areas in a person’s life are essential for a healthy balance.

To contact Stacy please call 775-329-5162 x 1945 or email [sbriscoe@rsicclinic.org](mailto:sbriscoe@rsicclinic.org)

To contact Paul please call 775- 329 – 5162 x 1962 or email [rsnyder@rsicclinic.org](mailto:rsnyder@rsicclinic.org)



# **IN HONOR OF NATIONAL DIABETES AWARENESS MONTH**

## **JOIN US FOR A LIVELY GAME OF LIVING IN BALANCE JEOPARDY**

**NO SIGN UP REQUIRED  
OPEN TO ALL RSTHC  
PATIENTS  
QUESTIONS? CALL STACY  
(X1945) OR GINA (X 1949)**

**HAVE SOME HEALTHY  
BISON STEW, PLAY  
JEOPARDY, AND LEARN FUN  
FACTS ABOUT  
EVERYTHING  
DIABETES!!**

**WHO: THOSE INTERESTED IN PREVENTING OR  
MANAGING DIABETES**

**WHAT: JEOPARDY IN TEAMS OF 5  
(WE'LL HELP ASSEMBLE TEAMS)**

**WHERE: 1ST FLOOR CONFERENCE ROOM, RSTHC**

**WHEN: THURSDAY 11/30/17 5:30-7PM**

**SPONSORED BY THE DIABETES AND  
COMMUNITY HEALTH PROGRAMS**





# In & Around: Reno-Sparks Indian Colony Community

*Teaching safety, planning for emergencies, new business enterprises,*



**Drop, Cover & Hold On!** — Those are the actions Hungry Valley children and educators from the RSIC Child Care Program did during the Great Nevada ShakeOut to practice how to protect themselves during an earthquake. Per Homefacts.com, Reno has a very high earthquake risk. *Photo provided by Child Care*



**Rapid Flow** — After recent heavy rainfall in Hungry Valley, water quickly travelled through culverts under Eagle Canyon Drive. Designed to provide natural drainage, these culverts also protect from erosion and minimize damage to natural lands.

*Photo provided by David Hunkup*



**Eat Fresh** — Representatives from the Reno-Sparks Indian Colony peruse the options at the First Fresh Forward Subway. The restaurant located on tribal trust land, has self-ordering kiosks, Wi-Fi, curated music, a Free Style soda machine with 100 flavors, and a designated area for pickup orders. *Photo by Michael Ondelacy*



**Big Screen Debut** — With the Northern Nevada Literacy Council, two families from the Reno-Sparks Indian Colony were featured in public service announcements. Above, the family of Julian Ramirez watch the public screening of his video which can now be found on YouTube.



# 16<sup>th</sup> Annual Tommo Craft Fair

- Tommo means Winter in the Paiute Language -

**December 15-16, 2017**

**34 Reservation Road (Gym)**

**Reno, NV 89502**

(Off Interstate 395, take Mill Street or Glendale off-ramp on west side)

***Open 10 a.m. – 6 p.m. both days***

Come and support our local and surrounding area  
Craft Vendors!



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

**INDIAN TACOS will be sold!**

***In conjunction, we are having a COAT DRIVE. To help someone in need, please bring a clean coat, mittens, scarf, or gloves to the event.***



For vendor information, contact Joanne at (775) 424-4126

Online: [tommocraftfair@gmail.com](mailto:tommocraftfair@gmail.com)



PLEASE JOIN  
THE RENO SPARKS INDIAN COLONY RECREATION'S  
2018  
ATHLETIC HALL OF FAME  
INDUCTION BANQUET

Thursday November 2  
dinner @ 5:30pm & award ceremony @ 6:30pm

2018 INDUCTEES

Sam Uribe.....1948 Stewart  
Dean Paddy.....1955 Reno  
Ralph Bryan .....1957 Reno  
James Wasson .....1968 Lovelock  
Bob O'Daye .....1970 Wooster  
Bucky Sampson.....1970 Stewart  
Nelson Aleck.....1972 Wooster  
Chuck Sampson.....1974 Wooster  
Jonsey Dressler.....1973 Wooster  
Steve Sampson .....1977 Reed  
Kevin O'Daye.....1982 Wooster  
Ralph Sabola.....1977 Wooster  
Ramona Darrough.....1982 Pyramid  
Ivy L. Christy.....1984 Washoe  
George Moore.....1987 Pyramid  
Allan Tobey.....1988 Pyramid  
Bennett Nutumya.....1988 Pyramid  
Curtis Cypher Jr.....1988 Pyramid  
Jody McCloud.....1992 Wooster  
Shawn O'Daye.....2001 Wooster  
Sonny Malone.....2001 Pyramid  
Lori Chasing Crow.....2002 Pyramid  
Kyle Coffman.....2004 Pyramid  
Lyndsey Rivers.....2004 Pyramid

The Reno-Sparks Indian Colony Recreation  
will honor 24 inductees from 1948 to 2004  
with special guest  
and KEYNOTE SPEAKER  
RANDY MELENDEZ

The Recreation Program will provide main dish, sides, and drinks. All attendees are respectfully asked to bring a dessert. This is a semi-formal event, for a mature audience only.

For more information, please call the Reno Recreation Office at 329-4930.



## Our Heartfelt Thank You

We would like to express our sincere heartfelt thank you to all who were with us during our time of loss of Reuben Jake Nuno, my husband, our Dad, Grandfather, Greatgrandfather and our Brother. Thank you, Tribal Council, Recreation Staff, Public Works Staff, Administration, Native Winds and friends who helped with the Traditional Dinner. Your hugs, thoughtful words, and prayers were so appreciated. Reuben was part of a caring and loving community. We will always love and miss him. He will always be a part of our lives. He taught us so much. Thank you,

*The Nuno Family*



### HUNGRY VALLEY COMMUNITY

PLEASE BE AWARE THAT SCHOOL CHILDREN WILL BE EXITING OR ENTERING THE SILVER EDUCATION VAN WHEN THE CAUTION LIGHTS ARE FLASHING.

LET'S ALL KEEP OUR CHILDREN SAFE.



### RSIC TRIBAL ELECTION EVENT LOGIC AND ACCURACY TESTING

**When:** November 3, 2017

**Where:** Multipurpose Bld. 34 Reservation Rd.  
Reno, NV89502

**Time:** 6 p.m.

*You are invited to witness the electronic tabulation machines to be tested, sealed and taken by Tribal Police to a secure location before the 2017 Tribal Election.*



For more information, log on to: [www.rsic.org](http://www.rsic.org)

# The RSIC RECREATION Youth Basketball Program



## & **Jam On It Basketball Academy**



proudly presents

**ARMON JOHNSON**

former player of

**UNR & NBA  
PORTLAND TRAILBLAZERS**



*~ also JAM ON IT coaching staff ~*

*Mychal Williams & Bobby Hunter*

**SATURDAY BASKETBALL CLINIC**

**NOVEMBER 4TH  
NOVEMBER 18TH  
10AM - 12NOON**

**HUNGRY VALLY GYMNASIUM**

Open to all RSIC Youth in 4th grade - High school  
must sign up with RSIC Recreation  
participation waivers will need to be signed upon gym entry

for more information please call RSIC Recreation at 329-4930(reno site) or 785-1360(HV site)



# 31st Annual Numaga Indian Days Pow Wow

*Dancers, drummers, runners, warrior winners named; Deadline for senior fund*

## JR GIRLS—TRADITIONAL

3RD PLACE JAZMIN ROSE  
2ND PLACE DELAKA POLACCCA  
1ST PLACE NIYOKI TRUJILLO

## JR GIRLS—FANCY SHAWL

3RD PLACE MARIA LEXIA SANCHEZ  
2ND PLACE ALANI BARR  
1ST PLACE ALEXANDRIA WINDY BOY

## JR GIRLS—JINGLE

3RD PLACE NATALIA CHACON  
2ND PLACE TOSHA MCCLOUD  
1ST PLACE CHESNEY SAMPSON

## JR BOYS—TRADITIONAL

3RD PLACE KOTA BARR  
2ND PLACE JOSEPHY SEPSY  
1ST PLACE BEAR EAGLE TRUJILLO

## JR BOYS—GRASS

3RD PLACE AYDEN SAMPSON  
2ND PLACE LUKAMONTGOMERY-GOMEZ  
1ST PLACE LEVI NEZ

## JR BOYS —FANCY

2ND PLACE TALON JOHNSON  
1ST PLACE DREW CRUTCHER

## TEEN GIRLS—TRADITIONAL

3RD PLACE CIABI DICK  
2ND PLACE TIMINA POWAUKE  
1ST PLACE ONNA PRETTY ON TOP

## TEEN GIRLS—JINGLE

3RD PLACE SHAYLIN ASTOR  
2ND PLACE MARIA RAMIREZ  
1ST PLACE TAMIA TAYLOR

## TEEN GIRLS—FANCY

3RD PLACE DANIA WAHWASUCK  
2ND PLACE AMELIA HENRY  
1ST PLACE CARISSA JACKSON

## TEEN BOYS—TRADITIONAL

3RD PLACE ETHAN NAKAI  
2ND PLACE WILLIAM KAIPA  
1ST PLACE TRENTON CALICA

## TEEN BOYS—GRASS

3RD PLACE CONNIE HUNTER  
2ND PLACE JACOB STUMP  
1ST PLACE RUSTY MCCLOUD

## TEEN BOYS—FANCY

2ND PLACE TYL BEAR  
1ST PLACE DECARIAN SAM

## WOMENS—TRADITIONAL

3RD PLACE ELIZABETH SAM  
2ND PLACE KELLY SMITH  
1ST PLACE JANELLE ERNEST

## WOMENS—FANCY SHAWL

3RD PLACE DAYANN HARRISON  
2ND PLACE MICHELLE MCCAULEY  
1ST PLACE TERESA MELENDEZ

## WOMEN—JINGLE

3RD PLACE ALYSSA WOODY  
2ND PLACE AURORA TOLEDO  
1st PLACE KIA MCCLOUD

## MEN—TRADITIONAL

3RD PLACE ANTHONY HERNANDEZ  
2ND PLACE PEARSON TAHUKA  
1ST PLACE JARED BROWN

## MEN—GRASS

3RD PLACE CHANDLER SAMPSON  
2ND PLACE RICHARD PACHECO  
1ST PLACE NATHEN NEZ

## MEN—FANCY

3RD PLACE JARED JACKSON

2ND PLACE JAMIE WARD

1ST PLACE MANNY TUTUS

## GOLDEN AGE—WOMEN

3RD PLACE CAROLYN B. SMITH  
2ND PLACE PEARL SAMMARIPA  
1ST PLACE CHERYL JOHNSON

## GOLDEN AGE—MEN

3RD PLACE JAMES PHOENIX  
2ND PLACE MERLE SMITH  
1ST PLACE LOREN SAMMARIPA

## DRUM CONTEST

4TH PLACE BATTLE HORSE  
358 POINTS  
3RD PLACE RED HOOP  
416 POINTS  
2ND PLACE THE DESCENDANTS  
430 POINTS  
1ST PLACE YOUNG SPIRIT  
454 POINTS

## SPOTLIGHT SPECIAL

JINGLE ALLISON GEGWETCH  
TRADITIONAL JARED BROWN

## NUMAGA RUN

MEN, WOMEN, ELDER  
1ST PLACE DARRL WADSWORTH  
1ST PLACE SARAH DOUGHTY  
1ST PLACE KEE BENALLY

## NUMAGA WARRIOR MOUNTAIN RUN

MEN, WOMEN  
1ST PLACE ALLEN TATSEY  
1ST PLACE WINTER MCCLOUD

## SENIOR FUND, HOUSING SERVICES, & MEPA REQUESTS

Due to year end purchase and procurement policies, the final day to submit any requests for the Senior Fund, Housing Services, and MEPA programs will be Nov., 16 by 5 pm. Full documentation is required to complete all requests. If your application is not complete, your request cannot be processed. New applications will not be accepted again until January 2018. Please plan accordingly.

**RSIC Housing Department**



## Yoga with Kim

Tuesdays 12:10-12:50pm  
Vinyasa Yoga  
@ 3NWC or 1st Floor Conf Room

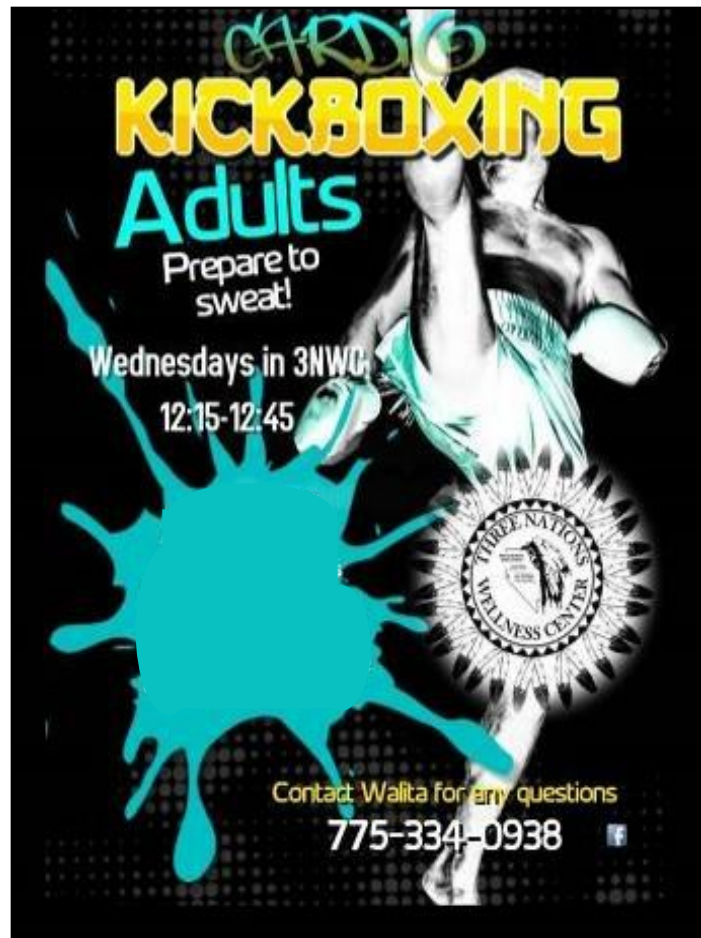
Last Tuesday of the Month  
Gentle Chair-Based Yoga  
12:30-1pm  
@ Senior Center  
Starts October 31st

Thursdays 12:10-12:50pm  
Vinyasa Yoga  
(@3NWC or 1st Floor Conf Room)

Open to RSTHC patients and employees

All levels welcome  
Sign up not required  
All equipment provided

Sponsored by the  
RSTHC Diabetes Program  
Questions? Contact Stacy at 329-5162 x1945



## KICKBOXING Adults

Prepare to sweat!

Wednesdays in 3NWC  
12:15-12:45

THREE NATIONS WELLNESS CENTER

Contact Walita for any questions  
775-334-0938



## WATER FITNESS!!

**FREE TO ALL CHILDREN, DIABETIC, NON-DIABETIC, & SENIOR RSTHC PATIENTS**

**@ Alf Sorenson Community Center**  
1400 Baring Blvd, Sparks

**Senior Water Fitness**  
(55years and older)  
(Transportation available for RSIC Enrolled and Resident Seniors only. Contact Wali for more info (see below) **TUESDAYS & THURSDAYS 9-10AM**

**Senior Water Fitness Saturdays**  
(55years and older)  
(Transportation not available) **SATURDAYS 12-1PM**

**Senior Aquacize**  
(slower paced for 55years and older)  
(Transportation not available) **TUESDAYS & THURSDAYS 10-11AM**

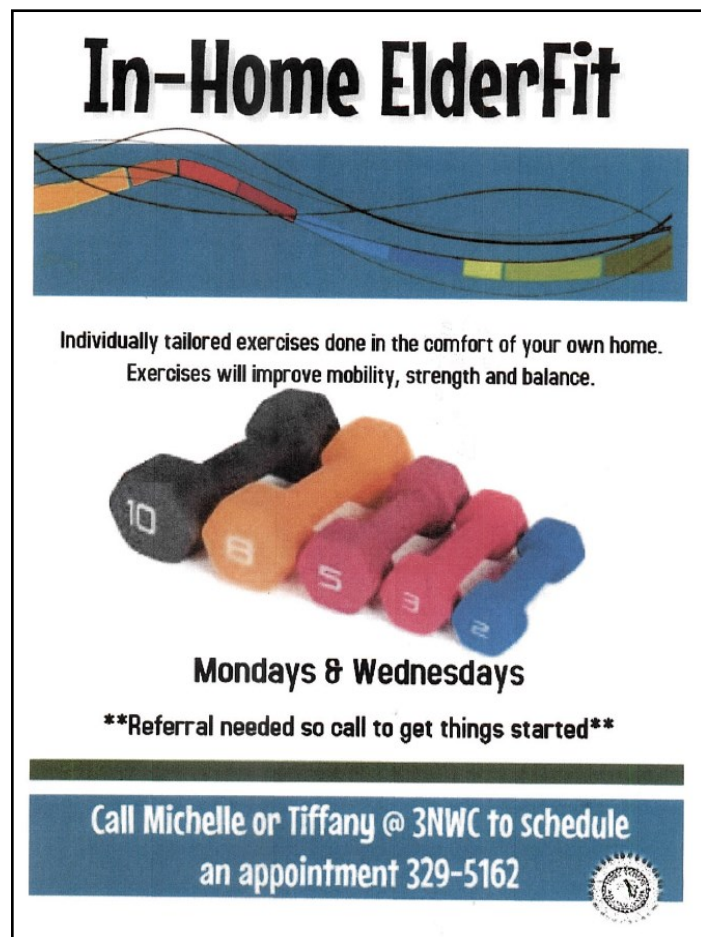
**SWIM LESSONS!**  
Available for all ages  
Build basic water safety or develop your skill.  
(Enrollment Required @ Alf call 353-2385. Paid for by the RSTHC Diabetes Program)  
Go to [www.sparksrec.com](http://www.sparksrec.com) for schedule and reg dates

**Toddler Time!**  
(age 6years or younger)  
Parents must be in the pool with the child  
**MONDAY THRU THURSDAYS 11:30-4:30 CLASS TIMES**

**Lap Swimming**  
(all ages)  
**MON-THURS 6-9AM, 9-11AM, 11-1:30, 1:30-3PM**  
**SATURDAYS 12-5:45PM**

**Sponsored by the RSTHC Diabetes Program**

**QUESTIONS? Contact Wali at 329-5162 x1947 or Stacy x1945**



## In-Home ElderFit

Individually tailored exercises done in the comfort of your own home.  
Exercises will improve mobility, strength and balance.

**Mondays & Wednesdays**

**\*\*Referral needed so call to get things started\*\***

**Call Michelle or Tiffany @ 3NWC to schedule an appointment 329-5162**



# Tai Chi

with 3NWC trainer Christian Lee

**FRIDAYS**

**from 12-1pm at 3NWC**

*No Sign Up required  
Rolling admission*

*All Ages and Levels welcome*

*This gentle form of  
exercise can help  
maintain strength,  
flexibility, and  
balance.*

*meditation in motion  
and  
meditation in motion*

Tai Chi



Balance, Tranquility, Strength

# RSIC 477 PROGRAM

**WORKFORCE INVESTMENT ACT**

**CHILD CARE DEVELOPMENT FUND**

**HIGHER EDUCATION**


**JOB TRAINING AND PLACEMENT**

**JOHNSON O'MALLEY**

**GENERAL ASSISTANCE**



Eligibility Questions?  
Contact Sam Rambeau 477 Case Manager  
775-329-6114  
RSIC Education Dept.  
34 Reservation Rd. BLDG. D



**LET'S SPINN**  
SPINNING WITH MICHELLE

**FITNESS**


AWESOME CALORIE BURNER AND FITNESS BOOSTER

WEDNESDAYS @ 3NWC  
5:30-6:15PM

Questions Contact Michelle @ 329-5162

Gentle yoga for  
joint troubles or to  
gently increase flexibility

**chair yoga**



**Chair-Based Yoga At the Senior Center**  
Last Tuesday of  
every month  
12:30-1:00  
Starts October 31st

All ages and abilities welcome  
All equipment provided  
Sign Up not required

**Benefits of Yoga**

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration
- energy and vitality
- Improved athletic performance
- Protection from injury
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health

Questions?  
Contact Stacy  
329-5162 x1945  
Sponsored by the  
RSIC Diabetes  
Program

# Legal Notices, Public Announcements

*Request for name change, tribal committee vacancies*

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## IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY

### RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE

Notice is hereby given that the Petitioner, Jose Deras, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno- Sparks Tribal Court, Case No.CV-NC-2017-0049, praying that said Court enter an Order changing the present legal name of Jose Deras, to the name of Jose Melendez, 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 9th day of October, 2017

Henrietta A. Tobey  
Clerk of Court Court  
Reno-Sparks Tribal

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### LAW AND ORDER

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, is 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 an applications to the Tribal Administrator's Office located at 34 Reservation Rd.

## EXECUTIVE HEALTH BOARD

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative to fill a vacancy 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. The 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 and have it time stamped to:

**The Executive Health Board**  
c/o Reno-Sparks Tribal Health Center  
34 Reservation Road  
Reno, NV 89502

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## EDUCATION

The Education Advisory Committee advises and comments on Education Department programs that serve RSIC children, families and community members. The Education Advisory Committee membership consists of five members who meet monthly and are provided a monthly meeting stipend for participation. The committee members will consist of three tribal members and two community residents. Under the Federal Guide-lines 25 CFR §273.15, "Indian Education Committees are elected from among parents or legal guardians of eligible Indian students enrolled in the school(s) affected by a contract(s)." The members are appointed by the Tribal Council and shall serve a term of two years. The committee members must abide by the Tribal Council Standing Rules & Statement of Confidentiality. Please submit a letter of interest to: *Reno-Sparks Indian Colony, Education Department, 34 Reservation Road, Reno, NV 89502.*



# Public Announcements, Community Letter

*Pow wow, Housing volunteers needed, Native American inmates thank sponsors*

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

The Numaga Indian Days Pow Wow committee is seeking Reno-Sparks Indian Colony Tribal members to serve on its committee. There are **TWO** 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 Numaga Indian Days Pow Wow committee member, please submit your completed application to:

**Reno-Sparks Indian Colony  
Pow Wow Committee**  
ATTN: Tribal Administrator  
34 Reservation Road  
Reno NV 89502

## **Recruitment for Housing Advisory Board**

HAB is actively seeking interested community members to sit on the Housing Advisory Board.

If you are interested in being a member of the Housing Advisory Board, please submit a letter of interest to:

**Tom Dressler**  
RSIC Housing Director  
c/o 34 Reservation Road  
Reno, NV 89502

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

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"Hello, We the Native American inmate population known as "the Tribe" at the Warm Springs Correctional Center in Carson City, hereby respectfully submit this letter to the Camp News.

We would like to acknowledge the work our sponsors have been doing for us here at the Facility, We are filled with blessings and gratitude for these people and we would like to thank the following members of the community for assisting us in our endeavors, Mr. Rocky Boice Sr, Mr. Mike Williams, and Mr. Ray Valdez.

We thank them for their efforts in helping us gather wood, lava rocks, and medicinal items for our Sweat Lodge, and just recently we were able to acquire willows to build a new sweat lodge.

So we thank you guys and we pray for you and your families as we find ourselves in this fall and winter seasons, Take Care and may the Great Spirit be with you always."

Sincerely, "The Tribe"

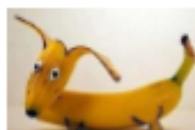
# November



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>* Vitamin C - Daily + Vitamin A - 3 X Week 1% Milk - Daily</b></p>	<p><b>~ Reminder ~ To call before 10:00 a.m. to cancel your meal delivery</b></p>	<p>1) Chef's salad +* Breadstick Mini Heirloom Tomatoes+ Tropical Fruit* Milk</p>	<p>2) Chicken Pot Pie Peas and Carrots+ Apricots* Milk</p> 	<p>3) Soft Taco on Whole Wheat Ground Turkey Lettuce and Tomato+ Southwestern Corn+ Fruit Cocktail* Milk</p>
<p>6) Liver and Onions Egg Noodles Carrots and Cauliflower+* Orange* Milk</p>	<p>7) Cream of Potato Soup Spring Mix salad+* Crackers Pineapple* Milk</p> 	<p>8) Veggie Lasagna+* Green Salad Pears* Milk</p>	<p>9) Brunch Whole Wheat Pancakes Turkey Sausage Cantaloupe* V-8 juice +*</p>	<p>10) <b>Holiday Closed</b> Veterans Day</p>  <p><b>No lunch delivered or served</b></p>
<p>13) BLT Wrap on Whole Wheat Bread Lettuce and Tomato+ Sun Chips Banana* Sugar Free Pudding Milk</p>	<p>14) Green Chili Chicken Stew Spring mix salad+* Tomato wedges+ Tortilla Mandarin Oranges* Milk</p> 	<p>15) BBQ Pork sandwich on Whole Wheat Roll Coleslaw+* Mixed Fruit* Milk</p>	<p>16) <b>Birthday Bingo</b> <i>Thanksgiving Lunch</i> Turkey Stuffing w gravy Mixed Veggies+* Peaches* Pumpkin Pie Milk</p>	<p>17) Brunch Veggie Scramble +* Whole Wheat bagel Grapes* Cranberry juice Milk</p>
<p>20) <b>Commodity Distribution</b> Turkey and Cheese on Whole Wheat Lettuce and Tomato+ Baked lays Orange* Milk</p> 	<p>21) Tilapia Rice Pilaf Zucchini and Carrot Mix+* Apricots* Milk</p>	<p>22) Early brunch. 930 to 1130 Center closes at noon Honey Nut Cereal Boiled Egg Tomato and Cucumber salad* Mixed berries* Milk</p>	<p>23) <b>Closed</b></p>  <p>No lunch delivered or served</p>	<p>24) <b>Closed</b></p>
<p>27) Pork Fried Rice Peas and Carrots+ Fresh Pineapple and Mandarin Oranges* Fortune Cookie Milk</p>	<p>28) Minestrone Soup Egg Salad Sandwich on Whole Wheat Lettuce and Tomato+ Fruited Jell-O*</p>	<p>29) Turkey Meatloaf Mashed potatoes Mixed Veggies+ Peaches* Milk</p>	<p>30) Veggie Pizza+ Cucumber Slices* Banana Milk</p> 	<p>Dec 1) Steak fajita Bell Peppers and Onions Refried beans Lettuce+ Mandarin Oranges *</p>



**Just a reminder to tie up your dog**



# November

**Reno-Sparks Indian Colony  
Senior Program Activities  
34 Reservation Road  
Reno, NV 89502  
775-329-4930**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Eldorado Christmas Dinner &amp; Show December 3 - Sunday Show at 2 pm, Dinner at 4 pm Call or stop by to sign up, limited tickets...329-9929</i></p> 		<p>1 11:30 am Blood Pressure Check 12:45 pm Language Class</p>	<p>2 1 pm Errand Day shopping, bill pay, clinic, pharmacy</p>	<p>3 9 am Respite Caregiver Support Group Meeting 12:30 pm Tone &amp; Fit Class</p>
<p>6 12:30 pm Tone and Fit Class 1 pm Advisory Committee Meeting</p>	<p>7 5:30 pm  Reno and Potluck <i>Bring a food dish and 2 prizes</i></p>	<p>8 11:30 am Blood Pressure Check 12:45 pm Language Class</p>	<p>9 12:30 pm Sparks Galaxy Theater</p>	<p>10 Holiday – Closed</p>  <p><i>Diner 5 pm at Reno Gym</i></p>
<p>13 12:30 pm Tone and Fit Class</p> 	<p>14 12 pm Tribal Police Presentation</p> 	<p>15 10 am Chair Volleyball @ gym 11:30 am Blood Pressure Check 12 pm Environmental Presentation 12:45 pm Language Class</p>	<p>16 12:30 pm  <b>Thanksgiving Lunch and</b> </p>	<p>17</p> 
<p>20 8 am Commodities <i>* Must be picked up at the Senior Center</i> 12 pm Food Pantry <i>* Must be picked up at the Senior Center</i> 12:30 pm Tone and Fit Class</p>	<p>21 1 pm Errand Day shopping, bill pay, clinic, pharmacy</p>	<p>22 9:30–11:30 am Early Brunch &amp; home delivery Center will be closed at 12 pm  <u>*Cancelled</u> Language Class</p>	<p>23 Holiday-Closed No lunch served or delivered</p>	<p>24 Holiday-Closed No lunch served or delivered</p>
<p>27 12:30 pm Tone and Fit Class</p>	<p>28 12:30 pm Century Theaters</p> 	<p>29 11:30 am Blood Pressure Check 12 pm Community Health Education Presentation 12:45 pm Language Class</p> 	<p>30</p> 	

EAGLE WINGS FUNDRAISER

# AFTER THANKSGIVING CRAFT FAIR

November 24th & 25th



**Raffle  
Consession  
Over 40 Vendors  
Canned Food  
Drive**

**Reno Sparks Indian Colony Gym  
34 Reservation Rd. 89502**

RSIC

**Vendor space is still available  
\$60 – 2 days**

**\$30-1 day • one raffle prize.**

**Payment must be received prior to event**

**Make money orders out to the :  
RSIC Eagle Wings Dance group**

**Vendors must bring own tables and chairs  
Set up is gam daily.**

## CONTACT INFO

LOIS KANE 775-425-3804

STACEY BURNS 775-785-1321

ADRIANA GUITERREZ 775-785-1320



*Continued from page 5*

modern United States government often tested and withheld vaccinations on, and from disabled, imprisoned, and people of color.

However, today, the highest ranking leaders of Indian Health Service---Acting Director Michael Weahkee to Principal Deputy Director Mary Smith — recommend that all Native Americans get a flu shot.

Dr. Noble recommends a flu shot for everyone 6 months or older, but particularly for vulnerable members of our community such as elders,

pregnant women, and anyone with a chronic disease such as asthma, diabetes type 1 or 2, or HIV/AIDS.

The CDC recommends flu shots to reduce chances of becoming sick with the flu and passing it along to others. The national health protection agency states that if you have received a flu shot it can also reduce the severity of symptoms if you do catch the flu.

The RSTHC is a tribally-owned and operated comprehensive clinic. The health center is committed to enhancing the quality of life of all of American

Indians by providing a culturally competent and patient-centered continuum of care.

The RSTHC has a staff of over 100 employees and recorded over 50,000 patient encounters in 2016. These encounters ranged from a simple check-up to chronic and acute conditions, or pre-natal visits, to name just a few.

Since opening in its new location in 2008, this 65,000-square-foot clinic offers specialty care in podiatry, ophthalmology, physical therapy, diabetes treatment and awareness, women's health, psychiatry, substance abuse counseling, and more.



**Fun, Educational Activities** — *To ensure that children, elders and all foot-travelers at the Reno-Sparks Indian Colony have a designated place to walk and play, the Colony's Planning Department worked with the City of Reno to improve safety. From the west side to the east side of Reservation Road, drivers and pedestrians must share the responsibility of keeping themselves and others safe, and the clearly marked cross walk and signage makes a positive difference. Last week, students from the RSIC Head Start Program practices their stop, look, listen skills as they were supervised crossing the Reservation Road, one of the busiest streets on the Colony. Last year, the National Highway Traffic Safety Administration reported that in the United States, about 69,000 pedestrians were injured and approximately 13,000 of those injured were age 14 and younger. Moreover, 207 children age 14 and younger were killed in pedestrian accidents. Also, according to the American College of Emergency Physicians, 43 percent of youth pedestrian fatalities happen after school, between the hours of 4-8 p.m., and 49 percent of pedestrian fatalities occurred on a Friday, Saturday, or Sunday. January 1 (New Year's Day) and October 31 (Halloween) are the two most deadly days of the year for pedestrians.*