



THE CAMP NEWS

VOLUME XIV ISSUE 5

MAY-2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Memorial Day Ceremony Marked By Reflection, Music

Native American Veterans, families honor Native warriors lost, those currently serving

On arguably the most pleasant day of 2018---sunshine, temperatures in the mid-70s, and a slight breeze--nearly 100 people attended two ceremonies of remembrance on Memorial Day dedicated to Native American warriors.

"Today is a day to put all differences aside and really focus on all the good," Reno-Sparks Indian Colony Chairman Arlan D. Melendez told the crowds gathered at Mountain View Cemetery and Hungry Valley Cemetery, respectively. "On Memorial Day, we can come together and reflect on the past sacrifices of the American Indian soldier as so many of our relatives and friends have given of themselves, so selflessly. American Indians have served in the military at a higher proportion than any other ethnic group and it may be because our warriors have defended our land before the United States was established"

At one time deemed Decoration Day, the federal holiday now called Memorial Day is an American holiday, honoring the men and women who died while serving in the U.S. military. It

originated in the years following the Civil War and became an official federal holiday in 1971.

Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. That certainly was the scene at both Mountain View and Hungry Valley cemeteries. All together, about 15 RSIC Veterans are interred at the two locations. Several generations placed

flowers, freshened plots and shared memories of their lost loved ones.

Chairman Melendez read the names of the deceased Veterans, giving special note to the women who served the nation and those whom continue to answer the call.

"At the Reno-Sparks Indian Colony, we have been blessed with the service of Vira Aleck, Ethel Dixon, Margaret Harjo,

Continued on page 5



Honor, Respect, Dignity — The recently formed Reno-Sparks Indian Colony Color Guard participated in the Tribe's annual Memorial Day ceremonies. The mission of this elite group is to honor past, present and future Native Warriors. At the gathering at the Hungry Valley Cemetery, the RSIC Color Guard added pride and precision to the solemn event.



2ND ANNUAL NATIVE AMERICAN BASKETBALL

ALL-STAR SHOWCASE

JUNE 19, 2018 ★ WOOSTER HIGH SCHOOL ★ RENO, NEVADA
1331 Plumb Lane | Reno, NV 89502

ALL-STAR GAME TIME:
BOYS 5:30 p.m. | GIRLS 7:00 p.m.

ADMISSION: \$5.00 ADULT | \$3.00 STUDENT | \$1.00 SENIORS | \$1.00 YOUTH 6 & UNDER

The 2nd Annual Native American High School Basketball Showcase will bring together the top native varsity players and all native coaching staff from the Northern Nevada 1-A, 2-A, 3-A, and 4-A High School divisions. The All-Star games will provide an opportunity for these top native varsity players to come and play together. We hope you will join us in supporting these young student athletes while they showcase their basketball talent.

◀◀ Information, call 775-329-4930 or Email jwadsworth@rsic.org - In conjunction, all proceeds support Wooster High School Basketball program ▶▶

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 (775) 329-2936.

ELECTRONIC EDITION

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

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

Important JUNE dates

4 MONDAY

Education Advisory Committee Meeting, Education Conference Room, Noon
Senior Advisory Committee Meeting, Senior Center, 1 p.m.
RSIC Pow Wow Club, RSTHC, 1st Floor Conference Room, 6 p.m.

5 TUESDAY

Enrollment Advisory Committee Meeting, Enrollment Office, Noon

6 WEDNESDAY

Law & Order Committee Meeting, Tribal Court, 6 p.m.

8 FRIDAY

Last Day For Early Voting in 2018 Primary Election
Washoe County School District Last Day

11 MONDAY

Constitution Revision Work Group, 34 Reservation Rd., 6 p.m.
Recreation Department Summer Kick Off Party

12 TUESDAY

Primary Election Day, Vaughn Middle School / Spanish Springs High, 7 a.m.
Summer Food Starts, 34 Reservation Rd., Hungry Valley Ed., 8:30 a.m., 11:30 a.m.
Diabetes & Neuropathy Seminar, Hungry Valley Recreation Center, Noon
Diabetes & Neuropathy Seminar, RSTHC, 5:30 p.m.

13 WEDNESDAY

Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.

15 SUNDAY

Father's Day

18 MONDAY

RSIC Recreation Summer Camp Starts
Executive Health Board Meeting, RSTHC, 5:30 p.m.

19 TUESDAY

Commodity Distribution, Senior Center, 8 a.m.
Grant Writing 101, TA Conference Room, 9 a.m.
Native American High School Basketball Showcase, Wooster High, 5:30 p.m.
Father's Dinner, RSIC Senior Center, 6 p.m.
Adult Cooking Class, Nothing to It! 6 p.m.

22 FRIDAY

Reno Colony Cleanup, 8 a.m.

25 MONDAY

Housing Advisory Board, Hungry Valley Recreation Center, 6 p.m.

27 WEDNESDAY

3rd Annual Gathering of Native Youth conference, RSIC Gym, 9 a.m.
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.

28 THURSDAY

3rd Annual Gathering of Native Youth conference, RSIC Gym, 9 a.m.
Countdown to Your Health-Kids Edition, RSTHC, 5:30 p.m.

For an updated listing of all activities and events, please see:

www.rsic.org









KNOW THE DIFFERENCE



Non-emergency

An increase in non-emergency calls to 911 is placing a strain on dispatchers, first responders, and healthcare organizations. Regional response agencies are working together on a public education effort to draw attention to the over utilization of the 911 system and how that affects the response by emergency personnel to life-threatening emergencies.

- 9-1-1 is for police, fire and medical emergencies. It is not for matters like neighbor complaints, general medical questions, having a sick pet, or reporting a broken fire hydrant.
- Be sure to lock your phone before putting it in your purse or pocket.
- If you and/or others are not in immediate harm or danger use your respective jurisdictional non-emergency line.

<p>Reno-Sparks Indian Colony</p> <p>NON-EMERGENCY</p>  <p>775-323-2677</p> <p>The non-emergency number for the Reno-Sparks Indian Colony</p>	<p>City of Reno</p> <p>NON-EMERGENCY</p>  <p>775-334-COPS 775-334-2677</p> <p>The non-emergency number for City of Reno</p>	<p>City of Sparks</p> <p>NON-EMERGENCY</p>  <p>775-353-2231</p> <p>The non-emergency number for City of Sparks.</p>	<p>Washoe County</p> <p>NON-EMERGENCY</p>  <p>775-785-WCSO 775-785-9276</p> <p>The non-emergency number for the unincorporated areas of Washoe County</p>
<p>Pyramid Lake Paiute Tribe</p> <p>NON-EMERGENCY</p>  <p>775-547-0444</p> <p>The non-emergency number for Pyramid Lake Paiute Tribe Police.</p>	<p>Hometown Health Hotline</p> <p>NON-EMERGENCY</p>  <p>775-982-5757</p> <p>Non-emergency medical questions</p>	<p>REMSA Nurse Health Line</p> <p>NON-EMERGENCY</p>  <p>775-858-1000</p> <p>Designed for individuals who have minor medical problems or questions.</p>	<p>Washoe311</p> <p>NON-EMERGENCY</p>  <p>311</p> <p>County government services and general information.</p>

and Beatrice Thayer, and today, that strength continues in our active military members like Victoria Parker and Kaylea Phoenix,” Chairman Melendez said. “We are grateful for their warrior spirit, and we are humbled by the ever-present quest for peace.”

As Memorial Day emphasizes those soldiers who have died in battle, Chairman Melendez respectfully remembered Private First Class (PFC) John Aleck.

A United States Marine, PFC Aleck was killed during the Vietnam Conflict in 1969, the only known RSIC tribal member who has perished during war-time.

PFC Aleck was born in 1947. The eldest sibling of nine, primarily raised by his mother, PFC Aleck grew up on the Colony and attended Stewart Indian School before enlisting

Continued on back cover



Valor — Family members placed U.S. flags and flowers in honor of Reno-Sparks Indian Colony Veterans who are interned at Mountain View Cemetery. Pictured above are: Nida Harjo and her niece Cassandra. Below are Steven and Marisa Nuno.

Welcome Home

In the rising of the sun and in its going down,
we remember them.
In the blowing of the wind and in the chill of winter,
we remember them.
In the opening of the buds and in the rebirth of spring,
we remember them.
In the blue-ness of the skies and the warmth of summer,
we remember them.
In the rustling of the leaves and in the beauty of autumn,
we remember them.
In the beginning of the year and when it ends,
we remember them.
When we are weary and we need strength,
we remember them.
When we are lost and sick of heart,
we remember them.
When we have joy and special celebrations we yearn to share,
we remember them.
When we see our nations young marching behind our flag, or hear "taps,"
we remember them.
So long as we live, they too shall live, for they are part of us.
And when we answer the final roll, we know the Soldier - will fulfill duty, and
greet us with the words of compassion, and friendship, peace and love.
—Anonymous : Presented by Rev. Augustin Jorquez



**2017-2018
BEST CULTURAL
HERITAGE
EXPERIENCE**

STEWART FATHER'S DAY POWWOW

JUNE 15-17, 2018

5500 SNYDER AVE.,

CARSON CITY, NV 89701

THIS IS AN ALCOHOL AND DRUG FREE EVENT

Grand Entry Times

Friday 7:00PM

Saturday 1:00PM & 7:00PM

Sunday 12:00PM

Master of Ceremonies:
Gridley Hilpert
Sun Valley, NV

Arena Director:
Art Martinez
Carson City, NV

Head Man:
Emerson Nakai
Cedar City, UT

Head Lady:
Donna Jackson
Owyhee, NV

Head Teen Boy:
Ethan Nakai
Cedar City, UT

Head Teen Girl:
Andrea Lathrop
Carson City, NV

Host Drum:
TBA

General Information
Open to the Public - Free Admission
Dry Camping is Available
Please Bring Your Own Chairs

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

Sponsored in part by:



Activities
Stewart Alumni Reception
Competition Dancing
Food Vendors
Arts & Craft Vendors
Special Events & Exhibits
Gourd Dancing Sat/Sun 11am-1pm
5K Color Fun Run

5K Sponsored by Washoe Tribe Law Enforcement, Juvenile Probation, Truancy, Domestic Violence and Native TANF. All proceeds benefit the Cultural Exchange with Washoyo Chumash Village trip. For more information call Filomena Smokey at 775-853-7794.



General Info: Denise M. Becker
775-687-7605 or dmbecker@nic.nv.gov

Vendor Info: Sari Nichols
775-687-7603 or snichols@nic.nv.gov

For information and related forms, visit
StewartIndianSchool.com/fathers-day-powwow

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

2018 Primary Election Early Voting Underway

Chairman's completed sample ballots distributed; Need a ride to vote, call 329-2936

Early voting for the 2018 Primary Election is underway and will be through Friday, June 8.

For those voters waiting until Election Day, polls will open at 7 a.m. until 7 p.m., on Tuesday, June 12.

Residents of the Colony will vote at Vaughn Middle School, 1200 Bresson Ave., while residents of Hungry Valley will vote at Spanish Springs High, 1065 Eagle Canyon Dr.

Please see newsletter insert for completed sample ballots for both Colony and Hungry Valley residents.

These ballots were compiled by the Reno-Sparks Indian Colony (RSIC) Chairman's Office in consultation with Strategies 360, the Tribe's research, public affairs, and communications firm.

For the 2018 General Election which will be held on Tuesday, Nov. 6, the Reno-Sparks Indian Colony Tribal Council has successfully requested an election day polling place in Hungry Valley.

"We are committed to providing voting at this location for the General Election," said Deanna Spikula, Washoe County Registrar of Voters.

If you know someone who is interested in working at the Hungry Valley voting site for the General Election on Tuesday, Nov. 6, please leave a message at: (775) 329-2936, ext. 3268.

Primary Election Early Voting Locations

- ◀Downtown Reno Library
301 S. Center St., Reno
- ◀Legends at Sparks Marina
1310 Scheels Dr., Sparks
- ◀Pyramid Lake Paiute Tribe
208 Capitol Hill, Nixon
- ◀Raley's Store #102
2895 N. McCarran, Sparks
- ◀Raley's Store #105
1630 Robb Dr., Reno
- ◀Raley's Store #106
701 Keystone Ave., Reno
- ◀Raley's Store #108
18144 Wedge Pkwy, Reno
- ◀Raley's Store #110
2389 Wingfield Hills, Sparks
- ◀Raley's Store #113
930 Tahoe Blvd., Incline Village
- ◀Raley's Store #115
1075 North Hills Blvd., Reno
- ◀Raley's Store #118
3310 S. McCarran Blvd.
- ◀Registrar of Voters Office
1001 E 9th St., Reno
- ◀Reno Town Mall
4001 S. Virginia St., Reno
- ◀Sak 'N Save Food Store
1901 Silverada Blvd., Reno
- ◀Scolari's Store/Raley's Store
4788 Caughlin Pkwy, Reno
- ◀Shoppers Square
370 Casazza Dr., Reno
- ◀South Valleys Library
15650A Wedge Pkwy, Reno
- ◀Spanish Springs Library
7100 Pyramid Hwy, Sparks
- ◀Sparks Library
1125 12th St., Sparks
- ◀Sun Valley Center
5055 Sun Valley Blvd.



ELECTION 2018

IMPORTANT DATES

Primary Election
early voting...
now through June 8

Election Day
Tuesday, June 12

Colony Residents vote
at Vaughn Middle School,
1200 Bresson Ave.
Hungry Valley Residents will
vote at Spanish Springs High,
1065 Eagle Canyon Dr.

Voter Registration for

General Election

DEADLINES

Oct. 9 – by mail
Oct. 16 – in person
Oct. 18 – on line
General Election
Early Voting
Oct. 20 – Nov. 2

Election Day
Tuesday, Nov. 6



Limebike Available at the Reno-Sparks Indian Colony

Community encouraged to use bikes to help environment, for better health

Thirty bright green bicycles have been strategically placed in seven locations on the Reno-Sparks Indian Colony, and the early sentiment seems positive.

"This is such a cool idea," said Jennifer Katenay, manager of the Reno-Sparks Tribal Health Center's Purchased Referred Care. "I love that these bikes are available to everyone."

Katenay isn't the only one happy about the bike share.

"The Reno-Sparks Indian Colony is pleased to work with all of the partners in the region to bring this innovative transportation option to the area," said RSIC Chairman Arlan D. Melendez. "Even though there are over 570 federally recognized tribes in the United States, all Native American communities are traditionally linked to our environment and caring for mother earth fits our tribal values."

LimeBike is the leading U.S. smart mobility company. Its leadership said at a regional launch event, that the business is proud to serve the RSIC as the first bikeshare company to launch in Indian Country.

"As an urban based tribe, reducing automobile traffic and improving the mobility of residents is very attractive," Chairman Melendez said. "Our Tribal leadership always takes pride in initiating cutting-edge ideas to benefit our community and this bike share is ideal."

At the Colony, Limebikes have been placed on the

RSTHC, the Colony gym, the administration building, on both sides of the pedestrian bridge across 2nd street, and near the underpass and the RTC bus stop near Three Nations Walmart.

Besides the Colony, Sparks, Reno, Washoe County, the University of Nevada and the Regional Transportation Commission (RTC) are part of a collaborative effort to enhance mobility in the Truckee Meadows region.

The RTC has also been an essential partner that brought the entities together to explore bikeshare as a mobility solution to better serve citizens and visitors. The RTC developed and administered a compre-

hensive transportation/bike use survey to thousands of area residents.

"For staff, it's terrific to have the option of jumping on a Limebike and peddling to a meeting across the Colony," said Stacey Montooth, the RSIC Public Information Officer. "I look forward to reducing automobile traffic and not polluting the air, by riding a bike when I get an opportunity."

The Limebike launched its pilot program on May 14 during National Bike to Work Week.

"May 14th marked a new day for Reno-area transportation, as we are truly excited to deploy nearly 1,000 LimeBike bicycles into the Truckee Meadows

Continued on page 9



Test Drive — Officer Angelo Hafalla took a Limebike out for a spin during the Truckee Meadows launch of the bike share. Several of the bright green bikes have been placed around the Reno-Sparks Indian Colony. To ride, a user needs to download the Limebike app and follow the directions to unlock the bike. Riders can use a promo code LIMERENO to receive \$3 in ride credits. LimeBikes cost \$1 per 30-minutes. For students, faculty, and staff with a valid ".EDU" e-mail address, the cost is \$.50 per 30-minutes.

community,” Reno Mayor Hillary Schieve said. “The implementation of LimeBike in our region will include the latest national and state safety requirements, advanced mobile technology and continued interaction with users such as surveys. I’m particularly glad that our students and seniors will be able to use these services at a discounted rate.”

Riders can use the promo code LIMERENO to receive \$3 in ride credits.

All bikes are GPS and 3G-enabled, making it simple for riders to find, unlock and pick up a nearby bike using a smartphone.

When the ride is finished, riders simply lock the bike’s back wheel and responsibly park between the pedestrian-designated sidewalk and the street curb, or at a bike rack.

The regional system will allow riders to pick up and drop off bikes anywhere in the service area, providing unlimited access to reliable transportation. LimeBike’s rides cost just \$1, or 50 cents



Bicycle, Bicycle — Cheryl Johnson, Teri Larson, and Lawana Martinez get ready to ride.

for students, seniors and low-income residents, per 30-minute time block.

Those associated with the RSIC should use the website: www.limebike.com/communityimpact/ for a special rate.

“Not only are we excited to make our first launch in Nevada, we are thrilled that this has been a regional, collaborative effort to provide a new affordable, sustainable transportation solution,” said Gabriel Scheer, LimeBike Director of Strategic Development.

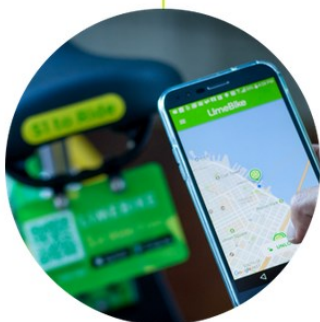
However, organizers are

quick to point out that the RSIC does not own the bikeshare. LimeBike handles all operations, maintenance, customer service, and marketing for the system.

Inquires about usage, maintenance, or customer service should be email: support@limebike.com.

Of course, if you see a bicycle parked improperly, please place it in a proper position and / or location.

“The premise is simple. You spot a bike, download the app, unlock the bike, and ride away for about \$1 an hour,” said



Find a bike nearby

Use our app to find bikes using GPS



Unlock and ride

Scan any bike to unlock and start your ride



Park and Lock

Park wherever a bike is allowed. Close the lock to end your trip

Remember Road Rules: Helmet Required

Protective headgear required while riding bicycles on Tribal land

Per Reno-Sparks Indian Colony Law and Order Code, Section 5-3-505 addresses bicycle riding. The information reads as follows:

Helmet Required.

(b) Bicycles. non-motorized scooters. skateboards. All persons riding bicycles, non-motorized scooters or skateboards on Colony Lands must wear protective headgear in compliance with 16 C.F.R. Part 1203.

The helmet must be of good fit and fastened securely upon the person's head at all times.

The helmet must also meet the standards of the Consumer Product Safety Commission.

Penalty:

\$25 fine and completion of a safety education program offered by the Tribal Clinic.

Section 5-3-506.

Responsibility of Parent of Minor.

The parent, legal guardian or custodian of a minor shall not authorize, knowingly permit, or negligently cause such minor to violate any provision of this Traffic Code.

Penalty:

\$25 fine.

Part 6.

Bicyclist Duties and Violations Section 5-3-601.

Traffic Code Applies to Persons Riding Bicycles. Every person riding a bicycle upon a roadway has all of the rights and is subject to all of the duties applicable to the driver of a vehicle, except those provisions in this Traffic Code which by their nature can have no application.

Section 5-3-602.

Operation of Bicycles on Roadway.

(a) Every person operating a bicycle upon a roadway shall ride as near as practical to the right side of the road.

(b) Persons riding bicycles upon a roadway shall not ride more than two abreast.

Section 5-3-603.

Duty to Exercise Reasonable Care.

All bicycle riders shall exercise reasonable care to avoid injury to themselves and to other persons, and to avoid damage to any property. If a person fails to exercise reasonable care, a civil action may be brought in Tribal Court to recover the damages



Photo Provided By RSIC Tribal Police

Good Work — Reno-Sparks Indian Colony Tribal Police Sgt. Lance Avansino (left) and Acting Police Chief Nida Harjo (right) presented a plaque of appreciation to Karen Burch. According to the RSIC Police Department leadership, Burch, who recently retired from her position as a computer specialist for the Washoe County Sheriff's Office, provided invaluable service to the Colony's first responders. Burch led the Washoe County Sheriff's Computer Automation Project Team which was formed in 2000 to integrate the correction management, records management, automated reporting and computer aided dispatch systems. For several years, the RSIC has contracted with Washoe County to use its dispatch services, which is vital to responding to 911 calls from the RSIC community and others needing law enforcement on Tribal lands. In addition, RSIC Tribal Police Investigator Karl Fredericks also participated in the presentation.

Introducing: COUNTDOWN TO YOUR HEALTH-KIDS EDITION!

Every Thursday night @ 5:30 pm beginning June 28th-August 9th

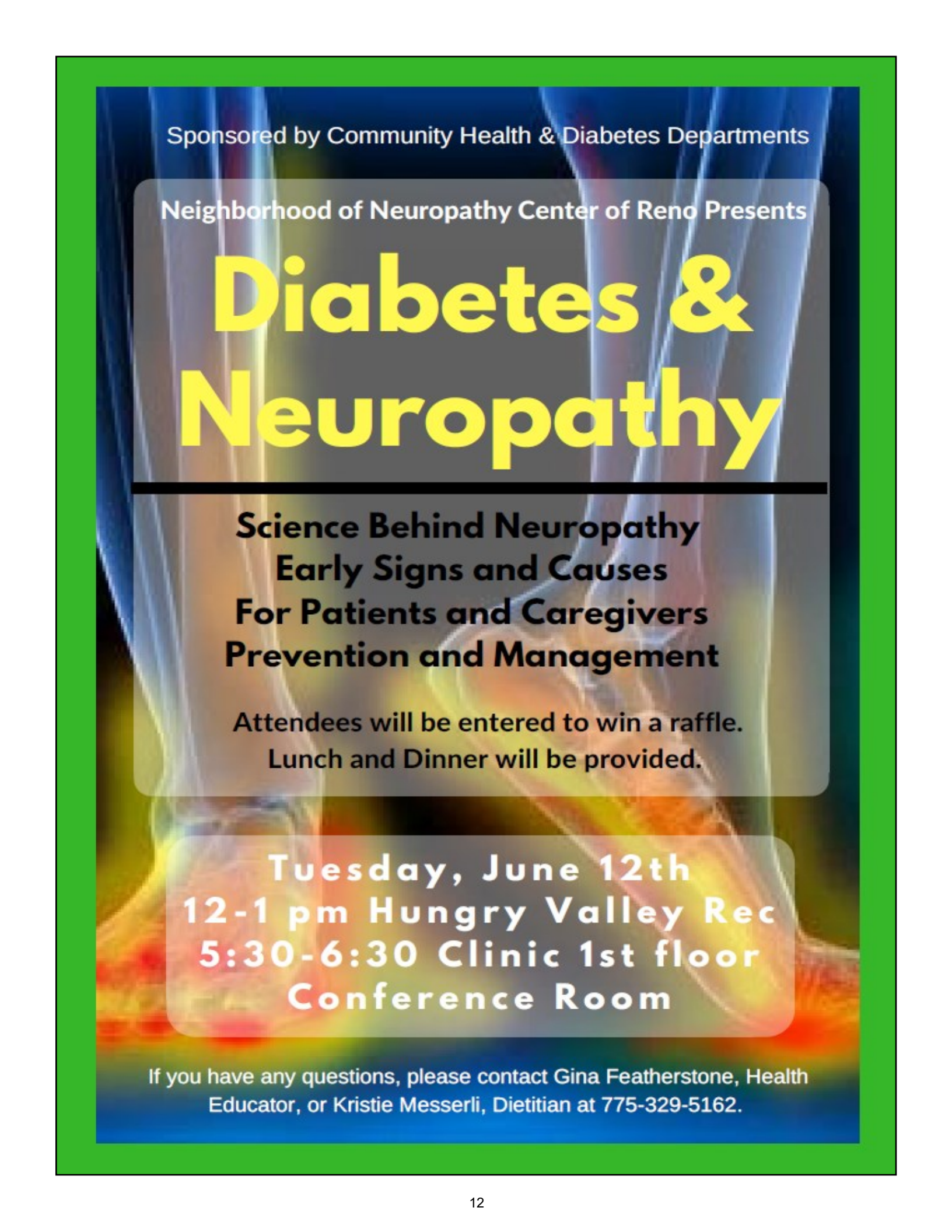


LIVE 5 4 3 2 1
numbers to live by
COUNTDOWN TO YOUR HEALTH



- Ages 7-12
- 7 week education on health and wellness taught by Kristie Messerli, Dietitian and Gina Featherstone, Health Educator
- Parents MUST attend classes with child
- Sign Ups REQUIRED
- Contact Kristie Messerli to register your child @ 324-5162

Sponsored by Community Health and Diabetes Departments



Sponsored by Community Health & Diabetes Departments

Neighborhood of Neuropathy Center of Reno Presents

Diabetes & Neuropathy

**Science Behind Neuropathy
Early Signs and Causes
For Patients and Caregivers
Prevention and Management**

Attendees will be entered to win a raffle.
Lunch and Dinner will be provided.

**Tuesday, June 12th
12-1 pm Hungry Valley Rec
5:30-6:30 Clinic 1st floor
Conference Room**

If you have any questions, please contact Gina Featherstone, Health Educator, or Kristie Messerli, Dietitian at 775-329-5162.

McCloud Seeing Sites While Trimming Bucket List

Recreational running gives Tribal member natural high

Two years ago, 1,900,000 runners finished a half marathon in the United States, and Winter Dove McCloud is helping to grow those numbers.

A member of the Reno-Sparks Indian Colony, McCloud recently finished her first half marathon in the Zion Half Marathon in the state of Utah.

"I sign up to run because I want to run, not because someone is making me do it," McCloud said. "It was on my bucket list to see Zion National Park, and I thought, 'why not go see Zion *and* come back with a medal?'"

According to *Runners World*, in recent years, the half marathon has become the preferred distance of recreational runners.

Competing in the Zion Half Marathon, McCloud finished the 13.1 miles in 2 hours and 50 minutes.

Her training started last November, after she committed to a 19 week training program.

That commitment often meant running in the rain, wind, and snow.

McCloud who runs 2-3 times a week on her lunch break from her job as a support service specialist at the Reno Regional Office of the Veterans Administration, said that getting on the dirt and running provides her a euphoric feeling.

She said that the half marathon is appealing to her because it's a great opportunity to see trails, refocus on her

life and enjoy nature.

"I'm seeing places I never would have seen," McCloud said.

In addition to running, to prepare for the race, McCloud cross-trained with the 3 Nations Wellness spin classes, where her classmates dubbed her: "Sister of Spin."

Jonathon Beverly of *Running Trends* believes that constantly improving fitness via recreational running will improve the body's ability to take on greater mileage, lower one's blood pressure, and improve overall heart health.

Besides the mental boost McCloud describes, fitness experts agree running has many healing properties to combat: addictions, weight loss, grief, and anxiety.

McCloud, a seasoned



Spartan Race competitor, is planning for her next half marathon, the Bryce Canyon Half Marathon, also in Utah, in July.

"I used to run for time, but now I do it to refocus," McCloud said. "It's a great opportunity to meet people on similar journeys in their lives."



Great Scenery — Winter Dove McCloud's typical running terrain is the trails near Rattlesnake Mountain in south Reno. However, she recently completed a half marathon in Zion National Park and already has planned to run another half marathon at Bryce Canyon.

Environmental, Public Works Labor For Mother Earth

Organized clean ups boost efforts to keep Tribal lands, neighborhoods unspoiled

On two Saturdays in May, the Reno-Sparks Indian Colony's Public Works Department did most of the heavy lifting, figuratively and literally, during the Great Community Cleanup on Eagle Canyon Road and the Hungry Valley Neighborhood Cleanup.

Of course, for 52 weeks of the year, despite hurdles like bad weather, heavy workloads and other challenges, public works services protect our public health and safety by providing sanitary collection and disposal of solid waste at an affordable rate.

To keep our community clean year-round, here are some reminders of how you can do your part, support public works, all while following the RSIC Solid Waste Ordinance No. 46.

Keep all garbage securely bundled in bags and placed in appropriate containers to avoid scatter of garbage.

Know that it is a violation to allow your animal to become a public nuisance. This includes allowing them to run loose, potentially knocking over and scattering trash.

Remember, it is unlawful to utilize, or grant permission for someone else to utilize, the garbage container of another person to avoid payment of fees to RSIC.

Refrain from having loose liquids in the containers. Cooking oils or other liquid must be placed in a spill-proof container.

Remember not to place your



Heave-Ho! — *RSIC Public Works staff moved items by hand and while operating large machinery for the annual Hungry Valley Neighborhood Cleanup.*

Photo by Environmental Program

garbage containers earlier than 24 hours before pick up, and remove them no later than 24 hours after collection.

Have garbage containers out on the curb by 6 a.m. Official garbage pick up hours are 6 a.m. - 5 p.m.

Due to liability issues, the public works staff are not allowed to enter yards or drive-ways to retrieve containers. For easier pick up, place the garbage container with the handle side facing the street.

Remember that the public works department is not required to pick up dirt, grass, tree clippings, sod, rocks, building material, furniture,

appliances, water heaters, automotive parts, or other bulky items weighing more than 50 pounds.

It is the responsibility of the homeowner or tenant to make arrangements to remove such items.

If time and weather permits, as a courtesy, the public works department will make efforts to remove bulky waste items on payday Fridays.

You must call 785-1341 before Wednesday of that week, to see if your items qualify for pick up and if there is availability for this service.

Tires, televisions, micro-waves, computers and monitors, used oil and other vehicle fluids are not included in public works' pick up service.

These items are the responsibility of the homeowner/tenant to properly dispose of and/or recycle.

Please call the RSIC Environmental Program at 785-1363 for information for options regarding where you might take these items.

Also, please call the RSIC Tribal Police at 323-2677 to report illegal dumping.



Fill Her Up — *A heavy equipment operator from the RSIC Public Works Department filled up dumpsters during the annual Hungry Valley Neighborhood Cleanup.*

Most Common Community Recycle / Disposal Questions

RSIC Environmental Program outlines solutions to recycle unusable items

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

Intelligent Lifecycle Solutions at 725 Greg Street, Monday-Friday, 7am-3pm, phone 690-9348 will accept all kinds/sizes of TVs (large, older tubes and all flat screens) for a flat rate of \$30 each. But please note, they must not be cracked.

Best Buy will recycle tube TVs smaller than 32" and Flat Panel TVs, LCD, Plasma, and LED smaller than 50" for a \$30 fee. Does not accept cracked TVs.

Q: How do I get rid of old tires?

Tires Plus at 1250 North McCarran Blvd is the least expensive place found at \$2.49/ per tire; call with any additional questions at 525-9386.

Most any other tire dealers will take used tires for about \$5-\$10/per tire.

Q: Where do I take my used oil?

RSIC Environmental Program will take small quantities (less than 5 gallons) of used oil for free recycle. At some point, this service will be transferred to Public Works.

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.



T-E-A-M — *The 2018 Keep Truckee Meadows Beautiful Great Community Cleanup on Eagle Canyon Road and the Hungry Valley Neighborhood Cleanup were great successes. During the first event, at 22 sites including off Eagle Canyon road, 97,000 pounds of trash was removed, while at the Hungry Valley Neighborhood Cleanup, 120 cubic yards of trash was collected before 10 a.m., on a Saturday.*

Photo by Environmental Program

H2O Environmental located at 3510 Barron Way #200, phone 351-2237, in Reno will also accept paint at \$3.00/ gallon. This is charged on the amount you bring in and not the size of the container.

Q: Where can I take my unusable appliances, like a washer, dryer, refrigerator?

Western Metals Recycling will accept: stoves, refrigerators (must remove Freon prior to drop-off, call appliance repair companies for Freon removal), washers/dryers, dishwashers, air conditioners, microwaves, etc. Call 358-8880 for pricing.

Waste Management-Lockwood Landfill, Sage Street and Stead transfer stations. Check with attendant at station for proper drop-off location within landfill. Do not dump into general trash pit.

Schnitzer Steel will pay for scrap metal and will take

most appliances—refrigerators, air conditioners, and refrigerator compressors/air conditioner compressors, but the compressor has to be removed from the refrigerator/air conditioner and drained of Freon. (call appliance repair companies for Freon removal) prior to drop-off. Schnitzer Steel will not take microwaves. Call 331-2267 for pricing.

Q: Any other suggestions on how to get rid of my unusable items?

Another way to get rid of unwanted things is to post them in the "Free" section of Craigslist, or other social media groups.

Also, Freecycle.org is a website where "gifting groups" post items for free in an effort to divert reusable goods from landfills.

*Prepared by Bhie Cie Ledesma
RSIC Environmental Specialist II*

Community Involvement Needed to Police Sacred Lands

Illegal dumping plagues reservation, remote public grounds

*By Bhie-Cie (BC) N. Ledesma
RSIC Environmental Specialist II*

Illegal dumping is disposing waste in an unpermitted area.

This waste is often dumped to avoid either disposal fees, or the time required to properly dispose of them.

Sites used for illegal dumping are typically accessible by a main road and are poorly lit at night.

Although it can happen during the day, illegal dumping usually occurs at night and during warmer months.

Now that it is spring time, it is a good time for all of us to be more alert and aware to the ills of illegal dumping.

It is very difficult to say who might be an illegal dumper. Many times he/she are involved in construction and demolition, or some type of hauling and collection, and also a “do it yourself” resident who is cleaning up or doing home projects.

In many cases of illegal dumping, the person is breaking other laws such as vehicle licensing and insurance, and theft.

Illegal dumping raises significant concerns regarding public health and safety, property values, and quality of life in a community.

If the illegal dump site is not quickly cleaned up, it can rapidly begin to attract more dumping. Plus, hazardous wastes such as paint, motor oil and other vehicle fluids, household chemicals, pesticides, and the



Massive Disrespect — *Illegal dumps diminish the quality of life and livability of the surrounding area. Illegal dumping of garbage, discarded appliances, old barrels, used tires, furniture, yard debris, oil, antifreeze and pesticides can threaten human health, wildlife and the environment. The mess pictured above was found in Hungry Valley.*

like, left out in the open might contaminate the ground.

Illegal dumping also frequently involves physical hazards such as nails, broken glass, and other dangerous objects in open areas where people walk and bike.

The Washoe Health District, the U.S. Forest Service, the Sheriff's Office, and the Bureau of Land Management (BLM) conduct routine surveillances to apprehend any illegal dumpers in the county.

Violators may be subject to a \$1,000 fine and/or six months in jail.

How can you help?

Always, report illegal dumping

in progress or if you spot an illegal dump site. Please call Washoe County at (775) 329-DUMP (3867) and report the occurrence and/or the location

Furthermore, to report an illegal dump on Reno-Sparks Indian Colony lands, call our non-emergency RSIC Tribal Police dispatch at (775) 323-COPS (2677).

For more information about combatting illegal, please contact:

Bhie-Cie (BC) N. Ledesma

Environmental Specialist II
(EPA & CAA), Reno-Sparks
Indian Colony Planning Dept./
Environmental Program (775)
785-1363 Ext. 5407

It's Your Civic Duty: Please Report Illegal Dumping

These dos and don'ts help our Reno-Sparks Indian Colony community, Mother Earth

DO NOT ENGAGE THE

DUMPER: Do not yell at them, reprimand or state your intention to call the authorities. You do not know what other laws these people are willing to break and you do not want to get yourself in a bad situation!

DO TAKE DOWN ALL PERTINENT INFORMATION:

The incident date, time and location, license plate number, vehicle description, incident location, description of the dumper, the material dumped and any other details you think may help.

DO REPORT IT:

In Washoe County call 329-3867, and on Reno-Sparks Indian Colony lands call 323-2677. Reporting illegal littering and dumping helps officials build a case, which can lead to citations and fines.

Below are legal ways to dispose of large items.

Waste Management's Residential Dump Days (RDD) are held quarterly and offer reduced and, in some case free dumping for Waste Management customers.

Use Keep Truckee Meadows Beautiful (KTMB) Recycling Guide.

The recycling guide includes information on where to take household hazardous waste, TVs, other electronics, yard waste and more. If you would like a copy of the recycling



guide, come to the RSIC Environmental Program located within the RSIC Planning Department.

Appliances ("white goods") can usually be recycled. If you live on RSIC land, you can call RSCI Public Works at 785-1341 and schedule a bulky waste pickup.

Local charities will sometimes take your old couch/clothing/car. Many charities have resale stores in area, and are happy to have donations. If you have large items, call first to make sure they need what you have.

When you buy new items, think about the future cost of disposal.

Next time you make a purchase (large or small), consider how you will dispose of that item when it is no longer useful.

Many industries are already figuring the cost of disposal/recycling into the price of electronics, and the practice is becoming more widespread.

Compiled by:
Bhie-Cie (BC) N. Ledesma, MPH
RSIC Environmental Specialist II

Reno-Sparks Indian Colony Ordinances relating to dumping and littering:

Volume 1, Title IV Criminal Offenses

A person is prohibited from discarding items on a property that cause a hazard to health and safety. A person commits the offense of public nuisance by creating a situation that interferes with the rights of the public to be free from conditions dangerous to health, or offensive to the community. Littering is a Class A offense.

Volume 1, Title V Traffic Code

No person shall deposit in any manner, upon any street, highway or road, any bottles, cans, garbage, glass, nails, paper, wire or any other substance likely to damage or cause injury to traffic. All vehicle loads should be secured to prevent items from dropping, leaking, or falling onto the roadway.

**all RSIC ordinances can be found at: www.rsic.org.*

For more information, visit the links below:

<https://archive.epa.gov/wastes/wyl/web/pdf/illegal.pdf>

<https://www.ktmb.org/wp-content/uploads/2015/08/UNR-Illegal-dumping-report-final.pdf>

<https://www.ktmb.org/illegal-dumping-tips/>



United States Department of Agriculture

Summer Food Rocks!

AT THE RENO-SPARKS INDIAN COLONY



The Summer Food Service Program operates Monday-Friday from June 12, 2018 to August 4, 2018

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

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

Reno Site
Multipurpose Room
34 Reservation Road, Reno NV 89502

Hungry Valley Site
Education Building
9055 Eagle Canyon Road, Sparks NV 89441

For further information please contact Laura Gallardo, SFSP Coordinator at 775-789-5615 X5432, lgallardo@rsic.org

Did You See the Pinwheels?

Community, families, individuals have a role to play preventing child abuse, neglect

Throughout the month of May, the Reno-Sparks Indian Colony was decorated with bright, blue, shiny pinwheels that glimmered in the sun and stirred in the wind, to recognize the need to prevent, and the need for awareness for the prevention of child abuse.

Nearly 10 years ago, the not-for-profit organization, Prevent Child Abuse America introduced the pinwheel as the new national symbol for child abuse prevention through Pinwheels for Prevention®.

These whimsical playthings, have come to serve as the physical embodiment, or reminder, of the great childhoods we want for all children.

Whether you are a supervisor enacting policies that impact the work-life balance of any of the 300 employees at the RSIC or if you are resident of Hungry Valley who offers neighboring parents time away from stress, we all have an effect on the lives of children.

The responsibility is ours to contribute to the kind of community in which we want to live.

When all children don't have equal opportunity for healthy growth and development, we put our future as a culture and as a society at risk.

Every day is a personal call to action and an opportunity for you to recognize that we all play a role in children's lives.

Our most basic obligation is to support the healthy develop-

ment of our community's children.

The great childhoods we want for our children require a loving and supporting environment.

Our children who are raised in supportive and stable households are more academically and financially successful, and great childhoods help children grow into productive, contributing adults who in turn, help our community, our Tribe and our country, be healthy and thrive.

When we invest in healthy child development, we are investing in community and economic development.

Unfortunately, children are sometimes exposed to extreme and sustained stress like child abuse and neglect, which can undermine a child's development.

Research conducted by Prevent Child Abuse America estimates that implementing effective policies and strategies to prevent child abuse and neglect can save taxpayers \$80 billion per year.

The cost of not doing this is measured in increased costs for foster care services, hospitalization, mental health treatment and law enforcement, as well as loss of individual productivity and expenditures related to chronic health problems, special education and the justice system.

However, the dollar amount of trauma due to child abuse is not measurable.



The Next Generation — *Children who are raised in supportive and stable households grow into productive, contributing adults who in turn, help our community and our country thrive.*

Photo Provided by Human Services

As the RSIC continues to join The Pinwheels for Prevention® campaign, we have a unique opportunity—all of us, individuals and employees alike—to take action by learning more about prevention, supporting child and family friendly policies and services, and volunteering at the tribal, local, state, and national levels.

Simple every-day actions make a difference...

There are also simple things you can do every day to make a difference.

Whether it is volunteering at Head Start or the RSIC Education Department, or babysitting for an overburdened family in your neighborhood, or

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

RSIC Head Start offers comprehensive early childhood education services for low income families with children between the ages of 3 to 5 years from income-eligible families, including children with special needs. Families must reside on or near the Reno-Sparks Indian Colony.

Children must be 3 years of age by September 30th.

One classroom at Hungry Valley. Two classrooms at Reno-Sparks Indian Colony.

Nutritious breakfasts and lunches provided.

Transportation provided at Hungry Valley site only.

Year Round Full Day may be available to those that qualify.

For application and/or information, call 775-789-5615.

**Deadline for completed applications for the first selection to
be received: by Friday, July 26, 2018 at 4:30pm.**





End Child Abuse — Front row, from left: Verna Nuno, Johnny Christy, Connie Wyatt (standing), Lawana Martinez, Corey Poafpybitty and her daughter Winter Harry, and Eileen Villaseñor. Second row, from left: Emily Abbie, Jessie Astor, Valentine Loveless, Gina Featherstone, Teri Larson, Adrianna Botello, Anissa Sabori, and Rita Imus. Back row: Cheryl Douglas, Amy McDowell, Suzanne Thomas, Andrea Johnson-Harper, Edward Reina, and Dr. Geniel Harrison. **Editor's Note:** Information for this accompanying article was provided by the RSIC Humans Services Department, the RSTHC Health Education Specialist and the website: <http://preventchildabuse.org/>. **Photo Provided By RSTHC**

Continued from page 19

calling your elected officials to advocate for policies like home visiting, there are many things you can do to help promote great childhoods and the prevention of child abuse.

We all have a role to play and you can be a partner in providing great childhoods for all children, by mentoring a child or parent, standing up for family friendly policies, or donating your time or money to child-serving organizations.

We celebrate our children, however we are entrusted with also protecting them from harm. We are all responsible for our community's children and need to give them a voice when they are crying for help.

Our cause against child abuse is only as strong as the people who support it, so please help ensure that child neglect, and child abuse prevention is a priority in our community.

THE WALKING CLUB

GET SOME FRESH AIR!

FRIDAYS 12:10-12:50

MEET AT 3NWC LOBBY

STARTS FRIDAY 4/13

NO SIGN UP REQUIRED SIGN IN AT 3NWC DESK

QUESTIONS? CONTACT STACY OR TIFFANY AT 329-5162

SPONSORED BY THE RSIC DIABETES PROGRAM

THREE NATIONS WELLNESS CENTER

PosterMyWall.com

Ask Paul

I recently gave a friend a ride to her auto shop to pick up her car. I dropped her off and went about my evening. In the morning I saw she had forgotten her cell phone in my car. It must have slipped out of her pocket or purse. I felt anxious for her and felt like I had to get the phone back to her with urgency. On the way to work, I kept thinking about how she must feel not having her cell phone for an entire evening and the stress she must have felt while searching for her phone. She experienced a wave of relief when I returned her phone, and sure enough, she said she was really worried when she could not find it.

Being curious about our relationships with our cell phones, I took an informal survey and asked people if they would rather lose their wallet/purse or their cell phone. I was surprised at the responses. About half would rather lose their wallet/purse than their cell phone! This was an informal survey at best, but it does bring up some interesting observations about our society and our relationship with our cell phones. In my observations, I found younger people to be more attached to their phones than older people. Young people mentioned going to bed with their cell phone on each night,

so they're connected 24-hours a day, every day.

I'm always concerned about the health of youth. The Elders teach us that we need to be healthy spiritually, emotionally, physically and mentally. Is our new style of communication healthy, especially for our youth? Having lived a few decades, I can compare the changes in how we previously communicated and gathered information to make informed decisions. I remember going to the library to review encyclopedias, passing notes in school, and having a single phone with a cord that hung on the wall in my family's kitchen. Privacy, when using a home phone, was limited to how quietly a person could talk. As time went by, we were able to have two phones in our house. If someone picked up the other phone while a conversation was going on, a small click was heard quickly followed by the other party yelling "I'm on the phone!" How do the people in your home use a phone? Does your teen take his/her phone into his/her bedroom so you can't hear what he or she is saying or looking at? Much of our youth's communication is done through texting, emojis, and apps, so they can be more secretive than ever. This type of communication also takes a lot of time. Time that could be used with their family or friends to play sports, walk or go to the park.

As with many things, you take the good with the bad when it comes

to technology. For example, is it important to know how to read a map when GPS and Google maps are readily available? Is it important to know how to write checks and balance a check book when you can do online banking? Is it important to carry a credit card when all of your credit card information can be stored in your cell phone? Is communication with another person necessary when you can send an emoji in a text? Is the cellphone taking attention away from pets, friends, parents and healthy activities or adding to a healthy full life?

I also wonder about the validity and reliability of the information that's being consumed by our youth. I hear a lot about consuming healthy food. Do we monitor the information we consume? Previously, a person would look up a definition in the dictionary or research using a reputable source. Today, there's so much information available it's overwhelming. The weight of the information is also concerning. It seems people give as much attention and acceptance to someone selling something as they do factual information.

The Elders teach us about the importance of health in our community, family and individually. Is this new way of life and communication helping or taking away from health? As an addiction specialist, I'm always interested in the way

...think about the kind of person you want to be when you are an Elder."

behaviors or substances negatively impact a person's life. When I observe the behavior or substance is controlling the person in a negative way, I think of ways to unravel the addiction's power and return the power back to the rightful owner - the person.

The American Society of Addiction Medicine defines addiction as "a primary, chronic disease of brain reward, motivation, memory and related circuitry." The definition goes on to say individuals compulsively pursue reward or relief through substances or other behaviors. Additionally, the National Institute of Drug Abuse (NIDA) has a term for the anxiety a person feels when he doesn't have his/her cell phone. It's called "Nomophobia" – no-mobile-phone-phobia. Symptoms include:

- Experiencing anxiety or panic over losing your phone
- Obsessively checking for missed calls, emails, and texts
- Using your phone in the bath room, church or other inappropriate places.
- Missing out on opportunities for face-to-face interactions

As I observe people and their relationships with their cell phones, I see many similarities to addictive behaviors. Addictive drugs cause

dopamine to flood the brain which causes euphoria and reinforces a strong desire to repeat the experience. Does the "ding" of a new text or email trigger the same response? Our brains are made to be constantly searching for new information, we quickly make behaviors of mundane tasks so we can search out or use our brains to think about new exciting information. Like an animal always foraging for food, our brain is always looking for new information. This urgency for new information makes the cell phone message irresistible; because the brain associates the cell phone message as new information specifically for the individual. Interestingly, the cell phone is vying for the person's attention of the thing most interesting to them – themselves. For example, if a person is having a conversation and their phone "dings" or vibrates, can this person maintain the same amount of attention to their conversation or has the cell phone caller cut in line for their attention? Personally, I want to know who called and the only way for me not to be distracted is to turn off my cell phone. I have to look closely at my relationship with my cell phone and recognize when its benefits become detrimental to the important things in my life – my mental and physical health and my relationships with my friends and family.

Dr. Nielsen is a Clinical Psychologist in our Behavioral Health Department. He shares guidelines for us to regain

control over our cell phone use and to focus our power of attention on what is most important to us. Select a time in the morning to turn on your phone and check your messages.

- 1) Anytime you are engaged in a conversation, meeting, or human interaction, switch the phone to airplane mode.
- 2) When you are concentrating, reading, working etc. set your phone to airplane mode.
- 3) During meals, especially when eating with someone else, switch your phone to airplane mode.
- 4) 30 minutes before bedtime, turn off your phone.

The Red Road to Wellbriety tells us to think about the kind of person you want to be when you are an Elder; to start developing yourself now to be this person and you will learn what it means to develop a Good Mind.

Paul Snyder MA, LADC-S
Reno-Sparks Tribal Health Center
Substance Use Counselor:
775-329-5162, ext. 962
rsnyder@rsicclinic.org

In & Around: Reno-Sparks Indian Colony Community

Learning new skills, building community, recording history



Healthy Eating — Through the Reno-Sparks Tribal Health Center, community members like Joanne Lenares can learn nutrition science and food preparation skills which lead to healthy eating.



Helping Out — Reno-Sparks Indian Colony members Verna Nuno (left) and Jessie Astor recently took an oath of office to join the Colony's enrollment committee.



Open House — The community enjoyed a fun afternoon, learning and sharing the history of the Tribe at an event hosted by the Reno-Sparks Indian Colony Archives and Records Departments.



All Smiles — Michael Ondelacy (right) and Chairman Arlan D. Melendez pose for a photo after Ondelacy was sworn in to be part of the Reno-Sparks Indian Colony's Enrollment Committee.

Reno-Sparks Indian Colony Youth Success Spotlight

Colony youth, families celebrate high school graduation milestone

2018



Dariek Daniel Bill

*We are so proud of everything you
have accomplished.*

The sky is the limit!

We love you:

*Mom, Dad (Robbie), Athena,
Travis, Elias, Grandma Verna,
Auntie Ma-wee, and all
your relatives.*

The Camp News wants to highlight young people who are honoring themselves and his or her family with dignity, pride and humility. Tell us about your youth's success story at:
smontooth@rsic.org.



Enter the fascinating
world of grant writing!
Learn how to earn \$\$\$\$
For your programs &
special projects!!!!



Grant Writing 101

Program staff & community invited
Free, free, free!!!

**Reno-Sparks Indian Colony June 19, from 9am until noon in
T.A.'s conference room.**

Phone: 775-329-2936
Ex 231

Email: nshanley@rsic.org

Please call in to sign-up as
class size will be limited.
Contact Nila Shanley,
Fund Development Coordinator

Beloved Educator, Traditional Cultural Expert Walks On

Lois Kane leaves Reno-Sparks Indian Colony, Great Basin legacy of kindness

Lois Patoosooba George Kane spent her 60-years with order and purpose.

Having suffered from diabetes-related health issues for nearly a decade, recently Kane peacefully decided to halt medical intervention, and she readily began her journey across the Milky Way just after midnight on May 9, 2018.

Born Sept. 25, 1962 to Lida and Leonard George, Sr., Kane chose to prepare for the next life after receiving hundreds of visitors two days prior to her death. While Native American singers and drummers echoed into the evening, Kane's family and friends lined up outside her home in Hungry Valley to wish her well, thank her for her generosity and to collect instructions on how to continue her legacy.

A descendent of the Great Basin's acknowledged authority on the old ways, Kane lived out the rich legacy of all her ancestors, but especially in tribute to her grandmother, Wuzzie George.

Paiute, Kane grew up among the ToiTicutta or the Cattail-eaters of Stillwater near Fallon, Nev.

A 1980 graduate of Stewart Indian School in Carson City, Nev., Kane attended a variety of higher education institutes: Haskell Indian Junior College in Lawrence, Kan., the United Tribes Educational Technical College in Bismarck, N.D., the University of Arizona in Tucson, Ariz., and D-Q University, an indigenous college in California.

With an exceptional aspiration to learn and experience other cultures, Kane was selected as the first delegate from Nevada to serve as an American Indian Ambassador with the Americans for Indian Opportunity (AIO).

Founded by a Comanche woman, this Indigenous values-based community which focuses on capacity-building and leadership development, launched 35 years ago.

The program helps Native American professionals strengthen, within an Indigenous cultural context, their ability to improve the well-being and growth of their communities.

This one-year program back in 1993, exposed Kane not just to other Native American cultures, but to indigenous peoples around the world.

Kane often emphasized that this experience transformed her and fueled her desire to share the unique history and rich culture of the Numa, the people.

Gratefully, the Reno-Sparks Indian Colony (RSIC) was on the receiving end of Kane's calling to share. Kane served as the coordinator of the RSIC Language & Culture department for over a decade. As the Colony owns three traditional languages---Paiute, Shoshone and Washo---Kane's quest to revitalize language and culture was triple the workload.

In 2001, Kane was named the RSIC Employee of the Year, and in 2003 the RSIC



*Lois "Patoosooba"
George Kane*

Community Service/ Volunteer of the Year.

Honored in 2013 by the Nevada Department of Education, Kane was given the prestigious Pesa Namanedu Award, which translates to "a job well done" for contributing to the development and inclusion of Native language in the curriculum for the Washoe County School District.

Currently, three area high schools offer Great Basin language classes to their respective students thanks to Kane's efforts.

In addition to her devotion to Great Basin Native American youth, even in her retirement, Kane was one of the most active members of the Colony's Veterans Day celebration planning committee.

Annually, Kane shared her gift of design and artistry by putting together a souvenir calendar which featured over 150 RSIC

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veterans of the armed services. These beautiful keepsakes always will be treasured by veterans and their families.

With her keen eye for illustration and her quest to recognize all our veterans, Kane also designed bulletins for the Veterans Day community dinners which is one of the most attended events at the RSIC.

However, what everyone knew Kane for, was being the co-founder and director of the Eagle Wings Pageant Dancers.

The Eagle Wings were formed in 2006 to keep ancient songs and dances original to Northern Nevada's Paiute, Shoshone, and Washoe tribes alive.

For over a decade—especially in the summer and during the holidays—under Kane's direction, the Eagle



Always Active — *If she wasn't organizing events at the RSIC, she was archiving RSIC events. Lois Kane was an avid photographer and the founder of the Colony's Camp News monthly newsletter.*

Wings performed at a wide array of venues.

Kane did all the scheduling, all the organizing of the dancers, and even served as master of ceremonies at these func-

tions. Through her work with the Eagle Wings, Kane shared Native American culture with school children in classrooms, with patients in convalescent centers, with dignitaries at business functions, and with all of Nevada Indian Country. She imparted sacred songs and dances to more than 75 students.

Married for 30-years to Mike Kane, she is survived by her husband, her sisters Leah and Leneva George, Lani Miguel and Linda Noneo, Leslie Ann Bobb (Judy); her brothers Leonard Jr., Len, and Lucier George; and her numerous nieces and nephews. She is preceded in death by her parents, Leonard and Lida George; and her grandparents Jimmy and Wuzzie George and Henry and Nellie Williams.



Once an Eagle Wing Always an Eagle Wing — *Staff from the Reno-Sparks Indian Colony Education Department as well as several members of the Eagle Wings Pageant Dancers dedicated May's Lunch & Learn to Lois Kane. A co-founder of the Great Basin dance troop, Kane died at her home on May 9, 2018. Those joining one of the celebrations of Lois included: Lisa Tom, Daryl Wadsworth, Valerie Smith, Johnni Bill, Deon John, Barbra Hannah Christy, Suzanne Thomas, Dallas Howcroft, Joan Lowery, Michael Ondelacy, Marlene Yarrow, Kenneth Dyer-Redner, Trisha Calabaza, Lydia Morris, Esnala Kaye, Janice Gardipe, Bhie Cie Ledesma, Naomi Hanczrik, Christina Thomas and Pam Abercrombie. Kneeling in front, Lexi Rodriguez, Robin M. Eagle, Karrianna John, Stacey Burns, Adriana Gutierrez, and Ricardo Hernandez.*

Free Community Celebration During Artown

Reawakening the Great Basin: A Native American Arts and Cultural Gathering

This summer, the Reno-Sparks Indian Colony comes together with the Nevada Museum of Art to celebrate Native American art, culture, community, and tradition.

The free day will feature a variety of Native American artists, dancers, storytellers and musicians sharing traditional and contemporary culture and art from a variety of cultures including Paiute, Washoe, Shoshone, Pala, Patwin and more.

Reawakening the Great Basin: A Native American Arts and Cultural Gathering, presented by the Reno-Sparks Indian Colony in collaboration with the Nevada Museum of Art, takes place from 10 a.m. to 5 p.m., Saturday, July 14, at the Nevada Museum of Art, 160 West Liberty St, in downtown Reno. Admission is free.

Reawakening the Great Basin is designed to bring together a variety of Native American cultural traditions, while also celebrating contemporary interpretations rooted in those traditions. Throughout the day, numerous performing artists will demonstrate a variety of dances and song, including the traditional Grindstone Patwin Dancers, Pala Band of Mission Indians from Southern California, Owens Valley Paiute War Dancers, the Reno-Sparks Indian Colony Pow Wow Club, Hoop Dancing by Sage Romero, and Eagle Wings Pageant Dancers.

Traditional and contemporary musical performances, like Young Chief and the all-female drum group The Mankillers, will inspire and excite the multi-generational, multi-cultural crowd.

“For thousands of years, the Native Americans of the Great Basin have owned a beautiful, adaptive culture through ancient languages, songs, and dance. In 2018, the Reno-Sparks Indian Colony is thrilled to partner with the Nevada Museum of Art to share our authentic American Indian arts with the public in this remarkable venue with the support and assistance of the distinguished, professional Museum staff. For the last three years, the RSIC has steadily grown our Artown event, and this year, we are organizing one of the largest, most comprehensive and inspirational Native American gatherings in the West,” said Arlan D. Melendez, Chairman of the Reno-Sparks Indian Colony.

During this free Artown event, the public is invited to meet several established and emerging Native American visual artists from across the region who will be selling their traditional and contemporary artworks, crafts, and culturally-inspired objects, and sharing their knowledge.

Representatives from the Great Basin Native Artists, including Jack Malotte, Ben Aleck, Melissa Melero, and Phil Buckheart, will join dozens of artisans in a festive marketplace in the Reynolds Grand Hall.

Handcrafted works including beaded items, pillows, and blankets and other wares by local and regional artisans will be available for purchase.

Great Basin basket weaving and Tule duck decoy constructing demonstrations will take place in the Founder’s Room of the Museum, so that attendees can not only watch and learn about the practical use

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Reawakening the Great Basin: A Native American Arts and Cultural Gathering, presented by the Reno-Sparks Indian Colony in collaboration with the Nevada Museum of Art is a free family-friendly event on Saturday, July 14 at the Nevada Museum of Art.. **Photo By Larry Burton**

of these ancient items, but also purchase the authentic treasures from the artists.

"The Nevada Museum of Art is deeply honored to work alongside the Reno-Sparks Indian Colony, and hope it will be the first of many collaborations," said Nevada Museum of Art Chief Executive Officer David Walker. "Nevada's rich and varied cultures and unique geography informs what we do every day at this Museum. Nevada's Native American traditions and culture informs the art of our region, the conversations we have about culture, and our interdisciplinary exhibition and education programs. We honor the history and vibrant culture of this

place, especially the culture of Nevada's indigenous peoples, because the story of Nevada resonates globally."

Sara Paschall, a visiting

***"...we are organizing
one of the largest, most
comprehensive
and
inspirational
Native American
gatherings..."***

—Arlan D. Melendez
RSIC Chairman

Pyramid Lake Paiute artist, will lead hands-on workshops for children inspired by the Great

Basin Tribes; they will make pictographs on slate.

Other activities include RSIC Language and Culture Youth Storytellers sharing Great Basin Creation stories, Native American Royalty greeters, gallery talks, and more. Food and drink will be available for purchase, including Indian Tacos prepared by Natalie Smith, and Star Village Coffee.

This Artown gathering presents an opportunity for people from all backgrounds, spanning multiple generations, to come together to learn, listen, shop, participate, and celebrate Native American culture during this very special community day.

For information and detailed schedule of events see:

www.rsic.org

RSIC Senior Father's Dinner

Tuesday June 19 at 6 pm



Please call 329-9929 or stop by the senior center to sign up.

Dinner for fathers who are 55 years or older and client file is up to date.

Additional family members are welcome but must pay for their own meal



SCRAP HAPPY CROP

September 8, 2018 - 9 am to 9 pm

September 9, 2018- 9 am to 6 pm

34 Reservation Road, Reno (Reno-Sparks Indian Colony building)

Registration Fee: \$25 for Saturday, \$20 for Sunday, OR \$40 for both

Come spend the weekend with your friends doing what you do best
– scrapbooking, card making or any crafting.

Guaranteed EIGHT foot table all to yourself. Lunch, coffee, tea, ice and water are provided on both days. There will be at least one silent auction item and ways to earn & purchase raffle tickets towards prizes – not all crafting related.

Name : _____

Email : _____

I want to sit with : _____

I will attend ____ Saturday (\$25) ____ Sunday (\$20) ____ Both (\$40)

Number of attendees is limited to **30** so get your registration in soon.

Please contact Margaret Emerson @ emerson3468@gmail.com if you'd like to attend.
Payment will be sent to Velda (Jenny) Lowery at 50 Colony Cir, Reno, 89502.

Governor, Nevada Senators, Against Nuclear Waste Site

Against staunch objections, U.S. House passes law to reopen Yucca Mountain

Carson City, Nev. — In early May, the Nuclear Waste Policy Amendments Act of 2018 (H.R. 3053) was approved by a 340-72 vote of which just five republicans opposed.

The entire Nevada congressional delegation—one republican and three democrats -- voted against the bill.

Shortly after the vote, Nevada Governor Brian Sandoval made the following statement regarding the advancement of the law.

"The State of Nevada's position on the forced siting of the Yucca Mountain Project in Nevada remains unchanged, and I strongly object to the House's consideration of H.R. 3053."

The Trump federal budget includes \$120 million to revive Yucca Mountain, located about 80 miles northwest of Las Vegas.

If successful, the bill amends the Nuclear Waste Policy Act of 1982 which directs the Department of Energy (DOE) to initiate a program to consolidate and temporarily store commercial spent nuclear fuel during the development, construction, and operation of a permanent nuclear waste repository.

The bill says that the DOE may enter into agreements to provide benefits to state, local, and Tribal governments that might host or be affected by facilities related to storing nuclear waste.

"The construction of a nuclear

waste repository is unprecedented in our nation's history, so the idea that Congress can legislate the science involved is especially troubling," Governor Sandoval said. "The bill would fast-track the licensing process and increase the project's waste capacity; the rationale is not rooted in science, but rather in politics."

Gene Karpinski, the President of the League of Conservation Voters agrees.

"The State of Nevada has repeatedly declined to negotiate with Congress on the siting of the Yucca Mountain Project," Karpinski recently wrote in an opinion piece published in the *Spectrum*. "That position remains unchanged and the health and safety of our citizens should not be negotiated away for any level of funding, grants or other perceived 'benefits.'"

According to Governor Sandoval, H.R. 3053 continues to ignore Nevada's objections to this site, including a resolu-

tion passed in the Nevada state legislature expressing the state's opposition to the development of Yucca Mountain.

The governor's statement also said that this legislation again seeks to eliminate Nevada's ability to object to becoming the site for an interim storage facility.

Plus, according to the governor's office, the legislation seeks to change the amount of high level nuclear waste that can be stored at Yucca Mountain, beginning the process of attempting to make Yucca Mountain the nation's only high-level nuclear waste repository.

H.R. 3053 is sponsored by Rep. John Shimkus of Illinois, who introduced the bill May 26.

Kallanish Energy Daily News & Analysis reported that it appears unlikely the bill will be approved in the Senate. Nevada's senators, Republican Dean Heller and Democrat Catherine Cortez Masto, have pledged to fight it.



A Dump? — Yucca Mountain, which was formed by a volcano, is located on traditional Shoshone and Southern Paiute land. Today, it is considered federal land in Nye County.

File Photo

join the

Individual Hungry Valley 2x2 Workout Challenge

Log 2 workouts a week for 2 months

Runs May 1st through June 30th

Sign in at the 2x2 sign in sheet
at the Hungry Valley gym

All classes and
workouts at the HV
Gym count!

Questions? Contact
Stacy @ 329-5162 or
Jean @ 785-1327

Sponsored by the
RSIC Diabetes
Program



PosterMyWall.com

Swim Safe for the Summer with Swim Lessons!

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

Enrollment Required @ Alf

call 353-2385

**Go to www.sparksrec.com
for schedule and reg dates**

**Available for all ages
Build basic water
safety or develop your
skill.**

**Paid for by the
RSTHC Diabetes
Program**

Questions? Contact Stacy at 329-5162 x1945

**Aquasize, Senior Water Fitness, Toddler Time, and Lap
Swimming also available. Call Alf @ 353-2385 for details**

Blessing Ceremony Set at Stewart Indian School

Construction, renovation ready to commence future home cultural center, museum

Carson City, Nev. — Spiritual leaders from the Paiute, Washoe and Shoshone tribes will conduct a special blessing ceremony at site of the future Stewart Indian School Cultural Center and Museum on Wednesday, July 11.

The 9:30 a.m. ceremony is intended to bless the site before construction begins to renovate the former Stewart Administration Building into the new cultural center and museum, said Sherry L. Rupert, Executive Director of the Nevada Indian Commission.

"We want to start our renovation of the building with a good heart and good intentions," Rupert said. "We also wanted an opportunity to thank Governor Brian Sandoval and the state legislators for supporting our efforts in the Stewart Indian School Living Legacy Initiative. And finally, we want to honor the alumni who attended Stewart Indian School."

The Nevada Indian Commission was allocated \$4.5 million in the 2017 Legislative session to renovate the Administration Building into the new museum building and the first Stewart Post Office building into a new Welcome Center.

The Paiute, Washoe, and Western Shoshone tribes were the first three tribes whose children were sent to attend school at the Stewart Indian School when it opened in 1890. The federal government closed the school in 1980 and the



Historic Stewart — An artist's rendering shows what the future home of the Stewart Indian School Cultural Center and Museum will look like after construction is completed next spring .
Photo Provided by the Nevada Indian Commission

State of Nevada currently owns the property.

The Nevada Indian Commission oversees the revitalization of the campus through the Stewart Indian School Living Legacy Initiative.

The ceremony is open to the public. Light refreshments will be served. Tours of the Stewart campus also will be provided by museum staff.

The development of the new Stewart Indian School Cultural Center and Museum will be carried out by Museum Director Bobbi Rahder and Curator Chris Ann Gibbons.

Guiding the museum staff will be a Museum Cultural Advisory Committee composed of Stewart alumni and relatives of alumni.

The Cultural Center will feature an exhibition about the unique history of the Stewart Indian School, a research room where researchers and alumni can find archival information

about the school's 90-year history, a room for storytelling and craft making and a temporary exhibit gallery for contemporary Native art.

Museum staff are currently collecting and preserving archival documents, photographs, student newspapers and yearbooks, clothing, commencement programs, books, tools, teaching and curriculum materials and other historical artifacts documenting the school's history.

The new Welcome Center at the front of the Stewart Indian School campus will offer tours, house campus maps, the Stewart Indian School Trail brochures, as well as information about Stewart Indian School preservation efforts and future projects.

If you would like more information about this event, contact Rupert at (775)687-8333, or you can email her at srupert@nic.nv.gov.

RSIC, City of Reno to Participate in Drone Pilot Program

Unmanned aircraft systems aim to assist first responders with life saving deliveries

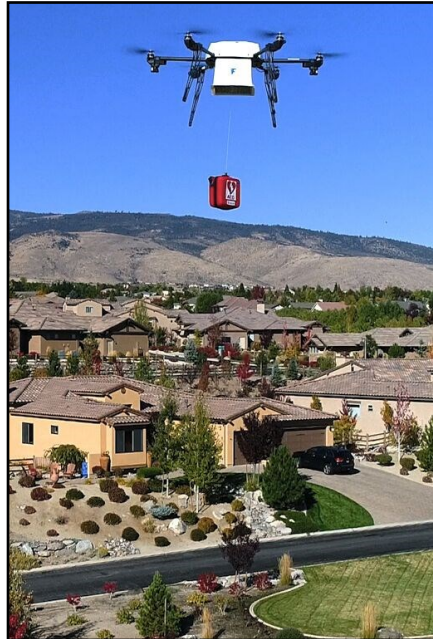
The United States Secretary of Transportation Elaine L. Chao recently announced that the U.S. Department of Transportation (DOT) has selected a Reno coalition which includes the Reno-Sparks Indian Colony to participate in the Unmanned Aircraft Systems (UAS) Integration Pilot Program.

First announced last October, this White House initiative partners the Federal Aviation Administration (FAA) with local, state and tribal governments, which then partner with private industry to safely explore the further integration of drone operations.

"We are looking forward to helping today's winners unlock the enormous potential of drone operations, which will create new services and jobs in their local communities," Secretary Chao said.

In February, the City of Reno announced a coalition and application to the President's Unmanned Aircraft Integration Pilot Program to fast-track life saving Flirtey drone delivery of automated external defibrillators (AEDs).

"This is an opportunity to create high-paying jobs and help develop the kind of drone technology that will have a direct and positive impact on citizens of Reno," Reno Mayor Schieve said. "We set out to build the strongest and most diverse coalition possible in order to support a drone



No Traffic — *FAA Experts believe that lifesaving health equipment can be delivered via drones to citizens in distress faster than humans can reach those in need.* **File Photo**

initiative Flirtey has already been spearheading in our community – life saving drone deliveries."

According to Flirtey CEO Matthew Sweeny, he expects that just one drone operating in Reno will save one life every two weeks.

"This model is a game-changer for the health of our communities and will prove the viability of this life saving program, which has the potential to save over one million American lives over the decades to come," Sweeny said. "While saving lives, we will create jobs and help make America's drone industry great."

Through the coalition, the City of Reno, with support from its police and fire departments, has partnered with Flirtey, the RSIC and the following entities: AirMap, Alpine Insurance, American Red Cross, Carson City Fire Department, City of Sparks and Sparks Fire Department, FedEx, Iris Automation, Northern Nevada Medical Center, Regional Emergency Medical Services Authority (REMSA), Truckee Meadows Community College (TMCC), T-Mobile, and Washoe County.

The Integration Pilot Program (IPP) was introduced to develop a regulatory framework for the U.S. drone industry.

The IPP will help tackle the most significant challenges to integrating drones into the national airspace and will reduce risks to public safety and security.

In less than a decade, the potential economic benefit of integrated unmanned aerial vehicles in the nation's airspace is estimated at \$82 billion and could create 100,000 jobs.*

Over the next several years, drone operational data will be used to craft new enabling rules that allow more complex low-altitude operations, identify ways to balance local and national interests related to UAS integration, improve communications with local, state and tribal jurisdictions, and address security and privacy risks.

Employee of the Month

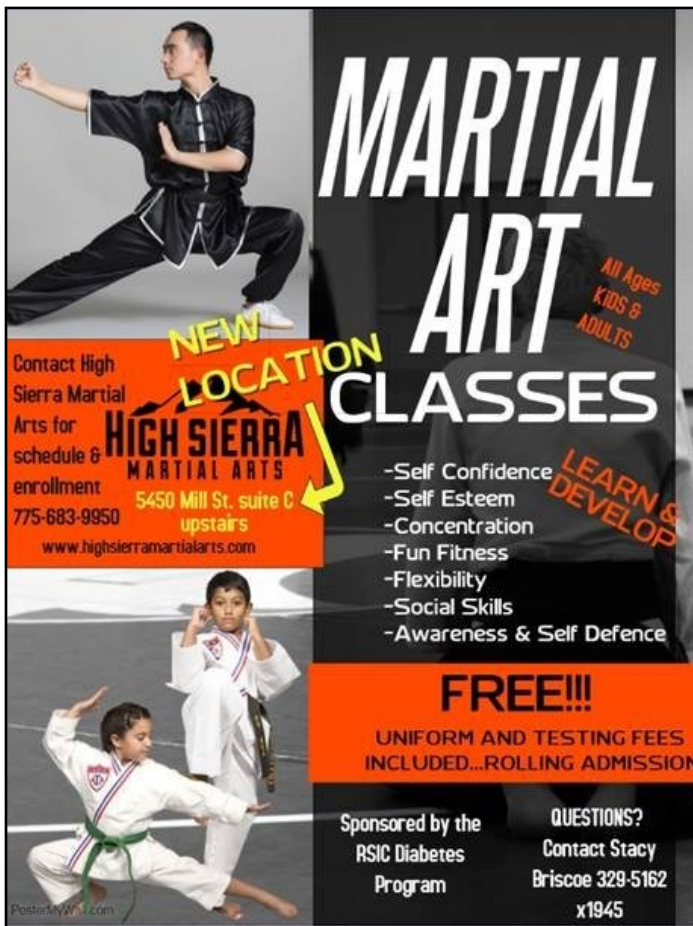


CONGRATULATIONS

—RSIC Director of Humans Resources Steve Saari presents Employee of the Month awards to Samantha Rambeau (top right), Monica Thomas (middle), and Johnny Christy (bottom right) a gift card for their outstanding work. Rambeau and Thomas also are pictured with their supervisor, RSIC Education Director Pam Abercrombie, while Christy is pictured with his boss, Dee Dee Ramirez.

Photos By Sara Kane





MARTIAL ART CLASSES

NEW LOCATION

HIGH SIERRA MARTIAL ARTS

5450 Mill St, suite C upstairs
775-683-9950
www.highsierramartialarts.com

ALL AGES KIDS & ADULTS

- Self Confidence
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility
- Social Skills
- Awareness & Self Defence

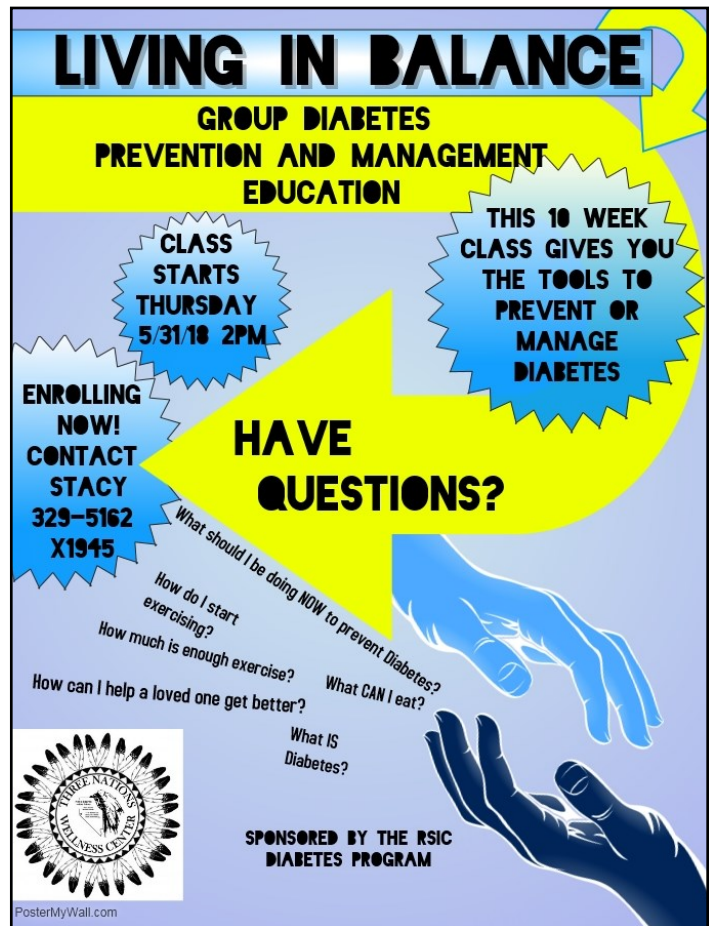
LEARN & DEVELOP

FREE!!!

UNIFORM AND TESTING FEES INCLUDED...ROLLING ADMISSION

Sponsored by the RSIC Diabetes Program

QUESTIONS? Contact Stacy Briscoe 329-5162 x1945



LIVING IN BALANCE

GROUP DIABETES PREVENTION AND MANAGEMENT EDUCATION

CLASS STARTS THURSDAY 5/31/18 2PM

ENROLLING NOW! CONTACT STACY 329-5162 X1945

HAVE QUESTIONS?

THIS 10 WEEK CLASS GIVES YOU THE TOOLS TO PREVENT OR MANAGE DIABETES

What should I be doing NOW to prevent Diabetes?

How do I start exercising?

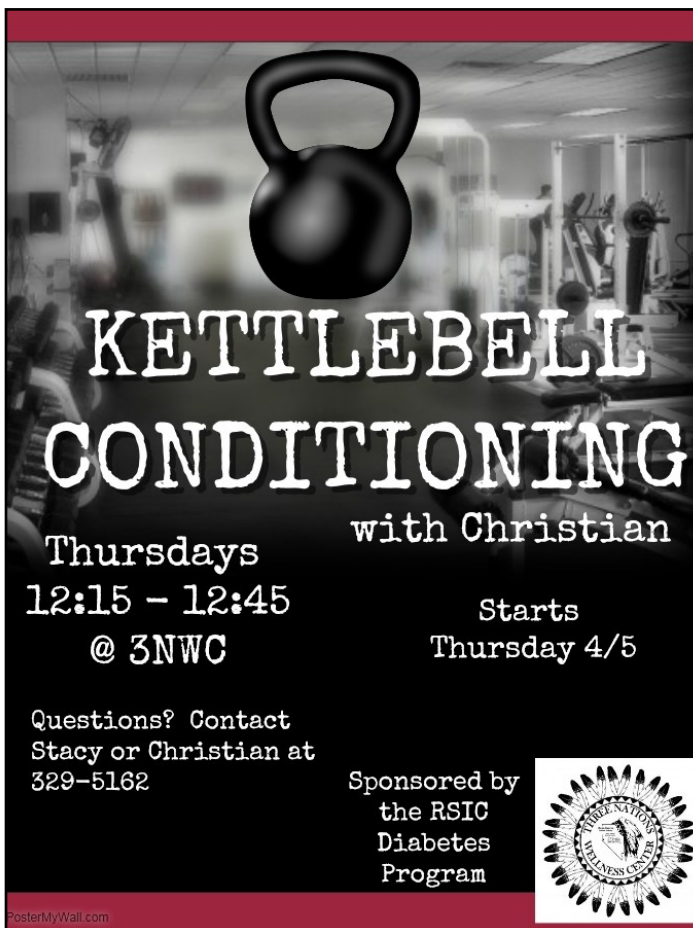
How much is enough exercise?

What CAN I eat?

How can I help a loved one get better?

What IS Diabetes?

SPONSORED BY THE RSIC DIABETES PROGRAM



KETTLEBELL CONDITIONING

with Christian

Thursdays 12:15 - 12:45 @ 3NWC

Starts Thursday 4/5

Questions? Contact Stacy or Christian at 329-5162

Sponsored by the RSIC Diabetes Program



YOGA WITH KIM

NEW CLASS ADDED!

TUESDAYS 12:10-12:50pm
Vinyasa HIIT Fusion Yoga (ADD CARDIO TO YOUR YOGA PRACTICE WITH CARDIO CIRCUITS)

LAST TUESDAY OF THE MONTH 12:10-12:50pm
Gentle Chair-Based Yoga (INCREASE FLEXIBILITY WITH NO MAT WORK)

THURSDAYS 12:10-12:50pm
Vinyasa Yoga (SLOW FLOW FOR ALL LEVELS)

ALL CLASSES AT RSTHC 1ST FLOOR CONFERENCE 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

add you

LET'S SPINN

SPINNING WITH MICHELLE

FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

WEDNESDAYS 5:30-6:30PM &
FRIDAYS 12:15-12:45PM
@ 3NWC

Questions Contact Michelle @ 329-5162

Gentle yoga for joint troubles or to gently increase flexibility

chair yoga



Chair-Based Yoga @ RSTHC No Mat Work!

Last Tuesday of every month
12:10-12:50
RSTHC 1st Floor Conference Room


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


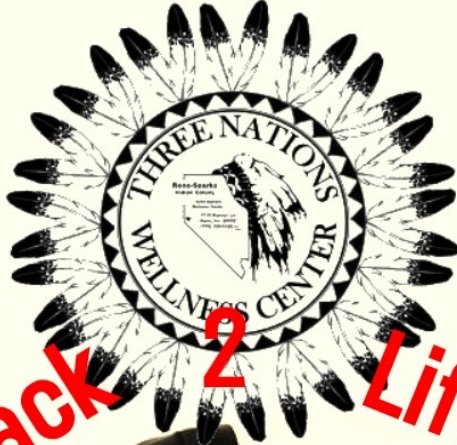
The 2018 Diabetes Shoe Program




Keep two Diabetes Checkups in RSTHC Medical in 2018 and you're eligible for shoes through the RSTHC Diabetes Program! Appointment required.

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

The RSIC Diabetes Program reserves the right to end the program at any time.

Back 2 Life



It's time to get rid of the aches and pains and get **back** to living.

Gradually get back into exercise with help from a trainer.

Referral required.
Please contact Stacy or Christian at 329-5162

RSIC Senior Advisory Committee

Father's Day Raffle

Tickets are \$1 each

Drawing Friday June 15 @12 pm Senior Center

TV, Tools, BBQ items, Towels, Ice Chest and much more

For tickets please see:

Sandy Malone, Vickie Moore, Dorothy Nez, Helen Uribe, Sheila Katenay



HAPPY Father's Day!

I would like to thank the Reno-Sparks Indian Colony and the Hungry Valley community for the help and support they provided for my Mother Tamela Gomez funeral.











I also want to thank all of my family who stood by my mother's side as she spent her last couple of days at home waiting to be with Our Creator, and ancestors.

Special thanks goes out to my sisters Viola Gomez and Tamera Gomez. I'm proud of you two for being strong and taking care of everything, and I'm sorry that I couldn't be there.

*Sincerely,
Anthony Gomez*



Reno-Sparks Indian Colony
Senior Center – Activities
34 Reservation Road, Building F
Reno, NV 89502
775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Caregiver Support Group Meeting 9:00am Tone & Fit Class 12:30pm
4) Tone & Fit Class 12:30pm Senior Advisory Committee Meeting 1:00pm	5) Errand Day 1:00pm	6) Language Class 12:45pm Sharpie Pictures 1:30	7) Galaxy Theaters 1:00pm 	8) Brunch 10:30 am
11) Tone & Fit Class 12:30pm String Art 1:00pm 	12) Tribal Police Presentation 12:00pm Sharpie Pictures/String Art 1:00pm Night Bingo 5:30pm 	13) Chair Volleyball 10:00am Language Class 12:45pm 	14) Pyramid Lake Senior *Fun Day Limited Transportation Must Be Signed up 	15) Tone & Fit Class 12:30pm Stewart Powwow Saturday
18) Food Pantry Tone & Fit Class 12:30pm Dream Catcher 1:00pm 	19) Commodities **Father's Day Dinner 5:30pm 	20) Language Class 12:45pm Errand Day 1:00pm	21) Birthday Bingo 	22) Brunch 10:30 am Reno Colony Clean Up Day
25) Tone & Fit Class 12:30pm Painting 1:00pm	26) Environmental Presentation 12:00pm Century Theaters 1:00pm 	27) Community Health & Nutrition Presentation 12:00pm Language Class 12:45pm	28) Painting 1:00pm 	29) Tone & Fit Class 12:30pm

Activities subject to **change or cancel** without a notice.

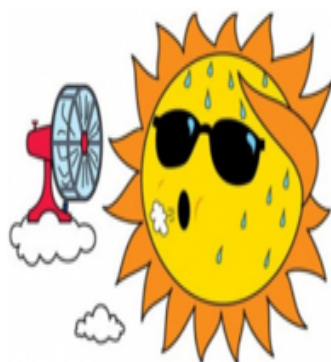
Sign up is required for the following activities: **Father's Day Dinner, Pyramid Lake Senior Fun Day, Stewart Powwow.**

Reno-Sparks Indian Colony
Senior Program Menu








34 Reservation Road, Building F

Reno, NV 89502

775-329-9929



June

Monday	Tuesday	Wednesday	Thursday	Friday
* Vitamin C – Daily + Vitamin A – 3 x Week 1% Milk - Daily		Reminder To call 329-9929 before 10 am to cancel meal delivery		1) Brunch 10:30 am Omelet Scramble with bell peppers, onions, diced ham, and pepper jack cheese * Cottage Cheese with Mini Tomatoes+ Diced Honeydew*
4) Fish Sandwich on Whole wheat bun  Orzo Salad with Mushrooms, Tomato's and Pinenuts Fresh Mandarin "Cutie"*	5) Potato s Au Gratin with diced ham and onion Steamed Vegetables+ Diced Pears*	6) French Dip on Whole Wheat Bun with Au Jus Carrot and Celery Sticks+ Banana*	7) Strawberry Chicken Salad with Sweet Onions, Cucumber and Carrots+* Trail Mix  Wheat Crackers	8) Brunch 10:30 am Multi Grain Pancakes Turkey Sausage Yogurt with Mixed berries* V- Juice
11) Chicken Philly on Whole Wheat bun with Bell Peppers and Onions+ Fruited Jell-O* Sun Chips	12) Turkey BLT Wrap+ Tomato Bisque Soup+ Fresh Apricot*	13) Shredded Beef and Cheese Burrito Pinto Beans  Fruit Cocktail*	14) Stuffed Bell Pepper With Onions, Carrots and mushrooms+ Grapes*	15) Baked Rosemary Salmon Coconut Rice Sautéed Squash Blend+ Tropical Fruit*
18) Fish Taco with Cabbage with Chipotle and Sour Cream Sauce Black Beans and Corn+ Mandarin Oranges*	19) Turkey and Swiss on Whole Wheat Bread Lettuce and Tomato slices+ Waldorf Salad  Fresh Pear*	20) Chicken Fajita Salad with Red, Yellow and Green Bell Peppers and Sweet Onions+* Diced Cantaloupe+	21) Birthday Bingo BBQ Beef Sliders Coleslaw+ Strawberry Shortcake 	22) Brunch 10:30 am Turkey Sausage and Egg Breakfast Croissant Watermelon  Orange Juice*
25) Ham and Cheese Wrap with Lettuce and Tomato Slices+ Macaroni Salad Mixed Berries*	26) Carne Asada Salad With Diced Mangos+ Wheat Crackers  Fresh Pluot*	27) Baked Chicken Roasted Vegetables over Quinoa+* Fruit Cocktail*	28) Pork Chop Zucchini Noodles with Pesto+ Applesauce*	29) Rosemary Tilapia Rice Pilaf Melody Mix Veggies+ Diced Peaches*

Monthly Senior Program Menu and Activies can also be found at:
www.rsic

<http://www.rsic.org/senior-activites-and-menu/>

Legal Notices, Public Announcements

Meeting on constitution, housing, education committees, volunteer recruitment

Invitation to attend Reno-Sparks Indian Colony Constitution Revision Work Group Meeting

Reno-Sparks Indian Colony members are invited to the first meeting of 2018 for the Reno-Sparks Indian Colony Constitution Revision Work Group.

WHEN: Monday, June 11 - 6 – 8 p.m.

WHERE: 34 Reservation Rd., Building A

WHAT: The Constitution work group will resume meeting to consider amendments to the RSIC Tribal Constitution. Tribal members are welcome to attend and participate in the constitution work group.

The Reno-Sparks Tribal Council supports the establishment of a Constitution Revision Work Group (“the Work Group”) for the purpose of:

- (1) Soliciting input from Colony members and other sources regarding potential amendments to the Reno-Sparks Indian Colony’s constitution
- (2) To gather information on those potential amendments
- (3) To conduct colony membership meetings to discuss those potential amendments and
- (4) To prepare proposed amendments to bring forward to Tribal Council for approval. This may result in a secretarial election by the end of 2018.

Recruitment for Housing Advisory Board

HAB is actively seeking **two** 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

Recruitment for Education Advisory Committee

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 Guidelines 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 Rd.
Reno, NV 89502

Save the Dates 2018 Environment Volunteer Opportunities

Reno Colony Neighborhood Cleanup

Friday, June 22 from 8 a.m.—noon

An RSIC specific event where residents are asked to clean their yard space and make sure it is fire ready. Dumpsters are provided at 2 locations and assistance from RSIC Public Works is available for elders and disabled persons. BBQ and raffle afterward at Anderson Park.

KTMB’s Truckee River Cleanup Day

Saturday, Oct. 13 from 9 a.m.—noon

A Keep Truckee Meadows Beautiful event where RSIC commits to keeping its part of the river clean and healthy. Meet behind the Reno-Sparks Tribal Health Center. KTMB will host a BBQ afterward, with the location TBD closer to the date.

2018 SUMMER DAYCAMP

Day Camp Hours: 12-4pm daily



Monday	Tuesday	Wednesday	Thursday	Friday
**Due to the overwhelming amount of children who attend day camp, the program has exceeded the maximum capacity at our field trip sites and they cannot accommodate our combined number of children. Recreation will be splitting up the Reno/HV centers on certain days to meet the required capacity limit. Please do not allow your child or children to attend both sites. We encourage you to please attend the site nearest your home.				
June 11 NO DAY CAMP LAST DAY OF SCHOOL	12 Reno: Peppermill Depart 12:30 HV: Gym Day BBQ	13 Reno: CVSC Swim Depart 10am HV: S.S. Library Depart 12:30	14 Reno: Fly High Depart 12:30 HV: Century Theaters Depart: TBD	15 Swimming Swimsuits Required! Depart 10am Both Sites
18 NO DAY CAMP ALL STAR SHOWCASE PRACTICE	19 NO DAY CAMP ALL STAR SHOWCASE	20 Reno: Roller Kingdom Depart 12:30 HV: Coconut Bowl Depart 12:30	21 Reno: Gym Day HV: Rancho San Rafael Park Depart 12:30	22 NO DAY CAMP STAFF DAY
25 Reno: Fun Quest Depart 12:30 HV: Idlewild Pool Depart 12:30	26 Reno: Gym Day HV: Peppermill Depart 12:30	27 NO DAY CAMP YOUTH CONFERENCE	28 NO DAY CAMP YOUTH CONFERENCE	29 Reno: Mayberry Swim Depart 12:30 HV: Fun Quest Depart 12:30
July 2 Reno: Century Theaters Depart 12:30 HV: Lake Tahoe Depart 9 A.M.	3 Reno: Magic Carpet Golf Depart 12:30 HV: Gym Day	4 NO DAY CAMP HAPPY 4TH OF JULY	5 Reno: Gym Day HV: Fly High Depart 12 P.M.	6 No Day Camp Staff Day
9 Reno: Lake Tahoe Swim Depart 10am HV: CVSC Swim Depart 10am	10 Reno: Gym Day HV: Gym Day	11 Reno: Coconut Bowl Depart 12:30 HV: Roller Kingdom Depart 12pm	12 Reno: PL Camping Depart 10am HV: Discovery Museum Depart 12pm	13 Reno: PL Camping HV: No Day Camp Staff Day
16 Reno: Peppermill Depart 12:30 HV: CVSC Swim Depart 10am	17 Reno: Century Theater Depart TBD HV: Gym Day	18 Reno: Bike Ride Depart 12pm HV: S.S. Library Depart 12pm	19 Reno: Lake Tahoe Swim Depart 10am HV: PL Camping Depart 10am	20 Reno: No Day Camp Staff Day HV: PL Camping
23 Reno: Rock Park Swim Depart 12:30 HV: Idlewild Pool Depart 12pm	24 Reno: Fun Quest Depart 12:30 HV: Gym Day	25 Reno: PL Swim Depart 10am HV: Animal Ark Depart 9:30	26 Reno: Gym Day HV: Century Theaters Depart 12pm	27 Middle School Teen Trip Tahoe Commons Beach

PARENTS:

PERMISSION SLIPS: Your child must have a 2018 permission slip on file before attending the activities. If your child has not yet done so, please contact the Recreation Dept. ASAP. Please make sure your child wears appropriate clothing and shoes for each day's activity and weather.

TRANSPORTATION: PLEASE TAKE NOTE OF PICK UP TIMES...HV Rec. vans will pick up at bus stops 30 minutes before departure time and 12:00 on facility days. The school bus will depart on time from both facilities. ***Recreation will no longer be able to transport children from RENO to HV or from HV to RENO due to the new schedule.**

DAY CAMP HOURS: Daycamp starts at 12:00 and ends at 4:00. (Unless otherwise noted). **If you have any questions feel free to contact the HV Gym 785-1360 after 9:00am.**

GYM DAYS BEGIN AT 12:30PM - 4:00PM

DAY CAMP AGE REQUIREMENT: children must be 6-17 yrs old to attend. All teens are encouraged to attend all day camp activities.

Swimsuits are required on ALL swim days! A dry change of clothes and towel is also recommended. The bus drivers do not want the kids getting back on the bus wet!

PRESENTED BY THE RENO-SPARKS INDIAN COLONY
IN COLLABORATION WITH THE NEVADA MUSEUM OF ART

REAWAKENING

THE GREAT BASIN

A NATIVE AMERICAN ARTS AND CULTURAL GATHERING

SATURDAY, JULY 14 • 10 AM – 5 PM

AT THE NEVADA MUSEUM OF ART, 160 WEST LIBERTY IN DOWNTOWN RENO

NATIVE AMERICAN ARTISTS' MARKETPLACE • HANDS-ON ART PROJECTS
GREAT BASIN YOUTH STORYTELLERS • MUSICAL PERFORMANCES
STORYTELLING • TRADITIONAL DANCES • INDIAN TACOS
TULE DUCK DECOYS • NATIVE AMERICAN ROYALTY
BASKET WEAVING • GALLERY TALKS

FREE
ADMISSION

FOR INFORMATION
CALL 775.785.1326

N



NEVADA MUSEUM OF
ART

Donald W. Reynolds Center for the Visual Arts
E.L. Wiegand Gallery

ADDITIONAL SUPPORT: CITY OF RENO ARTS & CULTURE COMMISSION

in 1968.

He was the point man, meaning he was in the most exposed position in a combat military formation when his unit advanced through hostile territory when he was killed; PFC Aleck was 22-years old.

In addition to Chairman Melendez's remarks, Pastor Augustin Jorquez from the Hungry Valley Christian Fellowship gave a blessing at both ceremonies.

Pastor Augustin reminded the crowd of the longevity and the endurance of Native American people, especially when compared to the establishment of what became the United States, and gave credit to the Native American strength often

exemplified by those in uniform.

"This ground has been the ancestral land of the Paiute, Washoe, and Shoshone people for thousands of years," Pastor Augustin said. "The long history of the Native American soldier is telling of the commitment to our people and to our culture."

Beside the Pledge of Allegiance and the National Anthem, at each ceremony, the Native American Flag song was performed by RSIC elder Janice Gardipe and by the Eagle Wings Pageant Dancers, respectively.

New to the ceremonies, the RSIC Color Guard added pride and precision to the solemn event. Six Veterans with ties to the Colony play a pivotal role

in honoring tradition and paying respect to those who died in service.

While the distinctive bugle melody Taps sounded, the presence of the RSIC Color Guard was especially, poignant. So much so, that most onlookers shook hands with all the Veterans in attendance before leaving the ceremonies.

"As the RSIC Color Guard, we honor those who serve currently," said Edward Reina, a Veteran of the United States Army, a member of the Salt River Pima-Maricopa Tribe and the RSIC Tribal Administrator. "We always want to support the veterans who have helped, and those who currently keep our nation and its people free and protected."



Remembering And Honoring Fallen Servicemen and Servicewomen — The Eagle Wings Pageant Dancers sang the Native American Flag song and the Reno-Sparks Indian Colony Color Guard contributed solemnity to the observance of the Tribe's annual Memorial Day ceremony. Children in front row, Jordan Eagle, Doza Ledesma, Osado Ledesma, London Mauwee, Logan Mauwee, Farrah Mauwee, and Hannah Morris, Second row: Bhie-Cie Ledesma, Robin M. Eagle, Hope Dressler, SFC Victoria Parker, Senior Drill Sergeant E Co, 2-413th Regt.. Eugene, Oregon (US Army Reservist and full-time joint degree law student), Jalei Moody, and Stacey Burns. Back row: Chairman Arlan D. Melendez, Edmund James, Adam Denetsosie, Landrum Quoetone, Edward Reina, and Mario Rivas.