

Hungry Valley Community Enjoys New Library

Growing need for technology, information filled with books, tablets, other resources

Hungry Valley residents now have access to a place that builds community, promotes literacy, protects rights and innovates---all in its new library located at 9050 Eagle Canyon Rd., in the RSIC Education Offices.

The Pew Research Center, a nonprofit, nonpartisan “fact tank” recently reported that the vast majority of Americans, ages 16 and older believe that libraries play an important role in their communities. Citizens agree that the materials and resources available at public libraries play an important role in giving everyone a chance to succeed

“Back in 2009, when I attended college and lived in Hungry Valley, I needed a place to do research for essays and complete all kinds of class assignments” said Adrianna Gutierrez, an RSIC librarian for six years. “Now, not just students, but anybody in the Valley can use our library for reading, writing business letters, creating flyers, and more.”

During the Hungry Valley Library’s grand opening on March 12, over 50 residents, mostly under 12-years-old, packed the new facilities.

Both Gutierrez and Natalie Smith, the Hungry Valley Librarian, agree that libraries are places of information, but following the footprint of the tribe’s established library in Reno, the Hungry Valley facility will be more than just books.

“When most people think “library” they think books,” Smith said. “Certainly our large collection of books are the foundation, but we want people to explore and use our other materials. ”

The Hungry Valley Library has e-books, audio books, CDs

and DVDs to lend, plus access to the World Wide Web.

The Hungry Valley Library even has a tablet, called a Leap Frog, which uses sights and sounds to teach children, 1-3 year, how to read.

All told, the library has over 1,000 items for patrons to borrow.

Furthermore, Smith has already begun story time for the nearby Head Start and Child Care classes.

According to Smith, besides connecting people to information, the RSIC libraries

Continued on back cover



Reading Exercises The Mind — Aiyana Collins, a second grade student at Jesse Hall Elementary School reads aloud to younger patrons during the Hungry Valley Library Grand Opening. Collins said that reading is one of her favorite hobbies and she is glad there is a library near her home in Hungry Valley.



SAVE THE DATE

TUESDAY APRIL 10TH AT 6:00PM

WELLS FARGO AUDITORIUM, MATHEWSON-IGT KNOWLEDGE CENTER@UNR

THIS WILL BE A COMMUNITY EVENT TO
HONOR AND CELEBRATE OUR ANCIENT ROOTS,
OUR CULTURES, OUR COLLECTIVE RIGHTS AND
RESPONSIBILITIES TO OUR FUTURE GENERATIONS.

FEATURING THE FOLLOWING GUEST SPEAKERS:

CHASE IRON EYES (THE LAKOTA LAW PROJECT)
FAWN DOUGLAS (PROTECT BEARS EARS)
MICHON R. EBEN (RSIC)
JOLIE VARELA (INDIGENOUS WOMEN HIKE)
AUTUMN HARRY (WATER RIGHTS ACTIVIST)

FROM IDLE NO MORE, TO STANDING ROCK,
TO THE RECENT RENO WOMENS MARCH,
THIS EVENT WILL INSPIRE AND FAN OUR
FIRES TO CONTINUE OUR EFFORTS TO PROTECT
THE SACRED. JOIN US FOR AN EVENING
SHARING FOOD, SONGS, AND SPEAKERS HONORING
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THE CENTER: EVERY STUDENT, EVERY STORY, THE RENO SPARKS INDIAN COLONY
AND NEVADA HUMANITIES/NATIONAL ENDOWMENT FOR THE HUMANITIES

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 APRIL dates

- 1 Easter
- 2 Great Basin Native Artists Show Opens, 1 East 1st St., 8 a.m.
Education Advisory Committee Meeting, Ed Conference Rm, Noon
Senior Advisory Committee Meeting, Senior Center, 1 p.m.
Truckee River Story Writing contest deadline, 5 p.m.
Language & Culture Program beading class, RSIC Library, 6 p.m.
RSIC Pow Wow Club, RSTHC, 1st Floor Conference Room, 6 p.m.
- 3 Enrollment Advisory Committee Meeting, Enrollment Office, Noon
- 4 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Law & Order Committee Meeting, Tribal Court, 6 p.m.
- 5 Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 6 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 9 Washoe County Schools Resumes
Language & Culture Program beading class, RSIC Library, 6 p.m.
Constitutional Revision Work Group, 34 Reservation Rd., 6 p.m.
- 10 Great Basin Language Playgroup, 34 Reservation Multi Rm., 10:30 a.m.
Indigenous Spirit on Fire, UNR Wells Fargo Auditorium, 6 p.m.
- 11 Wear Blue, Child Abuse Awareness Presentation Lunch, RSTHC, 11 a.m.
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
- 12 Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Wear Blue, Child Abuse Awareness Presentation Dinner, TLC, 6 p.m.
- 13 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 16 Executive Health Board Meeting, RSTHC, 5:30 p.m.
Head Start Policy Council, Hungry Valley, 6 p.m.
Language & Culture Program beading class, RSIC Library, 6 p.m.
- 18 Commodity Distribution, Senior Center, 8 a.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 19 Tri Basin Cultural Committee, THPO Office, 4:30 p.m.
Just for the Health of It BINGO, RSTHC, 5:30 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 20 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 22 Earth Day, Idelwild Park, 10:30 a.m.
- 23 Housing Advisory Board, Hungry Valley Recreation Center, 6 p.m.
Language & Culture Program beading class, RSIC Library, 6 p.m.
- 24 Great Basin Language Playgroup, Hungry Valley Rec, 10:30 a.m.
- 25 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.
- 26 Talking Circle, RSTHC Behavioral Health Division, 4 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 27 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
3rd Annual Tamano Spring Craft Fair, RSIC Gym, 10 a.m.
- 28 3rd Annual Tamano Spring Craft Fair, RSIC Gym, 10 a.m.
- 30 Language & Culture Program beading class, RSIC Library, 6 p.m.

For more information: www.rsic.org



Reno-Sparks Indian Colony

LANGUAGE & CULTURE PROGRAM

MONDAYS IN APRIL

**PEYOTE
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HUNGRY VALLEY GYM - LOWER LEVEL

EVERY MONDAY IN APRIL 2018

5:00 - 8:00 PM

Beginner's Instructional Peyote Stitch Class

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For more information and to sign up, call the

LANGUAGE & CULTURE PROGRAM

775-785-1321

Great Basin Native Artist Featured at City Hall

Reno celebrates pending 150th birthday with area American Indian Art

As the City of Reno prepares for its sesquicentennial or its 150th birthday, the Great Basin Native Artists have scheduled an exhibit which will be housed at the Metro Gallery in the City Hall.

Metro Gallery is located at 1 E. 1st St, in Reno. Gallery hours are Monday - Friday, 8 a.m. - 5 p.m.

With a kickoff last May, organizers are spotlighting individuals and groups who have helped create The Biggest Little City.

Because for thousands of years prior to the founding of Reno, Native Americans used the entire Washoe Valley to hunt and gather, the Great Basin Native Artist connect the original inhabitants of this area to the establishment and the continued growth of Reno.

The celebratory exhibition features the prints and mixed media works of Ben Aleck, paintings by Karma Henry, paintings by Topaz Jones, and mixed media works by Melissa Melero-Moose.

Aleck, contemporary painter and illustrator, is a member of the Pyramid Lake Paiute Tribe (Numu Kooyooe Tukadu) and presently lives in Nixon, Nev.

His early work consisted of mainly oil painting utilizing the human figure as subject matter.

His recent work consists of drawings using pen and ink and graphite on paper. The human figure is still a major theme in his work; however he



has the ability to incorporate a variety of materials and subjects in his work.

His current work is mixed media using water base paint, ink, dyes, and natural materials. Aleck's work reflects cultural and environmental concerns.

Henry, a visual artist, is a member of the Fort Independence Paiute Community of California.

She experimented with mark making related to her Native American ancestry (through geography, geology, history and how the information is dispersed to the greater public).

Henry's focus on iconic imagery changed the way she thought about Native Art history, and she began experimenting with many materials and has circled back to painting.

Jones, a painter, printmaker, and sculptor is an enrolled Western Shoshone member of the Shoshone-Paiute Tribes of Duck Valley. She is also tribally affiliated with Lummi, Kalapuya, and Molalla.

As a youth, Jones' stomping grounds stretched from the Pacific to the Great Basin.

Always encouraged by her father to explore art, Jones has visited Honolulu, Hawaii and Samsun, Turkey, where she taught classes for color theory and sculpture.

Today, she uses a number of different techniques within her pieces. In painting and printmaking, Jones creates figurative works, in fine line detailed dreamscapes, abstract expressions, and gestural draw-

Continued on page 6

County Citizen Advisory Board Members Needed

RSIC Tribal member shares his positive experience, involvement

Washoe County is recruiting members for its nine Citizen Advisory Boards (CAB), and the Reno-Sparks Indian Colony's Michael Ondelacy strongly recommends others to get involved.

"Serving on the City of Reno Ward 3 Neighborhood Advisory Board, I enjoy being a part of the grassroots organization which helps advise our leadership on the needs of our neighborhoods," said Ondelacy, a member and employee of the RSIC. "I encourage civic minded community members from the Colony or Hungry Valley to consider joining a Citizen Advisory Board, as Native Americans, we need to share our unique perspective on land use and land management with others."

The CAB's primary purpose is to provide feedback and two-way discussion between the community and elected officials on land-use, planning, proposed development and related concerns within Washoe County's jurisdiction.

"I like being on the NAB because it allows me to provide input on projects impacting my community, especially because the Colony is right in the middle of Ward 3," Ondelacy said.

Topics of discussion at CAB meetings may include a review of local proposed development, regulations and master planning.

"Being involved keeps our neighborhood and the Colony's interest at the forefront in the event a project adversely affects hem," Ondelacy said.

The Washoe County Citizen Advisory Boards were created pursuant to NRS 244.1945 and Washoe County Code Section 5.425.

There are currently nine CABs representing different geographical regions within Washoe County including: Spanish Springs.

"Joining a citizen advisory board allowed me to interact with various local leaders—from elected city officials to the citizens that dig up dirt to plant trees to make their neighbor-

hoods better," Ondelacy said.

CAB members are appointed by Washoe County Commissioners and serve 3-year terms beginning on July 1. Each CAB has set meeting dates and times

Board membership is made up of five members and two alternates. The terms of membership are set for staggered three year terms.

Citizen Advisory Board agendas are prepared in conjunction with Washoe County's Planning and Building Division and include permit requests for Master Plan Amendments, Regulatory Zone Amendments, Development Code Amendments, Special Use Permits, Tentative Subdivision Maps and Variances.

The public has the opportunity to speak during public comment at the beginning and end of the meeting on any topic. There is also public comment available for each action item specific to that item.

Application can be found at:
www.washoecounty.us

Continued page 5

ings. In sculpture, she uses a variety of materials such as stone, metal, clay, and wood.

Melero-Moose spent most of her childhood living in Reno.

She is a Northern Paiute enrolled with the Fallon Paiute-Shoshone Tribe and also has ties to Fort Bidwell and the Modoc tribe from California.

After spending many years in the southwest and northwest part of the country, Melero-Moose returned to Reno in 2010 to work as a professional artist and founder of the Great Basin Native Artists.

Her current influences are imagery found in the Nevada landscape, petroglyphs, beadwork, and basketry from her Native tribes of what is now

Nevada and California.

For more complete artists statements and learn more about the GBNA, see: <http://www.greatbasinnativeartists.com/>

Reno's year-long sesquicentennial will culminate with a huge celebration on May 9 at Greater Nevada Field, as the city was officially established on May 9, 1868.

Building for the Future

The *Reno-Sparks Indian Colony* and the *Hungry Valley Child Care Centers* receive Federal cash assistance to serve healthy meals to our children.

Good nutrition today means
a stronger tomorrow!

Meals served at the Reno-Sparks Indian Colony and the Hungry Valley Child Care Centers meet nutrition requirements established by USDA's
Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**
(1-866-873-2263)

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001



Just for the Health of It

BINGO!

April 19th 5:30- 6:30 pm



Sponsored by the Community Health & Diabetes Departments

Tribal Member's Reno Flag Design To Be Retired

City's sesquicentennial celebration includes flag design contest, public voting

For over 50 years, the city flag of Reno had ties to the Reno-Sparks Indian Colony, and as the search for a new flag ensues, the new flag will again have the influence of its neighboring Native American community.

Back in 1960, Robert Dressler, a tribal member who lives in Hungry Valley, designed an image which has been used by the city of Reno. Dressler's flag which he designed when he was 10-years-old, flies throughout the city in places like the park near the Pioneer Center for Performing Arts.

Though the current flag was never officially adopted, the city Arts and Culture Commission plans to recognize Dressler's design at an April 25 Reno City Council meeting.

Also at that meeting, three options for an official Reno flag will be revealed, and you can help select the finalists.

Last fall, the city of Reno announced that it wanted an official flag to help celebrate Reno's 150th birthday.

Submissions for a new flag were collected until March, and last week, the field of 223 possibilities was narrowed down to 13 by a group of area dignitaries including RSIC Tribal Council Member Shawna Johnson.

"We had suggested guidelines--such as a flag should not have lettering, seals, more than three colors and not have two different sides," said Johnson, one of 13-people on the Flag



A New Look — *In celebration of Reno's 150th birthday, and in an effort to better represent the growth and creativity of today's Reno, the city's arts & culture commission is leading an effort to create an official flag. The project, based on community involvement, will educate about flag design and Reno history, and produce a meaningful symbol of civic pride.*

Selection Commission. "We graded each entry and we narrowed them down. My favorite is one of the 13, so I am excited about that."

Johnson, whose late father, Oscar Johnson Jr., designed the official RSIC flag has a unique understanding of the pride connected with an iconic and recognizable symbol which represents a community.

Until April 6, the public can vote on-line for his/her favorite of the remaining 13 flags.

Those selected designs can be found at: <https://www.reno.gov/community/arts-culture/reno-flag-project>.

The Reno City Council may or may not officially adopt a flag from the three submissions which collect the most public votes.

Potentially, the winning flag will debut at Greater Nevada

Field on May 9, the city's sesquicentennial or its official 150th birthday.

James Ferrigan, who studies the history, symbolism and usage of flags told the *Reno-Gazette Journal* flags were the single most important thing created by the mind of man in the last 1,000 years because their ability to impart non-biological connectedness.

He said that material, color, complexity and construction all play a role in making a good flag.

"There's a certain appeal to flags," Ferrigan said. "I don't know if it's hardwired or not."

Earlier this year, Ferrigan organized two workshops at which he explained the principles used to design the most effective flags.

Johnson said the voting panel used these guidelines to select the finalists.

"The ultimate goal is to create a meaningful symbol of civic pride," Ferrigan said.

The first place winner will be awarded \$2,000, the second place winner will be awarded \$1,000, and third place winner will be awarded \$500.

In addition to Johnson, the following Reno Flag Committee members narrowed down the finalists: Mark Amodei, Paul Baker Prindle, Bob Cashell, April Conway, Debbi Engebretson, James Ferrigan, Alberto Garcia, Jen Johanson, JoAnne Northrup, Pete Sferrazza, William Thornton, and Juanita Westbrook.



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Why Have Coyotes Moved Into Our Neighborhood?

Preventing urban coyote versus people conflicts

*By Jessica Heitt,
Urban Wildlife Coordinator
Nevada Department of Wildlife*

Whether or not we realize it, residential areas can provide a perfect habitat for a variety of wildlife, including coyotes.

Landscaped homes, community parks and open spaces provide shelter for small mammals and birds, which in turn provides a food source for predatory animals. Urban irrigation systems provide a source of water that is crucial to coyotes and all wildlife in Nevada's dry climate, especially during drought years. As a result, the once elusive species has adapted quite well to urban environments and the presence of humans.

What Can I Do About It?

Coyotes are attracted to neighborhoods due to the availability of water and food sources such as rodents, garbage, and in some cases small pets.

The following is a list of attractants that can be removed from your home to reduce coyote interactions.

***“Removing, or killing
coyotes is
not a solution...
more coyotes will
move in...”***

—Nevada Department of Wildlife

- Pet food or water that is left outdoors
- Birdseed, chicken feed or other small mammal attractants
- Garbage cans that are not secured
- Free roaming pets like cats and small dogs—keep them indoors whenever possible

Residents should work together and remove all attractants from the area, as well as take action to re-instill coyotes with a fear of humans.

If a coyote approaches you, try to appear as large and loud as possible.

- Don't feed the wildlife
- Shout, or bang on objects if available
- Use a garden hose to scare coyotes
- Always keep pets leashed on walks
- Carry an air horn and pepper spray
- Install a fully fenced dog run with a roof-coyotes can jump a 6-foot fence
- Never corner a coyote
- Do not run away, back away slowly while facing the coyote

Am I In Danger?

Coyotes are naturally curious creatures and occasional sightings are to be expected.

In general they are harmless to humans. However, issues can arise when they become habituated to our presence and

we become careless.

Intentionally or unintentionally, feeding wildlife can result in aggressive or demanding animal behavior.

Deliberate feeding of wildlife is dangerous and illegal.

Additionally, if a coyote feels threatened such as in a situation where it cannot escape, it may attack.

Educate your children about avoiding coyotes and unfamiliar dogs and protect your pets by keeping them indoors whenever possible.

Removing coyotes is not a long term solution; if attractants are still present more coyotes will move in.

The best long term solution is to learn to live among wildlife.

For questions or concerns, contact the Nevada Department of Wildlife or visit:

http://www.ndow.org/Nevada_Wildlife_Living_with_Wildlife/



Don't Feed Me — Coyotes are often found in neighborhoods as they have adapted well to urban environments.

T B C C

Tri Basin Cultural Committee



Recruiting for 2 Members

Want to learn more about OUR ancestral past and Traditional Cultural Properties? Want to learn about the Great Basin People's history and cultural items, as well as PROJECTS that may affect them?

Join the RSIC Tri Basin Cultural Committee (TBCC)!

The TBCC is an advisory board to the RSIC Cultural Resource Program/Tribal Historic Preservation Office (THPO). The RSIC Cultural Resource Program/THPO is active in reporting, commenting, reviewing, assisting, & monitoring Federal, State, Tribal, and local agencies on their potential impacts to Native American Cultural Resources.

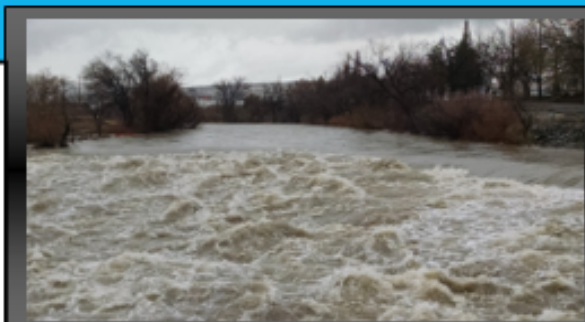
Please submit a letter describing your interest in
joining the TBCC to the
RSIC THPO 1995 E. Second Street, Reno, NV

**ACCEPTING LETTERS OF INTEREST
UNTIL April 30, 2018.**

All TBCC members must be enrolled members of the RSIC & abide by the RSIC Standing Rules for Committees & Advisory Boards and Statement of Confidentiality. TBCC members are required to attend 12 paid meetings (\$75 per meeting) per year which requires field site visits & your review and comment on projects.



For more information or if you have questions contact **Michon R. Eben** (RSIC THPO/Cultural Resource Manager) or **Tobey Allen** (THPO Assistant/Oral Historian) at (775) 785-1326.



National Native American Museum Picks Design Finalist

Installation of American Indian Veterans Memorial moves forward

The Smithsonian's National Museum of the American Indian (NMAI) has announced the five finalists for the design of the National Native American Veterans Memorial.

The finalists shared their visions for the memorial and presented their initial design concepts in a presentation at the NMAI in Washington, D.C., last month.

According to an advisory committee made up of well-known Native American Veterans, this permanent memorial on the nation's preeminent stage—the National Mall—will shed light on the countless Native American warriors who have given so much of themselves throughout history, and who continue to defend our nation today.

The NMAI will honor Native American servicemen and women in a very visible way including a prominent memorial on the National Mall and in a place that draws nearly 24 million visitors annually according to NMAI Director Kevin Gover (Pawnee).

He said that the aim of the memorial will be to provide a place for reflection where generations of Americans can honor the proud and courageous legacy of Native Americans in the military, and look forward to the future.

The design finalists will have until May 1 to evolve and refine their design concepts to a level that fully explains the spatial,

material, and symbolic attributes of each design and how it responds to the vision and design principles for the memorial.

A charge given by the United States Congress, the memorial will adorn the grounds of the Smithsonian's NMAI, between the National Air and Space Museum and the U.S. Capitol.

The Native American designed memorial will be a symbol of the country's respect for Native Americans' sacrifice and patriotism.

"The Memorial carries the deep responsibility of educating across generations; respectfully acknowledging Native veterans; and reminding all Americans of our national obligation to honor this inspired legacy," Gover said.

A directive from the advisory committee, the effort to honor Native Americans' past and present service to our country will extend far beyond the physical memorial.

The museum will also share stories of Native American servicemen and women through three aligned projects: Tribal community consultations, a traveling exhibition, and a vital oral history project.

Since 2015, the advisory committee and the museum have conducted community consultations to seek input and support for the memorial including a May 2017 trip to the Reno-Sparks Indian Colony.

At a town hall/consultation meeting held at the Reno-

Sparks Tribal Health Center, Native Veterans, family members, professionals whom work with Veterans, as well as community members gave feedback about what he or she wants to the memorial to convey.

"It is always important to reflect and acknowledge the sacrifices our military Veterans have and continue to make—as far back as the Revolutionary War, to the Indian Wars to current world military conflicts," said RSIC Chairman Arlan Melendez. "In Indian Country, we recognize that sacrifice runs deep and the will to serve is instinctive in our communities."

Melendez serves on the NMAI Advisory Committee and is a Vietnam Veteran.

"This memorial will carry the deep responsibility of educating across generations," said Gover. "...[it must] respectfully acknowledging Native veterans; and reminding all Americans of our national obligation to honor this inspired legacy."

Memorial organizers are planning an extensive dedication ceremony for Veterans Day, Nov. 11, 2020.

The artists' drawings are on the following pages. To see the presentations and learn more about the memorial, log onto:

<https://nmai.si.edu/nnavm/>

Editor's Note:

Some of the previous content and the following images were provided by the National Museum of the American Indian Public Affairs.

American Indian Veterans Memorial Design Finalist

Wellspring of Valor by James Dinh

The memorial would be sited near the museum's south entrance, next to an old tree, which fosters a deep connection to time and place.

A purifying, ever-flowing wellspring serves as the heart of the Memorial.

From this center five translucent totems reach skyward in solemn dignity to form a star, expressing the nation, the land, and the many brave Native American men and women who served in the U.S. Armed Forces.

Symbolizing those who sacrificed their lives, the middle void is illuminated at night to memorialize their profound

“The memorial carries the deep responsibility of educating across generations—respectfully acknowledging Native Veterans, and reminding all Americans of our national obligation to honor this inspired legacy...”

absence. The “ripples” of the wellspring extend to an embracing wall of remembrance, on whose face are etched texts documenting each major conflict in U.S. history and acknowledging the contributions of servicemen and women.

The concentric circular motif is repeated as light etchings on the wall, like petroglyphs, symbolizing connections across history and boundaries. Emerging from both ends of the wall is a low platform for resting and placing offerings.



The Enduring Dance by Stefanie Rocknak

By way of their dress the

Healing, pride and place in the Native American community, as well as in the American community in general, would be visceral.



American Indian Veterans Memorial Design Finalist

We Fight For Our Cournty by SaSu Weh Jones and Enoch Kelley Haney

The memorial features a bronze sculpture of a woman and child representing nature and the future.

The girl carries a medicine bundle symbolizing cultural tools of spirituality. Nature's healing feather is passing spiritual energy for the child's endurance.

Below, six bronze Spirit Warriors surround nature and future as a symbol of protection.

There is one warrior from each branch of the military and one representative of women in the forces. The Warriors' headdresses represent one of the eight regions of Native Americans,

inclusive of America, Alaska, and Hawaii, with ultimate respect for all our nations.

Under the warriors, six bronze plaques show the history of the military/Indian relationship through an artist's interpretation of great valor, endurance, and sacrifice.

A compact memorial, the monument would be located north of the Welcome Plaza and stand approximately 20 feet tall with a footprint of about 8x8 feet.

The hexagonal base would be clad in rough-hewn marble designed in color, pattern, and style to balance with the NMAI building.

Both designers are a Native American. SaSuWeh Jones is of Ponca heritage and Kelly Haney is of Seminole heritage.

“The advisory committee did not feel that weaponry or armaments should be a part of the memorial...it should be culturally appropriate and inclusive of the diversity of tribes and bands....”



American Indian Veterans Memorial Design Finalist

Warrior's Circle of Honor by Harvey Pratt

The Sacred Circle represents heaven, earth, and the pathway followed by honor bound Native People.

Wind Spirits can pass through the stainless steel Sacred Circle.

Water, fire and the drum are the central design elements within the circle. Water represents purity, prayer, cleansing, and reflection, running over smooth river rocks in a red granite basin.

Fire symbolizes strength, courage, endurance, and comfort. The bronze and granite drum is the heartbeat of memorial and connects all the elements.

The outer wall is comprised of

four sections with the five military seals on each section. It provides an outer perimeter and allows private meditation space on interior benches. Legacy footprints of different colors on top of the outer wall represent warriors of the past, present, and future: white (beginning), red (power of the Creator), yellow (Mother Earth), black (ancestors).

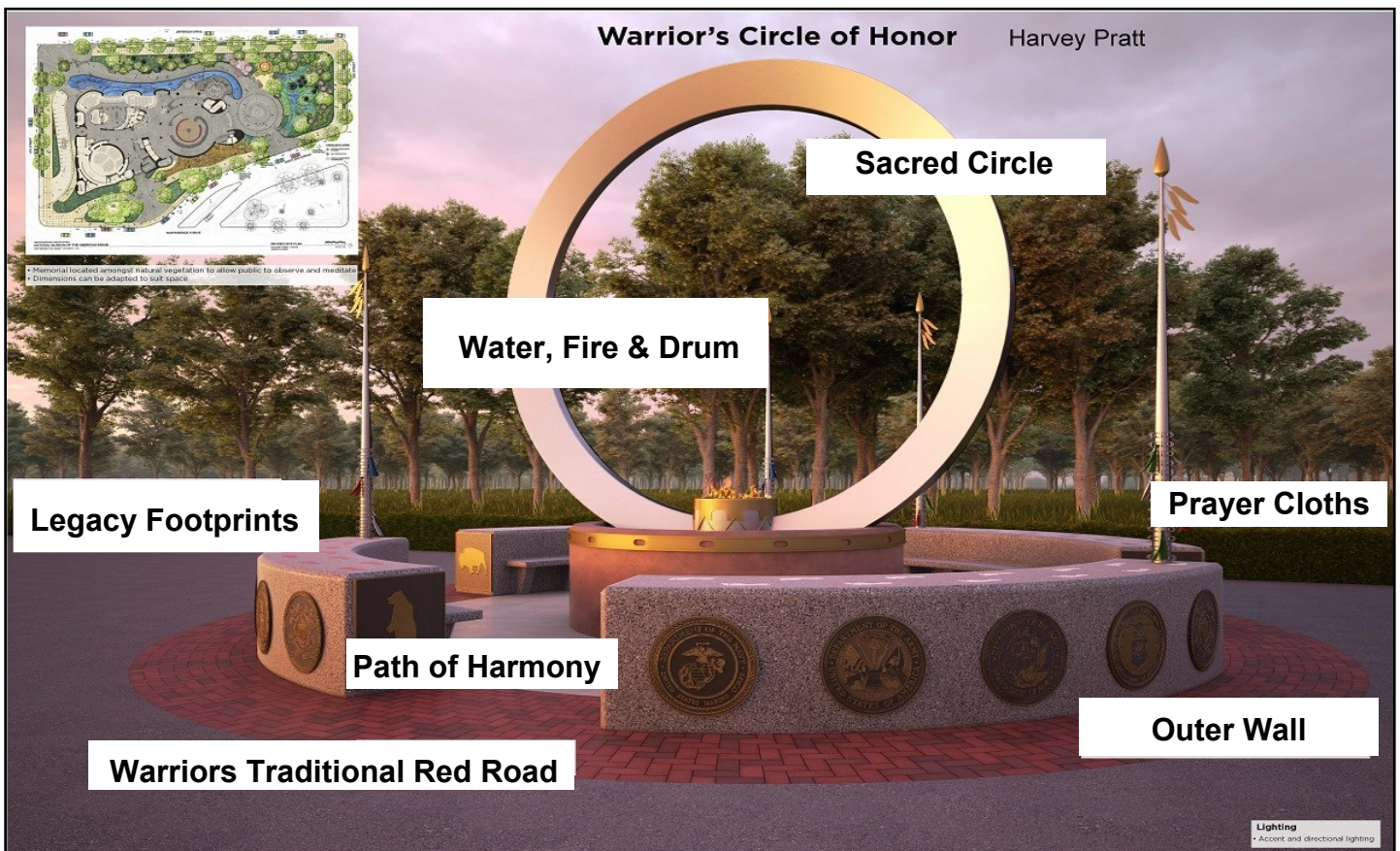
The Warriors Traditional Red Road, made of red brick pavers surrounding the outer wall, represents the way of life leading to harmony.

The memorial would be located north of the Welcome Plaza.

Pratt is an American Indian from the Cheyenne/Arapaho tribes.

“The advisory committee believes the existing grounds, its relationship to the museum building is very harmonious and contributes to the visitor experience.

The memorial should be an integrated part of, and addition to, the grounds...”



American Indian Veterans Memorial Design Finalist

Wall of Legends by Leroy Transfield

The memorial is a sculptural wall to inspire and celebrate the deep culture of Native peoples who have served.

An integral part of all Native peoples is the many legends handed down through the centuries. These legends connect and anchor each generation in the history and culture of the past.

Common themes to depict on the wall will be identified—stories will be inclusive of the many cultures and Tribes in America and be centered around bravery, sacrifice, struggle, life and

***“The National Native American Veterans Memorial will
“...give all Americans the opportunity to learn the proud, courageous tradition of service of Native Americans in the Armed Forces of the United States...”***

death, loved ones lost, and other themes that would be appropriate.

The wall is designed in a way as to curve and harmonize with the existing walkway along the Jefferson Drive side of the museum.

Visitors can easily view and slowly take in the whole wall as they walk its full length. It will be made of granite similar to the walkway, staggered horizontally to create lines and shadows similar to the forms of the museum building itself.

Tranfield, a Native American, is of Ngai Tahu/Ngati Toa heritage.



In & Around: Reno-Sparks Indian Colony Community

Appointing committee members, saying goodbye, getting prepared



Born To Serve — Verna J. Nuno has taken the oath of office to serve on the Reno-Sparks Tribal Health Center Executive Health Board. A seven-member board, appointed by the Tribal Council, the volunteers provide input into policies and procedures, as well as oversight to the Traditional Medicine and other programs with the goal of enhancing the quality of life of all the RSTHC clients.



With Sincere Appreciation — After Christy Jacobus concluded her 13-years of service to the Reno-Sparks Indian Colony, she was gifted a blanket from the Tribe's leadership and the hundreds of students and family she helped. As the program manager of Head Start, Jacobus oversaw center-based early childhood education services for 3-5-year-olds. **Photo by Alicia Hernandez**



Just In Case — A contingent of Reno-Sparks Indian Colony staffers and volunteers recently attended the Center for Domestic Preparedness 2018 Tribal Week. Tribal governments are an essential part of the nation's emergency management team. Pictures above are back row, left to right: Pastor Augustin Jorquez, Ciera Sampson and David Hunkup. Front: Hoku Santella (left) and Veronica Bohanan-Crawford (right).



Enhancing Care — Rear Admiral Michael D. Weahkee, an enrolled member of the Zuni Tribe, is Acting Director of the Indian Health Service (IHS), recently visited the Reno-Sparks Tribal Health Center. The IHS is the principal federal health care advocate and provider of health care. Rear Admiral Weahkee (right) is pictured with RSTHC Chief Dentist Dr. Marlon Brown.

Ask Paul

Many times I see people who are frustrated and angry.

They can't really define where their anger comes from, they just know they have it.

Not being able to define why they have this angry emotion leads to more frustration and ultimately more anger—a vicious cycle.

Sometimes the person reaches out for relief in the form of substance use or harmful behaviors.

Anger is actually a healthy emotion that motivates people to take action.

The source of anger can come from sadness, feeling hurt, feelings of being treated unfairly, not being heard, having no control in a situation, or feeling threatened.

Counseling can help find the source of the anger and offer methods to deal with it.

The Down Side of Anger

It can lead to destructive behaviors especially if alcohol or drugs are involved. One of the reasons alcohol and substances are dangerous is because they stop the person from thinking clearly. The person

under the influence takes every situation, emotion, word, or facial expression very personally and hyper-exaggerates their meaning.

This mindset, paired with the compulsive fight or flight response, can result in a cycle of verbal and physical altercations and “we don’t learn to grow from our experiences,” according to Dr. Art Martinez, PhD.

Let’s see how we can make anger productive.

First, calm down and figure out what you want. This may take a few minutes or a few days. Don’t worry, this time will be well spent.

Think about your mindset the last time you were in a conflict. Think about your fantasy conversation afterwards.

Think about how you said the perfect thing to put the other person in his or her place, and of course, how the imaginary audience came around to understanding and believing in your thought process.

You were the hero and the foolish person who dared cross you lost all of his dignity and respect, never to be heard from again!

You won, they lost, and all is right with the world. Well, maybe not. Let’s get back to reality.

You have to calm down your mind to think clearly. The adrenaline and other action

chemicals that surge through your body when you get into a fight serve one purpose: to help you physically prepare to fight or run.

This cascade of chemical release does not help you prepare mentally or allow you to look at the whole picture for an optimal outcome.

Once the threat has passed however, you can clear your mind and use all of your mental ability to create a situation that is beneficial to everyone involved. In *The Red Road to Wellbriety*, the elders teach us, “when the struggle starts, get happy. It means a change is starting to occur. Conflict precedes clarity.”

When a person is angry he tends to raise his voice and become verbally and physically intimidating to get what he thinks he wants at the moment or to win.

Be careful. Words can be expensive and the result of verbally attacking someone makes the other person defensive and unreceptive.

If the other person feels threatened, his fight or flight chemical reaction will be engaged as well.

This results in two people who are angry and not communicating. It’s hard to be respectful, caring, and maintain relationships when

Don't let yourself hold grudges or resentments...

people are attacking each other, and someone always loses. The person who loses now has a grudge or resentment and may try to get even.

Ask yourself this question: The last time I saw someone in a conflict, who did I respect more, the person who was calm and level-headed or the person who was emotional and seemed to lose control?

Think of your words and actions as your brand.

Think of companies like Coca Cola, McDonalds, and Apple. They spend a lot of money and effort protecting their brand and image.

“...think of your words and actions as your brand...”

You have your own brand, too.

When a person loses control or is described as a hot head or reckless, it tends to draw people away.

Also, using curse words never helps your brand. The initial shock value of a curse word and the fleeting sense of being “cool” is temporary.

Speaking with purpose and using a clean vocabulary will last a life time.

As your reputation or “brand” is created by your reactions to situations, it’s good to use some calming strategies.

The idea is not to lose a friend, acquaintance, or coworker over the situation. The clear-headed, cool response will generally prevail.

If you find you cannot avoid an altercation, try this strategy.

Say, “You may be right, let’s think about this and talk later.”

This simple phrase lets both people leave with dignity and respect. It’s also an open-ended invitation to review the problem at another time.

This way the problem remains the problem and the other person has not become the problem.

When you can think about your thoughts, you can control your thoughts. If you can control your thoughts, you can control your actions. We have many thoughts which go through our brains every day.

The first thought may not be your best thought, but you are responsible for your second thought and first action.

Remember, it’s ok to be angry. If you have to be angry, recognize where you are and who will be impacted.

Sometimes you may have

to break away from the situation and vent. If this is the case, be angry for two minutes alone then stop.

Do not let yourself hold grudges or resentments because then you are the one who holds the extra burden. The optimal outcome is for everyone involved, including you!

These methods are just a few ideas to avoid potential harmful situations.

To understand the root cause of the anger, see a qualified professional at our Reno-Sparks Tribal Health Center’s Behavioral Health Department, where we can resolve the anger issue together.

Paul Snyder, MA, LADC-S, is a Substance Use Counselor at the Reno-Sparks Tribal Health Center.

Please contact Paul at:
775-329-5162, ext. 962
or
rsnyder@rsicclinic.org

In & Around: Reno-Sparks Indian Colony Community

Students, staff, elders, leaders at Annual Native American Education Summit



Brainstorming — Students from the Reno-Sparks Indian Colony held a roundtable discussion during the 11th Annual Native American / Alaska Native Indian Education Summit held at the University of Nevada. This year the theme of the conference was *Building an Equitable and Sustainable Education System for Native Students*.

Photo by Sherry Rupert, Nevada Indian Commission



Where Does the Animal Live? — Led by Jamie Astor, and with help from other staff from the Reno-Sparks Indian Colony Language & Culture Program, a presentation was given to other educators about the importance of early childhood Native language instruction. Above, Christina Thomas, who oversees the after school language instruction, shares a visual aid..

Photo by Judy Martin



Innovators — The 2018 Pesa Namanedu Award winners were the first Native American teachers for Head Start in Nevada. From left to right: Eloise James, Darlene Gardipe for her mother Marlene Coffey, Hilda James, Lana Hicks and Verna Nuno for her mother Clarice Bliss. Also honored are Eleanor Smokey, Leaona Hicks, Betty Williams, Velma Melendez and Sheila Katenay.

Photo by Sherry Rupert, Nevada Indian Commission



Ultimate Role Models — Patrick Naranjo of the Santa Clara Pueblo Tribe, a UNLV Resource Coordinator in the Office of Diversity Initiatives, and Sandra L. Mitrovich of the Tyme Maidu Tribe, the University of Nevada Outreach and Retention Coordinator, emceed and oversaw the conference programing, respectively. Both are passionate about helping Native students successfully navigate through the education process at all levels.

Reno-Sparks Indian Colony Youth Success Spotlight

Outstanding scholars earn recognition at Spanish Spring elementary school



Spotlight Search: Sharing Student Success

Do you know an outstanding youth at the Reno-Sparks Indian Colony who deserves to be recognized for his or her hard work or contributions to our neighborhoods, schools and tribe? Do you know an outstanding young scientists, activist, athlete, dancer, or all-around outstanding ambassadors within Indian Country?

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 .



There Is No Excuse For Child Abuse



Please join us on **Wednesday, April 11th (Reno)**
or **Thursday, April 12th (Hungry Valley)**

April is Child Abuse Awareness Month

Wednesday, April 11th, 2018

-Reno-Sparks Tribal Health Center
1715 Kuenzli Street
Reno, NV 89502

At: 11:00 AM – 1:00 PM

***Lunch will be served**

Thursday, April 12th, 2018

-Transitional Living Center (TLC)
Hungry Valley on Loop Rd.

At: 6:00 PM – 8:00 PM

***Dinner will be served**



Stand Up For Children by joining Human Services and the RSIC Clinic Community Health Department raise awareness about child abuse – together, we as one community can show a united effort in preventing child abuse.

More info, contact Adriana Botello at 775-329-5071 or
Gina Featherstone at 775-329-5162 ext. 1949.

Events will consist of:-

- A Guest Speaker
- Raffle (a bike)
- Free Giveaways
- Food
- AND MUCH MORE!

3rd Annual Tamano Craft Fair

- Tamano means Spring in the Paiute Language -

April 27-28, 2018

**Reno-Sparks Indian Colony Gym
34 Reservation Road
Reno, NV 89502**

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



Open 10 a.m. – 6 p.m.

(Open & Close on both days)

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



Just in time for Mother's Day!

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

INDIAN TACOS will be sold!

Vendor's: Limited space available, so don't wait to reserve your spot!

For more information, contact TCF Coordinator at (775) 424-4126

or online at: tamanocraftfair@gmail.com

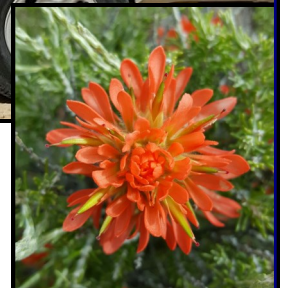


KEEP TRUCKEE MEADOWS
BEAUTIFUL



The Great Community Cleanup on Eagle Canyon Road 8 a.m.– noon, Saturday, May 5th

Join KTMB, RSIC community members and hundreds of local residents to clean our open space hills and along Eagle Canyon Road during this important event. For more information contact BC Ledesma, Environmental Specialist II at 785-1363.



WHERE TO MEET: Above Spanish Springs High at the 1.5 mile marker, near the curve in the road where the guardrail ends.

FREE LUNCH: Provided to all volunteers at a separate location TBD by KTMB

NOTES: Garbage bags will be provided as well as a limited number of gloves. Please bring your own gloves if you are able, and a refillable water bottle. Also, please wear work clothes and dress for the weather.

Share Your Truckee River Story



A writing contest put on by One Truckee River, an initiative co-headed by Nevada Land Trust and Keep Truckee Meadows Beautiful.

The Reno-Sparks Indian Colony works in close partnership with One Truckee River.

THEME of Writing Competition: Your memories that connect us to the Truckee River! Share a memory you have of the Truckee River in written form, 300 words (about 2500 characters) and be creative! One Truckee River will be looking for words that evoke feelings for the river.

SUBMISSIONS DEADLINE: April 2, 2018 at 5 p.m.

Visit onetruckeeriver.org/stories for more information on submitting your story online. If you need assistance in submitting or writing your story, please contact Michon R. Eben or Allan Tobey at the RSIC THPO/Cultural Resource Program -we can assist you! Call or email us at:

775.785.1326

meben@rsic.org

atobey@rsic.org

PLEASE share YOUR story!

Any story or memory you may have: swimming, picking & eating blackberries, the rope swing, fishing, etc.



Historically, our ancestors traveled along the Truckee River and it served as a link that connected our tribes to the Truckee Meadows. We have utilized the Truckee River for countless generations and continue to do so. Today, the Truckee River continues to be an important Traditional Cultural Property (TCP).

**Multiple winners will receive prizes
donated by local businesses.**



Reno-Sparks Indian Colony

LANGUAGE & CULTURE PROGRAM

INFANT-TODDLER

Great Basin Language Playgroup

April 10th - 10:30 AM - 11:30 AM

RSIC Multipurpose Rm. - 34 Reservation Rd.

April 24th - 10:30 AM - 11:30 AM

Hungry Valley Gym - Lower Level

The RSIC Language & Culture Program is partnering with Nevada Early Intervention Services to provide an interactive language playgroup for parents, grandparents, caregivers and their infant/toddler (ages 0-3 years). Great Basin Native Languages will be integrated into games, songs and stories providing a fun learning experience. A healthy snack will be provided.

OBJECTIVE:

The purpose of the Great Basin Language Playgroup is to promote the Great Basin Native Languages through interactive parent/child play.

For more information, contact Jamie Astor or Stacey Burns at the
LANGUAGE & CULTURE PROGRAM - 775.785.1321



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

April - 2018

Mission:

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

Beginning and intermediate level Paiute Language Classes will continue in April 2018. These interactive classes include grammar, storytelling, games, songs and immersion activities. Each class has a knowledgeable language instructor and anyone who is interested in learning the Paiute Language is welcome to attend.

Language Classes:

Wednesdays

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno

Time: 12:45 p.m. – 1:30 p.m. Instructor: Thalia Dick

Dates: 4/4, 4/11, 4/18, 4/25

Beginning Numu (Paiute) Class:

Location: RSIC Library – 401 Golden LN.

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

Dates: 4/4, 4/11, 4/18, 4/25

Thursdays

Intermediate/Advanced Numu Class

Location: RSIC Library – 401 Golden LN.

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

Dates: 4/5, 4/12, 4/19, 4/26

Cultural Activity:

Date: Mondays in April

Time: 5:00 PM – 8:00 PM

Location: Hungry Valley Gym -
Lower Level

Peyote Stitch Beading Class

The purpose of this class is to teach participants the peyote stitch and is a beginner's class. All materials will be supplied. Class size is limited.

RSVP to the Language & Culture Program at 775-785-1321.

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

Spring Day Camp Schedule




| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| March 26 Reno Fun Quest Hungry Valley Roller Kingdom Bus Departs 12:30 P.M. | March 27 Gym Day & Craft Day No Transportation | March 28 Reno High Ballocity Hungry Valley Fun Quest Bus Departs 12:30 PM | March 29 Gym Day & Craft Day No Transportation | March 30 Both Sites Movies Century Theatres Bus Departs TBD |
| April 2 Reno Roller Kingdom Hungry Valley High Ballocity Bus Departs 12:30 P.M. | April 3 Gym Day & Craft Day No Transportation | April 4 Both Sites Carson Valley Swim Center Bus Departs 10 A.M. | April 5 Talent Show Bus Departs 12:30 PM (Bus for HV to Reno) | April 6 Both Sites Fly High Bus Departs 12:30 PM |




PARENTS: THIS SCHEDULE IS SUBJECT TO CHANGE WITH OR WITHOUT PRIOR NOTICE DUE TO UNFORESEEN CIRCUMSTANCES

***Recreation will no longer transport children from RENO to HV or from HV to RENO.**

DAY CAMP HOURS: Day camp starts at 12:00 and ends at 4:00. (Unless otherwise noted) **GYM DOORS WILL OPEN AT 11AM.**

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

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.

Please make sure your child wears appropriate clothing and shoes for each day's activity and weather.

If you have any questions feel free to contact the Reno Gym @ 775-329-4930 after 9:00 AM.

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.

SELF DEFENSE CLASSES



Tuesdays 5:30-6:00pm
Starting February 6th

- Protect yourself and your loved ones
- Become Empowered
- Increase Awareness

Call Christian Lee
775.329.5162

THREE NATIONS WELLNESS CENTER

join the **Individual 2x2 Workout Challenge**

Log 2 workouts a week for 2 months

Runs April 2nd through May 31st

Sign in at the 2x2 sign
in sheet @ 3NWC

All classes & workouts
at 3NWC count!

Sponsored by the
RSIC Diabetes
Program



Questions? Contact
Stacy @ 329-5162

F.I.T.
FUN INTERVAL TRAINING
 FITNESS CLASS

WEDNESDAYS
 12:15-12:45PM

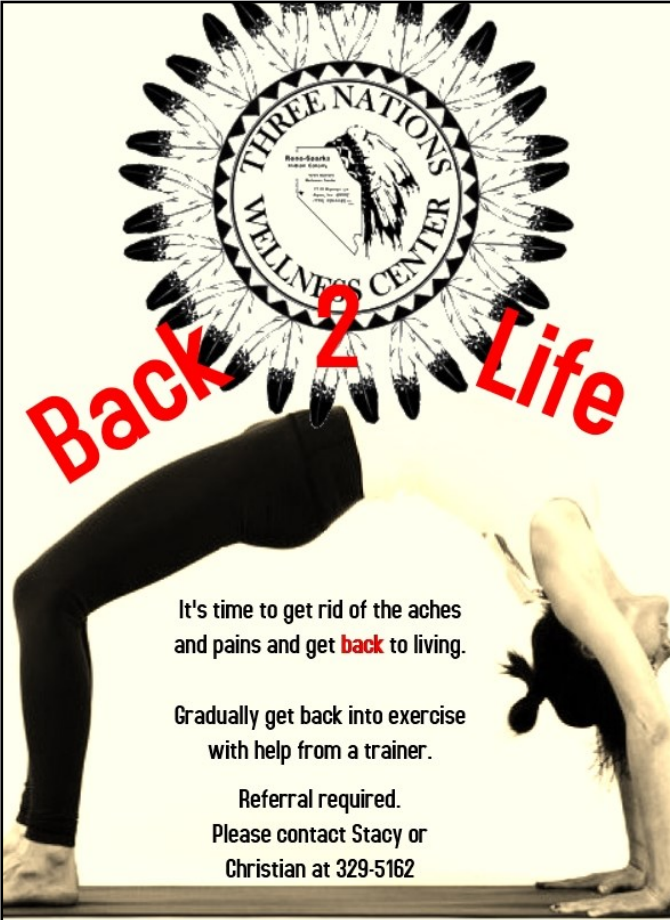


**CARDIO
 WEIGHTS
 STRETCHING
 HIGH INTENSE
 INTERVALS**

GET UP & GET MOVING...

Three Nations Wellness Center
 1715 Kunezli Street Reno, NV 89502

Call Walita for more info at 775-334-0938




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

Gentle chair yoga
 Gentle yoga for joint troubles or to gently increase flexibility



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



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

COMMUNITY SERVICE PROJECT COORDINATOR

Looking for project ideas for 2018 Community Service Program. Our hours are 8 a.m., to noon every Fridays. Please send ideas via phone, email or come see me at the court.

Melissa Reed
RSIC Tribal Court Bailiff
(775) 785-8775 ext. 7
email mreed@rsic.org

Thank you
for helping
me help the
community!

*Do something today that your
future self will thank you for.*

FIT FOR LIFE

Senior Center
1230 - 1PM

**Improve your strength,
flexibility, and balance!**


Become stronger & well-balanced
without leaving your chair. Most
exercises are done in the seated
position with resistance bands, light
weights, exercise balls, or simple
body weight to increase strength &
balance.

For more information, or if you have any
questions call Vanessa
(775)329-5162 ext. 1946

CARDIO KICKBOXING

NEW EVENING CLASS!! THURSDAY'S @ 5:30 PM

- increased fitness
- increased strength
- increased flexibility
- sharpened awareness
- better focus
- reduced stress & tension
- improved self confidence
- learn practical self defence



Questions?? Call Vanessa @ 3NWC

775-329-5162 ext. 1946

vwilliams@rsicclinic.org

YOGA WITH KIM

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

NEW CLASS ADDED!

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




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



PosterMyWall.com

MARTIAL ART CLASSES

All Ages KIDS & ADULTS

LEARN & DEVELOP



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

FREE!!!
UNIFORM AND TESTING FEES INCLUDED...ROLLING ADMISSION

High Sierra Martial Arts
Contact High Sierra Martial Arts for schedule & enrollment
775-683-9950 5580 Mill St Suite 1100
www.highsierramartialarts.com

Sponsored by the RSIC Diabetes Program

QUESTIONS?
Contact Stacy Briscoe 329-5162 x1945

PosterMyWall.com

Swim Safe for the Summer with Swim Lessons!

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

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

**Enrollment Required @ Alf
call 353-2385**

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

**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**

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2018

April

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 2) Tone & Fit Class 12:30pm Senior Advisory Committee Meeting 1:00 pm | 3) Tribal Police Presentation 12:00pm Beaded Medallion 1:00pm Night Bingo 5:30pm | 4) Environmental Presentation 12:00pm Language Class 12:45pm Beaded Medallion 1:00pm | 5) Errand day 1:00pm  | 6) Caregiver Support Group Meeting 9:00am ❤️ Blood Pressure Check 11:30am Tone & Fit Class 12:30pm Beaded Medallion 1:00pm |
| 9) Tone & Fit Class 12:30pm Beaded Medallion 1:00pm | 10) Beaded Medallion 1:00pm  | 11) Chair Volleyball 10:00am ❤️ Blood Pressure Check 11:30am Language Class 12:45pm | 12) Galaxy Theaters 12:30pm  | 13) Brunch 10:30 am |
| 16) Food Pantry Tone & Fit Class 12:30pm Beaded Hoop Earrings 1:00pm | 17) Commodities Errand Day 1:00pm  | 18) Community Health & Nutrition Presentation 12:00pm Language Class 12:45pm | 19) ❤️ Blood Pressure Check 11:30 am 12:30 pm Birthday  | 20) Tone & Fit Class 12:30pm Beaded Hoop Earrings 1:00pm |
| 23) Tone & Fit Class 12:30pm Beaded Hoop Earrings 1:00pm | 24) Century Theaters 12:30pm  | 25) ❤️ Blood Pressure Check 11:30am Language Class 12:45pm | 26) Beaded Hoop Earrings 1:00pm  | 27) Brunch 10:30 am |
| 30) Tone & Fit Class 12:30pm Beaded Hoop Earrings 1:00pm | 1) Tribal Police Presentation 12:00pm Phone Case Lanyard 1:00pm | 2) Phone Case Lanyard 1:00pm | 3) Phone Case Lanyard 1:00pm | 4) Phone Case Lanyard 1:00pm |

Activities Subject to Change or Cancel

May is Older Americans Month 2018 Theme is "Engage at Every Age"
Watch for the RSIC Community and Family Fun Event flyer to come soon.

May 19 - Saturday: Day Trip to Susanville Pow-wow. Leave at 10 am, returning approximately 8 pm, lunch and dinner provided. All other expenses on your own. Sign up early, transportation limited. Bring your own chair for pow-wow seating 😊








~REMINDER~

Please call before 10:00 am to cancel or add your



2018

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 2) Pork Chop Egg Noodles Brussel Sprouts* Applesauce+ Milk | 3) Minestrone Soup+* Egg Salad Sandwich on Whole Wheat Bread Fruited Jell-O* Milk | 4) Chicken Enchilada Casserole Green Beans & Corn+ Mandarin Oranges* Milk | 5) BBQ Ribs Roasted Sweet Potatoes+ Plum* Milk | 6) Turkey A La King Rice Peas & Carrots+ Peaches Milk |
| 9) Tuna Casserole Peas & Carrots+ Fruit Cocktail* Milk  | 10) Hot Roast Beef with Swiss Cheese on Whole Wheat Hoagie Roll Sun Chips Grapes* Milk | 11) Shredded Pork Taco Refried Beans Lettuce+ Tropical Fruit* Milk | 12) Turkey Burger Lettuce & Tomato+ Macaroni Salad Orange* Milk  | 13) Brunch Whole Wheat French Toast Turkey Bacon Mixed Berries* V-8 Juice+* Milk |
| 16) Baked Salmon Wild Rice Mixed Veggies+* Apricots+ Milk  | 17) Commodity Distribution Tuna Salad on Whole Wheat Lettuce & Tomato+ Fruited Jell-O* Baked Lays Milk | 18) Beef Liver over Egg Noodles Brussel Sprouts* Pears* Milk | 19) Birthday Bingo Baked Ham Yams+ Whole Wheat Roll Peaches* Milk | 20) Greek Gyro on Whole Wheat Pita Lettuce & Tomato+ Sun Chips Fruit Salad* Milk |
| 23) Beef Tips over Rice Carrots & Green Beans+ Fruit Cocktail* Milk | 24) Chili Beans Corn Bread Spring Mix Salad* Orange Cutie Milk | 25) Salisbury Steak Mashed Potatoes Corn Pears* Milk  | 26) Chicken Parmesan Penne Pasta Steamed Broccoli & Cauliflower* Apple Milk | 27) Brunch Breakfast Burrito Tomato & Cucumber Salad+* Banana* Milk |
| 30) Pork Fried Rice Peas & Carrots+ Pineapple and Strawberries* Fortune Cookie Milk | May 1) Cream of Potato Soup Turkey & Cheese Sandwich Lettuce & Tomato+ Orange* Milk | 2) Meatball Sandwich Hoagie Roll Roasted Sweet Potatoes+ Peaches* Milk | 3) Pozole Corn Tortilla Green Salad+* Tropical Fruit Milk  | 4) Chicken Caesar Salad Wrap*+ Pasta Salad* Fruited Jell-O* Milk |

Important

Please TIE up your dogs during delivery times
10:00 am - 1:00 pm
Menu subject to change due to availability



Daily

* Vitamin C & 1% Milk
3x Week
+ Vitamin A

Legal Notices, Public Announcements

Public meeting, committee recruitment, ordinance reminder

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, April 9 - 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 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

Recruitment for Pow Wow Committee Members

The Numaga Indian Days Pow Wow committee is seeking Reno-Sparks Indian Colony Tribal members to serve on its committee. There are **FIVE** vacancies.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years.

If you are interested in becoming a Numaga Indian Days Pow Wow committee member, please submit your completed application to:

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



Susanville Indian Rancheria 9th Annual POW-WOW May 18–20, 2018

*In honor of our elders and veterans for all the sacrifices they
have made so we may live.*

Host Drum: **Whitefish JRS.**

MC: **Fred Hill, Sr.**

Arena Dir. **Carlos Calica**

Vendors Apply Now

RV Hook-Ups, Showers
Dry Camping Available

Bring Your Chairs!



Diamond Mountain Casino

Host Hotel: 877-319-8514

Red Lion Hotel:

(530) 257-3450

For Information:

Amelia Luna: (530) 249-7192

Lassen County Fairgrounds
195 Russell Avenue, Susanville CA 96130



Roxane Gomez - Headwoman

This is a drug and alcohol free event!

www.sir-powwow.com for more Information

SIR Powwow Committee and SIR are not responsible for short funded travelers nor lost or stolen items

connect people to people. “Our libraries are places for creation and collaboration,” Smith said. “We will always promote literacy and work to instill a love of reading, especial for our youth, but in the long term, we want to improve the quality of life for all our people.”

The Hungry Valley Library is open on Mondays and Tuesdays from 9 a.m.—5 p.m.; on Wednesdays and Thursdays from 10 a.m.—5 p.m.; and on Saturdays from 10 a.m.—2 p.m.

For more information, please call the Hungry Valley Library at (775) 334-0904.

Historical Facts About Libraries

- ◀The oldest known petroglyphs or “Teinumumumui “ (at least 15,000 years-old) in what is now North America, are in the Great Basin. These images carved or engraved on rock surfaces arguably are the first human attempt to record information.
- ◀In a temple in Babylon a number of rooms filled with clay tablets were found in 250 BC, suggesting it was an archive or library. The Royal Library of Alexandria was built in 300 BC.
- ◀Though 450 AD, there were many private libraries in Rome as it was fashionable to own a library.
- ◀In Asia Minor, a library was set up during the reign of Attalus I Soter, in 197 BC.
- ◀In the “new world,” arranging and displaying recorded knowledge, and opening it to the public, took root in 1646.
- ◀The Library Company of Philadelphia, co-founded in 1731 by Ben Franklin, became the first American library.
- ◀By the middle of the 19th century the idea had been accepted that community libraries should be provided by local authorities at the public’s expense.



Go Wolf Pack! — To acknowledge the season and support the University of Nevada, the decorative lights at the Reno-Sparks Tribal Health Center were illuminated Nevada blue. MorningRose Tobey, a community member of the RSIC, is on of the Wolf Pack women’s basketball team which advanced to the semi-finals of the Women’s Basketball Invitational, while the men’s basketball team competed in the NCAA Sweet 16. To see the health center lights in blue and all the images in *The Camp News*, please log onto: <http://www.rsic.org/>.