



# THE CAMP NEWS

VOLUME X ISSUE 4

April 30, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Reno Sparks Tribal Health Director Named to State Board

*Wilson to join Silver State Health Insurance Exchange governing authority*

Angela Wilson, the director of the Reno Sparks Tribal Health Center, has been appointed by Nevada Senate Majority Leader Michael Roberson-Rep., to serve on the Silver State Health Insurance Exchange Board of Directors.

"Angela has outstanding credentials and unique insight into the 19 tribal health facilities in Nevada," Roberson said. "There are very specific provisions in the Affordable Care Act that directly impact American Indians/Alaska Natives, and decisions made by the Silver State Health Exchange Board are critical to the efficient and effective services for thousands of Native Americans throughout the state."

Since the United States Congress passed the Affordable Care Act in 2010, all Americans are required to have health insurance; however the law includes an exemption for American Indians.

The Silver State Health Insurance Exchange, which was born from the ACA, helps Nevada citizens and small

business owners purchase health insurance plans.

According to the Silver State Health Insurance Exchange website, the ACA and the exchange are intended to reform the American health system by providing access to quality affordable health insurance for all Americans.

The Silver State Health Insurance Exchange Board of Directors is the seven-

member governing authority of the program.

As per [statehealthfacts.org](http://statehealthfacts.org), in Nevada, there are about 600,000 citizens without health insurance and about 50 percent of those would qualify for one of the exchange plans.

Currently, at the RSTHC, of the 910 tribal members who regularly use the health center, 89 percent of those patients have insurance.

*Continued on page 4*



**Proud to Serve** — Angie Wilson, the Director of the Reno Sparks Tribal Health Center has been nominated by Nevada Senate Majority Leader Michael Roberson to serve on the Silver State Health Insurance Exchange Board of Directors. Wilson said that she is humbled and grateful by the appointment.

**SPECIALS • MENS FANCY • MENS GRASS • WOMENS JINGLE  
HOST DRUM • IRON BOY SINGERS MINNEAPOLIS, MN**

# *Numaga* 2015

**HUNGRY VALLEY ARBOR • HUNGRY VALLEY, NEVADA**

## **RENO-SPARKS INDIAN COLONY**

**MASTER OF CEREMONIES • CARLOS CALICA WARM SPRINGS, OR**

**HEAD JUDGE**

**HEAD MAN**

**SKYE MCMICHAEL**

**MASON MCGURK**

**LA JOLLA INDIAN RES. SACRAMENTO, CA**

**ARENA DIRECTOR**

**HEAD WOMAN**

**NOAH FRED**

**JAMIE EAGLESPEAKER**

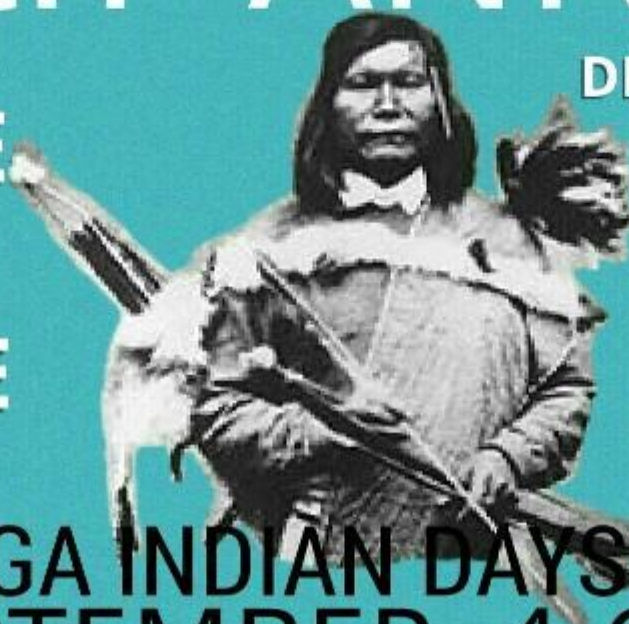
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# 29th ANNUAL

**SAVE  
THE  
DATE**



### **DRUM CONTEST**

**1ST PLACE**

**\$7,000.00**

**2ND PLACE**

**\$6,000.00**

**3RD PLACE**

**\$5,000.00**

**NUMAGA INDIAN DAYS POWWOW  
SEPTEMBER 4-6 2015**

## 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 public relations department and duplicated and distributed by RSIC Administration Front Office.

### SEND US YOUR NEWS

The deadline for all print submissions to be considered for publication in *The Camp News* is 5 p.m., the second Thursday of every month.

### CONTACT OUR STAFF

E-mail your submissions to [smontooth@rsic.org](mailto:smontooth@rsic.org) or drop off your photos and suggested articles to the receptionist at 98 Colony Road, Reno, NV 89502.

### CIRCULATION

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

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

### ELECTRONIC EDITION

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

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

## Important UPCOMING Dates

- May 2** KTMB Spring Cleanup, Eagle Canyon Road
- May 3** University of Nevada American Indian Graduation Celebration, Joe Crowley Student Union, 4<sup>th</sup> floor, 2 p.m.
- May 4** Education Advisory Committee meeting, Education conference room, noon  
Senior Advisory Committee, Senior Center, 1 p.m.  
Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Pow Wow Club, Hungry Valley Gym, 6 p.m.  
Enrollment Advisory, RSIC Enrollment Office, 5:30 p.m.
- May 5** Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Adult Book Club, RSIC Library, 6 p.m.  
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
- May 6** Beginner Washoe Language, Education Classroom, 6 p.m.  
Law & Order Committee Meeting, Tribal Court, 5 p.m.
- May 7** Balancing Your Life & Diabetes Class, RSTHC, Wellness Resource Center, 12:15 p.m.  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Artist Reception for Terryn Tobey, The Ornaments Through Imagination Exhibit, Liberty Fine Art Gallery, 5 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- May 8** RSIC / KaBOOM! Dr Pepper Snapple Group Playground Build Day, 185 Fancy Dance Dr., Hungry Valley, 8:45 a.m.  
Pine Nut Blessing Gathering, Language & Culture Program, 10 a.m.
- May 10** Mother's Day  
Sigayuk Tournament, Washoe Cultural Resources Department, 9 a.m.
- May 11** Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Early Intervention Development Screenings, RSIC Library, 5 p.m.  
Substance Abuse Presentation, RSTHC, 2<sup>nd</sup> floor, 5:15 p.m.  
Pow Wow Club, Reno Gym, 6 p.m.
- May 12** Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Reno Gym, 6 p.m.
- May 13** Community Wellness, Laser Tag, GSR, 6 p.m.  
Beginner Washoe Language, Education Classroom, 6 p.m.  
RSIC Tribal Council meeting, RSTHC, 6 p.m.
- May 14** Balancing Your Life & Diabetes Class, RSTHC, Wellness Resource Center, 12:15 p.m.  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Enrollment Night, Reno Head Start, 5:30 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.  
Submission deadline for *Camp News*, 6 p.m.
- May 18** Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.  
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- May 19** Commodity Distribution, Senior Center  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Enrollment Night, Hungry Valley Head Start, 5:30 p.m.  
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
- May 20** Beginner Washoe Language, Education Classroom, 6 p.m.
- May 21** Balancing Your Life & Diabetes Class, RSTHC, Wellness Resource Center, 12:15 p.m.  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Early Intervention Development Screenings, HV Community Center, 5 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- May 25** Memorial Day, RSIC Administration Offices Closed
- May 26** Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Reno Gym, 6 p.m.
- May 27** Talking Circle, RSTHC, 5 p.m.  
Beginner Washoe Language, Education Classroom, 6 p.m.  
RSIC Economic Development meeting, RSTHC, 6 p.m.

This is a 41 percent increase in insured patients since 2012. Just three years ago, 264 tribally enrolled patients did not have an alternative resource to pay for healthcare. For the entire RSTHC patient population---tribal members and Urban Indians, of the nearly 8,400 people served last year, only about 3,000 patients or 36 percent did not have insurance.

"The Silver State Health Insurance Exchange and the Affordable Care Act have forever changed healthcare in Indian Country," Wilson said. "My appointment to the board of directors assures that the Reno-Sparks Indian Colony and all Native people in the state of Nevada now have a seat at the table with this very important policy making group."

To serve on the board, each member must have expertise in the individual or small employer health insurance market; expertise in health care administration, health care financing or health information technology; expertise in the administration of health care delivery systems; experience as a consumer who would benefit from service provided by the exchange; or experience as a consumer advocate including, without limitation, experience



**Advocating for Natives** — *Angie Wilson, who has served the RSIC for nearly three years, is a member of the Pit River Tribe.*

in consumer outreach and education for those who would benefit from services provided by the exchange.

Since the inception of the Silver State Health Insurance Exchange, 159,093 Nevadans have enrolled.

Wilson took over as the RSTHC Director in October of 2012. Under her leadership, the health center moved from a facility using mostly federal funding for patient care, which required strict oversight by Indian Health Service, to a Title V Self-Governance Compact.

According to Wilson, it is no coincidence that in the past two years, the number of patients regularly using the RSTHC has increased from 5,112 to 8,392. That is a 64 percent increase

in the health center's patrons.

She said that this massive increase in patient population, the vast majority with insurance, can be directly attributed to the expansion of specialty health care services within the health center and sustainability of those expanded services can be directly attributed to the expansion of Nevada Medicaid and the ACA. As a result, funding for the RSTHC has increased by 95 percent, much of which is generated by insurance, not just federal funding.

In addition to her new appointment to the Silver State Health Insurance Exchange Board of Directors, Wilson is part of the Nevada Department of Health and Human Services Nevada Medical Care Advisory Committee, is the vice president of the Nevada Tribal Health Directors Council, and is the Phoenix area representative for the National Tribal Technical Advisory Group under the Centers for Medicaid and Medicare Services.

Wilson, an enrolled member of the Pit River Tribe of California and a Klamath / Modoc descendant, will serve on the Silver State Health Insurance Exchange Board of Directors for three years.

## **RSTHC Community Wellness Events**

**May 13<sup>th</sup> Laser Tag 6pm-8pm @ the GSR \***

**May 30<sup>th</sup> Annual Memorial Walk/Run @ RSTHC**

**June 12<sup>th</sup> Bowling 6pm-9pm @the Coconut Bowl**

All of these events are **free** for participants!  
If you have any questions ,please contact  
Rocky at the 3 Nations Wellness Center:  
**775-329-5162 x 1942**

# Pine Nut Blessing Gathering

The RSIC Language and Culture Program will be hosting  
a trip to Desert Creek  
for the Pine Nut Blessing

When: Friday May 8, 2015

Departure: 10am Return: 5 pm

Bring your own chairs

Lunch will be provided



Seating will be limited—Please contact the  
Language & Culture Program to reserve a seat.

[sburns@rsic.org](mailto:sburns@rsic.org) 775-785-1321

# THPO Memorializes, Preserves History at New Location

*Community cultural celebrates through oral history, tradition, documentation*

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Nowadays, recycle, reuse, repurpose is a common refrain.

However, since time immemorial, American Indians have been living in harmony with their environment, using and re-using only what is needed.

The Matron's Cottage is a prime example of the Reno-Sparks Indian Colony upcycling its assets and all the while preserving its history and promoting its culture.

"It's always been our dream to turn this (building) into a historic center," Michon R. Eben, the RSIC's Tribal Historic Preservation Officer and Coordinator of the Tribe's Cultural Resources Program recently told the *Reno Gazette Journal*. "We are celebrating our cultural preservation on several levels."

According to framed, typewritten correspondence currently on display in the nearly 70-year-old building, the original structure cost about \$4,300 to build. And now, in 2015, it is home to the Colony's Tribal Historic Preservation Officer and the Tribe's Cultural Resources Program.

Located at 1995 East Second St., and referred to as the Matron's Cottage, the Rock Building, or the Stone Building, the 830-square-foot space was initially needed to house nurses who attended to health needs of the Colony residents.

"Many nights, I pounded on this door while holding hands with a sick little brother or sister," said Vicky Kane, who now serves Native people through her work at the Reno Sparks

Tribal Health Center. "It is really a place of goodness."

Kane, the oldest of 10 children and now herself a grandmother, said that in addition to her own experiences, her mother and grandmother had stories about the Matron's Cottage. Plus, Kane recalls that her father, George Kane, a former RSIC Tribal Chairman, led an initiative to refurbish the building around 1967, in order to lease out the building to create income for the Tribe. Kane said that eventually, the historic building was the headquarters for Inter-Tribal Council of Nevada.

"I remember running in and out of here, getting money from dad for a soda," Kane said.

In 2003, the Matron's Cottage was listed in the National Register of Historic Places. The decorative rock used in place of siding stylistically reflects the principles of the Arts and Crafts movement. More specifically, the rock design is called the Stewart Vernacular, a localized style developed by Frederick Snyder, who served as the superintendent of the Stewart Indian School in Carson City, Nev.

Besides accommodating the nurses and ITCN, the Matron's Cottage also housed the Office the Indian Employment and Training Act Program (CETA) from 1973-75, was used as a recreational room, and was



**Treasured Elder** — Michon R. Eben, the Reno-Sparks Indian Colony Tribal Historic Preservation Officer and Coordinator gifts Hilman Tobey a Pendleton blanket during an open house for the Tribe's Cultural Resources Program. Tobey, who is 100-years-old, is a renown artist who crafts handmade Chanupas or ceremonial pipes.

**RSIC TRIBAL ARCHIVES**  
*Preserving the Past to Ensure the Future*

## Taking a look back at the Reno Colony



Circa 1900's typical Colony home.



Circa 1967 Matron's Cottage 2nd St.



Circa 1922 Colony Day School .



Circa 1970's Administration Building, 34

### *What is **Historic Preservation** and why is it important?*

*"Historical Preservation is an endeavor that seeks to preserve, conserve and protect buildings, objects, landscapes or other artifacts of historical significance."*

The RSIC Archives practices and teaches historical preservation so that we may have the tools to teach future generations and others about the Reno-Sparks Indian Colony's history, accomplishments, developments and way of life.

***Have any old photographs of the Reno Colony you would like to share? Help tell the story of RSIC.***

***Come see us or contact:***

***Trisha Calabaza-RSIC Tribal Archives Admin. Assistant***

***15A Reservation Road | Reno, NV 89502***

***Phone: 775-329-8802 | E-Mail: [tcalabaza@rsic.org](mailto:tcalabaza@rsic.org)***

*Continued from page 6*

home to the RSIC Tribal Police until 2013. An addition to the original structure housed the Colony's first Smoke Shop.

Since late October 2014, the Matron's Cottage is home to the Colony's Cultural Resources Program. The program's mission is to revitalize and perpetuate culture by its active expression of sovereignty through the preservation, protection and management of Native American cultural resources and traditional cultural properties throughout Washoe County.

In addition to two offices, the walls of the cultural resources program are covered with historical photos and documents. Several display cases hold traditional



**Written Record** — Teri Larson, the THPO cultural assistant, presented Hilman Tobey with a book documenting his life work.



**Looking Back** — Norm Delorme, Lois Kane and Frances Shaw reminisce while looking at a framed map displayed in the Matron's Cottage, the new home of the Reno-Sparks Indian Colony's Tribal Historic Preservation Office. On April 16, the RSIC community was invited to explore the historical photos and documents as well as traditional handcrafted art now displayed in the refurbished historical building.

handcrafted art including baskets and tule ducks.

To celebrate the re-purposing of the Matron's Cottage, an April 16 open house at the freshly refurbished building, centered on two special appearances by 100-year-old RSIC resident Hilman Tobey.

Tobey, who has lived on the Colony for sixty years, is a self-taught craftsman of Chanupas or ceremonial pipes.

The centenarian was recently featured in a documentary commissioned by the Nevada Arts Council and produced and directed by Native artist Gabe Lopez Shaw of the Pyramid Lake Paiute Tribe.

Furthermore, Teri Larson presented Tobey along with his family a historical written record of Tobey's life. Larson conducted lengthy interviews with Tobey and transcribed his oral history into the one-of-a-kind book

which included photos provided by the Tobey family.

"It's beautiful here," said Theresa Coffman. "It's nice to come and look at all this stuff because it gives us a sense of what used to be."

Eighty-three-year-old Jesse Kirk, a good friend of Tobey's and a regular at the RSIC Senior Center, enjoyed touring the Cultural Resources Program office, but he especially liked viewing the cultural items.

"The biggest part of our culture is to share," Kirk said. "My mother used to drill that into me."

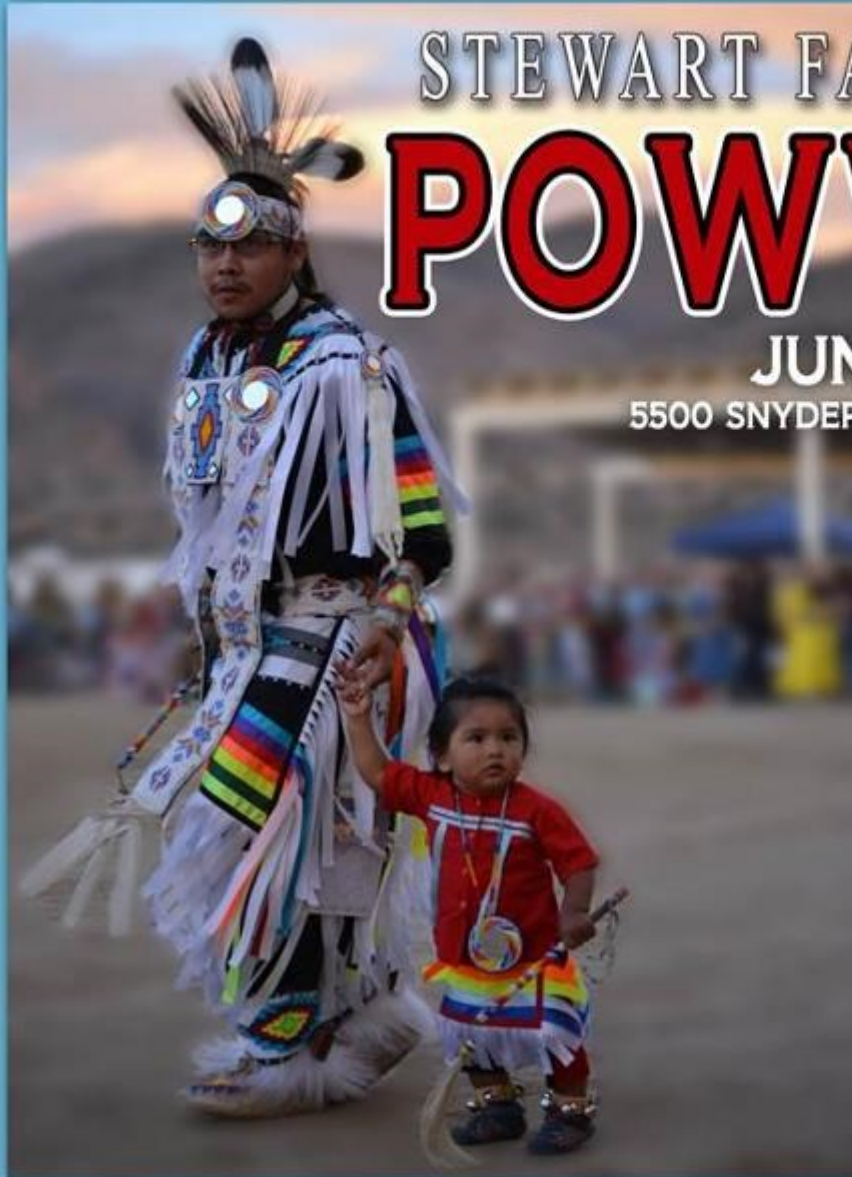
Balo Berreman, 81-years-old said that she remembers the nursing station.

"It's nice to see what it's turned into," Berreman said.

# STEWART FATHER'S DAY POWWOW

**JUNE 19-21, 2015**

**5500 SNYDER AVE., CARSON CITY NV 89701**



## General Information

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

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

## Activities

- Stewart Alumni Reception to take place Thursday, June 18, 2015, at the Stewart Indian School, Bldg #1 (former administration building)
- Competition Dancing (must be in full regalia to accept award)
- Stewart Powwow Princess Contest (raffle tickets must be sold with candidate receiving 10% of sales)
- Raffle and 50/50
- Arts & craft vendors
- Special events and exhibits

**For General Information** Call Denise M. Becker at 775-687-8333 or [dmbecker@nic.nv.gov](mailto:dmbecker@nic.nv.gov).

**For Vendor Information** Call Chris Ann Gibbons at 775-687-8333 or [cgibbons@nic.nv.gov](mailto:cgibbons@nic.nv.gov).

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

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

*This is an alcohol and drug free event.*

For information and related forms, visit  
**StewartIndianSchool.com**



[www.facebook.com/stewartindianschool](http://www.facebook.com/stewartindianschool)



**Master of Ceremonies:**  
**Gridley Hilpert**, Sun Valley, NV

**Arena Director:**  
**Sam Johnson**, Reno, NV

**Head Man:**  
**Derald Julianto**, Owyhee, NV

**Head Lady:**  
**Darlene Imus**, Wadsworth, NV

**Head Teen Boy:**  
**Vernon Painter**, Carson City, NV

**Head Teen Girl:**  
**Janelle Dressler Katenay**, Reno, NV

**Host Drum:**  
**Sage Point Singers**, Fort Hall, ID

## Grand Entry Times

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

**OPEN TO THE PUBLIC**

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# Paiute Entrepreneur Driving Toward Lifelong Dream

*Is Reno, the Colony ready for Jason Hill's House of Frybread?*

*Written by Vincent Schilling,  
Indian Country Today Media*

Jason Hill grew up on the rez in Camp Antelope, a few miles from Coleville, Calif. Having worked as a drug and alcohol counselor for the nearby Reno-Sparks Indian Colony (RSIC) in Nevada for nearly 10-years, Hill is looking to now follow his dream of owning a restaurant, which he will call the "House of Frybread."

Though Hill says he grew up in an isolated community where big dreams are not often realized, his strong cultural upbringing has given him the motivation to succeed. While working for the RSIC, Hill earned a Bachelor of Science degree in Human Services and a Master's Degree in Management.

Hill wants the House of Frybread to be more than a restaurant in Reno, he wants it to be a place where the community can come together with poetry readings, Karaoke, beading and regalia-making workshops, pow wow singing for kids, and language classes.

Hill, who is of Northern Paiute (Ongabi Dicutta, or salt-eater people) and Western Shoshone descent, has met with a successful business mentor that has warned him nearly 90 percent of new restaurants fail, but he has his seal of approval.

Hill has started a Kickstarter campaign to raise the funds

to start his business. He has raised \$3,686 towards his \$37,500 goal.

"My mentor has over 50 years of experience; I can't say his name because he can't endorse anybody on record. But he says he has 100 percent faith in me," Hill said.

**What is the restaurant you want to create and where would it be?**

The House of Frybread will feature contemporary Native American cuisine. The main dish will, of course, be the Indian taco. I have, however, been experimenting with a variety of toppings in addition to the traditional Indian taco. I've developed some pretty interesting creations, like a grilled chicken and green pepper taco, shredded pork with avocado, as well as many dessert tacos like

a banana cream taco, and Nutella with chocolate syrup and whipped cream. I've even taken traditional fry bread and infused various ingredients creating a jalapeno cheddar fry bread, sweet fry bread, and fruit infused fry bread.

My brother is an executive chef, and he will be preparing dishes, and I will be cooking and preparing dishes as well. I have been working on and preparing these dishes for over seven years. People try these dishes and go crazy over them.

Aside from the food, the House of Frybread will host weekly events. I even plan to have a part-time tutor available to help kids with homework. There will also be monthly events like Native stand-up comedy, poetry readings, and a hand drum singing contest.

*Continued on page 11*



**Classic** — Jason Hill has experimented with a variety of toppings in addition to the traditional Indian taco. Hill hopes to open the House of Frybread near the RSIC. For more information, log onto: [https://www.kickstarter.com/projects/heyindin/house-of-frybread?ref=category\\_location](https://www.kickstarter.com/projects/heyindin/house-of-frybread?ref=category_location).

I will be creating summer intern positions, so local Native youth can come and learn how to operate a business. Finally, I will be creating a college scholarship for Native youth. This truly is more than just a restaurant. The restaurant is the business side, but fostering a positive community and giving back to the people, that's the passion.

**Is there an existing structure you are going to upgrade?**

Yes. The main property I am interested in is adjacent to the Reno-Sparks Indian Colony. This is a major benefit as it is convenient for tribal members, yet on a major street in downtown Reno, with great visibility.

**How long have you dreamed of making this happen?**

I have actually been working on this project for over seven

years! I've traveled to many reservations and tribal communities and I always hear people talking about how cool it would be to have an Indian taco shop in town.

Even though the idea has been there for years, I lacked the business experience and education necessary to make the dream a reality. I am now prepared and ready to pounce like a cheetah.

**You're doing a number of giveaways for supporters—how is that possible?**

Cousins. I have a lot of cousins. I have an amazing family, and almost everyone beads or does some sort of craft. I also personally make hand drums and moccasins. When I was thinking of the kind of rewards I could offer backers



I wanted to offer something personal to people, to really show appreciation for their support.

**How you are going to beat the odds, kick butt and make this happen?**

I've been beating odds and kicking butt my whole life. Sadly, my story isn't that unique in regards to Native people. I was taken from my mother at age 5 and placed in non-Indian foster homes. Like many Natives, I had a traumatic childhood. However, I am the man I am today because of those experiences. I have healed through years of ceremony, and love of family and friends. I guess that's why I'm so passionate about preserving culture and giving back to the people. I am an Indian man, and I can't think of anything I'd rather be. I love my people, and I will always do anything I can—use my talents and education to lift up our community and create something better for the next seven generations.



**With A Kick** — *If variety is the spice of life, Jason Hill has found it. His fry bread toppings including grilled chicken, green pepper, shredded pork, avocado, plus dessert tacos with banana cream, Nutella, chocolate syrup, and whipped cream. Hill has created infused jalapeno cheddar fry bread, sweet fry, and fruit infused fry bread.*

**Editor's Note:** The article was reprinted with permission from Indian Country Today Media.

# Substance Abuse Presentation

## TOPIC: Drug Endangered Children & Fetal Alcohol Syndrome

**WHEN:** Monday, May 11, 2015  
2nd Monday of every month

**Time:** 5:15-6:15pm

**Where:** Reno-Sparks

**Tribal Health Center**

**2nd floor, Behavioral**

**Come learn and discuss  
how alcohol and drugs  
affect our minds, bodies,  
spirits, children, families  
and communities.**

*We will also discuss the  
BENEFITS OF NUTRITION AND  
EXERCISE ON MENTAL*



- ◇ Potluck-please bring a dish or snack to share
- ◇ Raffle Prizes
- ◇ Monthly Topics



**Questions??? Contact Michelle Katenay or Jason Hill @ 329-5162**

# City of Reno Requests Colony's Input on Master Plan

*Focus group conducted by University of Nevada students collects Native views*

The Reno-Sparks Indian Colony recently hosted a historic meeting for the City of Reno. As required by law, Reno is updating its master plan, however for the first time, the RSIC was asked to participate and give input.

"We want to know what the plan is for the city, county, and state and whether those plans are advantageous or concerning to our Tribal goals," said Arlan D. Melendez, Chairman of the RSIC. "We often initiate outreach to other municipalities, so it was appropriate that the city leadership approached us about getting our community's feedback."

About 50 people including tribal members, council members, residents of the Colony and Hungry Valley, employees as well as staff from the city and a student group from the University of Nevada's Communications Department participated.

Reno's master plan or its long-term strategy for land use, includes many issues important to the RSIC and the residents of the Colony in particular. Because the 28-acre Colony is encompassed by the city limits, the 90-minute meeting included discussions about topics ranging from street lighting, public parks, parking, traffic flow, recycling, public buses, noise levels, and even air quality.



**How To Be A Better Neighbor** — For the first time, the City of Reno asked the Reno-Sparks Indian Colony for opinions regarding how to make Reno a better place to live, work and play. Above, Tribal Council member Jody McCloud participates in a roundtable discussion about hot topics.

"We want the Indian Colony's input on how the City of Reno can be a better place to live, work and play," said assistant city manager Bill Thomas. "Certainly the Reno-Sparks Indian Colony has its own unique and rich culture, but we are neighbors and we want your opinions."

The program was organized so that each RSIC participant answered a written, 20-word questionnaire before joining a small, round table conversation. Moderated by expert facilitators from the University of Nevada, each group discussed some of the subjects addressed in the questionnaire, but the time allowed for new topics and fresh ideas.

"I've been here for 50-years," said Janice Stump who submitted her written suggestions ahead of time because she couldn't make the meeting. "I think the city is taking us seriously."

RSIC Tribal Council Secretary Robin Eagle echoed those sentiments.

"This is a huge step for the Reno-Sparks Indian Colony," Eagle said. "We are visible and this meeting is evidence that our input matters and we are becoming integral partners."

Planner Scott Nebesky also agreed.

"This focus group was a perfect example of a great community partnership,"

*Continued on back cover*

# Do you want to learn more about Diabetes while earning cool prizes?



## Announcing sign-ups for the Balancing Your Life & Diabetes class, a FREE 12 week course focusing on different elements of Diabetes!

The class will include incentives for participation including fresh fruit & vegetable vouchers, cookbooks, and cooking utensils!

Participants who complete all 12 weeks will receive a Nike jacket with the Balancing Your Life & Diabetes logo embroidered on the back, and be honored at an awards luncheon!

The class will be taught by Stacy Briscoe, RD, LD, Nutritionist/Dietitian & RSTHC Diabetes Program Manager, along with guest RSTHC Providers.

It will include elements of the Indian Health Service's Balancing Your Life & Diabetes curriculum.

***The course will be held from  
12:15-1pm on Thursdays, from May 7<sup>th</sup> – July 30<sup>th</sup>  
at the Wellness Resource Center, 2<sup>nd</sup> floor at RSTHC.***

**Please sign up by Friday, May 1<sup>st</sup>**  
by calling Vicki Kane, Diabetes Receptionist, 329-5162 x 1941.

### Balancing Your Life and Diabetes: Teaching Session Topics

1. What is Diabetes? 2. Diabetes and Mind, Spirit and Emotion 3. Making Healthy Changes 4. Healthy Eating Section 1: Introduction to Healthy Eating Section 2: Basics of Healthy Eating Section 3: Heart Healthy Eating 5. Moving to Stay Healthy 6. Diabetes Medicines Section 1: Overview Section 2: Diabetes Medicines Section 3: Insulin	7. Home Blood Sugar Monitoring 8. Knowing Your Numbers-ABC 9. Balancing Your Blood Sugar Section 1: Low Blood Sugar Section 2: High Blood Sugar Section 3: Sick Day Management 10. Staying Healthy With Diabetes Section 1: Overview Section 2: Complications Section 3: Summary 11. Taking Care of Your Feet 12. Planning for Pregnancy
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# Travel Nevada Honors American Indian Artist

## *Indian Territory awards recognizes tourism supporter*

The Nevada Division of Tourism (TravelNevada) recently recognized outstanding members of the state's rural tourism industry.

Melissa Melero, a Northern Paiute, was recognized with the Indian Territory Award.

"It was an honor to receive this Rural Roundup Voluntourism award," Melero said. "It was the last thing I expected for something I do everyday, which is my art, sharing my art with others, and getting others together who want to do the same thing."

A mixed-media artist focusing on abstract paintings inspired by the Nevada landscape and the Paiute culture, Melero attended the Institute of American Indian Arts (IAIA) in Santa Fe, NM.



**In Art** — A resident of Hungry Valley, Melissa Melero was recently honored by the Nevada Department of Tourism.








**Loving Her Job** — Creating art, sharing her art with others, and getting others together who want to do the same thing drives Melissa Melero. The Northern Paiute artist finds inspiration in her Native culture and the Nevada landscape. She was recently recognized by the Nevada Department of Tourism for her contribution to rural tourism.

"Rural tourism is a key component of Nevada's overall tourism industry — a \$59 billion industry that continues to be the primary economic driver for this state," Nevada Lt. Gov. Mark Hutchison said. "These awards recognize the champions of rural tourism, who are vital to Nevada's No. 1 industry."

After returning to Nevada, Melero created a Great Basin Indian Artist Registry to help other American Indian artists.

"For the Native art industry and tourism, I think by putting the Great Basin Native Artists group together and exhibiting our work throughout Nevada, we have reminded our community of the beauty of the Great Basin Tribes in our backyard," Melero said. "People who come

to visit Nevada want to see things not available to them anywhere else and we need to focus on making it accessible to them. This will help our Native artists and the economy in the long run because we will be making more work, getting good at what we love to do, and sharing with our community and beyond." "She has taken the lead in bringing awareness and much-needed marketing to Nevada's American Indian artists, enhancing Nevada's arts and tourism industries," said Nevada Department of Tourism and Cultural Affairs Director Claudia Vecchio. "We applaud the efforts of all the award winners, which are integral to the state's tourism offerings."

						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	4 After School Story Time 4pm Ages 6-12	5 Adult Book Club 6pm -8pm	6 Children's Story Time 11am Ages 0-5	7 Making flowers for Mother's Day 4pm-6pm	8	
10	11 After School Story Time 4pm Ages 6-12	12 Youth Book Club 4pm-6pm Ages 9-12	13 Children's Story Time 11am Ages 0-5	14 Chalk Art 4pm-6pm	15	
17	18 After School Story Time 4pm Ages 6-12	19 Teen Book Club 4pm-6pm	20 Children's Story Time 11am Ages 0-5	21 	22	23 
24 	25 Closed Memorial Day	26 	27 Children's Story Time 11am Ages 0-5	28 Staff Only Lunch & Learn: Paiute Family Tree 12pm-1pm	29	

## Congratulations!!!

### The winners of the Amerind Safety Poster Contest:

(Kindergarten—3th Grade)

Angel Melendez  
Silas Cervantes  
Lou Ann Jim

(4th-6th Grade)

JJ Dressler  
Magic Crutcher  
Teanna Shaw

(7th-8th Grade)

Jacob Stump  
Camron Dunn



**AMERIND Risk**  
MANAGEMENT CORPORATION  
*Tribes Protecting Tribes*

***Jacob Stump***

*won his division and advanced to regionals. He will be competing in May for a \$1,000 grand prize!*



# Elder Abuse Manifests in Many Different Forms

*Make a difference by learning elder abuse, neglect signs*

*Submitted by Adriana Botello,  
RSIC Human Services Department*

In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to an older person.

An older person at RSIC is defined as someone 55-years of age or older.

There are several types of elder abuse: abuse, neglect, self-neglect, exploitation and isolation. Abuse as defined by Nevada law is the willful and unjustified infliction of pain, injury or mental anguish or deprivation of food, shelter, clothing, or services necessary to maintain the physical or mental health of an older person.

Physical abuse can be a serious or unexplained injury, sexual assault, inappropriate physical or chemical restraint, medication abuse (over medicating or under medicating).

Psychological (mental) abuse can include verbal assaults, threats or harassment, humiliation or intimidation, and demeaning name calling.

Sexual assault is defined when a person over the age of 55 is forced, tricked, coerced or manipulated into any unwanted sexual contact.

This includes sexual contact with anyone who is unable to give informed consent.

Sexual assault includes but is



**Unbearable Pain** — Abuse, physical or emotional, is a community issue. Call 329-5071 for help.

not limited to rape, unwanted touching, explicit photography, etc.

Neglect is failure to provide food, clothing, shelter and services such as medical care and personal hygiene. Allowing or permitting harm may also involve neglect, particularly concerning health and safety hazards.

Self-neglect is the failure of an older person to provide for his or her own needs because of an inability to do so. Self-neglect is not a crime. An elder has the right to make his or her own choices unless a judge declares the individual incompetent.

Substantial attention is given to the concept of self determination. Self-determination is the right of an individual to make their own decisions, good or bad.

It is important to remember there must be special attention

given to an older person's capacity or incapacity. Often times, the right to self-determination rules when the older person has capacity and older person continues to live in the community making poor choices.

Older people without capacity who clearly cannot make decisions on their behalf must receive intervention.

Exploitation is a violation of a relationship based on trust it can involve deception, intimidation, or undue influence.

It is an attempt to obtain control of money, assets or property with the intent to permanently deprive the older person of the assets.

Isolation is to intentionally prevent elders from receiving phone calls, mail, visitors, etc., it may also be a crime to physically restrain

*Continued on page 24*

# Enrollment Open For Kids' Firefighter Camp

*Truckee Meadows Fire Protection District hosting three day adventure*

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**Reno, Nev.,** — The Truckee Meadows Fire Protection District (TMFPD), firefighters from Local 3895, and Washoe County Regional Parks are pleased to announce the second annual Kids' Fire Camp.

Enrollment for the camp is open now.

The three day kids' camp is open to adventurous boys and girls ages 11-14 who are interested in the fire service.

The camp will host 40 participants this year.

Interested individuals are encouraged to submit an application no later than Friday, May 15.

For more information about Kids' Fire Camp 2015 or application questions, visit [www.washoecounty.us/tmfpd](http://www.washoecounty.us/tmfpd) or contact Maureen O'Brien at: [mobrien@tmfpd.us](mailto:mobrien@tmfpd.us) or phone her at: (775) 328-3605.

The Kids' Fire Camp will be held at Camp WeChMe located in Galena Creek Park (18350 Mt. Rose Highway), on June 23 -25. The kids will stay overnight June 23 and 24.

Kids will learn about back country survival, firefighting, rescue techniques, water safety and CPR awareness, as well as participate in daily physical fitness activities.

All the activities will take



**What Do You Want To Be When You Grow Up?** — *The allure of being a firefighter can be realized for kids between 11-14-years-old. The Truckee Meadows Fire Protection District and Washoe County Regional Parks are sponsoring its second annual Kids' Fire Camp. It will be held June 23-25 at Camp WeChMe located in Galena Creek Park off the Mt. Rose Highway.*

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place in a safe, friendly, fast-paced and competitive atmosphere and all instruction will be provided by active duty fire personnel from TMFPD.

The cost is \$99 per child and some scholarships are available.

All youth and staff will comply with the requirement of a standard of expected behavior and performance.

In an effort to reflect the highest level of ethical behavior and professionalism, and to guide those in the fire service profession, the following code of ethics are our expectations.

- Give my best effort and actively participate in all activities
- Always accept responsibility for my actions

- Accept accountability for the consequences of my actions
- Support the concept of fairness and value diverse thoughts and opinions
- Will not participate or stand by while others may be harassed, intimidated, or threatened
- Be truthful and honest at all times
- Exercise respect and loyalty in my actions
- Recognize that I represent myself and my family of the public trust provided to me while attending Fire Camp

For more information, please contact David Hunkup, RSIC Office of Emergency Services at: 785-1373 or email him at: [dhunkup@rsic.org](mailto:dhunkup@rsic.org).

# KIDS FIRE CAMP 2015

## KIDS AGES 11-14

June 23—25, 2015  
At  
Camp WeCheMe at  
Galena Creek Park

**BROUGHT TO YOU BY  
TRUCKEE MEADOWS FIRE , LOCAL 3895, AND  
WASHOE COUNTY REGIONAL PARKS**

Three fun-filled days open to adventurous boys and girls interested in the fire service. Camp attendees will learn CPR awareness, water safety, back country survival, firefighting and rescue techniques, as well as participating in daily physical fitness. All of this will take place in a safe and friendly fast-paced and competitive atmosphere. All instruction will be provided by active duty fire personnel from Truckee Meadows Fire Protection District.

**Applications due no later than 5 P.M. Friday, May 15, 2015  
Submit an Application Today!**

Truckee Meadows Fire Protection District  
P.O. Box 11130  
Reno, NV 89520  
Attn: Kids Fire Camp

- Cost is \$99 per child
- Scholarships available
- Limited space available
- For more information, call (775) 326-6000 or 328-3605.



# In & Around: Reno-Sparks Indian Colony Community

*New members for committees, remembering an old friend*



**Taking The Oath of Office** — On March 12, Lolita Thomas was sworn in by Reno-Sparks Indian Colony Chairman Arlan D. Melendez for the RSIC Law & Order Committee.



**In Memorandum** — At the April general Tribal Council meeting, the Reno-Sparks Indian Colony leadership approved a request to place plaque on the Colony in memory of Vincent Yowell. Known as a professional event attendee, Yowell was the victim of a fatal pedestrian accident last year.



**Helping The Cause** — On April 20, Michele Tom was sworn in by Reno-Sparks Indian Colony Vice-Chairwoman Verna J. Nuno for the RSIC Language & Culture Advisory Committee.



**Service With A Smile** — On April 10, Stacy Keo was sworn in by Reno-Sparks Indian Colony Chairman Arlan D. Melendez for the RSIC Housing Advisory Board.

# In & Around: Reno-Sparks Indian Colony Community

*New members for committees, family affair*



**Happy To Help** — On March 30, Carrie Brown was sworn in by Reno-Sparks Indian Colony Chairman Arlan D. Melendez for the RSIC Language & Culture Advisory Committee.



**No Fooling** — On April 1, Karita Sanchez was sworn in by Reno-Sparks Indian Colony Vice-Chairwoman Verna J. Nuno for the RSIC Language & Culture Advisory Committee.



**Ready To Serve** — On March 19, Penny Sampson was sworn in by Reno-Sparks Indian Colony Vice-Chairwoman Verna J. Nuno for the RSIC Housing Advisory Board.



**Little Sister** — Eleven-year-old Brianna Yahola was misidentified in last month's Camp News. Brianna is the little sister of Ashantii Yahola. Brianna enjoys regalia making and beading. The sisters are the granddaughters of Penny Sampson.

# In & Around: Reno-Sparks Indian Colony Community

*Scholar athlete, construction progress, variety show stoppers, best of the best*



**Congratulations** — All the way from Arizona, proud mom Rebecca Moore shares that her son, William D. Edmo IV, made the 3A All-Star Basketball team. Edmo is a senior attending Riverside Indian School in Anadarko, Okla. This is one of many achievements he has reached and only the beginning of many endeavors he has yet to prosper. Edmo will graduate on May 29 and plans to attend Haskell Indian Nations University where he will play basketball.



**Men At Work** — At the corner of Kietzke and 2nd streets, the construction of the Northern Nevada Transitional Housing project is right on target. The interior drywall process has begun, while the installation of the windows and the exterior finishes will begin next week. The 21,536 square-foot-facility, which will be used to assist men and women returning to society after incarceration, will be completed this fall.



**Beautiful Ladies** — Hungry Valley residents and fourth graders at Jesse Hall Elementary School: Teanna Shaw, Kate Wadsworth, Athena Bill, Lyndsie Mauwee, Olivia Ordonez, Kyla Kauffman and Shayleen Malone recently shared their Native American dances with their schoolmates.



**Proud To Represent** — Seven Native American students who live in Hungry Valley shared our ancestral dancing at the March 13 Variety Show at Jesse Hall Elementary School. Dean of Students, Kristen Gilkeson provided the photos.

# In & Around: Reno-Sparks Indian Colony Community

*Role model in real life, students of the month*

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**Tomorrow's Leaders** — Glennys Tobey-Wasson, Haley Thomas, Raquel Thomas, Chandler Sampson, Terrell O'Neil and Devyn Dressler were selected to attend the Johnson O'Malley Youth Conference in Portland, Oregon during spring break based on their academic achievement this school year. The youth conference was held March 28 through April 1. The RSIC Education Department provided the photos.



**Photo Opp** — Several RSIC youth posed with JOM Conference guest speaker Tatanka Means, an award-winning actor, stand-up comedian and motivational speaker. An Oglala Lakota, Means starred as Wolf in *Tiger Eyes*, a movie based on an acclaimed novel by young adult author Judy Blume. Education Department staff Naomi Hanczrik and Lynette Sam had the privilege to present the outstanding youth at the conference.



**Standing Out** — Jack McNees, a 4<sup>th</sup> grader at Jesse Hall Elementary was selected as the March Student of the Month. His award was for social awareness because he exemplifies being responsible and demonstrates an awareness of other peoples' emotions and perspectives.



**Two Of A Kind** — Second grader Nota Redstone and Te Unutse Koge Redstone, a kindergartener, were honored as Jesse Hall Elementary Students of the Month for their ability to "walk in the other person's shoes" as exemplified in the Positive Behavioral Interventions and Supports strategy.

*Continued from page 17*

an elder in order to prevent visitation.

You should suspect elder abuse if you notice an older person suffering from any of the following conditions: inadequately explained bruises, cuts, or burns, dehydration or malnutrition, overly medicated or extremely sedated, unusual confinement (closed off in a room, tied to furniture), lack of cleanliness, grooming, fear of speaking or oneself in the presence of the caretaker, anxious to please, anxiety, confusion, withdrawal, depression, shame, fear, embarrassment, sudden change in financial

activity, unusual cash withdrawals from the elders account in a short period of time.

You should suspect elder abuse if the caretaker displays any of the following behaviors such as making threatening remarks or behavior toward elder, conflicting stories as to how the elder was injured, insults, aggressive behavior, withholding of attention, security and affection, attitude of indifference or anger toward the elder in their care, unusual fatigue, depression and/or obvious absence of assistance or attendance.

A victim may deny the reported abuse and put up barriers to assistance because they are reluctant to tell anyone because

they are ashamed that their children or caretaker has mistreated them, are dependent on the abuser, fearful of being sent to a nursing home or being taken away, worried that if the abuser is taken away they will be alone or fear of retaliation.

Any person making a good faith report of suspected elder abuse is immune from civil or criminal liability for reporting. (NRS 200.5096)

If you suspect elder abuse our community, please call the RSIC Human Services, 329-5071, and make a report. You can be saving someone's life .

# TODDLERS ROCK

Join us for a rocking time with your infant  
or toddler ages 0-3 years old with

## Nevada Early Intervention Services

Reno-Sparks Indian Colony Education Department and NEIS will be providing developmental screening, child development information and Music Therapy with SINGING and MOVMENT for you and your infant or toddler.

Monday, May 11<sup>th</sup> RSIC Library, Reno 5 pm

Thursday, May 21<sup>st</sup> Hungry Valley Community Center 5 pm

*For Questions please contact;*

*Naomi Hanczrik, Disabilities Advocate, 785-11310/329-6114*

*Stephanie Wyatt, Developmental Specialist, 688-0307*



# Through “We Rock Native” Youth Play, Read Music

*Free lessons include opportunity to perform live at area events*

*Submitted by Michael Hill,  
Reno Rock Camp*

With Spring Camp and the after school programs, “We Rock Native” is a music program that provides Reno-Sparks Indian Colony youth, 8-to-17-years-old, the opportunity to pursue a musical dream through music instruction and vocal lessons, plus guitar, bass guitar, drums, and key boards classes.

Beginning on Monday, May 4, after school, “We Rock Native” classes will be held at the Reno Colony Christian Church. The church is located at 625 Golden Lane. Classes run from 4:30-6 p.m.

In addition, starting on May 5,



**Been A Long Time Since You Rock 'n Rolled** — *Easton Rivers has been part of Reno Rock Camp which is focused on making every child a rock star.*

every Tuesday and Thursday, “We Rock Native” classes will be held at the Hungry Valley Recreation Center.

Reno Rock Camp also provides a premier group on Saturdays at the Holland Project, 140 Vesta Street from 1-4 p.m.

“Spring Camp was a tremendous success and we look forward to continuing our “We Rock Camp at the RSIC,” said Michael Hill, Executive Director of We Rock.

The kids will be performing on June 4 at the Nevada Museum of Art, while Summer Camps will begin on June 29 and run through Aug., 7.

“Helping the community is a large part of what Reno Rock Camp does and the opportunity to make available to all children, regardless of their family's financial situation is the primary goal of what helping the community is all about,” Hill said.



**FREE** pizza on Monday, May 11 at Colony Christen Church and Tuesday, May 12 in Hungry Valley.



**The Voice** — *Tzian Melendez belts out lyrics during her stint at Reno Rock Camp.*

## **Reno Rock Campers:**

- \*Learn how to play and read music
- \*Learn stage presence and choreography
- \*Have the opportunity to learn songwriting and recording
- \*Perform live unplugged concerts and make their own music videos

For more information, see:

<https://vimeo.com/125592784>

**Reno Rock Camp** is located at 800 Haskell Street.

[775\) 622-9900 ext.123](tel:7756229900)

Email:

[info@RenoRockCamp.com](mailto:info@RenoRockCamp.com)

Website:

[www.RenoRockCamp.com](http://www.RenoRockCamp.com)

# Staff Addition: Certified Health Specialist Position

## *Ledesma transfers to Reno Sparks Tribal Health Center*

Bhie Cie Ledesma recently



*Bhie-Cie N. Ledesma*

transferred to a new job within the Reno-Sparks Indian Colony.

Ledesma is now working at the Reno Sparks Tribal Health Center. She recently took time out to share specifics and her thoughts about her new position and her skills.

*What is your exact job title?*

I am the certified health education specialist for the health center.

*What are your job duties?*

This is a newly created position; therefore it is still taking form.

The vision is for me to lead a health promotion and wellness initiative that focuses on primary prevention. Primary prevention strongly focuses on protecting people from developing diseases or experiencing injuries in the first place.

This is done primarily by providing education and also by promoting screenings, immunizations, and identifying potential hazards.

Six priority areas are: health assessment review, physical fitness, healthy nutrition, stress management, and general wellness and tobacco education.

This position is strongly outreach focused, so I have been contacting many of the other

departments to find out if there are ways I can support their ongoing prevention efforts.

*What do you hope to accomplish while serving the RSIC?*

I hope that I can be a health promotion and health education resource.

When you sit down and talk to people about health and how they do or don't take care of themselves, they have a whole complex set of influences that have lead them to their current health habits.

Many times they have questions about living healthier, but maybe never took the time to ask or possibly didn't feel comfortable asking for a lot of different reasons.

Providing information that is easy to understand, valuable, current and relevant, can give them the tools they need to make small and large positive changes.

*What is your tribal affiliation?*

I am Te-Moak Shoshone, Washoe and Hispanic, and I am enrolled at RSIC.

I grew up on the Indian Colony until I was 12-years-old. I've been gone for a long time gathering life experiences and worked on my education, but I'm happy to have completed it and be home, so my kids can experience life here in Nevada. *What other experience do you have that will help you at the RSIC?*

I worked at the Absentee

Shawnee Tribe of Oklahoma in their Community Health & Prevention Department.

I coordinated the REACH (Racial & Ethnic Approaches to Community Health) Grant that had a worksite wellness focus; which included worksite safety and ergonomics, fitness, healthy eating, tobacco cessation, and breastfeeding support.

I attended extensive training at the Cooper Institute in Dallas. I earned certificates for Certified Personal Trainer, Balls & Bands, Circuit Training Leadership, Coaching Healthy Behaviors, Diabetes and Exercise, as well as Older Adult Fitness Specialist.

I used this education to build a worksite wellness curriculum at the AST. I performed intake, assessment, health plan building, and follow up with Tribal members who came to me to be a partner in their journey towards healthy living.

*What is your education history?*

I graduated from Yerington High and went to Haskell Indian Nations University in Lawrence, Kan., where I earned a two year degree in liberal arts.

I enrolled at Bacone College at Muskogee, Okla., where I received an associate of science in radiologic technology. I used that degree to work as an X-Ray Tech while going to Northeastern State University

*Continued on page 27*

# Women's Circle Celebrating Mother's Day, May 10

*Thank you gifts for first 25 moms, aunts, grandmas*

*Submitted by Dorothy McCloud,  
Women's Circle Coordinator*

In celebration of Mother's Day, the Women's Circle would like to extend our thank you to moms, aunts and grandmas by giving each a thank you gift for all that you have done and continue to do in providing a happy and safe place for all of us.

Please stop by the Women's Circle Office on Friday, May 8, between 10 a.m. and 2 p.m., to pick up your gift.

We are located at 1933 Prosperity Street.

The thank you gifts will be

given to the first 25 moms, aunts, and / or grandmas who come by the office.

Thank you, moms, aunts and grandmas for showing us the way, and for protecting and sheltering us from all that is negative and harmful.

*This project is supported by Grant No. 2012-TW-AX-0051, awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.*



*"Motherhood might be  
most noble and greatest  
work that a woman can do..."  
—unknown*

## **ALWAYS CALL 911 IN AN EMERGENCY!!!**

**RSIC Women's Circle**

**775-324-4600 office**

**775-851-2510 cell**

**RSIC Tribal Police**

**775-323-2677**

**National Crisis Hotline**

**1-800-799-SAFE [7233]**

**1-800-787-3224 [TDD]**

*If you or someone you know needs help, have questions about domestic violence or about this article, or just want to talk, know that there is help and that everything discussed will be kept strictly confidential. Look for future on-going articles in The Camp News. "Remember that **YOU** have the **RIGHT** to live a life **FREE** of violence."*

*Continued from page 26*

in Tahlequah, Okla., to get my bachelor's in healthcare administration.

I completed requirements and earned a master's degree in public health administration and policy at the University of Oklahoma.

It took a long time and support and sacrifices from my kids and family, but I kept chipping away at it.

I hope to use my education to contribute to the vision of the Colony and its people.  
*Tell us about your family.*

I have four children. My mom's family is from Nevada and my dad's family is from the Bay Area. I'm glad to be back close, so my kids can see my parents and extended family more often.

*Is there additional information you would like to share with the*

*RSIC community?*

I'm available to support any program's wellness education initiatives. Contact me if I haven't already contacted you, and we can have an exploratory meeting where we discuss ideas and make plans to enhance the prevention aspects of any departments or program's activities.



**Susanville Indian Rancheria  
6<sup>th</sup> Annual Memorial**

# **POW WOW**

**May 15,16,17 2015**

**Host Drum**

**Wild Rose** *White Swan, WA*

**Master of Ceremonies**

**Fred Hill Sr.** *Pendleton, OR*

**Arena Director**

**Michael Keats** *Yerington, NV*

**Head Man**

**Buck Wallahee** *White Swan, WA*

**Head Woman**

**Sisley Scott** *Warm Springs, OR*

**Grand Entry**

Friday May 15, **7 pm**

Saturday May 16, **12 pm & 7 pm**

Sunday May 17, **12 pm**

**Lassen County Fairgrounds**

**195 Russell Ave**

**Susanville CA 96130**

MORE INFORMATION PLEASE LOG ON TO  
[WWW.SIR-POWWOW.COM](http://WWW.SIR-POWWOW.COM)

**Vendors Welcome !**  
*Food, Arts, & Crafts  
Dry Camping & RV Spaces  
Showers*

**No-Entry Hand**

**Drum Contest!**

**ALL Drums**

**Paid Daily!**

**IN HONOR OF OUR ELDERS AND VETERANS FOR ALL  
THE SACRIFICES THEY MADE SO THAT WE MAY LIVE**

\*\*\* OPEN TO THE PUBLIC \*\*\* FREE ADMISSION \*\*\*

**For More Information Contact:**

**Amelia: (530)249-7192**

**James: info@sir-powwow.com**

**Hotels!**

Ask for Pow Wow Rate!

**Diamond Mountain Casino** (530)252-1100

900 Skyline Drive, Susanville, CA 96130

**Best Western** (530)257-4123

2785 Main Street, Susanville, CA 96130

**The Susanville Indian Rancheria Pow Wow  
Committee is**

**NOT RESPONSIBLE FOR SHORT FUNDED TRAVELERS**

**NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS**

**THIS IS A DRUG AND ALCOHOL FREE EVENT**

Rev: 2015-02-20a

# Environmental Protection Agency to Set New Standards

*Federal agency expected to reduce poisonous greenhouse gas allowance*

*Submitted by Elizabeth Acevedo,  
Environmental Specialist II*

The United States Environmental Protection Agency (EPA) is changing the amount of ozone allowed in the air.

This reduction is expected to be 15-20 percent less than the current level of 75 parts per billion. This matters to you.

Here are some reasons why: ozone is a poisonous greenhouse gas made up of a mixture of air pollutants which “cook” in sunlight.

Since ozone needs sunlight to form, the process occurs more quickly during the warmer months of the year resulting in more air quality alert days.

Ozone is carried around the world by the wind; in fact research has shown that as much as 10 percent of the ozone found in California



**New Standards** — The Environmental Protection Agency is changing the acceptable amount of ozone allowed in the air from its current requirements of 75 parts per billion.

actually comes from Asia. This will make it harder to reduce ozone levels in some areas, including Reno.

Ozone is a problem for people because it triggers asthma attacks and causes bronchitis. Ozone can even affect lung growth in unborn babies, making it more likely they will get asthma later in life.

Trees exposed to ozone can't

make as much oxygen and have problems fighting off disease which adds to climate change.

Crops exposed to ozone don't produce as much food, leading to higher food prices.

As you can see, reducing the amount of ozone allowed in the air will help to improve the health of people and the environment.

## The Ornaments Through Imagination

Exhibit by Terryn Tobey



Showing May 6 - May 30

Artist Reception: Thursday, May 7th at 5pm - 7:30pm

Liberty Fine Art Gallery  
100 W. Liberty Street  
Reno, Nevada, 89501

# Important Education Events, Dates, Information

*New Head Start requirements, four tips for child's first, most important teachers*

*Submitted by the RSIC Education Department*

As a child's first and most important teacher, the most basic things all parents are responsible for are:

- (1) Sending their child to school ready to learn.
- (2) Ensuring that their child attends school regularly and arrives on time.
- (3) Being aware of their child's work, progress, and problems by reading school notices, talking to their child about school, reviewing their child's work and progress reports, and meeting with school staff.
- (4) Maintaining verbal and/or written contact with their child's teachers and principal about the progress of their child's education.

The Reno-Sparks Indian Colony Education Advisors are available to assist parents to find resources and to help make contact with teachers and school administrators.



With signed consent forms, advisors can assist parents to check attendance, grades and credits. The After School Program with the help of advisors and tutors can assist students start their homework as the ratio of students to advisor/tutor can never be as good as the one-on-one time between a parent and child, which is most ideal.

Just a reminder:

All Housing Participants (renters and homeowners alike) are required to keep their yard clear of weeds. Please clear at least 30-feet of defensible space around the exterior of your home. Assistance is available to seniors and handicapped. Please, call housing to inquire about assistance 785-1300.

## Attention!

### New Head Start Requirements

*Due to new regulations Head Start Staff must conduct an in person interview with all applicants.*

***Please call Head Start to schedule your appointment at an***

## Enrollment Night

May 14 Reno Head Start Center  
34 A Reservation Road  
5:30 p.m. to 7:30 p.m.

May 19 Hungry Valley Head Start Center  
9055 Eagle Canyon Road  
6:00 p.m. to 8:00 p.m.

June 23 Hungry Valley Head Start Center  
9055 Eagle Canyon Road  
6:00 p.m. to 8:00 p.m.

June 25 Reno Head Start Center  
34 A Reservation Road  
5:30 p.m. to 7:30 p.m.

***For more information or to make an appointment, call 789-5615 or stop by the Head Start office in Reno.***

# Education Department

## Reminder to parents -

### Register your child

### for the 2015-2016

### School Year

**Computers are available  
at both  
Education Department  
offices in Reno and  
Hungry Valley for  
registration.**

**Parents will need your  
USERNAME & PASSWORD  
for Infinite Campus  
\*\*\*\*\***

**If the child is new to WCSD  
please contact your child's  
zoned school to get Infinite  
Campus information. If you  
forget your Username &  
Password please call  
your school's office  
administration to reset your  
information.**

**Computer Rooms are available  
in  
Education Offices from  
8:00 a.m.—5:00 p.m.  
Monday to Friday**

**Reno Library Computers are  
available 9:00 a.m.—6:00 p.m.  
Monday to Friday**

Please call to schedule appointments for times more convenient

The school will need:

Birth Certificate

Updated Shot Records

Proof of Residency

(phone bill, electric bill)

775.329.6114 Reno Office

775.785.1310 Hungry Valley Office



## Reno-Sparks Indian Colony

### Education Department, Language & Culture Program

## LANGUAGE & CULTURE EVENTS | May 2015

### Language Classes

Beginner level Paiute, Shoshone and Washoe Language classes will restart in May. Class sessions are 8 weeks long. Fun, creative and interactive vocabularies have been developed that will challenge learners.

Beginner Paiute Language Class: Thursdays

**Time:** 6:00 - 8:00 pm

**Location:** 34 D, Education Classroom

**May** 7, 14, 21, 28 **June** 4, 11, 18, 25

**Instructor:** Ralph Burns

Beginner Washoe Language Class: Wednesdays

**Time:** 6:00 - 8:00 pm

**Location:** 34 D, Education Classroom

**May** 6, 13, 20, 27 **June** 3, 10, 17, 24

**Instructor:** TBA

Beginner Shoshone Language Class: Tuesdays

**Time:** 6:00 - 8:00 pm

**Location :** 34 D, Education Classroom

**May** 5, 12, 19, 26 **June** 2, 9, 16, 23, 30

**Instructor:** Florence Millet

### Cultural Activity

The Language & Culture office will host a trip to the Pine Nut Blessing at Desert Creek. Please call and reserve a seat, as seating will be limited. (775)785-1312

**Friday May 8, 2015    Departure: 10:00 am    Return: 5:00 pm**

### Youth Cultural Activity

The RSIC Recreation Program will be taking over Regalia Making Class and Pow Wow Club.

Please contact Recreation for a schedule. (775 )329-4930

**Everyone is invited! If you are interested in learning about Great Basin life ways, you are welcome to attend. Children must be accompanied by an adult.**



Reno Sparks Tribal Health Center  
**PHARMACY**

Hours - Monday-Friday 8 AM - 5PM\*

\*Wednesday afternoon closure does not apply to the Pharmacy

Submitted by  
Steve Douglas, RPh, Pharmacy Manager

Do you have an overactive bladder?

There are treatments that can help control your symptoms.

People with overactive bladder have a bladder muscle that squeezes too often or squeezes without warning.

This can lead to troubling urinary symptoms such as: the need to urinate too often (8 or more times/day or 2 or more times at night); the need to urinate immediately; or the involuntary leakage of urine as a result of the need to urinate immediately.

These symptoms affect more than 33 million Americans.

Many people don't seek treatment, possibly because they're embarrassed or don't know about treatment options.

In the United States, 30 percent of men and 40 percent of women live with these symptoms. However, here are therapies for these symptoms.

Known causes of overactive bladder include neurological disorders, such as spinal cord injury, multiple sclerosis, Parkinson's disease, and stroke.

Often the cause is un-

known. The risk of overactive bladder increases with age, especially affects elderly women.

### **Patient Options**

There are several treatment options that help the bladder muscle relax and stop it from contracting at the wrong times.

Anticholinergics are a widely used class of medications for overactive bladder.

These drugs contain oxybutynin or solifenacin, and are believed to work by inhibiting involuntary bladder contractions.

These are the only formulary treatments available at the Reno Sparks Tribal Health Center.

Available elsewhere for women 18-and-older, there is a patch called Oxytrol, applied to the skin every four days.

This over-the-counter patch is available without a prescription and delivers oxybutynin.

For men, an oxybutynin patch is available by prescription only and is called Oxytrol. (Side effects of the Oxytrol patch include skin irritation, sleepiness, dizziness and blurry vision.)

For adults who cannot use or do not adequately respond to anticholinergics, there are Botox (onabotulinumtoxinA) injections.

Botox is injected directly into

the bladder muscle under local or general anesthesia in a doctor's office using a small camera that enables the urologist to see the inside wall of the bladder.

It causes the bladder to relax, increasing its ability to store urine and reduce urinary incontinence.

When the effects of Botox wear off, more injections can be given, but no sooner than three months from the last set of injections. (Botox may cause serious side effects that can be life-threatening, including problems breathing or swallowing, and spread of toxin effects.)

These problems can happen hours, days, to weeks after an injection.

Call your doctor or get medical help right away if you have any of these problems after treatment with Botox.

Less serious side effects include urinary tract infections and inability to empty your bladder on your own.)

Affected patients need to take the first step of seeking help from their doctor to determine whether the symptoms they are experiencing are due to overactive bladder or another condition, and to decide which treatment is the best.

# CALLING ALL GIRLS AND WOMEN

## SIGAYUK TOURNAMENT

MOTHER'S DAY, SUNDAY MAY 10th AT  
9am

Please bring your families for a day of our traditional women's game SIGAYUK!!

Call to sign-up your team, if you do not have a full team just come out and join a team!!

Sticks will be provided by the Cultural Resources Department.

Wearing your skirt is preferred but is optional.

Bring your lawn chairs.

*"Honoring Women in Tradition"*



IN COLLABORATION WITH THE WASHOE TRIBAL TANF PROGRAM, WASHOE TRIBE DOMESTIC VIOLENCE PROGRAM, ENGAGING MEN AND BOYS AS ALLIES AGAINST DOMESTIC VIOLENCE AND SEXUAL ASSAULT TOWARDS WOMEN AND GIRLS PROGRAM, DRESSLERVILLE HEADSTART PATALNGI MEKI (EAGLE'S NEST), WASHOE TRIBAL HEALTH CENTER, WASHOE TRIBE HEALING CENTER, WASHOE CULTURAL RESOURCES ADVISORY COUNCIL (WCRAC), WASHOE HOUSING AUTHORITY, WASHOE TRIBE ELDERS CENTERS, WASHOE TRIBAL COUNCIL, AND WASHOE TRIBE COMMUNITY COUNCILS.

WASHOE TRIBE OF  
NEVADA AND  
CALIFORNIA

*All Elders in attendance will receive  
Mother's Day bou-*

BBQ Lunch

RAFFLE PRIZES!!

### CULTURAL RESOURCES DEPARTMENT

Please contact Kristin Burt (775)782-0010, Mischelle Dressler (775)781-0513, or Lisa Enos (775) 790-7357 if you are interested or need information.

# Save The Date

**"OUR DREAMS, OUR VISIONS, OUR FUTURE"**

**12th ANNUAL INTER-TRIBAL COUNCIL OF NEVADA, INC.  
NATIVE AMERICAN YOUTH LEADERSHIP CONFERENCE**

***Come and Join Us in South Lake Tahoe, Nevada***



*Meals, lodging and educational opportunities will be included in the \$100 registration fee.*

*\*Summer Youth Conference is open to youth entering 7th to 12th grades.*

## August 2-5, 2015



NEVADA STATE  
**4-H CAMP**  
LAKE TAHOE

Please call 775-355-0600 X 260 for more information

# Older Americans Month Seniors, Elders, Activates

Contact the RSIC Senior Center to reserve your spot

**Baldini's Casino**  
&  
**SENIOR SPECTRUM PRESENTS**  
**FREE 55 Plus**  
**Health Faire Festival & Cinco de Mayo Party**  
at Baldini's Casino  
Tuesday, May 5, 2014  
9am - 2pm

- Cinco de Mayo Music / Live Entertainment
- Tasty Mexican Food Delights and Beverages
- Drawings for Fantastic Prizes
- Sign Up for a \$90 Rewarded Card and Earn Up To \$90 in Slot Free Play on Your First Visit

★ HEALTH SCREENINGS  
★ SENIOR INSURANCE INFO  
★ BLOOD PRESSURE CHECKS

Logos: Sierra Home Health Care, Senior Spectrum, Lakeside Manor, Access to Healthcare, and others.

**MAY IS OLDER AMERICANS MONTH**  
**GET INTO THE ACT.**  
OLDER AMERICANS MONTH  
MAY 2015

Ask About the Older Americans Month Guide of Activities & Events

**OPENING CEREMONY**  
MAY 1, 9 a.m. to 1 p.m.  
Washoe County Senior Center  
1155 East 9th Street, Bldg. E. Reno

Information fair, entertainment, speakers, special lunch menu and dessert table. Join us in this month long celebration to recognize Older Americans for their contributions and to provide them with information to help them stay healthy and active.

(775) 328-2575  
www.washoecounty.us/seniorsrv

Washoe County Senior Services is a Community Focal Point offering 4 Senior Centers, 9 Congregate Meal Sites, Case Management, Representative Payees, Homemaking, Home Delivered Meals, Daybreak Adult Day Care, and daily activities. An Aging and Disability Resource Center.

Logos: Washoe County Senior Services and others.

## Hungry Valley Christian Fellowship

2015 May Activities

May 3 Communion Sunday 10:30am  
HV Community Center

May 5, 12, 19, 26 Silver Eagles Elders Circle; 8-11 am  
HV Community Center

May 10 HV Mother's Day / Baby Dedication, Lasagna;  
Potluck Kids Camp Whatever Sign-Up Deadline. 10:30am  
HV Community Center

May 17 HV Worship Service - Guest Speaker Arlan Melendez  
outdoor amphitheater (weather permitting) 10:30 am

Memorial Service

May 29 Kids park outreach  
Numaga Park (weather permitting )

Psalm 122:1

A Song of degrees of David.

I was glad when they said unto me,  
Let us go into the house of the LORD.

## Colony Christian Fellowship

Come & worship with us at  
Colony Christian Fellowship  
phone: 324-0324

Sunday morning services.....11 a.m.  
Adult Sunday School.....10 a.m.  
Children's Sunday School.....11 a.m.  
Adult Bible Study.....Wednesdays at 11 a.m.  
Women's Bible Study....Thursdays at 11 a.m.  
Men's Bible Study.....Saturdays at 8 a.m.  
Communion, Every first Sunday of the month

## Victory Outreach Reno

**Native W.I.N.D.S**

**(Warrior Impacting Nations, Disciplining Soldiers)**

Every Tuesday at 7:30 p.m., HV Community Center  
Fun, food, fellowship in faith for the whole family!

## **Hungry Valley Broadband Installation Form**

To **ALL** residents/homeowners of Hungry Valley, *[If you have already submitted one of these, please disregard this form]*

In order for us to complete the broadband system, please fill out and return this form. At a minimum we would like to install the exterior antenna on all the homes in Hungry Valley. If you wish to subscribe to the service we can perform the full install into the interior of the home or structure as well. *Please note someone 18 years or older will need to be present during the installation.* Normally installation work will occur between 8AM to 4:30PM. The RSIC and Praxis do understand that some home residents work during these hours, so arrangements may be coordinated to permit an earlier or later installation. *If you need to setup a special time, please call the RSIC IT Department at 775-785-1313 or contact any on-site worker.* This form needs to be returned to the RSIC IT Department, Attn: Joseph Chicago. It can be given to a RSIC employee, Praxis worker, emailed to [jchicago@rsic.org](mailto:jchicago@rsic.org), faxed to 775-358-7955, mailed to RSIC IT DEPT, 34 Reservation Road, Suite 305, Reno, NV 89502; or any other method you prefer, as long as it reaches the RSIC IT Department.

**Submitting this form will allow us to customize the packages using the lowest possible price.**

**What this notice is:** This letter is simply to obtain current internet statistics, provide notice to you of upcoming installation work in your area and obtain your permission to install at least the exterior components. It is **not** an agreement to sign up for the broadband service or anything else. The process for subscribing to the service will follow shortly.

As an incentive for allowing us to perform the installation during this time period, there will be absolutely no charge to you. If you refuse this installation now and later wish to receive the internet service, there will be a \$100.00 installation fee imposed. For this reason we encourage all of you to allow at least the exterior portion of this installation, even if you are unsure at this time whether you will want the service at a later date.

In order to setup and coordinate the times and dates of these installations, we need the following information from you:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Name of contact person (18 or older): \_\_\_\_\_

I wish to subscribe to the high-speed internet service when available (Y/N): \_\_\_\_\_

Signature: \_\_\_\_\_

Do you currently have **any** internet service, and if yes please let us know who it is from, the speed if known, and what your monthly payment is: (this is VERY useful to us, if applicable please provide these details.)

\_\_\_\_\_  
\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Legal Notices, Public Announcements

*Recruitment for committee members, summons to appear, looking for couriers*

## Recruitment for Language & Culture Advisory Committee Member

The Language & Culture Advisory Committee is currently seeking an Reno-Sparks Indian Colony Tribal member to serve on the Language & Culture Advisory Committee.

The committee member will be appointed by the RSIC Tribal Council and shall serve a term of two years. If you are interested in becoming an Language & Culture Advisory Committee member, please submit an application to:

Reno Sparks Indian Colony Language & Culture Program  
401 Golden Lane  
Reno, Nevada 89502

## ADVISORY COMMITTEE MEETING DATES

Economic Development, Last Wednesday of month, 6 p.m.  
Tribal Council, Two Wednesday prior to economic development, 6 p.m.  
Education Advisory Committee, First Monday of month, noon  
Senior Advisory Committee, First Monday of month, 1 p.m.  
Executive Health Advisory, Third Monday of month at 5:30 p.m.  
Enrollment Advisory Committee, First Monday of month, 5:30 p.m.  
Law & Order Committee, First Wednesday of month, 6 p.m.  
Commodity Distribution, Third Tuesday of the month

*\*Please notes, meetings dates and start times subject to change.\**

## COURIERS NEEDED

We need couriers to deliver the newsletter and other important documents, door-to-door in Reno & in Hungry Valley. If you are interested, please see the center insert of this newsletter or call Penny Sampson at 329-2936.

## Recruitment for Pow Wow Committee Members

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 29th Annual Numaga Indian Days Pow Wow Committee.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years. If you are interested in becoming a NIDP committee member, please submit your completed application to:

Reno-Sparks Indian Colony  
ATTN: Tribal Administrator  
98 Colony Road, Reno NV 89502

Applications are available at 98 Colony Road.  
All interested individuals must submit an application (date stamped by front office staff) for consideration for the 2015 NIDP committee. Deadline to apply is Monday, July 13 at 5 p.m.

# Talking Circle

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

## COMMUNITY SUPPORT GROUP

The last Wednesday of every month

DATE: May 27 \* TIME: 5 PM

Reno-Sparks Tribal Health Center 2<sup>nd</sup> floor Behavioral Health Department

# RSIC Senior Center Program Menu, Activities

*Celebrate Older Americans Month in May*



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Puzzle 10 am</b>	<b>Beading 10 am</b>	<b>Sparks Library 10 am</b>	<b>Beading 10 am</b>	<b>Brunch 10:30 am</b>
<p><b>Please call or stop by to sign up for the activities on: May 1, May 8, &amp; May 12</b></p> <p><b>May 12 is only for RSIC enrolled or resident ladies, 55 &amp; older only</b></p> <p><b>Transportation provided, note at sign up</b></p> <p><b>- Limited, sign up early - 329-9929 -</b></p>			 <p><b>* Vitamin C - Daily</b> <b>+ Vitamin A - 3 X Week</b> <b>1% Milk - Served Daily</b></p>	<p>1) Breakfast Burrito Tomato and Cucumber Salad+* Mixed Berries <b>9 am Older Americans Opening Ceremony at WCSS</b></p>
<p>4) Beef and Broccoli* Jasmine Rice Carrots+ Fortune Cookie Pineapple and Mandarin Oranges* <b>1 pm Senior Advisory Committee Meeting</b></p>	<p>5) Posole <b>Fiesta</b> Tortilla Spring Mix Salad+* Banana <b>9am - 55+ Health Fair and Cinco De Mayo Festival at Baldini's</b> <b>*must sign up</b></p>	<p>6) Chicken Salad Sandwich Sun Chips Lettuce and Tomato+ Trail Mix Orange* <b>1 pm Errand Day</b> <b>1 pm Crafts</b></p>	<p>7) Pork Chop Egg Noodles Gravy Steamed Carrots and Broccoli+* Peaches* <b>1 pm Galaxy Theater</b></p> 	<p>8) <b>Brunch 10:30 am</b> Pancakes Turkey Sausage Link Cantaloupe* V-8 Juice +*</p>
<p>11) Lemon Salmon Rice Pilaf Normandy Blend Vegetables+* Apricots* <b>12 pm Elder Abuse Presentation</b></p>	<p>12) Chefs Salad+* Mini Heirloom Tomatoes+ Breadstick Mandarin Oranges* <b>12 pm Mother's Day Surprise</b> <b>5 pm Mother's Day *Dinner at Atlantis</b> <b>Toucan Charlie Buffet</b> <b>*Must be signed up</b></p> 	<p>13) Soft Taco Ground Turkey Lettuce and Tomato+ Black bean and Corn mix Pears* <b>12 pm Nutrition Presentation</b> <b>1 pm Crafts</b> <b>Memorial Flowers</b></p>	<p>14) Baked Chicken Mashed Potatoes W Gravy Zucchini and Carrot Mix +* Pineapple and Strawberries* <b>1 pm Crafts</b> <b>Memorial Flowers</b> <b>5:30 pm Bingo &amp; Potluck</b></p> 	<p>15) <b>Brunch 10:30 am</b> Egg and Spinach Scramble Whole Wheat Toast Cherry Tomatoes+ Honey Dew* <b>9:30 am Respite Caregivers Support Group Meeting</b></p>
<p>18) Lasagna w Ground Turkey Green Beans+ French Bread Fruit Cocktail* Food pantry <b>1 pm Crafts</b> <b>Memorial Flowers</b></p>	<p>19) <b>Commodity Sack Lunch</b> Tuna Salad Sandwich Lettuce and Tomato + Sun Chips Fruited Jell-O *</p>	<p>20) Beef Stew + Pan bread Spring Mix Salad+* Orange Cutie* <b>1 pm Crafts</b> <b>Memorial Flowers</b></p> 	<p>21) BBQ Pulled Pork Sandwich Coleslaw+* Kiwi and Bananas* <b>1 pm Crafts</b> <b>Memorial Flowers</b></p>	<p>22) <b>Brunch 10:30 am</b> Honey Nut Cheerios Boiled Egg Mixed Fresh Fruit* V-8 Juice +*</p>
<p>25) <b>HOLIDAY - Closed</b> No lunch served or delivered</p> 	<p>26) Cream of Broccoli Soup Salad Bar+* Fresh Pineapple and Oranges* <b>1 pm Century Theater</b></p> 	<p>27) Beef Stroganoff Egg Noodles Mixed Veggies +* Peaches * <b>12 pm Community Health Education Specialist Presentation</b></p>	<p>28) BBQ Chicken Sandwich Lettuce and Tomato+ Macaroni Salad Mixed Berries* <b>12:30 pm Birthdc</b></p> 	<p>29) <b>Brunch 10:30 am</b> Oatmeal Boiled Egg English Muffin Carrot and Raisin Salad+ Watermelon*</p>



## Reno-Sparks Indian Colony & Dr. Pepper Snapple Group are building a playground!



We need you to bring play to kids on Fancy Dance Lane

We need more than 200 volunteers to help us give more than 250 area kids the childhood they deserve by building a new playground.

**FRIDAY, MAY 8**

**8:30 AM—3:30 PM**

**185 FANCY DANCE DRIVE  
HUNGRY VALLEY**



Volunteers should be age 18+ and will assemble playground pieces, mix concrete, move mulch, etc.

Wear comfortable clothes you don't mind getting dirty and closed toe shoes; leave valuables at home.

Youth activities provided.

Gloves, goggles, breakfast, and lunch will be provided.

Play is central to a child's ability to grow into a productive adult. Together, we can ensure kids get the balance of play they need to thrive! Please join us and show that play matters to you.

**RSVP** to Jean Wadsworth, [jwadsworth@rsic.org](mailto:jwadsworth@rsic.org) or Vic Sam, [vsam@rsic.org](mailto:vsam@rsic.org) ,  
or call 329-4930 or ShoreTel ext. 4396.

If you are unable to attend in person, we hope that you will show your support for the cause of play in COMMUNITY by joining the conversation online on DATE using the hashtag **#playmatters**.

*Continued from page 13*

Nebesky said. "It was a win-win-win program as Reno got community input, the students from the University of Nevada got practical experience over-seeing the discussions, and the Reno-Sparks Indian Colony community participants were heard."

The RSIC meeting, which was held at the Reno Sparks Tribal Health Center, was the third such focus group held in conjunction with the city's master plan. According to Thomas, Reno will organize about 20 more community meetings, with the majority focusing on neighborhood groups.

"It was a great experience,"

said Sarah Citra, one of the facilitators. "I expected that the opinions we collected would be more centralized---more about the Colony itself, but everyone had a global perspective."

Citra said that she heard

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***"We want to know what the plan is for the city, county, and state and whether those plans are advantageous or concerning to our Tribal goals."***

*—Arlan D. Melendez,  
RSIC Chairman*

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great ideas, but not just about what would be good for the RSIC, but suggestions which would benefit the entire area.

"It was a beautiful, unselfish outlook," Citra said.

Her co-facilitator, Sydnie Polk, enjoyed her time at the Colony, too.

"They knew we didn't know about the culture, but they helped us a lot," Polk said. "They educated us and they were so courteous doing it."

Participants or anyone interested can review the City of Reno's master plan at:

*<http://www.reno.gov/government/departments/community-development-department/master-plan>*



**Beautiful Hungry Valley** — Last month, several members of the Reno-Sparks Indian Colony staff spent a Saturday learning about Care Flight and training for emergency situations. The day was sponsored by the RSIC Emergency Services Department.

**Photo by Bucky Harjo**