



THE CAMP NEWS

VOLUME XI ISSUE 4

April 30, 2016

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Community Health & Wellness Survey Searches for Data

Answer 35 questions to help shape future programs, resources

The Reno-Sparks Tribal Health Center has a lofty goal, but it needs community input to be successful.

"We want to make our community healthier and we want to make our health center better," said Cordelia Abel-Johnson, community health supervisor and the project site coordinator. "We need to know what direction to take, to develop, and improve what we're doing."

Selected staff of the Reno-Sparks Indian Colony are planning to evaluate existing programs related to health and wellness to determine the needs for new or more services, and figure out how to design new programs or revamp existing ones.

Called the "RSIC Community Health Assessment," a vital step in a five year project is to survey those living on the downtown Colony and in Hungry Valley about healthy lifestyle behaviors.

Such surveys are commonly used research tools which collect data. The survey will pinpoint the characteristics, behaviors, or opinions of about 350 residents whom are 18-

years-old or older.

The multiple choice survey is made up of 35 multiple choice questions centered on seven community health and wellness prevention areas. Those areas include: commercial tobacco use, access to healthy food and beverages, promotion of healthy food and beverages, breastfeeding, physical activity, health literacy and team-based care.

"The assessment will provide a snapshot of the health status of our community," Abel-Johnson said. "We can use the assess-

ment to build upon what is already known and improve individual community members understanding of our community health issues."

CDC's Response

In 2014, the National Center for Chronic Disease Control and Prevention (CDC) created the Good Health and Wellness in Indian Country (GHWIC) program.

Funded by the (CDC) and the Inter-Tribal Council of Arizona, the Community Health Assessment will include

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Health & Wellness — *The Reno-Sparks Indian Colony's Health Assessment will survey residents about healthy lifestyle behaviors. With funding from the Inter-Tribal Council of Arizona and the Center for Disease Control and Prevention, a coalition of various RSIC staff will report the findings from the assessment's 35 multiple choice questions.*



VETERANS TOWN HALL

THURSDAY, JUNE 23, 1-3:30 p.m.

RENO-SPARKS TRIBAL HEALTH CENTER (1st floor conference room)

1715 Kuenzli Street, Reno, NV

*Hosted
by the*

VA Sierra Nevada Health Care System



- ◀ Native Veterans
- ◀ Veteran Service Organizations
- ◀ Community Partners
- ◀ Family members
- ◀ Public Servants
- ◀ Dignitaries

Explore information booths, 1-2:30 p.m.

Attend Town Hall to give quality feedback and specific suggestions on how the VA Sierra Nevada HCS can improve service to Native Veterans, 2:30-3:30 p.m.

Our goal is to increase communication between Native Veterans & their families with the VA Sierra Nevada HSC.

VA leadership will be present to answer your questions and address your concern about the health care services.



For more information, please contact:

Darin C. Farr
Public Affairs Officer
VA Sierra Nevada HCS
775-789-6628
darin.farr@va.gov

Stacey Montooth
Community Relations Officer
Reno-Sparks Indian Colony
775-329-2936, ext. 3268
smontooth@rsic.org

Deadlines, Mailing List

The Camp News Profile

Started in the early 1980s, *The Camp News* is the monthly publication for the Reno-Sparks Indian Colony community. The newsletter is produced monthly out of the RSIC Public Relations Department and duplicated and distributed by RSIC Administration Front Office.

SEND US YOUR NEWS

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

CONTACT OUR STAFF

E-mail your submissions to smontooth@rsic.org or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

CIRCULATION

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

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

ELECTRONIC EDITION

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

Important MAY dates

- 2 Education Advisory Committee Meeting, 34 Reservation, noon
Senior Advisory Committee, Senior Center, 1 p.m.
Enrollment Advisory Committee Meeting, Enrollment Office, 5:30 p.m.
- 4 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Law & Order Committee Meeting, Tribal Court Room, 6 p.m.
- 5 Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 8 Mother's Day
- 10 Super Simple Home Made Cleaning Supplies: An Easy Intro to Green Cleaning, 34 Kitchen, noon
- 11 Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Tribal Council Meeting, 34 Conference Room, 6 p.m.
- 12 Super Simple Home Made Cleaning Supplies: An Easy Intro to Green Cleaning, HV Community Kitchen, noon
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 13 1st Annual Native Tamono Craft Fair, 34 Reservation Rd., 10 a.m. – 6 p.m.
- 14 1st Annual Native Tamono Craft Fair, 34 Reservation Rd., 10 a.m. – 6 p.m.
- 15 1st Annual Native Tamono Craft Fair, 34 Reservation Rd., 10 a.m. – 5 p.m.
- 16 Annual Pine Nut Blessing, Desert Creek
Executive Health Advisory Meeting, RSTHC, 5:30 p.m.
Summer Youth Employment Program application deadline
- 17 Commodity Distribution, Senior Center
Public Input for ICDBG grant, Hungry Valley Community Center, 6 p.m.
Public Input for ICDBG grant, 34 Conference Room, 7 p.m.
- 18 Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
- 19 Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 21 Head Start Transition Ceremony, Reno Gym, 11 a.m.
Head Start Transition Ceremony, Hungry Valley Amphitheater, 3 p.m.
Under the Stewart Stars fundraiser, 4 p.m.
- 23 Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
- 25 Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Economic Development Meeting, 34 Reservation Road, 6 p.m.
- 26 Last Day: After-School Tutoring at Reno and HV sites
Talking Circle, RSTHC Behavioral Health Conference Room, 4 p.m.
Paiute (Numu) Class, 34 Reservation Conference Room, 6 p.m.
- 28 May Community Yard Sale, Colony Christian Fellowship, 8 a.m.
- 30 Memorial Day Holiday, RSIC Offices Closed



see: www.rsic.org for a comprehensive calendar

a written report which will outline the health and wellness needs of the community.

GHWIC supports a coordinated, holistic approach to healthy living and chronic disease prevention and reinforces the work already under way in Indian Country to make healthy choices and lifeways easier for American Indians and Alaska Natives.

Why Surveys?

The surveys will be given out at different events and at information tables. For example, community members can complete the survey during commodities distribution at the RSIC Senior Center on the third Tuesday of the month, or Monday through Thursday during the senior lunch program. Head Start parents will be given the survey during parent meetings, while the Tribal Court Wellness Program will be a point of distribution, too. Of course, the survey will be available at an information table at the RSTHC.

"In order to effectively identify, plan, and implement needed policy, systems and environmental changes, tribal communities need to assess the current policy landscape and monitor changes over time," said Dr. Ursula E. Bauer, Director of the CDC. "As the CDC collaborates with tribal communities on the development and implications of policy, systems, and environmental change strategies, our important CHANGE Action

Guide offers communities a valuable tool in our efforts to promote health and prevent disease."

The RSIC Community Health Assessment Coalition has been using the Tribal Health Assessment Toolkit from ITCA and the CDC's CHANGE Action Guide to carefully outline its plan not just to assess the community, but to determine how to use the results in the most effective manner.

"This really will be a revealing project which could yield vitally important and impactful information," said RSIC Planner and coalition member Scott Nebesky. "The baseline data that we collect along with the evaluation of current programming could profoundly change the services provided to the RSIC community."

Nebesky, whose department is responsible for a routine demographic survey / census of all community members, believes the Community Health Assessment methodology will be helpful for future planning, too.

Furthermore, the Community Health survey will reveal if additional resources are needed to meet the needs of a certain segments of the patient care, e.g., diabetes prevention services or the availability of cardiovascular specialists, more pediatrics programs or geriatric care.

"We will know if what we are currently doing is effective, but if we need to do more of the same to assist greater numbers



Establishing A Baseline — *The Reno-Sparks Indian Colony Community Health Assessment Coalition will collect data to evaluate our current programs and future needs.*

of the community," Nebesky said.

The CDC recognizes that with over 560 American Indians and Alaska Natives tribes, indigenous people are extremely diverse, with unique cultures, languages, histories, arts, and rituals. Yet all tribes share a deep connection to lifeways, usually connected to nature, which can sustain health and wellness and even though Native peoples' traditional ways of life have been compromised by the United States Federal Government, now for nearly three hundred years, American Indians and Alaska Natives have persevered and preserved much of their cultures.

However, for decades, poorer health, inferior social outcomes, and shortened life expectancies are a reality for many tribes when compared to other racial and ethnic groups in the United States.

In response, the CDC has been working

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LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

May - 2016

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.

Beginner level Shoshone, Washoe and Paiute Language Classes will continue in February 2016. These interactive classes include grammar, story telling, games, songs and immersion activities. Each class has a knowledgeable language instructor and anyone who is interested in learning one or more of the Great Basin Native Languages is welcome to attend.

Language Classes:

Tuesdays

Newe (Shoshone):

**SHOSHONE LANGUAGE CLASS IS ON HOLD UNTIL
FURTHER NOTICE.**

Wednesdays

Washiw (Washoe):

Location: Hungry Valley Gym (Lower Level), Hungry Valley
Time: 5:00 p.m. – 7:00 p.m. **Instructor:** Jamie Astor
Dates: 5/4, 5/11, 5/18, 5/25

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno
Time: 12:30 p.m. – 1:30 p.m. **Instructor:** Thalia Dick
Dates: 5/4, 5/11, 5/18, 5/25

Thursdays

Numu (Paiute):

Location: Administration Bldg, 34 Reservation Rd. - Conference Rm.
Time: 6:00 p.m. – 8:00 p.m. **Instructor:** Ralph Burns
Dates: 5/5, 5/12, 5/19, 5/26

Cultural Activity

May 2016

Annual Pine Nut Blessing/Gathering

The RSIC Language & Culture Program is planning a trip to Desert Creek for the Annual Pine Nut Blessing/Gathering. Because a date has not yet been decided, if you haven't already, "like" us/follow us on Facebook for updates - <https://www.facebook.com/RSICLanguage/>. We will let you know as soon as we do!

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

SUPER SIMPLE HOMEMADE CLEANING SUPPLIES

An Easy Introduction to Green Cleaning



Hazardous Waste in My Home?

Yes, many common household cleaning products contain chemicals that qualify as household hazardous waste. They can be inhaled or absorbed through the skin and cause lung irritation, skin and eye irritation, asthma attacks, and other health problems. Not only are they bad for your health, they're bad for the environment. When these chemicals are poured down household drains, toilets, or on the ground, they're likely to contaminate the air, ground and water.

Do I have other options?

Yes! Choose non-hazardous products whenever you can; the Environmental Specialist II will be providing a demonstration for making non-toxic cleaners for your home with a simple and low-cost materials list. The first 10 people will be able to take a bottle of all purpose cleaner home with them.

Who: Employees and community members are invited

What: 15 minute homemade cleaning supplies demonstration

Hungry Valley: Community Kitchen Tuesday, May 10, 12pm-2pm

**Reno: Administration Building Kitchen 34 Reservation Road,
Thursday May 12, 12pm-2pm**

Cost: Free!

Please contact Brie-Cie Ledesma, Environmental Specialist II at 785-1363, Ext. 5407 to register.



Snakes, Four Legged Creatures Visit Head Start

Reptile presentation thrills students, reinforces importance of preservation

Unless you live in Australia, chances are slim that you will ever see a Northern Blue Tongued Skink. However, if you are student at the Reno-Sparks Indian Colony's Head Start Program, not only have you seen this beautiful creature up close, but you also had an opportunity to pet a Red Tail Boa Snake and an Iguana named Big Red.

"They are a lot smoother than I thought," said Xavier Arrival-laga. "I thought the snake would be mean, but he was really nice."

Partnering with the RSIC Environmental Department, Head Start classes welcomed staffers from Sierra Aquatics, who not only brought six reptiles, but they taught the students about the natural habitat of the creatures and

what the rare animals eat.

The show-and-tell type program produced squeals of delight, group 'ohs and ahhs,' and a couple of sounds of fright from the 4 and 5-year-olds. Plus, a couple of the older babies from the RSIC Child Care Program joined the fun.

"The theme of April is animals, so Sierra Aquatics reptile presentation went really well with the teachers' lesson plans," said Francisco Ceballos, the Head Start Health/Safety/Nutrition Advocate. "It was a very intriguing and informative day. This type of presentation could become a staple for April."

According to Bhive-Cie Ledesma, the RSIC Environmental Specialist II, for the students, the presentation raises awareness and generates positive behavior regarding environment-

tal issues and future stewardship.

"Children seeing the animals up close will build an appreciation for them and what environmental health conditions the animals need to live such as an unthreatened, uncontaminated food source, clean air, land, and clean water," Ledesma said. "It also bolsters their sense of ownership and responsibility to their environment."

In addition, Ledesma cited professional research which indicates that children's academic performance in science, math, English and social sciences increase when they have hands-on experiences with nature and the outdoors.

To prepare for the visit, Ledesma created a pictorial and information board that the Head Start teachers reviewed with the students in the days before the reptiles came to their class.

"I wanted the kids to be familiar with the reptiles ahead of time," Ledesma said. "This familiarity helped the kids as they were excited rather than scared and nervous when they saw and petted the animals."

The Sierra Aquatics staff, Austin Klewe and Corey Spain, stressed the importance of ensuring conservation and letting the reptiles live in their



Big Red — Doza Ledesma (left) said the Red Iguana which visited RSIC Head Start class felt like a bumpy rock. The six reptiles from Sierra Aquatics were well received by the young students.

Continued on next page

natural environment, a message the Head Start teachers also had emphasized.

"The kids were great and very respectful of our reptiles," Klewe said. "They (the reptiles) are not used to being around so many people, so it was important and very helpful that the kids were so well behaved."

Ledesma is hopeful that this live animal demonstration will help forge emotional ties between the students to all wildlife. She believes that such a relationship will foster an appreciation for the natural world.

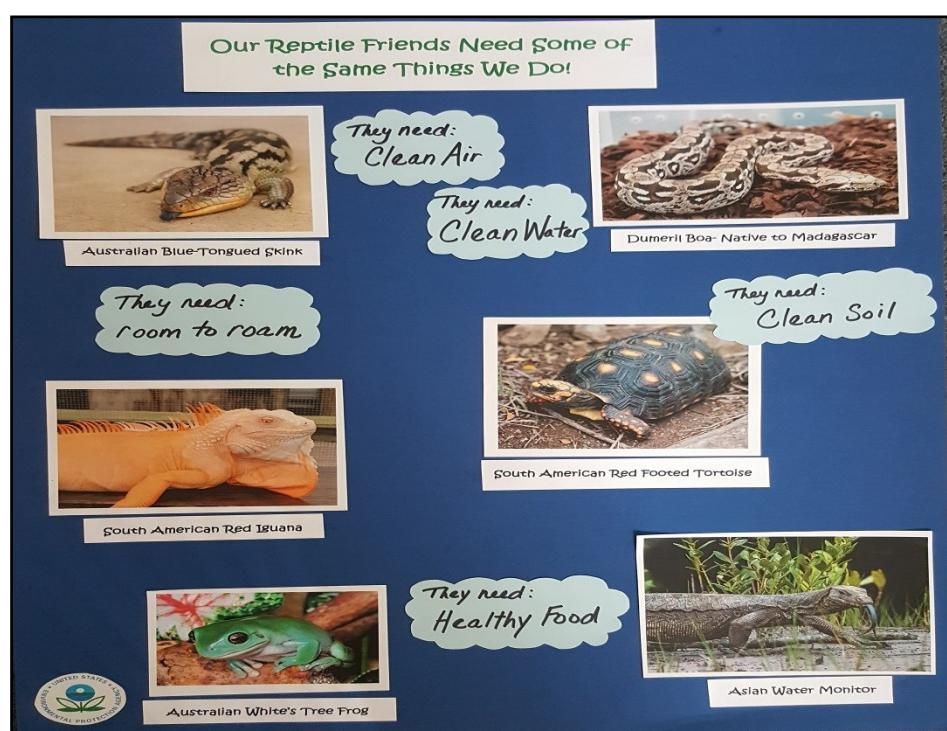
"The presentation of animals can provide the compelling experience needed for children to gain and maintain personal connections with their own relationships with nature," Ledesma said.

Ceballos said one of the best parts of the presentation were the children's reactions.

When given the chance to pet Big Red, one student, Doza Ledesma, immediately volunteered. With complete calmness, she petted the multi-colored terrestrial, semi-aquatic, nearly two-foot long lizard.

"I wasn't scared," said Doza Ledesma. "The Red Iguana just felt like a bumpy rock."

Mixed Reaction — Reptiles from the Sierra Aquatics elicited several greetings from the students and staff at Head Start. Above, students react to meeting a red head boa snake. To the right, a pictorial fact board created by the RSIC Environmental Specialist Bhie-Cie Ledesma helped prepare the students for the six reptiles which were shown in their classroom during the reptile presentation.



Talking Circle

Thursday, May 26



When: The last Thursday of every month from 4:00 to 5:00 p.m.

Where: RSIC Tribal Health Center, Behavioral Health Conference Room

All Ages Welcome

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

Sponsored by the RSIC Tribal Health Center Behavioral Health Department
For more information contact Jason Hill, Prevention Outreach Coordinator at
775-329-5162 ext. 1965 or email at jhill@rsicclinic.org

PUBLIC NOTICE
INDIAN COMMUNITY DEVELOPMENT BLOCK GRANT
(ICDBG)
PUBLIC INPUT REQUESTED



The Tribe will consider public input on the upcoming ICDBG grant.

Eligible activities include: housing rehab, land acquisition, homeownership assistance, public facilities and improvements, street repair, economic development, energy efficiency, removal of architectural barriers, public services and facilities (including childcare), and micro-enterprise development.

May 17, 2016 Tuesday

Hungry Valley Community Center 6:00-7:00 pm

34 Conference Room 7:00-8:00 pm

Written comments can also be directed to the Chairman, 34 Reservation Road, Reno, NV 89502. All such comments will be presented to the Tribal Council at the Economic Development meeting on May 25, 2016.

Earth Day Gardening Project: Successful Spring Kickoff

Seeding, planting completed by child care youth despite windy, cold weather

*Submitted by Brie-Cie Ledesma
RSIC Environmental Specialist II*

In honor of Earth Day, several departments at the Reno-Sparks Indian Colony joined forces to prepare the healing garden located at the RSIC Language and Culture yard.

The public works department got the program started by preparing the soil, repairing the water drip system, and building trellises for the plants.

“Public works did a great job getting our garden ready to plant,” said Brie-Cie Ledesma, the RSIC’s Environmental Specialist.

On Earth Day, April 22, RSIC staffers from language and culture, environmental, plus the Reno child care program, planted culturally significant items like snap peas, tomatoes, strawberries, mint, corn, and sunflowers.

Moreover, several youth from the child care program dug in the earth, planted seeds and vegetation, and turned the soil with adult supervision.

“The wind was so strong and our little ones were having a hard time seeing,” Ledesma said. “Even

so, everyone had fun and now we are looking forward to the growing process.”

Ledesma added, thanks to public works, the garden has an automatic watering system. She said that the students from Child Care will be visiting the healing garden on a regular

basis and will even be helping weed the area.

Eventually, these young, dedicated gardeners will enjoy the fruits, and the vegetables of their labor.

“The kids will get to eat what they grow,” Ledesma said.

An annual celebration, Earth Day began in 1970 and has grown into a global event recognized by over 192 countries.

According to Ledesma, devoting a special day for the earth is a way to demonstrate how much we care about the future of our planet.

“No matter what you like to do best, there is a way to get involved in Earth Day,” she said. “You can plant a tree, make a meal with locally-grown vegetables, educate a family member, clean up trash in your neighborhood, set up a bird feeder or save power — the possibilities are endless.”

One of the most popular options which people of all ages enjoy is gardening. Children specifically, will have



Helping Hand — Judy Martin, (right) the assistant in the RSIC Language & Culture Program helps Jeremy Souza smooth the soil for a new plant in the healing garden. Everyone from the child care program had their own garden tools and apron during their Earth Day Celebration. With help from several RSIC departments including: public works, planning, environmental, and language and culture, students planted culturally significant items like snap peas and tomato plant. Over the next few weeks, the child care participants will observe the healing garden and even help weed the area. When the fruits and vegetables are ready to pick, the students will get to eat the home-grown produce.

Photo by Brie-Cie Ledesma

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United States Department of Agriculture

Summer Food Rocks!

AT THE RENO-SPARKS INDIAN COLONY



The Summer Food Service Program operates Monday-Friday from June 13, 2016 to August 5, 2016

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

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

Reno Site Multipurpose Room 34 Reservation Road, Reno NV 89502	Hungry Valley Site Education Building 9055 Eagle Canyon Road, Sparks NV 89441
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For further information please contact Francisco Ceballos, SFSP Coordinator at 775-789-56 X5432, fceballos@rsic.org

a lot of fun and there are special benefits.

Gardening is educational and develops new skills including:

- Responsibility – from caring for plants and the earth
- Understanding – as they learn about cause and effect (for example, plants die without water, weeds compete with plants)
- Self-confidence – from achieving their goals and enjoying the food they have grown
- Love of nature – a chance to learn about the outdoor environment in a safe and pleasant place
- Reasoning and discovery – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- Physical activity – doing fun and productive activities
- Cooperation – including shared play activity and teamwork
- Creativity – finding new and exciting ways to grow food
- Nutrition – learning appreciation about where fresh, local food comes from

Furthermore, according to *National Geographic* author Dan Buettner, he found anecdotal evidence, about how gardeners live up to 14 years longer than non-gardeners.



Environmental Jump Starts Earth Day

Program advocates making everyday Earth Day



Green Thumb Not Needed — *Bhie-Cie Ledesma, the RSIC's Environmental Specialist (right) shows Micaela Chagolla (left) how easy it is to care for her free golden pothos.*

In addition to working with the Reno-Sparks Indian Colony youth, the Colony's Environmental Program gave away a dozen free, green gifts last Friday and encouraged everyone to make every day Earth Day.

Using recycled glass containers, the first 12 visitors to the RSIC Planning Department left with a golden pothos.

To thrive, these plants only need to have their roots submerged in water. Besides the ease of care, these plants, like all plants improve indoor air quality by increasing humidity, releasing oxygen, removing chemicals, and creating a feeling of calm.

The first Earth Day which was held on April 22, 1970, mobilized 20 million Americans from all walks of life. Their actions led to the creation of the U.S. Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts.

Today, over one billion people in 192 countries participate in Earth Day activities, making it the largest civic observance in the world.

The RSIC Environmental Program provided several suggestions to celebrate and show Mother Nature some love. Those activities include: attending an Earth Day festival, encouraging friends to get involved, recycle, track your online energy use, plant a tree, start composting, give up bottled water, make a garden, cut down on junk mail and unused phone books, buy local, organize a community cleanup, and learn about the earth.

For more information, phone Bhie-Cie Ledesma at (775) 785-1363, ext. 5407.



Start Swimming Before Summer



Announcing Water Fitness for Diabetic, Non-Diabetic, and Senior RSTHC patients at Alf Sorensen, 1400 Baring Blvd, Sparks

Sign up NOT Required except for Lessons...

Just Drop In to the class you are eligible for:

Sponsored by the RSTHC Diabetes Program

Senior Water Fitness (55years and older) (Transportation available for RSIC Residents and Seniors only. Meet at RSIC Senior Center at 8:15am for transport)	Increase fitness level and stamina while having fun in the water through this exercise program for seniors.	Tuesdays & Thursdays 9-10am
Senior Water Fitness Saturdays (55years and older) (Transportation not available)	Increase fitness level and stamina while having fun in the water through this exercise program for seniors.	Saturdays 12-1pm
Senior Aquacize (55years and older) (Transportation not available)	Enjoy a slower paced workout that increases fitness level and strength.	Tuesdays & Thursdays 10-11am
Adapted Aquatics 2 (Adults 18yrs and Older) All Welcome	For those who need a complete non-impact exercise program. Students must feel comfortable in deep water.	Tuesdays & Thursdays 11:30-12:30pm
General Adapted Aquatics (for anyone with a physical or mental limitation, call 353-2385 for more info) All Welcome	Provides individual instruction for those with a physical or mental limitation. Designed to increase strength, flexibility, and range of motion.	Monday & Wednesdays 11:30-12:30pm
Toddler Time! (age 6years or younger) Parents must be in the pool with the child	Parent and Child Swim	Monday through Thursdays 11:30am – 4:30pm
Swim Lessons Available for all ages	Build basic water safety or develop your skill. <u>(Enrollment Required @ Alf call 353-2385, paid for by the RSTHC Diabetes Program – ask for Cindy)</u>	Refer to www.sparksrec.com for schedule and reg dates
Lap Swimming (all ages)	Pool space designated for lap swim varies.	Mon-Thurs: 6-9am, 9-11am, 11-1:30pm, 1:30-3pm Saturdays 12-5:45pm

Tribal Card required @ Class Check-In

QUESTIONS?

General Swim Class info: 353-2385 (Alf Sorensen) or 329-5162 x1947 (Walita Querta)

Head Start Emphasizes Cultural Based Learning

Fatherhood activity matches Native arts, tradition with important relationships

Experts, from tribal language and cultural coordinators to the highest office holder in the United States, agree that a culturally relevant curriculum is essential to educate young people.

"We know that learning about the history, language and traditions of one's people can make a huge difference in a child's education," President Barack Obama told over 250 American Indian leaders at the 7th Annual White House Tribal Nations Conference in December 2014.

Here at the Reno-Sparks Indian Colony, educators emphasize cultural-based learning.

For example, in April, the Colony's Head Start program organized an activity which exposed our youngest learners to their unique culture while focusing one of the most vital human relationships—fatherhood.

"We really wanted to input culture into our annual fatherhood activity," said Lisa Watson, the Head Start Family Services Advocate. "Our drum making activity was to help promote positive male role models and fatherhood involvement in the Head Start Program."

Watson explained that the Office of Head Start, the national oversight agency, has begun an initiative to stress that strong families are essential, and that

fathers and mothers play significant roles in the education and lives of their children.

"This is where the idea to have the drum and rattle making activity came into play," Watson said.

She said that at the annual Head Start student transition ceremony, the 28 drums made will be given and used by the children that are going into kindergarten and that the 28 rattles will be used by the children who will be returning students to the Head Start program.

To ensure the cultural competency of the project, the Head Start staff enlisted the

expertise of Jason Hill, Prevention Outreach Coordinator at the Reno-Sparks Tribal Health Center.

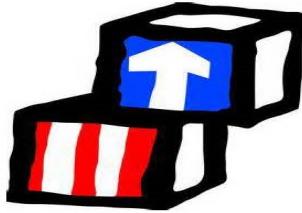
"These types of activities are important because they foster healthy relationships among our people; people spending time with people, younger people learning from adults and elders," Hill said. "Passing on knowledge and particularly traditional knowledge about how our people lived helps instill a sense of pride and self-identity for our younger relatives."

A father himself, Hill said that the cornerstone of our culture has always rested on our ability

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A Male Influence — LeRoy Sam, Jr., a grandfather of a student, pitched in during a cultural activity for the annual Head Start transition ceremony. According to Dr. Gail Gross, an expert in human behavior, if a child's father is affectionate, supportive, and involved, he can contribute greatly to a child's cognitive, language, and social development, as well as academic achievement, a strong inner core resource, sense of well-being, good self-esteem, and authenticity.



Attention!

Reno-Sparks Indian Colony

Head Start

Enrollment

For the

2016-2017 School Year

begins

April 1

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



to depend on one another and live as a community.

"I was fortunate to spend a lot of time with my great grandpa and many traditional elders as a young man," Hill said. "I spent a lot of time listening and watching--from learning how to hunt, how to make a traditional bow, arrows, learning about certain plants and roots that were important to our people; it was all part of my education as a youth and I am just happy I have an opportunity to continue to work for the people and share what I know in a good way."

With Hill leading the way, Watson said that about 20 adults-- fathers, grandfathers, uncles, and even some grandmothers provided help with the event, as well as staff from various RSIC departments.

"Ira Coffey and Verna Nuno made several drums and deserve a special shout out," Watson said.



Autographed With Love — *Nathan Two Hearts, father to two children, Keyi and Lakota, signs one of the drums he made.*

National Studies Show School Success

Learning culture strengthens student's identity, academics

As the RSIC Education Department uses nationally-endorsed, proven methods to educate our youth with special care of culturally relevant lessons, additional evidence has been reported about the success of using such curriculums.

Teresa McCarty, an Arizona State University professor and co-director of their Center for Indian Education, wrote, "The issue is not whether schooling based on Native students' tribal language and culture is beneficial, but rather which approaches are most effective and under what conditions."

The director of the Sac and Fox Nation of Oklahoma's Sauk Language Department, Jacob Manatowa-Bailey, agrees.

"Simply stated, when tribal children are given the opportunity to learn their culture, they are happier, healthier human beings," said Manatowa-Bailey. "It does not mean their lives are easier. It does mean that their identities are stronger and that they are better prepared to face the challenges of being an Indigenous person in the modern world."

According to the leadership at the National Congress of American Indians (NCAI), providing Native children with a quality education is a central component of the federal government's trust responsibility to tribes, and this commitment must be upheld.

"Tribes are deeply invested in improving Indian education, and strengthening tribal control over education is key to Native students' success" the NCAI website states."

A 2009 report by the US Department of Education indicates that Native students' academic achievement and educational attainment lags far behind that of their white peers.

This report outlined that there are approximately 644,000 American Indian and Alaska Native students in the US, K-12 system, representing 1.2 percent of public school students nationally. Nationwide, Native youth face some of the lowest high school graduation rates, and even fewer enroll in and graduate from college. On average, less than 50 percent of Native students graduate from high school each year in the seven states with the highest percentage of American Indian and Alaska Native students.

In response, the National Indian Education Association has created an online Culture-Based Education Repository to house culture-based education curriculum. The repository will serve as a clearinghouse for quality curriculum respectful of cultural and traditional knowledge and utilizing innovative instructional strategies to ensure Native students succeed.

The purpose of the repository is to provide educators of Native students with the best resources for increasing the educational attainment of Native students.

"Tribal governments are in the best position to address the unique educational needs of our Native students for a simple but intuitive reason: tribes know their children and communities the best," states the report on "The Dropout/Graduation Crisis Among American Indian and Alaska Native Students: Failure to Respond Places the Future of Native Peoples at Risk".

Heller, Reid Announce Passage of Nevada Tribal Lands Bill

Final step for transfer of lands now with U.S. House of Representatives

(Washington, DC) – United States Senators Dean Heller and Harry Reid announced that the Senate passed the bipartisan Nevada Native Nations Land Act on April 14.

The legislation would transfer land into a trust for six Nevada tribes and allow the tribes to build housing for their members, preserve their cultural heritage and traditions, protect their natural resources and provide opportunities for economic development.

“This legislation has been a long time coming. I’m proud the Senate acted to empower Nevada tribal leaders to make key decisions surrounding new housing developments, outdoor recreational areas, and cultural activities. These are the ones who know how best to use it in order to create local jobs and economic development. That’s the way it should be. I’d like to thank Senator Reid for his leadership to advance this priority,” said Senator Dean Heller.

“This legislation is an important step toward righting wrongs from our nation’s past. Land is lifeblood to Native Americans, and I remain committed to helping tribes restore their homelands,” said Senator Harry Reid. “I commend the tribes, whose hard work and collaboration made this bill possible. I look forward to continuing our work

together to protect the homelands of the first Nevadans.”

The Nevada Native Nations Land Act conveys more than 71,000 acres of land currently administered by the federal government over to six federally recognized tribes in Nevada.

The six tribes that benefit from this legislation are the Reno-Sparks Indian Colony, Duckwater Shoshone Tribe, the Shoshone Paiute Tribes of Duck Valley, the Pyramid Lake Paiute Tribe, the Summit Lake Paiute, and the Ft. McDermitt Paiute and Shoshone Tribe.

The RSIC would take over 13,434 acres in the land transfer.

Senator Heller, Senator Reid, and Nevada Congressman Mark

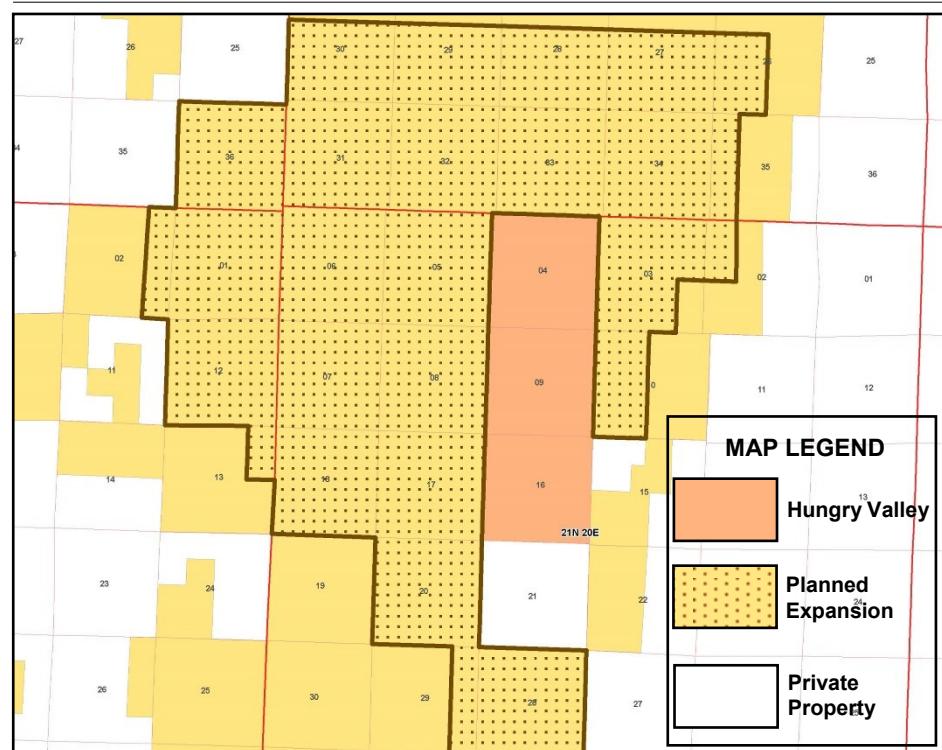
Amodei have worked to advance the Nevada Native Nations Lands Act for the past two Congresses.

The Senators navigated S.1436 through the Senate Indian Affairs Committee in October 21, 2015.

Congressmen Amodei, Joe Heck, and Cresent Hardy have introduced the House companion (H.R.2733).

The House Natural Resources Committee approved that bill last month by a voice vote.

Approval by the full U.S. House of Representatives is the final step before the Nevada Native Nations Land Act is signed into law.



The Nevada Native Nations Land Act — If the bipartisan Nevada Native Nations Land Act gets approval by the full United States House of Representatives, this legislation would be signed into law by the U.S. President and 13,434 acres of land would be transferred to the Reno-Sparks Indian Colony.

Map provided by RSIC Planning Department

1st Annual *Native Tamano* *Craft Fair*

- Tamano means Spring in the Paiute Language -

May 13-15, 2016
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.
(All three days, except Sunday will close at 5 p.m.)

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



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

INDIAN TACOS by Numu- Diné will be sold!

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

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

For more information, contact:

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

Are Higher Highway Speed Limits Increasing Deaths?

Insurance Institute study explores cause, effect links

From Health + Safety
The Official Magazine of the
National Safety Council

Washington – Approximately 33,000 motorists have lost their lives in the past two decades because of speed limit increases, according to a recent study from the Insurance Institute for Highway Safety.

According to speed-limits.com, Nevada has one of the highest speed limits in the United States. Only four state legally allow speeds faster than the Nevada maximum speed limit of 75 miles per hour.

Nevada's 75 miles per hour speed limit is limited to interstates and "rural freeways."

Rural freeways are the sections of major highways that pass through rural and sparsely populated areas, and can safely allow faster driving.

In the Insurance Institute for Highway Safety study, which spanned data in 41 states from 1993 to 2013, researchers found that a 5 mph increase in maximum state speed limits accompanied an 8 percent increase in fatality rates on interstates and freeways. The same speed limit increase accompanied a 4 percent increase on all other roads.

At the beginning of April, six states have 80 mph maximum speed limits. Some roads in Texas allow drivers to travel 85 mph. Other states have



The Pedal To The Metal — *With highway speed limit increases, a recent study by the Insurance Institute for Highway Safety indicates that the 33,000 motorists nationwide have lost their lives in automobile accidents over the last 20 years. In Nevada, rural freeways have a 75 mile per hour speed limit, one of the highest speed limits in the country.*

increased maximum speed limits from 65 mph to 70 mph.

"Since 2013, speeds have only become more extreme, and the trend shows no sign of abating," Charles Farmer, the lead author of the study, said in a press release. "We hope state lawmakers will keep in mind the deadly consequences of higher speeds when they consider raising limits."

The National Safety Council echoed Farmer's sentiments.

"Speed contributes to nearly 10,000 deaths each year," NSC Vice President of Communications and Advocacy Kelly Nantel said in a press release. "Yet we repealed a national speed limit in 1995, creating the opportunity for a patchwork system that has left motorists

more vulnerable to high-speed crashes."

Plus, when accidents occur at higher speeds, the damages and injuries are much more severe. Death rates in high speed accidents are always much higher than in those at reduced speeds. Clinard Insurance a North Carolina Group.

The national speed limit of 55 mph was abolished in 1994 and most of the states have changed their maximum speed limits to reflect state laws.

States have been gradually raising their maximum speed limits as vehicle safety features and infrastructure improves over the years.

Currently, maximum speed limits range from a low of 60 mph in Hawaii to a high of 85 mph in Texas.



Pinwheels for Prevention 2016

The Hungry Valley After-School Tutoring Program

Participated in the Pinwheels for Prevention day by making Pinwheels for themselves and to take to Carson City. Mrs. Omi from the Education Department was able to spend the morning with many individuals from the state to share in this event and plant the pinwheels from our after school program in front of the Carson City Legislative building.

If you happen to be in Carson City this month, check out our Pinwheels.

#pinwheelsforprevention



Pinwheels for Prevention...
PUTTING CHILDREN FIRST!

April is Prevent Child Abuse Month

 Prevent Child Abuse
Nevada



SUMMER YOUTH EMPLOYMENT PROGRAM



APPLICATION DEADLINES

COLLEGE STUDENTS:

MAY 16, 2016

PRE-HIGH SCHOOL & HIGH SCHOOL STUDENTS:

JUNE 13, 2016

Applications Available At:

Reno Education Department Office

Hungry Valley Education Department Office

Please call Sam Rambeau at (775) 329-6114 for additional questions.

Automatic External Defibrillators Installed at RSIC

Portable live saving devices strategically located throughout reservation

If a person having a heart attack is shocked quickly with an automated external defibrillator (AED), it can save that fragile life.

"When people are having a cardiac emergency, time is of the essence," said David Hunkup, the emergency service manager at the Reno-Sparks Indian Colony. "The sooner you can provide CPR and have access to an AED, they stand a better chance of survival than just CPR alone."

Several of these portable potentially life saving devices have been strategically located around the Reno-Sparks Indian Colony in Reno and in Hungry Valley.

In order to make them highly visible, the RSIC AEDs are brightly colored and are mounted in protective cases near the entrance of a most buildings.

AEDs are used to administer an electric shock to the heart to restore a normal rhythm during sudden cardiac arrest.

The early use of an AED on a person having a cardiac emergency increases their chance of survival says the American Heart Association.

The group believes up to 40,000 lives can be saved each year with proper cardiopulmonary resuscitation (CPR) along with the use of AED.

AEDs are a step in the *"Chain of Survival,"* a four-step

intervention process developed by the American Heart Association.

1. Early access first; as soon as an emergency is recognized, call 9-1-1.
2. Early CPR; This critical step which buys time between the first link (call 9-1-1) and the use the AED and CPR.
3. Early defibrillation; Most sudden cardiac arrest victims are in ventricular fibrillation (VF). Use an AED to Treat VF.
4. Early advanced care which is provided by highly trained Emergency Medical Systems or paramedics.

According to Hunkup, several RSIC departments have contributed to the purchase of the AEDs including: recreation, education, the senior center, housing, Hungry Valley Fire, emergency services, the Reno-Sparks Tribal Health Center and tribal police.

The AEDs located on tribal lands are the same make and model to increase the ease and cost of serviceability of the machines.

Hunkup said all employees who have had CPR training provided by RSIC emergency services are trained in the use of an AED.

EDITOR'S NOTE:

Much of this information was provided by RSIC Emergency Services Manager David Hunkup



AED Locations:

Education Department:
34 Reservation Road

Reno Colony Recreation:
34 Reservation Road

Hungry Valley Recreation:
9075 Eagle Canyon Drive

Senior Center
34 Reservation Road

Housing Dept.
9055 Eagle Canyon Drive

Emergency Services
(mobile unit)
9055 Eagle Canyon Drive

Hungry Valley Fire
9055 Eagle Canyon Drive

Tribal Health Center
1715 Kuenzli Street

Tribal Police Office
405 Golden Lane

In & Around: Reno-Sparks Indian Colony Community

Spring fun, outdoor activities, cultural pride, dancing for strength



All Smiles — Katouri Balmediano concentrates on launching her kite while Brodie McCloud giggles over his successful flight. Students at the Colony Head Start were thrilled with the outdoor activity despite the chilly weather.



Soaring To New Heights — Head Start Teacher Connie Melendez helps Tatza Phoenix control her kite. Head Starts students at the Reno-Sparks Indian Colony recently took advantage of the blustery and windy conditions by flying kites near Anderson Park.



Youth Summit — Tsotai Phillips (left) and Alyssa Songoi (right) represented their school during the Pyramid Lake High School annual youth conference. The one-day events brings together over 200 Native American junior and senior high school students. *Photo provided by Martina Moss*



Strength Through Culture — Several nationally sponsored studies prove that when American Indian students learn about their culture, including their language and unique history, the children are healthier, happier and better prepared for adult life. *Photo provided by Martina Moss*

In & Around: Reno-Sparks Indian Colony Community

National honor, birthday celebration, civic service, extra effort



The Black Shirts — The Pyramid Lake Veterans and Warriors Organization served as part of the opening ceremonies during a recent Reno Bighorns basketball game. The 2016-16 NBA D-League Pacific Division Champions, the Bighorns sponsored Native American Heritage Night last month.

Photo by Amheric Hall



Thank You Mr. Francisco — The Reno Child Care Center welcomed a special visitor to the classroom, as the Cat in the Hat helped celebrate Dr. Seuss' birthday. Dr. Seuss, an American writer and illustrator, sold over 600 million books. The children listened to a story about green eggs and ham and then ate that for lunch.

Photo provided by Head Start



Oath of Office — Sworn in by Reno-Sparks Indian Colony Tribal Chairman Arlan D. Melendez, Christina Thomas recently took the oath of office as the newest member of the RSIC Language & Culture committee.



The Extra Mile — Several students in Hungry Valley took advantage of the Reading Round Up, which allowed youth to get extra help during Spring Break on his/her school work.

Photo provided by the RSTHC

In & Around: Reno-Sparks Indian Colony Community

Celebrating our culture through dance, through art, through kinship



Why We Dance – Pow wows are a way for Native American people to meet, to dance, to sing, to socialize and renew old friendships and make new ones. In the late 19070s, the pow wows exploded as a means for American Indians to preserve their rich culture.

Photo by Bucky Harjo



*Photo by
Bucky Harjo*

Another Way To Educate – Annually, the University of Nevada hosts a pow wow. Not only do Native participants enjoy the event, but it is a way for the university to educate non-Indians about the magnificent heritage of Native American people.

Photo by Bucky Harjo



Passing It On – Prevention Outreach Coordinator at the Reno-Sparks Tribal Health Center, Jason Hill said that he is grateful to have learned from his great grandpa and other traditional elders. However, he said that there is always more to learn. In April, Jason partnered with the RSIC Head Start making drums and rattles for students' annual transition ceremony.



Helping Hand – A young Head Start student, Keyi Two Hearts, pours pink sand into a funnel for RSIC Language and Culture Coordinator Stacey Burns. The pink sand was used when making 28 rattles for Head Start children. The sand serves as a mold filler for the rattles until pony beads or some type of noise maker can be inserted.

Behavioral Health: 8 Tips To Keep Mentally Fit

Unfocused time, sleep important for balanced lifestyle

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

1. Connect with others

Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing.

2. Take time to enjoy

Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you.

3. Participate and share interests

Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health.

4. Contribute to your community

Volunteer your time for a cause or issue that you care about. Help out a neighbor, work in a community garden or

do something nice for a friend. There are many great ways to contribute that can help you feel good about yourself and your place in the world. An effort to improve the lives of others is sure to improve your life too.

5. Take care of yourself

Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it's easier to feel good about life if your body feels good. You don't have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count.

6. Challenge yourself

Learn a new skill or take on a challenge to meet a goal. You could take on something different at work; commit to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

7. Deal with stress

Be aware of what triggers

your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better.

8. Rest and refresh

Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake.

Allow yourself some unfocused time each day to refresh.

If you or someone you know is struggling with mental health, please contact the Behavioral Health Department of the Reno-Sparks Tribal Health Center at (775) 329-5162 ext. 2014

Article source:

<https://www.betterhealth.vic.gov>.

Road Construction Zone: Pyramid Way Down to One Lane

Three weeks needed for utility installation

Beginning on April 25 for three weeks, during peak commuting hours, Pyramid Way will be reduced to one lane from Greenbrae Drive north to McCarran Blvd., according

to the Washoe Regional Transportation Commission (RTC).

From 7 a.m. to 6 p.m., the lane closure is needed for utility installation.

The Pyramid/McCarran Inter-

section Improvement Project will reduce traffic congestion at this busy intersection while improving traffic and safety. One new lane in each direction will be added to Pyramid Way.

Loading Zone Reserved for Head Start, Child Care

Car safety crucial for students drop off, pick up on Reservation Road

With the new parking changes at 34 Reservation Rd., Head Start and Child Care would like to give a friendly reminder that the front of 34 Reservation building "E" is reserved for Head Start and Child Care parents for loading purposes only.

It is crucial for the safety of the children for this loading zone to be available, 7 a.m. - 5:45 p.m., Monday through Friday.

This zone allows parents to safely unbuckle children and allow them to go right into the centers without

having to cross the street.

The loading zone is marked as a yellow loading zone.

The Head Start and Child Care programs also want to remind parents and guardians to keep your children properly restrained when they are in any vehicle.

Keeping your children restrained is key for the children's safety.

Even if the commute to and from home is a short distance, it is very important to have them promptly retrained; accidents can happen anytime and anywhere.

Please keep an eye on your children as they are starting to become a little more independent. Talk to them and don't let them buckle or unbuckle their seats by themselves.

You are your child's first line of defense and need to ensure that they are properly buckled.

All RSIC employees are mandated reporters which mean staff are required to report any parents making unsafe decisions.

Head Start and Child Care programs greatly appreciate your corporation.

RSIC Law & Order Committee

The mission of the Reno-Sparks Indian Colony's Law and Order Committee is to review, evaluate and make recommendations to change the existing Law & Order Code and ordinances of the RSIC Communities in conjunction with the Constitution and By-Laws of the RSIC and the Indian Civil Rights Act to insure due process within RSIC boundaries.

LOC follows the regular guidelines for Committees same terms and conditions set by Tribal Council.

**Meetings the 1st Wednesday of every month, 6 p.m.
Tribal courtroom—1900 Prosperity Street—775-785-8775**

May 4

Susanville Indian Rancheria

7th Annual Memorial

POW WOW

May 20-22 2016

Host Drum

Ghost Canyon

Fort Hall, Idaho

MC

Fred Hill Sr.

Pendleton, OR

Arena Director

TBA

Head Man

Kellan Joseph

Pendleton, Oregon

Head Woman

Terri Calfrobe

Culdesac, Idaho

**SIR Pow Wow Committee is
not Responsible for Lost or
Stolen Items, Short Funded
Travelers**

Host Hotel: Diamond Mountain Casino. Pow Wow Rates.

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



IN HONOR OF OUR ELDERS AND VETERANS FOR

ALL

*THE SACRIFICES THEY MADE SO THAT WE MAY
LIVE*

Lassen County Fairgrounds

195 Russell Ave

Susanville CA 96130

MORE INFORMATION PLEASE LOG ON TO

WWW.SIR-POWWOW.COM

Or Contact Amelia Luna @ 530.249.7192

THIS IS A DRUG AND ALCOHOL FREE EVENT

Grand Entry

Friday May 20 @ 7 pm

Saturday May 21

@ 12 pm & 7 pm

Sunday May 22 @12 pm

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

***Camping &
Showers
Available***

****Don't forget to
bring your chairs!***

Revised 12-31-15

2016 Memorial Fun Run/Walk

June 4, 2016

Reno-Sparks Tribal Health Center



In memory of those who walked on

Reno-Sparks Tribal Health Center
2016
Memorial Fun Run/Walk

Choice of 1 mile,
3 miles or 5 miles

Starts at RSTHC down
to Gateway Park,
then back to RSTHC

Water will be provided along the route

Agenda of Event

7:45 Registration
8:30 Walk/Run Starts
11:00 Round Dance & Memorial Flowers

11:30 Raffle

12:00 Lunch

Introduction of Clinic Director-

Andrea Johnson Harper

Shirts will be given to the first 300 participants

For more information contact:

Danny Thayer @ 775-329-5162 ext. 1918 or Kristie Messerli @ 775-329-5162 ext. 1943

Mending The Circle

Tribes partner to combat drug abuse

Last month's annual Native Youth Summit at Pyramid Lake Jr/Sr High School provided an important audience for experts from the Reno-Sparks Tribal Health Center to help debunk myths about substance use.

The Mending the Circle Program, a collaboration between the Fallon Paiute Shoshone Tribe, the Pyramid Lake Paiute Tribe, and the Reno Sparks Indian Colony, did in person outreach during the free event that draws 200-plus Native American students from throughout Nevada.

Thelma Simon and Martina Moss from the RSTHC presented information on mood altering substance use, their effects, and potential as well as inevitable consequences on the mind, body, spirit, life-style, and experienced wellbeing due to drugs.

“Knowing that teen drug use can have a major impact on a teen life, our intent was to open a dialogue regarding substance experimentation, the human condition and our propensity to succumb to the mood altering effects,” Moss said. “These effects can lead to a tendency to utilize drugs to navigate our daily life experiences and to cope with day-to-day stressors that may otherwise be tolerable.”

The Mending the Circle Program targets youth and young adults.

“Our goal was to dispel the

Higher Ed, Voc Tech Program Info

Important dates, procedures outlined

Submitted by RSIC Education Department

The fall deadline is June 30. Updated Reno-Sparks Indian Colony Higher Education/Vocational applications are now available.

Please stop by the Education Department for an application.

Besides a completed application, other required documents include: Tribal identification (ID), Social Security card, driver's license or state ID, and a selective service card or letter if you are male.

Please remember, semester grades have to be submitted at the end of each semester to the RSIC Higher

Education Office. For those students who will continue classes in the fall, a course schedule is required for the next semester.

A degree plan also is needed to assure adequate progress is made, and to remain eligible for future funding.

If assistance is needed with the Free Application for Federal Student Aid (FAFSA) or help with essays, please schedule an appointment with Monica Thomas, RSIC Higher Education Advisor.

You can reach her by phone at (775) 329-6114, ext. 5104 or by email at:

mthomas@rsic.org.

myths surrounding substance use, provide information pertaining to the etiology of use, and provide treatment information and services,” Moss said.

Fifteen students with ties to the RSIC attended the Native Youth Summit.

According to Bernice Yeung's article in the *Huffington Post*, a national analysis of drug abuse among teens released in 2011 – among the most comprehensive to date – found that Native American, Latino and white adolescents have the highest rates of drug-related disorders. African American and Asian

youth had the lowest rates of substance use.

Physicians say factors such as genetics and poverty help explain the high rate of addiction among Native Americans.

David Sprenger, chief medical officer for the California Area Indian Health Service said that another potential cause is higher levels of psychosocial stress related to experiences such as the loss of culture.

Editor's Note: See photos from the 2016 Native Youth Summit at Pyramid Lake Jr/Sr High School on page 24.



Proudly presents an exclusive behind the scenes fundraiser

Under the Stewart Stars

Come walk in our footsteps

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

4:00 PM – 8:00 PM

For additional information please call 775-544-6972 or email info.sispanv@gmail.com

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

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

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

1935 Indian Claims Commission Doomed Native Justice

Liberty and justice for all, except Indians...

I once had a conversation with my brother about how it seemed like every time the Indians try to go into court against the government, they lose.

I mentioned that I had read a book by Bob Woodward called *The Brethren* where he said, "Rehnquist had nothing but contempt for Indian case..."

Never to let an opportunity pass, Rehnquist turned an opinion that was in favor of the Indians into an opinion that indicated that in most cases they would lose.

It wiped away decades of William O. Douglas's opinions.

Justice William H. Rehnquist would later become Chief Justice Rehnquist of the Supreme Court.

It makes you wonder if there is a culture in America that seems to condone racial discrimination against Indians.

Surprisingly, this culture of injustice is in fact written into the law.

Black's Law Dictionary gives the definition, "Discovery--- International Law: As the foundation for a claim of national ownership or sovereignty, discovery is the finding of a country, continent, or island previously unknown, or previously known only to its uncivilized inhabitants."

Everyone can see how ridiculous and unjust such a mindset can be.



Broken Treaties — In 1935, the United States Secretary of the Interior, Harold Ickes, hands the first constitution issued under the Indian Reorganization Act to delegates of the Confederated Tribes of the Flathead Indian Reservation in Montana.

Photo courtesy of the Library of Congress Prints and Photographic Division

On Sept. 24, 1992, Chippewa Adam Nordwall stepped off a plane in Rome, and took possession of Italy "by right of discovery."

"What right had Columbus to discover America when it was already inhabited for thousands of years?" he asked.

This "Doctrine of Discovery" says that when he stuck his flag in the ground, the white man owns everything. If you want to know why the Indians will always lose in the American courts, it is because when it is done to the Indians, it is not called fraud or theft, it is called the Doctrine of Discovery.

In order to see how intricate and fine-tuned it has become,

you have to know history.

In the 1870s the government seized the Black Hills because gold had been discovered.

It is almost like the movie, *Avatar* was based on this infamous time in American history. The government seized the land in violation of the Treaty of Fort Laramie of 1868.

At the time, United States President Ulysses S. Grant stood before a joint session of Congress and said, "The discovery of gold in the Black Hills, a portion of the Sioux Reservation..."

Then he suggested that age-old formula for instigating war--starvation.

Continued on page 34

He went on to say, "The Secretary of Interior suggests that the supplies now appropriated for the sustenance of that people, being no longer obligatory under the treaty of 1868, but simply a gratuity, may be issued or withheld at his discretion."

Because the Indians were not citizens until 1924, the Sioux had been trying all that time to bring their treaty rights before an American court. In 1920, the Sioux brought their suit to the Court of Claims.

The Court of Claims kicked the can down the road for 19 years and finally dismissed it in 1942.

While the Court of Claims was using its delay tactics on the Sioux, the Secretary of the Interior, Harold Ickes, was trying to figure out a way to circumvent the treaty.

His solution is found in the final report of the Indian Claims Commission.

In 1934 and early 1935, the proponents of an Indian court submitted two more bills to establish an Indian Claims Court. Both bills were ignored.

Secretary Ickes argued against them and directed the senators' attention to a bill recently introduced in the U.S. House to create an Indian Claims Commission instead of a court, which he considered preferable.

With the introduction of H.R. 6655 in March of 1935, an act to create an Indian Claims Commission, the legislative

movement to expedite Indian Claims shifted irreversibly from the consideration of a judicial to a commission format.

Both Congress and the Secretary now felt that a commission rather than an adversary proceeding could better "cut through" the red tape..."

The diabolical nature of what Ickes had in store for the Indians is found in the words, "a commission rather than an adversary proceeding".

He said that the proposed commission would be composed of three commissioners appointed by the U.S. President.

What Ickes did was put together the perfect apparatus to implement the Doctrine of Discovery (i.e., the white man

owns everything).

The key word here being, "claim."

The legal definition of "claim" is "various types of liens that can be charged" against someone else's title.

When the Sioux refiled in the Indian Claims Commission in 1950, the Indians were in effect recognizing the government's title. Since there was no other recourse, the Sioux have never had their day in a court of law.

The Indians can never win because Ickes rigged the system way back in 1935.

When it came to saying one thing and meaning the opposite, the language of the Indian Claims Commission was almost Satanic in its

Continued on page 36



100 Years Ago — The United States Federal government would often advertise free or very cheap land for sale despite the aboriginal ties which the American Indian people who had occupied the territory for thousands of years had to the land. Using the Doctrine of Discover, the government would give land to non-Natives and then later argue that the American Indians had lost their rights to the land. In 1935, Secretary of the Interior, Harold Ickes, created an Indian Claims Commission, a one-sided government entity. *Photo by The Youth and Young Adult Ministries of the Unitarian Universalist Association*



STEWART FATHER'S DAY POWWOW

2015 EVENT OF THE YEAR

JUNE 17-19, 2016

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 16, 2016, in the Stewart Indian School Gym
- Competition Dancing (must be in full regalia to accept award)
- 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.

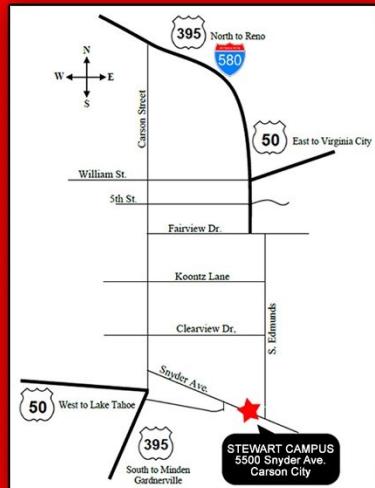
For Vendor Information Call Chris Ann Gibbons at 775-687-8333 or cgibbons@nic.nv.gov.

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

For information and related forms, visit
StewartIndianSchool.com



www.facebook.com/stewartindianschool



Master of Ceremonies:
Gridley Hilpert, Sun Valley, NV

Arena Director:
Sam Johnson, Reno, NV

Head Man:
Gary Sam, Owyhee, NV

Head Lady:
Elizabeth Sam, Owyhee, NV

Head Teen Boy:
Duane Masters Jr., McDermitt, NV

Head Teen Girl:
Mya Murphy, Schurz, NV

Host Drum:
Blood River Singers, Porterville, CA

New This Year!
Gourd Dancing Sat/Sun 11:00am-1:00pm

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

Sponsored in part by:



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.

hypocrisy. He said, "The bill does not itself provide for the adjudication of any Indian claim."

He also suggested they strike out the words, "accorded *prima facie* weight" which meant it would not be looking for any obviously true facts.

This meant that the Indian Claims Commissioners could overlook facts like the Indians had been living there for thousands of years or that they had a treaty.

For the Indians, the Indian Claims Commission carried no weight, but the opinion of the three cowboys was quite a different story.

When the Indian Claims Commission Act was passed in 1946, it included the words, "When the report of the Commission determining any claimant to be entitled to recover has been filed with Congress, such report shall have the effect of a final judgment of the Court of Claims...payment of any claim...shall be a full discharge of the United States of all claims and demands touching any of the matters involved in the controversy."

The Western Shoshone who, after all these years are still trying to get their Treaty of Ruby Valley of 1863 honored, took their grievances to the United Nations where the U.S. officials admitted that the federal government was relying on the Doctrine of Discovery.

On August 6, 2001, the U.S. officials were asked:

"What is the United States position on its 1863 treaty with the Shoshone tribe? Is the United States discriminating in the protection of property rights with respect to the tribe, including seizing the tribe's lands and allowing the land to be used for dumping radioactive material?"

The answer: "As is the case with the Shoshone, many Native American tribal land claims are based on aboriginal title that creates enforceable property rights in tribes against third parties or states.

The doctrine of aboriginal title is a judicially created doctrine rooted in colonial concepts of property ownership that arose from conflicting claims between the European colonists and Native Americans over land which was lightly populated due to the migratory nature of some tribal lifestyles.

The claims were first addressed in the U.S. Supreme Court decision *Johnson v. McIntosh*, 21 U.S. (8 Wheat.) 543, 574 (1823), which held that as a result of European discovery, the American Indians had a right to occupancy and possession, but that tribal rights to complete sovereignty were necessarily diminished by the principle that discovery gave exclusive title to those who made it.

As a result, the tribes' ability to sell or convey the property was subject to the approval of the sovereign."

When you realize that the Indian Claims Commission was based on the colonial Doctrine



Parents:



The last day of the After-School Tutoring program for both Reno & Hungry Valley will be on: Thursday, May 26th



of Discovery and you consider all its whirling, spinning, shimmering parts, you can't help but marvel at the sheer demonic genius.

It is almost as though the Department of Interior was run by the anti-Christ.

We can thank Carrie Dann and her struggle which like the Lakota involves a treaty for pulling the veil off the shady dealings and treachery of the U.S. government toward Native people.

Right-thinking people will honor her and learn from her.

If the late Elouise Cobell had learned from Carrie Dann, she

Continued from last page

would have known what was coming. Cobell sued the government for over a century of withheld royalty payments.

The government did its song and dance delay tactics for 13-years. For 13-years they used the defense of Sovereign Immunity (the king can do no wrong and hence cannot be sued) while they quietly got Congress to change the requirements of a class action lawsuit.

They quietly got congress to appropriate a monetary settlement which amounted to pennies on the million. Then, with one lightning quick stroke, the government waived its sovereign immunity, put money on the table and with its Congressional gavel seemed to say, "Bam, there it is! Bam, there it is!" Cobell got \$2 million, some got \$500 and most got zip.

Now, a group of people who have learned from Dann are the First Nations of Canada.

When the Canadian government passed Omnibus Bill C-45, which broke all the treaties, not only did the Natives do their idle-no-more-flash-mob-round-dances, they took their grievances directly to the United Nations.

Their argument is that we have a treaty which is an international contract and if a contract is broken, under the rule of law, the property reverts back to the original owner. From Dann, more and more people are learning that treaties

can only be lost in a legal system based on colonial law.

Editor's Note:

The above editorial was provided by Steve Melendez.

A Paiute Indian, Melendez grew up on the Reno-Sparks Indian Colony and now lives in Texas.

Below is the Mission Statement of the American Indian Genocide Museum of which Melendez is a board member.

The purpose of this museum is to bring historical truth to light through the means of education using actual documentation of events that have transpired in the near extermination, and in some cases, the total extermination of native tribes and cultures.

It is a memorial to the victims of ethnic cleansing.

Racism, discrimination and injustice will be addressed with the purpose of promoting public awareness that these elements of genocide which existed in the past, continue to exist today.

A further purpose of the museum will be to address prejudice which is generated toward native peoples through biased reporting of history.

The goal of influencing authors of school textbooks with irrefutable documentation shall be of major importance.

A library and microfilm archive is available. The visual use of art, sculpture and film will create a memorable learning experience.

Be a partner as we build a



unique museum of forgotten history. The first of its kind.

The ability to do this cannot happen without your help. Please, help us make this vision a reality by donating today.

The AIGM does not receive government funding. We rely solely on the support of our donors.

The levels of memberships are as followed:

**\$200-\$500—Special Event Invitations
Calendar, Honorable Mention, AIGM Cup
& Shirt**

**\$100—Special Event Invitations
Calendar, Honorable Mention**

**FAMILY—\$50
Special Event Invitations, Calendar**

**INDIVIDUAL—\$25
Special Event Invitations, Calendar**

**STUDENT—\$10
Special Event Invitations**

<http://www.aigenom.org/>

*19TH ANNUAL * CRAFT FAIR *

FALL FEST

2016

October 14th & 15th

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road * Reno, NV

(Off 395/580 So. Freeway)

Glendale or Mill St. exits

Jewelry * Beadwork * Arts & Crafts

Baked Goods * Raffle * Food & Fun!

INDIAN TACOS WILL BE SOLD

FREE ADMISSION
FREE TRICK OR TREAT BAGS

For more information:
Ramona Darrough
775-842-1385

The Camp News: Letter to the Editor

“Whose Land Is It?” Exhibit outlines ongoing legal battle

Dear Editor,

On March 17, 2016, we went to see the “Whose Land Is It? Exhibit at the University of Nevada.

It was very interesting to see what it was all about. It is an ongoing legal battle over the land and who it belongs to.

There were plenty of photos on the hallway walls. Showing what happened on that land in the middle of Nevada.

There was also a video showing the plight of the Dann sisters.

They also had about 50 boxes of legal papers filed in the courts. I believe this will be part of our Indian history in the making.

It will probably take years to settle this ongoing legal battle, and to see if they honor the 1863 treaty.

We will be hoping for the best outcome.

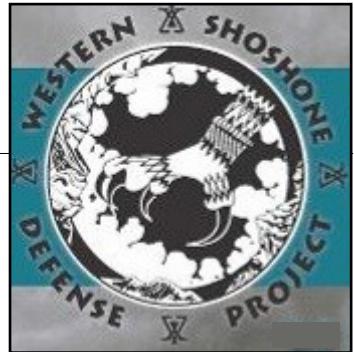
These are a few photos we took at the exhibit. There is me, Vincent Stewart, my sister, Brenda Nevers, and my niece Dawn Garza and her friend George Barela.

Sincerely,

Vincent Stewart

Vincent Stewart

WHOSE LAND IS IT?

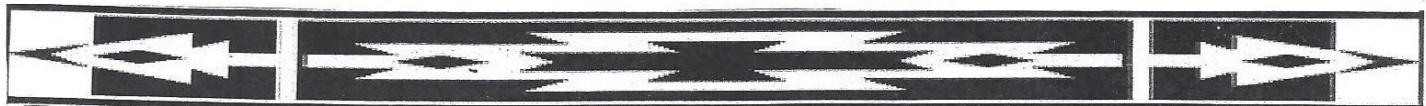


Native Plight — *Vincent Stewart and some of his family, took in “Whose Land Is It?,” the exhibit which explores the federal government breaking the Treaty of Ruby Valley with the Western Shoshones. In 1962, the Indian Claims Court ruled that the tribe had lost control of their land based on encroachment by non-Indians.*

Disturbing History

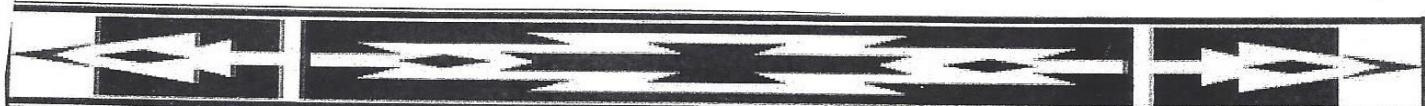
— *Though the Shoshones were offered a \$26 million settlement, the people have never accepted the money. Sisters Mary and Carrie Dann enlisted the help of the United*

Nations to try and recover millions acres for the Western Shoshone. The photos above feature George Barela, Brenda Nevers, Vincent Stewart and Dawn Garza.



Thank you to the Reno-Sparks Indian Colony for sharing the Hungry Valley Community Center with Natives Winds Victory Outreach. We appreciate the time we've prayed and shared with you all on Tuesday evenings. God is doing a new thing within Native Winds and we are excited to share our new life group gatherings. We are sad to say that we will not be having Native Winds on Tuesday evenings in Hungry Valley. We will keep you all informed about our new locations and we look forward to spending more quality time at our gatherings with each and every one of you. We are always available and here for your service. Please feel free to contact Adam at (775) 409-5505

God bless!!



Urgent Call For Donations of O Blood Types

United Blood Services asks for universal donors to help with shortage

*Submitted by Sergio Coppa
United Blood Services
Marketing & Communications Manager*

Reno – United Blood Services is issuing an urgent call for blood donors with O-type blood.

Donations have declined since Mid-March and the demand has escalated, dropping the available supply of Type O-Negative and Type O-positive to extremely low levels.

Blood center officials have concluded that an increase in Zika deferrals after Spring Break travels has unexpectedly caused a rapid decline in public responsiveness to donate blood.

Donors with Type O (positive or negative) who are currently eligible are being urgently asked to donate at their nearest center, or blood drive; or to donate as soon as they become eligible.

Those with other blood types are asked to keep to their routine schedule of donating three times per year, in order to maintain an ample and steady supply.

It is the red blood cells of type O blood that are in the highest demand at local hospitals.

O-Negative blood is found in just 7 percent of the population.

Known as the “universal donor” this blood type can be transfused to anyone.

It is often transfused in emergency and trauma

situations, when there is little time to “type” a patient’s blood.

Patients often need multiple units, in some cases hundreds of units.

In the case of O-Positive blood, 38 percent of the population has this blood type, making a match very likely.

It can be safely transfused to a patient of any blood type that is also Rh positive; it is the most highly transfused blood type.

Multiple units may be needed by any one patient. O-positive blood is the most common blood type, making it one that is needed all the time.

O positive and O negative blood types make-up 45 percent of the United States population.

However, almost 55 percent of blood transfusions to patients are O blood types. If you feel healthy and have time to help, please make an appointment today.

Donations may be made at United Blood Services center locations in Reno, Sparks, Carson City and a number of community blood drives happening throughout the region.

Donors are asked to make an appointment by contacting United Blood Services at: 1-800-696-4484; or online at

www.Bloodhero.com .

Appointments are appreciated, but not necessary.

Walk-ins are also welcome, and will be honored.

United Blood Services is Northern Nevada’s non-profit community blood provider and serves patients at 20 hospitals in the area.

The United Blood Services network is one of the nation’s oldest and largest non-profit blood service organizations, and is a founding member of America’s Blood Centers and the American Association of Blood Banks (AABB).

AABB is an international, not-for-profit association representing individuals and institutions involved in the field of transfusion medicine and cellular therapies.

The association is committed to improving health by developing and delivering standards, accreditation and educational programs that focus on optimizing patient and donor care and safety.

AABB membership consists of nearly 2,000 institutions and 8,000 individuals, including physicians, nurses, scientists, researchers, administrators, medical technologists and other health care providers. Members are located in more than 80 countries.



United Blood Services
Find the hero in you.

New Employees



Teri Larson

Tribal Health Center

Q: What is your exact job title?

A. I am the Budget Analyst for the Reno-Sparks Tribal Health Center.

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

A. I am a lifelong student and I look forward to learning all I can about the health field and how the Health Center plays a role in the whole picture of health care services for Native people. I am excited to be a member of the team that is helping our Health Center grow and offer more services to the RSIC Members and Native patients.

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

A. I am a member here at the Reno-Sparks Indian Colony.

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

A: I would like to give the Health Center and the community the benefits of my eight years of experience working with grant and general fund budgets, policies, and regulations here at RSIC. I have always enjoyed working with numbers and regulations – this job is a perfect fit for me. The staff here at the Health Center have been very welcoming. I am lucky that I have had the opportunity to work for the RSIC for the last 10 years. I look forward to continuing my employment with the Colony and sharing my knowledge and experience to improve things and make the Health Center a great place to work and visit.

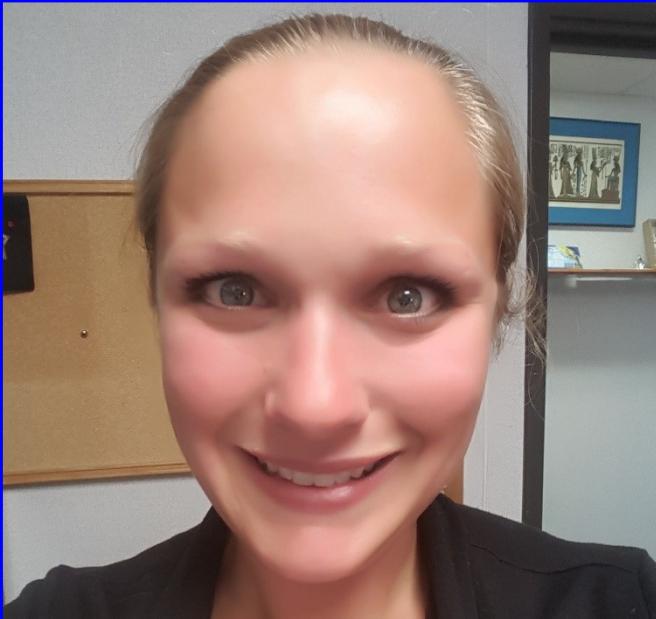


The **Colony Christian Fellowship**
will be having our May Community Yard Sale
on **Saturday, May 21st from 8 am to 3 pm**

**We will be selling Indian Tacos for \$5 starting at noon.
We will have soda and hotdogs as well.**

Come on out to see what everyone else has to offer or set up a table and sell your own items.
For more information, please contact Tim Lucas:

New Employees



Melissa Reed

Tribal Court

Q: What is your exact job title?

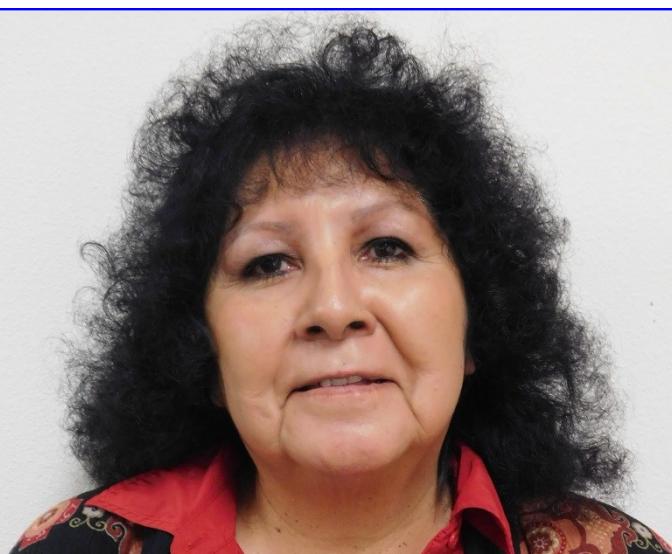
A. Tribal Court Bailiff

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

A. Serve the court and the community in a safe and efficient manner, in every task that is asked of me.

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

A: I am non-native and did not grow up in Northern Nevada. If you see me, please introduce yourself. I enjoy getting to know new people and learning about cultures that differ from my own. Participation in community projects both on and off the clock has played a huge roll in my life and holds a special place in my heart.



Marilyn Melendez

Human Resources

Q: What is your exact job title?

A. Human Resources Generalist.

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

A. To provide employment opportunities for our tribal community.

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

A. I am a proud member of the Reno-Sparks Indian Colony.

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

A: It is rewarding for me to work for RSIC and to see our tribe prosper. The Reno-Sparks Indian Colony truly cares for their members.

New Employees

Q: What is your exact job title?

A. Tribal Archivist

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

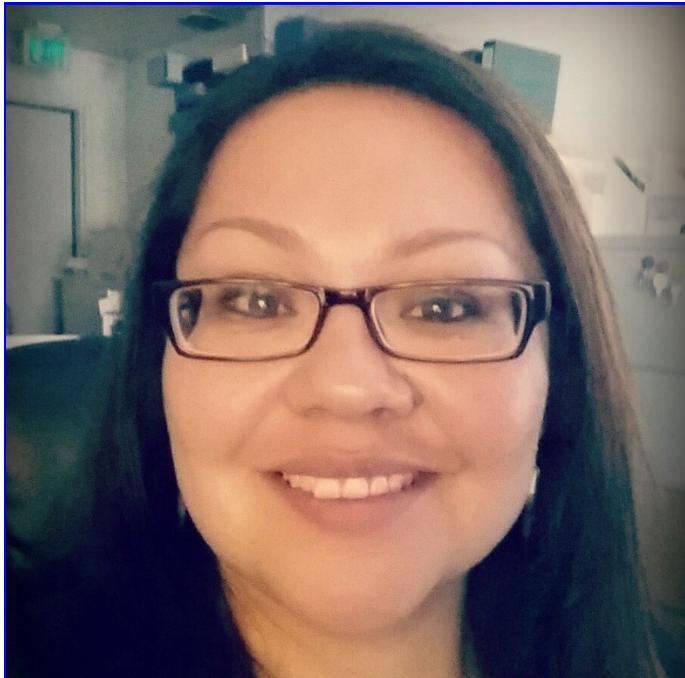
A. I would like to familiarize our RSIC community about the Archives and Records Program and educate the community on what our program does for our RSIC Organization and Community. We have a strong foundation started here and I would like to build on that and help move us into the future with digitization projects and making our historical records more accessible to the public.

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

A: I am Paiute, Shoshone and Miwok. I am an enrolled RSIC Tribal Member.

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

A. I have been working for the RSIC Archive and Records for 10 years and I very much enjoy what I do. I first started as an administrative assistant, which evolved into the Photograph Manager. I am happy that I can help serve my community by protecting and sharing the history of the Reno-Sparks Indian Colony now as the Tribal Archivist. I am very thankful for this opportunity. Pesa U!



Trisha Calabaza

Q: What is your exact job title?

A. Accounting Technician– Accounts Payable

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

A. I hope to be an important member of the accounting/finance team. There is so much to learn and right now I hope Joan's patience continues.

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

A: I am looking forward to working with everyone.



Bev Burger
Finance Department



May



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

Monday	Tuesday	Wednesday	Thursday	Friday
10 am Puzzles	8:15 am Water Exercise Class	10 am Puzzles	8:15 am Water Exercise Class	Brunch 10:30 am
2) 11:30 am Blood Pressure Check 12:30 pm Fit Class 1 pm Senior Advisory Committee Meeting	3) 8:15 am Water Fit Class 1 pm Crafts Memorial Flowers	4) 8:15 am Carson Hot Springs 12:30 Language Class 12:30 Fit Class 1 pm Errand Day	5) 8:15 am Water Fit Class 5:30 pm HV Potluck & Night Bingo @ HVRC Bring a food dish & 2 bingo prizes	6) Brunch 10:30 am
9) 11:30 am Blood Pressure Class 12:30 pm Fit Class 5:30 pm Mothers Day Dinner @ Eldorado Buffet	10) 8:15 am Water Fit Class 12 pm Tribal Police Presentation 5:30pm Reno Potluck & Night Bingo Bring a food dish & 2 bingo prizes	11) 12 pm Nutrition Presentation 12:30 pm Language Class 12:30 pm Fit Class	12) 8:15 am Carson Hot Springs 12:30 pm Galaxy Theater	13) Brunch 10:30 am 9:30 am Respite Caregivers Support Group Meeting
16) 1 pm Crafts Memorial Flowers	17) <i>Commodities</i> 8:15 am Water Fit Class	18) 8:15 am Carson Hot Springs 12:30 Language Class 12:30 Fit Class 1 pm Crafts Memorial Flowers	19) 8:15 am Water Fit Class 12:30 pm Birthday	20) Brunch 10:30 am 9 am Crafts Memorial Flowers
23) 11:30 am Blood Pressure Check 12:30 pm Fit Class	24) 8:15 am Water Fit Class 1 pm Crafts Memorial Flowers	25) 12:30 Language Class 12:30 Fit Class 1 pm Crafts Memorial Flowers	26) 8:15 am Carson Hot Springs 1 pm Crafts Memorial Flowers	27) Brunch 10:30 am
30) HOLIDAY – Closed No lunch served or delivered	31) 12:30 pm Century Theater			You must sign up; May 9 & May 21 ~Limited, sign up early ~ 329-9929 ~

May 21, Saturday – Susanville, CA Pow-Wow Day Trip; Leaving Reno Senior Center at 9 am. Bring your own chair, umbrella, personal day items/medicine and monies for food and spending. We are leaving for Reno after the day session, arriving in Reno around 7 pm. Please call to sign up 329-9929, limited seats.



2016 Honor Our Students Social Powwow & BBQ

When: Thursday June 16, 2016

Where: The Reno-Sparks Indian Colony
Gymnasium

Time: 6:00 p.m. - 8:00 p.m.
(Doors open at 5:00 p.m.)

Host Drum: Red Hoop

Mc: Hank Johnson

Arena Director: Elmer Atlookan

Let's send the graduates off in a good way
and show them our love
and support wherever their paths
may lead them.

Sponsored by the RSIC

Education Department

(Pictured: Ayden Sampson)



2016 HONOR OUR STUDENTS SOCIAL POW WOW & BBQ

When: Thursday June 16, 2016

Where: The Reno-Sparks Indian Colony Gymnasium

Time 6:00 p.m. - 8:00 p.m.

(Doors open at 5:00 p.m.)

Host Drum: Red Hoop

MC: Hank Johnson

Arena Director: Elmer Atlookan

Let's send the graduates off in a good way

And show them our love and support

Wherever their paths may lead them.



Sponsored by the
RSIC Education Department

(Pictured Leilani O'Daye

Class of 2016)



This event is to recognize
All transitioning students
Class of 2016

Head Start through
Higher Education

And
RSIC Language Students

Vendor Information

Please call Lorraine Keller

775-329-6114 x5102

Legal Notices, Public Announcements

Name changes, RSIC advisory committee recruitment

IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE

Notice is hereby given that the Petitioner, Eugenio Floyd Garcia, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2016-0018, praying that aid Court enter an Order changing the present legal name of Eugenio Floyd Garcia, to the name of Eugenio Floyd Sampson, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 14th day of April, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

Recruitment for Housing Advisory Board Member

The Housing Advisory Board is currently seeking an RSIC Tribal member to serve on the Housing Advisory Board. The board member will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. The board is made up of seven members who provide general oversight and community involvement in Housing Department activities. If interested in becoming a member, please submit a letter of interest to:

Reno Sparks Indian Colony Housing
905 Eagle Canyon Drive
Sparks, NV 89502

Recruitment for Language & Culture Advisory Committee Member

The Language & Culture Advisory Committee is currently seeking two RSIC Tribal member to serve on the Language & Culture Advisory Committee. Committee member will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno Sparks Indian Colony Language & Culture Program
401 Golden Ln. Reno, NV 89502

IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE

Notice is hereby given that the Petitioner, Marie Rose Hernandez, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2016-0016, praying that aid Court enter an Order changing the present legal name of Marie Rose Hernandez, to the name of Katie Rosly Calvin, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 7th day of April, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

Legal Notices, Public Announcements

RSIC advisory committee recruitment, help wanted

Reno-Sparks Tribal Health Center Recruiting Representative Executive Health Board

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative and one (1) Urban representative to fill vacancies on the Executive Health Board.

The Executive Health Board voting membership consists of five (5) Reno-Sparks Indian Colony residents who are enrolled members, and two (2) representative from the Urban Indian population, for a total of seven (7) voting members. RSIC representatives must live on the Colony or in Hungry Valley.

The Executive Health Board members meet at least once a month, usually on the third Monday, and are provided a monthly meeting stipend for participation.

The members are appointed by the Tribal Council and shall serve a term for a four-year period.

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

The Executive Health Board

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

All interested participants will be invited to fill out an application and attend a Health Board meeting for introductions. For more information please phone, 329-5162, ext., 1901.

HELP WANTED

Couriers are needed to deliver *The Camp News* every month on the Reno Colony and in Hungry Valley.

Please contact Penny at 329-2936 or come by the RSIC Administration Offices at 34 Reservation Rd., if interested.

RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS

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

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

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

Any interested RSIC enrolled member may submit their applications to the Tribal Administrator's Office located at 34 Reservation Road.

Recruitment for Pow Wow Committee Members

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 30th Annual Numaga Indian Days Pow Wow Committee.

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

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

WWW.rsic.org

Continued from page 4

with tribes, villages, tribal organizations, and tribal epidemiology centers to promote health, prevent disease, reduce health disparities, and strengthen connections to culture and lifeways that improve health and wellness.

Public Health Problem

Across their lifespan, American Indians and Alaska Natives have higher rates of disease, injury, and premature death than other racial and ethnic groups in the United States.

For example, American Indian and Alaska Native adults:

- Have a higher prevalence of obesity than their white counterparts (34 percent vs. 23 percent for men and 36 percent

vs. 21 percent for women).

- Are twice as likely to have diagnosed diabetes (16 percent vs. 7 percent).
- Are more likely to be current smokers (29.2 percent vs. 18.2 percent).

Rates of death due to stroke and heart disease are higher among American Indians and Alaska Natives than among members of other racial and ethnic groups. American Indian women are also nearly twice as likely as white women to die from cervical cancer.

Many Native populations are affected by poverty, unemployment, poor housing, and low education, among other issues. These historical afflictions are often associated with poor health behaviors and disease management, and they drive

much of the excess burden of diseases and premature death. Nonetheless, many chronic diseases can be prevented or mitigated by culturally relevant, community-driven policies, systems, and environmental improvements that support healthy choices and behaviors.

The RSIC Community Health Assessment will determine where our leadership should focus its efforts.

The RSIC Community Health & Wellness Coalition is made up of staff from the health center, planning, senior center, education, court services and public relations.

For more information, please contact Cordelia Abel-Johnson at (775)329-5162 or at cabel-johnson@rsicclinic.org .



Celebrating Mother Earth – *With adult help, little ones from the Reno-Sparks Indian Colony's Child Care Program battled harsh conditions, but planted a beautiful healing garden outside the library. Pictured above are, back row: Osado Ledesma, Bhive-Cie Ledesma, Judy Martin, Stacey Burns, Lisa Tom, Martha Garcia and Tommo Quartz. Front row: Ehobe Quartz, Campbell Moss and Jeremy Souza.*

Photo by Bucky Harjo