



# THE CAMP NEWS

VOLUME XII ISSUE 7

August 31, 2017

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Annual Senior Fun Day Bonds Elders, Community

*Colony event renews friendships, celebrates gift of experience, wisdom with age*

In Native American tribal communities, elders are the wisdom-keepers as they know our history, know our culture and educate the next generation.

For the Paiute, Shoshone and Washoe people, elders are held in the highest regard.

Nowhere was that more evident than at the recent Reno-Sparks Indian Colony Senior Fun Day.

Organized and managed by the RSIC Senior Program, the annual event drew over 350 participants from as far away as Bishop, Calif., and Fort McDermitt, which straddles the Oregon—Nevada border.

Teresa Bill, one of the RSIC staff members who helps orchestrate the event, said that the mission for Senior Fun Day is simple.

"We have elders from so many different reservations this gives them an chance to see family and friends and catch up," Bill said. "When we come together, we learn more and really, it is just to have fun."

That sentiment was echoed and celebrated from 10 a.m., until the last visitor left the RSIC Gym at 3 p.m.

Plus, it was the principle of Reno-Sparks Indian Colony (RSIC) Chairman Arlan D. Melendez's welcoming remarks.

"It doesn't matter where you're from, we are all Native, and we are all family," Chairman Melendez said. "Today's event shows that right here."

Besides meeting and greeting friends from afar, the partici-

pants showed off their personalities by wearing unique hats that culminated with a hat contest via loudest applause.

Many of the elders played chair volleyball. Everyone enjoyed the catered lunch compliments of Bertha Miranda's Mexican Food Restaurant and Cantina. There also was bingo with prizes as well as many information

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**Stacked Team** — Elders from the Fallon Paiute Shoshone Tribe joined forces to play chair volleyball. This activity was just one of several options for the 350-plus senior who attended the Reno-Sparks Indian Colony's Senior Fun Day. Friendship, family, and food were enjoyed by all, while others took advantage of informational booths and free giveaways. Some attendees even had his/her blood pressure checked. In addition, Bingo was a huge hit with prizes galore. Pictured above include: back row, left to right: Sharon Williams, an unidentified player, and Gloria Johnny; front row: Joan Downs, Jennifer Dendaas, and Suzie Hicks.



# 31<sup>st</sup> Annual NUMAGA INDIAN DAYS POW WOW

## HUNGRY VALLEY, NV

### SEPTEMBER 1-3, 2017 ♦ LABOR DAY WEEKEND

#### Head Staff

MASTER OF CEREMONIES :: Bart Powauke  
ARENA DIRECTOR :: Wesley Windyboy Sr.  
HEAD JUDGE :: Jermaine Bell  
HEAD MAN :: Russell McCloud - Harrah, WA  
HEAD WOMAN :: Thea McCloud - Harrah, WA

#### Drum Contest

1<sup>st</sup> PLACE :: \$10,000  
2<sup>nd</sup> PLACE :: \$5,000  
3<sup>rd</sup> PLACE :: \$4,000  
4<sup>th</sup> PLACE :: \$3,000  
5<sup>th</sup> PLACE :: \$2,000

#### Activities

3 MILE RUN & WALK  
HOST :: 3NATIONS WELLNESS CENTER  
(RENO SPARKS TRIBAL HEALTH CENTER)

#### Host Hotel

CIRCUS CIRCUS RENO  
500 N. VIRGINIA STREET  
RENO, NV 89503  
1-800-648-5010

GROUP RATE: NUMAGA POWWOW



#### Grand Entry

FRIDAY 7:00 PM

SATURDAY 12:00 PM & 7:00 PM

SUNDAY 1:00 PM

**FREE ADMISSION & OPEN TO THE PUBLIC**

#### Specials

SPOTLIGHT :: WOMEN'S JINGLE & MEN'S TRADITIONAL

OWL DANCE :: 18 YEARS & OVER

WOMEN'S TRADITIONAL PAIUTE

MEN'S & WOMEN'S TRADITIONAL

SPONSORED BY HEAD MAN & HEAD WOMAN

OUTGOING PRINCESS SPECIAL :: TINY TOT

SPONSORED BY OUTGOING TINY TOT PRINCESS

SIBLINGS TEAM DANCE SPECIAL :: 18 YEARS & UNDER

SPONSORED BY CHESNEY SAMPSON, OUTGOING JR MISS NUMAGA

MEN'S CHICKEN DANCE SPECIAL

SPONSORED BY STUMP FAMILY

LONGEST HAIR

#### Information

ELLIOT RAMIREZ (775) 250-7013

MARLA DRESSLER (775) 300-0225

VENDORS :: TOBY STUMP (775) 470-1100

NUMAGA PRINCESS CONTEST :: ANITA TALANCON (775) 338-3723



Russell McCloud Thea McCloud

RSIC & NUMAGA INDIAN DAYS POWWOW COMMITTEE WILL NOT BE LIABLE FOR :: ACCIDENTS, SHORT FUNDED TRAVELERS, THEFT, VANDALISM, LOST ITEMS, INJURIES. **NO DRUGS, ALCOHOL OR FIREARMS**

## Deadlines, Mailing List

### *The Camp News Profile*

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

### SEND US YOUR NEWS

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

### CONTACT OUR STAFF

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

### CIRCULATION

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

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

### ELECTRONIC EDITION

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

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

## Important SEPTEMBER dates

- 1 Hungry Valley Handgames, Pow Wow Grounds, 6 p.m.  
Numaga Indian Days Pow Wow, Hungry Valley, 7 p.m.
- 2 Warrior Mountain Run, Hungry Valley Rec Center, 7:30 a.m.  
Numaga 3 Mile Walk/Run, Hungry Valley Rec Center, 7:30 a.m.  
Hungry Valley Handgames, Pow Wow Grounds, 11 a.m.  
Numaga Indian Days Pow Wow, Hungry Valley, Noon, 7 p.m.
- 3 Hungry Valley Handgames, Pow Wow Grounds, 11 a.m.  
Numaga Indian Days Pow Wow, Hungry Valley, Noon
- 4 Labor Day – RSIC Administration Offices Closed
- 5 Senior Advisory Committee meeting, Senior Center, 10 a.m.
- 6 Day at the Museum, THPO/Cultural Resource Program, 6:45 a.m.  
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Great Basin Native Artists Reception & Artists' Talk, TMCC, 5 p.m.  
Law & Order Committee, Tribal Court, 6 p.m.  
Economic Development Meeting, Hungry Valley Rec Center., 6 p.m.  
Confidence Health Resources PCS Caregivers Event, 34 Res. Rd., 6 p.m.
- 7 Confidence Health Resources PCS Caregivers Event, HV Rec Center, 6 p.m.  
RSIC Pow Wow Club, RSTHC, 6 p.m.
- 8 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 11 Education Advisory Committee meeting, Education Conference Room, Noon  
Senior Advisory Committee meeting, Senior Center, 1 p.m.  
Enrollment Advisory Committee meeting, Enrollment Office, 5:30 p.m.  
RSIC Pow Wow Club, RSTHC, 6 p.m.
- 12 Drug Endangered Children Information Evening, Hungry Valley, 6 p.m.
- 13 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Suicide Prevention Training, RSTHC, 4 p.m.  
Tribal Council Meeting, 34 Reservation Rd., 6 p.m.
- 14 Healing to Wellness Court Alumni Meeting, Tribal Court Room, 5 p.m.
- 16 Health Fair, RSTHC, 10 a.m.  
Military Appreciation Day, National Championship Air Races, Stead Air Field
- 18 Spaghetti Bowl Reconfiguration Public Meeting, 34 Reservation Rd., 5 p.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.  
Miniature Golf, Wild Island, 6 p.m.
- 19 Commodity Distribution, Senior Center, 8 a.m.  
Drug Endangered Children Information Evening, RSIC, 5:30 p.m.
- 20 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Family Hand Drum Making, 34 Reservation Rd., 6 p.m.
- 21 Youth Hand Drum Contest, 34 Reservation Rd., 6 p.m.
- 22 Native American Day, RSIC Administration Offices Closed  
Native American Day Celebration, 34 Reservation Rd., 4 p.m.
- 25 Grocery Store Tour, RSTHC, 5:30 p.m.  
Housing Advisory Board Meeting, 34 Reservation Rd., 6 p.m.
- 27 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Healthy Aging Bingo, RSTHC, 5:30 p.m.  
Economic Development Meeting, 34 Reservation Rd., 6 p.m.
- 28 Talking Circle, RSTHC Behavioral Health, 4 p.m.

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



# Susan Quartz-Holling Takes Oath of Office

*Newly appointed tribal council member has leadership experience*

Susan Quartz-Holling was sworn into office on July 12 to fill a vacancy on the Reno-Sparks Indian Colony Tribal Council.

Quartz-Holling previously served on the Council in the early 80s and again after the 2001 and 2003 elections.

She also recently served as the vice chairman of the Colony's Education Advisory Committee.



**Leadership—**  
*The Reno-Sparks Indian Colony's Chief Judge Joseph J. Van Walraven administered the oath of office to Susan Quartz-Holling recently. Council members Ruth Sampson Guerrero, Jody McCloud and Daryl "Doug" Gardipe are also pictured.*

# Nevada Heritage Award Winners Announced

*Paiute elders Flora Greene, Patricia Hicks recognized as living cultural treasures*

The Folklife Program of the Nevada Arts Council is pleased to announce that Flora Greene (Nixon, Nev.) and Patricia Hicks (Schurz, Nev.) have been unanimously selected as recipients of the Nevada Heritage Award for 2018.

These awards recognize and celebrate living cultural treasures: individuals who embody the highest level of artistic achievement and the highest level of service.

Their accomplishments assure that folk and traditional arts will continue to be known, valued, and practiced in their families and communities.

These awards, which include a \$3,500 honorarium, recognize lifelong commitments to mastering, teaching and sharing traditional arts.

Flora Greene is a member of the *Cui-ui Ticutta* Pyramid Lake Paiute Tribe.

She was born and raised on the reservation and is the oldest living alumna of the historic Stewart Indian School in Carson City, Nev.

Now 100 years of age, she grew up speaking the Paiute language at home and learned about traditional food ways and crafts from her parents and family members.

Her special knowledge includes tanning and sewing deer hides, traditional beadwork, and basketry.

"She has dedicated her whole life to maintaining the American Indian culture and preserving the Indian traditions and Paiute language," wrote nominator Meg McDonald. "Over the years she has always been eager to teach any and all young people that are willing to listen and learn the Paiute language and to learn the crafting skills,

which are not as easy as she makes it look."

Patricia Hicks was born and grew up on the Walker River Indian Reservation. She has been involved in American Indian dancing since she was a teenager and has remained involved with this art form for more than 50 years, currently as the director of the *Agaidicutta* Dance group.

Hicks is known for her beadwork and makes the traditional regalia for the dancers to wear – buckskin dresses for the girls, shirts and pants for the boys, deerskin moccasins for all.

"I love to hear her sing the beautiful songs of our *Numu* people," wrote Alan Mandell, Vice Chairman of the Pyramid Lake Paiute Tribe, in his letter supporting this nomination.

Green and Hicks will be honored during the Numaga Indian Days Pow Wow.



Continued from front cover

booths with souvenirs and important materials to take home.

"It overwhelms me and I feel so good in my heart to see so many family and friends," said Reynelda James, an elder from Pyramid Lake. "We don't see everyone that often so this is a blessing."

Furthermore, two elders from faraway Bridgeport, Calif., not only participated in all the Senior Fun Day activities, but 94-year-old Madeline Stevens



Lundy and 91-year-old Joyce Glazier took in an art exhibit: *The Culture of Weaving:*

*Traditional Baskets in Transition, Paiute, Shoshone & Washoe Baskets* which is housed through the end of the month by the RSIC Cultural Resources Program/THPO.

Bill, who often identifies and organizes outings for the RSIC Senior Program, explained that the coming to Reno adds a special dimension to the day.

"Since the RSIC senior center is so centralized, many of the elders take the opportunity to shop and see things in the city," Bill said. "That helps us get so many people to attend."

Certainly, Tribes are in the best position to provide services to Native elders, and considering the future growing population of older Americans, that

is not an easy job.

According to a November 2015 report by the American Association of Retired Person's Public Policy Institute, by 2050, the number of American Indians and Alaska Natives (AI/ANs) ages 65 and older will more than triple, and the number of those 85 and older will increase sevenfold—from 42,000 in 2012 to 300,000 in 2050.

Today, more than 5.2 million United States citizens identify as American Indian / Alaska Native (AI/ AN), either alone or combined with other races.

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The Reno-Sparks Tribal Health Center is pleased to host:

## *Don't Gamble With Your Health* Health Fair

**Date: Saturday, September 16, 2017**

**Time: 10:00am-2:00pm**

**Where: Reno-Sparks Tribal Health Center**

Health Professionals  
Community Partners  
Various Booths & Demonstrations  
Free Screenings & Checks  
Informative Displays & Nutrition  
Presentations & Dancing  
Music & Games  
& So Much More!!



**Information & Fun for the Whole Family!**

**\*Snacks/ Fruit Smoothies\***



# GREAT BASIN NATIVE ARTISTS



Exhibit shows until Sept. 6  
Opening Reception  
& Artists' Talk  
Wed. Sept. 6 ▪ 5-7 p.m.  
TMCC Main Gallery  
RDMT Building

Ben Aleck  
Phil Buckheart  
Karma Henry  
Topaz Jones  
Jean Lamarr  
Jack Malotte  
Melissa Melero-Moose



7000 Dandini Blvd. RDMT 334u  
Reno, NV 89436  
775-673-7291

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Heartbreakingly, almost twice as many older AI/ANs are uninsured than are people in the same-age US population (16 percent versus 8.5 percent). A larger percentage of AI/ANs

ages 50-plus receive Medicaid or use Veterans Affairs coverage, and 22 percent receive care provided by the Indian Health Service.

In areas like Reno-Sparks, the number and proportion of AI/ANs (of all ages) who

reside in urban areas have increased 34 percent from 2000 to 2010.

Today, 44 percent of AI/ANs ages 50 and over reside on tribal lands. Alaska has the highest proportion of AI/ANs

*Continued on back cover*





# Northern Nevada West Nile Virus Cases Increasing

*Washoe Health District confirms first death from disease transmitted by mosquitos*

**Reno, Nev.** — Over 60 mosquito tests have returned positive for West Nile Virus in Washoe County, and the first human death has been recorded in the regional due to the virus.

The virus also has been found in five other humans, several birds and one horse in the district.

Washoe County health officials advise that increased insecticide fogging will occur throughout the county in the areas and neighborhoods where the virus has been detected.

Additionally, the Health District will be conducting a fourth round of helicopter larvicide applications in late September.

"The increase in positive collections was expected," said Washoe County District Health Officer Kevin Dick, "but a human casualty is never easy to accept, so our thoughts and prayers go out to the family and friends of the deceased. We'll never know exactly how many illnesses our abatement activities will prevent, but if it prevents even one case of West Nile Virus and the extreme discomfort and cost associated with it, we feel it is worth our efforts."

Dick reminds every one that even with public health intervention, people should take personal steps to prevent mosquitos from hatching and biting.

- Wear proper clothing and repellent if going outdoors

## West Nile Virus...

infection is an illness transmitted to humans primarily by mosquitoes. The pathogen that causes West Nile Virus (WNV) infection is a virus that is known to infect birds and other animals as well as humans. Outdoor workers are at risk, particularly in warmer weather (when mosquitoes are more likely to be present). For more information about ways to reduce the risks of infection, see: <http://bit.ly/1SCOM2g>

when mosquitos are active, especially in the early morning and evening.

- Use repellants containing DEET, picaradin, oil of lemon eucalyptus or IR3535 which are the best when used according to label instructions.
- Make sure that your doors and windows have tight-fitting screens to keep mosquitos out. Repair or replace screens with tears or holes.
- Clear standing water due to flood irrigation,
- Monitor and reduce backyard sources of water such as horse troughs, pet water bowls, flower pots to reduce mosquito population.
- Remove items around your home which can be potential mosquito breeding-grounds, including small puddles, pools, planters, children's sandboxes, wagons or toys, underneath and around faucets and tires.

- Vaccinate your horses.
- Water in the daytime rather than late in the evening.

The Washoe County Health District's Communicable Disease Program investigates all reported cases of diseases like West Nile Virus (WNV).

Healthcare providers should consider a WNV infection as a diagnosis among patients who are ill and have recently experienced mosquito bites.

Symptoms may include fever, headache, body ache, skin rash and swollen lymph glands.

Those with a more severe infection may experience high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, paralysis and even death.

In humans, the virus has an incubation period of three to ten days.

More information on WNV and the Washoe County Health District's Vector-Borne Disease Prevention Program can be found at <http://bit.ly/1SCOM2g>.

# Magazine Seeks to Link Old West to Biblical Truth

*Publication prints fake speech, suggests religion justifies racism*

I recently read this chief's speech about George Washington and something just didn't seem right.

It was published in Vol. 4 of *Trail Ride* magazine under the title "When God Goes to War."

*"I am Chief, and ruler over my tribes. My influence extends to the waters of the great lakes, and to the far blue mountains. I have traveled a long and weary path, that I might see the young warrior (George Washington, from the day he had horses shot out from underneath him) of the Great Battle. It was on the day when the white man's blood mixed with the streams of our forest, that I first beheld this chief. I called to my young men and said, 'Mark you tall and daring warrior? He is not of the redcoat tribe---he hath an*

*Indian's wisdom, and his warriors fight as we do--- himself is alone exposed. Quick, let your aim be certain, and he dies. Our rifles were leveled, rifles which, but for him, knew not how to miss-- 'twas all in vain, a power mightier far than we, shielded him from harm. He cannot die in battle. I am old, and soon shall be gathered to the great council fire of my fathers in the land of shades, but ere I go, there is something bids me speak in the voice of prophecy. Listen! The Great Spirit protects that man, and guides his destinies---he will become the chief of nations, and a people yet unborn will hail him as the founder of a mighty empire."*

I emailed this speech to the Fred W. Smith National Library,

the presidential library for George Washington and this was their reply: "This speech has proven to likely be a myth or legend. There is no solid proof of where the origins of that speech came from. It is published in some books, but without any citations, it is not able to be proven really one way or the other."

Following is an open letter I wrote to the author and editor of *Trail Ride* Magazine:

Dr. Elliot Johnson:

It is good to hear that you will be more selective in using stories that "cannot be verified".

I was sure that the chief's speech was not true because Washington would have written about it somewhere in his correspondence.

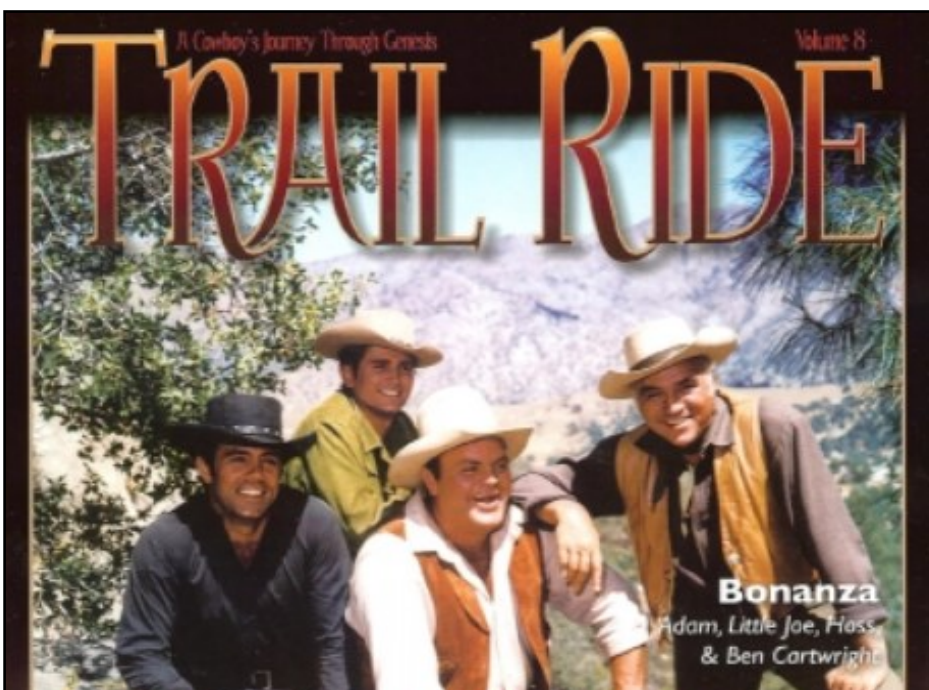
They say that if something seems too good to be true, it probably is.

I enjoy reading good books on history because good history writers are concerned with teaching history--- and they do that by using footnotes.

Sometimes I will go to the bibliography before I read the book because I want to know that what I am reading is true.

The writings of Washington are easily verified because all of his writings are found listed in chronological order in the Library of Congress and the National Archives.

All you need is the date, sender and recipient and you





can get an actual copy of his letters.

Have you been keeping up with what happened up in Charlottesville, Va.? The white supremacists, neo-Nazis and the Ku Klux Klan marched, and violence broke out between them and people who opposed these hate groups.

When our president missed the opportunity to stand with those who oppose hate, on Twitter, former President Barack Obama quoted Nelson Mandela, "No one is born hating another person because of the color of his skin or his background or his religion... People must learn to hate, and if they can learn to hate, they can be taught to love... For love comes more naturally to the human heart than its opposite."

Dr. Johnson, did you know that there are those out there teaching hatred of Indians?

And did you know that they are using the Bible to do it?

They are teaching that the cowboys are the Chosen People and that the Indians are the Canaanites.

I know that is hard to believe, but they are also teaching that America is the cowboy's Promised Land---never mind that the Promised Land had boundaries.

I say this because I notice that on every other page of your magazine, you have written at the bottom of the page, the slogan, "A Cowboy's Journey Into the Promised Land" and I hope you don't literally believe that.

God said of the southern

border of the Promised Land, "I will establish your borders from the Red Sea... Exodus 23:31." In Numbers 34:6 he said, "Your western boundary will be the coast of the Great Sea... (the Mediterranean)." In Genesis 15:18 God spoke of both the southern and northern boundaries saying, "that day the Lord made a covenant with Abram and said, 'to your descendants I give this land, from the river of Egypt to the great river, the Euphrates.'" In Numbers 34:10-12 the Lord said to Moses, "For your eastern boundary, run a line from Hazar Enan to Shepham. The boundary will go down from Shepham to Riblah on the east side of Ain and continue along the slopes east of the Sea of Kinnereth. Then the boundary will go down along the Jordan and end at the Salt Sea (the Sea of Kinnereth is now known as the Sea of Galilee and the Salt Sea is now known as the Dead Sea).

As Christians, we must use these teachable moments to proclaim God's truths.

In the Old Testament, when God judged the Canaanites, this was prophecy of how God will judge nations and peoples-- men women and children when He comes again.

It is God who judges, not men. Until God's judgment of the world as found in Revelation 16, we are living in the age of grace. In this age, there are no Canaanites to be judged, only lost people to be evangelized.

The Lord Jesus Christ specifically gave the church these instructions as found in Matthew 28:19 & 20.

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you. And surely I will be with you always, to the very end of the age."

This is called The Great Commission given to the Christians and it should be noted that it does not say anything about driving anyone out and seizing their land.

Jesus also said in John 3:17, "For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son.

Concerning the Chosen People, in Revelation 7:4 God is still dealing with the Jewish people, "Then I heard the number of those who were sealed: 144,000 from all the tribes of Israel."

Unfortunately, anyone who teaches that the American Indians should have been exterminated as God commanded the Canaanites to be, is teaching a twisted interpretation of the Bible which amounts to white supremacy and nullifies the Great Commission.

As a matter of fact, this false teaching is so embedded in American history that Adolph Hitler used it to justify the genocide of the Jews during

# Elders Enjoy Healthy Benefits From Dog Ownership

*Researchers show pet owners typically more active, stay in shape*

**London** – According to *Health + Safety* magazine, older adults who take care of man's best friend tend to be more active, a study conducted by British researchers has found.

Researchers at the University of East Anglia and the University of Cambridge's Center for Diet and Activity Research examined data from 3,123 participants ages 50 to 92.

The participants wore electronic devices to measure physical activity for seven days and filled out questionnaires.

Approximately 18 percent of the participants had a dog.

Of those, two-thirds reported walking their pets at least once a day. Even in the worst weather conditions – which often cause people to stay indoors – participants who walked their dogs were 20 percent more active and were sedentary for 30 fewer minutes per day than those who didn't own dogs.



**Terrific Side Benefit** — *Being a pet owner often means better physical health, as our furry four legged friends need to be walked which inadvertently keeps the owner active.*  
*File photo*

"Physical activity interventions typically try and support people to be active by focusing on the benefits to themselves, but dog walking is also driven by the needs of the animal," lead co-author Andy Jones, from the University of East Anglia's Norwich Medical School, said in a July 25 press release. "Being driven by something other than our own needs might be a really potent motivator, and we need to find ways of tapping into it when designing exercise interventions in the future."

The researchers caution against blanket promotion of dog ownership, as not everyone is able to look after a pet, but noted that the findings "point to new directions of programmers to support activity."

## *Editor's Note*

The study was first published in the *Journal of Epidemiology and Community Health*. Please consult with the RSIC Housing Department for specific guidelines and rules regarding pet ownership in tribally owned or rental housing units.

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World War II.

He said, speaking of the Jews and the Slavs, "The Natives will be our Redskins".

However, again Mandela said, "No one is born hating another person because of the color of his skin or his background or his religion... People must learn to hate ..."

Hitler learned well, but he learned well from the Jezebel

nature of American history where land theft and murder were legalized.

The world witnessed justice being stood on its head at Standing Rock where a people who have lived on the land for thousands of years and who had a treaty with the United States were treated as trespassers.

The sad thing is that it could all be traced back to the false

teachers and their perversion of the Bible.

Steve Melendez

## *Editor's Note*

Steve Melendez is a Paiute from the Reno-Sparks Indian Colony. Living in Texas, Melendez is the president of the American Indian Genocide Museum. For more information, please see:

<http://www.aigenom.org>



**RSIC Tribal Court**  
**Healing to Wellness Court**

# Alumni Meeting

September 14, 2017

5:00 pm

RSIC Tribal Court Room,  
1900 Prosperity Street, across from the  
Senior Center

Gathering of graduates, get ideas and share a light dinner

Suggestions are new ideas waiting to serve the people



775-785-8775 Janice Stump HTWC

# Smoke From Wildfires Negatively Impact Air Quality

*How clean, polluted outdoor air links to human health*

Harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help reduce your exposure and protect your health. For your local air quality forecast, visit [www.airnow.gov](http://www.airnow.gov)

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)	It's a great day to be active outside.	
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	<p><b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers.</b>	<p><b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>
Unhealthy (151-200)	<b>Everyone</b>	<p><b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling.</p> <p><b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during outdoor activities.</p>
Very Unhealthy (201-300)	<b>Everyone</b>	<p><b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p>
Hazardous (301-500)	<b>Everyone</b>	<p><b>Everyone:</b> Avoid all physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>



# Fire Season Continues, Awareness Still Imperative

*Hungry Valley Fire Department remains vigilant under extreme conditions*

According to Hungry Valley Fire Management Coordinator Lance Chantler, August proved to be a busy month for the Tribe's volunteer firefighters.

With just over a week left, Chantler reported that his team responded to 12 calls, including three fires, two of which were human caused.

In fact, one of the fires involved a vehicle which caught fire while travelling on the

reservation's off-highway vehicle access road .

Though the vehicle operator carried and used a fire extinguisher, the occupants were unsuccessful controlling the fire which eventually burnt over 10 acres of Hungry Valley land.

In addition, lightning continues to be responsible for several area fires including one on tribal lands.

With forecasted warm

weather and dry conditions, Chantler wishes to remind our community to stay alert and practice good fire safety.

- ☞ Obey local burning laws
- ☞ No camp fires
- ☞ Dispose cigarettes safely
- ☞ Exhausts spark fire, only drive on paved roads.

Find more information at:  
[www.livingwithfire.info/](http://www.livingwithfire.info/)

## More Government Funding to Address Opioid Epidemic

*Governor Sandoval priority, new law focuses on prescription drug abuse, prescription protocols*

**Carson City, Nev.** – Governor Brian Sandoval recently announced the Nevada Division of Public and Behavioral Health (DPBH) will be receiving more than \$1.2 million in federal grant awards to add to the already \$8.24 million received by the agency to assist in Nevada's battle against the opioid epidemic.

According to the governor's office, each of these grants will help the state and stakeholder partners address the full spectrum of the opioid epidemic: identification of those most at risk by analyzing a wide variety of data including health and prescribing information, primary prevention of substance use, early intervention and referral to treatment, and ongoing treatment services.

These funds will further the efforts of the Governor and

First Lady Kathleen Sandoval by implementing the recommendations of the 2016 Prescription Drug Abuse Summit and Assembly Bill 474, passed and signed during the 2017 legislative session.

This law made various changes related to reporting of drug overdoses and establishes prescribing protocols for all healthcare providers that are prescribing controlled substances for the treatment of pain. "The State of Nevada is fully committed to eradicating the plague of prescription drug abuse from our community. These funds will help make it possible for Nevada to implement the many recommendations that more than 500 stakeholders identified and prioritized as a result of last year's Prescription Drug Abuse Summit," Sandoval

said. "I will reconvene the stakeholders group which included representatives from law enforcement, regulators, healthcare professionals and other industries in order to confront and defeat this problem once and for all."

Sandoval said that these grant funds are integral to coordinate Nevada's response to the opioid crisis.

"The Nevada Department of Health and Human Services remains committed to the governor's mission to aggressively stem the tide of prescription drug abuse, misuse and diversion and these grant awards will allow us to implement recently passed legislation and provide for an immediate positive impact for our citizens," said Nevada's Chief Medical Officer, Dr. John DiMuro.

## **LivingWorks safeTALK Training**

The Reno-Sparks Tribal Health Center is pleased to offer a **safeTALK Workshop** for clinic staff/employees and community members. Cost of this training is being provided by the RSIC Suicide Prevention Grant.

September 13, 2017 (Wednesday) from 1:00 to 4:00 pm  
Location: Reno-Sparks Tribal Health Center  
1715 Kuenzli St. Reno, NV 89502  
Cost: Free

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

**This three-hour training can help you make a difference.**

### **Why come to safeTALK?**

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

### **Who should attend safeTALK?**

safeTALK is for everyone who wants to help prevent suicide: front line workers, community health representatives, emergency medical responders, teachers, law enforcement, tribal employees, community members....anyone who wants to help prevent suicide.

*\*safeTALK is for anyone age 15 and older*

### **To Register or questions contact:**

Jason Hill, Prevention Outreach Coordinator at  
[jhill@rsicclinic.org](mailto:jhill@rsicclinic.org) or questions please call 775-329-5162 x1965

# 56th National Championship Air Race Set for September

*Free admission for Veterans on Military Appreciation Day*

**Reno, Nev.** – The Reno Air Racing Association (RARA) announced that Saturday, Sept. 16 will be Military Appreciation Day at the National Championship Air Races.

The day is dedicated to celebrating and honoring our armed forces personnel and will conclude with a USO-type show.

As part of Military Appreciation Day, 1,500 complimentary Saturday tickets will be provided for active duty, reserve/national guard and retired military.

“The National Championship Air Races have a long and proud history of working with and supporting our military,” Tony Logoteta, COO of the Reno Air Racing Association said. “We are proud to dedicate an entire day to honor and celebrate the service so many brave men and women have given and are giving to our country.”

Immediately following the conclusion of Saturday’s races,



**Wild Blue Yonder** — Vintage planes will decorate the Northern Nevada skies during the national Championship Air Races and Air Show on September 13-17.

*Photo Provided by NARA*

RARA will host a 90 minute USO-type show for the first time.

The show, featuring the Bama Girls Troupe – comprised of former Miss Alabamans – is a fast-paced, high-energy show with songs and dances for audiences of all ages featuring well-known military tunes as well as songs from other genres. The show will be filled with lots of surprises for all military personnel including World War II Veterans who will be in attendance with Honor Flight Nevada.

The Bama Girls Troupe will also sing the National Anthem Saturday and Sunday as part of both days’ opening ceremonies.

“Since 1989, The Bama Girls have entertained troops around the globe, from Panama to Guantanamo Bay, to Iraq and installations all across the United States,” said Jessica Sanders Walker, Military Liaison for the Reno Air Racing Association. “This show is generously sponsored by the City of Fallon, CamGuard, DAV, Spencer Aircraft Supply and the Not New Shop at NAS Fallon. We greatly appreciate their incredible support of our military and their families.”

“As always, the National Championship Air Races are showcasing a number of military static displays during race week and we look forward to our current and retired military fans being able to see



these types of aircraft up close,” Logoteta said.

The 1,500 complimentary Saturday tickets for military personnel may be reserved by calling one of the following locations – first come, first served:

Reno ANG:

(775) 788-4585

NAS Fallon MWR:

(775) 426-2836

Plumb Lane Armory:

(775) 384-5811

The Reno Air Racing Association (RARA), a 501(c)(3), holds the National Championship Air Races every September at the Reno-Stead Airport. The Reno Air Races have become an institution in Northern Nevada and for aviation enthusiasts from around the world.

Last year’s event generated more than \$66 million for the region’s economy. The event features six racing classes, a large display of static aircraft and several military and civil flight demonstrations.

For more information on the National Championship Air Races, to obtain media credentials, volunteer or purchase tickets for this year’s event, visit [www.airrace.org](http://www.airrace.org).



## Connecting to Quit:

### *Success with American Indian Commercial Tobacco Program*

#### PROBLEM

American Indians have the highest smoking rate of any racial or ethnic group.<sup>1</sup> A recent study found American Indians have a higher percentage of smoking-related deaths from heart disease and stroke.<sup>2</sup>



#### INTERVENTION

##### American Indian Commercial Tobacco Program

- Makes distinction between ceremonial or sacred and commercial tobacco
- Dedicated, Native coaches
- Developed with input from tribal elders and American Indian experts
- Specialized educational materials, email and text message program



#### SUCCESS

The Nevada Tobacco Quitline (NTQ), 1-800-QUIT-NOW supportive services, helps Nevadan resident, Gordon, gain a happier, healthier, and financially-free life from the burden of costly cigarettes. Native Americans like Gordon are embracing the benefits of smoke-free living, while still valuing the practice of tribal customs. Here is Gordon's story:



After surviving a heart attack and 45 years as a cigarette smoker, Gordon's doctors encouraged him to quit but it didn't feel like the right time. For Gordon, that moment came when the cost of cigarettes increased. With smoking cigarettes being both a health and financial burden, he couldn't see a reason why he should continue.

Gordon was ready! Gordon enrolled into the Native American Indian program at the NTQ. With the right support Gordon did it, he quit, and he couldn't be happier. "I feel pretty good. I haven't picked up a cigarette in over 25 days ... It's not in my makeup anymore. When I do have urges they're gone real quick. I don't even really think about it."

If you or someone else is sharing Gordon's struggles, please call the NTQ, 1-800-QUIT-NOW.



Sources:

1. Centers for Disease Control and Prevention. [Current Cigarette Smoking Among Adults – United States, 2005–2013](#). *Morbidity and Mortality Weekly Report*. November 28, 2014; 63(47):1108-12.
2. Mowery PD, et al. Disparities in Smoking-Related Mortality Among American Indians/Alaska Natives. *American Journal of Preventive Medicine*. June 2015; pii: S0749-3797(15)00223-8.
3. Centers for Disease Control and Prevention. The Behavioral Risk Factor Surveillance System, 2015.
4. American Lung Association. <http://www.lung.org/stop-smoking/smoking-facts/tobacco-use-racial-and-ethnic.html>. Accessed on 7/13/17.
5. CDC, "Vital Signs: Disparities in Tobacco-Related Cancer Incidence and Mortality—United States, 2004–2013," *Morbidity & Mortality Weekly Report*, 65(44): 1212–1218, <http://www.cdc.gov/mmwr/volumes/65/wr/mm6544a3.htm>.

Gina Featherstone – Certified Health Education Specialist

1715 Kuenzli St – Reno, NV 89502 – 775-329-5162 Ext. 1949

[gfeatherstone@rsiclinic.org](mailto:gfeatherstone@rsiclinic.org)



# Ask Paul

Sometimes when a person is referred to me, they have filled out a screening tool or questionnaire from their health care provider. This health care provider has noticed some possible mental or physical issues which may have been a result of substance use. Please note there are many different screening tools and in no way does a screening tool or questionnaire substitute for your health care provider's care and expertise.

Maybe I can save you a trip to a doctor and have you take a couple screening tools yourself. If the results from your scores are not where you want them, please come in and see me. Our Behavioral Health Department has many experts in different life areas who are here to help you confidentially without judgement.

This first set of questions is very general. Remember one or two questions cannot tell a person's story.

## First Set of Questions:

**Alcohol:** One alcohol drink is considered a 12oz beer, 5oz glass of wine, 1.5oz liquor (one shot)

### Alcohol Question:

*Men:* In the past year, have you had 5 or more drinks in a day?

*Women:* In the past year, have you had 4 or more drinks in a day?

### Drugs Question:

Recreational drugs include methamphetamines (speed,

crystal), marijuana (pot, edibles, dabs), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

## Drug question for both men and women:

In the past year, have you used a recreational drug or used a prescription medication for non-medical reasons?

If you answered "yes" to any of these questions we'll move to a more thorough assessment. But wait, there is more! Let's look at your emotions.

## Emotions Questions:

Answer Yes or No

During the past two weeks, have you been bothered by little interest or pleasure in doing things?

During the past two weeks, have you been bothered by feeling down, depressed or hopeless?

An answer of "Yes" to either of these will tell us to move to a more thorough second set of questions which will narrow our focus to offer help.

## Second Set of Questions:

AUDIT (1) questionnaire has 10 questions about alcohol use and the answers have points assigned to them.

Never = 0 points

Monthly or less = 1 point

2-4 Times a Month = 2 points

2-3 Times a Week = 3 points

4 or More Times a Week = 4 points.

After answering the questions, add up your points and I'll tell you what the scores mean.

## Alcohol Questions:

How often do you have a drink containing alcohol?

How many drinks containing alcohol do you have on a typical day when you are drinking?

How often do you have four or more drinks on one occasion?

How often during the last year have you found that you were not able to stop drinking once you had started?

How often during the last year have you failed to do what was normally expected of you because of your drinking?

How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

How often last year have you had a feeling of guilt or remorse after drinking?

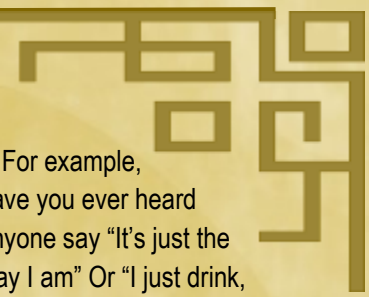
How often during the last year have you been unable to remember what happened the night before because of your drinking?

Have you or someone else been injured because of your drinking?

Has a relative, friend, doctor, or other health care provider been concerned about your drinking or suggested you cut down?

## Score if you are a woman:

A score of 0-3, indicates a low risk of health problems related to alcohol, 4 – 12 indicates risky use of alcohol and there is an increased risk of health related problems due to alcohol, 13 – 19 indicates a



harmful alcohol use and 20 + is severe.

**Score if you are a man:**

A score of 0-4, indicates a low risk of health problems related to alcohol, 5 – 14 indicates risky use of alcohol and there is an increased risk of health related problems due to alcohol, 15 – 19 indicates a harmful alcohol use and 20 + is severe.

*Low risk* means basic education on alcohol would be appropriate.

*Risky* scores indicate concentrating on behavioral changes until getting to a low risk.

*Harmful and Severe* use would be a referral to engage in more in depth examination to determine the appropriate level of care.

If you answered “Yes” to the Drugs question, here is a Drug Screening Questionnaire, DAST (2)

**DAST Questions:**

1. Have you used drugs other than those required for medical reasons?
2. Do you use more than one drug at a time?
3. Are you unable to stop using drugs when you want to?
4. Have you ever had blackouts or flashbacks as a result of drug use?
5. Do you ever feel bad or guilty about your drug use?
6. Does your spouse (or parents) ever complain about your involvement with drugs?
7. Have you neglected your family because of your use of drugs?

8. Have you engaged in illegal activities in order to obtain drugs?
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?
10. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, bleedings)?

**DAST Scoring**

- 0 = Healthy  
1-2 = Risky – Education and continue to monitor  
3-5 = Harmful – Brief Intervention or referral to specialist  
6+ = Severe - Refer to specialist 2

Don't worry these questionnaires don't tell the person's whole life story. Each individual has their own road and journey. Each individual has their own pain and stress in their life and each individual seeks relief in different ways. These questionnaires are just that, questionnaires. They are used as tools to see if a person's substance use is causing them problems in their life. The idea is to be a warrior – one who is as smart, strong and fast as he/she can be to protect those who are not as smart, strong, or fast as they are – It's very challenging to be this kind of warrior if the person is slowed down by substance use. Also, the answers to these questions are not to be used to label a person, but as a starting point or baseline to begin offering suggestions for healing. The idea is to move forward and progress. Labels tend to stagnate a person and sometimes the person even uses them as an excuse to use alcohol or substances.

For example, have you ever heard anyone say “It's just the way I am” Or “I just drink, it's what I do” or “I drive and function better when I'm using.” The person saying these things is right (except for the last one). They are defining who they are. What if this person changed his/her thought process from “It's just the way I am” to “It's the way I used to be!”

I don't tell people what to do or force any change on them. I share different options to using substances and ask them to honestly look at all of the options to decide which would be the most beneficial way to live their life, consistent with their core beliefs and values. The person I'm serving makes all of the decisions for their life. Many times after a person experiments without substances in their life, they feel more fulfilled spiritually, emotionally, mentally and physically.

Also, these people tell me they feel more like a true warrior by striving to be the best they can be to protect and serve their family and community.

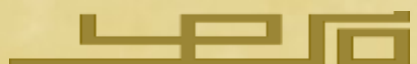
If you think you or a loved one (or not so loved one) needs help, just give me a call.

These services at Reno Sparks Tribal Health Center are free and confidential to tribal members.

*Paul Snyder*

Phone: 775-329-5162 x 1962

Email: [rsnyder@rsicclinic.org](mailto:rsnyder@rsicclinic.org)





# In & Around: Reno-Sparks Indian Colony Community

*Schools starts, Veteran remembrance, hot day, cool treat, kindhearted elder*



**First Day Photos** – Damien A. Torres poses with his Jesse Hall Elementary teacher, Erin Adams, on the first day of school. Torres, the son of Micaela Chagolla and Jesus Torres, was featured in the Reno Gazette Journal's Back to School photo gallery. He is the grandson of Carla and Venancio Chagolla.



**Respect** – Flags at the Reno-Sparks Indian Colony will fly at half-staff in honor of Reuben Nuno, a US Marine Corps Veteran and member of the Colony community, who passed away on Saturday, Aug. 26, 2017. Just shy of his 70th birthday, Mr. Nuno served during the Vietnam conflict.



**Free Ice Cream!** – Recently, staff and by-passers of the Reno-Sparks Indian Colony Tribal headquarters were treated to a cool frozen treat and beverages compliments of Umpqua Bank. Above, RSIC Public Works Mamerto Munoz Jr., gets a Sprite and a Drumstick from Shawn Tomlin, Umpqua Bank Commercial Merchant Sales Officer.



**Sharped Dress Man** – Charlotte Fry (left), a Reno-Sparks Indian Colony elder designed, made and gifted Scott Nebesky (right), the RSIC Director of Planning a ribbon shirt. Nebesky who oversees the Tribal Historic Preservation Office frequently attends Native American cultural events, and thanks to Fry's kindness, Nebesky has apt attire.



# Numaga 3 Mile Walk/Run

We are at it again, 3 mile Walk/Run through the streets of Hungry Valley. Bring your little ones in their strollers and family to partake in our annual Numaga event.



## Saturday, September 2, 2017

Registration Begins at 7:30am ♦ Run/Walk Begins at 8:00am

Hungry Valley Lower Recreation Center

# Warrior Mountain Run

We are also having the Warrior Mountain Run for those die-hards. The route is 5.2 miles with a 1,000ft to 2,00ft climb. A flag will be on the top of the mountain for you to reach then follow the same route to get back to the starting point.

For more information contact: Danny Thayer @ 775-329-5162 ext. 1918  
or Walita Querta @ 775-334-0938

-REAWAKENING OUR ANCESTRAL HERITAGE-

## Day at the Museum

Please join the RSIC THPO/Cultural Resource Program for a fun filled day at the Maidu Museum and Gate Keeper Museum  
(Located in Roseville, California and Tahoe City, California)

-Contact / RSVP-

Michon R. Eben or

Allan Tobey @

775.785.1326

meben@rsic.org

atobey@rsic.org

**Wednesday – September 6, 2017**

**6:45am – 5:30pm**

Transportation will be provided / Lunch provided

*Bus will depart 98 Colony Road at 6:45am*

**THIS IS A FREE –ALL DAY EVENT**

**For all RSIC Tribal Members, Residents & RSIC Employees**

- Please bring spending money, sunscreen, hats, cameras & water bottles (No cups available)
- Wear comfortable walking shoes / clothes (Roseville, CA temperature is hotter than Reno)
- RSVP ASAP! LIMITED SEATS AVAILABLE
- All children ages 13 & under must be accompanied by an adult. One child per one adult

- ❖ Visit the Marion Steinbach Indian Basket Museum (Gate Keeper Museum)
- ❖ Journey back in time to explore ancient petroglyphs, bedrock grinding stones, native plants used by local Native American Tribes and current Native American Art Work (Maidu Museum)



This event is sponsored, in part, by a grant from the Department of Interior, National Parks Service.

# UPCOMING CAR SEAT CHECKPOINT AT THE ANNUAL RENO-SPARKS TRIBAL HEALTH FAIR

THOSE THAT DON'T KNOW,  
DON'T KNOW THEY DON'T  
KNOW



4 OUT OF 5 CAR SEATS ARE  
INSTALLED IMPROPERLY.

*CORRECTLY USED CAR SEATS CAN REDUCE THE RISK OF DEATH BY AS  
MUCH AS 71%.*

**HAVE YOURS CHECKED.**

SEPTEMBER 16TH | 10AM-2PM  
RENO-SPARKS TRIBAL HEALTH CLINIC  
1715 KUENZLI ST  
RENO NV 89502

All car sets that are broken and/or expired can be replaced during this event.  
For more information or to schedule an appointment, please contact  
Valentine Lovelace, Injury Prevention Coordinator  
329-5162 ext.1927



# JOIN ME FOR A GROCERY STORE TOUR!

The tours will be offered on the following dates:

~~Tuesday August 15<sup>th</sup> from 5:30 pm- 6:30 pm~~

~~Tuesday August 20<sup>th</sup> from 5:30 pm- 6:30 pm~~

Tuesday September 5<sup>th</sup> from 1:30 pm-2:30 pm

Tuesday Sept 12<sup>th</sup> from 5:30 pm-6:30 pm


Monday Sept 25<sup>th</sup> from 5:30pm-6:30 pm

Learn how to select fruits and vegetables to ensure they last, how to read nutrition labels, how to choose the healthiest foods from each department, and how to eat healthier on a budget!

Sign ups required. Limited spots available. Transportation can be provided. Please contact Kristie Messerli, Registered Dietitian to sign up and for more information

@ 329-5162 or  
kmesserli@rsicclinic.org





In Honor of National Healthy Aging Month  
The Reno-Sparks Tribal Health Center is pleased to host:

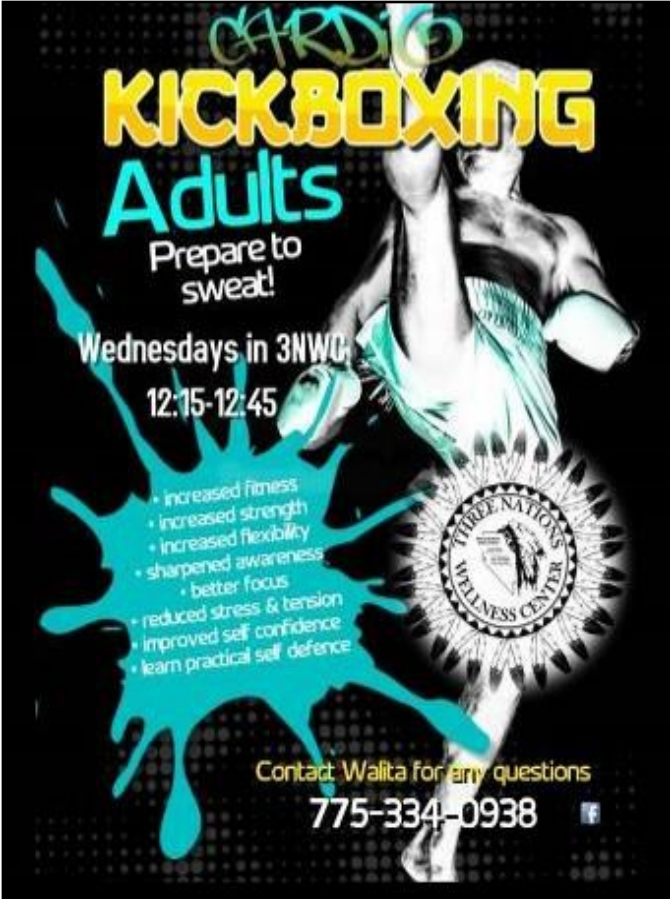
# HEALTHY AGING BINGO!

- An Engaging & Educational Game About Developing & Maintaining Health As We Age •

Healthy Meal Included

When: September 27th 2017  
Time: 5:30-7:30 PM  
Where: RSTHC 1st Floor Conference Room

Sponsored by the Community Health & Behavioral Health Departments




# CARDIO KICKBOXING Adults

Prepare to sweat!

Wednesdays in 3NWG  
12:15-12:45

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

Contact Walita for any questions  
**775-334-0938**



 Early Detection is the Best Protection!

 **MAMMOVAN**  
COMING TO YOUR AREA SOON

**RENO-SPARKS TRIBAL  
HEALTH CENTER & NEVADA  
HEALTH CENTERS  
MAMMOVAN**

*Breast Cancer Awareness Month*

# Free Mammograms

 **OCTOBER 18, 2017  
8:00-3:30PM  
IN THE PARKING LOT**

For an Appointment, please call:  
Nevada Health Centers Mammovan  
**877-581-6266**

**NOTE**  
Mammograms will be provided to woman over 40 or  
under 40 if you have an abnormality

If you have any questions, please call Gina Featherstone, Health Educator at  
775-329-5162 x 1949




# FREE OSHA 10 TRAINING!!!

**AVAILABLE FOR RSIC TRIBAL MEMBERS ONLY**  
2 DAY TRAINING

AVAILABLE MONDAYS AND TUESDAYS

1ST DAY 7:30 AM - 3:30 PM  
2ND DAY 7:30 AM - 11:00 AM

**IF INTERESTED PLEASE CONTACT RSIC EDUCATION OFFICE**  
477 CASE MANAGER SAM RAMBEAU  
775-329-6114  
[SRAMBEAU@RSIC.ORG](mailto:SRAMBEAU@RSIC.ORG)







# New Year, New Yoga with Kim

**Tuesdays**  
5:30-6:30pm  
(RSTHC 1st Floor  
Conference Room)

&

**Thursdays**  
12:10-12:50pm  
(RSTHC 1st Floor  
Conf. Room or  
3NWC back room)

All levels welcome  
Sign up not required  
All equipment provided

Sponsored by the  
RSTHC Diabetes Program




# Tai Chi


with 3NWC trainer Christian Lee

**4 Week Course**  
**Fridays in August**  
**from 12-1pm at 3NWC**

**Starts Friday, August 4th**  
**No Sign Up required**  
**Rolling admission**  
**All Ages and Levels welcome**

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

*meditation in motion and medication in motion*



Tai Chi

Balance, Tranquility, Strength

# Swim Safe for the Summer with Swim Lessons!

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

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

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

Go to [www.sparksrec.com](http://www.sparksrec.com) for schedule and reg dates

Paid for by the RSTHC Diabetes Program

Questions? Contact Stacy at 329-5162 x1945

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

Announcing

# Home ElderFit Visits

with Echo & Tiffany




Echo (RSTHC Community Health Rep) & Tiffany (3NWC Trainer) will come to your home to provide in-home, chair-based exercise for Elders

Sessions are 20-30 minutes

Workouts focus on  
Range of Motion  
Flexibility  
Balance

## Prevent Falls!

Contact Echo Conway @ RSTHC  
329-5162 x1928  
to schedule your session!

Sponsored by the RSTHC Diabetes and Community Health Programs



Trainer for the barbed wire crawl, wall climb, rope climb, Hercules hoist, bucket brigade, and any other obstacle you want to overcome.

Increase **STRENGTH, AGILITY, and ENDURANCE**


FRIDAYS 5PM-6PM

CONTACT VANESSA at:  
775-329-5162 ext 15716  
williams@rsicclinic.org

Three Nations Wellness Center

# BEAST MODE ON!


Spartan Training



PosterMyWall.com  
by ClaudioB.  
Getty Images

NOTE: Watermark not on Purchases

## COMING SOON

**OPERATION: TAKE YOUR BEST SHOT** 

**FLU SHOT VACCINATION EXERCISE**

**IN CONJUNCTION WITH WASHOE COUNTY PUBLIC HEALTH**

**WHEN: WEDNESDAY, OCTOBER 11, 2017**

**100-400 PM**

**WHERE: TRIBAL HEALTH CENTER**

**DRIVE-THRU (ADULTS ONLY)**

**WALK-IN (ADULTS & CHILDREN)**

**PLAN AHEAD AND TAKE ADVANTAGE OF THE DRIVE-THRU EVENT**

**ELIGIBLE EMPLOYEES AND PATIENTS OF THE RSTHC/RSIC**

For more information contact: D. Thayer (775)329-5162

## WATER FITNESS!!

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

**@ Alf Sorenson Community Center**  
1400 Baring Blvd, Sparks  
Tribal Card required to Class Check-in

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

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

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

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

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

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

**Sponsored by the RSTHC Diabetes Program**

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

## 20TH ANNUAL CRAFT FAIR

# FALL FEST 2017

**October 13th & 14th**

**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!**

**Doors Open 10am to 6pm**

**INDIAN TACOS WILL BE SOLD**

**FREE ADMISSION**  
**FREE TRICK OR TREAT BAGS**

For more information:  
Ramona Darrough  
775-842-1385







## **Confidence Health Resources LLC**

885 Tyler Way, Sparks, NV 89431  
Phone: (775) 332-2116

### **PERSONAL CARE SERVICES (PCS)**

Our purpose is to assist, support and maintain individuals living independently in their homes.

#### **"WHO IS ELIGIBLE FOR OUR PROGRAM"**

Individuals on Medicaid, Nevada Check Up, or who may become eligible,  
and do not live in a facility of any type or a group home.

#### **Personal Care Services (PCS) can be authorized to assist with but not limited to:**

Grooming, Bathing (includes shampooing/dressing), Toileting, Transfers position,  
Mobility/ambulation, Self-administered medication, Light Housekeeping, Laundry,  
Essential shopping, Meal Preparation, Accompany an individual to Medicaid or  
Nevada Check Up covered services

Start by calling Medicaid to see if you qualify, phone number is located on the back  
of your Medicaid card or come to one of the RSIC meetings, see below dates.

**We are hiring PCS Caregivers as well.**

We would like to the opportunity to HIRE YOU, Call us!!!

~ AND/OR ~

**Join us on**

**Wednesday, September 6, Reno @ 6 p.m.**

*34 Res. Rd – Multi-purpose room*

**Thursday, September 7, HV @ 6 p.m.**

*Hungry Valley Recreation Center - downstairs*



Remember ~ Confidence Health Resources are looking to hire PCS Caregivers also.  
If you are in need of work or extra work, come to the meeting and talk with us.

***Additional information presented, ask questions and learn of resources,  
Snacks & Door Prizes***

*Sponsored by RSIC Senior Program*








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



Monday	Tuesday	Wednesday	Thursday	Friday
				1) Numaga Pow-wow
4) <b>Center Closed</b> No meals served or delivered 	5) <b>Senior Advisory Committee Meeting 10 a.m.</b> 	6) 11:30 am - Blood Pressure Checks 12:30 – Language Class 6 pm – Reno Confidence Health Resource Community Meeting 	7) 12 pm – Emergency Services Presentation 12:30 pm – Galaxy Movie Theatres 6 pm – Hungry Valley Confidence Health Resource Community Meeting	8) 10 am – Gel Soap Acrylic Painting Lesson 
11) 10 am – Gel Soap Acrylic Painting Lesson 1 pm – Errand Day 	12) 12 pm – Tribal Presentation 1 pm – Succulent Terrariums 5:30 – Reno Night Bingo & Potluck	13) 10 am – Succulent Terrariums 11:30 am - Blood Pressure Checks 12:30 – Language Class  	14) 12 pm – Environmental Presentation 1 pm – Succulent Terrariums 5 pm – Hungry Valley Night Bingo 	15) <b>9 am – Respite Caregivers Support Meeting</b>
18) <b>Food Pantry Delivery</b> 	19) <b>8:30 am - Commodities</b> 	20) 11:30 am - Blood Pressure Checks 11:45 am – Wellness Court Presentation 12:30 – Language Class	21) <b>10:30 am - Birthday Bingo</b> 	22) <b>Center Closed</b> No meals served or delivered 
25) 10 am – Open Crafts 1pm - Errand Day 	26) 10 am – Fall Wreathes 12:30 pm – Century Theatres 	27) 10 am – Fall Wreathes 11:30 am - Blood Pressure Checks 12:30 – Language Class 	29) 10 am – Fall Wreathes 	30) 10 am – Fall Wreathes 

**Reno-Sparks Indian Colony  
Senior Program – Menu**  
34 Reservation Road  
Reno, Nevada 89502  
Phone: 775-329-9929



Monday	Tuesday	Wednesday	Thursday	Friday
*Vitamin C -Daily + Vitamin A - 3x Week	1% Milk - Served Daily			1) Sack lunch delivered August 31, Thursday.
4) <b>Holiday Labor Day Center Closed No Lunch delivered or served</b>	5) Tilapia Rice Pilaf Carrot and Broccoli+* Pears* Milk 	6) Turkey Hot Dog Roasted Sweet Potatoes+ Watermelon* Milk 	7) Meatloaf w Ground Turkey Mashed Potatoes Broccoli and Cauliflower Mix* Mandarin Oranges* Milk	8) Turkey and Cheese Sandwich on Whole Wheat Lettuce and Tomato + Baked Lays Fruited Jell-O* Milk
11) Beef Stroganoff Egg Noodles Green Beans and Carrots+ Peaches* Milk 	12) Minestrone Soup+* Egg Salad Sandwich Lettuce and Tomato+ Orange* Milk 	13) Italian Sausage with Spinach and Cherry Tomato+* Angel Hair Pasta French Bread Pears* Milk	14) BBQ Pulled Pork Sandwich Coleslaw+* Cantaloupe* Milk 	15) Taco Salad w/ Ground Turkey Lettuce and Tomato + Refried Beans Apricots* Milk 
18) Turkey Goulash Penne Pasta Mixed Veggies+ Tropical Fruit* Milk 	19) Commodity Distribution Chicken Salad Sandwich Lettuce and Tomato + Baked Chips Plum* Milk	20) Beef Stew+* Pan bread Spring Mix Salad+* Fruit Cocktail* Milk 	21) Birthday Bingo Brunch 10 a.m. Biscuit & Gravy Boiled Egg Tomato & Cucumber Salad Fresh kiwi* Milk 	22) <b>Holiday National Native American Day Center Closed No Lunch delivered or served</b>
25) Pork Stir Fry Bell Peppers* Carrots+ Pineapple* Fortune Cookie ..... 	26) Turkey a La King Peas and Carrots+ Fruit Cocktail* Milk 	27) Sloppy Joes Sweet Potato Fries+ Mixed Berries* Milk 	28) Chicken Noodle Soup With Carrots+ Spring Mix Salad+* Crackers Melon Mix* Mi	29) Brunch Spinach and Egg Scramble Bagel Tomato Wedges+ Banana

**Serving Times:**

Mon – Thurs 10:30 am – 12:45 pm

Brunch 10 am – 12:45 pm

Remember to call before 10 am to cancel  
your delivery.

Menu is subject to change without notice.



Please tie up your doggies, for the  
safety of our delivery crew. Thanks.



# Legal Notices, Public Announcements

*RSIC Enrolled Members: Christmas distribution important dates, information*

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## RSIC ENROLLMENT DEPARTMENT

34 Reservation Road; Reno, NV

775-786-3363

### NAME AND ADDRESS CHANGES

All changes must be made in writing to the RSIC Enrollment Department no later than October 15, 2017.

### MINORS & ADULTS UNDER THE CARE or GUARDIANS / CAREGIVERS

(includes: RSIC Human Services, Tribal Court, Child Care Protective Services, Foster Care, or under the care of a guardian, etc.) The representative must provide proper documentation and must be submitted to the Enrollment Department no later than October 15, 2017.

Please, parents who have joint custody, come to an agreement on who gets the check for their minor children. Please provide a signed and *notarized* agreement to the Enrollment Department no later than October 15, 2017. Otherwise, the check will be made out to the member parent of the minor child / children.

### OUT OF STATE OR INCARCERATED MEMBERS

For those members that request to have their checks mailed, the member *must* send a signed *notarized* letter to the Enrollment Department, no later than October 15, 2017. Incarcerated members *must* submit a signed authorized letter postmarked from the correctional facility stating the full name and address of the person to pick up their check by October 15, 2017. *No money orders will be sent or issued.*

### PICKING UP CHECK BY ANOTHER PERSON

The member must submit a signed *notarized* letter authorizing a certain individual to pick up their check must include the full name and address of person picking up check. The letter *must* be submitted no later than, October 15, 2017.

### COMPLETE W-9

Due to the distribution amount all *new* enrolled members will need to complete a W-9 form, including minors prior to October 15, 2017. No checks will be issued if W-9's are not submitted

### OUTSTANDING WARRANTS

If a member has a outstanding warrant or is otherwise wanted by law enforcement, the check shall not be distributed to that member and if another person picks up that member's check, that person will be in violation of RSIC Law & Order Code, Section 4-9116, which provides the following: (a) a person knowing another person is a fugitive, commits the offense of obstruction of justice by intentionally: Providing a fugitive with money, transportation, a weapon, disguise, or other means of avoiding discovery or apprehension. Obstruction of Justice is a Class C Offense.



# Legal Notices, Public Announcements

*Tribal committee openings, guidance for reporting illegal activity*

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## See It, Say It

In accordance with the Nevada Native Nations Land Act, the Reno-Sparks Indian Colony Tribal Council, along with Tribal Police and Hungry Valley Fire departments wish to remind all community members that the RSIC now has jurisdiction of 15,354 acres in the Valley.

If you see or hear illegal activities—shooting, dumping, alcohol use, or off-road vehicle activity outside designated routes and areas, please call the tribal police at 323-2677 or 240-9775.

A community where people intervene for the good of others is a safer community.

### 9-1-1 Tips for Mobile Phone Users

- Provide your 10-digit phone number, so the operator can call you back.
- Give your precise location or the location of the emergency.
- Describe the emergency clearly.
- Stay on the line until the operator tells you to hang up.

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## RSIC Tribal Elections

...will be held November 4th, 2017.

To receive election information, please update any name changes and / or address changes with the

RSIC Enrollment Office,  
34 Reservation Rd.; Reno, NV 89502  
(775) 786-3363

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## Spaghetti Bowl · I-80 · I-580/395 Reconfiguration Public Meeting

September 18 · 5 p.m.

Multipurpose Room

34 Reservation Road · Reno, NV 89502

All Reno-Sparks Indian Colony Tribal members, residents, employees and community members are invited to attend a public meeting to review three options by the Nevada Department of Transportation (NDOT), regarding the future construction of this very important, nearby interchange.

For more information, please call RSIC Planner Scott Carey at: 775-785-1363 x 5406.

## Recruitment for Executive Health Board

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

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

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

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

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

## The Executive Health Board

c/o Reno-Sparks Tribal Health Center  
34 Reservation Road  
Reno, NV 89502

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## Recruitment for Housing Advisory Board

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

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

## Tom Dressler

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

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**www.rsic.org**

# **Hungry Valley Handgames**

**SEPTEMBER 1, 2, 3, 2017 HUNGRY VALLEY, NV**

**FRIDAY 09.01.17**  
**2-MAN TOURNAMENT**  
**\$20 PER PERSON**  
**\$500 ADDED**  
**REGISTRATION AT 6-7:30**



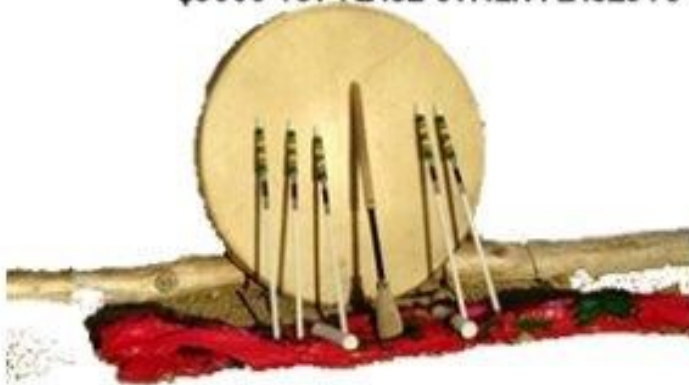
**SATURDAY 09.02.17**

**KIDS GAME GIRLS VS BOYS 12 PM**

**COME AND SUPPORT OUR NEXT GENERATION OF PLAYERS! PRIZES FOR KIDS**

**MAIN TOURNAMENT**

**REGISTRATION 11-1ish. TRUE DOUBLE ELIMINATION. 2-5 PLAYERS. \$150 PER TEAM.**  
**\$5000 1ST PLACE-OTHER PLACES TO BE DETERMINED. 10 STICK RULES.**



**SUNDAY 09.03.17**  
**3-MAN TOURNAMENT**  
**\$20 PER PERSON**  
**\$500 ADDED**  
**REGISTRATION 12 PM**

**OPEN GAMES ALL WEEKEND**

**THIS IS AN ALCOHOL AND DRUG FREE EVENT.**  
**DRY CAMPING AVAILABLE. BRING YOUR CHAIRS.**  
**IT IS HOT DURING THE DAY AND COLD AT NIGHT.**  
**CONTACT WIN @ 775.221.5620 FOR INFO**







## RSIC Native American Day Celebration 2017

Wednesday September 20, - Friday, September 22, 2017

Wednesday, September 20, 2017

Family Hand Drum Making

34 Multipurpose Room

6:00 pm - 8:00 pm

*1 drum per family, youth encouraged! Call Language & Culture to reserve a spot. 775-785-1321*



Thursday, September 21, 2017

Youth Hand Drumming Contest

34 Multipurpose room

6:00 pm - 8:00 pm

*Prizes for 1st, 2nd & 3rd*



Friday, September 22, 2017 - Native American Day

- Native Pride March & Stew Feed
- Puppet Show, Language & Culture SYEP
- Eagle Wings, Pow Wow Club Performances
- Supaman Performance

Reno Gym & Anderson Park

4:00 pm - 8:00 pm

**2017 Native Day Shirts**

**Raffle Prizes**



Supaman; Native American Hip Hop Artist  
Apsáalooke tribe from Seattle, WA

Collaborating programs: RSIC TC, Language & Culture, Education, THPO/Cultural Resources, Behavioral Health, Planning, Archives & Records, Wellness Court, Public Relations, Environmental, Library, UNR Diversity Center, 3 Nations Wellness,

For any further information contact the Language & Culture Office at 775-785-1321  
or Email [sburns@rsic.org](mailto:sburns@rsic.org)

*Continued from page 6*

ages 50 and over (14 percent), followed by Oklahoma, New Mexico, South Dakota, and Montana. California has the most AI/ANs ages 50 and over (nearly 172,000), followed by Oklahoma, Texas, Arizona and New Mexico.

Of course, the federal government has a trust responsibility to AI/ANs that includes a legal obligation to protect treaty rights, lands, assets, and resources, plus a duty to carry out the mandates of federal law to AI/ AN people, and our

elders are at the core of our communities.

However, these same elders comprise the most economically disadvantaged group in the nation and are at increasing risk of financial exploitation and neglect.

To combat this crisis, the National Indian Council on Aging (NICOA) was established in 1976 by Tribal Leaders to advocate for improved comprehensive health, social services and economic wellbeing for our elders.

"In our culture, we hold our elders in the highest regard,"

said Brendan Able, the RSIC Senior Center Activities Coordinator. "Typically, our youth have the energy while the elders exercise their wisdom, which guides us all."

Able said that an elder—man or woman—is not elected or appointed, but always is widely recognized and highly respected for their wisdom and spiritual leadership.

"Our elders often are known for being the kind of people who have paid attention and gaining knowledge and wisdom from life," Abel said. "Certainly, we feel that on Senior Fun Day."



**Graduate Experts** — In collaboration with the Hungry Valley Recreation Department, several young residents of the community successfully completed the DARE program or Drug Abuse Resistance Education which seeks to prevent use of controlled drugs, membership in gangs, and violent behavior. Taught by Reno-Sparks Indian Colony Tribal Police Officer Angelo Haffalla, the program is in its 6th year at the RSIC. To successfully graduate, students are taught a fast-tracked 10-week program. Pictured above are: back row, left to right: Rodney Yahola, Kolin Wadsworth, Jacob Stump, Emergency Management Coordinator Dave Hunkup, Recreation Assistant Jacob Bill, Chairman Arlan D. Melen-dez, Irene Skenandore, Maaliyah Shaw, Teanna Shaw, Leighla Jim, Cecelia Shaw, Marissah Benjamin, Warren Christy, Jack McNees, Tribal Police Chief Darryl Bill, Tribal Administrator Edward Reina, and Hungry Valley Recreation Supervisor Joana Hicks. Middle row, left to right: Tribal Councilmember Robin Eagle, Aron Quartz, Oscar Ordonez, Josh Shaw, Floyd Shaw, Jayden Ordonez, Ember Aguilar, Atsa Esha Phoenix, Jordan Rivers, Adrian Garcia, Naeleen Ordonez, and DARE Officer Angelo Haffalla. Front row, left to right: Gabe Miller, Quentin Smartt, Hungry Valley Gym Supervisor Shane Bill, Cody Frank, Tatza Phoenix, Tuba Collins, Uriah Coffman, David Merrifield, Ian Dunn, Aiyana Collins, Nezbah Sanchez, and Camron Dunn.