



THE CAMP NEWS

VOLUME XVI ISSUE 10

December 2022

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Three Nations Cannabis-Verdi is Now Officially Open for Business



Three Nations Cannabis Verdi Grand Opening on November 12, 2022. Photo by Little Buck Harjo, RSIC PR Assistant

(Verdi, NV.) Three Nations Cannabis, owned by Reno-Sparks Indian Colony (RSIC), mega launched the drive-thru dispensary located in Verdi, NV with a Grand Opening celebration on Saturday, November 12th. They had a huge turnout at full capacity throughout the

grand opening day. Majority were locals, as well as loyal customers. Three Nations Cannabis is seeing steady growth daily.

The main attractions were give-aways, raffles, special offers, Daddy's Tacos & Big Blue Q

food trucks, Native American vendors, live radio broadcasts by the River 103.7 and SWAG 104.9, music, etc... Everyone who stopped by enjoyed the beautiful view & their experience.

Chairman Melendez did inter-

Continued on page 5

JOIN US IN-PERSON OR VIRTUAL  zoom

Tribal Council Meetings

GENERAL COUNCIL MEETING

WEDNESDAY, DECEMBER 14, 2022 | 6PM

ECONOMIC DEVELOPMENT MEETING

NO DECEMBER MEETING



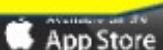
Reno Multipurpose Room

34 Reservation Road
Reno, NV 89502

*Public Comment Opportunity at General Council Meetings only. Next General Council Meeting, 12/14/22. If you have immediate concerns or would like to submit your public comment prior to General Council Meeting date, send email to comments@rsic.org.



DOWNLOAD THE ZOOM APP



For ZOOM Meeting ID/Password Information,
Contact Public Information Officer, Bethany Sam,
bsam@rsic.org or 775-842-2902

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 (RSIC) community. The newsletter is produced monthly out of the RSIC Public Relations Office, and duplicated and distributed by the 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 newsletter@rsic.org, bsam@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 Office, please contact us with your mailing address.

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

ELECTRONIC EDITION

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

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

November Important Dates

Important December Dates:

- 2-3 Friday & Saturday, Nevada's Christmas Sale & Indian Art Market, RSIC Gym, 10am-8pm both days.
- 7 Wednesday, 9am-4:30pm, RSTHC's Safe Native American Passenger Training in Hungry Valley.
- 9 Friday, RSIC Employee Holiday Party, Atlantis Hotel & Casino @ 6pm.
Application Deadline at 5pm or RSIC Human Services Program's "Christmas Toy Distribution". Info at 775-329-5071.
- 14 Wednesday, RSIC Tribal Council General Meeting, Reno Multi purpose Room @ 6pm.
- 15 Thursday, Judging for House Decorating Contest
- 16 Friday, Judging for House Decorating Contest
Friday, 4th Annual Christmas Craft Sale @ RSIC Reno Gym, 10am-6pm.
- 17 Saturday, 4th Annual Christmas Craft Sale @ RSIC Reno Gym, 10am-6pm.
- 19 Christmas Bingo Ho-Ho Hoedown Reno Gym at 6 pm
- 20 Tuesday, Commodity Day 8 Am—11:45
Tuesday, Northern Nevada Food Bank 2:30-3:30pm HV Gym Parking Lot
Tuesday, Community Christmas Dinner at Reno Gym, 6pm
- 23 Friday, RSIC Childcare Closed**
- 24 Saturday Christmas Eve
Saturday, Christmas Eve Church Service, 6pm at Colony Christian Fellowship
- 25 Sunday, Christmas Day! MERRY CHRISTMAS TO ALL!**
- 26 Monday, Winter Break Begins thru 1/8**
Monday, RSIC Child Care Closed
Monday, RSIC Admin Offices & RSTHC CLOSED
- 27 Tuesday, Recreation's Winter Day Camp Begins
- 31 Saturday, New Years Social Pow Wow @ RSIC Reno Gym, 6pm.**
1/2—RSIC Admin Offices & RSTHC CLOSED for New Years Holiday!

Please Note:

- RSIC's THPO/Cultural Resources Program's "Wounded Souls—Extracting From the Land and Our Spirits" Exhibit is open, Monday—Friday, 11am-6pm & Saturday's 11am-3pm. More Info: 775-785-1326.
- *Adult High School Equivalency Certificate Orientation & Pretests, January 3rd-5th. Info at 775-329-6114*

COVID-19 Stockpile: To request PPE, call Joanna Hicks at 775 560-0941

Find the most up-to-date info on RSIC's Facebook.

If you'd like to receive RAVE Alert text messages, call/text 775-842-2902 or bsam@rsic.org or bharjo@rsic.org

FOLLOW US AT:



www.rsic.org



Pesa Nagweseme No'ō
 Zanda Gwismish
 Di keshmish Angaw Huya
 Merry Christmas
From RSIC Language & Culture

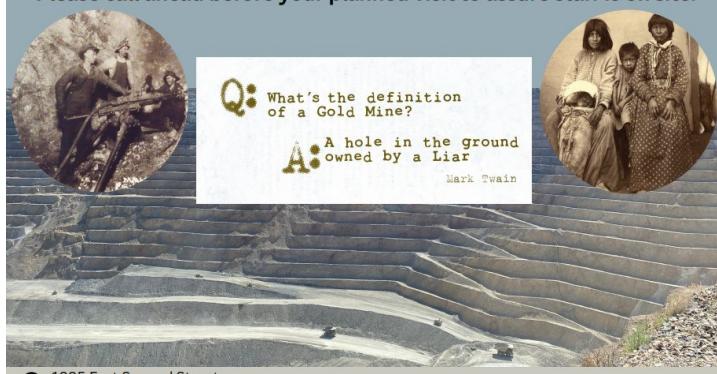
WOUNDED SOULS
 Extracting from the Land and Our Spirits
 An Exhibit on the Effects of Mining

November 8, 2022 - March 8, 2023

Presented by the Reno-Sparks Indian Colony
 Cultural Resources/THPO Program in collaboration with UNR's
 W. M. Keck Earth Science and Mineral Engineering Museum

The exhibit may be viewed:
 Monday-Friday: 11 a.m. to 6 p.m. and some Saturday's 11am - 3pm

Due to construction, pedestrian traffic and staff schedules, the door may be locked, so please ring the doorbell.
Please call ahead before your planned visit to assure staff is on site.



1995 East Second Street
 Reno, NV 89502

For more information please contact our office at (775) 785-1326



Reno-Sparks Indian Colony
 Recycling Program Update



There are two 6-yard recycling bins available for RSIC residents and RSIC departments. The recycling bin in Hungry Valley has been moved near the Head Start Entrance and is no longer located at the TLC building. Green Solutions Recycling picks up the materials once a week on Thursdays. Please remember to place your materials inside the container, not on the ground.

Reno Recycling Bin

The tan recycling bin is located in Anderson Park near the green garbage dumpsters.

Hungry Valley Recycling Bin (New Location)

The tan recycling bin is now located near the Head Start Entrance.



What is Recyclable Material?

Approved recyclable materials include:

- Cardboard Products
- Paper Products
- Metal Products
- Wood
- Plastic Products
- Glass Products

Food or Hazardous Materials must never be placed in the recycling bins, including food soiled paper such as paper plates, coffee filters, and paper milk cartons.

Questions? Please contact the Planning Department at 775-785-1363 or cstowell@rsic.org

Thank you for recycling!

Continued from page 1

views with KOLO 8 News, KTVN 2 News, Tahoe Cannabis Magazine, and KUNR Radio.

Three Nations Cannabis invites all adults, 21+ years, who are interested to experience a Native American owned cannabis store with a massive selection; including Native American cannabis products; a convenient drive-thru at each location (Verdi & S. Reno), plus guaranteed low prices by 10% of their competitors daily and discounts for each industry within the Reno area:

- Senior Sundays for 55+
- Cannabis Industry Mondays
- College Student/School Faculty Tuesdays
- Healthcare Workers
- Veterans Thursdays
- Loyal Customer Fridays - Show receipt from previous purchase within the week and receive a discount
- Casino Worker Saturdays

Three Nations Cannabis is literally a McDonalds in the cannabis industry, having drive-thrus at each location. You can pre-order for pickup at www.threenationscannabis.com for Verdi or South Reno locations. Products include flower, vapes, edibles, pre-rolls, extract, tincture, plus more.

Three Nations Cannabis Verdi is located at 420 Gold Ranch

Road (exit 2, off I-80 west), with hours of operation from 9am-7pm daily.

Three Nations Cannabis South Reno is located at 11570 South Virginia Street (near Mercedes Benz & Carmax).

Both locations are on RSIC tribal land, near the tribe's (RSIC's) long-established Tribal Smoke Shop businesses.

"We look forward to providing a safe & tasty client experience," Chairman Arlan Melendez stated. "Three Nations Cannabis enhances RSIC's economic diversification strategy that will create well-paying jobs for both tribal members and the general public. It also creates a traditional fair trading atmosphere with other Tribes and will



Lindsey Plascencia, Chairman Melendez, TNC Board Member, Kayleen Harjo; TNC Board Member, Michael Ondelacy; and James Thomas celebrate the Verdi Opening.

Photo by Little Buck Harjo, RSIC PR Assistant

help RSIC to invest resources into better elder care, education, health services, housing & in-



*Verdi Grand Opening Customer Line.
Photo by Little Buck Harjo, RSIC PR Assistant*

frastructure, language & culture, youth services; the opportunities are infinite."

RSIC follows cannabis regulations in compliance with the Cannabis Agreement between



TNC General Manager, Conor Ramsay, gets interviewed by RSIC PR Officer, Bethany Sam, for a Facebook LIVE. Photo by: Little Buck Harjo, RSIC PR Asst.

the State of Nevada and the Reno-Sparks Indian Colony signed on January 29, 2020. NRS 223.250 allows the Governor to enter into an agreement with any federally recognized Indian tribe located within the geographical boundaries of Nevada regarding Cannabis.

For more information & employment opportunities, call Conor Ramsay, TNC General Manager at 775-210-5674 or email cram-say@threenationscannabis.com

COMMODITY FOOD PROGRAM SCHEDULE

RENO SPARKS INDIAN COLONY



Administration Bldg.
34 Reservation Rd.
Reno, Nv.



RENO SPARKS INDIAN COLONY PICK-UP
DECEMBER 20, 2022 8 AM - 11:45 AM

Who is Eligible?
Households which (1) live on a reservation or live near the reservation and have at least 1 member who is a member or any recognized tribe which (2) meet the income resource eligibility guidelines can participate in the program. Eligibility is based on the income and resources of all members of the household.

How does a household apply for participation?
In order to apply, you must complete the Application Form, provide documentation regarding your household's income and resources, and be interviewed by a certification worker. If you are unable to complete the Application Form, you may obtain assistance from someone who knows you, or the certification worker will help you at the time of the interview.

What information must be presented during the interview?
When you come to your interview, it will be necessary to provide proof of income for all household members. For example, bring your pay stubs, and/or award letters for government benefits such as Supplemental Security Income (SSI) or Social Security so the certification worker can determine the total amount income for all household members received during the last 30 days. Statements for all household savings and checking account will also be required. Also information in school tuition grants, loans, and dependent childcare expenses must be verified. Recent utility bills will help verify your address. Having all of these items with you will speed up your household's eligibility determination.

PLEASE SEND AN AUTHORIZED REPRESENTATIVE WITH A NOTE IF YOU CANNOT MAKE THE DISTRIBUTION SITE.
Made with PosterMyWall.com **IF NOT WE WILL NOT GIVE YOUR ALLOWMENT OF COMMODITIES TO ANYONE.**

Reno-Sparks Indian Colony Child Care



WILL BE
CLOSED

FRIDAY DECEMBER 23

MONDAY DECEMBER 26



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Join Us to Learn All About

Continuous Glucose Monitors

at
CGM 101

with Stacy Briscoe - Dietitian, Diabetes Educator

&

Dr. Gayathri Natarajan - "DR. G"

WHO SHOULD HAVE ONE?

DO I NEED ONE?

HOW ARE THEY
DIFFERENT THAN A
REGULAR GLUCOSE
MONITOR?

HOW DO I GET ONE?

WHAT ARE THEY FOR?

Session #1:

Lunch & Learn

Tuesday 11/29 12-1pm
RSTHC Conference Room

SIGN Up REQUIRED w/Stacy x1945 or sbriscoe@rsicclinic.org

Session #2:

Tuesday Evening 11/29
5:30-6:30 RSTHC Conf. Room

Sponsored by the RSIC Diabetes Program

SAVE THE DATE

RENO SPARKS INDIAN COLONY
POW WOW COMMITTEE
PRESENTS

2023
NEW YEAR'S EVE
SOBRIETY SOCIAL POWWOW

@ RSIC GYM

SATURDAY, DECEMBER 31, 2022

DOORS WILL OPEN AT 5 PM
POWWOW HOURS: 6 PM - 1 AM
Sobriety Chip Giveaway, Gifts for Dancers & More
MINIMAL COVID PROTOCOLS
MASKS & HAND SANITIZER WILL BE AVAILABLE

Anita Talancon, 775-338-3723
General Info: Jason Stewart, 775-399-2177
Antoinette Thayer, 775-772-9003

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MERRY CHRISTMAS

2022 Christmas Gift Distribution Form

Date _____

Family Name (Parent/Guardian): _____

Address: _____ City _____ State _____ Zip _____

Phone Number (or email): _____ NUI RSIC Member

Household Size: _____ Adults: _____ Children: _____

Child's Name _____ Gender (F/M) _____ Age _____

Submitted By December 09, 2022 TO:
Meleseini Tuihalanginie at mtuihalanginie@rsic.org OR Marcia Wadsworth at mwadsworth@rsic.org OR to any Human Services Staff
Office Location: 405 Golden Lane, Reno, NV 89502.
Phone: (775) 329-5071 **Fax:** (775) 785-8758

Human Services Staff:	<input type="checkbox"/> Delivered	<input type="checkbox"/> Pick-Up
	Delivery Date: _____	Pick-Up Date: _____

EARN YOUR HIGH SCHOOL EQUIVALENCY CERTIFICATE

Orientation and Pretests

-JANUARY 3-JANUARY 5
-9:00AM-11:30AM
-RSIC EDUCATION BUILDING

Classes

-JANUARY 9 UNTIL COMPLETION
-MONDAY-THURSDAY 9:00-11:30
-RSIC EDUCATION BUILDING

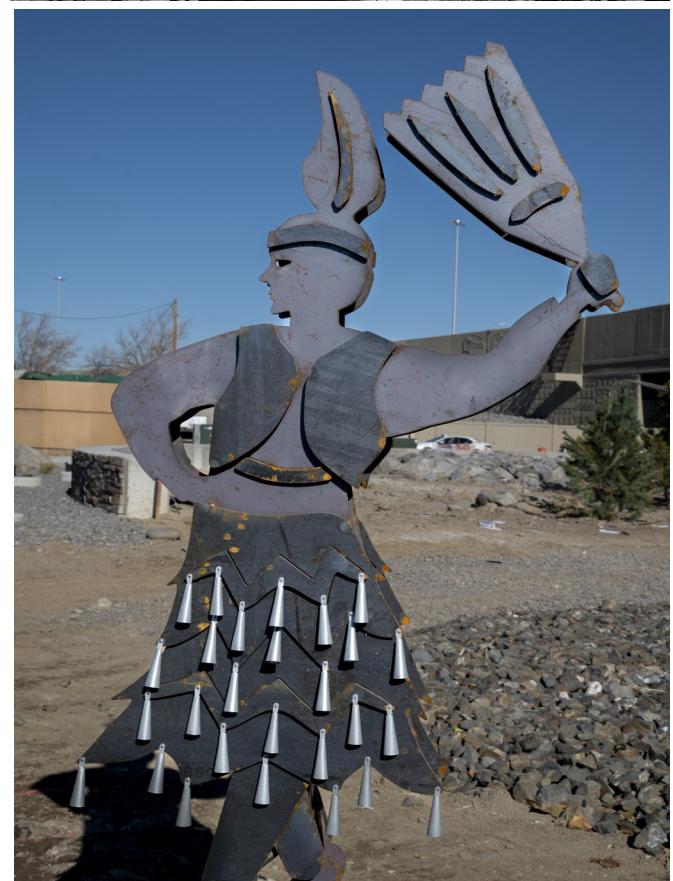
***\$100 Incentive upon completion and passing all portions of the test for RSIC tribal members and 477 clients

Reno-Sparks Indian Colony 477 Program and Northern Nevada Literacy Council

Gaylene Williams [\(775\) 329-6114](mailto:gwilliams@rsic.org)

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Preview of Native Cultural Elements installed by NDOT SBX Project in partnership with RSIC Cultural Resources Program Manager, Michon Eben. Preview at “Second Street Exit” off I-580 South.

RENO SPARKS TRIBAL HEALTH CENTER
COMMUNITY HEALTH RESOURCES



MEDICAL TRANSPORTATION & MEDICATION DELIVERIES



CHR is happy to announce that we are open for patient transport to your scheduled appointments.

Transport is limited to persons residing in Reno, Sparks, North Valleys, and Hungry Valley without other means of transportation.

To schedule a ride or medication delivery please call
(775) 329-5162
exts., 1921, 1926, 1940.

We request a minimum of 24 hrs notice but encourage you to schedule as soon as you can.

Recreation Winter Day Camp

Reno/HV Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 26 <i>No Day Camp</i>	Dec 27 <i>Reno/HV</i> Gym Day (Both Sites)	Dec 28 <i>Reno</i> Peppermill Arcade <i>HV</i> Coconut Bowl <i>Bus Depart</i> 12:30 PM (Both Sites)	Dec 29 <i>Reno/HV</i> Gym Day (Both Sites)	Dec 30 <i>Reno</i> Movies @ Imax <i>HV</i> Fly High <i>Bus Depart</i> 12:30 PM (Both Sites)
Jan 2 <i>No Day Camp</i>	Jan 3 <i>Reno/HV</i> Gym Day (Both Sites)	Jan 4 <i>Reno</i> Sledding – The Meadows <i>HV</i> Urban Air <i>Bus Depart</i> Reno – 10 AM HV – 12:30 PM	Jan 5 <i>Reno/HV</i> Gym Day (Both Sites)	Jan 6 <i>Reno</i> Chuck E. Cheese <i>HV</i> Movies @ Imax <i>Bus Depart</i> 12:30 PM (Both Sites)



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

DAY CAMP HOURS: Day camp starts at 12:00 and ends at 4:00. (Unless otherwise noted) **GYM DOORS WILL OPEN AT 9AM.**

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

Covid Restrictions Will Apply: Masks are optional and we ask if your child is ill, please have them stay home.

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

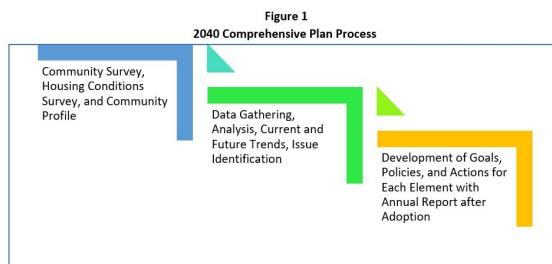
If you have any questions feel free to contact the Reno Gym @ 775-329-4930 after 9:00 AM.

PERMISSION SLIPS: Your child must have a **2022 permission slip** on file **BEFORE** attending the activities. If your child has not yet done so, please contact the Recreation Dept. ASAP.

2040 Comprehensive Plan Update

By Candace H. Stowell, AICP, Planning Director

The Planning Department began preparing a new Comprehensive Plan this summer to replace the Year 2000 Comprehensive Plan and Parcel Master Plans. The 2040 Comprehensive plan will include future land use designations as well as goals, policies, and actions to address existing and future community needs. Figure 1 depicts the different phases for this long-range policy document.



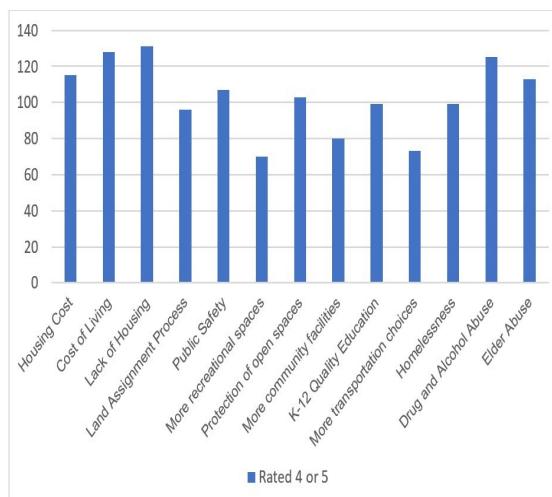
2022 Community Survey

The RSIC Planning Department carried out a Community Survey during the summer of 2022 to inform the development of the 2040 Comprehensive Plan. On October 27, the Planning Department and Commercial Property Management reviewed the results of the survey at a virtual community meeting.

The survey included 83 questions related to topics such as land use, housing, and community concerns and a total of 159 responses were received. Of the 159 responses, 123, or 77% of the respondents were enrolled members while 56, or 35% of the respondents, were RSIC employees. Survey participants could self-identify with more than one category.

The questions which generated the most comments from the survey respondents are depicted in Figure 2 below. The question related to a business incubator program generated the most interest with 83 comments submitted on this topic.

Figure 2
Survey Questions with Most Comments



More information about the existing Year 2000 Comprehensive Plan and the October 27 presentation on the Community Survey is available on the Planning Department HUB website. The link to the HUB is included on the Planning Department web page (<https://www.rsic.org/rsic-services/planning>). A Community Survey Report with more details on the survey results is being prepared for Tribal Council and the RSIC Community and will be available in December.

The Planning Department would like to express its appreciation to all community members who completed the survey. For more information or questions, please contact the Planning Department by phone at 775-785-1363 or by email at cstowell@rsic.org



The Community Survey included questions on future land use designations for RSIC parcels that are either vacant or may be redeveloped in the future. For the RSIC Sunshine Parcels, which are located north of Colony Road between Kietzke Lane and Interstate 580, residential land use was selected by 45% of the respondents. For the 6 acres site located adjacent to the Walmart Store, commercial land uses were favored by 53% of the survey respondents. Table 1 summarizes the future land use preferences for the different parcels with the highest percentages highlighted in the table.

Table 1
Future Land Use Preferences

Parcel	Residential	Community Facilities	Commercial	Cultural Center	Recreational	Industrial
Sunshine Parcels	45%	28%	27%	25%	17%	14%
6 Acre Site	17%	24%	53%	28%	16%	14%
Golden Lane & Prosperity Street	22%	57%	17%	❖	21%	8%
Smoke Shop II	26%	24%	58%	❖	9%	9%
Spanish Springs	34%	16%	54%	14%	22%	6%
Verdi Parcel	16%	8%	69%	❖	7%	23%

❖ Cultural Center was not included as an option for these parcels due to the parcel size

The Community Survey also included a list of community concerns and asked survey respondents to rate each concern on a scale of 1 to 5 with 5 indicating a “most critical” ranking. Figure 3 depicts the number of people who responded to each community issue with a ranking of 4 or 5. The lack of housing, cost of living, and drug and alcohol abuse generated the most responses from the survey respondents.

Figure 3
Rating of Community Concerns

RESULTS ARE IN!
View above pages for
2040 Comprehensive Plan
SURVEY RESULTS from
159 responses. 123 or 77%
of the respondents were
RSIC enrolled members;
while 56 or 35% of the re-
spondents were RSIC em-
ployees. Survey participants
could self-identify with more
than one category.

Kids and COVID-19 Vaccines: What Parents and Caregivers Need To Know

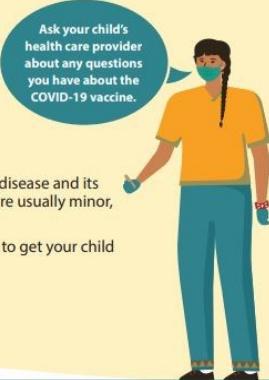
Children as young as 6 months of age can get a COVID vaccine.

Both COVID-19 mRNA vaccines are safe for children as young as 6 months of age. Children receive the same vaccine as adults, but the dose is smaller depending on their age.

Children are as likely as adults to be infected with COVID-19 and can spread the virus to others. Children can also get very sick and have short and long-term health complications from COVID.

Both vaccines are effective in reducing the risk of COVID disease and its possible long-term effects. Side effects from the vaccines are usually minor, including fever and soreness where the shot is given.

Contact your local health care provider, clinic or pharmacy to get your child vaccinated.



Vaccine	Ages	Number and timing of shots needed
Moderna	6 months and older	<ul style="list-style-type: none"> All ages receive 2 shots. The 2nd shot is given 4-8 weeks after the 1st. Booster shots are recommended for all people over 18 years old, 5 months after the initial doses.
Pfizer	6 months and older	<ul style="list-style-type: none"> Young children 6 months- 4 years receive 3 shots. The 2nd shot is given 3 weeks after the 1st, and the 3rd is given 8 weeks after the 2nd. People over 5 years old receive 2 shots. The 2nd shot is given about 3 weeks after the 1st. Booster shots are recommended for all people 5 years and older, 5 months after the initial doses.

Effective: July 12, 2022
Source: CDC, Johns Hopkins University



The 2022 Diabetes Shoe Program



"Healthy feet can hear the very heart of Holy Earth."
- Sitting Bull

Keep One Diabetes Checkup in RSTHC Medical in 2022 and receive your foot exam - and you are eligible for shoes through the RSTHC Diabetes Program!

Receive your voucher via a Nutrition visit with a RSTHC dietitian Schedule w/ Stacy 329-5162 x1945 or Kristie x1943

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

Sponsored by the RSIC Diabetes Program



LACROSSE CLINIC

WHAT: LAS VEGAS DESERT DOGS FREE COMMUNITY LACROSSE CLINIC
WHEN: SATURDAY, DECEMBER 3 // 9:30 AM - 10:30 AM
WHO: FREE TO MEMBERS OF THE INDIGENOUS COMMUNITY AGED 6-17
WHERE: LAS VEGAS SPORTS PARK // 1400 N RAMPART BLVD, LAS VEGAS, NV 89128

- NO EQUIPMENT REQUIRED
- AUTOGRAF SESSION WITH DESERT DOGS PLAYERS WILL FOLLOW THE CLINIC

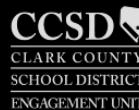
COMPLIMENTARY TICKETS

WHAT: LAS VEGAS DESERT DOGS OPENING NIGHT
WHEN: FRIDAY, DECEMBER 16 // 7:30 PM
WHERE: MICHELOB ULTRA ARENA AT MANDALAY BAY

- COMPLIMENTARY TICKETS ARE BEING PROVIDED TO ALL MEMBERS OF THE INDIGENOUS COMMUNITY THROUGHOUT LAS VEGAS AND THE STATE OF NEVADA.

RESERVE YOUR SEATS BY CONTACTING US

✉ ENGAGEMENT & EVENTS
📞 702-799-0303 OPT 5



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

WATER FITNESS!!
@ Alf Sorenson Community Center
1400 Baring Blvd, Sparks
Tribal Card required @ Class Check-In

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

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 for schedule and reg dates

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

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

Sponsored by the RSTHC Diabetes Program

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

QUESTIONS? Contact Wali at 329-5162 x1947 or Stacy x1945

*Jesus
is the reason
for the
Season.*



Safe Native American Passengers Training

When: December 07, 2022

Time: 9:00 AM—4:30 PM

Where: RSIC Education Conference Room In Hungry Valley, NV
(9055 Eagle Canyon Dr. Sparks, NV 89441)

Contact: Callie Sanchez (775) 329-5162 ext. 1927 or

Gina Featherstone ext. 1949

★ Light snacks/refreshments and Lunch will be provided

The Safe Native American Passengers (SNAP) training is a 1 day course that provides a basic introduction to child passenger safety in Indian Country. Students will gain practical experience through a variety of presentations and hands-on exercises related to vehicle seat belt systems, various types of car seats, and the misuse of car seats.

*SNAP does not offer certification and does not replace or serve as a substitute for the 32 hour National Standardized Child Passenger Safety Training Program technician course offered by Safe Kids Worldwide.



To register, visit www.ihs.gov/EHSCT, click on Classes and Registration, and then select Safe Native American Passengers from the list of classes. Follow the instructions on the website to complete registration.

ADMIT YOU'RE A SINNER.
AND
ASK HIS FORGIVENESS.
ROMANS 3:10,23; ALSO 5:8, 6:23

BELIEVE HE DIED
FOR YOU AND ROSE
AGAIN 3 DAYS LATER
JOHN 3:16; 14:6

CONFESS WITH YOUR
MOUTH THAT JESUS
IS LORD!
ROMANS 10:9-10

THE ABC'S OF SALVATION



RSIC RECREATION'S COUNTRY CHRISTMAS 2022

BINGO

Where:
Reno Gymnasium

When:
12/19/2022

Come in your Best Western look!
Dolly Parton &
Willie Nelson Look-alike Contest

Adults
18+
Children will be
not be admitted

Time:
6 PM



REFRESHMENTS WILL BE SERVED

This event is sponsored by the RSIC Recreation Program and is intended for the enjoyment of the RSIC enrolled members and residents. Please refrain from misuse or other intentions!

For more information contact the Reno Gym @ 775-329-4930

RENO SPARKS INDIAN COLONY
RECREATION COMMUNITY CHRISTMAS DINNER

TUESDAY DECEMBER 20, 2022 6 PM

RENO COLONY GYMNASIUM

OPEN TO ALL RSIC ENROLLED MEMBERS & RESIDENTS

PLEASE BRING YOUR FAVORITE CHRISTMAS DESERT TO SHARE RECREATION WILL PROVIDE DINNER AND DRINKS

CHRISTMAS HOUSE DECORATING CONTEST WINNERS WILL BE ANNOUNCED



ALL RSIC RECREATION EVENTS ARE FOR THE ENJOYMENT OF THE RSIC ENROLLED MEMBERS AND RESIDENTS.

FOR MORE INFORMATION PLEASE CALL 775 329-4930 OR 775 785-1360

Made with PosterMyWall.com





2022 RSIC COMMUNITY CHRISTMAS HOUSE DECORATING CONTEST

Enter your home with the RSIC Recreation Program
Must live in Hungry Valley or Reno

Reno Gym:
34 Reservation Road Reno, NV 89502
Phone: (775) 329-4930

Hungry Valley Gym:
9075 Eagle Canyon Drive, Sparks, NV 89441
Phone: (775) 785-1360

EACH COMMUNITY WINNER WILL RECEIVE

1st Place - \$500
2nd Place - \$400
3rd Place - \$300
4th Place - \$200
5th Place - \$100

HAPPY HOLIDAY

Judging will take place on Dec. 15 & 16
Winners will be announced at
Community Christmas Dinner Dec. 20, 2022

HOW TO Eat Healthier During the Holidays



Take a 10 minutes break before you go and get seconds. Your brain might need to catch up, you might want less food.

When filling up your plate don't skip out on the vegetables, even if they are just side dishes!

You can still eat your favorite holiday foods! Just eat smaller portions and savor it.

Start with a small plate of the foods you like best. Start with vegetables. Eat slowly. Avoid or limit alcohol.

Take 10 before a 2nd serving

Make room for veggies

Fit in your favorites

Be mindful at the buffet

Keep moving

With so much going on during the holidays, physical activity can be set aside. Being active can also reduce stress. Go get moving!

Get sleep

Try and get 7-8 hours a sleep a night, lack of sleep leads to mindless eating. These foods are usually high in fat and sugar.

Holiday proof parties

Eat close to your regular dinner time, so your blood sugar doesn't spike. Bring a healthy dish & don't skip meals.

Budget wisely

Don't eat everything at the party, be choosy. Pick out the food that you want to spend your calories on.

Sources: Harvard Health & the CDC



MyPlate Holiday makeover



visit choosemyplate.gov for healthier options during the holidays

tweak the sweets



VS



fruits make delicious desserts

cheers to good health



VS



drink water to manage calories

bake healthier



VS



use recipes with pureed fruits instead of butter or oil

brighten your meal



VS



fill half your plate with fruits and vegetables

spice it up



VS



use spices and herbs instead of sugar and salt

swap the grains



VS



choose whole wheat flour instead of white flour

skim the fat



VS



try skim evaporated milk instead of heavy cream

go easy on the gravy



VS



a little bit of gravy goes a long way



Thank You Veterans For Your Dedication & Service!!

The Reno-Sparks Indian Colony Veteran's Committee would like to thank all the Veterans & Volunteers for helping with the Veterans Day Parade, Dinner and Festivities! Special Thanks to RSIC Color Guard, RSIC Public Works, UNITY Youth Council, RSIC Powwow Club, RSIC Public Relations Dept., RSIC Senior Program, RSIC Police Dept., and RSIC Cultural Resources Program.

Photos by: Bethany Sam, RSIC Public Relations Officer





Merry Christmas & Happy New Year

TO YOU & YOUR FAMILY

RSIC WISHES YOU A SAFE, HEALTHY & HAPPY HOLIDAYS

RSIC Admin Offices &
Reno-Sparks Tribal Health Center
WILL BE
CLOSED

December 26th & January 2nd

In observance of the Holidays



Reno-Sparks Indian Colony
Senior Center Activities Calendar
34 Reservation Rd
Building F
2022
775-785-1349

Monday	Tuesday	Wednesday	Thursday	Friday
			1) Please call at least 24hrs in advance to receive materials for activities.	2)
5) 1:00 pm Senior Advisory Committee Meeting	6) Snow Man Wreath 	7) 12:30 pm Board & Brush 	8) Christmas Garland 	9)
12) Sign up for Movies 	13) Ring Light Decoration 	14)	15) 11:30 am Christmas Lunch & Bingo in 34 Multipurpose room	16)
19) 9:00 am Food Pantry 5:30 pm Flower Arranging Class Limited Space 	20) 8:00 am Commodities @34 Drive Thru Only No Deliveries	21)	22) 	23)
26) 	27)	28)	29) 	30)

12/19 – Flower Arranging Class at Sparks Florist warehouse. Sign up required. Transportation provided.
Activities are subject to change or cancel without notice.

Any activity requiring transportation must have 3 people minimum for transportation.

Sign up required to reserve space for Board & Brush Class on Dec 7th and for Flower Arranging Class on Dec 19th.



Reno-Sparks Indian Colony

Senior Center Lunch Menu

34 Reservation Rd

Building F

2022

775-785-1349

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sloppy Joe Sweet Potato Tots Applesauce	2 Multi Grain Pancakes Turkey Sausage Links Tomato & Cucumber Salad Banana 
5 Bagel Pizza Cesar Salad Tropical Fruit 	6 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Apple Slices	7 Steak Fajita with Onions & Peppers Whole Wheat Tortilla Spanish Rice Mangos 	8 Shrimp on Whole Wheat Pasta with Spinach and Tomatoes Grapes	9 Cream of Wheat Boiled Egg Baby Carrots Orange
12 Bison Gravy Whole Wheat Noodles Brussel Sprouts Honeydew	13 Grilled Steak Roasted Potatoes Spinach Berry Salad 	14 Green Chili Chicken Pozole Tostada Cabbage, Onion Cilantro Orange	15 <i>Birthday Bingo & Christmas Lunch</i> Roast Beef Mashed Potatoes Green Beans Whole Wheat Roll Pear	16 Breakfast Burrito Bacon, Egg, Cheese Cucumber & Tomato Salad Tropical Fruit 
19 Pork Chop Orzo Pasta Salad with Cucumbers, Peppers, Cheese, and Olives Applesauce	20 Beef Vegetable Stew Green Salad Whole Wheat Roll Mandarin Oranges	21 Meatball Spaghetti On Whole Wheat Pasta Green Beans French Bread Pears 	22 Chicken Enchilada Rice & Beans Sack Lunch for Friday: Cold Cereal Boiled Egg Celery & Peanut Butter Cup Banana	23 No Lunches Served or Delivered
26 Center Closed Christmas Observed 	27 Teriyaki Chicken Breast Fried Rice with Peas and Carrots Peaches 	28 Bison Chili Burger on Whole Wheat Bun Asparagus Sweet Potato Tots Pineapple	29 Baked Ham Scalloped Potatoes Steamed Carrots Whole Wheat Roll Orange	30 Turkey Sausage Egg & Cheese Sandwich On Whole Wheat English Muffin Sweet Mini Peppers & Ranch Blueberries

Please tie up your dog(s) during delivery times 10 am- 1 pm. Staff will not enter yards with loose dogs.

COVID 19 Reminder- Your meal will be in a plastic bag and placed on your doorknob or driveway fence if you have loose dogs.

Please listen for staff to honk and knock then pick up your meal bag after they leave. Staff will return within 15-20 minutes. Meal bags that stay on the door or fence will be removed and a "missed you" note will be left. This ensures safe temperatures of food.



WE LOVE OUR ELDERS!

Thanksgiving Senior Bingo sponsored by RSIC Senior Program.
Photos by: Little Buck Harjo, RSIC Public Relations Assistant



**Attention all seniors. Open enrollment for Medicare is ending soon!
December 7th is the deadline to sign up for Medicare.**

You can go online to sign up for Medicare at www.medicare.gov.

You can call 1-800-633-4227 to speak with a live representative.



You can also call 1-877-385-2345 for assistance and questions you may have regarding Medicare plans, changes, drugs etc.





RENO-SPARKS INDIAN COLONY
Senior Program

SENIOR ANGEL TREE

It's that time of the year and we are starting early. If you would like to brighten a RSIC Senior's Christmas this year, come by the RSIC Senior Center November 21st – December 1st, and pick a tag from our Angel Tree. Shop for listed items and return unwrapped gifts with the tag to the RSIC Senior Center on December 5th or 6th between 7:30 am – 3:00 pm. *Gifts will be delivered to RSIC Seniors Dec 12th – 14th.*

RSIC Senior Program Clients who want to participate please contact Darlene or Ryan at 775-785-1349

Sponsored by the RSIC Senior Program

HAPPY HOLIDAYS

CONSTRUCTION IN PROGRESS



THE SEWER POND AND WATER TANK PROJECTS HAVE BEGUN. CONSTRUCTION EQUIPMENT WILL BE ACTIVE ON NORTH LOOP ROAD IN THE HUNGRY VALLEY COMMUNITY.

PLEASE SLOW DOWN AND WATCH FOR EQUIPMENT. EXPECT MINOR DELAYS IN THIS AREA IN THE NEXT SEVERAL WEEK.



What: Large construction equipment in use
When: November 2, 2022 – January 2023
Where: North Loop Road



Reno Sparks Tribal Health Center

Topics Include:
Drug Education
New drugs on the street
Signs. What to look for.

TUESDAY DECEMBER 13, 2022 12:10PM-12:50 PM LUNCH & LEARN DRUG TRENDS ON THE STREET

Sponsored BY:
RENO-SPARKS INDIAN COLONY
RSTHC Behavioral Health

RSVP Required :
Charla: 775-329-5162 Ex 1967

Made with PosterMyWall.com



DECEMBER 2022

M	T	W	T	F
•	•	•	1 Domestic Violence Group 4PM-5:30PM	2
5 DUI Group 3PM-4PM Youth Group 4PM-5:30PM	6 Anger Management Group 4PM-5:30PM	7 Substance Abuse Group 10AM-11:30AM	8 Domestic Violence Group 4PM-5:30PM	9
12 DUI Group 3PM-4PM Youth Group 4PM-5:30PM	13 Anger Management Group 4PM-5:30PM Lunch & Learn 12PM-1PM Street Drugs	14 Substance Abuse Group 10AM-11:30AM	15 Domestic Violence Group 4PM-5:30PM Family Paint Night 5:30PM	16
19 DUI Group 3PM-4PM Youth Group 4PM-5:30PM	20 Anger Management Group 4PM-5:30PM	21 Substance Abuse Group 10AM-11:30AM	22 Domestic Violence Group 4PM-5:30PM	23
Closed 26 Pesha Nagwesemeno'o Happy Christmas	27 Anger Management Group 4PM-5:30PM	28 Substance Abuse Group 10AM-11:30AM	29 Domestic Violence Group 4PM-5:30PM	30
Saturday				
31 New Years Eve Sobriety Powwow				

Winter
Tommo, N. Paiute
Domo, W. Shoshone
Galis, Washoe

Why is Thacker Pass / Peehee Mu’Huh So Important

Save the Date: Oral Arguments to be heard on January 5th at Reno Federal Building

By: Max Wilbert, Protect Thacker Pass; Michon Eben, RSIC THPO; & Bethany Sam, RSIC Public Relations

(RENO, NV) - In Spring of 2021, the Reno-Sparks Indian Colony became aware of a major open-pit lithium mine planned for Thacker Pass, located in what is now Northern Nevada and is traditional and un-ceded territory of the Northern Paiute and Western Shoshone people.

The planned Thacker Pass lithium mine was permitted without any consultation with native tribes. In fact, most regional tribes - including us - were not even aware of the planned mine until after the Final Environmental Impact Statement was released and the Record of Decision was signed on January 15th, 2021.

That is because of “fast-tracked” permitting process which directed the Bureau of Land Management to issue a permit for this project in less than a year, during the height of the COVID pandemic when reservations across Nevada were in a state of lockdown. In light of the public health emergency, both the Advisory Council on Historic Preservation and Nevada’s congressional delegation asked the BLM to pause consultation and public commenting during the pandemic, but BLM did not do so.



*Re-enactment photo of PeeHee Mu’Huh Massacre at Thacker Pass
Photo by: Little Buck Harjo, RSIC Public Relations Assistant.*

Why is Thacker Pass (Peehee Mu’huh) Important?

Thacker Pass, known as Peehee Mu’huh in our Paiute language, is a culturally, spiritually, and historically important place that is a monument to our past and present culture.

There are thousands of documented artifacts and cultural sites in Thacker Pass. Our ancestors used this pass as a travel route, obsidian collection area, and campsite for thousands of years. Paiute and Shoshone people have hunted deer and other wildlife, fished for Lahontan cutthroat trout, gathered food and medicinal plants, and practiced our spiritual ways here since time immemorial, and we continue to do so to the present

day. Sacred places like Peehee Mu’huh are our history and future. Our ancestors are buried in Thacker Pass and our young people visit this land to learn about the history of our people.

Thacker Pass is the site of two documented massacres — one well-documented in written history, and the other known from our oral tradition.

The former took place in the context of the Snake War, known as “The Deadliest Indian War in the West,” a war of genocide in which 60% of all Paiute people were killed. On September 12, 1865, Company E of the 1st Nevada Cavalry attacked a Paiute camp in Thacker Pass and slaughtered at least 31 and possibly 50 or more men, wom-

Continued on page 26



Recreation Afterschool
Thanksgiving Dinner in
Hungry Valley and Moccasin
making in Hungry Valley
with Daisy and Recreation.





CELEBRATING NATIVE AMERICAN HERITAGE MONTH



UNR College of Agriculture & Biotechnology honoring dinner. Honorees: Jill Moe, Bill Payne, Ralph Burns, Ignacio Montoya, Stacey Burns



Native Singing Class with Delina Trottier and guest drummer/singer Jamie Stump





CELEBRATING NATIVE AMERICAN HERITAGE MONTH



Moccasin Class with instructor Mary Burnette.



Eagle Wing's After Thanksgiving Craft Fair Fundraiser



Hand Game Class with instructor Winston Sam

Continued from page 22
en, children, and elders as they fled deeper into the pass.

The second massacre, which gave this area its Paiute name of Peehee Mu'huh ("Rotten Moon") was an inter-tribal conflict with a tribe from the west.

The Lawsuit

After learning about the planned mine and consulting with elders, cultural resource experts, and community members from our own tribe and others, the Reno-Sparks Tribal Council decided to file a lawsuit against the Federal Government for illegally permitting the Thacker Pass lithium mine and to protect a sacred and culturally significant site of our people.

Furthermore, the Reno-Sparks Indian Colony represents RSIC Enrolled Tribal Members who are descendants of the McDermitt Paiute & Shoshone Tribe or descendants of Paiute-Shoshone ancestors who prayed and lived in the area prior to colonization. RSIC also represents its employees and residents who are McDermitt Enrolled Tribal Members.

The lawsuit, filed on July 20th, 2021, alleges that the Federal Government and Bureau of Land Management failed to properly consult with tribes before permitting the mine in violation of the National Historic Preservation Act.

After uncovering additional

breaches of the law as a result of documents exposed in the lawsuit, our attorneys filed a Motion to Amend our lawsuit in November of 2021, but were blocked from doing so on the grounds that the case would soon be decided. However, over a year later, the case remains open.

Who Else is Opposing the Mine?

We have been joined in our lawsuit by the Burns Paiute Tribe. The Winnemucca Indian Colony attempted to join our lawsuit with a Motion to Intervene filed on February 11th, 2022, but was blocked by the judge on grounds that the case was too close to completion (nearly a year later, the case remains open).

The National Congress of American Indians and the Inter-

Summit Lake Paiute Tribe have strongly opposed the Thacker Pass mine in consultation with the BLM and other agencies.

Additional lawsuits have been filed by Ed Bartell, a local Orovada rancher who alleges the proposed mine violates the Endangered Species Act by harming Lahontan Cutthroat Trout, and would cause irreparable harm to springs, wet meadows, and water tables (Case No. 3:21-cv-00080-MMD-CLB) and by four environmental organizations: Basin and Range Watch, Great Basin Resource Watch, Wildlands Defense, and Western Watersheds Project (Case No. 3:21-cv-00103-MMD-CLB), who allege that BLM violated the National Environmental Policy Act, Federal Land Policy Management Act, and other laws.

An activist group called Protect Thacker Pass was instrumental in bringing attention to the Thacker Pass situation and organized a protection camp on-site for most of 2021. One of our attorneys, William J. Falk, esq. is a co-founder of Protect Thacker Pass.

A community group composed mostly of members from the Fort McDermitt Paiute-Shoshone Tribe, the People of Red Mountain (Atsa Koodakuh wyh Nuwu), has been involved in the fight since March of 2021.



Landscape Photo of PeeHee Mu'Huh

Tribal Council of Nevada have passed resolutions opposing the Thacker Pass lithium mine. Regional tribes including the Pyramid Lake Paiute Tribe and

SEASONS GREETINGS
2022
NEVADA'S CHRISTMAS SALE &
INDIAN ART MARKET

Reno/Sparks Indian Colony, Tribal Gym
34 Reservation Road Reno, NV 89502
(2 Blocks West of the Grand Sierra Resort Casino - info - (775) 379-5103 or 313-3787)

FRIDAY & SATURDAY \$100 vendor fee

DECEMBER 2nd & 3rd

10:00 AM to 8:00 PM Friday & Saturday

FREE ADMISSION

FREE DOOR PRIZE DRAWINGS
AUTHENTIC HAND-CRAFTED ITEMS & GIFTS
Buy direct from over 50 Local & Visiting All Indian Artists and Exhibitors



* 4th ANNUAL *

Christmas
Craft Fair
2022

December 16th & 17th, 2022

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

Over 50
local and
visiting vendors

For more information:
Ramona Darrough
775-842-1385

INDIAN TACOS WILL BE SOLD
BY RSIC UNITY YOUTH GROUP

FREE ADMISSION

Jamie Garcia is Now A Licensed Esthetician at Humble Bee Sugaring Studio

Hello! My name is Jaime Garcia. I grew up in Hungry Valley and worked as a medical assistant at RSTHC for 6 years! I recently became a licensed esthetician and I currently work at Humble Bee Sugaring Studio. I work out of a building called Sola Salons on Kietzke Lane. I offer hair removal with the ancient technique known as sugaring. I also shape, tint and wax brows. I also offer lash lifts. I absolutely love my job and enjoy what I do. If you are in need of my services or know of anyone, please come see me! If you have any questions, I'd be happy to answer them! Thank you and hope to see you all soon! - Jamie



Jaime Garcia
@walk.in.beauty444
Sugaring Specialist aka Worker Bee
(775) 442-6844
humblebeesugaring.com

Book with me



4875 Kietzke Lane
Reno, NV 89509

@humblebeereno

Christmas Eve Service 2022

at Colony Christian Fellowship



Colony Christian
Fellowship

Saturday Night, December 24th

Christmas Program



6:00pm



Songs, giftbags, a Christmas Message

and **Gifts** for all the Kids!



625 Golden Ln. Reno NV 89502 — Corner of Mill and Kietzke Ln.

Continued from page 26



Since this fight began, thousands of people have visited Thacker Pass to enjoy the beauty of the land, pay respects to the fallen, and contribute to the movement. Indigenous nations facing mining impacts in their territory such as the San Carlos Apache of Arizona and the Hualapai Tribe of Arizona have visited. In October 2022, the Reno-Sparks Indian Colony hosted the biannual Western Mining Action Network Conference and people from as far away as South Africa, Nunavut, Oklahoma, and beyond visited Thacker Pass and expressed their solidarity.

What Comes Next?

The Reno-Sparks Indian Colony is currently engaged in discussions with the BLM to uphold

and protect the rights of all Tribal Nations and to protect our sacred and culturally important sites. The Colony's goals are to protect the land and our cultural interests at Thacker Pass and to protect the rights of Native people everywhere.

And on January 5th, 2023 oral arguments will be heard at the Bruce R. Thompson Courthouse and Federal Building in the Thacker Pass Litigation Case in the U.S. District Court, District of Nevada. Let's demonstrate our solidarity to protect PeeHee Mu'Huh / Thacker Pass. Be on the look out for more event info.

YOU CAN'T MINE YOUR WAY OUT OF CLIMATE JUSTICE!

Take Action (Write letters to

BLM/newspaper and copy them to us)

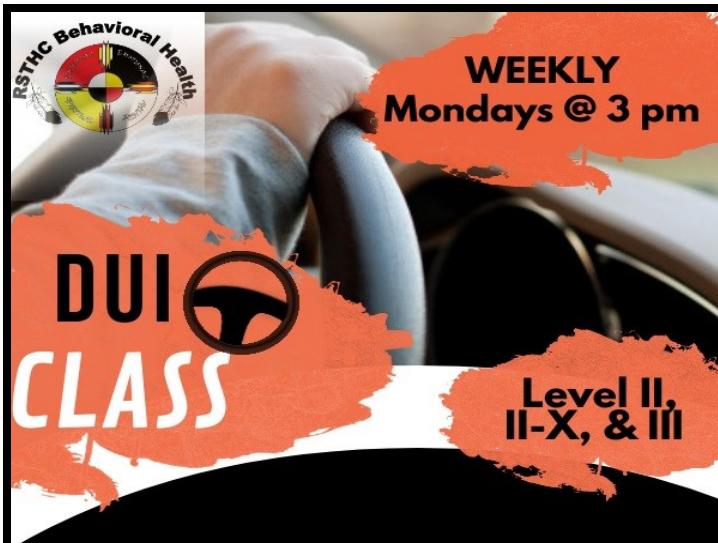
Learn More at
www.protectthackerpass.com

Media Contact: Bethany Sam,
Media Relations at
bsam@rsic.org or 775-842-2902.



Photos of PeeHee Mu'Huh / Thacker Pass Events throughout 2021 –2022.

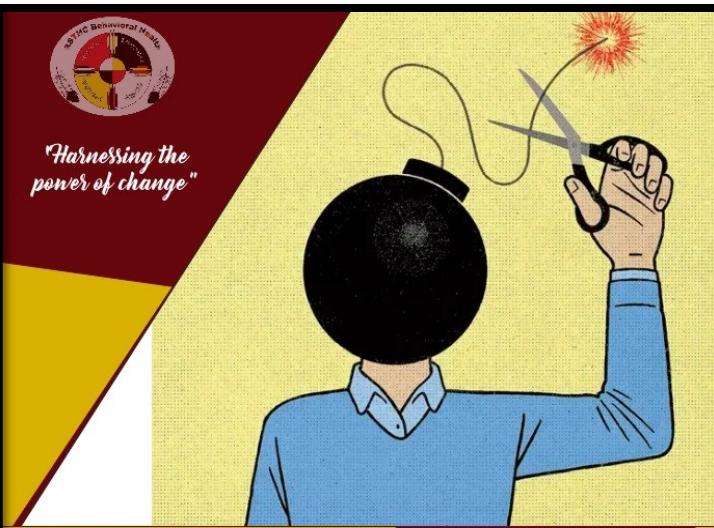
Photos by: Little Buck Harjo & Bethany Sam



- ✓ MAKE POSITIVE CHANGES TO YOUR HIGH-RISK DRIVING BEHAVIORS
- ✓ LEARN HOW ALCOHOL & OTHER DRUGS AFFECT DRIVING ABILITY
- ✓ EXAMINE YOUR SUBSTANCE ABUSE PATTERNS
- ✓ EXPLORE THE LINK BETWEEN THOUGHTS, FEELINGS & BEHAVIOR
- ✓ DEVELOPE A PLAN FOR CHANGING YOUR IMPAIRED DRIVING BEHAVIOR

**All in-person participants are required to wear a mask. Please call the following number to sign-up

(775) 334-0989
or
(775) 329-5162 EXT 2010



ANGER MANAGEMENT

TUESDAYS AT 4:00PM

MASKS ARE MANDATORY FOR ALL IN-PERSON CLASSES
Please Call to Sign Up
775-334-0989
OR
775-329-5162 extension 2010

THE BENEFITS

Knowing Your Triggers

Learn to identify what sets you off or worsens your anger

Communication Skills

Learn how to express feelings and needs assertively (not aggressively)

Respond Instead of React

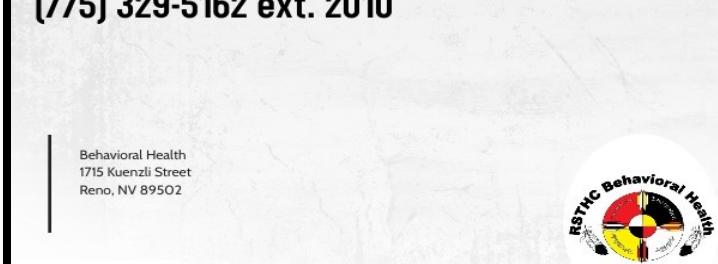
Calm yourself down

DOMESTIC VIOLENCE CLASSES

THURSDAYS
4:00-5:30 PM

MASKS ARE MANDATORY FOR ALL IN-PERSON CLASSES
PLEASE CALL TO SIGN-UP

(775) 334-0989
or
(775) 329-5162 ext. 2010



Behavioral Health
1715 Kuenzli Street
Reno, NV 89502



PATH TO A BETTER YOU



Substance Abuse Outpatient Group

- Psychoeducation to identify factors that compel problematic use and/or continued use.
- Skill development to learn how to enhance the skills necessary to break free of addictions.

When: Wednesdays
Time: 10am-11:30am

PROGRESSION NOT PERFECTION

If you would like more information or have questions please call (775) 329-5162 ext. 2014



Native American Heritage Day Celebration

Pinecrest Academy

November 18, 2022



We celebrate our Native Youth

The Native American Heritage Day Celebration collaboration with the Pinecrest Academy of Northern Nevada and the Reno-Sparks Indian Colony filled the Pinecrest gymnasium with good medicine, songs, and plenty of cultural education.

The Pinecrest admin staff consulted with the native student body, and asked them to close their eyes and envision what a day of native festivities and celebration would entail. The students replied with many cultural insights such as the smell of sage, the taste of frybread, songs, and dancing.

The Pinecrest native student body designed the whole day and made it extra special for their classmates. The Pinecrest administration staff reached out to the Reno-Sparks Indian Colony to help support their upcoming event. RSIC education staff was able to help identify a local food vendor, Nat's Tacos, to make over 900 pieces of frybread. The RSIC Language & Culture Program & Hungry Valley education also made a cultural sensory cart with high sensory cultural items and interactive QR codes. The RSIC dance groups, The Eagle Wings Pageant Dancers and the RSIC Pow Wow club exhibited traditional Great Basin dances and modern Pow Wow style dancing. The students were able to interact and join the dancing with a closing round dance of each session.

The day coincided with the announcement from the City of Sparks declaring November 14th Native American Heritage Day. Pinecrest students were able to witness the historic day.

Thank you to all the RSIC programs that helped make this vision possible for our native students. RSIC Tribal Council, RSIC Public Relations, RSIC Education, RSIC Language & Culture Program, Eagle Wings Pageant Dance Group and RSIC Pow Wow Club.

- Stacey Burns, RSIC Language & Culture Program Coordinator

"Such a wonderful event organized by students at Pinecrest.

So proud of our students for sharing their culture with others! It was a wonderful event - Julie Bryant, RSIC Education Manager



Native Student Planning Committee:
L-R Sean Wadsworth; Cassius Sampson, RSIC Tribal Council treasurer; Robin Eagle
Kyrus Sampson; Nakoe Cortez-Campbell-Moss
Not Pictured; Olivia Chasing Crow, Xavier Arrivallaga; Johnathon Arrivallaga



Proclamation

WHEREAS, four major Indigenous groups; the Northern Paiute, the Shoshone, the Southern Paiute, and the Washoe are the original caretakers of the land we now call Nevada; and

WHEREAS, despite systematic failures and challenges, these Indigenous groups are comprised of 27 federally recognized Tribal Nations, Bands, and Colonies, in addition to over 50,000 Urban Indians; and

WHEREAS, these diverse Indigenous groups contribute to the fine arts, business, sports, science, and cultural preservation throughout the City of Sparks; and

WHEREAS, the City of Sparks is strengthened by the resiliency of these Native American communities' historic contributions in areas such as volunteer military service, traditional ecological knowledge and stewardship, and language revitalization that the Numa, the Newe, the Nuwu and the Wa She Shu incorporate into their everyday existence; and

WHEREAS, the contributions of American Indians have enhanced the City of Sparks's and Nevada's freedom, prosperity, and dignity; and

WHEREAS, local leaders, educators, and clergy advocate to embrace the unique and ancient Native American culture into the continued growth, prosperity, and beautification of the City of Sparks, while recognizing and supporting the inherent sovereignty of these Tribal Nations; and

WHEREAS, in honor of Native American Heritage Month, community celebrations as well as numerous cultural, artistic, educational, and historical activities have been planned;

NOW, THEREFORE, I, ED LAWSON, Mayor of the City of Sparks, Nevada, do hereby proclaim November 2022 as:

"NATIVE AMERICAN HERITAGE MONTH"

IN WITNESS/WHEREOF, I have hereunto set my hand and caused the Seal of the City of Sparks, Nevada to be affixed this 14th day of November, 2022.


ED LAWSON, Mayor


ATTEST:

LISA HUNDERMAN, City Clerk



Native American Heritage Month Celebration at Pinecrest Academy of Northern Nevada

By: Crystal Garcia, KOLO 8 News Reporter

SPANISH SPRINGS, Nev. (KOLO) - November was Native American Heritage Month and on Friday, November 18, members of the [Reno-Sparks Indian Colony](#) hosted a celebration at [Pinecrest Academy](#) of Northern Nevada.

Students at Pinecrest got the opportunity to experience and learn about Native American traditions, including dance performances, traditional music and more.

“We’re the descendants of the original caretakers of all of North America, and we were not allowed to practice our culture or religion until 1978, and so knowing that celebrating today in 2022 is an honor,” said Bethany Sam, Spokesperson for RSIC.

“It’s a great experience, not just for our Native American students to share their culture and traditions, but certainly for our students who go to school alongside them to learn and to gain compassion, understanding, cultural awareness and just generally more insight into the traditions of the people who live here,” said Jami Austin, Principal at Pinecrest Academy.

Along with the celebration, the City of Sparks officially proclaimed the month of November and specifically November 18th as Native American Heritage Month. (See page 24 for City of Sparks Proclamation).

A huge thank you to City of Sparks, Pinecrest Academy Native American Students; Pinecrest Academy Student Recruitment Staff Member, Claudia Casteneda; Pinecrest Academy Principal, Jamie Austin; RSIC Eagle Wings Dance Group & Parents; RSIC Powwow Club & Parents; RSIC Education Staff; RSIC Public Relations Dept.; Gerald Bear; and RSIC Tribal Council for making this day so memorable for all 900 students and staff members from grades K-8th.



Left Photo: Chairman Arlan D. Melendez accepts City of Sparks “Native American Heritage Month” Proclamation on November 14, 2022.. Pictured with City Council Member Charelene Bybee. City of Sparks Mayor, Ed Lawson smiling in the background. Right Photo: Kariana John takes a photo with her Pinecrest Academy classmates. Photos by: Little Buck Harjo, RSIC PR Assistant. See next page for more photos.



Photos: Chairman Melendez accepts *Native American Heritage Month Proclamation* from City of Sparks on November 14, 2022 and Celebration at Pinecrest Academy of Northern Nevada on November 18, 2022.





Legal / Public Announcements

Recruitment for committee / boards

Resolution No. 2022-RS-172



RESOLUTION OF THE RENO-SPARKS TRIBAL COUNCIL

WHEREAS, the Reno-Sparks Indian Colony ("RSIC" or "Colony") is as a Federally recognized Indian Tribe organized under Section 16 of the Indian Reorganization Act of June 18, 1934; (48 Stat. 984, 24 U.S.C. 476) as amended, to provide certain rights of home rule and to be responsible for the general welfare of its membership; and

WHEREAS, the Reno-Sparks Tribal Council ("Council") is empowered under Article VI, Section 1 of the Tribal Constitution and By Laws to, among other matters, to enact legislation for the purpose of safeguarding and promoting the peace, safety, and general welfare of the members of the Colony; and

WHEREAS, the Colony wishes to protect the RSIC community from violence and criminal activity and has enacted laws and ordinances to further this objective; and

WHEREAS, the Colony enacted Exclusion Ordinance No. 52 to provide an administrative hearing process that ensures due process and authorizes the exclusion of RSIC members and unwanted outsiders from the Colony; and

WHEREAS, the Tribal Council has determined that it is in the best interest of the Colony to exclude RSIC Tribal Members who are involved in incidents that present a clear and present danger to the safety of the Colony and after following the due process mechanisms detailed in the Ordinance, including an administrative hearing on the record, have determined to take this action; and

NOW THEREFORE BE IT RESOLVED, that the Reno-Sparks Tribal Council hereby excludes RSIC Tribal Member Joel Christy from the Reno-Sparks Indian Colony for the period of three years effective as of the date of the enactment of this resolution; and

BE IT FURTHER RESOLVED, that any threats or acts of violence, vandalism or any other threats or intimidation from Mr. Christy or his extended family, friends or supporters to RSIC Tribal Council Members, RSIC staff or Colony Members will not be tolerated and may result in an extension of the duration of the exclusion and may subject Mr. Christy to disenrollment from the Tribe; and

BE IT FURTHER RESOLVED, that Mr. Christy is expected to abide by all federal, state and tribal laws and display traits and habits of being a good Tribal member and citizen that may be taken into account to shorten the length of the exclusion should the RSIC Tribal Council determine to do so; and

Resolution No. 2022-RS-172
November 16, 2022
Page 2

BE IT FURTHER RESOLVED, that Mr. Christy will be permitted to access the Reno-Sparks Tribal Center provided he first schedules an appointment and then notifies the Reno-Sparks Tribal Police and arranges a police escort for his medical appointment. This is a condition that may be revoked for good cause; and

BE IT FURTHER RESOLVED, that according to provisions of the Exclusion Ordinance any Indian, which includes Mr. Christy, his family, other Colony members and members of other Tribes, that knowingly violates an order of exclusion shall be deemed guilty of a Class C Offense and subject to an incarceration period not to exceed one year, and/or a fine up to \$5,000 and/or community service hours not to exceed 1,000 hours.

BE IT FURTHER RESOLVED, that the Reno-Sparks Tribal Council hereby authorizes the RSIC Tribal Chairman or his authorized designee to execute any and all required documents and take such further action as may be necessary to implement this Resolution.

CERTIFICATION

I, the undersigned Secretary of the Reno-Sparks Tribal Council, hereby certify that the Tribal Council, composed of nine (9) members, of whom five (5) constitutes a quorum, and of which eight (8) were present at a duly called meeting convened and held on the 16th day of November, 2022, and that the foregoing Resolution was duly adopted by a Roll Call vote of eight (8) for, zero (0) against, and zero (0) abstentions, pursuant to authority contained in the Constitution and Bylaws of the Reno-Sparks Indian Colony.


MARLENE YARROW, Secretary
Reno-Sparks Tribal Council

Resolution No. 2022-RS-173



RESOLUTION OF THE RENO-SPARKS TRIBAL COUNCIL

WHEREAS, the Reno-Sparks Indian Colony ("RSIC" or "Colony") is as a Federally recognized Indian Tribe organized under Section 16 of the Indian Reorganization Act of June 18, 1934; (48 Stat. 984, 24 U.S.C. 476) as amended, to provide certain rights of home rule and to be responsible for the general welfare of its membership; and

WHEREAS, the Reno-Sparks Tribal Council ("Council") is empowered under Article VI, Section 1 of the Tribal Constitution and By Laws to, among other matters, to enact legislation for the purpose of safeguarding and promoting the peace, safety, and general welfare of the members of the Colony; and

WHEREAS, the Colony wishes to protect the RSIC community from violence and criminal activity and has enacted laws and ordinances to further this objective; and

WHEREAS, the Colony enacted Exclusion Ordinance No. 52 to provide an administrative hearing process that ensures due process and authorizes the exclusion of RSIC members and unwanted outsiders from the Colony; and

WHEREAS, the Tribal Council has determined that it is in the best interest of the Colony to exclude RSIC Tribal Members who are involved in incidents that present a clear and present danger to the safety of the Colony and after following the due process mechanisms detailed in the Ordinance, including an administrative hearing on the record, have determined to take this action; and

NOW THEREFORE BE IT RESOLVED, that the Reno-Sparks Tribal Council hereby excludes RSIC Tribal Member Stefan Phoenix from the Reno-Sparks Indian Colony for the period of three years effective as of the date of the enactment of this resolution; and

BE IT FURTHER RESOLVED, that any threats or acts of violence, vandalism or any other threats or intimidation from Mr. Phoenix or his extended family, friends or supporters to RSIC Tribal Council Members, RSIC staff or Colony Members will not be tolerated and may result in an extension of the duration of the exclusion and may subject Mr. Phoenix to disenrollment from the Tribe; and

BE IT FURTHER RESOLVED, that Mr. Phoenix is expected to abide by all federal, state and tribal laws and display traits and habits of being a good Tribal member and citizen that may be taken into account to shorten the length of the exclusion should the RSIC Tribal Council determine to do so; and

Resolution No. 2022-RS-173
November 16, 2022
Page 2

BE IT FURTHER RESOLVED, that Mr. Phoenix will be permitted to access the Reno-Sparks Tribal Center provided he first schedules an appointment and then notifies the Reno-Sparks Tribal Police and arranges a police escort for his medical appointment. This is a condition that may be revoked for good cause; and

BE IT FURTHER RESOLVED, that according to provisions of the Exclusion Ordinance any Indian, which includes Mr. Phoenix, his family, other Colony members and members of other Tribes, that knowingly violates an order of exclusion shall be deemed guilty of a Class C Offense and subject to an incarceration period not to exceed one year, and/or a fine up to \$5,000 and/or community service hours not to exceed 1,000 hours.

BE IT FURTHER RESOLVED, that the Reno-Sparks Tribal Council hereby authorizes the RSIC Tribal Chairman or his authorized designee to execute any and all required documents and take such further action as may be necessary to implement this Resolution.

CERTIFICATION

I, the undersigned Secretary of the Reno-Sparks Tribal Council, hereby certify that the Tribal Council, composed of nine (9) members, of whom five (5) constitutes a quorum, and of which eight (8) were present at a duly called meeting convened and held on the 16th day of November, 2022, and that the foregoing Resolution was duly adopted by a Roll Call vote of eight (8) for, zero (0) against, and zero (0) abstentions, pursuant to authority contained in the Constitution and Bylaws of the Reno-Sparks Indian Colony.


MARLENE YARROW, Secretary
Reno-Sparks Tribal Council



FOOD BANK
OF NORTHERN NEVADA

**VISIT THE
FOOD BANK OF NORTHERN
NEVADA'S MOBILE HARVEST
IN HUNGRY VALLEY**

**12/20/22
2:30 - 3:30PM**

**NOTE THE NEW
DATE!
MH IS NOW ON THE
3RD TUESDAY OF
THE MONTH
FROM 2:30-3:30 PM**

**WHERE:
HV GYM PARKING LOT
LIMIT ONE DISTRIBUTION PER WEEK**

**DRIVE
THROUGH
UNTIL
FURTHER
NOTICE**

PLEASE NOTE:

- EACH FAMILY (NOT PERSON) RECEIVES ONE DISTRIBUTION
- CLIENTS MAY PICK UP FOR UP TO 3 FAMILIES NOT PRESENT
- VOLUNTEERS DISTRIBUTE BASED ON WHAT FBNN STAFF WRITES ON WINDSHIELDS

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COVID-19 Vaccines for Adults

COVID-19 is still around and there's no way to know how it will affect you. It's important to get vaccinated.

COVID-19 vaccines are safe and effective, and can prevent serious illness, hospitalization, and death from COVID-19. It is recommended that all eligible ages stay up to date on their COVID-19 vaccines, which includes getting booster doses when eligible. The vaccines are your best protection against COVID-19.

COVID-19 Vaccines are Safe & Effective

As of July 2022, over half a billion doses of COVID-19 vaccines have been safely administered to adults, children, pregnant persons, and people with underlying health conditions in the United States. We know the COVID-19 vaccines are safe and effective because they:

- Were developed using science that's been around for decades
- Meet standards for safety, effectiveness, and quality
- Are the most monitored in history

Common Side Effects



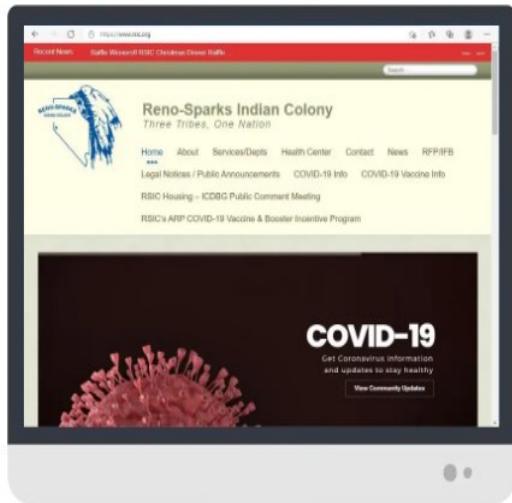
Pain at Injection Site Fever / Headache Tiredness Chills Body aches Nausea / Dizziness

NOTE Severe side effects, such as blood clots, have been reported to occur and are taken extremely seriously by healthcare officials. Talk to your healthcare provider if you have questions.

To find a vaccine site near you:
Talk to your healthcare provider

Call 1-800-401-0946 Visit NVcovidFighter.org Text your Zip Code to 438829

Visit www.rsic.org
For More Info



You can also follow us:

@rsictribe

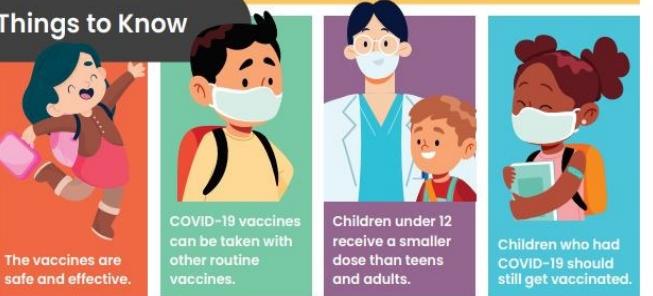
COVID-19 Vaccine for Kids



There is no way to know how COVID-19 will affect your child, even if they do not have underlying health conditions. Just like adults, children can get very sick and experience long-term complications from COVID-19. The vaccines help prevent your child from getting very sick or being hospitalized from COVID-19.

Getting your child vaccinated against COVID-19 can provide you with greater confidence for them to participate in childcare, school, and other activities.

Things to Know



The vaccines are safe and effective.

COVID-19 vaccines can be taken with other routine vaccines.

Children under 12 receive a smaller dose than teens and adults.

Children who had COVID-19 should still get vaccinated.

Common Side Effects



Pain at Injection Site Fever / Headache Tiredness Chills Body aches Nausea / Dizziness

Teen Group
13-17 year olds

Group is for those who:

- Feel "upset" or "bad" and don't know why
- Feel like you are on an emotional rollercoaster
- Seem to dwell on the negative
- Feel alone or misunderstood
- Tend to worry excessively or seem anxious
- Having trouble communicating with family, peers, teachers

**DBT Skills Group with
DR. LAURA NIELSEN**

Mondays
From 4:00 - 5:30PM
Behavioral Health
(775) 329-5162 ext. 2014

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Sponsored by SPT

FAMILY Holiday Paint Night

POTLUCK DINNER
BRING YOUR FAVORITE SIDE OR DESERT TO SHARE!

BEHAVIORAL HEALTH WILL PROVIDE THE MAIN DISH.

SIGN-UPS REQUIRED

THURSDAY DEC. 15TH @ 5:30 PM

Open to all RSIC enrolled members, RSIC community members, & RSTHC patients

775-329-5162 EXT 2009
vwilliams@rsicclinic.org

ENROLLMENT OFFICE

W9 UPDATES | ALL ENROLLED TRIBAL MEMBERS

Please make sure to update any address or name changes to our office for YOUR records. This is also for all Tribal Members who are minors.

Any Tribal Member turning 18 years old will need a new W9 in their name and signature for any education or monetary assistance.

← →

W9's are available in the Enrollment Office, Finance, or IRS.GOV

Phone: 775-785-1306 | Fax: 775-329-2781
 Jessica Castillo, Enrollment Officer | email: jcastillo@rsic.org
 or
 Josephine Astor, Enrollment Assistant | email: jastor@rsic.org

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NEW
YEAR'S
EVE

Minimal COVID-19 Protocols!
Please stay home if you're
COVID positive or have ANY
cold-like symptoms.

SOBRIETY SOCIAL POWWOW

WHEN: SATURDAY, DECEMBER 31, 2022
FREE ADMISSION

WHERE: RSIC RENO GYM
34 RESERVATION ROAD, RENO

HOST DRUM:
RED HOOP
DRESSLERVILLE, NV

HEAD STAFF:

Headman: Jack Williams
Headlady: Leilani O'Daye
Head Teen Boy: Colson Lewis-Wyatt
Head Teen Girl: Tziavi Melendez

***Sobriety Chip Giveaway, Gifts for
Dancers, RSTHC Presentations & More
COME & ROUND DANCE THE NEW YEAR IN!!!***



For More Information:

Anita Talancon 775-338-3723
Jason Stewart 775-399-2177
Antoinette Thayer 775-772-9003

2023

Wishing you and your family a healthy,
prosperous and happiest new year.

GRAND ENTRY @ 6pm
DOORS OPEN: 5PM-1AM

MC: Hank Johnson
ARENA DIRECTOR: Toby Stump

SPECIALS:

18+ Street Clothes Dance Special - Toby Stump
Men's Traditional Special - Jack Williams
Women's Jingle Special - Leilani O'Daye
Potato Dance Special - Colson Lewis-Wyatt
Men's Grass Dance Special - Ayden Sampson
Hat & Boot Special - Tziavi Melendez

