



THE CAMP NEWS

VOLUME XI ISSUE 2

February 29, 2016

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Healthy Me Program Graduate Proudly Shares Success

Reno-Sparks Tribal Health Center departments collaborate on pediatric prevention

They say word of mouth is the best form of advertising. Talk with 16-year-old Jayda Cloughly, and she will sell you on the value of the Reno-Sparks Tribal Health Center's Healthy Me Program.

Cloughly, a Paiute who attends Reno High, joined the Healthy Me Program in October and reduced her body fat by 5 percent.

"I love how the environment is and how every-single staff member is happy to have you and welcomes you as soon as you enter the door," Cloughly said. "...they push you hard, but once you are finished and start to see results you feel accomplished."

The Healthy Me Program is collaboration between the Reno-Sparks Tribal Health Center's medical department, the 3 Nations Wellness Center and the Diabetes Program. It has been designed for pediatric patients and their families.

Currently, there are 28 youth enrolled in the Healthy Me Program and nine have successfully graduated.

Participants, including family members, learn the value and

importance of proper nutrition and exercise. The program is incentive based, meaning that participants earn prizes throughout the 3-month-long sessions when he or she reaches various milestones.

For example, after earning 10 points, which requires 10 work out sessions or 10 one-on-one meetings with a licensed dietitian or a combination of the two activities, participants are given a specially designed, limited-edition t-shirt.

More work outs and more nutri-

tion sessions equals more points which means logoed backpacks and water bottles. Even the parents of participants are rewarded with a prize after their child successfully completes six weeks of the Healthy Me Program.

"Jayda has an awesome support system with her mom and dad," said Kristie Messerli, a RSTHC Registered Dietitian and Nutritionist who helped co-create the Healthy Me Program.

Another major component

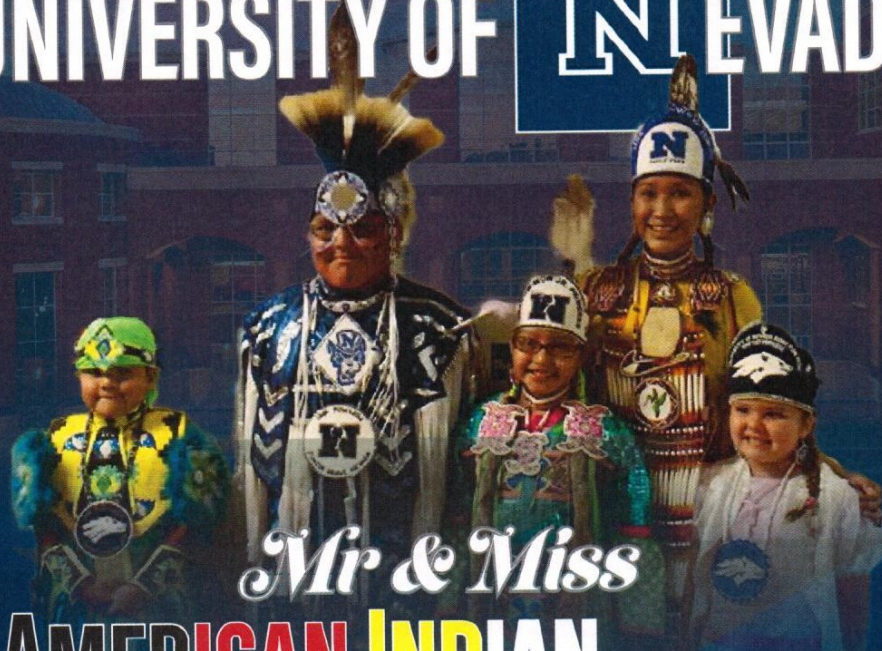
Continued on page 4



Sweating with a Smile — Jayda Cloughly, 16-years-old, recently graduated from the Reno-Sparks Tribal Health Center's Healthy Me Program. Cloughly, successfully completed the three month program to get fit and learn healthy nutrition facts. Cloughly reduced her body fat by 5 percent.

Photo provided by 3NWC

UNIVERSITY OF NEVADA



Mr & Miss **AMERICAN INDIAN** *Pageant* **2016-17**

CATEGORIES

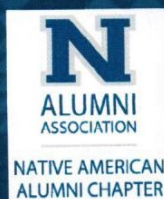
Brave & Princess ages 12-18
Junior Brave & Princess ages 6-11
Tiny Tot Brave & Princess ages 3-5

FOR APPLICATION/INFORMATION

Chelsea O'Daye 775-530-2504 or 2014missunr@gmail.com

REQUIREMENTS

- Submit initial application
- Participate in selling raffle tickets
- Provide one raffle item
- A talent is required for pageant
- Participate in the pageant on April 16th
- Submit an essay on education and your community



Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

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

CIRCULATION

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

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

ELECTRONIC EDITION

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

Important MARCH dates

- 1 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Newe (Shoshone) Language Class, Education Building, 6 p.m.
- 2 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Elder Fit Club Session II, RSIC Senior Center, 12:30-1 p.m.
Dr. Seuss' Birthday Party, RSIC Library, 4 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Law & Order Committee meeting, Tribal Court, 6 p.m.
- 3 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Numa (Paiute) Language Class, 34 Multipurpose Conference Room, 6 p.m.
- 7 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.
- 8 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Washoe County School District Trustees Meeting, Shaw Middle School, 4 p.m.
Jesse Hall Elementary Family Science Night, 5:30 p.m.
Newe (Shoshone) Language Class, Education Building, 6 p.m.
Hungry Valley Teen Boot Camp, Hungry Valley gym, 6:30 p.m.
- 9 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Paiute Language Lessons at After School Program, Education Buildings, 2:15 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
RSIC Constitution Revision Work Group, Hungry Valley Community Center, 6-8 p.m.
- 10 Deadline for *The Camp News*
Men's Health Fit Over 40 Q&A session, 3 Nations Wellness Center, noon
Numa (Paiute) Language Class, 34 Multipurpose Conference Room, 6 p.m.
- 11 Deadline for AMERIND Risk Safety Poster Contest, K-8, RSIC Housing, 5 p.m.
- 12 Law and Order Committee Public meeting on Probate and Wills Code,
34 Multipurpose Room, 10 a.m.
- 13 Daylight Saving Time, Move Clocks Ahead One Hour
- 15 Senior Water Fitness, Alf Sorenson, 9 a.m., (Transport through Senior Center)
Newe (Shoshone) Language Class, Education Building, 6 p.m.
- 16 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Paiute Language Lessons at After School Program, Education Buildings, 2:15 p.m.
Teen Book Club, Hungry Valley Community Center, lower level, 4 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Tribal Council Meeting, 34 Multipurpose Room, 6 p.m.
- 17 St. Patrick's Day
Senior Water Fitness, Alf Sorenson, 9 a.m., (Transport through Senior Center)
Men's Health Fit Under 40 Q&A sessions, 3 Nations Wellness Center, noon
Cooking Class sponsored by RSTHC Diabetes Program, 6 p.m. (sign up required)
Infinite Campus Night, RSIC Education Building, Computer Room, 6 p.m.
Numa (Paiute) Language Class, 34 Multipurpose Conference Room, 6 p.m.
- 18 Language & Culture Beading Circle, RSIC Library, 2:30-4:30 p.m.
Jesse Hall Elementary School Varsity Show
- 21 Washoe County School District Spring Break Starts
Executive Health Board meeting, RSTHC, 5:30 p.m.
- 22 Senior Water Fitness, Alf Sorenson, 9 a.m., (Transport through Senior Center)
Newe (Shoshone) Language Class, Education Building, 6 p.m.
- 23 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
- 24 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
Numa (Paiute) Language Class, 34 Multipurpose Conference Room, 6 p.m.
- 25 Good Friday, RSIC Administration Offices Noon Closure
Housing Recertification packets due, RSIC Housing Department
- 26 Hungry Valley Christian Fellowship, Kids' Celebration With Puppet Show
Pancake Breakfast with the Easter Bunny, 34 Reservation Road, 9-11 a.m.
Spring Reno Rock Concert, 34 Reservation Road, 11 a.m.
Egg Hunt, Anderson Park, 1 p.m.
- 27 Easter Sunday
Hungry Valley Christian Fellowship Sunrise and Communion Services,
Breakfast Potluck, 9:30 a.m.
Hungry Valley Christian Fellowship Resurrection Celebration and Egg Hunt,
10:30 a.m.
- 28 Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
- 29 Commodity Distribution, Senior Center
Newe (Shoshone) Language Class, Education Building, 6 p.m.
- 30 Seniors Numa (Paiute) Class, RSIC Senior Center, 12:30 p.m.
Washiw (Washoe) Language Class, Hungry Valley Rec Center, 5 p.m.
Economic Development Meeting, 34 Multipurpose Room, 6 p.m.
- 31 Senior Water Fitness, Alf Sorenson, 9 a.m. (Transport through Senior Center)
RSIC Staff Lunch and Learn, Library, noon
Talking Circle, RSTHC Behavioral Health Conference Room, 4 p.m.
Numa (Paiute) Language Class, 34 Multipurpose Conference Room, 6 p.m.

For the Senior Center Program see: www.rsic.org/senior-activities-and-menu/

of the program is a weekly boot camp in which the youngsters work with a master trainer and Healthy Me co-creator Rick Pearson in the 3 Nations Wellness Center.

The 45 minute work out every Thursday evening helps increase strength and agility.

Participants are encouraged to work out at least three times a week, including attending the somewhat structured, Healthy Me Bootcamp group class.

"My gym experience has been incredible," said Cloughly. "In the beginning I was hesitant in going, but now that I have been doing it for a while and got to know all of the staff, I love coming and working out."

In addition, Cloughly's parents, mom and dad, tried the Healthy Me Boot Camp class which the RSTHC staff really encourages.

"I will admit, I skipped a few days and wasn't really into it in the beginning but after I got used to it and made it a routine, I felt more and more ready to start every day," Cloughly said. "At home, I have even begun to watch my eating habits and I noticed when I worked out, I began to eat healthier and it has really made a good impact on diet and influenced what I put in my body."

Moreover, Cloughly said that with her need knowledge on nutrition, she still enjoys chips and desserts, but she eats less and watches her intake more than before the program.

During the nutrition sessions,

participants along with at least one parent, learn about portion control, the fundamentals of healthful eating, and the youth set personal fitness and food goals for themselves.

Last month, the U.S. Department of Health and Human Services awarded nearly \$2 million for

Special Diabetes Programs for Indians. The RSTHC was a recipient of some of that funding which will be used for more projects like the Healthy Me Program.

Last week, Stacy Briscoe, the RSTHC Diabetes Program Manager announced the reinstatement of water fitness, swimming lessons, and lap swim.

The Center for Disease Control and Prevention (CDC) says that nationwide, one of three children is overweight or obese, but throughout Indian County, the numbers are worse and that certainly is the situation at the RSIC.

At the tribal health center, 44 percent or 224 of its 511 youth patients (0-17-years), have been diagnosed as medically overweight or obese. Being overweight often leads to a myriad of health issues, most notably diabetes and heart disease, but for adolescents, poor body image can be devastating.



Healthy Me — Three Nations Wellness Center, the Diabetes Program and Medical staff collaborate to help youth and his/her families get physically fit and mentally strong with nutritional facts. Pictured above, left to right: Kristi Messerli, Rick Pearson, and Walita Querta. Also, another certified personal trainer, Tiffany Dean, helps with the program, too.

Photo provided by 3NWC

"This is an absolute crisis," said Stacy Briscoe, Diabetes Program Manager at the RSTHC. "These numbers are stunning."

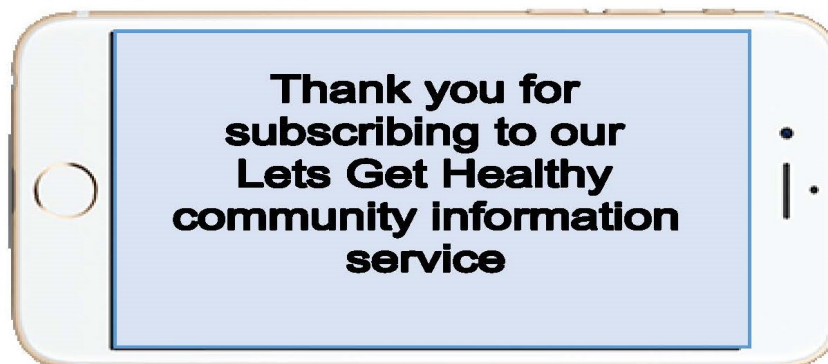
Unfortunately, in addition to the need for behavioral changes like healthy eating and exercise, diabetes is often passed on in Native Americans families because of genetics.

Indian Health Service experts project that among Native Americans, one out of every two children will develop diabetes.

However, at the RSIC, through efforts like the Healthy Me Program, focusing on a healthy diet and regular exercise, can prevent certain chronic diseases, including diabetes. While it can be an emotionally and physically difficult illness to live with and combat, severe diabetes often leads to nerve damage and even amputation, plus vision problems.

Continued on back cover

Text the words
"LetsGetHealthy"
to 48421 for nutrition,
exercise tips and upcoming
Three Nations Wellness Center's
Diabetes and Exercise Programs



For more information contact:
Kristie Messerli @ (775)329-5162 Ext. 1943
"Lets Get Healthy"

IMPORTANT

HOUSING NOTICE

2016 Recertification

Due March 25, 2016

DID YOU KNOW...

If you are in the RSIC Housing Low Rent, Mutual Help, or Lease Purchase programs you are required to provide Housing a completed Recertification EVERY YEAR.

AND DID YOU KNOW...

The Housing Department gets audited EVERY YEAR and the auditors look for that recertification.

If there are any missing documents, we get a bad report known as a FINDING.

NOW YOU KNOW

Packets are sent out from Housing as a courtesy. Not receiving a packet is not an acceptable reason to not turn one in. If you do not receive a packet, please call Housing and request one.

We can email, inter-office, fax, or mail one to you. You can also pick one up at Housing or the Administration Building.



Reno-Sparks Indian Colony
Housing Department
(775) 785-1300



Tribal Member Forgoes Retirement, Joins RSIC Staff

Former Peace Officer to serve as tribal administrator

For his entire professional life, Ira Coffey has been a public servant and phase two of his career will be more of the same. After 28-years in law enforcement, Coffey is still focused on helping people, but this time as the Reno-Sparks Indian Colony's Tribal Administrator.

"I decided to share my experience and training I gained working for the City of Reno and do my best for this community," Coffey recently shared at a tribal council meeting.

As the RSIC Tribal Administrator, Coffey is charged with providing oversight and direction of the daily operations of 14 tribal department leaders including: the Public Works Director, the Chief of Police, the Tribal Court Administrator, the Housing Director, the Education Manager, the Recreation Manager, the Funds Development Coordinator, the Seniors Program Manager, the Enrollment Officer, the Tribal Archivist, the Administration Office Manager, the TA Administrative Assistant, the Human Services Manager and the Information Technology Department.

RSIC Chairman Arlan D. Melendez said that Coffey's close ties to the Reno-Sparks Indian Colony will be an asset as he takes over this important management role.

"Since he grew up here, Ira has unique insight and that is a plus," Chairman Melendez said. "He understands the issues and how our programs can help our community whether it's social services assistance, health issues, or law enforcement and safety."

That unique insight, plus great motivation and passion to help his tribe has given Coffey extra motivation to tackle his new appointment with great zeal.

"I know that some of our programs are in need of help and some of our community members need help," Coffey



Coming Home — A decorated Peace Officer with 28-years of experience for the City of Reno, Ira Coffey has been appointed as the Colony's Tribal Administrator.

***"I decided to share
my experience...and
do my best for this
community ..."***

—Ira Coffey
RSIC Administrator

said. "I wish I could do more for the people right now, but some of this stuff has been going on for a long time."

Coffey's official start date with the RSIC was Jan. 25, even though he has been working part-time since the month of November.

"The transition was difficult because I have been working for the City of Reno," Coffey said. "If you can just be patient with the council and with me."

Coffey said he can not make any promises, as things are not going to happen overnight or even in a couple of weeks, but he has started evaluating some of the RSIC programs.

Coffey, who has been a life-long resident of the Colony, is very visible in the community.

"You will see me out and about checking the Colony and the programs," Coffey told the Council. "This is not an easy job, but I want to let everyone know that I will try to do my best."



Easter Celebration



Celebrate with us!

He is Risen!

with

Hungry Valley Christian Fellowship

Good Friday, March 25: Hungry Valley Prayer Walk - 3 PM

Saturday, March 26: Kids' Celebration w/ Puppet Show

Sunday, March 27: Sunrise & Communion Service;

Continental Breakfast Potluck - 9:30 AM;

Resurrection Celebration and Egg Hunt - 10:30 AM

For more information: Pastor Augustin Jorquez 425-5886



Visit and like "Hungry Valley Christian Fellowship on Facebook.



RSIC Athletes World Class Competitors

Sampsons, father & son, qualify for ultimate Ruby Mountain Relay Championship

Two members of the Reno-Sparks Indian Colony have qualified for the 2016 Relay World Championship (RWC).

Robert Sampson and his son Chandler are part of the Young Spirit all-Indian Relay Running Team.

"It is a great honor to run with such a good team of Native runners," Robert Sampson said.

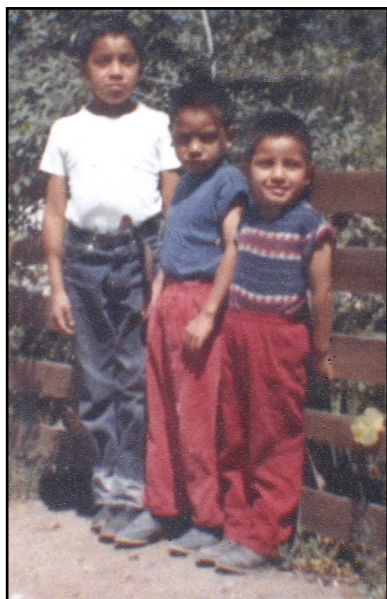
Most of the runners are from the Elko area.

The Young Spirit Running team won a division of the 2015 Ruby Mountain Relay race which was a qualifying competition for the world championship.



Young Spirit — Members of the 2016 Relay World Championship competition include Andy Fisk, Allan Fisk, Courtney Thomas, Antoinette Cavanaugh, Jill Temoke, Chandler Sampson, Robert Sampson, Lorena Torres, Delmar Kelly, Taylor Enos, Monica Paradise, Angie (last name unknown).
Photo above and below provided by Robert Sampson

Family Treasure — This photo was taken at 13 Reservation Road before the Nighthawk brothers: Alan, 8-years-old, Steven, 6-years-old, and Roger, 4-years-old, headed to Orvis Ring Elementary School.



The 2016 Relay World Championship is an independent, international, qualifying championship for the sport of long distance relay racing (LDR).

The best of the best 12-person or 6-person teams will compete to be the fastest LDR team in the world.

Conceptualized as a way to challenge relay teams that have had success at other relay events, the RWC brings the finest and fastest LDR teams together on an international stage.

Only relays in length of 100+ miles will be considered as a qualifying relay and all participating teams must consist of at least half of the original division winning team.

The 2016 RWC is capped at 50 teams and will be hosted by the Ruby Mountain Relay course in the spectacular Ruby Mountains located in north east Nevada on Aug. 19-20.



Game Face — Chandler and his father Robert Sampson will return to Ruby Valley in August.

Safeguard Your Home from the Invisible Killer

Reno-Sparks Indian Colony Environmental, Emergency Services ready to help

*Submitted by Bhie-Cie Ledesma, MPH
RSIC Environmental Department*

Carbon monoxide (CO) is the “invisible” killer.

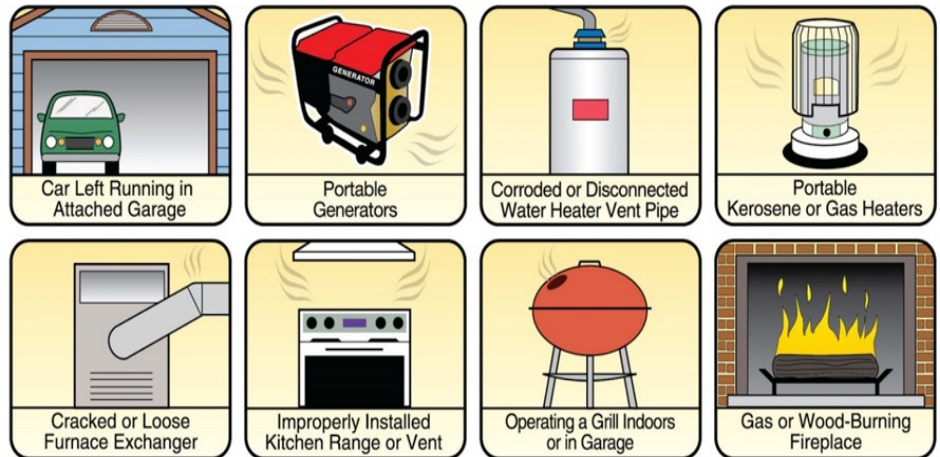
It is a colorless, tasteless and odorless gas produced by any home appliance or motor that burns fuel.

If any of these appliances are not in good working order, used improperly, or incorrectly installed, they can become a source of dangerous levels of carbon monoxide.

The Reno-Spark Indian Colony’s Emergency Services and Housing Department have collaborated for the safety of our community by providing carbon monoxide detectors in RSIC homes, duplexes, and apartments.

If you would like more information about carbon monoxide, how your detector works, where to locate it, and general indoor air quality questions, please call BC Ledesma, RSIC Environmental Specialist II, at 785-1363 or David Hunkup, Emergency Services Manager at 785-1373.

Sources of Carbon Monoxide



Protect Your Family — *Everyone is at risk for CO poisoning, but infants, elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized. Furthermore, have a mechanic check the exhaust system of your car or truck every year. A small leak in the exhaust system can lead to a build up of CO inside the car. Never run your car or truck inside a garage that is attached to a house even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside.*



Carbon Monoxide Poisoning Know The Symptoms



Big Air — *The Reno-Sparks Tribal Health Center sponsors several trips to the Lake Tahoe area for a day of snow skiing. The RSIC has several accomplished skiers including, from left to right: Bernadette Kaye, Daryl Wadsworth, Bucky Harjo and Ralph Simon. The final ski trip of the season is set for March 5 to the Mount Rose Ski Tahoe Resort. Photo provided by Bucky Harjo*



Help Stop Littering of Unwanted Phone Books

Liberate yourself with technology, opt out from directory deliveries

Today, many people pull out their smart phones, Google addresses and phone numbers. However, we still receive three phone books in our area every year.

They are great if you find them useful, but if not, it is best not to leave them out in the yard or let them piled up by the mailboxes.

Here are some ideas as to what you could do with them:

- ✦ Recycle them at the Salvation Army, 2300 Valley Rd., or at Waste Management, 1100 E. Commercial Row
- ✦ Use them as a make-shift booster seat for little ones
- ✦ Rip them in half to show people how strong you are
- ✦ Shred them for small animal (hamster/cat/rabbit) litter and bedding
- ✦ Wad pages up to clean windows and glass
- ✦ Wrap fragile items and gifts in it
- ✦ Use pages for fire starters

✦ Paper mache projects with the kids

✦ Hollow one out to hide small valuables in plain sight

However, prevention of an unwanted situation is always best.

These books have an impact on the environment in terms of tree consumption, water consumption, greenhouse gas emissions during delivery and space in landfills.

You can log on to <https://www.yellowpagesoptout.com/> or call 1-866-329-7118 to register to stop receiving phone books.

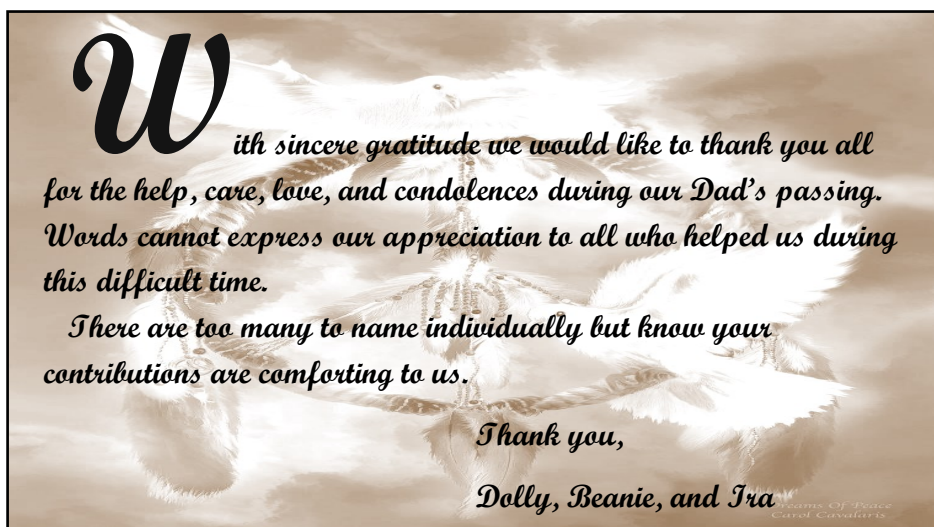
You will be asked to for your address and phone number, but that is just for confirmation, and the good news is your request will remain in effect until you opt back in to receive phone books.

For additional questions call Bhie-Cie Ledesma, Environmental Specialist II at (775) 785 -1363, ext. 5407.



Graphic Source:

<http://www.dailyinfographic.com/the-consequences-of-unwanted-phone-books>



WHAT WE KNOW



AND WHAT WE DON'T KNOW.



What we know



Zika can be spread from a mother to her fetus during pregnancy.



Infection during pregnancies may be linked to birth defects in babies.



Zika is spread mostly by the bite of an infected *Aedes* species mosquito.

These mosquitoes are aggressive daytime biters. They can also bite at night.



Zika is not currently found in the continental US. The mosquitoes that can carry Zika are found in some areas of the US.



Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue.



There is no vaccine or medicine for Zika.

What we don't know



If there's a safe time during your pregnancy to travel to an area with Zika



If you do travel and are bitten

- How likely you are to get Zika
- How likely it is that your baby will have birth defects from the infection



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information:
www.cdc.gov/zika

What is Zika Virus Disease?

Centers for Disease Control and Prevention shares dangers, prevention

Zika is a disease caused by the Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito.

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes).

The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

Zika is not a new virus. Outbreaks of Zika previously have been reported in tropical Africa, Southeast Asia, and the Pacific Islands.

Zika virus likely will continue to spread to new areas. In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. Since that time, local transmission has been reported in many other countries and territories.

About 1 in 5 people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected. Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito.

Zika is primarily transmitted through the bite of infected *Aedes* mosquitoes, the same mosquitoes that spread

Chikungunya and dengue.

These mosquitoes are aggressive daytime biters and they can also bite at night. Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. It can also be transmitted from a pregnant mother to her fetus during pregnancy or around the time of birth. Anyone who lives in or travels to an area where Zika virus is found and has not already been infected with Zika virus can get it from mosquito bites.

There is no vaccine to prevent Zika. The best way to prevent

diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Wear long-sleeved shirts and long pants, stay in places with air conditioning or that use window and door screens to keep mosquitoes outside. Use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions and reapply insect repellent as directed. If you are also using sunscreen, apply sunscreen before applying insect repellent.

If you have a baby or child, do not use insect repellent on babies younger than 2 months of age.

Continued on page 23



Major Carriers — Health officials from the Center For Disease Control and Prevention are alerting the public to the Zika virus which is spread to people primarily through the bite of an infected mosquito. For more information of the prevention and symptoms of the Zika virus, see graphic on page 12 or log onto: www.cdc.gov/zika.

File photo



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

March - 2016

Mission:

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

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

Language Classes:

Tuesdays

Newe (Shoshone):

Location: Education Building, 34D Reservation Road, Reno

Time: 6:00 p.m. – 8:00 p.m. **Instructor:** Florence Millet

Dates: 3/1, 3/8, 3/15, 3/22, 3/29

Wednesdays

Washiw (Washoe):

Location: Hungry Valley Gym (Lower Level) Hungry Valley

Time: 5:00 p.m. – 7:00 p.m. **Instructor:** Jamie Astor

Dates: 3/2, 3/9, 3/16, 3/23, 3/30

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno

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

Dates: 3/2, 3/9, 3/16, 3/23, 3/30

Thursdays

Numu (Paiute):

Location: Administration Bldg, 34 Reservation Conference Rm

Time: 6:00 p.m. – 8:00 p.m. **Instructor:** Ralph Burns

Dates: 3/3, 3/10, 3/17, 3/24, 3/31

Cultural Activity

March 18, 2016

Friday, 2:00 p.m. – 4:30 p.m.

RSIC Library

401 Golden Lane, Reno

Beading Circle – The Language & Culture Program will continue with last month's Beading Circle. Participants may bring their own current projects or continue working on the medallion from the previous month. (supplies will be provided)

Everyone is invited! Anyone interested in learning about the Great Basin language or way of life is welcome to attend.

Children must be accompanied by an adult. For more information, contact the Language & Culture Program,

Stacey Burns – sburns@rsic.org or 775-785-1321

Great Basin Native Artists

Next group exhibitions scheduled

After a successful showing at the Sparks Museum, the Great Basin Native Artists already have planned a March event.

In conjunction with the Capital City Arts Initiative, the Great Basin Native Artists will exhibit their work at the Carson City Community Center from March 16 until July 6.

Located in the Sierra Room, the Great Basin Native Artists exhibit will be opened to the public during all public meetings and on request.

Established in 2014, the Great Basin Native Artists created a website as a venue for Native American professional working artists residing in Nevada and the Eastern Sierra Nevada mountain range.

This collective group of artists wanted to be available to the public in one resource center and available to each other for professional support by providing: an online artist directory and image gallery, exhibiting opportunities for Native group art shows, art business workshops for professional and emerging artists, a forum for Native artists and interested community members to connect and an online presence for rural Native artists.

For more information about the CCAI show or the group, please see <http://greatbasinnativeartists.com>, email: gbnativeartists@gmail.com or phone (775) 424-3159.



Major Talent — Four members of the Great Basin Native Artists, Louinda Garity, Ben Aleck, Melissa Melero, and Phil Buckheart recently held a month-long exhibit at the Sparks Museum.
Photo by Amheric Hall

A vertical poster with a background of abstract, colorful brushstrokes in shades of green, yellow, and blue. At the top is the CCAI logo, which consists of the letters 'C', 'C', 'A', and 'I' in a grid of colored squares. Below the logo, the text reads: 'Capital City Arts Initiative', 'Carson City Community Center', 'Sierra Room • 851 E William Street', 'Carson City • Nevada'. The title 'Great Basin Native Artists' is prominently displayed. Below the title, the names of the artists are listed: Ben Aleck, Phil Buckheart, Louinda Garity, Topaz Jones, Jack Malotte, Melissa Melero, and Steve Nighthawk. The dates 'March 16 - July 6, 2016' are shown. At the bottom, it says 'Sierra Room is open to the public during all City meetings and on request 775-283-7421.' There is a Facebook logo, a QR code, and contact information: 'PO Box 1333, Carson City • NV • 89702, www.arts-initiative.org'. At the very bottom, there are logos for various funding organizations: Nevada Arts Council, National Endowment for the Arts, Carson City Arts Coalition, Nevada Humanities, and Carson City Cultural Commission. A block of text at the bottom explains the funding sources for the CCAI.



PO Box 1333
Carson City • NV • 89702
www.arts-initiative.org



The Capital City Arts Initiative (CCAI) is funded in part by The Andy Warhol Foundation for the Visual Arts, the National Endowment for the Arts, Nevada Arts Council, US Bank Foundation, City of Carson City, Nevada Humanities and National Endowment for the Humanities, and the John and Grace Nauman Foundation.

In & Around: Reno-Sparks Indian Colony Community

Happiest of Valentine's Day, helping the cause, giving insight, always a good sport



Funny Valentine — Ayasha Bill and her fellow after-school tutoring participants made Valentine gifts for their loved ones just before the holiday. Ayasha said that her Valentine this year, and every year, is her grandma.



Finishing Touches — Susie Quartz-Holling inserts red, foil covered chocolate roses into a flower arrangement. Her design was one of the many beautiful and tasty treats available at the Senior Center Program's bake sale.

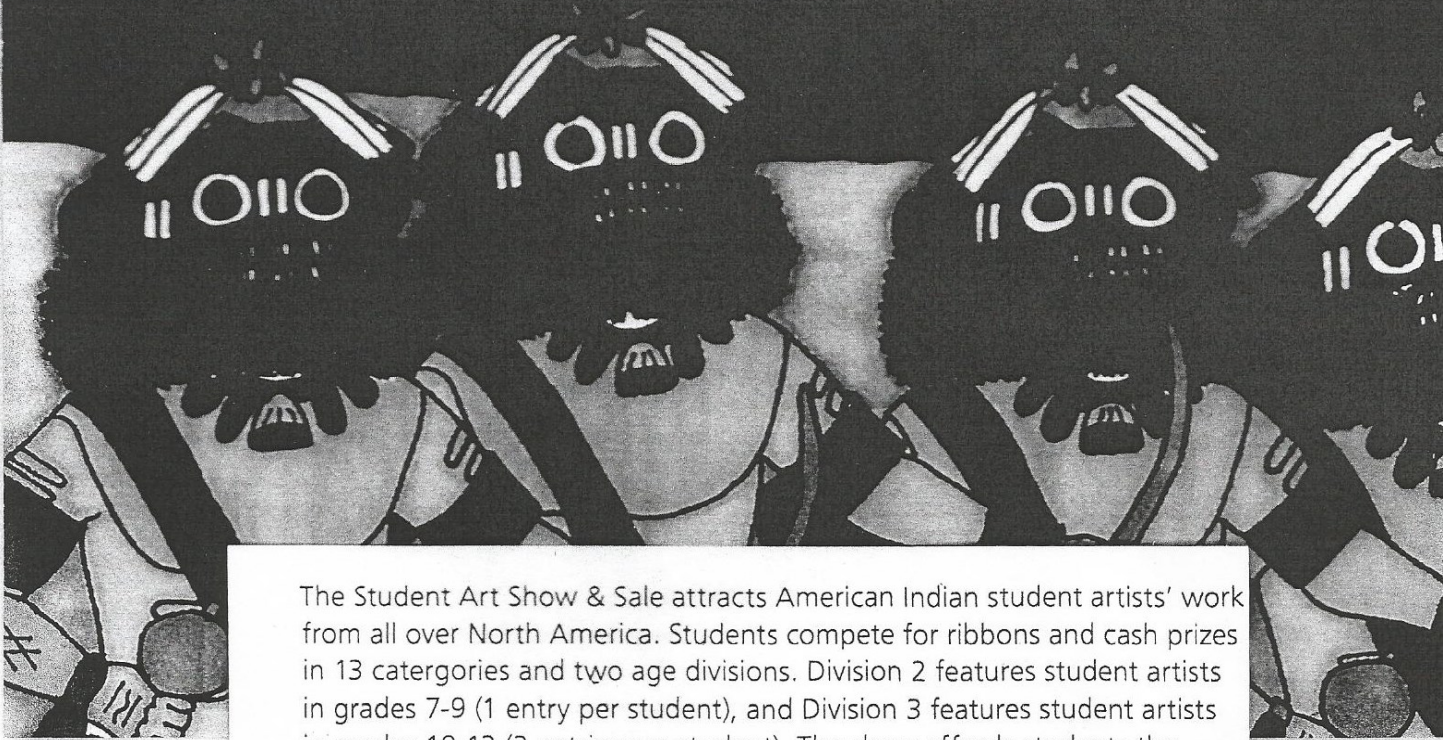


Outreach — RSIC Tribal Police Officer Angelo Hafalla recently spoke to the Juvenile Justice Commission at its quarterly meeting held at the Jan Evans Juvenile Center. Officer Hafalla explained Tribal Police protocol regarding incarcerating a juvenile. He talked about working with the Bureau of Indian Affairs and the Tribal Police's most effective programs.



Good Sport — To help celebrate February as National Heart Health Awareness Month and show support for women's heart health, Dr. Elmer Alegre, the medical director at the Reno-Sparks Tribal Health Center, posed in a fancy attire during the Red Prom Dress Party. This was just one of the many, month long activities sponsored by the RSTHC Diabetes Program.

HEARD MUSEUM GUILD AMERICAN INDIAN STUDENT ART SHOW & SALE



The Student Art Show & Sale attracts American Indian student artists' work from all over North America. Students compete for ribbons and cash prizes in 13 categories and two age divisions. Division 2 features student artists in grades 7-9 (1 entry per student), and Division 3 features student artists in grades 10-12 (2 entries per student). The show affords students the opportunity to exhibit and sell their work in the museum setting.

Through the sale of notecards featuring student art, the Heard Museum Guild contributes funds to an intern scholarship program and art supply grants for teachers. Since its inception, more than \$900,000 has been donated.

2016 STUDENT ART SCHEDULE

March 22-28 Entries received

April 1 5:30 p.m.-Opening Night Sale and Silent Auction for Heard Museum Members

5:30 p.m.-Reception for student artists and their families

8-9:30 p.m.-First Friday visitors may attend show

April 2-4 The sale is open to the public at no charge.

To apply: visit heardguild.org and click on student art to download the application. No physical packets will be mailed.

Questions: Contact Reta Severtson at studentartshow@heardguild.org or 480.318.0554.

Scholarship questions, contact scholarships@heardguild.org.

Congratulations

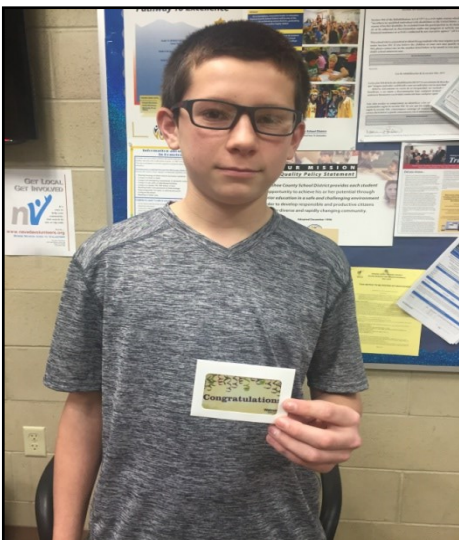
For 2nd Quarter GPAs of 2.0 and above...



Darissa Smith,
Pyramid Lake High



Anhelica Shanrock,
Spanish Springs High



Blake Kirsten, Shaw Middle School



Evelyn Austin, Dilworth Middle

Camera Shy!

Matthew Wells, Pyramid Lake High
Marissa Witherspoon, Vaughn Middle School
Kiana O'Daye, Vaughn Middle School

RSIC Enrolled Students – Advisors can only look up grades for students with WCSO consent forms on file.
If you have an awesome report card from this past semester, bring it in to the Education Department for an incentive prize!

Stewart Indian School Preservation Alliance Formed

Group to promote, fund-raise, protect, preserve, advocate, support historic site

The Nevada Indian Commission recently announced the creation of the Stewart Indian School Preservation Alliance.

The purpose of the Stewart Indian School Preservation Alliance (SISPA) is to protect and preserve the history of the Stewart Indian School in Carson City, Nev., working in conjunction with the Nevada Indian Commission (NIC). SISPA's mission is to promote, fund-raise, advocate and support the NIC's efforts.

Funds are needed to rehabilitate the former administration office and post office into a cultural center and welcome center, the first phase in the development of a cultural heritage destination.

Nevada has an opportunity to preserve and protect an integral part of history, not only for the State of Nevada, but for the entire Nation.

Please join us in helping to preserve this beautiful campus and preserve Nevada's history for the future generations of Nevadans.

SISPA is a non-profit organization consisting of five volunteer board members: Neena Laxalt, Chair; Kostan Lathouris, Vice Chair; Terri McBride, Secretary/Treasurer; Kathleen Quasula, Member at Large; and Sherry L. Rupert, Ex-Officio.

Throughout its history the Stewart Indian School has left an indelible legacy upon the



One And Only — Stewart Indian School is an essential part of not just Native American history, but the history of the U.S. Federal government as well as the State of Nevada. For more information about the vision of the campus, contact Sherry L. Rupert at (775) 687-8333.

entire State of Nevada that needs to be preserved for future generations of Nevadans.

The school was the only non-reservation Indian boarding school in Nevada and operated from 1890 to 1980 with a Federal mandate to educate American Indian children. The Stewart Indian School was one of the original non-reservation board-

ing schools established by the federal government to educate American Indian children in the tenants of western civilization.

To learn more about the history of the Stewart Indian School please visit www.stewartindianschool.com or take the Stewart Indian School Trail tour on the school's campus in Carson City.



Donate Today — The former administration office at Stewart Indian School will be the future site of a Native American Cultural Center. To help preserve this iconic campus, please send your donation to SISPA, PO Box 697, Carson City, NV 89702. *Photos provided by the Nevada Indian Commission*



AMERIND Risk SAFETY POSTER CONTEST

Grades K-3 | 4-6 | 7-8

HEY KIDS!! WOULD YOU LIKE TO WIN A \$1,000 CASH PRIZE??

The Reno-Sparks Indian Colony Housing Department in conjunction with Amerind Risk Management Corporation will be taking part in Amerind's 2016 Safety Poster Contest.

The contest is open to all children in grades K-8

The categories are:

(K-3) (4-6) (7-8)

There will be one winner chosen from each age group and those winners will advance to the regional contest in April.

The Regional winners will then be judged at the National Competition in May.

- **PARENTS MAY BRING CHILDREN TO THE RSIC HOUSING DEPARTMENT, MONDAY—FRIDAY, FROM 3-5PM TO WORK ON THEIR POSTER. WE WILL HAVE ART SUPPLIES AVAILABLE FOR YOUR USE.**
- **DEADLINE IS FRIDAY, MARCH 11TH
(LATE ENTRIES WILL NOT BE ELIGIBLE)**

***Contact Elizabeth @ Housing for contest rules 775-785-1300*

Colony Kids Thrive With Reno Rock

Recreation partnership brings new opportunities for youth through music



Pictured above, Wenonah Harjo, Nyelie and Natalie Chacon, and Christian Phoenix. Photos by Bucky Harjo. For more information see: www.renorockcamp.com

Catch Reno Rock, which features several RSIC youth on March 26 during the Easter Festival starting at 11 a.m., in Anderson Park.

An Open Letter to Carrie Dann

Museum representative, family visit legendary Shoshone advocate for Native rights

February 9, 2016

My family and I certainly enjoyed our recent visit with you and your family in Crescent Valley this past December.

You are such an inspiration to us that we just had to come and see you.

We are aware that for coming generations and for all eternity our people will be able to look back at your life and say, "This is how they criminalized our people and this is how genocide happened. It was not war. It was the deliberate and systematic destruction of a people-- genocide."

*The exhibit at the University of Nevada in Reno is very powerful. They have the video, *American Outrage*, playing constantly.*

All of our people, especially our youth should see this exhibit, if only for the

ambiance of seeing your story portrayed as art, history and law in an institution of higher learning.

It was amazing to see one of the bills the government sends you each year. The one, for the amount of \$5,044,253.23 was dated April 26, 2005.

The title of the exhibit, "Whose Land Is It?" really states the great American dilemma at the heart of the matter.

*Perhaps you should personally send the government a bill for that same amount which would accrue interest until they address the *Treaty of Ruby Valley* of 1863. The elephants in every American courtroom are the hundreds of treaties which were made with the Indians and which they continue to ignore.*

It was interesting to hear you say that you didn't think you were trying to sue the government for the last thirty years, you were just trying to get your treaty enforced.

I was able to order a copy of the five million, forty four thousand, two hundred and fifty three dollar bill from the University of Nevada Special Collections Department and plan to enlarge it into poster size. I believe it perfectly illustrates the colonizers criminalizing the landowners.

Another good title for the exhibit would be, "Are Treaties the Supreme Law of the Land?"

In your trek through the United States court system, you kept hearing, "The Indian Claims Commission determined this, and the Indian Claims Commission found that." What I would like to know is, how is a panel of cowboys deciding the fate of the Indians, due process of law?

Thank you for everything and most of all, for saying that you will never accept any of their blood money.



A Living Legend — The Melendez family Samuel, Cheryl, Steve and Marah, visited with Carrie Dunn in her Crescent Valley home recently and learned more about her personal fight to enforce the Treaty of Ruby Valley, signed by the U.S. Federal government in 1863. **Photo provided by Steve Melendez**



Your fellow board member,

*Steve Melendez
American Indian Genocide Museum*

11 Facts About Suicide

Legacy of trauma increases suicide risk factors in Native communities

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

☛ Nearly 30,000 Americans commit suicide every year.

☛ In the United States, suicide rates are highest during the spring.

☛ Suicide is the third leading cause of death for 15 to 24-year-olds and second leading cause of death for 24 to 35-year-olds.

☛ On average, one person commits suicide every 16.2 minutes.

☛ Each suicide intimately affects at least six other people.

☛ About two-thirds of people who complete suicide are depressed at the time of their deaths. Depression that is untreated, undiagnosed, or ineffectively treated is the number one cause of suicide.

☛ There is one suicide for every 25 attempted suicides.

☛ Males make up 79 percent of all suicides, while women are more prone to having suicidal thoughts.

☛ One in 65,000 children, ages 10 to 14, commit suicide each year.

☛ There are two times as many deaths due to suicide than HIV/AIDS.

☛ Over 50 percent of all suicides are completed with a firearm.

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

Continued from page 13

Dress your child in clothing that covers arms and legs, or cover crib, stroller, and baby carrier with mosquito netting.

Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.

To treat the symptoms, get plenty of rest, drink fluids to prevent dehydration, take medicine such as acetaminophen to reduce fever and pain, do not take aspirin or other non-steroidal anti-inflammatory drugs. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

See your healthcare provider if you are pregnant and develop

a fever, rash, joint pain, or red eyes within two weeks after traveling to a place where Zika has been reported.

Be sure to tell your health care provider where you traveled.

To date, there is no vaccine to prevent infection or medicine to treat Zika, but once a person has been infected, he or she is likely to be protected from future infections.

The CDC continues to work with states to monitor the country for mosquito-borne diseases, including Zika and is prepared to address cases imported into the United States and cases transmitted locally.

As of Feb. 15, Zika virus has not been identified in the continental United States. Limited local transmission may

occur in the mainland United States, but it is unlikely that we will see widespread transmission of Zika in the mainland U.S.

With the recent outbreaks, the number of Zika virus disease cases among travelers visiting or returning to the U.S. will likely increase.

The CDC is working with international public health partners and with state health departments to alert healthcare providers and the public about Zika. It posts travel notices and other travel-related guidance, provides state health laboratories with diagnostic tests, and detects and reports cases, which will help prevent further spread. For more information, please log onto:

<http://www.cdc.gov/zika/>



Attention!

Reno-Sparks Indian Colony Head Start

Enrollment

For the

2016-2017 School Year

begins

April 1, 2016

Make your Dental and Physical Appointments now at the Tribal Health Center as appointments fill up fast. When making your appointments let them know it is for Head Start.

RECREATION DEPARTMENT

Baseball



Softball

We are now accepting sign-ups for



Youth Coed Baseball

Sun Valley Cal Ripken League



Girls Softball

North Valley Babe Ruth Softball

PRACTICES START IN

MARCH

SIGN UP AT RECREATION RENO/HV. More Info Call 329-4930 or 785-1360



Come join us for

**Complimentary cooking
classes!**

When: March 17th, 2016

6:00 – 8:30pm

Where: Nothing to It! Culinary Center

225 Crummer Lane

Reno, NV 89502

Transportation available. Registration required.

Please contact Kristie Messerli, Registered Dietitian at 334-4305 ext. 1943 |

kmesserli@rsiclinic.org



PANCAKE BREAKFAST WITH THE EASTER BUNNY



Date:

Saturday March 26th

9 AM - 11 AM



Location:

34 Reservation Road



**(Pancakes, Sausage,
Juice and Coffee)**

- Spring Concert with Reno Rock Camp starts from 11 P.M. – 1 P.M.
- Egg Hunt will start @ 1 P.M.
- Picture with the Easter Bunny
- Donated dyed eggs will be GREATLY APPRECIATED!!



For more information about the event please call the Reno Recreation @ 775-785-1327 and a Rec Staff will assist you with any questions.

Talking Circle

Thursday, March 31



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

Where: RSIC Tribal Health Center, Behavioral Health Conference Room

All Ages Welcome

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

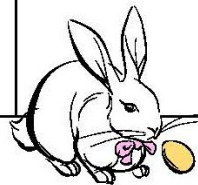
Sponsored by the RSIC Tribal Health Center Behavioral Health Department
For more information contact Jason Hill, Prevention Outreach Coordinator at
775-329-5162 ext. 1965 or email at jhill@rsicclinic.org



Spring Day Camp Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
March 21 Roller Kingdom (Both Sites) Bus Departs 12:30 P.M.	March 22 Gym Day & Craft Day No Transportation	March 23 Reno Chuck E. Cheese Hungry Valley Grand Sierra Resort Fun Quest Bus Departs 12:30 P.M.	March 24 Gym Day & Craft Day No Transportation	March 25 Reno Grand Sierra Resort Fun Quest Hungry Valley Chuck E Cheese Bus Departs 12:30 P.M.
March 28 Reno Peppermill Arcade Hungry Valley Coconut Bowl (High Ballocity, , Miniature Golf) Bus Departs 12:30 P.M.	March 29 Gym Day & Craft Day No Transportation	March 30 Reno Coconut Bowl (High Ballocity, Miniature Golf) Hungry Valley Peppermill Arcade Bus Departs 12:30 P.M.	March 31 Gym Day & Craft Day No Transportation	April 1 Century Theaters (Both Sites) Bus Departs TBD



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

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

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

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

TRANSPORTATION: PLEASE TAKE NOTE OF PICK UP TIMES...HV Rec. vans will pick up at bus stops 30 minutes before departure time and 12:00 on facility days. The school bus will depart on time from both facilities.

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

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

PERMISSION SLIPS: Your child must have a **2016 permission slip** on file **BEFORE** attending the activities. If your child has not yet done so, please contact the Recreation Dept. ASAP.



VEHICLE EXEMPTION

NEW OR RENEWAL

Please provide the following when coming into the Administration office to register/renew your vehicle registration:

1. Tribal Enrollment card
2. NV Driver's License
3. Vehicle registration or title

If you are trying to register a new or used car you have just purchased, please wait until you have received your DMV Dealer's Report in the mail, before coming to the office.

Please note, do not bring the DMV reminder postcards that you receive in the mail as this is only a reminder notice to you and we cannot use it.

*Please allow two business days for signature turnaround**

*The individual who submits the paperwork for the vehicle exemption must return to the office to sign the vehicle exemption form.**

This vehicle exemption is for enrolled members and residents only!!!

R.S.I.C. 477 PROGRAM

Providing opportunities to reach self-sufficiency through employment, training, and education

**ELIGIBILITY QUESTIONS?
CALL TODAY
775-329-6114**

**RSIC EDUCATION DEPT
OR STOP BY THE OFFICE
34 RESERVATION RD. BLDG. D**

477 applications available online at:
rsic.org

477 Case Manager: Sam Rambeau

Each program must follow federal guidelines and may have additional requirements for eligibility.

EDUCATION & SUPPORT SERVICES

»»»

- Employment Assistance
- General Assistance
- Referrals
- Education & Training
- Youth Services/JOM
- Child Care
- Job Fairs
- Resume Tips

Susanville Indian Rancheria 7th Annual Memorial

POW WOW

May 20-22 2016

Host Drum

Ghost Canyon

Fort Hall, Idaho

MC

Fred Hill Sr.

Pendleton, OR

Arena Director

TBA

Head Man

Kellan Joseph

Pendleton, Oregon

Head Woman

Terri Calfrope

Culdesac, Idaho



IN HONOR OF OUR ELDERS AND VETERANS FOR ALL

THE SACRIFICES THEY MADE SO THAT WE MAY LIVE

Lassen County Fairgrounds

195 Russell Ave

Susanville CA 96130

MORE INFORMATION PLEASE LOG ON TO

WWW.SIR-POWWOW.COM

Or Contact Amelia Luna @ 530.249.7192

THIS IS A DRUG AND ALCOHOL FREE EVENT

Host Hotel: Diamond Mountain Casino. Pow Wow Rates.

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

Grand Entry

Friday May 20 @ 7 pm

Saturday May 21

@ 12 pm & 7 pm

Sunday May 22 @ 12 pm

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

*Camping &
Showers
Available*

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

*

Revised 12-31-15

New Employees

Jennifer Katenay

Tribal Health Center

Q: What is your exact job title?

A. Hello RSIC Community and Fellow Employees! My name is Jennifer Katenay and I have recently been hired as the Purchased Referred Care Manager. Most folks know this office as Contract Health Service or Referral Department. This office is located at the Reno-Sparks Tribal Health Center.

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

A: I am proud to say, I am a Member of the Reno-Sparks Indian Colony.

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

A. While in this employment position, I intend to carry on the already established integrity of the department. As most of you know, I love to write!

That being the case, I intend to review, revise and write protocols, procedures, manuals and policies. Currently, with the help of RSTHC participating staff, we are planning to move this Department into the future!

We will do this by phasing out the current outdated software and move entirely into the new and improved Next-gen Medical Software system. I look forward to the challenges and rewards of the position indeed!

SPRING BREAK READING ROUNDUP



H.V. Education will be offering one on one reading times with students K-6 during Spring Break

Dates: March 21-24, 2016 & March 28-31, 2016

Monday through Thursday

Time: 9:30 a.m. to 11:30 a.m.

Parents please contact HV Education staff to sign up your student/s.

Transportation will be provided.

775-785-1310

Legal Notices, Public Announcements

RSIC committee recruitment, education & art proposals needed

Reno-Sparks Tribal Health Center Recruiting Representative Executive Health Board

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

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

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

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

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

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

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

Recruitment for Pow Wow Committee Members

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

There are five vacancies.

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

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

Celebrate the Most Seaworthy Battleship of the 20th Century

To recognize the 100th Anniversary of BB-36 and the men who served, please join us at the USS Nevada Centennial Ceremony on March 11 at noon on the State Capitol Grounds with Nevada Governor Brian Sandoval, USS Nevada Sailor, Pearl Harbor Survivor Charles Sehe, Pastor Bruce Kochsmeier, Historian/Author John Galloway, Decorated Veteran/Author Jason Redman and 'MC' Bob Crowell, Mayor of Carson.

RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS

Notice to RSIC Enrolled Members

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

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

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

Any interested RSIC enrolled member may submit their applications to the Tribal Administrator's Office located at 98 Colony Road.

NIEA Now Accepting Workshop Proposals and Submissions for Convention Artwork

"Building Education Nations by Engaging Families, Educators, and Leaders"

The National Indian Education Association is excited to announce the launch of the 47th Annual Convention and Trade Show! This year's theme, "Building Education Nations by Engaging Families, Educators, and Leaders" builds on our work from previous Conventions, preparing us for our 50th anniversary in 2019. NIEA will be announcing more information on Convention activities in the coming months. NIEA is currently accepting proposals for the following events:

Workshop Proposals: Last year, NIEA hosted over 160 workshops on issues important to our Native educators like language immersion programs, best practices for Native students, and the importance of physical and mental health. If there is a workshop that you are interested in presenting at the 2016 NIEA Convention please submit your proposal by March 25th, 2016.

Convention Artwork: NIEA is also accepting submissions from artists for a chance to be our featured artwork for Convention! If chosen, your artwork will be featured in marketing materials and you'll receive a free booth at our Trade Show. To be considered, artwork must be submitted by March 7th, 2016.

To learn more please log onto:

<http://niea.org/Membership/Convention-0024&-Trade-Show.aspx>

The logo for www.rsic.org is displayed in white text inside a black oval shape.

Legal Notices, Public Announcements

Retail, office space for lease, name changes, committee recruitment

Retail or Office Space for Lease

1962 PyramidWay, Sparks, NV89431



Total Space Available: 1,784 SF
Rental Rate: \$1/SF/Month
Property Type: Retail
Property Sub-type: Retail (other)
Additional Sub-types: Office Building
Lot Size: 43,753 SF

Single unit space. Shares building with smoke shop and nail salon. Property has parking lot and is visible from busy Pyramid Highway / Greenbrae intersection

Contact: Steve Moran
smoran@rsic.org



HELP WANTED

Couriers needed to deliver *The Camp News* every month on the Reno Colony and in Hungry Valley . Please contact Penny at 329-2936 or come by the RSIC Administration Offices at 34 Reservation Rd., if interested.

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

PUBLIC NOTICE

Notice is hereby given that the Petitioner, David Hernandez, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC- 2015-0043, praying that said Court enter an Order changing the present legal name of David Hernandez, to the name of David Mauwee, which is the name Petitioner desires to have.

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

Dated this 4th day of December, 2015
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

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

PUBLIC NOTICE

Notice is hereby given that the Petitioner, Sara Jane Kane, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC- 2016-0001, praying that said Court enter an Order changing the present legal name of Sara Jane Kane, to the name of Sara Jane Kane-Katenay, which is the name Petitioner desires to have.

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

Dated this 11th day of December, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

Recruitment for Language & Culture Advisory Committee Member

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

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



RENO-SPARKS INDIAN COLONY
★ LAW & ORDER COMMITTEE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936

NOTICE OF PUBLIC MEETING
SATURDAY, MARCH 12, 2016 AT 10:00 A.M.
34 RESERVATION ROAD RENO, NEVADA
CONFERENCE ROOM

TO: RENO-SPARKS INDIAN COLONY TRIBAL MEMBERS

RE: TITLE VIII, PART 1 – PROBATE CODE (draft 2/10/16)
TITLE VIII, PART 2 – WILLS CODE (draft 2/10/16)

The Reno-Sparks Indian Colony Law and Order Committee with former Staff Attorney, Victoria Oldenburg, worked extensively over the past 16 months to prepare a draft Probate and Wills Code that would address the lack of probate procedures at the Reno-Sparks Indian Colony. Meetings were held involving RSIC Housing Authority staff and the Planning Department to gather information that would assist in preparing the Codes.

A public meeting is scheduled for Saturday, March 12, 2016 at 10:00 a.m. to review and comment on the draft that will be submitted to Tribal Council for the first reading on April 13, 2016.

REQUEST FOR COMMENTS

The Reno-Sparks Indian Colony is interested in receiving comments from RSIC Members regarding all aspects of the draft Probate and Wills Code. You do not have to attend a public meeting in order to submit comments. Comments may be submitted by email or fax. All comments must be received by 5:00 p.m. on Monday, March 7, 2016.

Comment letters may be submitted by email to thernandez@rsic.org, or by fax at (775) 329-8710, or by mail addressed to Attn: RSIC Law & Order Committee, 34 Reservation Road, Reno, NV 89502. Please indicate in your comment the specific section, if any, to which the comment is directed.

DOCUMENT AVAILABILITY

Hard copies of the draft ordinances will be available at the public meeting, and at the front desk at the RSIC Administration Building at 34 Reservation Road, Reno. You can also request an electronic copy by contacting thernandez@rsic.org.



YOU ARE INVITED

Reno-Sparks Indian Colony members are invited to a meeting for the
RSIC Constitution Revision Work Group.

WHEN: March 9, 2016 (Wednesday) 6:00 – 8:00 p.m.

WHERE: Hungry Valley Recreation Center, lower level

**WHAT: The second meeting of individuals who are interested
in participating in the Constitution Revision Work Group.**

The Reno Sparks Tribal Council recently approved the establishment of a
Constitution Revision Work Group (“the Work Group”) for the purposes of:

- (1) soliciting input from Colony members and other sources regarding potential amendments to the Reno-Sparks Indian Colony’s Constitution,
- (2) to gather information on those potential amendments,
- (3) to conduct Colony membership meetings to discuss those potential amendments and
- (4) to prepare a report with recommendations to the Tribal Council as a result of the Work Group’s activities describe above, which may result in a Secretarial election being requested by the end of 2016.

Light Refreshments Will Be Provided

The staff at the RSTHC is committed to early intervention and slowing down what seems to be imminent on a lot of reservations.

"Families can't change their inherited genes or family history, but they can change the family environment to encourage healthy eating habits and physical activity," said Messerli.

With the Healthy Me Program and the majority of its efforts, the RSTHC uses several of its experts to fight obesity. The staff uses a panel approach with a pediatrician, a dietitian, the gym trainer, and nurses to educate not just the child, but his or her entire family on healthy nutrition and positive activity habits.

Young people, 13-years and older, can use the 3 Nations Wellness Center gym during regular operating hours, 8 a.m. – 8 p.m., Monday – Thursday and 8 a.m. – 6 p.m., on Fridays.

***"The best feeling...
is when you start
to feel
and see results..."***
—Jayda Cloughly

"The best feeling also, is when you start to feel results and see them as well, you feel more confident," Cloughly said. "My family and I have noticed that when I come home from the gym, I am happy and cheerful."

Messerli said the change in Cloughly was obvious.

"She has an increased self-esteem and Jayda has built a habit of exercising after school and monitoring what and how much she is eating, Messerli said. "Jayda's progress is remarkable."

To date, Cloughly has lost 15 pounds, plus 5 percent of her body fat.

"I am proud of myself through this whole journey," Cloughly said.

For more information or to join any of the programs offered through the RSTHC to combat being overweight, obese or any of the ailments associated with these illnesses, please contact, Messerli, Briscoe or any of the staff at the RSTHC at 329-5162.



Everybody Wins — Several participants from the Reno-Sparks Tribal Health Center Weight Maintenance Contest celebrated the conclusion of the 12-week program. Back row, from left to right: Tom Spackman, Valentine Lovelace, Lynn Rodriguez, Della Richardson, Peggy Woods, Brandon Stephens, and Willie Astor. Front row, left to right: Joanne McCune and 3 Nations Wellness Center Diabetes Exercise Assistant Walita Querta. Even though the goal of the contest was not to gain weight during the holidays, the 30 contestants lost a combined 69 pounds. The competition started just before Thanksgiving and concluded just after the NFL Super Bowl. Train Wreck, the team of Spackman, McCune and Victoria Kane (not pictured) were the winning trio. For more information about the next 3 Nations Contest, please contact Querta at 329-5162.