



THE CAMP NEWS

VOLUME XIV ISSUE 2

FEBRUARY—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Senator Addresses National Congress of American Indians

Nevada's Cortez Masto outlines her platform, meets with RSIC leadership

Telling more than 500 representatives that attended the National Congress of American Indians (NCAI) that she and her staff do not hear from tribal leaders enough, Nevada Senator Catherine Cortez Masto proactively shared her platform on Native American issues.

In February, Cortez Masto served as a key-note speaker at the NCAI Executive Council Winter Session in Washington D.C.

"All too often, Indian voices are left out of the conversation," she said to elected leaders from throughout Indian Country. "A few months ago, I sat down with Native American staffers who work on Capitol Hill and they told me that one of their biggest struggles is the fact that members of congress just do not know basic information about our trust relationship with Native American nations."

Having been the Attorney General of the State of Nevada for eight years, Cortez Masto knows about the Paiute, Shoshone and Washoe people.

"During that time, I worked with tribal leaders to help them to keep their communities safe

and prosecute crimes committed on their land.

Cortez Masto not only represents Nevada Tribes, but she is the first woman elected to represent Nevada in the senate and she is the first Latina elected to serve in the Senate.

Furthermore, Cortez Masto is on the Senate Indian Affairs Committee, as well as the Commerce, Energy, and Banking committees.

"I am advocating for Indian nations in Nevada, and throughout the country, at the intersection of the issues that

matter most," Cortez Masto said. "One of my top priorities is to ensure that tribal leaders are empowered to make the changes they want to see in their communities."

She explained that by helping the Shoshone and Paiute people of the Duck Valley Indian Reservation, that tribe is establishing its first public transit system in the area. The Sho-Pai Tribe received a \$200,000 grant from the Department of Transportation.

"This infrastructure project will connect residents with health

Continued on back cover



Public Servants — Leadership from the Reno-Sparks Indian Colony listened to Nevada Senator Catherine Cortez Masto address the National Congress of Indians (NCAI) and they also spoke with her during her weekly meeting with her constituents. Pictured above are Chairman Arlan D. Melendez, Robin M. Eagle, Senator Cortez Masto and Shawna Johnson.



Northern Nevada UNITY Chapter

UNITY

United National Indian Tribal Youth

Are you between the ages 13—24 years old?

Are you looking to improve your leadership skills while learning about your Native American culture and identity?

We would like to invite you to attend the initial 2018 Northern Nevada Youth Council Meeting!

Location: Reno-Sparks Tribal Health Center

1715 Kuenzli Street Reno, NV 89502

Conference Room

Date: Friday, March 2, 2018

Time: 3:30 pm—5:00 pm

Come learn about the opportunities being apart of UNITY can offer you and the possibility of attending the National UNITY Youth Conference in San Diego, CA in July 2018!!

Contact: Adrianna Gutierrez Phone: (775) 785-1320 Email: agutierrez@rsic.org

Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

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

CIRCULATION

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

If you have a problem with delivery, please call us at (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, ext. 3268.

Important MARCH dates

- 2 UNITY (United National Indian Tribal Youth), RSTHC, 3:30 p.m.
- 5 Education Advisory Committee Meeting, Education Conference Rm, Noon
Senior Advisory Committee Meeting, Senior Center, 1 p.m.
- 6 Enrollment Advisory Committee Meeting, Enrollment Office, Noon
Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.
- 7 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Law & Order Committee Meeting, Tribal Court, 6 p.m.
- 8 World Kidney Day, Coffee Morning at RSTHC, 9 a.m.
International Women's Day, Unitarian universalist Fellowship, 5:30 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 9 Great Basin Language Playgroup, RSIC Library, 10:30 a.m.
- 11 Daylight Saving Time Starts, Move Your Clock Forward
- 12 Constitutional Revision Work Group, 34 Reservation Rd., 6 p.m.
Staying Organized In Special Ed, Hungry Valley Education Office, 6 p.m.
Library Grand Opening, Hungry Valley Education Office, 6 p.m.
- 13 RSIC Color Guard Meeting, 34 Reservation Rd., TA Conf. Rm, 6 p.m.
- 14 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Tribal Council Meeting, 34 Reservation Rd., 6 p.m.
- 15 Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 17 St. Patrick's Day
- 19 Executive Health Board Meeting, RSTHC, 5:30 p.m.
Language & Culture Advisory Board Meeting, RSIC Library, 5:30 p.m.
Staying Organized In Special Ed, Reno Education Office, 6 p.m.
- 20 Commodity Distribution, Senior Center, 8 a.m.
- 21 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Gardening Class, RSIC Library, 4 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Nothing To It! Healthy Cooking Class for Kids, 224 Crummer Ln., 10 a.m.
- 22 Problem Gambling Awareness, RSTHC, 2 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 26 Washoe County School Break Begins
RSIC Rec Spring Break Camp Begins
Housing Advisory Board, Hungry Valley Recreation Center, 6 p.m.
- 27 Diabetes Risk Awareness Day
Great Basin Language Playgroup, Hungry Valley Gym, 10:30 a.m.
Nothing To It! Healthy Cooking Class, 224 Crummer Ln., 6 p.m.
- 28 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Economic Development Meeting, 34 Reservation Rd., 6 p.m.
- 29 After School Activities For Youth, Reno Gym, 3:30 p.m.
Talking Circle, RSTHC Behavioral Health Division, 4 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 30 Good Friday, RSIC Administration Offices Noon Closure

For more information: www.rsic.org

**Diabetes Alert Day
is March 27th**

Are you at risk for
PreDiabetes
or Diabetes?

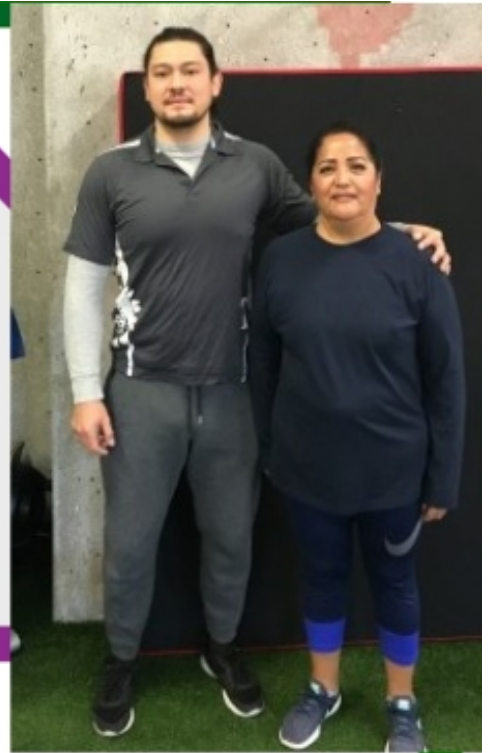


Check out Bernice's
story below, take
one of the risk tests
on the next pages,
and contact the
Diabetes

Program/3NWC with
questions!

We're here for you!

329-5162 x1945



In My Words... Bernice Servilican

Interesting how many people don't focus on their health until they encounter life threatening illness. For me, that was when the oncologist told me I had cancer. It hit me like a brick as no one in my family had ever faced cancer. It was then I realized things had to change in my life. As a teacher heavily involved in my job, my workday often began at 7:00 A.M. and it wasn't uncommon to be leaving school at 7:00 P.M. Twelve-hour days were my life and although I always say the kids "saved me" after my cancer surgeries, I knew my health habits had to change.

But I continued to work long and hard, eat unhealthy foods, and exercise minimally. Being cancer free didn't mean I was out of the woods with my health issues. Two years ago, I was told I had Type II diabetes. My grandparents and both parents had diabetes and I knew I was on the same road to health problems. So, when Dr. Edwards told me I could participate in the wellness program at the Wellness Center at Reno-Sparks Indian Colony that meant I could take advantage of meeting with a dietician and even obtaining the assistance of a trainer at the center to help me improve my health and lose weight. I dove in head first!

(continued)

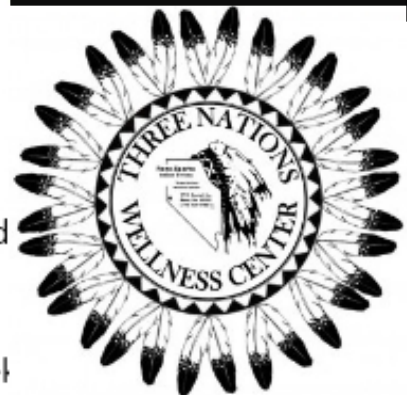
In My Words..... continued

First, I made another life changing decision to retire last spring. After thirty years of teaching high school, I knew I did what I loved as a teacher, but now it was time for me to focus on my health; I retired to work on my health. In July of 2017, I met Christian Lee, a certified trainer and strength coach, and began to meet with him three times a week. I also began serious meetings with Kristie Messerli to work toward healthier eating habits and take advantage of the healthy eating cooking classes. Then I began to participate in the Wednesday night spinning classes with Michelle Thomas as well. Now, it is a new year and I'm twenty pounds lighter and continue to be pushed to the limit by weight lifting training with Christian and go above what I ever thought I could do in the spinning classes for an hour on Wednesdays. Kristie's collaboration with the Nothing to It Cooking School has taught me about more heart healthy choices to cook that taste delicious. As a person who absolutely loves to cook and bake, I've learned how to control my own eating habits when I bake and prepare food. Now, when I bake I may eat one cookie and give away the rest. I'm utilizing the healthy cooking cookbooks from Kristie more and I find myself even loving the taste of Greek yogurt with no sugar! Go figure!

In all seriousness, the Wellness Center and care I've received at the Indian Health Clinic have saved me and brought me back to loving exercise. I look forward to it now. I'm sleeping better, making smarter choices about what I eat, and have given up diet sodas and other foods that are detrimental to my health. The human interaction at the Wellness Center is so genuine and friendly, but serious about what it will take for me to continue on this journey to a healthier life. At 57 years old, I find myself loving that three-mile run on the days I don't go to work out with Christian and when I realize I'm the oldest person at the spinning classes, I'm not intimidated anymore because I know we're all there to improve our health. All the people I see exercising on a continual basis at the center motivate me as well because I know I'm not alone. Now, my job is my health and I'm loving retirement so much more because I feel healthier, stronger, and making small but steady changes in my diet. I'm the student now and love the instruction I'm receiving from people who truly care about my health both mentally and physically.

“...the Wellness Center and care I've received... have saved me and brought me back to loving exercise....”

—Bernice Servilcan



ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

1 How old are you?

- Less than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score
in the box.



2 Are you a man or a woman?

- Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

6 Are you physically active?

- Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount
in the left column
(0 points)

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up
your score.



Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at
www.diabetes.org or call 1-800-DIABETES



Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

Adapted from Bang et al., Ann Intern Med
151:775-783, 2009.
Original algorithm was validated without
gestational diabetes as part of the model.

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.




**STOP
DIABETES.**

DO YOU HAVE PREDIABETES?


Prediabetes Risk Test

- How old are you?
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)
- Are you a man or a woman?
Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- Are you physically active?
Yes (0 points) No (1 point)
- What is your weight status?
(see chart at right)

Write your score in the box.



Add up your score.



Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
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<div style="border: 1px solid black; padding: 5px; text-align: center;"> You weigh less than the amount in the left column (0 points) </div>			

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Original algorithm was validated without gestational diabetes as part of the model.

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Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).



LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

DoIHavePrediabetes.org



84 MILLION AMERICANS HAVE PREDIABETES. DO YOU?

- How old are you?
Less than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
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Yes (1 point) No (0 points)
- Are you physically active?
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For more information, visit us at

DoIHavePrediabetes.org



Hungry Valley Christian Fellowship

EASTER

CELEBRATION

Sunday, April 1, 2018

10:00 AM

Hungry Valley Rec. Center

FRIDAY, MARCH 30

HV Community Prayer Walk - 3:00 PM

EASTER SUNDAY, APRIL 1, 2018

Sunrise Communion Service 6:30 AM

Potluck Breakfast, Worship Service & Egg Hunt 10:00 AM

(Bring Breakfast Foods and Egg Hunt Items to share)

CALL FOR DETAILS

Pastor Augustin Jorquez 233-0268



PARENTS—
join us...

STAYING ORGANIZED
.....in special ed..



When: Monday, March 12th at 6:00 at Hungry Valley Education

When: Monday, March 19th at 5:30 at Reno Education

Who: Parents who have a child on an IEP.

A fun night, to help parents tackle their child's IEP binder. All the tools to get organized will be provided. We encourage parents to bring their Childs IEP.

If you have any questions please feel free to contact: Becky or Naomi at 785-1310.

**Snacks will be provided*




Chronic Kidney
Disease Affects 1
in 10 people
worldwide

WORLD KIDNEY DAY

March 8th, 9-11am

Coffee Morning



Swing by for some Tea and
coffee, and learn about
your wonderful kidneys &
what do they for you!

World Kidney Day aims at
raising awareness about
kidney health & reducing the
frequency of kidney disease.

For Questions or more information, please
call Gina or Stacy at ext 1949 or 1945

Reno-Sparks Indian Colony

LANGUAGE & CULTURE PROGRAM

INFANT-TODDLER

Great Basin Language Playgroup

March 9th - 10:30 AM - 11:30 AM

RSIC Library - 401 Golden LN

March 27th - 10:30 AM - 11:30 AM

Hungry Valley Gym - Lower Level

The RSIC Language & Culture Program is partnering with Nevada Early Intervention Services to provide an interactive language playgroup for parents, grandparents, caregivers and their infant/toddler (ages 0-3 years). Great Basin Native Languages will be integrated into games, songs and stories providing a fun learning experience. A healthy snack will be provided.

OBJECTIVE:

The purpose of the Great Basin Language Playgroup is to promote the Great Basin Native Languages through interactive parent/child play.

For more information, contact Jamie Astor or Stacey Burns at the
LANGUAGE & CULTURE PROGRAM - 775.785.1321

University Cooperative Extension to Offer Free Classes

Before spring, learn safe, landscaping gardening tips for maximizing overall health

It may not be time to get out the shovel, but it is time to talk gardening.

A [recently analysis](#) of scientific studies on how gardening impacts health has some fascinating insights into how digging in the dirt benefits your mind, body, and soul. The OrganicLife website says that there are benefits you can expect to reap when you sow some seeds.

To help, the University of Nevada Cooperative Extension has scheduled free weekly classes that cover a variety of topics that range from weed and pest control to yielding bountiful crops.

Classes are from 6-8 p.m., at the Bartley Ranch Regional

Park located on 6000 Bartley Ranch Rd. The class topics are outlined below:

- Feb. 27: Basic safety measures, along with the best ways to make gardening less painful, will be discussed.
- March 6: The basics of fruit tree pruning and how to maximize production will be covered, as well as training fruit trees to grow on trellises and against flat surfaces.
- March 13: Cooperative extension master gardener volunteer Pamela Van Hoozer will explain how to select varieties of tomatoes to plant in different types of gardens.
- March 20: Herb gardening and how to grow them in land-



University of Nevada
Cooperative Extension

scapes and containers will be addressed.

- March 27: Successful vegetable gardening, including information on how to produce abundant crops, tips on improving soil, crop rotation, companion planting and using raised beds will be provided.

For more information on the classes, call 775-784-4848, or email

mastergardeners@unce.unr.edu.

RSIC Library & RSIC Environmental Program



Gardening

Reduce, Reuse, Recycle

Wednesday, March 21, 2018 4—6 p.m.

at the RSIC Library

Refreshments will be served

Please join us for a night of family gardening fun!

Gardening materials will be provided.

401 Golden Lane Reno, Nevada 89502 (775) 785-1320 agutierrez@rsic.org



Reno-Sparks Indian Colony Education Department News

34 Reservation Road Building D Phone Number 775-329-6114 Office Hours 8 a.m. -- 5 p.m.



Parents/Guardians of RSIC Elementary School Students

This is just a reminder to stop in either the Reno or Hungry Valley Education office to complete a new Consent /Infinite Campus form for Kenny Redner, our new Education Advisor.

Thanks to all that came and met him at the ice cream socials. We look forward to seeing you again!

RSIC After-School Tutoring Tutor Hours

Middle/High School

Tutor: Jessica Logan

Monday/Wednesday: 2:45 p.m. – 5:00 p.m.

Tuesday/Thursday: 2:30 p.m. – 4:00 p.m.

Lynette Sam/Ms. Tinnin/Ms. Webber

Monday, Tuesday, Thursday

3:25 p.m. – 4:45 p.m.

Early Release Wednesday

2:30 p.m. - 4:15 p.m.

Computer Room Hours

Monday – Thursday

8:00 a.m. – 2:00 p.m.

Computer Room Closed

2:00 p.m. – 4:00 p.m.

(Middle/High School Hours)

Friday

(Normal Business Hours)

8:00 a.m. – 5:00 p.m.



**Bee on the Look-out for
Exciting Family Fun Activity
Nights**

During the Month of

March 2018

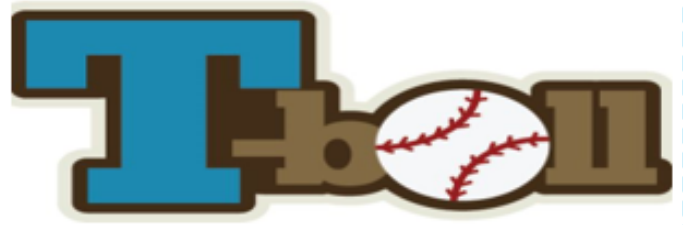


Reno-Sparks Indian Colony Recreation

Baseball Sign-Ups

We are now accepting applications for youth coed baseball for 4-14 years of age (Birth Certificate verification).

**Recreation will be fielding a
T-Ball team (4-6yrs)**



All other ages will be placed on age appropriate teams within the Sun Valley Cal Ripken Baseball League.

Deadline 3/9/18

Any Questions Please Call Vic at 329-4930

South Dakota Officially Confirms Treaty of Fort Laramie

Nazi leader followed American example of seizing lands for newcomers

Regular readers of *The Camp News* know that the definition of “discovery” per Black’s Law Dictionary, Sixth Edition is:

“International law, as the foundation for a claim of national ownership or sovereignty, discovery is the finding of a country, continent, or island previously unknown, or previously known only to its uncivilized inhabitants.”

With this 1823 law, (*Johnson v. M’Intosh*), the Supreme Court institutionalized racial discrimination against the Indians.

It guaranteed that the Indians would never win their treaty land back in a court of law. In America, not only is justice blind, it is crazier than a bat. The gist of this law says that Indians owned the land right up to the point which Columbus “discovered” it.

This law deserves to be dragged from the vaults of America’s Freemasonry past and made to stand in the light of day.

Apparently South Dakotans have had enough of being witnesses to the historic injustices perpetrated against Native Americans in their state.

Too long had white America sat idly by and watched unjust laws that promote racism and instigate wars of genocide continue to happen.

On Jan. 25, the South Dakota Senate passed Senate Resolution 1 which confirmed “the legitimacy of, and South Dakota’s support for, the 1868 Treaty of Fort Laramie”

Most South Dakotans know their history. Who can forget the seizure of the Homestake Gold Mine? As President Grant said at the time, “Gold has been discovered in the Black Hills, a portion of the Sioux Reservation.”

Even this event would have been expunged from the history books had it not been for a new technology at the time--- photography.

These photographs have burned into America’s memory the images of the dead, piled high and about to be thrown into a mass grave at Wounded Knee.

What must never be forgotten are the laws that justify land grabbing. The tactics in the past that the government used against other tribes with treaties must never be forgotten.

Only in the light of past legal precedent can racist colonial

law be understood. The chilling lesson to be learned is to never venture into the white man’s court seeking treaty rights because you cannot win in a kangaroo court.

All that has ever been gained by taking a treaty into the white man’s court is not land rights, but a tiny monetary settlement dangled in front of an impoverished people for their homeland.

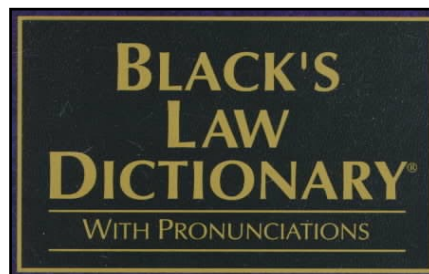
The U.S. Government cited *Johnson v. M’Intosh* in 2001 when giving their reason for ignoring the 1863 Treaty of Ruby Valley of with the Western Shoshone.

In 1955, when the Tee-Hit-Ton Indians of Alaska had their timber sold by the government to a logging company and clear-cut around their villages, the government also cited *Johnson v. M’Intosh*.

The Supreme Court chiseled this colonial law in stone when Justice Stanley Reed wrote the majority opinion which said in part:

“It leaves with Congress, where it belongs, the policy of Indian gratuities for the termination of Indian occupancy of Government-owned land rather than making compensation for its value a rigid constitutional principle.”

“...After conquest (Indian tribes) were permitted to occupy portions of territory over which they had previously exercised sovereignty, as we use



Until Gold Was Found — *The treaty of Ft. Laramie which was signed in 1868 gave back to the Sioux, the Bozeman Trail in exchange for the ending “Indian raids.” The treaty established the “Great Sioux Reserve” giving back the land west of the Missouri River, including the sacred Black Hills. According to the United States, this treaty tried to establish peaceful relations between the U.S. and American Indians, plus it set reservation boundaries within which American Indians agreed to live.*

Continued on page 16

SELF DEFENSE CLASSES



Tuesdays 5:30-6:00pm
Starting February 6th

- Protect yourself and your loved ones
- Become Empowered
- Increase Awareness

Call Christian Lee
775.329.5162

THREE NATIONS WELLNESS CENTER

Continued from page 15

that term. This is not a property right, but amounts to a right of occupancy which...may be terminated and...fully disposed of by the sovereign itself without any legally enforceable obligation to compensate the Indians...This position of the Indians has long been rationalized by the legal theory that discovery and conquest gave the conquerors sovereignty over and ownership of the lands thus obtained."

During World War II, Adolph Hitler had a policy of land seizure called "Lebensraum"--living space.

He justified seizing other people's lands because the German people needed living space. Do you know where he got such an idea?

I will give you a hint. He referred to those people already living in those lands as "natives."

Speaking of the Jews and the Slavs he once said, "The natives will be our Redskins."

This is a direct correlation between the Jewish Holocaust and genocide in America.

Genocide began in Germany during World War II with an attitude of "Aryan" white supremacy.

Laws were made which literally took away the homes and lands of Jews and others who were not German.

It was this same attitude that was painfully on display for all the world to see in 21st century America.

At Standing Rock, Native Americans who had lived on the land from time immemorial were

arrested as trespassers and labeled terrorists.

Confrontations such as this in the past would have resulted in the Indians being expunged from the face of the earth and American memory had it not been for the advent of videography and social media.

Apparently, South Dakotans have had enough of being part of an American Dream that is an American nightmare for Native Americans.

Living under the rule of law is desirable but witnessing unjust laws that dispossess an entire people in Nazi-like fashion was just too much to bear.

Editor's Note:

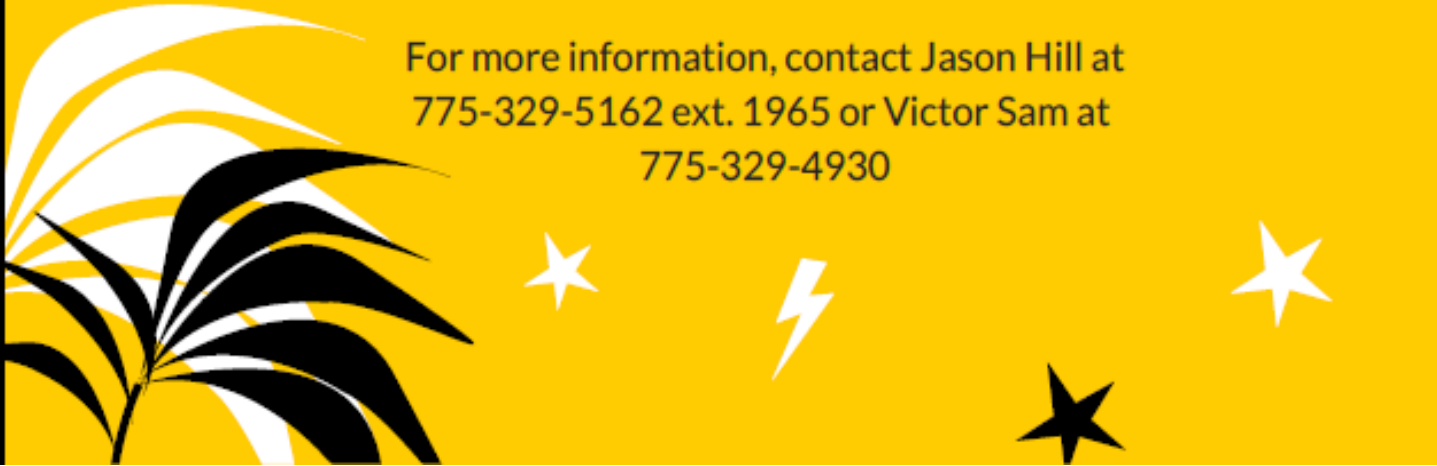
The proceeding was submitted by Steve Melendez of the RSIC & President of the American Indian Genocide Museum



AFTER SCHOOL ACTIVITIES FOR YOUTH

Looking for some after school fun?
Beginning Thursday March 1, 2018 there
will be activities for youth ages 6-17 at
the RSIC GYM from 330-430 pm every
Thursday!

Participate in group activities, learn life
and social skills, peer support...and get a
healthy snack! Sponsored by the RSIC
Recreation department and the RSTHC
Behavioral Health department, MSPI Grant.



For more information, contact Jason Hill at
775-329-5162 ext. 1965 or Victor Sam at
775-329-4930

Youth Co-Ed
Basketball Tournament
DOUBLE ELIMINATION



14TH ANNUAL

FALLON SHOOTOUT

MARCH 9TH - 11TH 2018

GRADE DIVISIONS

1st - 3rd

4th - 6th

7th - 8th

Location - The Gym at Venturacci Park

Entry - \$175 per Team

Deadline - 2/23/18 (or until full)

Limit - 8 Teams per Division

AWARDS

Champions

Runner-Up

3rd Place

FREE EVENT T-SHIRT FOR ALL PLAYERS

(Guaranteed if Registered by 2/16/2018)

MVPs and All Stars

Host Hotel: Super 8 - (775) 423-6031



Payments Payable to:



C.C. Parks & Rec, 325 Sheckler Rd. Fallon, NV 89406

Call (775) 423-7733 for additional information.

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visit our website: www.churchill-county-nv.org/parksandrec



In & Around: Reno-Sparks Indian Colony Community

Committee appointments, crafts, comradery, snow relief, happily ever after



Civic Duty — RSIC Tribal members Eileen Phoenix and William Astor recently took an oath of office to join the Reno-Sparks Indian Colony's Education Advisory Committee (EAC). This five-person committee recommends, implements and evaluates programs and services.

Photo By Alicia Hernandez



Textile Arts — Sponsored by the RSIC Language & Culture Program, Aletha Tom joined several community members to make star quilt pillow cases. Meeting once a week throughout March, the ladies worked at the RSIC Senior Center.

Photo By Dena Romero



Winter Worker — The Reno-Sparks Indian Colony's Public Works Department recently purchased a 2018 Freightliner that features a 450 horsepower engine, 10 speed automatic transmission with an 11-foot plow and sander. This state-of-the art truck will help keep our streets safe during inclement weather.

Photo By Tony Navarro



More Smiles — Last month, on Friday, Jan. 26, the former Marlinda Austin and Ronnie Sampson were married by Reno-Sparks Indian Colony Chairman Arlan D. Melendez. In last month's edition of The Camp News, Mr. Sampson's first name was spelled incorrectly. The editor regrets the error.

Ask Paul

Many times, I hear from parents who are concerned about a loved one's drinking alcohol or using other substances. I hear, "My son, spouse, nephew, or other family member has been out drinking again. He just won't stop." I ask the parents how the loved one's drinking or substance use has affected them and their family. They usually tell me sad and scary stories about how the person acted while under the influence. I ask them how they felt and how they reacted to their loved one's using behavior. Then I begin to hear about an enabling behavior. I hear examples like "he called at 2 a.m. and I picked him up and brought him home" or "he came home drunk, I put him to bed, made him breakfast in the morning, and gave him money because he was broke." The Red Road to Wellbriety refers to these parents as "enablers" and the substance user as the "identified patient."

The Elders call this a cycle of hurt. The identified patient is in a cycle of hurt caused by substance use and the family members

have joined in the cycle of hurt because they want to help him or her. The enabler can usually tell me what the cycle of hurt looks like for the loved one – the progression of the substance use and amount of time the identified patient has devoted to either using the substance or recovering from its effects. The enabler can recognize how the identified patient's tolerance for the substance has grown. The enabler can see everything regarding the identified patient clearly, but can't see anything about their personal behavior. For example, the enabler's tolerance has also grown, but they usually can't see it. A family member may say she "really gave it to him" the first time the identified patient came home drunk. She yelled at him and grounded him for a week. He was so sorry and he even cried and said he'd never do it again. Unfortunately, he did go out drinking again, even though he said he wouldn't. Over time the enabler begins to accept the identified patient's behaviors, and normalize them. Now the enabler's tolerance has grown. What used to be considered intolerable behavior has become expected to the point that the enabler allows the person to go out drinking for days and will always take him in, feed him and even give

him money! The enabler can only move towards change when he or she recognizes the behavior is actually helping the person continue to use substances.

In order to change, we look to the Elders wisdom and the Medicine Wheel cycle of healing. The Medicine Wheel shows us we always walk into the circle of healing as an individual (East). After individual healing, our family (South) can heal, then our community (West) can heal, then our nation (North) can heal. The Medicine Wheel also helps us by showing us a path to healing. We are told in order to change we first recognize (East) the problem, then we acknowledge (South) the problem, then forgive (West) what the problem has caused, and then change (North) our behaviors. The Red Road to Wellbriety says, "In groups that support family and friends of alcoholics and addicts, you will learn that the alcoholic or addict is not the problem you need to work on. You need to work on yourself."

To start working on one's self, the enabler has to recognize they have no power or control over the substance user's behaviors. They are, however, the most powerful person in their own world and

“Remember, the first step in changing is to recognize the problem...”

are in complete control of all of their response to situations. This recognition of true, and honest power clears the path for creating a healthy family support system.

The enabler and family will also have many emotions that need to be addressed because of the identified patient's behaviors while under the influence of substances. They usually have fear, anger, frustration, guilt, and shame, to name a few. The idea is to deal with these emotions, let them go, heal, and be free of these burdens. Many times the enabler and family will see that by taking on the negative emotional burdens caused by the identified patient's substance use, they are actually hurt more than the person using the substances! Keep in mind the substance user doesn't want to intentionally hurt the enabler or the family. He is being controlled by a force of dependency that is very strong. If people get hurt, that is an unintended consequence to him. The craving or urge for him to drink alcohol or use substances is very strong. His compulsion to use or drink drives him to act against his core beliefs and values. He seems to turn away from his family, friends, and community without a

second thought. This is called substance use dependency.

Education on codependency and recognizing a dysfunctional family system is also beneficial for the enabler and family. The Red Road defines family roles and says that everyone in the family takes on certain roles to adjust to the person who is using substances to make the family appear normal. The Red Road to Wellbriety asks if people can recognize any of these characters in the family:

The Alcoholic/Chemically Dependent is the identified patient. This person has the substance use problem.

The Enabler is a person who prevents the identified patient from experiencing the consequences of his addictive behavior unintentionally helping the person to continue using substances.

The Family Hero tries to make the family look good in the community by achieving success in school, work or other activities. The hero overachieves to make the family proud.

The Scapegoat diverts attention from the family's problems by constantly getting into trouble. He provides distraction from the family or community's disharmony.

The Lost Child tries not to make waves, becomes remote and invisible.

The Clown lessens tension

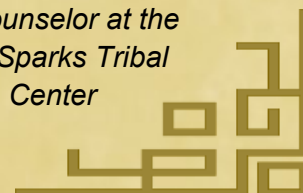
in the community by being funny or cute as a distraction and to avoid conflict.

The Placator tries to reduce conflict by smoothing things over.

If a person recognizes any of these characters and/or behaviors in their family, it's okay. Remember, the first step in changing is to recognize the problem. Now the family together can decide if they want to stay the way they are, or change. If they want to change, they can define what success looks like individually as well as a family. There are many healthy roads and goals to take in life. When a person is being true to his core beliefs and values, not hurting anyone including himself, and is following the Red Road with a focus on health, physically, mentally, emotionally and spiritually, he is on the path to health and happiness. Always remember help is available.

If you or someone you know has a problem with substance use please don't hesitate to give your Behavioral Health Department a call at (775) 329-5162.

Paul Snyder is a substance use counselor at the Reno-Sparks Tribal Health Center



Employee of the Month



In order to recognize outstanding effort and service to the Reno-Sparks Indian Colony community, the RSIC Human Resources Department is implementing an *Employee of the Month* program.

RSIC managers and directors are encouraged to nominate employees whom they believe are making a positive impact in our community.

The inaugural award has been given to Howard Miller, the adult parole officer who works for the

Tribal Court Services.

During 2017, as the adult probation officer, Miller, supervised adult as well as juvenile probationers.

He provided numerous pre-sentencing reports for both adults and juveniles, and he did this along with attending Wellness Court hearings, criminal court, juvenile court, assisting the bailiff with inmates in custody while in court.

Miller has developed a rapport with his probationers, both adults and juveniles, plus their families.

His main goal is to get the

probationers through sentencing requirements without reoffending.

Miller thoroughly explains the drug and alcohol testing process, probation conditions, and he travels to Hungry Valley to test individuals throughout the week.

He has familiarized himself on the court database and archives probation information daily. He utilizes the Tribal Access Program (TAP) for National Crime Information (NCIC) to assist with his presentence reports, and he communicates with other departments and organizations for assistance with services for probationers who need customized supervision.

Miller makes suggestions on improvements for various issues within the court system to make a safer work environment.

He meets his job responsibilities and more each and every day without complaint and never hesitates to assist other staff.

A military Veteran, Miller effectively communicates with all individuals, both inside and outside the RSIC organization. He understands that in order for the probationer to succeed, they oftentimes need assistance of family members, community members, and outside agencies in order to complete court requirements.

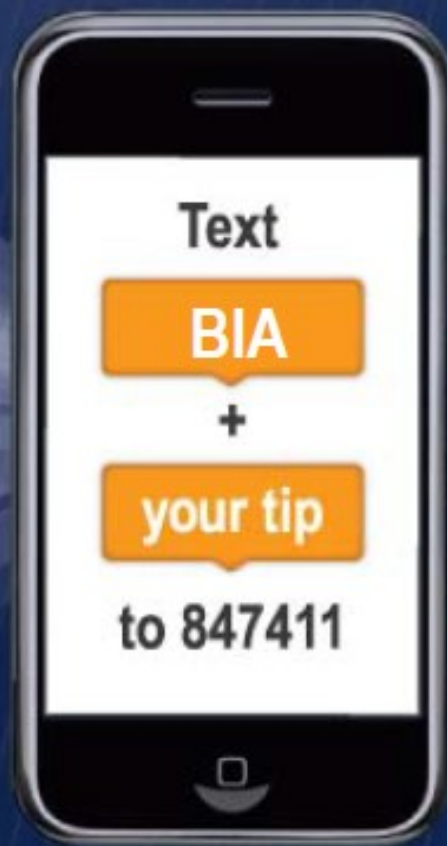


Congratulations—RSIC Director of Human Resources Steve Saari presents Employee of the Month Howard Miller, the Tribal Court Services Adult Probation Officer, a gift card for his outstanding work. **Photo By Sara Kane**

tip 411

▶ **HELP FIGHT DRUGS.**

Text anonymous tips to the Bureau of Indian Affairs, Division of Drug Enforcement to fight drug abuse in Indian Country and help keep your tribal communities safe.



Please remember, call 323-2677 for police assistance
or **911** in cases of emergency.

Sponsored By



Women's 50+

RSIC SOFTBALL

April 9th

June 25th

Golden Eagle Regional Park
&
Shadow Mountain Park

WHO WANTS TO PLAY?

CALLING ALL LADIES 50 AND OVER TO FORM A SOFTBALL TEAM. GAMES ARE PLAYED ON MONDAY NIGHTS. ELIGIBLE PLAYERS ARE RSIC EMPLOYEES, COLONY MEMBERS AND PATIENTS REGISTERED WITH RENO SPARKS TRIBAL HEALTH CENTER.

TO SIGN UP CONTACT WALITA @ 775-334-0938

Reno-Sparks Indian Colony Youth Success Spotlight

Astor standout cross county athlete, Johnson's hoop skills take her to college



Colby Astor

The Reno-Sparks Indian Colony's Colby Astor continues to excel during his time at Sherman Indian School. Astor, the son of Alverine Skenadore, was named *Athlete of the Week* last fall for his outstanding performance on the school's cross country team.

A senior, Astor helped lead his team to the Arrowhead League Championship.

Sherman Indian High School (SIHS) is an off-reservation boarding high school for Native Americans. Originally opened in 1892 in Perris, Calif., the school was relocated to Riverside, Calif., in 1903 SIHS is operated by the Bureau of Indian Education/ Bureau of Indian Affairs and the United States Government Department of the Interior and the school serves grades 9 through 12.

Astor plans to graduate in the spring.

Congratulations, Son. We are all very proud of you. Keep up the good work.

Love and Miss You

Mom Spencer & Aven

Kierra Johnson, a senior at Spanish Springs High and a member of the Reno-Sparks Indian Colony, helped the Cougars girls' basketball team to its first-ever league championship.

Shortly after, Johnson signed a letter of intent to play basketball at United Tribes Technical College in Bismarck, N.D.

Playing in the National Junior College Athletic Association (NJCAA) Division II, the Thunderbirds are coached by Kelsey Peltier.

Coach Peltier scouted Johnson on-line, and watched live as Johnson played in the opening round of the Northern 4A Region.

The United Tribes Women's basketball squad's season is still underway as the Thunderbirds will host the NJCAA Region XIII semifinals this week.



Model Student Athlete —Kierra Johnson recently made her college choice official as she has agreed to enroll and play basketball at the United Tribes Technical College in North Dakota. Several family members including (from left to right): Leland Johnson (Grandpa), Brianna Johnson (sister), Tyrel Johnson (brother), Christy Johnson (mother), Hank Johnson (father), Roper Egan (brother) watched as Kierra signed her letter of intent during a ceremony held at SSHS.

Photo Provided by the Johnson Family

Congratulations, Kierra!



Dear Families and Community Members,

We continue working diligently to develop a balanced budget for the upcoming school year. The budget shortfall is estimated to be \$22 million to \$28 million

Historically, Nevada has ranked at the bottom of the list nationwide for state funding for schools. Education Week recently reported that the national average for spending is \$11,841 per pupil, based on the most recent data from 2013. Nevada's legislature funds \$5,677 per pupil. Property taxes are the second largest local revenue, however property tax revenue has also not kept pace with economic growth.

The Nevada Legislature provided additional funding to the District for categorical programs such as ZOOM, Victory Schools, Nevada KIDS Read, and social workers. However, these funds can only be utilized for these specific programs. Additionally, the funding provided by the voter-approved ballot initiative of WC-1 is for capital projects only -- the building of new schools and the revitalization of older schools. By law, these funds cannot be used to address the deficit in our operating funds.

In order to address the current budget shortfall and to prevent future budget challenges, the Board of Trustees directed staff to reduce the deficit by 1/3 each year and achieve a structurally balanced budget by fiscal year 2020-2021. The District is undergoing an inventory of all District programs to identify and prioritize central programs that align with the goals of the Board as outlined in the Strategic Plan. This process of priority-based budgeting will help us best allocate funds. We are the first school district in the nation to do priority-based budget. For more information about the District's budget visit: www.washoeschools.net/budget

Lastly, I want to invite you to join me at the upcoming State of Education Address: Join the Journey to Graduation, on March 7, 2018 starting at 6 pm at Billingshurst Middle School. I'll share details about our work to close achievement gaps and prepare our students for their journeys to graduation. For additional details visit www.washoeschools.net

Sincerely,

Traci Davis
WCSD Superintendent



Hungry Valley Library

Come check out our new library!

Grand Opening

**Monday,
March 12, 2018
6p.m.—7 p.m.**

Monday 9 am– 5 pm

Tuesday 9 am–5 pm

Wednesday 10 am–5 pm

Thursday 10 am–5 pm

Saturday 10 am– 2 pm

**Pizza
&
Raffle
Prizes**

Education Building : 9055 Eagle Canyon Road Sparks , Nevada 89441

For more Info: Natalie Smith Nsmith@rsic.org (775) 334-0904

Swim Safe for the Summer with Swim Lessons!

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

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

Enrollment Required @ Alf
call 353-2385
Go to www.sparksrec.com for schedule and reg dates

Paid for by the RSTHC Diabetes Program

Questions? Contact Stacy at 329-5162 x1945

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

Swim Safe for the Summer with Swim Lessons!

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

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

CARDIO KICKBOXING

NEW EVENING CLASS!! THURSDAY'S @ 5:30 PM


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

PosterMyWall.com Premium Content

Questions?? Call Vanessa @ 3NWC

775-329-5162 ext. 1946

vwilliams@rsicclinic.org

 **THREE NATIONS WELLNESS CENTER**

Elder HOME TRAINING

Trainers: Michelle & Tiffany

Individually tailored exercises done in the comfort of your own home. Exercises will improve mobility, strength, and balance.

*****REFERRAL NEEDED***
CALL TO GET THE PROCESS STARTED**

**STACY BRISCOE
775-329-5162 EXT 1945**



**INTERNATIONAL WOMEN'S DAY 2018
#PRESSFORPROGRESS**

Thursday, March 8th

With the World Economic Forum's 2017 Global Gender Gap Report findings telling us that gender parity is over 200 years away - there has never been a more important time to keep motivated and #PressforProgress. And with global activism for women's equality fueled by movements like #MeToo, #TimesUp and more - there is a strong global momentum striving for gender parity.

International Women's Day is not country, group or organization specific. The day belongs to all groups collectively everywhere. So together, let's all be tenacious in accelerating gender parity. Collectively, let's all Press for Progress

**Event Time:
5:30pm – 7:00pm**

**EVENT LOCATION:
UNITARIAN UNIVERSALIST
FELLOWSHIP OF NORTHERN
NEVADA
780 DEL MONTE LN,
RENO, NV 89511**

Presented by:



YOGA WITH KIM

TUESDAYS

12:10-12:50pm

Vinyasa HIIT Fusion Yoga

**NEW CLASS
ADDED!**

(ADD CARDIO TO YOUR
YOGA PRACTICE WITH
CARDIO CIRCUITS)

LAST TUESDAY OF THE MONTH

12:10-12:50pm

Gentle Chair-Based Yoga

(INCREASE
FLEXIBILITY
WITH NO MAT
WORK)

THURSDAYS

12:10-12:50pm

Vinyasa Yoga

(SLOW FLOW
FOR ALL
LEVELS)

**ALL CLASSES
AT RSTHC
1ST FLOOR
CONFERENCE
ROOM**

OPEN TO RSTHC PATIENTS AND EMPLOYEES

ALL LEVELS WELCOME

SIGN UP NOT REQUIRED

ALL EQUIPMENT PROVIDED

SPONSORED BY THE

RSTHC DIABETES PROGRAM

QUESTIONS? CONTACT STACY AT 329-5162 X1945



F.I.T.

FUN INTERVAL TRAINING

FITNESS CLASS

**WEDNESDAYS
12:15-12:45PM**



**CARDIO
WEIGHTS
STRETCHING
HIGH INTENSE
INTERVALS**

GET UP & GET MOVING...

**Three Nations Wellness Center
1715 Kunezli Street Reno, NV 89502**

Call Walita for more info at 775-334-0938



add yo

LET'S SPINN

SPINNING WITH MICHELLE

FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

**WEDNESDAYS 5:30-6:30PM &
FRIDAYS 12:15-12:45PM
@ 3NWC**

Questions Contact Michelle @ 329-5162

The 2018 Diabetes Shoe Program





Keep two Diabetes Checkups in RSTHC Medical in 2018 and you're eligible for shoes through the RSTHC Diabetes Program! Appointment required.

QUESTIONS?
Contact Stacy 329-5162 x1945
Sponsored by the RSIC Diabetes Program

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



NEW DIMENSIONS

MOVEMENT + STRENGTH

**30 MIN CLASS
TUESDAYS
1215-1245**

Strength training with dumbbells, resistance bands, and body weight.

**(775)329-5162
EXT. 1946**

VWILLIAMS@RSICCLINIC.ORG

THREE NATIONS WELLNESS CENTER

WINTER SPORTS CONDITIONING

STARTING FEBRUARY 1, 2018

Thursdays 12:15-12:45

EXERCISE USING BODY WEIGHT
TO STRENGTHEN AND TONE
FOR ANY WINTER SPORT




Questions??
Call Tiffany 329-5162 ext. 1948

PosterMyWall.com

Gentle chair yoga

Gentle yoga for joint troubles or to gently increase flexibility



Chair-Based Yoga @ RSTHC No Mat Work!

**Last Tuesday of every month
12:10-12:50
RSTHC 1st Floor Conference Room**

All ages and abilities welcome
All equipment provided
Sign Up not required

Benefits of Yoga

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration energy and vitality
- Improved athletic performance
- Protection from injury
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health

Questions? Contact Stacy 329-5162 x1945
Sponsored by the RSIC Diabetes Program



2017-2018 BEST CULTURAL HERITAGE EXPERIENCE

STEWART FATHER'S DAY POWWOW

JUNE 15-17, 2018
5500 SNYDER AVE.,
CARSON CITY, NV 89701
THIS IS AN ALCOHOL AND DRUG FREE EVENT

Grand Entry Times
Friday 7:00PM
Saturday 1:00PM & 7:00PM
Sunday 12:00PM

Master of Ceremonies: Gridley Hilpert Sun Valley, NV	Arena Director: Art Martinez Carson City, NV	Head Man: Emerson Nakai Cedar City, UT	Head Lady: Donna Jackson Owyhee, NV	Head Teen Boy: Ethan Nakai Cedar City, UT	Head Teen Girl: Andrea Lathrop Carson City, NV	Host Drum: TBA
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General Information
Open to the Public - Free Admission
Dry Camping is Available
Please Bring Your Own Chairs

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

Sponsored in part by:
NEVADA DEPARTMENT OF REVENUE
CARSON CITY

Activities
Stewart Alumni Reception
Competition Dancing
Food Vendors
Arts & Craft Vendors
Special Events & Exhibits
Gourd Dancing Sat/Sun 11am-1pm
5K Color Fun Run
5K Sponsored by Washoe Tribal Law Enforcement, Juvenile Probation, Truancy, Domestic Violence and Native TANF. All proceeds benefit the Cultural Exchange with Washoe County Village. For more information call Flannery Smokey at 775-883-7794.

General Info: Denise M. Becker 775-687-7605 or dmbecker@nic.nv.gov
Vendor Info: Sari Nichols 775-687-7603 or snichols@nic.nv.gov

For information and related forms, visit
StewartIndianSchool.com/fathers-day-powwow

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

Legal Notices, Public Announcements

Public meeting, committee recruitment: housing, education, pow wow

Invitation to attend Reno-Sparks Indian Colony Constitution Revision Work Group Meeting

Reno-Sparks Indian Colony members are invited to the first meeting of 2018 for the Reno-Sparks Indian Colony Constitution Revision Work Group.

WHEN: Monday, March 12 - 6 – 8 p.m.

WHERE: 34 Reservation Rd., Building A

WHAT: The Constitution work group will resume meeting to consider amendments to the RSIC Tribal Constitution. Tribal members are welcome to attend and participate in the constitution work group.

The Reno-Sparks Tribal Council supports the establishment of a Constitution Revision Work Group (“the Work Group”) for the purpose 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 proposed amendments to bring forward to Tribal Council for approval. This may result in a secretarial election by the end of 2018.

Recruitment for Housing Advisory Board

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

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

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

Recruitment for Education Advisory Committee

The Education Advisory Committee advises and comments on Education Department programs that serve RSIC children, families and community members. The Education Advisory Committee membership consists of five members who meet monthly and are provided a monthly meeting stipend for participation. The committee members will consist of three tribal members and two community residents. Under the Federal Guidelines 25 CFR §273.15, “Indian Education Committees are elected from among parents or legal guardians of eligible Indian students enrolled in the school(s) affected by a contract(s).” The members are appointed by the Tribal Council and shall serve a term of two years. The committee members must abide by the Tribal Council Standing Rules & Statement of Confidentiality.

Please submit a letter of interest to:

Reno-Sparks Indian Colony
Education Department
34 Reservation Rd.
Reno, NV 89502

Recruitment for Pow Wow Committee Members

The Numaga Indian Days Pow Wow committee is seeking Reno-Sparks Indian Colony Tribal members to serve on its committee. There are **FIVE** vacancies.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years.

If you are interested in becoming a Numaga Indian Days Pow Wow committee member, please submit your completed application to:

**Reno-Sparks Indian Colony
Pow Wow Committee**
ATTN: Tribal Administrator
34 Reservation Road
Reno NV 89502

Reno-Sparks Indian Colony Human Services Crisis Relief

Tribal Council approves new policies and procedures

1. Crisis Relief - Eligibility

Crisis Relief funding assistance is available for any adult 18 and older enrolled as a Reno-Sparks Indian Colony (RSIC) Tribal Members, referred to herein as "Applicant," in meeting their basic needs such as food, utility bills, and housing, and other approved necessities and only when the Applicant has exhausted all other resources. The Application for Crisis Relief funding assistance is attached and made a part of this policy.

- (a) Proof of exhaustion of other resources must be made pursuant to Section 8.1.2 below. Crisis Relief is a program of last resort.
- (b) For purposes of this policy, "Crisis" is defined as events surrounding death, illness, severe injury, recent loss of income, or as a result of an accident or natural disaster. Poor financial planning is not considered a "Crisis" for purposes of this policy.
- (c) A Self-Sufficiency Plan shall be developed by the Human Services Case Manager and the Applicant to assist the Applicant in achieving financial independence and stability. Referrals to other RSIC Departments, including the RSIC 477 Program, or other non RSIC agencies, shall be made and documented by Human Services.
- (d) Should an Applicant refuse to follow up on referrals and comply with the Self-Sufficiency Plan, future requests for Crisis Relief assistance may be denied. The applicant may be referred to the 477 Program or other State or County GA Assistance Program. The Case Manager may follow up with Tribal, State or County Agencies prior to approval of application or reapplication for Crisis Relief to affirm the Applicant has sought alternative resources.
- (e) Referrals for Crisis Relief assistance may be made from other RSIC Departments.
- (f) The amount of assistance to any one Applicant shall not exceed \$300.00 (Three Hundred Dollars) per year. The \$300.00 maximum per year assistance can be combined, e.g. used for groceries, utilities, housing or other approved incidentals. The year shall be calculated from the date the application is submitted.
- (g) Requests for assistance to purchase emergency groceries, including necessary personal care items, or clothing shall not exceed \$100.00 per household member; however, total crisis relief funding to the eligible member shall not exceed \$300.00 per year. The year shall be calculated from the date of a submitted application. Referrals to local food banks shall be provided to the Applicant, and the Applicant may apply for food stamps (SNAP) show proof of receipt of Food Stamps and/or commodities as a condition to receiving assistance. Verification of Food Stamps will be performed by the Case Manager through collateral contact with other Tribal, State and County Agencies.
- (h) RSIC Housing and/or utility payments due to RSIC from the Applicant are eligible for Crisis Relief assistance.
- (i) With the exception of (j) below, Applicants requesting assistance with RSIC Housing and/or utility payments must contact the RSIC Finance Department to set up a payback agreement before any assistance with RSIC utility and RSIC housing payments is received. The payback agreement must be reasonable given the Applicant's income at the time of the Application. So long as an Applicant meets the eligibility criteria in this policy, the Applicant can receive assistance for a payback agreement.

Continued on next page

Reno-Sparks Indian Colony Human Services Crisis Relief

Tribal Council approves new policies and procedures

- (j) Applicants who have received an eviction notice from the RSIC Housing Department must contact the Housing Department to set up a payback agreement pursuant to Housing Department policies prior to applying for housing assistance. So long as an Applicant meets the eligibility criteria in this policy, the Applicant can receive assistance for a payback agreement.
- (k) For housing assistance on or off RSIC lands, the Applicant must provide their eviction notice, if applicable, and lease or purchase agreement. The Applicant must be listed as the responsible party or part of the family composition on the agreement. Applicant is responsible for obtaining 1099 from new vendors.
- (l) Emergency shelter assistance shall be based upon the individual circumstances presented. Every attempt to secure safe emergency shelter must be made in cooperation with the assigned Case Manager.
- (m) For assistance with NV Energy utility bills, prior to receiving assistance the Applicant must contact NV Energy and request a payment arrangement and a referral to the NV Energy Assistance Program. If the Applicant does not qualify for a payment arrangement or assistance from the NV Energy Assistance Program, verification of the submission to NV Energy of a request for assistance and the denial must be submitted along with the Applicant's Crisis Relief application. NV Energy bills must be in the Applicant's name showing that the Applicant is responsible for payment to NV Energy. 48-hour disconnection or 10-day disconnection notice must be presented at the time of the interview. Only the amount needed to prevent or reinstate the power will be approved. An applicant is eligible for other means of energy assistance if they do not use NV Energy.
- (n) Other acceptable expenses may include emergency car repairs to maintain employment, bus passes, gas card, and food vouchers for homeless clients. Before approval for these expenses are approved the Applicant must first apply for the 477 program and remain compliant with rules of the program. Verification will be required before application is approved.
- (o) Non Emergency requests, airline travel, Phone, cable, cell phone, car insurance, credit card, loan payments and similar financial obligations are not considered basic emergency needs and are not eligible for Crisis Relief funding assistance.
- (p) Clients who have received crisis relief funds and who are later found to have been untruthful, or have willfully and intentionally withheld information in obtaining such funds, will not be eligible for further assistance for one year at a minimum, or longer, as determined by the Human Services Manager. Possible police charges may be filed.
- (q) Clients can apply for funeral assistance using their crisis relief funds. Funeral assistance may only be used for the funeral/burial of the immediate family. Immediate family is considered mother, father, spouse, children, siblings and grandparents only. No exceptions will be made. Multiple ceremonies are not allowed.

2. Application and Approval Process

- (a) To be eligible for Crisis Relief funding assistance, a completed application for such funds must be submitted to Human Services. Applications shall be available to all adult enrolled RSIC Tribal Members upon request.

Continued on next page

Reno-Sparks Indian Colony Human Services Crisis Relief

Tribal Council approves new policies and procedures

- (b) Applications shall be fully completed prior to submission and have all required and verified documentation attached based upon the nature of the request. Applications will not be approved or processed until all documentation is reflected in the file.
- (c) All Applicants must provide proof of RSIC Tribal Enrollment, a valid second form of identification (ID or Driver's License), all documentation required in Section 1 above, including proof that all other
- (c) available resources for assistance have been exhausted, and any and all other necessary documentation requested to be submitted with the application by the Human Services Manager, or designee. With reference to funeral applications, proof of the death must be provided. (acceptable forms of proof include a funeral flyer, letter of verification from the mortuary, or other official document).
- (d) All Applicants shall be scheduled for an in-person intake to be completed as soon as possible. Intakes may be completed at the time of the submission of the application if time permits. The in-person intake may be waived at the discretion of the Human Services Manager if extenuating circumstances prevent such in-person intake.
- (e) Completed applications shall be submitted to the Human Services Manager, or designee, for approval and signature. Human Services shall document the date and time each application is received, and the date it is approved. Processing of Crisis Relief funds may take up to 5 working days to process through the various departments. Approval and processing will begin once all documents are submitted.
- (f) After approval, Human Services staff shall proceed with processing payment(s) through the RSIC Finance Department. To maintain confidentiality, Applicant's shall be identified by an assigned number, which number shall be referenced on the required Finance Department documents.
- (g) Denial of an application shall be made in writing by the Human Services program and shall state the reason for the denial, within five (5) days of the application date.

3. Appeals

- (a) An Applicant who has been denied Crisis Relief funding may submit an appeal to the Crisis Relief Appeal Committee. Appeals shall be in writing. The Applicant may choose to make a verbal presentation to the Committee to supplement their written appeal. Appeals will be considered by the Committee as soon as possible, taking into consideration the urgent nature of Crisis Relief assistance. The applicant has five (5) business days to file an appeal.
- (b) The Committee shall be comprised of a member of the RSIC Human Services staff, an RSIC Program Director or Manager, and the Tribal Administrator or his/her designee who shall be an employee of the RSIC. The Committee shall be made up of no less than three (3) people.
- (c) The Committee's decision shall be provided verbally and in writing to the Applicant within five working days.
- (d) The Committee's decision shall be binding, with no further right to appeal.

For more information, please contact:

Adriana Botello | Reno-Sparks Indian Colony | Director | Human Services
405 Golden Lane, Reno, NV 89502
Phone: (775) 329-5071, ext., 1311, abotello@rsic.org



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Program

QUESTIONS?
Contact Stacy
Briscoe 329-5162
x1945

March



Reno-Sparks Indian Colony
Senior Center – Activities
34 Reservation Road, Building F
Reno, NV 89502
775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you have any questions about any of the planned activities, or to sign up please call the Senior Center.</p>			<p>1 Errand Day 10:00pm</p>	<p>2 Brunch 10:00am</p>
<p>5 Tone & Fit 12:30pm Senior Advisory Committee Meeting 1:00pm</p>	<p>6 Tribal Police Presentation 12:00pm Beaded Key Chains 1:00pm Night Bingo 5:30pm</p>	<p>7 Language Class 12:45pm</p>	<p>8 Blood Pressure Check 11:30pm Galaxy Theaters 12:30pm</p>	<p>9 Respite Caregivers Support Group 9:00am Tone & Fit 12:30pm Beaded Key Chains 1:00pm</p>
<p>12 Commodities Tone & Fit 12:30pm Night Key Chains 5:00pm-8:00pm</p>	<p>13 Environmental Presentation 12:00pm</p>	<p>14 Chair Volleyball 10:00am Blood Pressure Check 11:30am Language Class 12:45pm</p>	<p>15 Errand Day 1:00pm</p>	<p>16 Brunch 10:00am</p>
<p>19 Tone & Fit 12:30pm</p>	<p>20 Paper Lanterns 1:00pm</p>	<p>21 Community Health & Nutrition Presentation 12:00pm Language Class 12:45pm</p>	<p>22 Birthday Bingo 12:30pm</p>	<p>23 Tone & Fit 12:30pm Crochet Scarf 1:00pm *Saturday Century Movies 12:00pm</p>
<p>26 Tone & Fit 12:30pm Crochet Scarf 1:00pm</p>	<p>27 Paper Lanterns 1:00pm</p>	<p>28 Blood Pressure Check 11:30am Language Class 12:45pm</p>	<p>29 Archives Picture Scanning Day 10:30am</p>	<p>30 Early Brunch 9:30am</p>

Activities are subject to change or cancel

***** Bring Pictures you would like scanned for Archives**










***Saturday Movies – Advance Sign Up Required**

The Senior Advisory Committee would like to acknowledge everyone who helped with the Valentine's Day Bake Sale. We appreciate all volunteers who helped make items, donated baked goods, and donated their time. We especially thank the community for their continued support of the RSIC Seniors.

Thank You!



Reno-Sparks Indian Colony
Senior Center – Menu
34 Reservation Road, Building F
Reno, NV 89502
775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
 ~REMINDER~ Please call before 10:00 am to cancel or add your meal delivery			1) BBQ Ribs Sweet Potato Tots+ Watermelon* Milk 	2) Brunch Spinach & Egg Scramble* Whole Wheat Bagel Tomato Wedges+ Grapes* Milk 
5) Pork Stir Fry Carrots & Bell Peppers+* Brown Rice Pineapple & Mandarin Oranges Fortune Cookie Milk	6) Cream of Mushroom Soup Turkey & Cheese Sandwich on Whole Wheat Bread Lettuce & Tomato+ Fruited Jell-O* Milk	7) Veggie Lasagna+* French Bread Apricots+ Milk 	8) Ground Turkey Spanish Rice Mix Chuck wagon Corn+ Fruit Cocktail* Milk	9) BLT Wrap+ Pasta Salad*+ Apple Milk
12) Hamburger Gravy & Mashed Potatoes Normandy Blend Vegetables+* Banana Milk	13) Chicken Noodle Soup Dark Green Salad+* Crackers Plum Milk 	14) Chili Beans over Brown Rice Green Beans+ Tropical Fruit* Milk	15) Birthday Bingo Corn Beef & Cabbage Red Potatoes Carrots+ Fruited Jell-O* Milk 	16) Brunch French Toast & Turkey Bacon Tomato & Cucumber Salad+* Mixed Berries* Milk
19) Beef Stroganoff Egg Noodles Mixed Veggies+* Peaches* Milk	20) Chicken Salad on Whole Wheat Bread Lettuce & Tomato+ Sun Chips Orange* Milk	21) Turkey Stuffing Carrots & Broccoli+* Mixed Berries* Milk 	22) BBQ Pulled Pork Sandwiches Coleslaw+* Cantaloupe* Milk 	23) Taco Salad Ground Turkey Refried Beans Lettuce & Tomato+ Pears* Milk
26) Baked Tilapia Rice Pilaf Carrot and Zucchini Mix+* Apricots+ Milk 	27) Philly Cheesesteak Bell Peppers & Onions Sweet Potato Fries+ Apple Milk	28) Whole Wheat Spaghetti with Ground Turkey French Bread Mixed Veggies+* Peaches* Milk	29) Green Chili Chicken Stew Spring Mix Salad+* Whole Wheat Tortilla Tropical Fruit* Milk	30) Brunch-9:30am Frosted Mini Wheats Boiled Egg Cherry Tomatoes & Light Cottage Cheese+ Fresh Fruit Salad* Milk

Important:

Please TIE up your dogs during delivery times
Menu subject to change due to availability



Daily

* Vitamin C & 1% Milk
+ Vitamin A-3 X Week



RSIC TRIBAL ARCHIVES

Preserving the Past to Ensure the Future



We would like to introduce a new staff member to the Archives & Records Center, Johni Bill. Johni is an enrolled RSIC member and resides in Hungry Valley with her family. We welcome her and are excited to have her working with us here at the Archives!



Archives Photograph Collections



The RSIC Tribal Archives is always in need of old photographs to help tell the history of the Tribe. If you have any photographs of the Reno Colony, events or of people prior to 2000's please come by and share with us.

We will not keep your photographs. We have the technology to scan and give your photographs right back to you.

Stop by and visit with us.



If you have any questions contact us at:

775-785-1335

Trisha Calabaza-Tribal Archivist ext.7777 or tcalabaza@rsic.org

Lydia Morris & Johni Bill-Archives Technicians ext.7726 lmorris@rsic.org or jnbill@rsic.org

RSIC Tribal Archives

15A Reservation Road |Reno, NV 89502

Office Hours 8 a.m. to 5 p.m. Monday – Friday



**MAR
13**

COLOR GUARD

MONTHLY MEETING



HONOR—RESPECT—DIGNITY

REVERENCE

After a successful debut during the 2017 Veterans Day Celebration, the RSIC Color Guard continues to organize. The mission of this elite group is to honor past, present, and future Native Warriors. The group will represent our community at events—cultural, social and business.

All military Veterans are welcome!

775/329-2936, ext. 3268

34 Reservation Road—TA Conference Room—Reno, Nevada 89503
Meetings (usually) second Tuesday at 6 p.m.

Continued from front cover

care and education services.”

She also spoke of an Environmental Protection Agency (EPA) award of \$4.59 million which went to 15 Nevada tribes to invest in their environmental programs.

“The funds will go towards promoting access to safe drinking water, modernizing waste management systems, reducing water pollution, and protecting natural resources on tribal lands,” Cortez Masto said.

She also mentioned that last summer, the U.S. Department of Housing and Urban Development awarded over \$14 million in block grant funding for Native American housing development to promote access to affordable housing.

“These resources are critical to improving the quality of life and ease of doing business in Indian country,” she said. “I will continue to work with Neva-

da tribes to help them develop successful grant applications, and partner with my colleagues in the Senate to increase funding for projects like these.”

Stemming from her background as attorney general, Cortez Masto said that another top priority of hers is keeping Indian country safe.

She told the crowd that she signed on to the Native Youth and Tribal Officer Protection Act, a bill designed to build on the progress we made under the Violence Against Women Act of 2013.

“VAWA made it possible for tribal law enforcement to prosecute violent offenders who commit crimes on tribal lands, regardless of race,” Cortez Masto said. “The bill I have co-sponsored extends those protections to women and children who have survived domestic abuse.”

She also reminded the Tribal

leaders that she is focused on economic development, especially in the renewable energy sector.

“Over the next 25 years, the solar power project on the Moapa River Indian Reservation will provide power for nearly 100,000 homes in California,” Cortez Masto said. “I want tribes all across this country to be able to take advantage of the natural resources available to them, and to lead the way toward our renewable energy future.”

Lastly, Cortez Masto talked about her efforts to stave off the efforts of Secretary of Interior Ryan Zinke as he has targeted national monuments for review.

“Federal lawmakers have a sacred responsibility to fulfill the promises we made to Indian Nations centuries ago,” she said. “This is true not only for those of us who have tribes in our states, but for every member of Congress.



Modern Machines For Ancient Art— *The RSIC Language & Culture Program organized classes to make quilted star pillowcases. Throughout February, a half dozen skilled seamstresses met at the RSIC Senior Center to sew. With guidance from Mary Burnette, the ladies used a pattern from Sioux ceremonies of which the morning star represents the direction from which spirits travel to earth. Some believe that when Lakota girls were taught to quilt in boarding school, they created the star design to symbolize the link between the living and the dead. Displaying their finished products are (from left to right) Margaret Emm, Roberta Nutumya and Emily Abbie.*

Photos By Judy Martin