



# 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."

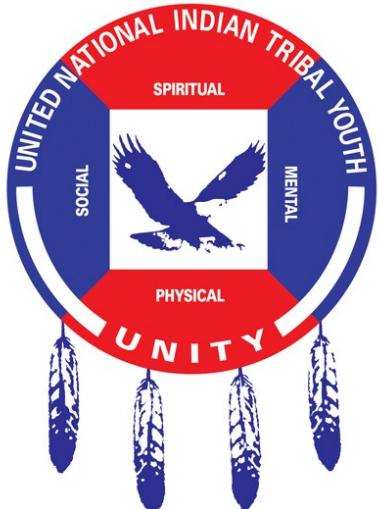
She explained that by helping the Shoshone and Paiute people of the Duck Valley Indian Reservation, that tribe is establishing its first public transit system in the area. The Sho-Pai Tribe received a \$200,000 grant from the Department of Transportation.

"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](mailto: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](mailto:smontooth@rsic.org) or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

### CIRCULATION

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

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

### ELECTRONIC EDITION

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

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

## Important 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

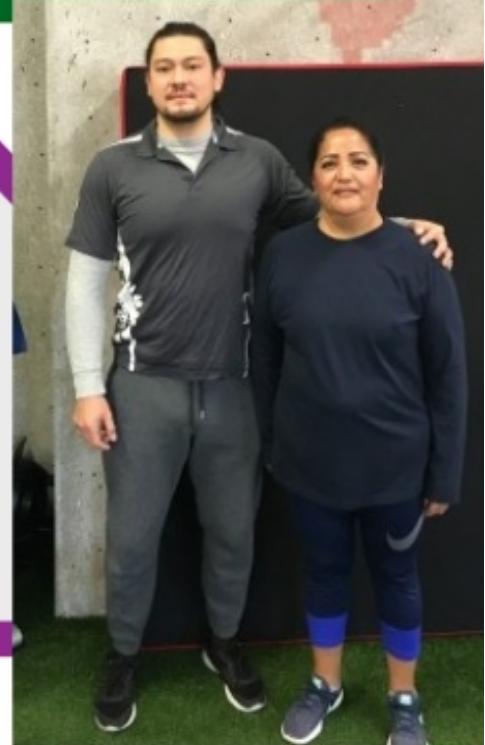
For more information: [www.rsic.org](http://www.rsic.org)

# 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 Servilican**



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)

Add up  
your score.



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.

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](http://www.diabetes.org) or call 1-800-DIABETES

Visit us on Facebook

[Facebook.com/AmericanDiabetesAssociation](http://Facebook.com/AmericanDiabetesAssociation)



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)		

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](http://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.

# DO YOU HAVE PREDIABETES?

## Prediabetes 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're likely to have prediabetes and are at high risk for 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.

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).

Add up your score.



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

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](http://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](http://DoIHavePrediabetes.org)



# 84 MILLION AMERICANS HAVE PREDIABETES. DO YOU?

## 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)

## If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for 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.

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).

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+
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)		

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

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](http://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](http://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 12<sup>th</sup> at 6:00 at Hungry Valley Education

**When:** Monday, March 19<sup>th</sup> 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](mailto: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](mailto: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**

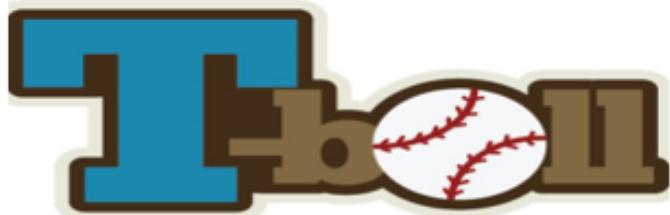


# Reno-Sparks Indian Colony Recreation

## **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.

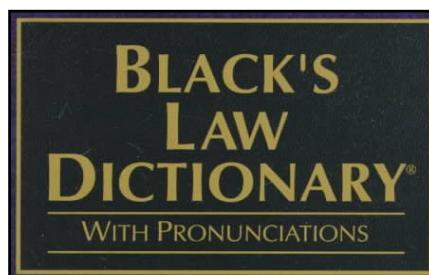
The U.S. Government cited *Johnson v. M'Intosh* in 2001 when giving their reason for ignoring the 1863 Treaty of Ruby Valley of with the Western Shoshone.

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 21<sup>st</sup> 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.*

*CHURCHILL COUNTY, NEVADA is an equal opportunity employer and provider.*

*Visit our website: [www.churchill-county.us/parksandrec](http://www.churchill-county.us/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*

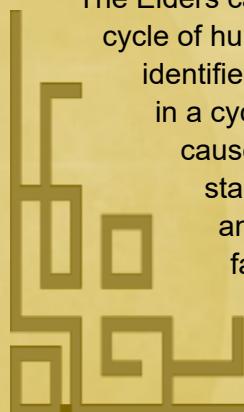


**More Smiles** — Last month, on Friday, Jan. 26, the former Marlinda Austin and Ronnie Sampson were married by Reno-Sparks Indian Colony Chairman Arlan D. Melendez. In last month's edition of The Camp News, Mr. Sampson's first name was spelled incorrectly. The editor regrets the error.

# 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 over-achieves 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 presentencing 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



**Congratulations**—RSIC Director of Humans 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**



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.

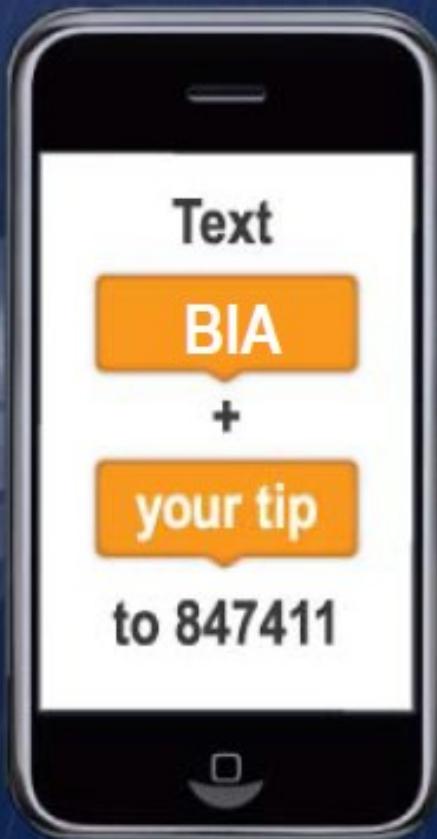
A military Veteran, Miller effectively communicates with all individuals, both inside and outside the RSIC organization. He understands that in order for the probationer to succeed, they oftentimes need assistance of family members, community members, and outside agencies in order to complete court requirements.



**tip 411**

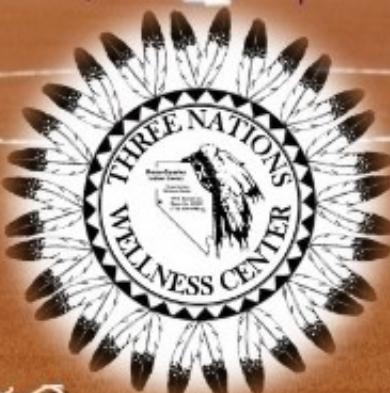
## ► HELP FIGHT DRUGS.

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.

Congratulations, Kierra!



**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*



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.washoeschols.net/budget](http://www.washoeschols.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 Billinghamhurst 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](http://www.washoeschools.net)

Sincerely,

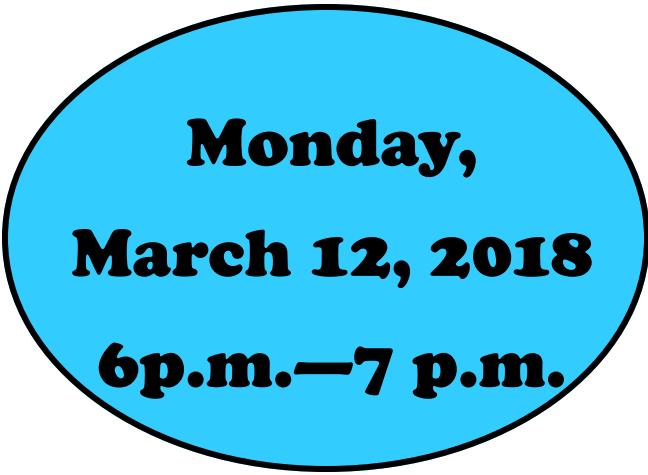
Traci Davis  
WCSD Superintendent



# 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](mailto: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.

Enrollment Required @ Alf call 353-2385  
Go to [www.sparksrec.com](http://www.sparksrec.com) for schedule and reg dates

Paid for by the RSTHC Diabetes Program

Questions? Contact Stacy at 329-5162 x1945  
Aquasize, Senior Water Fitness, Toddler Time, and Lap Swimming also available. Call Alf @ 353-2385 for details

**Swim Safe for the Summer with Swim Lessons!**

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

Enrollment Required @ Alf call 353-2385  
Go to [www.sparksrec.com](http://www.sparksrec.com) for schedule and reg dates

Paid for by the RSTHC Diabetes Program

Questions? Contact Stacy at 329-5162 x1945  
Aquasize, Senior Water Fitness, Toddler Time, and Lap Swimming also available. Call Alf @ 353-2385 for details

# 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](mailto: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




- Inspirational Speeches
- Cultural Performance
- Food
- Children's Art Table
- Community Resources
- Community Members Recognition

**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

**NEW CLASS ADDED!**

Vinyasa HIIT Fusion Yoga (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  
(SLOW FLOW FOR ALL LEVELS)

Vinyasa Yoga  
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



**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

hostedbyWalita.com

**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**

- 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 POW WOW

**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
------------------------------------------------------	----------------------------------------------	----------------------------------------	-------------------------------------	-------------------------------------------	------------------------------------------------	----------------

**General Information**  
Open to the Public - Free Admission  
Dry Camping is Available  
Please Bring Your Own Chairs

**Activities**  
Stewart Alumni Reception  
Competition Dancing  
Food Vendors  
Arts & Craft Vendors  
Special Events & Exhibits

**Host Hotel:** Carson City Plaza Hotel 1-888-227-1499  
Ask for the Stewart Powwow rate!  
Sponsored in part by:

**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](http://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 travolers.

# 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 polices 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 polices 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 polices 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 of 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](mailto:abotello@rsic.org)



Contact High  
Sierra Martial  
Arts for  
schedule &  
enrollment

775-683-9950 5580 Mill St Suite 1100

[www.highsierramartialarts.com](http://www.highsierramartialarts.com)



[PosterMyWall.com](http://PosterMyWall.com)

# MARTIAL ART CLASSES

All Ages  
KIDS &  
ADULTS

- Self Confidence
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility
- Social Skills
- Awareness & Self Defence

LEARN &  
DEVELOP

## FREE!!!

UNIFORM AND TESTING FEES  
INCLUDED...ROLLING ADMISSION

Sponsored by the  
RSIC Diabetes  
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> 
5 Tone & Fit 12:30pm Senior Advisory Committee Meeting 1:00pm 	6 Tribal Police Presentation 12:00pm Beaded Key Chains 1:00pm Night Bingo 5:30pm 	7 Language Class 12:45pm 	8 Blood Pressure Check 11:30pm Galaxy Theaters 12:30pm	9 Respite Caregivers Support Group 9:00am Tone & Fit 12:30pm Beaded Key Chains 1:00pm
12 Commodities Tone & Fit 12:30pm Night Key Chains 5:00pm-8:00pm 	13 Environmental Presentation 12:00pm 	14 Chair Volleyball 10:00am Blood Pressure Check 11:30am Language Class 12:45pm	15 Errand Day 1:00pm	16 Brunch 10:00am
19 Tone & Fit 12:30pm 	20 Paper Lanterns 1:00pm	21 Community Health & Nutrition Presentation 12:00pm Language Class 12:45pm	22 Birthday Bingo 12:30pm 	23 Tone & Fit 12:30pm Crochet Scarf 1:00pm *Saturday Century Movies 12:00pm
26 Tone & Fit 12:30pm Crochet Scarf 1:00pm 	27 Paper Lanterns 1:00pm 	28 Blood Pressure Check 11:30am Language Class 12:45pm 	29 Archives Picture Scanning Day 10:30am 	30 Early Brunch 9:30am

Activities are subject to change or cancel

\*\*\* Bring Pictures you would like scanned for Archives  
\*Saturday Movies – Advance Sign Up Required

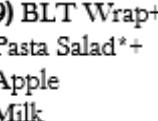
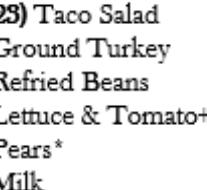
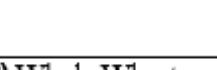


The Senior Advisory Committee would like to acknowledge everyone who helped with the Valentine's Day Bake Sale. We appreciate all volunteers who helped make items, donated baked goods, and donated their time. We especially thank the community for their continued support of the RSIC Seniors.





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

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

**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](mailto:tcalabaza@rsic.org)

Lydia Morris & Johni Bill-Archives Technicians ext.7726 [lmorris@rsic.org](mailto:lmorris@rsic.org) or [jnbill@rsic.org](mailto: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**