



THE CAMP NEWS

VOLUME XII ISSUE 1

January 31, 2017

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Snow, Rain Mix Brings Record Flooding to Region

Truckee River banks brim, health center stays dry during emergency operation

Six feet of snow in the upper elevations of the Sierra Mountains, followed by 4.89 inches of rain in a 24 hour period brought flooding, power outages, evacuations, road closures, sink holes and even boil orders to Northern Nevada during the first week of 2017.

"It was an interesting way to start the New Year, but our emergency services teams handled the situation very well," Chairman Arlan D. Melendez said. "With Mother Nature, you really never know what you will be in for, but our preparation really was beneficial."

By Wednesday, Jan. 4, the Truckee River Flood Management Authority along with the National Weather Forecast announced that the Truckee River would reach two feet above flood level or 12.8 feet deep within a week.

Furthermore, weather experts predicted peak flooding would take place between 4 and 9 p.m., on Sunday.

In anticipation, the Reno-Sparks Indian Colony activated an Emergency Operation Center to ensure the safety of its community.

Based on previous flooding, the rising river behind the Reno Sparks Tribal Health Center was closely monitored.

On Sunday evening, when the Truckee River peaked, the rising water made its way up to the top of the river's banks and touched the pavement of the circle drive behind the facility.

The United States Geological Survey reported that on Sunday at 6:35 p.m., the Truckee River in downtown Reno officially reached flood stage.

At the health center, which is located at 1715 Kuenzli St., the river reached its highest level at 11 p.m.

As per the National Weather Service, the river was gauged at 11.9 feet, just 400 yards west of the facility.

With the back entrance to the health center positioned 15-feet higher, plus with hundreds of sandbags at the ready, the RSTHC came through the weather event unscathed.

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Rising Waters — On Jan. 8, the Truckee River reached a peak height of 11.9 feet after experts predicted a height of 12.8 feet. Despite the increased depth and fast-moving waters, there was no structure damage at the Reno-Sparks Indian Colony.

Photo by Elvin Willie



Hidden Valley
Elementary



Vaughn
Middle School



Wooster
High School

MEET

Meet
Your Awesome
Reno Vertical Group

GREET

Greet A Group Of Teachers,
Administrators, And Counselors

& EAT

Eat And Enjoy A Delicious Meal
Dinner Starts At 6:00 PM

Thursday, February 16, 2017

34 Reservation Rd. (Multi-Purpose Room)

6:00 PM

A collaboration between RSIC
advisors, teachers, administrators,
and counselors formed a group
to help bridge a positive gap
between the RSIC community
and WCSD schools.

RAFFLE PRIZE

**PENDLETON
BLANKET**

Must be in attendance to win

Questions? Please Call Tanya Hernandez, Reno Advisor at 775-329-6114

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.

Important FEBRUARY dates

- 1 Love Your Heart Workout Challenge, 3NWC Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m. Law & Order Committee Meeting, Tribal Court, 6 p.m.
- 2 Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.
- 3 National Wear Red Day Native Art Classes, Behavioral Health Division, 9 a.m.
- 4 3NW Winter Ski Trip, Sign Ups Required
- 6 Education Advisory Committee meeting, Education Conference Room, Noon Senior Advisory Committee meeting, Senior Center, 1 p.m. Enrollment Advisory Committee meeting, Enrollment Office, 5:30 p.m.
- 7 Newe (Shoshone) Language Class, RSIC Library, 6 p.m. Constitutional Work Group, Hungry Valley Rec Center, 6 p.m. Pow Wow Club, Hungry Valley Rec Center, 6 p.m.
- 8 Assistance Applying for College Financial Aid, Education Building, 9 a.m. Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m. Tribal Council, Hungry Valley Rec Center, 6 p.m.
- 9 Stewart Story Project, THPO/Cultural Resources Program Office, 10 a.m. & 1 p.m. Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.
- 10 Native Art Classes, Behavioral Health Division, 9 a.m. Native Wellness Talking Circle, Tribal Court Building, 1 p.m.
- 11 3NW Winter Ski Trip, Sign Ups Required
- 13 Valentine Bake Sale, Senior Center, 10 a.m.
- 14 Stewart Indian School Tour, Carson City, NV, 9:30 a.m. Valentine Bake Sale, Senior Center, 10 a.m. Nevada Tribes Legislative Day, 401 S, Carson St., Carson City, NV, 12:30 p.m. Newe (Shoshone) Language Class, RSIC Library, 6 p.m.
- 15 Elder Volleyball, Reno Gym, 10 a.m. Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
- 16 Native Art Classes, Behavioral Health Division, 9 a.m. Meet, Greet, & Eat for Hidden Valley, Vaughn and Wooster, 34 Conf. Rm, 6 p.m. Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.
- 17 Native Art Classes, Behavioral Health Division, 9 a.m.
- 20 Presidents' Day
- 21 Commodity Distribution, Senior Center, 8 a.m. Executive Health Board meeting, RSTHC, 5:30 p.m. ITCN Teen Dating Violence Awareness Presentation, Hungry Valley Rec, 6 p.m.
- 22 Assistance Applying for College Financial Aid, Education Building, 9 a.m. Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m. Heart Health Month Elder Bingo, Senior Center, 1 p.m. Economic Development Meeting, Hungry Valley Rec Center, 6 p.m.
- 23 Talking Circle, RSTHC Behavioral Health Division, 4 p.m.
- 24 Native Art Classes, Behavioral Health Division, 9 a.m.
- 27 Children's Moccasin Making Class, RSIC Library, 5:30 p.m. Housing Advisory Board, Housing Department, 6 p.m.
- 28 Newe (Shoshone) Language Class, RSIC Library, 6 p.m.

Check: <http://www.rsic.org>
for updates/changes on comprehensive calendar

In Hungry Valley, about a dozen residents reported isolated flooding in yards to which the RSIC Housing, Public Works, and the Fire Department responded. At this rural land base, preparations also included sand bagging.

At the downtown Colony, structures including homes were not threatened.

In all, 46 volunteers have teamed up with the RSIC emergency management to help mitigate the flooding.

In addition, prior to the river cresting, volunteers went door-to-door to 150 households on the Colony and to another 50 homes in Hungry Valley.



Detour — *Traffic was re-routed from the intersection of Pyramid Hwy and Eagle Canyon Road near Hungry Valley. Several roads were closed due to poor drainage.*

Photo submitted by Robin Eagle



Evaluating the Situation — *Emergency Services personnel including Tribal Administrator Edward Reina, Doug Gardipe, Rodney Baker and Jody McCloud monitored the rising waters behind the Reno-Sparks Tribal Health Center. The Reno Flood of 2017 was not as bad as predicted, but had the Truckee River risen to the 13-foot-peak which was anticipated, the RSTHC still won't have been breached.*

Photo by Elvin Willie

“Everyone one seemed very appreciative that we were checking on them,” said Michael Ondelacy, who works as the RSIC’s assistant manager of business enterprises.

Ondelacy along with Marge Levine, the RSTHC Ancillary Services Manager, canvassed the Colony, providing flood related tips and reassuring residents that help was available if needed.

Region wide, no flood-related injuries were reported by the Regional Emergency Medical Services Authority (REMSA), though about 400 dwellings in Washoe County and nine commercial buildings were evacuated.

In Washoe County, small streams and poor drainage produced isolated flooding while the Truckee River stayed within its banks. Steamboat Ditch, which runs from south

Reno to eastern Sparks, breached in a number of places.

Two major highways near the Nevada and California border were partially closed because of mudslides, including Interstate 80 near Donner Lake.

For Hungry Valley residents and visitors, motorists were re-routed as the intersection of Pyramid Hwy and Eagle Canyon Road was closed due to high water covering the pavement.

However, heavy storm runoff sliced State Route 446 in two. Citizens of Sutcliffe and the Pyramid Lake Tribe are still dealing with the main road that sustained a 75 foot divide as asphalt washed away.

Hydrogeologists from the Truckee River Flood Management Authority said that the significant amount of moisture

2017 RSIC Flood Notables

- 46 Volunteers
- No structural damage reported
- No weather related injuries
- Olive Garden Italian Kitchen donated food for the emergency staff
- Inclement weather including flooding forced the closure of the RSIC including health center on Jan. 9.
- Early Declaration of Emergency benefits FEMA reimbursement

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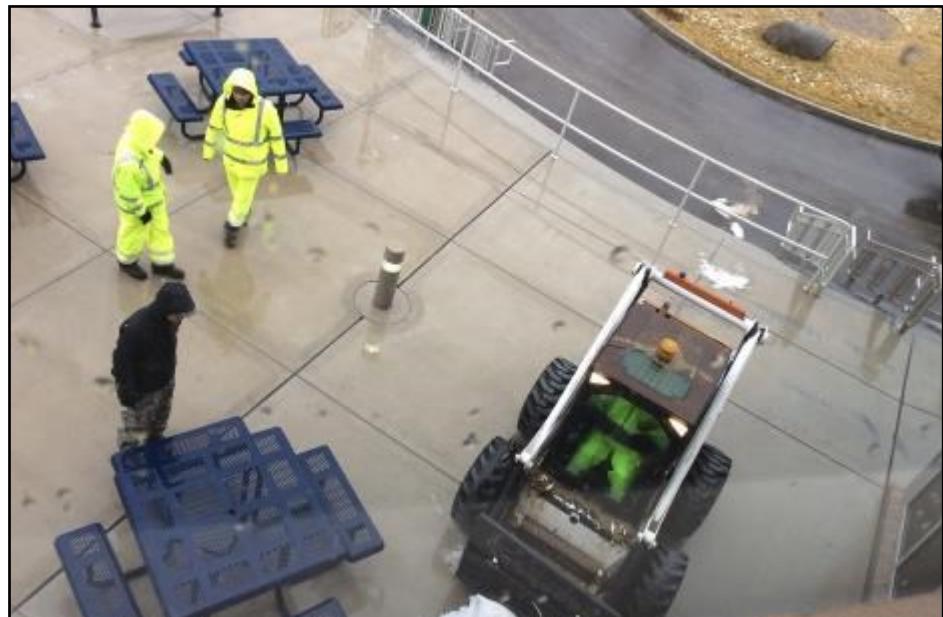
in the atmosphere creating what is called an "atmospheric river" which caused new precipitation to fall. Plus, warmer temperatures caused the snow to quickly melt which led to the record flooding.

In preparation for the flooding, the RSIC along with other governments submitted early Emergency Declaration on Jan. 7.

In fact, Governor Brian Sandoval declared a state of emergency for the state of Nevada, following emergency declarations by Washoe, Douglas, Lyon, and Storey counties, along with Reno, Sparks, Carson City, and the Pyramid Lake Paiute Tribe.

These declarations allowed municipalities to request state and federal resources in advance of the emergency.

The Federal Emergency Management Agency is expected to visit the region next week to tour damaged areas and determine if Washoe



Planning Ahead — *Several RSIC Departments along with volunteer help put together sandbags which were later strategically placed at the Reno-Sparks Tribal Health Center as well as distributed to residents in Hungry Valley and at the Colony. According to Chairman Arlan D. Melendez, the advanced planning greatly helped minimize the impact of the weather event. The Pyramid Lake Paiute Tribe like areas in the Sparks industrial area affected much more by the flood.* **Photo by Elvin Willie**

County and its partners, including the RSIC, meet the threshold financially to receive federal funding for recovery.

Preliminary reports indicate that the emergency cost the RSIC about \$50,000 in overtime staffing, equipment, supplies and interruption of business.

Water levels started to recede in downtown Reno on Monday at 5:15 a.m., as the Truckee River was down to 11.45 feet after peaking at 12.3 feet

according to the National Weather Service.

Initially, the Truckee River Flood Project predicted that 2017 could bring Northern Nevada the worst flood since 1997.

The National Oceanic and Atmospheric Administration predicted flood levels of 10 feet with a peak of around 13 feet.

Besides waters not reaching the anticipated heights, unlike the 1997 and 2005 floods, this weather event allowed for more preparation time.

"Overall, our emergency operation went very well," said David Hunkup, the RSIC Emergency Services Manager who served as the Incident Commander for the event. "Our team--housing, police, public works, senior center, planning, finance, administration, recreation, fire, and especially our volunteers, really came together."



Packed — *Sandbags were available in three locations at the RSIC.* **Photo by Elvin Willie**

Nevada Tribes Legislative Day

Nevada's Tribes and the Nevada Indian Commission
Invite You to Join them on
Tuesday, February 14, 2017

Stewart Indian School Tour 9:30am-11:00am
Legislative Building, Room 3100 12:30pm - 2:30pm



- Traditional Welcome
- Information on Tribal Governments
- Information on Priority Tribal Issues
- Cultural Presentation
- Luncheon Reception (light appetizers will be served)
- Visit the Notable Native Nevadans Exhibit on the 2nd Fl., Senate Atrium

Legislative Building, 401 S. Carson St., Room 3100, Carson City, Nevada

For more information call the Nevada Indian Commission at 775.687.8333 or email at srupert@nic.nv.gov

RSIC Getting State-of-the-Art Computer Workstation

DOJ expands access for national crime databases to Tribal law enforcement

Eleven Native American tribes, including the Reno-Sparks Indian Colony, are getting access to national crime information databases already used by local, state and federal law enforcement agencies.

"The RSIC will benefit enormously from the program," said Edward Reina, RSIC Tribal Administrator. "Indian Country law enforcement has struggled for decades, to gain access to and have the ability to enter criminal justice information into a national data base, a practice enjoyed by every non-Tribal law enforcement agency in the United States."

The Tribal Access Program for National Crime Information or TAP, will provide a state-of-the-art biometric/biographic computer workstation to the RSIC that will allow tribal police to process finger and palm prints, take mugshots and submit records to national databases.

Furthermore, the RSIC will also be able to access the FBI's Criminal Justice Information Service systems for criminal and civil purposes.

In addition, TAP will provide specialized training and assistance to RSIC staff.

"Not only is TAPS helpful from law enforcement's ability to enter criminally linked information, but also our human services, housing, education, and human resources will be

able to make criminal history inquiries," Reina said.

Throughout Indian Country, criminal background checks for potential employees, volunteers as well as people of interest takes weeks and often months to receive.

With TAP, reports will take minutes or a few hours to retrieve. This will expedite the processing of emergency foster care placements, volunteers that work with children, applicants for housing, and the like.

Each of these capabilities enhances protection of children and families, and adds an important resource for law enforcement.

"Central to this program is our ability to share information between law enforcement

agencies throughout Indian Country," Reina said. "This is particularly critical in this era when information sharing has neglected the importance of Indian Country's criminal intelligence information."

TAP is a shortcut as it allows tribes to bypass state and local agencies and go directly into federal databases according to Alfred Urbina, the attorney general for the Pascua Yaqui Nation.

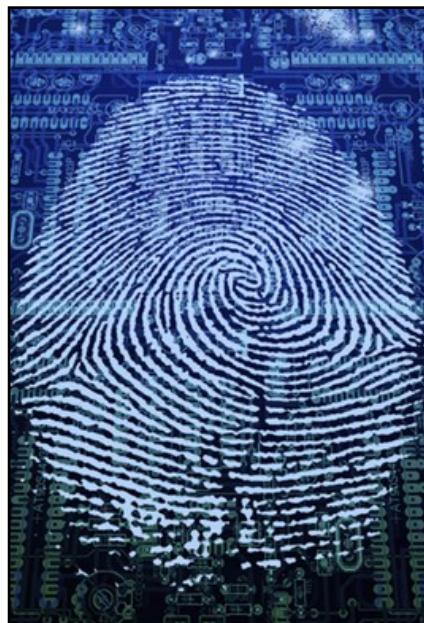
The Pascua Yaqui Nation was one of the first tribes to participate in the program.

"There has always been a gap on information sharing with Indian Country law enforcement and other agencies," said Edward Reina, who is also a retired police chief. "This (gap) was highlighted in our application to the DOJ as we have the unique geographic location of the RSIC, which is the urban (Reno) and rural (Hungry Valley) settings."

According to Reina, because the RSIC has two land bases, law enforcement requires a unique approach to sharing information.

Furthermore, Reina said that the RSIC's application for TAP also emphasized our community's interaction with the larger metropolitan area because of the Colony's business enterprises.

"Only eleven agencies were



Much Faster — Often, criminal background checks take weeks, sometimes months to generate. With the TAP program, the RSIC will get valuable data much faster.

Continued on page 9

Valentine

Bake Sale



"Need a treat for your Sweet"



February 13 & 14, 2017

10 a.m. - 2 p.m. or until Sold Out

RSIC Senior Center



Candy Roses, Candy Rose Bouquet,

Candy Leis

Bake Goodies – Variety

Come early for best selection



The RSIC Senior Advisory Committee "Thanks" you for your support

selected to participate in the program," Reina said, "so we are fortunate to be chosen."

TAP enhances tribal efforts to register sex offenders pursuant to the Sex Offender Registration and Notification Act (SORNA); to have orders of protection enforced off-reservation; to protect children; to keep firearms away from persons who are disqualified from receiving them; to improve the safety of public housing, and to allow tribes to enter their arrests and convictions into national databases.

TAP supports tribes in analyzing their needs for national crime information and includes appropriate solutions. TAP, which is managed by the DOJ Chief Information Officer, provides specialized training and assistance for participating tribes, including computer-based training and on-site instruction, as well as a 24/7 help desk.

"Since its launch in 2015, this project has not only helped law enforcement locate suspects, rescue victims and extradite captured fugitives, but it's also made it easier for civil courts to enter and enforce orders of protection for domestic violence victims," said Deputy Attorney General Sally Q. Yates. "I'm proud that our Justice Department is continuing to act as a responsible partner with tribal governments in this landmark effort, which strengthens both sovereignty and safety for American Indian people."

This access is vital as Native American women face the highest rates of violence and sexual assault in the United States, but orders of protection, restraining orders courts can issue to protect victims of domestic abuse or harassment, are unenforceable.

"If law enforcement officials on and off the reservation can't confirm restraining orders exist in other jurisdictions, legally, nothing can be done," said Alfred Urbina, the attorney general for the Pascua Yaqui Tribe of Arizona, one of the first tribes to participate in the program.

"TAP enhances protection of our children and families, and adds an important resource for law enforcement..."

—Edward Reina
RSIC Tribal Administrator

In the fall of 2015, the department selected a dozen tribes to participate in the initial user feedback phase of TAP. This partnership focused on testing the department's technology solution and training support and it also enabled tribes to identify and share best practices regarding the use of national crime information databases

to strengthen public safety.

Phase two of TAP will grant access to national crime information databases and technical support to the RSIC as well as the following tribes: Metlakatla Indian Community, Annette Island Reserve, Alaska; Navajo Nation in Arizona, New Mexico & Utah; Pueblo of Laguna of New Mexico; Yurok Tribe of California; the Standing Rock Sioux Tribe of North & South Dakota; the Tohono O'odham Nation of Arizona; Sisseton-Wahpeton Oyate of the Lake Traverse Reservation in South Dakota; Assiniboine and Sioux Tribes of the Fort Peck Indian Reservation in Montana; the Lac Courte Oreilles Band of Lake Superior Chippewa Indians in Wisconsin; and the Makah Indian Tribe of Washington state.

The Office of Justice Programs' Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering and Tracking (SMART), and Community Oriented Policing Services (COPS) funded the second phase of tap as each provided \$1 million in prior fiscal year funding towards the expansion, which will be used for the 11 kiosks. The Department of Justice Office of the Chief Information Officer (OCIO) provided technical assistance.

"TAP enhances protection of our children and families, and adds an important resource for law enforcement,"

TMPF TALKS: CLIMATE

6PM – 8PM

Feb. 8th, 2017

California Building, Idlewild Park, 75 Cowan Dr.

Guest Speakers:

Dr. Ben Hatchett

"Paleoclimate, Geographical Zones, Macroclimate"

Dr. Stephanie McAfee

"Climate in the Truckee Meadows"

Dr. Kerri Jean Ormerod

"Precipitation & Landscape Reporting"

Mr. David Gibson

"Climate Solutions"



Continued from page 9

Reina said. "As the RSIC is one of the first Indian country law enforcement agencies to begin an era of information sharing with our partners outside of Indian Country, this program recognizes that Indian Country law enforcement is integral to the protec-

tion of, our community, the State of Nevada and the United States."

For more information on TAP, visit www.justice.gov/tribal/tribal-access-program-tap

For more information about the DOJ, tribal justice and public safety issues, visit: www.justice.gov/tribal

For more information about the Department of the Interior Bureau of Indian Affairs, visit <https://www.indianaffairs.gov/>

Editor's Note:

Information for this story was provided by the United States Department of Justice Public Affairs.

Celebrating 50 Years

December 3



Congratulation to Joe and Emily Abbie on celebrating their 50th wedding anniversary on December 3, 2016. Our family and friends joined us in celebration of this memorable occasion. There were many couples in attendance who withstood the test of time in regard to marriage.

In total, we had over 350 years of marriage in the room! It was an honor to recognize the dedication and patience of those couples. Thank you to everyone who helped with the preparation of food, music, and decorations. And if you showed up to just be an honored guest, thank you!

Our family enjoyed spending time with each one of you.



Beacon of Light

Mixed age group Meets Thursday evenings at 6:15 pm

Located at 200 Many Nations Road

How mu' my name is Felice; it is my belief that as human beings we are called to love, encourage and pray for one another and as a Paiute woman I believe it is my duty to bring the message of light, love and healing to our people.

Anyone that is seeking to strengthen their personal relationship with God, our Creator and wanting to embark on new healthy relationships with others please come stop by and see what our time together is all about.

If you don't have childcare bring your little one with you to share the experience together.

Should you have any further questions please feel free to visit our webpage at <http://www.summitnv.org/life-groups>

Pesa,

Felice Guevara

Native Vets Closer to Accessing Care at Tribal Clinics

Federal rule change allows tribal facilities, employees to service Veterans

By Peter Vicaire
Central Regional Tribal
Government Relations Specialist

Native Americans serve in the military among the highest rate, per capita, compared to other groups. But for veterans living on Indian reservations, it can sometimes be difficult to receive representation for benefit claims. Often, these veterans cannot reach existing Veteran Service Organizations (VSOs) or may not be using them due to cultural barriers.

One way Veterans Administration (VA) has tried to help is through a rule change in the Code of Federal Regulations (38 CFR 14.628).

This change will allow eligible tribal organizations to become accredited by VA.

It is believed that accredited



Native Warriors — Frequently, Native American Veterans travel hundreds of miles to Veterans Administration facilities. A new federal regulation would allow American Indians to be treated at their local tribal health centers.

tribal organizations can provide veterans with better, more culturally competent services.

Over the past year, the VA's Office of Tribal Government Relations (OTGR) and Office of General Counsel (OGC) have worked together to implement this rule change.

Last March, tribal leaders were asked for input. A notice was then placed in the Federal Register (Vol. 81, No. 47: Proposed Rules) which also asked for comments and provided notice of tribal consultation.

In June, OTGR held a consultation session with the Veterans Committee of the National Congress of American Indians.

There were more comments received from tribal leaders and veteran advocates than was expected, showing a high level of interest in this rule change.

"This rule is a positive step forward for Indian Country and the Veterans Administration," said Reyn Leno, Vietnam veteran and Chairman of the Confederated Tribes of Grand Ronde. "For decades, Tribes with accredited facilities have been able to provide quality services to our Native American Veterans and Veterans alike. The piece that was missing was our tribes' ability to provide assistance on VA benefit claims."

Leno said that this rule recognizes the unique relationship our Tribes have with our Federal Government and veterans in some of our most rural communities.

"No Veteran should have to drive hundreds of miles to receive care they could be eligible to receive next door at a Tribal facility," Leno said. "The ability to credential Tribal employees as VSOs will also help to further extend services to Native Veterans in a culturally appropriate manner. I applaud the rule and thank the Veterans Administration for their due diligence on this matter."

However, receiving the VA accreditation is not an easy process. The VA must ensure, as legally required, that all accredited VSOs can provide long-term, quality representation.

As such, tribal organizations must meet the same stringent requirements as national and state VSOs. OTGR can assist with tribal applications before they are sent to OGC, which makes the final approval.

The VA invites all interested tribal organizations to consider beginning the process of becoming a VSO.

For more information, please visit VA's website:

<http://www.va.gov/ogc/accreditation.asp>

TAKE CARE OF YOUR HEART

February is American Heart Month

PRIZES!

HEART HEALTH
EDUCATION!

JOIN US FOR ELDER BINGO!

NUTRITION
EDUCATION!

Wednesday, February 22nd, 2017

1:00 pm- 3:00 pm

@ The Senior Center

Sponsored by The Diabetes Program and Community Health Program
Please contact Kristie Messerli, RD or Michelle Leon, CHES for more
information @ 329-5162. No sign up required.

Useful Options for Unwanted Phone Books

Help stop littering throughout our community with simple projects or opt out

By Bbie-Cie Ledesma
Environmental Program
Specialist II

It's almost that time at the beginning of the year when we see phone books piled up at the mailboxes in Hungry Valley and around yards in Reno.

It's somewhat understandable because today, many people pull out their smart phones to find addresses, phone numbers, and even directions.

However, we still receive three phone books in our area every year.

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

Here are some ideas as

to what you could do with them.

Unwanted phone books:

- Recycle them at the Salvation Army (2300 Valley Rd.) or Waste Management (1100 E. Commercial Row)
- Wad pages up to clean windows and glass
- Wrap fragile items and gifts in it
- Use pages for fire starters
- Make Paper Mache projects with the kids
- Hollow one out to hide small valuables in plain sight

However, prevention of an unwanted situation is always best.

These books have an impact on the environment in terms of tree consumption, water consumption, greenhouse gas

emissions during delivery and space in the Lockwood landfill.

You can log on to <https://www.yellowpagesoptout.com/> and register to stop receiving phone books.

You can also call 1-866-329-7118 to opt out of getting the phone books.

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

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

Urban Indian Elected Commissioner Chair

Lucey unanimous pick for Washoe County Commissioners

Submitted by the Washoe County Communications Office

The Washoe Board of County Commissioners (BCC) unanimously elected Commissioner Bob Lucey as its new Chair.

Lucey represents District 2 and will serve a one-year term as County Commission Chair.

Lucey was elected to the Commission in November

of 2014 and started his first term in January of 2015.

His district includes areas south of I-80 and west of Virginia Street to the Huffaker area. It also includes everything south to the southern border of Washoe County (outside the Tahoe Basin).

"I am extremely honored to serve as the next chairman of this amazing Board," Lucey said. "I look

forward to the year ahead as we continue the good work this commission has been doing."

Lucey, whose family has lived in Nevada for five generations, is a member of the Te-Moak Tribe.



Bob Lucey

A Mother's Perspective: RSTHC Healthy Me Program

From consultation to dietitian help to medical checkups, children better off

By Charity Henry
RSTHC Patient & Mom

Having been overweight most of my life, I did not want my daughter to have the struggles I had at her age with bad eating habits and feeling self-conscious about her weight.

So, when I heard about the Reno-Sparks Tribal Health Center's Healthy Me program, I was interested in what it had to offer.

After consulting with our family physician, we began the program.

Working with dietitian Kristie Messerli was a big eye opener as to some of the ways in which our family was eating.

Although many foods we were eating were good for us, we needed to become more conscious about our portion sizes.

Then there were foods we thought were healthier choices that we then found out were not so healthy for us.

Through the training my daughter was learning how to read labels, measure out portions, and make healthier decisions on snack choices.

Along with the program came a personal trainer for the gym.

Her trainer, Vanessa Williams, would make things fun and give her a good workout.

By the end of her 30-minute workout, she was dripping with sweat and ready to drop.



Healthy Habits — *A successful participant of the RSTHC Healthy Me Program, Aiyana Henry poses with her Healthy Me gear.*

It wasn't long into the program that my daughter began to notice changes in the way she felt and the way that her clothes were beginning to fit her better.

There were different rewards along the way that she was able to earn as well.

Now that she has completed the program, she is still trying to make healthy choices with her food and continuing to work with her trainer at the gym.

I have even noticed that she is now recognizing when she is full and not feeling like she has to finish everything off her plate or go back for more just because it taste good. We still have an occasional craving for something not so healthy, but we now know that it is ok to indulge in those cravings occasionally in moderation.

At our last check-up, our family physician was very pleased with the overall results.

Thank you Healthy Me Program for helping to make my daughter's life a lot healthier for the long run.



For more information about the

Healthy Me Program

contact: Kristie Messerli RDN, LD
Registered/Licensed Dietitian and Nutritionist
Reno Sparks Tribal Health Center
1715 Kuenzli Street - Reno, Nevada 89502





Dear Families,

We are so grateful to the voters of Washoe County who supported the passage of WC-1, which will provide funding for children to learn and thrive in warm and safe buildings. We are currently working on the timeline to start the first round of projects made possible by the passage of this legislation. These projects will help the District address the overcrowding and backlogged repairs that have built up over more than a decade of limited funding, however, materializing these projects will take time.

The South Meadows is our most overcrowded region, and it is also the only place we have land to build on, so this is the area where we are proposing the first major construction projects. These include an addition to Damonte Ranch High and a new elementary school near the intersection of South Meadows and Veterans parkways.

In addition, significant repairs are also slated for schools all across our District which will begin in the summer of 2018 if approved by the Capital Funding Protection Committee. Renovations for the 2017 summer projects are already approved.

Some of the highlights include:

\$20M per year budget in repair projects across the District. Prioritized District-wide by need, safety, and academic achievement. Major renovations to Natchez and Picollo schools.

First new elementary school construction in the South Meadows area – corner of South Meadows and Veterans parkways, expected to be open in 2018.

Plans to build a middle school in Sun Valley or Spanish Springs area, as well as an elementary school in Spanish Springs.

There will be more repair and renovation projects, as well as construction projects to be presented to the committee for approval. We will post this information on a new capital projects website, to be launched in the next couple of months.

Lastly, I want to take this opportunity to invite you to join me at the upcoming State of Education Address: Foundations For Our Future. On February 15, 2017, I'll share with you the District's accomplishments, from higher graduation rates to the improvement of our school facilities, thanks to the passage of WC-1. WCSD is setting a solid foundation on which we will continue building the best schools and education for our children, families, and community.

The address is open to the public and will be held in Depaoli Middle School at 6 p.m. Additional details can be found online at www.washoeschools.net

Sincerely,

Traci Davis
Superintendent

Reno Police Want to Hear From Our Community

Survey available on several social media sites for one more week

Reno, Nev. — The men and women of the Reno Police Department want to hear from you on how well we are doing with our service to you and our community.

We have created a community survey to solicit feedback from residents about crime, quality of life issues and opinions about the department's effectiveness.

Reno Police Chief Jason Soto sees the survey "as a quality

assurance tool to measure how the police department is meeting the public safety needs of our residents."

The survey will be available until Feb. 6, for our community to let us know how we are doing and what we can do to better serve you.

The survey should take about 10 minutes to complete, and is available on several platforms.

These platforms include the Reno Police Department Face Book page, Twitter and

Instagram, as well as the myRPD app, renopd.com, or going directly to myrpd.us/survey2017.

The men and women of the Reno Police Department are committed to being a model of policing excellence, and being completely integrated into our community.

Contact Public Information Officer Tim Broadway: broadwayt@reno.gov for more information.

Sponsored by the Nevada State Historic Preservation Office

STEWART STORY PROJECT

Alumni and former employees are invited to participate in a focus group to share your Stewart Indian School memories. This information will be used by the Nevada Indian Commission to tell the Stewart Story to schoolchildren, researchers and visitors.

WHEN: THURSDAY, FEB. 9
10 a.m. & 1 p.m. (50 minute sessions)
WHERE: RSIC Tribal Historic Preservation/
Cultural Resource Program
1995 E. 2nd St-Reno, NV89502



Light snacks will be provided

Questions? Please contact Terri McBride 775-450-6247
or email communitypasts@earthlink.net

***Please help preserve your Stewart student experience for future generations
by being part of this important project. We look forward to speaking with you.***

In & Around: Reno-Sparks Indian Colony Community

Mother Nature's damage, Mayor for a Day, planning for Spring



Childhood Memories – An abandoned sewer pipe which spans the Truckee River near the Reno-Sparks Tribal Health Center was damaged during the 2017 Reno Flood. As the water rose, debris including this large tree trunk was swept away by the rushing river. This sizable trunk got tangled in the suspension bridge, bending the pipe. In past, the pipe was used as a diving platform for children swimming in the river.



Future Leader – Hungry Valley's own Katie Jorquez, daughter of Pastor Augustin and Cindy Jorquez of the Hungry Valley Fellowship Church, served as Mayor for a Day. Katie had a seat at the Reno City Council meeting and opened the event by leading the reciting of the Pledge of Allegiance.

Photo provided by Augustine Jorquez



Rascally Rabbits – Alverine Skenadore and Spenser Tobey teamed up to build planter boxes and secure all areas of the Hungry Valley Child Care hoop house. Last summer, rabbits were able to get inside the year-round growing area.

Photo by Lolita Thomas



Ready to Grow – Students in the Hungry Valley Child Care Program are looking forward to watching plants grow and produce fruits and vegetables this Spring. Built last year, the hoop house allows the students to see the lifecycle of plants first hand.

Photo by Lolita Thomas

Ask Paul

Question: Do I have an addiction problem?

Answer: I don't know. Let's explore this question together.

First, let's think about some words or terms that may not be helpful.

The word "addiction" and "addict" can make people feel bad or even make them feel labeled, so let's use the term "substance use disorder."

Also, when a person has a substance use evaluation, the findings are not to be used as a label. Instead, think of the findings as a starting point to move forward.

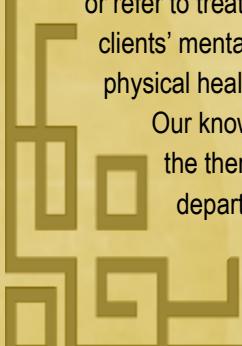
These initial findings are expected to change as the person progresses in his or her sobriety.

As a Licensed Alcohol and Drug Counselor (LADC), I'm interested in whether the person wants to slow down his or her substance use or stop his or her substance use completely.

I'm also interested in the whole person's health.

One incredible benefit our leadership team has created for our Reno-Sparks Tribal Health Center (RSTHC) is the ability to treat, or refer to treat, all of our clients' mental health and physical health needs.

Our knowledge of all the therapeutic departments and what each specialist



in those departments does enables RSTHC staff to provide the best care for the people we serve.

When a person schedules an appointment with Joanne Flanagan, Masters of Education (M ED), Masters in Addiction Counseling (MAC), Licensed Alcohol Drug Counselor-Supervisor and our Substance Use Department Supervisor, or with me, Paul Snyder, Master of Addiction Counseling (MA), and an LADC, we complete a thorough evaluation.

During this evaluation, we are looking at the whole person's health and environment.

“When a person has a substance use evaluation, the findings are not a label, but a starting point to move forward...”

For example, imagine a person has been drinking alcohol daily for two years, is overweight, says diabetes

runs in his family, and has been feeling depressed and angry for six months.

We recognize the need to recommend this person to visit our wellness program for possibly dietary help, diabetes program for possible diabetes issues, medical professionals for a physical, and mental health professionals to evaluate the depression and anger this person reported.

Our psychiatrist may also be needed to prescribe medications.

Of course, not everyone is going to need to utilize all of these services, and recommendations are confidential and not mandatory, but these services are available if needed.

We also recognize the mental health problems, physical health problems, relationship problems, and negative personal problems may have been caused by substance use and realize when the person stops using the substance these negative symptoms will go away and the person can return to his normal self.

Since we work as a team, we can consult with our group of specialists to explore if these negative health issues are long term, brought on by their substance use or are a combination of both.

This team work is one way the RSTHC Behavioral Health Department provides optimal care for our Native American population.

Back to your question of whether or not you have a substance use disorder...one tool we use to have an accurate picture of where the person is in his or her substance use is a comprehensive evaluation.

We use many different tools, methods, and questions to find out where the person is in their substance use.

Because of limited space, I'll share one set of questions that you can ask yourself and score yourself afterwards. Remember this is only one of many tools we use.

When you see the word "substance" in these questions, please insert your drug in question. It doesn't matter what the substance is: alcohol, prescription painkillers, methamphetamine, marijuana, cigarettes or any other drug, all of the questions in this set are the same for any type of drug.

1. Have you taken the substance often or in larger amounts or over a longer period than was intended?

2. Have you had a persistent desire or tried unsuccessfully to cut down or control your substance use?

3. Do you spend a great deal of time in activities necessary to obtain the substance or use the substance?

4. Do you have cravings or a strong desire or urge to use the substance?

5. Does your continued substance use result in failure to fulfill your

obligation at work, school, or home?

6. Do you continue to use the substance despite having continued social or interpersonal problems caused or made worse by your substance use?

7. Are important social, occupational, or recreational activities reduced because of your substance use?

8. Do you continue to use substances in situations in which it is physically hazardous such as drinking and driving?

9. Do you know that substance misuse is bad for you and yet you continue to misuse the substance?

10. Do you need more of the substance to get high or buzzed than you used to?

11. Have you ever had a hangover or bad effects from using too much of the substance like experiencing blackouts, vomiting, loss of appetite, personality changes, depression, vivid dreams?

According to the Diagnostic and Statistical Manual of Mental Health Disorders – Fifth Edition (DSM-5), if you answer yes to 2 – 3 of these questions, you could have mild substance use disorder.

If you answer yes to 4 – 5 of these questions, you could have moderate substance use disorder.

If you answer yes to 6 or more of these questions, you could have severe substance use disorder.

Don't worry if you get a score you don't like. The idea is to find out where you are and to help you move towards

a lower score and a better life.

If you think you may have a substance use disorder, just want to slow down with your substance use, think you may have an ongoing mental health concern or need medications, please call Michelle Katenay- Jim, BS, CADC, our Case Manager (775-334-0989) who can assist you with scheduling an appointment with the most appropriate professional to serve your needs.

Remember the help available for our Native American population at the RSTHC Behavioral Health Department is professional, confidential, and highly specialized.

Our department includes: Joann, a brilliant clinical psychologist; Dr. Earl Nielsen, an outstanding psychiatrist; Dr. Melinda Edwards, MD, a very caring marriage and family therapist; Dominic Nardini, LMFT who can help with relationship issues; an incredible Certified Professional Counselor, Veronica Domingues-Gephart, MA, CPC who is also our Behavioral Health Department Manager; and me.

Please contact us if you or a loved one has any substance use issues, and we will gladly help.

You are not alone.



WINTER

SKI TRIPS

RSIC

Community

INCLUDES

*Ski Rentals
Food Vouchers
Lessons
Helmets
Transportation
(if needed)*

Mt. Rose Ski Resort

Feb 4; Feb 11; Mar 4

Sign up

Contact Walita @ 775-334-0938

email: wquerta@rsicclinic.org

Event is free to you and your family ages 7 years old and up.

Must be an RSIC member, employee or RSTHC patient.

Sign ups are required.



**Reno-Sparks Indian Colony
Education Department
K-12 Education Program**



Movie Day

The After-School Tutoring program kids went to the movies; these students had great attendance since the start of school started and were rewarded.

Students had a great time watching the move SING.

Pictured: Chase Hardin, Shawn Sneed, Jaiden Buff, and Tutor, Lynette Sam

RSIC middle & high school students are eligible for an incentive with a GPA of 2.0 or higher. Turn in your semester grades to the Education Department K-12 Advisors.

For those students who have already turned in your grades, pick up your gift cards for this semester!

After-School Tutoring Program Hours

Elementary School

Monday, Tuesday, Thursday

3:00 p.m. – 5:00 p.m.

Early Release Wednesday

2:30 p.m. – 5:00 p.m.

Middle School

Monday, Tuesday, Thursday

2:30 p.m. – 5:00 p.m.

Early Release Wednesday

2:00 p.m. – 5:00 p.m.

High School

Monday, Tuesday, Thursday

3:00 p.m. – 5:00 p.m.

Early Release Wednesday

2:00 p.m. – 5:00 p.m.

Computer Room is Available 8:00 a.m. – 5:00 p.m.



HAPPY NEW YEAR ! We all experience drought and downpours. The rains drench both the wicked and the righteous. Jesus is the river of living waters, that during the time of spiritual thirst and droughts we all can freely flow in. If you do not have a place of worship on a weekly basis, please consider attending a fellowship of hope, faith, joy, and love. Believing in healing and miracles, we are a blessed people. Geronimo is quoted "Church enables one to live right"

Many Blessings in Christ for the New Year,
Rev. Augustin and Cindy Jorquez
Pastor Hungry Valley Christian Fellowship

2017 PRAYER FOCUS for GREATER THINGS

Sunday: Believe for Greater Things

"Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father" (John 14:12).

Pray that God will stir faith in your heart to accomplish greater things than you could imagine in and through your life this year.

Monday: Believe for the Impossible

"Is anything too hard for the Lord?" (Genesis 18:14).

Pray that in the midst of impossible circumstances, doubt will be replaced by absolute trust in God's promise to intervene in your need or circumstance.

Tuesday: Believe with Perseverance

"We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope" (Romans 5:3-4).

Seek God for strength to keep moving forward even in the midst of discouragement or suffering, knowing that faith to persevere strengthens character and kindles hope.

Wednesday: Believe through the Tears

"The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18).

Give thanks that even in the midst of brokenness God can shape His purposes in your life to bring fulfillment and joy.

Thursday: Believe with Obedience

"I am the Lord's servant," Mary answered. "May your word to me be fulfilled" (Luke 1:38).

Pray that with absolute trust in God you will say yes in obedience to His direction in your life.

Friday: Believe in God's Care

"Cast all your anxiety on him because he cares for you" (1 Peter 5:7).

Give thanks that because of God's care, you can be at peace regardless of the circumstances you face.

Saturday: Believe for Tomorrow

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you" (Psalm 32:8).

Give praise to God for this powerful assurance that He is working out His plans and purposes in your life, both in the present and in the future.



Children's Moccasin Making Class

Monday February 27th

Monday March 6th

RSIC Library 5:30 p.m. - 7:30 p.m.



*ALL MATERIALS WILL BE PROVIDED. BUCKSKIN WILL BE PROVIDED BY THE 3 NATIONS WELLNESS.

THE CLASS WILL BE A TWO PART SERIES.

FOR ALL LEVELS OF SEWING. CHILDREN MUST BE ACCCOMPANIED BY AN ADULT.

For more information please contact Language & Culture

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

Patient Satisfaction Survey Data Released

Reno-Sparks Tribal Health Center Completes Benchmark for Accreditation Process

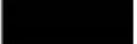
336 completed surveys were collected over a 2 week period. These were the results:

Is this your first visit at the clinic? Yes-11 No-325

Male-99 Female-230 N/A-7

Where do you live? Reno-141, Sparks-54, Hungry Valley-47, RSIC-14, Sun Valley-16, California-4, Carson City-4, Fernley-4, Pyramid Lake-3, Schurz-3, Winnemucca-3, Washoe Valley-3, Dayton-1, Virginia City-1, and N/A-5

 = Combined Scores of all patient satisfaction surveys received 2016

 = Combined Scores of all patient satisfaction surveys received 2015

A Score of 5 = Great

1 Point Difference = 20%

A Score of 4 = Good

.75 Point Difference = 15%

A Score of 3 = Fair

.5 Point Difference = 10%

A Score of 2 = Poor

.25 Point Difference = 5%

A Score of 1 = Bad

Thank you to all the patients that completed a Patient Satisfaction Survey.

RSTHC wants to share the scores received. We do look at these surveys and they are compared to other years. This helps us to see if we are making progress in the areas evaluated. This also helps the clinic to set goals in each department. These goals are sent to Quality Assurance and will be evaluated yearly.

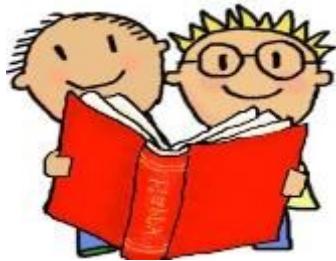
Quality Assurance has scores for the different age groups. This is available upon request to the Quality Assurance Coordinator, Karla Conway, RN, BSN at EXT 1929 at the clinic. If you have any questions regarding the survey please call me.

The following survey results are a comparison between combined 2016 results and combined 2015 results

June/July 2016 Patient Satisfaction Scores Combined**Nov/Dec 2015 Patient Satisfaction Scores combined**

5 Point Scale: 5=Great	4=Good	3=Fair	2=Poor	1= Bad
Access To Care:				
Question #1. Ease of scheduling your appointment			4.3 ↑10%	
			3.8	
Question #2. Our helpfulness on the telephone			4.1 ↑10%	
			3.4	
Question #3 Courtesy of person who scheduled your appointment			4.4 ↑10%	
			3.9	
Question #4 Our promptness in returning your phone call			3.9	
			4	
Question #5 Ability for getting appointments for when you wanted			3.9	
			3.9	
Question #6 Ability to see the care provider of your choice			3.9 ↑15%	
			3	
During Your Visit:				
Question #1 Speed of the registration process			4.3	
			4.4	
Question #2 Courtesy of the staff in the registration area			4.5 ↑15%	
			3.7	
Question #3 Comfort and pleasantness of the waiting area			4.6 ↑10%	
			4.1	
Question #4 Length of wait before going to the exam room			3.8	
			3.7	
Question #5 Friendliness/courtesy of the nurse/medical assistants			4.4	
			4.3	
Question #6 Concern of the nurse/medical assistant showed for your problem			4.3	
			4.2	
Question #7 Waiting time in exam room before being seen by a provider			3.8	
			3.7	
Your Care Provider				
Question #1 Concern the care provider showed for your questions or worries			4.2	
			4.3	
Question #2 Care provider's effort to include you in decisions about your treatment			4.1	
			4.2	

Read by Grade 3



Nevada State Law: Students **NOT** reading on level by grade 3 may be held back/retained.

Effective 2016-2017 school year.

All Parent/Guardians are encouraged to attend to see how this new law might affect your student.

Please join us for an informational night for parents to understand:

Who? *What?* *Why?*

and how the RSIC Education Department Staff can help .

When: **Thursday March 16**

Time: 6 – 7 p.m.

Where: **Education Building,**
Tutoring Room

Please call Tanya Hernandez, Reno Education K-12 Advisor @ 775-329-6114 with questions.

Planning on attending college any time soon? Get FAFSA help ahead of time!

FAFSA Assistance at the RSJC Education computer Lab in Reno

9:00 - 12:00 34 Reservation Road Bldg. D

Wednesdays Feb 8, Feb 22

March 1, March 15, March 29

If you wish to set an appointment for evening help, please call and make arrangements. Hungry Valley residents, please call to set up a time and we can meet at the Hungry Valley Computer Lab.

(775) 329-6114 ask for Monica

SCHOLARSHIP SEARCH AND *Essay writing tips & review also available*

Join the

Love Your Heart

WORKOUT CHALLENGE

Starts Feb 1



Each Workout you do in February

♥ Increases Your Chance of ♥

Winning at Heart Health!

Sign in at 3NWC every workout and enter
your ticket to win an Exercise Gadget!

Part of American Heart Health Month

Sponsored by the RSTHC Diabetes Program

10 AM AND 4 PM DOES NOT RUN ON WEDNESDAY
(PINK)

TRANSIT SCHEDULE
RICHARD 5 AM-1 PM
MIKE 1 PM-9:30 PM
10 AM-12 PM 4 PM-6 PM

BE AT BUS STOP 5 TO 10 MINUTES EARLY

RSIC Admin. '94'		New Clinic	Sparks CitStation	Smoke Shop V	Wal-Mart	AMT- HVCC	Depart- HVCC	Wal-Mart	Smoke Shop V	Sparks CitStation	New Clinic	RSIC Admin. '91'	'94'	New Clinic	Reno ClinCenter														
DRIVER STARTS RENO 4:30 AM																													
REVISED 8/26/2012		START																											
4:30 AM	+ + +	+ + +	+ + +	+ + +	+ + +	+ + +	4:35 AM																						
7:55 AM	8:00 AM	+ + +	8:00 AM	8:05 AM	+ + +	+ + +	8:45 AM	9:00 AM	9:05 AM	9:10 AM	9:15 AM	9:30 AM	10:00 AM	10:15 AM	10:30 AM														
10:30 AM	11:00 AM	11:15 AM	11:30 AM	11:45 AM	11:55 AM	12:00 PM																							
Driver's Lunch 11:30-11:45																													
+ + +	+ + +	+ + +	1:00 PM	1:30 PM	+ + +	2:00 PM																							
3:30 PM	+ + +	+ + +	3:40 PM	+ +	4:00 PM	4:30 PM																							
+ + +	+ + +	+ +	4:35 PM	+ +	5:40 PM	6:00 PM																							
7:50 PM	7:55 PM	+ +	+ + +	8:05 PM	8:15 PM	8:45 PM																							
DRIVER CHANGE END OF SHIFT DRIVERS START AT ENP/H																													
12:15 PM	+ + +	+ + +	+ + +	12:45 PM	+ + +	1:15 PM																							
1:00 PM	1:30 PM	+ + +	2:00 PM	2:45 PM	+ + +	3:15 PM	+ + +	2:30 PM	+ + +	2:55 PM	3:15 PM																		
4:00 PM	4:25 PM	+ + +	4:40 PM	+ + +	5:00 PM	5:15 PM	+ + +	4:30 PM	5:10 PM	5:35 PM	5:50 PM	+ + +																	
4:35 PM																													
Note: + + + means comes and goes to stop brown circle with the red dot																													
7:00 AM - 10:00 AM separate bus, unless driver is used																													
Note: During drivers lack of bus, if 1/2 of passengers not taken, then the bus																													
MORNING ROUTE YELLOW																													
AFTERNOON ROUTE GREEN																													
10 AM 4PM ROUTE PINK																													
Up dated		Sept. 2013																											

Reno-Sparks Indian Colony															
Saturday Transit Program Schedule- Schedule September 2012															
Depart- HVHOUSING	Wal-Mart	*	*	*	2100 RD.	*	*	*	Wal-Mart	*	*	*	*	*	AMT- HVHOUSING
10:00 AM	+ + +	11:00 AM	+ + +	+ + +	+ + +	11:40 AM	+ +	+ + +	+ + +	11:40 AM	+ + +	+ + +	11:25 AM		
11:30 AM	- - -	11:30 AM	- - -	+ + +	- - -	12:10 PM	- -	+ + +	+ + +	12:10 PM	- -	- - -	12:45 PM		
12:51 PM	- - -	1:11 PM	- - -	+ + +	- - -	2:30 PM	- -	+ + +	- - -	2:35 PM	- - -	- - -	2:45 PM		
2:53 PM	- - -	3:11 PM	- - -	+ + +	- - -	3:30 PM	- -		- - -	3:45 PM	- - -	- - -	4:00 PM		

NOTE All times shown are Approx. times unless otherwise noted.



New Year, New Yoga with Kim

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

&

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

All levels welcome
Sign up not required
All equipment provided

Sponsored by the
RSTHC Diabetes Program



ACUPUNCTURE

returns

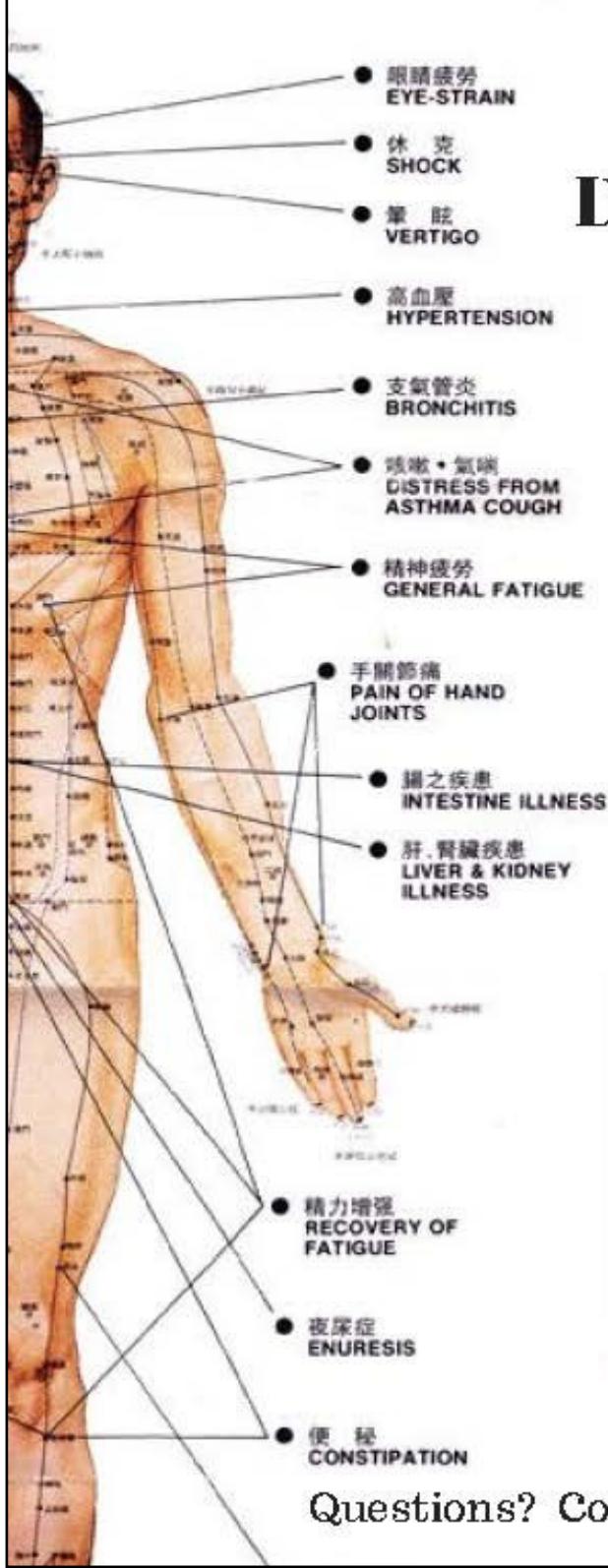
to RSTHC

with

Dr. Bruce Eichelberger

Appointments start 1/19/17

Schedule with
RSTHC Medical Scheduling



ACUPUNCTURE INCREASES:

Energy
Circulation
Range of Motion
Relaxation
Well-being
Immune Function



ACUPUNCTURE DECREASES:

Pain
Fatigue
Inflammation
Stress
Anxiety



Sponsored by the
RSTHC Diabetes Program

Questions? Contact Stacy Briscoe RD/CDE at x1945

Hello Everyone,

As most know, my daughter, Mayci Astor, was diagnosed with hip dysplasia in her left hip which required her to have surgery and be in a cast for twelve weeks. We had to travel back and forth to Shriner's Children's hospital in Sacramento, CA for all her consultations, the surgery itself, getting her cast changed half way through, the removal and aftercare for the duration of a year after. Mayci's surgery has been beyond successful with her hip secure and has made a healthy, full recovery.

At this time, I would like to send a huge **THANK YOU** to all of our friends and family, as well as our Reno-Sparks Indian Colony community for all of your support, donations, words of strength and prayers during this time of need, through all of our fundraisers to raise traveling expenses and our GoFundMe.com account to help me with any expenses for Mayci's aftercare which included her diapers, pads and pull ups she needed to make sure her and her cast was kept as clean as possible, and to make ends meet for my family during the time that I was off of work to care for her. To all RSIC departments who were all more than willing to help as much as they could—recreation, the Reno-Sparks Tribal Health Center, childcare, senior center staff, public works, administration and human resources. **Thank you** all for every bit of help and understanding to make sure my daughter was more than provided for during this time. It was amazing to see the heart of our community by coming together to do all you could whether it was donating, helping, or just saying a prayer to help my little girl. I give all my gratitude to each and every one of you, because of the strength of my friends, family and this community my daughter had nothing but a smile and a strong, loving spirit through all of this, and now she can continue to live a happy healthy life . May Creator bless you and your families in the most blessed way... Thank you so very much,

Mayci, Evie, Landon and Ramona aka "Damma Wiggie"



"Always teach the kids that they're first, special and loved. We can't have a future if we don't teach the important things in life to our future" —Lawrence Astor, Mayci's great grandfather.

LOOK out!

...Watch for cows on Eagle Canyon Drive



Managing Challenging Behaviors

Parenting can be difficult, especially when you are parenting a child with special needs. And there may come a time when managing challenging behaviors will come into play.

When you are ready to manage your child's behaviors, one of the main things to understand is to start as soon as you see any inappropriate behaviors. The longer you wait to change a behavior, the more intense the behavior could become and the harder it will be to change the behavior.

Unexpected Changes

Children like routines, especially children with disabilities. When a routine changes unexpectedly, a meltdown can be triggered. Even though a change may occur unexpectedly, you can still help them through changes by telling them as soon as you know of the change.

Obtaining desired outcome

Children want what they want. And some of time, they will exhibit behaviors to gain access to their desires. Children learn that as long as they exhibit certain behaviors, they will get the attention that they need.

Escaping a situation

Many times, a behavior will take place when your child wants to get away from something or when they want to avoid an activity altogether. You may see this occur, if your child does not want to participate in a non-preferred activity.

Remember all children have moments when they display wrong behaviors. However, it is important to act on the behaviors when they occur and not to wait until the behavior(s) becomes unmanageable.

If you need any more assistance please contact the Education Department (775) 624-5114/Reno (775) 785-1310/Hungry Valley
Submitted by: Naomi Henark, SPSA

Provided by: www.beyondspecialeducation.com

**VICTORY OUTREACH
RENO**

W.I.N.D.S

Every
Thursday
@7:00pm

155 Glendale Ave

For more info call 775 770-0937

**THE 3 NATIONS WELLNESS CENTER
AND DIABETES PROGRAM PRESENT:**



**DID YOU KNOW YOU CAN BURN UP TO 1,000
CALORIES DURING ONE HOUR OF ZUMBA?**

Come join us!

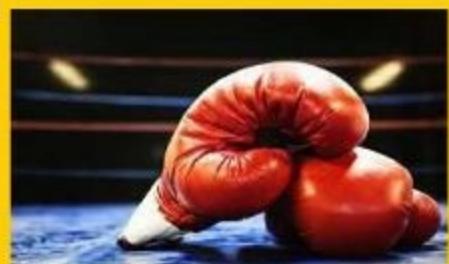
**Mondays
&
Wednesdays**

Who: Open to RSIC employees and RSTHC patients
What: ZUMBA! Wear tennis shoes and bring a bottle of water
When: Every Monday night, from 6:00 pm-7:00 pm
Where: 3 Nations Wellness Center Gym

NO SIGN UP REQUIRED. JUST SHOW UP, READY TO EXERCISE!
(Please contact Kristie Messick, Registered Dietitian for questions: 775-329-5162 ext. 1943)

...call 329-5162 for details

BOXING



JOIN US!
EVERY THURSDAY NIGHT
6:30 PM- 7:30 PM

BEGINNERS
INTERMEDIATE
ADVANCED

MASTER TRAINER
RICK PEARSON

MEN ONLY

Learn combinations, proper form and technique, along with foot work while training your cardiovascular system.

**ALL
RSTHC PATIENTS
AND
RSIC EMPLOYEES**

CARDIO KICKBOXING



JOIN US!
EVERY FRIDAY
12:00pm-1:00pm
FIGHT FOR FITNESS

WOMAN ONLY

CERTIFIED PERSONAL TRAINERS
WALI QUERTA
TIFFANY DEAN

**ALL ELIGIBLE
RSTHC PATIENTS
AND
EMPLOYEES**

Intense cardio by punching, kicking, and using natural body weight.

February

Reno-Sparks Indian Colony
 Senior Program - Activities
 34 Reservation Road, Bldg F
 Reno, NV 89502
 775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12 pm Injury Prevention Presentation 12:30 pm Tone and Fit 12:45 pm Language	2 12 pm Heart Health CHR Presentation 5:30 pm Hungry Valley Potluck and Bingo. Bring 2 prizes and a food dish	3 10 am Errand Day, Bill Pay, Shopping
6 11:30 am Blood Pressure Check 12:30 pm Tone and Fit Class 1 pm Senior Advisory Committee Meeting	7 1 pm Valentine Leis Making 5:30 pm Reno Potluck and Bingo. Bring 2 prizes and a food dish	8 12:30 pm Tone and Fit 12:45 pm Language 1 pm Valentine Leis Making	9 12:30'ish Sparks Galaxy Theater 1 pm Valentine Bouquet Making	10 10 am Valentine Bouquet Making
13 10 am  11:30 am Blood Pressure Check 12:30 pm Tone and Fit	14 10 am  12 pm Tribal Police Presentation	15 12:30 pm Tone and Fit Class 12:45 pm Language Class	16 12:30 pm Birthday Bingo	17 10 am Puzzles
20 Holiday - Closed 	21 Food Pantry Commodities	22 12:30 pm Tone and Fit 12:45 pm Language 1-3 pm Healthy Heart & Nutrition BINGO*	23 1 pm Errand Day Bill Pay, Shopping	24 9 am Respite Caregivers Support Group Meeting
27 11:30 am Blood Pressure Check 12:30 pm Tone and Fit Class	28 12:30'ish Century Theater Parklane	*Sponsored by Community Health Education and Nutrition Programs		

Donations appreciated for Baked Sale Goodies.

Please bring to the senior center Monday Feb 13 by 10 am.

Help is needed to make Valentine bouquets, lei's, etc for the sale.



Happy Valentine's Day



Reno-Sparks Indian Colony
 Senior Program - Menu
 34 Reservation Road
 Reno, NV 89502
 775-329-9929



February



Monday	Tuesday	Wednesday	Thursday	Friday
Happy Valentines Day February 14		1) Shredded Beef Taco Lettuce & Tomato + Refried Beans Tropical Fruit* Milk	2) Turkey Meatloaf Mashed Potatoes Mixed Veggies+* Banana * Milk	3) BBQ Pork Sandwich on whole wheat roll Coleslaw+ Pears* Milk
6) Rosemary Chicken Brown Rice Gravy Steamed Carrots+ Apple* Milk	7) Chili Beans Corn Bread Green Salad+ Grapes* Milk	8) Liver and Onions Egg Noodles Normandy Blend Veggies+* Apricots* Milk	9) Pepperoni and Mushroom Pizza Tomato and Cucumber Salad+* Pears* Milk	10) Brunch Whole Wheat Pancakes Turkey sausage Mixed Fresh Fruit V-8 Juice +* Milk
13) Beef and Broccoli w Carrots+* Brown Rice Pineapple and Mandarin Oranges* Fortune Cookie Milk	14) Chicken Salad Sandwich on whole wheat bread Lettuce and Tomato+ Baked Lays Fruited Jell-O* String Cheese Milk	15) Pork Fajita With Bell Peppers and Onions* Black Beans Lettuce+ Peaches* Milk	16) Birthday Bingo Lasagna with ground turkey Green Beans+ French Bread Strawberries* Milk	17) Chefs Salad+* Breadstick Tomato Wedges+ Orange Cutie* Milk
20) Holiday President's Day Center Closed No lunch served or delivered	21) Commodity Distribution Corn Chowder Tuna Salad Sandwich on whole wheat bread Lettuce and Tomato+ Pineapple* Milk	22) Soft Taco on Whole wheat tortilla Ground Turkey Lettuce and Tomato+ Refried Beans Mixed Berries* Milk	23) Lemon Salmon Rice Pilaf Carrot and Zucchini+* Apricots* Milk	Brunch Cream of Wheat Whole Wheat Toast Boiled Egg Tomato and Cucumber slices+* Grapes* Milk
27) Turkey and Swiss on Rye Sandwich Lettuce and Tomato+ Sun Chips Banana* Cranberry Juice * Milk	28) Green Chili Chicken Stew Whole wheat Tortilla Spring mix Salad+* Pears* Milk	March 1) Beef Pot Pie Peas and Carrots+ Peaches* Milk	March 2) Pork Loin Roast Whole wheat Pasta Mixed Veggies+* Applesauce Milk	March 3) Sloppy Joes on whole wheat bun Roasted Sweet Potatoes+ Tropical Fruit* Milk

*Vitamin C - Daily

+ Vitamin A - 3 X Week

1% Milk - Served Daily



Serving Times

Mon - Thurs 10:30 am - 12:45 pm
 Brunch 10:00 am - 12:45 pm



BE SMART. EAT SMART.



Just a reminder to tie up your doggies, please

Legal Notices, Public Announcements

Museum seeking youth art ; recruitment for 2017 Tribal Election Board members

The Maidu Museum and Historic Site will be hosting a Native American Youth Art Exhibit in the Zents Gallery from March 11 through May 5.

Young indigenous artists and regional organizations are encouraged to participate and attend the exhibit opening on the evening of Saturday, March 18.

The event is free to the public. The museum opens at 6:30 p.m. and the program begins at 7 p.m.

The evening program will feature Professor William J. Bauer Jr. (Wailacki and Concow of the Round Valley Indian Tribes) presenting his latest book, *California Through Native Eyes: Reclaiming History*,

published in 2016 by the University of Washington Press.

As Gallery Coordinator, I will be working with participants to develop the exhibit, intended to give regional youth the opportunity to show their artwork in a museum setting and highlight community, tribal and educational resources in the area.

I look forward to receiving input from individuals and organizations, and discussing how best to facilitate participation.

All mediums are welcome and can include individual or group projects.

Delivery of artwork and exhibit materials will be scheduled between March 1-4

and artwork pick up will be available as of May 6.

I am available to discuss the project at your convenience. I look forward to working together on this and on future collaborations.

Please don't hesitate to contact me with questions and suggestions

Best Regards,

Sigrid Benson,
Gallery Coordinator
Maidu Museum &
Historic Site

1970 Johnson Ranch Drive
Roseville, CA 95661
(916) 774-5930
SBenson@roseville.ca.us



Notice to RSIC Enrolled Members

An Election Board consisting of five (5) members and two (2) alternates shall be appointed within six (6) months before the 2017 Tribal Election and the term of office of these officials shall be for two (2) years.

The Election Board members shall be compensated at a rate prescribed by the Tribal Council. The Standing Rules for Committees and Advisory Boards of the Reno-Sparks Indian Colony were revised and adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. Rules No. 8 states - "Each person appointed as a member of a committee or advisory board shall not sit on more than two committees or advisory boards at a time; this is combined, meaning that if a person sits on a committee and an advisory board, that person has reached the limit under this rule. The only exception is if a person sits on an intermittent board, such as the Election Board; in that instance the person is subject to the limit of this provision but can sit as a member on one intermittent committee or advisory board. A person can only serve as the chair of one committee or advisory board at a time, including an intermittent committee or advisory board."

Any interested RSIC Enrolled Member may submit their signed letter of interest to the Tribal Administrator at 34 Reservation Road, Reno, NV, 89502. No emails will be accepted.

Legal Notices, Public Announcements

Recruitment for committee members: L&C, Executive Health board, name change

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

Notice is hereby given that the Petitioner, Marie Rose Hernandez, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CV- NC-2016-0016, praying that said Court enter an Order changing the present legal name Marie Rose Hernandez, to the name of Katelynn Calvin, which is the name Petitioner desires to have.

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

Dated this 30th day of December, 2016
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

Recruitment for Language & Culture Advisory Committee Members

The Reno-Sparks Indian Colony Language & Culture Advisory Committee is currently seeking one Tribal members to serve on the Language & Culture Advisory Committee.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of two years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno-Sparks Indian Colony
Language & Culture Program
401 Golden Lane
Reno, NV 89502
or call 775/785-1321

**Reno-Sparks Tribal Health Center
Recruiting Representative
Executive Health Board**

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

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

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

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

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

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

All interested participants will be invited to fill out an application which can be obtained from the front desk at 34 Reservation Rd. For more information please phone, 329-5162, ext., 1901.



www.rsic.org

Natives Pray, Sing, Speak, Drum, Dance Down Virginia

Great Basin American Indians spotlighted during Reno Women's March

About 40 Native Americans---women, children and men---not only took part in, but led the entire procession of the Reno Women's March on Jan. 21.

The Reno event was one of 637 sister events that happened in cities around the world all in sync with the largest demonstration, the Women's March on Washington D.C.

According to the Reno Police Department, more than 10,000 people attended the peaceful

march in downtown Reno.

In addition to providing an opening traditional prayer by Paiute elder Janice Gardipe, two Native American groups led the procession wearing traditional Great Basin attire and pow wow regalia. The identifying event banner was proudly carried by Paiute, Shoshone and Washoe peoples--girls, mothers, grandmothers and aunties.

Furthermore, Helen Fillmore

from the Washoe Tribes of Nevada and California was one of the event speakers. She explained about how Indigenous people, especially women, prefer to focus on hope, peace and solidarity rather than hate.

Reno-Sparks Indian Colony Tribal member Bucky Harjo participated and recorded the rally, the procession, and the ancillary activities.



photograph by
bucky harjo

Out Front — Leading some 10,000 demonstrators, Native Americans from throughout the Great Basin had major roles in the Reno Women's March held in downtown Reno on Jan. 21. Above, from left to right, Toby Stump, Stacey Burns, Brandon Heredia and Jon Lowery, drum and sing as the peaceful parade made its way through the streets of Reno.

Photo by Bucky Harjo