



THE CAMP NEWS

VOLUME XV ISSUE 1

JANUARY—2019

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Government Shutdown Crippled Parts of Indian Country

Native Americans disproportionately suffer more during historic federal impasse

The federal government shutdown which stretched to 35 days has shaken the lives of everyday people across the country, from federal prisoners to low-wage government workers, but there is one especially vulnerable population in times like these: Native Americans.

Most Indian Tribes have only recently begun to prosper economically after nearly three centuries of oppression and efforts by the federal government to annihilate them.

They face two challenges that particularly apply while United States President Donald Trump continued to demand his border wall: Many Tribal members are poor, and many Tribes are dependent on federal programs to provide basic services to their members.

At the Reno-Sparks Indian Colony, federal contracts and grants make up just a small percent of the Tribe's general fund.

Even though the shutdown has been disruptive and difficult for those departments and divisions which are funded by the federal government, the RSIC is much more financially resilient than other Tribes,

especially those in rural areas.

"We don't have funds for burial costs," Amber Torres, the Chair of the Walker River Paiute Nation told Nevada Governor Steve Sisolak. "This shutdown is a major hardship because we can't bury our loved ones."

On Jan. 23, Governor Sisolak arranged a meeting with Tribal leaders to discuss the effects of the government shutdown on Nevada Tribes.

The Native people in Schurz are representative of the pain felt in the majority of Indian County as at least one-fourth of Native Americans live in poverty, the highest poverty rate of any racial group in the U.S.

On many reservations, including some in the Great Basin, unemployment exceeds 40 percent.

Tens of thousands of Native

Continued On Page 4



Anyone, Anyone? — About 800,000 federal employees either were forbidden to work or worked without pay during the recent 35-day partial government shutdown. At the Reno-Sparks Tribal Health Center, two providers worked without pay. Last week, President Donald Trump signed a continuing resolution to re-open the government through Feb. 15. **File Photo**

Reno-Sparks
Indian Colony
PREMIERE

LINK WRAY BUFFY SAINTE-MARIE ROBBIE ROBERTSON
JESSE ED DAVIS JIMI HENDRIX RANDY CASTILLO TABOO

RUMBLE

The Indians Who Rocked The World



"Irresistible."

- Screen Daily

*"Revelatory in
almost every sense."*

- The Hollywood Reporter

MARTIN SCORSESE QUINCY JONES STEVEN TYLER STEVEN VAN ZANDT IGGY POP
TONY BENNETT GEORGE CLINTON SLASH TAYLOR HAWKINS ROBERT TRUJILLO AND MORE

IN MEMORY OF JOHN TRUDELL

Monday, Feb. 4, 2019 - 34 Reservation Road - Multipurpose Room
Enjoy **FREE** admission and great theatre snacks and drinks

DOORS OPEN at 5:30 pm - MOVIE at 6 pm **SHARP**

Be comfortable. Feel free to bring your
own lawn chair.

Some language may be inappropriate for
small children.

Sponsored by the RSIC Planning Department and Cultural Resource Program/THPO
For more information contact Michon or Allen at 785-1326.

Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

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

CIRCULATION

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

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

ELECTRONIC EDITION

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

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

www.rsic.org

Important FEBRUARY dates

- 2 Red Ribbon Skirt Making, Senior Center 11 a.m.
- 4 Deadline for Election Board Member Recruitment (see page 33)
Education Advisory Committee, Ed Conference Rm, Noon
Colony Mobile Harvest, RSTHC Employee Parking Lot, 1p.m.
Senior Advisory Committee, Senior Center, 1 p.m.
Red Ribbon Skirt Making, TLC Hungry Valley, 5 p.m.
RSIC Premiere: RUMBLE, 34 Reservation Rd., 5:30 p.m.
Enrollment Advisory Board, Enrollment Office, 5:30 p.m.
- 5 RSIC Pow Wow Club Practice, Hungry Valley Rec, 6 p.m.
Bread Making Class, HV TLC, 6 p.m.
- 6 Law & Order Committee, Tribal Court, 6 p.m.
- 7 Shoshone Language Class, RSIC Library, 6 p.m.
- 8 Back in the Day Story Telling, Lazy 5 Regional Park, 5:30 p.m.
- 11 Hungry Valley Mobile Harvest, Gym Parking Area, 1 p.m.
- 12 NV Tribes Legislative Day, Legislative Bld., Carson City, 10 a.m.
Stewart Indian School Tour, Carson City, 3 p.m.
Grad Cap Beading Class, RSIC Reno Library, 5 p.m.
- 13 Senior Advisory Committee Bake Sale, Senior Center, 10 a.m.
No More Stolen Sisters, Panel Discussion UNR, 6:30 p.m.
- 14 Valentine's Day
Senior Advisory Committee Bake Sale, Senior Center, 10 a.m.
Shoshone Language Class, RSIC Library, 6 p.m.
- 16 Go Red For Health Social Pow Wow, Reno Gym, 7 p.m.
Camp News Submission Deadline
- 18 President's Day, RSIC Administration Offices Closed
- 19 Commodity Distribution, Senior Center, 8 a.m.
Language & Culture Advisory Board, RSIC Library, 5:30 p.m.
Executive Health Board Meeting, RSTHC, 5:30 p.m.
- 20 Senior Paiute Classes, Senior Center, 1 p.m.
Tribal Council Meeting, HV Rec Center, 6 p.m.
- 21 Tobacco Awareness Painting, RSTHC, Noon
Tobacco Awareness Film Viewing, RSTHC, 5:30 p.m.
Shoshone Language Class, RSIC Library, 6 p.m.
- 22 Native Art Classes, RSTHC, 10 a.m.
- 25 Housing Advisory Board, Housing Office, 7 p.m.
- 26 Grad Cap Beading Class, RSIC Reno Library, 5 p.m.
- 27 Economic Development Meeting, HV Rec Center, 6 p.m.
- 28 Loving Every Beat Photo Booth, RSTHC Lobby, 10 a.m.
Shoshone Language Class, RSIC Library, 6 p.m.

Americans, both on and off the reservation, had difficulty obtaining adequate food, shelter, clothing, and medical care before the shutdown.

These problems only worsened as the shutdown prevents federal funding, a major source of resources, from reaching the reservation.

As the National Congress of American Indians (NCAI), the oldest, largest, and most representative tribal organization in the country, stated in a Jan. 10 letter to President Trump and congressional leaders, "Our communities rely on federal funding to administer key tribal government services, health care facilities, public safety, housing access, nutrition and food distribution programs, and social services," and the shutdown "is destabilizing these programs," causing "fear and anxiety" and personal hardship. Off-reservation tribal members are impacted as well.

As the Colony operates the Reno-Sparks Tribal Health Center with a Title V compact, the Tribe administers individual programs and services that IHS would otherwise provide.

However, the historically long shutdown prompted RSIC leadership to prioritize its process for Purchased Referred Care (PRC).

In a letter to all RSTHC patients, Jennifer C. Katenay, the PRC Manager, explained that levels were temporarily changed to limit medical care to priority level 1, 2 and 3 to conserve funding.

Again, the majority of the 573 federally recognized Tribes

were hit hard much harder than the RSIC during the shutdown.

An Eastern Shoshone, Jean Harris, a mother of three who works part-time as an accountant at a health clinic, recently told National Public Radio how the shutdown affected her family.

Harris typically receives several hundred dollars in royalty income on profits earned from the sale of Tribal oil and gas on the Wind River Reservation, which helps her pay the rent and purchase food for her family.

However, for over a month, the federal office which issues these payments was closed due to the shutdown.

*"The shutdown
broke the treaty and
trust obligations
to Tribes ..."*

—NCAI

On the Blackfeet Reservation in Montana, the Tribal business council issued a memorandum stating that each day of the shutdown additional difficulties and risks were created.

For instance, the Bureau of Indian Affairs (BIA) furloughed so many workers on the Blackfeet Reservation that only one operator and one snow plow remain for all the BIA roads on the reservation, and the Tribe's food distribution program made food donations to furloughed federal workers who have not been paid.

"We must continue to help one another during times like this," the letter stated.

In early January, an Associated Press report found that federal funds to provide essential services on Indian reservations were "dwindling," causing deep pain in tribal communities "where one person often supports an extended family."

The federal programs designed to assist Tribes and their members are not gratuities.

They are programs owed as a result of promises and guarantees made to Indian Tribes in treaties, in which Tribes agreed to accept federal support, assistance, and protection in exchange for relinquishing vast landholdings and a peaceful end to warfare.

"The shutdown broke the treaty and trust obligations to tribal governments. . . . We urge the President and Congress to fulfill their trust and treaty promises to tribal nations, and invest in the future for all Americans," NCAI reminded.

On Friday, Jan. 25, the president agreed to a three-week spending package, enough to resume government operations through Feb. 15.

"The question now is, how fast can people get paid and how fast can money come into the Tribes," said RSIC Chairman Arlan D. Melendez.

Editor's Note:

Information for this story was reprinted with permission from a column written by Stephen Pevar, Senior Staff Attorney for the ACLU.



BREAD MAKING CLASS

Natalie Smith will be demonstrating hands-on learning on how to make several types of traditional flour based bread.

TUESDAY, FEBRUARY 5, 2019

6:00 PM - 8:00 PM

**THE HUNGRY VALLEY TRANSITIONAL
LIVING CENTER**

105 LOOP RD SPARKS, NV 89441

For more information: (775) 334-0904/ nsmith@rsic.org

RSIC LIBRARY & LANGUAGE & CULTURE PROGRAM

GRAD CAP BEADING CLASSES

Please join us at the RSIC library for a 6 part series on how to bead a graduation cap. All materials will be provided. Seating is limited. Sign -up required.

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



Tuesday, February 12 & 26 - 5pm - 7pm
Tuesday, March 12 & 26 - 5pm - 7pm
Tuesday, April 9 & 23 - 5pm - 7pm

RSIC Women Participate in Indigenous Peoples March

Brown, Ledesma join world-wide gathering to spotlight common issues

The Indigenous Peoples March was a political demonstration and march on the National Mall in Washington, D.C., on January 18, 2019.

The event included speeches, prayers, songs, and dance.

Its goal was to draw attention to global injustices against indigenous peoples.

After prayers outside the Bureau of Interior Affairs, the marchers proceeded along Constitution Avenue and ended at Henry Bacon Park, north of the Lincoln Memorial.

Organizers expected a crowd of about 10,000 people and people from all over the world.

Simultaneous "solidarity" marches were scheduled in a dozen other locations, such as Gallup, New Mexico, and Bemidji, Minnesota, in the United States and Saskatoon, Saskatchewan, in Canada.

The march was intended to build on the momentum of the 2016–2017 Dakota Access Pipeline (DAPL) protests, which had drawn attention to concerns of indigenous peoples globally.

The organizers of the "grass-roots effort" included indigenous leaders, Tribes, and celebrities, many of whom were part of the Indigenous Peoples Movement.

Featured guests who spoke included Ruth Buffalo, a North Dakota Representative and member of the Mandan, Hidatsa, and Arikara Nation, and Paulette Jordan, who had served on the Coeur d'Alene Tribal Council, and was a



Perspective — Perhaps the most prominent wedge issue in America, the recent shut down of the federal government involved disputes by elected leadership about the funding of a physical barrier between the southern boarder of the United States and Mexico. Above, RSIC Tribal members Carrie Brown (center), and Bhie Cie Ledesma found common ground with a stranger at the Women's March.

Photo Provided By Carrie Brown

member of the Idaho House of Representatives from 2014 until 2018, when she ran for governor of Idaho. Deb Haaland and Sharice Davids, the first Native American women elected to Congress, also spoke at the March.

The day ended with a round dance on the steps of the Lincoln Memorial, with chants of "We are still here."

Some of the issues that affect indigenous people worldwide are missing and murdered Indigenous women (MMIW), climate change, diabetes and obesity, the 2018–19 United States federal government shutdown, voter suppression in Indian Country, families divided by walls and borders, human trafficking including sex

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trafficking, police brutality against Native Americans, mistreatment of Indigenous peoples at the borders, and the need to protect indigenous lands.

With support from the Reno-Sparks Indian Colony Tribal Council, two Tribal members, Carrie Brown and Bhie Cie Ledesma, traveled to the nation's capital to participate in the world-wide event, plus, they extended their stay to join in on the 2019 Women's March.

Following is an outline of a question and answer session for which both Native women provided her perspective.

How'd the idea to attend materialize?

Bhie Cie: "I had seen it on social media and I was just curious to know how it was going to go, since 2019 is the first march of this kind.

I kept thinking about it, so I looked up airfare, and to my surprise, it wasn't too expensive. So, I started mentally calculating what things I would need to get in order to possibly make the trip. I put a call out on social media, 'who wants to come with me?' and Carrie is an expert traveler, so she jumped on board."

Carrie: "I have a colleague from Oklahoma and we had talked months ago. We are both trying to live our best life. I have an aunt in D.C., so, we had a place to stay. Plus, Bhie Cie suggested that we ask council for financial support."

Please provide a timeline....

Bhie Cie: "Early on Thursday, Jan. 17 we flew

out of Reno, returned Sunday night. We stayed with Carrie's great-aunt, Athena Brown. She has an important federal job."

Did you know others who were attending the march?

Bhie Cie: "Yes, Gina Jackson...she has ties to this area. I also ran into a guy with whom I attended Haskell Indian Nations University."

Carrie: "Yes, a friend from Virginia who is Ponca, plus a former teacher at Natchez Middle School in Wadsworth, Nev., who is Shoshone."

Could you describe the atmosphere at the march?

Bhie Cie: "The atmosphere was great, as in any Native gathering. We smelled the sage in the air before we even turned the corner to the morning prayer point."

Carrie: "We arrived 20 minutes before the opening prayer for the march. We took the Metro, but also walked 5-6 blocks to the meeting point. We could smell sage a few blocks away."

Did your experience at the march meet your expectations?

Bhie Cie: "Yes and no. It was everything I thought it would be, but the attendance was nowhere near the advertised 10,000.

If I had to guess, I might say 300 people were

Continued On Page 9



The First of Many Get-togethers — People from around the globe convened in Washington D.C., for the inaugural Indigenous Peoples March. The political demonstration was intended to draw attention to the injustices to Indigenous people world wide. **File Photo**



Accurate History — Not only did the presence of hundreds of Native Americans remind on-lookers that Native Americans are still here, but clever signs like the one Carrie Brown holds above addressed the seemingly forgotten facts about Indian Country before 1492. Bhie Cie Ledesma is also pictured.

Photo Provided By Carrie Brown

there, but there were people from all Tribes. It was probably a hard time because of the cold weather and snow across the country, and the government shutdown might have affected some people's ability to attend. "

Carrie: "I agree, there were not as many people as I thought there would be, but there were Indigenous from all over the world." (Editor's Note: *Native News Online* reported that "thousands of American Indians attended.")

What did you think about the guest speakers? Did one standout for you?

Bhie Cie: "I was glad that the speakers included Native people we see on TV. Paulette Jordan, Deb Haaland, and Ashley Callingbull are the three

most notable people I saw."

Carrie: "Paulette Jordan stood out for me, for a couple of reasons. She is a Native American politician who served in the House of Representatives in Idaho and she served on her Coeur d'Alene Tribal Council. I also was struck by how very tall, this young, indigenous leader is. I'm used to short and round Paiutes."

Was there a highlight for you at the march?

Bhie Cie: "I think the highlight was that I got to do what I set out to do.

The main thing was literally just to show up, be seen, and be heard. A lot of Native people would like to attend solidarity events, but they have jobs they can't take time off, or kids that need them, no spare money to travel, or maybe just in poor health and they can't do the walk or be outside all day.

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Front Lines — Reno-Sparks Indian Colony Tribal member Carrie Brown helped promote "Generation Indigenous." The Gen-I initiative focuses on improving the lives of Native youth through new investments and increased engagement. This initiative takes a comprehensive, culturally appropriate approach to ensure all young Native people can reach their full potential. Gen-I was launched on the heels of President Barack Obama and First Lady's visit to the Standing Rock Sioux Indian Nation where they met local youth who shared their struggles and also their inspiring stories of hope and determination.

Photo Provided By Carrie Brown

We say, “dance for those who can’t, sing for those who can’t,” and I was able to show up and walk for those who couldn’t. I have to thank my oldest son Leo and my mom for helping me out with my little kids, and the RSIC Tribal Council for donating to the trip, Carrie for coming with me, and especially guiding me through the public metro system, and even the Native elder who let us stay with her. I didn’t get out there on my own, it was a group effort.”

Carrie: “For me the highlight was the show of unity regarding the issues Native American face. Water rights were at the forefront, plus respect was paid to the issue of Missing & Murdered Indigenous Women (MMIW), and there were conversations about Trump’s wall and immigration.

For indigenous people these boundaries fights are not new, because to indigenous people, they are not a traditional construction. Indigenous people should be free to roam, to follow our



Paid In Advance — *The federal government’s trust responsibility to Tribes for education, healthcare and other essential services is endless, as Native Americans gave up land and natural resources.*
Photo Provided By Bhie Cie Ledesma

traditional trade routes without interference.

The statistics on MMIW were staggering. It was a very emotional experience and yet, educational since we are experiencing a lot of the same.”

Do you have plans to attend again?

Bhie Cie: “I don’t know, possibly. I’ll definitely take next year off. It was a really exhausting trip. I think a lot of Natives and even non-Natives saw the media coverage, and I hope more people go next year.”

Carrie: “Yes, I would go again, but if I went again I would be more prepared. Specifically, I’d be more prepared to speak in public. We were interviewed often—even by an Australia outlet. I might even try to get on the agenda to discuss Nevada water rights and other more local level issues.”

Would you recommend that others from the RSIC attend the 2020 march?

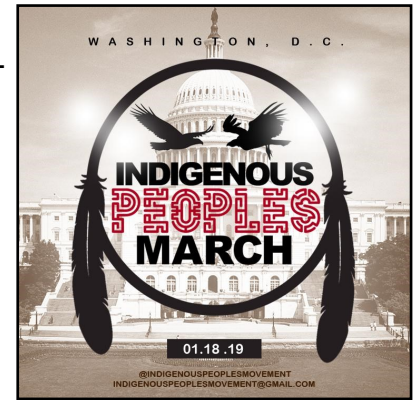
Bhie Cie: “Yes! It’s a powerful feeling when Native people who really care about change and social justice come together.

It’s beyond a regular social gathering. There was energy in the air, it smelled like sage, pulsed like your heart with the drums, and felt like magic. I think that’s what helped me overlook the 30 degree temperatures and the miles and miles of walking.”

Is there anything else you’d like to add?

Bhie Cie: “Yes, the unexpected thing that happened with the Covington Catholic School boys disrespecting Mr. Phillips. It happened way after the event had ended, so that’s why he was there with only a handful of people to stand with him.

Of course I feel bad I wasn’t there, I think even people that were in other states felt bad they weren’t there to somehow support or shield our elder from such gross disrespect. But the truth is, he



In response to the suspension of SNAP (Food Stamps) and WIC benefits, the RSTHC Diabetes and Benefits Programs and RSIC Administration have arranged for the Food Bank of Northern Nevada (FBNN) to hold a Mobile Harvest in the Reno and Hungry Valley communities in February.

FBNN's Mobile Harvest gives access to nutritious, healthful food by visiting neighborhoods to distribute produce and other fresh food items. Anyone may use the program.

Reno's Mobile Harvest:

When: Monday February 4th 1-3pm
Where: Large Parking Lot across the street from RSTHC
Who: Anyone in need

Hungry Valley's Mobile Harvest:

When: Monday February 11th 1-3pm
Where: Parking lot between the gym and amphitheatre
Who: Anyone in need

Questions? Contact Stacy Briscoe, Diabetes Program Manager 775-329-5162 x 1945 or Jane Smith, RSTHC Benefits Coordinator 775-329-5162 x1007

For future dates, log onto:
www.rsic.org



"Back in the day..." in Spanish Springs



Join us for a live (hi)story-telling event at Lazy 5 Regional Park

*community speakers * public storytelling * learn the history *
* historic photos and relics * dinner option *

Friday, February 8th, 2019

5:30pm - 8:00pm

**Cottonwood Room at Lazy 5 Regional Park
7100 Pyramid Highway**

**Contact: Ranger Office 775-424-1866
<https://www.washoecounty.us/parks/>**

Did you grow up in Spanish Springs "back in the day"?

Were you a member of Harold's Gun Club?

Do you have a story, memory, or photos to share about what Spanish Springs used to be like?

**THE COMMUNITY
WANTS TO
HEAR YOUR STORY**

Contact Ranger for more info:
ssnell@washoecounty.us



Dear Patient:

Please complete this survey to apply for the
Pathways to Health Food is Medicine program

*Pathways to
Health*

Thank you for your participation! - RSTHC Staff

1. I am _____ years old
2. Within the past 12 months, I/we worried whether our food would run out before we got money to buy more (Yes or No)
3. Within the past 12 months, the food bought just didn't last and we didn't have money to get more (Yes or No)
4. I am Diabetic (Yes or No)
5. Write the number of people in your household in each age group.
Remember to count yourself.
 - I. Children 18 years or younger _____
 - II. Adults 19 to 54 years _____
 - III. Adults 55 years or older _____
6. I have reliable transportation or have access to it in my house hold (Yes or No)
7. Home Address: _____

Chart #: _____

OR

Name: _____

(If you don't know your chart number please put your name on this survey to apply)



PosterMyWall.com

Please return to Stacy Briscoe @ the
Clinic or the bamboo box in the lobby of
3NWC/Diabetes on the 1st Floor of the
Clinic. Thank you!
Pathways to Health & RSIC Diabetes
Program staff



Food, Exercise as Medicine: Innovative Rx Now at RSIC

"Pathways to Health" offers community members prescriptions for fresh food deliveries

Every day, millions of people in America — even children — at risk for or with Type 2 diabetes hit their pharmacy for a variety of medicines to control that disease.

At the Reno-Sparks Tribal Health Center (RSTHC), this scene appears eminent.

Currently, the RSTHC Diabetes registry contains 482 active patients. However, being Native American means everyone in the community is at risk for diabetes and complications.

According to the United States Department of Health & Human Services, American Indians and Alaska Natives have a greater chance of having diabetes than any other US racial group.

Diabetes is the leading cause of kidney failure, a difficult and costly condition that requires dialysis or kidney transplant for survival.

Eventually, diabetes complications may be disabling or even life-threatening. Possible

diabetes related complications include: cardiovascular disease (if you have diabetes, you're more likely to have heart disease or stroke), nerve damage (neuropathy), eye damage (retinopathy), foot damage, skin conditions, hearing impairment, Alzheimer's disease, and depression.

However, starting in February instead of pharmacist issuing patients drugs to manage their diseases, patients have an opportunity to have a bin of fresh fruits and vegetables delivered right to their home.

This idea has brought together the RSTHC Diabetes Program, Renown Health and the Food Bank of Northern Nevada.

Similar food prescription programs have been launched in several states, helping thousands of families access affordable fresh food.

The Fruit and Vegetable Prescription Program (FVRx) run by Wholesome Wave, a nonprofit focused on connecting low-income people with local produce was founded by Chef Michel Nischan in 2010.

Nischan wanted to find a way to measure the health effects of improving people's diets.

"We wanted to treat this like a real prescription system: The patient sees the doctor, gets a diagnosis and a prescription, then has to return to the doctor regularly for monitoring and to get refills," Nischan said.

Thus, with the RSTHC's

Pathways to Health, eligible patients of the RSTHC receive prescriptions for themselves and his or her family members. Eligibility for the program is determined via a survey (see survey on page 12).

Of course, the food prescription, like any prescription is most effective when used in conjunction with other healthy practices, all of which Pathways to Health addresses.

Participants can attend special food demonstrations, receive great recipes, get transportation to the 3 Nations Wellness Center and various exercise classes, plus take advantage of education classes which focus on nutrition and healthful living.

"Good nutrition and exercise habits are a key part of diabetes self-management and prevention," Stacy Briscoe, Diabetes Program and 3NWC Division Manager said. "We hope to offer our patients clear information and teach skills to improve their diets, while also providing healthy, affordable, and accessible food."

Form more information, please contact Briscoe, MS, RD, LD, CDE and Dietitian/ Nutritionist, Certified Diabetes Educator, at 775-329-5162 or sbriscoe@rsicclinic.org.



Healthy Eats — Community member should complete a survey to be eligible for food prescriptions via Pathways to Health, which uses food and exercise as medicine.

File Photo

Editor's Note

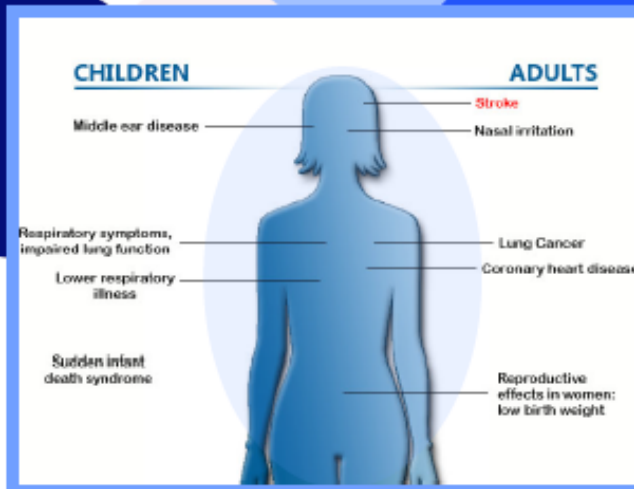
Sally Wadyka, who writes about nutrition, health and wellness for the Food Network, contributed to this article.

SECONDHAND SMOKE & HEALTH

Secondhand smoke is the combination of smoke from the burning of a cigarette, cigars, or pipes and the smoke breathed out by smokers.

There is **no safe level of exposure** to secondhand smoke.

Secondhand smoke **harms the whole family**, including non-smokers, unborn babies, and pets too.



HEALTH EFFECTS OF SECONDHAND SMOKE

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.



25-30%
increased risk of
HEART DISEASE

Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease. Secondhand smoke causes nearly 34,000 premature deaths from heart disease each year among nonsmokers in the U.S.



20-30%
increased risk of
STROKE

Secondhand smoke increases the risk for stroke. Secondhand smoke exposure causes more than 8,000 deaths from stroke each year.



20-30%
increased risk of
LUNG CANCER

Nonsmokers who are exposed to secondhand smoke increase their risk of developing lung cancer. Secondhand smoke causes more than 7,300 lung cancer deaths among U.S. nonsmokers each year.

New RSIC Police Chief Familiar Face in Indian Country

Chief Handte returns to Colony to lead law enforcement effort

Who says you can't go home, again?

"This is where I want to be," said newly appointed Reno-Sparks Indian Colony Police Chief Stewart Handte, "I am honored to be back with the people I enjoyed working with before."

A former adult juvenile probation officer for the RSIC, Handte (pronounced Hand-Tee) began leading the Tribal Police force just about six weeks ago. Entrenched in an ongoing evaluation of the practices of the 13-person force he inherited, Handte said that the current officers are the biggest assets.

"This group of officers is very dedicated to this community, and now, they are even redefining themselves to ensure everyone feels safe at home and safe at work," Handte said. "I have a good cadre of people and we will continue to build our visibility through community oriented policing."

Handte explained that through community oriented policing, not only will RSIC officers develop positive relationships with the community, but by instilling faith and trust with the citizens they serve, the Tribal police will eventually build their department resources.

"We have already implemented a lot of changes," one RSIC Police Officer said. "A lot of good changes."

Handte's early implementations are two-fold; tactical changes as well as a new

department philosophy.

"With community support, we will have extra eyes and ears which will help remove any criminal activity or element," Handte said. "We want to establish relationships with Tribal members, and will do that by being interactive with those who we serve."

Community-oriented policing — typically a kinder, gentler philosophy that emphasizes outreach, citizens' voice, and collaborative problem solving is a law enforcement model that addresses the immediate conditions that often give rise to public safety issues such as crime, social disorder and fear of crime.

Basically, Tribal Police will



To Serve and Protect — *Stewart Handte, the new Reno-Sparks Tribal Police Chief, owns a 30-year career in law enforcement. A former adult probation officer for the Colony, Chief Handte plans to use community policing, specialized training, open forum community meetings, and technology to enhance the efforts of the Tribal Police Department.*

walk around the Colony, the Reno-Sparks Tribal Health Center, the Hungry Valley neighborhoods, and build face-to-face relationships with community members. By being familiar and approachable, the Tribal Officers want to earn trust.

"Tribal Police officers will be seen in public more, plus they will be out of their vehicles, talking and interacting with the public," Handte said. "We will be proactive, not reactive because we want to instill faith and trust in our community."

The community policing strategy strengthened after a series of riots and civil disturbances in Los Angeles in 1992. The simple idea of walking a beat and chatting up residents led to stronger relations and avoided violence.

The community policing model has seen a resurgence in the wake of nationwide protests against police brutality.

Another new approach which Handte plans to implement will be hosting monthly meetings with residents.

"I want to hear it, whether it is good, bad or between," Handte said. "It will just be me and the people we serve."

In addition to the old fashion face-to-face consultation, Handte and his officers will be using technology too. He said that every RSIC Police Officer will wear and operate a body cameras, plus every RSIC

Continued On Back Page

WHAT YOU CAN DO

TO PROTECT YOUR FAMILY FROM SECONDHAND SMOKE



QUIT SMOKING

If you are a smoker,
quit smoking



HOME

Do not allow smoking
in or near your home



VEHICLE

Do not allow smoking
in your vehicle
(even with windows down)



CHILDREN

Do not allow smoking
around children, pets,
or pregnant women



POLICIES

Support smoke-free
policies in your community



PUBLIC PLACES

Support smoke-free public
places & businesses



EDUCATION

Support smoke-free
day cares & schools



AVOID EXPOSURE

Secondhand smoke is
a known carcinogen

SMOKEFREE.GOV



Smokefree
Texting
Programs



Using Nicotine
Replacement
Therapy



Smokefree
Social Media



Smokefree
Apps



Build Your
Quit Plan

1-800-QUIT-NOW

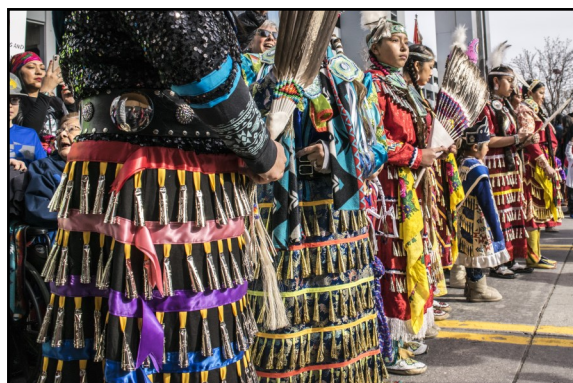
All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

REFERENCES

- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm
- <https://smokefree.gov/>

In & Around: Reno-Sparks Indian Colony Community

2019 Women's March Reno — Together We Will Rise — Past, Present, Future



Ask Paul

The opioid epidemic has received much needed attention due to the number of nationwide overdoses.

The Centers for Disease Control (CDC) reports opioids were involved in nearly 48,000 overdose deaths in 2017 which amounts to more than 2/3 of all overdose deaths.

While opioids are at a crisis level, we also need to be diligent in our recognition of other substance use and trends in our community and the country.

When working with patients, I begin treatment with a complete biopsychosocial evaluation. This evaluation allows me to notice trends, and I've seen a rise in the use of stimulants, specifically methamphetamine.

I researched national trends and found the CDC shows the most commonly reported drugs used in Nevada's primary drug treatment admissions are stimulants, including methamphetamine.

In California, over 1/3 of voluntary admissions were for stimulants, including methamphetamine,

even surpassing marijuana which was 25 percent.

Another chilling statistic from the CDC shows Nevada's amphetamine death rate is the highest in the nation. Actually the death rate from amphetamines will pass the state's prescription opioid death rate if current trends continue.

Stimulant use, including methamphetamines, tends to get ignored until a person is acting erratic and becomes a danger to himself or others.

What can we do?

The first thing we can do is educate people and make them aware that amphetamine use, abuse, and dependence can be deadly. We can also offer options to prevent them from ever starting to use or help them stop using if they have already started.

"Another chilling stat...the CDC shows Nevada's amphetamine death rate is the highest in the nation..."

Let's start with defining methamphetamine. What is it? What does it do? Why does it make people act crazy, and why is it so addictive? The addictive part of using methamphetamine is from the powerful rush of feel-good chemicals released in the brain when a person uses the drug. This feeling can cause a person to get hooked right from the start. Amphetamines prescribed by a doctor for ADHD and narcolepsy are one type of stimulant. Methamphetamine is a more powerful stimulant, like a stimulant on monster steroids. It's made of toxic chemicals such as acetone that's used in paint thinner and nail polish remover, and toluene that's used in brake fluid. Many methamphetamine ingredients are toxic chemicals that could even be harmful if taken alone.

When people take methamphetamine they feel euphoric and aroused, have reduced fatigue, and feel confident and full of energy. This is such a good feeling that it takes over the person's life, and it's all the person can think about. This intense high is so strong it can keep the person using continually for days.

"...I have witnessed wonderful healing and transformation of people who are dependent on stimulants."

As you can imagine, if you've been up for a few days, how would you feel?

Remember, what comes up must come down. The withdrawal symptoms are opposite of the feelings people experience when they are high. These withdrawal symptoms include severe depression, low mood, anxiety, psychosis, irritability, fatigue and disturbed sleep as well as increased cravings for more of the drug, and thought impairment.

Unfortunately, some of the cognitive impairment (brain damage) from methamphetamine use can be permanent. Even small amounts result in increased wakefulness and the physical/emotional/mental strain that comes with exhaustion.

Also, the person can experience decreased appetite, rapid heartbeat and breathing, increased blood pressure and body temperature as part of the withdrawal.

Another effect of methamphetamine use is the decrease in saliva production.

This means acids and sugar, especially from energy or soft drinks, build up on the persons teeth, leading to decay which results in losing

teeth or tooth damage.

Methamphetamine use can also make a person look dramatically older in a short amount of time. Since meth can affect judgement, lessen inhibitions, and create intense cravings, people under its influence can be more likely to engage in risky behaviors such as unsafe sex.

Stimulant drug abuse at times leads to promiscuity which can expose the person to sexually transmitted diseases. People who have HIV/AIDS and use methamphetamine have more injury to nerve cells and mental health problems than people with HIV/AIDS who don't use the drug.

Some other negative consequences include itching and skin sores from scratching, anxiety, confusion, sleep problems, violent behavior, paranoia (extreme or unreasonable distrust in others) and hallucinations (hearing or seeing people or images that seem real but are not).

Also, there are emotion and memory problems associated with using methamphetamine and these problems may be permanent. One of the most concerning aspects of using substances that are bought on the street is the person does

not know what they are taking.

At this time, there is no FDA approved medication for the treatment of methamphetamine or stimulant use disorder. The most effective treatments for methamphetamine addiction are behavioral therapies, like cognitive-behavioral therapy, which helps patients recognize, avoid, and cope with the situations in which they are most likely to use drugs.

People who are challenged with stimulant dependency can receive this type of therapy from a qualified substance use professional.

On a personal note, I have witnessed wonderful healing and transformation of people who are dependent on stimulants. There is hope and help available if you or a loved one are struggling with addiction.

Please reach out and call your substance use specialist to begin your new life!

If you know of anyone who wants to stop or slow down using substances call Paul Snyder MA, -LADC-S at (775) 329-5162, ext. 1962 or use the 24/24 hour Crisis Hotline (775) 784-8090 if needed.



In & Around: Reno-Sparks Indian Colony Community

2019 Women's March Reno — Together We Will Rise — Past, Present, Future



Women Are Sacred — Native women again led the annual Women's March Reno. Jingle dancers began the procession, the all-women drum group, The Man Killers performed, Reno-Sparks Indian Colony elder Janice Gardipe gave a traditional blessing, and the first speaker, Dr. Debra Harry, greeted the 2,000-plus person crowd speaking the original language of the land. Photos by: Brendan Abel, Bucky Harjo, Judy Martin, and Stacey Montooth. Color images at: <http://www.rsic.org/rsic-newsletter/>.

Momentum Surging for Get Out the Native Vote 2020

Plan Action, Center for Community Change, Tribes combine efforts

By Bev Harry

Plan Native Community Organizer

The advancement in voting power and empowerment in Native communities began in 2017, and led to the facilitation of astounding voter turnout in the 2018 mid-term elections.

Plan Action developed relationships with Nevada Tribes throughout the past year with directed efforts of all voting age categories.

In 2016, significant changes occurred when voting disenfranchisement and early voting was legally challenged by five Nevada Tribes.

Through this court process, the finality of the suit was favorable to the Tribes and created Senate Bill 492 (SB 492); which provided a process for Tribes to request that the Secretary of State (SOS) provide access to polling sites and early voting.

In an attempt to push forward state law, Plan Action and the American Civil Liberties Union (ACLU) scheduled a meeting with the SOS to begin a dialogue precedent on a meaningful consultation and highlighted a relationship-building plan with Tribes.

Although, a request form for voting hadn't been developed by the state; Plan Action moved to create a form which is now the official Nevada State request form for Tribes.

Further, in this meeting; Wayne Thorley, Deputy Secretary of State for Elections accepted the invitation to be

placed on the February 9, 2018 Inter-Tribal Council of Nevada (ITCN) meeting agenda with the 27-member Tribes. This was to review SB 492 with the Tribal leaders and to aid in relationship building.

Last year, Plan Action met with 14 Tribes within their respective locations across Nevada to begin fostering voting power and developing polling site locations. Tribes who were most interested in directing their efforts to new Tribal voting systems were ones who had engaged in the lawsuit.

The Walker River Paiute Tribe and Pyramid Lake Paiute Tribe were two of the Tribes who had gained access to polling sites and early voting in 2016 after the lawsuit.

Tribal communities who were responsive to working with Plan Action in 2017 were Reno-Sparks Indian Colony and the Yerington Tribe. In a number of cases, Tribal decision-making was complicated by Tribal government processes including election committees and Tribal council meetings. Therefore, decisions were not simply made and additional considerations by inter-governments need to communicate to Tribes to see how to bring Native communities into legal voting processes.

Before the election, the Walker River Paiute Tribe was consulted on a press release for their new election systems and to convey to the public the fight against voter disenfran-

chisement. Plan Action worked with voting election officials, administrators, and voting board members to strategize increased voter turnout for the General Election. Three native communities; Pyramid Lake, Walker Lake and Reno-Sparks Indian Colony were contacted to develop Native Get-Out-the-Vote (GOTV) events prior to early voting and Election Day to plan events.

The foundation for events balanced on culture and tradition of Tribes. The turnout of the Native voice was strengthened by Native hand drums, songs, traditional foods and support of the community.

Native GOTV events were planned with the Walker River Paiute Tribe, the Pyramid Lake Paiute Tribe, and the RSIC.

Event flyers were created and sent to all three communities. A Native GOTV banner was also developed and flagged participation/outreach.

Traditional artists and Tribal leaders who used hand drums and who share the spirit of community were also invited to sing their songs for the community.

In the pre-planning days, Plan Action and Center for Community Change (CCC) carefully developed areas of support for Tribes via flyers, food, honorariums, and in person assisting on event days.

Native GOTV Tribes worked

Continued On Page 22

Continued From Page 21

in accordance with set plans and offered signage, signup sheets and canvassing on the reservations. Plan Action, CCC, and Plan volunteers canvassed Pyramid Lake once earlier in the year and two times near the election. Plan Action also had offered to assist the Walker River Tribe, but mobilizing volunteers seemed to be the limiting factor. With the RSIC; networking reliance, internet, alert systems, paid couriers and strategic planning provided the exemplary infrastructure needed for successful communication to Tribal voters.

RSIC also had the election committee who worked successfully with its UNITY group to support Tribal voting. The youth worked in the kitchen to prepare Indian tacos and worked outside on the bounce house, visited the Bike Project and cycled with the Lime Bike . The youth provided the foundation of voting to express to the community that they needed to be included and needed to help teach the values of supporting voting as a community.

The standard for Tribal communities has been set here and will need to surpass this

level, so that Tribal members continually feel pride in voting and are breaking new ground in the fight against discrimination and racism.

Technology is also key to communication and rural native Tribes currently have obstacles being serviced by high-speed internet, couriers, alert systems and networking.

Further relationships need to be built at the county and state level to eliminate further disenfranchisement. County address regulations may need to be better designed for rural Tribes, so voting IDs regulations are not challenged as they have been in North Dakota.

Plan Action premieres its work as it has developed a good relationship with Washoe County to help the focus on Tribal voting issues.

Efforts directed to Tribal problem areas are outlined with the county and plans to meet with the SOS will be shared with new state, county and Tribal leaders.

Nevertheless, election results for Tribal leaders need to be provided to Tribes; as Mineral County who manages and administers election regulations in Nevada has not provided data for the Walker River Tribe,

election results, or voter turnout.

The Plan Action Native Community program feels that Nevada has more work to do in order to emancipate the voice of Indigenous people, Plan Action, and the Center for Community Change.

Champions of these Native GOTV events begin with: Amber Torres, Arlan D. Melen-dez, Vinnie Hawley, Elveda Martinez, Robin Eagle, Janet Davis, Billie Jean Guerrero, Jackie Davis, RSIC UNITY, Rosemary DeSoto, Vernon Rogers, Autumn Harry, Tobey Stump, Winston Sam, Marlin Thompson, Norman Harry, Janice Gardipe, Stacey Montooth and other unknown Indigenous singers who brought their songs to the microphone.

Plan Action and CCC organization support came from Dorian Lockett, Bob Fulkerson and Beverly Harry.

Below are the Voting Turnout results compiled by Washoe County Registrar's office.

The registrar is Deanna Spikula and assistant Registrar is Carmen Heather

Plan Action has gained an ally in this work and sees the Washoe county government working in amiable ways to help Native people.

2018 Election Tribal Voting Turnout = 62.7%

2018 Election Tribal Voting Turnout = 62.7%						Election turnout			
Precinct	MP	Area	Active	Inactive	Total	EV/AB	ED	Total Voters	ED Polling location
7300		Reno	185	35	220	30	67	97	Vaughn Middle
7573		Hungry Valley	252	20	272	39	121	160	Hungry Valley
7412		Wadsworth	544	81	625	147	200	347	Natchez Elementary
7589		B/T Nixon and Wads	17	1	18	3	4	7	Pyramid Tribal Off.
7581		Nixon	211	28	239	89	43	132	Pyramid Tribal Off.
7579	MP*	Sutcliffe	147	15	162	89	17	106	*Mailing Precinct
7531	MP*	N of Pyramid	22	5	27	15	0	15	*Mailing Precinct
Total			1378	185	1563	412	452	864	

Brodie & Winter McCloud

CONGRATULATIONS



Completing their first trail race of 2019, Winter McCloud and her son, Brodie competed in the Clikapudi Trail Race in Shasta, Calif., on New Year's Day.

Clikapudi is derived from an old Wintu word meaning "to kill" and references a band of Native Americans who were once poisoned by fur traders. The Wintu Tribe held territory from Mt. Shasta southward to Redding in what is now the Shasta-Trinity National Forest.

A dynamic duo, both medaled in the half marathon (13.1 miles) and the 10k, respectively. They were accompanied by friends and family from Northern Nevada and Oregon. What a great way to start 2019, happy and healthy!

CLIKAPUDI CREW — *Norma Cummings and her dog Ace (Klamath, Modoc); Ameya Sam (Washoe, Paiute, Cherokee); Diana John (Paiute, Cherokee); Kandy Sambrano (Hopi); Lindsay Benson (Paiute); Brodie Peckham-McCloud (Yurok, Washoe), Colleen Sharp, Winter Dove McCloud (Washoe, Paiute).*



ELDER HOME TRAINING

PERSONAL TRAINING SESSIONS

WITH
3NWC TRAINERS
MICHELLE AND
TIFFANY

20 MINUTE
SESSIONS
CUSTOMIZED
WORKOUTS
WIDE RANGE OF
EXERCISES
INCLUDING FALL
PREVENTION AND
IMPROVING
MOBILITY



WE COME
TO YOUR
HOME
1 DAY A
WEEK



TRAINERS
PROVIDE
ASSISTANCE
WITH ALL
LEVELS OF
FITNESS

SPONSORED BY
THE
RSIC DIABETES
PROGRAM



TO SCHEDULE AN APPOINTMENT AND
GET REQUIRED MEDICAL RELEASE
CONTACT
TIFFANY DEAN 329-5162 X1948

New Employees

Q: What is your exact job title?

A. Front Office Administration Receptionist

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

A. My goals are to increase my knowledge base and grow professionally, to further get to know my neighbors and make an impact in my community, and to continue to support the RSIC.

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

A. I am an Enrolled Member of the RSIC and community member.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: I was born and raised on the Colony; this is my forever home. My children were also born and raised on the Colony and in the Hungry Valley community.



Jessica Castillo



Jennifer Wall

Q: What is your exact job title?

A. Planning Department Administrative Assistant

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

A. I look forward to being part of a productive team, using my organizational skills to help the Planning Department, and the Colony keep effective records and run efficiently. I will assist in building partnerships to achieve Colony goals.

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

A. My family is Muskogee Creek and Kiowa from Oklahoma.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: For the last 22 years I have worked in the education field. Primarily Special Education for severely disabled students, and Correctional Education both juvenile, and adult, in the San Francisco Bay Area. I moved to Reno last year to be closer to my family

2019 PRAYER FOCUS for GREATER THINGS



Photo taken at the NV
Interfaith Prayer Gathering.

My Mother always reminded me to never refuse a blessing or a prayer. Because the reward is greater toward those who are giving it. We pray for those who we love. As we grow spiritually, notice how our prayers for others change. What a blessing to be a blessing. What new prayers do you extend for others?

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.

Each of us is given a measure of faith.
Many Blessings in Christ for the New Year,
Rev. Augustin and Cindy Jorquez
Pastor Hungry Valley Christian Fellowship

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.



didn't *need* any of us there. He did great, he was fine, he sang like he had 10,000 ancestors standing behind him which was exactly what was meant to happen. When those of us who go to these types of events such as marches, sit-ins, and rallies—we know that there will be people against us. We go to



these things *because* there are people against us.

Mr. Phillips has been showing up for our people for decades, as he has a long history of Native activism.

In Washington DC, he stood up to the challenge and brought nation-wide, maybe even world-wide attention to the Indigenous People's March in such a way that never would've happened if not for his sacrifice. People are really tearing him down right now, calling him names, posting lies about him, and he even said in his *Today Show* interview he's been receiving death threats.

I've been praying for him, he's really sacrificed for us to be heard. The conservatives, Trump supporters, racists, and others who hate us obviously have their young people hating us already. I hope more of our youth and young adults can step up. Mr. Phillips and those like him are getting tired; I hope more young people of all races will show up and demand a voice for those who don't have one."

Carrie: "I'd like to add that it often feels like we are all living in a silo, but we witnessed that people out there, beyond the Great Basin, experience the exact, or very nearly the same thing we experience here. It's important to recognize all of the historical and modern-day injustices faced by indigenous people worldwide, and we need to show unity and celebrate our growing political power."



There are not enough words to express our heartfelt thanks to the Tribal Council, and all of the wonderful staff at Recreation, Public Works, Administration, and the Planning, Archives, and Cultural Resource, Human Services, and RSTHC. We would also like to thank each and everyone one of you for your kind words and gestures during this time of loss.

With Sincere Gratitude,
The Family of Don Melendez



add you

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



MARTIAL ART CLASSES

Open to all Ages
KIDS & ADULT
patients of RSTHC

NEW LOCATION

Contact High Sierra Martial Arts for schedule & enrollment
775-470-5943
www.highsierramartialarts.com

HIGH SIERRA MARTIAL ARTS
5450 Mill St. suite C upstairs

- 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

YOGA WITH KIM

TUESDAYS: VINYASA SCULPT OR SHRED 12:10-12:50
ADD CIRCUITS FOR CARDIO

THURSDAYS: GENTLE VINYASA FLOW 12:10-12:50
SLOW FLOW FOR ALL LEVELS



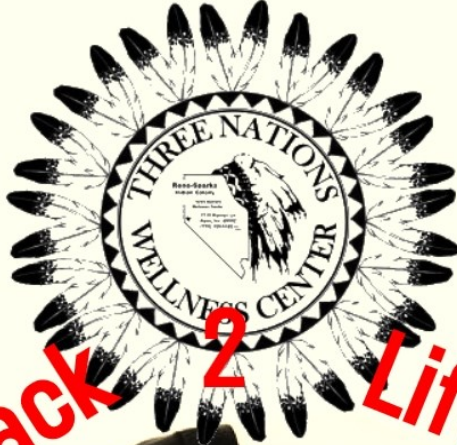
TUESDAY AND THURSDAYS 12:10 - 12:50 @ 3NWC

ALL LEVELS WELCOME

OPEN TO RSTHC PATIENTS AND EMPLOYEES

ON THE BACK PATIO BY THE RIVER IN SPRING, SUMMER, & FALL OR 1ST FLOOR CONFERENCE ROOM

SPONSORED BY THE RSIC DIABETES PROGRAM






Back 2 Life

It's time to get rid of the aches and pains and get **back** to living.

Gradually get back into exercise with help from a trainer.

Referral required.
Please contact Stacy or Christian at 329-5162



February

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

2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Caregivers Support Group Meeting 9:00am
4) Errand Day 10:00am Tone & Fit 12:30pm Senior Advisory Committee Meeting 1:00pm	5) Candy Roses for SAC Bake Sale 12:30pm 	6) Candy Rings for SAC Bake Sale 11:00am Language Class 12:45pm 	7) Blood Pressure Check 11:30am  Galaxy Theaters 12:30pm 	8) Candy Leis 11:00am Tone & Fit 12:30pm
11) Tone & Fit 12:30pm Candy Leis 1:00pm 	12) Tribal Police Presentation 12:00pm Candy Leis 1:00pm Night Bingo 5:30pm	13) Bake Sale 10:00-2:00 Blood Pressure Check 11:30am  Environmental Presentation 12:00pm Language Class 12:45pm Chair Volleyball 10:00am	14) Senior Advisory Committee Bake Sale 10:00 Until Gone 	15) Brunch 10:30am
18) Holiday Closed for Presidents Day 	19) Food Pantry Commodities 8:00am 	20) Errand Day 10:00am Language Class 12:45pm	21) Blood Pressure Check 11:30am Birthday Bingo 	22) Tone & Fit 12:30pm 
25) Tone & Fit 12:30pm Origami 1:00pm 	26) Century Theaters 12:30pm 	27) Blood Pressure Check 11:30am  Language Class 12:45pm	28) Yarn Birds 12:30pm 	

Activities are subject to Change or Cancel without notice.

Feb. 12 – Night Bingo. Please Bring a dish to share and 2 prizes.



Feb. 13 & 14 – Senior Advisory Committee Bake Sale. Donations welcome.

Feb. 18 The Senior Center will be closed for Presidents Day.



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



Monday	Tuesday	Wednesday	Thursday	Friday
 ~ Reminder ~ To call before 10:00 a.m. to cancel or add your meal delivery		IMPORTANT Please TIE up your dogs during delivery times 10 am – 1 pm 		1) Brunch 10:30 am Bacon Sandwich on WW English Muffin with Egg Sliced Bell Pepper+ Banana*
4) Spinach Chicken Alfredo with Whole Wheat Pasta Spring Salad mix+ Parmesan Breadstick Pineapple*	5) Beef Enchilada Casserole with Corn, Black Beans & Olives Cucumber and Tomato Salad+ Tropical fruit*	6) Turkey and Rice Soup with Carrots, Onion and Celery+* Half Sandwich Ham and Cheese on WW Strawberries* Sun Chips	7) Italian Breaded Pork Chops Brown Rice California Blend Veggies+ Peaches*	8) Tilapia Wild Rice Pilaf Normandy Winter Vegetables*+ Grapes*
11) Turkey Goulash with Stewed Tomatoes and Corn Greek Orzo Salad+ Apple*	12) Chicken Fajita with Grilled Bell Peppers and Onion+ Refried Beans Spanish Rice Pears*	13) Cream of Potato Soup with Bacon and Green Onions Spring Salad Mix+ With Boiled Egg Pineapple*	14) Swedish Meatballs With Mushrooms Over WW Noodles Broccoli+ Grapes*	15) Brunch 10:30 am Hash brown Casserole With Ham and Cheese Yogurt Parfait with Mix Berries + and Granola
18) HOLIDAY PRESIDENTS DAY	19) Commodities 8am Turkey Burger on WW Bun with Lettuce and Tomato+ Baked Lays Orange*	20) Pork Chili Verde Spanish Rice Refried Beans WW Tortilla Fruit Cup*	21) Birthday Bingo Salisbury Steak Mashed Potatoes and Gravy Roasted Green Beans+ Pears*	22) Fish Sandwich On WW Bun With Cheddar Cheese Tatar Sauce Coleslaw+ Fruit Cocktail*
25) BLT Sandwich On WW Bread With Lettuce and Tomato Carrot and Raisin Salad+ Apple Slices* with Peanut Butter	26) Caribbean Pork Loin over Brown Rice Asparagus+ Tropical Fruit*	27) Turkey with Gravy Stuffing Normandy Blend Veggies+ WW Roll Mix Berries*	28) Roast Beef Sliders With Bell Peppers And Onions+ Sweet Potato Tots Coleslaw Plums*	

**Menus are Subject
to Change**

We try our best to serve
the menus we post,
however sometimes
circumstances beyond our
control require us to make
last minute changes.

Daily
 * Vitamin C
 1% Milk
3 x Week
 + Vitamin A





Senior Advisory Committee Bake Sale

When: February 13, 10:00am – 2:00pm

February 14, 10:00am – Until gone

Where: RSIC Senior Center TV Room

Donations and Orders Welcomed, please call

Helen at 775-686-0394

*Candy Leis
& Bouquets*

*Chocolate
Roses*



Baked Goods



Happy New Year 2019

It is client registration time. Come by and pick up your 2019 client registration packet at the senior center. Don't miss out on opportunities and benefits throughout 2019. Bring with you a valid photo ID and your tribal enrollment verification. Income is optional, however your 2019 income is required for certain benefits such as; Food Pantry, Farmer's Market, etc. If you currently receive these, your 2019 income is required to continue. Proof of income; 2019 Social Security Income letter, Bank Statement with January 2019 date, proof of other income resource. We can make copies for you.

Please call 775-329-9929 or stop by with any questions or assistance in completing the registration.

Legal Notices, Public Announcements

Couriers wanted, open committee / advisory board positions

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

COURIERS NEEDED

We need couriers to deliver *The Camp News* door-to-door in Hungry Valley and on the Reno Colony.

Please contact Penny Sampson at 329-2936, if you are interested.

Recruiting Representative for Executive Health Board

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative to fill an upcoming vacancy on the Executive Health Board.

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:

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

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



RSIC Community - Come for a day of fun learning about our solar system at the UNR Fleischmann Planetarium, 1664 North Virginia Street, Reno

Date: Saturday, March 9th 2019

Seating Starts at 11:30 am, Show starts at 12:05pm - No admittance after show begins.

Extreme Planets – Imaginative quest that shows what earthlike environments could exist on other planets.

Wonders of the Universe – Witness the birth of the universe, and the formation of galaxies.



Seating is limited, must sign up in advance. Open to the RSIC Enrolled Members and Community Residents, all ages welcome. No transportation provided. Call the Senior Center to sign up 775-329-9929.



NOTICE

To Reno-Sparks Indian Colony Enrolled Members

RECRUITMENT FOR ELECTION BOARD MEMBERS

An Election Board consisting of five (5) members and two (2) alternates shall be appointed within six (6) months before the Tribal Election and the terms of office for these officials shall be for two (2) years. The Election Board members shall be compensated at a rate prescribed by the Tribal Council

The Election Board will comply with the RSIC Standing Rules for Committees and Advisory Boards, Resolution No. 2012-RS-53. Rule 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.

The 2019 Tribal Election will be automated. Training will be provided to the Election Board, to include use of the ballots, voting tabulators, voting booths, and an Auto Vote Management System.

Any interested RSIC Enrolled Member, may submit their letter of interest, by or before February 4, 2019 to;

Edward Reina, Tribal Administrator
34 Reservation Road, Reno, NV 89502

No emails will be accepted.



NOTICE



RENO-SPARKS TRIBAL HEALTH CENTER

Contract Health Service/Purchased Referred Care (CHS/PRC) Division
1715 Kuenzli Street Reno, Nevada 89502
Phone: (775) 329-5162 Fax: (775) 334-4362

January 17, 2019

RE: Purchased Referred Care (formerly Contract Health Service) Funding Priority Change

Dear Reno-Sparks Tribal Health Center Patients:

This is a letter to inform Reno-Sparks Tribal Health Center patients that the funding for Purchased Referred Care (PRC) Medical Priorities levels will be temporary changed to fund Medical Priority **level I to III**. Priorities **level IV and level V** will not be funded at this time. This is to take effect immediately until PRC funding is fully restored.

The United States Government is in a partial shutdown; and it is unknown how long the shutdown will last. For this reason it is necessary to conserve the funding and prioritize the payment of PRC funds to outside medical offices and facilities.

For PRC Eligible patients this means as long as your referral is within the specified PRC priority levels I through III then PRC will pay for your referral which is business as usual. Payment is not guaranteed-dependent on PRC/CHS requirements and/or other eligibility factors.

- LEVEL 1: Emergent or acutely urgent care; (life or limb loss)**
- LEVEL 2: Preventive Care; (diagnostic procedures, prenatal care)**
- LEVEL 3: Primary and Secondary Care (hospitalizations, specialty consultation)**

PRC Referrals to an outside provider that will **NOT** be considered for PRC funding at this time are:

- LEVEL 4: Chronic Tertiary care (physical therapy, organ transplant)**
- LEVEL 5: Excluded services (such as: cosmetic surgery, experimental procedures, or other non-emergent procedure.)**

The RSTHC health care providers will continue to generate medically necessary referrals. If the referral or medical service is a level 4 or level 5, then the patient will be responsible for the out-of-pocket expense. For a complete list of procedures in the medical priority levels bracket, please look to attachment "A" of the PRC Policy. The PRC Policy is available at the PRC office located at the RSTHC or on the internet <https://www.ihs.gov/prc/eligibility/requirements-priorities-of-care/>. Please call the phone number above if you have questions or concerns regarding this notice.

Sincerely,

Jennifer C. Katanay

Purchased Referred Care Manager
1715 Kuenzli Street
Reno, Nevada 89502



RENO-SPARKS INDIAN COLONY TRIBAL HEALTH CENTER

AMERICAN HEART MONTH

Go **RED** for Health Social Pow Wow

Promoting Native American Heart Health

Welcome all Dancers and Drummers!

Saturday - February 16th, 2019

7:00 PM - 11:00 PM

RSIC - RENO GYM

34 Reservation Road

MC: Hank Johnson

Arena Director: Art Martinez



Free Blood Pressure Checks

Exercise Demonstrations & Activities

Pow Wow Club Dancers

Heart Healthy Surprise Walk

Photo Booth

Heart Health Information Booths

Eagle Wings Pageant Dancers



Sponsored By:

RSIC - THC Community Health Program

RSIC - THC Diabetes Program

The American Heart Association

RSIC - UNITY

RSIC - Language & Culture Program

RSIC - Senior Center

For more information, contact Gina Featherstone at the RSTHC - 775-329-5162 Ext. 1949

Police vehicle will have dash cameras installed. Handte said policies and procedures for the devices are being developed and reviewed.

"When an officer is out of his / her police vehicle, a body camera will be recording all interactions," Handte said. "Cameras are the best tool for officers when investigating a crime."

Furthermore, Handte plans to implement specialized policing from repeat offender training to canine training to gang prevention to DUI task-forces.

"If we have officers with specialized training, it will only make our force even that much stronger as we protect the community," Handte said.

Handte started his law enforcement career 30 years ago. He has served the citizens of Mineral County, the federal government at the Hawthorne Army Depot, as well as the Yomba Shoshone Tribe. Also, he was a Nevada Highway State Trooper for 20 years, retiring in 2003.

During his time as an adult probation officer, Handte had a reputation for being hands-on.

"Stewart (Handte) was very proactive with the community--

always walking around at the Colony, when he was checking on probationers," said Jeraldine Magee, the RSIC Tribal Court Administrator. "He was always upbeat and when he arrived to work, he worked collaboratively with his co-workers."

Magee noted that Handte was always the first one to volunteer to do the cooking at community barbecues.

"He always had a great time talking with the community members who attended," Magee said. "He made connections...that helped him improve in his job duties."

Married for six years, Handte also has a grown daughter.

Nevada Tribes Legislative Day

**Nevada's Tribes and the Nevada Indian Commission
Invite You to Join them on
Tuesday, February 12, 2019**

**Legislative Building, Room 3100 10:00am - 2:30pm
Stewart Indian School Tour 3:00pm-4:00pm**

- Traditional Welcome
- Information on Tribal Governments
- Information on Priority Tribal Issues
- Cultural Presentation
- Luncheon Reception (light appetizers will be served)
- Stewart Indian School 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 dibuckley@nic.nv.gov