



THE CAMP NEWS

VOLUME IX ISSUE 5

JANUARY 24, 2014

Happy 78th birthday RSIC!

Colony Constitution adopted January 15, 1936

Eagle Wings Dance Group Makes it Snow, Again

Traditional Native dancers successful for third time bringing snow

Tahoma, Ca. — For the third time, traditional Native dancers brought snow to the Lake Tahoe area on demand.

"You have to really believe in what you are dancing and praying for," said Lois Kane, advisor of the Eagle Wing Dancers. "We believe it is the spirit of the Old Ones that lead and guide us,"

Clearly, this approach is making things happen.

Worried about the lack of snow, organizers of the annual Olympic Heritage Celebration again called in the Eagle Wings Dancers.

"It worked for Walt Disney back in 1960, we hoped it would work for us in 2014," said Heidi Doyle Executive Director of the Sierra State Parks Foundation, one of the program sponsors.

In 1960, the organizers of the Squaw Valley Winter Olympic games were nervous, as the world was about to show up at their doorsteps during an unusually dry December and January.

Disney, who orchestrated the Olympic opening ceremonies, brought in tribal dancers to coach the snow to fall. After the "Snow Dance" the weather changed, bringing over 12 feet of snow, and games went on as planned.

The Olympic Heritage

Celebration committee again followed Disney's lead in 2012 when the same weather pattern emerged as the long-planned festivities were about to begin.

"Two years ago, we had no snow," said Doyle. "The night after the Eagle Wings danced, I believe after all that positive energy, we got unpredicted snow."

Hoping to generate such a phenomenon for a third time, the Eagle Wing Dancers performed the "Snow Dance" at the opening ceremonies at Sugar Pine Point State Park on Jan. 11 on the west shore of Lake Tahoe.

It began snowing at the very same time the Eagle Wings Dancers appealed to the Great Spirit.

"You could just feel it—the energy and the vibe," said 14-year-old Alexis Havel. "I don't know how to explain it, but it was amazing."

Not only did this make believers of the 75 on-lookers at the ceremony, but with the help of an Associated Press story, word of the Eagle Wing's success spread as far east as the *Miami Herald* and as far west as the *San Francisco Chronicle*. Of course,

Continued on next page



Celebrating the Snow — For the third time, Native dancers successfully coaxed the snow to fall during the Olympic Heritage Festival. The Eagle Wing Dancers recently performed the "Snow Dance" on the west shore of Lake Tahoe and unpredicted snow fell for the first time since early December. The performance was booked in October and with national weather forecasters predicting a dry day, but the Eagle Wings Dancers brought snow on January 11.

Continued from previous page

Indian Country Today even covered the event.

Doyle said she has become a believer as she invited the Eagle Wings to the event in October.

After the 18-female dancers, dressed in buckskin dresses performed, the first measurable snow since early December was produced according to National Weather Service forecaster Tony Fuentes. The snowpack in the Tahoe Basin is about 25 percent of average for this time of year.

The Eagle Wings concluded the celebration by inviting the audience to join them as they reached to the sky to bring the snow down.

"These are powerful dances," Kane said.

The Eagle Wing Dancers were formed in 2006 to keep

American Indian songs and dances alive. The songs and dances which the group performs are indigenous to the Great Basin tribes: the Paiute, Shoshone, and Washoe, and the dances are over 1,000-years-old.

The Olympic Heritage Celebration is a week-long series of skiing and historic commemorations that honor the games. The programs highlight the North Tahoe Olympic cultural history, as well as recreational events to promote the spirit of fair play and fitness.

In addition to the dancers, former winter Olympic athletes including Joe Pete Wilson, a 1960 bronze medal winner and Joseph William Tyler, a member of the 1980 U.S. Olympic bobsled team and oth-

er dignitaries were on hand to light the caldron and take a guided tour of the Olympic trails at the state park where the Olympic Nordic events took place 64 years ago.



Happy To Share — *Lois Kane, the advisor for the Eagle Wing Dancers, explained to about 80 audience members the significance of the Great Basin dances.*

Environment Program Increases Green Awareness

Hungry Valley recycles Christmas trees, efforts at Pow Wow succeeded

Recently, residents in Hungry Valley were able to recycle their Christmas trees as part of the annual Keep Truckee Meadows Beautiful (KTMB) campaign.

Held on Dec. 27, this year, the Reno-Sparks Indian Colony joined the cause by providing disposal and transportation options.

The RSIC Public Works Department transported the recycled trees from Hungry Valley to one of the KTMB collection sites.

Since 2003, more than 100,000 trees have been recycled through the KTMB program.

The RSIC promoted this event throughout Hungry Valley via the circulation of door to door informational flyers.

Last year, the KTMB's Christmas tree recycle program collected almost 10,000 trees from three drop off locations throughout Washoe County.

Once collected, these trees were chopped into mulch to be used in area parks.

The RSIC Environmental Program is researching options to further improve this yearly event. Please send us your suggestions.

Please call us at 775-785-1363, extension 5408 or email

us at Imedvin@rsic.org.

In addition, the Environmental Program would like to thank the 2013 New Years Eve Sobriety Pow Wow event planner, Elliot Ramirez, for supporting recycling at this event.

The RSIC Environmental Program provided updated signage and increased the number of recyclable collection receptacles. Throughout the evening the MC reminded attendees to recycle and community volunteers maintained and collected the recyclables as needed.

*Submitted by Laura Medvin
Environmental Program*

RSIC Indoor Air Program

Tips to remove indoor mold

The RSIC has an Indoor Air program tasked with making outreach efforts to the Colony.

Below is important information—the what, where, when and how about indoor mold.

What is indoor mold? Mold is fungus and a living organism.

Where can indoor mold be found? Indoor mold will grow in areas that are warm and humid.

When does indoor mold occur? Mold occurs when humidity levels are high and there is poor ventilation, such as in a basement or shower, window glass and leaking pipes.

Indoor molds can lead to allergies and these symptoms: runny nose and eyes, throat irritation, sinusitis and asthma, coughing, sneezing and wheezing, skin irritation, headaches, dizziness, and the inability to concentrate.

How do I remove mold or prevent mold from occurring? Proper housekeeping will help. Be sure that ventilation is working and air filters are changed at least every three months.

Never use bleach to “kill” mold as bleach can cause health problems, too.

Eight ounces of distilled white vinegar mixed with 20 drops of essential oils from grapefruit or tea tree oil makes an effective mold killer.

A paste made with hydrogen peroxide and baking soda can be used to remove mold from grout.

We welcome your comments and questions at 785-1363, extension 5408 or email at Imedvin@rsic.org.

Important **UPCOMING** Dates

Jan. 15–

78th Anniversary of the adoption of the RSIC Constitution, 1936

Jan. 22 –

Commodities distribution, 34 Reservation Road

Jan. 27 –

Housing Advisory Board Meeting, 34 Reservation Road, 6 p.m.
Circle of Parents Support Group, RSTHC Behavioral Health
Conference Room, 2nd floor, 5 p.m. (every other Monday)

Jan. 29 –

Economic Development Meeting, 34 Reservation Road, 6 p.m.

Feb. 1 –

RSTHC 2nd Annual Ski Trip, meet at clinic, 6:45 a.m.

Feb. 8 –

RSTHC 2nd Annual Ski Trip, meet at clinic, 6:45 a.m.

Feb. 12 –

Tribal Council Meeting, Hungry Valley,
Community Center, 6 p.m.

Feb. 14 –

St. Valentine's Day

Feb. 17 –

President's Day, RSIC offices closed

Feb. 26 –

Economic Development Meeting, Hungry Valley,
Community Center, 6 p.m.

EXECUTIVE HEALTH BOARD RECRUITMENT

RSIC Representative

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

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

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

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

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

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

Northern Nevada Transitional Housing Building Ok'd

Tribal Council votes unanimously to approve site, floor plans

Last week, the Reno-Sparks Indian Colony Tribal Council unanimously passed a resolution which allows for the next phase for the construction of the Northern Nevada Transitional Housing (NNTH) center.

At a special Tribal Council meeting, the RSIC's governing body reviewed the building elevations and site and floor plans for the future NNTH. This one-story, 21,000 square foot complex, which will accommodate 112 trustees, will be built on the corner of Kietzke Lane and East 2nd Street or the current location of Featherlite Trailers and Dayton Valley Turf.

Besides the special meeting, the RSIC hosted an open meeting the night before in which all the stakeholders gave presentations and took questions from the audience. At the council meetings, the leadership again heard the presentations and again had an opportunity to pose questions to all those involved.

"This is a project that has been in the making since 2003," said Steve Moran, Director of the Economic Development at the Colony. "It is part of the revenue sharing agreement which allowed us to build the Three Nations Walmart."

Assembly Bill 299 was passed in June of 2005 and solidified the partnership between the RSIC and the State of Nevada. This law had unanimous legislative support along with an endorsement from the Mayor of Reno and the Washoe County Board of County Commissioners.



The Next Steps — Last week, the Reno-Sparks Indian Colony Tribal Council unanimously passed a resolution which allows for the next phase of the Northern Nevada Transitional Housing center.

The Colony has committed to building the \$8 million new NNTH after which, a land swap will take place giving the RSIC the property where the current housing center is located while the new center will be taken out of trust and given to the state.

The NNTH will be a structured residential facility for male and female residents, whom are in the last 18-months of their sentencing. The current center, operated by the Nevada Department of Corrections is at 2595 East Second Street, next to the Walmart. Operating since 1993, the current center will move three traffic lights to its future location in the fall of 2015.

According to Greg Cox, the director of the Nevada Department of Corrections, the purpose of the NNTH is to provide a stable base from which an individual may leave the prison system. Cox said that through the NNTH, trustees are better prepared to handle their responsibilities in the community once they have completed their sentence.

"These types of transitional centers are the model used all

over the country," Cox said. "We have found that inmates are less likely to return to the system if they experience the structured environment that transitional centers provide."

The program is also a less expensive alternative to the cost of incarceration which runs millions of dollars annually.

Cox said currently Nevada houses over 13,000 prisoners and only non-violent, non-sexual offenders can earn the privilege of living in the NNTH.

Continued on next page



Q & A — Lt. Stacy Branham, the director of the current restitution center addresses the Tribal Council about the operations and policies of the facility, which will re-locate next year.

From that pool of candidates, just four percent are assigned to a transitional housing center.

Another part of the selection process involves a points system the Nevada Department of Corrections uses to evaluate and predict the future behavior of its trustees. To be eligible to live at the NNTH, a trustee must earn a risk factor score of less than 11 on a scale of up to 30 points.

Once allowed to live at the center, though still incarcerated, the 11-person-NNTH staff is committed to providing residents with the tools and opportunities to live and work successfully within the community. Upon arrival, trustees participate in an orientation that includes learning how to create a resume and how to conduct a successful job interview. Moreover, each trustee is required to get a full-time job or return to prison.

Currently, trustees hold steady employment at several area companies including: Alamo Casino and Travel Center, Advanced Plastic Molding, Inc., Diamond's Casino, Baldini's Sports Casino, the Grand Sierra, Pallet Broker, and Dayton Valley Turf which is located on the Colony.

The general manager of Dayton Valley Turf, Cary Yamamoto, wrote a letter supporting the NNTH and the plans for its relocation and he spoke at the public meeting on Friday.

"I am in support of this center and the value it adds to this area," Yamamoto said. "I have found workers from the center to be very respectful and eager to re-establish themselves."

Other employers have echoed Yamamoto's sentiments saying that as the center provides much needed, dependable, on-call, capable



Architectural Illustrations — Last week, the Reno-Sparks Indian Colony Tribal Council passed a resolution, 6-0, approving the building elevations, site and floor plan for the future Northern Nevada Transitional Housing center. Above, the Director of the Nevada Department of Corrections, Greg Cox and RSIC Chairman Arlan Melendez stand with the architectural illustrations of the center.

and willing labor at competitive market wages.

Once work is secured, the trustees are required to provide the staff with a detailed work itinerary not only of the hours they will work, but the exact locations of said duties. The NNTH policies allow a trustee to travel up to 35 miles to work. Trustees can walk, ride a bike, use employer approved provided transportation or use Regional Transportation Commissions' public transit bus system (RTC) to get to and from a job site. Currently, 12 NNTH trustees use bikes for transport.

In addition, several of the trustees at NNTH also hold a part-time or a second job in addition to the required full-time work. Some trustees even hold supervisory positions at their jobs.

Because employment is an integral part of the NNTH incarceration model, many trustees are released from the program with cash savings which assist with the next phase of their lives. Except for work, trustees can

only leave the center for school or medical appointments. Those trustees who do not have a high school diploma are required to enroll in classes through the Washoe County School District. Again, on these occasions, trustees must provide documentation with detailed itineraries before securing a pass to leave the premises.

"At no time are trustees allowed to take leisure excursions for any length of time," said Lt. Stacy Branham, the site manager of the NNHC. "At any given time on any given day, the staff can pinpoint the off-site location of all of its trustees."

Furthermore, Branham explained that her staff makes routine and unscheduled visits to every trustee's job site.

In addition to signing in and out under the supervision of at least two-officers, at the future center, trustees must enter and exit the via the same door, which is an improved design from the current center.

Full Service Substance Abuse Counseling Program

RSTHC offers several services for those fraught with addictions

The Reno-Sparks Tribal Health Center has a substance abuse counseling program. This program includes substance abuse evaluations for all potential participants whether court-ordered or self-referred.

It is a two-hour evaluation with a Nevada State Licensed/Certificate Substance Abuse Counselor to determine which treatment plan is written to outline the recommended level of care.

In addition, two types of care are available. This first is ASAM Level I, in which out-patient counseling is available for recommended periods of time and includes weekly DUI groups if ordered and weekly VISION aftercare, phase II.

The second option is ASAM Level II: (IOP) intensive out-

patient counseling program. This is a one-year program in which phase 1 consists of 36 completed counseling sessions. The group meets on Mondays, Tuesdays, Thursdays and Fridays.

Another service offered by the RSTHC substance abuse counseling program is level 1 DUI school. This is an eight-hour educational program, offered in four, two-hour evening sessions weekly.

Upon completion of the eight-hour class, a substance abuse evaluation is scheduled with a primary substance abuse counselor.

Also there are DUI group counseling programs available for levels II, II-X and III. These speak to the durations of time that a patient is court-ordered

to receive weekly, out-patient counseling. These are part of the ASAM Level I, out-patient, substance abuse counseling program that is offered in the department.

In addition, case management services are available.

Counselors will assist patients with identified needs (linkage and referral to other resources) as a part of their treatment planning and review sessions.

Counselors also supply progress reports to courts and other agencies with valid completed and signed release of information forms by the patient upon request.

For more information, please call the Behavioral Health/ Substance Abuse Counseling Department at 775-329-5162.

RENO-SPARKS TRIBAL HEALTH CENTER

DUI CLASSES



**TUESDAYS
5—6:30PM**



**LEVEL I CLASSES
WITH VERNA NUNO
LEVEL II, II-X, AND III
GROUPS WITH
JIL DOHR, LADC
FOR MORE INFORMATION
CALL 329-5162**

HOUSING ADVISORY BOARD REGULAR MEETING 34 MULTI-PURPOSE ROOM JANUARY 27 - 6 PM

If you would like to get on the Housing Advisory Board agenda, please submit a written request describing the issue and explaining what action you would like the Housing Advisory Board to take. Such items may be placed on future agendas for action.

Although a written request is preferred, the Housing Advisory Board welcomes any community member to be heard at any of its meetings. Please keep in mind that any Housing Advisory Board actions must be in keeping with Housing Department policies, Tribal ordinances and Federal regulations.

Quarterly Seat Belt Survey Shows Dip In Usage

Unintentional injuries leading cause of death for Natives

According to survey results collected by the Reno-Sparks Tribal Health Center's Injury Prevention Department, the Reno-Sparks Indian Colony is experiencing a dip in seat belt usage.

Carrie Brown, RSTHC Injury Prevention Coordinator, conducted a recent community seat belt survey and found that on the Colony just 63 percent of those counted were using seatbelts, while in Hungry Valley, 83 percent of those counted were using seatbelts.

These results changed from the last survey when the numbers were 78 and 79 percent, respectively.

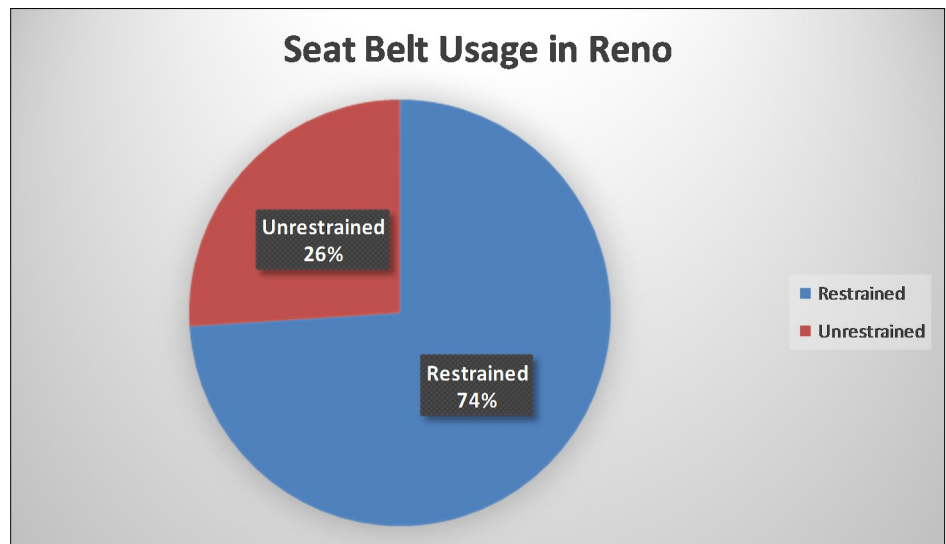
In Nevada, unintentional injuries are the leading cause of death for American Indians and Alaska Natives, from ages

1-54, and the third leading cause of death overall.

From 1999 to 2010 for every 100,000 people, the American Indians and Alaska Natives population had 70.6 percent death rate, higher than any other demographic in the U.S.

The surveys are done on a quarterly basis. The sample size fluctuates depending on time and location of the survey. Below is a chart outlining the recent results.

*Submitted by Carrie Brown,
RSTHC Injury Prevention Coordinator*



Housing Advisory Board Recruiting

Two RSIC housing board members needed

The Housing Advisory Board will consist of seven (7) members. The eligibility criteria are as follows:

Article III – MEMBERSHIP

Section 1. Membership -

The RSIC Housing Advisory Board shall consist of seven (7) voting members. In addition to the seven members, the Reno-Sparks Indian Colony Tribal Council may appoint any member(s) of the Tribal Council as a non-voting, ex-officio member of the Housing Advisory Board.

Section 2. Eligibility -

All voting members must be enrolled members of the Reno-Sparks Indian Colony and at least 18 years of age. No person who is an employee of the Reno-Sparks Indian Colony Housing Department may serve on the Board while so employed. Housing Advisory Board members must be current in their housing payments (rent) while a member of the Board.

Membership on other committees shall not disqualify a

person from appointment to this Board unless expressly prohibited by the Tribal Council.

Section 3. Term - Housing Advisory Board members shall serve four-year terms and shall be eligible for reappointment provided that their performance as a Board member was satisfactory, as determined by the Board Chairperson.

Please submit a letter of interest to the Housing Office, 98 Colony Rd., Reno NV 89502, or to the Housing Office, 9055 Eagle Canyon Dr., Sparks, NV 89441; or in-person or to the Housing Department's after hours drop off box in Hungry Valley.



2014 Ski Trips



What: Reno Sparks Tribal Health Center is doing it again, our 2nd annual ski trip.

Where: We are going to Squaw Valley/Alpine Meadows.

Who: Anyone who is enrolled at the Reno Sparks Tribal Health Center, 20 people per trip.

When: February 1st, Saturday. Feb 8th, Saturday. March 2nd, Sunday, and March 9th, Sunday. Meet at the clinic at 6:45, leave at 7. If you choose to drive, be here at 6:50, we will not wait for late comers, so please be on time.

The trips will be at Squaw Valley/Alpine Meadows this year. If you would like to participate, please email rbatastini@rsicclinic.org Don't forget, lift tickets, rentals, lessons, food and transportation will be provided, so dress warm. When you ask to participate, make sure you can make it. We have to give the ski resort our participation weeks in advance, that means if you don't show on the day, we just wasted a lift ticket. Any questions or if you want to go, email or call. 775-334-0942.



What to bring for Skiing Trip

Warm jacket (Preferably waterproof or water resistant)

Snow pants or water resistant pants

Warm and long socks

Sun screen

Backpack or bag for extra clothing and items.

Extra money for any independent purchases

Identification

Snow gloves

Beanie or warm winter hat

Sun glasses and or snow goggles

Change of clothes for ride home

Drinks and or snacks for the day

Chap Stick

Waivers signed by self and or guardian

It's Time to Weatherize

reduce energy bills and save money!
NO STRINGS ATTACHED

Who

Community Services Agency Weatherization Assistance Program is designed to help income eligible households manage the increasingly high cost of energy. YOU may qualify for assistance. Whether you own or rent, live in a single-family home, multifamily housing complex – or manufactured home – you can apply.

How to Apply

Contact Community Services Agency and request a Weatherization Assistance Program application packet. Call 775.786.6023.

Eligibility guidelines are based on household income and family size starting at \$22,980 for a single member household to 8 members with a household income of \$79,260.

Eligibility

Free

Weatherization work is performed on your home to help you stay cooler in the summer and warmer in the winter. These services are FREE to eligible households in Washoe County. Weatherization measures include such items as: Free energy audit, air-sealing, weather-strip kits, insulation, cooler covers, furnace repair/replacements, carbon-monoxide alarms.

Get Weatherized! Save Money!



Community Services Agency • 1090 East 8th Street • Reno, Nevada 89512
Phone: (775) 786-6023 • Fax: (775) 786-5743
Email: info@csareno.org • csareno.org

*Walter Myers
Oct. 2006*

In & Around: Reno-Sparks Indian Colony Community

Construction at 34, Tribal Member spotlighted, dancing for fun, health



Remodel — A Bison Construction Company worker removes ceiling tiles from the modulares located at 34 Reservation Road. Once refurbished, this area will be used by the RSIC Education Department. In addition to having a designated place for all its programs, the education department will enjoy a dedicated classroom with computers for student use. Over 16,000 square feet of space will be refurbished in the remodel.



Are you happy to be here? — Marge Levine, the head nurse at the Reno-Sparks Tribal Health Clinic was recently featured in the Reno Gazette Journal. "The Truckee River is a big part of what we love about Northern Nevada," she told the reporter. "I moved away, and after one year, I returned...I missed the Sierra Nevada mountains. To see them every day, it just brings a warmth to my heart."



Clearing It Out — The one-time home to the Reno-Sparks Tribal Health Clinic, demolition is underway at 34 Reservation Road. During the construction, some community meetings will be held at the RSTHC Conference room. The \$2.7 million renovation will give several RSIC departments more room to work and serve the community.



Quite a Work Out — Dr. Dave Kemppainen, the program supervisor for behavioral health at the RSTHC, is giving free Country and Western dance lessons at the Wellness Center on Wednesdays from noon to 1 p.m. Dance partners are optional, but bring water to cool down from the vigorous workout.

Reno-Sparks Indian Colony Tribal Archives

Some of the events Archives attended in 2013.

Happy New Year from Archives Staff!



Senior Fun Day 8/2013 Reno Colony Gym Some of the RSIC Seniors.



National Indian Week 9/2013 Various events that were held.

1st Row: Reawaking Traditional Science of The Great Basin Tribes
2nd Row: 2013 NCAI Mid—Year Great Basin Performance and Billy Mills.
3rd Row: Celebrating 5 Years that the Health Center and Reno Veteran's Parade.
4th Row: Tribal Swearing In Ceremony of new Tribal Council.

*All photographs taken by Archives Staff and Summer Intern Rihana Rosales.



RSIC Tribal Archives & Records
15A Reservation Road
775-329-8802







Staff:

Joyce Melendez-Tribal Archivist
Trisha Calabaza-Archives Admin. Assistant
Tyler Bateson- Records Assistant



February 2014

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

Monday	Tuesday	Wednesday	Thursday	Friday
3) Turkey Meatloaf Rice and Gravy Mixed Veggies*+ Pineapple* 1% Milk	4) Navy Bean Soup* Turkey and Cheese, Sandwich Lettuce* and Tomato* Fruited Jell-O* 1% Milk	5) Fish Tacos  Cabbage*, Radish* and Tomato*+ Spanish Rice Apricots*+ 1% Milk	6) BBQ Pork Sandwich Baked Lays Coleslaw* Pears* 1% Milk	7) Brunch French Toast Turkey Bacon Carrot*+ & Celery* Sticks Berry Yogurt Cup* 1% Milk
10) Steak Cesar Salad+ Breadstick Tropical Fruit*+ 1% Milk 	11) Chicken Noodle Soup Dark Green Salad with Tomato Wedge*+ Peaches* 1% Milk	12) Beef Fried Rice Peas and Carrots*+ Mandarin Oranges*+ and Pineapple* Fortune Cookie 1% Milk	13) <i>Birthday Bingo</i> Spaghetti with Turkey Meat  Sauce Green Beans* and Carrots*+ Strawberries* and Bananas* French Bread 1% Milk	14) Brunch Scrambled Eggs with Spinach*+ Whole Wheat English Muffin Mandarin Oranges *+  V-8*+ 1% Milk
17) Closed HOLIDAY <i>No lunch served or delivered</i> 	18) Split Pea Soup Chicken Salad Sandwich Lettuce* and Tomato*+ Orange* 1% Milk	19) Liver & Onions* Mashed Potatoes* Carrots*+ Cauliflower* Apricots*+ 1% Milk 	20) Pork Chop Egg Noodles with Gravy Brussels Sprouts* Apricots*+ 1% Milk	21) Brunch Raisin Bran Cereal Boiled Egg Tomato*+ with Light Cottage Cheese* Tropical Fruit*+ With Grapes 1% Milk
24) Veggie Pizza Dark Green Salad*+ Pears* 1% Milk	25) Pinto Beans with Bacon Tortilla Tomato*+ and Cucumber* Sugar Free Pudding 1% Milk	26) Shredded Chicken Tostada Refried Beans Lettuce* and Tomato*+ Strawberries* 1% Milk	27) Turkey a la King Over Rice Broccoli*+ and Carrots*+ Fruit Cocktail*+ 1% Milk	28) Brunch Breakfast Burrito Bell Peppers* and Cherry Tomato Mix*+ Mini Blueberry* Muffin 1% Milk

* Vitamin C - Daily
+ Vitamin A - 3 X Week



Senior Center Serving Times
Monday - Thursday 11:30 am - 12:45 pm
Friday Brunch 10:30 am - 12:45 pm

Reminder to call to cancel home meal delivery by 10:00 a.m.



FEBRUARY

**Reno-Sparks Indian Colony
Senior Program - Activities
34 Resevation Road
Reno, NV 89502
775-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Senior Advisory Committee Meeting</i> 1:00 pm	4 Injury Prevention Presentation 12:00 p.m. 	5 Errand Day Trip 1:00 p.m. <i>Shopping, Bill Pay & Thrift Store</i>	6  Blood Pressure Check 11:30 am Crafting Make a Table Top Valentine Tree 1:00 p.m.	7 Brunch 10:30 a.m. Respite Caregivers Support Group Meeting 10 a.m.
10 Crafting Learn to make Valentine Candy Roses 1:00 p.m. 	11 Tribal Police Presentation 12:00 p.m. Night Potluck & BINGO 5:30 p.m. <i>*Bring 2 prizes and a food item</i>	12 Crafting Learn to make Valentine Candy Lei's 1:00 p.m. 	13  Blood Pressure Check 11:30 am 	14 Brunch 10:30 a.m. 
17 Holiday Closed Presidents Day	18 Food Pantry Crafting Learn Wood Burn 1:00 p.m. 	19 Commodities Crafting Learn to Wood Burn 1:00 p.m.	20 Nutrition Presentation 12:00 p.m. 	21 Brunch 10:30 a.m.
24 Century Theaters Movie 1:00 p.m. 	25 Crafting Design a Birdhouse 1:00 p.m. 	26 Crafting Design a Birdhouse 1:00 p.m.	27  Blood Pressure Check 11:30 am Errand Day Trip 1:00 p.m. <i>Shopping, Bill Pay & Thrift Store</i> 	28 Brunch 10:30 a.m.

Colony Notes, Announcements, Thank Yous

Community celebrates birthdays, make dedications, share letters of appreciation



Happy 10th Birthday to my beautiful Ray Rose, Jan. 11 & Happy 8th Birthday to my silly and crazy Silas, Jan. 19. Love You Lots! From The Family

January 15, 2014

We are sorry for the belated appreciation of the family of Theora Wadsworth Gibson. We want to give our thanks and gratitude to everyone who helped and comforted us with our recent loss of our mother, sister, grandmother, great-grandmother, aunt, cousin, and friend.

She would have wanted us to be strong, knowing that she is free of sickness and pain. She was very much loved and will be a part of our hearts forever. Have a good journey Ora; soar on the wings of the eagle on the currents of wind to the open arms of your loved ones who await you. We will miss you and the love that you gave so unconditionally.

Thanks again from, Alan, Jon, Althea, and Janet Gibson; Joseph Halfmoon; Lynda Gibson; Jamie Christy; Ann Sam and families; Lorraine Wadsworth and families; Jeannette Coffman and family; Linda Wadsworth family; Gloria Thomas; Gibson family Davis family; and all other Wadsworth families. We would like to say thank you to Reverend Hooper, Arlan Melendez for his prayers and comfort, Gloria Thomas for the beautiful song in Paiute, the Stump brothers for the Hono Song. Our condolences to all the Zuni family on the loss of Viola Smith Zuniga (who was also our aunt). Our hearts go with you on your journey to bring your loved one to Utah to lay her to rest.

We love you.

Grandma

Grandmother what an inspiration you've been to us all.

You held us all together until your final call.

You've gone to see Grandpa, Thomas and Russ.

We'll soldier onwards, because that is what you'd want us to do.

Your guidance, wisdom and love will us all through.

You are our example: we'll have great memories of you the rest of our lives.

All of us together, here to give you our best.

Our great love, respect and honor...

With your guidance, we will all pass this great test.

Grandma, rest now and know we'll all carry on.

You've taught us great lessons which we'll use to move onwards.

Ever forwards-

Our beloved one we'll miss you, remembering the last time we kissed you.

Bye dear one, everyone is here.

WE love you, Goodbye.

Written by Norman T. Zuniga

The family of Viola Smith Zuniga would like to thank everybody for their kind words, support and all donations. Thank you RSIC Tribal Council, RSIC Recreation, RSIC Tribal Health Center, Pastor Augustine Jorquez, Orville Barlese, Arlan Melendez, The Smith Family, The O'Daye Family, Kevin Gover and Family



Thank You

On Behalf of the Rodarte & Sampson Family we would like to extend our appreciation and gratitude for all the kind words & support also reaching out to our family during this difficult time with the loss of our most Beloved Julie Rodarte, Sister, Mother, Wife, Grandmother & Aunt.

A Special Thank you to Dean Barlese for being there when we needed you,

Reverend Ernie Hooper & to Ronnie, Ruth, Robert & Theresa Sampson for all your support & help

*Thank You, Janice Gardipe and Echo Sky Drum Group
Reno-Sparks Indian Colony Tribal Council
The Rodarte Families for donations and support
throughout our time in need.*

*Servers: Shelley Harjo, Vanessa Taylor, Joan Lowery
Public Works, Recreation to all those who helped clean.
Cameron Smith for the lovely funeral notice*

*Thank you everyone for all your support and
continuing support.*

*Thank you to everyone that helped
with the food donations.*





TEEN



OPEN BASKETBALL TOURNEY

MAY 2 - 4, 2014

Hungry Valley Gymnasium

ENTRY FEE \$250.00

Tourney Divisions

8-Teen Girls

8-Teen Boys

**18u must be currently
enrolled in school**



NAIG 14U TEAM NEVADA

Alexis Christy, Kiyla Dick, Kierra Johnson, Larsa Guzman, Kai Ramos, Autumn Dick

Serena Gardipe (not pictured: Morgan Thomas & Janae Bluehorse)

These girls will be representing the Northern Nevada Region #2 at the 2014 North American Indigenous Games,

July 20-27, 2014.

**FREE DANCE
IN COURTYARD
SATURDAY NIGHT
9PM-MIDNIGHT**



THE SPIRIT
STRONG • BRAVE • TRUE

**FREE DINNER
SATURDAY 5PM
FOR ALL PLAYERS
COACHES & FAMILIES**

FOR MORE INFO:

Contact:

Jean Wadsworth

775-842-1625

jwadsworth@rsic.org

Michelle Jim-Katenay

775-843-1144

larsasmommy@yahoo.com

Hank /Christy Johnson

Gurlee1972@hotmail.com

775-378-1207

TEAM AWARDS

1ST-3RD PLACE IN EACH DIVISION

TEAM ALL STARS

BOY & GIRL MVP

Registration due by 4/25/2014

**SORRY
PERSONAL CHECKS
WILL NOT BE
ACCEPTED**

PLEASE CASH OR MONEY ORDERS PAYABLE TO: Michelle Jim-Katenay 48 Reservation RD. Reno 89502

All proceeds will support the 14u Girls Basketball Team's travel to SASKATCHEWAN, CANADA

This is an alcohol and drug free event tribal police will be notified and you will be prosecuted.

New Books, Videos Now Available

Check out new materials at RSIC library

Consider checking out some of the new materials available at the Reno-Sparks Indian Colony Library.

New Books:

The Divergent Series
Wheat Belly
In the Light of Justice
Inferno
This is Indian Country
Twelve Years A Slave
God is Red
The Inconvenient Indian
Sleep Doctor
The Militarization of Indian Country
Life After Life
And The Mountains Echoed
Zelda Fitzgerald
21 Day Yoga Body
Sleep Doctor

New Movies:

Django
Oz the Great and Powerful
42
Empire State
Wreck It Ralph
Life of Pi
The Place Beyond the Pines
The Great Gatsby
Grown-Ups 2
Identity Thief
The Heat
The Conjuring
We're the Millers

For more information, contact Adriana Gutierrez at 386-4291 or via email at: gutierrez@rsic.org. The RSIC Library is located at 401 Golden Lane, Reno, Nev., 89502. The library is open, Monday through Friday, 9 a.m. to 6 p.m.

Top Dog Awards

RSIC students honored

Congratulations to the following students at Hidden Valley Elementary for earning the first semester, Top Dog Awards:

Daymien Katenay
Ethan Astor-Martinez
Chesney Sampson
Eli Baker, Jr.
Catherine Fernandez
Gabriel Lomeli
Makayla Ondelacy
Jonathan Wadsworth
Triston O'Daye
Aiyana Smith
Carolynn Marie Fernandez
Kayden Quartz
Chev Smith Jr.
Jewel Smith
Kiana O'Daye
Zachary Rios
Jose Lomeli
Marissa Witherspoon
Sean Rodarte-Lowery

Planning Ahead For Future Scholars

Head Start registration, summer school, report cards

In anticipation of Head Start Enrollment, please schedule your child's dental and medical appointments no earlier than April 1.

When making medical appointments, let the scheduler know it is for Head Start so that an appointment with nutritionist can also be made.

Please call early as the RSTHC appointments fill up quickly.

In addition, with summer approaching, if your student would like to work this summer he/she must have a grade point average of 2.00 or better to be eligible by the end of the third quarter.

Finally, it is time to consider sending your students to Summer School to recover credits from the first semester.

Please contact your child's advisors, Lorraine Keller in the Reno Education Office at 329-6114 or Tanya Hernandez in the Hungry Valley Education Office at 785-1310

The 2013-2014 first semester grades are in and letters have been sent home to parents of middle and high school students.

If you have any questions or concerns please consider checking your student's grades, attendance and missing assignments on Infinite Campus.

The Hungry Valley Education offices have more computers available for Jesse Hall Elementary School students to work on their IXL computerized math homework. There are now ten stations for students to complete their allotted time. Parents are welcome to bring children to the Center on non-tutoring school days.

**** ATTENTION ****

DUE TO THE CONSTRUCTION THAT WILL BE CONDUCTED MARCH 10, THROUGH JULY 1, 34 RESERVATION ROAD WILL NOT BE AVAILABLE FOR COMMUNITY CHECK OUT. IF YOU HAVE QUESTIONS, CONTACT THE PUBLIC WORK DEPT. AT 775-785-1341

THANK YOU!!!!

Disability Advocate Ready to Help

Creating positive experience for students with disabilities

School experiences of students with disabilities can be positively or negatively influenced by the attitudes and behaviors of students and staff. School policies can also affect the attitudes towards students with disabilities. Unfortunately, individuals with disabilities are often stigmatized. Federal legislation specifically the Americans with Disabilities Act of 1990 protects the inherent rights of individuals with disabilities. That legislation cannot always protect them from subtle forms of discrimination and prejudice. School-age students with disabilities often have negative school experiences. Educators who have a negative attitude toward students with disabilities tend to expect low achievement and inappropriate behavior from those students. For all students, negative attitudes and behaviors exhibited by peers can have long-lasting effects.

As the Reno-Sparks Indian Colony Disability Advocate, I am in a position to ensure that these students have a positive school experience, develop skills for future academic and career success, develop social skills, and enjoy emotional health. Self-awareness is important. Being actively involved in your child's education has a profound effect. Schools that promote cooperative interactions between these students and their peers statistically show academic growth as a whole.

If you have further questions, please contact Mayris Turner, Disabilities Advocate at the Hungry Valley office: 785-1310, ext 4342.



Reno-Sparks Tribal Health Center
PHARMACY

*Hours - Monday-Friday 8 AM - 5PM**

**Wednesday afternoon closure does not apply to the Pharmacy.*

Tips to improve your experience at the Pharmacy:

Make and keep regular clinic appointments.

Pharmacy normally requires two business days to accomplish your refill requests.

Pharmacy will attempt to group refills together to keep you from making multiple trips: but know that walk-ins and appointments made on different days of the month will change this. When asking for refills try to "group" those together that may be within 3-4 days due of each other, sometimes we can get you down to 1-3 visits per month, but without your help, it won't stay that way.

When requesting refills from the refill line (ext.1699), remember to speak clearly. Give your name, date of birth and phone number. Drug **names**, even if difficult to say, are easier to understand than numbers.

We will notify doctors if you have no refills left, this is part of the reason that requests take 2-3 days to complete. The exception is **narcotic** pain medication for which you will need another appointment. Anticipate your need and do not use the walk-in system for refills, as walk-in visits are to serve patients in need of immediate care.

*Now that the Holidays are over, it's time to turn our attention back to ourselves. Give yourself the greatest gift of all... that of good health! If you have **NOT** received your annual FLU Shot, remember it's not too late. Make an appointment to get it done as soon as possible.*



Volunteers Needed

Education committee vacancy

The Education Advisory Committee advises and comments on Education Department programs that serve RSIC children, families and community members.

The Education Advisory Committee membership consists of five members who meet monthly and are provided a monthly meeting stipend for participation. The committee members will consist of three tribal members and two community residents.

Under the Federal Guidelines 25 CFR §273.15, "Indian Education Committees are elected from among parents or legal guardians of eligible Indian students enrolled in the school(s) affected by a contract(s)."

The members are appointed by the Tribal Council and shall serve a term of two years.

The committee members must abide by the Tribal Council Standing Rules & Statement of Confidentiality.

Please submit a letter of interest to: Reno-Sparks Indian Colony, Education Department, 34A Reservation Road, Reno, NV 89502.

Please contact San San Tin at 775/329-6114 for more information.

More Education News: Child Care, Grants, Scholarships

Help for working families, funding requirements for higher education

Below is an outline of some of the services available through the Reno-Sparks Indian Colony's Education Department.

The 477 Child Care Program provides quality child care for eligible families who reside on the Reno-Sparks Indian Colony and the Hungry Valley Community.

Its purpose is to help support low-income families and working families who are achieving educational, training and employment goals.

For more information about child care in Reno, please contact Lisa Tom at 329-6114, extension 119. For more information about child care in Hungry Valley, please contact Lolita Thomas at 785-3150.

At the end of every semester all students receiving RSIC education funding must turn in grades. There are no exceptions to this rule.

No book authorization letters for Truckee Meadows Community College or awards will be processed until grades have been received.

Spring awards have been sent to the respective schools or are currently in the check process.

The deadline for Spring 2014 closed on Oct. 31, 2013. The upcoming deadline is March 31 for summer classes, while the Fall 2014 deadline is June 30.

Below are some of the scholarships available, but there are many more online and accessible at the RSIC library.

The Indian Land Tenure Foundation (ILTF) provides valuable opportunities for young

Native and non-Native students to broaden their understanding of Indian land issues and build skills that will prepare them well for a wide range of fields and professions.

The ILTF is looking to hire up to three current undergraduate or graduate students as interns for the summer of 2014.

The internships are full-time positions, over the course of 10-12 weeks for 400 hours.

The beginning and ending dates are negotiable and the salary will be \$15 per hour, with potential additional funds for living and relocation expenses. As temporary employees of ILTF, interns are not eligible for employee benefits.

The application deadline is Feb. 14.

The summer internship program in biomedical research is open until March 1.

In addition to gaining valuable federal research experience, students can participate in a wide-range of campus activities, including a lecture series featuring NIH principal investigators, brown bag lunches, and peer networking opportunities.

Internships are available in Hamilton, Mont., and Bethesda, Md.

Our summer interns assist in the study of all aspects of infectious diseases such as AIDS, malaria, and influenza, including the causative agent, vectors, and human host.

You may apply or contact at OWEREmploymentOutreachGroup@niaid.nih.gov.

The Accenture American Indian Scholarship program was established to build personal and lasting relationships with students who will become the

future leaders in the American Indian communities and possibly with Accenture.

Accenture LLP is limiting its funds to the very brightest American Indian students.

The Accenture scholarship program is sponsored and funded by Accenture LLP and administered by the American Indian Graduate Center.

Each academic year, Accenture selects students who demonstrate character, personal merit and commitment to the American Indian community locally and/or nationally. Merit is demonstrated through leadership in school, civic and extracurricular activities, academic achievement, and motivation to serve and succeed.

Eligibility requirements include the following:

Be an enrolled member of a U.S. federally recognized Tribe or Alaska Native group, verified through submission of the AIGC Tribal Eligibility Certificate (TEC) form;

Be seeking a degree in fields of study including: engineering, computer science, operations management, management, finance, marketing and other business oriented fields;

Be entering a U.S. accredited college or university as a full-time, degree seeking college undergraduate. High School transcript must have a cumulative grade point average of 3.25 or greater, on a 4.0 scale at the end of the seventh semester.

Demonstrate character, personal merit and commitment to the American Indian Community locally and/or nationally.



CIRCLE OF PARENTS SUPPORT GROUP



**STARTING
MONDAY
JANUARY 27,
2014**

TIME: 5:00PM

**WHERE: Reno-Sparks Tribal Health Center
Behavioral Health Conference Room-2nd floor**

**DATES: TWICE A MONTH, EVERY OTHER MONDAY
1/27, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21, 5/5, 5/19**

OPEN TO ALL PARENTS OR PARENTS TO BE. IMPROVE YOUR PERSONAL SKILLS AND GROW AS A PARENT. IMPROVE YOUR RELATIONSHIPS WITH YOUR CHILDREN AND CO-PARENT(S).

Example of topics: communications skills, making good choices, discipline, responsibility, problem solving, peer pressure, consequences, the value of chores.

**Facilitated by the RSTHC Behavioral Health Staff
Contact Michelle Katenay @ 775.329.5162 for more information**