



# THE CAMP NEWS

VOLUME X ISSUE 1

January 30, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Hilman Tobey Reflects, Celebrates 100th Birthday

*Retired carpenter, craftsman featured in soon-to-be released documentary*

Everybody wanted to know. Celebrating his 100<sup>th</sup> birthday at the Reno-Sparks Indian Colony Senior Center with about 40 friends, Hilman Tobey's contemporaries kept asking, "What's the secret to such a long life?"

Though the centenarian, born Jan. 14, 1915 at Pyramid Lake, is frugal with his advice, when pressed, he is adamant that people shouldn't smoke.

"I have never smoked a day in my life," Tobey said. "I just don't think you should."

It is interesting advice coming from a man who has spent his retirement crafting ceremonial pipes and exploring the old ways.

"After I retired, I met a guy who was really into all that stuff," Tobey said. "I really didn't know how Indians lived because I went to Stewart."

Like many of his generation and more to come, Tobey is a product of the Stewart Indian School located outside of Carson City, Nev.

At the age of 10, after attending a day school in Nixon, Nev., Tobey was shipped to boarding

school where the Bureau of Indian Affairs sought to train and educate Indian children with the ultimate goal of assimilation.

"At first I didn't like it," Tobey said. "We drilled and we drilled all day long, just like in the military--even the girls." Tobey said.

However, during his time at Stewart, Tobey learned two life-altering truths.

First, that he should never smoke and that building with his

hands would provide a comfortable future.

Tobey recalled that in the 8<sup>th</sup> grade, several students including him were taken to Carson City for chest x-rays to be screened for tuberculosis.

Though initially Tobey was not told, the medical staff found that he had a spot the size of a dime, on one of his lungs.

At first, that tiny spot did not slow the then-15-year-old

*Continued on page 4*



**The Pipe Maker** — Hilman Tobey, who recently celebrated his 100th birthday, is the subject of a Nevada Arts Council film about his mastery of pipe or Chanupas making.

*Photo provided by Gabe Shaw.*

# RSIC TRIBAL ARCHIVES

## Highlights of Archive photos of 2014

### Archives Photograph Statistics for 2014

This past year we had an increased number of visitors and a large number of photographs donated to the Tribal Archives this past year.

RSIC Organization photo donations-8,071

Community photo donations-6,338



(Photos above) Reawaking Connections to the Past; Exploring our Great Basin Tour at Hidden Cave- June 2014



(Photos above) Various Events photographed L-R HV Head Start Graduates 6/14, Great Basin Language Conf. Lois Kane, Helena Melendez, and Thalia Dick Paiute Language Teachers, Jamie & Toby Stump at Transitional Living Center Ground Breaking 12/14, Library Fundraiser at Barnes & Noble 11/14, People of the Great Basin Gallery Event 11/14.



Kenny Dobs Slam Dunk Showcase September 2014

Basket Weaving November 2014

We would like to Thank You for visiting the Tribal Archives and for your contributions to help preserve and share RSIC history in 2014. Please continue to share your photographs, documents and ideas.

Happy New Year from the Tribal Archives

If you have any questions contact

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## 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 public relations department and duplicated and distributed by RSIC Administration Front Office.

### SEND US YOUR NEWS

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

### CONTACT OUR STAFF

E-mail your submissions to [smontooth@rsic.org](mailto:smontooth@rsic.org) or drop off your photos and suggested articles to the receptionist at 98 Colony 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 329-2936.

### ELECTRONIC EDITION

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

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

## Important UPCOMING Dates

**Jan. 31**

Ski Trip, Heavenly Lake Tahoe Ski Resort, meet at RSTHC, 6:30 a.m.

**Feb. 2**

Education Advisory Committee meeting, Education conference room, noon

Senior Advisory Committee meeting, Senior Center, 1 p.m.

Pow Wow Club, RSTHC, 6 p.m.

Enrollment Committee meeting, Enrollment Office, 5:30 p.m.

**Feb. 3**

*Re-scheduled* Economic Development meeting, RSTHC, 6 p.m.

Beginner Level Paiute Classes, Education Classroom, 6 p.m.

**Feb. 4**

Beginner Level Washo Classes, Hungry Valley Gym, 4 p.m.

Regalia Making/ Beading Classes, Senior Center, 6 p.m.

Law & Order Committee meeting, Tribal Court, 6 p.m.

**Feb. 5**

Movie Premiere, Pipemakers of the Great Basin, featuring Hillman Tobey,

Western Nevada College, Marlette Hall, Carson City, 4 p.m.

Beginner Level Shoshone Classes, Education Classroom, 6 p.m.

**Feb. 6**

Wear Red Day to support the fight against heart disease for women

**Feb. 9**

Pow Wow Club, Hungry Valley Gym, 6 p.m.

**Feb. 10**

Book Club, RSIC Library, 6 p.m.

Beginner Level Paiute Classes, Education Classroom, 6 p.m.

**Feb. 11**

Beginner Level Washo Classes, Hungry Valley Gym, 4 p.m.

Regalia Making/ Beading Classes, Hungry Valley Gym, 6 p.m.

Tribal Council meeting, Hungry Valley, 6 p.m.

**Feb. 12**

Beginner Level Shoshone Classes, Education Classroom, 6 p.m.

**Feb. 14**

Valentine's Day

**Feb. 16**

President's Day, RSIC Offices Closed

**Feb. 17**

Commodity Distribution, Senior Center

Beginner Level Paiute Classes, Education Classroom, 6 p.m.

**Feb. 18**

Regalia Making/ Beading Classes, Senior Center, 6 p.m.

**Feb. 19**

Beginner Level Shoshone Classes, Education Classroom, 6 p.m.

**Feb. 23**

Executive Health Board meeting, RSTHC, 5:30 p.m.

Pow Wow Club, Hungry Valley Gym, 6 p.m.

**Feb. 24**

Teen Book Club, RSIC Library, 4 p.m.

Beginner Level Paiute Classes, Education Classroom, 6 p.m.

**Feb. 25**

Talking Circle, RSTHC, 5 p.m.

Regalia Making/ Beading Classes, Hungry Valley Gym, 6 p.m.

Economic Development meeting, Hungry Valley, 6 p.m.

IEP Clinic by Nevada PEP, Hungry Valley, 6 p.m.

Beginner Level Washo Classes, Hungry Valley Gym, 4 p.m.

**Feb. 26**

Beginner Level Shoshone Classes, Education Classroom, 6 p.m.

*February is National Teen Dating Violence Awareness, Prevention Month*

**Don't forget:** Check: <http://rsic.org/senior-activities-and-menu/> for daily activities and the menu for the RSIC Senior Program.

*Continued front cover*

member of the football team. Tobey remembered being in excellent physical shape, however one of the Stewart teachers noticed Tobey losing weight.

"I don't know for sure that that teacher turned me in, but looking back I'm sure grateful," Tobey said. "This one teacher used to tell me, 'we have to fatten you up.'"

In 1930, the only known cure for tuberculous was bed-rest.

Eventually, Tobey was confined to an area hospital for four months. During his recovery, a classmate snuck into the hospital to visit. During that visit, Tobey explained to his friend that the doctors wanted to send Tobey to either Fort Bidwell, Calif., or to Winslow, Ariz., for more rest.

Tobey said his friend convinced him to consider



**Special Gift** — Ray Lowery wanted to give Hilman Tobey a special gift as Tobey helped Lowery finish making a pipe. On Tobey's 100th birthday, Lowery gave Tobey the four directions beaded medallion he is wearing above.

**Movie Star** — Next week is the premier of "Pipemakers of the Great Basin" a documentary film which explores Hilman Tobey's skill as a master pipe maker. Showing at the International Film Festival in Carson City, the film will be shown at Western Nevada College. For more information, call 329-2936.

going to Fort Bidwell. The Fort Bidwell Reservation, located in Modoc County, was his friend's home and the Native people there spoke Paiute. This really appealed to Tobey as he had not been allowed to speak his childhood language since arriving at Stewart.

"When I was growing up at Pyramid Lake, everybody spoke Paiute," Tobey said "At Stewart, I had a hard time because we couldn't speak Paiute, we had to learn English."

However, more rest at Fort Bidwell and the comfort of his Native tongue were not the cure.

Despite spending time in an American Indian community with people who embraced him, eventually, Tobey was sent via public bus to the Indian Sanatorium in Winslow, Ariz.

In June of 1936, Tobey arrived in the railroad city on the edge of the Navajo and Hopi reservations. Here, Tobey convalesced for the rest of the year.

He was one of the very lucky

ones. According to a report given by the Commissioner of Indian Affairs, thousands of Indian people had died of tuberculous during the last two decades of the nineteenth century and the first half of the next century.

Like many contagious disease introduced when non-Indians arrived in Native lands, tuberculosis grew to epidemic proportions and wreaked havoc on many tribes.

Specifically, the increased exposure to bad bacteria, changes in diet, plus confined housing—all products of reservation life and the confines of boarding schools—fueled high tubercular death rates.

In the Pacific Northwest alone, over 2,000 members of the Yakima Nation died from the disease often referred to as the "White Plague."

Despite his brushes with this deadly disease, Tobey graduated from Stewart in 1937 and the carpentry skills

*Continued on next page*

he learned in school readied him for a professional career.

However, because of the Great Depression, there was little opportunity for Tobey.

"There just weren't any jobs for anyone," Tobey recalled. "Things were really bad after that first depression."

In response, President Franklin D. Roosevelt created the Civilian Conservation Corps or the CCC to create jobs. It was an innovative, federally funded program to put thousands of Americans to work on projects which would benefit the environment.

Also known as "Roosevelt's Tree Army," CCC was open to unemployed, unmarried U.S. male citizens between the ages of 18 and 26. All recruits had to be healthy and were expected to perform hard physical labor. Tobey worked under the CCC for three years as a surveyor in Schurz, Nev., under a program called "Indian Irrigation" then later he moved to a job building ammunition storage bunkers in Hawthorne, Nev., which still stand today.

As the country moved toward a post-war economy, Tobey landed a job in carpentry and moved to Riverside, Calif., in 1943 when he was 28-years old. An employee of the Food Machinery Corp., he built equipment for fresh fruit processing and packaging.

"I helped build miles and miles of conveyor belts," Tobey said.

He also built massive tables



**Masterpiece** — *Hilman Tobey files and chisels Chanupa or pipes from carefully selected stone. Typically, it takes Tobey about two months to hand make one pipe which he intricately designs himself.*

which were used to sort the fruit before it was cleaned and polished for stacking and packaging. During this time, he also joined the carpenters union.

Although he was content working and living in California, parental duties prompted Tobey to return to Northern Nevada. With Tobey's mother still living near Pyramid Lake, he looked for a job nearby in order to stay close to his family. He quickly found employment in Reno, Nev., thanks largely to his membership in the carpenters union.

"It was a good thing because at that time there were no jobs on the reservation," Tobey remembered. "I became a journeyman carpenter with journeyman carpenter wages."

Living in a 16-foot trailer which Tobey had hauled from California to the Reno-Sparks Indian Colony, Tobey initially worked building homes.

He eventually joined the Nevada Club Casino where he

worked for 25-years. Tobey said he helped build all the casino furnishing including slot machine stands, Keno counters, and Craps tables.

"Working inside, we never lost a day's work," Tobey said. "For other construction workers, the weather could interfere with their jobs."

In 1953, Tobey began constructing his own house on the Colony on Reservation road. That house, where Tobey and two of his children still live today, is where Tobey raised six of his seven children.

After retiring from his carpentry job, Tobey found another vocation that aligned perfectly with the construction skills he had honed since leaving Stewart. With encouragement from an American Indian man named Max Bear, Tobey began making Chanupas or pipes.



Reno-Sparks Indian Colony  
Education Department, Language & Culture Program  
**Language & Culture Events | Feb. 2015**

## Language Classes

Beginner level Paiute, Shoshone and Washoe language classes have resumed for the first 8-week series of 2015. The classes will continue on a 2-months on, 1-month off schedule. We've recreated the curriculum to offer conversational themed lessons in order to implement best practices in language education, and to ensure that our returning students are just as challenged as the first timers. These interactive classes include grammar, small group work, games, songs and immersion activities.

Language		Beginner Level Language Classes		
Paiute	<b>Dates:</b> Tuesdays, February 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> and 24 <sup>th</sup> and March 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> and 24 <sup>th</sup>			
Numu	<b>Time:</b> 6-8pm	<b>Instructor:</b> Thalia Dick & Christina Thomas		
	<b>Location:</b> 34D, Education Classroom			
Washoe	<b>Dates:</b> Wednesdays, February 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> and 25 <sup>th</sup> and March 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> and 25 <sup>th</sup>			
Washeshu	<b>Time:</b> 4-6pm	<b>Instructor:</b> Jamie Astor		
	<b>Location:</b> HV Gym			
Shoshone	<b>Dates:</b> Thursdays, February 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> and March 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup>			
News	<b>Time:</b> 6-8pm	<b>Instructor:</b> Florence Millett		
	<b>Location:</b> 34D, Education Classroom			

## Youth Cultural Activity

Are you interested in learning about pow wow etiquette and dancing, all while getting into shape? If so, please bring your sneakers and water bottle and join us for *Pow Wow Club's Dance Classes*. Or, are you interested in learning how to make pow wow outfits? If so, join *Regalia Making Classes* with our accomplished seamstresses, Alissa Sanchez, Janice Stump and Verna Melendez, to sharpen your craft or learn new skills. We'd love for you to join us!

### Pow Wow Club

Starting in February, the first 45 minutes of each class will be run by the Clinic's personal trainers with a warm-up and conditioning routine. Come get your sweat on!

#### Dance Classes (Thanks Recreation & Clinic!)

<b>Reno   Dates:</b> Monday, Feb. 2 <sup>nd</sup>	<b>Time:</b> 6 – 8pm	<b>Location:</b> Tribal Health Clinic
<b>HV   Dates:</b> Monday, Feb. 9 <sup>th</sup> & 23 <sup>rd</sup>	<b>Time:</b> 6 – 8pm	<b>Location:</b> HV Gym

#### Regalia Making/Beading Classes (Thanks Recreation!)

<b>Reno   Dates:</b> Wednesday, Feb. 4 <sup>th</sup> & 18 <sup>th</sup>	<b>Time:</b> 6 – 8pm	<b>Location:</b> Seniors
<b>HV   Dates:</b> Wednesday, Feb. 11 <sup>th</sup> & 25 <sup>th</sup>	<b>Time:</b> 6 – 8pm	<b>Location:</b> HV Gym



**Contact Information:** Teresa Melendez, Language & Culture Coordinator, [tmelendez@rsic.org](mailto:tmelendez@rsic.org)

401 Golden Lane, Reno, NV 89502 | P: (775) 785-1321 | F: (775) 785-9161

Everyone is invited! If you are interested in learning about Great Basin life ways, then you are welcome to attend. Children must be accompanied by an adult.

# Governor Announces Stewart Indian School Restoration

*Tribal leaders recognized during address, state education initiative outlined*

During his annual state of the state address Nevada Governor Brian Sandoval made a commitment to fund the planning for the Stewart Native American historic experience.

"This project will restore the Stewart Indian School in Carson City, (Nev.), and create a one-of-a-kind cultural welcome center focusing upon our Nevada tribes," Sandoval told the packed chambers of the Nevada Legislative building.

In addition, Sandoval recognized tribal leaders who were in the crowd.

"I thank and welcome these heads of state to this chamber," said Sandoval as senators and assembly members, along with state staff, invited guests and members of the public gave the contingent of Native American leaders a standing ovation.

"It was really unexpected," said Reno-Sparks Indian Colony Tribal Chairman Arlan D. Melendez. "It was really good."

On the evening, Sandoval outlined his plan for \$7.3 billion of general fund spending over two years. His proposal included \$882 million in education, a modification to the state's business license fee, and a permanent tax increase.

Sandoval's plan includes more funding for early literacy, school technology, technical career training, and monies to open new charter schools and to support students in impoverished regions of the state. Nevada has frequently been plagued with some of the lowest graduation rates in the country.

"Today's public education system was largely established in the 1950s," Sandoval said. "Our students are different, and

their needs are different."

In conjunction with announcing the creation of a special school district for failing schools, Sandoval's staff revealed the names of 78 low performing Nevada schools which included Vaughn Middle School. Identified by the Nevada Department of Education (NDE) because of low test scores over the past three years, Vaughn is the neighborhood school for those living on the Colony.

Sandoval's boost in funding and push to shake up school district leadership comes as the Washoe County School District announced its 2014 high school graduation rate of 73 percent. According to interim superintendent, Tracy Davis, all ethnicities of students improved their graduation rates except for American Indians, whom dropped from 58 percent to 48 percent last school year.

San San Tin, the director of education for the RSIC, said that there is a different story at the RSIC in that high school students with a connection to the Colony (tribal members or residents) graduated at rate of 80 percent last year.

"We always cringe when the school district announces those low numbers," Tin said. "With the dedication and hard work by RSIC students, their families, and our staff, we are proud that our efforts reflect a graduation rate of which we are proud."



**Proud Leaders —** Several tribal leaders were guests of Nevada Governor Brian Sandoval at his State of the State Address on Jan. 15. Pictured above are: Shoshoni-Paiute Tribes of Duck Valley Chairman Lindsey Manning and his wife Yolanda; RSIC Chairman Arlan D. Melendez; Executive Director of the Nevada Indian Commission Sherry Rupert; and Vice-Chair of the Goshute Tribe Zelda Johnny.

# Native Veterans Prefer Culturally Appropriate Help

*American Indian spirit guides post traumatic stress disorder healing*

Outside the sweat lodge, buffalo graze in the distance. Inside, under a frame of diamond willow branches, Marie Corps veterans B.J. Rainbow discovers a way to heal the survivor's guilt that has followed him home from Iraq. Turning to his Dakota and Chippewa roots, Rainbow finds comfort and renewal in the stream and smoke of the ancient ceremony.

"If I didn't have these ceremonies, I don't know where I'd be," said Rainbow, 34, of Bismarck, N.D., who served six months in Iraq in 2003.

Native Americans consistently serve in the military as a proportionately higher rate than other ethnic groups, according to the Department of Veterans Affairs. When they return from war, up to one in three suffers lingering and sometimes—crippling post-traumatic stress disorder (PTSD), twice the rate of white service members, according to the VA's National Center for PTSD.

Treating the disorder can be complicated for any veteran. Native Americans are often daunted by confusing layers of care, geographical barriers and treatments that have no cultural or spiritual meaning for them.

Shedding light on the challenges is a recent Washington State University survey of more than 440 Native American

vets from 200 tribes. According to the study, 77 percent of participants believe that veterans with PTSD do not receive adequate treatment from the VA. Traditional Native American healing rituals, such as pipe and smudging ceremonies, were found to be helpful by 72 percent of the group, while about half said that individual counseling either had no impact or made their symptoms worse. Rural vets are most likely to use traditional healing methods.

Researchers Greg Urquhart and Matthew Hale, both Native American veterans and graduate students at Washington State University's College of Education, presented their findings at the American Psychological Association conference last summer. The pair is still collecting data for the study.

"In Native American cultures, you can't treat a person without focusing on the spiritual component," Urquhart said. "Unfortunately, at our VA centers, they focus on the dominant culture, which is Eurocentric in nature."

The VA has long recognized the need to address cultural differences in care, and the VA's national PTSD center offers information on how spirituality impacts trauma. More than 70 VA facilities across the country offer Native American healing services. Rituals including smudging---a ceremony that



involves the burning of herbs to create cleansing smoke – and sweat lodge ceremonies, talking and drum circles and treatment by traditional healers.

But even when a service is offered, it isn't necessarily readily available. In Fargo, N.D., for instance, the VA health care system's sweat lodge is rarely used, in part because hospital patients have relatively short stays. Native American healers can also be difficult to schedule, explains Jack Klugh, chaplain for the facility, which serves 2,761 Native American veterans in North Dakota and parts of South Dakota and Minnesota. Sometimes, to fulfill patient requests, the facility's minority affairs officer, who is Native American, performs smudging ceremonies.

"This is a unique service, and it's a rare service, so sometimes (Native American spiritual practitioners) are hard to find," Klugh. "And we cover such a

*Continued on page 9*

*Continued from page 8*

large geographical area, if we have a provider out in Standing Rock (Indian Reservation), it is hard to even make contact."

The VA's Office of Rural Health estimates that more Native American and Alaska Native veterans live rurally than any other group of veterans. About 40 percent of these vets live in remote places on tribal lands or Indian reservations. A VA facility with traditional healers or mental health experts may be hundreds of miles away.

"For myself, it is well over four-and-a-half hour drive to the Seattle VA," said one WSU study participant, a Marine Corps veteran and member of the Makah tribe of Neah Bay, Wash., in an anonymous comment collected by the Urquhart and Hale during their study.

And while Native American vets with PTSD have layers of health care available to them through the VA, Indian Health Services (IHS) and tribal health programs, they are often frustrated by figuring out where to go for care. Lack of coordination between the agencies has sometimes resulted in care being denied.

In recent years, federal initiatives have acknowledged these shortcomings and demonstrated a will to address them, said Stephanie Bidwell, director of the VA Office of Tribal Government Relations. The office was created in 2011 to help implement a memoran-

dum of understanding that allows the VA to reimburse IHS for direct-care services from non-VA medical facilities closer to home.

"Many veterans living on reservations actually receive their health care from Indian Health Services hospitals and clinics or tribal health programs located in the local community," Birdwell explained in an email. "IHS and tribal health programs serve as important access to care sites for veterans and this special...partnership can open doors to more collaboration focused on bringing care closer to home."

The National Congress of American Indians passed a resolution last summer demanding that the VA reimburse referred health services provided through IHS and tribal health programs, as well as the cost of care for non-Native American family members, such as a pregnant woman married to a Native man.

To bridge geographic and cultural distances, the VA has also developed tele health services and increased transportation and outreach to tribes over the past decade, said Dr. Jay Shore, who works for the Office of Rural Health as the VA's lead for Native Veteran Domain Veterans Rural Health Resources Center-Western Region.

The permanent reauthorization of the Indian Health Care Improvement Act in 2010 and the Veterans Access, Choice and Accountability Act of 2014 reinforce the federal govern-

ment's commitment and require "outreach to tribal health programs in an effort to increase awareness of opportunities for partnerships with

VA," Birdwell said. The 2014 law also requires the VA to cover visits to eligible non-VA facilities for vets living more than 40 miles from a VA facility.

But good intentions have not brought enough results. A June report by the Government Accountability Office found that "Native American veterans and their representatives (report) mixed views on whether access to care has improved over the past three years."

In North Dakota, where the Native population is more than four times the national average, Sen. Heidi Heitkamp, D-N.D., agreed.

"Not every reservation has (a memorandum of understanding), and quite honestly we have a long way to go," Heitkamp said. I understand all the good intentions, but we need to see results on the ground. You hear about this process or this procedure or this initiative, but it really doesn't translate to any more assistance on the ground or in Indian Country."



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*Editor's Note: The story above was written by Mary Helen Berg of USA Today and reprinted with permission from Terry R. Bentley, Tribal Government Relations, US Veterans Association.*

# Colony Education Department Activities

*Parent Meet & Greet, Individual Education Plan workshop scheduled*

*Submitted by  
Jesse Hall Elementary Staff*



**Always Learning —** Jesse Hall Elementary School co-hosted a Meet and Greet with the RSIC Education Department in November at the Hungry Valley Community Center. Troy Parks, Area Superintendent for Zone 4, was in attendance as well as administrators and support staff from Jesse Hall, Shaw Middle School, and Spanish Springs High. Many community members enjoyed a pasta dinner provided by Jillian Fillmore, the WCSD Indian Education Specialist. Families were able to get free tickets to the UNR Women's Basketball game honoring Native American heritage, courtesy of the UNR athletic department. Eight individuals from RSIC signed up to work with the Area 4 administrators to develop a community advisory committee. The committee will address the education of Native American youth. Any community members interested in serving on the PAC should contact Kristen Gilkeson at Jesse Hall 425-7755.

**The Reno-Sparks Indian Colony  
Education Department  
will be hosting an  
IEP Clinic by Nevada PEP**

**Wednesday February 25<sup>th</sup>  
6-7 pm  
at the  
Hungry Valley  
Community Room**

*Parents are key members of their child's IEP team. This workshop includes an in-depth look at the Individualized Education Program (IEP), including how to use evaluations to write measurable goals, as well as strategies to help parents become more active participants in their child's IEP meetings.*

*Light Snacks will be provided*

**Please Contact Naomi Hanczrik, RSIC  
Disabilities Advocate if you have any questions  
or  
need transportation (775)785-1340**

# Data Reveals Frequent Prevalence of Violence

February is National Teen Dating Violence Awareness, Prevention Month

Submitted by Dorothy McCloud,  
Women's Circle Coordinator

Here are some serious and startling facts about teen dating and violence:

- **1 in 5** teens in a serious relationship reported being pushed, slapped, hit, punched, and even stalked.
- **50-80 percent** of teens have reported knowing someone who is or was involved in violent relationships.

• Young women, 16-years to 24-years, experience the highest rates of relationship violence.

With stats like these, it is very likely that you know or are related to at least one teen that is in an abusive relationship.

It is up to you as a parent or family member to help your teen understand what healthy, non-violent relationships look like as well as what is unacceptable in a relationship.

Things teens may not realize as potentially controlling/abusive behavior include:

- Not letting you hang out with your friends
- Calling or texting often to find

out where you are or who you are with

- Needs to be with you every moment possible
- Calling you names
- Jealousy
- Acts unpredictably
- Intimidates you
- Threatens to hurt you, your family, your pet, or themselves if you don't do what they want; or if they think you want to break up

We all know being punched is abuse. What some teens do not realize is abuse can also be things such as pushing or shoving (with their hands or body), pinching, hair pulling, strangling and choking, spitting in your face, unwanted touching or kissing, forcing you to have sex, not letting you take birth control or refusing to use a condom, and/or controlling what you wear.

It is important to educate yourself and watch for signs of abuse in your teen's relationships.

Unfortunately, far too many teens are killed or kill themselves due to teen dating violence.

Please, talk to your teens. If they are in an abusive relationship, they may feel scared and alone.

Listen to your teen and look for changes in behavior. Let them know that there is help.

For more information, see:  
[www.loveisrespect.org/get-help](http://www.loveisrespect.org/get-help)  
[www.endabuse.org](http://www.endabuse.org),  
[www.teenadvice.about.com](http://www.teenadvice.about.com)

Our goal at the Reno-Sparks Indian Colony Women's Circle is to insure that all victims of domestic violence and/or their children are treated with compassion, respect, and sensitivity in addressing their needs with the main focus being safety, outreach, and advocacy.

*This project is supported by Grant No. 2012-TW-AX-0051, awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.*



**ALWAYS CALL 911 IN AN EMERGENCY!!!**

RSIC Women's Circle

775-324-4600 office  
775-851-2510 cell

RSIC Tribal Police

775-323-2677

National Crisis Hotline

1-800-799-SAFE [7233]  
1-800-787-3224 [TDD]



*If you or someone you know needs help, have questions about domestic violence or about this article, or just want to talk, know that there is help and that everything discussed will be kept strictly confidential. Look for future on-going articles in The Camp News.*

*Remember that **YOU** have the **RIGHT** to live a life **FREE** of violence."*

# In & Around: Reno-Sparks Indian Colony Community:

*Happy, happy birthday, visiting dignitaries, leadership learning, service with a smile*



**Fantastic DNA** — Cousins Hilman Tobey and Flora Green, along with their family and friends publically acknowledged their respective spectacular milestones. Tobey turned 100 years-old on January 14, while Green turned 98-years-young a few days later. As per Indian Health Service, the lifespan of a U.S. citizen is 78-years. For Native Americans, life expectancy is 73-years.



**Your Representative** — Washoe County Commissioner Kitty Jung, along with Washoe County Manager John Slaughter and Community Relations Manager Nancy Leuenhagen, recently toured the Reno Sparks Tribal Health Center. The group also participated in a brainstorming session with key RSIC staff on ways that the county and the RSIC can collaborate.



**Tribal Legislative Forum** — At the Tribal Legislative Forum held last month at Stewart Indian School, experts including former Nevada Speaker of the House John Ocegueda (above, left), former Assemblywoman Lucy Flores and attorney Ernie Adler revealed how to effectively work with legislators. Above, Reno-Sparks Indian Colony Chairman Arlan D. Melendez discusses the importance for all tribes to be involved with the legislative process.



**Dressed To the Nines** — The RSIC Recreation staff looked spiffy as they served the community dinner last month. Pictured, front row: Jean Wadsworth, Buck Harjo, Daisy Nuances, Second row: Joanna Hicks, Vic Sam, Shayna Norris. Third row: Ramona Chasing Crow, Jacob Bill and Arthur Wasson. Fourth row: Sage Cypher, Shane Bill, and Spencer Wasson. Fifth row: Troy Wadsworth and Shane Sanchez.

*Photo provided by Jean Wadsworth*

# In & Around: Reno-Sparks Indian Colony Community:

*Dancing, singing and celebrating our culture*



**Grand Entry** — Carrying the American flag, Ken Paul, a Native veteran, leads all the dances. After host drum Red Hoop finished the Grand Entry song, Paul helped place the flag after the Flag Song was performed. From time immemorial, pow wows have been gatherings where Native American dancing, singing and celebration take place.

*Photo by Buck Harjo*



**Around the Circle** — Pow wows have evolved over the years. However, the focus is still to gather and share tribal traditions and culture. Above, Pam Wright, Sandy Talancon and Lonnie Jackson make their way around the circle at the annual Sobriety Pow Wow. Some say that the word pow wow has its origin from the Pawnee word pa-wa, meaning “to eat.”

*Photo by Buck Harjo*



**Royalty** — Numaga Indian Days Junior Princess Natalia Chacon and UNR Pow Wow Junior Princess Jeanelle Ramirez pose during the annual Sobriety Pow Wow. As pow wow princesses, Chacon and Ramirez welcome the expectations that they conduct themselves with the upmost poise, professionalism and elegance, and as role model to all people.

*Photo provided by Elliot Ramirez*



**Princesses** — Representing their families, communities and the Pyramid Lake Tribe, Miley Saunders and Kristin Strawbuck, attended the Colony's Sobriety Pow Wow. Their princess designation means that these young ladies know their culture and customs, communicate well, and earned a place of honor at their school and in their communities

*Photo provided by Elliot Ramirez*



# Reno-Sparks Tribal Health Center PHARMACY

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

\*Wednesday afternoon closure does not apply to the Pharmacy

Submitted by  
Steve Douglas, RPh, Pharmacy Manager

Some of our procedures have changed, so to improve your experience at the Pharmacy, please read.

Make and keep regular clinic appointments, this helps assure your therapy is up to date.

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 five (5) days due of each other, sometimes we can get you down to one to three visits per

month, but without your help it is unlikely to stay that way.

When requesting refill via refill line (ext.1699), please remember to speak clearly.

Give us your name, date of birth and phone number.

Drug names, even if difficult to say, are easier to understand than numbers.

Pharmacy 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 which includes Tramadol, Hydrocodone and others for which you will need another appointment.

Anticipate your need and do not use the walk-in system

for refills. Walk-in visits are to serve patients in need of emergency care.

Please do not request simple refills from your doctor. Make a sincere attempt to call the Pharmacy before you run out of medication.

Requesting refills from your physician takes valuable time away from his/her appointments and frequently results in duplicate fills and frustration caused by refills that are too early.

The associated waste of time ripples throughout the clinic and results in productivity losses.



*Carolyn Eben Moore*

*A year ago you left us beloved Sister  
The Creator took you home to sit with our elders  
but we miss you everyday;  
Your kids released balloons on your 69th birthday  
but we still felt the sadness of the day,  
as the clouds go by  
as the winds sweep through the sky,  
your family lives on, strengthened by our family ties!  
But, we all still miss you this day!*

*Respectfully,  
Linda Eben-Jones,  
Janice Stump,  
Mary Lou Shorthorn,  
Orrin Eben & families!*



*On December 31, 2014, Winston  
and Stacia were married in a small  
ceremony in Reno, NV.*

*They were joined by numerous  
family and friends who  
celebrated with them on their  
marriage with cake and gifts.*



# Hungry Valley Broadband Update

Project Completion date February 2

Submitted by Joseph Chicago,  
Information Technology Manager

The soil compaction tests have been completed successfully and final specifications for rebar and concrete ratios have been determined.

If final confirmation and arrangements can be made, the laying of the concrete footing/pad for the tower structure will take place within the next two weeks.

Setup of the server, storage, and backup hardware systems

is taking place now, as all parameters have already been specified.

Final configuration details for the perimeter firewall appliance are being created now. This firewall will maintain security for all inbound and outbound data traffic passing through the system, and utilizes the latest methods of threat detection and avoidance to block all unwanted data before it ever enters the system.

**PLEASE...**

**report  
ALL leaks—  
water, gas, etc.,  
no matter how  
small—  
to the  
RSIC Housing  
Department  
785-1300.**



*Reno-Sparks Indian Colony Library*

**February 2015**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  There is no friend as loyal as a BOOK —Groucho Marx	2 <b>After School Story Time 4pm Ages 6-12</b>	3 <b>Board Games 4pm– 6pm</b>	4 <b>Children's Story Time 11am Ages 0-5</b>	5 <b>Craft night social Bring a dish to share! 5pm– 7pm</b>	6	7
8	9 <b>After School Story Time 4pm Ages 6-12</b>	10 <b>Adult Book Club 6pm-8pm (Please call to sign –up)</b>	11 <b>Children's Story Time 11am Ages 0-5</b>	12 <b>Make a candy flower Valentine 4pm– 6 pm</b>	13	14 <b>Valentine's Day</b>
15	16 <b>President's Day Library Closed</b>	17 <b>Board Games 4pm-6pm</b>	18 <b>Children's Story Time 11am Ages 0-5</b>	19 <b>Craft Night Social Bring a dish to share! 5pm-7pm</b>	20	21
22  <i>Books</i> Food for the Brain.	23 <b>After School Story Time 4pm Ages 6-12</b>	24 <b>Teen Book Club 4pm-6pm (Please call to sign –up)</b>	25 <b>Children's Story Time 11am Ages 0-5</b>	26 <b>Staff Only Lunch &amp; Learn: Language In The Workplace 12pm-1pm</b>	27	28  “You can find magic wherever you look. Sit back and relax, all you need is a book.”

For more information please contact: Adriana Gutierrez | agutierrez@rsic.org (775)785-1320 | 401 Golden Lane Reno, NV 89502

# Talking Circle

The talking circle is also a listening circle. The talking circle allows one person to talk at a time for as long as they need to talk. So much can be gained by listening. Is it a coincidence that the Creator gave us one mouth and two ears? The power of the circle allows the heart to be shared with each other. What we share with each other also heals each other. When we talk about our pain in the circle, it is distributed to the circle, and we are free of the pain. The talking circle works because when the people form a circle, the Great Mystery is in the center.

## COMMUNITY SUPPORT GROUP



The last Wednesday of every month

DATE: February 25, 2015

TIME: 5:00PM

PLACE: Reno-Sparks Tribal Health Center

2<sup>nd</sup> floor Behavioral Health Department

ALL AGES WELCOME

# Deep Breath, Thank Your Phytoplankton

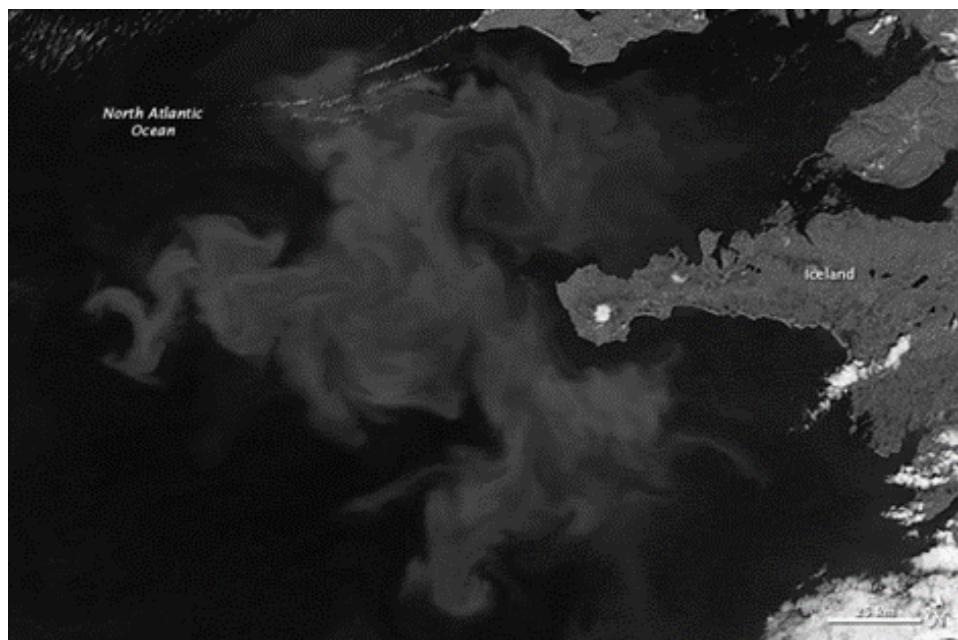
## *Hungry Valley, Reno quarterly air quality update*

*Submitted by Elizabeth Acevedo,  
Environmental Specialist II*

We all know that trees give us air to breathe, but you might be surprised to know that it is actually tiny sea plants called phytoplankton (plankton) that provide more than half of all of the oxygen we breathe—in fact—plankton are responsible for as much as two out of three breaths you take every day. These plants also help to get rid of carbon dioxide—just like trees.

But now, plankton may be in trouble due to carbon pollution caused by the burning of fossil fuels.

While it is true that plankton needs carbon dioxide to make oxygen, too much of it is making the oceans more acidic—reducing the amount of plankton needed to remove carbon dioxide or make the



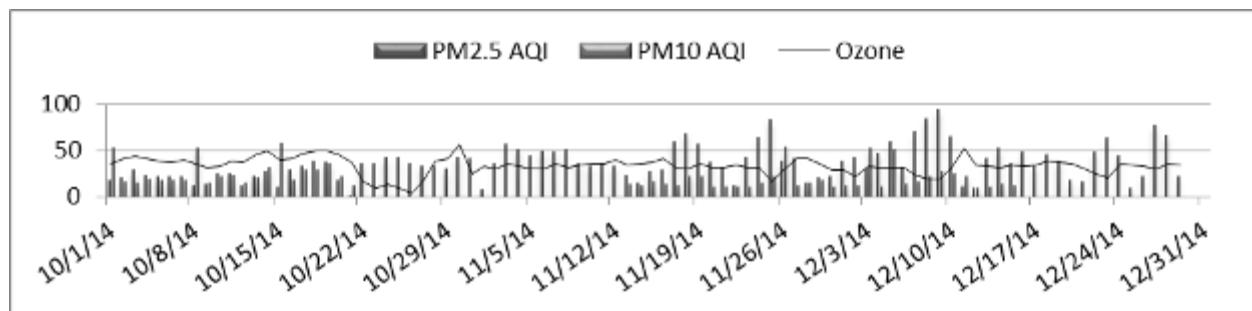
Phytoplankton bloom near Iceland as seen from space

oxygen we need to live.

This situation is made worse by cutting down forests which provide the food plankton need to change carbon dioxide into oxygen.

We can all do our part by reducing the amount of fossil

fuels we burn and demand that more of the power we use comes from clean energy sources. It is important to recognize that while a little carbon dioxide may help to keep the earth in balance, too much is definitely hazardous.



### **Quarterly Air Quality Update**

—

*The following graph is a comparison of air quality between the Hungry Valley and Reno communities.*

*Particulate matter is shown in the Air Quality Index (AQI) format with averages below 50 being within the “good” range. An AQI between 50 and 100 is considered moderate. Higher levels of air pollution during this time have been caused by inversion conditions where warmer air holds the cooler air along with pollution closer to the ground. This creates a situation where air quality tends to be better in the Hungry Valley community than in Reno which has a lower elevation. PM<sub>2.5</sub> and ozone samples are collected in Reno, while PM<sub>10</sub> is collected in Hungry Valley.*

# Mr & Miss University of Nevada American Indian Pageant



## Contact information for application

2014missunr@gmail.com

775-530-2504

Chelsea O'Daye

## Categories

Brave & Princess ages 12-18

Junior Brave & Princess ages 6-11

Tiny Tot Brave & Princess ages 3-5

March 14th, 2015

University of Nevada, Reno campus  
IGT Knowledge Center, Room 124  
1-5 PM



## Requirements

Submit application by January 30th.

Participate in selling raffle tickets.

Provide one raffle item.

A talent is required for pageant.

Participate in the pageant on March 14th.

Submit essay on education and your community.



University of Nevada, Reno  
Native American Alumni



# Legal Notices, Public Announcements

## *Name changes, committee member opportunities, enrollment department request*

### **RECRUITMENT FOR WOMEN'S CIRCLE ADVISORY BOARD**

Women's Circle has a vacancy for one Advisory Board member. If you are interested in serving on this board, please submit your letter of interest to Dorothy McCloud, WCP Coordinator, 1933 Prosperity Street, Reno, NV 89502. WCP Advisory Board members do not receive a stipend for meetings. The Advisory Board addresses issues regarding victims of domestic violence, dating violence, sexual assault and/or stalking. If you have any questions or would like additional information, please feel free to call Dorothy at 775-324.4600.

### **TALKING CIRCLE FACILITATOR**

Women's Circle is looking for an individual to fill the position of Talking Circle Facilitator. If you are interested, please submit your letter of interest and resume to Dorothy McCloud, 1933 Prosperity Street, Reno, NV 89502. We are seeking an individual who has experience/background in working with victims of domestic violence, dating violence, sexual assault and stalking.<sup>7</sup> The Facilitator will conduct 2 monthly talking circle group meetings, one a RSIC and one at HV; \$75 per each completed meeting; this is a grant-supported position that will end September 30, 2015. If you have any questions or would like additional information, please feel free to call Dorothy at 775-324.4600.

### **RECRUITMENT FOR ELECTION BOARD MEMBERS**

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

The Election Board members shall be compensated at a rate prescribed by the Council.

The Standing Rules for Committees and Advisory Boards of the Reno-Sparks Indian Colony were revised and adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. 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 a an intermittent board, such as the Election Board; in that instance the person is subject to the limit of this provision but can sit as a member on one intermittent committee or advisory board. A person can only serve as the Chair of one committee or advisory board at a time, including an intermittent committee or advisory board.”

Any interested RSIC Enrolled Member may submit their signed letter of interest to the Tribal Administrator at 98 Colony Road. No emails will be accepted.

### **COURIERS NEEDED**

We need couriers to deliver the newsletter and other important documents, door-to-door in Reno & in Hungry Valley. If you are interested, please see the center insert of this newsletter or call Penny Sampson at 329-2936.

### **RECRUITMENT FOR RENO SPARKS TRIBAL HEALTH CENTER EXECUTIVE HEALTH BOARD**

The Reno Sparks Tribal Health Center is recruiting for one (1) Urban Indian 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*

*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.*

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

ROBERTA RIVERA, Case No.: CV-DV-2014-0052

Plaintiff,  
vs.

SUMMONS

GABRIEL RIVERA,  
Defendant.

NOTICE YOU HAVE BEEN SUED. THE COURT MAY DECIDE AGAINST YOU WITHOUT YOU BEING HEARD UNLESS YOU RESPOND WITHIN 20 DAYS. READ THE INFORMATION BELOW:

TO THE RESPONDENT: A Petition for Divorce has been filed by the Plaintiff against you for the relief set forth in the Complaint. {Please contact the Clerk for a copy of the Petition.}

1. If you intend to defend this lawsuit, within 20 days after this Summons is served on you, exclusive of the day of service, you must do the following:
  - a. File with the Clerk of the Court, whose address is shown below, a formal written response to the Complaint in accordance with the rule of the Court.
2. Unless you respond, your default will be entered upon application of the Petitioner and this Court may enter a judgment against you for the relief demanded in this Complaint, which could result in the taking of money or property or other relief requested in the Complaint.
3. If you intend to seek the advice of an attorney in this matter, you should do so promptly so that your response may be filed on time.

Dated: January 21, 2015

Henrietta Tobey, Court Clerk  
1900 Prosperity Street, Reno NV 89502

# Legal Notices, Public Announcements

## *Resolution of the Reno-Sparks Tribal Council — No. 2015-RS-01*

**WHEREAS**, the Tribal Council of the Reno-Sparks Indian Colony is organized pursuant to the provisions of the Indian Reorganization Act of June 18, 1934 (48 Stat. 984, 25 U.S.C. 476) as amended, to provide for certain rights of home rule and to be responsible for the general welfare of its membership; and

**WHEREAS**, Article V, Section 2 of the Constitution and Bylaws of the Reno- Sparks Indian Colony, as amended (the "Constitution"), provides: A councilman, or Colony officer, may be removed from office by a majority vote of the Council members if, in their opinion, he is guilty of improper conduct or gross neglect of duty, provided that the accused shall be given full opportunity to reply to any and all charges at a designated meeting, and provided further, that the accused is given a written statement of the charges against him at least ten (10) days before the meeting set for his hearing.

**WHEREAS**, on June 27, 2014, the Reno-Sparks Tribal Council submitted to Council Member Pinto a Statement of Charges and a Notice of Hearing pursuant to Article V, Section 2 of the Constitution, which set forth in detail all charges against her, and informing Council Member Pinto of the Reno-Sparks Tribal Council's constitutional authority to impose sanctions against her, up to and including removal from the Office of Tribal Council;

**WHEREAS**, on August 25, 2014, the Article V, Section 2 Constitutional Hearing was held before the Reno-Sparks Tribal Council on the June 27, 2014 Statement of Charges, and Council Member Pinto was given, and acknowledged, that she had an adequate opportunity to fully review all evidence presented at the hearing, cross-examine witnesses called at the hearing, and call any and all witnesses in support of her case;

**WHEREAS**, on August 26, 2014, the Reno-Sparks Tribal Council issued the Tribal Council Decision in the Matter of the Investigative Findings of the Statement of Charges Against Vice Chairman Carol Pinto - Hearing of August 25, 2014 (the "Decision"), finding that Council Member Pinto engaged in abuse of office, improper conduct, and neglect of duty, which are grounds for removal from the Office of the Reno-Sparks Tribal Council under Article V, Section 2 of the Constitution. <sup>1</sup>

**WHEREAS**, in lieu of exercising its constitutional authority to remove Council Member Pinto from the Office of Tribal Council, the Reno-Sparks Tribal Council, in exercising its inherent authority under the Constitution, imposed the following sanctions upon Council Member Pinto:

1. Removal from the position of Vice Chairman;
2. A monetary sanction in the amount of \$4,500, to be paid by Council Member Pinto on or before December 31,2014;
3. A prohibition from travel, whether instate or out of state, to any meetings, training, or the like in any way related to Tribal Council business;
4. A public censure in the Reno-Sparks Indian Colony newsletter; and
5. A prohibition against engaging in any form of retaliation against Reno-Sparks Tribal Council Members or Reno-Sparks Indian Colony staff concerning the investigation of the Charges and the Decision.

**WHEREAS**, Council Member Pinto failed to adhere to the Decision of the Reno- Sparks Tribal Council by refusing to pay the monetary sanction of \$4,500.00 on or before December 31,2014;

**WHEREAS**, based upon Council Member Pinto's direct violation of the Decision of the Reno-Sparks Tribal Council, the Reno-Sparks Tribal Council desires to amend its Decision and exercise its authority under Article V, Section 2 of the Constitution to remove Council Member Pinto from the Office of the Reno-Sparks Tribal Council for improper conduct and gross neglect of duty based upon the Statement of Charges and Constitutional Hearing.

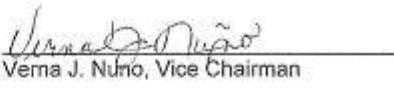
**NOW, THEREFORE, BE IT RESOLVED**, that the Reno-Sparks Tribal Council, pursuant to Article V, Section 2 of the Constitution and Bylaws of the Reno-Sparks Indian Colony, hereby removes Council Member Pinto from the Office of the Reno-Sparks Tribal Council, effective January 16, 2015.

**NOW, THEREFORE, BE IT FURTHER RESOLVED**, that, pursuant to Reno- Sparks Indian Colony Ordinance No. 12A, Election Ordinance, within thirty (30) days from the date of this Resolution, the Reno- Sparks Tribal Council shall appoint a successor to serve the remainder of Council Member Pinto's term of Office.

### CERTIFICATION

We, the undersigned members of the Reno-Sparks Indian Colony, hereby certify that the Tribal Council, composed of nine (9) members, of whom five (5) constitutes a quorum, have affixed their signatures and that the foregoing resolution was duly adopted on the 15th day of January, 2015, pursuant to authority contained in the Constitution and By Laws of the Reno-Sparks Indian Colony.

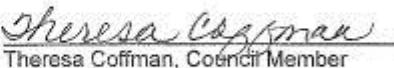
  
Arlan D. Melendez, Chairman

  
Verna J. Nuño, Vice Chairman

  
Robin M. Eagle, Secretary

Jacqueline Quetone, Treasurer

  
Darrell Bill, Council Member

  
Theresa Coffman, Council Member

  
Jody McCloud, Council Member

  
Judith Miller, Council Member

<sup>1</sup> Council Member Quetone did not participate in the Constitutional Hearing or the Decision on the Statement of Charges.



**AMERIND Risk**  
MANAGEMENT CORPORATION

*Tribes Protecting Tribes*

## 2015 Safety Poster Contest

# HEY KIDS!! WOULD YOU LIKE TO WIN A \$1,000 CASH PRIZE??

The Reno-Sparks Indian Colony Housing Department in conjunction with Amerind Risk Management Corporation will be taking part in Amerind's 2015 Safety Poster Contest.

The contest is open to all children in grades K-8

The categories are:

(K-3) (4-6) (7-8)

There will be one winner chosen from each age group and those winners will advance to the regional contest in April.

The Regional winners will then be judged at the National Competition in May.

- **PARENTS MAY BRING CHILDREN TO THE RSIC HOUSING DEPARTMENT, MONDAY—FRIDAY, FROM 3-5PM TO WORK ON THEIR POSTER. WE WILL HAVE ART SUPPLIES AVAILABLE FOR YOUR USE.**
- **DEADLINE IS FRIDAY, MARCH 6TH**  
*(LATE ENTRIES WILL NOT BE ELIGIBLE)*

**\*\*Contact Elizabeth @ Housing for contest rules 775-785-1300**

# GOT valentines



RSIC Senior Center

Feb 12 & 13 from 9 am until gone

Limited to what is on hand

Pre-orders accepted, call 329-9929

24 hours in advance



Candy Lei  
\$3.00 each



Thursday - Friday Feb 12 & 13  
9 am until gone

Candy Rose Bouquet  
Small 4 Roses - \$3.00  
Medium 7 Roses - \$6.00  
Large 12 Roses - \$10.00



RSIC Senior Center staff  
provided #19,798 nutritious meals  
to our homebound and congregate Seniors!!!!



Reminder current senior clients

Please bring in your 2015 income verification; social security, bank statement, etc.  
This is needed to continue some services or possibly eligible for new service

If you are 55 years of age or older do you know you may be eligible for RSIC Senior services.  
Please call Darlene for more information 775-329-9929



# FEBRUARY

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bison Patty Mac and Cheese Green Bean and Corn Mix+ Breadstick Tropical Fruit* Milk 11:30 am Blood Pressure Checks 1 pm Senior Advisory Committee Meeting 	3 Chicken Caesar Salad*+ Tomato Wedges+ Breadstick Tropical Fruit* Milk 1 pm Sketch Drawing	4 Italian Sausage Sandwich Bell Peppers* Sweet Potato Fries+ Mixed Berries* Milk 1 pm Sketch Drawing	5 Turkey Pot Pie Mixed Veggies+* Peaches* Milk 1 pm Make Valentine Roses & Leis 	6 Brunch 10:30 am Scrambled Eggs Hash Browns Cherry Tomatoes+ Banana Milk 10 am Respite Caregivers Support Group Meeting 
9 Beef Stir Fry* Jasmine Rice Pineapple* Fortune Cookie Milk 11:30 am Blood Pressure Checks 1 pm Make Valentine Candy Roses & Leis 	10 Green Chili Pork Stew Tortilla Green Salad+ Tomato Wedge+ Mandarin Oranges* Milk 12 pm Tribal Police Presentation 5:30 pm Night Potluck & BINGO. *Bring 2 prizes & a food item 	11 Lasagna w Ground Turkey Zucchini and squash blend+* Pears* Milk 1 pm Make Valentine Candy Roses & Leis 	12 Birthday Bingo BBQ Chicken Sandwich Lettuce and Tomato+ Pasta Salad* Mixed Berries* Milk 	13 Brunch 10:30 am Honey Nut Cheerios Boiled Egg Carrot Raisin salad+ Fruited Jell-O* Cranberry Juice Milk <b>seniors valentine fundraiser 9 am - until gone bring your baked goodies by 9 am</b>
16 <b>Closed - Holiday Presidents Day</b> <b>No lunch served or delivered</b> 	<b>17 Commodity Sack Lunch</b> Roast Beef Sandwich Lettuce & Tomato + Fruit cup* Baked Lays Trail Mix Milk Food Pantry& Commodities	18 Pork Roast Egg Noodles w Gravy Carrots and Broccoli+* Pears* Milk 1 pm Errand Day Shopping, Bill Pay & Thrift Store 1 pm Sketch Drawing	19 Taco Salad Ground Turkey Beans Cheese Lettuce & Tomato+* Olives Grapes* Milk 2 pm tentatively Galaxy Theaters call for times 	20 Brunch 10:30 am Pancakes Turkey Sausage Tomato and Cucumber Salad+* Orange* Milk 
23 Cajun Tilapia Rice Pilaf Brussel Sprouts* Apricots+ Milk 11:30 am Blood Pressure Checks 1 pm Century Theaters Movie 	24 Navy Bean Soup Turkey and Cheese Sandwich Lettuce and Tomato+ Fruited Jell-O* Milk 1 pm Wood Burn	25 Beef and Bean Burrito Lettuce and Tomato+ Black Beans and Corn Mix Mixed Berries* Milk 1 pm Wood Burn	26 Chicken with Angel Hair Pasta w spinach and tomatoes+* Peas Peaches* Milk 1 pm Wood Burn	27 Brunch 10:30 am Scrambled Eggs Turkey Bacon Whole Wheat Toast Tropical Fruit* V-8* Juice Milk 

\*Vitamin C - Daily

+ Vitamin A - 3 X Week

1% Milk - Served Daily



 **Serving Times**

Mon - Thurs 11:30 am - 12:45 pm  
Brunch 10:30 am - 12:45 pm



**Reminders**

- 1) call to cancel home meal delivery by 10:00 a.m.
- 2) dogs must be tied up for meal delivery



Non senior meals are \$4.00 each



No to-go meals, all meals purchased



must be consumed at the senior center



No outside food or drinks allowed

*Continued from page 5*

Bear, who practiced traditional Native spirituality, opened Tobey's world to the old ways, an opportunity he never had because he had gone to boarding school.

"Because I was at Stewart, I didn't see my family taking part in ceremonies, Tobey said. "Once I was retired, I really learned how Indians lived and I embraced that."

As Tobey learned the history of the Chanupa—it was given to the Sioux people first—his friend Bear would use pipes that Tobey crafted in sweat lodge ceremonies as well as during Sundance ceremonies.

"Today, there are at least 20 people in Reno who carry my pipes," Tobey said. "And

my pipes are only used for ceremonies."

In fact, Tobey said that some of his pipes have even made it across the Atlantic Ocean. Through family and friends, his pipes are scattered throughout Europe.

"You have to be a good person to carry a pipe—you can't drink," Tobey said. "In ceremony, by using the Chanupas, your prayers will rise up through the smoke and reach the Creator."

Even though he is hampered by arthritis in his shoulders, Tobey still collects pipe stone from Minnesota and occasionally, he will file this special rock into a one-of-a-kind master piece. Tobey said that it usually takes about two months for him to complete a Chanupa.

Revered for his craftsmanship and his approachable personality, Tobey is the focus of a soon-to-be-released documentary film: "Nevada Stories: Great Basin Pipemakers."

Produced and written by Gabe Lopez Shaw, a member of the Pyramid Lake Paiute Tribe, the eight minute film follows Tobey's journey of discovery into the traditional ways and explores his self-taught craft of ancestral pipe making.

"I turned out alright," Tobey said. "When I was working, I did not have trouble because I was well trained and knew what I was doing, but once I retired and learned the Indian ways, that is what I really enjoyed."



**Rest In Peace —** *In honor of the RSIC's beloved friend Vincent Yowell who recently passed, a Round Dance was held at the New Year's Sobriety Pow Wow. In earlier times, the Round Dance known as the Dance of the Slain. Women were the main performers, which allowed them to show their pride and mourning at the same time. Today, the Round Dance has evolved into a dance of friendship and is performed by all ages. Everyone is encouraged to dance. Photo provided by Elliot Ramirez*