

Jingle Dresses, Red Ribbon Skirts Highlighted at Rally

Native American women bring song, prayer, lead biggest march in Reno history

Last month, a turnout of 12,000 strong at the 2nd Annual Women's March in Reno, with a procession through the heart of downtown and across the Truckee River, was led by Native American women.

Moreover, a dozen jingle dancers---moms, daughters, grandmas, sisters and friends, literally and figuratively, started the Northern Nevada movement of this world-wide event.

With its origins in the Ojibwe culture, the jingle dance connects Native Americans to praying and healing.

Because the mission of the women's march is to harness the political power of diverse women to create transformative social change, the choreographed tones of the jingles, traditionally intending to imitate the sound of rain, enhanced the beat of 10 accompanying hand drums.

However, that was just the first wave of the Native American presence.

The jingle dress dancers were also complimented by at least 100 women wearing red ribbon skirts. Started by an Indigenous community in Canada, the red ribbon skirts served as a

visual commemoration of our indigenous women who have gone missing or have been murdered. With similar skirt silhouettes, each stretching toward the sacred ground where Mother Earth's very best medicines can be found, Native women moved powerfully near the magical Truckee River.

Wearing the bold attire, the color of love, and the color of passion, the carefully hand-made garments served as prominent reminders that this despicable on-going epidemic of missing and murdered

women continues.

The final panache that bound the entire effort were hundreds of sometimes profound, sometimes comical, and sometimes demanding signs: "Women are sacred,"; "Sisters in spirit,"; "Together we will rise,"; "Mama said there'd be days like this,"; Injustice anywhere is a threat to justice everywhere,"; "Fear and hate do not make America great,"; "Women's rights are human rights,"; "I'm a 2020 voter," and "Fight like a girl."

More coverage on page 5



A Sacred Color — As a striking reminder of Murdered and Missing Indigenous Women (MMIW), Native Americans wore red during the 2nd Annual Women's March. To see full-color issue of the Camp News, log onto: <http://www.rsic.org/rsic-newsletter/> **Photo By Judy Martin**

**FEB
20**

COLOR GUARD

MONTHLY MEETING



HONOR—RESPECT—DIGNITY

REVERENCE

After a successful debut during the 2017 Veterans Day Celebration, the RSIC Color Guard continues to organize. The mission of this elite group is to honor past, present, and future Native Warriors. The group will represent our community at events—cultural, social and business.

All military Veterans are welcome!

775/329-2936, ext. 3268

34 Reservation Road—TA Conference Room—Reno, Nevada 89503
Meetings (usually) second Tuesday at 6 p.m.

Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

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

CIRCULATION

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

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

ELECTRONIC EDITION

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

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

Important FEBRUARY dates

- 7 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Law & Order Committee Meeting, Tribal Court, 6 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 8 *Rescheduled* Star Quilt Pillow Making, Senior Center, 5 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 9 Native Art Classes, RSTHC Behavioral Health, 9 a.m.
- 12 Executive Health Board meeting, RSTHC, 5:30 p.m.
- 13 Senior Program Valentine's Bake Sale, 10 a.m.
- 14 Valentine's Day
Senior Program Valentine's Bake Sale, 10 a.m.
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
- 15 Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 16 Try Day Friday, Heart Healthy Recipe, RSTHC, 11 a.m.
- 19 President's Day-RSIC Administration Offices Closed
- 20 Commodity Distribution, Senior Center, 8 a.m.
Prevent T2 Diabetes Class, RSTHC, 5:30 p.m.
RSIC Color Guard Meeting, 34 Reservation Rd., TA Conf. Room, 6 p.m.
- 21 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 22 Talking Circle, RSTHC Behavioral Health Division, 4 p.m.
Advanced Numa (Paiute) Language Class, RSIC Library, 6 p.m.
- 23 Loving Every Beat Photo Booth, RSTHC, 10 a.m.
- 26 Language & Culture Advisory Board Meeting, RSIC Library, 5:30 p.m.
Safetalk Training, RSTHC, 1 p.m.
- 27 Prevent T2 Diabetes Class, RSTHC, 5:30 p.m.
- 28 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Heart To Health Talking Circle, RSTHC, 5:30 p.m.
Numa (Paiute) Language Class, RSIC Library, 6 p.m.
Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.
Beat As One Partner Workout Challenge concludes, 3NWC

For more information: www.rsic.org

THREE NATIONS WELLNESS CENTER

WINTER SPORTS CONDITIONING

STARTING FEBRUARY 1, 2018

Thursdays 12:15-12:45

EXERCISE USING BODY WEIGHT
TO STRENGTHEN AND TONE
FOR ANY WINTER SPORT



Questions??

Call Tiffany 329-5162 ext. 1948

Native American Women Out Front, Leads to Awareness

Traditional dress, songs, blessing, speech give rise to key American Indian issues

The second annual Reno Women's March led by Great Basin Indigenous women, embraced the honor to march, stimulating awareness of the long-suffering oppression of Native people.

The opportunity to march, sing and dance to the beat of hand drums created a place for native women to raise their voice on growing key issues. It brought a cultural presence to the Truckee Meadows and epitomized the important role of practicing tradition and culture on Indigenous lands.

Despite territorial displacement and cultural disruption, Tribes who have a shared ancestral link to this area were able to return and reconnect to their extensive ancestral homelands.

For instance, Native people from Pyramid Lake had always been historically connected to the Truckee River. Both the Cui-ui and the Lahontan Cutthroat Trout, which are endangered and threatened fish species of the Great Basin, naturally made their way up river to spawn throughout the Sierra Nevada tributaries.

It was trading and cultural harvesting that brought many tribal circles to this valley. The Washoe people also use this valley to promote their survival and tradition.

Indigenous Peoples are born grafted to Mother Earth, and this acknowledgement is found embedded in their songs and



Women Are Sacred — Two of the hundreds of Native Americans present during the Women's March, Billie Jean Guerrero and Margaret Jackson proudly wore red for #MMIW.

prayers. Key issues such as the Keystone XL Pipeline, Dakota Access Pipeline, Gold Butte, Bears Ears, Idle No More, commercial pinenut harvesting, the Arctic National Wildlife Refuge (ANWR) disturbance, mining injustices and natural and cultural resource exploitation add fuel to their burning fire.

An issue dear to Native marching women is the epidemic of Missing and Murdered Indigenous Women (MMIW) throughout the West, primarily in Canada. The public needs to continue asking questions and remain vigilant in offering support for this cause.

It appears the lack of rigorous investigation by federal/state police and Royal Canadian Mounted Police presents a stigma for Indigenous Peoples related to racism, discrimination

and stereotypes.

It is apparent that inadequate law enforcement and injustices reignite a focus on intersectionality with regard to racism and sexism. Native women have long felt policies, regulations, tribal codes and levels of mixed jurisdictions have presented a lack of representation for women's rights and a disregard to human rights.

Finally, because of this extreme negligence, women continue to be marginalized and oppressed.

Women humbly carry the torch and marched for the mothers, sisters and daughters who have been stolen from us.

Great Basin Indigenous women led the way at the march, and red ribbon skirts were worn symbolizing this

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Beat As One

Partner Workout Challenge



For the month of February get a partner to workout with to earn an incentive for the most workouts in the month (together).

1st ♥ 2nd ♥ 3rd place
For most workouts in the month

For more info contact 3NWC at 775-334-0938

issue — because the color red is sacred for Native cultures.

Being able to pledge their dedication to all these issues helps the families and children find exposure and awareness to an ill-fated system and a just cause.

The issue of violence against women is not new and has been well-seeded in colonialism. Indigenous Peoples bring stories about how women were stolen long ago from their homes, villages, and territories.

The voice that marching women continue to chant is, "No more stolen sisters!" Indigenous women continue to fight as new empowerment strengthens their native voice.

This opportunity to represent all women as sacred beings is defined by their life bearing abilities. They carry signs that state their traditions have been impacted by state and federal decisions on natural/cultural resources and mining.

They continue to plead with policy makers to transform power from corporations to people and Mother Earth. The Indigenous teaching reminds us that protections need to be created for Mother Earth and all life.

This article was written by Bob Fulkerson, Executive Director of the Progressive Leadership Alliance of Nevada (PLAN) and Reno-area director of the PLAN Action Fund; and Beverly Harry, PLAN Native Community Organizer.

Visit
www.planevada.org

What Drives the Conversation?

A closer look at the issues facing Native women

Besides an elder providing a prayer and song, several current Native American concerns were addressed at the Women's March by Michon R. Eben of the Reno-Sparks Indian Colony. To hear her speech, log onto: <http://www.rsic.org/important-videos-links/> .

Missing or Murdered Indigenous Women (#MMIW)

Amnesty International reports that Native American and Alaskan Native women are more than 2.5 times more likely to be raped or sexually assaulted than their non-indigenous sisters. In Canada, missing or murdered women has been designated as a national crisis. In America, missing-person's statistics are kept for every demographic group—except for Native American women. Some experts estimate the murder rate for women on some reservations is 10 times higher than the national average.

No Dakota Access Pipeline

Through a historical mobilization of hundreds of Native American tribes which garnered international attention when the peaceful water protectors temporarily halted the construction halt of a 1,172 mile oil pipeline which threatened the reservation's water.

The human rights violations by local, state and federal law enforcement agents against those who chose to exercise their constitutional rights harkened back to the dark days of the civil rights movement. Furthermore, international treaties were violated, environmental policies usurped and tribal sovereignty was disregarded. Though the ground fight against DAPL has moved to a new phase, the unified solidarity created at the Oceti Sakowin Camp, has better prepared Indian Country for future fights to protect Mother Earth.

Arctic National Wildlife Refuge

Last month, House and Senate Republicans, unveiled a final sweeping tax-reform package that includes a provision allowing a section of ANWR to be opened to oil exploration. While Washington bureaucrats are ok with drilling our pristine lands for oil production, the costs to our sacred lands is immeasurable. 1.5-million-acres of beautiful Alaskan coastal shorelines look to become the domicile of ugly infrastructure of greedy corporate industries.

However, that is just part of the issue--oil production means ongoing air pollution, water pollution from spills and industrial noise that will disturb and divert the thousands of forms of wildlife. ANWR isn't just another high dollar piece of real estate. This is our sacred land which is on the brink of destruction.

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Ancient Art Records Tribal History, Preserves Culture

Nevada Museum of Art invites Great Basin artists, leaders to see Tlingit robe

Shelly Law's recent visit to the aboriginal territories of the Numa, Newe and Washeshu was a trip of love of her culture, but more so, love of her sister.

Last week, Law flew into Reno from Alaska to collect a Tlingit Robe which had been created by her sister, the renown artist Teri Rofkar.

Called the 1964 Earthquake Robe, the work of art, was recently displayed as part of the Nevada Museum of Art's *Unsettled* exhibit. Rofkar died Dec. 7, 2017 before the exhibit debuted, but her sister took responsibility for delivering the robe for the exhibition and taking it back home to Anchorage.

"Here, your Great Basin

baskets have designs and hold important things," Law told a group of 10 Native Americans from area tribes, plus museum staff. "Our robes have designs and hold people."

Some academics say that to be meaningful, art must be timeless.

They say that timeless art successfully manifests itself through a unique experience created for the observer. If the work is successful, according to the experts, generations of art aficionados will continue to be moved by the piece. Rofkar's weaving not only meets the definition of timeless art, but it actually records history for her Raven Clan,

in Sitka, Alaska.

"Many non-Natives like to say that our people never had a written language," said Law. "We just didn't have a, b, c's."

Through her ancient art of weaving, Rofkar depicted the details of this historic natural disaster which forever changed the landscape as well as the lifestyles of her relatives in their homelands.

From the religious overtones of Christian faith to symbolically disassembling the robe in order to re-piece it in a frayed, loosened weave, Rofkar used patterns and traditional materials such as wool and funk of mountain goat hide and otter fur to reflect the power of nature and the delicate balance necessary for environmental harmony.

In her artist statement, Rofkar wrote, "The arts and our oral history together bring knowledge of ten thousand years of research to life."

Identified as a megathrust earthquake that happened on Good Friday, the quake had a magnitude of 9.2, making it the second most powerful earthquake ever recorded. It caused underwater landslides, numerous tsunamis, wreaking havoc on multiple coastal cities. Railroad tracks buckled from the movement of the earth as water surged up the riverbanks. One side of the main street in Anchorage collapsed up to 11 feet in spots, while several



Native American History Book — Though Native American art—baskets, robes or even *Teinumumumui* (petroglyphs) tell stories of ancient times, Indigenous and American Indian culture is sometimes disparaged for not having a written language. However, the 1964 Earthquake Robe pictured above, tells the story of a natural disaster which drastically changed the land and forced thousands of Alaskan Natives to adapt. Above, Shelly Law, Michon R. Eben and Chairman Arlan D. Melendez pose in front of the robe.

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spans on bridges fell into water.

Rofkar wove in geometric patterns with images and symbols to evoke that story. The robe represents the accurate direction of earth's movement. Its top border, a traditional design called "Bear Tracks," represents the weight of a large bear as he compacts and shifts the earth under his feet, just as the earthquake did to Fourth Avenue in Anchorage. The large wave pattern at the bottom of the robe represents the Tsunami, which was over 67 feet in places, and the fire it caused in Seward.

Law explained that the cross was reminder that before the state of Alaska was bought by the United States in 1867, the Tlingits were ruled by Russia. In the same manner as United States federal Indian policy called for a paternalistic-quasi government/institutional control of American Indian Tribes, the Russians also sought to exploit the Tlingits land for its natural resources, mostly the fur trade, plus there were forced teachings by the Russian Orthodox Church.

During her 30-year career as a professional artist, Rofkar, who specialized in Ravenstail designs and spruce root baskets, garnered national and international acclaim, and she won the National Endowment for the Arts' National Heritage Fellowship in 2009.

The group not only discussed Rofkar's work, but commiserated about the past, ongoing and future conflict that contact thrust onto Native American and all aboriginal people.



Historical Marker — *The woven designs in the 1964 Earthquake Robe tells the Tlingits story of survival and change.*
Photo Provided by the Nevada Museum of Art

That conflict was captured in the entire 200-piece collection of *Unsettled* as it blended images of vast, pristine, and open land, rich natural resources, diverse indigenous peoples, colonialism, and the ongoing conflicts that inevitably arise when these factors coexist.

Also in her artist statement, Rofkar said that "...the ancient ways of gathering spruce root, with respect for the tree's life and spirit, are a rich lesson in today's world. Decades of weaving have opened my eyes to the pure science that is

embedded in Tlingit Art."

Born in California and raised in Anchorage, Rofkar credited her Tlingit grandmother Eliza Monk for introducing her to the weaving that was her life's work. Rofkar was 60-years-old.

Unsettled will open at the Anchorage Museum on April 6.

Editor's Note:

Some content and images provided by the Nevada Museum of Art. Thank you, Claire Munoz, Ann M. Wolfe, JoAnne Northrup, and Amanda Horn.



Reno-Sparks Indian Colony ♦ Education Department

LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

FEBRUARY - 2018

Mission:

To encourage the growth of a positive cultural identity for Reno-Sparks Indian Colony community members through the teaching of their native language(s) – Numu, Newe and Washiw – and by providing a learning environment in which community members will gain a basic understanding of the Great Basin Cultures.

Beginner level Paiute Language Classes will continue in April 2018. These interactive classes include grammar, storytelling, games, songs and immersion activities. Each class has a knowledgeable language instructor and anyone who is interested in learning one or more of the Great Basin Native Languages is welcome to attend.

Language Classes:

Wednesdays

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno

Time: 12:45 p.m. – 1:30 p.m. Instructor: Thalia Dick

Dates: 2/7, 2/14, 2/21, 2/28

Wednesdays

Numu (Paiute):

Location: RSIC Library – 401 Golden Lane

Time: 6:00 p.m. – 8:00 p.m. Instructor: Jennie Burns

Dates: 2/7, 2/14, 2/21, 2/28

Thursdays

Advanced Numu (Paiute):

Location: RSIC Library – 401 Golden Lane

Time: 6:00 p.m. – 8:00 p.m. Instructor: Jennie Burns

Dates: 2/1, 2/8, 2/15, 2/22

Cultural Activity:

Date: 2/7, 2/13, 2/20, 2/27

Time: 6:00 PM – 8:00 PM

Location: Senior Center
34 Reservation Road

Star Quilt Pillow Class with Mary Burnette

The purpose of this class is to teach participants the skills to make a star quilt. This class will run for 4-weeks and is intended for mid to advanced level seamstresses.

All materials will be provided. Adults only please. Class size is limited.

RSVP to the Language & Culture Program at 775-785-1321.

Everyone is invited! Anyone interested in learning about the Great Basin language or way of life is welcome to attend our language classes. **Children must be accompanied by an adult.** For more information, contact the Language & Culture Program, Stacey Burns – sburns@rsic.org or 775-785-1321

Flu Season: Has It Peaked or Picking Up Speed?

This year's illness especially harsh; experts stress protecting yourself, others

If you haven't been down and out during this flu season, chances are, you know someone who has been very sick.

"It hurt to breath," said a community member who was off work for nearly a week. "I don't think I had ever been that sick."

Last week, the Centers for Disease Control and Prevention (CDC) announced that the intensity or the severity of one's illness in the majority of the respective reported flu case this season has been remarkable.

Most often, influenza also called the flu, reveals itself through a cough and sore throat, and sometimes a fever

and muscle or body aches develop.

The viruses usually make their way through a person's respiratory tract--the nose, throat and lungs. Most people who become sick will recover in a few days to less than two weeks,

But this season, with the brutality of the illness, coupled with high publicized flu deaths of children and seemingly healthy young adults, average community members seem especially uneasy.

"Though every death is tragic, our data for this year is not out of line with previous years," said Dr. Dan Jernigan, director of the influenza division

in CDC's national center for immunization and respiratory diseases.

As of last week, the CDC has confirmed 53 children have died from the flu. Last year, 110 children died per the CDC. Twenty of this year's pediatric deaths have been spread throughout the United States and Puerto Rico. However, the federal health agency said that this is not a historic pace.

Yet, for those who have survived the wrath of this year's most common flu strain, a type of influenza A called H3N2, their sentiments differ from the data.

"I am traumatized by how sick I was," said another anonymous Reno-Sparks Tribal Health Center patient. "It hit me so fast, and I was down—way down."

Furthermore, this season's widespread flu illness prompted at least six school districts in Oklahoma closed because too many staff and students called in sick. In Gulf County, Florida, more than 20 percent of students were absent because of flu-like symptoms, but again, the CDC said that those numbers are typical.

According to the CDC website, every year, there are 9-35 million illnesses reported from the flu. Also, 140,000—710,000 people are hospitalized annually and 12,000-56,000 people die every year from the flu.



Don't Get Caught, You Can Still Get the Shot —Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States. Protect yourself from the flu by staying away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. For more information, please call 1-800-CDC-INFO.

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The flu tends to be more frequent and cause worse illnesses in vulnerable groups, such as people over 65-years old and children under age 4. Those hospitalized usually have underlying conditions like heart disease, respiratory problems, and obesity.

Moreover, the CDC continues to recommend influenza vaccination for all persons 6 months of age and older as flu viruses are likely to continue circulating for weeks. Experts believe that even though this vaccine is about 30 percent effective, it is the best protection from the illness.

The director of the CDC, Dr. Brenda Fitzgerald, said that if you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people. If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider.

“Protect others by staying home, seeing a doctor if you are sick, and covering your mouth when you cough or sneeze,” said Fitzgerald in a statement during the CDC’s recent media teleconference. “And remember it’s not too late to get a flu shot.”

Jernigan said that the data the CDC has collected indicates that we may be on the downhill side.

“We are about halfway there this season, Jernigan said. “That means we have several more weeks of flu to go. However, we have some signs that flu activity may have peaked in some parts of the country.”

As of Jan. 29, Washoe Health had reported 15 flu related deaths within the county.

Editor’s Note:

More flu data can be found at:

<https://www.cdc.gov/flu/consumer/>



Valentine's Day

Bake Sale

**10:00am – 2:00pm or until sold out
February 13 & 14 2018**

Reno-Sparks Indian Colony's Senior Advisory Committee invites you to come join us for our annual bake sale.

We have a lot of great treats for you.

- Candy Leis
- Baked Goodies
- Candy Roses
- Candy Rose Bouquet

•Cash Only Please



In & Around: Reno-Sparks Indian Colony Community

All kinds of smiles...committee appointees, employees of the year, just married



Jumping In — Reno-Sparks Indian Colony Chairman Arlan D. Melendez congratulates Lolita Thomas after she was sworn in to serve on the RSIC Housing Advisory Board. That very important group is still looking for another volunteer.

Photo By Alicia Hernandez



Well Done — Wade Perry and Jilbert Tupaz were named the 2017 Reno-Sparks Indian Colony Employees of the Year. Perry oversees the operation of the tribe's five smoke shops, while Tupaz performs maintenance for the public works department.

Photo By Bucky Harjo



Civic Duty — Reno-Sparks Indian Colony members Teri Larson and Veronica Imus took an oath of office given by Chairman Arlan D. Melendez before signing on to serve the RSIC on its Housing Advisory Board. A seven member board appointed by the Tribal Council, the group provides general oversight and community involvement in housing activities.

Photo By Alicia Hernandez



So Help Me, God — Mr. and Mrs. Ronnie Sampson were bound in holy matrimony on Friday, January 26 in the Chairman's Office at the Reno-Sparks Indian Colony. Formerly Marlinda Austin, the bride grew up on the Fallon Paiute Shoshone Reservation, while Sampson, a United States Veterans, grew up on the Colony.

Ask Paul

Client: "I hate being stressed out."

Me: "Me too. What is your opposite feeling of stress?"

Client: "What?"

Me: "What would you like to feel?"

Client: "I want to be happy"

Me: "How do you describe being happy?"

Client: "Time with my family and friends, eating good food, laughing and feeling good about myself."

Me: "I hear you want to spend more of your time with family, friends and do healthy activities that make you feel good. Is that right?"

Client: "Yeah, that sounds good."

Me: "Let's start with feeling good about yourself. Have you noticed when you feel good and happy, people react to you in a good way and when you feel stressed and rushed people react to you in a not so positively way?"

Client: "Yeah."

Me: "If your feelings impact how other people react to you, then your emotions - feelings of happiness and attitude - can be contagious. Let's discuss how you can project good feelings with yourself and others as the day begins to relieve some of your stress. Tell me about your morning."

Client: "The alarm clock

goes off, and I run to wash my face, get the kids ready, then grab some food to eat on the way to work."

Me: "Just hearing that makes me feel stressed. Can we look at alternatives for waking up and setting the tone for your day?"

Client: "Ok."

Me: "The Elders teach us that life is made up of cycles. Each stage in the cycle has attributes and characteristics. For example, the life cycle begins in the East which represents a baby, grows in the South which represents adolescents, advances in the West which represents adulthood, and finally moves to the North which represents Elders. The Elders show us that a day is also a cycle starting in the morning (East) moving into noon (South) sunset (West) and finally midnight (North). Start the beginning of your day in the East to set the tone. Many mornings we are on autopilot which means we wake up the same way, wash and shower the same way, and eat the same food. We do a routine out of a habit we've created. Let's look at your morning to see if extra time would help you incorporate healthy behaviors and enjoy your morning instead of rushing through it. Also, let's look at your thought process in the morning. Let's change your

thoughts towards "being" instead of "doing." When we are in a "doing" mindset we tend to think about future tasks which can cause anxiety and stress because we are chasing the completion of the task thus giving our power to a clock. When we allow ourselves to "be," we are focused on the present. Allowing ourselves to be completely present in the situation which keeps our power (and peace) internally.

Client: "How do I do this?"

Me: "When you are feeling stressed or begin to feel stressed, bring yourself into the present. You can ask yourself, 'What's wrong with this moment?' This simple exercise allows you to recognize you are okay and you become present. You can also pay attention to your breathing, listen to your heart beat, and allow yourself to relax. Talk gently to yourself. Say four times to yourself, 'I am safe, I am loved, I am valuable, I am healthy, I am worthy of good things, and everything is okay.'"

Check how this makes you feel in your body. If you feel less stress and better physically, it's working! You can do this throughout the day when you feel the need. However, please don't do this while driving or in a

Native Americans have always been people of prayer...

situation that needs your full attention.

Now, let's use the same thought process to create a morning ritual. One that serves you. Start by waking up earlier than you usually do to give yourself plenty of time to begin your new day. Think that you are open to opportunities and available for the best life has to offer today! Think that this is going to be a great day. You are going to be safe today. You don't have to compete or compare yourself to anyone. You are able and sufficient just the way you are.

We can also use the wisdom in the Red Road to Wellbriety pg. 92, Morning Prayer to begin your day to add peace and balance to your day.

Below are the 8 directives for the Morning Prayer and Meditation:

- ☯ Ask the Creator to direct my thinking today.
- ☯ Ask Him to keep me from feeling self-pity.
- ☯ Ask Him to keep me from being dishonest with myself.
- ☯ Ask Him to keep me from having self-seeking motives.

☯ Ask the Creator for inspiration when I am faced with indecision.

☯ Do not ask for anything for myself, unless others will be helped.

☯ Pray that I will be shown what the next step will be.

☯ During the day when I become doubtful, ask for the right thought or action.

Experiment with these methods in your morning and see how you feel. Remember to try these a few times to create a behavior. The stressed out thought processes and behaviors took time to develop, this new peaceful way also will take time to develop.

We can also look at our evening rituals to create a peaceful mindset before we fall asleep.

The Evening Prayer and Meditation, on page 93 of The Red Road to Wellbriety says these are "13 Questions to Ask Myself."

Was I resentful?

Was I selfish?

Was I dishonest?

Was I afraid?

Do I owe anyone an apology?

Do I need to discuss anything with anyone?

Is there something that I have been holding inside

Was I kind to everyone?

Was I loving to all?

Could I have done anything better today?

Was I thinking only of myself today?

Was I thinking of what I could do for others today?

Did I ask the Creator's forgiveness?

Did I ask what I can do to make amends?

The Red Road reminds us that Native Americans have always been people of prayer. The old ways included prayer when the sun came up, prayer for a good harvest, prayer for taken animals so people could live. Starting your day with prayer and meditation and ending your day with prayer and meditation can bring life into perspective of what's truly important and reduce stress. Remember, we are people and will make honest mistakes. The idea is to be gentle, kind and loving to ourselves and others. It all begins when you wake up in the morning. Think of the new day as a gift from Creator and honor Creator by participating fully and giving your best in everything you do. The more you give and invest in your core beliefs and values the more happy and peaceful you will become!

Paul Snyder is a substance use counselor at the Reno-Sparks Tribal Health Center.

Education Staff Adds Kindergarten–12 Grade Advisor

Great Basin Native, author, University of Nevada graduate joins RSIC

Hello Parents, Students, and Community Members,

My name is Kenneth Dyer-Redner. I am the new K-12 Education Advisor. I'm excited to begin this new chapter working with our Native youth.

I am originally from Fallon, Nevada and grew up on the reservation there.

In 2009, I graduated with a degree in English from the University of Nevada, Reno where I also fought for the historic UNR Boxing Club.

After UNR I moved to Phoenix where I met a circle of Indigenous writers and artists.

During my time in Arizona I had the privilege of being mentored by acclaimed Acoma Pueblo poet, Dr. Simon Ortiz.

In 2017, I received a master's of science degree from the American Indian Studies program at Arizona State University.

I moved back to Nevada in the fall of 2017 to write a book and pursue my other passion of working with Native youth.

I am looking forward to meeting everyone and being a positive contribution to the Reno-Sparks Indian Colony.

Sincerely,

Kenny Redner



REMINDER TO STUDENTS

It's that time again, 1st Semester Incentives for Middle and High School Students

Students if you would like your incentive please bring your report card to RSIC Education so your incentive can be processed. If you do not have Current signed consent forms and enrollment on file please come to the Education Office and fill out the forms.

Tanya Hernandez, RSIC Education Advisor

329-6114

Ext 4312

Cybersecurity Challenge Contest for High School Girls

Nevada partners with high-tech industry to find, train future security experts

Carson City, Nev. — Last summer, Nevada was one of seven states that piloted CyberStart, a program designed to inspire the next generation of cybersecurity professionals while helping youth find out if a career in cybersecurity is for them.

Of more than 3,500 students that participated in the pilot nationwide, the top scorer was a student at the University of Nevada.

Unfortunately, only 5 percent of the students who participated in the first round of CyberStart were young women.

So this month, Governor

Brian Sandoval announced the launch of GirlsGoCyberStart, an innovative opportunity for girls attending Nevada high schools to apply their talents in cybersecurity and learn about careers in the field through a no-cost, online game of discovery called CyberStart.

Only 11 percent of the world's information security workforce are women, according to the Women's Society of Cyberjutsu (WSC) -- a non-profit which is passionate about helping and empowering women to succeed in the Cybersecurity field.

According to Governor Sandoval's staff, GirlsGoCyber-

Start is specifically for the many talented female students in Nevada high schools.

"As a female technology leader, I am excited and inspired for this terrific opportunity for young female cyber enthusiasts in Nevada to utilize and build additional skills in this area," said Shannon Rahming, Enterprise IT Services Administrator and Nevada's Chief Information Officer. "The entire state will be the recipient of the talents provided by our future lady cybersecurity experts and we look forward to having these skilled students join the ranks of other cyber specialists in the State of Nevada."

Girls who excel in the GirlsGoCyberStart challenge will have the opportunity to win computers and other prizes as well as a trip, with a parent, to the 2018 Women in Cyber-Security Conference which will be held in Chicago.

The three schools in Nevada that have the most participants will win awards of \$2,500, \$1,500 and \$1,000.

"The need for cybersecurity professionals is growing in Nevada, both in state government and in the private sector," said Brian Mitchell, Director of the Governor's Office of Science, Innovation and Technology (OSIT).

Mitchell also added that in Nevada, the projected growth rate in the number of jobs



Girl Power — Like in many of the science and math fields, females are underrepresented in the workforce. In a 2017 global information security workforce study, data revealed that women make up just 11 percent of the profession and men are ten times as likely to hold managerial positions. With Nevada's growing economy becoming more dependent on cybersecurity, the state government is sponsoring an educational opportunity for high school girls to explore the industry. More information can be found at: GirlsGoCyberStart.com. **File Photo**

Continued on page 19



INTERNATIONAL WOMEN'S DAY 2018 #PRESSFORPROGRESS

Thursday, March 8th

With the World Economic Forum's 2017 Global Gender Gap Report findings telling us that gender parity is over 200 years away - there has never been a more important time to keep motivated and #PressforProgress. And with global activism for women's equality fueled by movements like #MeToo, #TimesUp and more - there is a strong global momentum striving for gender parity.

International Women's Day is not country, group or organization specific. The day belongs to all groups collectively everywhere. So together, let's all be tenacious in accelerating gender parity.

Collectively, let's all Press for Progress



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

Event Time:
5:30pm – 7:00pm

EVENT LOCATION:
UNITARIAN UNIVERSALIST
FELLOWSHIP OF NORTHERN
NEVADA
780 DEL MONTE LN,
RENO, NV 89511

Presented by:



Continued on page 17

requiring cybersecurity skills through 2022 is 30 percent.

He said that these jobs have an average wage of about \$85,000.

All girls in grades 9 to 12 are invited to play. Participating students do not need prior cybersecurity knowledge or programming experience. All that is required is a computer and an internet connection.

Girls may play alone or in teams of up to four people.

Each player starts as a "cyber protection agent" responsible

for protecting an important operational base.

The student chooses and solves challenges, earning points along the way. A cyber protection agent field manual provides answers to questions that may arise and hints help when players get stuck. When the player has solved a sufficient number challenges, a new level opens up and new challenges appear, for a total of 31 layers.

Young women in high school in Nevada will be competing with students in Colorado, Connecticut, Delaware, Hawaii,



Future Industry – According to the Nevada Office of Science, Innovation and Technology (OSIT), jobs which require cybersecurity skills have an average wage of \$85,000. *File Photo*

Continued from page 7

Gold Butte and Bears Ears National Monuments

These are more sacred sites--Gold Butte and Bears Ears, threatened by the federal administration's pursuit to open public lands for business development, for oil, for the agricultural industry, for mining and the like.

These fragile lands contain fragile wildlife habitat, as well as unique ancient rock etchings left by our ancestors. A testimony of how our relatives lived thousands of years ago---deep in the Mojave Desert and in the remotest areas of Utah, our legacy includes these federally protected cultural sites.

However, the current secretary of the interior, with the support of his boss, plans to reduce and chop up these national monuments by more than a million acres.

These areas need to be protected. With the help of Native law experts, we will remind the president that the Antiquities Act grants authority to create national monuments, *not* to rescind or reduce them. Gold Butte and Bears Ears symbolize our continued struggle to stand up for Mother Earth. We are assured that the current lawsuits will have wide implications, as we continue to advocate for our sacred ground.

Keystone Pipeline XL

The Keystone oil pipeline system was built to carry hundreds of thousands barrels of petroleum per day from the forests in western Canada to oil refineries and ports on the Gulf Coast.

This outdated, dirty energy system already disfigured North Dakota, South Dakota and Nebraska, and the State Department wants to add another 1,179-mile addition to the pipeline, called the Keystone XL.

In 2018, when green energy has proven to be cost-effective and

Continued on back cover

Indiana, Iowa, Maine, New Jersey, New York, Mississippi, North Carolina, Texas, Vermont, Virginia, West Virginia and American Samoa.

SysAdmin, Audit, Network and Security or the SANS Institute Research Director Alan Paller there is evidence that CyberStart radically improves the quality and preparation of people entering the cybersecurity field.

Registration will end on Feb. 16. The first 10,000 high school girls registered may play the game online from February 20 through 25.

An introductory web site with a sample challenge is now available online at GirlsGoCyberStart.com.

"The new Nevada economy is innovation and technology-based, and every industry requires talented cybersecurity professionals," Governor Sandoval said. "I'm excited to offer this opportunity for young ladies in the Silver State to explore the world of cybersecurity."

T B C C

Tri Basin Cultural Committee



Recruiting for 5 Members

Want to learn more about OUR ancestral past and Traditional Cultural Properties? Want to learn about the Great Basin People's history and cultural items, as well as PROJECTS that may affect them?

Join the RSIC Tri Basin Cultural Committee (TBCC)!

The TBCC is an advisory board to the RSIC Cultural Resource Program/Tribal Historic Preservation Office (THPO). The RSIC Cultural Resource Program/THPO is active in reporting, commenting, reviewing, assisting, & monitoring Federal, State, Tribal, and local agencies on their potential impacts to Native American Cultural Resources.

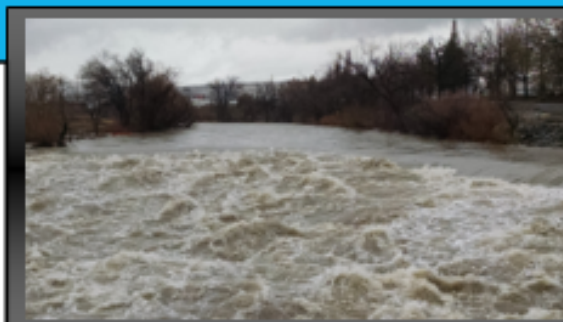
Please submit a letter describing your interest in
joining the TBCC to the
RSIC THPO 1995 E. Second Street, Reno, NV

ACCEPTING LETTERS OF INTEREST UNTIL February 16, 2018.

All TBCC members must be enrolled members of the RSIC & abide by the RSIC Standing Rules for Committees & Advisory Boards and Statement of Confidentiality. TBCC members are required to attend 12 paid meetings (\$75 per meeting) per year which requires field site visits & your review and comment on projects.



For more information or if you have questions contact **Michon R. Eben** (RSIC THPO/Cultural Resource Manager) or **Tobey Allen** (THPO Assistant/Oral Historian) at (775) 785-1326.



Will United States Government Listen to United Nations?

Native American rights hinge on definition of discovery, Christian power

The definition of discovery per *Black's Law Dictionary*, Sixth Edition is: "*International law, as the foundation for a claim of national ownership or sovereignty, discovery is the finding of a country, continent, or island previously unknown, or previously known only to its uncivilized inhabitants.*"

The United States' (US justice system when dealing with American Indians is based on "The Doctrine Of Discovery".

It is a rigged system based on the old scam of "the bait and switch". The "bait" is the belief that there is liberty and justice for all. The "switch" is that the "Doctrine of Discovery" stipulates the supposed condition of reality that the white man owns everything because Columbus "discovered" it.

Therefore, whenever an Indian Nation sues the government for any reason, the government can put money on the table as compensation based on "the Time of Taking"--1492. That is pennies on the dollar.

Often, the lawyers walk away millionaires, the government gets clear land title and the Indians lose their homeland.

In coming generations, only history will show who the great warriors were.

Currently the government has not only put over a billion dollars on the table to entice the Lakota, but its lawyers also have the audacity to put "land" on the table. Land with a clear title? No, "trust land" with the government holding title and

the Federal Bureau of Investigations (FBI) coming and going at will.

Do the math. Is it worth losing your homeland so that the old geezers and only the old geezers in your Tribe receive \$10,000 each?

The words below by Steven T. Newcomb argue that the term 'Indigenous peoples' is correctly interpreted as 'dominated peoples'. He contends that the need for the United Nations (UN) Declaration on the Rights of Indigenous Peoples, adopted by its General Assembly on Sept. 13, 2007 – was a direct consequence of (1) a tradition of states defining Indigenous peoples as 'less-than-human' and (2) states constructing and institutionalizing in law and policy a framework of domination against Indigenous peoples.

However, far from being a remedy to these issues, not one of the 46 Articles of the UN Declaration addresses the issue of domination and Indigenous peoples.

A critical examination of the UN Declaration must account for the fact that state actors involved in foreign and international affairs are intent on maintaining the status quo and are quite cognizant of the social construction of reality.

In the US in particular, the framework of domination that constitutes US Indian federal Indian law and policy is traced to arguments found in Vatican

documents and Royal colonial charters of England that a discovering 'Christian prince or people', 'Christian state' or 'Christian power' had the right to assume an 'ultimate domination' (right of domination) as against original non-Christian ('heathen' and 'infidel') nations and peoples.

It was resources, lands, and self-determination issues that arose from this Christian European system of categorization which drove American Indian elders, spiritual and ceremonial leaders, scholars and activists into the international arena in 1977, and eventually resulted in the UN Declaration being adopted 30 years later in 2007.

It remains an open question as to whether the UN Declaration provides a means of overturning the dual tradition of domination and dehumanization that the US and other states have built and maintained for more than two centuries.

In the case of the US, such a reform on the basis of the UN Declaration seems highly unlikely, given the unwillingness of the federal government, including the US Supreme Court, to disavow or discontinue using its system of dominating categories against Indian Nations and peoples.

Editor's Note:

The proceeding was submitted by Steve Melendez of the RSIC & President of the American Indian Genocide Museum

YOGA WITH KIM

TUESDAYS
12:10-12:50PM
Vinyasa HIIT Fusion Yoga (ADD CARDIO TO YOUR YOGA PRACTICE WITH CARDIO CIRCUITS)
 STARTS FEBRUARY 1

NEW CLASS ADDED!

LAST TUESDAY OF THE MONTH
12:10-12:50pm
Gentle Chair-Based Yoga (INCREASE FLEXIBILITY WITH NO MAT WORK)


THURSDAYS (SLOW FLOW FOR ALL LEVELS)
12:10-12:50PM
Vinyasa Yoga

ALL CLASSES AT RSTHC 1ST FLOOR CONFERENCE ROOM

OPEN TO RSTHC PATIENTS AND EMPLOYEES
 ALL LEVELS WELCOME
 SIGN UP NOT REQUIRED
 ALL EQUIPMENT PROVIDED

SPONSORED BY THE
 RSTHC DIABETES PROGRAM


QUESTIONS? CONTACT STACY AT 329-5162 X1945



SELF DEFENSE CLASS

with Christian

@ the Three Nations Wellness Center
 Tuesdays 5:30pm - 6:00pm
 Call (775)329-5162 ext. 1948 for questions



In Honor of American Heart Month...

Your heart works hard for you all day & night, so get pumped up about treating it right!

Come Celebrate the

Loving Every Beat

Photo Booth

2.23.2018 10-12pm

For Questions or more information, please contact Stacy or Gina X1945, X1949

Sponsored by the Diabetes & Community Health Departments



LET'S SPINN


SPINNING WITH MICHELLE

FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

No Room in Class? SCHEDULE A SPINN APPOINTMENT WITH MICHELLE!

Questions Contact Michelle @ 329-5162



Legal Notices, Public Announcements

Ordinance reminder, committee recruitment, student art show & sale opportunity

Abandoned Vehicle Notice

Under the Solid Waste Ordinance 46, residents can have no more than one (1) abandoned vehicle on their property. In the coming months Tribal Police will be contacting property owners who may have more than one abandoned vehicle on their properties and assist them with any unwanted or illegal abandoned vehicles.

ORDINANCE 46. 1-1-12. Abandoned Vehicles.

No person shall abandon a vehicle upon Colony lands or private property without the express consent of the owner for person in lawful possession or control of the property. No person shall keep more than one unregistered vehicle on their property or property under their control or possession if the vehicle is no longer intended for or in condition for lawful use on public roadways.

Recruitment for Education Advisory Committee

The Education Advisory Committee advises and comments on Education Department programs that serve RSIC children, families and community members. The Education Advisory Committee membership consists of five members who meet monthly and are provided a monthly meeting stipend for participation. The committee members will consist of three tribal members and two community residents. Under the Federal Guidelines 25 CFR §273.15, "Indian Education Committees are elected from among parents or legal guardians of eligible Indian students enrolled in the school(s) affected by a contract(s)." The members are appointed by the Tribal Council and shall serve a term of two years. The committee members must abide by the Tribal Council Standing Rules & Statement of Confidentiality.

Please submit a letter of interest to:

Reno-Sparks Indian Colony
Education Department
34 Reservation Rd.
Reno, NV 89502

Heard Museum Guild American Indian Student Art Show & Sale

The Student Art Show & Sale attracts the work of American Indian student artists from all over Northern America. Students compete for ribbons and cash prizes in 13 categories and two age divisions. The show provides student the opportunity to exhibit and sell their work in the world famous Heard Museum. Through the sale of note cards, featuring student art selected from the show, the Heard Museum Guild contributes funds to the Guild's intern/scholarship program. Teachers of students entering the show may apply for art supply grants.

Division I, Grades 7-9: 1 entry per student

Division II, Grades 10-12: 2 entries per student

2018 Student Art Show and Sale Schedule

March 12-19

Artwork entries received In the Monte Vista Room

March 23

10 a.m. – 3 p.m.

Preview of show – No Sales

Noon – 5 p.m.,

Printmaking Workshop for artists entered in show conducted by Jake Meders, Mechoopda Indian Tribe of Chico Rancheria, CA, local artists, MFA degree in Print Making and ASU Instructor (Please RSVP to retasevertson@gmail.com)

5:30 – 8 p.m., Opening Night Silent Auction & Sale for museum members, friends and family. Monte Vista room

March 24-26

During museum hours, the Show & Sale is open to the public at no charge when entering through the Monte Vista Room

To apply: Visit heardguild.org. click on "Student Artists" do download rules and required application forms. Questions: studentartshow@heardguild.org

Legal Notices, Public Announcements

Public meeting, committee recruitment, ordinance reminder

Invitation to attend Reno-Sparks Indian Colony Constitution Revision Work Group Meeting

Reno-Sparks Indian Colony members are invited to the first meeting of 2018 for the Reno-Sparks Indian Colony Constitution Revision Work Group.

WHEN: Monday, March 12 - 6 – 8 p.m.

WHERE: 34 Reservation Rd., Building A

WHAT: The Constitution work group will resume meeting to consider amendments to the RSIC Tribal Constitution. Tribal members are welcome to attend and participate in the constitution work group.

The Reno-Sparks Tribal Council supports the establishment of a Constitution Revision Work Group ("the Work Group") for the purpose of:

- (1) Soliciting input from Colony members and other sources regarding potential amendments to the Reno-Sparks Indian Colony's constitution
- (2) To gather information on those potential amendments
- (3) To conduct colony membership meetings to discuss those potential amendments and
- (4) To prepare proposed amendments to bring forward to Tribal Council for approval. This may result in a secretarial election by the end of 2018.

Recruitment for Housing Advisory Board

HAB is actively seeking interested community members to sit on the Housing Advisory Board.

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

Tom Dressler
RSIC Housing Director
c/o 34 Reservation Road
Reno, NV 89502

NO DRUGS ALLOWED

The RSIC continues to be a dry reservation, alcohol is illegal. All Housing units (Low Rent) and (Homeownership) are drug free units.

With the recent passing of legalized marijuana in Nevada, people assume that the reservation is allowing this legalization. We are on government land and we still receive funding under the HUD housing, therefore, we must abide by the "No Drugs" policy in our units.

It is still against the law to do drugs in our units, therefore, we are informing you if you choose to do drugs in our units, and the police are called, you can be arrested. We will take the necessary steps to start the eviction process against anyone who chooses not to abide by this law.

This is your notice that the reservation and the HUD units you reside in are still "DRUG FREE".

If you see something, say something ... You can call the police and stay anonymous. The phone number to call is 911, or non-emergency is 323-2677. If you have any questions, you may call the Housing office at 785-1300. Your cooperation in this matter is greatly appreciated.

Recruitment for Pow Wow Committee Members

The Numaga Indian Days Pow Wow committee is seeking Reno-Sparks Indian Colony Tribal members to serve on its committee. There are **TWO** vacancies.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years.

If you are interested in becoming a Numaga Indian Days Pow Wow committee member, please submit your completed application to:

**Reno-Sparks Indian Colony
Pow Wow Committee**
ATTN: Tribal Administrator
34 Reservation Road
Reno NV 89502

February









Reno-Sparks Indian Colony

Senior Program - Activities

34 Reservation Road Bldg F

Reno, NV 89502






775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Come meet Ryan Lia, Activities Coordinator</p> <p>He has some new and exciting craft projects for you to learn & have fun</p>			<p>1</p> <p>Blood Pressure Check 11:30 am</p>  <p>Errand Day: Shopping, Pay Bills</p>	<p>2</p> <p>Brunch 10:00 am</p> 
<p>5</p> <p>Tone & Fit 12:30 pm</p> <p>SAC Meeting 1:00 pm</p> <p>*Valentine Crafts 10:00 am & 1:00 pm</p>	<p>6</p> <p>Tribal Police Presentation 12:00 pm</p> <p>*Valentine Crafts 1:00 pm</p> <p>Star Quilt Class</p> <p>Language Program 5-8 pm. Limited spots, must sign up with language program</p>	<p>7</p> <p>Blood Pressure Check 11:30 am</p> <p>Language Class 12:45pm</p> <p>*Valentine Crafts 10 am - 2 pm</p> <p>Reno Potluck & Night Bingo 5:30 pm</p> 	<p>8</p> <p>Galaxy Theaters 12:30 pm</p> 	<p>9</p> <p>Tone & Fit 12:30 pm</p> 
<p>12</p> <p>Tone & Fit 12:30 pm</p>  <p>*Valentine Crafts 10:00 am & 1:00 pm</p>	<p>13</p> <p>Valentines Bake Sale 10:00 am – 2:00 pm</p>  <p>1:00pm Errand Day</p> <p>Star Quilt Class 5-8 pm</p> <p>Limited spots, must sign up with language program</p>	<p>14</p> <p>Chair Volleyball 10:00am</p> <p>Blood Pressure Check 11:30 am</p> <p>*Valentines Bake Sale 10:00 am – 2:00 pm</p> 	<p>15</p> <p>Birthday Bingo 12:30 pm</p> 	<p>16</p> <p>Brunch 10:00 am</p> 
<p>19</p> <p>Closed Presidents Day</p> <p>No Lunch Served or Delivered</p> 	<p>20</p> <p>Food Pantry Commodities</p> <p>Century Theaters 12:30pm</p> <p>Star Quilt Class 5-8 pm</p> <p>Limited spots, must sign up with language program</p> 	<p>21</p> <p>Language Class 12:45pm</p>  <p>1:30 pm Crafts: Crochet Blankets</p>	<p>22</p> <p>Environmental Presentation 12:00 pm</p>  <p>1:00 pm Crafts: Crochet Blanket</p>	<p>23</p> <p>Tone & Fit 12:30 pm</p>  <p>1:00 pm Crafts: Crochet Blanket</p>
<p>26</p> <p>Tone & Fit 12:30pm</p>  <p>1:00 pm Crafts: Crochet Blanket</p>	<p>27</p> <p> Community Health & Nutrition Bingo 12:30 pm</p> <p>Star Quilt Class 5-8 pm</p> <p>Limited spots, must sign up with language program</p>	<p>28</p> <p>Blood Pressure Check 11:30am</p>  <p>Language Class 12: 45 pm</p> <p>1:30 pm Craft: Crochet Blanket</p>		

***** Activities and gifts for SAC Bake Sale 10:00am and 1:00pm

February

**Reno-Sparks Indian Colony
Senior Center – Menu
34 Reservation Road,
Building F
Reno, NV 89502
77-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>~ Reminder ~ To call before 10:00 a.m. to cancel or add your meal delivery</p>			1) Soft Taco on whole wheat tortilla Lettuce and Tomato+ Black Beans Tropical Fruit * Milk	 <p>2) Brunch Cream of Wheat Whole Wheat Toast Boiled Egg Fresh Fruit* Cherry Tomatoes+ Milk</p>
5) Lemon Salmon Rice Pilaf Zucchini and Carrots* Fruit Cocktail* Milk	6) Tomato Soup+ Grilled Cheese on whole wheat Cucumber slices* Mandarin Oranges* Milk 	7) Beef Liver Gravy Egg Noodles Carrots+ Pears* Milk	8) Pork Chop on whole wheat Pasta Mixed Veggies+* Apricots* Milk	9) Turkey Hot Dog Coleslaw +* Fruited Jell-O * Milk
12) Beef and Broccoli Brown Rice Carrots+ Fortune cookie Pineapple* Milk	13)  Navy Bean Soup Green Salad* Apple+ Milk	14) Swedish Meatballs Fettucine Pasta Normandy Blend Veggies+* Tropical Fruit* Milk 	15) Birthday Bingo Lasagna with ground turkey Green Beans+ Mixed berries* French Bread Milk 	16) Brunch Biscuit and Gravy With turkey breakfast sausage V-8 Juice +* Banana Milk
19) Center Closed Presidents Day No Lunch served or delivered	20) BBQ Chicken Wild Rice Steamed cauliflower* Apricots+ Milk	21) Chef's Salad+* Breadstick Tomato Wedge+ Pears* Milk	22) Tuna Casserole Peas and Carrots Pasta Peaches* Milk	23) Pepperoni and Olive Pizza Tomato and Cucumber Salad+* Grapes* Milk
25) Shredded Beef taco on whole wheat tortilla black beans Lettuce and tomato+ Banana Milk 	26) Cream of Broccoli Low sodium Ham and cheese sandwich on whole wheat Lettuce & Tomato + Fruited Jell-O * Milk	28) Open faced Turkey Sandwich Corn+ Mandarin Oranges* Milk	March 1) BBQ Ribs Sweet Potato Tots+ Watermelon* Milk	March 2) Brunch Spinach and Egg scramble* Whole Wheat bagel Tomato Wedges+ Grapes* Milk

IMPORTANT
Please TIE up your dogs during
delivery times 10 am – 1 pm



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



Reno-Sparks Indian Colony

LANGUAGE & CULTURE PROGRAM

TUESDAYS IN FEBRUARY

STAR QUILT

PILLOW CLASS

- WITH INSTRUCTOR MARY BURNETTE -

MID TO ADVANCED LEVEL SEWING SKILLS REQUIRED

MATERIALS WILL BE PROVIDED

SPACE IS LIMITED

Starts THURSDAY, FEB 8....then

EVERY TUESDAY IN FEBRUARY - 2018

5:00 PM - 8:00 PM

RSIC SENIOR CENTER - 34 RESERVATION RD.

FOR MORE INFORMATION, CONTACT

THE LANGUAGE & CULTURE PROGRAM AT 775.785.1321

Pipeline

friendly to the environment, to extract petroleum energy from this pipeline source requires far more fuel, water and carbon emissions than even the next conventional dirty oil and gas methods. Our own State Department concluded that production of oil-sands petroleum creates about 17 percent more carbon pollution than production of conventional oil.

In December, because of increasing construction costs, the Canadian-based conglomerate building the pipeline system announced it would “take some time” before considering whether to build the \$8 billion project.

While one of the world’s biggest public companies—valued by *Forbes Magazine* at \$40.6 billion, considers its options, Indian Country will stay

its course to push for safer fuel alternatives.

Healthcare

Members of 567 federally recognized American Indian and Alaska Native Tribes and their descendants are eligible for services provided by the Indian Health Service (IHS).

Just over 2 million Native Americans rely on IHS for care from preventative to major health issues.

The American Indian and Alaska Native people have long experienced lower health status when compared with other Americans. Our people have and continue to endure the typical predictors of poor health ---poverty, unemployment, extremely low high school graduation rates---much more frequently than other populations.

In fact, according to a Pew Study, in 2001, the federal

government allocated \$7.7 billion for prisoners while IHS was allocated \$6.7 million in 2014 as reported by the United States Department of Health and Human Services.

Furthermore in 2008, the State of Nevada spent \$3,584 per prisoner, while the government spent \$2,849 per American Indian (MacAurthur Foundation).

Diseases of the heart, malignant neoplasm, unintentional injuries, and diabetes are leading causes of American Indian and Alaska Native deaths (2008-2010).

American Indians and Alaska Natives continue to die at higher rates than other Americans in many categories, including chronic liver disease and cirrhosis, diabetes mellitus, unintentional injuries, assault/homicide, intentional self-harm/suicide, and chronic lower respiratory diseases. The majority are curable diseases.



Good Medicine — *Jingle Dress Dancers began the 2nd Annual Women’s March down Virginia Street through Reno. The healing dance performed by a dozen jingle dressers proceeded directly over the Truckee River. From left to right, dancers are: Jaime Garcia-Calito, Emileigh Mason, Crystal Cariega, Teresa Melendez, Angie Alsobrook, Corey Poafpybitty, Olivia Chasing Crow, Lorri Chasing Crow, and Brynn Torres. Additional dancers leading the procession were Summer Dressler, Jenna Moody and Dania Wahwasuck.*

Photo by Judy Martin