

Wá bíba úm múše eš gí

Translation- "Read It Here"

Highlights of what's inside

Things to know as winter nears—page 8

Living in close quarters can have adverse health affects.

Washoe Education Department Contacts—page 20

Stay in touch and help your child(ren) excel in school.

Native Arts & Crafts for the Holidays—page 21

Vendors are needed for the December event.

Rabbit Skin Blanket Demo—page 21

Bring scissors and learn how to make dayoliti compliments of the Cultural Department.

Take in a Wolf Pack Sporting Event FREE—page 23

November marks Native American Heritage Month.

Forest Service Gathering Policy—page 24-25

A copy of the policy is shared compliments of the Cultural Dept.

See page 2 for newsletter submission and deadline information.

What can you do to help your Washoe youth graduate?

Recognition is one of the keys to our youth graduating. According to a recent article in U.S. News & World Report magazine graduation rates are dropping among Native American students. Comparatively, while Latino and black students are gaining ground, American Indians are slipping, a new report shows.

In a June 6, 2013 article by Kelsey Sheehy of U.S. News & World Report magazine it was reported that major gains are being made among black and Latino students. In fact, they pushed the nation's high school graduation rates to near record levels. It went

(Continued on page 2)

Survey Instructions: Please circle your answer or write explanation.

Where do you reside?

- Woodfords
- Dresslerville
- Carson
- Stewart
- Off-Reservation

What school does your child attend?

Have you ever attended the TANF education End of the Year Awards Celebration?

- Yes
- No

If No, what is the reason

- Location
- Transportation
- Other: _____
- _____
- _____

Where do you prefer the Awards Celebration to be held?

- On colony
- At school
- Other: _____

What can we change to better acknowledge your student(s)?

Please clip and submit

(Continued from page 1)

Help Your Youth Graduate

further to report that "Native American students are not enjoying the same boom."

According to the article national Native graduation rates are slipping with only 51 percent of Native American students in the class of 2010 earning a high school diploma. That rate is reportedly down from 54 percent in 2008, when graduation rates for Natives reached its peak.

The real issue was described by RiShawn Biddle, director of communications for the National Indian Education Association, as a tremendous crisis for Native education.

Lack of recognition is one of the key concerns. One way you can help is by raising awareness of the Native American Awards Survey. Each year, at the end of the school year the Washoe Tribe's Education Department acknowledges our Native American children and their accomplishments.

"Our Indian Education Advisors track all the children's accomplishments throughout the school year. Then they know who to recognize and for what" said Jillian Fillmore, Education Coordinator for the Washoe

Tribe. "This recognition will go a long way in giving the students self-esteem and a sense of accomplishment which, in-turn results in improved achievement in school and beyond."

It is important to remember also that humility goes along with self-esteem. According to Carl Pickhardt, Ph.D. in his Psychology Today article, "Adolescence and Self-Esteem", *self-esteem is not independent of morality. Strong self-esteem does not prevent wrongdoing. It is also independent of outcome. It does not assure accomplishment. If you want to feel proud of yourself, you've got to do things you feel proud of. Feelings follow actions.* Those actions then must be recognized, with a dose of humility.

Another key element of student success was proven by a major study by the SEDL (Southwest Educational Development Laboratory 2002). Their report showed evidence from 51 studies over the preceding decade that the effect of parent involvement on student learning was crucial to success. Students with involved parents, no matter their income or background, are more likely to: Earn higher grades and test scores, and enroll in higher-level programs; Be promoted, pass their classes and earn credits; Attend school

November CALENDAR

Dresslerville Community Council Meeting

Wednesday, November 6, 6:00pm

Tribal Council Meeting

Friday, November 8, 6:00pm
Stewart Community Center
(subject to change)

Veteran's Day

November 11th—Tribal Offices Closed

Carson Colony Community Council Meeting

Wednesday, November 13, 6:00pm

Woodfords Community Council Meeting

Thursday, November 14, 6:00pm

Off-Reservation Meeting

Saturday, November 16, 10:00am
Historian Inn Conference Room

Stewart Community Council

Tuesday, November 19, 6:00 pm

WHA Annual Turkey Bingo

November 21, 6:00pm

Thanksgiving Holidays

Nov 28 & 29—Tribal Offices Closed

regularly; Have better social skills, show improved behavior and adapt well to school; Gradu

(Continued on page 3)

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Washoe Tribe or Tribal Council. This Tribal Newsletter encourages tribal members and their families to submit letters, articles, photographs, and events to be considered for publication. These are subject to editing. Contributing writers, and photographers include tribal community members, tribal employees and other sources as appropriate. To ensure timely publication of submissions contact information must be provided. Addresses, phone numbers, e-mail addresses, and other provided contact information will not be published, unless requested.

Disclaimer: All dates are subject to change. We reserve the right to refuse any submission with final approval by the Tribal Chair or Vice Chair. Absolutely no campaigning for political gain allowed.

Submission deadline: Items submitted for publication must be received no later than 5pm on the 15th of each month unless a later deadline is otherwise posted. Unformatted electronic submission preferred. Printed monthly January through December. Published on or around the first of each month.

Submissions: Submissions may be mailed to Washoe Tribal Newsletter, 1246 Waterloo Lane, Gardnerville, NV 89410 or emailed to djohnson@washoetanf.org or faxed to 775-782-6892, Attention: Newsletter Editor. **Questions? Call 775-782-6320**

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Help Your Youth Graduate ate and go on to post-secondary education.

In an effort to gain insight into how to get more students recognized the Education Department would like your input. This input can help to prepare for the upcoming school year and get more students the recognition they deserve.

Washoe Tribe's Education Department is run by the Washoe Native TANF Program.

If you would like to help please complete the survey questions (front page) and return to the Education Department at 1248 Waterloo Lane, Gardnerville, NV 89410 or fax to 775-782-6892 or email to jmramos@washoetanf.org or return directly to your school's Indian Education Advisor.

Fall Head Start Program Wait List

Each year there continues to be a long waiting list for the Washoe Tribe Head Start program. You can still call 775-265-1074 or go by the Dresslerville or Stewart centers to pick up an application however, our classes are currently full and we cannot guarantee enrollment. If your child is 3 to 5 year old you may still be put on a waiting list for September, 2013 - May, 2014.

Children must be 3 years old before October 1st to meet the age requirements and not turn 5 until after October 1st. The program is offered in the Dresslerville and Stewart communities and is a comprehensive child development program with the goal of increasing school readiness of young children. Hot nutritious meals, socially inviting activities, making new friends lead to success in their school environment and beyond in their careers.

TANF's goals become reality for San Joaquin couple



The Stockton TANF office staff extends best wishes to their newest San Joaquin couple, Emily Gritts and Travis Brodehl,

who were married on September 21, 2013.

Their marriage is just the latest of many successes that the bride, Emily, has experienced within her first year of beginning the TANF program. With the support of Travis, Emily has obtained her Dental Assistant Certificate, and was hired full-time at the office where she



completed her externship. Now with the assistance of TANF's Marriage Promotion program Emily, along with her two sons, Gabriel and Benjamin, and Travis have fulfilled their dream of becoming a two-parent family. Prior to their marriage Emily and her 'husband-to-be' researched and implemented her Cherokee "Three-Blanket" tradition, that dictates Emily and Travis individually wear blue blankets during the ceremony and then transition to a single white blanket after taking their vows. Again congratulations to this successful TANF couple on their special day.

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Nevada City staff attends outreach event

Nevada City TANF employees; Rachel Moyer and Pam Aspinall, hosted an outreach booth at the Big Time Pow Wow in Auburn on Saturday, Oct 19th. The event was organized by Sierra Native Alliance, who stated that this was their 7th year hosting this event. Rachel and Pam had many individuals and families come visit their booth, not just from nearby Nevada and Placer Counties. They also came from the greater Sacramento and San Joaquin areas, as well as from the bay area. A good time was enjoyed by all!



Stockton TANF provides outreach at Multi-Cultural Health Day

The San Joaquin Regional TANF Office announced that they, once again, participated in the annual San Joaquin Communities Partnership for Families' "Multicultural Health Day," on October 19, 2013. This was their fifth consecutive year of involvement, and they were among the fifty-five community family agencies representing the San Joaquin Region. In all, over a thousand adults and children were in attendance, with the TANF Outreach Booth frequently visited for inquiries by drop-



ins. Staff disbursed various informative outreach materials throughout the day explaining TANF supportive services and eligibility requirements. The event provided local families with access to free health services, community resources, raffle prizes, and various cultural and high school entertainment. With such a large

attendance at the event, TANF staff was grateful for the five client volunteers who assisted with staffing needs.

**Dresslerville
AA Meetings**

**Washoe Family Healing
Center Front Lobby**

**Wednesdays
6:30 -7:30 pm**

Questions:
Call Christine @ (775) 781-0589
or Karen @ (775) 265-5001

EPA WARNING ON CARPETS

9/30/2013—WASHINGTON--The U.S. Environmental Protection Agency (EPA) is finalizing a rule that will allow the agency to restrict imports of potentially harmful perfluorinated chemicals that could be used in carpets. The regulation will require companies to report to EPA all new uses, including in domestic and imported products, of these chemicals once used for soil and stain resistance in carpets. These chemicals have been shown to persist in the environment and bioaccumulate in humans and animals – they represent a potential threat to American's health. This action follows the U.S. chemical industry's voluntary phase out of these chemicals and a range of actions by EPA to address concerns with these chemicals. "While this category of chemicals has largely been voluntarily phased out by the U.S. chemical industry and not in use in this country, they could still be imported in carpets. This action will ensure that EPA has the opportunity to take action to restrict or limit the intended use, if warranted, for any new domestic uses or imports," said Jim Jones, EPA's Assistant Administra-

(Continued on page 17)

New Faces Keep the Washoe Tribe Moving Forward

Below are the new faces the Washoe Tribe hired, transferred or promoted since the last newsletter:

<u>NAME</u>	<u>DEPARTMENT</u>	<u>POSITION</u>	<u>START DATE</u>
Benjamin Brooks	Clinic	Dentist	9/23/13
Julie Barr	Clinic	Licensed Practical Nurse	9/16/13
Daniel Molina	TANF	IT Tech. (Emerg)	9/16/13
Robert Box	Head Start	Cook	9/30/13
Rosalyn Krings	Head Start	Teacher I	10/1/13
Jillian Fillmore	TANF/Ed	Education Coordinator	10/1/13
Gage Parriette	WDG	Retail Store Clerk (Transfer)	10/7/13
John-Paul Belt	WDG	Retail Store Clerk (Transfer)	10/7/13
Jennifer Baragno	Clinic	Benefits Coord. I (Promotion)	10/7/13
Janett Rudow	Clinic	Benefits Coord. II (Promotion)	10/7/13
Melanie Parriette	WDG	Retail Store Clerk (Transfer)	10/9/13
Blaine Brown	Clinic	Janitor/Maint. Worker II	10/14/13
Elvia McDonald	Clinic	Benefits Coordinator I	10/21/13
Robert Gervais	Maintenance	Building Maint. Specialist	10/21/13
Beverly Guariglia	WDG	Retail Store Clerk I	10/22/13



Employee statistics as of October 1, 2013

Total # of employees:	311
Total # of females:	204 68%
Total # of males:	107 32%

EEO Statistics:

Caucasian	101	32%
Hispanic	23	7%
Asian	8	2%
Black	5	2%
Amer Indian	174	56%
<i>Washoe 97 / Other A.I. 77</i>		

WASHOE HOUSING AUTHORITY

NEWSLETTER

DUMPSTER USAGE POLICY

At the regular Washoe Housing Authority Board of Commissioners (WHA BOC) meeting held on November 8, 2012, the WHA BOC implemented a Dumpster Usage Policy. The Dumpster Usage Policy along with required forms will be available at the WHA office or you may ask one of our maintenance staff for a copy. The new policy and dumpster request process now requires a \$20.00 refundable deposit and a \$30.00 payment for the dump fee. Elders are exempt from these fees. Elders are defined as 62 years of age or older or between 55-62 years of age and disabled. Dumpster requests will now be processed with the following priority wait list: (1) Elders-Managed Units; (2) Elders-Unmanaged Units; (3) Managed Units; and (4) Unmanaged Units. The priority list is implemented when the WHA has dumpsters available in between WHA projects.

DEFENSIBLE SPACE MEMO

To keep a home safe from fire hazards remember to keep a defensible space around your home. Please remember that all participants are responsible for maintaining the exterior of the property, including yards. Properly dispose of any weeds, yard debris or accumulation in order to keep the residence in decent and safe condition. Fire wood stacks are never to be within 10' of the home. Never stack wood directly against

the home or on porches.

In accordance with the Tenant Lease and Homeownership Agreement, any outside burning of yard or other debris is not allowed on the property of any Washoe Housing Authority (WHA) managed Homeownership or Low Rent Home.

Thank you for your cooperation in this matter. Please contact the Washoe Housing Authority Client Services Department should you have any questions or concerns.

COLD WEATHER READINESS TIPS:

It's that time again to get ready for cold weather!

Here are a few tips that can help you to get your home ready:

Change your furnace filters.

Clean your gutters.

Service your water heater by draining and refilling.

Turn off outside water valves.

Remove your garden hose from the outside hose bib.

Have your chimney swept before beginning to use your wood stove.

WHA UPCOMING ACTIVITIES

Annual WHA Turkey Bingo – November 21, 2013 at 6:00 p.m.

The WHA will be closed on the following day:

November 11, 2013 – Veteran's Day

November 15, 2013 – WHA BOC Strategic Planning Session

November 28 and 29, 2013 – Thanksgiving Day and Family Day

Washoe Housing Authority Board of Commissioners

Carson Indian Community
Chad Malone, Vice-Chairman
Beverly Barbour, Alternate

Dresslerville Community
Anthony Smokey, Commissioner
Johnny Erwin, Alternate

Stewart Community
Stan Smokey, Commissioner
Jacqueline Steele, Alternate

Woodfords Community
Deirdre Jones Flood, Chairwoman
Jessie Silva, Alternate

Off Reservation
Elizabeth Lana Hicks, Secretary/
Treasurer Debra Keats, Alternate

Washoe Housing Authority Staff

Administration
Raymond E. Gonzales, Jr., Executive Director
Annette Alvarado, Executive Asst.

Finance
Nancy Nizankiewicz, Finance Mgr.

Client Services
Tasha Hamilton, Client Services Mgr.
Jeriann Lopez, Client Services Specialist
Sari Payne, Project Implementation Specialist

Development
Richard Lombard, Development & Modernization Manager
Nate Dondero, Skilled Laborer
Billy Enos, Skilled Laborer
Marvin Pahe, Skilled Laborer

Maintenance
Gary Nevers, Maintenance Mgr.
Dave Roberts, Maintenance
Loren Lundy, Sr., Maintenance

Truancy Prevention

Here's to another great school year! October 18th was the end of the quarter for most schools. **Does your child have perfect attendance?** If so please contact Rhonda Medicine Crow at (775) 434-5775 so that we may begin acknowledging them in next month's newsletter.

The Washoe Tribe of NV & CA Truancy Prevention Program is dedicated to the education of our children. Our tribe has numerous tribal programs ready and willing to support our Tribal families and community members regardless of living on or off the reservation. Not to mention non-tribal resources that we have worked hard to build trusting relationships with that may be called upon if needed.

What is Truancy? Truancy according to the Washoe Tribal Law and Order Code is any absence that has not been excused by a parent or guardian. At least half of unexcused absences seen are due to parents/guardians lack of communication with school officials. All it takes is a phone call or note to the attendance secretaries to clear up an absence..

All absences affect our children! When a child is chronically late to school it begins to be a pattern that will last with that child for the rest of his/her life. During their Elementary School days the first 15 minutes of school are the most important; teachers explain schedules for the day, reading specialist come to assist youth in reading, directions are presented so that class may carry out projects, ect. As a parent you still may wonder and say, "That's still not that bad". Except everyday a child misses their class time, they begin to feel less capable. Less capable of knowing what is happening.

**As parents/guardians teaching and empowering our children to have a strong commitment to learning is vital!
Education means POWER! Power means CHOICES and FREEDOM!**



New "PR" Cowbell for Truancy Prevention!!



Culture is Prevention! When our kids are engaged in our culture they are less likely to engage in negative behaviors.



Students participating in "WhyTry" training for Truancy Prevention....

WT Chairman Kizer, WWCC Chairman Ellis supporting community wellness at Alpine County Health Fair with Truancy Prevention Specialist.



Carson youth at Carson Colony Halloween Party representing Truancy Prevention!!



Things to Know as we Live in Close Quarters for the Winter

Seasonal flu activity can begin as early as October and continue to occur as late as May. Flu cases were reported at the University of Alabama at Birmingham as early as September, and now is the time to prepare for the upcoming flu season, said Fernando Ovalle, M.D., professor of medicine in the UAB School of Medicine and senior scientist in the UAB Comprehensive Diabetes Center. (Posted on September 28, 2013 by Stone Hearth News)

Every season, there is the question, "Is it a cold or the flu?" Here's the lowdown:

The common cold and flu are caused by different viruses but can have some similar symptoms, making them tough to tell apart. In general, the flu is worse and symptoms are more intense.

COLDS: Usual symptoms include stuffy or runny nose, sore throat and sneezing. Coughs are hacking and productive. **It's unusual to have fever, chills, headaches** and body aches, and if they do occur, they are mild.

FLU: **Fever is usually present, along with chills, headache and moderate-to-severe body aches and tiredness.** Symptoms can come on rapidly, within three to six hours.

Coughs are dry and unproductive, and sore throats are less common.

PREVENTION: To avoid colds and flu, wash your hands with warm water and soap after you've been out in public or around sick people. Don't share cups or utensils. And, get a flu vaccination — officials say it's not too late, even in places where flu is raging.

TREATMENT: People with colds or mild cases of the flu should get plenty of rest and fluids. Those with severe symptoms, such as a high fever or difficulty breathing, should see a doctor and may be prescribed antiviral drugs or other medications. Children should not be given aspirin without a doctor's approval. (<http://www.webmd.com/cold-and-flu/cold-guide/flu-cold-symptoms>)

Another illness that is a problem living in close quarters is:

MRSA is methicillin-resistant *Staphylococcus aureus*, a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections. As with all regular staph infections, recognizing the signs and receiving treatment for MRSA infections in the early

stages reduces the chances of the infection becoming severe. MRSA is spread by:

- Having direct contact with another person's infection
- Sharing personal items, such as towels or razors, that have touched infected skin
- Touching surfaces or items contaminated with MRSA

What are the signs and symptoms for skin infections?

Most staph skin infections, including MRSA, appear as a bump or infected area on the skin. These bumps are often confused with a "spider bite"; however, bites from spiders generally itch whereas infections are painful. MRSA infection may be:

Red

Swollen

Painful

Warm to the touch

Full of pus or other drainage

Accompanied by a fever



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Things To Know

PREVENTION: According to a recent study published in the Journal of the American Medical Association, 50 percent of people who visit their doctor for upper respiratory infections receive an antibiotic prescription. **Antibiotics kill bacteria, not the viruses that cause colds or flu**, most coughs and bronchitis, sore throats not caused by strep, and runny noses. **Taking antibiotics when you don't need them or not as prescribed increases your risk of getting an infection later that resists antibiotic treatment.** Antibiotic overuse is a serious problem and a threat to everyone's health.

There are several things Dr.

Ovalle said we can do to give some protection from the Cold or Flu viruses and bacterial infections like MRSA:

- **Wash your hands often with soap and water or an alcohol-based hand rub.**
- Get a flu vaccine shot. The nasal spray vaccine is not safe for people with diabetes, asthma or immune system problems.
- Talk to your health care provider about the pneumococcal vaccine. It will help protect against pneumonia.
- Try to avoid close contact with sick people.
- Do not share personal items

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- Referrals are a request for medical care only and not a guarantee of payment. Any Washoe Tribal Health Center provider may refer a patient when medical services desired cannot be provided within the facility.

- The referral is limited to one medical treatment and/or appointment to the provider for each referral.
- A new referral must be obtained from the CHS Referral department for any follow-up appointments. If the provider you were referred to is requesting a consultation, x-rays, labs, etc... You must contact WTHC and obtain another referral for each requested service.
- Call in EVERY appointment. Each appointment re-

quires prior authorization from the CHS department.

- Call and notify a Referral Clerk as soon as you know the date of an upcoming appointment. Specialty care requires

Washoe Tribal Health Center's

TIPS

from Contract Health Services (CHS)

the submittal of a referral and/or medical justification to authorize the services or follow-up care. Please allow plenty of time for requested care to be reviewed.

- If you have insurance, CHS is not able to process any claims for payment until after the insurance has responded. If you are

Washoe Tribal Health Center Hours

Medical-Dental-Optometry-Community Health-Administration
-Contract Health Services-Patient Benefits Coordination-Patient Referrals-Billing Department-Medical Records

Monday – Friday 8am to noon and 1pm to 5pm

Lobby Hours

7:30am to 5:30pm

Pharmacy Hours

8am to 12:15pm and 1:15 to 5pm

Pharmacy Closed

12:15 to 1:15

receiving letters from your insurance, please bring them in.

- If you are receiving statements from an outside provider, please bring them in because the Washoe Tribal Health Center may not be listed as a payer.

- Contact a CHS staff member at the Washoe Tribal Health Center (775) 265-4215 or toll free (866) 280-3862 to report your

appointment dates and times, emergency room visit notifications or to update your demographics (name change, address, phone number or insurance, etc.). Your assistance in doing so is greatly appreciated!

If you have any question, **PLEASE** do not hesitate to contact us.

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Things To Know

such as towels, linens, razors or toothbrushes

- **Keep all surfaces, kitchen, bathroom and exercise equipment clean with disinfectant such as bleach 1 part bleach to 10 parts water**
- Practice the good-health habits like getting plenty of sleep and exercise, managing stress, drinking plenty of sugar-free fluids and eating healthy food.
- Keep track of blood glucose if you are a diabetic. It can be affected by illness.

Submitted from the Public Health Grant 2144



Undergraduate Student Mentoring Awards

Increasing diversity among wetland scientists is a priority of the Society of Wetland Scientists. Undergraduate students from underrepresented groups who are considering environmental careers are eligible for travel awards funded by the National Science Foundation and SWS regional chapters. The SWS student mentoring program provides career guidance and networking with leading professionals in academia, government agencies, NGO's and private consulting at the Society's annual meeting.

The awards provide:

- All travel expenses to the 2014 Joint Aquatic Sciences Meeting co-hosted by SWS, May 18-23 in Portland, Oregon. See application for details.
- Mentors to offer guidance and career advice
- Postgraduate and career workshops
- Networking opportunities to meet professionals from diverse fields
- The option to present a research poster

Application deadline: November 8, 2013

Visit www.sws.org/mentoring.mgl for more information and to access the application materials. Questions? Contact Dr. Frank P. Day at fday@odu.edu



JOINT AQUATIC SCIENCES MEETING
BRIDGING GENES TO ECOSYSTEMS:
AQUATIC SCIENCE AT A TIME OF RAPID CHANGE
MAY 18-22 | GREGG CONVENTION CENTER
Portland, Oregon

Community Emergency Response Team

(C.E.R.T.)

FREE TRAINING



November 2 & 3, 2013 8 A.M. - 5 P.M.
Stewart Wellness Center (Gym)

Disaster Preparedness, Fire Safety, Basic First Aid, Light Search & Rescue, Disaster Psychology, Terrorism & CERT, Disaster Simulation

Register with Rupert Burt Powers CERT Coordinator

Stewart Community 775-220-5824 or Lisa.christensen@washoetribe.us 775-790-7354

Lunch will be served both days!

European Dignitaries visit the Washoe Tribe

On September 30th, European dignitaries visited on a tour of the United States. Their purpose is to learn about politics, society, culture and history. The delegation is sponsored by the U.S. State Department's International Visitor Leadership Program and the University of Nevada Reno's Northern Nevada International Center.

Washoe Tribal and Community leaders and managers met with them at Tribal Headquarters to share with them the Washoe history, traditions, lands, and the Tribe's educational priorities and economic and business development initiatives.

The visitors included Ms. Anna Arkakelyan (Russian-Armenian Slavonic University, Armenia), Ms. Lara Comi (Member of the European Parliament, Italy), Dr. Yulia Shestova (Murmansk State Humanities University, Russia), Dr. Samuel Martín-Barbero, (Instituto de Empresa Business School, Spain), Mr. Robert Hammarstrand (Deputy Mayor of the City of Gothenburg, Sweden), Mr. Wael El Hajjar (BBC World Service, United Kingdom) and Mr. Eugene Vricella (U.S. Department of State Language Officer).

Representing the Washoe Tribe were Washoe Tribal Chairman Darrel Kizer, Hung A Lel Ti Chairman Geoffrey Ellis, Tribal Secretary/Treasurer Tamara Crawford, Off Reservation Representative Mahlon Machado, Dresslerville Vice Chairman Joseph McDonald, Dresslerville Councilman Anthony Smokey, and Hung A Lel Ti Councilwoman Deirdre Jones-Flood, Tribal program managers Captain Richard Varner (Washoe Tribal Police Department), Marie Barry (Director, Washoe Environmental Protection Department), Brett Reed (Washoe



Ranch Manager), Laura Jake-Keller mo (Washoe Tribal Planning/ (Human Resources) and Rob Beltra- Project Management).



Many thanks to the great partners of the Hung A Lel Ti Community and the Washoe Tribe – USDA Rural Development, Frontier Communications, Praxis Associates/CBC, Connect Nevada, and Alpine County – and to the Washoe Tribal IT and Grants Management de-

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Drum Groups and Dancers Needed

Inter-Tribal Council of Nevada, Inc. is seeking drum groups and dancers to perform for the opening and closing ceremonies for the 48th Annual Convention, November 4-7, 2013 at Circus-Circus, Reno, NV.

We are seeking at least one drum group and a few dancers (men & women) from each Nevada style; fancy, jingle, northern/southern traditional, grass, etc...

We prefer local drum groups who can commit their time for this event.

If interested please contact Deserea Quintana (775) 355-0600, itcn48@yahoo.com

Inter-Tribal Council of Nevada, Inc. 48th Annual Convention, November 4-7, 2013
 "Sustaining & Improving Our Tribal Communities"

Please visit www.itcnccdf.org for more information

Washoe Tribal Chairman Darrel Kizer swearing in new Washoe Tribal Gaming Agency Commissioner William Simpson - September 30, 2013



Nevada System of Higher Education Sponsored Programs Office/EPSCoR



Promote the opportunities and collaborations within science, research, education, and technology for NSHE institutions in Nevada

NASA Space Technology Research Fellowships (NSTRF)-Fall 2014

Application due date: November 13, 2013

The NSTRF14 solicitation for Space Tech Research Fellowships has been released.

This opportunity is for graduate students pursuing advanced degrees in STEM disciplines. The fellowship begins at the start of the Fall 2014 semester. The application deadline is November 13, 2013. The maximum award is \$68K per year.

Nevada System of Higher Education (NSHE) System Sponsored Programs Office provides infrastructure support to federal and state programs advancing the development of Science, Technology, Engineering & Mathematics (STEM) in Nevada.
NASA EPSCoR Nevada



For additional information and solicitations, please visit the NASA EPSCoR website at:

<http://epscorspo.nevada.edu/nasa/>

To view solicitation, go to:

[NASA Space Tech Research Fellowships](#)

Stay Connected



For information about EPSCoR opportunities visit:

<http://epscorspo.nevada.edu>



Contact Information: NSHE System Sponsored Programs Office, Nevada System of Higher Education Sponsored Programs Office/EPSCoR, **Martha Delgado** (702) 522-7082, martha_delgado@nshe.nevada.edu



**Save
The
Date**

48TH ANNUAL ITCN CONVENTION

The Inter-Tribal Council of Nevada, Inc. will be hosting
its 48th Annual Convention *November 4-7, 2013* at the
Circus Circus Hotel and Casino in Reno, NV.
The Convention will focus on topics of *Administrative Professional Training, Case
Management, Tribal Council Informative Sessions, and much more.*

Inter-Tribal Council
of Nevada, Inc., 680
Greenbrae Drive,
Suite 265, Sparks, NV
89431

Go to
ITCNCCDF.org
for the latest
Information.

ITCN will be hosting
exciting entertainment
during the 48th Annu-
al Convention,
Wednesday, Novem-
ber 6, 2013!

The Mad Hatters Ball
will follow the cocktail
hour, immediately
after the Honor Ban-
quet, with special per-
formances by Trey
Stone!

Please arrive in your
craziest, wackiest,
weirdest, homemade,
one-of-a-kind hats to
be entered into the
hat contest. You will
have a chance to win
\$100, \$75 or \$50 for
the most unique hat,
and will be crowned
the **MAD HATTER**
of the ball.

INTER-TRIBAL COUNCIL OF NEVADA, INC. PRESENTS

 *Hatters Ball*

 **2013** 

Wednesday, November Sixth, Two Thousand Thirteen

Entertainment Provided by: Trey Stone

HAT CONTEST

COCKTAILS & CASH PRIZES

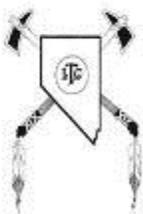
@ **\$5**

THE DOOR

8:00 pm

to

1:00 am



**CIRCUS
CIRCUS**

Cultural Resource Department

Wa ši ši w gu' wa?- Workings of the Washoe

2013 Goomsabyi

Another great year for Tagum Goomsabyi!

This year we held the ceremony at the Carson Colony. The ceremony went until midnight due to the passing of a community member the same day of the ceremony and in observance and courtesy for the family Goomsabyi ended at midnight.

The runners had set the cere-

activities took place during the Goomsabyi. This year we had siguyuk (stick game) and henayowgi (hand game) during the daylight hours.

When it came time to get the fire going, we had plenty of eager helpers, under the guidance of adults.

We wish to thank all those that helped including the Carson Colony TANF, Car-



mony in motion four days earlier announcing the ceremony. The runners started at Woodfords community and stopped at Dresslerville senior center to announce the ceremony then continued on to the Carson Colony, where the runners presented the knotted buckskin to the senior center.

The runners started four days before the ceremony setting everything in motion

In the old days games and other

son Community for allowing us to have a place for the event and supplying goods and people to help, tribal police for providing escort for the runners, senior center, Washoe Cultural Resource Advisory Council who organized, provided guidance and provided Tagum for the meal, Lisa Enos, Mischelle Dressler for gathering the sticks for the stick games, all those people that helped setup and cleaning, Benny Mills for the opening prayer and to all the people who brought food to

share and who came out and participated in our ancient traditions keeping it alive.

Bitsboard

We have been in the process of constructing a Wašiw language application from a site called "Bitsboard". It is an Apple application that is free to download on to your apple devices such as Mac computers, ipads, iPhones and iPods. In this app there is interactive language learning through games with sound and pictures. We have been using these apps in our afterschool kindergarten language classes,

(Continued on page 15)

(Continued from page 14)

Wa ši šiw gu' wa?

where they are taking part in developing our “Wašiw app”. It is their voices who are speaking the language on these games. With parents permissions we would like to use the children faces when doing lesson such as “di hamu aŋawi” (I feel good) “lemle p’ay” (I’m angry) or “di yahayi” (I’m sick or hurting) to just name a few. This is a big break through for us as we have been looking to use such technology to teach our language to the children. They are very excited to hear their own voices using the language on these apps. We have two apps uploaded to site already; clothing items and bodies parts, and is available doing a search within the sight using key words “Washiw”. If you have any questions on how to access this app to your device please give Mischelle Dressler a call and I would be more than happy to assist you. 775-781-0513

Washiw Itlu Class Schedule



Mondaylu- Carson TANF– 2:00pm

Tuesdaylu– Alpine TANF -1:00 pm

Wednesdaylu- Dville Community bldg 1:30pm

Wednesdaylu- Stewart Head start 6:30 pm

Wednesdaylu- Carson Ed Center (Gym) 4:15pm

Thursdaylu- Dresslerville Comm. Bldg 6:00 pm

Plydaylu– Woodfords Ed Center– 2:30 pm

Miligigobegi—Wašiw Itlu to practice at home

Hutiŋa heš wi·di? – What is this?

Hutiŋa heš hadi? – What is that?

Huŋa mit heši? – What did you say?

Midamal dugaguyi– I don’t understand / I don’t hear you

Lakla ašha – tell me

Yasa gediniaw – do it again

Haket – say it

Guŋa heš itp’imewe a’ – where’s the bathroom

Lašaši – I don’t know

Lašaš esha – I don’t know

(Continued from page 11) **Thank You**

partments, who all worked together to bring high speed internet to the Community, and to Hung A Lel Ti Chairman Ellis, Vice Chairman Mortimer, and Councilwoman Fred for organizing and hosting the wonderful celebration dinner.



S.W.A.G.

(Saved with Amazing Grace)



We would like to welcome **ALL** teens to attend weekly youth nites in Dresslerville.

Youth nite is held every Wednesday. It’s a great place to come and hang out with other teens, share and get uplifted. We share the Word of God and encourage the young people to get ahold of the blessings that God has for them. It’s a safe place and we have a lot of fun! Home cooked Dinner is free and starts at 6:30. Come as you are and leave blessed.

The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. Psalm 18:2

For more information contact Dena & Randy Sargent

840 Mehu, Gardnerville, NV 89460

dena.sargent@yahoo.com

Dena’s Cell: 775-901-2516 Randy’s Cell: 775-901-2756

Off Reservation News

November Meeting Agenda

1. **Economic Development Updates: Travel Plaza, Motocross**—Littlefawn, Rob Beltramo, Mahlon
2. **Off Reservation Representative vacancy:**
 - Discussion for Off Reservation vacancy and alternate
 - Choose from the 2010 Off Reservation Tribal Council Candidate List
 - Off Reservation Mahlon Machado move into vacancy and pick from alternates list for the alternates
 - What do the people want; open for suggestions

Off-Reservation Meeting
Location: Historian Inn Conference Room,
1427 Hwy 395, Gardnerville, NV
Date: November 16, 2013
Time: 10 AM
Refreshments will be provided

ARTICLE V - VACANCIES AND REMOVAL FROM OFFICE

Section 1. If a Washoe tribal councilman or tribal officer shall die, resign from the Washoe Tribal Council or tribal membership, be removed from office by the Washoe Tribal Council, or be recalled as provided in Article IX, the Washoe Tribal Council shall declare the office vacant. If the office is vacated by a representative of one of the community councils, that community council shall appoint a successor to fill the expired term. If the Reno-Sparks Colony representative's seat shall become vacated, the Washoe residents of that colony shall appoint a new representative to fill the unexpired term. In the case of the non-reservation representative, or a tribal officer not in one of the above categories, the Washoe Tribal Council shall appoint the successor. All vacancies shall be filled within thirty (30) days from the date they are vacated.

(c) The "non-reservation" representative on the Washoe Tribal Council may be recalled from office by a majority of the eligible voters of the Washoe Tribe who vote in a special election called for this purpose by the Washoe Tribal Council. The Washoe Tribal Council shall call this election upon receipt of a petition, signed by one hundred fifty eligible voters of the Washoe Tribe, stating the complaint against this representative and requesting the special election.

Article IX, Referendum, Initiative, Recall

Address updates

Letters had been sent out in June 2013 to off reservation members on the economic developments and 150 letters were returned as wrong addresses.

We have funds available to provide gift cards if you can provide your address updates to us. Please send us the updated information no later than November 30th, to receive your gift card. The gift card amount will be determined by the volume of response we receive and you must be Off Reservation to receive.

Please fill out the address information and mail to:

Name: _____
Address: _____

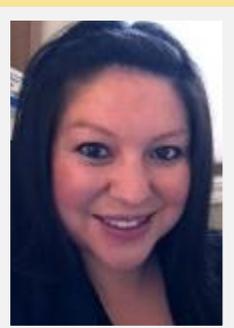
Phone #: _____
Enrollment #: _____

Off Reservation

Washoe Tribe of Nevada and California
919 Hwy 395 South
Gardnerville, NV. 89410

Please call Darrel at 775-546-3421 or Mahlon at 775-309-7705 if you have any questions.

New Education Coordinator looks to future



My name is Jillian Fillmore, I am the daughter of Dean Fillmore and Norma Darrough. I am a member of the Washoe Tribe of Nevada and California. Along with being Washoe, I am Northern Paiute and Western Shoshone. After the passing of my father in 1987, my family moved to Dayton, Nevada where I resided until I graduated from Dayton High School. After high school graduation, I pursued higher education. As a first generation college student, I ran into multiple

complications. However, with the support of my family as well as participating in school activities and becoming an active member of my college, I graduated with a Bachelor's degree in Social Science Studies from the University of Nevada, Las Vegas (UNLV). After graduating from UNLV, I attended graduate school where I received a Master's degree in Public Administration.

Education has always been an important goal in my life. My education has led me to many career opportunities that I am very grateful for. I am appreciative of the family, friends, and colleagues I have met along my educational journey. When I was asked to be the Education Coordinator, I accepted the position without hesitation. I am extremely hopeful for the Education Services program to be a steady and solid foundation for present and future students. My goal for this coming year is to target all American Indian/Alaskan Native students to make them aware of our program and the benefits it has on their academic and career goals.

(Continued from page 4) EPA

tor for the Office of Chemical Safety and Pollution Prevention. "This action will also provide a level playing field for those companies who stepped up to cease the use of these chemicals in this country, while at the same time protecting the American public from exposure to these chemicals in imported carpet products."

The final rule issued today, known as a Significant New Use Rule under the Toxic Substances Control Act, requires that any manufacturer's using the chemicals of concern submit a notification to EPA at least 90 days before beginning the activity, providing the agency with an opportunity to review and, if necessary, place limits on reintroduced or imported products with these chemicals.

The action is one of several EPA has taken to protect the public from perfluorinated chemicals. EPA has also issued other Significant New Use Rules to require EPA review and prior to the reintroduction of other perfluorinated chemicals included in the voluntary industry phaseout. EPA anticipates another Significant New Rule on additional perfluorinated chemicals in early 2014 as well as Significant New Use Rules on other chemicals that will include imported products.

Deepest Gratitude from the family of Kyle Bryan

The family of Kyle Bryan would like to express our deep gratitude and appreciation for all the prayers kindness and support that was shown to us during this difficult time. The assistance we received was phenomenal and to those of you who donated your time and patience. We thank you so very much because it did ease some of the burden and pain we were dealing with having to put my son, a brother and uncle to rest.

The love and generosity that was displayed from all the donations, flowers and cards were heartfelt. Those of you, who told a story, sang a song and or spoke on his behalf, will be remembered always. Family and friends gathered together on October 13, 2013 to honor a young man and to say goodbye as he takes his final journey far above to go be with loved ones who called him home. But that final day filled with sadness turned into happiness.

Although we will not be able to hug you and hold you, I will embrace your love, your smile and your laughter, for those are memories that I will cherish and hold on to forever. In spirit and in heart I will always remember courage and strength that you have given to us because if all of us were up there in heaven there would be nobody left down here to pass on our legacy from one generation to the next generation.

A life was taken and a life was given to a little baby girl, my niece, Aiyanna Bryan. She is very special and I'm happy to be blessed with a great gift. We will miss you a lot but we have the memories and the best funeral services a person could ever ask for. Thanks to everyone who made that day possible.

Vanessa Bryan Rainsky and Kayce Bryan

Since the loss of your loved one, have you experienced a loss of appetite or even a sudden weight gain? Have you felt depressed and confused? Have there been times when your heart felt like it was racing or you've been short of breath? These reactions along with many others are very normal reactions of grieving and the body's attempt to get things back in balance. Stress is defined as the perception of threat. What is threatening about the death of your loved one? Probably everything – your personal identity, the roles you knew and counted on in life, the reality that you could trust. Major changes signal danger and your body reacts to danger automatically.

What is Happening to You?

The physical changes that occur when danger is present are responsible for the many feelings and reactions that almost everyone experiences after the death of a loved one.

Think about a time when you've been frightened or startled suddenly. Your heart began to race, your hands became cold and clammy, the hair on your arms stood up, your senses became very keen, and your breathing became very deep. These changes occur automatically as your body prepares to fight off the threat, the fear of impending danger, or the demand made upon your body to adapt.

When a threat of need to adapt occurs, many things begin to happen in your body. The nervous system produces adrenalin and noradrenalin, which cause your heart rate to increase. Blood flow to the muscles speeds up and increases the amount of oxygen, nutrients and energy going to the deep muscles. As the muscles receive more blood, they begin to tighten and your breathing becomes deeper to help you reserve oxygen for strength. The blood vessels on the skin constrict in order to

prevent excessive bleeding if you are injured; this also makes your hands feel cold and clammy.

These same chemical reactions occur every time your body is called upon to adapt to a change. The loss of a loved one is a major change, and grief involves not one but many losses. This can lead to a feeling of instability, which compounds stress. The body begins and even longer process producing chemicals and hormones called the Stage of Resistance. It's a natural reaction to change in human beings, as your body tries to keep things the same rather than give into the threat. This period is

Physical Grief

longer because the chemical and hormonal changes occur over time, some taking as long as 6-8 weeks to come about.

During the Resistance Stage a hormone called ACTH is released and stimulates another hormone aldosterone, which salt to be absorbed by the kidneys. This can lead to a rise in blood pressure, water retention, and sometimes shortness of breath, which can cause you to feel flushed, have headaches, and feel dizzy. ACTH also enhances the production of cortisol, which increases glucose (sugar) in the blood. Your body cannot handle all the sugars and you may feel anxious and excitable. Cortisol also causes fat, protein, and Vitamin B complex to break down which makes your energy level drop and your muscles become weaker. The immune system also weakens, making infections more likely. Another chemical, Thyroxin, increases the rate and depth of breathing and

puts added stress on the heart. Thyroxin also increases digestive activity, which may cause a feeling of hunger in some, and feelings of nausea in others, and occasionally unexplained diarrhea. Thyroxin can also cause anxiety, confusion, insomnia and feelings of suspicion and dejection. It may also cause muscle tremors and weakness. Nervousness, sleep difficulties and exhaustion are also common. It's important to remember that these physical changes can last from a few minutes to months. This continued weakness of immune system, which could lead to serious physical problems.

What Can You Do?

Knowing about these physical and chemical changes, you can begin to take better care of yourself. Express your feelings. Getting your feelings out releases the tension valve and helps you define alternatives and find some insights into yourself that will help you as you begin to adjust.

Get 6-8 hours of sleep or rest. If needed, try some relaxation techniques such as deep breathing exercises, tensing and relaxing your muscles, or imagining yourself in a peaceful, quiet place.

Eat well balanced meals with a balance of protein, fruits and vegetables. Such a diet can help build muscle tissue and enhance the ability of the immune system.

Watch your intake of caffeine and processed sugars. These add to shakiness and do not contribute to relaxation and a sense of control. Cut down on alcohol, which is a depressant and may make you feel worse.

Exercise. It helps cleanse the system and prevents wear and tear on the body. It also helps us feel better about ourselves. Reorganize your day to reduce additional stressors. Set priorities and make lists, delegate responsibility.

(Continued on page 23)

Discover the Treasures of WIC

What is WIC?

- WIC is a supplemental nutrition program for Mothers, children, and infants
- WIC serves low income pregnant, postpartum, and breastfeeding women, infants, and children up to the age of 5 who are at nutritional risk

Some things WIC has to offer

FREE nutrition education

Support for pregnant and postpartum woman and fathers

- FREE nutritious foods
- We provide information and support for breastfeeding women
- Referrals to health care & Community resources
- Nutrition counseling
- We have a Registered Dietitian on staff to answer any high risk/special needs nutrition questions

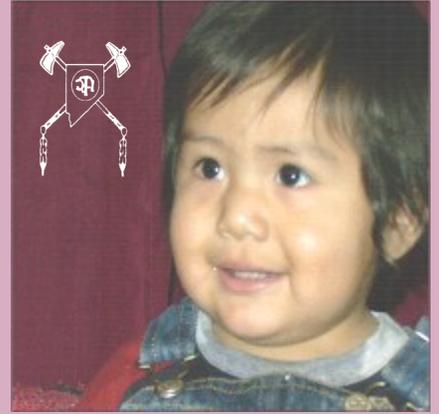
ITCN WIC LOCATIONS

Moapa/Overton
Schurz
Elko
Wadsworth
Carson City
Owyhee
Nixon
Dresslerville
Fort McDermitt
Yerington
Fallon
Goshute UT/Ely

Please call our office to schedule an appointment
775-398-4960



Get child care paid or subsidized by ITCN



Inter-Tribal Council of Nevada, Inc. Child Care Development Fund (CCDF) can pay up to 95% of your child care costs if you are a Native American family in Nevada. Child care subsidies are available for Native American families in your community.

To be eligible your child must be 13 years of age or

younger, have proof of Native American descendency, (or parent/guardian), working, attending technical/higher education, or in a job training component. Call (775) 355-0600, extension 290, today to see if you are eligible!



Intensive Outpatient Program

Washoe Family Healing Center

Monday: 5:30-8:30 pm

Tuesday: 5:30-7:30 pm

Thursday: 5:30-8:30 pm

Questions: Call Christine Leclerc @ (775) 781-0589

This program is funded by DOJ/CTAS grant.

Educational Contacts—Washoe Tribe Education Department & WIEC

TANF Headquarters				
Name	Department	Location	Email	Extension/Cell Phone
Janessa Ramos	Administrative Assistant	Native Youth Resource Center	jmramos@washoetanf.org	ext. 2826
Jillian Fillmore	Educational Coordinator	NYRC	jfillmore@washoetanf.org	783-8485 ext.2822 (775) 309-3032 cell
Rhonda Medicine-Crow	Truancy Prevention Specialist	NYRC	medicynecrow@washoetanf.org	783-8485 ext.2814 434-5775 cell
Lori Pasqua Larry Hawkins	Pre College Advisors	TANF HQ	Scholarship and vocational requests should be routed to this extension.	782-6320 ext.2808
Douglas County School District				
Barbara Garcia	Instructional Assistant	Pau Wa Lu M. S.	bgarcia@dcsd.k12.nv.us	265-6100
Daniel Hyden	Teacher	Odyssey	dhyden17@aol.com	
Lori Pasqua	Pre College Advisor	Douglas H.S	lpasqua@dcsd.k12.nv.us	782-5136 ext.1733 309-3674 cell
Jennifer Turner	Instructional Assistant 1	C.C. Meneley	itsjennyturner@gmail.com	265-3154 school 309-3802 cell
Villanueva, Cheryl	Instructional Assistant	C.C. Meneley	cvillanu@dcsd.k12.nv.us	265-3154 school
Waite, Sandy	Educational Advisor	Douglas H.S.	swaite@dcsd.k12.nv.us	782-5136 ext.1808
Eric Emm	Tutor	Pau Wa Lu M. S.	eemm@washoetanf.org	Tue & Thu alternate on Fridays at Carson Middle School
Alpine County School District				
Mortimer, Karen	Instructional Assistant	Diamond Valley Elementary		530-694-2238
Allen, Julie	Library Project Coord.	WIEC	Julie.allen@washoetribe.net	530-694-2964
Patiga, Edward	Tutor Coordinator	Diamond Valley Elementary	empatiga@washoetanf.org	530-694-2238 (775)781-6135
Carson City School District				
Cornelius, Debby	Instructional Assistant	Seeliger Elementary	dcornelius@carson.k12.nv.us	283-2240 school 309-3804 cell
Hawkins, Larry	Pre College Advisor	Carson H.S. & Pioneer	lhawkins@carson.k12.nv.us	283-1795 school 781-8061 cell
Vacant	Educational Advisor	Carson H.S. & Pioneer		283-1848
McEwen, Jan	Instructional Assistant	Carson Middle School	Jmcewen@carson.k12.nv.us	283-2800 ext.2907 309-3898 cell
Romaine Smokey	Instructional Assistant	Eagle Valley Middle School	rosmokey@washoetanf.org rosmokey@carson.k12.nv.us	283-2670
Roach, Lavina	Tutor	Carson H.S.	lroach@carson.k12.nv.us	283-1846
Thacker, Aaron	Instructional Assistant	Bordewich-Bray Elementary	athacker@carson.k12.nv.us	283-2464 school 309-3848 cell

“WINTER HOLIDAY” Native Arts & Crafts

**December
7th & 8th
8:30am- 6pm**

Stewart Community Center, 465 Clear Creek Avenue, Carson City

Booth Space: \$25.00, \$35.00 at the door – (pending availability)

**VENDORS
NEEDED**

ALL vendors are welcome to sell baked goods

(i.e.: cakes, pies, cookies, candy, brownies, etc...)

No regular food items please – A concession stand will be available

Please contact Debbie Tom or Christy La Pena at **775-671-8340** for more information, Or email us at kiowagirl22565@yahoo.com



Rabbit Skin Blanket

Making Demo

Please come and join the Cultural Resource Department in learning how to make dayoliti (new rabbit skin blanket). This is hands on and all the rabbit hides will be provided in this demonstration to help in making one small blanket. Please bring your own pair of scissors.

When: Thursday, Nov.
14th and 21st

Where: Dresslerville
Community Center

Time: 6:00pm-8:00pm

**Native Youth
Advisory Council**

**Could you be the
one?**



Monday, November 18, 2013

4:00 pm @ Washoe Family Healing Center
1555 Watasheamu Road
Dresslerville Colony

All youth attending must be in the 9th-12th grade

Native Youth will gain the following:

- ✓ Opportunity for Leadership
- ✓ Represent your peers in a positive way
- ✓ Character building and career-building skills
- ✓ Participate in cultural activities and other events

For more information call: Healing Center/Karen Sims @ (775) 265-5001

Washoe Tribe Domestic Violence Program

Strangulation in Domestic Violence and Sexual Assault:

“He choked me – but there are no marks...” When perpetrators use strangulation to silence their victims, this is a form of power and control that has a devastating psychological effect on victims and a potentially fatal outcome. Strangulation is defined as a form of asphyxia and characterized by closure of the blood vessels and/or air passages of the neck as a result of external pressure on the neck. Clinically, a victim who is being strangled first experiences severe pain, followed by unconsciousness, and then brain death. Only **11lbs.** of pressure placed upon both carotid arteries for **10sec.** is necessary to cause unconsciousness. After **50sec.** of continuous oxygen deprivation the victim rarely recovers. *For comparison purposes, it only takes 8lbs. of pressure to pull a trigger on a gun.*

Victims report symptomatic voice changes which may be as mild as simple hoarseness, loss of voice, and/or nerve damage making it difficult or painful to swallow caused by injury of the larynx cartilage and/or hyoid bone. It is critical to know that breathing changes may initially appear to be mild, yet underlying injuries may kill the victim hours or days later due to decompensation of the injured structure. Officers should inquire about such because victims may be embarrassed and reluctant to disclose these facts unless asked.

Some external signs of attempted

strangulation are swelling of the neck or tongue, redness, bruising, scratch marks, impression marks, claw marks, and Petechiae which are described as tiny blood vessels known as capillaries bursting under the pressure of back-flow of blood accumulating in the brain causing tiny little red spots in the facial area. Strangulation can also cause brain damage which can be detected over time causing permanent damage to the brain. Normally, these tiny little red spots appear above the point of strangulation. They can be seen in the face, neck, eyes, eyelids, scalp, inside the ear, behind the ear, inside the mouth, tongue, and inner throat.

**Note to Officers and Prosecutors:
Treat Your Strangulation Cases Seriously!!!**

Nationally, the State of Florida is the first in this country to pass a law making strangulation case a Class C Felony - “Attempted Homicide”. This final stag is the most severe form of Power and Control because the perpetrator wants you to know that if they wanted to take your life...they could...they will use 1 of 3 forms to strangle their victims: **1) Hanging-hung by rope, nylon, etc., 2) Ligature-use of foreign objects to tie or bind, or 3) Manual-by their hands.** As of July 1, 2009 in the State of Nevada strangulation is now considered a Class “C” Felony, “Attempted Homicide”, also.

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

Our goal 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.

**Washoe Tribe Domestic
Violence Program**
1-775-265-8698
(1-800-769-2746) ext. 1233

Washoe Tribal Police Dept.
1-775-265-7540

Tribal Police Dispatch
1-775-783-7233

**National Crisis Hotline
24 Hours**
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 Tribal Newsletter. “Remember that YOU have the **RIGHT** to live a life **FREE** of violence”, from the Washoe Tribe Domestic Violence Program.*

This project was supported by Grant No. 2009-TW-AX-0050. 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.

REMEMBER...October is Domestic Violence Awareness Month – wear a purple ribbon and show your support for victims of Domestic Violence.

National Calendar of events:

- ◇ October is Domestic Violence Awareness Month (www.enditnow.gov)
- ◇ October is National Crime Prevention Month (www.ncpc.org)

Ribbon & Support, Symbol Causes & Colors pertaining to this month:

- ◇ “Dark Purple” – Domestic Violence Awareness
- ◇ “Light Purple” – Anti-Violence Awareness

(Continued from page 18) **Grief**

Keep a record or journal of your thoughts and feelings. Try to structure your experiences by separating events in your mind. All of us operate better if we are concentrating on one thing at a time.

Plan time for relaxation and enjoy-

ment. We are one, the body, mind and spirit within us. We are whole, but when someone we love dies, part of us dies, transforms and changes. We are like the caterpillar in its cocoon for a while. We are butterflies without wings for a while. When our bodies hurt, we are not as clear. We do not sing as much. We are one with the pain.

Later we become one with the healing. Recovery therefore is in our mind, our body, and the spirit, which reaches toward living.

Reprinted – Excerpts from Physical Grief, 1986, Accord, Inc.

Submitted by Chris Atine, Washoe Family Healing Center



Join the Wolf Pack in Celebrating

NATIVE AMERICAN HERITAGE MONTH!

IN CONJUNCTION WITH NIKE N7

www.NIKEN7.com



This flyer allows

FREE ADMISSION

For four people to any of the following games

11/14/13	VOLLEYBALL VS. SDSU	7 P.M.
11/16/13	FOOTBALL VS. SAN JOSE STATE	TBA
11/22/13	MEN'S BASKETBALL VS. CHATTANOOGA	7:05 P.M.
11/29/13	WOMEN'S BASKETBALL VS. IDAHO	5 P.M.

(775) 348-PACK
NEVADAWOLFPACK.COM

**Ticket Office reserves the right to limit this offer to the first 500 tickets redeemed.*

**Maximum of 4 tickets per flyer. Valid Tribal Enrollment Card must be presented at time of redemption. Children without ID must be accompanied by an adult with valid Tribal Enrollment Card.*

Forest Service Gathering Policy

1563 - AMERICAN INDIAN AND ALASKA NATIVE RELATIONS

Traditional Gathering Policy. An interdisciplinary team composed of representatives from the California Indian Basketweavers Association, the California Indian Forest and Fire Management Council, and regional and field offices of United States Department of the Interior Bureau of Land Management (USDI/BLM) and the United States Department of Agriculture Forest Service (USDA/FS) developed the Traditional Gathering Policy. This policy ensures that traditional practitioners have access to plants and that such plants are managed in a manner that promotes ecosystem health for the lands managed by the USDA/BLM and USDA/FS. The policy also emphasizes local collaboration, implementation and issue resolution.

1563.01 - Authority

See FSM 1563.01 parent text for applicable authorities relevant to Forest Service relationships with Tribes. Additional authorities used in this regional supplement include: The Endangered Species Act of 1973, as amended, directs agencies to conserve endangered or threatened species.

The Noxious Weed Act of 1974, as amended, requires cooperation with State, local, and other Federal agencies in the application and enforcement of all laws and regulations relating to management and control of noxious weeds.

The Plant Protection Act of 2000 provides for the reduction of plant pests.

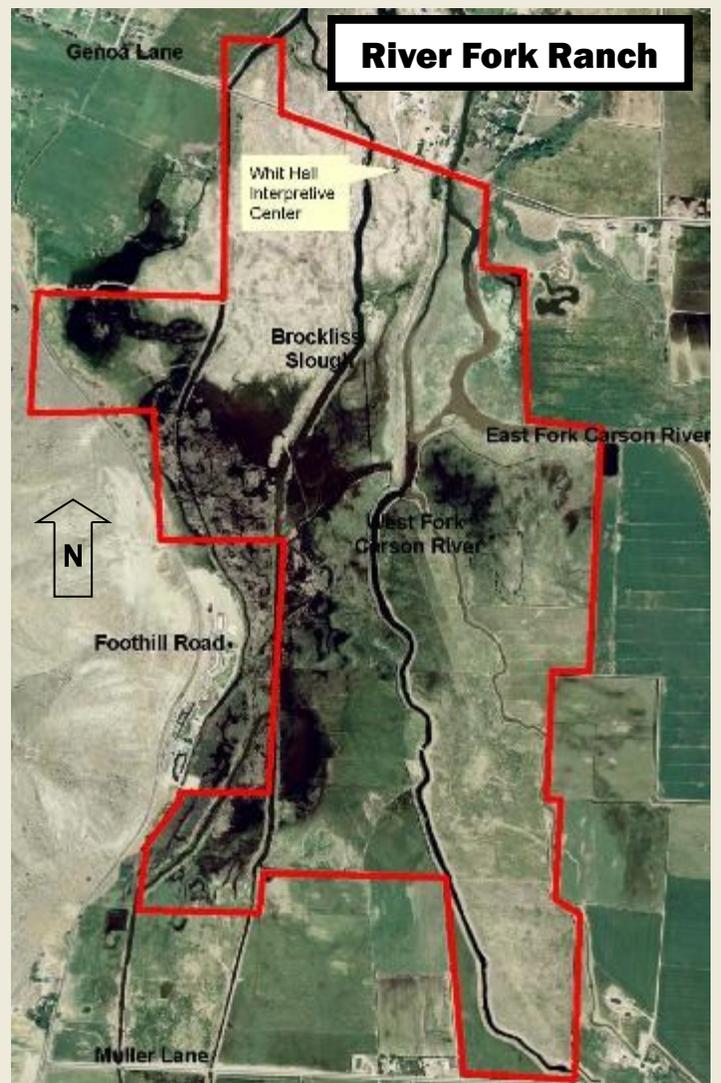
1563.02 - Objectives

The objective of this interagency policy between the USDI/BLM, California Bureau of Land Management and the USDA/FS Pacific Southwest Region (collectively referred to as the agencies) is to promote con-

sistency between the agencies and collaboration with Tribes, tribal communities and traditional practitioners regarding support of native traditional gathering and management of culturally utilized plants on approximately 35 million acres of land administered by the two agencies. Traditional native practitioners, affiliated with over 200 federally and nonfederally recognized Tribes rely on public and National Forest system lands managed by the agencies to sustain their traditions and meet their cultural needs. Furthermore, the agencies acknowledge that traditional native gathering and management practices in these lands are sustainable, benefit forest health and are part of our multiple use mandates. This policy ensures that native traditional practitioners have access to plant and fungal materials and such materials are managed in a manner that promotes ecosystem health and utilizes traditional management practices where appropriate. In general, personal use should have prefer-

ence over commercial use. Given the cultural and biological complexity related to traditional gathering, successful implementation is developed through local collaboration Cooperate with Bureau of Land Management and tribal communities to:

5. Define a consistent policy for the Bureau of Land Management (BLM) and Forest Service to support native traditional gathering and management of culturally important plants;
6. Ensure that consultation, collaboration and cooperation between the agencies and Tribes, tribal communities, tribal organizations and native traditional practitioners occurs in the management of culturally significant



(Continued on page 25)

(Continued from page 24)

plants and fungi; and
7. Foster good working relationships with Tribes, tribal communities, tribal organizations and native traditional practitioners.

1563.03 - Policy

13. Support traditional native cultural practitioners in gathering culturally utilized plants for personal, community or other non-commercial traditional use on lands administered by the agencies, consistent with applicable laws, regulations, and policy. Gatherers shall have access for traditional practices to lands managed by the agencies.

14. Local units shall consider prioritizing local traditional native gathering in land management plans and should consider prioritizing in other management documents.

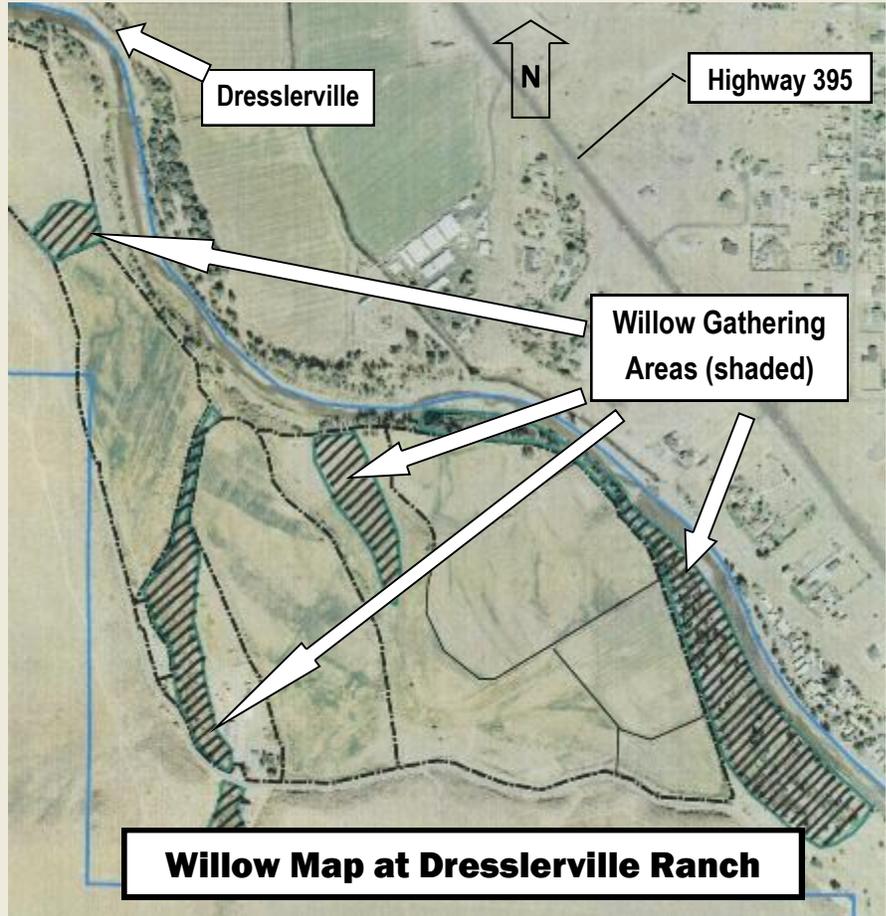
15. Free use, without permit, of culturally important plants may be granted for traditional native cultural gathering. Local agreements are encouraged to support such gathering.

16. Local units will address decisions and issues regarding identification of traditional native cultural gatherers or gathering, access, sustainability and other concerns associated with implementation of this policy in consultation with traditional practitioners, Tribes and tribal communities.

17. Local managers shall work in collaboration with Tribes, tribal communities, tribal organizations, and traditional practitioners to identify, restore, and enhance traditionally important plant resources.

18. Local managers, in consultation with Tribes, tribal communities and native traditional practitioners, will identify opportunities and tribal partnerships to incorporate tribal traditional management practices to restore, enhance and promote ecosystem health.

19. Monitor through consultation and coordination with native traditional practitioners, Tribes and oth-



ers to ensure policy effectiveness and issue resolution.

1563.04 - Responsibility

1563.04g - Forest Supervisors
Forest Supervisors have the responsibility to:

1. Establish effective relationships and partnerships with Tribes, tribal communities and native traditional cultural practitioners that have rights and interests on the Forest and for whom lands within the administrative boundaries of the unit have traditional, cultural and/or spiritual importance.

2. Implement and monitor the effectiveness of this policy.

1563.05 - Definitions

Commercial Use. Collecting plants for sale to an entity for further processing and resale.

Culturally Utilized Plants. As used here includes a variety of flora, such as mosses, fungi and vascular, non-timber plants, including, but not limited to: sedge, willow, hazel, redbud, agave, yucca, and sumac.

Native Traditional Practitioners.

This term derives from the American Indian Religious Freedom Act of 1978, as amended, that supports native traditional cultural beliefs and practices. The term here includes Native American usual and customary values, observances, ceremonies, management, practices, and other traditional actions. Native traditional practitioners could be members of recognized or non-recognized tribes or tribal communities.

Personal Use or Non Commercial Use. This use of culturally utilized plants is the amount and type that would be used by an individual or a group for their own use. If their use results in making baskets or other items that might be available for later sale, this would still be considered personal use.

Traditional Management Techniques. These methods may include, but are not limited to burning, pruning, coppicing.



Washoe Tribe of Nevada & California

919 US Highway 395 South, Gardnerville, NV 89410
(775) 265-8600

To view this newsletter online go to

www.washoetribe.us

Let us know if we can remove you from the mailing list and save paper and mailing costs.

Washoe Tribal Council

Darrel D. Kizer, *Tribal Chairman*

Neil Mortimer, *Vice-Chairman*

Tamara Crawford, *Secretary/Treasurer*

Carson Colony

W. Gary Nevers, *Chairman*

Chad Malone, *Vice-Chairman*

Dresslerville Community

Julie Barr, *Chairwoman*

Joseph McDonald, *Vice-Chairman*

Off Reservation

Elwood "Woody" Rakow & Darrel Cruz

Off Reservation Representatives

Reno Sparks Indian Colony

Vacant, *Representative*

Stewart Community

David L. Tom, *Chairman*

Stan Smokey, *Vice-Chairman*

Woodfords Community

Geoffrey Ellis, *Chairman*

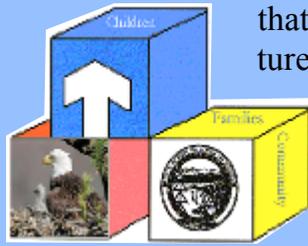
Neil Mortimer, *Vice-Chairman*

Newsletter Editor

Don Johnson

Please let us know if your address has changed!

The Pat'alñi Me?k'i, Head Start Immersion Classroom, is **seeking volunteers and contractors** for the ongoing school year. We are looking for Speakers, Basket weavers, Seamstress's, Artists, Singers, Hunters/Gatherers J and anyone that is knowledgeable about our unique culture and traditions. Please call Lisa Enos at the Dresslerville Head Start (775) 265-2629 or (775) 790-7357 to be apart of our efforts in revitalizing our language and culture!!



PHARMACY MEDICATION PICK UP TIME

Due to an unexpected demand in pharmacy services, the pharmacy began asking patients to plan for at least a 2 day refill turn around as of October 1st, 2013.

PHARMACY HOURS	Monday	8am to 5pm*
	Tuesday	8am to 5pm*
	Wednesday	8am to 5pm*
	Thursday	8am to 5pm*
	Friday	8am to 5pm*



*** Lunch is taken every day from 12:15pm to 1:15pm. The pharmacy is closed during lunch hour.**

Washoe Tribal Health Clinic Pharmacy
1559 Watasheamu Road Gardnerville, NV