

# Wá bíba úm múše eš gí

Translation- "Read It Here"

Washoe Tribal Newsletter—Voice of the Washoe Tribe of Nevada & California

August 2014

## Highlights of what's inside

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See what our cultural Department is doing.

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At Stewart School August 16th...Don't miss it!

**Sign-up for Head Start Now—page 22**  
Register now for the fall.

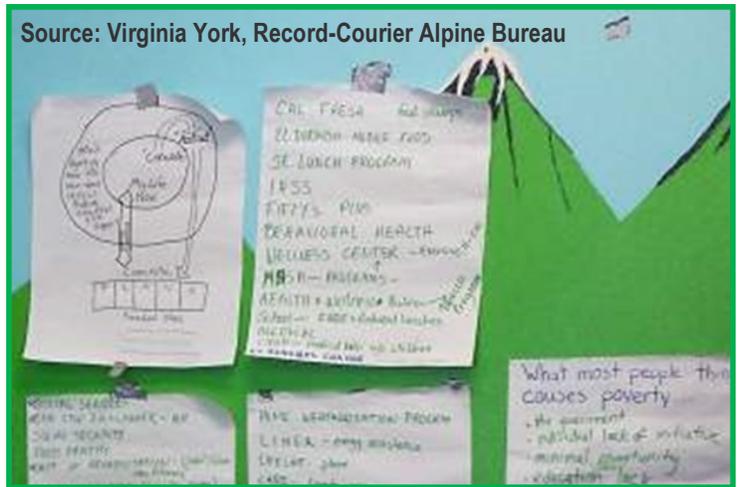
See page 2 for newsletter submission and deadline information.

## Getting Ahead in a "Just-Gettin'-By" World

### Building Your Resources for a Better Life

In February of this year six intrepid souls from our community embarked on a journey of self-discovery. They were participants (investigators) in the 16-week workshop based on the workbook: "Getting Ahead in a Just-Gettin'-By World: Building Your Resources for a Better Life," 3rd ed. 2013 by Philip E. DeVol. The author collaborated with poor people (experts in the field) soliciting input on the ideas put forward by a previous book: Bridges Out of Poverty: Strategies for Professionals and Communities, (1999) which he co-authored with Ruby K. Payne and Terie Dreussi. Last year representatives from local government agencies and nonprofits attended a two-day workshop on Bridges Out of Poverty. As a result of this training Nichole Williamson, director

Source: Virginia York, Record-Courier Alpine Bureau



of Health and Human Services, asked Elyse Niemann, workforce development specialist, to facilitate a Getting Ahead class with Donna Miller, Program Coordinator for Native TANF Program administered by the Washoe Tribe of Nevada and California (Alpine County Site) as co-facilitator. The main sponsors for the class were: Alpine County Health and Human Services, Behavioral Health and the Native TANF Program. Getting Ahead is being used in the United States, Canada and Slovakia. The movement is widespread in this country and includes neighboring groups in Carson Valley, Carson City and Reno.

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## Getting Ahead

Getting Ahead is for people who have spent part or most of their lives struggling to get by, to whom the idea of getting ahead may seem unrealistic. These investigators explore what has led up to their current situation and what it will take to build the life they would like. The author states: "When daily life is unpredictable and unstable, people can get caught up in solving problems all day long. Breaking out of that trap can lead to a new future story... Getting Ahead is going to be hard work. No one will be lecturing or teaching in typical ways... In Getting Ahead you will be investigators. That defines you as someone who digs for the facts and doesn't settle for obvious answers. Investigators look for the truth." The workshop invites the investigators to detach from the "Tyranny of the Moment" and take time to examine their lives and communities. The federal poverty guidelines define poverty solely by income. Getting Ahead uses a

broader definition: Poverty means low levels of eleven resources. The resources are interconnected so having high levels of some makes it easier to build the rest. We can all do something about poverty by building individual, institutional and community resources. Getting Ahead investigators make a personal assessment of these resources:

- **Financial:** Having enough income to purchase goods and services and to save or invest money.
- **Emotional:** Being able to choose and control emotional responses, particularly to negative situations without resorting to destructive behavior. This is about interpersonal skills like teamwork, negotiation and working with people from many backgrounds.
- **Mental/Cognitive:** This includes how much education and training individuals have to compete in the workplace for well-paying jobs or to run one's own business.
- **Language:** Having the language ability and negotiation

# August CALENDAR

### **Dresslerville Community Council Meeting**

Wednesday, August 6, 6:00pm

### **Carson Colony Community Council Meeting**

Wednesday, August 13, 6:00pm

### **Woodfords Community Council Meeting**

Thursday, August 14, 6:00pm

### **Tribal Council Meeting**

Friday, August 8, 6:00pm

Woodfords Community

(subject to change)

### **Stewart Community Council**

Tuesday, August 19, 6:00 pm

skills to succeed in work/school environments.

- **Social Capital:** Having friends, family and other support systems available in times of need.

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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](mailto:djohnson@washoetanf.org) or faxed to 775-782-6892, Attention: Newsletter Editor. **Questions? Call 775-782-6320**

## Farewell Dr. “D”

The WTHC Dental department is saying farewell to Dr. John Dioquino, DDS, who will be moving out of the area this summer. Dr. “D” has served the Washoe people for just over 10 years and will be missed by many. We will be sad to see him leave, but we wish him and his family the best in their future endeavors. ~WTHC Dental Staff



## NDOT Hwy 395 Construction Project Update:

*At the Tribal headquarters entrance*

- Scheduled construction start – the evening of Sunday, August 3<sup>rd</sup>
- Anticipated construction completion – the first week in September
- Construction hours – 8 p.m. to 6 a.m., Sunday through Thursday (except for two marathon weekend sessions) with traffic controls
- Chairman Kizer will coordinate the ground-breaking/Tribal blessing on Monday, August 4<sup>th</sup>.

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### Getting Ahead

- Physical: Having good health.
- Spiritual: Believing in divine purpose and guidance and/or having a rich cultural connection that offers support and guidance.
- Integrity and Trust: Trust is linked to predictability and safety, doing what you say you will do nearly every time and having others feel safe with you.
- Motivation and Persistence: Having the energy and drive to prepare for, plan and complete projects, jobs and personal changes.
- Relationships/Role Models: Having frequent access to nurturing adults who don't engage in self-destructive behavior.
- Knowledge of Hidden Rules: Knowing the unspoken cues and habits of poverty, middle class and wealth.

Throughout the course, investigators worked with people in prominent positions in the community thereby enriching their resources. In May a graduation ceremony and celebration was held at the home of one of the investigators.

Investigator Chris Lundy and his brother Kendrick played traditional instruments and sang beautiful songs learned from their grandfather of the Southern Cheyenne Tribe in Oklahoma. By the third meeting the class had become a group and at the end of the course all the investigators expressed the wish to continue learning together. The many benefits communicated by the class include: A great deal of affection grew in the diverse group; they supported each other as they related life's experiences; they grew in self-confidence; they suggested ideas to help each other; they appreciated meeting leaders in the community and feel more connected to the community; they gained clarity on how to provide for their families; networking for employment has already begun; they were grateful for the wholesome foods provided by Native TANF. The graduated Getting Ahead group will meet monthly as a Getting Ahead Alliance, and continue to research its own direction.

For information about future Getting Ahead classes, call Donna Miller at Native TANF (530) 694-2555

# Wašiw Guwa?- Workings of the Washoe

## Huḡa ʔumhamuheši? “Summer of Science”

The Cultural Resource Department has been busy this summer. We have joined forces with the Education and Recreation staffs



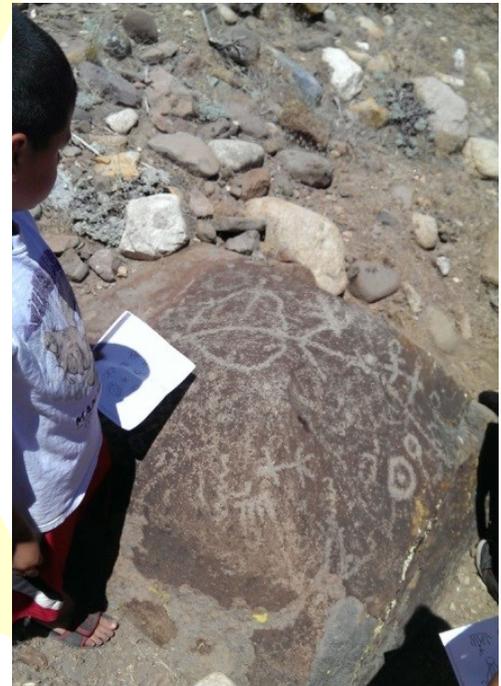
to present what we have been referring to as the “Summer of Science”. We have started this by creating holistic learning environments inside the classroom and in the natural world where science, math, reading and writing are presented from a point of view that supports our teachings as Wašiw people. This is based on the notion that as the original stewards of this land we have a wealth of knowledge and teachings regarding our homeland that we carry with us. We also have a responsibility to take care of the natural world. So for example the students spent the first week learning about Geology (i.e. types of rocks and how they are formed). We then identified the different rocks Wašiw people used in making tools (i.e. obsidian, basalt, chert, granite, etc.) and

attempted to make some ourselves.

If you walked into the Dresslerville classroom you would be amazed by not only what the students have been learning but the questions and insight they have. The classroom walls are plastered with science, math and Wašiw. This has given the entire summer program a new life as students are not forced to sit in a classroom but they take the classroom wherever they go! We would like to thank the Education and Recreation staffs for their willingness to incorporate what the Cultural Resource Department has outlined and run with it! The students are currently doing projects at a much higher level than their respective grades, learning a lot and having fun doing it!

## “River Walks”

This summer we have started



to talk about the importance of water to life. The students have been taking weekly “River Walks” to local rivers and streams to assess the health of the river and look at how droughts impact not only humans but

*(Continued on page 5)*

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plants and animals within these ecosystems. The students have been incredibly engaged and inquisitive as they get down and dirty. The students have been examining the health of the river based on a few key signifiers (i.e. plants/bugs in the water, quantity of water traveling through a known area, the quality of the water in a known area, etc.). We have already begun to see the effects of climate change first hand in our very own backyards. The students have been taking measurements along designated sections of the river to accurately portray these changes from the beginning of the summer to the end.

### “Petroglyphs”

In late June the students took a trip to the Desert Creek Petroglyph site outside of Wellington, Nevada. We were able to see some Wašiw petroglyphs understood to be thousands of years old. A few of the students were also able to see some lithic scatter and grinding rocks that also



represent Wašiw presence in the area. A few of the students commented on some of the graffiti and trash in the area as “disrespectful”.

Ethan Wyatt, an 8 year old 3<sup>rd</sup> grader from Dresslerville even had this to say about what he saw;

*“One day we went on a field trip to the Desert Creek Petroglyphs. It is a Washoe Sacred site that has petroglyphs. I saw a bad word on one of them. It made me feel worried, because Washoe’s made it thousands of years ago. We need to take care of these places, cause they mean something to us.”*

The CRD was also involved in a trip to Donner Pass, where students were able to visit a petroglyph site as well as begin to identify plants. Many of the plants in our homeland have a name and specific uses and it is powerful to see our kids once again actively participate as part of the natural world.

### “Mayala Wata?”

The CRD staff also facilitated Mayala Wata? and the Owens Valley Career Development Center Cultural Exchange held at Meeks Bay. Both events have been a big success

and we hope that the participants will carry the teachings and good feelings created at the events with them throughout the year.

### “Language Class”

Since the students are out of school for the summer we have taken this opportunity to have more time in each community teaching the Language and Culture. The students have been learning about the natural world and we have incorporated these terms into our daily lessons. The students have started to learn their stories and even had the



chance to act them out for each other. They have even built a few “Gadu?” (summer houses) in their respective communities. In Carson Colony there have actually been a couple of Middle School and High School students who have been participating. Since they have been so actively engaged they have become teachers in their own right by showing the younger students what they know. **We want to sincerely thank the older youth and student workers who have partici-**

(Continued on page 7)

Call for  
**Washoe Crafters**



Alpine County's 150th  
Celebration  
**BBQ and Round Dance**  
August 2, 2014—12p-4p  
At Grover's Hot Springs State Park



**EVENT Information**  
**Vendor Information**

**Fee:** Raffle Item from your table  
valued at \$20 or more

**Set up time:** 8am

**Tear down time:** Sunset

**Bring:** your whole set up (We  
**DO NOT** provide tables or chairs)

**Optional:** Demonstration of craft  
or sharing your craft by teaching a  
class for hands on participation  
(can charge a fee for Material and  
class)

Contact before July 1st for in-  
formation to reserve booth  
space or questions—Kristy  
Vann

**[kvann@alpinecountyca.gov](mailto:kvann@alpinecountyca.gov)**

**PH 530-694-2638**

**CELL 530-721-7665**

Hung a lel ti residents are Free  
with demonstration.—**limited  
space!**



**MALE YOUTH  
ART CONTEST**

**AGES 13-?**

For our new  
engaging Men &  
Boys as Allies  
Against Domestic  
Violence/ Sexual  
Assault Program



**Requirements:** must be Cultural  
with Washoe Tribal family values.

It should be easily printable with not  
too much detail so it can be trans-  
ferred to items for future outreach  
events.

Art medium is ANY size—would  
need to be moved easily

**Deadline:** Artwork must be received  
by August 29, 2014 by 5pm.

Turn in your artwork to the Washoe  
Tribal Domestic Violence program  
located in the ...

***Tribal Judicial Building***  
***950 Hwy 395 S.***  
***Gardnerville, NV 89410***

The artwork picked will be the logo  
for this new program and be placed  
on items such as pens, sweatshirts, t-  
shirts, water bottles, hats and other  
items to show that "VIOLENCE IS  
NOT TRADITIONAL" and our  
tribal men and youth will not stay  
silent any longer. If you have any  
questions please feel free to call  
(775) 265-8698 or ext. 1233 and ask  
for Angela.

**Thank you and good luck!**

(Continued from page 5)

**pated, as the younger students really look up to them as role models. By being there participating they have made classes so much more fun for the younger students.**

### **“Gumsabay”**

We would also like to send a reminder to be on the lookout for updates regarding Tagim Gumsabay. The Washoe Cultural Resource Advisory Council has set a tentative date in Sep-

tember, but as the Tagim continue to ripen and because of the effects of drought and fires in our Pine Nut hills we are in a much more delicate situation than we were even last year. Things could change very suddenly.



## **“Culture” replaces “Anger” with TANF’s help**

San Joaquin County’s Anger Management class successfully conducted its cultural component on July 10, 2014. The course curriculum allows the opportunities to augment the class with appropriate cultural material when it fits the subject matter. Participants are therefore encouraged to reintroduce any cultural or spiritual component that improves their anger management skills, physical health, and/or family relationships. Contracted facilitator, Darla Pikyavit (Southern Paiute), taught the class this day the craft of making and the traditional use of Mini Medicine Gourd Pouches. Class participants skillfully sewed their medicine pouches with enthusiasm as they decorated them with the beads, colors, and designs of their choice. Darla also gifted them with Nevada sage to place inside their newly constructed pouches. This is SJC’s third time offering Anger Management, which began on June 5<sup>th</sup> and concludes with its graduation ceremony on August 25<sup>th</sup>.





**S**outh Lake Tahoe, July 10, 2014 - A group of 39 TANF youth gathered together for our annual Mayala Watah Youth Camp at Meeks Bay on the shores of Lake Tahoe this week. The youth were from our Washoe TANF program and from the Owens Valley TANF program.

The entire group participated in various team building and cultural activities. They enjoyed swimming in Lake Tahoe, playing on the beach, hiking and learned camping safety as well. The Native youth shared some of their talents in a Talent/No Talent Show.

They came together with Owens Valley Career Development Center/TANF program for the Talent/No Talent Show. They were able to learn about other traditions from their new friends and peers. As they participated in activities they stepped out of their comfort zone, tried new things and met new people. They met other Native youth they had not met before and worked together in teams while making memories and friendships that could last a lifetime.

They learned to work together and to listen to each other while trying to accomplish a task through organized team building activities. They learned about bear safety, how to make clapper sticks and flutes, traditional fish traps and fishing nets, acorn soup, and pine needle baskets. They also learned to care for

mother earth as they walked in teams and conducted a beach cleanup.

Some of the cultural items they made included things they probably never made before coming to the Mayala Watah event. The events helped them feel more comfortable in trying new things and meeting new people. Now, they can make and use their own medicine bags, clappers, flutes and fishing nets.

The event was a great success. There was a great group of youth at the camp this year, they were thoughtful and respectful to each other as well as other campers. It brought the youth together and everyone shared some of their different cultural values with each other. Numerous compliments were received from Neighboring campers, Meeks Bay staff and Elders on the behavior of our youth. We had a great chaperone team and fun was had by all.

We are very proud of the youth that came and participated. Everyone involved had a great time, and we would like to see everyone again next year.

Submitted by Jeremy Steele (Carson TANF)  
& Katie Whipple (Oakland TANF)



Washoe Tribe of Nevada and California

**ELECTION NOTICE**

Washoe Tribal General Elections are scheduled for Saturday, October 18, 2014, as stipulated in the Amended Constitution and Bylaws of the Washoe Tribe of Nevada and California, Article IV, Nominations and Elections, Section 1, 2, and 3. The elections are in accordance with Law and Order Code Title 20 "Election Proceedings."

- Elections are for:
1. All Washoe Community Council seats
  2. Off-Reservation Representatives
  3. Reno/Sparks Representative
  4. Chairman of the Washoe Tribe of Nevada and California

July 2014	<b>Deadline for Reno/Sparks to designate a Polling Place for Tribal Members</b>	
<b>20-60-045: If no such designated polling place is found, Tribal Members who are residents of Reno/Sparks Indian Colony shall vote according to the same provisions as for Off-Reservation voters, as per Section 20-60-040.</b>		
Monday August 4, 2014	20-20-010.1	Deadline for Submission of <b>Candidate Application</b> form
Wednesday August 6, 2014	20-20-010.3	Deadline for Completion of Candidate Eligibility Check and Notice
	20-20-010.1(c)	Post Preliminary Candidacy List
	20-20-010.3(b)	Delivery of Special Notice to any Candidate found Ineligible
Friday August 15, 2014	20-20-020.1(c)(i)	Deadline for Submission of Tribal Member Challenges to Candidate's Eligibility
	20-20-010.4	Election Board shall meet at 6:00 p.m. at Washoe Housing Authority for hearing of applicant objections to determinations of ineligibility and Hearing of Tribal Member Challenges to Candidates Eligibility
Thursday August 14, 2014	20-20-010.5	Election Board shall meet at 6:00 p.m. at Washoe Housing Authority to decide all Appeals and Protests (contestants may appear before the Board to provide additional information)
Wednesday September 3, 2014	20-60-020	Post Election Notice and Polling Places in public places accessible to Tribal Members.
Monday September 8, 2014	20-60-070.1(b) & 20-60-075.1(b)	Last day for written and signed requests for <ul style="list-style-type: none"> <li>• Absentee Ballots; or</li> <li>• Requests to register to vote at a community polling place from Off-Reservation and <b>Reno/Sparks Residents</b>.</li> </ul> <p>Requests must be either postmarked or hand delivered to the Election Board at Headquarters by this date.</p>
Friday September 12, 2014	20-40-030.3	Post Eligible Voter List for Communities (Off-Reservation voters registered to vote in Communities will be posted October)
Thursday September 18, 2014	Deadline to Mail Absentee Ballots and Confirmation of Off-Reservation Registered Voters designated voting place	
Friday October 3, 2014	20-20-010.2 20-02-010.8	Accounting of all Funds received by the Election Board Post Final Candidate List at public places accessible to Tribal Members.
	20-60-070.1(b) & 20-60-075.1(b)	Last day for Election Board to receive <b>(via US Mail only)</b> <ul style="list-style-type: none"> <li>• Requests for Absentee Ballots; or</li> <li>• Requests to register to vote at a Community Polling Place from Off-Reservation and <b>Reno/Sparks Residents</b>.</li> </ul> <p>These requests should have been postmarked by Wednesday, September 8, 2014 (see deadline above)</p>
Monday October 13, 2014	20-40-030.4	Last day for receipt of Tribal Members appeals and protests for names included, or not included on the Eligible Voters List.
Wednesday October 15, 2014	20-40-030.7	Post Final Voters List
Friday October 17, 2014	20-60-070.3	<b>DEADLINE</b> – All Absentee Ballots must be received by 5:00 p.m. at Washoe Tribal Headquarters
<b>Saturday October 18, 2014</b>	<b>GENERAL ELECTION DAY Polls open 8 a.m. to 5 p.m.</b>	
Sunday October 19, 2014	20-70-030.1	Post Final Abstract
Thursday October 23, 2014	20-70-030.2	Deadline for Filing of Election Contest Actions, if NO contest actions filed, Final Abstract becomes binding
Monday November 3, 2014	20-80-040	Last Day for Election Board Hearing on Election Contest
Monday November 17, 2014	20-70-030.4	Deadline for Run-Off Election or Special Elections

Posted: July 7, 2014.vnevers

# Prevention is the Cure

Washoe Tribal Health Center would like to remind you to make an appointment for routine visits in Medical, Dental and Optometry. It is recommended to have a dental cleaning every six months and a routine eye exam annually.

## **New services for Washoe Tribal Health Purchased/Referred Care patients, formally known as Contract Health Services**

For the year 2014 our Purchased/Referred Care (PRC), formally known as Contract Health Services (CHS), has allowed \$120,000 for preventive care services. PRC will be covering screenings for colon cancer, screenings for breast cancer and screenings for abdominal aortic aneurysm. These screenings will be covered for PRC eligible patients until December 31,



2014 or until the funds are exhausted.

- Screening for Colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults ages 50 to 75.

- Screening for Breast Cancer is a biennial screening mammography for women ages 50-74.

- Screening for Abdominal Aortic Aneurysm is a one-time screening by ultrasonography in men ages 65 to 75 years who have

ever smoked.

**Washoe Tribal Health Center staff cares about your health and well-being, please schedule your appointment with one of our providers to receive your referral!**

## Your service is needed for Tribal Elections

The Election Board is looking for alternates and poll watchers for the upcoming 2014 General Election. We are looking to fill vacancies for (1) alternate and (1) poll watcher from each community; Carson, Dresslerville, Stewart, Woodfords and Reno-Sparks.

According to the Washoe Tribe of Nevada and California Law & Order Code, Title 20 Election Proceedings:

### **20-50-030 Alternates; Poll Watchers**

1. *The Tribal Council shall select six (6) alternates and six (6) poll watchers to assist the Election Board in its duties and in conducting elections.*
2. *The poll watchers and alternates shall serve the same length of period as regular Election Board Members and shall be appointed by the Washoe Tribal Council in the same term as the regular Election Board Members.*

If you are interested in being a part of the Election process please submit a letter of interest to your Tribal Council representative.



Dear Provider,

Is it becoming more prone for children to become diabetic because of diet? Is the life expectancy of a diabetic the same as a non-diabetic?

Dear Reader,

These two questions are tied together because the answer is important to both. American news reports that type 2 Diabetes is on the rise, and that our children are obese. Obesity is the number one contributing factor to type 2 Diabetes. In an otherwise healthy person especially child, obesity is caused by 2 factors, 1- diet, simple high carbohydrate processed low nutritional food in adult sized portions and 2- sedentary life style. These two factors are also behind a lower life expectancy and a poorer quality of life.

We can tackle these questions together covering obesity and the two leading causes of obesity.

**Diet-** We, as Americans are starting to reverse the trend of “super-sized”. Children are growing up without a standard reference point to determine appropriate amounts because most of what is served to them is too large a portion. It is easy to think that a portion is the same thing as a serving, but the two are completely different.

A serving size is a standardized way of measuring food based on nutritional need and can be very different from the portion size or amount of food served. The serving sizes you see on a Nutrition Facts Panel are based on portions commonly eaten and they are not necessarily a recommendation. The serving sizes on a label are standardized so that you can compare one product to another; a slice of bread from one brand to another.



“Ask Your  
Medical  
Provider”

Depending on the age of the child, the serving size will actually be smaller than what is listed. Below are some suggestions. What is important is to make sure that they consume the total servings per day that is recommended not more. Serving sizes for each of the food groups are summarized below. In general the following holds true:

1/4 cup is the size of a large egg

1/2 cup in the size of a 1/2 baseball or 1/2 tennis ball

1 cup is the size of a fist or baseball

### **Grains**

Children need approximately 5 grain servings a day measured in ounce equivalents (8 oz- 1 cup, 1 oz =1 piece of bread) It is best to consume at least half to most of grains as whole grains. The whole grain has not been stripped of its bran and germ layer, which contains fiber, many B vitamins and iron.

### **Fruit**

The recommendation for fruit will be in cups, anywhere from 1 to 2 cups a day. The typical serving size for a young child will be 1/4 - 1/2 cup at a sitting whereas the older child can eat 1/2 - 1 cup at a time depending upon the fruit.

*(Continued on page 13)*

(Continued from page 12) **Ask Your Provider**

The total amount at any one sitting doesn't matter as long as the total for the day is eaten. Remembering that "real fruit" comes in its own packaging. ½-1cup is equal to 1 small whole apple or small (less than 6inch) banana. Avoid juices and prepackaged "fruit snacks".

### **Vegetables**

The recommendation is 1 to 3 cups a day. The typical serving size for a young child will be ¼ cup at a sitting whereas the older child can eat ½ -1 cup at a time. The total amount at any one sitting doesn't matter as long as the total for the day is eaten. If you offer vegetables first to your child before the rest of the meal, they will be more likely to eat it and not complain that they are too full after eating the rest of their dinner. Be sure to offer a variety of vegetables; orange, dark green leafy and legumes especially. In general, 1 cup of raw or cooked vegetables, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. A good rule of thumb is 5-9 whole fruits in combination with vegetables a day, for everybody.

### **Meat/Beans-Proteins**

The serving sizes for meat and beans are in ounce equivalents. They will range at approximately 5 ounce equivalents per day depending on the age, gender and activity of the child. For young children, 1 oz equivalent of meat or beans will be sufficient at a serving. The older child will be able to eat 2-3 oz at a sitting. In general, 1 ounce equivalent from the meat and beans group equals 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds. (16 oz to a pound – a "quarter pounder" pre-cooked weight or 4oz pre-cooked is equal to 3oz cooked pattie)

### **Milk-Calcium**

It is essential that children get the recommended amount of calcium they need every day for strong teeth and bones. Many children, especially teenagers, do not get enough calcium and

what they don't realize is that you can't make up for it later. The calcium you take in before about age 20 is used to build bones and after that it is all about bone maintenance, whereby you can only take calcium from the bones that you already have if you don't have enough in your diet. Sodas are not a replacement for milk and will "rob" the bones of calcium. Soda is not a food group. Milk and milk products (cheese) are a main source of calcium in the typical American diet. Most children need 2-3 cups per day. The smaller child will drink or eat ½ cup at a time whereas the older child can consume 1 cup at a sitting.

### **Other food and beverages**

The USDA considers other food and beverages as "discretionary calories". The following are the categories considered optional:

1. Eating more than the recommendation from the essential food groups.
2. Adding extra fat or sweeteners to food and beverages, such as sugar, syrup, and butter
3. Eating higher calorie food/beverage options, such as whole fat milk or ice cream, and yogurt with added sweeteners
4. Foods and beverages that are mostly fat and sugar; soda and candy for example.
5. Processed foods that have had the nutritional value "stripped" out such as pasta, white flour, boxed meals (mac & "Cheese"), higher calorie lower nutritional food.

**Most children eat unhealthy food every day, especially at snack time.** If your child is in this category, limit the amount of junk food (cookies, chips, ice cream and soda for example), to 75-100 calories per day for the younger child and teenage girl, and 200 calories per day for the male teenager. Be careful and look at the Nutrition Facts Panel for serving sizes and calories. **This amount adds up fast.**

Item 2- sedentary life style:

Limit "screen time" this includes video games, television, and computer time to 30 minute blocks and a total of 2 hours a day. Out-door exercise, old fashioned "play time" **Children**

(Continued from page 13) **Ask Your Provider**

**and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

**Including:** Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week. Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes. Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

These guideline for nutrition and exercise are the basis of a lifetime healthy lifestyle. They are

recommended for people of all ages and all chronic conditions like Diabetes ensuring long and healthy lives. Our Native culture we were hunters, gatherers, outdoorsmen always on the go and eating what we gathered and hunted and bartered. Sporting events were a central part of our communities and get-togethers with “friendly competition” hand-games, boating, and running. These things kept us healthy and strong for generations without Diabetes, we knew what was “good for us” before the recommendations came out. Let’s move in Indian Country again.

**Disclaimer:** *The information provided in this article is solely for educating the reader. It is not intended to be a substitute for the advice of a medical expert.*

<http://buildhealthykids.com/servingsizes.html>

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

## Fish Consumption in Carson River

In 2009, the Washoe Environmental Protection Department received funding from the Bureau of Reclamation (BOR) to sample the health of the fish populations within the Carson River as it flows through the Washoe Ranch and Stewart Ranch. On August 25, 2009, WEPD staff, US BOR staff, Nevada Department of Environmental Protection (NDEP) staff, Walker River Paiute Tribe, and the Washoe Hunting and Fishing Commission members participated in electrofishing/sampling of crayfish, trout, and carp species.

A total of 43 organisms were

sampled and collected. The trout, crayfish, and carp species contained detectible levels of mercury. Due to these levels the



following recommendations were made regarding fish consumption:

Trout – consume less than three meals (8 ounce portion) per month

Crayfish - can be consumed 8 times per month at a standard 8 ounce portion

Carp - only one to two meals per month (8 ounce portion) should be consumed without chronic, systemic effects.

Additional information on fish consumption health advisories in the area can be found at [http://www.ndow.org/Fish/Fish\\_Safety/Mercury](http://www.ndow.org/Fish/Fish_Safety/Mercury).

Please contact WEPD for any additional information, (775) 265-8680.

Submitted by Jennifer Johnson, Interim WEPD Program Director

# Tribal Justice Center Project Update

Many thanks to everyone for the very positive and productive meetings on July 2<sup>nd</sup> and 3<sup>rd</sup> with the Leo A Daly design team for the new Tribal justice center project; the needs assessment and conceptual design study, funded by a Department of Justice grant, is on track to be completed over the next several months.

Cindy, Frank and Ted – the Leo A Daly team – conducted very informative in-depth sessions with Chief Varner, Kathleen, Millie, Lenora, Angela, Jennifer, Nick, and Adrienne, and brief introductory meetings with Tribal Chairman Kizer, Secretary/Treasurer Crawford, Careen, Suzanne, Kathleen, Officer Enos and Suni. They also held a joint session with Chief Varner, Kathleen, Millie, Debby, Sergeant Blackeye, Angela, Julia, Tristan and Ubaldo. They also visited the Washo Room at the Carson Valley Museum and Cultural Center. We very much appreciate each of you for sharing your valuable insights, experiences and recommendations, and we look forward to working with the team on the next phases of the study.



Washoe Tribe of Nevada and California

## *Little Miss Washoe & Miss Teen Washoe Pageant*

**August 15, 2014 at 6:00 p.m.**

Stewart Community Building  
465 Clear Creek, Carson City, NV

If you are interested in being a contestant, please pick up an application for the pageant at:

*Front Desk, Tribal Headquarters  
919 Hwy 395 South  
Gardnerville, NV 89541*

Contact Dorothy  
McCloud at  
(775) 450-9279  
for more  
information.

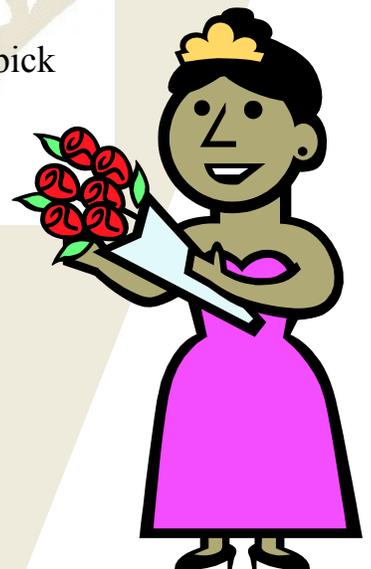
All applicants must be  
an enrolled member of the Washoe Tribe.

**Application deadline:**

Wednesday, August 13, 2014

The Crowning will be on  
Saturday, August 16, 2014

At the Washoe Tribe Picnic



# 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



# Do you want to jump start your future?



If you have your High School Diploma or GED and have a vision to attend college or get a certificate/license and just don't know how to start, then stop by the

Washoe Tribe Scholarship Department to see a Pre-College Advisor. They can assist with making your vision come true.

Washoe Tribe Scholarship Department  
1246 Waterloo Lane, Gardnerville, Nevada 89410  
(775) 782-6320 x2808  
Monday-Fridays 8am to 4:30 pm

# 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!

# Washoe Tribe Annual Picnic

**August 16, 2014**

12:00 p.m. at the Stewart School Complex

Fun for  
the  
Whole  
Family



- \* Little Miss Washoe / Miss Teen Washoe Crowning
- \* Horseshoe Tournament
- \* Activities for the Kids



**Crafters/Vendors Welcome**

- Communities Please Bring:  
Carson Community - Salads  
Dresslerville Community - Desserts  
Stewart Community - Meat  
Woodfords Community - Main Dish



Music by  
Kent Steele  
and the Iron  
Age

**Please bring  
your chairs and  
canopy...  
it's going to be  
hot!**



**For more information contact the  
Stewart Community Council  
775-883-7794**



# New Faces Keep the Washoe Tribe Moving Forward

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

## Employee Statistics *as of June 1, 2014*

Total # of Employees:		338
Total # of Females:	68%	220
Total # of Males:	32%	118



## EEO Statistics:

Caucasian	98	29%
Hispanic	20	6%
Asian	9	3%
Black	3	1%
Amer Indian	208	61%
Washoe	102	Other A.I. 106

<u>NAME</u>	<u>DEPARTMENT</u>	<u>POSITION</u>	<u>START DATE</u>
Nick Agnason	Law Enforcement	DV Advocate	6/26/14
Gene Ashley	WDG	Retail Store Clerk	6/30/14
Samantha Fillmore	WDG	Retail Store Clerk Trainee	7/3/14
Richard Repoza	WDG	Meeks Bay Resort Worker	7/12/14
Chris Lopez	WDG	Meeks Bay Resort Worker	7/16/14
Leora Crawford	Human Resources	Receptionist	7/7/14

## Two staffers recognized from San Joaquin TANF

Two of the San Joaquin County TANF staff were recognized on July 9, 2014 at an Appreciation



Luncheon held by VITA – Volunteer Income Tax Assistance.

Francisco Martinez and Juliet Maestas certified with the IRS in basic exam preparation this year in an effort to assist TANF clients and community members file their 2013 tax returns. The IRS-certified volunteers provide free basic income tax preparation for low to moderate income households. Francisco and Juliet were 2 of 130 volunteers in the San Joaquin area to offer such free tax service. This was the 3<sup>rd</sup> consecutive year for the SJC TANF office to provide volunteers to VITA. Approximately 35 returns were completed at the TANF office;

one-third being TANF clients. Overall, the volunteer program generated \$14 million in new monies through the Earned Income Tax Credit, and \$27 million in total returns for the San Joaquin County economy; quite a successful effort. Individuals and families save hundreds of dollars in return preparation fees because of this wonderful program. In appreciation of their efforts, local VITA board members gathered the volunteers at the luncheon where certificates were given along with praises from several City Council members as well.

Washoe Tribe Domestic Violence Program

## *Signs of an Abusive Relationship:*

*\*If you or anyone you know can answer one or more of these questions about a partner displaying one or a combination of these behaviors, then you or another may be getting involved with a potential batterer.*

**\*\*Warning Signs of an abusive personality:**

He/She pushes for quick involvement

He/She threatens you with physical violence

He/She is controlling

He/She has unrealistic expectations

He/She isolates you

He/She blames others for their problems and mistakes

He/She is hypersensitive

He/She makes others responsible for their feelings

He/She displays "playful" use of force

He/She displays cruelty to ani-

mals

He/She verbally abuses you

He/She insists on rigid roles for men and women

He/She displays sudden mood swings

He/She has battered in the past

He/She humiliates you in front of friends, family, or co-workers

Trust your instincts and your gut feeling...if it's telling you something is wrong, then most likely there is something wrong. Be aware of your surroundings and your own personal space. Use your voice and your words when telling someone you do not like them hurting you while also being cautious of your own safety. Remember that the Washoe Tribe Domestic Violence Program is here to help those who are in or have been in an abusive relationship, victims of sexual assault, who have been stalked or harassed. We are a victim based program, here to support you, guide you, and believe in you.

***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.

**National Calendar of events:**

August is National Women's Month ([www.nwhp.org](http://www.nwhp.org))

National Night Out Against Crime ([www.natw.org](http://www.natw.org)) – (29<sup>th</sup> Anniversary) - August 5, 2014

International Youth Day ([www.un.org](http://www.un.org)) - August 12

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

"WHITE" – Peace      "DARK BLUE" – Crime Victims Rights Awareness

"LIGHT PURPLE" – Anti-Violence Awareness

Summer is the peak season for one of the nation's deadliest weather phenomena— lightning. In the United States, an average of 66 people are killed each year by lightning. In 2005, there were 43 confirmed deaths and 172 confirmed injuries. As of October 1, there were 44 confirmed lightning deaths in 2006. The injury number is likely far lower than it should be because many people do not seek help or doctors do not record it as a lightning injury.

People struck by lightning suffer from a variety of long-term, debilitating symptoms, including memory loss, attention deficits, sleep disorders, numbness, dizziness, stiffness in joints, irritability, fatigue, weakness, muscle spasms, depression, and an inability to sit for long.

Lighting causes about \$5 billion of economic impact in the United States each year.

Lighting kills about 100 people per year and injures about 1,000 in the United States each year. Lighting is the #2 weather killer in the United States killing more people than tornados and hurricanes combined—only flood kill more.

Lightning is a serious danger. The best thing you can do to avoid lighting danger is to learn and practice lighting safety.

No place outside is safe in a thunder storm.

The “30-30 Rule” offers the best lighting safety guidance for the general public. When you see the lighting count the time until you hear the thunder. If the time is 30 seconds or less, the thunder storm is close enough to be dangerous - seek shelter.

# WHEN THUNDER ROARS, GO INDOORS!

You should wait 30 minutes or more after the lighting flash before leaving your shelter.

A house or other fully enclosed structure offers the best protection against lighting. Stay away from telephones, electrical appliances, and plumbing. Don't watch the lighting from a window or doorway, inner rooms are generally safer.

A car with a metal room and sides is your second best protection against lighting. As in a house don't touch any conducting paths leading outside. It is the

metal shield that protects you not the rubber tires.

If you are caught outside in the woods take shelter under short trees. If you are boating or swimming, get to land and find shelter immediately! Protect yourself outside. Go to a low-lying, open place away from trees, poles, or metal objects. Make sure the place you pick is not subject to flooding.

Be a very small target. Squat low to the ground. Place your hands on your knees with your head between them. Make yourself the smallest target possible. Do not lie flat on the ground -- this will make you a larger target!

People struck by lightning carry no electrical charge and can be handled safely. Call for help. Get someone to dial 9-1-1 or your local Emergency Medical Services (EMS) number. The injured person has received an electrical shock and may be burned, both where they were struck and where the electricity left their body. Check for burns in both places. Give first aid. If breathing has stopped, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR.

National Weather Service. Lightning Safety. <http://www.lightningsafety.noaa.gov/>

## TANF Outreach at Manteca Pow Wow for 5th year

Over this 4th of July weekend, the San Joaquin Regional Office proudly collaborated with

San Francisco staff in an outreach effort at the 37<sup>th</sup> Annual Pow Wow, "Youth, Honoring Our Tradition, in Manteca, CA. This was SJC's fifth consecutive year



participating in this holiday pow wow, and were among many family agencies representing the San Joaquin Region. In all, hundreds of adults and children were in attendance, and our TANF Outreach Booth was frequently visited by drop-ins with inquiries. Staff disbursed various informative outreach materials throughout the day explaining TANF supportive services and eligibility requirements. With such a large attendance at the event, the limited SJC staff was ever-so grateful for San Francisco Site Manager, Cynthia Blacksmith, who assisted with staff needs.

## Senior Food Closet's 2-Can Tuesdays for WTHC/ Community Health Department Feed Seniors

Beginning Tuesday, July 29, 2014, WTHC/CHD will kick off "Two Can Tuesdays" in support of the Feed Seniors Food Drive. WTHC/CHD is collecting donations for the Senior Food Closet. Help WTHC/CHD reach our goal of 1,000 lbs. by donating two cans on Tuesdays through August 26.

The food closet's most wanted items are non-perishable foods such as dried foods (beans, rice, pasta, flour, cornmeal), canned fruits and vegetables, cereals, grains, canned chili's, soups, proteins, and spices.

### Two Can Tuesdays



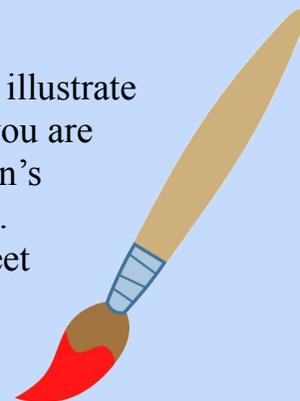
Remember to donate heavy and healthy! Re-donate even commodities that you do not use for others.

The Office of WTHC/CHD is leading the food drive for Seniors. For questions, please contact Joni Box at (775) 265-6426 or by email at [joni.box@washoetribe.us](mailto:joni.box@washoetribe.us) OR Jacque Kizer at (775)-265-4215 or email at [Jacqueline.kizer@washoetribe.us](mailto:Jacqueline.kizer@washoetribe.us)

**LEAVE 2 CANS/ BOXES/ DRY GOODS**

# Attention Wašiw Artists

The pat'alŋi me?k'i Head Start language nest is still seeking artist to illustrate our children's books based off of our Wašiw legends and stories. If you are interested in contracting with the language nest to illustrate a children's book please contact Lisa Enos @ (775) 265-2629 Or (775) 790-7357. We can set up an appointment for you to bring in art samples and meet with the staff.



## Sign-up NOW for Fall Head Start Pre-school program

*Now Taking Applications for the  
2014-2015 Upcoming School Year*

- For Children ages 3-5 years old.
- Two Different Center Locations: Carson City & Gardnerville
- For Additional Information: Call Head Start Administration (775)265-1074
- Or Visit 919 US HWY 395 S., Gardnerville, NV

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 a comprehensive child development program with the goal of increasing school readiness of young children.

Hot nutritious meals, socially inviting activities, and making new friends lead to success in their school environment and beyond in their careers.



## WIC Clinic in Dresslerville

*Inter-Tribal Council is hosting a clinic for available participants  
in Dresslerville, NV*

Tuesday, August 5th  
at the  
Washoe Tribal Health Center  
10am—1pm



**Please call for  
appointment!**

**775-398-4960**

**REMINDER:** Washoe Tribal Health Center buildings and surrounding areas are designated to be smoke free.



**Treat the earth well:  
it was not given to  
you by your  
parents, it was  
loaned to you  
by your children.  
We do not inherit  
the Earth from our  
Ancestors; we  
borrow it from our  
Children.**

*Ancient Native  
American Proverb*

Washoe Tribe of Nevada & California

## Employee of the Month



**Nita Zulian,  
Optometry  
Department**

great ex-  
ample of  
an em-  
ployee  
who is  
willing to  
continue  
to learn  
and be  
ener-  
gized  
when  
new pro-  
cesses are

For the month of June, Nita Zulian was recognized as the employee of the month.

Nita has increased the insurance reimbursements in the Optometry Department by over 200%. She has learned a new software program to submit insurance claims electronically. The excitement and eagerness she demonstrated has been noticed and appreciated. Denials of claims from the insurance companies have greatly decreased since Nita has been using this system and submitting claims in a timely manner. She is a

implemented. Nita has proven how a little bit of effort can make a big difference!

Nita has been with the Washoe Tribe for 28 years...much, much longer than most employees! She's held several positions at the Clinic and watched a lot of Tribal members grow up and become adults.

She is committed to helping the people she serves and we appreciate her dedication! Please join us in congratulating Nita Zulian as June's Employee of the Month.



Please let us know if your address has changed!

# 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](http://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

Darrel Cruz  
Mahlon Machado  
*Off Reservation Representatives*

#### Reno Sparks Indian Colony

Lorraine A. Keller, *Representative*

#### Stewart Community

David L. Tom, *Chairman*  
Stan Smokey, *Vice-Chairman*

#### Woodfords Community

Vacant, *Chairman*  
Neil Mortimer, *Vice-Chairman*  
Deirdre Jones-Flood, *Secretary/Treasurer*

When you were born, you cried  
and the world rejoiced.  
Live your life so that when you die,  
the world cries and you rejoice.

~White Elk



### WASHOE PHARMACY HOURS

Please allow the pharmacy 48 business hours to refill your medication requests. Our standard pick up time is after 3pm 2 business days after you put in your request.

Monday	8am to 5pm*
Tuesday	8am to 5pm*
Wednesday	8am to 5pm* (closed for 10a-12p)
Thursday	8am to 5pm*
Friday	8am to 5pm*

**\* LUNCH IS 12:15pm to 1:15pm EVERYDAY (pharmacy is closed)**

**Washoe Tribal Health Clinic Pharmacy**  
1559 Watasheamu Road Gardnerville, NV