WASHOE TRIBE OF NEVADA AND CALIFORNIA

Waʔ bi·baʔ ʔum muše ʔeš išge

Translation- "Read It Here"

Washoe Tribal Newsletter—Voice of the Washoe Tribe of Nevada & California August 2015

Highlights of what's inside

Council Meeting Calendar—page 2
Find out when Council meetings are being held

Student Athletes—page 4
We apologize if we missed you last month. If we still haven't recognized all our student athletes please let us know.

Local Veteran honored with Purple Heart—page 6
We sincerely thank you for your service Retired Staff Sergeant Vincent Arthur.

Interim WIEC Director focused on reading—page 9
Amber Bill sheds light on new mission.

"Sons of Tradition" continues— page 15
Young men learn traditional ways—more welcome!

Don't miss the Washoe Picnic—pages 18
To be held in South Tahoe August 15th.

Leonard Peltier Birthday Round Dance/Potluck—page 21
Help celebrate on September 12th 6-9pm at Carson Colony Gym

93% Graduation Rate, other updates from Ed Department

The 2014/15 academic year ended with many positive notes. The Washoe Tribe Education Department is pleased to announce a 93.3% graduation rate for Douglas and Carson County School Districts. The Education Committee provided Native Thunder blankets to graduating seniors.

Summer school took place at a number of area schools and several students attended. The pass rate for summer school is typically high. Johnson O'Malley funds were used to cover the cost of summer school and even caps and gowns for graduation for some students.

The Education Department has hired two Education Lead positions covering Douglas/Alpine and Carson Counties respectively.

Eric Emm is the new Douglas/Alpine Counties Education Lead providing data to Mr. Borges, Education Coordinator, having staff oversight, and providing annual trainings. Mr. Emm will be attending key leadership and Community Council meetings and will communicate matters of student progress and success. Eric will also have tutoring responsibilities at Pau Wa Lu Middle School.

Rhonda Roth is the new Carson County Education Lead providing additional oversight of the Carson County Education staff and program. Rhonda Roth, Education Lead is still assigned to Seeliger Elementary School and will have additional leadership responsibilities as Education Lead for Carson County. Rhonda was brought on full time at the end of the last school year but she was first brought on with the Washoe Tribe as a Temporary Tutor in May, 2014. You may direct questions or concerns directly to Mr. Emm, Ms. Roth, or you may still contact Rob Borges, Education Coordinator at 775-790-7515.

The Carson County Education Department continues to show how our efforts positively impact student performance. 17 seniors graduated from Carson and Pioneer High Schools in June.

Blain Osorio and Julie Axelson continue to serve as support staff for Carson High School covering the Stewart Community, Carson Colony and Off-Reservation students in the Carson area. Education Advisor, Julie Axelson is on leave for the summer and Tutor, Blain

(Continued on page 2)

See page 2 for newsletter submission and deadline info

(Continued from page 1) **Education Update**

Osorio was involved in summer activities at the Stewart Community with Rhonda Roth, Education Lead. Jan McEwen, Instructional Assistant, and newcomer Janet Wiley, along with Silvia Bulmer provided activities at the Carson Colony. The communities combined their efforts for what Fil Smokey and Tish Filmore named "Community Unity Days". On these days, the various communities came together for activities such as trips to Lake Tahoe, and trying out handmade PVC Bows.

Twenty seven seniors graduated from Douglas High School and Aspire Academy. Sandy Waite and Meagan Robertson will continue with their assignment at Douglas High School for the 2015/16 academic year, Ms. Waite worked during the summer school term and several students were able to make up credits they were missing.

Lavina Roach is on leave this summer but will be returning to tutor students at Carson Middle School along with Jan McEwen. Barbara Garcia began the process of organizing historical photographs she took from her early days with the Education Department with the help of student worker, Lisa Swab.
These students did outstanding work and deserve a round of applause for their efforts. For those wishing to pursue the Summer Youth Employment Program next year, please contact Rob Borges for the details.

As for the Education Department's Douglas County elementary school staff, Romaine Smokey held the first Academic Award Night at Scarselli Elementary School where he assisted students in achieving proficiency in math and reading. Cheryl Villanueva teamed up with Sylvia Bulmer to do great things at CC Meneley and the Dresslerville after school program. Meagan Robertson, now on staff full time, will be helping out with the afterschool program as she did during the last academic year. They have also been the key to the success of the Summer Enrichment activities at

(Continued on page 3)

August CALENDAR

(all dates subject to change)

Dresslerville Community Council Meeting
Wednesday, August 5, 6:00pm

Carson Colony Community Council Meeting
Wednesday, August 12, 6:00pm

Woodfords Community Council Meeting
Thursday, August 6, 6:00pm

Tribal Council Meeting
Friday, August 14, 6:00pm
Woodfords Community

Stewart Community Council
Tuesday, August 18, 6:00 pm

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**

Speaking of student workers, here's a list of them and the departments where they were assigned:

Lisa Swab: Dresslerville Education/Education Department Photo Project
Donnie Swafford: Environmental
Nikolas King, Cultural Resources
Joaquin Erwin, Cultural Resources
Dashona Godowa: Woodfords Indian Education Center
Kali Sargent, Tribal Court
Aiyana Pitts, Tribal Court
Robin Smuda, Elder Center
Kasandra Rodriguez-Ramirez: Head Start
Tristan Noah: Planning
Robert Martinez: Carson Education
Gysenia Medina, Carson Education
Khaslynne, Carson Education
Brianna Alvarado, Carson Recreation
Crystal Hugo: Dresslerville Recreation
Tahomah Smokey: Dresslerville Recreation
Maggie Rupert, Stewart Recreation
Eugene Mills, Stewart Recreation
Autumn Martin, Stewart Recreation

(Cont. from page 2) **Education Update**

the Dresslerville Community. Silvia Bulmer was deployed to Iraq in July and is no longer providing education services at CC Meneley. She did a great job and she will be missed.

In Carson, Janet Wiley was recently hired and will be assigned to Fritch, Fremont and Mark Twain Elementary Schools. She will be bringing her vast experience as an educator to assist and support students at her assigned schools.

Aaron Thacker assisted Eric Emm with the Summer Food Program this summer which was expanded to include parents and guardians as well as serving a breakfast menu at each community. Aaron will continue his assignment at Bordewich/Bray Elementary School where he has a long history of providing educational support.

The Education Department recently hired Ms. Bridget Koos as the Tutor for Diamond Valley School. Ms. Koos will also be assisting in the afternoons at the Woodfords Indian Education Center. Ms. Koos brings her experience in education to the Woodfords Community youth and families. The Department is pleased to be bringing her on staff. She will be available toward the beginning of the school year.

Many youth attended the Mayala Watah festival at Meeks Bay in July. The festival is held each year and has included a cultural exchange with Owens Valley. Mayala Watah has camping, cultural activities, and meals and has been held for more than five years with great success (see photos on page 10).

Scholarship Corner:

In June, the Education Department welcomed Constance Barnes to fill the vacant Pre-College Advisor position for Carson County. Constance brings her vast knowledge of higher education administration to the team and is available for scholarship questions, college and career readiness, and trade/vocational planning for high school students as well as adults.

Ms. Lori Pasqua and Ms. Barnes have, along with several other staff members, been planning the second annual Washoe Youth Conference taking place on August 7th at the Carson Valley Inn. Last year's conference was a big hit, with every seat filled and an exciting key note speaker and event from Sacramento named SAYS! (Sacramento Area Youth Speaks. This year's key note promises to be just as engaging.

Each January and July, the Education Committee approves Incentive Scholarship awards to qualified students in higher education. The Incentive Scholarship awards students for academic achievement and is issued twice annually. The Education Committee reviewed applications for the spring, 2015 semester and awards were issued to qualified

(Continued from page 3) **Education Update**

applicants in July. Washoe tribal members who are currently attending college and hold a minimum of a 3.0 GPA are able to apply for the Incentive Scholarship.

The Higher Education Scholarship is also available to tribal members during their college career. The Higher Education Scholarship has an application deadline of August 1st. Applications are available on the Washoe Tribe of Nevada and California website under Adult Education or at the TANF main office. You may also request an application to be sent via email. Please contact the Pre-College Advisors for more details.

Vocational Scholarships are awarded year round. Eligible candidates have been awarded to cover the expenses of vocational training and licensure in a variety of areas and fields.

Scholarship applicants may receive assistance in completing the application from the Pre-College Advisors, Ms. Lori Pasqua at 775-309-3675 or Ms. Constance Barnes at 775-790-7513.

Several *STUDENT ATHLETES* were missing from last month's newsletter. Here are a few more:

Hunter Simpson: Baseball*
Leo Cruz: Football
Tahomah Smokey: Football*
Guy Rogers: Football
Raychell Allen: DHS Varsity Volleyball*
Joaquin Erwin: Basketball

Pictured clockwise:
Raychell Allen,
Tahomah Smokey,
Hunter Simpson

Students and families may access services at the following schools:

Douglas County:
Douglas High School
Aspire Academy
Pau-Wa-Lu Middle School
Scarselli Elementary School
CC Meneley Elementary School
Carson County
Carson High School
Pioneer High School
Carson Middle School
Eagle Valley Middle School (vacant)
Seeliger Elementary School
Fritch Elementary School
Fremont Elementary School
Mark Twain Elementary School
Empire Elementary School (vacant)
Bordewich-Bray Elementary School

Alpine County
Diamond Valley School

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 July 17, 2015*

Total # of Females:	215	65%
Total # of Males:	116	35%

EEO Statistics:

Caucasian	97	29%
Amer. Indian	202	61%
Asian	5	1%
African American	3	1%
Hispanic	25	8%

American Indian 97 48% Washoe 105 52%

Type	Name	Position/Title	Start Date
New Hire	Jacqueline Bae	Wellness Diabetes Program Mgr	06/22/15
New hire	Eugene Mills	Student Worker	06/15/15
New hire	Robert Martinez Jr.	Student Worker	06/15/15
New Hire	Autumn Martin	Student Worker	06/15/15
New Hire	Brianna Alvarado	Student Worker	06/15/15
New Hire	Khaslynne Andrews	Student Worker	06/15/15
New Hire	Nicholas King	Student Worker	06/15/15
New Hire	Robin Smuda	Student Worker	06/15/15
New Hire	Chavin Malone	Wex	06/15/15
New Hire	Ginger Stewart	Summer Foods Cook	06/12/15
New Hire	Katelyn Denning	Retail Clerk	06/17/15
New Hire	Michelle Hochrein	Environmental Program Coord.	06/30/15
New Hire	Constance Barnes	Pre College Advisor	06/29/15
New Hire	Danielle Bennett	Resort Worker	07/1/15
New Hire	Meagan Robertson	Tutor	07/06/15
New Hire	Gregory Harrison	Tribal Roads Crew	07/10/15
New Hire	Brittany Gaspar	Retail Clerk	07/17/15

Local Native American Veteran Receives Purple Heart

June 29, 2015.

RENO, Nev. (KRNV-MYNEWS4.COM) -- It was an emotional afternoon as one local veteran received a unique honor made possible by members of the U.S. Army and the state of Nevada.

"I'm part of a group, a smaller group of soldiers and airmen and wings who've done the same thing," said Retired Staff Sergeant Vincent Arthur.

It's an award that you earn in a tough way.

According to Senator Dean Heller, "For men and women that pay these kinds of sacrifices they deserve, obviously, an award of this magnitude."

No one goes off to war hoping to get wounded. But when they do, officials say they need to be recognized for their dedication and sacrifice for our country.

"Most of these men and women who go over there, we know they're the best of the best, the finest that we have here in this country," says Heller. "But I'll tell ya, Sergeant Vincent has a special place in my heart knowing the sacrifices that he's gone through over the past four or five years."

In war torn Afghanistan on November 18, 2010, rockets were fired at Arthur and his fellow soldiers, causing his feet to dislocate and leaving him with emotional ties to the explosion.

"This award, this moment, you know in a microsecond. But my whole life flashed before me in a microsecond. And it is true, you do see you life flash before your eyes," says Arthur.

Arthur says when you go to war you just want to come back. And with the help of his comrades, he was able to do so.

According to Arthur, "Never take life for granted. Everyday you experience, enjoy it. You're not guaranteed tomorrow."

So what's next for Retired Staff Sergeant Vincent Arthur?

"Like I said in my remarks, I wish I could get back in but my body just, I can't do it anymore. So there is a need to give something back, I don't know what that is yet. But when I find it, I'll run with it," says Arthur.

Today marks four years since Arthur returned home from his deployment overseas, and Senator Heller says that makes this recognition even more special.

Vincent is the nephew of Josephine Astor and the late Lawrence Astor of the RSIC and father to RSIC member Lindsay Arthur. Vincent is the son of Washoe tribal member, Virginia Munoz of Colfax, California.

Letter of Congratulations for

KaLynn Larisa Payne

It is with great pleasure and pride the Family of KaLynn Larisa Payne would like to offer this heartfelt Letter of Congratulations to the youngest of the Payne children.

KaLynn is the daughter of Raymond and Marilyn Payne, her older siblings are Raymond Jr and Sari Payne. She is a member of the Hunga-Lel-Ti community and has held Washoe Princess Titles as a youth.

In 2012 KaLynn graduated from Douglas High School with a remarkable GPA. KaLynn ventured on to attend her first year of college at Fort Lewis, Colorado. In June 2015, KaLynn graduated with her Associates Degree from Western Nevada College and made the Dean's List. The next step for KaLynn as a scholar will be moving on to the University of Nevada. As she travels down her path towards her educational achievements she has shown remarkable perseverance and determination.

Most recently KaLynn has been accepted into the National Institute for Drug Abuse summer internship. The Summer Research with the NIDA (National Institute on Drug Abuse) program supports students to pursue careers in biomedical and behavioral research. Through this program, high school and undergraduate students are introduced to the field of substance abuse and addiction research by participating in research internships with some of NIDA's most distinguished scientists at universities across the United States. Students work with leading scientist's for 8 weeks during the summer. This Internship included laboratory experiments, data collection, data analysis, formal courses, participation in meetings, interviewing, manuscript preparation, patient recruitment, library research, and literature reviews. In addition, it is a very selective program and the application process was very firm.

While traveling down her path towards her future the Parents of KaLynn offer these words of encouragement.

Little, you're already someone's hero, may it be a small kid from the reservation or a family member. We would like you to know that it's a long road but you won't face it alone, you have the full support of your family. When you feel like hope is gone look inside you and be strong that emptiness you felt will melt away. Cast your fears aside and know that your future is within your grasp. So be sure when you travel your path, Step with care and great tact and remember that life's a Great Balancing Act.

Cultural Update

OUTREACH AND EDUCATION

The Washoe Tribe's Cultural Resources Department provides outreach and education presentations to students, schools, professionals and organizations on Washoe history and culture. These presentations are aimed at educating the public in regards to sensitivity toward Washoe language and culture.

UPCOMING EVENTS

Keep an eye out for Cultural Events fliers. Our upcoming cultural class will be an edible and medicinal plant workshop. We are planning summer activities and you do not want to miss out. Look for fliers, check the cultural portion of the Tribe's website at washoetribe.us, or contact our office at (775)782-0010.

RESEARCH RESOURCES

Please remember our library is open to those wanting to learn about Washoe. Contact our office if you would like to utilize our research material. We have over 300 resources available to you. Resources are for in-office use only, although some material may be duplicated upon request.

WASHOE CULTURAL RESOURCES ADVISORY COUNCIL (WCRAC)

WCRAC meets the first Tuesday of each month at 1:00pm (subject to change) at the Cultural Resources Department office located in Minden at 1662 Highway 395 North, Suite 206. All are welcome to attend. Please contact our office if you are planning to attend. If you are unable to attend please refer to the minutes posted on the Cultural Resources website. Go to washoetribe.us, and click on the Culture tab, under "meeting minutes".

CULTURAL CALENDARS STILL AVAILABLE!

We are halfway through the year and the Cultural Resources Department still has calendars available at our office. Please stop by to pick one up, or give us a call so we can mail you one!

Wašiw Lesson 1

1. **abuŋ**- to tie a baby in a basket
   namiŋ bikusaʔ **ábuŋ**i- the baby is tied in the basket.
2. **adaš**- meat
   Bagaʔ **adaš** gesigi·gi ha- fry the beef.
3. **adaʔ**- to make or do something
   huŋa te heš gew **adaʔ**i- what are they doing?
4. **adu-** hand
   gudiŋa **adu** heš kei- whose hand is that?
5. **ahu**l- leg
   ahul demi·gi latu- beautiful leg.
6. **ahu**- to stand
   Mi·lew **ahu**i- everybody is standing up.
7. **akud**- to scoop up food
   demlu **akud** epsi- stuffing your mouth
8. **alaʔ**- to nurse a baby
   Damoʔmo ŋamiŋ **alaʔ**hayi
9. **aluŋ**- to lick
   K'indi **aluŋ**i- he is licking his candy
10. **aluŋ**- an arm or a wing
    T'anu **aluŋ** yahayi- somebody's arm hurts

Woodfords Indian Education Center

Hello. I would like to take the time to introduce myself, my name is Amber Bill, and I am the new Interim Director at the Woodfords Indian Education Center (WIEC). I have been a resident of the Hung-A-Lel-Ti community for over 24 years, and I am honored to serve the youth and adults of the Hung-A-Lel-Ti Indian community and Alpine County.

The WIEC is going through some positive changes! We have implemented new policies at the WIEC, to create an academic atmosphere and an open space for creativity and cultural learning. By implementing a more structured center environment, student development can improve in key areas such as productivity and goal-setting, responsibility, behavior, time management, and preparation.

We have created a challenging and rewarding Summer Math, Science, Reading and Writing Program, not only to help our students maintain academic focus but to encourage attendance and participation at the center. The WIEC has also collaborated with Alpine County Unified School District and their teachers to offer books chosen for the Accelerated Reading Program at Diamond Valley School. We encourage our students and parents to check out these books from the WIEC Library.

Second, the WIEC has teamed up with the Native TANF Education Program to provide an extensive Summer Science and Cultural program. Barbara Garcia, the WIEC's Summer Science Education Program Instructor, has introduced fun and exciting science activities and lessons to supplement our existing academic schedule; in conjunction with Native TANF, Herman Fillmore provides Washoe/Indigenous storytelling and cultural activity instruction Tuesday afternoons.

The WIEC has served the Woodfords Indian Community for 26 years, and for a couple of years, had bragging rights for achieving a 100% high school graduation rate! Per capita, the Hung-A-Lel-Ti Indian Community has had more college graduates than any other Washoe Tribal community. Over the years, prioritizing education became less important and our children began to suffer academically. The Woodfords Washoe Community Council, the WIEC and the Parent Advisory Committee (PAC) recognized the need for a more serious and realistic approach by changing the center's recent programming from recreational-based back to an academic and cultural curriculum.

As the WIEC continues to evolve, we aspire to create a more welcoming yet educational atmosphere. We encourage parents/guardians to assist us in providing their children with the best resourceful, educational experience by encouraging reading at home. The WIEC Library has a variety of books and houses an extensive Native book section, for beginning and advanced reading. Come over and check it out!

Congratulations to Tribal and Corporate leaders, managers and partners! Gordon, Harold and Dan at the Travel Plaza Convenience Store concrete pour recently.

Right and Below: Progress as of July 20, 2015

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has overexercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

Before Extreme Heat

To prepare for extreme heat, you should:

To begin preparing, you should build an emergency kit and make a family communications plan.

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.

Get trained in first aid to learn how to treat heat-related emergencies.

Know The Terms

Familiarize yourself with these terms to help identify an extreme heat hazard:

Heat Wave - Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep

(Continued on page 12)

(Continued from page 11) Heat

rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke - Another term for heat stroke.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

What you should do if the weather is extremely hot:

Listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Avoid extreme temperature changes.

Check on your animals frequently to ensure that they are not suffering from the heat. Go to a designated public shelter if your home loses power during periods of extreme heat. Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: ***shelter 12345***).

Currently On Display

Gatekeepers Museum,

Tahoe City, CA

"Dat So La Lee"
"Weaving Past and Present"

~CHARLES MUNROE

Summer Youth Workers

"This department is very necessary for the Wasiw people and will preserve who our people are"
Nik King, Summer Youth Worker

"For future summer workers, be prepared to have fun, learn about Wasiw ways and have the best supervisors in the tribe"
Joaquin Erwin, Summer Youth Worker

The Cultural Resource Department (CRD) had two Summer Youth Workers this year sponsored by the TANF Education Program. The youth workers attend Douglas High school and have been working with the CRD for the summer. They participate in all the activities and assisted with the development of teaching aides and learning all aspects of the department.

We have been very pleased to have these two young men be part of our team and would be happy to have them again next year.

Elder Center MENU August 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cream of Asparagus Soup Sliced Pears Oyster Crackers Mixed Green Salad	4 Thank You BBQ/ OPEN HOUSE at Dresslerville Elder Center	5 Seasoned Pork Chops Scalloped Potatoes Watermelon Concrete Stepping Stones	6 CENTERS CLOSED Meeks Bay BBQ Please call for a ride	7 Chicken Noodle Soup Sliced French Bread Carrot Cake
10 Broccoli & Cheddar Soup Turkey & Cheddar Sandwich	11 Spaghetti Garlic Bread Sticks Green Salad Bread Pudding Concrete Stepping stones	12 Tuna Casserole Steamed Green Beans Sliced Strawberries	13 Oven Baked Chicken Broccoli Salad Tater Tots Carmel Grapes	14 Carson Potluck **Meatloaf** Please Bring dish
17 Chicken Posole Tortilla Chips Salsa, Sour Cream Apricots	18 Chili Dogs French Fries Cantaloupe	19 French Dip Macaroni Salad Tapioca Pudding	20 RENO SPARKS INDIAN Colony Senior Fun Day **Please call to sign up**	21 Navy Beans w/ham Corn Bread Peanut Butter Cookies
24 Beef Barley Soup Cherry Crisp Roll	25 Baked Mac & Cheese Steamed Asparagus Apple Sauce	26 Green Chicken Enchiladas Spanish Rice Pinto Beans	27 Deviled Egg Salad Sandwich on WW Cucumber Salad Rice & Raisin Pudding	28 Corn Chowder Mandarin Oranges Garlic Bread Sticks
31 Corn Beef Potato Soup Sliced French Bread Jell-O w/ Fruit		Congregate Meal Cost: Age 60 & older- (donation requested) Under 60 $5.00		NOTE: On Closed days, the Centers will provide a sack lunch prior to closure.

We welcome any and all Donations

Dresslerville
(775)265-6426
Carson (775)265-8600
ext 10809

Mayala Watah

Left: Hula Hoop fun at Mayala Watah. Below: Participant goes tail over teacups for fun.

Left: Some water fun in Lake Tahoe at Mayala Watah.

Washoe Sons of Tradition

First and foremost I would like to welcome our14 young men as participants in our group! The Sons of Tradition program was implemented into the Washoe Tribe by Kristin Burtt, who attended the White Bison's Sons of Tradition Training of Facilitators in April of 2015. The Sons of Tradition curriculum was then adapted and tailored to Washoe culture by the Cultural Resources Department staff. Facilitators of the program include Kristin Burtt, Herman Fillmore, Mischelle Dressler and Nick Agnanson, along with many others in support of our efforts. We would also like to thank ITCN Statewide Native American Coalition for supporting our program!

The Sons of Tradition Program began in June with team building activities and continued into July with our theme of Respect. We are now in the third month of our program and are seeking guest speakers for our meeting set for August 31st in which our topic is Wellness & Wellbriety. Please contact our office at (775)782-0010 for additional information and to seize an opportunity to speak to our young men! Our participants have participated in many different discussions such as: culture and prevention, elders, mentoring, effects of drugs and alcohol on the brain and body, and many others. The program was designed to draw the young men's innate knowledge on these topics while learning about their Washoe heritage and lifeways.

Congratulations to Nikolas King, and thank you for your design! Participants, volunteers and guests will receive their Sons of Tradition Tshirt upon completion of service work and special events!

We encourage young men ages 12-18 to contact our office if you would like to become involved. Currently, we meet at Stewart Community Center at 2pm every Monday. Transportation is provided and is scheduled as follows: Depart Dresslerville gym at 1:30pm, Depart Carson Colony gym at 1:30pm, and if you are located in Woodfords and are interested in joining the Sons of Tradition Program please contact Woodfords TANF to arrange for transportation.

USDA Supports a Greener Nevada with the Rural Energy for America Program

83,422 kWh of green energy produced annually through new USDA funded projects

***(CARSON CITY**, Nev., July 14, 2015)*–USDA Rural Development Nevada (USDA RD) today announced the approval of $59,813 in energy grants to rural businesses to replace 565 gallons of liquid propane per year with solar thermal water heaters, save 3,115 therms of natural gas per year through efficiency upgrades and produce 83,422 kWh of green energy per year with solar photovoltaic systems. Reauthorized by the 2014 Farm Bill, the Rural Energy for America Program (REAP) helps enhance renewable energy use and energy efficiency with grants covering 25 percent of a total project cost and guarantee loans covering up to 75 percent of the total project cost. The latest round of Nevada grants helped seven rural businesses which included hotels, agricultural producers and an automotive repair shop.

"We made a big push to get the word out about REAP with workshops across Nevada, and I am pleased with the number of grants going to small businesses and agricultural producers," said USDA RD Nevada State Director Sarah Adler. "With many REAP grants approved and more in the works our goal now is to work with rural lenders to get additional large REAP guaranteed loans approved."

Two hotels and a lodge received $32,903 in REAP funding

Jadish Desai's Monarch Motel in Hawthorne will use a $20,000 REAP grant to purchase and construct a 22.7 kW roof-mounted solar photovoltaic system. The solar photovoltaic system will generate an estimated 45,528 kWh of renewable energy annually. This marks the second REAP grant Desai has received for a solar photovoltaic system. Briggs Electric located in Carson City is contracted for the installation.

The Miles End Lodge Bed and Breakfast owned by John and Ann Miles in Kingston, received a $2,604 REAP grant to purchase and construct a solar thermal system for generating hot water. The solar thermal system will replace an estimated 565 gallons of liquid propane gas annually. The project is contracted to Sunvelope Solar located in Sparks.

Pranav Morar's Fallon Comfort Inn received a $10,299 REAP grant to make energy efficiency improvements to its hot water system. The efficiency improvements will save an estimated 3,115 therms of natural gas annually. Contracted through Mike's Plumbing in Fallon, this project will replace old boilers and steel tanks with a modern efficiency hot water system.

Three agricultural producers received $22,135 in REAP funding

James Gatzke's small farming operation, Canyon Gardens, near Elgin, Nev. will use a $3,100 REAP grant to purchase and construct a 1.7 kW off-grid solar photovoltaic system. The photovoltaic system will generate an estimated 1,645 kWh of renewable energy annually.

Marilyn Yamamoto's Organic Edibles Las Vegas received an $8,969 REAP grant to purchase and construct a 10.8 kW roof-mounted solar photovoltaic system. The solar photovoltaic system will generate an estimated 21,271 kWh of renewable energy annually for the farming operation. The solar photovoltaic cells will be installed through Sol-Up USA located in Las Vegas.

Elizabeth McCleary's Community Supported Agriculture business, McCleary Ranch, in Washoe Valley received a $10,066 REAP grant to make energy efficiency improvements to her farm's irrigation system. The updated irrigation system will save an estimated

(Continued on page 17)

(Continued from page 16) USDA

5,884 kWh of energy annually. This is McCleary's second REAP grant, the first of which was used to install a solar photovoltaic system.

One Automotive repair shop received $4,775 in REAP funding

Edward Sensibaugh of Ed's RV Repair in Moundhouse received a $4,775 REAP grant to purchase and construct a 5.4 kW ground-mounted solar photovoltaic system. The solar photovoltaic system will generate an estimated 9,094 kWh of renewable energy annually.

REAP applications are accepted continuously, and the next funding opportunity for grants of $20,000 and less will be October 31. To learn more about the program go to the USDA website at www.rd.usda.gov/programs-services/rural-energy-america-program-renewable-energy-systems-energy-efficiency or contact Mark Williams, Energy Coordinator for USDA Rural Development, at (775) 887-1222, Ext. 116.

USDA, through its Rural Development mission area, has an active portfolio of more than $211 billion in loans and loan guarantees. These programs are designed to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural America.

Young Women's Group

Our group provides young women with an opportunity to engage in discussions with elders. Discussion topics include: self-respect, honesty, honor, tolerance/patience, healthy relationships & families, and others. The young women work on individual projects during our discussions. Individual projects include skirts, small medallions, and moccasins. Group meetings are held at the Dresslerville Community Center from 1-3pm on Wednesdays. For additional information please contact Kristin Burtt (775) 782-0010 or Mischelle Dressler (775)781-0513.

WASHOE PICNIC 2015

Hosted by the Hung A Lel Ti Community Council

SATURDAY, AUGUST 15TH AT 9 A.M.-4 P.M.

Bake Off

Horseshoes

One Pitch Softball Tournament

Tug O' War

Women's Stick Game

Watermelon Eating Contest

WWCC will provide the Plates, cups, utensils, meat, water and coffee

~Each Community is requested to bring the following~

Woodfords Community Members	Main dish items
Dresslerville Community Members	Salad dish & Dressing
Stewart Community Members	Dessert items
Carson Community Members	Beans, Stews
	Reno Sparks Members Bread, Rolls, Butter
	Off Reservation Members Sodas or Juices

If you have any questions, please contact the

Hung A Lel Ti Community Council @ (530) 694-2170

THIS IS A DRUG & ALCOHOL FREE EVENT

Rhiana Jones
Earns Master's Degree From New Mexico State University

BY JUNE SHORTHAIR
Au-Authm Action News
June.shorthair@srpmic-nsn.gov

Rhiana Jones is the daughter of Salt River Pima-Maricopa Indian Community member M. Kevin Jones, who is of O'odham descent and of the Washoe Tribe of Nevada, and Annette Poutous. As a Community member living in Nevada, Jones graduated from Douglas High School in Minden, Nevada.

After high school, Jones attended the College of the Redwoods in Eureka, California, where she received an associate's degree, and Humboldt State University in Arcata, California, earning a bachelor of science (B.S.) degree in botany. Her most recent degree was a master's in plant and environmental science with a minor in applied statistics from New Mexico State University (NMSU).

In recent years, the emphasis in all levels of education has been on science, technology, engineering and mathematics. Like other tribes across the country, the future of the Community and its continued survival in the world will depend on how a balance can be struck between the environment, science, technology, animal life and people.

Jones stated, "I chose New Mexico State University because there were opportunities for minorities in science and in agriculture. At the Las Cruces campus [where I attended college], I was given the opportunity to work in a molecular genetics lab. My research evaluated gene-expression changes in chile peppers [affected by] foliar blight to identify genes potentially involved in disease resistance."

Young adults face different types of challenges as they transition into life as a college student and begin to become an adult in society. Most must make the adjustments of living on their own, developing new relationships with new friends, forming study groups and adjusting to the lifestyle associated with college. There is added stress that comes with learning and getting acclimated in a new living environment, adjusting to not having access to the "comforts of home," along with the academic requirements of college.

But Jones faced a tougher challenge that delayed her progress toward her degree. She shared, "The most difficult challenge was the loss of my mother to breast cancer [in] my first semester at NMSU in 2012. Luckily, I was able to postpone my acceptance and [financial aid] funding to leave school to be with her. I returned [in the] spring of 2013, and I finished [in] the winter session of 2014.

"I enjoy learning, so not completing my degree wasn't something I ever considered," Jones emphasized. "I wanted to expand my knowledge beyond what I learned [from attaining] a B.S. degree, and NMSU provided me, with funding from the Agricultural Research Center, [with] an opportunity to work in a new field and learn more about plant genetics."

"Education is empowerment; empower yourself, and thus, empower Native peoples."

Now that she has graduated, Jones is taking some time off to relax and do some traveling before she begins a summer program as a research assistant for a pollination biology study at the Rocky Mountain Biological Laboratory in Crested Butte, Colorado. She plans to return to SRPMIC to visit family this fall before she moves to North Carolina with her boyfriend, who is getting his Ph.D. at North Carolina State University. She may have the opportunity there to work at one of three colleges as a research scientist.

Jones expressed the following comment for the youth and her Community: "Take advantage of the SRPMIC scholarship program! It is a gift, and I am so grateful to have been able to attend college and finish free of student loans. Education is empowerment; empower yourself, and thus, empower Native peoples."

Article from Au-Authm Action News, June 2, 2015 Issue / Graduation Insert.

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

Dannon James, U.S. Army Recruit

"We are ecstatic to announce to our family and friends that Dannon C. James has begun his military career with the U.S. Army on July 20, 2015. He will begin his Basic training at Ft. Benning, Georgia for nine weeks and continue at Gordon, Georgia for 14 weeks. Dannon graduated from Douglas High School in May and has attended JROTC at Douglas for two years. He has received a promotion from the U.S. Army Recruiting station to PVT II for attending JROTC.

Dannon James is the great grandson of Alfred and Adele James of Dresslerville. Grandmother is Ada James and the son of Andrew and Gwen Dunn. Also, acknowledgment to his aunts, uncles and cousins that have endlessly showed their support for him to go to the Army and to explore the world!! Good Luck Dannon and we will see you soon! "

Love, The James Gang

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!

September 12th Birthday Round Dance For Leonard Peltier

6pm to 9pm

Potluck Dinner

Carson Colony Gym

2800 S. Curry St. Carson City, NV

Looking for singers and drummers. If interested contact Verna: 741-2860 or on facebook.
Email: vercon814@yahoo.com

ALCOHOL AND DRUG FREE EVENT

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

Washoe Tribal Council

Neil Mortimer, *Tribal Chairman*
Deirdre Jones Flood, *Vice-Chairwoman*
Kathleen Simpson, *Secretary / Treasurer*

Carson Colony
W. Gary Nevers, *Chairman*
Chad Malone, *Vice-Chairman*

Dresslerville Community
Lisa Christensen, *Chairwoman*
Rueben Vasquez, *Vice-Chairman*

Off Reservation
Jeremy Steele
Mahlon Machado
Off Reservation Representatives

Reno Sparks Indian Colony
Lorraine A. Keller, *Representative*

Stewart Community
Jacqueline Steele, *Chairwoman*
Stan Smokey, *Vice-Chairman*

Woodfords Community
Irvin Jim, *Chairman*
Deirdre Jones Flood, *Vice Chairwoman*

The Washoe Healing Center has relocated

to the Washoe Tribal Health Center.

The Washoe Tribal Health Center's
Administration and Third Party Billing staff have moved
into the old Healing Center.

The Community Health Department is located
in the blue modular next to the new WTHC Administration/Third Party Billing building.

Employees have relocated which has created foot traffic.
Please be aware of pedestrians crossing the street.