

# Wá bíba úm múše eš gí

Translation- "Read It Here"

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

May 2014

## Highlights of what's inside

### **Healthy Relationship =Equality—page 5**

How equality computes to non-violence in relationships.

### **United Nations advice on Sacred Areas—page 6**

Human Rights Committee provides recommendations.

### **Clear Creek Trail now open—page 8 & 13**

Complete the survey.

### **Tribal Elections need you—page 11**

Earn a stipend and help with the election.

### **Need help with college or a vocation?—page 11**

Dates set for May community visits.

### **Men's Health Gathering—page 21**

All men 11 & up should attend.

### **Ask your medical provider—page 14**

A new column starts this month to answer your health questions.

See page 2 for newsletter submission and deadline information.

## D'ville Senior Center project draws attention



During the month of April we began a new project behind the Dresslerville Elder Center. For those of you who have driven past and wondered what we have been up to, we are building an enclosed garden with raised garden beds.

This garden is designed to keep out critters who normally would be savoring our delicious veggies we try to grow. Also, the raised garden beds are being built with the Elders in mind, so that those who would like to get out and garden but are unable to kneel, stoop,

*(Continued on page 3)*

### **Dear Readers,**

This month sees the start of a *new* column to benefit you. It is titled "**Ask your Medical Provider**" and is a question and answer column. We ask for your medical questions to keep this informative advice column running every month. Please send any medical questions you would like answered to Washoe Tribe Health Center, 1559 Watasheamu Rd., Gardnerville, NV 89460, Attention: AYMP

We will be happy to answer either personally or in the Washoe Tribe Newsletter. Your confidentiality is our first priority.

## Education success for Alameda TANF client

Juan had been doing poorly in 10<sup>th</sup> grade at Coliseum College Prep Academy (CCPA) in Oakland. His family had moved to New Mexico over the summer and he was enrolled in a continuation school with young adults who had dropped out of high school. He saw what his future would be like—and did not like it at all—and asked to go back to Oakland to graduate with his peers June 2015.

Tobey Kaplan, TANF Educational Liaison, told him about STEM (Science, Technology, Engineering and Math) study programs for professional careers that desperately want to recruit students from diverse social, economic and ethnic backgrounds—and he is interested in everything. His Vice Principal was skeptical of his ability to turn it around, but another teacher insisted that the school personnel give him another chance.

“I learned that if you make a good impression to teachers they will support you. They will give you another chance, if you agree to make the effort. School is easy once you learn the basics. Study the material and control your im-

pulses”, Juan said.

Juan and his mother, Ramona, know that the community will support people who make an effort towards stability. Change is a constant in our lives and we have to have the confidence to embrace challenges with a positive attitude.

He was one of 10 students selected out of 35 who had applied for a travel opportunity to China. Everything is being covered through the AFAR Foundation/Global Explorers. We helped with funds for a suitcase and a small camera.

Other than being selected for the China trip, Juan has visited CSU-Stanislaus and CSU-Merced. He is interested in mathematics and engineering programs offered by these colleges. Prior to “turning himself around”, he had not seriously thought of college.

He has now developed confidence, discipline and focus that he can do anything that he sets his mind to. Juan is a role model and mentor at his school. He assists fellow students with algebra and other difficult math assignments. He told me he’s helping other students with their “physics contrap-

## May CALENDAR

**Dresslerville Community Council Meeting**  
Wednesday, May 7, 6:00pm

**Carson Colony Community Council Meeting**  
Wednesday, May 14, 6:00pm

**Woodfords Community Council Meeting**  
Thursday, May 8, 6:00pm

**Tribal Council Meeting**  
Friday, May 9, 6:00pm  
Woodfords Community  
(subject to change)

**Mother’s Day**  
Sunday, May 11

**Stewart Community Council**  
Tuesday, May 19, 6:00 pm

**Memorial Day**  
Monday, May 26  
**Tribal Offices Closed**

tions” which, as he described it, sound like Rube Goldberg *thingamajigs*.

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**

(Continued from page 1)

or bend for prolonged periods of time are able to do so.

The vegetables from this garden will supplement the nutrition program and will also go out to our Elder population through our food closet. We have the most wonderful group of volunteers who are working so hard to make this happen for the Elder Center. We would like to thank Steven and Edmund James who are working on electric wiring so that we have electricity to run pumps and drip system timers. A big thanks to Benny Fillmore and all of the volunteers, which include Douglas High School students, community members, and

even Elders, who are making this amazing project happen!

It is so exciting to see our community pulling together with everyone from youth to elders to get this garden built and planted. If you would like to volunteer please give us a call at the Dresslerville Elder Center: 775-265-6426.



## Washoe Elders enjoy Easter egg hunt and brunch

Friday, April 18, 2014 was the Elder's Easter Brunch and Egg Hunt. The Elders would like to give a big thanks to Chairman Darrel Kizer for the Easter Baskets and goodies that he generously donated. Our elders came to the Dresslerville Elder Center for a delicious brunch prepared by our cooks.

After brunch each elder was presented with an Easter basket with goodies in it. Bags of goodies also went out to all of our home bound El-



ders. When everyone was done eating the hunt

(Continued on page 4)

(Continued from page 3)

began. It seems the Easter Bunny paid a visit to the Elder Center garden and left Easter eggs and 2 golden eggs.

We would also like to thank all of the



people who volunteered to hunt for eggs for our Elders who couldn't get out and do it themselves. Congratulations to Sandy and Melba for finding the golden eggs and thank you again to Chairman Kizer who also donated the golden egg prizes.

## Household Hazardous Waste Collection

A household hazardous waste collection event will be conducted in each of the four communities in the next few months. These events offer a free location to safely and properly dispose of hazardous waste materials. Below is a list of the dates and locations of the events and a list of materials that are allowed to be disposed of at these events.

**Stewart:** Saturday, May 24th, 9:00 am – 3:00pm  
In front of the Community building

**Carson:** Saturday, April 19<sup>th</sup>, 9:00am–3:00pm  
In front of the Carson Colony Gym

**Woodfords:** Saturday, July 19<sup>th</sup>, 9:00am–3:00pm  
In front of Woodfords Gymnasium

**Dresslerville:** Saturday, June 21<sup>st</sup>, 9:00am–3:00pm

**Materials collected:** oil, fluorescent bulbs, batteries (autos and household), electronics, appliances, printer cartridges, scrap metal, tires , cleaning supplies , old detergents , bleach , bathroom cleaners , air fresheners , kitchen cleaners other household items .

Materials that will **NOT** be excepted: trash, furniture, automobiles, wood, plastic, green waste , paint , or televisions or weekly recycles like tin , aluminum ,plastics , newspaper .

Please contact Eric Fillmore, Environmental Specialist 720-3413 if you have any questions.

***We look forward to seeing you there!***

Sponsored by Washoe Environmental Protection Department (WEPD) through grant funding.

Washoe Tribe Domestic Violence Program

# The Equality Wheel for A Healthy Relationship

**What is the “Equality Wheel”?** The Equality wheel is a model used to explain the dynamics of a healthy relationship. It is applicable to all forms of relationships; with friends, dating partners, intimate partners, life partners, or family members. Each component of the wheel supports and reinforces the others, with equality always at the center. The Equality wheel can be used by anyone as a guide to maintaining healthy patterns in a relationship.

**The Center of the Wheel:**

**Equality:** Equality is the foundation of any healthy relationship. It doesn't mean we are all alike, or that we should be. It means we celebrate and honor our differences.

**The Spokes of the Wheel:**

**Trust:** trust appropriately. You would trust your life partner more than you would trust a new acquaintance.

**Support:** Support each other. Encourage others in their goals, activities, and personal growth.

**Respect:** Respect other people's

boundaries. Learn other people's boundaries and do not infringe upon them.

**Responsibility:** share responsibility for maintaining a relationship. Both people in a relationship should be included in making decisions. Be a positive non-violent role model for the children.

**Communication:** communicate effectively. Effective communication involves clearly expressing your thoughts and feelings and listening to those and others.

**Boundaries:** maintain healthy boundaries. Create safe and comfortable space to experience relationships by defining and communicating your boundaries to others.

**Honesty:** Be open and honest. It is important for both people in a relationship to be honest about their intentions, feelings, or desires.

**Accountability:** Be responsible for your own actions. Talk to others to understand how your action affects them. Admit being wrong, communicating openly and truthfully.

**The Outer Circle of the Wheel:**

**Non-Violence:** there is no place for violent acts or behaviors in a healthy relationship.

Examples of violent acts or behaviors include yelling, name-calling, minimizing feelings, throwing things, unwanted touching, pushing, hitting, stalking, and forced sex.

**For more information please call the Washoe Tribe Domestic Violence Program at (775) 265-8698.**



**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.*

# United Nations Human Rights Committee provides recommendations for US to protect sacred areas

**Geneva, Switzerland, March 31, 2014:** On Friday, March 28, 2014, the 110<sup>th</sup> session of the United Nations (UN) Human Rights Committee (HRC) issued its Concluding Observations on the United States (US) compliance with the International Covenant on Civil

and Political Rights (ICCPR). The 11-page document covers a broad range of issues presented during the review of the US.

In addition to specific recommendations addressing the cultural rights of Indigenous Peoples under Article 27 of the Covenant, other recommendations addressed issues such as racial disparities in the criminal justice system and racial profiling which directly impact the lives and rights of Indigenous Peoples in the US. The HRC also expressed concern about disproportionate levels of violence against Indigenous women in the US.

“We are encouraged that the Human Rights Committee expressed concern over the desecration, contamination and denial of access to sacred areas in response to many cases and examples presented by Indigenous Peoples and called upon the US to achieve the standard of Free, Prior and Informed Consent when it comes to protection of these sacred areas,” stated Danika Littlechild, International Indian Treaty Council  
*(Continued on page 7)*

**Choices for Children**  
Presents

## Day of the Young Child

A Memorable Family Day with  
Free Early Childhood Activities  
June 14, 2014  
Lake Tahoe Community College  
10 am-2pm  
Sponsored by:

**FIRST 5 EL DORADO**  
Child Abuse Prevention Council

Lake Tahoe Collaborative  
El Dorado County Office of Education Child Development Programs

(Continued from page 6)

(IITC) Legal Counsel, who attended the session in Geneva. “This demonstrates that the Committee applied the standards set out in International Law and used the UN Declaration on the Rights of Indigenous Peoples as a lens through which the legal obligations of the US under the ICCPR must be understood.”

The IITC submitted an Indigenous Peoples Consolidated Alternative Report for the HRC’s review of the US in September 2013 and provided updates in February of 2014. These are available, along with the US country

report, other Alternative Reports and the Committee’s Concluding Observations regarding the US, on the Human Rights Committee web site: <http://www2.ohchr.org/english/bodies/hrc/>. The Indigenous Peoples’ Consolidated Alternative Report is also available on IITC’s web site: [www.treatycouncil.org](http://www.treatycouncil.org).

Twenty-eight Indigenous Nations, Tribes, Treaty Councils, organizations, community groups and Traditional Cultural Societies were co-submitters or contributors to the Indigenous Peoples Consolidated Alternative Report. HRC members asked the US a series of questions

based on a number of cases and examples presented in the report addressing the lack of protection by the US for Indigenous Peoples’ sacred areas, religious and cultural practices, and its consistent failure to implement the right to Free, Prior and Informed Consent.

The Concluding Observations addressing the US reflect the HRC’s concerns regarding the critical violations presented by Indigenous Peoples: “*The Committee is concerned about the insufficient measures being taken to protect the sacred areas of indigenous peoples against desecration, contamination and destruction as a result of urbanization, extractive industries, industrial development, tourism and toxic contamination. It is also concerned about restricted access of indigenous people to sacred areas essential for preservation of their religious, cultural and spiritual practices and the insufficiency of consultation conducted with indigenous peoples on matters of interest to their communities*” (paragraph 25).

The HRC called upon the US to “*Strengthen and expand existing mechanisms mandated to monitor the implementation of human rights at federal, state, local and tribal lev-*

(Continued on page 9)



# Wa She Shu It'Deh 2014 July 25th, 26th, & 27th

## ATTENTION VOLUNTEERS, VENDORS, DEMONSTRATORS, & PERFORMERS!

Wa-She-Shu It'Deh 2014 is quickly approaching. This year the festival will begin with our opening dinner on Friday, July 25<sup>th</sup> and will run through Sunday, July 27<sup>th</sup> 2014. We are looking for VOLUNTEERS, VENDORS, DEMONSTRATORS, & PERFORMERS! If you have a great idea and would like to bring it to the table come to the Wa-She-Shu It'Deh Committee Planning meeting. For more information please contact Gwen James at the Washoe Tribe:

**775-265-8600 @ ext. 1105**

Bring Your Ideas, Talents, Strengths, Time, & Hearts  
and Let's Make This Wa-She-Shu It'Deh Festival The  
Greatest Yet!

# New Faces Keep the Washoe Tribe Moving Forward

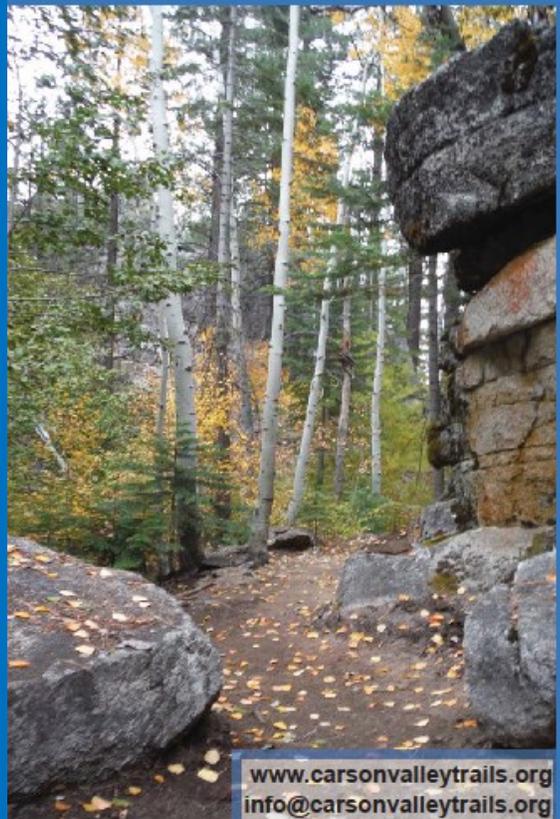
Below are the new faces the Washoe Tribe hired, transferred or promoted since the last newsletter:

<p><b>Employee Statistics</b> as of April 1, 2014</p> <p>Total # of Employees: 294</p> <p>Total # of Females: 67% 198</p> <p>Total # of Males: 33% 96</p>		<p><b>EEO Statistics:</b></p> <p>Caucasian 98 33%</p> <p>Hispanic 22 8%</p> <p>Asian 7 2%</p> <p>Black 3 1%</p> <p>Amer Indian 164 56%</p> <p>Washoe 89 / Other A.I. 75</p>	
---	--	---	--

<u>NAME</u>	<u>DEPARTMENT</u>	<u>POSITION</u>	<u>START DATE</u>
Alex Barr	Environmental	Conservation Crew Member	4/1/14
Thera Frank	Clinic	CHS Agent	4/7/14
Julie Axelson	TANF/Education	Education Advisor/Carson City	4/7/14
Brent John	WDG/Meeks Bay	Resort Worker	4/11/14
Brittany Wyatt	WDG/Meeks Bay	Resort Worker	4/14/14
Phil James	WDG/Meeks Bay	Resort Worker	4/14/14
Nathan Morales	WDG/Meeks Bay	Resort Worker	4/15/14

## Clear Creek Trail

### Now Open!



The Clear Creek Trail is almost 10.5 miles long and is open to hikers, mountain bikes, equestrians and dogs. The trail has no exit and is currently 21 miles round-trip. The trail begins next to Jacks Valley



Elementary School and ends about 1,000 feet southwest of the Highway 50/Tahoe Golf Club Drive interchange. Jacks Valley Trailhead has plenty of room for autos and horse trailers. The first three miles of trail from the Jacks Valley Trailhead is more accessible during the winter months. This area of the trail is lower in elevation, receives less snow and is more sun exposed as it travels through rabbitbrush, bitterbrush and sagebrush. This trail section is on public lands with the opportunity for a couple short loops by using a combination of the Clear Creek Trail and old roads back to the trailhead. After the first three miles, the trail travels mostly on private land through a mix of Jeffrey Pines and White firs, with some incense cedar, sugar pine and aspen.

[www.carsonvalleytrails.org](http://www.carsonvalleytrails.org)  
[info@carsonvalleytrails.org](mailto:info@carsonvalleytrails.org)

# TANF helps with taxes again in San Joaquin office

For the third consecutive year the San Joaquin Regional TANF Office participated in the Volunteer Income Tax Assistance Program (V.I.T.A.).

The mission of the V.I.T.A. program is to assist eligible taxpayers satisfy their tax preparation needs with trained volunteers of participating community agencies.

Trained SJC staff members, Francisco Martinez, Gena Hamilton, and Juliet Maestas, assisted eligible TANF clients, as well as community taxpayers, with free basic tax return preparation.

In all, some thirty-five Stockton families visited our office and successfully filed their Federal and/



or State returns electronically through us, at no cost to them.

Additionally, many of our TANF families qualified for the Federal Earned Income Tax Credit and are now able to meet some family needs with extra cash.

We look forward to assisting our TANF families and the San Joaquin community once again with their tax preparation needs in 2015.

*(Continued from page 7)*  
els” (paragraph 4) and “take measures to assist tribal authorities in their efforts to address domestic violence against Native American women” (paragraph 16).

However, other important issues raised by Indigenous Peoples and Nations in the Consolidated Alternative Report and other submissions, such as the rights of unrecognized Indigenous Peoples, violations of Treaty rights, and de-colonization of

insular areas and former territories in accordance with Article 1 of IC-CPR, were not addressed in the Committee’s conclusions and recommendations.

ICCPR is a multilateral legally binding Human Rights Treaty adopted by the UN General Assembly on December 16, 1966. The US is one of 167 State parties which have ratified the Covenant. All State parties are required to undergo periodic reviews by the HRC assessing their

compliance with the Covenant, usually every 4 - 6 years. The next step will be to promote implementation and follow up for the Committee’s recommendations to the US.

For more information contact: IITC Legal Counsel Danika Littlechild: [danika@treatycouncil.org](mailto:danika@treatycouncil.org), Consulting Attorney June L. Lorenzo: [junellorenzo@aol.com](mailto:junellorenzo@aol.com), or IITC Executive Director Andrea Carmen: [andrea@treatycouncil.org](mailto:andrea@treatycouncil.org)



## Gourd News is Good News!

Carson Valley Museum has the Washoe Gourd Project on display

Now through July 2014

Learn more at

[washoegourdproject.com](http://washoegourdproject.com)

# Gourds Gourds Gourds Gourds

# 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



## TO MY HEART, JULZ

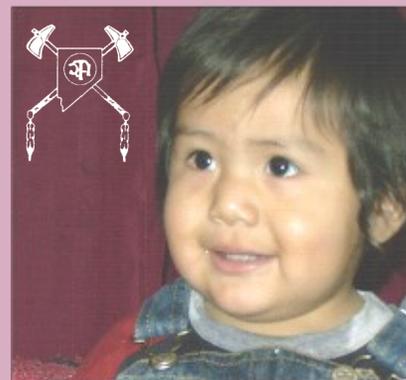
It takes true courage to follow your dreams in a world that tries to shake you down and make you give up on your dreams. When you are facing one of those challenging moments but feel your dream to be truly authentic to your heart, then you must commit, and continue to trust bigger than your fears.

Your dreams are given to you for a reason!

I Love You, Gramz...



## 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!

I am poor and naked, but I am the chief of the nation. We do not want riches but we do want to train our children right. Riches would do us no good. We could not take them with us to the other world. We do not want riches. We want peace and love.

Red Cloud,  
Oglala Lakota Sioux (1822-1909)

## Do you need a helping hand getting your college or vocational plans started?

The Washoe Tribe Pre-College Advisor will be visiting your community once a month to assist you with starting a higher education goal.

### Dates for May visits:

Dresslerville Community Building—Tuesday, May 6th 1:00-4:30

Woodfords Education Center—Tuesday, May 13th 1:00-4:30

Carson Colony Community Building—Tuesday, May 20th 1-4:30

Stewart Community Building—Tuesday, May 27th 1:00-3:30

For more information contact: Lori Pasqua (775) 782-6320 x2808

Email: [lpasqua@washoetanf.org](mailto:lpasqua@washoetanf.org)

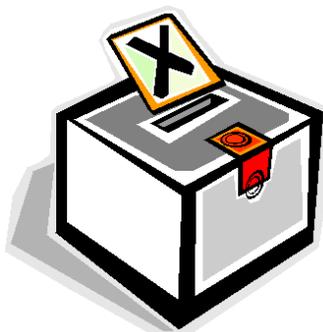
## Your service is needed for Tribal Elections

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.



## Attention Wašiw Artists

The pat'alji 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.



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



## Summer is approaching!

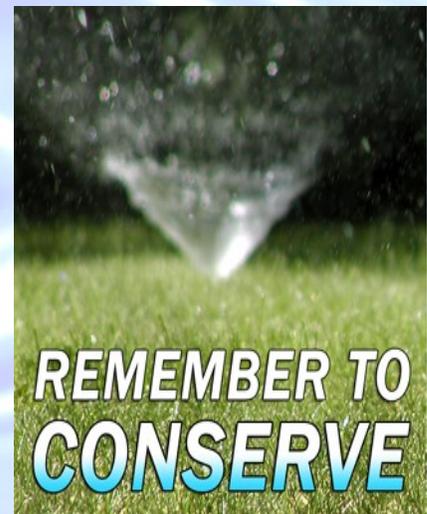
*Save water, save life...*

- ◆ Turn your sink *off* when brushing your teeth/face, washing dishes or hands. Etc...
- ◆ Did you know that when you run *both* your dishwasher and clothes washer FULL you save up to 1,000 gallons a month?!
- ◆ You can keep track of your water meter to discover if you have water leaks in your house.
- ◆ Water your lawn, garden or trees in the early morning or late evening to minimize evaporation.
- ◆ Make sure your sprinklers are aiming at your lawn! Not your house, sidewalk or street. This is a common careless act that can be easily fixed!
- ◆ A dripping faucet or fixture can waste 3 gallons a day. A total of 1,096 gallons a year!
- ◆ Dispose of toxic chemicals properly.
- ◆ Defrost food in the fridge or in the microwave.
- ◆ Turn your hose *off* when not in use, instead of letting the water run down the street and into gutters.
- ◆ Make sure your toilet is not leaking; *you can save up to 1,000 gallons a month.*
- ◆ Take shorter showers.

Please conserve our valuable natural resource for our future generations. Conserve water with these simple tips...

*A message from the WUMA Department*

Saving water is easy for everyone to do!



Water is life...  
Cherish every drop!

# Clear Creek Trail Grand Opening Event



Chairman Kizer meets with Duane Petite, The Nature Conservancy's Eastern Sierra Nevada Program Director.



Miss Dinah and her family with Genie Littlebeaver and another CVTA board member.



Miss Dinah receiving gifts after offering a blessing in Washoe.



Chairman Kizer addressing the participants.

Washoe Tribe of Nevada & California

## Employee of the Month



**Suni Miller,**  
*Accounting*

Suni Miller was selected as the employee of the month for March 2014. Miller was nominated by Chairman Kizer for her outstanding service and achievement in assisting the Administration on several vitally important tasks.

Suni assisted the Washoe Tribal Health Center with the internal Medicaid audit and review, which greatly improved the overall efficiency and service delivery of the WTHC.

Suni also assisted the Tribal Police with a criminal investigation of Em-

bezzlement, leading to submission of the case to the US Attorney General's office for criminal prosecution consideration.

Additionally, after a safety concern was raised by the Employee Safety Committee Suni directed the upstairs storage room cleanout at the Tribal Headquarters.

Her direction resulted in the removal of 1,085 file boxes, 9 file cabinets, 147 ledger books, and 475 other miscellaneous boxes and a safer headquarters building, both structurally and as a fire hazard.

Dear Provider,

“What level is your blood sugar suppose to be?” and “what is normal for a child 7-10 years old?”



“Ask Your  
Medical  
Provider”

While this seems to be a simple question, there are several variables that we need to look at.

When we have “lab appointment” at the clinic, it is usually for a “fasting lab” which means that the person is not suppose to eat or drink anything after mid-night the night before. This means to not eat any food or snacks and not drink anything except water for 6-8 hours before we have our blood taken. This test is known as the fasting blood glucose test. This chart provides the normal range for fasting blood sugar levels.

Fasting Blood Sugar Levels	
Normal	70-100 mg/dL
Pre-diabetes	101-125 mg/dL
Diabetes	125 mg/dL and above

There are other factors for normal blood sugars, but age is not considered a factor. It is usually divided out like the chart to the right, between normal, Pre-diabetes, and Diabetes.

Postprandial Blood Sugar Levels	
Normal	70-140 mg/dL
Pre-diabetes	141-200 mg/dL
Diabetes	200 mg/dL and above

Glucose is our body's primary source of energy. The levels of blood glucose or blood sugar are regulated with the help of insulin. Insulin, which is a hormone that is secreted by the pancreas, facilitates the absorption of glucose by the cells and tissues of the body.

It is normal for the sugar level to fluctuate throughout the day. Glucose levels are the lowest in the mornings, and mostly tend to rise for a couple of hours after meals. The normal range of the blood sugar in the morning is about 70 to 100 mg/dL. The following table provides the average blood sugar levels of a normal healthy adult, 2 hours after eating a meal.

A1C %	Estimated Glucose[i] mg/dL
6	126
7	154
8	183
9	212
10	240
11	269
12	298

### How is Blood Sugar Measured?

Blood glucose testing is done to screen healthy, asymptomatic individuals for diabetes. Glucose in the blood is measured at Washoe Tribe Health Center either by a fingerstick quick check, or during the fasting lab draw. An increase or decrease in the blood sugar levels in the human body can lead to either hyperglycemia or hypoglycemia. Blood glucose can be measured on a fasting basis, randomly, after a meal, and/or as part of an oral glucose tolerance test (OGTT/GTT).

According to the American Diabetes Association, blood sugar should ideally be measured using the fasting glucose or the OGTT which may help diagnose diabetes. However, it is advisable that

(Continued on page 15)

(Continued from page 14)

the test be done at least twice, at different times, to confirm diabetes. A HgA1c can be done to confirm diabetes as well. It is usually done at the clinic with a fingerstick and the patient is given a number. The hemoglobin **A1c** test, also commonly referred to as **A1c**, is a measure of your blood sugar control over the past 2 to 3 months.



Diabetics should monitor their own blood glucose levels, several times in a day, to record the levels of sugar in their blood. Most kits also come with charts, where one can record the sugar level changes. These charts have proved to be very useful to doctors, while determining the need for oral medication or insulin.

#### **Preventive Measures**

Keeping blood sugar levels in check is not that difficult. Here

are some measures that you could follow to keep your blood sugar levels in check.

- ▶ A lower intake of sugar and refined carbohydrates, such as white flour, bread, and white rice is generally advised, as a preventive measure for diabetes.
- ▶ Eating smaller meals at regular intervals with a diet rich in protein and fiber will help regulate glucose levels in the blood.
- ▶ People suffering from diabetes are advised to follow a healthy diet plan, rich in whole foods lower in processed food, which will help control sugar levels.
- ▶ Regular and moderate physical activity can also keep a check on a person's weight, enabling him/her to regulate sugar levels.

**Note:** As per the American Diabetes Association, for people with type 2 diabetes, the normal fasting blood sugar range is 70-130 mg/dL, whereas blood sugar levels after meals should be less than 180 mg/dL

*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.*

Source: ADA Standards of Medical Care in Diabetes—2012, p. S18. Source: ADA Standards of Medical Care in Diabetes—2012, p. S18. Source: ADA Standards of Medical Care in Diabetes—2012, p. S18.

*"The President in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? The land? The idea is strange to us.*

*If we do not own the freshness of the air and the sparkle of the water how can you buy them? Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect – all are holy in the memory and experience of my people.*

*We know the sap that courses through the trees as we know the blood that courses through our veins. We're part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers.*

*The rocky crests, the juices and the meadow, the body heat of the pony, and men all belong to the same family. The shiny water that moves through the streams and rivers is not just water but the blood of our ancestors. If we sell you our land you must remember that it is sacred. Each ghostly reflection in the clear water of the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father.*

*The rivers are our brothers. They quench our thirst. They carry our canoes and feed our children. So you must give to the rivers the kindness you would give any brother.*

*If we sell you our land, remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandfather his first breath also receives his last sigh. The wind also gives our children the spirit of life. So if we sell you our land you must keep it a part and sacred as a place where man can go to taste the wind that is sweetened by the meadow flowers.*

*Will you teach your children what we've taught our children that the earth is our mother? What befalls the earth befalls all the sons of the earth. ~ **Chief Seattle***

# Washoe Tribe Risk Assessment Survey

Identifying hazards is the first step towards reducing the threats they pose to our health, property, and environment. Since no one understands the Washoe communities better than the people who live here, your input on this is very important. Please take a few minutes to let us know what hazards most concern you and your loved ones.

## **DIRECTIONS:**

(1) Circle your community below:

Woodfords   Dresslerville   Carson   Stewart   Reno/Sparks   Off-Reservation (specify) \_\_\_\_\_

(2) Check the box that you think best describes the danger posed by each hazard in your community. Consider both how likely you think the hazard is to occur and how much damage it might

Hazard	Low	Medium	High	No Opinion
Fire				
Flood				
Earthquake				
Landslide				
Severe Storm/Winds				
Water Shortage/Drought				
Extreme Heat				
Extreme Cold				
Sewage Spill				
Chemical Spill				
Other:				
Other:				

cause if it did. If you have any comments or ideas on how to make our communities safer, you may also write them on the back of this page.

**RETURN DATE and INSTRUCTIONS:** Please drop this form in the envelope marked “Hazard Surveys,” at the Washoe Environmental Protection Department by May 9, 2014.

**Your Name (optional):** \_\_\_\_\_

**Phone Number and/or Address (optional):** \_\_\_\_\_

The information you provide will be incorporated into the *Washoe Tribe Multi-Hazard Mitigation Plan*. A new law requires tribal, state, and county governments to complete a plan like this in order to receive federal relief after a disaster. You are invited to drop by, read the plan, and provide feedback.

If you have any questions or ideas, or would like to participate or learn more about Emergency Response, please call Lisa Christensen, Environmental Specialist II, at (775) 265-8618 or (775)790-7354, or drop by the Washoe Environmental Protection Department, across the street from Tribal Headquarters. Thanks for your help!

# Public Announcement

Dear Washoe Community Member,

As a requirement of the Disaster Mitigation Act of 2000, the Washoe Tribe must update its' Multi-Hazard Mitigation Plan every five years in order to receive federal relief and funding following a disaster. Our Plan identifies the most significant hazards in Washoe Tribal Communities, and proposes actions to reduce the threat they pose to our health, property, and environment. Hazards can be natural, such as earthquakes, storms and floods, or they can be man-made, such as chemical spills.

Since no one understands the Washoe Communities better than you who live here, your input is very important. An updated draft of the Washoe Tribal Multi-Hazard Mitigation Plan is available for your review at each community center and at the Washoe Environmental Protection Department, across the

street from Tribal Headquarters. You are invited to drop by, read the plan, and provide feedback.

If you can spare a few minutes to let us know what hazards most concern you, your loved ones, and your community, you may fill out the survey on the back of this page. When you are done, it can be dropped in the box marked "Hazard Surveys" at Washoe Environmental Protection Department. Your efforts to make the Washoe communities safer are much appreciated.

If you have any questions or ideas, or would like to participate or learn more about your emergency response program, please call Lisa Christensen, Environmental Specialist II/Emergency Response, at (775) 265-8618 or (775)790-7354 or drop by the Washoe Environmental Department, across the street from Tribal Headquarters. Thanks for your help!



*Washoe Tribe*

## Incentive Scholarship

The Education Scholarship Program is looking for all those Washoe Tribal Members that are going to a university/college and has earned a 3.0 or higher on their Grade Point Average for spring semester. You may qualify for the Incentive Scholarship that is due on July 5<sup>th</sup> 2014.

The applications are available on the Washoe Tribe web site: <http://www.washoetribe.us/contents> or stop by the office:

1246 Waterloo Lane, Gardnerville, Nevada

**For information contact :**

Lori Pasqua, Pre-College Advisor : (775) 782-6320 x2808, Cell (775) 309-3674

**Happy  
Birthday  
Celia**



**May 29th is Celia Crawford's Birthday**

# News from The Healing Center

As many of you may know by now, Lynne Goldsmith is no longer with the Healing Center. Her last day was Friday, April 11<sup>th</sup>. We thank her for all of her work and wish her well in her new endeavors.

As we work to fill the positions necessary to provide quality service to our communities, we at the Healing Center would like you to be aware of the support available during the upcoming weeks.

We will keep you updated as positions are filled and more services are opened up. It is our privilege to be of assistance in our communities and we will continue our best efforts to do so.

## **Carson City Support: “Stress Management/Bio Feedback”:** *Jim Keirnan, LCSW,LADC*

Beginning April 24<sup>th</sup>, Jim will be facilitating this very rewarding and interactive series. This is a 4-week group; participants must plan on attending all 4 classes. **Call the Healing Center to find out when the different series begin and sign up for this group.**

## **Carson City Support: “Support for Healing and Encouragement Group”:**

*Catherine Tucker, LMFT*

*Fridays, 10:30am – 12:00pm, on April 25<sup>th</sup>, May 9<sup>th</sup>, May 23<sup>nd</sup> and June 6<sup>th</sup> (every other Friday)* Catherine will lead this 1.5 hour **drop in** group. Films, handouts, discussion, tools, interactive exercises... This is intended to be an interactive mental and emotional health support **drop in** group.

*Location: Carson Colony Senior Center*

## **Dresslerville Support: “Support for Healing and Encouragement Group”:**

*Catherine Tucker, LMFT*

*Fridays, 10:30am – 12:00pm, May 2<sup>nd</sup>, May 16<sup>th</sup>, May 30<sup>th</sup>, and June 13<sup>th</sup> (every other Friday)* Catherine will lead this 1.5 hour **drop in** group. Films, handouts, discussion, tools, interactive exercises... This is intended to be an interactive mental and emotional health support **drop in** group. This group will be held in the IOP trailer at the Healing Center.

*Location: Healing Center*

## **“Med. Management, Nutrition, and Learning to Communicate Our Medical Needs”:**

*Presented by the Med Clinic Case Management Team Members*

Beginning Friday, May 2<sup>nd</sup>, **every other Friday**, these groups will provide assistance with the ins and outs of daily living, communication and health management.

*Location: Carson Colony Senior Center*

A list of **Behavioral/Mental Health Medicaid Providers** is available at The Healing Center and Med Clinic should you need services sooner than we are currently able to provide them.

**Emergency Mental Health assistance AND Mental Health assistance** for individuals without any form of insurance, is available through the Carson Mental Health Center:

1665 Old Hot Springs Road, STE 150, Carson City, Nevada. (775) 687-4195.

**The IOP program will continue on its regular schedule.**

Clients needing to meet their court ordered therapy requirements should call The Healing Center regarding scheduling.

# Wašišu Guwa?- Workings of the Washoe

## Huḡa ʔumhamu hešī?

This past April during the student's spring break the Cultural



Resource Department in conjunction with TANF, the Education Department and Recreation Staff organized cultural activities

to keep our youth busy. The Cultural Resource Department provided a basket making demonstration as well as materials for students to make their own Tugebil (winnowing tray). A couple of the elders from the community heard about the event and brought their own basket projects and materials to work with the youth. It was truly beautiful to see grandchildren, parents, and grandparents working together side by side as we continue to teach and revitalize these ac-

tivities within our communities. Having the elders there made the basket demonstration more than a class and reinforced that our elders are our best teachers and most valuable resource. The CRD also provided a "hand game" demonstration and, along with the TANF and Recreation Staff, sang songs and played with the students. A handful of students already knew how to play and even had a few of their own songs. Hopefully we can get a whole new generation of hand game players fired up to play, then again we can't show them all the tricks just yet!

With Earth day just around the corner we wanted to remind everyone how important it is to take care of the earth so that it will always be here for the future, so here is a little Wašiw itlu to get you thinking.

ḡawa guwa ebeʔi - Day of the dirt (earth)

**ḡawa gu wa ešip-** fixing the earth day  
Recycle- hutiwe wadoda iḡawa?

*Using all things again*

Reduce- Henuziḡ

*Use little bit*

Reuse- ḡa mayʔ es

**Recycle:** Hutiwe di mayʔes yasaʔ gelu doda hi- Something I didn't throw away I'm working with it again Hutiwe memile

gewawa- save everything

**Reduce:**

Teke šemu es- Not so much

**Reuse:**

Gadaʔ iḡaw - Use it again do it over

hutiweʔḡa umayʔesaʔ- Don't litter ḡawaʔ iwiʔ geyetčiš es haya- don't dirty the land

k'imi haya- Growth ḡawaʔ dayetčišes dodaʔa- fix it, make the dirt good hutiweʔmileʔḡa leʔmi esaʔ udiš imiʔ iḡawaʔ- Don't pick everthing at once so they'll continue to grow badu ida sewit yogil moḡil haya- plant elderberry and gooseberry Wašiw itlu ḡawaʔiwiʔḡawḡayay udi hutiwe geʔes mutćuk ida demlu- Pray in Wašiw language so that you can pick medicine and food We would like to extend our gratitude to Steven James for all of his hard work and continued fight to save our language. Steve is a national treasure and during last month's Tribal Council meeting, we took the time to honor him in this way. Without the work that Steve has done and continues to do we would be without one of our most valuable resources. It is important that we treat all our elders with respect, and care for them so that they will be here for years to come. Thank you Steve! Um waʔaḡawi di milu!!



**Annual Joint Tribal Council/WHA meeting took place on Saturday, May 3rd, 2014.**

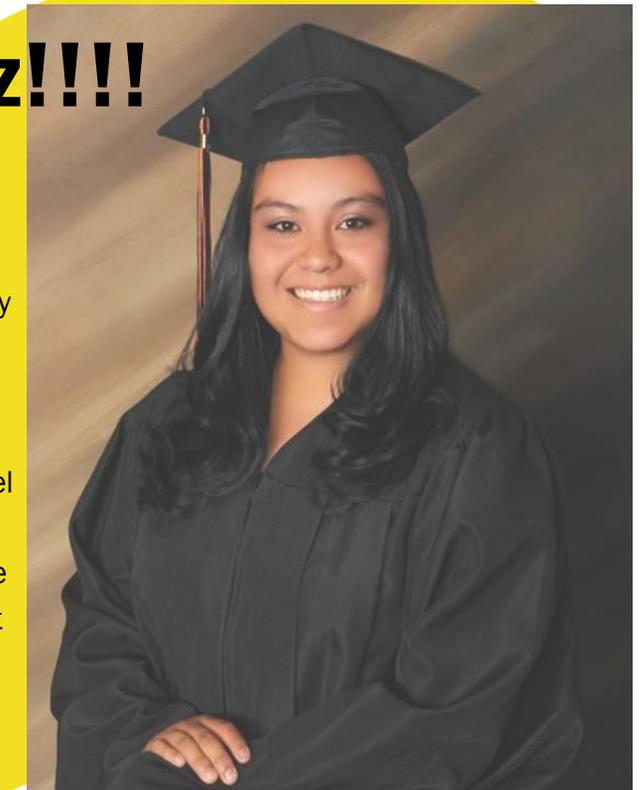


## **Congratulations Julz!!!!**

As High School comes to an end you are faced with the challenge of deciding what you want for your future. You, being the responsible young lady you are, have already decided what you want to do with your life. Starting with the Military (Army MP), then continuing your education; working towards a degree in Criminal Justice. If you ever feel overwhelmed, just remember you are one of the strongest ladies we know. We will always be here for you when you need us. Be safe and know that you will be in our thoughts and prayers each and every day. Do what makes your heart sing.

Always Give Thanks to Blessings already on their way!!!

Best Wishes to You Now & Always,



With Love from your whole family



Washoe  
fighter will be  
Rick Painter Jr.  
"The Tazman"

Tazmanian  
Boxing Club of  
Carson Colony

Community  
support is  
Appreciated.

**May 23rd, 24th & 25th**

**Fri. 7pm - Sat. 11am - Sun. 11am**

**18+**  
Fighters

**Nixon Gym**  
**Nixon, NV**

**\$10**  
Elders Free

**Men and Women Bouts**

Contact info:  
Fighter/Vendor  
775 -741-2860  
775-527-4578

**Alcohol and drug free event**

## Off Reservation Meeting & Agenda

**Date:** May 17, 2014

**Time:** 10:00 AM to 2:00 PM

**Location:** TANF Office, 1246 Waterloo Lane,  
Gardnerville, NV. 89410 (west of Lampe Park)

Videoconference to the Oakland TANF at 2030  
Franklin St., Suite 500, Oakland, California.

Lunch will be provided

### Agenda

- TANF Summer Programs
- Committee Updates
- New Off Rez Website
- Upcoming Tribal Elections
- Travel plaza update
- Housing Assistance
- TANF Office locations offer uses for tribal members

Associate judge, grand jury discussions.

Off-Reservation Representative's

**Darrel's Cell (775) 546-3421**

**Mahlon's Cell (775) 309-7705**

## 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

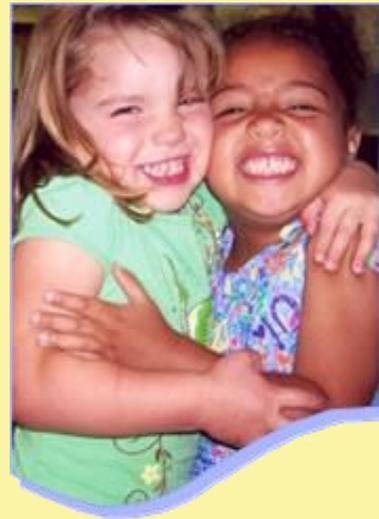
1246 Waterloo Lane, Gardnerville, Nevada 89410

(775) 782-6320 x2808

Monday-Fridays 8am to 4:30 pm

# Fall Head Start Program Waiting List

Each year there continues to be a long waiting list for the Washoe Tribe Head



Start program. You can still call 775-265-1074 or go by the Dresslerville or Stewart centers to pick up an application however,

our classes are currently full and we cannot guarantee enrollment. If your child is 3 to 5 year old you may still be put on a waiting list for September, 2013 - May, 2014.

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

# RSIC Tribal members compete in grueling super obstacle course

On April 5<sup>th</sup>, Winter Dove McCloud and her cousin Alicia Beatty competed in the Spartan



Super (8+ miles of 13 obstacles in the southern Nevada desert).

Was it

hot? Yes. Did it get cold? Yes. Did it get windy? Yes. Was it hard? Brutal! It took them 4 hours to complete the grueling course. Alicia and Winter battled fatigue, cramps, dehydration, and overall body aches up until the final obstacle: jumping over fire (pictured above).

Winter completed 12 obstacles unassisted and only failed at one obstacle...the Spear Throw. She was heard yelling "My people did not throw spears; we made baskets" as she knocked out her 30 burpee penalty.

Winter and Alicia hope to compete in the Tri-Fecta (completing 3 different Spartan races in one year).

Winter is the daughter of proud parents, RSIC Tribal member Gary McCloud and Washo Tribal member Dorothy McCloud of Carson City.

Photos submitted by Winter McCloud.

*6th Annual*

## Men's Health Gathering

The Washoe Tribal Health Department in association with Native TANF would like to invite all Washoe Tribal Men to a night of Men's Health Information. All men ages 11 & up are encouraged to attend with brothers, uncles, fathers and grandfathers.

Educational speakers on substance abuse, men's health issues and native men's roles in family and healthy living. Work participation hours are available for TANF clients.

July 31st

5:30-9:00PM

*at the Carson Valley Inn*

If transportation is needed please contact your local TANF office at: Carson (775)882-9256, Douglas (775) 265-4382, or Alpine (530) 694-2555

**RAFFLE PRIZES, DINNER, EDUCATIONAL TOPICS**

This event is sponsored by the SDPI Grant



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*

Don Johnson, Newsletter Editor

## The Education Department is seeking your photos

Washoe Tribal members who graduated from college or vocational school...we want you. We are producing a brochure for the Higher Education Scholarships and we want to promote tribal graduates on the brochure.

Please send or drop off your picture and your accomplishment by **May 22nd** to:

Washoe Tribe Education  
1246 Waterloo Lane  
Gardnerville, NV 89410  
Or email to [jfillmore@washoetanf.org](mailto:jfillmore@washoetanf.org)  
Or fax to 775-782-6892

## 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