

Wá bíba úm múše eš gí

Translation- "Read It Here"

Highlights of what's inside

Dr. Dickerson farewell—page 4

Dr. Dickerson leaves the Clinic after a decade of service.

Addiction, Depression, Suicide—page 7

Recovery, coping and risk reduction help is available from the Healing Center.

How the Tribal Court system works—page 11

The prosecutor provides tips on the proper process

Are you on time for you Clinic Appt?—page 14

Late appointment policy outlined for patients.

Radiology Equipment at Clinic— page 15

New capabilities for your x-ray needs.

How to plan for a disaster—pages 22

WEPD offers tips on creating a disaster supply kit.

Do you have health insurance?—page 27

Read about the AI/AN exemption.

See page 2 for newsletter submission and deadline information.

“Working with Tradition”



for our clients who are entering the workforce. This program promotes self-confidence which can lead to successful retention of employment steering towards the ultimate goal for TANF, self-sufficiency. The course explores such topics as: building self-esteem by reinforcing our cultural identity, improving

The San Joaquin Regional Office graduated its first class in the “Workin’ with Tradition” program on August 25, 2014. In all, seven participants completed the soft skill course and were honored with a graduation luncheon which was attended by family and staff. The “Working with Tradition” curriculum is a Native American centric approach offering needed “Soft Skills”



(Continued on page 2)

Huṇa ʔumhamuheši?

Cultural Resources Department

Hello Everyone!

The school year is underway and we want remind you that Language Classes for our Kindergartners, First Graders and everyone else have already begun!

Last year was the second year of funding from the ANA and as part of the ANA Funding we created a second year program to support the work started by Lisa and Mitch at Head

(Continued on page 2)

(Continued from page 1)

Tradition

self-awareness by learning how our personal perspectives impact our choices and outcomes in life, developing greater understanding of employer's unspoken expectations, strengthening the ability to manage our emotions in challenging work situa-

tions, improving the organizational and communication skills needed to maintain employment. With such success, a second course will be scheduled soon. We

look forward to assisting additional clients in developing their soft skills that will allow them to be an asset to their future employer.



(Continued from page 1) *Cultural*

Start so that our children could continue to learn the language and culture at a time in which we still have elders who lived it.

We learned a lot last year, and we are restructuring the way we teach during the week so that language is not the focus but so that language is the tool we use to do everything. The students spend all day in class. We want our kids to be comfortable being themselves and our classroom to feel like a community, so that

our children are safe to express their curiosity and creativity both in the language and in English.

One of the things that we learned while observing the Hawaiian Immersion School is to teach traditional knowledge about plants, animals and our homeland with the same respect that we teach math and science. This is so that we can talk about Wa-šiw knowledge as it comes from our shared stories and experiences while also introducing traditional values of stewardship

October CALENDAR

Dresslerville Community Council Meeting

Wednesday, October 1, 6:00pm

Carson Colony Community Council Meeting

Wednesday, October 8, 6:00pm

Woodfords Community Council Meeting

Thursday, October 9, 6:00pm

Tribal Council Meeting

Friday, October 10, 6:00pm

Dresslerville Community

(subject to change)

Stewart Community Council

Tuesday, October 21, 6:00 pm

Nevada Day & Halloween

Tribal Offices Closed

for the Nevada Day Holiday

Friday, October 31

and relationship with the natural world.

The language is meant to be used, it connects us, it makes us distinct and there is no "quick

(Continued on page 3)

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

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

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

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

T'a·gim Gumsabay

(Continued from page 2) Cultural fix” to learn your language that could ever substitute for the relationships we create by learning from our elders together. We as language teachers will take the brunt of the responsibility but we cannot do it by ourselves, we need your help!

It was great to see the number of runners we had this year announce T'a·gim Gumsabay. All in all there were 17 runners this year ranging from 11 years old all the way up to 60. We want to acknowledge each community for greeting the runners, the Senior Center staff and Recreation staff for providing food and water. We want to extend a

special thank you to Vernon Wyatt, Melba Rackow, Steven James and Dinah Pete for their knowledge, words and support.

A special thanks to the Woodfords community for hosting the dance, feeding the runners and doing what needs to be done so that our T'a·gim will always be here for the future.



Wa·šiw ʔitlu Gawga·yay (speak Wa·šiw)

Gumseweʔ- make fire

ʔitmaš- pinenut land

Tayuŋi-hunting

Watli·ŋ di·tayuŋ gišuweʔ - In the morning I am going hunting

Dašuk ʔumsek- cooking locust

Ga·du- shelter

Gumsabayʔ- pinenut ceremony

Muʔuš- run

Demlu- food

Gumgiset-share

ʔumdemlu gumgiset – share your food!

O·ʔoš- fall

Dewdi·š yay- Leaves

I·bika- ready/cooked/ripe or done

Di·be duŋ deʔilćami- yellow

Deʔilšošoŋi wewuš- brown/orange

Deʔileligi- red

Ya·mil- to pick off the tree

Ta·gim gaya·mil – pick the pinenuts!

Wa·gu (epus)- to pick up off the ground

Bi·heʔ- pine nut pole

Bi·heʔlu gedo·da – work with the pinenut pole

Beyu·gum- pole with a hook



WAŠIW ʔITLU CLASS SCHEDULE

Mondaylu—Carson TANF—2 pm

Tuesdaylu —Alpine TANF —1 pm

Tuesdaylu—Stewart Ed Center—4 pm

Wednesdaylu—Dville Community Bldg— 1:30pm

Wednesday—Carson Colony Ed Center—4 pm

Wednesdaylu—Stewart Head Start—6:30 pm

Thursdaylu—Dresslerville Senior Ctr—6 pm

Plydaylu—Woodfords Ed Center—2:30 pm

If you have any questions please contact:

Mischelle Dressler 775-781-0513 or
Herman Fillmore 775-781-4853



We'll miss you Dr. Dickerson

“Over the last nine and one half years here at the Washoe Tribal Health Center (and 3 years at the clinic when it was on highway 395) I have had the privilege of providing medical care and getting to know my patients on a personal and professional level. Unfortunately, due to health issues, I am unable to continue my work at the Washoe Tribal Health Center. I will treasure the lessons and life stories you have shared with me and will miss knowing that I will be seeing you at your next appointment. I wish you all health and happiness.”

Learning to cope with anger enriches lives a third time...and more.



The San Joaquin Regional Office proudly acknowledged the third graduating class from its Anger Management Program on August 28, 2014. In all, seven more TANF participants completed the 12-week summer course and were honored with a ceremonial luncheon among staff, friends, and family. Graduates listened as guest speaker Dr. Art Martinez, a clinical psychologist,



spoke on the topic of the correlation between spirituality and anger. The curriculum aims to provide skill enhancement in self-awareness, self-control, social awareness and relationship management. The class also provides education for individuals who are interested in



or who need to learn how to deal with anger in a positive productive manner. As a result of taking the course, participants learned helpful techniques as well as coping skills to better recognize, manage, eliminate or minimize aggressive behavior and gain new coping skills. Additionally, participants improved their communication and listen-

ing techniques while reinforcing cultural strengths and relationship building. Due to the overwhelming success of this class, a fourth course will be offered soon, and we look forward to providing this new group with the skills necessary for future successes as well.

State Parks Department seeks Washoe Tribal member for Nevada Day Parade float

Nevada State Parks is entering a float in the Nevada Day Parade this year in celebration of our State's 150th birthday, or Sesquicentennial. Below is the narrative that will be read by the parade announcer as the float passes by:

150 years ago, President Lincoln signed a remote territory into statehood on October 31st, 1864. On that day, Nevada was 'Battle Born' and became the 36th state of the Union. The Nevada State Parks float honors Nevada's 150th anniversary today with a birthday celebration. Please enjoy the huge birthday cake as a tribute to the great State of Nevada. Notice the characters attending this grand birthday celebration. These are all individuals that represent important periods of Nevada's history. Is that President Lincoln with Native American Dat So La Lee, as well as Mark Twain with Bugsy Segal from Las Vegas? All

are invited to enjoy this celebration with Nevada State Parks as we happily look back on Nevada's last 150 years.

We would be honored if the Washoe Tribe of Nevada would join us with a volunteer, in native or period dress, to be part of the collection of characters on the float that day. The idea is to represent easily recognizable characters from Nevada's past standing around a large decorated birthday cake on the float trailer. Dat So La Lee is an extremely important part of this historical heritage. If a volunteer emulating this character is not available, any Washoe mem-

ber representing the Tribe in general would be greatly appreciated. This would simply involve standing on the float and waving to the crowd. A costume can be rented by Nevada State Parks if necessary. The parade is being held in Carson City on Saturday November 1st, and would most likely involve the majority of the day.

If interested, please contact your Tribal Administration or me directly:

Jay Howard
Park Supervisor, Lake Tahoe Nevada State Park
775 831-0494 or 775 315- 5842
Email: jayattahoe@gmail.com

Lessons in Life

Recently a relatively new acquaintance and I were having tea at a cafe. In the middle of our chat my new friend remarked how calm and patient I was, despite what life had thrown at me. I had to laugh. Me, patient? Calm? Before the suicide, I had reacted to everything in my life with dramatic fervor. But things had changed. Compared to the suicide, all other problems were now miniscule. And yes, I was extremely calm and patient. Some other lessons suicide has taught me: to live, to laugh, to love and do it all right away, to cherish the people I care for and not hesitate to show them how valuable they are to me. Suicide has taught me that I may never get another chance.

Today I can see that despite the hardships of suicide, there is some good that comes out of the loss.

Taken from: *"Healing the Hurt Spirit"*, by Catherine Greenleaf
Daily Affirmations for People Who Have Lost a Loved One to Suicide
St. Dumphna press, May 9th.

Facts about Suicide and Depression

Major Depressive Disorder (MDD) is the most commonly mental disorder associated with completed suicide.

7 out of every 100 men and 1 out of every 100 women who have been diagnosed with depression at some time in their lifetime will go on and complete a suicide.

Individuals who are dependent on alcohol or drugs in addition to being depressed are at greater risk for suicide.

About 2/3 of individuals who complete suicide are depressed at the time of their deaths.

Depressed individuals who exhibit the following symptoms are at greater risk for suicide:

Hopelessness

- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, without thinking
- Sudden increase in alcohol and drug use
- Isolating from friends, family and society
- Anxiety, agitation, inability to sleep or sleeping all the time
- Drastic mood changes
- Expressing no reason for living; negative outlook on life

Call the Washoe Family Healing Center at (775) 265-5001 OR 1 (866) 280-3863 for additional information on suicide.

THE HEALING CENTER

The Intensive Outpatient Program held its first graduation on July 17th. Three graduates were celebrated for their hard work and commitment to their sobriety. Family members attended, along with fellow IOP participants, Probation Officers, and Healing Center and IOP staff. Presentations were made, the graduates shared their stories of addiction and recovery, and family members offered their support and thanks. The graduates were presented with a framed certificate of graduation, their own copy of 'The Red Road to Wellbriety' and a Phoenix Bird Recovery Medallion. And finally, a meal was shared together.

This was a wonderful beginning to what the Healing Center and IOP Program hope will be an evolving and ongoing practice at the close of each 16 week IOP class.

Treatment Funds Are Available

Did you know that the WTHC has funds available for Drug and Alcohol Treatment? Often times, a Recovery Facility is the best option to support an individual struggling with addiction. And this also supports and strengthens the family members struggling with the powerlessness and fear that so often accompanies their loved one's addiction. For more information contact The Healing Center at (775) 265-5001.

International Indian Treaty Council Hosts 40th Anniversary Treaty Conference

Commemorating 40 years Defending the Rights and Recognition

San Francisco, California: The International Indian Treaty Council (IITC) held its 40th Anniversary Conference, September 10 – 12, 2014, in Okemah, Oklahoma, on the family land of Phillip Deere, one of IITC's original co-founders. The conference attracted North American and international attendees from Indigenous Nations and organizations, non-governmental organizations, as well as supporters, the media and academia. It included plenary panels, workshops, and cultural activities. At the conclusion of the conference resolutions were adopted that prioritize key issues addressing the rights of Indigenous Peoples which will guide the work of IITC in the coming year.

•Presenters included over 40 Indigenous leaders, activists, knowledge holders, youth and elders, from Oklahoma and the US, Canada, Mexico, Guatemala, Hawaii, Alaska, New Zealand, Latin American and the Caribbean. These included: Chief George Tiger, Muscogee Creek Nation, who welcomed the participants; Hinewirangi Kohu, Maori elder, IITC Board Vice President; Chief Willie Littlechild, Ermineskin Cree Nation, Expert Member of the United Nations Expert Mechanism on the Rights of Indigenous Peoples; Faith Gemmill, Gwich'in, Alaska, Executive Director of Resisting Environmental Destruction of Indigenous Lands (REDOIL) and representative of the Venetie Tribal Government; Bumpy Kanahale, Nation of Hawai'i, Head of State; and Francisco Cali, Mayan Kaqchikel, Guatemala, IITC Board President.

•Roundtables and Commissions included: Struggles of Indigenous Nations in Oklahoma; Treaties; human rights; protection of sacred places and ways of life; food sovereignty;

racism and criminal justice; environmental health; women, youth and children's rights; and updates on international work.

Cultural presentations and activities included Oklahoma cultural presentations on the evening of September 10 and an international cultural presentation on the evening of September 11.

Since its founding in South Dakota in June 1974, the IITC has worked to support the struggles of Indigenous Peoples and Nations for Treaties and Treaty rights, human rights, self-determination, protection of sacred places and ways of life, food sovereignty, environmental health and justice. The IITC's work includes advocacy, information sharing, training and capacity building, legal and technical assistance, coalition building, standard setting and policy development that recognizes and respects the inherent rights of Indigenous Peoples.

Rodney Factor, Assistant Band Chief, Seminole Nation, Oklahoma, and IITC Board Member felt the conference was important for Nations and Tribes in Oklahoma to hold the Treaty Council Conference there again for IITC's 40th anniversary. They were looking forward to the opportunity to share their work to defend against racism, Treaty violations and environmental threats like fracking and the proposed pipeline in Oklahoma. They were also excited to hear from other Nations about what they're going through and the work they're doing. He thanked the Deere Family and the Muscogee Creek Nation for working with them to help make the conference a success.

Andrea Carmen, Yaqui Nation, became involved in the IITC as a student working on the issue of forced

sterilization of American Indian women by the United States government policy in the mid 1970's. She met the Director of IITC's information office in San Francisco, the late Bill Wahpewah (Sac and Fox/Kickapoo from Oklahoma) in 1975 and became a full time staff IITC member in 1983. She has been IITC's Executive Director since 1992.

Andrea reflected on the last 40 years of IITC's work and her own involvement. "Working for the IITC for most of my adult life, I have been able to be part of many historic changes for the recognition of Indigenous Peoples' rights with real impacts 'on the ground' which is where it counts. The 30 years of work on the United Nations Declaration on the Rights of Indigenous Peoples transformed global discussions and understandings about Indigenous Peoples. The world community had to realize that we still exist, we have inherent and Treaty rights that can't be ignored and that we also have essential contributions to make in global dialogues on human rights, racial justice, bio-diversity, sustainable development, climate change, food sovereignty and many other issues. Many challenges still remain and our work is far from over. The international Indigenous movement will continue defend Indigenous Peoples' rights and ways of life. The IITC will continue to be an active part of that movement."

In 1977, the IITC became the first Indigenous Peoples' organization to be recognized as a Non-Governmental Organization (NGO) with Consultative Status to the United Nations Economic and Social Council. In 2011, IITC was the first

(Continued on page 9)

(Continued from page 8) Treaty Council

to be upgraded to General Consultation Status in recognition of its active participation in a wide range of international bodies and processes in order to advance, defend and recognize the rights of Indigenous Peoples. The IITC's guiding principles affirm that Indigenous Peoples

speak for themselves before the world community. To that end, IITC organizes, strengthens and facilitates direct participation by Indigenous Peoples in local, regional, national and international events and gatherings where issues impacting their rights and survival are addressed.

The 40th Anniversary Conference

followed the 2nd International Indigenous Peoples Corn Conference (co-organized by the IITC and the Mvskoke Food Sovereignty Initiative). This conference brought together Indigenous traditional farmers, knowledge holders, food sovereignty activists, Tribal leaders, youth and elders together to share information, seeds, traditional

High Level U.N. Conference Focused on World's Indigenous Peoples

New York, NY - Indigenous Peoples represent remarkable diversity - more than 5,000 distinct groups in some 90 countries, making up more than 5 per cent of the world's population, some 370 million people. These peoples continue to self-identify as distinct peoples with strong links to traditional territories with their own social, economic and political systems as well as unique languages, cultures and beliefs.

Today, many Indigenous Peoples struggle to remain on their lands and retain the right to their natural resources. Other Indigenous Peoples have long since been removed from their lands, denied their languages and traditional ways, and have consequently been left impoverished. In order to address these injustices Indigenous Peoples effectively advocate for their rights and have engaged the United Nations (UN) since its establishment. Indeed, they also brought their concerns to the predecessor of the UN, the League of Nations in the 1920s.

On September 22-23, 2014 the first World Conference on Indigenous Peoples (WCIP), a high-level plenary meeting of the United Nations General Assembly (UNGA), was held at the UN Headquarters in New York City. Over a thou-

sand Indigenous and non-Indigenous delegates had the opportunity to share perspectives and best practices on the realization of the rights of Indigenous Peoples, including pursuing the objectives of the UN Declaration on the Rights of Indigenous Peoples. The Declaration sets out minimum standards for the survival, dignity and well-being of Indigenous Peoples of the world and was adopted by the UNGA on September 13, 2007. Meeting participants included a wide range of parties and stakeholders, including the President of the General Assembly, the Secretary-General, the UN High Commissioner for Human Rights, Heads of State or Government and high-level representatives of Member States, high-level representatives of entities of the UN system, Indigenous Peoples, civil society organizations and national human rights institutions. It is expected that the WCIP resulted in a concise, action-oriented outcome document on the implementation of the rights of Indigenous Peoples and the promotion of the achievement of internationally agreed development goals, prepared by the President of the General Assembly on the basis of inclusive and open consultations with Member States and In-

igenous Peoples.

"The UN General Assembly's adoption of the UN Declaration on the Rights of Indigenous Peoples in 2007 is hailed as a milestone in the recognition of the rights of Indigenous Peoples, and a triumph for justice and human dignity. It is indeed not difficult to concur with these views, as the Declaration represents the world community's commitment towards redressing the historic injustice faced by the world's Indigenous Peoples. The World Conference provides Member States and the UN an excellent opportunity to demonstrate a firm commitment towards the realization of the Declaration, by adopting an action-oriented outcome document. However, the world's Indigenous Peoples struggle for their rights does not end with the World Conference, but the Conference could become an important stepping stone towards achieving improved implementation of their rights." Mr. John B. Henriksen, International Representative of the Sami Parliament of Norway, and member of the Global Indigenous Coordinating Group (GCG) for the World Conference.

"This is the time for states to demonstrate their adherence to their international human rights obligations by committing to clear actions at all levels in response to the demands made by indigenous Peoples for them to respect, pro-

(Continued on page 10)

(Continued from page 9) U.N. Conference

ject, and fulfill the rights of Indigenous Peoples in line with the full implementation of UN Declaration on the Rights of indigenous Peoples." Ms. Joan Carling, Secretary General of the Asia Indigenous Peoples Pact and a member of

Background Information:

Little progress was made on advancing Indigenous Peoples' rights internationally until the 1980s, when the Working Group on Indigenous Populations was established in Geneva and the International Labour Organization adopted Convention No. 169 on Indigenous and Tribal Peoples. The First International Decade of the World's Indigenous Peoples was launched in 1994 followed by a Second Decade, which will end in December 2014.

During these two decades, the UN and Indigenous Peoples have made significant progress in their collaboration, with the establishment of the Special Rapporteur on the Rights of Indigenous Peoples, the Expert Mechanism on the

Rights of Indigenous Peoples and the Permanent Forum on Indigenous Issues. In 2007 the General Assembly adopted the UN Declaration on the Rights of Indigenous Peoples. The Declaration sets out minimum standards for the survival, dignity and well-being of the indigenous peoples of the world.

The General Assembly, in its resolution 65/198 of 21 December 2010, decided to organize a high-level plenary meeting of the General Assembly, to be known as the World Conference on Indigenous Peoples, in order to share perspectives and best practices on the realization of the rights of Indigenous Peoples, including pursuing the objectives of the UN Declaration on the Rights of Indigenous Peoples.

In its resolution 66/296, the General Assembly further decided that the World Conference on Indigenous Peoples would be held on 22 September 2014 and in the afternoon of 23 September 2014 in New York.

The World Conference will be composed of two plenary meet-

ings in the form of an opening and a closing session, three interactive round-table discussions and one interactive panel discussion, with the opening meeting beginning at 9 a.m. on 22 September 2014, followed, in the afternoon, by two round-table discussions taking place simultaneously.

To provide valuable input into the preparatory process for the World Conference, the President of the General Assembly organized on 17 and 18 June 2014 an informal interactive hearing with representatives of Indigenous Peoples and representatives of entities of the UN system, academic institutions, national human rights institutions, parliamentarians, civil society and non-governmental organizations, in accordance with the relevant provisions of the present resolution.

The World Conference will result in a concise, action-oriented outcome document prepared on the basis of inclusive and open informal consultations with Member States and indigenous Peoples.

Dresslerville House for Sale

- 3 bedroom, 1 bath, wood floors, new carpet, tile and remodeled kitchen with upgraded cabinets and sink, includes dishwasher.
- Brinksmanship alarm system
- 25' x 45' covers rear porch with hot tub connections, fully fenced and landscaped yard including sprinkler system and 22'x 65' concrete driveway.
- Perfect home for a family



"I lived there for 15 years"

House is solid and in excellent shape.



**Asking \$95,000.
Contact Bill Simpson
at 775-309-3412**

From the Prosecutor: How Criminal Cases Proceed in Washoe Tribal Court

Reporting a Crime: You and your family have the right to be safe and live in peace. If you've been the victim of a crime it's important to report it. We know that it can be hard to decide to come forward. If no one reports a crime, the individual is free to commit more crime, damaging the Tribe and individuals. Victims of crimes have rights—the right to protection (such as TPOs/stay away orders), the right to recover damages (Restitution), and the right to services. If you have been harmed or had property damaged, follow up with the Prosecutor and/or Victims' Advocates (phone numbers below) right away for help protecting your rights.

Arrest/Citation: Police have the authority to arrest where they have probable cause to believe that a particular crime has been committed by a specific person OR where a bench warrant has been issued. It is not "up to the victim to press charges"—that only applies in civil disputes, such as whether to recover damages after a car accident. For some crimes, police are required to make an arrest when probable cause exists. For other crimes (most traffic offenses), police are only authorized to write a citation ordering the defendant to appear in court on a specific date—however, failure to appear for a traffic offense can result in arrest if a bench warrant is issued. Most arrestees are released after

48 hours in custody, or sooner if bail is posted. Bail is set according to the crime(s) for which the suspect has been arrested. In some cases, such as for serious offenses, defendants are held without bail until the time of arraignment.

Upon release, the jail informs arrestees in writing of the date and time the arrestee is required to appear in court. Failure to appear may result in a bench warrant.

Arraignment: Arraignment is when the Defendant is informed of the charges that have been filed by the Prosecutor. At arraignment, the Defendant is advised of his/her rights, including: the right to counsel (appointed and paid for by the Tribe), the right to speedy trial, and the right to a jury trial if facing jail time. If the Defendant is in custody, the possibility of bail or other release conditions will be discussed. The Court may impose release conditions such as: No Contact with the victim(s)/witness(es) in the case; abstain from drugs/alcohol; submit to drug/alcohol testing; meet with Probation; or submit to GPS/alcohol monitoring.

Pre-Trial: Before trial, the Prosecutor will make an offer to the Defendant to resolve the case without going to trial. In making the offer, the Prosecutor will consider: The Washoe Tribe Law and Order Code's guidance on sentencing for the particular crime committed and any en-



hancements (such as for elder victims, child victims, and prior convictions); Facts and circumstances of the case; and the Defendant's criminal history, readiness for Probation, willingness to rehabilitate, any history of substance abuse, and Defendant's commitment to treatment. Depending on these factors, the offer may include probation, substance abuse or mental health treatment, Anger Management or Batterer's Intervention Classes, restitution to the victim/Tribe, or simply jail time and/or a fine.

Trial: Washoe Tribal Court Defendants have a right to a jury trial where they face jail time—that is, if the offense charged exposes the Defendant to jail and the Prosecutor's offer includes jail time. Defendants can otherwise proceed with bench trials (trials in which the judge hears the evidence and decides the verdict).

The Washoe Tribe Law and Order Code provides for a jury of six members and requires that a majority of jurors agree on the verdict. During jury selection, the Judge may remove jurors for cause (such as a conflict of interest or a serious medical conditions). In addition, both Defense Counsel and the Prosecutor may remove two jurors each. If, after

(Continued from page 11) Tribal Court

jury selection, less than six jurors remain, the Defendant may waive his/her right to six jurors and proceed with fewer.

Sentencing: The Washoe Tribe Law and Order Code specifies the maximum jail time and fine for each crime, and for some crimes specifies a minimum amount of time in jail. In some cases, jail time or fines are suspended and the Defendant is given a chance on probation to live a crime-free life and receive treatment for underlying problems. Failure to comply with the requirements of probation, com-

plete additional requirements, or to obey all laws, may result in a probation violation or revocation of probation and the imposition of all or part of the suspended jail time/fines.

Where a Defendant has caused injury to a person or damaged the property of another person or the Tribe, repayment or "Restitution" may be ordered to compensate for damages. Victims should contact the Court or Prosecutor to make a claim for restitution.

Phone Numbers & Contact Information:

Prosecutor Adrienne Ratner:
775 265 7024 x 1255;
(415) 684-7670 x106.

**Victims' Advocates Angela Le-
mas & Jennifer Kline:**
(775) 265-8698.

**Court Clerk Coordinator
Kathleen Simpson:**
775 265 7024 x 1252;
Kathleen.Simpson@washoetribe.us

**Probation Officer Kevin Bai-
ley:** 775 265 7024 x 1251



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 September 1, 2014

Total # of Employees: 340
Total # of Females: 68% 221
Total # of Males: 32% 119



EEO Statistics:

Caucasian 101 30%
Hispanic 20 6%
Asian 8 2%
Black 3 1%
Amer Indian 208 61%
Washoe 100/ Other A.I. 108

<u>NAME</u>	<u>DEPARTMENT</u>	<u>POSITION</u>	<u>START DATE</u>
Janelle Rodriguez	Head Start	Cook	8/27/14
Jammi Henry	Clinic	Medical Records Clerk	8/25/14
Susan Jamerson	TANF	Executive Director	8/27/14
Alicia Miller	Social Services	Child Welfare Social Worker	9/2/14
Rosie Dunn	Head Start	Cook	8/25/14
Sherry Palacio	Clinic	Registered Nurse	9/2/14
Michael Davies	Clinic	Dentist	9/17/14
Nicole Turner	Social Services	Senior Center Manager	9/9/14

Employees of the Month

Mark Bucci has been with the Tribe for a little over a year. He started as the manager of Meeks Bay Resort at a challenging time. The smoke from forest fires caused cancelation of reservations and day use was nearly nonexistent. Following that challenge the government shut down, causing the resort to close early, forced us to cancel weddings, family reunions and all other reservations. During last winter Mark worked on getting the reservation system online and personally contacted nearly every customer. He put together an excellent staff, upgraded the Kehlet Lodge and acquired additional equipment for the Wa She Shu Grille. The result of his efforts were the Grille sales more than doubled, the occupancy rates went up and we received numerous compliments on the improved service and amenities. The Forest Service and our Marina operator also said that this was the best management team since Washoe took over the resort. We would like to congratulate Mark and his team on their success and look forward to his service in the future. –Greg T. Weyland, Business Operations Manager

Mark Bucci,
Meeks Bay Resort
Manager



AUGUST

Mark Miller,
Meeks Bay Resort
Maintenance Supervisor



Whenver maintenance issues arise after hours at Meeks Bay Resort, Mark Miller promptly returns to the resort and fixes the problems. He goes out of his way to help our campground guests who have issues with their RV's or vehicles. The improvements he made to the Kehlet Mansion are stunning. Guests have been raving about them all season. Mark is an excellent team player and provides leadership and morale for all the staff.



Are you on time for your appointments at the Washoe Tribal Health Clinic?

- ☑ All patients need to be at the clinic checking in 20 minutes before their scheduled appointments for all departments
- ☑ This gives you time to update and complete all necessary paperwork and annual forms
- ☑ If you have questions or concerns, being on time gives staff the time to assist you
- ☑ Below is the approved Late Appointment Policy & Procedure (all patients are required to sign an acknowledgement of receiving this policy)

LATE APPOINTMENT POLICY & PROCEDURE

Policy:

It is the policy of the Washoe Tribal Health Center to utilize a standardized process to address the failure of patients to arrive on time for scheduled care appointments, the purpose of which is to increase business efficiency and improve patient access to care.

Definitions:

- A “Late Arrival” is when a patient arriving at the Clinic for a scheduled appointment ten (10) or more minutes after the required check-in-time.
- A “Repeated Late Arrival” is when a Late Arrival for three (3) or more appointments within a twelve (12) month period.
- “Emergent” means an unexpected illness or accident that requires immediate treatment.
- “Urgent” means an illness that requires attention but is not emergent

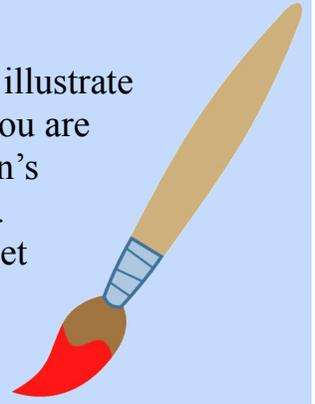
Procedure:

- Patients are required to arrive at the Washoe Tribal Health Center **at least twenty (20)** minutes prior to their scheduled appointment time.
- Late Arrivals will result in one of the following:
 - The patient’s appointment will be rescheduled for another date; or
 - The patient will be scheduled with another provider in an open appointment slot; or
 - The patient will be triaged (e.g., by a nursing or dental assistant) to determine urgency of care; or
 - If emergent, the patient will be seen immediately; or
 - If urgent, the patient will be placed as a walk-in and worked in with an available provider on a first come first serve basis.
- Repeated Late Arrivals will result in the patient being rescheduled at the end of the day or as an overbooked appointment.
- Elders will be given additional consideration under these Policies and accommodated when possible.



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.



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

Now Taking Applications for the 2014-2015 Upcoming School Year

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

Children must be 3 years old before October 1st to meet the age requirements and not turn 5 until after October 1st.

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

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



HERE YE HERE YE!!!

The WTHC brings to the people a new state of the art Radiology suite!

With this new equipment our patients will enjoy full service x-ray capability that surpasses our former portable unit.

The x-ray suite has been freshly renovated thanks to our wonderful maintenance crew and will be ready for use in early September.

Please stop by and ask any of our medical department staff for a brief tour, overview and to schedule your x-rays now!

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



GRIEF, STRESS, AND DISEASE

By Robert R Thompson, M.D., Zumbrota, Minn.

The link between chronic stress and disease has always been suspected but difficult to prove. Even though “stress reduction” techniques abound in our culture the exact pathway whereby stress leads to disease in general and cardiovascular disease in particular is tenuous and not clearly defined. It seems so intuitive and so easy to believe that if we feel “stressed out” then we will end up sick or at least not feeling well. Easy to believe but hard to prove. Easy to believe but hard to prove. For the purposes of this article, we will look at some of these links between grief as a kind of stress and certain diseases particularly cardiovascular disease.

We can consider stress as an individual’s response to a situation that persists in their life. These are the very factors that define the loss of a loved one! As I recall my own reaction to the death of my son, one of the things that emerged from that fog of disbelief and horror of the first few days was the sense of permanency I felt. One minute my wife and I were embracing our son and returning him to

college after an Easter break and a few weeks later we were faced with the overwhelming truth that we would never see him again. Even now, seventeen years later, it seems incredulous that I cannot change the situation and bring him back.

Among the psychological/emotional symptoms, we experienced were fatigue, sleeplessness, and loss of interest in things previously enjoyed. However, here were physical symptoms as well, over which we had no control. These included premature graying of the hair, abrupt onset of menopause for Martha, and loss of appetite.

Others who have lost a child or spouse may experience many more and different symptoms. It is clear that loss of a loved one affects every system in the body—endocrine, cardiovascular, gastrointestinal, and others. It is also possible that pre-existing diseases will accelerate during times of acute grief.

We have all known friends who seem to have aged, withered, and died prematurely after the death of a loved one. Why does grief lead one person to health, fulfillment, and another to dis-

ease and death? In my opinion it is directly related to the degree which the burden is internalized (not shared) or externalized (shared). Where the bereaved have no opportunity or cannot share the burden that is too great for them to bear, disease begins. When some hear the word “share”, they assume it means, “talking” about the loved one or the way they feel in a public forum. Sharing groups are marvelous vehicles for unburdening one’s feelings but perhaps not for the more reticent. Other ways to share the grief load include journaling, sharing memories and stories with family members or close friends, or simply talking aloud and sharing your feelings with the deceased loved one. What does not seem to work is to avoid thinking and talking about the loved one or even going so far as to forbid others to do so.

I recently presented a forum on grief at a church group and afterward a retired professional came up and shared the fact that when he was twelve his brother died, and everyone in the family was forbidden to mention his name. All pictures and remem-

(Continued on page 17)

San Joaquin TANF inspires Mothers and Fathers

San Joaquin County's chapters of "Fatherhood/Motherhood is Sacred" successfully concluded its summer session on September 2, 2014. Since July 1st, twenty plus male and female participants, along with their children, attended 14 weekly summer sessions inspiring and

motivating mothers and fathers to devote their best efforts to teaching and raising their children develop their

(Continued from page 16) GRIEF, STRESS...

branches were removed from the house and it was as if the brother had never existed. Now at age sixty-two he stood before me and wept openly for the first time in fifty years, not for remembrances of his brother, but over the fact that he could remember nothing about him! I have no evidence that this man was physically ill because of such repression but I am certain he was beginning on the road to feeling better even after all the intervening years!

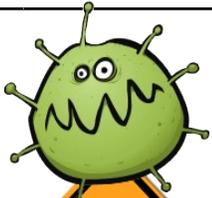
At some point in our grief journey, we must all make a decision to re-enter life's stream and do so while preserving the memories of our dead children, spouses, or siblings. How and what we decided to do from that point forward to hold love and sadness together in our hearts at the same time without becoming sick in our challenge.

Excerpt edited and reprinted from Living with Loss magazine, Fall 2006

potential and the attributes needed for "Happy and Safe Families." To promote better attendance, TANF staff prepared cooked meals, transported and provided youth activities while parents participated in separate class sessions. Additionally, the Fatherhood is Sacred facilitator, Mike Duncan, repeatedly discussed the impact of historical trauma and its effects on our Native families today. Participants courageously shared their stories and challenges teaching and raising Native children. We would like to thank our clients for their participation, willingness to share their personal life stories, and their continued support of the Fatherhood/Motherhood is Sacred programs as it now transitions to Tuesday night. Our up-

coming fall sessions are scheduled to begin on September 30th, and will continue with the youth activities component as it increased workshop attendance.





Flu Season is starting early

WTHC Community Flu Shot Clinics:

Carson Colony: 10/14/2014

Woodfords Colony: 10/16/2014

Stewart Colony: 10/21/2014

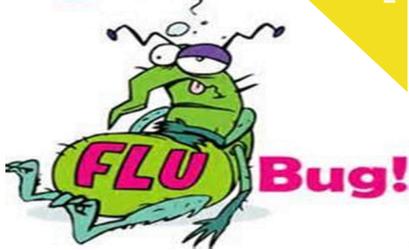
Dresslerville Colony: 10/23/2014

All clinics will be from: 6pm to 8pm

Please contact the Washoe Tribal Health Center if you have any further questions or concerns (775)

265-4215, extension 270

Squash that



Happy 1st
Birthday

Jasmine

James

September

25th

Love Daddy
& Mommy

TANF Outreach Attends Stockton Children's Fair

The San Joaquin Regional Office took part in this year's San Joaquin Community Partnership for Families' "Children's Fair," on August 23, 2014. This was our first time participating in this annual event. Our Native TANF outreach booth was among the thirty family agencies representing the San Joaquin Region this day. Our TANF Outreach Booth was visited by some of the two-hundred adults and children in attendance. Stockton staff disbursed various informative outreach materials throughout the day explaining TANF supportive services and eligibility requirements of the TANF program. The event targeted local families with children ages 0-5 to provide them with community resources and services that could benefit their families. We look forward to participating in next year's event as it is useful way to interconnect with our local families and community.



Washoe Tribe Domestic Violence Program

VIOLENCE IS NOT TRADITIONAL – ANNUAL EVENT

Violence is not a tradition for the Washoe people. The Washoe are bound by relationships and family. Please join us on the night of October 24, 2014 at the Carson Colony from 5:00 pm to 8:00 pm to honor survivors, remember lost victims and support individuals who are experiencing violence.

As a community, we can work together to end the abuse and violence that effects all of us. We can work together to send the message that violence is not tolerated here. We can support the people we know who have been abused by listening to them, validating them and never allowing it to be okay to be abused, no matter what. We can let victims know we believe them and reassure them that they are never to blame for the abuse. We can speak up and speak

out about myths and stereotypes by educating ourselves about the facts of domestic violence and sexual violence.

We can support one another and we can stand together as people who care about our neighbors, the children and families who live here.

For more information about this event or the confidential services we provide, please feel free to call our office at (775) 265-8698.

There are (3) Domestic Violence Advocates available for you.

Advocates can be reached 24 hours a day, 7 days a week. Angela Lemas (775) 309-3961, Nick Agnason (775) 781-0428, Jennifer Kline (775) 309-3897.

Jennifer Kline
Program Coordinator

Ribbon Colors to support this month

Purple – Domestic Violence Awareness

Pink – Breast Cancer Awareness

**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.

Washoe Tribe of Nevada and California

ELECTION NOTICE

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

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

Friday October 3, 2014	20-20-010.2 20-02-010.8 20-60-070.1(b) & 20-60-075.1(b)	Accounting of all Funds received by the Election Board Post Final Candidate List at public places accessible to Tribal Members. Last day for Election Board to receive (via US Mail only) Requests for Absentee Ballots; or Requests to register to vote at a Community Polling Place from Off-Reservation and Reno/Sparks Residents . These requests should have been postmarked by Monday, September 8, 2014 (see deadline above)
Monday October 13, 2014	20-40-030.4	Last day for receipt of Tribal Members appeals and protests for names included, or not included on the Eligible Voters List.
Wednesday October 15, 2014	20-40-030.7	Post Final Voters List
Friday October 17, 2014	20-60-070.3	DEADLINE – All Absentee Ballots must be received by 5:00 p.m. at Washoe Tribal Headquarters
Saturday October 18, 2014	GENERAL ELECTION DAY Polls open 8 a.m. to 5 p.m.	
Sunday October 19, 2014	20-70-030.1	Post Final Abstract
Thursday October 23, 2014	20-70-030.2	Deadline for Filing of Election Contest Actions, if NO contest actions filed, Final Abstract becomes binding
Monday November 3, 2014	20-80-040	Last Day for Election Board Hearing on Election Contest
Monday November 17, 2014	20-70-030.4	Deadline for Run-Off Election or Special Elections

Posted: July 7, 2014.vnevers; Corrected – August 6, 2014

Prevention is the Cure

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

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

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



for PRC eligible patients until December 31, 2014 or until the funds are exhausted.

- Screening for Colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults ages 50 to 75.
- Screening for Breast Cancer is a biennial screening mammography for women ages 50-74.
- Screening for Abdominal Aortic Aneurysm is a one-time screening by ultrasonography in men ages 65 to 75 years who have ever smoked.

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

Your service is needed for Tribal Elections

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

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

20-50-030 Alternates; Poll Watchers

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

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



Build Your Own Disaster Relief Kit

Basic Disaster Supplies

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional Emergency Supplies

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account



records in a waterproof, portable container.

- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

First Aid Kit

In any emergency a family member or you yourself may suffer an injury. If you have these basic first

aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and

assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Non-prescription drugs:
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid
 - Laxative
- Other first aid supplies:
 - Scissors
 - Tweezers

(Continued on page 23)

(Continued from page 22)

- Tube of petroleum jelly or other lubricant.

Supplies For Unique Needs

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat
- Long pants
- Long sleeve shirt

Water

Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet

your family's needs during an emergency.

How Much Water Do I Need?

You should store at least one gallon of water per person for three days. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.
- Keep at least a three-day supply of water per person.

How Should I Store Water?

It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or "use by" date. Store in cool, dark place.

Preparing Your Own Containers of Water

It is recommended you purchase food grade water storage containers from surplus or camping supplies stores to use for water storage.

Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap.

If you chose to use your own stor-

age containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

Storing Water in Plastic Soda Bottles

Follow these steps for storing water in plastic soda bottles.

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.

Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Mix the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Let the water stand for 30 minutes before using.

A slight chlorine odor should be noticeable in the water, if not, add another dose of bleach and allow the water to stand another 15 minutes.

Tightly close the container using

(Continued on page 24)

(Continued from page 23)

the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so you can know when you filled it. Store in cool, dark place.

Water can also be treated with water purification tablets that can be purchased at most sporting goods stores.

Water that has not been commercially bottled should be replaced every six months

Food

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Suggested Emergency Food Supplies

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter

- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

Food Safety & Sanitation

Flood, fire, natural disaster or the loss of power from high winds, snow or ice could jeopardize the safety of your food. Knowing what to do before and after an emergency can help you reduce your risk of illness and minimize the amount of food that may be lost due to spoilage.

Power outages can occur at any time of the year and it may take from a few hours to several days for electricity to be restored to residential areas. Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed, people can become very sick.

Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Keep garbage in closed containers and dispose outside, burying garbage if necessary.
- Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected.
- Discard any food that has come into contact with contaminated floodwater.
- Discard any food that has been at room temperature for two hours or more.
- Discard any food that has an unusual odor, color or texture.

Use ready-to-feed formula, if possible, for formula-fed infants. If using ready-to-feed formula is not possible, it is best to use bottled water to prepare powdered or concentrated formula. If bottled water is not available, use boiled water. Use treated water to prepare formula only if you do not have bottled or boiled water. Breastfed infants should continue breastfeeding.

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.

Let garbage accumulate inside, both for fire and sanitation reasons.

Note: Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out."

For more information about food safety during an emergency, visit FoodSafety.gov.

Cooking

Alternative cooking sources in times of emergency including candle warmers, chafing dishes, fondue pots or a fireplace.

Charcoal grills and camp stoves are for outdoor use only.

Commercially canned food may be eaten out of the can without warming.

To heat food in a can:

1. Remove the label.
2. Thoroughly wash and disinfect the can. (Use a diluted solution of one part bleach to ten parts water.) Open the can before heating.

(Continued on page 25)

(Continued from page 24)

Managing Food Without Power Be Prepared:

- Have a refrigerator thermometer.
- Know where you can get dry ice. Keep a few days' worth of ready-to-eat foods on hand that do not require cooking or cooling.

When the Power Goes Out:

- Keep the refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about 4 hours if it is unopened.

Refrigerators should be kept at 40° F or below for proper food storage.

Once the Power is Restored:

- Check the temperature inside the refrigerator and freezer.
- If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen. If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for no more than 4 hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40° F for two hours or more.

Using Dry Ice:

- Under normal circumstances you should not keep dry ice in your freezer. If your freezer is functioning properly it will cause the unit to become too cold and your freezer may shut off. However, if you lose power for an extended period of time, dry ice is the best ways to

keep things cold.

- Twenty-five pounds of dry ice will keep a 10-cubic-foot freezer below freezing for 3-4 days.
- If you use dry ice to keep your food cold, make sure it does not come in direct contact with the food.

Use care when handling dry ice, wear dry, heavy gloves to avoid injury.

Utility Shut-off: Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off natural gas.

Because there are different gas shut-off procedures for different gas meter configurations, it is important to contact your local gas company for any guidance on preparations and response regarding gas appliances and gas service to your home.

When you learn the proper shut-off procedure for your meter, share the information with everyone in your household. Be sure not to actually turn off the gas when practicing the proper gas shut-off procedures.

If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve, if you can, and call the gas company from a neighbor's home. Caution: If you turn off the gas for any reason, a qualified professional must turn it back on. NEVER



attempt to turn the gas back on

yourself.

Shutting off gas may require a specialty wrench, find out in advance what your home requires before an emergency.

Utility Shut-off: Water

Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve.

Before an emergency happens, locate the shut-off valve for the water line that enters your house and label this valve with a tag for easy identification. Make sure all household members know where it is located.

Make sure this valve can be completely shut off. Your valve may be rusted open or it may only partially close. If so, replace it.

Cracked lines may pollute the water supply to your house. It is wise to shut off your water until you hear from authorities that it is safe for drinking.

The effects of gravity may drain the water in your hot water heater and toilet tanks unless you trap it in your house by shutting off the main house valve. (This is not the street valve in the cement box at the curb – the street valve is extremely difficult to turn and requires a special tool.)

Utility Shut-off Electricity:

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

Locate your electrical circuit box. For your safety, always shut off all the individual circuits before shutting off the main circuit.

Discover the Treasures of WIC

What is WIC?

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

Some things WIC has to offer

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

ITCN WIC LOCATIONS

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

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



Do you want to jump start your future?



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

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

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

Get child care paid or subsidized by ITCN



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

To be eligible your child

must be 13 years of age or younger, have proof of Native American descendency, (or parent/guardian), working, attending technical/higher education, or in a job training component. Call (775) 355-0600, extension 290, today to see if you are eligible!

Do you have health insurance?

If not, have you applied for the American Indian/Alaska Native (AI/AN) exemption?

Starting January 2014, you and your dependents must either have health insurance coverage throughout the year, qualify for an exemption from coverage, or make a shared responsibility payment when you file your 2014 federal income tax return in 2015. Many people already have qualifying health insurance coverage and do not need to do anything more than maintain coverage throughout 2014.

If you or your dependents do not have qualifying health insurance and plan on filing your 2014 federal income tax return in 2015 and do not want to pay a shared responsibility payment, then an application for Exemption for American Indians and Alaska Natives must be completed.



Penalties for not having a qualified health insurance plan or not getting the AI/AN exemption:

2014 - \$95/adult and \$47.50/under 18 or 1.0% of income - *whichever is greater*. Maximum of \$285.

2015 - \$325/adult and \$162.50/under 18 or 2.0% of income - *whichever is greater*. Maximum of \$975.

2016 - \$695/adult and \$347.50/under 18 or 2.5% of income - *whichever is greater*. Maximum of \$2,085.

Use the application if you and/or anyone in your household are:

A member of an Indian tribe.
Another individual who's eligible for health services through the Indian Health Services, tribes and tribal organizations, or urban Indian organizations

Download the application at:

[http://
marketplace.cms.gov/
getofficialresources/
publications-and-articles/
tribal-exemption.pdf](http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf)

Send the complete, signed application with documents to:

Health Insurance Marketplace-Exemption Processing
465 Industrial Blvd.
London, KY 40741

The Health Insurance Marketplace will follow-up with you within 1-2 weeks and let you know if they need additional information. If the exemption is granted, they will give you an Exemption Certificate Number that you will put on your federal income tax return

and you can keep it for future years without submitting another application. If you do not hear from the Health Insurance Marketplace visit HealthCare.gov or call 1-800-889-4325.

The Purchased Referred Care (PRC) department, formally known Contract Health Services (CHS), at the Washoe Tribal Health Center can be of assistance to help answer your questions or to mail your exemption. Please contact us at (775) 265-4215.



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

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*

"If the Great Spirit had desired me to be a white man he would have made me so in the first place. He put in your heart certain wishes and plans; in my heart he put other and different desires. Each man is good in the sight of the Great Spirit. It is not necessary, that eagles should be crows."

Sitting Bull (Teton Sioux)

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