

# Wá bíba úm múše eš gí

Translation- "Read It Here"

## Highlights of what's inside

**T'agim Gumsabay—page 4**  
Join us on September 19.

**How to conserve our precious water—page 5-6**  
Tips for reducing water waste in the drought.

**New faces working at the Tribe—page 8**  
New employees and workforce statistics.

**Sign-up for Head Start Now—page 9**  
Register now for the fall.

**ELECTION NOTICE—page 16**  
Washoe Tribal General Elections are Saturday, October 18th. Be sure to vote.

**Ask Your Medical Provider—pages 18-20**  
Tips for those who want to quit smoking.

**Do you have health insurance?—page 23**  
Read about the AI/AN exemption.

See page 2 for newsletter submission and deadline information.

## Cultural Update: Di·yeyelu huḡa ʔumhamuheši ?

### Cultural Resource Department

### Wašiw Guwa? Workings of the Washoe

#### “Summer of Science”

This August the CRD finished up the “Summer of Science” summer education program. The youth who had participated all summer in the local “river walks” finished the year off with a visit to the local hot springs known as Ma·lit K'ile·ti Lo·m in Wa·šiw (Hobo Hot Springs). The students learned a little about how the Wa·šiw tradition-



ally used the lo·m (hot springs) and the CRD staff told a couple of stories about a Demo·mli person who had traveled through the area and killed a group of Wa·šiw in a near bye lo·m, a couple of family stories from the area and then taught a quick science lesson. The students learned a little about what makes the water hot, the way the earth is separated into different layers and even got a chance to experiment with the buoyance of objects by dispersing the mass of on object over a

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**Cultural Update**

larger area to change its density.

**Berry Picking**

The CRD also took students on a Berry Picking trip, along Icehouse road. The CRD was joined by a group of Chumash youth, who had been visiting Daʔaw ʔaga during the week. The students were able to find Ba·duʔ (elderberry), Nan·ho·lwa (golden currant), Muʔaluŋi (wild strawberries), Sewit Yagil (gooseberry) as well as Thimbleberry, Blackberry and even Mountain Blue Berries.

The group was also joined about by members of the Forest Service from Eldorado National Forest, who designated the site as a 'Traditional Plant Gathering Site'. The Forest Service also offered to designate other high use areas as 'Traditional Plant Gathering Sites' and even asked for advice on how to best manage

**Cultural Resource Department**  
**Wašiw Guwaʔ- Workings of the Washoe**



these areas in a manner consistent with traditional Wašiw stewardship practices.

**Language Classes**

**We would like to sincerely thank the youth who have participated in all of our classes and activities. The youth**

# September

## CALENDAR

**Labor Day**

Monday, September 1st  
Tribal Offices Closed

**Dresslerville Community Council Meeting**

Wednesday, September 3, 6:00pm

**Carson Colony Community Council Meeting**

Wednesday, September 10, 6:00pm

**Woodfords Community Council Meeting**

Thursday, September 11, 6:00pm

**Tribal Council Meeting**

Friday, September 12, 6:00pm  
Carson Community  
(subject to change)

**Stewart Community Council**

Tuesday, September 16, 6:00 pm

**Indian Day**

Friday, September 26th  
Tribal Offices Closed

**have been our most eager students, our most dedicated learners and soon to be our best speakers. It is hard to**

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

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

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

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



# Congratulations

to Proud Parents  
Richard and Valerie [Jim] Seukteoma  
on the birth of their new son  
**Logan Sun Hawk Seukteoma**  
who arrived June 24, 2014.

We give thanks to Washoe Tribal Elder Dinah Pete who gave the 30-day traditional blessing to Baby Logan on July 24<sup>th</sup>. Dinner and blessing were held at the Stewart Community Building among family and friends. Ms. Dinah also gave a special blessing to Big Sister, Xzanthia. Logan and Xzanthia are the great-great grandchildren of Flora Smokey of Dresslerville.

(Continued from page 2)

## Cultural Update

**learn another language and we want to applaud our youth as they are picking up more Wa·šiw every day and using it in the community (and not just the na·pa words).**

With summer officially over the CRD would like to remind everyone that we will be holding weekly classes in each community's education center starting this September. Also, for students attending Carson Middle School and P'a-walu (Pau-Wa-Lu) Middle School be on the lookout for weekly 'Language @ Lunch' classes which will also start up again this September. As always if there are any questions regarding language classes, upcoming cultural

activities, language materials, or ways to get involved please feel free to contact Mischelle Dressler at (775) 781-0513 or Herman Fillmore at (775) 781-4853.

**Cultural Resource Department**  
**Wašišiw Guwa?**  
**Workings of the Washoe**



## Cultural Resources Department

In collaboration with Washoe Native TANF Program, Washoe Tribal Police, Senior Centers  
Hosted by Woodfords Community



# September 19<sup>th</sup>

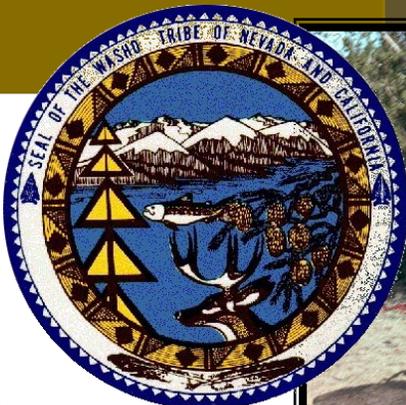
# T'agim Gumsabay

Please join us in our traditional pine nut ceremony.

Handgames and Stick games will begin at 4PM, bring your game face!

On Monday, September 15th, runners will be needed to run to each of the four Washoe communities carrying the buckskin, to announce the dance. Come out and participate in carrying this message, please contact Herman Fillmore at the Cultural Resources Department (775) 781-4853.

Dancers and singers are needed for round dance and prayer. Bring your families. The pine nut ceremony will be held Friday, September 19th at the Woodfords Gym, from dusk to sunrise. Traditional attire is encouraged.



**Phone: (775) 782-0010**  
**Email: Kristin.burtt@washoetribe.us**  
**Email: Herman.fillmore@washoetribe.us**

This is a drug and alcohol free event.

**W**ith a hot summer on the rise, drought has gotten even worse for many of the states on the West Coast, especially California. Even if your community is not directly impacted by a drought, it can still impact

you in other ways, such as an increase in the cost of produce.

Conservation of water is absolutely imperative to combat the effects of a drought. As much as 50 percent of the water used outside our homes is wasted. The majority of our misuse of

water comes from lawn maintenance and upkeep of our cars.

There are **preventative measures** you can take to reduce your water waste outside of the home. Follow these tips and you will be well on your way:

# Watch Your Water Waste



## U.S. Drought Monitor Nevada

**August 5, 2014**

(Released Thursday, Aug. 7, 2014)  
Valid 8 a.m. EDT

Drought Conditions (Percent Area)

	None	D0-D4	D1-D4	D2-D4	D3-D4	D4
<b>Current</b>	0.00	100.00	100.00	86.92	55.21	11.89
<b>Last Week</b> 7/29/2014	0.00	100.00	100.00	86.92	54.99	11.89
<b>3 Months Ago</b> 5/6/2014	0.00	100.00	100.00	84.40	38.73	8.24
<b>Start of Calendar Year</b> 12/31/2013	0.39	99.61	96.81	77.66	28.55	5.37
<b>Start of Water Year</b> 10/1/2013	0.39	99.61	96.79	79.11	28.55	5.37
<b>One Year Ago</b> 8/6/2013	0.00	100.00	100.00	90.11	42.65	5.37

Intensity:

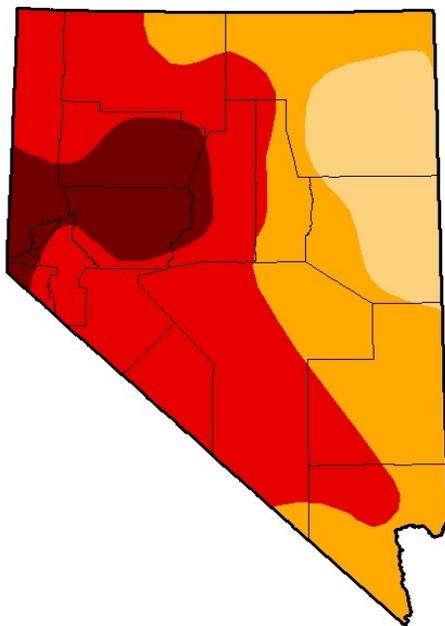
D0 Abnormally Dry	D3 Extreme Drought
D1 Moderate Drought	D4 Exceptional Drought
D2 Severe Drought	

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. See accompanying text summary for forecast statements.

**Author:**  
Brad Rippey  
U.S. Department of Agriculture



<http://droughtmonitor.unl.edu/>



## Indoor Water Conservation Tips Prior to a Drought

### GENERAL

- Never pour water down the drain when there may be another use for it. For example, use it to water your indoor plants or garden.

- Repair dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of

water per year.

- Check all plumbing for leaks and have any leaks repaired by a plumber.

- Choose appliances that are more energy and water efficient.

### BATHROOM

- Consider purchasing a low-volume toilet that uses less than half the water of older models.

- Install a toilet displacement device to cut down on the amount of water needed to flush. Place a one-gallon plastic jug of water into the tank to displace toilet flow
- Replace your showerhead with an ultra-low-flow version.

## Outdoor Water Conservation Tips Prior to a Drought

### GENERAL

- Plant native and/or drought-tolerant grasses, ground covers, shrubs, and trees.

- Install irrigation devices that are the most water efficient for each use, such as micro and drip irrigation, and soaker hoses.

- Use mulch to retain moisture in the soil. Mulch also helps control weeds that compete with landscape plants for water.

- Avoid purchasing recreational water toys that require a constant stream of water.

- Consider rainwater harvesting where practical.

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## **LAWN CARE**

- Position sprinklers so water lands on the lawn and shrubs and not on paved areas.
- Avoid over-fertilizing your lawn. Applying fertilizer increases the need for water. Apply fertilizers that contain slow-release, water-insoluble forms of nitrogen.
- Choose a water-efficient irrigation system such as drip irrigation for your trees, shrubs, and flowers.
- Turn irrigation down in fall and off in winter. Water manually in winter only if needed.
- Repair sprinklers that spray a fine mist.
- Plant drought-resistant lawn seed. Reduce or eliminate lawn areas that are not used frequently.

## **Indoor Water Conservation Tips While in a Drought**

### **BATHROOM**

Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other similar waste in the trash rather than the toilet.

Avoid taking baths—take short showers—turn on water only to get wet and lather and then again to rinse off.

Avoid letting the water run while brushing your teeth, washing your face or shaving.

Place a bucket in the shower to catch excess water for water-

ing plants.

### **KITCHEN**

Hand wash dishes by filling two containers—one with soapy water and the other with rinse water containing a small amount of chlorine bleach.

Clean vegetables in a pan filled with water rather than running water from the tap.

Store drinking water in the refrigerator. Do not let the tap run while you are waiting for water to cool.

Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.

Avoid using running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave oven.

### **LAUNDRY**

Operate automatic clothes washers only when they are fully loaded or set the water level for the size of your load.

## **Outdoor Water Conservation Tips While in a Drought**

### **CAR WASHING**

Use a commercial car wash that recycles water.

If you wash your own car, use a shut-off nozzle that can be adjusted down to a fine spray on your hose.

## **LAWN CARE**

Avoid over watering your lawn and water only when needed:

A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.

Check the soil moisture levels with a soil probe, spade or large screwdriver. You don't need to water if the soil is still moist. If your grass springs back when you step on it, it doesn't need water yet.

If your lawn does require watering, do so early in the morning or later in the evening, when temperatures are cooler.

Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.

Water in several short sessions rather than one long one, in order for your lawn to better absorb moisture and avoid runoff.

Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.

Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.

In extreme drought, allow lawns to die in favor of preserving trees and large shrubs.

August 13, 2014

To whom it may concern;

My name is Valerie Allen. I am a Washoe Tribal member and work for the Washoe Tribe Native TANF program. In November 2013 I was diagnosed with breast cancer. I requested leave donations from Tribal and TANF employees. I wish to sincerely thank everyone that donated leave, sent positive thoughts and prayers, cards and flowers. The generosity of my fellow employees was a tremendous help to my family during this difficult time.

I would also like to thank; my immediate supervisor, Stacy Stahl for her assistance navigating the human resources paperwork and mostly for her compassion and support, fellow site coworkers for their ongoing and uplifting support, Human Resources department for their guidance and the Washoe Tribe Personnel Committee.

Chairman Darrel Kizer continues to be a great source of strength and support to my entire family. Thank you all so very much, I hope I haven't forgotten anyone as there are so many people that have

come forward to support us.

I recommend regular self-exams and mammograms as recommended by your physician. My family has no history of this disease and I felt 'safe'. Therefore I didn't do self-exams and only had a couple of mammograms over the last 8 years. Finding this disease at the early stages increases your chances of survival and may lessen the treatments needed.

Once again, thank you all for your generosity and support.

Sincerely,

Valerie Allen and family

## What can help me reach my goal?

The Native American Church helps me to reach my goals. It gets me on track by helping me to focus and to get goals, and it gives me reassurance.

When I was neglecting my responsibilities by living the street life, nothing mattered to me more than getting high. This life tore us apart. My kids felt that I didn't love them. Thankfully, my grandfather taught me to believe in the medicine from the Native American Church. It helped me to focus my life. I want to be there for my kids and my family. I want the best for my kids while they grow up. Now, when I eat the medicine and I talk to it and tell it what I want then I know it's going to be that way.

Without a general high school education you can't get anywhere in life, so I want to take care of my

GED. When I accomplish it I'll show my family that I completed it. I believe in the power of prayer so to get my GED I will pray about it and tell myself this is how I'm going to go about it. I am not going to overwhelm myself by thinking about everything at once. I'll do one section at a time and attend class three hours a day, Monday through Thursday. I will request supportive services on April 30th to test in three weeks. When I pass, Mel and my family will celebrate my success and bless my future endeavors.

I am thankful for my grandpa, Billy Ralph Turtle, for introducing me to the Native American Church. My grandfather fixed my instruments for me. He fixed my fan, my rattle, box, drum sticks, rocks, cedar, and cedar bag. These instruments are

*(Continued on page 8)*

# New Faces Keep the Washoe Tribe Moving Forward

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

## Employee Statistics as of June 1, 2014

Total # of Employees:		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>
Helen Reymus	WDG	Retail Store Clerk Trainee	7/25/14
Thomas Hensley	WDG	Retail Store Clerk	7/28/14
Tony Kizer	Law Enforcement	Truancy Prevention Specialist	8/04/14
Kevin Kloepfer	Head Start	Teacher II	8/11/14
Carolyn Kramer	Head Start	Teacher II	8/11/14
Rosalyn Krings	Head Start	Teacher II	8/11/14
Janet Nadler	Head Start	Teacher Aide	8/11/14
Maria Navarette	Head Start	Teacher I	8/11/14
Nicole Neal	Head Start	Teacher I	8/11/14
Lavina Roach	TANF	Educational Tutor II	8/11/14
Esmeralda Walters	Head Start	Cook	8/11/14
Nicole Zacharias	Head Start	Teacher Aide	8/11/14
Sandy Waite	TANF	Education Advisor	8/13/14
Amy Pantoja	WDG	Retail Store Clerk	8/16/14
Robert Pepperdene	WDG	Retail Store Clerk	8/18/14
Cassandra Laza-Twist	WDG	Retail Store Clerk	8/18/14

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### What can help me reach my goal?

powerful, so he used my instruments to help different people. He took me all over with him. He led the ceremonies as the roadman. So, I learned from him to carry on the Native American Church. I get reassurance by living this way of life. When I eat the medicine, talk to it, and pray

for help, I know that everything will be just the way the Creator wants it to be. Everyone who attends the Native American Church has a home and families that they pray for. They may have family members that are running the streets and worry. I feel better every day that I wake up. My kids love the Native American Church. This year

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**What can help me reach my goal?**

I attended a meeting in Hills-berg, CA. My son wanted to go but it was way too cold for him because we were going to be inside the teepee. My son cried but I needed to focus on myself. I wanted to figure out how I was going to raise my family because I can't always count on my father. He won't always be here. I need to provide for my own. Through the Native American Church I know I will be able to do that.

Through the Native American Church I know that I can reach my goals in life, because everybody in the circle comes together in unity to help one another, so I know that I am not alone. I have support and encouragement to carry on in my everyday life.

Submitted by Melanie Smokey

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



Washoe Tribe of Nevada & California

## Employee of the Month



**Debbie Felix,**  
Chevron Assistant  
Manager

### Debbie Felix, Washoe Chevron Assistant Manager—Employee of the Month for July

On 7/20/14 at approximately 2:30 pm we had a storm at the Chevron station causing flooding of 8"-20". After opening the store at 4:30 am Debbie worked until 1:30pm then came back during the storm to make sure things were okay. She then stayed until 10:30 to ensure the fuel pumps were back online and that the repair men did all they

could to get us back up and running. Then she came back in and opened at 4:30 am the next morning.

On 7/24/14

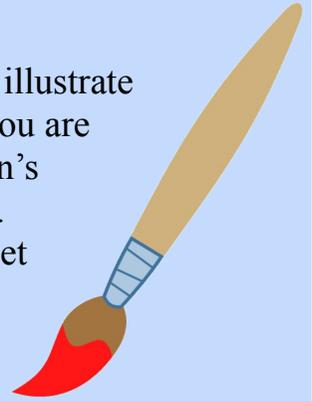
after working from 4:30 am until 1:00 pm she worked another shift, 2:00 pm until 11:30 pm after an employee called in sick as we had no reserves or could not get someone to fill that shift. Then she came back in and opened at 4:30 am the next morning.

Debbie Felix has always been the type of employee that goes above and beyond to keep the store running. I just wish that we had more just like her.

Johnny Neri,  
Washoe Chevron Manager

# 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.



A group of staffers from the Washoe Tribe's Native TANF Program recently attended the National Tribal TANF Institute., offered by the Tribal TANF Professional Development Program at the University of California, Davis. It was the 9th annual National Tribal TANF Institute held in Sacramento, California. The event brings people together from across the country for a unique educational experience.

The Professional Development Program is part of the Center for Human Services, which has worked with tribes since 2005, providing training and technical assistance to more than 40 Tribal TANF programs in 18 states.

The institute provides helpful information, tools, skill building and networking opportunities that support Native people - from urban areas, rural areas, rancherias and reservations — in developing and operating Tribal TANF programs that meet the needs of Native people.

# Indigenous Peoples Attend the Review of the United States by the United Nations Committee on the Elimination of Racial Discrimination

**Geneva, Switzerland, August 11, 2014:** Delegations representing Indigenous Nations and Peoples are in Geneva, Switzerland, this week to participate in the review of the United States (US) by the United Nations (UN) Committee on the Elimination of Racial Discrimination (CERD). The CERD is an 18 member UN Treaty body that monitors compliance with the International Convention on the Elimination of All Forms of Racial Discrimination (ICERD). Compliance with the ICERD is legally binding for the 177 State Parties which have ratified it. The US ratified the ICERD in 1994. Its compliance with ICERD's provisions will be reviewed on August 13 and 14 during the CERD 85th session, presided over by CERD President Francisco Cali Tzay, an Indigenous Mayan Kaqchikel from Guatemala.

The review will be based on the US government's report submitted in June 2013 as well as Alternative or Shadow reports submitted by civil society and Indigenous Peoples which provide additional information and, in many cases, directly challenge the US' own assessment of its compli-

ance. After the review, CERD will publish Concluding Observations, including its recommendations for actions the US should take to fulfill its commitment under the ICERD to eliminate racial discrimination in its policies and practices.

Indigenous Peoples representatives are in Geneva to meet with CERD members and present their concerns addressing a number of vital issues. The International Indian Treaty Council (IITC) submitted six Alternative Reports for this process, co-submitted by over 50 Indigenous Nations, Peoples, organizations, societies, Treaty Councils and communities. These reports addressed core areas of discrimination and human rights violations faced by Indigenous Peoples as a result of US policies and practices including desecration of sacred areas; discrimination in the criminal justice system, including for Indigenous women and youth, and denial of religious freedom for Indigenous prisoners; Treaty violations; impacts of US past and current policies of removal of Indigenous children through boarding schools and foster care; impacts of uranium mining and other forms of environmental

racism; and US failure to comply with international processes for decolonization in Alaska.

The IITC also submitted two Alternative reports which focused specifically on US failure to comply with key recommendations from its last CERD review in 2008. These called upon the US to use the UN Declaration on the Rights of Indigenous Peoples "as guide to interpret the State party's obligations under the Convention relating to indigenous peoples" and to "take appropriate legislative and administrative measures to prevent acts of transnational corporations registered in the [US] which negatively impact on the enjoyment of rights of Indigenous Peoples in territories outside the United States." The IITC's reports provided extensive documents and examples demonstrating the US lack of compliance with these recommendations.

Indigenous delegations currently in Geneva for the CERD review include the IITC, the Navajo Nation and Navajo Nation Human Rights Commission, Indigenous World Association, Chickaloon Native Village, Coman-

*(Continued on page 12)*

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## Racial Discrimination

che Nation, National Indian Child Welfare Association, Laguna Acoma Coalition for a Safe Environment, Lipan Apache Women Defense and the Apache Alliance. Many organizations representing US civil society are also in attendance, including various members of the US Human Rights Network.

Lenny Foster, Dine Nation, is a member of IITC's Board of Directors representing the National Native American Prisoners Rights Coalition and is also Program Supervisor of Navajo Nation Corrections Project. He is in Geneva attending the CERD review of the US to present the issue of discrimination against Indigenous prisoners including violations of their freedom of religious practice as well as the case of Leonard Peltier. "We thank the CERD members and CERD President Francisco Cali for their consideration of these and other very important matters which will be presented by Indigenous Peoples during the review of the US this week," he stated. "We look forward to strong recommendations about how the US can take action to correct these injustices. This is an historic occasion to present the issues that affect our lives as we continue to strive for self-determination and express our

support for the human rights of our brother Leonard Peltier as we seek executive clemency".

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The International Indian Treaty Council (IITC) will hold its [40th Anniversary Treaty Conference](#), September 10 – 12, 2014 in Okemah, Oklahoma. The theme of the Conference is "Commemorating 40 years Defending the Rights and Recognition of Indigenous Peoples".

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. 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.

We look forward to coming together at the 40<sup>th</sup> Anniversary Treaty Conference to celebrate and build upon our collective achievements, exchange experiences and knowledge, share our cultures, develop strategies in response to current challenges

and make recommendations to advance our work and the struggles of Indigenous Peoples worldwide.

[Please visit our website](#) for additional information including registration, agendas, conference information for participants and information on purchasing ad space in our Commemorative Program.

The CERD members heard directly from Indigenous Peoples and civil society delegations on Tuesday, August 12 and questioned the US directly on August 13 and 14. Indigenous Peoples anticipated a strong response from CERD members to the issues they presented.

The CERD Concluding Observations addressing the US as well as Indigenous Peoples and other Alternative Reports are available online: <http://www2.ohchr.org/english/bodies/cerd/>. Visit [www.treatycouncil.org](http://www.treatycouncil.org) for Alternative Reports co-submitted by IITC and background information about using the CERD to combat racial discrimination. For additional information regarding the events and activities in Geneva in August, contact Danika Littlechild, IITC Legal Counsel, [danika@treatycouncil.org](mailto:danika@treatycouncil.org).

## Washoe Tribe Domestic Violence Program

### What is the "Engaging Men and Boys as Allies to Prevent Domestic Violence Against Women and Girls" program?

Traditionally Washoe men and boys respected women and girls and held them in the highest regard. Women and girls were considered sacred and the Washoe were bound by relationships.

"Engaging Men and Boys as Allies to Prevent Domestic Violence Against Women and Girls" wishes to facilitate the Washoe Tribe's return to the traditional values of honoring women and girls. Our goal is to reduce domestic violence, sexual assault, stalking and dating violence.

We will use education, outreach and events to bring awareness of the Engaging Men and Boys program to the Washoe tribal communities in order to better organize the Washoe men and boys, utilizing school clubs, TANF, community councils and other partners to launch this new program.

#### The five qualities of an ally are:

1) An ally listens. Pay attention

to, believe in, and respect what the person who needs help says.

2) An ally is present. Back the person up-by being a friend, by keeping your work, and letting the person know when you can't be there.

3) An ally opens doors. Help the person explore the available options, resources and support. Provide useful information and share your resources and connections.

4) An ally takes chances. Sometimes we don't reach out because we fear we will make a mistake or say the wrong thing. When we mess up, fix it and try again. It's always better to reach out and help.

5) An ally gets support. When you are helping someone, remember to take care of yourself. Don't do it all alone. Above all an ally is a peace maker.

#### The Ally Pledge...

**I promise not to be violent to my friends, my family, my lover or to anyone else.**

**I promise to be an ally to myself, my sisters, my brothers and to anyone under attack.**

**I promise to stand up for people and build my community.**

**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.

## TANF kids get back-to-school backpacks

The San Joaquin County TANF program handed out over 100 backpacks in August to eligible children. In order to ensure that their students are well prepared for the start of the new school year, the TANF program in Stockton participates in an annual Back-to-School Clothing Allowance for students enrolled in Kindergarten to 12<sup>th</sup> grade. Each eligible student qualified for a \$200 clothing allowance, as well as a supply allowance, depending on their grade level and need. As class sizes grow and school budgets diminish, our TANF parents are being asked to contribute more and more each school year. Needless to say that our TANF parents are very appreciative for any additional assistance this school year, which was best summed up in a letter submitted to us by one of our parents stating, “I would like take time to thank you once again for all that you have done for us.”



## Single San Joaquin TANF Mom gets Medical Assistant Certification

Please join the San Joaquin TANF office in congratulating client Bernice Zamora (Navajo/Apache) for passing the National Phlebotomy Technician 1 exam and receiving her EKG Technician certification. These are just the latest of many successes Bernice has experienced within her first year of beginning the TANF program, as she has become a certified Medical Assistant as well. Bernice has been a focused and motivated student with a clear goal in mind while studying for these certifications. As a single mother raising a beautiful 14-year-old daughter, it has taken quite a bit of effort and initiative for Bernice to continue her education and achieve this level of success. However Bernice is not done reaching new heights as she is now looking forward to attending college and working toward an RN licensing. Bernice’s advice: “All things are possible when you have motivation and goals and good hard work”.



# ***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.



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

Wednesday September 3, 2014	20-60-020	Post Election Notice and Polling Places in public places accessible to Tribal Members.
Monday September 8, 2014	20-60-070.1(b) & 20-60-075.1(b)	Last day for written and signed requests for Absentee Ballots; or Requests to register to vote at a community polling place from Off-Reservation and <b><u>Reno/Sparks Residents</u></b> .  Requests must be either postmarked or hand delivered to the Election Board at Headquarters by this date.
Monday September 15, 2014	20-40-030.3	Post Eligible Voter List for Communities (Off-Reservation voters registered to vote in Communities will be posted October)
Wednesday September 17, 2014	Deadline to Mail Absentee Ballots and Confirmation of Off-Reservation Registered Voters designated voting place	
Friday October 3, 2014	20-20-010.2 20-02-010.8  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 ( <b>via US Mail only</b> ) Requests for Absentee Ballots; or Requests to register to vote at a Community Polling Place from Off-Reservation and <b><u>Reno/Sparks Residents</u></b> . 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	<b>DEADLINE</b> – All Absentee Ballots must be received by 5:00 p.m. at Washoe Tribal Headquarters
<b>Saturday October 18, 2014</b>	<b>GENERAL ELECTION DAY Polls open 8 a.m. to 5 p.m.</b>	
Sunday October 19, 2014	20-70-030.1	Post Final Abstract
Thursday October 23, 2014	20-70-030.2	Deadline for Filing of Election Contest Actions, if NO contest actions filed, Final Abstract becomes binding
Monday November 3, 2014	20-80-040	Last Day for Election Board Hearing on Election Contest
Monday November 17, 2014	20-70-030.4	Deadline for Run-Off Election or Special Elections

Posted: July 7, 2014.vnevers; 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.



**Dear Provider,  
I want to quit smoking, but it is  
very difficult, do you have any tips  
for those of us who want to quit?**

Dear Reader,

First of all I commend you on trying to quit. It is the second toughest addiction there is, the first being overeating as you have to eat. The health benefits of quitting are significant and some of the damage done can be reversed with time. Here is a time tested program that will help you quit smoking without cravings in five days.

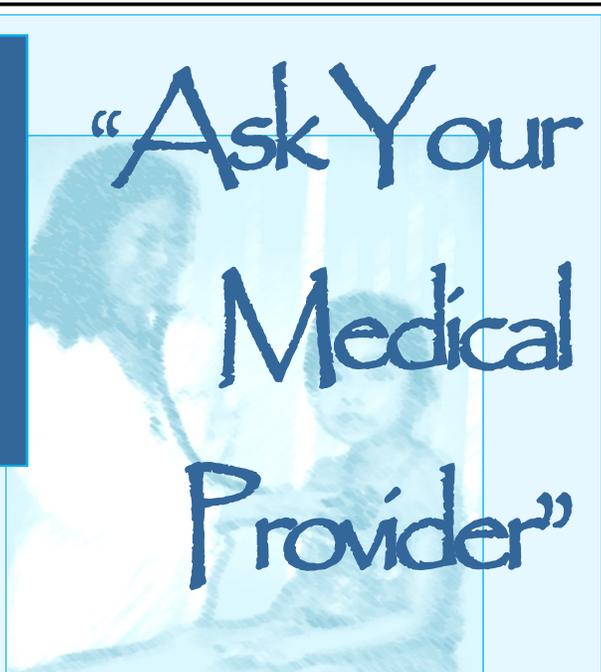
The best way is all at once. The reason is it is better to have a few rough days and be done with it than to drag it out for weeks or months. You can quit in five days. Continue with the program for ten days and you will make it.

**First is will power**, say to yourself “I choose to not smoke”. Keep repeating your decision throughout the day from morning to night. This is a positive, growing resistance to the physical craving for tobacco. Remember that this strong positive decision exerts an immediate effect on your physical craving to smoke. Through the correct use of your will, you not only weaken a craving, but better still you gradually help bring your habits under control. This works for all habits, not just smoking. During a period of strong craving to smoke, look at your watch. Observe the second hand as it sweeps around, regardless of how strong the urge you can cer-

tainly keep from smoking for a mere sixty seconds. If you can do that then you can go for 2 and 3 minutes. Urges usually last for about 3 minutes, not long at all just breath and repeat “I choose to not smoke”.

**Second is water on the outside.** Take a warm bath 2-3 times a day for fifteen to twenty minutes. This is to help you relax, just relax. If you have an “uncontrollable urge” that does not respond to the will power of the clock watching, hop in a shower. If that is not possible (you are at work and no shower available) the cold mitten friction. Fill a basin with tepid to cool water get a washcloth wet, and well wrung out. Rub one arm with the washcloth until the skin begins to “glow”. Keep rubbing until the skin is a healthy pink color. Doing this in the morning when you first wake up helps keep the cravings at bay. Following this procedure every morning, first one arm then the other then both, and moving on to the chest, then the legs increasing

*(Continued on page 19)*



(Continued from page 18) **Ask Your Provider**

the body area rubbed each day and decreasing the water temperature will increase your circulation, make you more awake and decrease your cravings.

**Third, water on the inside.** Drink 6-8 no less than 8 ounce glasses of water between meals.

The more liquids you down, the quicker the nicotine leaches out of your body. Do not drink alcohol or caffeine. We may not realize how important water is to brain function and nerve function, drinking 6-8 glasses of water a day will help keep our nerves calm. Start with at least 1 glass first thing in the morning and 2 glasses between each meal to make at least 6 glasses of water a day.

**Fourth, regularity-rest.** Get adequate rest, go to bed at the same time, get up at the same time, eat at the same time. Get at least 8 hours of sleep to conserve your nervous energy and help your nerves heal, getting use to firing without a stimulant. You cannot wage a war against your habit if you are already tired.

**Fifth, exercise,** no sitting around after meals. Go for a walk, breath deep for at least 30 minutes after meals. Do not do the usual routine after eating your dinner, change it up. Go for a walk, go to the gym, just go do something physical, change your routine. Our brains run on oxygen and sugar, our brains need five times the amount of oxygen required by any other body part. It would stand to reason that we need to increase our oxygen by exercising if we want our brains to function better after we take away a nerve stimulant (nicotine).

**Sixth, be careful what you eat and drink.** Do

not drink alcohol, tea, coffee or cola. Avoid all sedatives and simulants in order to build up your nervous reserves as quickly as possible.

Drink milk, butter milk, fruit juice or water.

Keep to natural beverages, not fermented. Alcohol takes away our will power that we need to overcome the addiction to tobacco. Caffeine drinks stimulate the nerves and we do not need extra nervous tension as we are trying to heal our nerves from nicotine.

Stay away from overly spicy foods, high fat or fried rich foods. During the five days that you are working on quitting smoking, stay away from rare steaks, rich or greasy foods. Give your body the best possible chance to recuperate through the use of plain, simple food prepared in as natural a manner as possible. The digested ammonia in red meat may stimulate the central nervous system causing an increase in smoking craving. White refined sugar has not calcium, phosphorous or vitamin B1. Vitamin B1 is required by your body to burn sugar and to repair/strengthening your nerves. By eating excessive amounts of sugar you rob your body of the B1 that we need to heal during the time you are trying to quit and need your nerves calm and working well.

**Seventh, increase natural foods.** For meals eat all you want of fruit and vegetables. Eat whole grains and nuts and do not eat between meals. One of the biggest excuses to not quit smoking is the weight gain. If you use your will power to quit smoking you can use your will power to not overeat. During the five days you are quitting smoking your weight will increase due to water weight gain drinking 6-8 glasses of fluid a day. The problem of overweight is in-

(Continued from page 19) **Ask Your Provider**

deed important, take courage: here is a simple plan to aid you in losing weight as you quit smoking. Eat a good breakfast, this is where you want your carbohydrates or grains, stay away from fats such as bacon and sausage use lean meats or nuts for proteins. If you only eat 2 meals a day make the last one the lightest one. Use salt only in food preparation, none at the table. Reduce your portions by 1/3, zero fried foods, rich gravies or desserts. Use sugarless mints or gum for sweets.

**Eighth, extra vitamins can help.** To help rebuild your nerves a good B complex vitamin will help them stay calm as they are deprived of nicotine. Wheat germ or flax seed sprinkled on food will provide the added B vitamins. Pills may help a little, but sometimes they just come out in the end with little or no benefit. Utilizing natural B complex found in foods is much easier.

**Ninth, panaceas may not help.** Special tablets or other stop smoking aids may or may not help; some have heavy side effects and others contain nicotine in lessening doses which do not always assist in stopping smoking. This is the point in which we counsel for you to check with your

provider to see if you are healthy and if they have any suggestions regarding quitting smoking. As with any change in lifestyle such as exercise, diet or changing medications utilizing over the counter medications and supplements should be confirmed with your physician for your safety.

**Tenth, is belief in a higher power** like all the “step” programs sometimes we need to look to a higher power for the strength to exert our own

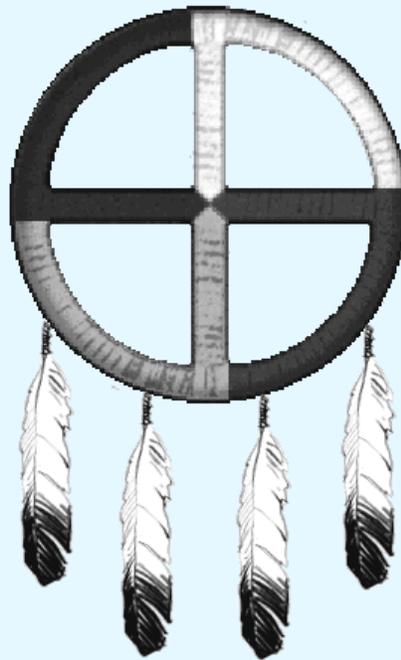
will power. “Strength is acquired through effort” it takes effort, willpower, and the faith that you can do it. For that irresistible urge that may strike you during the first few days of stopping, pause right where you are and say to yourself; “I choose not to smoke” then drink a glass of water, do some deep breathing, and ask for help. Keep your guard up. Your job now is to establish the habit of NOT smoking just as firmly as before you had established the habit of smoking. Remember, this will take time,

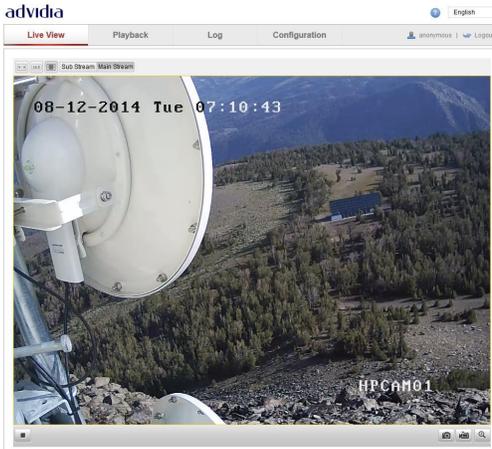
but you can make it.

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

*SDPI grant 2110*

*Southern Publishing Association-1979 Stop Smoking in Five Days*





# New tower, better communications for Hung A Lel Ti

On August 11th the Washoe

Tribal IT department teamed with Boy Scout Troop 495 to install a microwave antenna in Alpine County. The microwave backhaul antenna, will provide the Hung A Lel Ti community with internet services at no-charge. The antenna, installed at the top of Hawkins Peak and on the Alpine County communications facility tower, will also connect to the Tribe's central telephone exchange.

The service will augment the Community Broadband Service, provided by Frontier Communications, with additional bandwidth. This will allow faster internet connections and better communications overall for the community. Hung A Lel Ti's community services buildings can now connect with the Tribe's IT infrastructure. This is all possible from the Tribe's collaboration with the Digital 395 project. Future project stages will provide internet services to Alpine County residents as well as off community Tribal Members.



Congratulations to the Tribal IT team and Troop 495 on the installation of the microwave backhaul system on the Alpine County Hawkins Peak Facility.



This important project serves as an outstanding example of how everyone working together in a good way can produce outstanding results for all Alpine County residents, including Washoe Tribal members.

Congratulations to Cole (Washoe Tribal IT Director and project manager), Richard, Jonathan and Will (the Tribal IT team), Hung A Lel Ti Vice Chairman Mortimer and Councilman Geoff Ellis, Troop 495 – Wyatt, Sam and Hunter (Scouts), and Greg, Mike and Cara (Scoutmasters), and Woody, Jeff, and Ed (ComTech).

# 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](http://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](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*



## 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