WASHOE TRIBE OF NEVADA AND CALIFORNIA

Waʔ bi·baʔ ʔum muše ʔeš išge

Translation- "Read It Here"

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

Highlights of what's inside

Council Meeting Calendar—page 2
Every month your Council meetings are featured on page 2 of the Tribal newsletter. Come find out what's going on and voice your concerns.

Affordable Care Act benefits—page 3
Find out benefits of the Affordable Care Act available to American Indians

Education Update—page 4
Tribal Education is doing great things Find out more of what is happening with our youth education.

New Employees—page 5
What new employees have started with the Washoe Tribe in the past month?

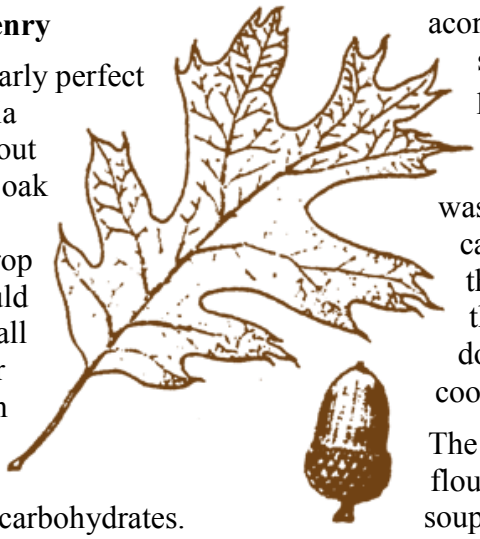
Artists—page 6 & 7
Sierra Arts Foundation and Native Arts and Culture Foundation feature news and application for Native artists.

Photos from WaSheeShu 'itDeh—pages 14 & 15

September Elder Center Menu—page 16
See what's cookin' this coming month at the Elder Center

ACORNS – The Key to Life

By Madelena Henry



Acorns were a nearly perfect food for California Indians. Throughout most of the state, oak trees usually produced plentiful crop of acorns that could be stored for use all year. After proper preparation, acorn flour provided food high in fats, protein, and carbohydrates.

In the Sierra, black oaks produce the most valued acorns. They were easy to crack, sweet after processing and stored well.

The entire family helped with the Fall acorn harvest. Family members collected the acorns in burden baskets to be carried back to their home for drying and storage in granaries.

After cracking and shelling the acorns, the women spent many hours pounding the nutmeats in mortar. Periodically the acorn meal was collected on a sifting tray to separate the finer meal from the larger pieces needing more pounding.

Acorns contain tannic acid, a bitter chemical that must be rinsed from the meal before cooking. After milling, the acorn meal was carefully spread over sand, leaching-pits. The meal was rinsed with warm and then cold water until the bitter taste was gone. The acorn meal was carefully scraped away from the leaching pit. It was now the consistency of bread dough and was ready for cooking.

The women prepared the acorn flour as soup or mush. To make soup or mush, rocks were heated in a fire and added to a basket of water-thinned dough. Constant stirring kept the rock from burning through the basket and scorching the soup while it came to a boil and cooked. The soup can also be dropped into cold water to form acorn biscuits.

Though acorns were the staple food, many other plants added seasonal and nutritional variety to their diet. Throughout the year, fresh greens, fruits, seeds, bulbs and roots were gathered as they became ready to harvest. Reliance on many plants ensured ample supplies even if some foods became scarce.

(MEG-E-DEE-DEI) ACORN BISCUITS

After the soup is prepared and cooked in a large pan or tub, run cold water to half

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See page 2 for newsletter submission and deadline info

(Continued from page 1) **Acorns**

of tub or pan. Cooked acorn is cooled first to be able to touch the mixture with bare hands. Fill a small bowl about half full with acorn soup. Remove the excess acorn from the sides of the bowl with your hand, then tilt the bowl into cold water. The acorn will set like Jello. Leave acorn in cold water for several hours. When the acorn biscuits are firmly set, remove from the water. Biscuits should be covered with water and stored in covered containers in the refrigerator.

Washoes also use cedar boughs for flavoring the acorn meal. This can be done either by boiling the boughs in the water or grinding small amounts of cedar into powder and adding to the acorn meal.

(MA-LUNG-DA-YA-SHUM) ACORN SOUP

Acorn soup is the final product of an elegant and complex milling process. Acorns are gathered first. The shells and husks are removed. The acorns are left to dry. Once they are dried they are pounded, traditionally, with a mortar and pestle, into fine flour.

Properly prepared flour is soft, almost silky in texture. The acorn meal must be leached to wash away the bitter taste. The ground acorn meal is placed in a receptacle. In properly leached acorn meal the bitter taste is removed.

Traditionally, a shallow depression was made along a sand bar. The acorn meal was spread throughout the shallow depression in a layer over cloth. The depression, or basin, was then slowly filled with warm water, which percolated through the acorn meal without mixing the acorn meal and sand. Today, a shallow open-weave tray covered with cheesecloth is used as a leaching basin.

The acorn meal was then placed into a watertight basket and mixed with cool water. Traditionally, hot stones were dropped into the basket and the raw soup quickly came to a boil. The stones

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September CALENDAR

(all dates subject to change)

Dresslerville Community Council Meeting
Wednesday, September 2, 6:00pm

Carson Colony Community Council Meeting
Wednesday, September 9, 6:00pm

Woodfords Community Council Meeting
Thursday, September 3, 6:00pm

Tribal Council Meeting
Friday, September 11, 6:00pm
Woodfords Community

Stewart Community Council
Tuesday, September 15, 6:00 pm

American Indian Day
Friday, September 25
Tribal Offices Closed

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**

(Continued from page 2) **Acorns**

were stirred frequently to prevent burning the meal. Once the meal was cooked the hot stones were removed. Soup was then ready to be served with venison, salmon or other traditional food.

Acorn was, for many Tribes, so basic a food that a person fasting was still allowed to eat acorn soup. Traditionally, acorn was considered the "Key to Life" because it was so plentiful. In today's modern times, acorn is no longer plentiful and is considered to be more of a special treat than an everyday staple.

NOTE: Black oak acorns were the principal acorns used in the diet of many Tribes. However, some groups used a few of the other oak varieties along with the black oak acorns for a different taste. The food value for Black oak acorn is approximately 32% water, 3% protein, 14% fat, 9% fiber, and 42% carbohydrate. This compares favorably with wheat at approximately 12% water, 12% protein, 1% fat, and 74% carbohydrate. - ***By David Snooks***

(Continued on page 4)

KEEP YOUR BODY, MIND AND SPIRIT STRONG

Through the **Affordable Care Act**, American Indians are eligible to receive health insurance for free or very low cost.

BENEFITS INCLUDE:

- Pre-existing conditions are covered
- Preventative screenings
- Access to specialty care
- Accepted at IHS, Tribal and urban Indian clinics
- Medicaid expansion

Signing up is easy and can be done any time. Visit your IHS, Tribal or urban Indian clinic for more information or assistance, or call the Washoe Tribal Health Center: (775) 265-4215

(Continued from page 3) **Acorns**

MA-LUNG-DA-YA-SHUM

MEG-E-DEE-DEI

(Acorn Soup and Biscuits)

Pick acorns from Black Oak in late October. Dry the acorns in shell for one year. When ready to use, crack nuts and clean husks. Pound acorns and sift to fine powder. Leach the powder with water until bitterness is removed.

Depending on the size of biscuit you want, mix some leached acorn with water and pour into boiling water.

Stir constantly until acorn powder thickens.

Cook for 30-45 minutes, depending on the size of the biscuit. This process takes several days if a large amount is being prepared.

ENJOY YOUR BISCUITS,

Madelena Henry

EDUCATION UPDATE

The 2015/16 academic year began this week. The Washoe Tribe Native TANF Program, Education Department is pleased to announce that we have staff in all but two schools in Carson County School District, covering over 200 students district wide, 450 students across the three districts. This year promises to be a good one for students and our staff will continue to assist in tutoring, organization, and teacher to student to family communication.

This year, staff has been or will soon be reclassified to an Education Advisor position from the Instructional Assistant position. The new classification is based on credentials, education and experience. We have also recruited highly skilled staff and look forward to being fully staffed soon. This is a busy and productive time of year for schools, students, families and staff. Have a great year!

The Education Department will continue to seek guidance from District leadership to ensure that we are able to continue our outreach throughout the district.

Rob Borges recently met with Superintendents to discuss how the Education Department can assist and support Native American/Alaska Native students throughout the district. The continued support from the superintendent's offices will ensure that we are able to continue our mission.

Summer foods, Summer Enrichment, and Summer Youth Employment all ended on Friday, August 7th. Summer Foods also fed parents/guardians as well as youth under 18. Breakfast was

(Continued on page 5)

(Continued from page 4) ***ED UPDATE***

added this year. Next summer, the three programs will commence in June.

Higher Education Scholarships are being distributed this month with review by the Education Committee. The new Pre-College Advisor for Carson is Constance Barnes who is already proving that she can help students become career and college ready.

Rhonda Roth continues in her role at Seeliger Elementary with additional leadership responsibilities as Carson's Education Lead.

Keli Stokes was brought on staff and will be working at Eagle Valley Middle School.

Bridget Koos is the new Tutor for Diamond Valley School (Alpine County).

The Education Department staff have many years in the education field and most have a teaching credential. This means that the staff is able to facilitate a positive learning environment that fits with the district model. We are proud of all of our staff.

New Faces Keep the Washoe Tribe Moving Forward

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

Type	Name	Position/Title	Start Date
New Hire	Julie Axelson	Education Advisor	08/13/15
New hire	Veronica, Bohanan-Crawford	RN1	07/27/15
New hire	Amanda Dennett.	Retail Clerk 1	07/22/15
New Hire	Harley Dick	Resort Worker	07/29/15
New Hire	Russell Fromherz	TANF Job Developer	07/27/15
New Hire	Jose Garcia	Police Officer	08/04/15
New Hire	Lesle Jimmy	Tribal Roads Crew	07/20/15
New Hire	Bridget Koos	Education Tutor	08/13/15
New Hire	Lester Koos	Equipment Operator	07/29/15
New Hire	Maradan Mercer-Moyle	Resort Worker	07/24/15
New Hire	Rosella Moe	RN	08/11/15
New Hire	Sonia Paniagua	TANF Case Assistant	07/27/15
New Hire	Mia Ramirez	Retail Clerk	07/22/15
New Hire	Maria Ramirez	Retail Clerk	08/03/15
New Hire	Kimberly Scheffer	H.S. Teachers Assistant	07/27/15
New Hire	Gohar Simonyan	Retail Clerk II	07/27/15
New Hire	Keli Stokes	Instructional Assistant II	08/10/15
New Hire	Sandy Waite	Education Advisor I	08/13/15

Sierra Arts

Call to Artists

Submissions are now being accepted for the 2016-18 art exhibition schedule. The mission of Sierra Arts is to present a contemporary curated art experience which will stimulate dialogue, discovery, and learning.

Sierra Arts has been a vital element in the community for more than 20 years. During this time, we have shown work from all over the country, with an emphasis on local and regional artists. We strongly believe that art changes lives, and a strong artistic presence strengthens a community creatively, socially and economically.

Sierra Arts is currently accepting submissions for exhibitions at the Sierra Arts Gallery located at the Sierra Arts Foundation at 17 S. Virginia St. Suite 120, in Reno, Nevada. Exhibitions are currently scheduled through July 2016. This application is for the 2016-2018 fiscal seasons.

Application submissions are due by 4P.M. on Tuesday, September 15, 2015 at the Sierra Arts Gallery, 17 S. Virginia Street, suite 120, Reno, NV 89501.

A committee consisting of Sierra Arts staff and select arts professionals will review submissions and select based on artistic excellence and appropriateness for the venue. Contemporary artwork in all media will be considered.

There is no entry fee.

Commission will be as follows: Artist retains 80% of sales and Sierra Arts will retain 20% commission for items sold.

Artists selected for exhibition are required to enter a lender contract with Sierra Arts. Conditions of the contract include:

- Artwork must have been completed within the last three years.
- The artist is responsible for all delivery and shipping costs, and for insuring the work while in transit to and from the gallery.
- Any special installation instructions must be discussed with the gallery staff in advance.
- Insurance is provided by Sierra Arts while art work is on display.

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To apply, please submit the following materials by the specified deadline:

- Personal information form.
- Up to ten images representative of the work to be shown. Images should be saved in Jpeg format. The artist's last name should appear in the filename (i.e. untitled Smith1.Jpg). Images should be at least 72 ppi. Prints, slides, and other materials will not be reviewed. Materials will not be returned.
- Typed image list corresponding to the images provided. Include title dimensions, medium, and year of completion for each piece.
- Current resume no more than two pages in length.
- Brief biography
- A Formal artist statement pertaining to the provided works.
- Optional one page proposal outlining your exhibition, any important concepts or themes, and a description of how you would like to use the space. Please submit a proposal if you are applying for an exhibition that falls into one of the following categories: group exhibition, installation, performance, or other exhibition that may require specific explanation.

Applications may be mailed to:

Sierra Arts Foundation
17 S. Virginia St., Suite 120
Reno, NV 89502

Deadline for applications is September 15, 2015.
More information and applications can be found at sierra-arts.org

- This is not a postmark date. Submissions must be received in the Sierra Arts office by 4 pm.
  In order to be considered for this opportunity, please include all of the information below on one cd or via email to eric@Sierra-arts.org.
- Signed and completed personal information form
- Up to 10 Jpeg images, numbered 1-10
- Image list, numbered and labeled in correspondence to images above (pdf, doc, or rtf format)
- Artist resume (pdf, doc, or rtf format)
- Biography (pdf, doc, or rtf format)
- Artist statement (pdf, doc, or rtf format)
- One page proposal (proposal is optional, however if you are applying for something other than a solo exhibition, we would strongly suggest submitting a proposal explaining the theme of your exhibition, how you would like to use the space etc.)

The Sierra Arts Foundation gallery is sponsored in part by the following generous sponsors: National Endowment of the Arts, Nevada Arts Council, and City of Reno.

Native Arts and Cultures Foundation Announces Its Distinguished 2015 National Artist Fellowship Awardees

VANCOUVER, Wash., Aug. 6, 2015 – For the fifth year, Native Arts and Cultures Foundation (NACF) awards its distinguished National Artist Fellowship to a new group of talented, recognizable and promising artists. Thirteen awardees were selected from a national open call of American Indian, Alaska Native and Native Hawaiian artist applicants who were meticulously reviewed by a panel of invited art experts. Awards were made in five art categories namely the Visual arts, Traditional arts, Performing arts, Literature and Music. The awarded artists come from several states and the District of Columbia: Alaska, Arizona, California, Colorado, District of Columbia, Hawai'i, Michigan, Minnesota, New York and Washington.

"This year's National Artist Fellows are awe-inspiring and we are excited to be recognizing and honoring some of America's highly praised Native artists through these Fellowships," says the foundation's Director of Programs Francene Blythe. "We hold in the highest esteem such an amazing pool of artists who are provocative, outspoken and challenge their imaginations to ever new heights of ingenuity, which invigorates their work."

The Native Arts and Cultures Foundation (NACF) National Artist Fellowship gives a monetary award that assists with support in order to provide Native artists the opportunity to explore and experiment with new creative projects and further develop their artistic careers. NACF is grateful for the support of the Ford Foundation and the generosity of arts patrons for making these national fellowships possible.

2015 National Artist Fellows:

Visual Arts
- James Luna, Luiseño/Diegueño
- Anna Tsouhlarakis, Navajo/Creek
- Frank Big Bear, White Earth Ojibwe

Traditional Arts
- Clarissa Rizal, Tlingit
- David Boxley, Tsimshian
- Kelly Church, Grand Traverse Band of Ottawa and Chippewa

Music
- Stephen Blanchett, Yup'ik
- Lehua Kalima, Native Hawaiian
- Starr Kalahiki, Native Hawaiian

Literature
- Layli Long Soldier, Oglala Sioux
- Laura Da', Eastern Shawnee
- Linda Hogan, Chickasaw

Performing Arts
- Martha Redbone, Cherokee/Shawnee/Choctaw descent

The Native Arts and Cultures Foundation's mission is to promote the revitalization, appreciation and perpetuation of American Indian, Alaska Native and Native Hawaiian arts and cultures through grant making, convening and advocacy. To date, NACF has supported more than 150 artists and organizations in more than 24 states and Native communities nationwide. To learn more about the National Artist Fellows and NACF's work—*nurturing the passion and power of creative expression*, visit: www.nativeartsandcultures.org.

The History of American Indian Day

Reprint from September 2012 Washoe Newsletter.

Photos courtesy of East Carolina University

Native American Day is a state holiday in California, established in 1968 to honor Native American cultures and contributions to the state and the United States. Also called American Indian Day, it is observed annually on the fourth Friday in September. But the recognition all started long before 1968. Fifty six years before, to be exact.

In 1968, California Governor Ronald Reagan signed a resolution calling for a holiday called American Indian Day, to be held the fourth Friday in September. In 1998, the California Assembly made Native American Day an official state holiday. Other states have followed California's initiative, some proclaiming the holiday at different times of the year (see timeline).

Although it is not a national holiday, Native American Day is a time set aside by individual states to honor, recognize, and appreciate the rich cultural heritage and significant contributions of the indigenous people in their respective states.

One of the earliest advocates for a day to honor Native Americans was Dr. Arthur Caswell Parker. A Cattaraugus Seneca Indian, historian, anthropologist, and author from New York state, Parker's great-uncle was secretary to Ulysses S. Grant and the first Native to serve as Commissioner of Indian Affairs for the Department of the Interior. Dr. Parker founded several Indian rights organizations, including the National Congress of American Indians and others. Parker persuaded the Boy Scouts of America to set aside a day for "first Americans," which they did from 1912 to 1915.

According to research by NRC (National Relief Charities)[1], the rest of the timeline for Native American Day goes something like this:

1916: Possibly the first time an American Indian Day was formally designated in the U.S., when New York's governor set the second Saturday in May for the observance.

1919: The Illinois state legislature passed an act similar to New York's.

1935: The governor of Massachusetts issued a proclamation naming the day for observing American Indian Day each year.

1973: President Richard Nixon issued a proclamation naming September 27th as American Indian Day, a day to celebrate and honor the contributions of American Indians.

1976: President Gerald Ford proclaimed a week in October as "Native American Awareness Week." Since then, the President and Congress have observed a day, a week, or a month each year in honor of the American Indian and Alaska Native peoples. And no coincidence here…1976 marked the U.S. bicentennial.

1977: "Indigenous Peoples Day" was first proclaimed in Geneva, Switzerland, by representatives of Native nations at the U.N.'s International Conference on Discrimination Against Indigenous Populations in the Americas. The declaration was praised by indigenous peoples around the world.

1989: The South Dakota legislature declared 1990 as the "Year of Reconciliation" for Native Americans and changed Columbus Day to Native American Day at that time. South Dakota is home to 9 tribes.

1992: Berkeley, CA followed suit and designated 1992 as the "Year of Indigenous People" and stopped celebrating Columbus Day, despite some local criticism.

1994: The Tennessee state General Assembly established the fourth Monday in September as "American Indian Day."

1998: Some 30 years after Governor Ronald Reagan signed a resolution

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(Continued from page 8) Indian Day

calling for "American Indian Day" on the fourth Friday in September, the California Assembly declared "Native American Day" an official state holiday.

Many Native agencies are closed on the fourth Friday of September, as they are on other national holidays.

During former President Gerald Ford's term in office, he issued a proclamation naming a day in November as American Indian Day. Many of the American Indian organizations on the East Coast began celebrating American Indian Day in November, while the West Coast American Indian Day holiday was being celebrated in September. East Coast Indian organizations celebrated the holiday just before Thanksgiving to recognize contributions of American Indians to the early Pilgrim settlers who likely would not have survived the "New World" without the help of the Indians.

The next President to issue a proclamation naming American Indian Day was former President Ronald Reagan who named May 13, 1983 as the day. By that time, most American Indian/Alaska Native organizations celebrated a holiday to recognize the contributions of their People. In Seattle and other places across the nation week-long activities and events take place in which the public is invited to learn more about American Indian and Alaska Native history and culture.

Several related holidays have also been declared in honor of Native American peoples. Since 1994, August 9 has marked the "International Day of the World's Indigenous People", honoring indigenous populations around the world, including Native Americans. Since 2009, thanks to President Barack Obama, the Friday immediately following Thanksgiving Day is "American Indian Heritage Day". This is an apt remembrance given the Native contributions on and leading up to the pilgrim's first Thanksgiving. And each year, November is American Indian & Alaska Native Heritage Month at the National Museum of the American Indian (Smithsonian).

Further, while the several Presidential proclamations did not create a national observance, the 1976 act allowed each federal agency to develop their own ways of celebrating and honoring Native American heritage. For instance, from 2003 to 2010, the Office of the Assistant Secretary-Indian Affairs in the Department of the Interior has observed these themes:

2003 – "A Celebration of the American Indian Spirit"
2004 – "Native Nations: Continuing in the New Millennium"
2005 – "Knowledge of the Past/ Wisdom for the Future"
2006 – "Tribal Diversity: Weaving Together Our Traditions"
2007 – "Keeping in Step to the Heartbeat of the Drum as We Unite as One"
2008 – "Tribes Facing Challenges: In Unity, Transforming Hope into Strengths"
2009 – "Pride in Our Heritage With Gratitude to Our Elders"
2010 – "Life is Sacred – Celebrate Healthy Native Communities"

[1]NRC is a charity organization created to support self sufficiency of Native American communities at www.nrcprograms.org

Washoe Travel Plaza construction.photo:

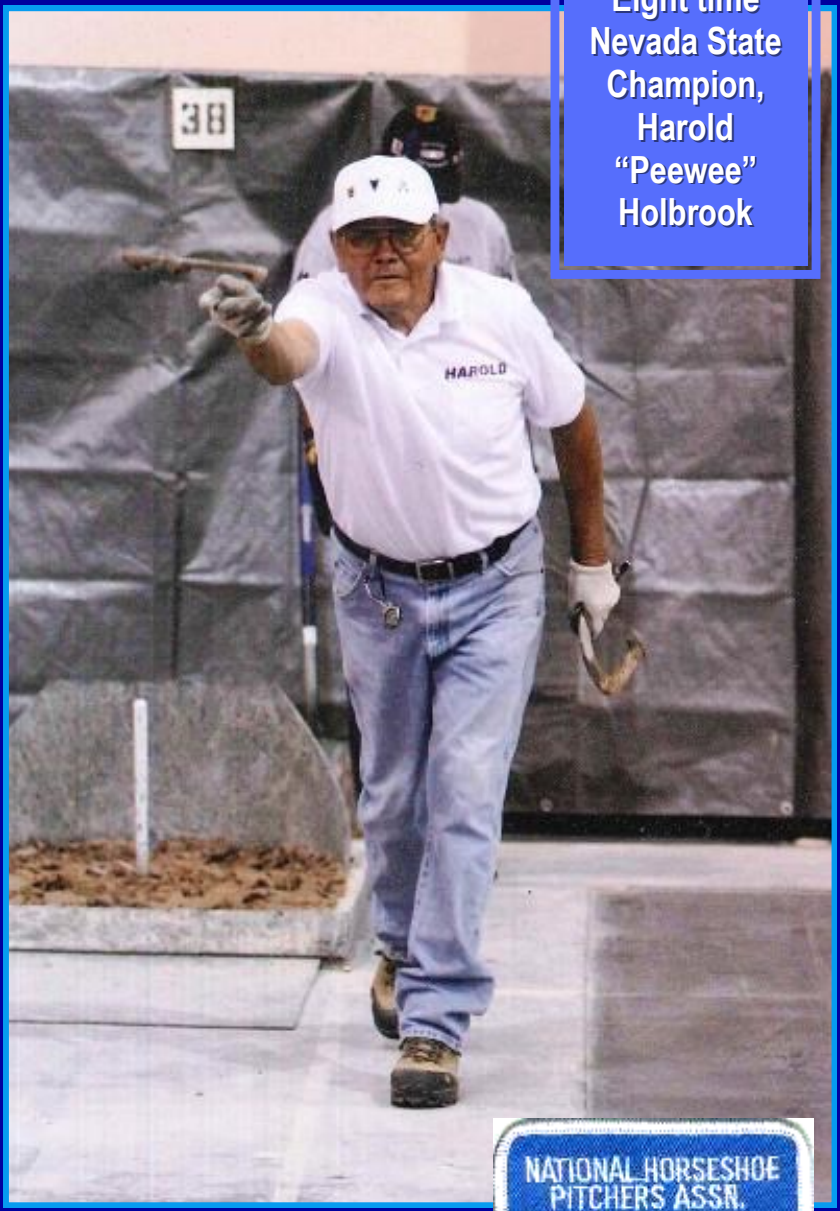
Gordon Forrester, Owner's Representative/Project Accountant with summer youth worker Tristan Noah (right) in front of Washoe Travel Plaza construction.

Holbrook, 8 time state champ, takes 2nd at World Horseshoe Tournament

On July 16 Harold "Peewee" Holbrook traveled with his family to compete in The World Horseshoe Tournament in Topeka, Kansas. This tournament consisted of pitchers in all divisions from all parts of the country and Canada.

After relaxing for a couple of days, competition began on July 20 and continued through July 22 for the elders' group. There were 15 pitchers in each group with averages ranging from 70% to 56%.

After three days of pitching Holbrook had tied for first place with another participant. The result of a tie is a final tie-breaker playoff. In the final tie-breaker playoff Holbrook took second place for the Elders' C-1 Championship.



Eight time Nevada State Champion, Harold "Peewee" Holbrook

NATIONAL HORSESHOE PITCHERS ASSN.
30 YEARS
MEMBERSHIP

Holbrook has been pitching horseshoes for 30 years and has won numerous tournaments, traveling over thousands of miles to compete. He practices daily to improve his delivery skills.

Cultural Protection and Preservation Training for Tribal Monitors

September 21-25 8:00 am-5 00 pm

Native TANF HQ, 1246 Waterloo Lane, Gardnerville, NV

Hosted by Washoe Tribe of NV & CA Education Scholarship Department

This training is for those seeking information about the exciting work of the Tribal Monitor as well as those who are already Tribal Monitors wishing to gain new skills.

Many things to learn!
Historic Preservation Law

Overview of the Great Basin

Osteology Lab

Prehistoric Archaeology

Site Visit

ARPA

Historic Archaeology

NAGPRA

- Cost: $150.00
- Training must be paid in full by September 11
- Please Send Registration With Check.
- Only Twenty Slots Available.
-

For more information contact:
Lori Pasqua, lpasqua@washoetanf.org
Constance Barnes, cbarnes@washoetanf.org
(775) 782-6320 fax: (775)782-6790

RSVP by September 8, 2015

Name: _____
Address: _____
Tribal Affiliation: _____
Email/Phone: _____

For Office Use Only: Paid_____ Date Paid_____
Money Order# _____Check#_____

** Please make check /money orders to: Washoe Tribe of NV & CA
1246 Waterloo Lane
Gardnerville, NV 89410

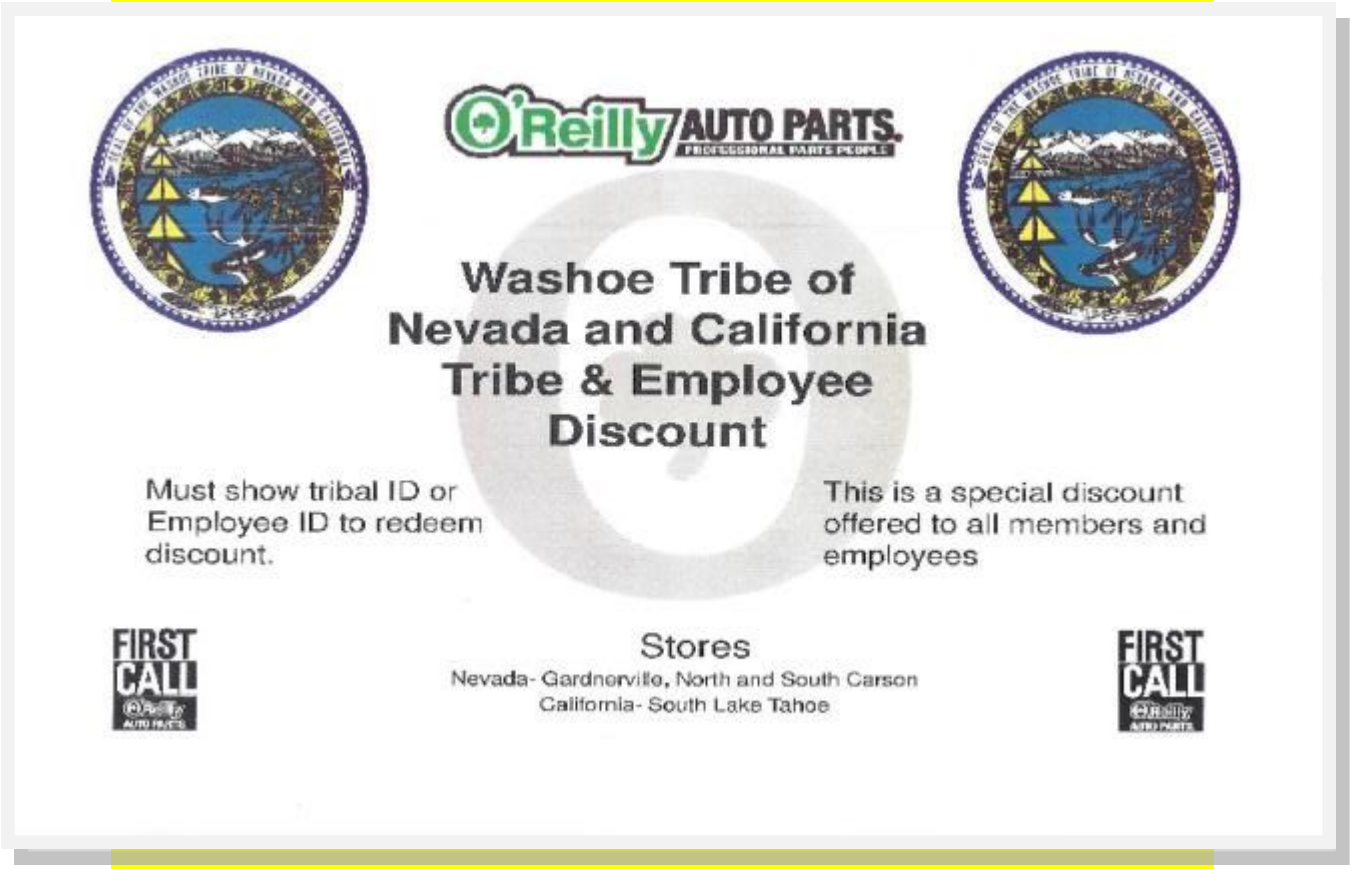
Washoe Tribal Representatives Attend Tahoe Environmental Summit

The Chairman Neil Mortimer, Vice-Chairwoman Deirdre Jones Flood, Hunga Lel Ti Chairman Irvin Jim Jr, and tribal elder Dinah Pete attended the 19th Annual Lake Tahoe Environmental Summit at Round Hill Pines.

Others in attendance included elected officials Governor Jerry Brown of California and Senator Diane Feinstein as well as Representative John Garamendi and Representative Tom McClintock, both of California. Nevada was well represented by the Lt. Governor Mark Hutchinson, Rep. Mark Amodei, and Senator Dean Heller.

The topic of the discussion for all the presenters was the protection of our precious resource, Lake Tahoe. While thanking the elected leaders our tribal elder, Dinah Pete, spoke most eloquently of our connection and the history of our tribal members living off the natural resources and protecting the pristine Lake Tahoe.

Two bills are being proposed; one in the Senate and one in the House for future restoration projects to protect the Lake. Guest speaker Christopher Bentley spoke on his economic development venture in the Carson Valley as well as his commitment to protecting the Lake. Chairman Neil Mortimer was able to speak with Representative Mark Amodei and Representative John Garamendi on issues that affect the tribe. The tribe intends to follow-up with the congressional leadership on all issues affecting the tribe.



The O'Reilly Auto Parts stores in Gardnerville and Carson City have granted all Washoe Tribal Members as well as Washoe Tribe Employees a discount on all their auto parts sold in their stores effective immediately.

Chairman Neil Mortimer negotiated a contract with O'Reilly's for the benefit and on behalf of the Tribe, Tribal Members and Tribal Employees.

The discount amount is the same discount that any professional mechanics receive when purchasing auto parts. The only thing you will need to do to get the discount is show your *membership identification card* or your *employee identification card* when making your purchase.

Thank you

WaSheShu ʻitDeh Festival

Elder Center MENU

September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Wild Rice Casserole Garden Salad w/ Vinaigrette Wheat Roll Apple Sauce	2 Beef Stroganoff Steamed Green Beans Wheat Bread Blueberry Crisp	3 Hamburger w/ Whole Wheat Bun Lettuce & Tomato Baked Beans Peach Crisp	4 CENTER CLOSED FOR Food Handlers TRAINING
	8 Baked Tilapia Herb Roasted Sweet Potato's Wheat Roll Pistachio salad	9 Hearty Ham & White Bean Soup Corn Bread Caesar Salad	10 Roasted Turkey Breast w/ Gravy Mashed Potatoes Cream Corn Pumpkin Pie	11 DRESSLERVILLE Elder Center Rummage / Bake Sale 8am– 2pm
14 Turkey Pot Pie Panzanella - Tomato Salad Cantaloupe	15 Sloppy Joes w/ Whole Wheat bun Wild Rice Salad Apricots	16 Chicken Fried Steak w/ Gravy Ceasar Salad w/ Crutons Sliced Oranges	17 Baked Drumsticks Garlic Roasted Potato Mandarin oranges Cottage Cheese	18 Dresslerville POTLUCK Baked Ham & Scalloped Potatoes **BINGO**
21 Baked Vegetable Ziti Apple Salad Garlic Bread Sticks	22 Chef Salad (Turkey, Ham, Lettuce, Tomato & Cheese) Hard boiled Egg Whole Wheat Dinner Roll Grapes	23 Chicken Fajita Spanish Rice Refried Beans Salsa & Sour Cream Cherry Jell-o	24 Centers Closed for APPLE HILL TRIP *PLEASE CALL* *TO SIGN UP* 	25 Closed for National Indian Holiday
28 Chili Macaroni Peas & Carrots Coffee Cake	29 Meatloaf Mashed Potatoes w/ Gravy Green Beans Fruit Salad	30 Breaded Chicken Wrap (lettuce, tomato, cheese & Onion) Tater Tots Cantalope	Congregate Meal Cost: Age 60 & older- (donation requested) Under 60 $5.00	NOTE: On Closed days, the Centers will provide a sack lunch prior to closure.

September 11th, 2015– Dresslerville Elder Center Rummage & Bake Sale 8-2pm

September 24th, 2015– Apple Hill Trip & Donner Pass Memorial Museum Trip

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

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

May the stars carry your sadness away,

May the flowers fill your heart with beauty,

May hope forever wipe away your tears,

And, above all, may silence make you strong.

Chief Dan George

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!

Please let us know if your address has changed!

Washoe Tribe

of Nevada & California

919 US Highway 395 South,
Gardnerville, NV 89410
(775) 265-8600

To view this newsletter online go to
www.washoetribe.us
Let us know if we can remove you from the mailing list and save paper and mailing costs.

Washoe Tribal Council

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

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

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

Off Reservation
Jeremy Steele
Mahlon Machado
Off Reservation Representatives

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

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

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

The Washoe Healing Center has relocated

to the Washoe Tribal Health Center.

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

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

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