WASHOE TRIBE OF NEVADA AND CALIFORNIA

Wá bíba úm múše eš gí

Translation- "Read It Here"

Washoe Tribal Newsletter—Voice of the Washoe Tribe of Nevada & California December 2013

Highlights of what's inside

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Helping with job prospects and sponsoring family events in San Joaquin County.

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Snowshoe Making:

A FUNdamental Cultural Activity

Please join the **Cultural Resource Department this December to make Snowshoes for this winter**. This is an activity that the Cultural Resource Department has never done before and we would like to send a **special invite to anyone who may have knowledge about making snowshoes**, anyone who wants to learn how to make snowshoes, or anyone who just wants to share some stories to come to the **Dresslerville Community Center on Thursday December 12th and 19th from 6-8pm**. Be on the lookout for a follow up trip in January to test out your snowshoes and a possible visit some archeological sites in Hope Valley.

WHEN: Thursday December 12th and 19th from 6pm-8pm

WHERE: The Dresslerville Community Center

Why: Many of our cultural activities have been lost since contact. We have placed a monetary value on the natural world and often we do not realize how valuable the natural world really is. In a society driven by consumption and development it is important that we as Wa·šiw people, as Indigenous people of this place, take a step back and once again place a premium on relationship and knowledge. Our elders have always said that we are losing our traditional medicines because no one talks to them anymore; no one knows where to find them or how to use them anymore. So as we begin to practice some of these traditional activities we must realize that the importance of these activities is more than making an item, it is teaching and learning, it is connections and relationships,

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Christmas Craft Faire

December 20th, 21st and 22nd

Dresslerville Community Gym

1585 Watasheamu, Gardnerville

For additional information and vendor applications please contact:

Ada Johnson at 775-265-7103 or 775-781-0480 (mornings)

All Natives and non-natives welcome!

Vendors $25—3 Days, provide own tables/chairs.

Friday 10-7
Saturday 9-7
Sunday 9-3

December CALENDAR

Dresslerville Community Council Meeting
Wednesday, December 4, 6:00pm

Tribal Council Meeting
Friday, December 13, 6:00pm
Woodfords Community Center
(subject to change)

Carson Colony Community Council Meeting
Wednesday, December 11, 6:00pm

Woodfords Community Council Meeting
Thursday, December 12, 6:00pm

Stewart Community Council
Tuesday, December 17, 6:00 pm

Christmas Day Holiday
Dec 25—Tribal Offices Closed

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Snowshoe Making

and it is about taking care of this place that has taken care of our people since creation.
The Cultural Resource Department will provide some raw hide and materials for frames. However, you are more than welcome to bring any extra raw hide you have laying around, or materials for frames (willow, aspen, alder, cottonwood, cherry, etc. something that you easily can bend).

Off Rez HAC Vacancy

The term for the current Off Reservation representative to the Health Advisory Committee (HAC) ends December 31st. HAC is a seven member committee that meets 1-2 times per month at the WTHC (clinic) beginning at 5:30 pm. As an advisory committee, HAC meets with the Clinic Director and is responsible for making recommendations to Tribal Council regarding the operation and management of the WTHC. In addition to attending regular and policy-related meetings, HAC members are expected to participate in trainings as well as serve on selected subcommittees. All new HAC members are required to take an Oath of Office and pass a brief HIPAA online test. Meeting stipends and travel costs are available. Interested Off Rez members must submit letters of interest to Darrel Cruz, Off Rez representative, by the end of December 2013 for consideration. Final approval for filling the vacancy will be made by the Washoe Tribal Council.

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**

2013 - ’14 Firewood Program For Tribal Elders

In August, Washoe Tribal Chairman Kizer and staff traveled to the Tribe’s Otzali Watah parcel and the adjacent United States Forest Service Skunk Harbor property to scope a potential donation of logs made available to the Tribe through a USFS fuels reduction health project.

In mid-November, the logs arrived, transported under a contract with CTL Forest Management managed by the Washoe Envi-

Get your Radon Testing Kit for Your Home!

What is radon and how does it get into your home?

Radon is a radioactive gas. It comes from the natural decay of uranium that is found in nearly all soils. It typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where it can build up. Any home may have a radon problem.

This means new and old homes, well-sealed and drafty homes, and homes with or without basements.

How to test your home?

You can't see radon, but it's not hard to find out if you have a radon problem in your home. All you need to do is test for radon. Testing is easy and should only take a few minutes of your time.

The quickest way to test is with short-term tests. Short-term tests remain in your home for two days to 90 days, depending on the device. "Charcoal canisters," "alpha track," "electret ion chamber," "continuous monitors," and "charcoal liquid scintillation" detectors are most commonly used for short-term testing. Because radon levels tend to vary from day to day and season to season, a short-term test is less likely than a long-term test to tell you your year-round average radon level. If you need results quickly, however, a short-term test followed by a second short-term test may be used to decide whether to fix your home.

What are the risks of living with radon?

Radon gas decays into radioactive particles that can get trapped in your lungs when you breathe. As they break down further, these particles release small bursts of energy. This can damage lung tissue and lead to lung cancer over the course of your lifetime. Not everyone exposed to elevated levels of radon will develop lung cancer. And the amount of time between exposure and the onset of the disease may be many years.

Like other environmental pollutants, there is some uncertainty about the magnitude of radon health risks. However, we know more about radon risks than risks from most other cancer-causing substances. This is because estimates of radon risks are based on studies of cancer in humans (underground miners).

Smoking combined with radon is an especially serious health risk. Stop smoking and lower your radon level to reduce your lung cancer risk.

Children have been reported to have greater risk than adults of certain types of cancer from radiation, but there are currently no conclusive data on whether children are at greater risk than adults from radon.

RADON GETS IN THROUGH:

1. Cracks in solid floors
2. Construction joints
3. Cracks in walls
4. Gaps in suspended floors
5. Gaps around service pipes
6. Cavities inside walls
7. The water supply

To get your **free radon testing kit** for your home or tribal administration or community building, please Tara Hess at the Washoe Tribal Environmental Department at 265-8691 to find out more about the testing program and how you can request your kit today!

(Continued from page 3) **Elders' Firewood**

ronmental Protection Department. The logs will go far to assure that our Tribal Elders will have adequate firewood for the winter.

Thank you to Chairman Kizer and Kim, Jennifer, Marie, Lisa and Annali at WEPD, Clay, Alex, Frank, Fred, Shawn, Lesley, and Jason on the WEPD crew, Suni and the Washoe Woodchuck crew, Sharon, Joni, and Ed at the Senior Center, and the US Forest Service-Lake Tahoe Basin Management Unit for planning and implementing this critical project, and thanks as well to our beloved Washoe Tribal Councilman Woody Rakow for his vision and hard work over the past years – the tradition continues.

Tribal Elders should contact Chairman Kizer to coordinate the delivery of the firewood to their residences. Requests from other Tribal members with special needs will also be given consideration on a case-by-case basis, with serving the needs of our Tribal Elders being the first priority.

Dresslerville AA Meetings

Washoe Family Healing Center Front Lobby

Wednesdays
6:30 -7:30 pm

Questions:
Call Christine @ (775) 781-0589
or Karen @ (775) 265-5001

Trans-Fats ban proposed by FDA

To significantly reduce heart attacks and deaths from heart disease, the Food & Drug Administration has proposed new regulations to eventually eliminate trans fats from America's food supply. Scientific studies have determined that trans fats increase the level of bad cholesterol (LDL), putting people at higher risk for heart disease.

Tran fats are artificially produced when hydrogen is added to vegetable oil. These partially hydrogenated oils are cheaper than natural oils and extend the shelf-life of baked and fried foods. Used in food products since the 1940's, people thought it was safe and healthy. Now evidence is clear that trans fats clog arteries and kill people.

A number of food chains including Dunkin Donuts, Taco Bell, and McDonald's have been eliminating trans fats from their fried foods and pastries. Wal-Mart has notified its food suppliers they have until 2015 to completely phase out artificial trans fats. Over a year ago Crisco changed its formula to remove trans fats.

The Institute of Medicine determined in 2002 that there was "no safe level of trans fatty acids and people should eat as little of them as possible." Trans fats are a major public health concern, and there has been a steady decline of consumers purchasing food products made with it. Since 2005 there has been a 73% reduction in the amount of trans fats as food manufacturers voluntarily lowered their use.

Until trans fats are fully banished from our food supply, read labels and avoid any foods containing partially hydrogenated vegetable oil such as the following:

- Cookies, crackers, cakes, muffins, pie crusts, pizza dough and some breads like hamburger buns
- Hard (stick) margarine, vegetable shortening and ready-made frosting
- Pre-mixed products like cake mix, pancake mix, and chocolate drink mix
- Fried foods like doughnuts, French fries, hard taco shells and fried chicken including chicken nuggets

To read the entire article online, go to the 11/7/13 Health & Science section of the Washington Post.

Submitted by Norrine Smokey-Smith

Cultural Resource Department

Wa ši šiw guˑ waʔ- Workings of the Washoe

Snowshoe Demonstration:

The Cultural Resource Department will be making snowshoes on Thursday, December 12th and 19th, from 6-8pm at the Dresslerville Community Center. This is our first year making snowshoes and the CRD would like to extend a special invite to anyone who knows how to make snowshoes and is willing to help teach the community. Be on the lookout, we will post flyers throughout.

Language Class:

All language classes through the CRD will be cancelled from December 23rd - January 3rd so that we can prepare for the New Year while everyone enjoys the holiday season.

Rabbit Blanket Demonstration:

The Rabbit Skin Blanket Demonstration this past November was a success. There were quite a few participants ranging from kindergarten aged students to elders. Everyone took part in the process from start to finish. Each participant cut their rabbit hides into strips, connected them and twisted them onto the spool. From there the students took part in weaving the rabbit hides into a blanket. Be on the lookout for the blanket we hope to display it somewhere within our communities and use it for presentations through the CRD.

Rabbit Skin Blanket:

Dayoˑliti- new rabbit skin blanket
Megúćaćali - rabbit skin blanket old
ʔitmoˑlit- stick used for twisting
Madulu gedoˑda – telling someone to work with their hands (with your hands make it!)
ladulu didoˑdaʔi – with my hands I am working.
Dayoˑliti madulu gedoˑda – make a new rabbit skin blanket with your hands!
degećegel- scissors
gayakum- cut it!
P'elew íˑš gayaˑkum – the jackrabbit skin, cut it!
P'elew iˑš diyaˑkumi – the jackrabbit skin I am cutting.
T'awi- knife
P'elew – Jackrabbit
ćali – Cottontail
Muˑki – Snowshoe hare

In the past Waši·šiw (Washiw people) would come together under the direction of a rabbit boss and have a rabbit drive by spreading out in a half circle, almost like a crescent moon, and drive the p'elew ida ćali forward into premade nets and sagebrush barriers where the p'elew ida ćali would become entrapped and

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Halloween Safety Event Strengthens Families

Many TANF families enjoyed the Family and Child Safety Event held at the San Joaquin TANF office on October 29, 2013. Participants had the opportunity to learn from educational workshops such as Stranger Danger (McGruff Safe Kids), Safety During Trick or Treating, and Seasonal Affective Disorder/ Depression during the holiday season. We were able to pass along vital information to our clients regarding important health and safety issues. Along with the workshops, families were able to have a family portrait taken and were served a light lunch. Several items including healthy goody bags, pumpkins, and pumpkin carving kits were distributed as well. We are hoping this becomes an annual event, and we look forward to the event growing with even more clients and children participating next year.

Christmas tree permits go on sale in the Lake Tahoe Basin

South Lake Tahoe, Calif. –The U.S. Forest Service Lake Tahoe Basin Management Unit (LTBMU) will begin the sale of Christmas tree permits on Monday, November 18, 2013. Permits cost $10 each (cash or check only, no credit cards) with a limit of two permits per family. Permit holders may choose from a variety of pine, fir or cedar in designated cutting areas. This year, the LTBMU will issue 2,500 permits available on a first-come, first-served basis. Because of the popularity of this program, permits sell out quickly. Buy early for the best chance to obtain a permit. Provided permits are not sold out, the last day to purchase a permit is Friday, December 20, 2013, and the last day to cut a tree is December 24, 2013.

Cutting a Christmas tree offers a traditional holiday experience, while helping to thin the forest of excessive smaller diameter trees, which creates a healthier forest over time.

Permits will be sold in two locations:

- On the South Shore, permits will be sold at the Forest Supervisor's office, 35 College Drive, South Lake Tahoe, Calif., beginning Monday, November 18, 2013. This office is open Monday through Friday from 8 a.m. until 4:30 p.m. For more information, call (530) 543-2694.
- On the North Shore, permits will be sold at the Incline Village Forest Service office, 855 Alder Ave., Incline Village, Nev., beginning Wednesday, November 20, 2013. This office is open Wednesday through Friday from 8 a.m. until 4:30 p.m. For more information, call (775) 831-0914. During winter weather driving conditions, call the Incline office to make sure it's open.

Maps to designated cutting areas are provided at the time of purchase. Permit holders should follow permit guidelines for responsible collection, including respecting private property by not trespassing

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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 November 1, 2013*

Total # of Employees:		304
Total # of Females:	68%	198
Total # of Males:	32%	106

EEO Statistics:

Caucasian	99	32%
Hispanic	23	8%
Asian	8	3%
Black	4	1%
Amer Indian	170	56%

Washoe 95 / Other A.I. 75

Name	Department	Position	Start Date
Michelle Carmona	WDG	Retail Clerk I	10/24/13
Justin Stang	Environmental	Environmental Specialist II	10/28/13
Ivan Julianto	WDG	Retail Clerk Trainee	10/29/13
Aisha Prince	TANF	Case Manager/Stockton	11/4/13
Yasmine Jaime	WDG	Retail Clerk Trainee	11/4/13
Charles Skaggs	WDG	Retail Clerk Trainee	11/5/13
Junior Horse	Woodfords	Janitor/Bldg Maintenance Worker I	11/7/13
Kenneth Cruz	TANF	Clerical Assistant	11/12/13
Ruby Kennison-Fox	Law Enforcement	Police Officer	11/12/13
Judith McNeill	TANF	Case Manager/Stockton	11/13/13

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

(Continued from page 6) **Tree Permits**

when entering or leaving National Forest cutting areas. Observe seasonal road closures and be prepared to walk in to the cutting area to find a tree. No off-road travel is allowed.

For more information, contact the Forest Supervisor's office at (530) 543-2694, the Incline office at (775) 831-0914, or visit http://www.fs.usda.gov/goto/ltbmu/ChristmasTreePermits.

(Continued from page 5) **Rabbit Skin Blanket**

Waširw could knock them over the head with clubs. In more modern times rabbit drives have been conducted with shotguns and small caliber rifles so as not to damage the soft fur or meat. The p'elew ida ćali would then be skinned and gutted so the meat could be eaten and the fur used for blankets.

Dalek–to hit
ćali di daleki–cottontail I am hitting it
ćali gadalek–cottontail hit it!
Bali–to shoot
Pelew di baliʔi–jackrabbit I am shooting it
Pelew gabali–the jackrabbit, shoot it!

WASHOE HOUSING AUTHORITY
N E W S L E T T E R

Title VI Flooring Deficiency Project Phase II

The Title VI Flooring Deficiency Project Phase II is a continuation of the previous flooring program that was established to correct the floor deficiencies identified in the July 26, 2002 inspection report conducted by Inn-Spec Home Inspection Services for the Project 3 -6, 3-7, 3-8, 3-10, 3-11 and 3-12 homes. All the homes involved in the Flooring Deficiency Project Phase II Program were identified in the May 2012 Inn Spec report. All participants in this temporary project have been notified and the project is expected to be completed by the end of April 2014.

Reminder: to WHA Managed Units Regarding Trash

This is a reminder that pursuant to your signed tenant agreement with the WHA, disposal of all garbage, rubbish and other waste from the unit must be done in a sanitary and safe manner. Please refer back to your tenant agreement. The WHA will be conducting a monthly visual inspection of all WHA managed units. Digital recordings will be obtained of the home and yard. If there is non-compliance, the WHA will send a letter addressing the issue(s) identified. An action plan will then address any non-compliance.

Maintenance Policy Statement

The Board of Commissioners (BOC) of the WHA recognizes that one of the most important aspects of the WHA operations is the maintenance of the WHA owned and managed units. If units are not maintained on a regular basis, the long-term viability of the WHA as a property management business is threatened and the Tribe and the residents will lose a valuable resource.

A Maintenance Policies & Procedures was adopted by the BOC on April 20, 2006 and was amended on November 14, 2012. These procedures are intended to establish a system of inspections, follow-up, and enforcement to insure that homebuyers perform their required maintenance obligations.

If you need a copy of the Maintenance Policies & Procedures, please contact the Washoe Housing Authority Client Services Department should you have any questions or concerns. Thank you for your cooperation!

WHA Upcoming Activities

BOC Board Meeting – December 18, 2013 at 6:00 p.m.

Annual WHA Community Christmas Luncheon – December 20, 2013 at 11:30 a.m.

The WHA will be closed on the following day:

December 25, 2013 – Christmas Day

Washoe Housing Authority Board of Commissioners

Carson Indian Community
Chad Malone, Vice-Chairman
Beverly Barbour, Alternate

Dresslerville Community
Anthony Smokey, Commissioner
Johnny Erwin, Alternate

Stewart Community
Stan Smokey, Commissioner
Jacqueline Steele, Alternate

Woodfords Community
Deirdre Jones Flood, Chairwoman
Jessie Silva, Alternate

Off Reservation
Elizabeth Lana Hicks, Secretary/ Treasurer Debra Keats, Alternate

Washoe Housing Authority Staff

Administration
Raymond E. Gonzales, Jr., Executive Director
Annette Alvarado, Executive Asst.

Finance
Nancy Nizankiewicz, Finance Mgr.

Client Services
Tasha Hamilton, Client Services Mgr.
Jeriann Lopez, Client Services Specialist
Sari Payne, Project Implementation Specialist

Development
Richard Lombard, Development & Modernization Manager
Nate Dondero, Skilled Laborer
Billy Enos, Skilled Laborer
Marvin Pahe, Skilled Laborer

Maintenance
Gary Nevers, Maintenance Mgr.
Dave Roberts, Maintenance
Loren Lundy, Sr., Maintenance

Community Emergency Response Team

(C.E.R.T.) **FREE TRAINING**

December 14 & 15, 2013 8 A.M. – 5 P.M.

Stewart Wellness Center (Gym)

Disaster Preparedness, Fire Safety, Basic First Aid, Light Search & Rescue, Disaster Psychology, Terrorism & CERT, Disaster Simulation

Register with Rupert Burt Powers CERT Coordinator

Stewart Community 775-220-5824 or Lisa.christensen@washoetribe.us 775-790-7354

Lunch will be served both days!

Chairman Kizer pictured with tribal elder Virginia Ruby Carrillo on Elder's Fun Day.

How Often Should You Go to the Dentist?

On average, seeing a dentist twice a year works well for most people. Others may need more frequent visits. People with a high risk of dental disease might need to visit every three or four months, or more. This high-risk group includes:

- Smokers
- Diabetics
- People with current gum disease
- People with a weak immune response to bacterial infection

People who tend to get cavities or build up plaque

Going to your regular check ups will help to keep your gums and teeth healthy as well as detect any early problems such as gum disease, oral cancer and cavities. The best way to maintain good oral health is to visit your dentist on a regular basis.

The schedule for any person may change during a lifetime. In times of stress or illness, you may need to see the dentist more often than usual. The dentist may help you to fight off a temporary infection or treat changes in your mouth.

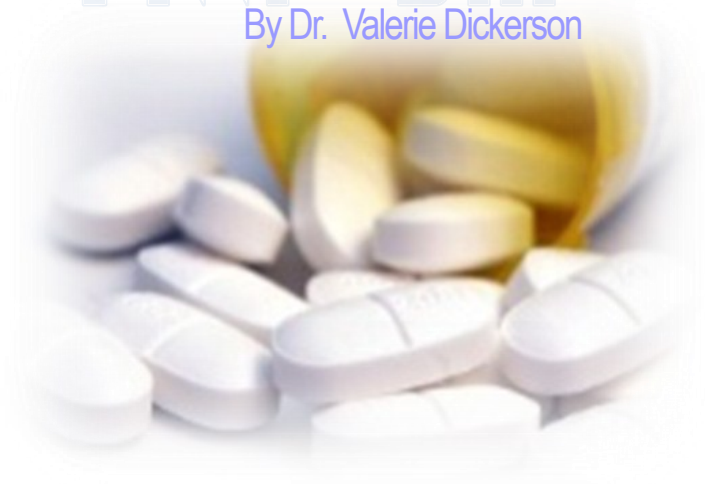
Fall Head Start Program Wait List

Each year there continues to be a long waiting list for the Washoe Tribe Head Start program. You can still call 775-265-1074 or go by the Dresslerville or Stewart centers to pick up an application however, our classes are currently full and we cannot guarantee enrollment. If your child is 3 to 5 year old you may still be put on a waiting list for September, 2013 - May, 2014.

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

Take a Little Pill

By Dr. Valerie Dickerson



I drove to the vet tonight to pick up a pain medication for my 11 year old dog. I had been debating whether or not to get another pain medication for her arthritis. We had run out of her anti-inflammatory medication and she had worsened significantly. After starting back up on it, she was still having a lot of pain in her hips, as it would take time for the medication to take effect. With the anti-inflammatory, I had asked the vet if we shouldn't worry about stomach problems or kidney problems or decreased white blood cells as side effects. The vet said we could monitor for those now and then. It seemed reasonable considering how much it helped. We discussed the addition of another type of pain medication to be used just when necessary. I hesitated again. It is a medication we give to humans. It seemed awfully strong. I decided to just try it until she returned to her usual condition.

So, thinking of all that; I was driving back to the clinic to write an article and had decided last week to write something on pain and treatment options. A song came on the radio with a line: "If you got a little hurt, then you take a little pill". (It was by a country western song writer named Brandy Clark).

This is a common plan of treatment for the various pains that we humans get. And sometimes it is a useful, helpful plan of care. But what happens when acetaminophen (Tylenol) isn't enough? Or when ibuprofen isn't enough? Do we add one of the stronger pain medications? Many patients take opioids (also called narcotics) for pain, such as, hydrocodone, oxycodone, morphine, or the one the vet gave me for the dog. There are various pain medications from which to choose.

Most people have heard of the risks with these stronger medications. There is the risk of dependence, addiction, overdose, withdrawal or tolerance leading to the need for higher doses to treat the pain. Another risk is that the medication will be stolen or given or sold to another person. These are drugs that can be abused. They are drugs that many people use to get "high". Mixing opioids with alcohol is risky as they both can

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cause respiratory depression. When treating pain, clinicians must weigh the potential benefits of opioids against the risk of significant harm.

- ◊ The Food and Drug Administration encourages doctors to be more careful in prescribing narcotic pain medications due to the huge increase in U.S. deaths due to narcotics. Here are some statistics that have pushed the FDA to encourage greater prudence in prescribing opioids (from an INFORMED course: 2013 Ethics and ER/LA opioid REMS Education Update):
- ◊ Prescriptions for opioids escalated from around 40 million in 1991 to roughly 257 million in 2009. In 2011, hydrocodone/acetaminophen was the single most-prescribed drug in the U.S., with a little over 4 million prescriptions dispensed.
- ◊ In 2009, the latest year for which data are available, an estimated 7 million Americans were abusing prescription drugs --- more than the number abusing cocaine, heroin, hallucinogens, and inhalants, combined.
- ◊ Between 1998 and 2008, the rate of opioid misuse increased 400%.
- ◊ Drug overdose is now the second-leading cause of accidental death in America, exceeded only by car crashes.

To improve safety, we use controlled substance contracts and careful monitoring to prevent problems. We encourage non-medication forms of treatment to aid in pain management.

Many treatment modalities exist for chronic pain:

- ⇒ Meditation
- ⇒ Relaxation exercises
- ⇒ Counseling
- ⇒ Exercise
- ⇒ Tai Chi
- ⇒ Yoga
- ⇒ Sweats
- ⇒ Music
- ⇒ Massage
- ⇒ Physical Therapy
- ⇒ Acupuncture

Our pain Self-Management Strategies booklet at the Clinic suggests: pacing activities, exercise, improving sleep, shifting focus, thinking constructively, socializing, good ergonomics, consuming wisely and improving mood, as possible coping strategies to help patients maximize their ability to function.

The heading for an article in Family Practice News: "Staying positive, healthy minimizes OA pain". OA is osteoarthritis. It was a large Dutch study which showed that patients that stayed physically healthy and emotionally strong, developed less long-term pain than those with an unhealthy lifestyle and just passive coping skills.

Psychological factors may be important in a patient's experience of pain. We are fortunate here at the Washoe Tribe Health Center to have The Healing Center involved in helping people deal with their stress, depression and anxiety. They also help with addiction problems. They have brochures available such as one titled "Depression and Chronic Pain". We also have medical providers to assist patients in managing their pain.

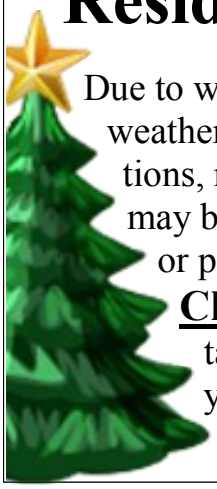
One website that our patients have found helpful is www.painACTION.com.

When considering treatment for my dog's arthritis, my husband and I considered options presented by the veterinarian. Obviously, determining an appropriate treatment plan for a person is far more complex and may involve collaboration between the patient, the patient's family, the medical provider and possibly a health care team.

San Joaquin HIREvent has job potential for TANF clients

With hopes of searching for a new or better career, several San Joaquin TANF clients attended Modesto's HIREvent on November 19, 2013, at the Clarion Inn Conference Center. This popular job fair was a great opportunity to catch the attention of some of the Central Valley's top employers, all under one roof. Clients met with representatives from private and public-sector organizations seeking to fill immediate openings in a wide variety of fields. Additionally, participants benefited from having their resumes professionally critiqued by employment experts at no charge.

Attention Tribal Residents



Due to winter weather conditions, recycling may be delayed or postponed when roads are snow-covered or icy. Contact Eric Fillmore 265-8686

ChristmasTree Recycling: During the week of January 6th, the Environmental Department will be picking up and recycling your Christmas tree. Please have your clean-tree out by the curb for pickup. Contact Clay Harrison 720-9404.

"WINTER HOLIDAY" Native Arts & Crafts

December 7th&8th 8:30am- 6pm

VENDORS NEEDED

Stewart Community Center
465 Clear Creek Avenue, Carson City

Booth Space: $25.00, $35.00 at the door (pending availability)

***ALL* vendors are welcome to sell baked goods (i.e.: cakes, pies, cookies, candy, brownies, etc...) No regular food items please – A concession stand will be available**

Please contact Debbie Tom or Christy La Pena at **775-671-8340** for more information, Or email us at kiowagirl22565@yahoo.com

Early Childhood Caries (ECC)

Even though they are temporary, your child's baby teeth are important, and are still susceptible to cavities. Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay, or Early Childhood Caries. Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. Their first teeth also help make sure their adult teeth come in correctly.

Early childhood caries (ECC) is defined as the presence of one or more decayed teeth, missing teeth (due to cavities), or filled surfaces in any primary tooth of a child up to age 6. ECC continues to be the most common chronic disease in children, occurring five to eight times more frequently than asthma.

To prevent the occurrence of ECC it is important that infants and young children be provided with a balanced diet, a diet rich in sugar and carbohydrates can contribute to decay after eruption of the first tooth. Proper oral hygiene practices, such as cleaning an infant's teeth following consumption of foods, liquids, or medication containing carbohydrates, should be implemented by the time of the eruption of the first tooth. A child's teeth should be periodically checked at home according to the directions of the dentist.

ECC can be increased by unrestricted, at-will consumption of liquids, beverages and foods containing carbohydrates, unrestricted at-will intake of sugary liquids during the day or while in bed or unrestricted or at-will breastfeeding at night. Infants should finish their bedtime and naptime bottle before going to bed (e.g. juice drinks, soft drinks, milk, and starches). Children should be encouraged to drink from a cup by their first birthday. At will, frequent use of a training cup should be discouraged.

The consequences of ECC are substantial, including a negative impact on the quality of life, increased direct costs, and a relationship with other associated health problems. An immediate and apparent consequence of untreated dental caries is pain. A study of Head Start children in Maryland reported that 16.6% of children with caries complained of a toothache and 8.9% cried because of the pain associated with a toothache. Children experiencing dental pain are less able to engage in regular activities, including eating, sleeping, playing and school activities.

The total cost associated with ECC treatment is estimated to be slightly more than $1 billion dollars annually. Treating ECC often requires extensive restorative treatment or the extraction of primary teeth. In addition to the expense of dental restorations, general anesthesia or sedation may be required the child lacks the ability to cope with dental procedures. General anesthesia to facilitate dental treatment may add $1,500 to $6,000 to the cost of treatment.

Washoe Tribe Employee Open Enrollment Raffle Winners

Name	Item
Atiya Rashada	Luggage Bag
Gina Hamilton	VSP Cooler
Lisa Christensen	Tools
Alice Eide-Mason	Ab-Wheel
Chuck Vicari	Crank Radio Light
Don Johnson	Body Ball
Stan Smokey	Cool Fan 02
Lyndah Ghostbear	1st Aide Kit
Shelly Kinerson	Pink Tool Kit
Lane Haverly	Jump Rope/DVD
Craig Kizer	$10.00 Starbucks Gift Card
Celia Crawford	$10.00 Starbucks Gift Card
Jeremy Steele	$10.00 Starbucks Gift Card
Joy Peterson	$25.00 Lowe's Gift Card
Frances Sullivan	$10.00 Starbucks Gift Card
Gordon Forrester	$10.00 Starbucks Gift Card
Gail Brown	$10.00 Starbucks Gift Card
Rachel Moyer	$10.00 Starbucks Gift Card
Valerie Allen	$10.00 Starbucks Gift Card
Cole Larson	$10.00 Starbucks Gift Card

Intertribal Timber Council

BOARD OF DIRECTORS

President Philip Rigdon, Yakama Nation; Vice President Vernon Stearns, Jr., Spokane Tribe; Secretary Orvie Danzuka, Confederated Tribes of the Warm Springs Indian Reservation of Oregon; Treasurer Timothy P. Miller, Grand Portage Band of Lake Superior Chippewa BOARD MEMBERS: William Nicholson, Colville; James "Bing" Matt, Confederated Salish & Kootenai Tribes; Larry Blythe, Eastern Band of Cherokee Indians; Leonard Masten, Jr., Hoopa; Anthony Johnson, Nez Perce; James Sellers, Quinault; Jonathan Brooks, White Mountain Apache

Scholarship Announcement

For Native American/Alaskan Natural Resource Students

Deadline: **January 17, 2014, 5:00 p.m. PST**

Award: **$2,500** for college students (number of awards varies per year)
$2,000 for graduating senior high school students

Purpose: The **Truman D. Picard Scholarship Program** is dedicated to the support of Native American students pursuing a higher education in Natural Resources.

Required Material: The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

1. **Letter of Application**: The letter must include your name, permanent mailing address, email address if available, and phone number. It should be a maximum of two pages in length, and discuss the following:
   a. Interest in natural resources.
   b. Commitment to education, community and your culture.
   c. Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should attach the Student Aid Report or have the report sent to the ITC office. If it has not been completed, send last year's report.
2. **Resume**
3. Three signed **letters of reference**, on letterhead and dated within the last six months.
4. **Evidence of validated enrollment** in a federally recognized tribe or Alaska Native Corporation, as established by the U. S. Government. A photocopy of your enrollment card, front and back, or Certificate of Indian Blood (CIB) will suffice.
5. **Transcripts:** ALL students must include transcripts.
   - High school students must also provide documented proof of acceptance to an institution of higher education and a review of college class schedule to verify major before a check is released.
   - College students must also provide proof of their declared major.

All requested information MUST be received by the close of business (5:00 p.m. PST) **January 17, 2014** for consideration. For more information, please visit our website www.itcnet.org. Fax (503-282-1274) and e-mail (itc1@teleport.com) submissions are acceptable as long as we receive them by 5:00 p.m. January 17, 2014, and the original is mailed and postmarked by January 17, 2014.

Inquiries and applications should be directed to the Intertribal Timber Council office:

ATTN: EDUCATION COMMITTEE
INTERTRIBAL TIMBER COUNCIL
1112 N. E. 21st Avenue, Suite 4
Portland, Oregon 97232-2114
(503) 282-4296

The Intertribal Timber Council (ITC) has cooperative financial aid agreements with the University of Washington and Salish Kootenai College. Recipients of the ITC Truman Picard Scholarship are eligible to receive additional scholarships including tuition waivers, if attending one of these two colleges. For more information, visit the ITC website or contact the colleges directly.

TRUMAN D. PICARD (1946-1986)

To honor Truman D. Picard the Intertribal Timber Council (ITC) established a scholarship program in his name. Truman served on the ITC Board of Directors from 1982 to 1985. While working for the Bureau of Indian Affairs, Colville Agency (Nespelem, Washington), in presales he attended the Forest Engineering Institute at Oregon State University becoming one of the first people from the agency to complete this program. In 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisory Forest Technician in charge of woods operations. Later he was promoted to Assistant Supervisor of Forestry Operations.

Because of his drive and determination to complete his education Truman returned to Oregon State University earning a Bachelor of Science Degree in Forest Management.

Upon his return from college, he was appointed Director of Colville Tribal Forestry. His work for the Tribe will always be remembered by his individual efforts to bring BIA Forestry and Colville Tribal Forestry together in a joint effort to improve the level of Forest Management on the reservation – truly a lasting legacy.

1112 N.E. 21st Avenue, Suite 4 • Portland, OR 97232-2114 • (503) 282-4296 • FAX (503) 282-1274
E-mail: itc1@teleport.com • www.itcnet.org

Thirty-Eighth Annual National Indian Timber Symposium

Coeur d'Alene Casino Resort
Worley, ID
June 23-26, 2014

REQUEST FOR ABSTRACTS

The **Intertribal Timber Council** established in 1976, is a nonprofit nation-wide consortium of Indian Tribes, Alaska Native Corporations, and individuals dedicated to improving the management of natural resources of importance to Native American communities. The ITC works cooperatively with the Bureau of Indian Affairs (BIA), private industry, and academia to explore issues and identify practical strategies and initiatives to promote social, economic and ecological values while protecting and utilizing forests, soil, water, and wildlife. Over 60 tribes and Alaska Native Corporations currently belong to the ITC.

One of the primary purposes of the ITC is to encourage the training and development of our next generation of Indian Natural Resource Professionals. In line with these goals Tribal Graduate & Undergraduate students are welcomed to submit their original research for presentation to our audience of seasoned tribal professionals and leaders from around the country.

ALL ITC SCHOLARSHIP APPLICANTS AND FORMER RECIPIENTS ARE STRONGLY ENCOURAGED TO BRING A RESEARCH POSTER WITH YOU TO THE CONFERENCE.

- **A panel of 3-4 students will be invited to present their research during the general session on Tuesday, June 24, 2014 (tentative, subject to announcement of final agenda)**
- **Posters** will be judged throughout the symposium with designated time slots for individual presentations, individual time slots will be assigned to each scholar at check in.
    - Upon check in, the ITC Scholars will be required to mount their posters on **June 23, 2014** prior to the opening night reception, for display throughout the symposium.
    - A small monetary award will be given to the top presenters at the Annual Awards Banquet.

INTERESTED SCHOLARS SHOULD SUBMIT:

- His or her abstract with presenter's name,
- Institution
- Tribal affiliation
- Address
- Phone and
- Email

DEADLINE FOR SUBMISSION: DECEMBER 6, 2013

EMAIL ABSTRACT SUBMISSIONS TO: Laurel James – laurelj@uw.edu

Native Arts and Cultures Foundation Awards Fellowships to 16 Artists in 10 States

Pictured above: Da-ka-xeen-Mehner of the Tlingit-Nishga Indians for a Visual Arts fellowship; **Left:** David Treuer's book,Ojibwe, Literature fellowship; **Right:** Israel Shotridge, Tlingit, Traditional art medium fellowship.

VANCOUVER, Wash., Nov. 7, 2013 – From a national call for entries to American Indian, Alaska Native and Native Hawaiian artists, the Native Arts and Cultures Foundation (NACF) has awarded 2014 NACF Artist Fellowships to 16 Native artists residing in 10 states.

Each year, the Native-led arts foundation awards fellowships to recognize exceptional Native artists who have made a significant impact in the fields of dance, film, literature, music, traditional and visual arts. This year, the foundation awarded $220,000 to support individual artists through 2014 NACF Artist Fellowships in amounts ranging from $10,000 to $20,000 per artist.

"It is our honor to present a dynamic new cohort of NACF Artist Fellows for 2014," said NACF Program Director Reuben Roqueñi (Yaqui/Mexican). "Native artists are taking leadership in addressing critical issues across the country and act as catalysts for change in our communities. The fellowships support these artists as they delve deeper into their practices and cultivate their artistic voices to transport and inspire us. We celebrate their adventurous and creative spirits."

2014 NACF Artist Fellows:

Keola Beamer (Native Hawaiian), Lahaina, Hawaii, Music Fellowship
Raven Chacon (Navajo), Albuquerque, N.M., Music Fellowship
Eddie Chuculate (Muscogee Creek/Cherokee), Muskogee, Okla., Literature Fellowship
Kaili Chun (Native Hawaiian), Honolulu, Visual Arts Fellowship
Santee Frazier (Cherokee Nation of Oklahoma), Syracuse, N.Y., Literature Fellowship
Jeremy Frey (Passamaquoddy), Indian Island, Maine, Traditional Arts Fellowship
Shan Goshorn (Eastern Band of Cherokee), Tulsa, Okla., Traditional Arts Fellowship
Melissa Henry (Navajo), Rehoboth, N.M., Film Fellowship
Micah Kamohoali'i (Native Hawaiian), Kamuela, Hawaii, Dance Fellowship
Billy Luther (Navajo/Hopi/Laguna), Los Angeles, Film Fellowship
Patrick Makuakāne (Native Hawaiian), San Francisco, Dance Fellowship
Nora Naranjo-Morse (Tewa-Santa Clara Pueblo), Espanola, N.M., Visual Arts Fellowship
Da-ka-xeen Mehner (Tlingit/N'ishga), Fairbanks, Alaska, Visual Arts Fellowship
Israel Shotridge (Tlingit), Vashon, Wash., Traditional Arts Fellowship

(Continued on page 17)

Brooke Swaney (Blackfeet/ Salish), Polson, Mont., Film Fellowship
David Treuer (Ojibwe), Claremont, Calif., Literature Fellowship

Since 2010, the foundation has supported 85 Native artists and organizations in 22 states, awarding $1,602,000 in assistance. The generosity of arts patrons, the Ford Foundation and Native Nations allows the Native Arts and Cultures Foundation to support the vibrant arts and cultures of American Indian, Alaska Native and Native Hawaiian peoples nationwide. To read more about the talented 2014 NACF Artist Fellows, visit: www.nativeartsandcultures.org.

Top: Billy Luther, Navajo-Hopi-Laguna, Film; **Far right and bottom right:** Jeremy Frey, Passamaquoddy, Traditional media; **Right:** Shan Goshorn, Cherokee, Traditional media; **Bottom left:** Keola Beamer, Native Hawaiian, Music; **Below:** Micah Kamohoalii, Native Hawaiian, Dance.

Just a Reminder for All Tribal Deer Hunters

Annual Big Buck Contest to be held in January
Lunch, cash prizes, and raffle items

The Washoe Tribe Hunting and Fishing Commission will have a meeting in December to discuss a date for the event.

For info and questions call
Willie Smokey 775-450-1465,
Stan Smokey 775-230-4908,
Gary Nevers 775-690-2897

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

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!

Intensive Outpatient Program

Washoe Family Healing Center

Monday: 5:30-8:30 pm

Tuesday: 5:30-7:30 pm

Thursday: 5:30-8:30 pm

Please call (775) 265-5001 for more information

This program is funded by DOJ/CTAS grant.

Washoe Tribe Domestic Violence Program

Cultural, Ritual, and Spiritual Abuse: What is it and is this a new trend???

Cultural (**your traditions**), Ritual (**your ceremonies**), and Spiritual (**your higher power**) Abuse has been around since "Eve gave Adam the apple". It has, however, started to rear its ugly head into the life of normalcy as we become more aware of Domestic Violence, its impact on families, and the effects it holds over people as they mentally and spiritually grow throughout the years. The sole purposes for these types of abuses are to create "mind control, coercion, and fear" amongst the victims. Persuading them or programming them to behave certain ways by changing the technology applied to cause the "learning" and "adoption" of a set of behaviors or an ideology under certain conditions. In other words, forcing victims to think and do as they say based on the victims own traditions, the victim's spiritual fortitude, and the customs of their way of life using the importance of "the victim's" higher power beliefs to justify the persuasion of their own concepts.

With coercive persuasion you can change people's attitudes without their knowledge and volition. You can create new "attitudes" where they will do things willingly that they formerly may have detested. In the past fear was previously ensued by using torture, physical pain, or drugs to manipulate them into doing so. There are seven main tactic types found in various combinations of coercive persuasion programs:

- The individual is prepared for thought reform through increased suggestibility and/or "softening up."
- Reward and Punishment efforts are made to establish considerable control over a person's social environment, time, and sources of social support.
- Disconfirming information and non-supporting opinions are prohibited in group communication.
- Intense and frequent attempts are made to cause a person to re-evaluate the most central aspects of his or her experience of self and prior conduct in negative ways.
- Intense and frequent attempts are made to undermine a person's confidence in himself and his judgment, creating a sense of powerlessness.
- Non-physical punishments are used such as intense humiliation, loss of privilege, social isolation, social status changes, intense guilt, anxiety, manipulation, and other techniques.
- Certain secular psychological threats {force} are used or are present: **for example, failure to adopt the approved attitude will lead to severe punishment or dire consequences**.

Just as emotional abuse affects one emotionally, while physical abuse inflicts pain and bodily injury on its victims; coercion, mind control, and fear affects one culturally, ritually, and spiritually. It is the result of a leader or system that tries to control, manipulate, or dominate a person. Coercive persuasion is not voluntary, peaceful, a religious practice, or central to any bona fide religion. ***True peaceful "religions" would never attempt to force, compel, and dominate the free wills or minds of its members through coercive behavioral techniques or covert (concealed) hypnotism.*** Accepting the differences that you and your partner have is key to understanding one another.

***REMEMBER*…**October is Domestic Violence Awareness Month – wear a purple ribbon and show your support for victims of Domestic Violence.

National Calendar of events:

◊ **December is AIDS Awareness Month (**www.hivaids2008.blogspot.com **)**
December is Universal Human Rights Month (www.historyplace.com **)**

Ribbon & Support, Symbol Causes & Colors pertaining to this month:

◊ **"Red"** – *AIDS/HIV Awareness & Support*

◊ **"Orange"** – *Racial Tolerance Awareness*

ALWAYS CALL 911 IN AN EMERGENCY!!!

Our goal is to insure that all victims of domestic violence and/or their children are treated with compassion, respect, and sensitivity in addressing their needs with the main focus being Safety, Outreach, and Advocacy.

Washoe Tribe Domestic Violence Program
1-775-265-8698
(1-800-769-2746) ext. 1233

Washoe Tribal Police Dept.
1-775-265-7540

Tribal Police Dispatch
1-775-783-7233

National Crisis Hotline
24 Hours
1-800-799-SAFE (7233)
1-800-787-3224 (TDD)

If you or someone you know needs help, have questions about domestic violence or about this article, or just want to talk, know that there is help and that everything discussed will be kept strictly confidential. Look for future on-going articles in the Tribal Newsletter. "Remember that ***YOU*** *have the* ***RIGHT*** *to live a life* ***FREE*** *of violence", from the Washoe Tribe Domestic Violence Program.*

This project was supported by Grant No. 2009-TW-AX-0050. Awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Washoe Tribe

of Nevada & California

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

To view this newsletter online go to

www.washoetribe.us

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

Washoe Tribal Council

Darrel D. Kizer, *Tribal Chairman*
Neil Mortimer, *Vice-Chairman*
Tamara Crawford, *Secretary/Treasurer*

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

Dresslerville Community
Julie Barr, *Chairwoman*
Joseph McDonald, *Vice-Chairman*

Off Reservation
Elwood "Woody" Rakow & Darrel Cruz
Off Reservation Representatives

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

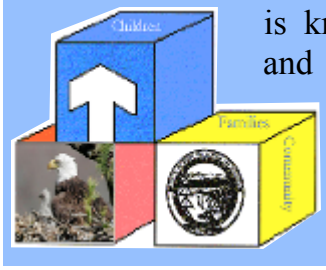
Stewart Community
David L. Tom, *Chairman*
Stan Smokey, *Vice-Chairman*

Woodfords Community
Geoffrey Ellis, *Chairman*
Neil Mortimer, *Vice-Chairman*

Don Johnson, Newsletter Editor

Please let us know if your address has changed!

The Pat'alŋi Me?k'i, Head Start Immersion Classroom, is **seeking volunteers and contractors** for the ongoing school year. We are looking for Speakers, Basket weavers, Seamstress's, Artists, Singers, Hunters/Gatherers and anyone that is knowledgeable about our unique culture and traditions. Please call Lisa Enos at the Dresslerville Head Start (775) 265-2629 or (775) 790-7357 to be apart of our efforts in revitalizing our language and culture!!



PHARMACY MEDICATION PICK UP TIME

Due to an unexpected demand in pharmacy services, the pharmacy began asking patients to plan for at least a 2 day refill turn around.

PHARMACY HOURS

Monday	8am to 5pm*
Tuesday	8am to 5pm*
Wednesday	8am to 5pm*
Thursday	8am to 5pm*
Friday	8am to 5pm*

*** Lunch is taken every day from 12:15pm to 1:15pm. The pharmacy is closed during lunch hour.**

Washoe Tribal Health Clinic Pharmacy
1559 Watasheamu Road Gardnerville, NV