

NUMUWAETU

"Telling the Indian People's News" Pyramid Lake Paiute Tribal Newspaper

NAWAHANA

Volume 8, Issue 4

www.plpt.nsn.us

2014 | 4th Quarter

Pyramid Lake Tribal Elections Results—December 27, 2014. Certified on January 2, 2015

PYRAMID LAKE PAIUTE TRIBE

TRIBAL ELECTION

December 27, 2014



TRIBAL CHAIRMAN	TOTALS	%
ELWOOD LOWERY	128 ✓	35.26%
BRIAN WADSWORTH	90	24.79%
SHERRY ELY-MENDES	84	23.14%
TERENCE JAMES	35	9.64%
LYLE KOCHAMP	26	7.16%
TRIBAL VICE-CHAIRMAN	TOTALS	%
VINTON HAWLEY	127 ✓	34.51%
ALAN MANDELL	104	28.26%
DUANE WASSON	61	16.58%
ANTHONY SAMPSON SR.	40	10.87%
JAXON KOCHAMP	22	5.98%
PATRICIA OAKIE	14	3.80%
TRIBAL COUNCIL MEMBERS	TOTALS	%
MERVIN WRIGHT, JR.	174 ✓	12.54%
BONNIE AKAKA-SMITH	133 ✓	9.58%
LEONA COLLINS	125 ✓	9.01%
NATHAN DUNN	112 ✓	8.07%
JOHN GUERRERO	111	8.00%
JUDITH M. DAVIS	110	7.93%
BENJAMIN JOHN	94	6.77%
MITCHELL TOBEY, SR.	90	6.48%
GORDON CRUTCHER, JR.	85	6.12%
SHAUNEE SANDER	79	5.69%
MICHELLE RUIZE	78	5.62%
JO JO SMITH	57	4.11%
LORI BLACK	52	3.75%
JENIFER SMITH	48	3.46%
NORMAN DUNCAN	40	2.88%

December 30, 2014

Dear Pyramid Lake Membership, I'd like to thank you for a second term. I believe the newly elected council is dedicated to serving the Pyramid Lake Tribal members. I am hopeful that we can continue the work that needs to be done, especially by looking at various programming opportunities an improving our success rate at completed projects. At the forefront is our water rights conservation, we need to be a Tribe bonded by this belief; we Pyramid Lake members all believe in the protection of our lake." This is something we cannot be divided on, this is something we must clearly stand together about and agree upon. Progressive changes will need to be made; although, change is sometimes slow and at a pace that only seems to make sense to the Tribal Council members or within department leadership.



I believe in the votes I received and our council members whom were voted in as well. Currently, the Council has a full range of expertise; we must build on this and learn to work together in ways the people have not seen for decades. I would like to see more things happen for our Tribe in terms of mentorship of new council. As a council, we shall put aside all political gains that have clearly divided membership and unfortunately, has yielded us very little. I hope one day we can look back and realize we made the effort to move the families of Pyramid Lake in a direction of growth. Everything we do from here on out is everybody's work--- if we fail, we fail as a body of leadership and as a Tribe. I sincerely thank you for the vote and support, and I sincerely thank you for allowing me to continue on, and I sincerely thank you for participating in this process.

Sincerely,
Elwood Lowery

What's Inside

Human Resources; Tax ; Paiute Language Apps	2
Holiday Blahs; Higher Education	3
Wadsworth Community Center Planning	4
Pyramid Lake Housing Authority Annual 2014 Peformance Report	5
PLTHC: Diabetic Program; Financial Skills Workshops; Yoga Class Schedule	6-7
PLTHC: Business Office	8-9
Enrolment; Winter Survival Kit; K. Wadsworth	10
Enrollment Ordinance (Article III Membership)	11
Tribal Historic Preservation Office	12
NV Indian Commission	13
PL Museum; Sumunumu Program; Executive Secretary	14-15
Sumunumu Program (con't)	16-17
Transportation Planning	18
GLS Suicide Prevention Program; ASIST Training; PL Cattlemen's Association	19

PUBLIC MEETINGS

The Pyramid Lake Paiute Tribe's next informational meetings regarding **TROA** are on the following dates:

- January 24, 2015 – Nixon
- April 25, 2015 – Nixon

9:00 am to 12:00 pm
Nixon: Tribal Chambers

Pyramid Lake Paiute Tribe
PO Box 256 | Nixon, NV 89424
(775) 574-1000
Donna Noel—Water Resources
(775) 574-0101 ext. 27



Pyramid Lake Tribal Elders....

If you are not receiving your newsletter from the Numaga Senior Center by the second of each month please call and we will up-date your mailing information and make sure that you get your letter.

Thank you of your time.

Dehan Dominguez,
Numaga Senior Center
775-574-1064



NUMAGA SENIOR CENTER ELDERS—UPDATE CONTACT INFORMATION

Please complete and return as soon as possible. This will ensure we have the correct contact information for any important news we need to get to you.

Name: _____ Phone: _____

Spouse: _____ Phone: _____

Mailing Address: _____

Physical Address: _____

Other Contact: _____ Phone: _____

Sign: _____ Date: _____

Please return to Numaga Senor Center:
by mail—PO Box 256, Nixon, NV 89424; with the meal deliverer or drop off. Thank you.


HUMAN RESOURCES

Current Open Positions as of 12/19/14

LICENSED PRACTICAL NURSE **JA 14-76**
Pyramid Lake Health Clinic, Nixon, NV

As a member of the health care team, provides basic nursing care and performs duties as directed by the Clinical Nurse for the ambulatory care of outpatients and/or families, emergency cases and patients in specialty clinics on the Pyramid Lake Reservation.

**\$48,609.60 - \$51,064.00 per year, Full-time, Salaried
Position Class Code 409, Grade 25, Steps 1-3 DOE
Open Until Filled**

TRIBAL BUSINESS OFFICER (Reposted) **JA-14-79**

Provides direct supervision to assigned programs to ensure that program goals and objectives are achieved with outcomes and deliverables consistent with the overall Tribal mission. Provides support to ensure department head develops and implements short-term and long-term business plans for the Pyramid Lake Paiute Tribe, including but not limited to existing Tribal income generating programs.

**\$62,046.40-\$65,187.20 per year, Full-time, Salaried
Position Class Code 608, Grade 30, Steps 1-3 DOE
CLOSES: 12/22/14**

PROBATION OFFICER **JA 14-25**
Pyramid Lake Paiute Tribe-Nixon, NV

Perform specific supervision and court services with parole and probation caseload, such as managing casework, conducting investigations, writing pre-sentence recommendations, supervising parolees and probationers, coordinating drug testing, and field work. Make referrals to available community resources. Prepare reports, records and other supporting documentation. Maintain the security and order during court sessions.

**\$16.61 – 17.46 per hour, Regular, Full-time, Class
Code 306, Grade 18, Step 1-3 DOE
Open Until Filled**

ASSISTANT STORE MANAGER **JA 14-86**
I-80 Smoke Shop, Wadsworth, NV

Acts in a supervisory capacity at the store, learning Tribal policies and procedures, functions and activities of the store with view toward acquiring knowledge of all business phases. Attends training classes to acquire knowledge of organizational setup, staff and line functions, and long and short range business objectives. Acquires, through on-the-job training, an overall knowledge of company business functions and activities.

CLOSES: 01/19/2015

TO APPLY: Applications may be obtained on-line at www.plpt.nsn.us or from the Human Resources Office at the Tribal Administration Building in Nixon, Nevada; by writing to the Pyramid Lake Paiute Tribe at P.O. Box 256, Nixon, NV 89424; or, by calling the Human Resources Office at (775) 574-1000/1001, extension 1119/1120 or hrrassistant@plpt.nsn.us

The Pyramid Lake Paiute Tribe is a drug-free work place. Applicants will be required to undergo drug testing prior to employment and will be subject to further drug and alcohol testing throughout their period of employment. In addition, the Tribe implements a Background Investigation Program in which all employees are subject to a background investigation and favorable suitability determination as a condition of employment.

Preference in filling vacancies is given to qualified Indian candidates in accordance with the Indian Preference Act (Title 25, U.S. Code, Section 472 and 473). However, the Pyramid Lake Paiute Tribe is an Equal Opportunity Employer and all qualified applicants will be considered in accordance with the provisions of Section 703 (l) of Title VII of the Civil Rights Act of 1964, amended in 1991.


TAX DEPARTMENT

Tax Department staff have been busy preparing for the 2014 tax season. As part of the Native VITA program, we are trained in tax preparation specifically geared towards Native Americans. New for the 2014 tax season are the health insurance requirements under the Affordable Care Act signed by President Obama. Training for this exemption is ongoing for our staff.

Please follow the tips listed below when filing your 2014 taxes.

TIPS:

- Please wait until you have received ALL forms and paperwork before coming in.
- If you receive unemployment, request to have taxes withheld.
- IRS receives copies of all income and they will find out anything you leave out.
- File your return the same way every year, switching how you file sends a red flag to IRS.
- Have your employer withhold at least 10% of your pay, if it's a lower amount you may end up paying. We highly recommend you check with your employer. By increasing your federal tax withholding, you may stop owing taxes year after year.
- Form 8332 must be signed by the custodial parent if you claim a child that is not yours.
- If you claim a child for Head of Household purposes, they must be related to you by blood. You cannot claim your child who is over the age of 24 for Head of Household filing status unless he/she is a student. You can claim the child but not for Head of Household status.

Vehicle Exempt Form: The Tax Department staff are the only individuals who can issue tax exempt forms and all data is kept in the Department for protection if questioned by DMV. Please don't wait until the last minute to request a form; it is your responsibility to get the form before the expiration date. If the Tax staff is out of the office, the Tribal Secretary or Receptionist can take the information from you and we will process the next day.

The DMV will not accept a tax exempt form by fax.

You can call in the information and we will either mail the form to you or hold for pickup. You can still stop by the office for the form and wait for it. The following information is needed:

- Person(s) the Vehicle is registered to (we cannot make it out in just your spouse's name if they are non-Native)
- Year, Make and Model of Vehicle
- License Plate Number
- Vehicle Identification Number (VIN)
- Amount of the Government Service Fee
- Physical Address (form requires physical address on reservation)
- Mailing Address
- Tribal Enrollment number
- If you are a Nevada Tribal Member (not Pyramid Lake) a copy of your Enrollment Card must be on file in the office before we can issue a form to you.
- The vehicle registration address must match a Reservation address.

Forms/Spouse Cards: When requesting letters of sales tax exemptions or spouse cards, it may take up to a day or two for letters and up to a week for spouse cards to be processed. Spouse cards are done in batches as it requires hooking up a machine to the computer. With the staff's workload, one day or immediate service cannot be guaranteed. Please plan ahead.

Notary Services: Tax Department staff provide notarial services for the public. Remember that you must have your ID with you even though we may know who you are. It is important that you DO NOT sign the paperwork until you are in the office.

The Tax Department and Tax Commission want to wish you and your family a very Merry Christmas and happy New Year!!


PAIUTE LANGUAGE APPS AVAILABLE

The Paiute language apps are available for the Tribe to enjoy, the link address is listed below it is available for android devices for now which means any smart phone, Motorola, kindle, Samsung devices.

The app will soon be on apple store, for mac. There is a little process you have to go through to get app if Google play isn't on phone or device already. It will tell you to register and a payment option will come up, push the skip button and agree to the terms, then install, it is for free.

Any problems you can come to my office the Pyramid Lake Tribal Health Clinic— GLS Suicide Prevention. It's been a long process to get these apps out, but the are available now, please pass on the information to your relatives and friends.

Numu Yadoo - Android Apps on Google Play

<https://play.google.com/store/apps/details?id=com.yahoo.donesells.numuyadoo>

Are now in apple store for all your ipads and iphone (12/22/2014)

<https://itunes.apple.com/us/app/numu-yadoo/id948060447?ls=1&mt=8>

Have a Merry Christmas and Happy New Year and come out and support the LAKERS the more crowd the better!

Adrian W. Tom, GLS Project Coordinator
Garrett Lee Smith Tribal Youth Suicide Prevention Grant
Pyramid Lake Tribal Health Clinic | Suicide Prevention
705 Hwy 446 * PO Box 227, Nixon, NV 89424
Direct: (775)574-1111 ext. 243
FAX: (775)574-1028/1114

Veterans Crisis Line:

1-800-273-8255 (Press 1)

Suicide Prevention Life Line:

1-800-273-TALK (8255)

5 Tips to Help You Overcome the Holiday Blahs

<http://www.thecubiclechick.com/2010/11/16/5-tips-to-help-you-overcome-the-holiday-blahs/>

NOVEMBER 16, 2010 BY THE CUBICLE CHICK

Now that the holiday season is in full swing with no signs of stopping, you can't go anywhere without the festive signs of the year being thrown in your face. Everywhere you look, on television, in stores, and even driving down main street, there is no avoiding the holiday season. But some of us aren't so amped for this time for year—I have a really good friend who suffers from the holiday blahs and she could care less about the holiday season. Signs of the holiday blahs can be anything from mild to severe depression, withdrawal from family and friends, sudden bursts of anger, and extreme moodiness. The holiday season isn't always a joyful occasion for all of us.

You don't have to let the holiday blahs take over you, though. There are coping mechanisms or ways to channel your sullen mood into something more positive. Here are 5 tips to help you overcome the holiday blahs:

Lower Your Stress Level

Holiday blahs could be a result of an increased stress level. Some of us get overwhelmed by massive amounts of stress, so the best thing to do when you begin to feel down is lower your stress level. Don't allow yourself to take on too much at one time. Delegate when you can, and instead of striving for perfection during the holidays, relish in the holiday spirit of spending time with your loved ones. Relax, and make sure you take time out for yourself. A healthier

you makes for a healthier family.

Write it Out

Sometimes, journaling or writing out your thoughts can be a much needed self-therapy. Purchase a journal or notebook to write down your feelings and purge those negative thoughts or feelings, or better yet, use your computer and blog or compose your thoughts in a Word document. You will be amazed at how releasing your feelings through writing can make you lighter and make you think clearer.

Lean on a Friend

We all have that one friend in our circle who can make everything all right when everything feels all wrong. Lean on a friend you trust and confide in them. Let them know your thoughts and your feelings—what is it about the holiday that is making you feel this way? Sometimes, the thoughts, opinions, and companionship from a friend could be just what the doctor ordered.

Calgon, Take Me Away

How about relaxing with a long bubble bath? Or investing in a spa treatment or massage? During the hustle and bustle of the holiday, it can become easy to lose focus on yourself in lieu of others. But I always say, "if mama isn't happy, no one is happy", and that is often true. We have to be good to ourselves so we can be good to others, and a massage or spa treatment could release some tension and frustration and make you feel better about yourself.

Hobby Anyone?

I know when I am stressed, I often immerse myself in my hobby (I write poems) and it is very much a stress reliever. Instead of ignoring your hobby during this holiday season in lieu of the preparation of family, friends, and the like, dive into your hobby and take time out of your day to do what you enjoy. It could make all the difference and help ease your holiday blahs.

If you are still feeling down and out after trying some of these tips, you may need to consult your physician or medical provider. Depression is a very serious condition, and if you are exhibiting feelings of sadness and despair that doesn't go away after a short period, there may be a deeper issue. Consult your doctor and make them aware of your symptoms.

The holiday is supposed to be a joyful time for you and your family. Don't let the holiday blahs interrupt your holiday season.



PLPT CONSOLIDATED HIGHER EDUCATION PROGRAM

Well a Christmas is almost here and by the time you have receive this, we will be in a New Year!

This is what to we will be looking for this January 2015 from our Higher Education Students!

"TRANSCRIPTS" FALL 2014 Transcripts

Please have them sent in! Also for you all that have successfully graduated, please submit a copy of your diploma for your Higher Education File.

**Consolidated Higher Education
PO BOX 256
Nixon, NV. 89424**

Our Consolidated Higher Education Office recently changed over to a new telephone service. Because of the change, we might have a possibly issue of receiving your scholarship applications directly into our

Higher Education Office by fax. There will be three ways in which we will be able to receive your scholarship applications.

- 1) **Fax to the main office fax number (775) 574-1008**
- 2) **Email your applications to asampson@plpt.nsn.us**
- 3) **Mail in before the June 30th deadline date.**

If you have any questions please call (775) 574-0300.



Well in closing, we Wish you a GOD Blessed and Merry Christmas and a Safe New Year!



Congratulations to those students who graduated this December!

Job well done!!

WADSWORTH COMMUNITY CENTER PLANNING

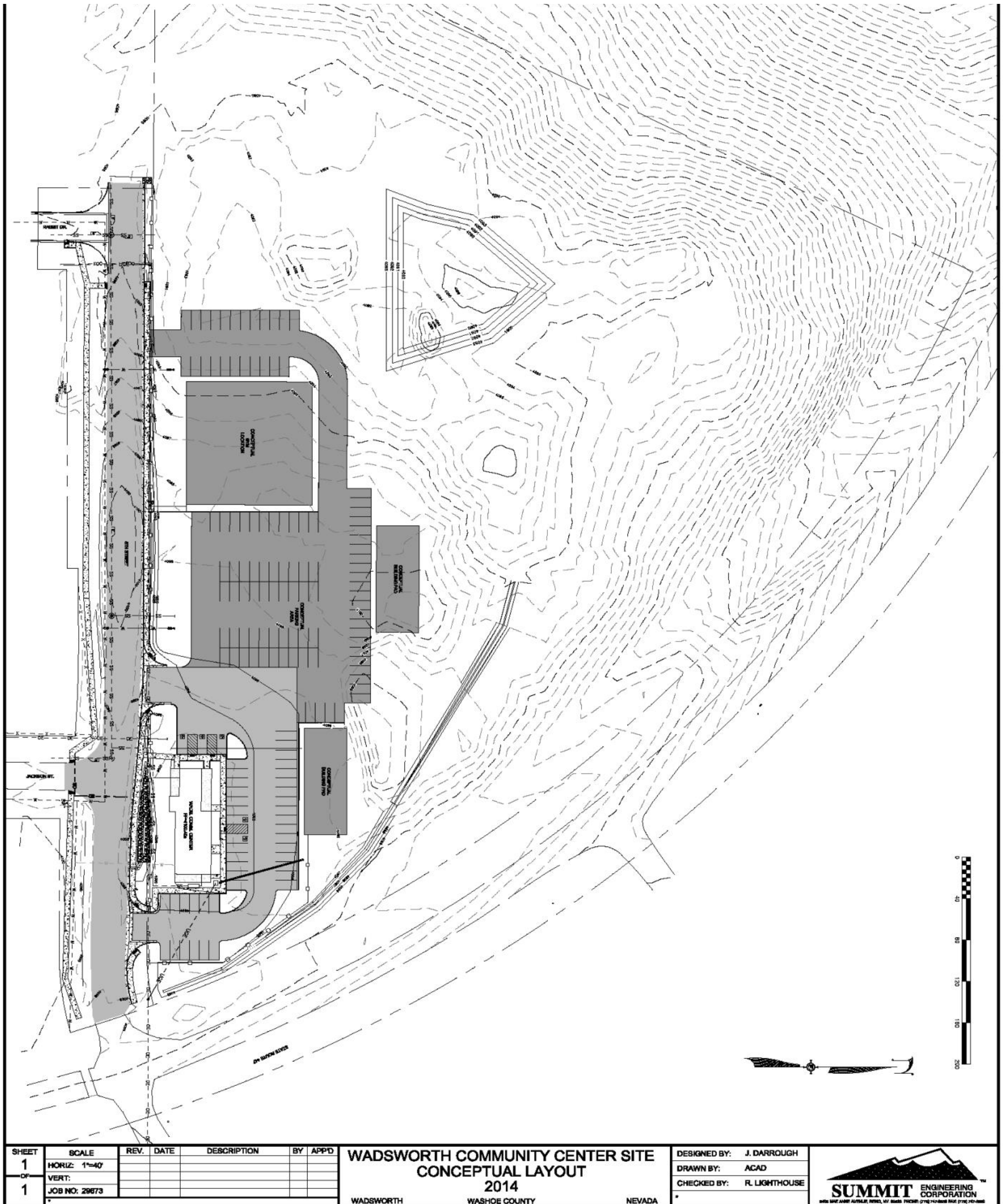
With the new community center completed this spring, we will continue to pursue funding for the other buildings projected in the conceptual plan. The conceptual plans consist of three other buildings including a gym, a library/learning center and another building.

On December 6, 2014 the Tribal Council held a meeting at the Nixon Gym to discuss options for

use of the Vidler Settlement Money. Johnnie Garcia, John Guerrero and Gary Shaw spoke of the benefits to the community for the building of the gym using portions of the Vidler money. The gym would allow the youth, adults and elders to gather for various functions including sporting events, pow wow's, meetings, fund raisers and in times of emergency need. We believe that the

gym project would be a beneficial use of the funds for future generations. We hope to convince the community and the Tribal Council to commit some funds for this worthwhile project.

Johnnie Garcia
Wadsworth Community Center
Planning Committee



SHEET	SCALE	REV.	DATE	DESCRIPTION	BY	APP'D	WADSWORTH COMMUNITY CENTER SITE CONCEPTUAL LAYOUT 2014 WADSWORTH WASHOE COUNTY NEVADA	DESIGNED BY:	J. DARROUGH
1	HORIZ: 1"=40'							DRAWN BY:	ACAD
1	VERT: 1"=20'							CHECKED BY:	R. LIGHTHOUSE



PYRAMID LAKE HOUSING AUTHORITY * 2014 ANNUAL PERFORMANCE REPORT

Mission Statement

The Pyramid Lake Paiute Tribe is committed to providing the opportunity for safe, decent, sanitary, and affordable housing for tribal members and to do so in a way that is consistent with the Tribe's social, cultural and economic values.

The Annual Performance Report (APR) is a requirement for each fiscal year completed by the Pyramid Lake Housing Authority (PLHA). PLHA shall review the progress made during such fiscal year in carrying out the Indian housing plan for which it administers grant amounts; and submit a report to the HUD Secretary describing the conclusion of the review. The report shall describe the use of the grant provided to PLHA, assess the relationship of such use to the planned activities identified in the IHP and indicate the programmatic accomplishments of the recipient. The APR is due March 31, 2015.

The Pyramid Lake Housing Authority (PLHA) was established by Ordinance No. X adopted by the Tribal Council February 1963. Article IV of the Ordinance established a Board of Commissioners composed of five persons. Each commissioner serves a four year term. Every year a commissioner's term is up and every year the Tribal Council appoints or re-appoints a commissioner. Monthly Board meetings are held. The Tribal Council adopted resolution No. PL 72-97 which designated the PLHA as the Tribally Designated Housing Entity (TDHE). In February 2015, PLHA will have been in operation for 52 years.

The current PLHA Board of Commissioners are William Wadsworth, Sr., Chairperson; Ed Ely III, Vice-Chairperson; Steven Wadsworth, Secretary/Treasurer; Irwin Mix, Commissioner; and Leona Collins, Commissioner. The PLHA staff consists of ten full time employees. Christine John, Executive Director; Terry Mason, Finance Manager; Mary Ann Frazier, Administrative Assistant; Jackie Mix, Development Coordinator; David Dalasohya, Jr., Development Assistant; Austin Simpson, Resident Services Coordinator; Emma Powell, Housing Services Specialist; Gerald Hunter, Maintenance Supervisor; Steve Mandell and Ross Harden, Jr., Maintenance Techs.

There are 201 units under management as of 12.31.14. 83 are mutual help units, 70 are lease-purchase units and 48 are rental (12 single dwelling and 36 apartments) units. The conveyance process has begun under the NV4-9 project for 3 homeowners. The occupancy rate for the homeownership program and the 12 single dwelling rental units is 100%. The rental apartment occupancy rate is at 70% due to the various renovation/rehab projects awarded this year.

Kafoury, Armstrong, CPAs is housing's fee accountant. Monthly sessions are conducted which include review of budgets, cash management, investments, policies and monthly financial statements which are distributed to the staff, BOC and Tribal Council on a monthly basis. The annual financial audit for FY2013 was conducted by Barlow, Camara & Rowland, CPAs. The Board formerly accepted the FY2013 audit report June 2014. There were no findings. The

firm of Barlow, Camara, & Roland, CPAs will conduct the 2014 and 2015 audits also.

The Elder- Housing Protection Program (E-HPP) was established in 2006. The E- HPP provides replacement coverage for a unit. Currently 49 homeowners who are elders are recipients of this program. Content coverage is available under this program which must be paid for by the homeowner. The eligibility criteria established by the BOC is Enrolled Pyramid Lake tribal member, 60 or over, own the home which is their primary residence, and has no debt with the tribe or housing.

In order to enforce the LR lease and MH and HB agreements, the tenant accounts receivables (TARS) are reviewed bi-monthly, the 1st and the 10th of each month. TARS are unpaid rent. Notices of Delinquency, Hearings, and Final letters are mailed in accordance with PLHA's Collection and Eviction Policy. Payback agreements are entered into in an effort to have the tenants remain in compliance with their agreements. Civil complaints are filed in tribal court for those accounts which will not pay.

Annual inspections of the units are required under the agreements and leases as well as being stipulated in the NAHASDA statute. The annual inspection gives management the opportunity to inspect the units to see the conditions of the unit. For the rentals, a work order is issued to repair or replace needed items. The rental units were inspected the month of February 2014. Under the homebuyer program, the repairs and replacement are the responsibility of the homebuyer. The

homebuyer units were inspected during April 2014.

The 2014 HomeBuyer Waiting List was updated and approved by the BOC May 2014. This list is comprised of 40 applicants who met the eligibility criteria: enrolled Pyramid Lake tribal member, income eligible and has no debt with PLHA. The Low-Rent Waiting List for both the single dwelling and apartment units was approved May 2014. Currently these waiting lists have 16 and 22 applicants, respectively. Applications are accepted all year-round for all three programs.

The planning has begun for the proposed NV 4-18 New Construction Project of 8 - 10 (estimated) homes in the Sutcliffe area. All these units will be under the lease-purchase program, eventually owned by the homebuyer. The NV4-18 potential homebuyers were selected from the 2014 HomeBuyer Waiting List during the August 2014 BOC meeting. Mandatory meetings have been held for the potential homebuyers and will continue throughout the construction period.

The Bureau of Indian Affairs (BIA) Housing Improvement Program (HIP) is funded directly to Housing. The BIA sent notification of the 2014 funding allocation in the amount of \$35,000.00. The elder homeowner is the recipient of this grant for home renovation. The scope of work is being developed.

Listed below are the projects completed and on-going under the Development Department.

This report shall include a summary of any public comments received by PLHA. Your comments are welcomed.

Project #	Project Name	Budget Amt	Funding Source	Contractor	Completion Date
D 13-01	NV4-18 New Construction	\$3,092,987	NAHASDA	8 - 10 units	
A	NV4-18 Design Engineers	\$100,000	NAHASDA	McElhaney Structural Engineers (MSE)	On-Going
B	Archaeological Survey	\$920	NAHASDA	RK Vierra & Assoc.	
C	Building Inspector	\$17,650	NAHASDA	Black Eagle Consulting, Inc.	
D	Project Manager	\$56,825	NAHASDA		
D 13-02	D14-02; D14-02; D14-04	\$37,600	NAHASDA	MSE	On-Going
D 13-03	Wood/Pellet Stove 50*2013	\$220,750	NAHASDA	Mighty Clean Professional	10.24.14
D 13-04	Wood/Pellet Stove 25*2014	\$115,500	NAHASDA		On-Going
D 13-05	Floor Repair 4-12 S9	\$2,056	BIA HIP	PLHA & PLPT	10.15.13
D 13-06	NV4-14 W140 Renovation	\$60,970	NAHASDA	FAC/Vendors/Contractors	6.01.14
D 13-07	New Construction Category C	\$135,000	BIA HIP	FAC/Vendors/Contractors	5.01.14
14-01	NV4-17 N414 Ceiling Repair	\$5,000	NAHASDA		On-Going
D 14-02	NV4-14 Floor Plan #2 12 units	135,600	NAHASDA	M.Keever Construction	On-Going
D 14-03	NV4-14 Bath Renovation. Cul-Mar (24)	346,000	NAHASDA		On-Going
D 14-04	NV4-9 N905 Floor Renov	\$48,000	NPF	M.Keever Construction	On-Going
D 14-05	NV4-17 Roof Repair	\$20,000	No Cost to PLHA		10.10.14
D 14-06	4-6 Rehab N28, 29,31,19,& 35	\$142,000	NAHASDA & NPF	M.Keever Construction	10.16.14
D 14-07	Renovation Category B	\$35,000	BIA HIP		On-Going



PLTHC—DIABETIC PROGRAM

DIABETES AND DENIAL

Denial

Denial is that voice inside repeating: "Not me." Most people go through denial when they are first diagnosed with diabetes. "I don't believe it. There must be some mistake," they say.

That first reaction is not the real problem. In fact, it's so common that some doctors think its part of the process of accepting the diagnosis the determination of a disease from its signs and symptoms.

The trouble comes when you keep on denying your diabetes. Long-term denial stops you from learning what you need to know to keep yourself healthy.

Why Deny?

Sometimes denial serves a purpose. It is a way of coping with bad news. It can keep you from getting overwhelmed and depressed. It lets you accept news little by little, when you are ready.

But denial can return later on because it seems easier. Denying that your diabetes is serious lets you avoid self-care. It shields you from the fact that diabetes is a lifelong, chronic illness, which, if left untreated, can result in complications. Denial also lets your family and friends pretend that "nothing is wrong." Doctors who do not specialize in diabetes care may fuel your denial. They may talk about a "mild" case of diabetes or say there is "just a touch of sugar in your blood. Though well-meaning, these terms send the wrong message. What you hear is "Don't worry. Your diabetes is not serious enough to hurt you."

Spotting Denial

Denial has a few catch phrases. If you hear yourself thinking or saying them, you are avoiding some part of your diabetes care.

- One bite won't hurt.
- This sore will heal by itself.
- I'll go to the doctor later.
- I don't have time to do it.
- My diabetes isn't serious. I only have to take a pill, not shots.

Hidden Danger

Because denial can creep into any aspect of diabetes self-care, it can be dangerous. Any denial sabotages your health care.

Not Testing

It can be a bother to check your blood glucose regularly. You may decide you "know" what your blood glucose is by how you feel. A meter is a much better measure of blood glucose than feelings are.

Forgetting Your Feet

You know you should check your feet each day, but it takes too much time. Or you forget. Or you have limited mobility and it's too hard. Washing and checking your feet for signs of trouble every day is essential to avoid serious injury, always wear shoes or slippers and when you visit the doctor let them know of any injury to your feet. Diabetic foot ulcers are a very dangerous condition no matter what type of diabetes you have or how well controlled it is.



Smoking

You might tell yourself, "I only take a few puffs." You may say smoking keeps you from eating too much. "If I quit, I'll gain weight." Smoking and diabetes are a deadly duo. Smoking increases your risk for complications. Quitting is one of the best things you can do for your health.

Confronting Denial

Denial is human. It's bound to pop up from time to time. When it does, you can

recognize what's going on and fight back.

- **Make a plan** — Write down your diabetes care plan and your health care goals. Understand why each item in your plan is important. Accept that it will take time to reach your goals.



- **Ask for help** — if you find you are denying some parts of your diabetes care, ask your doctor for help or make a mental health appointment. Together you and your doctor can come up with solutions.

- **Enlist friends and family** — Tell your friends and family how they can help. Let them know that encouraging you to go off your plan is not a kindness. Inform them about how you take care of your diabetes — they might want to adopt some of your healthy habits.

Spinach Salad with Chicken and Avocado

Ingredients

Salad

- 12 ounces baby Spinach
- 1 small avocado, pitted and cut into thin slices
- 2 roma tomatoes, diced
- 1 cup cooked chicken breast
- 4 tablespoons sunflower seeds

Dressing

6 tablespoons light Ranch dressing

Instructions

In a large salad bowl, combine the salad ingredients. Add the salad dressing and toss to coat.



Nutrition Facts | Serving Size: 2 cup

- Calories 230
- Carbohydrate 11 g
- Protein 16 g
- Fat 15.0 g
- Saturated Fat 2.1 g
- Sugar 3 g
- Dietary Fiber 5 g
- Cholesterol 35 mg

PYRAMID LAKE FINANCIAL SKILLS WORKSHOP
GET FINANCIALLY FIT IN 2015

Whether you want to start a business, buy a home, or pay off debt, personal financial literacy is the first step to gaining control over your financial future.

Building Native Communities is a program that enables community members to realize their traditional values by learning financial skills that will help each person make informed financial decisions for themselves, their family, and their community.

4 classes over 2 weeks

Learn how to:

- Develop a spending plan
- Work with checking and savings accounts
- Understand credit and your credit report
- Access credit



Tuesdays & Wednesdays
January 13, 14, 20 & 21

5:30 pm to 8:00 pm
New Wadsworth Center



SPACE IS LIMITED

Sign up or for more info:
Online @: www.idrsinc.org/plfin
By phone @: 916-482-5800
By e-mail @: mark@idrsinc.org
Or @: djohn@plpt.nsn.us



PLTHC—DIABETIC PROGRAM (CON'T)

ALL ABOUT BLOOD GLUCOSE

Keeping your blood glucose (sugar) in your target range can prevent or delay the health problems caused by diabetes. Most of the steps needed to take care of diabetes are things you do yourself.

- Use a meal plan.
- Be physically active.
- Take your medicines.
- Try to reach your blood glucose targets most of the time.
- Keep track of your blood glucose numbers using the results from your daily blood glucose testing and your A1C check.

What makes my blood glucose levels rise or fall?

- Blood glucose levels rise and fall throughout the day.
- One key to taking care of your diabetes is understanding why it rises and falls. If you know the reasons, you can take steps to help keep your blood glucose on target.

What can make blood glucose rise?

- a meal or snack with more food or more carbohydrates
- (carbs) than usual
- physical inactivity
- not enough diabetes medicine
- side effects of other medicines
- infection or other illness
- changes in hormone levels, such as during menstrual periods
- Stress

What can make blood glucose fall?

- missing a meal or snack, or having a meal or snack
- with less food or fewer carbs than planned
- alcoholic drinks, especially on an empty stomach
- more activity than planned
- too much diabetes medicine
- side effects of other medicine

ADA Targets for Blood Glucose	My Usual Results	My Goals
Before meals: 70 to 130 mg/dl	_____ to _____	_____ to _____
2 hours after the start of a meal: below 180 mg/dl	below _____	below _____

What are the blood glucose targets for people with diabetes?

Targets set by the American Diabetes Association (ADA) are listed below. Talk with your health care team about your personal goals.

What's the best way to keep track of my blood glucose levels?

Checking your blood glucose will tell you whether you're reaching your blood glucose targets. There are 2 ways to do it.

- Use a blood glucose meter to learn what your blood glucose is at the moment.
- Get an A1C check at least twice a year.

Using a blood glucose meter.

Many people use their meter to check their blood glucose several times a day. Talk with your health care team about when and how often to check your blood glucose. They can give you a record book where you can write down your blood glucose numbers. You can learn how to use your numbers to make choices about food, physical activity, and medicines.



Your results tell you how well your diabetes care plan is working. You'll be able to look at your record book and see patterns—look for similar results over and over. Looking at these patterns can help you and your health care team fine-tune

Getting an A1C check

The A1C tells you your average blood glucose level over the past 2 to 3 months. Your results will be reported in two ways:

1. A1C as a percentage
2. estimated Average Glucose (eAG), in the same kind of numbers as your day-to-day blood glucose readings

Ask your health care team for this test at least twice a year. If your average blood glucose is too high, you may need a change in your diabetes care plan.

Association's Targets	My Last Result	My Goal
A1C: below 7%		
eAG: below 154 mg/dl		

What does my A1C number mean?

Find your A1C number on the left. Then, look at the number on the right under eAG to see your estimated Average Glucose for the past 2 to 3 months.

What if my blood glucose is often too high?

See your health care provider soon if your blood glucose numbers are often higher than your goals. Talk with your health care team about changes in your meal plan, your physical activity, or your diabetes medicines.

What if my blood glucose is too low?

Low blood glucose, also called hypoglycemia, occurs when your blood glucose level drops below 70 mg/dl. Low blood glucose can make you feel hungry, shaky, nervous, sweaty, light-headed, sleepy, anxious, or confused. If you think your blood glucose is too low, use your meter to check it. If the result is below 70 mg/dl, follow these guidelines to bring it back up to a safer range. Have one of the carb choices in this list (which each have about 15 grams carbohydrate) right away to raise your blood glucose:

- 3 or 4 glucose tablets
- ½ cup (4 ounces) of fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 8 ounces of milk
- 5 to 7 pieces of hard candy
- 1 tablespoon of sugar or honey

After 15 minutes, check your blood glucose again. If it's still below 70 mg/dl, eat another carb choice. Repeat these steps until your blood glucose is at least 70 mg/dl.

What should I do about frequent low blood glucose?

If your blood glucose is often low, you may need a change in your meal plan, physical activity, or diabetes medicines. Keep track of when you've had low blood glucose events. Note possible causes, such as unplanned physical activity. Then talk it over with your health care team.



American Diabetes Association

American Diabetes Association
1-800-DIABETES (342-2383)

www.diabetes.org

©2009 by the American Diabetes Association, Inc. 2/14

"Relax!" "Help is Just a Breath Away"

The Pyramid Lake Tribal Clinic/CHR Program will be conducting continuing "Yoga Classes" on Wednesdays and the 3rd Saturday of the month.

These classes will be suitable for everyone from children to seniors with emphasis on safety, proper alignment, posture, breathing, stretching, and relaxation.

Part of the program offered is a Therapeutic Program for Infants and Children with Special Needs. **"Yoga for the Special Child™"**. If you have an interest in this program, individual classes are available, please contact Kathy

Randolph at (775) 322-4600 for an appointment or to discuss your child(ren) needs.

The mini-classes will continue as follows:

- ❖ Wadsworth Daycare/Headstart 8:45—9:30 am
- ❖ Numaga Senior Center 10:15—11:00 am
- ❖ Nixon Daycare 11:15—11:45 am
- ❖ Administration (open to everyone) 12:15—12:45 pm
- ❖ Clinic (open to everyone) 1:00—1:30 pm
- ❖ Wadsworth Headstart 2:00—2:30 pm
- ❖ Wadsworth Daycare 2:45—3:15 pm

Classes will be conducted by Ms. Kathy Randolph and/or Ms. Kathleen McKnight Certified Practitioners of the Yoga Center in Reno

An additional class has been added:
3rd Saturday of each month
Wadsworth Community Center (New)

Session #1	Session #2
Family: Parents/Children ages 0-13 9:00—10:00 am	Open No Children please 10:00—11:00 am

If you are interested in these classes please contact Dora or Ellen for more information. (775) 574-1018

PLTHC—BUSINESS OFFICE NEWS Jan-Mar 2015

Valuable Information

- PRC for Students
- Notify of ER
- Re-Enrollment
- IRS Reporting 2015
- Federal Trust Responsibility
- Halloween Carnival



**Pyramid Lake
Tribal Health Clinic
705 Highway 446
PO Box 227
Nixon, Nevada 89424**

**Phone: 775-574-1018
Fax: 775-574-1114**

BUSINESS OFFICE STAFF:

Shari D. Williams,
Business Office Manager Ext. 1248

Health Benefits Representatives:

Letisha Rosales, Ext. 1251
Wilma "Madge" Smith-Tobey
Ext. 1213

Data Analyst/Coder:

Karen Hernandez, Ext 1218

Medical Billing Clerks:

Karen Williams, Ext 1203
Tamara Harrison, Ext. 1217

Purchased Referred Care

Athena Lamebull, Ext 1219
Collette Auguh, Ext. 1253

FEDERAL TRUST RESPONSIBILITY

The ACA recognizes the federal trust relationship & strengthens tribal sovereignty:

- *Protects the I.H.S. health care system with the permanent reauthorization of the Indian Health Care Improvement Act.*
- *Increases access to quality health care with new sources of reimbursement revenue.*
- *Expands tribal government consultation in health care policy development.*

PRC Eligibility for Students

It is important when you apply to school or have a child attending school out of state that they complete a student form that will continue to make them PRC eligible. Once you receive the form it will need to be completed by the institute of attendance.



Also, notifications of emergency or medical services will have to be notified in a timely manner.

Re-Enrollment for Current Customers

Nevadan's who have current health insurance plans through Nevada Health Link must re-enroll because of the system changes. They began re-enrolling November 15– December 15, 2014.

However, American Indians/Alaskan Natives have a special monthly enrollment period anytime of the year.

2014 Plans (if you previously purchased health insurance through Nevada Health Link)

- 1-855-7nmlink (855-768-5465)
- CustomerSupport@nevadahealthlink.com

For Access of Nevada (Medicaid/Nevada Check up)

- <https://dwss.nv.gov/>
- 1-877-543-7669



IRS Reporting 2015

If you can afford health insurance, but choose not to buy it a tax called the **Individual Shared Responsibility Payment** must be paid when you file your federal income tax return in 2015.

The ACA requires you & each member of your family to either:

- * Have minimum essential coverage (MEC), or
- * Have an exemption from MEC, or
- * Make a tax Payment in 2015.

Tribal members and I/T/U users should complete a Hardship Exemption Application or use the tax filing process to claim an exemption.



EMERGENCY SERVICES NOTIFICATION

Notify PLTHC facility within 72 hours of receiving Emergency Care or Hospitalization For Elders or Disabled you have 30 days.

Notification does not assure authorization of payment. However, if you do not notify Contract Health Care within 72 hours you will be responsible for the bill.

Remember...

Doctors and other health care professionals (nurse, clerks, etc.) cannot authorize payment of services received outside of an I.H.S. or tribal facility. *Only the Contract Health services (CHS) Electronic Signature Official can authorize payment.*

For reporting emergencies please contact:

PURCHASED REFERRED CARE Department at (775) 574-1018

Athena Lamebull ext. 1219

Collette Auguh ext. 1253

Basic Health Terms

- **Premium:** The amount paid annually to an insurance company, usually on a monthly basis, for health insurance coverage.
- **Out-of-pocket– costs:** Health care costs paid by the patient. These include copayments, coinsurance and deductibles.
- **Deductible:** A specific dollar amount paid by the user each year before your health insurance plan starts to make payments for claims.
- **Benefit:** Any service or supply (an office visit or a prescription drug) your health insurance plan will pay for.
- **Co-payment (co-pay):** The amount you pay for a medical service or supply according to your insurance plan, such as \$20 for a doctor visit.
- **Pre-existing condition:** A health problem or diagnosis that you had before applying for health insurance or before the effective date of your new health plan.



PLTHC—BUSINESS OFFICE NEWS

Jan-Mar 2015

The Pyramid Lake Tribal Health Clinic held the Halloween Carnival this year. I would like to thank all the departments, people and community members who attended and made this event successful. Thanks to Rust and Dust for the live music that everyone enjoyed. High school kids that ran the kitchen you kids are awesome. Thank you to Adrian and your ghouls that helped make the Haunted House, super Haunted. Janet, Parks & Rec and Carla with the mask/costume exchange for someone who may not have a costume or mask.

Halloween Carnival



Health Fair

On behalf of the Pyramid Lake Tribal Health Staff we would like to extend our appreciation to those who participated and set up an informational booth at the health fair. Thank you to the community who participated in the fair and joined us for a Nutritional Healthy Thanksgiving Dinner. Big thanks to the Mu moomooatupu Nadapunekwae tamme meakwa Performance for evening entertainment.

We also appreciate the Diabetic Program and staff for coming up with the meal and giving a short presentation on the reasons we chose the foods and healthy portions. Our Mashed Cauliflower and Waldorf Salad was a hit.

We always have room for improvement or ideas of what you would like to see at our next Health Fair. Drop a few lines, speak to the staff or leave a suggest at your next visit.



The Master at the ping pong toss
for a Beta Fish.
Halloween Carnival 2014





TRIBAL ENROLLMENT UPDATE

The Office of Tribal Enrollment is open from 8:00 am to 4:30 pm, closing for lunch between 12:00 pm. to 12:30 pm. Monday through Friday.

Address Update

All enrolled members are encouraged to maintain a current mailing address with the Tribe. You can call the Enrollment Office and request an enrolled member address update form be sent to you or you may submit a written letter to update your mailing address. Address update forms are also available on the Tribal website. Sorry we cannot update or change records based on phone calls.

Application Process

All applications must be submitted with the following:

- ◆ Original application and family tree
- ◆ Original or certified copy.
- ◆ Social security card or a copy of the card

Processing of an application may be delayed by missing documentation or waiting for verification information from other Tribes.

HOW TO MAKE A WINTER SURVIVAL KIT

Everyone should carry a Winter Survival Kit in their car. In an emergency, it could save your life and the lives of your passengers.

Here is what you need:

- a small shovel
- windshield scraper and small broom
- flashlight with extra batteries
- battery powered or crank powered radio
- bottled water
- snack food including energy bars, special needs diets and chocolate
- raisins and mini candy bars
- small metal can, matches and small candles
- extra boots, hats, socks and mittens
- toilet paper
- first aid kit with pocket knife
- download a first-aid app to your smartphone
- necessary medications
- blankets or sleeping bag
- tow chain or rope
- road salt, sand, or cat litter for traction
- booster cables
- emergency flares and reflectors
- fluorescent distress flag and whistle to attract attention
- cell phone adapter to plug into lighter
- deck of cards, children's games

KIT TIPS:

- reverse batteries in flashlight to avoid accidental switching and burnout.
- store items in the passenger compartment in case the trunk is jammed or frozen shut.
- choose small packages of food that you can eat hot or cold.

911 TIPS:

- If possible, call 911 on your cell phone. Provide your location, condition of everyone in the vehicle and the problem you're experiencing.
- follow instructions: you may be told to stay where you are until help arrives.
- do not hang up until you know who you have spoken with and what will

The Enrollment Committee meets on the third Tuesday of every month to review all new applications submitted. All applications approved by the Enrollment Committee will be presented at the first Tribal Council meeting of the following month. Membership approval letters and cards for the new members will be issued the week following Tribal Council approval.

Enrollment Services forms now available online:

- Card Replacement Request Form
- Document Request Form
- Enrolled Member Address Update Form
- Name Change Request Form

Please be sure to sign and date the form before mailing to the Enrollment Office.

We welcome the following new Pyramid Lake Tribal members:

New Members September:

Brandon Sonny Brooke George, Cassidy Spears Martin

- happen next.
- If you must leave the vehicle, write down your name, address, phone number and destination. Place the piece of paper inside the front
- windshield for someone to see.

SURVIVAL TIPS:

- Know the signs/symptoms of hypothermia
- Prepare your vehicle: Make sure you keep your gas tank full, check your tires (proper inflation and tread life), wiper blades and be current on annual maintenance
- Be easy to find: Tell someone where you are going and the route you will take.
- If stuck: Tie a florescent flag (from your kit) on your antenna or hang it out the window. At night, keep your dome light on. Rescue crews can see a small glow at a distance. To reduce battery drain, use emergency flashers only if you hear approaching vehicles. If you're with someone else, make sure at least one person is awake and keeping watch for help at all times.
- Stay in your vehicle: Walking in a storm can be very dangerous. You might become lost or exhausted. Your vehicle is a good shelter.
- Avoid Overexertion: Shoveling snow or pushing your car takes a lot of effort in storm conditions. Don't risk a heart attack or injury. That work can also make you hot and sweaty. Wet clothing loses insulation value, making you susceptible to hypothermia.
- Fresh Air: It's better to be cold and awake than comfortably warm and sleepy. Snow can plug your vehicle's exhaust system and cause deadly carbon monoxide gas to enter your car. Only run the engine for 10 minutes an hour and make sure the exhaust pipe is free of snow. Keeping a window open a crack on the leeward side of the vehicle while running the engine is also a good idea.
- Don't expect to be comfortable: You want to survive until you're found.



New Members October:

Jaxon John Bean, Ulauli Justine Chapoose, Hunter Malachi Cofer, Mykah McKenzie Cofer, Nova Rose Marie Greene, Winter Nuba Tonega Harry, Thomas Notah Kaskie, Ava Faye Paul.

New Members in November:

Harper William Frazier, Chailah Nalinlae Mitchell, Devaun Allen Mitchell, Elden Thomas Mitchell, Summer Grace Morales, Jazlyn Jayde Vanmeter.

In recent weeks questions regarding the following subjects have been asked:

- The Ordinance III (First Revision) Articles on Membership, Relinquishment and Disenrollment are listed. (see page 5)

If there are any questions or concerns regarding membership issues, please call Enrollment Officer, Joanne Shaw at the Enrollment Office at 775.574.1000, Ext. 1115, or email: pl enrollment@plpt.nsn.us

Narae Wadsworth is the daughter of Michael

Wadsworth and Tammy Wadsworth, and grandparents are William Wadsworth, Sr. and Berneys Wadsworth. She graduated from Wooster High School in the International Baccalaureate Program. She is currently a freshman at Caldwell University, where she plays volleyball as a middle blocker, and is majoring in Mathematics.



During her first season playing for the Cougars, she received recognitions including: Central Atlantic Collegiate Conference Rookie of the Week (weeks of November 2nd and October 13th). This season, the Cougars advanced to the Central Atlantic Collegiate Conference championship. They finished out the season at 22-11.

We are extremely proud of you Narae!

Love, Wadsworth Family

Christmas Lights Contest:

HONORABLE MENTION

Arlene McMasters
Molly Perez
Cecilia Hicks
Rita Davis-Blackowl
Gordon Crutcher, Jr.
Carolyn Begay
Darren Hicks
Charlott Mann
Jeff Christensen

ORDINANCE III (First Revision) - Pyramid Lake Paiute Tribe of Nevada

Membership Options: Regular-Adoptive-Honorary

ARTICLE III – MEMBERSHIP ELIGIBILITY

SECTION 1. MEMBERSHIP ELIGIBILITY REQUIREMENTS

The following criteria must be met for membership in the Pyramid Lake Paiute Tribe:

A. ELIGIBILITY FOR REGULAR MEMBERSHIP

1. All persons of Indian blood whose names appear on the official certified Constructed Base Roll of the Pyramid Lake Indian Reservation as of January 1, 1935.
2. All children born to any enrolled Regular member of the Tribe who is a resident of the reservation at the time of the birth of said children, provided it is proven that said children are direct lineal descendants of a Base Enrollee as identified above.
3. All children born to any enrolled member of the Tribe holding Adoptive membership, provided the child is born after to the effective date of the parent's adoption into the Tribe. All children born prior to the effective date of the parent's adoption into the Tribe may only be considered for membership under the provisions of Part B of this Article.
4. Any person whose membership was relinquished while the person was a minor child is eligible to reapply for membership within five (5) years after turning eighteen (18) years of age. If he/she received judgment or per capita funds as a member of another Indian tribe, colony or band, prior to filing the application or prior to the Tribal Council approving the application, such person will be eligible for membership purposes only.

B. ELIGIBILITY FOR ADOPTIVE MEMBERSHIP

1. Any person of one-quarter (1/4) or more Pyramid Lake Paiute blood, or any person of one-half (1/2) or more Indian blood who is married to a member of the Tribe may become a member of the Tribe by filing an application with the Tribe in which the applicant agrees to renounce his/her membership in or affiliation with any other tribe, colony or band, and by receiving the endorsement of the Tribal Council by an affirmative two-thirds (2/3) vote of its members.
2. Any child of one-quarter (1/4) or more degree of Paiute blood who is less than eighteen (18) years of age and is living with a mother or father, guardian, or relative who is a member of the Tribe, is eligible for adoption by the Tribe into membership by filing an application with the Tribe, provided it is proven that the minor child is a descendant of a Base Enrollee, and further provided that the application receives an endorsement of the Tribal Council by an affirmative two-thirds (2/3) vote of its members.

Adoptive membership is at the discretion of the Pyramid Lake Paiute Tribal Council and is a privilege granted to those who do not meet the eligibility requirements to qualify for Regular membership.

For the purposes of this section, any child born to an enrolled member who holds Adoptive membership, if born prior to the effective date of the parent's approval for Adoptive membership can be enrolled only under Section B of this Article.

C. ELIGIBILITY FOR HONORARY MEMBERSHIP

A person not meeting the requirements under Article III, Section 1.A or 1.B may be eligible for Honorary Membership by resolution of the Tribal Council, provided however, that such Honorary membership shall not entitle any such person to Tribal privileges, resources, property, voting power, or the right to hold a political office in the Tribe.

SECTION 2. PERSONS NOT ELIGIBLE FOR MEMBERSHIP

In addition to the membership requirements stated in Section 1, persons meeting the following criteria shall not be considered for membership in the Tribe:

- A.—Any person who is enrolled, affiliated, or recognized as a member of another Indian tribe, colony, or band.
- B.—Any person who has relinquished membership in the Tribe, unless such person was less than eighteen (18) years old at the time of relinquishment. In such case, the person will be eligible to reapply for membership provided the application for membership is filed prior to the person's twenty-third (23rd) birthday. If he/she has received judgment or per capita funds as a member of another Indian tribe, colony or band prior to filing the application or prior to the Tribal Council approving the application, such person will be considered for membership purposes only.
- C. Any person who has been disenrolled by the Tribe, unless such person was less than eighteen (18) years old at the time of disenrollment. In such case, the person will be eligible to reapply for membership provided the application is filed prior to the person's twenty-third (23rd) birthday. Such person will be considered for membership purposes only.

SECTION 3. ELIGIBILITY OF ADOPTED CHILDREN

Children adopted by members or non-members of the Tribe are eligible for tribal membership provided that such children otherwise meet the membership requirements.

SECTION 4. REAPPLICATION RIGHTS

A minor child whose rights were relinquished by a parent or legal guardian may reapply for membership in the Tribe, provided the application for membership is filed prior to the person's twenty-third (23rd) birthday.

RELINQUISHMENT AND DISENROLLMENT

Membership decisions regarding relinquishment and disenrollment will affect future generations. Many people are finding that their children are not eligible in the parent's new tribal affiliation. Many people have left to enroll in other tribes without first relinquishing their membership here which leaves them subject to *involuntary disenrollment*.

ARTICLE VII – RELINQUISHMENT

SECTION 1. ACCEPTABLE PROOF OF RELINQUISHMENT

The only acceptable proof of relinquishment shall be the notarized statement of the tribal member relinquishing tribal membership, on a form approved for such use by the Pyramid Lake Paiute Tribal Council. A request to relinquish the membership of an enrolled minor child shall be accepted only from the parent(s) or legally designated guardian of such minor child, provided that documentation is provided of such official designation prior to execution of relinquishment documents.

SECTION 2. RELINQUISHMENT GUIDELINES

Relinquishment of tribal membership shall be final except in the case of a person relinquished as a minor. In such case, the person relinquished as a minor shall be eligible to reapply for membership prior to their twenty-third (23rd) birthday, if the person so relinquished received judgment or per capita funds as a member of another tribe prior to applying, such person will be considered for membership purposes only. Adults who have relinquished and request their membership to be reinstated will not be considered for membership except under extenuating circumstances determined by the Pyramid Lake Paiute Tribal Council. The Tribal Council will be the sole determining body for such requests and the decision on such reinstatement requests will be final.

Copies of the relinquishment form and approving resolution of the Tribal Council shall be provided to both tribal groups involved (if applicable), to the Bureau of Indian Affairs/Western Nevada Agency, and to the individual involved.

SECTION 3. RELINQUISHMENT – ADULTS

Any adult tribal member may relinquish their own membership in the Tribe by submitting a completed and notarized Affidavit of Relinquishment to the Enrollment Committee. Such relinquishment shall be effective upon the date of the Tribal Council's acknowledgment of the same. Written notice accepting the relinquishment shall be sent to the person requesting the relinquishment and to the other tribe involved, as applicable, in accordance with the provisions of this Ordinance.

SECTION 4. RELINQUISHMENT – MINOR CHILDREN UNDER 18

The membership of a minor child under the age of eighteen (18) may be relinquished in writing by the minor's parent(s) or legal guardian(s), subject to the following limitations:

- A. All persons having legal guardianship or parental rights over the child must consent in writing to the relinquishment.
- B. A non-Tribal or non-Indian parent/guardian requesting relinquishment of a minor child must first obtain and submit the written notarized statement of the tribal member parent. This requirement may be waived by the Enrollment Committee based on proven extenuating circumstances, requested in writing by the person filing the relinquishment.
- C. No relinquishment shall be granted for any child who is the subject of a child custody proceeding as defined in the Indian Child Welfare Act, 25 U.S.C., §1903, or who has been the subject of such a proceeding within the past two (2) years immediately preceding the filing date of such relinquishment.

ARTICLE VIII – DISENROLLMENT

SECTION 1. BURDEN OF PROOF

The burden of proving grounds for disenrollment of a tribal member shall at all times rest upon the Tribe. The Tribal Enrollment Officer will present any findings leading to a cause for disenrollment of a Tribal member to the Enrollment Committee who will review the evidence and submit its recommendation to the Tribal Council. The Tribal Council will notify the affected tribal member in accordance with Section 3 of this Article and a hearing will be held. At this hearing, the Tribal Council will review the evidence submitted by the Enrollment Committee and the affected tribal member or parent/legal guardian (if a minor or legal incompetent) whose membership is under review, prior to making a final determination.

SECTION 2. PERSONS CONSIDERED FOR DISENROLLMENT

Persons found to meet one of the following criteria will be considered for disenrollment:

- A. Is enrolled or affiliated with any other tribe, colony or band, and who refuses or fails to relinquish his or her membership and/or affiliation with any other tribe, colony, or band; and/or,
- B. Has been found not to be within the requirements of eligibility for membership; and/or,
- C. Has been found to have been enrolled on the basis of false or erroneous information or misrepresentation.

THPO SEEKING ORAL HISTORIES FOR CHINESE FISHING CAMP AND MUD LAKE MASSACRE By Betty Aleck

NIXON – The Tribal Historic Preservation Office (THPO) and the Cultural Resources Committee are seeking oral histories from tribal members on two projects that have been initiated, the Mud Lake Historic Research Project and the Chinese Fishing Camp project.

The Tribal Historic Preservation Office is working with Reno-based archaeological firms, Vierra & Associates and Kautz Environmental on these two projects.

Both projects were approved by the Cultural Resources Committee at a previous meeting along with three other projects which included, creating a brochure about respecting sacred places; designating Black Warrior a Traditional Cultural Properties with the National Register of Historic Places and researching the original boundaries of the reservation.

Chinese Fishing Camp: The Chinese Fishing Camp existed in the 1880s and was located along Winnemucca Lake about 25-miles north of Nixon. This site had never been surveyed for cultural resources and the rock structures at the location were started to deteriorate and thus the need to record the site was crucial. Initially, it was uncertain whether the site was an example of Native American occupation or Asian.

Robert Vierra, PhD, of Vierra & Associates, conducted an archeological survey of the 15-acre site and determined it was indeed a Chinese Fishing Camp based on archaeological artifacts evidence. However,



Robert Vierra, archaeologist, stand near a living structure at the Chinese Fishing Camp located at Winnemucca Lake.

the site is both considered a historical archaeological site and a prehistoric site due to artifacts existing at the site, concerning the former, broken Chinese ceramics indicate a definite Asian activity and with the latter, existence of lithic scatter indicate a native presence.

Vierra reported when the Central Pacific Railroad was being constructed in the 1860s, Chinese were highly sought after because of their knowledge of explosives and railroad construction skills and thus there was a big influx of Chinese to the west. Although Chinese were in demand they were also persecuted, as many anti-Chinese movements were established. Due to the oppression, there is little information on their domestic activities other than the fact that they had laundries, worked on the railroad and owned restaurants. To gain an understanding of the fishing camp at Winnemucca Lake, Vierra conducted an archival search of historic documentation including old newspapers and research papers on the subject matter.

The fishing camp encompasses 15-acres and includes rock walls located to the south and east. The walls are made of basalt and tufa and in some areas the wall towers up to eight-feet. The walls were made to contain the fish.

Vierra said the Chinese were catching and selling fish, and placing the fish in the barrels to transport them either by wagon or burro to Wadsworth, where grocery store owner, Eugene Griswold, established a cannery. Fish were then transported to either Reno, Virginia City or San Francisco, CA.

Vierra said he is uncertain how long the Chinese occupied the area at Winnemucca Lake or how many the Chinese fisherman lived out in the area.

The Tribal Historic Preservation Office and Mr. Vierra are seeking oral histories from tribal members who many have family stories about the Chinese Fishing Camp or the Chinese influence in this area.

The second project is the Mud Lake Historic Research Project, which is being conducted by Clint Cole, PhD, of Kautz Environmental. The research involves ferreting out the

discrepancies that exist in this incident and finding the location of the massacre.

On March 15, 1865 in the early morning hours, Captain Almond Brown Wells and 30 soldiers from Company D, First Nevada Cavalry, opened fire on 29 natives and killed all but one individual. Captain Wells reported in his official report that 29 Indian men who were stealing cattle from ranchers were killed.

Sarah Winnemucca wrote in her book, "Life among the Piute's: The Wrongs and Claims," of the incident that Wells killed 29 women, children and elders and that her sister escaped the killing. She also wrote in her book that two of her father's wives were killed and her baby brother.



Cole has been researching the incident and has gathered over 100 source materials and references and said, "I'm gathering all the written records that pertain to the Mud Lake Massacre and getting details in the statements and flushing out the details of what happened and clues about the location."

He said there was no congressional follow up of the incident, although there were discrepancies of what really happened.

Further he said newspaper of that time picked up on the incident and some newspapers rallied behind Captain Wells, while other newspaper questioned Well's account and pointed out discrepancies in the Army official report.

Cole has also found descendants of Wells in hopes that Wells may have kept a manuscript or diary. He has been search military records and individual soldiers who may also have kept diaries and may have written of the incident.

The THPO and Cole are seeking oral histories about the Mud Lake Massacre.

Tribal members who have family stories about either the Chinese Fishing Camp or Mud Lake Massacre or both can call the THPO office at 574-2404, or Robert Vierra at 324-6541, or Clint Cole at 829-4411.

Charlotte's Secret Salon & Spa

48 Railroad Avenue, Wadsworth

Call for an appt. 575-2542

with Madison or Jill.

Bring this coupon with you for your

\$10 off a Color or Perm; or \$5 off a Haircut.

\$10.00 off a
Color or Perm

\$5.00 off a
Haircut

Offer is good for January & February, 2015. One coupon per customer. Copies not accepted.

Nevada Indian Commission honors Nevadans at American Indian Achievement Awards Banquet November 15

Carson City, Nev. – The Nevada Indian Commission honored four Nevadans for their important contributions to the American Indian community at 5 p.m. Saturday, Nov. 15 at the Governor’s Mansion in Carson City. The American Indian Achievement Awards Banquet and Silent Auction is now in its fifth year and is the first statewide effort to recognize people in the state who have positively influenced the lives of American Indians.

Gov. Brian Sandoval has proclaimed November as American Indian Heritage Month. “Each award recipient has demonstrated leadership and a commitment to preserving the American Indian community throughout the state of Nevada. It is my pleasure to celebrate their contributions and honor the excellent work they do to build strong, vibrant communities,” Gov. Sandoval said.

“This event reminds us of the contributions of four outstanding Nevadans from our tribal communities who bring so much to the state’s history and heritage,” said Richard Arnold, commission chairman. “An added bonus is that this event helps raise funds to support preservation of the Historic Stewart Indian School in Carson City.”

Members of the Nevada Indian Commission

selected the 2014 award recipients. The Indian Commission’s mission is to ensure the well-being of American Indians statewide through development and enhancement of the government to government relationship between the State of Nevada and Indian tribes, and through education for a greater cultural understanding of the state’s first citizens. The commission was established in 1965 to be the conduit between the governor and the 27 federally-recognized Nevada tribes.

“The awards banquet continues to celebrate the extraordinary leadership and achievements of Nevadans working in and for Indian Country,” said Sherry Rupert, executive director of the Indian Commission. “The event is a great way to celebrate these individuals and to celebrate American Indian Heritage Month.”

Receiving Achievement Awards in each category are:

- ◆ American Indian Community Leader of the Year – Aletha Tom, Chairwoman for the Moapa Band of Paiutes
- ◆ American Indian Youth Services/Role Model of the Year – Paula Smith, Juvenile Probation Officer, Washoe Tribe of Nevada and California

- ◆ American Indian Youth Ambassador of the Year – Calista Cruz, student, Coral Academy, Reno, NV
- ◆ Contributor and Supporter of the Year – Ben Rupert, Firefighter, City of Reno Fire Department



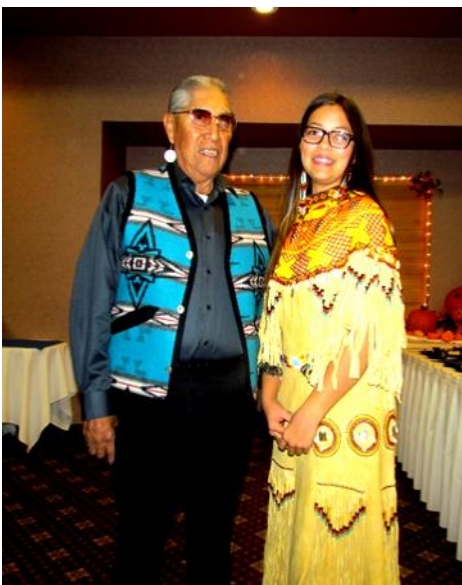
For information on the Nevada Indian Commission and the Achievement Awards Banquet visit www.nic.nv.gov and for more information on the Stewart Indian Cultural Center visit www.StewartIndianSchool.com. Contact (775) 687-8333 ordmbecker@nic.nv.gov.

American Indian Youth Ambassador of the Year

Calista Cruz, a member of the Pyramid Lake Paiute Tribe was recently honored by the Nevada Indian Commission as the American Indian Youth Ambassador of the Year. She was honored along with 3 other Tribal leaders at the 2014 American Indian Achievement Awards Banquet held at the Governors Mansion in Carson City. Her academic achievement at the Coral Academy of Science, and work with the Truckee Meadows Boys and Girls Club as an Leader in Training (LIT) helped achieve this award.



Calista is the daughter of Shannon Mandell of Wadsworth. Grandfather, Alan Mandell, Great-Grandparents JR & Rosa Mandell and Ruth and Harold Holbrook of Carson City.



She was also very honored to be asked to sing the national anthem at the Sesquicentennial Honoring Reception for the Centennial Indian Princess Contestants. This event honored the 22 contestants that participated in the Centennial Indian Princess contest that took place October 1964. She was especially honored to be asked by Carol Lazore (Frazier) to wear Ms. Lazore's Traditional Dress that she wore in the 1964 pageant. (Pictured with Ralph Burns).

2014 Sesquicentennial Honoring Reception for the 1964 Centennial Indian Princesses, co-hosted by the Nevada Indian Commission and the Reception Planning Committee.

“We are honored to be able to welcome these 22 women back to Carson City after 50 years, to join in the state’s birthday celebration. Some of these

women are making the journey home from as far away as New York and Alaska,” said Sherry Rupert, executive director of the commission. A reception in their honor was held on Thursday, October 30 at the Gold Dust West Hotel Casino, Carson City, Nevada. Many of them also participated and rode on the Stewart Indian School and Centennial Indian Princess float in the Nevada Day Parade.



LARRY BURTON | photo

Shown are contestants or representatives of princesses at the Sesquicentennial Honoring Reception for 1964’s Centennial Indian Princess on Oct. 30 at Gold Dust West. From the left in the back row are Jessica Pishion, granddaughter of deceased princess Jennifer Ellison Pishion of Fallon; and Rupert Powers of Carson City and Teri Lynn Powers-Zastro of Elko, son and daughter of deceased princess Vicki Rupert of Carson City; Meg Edna Dick McDonald of Carson City; Aloha Calac-Jones of Susanville, now of Florida; Ernestine Hunter Moore of Austin, Nev.; and Barbara Williams Neuneker of Carson City representing her sister Shirley Williams Steel of Schurz. From the left in the front row are Barbara Happy of Lovelock; Darlene McCloud Imus of Wadsworth; Patricia Roberts Alexander of Schurz, now of Sitka, Alaska; Linda Torres Johnson of Yerington; Donna Malone Anderson of Carson City; Deirdre Jones of Woodfords and Carol Frazier Lazore of St. Regis Mohawk Indian Reservation in New York.

Pesa Nawahana (Good News) from the Pyramid Lake Museum 2014 REVIEW OF HAPPENINGS AT THE MUSEUM

Mural Collaboration



Over the course of the year the Museum worked with the PLHS and the GLS Tribal Youth Suicide Prevention Grant: Kwetso'ina Numu – People of Life Project to create a mural that incorporates a sense of place, traditional knowledge, and science. Thank you to everyone involved for beautifully enhancing the Museum space. We are seeking funding to purchase seating and hope to build a shade structure in the near future to be able to host luncheons, events, etc.

NV Day Parade Float



The weather was cold and wet on Nov. 1st, but the PLPT and PLHS parade participants were troopers and made the best of the day. Even though the PLPT float entry did not place we are proud to have participated alongside many other Tribal floats in the first ever Indian Territory section of the parade.

Burning Man Souk Tent



We participated in Burning Man on the Playa this year. The installation could be seen at 'The Souk' that surrounded the base of the man. The historical and cultural informational panels were enhanced by local artwork. We received great feedback from the community and Burners on our endeavors to educate both national and international visitors.

2nd Annual Native American Heritage Celebration

On Nov. 15th the Museum held our 2nd Annual Native American Heritage Celebration. We saw an increase in community attendance, so thank you for the support! Highlights of the event included the opening of a new art exhibit, a Roc Your Mocs photobooth, and the showing of Hidden Cave. We would like to thank all the participants that contributed to the events success.



Great Basin Artist Exhibit



Now exhibiting traditional and contemporary works from Great Basin Artists: Ben Aleck, Dean Barlese, Phil Buckheart, David Dalasohya Jr, Cassandra Darrough, Louinda Garity, Linda Jones, Topaz Jones, Burch Kochamp, Jean LaMarr, Jack Malotte, Melissa Meler, Dorothy Nez, Steve Nighthawk, Topah Spoonhunter, Janice Stump. The works will be on display through May, so please stop by to see the amazing artwork.



Pyramid Lake Museum (con't)

What to look for in 2015

- ◇ Cultural Classes & Workshops June 15 – August 7, 2015).
- ◇ Pyramid Lake Exhibit at UNR Mathewson-IGT Knowledge Center (Tentative Dates March—July, 2015).
- ◇ Traveling Exhibit: One is Silver, the Other is Gold at PL Museum (Runs June 15 – August 7, 2015).
- ◇ NV Day Parade PLPT Float
- ◇ 3rd Annual Native American Heritage Celebration
- ◇ Annual November Exhibit Opening

Kooyooe Tukadu Yadooana

Paiute

- Tukwa Muha
- Taba Kodyuna
- Tammano Muha
- Tommo
- Tammano
- Pudu Tommo
- Kedu Tabeno

English

- Snow month / January
- Sun returning / Febuary
- Spring month / March
- Winter
- Spring
- New year
- Groundhog day

Since March 2014 Ralph Burns and community members have held potluck dinners to encourage language learning. The group meets at the Brown Building in Wadsworth on Tuesday evenings from 6 –8 p.m. All are welcome to attend.



to stay updated on what's happening at the Museum

SUMUNUMU

EVALUATION PROCEDURE

We need at least one week to get the evaluation back to the client.

- Call Clinic to make an appointment for the GAIN (Global Assessment of Individual Needs) Plan for at least 2 hours. Client will receive a \$20.00 Wal-Mart gift card at the end of the evaluation process.
- Make appointment to see Judy Kroshus, Sumunumu Program Director, prior to leaving the Clinic for the evaluation to be completed. Wednesdays at Nixon or Friday at the Fernley office.
- Evaluation will be given to client unless client signs a Release of Information for evaluation to be given to a third party.

Adolescent Evaluation Procedure

Same as for adult with the exception: Adolescent must sign a release of information for the evaluation to be shared with anyone including parents, social services, and the Courts. (Per 42 CFR 2.12, 2.12b, Privacy Rule, April 14,2003.

Sumunumu Contact Information Numbers

- ➔ 775-574-1018, ext 1239 and
- ➔ Fernley Office 775-980-6507

From the desk of the Executive Secretary

I would like to thank everyone who helped out with this year's holiday events. The events were well-received and the community was very supportive. The intent with having a Christmas Lights Contest was to promote the holiday spirit, and everyone did a great job in decorating their homes for the holidays. Here are the winners for each community:

SUTCLIFFE:

- 1st Place – Randy Tobey
- 2nd Place – Janet Padilla



NIXON:

- 1st Place – Kathy L. Frazier
- 2nd Place – Rhonda Kochamp
- 3rd Place – Collette Auguh-Dunn
- 4th Place – Letisha Rosales



WADSWORTH:

- 1st Place – Kevin Thomas
- 2nd Place – JR Mandell
- 3rd Place – LaVerne Melendez

Nixon had a lot of homes decorated and given the small number of lights in Sutcliffe, the decision was made to include a 4th place for the Nixon area.

The following individuals deserve a big THANK YOU for all their help:

Gym Decorating – Dehan Dominguez, Angey Dunn, JoLyne Sander, Arena Tapija, Fern Walker, Autumn Harry, Khira Shaw, Larissa Lee, Felina Henry, Evan Smith, Matthew Smith; William Barlese;

Shopping – Felina Henry, Evan Joe Smith, Matthew Smith, William Barlese;

Gift Wrapping – Lori Black, Carla Eben, Janet Davis, Gina Wadsworth, Michele Smith, Arena Tapija, Lela Leyva, and Robert Guerrero;

Fruit Pickup & Delivery – Anthony Asetamy;

Candy Bagging – Marie Pancho, Brian Wadsworth, Khira Shaw, Josh Teter, Larissa Lee, Autumn Harry, Rose Mary Joe-Kinale, Gina Wadsworth, Alicia

Querta;

Election Cooks & Kitchen Help – Rose Mary Joe-Kinale, Brian Wadsworth, Paula Wright, JoLyne Sander, Tanda Roberts, Lori Black, Gina Wadsworth, Angey Dunn, Sandra A. Garcia, Heidi McClusky, Betty Aleck, Kathy L. Frazier, Anita Dunn, and special Thank You's to Brenda Henry for cooking and staying to help out throughout the afternoon, and to Rose Mary Joe-Kinale for staying at the end and helping clean up after everyone left;

Gym Set up & Transport – Alonzo Ruiz, Stan John, Richard M. Leyva, Ryan Dunn;

Santa would also like to thank his helpers for handing out toys and candy: Angey Dunn, Gina Wadsworth, Nathan Dunn & PLHS Students, and Felina Henry;

Cake Servers: Brian Wadsworth, Anita Dunn, Brenda Henry;

Community Dinner: Pyramid Lake Veterans & Warriors Organization;

Thanks also to Lela Leyva and Jeff Christensen, and to those who stepped up to sing hand drum songs: Jonathan Lowery, Nathan George, and Paula Wright; a special Thanks to Jonathan Lowery for his song in memory of Fred Davis, who is greatly missed.

Special Acknowledgement to Mr. & Mrs. Larry Harris of Reno for their generous toy and monetary donations which made it possible for the Tribe to sponsor the Christmas light decorating contest. Thanks also to Finance for their patience with my last-minute walk-through requests.

And last but not least, a big THANK YOU to Lorin Iggy Dunn for all his help setting up the gym for both events, and for setting up the sound system. Your hard work is much appreciated!!! My apologies if I overlooked anyone as it was not intentional. Happy Holidays everyone!

PROPOSED SUMUNUMU TUTORING SCHEDULE BEGINNING THE WEEK OF 1/12/15:

- ➔ Monday-Pyramid Lake High School, students only from 2-5pm
- ➔ Tuesday-Fernley Resource Center-GED Prep 1-4pm
- ➔ Wednesday-Natchez Elementary 2-4pm
- ➔ Friday-Fernley Resource Center 2:00-4:30

Community access computers will be available during operational hours at the Fernley Resource Center each day.

Tutoring will be provided by Nevada Certified Teacher during all of the tutoring hours listed above.

Contact:

Sumunumu Resource Center
(775) 980-6507
460 W Main St. Ste #101
Fernley, NV 89408

PLTHC—SUMUNUMU
 Pyramid Lake Tribal Health Center Spring/Summer

HOW ALCOHOL AFFECTS YOUR BODY

Moderate drinking may help your health but heavy boozing only hurts it. Here are the pluses and minuses of how alcohol affects your body.

- + BRAIN**
Moderate alcohol consumption may ward off dementia and Alzheimer's disease.
- HYDRATION**
Alcohol depresses the production of antidiuretic hormone (ADH), which helps keep you hydrated.
- + HEART**
Drinking in moderation may protect the heart by raising "good" HDL cholesterol, decreasing inflammation and "thinning the blood" (preventing clots that can cause heart attack and stroke).
- BREASTS**
As little as one alcoholic drink a day can increase the risk of breast cancer, according to a 2009 study in the Journal of the National Cancer Institute.
- STOMACH**
Alcohol causes stomach cells to produce excessive amounts of gastric acid, which can irritate the stomach.
- PANCREAS**
Heavy alcohol use is the most common cause of pancreatitis, an inflammation of the pancreas and a major risk factor for pancreatic cancer.
- LIVER**
Drinking excessively causes the liver to accumulate fat (fatty liver) and become inflamed (hepatitis).
- + BONES**
Moderate alcohol consumption may boost bone density and reduce risk of bone fractures, possibly by raising levels of sex hormones like estrogen and testosterone, which help to keep bones strong.
- BLOOD PRESSURE**
Drinking even in moderate amounts (particularly on an empty stomach) has been linked to high blood pressure, a risk factor for heart attack and stroke.

Fernley/Wadsworth AA Meetings

Updated list 9/17/2014

Sunday 6:00 PM Grapevine Meeting (O-WA)
10 North Center Street - Fernley Community Center

Monday 12:00 PM .Beginners Big Book (O-BB-NS)
10 North Center Street - Fernley Community Center
07:30 PM Keep It Simple (O-BB-WA)
10 North Center Street - Fernley Community Center

Tuesday 6:00 PM Step Study Meeting (O)
Big Bend Ranch Old Highway 40

Wednesday 7:30 PM Keep It Simple (O-D-WA)
10 North Center Street - Fernley Community Center
(First Wed CL & Last Wed BDM)

Thursday 7:30 PM Men's Meeting (C-D-MS)
875 Freemont St Calvary Chapel

Thursday 7:30 PM Women's Miracle Meeting (C-D-WO)
875 Freemont St Calvary Chapel

Friday 12:00 PM Living Sober (O-D)
10 North Center Street Fernley Community Center

Friday 8-9 PM. Road to Recovery (O-D)
Parish hall-Wadsworth Nevada

Saturday 4:00 PM Stairway To Heaven (O-D)
875 Freemont St Calvary Chapel

Codes: O-open meetings, BB-big book, WA-Wheelchair, D-discussion, MS-men stag, Closed

Alateen Meeting list

Monday 7:00 pm
Alateen Changes, Triangle Club
635 So. Wells Ave. Reno NV
Ages 13-20

Tuesday 11:00 Am
Alateen, Incline High School
499 Village Rd.
Incline Village, NV 89450

Tuesday—Ages 9-10
Kids in Super Serenity,
Triangle Club,
635 So. Wells Ave. Reno NV

Sunday 4:00 pm
Alateen Northwest,
933 West Moana Lane Reno, NV

<http://recoverySpeakers.com> -

This new website is the result of nearly seven years of hard work digitizing old recordings and adding new ones to our database. The current library contains thousands of recovery talks, and we're adding more daily. This service is completely FREE and we encourage you to pass the link on to anyone who might benefit from this service.

Season's Greetings & Happy New Year!

From **Sumunumu Staff**

Resources

Pyramid Lake Tribal Health Center
775-574-1018

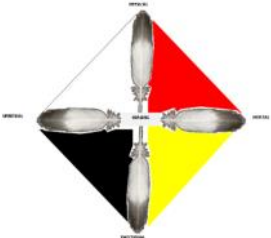
Sumunumu
775-574-1018

Garrett Lee Smith GLS
775-574-1111

Crisis Call Number
1-800-273-8255

Sumunumu/PLTHC

705 HWY 446
P. O. Box 227
Nixon Nevada 89424
Phone: 775-574-1018



SUMUNUMU RESOURCE CENTER

460 W. Main St. Suite 101, Fernley, Nevada

**High School Students,
College Students
& Community**

- ◆ Research
- ◆ Job search
- ◆ Monitor grades
- ◆ Support groups
- ◆ Counseling
- ◆ Arts & Materials
- ◆ Self help material
- ◆ Community activities
- ◆ Digital Story Development
- ◆ Computer access
- ◆ GED prep
- ◆ Tutoring

Office Hours

Monday through Friday
8 am to 5:00 pm
Wednesday 2—6:00 pm
(note subject to change)

Sumunumu/Resource Center
460 W. Main Street Suite 101
Fernley, Nevada

Pyramid Lake Tribal Health Center
PO Box 227
Nixon, NV 89424

Phone: 775-574-1018
E-mail:

PLTHC—SUMUNUMU
 Pyramid Lake Tribal Health Center

Spring/Summer

SACRED VISIONS PAGEANT & PARADE WINNERS 2014



NEVADA PARADE 2014



nDigiDreams T4T



SUMMER DAY CAMP
June 30 to July 31, 2014



Grades K-6th grades
 Collaboration of Johnson O'Malley, Parks N Recreation, Sumunumu, Garrett Lee Smith Youth Prevention Program provided activities for the youth including prevention activities, Art and including fieldtrips to Numana Hatchery, Wild Waters & Movies and Roller-skating. Meals were provided by the Boys and girls club in Fernley.



Rust 'n Dust



6TH ANNUAL WALK FOR



Sumunumu provide welcome back lunch bags for all the students Natchez & Head Start programs Nixon & Wadsworth



TRANSPORTATION PLANNING

The Tribal Transportation Planning office was established to provide technical management on road construction from design phase through final acceptance. The Department acts as liaison between the Tribe and other Transportation related agencies to coordinate roads planning and construction activities. The Transportation Planning Office has been in existence from May 2009 and is located at the Tribal Administration Building and funded through BIA transportation department funding.

Transportation Planning Department Projects: Wadsworth Bypass Road Construction, Pelican Point Construction, Pyramid Lake Transit, Wadsworth Community Center Parking Lot with Access Road, Tribal Bike Path Project (New) and a Tribal Safety Project (New).

WADSWORTH BYPASS ROAD

The Wadsworth Bypass Road project is ongoing. This bypass road provides a primary route circumnavigating the town center which would keep non-local traffic out of the school/neighborhood area. The total length of realignment beginning at State Route 427 at the south end proceeding to connect with existing State Route 447 at the north end is 2.68 miles. By relocating this road approximately 4,000 ft. to the west, we would achieve an increased level of safety by providing that traffic; especially semi-trucks with trailers would not run through the school zone.

The Tribal Transportation Planning department continues to meet with Nevada Department of Transportation, BIA, and Summit Engineering to proceed with the design portion of this project. Summit Engineering is working to ensure that the plans meet Federal specifications and will be acceptable to NDOT. The design project consisting of the Plans, Specifications and Estimates (PS&E'S) currently stands more than 90% complete.

We have applied for the 2014 - Transportation Investment Generating Economic Recovery or "TIGER Discretionary Grant" - to fund the construction of Wadsworth Bypass Road.

We are continuing to work on this project with Nevada Department of Transportation, Bureau of Indian Affairs and Summit Engineering to complete the Environmental Requirements and Right of Way for the design package.

PELICAN POINT PROJECT

The Pelican Point Road Construction Project is located off of State Route 445 approximately three miles north of Sutcliffe, Nevada. The new intersection will be relocated approximately 800 feet south of the existing intersection. Improvements will include 0.3 miles of paved access road, paved parking for approximately 127 vehicle/trailer combinations, 40 day use sites with parking for 90 additional vehicles and an associated 2,400 feet of connector roadways.

This project will also include improved access road and parking areas at Pelican Point. The Pyramid Lake Paiute Tribe was selected to receive a "TIGER Discretionary Grant of \$2.94 million dollars for the project.

We have worked with Federal Highway Administration (FHWA) and the Bureau of Indian Affairs, Transportation to get this project going.

After working with Tribal staff, Tribal Departments and the Tribal Council, construction work started with a Tribal Force Account Crew during the week of June 23, 2014. Mobilization of the construction equipment and crew were accomplished during this time. The subgrade work and the hauling of the structural fill have been completed. All concrete work has been completed with

Reno Concrete constructing headwalls for the concrete pipe and also pouring the wing walls for the concrete box culvert.

Paving has been completed on the boat dock parking area and new access road. The boat dock parking lot and access road will be open before winter shut down. Temporary striping has been completed on the boat dock parking area. Completion of the aggregate base and paving the access road to the R/V parking stalls will be completed during the spring to early summer of 2015.

PYRAMID LAKE TRANSIT PROJECT

We have recently been awarded \$300,000 to fund start-up costs for a new Transit System for the Tribe. We are now communicating with Federal Transit Administration to access the funding to start this project. Newly developed, Pyramid Lake Paiute Tribal Transit, is now located in the first modular building next to the Nixon Gymnasium. Robert Hicks is the Transit Manager and Michele Smith is the Interim Administrative Assistant. Transit services as expected to start as early as March 2015.

WADSWORTH COMMUNITY CENTER PARKING AREA AND ACCESS ROAD PROJECT (PHASE II)

PHASE I of this project is PLIR 102 (2) was to widen/pave and drain the access road & pave the parking lot area with concrete sidewalks included, in the recently constructed community center area. This project was completed last spring with the paving job.

PHASE II of this project is to pave, drain and install underground utilities for an additional parking area adjacent to the recently completed PLIR 102(1). This parking area will be for a new building planned to be constructed at the development site. Plans, Specifications and Estimates (PS&E'S) will be developed for this project.



NEW PROGRAM...



P.L.P.T.T.
Pyramid Lake Paiute Tribal Transit

DAILY ROUTES!..

LOW FARES!

to and from Nixon, Wadsworth, Fernley, Reno & Sutcliffe....

Expected to launch services **March of 2015**

Transporting the community to access employment opportunities, health services, conduct tribal business, shopping, etc.

For more information contact:
ROBERT HICKS, TRANSIT MANAGER
(775)574-2410, Ext. 1405 & 1406

Transportation for everyone

The drainage area for the community center complex is planned to be west of the new community center building. We ask that this area be kept free from dumping any type of material in the future because it is needed for the retention basin to drain water from the projected building complex.

TRIBAL BIKE PATH PROJECT

The Tribe has approved a bike path project to improve approximately 11 miles following the old railroad bed from Popcorn to Sutcliffe. We have a preliminary map of this area approved and will start the new project with advertising for a consultant to design the bike path in the near future. This project will consist of the Plans, Specifications and Estimates (PS&E'S) for right of way, environmental clearance and construction expected to start in 2015.

TRIBAL SAFETY PROJECT

We have applied for and were selected to receive a \$12,500 safety grant. This project will be to develop a safety plan for the Pyramid Lake Tribal Transportation system. The safety plan will be similar to the BIA transportation safety plan. By implementing a Tribal Safety Plan, we hope to meet the BIA VISION STATEMENT: All transportation users arrive safely at their destinations and GOAL: to prevent and reduce the number of people killed and injured in transportation related crashes. Some key components of the plan are to be Data Collection, Run off the Road Crashes, Occupant Protection, Alcohol/Drug Impaired Driving and Other Driver Behavior and Awareness. Transportation planning is continuing to work on this project.

The Transportation Planning Staff will continue to work to improve the Transportation system of the Pyramid Lake Paiute Tribe.

Johnnie M. Garcia

Transportation Planner

GLS SUCIDE PREVENTION PROGRAM

COPING WITH DEPRESSION DURING THE HOLIDAYS: WHEN SADNESS CLASHES WITH CELEBRATION

By Mayris Turner & Adrian Tom-GLS Program

EMOTIONAL SURVIVAL GUIDE

Do's.....

- ☺ Make good memories,
- ☺ Think about what's important,
- ☺ Fulfillment lies in the balance between self-care and caring for others.
- ☺ Socialize
- ☺ Exercise every day
- ☺ Limit watching television
- ☺ Stay on budget

Don'ts.....

- ☹ Realize that things don't have to be perfect.
- ☹ Neglecting yourself.
- ☹ Isolate yourself from family friends.
- ☹ Getting sad for over-eating and eating too many carbs.
- ☹ TV programs that are depressing,
- ☹ Spending too much.

Beyond the Blues:

- Grief and Depression**
- ❖ Open Your Heart
 - ❖ Accept the Sadness
 - ❖ Let Go of Perfectionism
 - ❖ Transform Old Traditions
 - ❖ Say 'No' If You Need To
 - ❖ Honor Your Loved One
 - ❖ Discover Small Joys

Garrett Lee Smith Tribal Youth Suicide Prevention Grant

PL Tribal Health Clinic/Suicide Prevention
705 Hwy 446 | PO Box 227 | Nixon NV. 89424



Mayris Turner	(775) 574-1111 Ext. 1241
Adrian Tom	(775) 574-1111 Ext. 1243
Fax	(775) 574-1028 or 1114
Veterans Crisis Line	(800) 273-8255 (Press 1)
Suicide Prevention Life Line	(800) 273-8255
Pyramid Lake Paiute Tribe	(775) 574-1018 ext. 1241

Four Ways to Deal with Stress

1. **Positive Self-Talk** can be positive ("I can do this" or "Things will work out") or negative ("I'll never get well" or "I'm so stupid").
2. **Emergency Stress Stoppers** help you deal with stress on the spot.
3. **Finding Pleasure** When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress.
4. **Daily Relaxation** is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are [yoga](#), [tai chi](#) (a series of slow, graceful movements) and [meditation](#).

2. Scan your behavior for signs of stress.
For example:
 - Do you have rapid breathing or rapid pulse?
 - Are you irritable?
 - Are you having trouble concentrating?
 - Do you feel excessively tired?
 - Are you having trouble sleeping?
3. Scan your emotions, remembering some feelings that may be in the background.
4. Scan your thoughts and thinking patterns.

Stress: Putting It All Together

- ◇ Stress is the emotional and physical strain caused by our response to pressure from the outside world.
- ◇ Mental symptoms of stress include: tension, irritability, inability to



- concentrate, feeling excessively tired, and having trouble sleeping.
- ◇ Physical symptoms of stress include: dry mouth, a pounding heart, difficulty breathing, stomach upset, frequent urination, sweating palms, and tense muscles that may cause pain and trembling.
- ◇ The four types of stress signs include changes in body functions and physical health, changes in emotions and feelings, changes in behavior, and changes in thoughts.
- ◇ Stress has been linked to serious diseases such as heart disease and cancer, and to a variety of other physical and emotional disorders.



Four Steps to Scan Yourself for Signs of Stress

1. Scan yourself for physical signs of stress, starting with your head and working down.
For example:
 - Do you have muscle tension?
 - Do you have sweaty palms?

UPCOMING TRAINING.

We are planning another ASIST training for anyone that hasn't had the training yet or wants to refresh course, can sign up. We haven't planned a day yet because the training has to be set and a number has to show up for it to happen. Anyone or department can contact the **GLS project** at (775) 574-1111 ext. 1243 for sign ups, and we can set a day good for everyone.



PYRAMID LAKE CATTLEMAN ASSOCIATION

Happy Holidays!

With the change of seasons, the Winter Range areas will be utilized. Like Nevada, the Pyramid Lake Reservation is designated as "Open Range". On the reservation, Winter Range is located closer to Nixon, Wadsworth and Sutcliffe and along the highways that connect them.

The "Open Range" law is a collection of statutes and statutory definitions that legally govern duties, responsibilities and liabilities of domestic owners of livestock and the public on land outside of cities and towns (NRS 568.300, NRS 568.355, NRS 568.360, NRS 568.370).

The Pyramid Lake Tribal Law and Order Code, Title III, Section 3.04.400 Criminal Offenses, Section 3.04.402 Destruction of Cattle, designates the Pyramid Lake Indian

Reservation as open range and states, "Any person operating a motor vehicle within the Pyramid Lake Indian Reservation that results in the death or destruction of cattle shall be liable for payment of the value of the destroyed cattle to its owner. The liability imposed by this section is strict liability and does not require the owner of the destroyed cattle to prove any negligence on the part of the motor vehicle operator. Cattle as used in this section shall include cows, horses and any other domesticated animals raised for food, fiber, farming or ranching purposes. The Pyramid Lake Tribal Court shall have jurisdiction over any suit brought to enforce this section."

It is the responsibility of the land owner to fence livestock off of assigned land through construction of a "legal fence". The definition of a legal fence is a fence with not less than

four horizontal barriers, consisting of wires, boards, poles or other fence material in common use in the neighborhood, with posts set not more than 20 feet apart. The lower barrier must be not more than 12 inches and the height of the top barrier must be at least 48 inches above the ground. Every post must be set so as to withstand a horizontal strain of 250 pounds at a point 4 feet from the ground, and each barrier must be capable of withstanding a horizontal strain of 250 pounds at any point midway between the posts.

If a vehicle accident occurs involving livestock on the roadways within the boundaries of the Pyramid Lake Indian Reservation, the first step is to contact the Tribal Law Enforcement or Highway Patrol. They will immediately contact the cattle owner. Persons should never leave the scene of an accident until the Law Enforcement says it is okay to leave.

Letters to the Editor

The Pyramid Lake Paiute Tribal Newspaper welcomes your "Letters to the Editor."

- ◆ Letters must be 200 words or less. Letters are subject to editing for conformance to the 200 word limit, as well as for libel and taste.
- ◆ Letters must carry a full, legible and signed name of its author. The newspaper staff does not withhold names of letter authors. Pseudonyms are not allowed.
- ◆ Each author is allowed one published letter per newspaper issue.
- ◆ To be published, all letters must have a permanent address and/or a daytime telephone number for verification. **This information will not be published.**
- ◆ Letters addressed to specific parties other than the Pyramid Lake Paiute Tribal newspaper, to readers, letters from other publications, form letters that do not contain original writing content by the signatory or personal complaints outside the public domain are not published.
- ◆ Letters are published in the order which they are received. Promptness of publication depends on the volume of letters received and space availability.

MAIL LETTERS TO:

Letter to the Editor
 PYRAMID LAKE PAIUTE TRIBE
 P O Box 256
 Nixon, NV 89424



2015 Newspaper Submittal for Paper 1st Quarter DEADLINE: March 20th -12:00 pm

Please complete **this form** and submit with your article.

BE SURE TO:

- Include your name, phone # and address.
- Personals may submit a hard copy of article. Hand written Personals ONLY must be printed legibly.
- **Mailed articles must be saved on CD** in Publisher or Word format. Please DO NOT send in .pdf format.
- **Articles can be submitted via e-mail to lgleyva@plpt.nsn.us.** Make sure contact info is available for any problems.
- Pictures should be submitted in black & white. (Dark backgrounds do not scan well).
- Digital pictures must be taken with a high resolution for a good quality picture in a .jpg format
- REMEMBER: Pictures represent the quality of the picture submitted.

DATE: _____ NEWSPAPER MONTH: _____
 NAME: _____
 PHONE: _____ DEPARTMENT: _____
 TITLE OF ARTICLE: _____
 ITEMS TO BE RETURNED: YES or NO
 IF YES, ADDRESS: _____

ADVERTISING RATES

Advertising space will be provided to any business, organization or individual at the following rates:

\$100/full page \$75/half page \$50/quarter page \$25/eighth page \$10/business card

All advertisements must be camera ready and cannot be returned. Each advertisement must be paid in full by the deadline date for publishing.

DEADLINES FOR THE YEAR 2015 (Tentative Dates, subject to change): Friday @ 12:00 pm

1st Qtr—Mar 20th 2nd Qtr—Jun 19th 3rd Qtr—Sept. 18th 4th Qtr—Dec 18th

This schedule will allow us to get the newspaper prepared, edited, and printed and ready for bulk mailing the first week of each month. Articles should be emailed directly to news4plpaper@yahoo.com. If email is not available, mail to the Tribal Secretary address listed below, must be received by the due date.

Thank you for contributing your articles for our Newspaper this past year. Please continue to contribute to our Newspaper and let the community know about your program activities or upcoming events. Please submit by email, when possible, in Microsoft Word or Publisher format.

CONTACT: PYRAMID LAKE PAIUTE TRIBE—NEWSPAPER ADVERTISEMENT
 P O Box 256, Nixon, NV 89424-0256 PH: (775) 574-1000; FX: (775) 574-1008

CHANGE OF ADDRESS

Name: _____
 Old Mailing: _____
 New Mailing: _____
 I confirm that this is my current address:
 Print Name: _____ Signature: _____ Date: _____



Numuwaetu Nawahana
 Pyramid Lake Paiute Tribal Newspaper
 P.O. Box 256—208 Capitol Hill Drive
 Nixon, NV 89424-0256
www.plpt.nsn.us

PRSR STD
 U.S. POSTAGE
PAID
 NIXON, NV
 PERMIT #2