



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

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2015 | 1st Quarter

TRIBAL CHAIRMAN INTRODUCTION: VINTON HAWLEY

HOW MU E NANUMU? E NANE'A VINTON HAWLEY, KOOYOOE TUKADDU NU. I was elected Vice Chairman of the Pyramid Lake Paiute Tribe in December of 2014 for a 2 year term. Due to the unforeseen resignation of the Chairman it was my responsibility and obligation to fill the open seat as the Chairman for the tribe. Part of my platform was to support the Pyramid Lake Paiute Culture and Language, Tribal programs and our Tribe's unity, I will do everything within my power to preserve our people's way of life thereby ensuring that our identity is not lost. Our identity as NUMU and Kooyooe Tukaddu is our culture and language.

Presently, I have met with a few Directors and Program Managers of the tribe to identify needs and shortfalls within our infrastructure and it is my hope to improve operations and the services provided to the PL Membership. I am looking forward to meeting with all the directors and managers of the Tribe in the near future. However it is my overall goal to unify our communities.

Since being in Office as the Chairman of the Tribe, I have attended meetings with various agencies such as, Fisheries, BOR, Tribal Council and the Local Governments. I will be working closely with Tribal Administrative Departments to implement an Administrative Team that was approved

by the previous Tribal Council. The Administrative Team will consist of the Tribal Chairman, Executive Officer, Programs Officer and a Business Officer. The goals of the team are to implement Tribal Council directives, projects and business opportunities and the overall goal of the team is to maintain continuity of the Tribe's day to day operations.

Council has identified areas of prioritization and improvement that will enhance the tribe and services for Pyramid Lake's Tribal Members and Administrative Programs. For example: seeking additional funding, youth programs, child care, elder services, facilities, etc. It is the Councils intent to guide the tribe into a new era that provides successful economic development opportunities and business that will positively benefit the tribe and membership overall. This will take some time, but with membership support the tribe as a whole can prosper.

Council Meetings are held on the first and third Friday of every month and copies of council meeting minutes can be requested in writing from the Chairman's Office.

As Chairman of the Pyramid Lake Paiute Tribe I will support the endeavors of Tribe, the Tribes Departments, Pyramid Lake High School, Communities and Enterprises.

PROGRAMS OFFICER

Hello everybody.

My name is Randy Hunter and I am the new Programs Officer for the Pyramid Lake Paiute Tribe. I moved to Pyramid Lake from Duck Valley in 1998 and now reside with my wife, Sheri, and two sons, Ethan and Connie, on Hill Ranch Road. I earned my Bachelor of Science Degree in Business Administration with a major in Management from UNR in 2013.

The Tribal Council created the position of Programs Officer to provide executive level direction and support for Program Directors. The duties assumed by the Programs Officer were previously administered by the Vice-Chairman and the reasoning behind the move was to provide continuity of support and direction to Program Directors. These also will enable the Vice-Chairman to focus more on strategic planning for the Tribe within local, state and federal arenas.

One of the objectives of the office is to help directors develop and implement long-term strategic plans for their departments. This plan will give everyone involved a clear picture of where we want to go and how we will get there. It is not a quick process and as we move forward challenges will be met and overcome. The end result being better services for the membership and community.

I would like to thank the Tribal Council for giving me the opportunity to serve the Pyramid Lake Paiute Tribe. If anyone has any questions or concerns please free to visit me at the Tribal office.

A Tale of Three Workers

There were three men laying bricks.

The first is asked "What are you doing?" ... "Laying these darn bricks"

The second is asked "What are you doing?" ... "Feeding my family"

The third is asked "What are you doing?" ... "I'm part of the team building a shelter so that people can come and have a warm place to sleep"

The third bricklayer is involved in, and energized by, a task that transforms the actual work being done into an achievement that is far greater than he alone could attain.

What's Inside

Departments: Administration; Enrollment; Higher Education; Public Utilities	2
Departments (con't): Wadsworth Community Center; Water Resources; TERO; PLHS	3
Departments (con't): Environmental	4-6
Departments (con't): Transportation	7
Departments (con't): Victim Services	8-9
Departments(con't): Health Clinic: Sumunumu	10-11
Departments (con't): Health Clinic	12-15
Personals: In Memory of; Pyramid Strike Force	16
UNR/UNCE: Water for the Season; Southwest Gas Notice	17
Sacred Visions Pow-Wow; PLVF-Community Easter Egg Hunt; Davis Fundraiser;	18
Numu Yadooana Class	19
Head Start Olympics; FPST Cultural Event	20
Tribal Tourism Conference	21
Community Events: Headstart; PLWVO; VSP; Numaga Days Pow-wow; Art Exhibits; Stewart Pow-Wow	22-23

PUBLIC MEETING

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

April 25, 2015 – Nixon Tribal Chambers
9:00 am—12:00 pm

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

PUBLIC NOTICE

IRRIGATION SEASON

Begins on April 15, 2015

Please remind your children it is very

DANGEROUS

to play around the ditches.

PUBLIC NOTICE

First Flush
will be on
April 7 & 8
in Nixon

DEPARTMENTS

Tribal Administration

The Tribal appropriations process has been completed and budgets initialized. Action has been initiated to develop the Tribal Executive Team, including recruitment, selection and orientation. Policies and procedures are being developed and organization charts drafted. Supervisory responsibilities have been identified. Met and unmet planning needs were identified. A yearly Tribal event schedule has been identified. Strategic planning information has been distributed to the Tribal Council and action steps identified to work towards completing the documents for action. Individual program assessment and meetings with department heads have been initiated. The team has reviewed several policies rewritten to comply with the Super Circular OMB regulation. The Team recommended changes and once put in a final draft will send them out to staff for review and comment. A director meeting will be scheduled to discuss comments received. Once this process is completed, the team will present to Tribal Council for review and action.

Prepared by Della John

Parks & Recreation

The goal of the Parks & Recreation Department is to provide recreation, wellness and cultural activities for the communities of the Pyramid Lake Indian Reservation. The program will assist in the upgrade or development of community parks in Nixon or Sutcliffe depending on funding available.

The Department will also assist in the upgrade or make improvements to the cemeteries in Nixon, Wadsworth and Sutcliffe.

- ◆ Spring Break Intersession Activities
- ◆ Summer Day Camp Activities w/Lunch provided
- ◆ Winter Break Activities
- ◆ Targeting fence project at the Nixon Cemetery
- ◆ Fundraising activities to enhance Program activities
- ◆ Youth Basketball Practice
- ◆ Adult Basketball & Volleyball Open Gym Activities
- ◆ Collaboration with community resources, JOM Program; Suicide Prevention, Sumunumu Program, Boys & Girls Club of Truckee Meadows

The Staff includes three part time members: Coordinator, Teacher Assistant and Recreation Assistant.

Please call Janet Davis, Coordinator at 775/384-4350 for more information on program activities, questions or concerns.

Public Utilities

The PLPT Public Utilities District would like to thank all our customers who have so diligently supported the program by insuring their PUD accounts are current and up to date. The Public Utilities District would also like to thank all those customers who have worked so hard to reduce their account balances.

Enrollment

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.

Social Security Update

The Enrollment Office is currently working with the Reno Social Security office to have the Pyramid Lake Paiute Tribal ID cards accepted as a recognized form of identification. We hope to have this process completed within the next month or two.

ID Cards with expiration date Update

The Enrollment Committee is currently working on the format and Card Issuance Policy for the new ID Cards with expiration dates. The updated card and policy will then be presented to the Tribal Council for final approval. We hope to have this process completed this year.

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.

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 members of the Tribe

New Members December:

Wyleigh Rose Lynn Garcia, Olivia Lynn Collins, Remy Lowe New Moon, Melonna Light Feather Rosales, Jermaine Williams

New Members January:

Hazeyyn Dakota Dunn, Paige Annie Harrison, Kaylyn Fay Kuskie, Halia Michelle Marrietta

New Members in February:

Danyelle Alethea Swindlehurst, Bella Skye Trepanier

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: plenrollment@plpt.nsn.us

Thank you to all our PUD customers for your continued participation and support of the PLPT Public Utilities District, a community service provider.

As a reminder, when placing garbage bin curbside please place the bin with the wheels facing away from the street.

Higher Education

Well everyone, it that time of year again!

PLPT Consolidated Higher Education Scholarship Intake time the 2015/2016 Academic School Year.

If you need help! Please stop in!

Need help with FAFSA? Stop in!

Need to sign up for classes? Stop in!

Your just getting out of High School and don't know what you want to do, come on down to Nixon, NV. we are located next to the Big Blue Gym, Modular room 100. Talk to **Anthony Sampson, Higher Education Program Coordinator!!!!**

Need the Scholarship Applications? Stop in or go to; PLPT.nsn.us click on Departments and then click on Higher Education, that is where our tribal higher education scholarship applications are listed, they are on the left side of the Higher Ed. Webpage.

We are here Monday through Friday from 8:00 am – 4:30 pm.... Remember now all scholarship applications are due, the CHE, Adult Vocational Training, the Tribal Enrichment and the PLPT \$350.00 are all due; on our Scholarship Intake Deadline date and that deadline date is still!

June 30th, 2015 at 4:30pm for the 2015/2016 Academic School Year.

Start the scholarship application process NOW!!!! Don't want to be late!!!!

Consolidated Higher Education Program,

P.O. Box 256, Nixon, NV. 89424

(775) 574-0300, Fax (775) 574-0302

Student file up Date!!!!!!

The Consolidated Higher Education Program has assisted many students in obtaining their College Degrees, whether it being an Associate, Bachelor, Master, Ph.D. Degree, or a Certification from a Vocational Trade School.

Our Consolidated Higher Education Program needs verification of your completing your education goal. If you have received a College Degree or Vocational Certification, please send us a copy of it so we can update your higher education file.

Our Office would like to thank all those that have sent in a copy of your certifications and diploma and hope to see you in the future should you need any further educational assistance.

You can either mail a copy of your diploma achievement or fax a copy of it to our Consolidated Higher Education Office.

Consolidated Higher Education Program

Attn: Anthony Sampson

Program Coordinator

PO Box 256

Nixon, NV. 89424

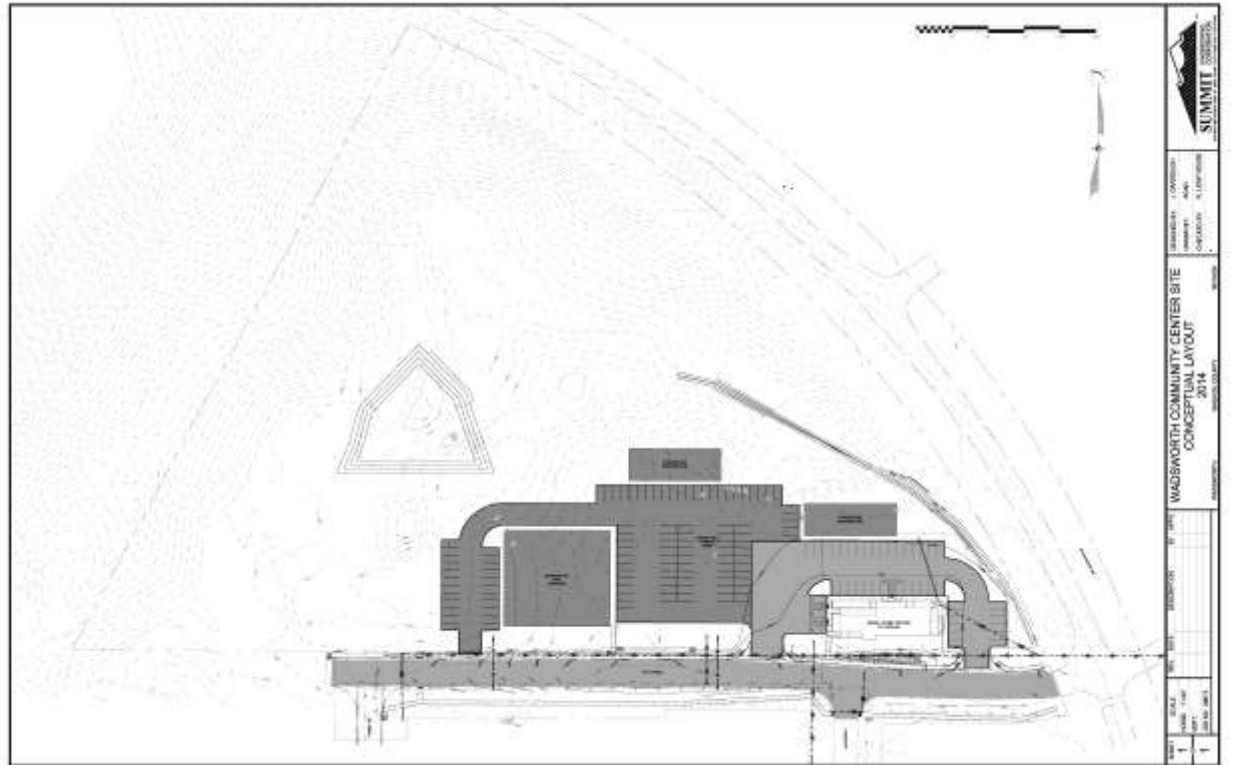
CHE Office Fax Number (775) 574-0302

**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.

The planning committee is looking to have a master plan and schematic drawings for the gym in the near future. We hope to retain the services of an architect/engineering firm to complete this phase of the design.

Johnnie Garcia
Wadsworth Community Center
Planning Committee



Water Resources

The 2015 irrigation season is projected to start on April 15, 2015. The irrigation season runs on a target AF (acre-feet) per ditch. This means that an AF is in place where the tribe cannot over-exceed a certain limit of water in a certain ditch, for example, in Nixon (Indian ditch) has a target AF of 4504.8 AF that runs a regular duration of 183 days per year or until that target AF is met. Water Resources is in compliance with the Federal Water Master's office that regulates the storage usage for the water allocated for agricultural purposes. Facts:

- Indian Ditch (Nixon) - **4504.8 AF**
(Services 39 farmers)
- Proctor Ditch – **1590.7 AF**
(Services 4 farmers)
- Herman Ditch – **2559.6 AF**
(Services 2 farmers)
- Fellnagle Ditch – **463.4 AF**
(Services 1 farmer)
- Olinghouse Pump #1 – **211 AF**
(Services 1 farmer)
- Olinghouse Pump #3 – **532 AF**
(Services 2 farmers)

The department of Water Resources staff has been working heavily on a joint EQIP project with NRCS to establish a new concrete lined ditch along the main ditch in Nixon. The project was projected to start in the early spring of 2015, but has been pushed back to the fall season after the irrigation season is over. This was mainly due to the fact that the construction phase(s) would be pushing back the irrigation season to June. The funding for the project is good until 2017 and there is some O&M that the department needs to address before the initial construction occurs.

The department of Water Resources issues a seasonal newsletter to all the farmers during the season and this newsletter is not TROA related. This newsletter is an update of how much water was used and how much water is remaining for all six diversions within the reservation. Normally the farmers would be in the dark about when the water is being shut off and the newsletter eliminates that and gives the farmers an anticipated shut off date. As always, if you are an irrigator, please make your payment to the tribal finance office.

T.E.R.O

TRIBAL EMPLOYMENT RIGHTS OFFICE

TERO works to provide opportunity for employment, enforce Native American preference and to provide labor work force training. TERO collects a 2.5% fee on all contracts over \$50,000 working within the Pyramid Lake Indian Reservation.

On March 12 & 13, 2015 TERO held OSHA 10 certified training in the Wadsworth Community Center with 40 individuals participating. To stress personal protective equipment needs, tickets were drawn for the participants to distribute 4 hardhats, 4 safety glasses and 4 safety vests. On March 27, 2015 Food Handlers Training is scheduled to start at 1:00 pm at the Tribal Administration Building.

First Aid/CPR certification training is scheduled for April 17th starting at 8:30 am at the Wadsworth Community Center. Mine Safety (MSHA) certified training will be held on April 13, 14 & 15, 2015 starting at 8:00 am at the Wadsworth Community Center.

These trainings are free to Native Americans. Please sign-up at the Tribal office to participate. If you have any questions, please do not hesitate to contact Della John at 775-574-1000.

Numaga Senior Center

On behalf of the Numaga Senior Center, we wish to acknowledge all those who made it possible for the Pyramid Lake seniors to have an enjoyable 2014 Christmas Party.

Special thanks to the Pyramid Lake Clinic staff who made sure that our seniors got their special wishes; Brian Wadsworth for his donation of the flat screen TV; Gus Mix for his generous monetary donation; Steven Wadsworth our bingo caller; the Sumunumu Program and so many others who donated their time and bingo prizes.

You are all appreciated.
THE NUMAGA SENIOR ADVISORY BOARD

**PYRAMID LAKE JR/SR
HIGH SCHOOL**

**8th Grade
Commencement**

June 10, 2015

**Cake & Ice Cream
will be served
(No Dinner)**

**12th Grade
Graduation**

June 12, 2015

**Dinner to follow
After Graduation**

Thank You!

We want to thank the Pyramid Lake Tribal Health Clinic and the Sumunumu Program for helping the Pyramid Lake's basketball teams attend the 16th Annual American Indian Youth Conference and Basketball Tournament at UCLA on March 20-22, 2015.

The conference consisted of art, health and wellness, culture and academic classes. In order for us to participate in the tournament, we had to take a mandatory workshop in each subject or we would be disqualified.

Our teams did well in the tournament, the Girls—Lady Lakers placed 2nd and the boys—Desert Horse placed 3rd.

Thank you,
Louie Barlese
Desert Horse—PL Boys team and
Lady Lakers—PL Girls team.

Environmental

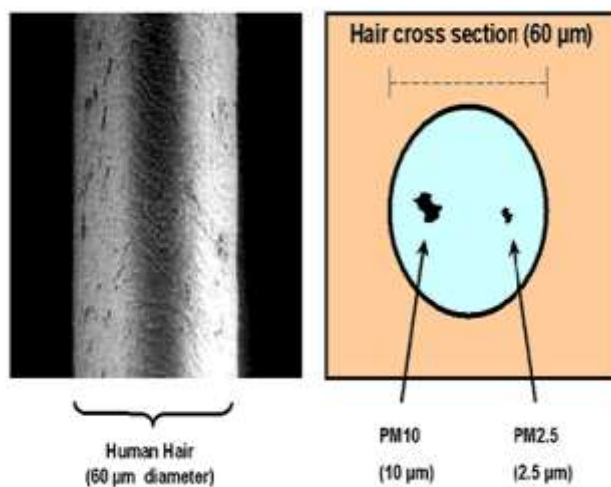
Pyramid Lake Air Quality

-Tanda Roberts

The Pyramid Lake Air Quality program, funded by the U.S. Environmental Protection Agency's Clean Air Act, monitors and assess ambient air quality data for informational purposes. Data collected is publically accessible and can be viewed at <http://trexwww55.ucc.nau.edu/>

The Air Quality program monitors and collects ambient air quality data for Particulate Matter with a diameter of 10 micrometers or less (1/7 the width of a human hair) also known as PM-10.

HOW SMALL IS PM?



Examples of PM-10 are particles of dust, soot, and unburned fuel suspended in the air. Because these particles are small enough to be inhaled into the deepest parts of the lungs, PM-10 is a great concern to public health. PM-10 has been deemed to be harmful by the EPA, major concerns for human health from exposure to PM-10 include: effects on breathing and respiratory systems, damage to lung tissue, cancer, and premature death. The elderly, children, and people with chronic lung disease, influenza, or asthma, are especially sensitive to the effects of particulate matter (EPA).

PM-10 originates from sources such as wood stoves, industry, dust, construction, street sand, and open burning (Washoe County NV).

Ways to reduce PM-10 concentrations:

- ▶ If utilizing wood burning stoves and fireplaces use only **seasoned** firewood, it burns cleaner.
- ▶ Apply emission control devices for motor vehicles.
- ▶ Burn cleaner gasoline and diesel fuels.
- ▶ Implement dust control for roads and construction.
- ▶ Use landscaping to reduce windblown dust.
- ▶ Get involved with air quality improvement programs in your community.

For more information contact Tanda Roberts, Air Quality Specialist 775.574.0101 ext.18

Construction “BMP” Training for Tribal Employees/Members

- K. Morgan

Development of new projects like the Wadsworth Community Building or the Pelican Point Road Project has been steadily increasing throughout the past few years. Throughout the countless construction permits and approvals that are needed before a project can break ground, projects greater than 1 acre in size are required to apply for Tribal 401 Certification, which includes the developments of a Storm Water Pollution Prevention Plan (SWPPP) and Best Management Practices (BMPs). These documents ensure that the water quality of Pyramid Lake and the lower Truckee River will not be degraded as a result of stormwater runoff. In order to enhance the knowledge of all those who work on construction projects on the Reservation, the Environmental Department-Water Quality Program is putting together a training that addresses the importance of SWPPPs and BMPs as it relates to water quality on the Reservation.

A SWPPP is a written document that identifies potential sources of stormwater pollution on a construction site and describes how Best Management Practices (BMPs), or methods to protect water quality, will be used to reduce or eliminate these impacts. Furthermore, a SWPPP identifies how the construction operator will comply with site-specific conditions. For instance, a project located next to Pyramid Lake will have much

stricter environmental requirements than a project located in Wadsworth. After a SWPPP is developed, it is submitted to the Tribe for review. If approved, the project must comply with the terms of the document throughout the construction process.

Since the Tribe often completes various construction projects using its own departments, there is an ongoing need to teach Tribal employees how to address the SWPPP process and implement BMPs. The Construction BMP training will incorporate:

- When to apply for a SWPPP
- Overview of Tribal SWPPP process
- Construction SWPPP tips
- Types of BMPs
- BMPs: right and wrong

The Construction BMP training has not been scheduled for a specific date. More information regarding the training will be available in the near future.

If you are interested in attending the upcoming Construction BMP training, or would like more information regarding the training, please contact Kameron Morgan, Water Quality Standards Specialist, at kmorgan@plpt.nsn.us or (775) 574-0101 ext. 19. The training will be open to all Tribal employees and members.

Pyramid Lake Paiute Tribe Water Quality

The mission of the Water Quality Program is to protect water quality required to maintain/restore aquatic life, wildlife, human health, and for the protection of riparian habitat. This includes the protection of water quality required for ceremonial, cultural, and traditional uses of the Kooyooe Tukada (Paiute People) within the Pyramid Lake Paiute Indian Reservation.

This year has been a busy year for the Water Quality Program! There are several projects the Water Quality Program is currently working on:

- ▶ Triennial Review of the Pyramid Lake Paiute Tribe Water Quality Standards;
- ▶ Coordination of the Pyramid Lake Tour for the Quadrennial International Limnogeology Congress in June 2015;
- ▶ Implementation of the 2014 PLPT Nonpoint Source Management Plan and Wetland Program Plan;
- ▶ Continued development of the Tile Drain constructed wetland in Wadsworth;
- ▶ Completion of the installation of the real-time water quality monitoring station on the Truckee River near the Wadsworth bridge;
- ▶ Continued collaboration on the Pyramid Lake Climate Change Vulnerability Study with the University of Arizona and the University of Nevada, Las Vegas and the U.S. Geological Survey and the Southwest Climate Science Center;
- ▶ Advancement of laboratory techniques at the Adeline Davis Research Laboratory in

Sutcliffe; and

- ▶ Participation in the development of the 2nd Annual Pyramid Lake Environmental Summer Youth Camp in June 2015.

In addition to these projects, we still continue with our monthly Truckee River water quality monitoring, and assisting the Pyramid Lake Fisheries with the monthly and quarterly Pyramid Lake water quality monitoring.

The Water Quality Program staff are housed in the Natural Resources Building at 210 Capitol Hill in Nixon, NV. Please stop by if you have any questions.

Water Quality Program Staff:

Brian Wadsworth, Water Quality Manager: BWadsworth@plpt.nsn.us

Kameron Morgan, Water Quality Standards Specialist: KMorgan@plpt.nsn.us

Brandon Brady-Martinez, Environmental Technician: Brady-Martinez@plpt.nsn.us

Autumn Harry, Environmental Intern: AHarry@plpt.nsn.us

Environmental *Continued*

BROWNFIELDS TRIBAL RESPONSE PROGRAM

1st PLPT Brownfield Tribal Response Program Meeting - La Reina Jim

We had our first Brownfields Tribal Response Program meeting on the evening of March 19. The meeting was held in the Tribal Chambers, Nixon, NV. The program is new to the Pyramid Lake Paiute Tribe Environmental Department, and our purpose of the meeting was to inform the public about the Brownfields Tribal Response Program.

I would like to encourage the public to attend future Brownfields Tribal Response Program meetings, where we will be providing site progress and program updates.

What is a TRP? (Tribal Response Program)

- There are Four Elements that the Brownfields Tribal Response Program represents:
- Timely survey and inventory of potential Brownfield Sites
- Oversight and enforcement authorities or other mechanisms and resources
- To provide a meaningful opportunity for public participation
- Approval of cleanup and verification, certification that cleanups are complete

"EPA will not provide Section 128(a) funds solely for assessment or cleanup or a specific Brownfield sites; site-specific activities must be part of an overall Section 128(a) work plan that includes funding for other activities that establish or enhance the four elements..."

What is a Brownfields?

"real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of a hazardous substance, pollutant or contaminant" --EPA

What is the Goal of the TRP?

The goal of the TRP is to work with the community to identify, assess, and remediate Brownfield sites that contain hazardous solids or substances that pose a direct health risk to the environment and/or health to residents.

Why is identifying brownfields important?

1. Reduce exposure of hazardous substances found at these sites
2. Reuse rather than waste valuable infrastructure and space
3. Revitalize neighborhoods
4. Provide opportunity for housing, commercial/industrial employment
5. Increase land values for site and nearby properties



Figure 4 "Illegal Dumping" another type of potential Brownfield Site

How to Recognize A Potential Brownfield?

Brownfields sites include land or building (piece of property) containing known or suspected contamination such as: asbestos, mold, or other hazardous substances. Some examples are former industrial and commercial sites such as gas stations, dry cleaning facilities, landfills and junkyards.

...what next?

Come into the Environmental Department Offices and fill out a Brownfields Site Survey Form. If you can't, have a form mailed to you. You can also contact the Brownfields Tribal Response Coordinator.

Public Inventory

All identified sites will be listed as "Public Brownfield Records" on the PLPT Environmental Department webpage. This will allow easy access to

information that describes what response actions were taken and those scheduled for the coming year, and whether or not the site will be suitable for unrestricted use. The public record will be routinely updated and will also be available for viewing purposes at the Environmental Department Office.

How Does the BF Program Benefit the Tribe?

- ◇ More jobs in area, possible job training grant
- ◇ Making abandoned property functional
- ◇ Possibly preserving sites that have historic and cultural significance to the tribe/community.



Figure 1,2,3 potential Brownfield Sites located on the PLPT Reservation

PLPT Brownfields Tribal Response Coordinator

La Reina Jim
210 Capitol Hill | Nixon, NV 89401
Phone: (775) 574-0101 ext.10
Fax: (775) 574-1025
ljim@plpt.nsn.us

Hello everyone!

Brandon Brady here again, for those of you that do not know, I am the Water Quality Technician for the Water Quality Program in the Environmental Department. Hope you are well and are as excited as I am that spring is here! Just a few quick updates for this upcoming spring. The Water Quality Program has begun working with a few students from UNR who are interested in the Environmental field and how Water Quality affects everyday life. We are very excited to work with students from the Reno area who are willing to come out and learn why water quality is so important to the Tribe, not only as an aesthetic issue where algal blooms turn parts of Pyramid Lake green but also as a huge part of the culture due to the Lahontan Cutthroat Trout and Cui-ui residing within the Lake; which both species can be affected greatly by the water quality flowing downstream through the Truckee River and eventually ends up in Pyramid Lake.

Some of you out in the community may or may not have seen me working on the walking bridge in Wadsworth. The Water Quality has teamed up with specialists from the Desert Research Institute (DRI) in Reno,

NV; to install a permanent Water Quality monitoring station. This has been in the works for the past 4 years and it was successfully installed in August of last year. With this station the Water Quality Program is now able to get real-time data of the Truckee River, as it is collected every 15 minutes and streamed to our website, which can be found at <http://www.plpt-waterquality.net/index.html> (we are currently working on updating the information found there and ensuring the real-time data is able to show up without any issues). We will also be able to detect during and after hard rainfall, the severity and time of occurrence of any run off events like we had last year when the river turn into chocolate milk (gross!). This is critical as sediment carried downstream during storm events can result in loss of viable fish spawning habitat, as well as loss of macro-invertebrate habitat that are usually found in the riffles (rocky part of the river where the water is fast flowing) along the river.

Speaking of macro-invertebrates, our annual Bioassessments of the streams found within the Reservation is coming up. During spring or when the run off from snow begins to occur, the Water Quality Program goes out

and takes physical samples of the stream water to test for nutrients such as Phosphorous, Nitrogen and Ammonia. We also collect macro-invertebrate samples from each stream that is running. Macro-invertebrates are very important because they tell the overall view of the water quality in a water body. The water sample we get is just a snapshot of the nutrients found in the water body at that particular time on that particular day whereas, when you look at macro-invertebrates, you can see the amount of nutrients found in the water body over a certain timeframe, usually about a year, as most macro-invertebrates can spend part or all of their lifespan in the water. We also look and evaluate the vegetation surrounding the streams, rating them on a specific scale to determine the health of the stream. Photo documentation is also conducted as it is great for having various reference points to showcase either the decline or improvement of the streams, not to mention awesome action shots of employees jumping over fences or getting stuck in the mud!

If you have any questions feel free to come see me at the Environmental Office or give me a call at 775-574-0101 ext. 11.

The 2nd Annual Kooyooe Tukadu Environmental Youth Camp

GENERATION RISING

Pudu Numu Nadayudu



June 15-17, 2015
Hardscrabble Canyon (Pyramid Lake, NV)

Please join us in our 2nd Annual Kooyooe Tukadu Youth Camp 2015. With current environmental crises on our Earth Mother, we are designated as the ones to mentor and prepare our youth on the conservation and protection of cultural, natural, and tribal resources. Camp will include:

<p>Youth Ages: 13-18 Overnight Camping Meals will be provided \$25 Registration Fee</p>	<p><u>Environmental Activities:</u></p> <ul style="list-style-type: none"> ◊ Water Quality Analysis ◊ Plant Classification ◊ Ethnobotany ◊ Stream and Wetland health ◊ Fisheries conservation ◊ And more! 	<p><u>Cultural/ Outdoor Activities</u></p> <ul style="list-style-type: none"> ◊ Storytelling ◊ Numu Astronomy ◊ Numu games ◊ Numu language ◊ Hiking ◊ Swimming
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Applications due by: June 5, 2015

For applications or more information, contact the
 Pyramid Lake Paiute Tribe Environmental Office
 (775) 574-0101

For volunteer applications, email envassistant@plpt.nsn.us

Apply Now for Kooyooe Tukadu Youth Camp!

Applications are now being accepted from students ages 13-18 to attend the 2nd Annual Kooyooe Tukadu Youth Camp to be held June 15-17 at Hardscrabble Ranch near Sutcliffe, NV. This year's theme is Generation Rising- Pudu Numu Nadayudu. The primary purpose of our youth camp is to educate our youth about on-going environmental efforts within the reservation and to empower them as young leaders.

Campers will have the opportunity to learn from environmental staff, elders, UNR professors, state agency professionals, and cultural knowledge holders. Students will learn about identification of important plant species, ethnobotany (medicinal, traditional, and edible uses of plants), stream monitoring techniques, fisheries conservation, and many other topics related to the ecology of Pyramid Lake. While the camp is educational, it also offers outdoor and cultural activities such as swimming, hiking, campfires, storytelling, Numu games, Numu language, and Numu astronomy.

Interested students must submit an application by Friday, June 5, 2015. The cost to attend the youth camp is \$25, which includes meals and camp activities.

We are also seeking volunteers! All volunteer applicants are subject to a drug test and background check. This is a great opportunity to engage with youth in our community. Volunteer application packets are available in the PLPT Environmental office.

For more information, contact
 PLPT Environmental | (775) 574-0101
 Email: envassistant@plpt.nsn.us

We also accept camping gear and other items. Please call us at 775-574-0101 x16 and speak to Bonnie Smith about pickup/drop-off or if you have other questions about giving to the Tribal Youth Camp. The Kooyooe Tukadu Tribal Youth Camp is under the Pyramid lake Paiute Tribe which is tax exempt and the youth camp is non-profit. All contributions are tax deductible. Our EIN is 88-0058154. Thank you for your support!

Donation Level	Donation Amount	Description
Kooyooe Giving Level	\$250	Assists with guest speakers, prayer givers, and camping gear.
Pyramid Giving Level	\$200	Assists with purchase of t-shirts, promotional items, and bags.
Warrior Giving Level	\$150	Assist with organic, cultural and nutritional meals
Tule Giving Level	\$100	Assists with cultural activities and teachers.
Elderberry Giving Level	\$ 50	Assists with plant resources, activities, and supplies
Pine Cone Giving Level	\$ 25	Assists with publications, posters, cards, and other media.
Other	\$ ____	Gift Certificates


Watch our 2014
Youth Camp Video
on Youtube!



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 are planning to apply for the 2015 - Transportation Investment Generating Economic Recovery or "TIGER Discretionary Grant" – if it come available 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.

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.

We are in the process of evaluating the possibility of contracting out the remaining work at the Pelican Point Project. If cost to construct is feasible and the sponsoring agency is agreeable, we will seek permission to use this process to complete the project.

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. The Transit is getting underway, Dispatcher /Office Assistance has been selected and is Melissa Bice, Also Drivers have been selected and are scheduled to start on March 23, 2015, The New Buses will arrive on the 25th of March, Training and Driving will be the first few weeks as to get the new drivers and the New buses broke in. This is all very exciting and I would like to be the first to say Welcome Aboard to the Pyramid Lake Paiute Tribal Transit. Thank You Robert Hicks, Transit Manager.

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. We have scheduled to have the final inspection for the project on March 24th of this year.

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. With the new 2015 funding coming available we will soon put our Request for Proposals (RFP's) for the design of this project.

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. With the 2015 funding soon coming available we will be able to put out RFP'S for the design of this project.

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. This project is also in the RFP stage with planning soon to begin following the selection of the engineering consultant.

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

Johnnie M. Garcia
Transportation Planner

Victim Services Program

SEXUAL ASSAULT SUPPORT SERVICES

A VICTIM is a survivor who hasn't grasped their full potential in healing.

That is MY definition, and I am sure it rubs against the grain of the traditional answers for this. But, to have been raped, since it is a violent crime committed against someone, we are all victims. LIKEWISE, since we are all currently breathing, we survived our attacks. So in the simplest terms we are all on our way to survivorhood. We just haven't arrived, each of us, to a point where we don't victimize ourselves. So we live but at different points on the trek to survivorhood.

Unfortunately some will never get there. Victims just give in to the negative ways of dealing with the pain of the violence and what it left them with. They stop short on the journey up the mountain, and fail to claim the prize. They may exist on the side of the mountain and may even figure out ways to keep air in their lungs and food in their stomachs, but EXIST and nothing more. Victims see others climbing and they watch as those pursuing survivorhood pass by.

But the survivors, well, you can tell them right off. The survivors keep their hiking boots laced and their canteens full and we carry with us everything we need on our journey. The greatest difference? We carry enough for our journey, access it when we need to, AND SHARE IT WITH OTHERS along the way. We stop and we minister to the victims who have stalled or feel defeated and we encourage them. We lift them up with our words and our strength. Strength we sometimes fail to recognize in ourselves. We aren't heroes. We aren't saviors. We are survivors, and a true survivor may stumble on the rocks or get bogged down in the snow on the mountainside. But a true survivor recognizes their plight and reaches out for help. And likewise, that same survivor reaches back and lifts out of the depths of despair another weary from the journey.

We aren't survivors just because we lived through a horrific experience. We are survivors because we continue to fight to live.....everyday!

Journal by Leitha Brogan, survivor.

.....
 (1)If you truly want to do the work to transform into a survivor, one of the fundamental first steps is to forgive yourself for how long you have already struggled, and to preemptively forgive yourself for however long the process will take. This isn't like getting over a cold, and well-meaning people may heap pressure on you to "hurry up and get over it."Rape is a life-changing experience -the most severe form of physical assault short of homicide-and it is perfectly acceptable for you to work at your own pace.

The United Nations considers rape to be a form of terrorism, so try not to be so rough on yourself for the time it's taken to arrive at today. If you wish to successfully transform into a survivor you must take care of yourself. You cannot succeed at this work if you are skipping therapy sessions, avoiding homework, using drugs (including alcohol and marijuana) during the process or ignoring self-

Victim vs. Survivor

A **victim** says "It's her own fault"

A **survivor** says "Hell no, it's not my fault! **He** chose to rape me. **He** made the decision" **She puts the blame where it belongs.**

A **victim** says "I'm dirty "

A **survivor** says "What happened to me was dirty. He was dirty."

A **victim** says "I'm unlovable"

A **survivor** says "My rapist tried to convince me I'm unlovable, but I am worthy of love. I'm full of love. I am love. He can't take love away from me."

A **victim** "Keeps the **secret**"

A **survivor** "Breaks the **silence** by talking about it with a therapist, or a trusted friend. Writes about the **rape** and reads it out loud, and attends support groups."

A **victim** "self-injures by cutting, binging, purging, drugs, alcohol or sex"

A **survivor** "Confronts her rape with great courage instead of numbing the memories that haunt them by injuring themselves over and over. They realize that the rapist still has the power **if they choose to destroy themselves.** A survivor **chooses** against these behaviors."

A **victim** says "I'm powerless"

A **survivor** "Takes her power back by **talking** about the rape. **Writing** about the rape. **Encouraging** other survivors. **Attends** support groups or talking circles.

A survivor **speaks out** against the crime.

care. If you are not willing to form a personal covenant to manage your physical, emotional and even spiritual health during this process, this transformation will be more painful than healing. Those who commit themselves to self-care tend to do very well. If you truly want to transform from a victim to survivor, you must must start with a committed decision that you will live. I mean that as plainly as I can say it: **you** must decide that your life is worth saving. If you have been suicidal, you must decide that this is no longer an option but a necessity. That means no more threats, no more veiled comments about "**wanting to sleep and never wake up**", **no more fate-testing by over drinking, driving with eyes closed, abusing medications etc.** The goal of each day is not **perfection** but **progress.**

From time to time every rape victim has lapsed or relapsed in some form; a night of binge-drinking, an episode of cutting, a regretted sexual experience with an unloved person. I can't give approval on these things but I can understand them. If you slip up make a pledge to be open about it with your therapist or a trusted loved one. You can use these lapses to learn more about recovery by identifying **triggers** and **stressors** and tracking

down the inner thoughts ("**self-talk**") you sometimes have that promotes relapses. There is a **Buddhist teaching that no experience is a failure if it promotes a new learning.** There is however one experience that will absolutely prevent your successful transformation from a **victim** into a **survivor.** If you are in a relationship where you are being **emotionally, physically or sexually** abused, by definition you cannot recover from **trauma** because the abuse continues to add **traumatic experiences.** Yet clinical research have shown that **survivors** of **sexual abuse** and **rape** are more **at risk** for later involvement in **abusive** relationships! Part of the recovery process is to finally make **connections** between the rape itself and your current feelings that affect your behaviors and relationships now. The connection may be self-evident at first, but until you really **examine it, write about it, and learn to successfully challenge it,** the **belief** that you are **worthless** or **damaged** will continue to drive a constellation of **other symptoms** such as **anxiety, panic attacks, substance abuse, self-injury, and sexual dysfunction.**

Alice Sebold, in her book her victim describes her recovery as the struggle **after** her **struggle** meaning that "**she was about to begin her real fight, a fight of words and lies and the brain.**" In your recovery, it is important to change the language of rape that you might use. I found that rape victims can be very cruel to themselves and recycle awful self-criticisms in their own minds. A person in recovery will reconsider what "**scarred**" truly means: a **scar is a healed place, a marker and reminder** of what was **formerly a wound** but is **now a protected and useful (even usable) growth.** While we cannot **lose** our **memories** of the wound that caused the scar, we carry the **evidence** of our **healing** as the **scar.**

Recovery is absolutely possible- many people **do** recover from this trauma. The ones who do not recover are the women and men who **commit suicide, who remain in abusive relationships, who continually choose alcohol or self-injury** over the difficult work of recovery, or cannot find the **competent support** and help from others. I simply can't imagine how anyone would **recover** from this if, at the same time, she were also **beating herself up with negativity.**

(1) Resurrection after Rape, Matt Atkinson

.....
 If you or somebody you know is going through or has gone through Domestic Violence or Sexual Assault please feel free to come down to Victim Services or call and set up an appointment to speak to an advocate. We are here to support and advocate against violence in our community.

Pyramid Lake Victim Services Program
 101 Big Bend Ranch Road
 Wadsworth, Nevada 89442
 (775) 575-9444 telephone
 (775) 575-9446 fax

This project was supported by the Rural Domestic Violence, Dating Violence, Sexual Assault, and Stalking Assistance Program #2012-KT-AX-0007 Violence Against Women, US Department of Justice.

The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of justice, Office on Violence Against Women.



Save the Date

Healing Our Communities

Sexual Assault Awareness Month
Child Abuse Prevention Month

When: April 29, 2015
Where: Wadsworth Community Bldg.
Time: 5:00—7:00PM


This project was supported by the Tribal Sexual Assault Services Grant | 2012-KT-AX-00007 Violence Against Women, US Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Tips for Friends and Family of Sexual Assault Survivors

It can be hard to know what to do to help a friend or family member who has been sexually assaulted. Here are some tips on what survivors want you to know.....

- They often take a lot of responsibility for the abuse. Telling us it is not our fault may help to lessen the guilt of shame but it cannot take it away.
- They deal with a lot of shame. Please do not shame a survivor it is a pattern they are trying to break.
- The healing process for a survivor may take years. They may be in and out of therapy several times. New memories may surface, and new experiences may trigger them.
- People who are often caretakers. It is a survival technique. It takes a long time to unlearn that behavior.
- Do not excuse the abusers behavior.
- Do not categorize them. Each case of abuse is unique. Every survivor do not follow the same pattern of healing or behavior.
- Not all survivors have clear images of the abuse or assault.
- Even if they are safe now, they may still be fearful of their abuser/attacker.
- Please don't ask a survivor if they are done dealing with it yet. That is a shaming question. The process of healing may take an entire lifetime.
- Talking about it means "breaking the secret". Many survivors are faced with terror "breaking the secret" every time we talk about the abuse.

This project is supported by the Tribal Sexual Assault Program Grant #2012-KT-AX-0007 Violence against Women Act, US Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publications are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



STOP VIOLENCE AGAINST INDIGENOUS WOMEN

GUADALUPE "LUPE" AVILA

Tuesday, April 21, 2015
6:00 p.m.-9:00 p.m.


Guest Speakers:

Ralph Burns
Tribal Values of Respecting Women


Carol Williams
The Effect of Violence on Children


ITCN:
Clarice Charlie-Hubbard, BSW
Why Women Stay?

Location of event:
University of Nevada, Reno
Joe Crowley Student Union
Third Floor Theater



Saundra Mitrovich,
Outreach and Retention
Coordinator
smitrovich@unr.edu
775-682-6499
Christine Braunworth,
I.H.E.P. Intern
c.braunworth@yahoo.com








STOP VIOLENCE AGAINST WOMEN

Keynote speaker Guadalupe "Lupe" Avila, Licensed Clinical Social Worker for over 30 Years. She retired as Interim Director of Counseling and Psychology services at San Francisco State University. Lupe is currently the Vice President of Familiar de la Raza. Lupe works with Violence Prevention, Native American Historical Trauma, Resilience-Building and Immigration.

Event is *free* and open to the public and light refreshments will be provided.

PLPT Victim Services Office Schedule


Monday – Saturday: 8:00am to 4:30pm

First Wednesday of every month: Craft Night 5:00pm to 6:30pm

Third Wednesday of every month:
Individual counseling available after hours f
or individuals who have been sexually assaulted. 4:30pm – 6:30pm.
(PLEASE CALL FOR AN APPOINTMENT)

Fourth Wednesday of every month:
Individual counseling available after hours for family members
of those who have been victimized by sexual assault.
(PLEASE CALL FOR AN APPOINTMENT)

Due to training schedules, April Craft Night will not be offered.
Next Craft Night will be scheduled for May 6, 2015 from 5:00 to 6:30pm.
(Scrapbooking and crocheting). Flyer will be disseminated at a later date.



We are in need for your old cell phones (with its charger). You know those old cell phones that are lying around your house or in your drawer that you are not using. Please send them to us.

All cell phones have the capability to call 911 if necessary.

Victim Services provides safety plans for participants. The cells phones will be given to participants as part of their safety plan. If you have any questions, please call Kathleen Eyre @ 575-9444.

Kathleen Eyre, Counselor
Victim Services Program
101 Big Bend Ranch Road
Wadsworth, NV 89442
775-575-9444 | keyre@plpt.nsn.us

“Be the Change You Want to See in the World” Gandhi

Sumunumu

March 20, 2015 | Spring

Sumunumu Resource Center

Sumunumu Main office is located in Nixon at Pyramid Lake Tribal Health Center; still provides services at clinic. Appointments can be made at 775-574-1018.

The Resource Center is the extension of Sumunumu Substance abuse program and Indian Health Services.

Open house for Sumunumu/Resource Center was December 15, 2014 Sumunumu utilized MSPI funding to provide public computers for community members to do job search, check students grades, if college students to submit assignments online or print material for class, research material for class. GED prep is available as well as Tutor on Tuesdays and Friday.

The Resource Center has current tribal job listing for employment and post local job fairs.

Other Services:

- * Faxes
- * A+ Access
- * Recovery material
- * Basic computer skills
- * Native Flixs
- * Workshops
- * Substance Abuse counseling
- * Tribal Job listing
- * Anger Management

OFFICE LISTINGS

Sumunumu Main office located at Pyramid Lake Tribal Health Center 775-574-1018

Pyramid Lake Tribal Health Center 775-574-1018/Fax:775-574-1028

Sumunumu/Resource Center
460 W. Main St. Suite 101
Fernley, Nevada
775-980-6507/Fax:775-980-6727

For Appointments please call the Pyramid Lake Tribal Health clinic.

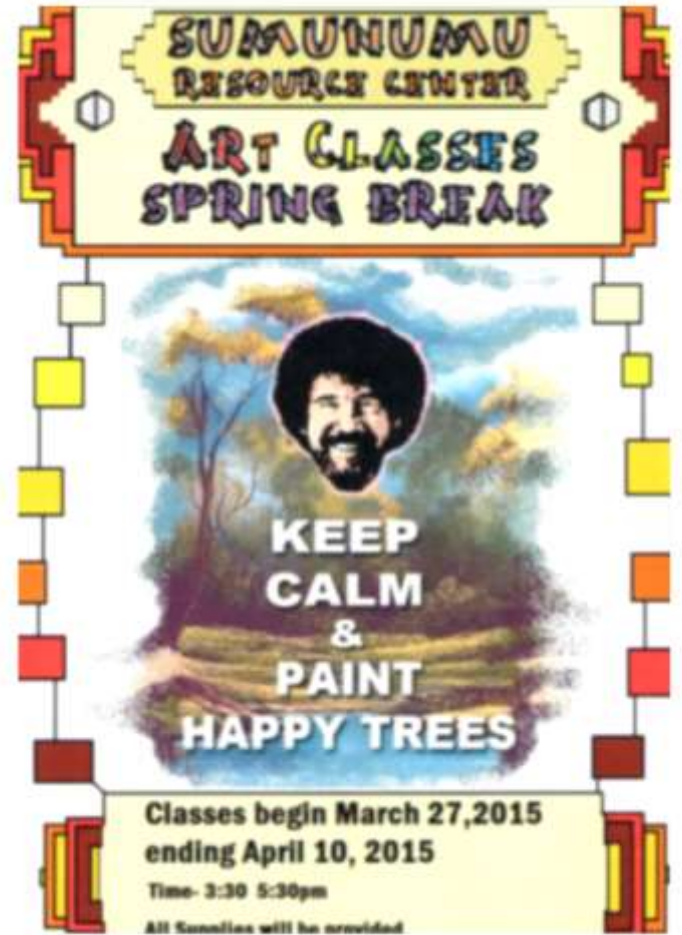
TRANSPORTATION FOR SERVICES

The Sumunumu Resource Center has a van and can, on a pre-arranged basis, provide transportation. We are offering counselor sessions, GED preparation, tutoring, and center access for suicide and substance prevention information and materials.

The Center has seen an increase in clients and does routinely transport clients to the facility. In order to meet the transportation and staffing requirements, we must have pickups and drop-offs scheduled at least one day in advance.

Please call 775-980-6507 to schedule your transportation to and from the Resource Center.

Thank you for your cooperation.
The Sumunumu Staff



Spring Break!!

Sumunumu will be providing Art classes during Spring Break.

Classes begin March 27, 2015 to April 10, 2015.

Sumunumu/Resource Center
460 W. Main St. Suite 101 Fernley NV

More information please call: 775-980-6507
Adrian Tom, Prevention Coordinator



Sumunumu Resource Center Hours

- Monday 8-4:30
- Tuesday 7:30-5:00 pm
- Wednesday 2-5:00 pm
- Thursday 7:30-5:00
- Friday 8-4:30

Phone: 775-980-6507

Fax: 775-980-6727



Murdered & Missing Indigenous women campaign. Is a campaign which Tribal women & men collected one sided earrings which symbolized indigenous women who were stolen in the US and Canada. Pyramid Lake Victim Services and the Sumunumu/Resource Center collected one sided earrings, all the earrings gathered will join the traveling art exhibit which is an traveling the US and Canada.



Singing our Rivers Red Traveling earring exhibit is currently at the multicultural display can at the Tivoli Student Union at Colorado University, Denver Co.

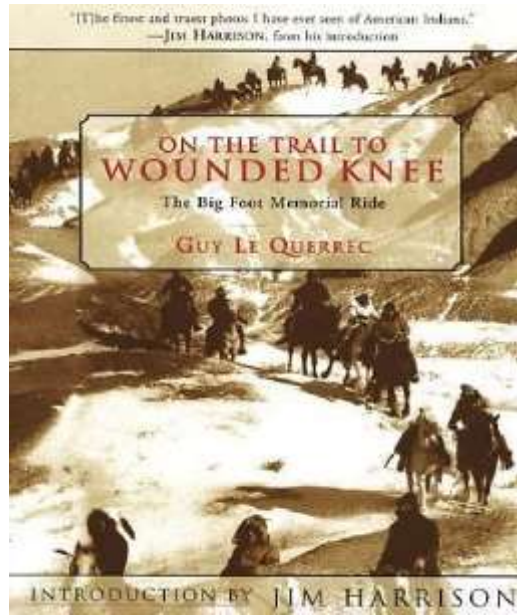
Thank you to all the Pyramid Lake Paiute women who donated their one-sided earrings to support this very important epidemic.

NativeFlix

Resource center has a new feature called NativeFlix and Native American media company out of California which is a form of Netflix but native all programs include documentaries "XIT" without a Reservation, TV series "Creative Native" and "Cooking with Wolfman", Short films: "Bigfoot Memorial Ride 2003" Movies: Dome of Heaven starring Wes Studi.. Community is welcome to preview Native Flix at Resource Center This is a new company and if interested call Amerind media to set up at your home @ 5.99 month for more information:

Amerind Media Group, Inc.

8149 Santa Monica Blvd. #191 West Hollywood, CA 90046
 Phone: 310.860.6280
 fax: 310.492.5720
 Email: info@nativeflix.com



Narcotics Anonymous Meeting Schedule

Monday 7-8 pm
 Calvary Chapel, Fremont St.
 Fernley, Nevada

Thursday 6-7 pm
 Calvary Chapel, Fremont St.
 Fernley, Nevada

Saturday 7-8 pm
 Calvary Chapel, Fremont St.
 Fernley, Nevada

Website: www.sierrasagena.org

24 hour Helplines:

Region 888-850-2205

Carson City/Minden: 888-881-0655

North lake Tahoe/Truckee: 530-546-1116

Reno Sparks: 775-322-4811

South Lake Tahoe: 530-541-4100

Rural Nevada: 866-760-2380

Alcoholics Anonymous Meeting Schedule

Monday: Keep it Simple/Big Book meetings
 12-1 pm and 7:30-8:30 pm

Tuesday: 12 Step Study meeting 6-7:00 pm
 Big Bend Ranch, Old Hwy 40

Wednesday: Keep it Simple 7:30- 8:30 pm 10 N.
 Center St. Fernley NV (Community Center)

Thursday: Men & Women's Meeting 7:30-8:30
 pm Calvary Chapel 875 Freemont St.
 Fernley NV

Friday: Living sober 12:00pm 10 N. Center St.
 Fernley NV

Friday: Road to Recovery 8-9:00 pm Parish Hall,
 Reservation Road, Wadsworth NV

Saturday: Stairway to Heaven 4-5:00 pm 875
 Freemont St. Calvary Chapel Fernley NV

Sunday: Grapevine Meeting 6-7pm 10 N.
 Center St. Fernley NV

*February 4, 2015
 Pyramid Lake High School*



Domestic Violence presentation
 assembly. February 24, 2015.

Kathleen Eyre , Victims Services
 counselor set up presentations for
 the PL high School students. On
 Dating Violence Agenda included
 dating violence PowerPoint and
 Ralph Burns, PL museum provided
 the opening prayer and presentation
 to the youth and Sumunumu
 provided a digital story on sobriety
 and activity for all the students.

76 youth attended this assembly.



Thank you for representing Pyramid Lake High School Girls Basketball team at state.

Pyramid Lake Tribal Health POD Training 3/18/2015



*Thank You!!
 From
 Sumunumu staff*

Special thanks goes out to Debbie Barlese for filling in as interim Health Director for the Pyramid Lake Tribal Health Center Sumunumu provided a basket of goodies for Debbie for her dedication and commitment.

RESOURCE NUMBERS

Dial: **911** in case of Emergency

Pyramid Lake Tribal Police:

Non emergency or information: **775-574-1014**

Emergency Dispatch: **775-574-0444**

Crisis Call Number: **800-273-8255**

Tribal Health Clinic

New Heath Director on Board

I would like to introduce myself, my name is Dawna Brown and I am the new Health Director for the Pyramid Lake Tribal Health Clinic. A little background on me is that I am originally from here, enrolled with PLPT. My parents are Gordon & Marge Frazier, grandparents were Harrison & Katie Frazier. I attended Natchez Elementary School, back when it still went up to the 8th grade J (really dating myself now! ha!) and then moved to Schurz to attend Yerington High School. I had been living & working in Schurz for the past 30 years until our recent move to Yerington. I have been married to Gary Brown for the past 27 years, we have 5 kids & 8 grandkiddos! J Besides enjoying the little ones, our other interests are fishing, hunting, cooking and just hanging out together!

My start date was February 17th and it's been non-stop ever since. Meeting and getting to know the staff was my first priority, and the current staff at the Clinic is a good bunch of people to work with. Everyone has been so friendly and helpful with whatever I need or can't find. I had been working for Indian Health Service (IHS) for the past 21 years, in Contract Health Services (now call Purchased/Referred Care), and taking this job had me already familiar with not only being around the tribal clinics, but this area as well. Also being familiar with the main problems that have plagued Nevada Indian patients for years: not being able to access adequate health care outside of the clinic like our counterparts in Arizona are able to, along with the limited funds that are doled out each year. With the current move being made by IHS to move the Schurz Service Unit to Reno, I felt I needed to make a change and coming home to be able to do something for my own tribe seemed to be the best next move for me. I would like to see Pyramid Lake once again take the lead with being able to provide better quality health services to patients in our area as well as lending assistance & guidance to some of the smaller tribes, when needed.

So...although we are busy at the clinic, I am available to talk to anyone at any time. I am looking forward to what our future holds and I do appreciate the opportunity to see where it takes us. Thank you.

The Health Clinic performs **CDL and athletic physicals**, to receive your physical you need to:

- Make an appointment, well ahead of time, do not wait to the last minute.
- Bring your required form, the Clinic does not maintain forms.
- Complete your portion of the form(s).
- Make sure the form has the required signature(s).
- Bring your corrective lenses (glasses, contacts).
- For CDL physicals, bring your medication(s).

Thank you, Health Clinic Staff

Optometry News

Hello all many of you may or may not know me my name is Kevin Thomas and I am the new Optometry Clerk for the Pyramid Lake Health Clinic. It has been a smooth transition in to this position I was able to keep the ball rolling get things done. It has been an enjoyable journey for myself I came full circle in terms of my employment, my first job was working for an optical lab in Reno as well as a good chunk of time spent at Reno-Sparks Indian Colony working for the Planning Department. I look forward to assisting you and meeting all of you (even though I know most of you).

Kevin

FEW INFORMATIONAL TIDBITS

Doctor Days are Tuesdays and Fridays

Glasses take about a month to get back from the lab, contact lens take about a week or 2 to come in.

Any glasses or *contact lens that will be a self-pay will need to have the money order first before anything can be ordered.

***contact lens trials exempt, when contact lens RX is finalized then a money order will be needed.**

Eye Injury Risks in the House

- Using hazardous products and chemicals such as oven cleaner and bleach for cleaning and other chores (accidents involving common household products cause 125,000 eye injuries each year).
- Cooking foods can that can splatter hot grease or oil.
- Drilling or hammering screws or nails into walls or hard surfaces like brick or cement; the screws or nails can become projectiles, or fragments can come off the surface.
- Using hot objects such as curling irons around the face; inadvertent contact with the user's eyes can cause serious injury.
- Loose rugs and railings or other hazards that could cause falls or slips.

Injury Risks in the Yard

- Mowing the lawn.

- Using a power trimmer or edger.
- Clipping hedges and bushes.

Eye Injury Risks in the Garage or Workshop

- Using tools (power or hand).
- Working with solvents or other chemicals.
- Any task that can produce fragments, dust particles or other eye irritants.
- Securing equipment or loads with bungee cords.

For all of these activities, it's important to remember that bystanders also face significant risk and should take precautions against eye injuries too. This is particularly important for children who watch their parents perform routine chores in and around the home. Bystanders should wear eye protection too or leave the area where the chore is being done.

Preventing Eye Injuries at Home

Wearing protective eyewear will prevent 90 percent of eye injuries, so make sure that your home has at least one approved pair and that you and your family members wear the eyewear when risks come into play.

There will still be occasions when accidents and injuries happen. Consider taking some of these safety steps around the home to diminish the risks even more:

- Read the labels of chemicals and cleaners carefully, and don't mix products.
- Secure rugs and railings.
- Cushion sharp corners and edges of furnishings and home fixtures if you have children or the elderly in your house.
- Check the lawn or the outdoor area where you will be working for debris that can become a projectile.
- Keep your tools in good condition; damaged tools should be repaired or replaced.
- Make sure that all spray nozzles are directed away from you.
- Use grease shields on frying pans to protect from splattering

FEMA POD Exercise

The Pyramid Lake Tribal Health Clinic held a **FEMA POD Exercise** March 18th at the Tribal Gym. The Exercise was a staff training and preparedness should the Pyramid Lake communities and surround areas require mass immunization or medications.

The Exercise included set up and dismantle of the POD trailer, and operation of the POD, giving "fake" immunizations. Staff also responded to interjects that tested staff response for on the spot reaction and resolution.

The Health Clinic would like to thank:

- ▶ The Pyramid Lake Police/Rangers for providing security.

- ▶ The Pyramid Lake Fire and EMS Department for EMS and safety support.
- ▶ The Numaga Elder Program for elder participation.
- ▶ The Tribal Administration and Council for administrative support.
- ▶ Tribal staff and community members that participated as volunteer patients.
- ▶ Dan Thayer, ITCN-ITERC, who assisted with planned, Exercise development and coordination of resources.
- ▶ Fallon Tribe and Reno/Sparks Colony staff that provided Exercise Evaluators.

Pyramid Lake Tribal Health Clinic Calendar of Events: (Schedule subject to change)

The Events listed below are a few of the scheduled events the Pyramid Lake Tribal Health Clinic sponsors or are co-participants.

Time/Event	Sponsored by	Contact:	PhoneNo.
YOGA MINI-CLASSES — Every Wednesday			
8:45-9:30 am—Wadsworth Daycare/Headstart	PLTHC	Dora, Ellen or Lela	574-1018
10:15-11:00 am—Numaga Senior Center	PLTHC	Dora, Ellen or Lela	574-1018
11:15-11:45 am—Nixon Daycare	PLTHC	Dora, Ellen or Lela	574-1018
12:15-12:45 pm—Administration (Open to Everyone)	PLTHC	Dora, Ellen or Lela	574-1018
1:00-1:30 pm—Clinic (Open to Everyone)	PLTHC	Dora, Ellen or Lela	574-1018
2:00-2:30 pm—Wadsworth HeadStart	PLTHC	Dora, Ellen or Lela	574-1018
2:45-3:15 pm—Wadsworth Daycare	PLTHC	Dora, Ellen or Lela	574-1018
YOGA CLASSES — Every Third (3rd) Saturday - New Wadsworth Community Center			
9:00-10:00 am—Session #1: Family (ages 0-13)	PLTHC	Dora, Ellen or Lela	574-1018
10:00-11:00 am—Session #2: Open for everyone	PLTHC	Dora, Ellen or Lela	574-1018
Numaga Senior Fun Day—Sutcliffe Marina June 11th, @ 10:00 am	Co-Participant	Numaga Director	574-1064
MAMMOVAN—PLTHC Parking Lot May 16th, Saturday	PLTHC	Angey Dunn	574-1018
ART Classes—Sumunumu Resources Center March 27 thru April 10 (Monday-Friday)	PLTHC-Sumunumu	Diana Mitchell	980-6507
Annual Eagle Staff Run/PL War Day Numana Hatchery/Nixon Gym May 15th, Friday	PLPT/PLTHC (Co-Participant)	Diana Mitchell	980-6507
PLPT Graduating Seniors/ Graduation Dinner June 12th	PLTHC-Sumunumu (Co-Participant)	Diana Mitchell	980-6507
Natchez Welcome BBQ August (TBD)	PLTHC-Sumunumu (Co-Participant)	Diane Mitchell	980-6507
PLPT Parks & Recreation Summer Events—July-August (TBD)	PLTHC-Sumunumu (Co-Participant)	Diane Mitchell	980-6507
Natchez Fun Day & Indian Day Events September 25, Friday	PLTHC-Sumunumu (Co-Participant)	Diane Mitchell	980-6507
Sacred Visions Pow-Wow—Big Bend, Wads. July 17-19, Friday-Sunday		Angey Dunn	574-1018

PUBLIC NOTICE

(Issued by the Department of Health & Human Services/Public Health Service, Phoenix Area Indian Health Services, Nevada Operations Office, 1395 Greg Street, Ste. 101, Sparks, NV 89431. Dated 03/10/2015)

The Phoenix Area Indian Health Services (PAIHS), a Federal agency within the Department of Health and Human Services, is notifying you that effective Monday, March 23, 2015; the Schurz Purchased/Referred Care (PRC) office will relocate to Sparks, Nevada. The new address and phone numbers are as follows:

Indian Health Services
Schurz Purchased/Referred Care Program
1395 Greg Street, Suite 101
Sparks, NV 89431
Phone Numbers: (775) 331-7901 or
1-800-772-7228
Fax Number: (775) 359-1464

As the Deputy Director for Nevada Operations, I want to thank you for your continued support and understanding as we transition to our new location. Also I want to assure all customers and patients that the Indian Health Services (I.H.S.) PRC Program will continue to provide the same level of service without interruption. In the interim, the I.H.S. Purchase/Referred Care Program will continue to operate at our current location in Schurz, Nevada through Friday, March 20, 2015 with our existing phone and fax numbers.

Please feel free to contact me should you have any questions at:
(775) 784-5327 ext 234 or
by e-mail at Loren.Ellery@ihs.gov.

Sincerely,
/s/ Loren Ellery
Deputy Director for Nevada Operations

**PYRAMID LAKE
TRIBAL HEALTH CLINIC
BEHAVIORAL HEALTH PROGRAM**

The goal of the Behavioral Health Program is to provide culturally sensitive counseling for individuals, couples, and families by utilizing therapeutic treatment models appropriate for individuals and family needs.

The Behavioral Health Program offers counseling for grief and loss issues, effective parenting, referrals, and access to other services that supports the individual and their family in the healing process.

Behavioral Health Staff

Richard Perkins, Ph.D.,
Psychologist
Provides Psychological evaluation and treatment for individuals of all ages. Also provides treatment for families and couples.

Mary Ann Potter, M.F.T.
Provides counseling for individuals, couples and family issues.

Ronald Centric, D.O.,
Psychiatrist
Provides psychiatric services for adults with a wide range of psychiatric problems.

Gerri Steinagel, M.D.,
Psychiatrist
Provides psychiatric services for adults with a wide range of psychiatric problems.

Robert Shubinski, M.D.,
Psychiatrist
Provides psychiatric services for children and adolescents.

**Call for an appointment.
(775) 574-1018**

Seek help if you or someone you know is:

- *Thinking of hurting or killing yourself or others;*
- *Experiencing an emotional crisis.*
- *Hopelessness, feeling like there's no way out.*
- *Talking or writing about death, dying or suicide.*

Yoga for the Special Child™



A THERAPEUTIC PROGRAM FOR INFANTS AND CHILDREN WITH SPECIAL NEEDS

Taught by Kathleen Randolph,
Certified Practitioner

Work Experience

- Nevada Emergency Medical Technician, Training includes Health care provider CPR for adults, infants and children
- Firefighter I, Verdi Volunteer Fire Department
- Proprietor, Kathleen Randolph, CPA
- Certified Public Accountant Education
- Graduate studies at the University of Nevada in educating children with fetal alcohol syndrome and fetal drug effect
- Bachelor of Science, Accounting, UNR

- ◆ Group classes (30 to 40 minutes) for children in the imitative stage of development. Classes are inclusive and grouped by developmental stage. Group classes are also available by appointment.

ADULT CLASSES

Ms. Randolph also offers adult sessions. Held over a six-week period, adult classes will help you become a "role model" to your child, which in turn will help them increase their desire and ability to learn new movements. At the same time, you will gain from the many benefits of yoga.

Adult classes can also serve as a wonderful respite from the hectic schedule that comes from raising a special child.

THE SPECIAL CHILD PROGRAM

Yoga stimulates all the areas necessary for a child's development. Yoga for the Special Child™ is designed specifically to benefit children with Down Syndrome, Cerebral Palsy, Attention Deficit Disorder, Learning Disabilities and other developmental delays.

The physical postures tone specific muscle and nerve groups, and benefit organs and endocrine glands. They improve strength, flexibility, balance and motor coordination.

The breath exercises increase lung capacity and oxygenation of the brain cells, and clear the respiratory tract.

The music and sound therapy use rhythm and melody, combined with hand movements and sound combinations to develop concentration, breath coordination, communication and motor skills.

A vital role in the program is that of the parent as guide, inspiration and role model. The benefit to your child of seeing you enjoy your yoga practice cannot be emphasized enough.

Our style of yoga is gentle and safe, and requires no special equipment. We ask that a questionnaire be completed for each child as part of our evaluation to assure that the program we design is suited to any medical concerns or special needs.

While we recognize the importance and the necessity for conventional medical treatment, we also believe that special children possess special needs. Time away from doctors' offices and hospitals is a welcome and refreshing treat for you and your child.

CHILD CLASSES

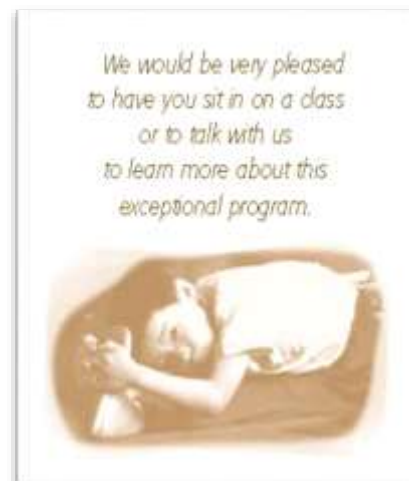
Each session consists of six 15- to 40-minute classes (depending on age and ability), which are held once a week for six weeks. During the sessions, children will learn a step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills. They will also learn specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. Classes also include assistance with the parents' role as a guide and inspiration to the child, creating the optimum home and family environment.

All classes are inclusive, meaning children are grouped according to their developmental stage. There are four levels of learning. The preparatory stage is for passive children who are unable to respond to the instructor. The inductive stage is suited for children who are beginning to show some signs of response to yoga stimulation. The interactive stage marks the beginning of direct, active participation by the child. The imitative stage is for those children who can, or who are attempting to imitate yoga movements by the instructor or their parents.

Private children's classes are also available by appointment. Please call for availability.

Classes for Children Include:

- ◆ Individual 30 minute sessions during the preparatory, inductive and interactive stages of development. Sessions by appointment.



We would be very pleased
to have you sit in on a class
or to talk with us
to learn more about this
exceptional program.

Founded in science, enriched with compassion, Yoga for the Special Child™ is an innovative approach to therapy. It is both affordable and effective, yet its most endearing attribute might be that it is extremely enjoyable. It provides infants, children, and their parents with a pleasurable way to improve the quality of their lives.

The following information will provide you with an overview of Yoga for the Special Child™.

THE INSTRUCTOR

Kathleen Randolph is a certified practitioner for the program, Yoga for the Special Child™. Ms. Randolph trained under Sonia Sumar, the creator of Yoga for the Special Child™, and an internationally renowned yoga therapist. Ms. Randolph has practiced yoga in Reno since 1970, and is the co-founder of The Yoga Center, which was created to facilitate Yoga for the Special Child™.

Kathleen Randolph

Curriculum Vitae | Yoga Experience

- ▶ Teaching individual and group classes for children with special needs
- ▶ Teaching individual and group classes for adults with special health concerns
- ▶ Author of "Yoga for Scleroderma" program available on video at www.scleroderma.org or 1-800-722-HOPE
- ▶ Trained with Sonia Sumar, Accredited as a Certified Practitioner of Yoga for the Special Child™
- ▶ Co-owner of The Yoga Center • Yoga Teacher
- ▶ Trained as a yoga teacher with Lisa Dalberg in the therapeutic aspects of yoga
- ▶ Yoga Student of Lisa Dalberg
- ▶ Personal Yoga Practitioner

"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:

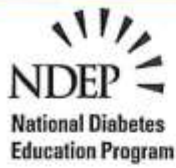
- ❖ Wadsworth Daycare/Headstart 8:45—9:30 am
- ❖ Numaga Senior Center 10:15—11:00 am
- ❖ Nixon Daycare 11:15—11:45 am
- ❖ Administration (open to everyone) 12:15—12:45 pm
- ❖ Clinic (open to everyone) 1:00—1:30 pm
- ❖ Wadsworth Headstart 2:00—2:30 pm
- ❖ Wadsworth Daycare 2:45—3:15 pm

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 Every Welcome 10:00—11:00 am

If you are interested in these classes please contact Dora or Ellen for more information. (775) 574-1018 or You call Kathy Randolph personal at (775) 322-4600.



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

1 How old are you? Write your score in the box.

a. Less than 40 years (0 points)
 b. 40–49 years (1 point)
 c. 50–59 years (2 points)
 d. 60 years or older (3 points)

2 Are you a man or a woman?

a. Man (1 point)
 b. Woman (0 points)

3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

a. Yes (1 point)
 b. No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

a. Yes (1 point)
 b. No (0 points)

5 Have you ever been diagnosed with high blood pressure?

a. Yes (1 point)
 b. No (0 points)

6 Are you physically active?

a. Yes (0 points)
 b. No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
			(1 Point)		(2 Points)	
You weigh less than the amount in the left column (0 points)						

➤ Add up Your Score

The higher your score, the higher your risk.

➤ **If you scored 5 or more:** You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

➤ **If you scored below 5:** Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. NDEP has special information for these groups.

National Diabetes Education Program

1-888-693-NDEP (1-888-693-6337) • TTY: 1-866-569-1162

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



Adapted from the American Diabetes Association's Diabetes Risk Test.

www.YourDiabetesInfo.org

In Loving Memory of Lileah Rivera Scott

“Oh, Great One” welcome our mother, Lileah to your kingdom.

Keep her safe, lord and bless her spirit in the after world forever and ever.

Unite her with our ancestors in the sky,

Let her dwell in harmony and pain free.

Grant our hearts healing and lift us from the most saddest heartbreaking time in our lives.

A son’s love and respect for his mother is forever.

Like in life we will meet again someday.

You are truly missed by many.

Know we carry your blood on earth like you carried the water that gave us life.

Thank-you Mom for everything you did for everyone.

We know you loved us all equally.

Our eyes cry no more, for that was your wish.

In time, Lord, heal our hearts bring us strength and peace.

I ask this prayer for all my relations, those in the present and those in the past.

Leonard Rivera, Jr., Paiute.

Lileah was born April 10, 1943 to Marsden Scott of Schurz, NV and Eunice Smith of Nixon, NV. Entering Eternal Life on September 14, 2014 in Reno, NV.

Survived by her children, Audrey Rivera, Leonard Rivera, Tia Lowery, granddaughter of Wadsworth, NV and Yolanda Rivera of Nixon.

A brother Benson Scott, sisters, Amelia Scott, Imogene Scott of Nixon, NV and Unadell Mitchell of Wadsworth.

Lileah is also survived by 7 grandchildren and 9 great-grandchildren, many friends, cousins and co-workers.

Attending grade school in Wadsworth, she attended Stewart Indian High School in Stewart, NV, where she was a member of the Maton Prep teams. Graduating in 1962.

Earning a RN Certificate, Lileah worked in Phoenix, AZ at the Indian Hospital until moving her family to Nevada in 1974.

Employed by the Sundowner and Eldorado Hotel Casinos for 17 years, Lileah retired from Merry Maids where she was a team captain.

Li loved the Indian Way of Life, she like to travel to Pow-wows and see grand entry. She also enjoyed cooking, watching her westerns and listening to her country music.

The Rivera family wishes to say Thank-you to those who came to show their respects for our loved one.

Buried in Nixon, Nevada, September 19, 2014.

In Loving Memory of Dustin Lee Collins

One year ago you were tragically taken from us in a split second. We never got to say good-bye or see you one last time. Our year of firsts without you is done. Your dreams of moving to Chicago never realized. The cry of the Morning Dove brings thoughts of you. Your journey on the Milky Way is complete, now you are forever with the relatives. I can hear you saying “Oh what a ride it’s been”. Yes, that would be our Dust, forever loved and so missed. Heartfelt thanks to all who provided comfort, expressed condolences and for the food donations when we sent him off.

*All My Relations,
Love Grandma Ona*

Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



“PYRAMID LAKE STRIKE FORCE”

Our program was aired on Channel 8, Monday, January 26th and the actual taping of the practice was on Wednesday, January 21, 2015. Our training facilities is behind the Nixon gym and we open on Sunday, Monday, and Wednesdays. This program started about one (1) year ago. Michelle Mix and Irwin Mix also train out in Washoe Valley through the painter’s Jujitsu program.

Michelle did her UFC fight at the Reno Event Center, April of 2013. About the trainers, John Mix has 3 years experience in kick-boxing, his teacher (instructor) was Lou Grouso from Korea who is a 8 degree Grand Master in Tae-Kwon-Do at the time, this training was called P.K.A. (Professional Karate Association).

Gus Mix does the Jujitsu part of the training along with Michelle Mix, these guys show the locks and how to counter different opponents. Vinnie Reymus does the boxing portion, Vinnie also did his Reno debut in June of 2013. Tyler Hinkey, also comes down to help in the training. Lyle “Hollywood” Kochamp also helps in the wrestling part of the training.

On February 7, 2015 at the Grand Sierra Resort, Lex Sarabia, did his WFC debut fight, Lex was very nervous but his quickness and training was no match for his opponent, Casey Dias of Fallon. Lex won by a TKO in the 1st round.

Also fighting that same evening was Carlos Sanchez, who also won by TKO in the 1st round, but decided to retire after his win so the best to Carlos. The crowd was filled with family and friends and people that support the Pyramid Lake Strike Force.

Lex Sarabia and Vinnie Reymus are invited back to the GSR on April 10, 2015. Michelle Mix is also suppose to fight but has to wait for a fighter that is in her weight class.

Each fighter sells their tickets but what we’ve seen they go very fast! The club also sells T-shirts and sweat pants to raise money for more supplies. The Club has been training a few more people that are getting ready for the Tough Man Boxing match. The Pyramid Lake Strike Force would like to thank everyone who attended the matches and supported our fighters.

Althea Dunn Mix

Water for the Seasons: Sustaining Water and Climate Resiliency in the Truckee-Carson River System

Water for the Seasons

Climate extremes, such as droughts and floods, challenge water sustainability particularly in arid regions. Funded by the *National Science Foundation (NSF)* and *U.S. Department of Agriculture (USDA)*, *Water for the Seasons* is a research and outreach program that partners scientists with community stakeholders to explore and create new strategies for sustaining water resources in arid environments under a range of possible climate scenarios.

The long-term goal of *Water for the Seasons* is to enhance climate resiliency in communities in arid environments that depend on snow-fed river systems. To achieve this long-term goal, the program focuses on three major activities that require scientists and community-based stakeholders to work together to:

- Assess and project water supplies under a range of climatic conditions;
- Assess and build community capacity to adapt to extreme climate events and related consequences for water management, land-use and economic growth; and
- Create and explore new strategies for sustaining water supplies now and into the future.

What is a Climate Resilient Community?

A climate resilient community is one that has developed the capacity to adapt or respond effectively to change in the face of extreme climate events such as droughts or floods. Its stakeholders understand, acknowledge,

anticipate and absorb extreme climate events and possess the capacity to reorganize as necessary to maintain essential community functions and identity (Moench, 2014).

Truckee-Carson River System

The *Water for the Seasons* program focuses on the Truckee-Carson River System (TCRS). These rivers originate in the Sierra Nevada in eastern California and rely on winter snowpack and spring runoff as the primary source of water. The duration and timing of storms and runoff are critical factors that determine the quality of life in TCRS communities, making the region particularly vulnerable to complex and unexpected drought and flood events. These same vulnerabilities also provide opportunities to build climate resilient communities in the TCRS.

Who is Involved?

The vast majority of the TCRS surface area lies within the State of Nevada. However most of the precipitation and virtually all of the system's water storage lies within the State of California. This has led to enduring conflict among TCRS stakeholders with competing interests in the water resource (Wilds, 2010).

For this reason, stakeholder involvement and participation is especially important to this research. *Water for the Seasons* does not aim to resolve long-standing historical allocation disputes. Rather, it strives to access local experience and knowledge related to water sustainability and climate resiliency. Stakeholder engagement in all facets of the program improves the practicality and usefulness of the research (Bergold & Thomas, 2012).

Research and outreach activities include individual and group interviews with TCRS stakeholders to better understand diverse perspectives and historical memories related to drought and other extreme climate events. Cooperative Extension will create a *Stakeholder Advisory Group* to guide research activities over the four years of the program. The group will represent diverse TCRS communities, from the headwaters to the terminus, and include agricultural producers, tribes, natural resource managers, urban planners, economic developers and water managers. The diversity of the *Stakeholder Advisory Group* is important to the integrity of the research as each interest or community is affected differently by climate change and affected at different times of the year.

Summary

Water for the Seasons is four-year NSFUSDA funded interdisciplinary integrated research and outreach program that partners scientists from University of Nevada, Reno, Desert Research Institute and U.S. Geological Survey with community stakeholders in creating and exploring ideas for enhancing water sustainability and climate resiliency in the TCRS region. The program will purposefully engage community stakeholders to work collaboratively toward developing a holistic understanding of resilient water systems in arid areas particularly vulnerable to a changing climate. Program updates and information are available via the UNR Academy for the Environment's website: <http://environment.unr.edu/academy/waterfortheseasons.html> and Cooperative

A partnership of Nevada Counties; University of Nevada, Reno; and U.S. Department of Agriculture


Maureen McCarthy, Project Director & Director, UNR Academy for the Environment
Loretta Singletary, UNR-UNCE, Professor & Interdisciplinary Outreach Liaison
Derek Kauneckis, UNR, Associate Professor, Department of Political Science
Staci Emm, UNR-UNCE, Associate Professor & Extension Educator
Greg Pohll, Desert Research Institute
Mike Dettinger, United States Geological Service
Rich Niswonger, Associate Professor, United States Geological Service
Justin Huntington, Associate Professor, Desert Research Institute
Kelley Sterle, Graduate Research Assistant, Hydrologic Sciences Program
Karen Simpson, Graduate Research Assistant, Department of Political Science

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- Wilds, L. (2010). *Water politics in northern Nevada: A century of struggle*. Reno, NV: University of Nevada Press.

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SOUTHWEST GAS


Natural gas lines can be buried anywhere. So it's important to know how to recognize and respond to a natural gas leak...no matter where you are.

A leak may be present if you:
SMELL: An odor similar to rotten eggs, even if it's faint or momentary.
HEAR: A hissing or roaring sound coming from the ground, above-ground piping, or gas appliance.
SEE: Dirt or water blowing into the air, unexplained dead or dying grass or vegetation, or standing water continuously bubbling.

If you suspect a leak:

- automated doors. Leave the area immediately.
- From a safe place, call 911 and Southwest Gas at 1-877-860-6020, day or night, whether you're a customer or not. A Southwest Gas representative will be there as soon as possible.
- Don't smoke or use matches or lighters.
- Do't turn on or off any electrical switches, thermostats, or appliance controls; or do anything that could cause a spark.
- Don't start or stop an engine, or use

For more information about natural gas safety, visit swgas.com/safety or call 1-977-860-6020.



OPEN TO THE PUBLIC
FREE Admission
FREE Camping

7TH ANNUAL

FEAST ON SATURDAY
NATIVE ARTS & CRAFTS
SATURDAY PARADE

SACRED VISIONS

Big Bend Ranch, Wadsworth NV
 Pyramid Lake Paiute Tribe

POWWOW

JULY 17-19, 2015

"TE NANUMU MAGODYUKU"
"Bringing the People Home"

GRAND ENTRY Friday 7PM Saturday 12:00 & 7PM Sunday 12:00	CATEGORIES Golden Age (60+) Adult Men & Women Teen Boys & Girls Junior Boys & Girls Tiny Tots	HOST HOTEL Comfort Suites Fernley, NV (775) 980-6514
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VENDOR CONTACTS
 AngeyDunn (775) 412-8624
 angeyfaye@yahoo.com

ROYALTY CONTACT
 Michelle McCauley
 (775) 772-4934
 ROYALTY CROWNED FRIDAY

HAND GAME TOURNAMENT
HORSESHOE TOURNAMENT
TRADITIONAL BUCKSKIN SPECIAL
FUN RUN SATURDAY

FOR MORE INFORMATION
 Gordon Dodd (775) 560-1551
 William Wadsworth (775) 240-8128
 Brenda Henry (775) 815-5787

email - sacredvisions12@yahoo.com * facebook - sacred visions powwow
 Sacred Visions Powwow Committee, P.O. Box 897, Wadsworth, NV 89442
 Pyramid Lake Veterans & Warriors Organization, MSP/IGLS & Sumunumu Programs
DRUG FREE EVENT: Committee not responsible for short funded travelers, theft, damages, or injuries.
 No weapons, firearms or fireworks permitted.



SPONSORED BY PYRAMID LAKE VOLUNTEER FIRE RESCUE DEPARTMENT

COMMUNITY EASTER EGG HUNT



SATURDAY- APRIL 4, 2015

Pyramid Lake High School Football Field



START TIME: 11:00 AM
WITH SPECIAL GUEST: Easter Bunny

~Fun Activities For All Ages~
 Face Painting!! Prizes!! Fire Engine Display!!
**Come and join us for a safe
 and fun event!**

To make a donation or for more event information call: 775-560-4417

Transplant fundraiser for
Rita Davis-Blackowl

BINGO & DINNER

April 11th, 2015
 4pm to 8pm
 @ New Wadsworth
 Community Bldg.

Bingo cards
 .25 cents each
 Blackout \$1.00

Menu:
 Indian Taco \$6
 Spaghetti \$5
 Child hot dog plate \$3
 Drinks & desserts \$1 each

DINNER & A SHOW

Musical performances
 from different artists

Saturday May 2nd
 4pm til 8 pm
 @New Wadsworth
 Community Bldg.

Dinner Menu:
 Indian Taco \$6
 BBQ Dinner Plate \$6
 Spaghetti Dinner Plate \$5
 Child Hot Dog Plate \$3

Drinks & desserts
 sold separately

Free entry & door prizes
(must be present to win)

Thank you for your support,
 any questions please contact
 Rita or Arcy at 225-8216.

Family is Sacred **So is our**
Native Language
Numu Yadooana Class
(Paiute Language Class)

EVERY TUESDAY

6:00 - 8:00pm

Wadsworth Brown Bldg.
(old community bldg)

Everyone Welcome!
Potluck dinner.

Learn phrases to use in your home.

Great way to spend time with your family!

Ralph Burns
Teacher

For More Information Contact: Denise @ 775-575-2434

Numu

*** WIN A PRIZE * WIN A PRIZE ***

- ◆ Bring your completed answer sheet to any Tuesday Night Language Class 6-8pm at the Old Wadsworth Community Building during the month of April.
- ◆ Everyone who brings a completed sheet to Language Class will win a Prize.
- ◆ Sheets that are **100%** correct will go

Everyone
is welcome to
participate!!

CONTEST ENDS
APRIL 30, 2015

Match the sentence in the left column with the correct animal from the right column.

- | | |
|---|----------------|
| 1. I sleep upside down. | A. Kwena'a |
| 2. I live underground and bring food to my queen. | B. Pakwe |
| 3. The moon and stars bring out the "howl" in me. | C. Hooeda |
| 4. My black face mask matches my striped tail. | D. Kammu |
| 5. I am black with a white stripe. | E. Pamogo |
| 6. My ears are bigger than my tail. | F. Weho |
| 7. I have horns on my head and my back. | G. Sadu'u |
| 8. I live underground with my pups. | H. Kupa |
| 9. I fly around at night looking for my prey. | I. Koepa |
| 10. My long tongue catches flies for my dinner. | J. Pegahana'a |
| 11. I like my food to be dead...really dead! | K. Toohoo'o |
| 12. I am the biggest cat around here. | L. Tuhudya |
| 13. I live underwater and never need to come up for air. | M. Pongeta |
| 14. My curved horns protect me. | N. Etza'a |
| 15. My feathers are black and white and my tail is long. | O. Pamagatza'a |
| 16. People call me bald but I have a lot of feathers on my head. | P. Padaki'e |
| 17. I am very traditional, I wear buckskin everyday. | Q. Moohoo'o |
| 18. I am known as a man's best friend. | R. Togokwa |
| 19. My rattle is music to my ears, but others run away when they hear me. | S. Kwedagagi'e |



APRIL 23, 2015 @ 10 a.m.

PLHS Football Field
711 State Street, Nixon NV

Volunteers Needed to run events.
Come Support Your Local Head Start.

Any questions please contact
Wadsworth Head Start
@ 775-575-7910

- EVENTS:
- Potato Sack Race
 - Long Jump
 - Bean Bag Toss
 - Egg Race
 - Balloon Relay
 - Chicken Run

**Drummers or
Drum Group
Needed to Volunteer**



*Please come and support your
local Head Start
Need to sing Flag Song at
The Head Start Olympics
Contact Wadsworth Head Start
@ 775-575-7910*



FALLON PAIUTE-SHOSHONE TRIBE

Education & Cultural Affairs Department

February 26, 2015

Greetings All;

We are reaching out to our neighbors who may be interested in receiving FREE training in the White Bison's Sons of Tradition curriculum. This program provides a character-building framework that will enable male youth (ages 13-17) to create healthy identities for themselves as young Native men.

Please pass this information on to those in your community who can help get the word out, i.e., Education Departments, Substance Abuse Counselors/Programs, Health Departments, Recreation Programs, Cultural Pro-

grams, etc. This is a great opportunity to learn ways you can give back to your community by guiding our young boys to a healthier lifestyle and a brighter future.

We received funding from the Statewide Native American Coalition to provide the needed materials and from FPST's Substance Abuse Program to provide the trainers. We would like to extend an invitation to Pyramid Lake Paiute Tribe, Reno/Sparks Indian Colony, Walker River Paiute Tribe, Yerington Paiute Tribe, Yomba Shoshone Tribe and Lovelock Paiute Tribe to bring a team and join in this great opportunity.

It is our thoughts that a team of facilitators from each area would be

able to help each other to share the duties, increase the knowledge available, and give support in bringing the program to their respective communities. Those communities completing the training will also receive a \$1,000 grant from SNAC to begin implementing the program. How can you beat that?

Please contact FPST Education Director, Mary Williams, to reserve your spot or for more information as soon as possible. Space is limited.

Phone: 775-423-8065
Email: educationdirector@fpst.org

Respectfully,
Mary Williams

SAVE
THE DATE

White Bison's Sons of Tradition

Date: April 7 – 9, 2015
Time: 8:30 – 4:30 p.m.
Location: TBA

This FREE training for community members will utilize White Bison's Sons of Tradition curriculum which provides a character-building framework that will enable youth (ages 13-17) to create healthy identities for themselves as young Native men. Come and join others seeking opportunities and methods to reach our Native youth.



Seating will be limited to 25.

Registration Information coming soon....

For more information – Contact:
Mary Williams, Education Director
Fallon Paiute Shoshone Tribe
(775) 423-8065
Email: educationdirector@fpst.org

FREE TRAINING FOR FACILITATORS

FUNDING PROVIDED BY:
STATEWIDE NATIVE AMERICAN COALITION
FALLON PAIUTE-SHOSHONE TRIBE'S
EDUCATION DEPT.
SUBSTANCE ABUSE
MENDING THE CIRCLE PROGRAM



APRIL 28-30, 2015 ~ NEVADA STATE MUSEUM ~ LAS VEGAS ~ NEVADA

Our Time is Now Preparing our Communities for Tourism

Nevada's Indian Territory, in partnership with the Nevada Indian Commission and the Nevada Division of Tourism is proud to host the 7th Annual Nevada Tribal Tourism Conference. This year's conference will feature a spectrum of professionals in the tourism and tribal tourism industries who will provide strategies on how tribes can share their rich history and culture with visitors from around the globe! You are invited to come and experience the full array of events planned for this year's Tribal Tourism Conference, from top-notch keynote speakers and presenters to a tour of the Las Vegas Valley and the Red Rock Canyon National Conservation Area, home to the Nuwu (Southern Paiute). The 7th Annual Nevada Tribal Tourism Conference has something to offer everyone!

Also, please note, a limited number of **registration only scholarships are still available** on a first come first serve basis to Tribes/Tribal members who would like to attend! If you would like receive a scholarship, please call me at 775-687-8333 or e-mail at cgibbons@nic.nv.gov.

Conference Registration (Includes All Conference Events):

\$125.00 per person if registered by April 13, 2015 or
\$150 if registered after April 13, 2015.

Registration Deadline: April 20, 2015

For More Information: email cgibbons@nic.nv.gov

Please note: The on-line form accepts credit cards only. If you are making payment with a check, please download and print the online brochure, complete the registration page, and mail it to the address on the brochure form.

S A V E T H E D A T E



Hotel information is now available:

Downtown Grand Hotel and Casino, Las Vegas
206 N 3rd St, Las Vegas, NV 89101

Room rate \$29.00 plus \$18.00 resort fee + tax per night

For hotel reservations call: 1-855-384-7263

Rooms blocked under group code:

Ask for "Nevada Indian Commission" rate

To guarantee special room rate,

make your reservation by April 10, 2015

Annual Rural Roundup tourism conference highlights travel trends, marketing tips

CARSON CITY, Nev. —

Rural Roundup, Nevada's signature rural tourism conference, sponsored by the Nevada Division of Tourism, returns to the Carson Valley for its 25th anniversary this April, Lt. Gov. Mark Hutchison announced today.

Kicking off the two-day conference is travel-trend expert Brian London. London is best known as publisher of Travel Industry Indicators and Travel Smart News, two of the industry's top trade e-newsletters, and he will be addressing the travel trends among various generations and how to reach one's intended market.

"It is so important to stay on top of travel and marketing trends so that we can stay competitive in the travel industry," Hutchison, chair of the Nevada Commission on Tourism, said. "Nevada is a highly desired destination, but we must strive to know our audiences and know how to reach them effectively, and that's what Rural Roundup is all about."

Issues, trends and insights affecting rural tourism will fill the Rural Roundup agenda, Wednesday April 15, through Friday, April 17. All conference sessions will be held at the Carson Valley Inn in Minden. Sessions include:

- ◆ Itinerary and Product Development, presented by Mark Hoffman of Sports Leisure Vacations
- ◆ Paranormal Tourism, presented by author and paranormal expert Janet Jones

- ◆ Navigating the New World Travel Markets, presented by Jason Pacheco of BMG Travel
- ◆ Clutter-Busting Advertising, presented by Stan Byers of Stan Can Design
- ◆ Evolution of website design, presented by Sean Cowan, digital experience director of Fahlgren-Mortine
- ◆ History as Hook, presented by Nevada Division of Museums and History Administrator Peter Barton
- ◆ Creative Communities, presented by Mary Works Covington, community arts development program coordinator with the Nevada Arts Council

Nevada Tourism and Nevada Magazine staff will present a session on how to get involved with the state's tourism programs, and the conference will conclude Friday morning with a breakfast with Hutchison, whose term as lieutenant governor began in January of this year. Conference delegates will have the opportunity to hear his thoughts on the tourism industry, and to ask him questions.

"Tourism is Nevada's No. 1 industry, employing more than 462,000 residents," Claudia Vecchio, director of the Nevada Department of Tourism and Cultural Affairs, said. "For every 33 tourists to the U.S., one job is created, a message that resonates with Lt. Gov. Hutchison. Tourism continues to drive the state's economy through robust job creation and ongoing product diversification."

For Rural Roundup registration, news and updates please visit www.ruralroundup.com. Registration is \$65 through April 1, and \$100 after. For a full lineup of speakers and more information, visit www.RuralRoundup.com.

EDITOR'S NOTE:

The Nevada Division of Tourism welcomes media representatives to attend and cover the conference. Please let us know if you would like to attend by contacting Angela Froelich at afroelich@travelnevada.com or 775-687-0639.

The Nevada Division of Tourism is part of the Nevada Department of Tourism and Cultural Affairs. It promotes and markets Nevada as a tourism destination for domestic and international leisure and business travelers through its marketing and advertising programs and by

NEVADA
A WORLD WITHIN.
A STATE APART.

coordinating partnerships between public and private entities. NCOT also administers grant programs for local

NEVADA'S INDIAN TERRITORY

CONTACT:

Bethany Drysdale, bdrysdale@TravelNevada.com

Chris Moran, cmoran@travelnevada.com

Nevada Commission on Tourism,

775-687-0647

www.TravelNevada.com

Tweet this: Learn #tourim tips & trends at Nevada's #RuralRoundup conference, April 15-17, @CarsonValleyInn ruralroundup.com #travelnevada



Prepare your Child for success in School, sign up for Head Start
It's FREE!

"Communities will Provide Stronger Support to the Next Generation"

"Successes were made for the Children by participants of The FYEE Cultural & Language Program"

"Fallon Head Start Children 'Rockin' Their Move'"

Documents You Will Need To Enroll Your Child:	Serving the Communities of:
-Head Start Application	Elko - 775.738.3631
-Copy of your Child's Birth Certificate	Fallon- 775.423.6351
-Current Immunization Record	Lovelock- 775.273.4911
-Family Income (Paystubs, Public Assistance)	Ft. McDermitt 775.532.8724
	Moapa 702.865.2753
	Nixon 775.574.1032
	Owyhee 775.757.3036
	Wadsworth 775.575.7910
	Walker River 775.773.2583
	Yerington 775.463.7857

FREE Services include:

- School Readiness Skills
- Services for children with Special Needs
- Health and Nutrition Services
- Free Nutritional Meals
- Parent Engagement Opportunities

Now Accepting Applications! Space is limited. Available Slots Fill up Quickly.

Call us today!

Apply Now!

Inter-Tribal Council of Nevada Head Start
680 Greenbrae Drive Suite 265 Sparks NV 89431
P.O. Box 7440 Reno NV 89510
775.355.0600

DISNEYLAND

WIN A TRIP TO THE HAPPIEST PLACE ON EARTH!

RAFFLE

INCLUDES AIRFARE, HOTEL, ADMISSION (for four) 3 Nights, 2 Days

\$10.00 a ticket
(Need not be present To win)

NOTE: Winner will choose their own dates to attend. If the dates are changed after the dates are locked in, it's the responsibility of the winner to pay any charges incurred to reschedule.

AIRFARE ORIGINATES AND ENDS FROM RENO NV

WINNER TO BE DRAWN JULY 19, 2015

CONTACT ANY PLVWO MEMBER TO PURCHASE TICKETS. OR
BRENDA HENRY
(775) 815-5787
henry_brenda12@yahoo.com




Pyramid Lake Veterans & Warriors Organization (PLVWO)
P.O. Box 13, Wadsworth, NV 89442, (775) 815-5787
SUPPORT OUR NATIVE VETERANS

STEWART FATHER'S DAY POWWOW

JUNE 19-21, 2015
5500 SNYDER AVE., CARSON CITY NV 89701

For information and related forms, visit StewartIndianSchool.com

Find us on Facebook: www.facebook.com/stewartindianschool




Master of Ceremonies: Gridley Hilpert, Sun Valley, NV
Area Director: Sam Johnson, Reno, NV
Head Man: Derald Jullianto, Owyhee, NV
Head Lady: Darlene Imus, Wadsworth, NV
Head Teen Boy: Vernon Painter, Carson City, NV
Head Teen Girl: Janelle Drossler Katonay, Reno, NV
Host Drum: Sage Point Singers, Fort Hall, ID

Grand Entry Times
Friday 7:00pm to 10:00pm
Saturday 1:00pm to 5:00pm & 7:00pm to 11:00pm
Sunday 12:00pm to 4:30pm

OPEN TO THE PUBLIC

Sponsored in part by:



General Information

- Free Admission
- Day-camping is available in designated areas only (call for more information); if in an undesignated area, you will be asked to move.
- Food/drink taxes (we will accept the first 4 completed and paid Indian taco/water applications)
- Please bring your own chairs.

Stade Tents Set up for shade tents begins Friday morning at 8:00am (no exceptions)

Activities:

- Stewart Kuumel Reception to take place Thursday, June 18, 2015, at the Stewart Indian School, Bldg #1 (former administration building)
- Competition Drawing (must be in full regalia to accept award)
- Stewart Powwow Princess Contest (youth tickets must be sold with candidate receiving 10% of sales)
- Raffle and 50/50
- Arts & craft vendors
- Special events and exhibits

For General Information Call Denise M. Becker at 775-687-8333 or dmbecker@nic.nv.gov.

For Vendor Information Call Chris Ann Gibbons at 775-687-8333 or cagibbons@nic.nv.gov.

Host Hotel: Carson City Plaza Hotel 1-800-327-1498. Ask for the "Stewart Powwow" info.

The Stewart Father's Day Powwow Committee, Nevada Indian Commission, and State of Nevada are grateful for sponsors, exhibitors, and short/loved members.

This is an alcohol and drug free event.

THE NEVADA ARTS COUNCIL & SENarts PRESENT

The Work of Artists

a series of artist talks and demonstrations

Nevada State Legislature, Room 3100
Friday, April 17 | 3:30-5:00 p.m.

The Work of Artists 2015 features a series of talks and demonstrations with some of Northern Nevada's finest folk, traditional and contemporary artists. *The Work of Artists*, a collaboration of the Nevada Arts Council, SENarts and Capital City Arts Initiative, connects artists with community members and those working in and visiting the Nevada State Legislative Building through interactive and engaging activities. All presentations on *The Work of Artists* series are free and open to the public.

Mike Williams FALLON

TULE DUCK DECOYS



Born and raised in Carson City, Mike Williams, a member of the Fallon Paiute-Shoshone Tribe, is dedicated to creating accurate replicas of duck hunting tools in the Niimu (Northern Paiute) tradition. Williams will demonstrate how he creates the duck decoys, and share the Tule Duck Decoy story—the powerful role of the tule plant in the everyday lives of the Niimu, and the symbolic significance of the duck decoy in recognizing a culture that has flourished and adapted to changes in the Great Basin for thousands of years.

Nevada Arts Council • The Nevada Arts Council (NAC), a division of the Department of Tourism and Cultural Affairs, was created as a state agency in 1967. With offices in Carson City and Las Vegas, the agency's mission is "to enrich the cultural life of the state through leadership that preserves, supports, strengthens and makes accessible excellence in the arts for all Nevadans." NAC programs serve as a catalyst to stimulate artistic, cultural and economic activity across the state, ensure lifelong learning in the arts for all Nevadans, and increase public and private support for the arts. Visit our website at nac.nevadaculture.org or call 775.687.6680 for more information.

SENarts • SENarts is a partnership between the Nevada Senate, Nevada Arts Council, Nevada Division of Museums and History and the Brewery Arts Center. With the goal to promote the visual arts in the Senate areas of the Legislative Building, SENarts features exhibits and artist presentations that are available to the public throughout the year.



SPECIALS • MENS FANCY • MENS GRASS • WOMENS JINGLE
 HOST DRUM • IRON BOY SINGERS MINNEAPOLIS, MN



RENO-SPARKS INDIAN COLONY
 MASTER OF CEREMONIES • CARLOS CALICA WARM SPRINGS, OR
HEAD JUDGE **HEAD MAN**
 SKYE MCMICHAEL MASON MCGURK
 LA JOLLA INDIAN RES. SACRAMENTO, CA
 ARENA DIRECTOR **HEAD WOMAN**
 NOAH FRED JAMIE EAGLESPEAKER
 FT. HALL, ID BLACKFOOT, ID
 HOST HOTEL • CIRCUS CIRCUS RENO 775.329.0711


29th ANNUAL



SAVE THE DATE

DRUM CONTEST
 1ST PLACE \$7,000.00
 2ND PLACE \$6,000.00
 3RD PLACE \$5,000.00




**NUMAGA INDIAN DAYS POWWOW
 SEPTEMBER 4-6 2015**



17 S. Virginia St. #120
 Reno, NV 89501
 775-329-ARTS(2787)
 www.sierra-arts.org

MELISSA MELERO
ABSOLUTE PAIUTE

MARCH 25 - APRIL 24
 MONDAY - SAT. 10AM-5PM
 ARTIST RECEPTION:
 THURSDAY APRIL 2, 5-8 PM

wild river
 GRILLE



CRAFT NIGHT
 Sponsored By: PLPT Victim Services Program

Please Join Us With Your Ideas and Creativity for:
SCRAPBOOKING AND CROCHETING

SUPPLIES LIMITED

When: May 1, 2015
 Where: Victim Services Program
 101 Big Bend Ranch Road, Wadsworth
 Time: 5:00—6:30PM

(Every First Wednesday of Every Month)
 More Info: Call us @ 775-575-9444

This project was supported by Tribal Government Grant—2013-TW—AX-0033; Rural Domestic Violence, Sexual Assault, and Stalking Assistance Program Grant—2012-VF-GX-K012; Tribal State STOP Grant—2014-YAWA-84, Violence Against Women, US Department of Justice.
 The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



Healing Our Communities

Sexual Assault Awareness and Child Abuse Prevention Month
 National Crime Victims' Rights Week

When: April 29, 2015
 Time: 5:00—7:00PM
 Where: Wadsworth Community Building

POTLUCK—Bring your favorite side dish

Guest Speakers:
 Chairman Hawley,
 Rosemary Kinale, Social Services Director
 Justine Hernandez, Crisis Call Center

Child care will be available.

Please call Victim Services for more info @
 775-575-9444

This project was supported by Tribal Sexual Assault Services Grant—2012-KT-AX-00207; Tribal Victim Assistance Grant—2014-VFGX-K012; Rural Domestic Violence, Dating Violence, Sexual Assault and Stalking Assistance Grant—2012-WR-AX-0033; Tribal Government Grant—2013-TW—AX-0033
 Violence Against Women, US Department of Justice.
 The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

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 2nd Quarter DEADLINE: June 19th—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

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

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