

Burns, Oregon

July 25, 2016

Community News:

July 28, 2016—Karaoke Dance party at the Gathering Center @ 6:00—8:00 pm.

Aug. 5, 2016—Elder's breakfast at 8:30 am at the Gathering Center. Sponsored by Natural Resources Department.

For Sale:

1979 New Holland Hay liner 420 Baler

\$4,500 OBO

Contact: Natural Resource, 541-573-8086

Ben Cate - *Wildlife Program Manager*

BURNS PAIUTE ELECTIONS

AUGUST 9, 2016

Place: Tribal Court room

Time: 8:00 am to 7:00 pm

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

**Charlotte Roderique-
Chairperson**

541.573-5007/589-4293

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

**Social Services Michelle
Bradach—Director/ICWA**

541.573.8043 /

541.589.0171

**Teresa Cowing— Domestic
Violence / Assault 541-
573-8053 / 541-413-0216**

Police After hours:

Call Burns Dispatch

541.573.6028

Karaoke Dance Party

WHEN:	July 28, 6:00-8:30
WHERE:	The Gathering Center
COST:	Free
WHO'S WELCOME?	All community members

Dance sponsored by Burns Paiute Tribe DV/SA and Mental Health Programs



Attention community members

The Senior Center currently has 3 openings for low income families whom need there house weatherized:

- New Windows
- New Doors
- New insulation etc.

You will need your enrollment card, must be Native American, also if you have applied and received services through the LIHEAP program previously you will not be eligible for services, it is only available to people whom have not received any services through the LIHEAP program.

Requirements are that you apply in person at the Harney County Senior Center, or contact Sue Weathers at (541)573-6024

ELECTION

NEWSLETTER – July 15, 2016

Requirements for a 45 day notice prior to Election Day.

ELECTION DAY: August 9, 2016

Burns Paiute Tribal Elections will be held on August 9, 2016, at the Burns Paiute Tribal Courtroom on the Burns Paiute Reservation. Polling will be open from 8:00 am to at 7:00 pm no person(s) will be allowed to vote after 7:00 p.m.

Council member terms that are up; Charlotte Roderique, Wanda Johnson and Selena Sam. All are three (3) year terms.

Nominated at the June General Council meeting were; Twila Teeman, Tracy Kennedy, Charlotte Roderique, Andrew Beers, Joe DeLaRosa, Taylor Kennedy, Selena Sam, Charisse Soucie, Brenda Sam, Dean Adams and Wanda Johnson. To this date we have not received any withdraw letters. Kenton Dick and Diane Teeman declined their nomination.

The Election Board held a meeting on Wednesday July 14, 2016, we have (3) new alternates whom are Betty Lou Hawley, Phyllis Miller and Rachel Snapp, all three of the candidates were sworn In. I have attached a copy of the voting ballot with all the nominees that are listed above. At this time the Election Board is able to move forward and continue towards Election Day. Carla Teeman and Beverly Beers will assist the Board whereas needed but will abstain from counting the ballots of Election Day due to the conflict of interest that was previously addressed with the Board, as referred to in the Election Ordinance Section 5. Removal and Conflicts of Interest.

ABSENTEE BALLOTS

A registered voter may request an absentee ballot for himself or herself, for any reason. No person may request an absentee ballot for another.

Please contact for an absentee ballot: Beverly Beers 541-573-8016, 100 PaSiGo Street, Burns, OR 97720. Email is bptelections@gmail.com.

Absentee ballots may be requested in person, or by mail, email fax, or telephone. Absentee ballots **may not** be e-mailed or faxed to a voter and **may not** be returned to the Election Board by email or fax.

IN PERSON: Absentee ballots may be requested in person from the designated Election board member(s) not less than five (5) days before Election Day. The Election board will hand the

voter a ballot, or may mail the ballot to the voter at the address on file for the voter if there is time for the ballot to be mailed out and received before the Election Day.

BY MAIL, EMAIL, FAX, OR PHONE: Absentee ballot requests by mail, email, fax or telephone must be received by the Election Board not less than fifteen (15) days before Election Day. If a voter requests an absentee ballot by mail, email, fax, or telephone, the Election Board shall mail the ballot to the voter at the address on file for the voter as soon as possible, but not less than ten (10) days before the Election Day.

VOTER REGISTRATION INFORMATION: Please contact Beverly Beers at Tribal Administration, 541-573-8016 to request forms.

C. VOTER ELIGIBILITY AND REGISTRATION

1. Voter Eligibility

All duly enrolled members of the Burns Paiute Tribe who will be eighteen (18) years of age or older and who have registered to vote in accordance with the requirements of this Ordinance shall be qualified voters, eligible to vote in Tribal elections and at General Council meetings.

If a person has not registered to vote and/or does not have signature verification information on file with the Election Board, that person is not a registered voter and is not entitled to vote in Tribal elections or at General Council meetings.

2. Voter Registration

To register to vote, a Tribal member must submit a completed voter registration form, which includes all required signature verification information, to the Election Board

Voter Registration forms and instructions shall be in a format substantially similar to the form set forth in appendix D of this Ordinance.

The Election Board shall provide voter registration forms and instructions to Tribal members wishing to register to vote or to update their contact information within five (5) business days of the request for the forms. Voter registration forms shall also be available at the polling place on Election Day.

A Tribal member may submit a voter registration form to the Election Board in person, or mail or fax.

A tribal member may register and vote in person, before Election Day or at the polling place on Election Day, by submitting a completed voter registration form to the Election board. An Election Board member or alternate shall confirm the identity of the Tribal member, witness the Tribal member's signature, and sign the form.

If a Tribal member submits a voter registration form by mail or fax, the signature verification section shall be signed by the Tribal member and shall include:

- A legible copy of the Tribal member's tribal identification card, Driver's License, state-issued Identification card, or passport, which clearly shows his or her signature; or
- The seal and signature of a notary public; or
- Other verification as approved by the Election board.

If a Tribal member submits a voter registration form by mail or fax and wishes to request an absentee ballot, the voter registration form and request for an absentee ballot must be received by the Election Board in time to meet the timelines set forth in Section G(6)(d) of this ordinance. If a tribal member wishing to register to vote and request an absentee ballot by mail or fax misses the deadline, the Election Board will not mail him or her an absentee ballot. The Election Board shall register the voter, notify the Tribal member that he or she may vote in person, at the polling place, on Election Day, and record the action in the Election log.

Once a person registers to vote and is listed on the Registered Voters List, he or she is a registered voter and is not required to re-register annually.

Voter Registration List

Burns Paiute Tribe

1	Adams, Chester Dean	31	Hawley, Derek
2	Aspass, Joanne	32	Hawley, Eric
3	Barney, Ernest	33	Hawley, Paulette
4	Barney, Shayla	34	Hawley, Sara
5	Beers, Andrew	35	Holliday, Bucki
6	Beers, Beverly	36	Hoodie, DeWayne
7	Beers, Rena	37	Hoodie, Lyle
8	Caponetto, Elisha	38	Hoodie, Marica
9	Cook, Sean	39	Hoodie, Maureen
10	Cress, Tippy Teeman	40	Hoodie, Tyrone
11	Deboard, Anna	41	Jim, Michael
12	De La Rosa, Deborah	42	Johnson, David
13	De La Rosa, Devree	43	Johnson, Wanda
14	De La Rosa, Jose Jr.	44	Kennedy, Aaron
15	Dick, Cecil	45	Kennedy, Chandell
16	Dick, Dayna	46	Kennedy, Christopher
17	Dick, Kenton	47	Kennedy, Keith
18	Dick, Leland	48	Kennedy, Jarvis
19	Dick, Lindsey	49	Kennedy, Laura
20	Dick, Sonya	50	Kennedy, Roxanne
21	Garcia, Krystal	51	Kennedy, Nathan
22	Garcia, Shakina	52	Kennedy, Taylor
23	Garcia, Sheena	53	Kennedy, Tracy
24	Garcia, Stephen	54	Kennedy, Vernon
25	GhostDog, Sarah	55	Lewis, Randall
26	GhostDog, Thomas	56	Lewis, Ruth
27	Gonzalez, Vanessa	57	Lewis, Vincent
28	Hainline, Lee	58	Melvin, Cheryl
29	Hawley, Betty	59	Miller, Phyllis

30	Hawley, Betty Lou	60	Norris, Rhiannon
61	Peck, Myra	94	Teeman, Hattie
62	Proctor, Cynthia	95	Teeman, Justin
63	Proctor, Rebecca	96	Teeman, LeAnne
64	Richards, Dawnida	97	Teeman, Lonnie
65	Richards, Jody	98	Teeman, Martha
66	Richards, Shelley	99	Teeman, Nora
67	Richards, Todd	100	Teeman, Twila
68	Rodrique, Charlotte	101	Teton, Lanada
69	Sam, Avery	102	Teton, Maria
70	Sam, Brenda	103	Todd, Elisa
71	Sam, Brett	104	Townsend, Fredrick
72	Sam, Clifford	105	Underwood, Caroline
73	Sam, Desiree	106	Zacarias, Adelita
74	Sam, Donna	107	Zacarias, Bernardo
75	Sam, Garrett	108	Zacarias, Christina
76	Sam, Jane	109	Zacarias, Darlene
77	Sam, Mariah	110	Zacarias, Derek
78	Sam, Selena	111	Zacarias, Dorene
79	Samor, Lucas	112	Zacarias, Florentino
80	Serna, Karen	113	Zacarias, Latoya
81	SkunkCap, JoEllen	114	Zacarias, Isac
82	Smartt, Angela	115	Zacarias, Marcus
83	Snapp, Rachel	116	Zacarias, Manuel
84	Snapp, Yolonda	117	Zacarias, Margarita
85	Soucie, Charisse	118	Zacarias, Nastassia
86	Soucie, Kristeny		
87	Soucie, Timothy		
88	Teeman, Bernadette		
89	Teeman, Bridget		
90	Teeman, Carla		
91	Teeman, David		

- 92 Teeman, Diane
- 93 Teeman, Ernest

BURNS PAIUTE TRIBAL ELECTION

August 09, 2016

Each voter may cast one (1) vote for each vacancy on the Tribal Council. No more than one (1) vote per candidate shall be cast. Mark your vote with an X. Do not make any other marks on the ballot other than your vote for a write-in candidate. **There are three (3) vacancies this election.**

_____ Twila Teeman

_____ Tracy Kennedy

_____ Charlotte Roderique

_____ Andrew Beers

_____ Jose DeLaRosa

_____ Taylor Kennedy

_____ Selena Sam

_____ Charisse Soucie

_____ Brenda Sam

_____ Dean Adams

_____ Wanda Johnson

Write-in _____

Write-in _____

Write-in _____

Write-in _____

Write-in _____

BURNS PAIUTE TRIBE

Job Announcement

Job Title: Language Project Coordinator
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: Part-time/Temporary (one-year estimated currently-grant based)
Opens: June 23, 2016
Closes: Open until filled
Salary: \$13.00 + doe

This Candidate must pass a pre-employment drug screen and Criminal and Character Background Check.

SUMMARY OF MAJOR FUNCTION

Provides lead coordination of the Burns Paiute Wadatika Yaduan Language Project offered by the Culture & Heritage Department Organizes the digital recordings submitted to the Culture & Heritage Department, and tracks the weekly progress of Elder Language Specialist/Language Technician Teams in completing the digital recording of the Wadatika dialect of Northern Paiute. Assists in the development of one or more language “Apps” generated from digital recording efforts. Assists in the coordination of developing community based language “pods” aimed toward increasing the conversational use of the Wadatika dialect of Northern Paiute in the Burns Paiute tribal community.

1. Assist Elder Language Specialist/Language Technician Teams in effectively using digital recorders to complete voice recording of words and phrases in both English and Northern Paiute.
2. Maintain strict confidentiality of sensitive and/or intellectual proprietary information that may present itself during the language recording project such as cultural site locations, family stories, etc.
3. Responsible for maintaining a systematic process for transferring language data, duplicating language data for “back-up” storage, and storing language data in an efficient, safe, and organized manner.
4. Work independently to efficiently carry out specific assigned work tasks that support the overall research objectives including preparing and checking out and in the language packets to Language Teams, assuring the teams are working efficiently and have successfully completed assigned language packets, and certifying the packets are complete and honorarium is ready for issuance.
5. Assist in the coordination of interviews, field trips, and project meeting schedules as assigned.
6. Provides regular detailed written and verbal progress updates of assigned tasks, project status, and meeting/field trip schedules to the Culture & Heritage Director.
7. Assist in preparing updates of project activities to present to the Cultural Advisory Committee, and the Tribal Council as assigned.
8. As needed, performs general office support to others in the Culture & Heritage Department including such tasks as letter writing, mailings, processing meeting minutes, correspondence to Culture & Heritage Project participants, etc.
9. Other duties as assigned.

Disclaimer

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed

description of all the work requirements that may be inherent in the job. Other duties may be assigned.

MINIMUM QUALIFICATIONS

- A. Ability to work effectively with tribal community Elders and Language Technicians (demonstrated experience preferred).
- B. Possess a working understanding of Indigenous Great Basin cultures, and the ability to assist in the incorporation of those cultural norms into research methods and practice.
- C. High energy individual with the ability to provide assistance and support to Elder Language Specialist/Language Technician Teams as they work to complete language digitization benchmarks.
- D. Introductory knowledge of the Windows software and knowledge of or ability to quickly learn best practice for digital audio file duplication, manipulation, and storage.
- E. Experience with or ability to quickly learn effective use of digital recorders, digital cameras, etc.).
- F. Ability to communicate effectively, both orally and in writing;(understanding of Paiute language a plus).
- G. Valid Oregon Driver's License a plus.

Indian Preference

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

HOW TO APPLY:

Return completed Burns Paiute Indian Tribe Application and cover letter to:

Human Resources Director
100 Pasigo Street
Burns, OR 97720

Telephone: 541-573-8013
Fax: 541-573-2323

Email: kerry.opie@burnspaiute-nsn.gov

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm, BPT Website or request one via email: kerry.opie@burnspaiute-nsn.gov.

BURNS PAIUTE TRIBE

Job Announcement

Job Title: Cultural Anthropologist
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: April 26th, 2016
Closes: Open until filled
Salary: Commensurate to G 9/11 DOE

This Candidate must pass a pre-employment drug screen and Criminal and Character Background Check.

SUMMARY OF MAJOR FUNCTION

Oversees and coordinates cultural anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Provides applied cultural anthropological training to Tribal Research Technicians assisting with project tasks. Works within the parameters of assigned contract and grant budgets and deliverables and completes benchmarks for the same within allotted timeframes. Organizes and leads the research team to perform and document office, home, and in-field interviews related to research subject locations. Collaborates with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.

DUTIES AND RESPONSIBILITIES

1. Conducts interviews with tribal community members related to their knowledge and understanding of specific project areas and locations.
2. Establishes a systematic process for obtaining data related to specific project areas and locations.
3. Works efficiently to gather synthesizes, interpret, and report research related findings.
4. Provides training, guidance, and work tasks to tribal research technicians that support the overall research objectives.
5. Coordinates interview, field trip, and project meeting schedules with the support of Tribal Research Technicians, and other Culture & Heritage staff.
6. Provides regular progress updates of project activities to the Culture & Heritage Director.
7. Manages Projects within the approved budgetary parameters.
8. Provides updates of project activities to the Cultural Advisory Committee, and the Tribal Council as requested.
9. Collaborates with Prevention, Social Service to define, plan and implement new programs to address Tribal needs.
10. As needed, performs general office support to others in the Education Department including such tasks as letter writing, mailings, processing meeting minutes, correspondence to education program recipients and colleges, etc.
11. Acts as manager of the grant.
12. Other duties as assigned.

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed description of all the work requirements that may be inherent in the job. Other duties may be assigned.

MINIMUM QUALIFICATIONS

- A. A Master's degree is required.
- B. Ability to work effectively with tribal community members (demonstrated experience preferred).
- C. Possess a working understanding of Indigenous Great Basin cultures, and the ability to incorporate those cultural norms into research methods and practice.
- D. High energy individual who is a self-starter with the ability to coordinate up to three multifaceted cultural anthropology research projects simultaneously.
- E. Extensive knowledge of the Microsoft Office Suite programs (GIS experience also a plus).
- F. Experience with various digital media related to data collection and reporting.
- G. Ability to communicate effectively, both orally and in writing.
- H. Ability to collaboratively collect, synthesize, interpret, and report cultural Anthropological data in a manner meaningful to the Burns Paiute Tribe
- I. Ability to train and lead a team of tribal research technicians (1-3) in aspects of Cultural anthropology pertinent to assigned research projects
- J. Valid Oregon Driver's License required.

Indian Preference

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of qualified Indian applicants, all applicants not entitled to or who fail to claim Indian preference, will receive consideration without regards to race, color, sex, politics, age, religion, or national origin.

HOW TO APPLY:

Return completed Burns Paiute Indian Tribe Application Curriculum vitae, college transcripts, and a writing sample (25 page minimum) to:

Human Resources Director
100 Pasigo Street
Burns, OR 97720

Telephone: 541-573-8013
Fax: 541-573-2323

Email: kerry.opie@burnspaiute-nsn.gov

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm or online at Burns Paiute Tribe, or email: kerry.opie@burnspaiute-nsn.gov.

BURNS PAIUTE TRIBE

Job Announcement

Job Title: Tribal Research Technicians (2)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: April 26th, 2016
Closes: Open until filled
Salary: Commensurate to GS 4/5/7 DOE

This Candidate must pass a pre-employment drug screen and Criminal and Character Background Check.

SUMMARY OF MAJOR FUNCTION

Assists in anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Uses knowledge and experience gained in the workplace of cultural anthropological methods, and applies that knowledge and training in every day work assignments. Works closely with the Project Lead to effectively complete assigned tasks. Assists in the performance of documenting office, home, and in-field interviews related to research subject locations. Assists the project lead in collaborating with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.

DUTIES AND RESPONSIBILITIES

1. Assists with interviews of tribal community members related to their knowledge and understanding of specific project areas and locations.
2. Maintain strict confidentiality in regard to information gathered during research projects, cultural site locations, etc.
3. Assists in maintaining a systematic process for obtaining data related to specific project areas and locations.
4. Works efficiently to assist the Project Lead in gathering, synthesizing, interpreting, and reporting research related findings in a written format.
5. Carries out specific assigned work tasks that support the overall research objectives.
6. Assists in the coordination of interviews, field trips, and project meeting schedules as assigned by the Project Lead.
7. Provides regular progress updates of assigned tasks to the project lead.
8. Assist in preparing updates of project activities to present to the Cultural Advisory Committee, and the Tribal Council as requested.
9. As needed, performs general office support to others in the Culture & Heritage Department including such tasks as letter writing, mailings, processing meeting minutes, correspondence to Culture & Heritage Project participants, etc.
10. Other duties as assigned.

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed description of all the work requirements that may be inherent in the job. Other duties may be assigned.

MINIMUM QUALIFICATIONS

- A. High school diploma or GED required (or will obtain diploma/GED within 3 months of employment).
- B. Ability to work effectively with tribal community members (demonstrated experience preferred).
- C. Possess a working understanding of Indigenous Great Basin cultures, and the ability to assist in the incorporation of those cultural norms into research methods and practice.
- D. High energy individual with the ability to provide assistance and support to collaborative anthropological research projects working on assigned tasks with minimal supervision.
- E. Introductory knowledge of the Microsoft Office Suite programs (GIS experience also a plus).
- F. Experience with or ability to quickly learn effective use of digital recorders, digital cameras, etc.).
- G. Ability to communicate effectively, both orally and in writing.
- H. Ability to assist the Project Lead in best practices for collaborative research in the Burns Paiute Tribal Community.
- I. Ability to learn quickly and employ all aspects of cultural anthropological inquiry pertinent to assigned research projects including manipulating digital media, transcription, and research report writing.
- J. Valid Oregon Driver's License required (or will obtain within 30-days of employment).

INDIAN PREFERENCE

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of qualified Indian applicants, all applicants not entitled to or who fail to claim Indian preference, will receive consideration without regards to race, color, sex, politics, age, religion, or national origin.

HOW TO APPLY: Applications are available on our website: Burns Paiute Tribe or picked up at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm.

Return completed Burns Paiute Indian Tribe Application Curriculum vitae or Resume, college transcripts (if applicable), and a research paper writing sample (4 page minimum) to:

Human Resources Director
100 Pasigo Street
Burns, OR 97720

Telephone: 541-573-8013
Fax: 541-573-2323
Kerry.opie@burnspaiute-nsn.gov

Relationship Bill of Rights

You have certain rights and responsibilities in a dating relationship as well as a healthy relationship. Relationship rights do not end with dating or the youth, but continue on during adult relationships. Here are a few examples. Please personalize these for yourself and make a commitment to stick by them, regardless of your age:

I have the right:

- ***To be treated with respect always***
- ***To not be abused-physically, sexually or emotionally***
- ***To keep my body, feelings, beliefs and property to myself***
- ***To have friends and activities apart from my boyfriend or girlfriend***
- ***To set limits and values***
- ***To say "NO"***
- ***To leave a relationship***

DV/SA Cell 541-413-0216

10 tips
Nutrition Education Series

build healthy mealtime habits

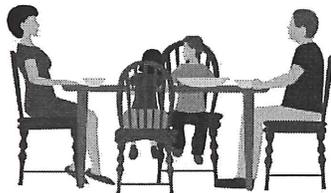


10 tips for preschoolers

Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks
 Make time for three meals and one or two snacks every day. Offer choices from each food group—fruits, vegetables, whole grains, low-fat dairy, and protein foods—throughout the day so your preschooler gets the nutrition he or she needs.

2 make meals enjoyable
 Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.



3 try to get two food groups in a snack
 Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.

4 keep things positive
 Talk about the color, feel, or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.



5 develop taste buds
 When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6 visit the market
 Shopping can teach your preschooler about food and healthy eating—talk about where foods come from and how they grow.

7 let children practice serving themselves
 Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

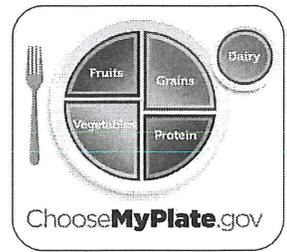
8 beverages are important, too
 Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.



9 help them know when they are full
 Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10 reward with attention, not treats
 Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

kid-friendly veggies and fruits

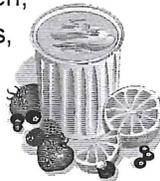


10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

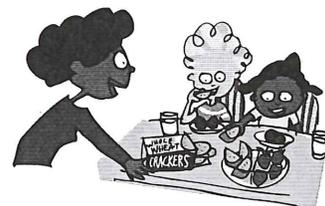


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

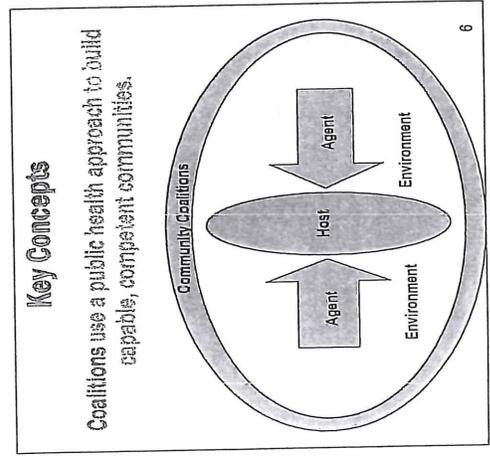
10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Our SPF workgroup has been busy, we have made the following decisions so far;

- 1) Our community target area is : The Adult Native American population within Harney County, Reservation, Burns and Hines.
- 2) Data driven high priority area is : Adult Native American Binge drinking, 18 and up.
- 3) Formed a workgroup
- 4) Finished our logic model



What's Next?

Strategic and Action Plan

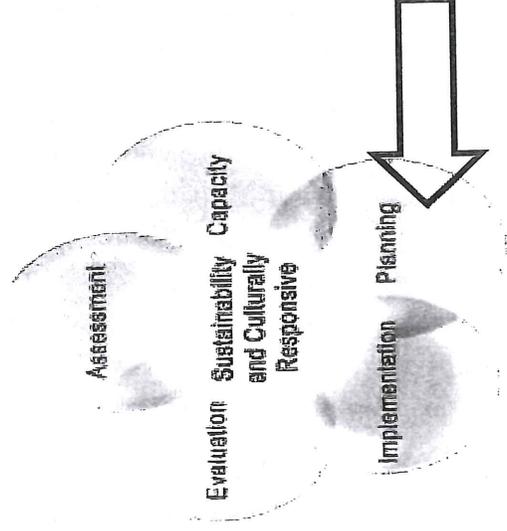
⇒ **Vision**

⇒ **Mission**

⇒ **Objectives**

⇒ **Strategies**

⇒ **Action Plan**



Goals and objectives of the

SPF-PFS :

- Reduce substance abuse-related problems;
- Identify subpopulations (e.g. racial, ethnic, tribal, sexual/gender minority groups) vulnerable to health disparities;
- Address behavioral health disparities by implementing strategies to decrease the differences in access, service use and outcomes among the subpopulations served

Following the Strategic Prevention Framework process, the first phase of the project will to 1) assess local conditions, 2) build prevention capacity and infrastructure, and 3) develop a plan to implement strategies. Upon completion of the first phase, we will move into strategy implementation by creating action plans and develop an evaluation plan. These products are due by **December 1, 2016.**

It's time to take action!



United States Department of Agriculture

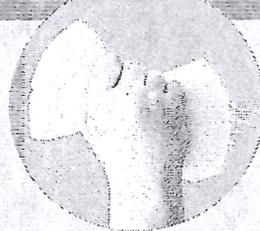
BEAT THE HEAT and Get Healthy as a Family!

Looking for ways to balance your calories, or just looking to get your body moving and have fun? Turn off the screens and get your family off the couch with these fun games that kids will love!

Sponge Tag

Played like the traditional game of tag. The person who is "it" has a wet sponge to chase other players with. The first person tagged with the sponge becomes the next "it."

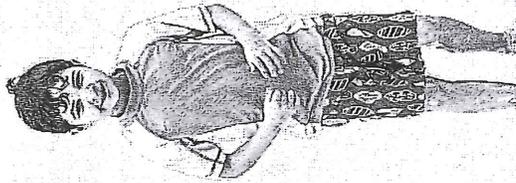
Soak the sponge in clean, cold water after each round. Play this game on grass to make sure everyone stays safe.



Pool Visits

Cool down with a trip to the local pool! Play a classic game like Marco Polo. The person who is "it" closes his/her eyes for a set number of seconds while opposing players disperse in the pool. "It" calls out "Marco!" and the other players respond "Polo!" "It" swims around the pool attempting to tag the other players. The first person tagged becomes "it" next.

Supervise children in the water at all times, make sure younger kids stay in shallow water, and provide life jackets for weaker swimmers



Drink Ice Water and Keep Your Cool When You're Active!

A great way to beat the heat is by drinking water! Keeping your water cold and tasting great is as easy as making your own tasty ice cubes. Here's how:

- Put chopped fruit or fresh herbs into each section of an ice cube tray. Mint or any kind of berry would be great choices.
- Cover with water and place in the freezer until frozen.
- Put the cubes in your water, and when the ice melts, you'll have a fresh- and flavorful-tasting water!



Stay Cool With Summer Meals

ACTIVITY GUIDE FOR FAMILIES

It's Never Too Hot To Play!

Just tap into
this cool guide
to family fun.



Look inside for:

- Refreshing new ways to drink water
- Hidden sugars in popular drinks
- Games to play with the family



SUMMER
FOOD
SUMMER
MOVES

After School Program @ Tu-Wa-Kii-Nobi 5-18yrs



Mark your Calendars

We are asking that parents or guardian's sign in kids each day at Tu-Wa-Kii Nobi. Not kids we would like more parent connection. We have Summer School 10-12 Mon-Thur.

We have the Japanese exchange Dinner at the gathering center Aug.-3rd need to practice dancing, need help!

We are providing U.S.D.A. Summer Lunch Program, again at Tu-Wa-Kii Nobi 12:00-1:00. For ages 1yr-18yr Regular schedule Mon-Thur. Sack lunch have to

Tu-Wa-Kii-Nobi Staff
Main # 541-573-1573
After School Program-
Elise Adams—Youth Services
Coordinator
541-573-1572-
541-413-0448
Social Service Staff will be helping out.

Monday July 25th (Parents need to sign kids in daily! Please!)

10:00-12:00- Summer School at Tu-Wa-Kii Nobi W/ Mrs. Lardy

12:00- lunch program on site.

1:00-2:00- We have a fun project planned to make Cars out of cardboard.

2:00-3:30-free time-clean -up -take kids home

Tuesday July 26th

10:00-12:00-Summer School at Tu-Wa-Kii Nobi W/Mrs. Lardy

12:00- Lunch Program on site.

1:00-3:30- Swimming at the Pool for Tu-Wa-Kii Nobi kids. We will be taking kids home after, Please let me know were the kids need to go. They can bring money for snacks at pool I will supply water

Wednesday July 27th

10:00-12:00-Summer School at Tu-Wa-Kii Nobi W/Mrs. Lardy

12:00- Lunch Program on site.

1:00-2:00-Decorate Box Cars for Movie Night.

2:00-3:30-Birthday Celebration-take kids home.

Thursday July 28th

10:00-12:00- Summer School at Tu-Wa-Kii Nobi W/Mrs. Lardy

12:00- Summer Lunch Program on site

1:00-3:30-Swimming at the pool for Tu-Wa-Kii Nobi kids. We will be taking kids home after, Please let me know were the kids need to go. They can bring money for snacks at pool I will supply water and some treats. Tue & Thur.

Karaoke Dance Party-6:00-8:30 at Gathering Center-sponsored by DV/ISA; Mental health Program. See flyer for more information.

Friday July 29th

Natural Resource Department will be hosting with Tu-Wa-Kii Nobi-Field Trip to Trout Farm and Summit Pond Swimming-Leaving at 9:00- back by 4:30-5:00- please dress for the weather. Bring swimming clothes and towel. Change of clothes. Also you can bring blow up floaters . We will provide lunch and snacks permission slips are required for the kids we are taking. Parents are encouraged to come and join in the fun. We just need to know how many people so we can plan for lunch and rides if needed.

14 and older need to have a fishing license.

Thank you, Staff

Any question please Call Elise 573-1572



Poker Walk/BBQ

A big Thank-You for attending the
BBQ & poker walk

Hope you all enjoyed the meal and the games.

A big thanks to Randall for doing the cooking

And to all of you for your help.

I could not have done it with of all of you.



Culture & Heritage
Department questions?

Please contact :
Diane L. Teeman
541-413-1190

More Section 106 Projects

*Tucker Hill/Poacher's Ridge Ethno-
graphic Study*

B2H Ethnographic Study

PDCI Upgrade Cultural Monitoring

*Tumalo State Park Ethnographic
Study*

Wagontire Wind Testing Project

Castle Rock Fuels Reduction Activities

*Stinkingwater Fuels Reduction Activi-
ties*

Burns Telecom History Project

ODOT-BPT Monitoring IGA

Redrock Biofuels Monitoring

State Parks-BPT Monitoring IGA

*Drewsey Archaeological Subsurface
Testing*

Current Culture & Heritage Employ- ment Opportunities:

- Cultural Anthropologist-
(on-call/seasonal)
- Tribal Research Techni-
cians (On-call/seasonal)
- Archaeological Technician
(on-call)
- Language Project Coordi-
nator (on-call/temp)
- Language Technicians (on
-call/temp)

To apply please contact
Kerry Opie, Human Re-
sources Specialist. 541-573-
8013

Positions open until filled.

Burns Paiute Tribe



Glass Butte Field Trip

A day field trip to Glass Butte is scheduled for July 30th, 2016. Please sign-up with Beverly at Administration or Charisse @ 541-815-3344. Deadline to sign-up is Thursday, July 28th, at 5pm. Transportation and lunch will be provided. We will be leaving that day at 9:00am from the C&H Parking lot. All community members are encouraged to participate. Children participating in the field trip will need to be accompanied by a parent, guardian, or adult chaperone.

Seeking Letters of Interest

The C& H Department recently submitted our Culture Plan to the Oregon Cultural Trust. In anticipation of approval of our plan and funding by OCT, we are seeking individuals to serve on the Burns Paiute Cultural Coalition. Please submit your letter of interest to Tribal Council for consideration of appointment. Thanks!

Wadatika Yadian Language Project

The Culture & Heritage Department has successfully received a \$40,000.00 grant to begin our language digitization project. We will be bringing on additional of-
fice/research staff to assist in the project as well as seeking the cooperation and participation of tribal elders. We will be offering honorarium to the Elder Wadatika language experts who participate in the project. A language "app" will be developed as part of this project, and language "hubs" where participants practice conversational Paiute will be scheduled as the final phase of the project. More on this soon!

Some Additional Grant Activities

Moccasin Grant

The Moccasin Grant Teachers are finishing up their instruction with class participants. The final phase of the grant will be an exhibit highlighting the moccasin making activities and processes, as well as provide discussion of the history of footwear in the Northern Great Basin.

Section 106 Class

Planning for National Historic Preservation Act (NHPA) Section 106 training is underway. The training will help staff, and participating Tribal Council better understand the federal laws that protect our cultural resources.

Oregon Cultural Trust

C&H submitted a Cultural Plan approved by Tribal Council to

the Oregon Cultural Trust Board and is awaiting word. If approved, a Coalition will be formed and annual grant funds will be available to successful community applicants, fall, 2016.

THPO Designation

C&H has completed and submitted as of June 30, 2016, all required application materials to Washington, D.C. for THPO designation. If approved we will have Tribal Historic preservation office fall, 2016.

Huckleberry Culture Camp

Pre-planning is underway for a huckleberry picking culture camp. The proposed dates are either August 12-14th, or 19th-21st. The proposed location of the culture camp is the Tribe's newly acquired Beech Creek property. More detail to come...

SMALL BUSINESS FORUM
Wednesday July 27th 9am-12pm
Community Center next to Chamber of Commerce
484 N Broadway Burns, OR

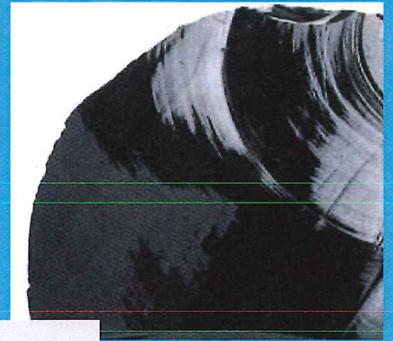
Whether you're thinking about starting a business, or looking to expand your existing business you don't want to miss this Small Business Forum offered at no cost.

Presentations will be made by Harney County Economic Development Director Randy Fulton, GEODC partner Susan Christensen, Business Oregon Development Officer Larry Holzgang and Umpqua Bank Manager Patty McNeil

SPONSORED BY



Glass Butte Field Trip



Saturday, July, 30th, 2016.

Leaving Culture & Heritage Department parking lot at 9:00 am.

Transportation will be provided.

Wear sturdy hiking shoes, and clothing for hot to breezy and cool weather.

Bringing personal folding camp chair, and other personal comfort items suggested.

The Glass Butte Ethnographic/TCP Study is currently underway! Tribal elders and others interviewed so far have requested a field trip to the Butte and we are currently organizing that event to occur on Saturday, July 30th, 2016. We will be visiting the summit and other areas of the Butte and sharing about the cultural significance of the Butte and surrounding area to the Burns Paiute Tribe. Refreshments and Lunch will be provided.

Sign-up with Beverly at Admin., or call Charisse @ 541-815-3344.

Sponsored by the Culture & Heritage Department

Questions about project? Call Diane @ 541-413-1190



Iron Circles not Iron Houses Panel

Thursday August 4th, 2016 @ 4:30

Gathering Center

>>>EVERYONE INVITED<<<

What to Expect

Tribal Ex-Convict Motivational Speakers

Native Visions to Stay out of Prisons

Encouragement of Breaking Harmful Cycles

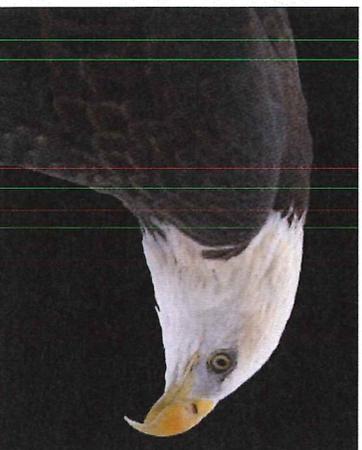
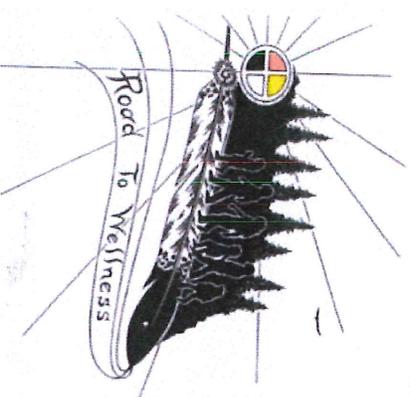
Eat @ 4:30pm Presentation @ 5:00pm

ALCOHOL, DRUG, TOBACCO FREE EVENT

This event is sponsored by: Burns Paiute Tribe

Alcohol & Drug Program

Tribal Police, and Suicide Prevention



CREATIVITY



ENERGY, ALIVENESS AND HEALING

Family Art Making, Drumming & Story Creation

Thursday, August 11, 9 AM to 3 PM

At the Gathering Center – Lunch is provided

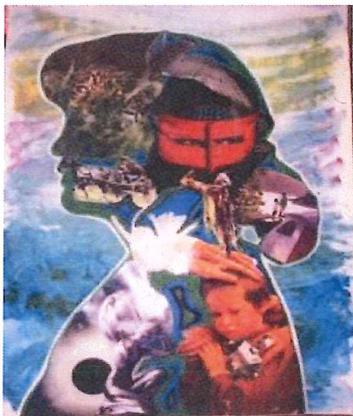


Youth Painting, Drumming & Self Portraits

Friday, August 12, 10 AM to 5 PM

At the Gathering Center – Lunch is provided

Ages 10 - 18



3 on 3 King of the Kourt

***Will be held outside at Rainbow Park**

August 12, 2016

Limited to 10 Teams

Ages 13 and up (no separate age brackets)

Registration forms due August 2rd.

See registration forms for rules.

Prizes for top 3 teams

We will have Music, Announcer and Refs!

ALCOHOL AND DRUG FREE EVENT!

Sponsored by: WHC, MENTAL WELLNESS DEPT &





King of the Kourt 3-on-3 Basketball Tournament

August 12, 2016

Registration Form – Please Print Neatly

Team Name: _____

Team Captain

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age: _____

Gender: _____

Player 2

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age: _____

Gender: _____

Player 3

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age: _____

Gender: _____

Player 4

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

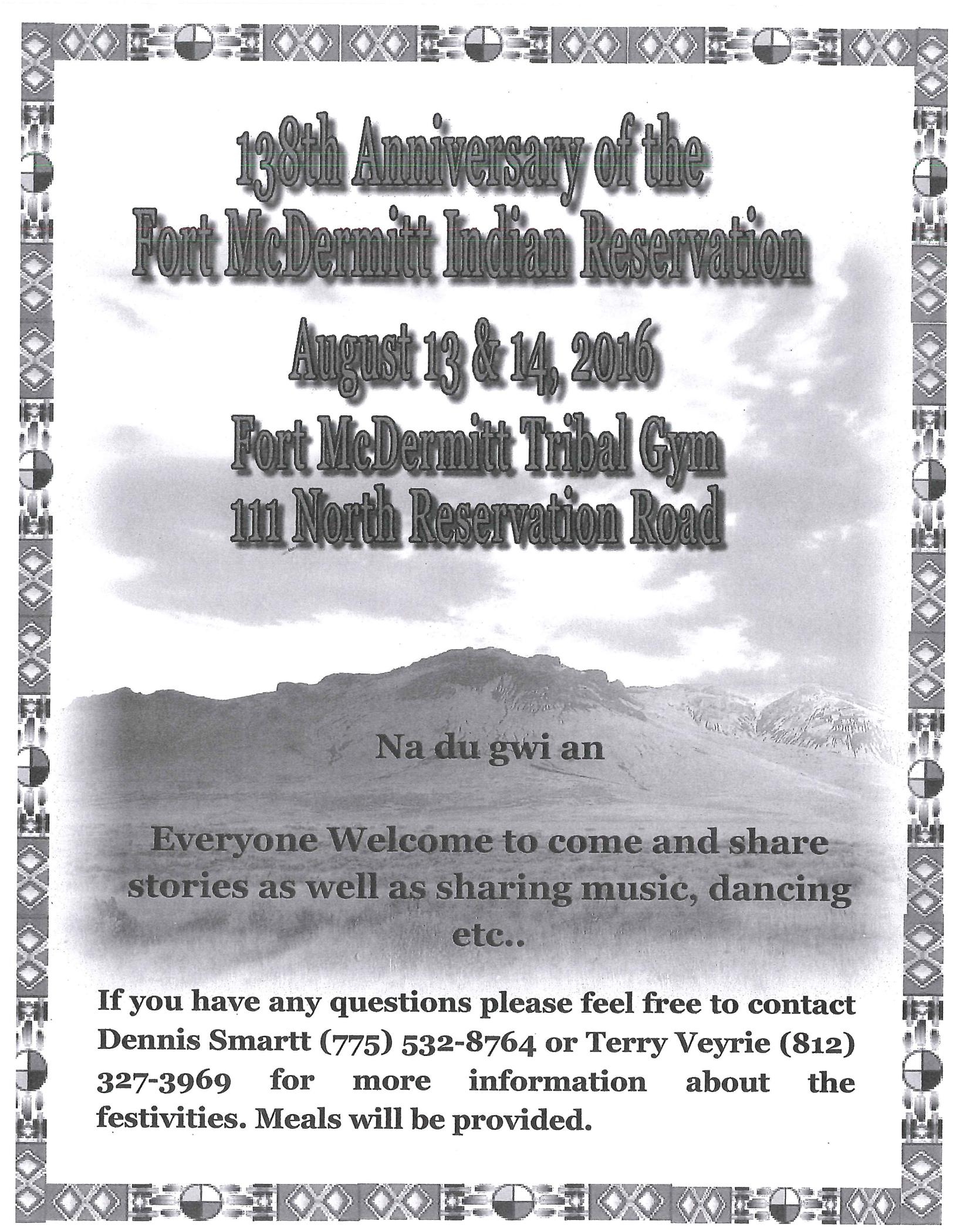
Phone: _____

Age: _____

Gender: _____

Registration Reminders:

1. DEADLINE to register a team is August 2.
2. Each boy team must have 1 girl on the court at all times, and each girl team must have one boy on the court at all times.
3. Players may only appear on one registration form.
4. There is a maximum of 10 team that will be allowed for the tournament.



**138th Anniversary of the
Fort McDermitt Indian Reservation**

August 13 & 14, 2016

**Fort McDermitt Tribal Gym
111 North Reservation Road**

Na du gwi an

**Everyone Welcome to come and share
stories as well as sharing music, dancing
etc..**

**If you have any questions please feel free to contact
Dennis Smartt (775) 532-8764 or Terry Veyrie (812)
327-3969 for more information about the
festivities. Meals will be provided.**