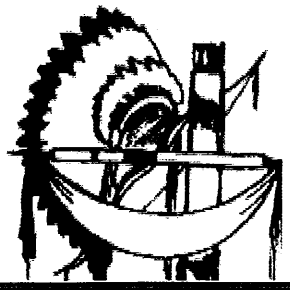
Tu' Kwa Hone Newsletter



Burns, Oregon **June 13, 2016**

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Charlotte Rodefique-Chairperson

541.573-5007/589-4298

Burns Police Tribal Police

Chief Conneh Smith 541.413.1419

Officer Frank Rivera 541.413.0682

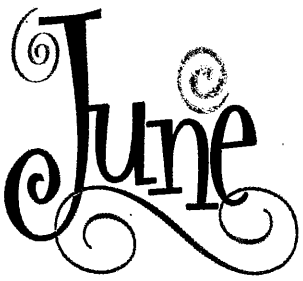
Social Services Michelle Bradach—Director/ICWA 541.573.8043 / 541.589.0171

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

Police Afterhours:

Call Burns Dispatch

541.573.6028



I would like to say thank you to the people who attended my Grand daughter, Destiny Teemans High School Graduation BBQ on June 3, 2016. Thank you for bringing gifts for her.

Also to the people who brought drinks and food.

I really appreciate your kindness.

Thank you,

Nora Teeman

****

Community members:

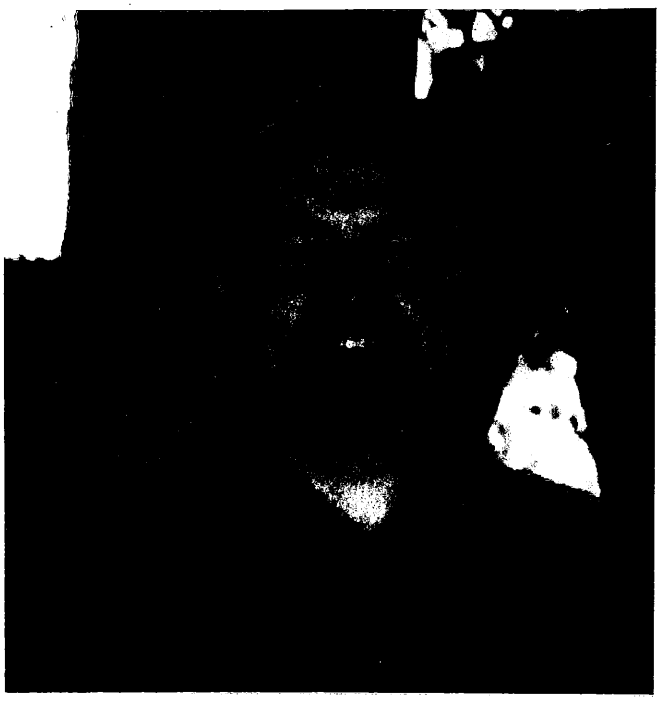
If you need help with weatherization to your home, please contact Harney County Senior & Community at 541-573-6024 and ask for Angela Lamborn.

LOP Tag Signup

Land Owner Permit (LOP) Hunting Tags

For the 2016 Hunting Season

There are a total of 6 deer and 6 elk tags available for tribal hunting on the Malheur River, Logan Valley, and Beech Creek mitigation properties. If you are interested in receiving a tag, please come to the Burns Paiute Department of Natural Resources office or Administration office and signup via the signup sheet. **Names must be placed on the list with your choice of hunt by Friday June 24th 2016.** The drawing will be held June 27th and successful candidates will be notified as soon as possible. All successful applicants must purchase a hunting license and an application fee for the hunt which they were successful **prior to June 30th** in order to be eligible. Contact Ben Cate at the Burns Paiute Tribe Natural Resource Department at 541-573-8086 with any questions.



The Family of Joe would like to pass on his Service information, please feel free to share:

Joseph Craig Bradach, 46 passed Thursday, June 9, 2016.

Recitation of the Holy Rosary and viewing will be held on Friday, June 17, 2016 at Holy Family Catholic Church at 7:00 p.m.

Mass of Christian Burial will be held at Holy Family Catholic Church on Saturday, June 18, 2016 at 10:00 a.m followed by a procession to the cemetery.

There will be a Celebration of his Life at the Valley Golf Club at 11:30 a.m.

If you would like to bring a dessert, please contact Rachel Robinson at 541.573.1682.

GENERAL COUNCIL – JUNE 7, 2016

TRIBAL COUNCIL NOMINATIONS

Nominee	Nominated by	2nd By
Twila Teeman	Cecil Dick	Tracy Kennedy
Tracy Kennedy	Rachel Snapp	Joe DeLaRosa
Charlotte Roderique	Wanda Johnson	Cecil Dick
Kenton Dick	Declined	
Andrew Beers	Jarvis Kennedy	Joe DeLaRosa
Joe DeLaRosa	Tracy Kennedy	Rachel Snapp
Taylor Kennedy	Donna Sam	Tracy Kennedy
Diane Teeman	Declined	
Selena Sam	Charisse Soucie	Rachel Snapp
Charisse Soucie	Wanda Johnson	Charlotte Roderique
Brenda Sam	Tracy Kennedy	Joe DeLaRosa
Dean Adams	Joe DeLaRosa	Rachel Snapp
Wanda Johnson	Charlotte Roderique	Charisse Soucie

There are 3 positions open for 2016 Elections.

Election Ordinance

E. Nominations of Candidates for Tribal Council

3. Withdrawal of Candidacy

A candidate who has been nominated for the Tribal Council but who does not wish to run for office may decline the nomination on the spot, or may submit a statement to the Election Board, in writing, of his or her intent to withdraw. All withdrawals shall be submitted to the Election Board within (7) seven days after nomination or special nominations.

Please submit to Beverly Beers at the Tribal Administration office by Wednesday, June 15, 2016, COB.

Due to travel of 2 election board members, the Election Board will be meeting the week of June 20th to approve the nominees for 2016 ballots.

(1) One Part-time Maintenance Workers
Burns Paiute Tribe Administration Department

Number of Positions:	(1) One
Location:	Burns, Oregon - Burns Paiute Reservation
Open:	Wednesday, June 08, 2016
Closes:	**Wednesday, June 22, 2016**
Supervisor:	Maintenance Supervisor
Salary:	$12.00 per hour
Start date:	June 27, 2016

PRIMARY RESPONSIBILITIES:
Provide any maintenance services assigned at the Burns Paiute Tribe.
SUMMARY
Properly maintain the reservation grounds in a safe, attractive and appealing fashion. Assist in routine brush clearing as needed. Primary responsibilities and job functions are included in Job Description which is available in Human Resources upon request.

MINIMUM REQUIREMENTS
- Must be at least 18 years of age.
- High School Diploma or equivalent required.
- Preferred valid Oregon Driver's License.
- Experience with grounds keeping.
- This position is subject to pre-employment drug testing and criminal history background check.
- Must have employment eligibility in the U.S.
- Indian preference will be observed in the hiring process.

PHYSICAL & MENTAL DEMANDS
- Bend or stoop repeatedly throughout day.
- Must have ability to travel over rough, uneven or rocky surfaces.
- Must be able to move up to 100 pounds.
- Able to work in all indoor and outdoor weather conditions.

WORKING CONDITIONS & ENVIRONMENT
- Must be able to work in all weather conditions.
- Must be willing to work non-routine hours to facilitate the completion of projects.

DUTIES
- Mow grass, weed eat, pick up tree limbs, pull weeds, water yards, paint, pick up debris (Work with Supervisor on projects he is working on)
- Lifting and transporting of moderately heavy objects.
- Physically able to perform duties assigned.
- The duties listed above should not be construed to imply an exclusive standard of the position. Employee will be responsible to respond to other instructions and duties as specified by the supervisor, which may or may not be directly related to the position.

SKILLS
Must be able to read and follow written and verbal instructions. Would prefer worker have knowledge of hazardous materials, cleaning materials, use of lawn equipment.

To apply, please submit application and or resume to:
Burns Paiute Human Resources Department
Attn: **Kerry Opie** 100 Pasigo St. Burns, OR 97720 kerry.opie@burnspaiute-nsn.gov

Assistant Youth Services Coordinator
Burns Paiute Tribe Social Services Department

Salary:	$11.00 per hour/20 hours per week 2 hrs.' per day Monday – Thursday, Friday 8 hours
Supervisor:	Youth Services Coordinator
Open:	June 01, 2016
Closes:	June15, 2016 Close of business

Scope-
To assist Youth Services Coordinator and supervise activities, programs, mentors and youth involved in the Burns Paiute Tribes after School Program. Develop physical activity program for youth.

Requirements
- must have organizational skills, computer skills
- must have 3 years of experience of working with youth in some sort of professional/para professional setting,
- flexible work schedule, fill in for Youth Services Coordinator as needed
- (Quality characteristics that would be a positive role model for our youth- friendly outgoing honest substance free lifestyle initiative and reliability.)
- Observe the milieu and make sure it is safe at all times.
- Make sure the youth reside within the milieu boundaries

Responsibilities
- Provide transportation and supervision to youth, with a focus of safety and accountability of all children
- Supervise youth and programs during operating hours of after school program
- Assist with data evaluation collection
- Travel as required for training
- Mentor/Tutor working with youth ages 5-18 on a daily basis
- Clean and organize as needed
- Identify and work with Tribal elders and community members to mentor youth in cultural activities
- Assist teaching kids healthy physical activities in coordination with the Youth Services Coordinator
- Knowledge of outdoor activities: i.e.; basketball, playing catch different types of games, exercise, walking running, softball, and many more
- Limited cell phone use while on duty

Qualifications:
Must have a valid Driver's License at time of hire
Must submit to and pass a UA drug test and a criminal background test
Must sign a confidentiality Clause
Must acquire CPR/First Aid Certification within three months of hire

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.

Disclaimer:
The above statements are intended to describe the general nature and level of work to be performed by the individual assigned to this position.

Please submit application to:
Burns Paiute Tribe, Human Resource Department
100 Pasigo St.
Burns, OR 97720
541-573-8013

Community Health Nurse - Full Time

Number of Positions:	**1**
Location:	**Burns, Oregon – Burns Paiute Reservation**
Open:	April 4, 2016
Closes:	Open until filled
Starting Date:	**To be determined**
Supervisor:	**Health Services Director**
Salary:	**DOE**

Position Summary: Under the supervision of the Health Services Director, the Community Health Nurse is an integral part of the Burns Paiute Tribe health program with primary emphasis in providing direct health care, prevention education, and maintaining quality health standards for the tribal community.

Duties and Responsibilities:

1. Assess patient care using reasoning and decision making skills. Communicate clearly with patients and other health care professionals using spoken and/or written words
2. Provide nursing care through home visits or at the health center on a daily basis
3. Promote health education/prevention by presenting to individuals or groups
4. Coordinates patient care with other health professionals
5. Analyze, interpret, and initiate patient medical data on the patient care component encounter form
6. Provide follow up on patient treatment, recovery, and doctors orders
7. Coordinate activities relating to the weekly tribal health clinic
8. Assists the medical provider during clinic times
9. Maintains the tribal immunization program
10. Operates the Resource Patient Management System (RPMS) to enter patient data
11. Prepares program reports and program documentation as needed or requested
12. Ability and the knowledge of the importance of maintaining **strict confidentiality of all records and information pertinent to the nature of the work.**
13. Must maintain strict confidentiality of medical information and adhere to HIPAA and Privacy Act requirements.
14. Knowledge of community and public service providers
15. Works irregular hours when needed
16. Able to lift and bend when caring for patients in the office or on a home visit.
17. Willing to be trained as a SANE (Sexual Assault Nurse Examiner)
18. **Perform other duties as assigned**

Required Qualifications:

- Must be a registered nurse with the State of Oregon and have an active, unrestricted license at the time of hire.
- Prefer a minimum of Bachelor of Science Nursing (BSN) degree
- Minimum of one year of hospital experience or equivalent
- One year of generalized community health nurse experience or equivalent
- Must posses a valid Oregon Driver's License
- Have basic computer skills

Desired Qualifications:

- Knowledge of principles, concepts, theories, and techniques of public/community health nursing and teaching and learning
- Ability to identify, assess, analyze, and evaluate medical data and information utilizing standard nursing principles
- Ability to independently plan, coordinate, and manage work
- Experience and ability to work well with diverse groups of people from varying age groups and socioeconomic backgrounds, sometimes in stressful situations, in a manner that displays professionalism, tact, diplomacy, and good judgment.

Successful Candidate must:

- Submit to and pass a urinalysis drug test.
- Agree to a criminal background check.
- Sign Confidentiality Clause.

Please submit application along with resumes to along with verification of Licensure:

Burns Paiute Tribe, Human Resource Department
100 Pasigo St.
Burns, OR 97720
541-573-8013

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 (3)
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 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

Job Opportunity at NARA
Tribal Outreach Specialist

The mission of NARA is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and other people in need.

5/29/2016

You love travelling around Oregon, building Tribal relationships, and helping people rebuild their lives. Plus, you love a challenge. In this position, you would work closely with staff of Tribal alcohol and drug treatment programs throughout this beautiful state. You would join NARA's staff of over 240. (NARA offers a generous benefit package.)

Goal: Improve outcomes for Tribal clients referred to Residential Treatment

Selected Qualifications

- Cultural competency by having lived or worked in Native community
- Certification as Recovery Mentor and/or Alcohol and Drug Counselor, preferred
- Prior case management experience
- Reliable transportation and clean driving record

See job description at https://www.naranorthwest.org/?page_id=546. To apply for this position please email your cover letter, resume, and salary requirements to jobs@naranorthwest.org or by fax to 503-224-4494.

Equal Opportunity Employer: Preference in hiring is given to qualified Native Americans in accordance with the Indian Preference Act (Title 25, US Code, Section 472 and 473).

Native American Rehabilitation Association (NARA) of the Northwest, Inc. | 1776 SW Madison Street
Portland, OR 97205 | 503-224-1044 | jobs@naranorthwest.org | http://www.naranorthwest.org

PUBLIC MEETING

Community Block Grant

When: Monday, June 13, 2016 @ 4:00 p.m.

Where: Gathering Center

Youth Opportunity Program

ATTENTION! ATTENTION! ATTENTION!

BURNS PAIUTE TRIBAL ENROLLED YOUTH

WHO RESIDE IN HARNEY COUNTY

Ages 14—18 (First day of work: July 11, 2016)

Applications are available in the Tukwahone Newsletter and at Tribal Administration.

Parents and youth, please be sure to provide all information when turning in your applications. Thank you!

Please return to Kerry Opie at Tribal Administration.

DEADLINE: June 23, 2016

Burns Paiute Tribe
Youth Opportunity Program
Summer Employment

POSITION APPLYING FOR: _____

GRADE COMPLETED: _____

NAME: _____ **DATE:** _____

ADDRESS: _____

HOME PHONE: _____
MESSAGE PHONE: _____

TRIBAL AFFILIATION: _____
ENROLLMENT # _____
DATE OF BIRTH (DOB) _____ **AGE:** _____
SOCIAL SECURITY: _____
EMERGENCY CONTACT PERSON: _____
PHONE: _____

WORK EXPERIENCE

Employer Name & Address **From** / **To** **List your Duties**

Starting Pay **Final Pay** **/hr.** **Reason for Leaving**

Employer Name & Address **From** / **To** **List your Duties**

Starting Pay **Final Pay** **/hr.** **Reason for Leaving**

Employer Name & Address **From** / **To** **List your Duties**

Starting Pay **Final Pay** **/hr.** **Reason for Leaving**

EQUIPMENT USED

(List all equipment you have used during your work experiences) _____

_____

_____

REFERENCE

NAME _____ How Known/How long _____ Occupation/Phone
(Please list three persons not related to you)

1. _____

2. _____

3. _____

****

I attest that all the above given information is true and correct to the best of my knowledge. I understand that falsifying any information is subject to immediate termination from the Youth Opportunity Program. All information contained on this application is protected by the Privacy Act (5 U.S. C. 553a)

Applicants Signature: _____ Date _____

Parent Signature: _____ Date: _____

****

Date application received: _____ Staff Intl: _____

Work Placement: _____

Start Date_____

End Date _____

Comments/Evaluation:

_____

_____

_____

_____

_____

Youth Opportunity Program 2016
Eligibility Requirements

1. Proof of Enrollment with Burns Paiute Tribe
2. Reside in Harney County
3. Current contact information and e-mail or mailing addresses
4. Must pass Urinalysis test
5. Proof of Guardianship

Be sure to sign and date the application. You must attach grades. They are required for the position.

APPLICANT - PLEASE READ CAREFULLY BEFORE YOU SIGN ON LINE PROVIDED

Release of Information:

I hereby give my permission to thoroughly investigate my references, work records, education and other matters related to my suitability for employment and, further, authorize my current and former employers to disclose to the Tribe any and all letters, reports and other information pertaining to my employment with them without giving me prior notice of such disclosure. In addition, I hereby release the Burns Paiute Tribe, my current and former employers, and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

ALL YOP EMPLOYMENT WILL BE CONTINGENT UPON CLEARING THE REQUIRED ALCOHOL/DRUG SCREENING TEST.

_____ _____

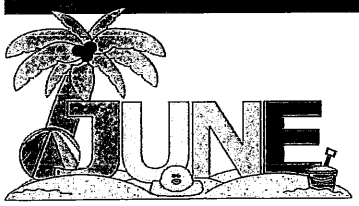
Applicant's Signature: Date:

June 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
			9 Tribes/Burns	9 Tribes/Burns	9 Tribes/Burns Graduation	
5	6	7	8	9	10	11
			Middle School Graduation	Graduation Celebration 5:30 pm	***Elders Breakfast*** Health Fair GC at 10am	
12	13	14	15	16	17	18
			Prevention Camp thru 19th Salmon Release		Prevention Friday Cancelled	
19	20	21	22	23	24	25
			Food Handlers Class ***BBQ/Walk Run 5:30 @ Park***			
26	27	28	29	30		
	THRIVE Native Wellness Camp PORTLAND, OR	*All week*				

Pow-wow: June 24-26, 2016

Powwow Pow Wow – July 1-3, 2016



Mark your Calendars
June 15th-Salmon Release Field Trip. Tu-Wa-Kii Nobi will be closed that day.

Swimming on Tue. & Wed. when we can. 1:00-3:30.

Please sign-up at

Tu-Wa-KII Nobi

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 be eaten on site. Serving children 1-18yr. Mon.-Thur.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services Coordinator

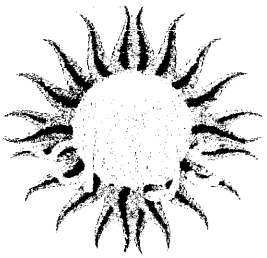
541-573-1572-

Rhonda Holtby– Parent/Educ. Coordinator

541-413-0448

Social Service Staff will be helping out.

We are on our Summer Hours 10-4 with some evening activities. Tentative schedule-if we have a meeting/Training we will have to change the schedule.



Monday June 13th

10:00-12:00– Craft and games.

12:00– Summer Lunch Program

1:00—3:30 go to park for some fun. Return and cool off. Weather permitted.

Tuesday June 14th

10:00-11:00-Craft and Games.

11:00-12:00-Flag Etiquette W/Teresa

12:00-Summer Lunch Program for Tu-Wa-Kii Nobi Kids 1-8yr

1:00-3:30-leave for 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.

Wednesday June 15th

Tu-Wa-Kii Nobi Field Trip to Salmon Release Building will be Closed. No Summer lunch today. See you tomorrow.

Thursday June 16th

10:00-12:00– Craft and Games.

12:00-Summer Lunch Program for Tu-Wa-Kii Nobi Kids 1-8yr

1:00-3:30– Swimming Pool time-Please let us know where they are to go after.

Friday June 17th

10:00-10:30-Free Time

10:30-11:00-Reading for summer reading program

11:30-12:00-Free time break

1:00-2:00-Free Time

2:00-2:30-Health 1/2 Hr. with Harney district hospital Savanna /Kristin

3:30-4:00– Free Time and take kids home.

We are planning a End of the School Year Field Trip sponsored by Tu-Wa-Kii Nobi and Parent Committee to The Sharc in Sun River June 21st. sign-up with permission slip at Tu-Wa-Kii Nobi Deadline is June 17th. We must get a head count for this event. No exceptions. Please let us know if you do sign up and cant go for some reason,

Thank you to Teresa DV- & Burns Police Dept. for the Bike Rodeo and providing helmets and Randal for helping out with bike repair.

Any Questions Call Tu-Wa-Kii-Nobi (541-573-1573)

Building Healthy Relationships

Building and keeping healthy relationships take work. A healthy relationship shows that you're aware of the needs of your partner as well as yourself. Relationships change as you and your partner grow as a couple, and as individuals. Here are some keys to a healthy relationship:

Trust: Trust is the cornerstone to any relationship. Putting complete faith in another person can be terrifying, especially if you have been betrayed before. Listening to and valuing each other's opinions is key to building trust.

Commitment: Committing to a loving relationship means that you and your partner want to build a relationship, despite any difficulties.

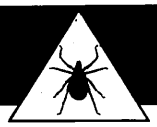
Communication: It's important that both partners directly express needs and wants. This will make or break many relationships. It's unfair to assume that your partner knows your desires or wishes and can you always read his mind? Probably not. Taking time to communicate, even when it may not be comfortable as well as relating to each other honestly and respectfully is vital to a healthy relationship.

Acceptance: Accepting that you and your partner have different personalities; you each have reached your respective places in life through varying backgrounds and experiences-your personalities reflect these differences. Both partners have individual expectations for the relationship, and these change as your relationship evolves. Accepting, valuing and respecting these traits of individuality intensify the relationship, which lead to a deeper passion and a more powerfully complex love.

Respect: Everyone teases, but knows when enough is enough. Know that you each are different and accepting that as it is. Just because you are a die-hard basketball fan doesn't mean that they have to be too. Embrace the uniqueness of your relationship and most importantly, never, enter a relationship with the intention of trying to change the other person. It will only set you up for disappointment when the effort fails.

DV/SA Cell 541-413-0216

Ticks and Lyme Disease



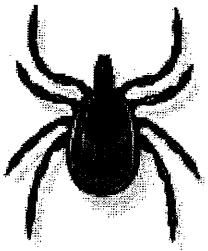
Wood tick

How to prevent tick bites when working outdoors

Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after working outdoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

Nymph deer tick

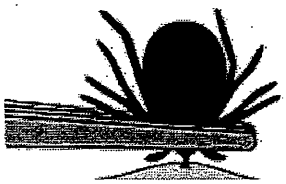


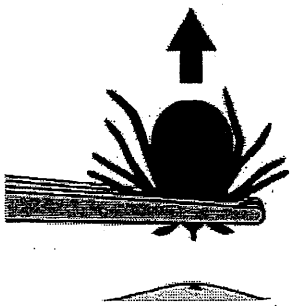
Adult deer tick

How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

Note: *Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.*





If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases | Bacterial Diseases Branch

CS232422-A

USDA
United States Department of Agriculture

10 tips
Nutrition Education Series

physical activity at home, work, and play

10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1 take 10
Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2 mix it up
Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

3 be ready anytime
Keep comfortable clothes and walking or running shoes in the car and at the office.

4 find ways to move
Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

5 work out during TV time
Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

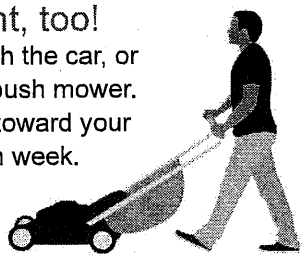
6 be an active parent
Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7 find support
Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8 enjoy the great outdoors
Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9 look for wellness at work
Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10 the chores count, too!
Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.



Frequently Asked Questions about extreme heat and public health

Q: Who is at greatest risk for heat-related illness?

A: Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

Q: How can people protect their health when temperatures are extremely high?

A: Remember to keep cool and use common sense. Drink plenty of fluids, wear light colored clothing and sunscreen, schedule outdoor activities during cooler times of the day—like in the morning or evening.

Q: How much should I drink during hot weather?

A: During hot weather you will need to drink more liquid than your thirst indicates. Increase your fluid intake, regardless of your activity level. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Avoid drinks containing alcohol because they will actually cause you to lose more fluid.

Q: What is heat stroke?

A: Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Q: What are the warning signs of a heat stroke?

A:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Q: What should I do if I see someone with any of the warning signs of heat stroke?

A: If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can: immerse the person in a tub of cool water or a cool shower; or spray the person with cool water from a garden hose.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.

Q: What is heat exhaustion?

A: Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

Q: What are the warning signs of heat exhaustion?

A: The warning signs of heat exhaustion include the following:

Heavy sweating	Paleness
Muscle cramps	Tiredness
Weakness	Dizziness
Headache	Nausea or vomiting

If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

10 tips
Nutrition Education Series

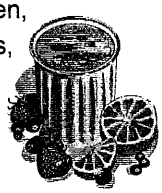
kid-friendly veggies and fruits

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.

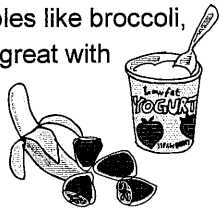
1 smoothie creations

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

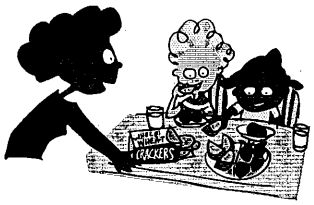
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

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.

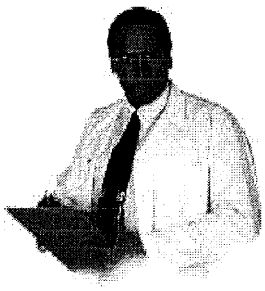


USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 11
June 2011
USDA is an equal opportunity provider and employer.

Men's Health Facts



Health Facts:
Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

Silent Health Crisis
There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."
Dr. David Gremillion
Men's Health Network

Prevention:
Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate[1]	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7

Men as Victims of Homicide
The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim*

1 in 30 for black males — 1 in 179 for white males

1 in 132 for black females — 1 in 495 for white females

*BJS DATA REPORT, 1989

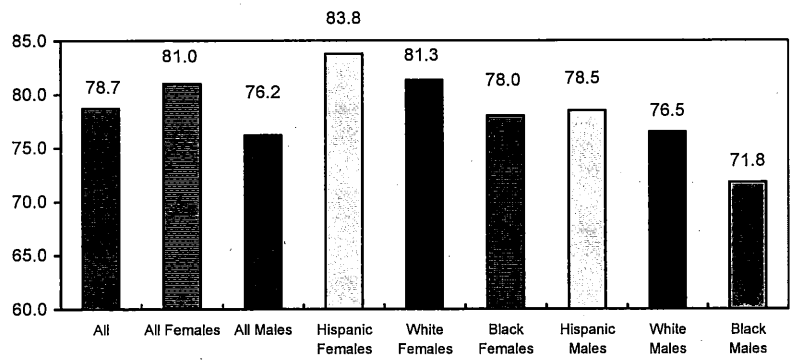
Who is the Weaker Sex?

- 115 males are conceived for every 100 females.
- The male fetus is at greater risk of miscarriage and stillbirth.
- 25% more newborn males die than females.
- 3/5 of SIDS victims are boys.
- Men suffer hearing loss at 2x the rate of women.
- Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

Depression and Suicide[1]
Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
- Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females
- The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Life Expectancy At Birth, 2010



To learn more, call:

Men's Health Network
P.O. Box 75972
Washington D.C. 20013

202.543.MHN.1 (6461) x 101

info@menshealthnetwork.org
www.menshealthnetwork.org

1 Centers for Disease Control and Prevention and the National Center for Health Statistics 2011. Retrieved from http://205.207.175.93/HDI/TableViewer/tableView.aspx?ReportId=166
2 Life Expectancy data is from CDC/NCHS, Health, United States, 2013

MENTAL HEALTH *awareness*

Jeremy Thomas * Mental Health Coordinator * 541-573-8046 * Jeremy.Thomas@burnspaiute-nsn.gov

Mental Health Announcements

Hi Everyone!

I thought I would put a reminder out there, if you need more information about the services we can offer, would just like to get to know me or wish to schedule an appointment, please call the Mental Health Coordinator, Jeremy Thomas @ 541-573-8046 and I would be happy to visit with you.

If you or someone you know is suffering from a mental health emergency, please call either Jeremy at the number listed above or dial 911.

Annette Chastain, our Contracted Mental Health Therapist, will be here seeing clients on the following days in June:

Thursday, June 23rd 9am-4pm

Spaces for these appointments fill up fast, so please do not hesitate to call and make an appointment today!

We pride ourselves on reducing the negative stigma of mental health in our community, one client at a time and one day at a time. We are here to help and encourage anyone who could use our program to take full advantage of it.

Walk/Run

Walk/Run for Wellness!!

June 22, 2016 @ 5:00 p.m.

Walk will start at Tribal housing and circle around lower loop.

Social Services will host a BBQ. Prizes will be given for winners, come join us and take a walk or run and get well.

Sponsored by Burns Paiute Social Ser-

FREE Eye Exam

for low income/underinsured

Brought to you by generous volunteers and community support from
OHSU's Casey Eye Institute & The Wadatika Health Center

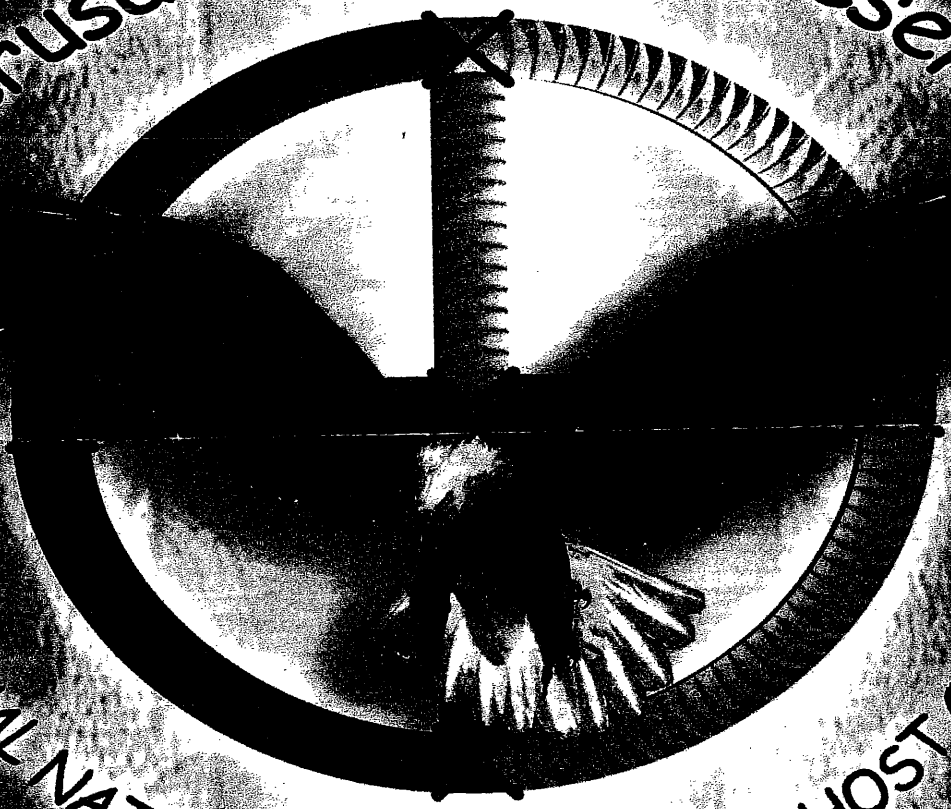
Thursday, **June 23rd**, 2016

9:00 am

Wadatika Health Center
100 Pasigo St
Burns, Oregon 97720
541-573-8050

Must PRE-REGISTER
Call Wadatika at 573-8050

Jerusalem Center Presents



20th ANNUAL NATIVE AMERICAN HOLY GHOST CONFERENCE

Date: June 17-18-19 2016

Place: Encounter Church 301 N. Main St. Canyonville, OR 97417

Take Exit 98 off I-5

Schedule: Friday June 17 Dinner 5-6 p.m. Suggested Donation $7 per Person or $15 per Family RSVP text 541-671-1689

All other Conference Meals FREE or by Donation

WELCOME PROTOCOL CEREMONY at 6:30 p.m. at Pioneer Park 425 S.E.Canyon Ave.

Grand Entry at 7:30 p.m.

Saturday June 18 10 a.m. - 9 p.m. at Encounter Church

Grand Entry at 7 p.m.

Sunday June 19 Honoring Day for Fathers and Veterans

11 a.m. at Pioneer Park

Grand Entry March from Church to Park 10 a.m.

For more info www.JerusalemCenter.us

or call Rachel at 541-671-1689

For local Camping or Hotels see website

Vendors call Mike at 541-218-4514

WELCOME - ALL TRIBES - ALL NATIONS

Burns Paiute Tribe
Sustainability Site Visit Agenda
Burns Paiute Tribe Gathering Place
Burns, OR
June 22-23, 2016

Sustainability Site Visit Objectives:

1. Provide an overview of the tribe's engagement in the Tribal Training and Technical Assistance (TTA) Center.
2. Review the Community Readiness Assessment (CRA) and how it relates to the Community Prevention Plan/Community Sustainability Plan (CPP/CSP).
3. Provide training on the benchmarks of sustainability.
4. Provide technical assistance on conducting a post-Community Readiness Assessment (CRA).
5. Provide training on the CPP/CSP monitoring tool and develop strategies for performance tracking.

Day 1	**Wednesday, June 22, 2016**
9:00 a.m.–10:00 a.m.	Welcome Introductions Norms Team-building activity Review TTA Center
10:00 a.m.–12:00 p.m.	Review Burns Paiute's CPP/CSP and discuss CPP/CSP implementation updates
12:00 p.m.–1:00 p.m.	**Lunch**
1:00 p.m.–2:15 p.m.	Introduce and discuss sustainability benchmarks and CPP/CSP implementation
2:15 p.m.–2:30 p.m.	**Break**
2:30 p.m.–3:30 p.m.	Discuss lessons learned about community engagement strategies and identify gaps
3:30 p.m.–4:30 p.m.	Debrief and overview of Day 2

Day 2	Thursday, June 23 , 2016
9:00 a.m.–10:00 a.m.	Introductions Ice breaker Norms Recap Day 1 and overview Day 2
10:00 a.m.–12:00 p.m.	Discuss strategies to increase community, youth, and leadership support
12:00 p.m.–1:00 p.m.	**Lunch**
1:00 p.m.–2:30 p.m.	Discuss Burns Paiute's CPP/CSP monitoring and performance tracking
2:30 p.m.–2:45 p.m.	**Break**
2:45 p.m.–4:00 p.m.	Plan for conducting Burns Paiute's post-CRA
4:00 p.m.–4:30 p.m.	Complete the training participant questionnaire Debrief

WILLS & ESTATE PLANNING PRESENTATION

WHEN: THURSDAY, JUNE 23RD, 5:30PM

WHERE: GATHERING CENTER

BURNS PAIUTE RESERVATION

WILL DRAFTING AVAILABLE JULY 13—14

SIGN UP AT THE BPT ADMIN BUILDING

TO BE CONTACTED FOR SCHEDULING.

QUESTIONS?

CONTACT MARTHA IZENSON

SUMMER 2016 WILLS & ESTATE PLANNER*

541-553-3148 OR MIZENSON@LCLARK.EDU

*A LAW STUDENT SUPERVISED BY A LICENSED ATTORNEY FROM NAPOLS

Legal Aid Services of Oregon

NATIVE AMERICAN PROGRAM

CENTER FOR INDIAN LAW & POLICY

Institute for Indian Estate Planning & Probate

SEATTLEU SCHOOL OF LAW