

Burns, Oregon

March 07, 2016

COMMUNITY EVENTS:

March 17, 2016— Prevention Family Fun night at 5:30 pm.

March 21—25, 2016—Spring Break for students

Education News from Hines Middle School:

Each month, ten students will be randomly chosen from the Positive referrals that teachers write. These are the students who will be recognized, for February.:

Jordan First Raised

Robin Holtby

No disciplinary Referrals

Haley York

WILDLIFE HABITAT TECHNICIAN

BURNS PAIUTE TRIBE

Title: Wildlife Habitat Technician (3 positions available)

Agency/Department: Burns Paiute Tribe/ Natural Resource Department

Opening Date: March 1, 2015

Closing Date: March 15, 2015

Classification: Full Time/2 month temporary from (April - May)

Salary: \$12.50 - \$14.80/hour DOE

Reports To:
Wildlife Biologist

Location (s):
Primary location is Burns, Logan Valley and/or Jonesboro, OR and various locations as duties are assigned. Extended stays at wildlife mitigation properties are required.

WILDLIFE HABITAT TECHNICIAN

BURNS PAIUTE TRIBE

Title: Wildlife Habitat Technician (2 positions available)

Agency/Department: Burns Paiute Tribe/ Natural Resource Department

Opening Date: Feb. 29, 2016

Closing Date: March 11, 2016

Classification: Full Time/Temporary from (March 15th – November 2016)

Salary: \$12.50 – 14.80 / hour DOE

Reports To:
Wildlife Program Manager / Site Manager

JOB ANNOUNCEMENT:

Mental Health (MH) Service Coordinator

Burns Paiute Social Services Department

Number of Positions: One (1)

Location: Burns, Or—Burns Paiute Reservation

Open: Until Filled

Salary: FT G5 Step 8—40 hours per week

Supervisor: Social Services Director

Burns Paiute Tribe

100 Pacific St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Charlotte Rodrique-
Chairperson

541.573.5007//389-4298

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer

Frank Rivera

541.413.0882

Social Services

Michelle Brackach—
Director/ICWA

541.573.8043 //

541.539.0171

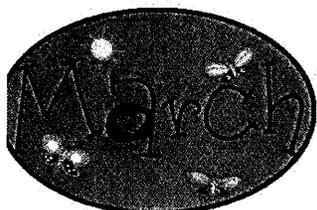
Teresa Cowing— Domestic
Violence // Assault

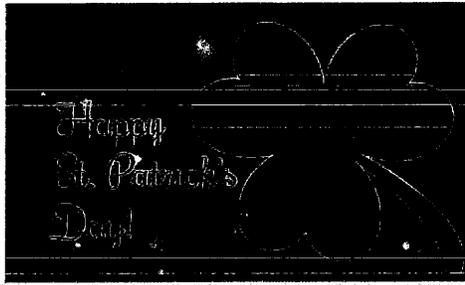
541-573-8058 // 541-413-
0216

Police After hours

Call Burns Dispatch

541.573.6023





March 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3 Walk with Ease 11:30-12:30	4 Elders breakfast Native Stand 12-2	5
6	7 Walk with Ease 11:30-12:30	8	9	10 Walk with Ease 11:30-12:30	11	12
13	14 walk with Ease 11:30-12:30 Social services Women's retreat Hot springs 9am	15	16 Kick-Butts Day @ Rainbow 1:00-Hot Dogs Parent committee 5:15 tribal court	17 Walk with Ease 11:30-12:30 Family fun night 5:30-8:30 Gathering center	18 Willow gathering Elise & Sara Everyone welcome	19 Gram's 98 th birthday party at gathering center
20	21 Walk with Ease 11:30-12:30 4-Rivers Museum	22 9:00-12 Lacrosse Camp 1:00- 3:30 Hines	23 Ice Skating/Bend meet at Tu-Wa-Kii- Nobi 8:00 am leave	24 Bingo all age kids 12:00-4:00 gathering center	25 <i>Easter party 2:00-4:00 Snacks made by kids</i>	26
27	28	29	30	31		



*Help us Celebrate
Gram Rena Beers
98th Birthday!*

Where: Gathering Center

When: March 19, 2016

Time: 1:00p.m.



Please bring a side dish we will provide

Turkey/Ham

Cake and Ice -cream!



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Reports To:
Wildlife Biologist

Location(s):
Primary location is Burns, Logan Valley and/or Jonesboro, OR and various locations as duties are assigned. Extended stays at wildlife mitigation properties are required.

Qualifications:

- 1) Valid Drivers License
- 2) Prudent Motor Vehicle Record
- 3) High School Diploma or G.E.D

Job Summary

The Burns Paiute Tribe manages two properties that encompass over 8,000 acres of wildlife mitigation property. These properties are managed through the Natural Resource Department for the benefit of wildlife. The Wildlife Habitat Technician is required to stay at various locations during the work week as assigned. The Wildlife Habitat Technician is responsible for carrying out the daily tasks required to enact management and restoration objectives of these lands. Daily tasks vary, changing daily and seasonally as necessary to accomplish projects. Work is outside in the elements and workers are expected to be prepared for rain, snow, sleet, heat, and various weather conditions as they occur. These duties require work to be performed with limited supervision. Housing may be available while working and staying at the wildlife mitigation sites.

Job Duties

Essential Function

The primary job duties will be to implement a native riparian planting plan: Work will include taking cuttings from existing willow stands, transporting them to planting areas, planting cuttings, and keeping accurate records of number planted.

Other job duties may include: spraying noxious weeds, planting vegetation, building/repairing/removing fence, maintaining irrigation system, utilizing farming equipment and implements, equipment maintenance, and various duties as assigned. These duties require the use of farm equipment such as tractors and mowers, All-Terrain Vehicles, and 4 wheel drive trucks. Applicant must be able to lift 40+lbs, bend over, lean over, and pull weeds on various types of terrain.

Updated March 5, 2013

Secondary Duties

The Wildlife Habitat Technician has other duties that will be assigned in addition to the daily activities necessary to accomplish goals on the property. These include but are not limited to: driving long distances to obtain parts and supplies, on-going training for safety and job requirements, assisting other agencies or departments as directed, writing reports, recording accurate and detailed field data, handling livestock, and various other duties as assigned.

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 qualification 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 preferences, age, religion, or national origin.

Contact: Ben Cate
Wildlife Biologist
Burns Paiute Tribe
100 Pasigo Street
Burns, Oregon 97720
Phone: 541-573-8086

To apply, please submit application to
Burns Paiute Tribe
Human Resource Department
100 Pasigo St
Burns, OR 97720
541-573-8013
541-573-2323 fax

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Wildlife Program Manager / Site Manager

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Job Duties

Essential Function

The primary job duties include: planting vegetation, building/repairing/removing fence, chainsaw operation, maintaining irrigation systems, equipment maintenance, mowing, and various duties as assigned. These duties require the use of farm equipment such as tractors and mowers, All-Terrain Vehicles, and 4 wheel drive trucks. Be able to lift 40+lbs, bend over, lean over, and pull weeds on various types of terrain.

Secondary Duties

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and job requirements, assisting other agencies or departments as directed, reports and write ups, accurate and detailed recording of field data, handling livestock, and various other duties as assigned.

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Wildlife Program Manager
Burns Paiute Tribe
100 Pasigo Street
Burns, Oregon 97720
Phone: 541-573-8086

To apply, please submit application to
Burns Paiute Tribe
Human Resource Department
100 Pasigo St
Burns, OR 97720
541-573-8013
541-573-2323 fax

Mental Health (MH) Services Coordinator
Burns Paiute Tribe Social Services Department

Number of Positions: One (1)
Location: Burns, Oregon – Burns Paiute Reservation
Open: January 13, 2016
Closes: Until Filled
Starting Date: Approx. Feb 3, 2016
Salary: FT G5 step 8 ~ 40 hours per week
Supervisor: Social Services Director

Scope

The state of Oregon through the Addictions and Mental Health Office is providing this opportunity for the Burns Paiute Tribe. The state is investing in a coordinated system of care for children, youth, adults and families by strengthening partnerships, expanding services and supporting innovation. The state has identified specific services and system expansions that focus on promoting community health and wellness, keeping children healthy and helping adults with mental illness live successfully in the community.

Investment from the state is for mental health promotion and prevention – This folds mental health promotion and prevention into the existing prevention system so communities can identify early indications of problems and foster mental health. Also to develop programs that emphasizes prevention, early identification and intervention, and training and technical assistance.

This position will oversee the coordination, education & information to community members. This includes working with the community to facilitate buy-in and partnership. Providing trainings to reduce the stigma of mental health, and to set up a system of care to increase referrals to services

Requirement

Must have organizational skills, computer skills, 3 years of experience of working with adults and youth in a professional setting, preferably mental health, treatment and or substance abuse prevention Adaptable to flexible work schedule, experience working with native communities and quality characteristics that would be a positive role model for our community, outgoing, honest, substance free lifestyle etc

Responsibilities/Duties

- Complete a community readiness survey in regards to Mental Health Prevention/Promotion
- Complete a needs assessment using local data
- Provide outreach through social media outlets and sources
- Collaborate with community partners to organize at least three community trainings (Introductory to Mental Health, Native Wellness- focusing on grief, healing, historical/intergenerational trauma, & Mental Health First Aid)

- Setting up a system of care for those seeking Mental Health Services, case management, finding a therapist to come to the reservation or facilitate transportation to and from appointments out of the area.
- Ability to document services in a way that is useful both to the care provider and to management for quality-improvement services, complete all reports, data collection, evaluation and forms as required for the grant.
- Track and monitor client data.
- Travel as required for grant orientation and regional training
- Work with and support the efforts of the Burns Paiute Prevention Coalition
- Develop comprehensive, client-centered care plans
- Commitment to delivering person-centered care by developing protocol and relationships with service providers
- The incumbent will be called upon to accomplish other tasks within their scope of work

Qualifications/Requirements

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

Following hire must immediately report to Human Resource any Citation, arrest conviction for a misdemeanor or felony crime

Must sign a confidentiality Clause

Must be able to successfully complete 90 day probationary period

Must be proficient in Microsoft Office and Excel programs

Good organizational skills

Respect and appreciation for ethnic and cultural diversity

Expertise in case management philosophies and strategies

Strong interpersonal, communication, and organizational skills, this person should be able to meet with a variety of individuals in a professional manner, using tact, diplomacy, and judgment.

Good public relations skills; professional appearance and demeanor

Ability to independently analyze and resolve problems

Good verbal and written communications skills, Knowledge of English, grammar, spelling, punctuation, and a variety of letter and report formats in order to prepare correspondence and reports

Education and Experience

Bachelor of Science from an accredited institution in health or social services or a related field, and three years of relevant experience, or any satisfactory combination of education, experience and training which demonstrates the knowledge abilities and skills listed.

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 and Resume to

Burns Paiute Tribe, Human Resource Department

100 Pasigo St.

Burns, OR 97720

541-573-8013

Cochran, Stacey B -FS <staceybcochran@fs.fed.us>
Tuesday, January 19, 2016 2:15 PM
Stacey Cochran (stacey.cochran@discovernw.org)
USFS Ranger Training Residential Internship Opportunities
2016 Residential Ranger Training Internship-LLVC.docx; 2016 Residential Ranger
Training Internship-PVC.docx

Hello,

My name is Stacey Cochran. I am the Volunteer and Event Coordinator with Discover Your Forest, Non-profit friends group of the Deschutes and Ochoco National Forest. I coordinate and recruit Participants for Forest Service Ranger Training and Discover Your Forest Conservation Education Internships. I wanted to bring to your attention two opportunities that we have for Summer 2016 up at Newberry National Volcanic Monument. I would love to share these opportunities within you communities and programs. Some information about the programs:

Ranger Training Residential Internship at Paulina Visitor Center at Newberry Caldera
Ranger Training Residential Internship at Lava Lands Visitor Center

- Summary: Uniformed intern position duties include, but are not limited to: welcoming and orienting Monument visitors, providing in-depth information on Monument sites, developing and delivering interpretive and educational programs.
- The application period is currently open and will remain open until positions have been filled, but no later than May 15th, 2016.
- Training is taking place from June 6-9th at Newberry National Volcanic Monument, and is mandatory
- Furnished Lodging is provided as well as \$15/work day per diem
- First Aid and CPR Certification Course is provided
- Training in Interpretation and Visitor Services is provided

If you, or anyone in your programs and communities, have questions about these, or other, opportunities, please have them call me at 541-383-5530 or stacey.cochran@discovernw.org.

Also, if you have suggestions on how better to reach your students and communities please let me know.

Thank you and have a great rest of you day.

Stacey

Stacey Cochran

Volunteer and Event Coordinator

Discover Your Forest

Discover Your NW Email: stacey.cochran@discovernw.org

Forest Service Email: staceybcochran@fs.fed.us

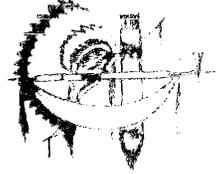
Office Phone: [541-383-5530](tel:541-383-5530)

Cell Phone: [541-508-9899](tel:541-508-9899)

63095 Deschutes Market Rd

Bend, Oregon 97701

Housing News



Newsletter Date
March 7, 2016

Annual Re-certification Applications/Proof of Income & Home Inspections

Home Inspections started Tuesday, March 1, 2016 and will continue this week. Letters will be sent out for those that have rescheduled or were not home.

2nd due date for re-certification applications and proof of income is March 24, 2016 by close of business.

The annual re-certification application and proof of income are required on an annual basis per the NAHASDA Statute. Please turn in as soon as possible as it is a requirement!!

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cell

541.589.2022

Brenda Sam,

Housing Assistant

Cell

541.589.2647

FEB 19 - MAR 20

The
WOLF
Birth Totem

Element: WATER Color: BLUE-GREEN Stone: JADE

Born during the "Blustery Winds Time," Wolves are both highly intuitive and empathetic sorts. This intuition allows them to see what others may not, allowing them to act instinctively. Sensitive, romantic and protective, Wolves make loyal companions. Wolves need love, which at times may come in conflict with their need for independence.

Though their intuitions are usually correct, Wolves may neglect thinking for "feeling." Their deep capacity for empathetic feeling may cause them to absorb others' negative emotions. It is important for Wolves to spend some time alone so that they may return to their normal compassionate state.

KOKOPBLINETH.COM

UPCOMING HOUSING AUTHORITY MEETING

Monday

March 7, 2016

11:00 am

Housing Office

2015 Annual Performance Report

The 2015 Annual Performance Report (APR) for the Housing Authority is posted at the Admin Building and the Housing Office for public comment. If you would like a copy of the DRAFT APR please contact the Housing Office at 541.573.2327 or stop by and we can give you a copy. All written comments are due Tuesday, March 22, 2016 at the close of business to the Housing Office. If you have any questions please stop by the office or call.

HOUSING AUTHORITY MEMBERS

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant

WAITING LIST—March 1, 2016

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN	
Deborah Delarosa	February 13, 2015	2 adults	0 child/ren	Complete
Lanada Teton	May 6, 2015	2 adults	1 child/ren	Complete
Taylor Kennedy	July 29, 2015	1 adult	0 child/ren	Complete
Andrew Beers	August 17, 2015	2 adults	6 child/ren	Complete
Desiree Sam	January 25, 2016	2 adults	2 child/ren	Complete
Donna Teeman	February 26, 2016	2 adults	1 child/ren	Complete

Per the Burns Paiute Housing Policy, "Applicants placed on the waiting list are required to respond to any update requests as a condition of remaining on the list and as a condition of admission." Request updates are mailed to the applicants last known address. The applicant is also responsible for informing the Housing Program if there are any changes in contact information, family composition and income change (increase/decrease).

WORK REQUEST

If a homeowner is requesting that work be done on their home, the homeowner must now complete a "Work Request" form. These forms can be picked up at the Housing Office. If the home is a non-HUD home, the homeowner must provide proof of income and proof of home insurance. If the work that is requested to be done is homeowner/tenant caused the homeowner will be responsible to pay for 10% of the projected cost. All "Work Request" forms will be reviewed and approved by the Housing Authority.



ONE (1) VACANT HOUSING AUTHORITY SEAT

If you are interested in being on the Housing Authority Board, please submit a letter of interest to Tribal Council. One seat is available.

WOLF PRAYER

SPIRIT OF THE WOLF,
 YOU WHO WANDERS THE WILD LANDS,
 YOU WHO STALKS IN SILENT SHADOWS,
 YOU WHO RUNS AND LEAPS
 BETWEEN THE MOSS-COVERED TREES,
 LEND ME YOUR PRIMAL STRENGTH,
 AND THE WISDOM OF YOUR GLOWING EYES.
 TEACH ME TO RELENTLESSLY TRACK MY DESIRES,
 AND TO STAND IN DEFENSE OF THOSE I LOVE.
 SHOW ME THE HIDDEN PATHS AND THE MOONLIT FIELDS.

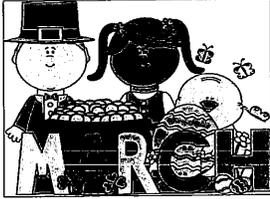
FIERCE SPIRIT,
 WALK WITH ME IN MY SOLITUDE,
 HOWL WITH ME IN MY JOY

&

GUARD ME AS I MOVE THROUGH THIS WORLD.

Recertification applications and proof of income are due no later than March 24, 2016.

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



March 7th-11th

Spring Break Activities

- 16th -1:00-Kidk Butts Day @ Rainbow park.
- 17th-10:00-St. Patrick's Day- treats-5:30Family fun Nigh-@G.C.
- 21st-4 Rivers Museum
- 22-9:00-Fleece Blanket
- 1:00-Lacrosse Camp
- 23-ice skating-Bend
- 24-12:00-Kids Bingo-prizes
- 25-Easter Party-TBA

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-Youth Services

Coordinator

541-573-1572-

Andrea Herrera

Youth Services Coordinator As-
sistant

Rhonda Holtby- Parent/Educ.
Coordinator

541-413-0448

Fred Pelroy- Tutor 541-589-2933

Marrisa/ Spencer Jones-Evenign
Tutors

(775)770-4539

Monday March 7th

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Tuesday March 8th

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Wednesday March 9th

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Thursday March 10th

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Friday March 11th

10:00-10:30 Free Time-ipad, games, computer

10:30-11:30-Reading/Craft w/Ms. Lisa

11:30-12:00-Free Time

1:00-2:00-Prevention Time- Jody

2:00-3:30-Craft/ Activity depending on Weather

3:30-4:00- take kids home...clean up

Spring Break is planned- stop by and sign your kids up.

Sign-up sheets at office & Health Office for each event. We do have permission slips also that need to be turned in prior to field Trip.

Please let us know if you can't make it. So we can plan if you signed-up. Thank you.

Elise will be out of the office this week. Please call the main

541-573-1572 ask for Andi.



Parents

Here is some information on monitoring your tween\Teens when using social media

If you think you're hip to your children's online social habits because you know all about Facebook and Twitter, you've got it all wrong. Tweens and teens are increasingly leaving these sites in favor of new apps that offer richer features and a safe haven from watchful parents. For some parents, this might be more of a trick than a treat because of the greater potential for cyberbullying, online harassment and other inappropriate activity, which can fly under the radar if you're not actively monitoring these newer sites. In fact, one of the reasons why teens are moving away from Facebook specifically toward other smaller, more niche sites, is precisely because "my mom doesn't have that" -- according to a recent Pew study. This may be easy to understand, since the study found that 70% of teens have been friended on Facebook by their parents. According to a recent study by Piper Jaffray, "the popularity of Facebook is waning among teens with 23% citing it as the most important, down from 33% six months ago and 42% a year ago."

As more parents embrace Facebook, they're driving teens and tweens away as they look for other, more secretive venues that won't be subjected to the same level of parental scrutiny. For parents, this creates a tricky situation: How can you keep track of your kids' online activity when you don't even know what sites they're using and it's hard to keep up with all the startup apps that roll out?

Here are eight scary social networking sites your teen or tween may be using:

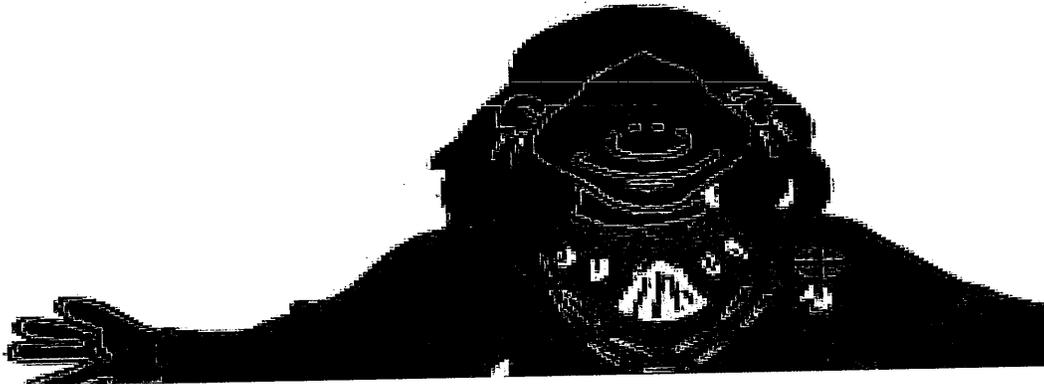
1. **Creepy** - Did you know that with just a Twitter or Facebook ID, you can track someone's every move and find their exact current location? Creepy does just that -- it allows anyone with access to another person's online photos to pull sensitive geotag location data, allowing them to pinpoint where the photo was taken. Just provide Creepy with the needed username and it will retrieve all the locations the user has posted photos from.
2. **Ask.fm** - This Latvia-based social networking website allows users to ask other users questions, with the option of anonymity. It's this anonymity and unmoderated Q&A forum that has been criticized by many parents and anti-bullying organizations. As an example, questions like "Why are you a loser?" "Why are you ugly?" etc. are common on the site. Ask.fm is not well-known by many adults, but it has been associated with instances of cyberbullying in teens and a series of bullying-related suicides.

3. **Vine** - While this mobile app can be used to post short videos, some teens are using the app to videotape others without their knowledge or using the app to mock or harass other kids.
4. **Snapchat** - Widely known as the "sexting app," Snapchat allows users to take photos, record videos, add text and drawings and send them to a controlled list of followers. The followers can only view the photos for a short period of time, after which SnapChat supposedly destroys them. However, many users get around this 'self-destructing' feature by taking screen shots of the photos. This app has been associated with numerous sexting cases among teens that led to harassment.
5. **KiK** - An instant messenger service designed for use on smartphones. This is another app that has been widely associated with sexting.
6. **Pheed** - Some have called this the next big social app for teens, with 81% of its user base between 14-25 years old. One of the site's more popular features is the ability for teens to livestream what they're doing at any given moment. It's yet another social media platform that allows for the sharing of all sorts of content, including text, photos, videos and audio.
7. **Qooh.me** - This is another social media site that allows teens to ask other users anonymous questions. This type of open access site can pose problems for teens/tweens, as users do not have to login to ask questions, there is no online moderator to check for disturbing content and adult profiles are mixed in with those of teens and children.
8. **Oovoo** - A startup video chat and instant messaging application that is similar to Skype and Apple's Facetime. While this site blocks those under 13 from registering, youngsters need only lie about their age to set up an account.

It is important for parents to talk openly with their kids about these apps and the risks they carry. Another option is to restrict your child's access to these apps -- both the iPhone and Android devices have parental settings that you can use to block certain types of activity. For parents who want to track their kids, there are activity monitors like Net Nanny and SnoopStick.



THANK-YOU



FOR ALL OF YOU THAT
ATTENDED THE **GONA**

LOOKING FORWARD TO WORKING WITH ALL
THE COMMUNITY MEMBERS WHO
VOLUNTEERED TO HELP!

I WILL BE SETTING UP A MEETING SOON
PLEASE EMAIL YOUR INPUT FOR AN AGENDA TO:

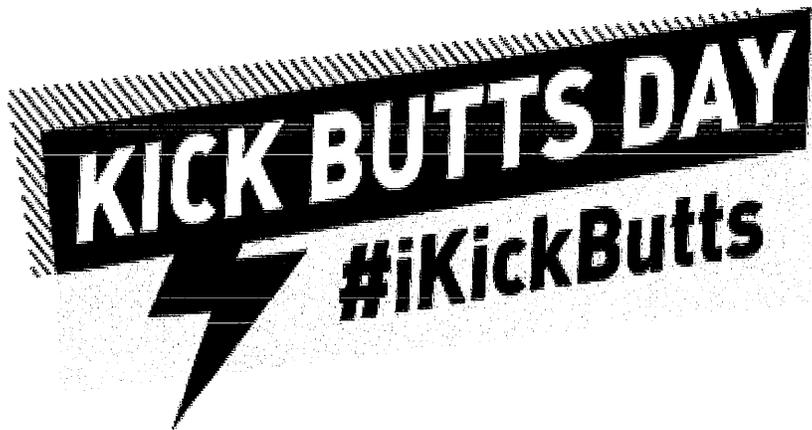
Lanette.humphrey@burnspaiute-nsn.gov

Or call 541-573-8002/541-589-1633

OR STOP BY

THE ROAD TO WELLNESS CENTER

Also like to thank the cooks you did a great job!



Please Join Me at:

RAINBOW PARK

MARCH 16TH 2016 @1PM

FOR KICK BUTTS DAY!

I would like to make a short video with our youth
ABOUT OUR SMOKE FREE PARK!

I will be Serving
HOT DOGS
CHIPS AND PUNCH



LANETTE HUMPHREY

BPT TOBACCO COORDINATOR

humphreyld@burnspaiute-nsn.gov

541-573-8002/541-589-1633

CDC

Issues Guidelines for Pregnant Women during Zika Virus Outbreak

Zika virus is a mosquito-borne flavivirus transmitted primarily by *Aedes aegypti* mosquitoes, the same mosquitoes that transmit dengue and chikungunya. Symptoms of Zika virus are similar to these viruses as well. About 1 in 5 people infected with Zika virus become ill and the most common symptoms include fever, rash, joint pain, and headache. Severe disease is uncommon, but the incidence of Zika virus infection in pregnant women is currently unknown and data are limited [1].

Zika virus infections have been confirmed in infants with microcephaly, and in the current outbreak in Brazil, a marked increase in the number of infants born with microcephaly has been reported. Because there is neither a vaccine nor prophylactic medications available to prevent Zika virus infection, the CDC recommends that all pregnant women consider postponing travel to areas where Zika virus transmission is ongoing.

If a pregnant woman travels to an area with Zika virus transmission, she should be advised to strictly follow steps to avoid mosquito bites. Mosquitoes that spread Zika virus bite both indoors and outdoors, mostly during the daytime; therefore, it is important to ensure protection from mosquitoes throughout the entire day. Mosquito prevention strategies include wearing long-sleeved shirts and long pants, using Environmental Protection Agency (EPA) registered insect repellents, using permethrin-treated clothing and gear, and staying and sleeping in screened-in or air-conditioned rooms.

Women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection and tested in accordance with CDC Interim Guidance. Zika virus testing of maternal serum includes reverse transcription-polymerase chain reaction (RT-PCR) testing for symptomatic patients with onset of symptoms within the previous week. Immunoglobulin M (IgM) and neutralizing antibody testing should be performed on specimens collected 24 days after onset of



CDC

(dengue or yellow fever) is common with antibody testing, and thus it might be difficult to distinguish Zika virus infection from other flavivirus infections. Testing of asymptomatic pregnant women is not recommended in the absence of fetal microcephaly or intracranial calcifications.

No specific antiviral treatment is available for Zika virus disease. Treatment is generally supportive and can include rest, fluids, and use of analgesics and antipyretics. Fever should be treated with acetaminophen. Although aspirin and other nonsteroidal anti-inflammatory drugs are not typically used in pregnancy, these medications should specifically be avoided until dengue can be ruled out to reduce the risk for hemorrhage.

In pregnant women with laboratory evidence of Zika virus in serum or amniotic fluid, serial ultrasounds should be considered to monitor fetal anatomy and growth every 3-4 weeks. Referral to a maternal-fetal medicine or infectious disease specialist with expertise in pregnancy management is recommended [2].

[1] www.cdc.gov/zika/symptoms/

[2] www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6502e1er.pdf

For more information, visit:

www.cdc.gov/mmwr/volumes/65/wr/mm6503e1.htm

BPT Domestic Violence Sexual Assault Program

Fantasy and Planning of an Abuser Abuse is planned. In the initial stages, an abuser fantasizes or has a mental picture of the next time he will abuse the victim. During the fantasy and planning stage, the abuser is the actor, producer, director and the star.

The abuser experiences his power from activating the fantasy. The planning phase details more specifically what the abuser will need to have and to do in order to abuse his partner.

Abusers may spend minutes, hours or days fantasizing about what the victim has done “wrong” and how he is going to make her “pay”. Most often he will fantasize she is having an affair. Most abused women do not have the time, energy or interest in having an affair. However, it is the most common accusation. Because she can never prove she is not having an affair.

Set Up This is when the abuser puts his plan into action. He sets the victim up.

The Full Cycle Here is an example of the cycle of violence through all its phases. A man abuses his partner. After he hits her, he experiences self-directed guilt. He says, “I’m sorry for hurting you.” What he does not say is, “Because I might get caught.” He then rationalizes his behavior by saying that his partner is having an affair with someone. He tells her “If you weren’t such a worthless whore I wouldn’t have to hit you.” He then acts contrite, reassuring her that he will not hurt her again.

He then fantasizes and reflects on past abuse and how he will hurt her again. He plans on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do the shopping. When she is held up in traffic and is a few minute’s late, he feels completely justified in assaulting her because “you’re having an affair with the store clerk.” He has just SET HER UP.



Native teens can choose to be healthy
By only using tobacco in a respectful
And sacred way.

This way teens will help maintain the
traditional ways of native people.
Let's make our ancestors proud.

**DON'T
SMOKE!**



FOR MORE INFORMATION
PLEASE CONTACT
LANETTE HUMPHREY
TOBACCO PREVENTION COORDINATOR
541-573-8002
humphreyld@burnspaiute-nsn.gov

Save the Date

AMERICAN INDIAN YOUTH LEADERSHIP CONFERENCE

"I will bring honor to my heritage" —Howard Rainer

APRIL 8, 2016

8:15am–5pm

Salem Campus

Bldg. 6 Auditorium

For more information
please contact:

LINDA RINGO-REYNA

509.399.5143

SONYA MOODY-JURADO

503.390.9494



No cost conference featuring Honored Teacher and Elder Howard Rainer, as well as several other outstanding Native American Educators. The focus is on students grades 8–12 who identify as Native American or Alaskan Indian.



Discover
Chemeketa
Community College



American Indian Youth Leadership CONFERENCE
"I AM Thriving"

Friday, April 8, 2016 \ 8:30am - 4:00 pm

Registration Form

PLEASE PRINT OR TYPE:

(Please complete a separate form for each person)

Name: (first) _____ (last) _____

(please check one) Student _____ Grade _____ Teacher/Counselor _____ Adult Chaperone _____

School/Organization: _____

Mailing Address _____

City: _____ State: _____ Zip: _____ Day Phone: _____

Name of Chaperone: _____ Phone: _____ E-mail: _____

Permission for Student to Attend Conference-

I hereby give permission for my Child, _____, to attend the AIYLC/American Indian Youth Leadership Conference at Chemeketa Community College on April 08, 2016. I understand that an adult will chaperone my child to and from the event either by private vehicle or school bus.

Print Name and Signature of Parent/Guardian Date

I grant permission to **American Indian Youth Leadership Conference** for the right to photograph my student and for its use, which includes such purposes as publicity, illustration, advertising, and Web content.

Signature of Parent/Guardian Date

Does your child have any medical concerns that we should be aware of? _____ What? _____

Important Information:

- * Registration will be accepted up to and including the day of the conference.
- * Conference attendees are responsible for making their own travel and lodging reservations.
- * Day of conference includes continental breakfast and lunch.

Students Submit Registration Form to Your School Teacher or Counselor

Teachers/Counselors submit registration forms to Sonya Moody-Jurado

Sonya Moody-Jurado
Confederated Tribes of Siletz Indians
Phone: 503.390.9494 Fax: 503.390.8099
sonyamj@ctsi.nsn.us

Additional Conference Information:

Linda Ringo-Reyna
Chemeketa Community College
Phone: 503.399.5143 Fax: 503.365.4768
Linda.ringo.reyna@chemeketa.edu



PRESS RELEASE

For Immediate Release

For More Information, Contact:
Meliah Masiba, Chief of Staff
503.986.1409
rep.caddymckeown@state.or.us

Statement From State Representative Caddy McKeown on Legislation relating to the Legislative Commission on Indian Services

SB 1528A, a bill addressing several clarifications for the Legislative Commission on Indian Services, has passed both chambers of the Legislature and now heads to the Governor's desk for her signature.

The Legislative Commission on Indian Services was established in 1975 with the intention of improving services with American Indians. In 2013, the LCIS was expanded.

"I was honored to be selected as a new appointee when the Commission was expanded in 2013," said Representative Caddy McKeown (D- Coos Bay). "My time on the Commission has given me an increased awareness and appreciation for the leadership that the tribes bring to Oregon's history and I'm grateful to be a part of it."

Currently, the four legislative members on the Commission are appointed by either the Speaker of the House or the Senate President. SB 1528A clarifies that the legislative appointees be selected by the nine tribal members on the Commission. SB 1528A further codifies the sovereignty of tribal members and their role as public officials.

"The LCIS has done a remarkable job of integrating tribal leadership into the legislative process and I was happy to support and carry SB 1528A. This legislation will strengthen the LCIS and the work we are able to do on behalf of Oregon and its tribes," added Rep. McKeown.

###

WadaTika Health Center – Important Patient Information

If you are accessing Burns Paiute Tribe Contract Health Services, it is **your responsibility** to update your personal information, including proof of insurance coverage and contact information **each time** you visit any health care facility, dental office, or pharmacy. By doing this, proper billing procedures can be followed and help eliminate charges being sent to BPT for payment that should be covered by Third Party Resources. If your physician orders labs or x-rays in a facility other than the office, you must provide that facility with your information as well.

As before, if you have **NO INSURANCE, ANY and ALL** appointments must be preapproved by calling WadaTika Health Center. This will allow staff to process required Purchase Order and provide authorization for you to be seen. Not following proper procedure can result in payment denial.

If you have Private Insurance and Contract Health secondary, preapproval is not necessary. Your responsibility is to provide your insurance information to the facility for billing. Upon payment from your insurance, any balance owing should be sent to WadaTika Health Center for payment approval.

Currently, due to our new software program, if you have not updated your information as requested previously, services will not be available until information is completed and your new record is entered into our system. Patient registration forms are available during regular business hours at WadaTika Health Center.

We look forward to making your next visit a positive experience and appreciate your cooperation.

If you have any questions, please feel free to call Shelley Richards at 541-573-8047.



10 tips
Nutrition Education Series

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

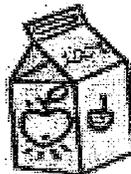
Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

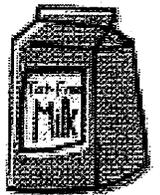
5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

CARDIOVASCULAR DISEASE: How to Talk to Your Healthcare Professional



Protect your future, and the ones you love, by continuing a conversation with your healthcare professional about cardiovascular disease and asking questions. Delaying a conversation about your blood pressure and cholesterol is easy. But facing the consequences—such as heart attack or stroke—isn't.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE PROFESSIONAL

To get the most out of your medical visit, remember to communicate early, often, and honestly. Here are a few communication tips for speaking with your healthcare professional.



GIVE INFORMATION

Don't wait to be asked. You are the owner of your health history. Tell your healthcare professional about your health, including a list of medications that you take.

GET INFORMATION

Ask questions of your healthcare professional when at the office, and ask for information to take home with you. Remember to write a list of your questions and use it to jog your memory during your visit.

BE HONEST

Honesty is always the best policy. Communicate honestly with your healthcare provider in order to receive the best care possible.

FOLLOW-UP

After you leave the office, call if you have questions. Always remember to make a follow-up appointment if your healthcare professional recommends one.

STRONG MEN PROTECT THEIR FUTURE AND THE ONES THEY LOVE.

Talk to your healthcare provider about cardiovascular disease or visit millionhearts.hhs.gov for more information.

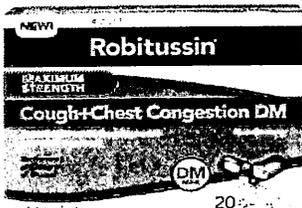
ATTENTION

There have been some questions regarding the use and abuse of over the counter medicines. Here is some information about over the counter medicines that are commonly abused.



- Known as "Triple C" "Skittles" "Cordies"
- Contains Dextromethorphan, or DXM
- At high doses, dextromethorphan(DXM) is classified as a dissociative general anesthetic and hallucinogen, similar to the controlled substances ketamine and phencyclidine (PCP). Also like those drugs, dextromethorphan is an NMDA receptor antagonist.

• Triple C is abused because it causes a high, but it also causes hallucinations in high quantities. To experience the desired effect requires taking much more than the recommended dosage. Other symptoms of a Triple C high include confusion, agitation, paranoia, and inappropriate laughter. You can also experience sensory changes like unusual sounds, a weird sense of touch, or a feeling of floating in midair.



- Robo Tripping and Over-the-Counter Drug Abuse
- Slang terms for the drug include Robo, Skittles, Dex and Tussin.
- According to The Partnership for a Drug-Free America, nearly 10 percent of American teens have admitted to Robo tripping. In fact, children as young as age nine have admitted to Robo tripping
 - Teens and tweens Robo trip often because medications containing DXM are legal, readily available (without a prescription) and inexpensive.
- Consuming large amounts of drugs containing DXM can have a variety of serious and very dangerous side effects on a child's short- and long-term health including:
 - Impaired vision, speech and judgment
 - Confusion
 - Lack of motor coordination
 - Hypothermia
 - Nausea, vomiting and diarrhea
 - Abdominal pain
 - Increased heart rate and blood pressure
 - Disorientation and/or loss of consciousness
 - Cerebral hemorrhages
 - Seizures and/or permanent brain damage
 - Death

If you or someone you know is abusing over the counter medications and would like help, please contact Burns Paiute Tribe Alcohol and Drug Program at: 541-573-8003

Art Contest!

Lloyd Louie Memorial

Walk and run

June 11th, 2016

Please incorporate something
to do with Healing or
Health & Wellness

Due by May 6th, 2016

Drop off at

Road to Wellness Building or email to

humphreyl@burnspaiute-nsn.gov

**\$150.00 for
1st place**

All art
Work
Submitted
Will
Become
property
Of
The
Burns
Paiute
Tribe



OFFICE OF THE SECRETARY
**U.S. Department
of the Interior**

www.doi.gov

News Release

Office of the Assistant Secretary – Indian Affairs

FOR IMMEDIATE RELEASE
February 22, 2016

CONTACT: Nedra Darling
202-219-4152

Acting Assistant Secretary Roberts Announces Launch of the Indian Affairs 2016 Student Leadership Summer Institute for Native Students

*Summer Institute builds on President's Generation Indigenous commitment to
remove barriers to opportunities for success for Indian Country's future leaders*

WASHINGTON – As part of President Obama's Generation Indigenous ("Gen-I") initiative to remove barriers to success for Native Youth, Acting Assistant Secretary – Indian Affairs Lawrence S. Roberts today announced the launch of the 2016 Indian Affairs Student Leadership Summer Institute, a paid 10-week summer internship program with the agency that begins in early June. The Institute will provide American Indian and Alaska Native post-secondary students with a unique opportunity to learn about federal policymaking and develop management and leadership skills within high-profile offices throughout the Indian Affairs organization. Roberts made the announcement at the National Congress of American Indians' "Tribal Nations Legislative Summit 114th Congress Executive Council" meeting.

"Indian Affairs is excited to offer the Indian Affairs Student Leadership Summer Institute, which will provide opportunities for Native students to gain experience and leadership skills to help serve Indian Country," Acting Assistant Secretary Roberts said. "Under the President's Gen-I initiative we are privileged to provide learning opportunities for the next generation of Native leaders, and believe that this program is a chance to help our young people gain valuable experience that will serve them well throughout the rest of their careers."

The Indian Affairs Student Leadership Summer Institute's mission is to engage and support the next generation of Native students interested in rising to leadership levels within federal government. The program will provide participants with:

- An introduction to the government-to-government relationship between the United States and the 567 federally recognized tribal nations;

-Continued-

Page 2 – Indian Affairs 2016 Summer Institute

- An understanding of how the federal government carries out its trust responsibilities to tribal and individual Indian trust beneficiaries;
- How the tribal consultation process guides the development and implementation of federal Indian policies and regulations;
- Real-world exposure to the Indian Affairs organization and its component bureaus, offices and programs that carry out its part of the Secretary of the Interior’s overall responsibilities to Indian Country.

The Institute is open to American Indian and Alaska Native students currently enrolled in undergraduate or graduate degree programs. Between 15-to-20 students will be selected to work at either Indian Affairs’ headquarters offices in Washington, D.C., or at the Bureau of Indian Affairs’ (BIA) 12 regional offices. Internships will begin in early June and end mid- August.

Application and Eligibility Requirements

I. To be eligible for the 2016 Indian Affairs Student Leadership Summer Institute, an applicant must:

- Be a member of a federally recognized tribe.
- Be currently enrolled and in good standing in an undergraduate or graduate degree program.
- Be at least 18 years of age.
- Have completed at least two years of an undergraduate degree program.

II. Applications must include the following requirements:

- **Personal Statement (700-word limit):**

The statement should discuss the applicant’s interest in the Indian Affairs Student Leadership Summer Institute and how it fits into his or her future goals of serving Indian Country. It should also describe the applicant’s personal qualities or previous leadership experiences that will enhance the experience of other American Indian and Alaska Native program participants and an area of her or his education, experience in a certain field of policy, cultural background/familiarity (close ties to region) or any other information that would help determine the applicant’s proper placement or secure a placement preference within a specific Indian Affairs office.

- **Resume:**

A one-page resume is preferred, but must be no more than two pages in length. It must list the following: education, honors and awards, work experience (including other internships), school activities (e.g., clubs, research, presentations), and/or any community activities (e.g., volunteer activities, leadership roles).

-Continued-

Page 3 – Indian Affairs 2016 Summer Institute

- **Indian Preference Verification Form BIA-4432:**
Because preference in filling vacancies within Indian Affairs offices is given to qualified Indian candidates in accordance with the Indian Preference Act of 1934 (Title 25, USC, Section 472), an applicant must include Verification Form BIA-4432 with their application package prior to the closing date of the announcement, but only if claiming Indian Preference on the application. Applicants selected under Indian Preference will be appointed under Excepted Service, Schedule A 213.3112 (a) (7) appointing authority. For the form, go to <http://www.bia.gov/cs/groups/xbie/documents/text/idc015515.pdf>.
- **Transcripts:**
A full set of unofficial transcripts must be submitted at the time of application. They will be used to evaluate the level for which an applicant qualifies, which then will determine the grade level and salary offered.

While applications will begin to be accepted on Monday, February 29, 2016, through the federal employment opportunities website www.USAJobs.gov, they are due by 11:59 p.m. EST on Friday, March 11, 2016. Questions about the Indian Affairs Student Leadership Summer Institute program, eligibility, how to apply, and application requirements may be sent to IA_Institute@bia.gov.

Indian Affairs' responsibility to the federally recognized American Indian and Alaska Native tribes is rooted in Article I, Section 8 of the United States Constitution and subsequently defined in treaties, acts of Congress, executive orders and actions, federal court decisions, and federal policies and regulations.

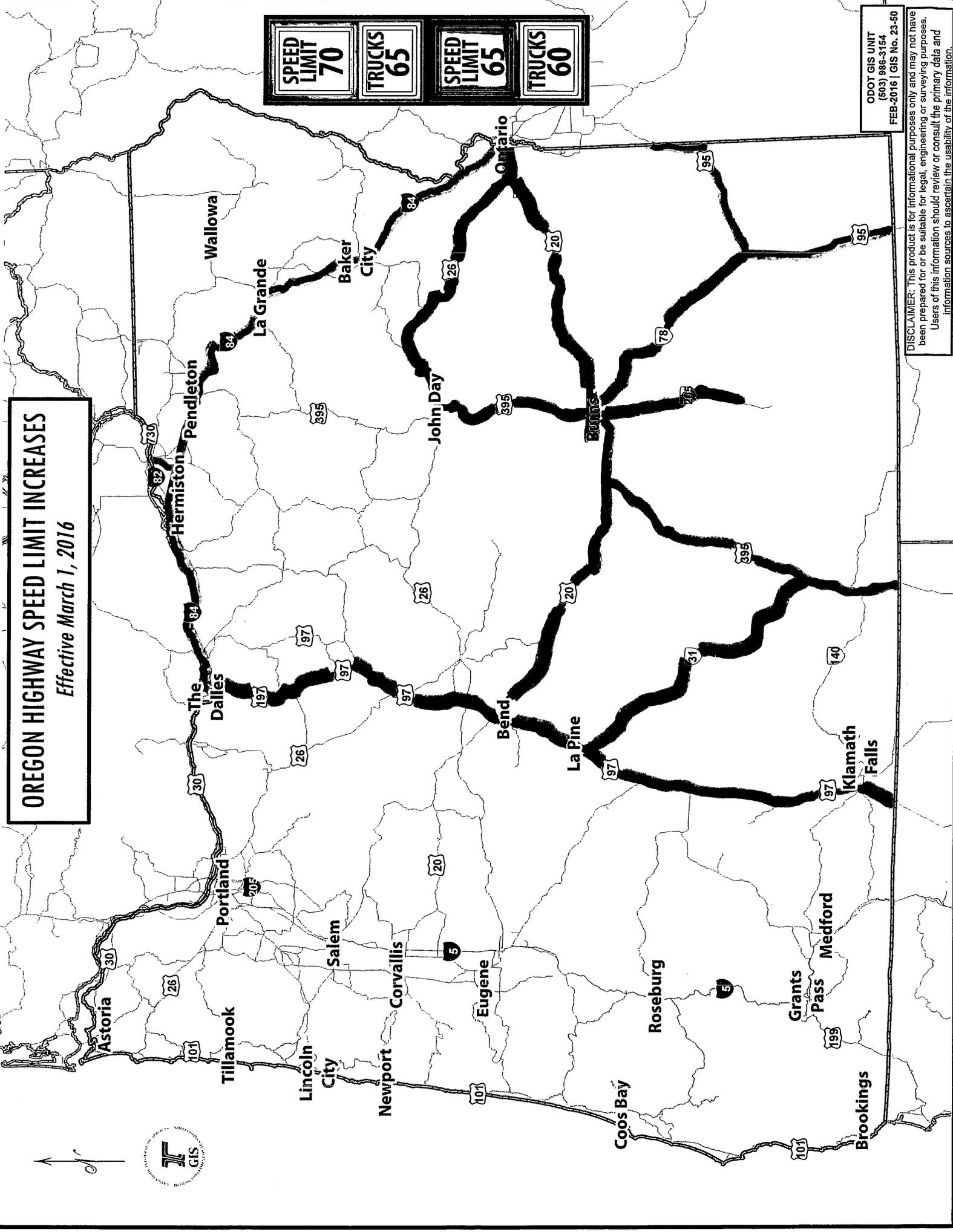
The Assistant Secretary – Indian Affairs supports the Secretary of the Interior in carrying out the Department's responsibilities to the federally recognized tribes through BIA and BIE programs and services. The BIA's mission includes developing and protecting Indian trust lands and natural and energy resources; supporting social welfare, public safety and justice in tribal communities; and promoting tribal self-determination and self-governance. For more information, visit www.indianaffairs.gov.

The BIE implements federal Indian education programs and funds 183 elementary and secondary day and boarding schools (of which two-thirds are tribally operated) located on 64 reservations in 23 states and peripheral dormitories serving over 40,000 students. BIE also operates two post-secondary schools, and administers grants for 28 tribally controlled colleges and universities and two tribal technical colleges, and provides higher education scholarships to Native youth. For more information, visit www.bie.edu.

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OREGON HIGHWAY SPEED LIMIT INCREASES

Effective March 1, 2016



SPEED LIMIT 70	TRUCKS 65	SPEED LIMIT 65	TRUCKS 60
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