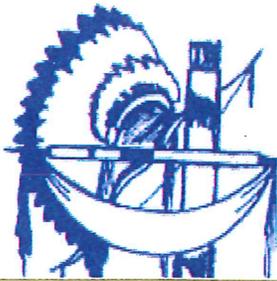


Burns, Oregon

August 1, 2016



Community News:

Aug. 5, 2016—Elders breakfast at the Gathering Center @ 8:30 am.

For Sale:

1979 New Holland Hay liner 420 Baler

\$4,500 OBO

Contact: Natural Resource, 541-573-8086

Ben Cate - Wildlife Program Manager

BURNS PAIUTE ELECTIONS

AUGUST 9, 2016

Place: Tribal Court room

Time: 8:00 am to 7:00 pm

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Charlotte Roderique-
Chairperson

541.573-5007/589-4293

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

Social Services Michelle

Bradach—Director/ICWA

541.573.8043 /

541.589.0171

Teresa Cowing— Domestic

Violence / Assault 541-

573-8053 / 541-413-0216

Police After hours:

Call Burns Dispatch

541.573.6028

CREATIVITY



ENERGY, ALIVENESS AND HEALING

Family Art Making, Drumming & Story Creation

Thursday, August 11, 9 AM to 3 PM

At the Gathering Center - Lunch is provided



Youth Painting, Drumming & Self Portraits

Friday, August 12, 10 AM to 5 PM

At the Gathering Center - Lunch is provided

Ages 10 - 18



ELECTION

NEWSLETTER – July 15, 2016

Requirements for a 45 day notice prior to Election Day.

ELECTION DAY: August 9, 2016

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

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

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

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

ABSENTEE BALLOTS

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

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

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

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

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

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

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

C. VOTER ELIGIBILITY AND REGISTRATION

1. Voter Eligibility

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

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

2. Voter Registration

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

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

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

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

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

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

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

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

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

Voter Registration List

Burns Paiute Tribe

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

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

- 92 Teeman, Diane
- 93 Teeman, Ernest

BURNS PAIUTE TRIBAL ELECTION

August 09, 2016

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

_____ Twila Teeman

_____ Tracy Kennedy

_____ Charlotte Roderique

_____ Andrew Beers

_____ Jose DeLaRosa

_____ Taylor Kennedy

_____ Selena Sam

_____ Charisse Soucie

_____ Brenda Sam

_____ Dean Adams

_____ Wanda Johnson

Write-in _____

Write-in _____

Write-in _____

Write-in _____

Write-in _____

July 27, 2016

To The Burns tribal members,

I am writing this letter to inform my friends and family that I am fully committed to running for Tribal Council and I am respectfully asking for your vote in this upcoming election.

There are several reasons why I decided to leave a good paying job in Portland to move back home and run for council. I believe in transparency and equal opportunity for all tribal members, with transparency being the key to the social well-being for our people. I feel we need to create more jobs for tribal members because it opens more opportunity for our people. I would like to explore how our tribal government can become more efficient and accountable.

I would like to wish the other candidates the best of luck in running for tribal council and I look forward to the results. The results will be clearly reveal the will of the people.

If any members have any questions or concerns, feel free to contact me on my number listed below.

Thank you,

Joe DeLaRosa
503.407.1516

**All job descriptions are posted on the bulletin board at the
Administration Office**

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.

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

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

SUMMARY OF MAJOR FUNCTION

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

Ford Ranger for Sale:

2001 Ford Ranger ext. cab with 89K miles and toolbox. Vehicle is located in the Natural Resource parking lot if you would like to see it. Bidding will start at \$1500 and bid form will be located at the Tribal Administration office. Contact Ben Cate with questions at 541-573-8086.

*Closing date: August 11, 2016
@ 4:30 pm.*

Hay for Sale:

Meadow grass hay taken off of Jonesboro property will be available August 5th. Bidding for hay will open at \$30/ton. Bidding sheet will be located at the Tribal Administration office. Top bidder gets first choice of bales and amount of hay. Bidding will close August 5th and buyers will have until August 31st to remove hay from the property with the option to have hay delivered for a price of \$100/load. Call Ben Cate with questions @ 541-573-8086.



Road To Wellness Walk Challenge

Ages 28-54

August 1, 2016 - August 31, 2016

19 Walkers signed up~

Challenge begins: August 1, 2016 and will end August 31, 2016.

- Complete 2 miles per day during the challenge for an opportunity to receive a prize.

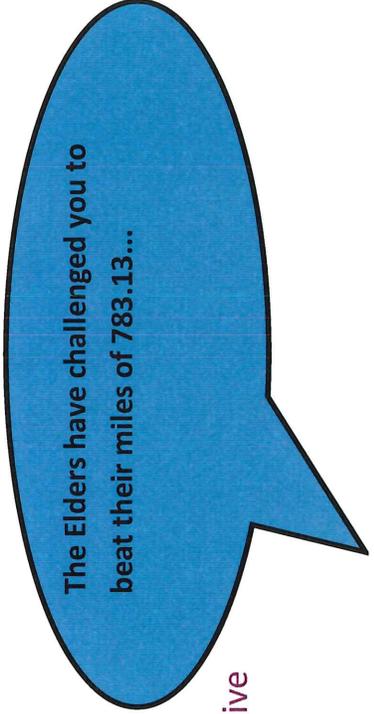
Overall prizes for 1st, 2nd, and 3rd place.

~Return your Garmin's by September 1st or 2nd so we can calculate your mileage. A celebration for participants will be scheduled in September~

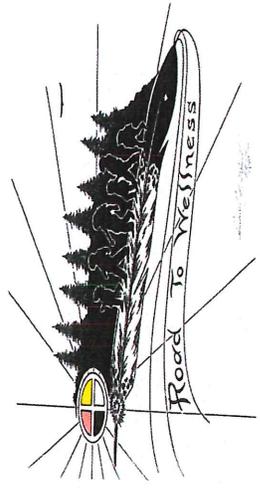
You may still sign up as we have 3 Garmin's left, if you have your own Garmin call us and we can make arrangements for you to use your own.

GOOD LUCK!

If you have questions call Gwen @541-573-8054 or Jody @541-573-8005



The Elders have challenged you to beat their miles of 783.13...





Contact Info

Office No.
541.573.2327
Office Fax No.
541.573.2328
Jody Hill,
Executive Director
Cellular
541.589.2022
Brenda Sam,
Housing Assistant
Cellular
541.589.2647

JUL 22 - AU

The
SALMON
Birth Totem

Element: FIRE Color: RED Stone: CAR

.....

Salmon are warm people, exhibiting enthusiastic energy that is contagious. Just as Salmon do, people sign swim "against the current," confident that it is the correct way. In most cases, it is. It's determination that makes Salmon great leaders getting others to hop on their bandwagon.

Salmon are emotional people, choosing to invest in their relationships. Because they give so much, they expect a lot. They are easily hurt if not showed approval and affection. While appearing confident,



**HOUSING
AUTHORITY
MEMBERS**

Chairperson,
JoEllen SkunkCap
Vice-Chair,
Elisha Caponetto
Secretary-Treasurer,
Phyllis Miller
Members at Large
Andrew Beers
Vacant

REMINDER

With the extremely hot weather...PLEASE keep your lawn and weeds cut. Fire safety is very important this time of year. It is your responsibility



WAITING LIST—As of April 6, 2016

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN	
Taylor Kennedy	July 29, 2015	1 adult	0 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).

WAITING LIST WILL BE UPDATED IN NEXT NEWSLETTER. Continued interest forms were not due at time of publication.

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



Mark your Calendars

We are asking that parents or guardian's sign in kids each day at Tu-Wa-Kii Nobi. We are also asking to update Intake forms.

We have a Movie Night Kung Fu Panda 3-planned for the community on Aug. 10th at 8pm at Rainbow Park -please bring a snack to share.

We would like to thank all the programs that has helped us out with lunch for Tu-Wa-Kii Nobi -We appreciate your help!

School Starts Aug. 22nd

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

Monday August 1st

(Parents need to sign kids in daily! Please!)

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

12:00- lunch on site.

1:00-2:00- We have a fun project planned with ReyAnne.

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

Tuesday August 2nd

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

12:00- Lunch Program on site.

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

Wednesday August 3rd

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

12:00- Lunch on site.

1:00-2:00 Activity with ReyAnne.

2:00-3:30-Free Time

5:00-7:30- Japanese Culture Exchange Night at Gathering Center Dancers Needed to help share our culture- be ready by 6:00- See flyer for more info. Or Call Elise

Thursday August 4th

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

12:00- BBQ for last day of Summer School-

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

4:30- Iron Circle at Gathering Center See Flyer for more information.

Friday August 5th

10:00-1:00- Japanese Craft exchange with our new friends

1:00-2:00- Finish up Digital Story

2:00-3:30- Box Cars for those that need to make one for Movie Night.

Thank you to Natural Resource for the Fishing trip to Trout Farm and Summit Pond. We sure enjoy going Fishing and Swimming. Also to other department for helping our program do fun things and learning.



Japanese Culture Exchange Night

August 3, 2016

@ Gathering Center

**At 5:00 Japanese students write
names out in Japanese**

**At 6:00 Burns Paiute powwow
club/Japanese performance
with dinner to follow. Calling all
dancers to come dance!!!**

幸
Happiness



Iron Circles not Iron Houses Panel

Thursday August 4th, 2016 @ 4:30

Gathering Center

>>>EVERYONE INVITED<<<

What to Expect

Tribal Ex-Convict Motivational Speakers

Native Visions to Stay out of Prisons

Encouragement of Breaking Harmful Cycles

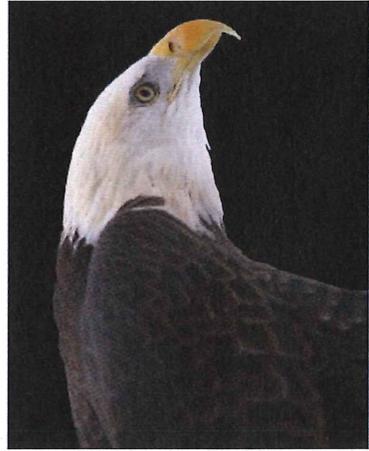
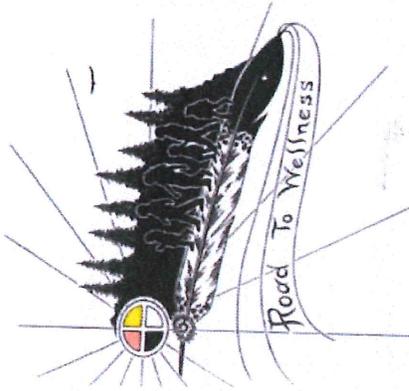
Eat @ 4:30pm Presentation @ 5:00pm

ALCOHOL, DRUG, TOBACCO FREE EVENT

This event is sponsored by: Burns Paiute Tribe

Alcohol & Drug Program

Tribal Police, and Suicide Prevention



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



FREE SMALL BUSINESS START-UP AND GROWTH TRAINING FOR THE NATIVE COMMUNITY



Attend the presentation on
August 10th from 5pm to 7pm at the
Tribal Courtroom

- FREE DINNER PROVIDED! -

To register please visit:
www.idrsinc.org/burnskickoff
Or call the Kerry at 541-573-8013

SMALL BUSINESS TRAINING TO BE HOSTED LATER THIS YEAR

At the Dinner, you will hear about an exciting opportunity to attend small business training right here on the Burns Paiute Reservation. "Indianpreneurship: A Native American Journey Into Business," provides practical business planning concepts, that are easy-to-understand. You will have a completed business plan when you finish the course.

This training will be provided later this year and is totally free of charge!

Thing you will learn in the Indianpreneurship Training:

- Is starting a business right for you?
- What business should you start?
- How to sell your product
- Where do I get money to start my business
- And much more ...

Generous support provided by:



Committed to the future of rural communities.

and the Small Business
Administration (SBA),
Office of Native American
Affairs (ONAA)

For more info, please contact Kerry Opie at 541-573-8013 or kerry.opie@burnspaiute-nsn.gov

3 on 3 King of the Kourt

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

August 12, 2016

Limited to 10 Teams

Ages 13 and up (no separate age brackets)

Registration forms due August 2rd.

See registration forms for rules.

Prizes for top 3 teams

We will have Music, Announcer and Refs!

ALCOHOL AND DRUG FREE EVENT!

Sponsored by: WHC, MENTAL WELLNESS DEPT &





King of the Kourt 3-on-3 Basketball Tournament

August 12, 2016

Registration Form – Please Print Neatly

Team Name: _____

Team Captain

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Age: _____
Gender: _____

Player 2

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Age: _____
Gender: _____

Player 3

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Age: _____
Gender: _____

Player 4

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Age: _____
Gender: _____

Registration Reminders:

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

Attention community members

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

- New Windows
- New Doors
- New insulation etc.

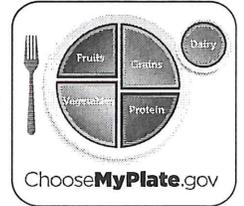
You will need your enrollment card, must be Native American, also if you have applied and received services through the LIHEAP program previously you will not be eligible for services, it is only available to people whom have not received any services through the LIHEAP program.

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



10 tips
Nutrition
Education Series

build healthy mealtime habits



10 tips for preschoolers

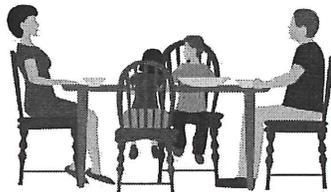
Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks

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

2 make meals enjoyable

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

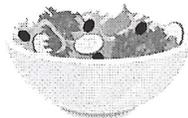


3 try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.

4 keep things positive

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



5 develop taste buds

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

6 visit the market

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

7 let children practice serving themselves

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

8 beverages are important, too

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



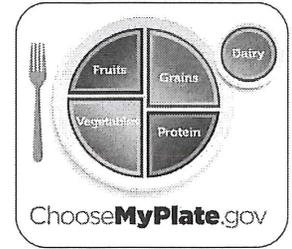
9 help them know when they are full

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

10 reward with attention, not treats

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

kid-friendly veggies and fruits

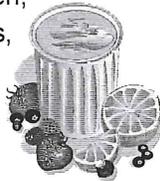


10 tips for making healthy foods more fun for children

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

1 smoothie creations

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



2 delicious dippers

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



3 caterpillar kabobs

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

4 personalized pizzas

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

5 fruity peanut butterfly

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

6 frosty fruits

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

7 bugs on a log

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

8 homemade trail mix

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



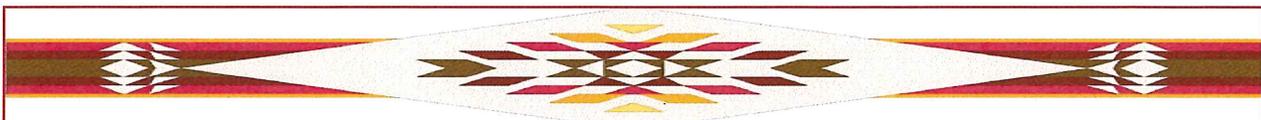
9 potato person

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

10 put kids in charge

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





Save The Date!
Physical Activity Kit Training
August 15 & 16, 2016
Burns, OR
Gathering Center, Burns Paiute Reservation

Physical Activity Kit Overview

The Physical Activity Kit (PAK) consists of traditional and contemporary Native American games and dances to emphasize active lifestyles across all ages.

Participants will receive a Physical Activity Kit “toolkit” as part of the training.

a lifespan approach!

ces to increase physical
ites, Head Start



Overview of the Agenda

Day 1:

Welcome/Blessing/Overview
 PAK for Young People
 Mt. Pathways Challenge
 Modified Native American Games
 Ice Breakers and Fitness Breaks

Day 2:

Welcome/Blessing
 PAK for Head Start
 PAK for Adults/Families
 PAK for Older Adults
 PAK Resources/Measurement
 PAK Action Planning

We will begin each day at 9:00 am and conclude by 4:00 pm; pre-registration is suggested

For More Information, Please contact:

Wadatika Health Center

Twila Teeman – 541-573-8049

Rachel Snapp – 541-573-8050

Joe Law, Portland Area Indian Health Service, is the trainer.

Everyone Welcome



July 2016, Vol 3
Summer Edition

Culture & Heritage
Department questions?

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

More Section 106 Projects

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

B2H Ethnographic Study

PCDC Upgrade Cultural Monitoring

*Tumalo State Park Ethnographic
Study*

Wagontire Wind Testing Project

Castle Rock Fuels Reduction Activities

*Stinkingwater Fuels Reduction Activi-
ties*

Burns Telecom History Project

ODOT -BPT Monitoring IGA

Redrock Biofuels Monitoring

State Parks-BPT Monitoring IGA

*Drewsey Archaeological Subsurface
Testing*

Current Culture & Heritage Employ- ment Opportunities:

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

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

Positions open until filled.

Burns Paiute Tribe



Beech Creek Culture Camp A tribal family culture camp will occur August 12-14th, 2016 at the BPT's Beech Creek property. Sign up and registration packets will be available at administration. Camp set-up begins Friday evening, activities are planned throughout Saturday, and we will break camp Sunday morning. Rooms equipped with cots are available in the house and reserved for elders. Room for family camping is available near the house, and gas vouchers will be offered to the first 15 vehicles (minimum 3 person occupancy), so round up your camping supplies and come join in the fun and fellowship!

Seeking Letters of Interest

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

Wadatika Yadian Language Project

We welcome Phyllis Miller as our Language Coordinator. We will be bringing on additional research staff to assist in the project as well as seeking the cooperation and participation of tribal elders. We will be offering honorarium to the Elder Wadatika language experts who participate in the project.

Some Additional Grant Activities

Moccasin Grant

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

Section 106 Class

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

Oregon Cultural Trust

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

Attention vehicle Surplus Offer!

2001 Ford F-150 Lariat Super Crew Cab, XLT, Triton V-8, automatic transmission, 160,000+ miles. Transmission inoperable. One well used set of "mudder" tires, 2nd set of tires w/studs + chrome tool box included. Bidding open to the public. \$600.00 minimum bid requirement. Sealed bids accepted until 5pm, August 19th, 2016. Submit bids to Lynda or Maria in accounting. Winning bidder will be notified immediately and must complete purchase transaction by 5pm PST, August 22, 2016, or next highest

College Scholarships!!

College Scholarships for undergrad study in anthropology are tentatively available through University of Nevada, Reno. See Diane if interested!

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

THPO Designation

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

***The supplies needed
for the students will be
the responsibility of
the parents/guardians.***

Hines Middle School Supply List 2016-2017

6th, 7th and 8th Grades

- 1 Durable 3 inch three ring binder
- 1 Pen/USB Drive (2GB minimum)
- 1 Set of 8 tab dividers for the three ring binder
- 1 Composition Book (for science)
- 2 Spiral notebooks (for language arts & math)
- 3 2" binders (for math, language arts & advisory)
- 1 Pencil pouch for supplies, to put in binder
- 1 Pkg. of # 2 pencils or a mechanical pencil with lead refills
- 1 Pair sharp scissors
- 1 Box dry-erase markers (black or blue)
- 1 Box of colored pencils
- 1 Package blue/black ink pens (daily use, **NO** gel pens)
- 1 Package red ink pens (daily use, **NO** gel pens)
- 1 Highlighting pen
- 1 Ream of 8 ½ x 11 white copy paper
- 1 Box of tissue
- 1 Small scientific calculator (solar powered work great!)
- 1 12 inch transparent ruler with clearly marked centimeters/inches
- 2 Package of loose-leaf paper (college ruled), continuously supplied all year
- 1 Package of paper reinforcements
- 3 Glue sticks
- 1 Set of ear buds or headphones (for testing)
- 1 Pair of tennis shoes to leave at school for P.E.
Students will also need a T-Shirt, shorts or sweats and socks for P.E.
We also recommend deodorant.

Please, no elastic/lycra book covers will be allowed, as they damage the book binding.

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HENRY L. SLATER SCHOOL SUPPLY LIST

2016-2017

NO TRAPPER KEEPERS OR MECHANICAL PENCILS

Kindergarten

- | | |
|--|--|
| 1 book bag or backpack | 1 set Crayola or Prang watercolors -NOT FLORESCENT |
| 2 boxes Crayola crayons (not larger than 24) | 2 boxes of Kleenex/1 box bandaids |
| 2 bottles white Elmer's school glue | 2 Pink Pearl eraser |
| DO NOT PURCHASE Ross Glue or colored glue | 1 spiral notebook (wide-ruled) |
| 1 set of 12 colored pencils | 1 paint shirt (old T-Shirt-adult size) |
| 2 packages of small glue sticks | 4 Expo dry erase markers (black or blue low odor) |
| 1 pack of colored markers | 1 box of Ziploc bags 1-quart, or 1-gallon size |
| 1 pack of #2 pencils (TICONDEROGA) | 1 ream of white copy paper |
| 1 pair slip on tennis shoes (e.g., zip or Velcro) to be left at school for P.E. (no lace tennis shoes preferred) | |

Kindergarten supplies do not need to be labeled with child's name, except for P.E. shoes, backpacks, paint shirts and paint sets. Student supplies will be shared in the classroom.

Send only items on this list – all other items will be sent back home.

OPTIONAL ITEMS--HAND SANITIZER, CLOROX WIPES, BABY WIPES

1st grade supplies do not need to be labeled with child's name, students supplies will be shared in the classroom

1st Grade

- | | |
|--|---|
| 2 wide ruled composition books (200+ pages) | 1 3 ring binder (1 inch BLACK) |
| 3 Pink Pearl erasers | 2 boxes Crayola crayons (24) |
| 12 #2 pencils (TICONDEROGA ONLY) | 10 assorted sizes of band-aids |
| 1 bottle white Elmer's school glue | 1 backpack |
| DO NOT PURCHASE Ross Glue or colored glue | 2 large box Kleenex |
| 1 large sized T-shirt to be used for painting | 6 large glue sticks |
| (Please label with child's name) | \$5.00 for Scholastic Magazine |
| 6 dry erase markers-black only-fine tip | 2 spiral notebooks – wide ruled |
| 2 yellow (only) highlighter pens | 1 set Prang watercolors -NOT FLORESCENT |
| 1 ream of white copy paper | 1 pair of ear buds |
| 1 pair slip on tennis shoes (e.g., zip or Velcro) to be left at school for P.E. (no lace tennis shoes preferred) | |

Send only items on this list – all other items will be sent back home.

2nd Grade

- | | |
|---|---|
| 4 Pink Pearl erasers (no labeling) | 2 boxes Crayola crayons (24) |
| 36 #2 pencils, TICONDEROGA ONLY (no labeling) | 4 dry eraser markers (to be replaced as needed) |
| 1 bottle white Elmer's school glue | 1 set colored pencils (Crayola or Prang) |
| DO NOT PURCHASE Ross Glue or colored glue | 1 large box of Kleenex |
| 10 band-aids - assorted sizes | 2 Pec Chee type folders with pockets |
| 1 book bag or backpack | 1 pair tennis shoes to be left at school for P.E. |
| 1 spiral notebook (wide ruled) | \$5.00 for Scholastic magazine |
| 1 ream of white copy paper | 1 pair of ear buds/head phones |
| 1 set Crayola or Prang watercolors - NOT FLORESCENT | |

Send only items on this list – all other items will be sent back home.
Label all supplies, may request more supplies throughout the year.

3rd Grade

- | | |
|---|--|
| 2 Pink Pearl erasers | 1 box Crayola crayons (24) |
| 48 #2 pencils (TICONDEROGA BRAND ONLY) | 2 packages loose-leaf wide-ruled paper |
| 1 bottle white Elmer's school glue
DO NOT PURCHASE Ross Glue or colored glue | 1 package colored pencils |
| 2 large boxes Kleenex | 2 spiral notebooks |
| 1 pair lace or velcro tennis shoes | 1 box of bandaids |
| 1 pencil box | 1 Pee Chee type folder |
| \$5.00 for Scholastic magazine | 5 dry erase markers – any color |
| 1 pair of ear buds | 1 ream of white copy paper |
| 1 pack 3x5 index cards | 1 box Ziploc bags |

**Send only items on this list – all other items will be sent back home.
Label all supplies**

4th Grade

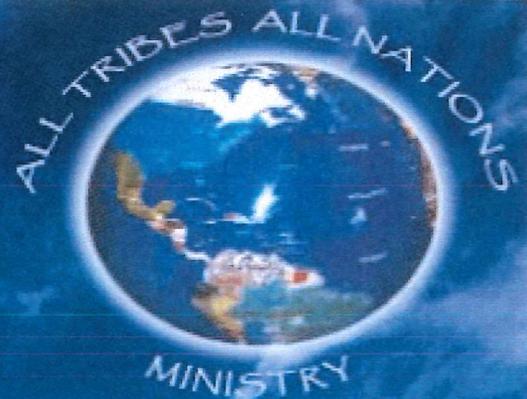
- | | |
|---|---|
| 2 Pink Pearl erasers | 2 non-erasable blue/black pens |
| 48 #2 pencils (TICONDEROGA) | 2 packages loose-leaf paper (college ruled) |
| 2 glue sticks | 1 box crayons |
| 1 pkg. 3x5 index cards | 1 Sharpie (black) |
| 2 large boxes Kleenex | 1 box band-aids |
| 1 pair sharp scissors | 1 12" ruler with centimeters/inches |
| 1 pencil box | 3 dry erase pens |
| 2 spiral notebooks | 2 Pee Chee type folders |
| 1 closeable water bottle | 2 red pens |
| \$6.00 for Scholastic magazine/Science Spin | 1 pair tennis shoes to leave at school for P.E. |
| 1 pair ear buds | 1 ream of white copy paper |

Label all supplies with student's name or initials before bringing them to school.

5th Grade

- | | |
|---|--|
| 24 #2 pencils (TICONDEROGA) | 2 large boxes Kleenex |
| 1 bottle white glue | 1 small calculator (solar powered works great) |
| 1 3 ring binder 2" | 1 set of 8 tab dividers for 3 ring binder |
| 2 spiral notebooks | 2 package loose-leaf paper |
| 1 box of colored pencils | 1 package 3x5 index cards |
| 1 box crayons | 1 yellow highlighting pen |
| 5 dry erase pens | 1 box band-aids |
| 1 pair scissors | 1 ruler with inches and centimeters |
| 1 protractor and compass | 1 pair of tennis shoes to leave at school for P.E. |
| \$5.00 for Scholastic/Nat Geo. magazine | 2 Pee Chee type folders |
| 1 ream of white copy paper | |
| 1 pair of ear buds | |

FPST Senior Center, 1885 Agency Road
Fallon, Nevada



6TH ANNUAL SIGNS, WONDERS, & MIRACLES IN THE FIRE OF THE HOLY GHOST CAMP MEETING

STILLWATER REZ - FALLON, NEVADA

August 10 - 14, 2016

*Behold, I am the Lord, the God of all flesh:
is there any thing too hard for me?
-Jeremiah 32:27*

*Call unto me, and I will answer thee, and
show thee great and mighty things, which
thou knowest not. -Jeremiah 33:3*

Hosted by

CORRINE LEWIS

Native American

Missionary Evangelist

lewismorningdove@yahoo.com

559.765.7347

775.426.8148

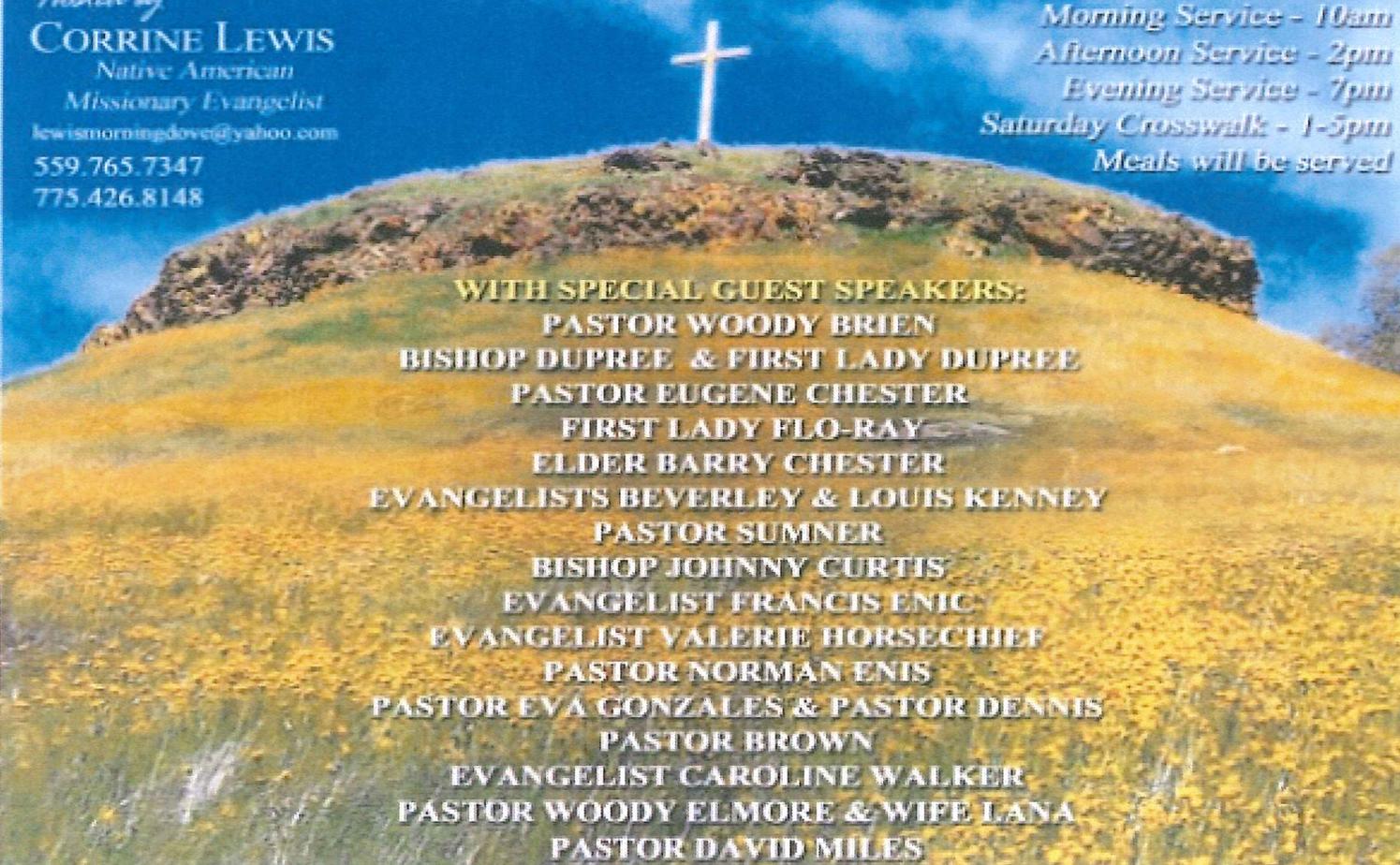
Morning Service - 10am

Afternoon Service - 2pm

Evening Service - 7pm

Saturday Crosswalk - 1-5pm

Meals will be served



WITH SPECIAL GUEST SPEAKERS:
PASTOR WOODY BRIEN
BISHOP DUPREE & FIRST LADY DUPREE
PASTOR EUGENE CHESTER
FIRST LADY FLO-RAY
ELDER BARRY CHESTER
EVANGELISTS BEVERLEY & LOUIS KENNEY
PASTOR SUMNER
BISHOP JOHNNY CURTIS
EVANGELIST FRANCIS ENIC
EVANGELIST VALERIE HORSECHIEF
PASTOR NORMAN ENIS
PASTOR EVA GONZALES & PASTOR DENNIS
PASTOR BROWN
EVANGELIST CAROLINE WALKER
PASTOR WOODY ELMORE & WIFE LANA
PASTOR DAVID MILES