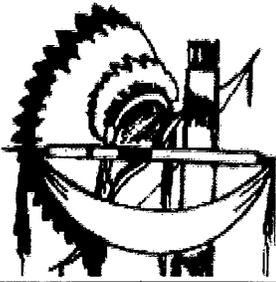


Burns, Oregon

February 08, 2016



**Burns Paiute Tribe**

100 Pasigo St.

Burns, Or 97720

541-573-8016

**TRIBAL COUNCIL CONTACT**

Charlone Roderique  
Chairperson

541-573-5007/589-4298

**Burns Police/Tribal Police**

Chief Carmen Smith

541-413-1419

**Office:**

Frank Rivera

541-413-0332

**Social Services**

Michelle Bradach  
Director/ICWA

541-573-8043 /

541-589-0171

Teresa Covino - Domestic  
Violence / Assault

541-573-8053 / 541-413-

0216

**Police After hours:**

Call Burns Dispatch

541-573-6028

**COMMUNITY EVENTS:**

All Tribal Office will be closed on Monday, February 15, 2016 in observance of President's Day.

February 12, 2016—Elder's Breakfast

February 13, 2016—Memorial for Eleanor Capps at the Gathering Center.

**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

# ELDER'S BREAKFAST

*Friday, February 12, 2016*

*8:30 am @ the Gathering Center*

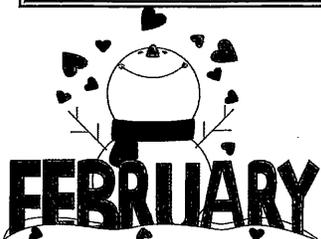
Menu will consist of:

- Steak & Eggs
- Potatoes
- Biscuits
- Fresh Fruit
- Coffee & Juice
- Banana Bread



**We will be discussing the importance of HOME INSURANCE**

Hosted by the Housing Authority and  
Social Services Program.



*Memorial  
Dinner & Giveaway  
For  
Eleanor K. Capps*



*Date: February 13, 2016  
Time: 12:00pm til 5:00 pm  
Place: Gathering Center*

*"Everyone Welcome"*

**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 15<sup>th</sup>, 2016.
- Training is taking place from June 6-9<sup>th</sup> 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](mailto: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](mailto:stacey.cochran@discovernw.org)

Forest Service Email: [staceybcochran@fs.fed.us](mailto:staceybcochran@fs.fed.us)

Office Phone: 541-383-5530

Cell Phone: 541-508-9899

63095 Deschutes Market Rd

Bend, Oregon 97701



## **POWWOW and MEDICINE GAMES MEETING**

**February 26<sup>TH</sup> , 2016 at 12:00pm**

**WADATIKA Health Office**

**Powwow/ Social Gathering set for October 1st and 2nd.**

**Please bring your fundraising ideas. This year let's make it all about the kids.**



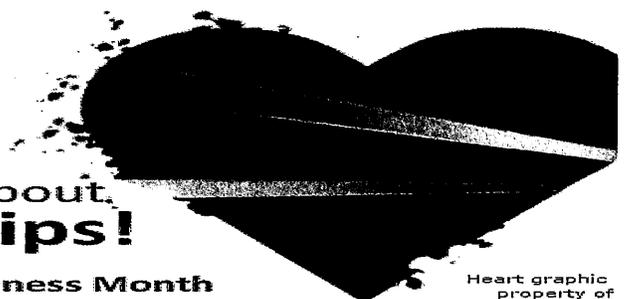
# February 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Walk with Ease 11:30 am- 12:30pm	2 Positive Youth 12:00 pm Yoga 11:30-1pm & 5 pm	3 GONA 1:00 pm-8:00 pm	4 GONA 1:00 pm-8:00 pm	5 GONA 8:30 am-4:30 pm Prevention Friday	6
7	8 Walk with Ease 11:30am- 12:30pm	9 Yoga 11:30 am- 1:00pm	10 Prevention Coalition MTG 5:30 pm Chili & Fry bread	11 Walk with Ease 11:30am- 12:30pm	12 Elders breakfast Native Stand 8 <sup>th</sup> -12 <sup>th</sup> grade 12:00 pm-2:00	13
14 <i>Happy Valentine's Day!</i>	15 <b>OFFICE CLOSED</b>	16 Yoga 11:30am- 1:00pm	17 Parent Committee 5:15 @ Tribal court/ Parent focus group 6pm Tu-Wa-Kii-Nobi	18 Walk with Ease 11:30a-12:30p Tracy Underwood 6:00pm	19 Prevention Friday- Ambrosia	20
21	22 Walk with Ease 11:30am 12:30pm	23 Yoga 11:30 am- 1:00 pm	24	25 Walk with Ease 11:30am- 12:30pm	26 Prevention Friday Lanette Powwow Meeting 12:00 Wadatika	27
28	29 Walk with Ease 11:30am- 12:30pm					

# Love is RESPECT

This February, start talking about  
**healthy relationships!**

February is Teen Dating Violence Awareness Month



Heart graphic  
property of  
[www.LetYourHeartRule.com](http://www.LetYourHeartRule.com)

## KEY QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

If you've been diagnosed with risk factors for heart disease and stroke—such as high blood pressure or high cholesterol—consider asking your healthcare professional these questions during your next office visit.

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### ABOUT BLOOD PRESSURE

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#### What Do I Need to Know?

- What is my blood pressure and what do the numbers mean?
- What should my blood pressure be?
- How often should my blood pressure be checked?
- What may be causing my high blood pressure?
- What are the symptoms of high blood pressure?
- Why is smoking bad for my high blood pressure?

#### How Can I Protect My Future?

- Why is managing my blood pressure important?
- Is there a healthy eating or exercise plan that I should follow to help lower my blood pressure?
- What else can I do to help lower my blood pressure?
- Should I monitor my blood pressure at home?
- How do I discuss my condition with my family?

---

### ABOUT CHOLESTEROL

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#### What Do I Need to Know?

- What is my cholesterol and what do the numbers mean?
- Can you explain good cholesterol versus bad cholesterol?
- What may be causing my high cholesterol?
- How often should my cholesterol be checked?
- What are the symptoms of high cholesterol?
- How do diet and exercise impact my cholesterol?
- How does smoking contribute to high cholesterol?

#### How Can I Protect My Future?

- Why is managing my cholesterol important?
- Is there a healthy eating or exercise plan that I should follow to help lower my cholesterol?
- What else can I do to help lower my cholesterol?
- How do I discuss my condition with my family?

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### ABOUT MANAGING MEDICATIONS

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#### What Do I Need to Know?

- What are my options to control high blood pressure, high cholesterol?
- Do I need to take medication?
- How long should I stay on my medication?
- What are the possible side effects of taking medication?
- Do I have to take my medication every day or is it OK to skip some days?

#### How Can I Protect My Future?

- Why is taking medication important?
- I take [insert name of medication]. Is it OK to take blood pressure or cholesterol medication as well?
- How long until I know if the medication is working and how long should I take it?
- Are generic medications as good as brand name drugs? Is it safe to buy my medications through the mail?



# MYTH or FACT: The Truth about Cardiovascular Medications



When you have high blood pressure or high cholesterol, your medication can help give you the freedom to keep doing what you love. Check out these common myths about cardiovascular medications. Are any of these holding you back?



**MYTH #1: I've heard that the side effects of medications for high blood pressure and high cholesterol are not worth it.**

**FACT:** Any medication can cause side effects, but many people do not experience negative effects from taking medication for high blood pressure or high cholesterol. For those that do, the side effects are often mild. But if you're worried or are experiencing side effects, talk to your healthcare providers. They can help you choose a medication that works for you, so you can keep going strong for the ones you love.



**MYTH #2: I feel fine, so I can stop taking my medication.**

**FACT:** For your medication to work properly, you should always take it as prescribed. Never stop taking medication without first talking to your healthcare provider and always remember to follow the recommendations of your healthcare team.



**MYTH #3: I'm taking my medication, so I can eat whatever I want.**

**FACT:** Taking medication does not eliminate the need for a healthy lifestyle. While medication can help control your high blood pressure or high cholesterol, it's important to eat healthy and enjoy regular physical activity as well. Consider grilling or baking instead of frying, eat fresh fruits and vegetables, and check nutrition labels to find foods with 140 mg or less of sodium. Above all, always remember to follow your healthcare provider's advice.

**MYTH #4: I eat healthy and exercise, so I don't need to or can eventually stop taking my medication.**

**FACT:** High blood pressure or high cholesterol can be lifelong issues. Healthy eating and exercise can make a difference, but these changes may not always be enough to control high blood pressure or high cholesterol. If you need medication, taking it as prescribed can reduce your chance of having a heart attack or stroke. Remember to talk to your healthcare provider about your personal health history and what's right for you.

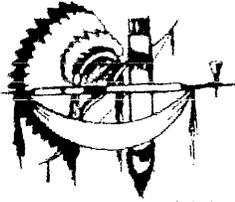


**MYTH #5: I've never had a heart attack or stroke, so I don't need to make lifestyle changes.**

**FACT:** Just because you've never had a heart attack or stroke doesn't mean that you won't. Don't wait for symptoms. Talk to your healthcare provider and getting your blood pressure and cholesterol checked regularly.

STRONG MEN PROTECT THEIR FAMILIES AND THE ONES THEY LOVE

Talk to your healthcare provider about these common myths or visit [millionhearts.hhs.gov](http://millionhearts.hhs.gov) for more information. It's up to you to decide whether high blood pressure and high cholesterol are in charge, or if you are.



# Housing News

## BURNS PAIUTE HOUSING AUTHORITY

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

Well, its that time of year for annual re-certifications applications, providing proof of income as well as the annual home inspections.

Home Inspections are scheduled to begin March 1, 2016.

**Re-certification applications and proof of income are due FEBRUARY 25, 2016.**

YOU CANNOT  
HANG OUT WITH  
NEGATIVE PEOPLE  
AND EXPECT  
TO LIVE  
A POSITIVE LIFE.

### UPCOMING HOUSING

#### AUTHORITY

#### MEETING

TBA

Housing Office

### 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

Eric Hawley,

*Carpenter*

Cellular

541.413.2023

HOUSING

AUTHORITY

MEMBERS

*Chairperson,*

JoEllen SkunkCap

*Vice-Chair,*

Elisha Caponetto

*Secretary-Treasure,*

Phyllis Miller

*Members at Large*

Andrew Beers

Vacant

### THE HOUSING AUTHORITY WILL BE HOSTING THE ELDERS BREAKFAST FOR THE MONTH OF FEBRUARY!!

**DATE:** Friday, February 12, 2016

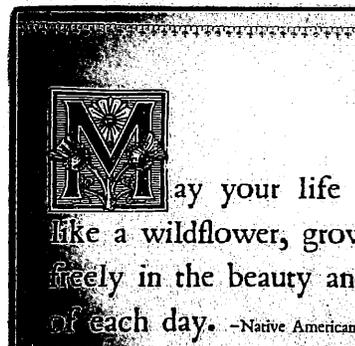
**Time:** Starts at 8:30 am

**Place:** Gathering Center

#### MENU:

- ◇ Steak and eggs
- ◇ Potatoes
- ◇ Biscuits
- ◇ Fresh Fruit
- ◇ Banana Bread

We look forward to seeing all the elders at February breakfast.



### Update on Vacant Housing

#### #19 Radar Lane

The Housing Authority is currently working on rehabilitating the housing unit. Due to unforeseen circumstances the completion date has been moved to end of February.

The Housing Authority is waiting for a few more items from the applicants that are eligible for the unit before awarding the home.

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



Feb. 8th-Feb.12th

Evening Tutoring  
HS/Middle School-  
has changed to af-  
ter school on Tues-  
day and Wednesday.  
At high school  
library. Any ques-  
tions please call  
Kerry Opie 573-8013

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 Feb. 8th

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

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

Tuesday Feb. 9th

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

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

Wednesday Feb. 10th

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

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

Thursday Feb.11th

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

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

Friday Feb. 12th

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

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

11:30-12:00-Free Time

1:00-3:30- Valentines Party- w/Teresa she will be drawing for winner from good behavior bucket. Must be present.

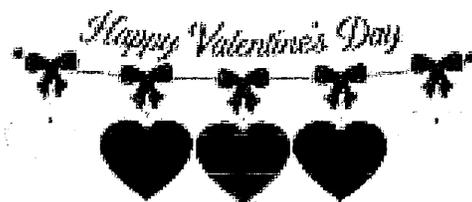
4:00-4:30- take kids home...clean up

*We would like to thank Gwen H. for the donation of the Guitar for Tu-Wa-Kii Nobi. We now have two nice guitars- the kids enjoy playing. If someone knows how to play and would like to come and show kids some cords that would be awesome.*

Also great job to all our kids that received awards in school this term! You Rock!!

We would like to get schedules of the kids games so we can plan to come and support the kids...

Any questions please call Elise at 541-573-1572



*Monday February 15th*

*Tu-Wa-Kii Nobi will be  
Closed for Presidents  
Day!*

*There is school that  
day!*





DAYOFCHAMPIONSsports



*Quasaw & Jack Barrett*

# NATIVE AMERICAN SCOUTING COMBINE

## MARCH 5, 2016

NATIVE AMERICAN HIGH SCHOOL FOOTBALL PLAYERS ARE INVITED TO ATTEND THE

### *Quasaw & Jack Barrett* NATIVE AMERICAN SCOUTING COMBINE

PRESENTING



DAYOFCHAMPIONSsports

TOP-TIER COACHES WILL BE ON HAND TO EVALUATE THE STATE'S TOP NATIVE AMERICAN FOOTBALL PLAYERS. THIS INTENSE COMBINE IS AN EXCITING TIME FOR ATHLETES AND A KEY STEP IN ACHIEVING THEIR DREAMS OF PLAYING AT A NEXT LEVEL, WHILE IMPROVING THEIR FOOTBALL SKILLS.

**SATURDAY, MARCH 5, 2016**

**10:00AM - 5:30PM**  
**ONLY NATIVE AMERICAN GRADUATING SENIORS AND PAST GRADUATES NOT ENROLLED IN COLLEGE**

PRE-REG BY FEBRUARY 27. \$100 NONREFUNDABLE DAY-OF CAMP REGISTRATION: \$125 CHECKS ONLY. PAYABLE TO DAY OF CHAMPIONS

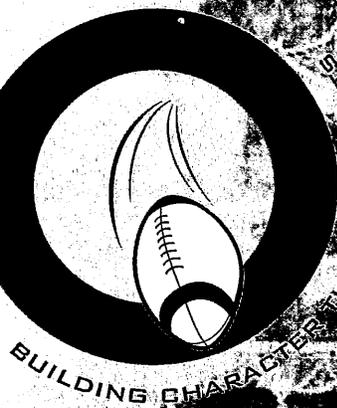
**LOCATION:**

★ LET'S PLAY SOCCER  
100 N. MCCORMICK | OKC, OKLAHOMA



## PLAYER AGENDA

- 8AM-9:45AM REGISTRATION & WATER
- 10:00AM COMBINE STARTS INTRODUCTION
- 10:20AM STRETCH
- 10:35AM TESTING SESSIONS (@20MIN.)  
EVENTS INCLUDE:  
HEIGHT + WEIGHT  
PRO AGILITY SHUTTLE  
VERTICAL/STANDING BROAD JUMP  
BENCH PRESS  
40 YARD/20 YARD  
ODDS + ENDS (VALIDATION OF RECRUITING INFORMATION)  
10-STEP CHECKLIST
- 12:15PM LUNCH PROVIDED
- 12:45PM SKILLS SESSION  
NFL-STYLE WORK SESSION FOR EACH POSITION
- 1:25PM COMPETITION SESSIONS  
ONE-ON-ONE COMPETITION  
OFFENSIVE LINE VS DEFENSIVE LINE  
RECEIVERS VS DEFENSIVE BACKS  
RUNNING BACKS VS. LINEBACKERS  
FILM ANALYSIS  
ONE-ON-ONE ANALYSIS OF GAME & PRACTICE FILM
- 2:05PM GROUP INTERVIEWS
- 4:00PM INDIVIDUAL-INTERVIEWS  
INTERVIEW ATHLETES ON:  
PERSONAL EDUCATION & FOOTBALL  
DAY-OF RECRUITING SERVICES  
COACHES COME TO WATCH COMBINE LIVE
- 5:30PM COMBINE FINISHES  
PREP FOR FUTURE RECRUITING SERVICES  
HELP PROMOTE STUDENT-ATHLETES TO OUR COLLEGES  
COLLEGES AND UNIVERSITIES  
COMBINE CONCLUSION - COMPLETE STEP-CHECKLIST  
COMING JAMES PRYOR WITH ONE WEEK OF  
COMBINE TO RECEIVE ASSISTANCE WITH RECRUITING  
EMAIL: JAMES@DAYOFCHAMPIONS.COM  
CALL OR TEXT: (928) 919-1908



FOR MORE INFORMATION CONTACT  
**JAMES PRYOR**  
TEXT OR CALL (928) 919-1908 OR  
JAMESDPRYOR@YAHOO.COM

TRACY UNDERWOOD PRESENTS:

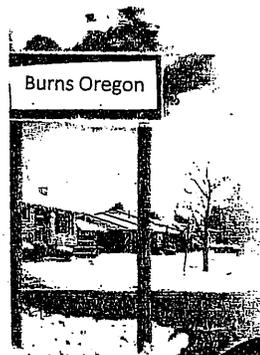
TROY  
NICKELL

JAMES  
LANCASTER

ROBERT  
SUTHERLAND

REX  
MILLER

BRIAN  
PALMER



Free  
MUSIC concert  
←

# THE CALLING

STOP DOMESTIC VIOLENCE  
ABUSE & SEX TRAFFICKING

The Burns Paiute Tribe invites you to come join us for a night of music:

Date: February 18, 2016 at 6:00 pm

**TRACY UNDERWOOD**

Where: The Burns Paiute Tribe Gathering Center on the Reservation

*This concert is an Awareness Project brought to you by the Burns Paiute Tribe Domestic Violence and Sexual Assault Program. This is a Free concert.*

For more information on the event contact:

Teresa Cowing at 541-573-8053 or Phyllis Miller at 541-573-8004

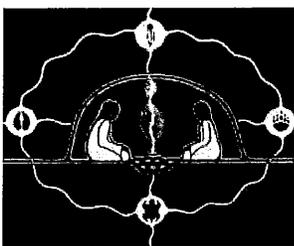
# LOOKING FOR COMMUNITY INPUT AND INVOLVEMENT!



THE BURNS PAITUE TRIBE ALCOHOL AND DRUG PROGRAM IS LOOKING FOR FEEDBACK AND SUGGESTIONS FOR ANYONE THAT IS IN RECOVERY/SOBER FROM ALCOHOL THAT WOULD BE INTERESTED IN FACILITATING WEEKLY AA MEETINGS ON THE RESERVATION. THE TRADITIONAL AA/12 STEPS PLATFORM.



THERE HAS BEEN SOME INTEREST VERBALIZED IN HAVING AN 8-12 WEEK ANGER MANAGEMENT COURSE OFFERED TO THE COMMUNITY. WE WOULD LIKE TO OFFER THIS TO MEN AND WOMEN BUT SEPERATELY. IF THIS IS SOMETHING YOU WOULD BE INTERESTED IN, PLEASE LET THE BURNS PAITUE TRIBE A&D PROGRAM KNOW.



LETS GET THE SWEATLODGE UP AND GOING AGAIN!

ALL OF THESE SERVICES ARE THINGS THAT COULD BENEFIT THIS COMMUNITY. YOU DO NOT HAVE TO BE COURT MANDATED OR ENROLLED IN THE A&D PROGRAM TO PARTICIPATE.

IF YOU HAVE SUGGESTIONS OR ARE INTERESTED CALL NANCI: 541-573-8003