

Burns, Oregon

November 14, 2016

Community News:

Nov. 15, 2016—Community is invited to attend a severe weather training workshop at the Burns Paiute Tribal Court @ 4:00 pm

Building bidding (2 projects)

Accepting bids: for new skirting around Double Wide manufactured home, address #2 Radar lane Burns. Deadline for bids due by Nov. 22nd, project needs to be completed by Dec. 10, 2016.

Also bids for Pole Barn to cover the Basketball Court near Rainbow Park. I

f you are interested or have any questions contact Elise at 541-573-1572.



Christmas Bazaar

Saturday— Dec. 10, 2016

10:00 am to 3:00 pm

Gathering Center

Fees: 1 table \$10.00 (extra table additional \$5.00)

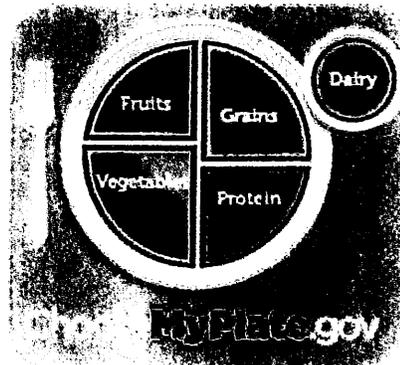
Contact person: Betty Lou Hawley

Call 541-589-1444

WADATIKA HEALTH CENTER

Flu shots have arrived. Please call Rachel or Pam at 541-573-8050 to set up an appointment to get yours done.

- Burns Paiute Tribe**
- 100 3rd St. S.**
- Burns, OR 97720**
- 541.573.1576**
- TRIBAL COUNCIL CONTACT:**
- Chairman - Joe De La Rosa**
- 541.573.1576**
- Burns Paiute Tribal Police**
- Chief - Gordon Smith**
- 541.573.1576**
- Officer - Alan Rivera**
- 541.573.1576**
- Social Services Director - JOWA**
- Michelle Anderson**
- 541.573.1576 / 541.573.1577**
- Domestic Violence / Assault**
- Tracie Cowley**
- 541.573.1576 / 541.573.1576**
- Police Watch House**
- Carl Burns Dispatch**
- 541.573.1576**



November Is Diabetes Awareness Month



Join us for lunch, **Friday, November 18th @ 1200** at the Gathering Center
We will be serving Commodity Foods, using alternative recipes, and served on special "portion controlled" plates. Everyone is welcome to come and enjoy the good food!

All Job descriptions are posted on the bulletin board at the Administration Office

Tribal Research Technician

Job Title: Tribal Research Technician (1)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: Nov. 01, 2016
Closes: Open until filled
Salary: Commensurate to G 4/5/7 DOE

SUMMARY:

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 task. 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.

Burns Paiute Tribe

Job Description

Position: Community and Economic Development Director

Accountable to: General Manager

Salary Range: TBD/DOE

Classification: Management, Regular, Full-time

Summary

The Burns Paiute Tribe both a comprehensive plan and a community and economic development strategic plan identifying a number of strategic priorities to improve the economic vibrancy and overall quality of life. The Community and Economic Development Director (CEDD) provides a leadership role for the planning, coordination and implementation of the strategic priorities identified in the plans. Working under the direct supervision of the General Manager, the CEDD is accountable for successful execution of the strategic direction while ensuring the Tribal culture and heritage is sustained and enhanced.

STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

- WHEREAS:** Native American Awareness Week began in 1976 and recognition was expanded by Congress on August 1, 1990, designating the month of November as National American Indian Heritage Month; and
- WHEREAS:** From time immemorial, Oregon lands have been home to many Native peoples including members of Oregon's nine federally recognized tribes: Burns Paiute Tribe; Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians; Coquille Indian Tribe; Cow Creek Band of Umpqua Tribe of Indians; Confederated Tribes of Grand Ronde; Klamath Tribes; Confederated Tribes of Siletz Indians; Confederated Tribes of the Umatilla Indian Reservation; and Confederated Tribes of Warm Springs; and
- WHEREAS:** The American Indians of Oregon have made tremendous contributions to culture, history and environment of the State of Oregon; and
- WHEREAS:** As Oregon's American Indians have shared our state, so has the history and culture of our great nation been shared by American Indians and indigenous peoples; and
- WHEREAS:** The contributions of American Indians have enhanced the freedom, prosperity and greatness of American today; and
- WHEREAS:** American Indians' varied customs and traditions are respected and celebrated as part of a rich legacy throughout the United States.

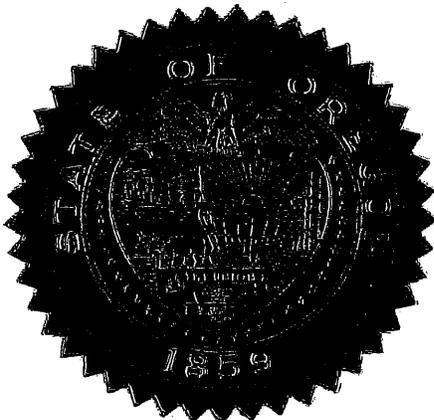
NOW,

THEREFORE: I, Kate Brown, Governor of the State of Oregon, hereby proclaim **November 2016** to be

NATIONAL AMERICAN INDIAN HERITAGE MONTH

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, November 1, 2016.



Kate Brown, Governor

Jeanne P. Atkins, Secretary of State

Please call Diane:
541-413-1190

Burns Paiute Tribe

Culture & Heritage Department

Oregon Cultural Trust SEEKING YOUR HELP!

We need three tribal members dedicated to the continuation of tribal arts to serve on the Oregon State Cultural Trust Burns Paiute Coalition. This is a NEW BOARD that will oversee distribution of annual funding to tribal artists. Please submit your letters of interest to the Tribal Council for their consideration. If you have questions please call Diane 541-413-1190.

Current Review and Compliance Activities:

- ▷ Tucker Hill Ethnographic Study
- ▷ B2H Ethnographic Study
- ▷ Tumalo State Park Ethnographic Study
- ▷ Wagonfire Wind Testing Project
- ▷ Castle Rock Fuels Reduction Activities
- ▷ Sinkingwater Fuels Reduction Activities
- ▷ Burns Telecom History Project
- ▷ ODOT -BPT Monitoring IGA
- ▷ Redrock Biofuels Monitoring
- ▷ State Parks -BPT Monitoring IGA

Wadatika Yaduan Language Project

The C&H Dept. Wadatika Yaduan Language Grant Project team is continuing to digitally record our language. We will soon be working toward development of a computer application that will make language learning more accessible to tribal members of all ages.

A BIG THANK YOU to the Elder Language Experts currently participating in the recording process!

If you have questions about the Language Project please call Phyllis: 541-480-4009

Glass Butte & B2H Ethno Studies

Linda Jerofke, (Cultural Anthro) with the assistance of BPT tribal members, has completed the interviewing, transcription and writing of the rough draft of our Glass Butte report. The report documents our tribal uses and values related to our Glass Butte Traditional Cultural Property.

We are seeking a cultural anthropologist to assist with the Boardman to Hemingway (B2H) Project ethnographic Study. We will be asking tribal members to help us document the important places along the projected route of the proposed transmission line to avoid/reduce any adverse effects to our culture & heritage interests along the proposed routes.

CURRENT VACANCIES

- Cultural Anthropologist- (full-time)
- Tribal language Technicians (on-call/seasonal)
- Tribal Research Technicians (On-call/seasonal)
- Archaeological Technician (on-call)

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

Positions open until filled.

Burns Paiute Tribal Historic Preservation Office

The Culture & Heritage Department is excited to announce that we are very close to being recognized as a Tribal Historic Preservation Office. Once formal federal recognition is achieved, our Tribal Historic Preservation Officer, Charisse Soucie, will be reviewing for compliance, all Undertakings occurring on Burns Paiute tribal Trust lands.

College Scholarships!!

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

Scholarships to attend archaeological and/or geoarchaeological field school are available. See Diane for details!



THINGS TO BRING TO YOUR FIRST APPOINTMENT **ALCOHOL AND DRUG PROGRAM**

Counseling and treatment is hard enough without the misunderstandings and everyone else's timelines not being in black and white. Here are a few suggestions to make your first meeting easier and less stressful.

- Bring your enrollment packet completed. You can pick one up at Wadatika Health Center, or from the A&D program directly
- Be prepared to answer a few questions about yourself
- Signing a few forms
- We can break into a couple meetings if need be
- It usually takes 7 days to get reports back
- I would be very happy to help you make requests, help you call, help fill in the forms, whatever you need
- The first session is about 1 hour long

FOR MORE INFORMATION CONTACT: ISOBEL VAN TASSEL @ 541-573-8003



ARE YOU INTERESTED IN GROUP SETTINGS?

ALCOHOL AND DRUG PROGRAM

GIVE US A CALL, LET'S WORK TOGETHER TO GET YOUR NEEDS MET

There are several group options for treatment. If you like interaction, feedback, and a place to connect with others in recovery, make an appointment.

We can have relapse prevention, MRT, early recovery skill building, beading sessions, or any other tribal crafts. Let's work together to get something going. The program will supply the necessary items to complete the projects.

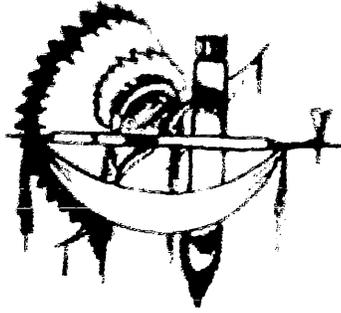
- Men's Group
 - Women's Group
-

We can also do teen early intervention education. Do you have an MIP, let's get it taken care off while the weather is cold.

FOR MORE INFORMATION CONTACT: ISOBEL VAN TASSEL @ 541-573-8003



“Children are our future take this opportunity to make a difference in their lives.”



Burns Paiute Social
Services Program

100 PASIGO St

Burns, Oregon 97720

Burns Paiute Social Services is looking for any Triba Families whom are interested in being an emergency placement for a child in need.

If interested please contact the Burns Paiute Social Services

Carla Teeman (541)573-8045 or Michelle Bradach (541)573-8043

The following was taken from an article in The Clinical Advisor from the September 2015 issue. The entire article can be accessed online using the link below.

“A study published in the journal *Violence and Victims* in 2002 reported the identification of 120 self-reported rapists in a sample of 1,882 college students. These 120 rapists committed 1,045 acts of violence: 439 rapes and attempted rapes, 49 sexual assaults, 277 acts of sexual abuse against children, 66 acts of physical abuse against children, and 214 acts of battery against intimate partners.¹⁶ Of the 120 rapists, 76 of them averaged 14 victims each.¹⁶ Clearly, these are not acts of miscommunication, and the research shows that serial sexual predators are responsible for a large portion of sexual violence. Knowledge of this can help victims identify predatory behaviors and help them understand that nothing they did was responsible for the violence.”

<http://www.clinicaladvisor.com/features/sexual-assaultintervention-in-primary-care/article/431852/4/>

Brought to you by Domestic Violence/Sexual Assault Department.

The Klamath Tribes

**HONORING ALL VETERANS
POWWOW**

NOVEMBER 19-20 2016

Klamath Falls, OR

Klamath Co. Fairgrounds Exhibit Bldg. A

**Grand entries: Saturday 1pm & 7pm,
Sunday 12pm**

MC, AD, & Host Drum TBA

**Women's Old-Style
Fancy & Men's Grass
WINNER TAKE ALL
SPECIALS**

**Tiny Tot Special for
Boys & Girls**



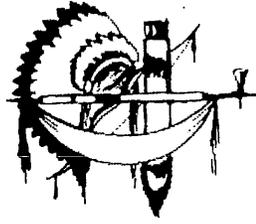
**Special Honoring for
All Veterans to be
held each day**

**Absolutely NO Alcohol,
Smoking, or Drugs
Allowed!**

For Powwow/vendor info contact Lena Schochin @ 541-891-2936 or Will Hess @ 541-891-9404

**HOUSING
AUTHORITY
MEETING**

Tuesday
November 15, 2016
At 4:00 pm
Housing Office



November 14, 2016

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

Kassler Property Update

The Burns Paiute Housing Authority and Tribal Administration had a very productive and insightful meeting with Tom Carney, Grants Management Director from HUD Seattle Area Office. At this meeting we reviewed the point process for the ICDBG that was submitted and not awarded for the 2016 FY.

We will begin the process of getting the grant ready for the 2017 FY cycle. This may include requesting assistance with conducting a Needs Assessment Survey for the community. This survey could be used by multiple programs. We will also be requesting Iris Friday, 184 Program from HUD, to come to Burns for a training. This program can be utilized for those individuals who are over income and may not be able to get a loan from a local bank for a house, the Tribe can also utilize this program.

This will be a good time for the tribal programs to collaborate and apply for funding so we can see progress on the Kassler Property.

**HOUSING
AUTHORITY
MEMBERS**

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant

**The Housing
Authority is seeking a
tribal member to be-
come part of the HA
Board. If interested
please submit a letter
of interest to the TC.**

**The Housing
Authority office will be closed
on
Thursday and Friday,
November 24-25, 2016
In observance of the
Thanksgiving Holiday**

HOMEOWNERS!!

If you own a home on the reservation that is not part of the HUD Housing Program, please be aware that it is your responsibility to obtain home insurance. AMERIND Risk Management offers homeowners the ability to obtain home insurance at a reasonable price. If you have any questions please go to their web page at

www.amerindrisk.org or stop by the office and we will be willing to assist you in anyway we can.

For those homebuyers/tenants that are part of the HUD Housing Program this is a reminder that the Program only pays for the structure. It is your responsibility to obtain renters insurance for the contents. AMERIND Risk Management also offers renters insurance at a reasonable price.

Any questions, please stop by the office.

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

November



We are asking that parents or guardian's

update Intake forms.

We need working Tel. #'s

Our Program is in need of Tutors for our Older youth- Please contact Rhonda or Kerry

We have a lot of kids that are getting awards. We would like to have a list put in paper if you would let us know. I appreciate it. They need to be recognized.

Please be aware that trimester is ending 17th. iPad is going to be awarded the 21st at assembly

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator 541-573-1572-

Anita Hawley Youth Service

Coordinator Asst. 541-589-2341

Rhonda Holtby-Parent/Educ.

Coordinator 541-413-0448

Scott Smyth-TAPP Coordinator office # 541-573-8032

After School Tutor

Fred Pelroy-

Monday November 14th

4:00-4:30-kids are to read a book for required 20 Min.

4:30-5:15- Free Time play games ipad, computer or playground

5:15- we will be taking kids home and clean up.

Tuesday November 15th

4:00-4:30- please bring a book to read if no homework.

4:30-5:15-Free Time play games ipad, computer or playground.

5:15- we will be taking kids home and clean up.

Wednesday November 16th

4:00-4:30-please bring a book to read for required 20 min.

4:30-5:15-Free Time play games, ipad, computer or playground.

5:30- Tu-Wa-Kii Nobi Steering Meeting we need parents to come and meet staff that will be working with your children. Dinner will be served.

Thursday November 17th

4:00-4:30-please bring a book to read if no homework.

4:30-5:15-Free Time play games, ipad, computer or playground.

5:15-we will be taking kids home and clean up.

Friday November 18th

10:00-10:30-Free Time

10:30-12:00- Craft for Thanksgiving

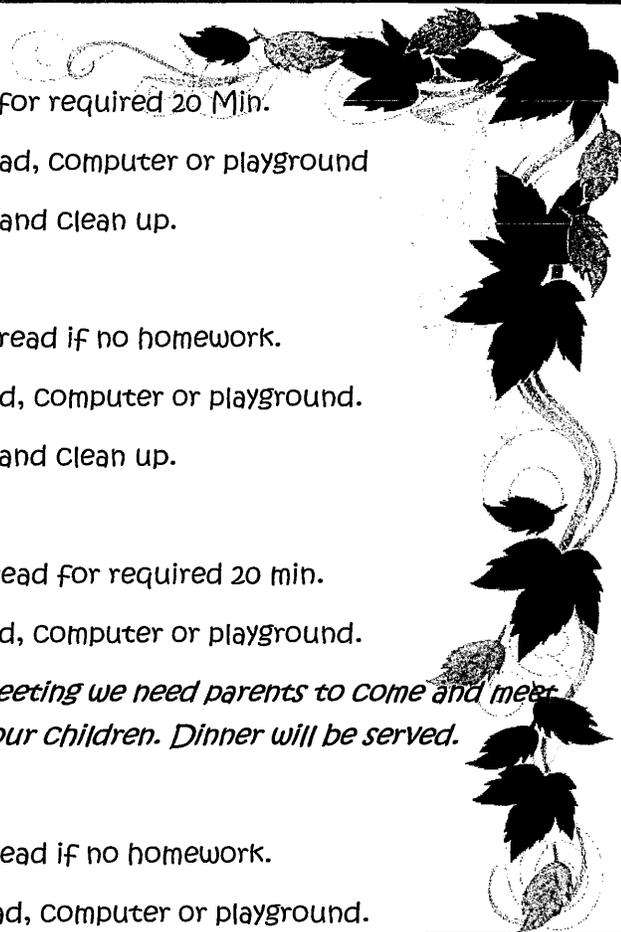
1:00-2:30-Good Behavior- award from the DV Department (Teresa) we thank her department for doing this for our kids.

2:30-5:00-All Dancers and Drummers- Rehearsal at Gathering Center for Pow-Wow performance on Monday 21st Starting at Slater 9:00-High School 10:21- Early Childhood 11:00-and 12:15- then Hines at 1:15. We will provide lunch.

Tu-Wa-Kii Nobi will be having a Steering Meeting

November 15th at 5:30 at Tu-Wa-Kii Nobi We are trying to get all programs together at this meeting to let you know what we can offer to families and Kids. Come and meet the new workers in each department.

Please call if any Questions Elise or Anita





We have received a grant from Nike to help keep our students active.

This a Mini Grant and for this year only .

If you need help!

Paying for sports fees, shoes, or extracurricular activities

Up to \$150.00

Please contact: Lanette Humphrey@

The Road To Wellness Center

541-573-8002 or 541-589-1633

This is for all native students who live within Harney County

Who are enrolled member or a descendant of a enrolled member of a federally recognized tribe.

News from the Boise National Weather Service and Burns Paiute Tribe Emergency Management

Media Advisory: November 1, 2016 FOR IMMEDIATE RELEASE

Contact: Jay Briedenbach, NOAA, NWS (208) 334-9860, or Kenton Dick, Burns Paiute Tribe Office of Emergency Management (541) 573-5562

THE COMMUNITY IS INVITED TO ATTEND A SEVERE WEATHER TRAINING WORKSHOP AT THE BURNS PAIUTE TRIBAL COURT

When: November 15, 2016 at 4:00 pm PDT

Where: Burns Paiute Tribal Court, 9 Paiute Street, Burns, Oregon 97720

The community is invited to attend a Severe Weather Training Workshop co-sponsored by Burns Paiute Tribe Emergency Management and the National Weather Service (NWS). The training session is slated for Tuesday, November 15 in the Burns Paiute Tribal Court located on 9 Paiute Street. The session will begin at 4:00 pm PDT and will last about an hour.

Everyone is invited. If you are a current weather spotter, firefighter, law enforcement specialist, land management employee, emergency services technician, transportation operator, outdoor recreationalist, or just purely a weather enthusiast, this training workshop is for you.

Spotter training will include definitions and climatology of severe weather, training on cloud and storm recognition, storm hazards and safety tips, burn scar overview and related flood risk, and weather reporting procedures.

Across Southeast Oregon and Southwest Idaho, over 400 volunteer weather spotters and cooperative observers provide valuable weather information which is fundamental in helping the NWS protect lives and property. Forecasts are often based on observer data, and even warnings for severe weather have been issued based on information received from trained volunteer spotters, cooperative observers and/or relayed by a HAM operator.

For more information about the NWS spotter program, please see our local office Web page at <http://www.weather.gov/boise/> or our national severe weather awareness Web page at <http://www.nws.noaa.gov/om/severeweather/index.shtml>

Please bring a friend, relative or other interested weather enthusiasts. We look forward to seeing you at the training session. If you have questions, please call Jay Briedenbach (NOAA/NWS) (208) 334-9860 or Kenton Dick (Burns Paiute Tribal Contact) (541) 573-5562.



*To register for this
parenting class*

*Please Call Jane Parks @
541 573-6461*

**In a sea of self-help and parenting
books, Conscious Discipline provides a
proven and comprehensive approach
that will improve both your life and
the lives of your children**

**Join Jane & Brenda for an introduction to
Enjoying Parenting with Conscious Discipline**

By Dr. Becky Bailey

Saturday November 19th

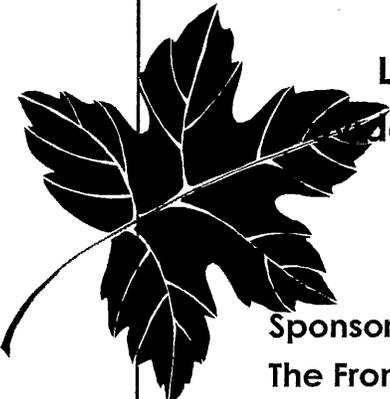
From 10 to 2PM

At the Fillmore Building

Burns Oregon

Lunch & childcare will be

included free of charge



Sponsored by

**The Frontier Early Learning Hub & The
Children's Trust Fund of Oregon.**



Honoring Native American Heritage Month Assembly
Here is the schedule that has been confirmed from schools.

November 21st

Slater Gym 9:00

High School Gym 10:21

Early Childhood 11:00-12:15

Hines Gym 1:15

Pow-Wow Club to perform for Native American Heritage Month.

Dancers And Drummers.

We will have our rehearsal on the 18th at 3:00-5:00-at the Gathering Center. Please encourage the kids to come and practice. We would like to go over the order of the performance.



How 'Mindful Eating' Can Keep Kids Slim

Step one, pediatrician says, is to examine emotional connection to food

(*this news item will not be available after 01/05/2017)

By Robert Preidt

Friday, October 7, 2016



FRIDAY, Oct. 7, 2016 (HealthDay News) -- Most childhood obesity-prevention programs stress calorie counting and exercise. But one pediatrician likes to emphasize an approach called "mindful eating" instead.

"Mindful eating is a more compassionate and holistic way to approach healthy eating. It not only focuses on what foods we eat, but on how our bodies feel," said Dr. Lenna Liu, a pediatrician at Seattle Children's Hospital. "It allows us to pay attention to hunger and fullness, emotional connections to food and the relationships involved in eating."

Mindful eating focuses on positives, not negatives, Liu explained. And it requires thinking about why you eat and when.

Reflect on your emotional connections to food, she said. Do you turn to food for comfort or when you're stressed? Does your child swing by the kitchen for a snack during a commercial every time they're watching TV?

Better awareness of your family's eating habits allows you to think of alternatives to reaching for food when you're feeling an emotion or you're trying to unwind, but aren't truly hungry, she added.

Liu noted that hunger develops slowly, but the urge to eat due to emotions can occur suddenly and urgently. Learn to recognize the difference and to help your children to do the same, she suggested.

Liu, who also leads the hospital's Obesity Program, offers additional tips.

Train yourself to think of food as necessary for physical and mental health, she said, and teach your children that food gives them the energy to learn, think, play and grow.

"When thinking of food in this way, it's easier to understand that what you choose to eat impacts your health," Liu explained in a hospital news release. "It's reinforcement for following the traditional advice of shopping the outer aisles of the grocery store, filling at least half of the plate with fruits and vegetables and choosing water over sugary drinks."

Eating together as a family and discussing the day helps everyone to slow down and pay attention to what they're eating, she added.

Sharing responsibility also helps children build a healthy relationship with food, Liu said. The parent provides healthy food and drinks on a regular schedule, and the child decides whether to eat and how much. Eating patterns change as children grow, she pointed out.

Mindful eating is part of a healthy lifestyle that helps prevent obesity and its harmful health effects, she added.

Sharing responsibility also helps children build a healthy relationship with food, Liu said. The parent provides healthy food and drinks on a regular schedule, and the child decides whether to eat and how much. Eating patterns change as children grow, she pointed out.

Mindful eating is part of a healthy lifestyle that helps prevent obesity and its harmful health effects, she added.

"There is so much stigma around weight, and judgment around right and wrong eating behavior, and good and bad food in our culture," Liu said. "Mindful eating fills in gaps in the traditional approach of discussing weight management."

SOURCE: Seattle Children's Hospital, news release, Sept. 28, 2016

HealthDay



Flu and People with Diabetes

People with diabetes (type 1 or type 2), even when well-managed, are at high risk of serious [flu complications](#) ([\flu\about\disease\complications.htm](#)), often resulting in hospitalization and sometimes even death. Pneumonia, bronchitis, sinus infections and ear infections are examples of [flu-related complications](#). The flu also can make chronic health problems, like diabetes, worse. This is because diabetes can make the immune system less able to fight infections. In addition, illness can make it harder to control your blood sugar. The illness might raise your sugar but sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to fall. So it is important to follow the [sick day guidelines](#) for people with diabetes.

Vaccination is the Best Protection against Flu

CDC recommends that all people who are 6 months and older get a flu vaccine. It is especially important for people with diabetes to get a flu vaccine.

- Flu shots are approved for use in people with diabetes and other health conditions. The flu shot has a long, established safety record in people with diabetes.

People with type 1 or type 2 diabetes are at increased risk of developing pneumococcal pneumonia because of the flu, so being up to date with [pneumococcal vaccination](#) is also recommended. Pneumococcal vaccination should be part of a diabetes management plan. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

Take [everyday preventive actions](#) ([\flu\protect\habits\index.htm](#)) to stop the spread of flu:

- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after using it;
- Wash your hands often with soap and water, especially after coughing or sneezing;
- Avoid touching your eyes, nose, and mouth (germs are spread that way); and
- Stay home when you are sick, except to get medical care. If you are sick with flu-like symptoms you should stay home for 24 hours after your fever is gone (without the use of fever-reducing medicine).

- Everyday preventive actions can protect you from getting sick and, if you are sick, can help protect others from catching your illness.

Treating Influenza

- If you do get sick with flu symptoms, call your doctor and take flu antiviral drugs if your doctor prescribes them.
 - Treatment should begin as soon as possible because antiviral drugs work best when started early (within 48 hours after symptoms start).
 - Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious health problems that can result from the flu.
 - There are three FDA-approved influenza antiviral drugs recommended by CDC this season that can be used to treat the flu. These medicines fight against the flu by keeping flu viruses from making more viruses in your body. A doctor needs to write prescription for you to be treated with these antiviral drugs.

Other Preventive Actions

In addition to getting vaccinated yearly, people with diabetes should take everyday precaution ([\flu\protect\habits\index.htm](#)) for protecting against the flu.

Questions & Answers

If I am younger than 50 and have diabetes can I get the nasal spray vaccine?

The flu shot has a long, established safety record in people with diabetes. Your doctor or other health care professional can advise you on which flu vaccine is best for you. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) is not recommended for use during 2016-2017.

Related Links

[Stay Well in Flu Season](#)

[Key Facts About Seasonal Flu Vaccine](#)

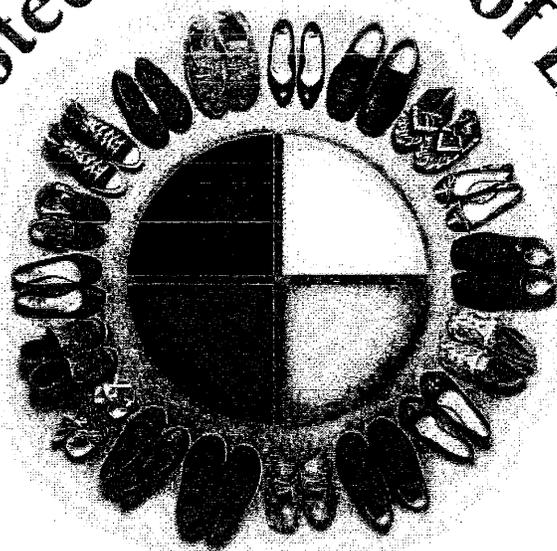
[People at High Risk of Developing Flu-Related Complications](#)

[Treating Influenza \(Flu\)](#) [534 KB, 2 pages]

[CDC Obesity and Overweight Web Site \(http://www.cdc.gov/obesity/\)](http://www.cdc.gov/obesity/)

[Pneumonia \(Pneumococcal\) Vaccine \(http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm\)](http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm)

Protect the Circle of Life



THE FLU & YOU

What is influenza (the flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

Who should get a flu vaccine?

Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications, or if you live with or care for someone who is high risk for complications.

Your family may be especially vulnerable to the flu.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

SIGNS AND SYMPTOMS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/ chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
 - ♦ Cover your coughs and sneezes
 - ♦ Wash your hands often
 - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

PROTECT YOURSELF.
PROTECT YOUR PEOPLE.

**The influenza vaccine is safe.
You can't get the flu from the flu vaccine.**

People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). Hundreds of millions of flu vaccines have been given safely to people across the country for decades.

The viruses in the flu shot are killed and the viruses in the nasal spray vaccine are weakened, so neither vaccine can cause the flu. A flu shot can have mild side effects, such as soreness or swelling where the vaccine was received, a mild fever, or aches. Mild side effects of the nasal spray can include runny nose, headache, sore throat, and cough. Any side effects you experience are not contagious to others and should disappear within 2 days.

When should I get a flu vaccine?

It's difficult to know when flu activity will peak. So vaccination before December is best to ensure protection. However, even getting vaccinated in December or later can be protective because influenza disease can last as late as May. It takes 2 weeks after getting the vaccine for your body to develop an immune response against influenza.

Why do I need to get a flu vaccine each year?

You need a flu vaccine each year because influenza viruses are always changing and immunity wanes over time. Each year, experts identify the influenza viruses that are the most likely to cause illness during the upcoming flu season. Your flu vaccine protects against those viruses. It does not protect against other viruses (such as colds or stomach viruses) or against very different influenza viruses not in the vaccine.



**WHERE DO I GET A
FLU VACCINE**

- Your local healthcare facility (even if you don't have a regular doctor or nurse)
- Mobile and community-based immunization clinics that visit many locations
- Pharmacies and grocery stores where available

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

Local Information

Call
W H C
541-573-8050
18 years old and
older

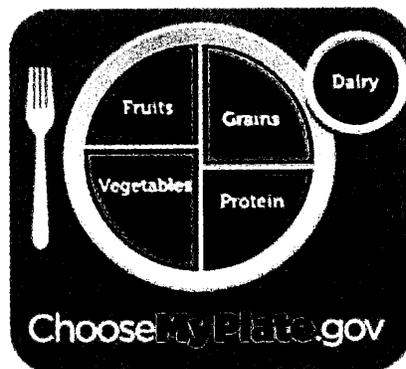
**THANK YOU FOR KEEPING
INDIAN COUNTRY HEALTHY**

Learn more at www.cdc.gov/flu
or call 1-800-CDC-INFO



The Domestic Violence Department has organized a steering committee consisting of BPT employees, law enforcement, and county employees involved in DV. Our first meeting will be held Thursday, November 10, 2016 at Wadatika Health Office at 1pm. We are looking for any BPT community members that would like to be a part of collaborating ideas that will better benefit our program and the people we serve. One of the agenda items for November 10th is establishing a work group to help rewrite tribal codes to meet current laws within the realm of domestic violence for all age groups in order to better protect and assist our tribal community. Our monthly meetings will be held every second Thursday at 1pm, at Wadatika.

Any interested parties can contact me, Selené Dobson via email: Selene.Dobson@burnspaiute-nsn.gov or 541-573-8006. Please leave a voice message if I don't answer and I will return your call as soon as I can. You are also welcome to stop by my office at Wadatika on Mondays or Wed.-Fri. between 9a-12 and 1p-3p. Thank you for your interest. I look forward to speaking with you soon.



November Is Diabetes Awareness Month

Join us for lunch, **Friday, November 18th @ 1200** at the Gathering Center

We will be serving Commodity Foods, using alternative recipes, and served on special "portion controlled" plates. Everyone is welcome to come and enjoy the good food!



TALK...THEY ARE LISTENING!

HOW DOES MARIJUANA EFFECT THE BRAIN?

The main chemical in marijuana that affects the brain is THC. When marijuana is smoked, THC quickly passes from the lungs into the bloodstream, which carries it to organs throughout the body, including the brain. As it enters the brain, THC attaches to cells, or neurons, with specific kinds of receptors called *cannabinoid receptors*. Normally, these receptors are activated by chemicals similar to THC that occur naturally in the body. They are part of a communication network in the brain called the *endocannabinoid system*. This system is important in normal brain development and function.

Most of the cannabinoid receptors are found in parts of the brain that influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement. Marijuana triggers an increase in the activity of the endocannabinoid system, which causes the release of dopamine in the brain's reward centers, creating the pleasurable feelings or "high." Other effects include changes in perceptions and mood, lack of coordination, difficulty with thinking and problem solving, and disrupted learning and memory.

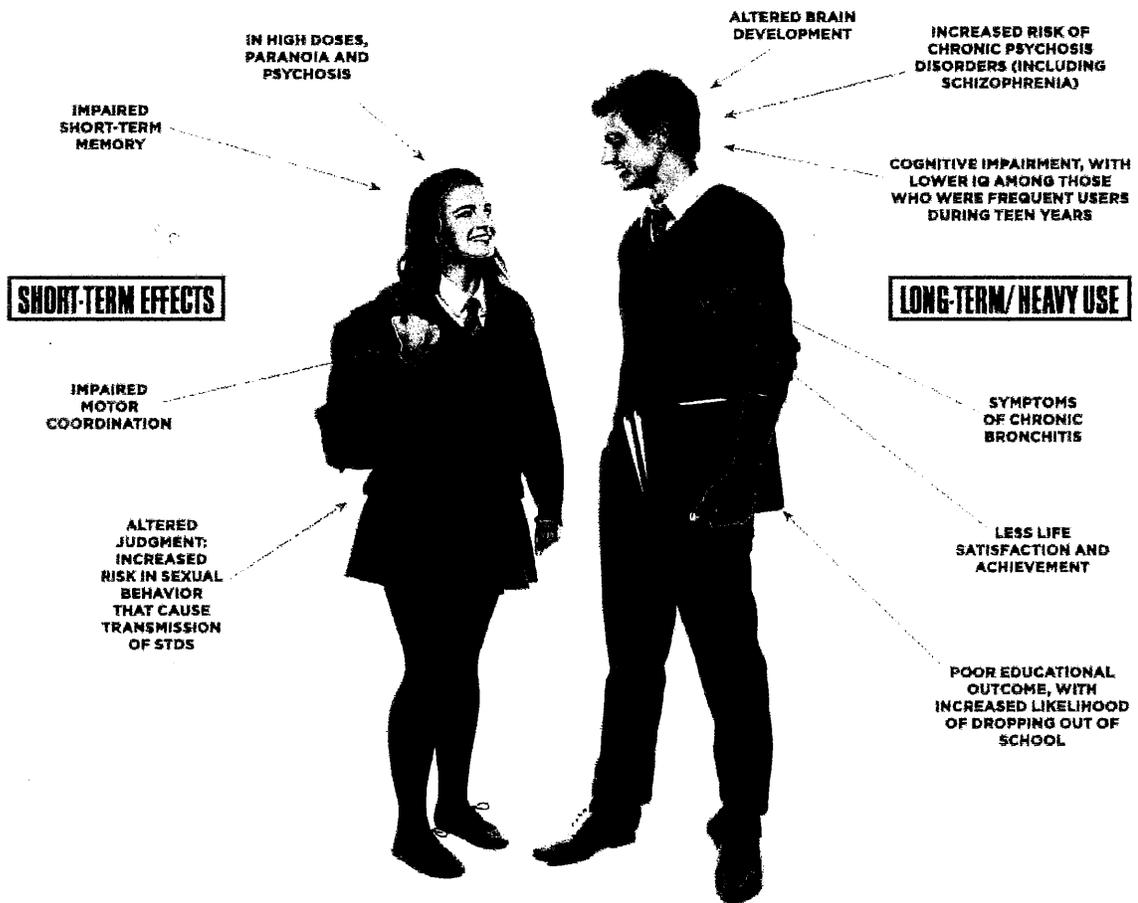
Certain parts of the brain have a lot of cannabinoid receptors. These areas are the hippocampus, the cerebellum, the basal ganglia, and the cerebral cortex. The functions that these brain areas control are the ones most affected by marijuana:

- **Learning and memory.** The hippocampus plays a critical role in certain types of learning. Disrupting its normal functioning can lead to problems studying, learning new things, and recalling recent events. A recent study followed people from age 13 to 38 and found that those who used marijuana a lot in their teens had up to an 8 point drop in IQ, even if they quit in adulthood.
- **Coordination.** THC affects the cerebellum, the area of our brain that controls balance and coordination, and the basal ganglia, another part of the brain that helps control movement. These effects can influence performance in such activities as sports, driving, and video games.
- **Judgment.** Since THC affects areas of the frontal cortex involved in decision making, using it can cause you to do things you might not do when you are not under the influence of drugs—such as engaging in risky sexual behavior, which can lead to sexually transmitted diseases (STDs) like HIV, the virus that causes AIDS—or getting in a car with someone who's been drinking or is high on marijuana.

When marijuana is smoked or vaporized, its effects begin almost immediately and can last from 1 to 3 hours. Decision making, concentration, and memory can suffer for days after use, especially in regular users. If marijuana is consumed in foods or beverages, the effects of THC appear later—usually in 30 minutes to 1 hour—but may last for many hours.

Long-term, regular use of marijuana—starting in the teen years—may impair brain development and lower IQ, meaning the brain may not reach its full potential.

THE NEGATIVE HEALTH EFFECTS OF MARIJUANA

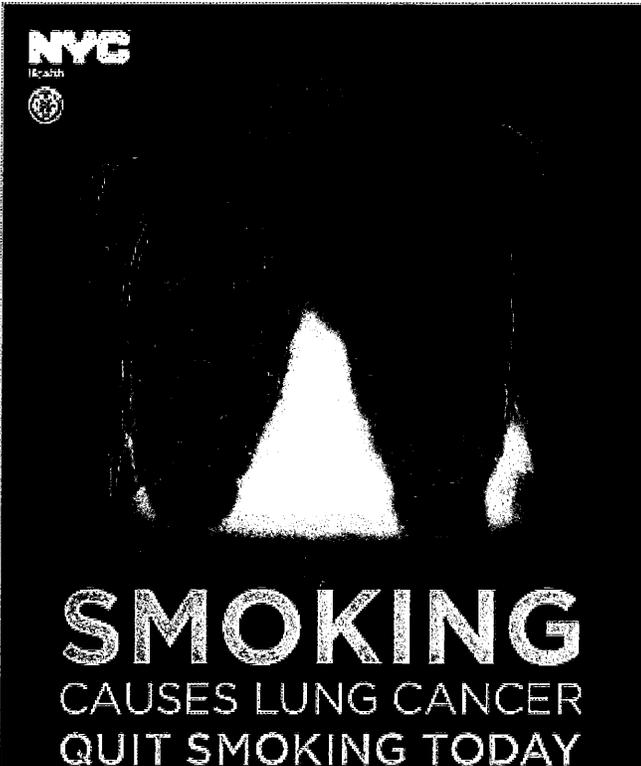


JUST SAY... NO THANKS! It will make it that much easier 😊

**Burns Paiute Tribe Prevention Department – Road to Wellness Building*

NOVEMBER

LUNG CANCER AWARENESS



FOR MORE INFORMATION

PLEASE CONTACT

1-800-QUITNOW

OR

LANETTE HUMPHREY

541-573-8002

OR 541-589-1633

**A KILLER
AT YOUR
FINGERTIPS**

