

Burns, Oregon

October 24, 2016

EDUCATION NEWS

The Parent Committee meeting will be held on Wednesday, October 26, 2016 @ TuWaKii Nobi at 12:00 p.m. with a lite lunch being served. Re-election of officers will take place at this meeting.

NUMU ALLOTTMENT

SCHOLARSHIP AWARD

THERE ARE FOUR SCHOLARSHIPS REMAINING APPLICATIONS ARE ON THE Association webpage; <http://numuallottee-association.org>.

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.

Strategic Prevention Framework Update



THE SPF WORKGROUP HAS BEEN MEETING AND MAKING PROGRESS, MOVING THE STRATEGIC PREVENTION FRAMEWORK PROCESS FORWARD ONE STEP AT A TIME, IN HOPES OF REDUCING BINGE DRINKING AMONG ADULT NATIVE AMERICANS WITHIN THE COMMUNITY

THE VISION STATEMENT IS:

THE BPT SPF\ PFS PROGRAMS VISION IS CREATE A HEALTHY SAFE ALCOHOL FREE COMMUNITY.

THE MISSION STATEMENT IS:

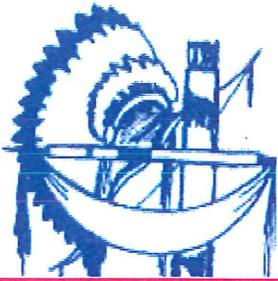
PROGRAMS MISSION IS TO ENGAGE ALL NATIVE AMERICANS WITHIN HARNEY COUNTY IN THE DECISION MAKING PROCESS TOWARDS ENCOURAGING HEALTH & WELLNESS TO ELIMINATE ALCOHOL ABUSE

THE WORKGROUP HAS COMPLETED THESE STEPS OF THE PROCESS:

- AGREED TO INCLUDE ALL NATIVE AMERICAN'S WITHIN HARNEY COUNTY
- DECIDED ON THE PRIORITY AREA TO BE:
- 18 AND UP BINGE DRINKING AMONG NATIVE AMERICAN'S WITHIN HARNEY COUNTY.
- COMPLETED A LOGIC MODEL
- DISCUSSED STRATEGIES
- BRAINSTORMED SOME ACTION PLANS

THE NEXT WORKGROUP MEETING IS SCHEDULED FOR:

OCTOBER 24TH 2016, NOON @ WADATIKA HEALTH CENTER EVERYONE IS WELCOME AND ENCOURAGED TO ATTEND!! FOR FURTHER INFORMATION, PLEASE CONTACT: DEANGELA T. DOBSON @ 573-8054



Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Joe De La Rosa

541.589.0405

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

Social Services Director /

ICWA Michelle Bradach

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



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

Cultural Anthropologist

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 GS9/11 DOE

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.

Tribal Research Technician

Job Title: Tribal Research Technician (1)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: April 26th, 2016
Closes: Open until filled
Salary: Commensurate to G 4/5/7 DOE

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.



Breast Cancer Awareness



Hey Ladies if you had your mammogram or yearly exam done for the year come into Wadatika and receive a gift card to Subway. If you haven't scheduled one yet get it done and come in to get your card.

WHC News – New Staff

Hello,

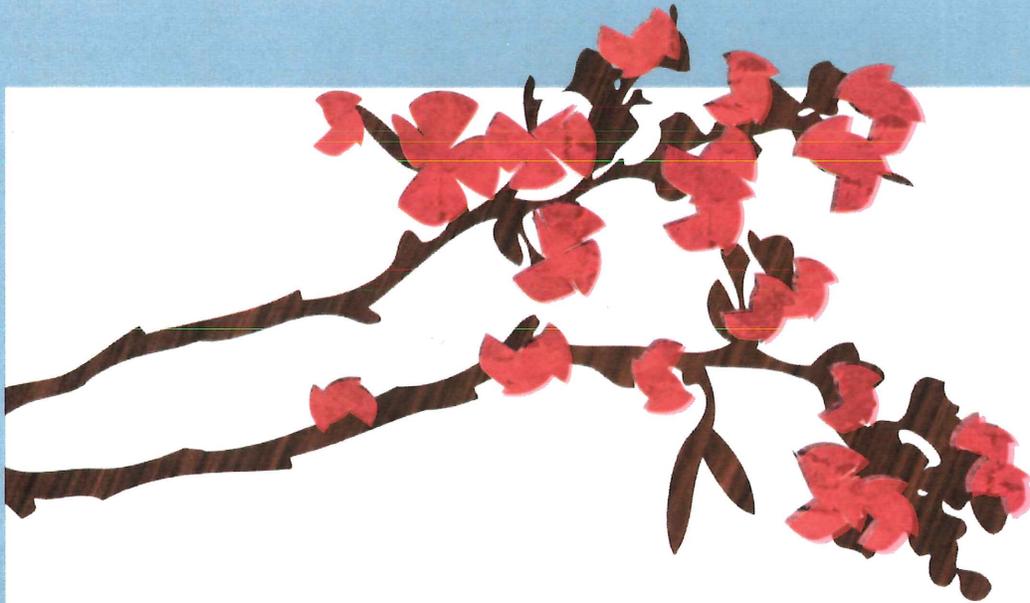
I wanted to introduce myself to everyone. My name is Pam and I am your new tribal community health nurse. I come to you with over 23 years of nursing experience, most working in hospital critical care settings. I graduated from OHSU with my Bachelors in Nursing Degree and obtained my Master's Degree in Metaphysics from the University of Sedona in AZ. I have worked for IHS in Shiprock, NM with the Navajo Nation; in Salamanca, NY with the Seneca Nation and most recently in Ontario, OR at Saint Alphonsus Medical Center. My approach to health and wellness is shaped by my belief that we are all Sacred, and when your Mind, Body, and Spirit are balanced, you are "Whole and Healthy."

For almost ten years my husband and I have owned a ranch out near Crane-Buchanan. Three years ago, we decided to make it official and sold our house in Medford, OR and moved here full time as Harney County residents...and we absolutely love it! We have three grown children who live out of the area: our son Danial and his wife and daughter live in Medford. They are expecting our first grandson next month. Our daughter Heather and her husband Ryan are stationed up at Fort Lewis, WA. And our son Jimmy lives near them in Lakewood, WA.

I am so looking forward to meeting all of you and consider it a great honor to work with you!

Blessings,

Pam Lindgren, RN



EVER WANTED TO BECOME AN
ALCOHOL AND DRUG
COUNSELOR OR WORK IN
MENTAL HEALTH?

A & D PROGRAM

541-573-8003

So, you think you might want to go into the business of helping people? I can help you find the right school, the classes, or if you wanted to just toss the idea around as an option for a career. Give me a call and we can set up a time to talk about school, internships, classes, and how to apply for school grants and scholarships to pay for some of the education. No worries if you have a criminal background. We can work it out!

Peer Support Specialist
Certified Recovery Mentor
Alcohol and Drug Counselor
Mental Health Case Manager
Mental Health Therapist

FOR MORE INFORMATION CONTACT: ISOBEL VAN TASSEL, B.S., CADC II @ 541-573-8003

AMERICAN INDIAN/ALASKA NATIVE STATE PLAN CONVENING

The Burns Paiute Tribe is home to students who are future leaders, scholars, graduates, musicians, artists and more. We invite elders, parents, students, educators, local school districts, and the larger community to engage in a conversation about improving American Indian/Alaska Native education in Harney County. State education leaders are eager to listen to community members and understand how to best partner with local leadership and the community to support Burns Paiute students.

We will be providing dinner. *Please RSVP via email or phone to Angela Bluhm if you can attend:*
Angela.bluhm@state.or.us / 503-378-5152 OR
Contact Kerry Opie @541-573-8013 by October 24, 2016



October 27, 2016

5:00-8:30pm

American Indian/Alaska Native State Plan Convening

Burns Paiute Tribe

Gathering Center

100 Pa'Si'Go Street

Burns, OR

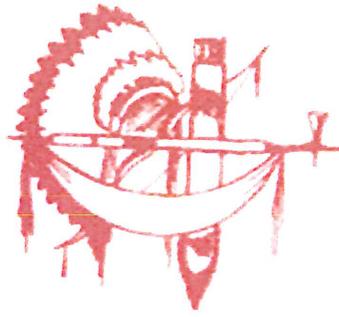
Presented in partnership with THE OREGON DEPARTMENT OF EDUCATION and the BURNS PAIUTE
EDUCATION DEPARTMENT

QUESTIONS /

Angela.bluhm@state.or.us
503-378-5152

Sponsored by the

**CHIEF
EDUCATION
OFFICE**



Burns Paiute Social
Services Program

100 PASIGO St

Burns, Oregon 97720

Burns Paiute Social Services is looking for any Tribal 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

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

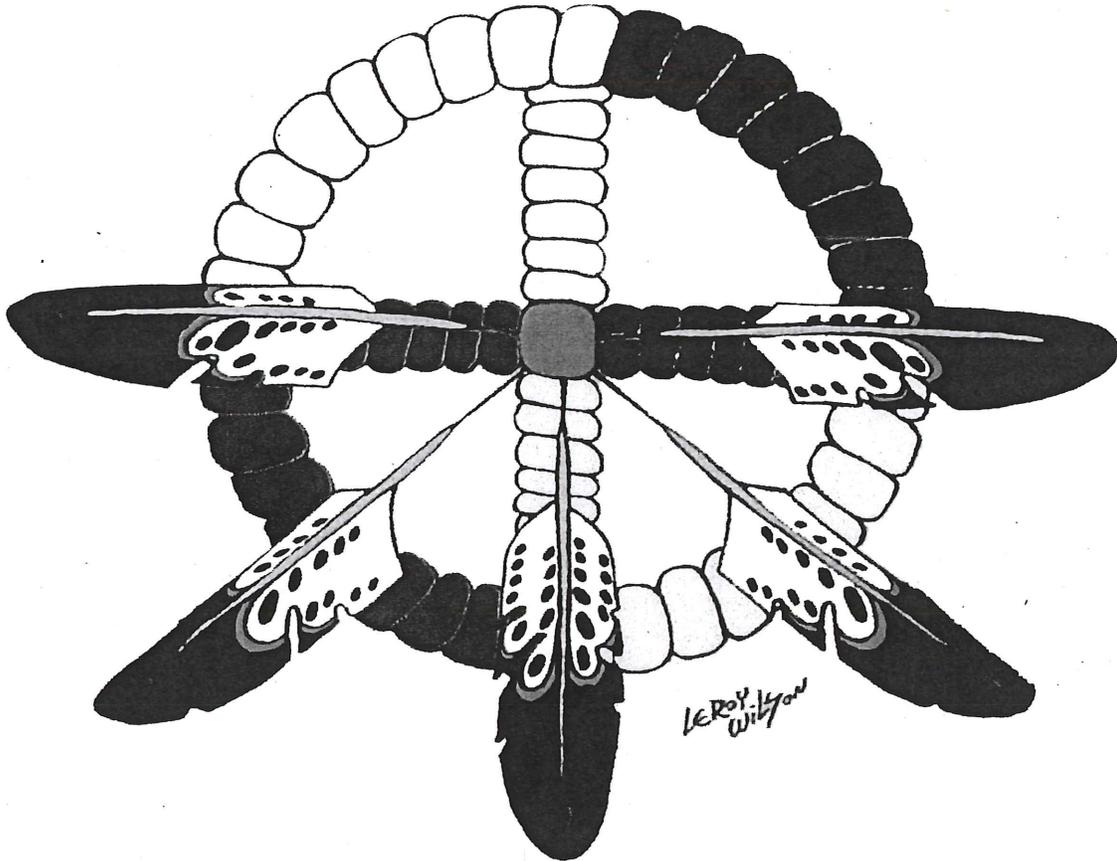
The following was taken from an article in The Clinical Advisor from the September 2015 issue. The entire article can be accessed online using the link below.

“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.

Nov 5, 2016
Chemawa Indian School
Veterans Pow Wow



November 5, 2016
Grand Entries 1:00 pm & 6:00 pm Saturday
Marcus Red Thunder, MC
Dancing, Singing, Fry Bread, Crafts,
Come and Support Chemawa Student Clubs
Public Welcome! Free Admission
3700 Chemawa Rd NE, Salem, Oregon
School Gymnasium

Vendor Information Contact:
Sonya Olson 503-399-5721 ext. 1284
Melinda Puerta 503-399-5721 ext. 1227
General information contact: Sonya Olson ext. 1284

Chemawa is a smoke, drug and alcohol free campus!

*** Please No Parking on Track, Violators will be towed. ***
Guests over 16 yrs old will need to show photo identification upon entering campus.

Veterans Pow wow
November 5, 2016
Vendor Application

You may call to reserve your space! However, payment must be received within 5 business days of contact. If no payment has been received within 5 business days, your space may be forfeited to a paid vendor.

Vendor space is very limited and we can only reserve your space once payment has been received.

Contact— Sonya Olson (503) 399-5721x, 1284 fax 503-399-5848 or Melinda Puerta 503-399-5721 X 1227 fax 503-399-5870. We check our voice mail on a daily basis and return calls in order received. You can also email us at: Sonya.Olson@bie.edu or Melinda.Puerta@bie.edu please make sure you put in title "Pow Wow".

Please make Checks or money orders out to "Chemawa Indian School" and mail to: Chemawa Indian School, 3700 Chemawa RD. NE, Salem OR 97305-1199 Attention: **Pow Wow Club**

It is up to discretion of Chemawa Pow Wow Club for space placements. We will try to work with you on placing you in preferred spot.

- Set up Time:** 10:00 am – 12:00 pm Saturday
- Vendor Fee is:** \$65.00 per **8' x 9'** space, vendors must accommodate walkways within their space if needed.
- Food Vendor fee is:** \$180.00 Food Vendors are located outside. **Food Vendors need to be pre-approved.** Please list food items you will be selling below.
- Raffle Donation:** An item of \$15 value to be donated to support Student Group fundraisers.

- ❖ **Security will be checking all vehicles for identification prior to entering the campus. Please be patient and cooperate with our security as they process the paperwork. All guests over the age of 16 will need to show photo identification upon entering event.**

No tables or chairs will be provided.

- **NOTE: If you do not arrive or call before 12:00 noon Saturday and you have not yet paid, your space will be given to the next available vendor.**
- **EZ ups or canopies are not allowed in Gymnasium.**
- **No selling of weapons and/or drug related items or items with any drug insignia.**

If weapons or drug related items are found to be sold, we reserve the right to remove vendor from Chemawa Indian School Campus.

**Chemawa Campus is Alcohol, Drug, and Smoke Free Campus. Please respect the rule and leave campus to smoke.
Thank you.**

DO not Park in Fire Lanes. Please NO PARKING on track or around gymnasium!

**Vehicles parked on track will be towed at owner's expense.
Chemawa Indian School is not responsible for any loss of items.**

Cut Here ·

2016 Veterans Pow- Wow

11/5/2016

Exhibitor Name: _____ **Business Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

Day Phone :() _____ **Evening Phone:** () _____

Email: _____

Brief Description of Items Sold: _____

Preferred location (not guaranteed but will be considered): ___ GYM ___ Outside

I have read and understand the above information: _____ **Date:** _____

Vendor Signature

Call Andrew Beers for Info 541-573-8022

Warm Springs Cougars



12 and Under Coed



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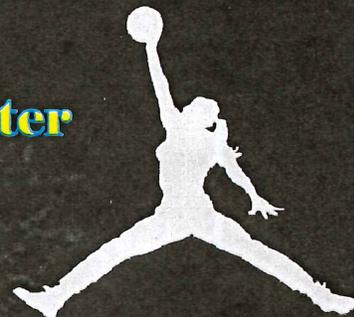
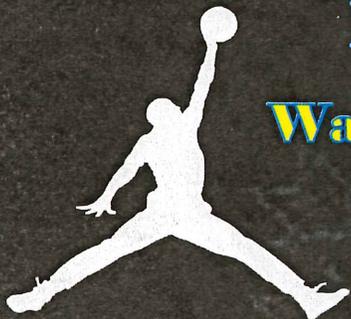
10 and Under Coed Tournament

December 16-18th 2016

Warm Springs Community Center

2200 Hollywood Blvd

Warm Springs, OR 97761



Open to the first 6 Teams in Each Division

Entry Fee: \$150.00/ Both Divisions

Due by Wednesday December 7th 2016

12 & Under Coed

10 Champion Hoodies

10 Runner up Crew Necks

Finalist T-Shirts for 3rd & 4th

All Tourney's

10 & Under Coed

10 Champion Hoodies

10 Runner up Crew Necks

Finalist T-Shirts for 3rd & 4th

All Tourney's

**All Players will be asked for Proper ID Prior to
Participating in the 1st Scheduled Game**

FOR MORE INFORMATION CONTACT:

Austin Greene: Tournament Director

P.O. Box 42- Warm Springs, OR 97761

Home: (541)553-1953 or Voicemail: (541)553-3243



NEXTGEN

Doctoral Training Grant

A training grant for the Next Generation of Native American special educators

Application Deadline : January 5, 2017

NEXT GEN

NEXT GEN will provide doctoral training in special education to scholars who will be prepared to respond the needs of American Indian & Alaska Native (AI/AN) students with disabilities.

An emphasis will be placed on recruiting, retaining, and graduating AI/AN scholars for an integrated training experience that will lead to a Ph.D. in special education.

Project NEXT GEN will produce university faculty members in special education, who will be fully prepared to conduct the next generation of research and training focusing on the needs of AI/AN children and youth with disabilities.

PROGRAM OF STUDY

Next Gen scholars will participate in rigorous coursework in research methods, specialized coursework in Indigenous studies and special education, guided research experiences in research units and centers, internships with local and state education agencies, and mentored personnel preparation activities.

Benefits of NEXTGEN

- Tuition paid
- Monthly stipend (\$1500/mo)
- Health Insurance
- Academic and mentorship support
- A cohort model as an extended community

For more information contact
Chris Murray, PhD, 541 346-1445
cjmurray@uoregon.edu



UNIVERSITY OF
OREGON

College of Education



Men's league is starting up again!!

HDPR Adult Basketball League

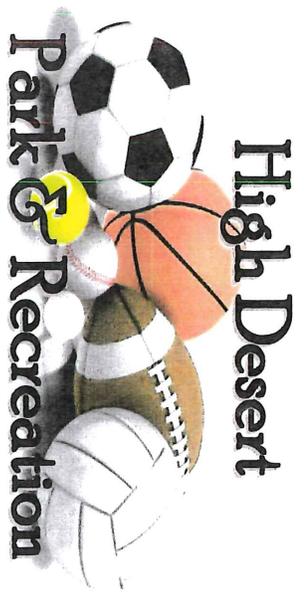
2015-2016

The Burns Paiute Tribe's Strategic Prevention Framework Program will be covering the \$30.00 registration fee. Open to Adult Native American men.

Forms are available at The Burns Paiute Tribe Prevention department

Please remember all forms must be turned in to the Prevention department by November 10th 2016, in order for the fee to be covered.

This is an Alcohol and Drug free event !! for any questions please contact: Deangela T. Dobson 573-8054



P.O. Box 238 Burns, Oregon 97720

HDPR ADULT BASKETBALL LEAGUE 2015-2016

Forms to play HDPR Adult Basketball are located at Hines Market and Reid's Country Store. Forms may be turned in at those location or at the HDPR office. Player fees will be \$30.00 each. Captains create their own team and turn in the team's completed forms with a roster. A limit of 10 players per team will be accepted. **All players on the team must be paid before they can start their first game.**

Team captains may drop a player from the team to add another. Any dropped players may not join at a later date. **We ask everyone to follow the rules and sign a code of conduct, so we may continue to use the gyms.** Space is very limited in the gyms and we would like to continue our programs, so please be sure to follow all the rules.

Deadline to sign up teams will be Thursday, November 12th 2015 with a captain's meeting on Thursday, December 4th 7:00pm at the HDPR office at Ponderosa Village. We are hoping to have preview games in mid-December and the season will begin the second week of January.

For further information, you may call the Park and Rec. at 573-2413 or email highdesertparkrec@gmail.com

HDPR ADULT BASKETBALL FEE: \$30.00

Last Name _____ First Name _____ Date of Birth _____

Boy Girl Email Address: _____

Address (street) _____ (mailing)

City _____ State _____ Zip _____ Home Phone _____

Person/Address/Phone to notify in an event of an emergency _____

Another Person/Address/Phone to notify in an event of an emergency _____

Doctor/Phone to notify in event of an emergency _____

IMPORTANT!!!

I agree that I, the registrant, will abide by the rules of High Desert Park & Recreation, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with playing a sport, I hereby release, discharge and/or otherwise indemnify the High Desert Park & Recreation, its affiliated organizations and sponsors, their employees, coaches, and associated personnel, including the owners of the fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize.

Name (please print) _____ Signature _____ Date _____
(Parent if registrant is under 18)

CONSENT FOR MEDICAL TREATMENT:

I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of the registrant.

Signature _____ Date _____
(Parent if registrant is under 18)

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



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

Parent committee Meeting Oct 26th @ 12:00- Tu-Wa-Kii Nobi please come and get involved. Be a Voice for your child.

Red Ribbon Bon Fire Oct. 26th @ 5:00

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 Coordina-

tor office # 541-573-8032

After School Tutor

Fred Pelroy-

Monday October 24th

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

4:30-5:15-Free Time play games ipad and playground.

5:15-6:00-Clean-up and take kids home.

Tuesday October 25th

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

4:30-5:15-Free Time play games ipad and playground.

5:15-6:00-Clean-up and take kids home.

Wednesday October 26th

12:00-Parent Committee meeting at Tu-Wa-Kii Nobi

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

4:30-Birthday Celebration. Parents are more than welcome to bring treat!

5:15-6:00-Red Ribbon at Fairgrounds

Thursday October 27th

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

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

5:15-6:00-Clean-up and take kids home.

Friday Oct. 28th

10:00-10:30-Free Time

10:30-11:00 Ms. Lisa

1:00-3:30-make Snacks with Kids and Movie, Games then have a Halloween Party. Parents are welcome to bring a treat for kids to share or come hang out! Kids can also wear there Halloween costumes if they'd like!

Monday the 31st- see you at the Trunk or Treat at Health Office @ 4:00!





Breast Cancer Awareness

 [Syndicate this page \(https://tools.cdc.gov/medialibrary/index.aspx#/media/id/129614\)](https://tools.cdc.gov/medialibrary/index.aspx#/media/id/129614)

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.



Are you worried about the cost? CDC offers free or low-cost mammograms. [Find out if you qualify.](#)

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to can help lower your breast cancer risk. The Know:BRCA tool can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.



CDC's *Bring Your Brave campaign* provides information about breast cancer to women younger than age 45 by sharing real stories about young women whose lives have been affected by breast cancer.

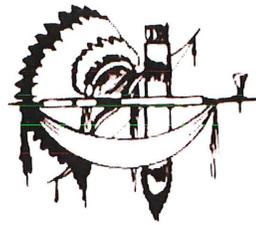
Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

More Information

- [Find a local mammography facility](http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm)
(<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm>)
- [Women with Disabilities and Breast Cancer Screening](#)

Featured Resources



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

BURNS PAIUTE HOUSING AUTHORITY

Housing News

OCT 23 - NOV 22

The
SNAKE
Birth Totem

Element: WATER Color: VIOLET Stone: AMETHYST

The Snake Native American Birth Totem embodies intensity and transformation. With a love of secrets and a penchant for uncovering the mysteries of the universe, those of this totem are able to entrance those around them. Even those who are daunted by a snake's intense nature will feel drawn to his or her mysterious psyche.

Just as the snake periodically sheds its skin, people of the snake totem will undergo occasional life transformations, sometimes leaving others in the wake. While the feeling of new situations and experiences enthralls snakes, it is important they do not completely alienate their old companions in the process, or they will find themselves unable to sustain long-lasting relationships.

KOKOPELLINH.COM

**HOUSING
AUTHORITY
MEMBERS**

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



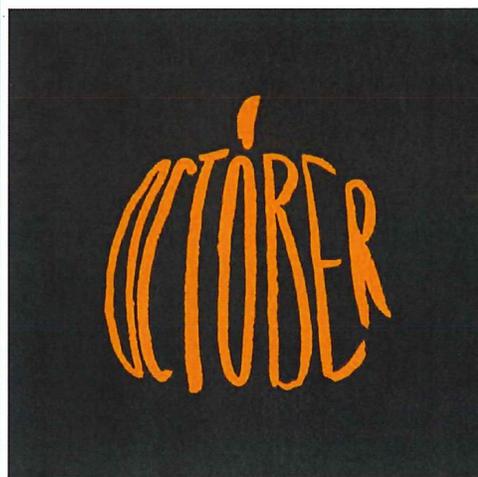
HOMEOWNERS!!

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 any way 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.

The Housing Authority office will be closed on the following days in November .

- * **Veterans Day**
November 11, 2016
- * **Thanksgiving Day**
November 24-25, 2016



The Housing Authority will be participating in the Trunk or Treat on Monday, October 31, 2016 at the Gathering Center. Kids be sure and come get some goodies.

WINTER PREPARATION TIPS FOR YOUR HOME

Saving you \$\$\$\$!

1 ENERGY EFFICIENCY TIP #1

Drafty Doors and Windows? Seal up those cracks!

- Caulk - Seals gaps of less than ½ inch. Select grade (interior, exterior, high temperature) based on application.
- Spray foam - Fills large cracks and small holes. It can be messy; consider new latex-based foams. DO NOT USE near flammable applications (e.g., flue vents). DO NOT USE expanding types on windows and doors.
- Weatherstripping - Used to seal moveable components, such as doors, windows, and attic accesses.

2 ENERGY EFFICIENCY TIP #2

Covering your windows with shades and draperies can help reduce heat loss by 10%!

Open them during the day to let the sun warm the room and close them at dark to keep the cold air out.

3 ENERGY EFFICIENCY TIP #3

Do you feel cold air around your outlets? That means that cold air is getting in! Cheap and easy fix! Use insulation covers and child safety covers to keep the warm air in and the cold air out.

4 ENERGY EFFICIENCY TIP #4

Use a programmable thermostat in your home and keep your daytime temperature at 68 degrees!

5 ENERGY EFFICIENCY TIP #5

Purchase a Electricity Usage Monitor like the Kill A Watt Electricity Usage Monitor to see how much energy the items in your house are actually using. "Vampire" devices such as your printer, computer, coffee maker etc can really add up in energy usage, even when they aren't turned on.



Burns Paiute Tribe Prevention

YOUTH!

What can you do to protect yourself and reduce the risk of alcohol and drug problems?

As a young person you are faced with many challenges. However, very few have the potential to affect your life in a more significant way than the decisions you make about alcohol and drugs. The decisions you make about alcohol and drugs will influence your health, your grades, your relationships (with friends and family), your job or career, maybe even your freedom.

Here are ten tips for Prevention:

- **Don't Be Afraid to Say No:** Sometimes, our fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right. Real simple, it may seem like "everyone is doing it," but they are not. Don't let someone else make your decisions for you. If someone is pressuring you to do something that's not right for you, you have the right to say no, the right not to give a reason why, and the right to just walk away.
- **Connect With Your Friends and Avoid Negative Peer Pressure:** Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high, you may want to think about making some new friends. You may be headed toward an alcohol and drug problem if you continue to hang around others who routinely drink alcohol, smoke marijuana, abuse prescription drugs or use illegal drugs. You don't have to go along to get along.
- **Make Connections With Your Parents or Other Adults:** As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decision about alcohol and drugs is very important. The opportunity to benefit from someone else's life experiences can help put things in perspective and can be invaluable.

- **Enjoy Life and Do What You Love – Don't Add Alcohol or Drugs:** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, "I'm bored" is just an excuse. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on your life.
- **Follow the Family Rules About Alcohol and Drugs:** As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important. Don't let alcohol and drugs come between you and your parents. Talking with mom and dad about alcohol and drugs can be very helpful.
- **Get Educated About Alcohol and Drugs:** You cannot rely on the myths and misconceptions that are out there among your friends and on the internet. Your ability to make the right decisions included getting educated. Visit Learn About Alcohol and Learn About Drugs. And, as you learn, share what you are learning with your friends and family.
- **Be a Role Model and Set a Positive Example:** Don't forget, what you do is more important than what you say! You are setting the foundation and direction for your life; where are headed?
- **Plan Ahead:** As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.
- **Speak Out/Speak Up/Take Control:** Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage other to do the same.
- **Get Help!:** If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.

**WE ARE HERE FOR YOU,
WE CARE!**

NIAAA Council Approves Definition of Binge Drinking

On February 5, 2004, the NIAAA National Advisory Council approved the following definition/statement:

A “binge” is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram percent or above. For the typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours. Binge drinking is clearly dangerous for the drinker and for society.

- In the above definition, a “drink” refers to half an ounce of alcohol (e.g., one 12-oz. beer, one 5-oz. glass of wine, or one 1.5-oz. shot of distilled spirits).
- Binge drinking is distinct from “risky” drinking (reaching a peak BAC between .05 gram percent and .08 gram percent) and a “bender” (2 or more days of sustained heavy drinking).
- For some individuals (e.g., older people or people taking other drugs or certain medications), the number of drinks needed to reach a binge-level BAC is lower than for the “typical adult.”
- People with risk factors for the development of alcoholism have increased risk with any level of alcohol consumption, even that below a “risky” level.
- For pregnant women, any drinking presents risk to the fetus.
- Drinking by persons under the age of 21 is illegal.

The Council’s decision was based on a recommendation from a task force chaired by NIAAA Associate Director Dr. Mark Goldman.

“The task force was charged with developing a recommended definition of binge drinking for use in

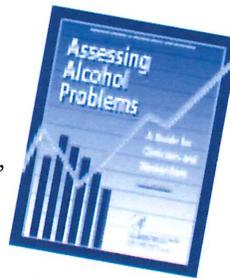
the field’s future research efforts,” said Dr. Lorraine Gunzerath, acting chief, Strategic Research Planning Branch in NIAAA’s Office of Scientific Affairs, who spearheaded the task force report. Task force members included Drs. Raul Caetano, Sandra Brown, Kenneth Hoffman, George Koob, Sean O’Connor, and Kenneth Sher. The group held a workshop November 4–5, 2003, to determine the factors that define heavy episodic drinking or distinguish it from other patterns of

alcohol use and abuse, including cut-off points, amounts, or timeframes; predictive factors; trajectories; and outcomes. Over the 2-day workshop, the task force heard invited presentations in the areas of neurobiology, physiology, psychology, sociocultural contexts, and measurement issues. After reviewing the presented material, the members reconvened on February 4, 2004, to produce a consensus definition, and submitted their recommendation to the full Council for approval.

NEW PUBLICATIONS

Assessing Alcohol Problems

This volume is a must for clinicians and researchers concerned with assessing patients’ alcohol problems using psychometric instruments. Subject matter experts review domains of assessment—different stages of treatment such as screening, diagnosis, planning, treatment, and outcome—that require different types of instruments, and they describe issues relevant to each area. An update of the 1996 *Assessing Alcohol Problems: A Guide for Clinicians and Researchers*, this second edition presents in one convenient location, samples of more than 70 assessment instruments, along with fact sheets, an at-a-glance “Quick Reference Instrument Guide,” and tables within each chapter comparing instruments used in each domain of treatment. *Assessing Alcohol Problems* is loose-leaf bound to make page replacement and updating easier.



Two New Publications in Spanish—

Both publications are available in quantities to health care providers for distribution to patients.

Antecedentes de alcoholismo en la familia—¿Está usted a riesgo?, the Spanish-language version of *A Family History of Alcoholism—Are You at Risk?* provides easy-to-read facts along with sources of more information for anyone who is concerned about a family history of alcoholism.



Reacciones peligrosas: Mezclando bebidas alcohólicas con medicamentos, the Spanish-language version of *Harmful Interactions: Mixing Alcohol with Medicines* highlights the risks of using alcohol while taking medications or herbal preparations and lists common medicines and their possible reactions with alcohol.



TO ORDER:

Write to National Institute on Alcohol Abuse and Alcoholism, Publications Distribution Center, P.O. Box 10686, Rockville, MD 20849-0686. These publications and other materials are also available online at <http://www.niaaa.nih.gov>, or by fax at 703/312-5230.

HALLOWEEN

DON'T MISS OUT

TRUNK TREAT!

DECORATE YOUR TRUNK (CARS, TRUCKS, VANS)
AND JOIN US AT THE GATHERING
CENTER PARKING LOT!

OPEN TO COMMUNITY!

Trophy for Most Creative!

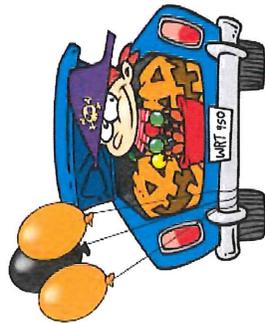
Serving Hot Dogs and Chips

OCTOBER 31ST, 2016

FROM 4-5 PM

CHILDREN STOP BY &

GET SOME CANDY!



CHILDREN WILL BE GOING FROM CAR TO CAR TO

COLLECT CANDY & GOODIES

SPONSORED BY SOCIAL SERVICES & PREVENTION PROGRAMS

Red Ribbon Week

Wednesday, October 26, 2016

— 6:00 p.m. to 8:00 p.m. —
Harney County Fairgrounds



YOLO
Be Drug Free
#youonlyliveonce

Presented by
Harney Partners for Kids and Families
and MANY community sponsors

- Enjoy a FREE hamburger or hot dog barbecue dinner



- Visit interactive booths; collect stamps; earn a grand prize!



- Learn about the dangers of using alcohol, tobacco and other drugs



- Connect with friends and family around the community bonfire





TUESDAY, 10/25 PREVENTION COALITION MTG

5:30 pm at the Gathering Center

Dinner will be served!

Agenda Items

Billboard

SPF PFS Update

Tribal Best Practices

Culture Nights

**BURNS PAIUTE
TRIBE PREVENTION**

100 Pasigo Street
Burns, OR 97720
Located in the
Road to Wellness Bldg

NB3FIT Day

Notah Begay III Foundation

November 13, 2016

HEALTHY KIDS! HEALTHY FUTURES!



On Sunday, November 13th, we are calling upon all Native communities across the country to host an event or activity in their community that gets Native youth physically active and moving!

THE GOAL: Actively engage 10,000 Native American youth in physical activity or movement for at least one hour on one day throughout the country!

Please watch for more information in later newsletters!

YOU ARE THE FUTURE WE HAVE BEEN WAITING FOR!



Sponsored by BPT Prevention and Wadatika Health Services

You're invited to an open house!

Thursday, October 27

Wadatika Conference Room

Noon to 2pm

Sponsored by:

The Domestic Violence Department

We are raffling off an insulated cooler tote
and serving punch and cookies.





Domestic violence

Patterns of physical abuse

Physical abuse may begin in a nonviolent way; that is with neglect, which can include not allowing her/him access to basic needs (food, shelter, hygiene items); not allowing her/him to sleep; or withholding physical intimacy as a way to control her/him. When the abuse moves into overt he/she may begin with assaults such as painful pinching or squeezing. As the abuser escalates, he/she becomes more violent and his/her violence becomes targeted; that is directed to a part of the body, such as the torso, where the injuries are less likely to show. When the abuser believes he/she will not be held accountable for his/her behaviors, he/she may inflict visible injuries. The following is a list of physically abusive behaviors:

- ❖ Pinching and/or squeezing in a painful way
- ❖ Pushing, shoving or restraining
- ❖ Jerking, pulling, shaking or hair pulling
- ❖ Slapping or biting
- ❖ Targeted hitting, kicking, etc. So that injuries do not show. The abuser's actions are evidence that he/she is not "out of control" when batters. Instead he is using violence to control and exert power over the victim.
- ❖ Strangling the victim
- ❖ Throwing objects at the victim
- ❖ Abuses the children sexually, physically, and/or emotionally
- ❖ Sustained series of hitting or kicking blows, visible injuries
- ❖ Physical abuse that requires medical treatment
- ❖ Abuser deprives the victim of sleep, food, medicine, other essentials
- ❖ Throwing the victim
- ❖ Causing broken bones and/or internal injuries
- ❖ Causing miscarriage or injuries that require a therapeutic abortion
- ❖ Using objects at hand, such as household utensils, as weapons
- ❖ Denying the victim medical treatment
- ❖ Using weapons such as a gun or knife
- ❖ Causing permanently disabling and/or disfiguring injuries
- ❖ Murder



Domestic Violence/ Sexual Assault

Cell 541-413-0216





Action Steps For a Healthy Diet

Find your healthy eating style and maintain it throughout your lifetime. Smart choices can help you be healthier now and in the future!

Fruits

- ▶ Consume at least half of your daily fruit choices as whole fruits (such as fresh, frozen, cooked, dried, or canned in 100% fruit juice).
- ▶ Choose 100% fruit juice instead of sugar-sweetened beverages (such as energy drinks, flavored waters, fruit drinks, soft drinks, and sports drinks).
- ▶ Try fruit as snacks, salads, side dishes, and desserts.

Vegetables

- ▶ Eat more colorful vegetables (such as fresh, frozen, canned, and dried) and 100% vegetable juices.
- ▶ Buy frozen (without butter or sauce) or low sodium or no-salt-added canned vegetables.
- ▶ Try vegetables as snacks, salads, and side dishes and incorporate vegetables into main dishes.

Grains

- ▶ Consume at least half of your total grain choices as whole grains (such as whole wheat, whole oats, and brown rice). Whole grains are a source of important vitamins and minerals and are typically high in dietary fiber, too.
- ▶ Switch from refined to whole grain versions of commonly consumed foods (such as breads, cereals, pasta, and rice).
- ▶ Limit refined grains and products made with refined grains, especially those high in calories, saturated fat, added sugars, and/or sodium (such as cakes, chips, cookies, and crackers).

Dairy

- ▶ Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt) or fortified soy beverages for regular/full-fat (whole) dairy products.
- ▶ Limit dairy desserts, especially those high in calories, saturated fat, and added sugars (such as ice cream, other frozen desserts, and puddings).

Protein

- ▶ Eat a variety of protein foods, such as beans and peas, eggs, fat-free (skim) or low-fat (1%) dairy products, lean meats and poultry, seafood (fish and shellfish), soy products, and unsalted nuts and seeds.
- ▶ Choose seafood and plant sources of protein (such as beans and peas, soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- ▶ Add beans or peas to salads, soups, and side dishes, or serve them as a main dish.
- ▶ Snack on a small handful of unsalted nuts or seeds rather than chips or salty snack foods.

Saturated Fat, Sodium, and Sugars

- ▶ Choose fresh meats, poultry, and seafood, rather than processed varieties.
- ▶ Switch from stick margarine to soft margarine (liquid, spray, or tub).
- ▶ Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods, snacks, and condiments, when available.
- ▶ Limit desserts, savory snacks, and sweets (such as cakes, chips, candies, cookies, crackers, ice cream, and microwave popcorn).
- ▶ Consume smaller portions of foods and beverages that are higher in saturated fat, sodium, and sugars, or consume them less often.

Helpful Meal Preparation Tips

- Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.
- Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- Prepare your own food when you can and limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles, and ready-made pasta).
- Limit the amount of salt and sugar you add when cooking, baking, or eating.
- Flavor foods with herbs and spices and no-salt seasoning blends instead of salt.
- Rinse sodium-containing canned foods, such as tuna, vegetables, and beans before eating.
- When eating out, ask how your food is being prepared. You can also request to see nutrition information, which is available in many chain restaurants.





Understanding and Using the Nutrition Facts Label

The Nutrition Facts Label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

▶ **Serving Size** is based on the amount of food that is customarily eaten at one time. All of the nutrition information listed on the Nutrition Facts Label is based on **one serving** of the food.

- When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

▶ **Servings Per Container** shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

- If a package contains *two servings* and you eat the entire package, you have consumed *twice the amount of calories and nutrients* listed on the label.

▶ **Calories** refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

▶ **Calories from Fat** are *not* additional calories, but are **fat’s contribution to the total number of calories** in one serving of the food.

- “Fat-free” doesn’t mean “calorie-free.” Some lower fat food items may have as many calories as the full-fat versions.

Nutrition Facts

Serving Size 1 package (272g)
 Servings Per Container 1

Amount Per Serving			
Calories 300		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 430mg			18%
Total Carbohydrate 55g			18%
Dietary Fiber 6g			24%
Sugars 23g			
Protein 14g			
Vitamin A			80%
Vitamin C			35%
Calcium			6%
Iron			15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The Nutrition Facts Label can help you learn about the **nutrient content** of many foods in your diet. It enables you to monitor the nutrients you want to get less of and those you want to get more of.

▶ **Nutrients to get less of** – get less than 100% DV of these nutrients each day: saturated fat, *trans* fat, cholesterol, and sodium. (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

▶ **Nutrients to get more of** – get 100% DV of these nutrients on most days: dietary fiber, vitamin A, vitamin C, calcium, and iron.

▶ **% Daily Value (%DV)** shows how much of a nutrient is in one serving of the food. The %DV column doesn’t add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value (the amounts of key nutrients recommended per day for Americans 4 years of age and older) for each nutrient in one serving of the food.

- Use the %DV to compare food products and to choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

▶ **Footnote with Daily Values**

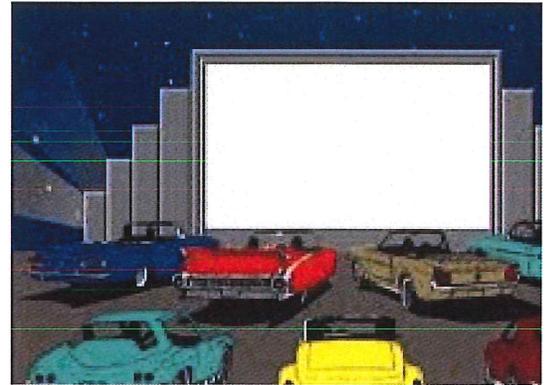
Some of the %DVs are based on a **2,000 calorie daily diet**. However, your Daily Values may be higher or lower depending on your calorie needs, which vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

- If there is enough space available on the food package, the Nutrition Facts Label will also list the **Daily Values** and **goals** for some key nutrients. These are given for both a 2,000 and 2,500 calorie daily diet.

TIP ▶ The Ingredient List is usually located near the name of the food’s manufacturer and often below the Nutrition Facts Label. Ingredients are listed in descending order by weight – the closer they are to the beginning of the list, the more of that ingredient is in the food.



Drive in Movie Night



Wednesday

November 2nd @ 6:30pm

The Gathering Center

Free admission and popcorn

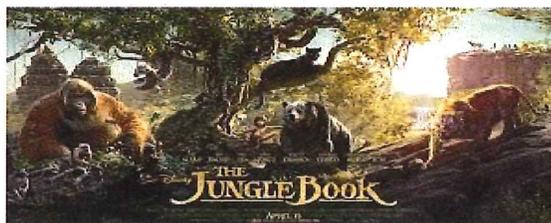
Great fun for the entire family!

Grab your car at the door, park in your favorite spot,

sit back, enjoy some popcorn with your family

while watching Disney's newest version of the timeless classic

The Jungle Book



Sponsored by :

Mental Health

Domestic Violence

Sexual Assault Departments





Beaded Jack O'Lanterns

Tickets \$1.00 each or 6 for \$5.00

**Raffle will be announced on
October 28, 2016 at 3:00 p.m.**

Contact: Louella or Jerry Sam

@ 541-589-8060

Happy Halloween



AMERIND Risk
Tribes Protecting Tribes

Home Safety Tips for

HALLOWEEN

DID YOU KNOW?



Decorations are the first thing to ignite in 900 reported home fires each year. Two of every five of these fires were started by a candle.

Make your home safe for trick or treaters. Make sure your front yard, walkway, and steps are swept and free of debris. And remove anything, like flowerpots or hoses, that could cause people to trip in the dark.

Keep the lights on. Be sure that trick-or-treaters and other visitors are able to see clearly after dark. This will help avoid a possible liability claim.

Make sure scary gags are harmless. Having lots of decorations that pop up and scare trick or treaters is great – just make sure they're safe. Instead of shovels or pitchforks, opt for rubber/fake alternatives.

Keep pets locked up. Even friendly pets can become a handful when costumed kids keep showing up at the door. And you never know what trick or treaters might be allergic to cats or dogs.

Make sure your Jack o' Lantern isn't a fire hazard. Place the candle inside a small dish or tuna can to prevent it from becoming a hazard if it tips over inside the pumpkin. Or even forego the candle altogether and use a battery operated light.

