

Burns, Oregon

January 25, 2016

**Free Chair and Couch
Available on Friday, Jan. 29, 2016
At the Tu Wa Kii Nobi, first come
first serve**

JOB ANNOUNCEMENT:

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: January 27, 2016 (Close of Business)

Starting Date: Feb. 3, 2016

Salary: FT G5 step 8 ~ 40 hours per week

Supervisor: Social Services Director

SUNDAY COMMUNITY

DINNER

EVERY SUNDAY AT 2:00

CHURCH OF THE LIVING WATERS

FREE—Everyone Welcome

Burns Paiute Tribe

100 Pasigo St

Burns, Or 97720

541-573-8016

TRIBAL COUNCIL CONTACT

Charlotte Roderique
Chairperson

541-573-5007/589-4293

Burns Police Tribal Police

Chief Carmen Smith

541-413-1419

Officer

Frank Rivera

541-413-0382

Social Services

Michelle Bradach—
Director/ICWA

541-573-8043 /

541-589-0171

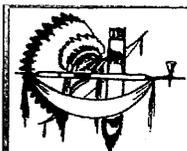
Teresa Cowing—Domestic
Violence / Assault

541-573-8053 / 541-413-
0216

Police After hours:

Call Burns Dispatch

541-573-6028

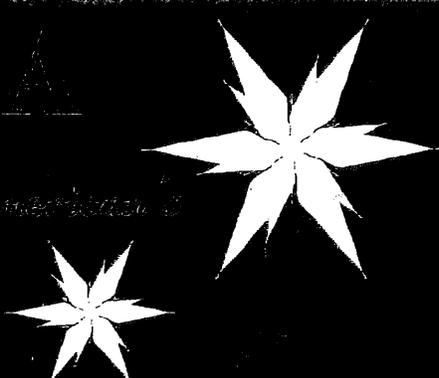


GONA

Guidance on Narrative of American Indians

February 3rd 10:00 am - 4:00 pm
February 4th 10:00 am - 4:00 pm
February 5th 8:00 am - 1:00 pm

The Gathering Center, Burns, Oregon



The GONA will primarily focus on explaining the relationships between historical trauma, cultural resilience and reconnecting to culture. Attendees will also have the opportunity to contribute vital information towards the creation of a Prevention Plan that is specific for Mental Health. This plan will be specifically tailored around the intensification of Suicide Prevention. Those in attendance will also have the ability to assess and select the most appropriate evidence based, practice based or cultural based interventions to best suit the community.

FREE DINNER
February 3rd & 4th

FREE LUNCH
February 5th

**Free Childcare is
Available. Contact Brooke
to make arrangements.**

**For more information,
please contact
Brooke Nyman @
541-573-8046**



This event is made possible through a new SAMHSA Intensive TTA Grant with the help of Kauffman & Associates and is under the direction of the Burns Paiute Tribe Mental Health Program.

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: January 27, 2016 (Close of Business)
Starting Date: Approx. Feb 3, 2016
Salary: FT G5 step 8 ~ 40 hours per week
Supervisor: Social Services Director

Scope

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

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

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

Requirement

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

Responsibilities/Duties

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

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

Qualifications/Requirements

Must have a valid Driver's License at time of hire

Must submit to and pass a UA drug test and a criminal background test

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

Must sign a confidentiality Clause

Must be able to successfully complete 90 day probationary period

Must be proficient in Microsoft Office and Excel programs

Good organizational skills

Respect and appreciation for ethnic and cultural diversity

Expertise in case management philosophies and strategies

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

Good public relations skills; professional appearance and demeanor

Ability to independently analyze and resolve problems

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

Education and Experience

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

Indian Preference

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed

above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

Disclaimer

The above statements are intended to describe the general nature and level of work to be performed by the individual assigned to this position.

Please submit application and Resume to

Burns Paiute Tribe, Human Resource Department

100 Pasigo St.

Burns, OR 97720

541-573-8013

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

Hello,

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

Ranger Training Residential Internship at Paulina Visitor Center at Newberry Caldera

Ranger Training Residential Internship at Lava Lands Visitor Center

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

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

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

Thank you and have a great rest of you day.

Stacey

Stacey Cochran

Volunteer and Event Coordinator

Discover Your Forest

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

Forest Service Email: staceybcochran@fs.fed.us

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

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

63095 Deschutes Market Rd

Bend, Oregon 97701

**Bonneville Power Administration &
American Indian Science and Engineering Society
Summer Internship Program
Fish and Wildlife**

Deadline: January 31, 2016

Hydroelectric dams supply more than 60 percent of the Northwest's electricity each year, much of which comes from the 31 federal dams on the Columbia and Snake rivers. Bonneville Power Administration sells and distributes emission-free electricity from those 31 federal dams. BPA is committed to the mitigation of impacts of the federal hydroelectric system to fish, wildlife and habitat through one of the largest fish and wildlife protection programs in the nation.

BPA is partnering with the American Indian Science and Engineering Society to provide a 10 week practice-based fisheries internship.

Learning includes:

- Activities working as a fish culturist, hatchery operations and maintenance, and working with fish technicians
- Understanding how projects contribute to basin-wide management goals
- Building collaborative work skills in a diverse team environment
- Improving professional communication and networking skills



Internship dates/location

10 weeks, usually June – August, can be adjusted to accommodate student's school calendar.

Internship locations are as follows:

Week 1– BPA Headquarters, Portland, OR

Week 2–9 – Cle Elum Supplementation and Research Facility, Cle Elum, WA

Week 10 – BPA Headquarters, Portland, OR

Intern is provided the following:

- Round-trip airfare or mileage to internship site
- Lodging
- Weekly living stipend
- Weekly local transportation stipend

How to apply

To apply for the AISES Summer Internship program at BPA, please visit the AISES website at www.aises.org/scholarships/internships.



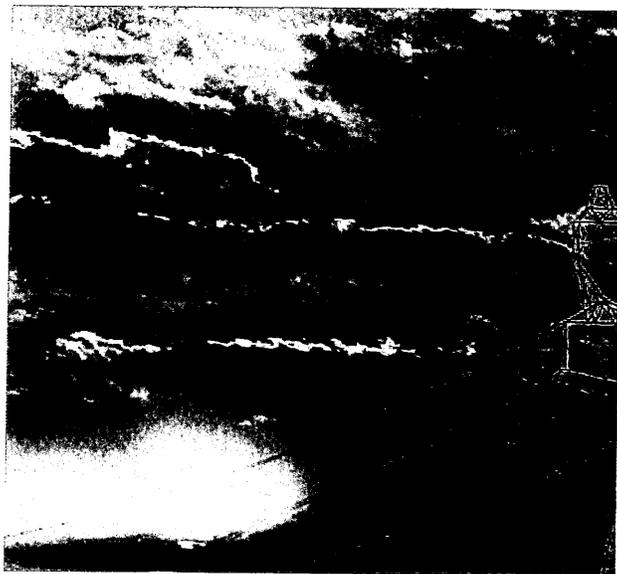
**Bonneville Power Administration &
American Indian Science and Engineering Society
Summer Internship Program**

Engineering (Electrical, Civil, and Mechanical)

Deadline: January 31, 2016

The Bonneville Power Administration's high voltage transmission lines help deliver the Northwest's power. Throughout the region, BPA operates over 15,000 circuit miles of high voltage lines. That's about 75 percent of the high voltage grid in the Northwest.

During the AISES Summer Internship Program at BPA, students will work with senior engineers. As an intern, students will assist the senior engineers working on drawings, performing planning functions, design, testing equipment, participating in field visits and other activities related to project development.



The three primary fields of engineering at BPA include:

Electrical Engineering

Depending on the specific placement of the student, students may be involved with communication equipment, substation equipment, line design, and other electrical related systems. Activities may include:

- Developing schematic and wiring drawings
- Testing electronic equipment such as relays, telecom gear, breakers, transformers and other supporting ancillary equipment
- Gathering data for equipment performance reports
- Field visits to substations, radio sites, wind generation plants

Civil Engineering

Depending on the specific placement of the student, students may be involved with communication equipment, substation equipment, line design, and other electrical related systems. Activities may include:

- Support for transmission line placement
- Substation layout, drainage, footings, etc.
- Access Road design/review
- Field visits to substations, radio sites, wind generation plants



Mechanical Engineering

Depending on the specific placement of the student, students may be involved with communication equipment, substation equipment, line design, and other electrical related systems. Activities may include:

- Transmission line design
- Tower design
- HVAC related items for facilities
- Field visits to substations, radio sites, wind generation plants

Internship dates/location

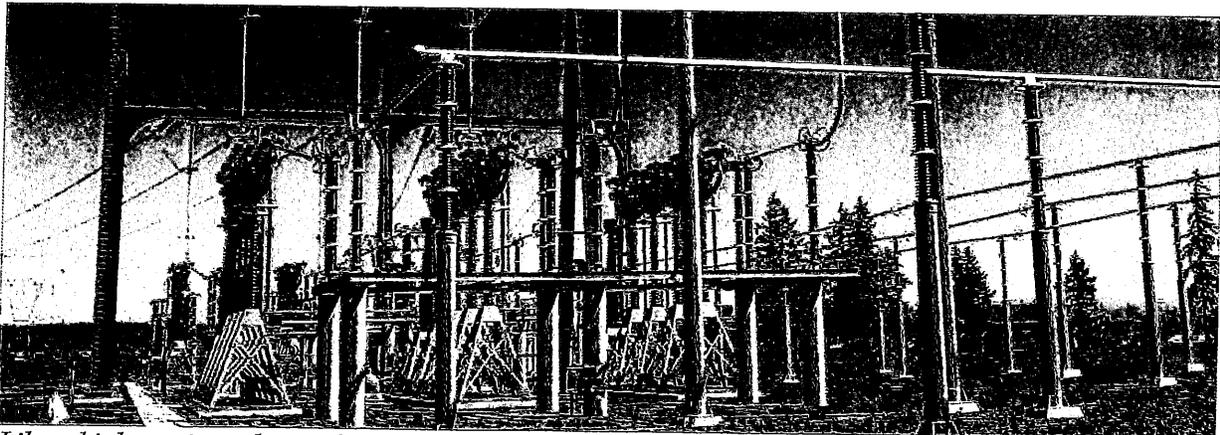
10 weeks usually June – August. Internship location is in Vancouver, Washington (across the Columbia River from Portland, Oregon).

Intern is provided the following:

- Round-trip airfare or mileage to internship site
- Lodging
- Weekly living stipend
- Weekly local transportation stipend

How to apply

To apply for the AISES Summer Internship program at BPA, please visit the AISES website at www.aises.org/scholarships/internships.



Like a highway interchange for electrons, substations route electricity to the right place and help keep it moving to the consumer



Is offering

HEALING PATHWAYS

Healing...

EOCIL is offering weekly, peer facilitated *Healing Pathways* for individuals 18 and older living with disabilities and depression. *Healing Pathways* is a peer-implemented group that has shown value in treating depression in people living with disabilities.

Community...

You can develop new supportive relationships within a small group of peers living with disabilities and depression.

Empowerment...

You can work together with a team of peers who are interested in a better quality of life for **YOU!**

If you are interested in joining or have any questions please call us. If you are not certain if you qualify but need support, call a member of our team at:

Bobbi Fine-Hayden-Pendleton (541-276-1037 ext. 100)

Raquel Kuehne- Ontario (541-889-3119 ext. 109)

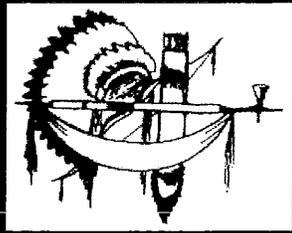
Robert Crooks- The Dalles (541-370-2810)

ADRC

Aging and Disability
Resource Connection
ASSOCIATION of OREGON MEMBERS

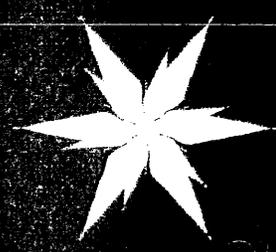
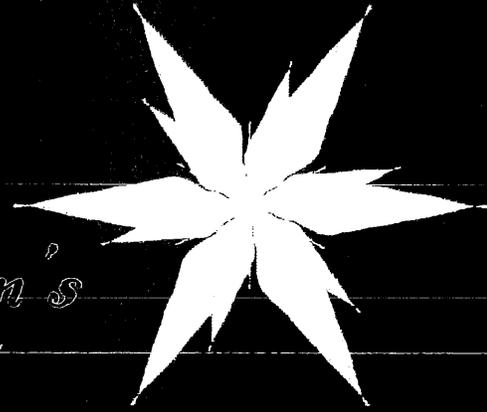
www.ADRCoforegon.org

Made possible by grants from central and eastern Oregon ADRC



GONA

Gathering of Native American's



February 3rd: 1:00 pm-8:00 pm

February 4th: 1:00 pm-8:00 pm

February 5th: 8:30 am-4:30 pm

Many
outstanding door
prizes available!

The Gathering Center : Burns, Oregon

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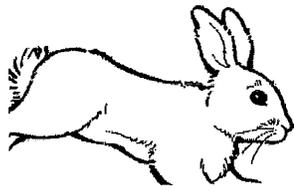
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Brooke Nyman @
541-573-8046

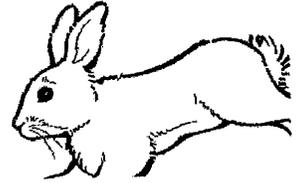
This event is made possible through a new SAMHSA Intensive TTA Grant with the help of Kauffman & Associates and is under the direction of the Burns Paiute Tribe Mental Health Program.



Community Awareness Night

Rabbit (Kamuu) Process

Dinner: 5:30 @ Gathering Center



Date: January 28th, 2016

(Hunting with Natural Resources: 1:00 p.m. – must have permission slip SEE BELOW)

On January 28th, 2016 Tu-Wa-Kii-Nobi – Culture and BPT Natural Dept. will be hosting a Historical Knowledge presentation and demonstration on the process of rabbit process, skinning, Cooking, History Presentation will be given by Culture Dept.-Myra Peck and Tu-Wa-Kii Nobi will be assisting.

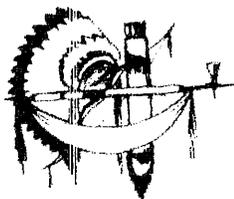
Natural Resources Department held at the Gathering Center.

Any questions call Elise 541-573-1572

On the day of the 28th, Natural Resources Department is offering to take 5 kids hunting with them to get the Rabbits used in the demonstration that evening. If your child is interested, you can pick up a waiver and permission slip at Tu-Wa-Kii-Nobi. Only 5 spots available, first come first serve. Meet at Natural Resources Department is planning 1:00 p.m. **Ages 12-up.**

We hope to see you all there!

If you have any questions, feel free to call Ben Cate at (541) 573-8086



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.

Letters will be sent out to all homebuyers and tenants within the next couple of weeks with dates and times for inspections and what is needed in order to be in compliance

Update on Vacant Housing

#19 Radar Lane

The Housing Authority is currently working on re-habilitating the housing unit. The estimated date for competition of the unit is end of January.

This home is a 3 bedroom 2 bathroom unit. Per the Policy the minimum number of persons for the home is 2 and the maximum number of persons is 6.

Once all the information that is required by those on the waiting list, the Housing Staff will determine which applicants are eligible for the unit, based on income, family size, background information and then forward to the Housing Authority for final determination.

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.

UPCOMING HOUSING AUTHORITY MEETING

Wednesday

January 27, 2016

11:00 am

Housing Office

WORK REQUEST

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

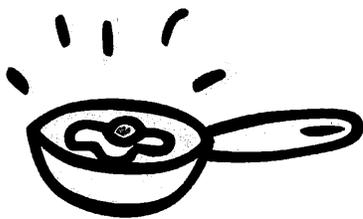
ELDER'S BREAKFAST

Friday, February 12, 2016

8:30 am @ the Gathering Center

Menu will consist of:

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



*Hosted by the Housing Authority and
Social Services Program*

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

Jan. 25-th Jan.29th

Monday January 25th

- 4:00-4:30 Tutor/Reading for 20min.
- 4:30-5:00-Conscious Discipline w/Brooke
- 5:00-5:30-Free Time-take kids home

Tuesday January 26th

- 4:00-5:00-Tutor/Reading for 20min.
- 5:00-5:30-Free Time-take kids home

Wednesday January 27th

- 4:00-5:00-Tutor/Reading for 20min.
- 5:00-5:30-Birthday Celebration for January/Free Time-

Thursday January 28th

1:00-BPT Natural Resources will be taking 5 youth 12yrs-older for a Rabbit Hunt for our event tonight. Meet at Natural Resources building must have permission slip to go.

4:00-5:00-Tutor/Reading for 20min. We will be closing early, getting ready for our Community Awareness Night. See you there!

5:30-Community Awareness Night -Dinner (Rabbit Process) at Gathering Center. See flyer for more information. Call Elise for more information.

Friday January 29th

10:00-10:30-Free Time

10:30-11:00-Ms. Lisa Reading/Craft

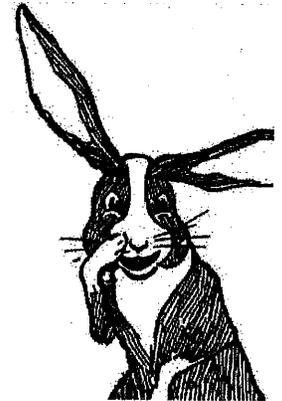
1:00-2:30-Prevention Hour -drawing for good behavior must be present. Sponsored by Teresa DV program.

2:30-4:30-Free Time -take kids home

Mark your calendars for GONA-Feb. 3rd-5th

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



Evening Tutoring

HS/Middle School-
has changed to after
school on Tuesday and
Wednesday. At high
school library. Any
questions 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-

Rhonda Holby- Parent/Educ.

Coordinator

541-413-0448

Fred Pelroy- Tutor 541-589-2933

Marrisa/ Spencer Jones-Evenign

Tutors

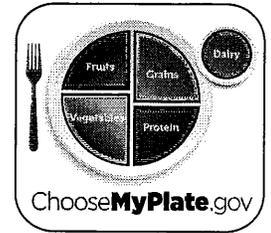
(775)770-4539

10 tips

Nutrition
Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

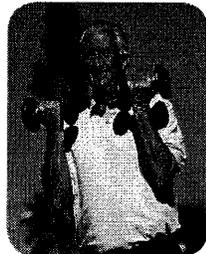


2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

*Find the SuperTracker at <https://www.supertracker.usda.gov>.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

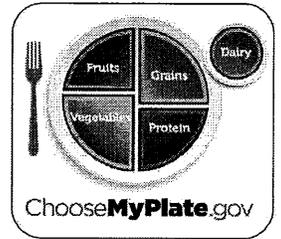
DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

BURNS PAIUTE TRIBE

DOMESTIC VIOLENCE AND SEXUAL ASSAULT PROGRAM

January 11, 2016

Hello it is time to start a new year 2016. I would like to say Happy New Year to all and wish each of you a Happy and Blessed year. For everyone who supported the DV/SA Program thru the last year I would like to say Thank You from the staff of the DV/SA Program. The program is going to start some new groups and offer some different services to victims/survivors of Domestic Violence and Sexual Assault. The program will be starting a journaling group where we will get together and provide victims/survivors with journals to write down what they feel, what they can't say out loud or do not want anyone to see. It is a healing journey to write what you are feeling and to get it out in some way is a baby step to heal. Journaling group will be 1 to 2 times a month at the Health office conference room. The first Journaling class will be 1-27-16 at 3:00 pm. Another activity for DV/SA victims/survivors will be a relaxation day 1 time a month. The first Relaxation day will be 1-26-16 at 2:30 pm in the office at the Gathering Center. We will do relaxation exercises and take advantage of some time to just sit and take it easy and let the program staff take care of you. The program will set aside some specific time to meet one on one with DV/SA victims/survivors on Fridays 9-11:30 am and 1:30 to 3:30 pm. The program staff will be available at any time to see or talk to victims/survivors but the times on Fridays will be saved by staff to work on DV/SA education, goal setting, safety plans and budgeting to start with. We will also be starting groups for teens on safe relationships, teen dating violence information and a relaxation day for teens also. The teen dates have not been set up yet and when dates are set we will get that information out.

The DV/SA Program is proud to announce that on February 18, 2016 we will bring in Tracy Underwood and her show The Calling, she sings along with her band about abuse. It is an honor to have her perform at the Gathering Center. Advertising will be put out soon for the concert. There will be no charge for this event.

If you have any questions or concerns about the DV/SA activities or DV/SA program please feel free to contact our program. Phyllis Miller 542-573-8004, Teresa Cowing 541-573-8053 or 541-413-0216

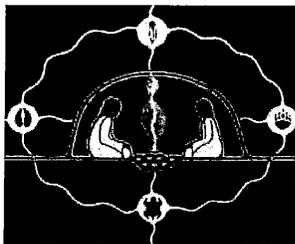
LOOKING FOR COMMUNITY INPUT AND INVOLVEMENT!



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.

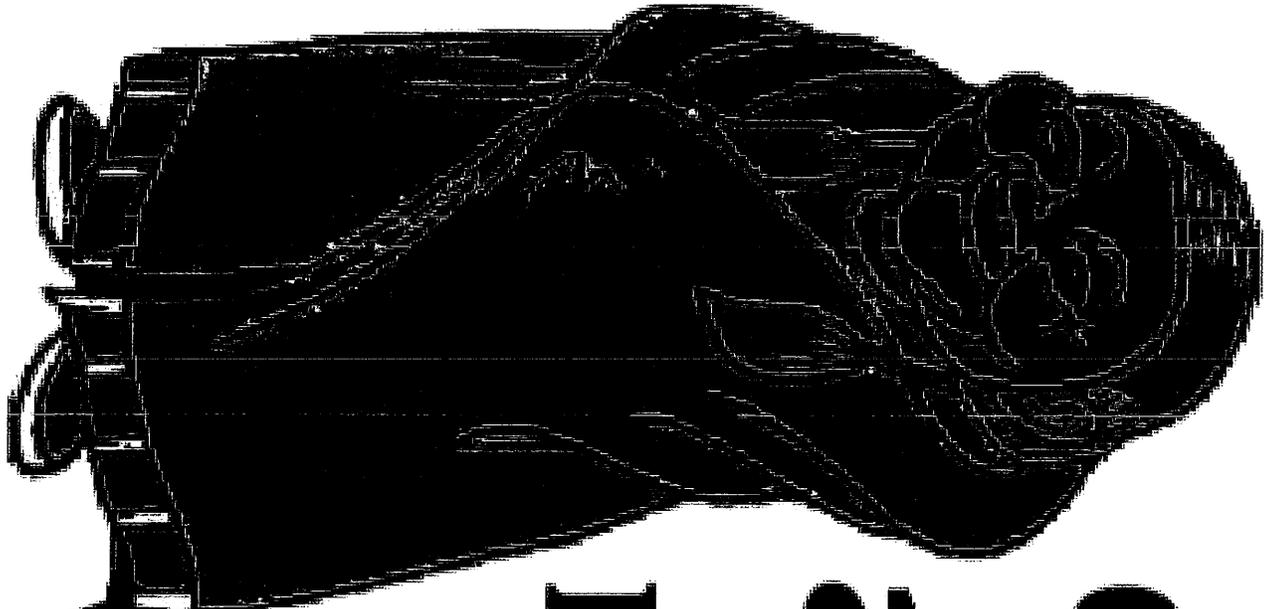


LETS GET THE SWEATLODGE UP AND GOING AGAIN!

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

Please look in on the



**elders in your
area, they may
need help, or
just a good
visit from you.**