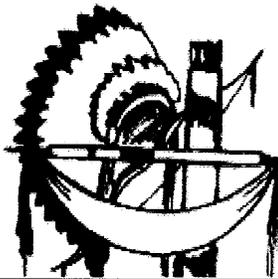


Burns, Oregon

May 16, 2016



COMMUNITY EVENTS:

May 18, 2016—Parent Committee meeting at 5:15 pm @ Tribal Court room.

May 19, 2016— 6:30 pm at the Gathering .Dinner & Spear making workshop with the Shoshone Bannock Tribe. Come learn how to build a spear that you can use for Salmon. Sponsored by Natural Resource.

May 20, 2016— Continue making spear making class.

May 20, 2016—Tu-Wa-Kii-Nobi Center will be closed on.

May 21, 2016—Dancers need for the Pow Wow at Central Community College.

June 10, 2016—Elder's breakfast at 8:30 a.m. @ Gathering Center

The Walk & Run will be held on June 22, 2016 @ 5:00, we will have an evening event and we will have more details to come.

Thanks,

Carla Teeman

Social Services Specialist

Attention Tribal Members:

The Burns Paiute Tribal Council is seeking individuals for the board for the 501C.3 Burns Paiute Foundation. The articles of Incorporation for the foundation require that people represent certain sectors. The sectors are someone from the parent committee, an educator, a tribal council representative, someone from financial or banking and someone who is an elder. If you are interested please submit a letter to Tribal Council, please include how you are qualified in the sector you wish to represent.

Tribal Council is looking for a Tribal member to volunteer to be on the Steens Mountain Advisory Council (SMAC)

Please submit a letter of interest to be sent to Washington DC for final approval. If you have any questions, please contact

Burns Paiute Tribe
 100 Pacific St.
 Burns, Or 97726
 541.573.8016

TRIBAL COUNCIL CONTACT:

**Charlotte Rodriguez-
 Chairman**
 541.373-5007 / 39-4298

Burns Police Tribal Police
Chief Carmen Smith
 541.373.4119

Officer Frank Rivera
 541.413.0052

**Social Services: Michelle
 Braden—Director/CWA**
 541.373.8043 /
 541.389.0171

**Teresa Cowling—Domestic
 Violence / Assault** 541-
 573-8053 / 541-413.0216

Police After hours:

Call Crime Dispatch
 541.373.6098

ATTENTION!

BURNS PAIUTE TRIBAL REGISTERED VOTERS!

The Election Board is in the process of getting ready for the August 2016 Elections!

We are asking that you please update your address if it has changed within the last 5 years.

There is a possibility that we will conducting elections by mail this year.

CALL THE TRIBAL ADMINISTRATION OFFICE AT

541-573-2088, OR EMAIL BEVERLY BEERS AT beverly.beers@burnspaiute-nsn.gov



**JOB DESCRIPTION
FINANCE DIRECTOR**

LOCATION: Burns Paiute Reservation

SALARY: \$60,000.00/DOE
Benefits available

OPEN: May 10, 2016

CLOSING: Open Until Filled

Summary Description:

Under general direction of the General Manager, oversees all operations in connection with financial matters, including accounts receivable and payable, payroll, and auditing; trains and supervises department on systems of accounting for federal and state funded programs, policies, and procedures for transacting financial matters; ensures that the financial system is accurate, efficient, and in accordance with professional accounting practices and governmental regulations. Have knowledge of grants and contracts and direct oversight. Assist a team in selecting the medical/dental employee plan. This position requires knowledge of GASB accounting principles; a thorough understanding of deferred revenues and the ability to communicate professionally respectful and the tools needed to get along with many different types of personalities. This position requires sharing necessary information with program managers and Tribal Council. The position is fast paced and requires self-motivated people who can multi-task.

Duties:

Develops and implements the Accounting Department's goals, projects, policies, procedures, methods, directs the general accounting activities including maintenance of general ledgers, insurance contracts, fixed asset control; prepares and presents financial reports to the Tribal Council and program directors, review of payroll records; cash management of the Tribe's accounts, prepares monthly and timely financial reports to State and Federal funding agencies; reviews and maintain internal audit control system.

Provides in depth data, reports and other information to assist in the preparation of the annual audit; forecast revenues, expenditures, and year-end balances.

Prepares and revises the fiscal operating procedure manual; provide budget assistance and information to program directors and Tribal Council; Prepares presents and negotiates the annual indirect cost proposal agreement with the necessary federal agencies; supervises daily accounting operations; supervises and evaluates accounting staff.

Qualifications:

1. Bachelor's degree in accounting/business preferred
2. Accounting Manager with experience in fund accounting and reporting.
3. Four (4) years progressively responsible experience in accounting, with at least three (3) years of management experience.
4. Must possess a valid Oregon Motor Vehicle operator's license.
5. Working knowledge of accounting software.

Other Requirements:

- Must submit to and pass a drug test.
- Must permit a criminal background check.

Possess knowledge and understanding of P. L. 93-638 contracts, including State and other Federal grants. Knowledge of Fund accounting would be an asset.

Indian Preference:

Indian Preference will be given to candidate showing proof of enrollment in a Federally Recognized tribe. In the absence of qualified Indian applicant, all qualified applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regards to Race, Color, Creed, Sex, Politics, Age, Religion or National Origin.

How to Apply:

Mail Application and resume' with three (3) business references to:

Burns Paiute Tribe
Human Resource Director
100 Pasigo St.
Burns, OR 97720
Phone: (541) 573-8013
Fax: (541) 573-2323

BURNS PAIUTE TRIBE GENERAL MANAGER

The Burns Paiute Tribe is seeking a General Manager who can lead the Tribe in its efforts to grow and prosper while retaining its cultural heritage. Located in southeastern Oregon, the Tribe is searching for a leader with excellent communication skills, experience in tribal economic and community development, the ability to advance strategic priorities and knowledge of Federal Indian Law. Candidates must have a Bachelor's degree in public administration or a related field and at least ten years of experience in management. A Master's degree is preferred. The position reports to the seven-member Tribal Council and manages a \$4.1 million annual budget with 50 employees. The salary range for this position is \$80,000-\$110,000, depending on qualifications, along with a competitive benefit package.

The successful candidate will be expected to build on the Tribe's recent strategic planning efforts related to services, facilities and economic and community development, including developing partnerships with neighboring communities, state agencies and federal partners. Please review the job description for a complete overview of the duties, responsibilities and desired qualifications.

HOW TO APPLY

Please send a cover letter, resumé and supplemental question responses to:

Human Resource Director
Burns Paiute Tribe
100 Pasigo Street
Burns, OR 97720

In your cover letter, please include three personal references. Additionally, indicate whether or not we may contact your current employer. All applications must be received by **5:00 p.m. on May 18, 2016**. Questions about the position should be submitted to jw@buildingcommunities.us.

Indian Preference will be given to candidates meeting the minimum job qualifications and showing proof of enrollment in a federally recognized tribe. In the absence of qualified Indian applicants, all qualified applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regards to Race, Color, Creed, Sex, Politics, Age, Religion or National Origin.

Finalists will be required to:

- Pass a drug screening
- Pass a criminal background check
- Submit to a credit background check

LINKS TO DOCUMENTS

- General Manager Position Description
- General Manager Supplemental Questions

Community Health Nurse - Full Time

Number of Positions:	1
Location:	Burns, Oregon – Burns Paiute Reservation
Open:	April 4, 2016
Closes:	Open until filled
Starting Date:	To be determined
Supervisor:	Health Services Director
Salary:	DOE

Position Summary: Under the supervision of the Health Services Director, the Community Health Nurse is an integral part of the Burns Paiute Tribe health program with primary emphasis in providing direct health care, prevention education, and maintaining quality health standards for the tribal community.

Duties and Responsibilities:

1. Assess patient care using reasoning and decision making skills. Communicate clearly with patients and other health care professionals using spoken and/or written words
2. Provide nursing care through home visits or at the health center on a daily basis
3. Promote health education/prevention by presenting to individuals or groups
4. Coordinates patient care with other health professionals
5. Analyze, interpret, and initiate patient medical data on the patient care component encounter form
6. Provide follow up on patient treatment, recovery, and doctors orders
7. Coordinate activities relating to the weekly tribal health clinic
8. Assists the medical provider during clinic times
9. Maintains the tribal immunization program
10. Operates the Resource Patient Management System (RPMS) to enter patient data
11. Prepares program reports and program documentation as needed or requested
12. Ability and the knowledge of the importance of maintaining **strict confidentiality of all records and information pertinent to the nature of the work.**
13. Must maintain strict confidentiality of medical information and adhere to HIPAA and Privacy Act requirements.
14. Knowledge of community and public service providers
15. Works irregular hours when needed
16. Able to lift and bend when caring for patients in the office or on a home visit.
17. Willing to be trained as a SANE (Sexual Assault Nurse Examiner)
18. **Perform other duties as assigned**

Required Qualifications:

- Must be a registered nurse with the State of Oregon and have an active, unrestricted license at the time of hire.
- Prefer a minimum of Bachelor of Science Nursing (BSN) degree
- Minimum of one year of hospital experience or equivalent
- One year of generalized community health nurse experience or equivalent
- Must possess a valid Oregon Driver's License
- Have basic computer skills

Desired Qualifications:

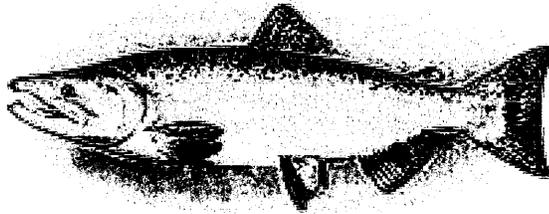
- Knowledge of principles, concepts, theories, and techniques of public/community health nursing and teaching and learning
- Ability to identify, assess, analyze, and evaluate medical data and information utilizing standard nursing principles
- Ability to independently plan, coordinate, and manage work
- Experience and ability to work well with diverse groups of people from varying age groups and socioeconomic backgrounds, sometimes in stressful situations, in a manner that displays professionalism, tact, diplomacy, and good judgment.

Successful Candidate must:

- ◆ Submit to and pass a urinalysis drug test.
- ◆ Agree to a criminal background check.
- ◆ Sign Confidentiality Clause.

Please submit application along with resumes to along with verification of Licensure:

Burns Paiute Tribe, Human Resource Department
100 Pasigo St.
Burns, OR 97720
541-573-8013



We are excited to announce the first Chinook salmon fishery in the Logan Valley in almost 100 years!

ODFW and the Tribe are releasing salmon in the Upper Malheur River for a fishery in late May/mid-June.

Where can I fish?

What can I fish with?

How many fish can I keep?

Where are the fish being released?

Who can fish?

Do I need a license to fish?

When are the fish being released?

The Natural Resources is hosting a few events to answer these questions.

- **May 11, 6:00pm at the Gathering Center.**
Dinner & Fishery Registration. We will hand out maps, answer questions about Tribal regulations, and hand out reporting forms.
- **May 19, 6:30pm at the Gathering Center.**
Dinner & Spear-Making Workshop with the Shoshone Bannock Tribe. Come learn how to build a spear that you can use for salmon! We will have many supplies and tools handy. Please bring (if you have) a hatchet, flat nose pliers, chainsaw files and waxed dental floss.
- **May 20, 8:30am at the Gathering Center.**
Did you miss the spear-making? We plan to have a morning workshop for those that have to miss us on the 19th.

Questions in the meantime? Call Erica at 573-8088 or Jason at 573-8087, or stop by to talk to Fisheries.

**BPT 2016 Temporary Fishing Code for Chinook Salmon in the Upper Malheur River from
May 1-August 15, 2016**

Open waters: The Upper Malheur River from the Bluebucket Creek confluence upstream to the headwaters of McCoy Creek, Lake Creek, Big Creek and Bosonberg Creek.

- Fishing with traditional methods North of the 16 road is prohibited. This is to protect native fish.
- Enrolled Burns Paiute Tribe members may fish with contemporary hook and line North of the 16 road (see below for definition of traditional methods).
- Enrolled Burns Paiute Tribe members may fish for salmon using traditional methods **OR** hook and line anywhere south of the 16 road to the lower boundary at the Bluebucket Creek confluence.

Restrictions: This fishery is occurring in partnership between the Burns Paiute Tribe and the Oregon Department of Fish and Wildlife (ODFW). Therefore, the fishery is open to both tribal members and to members of the public. Members of the public must follow current ODFW regulations.

The regulations set forward here apply to enrolled members of the Burns Paiute Tribe.

- Burns Paiute Tribal members must have valid tribal enrollment in order to participate in the tribal portion of this fishery. Tribal members must be prepared to show their tribal ID card, if requested by enforcement.
- Burns Paiute Tribal members do not need an ODFW license to fish for spring Chinook salmon.
- All salmon harvested by Burns Paiute Tribal members during this fishery shall be used solely for subsistence and cultural purposes and may not be sold.
- Only enrolled members of the Burns Paiute Tribe are permitted to fish on tribal Logan Valley property unless explicit written permission to a non-tribal person is otherwise granted.
- All fish other than spring Chinook salmon must be released immediately if captured by traditional methods. Burns Paiute Tribal members who wish to harvest other species must have a valid ODFW fishing license, and follow the current ODFW regulations.

Not Allowable Gear/Tackle:

- It is prohibited to leave gear unattended.
- The possession or use of any live bait is prohibited (including worms & chumming bait);
- Firearms, bows or any other gear not commonly used in angling;
- Gill-nets;
- Fixed gear that blocks the width of the stream.

Gear/Tackle allowed:

- Traditional methods: spear fishing, net fishing, basket weirs.

- Contemporary methods: Hook and line as defined by current ODFW regulations.

Season: May 1-August 15.

Fishing hours: Fishing may occur one hour before sunrise to one hour after sunset. When fishing for other species current ODFW regulations apply.

Daily Bag Limit: For Burns Paiute Tribe members, the daily bag limit is 4 spring Chinook salmon per person. One fisherman per party may capture the daily limit equivalent for the present party. For example, if the party size is 3, one fisherman may capture a total of 12 (3 persons x 4 fish per day) for the party. However, everyone in the party must have a tribal identification card and be present on site at the time of harvest.

Reporting Requirements: Each individual **must** report the correct total of each day's harvest of salmon to the Burns Paiute Natural Resources Department. Tracking harvest will allow staff to facilitate this opportunity in the future. Burns Paiute Tribal Members must also report any mortality or injury to other species (such as trout).

ATTENTION!

BURNS PAIUTE TRIBAL REGISTERED VOTERS!

The Election Board is in the process of getting ready for the August 2016 Elections!

We are asking that you please update your address if it has changed within the last 5 years.

There is a possibility that we will conducting elections by mail this year.

CALL THE TRIBAL ADMINISTRATION OFFICE AT
541-573-2088, OR EMAIL BEVERLY BEERS AT
beverly.beers@burnspaiute-nsn.gov

Voter Registration List

Burns Paiute Tribe

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

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

- 92 Teeman, Diane
- 93 Teeman, Ernest

Topics for May 17 visit from Social Security Administration

11:00 AM at the Tribal Court Building.

Social Security Presentation -- Outline

- Brief, but important historical perspective in which SS was founded
- Impact of demographic changes
- Current beneficiaries of, and funding for, SS payments
- Projected solvency & concerns
- Insured status and computation of benefit amounts
- Getting the most from *my Social Security* Statements
- Provisions affecting employees NOT covered by SS
- Taxation of SS and Earned Income Limits
- Benefits for family members (spouse, ex-spouse, children, grandchildren, and survivors)
- Disability & Supplemental Security Income (SSI) Benefits
- Medicare Coverage
- Personal Preparation & Online Tools, incl. ***Social Security Express***

Meeting/Discussion/Q & A – Social Security’s Disability Programs (SSD and SSI)

- Commonalities and Differences
- Medical Determination process
- Technical (non-medical) rules of entitlement and eligibility
- Representative Payees
- Q & A

Housing News

May 16, 2016

BURNS PAIUTE HOUSING AUTHORITY

HOUSING AUTHORITY MEMBERS

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant

Housing Authority Meeting

TENTATIVE
June 1, 2016
11:00 am
Housing Office

TREE TRIMMING

We are currently working on trimming the trees on the reservation. Once we get the cost finalized as well as working with another program on available funding source. We will be speaking with the homeowners regarding the process. We will be starting on the lower half of the reservation. The trees we will be focusing on first are those that may cause a safety issue i.e. near the roads, power lines.

In order to get the most trees trimmed the homeowner will be responsible for removing the limbs from the property.

CARNIVAL

The Housing Authority will be participating in the Annual Community Carnival.

Bring the kids out to the Gathering Center on Thursday, May 26, 2016 starting at 5:30 for evening of fun and games.

Tickets will be 25¢ or 5 for a \$1.

Proceeds from Carnival will go towards the elders trip.

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

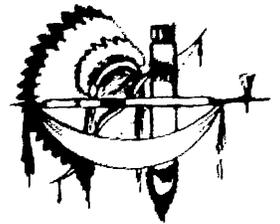
Cellular

541.589.2647

VACANT SEAT

Housing Authority Board

Please submit letter of interest for the Housing Authority Board member to Tribal Council and a copy for the Housing Authority. If you have any questions, please contact the Housing Office at 541.573.2327.



WAITING LIST—As of April 6, 2016

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN	
Taylor Kennedy	July 29, 2015	1 adult	0 child/ren	Complete
Desiree Sam	January 25, 2016	2 adults	2 child/ren	Complete
Donna Teeman	February 26, 2016	2 adults	1 child/ren	Complete

Per the Burns Paiute Housing Policy, "Applicants placed on the waiting list are required to respond to any update requests as a condition of remaining on the list and as a condition of admission." Request updates are mailed to the applicants last known address. The applicant is also responsible for informing the Housing Program if there are any changes in contact information, family composition and income change (increase/decrease).

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



Reminder to Middle School Kids there is tutoring at the high school after school. Call Rhonda or Marissa if you need a ride.

Lets support the kids playing Baseball, Track and Lacrosse

May 21st is the Salmon bake- at Bend COCC we need a list of people adults and Kids to committee to attend. We will be working on getting this planned. TBA

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-Youth Services

Coordinator

541-573-1572-

Youth Services Coordinator Assistant

Rhonda Holtby- Parent/Educ. Coordinator

541-413-0448

Fred Pelroy- Tutor 541-589-2933

Marissa/ Spencer Jones-Tutors

(775)770-4539

Monday May 16th

4:00-4:30-Tutor/Reading for 20 Min.

4:30-5:00- Lanette Tobacco Program will talk about

tobacco prevention, Mr. Ciggy....free Time-take kids home

Tuesday May 17th

4:00-4:30- Tutor/Reading for 20 Min.

4:30-5:00-Deangela, and Nanci will come down and we will have a Poster Board that states: "I Pledge to be Alcohol Free" whoever wants to sign it can and then we will laminate it and you can hang it in Tu-Wa-Kii-Nobi. Free Time-take Kids home

Wednesday May 18th

4:00-4:30- Tutor/Reading for 20 Min.

4:30-5:00-Free time-take kids home

5:15 tribal court- Parent Committee Meeting

Thursday May 19th

4:00-4:30- Tutor/Reading for 20 Min.

4:30-5:00-Free time-take kids home

Friday May 20th

Tu-Wa-Kii Nobi will be closed today.. We have several events going on that you can participate in Have parents take you and enjoy your day.

8:30-Speer Making at Gathering Center Natural Resources Dept. See flyer

11:00-4:30-Outdoor Edu. Camp 4th-8th Grade- See flyer

12:00-4:00- Wing Dresses see flyer for more information.-See flyer

National Prevention Week is Monday May 16-Saturday May 21 with each day's focus on a specific Prevention Topic.

May 16th, Monday, Lanette will talk about tobacco prevention, Mr. Ciggy....

May 17th, Tuesday, Deangela, and Nanci will come down and we will have a Poster Board that states: "I Pledge to be Alcohol Free" whoever wants to sign it can and then we will laminate it and you can hang it in Tu-Wa-Kii-Nobi.

We encourage the Parents to come and see what the kids are learning.

This is all presented by our Prevention Department Staff.

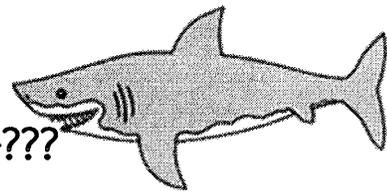
Any Questions Call Tu-Wa-Kii-Nobi (541)-573-1573



NPW
national prevention week
MAY 15-21, 2016



ATTENTION ALL KIDS and PARENTS
ARE YOU READY FOR SOME SWIMMING???



The High Desert Swim Team is always looking for new team members. Swim Team starts on June 14th.

If you love to swim or want to become a better swimmer give it a try. You will learn new swim strokes, meet new people, get healthy and strong and of course have fun! For all you athletes swimming is a great way to stay in shape for fall sports. Practices for new swimmers start at 8am or 9am depending on level and although there are five swim meets, you only need to attend two to qualify for districts. We accept ages 4—18

REGISTRATION- May 23 5-630pm at pool

June 13 8am—930 and 5-6 pm at pool

If you have questions or would like to learn more of what swim team is all about please call

Jodi Reiss— 541-589-3105

Michelle Bradach— 541-589-0171

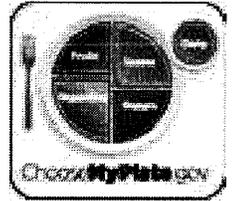




10 tips
Nutrition Education Series

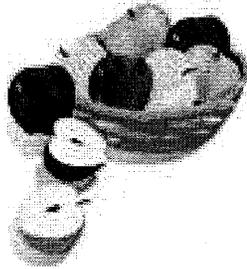
focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Focus on whole fruits—fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Make sure that saturated fat and added sugars are limited when preparing fruit dishes.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

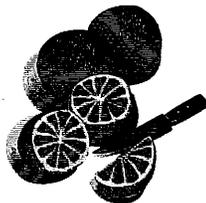


2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



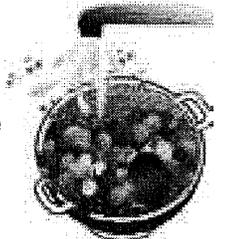
7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

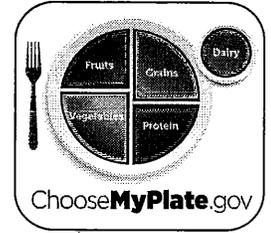


10 tips

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

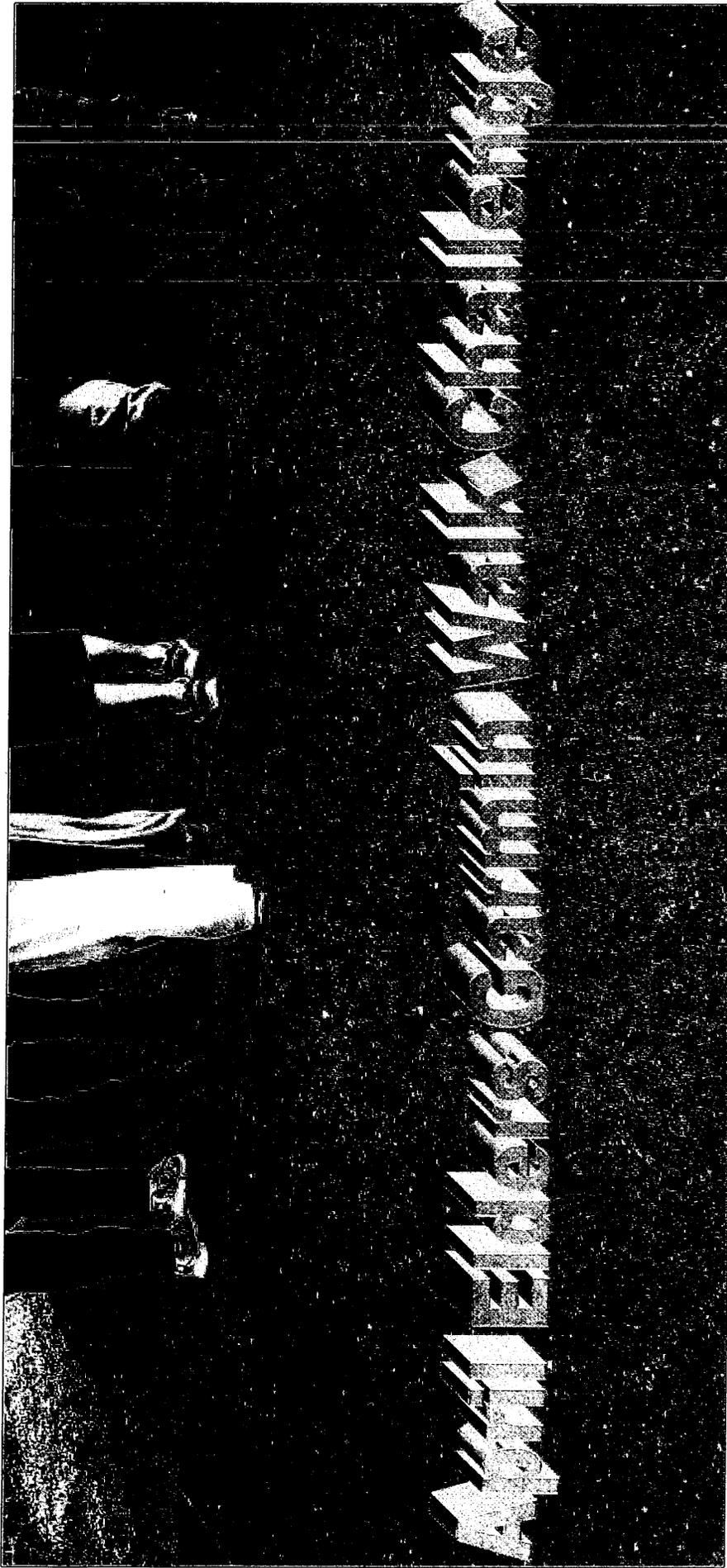
Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



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>.



17 Elders Participated

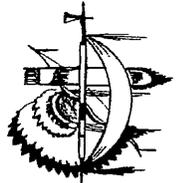
They walked a total of 783.15 miles, that's like walking from here to Portland and back and then back to Portland, and then some!!!!

The top three walkers were as follows:

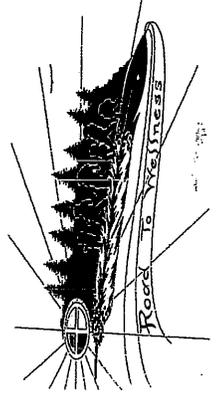
- ⇒ 1st place with a total of 143 miles was Randal Lewis
- ⇒ 2nd place with a total of 85.78, was Cecil Dick
- ⇒ 3rd place with a total of 78.38 miles was Fred Townsend

Sponsored by "The Road to Wellness" Prevention Programs

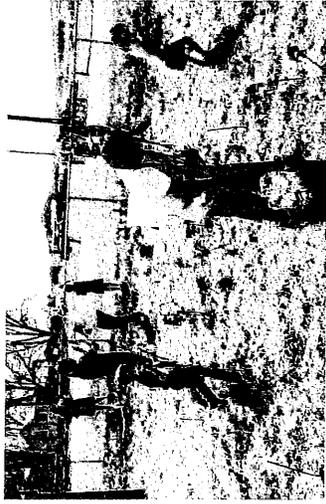
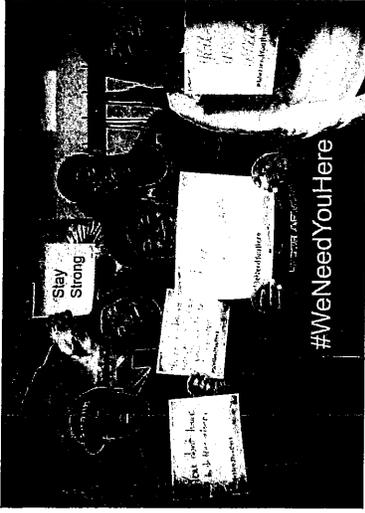
Thank you all for participating~



Look forward to the results of the May Challenge, we have 25 Elders participating!



PREVENTION WORKS



Strong as One, Strong Together

National Prevention Week is May 16th - May 21st

You have the Power to help others lead healthy lives!

Speak up, join in, and make a difference!

Have you talked to your youth about making healthy choices?

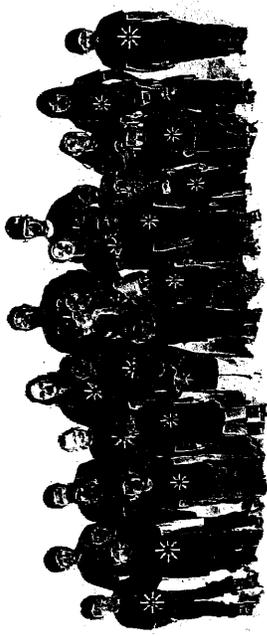
Together, we can achieve even more!



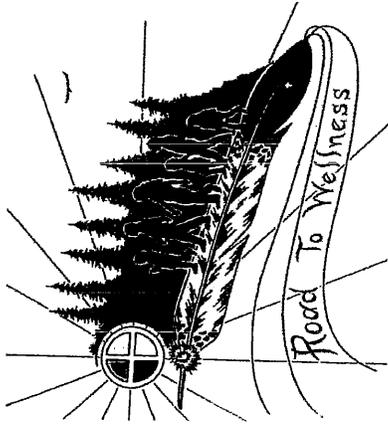
TALK

THEY

HEAR YOU!



Burns Paiute Basketball Team 12/26/2015, WSO



5 Conversation Goals

Talking to kids about alcohol.

Research shows that parents are the #1 reason young people decide not to drink.

So, start talking to your children about alcohol before they start drinking— as early as 9 years old. Even if it doesn't seem like it, they really do hear you!

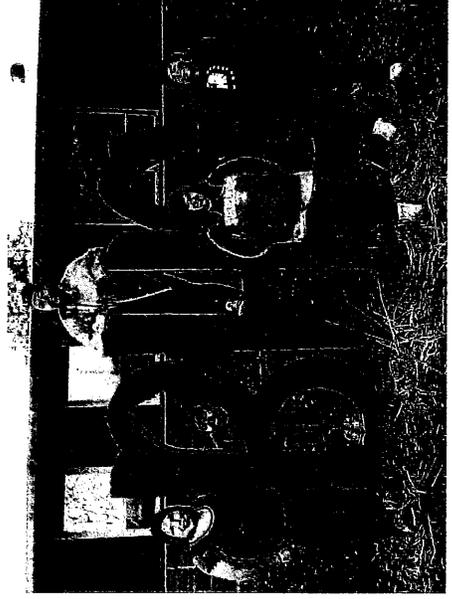


5 CONVERSATION GOALS

- 1 **Show you disapprove of underage drinking.** Over 80 % of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear and strong message.
- 2 **Show you care about your child's happiness and well-being.** Young people are more likely to listen when they know you're on their side. Try to enforce why you don't want your child to drink-not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

3 **Show you're a good source of information about alcohol.** You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media-you want to establish yourself as a trustworthy source of information.

4 **Show you're paying attention and you'll notice if your child drinks.** You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.



5 **Build your child's skills and strategies for avoiding underage drinking.** Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

TIP: Keep it low key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

Burns Paiute Tribe

Prevention Department

100 Pasigo Street
Burns, OR 97720

(541) 573-8054

Visit us at the Road to Wellness Bldg.

Another opportunity to make a wing dress. Open to Youth and Adults. This Friday May 13th, 2016 starting at 1:00pm place *Gathering Center*.

WING DRESS CLASSES

@ THE GATHERING CENTER

MAY 20TH FROM 12 PM TO 4PM

MAY 27TH FROM 12 PM TO 4 PM

COMMUNITY PROJECT

IF YOU WOULD LIKE TO

LEARN HOW TO

MAKE A WING DRESS

PLEASE COME!

ALL OF YOU YOUNG

LADIES PLEASE BRING YOUR

PARENTS TO HELP! FOR

MORE INFO CONTACT:

WANDA 541-639-5046

CHARLOTTE 541-589-4924



Kick off another season of working together!

Please join us for a casual barbeque to celebrate local ranchers, industry, federal and state agencies, and local government folks – all of the key stakeholders who have helped make Harney County a model for community-based public lands and natural resource management.

We'll enjoy tri-tip, chicken, and ample side dishes along with locally-brewed beer – brought to you by Harney County ranchers and the Western Lands Resource Center, a working group focused on education concerning multiple use land management principles. Most importantly, we'll enjoy good friends and conversation.

Date: Monday, May 23, 2016

Time: 5:00 PM

Location: Memorial Building @ the Harney County Fairgrounds

You won't be listening to speakers or be pestered by media. This is about taking time to get together with friends and neighbors and continue the relationships that make our community work!

Please RSVP to Rachel Beaubien

541-589-0952 or

RESTORATION OF THE

Spirit

wemblankt-naalam-maqlaqs-skoks
"Healing our peoples spirits"

MAY 27th, 2016

Ross Ragland Theatre

Event Starts at 7pm

SILENT AUCTION

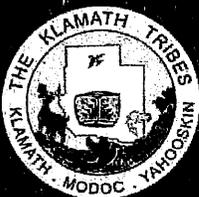
Live Cultural Presentation

SCREENING OF

Award Nominated Documentary

THE SEVENTH FIRE

Free to the public



Brought to you by
Klamath Tribal Health
& Family Services
Youth & Family Guidance
Centers Prevention Program

Project made possible by
State of Oregon AMH
Mental Health Initiative Funding

DONATIONS NEEDED

A SILENT AUCTION IS BEING HELD FOR

DEWAYNE HOODIE

HE IS IN NEED OF A KIDNEY TRANSPLANT!

ASKING FOR DONATIONS FOR THIS EVENT

WE WILL ALSO BE LOOKING FOR KITCHEN HELP

WE WILL BE HAVING A DJ

INDIAN TACO FEED, SILENT AUCTION, AND A GUN RAFFLE

@ THE ELKS ON JUNE 4TH,2016

MORE INFO TO COME AS WE GET ALL THE DETAILS WORKED OUT

THANK-YOU FOR YOUR GENEROSITY!



FOR DONATED ITEMS

PLEASE CONTACT:

BRENT YORK @ 541-413-1367 OR

LANETTE HUMPHREY@541-589-1633

WE WILL PICK UP OR YOU CAN DROP

THEM OFF AT THE

SELCO COMMUNITY CREDIT UNION

BENEFIT DINNER

AND DANCE IS BEING HELD FOR

DEWAYNE HOODIE

HE IS IN NEED OF A KIDNEY TRANSPLANT!

WE WILL BE HAVING A INDIAN TACO FEED,

SILENT AUCTION, AND A GUN RAFFLE

@ THE ELKS ON JUNE 4TH, 2016

DINNER STARTS @ 4PM - 8PM THEN OUR OWN

DOBSON TRIBE DJ TONY WILL TAKE OVER

PLEASE JOIN US!

