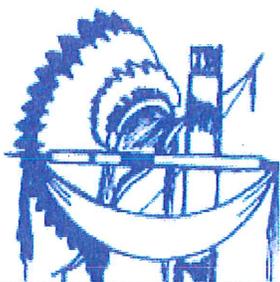


Burns, Oregon

August 8, 2016



BURNS PAIUTE ELECTIONS

AUGUST 9, 2016

Place: Tribal Court room

Time: 8:00 am to 7:00 pm

Aug. 10, 2016—Free Small Business Start Up Training for Native Community at Tribal Courtroom, 5 pm to 7 pm. Free Dinner provided. Contact Kerry at 541-573-8013

Aug. 12, 2016—3 on 3 King of the Kourt At 3:00 pm at Rainbow Park

Ford Ranger for Sale: 2001 Ford Ranger ext. cab with 89 K miles. Starting bid at \$1500. Contact Ben Cate with questions at 541-573-8086.

Attention community members

The Senior Center currently has 3 openings for low income families whom need there house weather-ized:

- New Windows
- New Doors
- New insulation etc.

You will need your enrollment card, must be Native American, also if you have applied and received services through the LIHEAP program previously you will not be eligible for services, it is only available to people whom have not received any services through the LIHEAP program.

Requirements are that you apply in person at the Harney County Senior Center, or contact Sue Weathers at (541)573-6024

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

Save The Date!
Physical Activity Kit Training
August 15 & 16, 2016
Burns, OR
Gathering Center, Burns Paiute Reservation

Physical Activity Kit Overview

The Physical Activity Kit (PAK) consists of traditional and contemporary Native American games and dances to emphasize active lifestyles across all ages.

Participants will receive a Physical Activity Kit "toolkit" as part of the training.



Overview of the Agenda

Day 1:
Welcome/Blessing/Overview
PAK for Young People
Mt. Pathways Challenge
Modified Native American Games
Ice Breakers and Fitness Breaks

Day 2:
Welcome/Blessing
PAK for Head Start
PAK for Adults/Families
PAK for Older Adults
PAK Resources/Measurement
PAK Action Planning

We will begin each day at 9:00 am and conclude by 4:00 pm; pre-registration is suggested

For More Information, Please contact: Lunch & snacks provided

Wadatika Health Center
Twila Teeman – 541-573-8049
Rachel Snapp – 541-573-8050

Joe Law, Portland Area Indian Health Service, is the trainer.
Everyone Welcome



Darren Kennedy

Born - February 17, 1981 - Burns, Or

Passed - August 4, 2016 - Portland, Or

Funeral Services

Monday August 8, 2016

1:00 p.m.

Peace Lutheran Church, Burns, Or

ELECTION

NEWSLETTER – July 15, 2016

Requirements for a 45 day notice prior to Election Day.

ELECTION DAY: August 9, 2016

Burns Paiute Tribal Elections will be held on August 9, 2016, at the Burns Paiute Tribal Courtroom on the Burns Paiute Reservation. Polling will be open from 8:00 am to at 7:00 pm no person(s) will be allowed to vote after 7:00 p.m.

Council member terms that are up; Charlotte Roderique, Wanda Johnson and Selena Sam. All are three (3) year terms.

Nominated at the June General Council meeting were; Twila Teeman, Tracy Kennedy, Charlotte Roderique, Andrew Beers, Joe DeLaRosa, Taylor Kennedy, Selena Sam, Charisse Soucie, Brenda Sam, Dean Adams and Wanda Johnson. To this date we have not received any withdraw letters. Kenton Dick and Diane Teeman declined their nomination.

The Election Board held a meeting on Wednesday July 14, 2016, we have (3) new alternates whom are Betty Lou Hawley, Phyllis Miller and Rachel Snapp, all three of the candidates were sworn In. I have attached a copy of the voting ballot with all the nominees that are listed above. At this time the Election Board is able to move forward and continue towards Election Day. Carla Teeman and Beverly Beers will assist the Board whereas needed but will abstain from counting the ballots of Election Day due to the conflict of interest that was previously addressed with the Board, as referred to in the Election Ordinance Section 5. Removal and Conflicts of Interest.

ABSENTEE BALLOTS

A registered voter may request an absentee ballot for himself or herself, for any reason. No person may request an absentee ballot for another.

Please contact for an absentee ballot: Beverly Beers 541-573-8016, 100 PaSiGo Street, Burns, OR 97720. Email is bptelections@gmail.com.

Absentee ballots may be requested in person, or by mail, email fax, or telephone. Absentee ballots **may not** be e-mailed or faxed to a voter and **may not** be returned to the Election Board by email or fax.

IN PERSON: Absentee ballots may be requested in person from the designated Election board member(s) not less than five (5) days before Election Day. The Election board will hand the

voter a ballot, or may mail the ballot to the voter at the address on file for the voter if there is time for the ballot to be mailed out and received before the Election Day.

BY MAIL, EMAIL, FAX, OR PHONE: Absentee ballot requests by mail, email, fax or telephone must be received by the Election Board not less than fifteen (15) days before Election Day. If a voter requests an absentee ballot by mail, email, fax, or telephone, the Election Board shall mail the ballot to the voter at the address on file for the voter as soon as possible, but not less than ten (10) days before the Election Day.

VOTER REGISTRATION INFORMATION: Please contact Beverly Beers at Tribal Administration, 541-573-8016 to request forms.

C. VOTER ELIGIBILITY AND REGISTRATION

1. Voter Eligibility

All duly enrolled members of the Burns Paiute Tribe who will be eighteen (18) years of age or older and who have registered to vote in accordance with the requirements of this Ordinance shall be qualified voters, eligible to vote in Tribal elections and at General Council meetings.

If a person has not registered to vote and/or does not have signature verification information on file with the Election Board, that person is not a registered voter and is not entitled to vote in Tribal elections or at General Council meetings.

2. Voter Registration

To register to vote, a Tribal member must submit a completed voter registration form, which includes all required signature verification information, to the Election Board

Voter Registration forms and instructions shall be in a format substantially similar to the form set forth in appendix D of this Ordinance.

The Election Board shall provide voter registration forms and instructions to Tribal members wishing to register to vote or to update their contact information within five (5) business days of the request for the forms. Voter registration forms shall also be available at the polling place on Election Day.

A Tribal member may submit a voter registration form to the Election Board in person, or mail or fax.

A tribal member may register and vote in person, before Election Day or at the polling place on Election Day, by submitting a completed voter registration form to the Election board. An Election Board member or alternate shall confirm the identity of the Tribal member, witness the Tribal member's signature, and sign the form.

If a Tribal member submits a voter registration form by mail or fax, the signature verification section shall be signed by the Tribal member and shall include:

- A legible copy of the Tribal member's tribal identification card, Driver's License, state-issued Identification card, or passport, which clearly shows his or her signature; or
- The seal and signature of a notary public; or
- Other verification as approved by the Election board.

If a Tribal member submits a voter registration form by mail or fax and wishes to request an absentee ballot, the voter registration form and request for an absentee ballot must be received by the Election Board in time to meet the timelines set forth in Section G(6)(d) of this ordinance. If a tribal member wishing to register to vote and request an absentee ballot by mail or fax misses the deadline, the Election Board will not mail him or her an absentee ballot. The Election Board shall register the voter, notify the Tribal member that he or she may vote in person, at the polling place, on Election Day, and record the action in the Election log.

Once a person registers to vote and is listed on the Registered Voters List, he or she is a registered voter and is not required to re-register annually.

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

BURNS PAIUTE TRIBAL ELECTION

August 09, 2016

Each voter may cast one (1) vote for each vacancy on the Tribal Council. No more than one (1) vote per candidate shall be cast. Mark your vote with an X. Do not make any other marks on the ballot other than your vote for a write-in candidate.

There are three (3) vacancies this election.

_____ Twila Teeman

_____ Tracy Kennedy

_____ Charlotte Roderique

_____ Andrew Beers

_____ Jose DeLaRosa

_____ Taylor Kennedy

_____ Selena Sam

_____ Charisse Soucie

_____ Brenda Sam

_____ Dean Adams

_____ Wanda Johnson

Write-in _____

Write-in _____

Write-in _____

Write-in _____

Write-in _____

July 27, 2016

To The Burns tribal members,

I am writing this letter to inform my friends and family that I am fully committed to running for Tribal Council and I am respectfully asking for your vote in this upcoming election.

There are several reasons why I decided to leave a good paying job in Portland to move back home and run for council. I believe in transparency and equal opportunity for all tribal members, with transparency being the key to the social well-being for our people. I feel we need to create more jobs for tribal members because it opens more opportunity for our people. I would like to explore how our tribal government can become more efficient and accountable.

I would like to wish the other candidates the best of luck in running for tribal council and I look forward to the results. The results will be clearly reveal the will of the people.

If any members have any questions or concerns, feel free to contact me on my number listed below.

Thank you,

Joe DeLaRosa
503.407.1516

**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.

Alcohol/Drug Counselor, CADC-II

Number of positions: (1) one
Location: Burns, OR ~ Burns Paiute Reservation
Open: August 1, 2016
Closes: Open until filled
Starting Date: ASAP
Salary: DOE
Exempt
Classification: Professional/Management, Regular, Full-Time
Generous Benefits
Supervisor: General Manager

Responsibilities:

Primary responsibilities are to provide culturally appropriate Alcohol and Drug Out-Patient services to Burns Paiute Tribal members, their families and other Native Americans in our service area. These activities could include crisis intervention, individual and group therapy, anger management, grief and loss, trauma debrief, depression and other co-occurring disorders. Position requires performance of administrative duties to maintain State Licensure and Certifications for Out-Patient Treatment services, complete and regular data entry of reports, and to monitor, coordinate and implement care and services as designated by Tribal, State, and Federal guidelines.

Police Officer

Number of Positions: (1) one
Location: Burns, OR - Burns Paiute Reservation
Open: April 4th 2016
Closes: Open until filled
Salary: \$37,642 annually/DOE (Full Time)
Supervisor: Police Chief or appointed Personnel

Position Overview:

Investigates complaints and problems relating to the criminal and traffic enforcement on the Burns Paiute Tribe Indian Reservation works under a community oriented policing concept does related work as required

Community Health Nurse

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: Full-Time 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.

Language Technicians

Job Title: Language Technicians (3)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: Part-time/Temporary (one-year estimated currently-grant based)
Opens: August 01, 2016
Closes Open until filled
Salary: \$11.00 + doe

SUMMARY:

The Language Technicians provides coordination of the Burns Paiute Wadatika Yadian Language Project offered by the Culture & Heritage Department, The Language Technician will be responsible for working with assigned fluent Paiute speakers and will assist in the digital recording sessions. The Language Technicians will be responsible for adequately recording all of the words and phrases covered in the recording sessions. The Language Technicians will be responsible for turning in the digital data to the Language Program Coordinator promptly after each recording session of the Wadatika dialect of Northern Paiute.

WADATIKA YADUAN LANGUAGE PROGRAM

The Culture and Heritage Department are starting a program regarding the WadaTika Yaduan. We are welcoming all fluent speaking Elders to contact me and sign up to participate in the program as I am looking forward working with you. There will be an honorarium offered to each Elder who speaks the Wadatika Yaduan fluently. If you have any questions please call Phyllis: 541-480-4009 or Diane: 541-413-1190.

Subject: Guardianship Resource Needed

Klamath County, DHS, Child Welfare is seeking a guardianship resource for a sibling group of two from Klamath Falls. The children are sisters; Allysa, 7 and Skye, 5. Both children are enrolled members of the Klamath Tribes.

Allysa is a beautiful child with long hair. She is a bright, curious, helpful and sweet. She will be in second grade and does well academically and behaviorally. She loves playing with her sister, drawing, and riding the school bus. Allysa follows direction very well when in an environment with clear behavioral expectation and boundaries. Allysa has no medical issues.

Skye is a lovable talkative five years old. She will start first grade this year, last year she had some difficulties following direction. Skye is working on her personal boundaries and needs a family who can provide her with supervision and clear behavioral expectations in a structured environment along with consistent consequences when behaviors do not meet expectations. Skye has not medical issues.

The children need a home that will allow them to be together and provide for their permanency/long term placement and cultural heritage. Above all, the children need guardians who can provide the long term love and support that will allow them the chance to develop into happy and healthy children and young adults.

If you are aware of a placement resource for the children, please contact Tara Bair, (541) 850-3681. Thank you.

Tara Bair
Social Service Specialist
Klamath/Lake DHS, Child Welfare
(541) 850-3681

"Excellence is the Expectation"

Job Opportunity!

Certified Teacher-Full Time

Crane Elementary School is accepting applications for employment for a 2/3 grade teaching Position. All applicants must meet the requirements listed.

Requirements:

Certified Teaching License-Oregon

Interested applicants need to submit a letter of interest, resume, transcripts and a copy of an Oregon Teaching License, to the Crane Schools office between the hours of 7:30-4:00 Monday through Thursday. You may email your application to Crane Schools Superintendent at hawleym@harneyesd.k12.or.us Applications are open until filled.

For more information, call the Crane Schools Office at 541-493-2641 Ext. 223

REMINDER: BEGINNING THIS YEAR 2016-17 STUDENTS WILL BE REQUIRED TO HAVE A SPORTS PHYSICAL EVERY YEAR BEFORE STARTING PRACTICE IN THE FALL. PLEASE TURN THOSE INTO THE SCHOOL OFFICE DURING REGISTRATION OR BEFORE PRACTICE BEGINS IN AUGUST.

Part-Time welding Instructor:

Crane School District 1J- Crane Union High School is seeking interested applicants for a part time Welding Instructor. It is NOT a requirement for applicants to have teaching credentials. The position is a 4.0 hour per day, 12:15-4:15, Monday through Thursday with a pay rate of approximately \$30.00 per hour. This rate may be negotiated based on experience. This position does not provide insurance coverage or PERS benefits. The position starts August 18, 2016 and ends May 25, 2017.

Application Deadline: Open until filled. You may pick up an application in the school office or print one out from this web site. For more information related to this position, please call 541-493-2641 and choose option #8.

The Crane School District is an equal opportunity employer

First Day of School for 2016-17 will be Monday August 22, 2016

HAVE A GREAT SUMMER!

Administration Office:

Well, the weather has finally warmed up. Just make sure everyone drinks plenty of water. This includes checking in with elder family members. Hot weather can be fatal to both humans and animals.

Please check our Tribal newsletter very carefully. The various Tribal Programs are scheduling a lot of activities prior to school starting on August 22nd. Like you, I am surprised that Burns Schools are starting very early.

Even our local Harney District Hospital is hosting an Appreciation BBQ at Washington Park – tomorrow, Friday afternoon, starting at 4:30 p.m.

For you Fair-goer's, this year's Harney County Fair and Rodeo theme is "Dusty Boots and Bucking Chutes". If you are planning to enter a float, you will have to match the County Fair theme.

Tribal Administration will be hosting the Tribal Information Booth at the County Fair. We will be meeting, next week, to discuss how to decorate the booth, and win a Blue Ribbon.

The Tribal Administration would like to "Thank" the youth workers in removing the woven fence where the new Tribal Council Office will be located (next to the Pavilion); putting a new coat of wood preserver on six wood benches; getting juniper fire wood for the Elders from Beech Creek Ranch; and other job learning duties.

The Tribal Chairperson and Lease Compliance Specialist are taking training on Allotment Management Training to learn about managing Allotment Trust Lands. This will give them a better understanding on how we can have a good leasing program for the Allotment Lands. This training is in Madras, Oregon and is scheduled for today, and tomorrow, Friday morning.

Tribal Transit:

Plans are also being designed to have a block party. Since the Tribal Transit Program has been operating for 6 years, time is right to hold a celebration for operating our small Tribal transit program.

Culture & Heritage:

Culture Program will be hosting a Culture Camp on Friday, August 12th with camp set-up, Saturday - August 13th possible huckleberry gathering, and other evening activities; and on Sunday – breaking down the camp, and returning home. **THIS EVENT HAS BEEN CANCELLED.**

This Friday afternoon at 2:00 p.m., Tribal Elders are welcome to meet at the Tribal Culture Office to see if we can schedule other activities during the Culture Camp. We need some ideas on what type of activities can be held.

Other Tribal Events scheduled:

- Sho-Ban Festival on Aug. 12th – 14th in Ft. Hall, Idaho
- Ft. McDermitt Celebration on Aug. 13th and 14th in McDermitt, Nevada.

Fire Awareness:

With the hot weather we have had, most vegetation is very dry, and very susceptible to sparks or open flames. Please be Careful about matches and lighting your cigarettes. Be very careful when you ride your vehicles or ATV off the main roads or streets. Your mufflers or catalytic converters can start grass fires.

FREE SMALL BUSINESS START-UP AND GROWTH TRAINING FOR THE NATIVE COMMUNITY



Attend the presentation on
August 10th from 5pm to 7pm at the
Tribal Courtroom

- FREE DINNER PROVIDED! -

To register please visit:
www.idrsinc.org/burnskickoff
Or call the Kerry at 541-573-8013

SMALL BUSINESS TRAINING TO BE HOSTED LATER THIS YEAR

At the Dinner, you will hear about an exciting opportunity to attend small business training right here on the Burns Paiute Reservation. "Indianpreneurship: A Native American Journey Into Business," provides practical business planning concepts, that are easy-to-understand. You will have a completed business plan when you finish the course.

This training will be provided later this year and is totally free of charge!

Thing you will learn in the Indianpreneurship Training:

- Is starting a business right for you?
- What business should you start?
- How to sell your product
- Where do I get money to start my business
- And much more ...

Generous support provided by:



Committed to the future of rural communities
and the Small Business
Administration (SBA),
Office of Native American
Affairs (ONAA)

For more info, please contact Kerry Opie at 541-573-8013 or kerry.opie@burnspaiute-nsn.gov

MEDICARE 101 CLASSES

August 10th, 6:00 pm – 8:00 pm
at the Senior Center, 17 S. Alder

Medicare 101 class by Donna Delikat and Cynthia Hylton,
Field Training Officers with the State of Oregon Senior Health
Insurance Benefits Assistance program.

★ Sign up
3 months
before you turn 65

Who should attend:

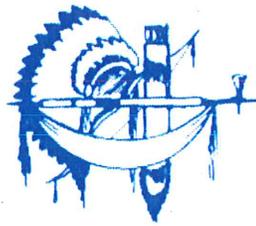
- Those who will be new to Medicare soon.
- If you are currently on OHP and turning age 65
- If you are transitioning from disability OHP to Medicare.
- Individuals that already have Medicare and are confused about their options.
- If you are partners with SHIBA assisting Medicare Beneficiaries.
- If you are currently on OHP and turning age 65
- All others that want to know more about Medicare.



Please register with Senior Health Insurance Benefits Assistance at 1-503-947-7302

**HOUSING
AUTHORITY
MEETING**

August 18, 2016
5:00 pm
Housing Office



August 8, 2016

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cellular

541.589.2022

Brenda Sam,

Housing Assistant

Cellular

541.589.2647

**Fruit Trees @
Housing Office**

The fruit trees at the Housing Office have a lot of produce on them this year. The apricots should be ready this week, they are kinda small but are tasty. The apples are not quite ready yet. Please be careful when picking the fruit as the ripe ones are usually on the top and can be dangerous to get to. Pick at your own risk.

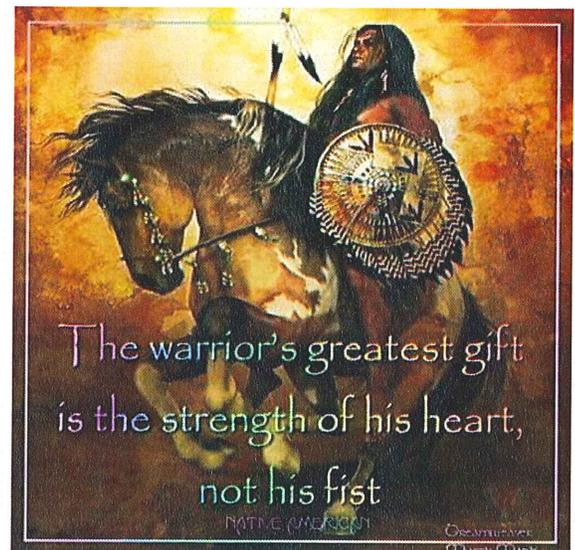


**HOUSING
AUTHORITY
MEMBERS**

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

REMINDER

With the extremely hot weather...PLEASE keep your lawn and weeds cut. Fire safety is very important this time of year. It is your responsibility to keep the lawn and weeds cut on the lot.



WAITING LIST—As of August 1, 2016

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN
Taylor Kennedy	July 29, 2015	1 adult	0 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



Mark your Calendars

We are asking that parents or guardian's sign in kids each day at Tu-Wa-Kii Nobi. We are also asking to update Intake forms.

We have a Movie Night Kung Fu Panda 3-planned for the community on Aug. 10th at 8pm at Rainbow Park -please bring a snack to share.

We would like to thank all the programs that has helped us out with lunch for Tu-Wa-Kii Nobi -We appreciate your help!

School Starts Aug. 22nd

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-541-277-2020

Social Service Staff will be helping out.

Monday August 8th

(Parents need to sign kids in daily! Please!)

10:00-11:00-Free Time

12:00- Lunch on site.

1:00-2:00- We have a fun project planned with ReyAnne.

2:00-3:30-free time-clean -up -take kids home

Tuesday August 9th

10:00-11:30-Craft with ReyAnne

11:30-12:00-Free Time

12:00- Lunch Program on site.

1:00-3:30- Swimming at the Pool for Tu-Wa-Kii Nobi kids. We will be taking kids home after, **Please let me know were the kids need to go.** They can bring money for snacks at pool I will supply water.

Wednesday August 10th

12:00- Lunch on site.

1:00-2:00 Bully Bingo- with ReyAnne Prizes awarded

2:00-3:30-Free Time Clean up and Take Home

Movie Night Tonight (Kung Fu Panda 3) at Rainbow Park! Starts at 8:00p.m.

Please bring your lawn chair, blanket, and a snack to share!! Come have some fun under the stars... See Flyer for more information....

Thursday August 11th

10:00-3:00-

Sandra Zahn is her for the next two days. Today Starts at 10:00-3:00-

Tu-Wa-Kii Nobi will be attending this event. We will see you there.

See flyer for more information

Friday August 12th

10:00-5:00-at Gathering Center

Today Tu-Wa-Kii Nobi is Closed -The kids are to Attend the Sandra Zahn she will be working with youth painting, Drumming, Self Portraits

See Flyer for more information.

Please Call if any questions 541-573-1572

School Starts August 22, 2016!!!!

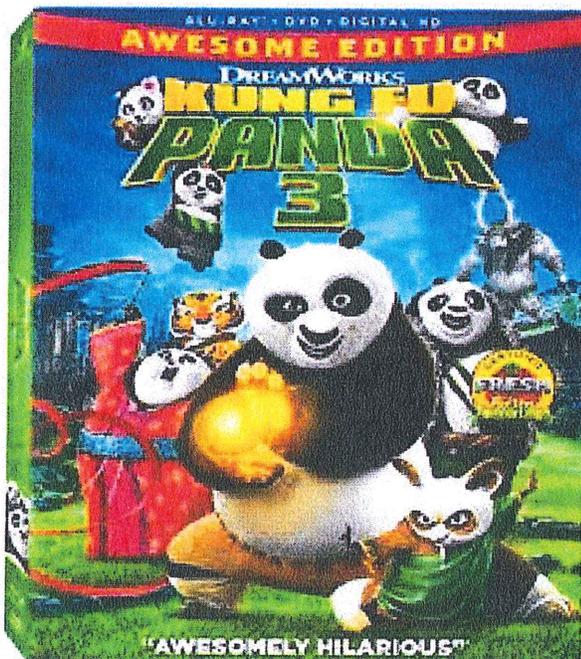


Movie Night

August 10th @ Rainbow Park at 8:00

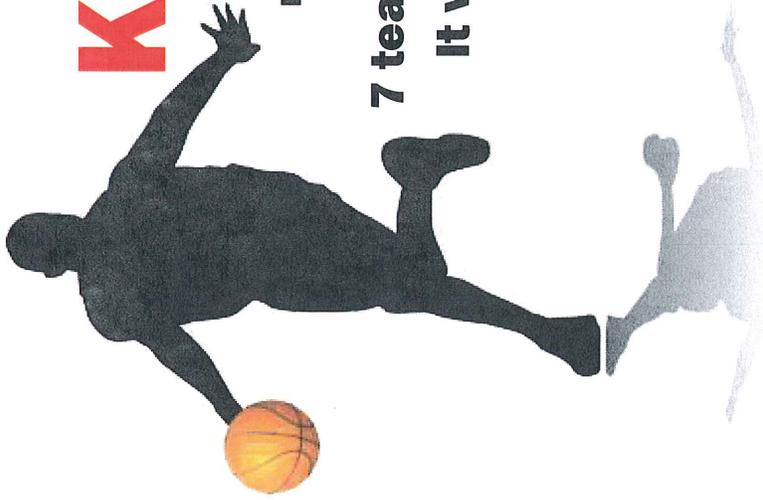
Movie: Kung Fu Panda 3

Bring a snack to share-chair-blanket



3 on 3

King of the Court -Rainbow Park-



7 teams will be playing, come on out and watch!
It will be a great time, come cheer them on!



August 12, 2016

Starting at 3:00 pm

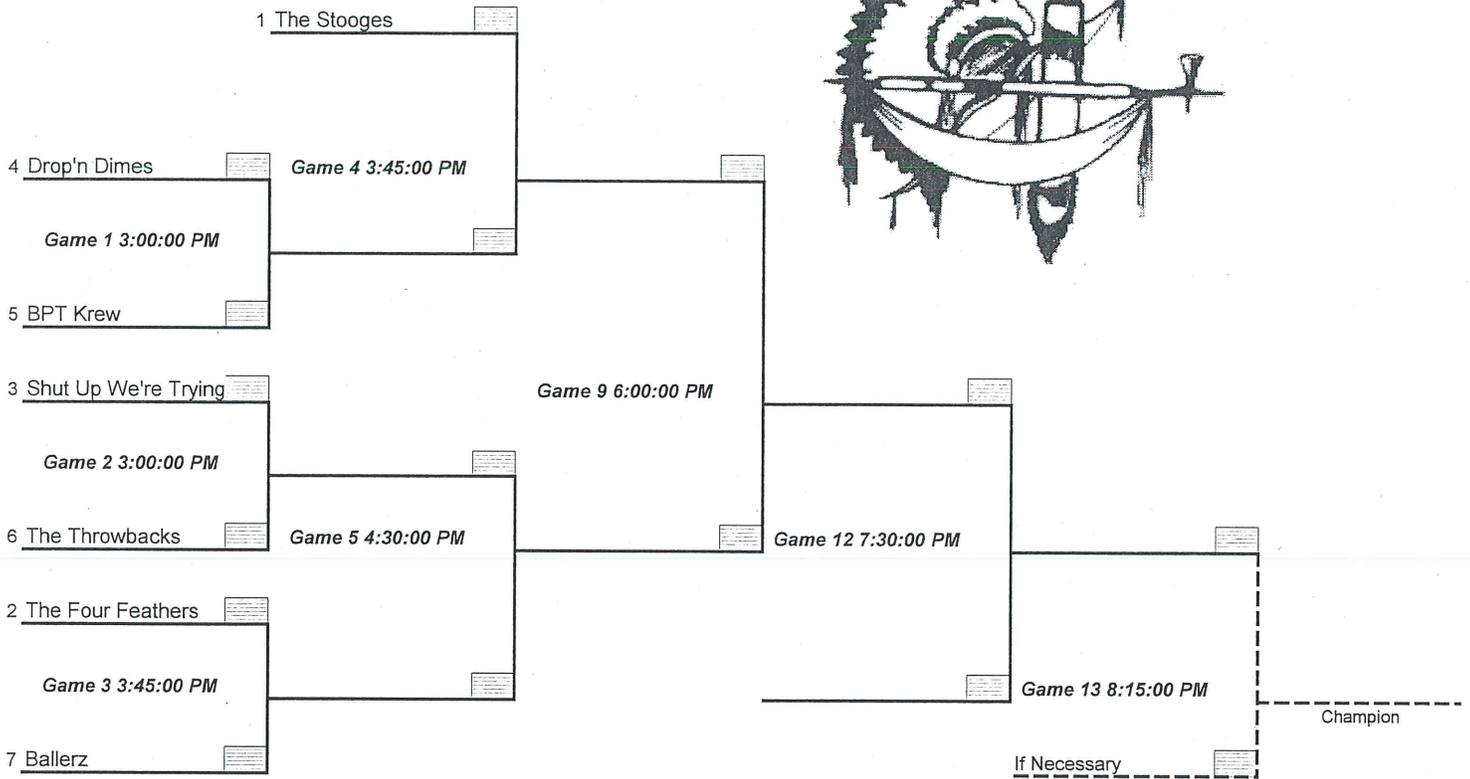
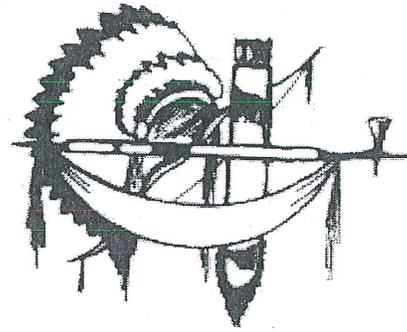
*Prizes for top 3 teams & Random prizes drawn for players entered!

ALCOHOL AND DRUG FREE EVENT!

Prizes Sponsored by: WHC, MENTAL HEALTH DEPT., SUICIDE/TOBACCO

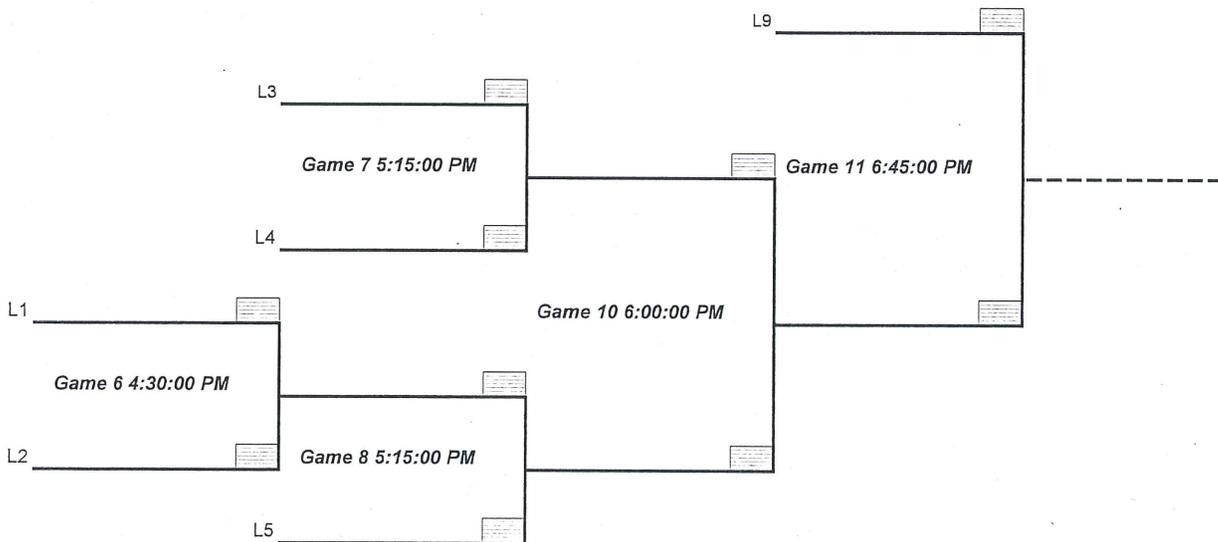
Winner's Bracket

Burns Paiute Tribe 1st Annual King of the Kourt 3-on-3 Tournament



Loser's Bracket

Sponsored by WHC, Mental Wellness Dept. and Native Stand





138th Anniversary of the Fort McDermitt Indian Reservation

August 13 & 14, 2016

Fort McDermitt Tribal Gym
111 North Reservation Road

Na du gwi an

Everyone Welcome to come and share
stories as well as sharing music, dancing
etc..

If you have any questions please feel free to contact
Dennis Smartt (775) 532-8764 or Terry Veyrie (812)
327-3969 for more information about the
festivities. Meals will be provided.



Alcohol's Effects on the Body

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

My name is Scott Smyth. I grew up in Harney County and graduated from Burns High School. My family had a working cattle ranch and we lived on Foley Drive until I was a sophomore in high school. After graduating high school in 85', I attended college at Eastern Oregon State University where I earned my degree in education. I have also attended classes at UO, OSU, WOU, PSU, Seattle University and City College. Once returning to Burns I worked and coached at Burns High School as a teacher until 1993. In 1993 I had a career change to the Department of Human Services (then known as CSD) I worked as a Social Worker/Juvenile Parole Officer for a year and a half. In 1994 I transferred department to work as a Social Worker working with abused and neglected children until 2002. In 2002 I transferred to Burns High School as the school guidance counselor and remained working with our community youth until this August where I will begin my exciting career as the TAPP coordinator. During the entire 27 years since returning to Burns, I have been coaching youth athletics, 20 years coaching football, 10 years coaching baseball and 14 years coaching golf. I have been involved in our community on the Park and Rec board, ESD, and other organizational groups and student focus committees.

When I got the opportunity to look into the TAPP position I was instantly excited to work with the Tribal students. I have worked with several in the past few years and the kids sold me on applying for the job. I look forward to get to work with all the families and assist them and the children to access all the school resources and create plans for their future. I am not sure at this time if I will be working out of the tribal offices, school district office or one of the schools. But I can always be contacted by email, mail, or phone.

I look forward to meeting everyone and being a support to the students. I will be happy to meet with families anytime it works for them.

Scott Smyth smyths@harneyesd.k12.or.us

Cell: 541-589-1849

(Other info will be added later.)





**REGISTRATION IS POSTED AT
ADMINISTRATION AND IN THE NEWS-
LETTER**

NO BACK TO SCHOOL BARBEQUE

**SCHOOL SUPPLIES ARE THE
RESPONSIBILITY OF THE PARENT
OR GUARDIAN**

AUGUST CALENDAR OF EVENTS

**PARENT COMMITTEE MEETING
AUGUST 17, 2016**

LOCATION: TRIBAL COURTROOM

FIRST DAY OF SCHOOL IS AUGUST 22, 2016

Harney County School District #3

Registration/School Begins Info 2016-2017

Slater Registration:

Tuesday, August 9th from 8:00 am to 3:00 pm.

Slater Elementary Open House:

Thursday, August 18th from 12:00 pm to 1:30 pm. Meet your teachers, drop off school supplies, and tour the school.

Hines Middle School Registration:

Monday, August 15th from 7:30 am to 2:30 pm.

Hilander Day:

Thursday, August 18th from 10:00 am to 3:00 pm.

Seniors – 10am
Juniors – 11am
Sophomores – 1pm
Freshmen – 2pm

School Begins, Monday, August 22nd. School Start times:

Slater Elementary School –	8:00am start time 3:10pm end time
Hines Middle School –	7:30am doors open for breakfast 7:48am 1 st period begins 3:20pm end time
Burns High School –	7:40am 1 st bell 7:45am 1 st period begins 3:30pm end time

BHS School begins:

Monday, August 22nd for Freshmen only.
Tuesday, August 23rd for ALL BHS Students.

***The supplies needed
for the students will be
the responsibility of
the parents/guardians.***

10:5415/32323 ;5415/32328 # 2/ 4
HENRY L. SLATER SCHOOL SUPPLY LIST

2016-2017

NO TRAPPER KEEPERS OR MECHANICAL PENCILS

Kindergarten

- | | |
|--|--|
| 1 book bag or backpack | 1 set Crayola or Prang watercolors -NOT FLORESCENT |
| 2 boxes Crayola crayons (not larger than 24) | 2 boxes of Kleenex/1 box bandaids |
| 2 bottles white Elmer's school glue | 2 Pink Pearl eraser |
| DO NOT PURCHASE Ross Glue or colored glue | 1 spiral notebook (wide-ruled) |
| 1 set of 12 colored pencils | 1 paint shirt (old T-Shirt-adult size) |
| 2 packages of small glue sticks | 4 Expo dry erase markers (black or blue low odor) |
| 1 pack of colored markers | 1 box of Ziploc bags 1-quart, or 1-gallon size |
| 1 pack of #2 pencils (TICONDEROGA) | 1 ream of white copy paper |
| 1 pair slip on tennis shoes (e.g., zip or Velcro) to be left at school for P.E. (no lace tennis shoes preferred) | |

Kindergarten supplies do not need to be labeled with child's name, except for P.E. shoes, backpacks, paint shirts and paint sets. Student supplies will be shared in the classroom.

Send only items on this list – all other items will be sent back home.

OPTIONAL ITEMS--HAND SANITIZER, CLOROX WIPES, BABY WIPES

1st grade supplies do not need to be labeled with child's name, students supplies will be shared in the classroom

1st Grade

- | | |
|--|---|
| 2 wide ruled composition books (200+ pages) | 1 3 ring binder (1 inch BLACK) |
| 3 Pink Pearl erasers | 2 boxes Crayola crayons (24) |
| 12 #2 pencils (TICONDEROGA ONLY) | 10 assorted sizes of band-aids |
| 1 bottle white Elmer's school glue | 1 backpack |
| DO NOT PURCHASE Ross Glue or colored glue | 2 large box Kleenex |
| 1 large sized T-shirt to be used for painting | 6 large glue sticks |
| (Please label with child's name) | \$5.00 for Scholastic Magazine |
| 6 dry erase markers-black only-fine tip | 2 spiral notebooks – wide ruled |
| 2 yellow (only) highlighter pens | 1 set Prang watercolors -NOT FLORESCENT |
| 1 ream of white copy paper | 1 pair of ear buds |
| 1 pair slip on tennis shoes (e.g., zip or Velcro) to be left at school for P.E. (no lace tennis shoes preferred) | |

Send only items on this list – all other items will be sent back home.

2nd Grade

- | | |
|---|---|
| 4 Pink Pearl erasers (no labeling) | 2 boxes Crayola crayons (24) |
| 36 #2 pencils, TICONDEROGA ONLY (no labeling) | 4 dry eraser markers (to be replaced as needed) |
| 1 bottle white Elmer's school glue | 1 set colored pencils (Crayola or Prang) |
| DO NOT PURCHASE Ross Glue or colored glue | 1 large box of Kleenex |
| 10 band-aids - assorted sizes | 2 Pec Chee type folders with pockets |
| 1 book bag or backpack | 1 pair tennis shoes to be left at school for P.E. |
| 1 spiral notebook (wide ruled) | \$5.00 for Scholastic magazine |
| 1 ream of white copy paper | 1 pair of ear buds/head phones |
| 1 set Crayola or Prang watercolors - NOT FLORESCENT | |

Send only items on this list – all other items will be sent back home.
Label all supplies, may request more supplies throughout the year.

3rd Grade

- | | |
|---|--|
| 2 Pink Pearl erasers | 1 box Crayola crayons (24) |
| 48 #2 pencils (TICONDEROGA BRAND ONLY) | 2 packages loose-leaf wide-ruled paper |
| 1 bottle white Elmer's school glue
DO NOT PURCHASE Ross Glue or colored glue | 1 package colored pencils |
| 2 large boxes Kleenex | 2 spiral notebooks |
| 1 pair lace or velcro tennis shoes | 1 box of bandaids |
| 1 pencil box | 1 Pee Chee type folder |
| \$5.00 for Scholastic magazine | 5 dry erase markers – any color |
| 1 pair of ear buds | 1 ream of white copy paper |
| 1 pack 3x5 index cards | 1 box Ziploc bags |

**Send only items on this list – all other items will be sent back home.
Label all supplies**

4th Grade

- | | |
|---|---|
| 2 Pink Pearl erasers | 2 non-erasable blue/black pens |
| 48 #2 pencils (TICONDEROGA) | 2 packages loose-leaf paper (college ruled) |
| 2 glue sticks | 1 box crayons |
| 1 pkg. 3x5 index cards | 1 Sharpie (black) |
| 2 large boxes Kleenex | 1 box band-aids |
| 1 pair sharp scissors | 1 12" ruler with centimeters/inches |
| 1 pencil box | 3 dry erase pens |
| 2 spiral notebooks | 2 Pee Chee type folders |
| 1 closeable water bottle | 2 red pens |
| \$6.00 for Scholastic magazine/Science Spin | 1 pair tennis shoes to leave at school for P.E. |
| 1 pair ear buds | 1 ream of white copy paper |

Label all supplies with student's name or initials before bringing them to school.

5th Grade

- | | |
|---|--|
| 24 # 2 pencils (TICONDEROGA) | 2 large boxes Kleenex |
| 1 bottle white glue | 1 small calculator (solar powered works great) |
| 1 3 ring binder 2" | 1 set of 8 tab dividers for 3 ring binder |
| 2 spiral notebooks | 2 package loose-leaf paper |
| 1 box of colored pencils | 1 package 3x5 index cards |
| 1 box crayons | 1 yellow highlighting pen |
| 5 dry erase pens | 1 box band-aids |
| 1 pair scissors | 1 ruler with inches and centimeters |
| 1 protractor and compass | 1 pair of tennis shoes to leave at school for P.E. |
| \$5.00 for Scholastic/Nat Geo. magazine | 2 Pee Chee type folders |
| 1 ream of white copy paper | |
| 1 pair of ear buds | |

Hines Middle School Supply List 2016-2017

6th, 7th and 8th Grades

- 1 Durable 3 inch three ring binder
 - 1 Pen/USB Drive (2GB minimum)
 - 1 Set of 8 tab dividers for the three ring binder
 - 1 Composition Book (for science)
 - 2 Spiral notebooks (for language arts & math)
 - 3 2" binders (for math, language arts & advisory)
 - 1 Pencil pouch for supplies, to put in binder
 - 1 Pkg. of # 2 pencils or a mechanical pencil with lead refills
 - 1 Pair sharp scissors
 - 1 Box dry-erase markers (black or blue)
 - 1 Box of colored pencils
 - 1 Package blue/black ink pens (daily use, **NO** gel pens)
 - 1 Package red ink pens (daily use, **NO** gel pens)
 - 1 Highlighting pen
 - 1 Ream of 8 ½ x 11 white copy paper
 - 1 Box of tissue
 - 1 Small scientific calculator (solar powered work great!)
 - 1 12 inch transparent ruler with clearly marked centimeters/inches
 - 2 Package of loose-leaf paper (college ruled), continuously supplied all year
 - 1 Package of paper reinforcements
 - 3 Glue sticks
 - 1 Set of ear buds or headphones (for testing)
 - 1 Pair of tennis shoes to leave at school for P.E.
- Students will also need a T-Shirt, shorts or sweats and socks for P.E.
We also recommend deodorant.

Please, no elastic/lycra book covers will be allowed, as they damage the book binding.



BROUGHT TO YOU BY AMERICA'S FAMILY PHYSICIANS

TAKE STEPS TO MANAGE YOUR DIABETES

Although diabetes can't be cured, you can still live a long and healthy life. The single most important thing you can do is control your blood sugar level. You can do this by eating right, exercising, maintaining a healthy weight and, if needed, taking oral medicines or insulin.

WHAT IS DIABETES?

Diabetes is a disease that occurs when a person's body doesn't make enough of the hormone insulin or can't use insulin properly. There are 2 types of diabetes. Type 1 diabetes occurs when your body's pancreas doesn't produce any insulin. Type 2 diabetes occurs when the pancreas either doesn't produce enough insulin or your body's cells ignore the insulin.

MOVING TOWARDS HEALTH—DIABETES AND EXERCISE

Exercise can help control your weight and lower your blood sugar level. It also lowers your risk of heart disease, a condition that is common in people who have diabetes.

What kind of exercise should I do?

Talk to your family doctor about what kind of exercise is right for you. The type of exercise you can do will mainly depend on whether you have any other health problems. Most doctors recommend aerobic exercise, which makes you breathe more deeply and makes your heart work harder. Examples of aerobic exercise include walking, jogging, aerobic dance or bicycling.

Are there any risks to exercising for people who have diabetes?

Yes, but the benefits far outweigh the risks. Regular exercise makes your body more sensitive to insulin, and your blood sugar level may (*over*)

KEEPING THE BALANCE—DIABETES AND NUTRITION

What you eat is closely connected to the amount of sugar in your blood. The right food choices will help you control your blood sugar level.



Do I have to follow a special diet?

There isn't one specific "diabetes diet." Your family doctor will probably suggest that you work with a registered dietitian to design a meal plan. A meal plan is a guide that tells you what kinds of food to eat at meals and for snacks. For most people who have diabetes (and those without, too), a healthy diet consists of 40% to 60% of calories from carbohydrates, 20% from protein and 30% or less from fat. It should be low in cholesterol, low in salt and low in added sugar. Choose a variety of fresh fruits, vegetables, whole grains, lean meats and fish.

Can I eat any sugar?

Yes. In recent years, doctors have learned that eating some sugar doesn't usually cause problems for most people who have diabetes—as long as it is part of a balanced diet. Just be careful about how much sugar you eat and try not to add sugar to foods.

get too low (called hypoglycemia) after exercising. You may need to check your blood sugar level before and after exercising. Your doctor can tell you what your blood sugar level should be before and after exercise.

Exercise checklist for people who have diabetes

- ✓ **Talk** to your family doctor about the right exercise for you.
- ✓ **Check** your blood sugar level before and after exercising.
- ✓ **Check** your feet for blisters or sores before and after exercising.
- ✓ **Wear** the proper shoes and socks.
- ✓ **Drink** plenty of fluid before, during and after exercising.
- ✓ **Warm up** before exercising and cool down afterward.
- ✓ **Have** a snack handy in case your blood sugar level drops too low.



HELPING A FAMILY MEMBER WHO HAS DIABETES

It isn't easy for people to hear that they have diabetes. Diabetes is a disease that cannot be cured. It has to be taken care of every day. There are ways to help your loved one who has diabetes.

How can I help my relative who has diabetes?

First, learn all you can about diabetes. The more you know, the more you can help. Encourage your relative to learn about diabetes, also. Second, be sympathetic. It can be scary at first for people to find out they have diabetes. Tell your relative that you understand how he or she feels. But don't let your relative use these feelings as an excuse for not taking care of his or her diabetes.

How can I help my relative make healthy changes?

If you eat meals together, eat the same foods your relative eats. Avoid buying foods he or she isn't supposed to eat. People who have diabetes should generally follow the same advice for healthy eating as everyone else: Eat foods that are low in fat, cholesterol, salt and added sugar. Encourage exercise. You might even want to exercise together.

What else can I do?

Learn how to recognize signs of problems. Learn the symptoms of a high blood sugar level (called hyperglycemia) and a low blood sugar level (called hypoglycemia). Understand that when your relative is very cranky or has a bad temper, his or her blood sugar level may be too high or too low. Rather than arguing, encourage your relative to check the blood sugar level and take steps to correct the problem.

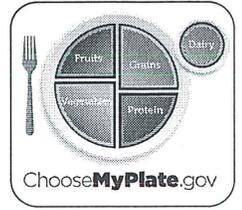
REFERENCES

All information sourced from FamilyDoctor.org, a resource operated by the American Academy of Family Physicians (AAFP)



10 tips
Nutrition
Education Series

build healthy mealtime habits



10 tips for preschoolers

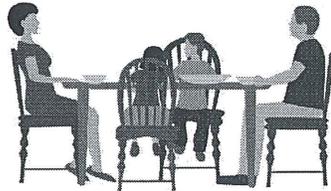
Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together.

1 plan meals and snacks

Make time for three meals and one or two snacks every day. Offer choices from each food group—fruits, vegetables, whole grains, low-fat dairy, and protein foods—throughout the day so your preschooler gets the nutrition he or she needs.

2 make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.



3 try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a 100% whole-wheat mini bagel.

4 keep things positive

Talk about the color, feel, or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.



5 develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6 visit the market

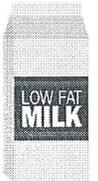
Shopping can teach your preschooler about food and healthy eating—talk about where foods come from and how they grow.

7 let children practice serving themselves

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8 beverages are important, too

Water helps to quench your preschooler's thirst, and milk provides nutrients for growth. Offer water or fat-free or low-fat milk as beverage choices instead of sugary drinks.



9 help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10 reward with attention, not treats

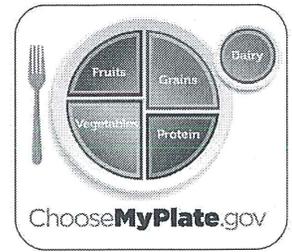
Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

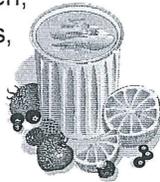
10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

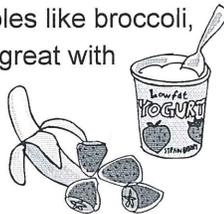
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

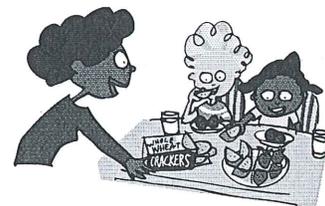


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



July 2016, Vol 3
Summer Edition

Culture & Heritage
Department questions?

Please contact :
Diane L. Teeman
541-413-1190

More Section 106 Projects

*Tucker Hill/Poacher's Ridge Ethno-
graphic Study*

B2H Ethnographic Study

PDCI Upgrade Cultural Monitoring

*Tumalo State Park Ethnographic
Study*

Wagontire Wind Testing Project

Castle Rock Fuels Reduction Activities

*Stinkingwater Fuels Reduction Activi-
ties*

Burns Telecom History Project

ODOT -BPT Monitoring IGA

Redrock Biofuels Monitoring

State Parks-BPT Monitoring IGA

*Drewsey Archaeological Subsurface
Testing*

Current Culture & Heritage Employ- ment Opportunities:

- Cultural Anthropologist-
(on-call/seasonal)
- Tribal Research Techni-
cians (On-call/seasonal)
- Archaeological Techni-
cian (on-call)
- Language Technicians
(on-call/temp)

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

Positions open until filled.

Burns Paiute Tribe



Culture & Heritage Department

Beech Creek Culture Camp A tribal family culture camp will occur August 12-14th, 2016 at the BPT's Beech Creek property. Sign up and registration packets will be available at administration. Camp set-up begins Friday evening, activities are planned throughout Saturday, and we will break camp Sunday morning. Rooms equipped with cots are available in the house and reserved for elders. Room for family camping is available near the house, and gas vouchers will be available to the first 15 families that sign-up (with 3-persons or more travelling per vehicle). Elders or others willing to volunteer for various activities and camp duties appreciated!

Seeking Letters of Interest

The C& H Department recently submitted our Culture Plan to the Oregon Cultural Trust. In anticipation of approval of our plan and funding by OCT, we are seeking individuals to serve on the Burns Paiute Cultural Coalition. Please submit your letter of interest to Tribal Council for consideration of appointment.

Wadatika Yadian Language Project

We welcome Phyllis Miller as our Language Coordinator. We will be bringing on additional research staff to assist in the project as well as seeking the cooperation and participation of tribal elders. We will be offering honorarium to the Elder Wadatika language experts who participate in the project.

Some Additional Grant Activities

Moccasin Grant

The Moccasin Grant Teachers are finishing up their instruction with class participants. The final phase of the grant will be an exhibit highlighting the moccasin making activities and processes, as well as provide discussion of the history of footwear in the Northern Great Basin.

Section 106 Class

Planning for National Historic Preservation Act (NHPA) Section 106 training is underway. The training will help staff, and participating Tribal Council better understand the federal laws that protect our cultural resources.

Oregon Cultural Trust

C&H submitted a Cultural Plan approved by Tribal Council to

Attention vehicle Surplus Offer!

2001 Ford F-150 Lariat Super Crew Cab, XLT, Triton V-8, automatic transmission, 160,000+ miles. Transmission inoperable. One well used set of "mudder" tires, 2nd set of tires w/studs + chrome tool box included. Bidding open to the public. \$600.00 minimum bid requirement. Sealed bids accepted until 5pm, August 19th, 2016. Submit bids to Lynda or Maria in accounting. Winning bidder will be notified immediately and must complete purchase transaction by 5pm PST, August 22, 2016, or next highest

College Scholarships!!

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

the Oregon Cultural Trust Board and is awaiting word. If approved, a Coalition will be formed and annual grant funds will be available to successful community applicants, fall, 2016.

THPO Designation

C&H has completed and submitted as of June 30, 2016, all required application materials to Washington, D.C. for THPO designation. If approved we will have Tribal Historic preservation office fall, 2016.

Dating Abuse and Unhealthy Relationships

Years ago, abuse was not mentioned neither in dating or being married. It was a matter of keeping these matters within the family or group to one's self. Today, we have looked back and found that we need to talk about dating abuse and how to keep our women/men and young girls/boys safe.

Building healthy relationships takes time. Healthy relationships are the foundation for building a future together. A healthy relationship is "open communication" without being afraid to voice your thoughts or opinions. Healthy relationships are free from pressures. And, healthy relationships support each other in respectful ways.

Dating Abuse: Risk Factors and Warning Signs

Dating abuse is a very real issue regardless of age, gender, status, ethnic group, culture, or religion. Sometimes called "relationship violence" or "dating violence," dating abuse is the act or threat of abuse by one partner in a dating relationship towards the other partner. This abusive behavior is frequently one or some combination of four types of abuse:

- Verbal, such as name calling or put-downs
- Emotional, such as threatening to hurt themselves or dating partner, or withholding affection until you behave the way they think you should.
- Physical, such as pinching, slapping, hitting or shoving
- Sexual, such as unwanted touching or forcing someone into sexual activity against his/her will.

DV/SA 541-413-0216

Stop Germs! Stay Healthy! Wash Your Hands

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Handwashing: A Family Activity

Keeping Kids & Adults Healthy

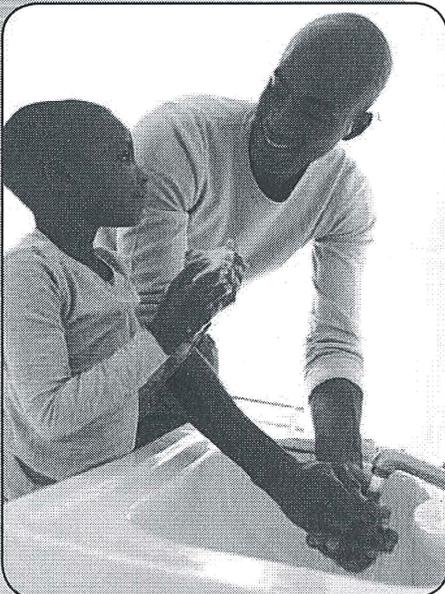


Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids



Improving Health

- Handwashing education in the community:
 - » Reduces the number of people who get sick with diarrhea by 31%
 - » Reduces diarrheal illness in people with weakened immune systems by 58%
 - » Reduces respiratory illnesses, like colds, in the general population by 21%

Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
 - » Less time spent at the doctor's office
 - » More time spent at work or school



Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.

For more details, visit www.cdc.gov/handwashing.



Department of Health and Human Services
Centers for Disease Control and Prevention

FPST Senior Center, 1885 Agency Road
Fallon, Nevada



6TH ANNUAL SIGNS, WONDERS, & MIRACLES IN THE FIRE OF THE HOLY GHOST CAMP MEETING

STILLWATER REZ - FALLON, NEVADA

August 10 - 14, 2016

*Behold, I am the Lord, the God of all flesh:
is there any thing too hard for me?*
-Jeremiah 32:27

*Call unto me, and I will answer thee, and
show thee great and mighty things, which
thou knowest not.*
-Jeremiah 33:3

Hosted by

CORRINE LEWIS

Native American

Missionary Evangelist

lewismorningdove@yahoo.com

559.765.7347

775.426.8148

Morning Service - 10am

Afternoon Service - 2pm

Evening Service - 7pm

Saturday Crosswalk - 1-5pm

Meals will be served



WITH SPECIAL GUEST SPEAKERS:
PASTOR WOODY BRIEN
BISHOP DUPREE & FIRST LADY DUPREE
PASTOR EUGENE CHESTER
FIRST LADY FLO-RAY
ELDER BARRY CHESTER
EVANGELISTS BEVERLEY & LOUIS KENNEY
PASTOR SUMNER
BISHOP JOHNNY CURTIS
EVANGELIST FRANCIS ENIC
EVANGELIST VALERIE HORSECHIEF
PASTOR NORMAN ENIS
PASTOR EVA GONZALES & PASTOR DENNIS
PASTOR BROWN
EVANGELIST CAROLINE WALKER
PASTOR WOODY ELMORE & WIFE LANA
PASTOR DAVID MILES