

Burns, Oregon

January 3, 2017

Community news:

Jan. 3, 2017—Program reports at 5:30 @ the Gathering Center.

Jan. 4, 2017—General Council meeting at 5:30 @ Gathering Center. Food served each day.

Jan. 6, 2017—Elder's breakfast at the Gathering Center @ 8:30 a.m.

Jan. 12 2017—Mental Health @ DVA sponsoring Bingo at 5:30 p.m. Pizza will be provided.



Happy Birthday

to Lane Hawley 16 years old

January 4, 2017

Happy Birthday and God Bless you.

From Dad Eric and Grandma Betty

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Joe De La Rosa

541.589.0405

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

Social Services Director / ICWA

Michelle Bradach

541.573.8043 / 541.589.0171

Domestic Violence / Assault

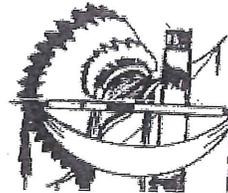
Teresa Cowing

541.573.8053 / 541.413.0216

Police After hours:

Call Burns Dispatch

541.573.6028



General Council – Jan. 3rd & 4th 2017 @ 5:30

1st General Council Meeting on Jan. 3rd, 2017

The Burns Paiute program managers will update the community on different issues that affected their programs for the 2016 year. This meeting is for Tribal Members who want to listen to the program or ask questions about these different departments. (Food will be served)

2nd General Council Meeting on Jan. 4th, 2017

- 1) Tribal Council Update
- 2) Economic Development: Whether to enter into the 'Cannabis Industry' – Referendum Vote by General Council
- 3) Change of name from 'Burns Paiute Tribe' to 'Northern Paiute Nation' – Referendum Vote by General Council

Happy
New Year

Thank You

To the Middle School and High School Native American Clubs and their mentor Scott Smith for organizing and hosting the Annual Community Christmas Party.

When you hear the laughter from the young kids and see the smiles on the elders faces, that's when you know all your hard work has paid off.

You all made a huge contribution by volunteering your time, ideas and efforts into the community. You should be very proud of yourselves!!!

Thank you from the Burns Paiute Parent Committee



Folks,

That sounds awesome. Good programs start with getting buy in from schools and families. Burns just finished their first trimester (12 weeks) of school. The three schools all are on a good progression of the students working on taking ownership of their attendance and grades. We had our first reward presentation at each school where each student that met the criteria was placed in a drawing for an iPad. The students were excited when the name was called. One iPad was rewarded at each of our three schools. The entire district percentage was 92% with the high school being 89%, middle school being 93% and the elementary school being 94%.

The students had a very positive Native American assembly at all the schools in our district. The kids danced or helped out with the presentation. It gave the opportunity for the older kids to be seen by all the younger kids as role models. The teachers worked hard to make sure there are appropriate Native American activities happening in the class. Out of 78 students 34 kids qualified for the drawings. We have a lot to work on but it's been a solid first third trimester of the year.

The high school Native American Club is planning on putting on the Tribal Christmas Party this year. They are doing a great job planning on it.

Scott Smyth





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

Tribal Research Technician

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

SUMMARY:

Assists in anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Uses knowledge and experience gained in the workplace of cultural anthropological methods, and applies that knowledge and training in every day work assignments. Works closely with the Project Lead to effectively complete assigned task. Assists in the performance of documenting office, home, and in-field interviews related to research subject locations. Assists the project lead in collaborating with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.

Burns Paiute Tribe

Job Description

Position: Community and Economic Development Director

Accountable to: General Manager

Salary Range: TBD/DOE

Classification: Management, Regular, Full-time

Summary

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



SILVIES VALLEY RANCH
EST. 1883

Saddle Up with Silvies Valley Ranch!

The historic Silvies Valley Ranch is on the hunt for an experienced livestock hand to join our team!

Silvies Valley Ranch is located in eastern Oregon between Burns and John Day. The ranch is covered in pine forests, wild mountain meadows, and an abundance of wild critters!

This is an exciting opportunity for someone who loves livestock, enjoys working with a great team of professionals and wants a long term career with opportunities to learn and grow!

In addition to a very competitive salary we offer a good benefit package which includes on-ranch housing, a ranch vehicle, organic grass-fed beef, free golf, and a 401k.

Horsemanship and roping skills are a necessity! So are skills in fence repair (we have wild elk). Must be a team player.

Applicants must submit a resume, cover letter highlighting your background and skills, and list of three employer references with contact information via email or regular mail before the close of business on Friday, January 27, 2017 (contact information below).

We are looking forward to hearing from you soon!

Colby Marshall
Vice President
Silvies Valley Ranch
40000 E Cowboy Lane
Seneca, OR 97873
541-573-5150 x 110
colby.marshall@silvies.us
www.silviesvalleyranch.com

Caring for our environment, livestock, friends and families

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
JOB POSTING – CLOSING DATE: 1/20/17

Additional Functions:

- Perform other duties and assignments as directed.
- Prepare a daily or weekly report of tasks undertaken ,completed with enough detail to inform other employees when read

Standards of Conduct:

- Consistently exhibit professional behavior and a high degree of integrity and impartiality appropriate to the responsible and confidential nature of the position.
- Consistently display professional work attire during normal business hours.
- Effectively plan, organize workload, and schedule time to meet workload demands.
- Exercise judgment and initiative in performance of duties and responsibilities.
- Work in a cooperative manner with all levels of management and with all NPAIHB staff.
- Treat NPAIHB delegates/alternates and Tribal people with dignity and respect and show consideration by communicating effectively.
- Abide by NPAIHB policies, procedures, and organizational structure.

Qualifications:

- HS Diploma or equivalent
- Experience in a Receptionist or Office Support position preferred.
- Demonstrates the ability to work effectively with American Indian people in a culturally diverse environment.
- Knowledge of MS Outlook and Word
- Ability to carry out responsibilities with a minimal amount of supervision.
- Ability to use office equipment.
- Available to work on-call as needed.

Typical Physical Activity:

Physical Demands: Frequently involves sedentary work: exerting up to 10 pounds of force and/or a negligible amount of force to lift, carry, push, pull or otherwise move objects, including the human body.

Physical Requirements: Constantly requires the ability to receive detailed information through oral communications, and to make fine discrimination in sound. Constantly requires repetitive movement of the wrists, hands and/or fingers. Often requires walking or moving about to accomplish tasks. Occasionally requires standing and/or sitting for sustained periods of time. Occasionally requires ascending or descending stairs or ramps using feet and legs and/or hand and arms. Occasionally requires stooping which entails the use of the lower extremities and back muscles. Infrequently requires crouching.

Typical Environmental Conditions: The worker is frequently subject to inside environmental conditions which provide protection from weather conditions, but not necessarily from temperature changes, and is occasionally subject to outside environmental conditions.

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
JOB POSTING – CLOSING DATE: 1/20/17

Travel Requirements: No travel is required.

Disclaimer: The individual must perform the essential duties and responsibilities with or without reasonable accommodation efficiently and accurately without causing a significant safety threat to self or others. The above statements are intended to describe the general nature and level of work being performed by employees assigned to this classification. They are not intended to be construed as an exhaustive list of all responsibilities, duties and or skills required of all personnel so classified.

Except as provided by Title 25, U.S.C. § 450e(b), which allows for Indian preference in hiring, the NPAIHB does not discriminate on the basis of race, color, creed, age, sex, national origin, disability, marital status, sexual orientation, politics, membership or non-membership in an employee organization.

Applications can be found online at www.npaihb.org

SEND RESUME AND APPLICATION TO:

Andra Wagner
Human Resources Coordinator
2121 SW Broadway, Suite 300
Portland, Oregon 97201
FAX: (503) 228-8182
Email: awagner@npaihb.org

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

January

Monday January 2th

Tu-Wa-Kii Nobi will be closed for the New Year – Enjoy time with your families!

Tuesday January 3th- Back to School

4:00-4:30-Tutor-Reading for required 20 min.

5:15-Free Time

Wednesday January 4th

4:00-4:30-Tutor Reading for required 20 min.

5:15-Free Time

Thursday January 5th

4:00-4:30-Tutor Reading for required 20 min.

5:15-Free Time

Friday January 6th

10:00-10:30-Free Time

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

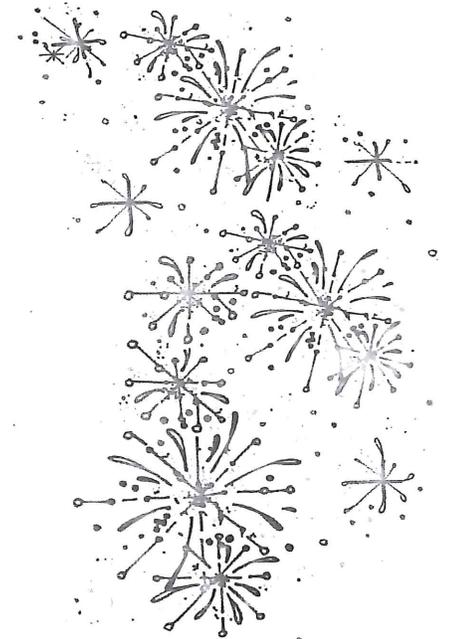
11:00-12:00-Activity w/Steve

1:00-1:30-Free Time

1:30-2:30-proper hand washing w/Nurse Pam

2:30-3:30-Craft activity

**HAPPY
NEW YEAR!
2017**



We are asking that parents or guardian's update Intake forms.

We need working Tel. #'s

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

We will be open 10:00-4:00- on Winter Break. And we will serve lunch.

Tu-wa-Kii Nobi will be closed on January 2nd for the New Year. . school on Jan. 3rd.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator 541-573-1572-

Anita Hawley Youth Service

Coordinator Asst. 541-589-2341

Rhonda Holtby-Parent/Educ.

Coordinator 541-413-0448

Scott Smyth-TAPP Coordi-

nator office # 541-573-8032

After School Tutor

Fred Pelroy-

Parents we encourage you to come and check on your kids while they are here. We are always happy to see parents .

We are asking that parents read and return to Tu-Wa-Kii Nobi Transportation Procedure- and go over with your child. We have been going over the Rules with the kids. They should be aware of the procedure. And update the intake paper for new phone Numbers as well as people that can pick kids up.

Any questions please call Elise, Anita at main # 541-573-1573

**Bring on
the
NEW YEAR!**



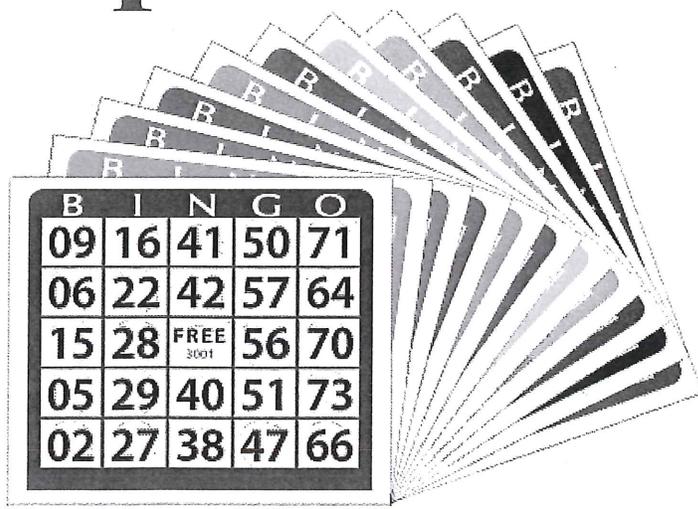
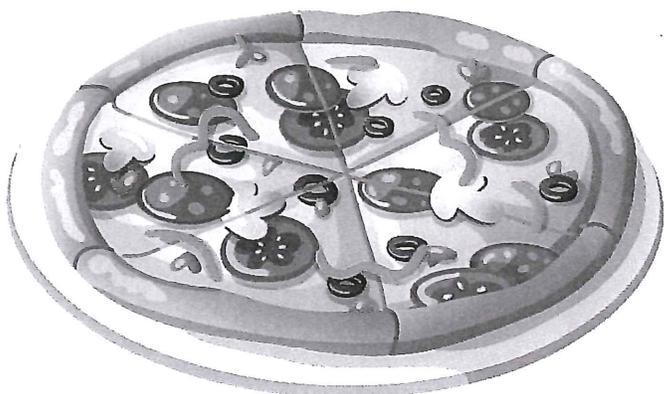
**Mental Health and
Domestic
Violence Bingo**

When: January 12, 2017

Where: Gathering Center

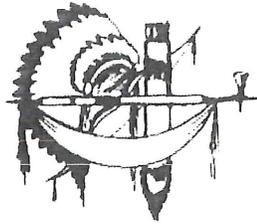
Time: 5:30 to 7:30 PM

Pizza will be provided



HOUSING AUTHORITY MEETING

January 11, 2017
@ 11:00 AM
Housing Office



January 3, 2017

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

HOUSING AUTHORITY MEMBERS

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

May your troubles be less
and your blessing be more
and nothing but happiness
come through your door.

2017

Happy New Year

The Housing Office will be closed on the following days in January due to observation of holidays:

- * Monday, January 2, 2017
- * Monday, January 16, 2017



Applicants on Waiting List

Letters will be sent out within the next 2 weeks to those individuals on the Waiting List regarding your continued interest to remain on the list.

Letters will be sent to the address on the application.

You will also need to provide proof of income when returning the document for everybody in the household eighteen years of age and older.

Colder Temperatures

With the weather changing to colder temperatures here are a few tips to help prevent freezing pipes this winter.

INTERIOR OF HOME

- ◆ Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- ◆ When the weather is very cold outside let water drip from the faucet. Running water through the pipe (even at a trickle) helps prevent pipes from freezing.

- ◆ Keep the thermostat set to the same temperature both during the day and at night.

EXTERIOR OF HOME

- ◇ Remove, drain, and store hoses used outdoors.

****SAFETY ISSUE****

The Housing Authority will be giving each household on the reservation (one) 1 bag of ice melt to start this winter season. We are trying to assist in preventing slips and falls from ice.

If you would like a bag of ice melt the head of household or someone over the age of eighteen (18) from the household must come to the housing office and sign the sign out sheet that the ice melt was received for that house.

If an elder is unable to make it to the Housing Office to pick up the ice melt, please call the office and we will deliver it to you.
541.573.2327



1st Annual
Christmas Lighting
Contest Winners

**1ST PLACE - NATHAN KENNEDY
\$125 CASH & \$50 CREDIT FROM
OTEC**

**2ND PLACE - NORA TEEMAN
\$75 CASH & \$25 CREDIT FROM
OTEC**



Sponsored by the Parent Committee & OTEC



Oregon Influenza Update – December 2, 2016

Data from [Flu Bites](#) indicate that influenza activity is on the rise in Oregon: this week 1.5% of emergency department visits in the state were for influenza-like illnesses (ILI), and 10.8% of flu tests performed were positive. Influenza affects all ages, so it is important that everyone strives to prevent the spread of illness!

Common signs and symptoms of flu:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, but this is more common in kids than adults

To limit illness and death from influenza, the Oregon Health Authority encourages folks to:

1. **Get vaccinated.** The single best way to prevent seasonal flu is to get vaccinated each year. So far this year the flu vaccine is a good match to the circulating flu strains. It is not too late to get vaccinated!
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others. Avoid close contact with people who are sick.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Cover your cough posters available [here](#).
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **If necessary, seek medical care.** In most cases people with flu have mild illness and do not need medical care or treatment. Groups at higher risk of complications due to flu include young children, pregnant women, the elderly, and those with conditions like asthma, diabetes, cancer, or heart disease.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
7. **Report outbreaks of ILI to the local health department.** Long-term care facilities, hospitals, schools, and other institutions are encouraged to report outbreaks of ILI (defined as fever plus cough or sore throat) to the local health department. Local health departments can assist to implement infection control measures rapidly, to limit the spread of infection.

Remember: During influenza season, you or your family may be asked to respect influenza control measures when seeking health care or visiting a long-term care facility. Examples include visitation restrictions (including restrictions for children), wearing a mask, handwashing or using hand sanitizer.

Additional Resources:

CDC flu website: www.cdc.gov/flu/protect

Oregon flu website: www.flu.oregon.gov

To report outbreaks or for more questions, please contact your [local health department](#) or the state: 971-673-1111
ILI outbreak guidance for long-term care facilities in Oregon (see Step 5):

<http://public.health.oregon.gov/DiseasesConditions/CommunicableDisease/Outbreaks/Pages/respdisease.aspx>

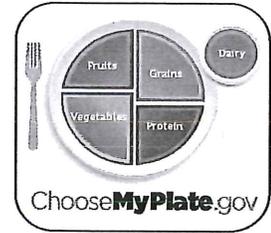
This message was sent to ORCD1. Please forward to anyone else who may be interested.

10 tips

**Nutrition
Education Series**

be active adults

10 tips to help adults include physical activity into their lifestyle



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

1 start activities slowly and build up over time

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



2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort.

A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

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



4 make active choices throughout the day

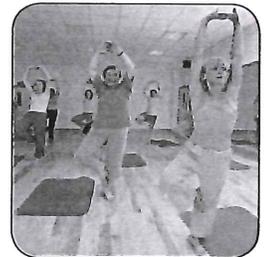
Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

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

6 use the buddy system

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



7 set goals and track your progress

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

8 add on to your active time

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

9 increase your effort

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



10 have fun!

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

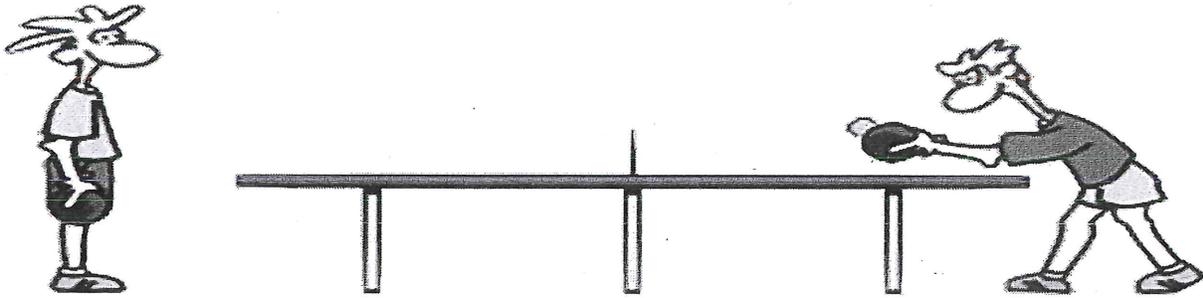
*Find the SuperTracker at <https://www.supertracker.usda.gov>.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

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



Healthy Choices – Healthy Minds 14 and Up – Ping Pong Tournament - Thursday February 9 @ 5:30 in the Gathering Center

There will be 2 tournaments. One will be 1-on-1 and the second will be a 2-on-2 tournament. You are welcome to sign up for either tournament or both

Participant Information

Player Name: _____

Phone Number: _____

Age: _____

One-on-One Sign Up: _____

Two-on-Two Sign Up: _____

Important Notes

- Drug and alcohol free event
- Food will be provided
- Must sign up in order to participate

Sponsored by Burns Paiute Tribe Health Center and Burns Paiute Tribe Mental Health

Registration forms must be submitted to Jeremy Thomas by 12:00 pm on 2/06/2017

For questions contact Jeremy Thomas – 541-573-8046

^{CDC} Vital signs™

Binge Drinking

A Serious, Under-Recognized Problem
Among Women and Girls

Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem. Drinking too much – including binge drinking* – results in about 23,000 deaths in women and girls each year. Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems. Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.

About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do so frequently – about 3 times a month – and have about 6 drinks per binge. There are effective actions communities can take to prevent binge drinking among women and girls.

*Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.

→ See page 4

Want to learn more? Visit

www.cdc.gov/vitalsigns



Nearly 14 million US women binge drink about 3 times a month.



Women average 6 drinks per binge.



1 in 5 high school girls binge drink.

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



Reflections from Education Innovation Officer Colt Gill

Below is an excerpt from Education Innovation Officer Colt Gill's recent column around strategies that are showing results in improving graduation rates:

In the short time since I have been appointed to the role of Oregon's Education Innovation Officer I have focused primarily on two things: Working with an interagency team to gather existing data, research, promising practices, and current programs related to graduation outcomes; And, traveling across Oregon to better understand the unique challenges, assets, and opportunities in regions across our state. There are some graduation-specific strategies that are emerging as consistent themes in research around what works, and have been reinforced by communities thus far as I have traveled the state:

Investing in Equitable Outcomes: Resourcing to specifically support and create opportunities for populations of students who our systems have historically underserved and disproportionately make up the nearly 12,000 students who do not graduate high school on-time each year.

Early Indicator Systems: These systems are used effectively in more than 30 states and use data to create a collaborative approach among educators, students, families, and communities to maintain students on a pathway to graduation.

Counseling, Wrap Around Services, and Career & College Planning Support: To ensure our students are meaningfully supported in graduating high school and moving on with a plan for their future, they need effective guides and support systems such as culturally sustaining and trauma-informed practices along the way.

Career Technical Education: Students in Oregon who participate in just one CTE course have graduation rates closing in on 90%, and importantly this trend holds true for our communities of color, tribal students, and students in poverty as well.

Chronic Absenteeism: A focus on engaging curriculum, culturally responsive and sustaining practices, and partnerships between schools and community organizations that can help provide holistic supports to students and families is critical.

I look forward to continuing these efforts, and to working with partners across Oregon to ensure that each student is supported and empowered in graduating high school and finding a meaningful path to future opportunities.

ODE Addresses Chronic Absenteeism in Schools

Over the course of the past year, the Oregon Department of Education (ODE), in partnership with the Chief Education Office, has been leading an effort aimed at lowering the state's chronic absenteeism rate, as provided in 2016 House Bill 4002. The bill called for the creation of a plan to address the issue and come up with a cost of implementation. The plan must disclose information on chronic absence

rates for each school every year; propose best practices for all schools and school districts to use to track, monitor and address chronic absences and improve attendance; identify schools in need of support to reduce chronic absences and improve attendance; and describe technical assistance available to schools identified as being in need of support. The plan is being developed by a work group that includes ODE, the Chief Education Office, Oregon Health Authority, Department of Human Services, the Confederation of Oregon School Administrators, Oregon Education Association, Stand for Children, the Children's Institute and school districts from around the state.

"Students who miss more than 10 percent of their classes in a year are at much higher risk of dropping out and not graduating," said ODE Director of Data, Operations & Grant Management Johnna Timmes. "We need a comprehensive approach that addresses the issues causing students to miss class in the first place in order to truly bring the numbers down."

The absenteeism numbers released last month showed a slight increase in the percentage of students classified as chronically absent. There were a number of causes for the absenteeism increase such as a norovirus outbreak and a change in the way ODE collects attendance data for kindergarten given the first year of all-day kindergarten, but far too many students are missing an unacceptable amount of class time.

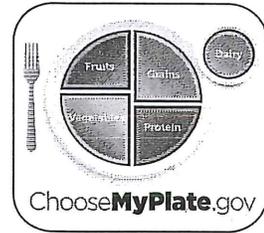
"It will take a number of approaches to start fixing the problem. Some of those may be as simple as greeting every student each morning as they arrive for school or emphasizing proper hygiene," said Timmes. "Other solutions require more effort, resources and collaboration with other agencies, such as increasing access to school breakfast and home health and wellness visits." The work group's final report will be presented to lawmakers in December 2016.

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

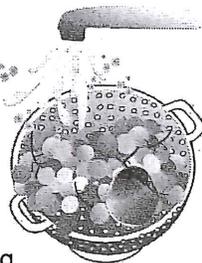
At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

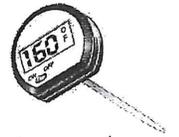
7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

Winter Storms

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events.

Know the Difference

Winter Storm Outlook - Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch - Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning – Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

Prepare

How to Prepare for a Winter Storm

- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Put Together a Supply Kit

- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA weather radio if possible)
- Extra batteries
- First Aid Kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home

- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

Respond During

Remaining Safe During a Winter Storm

- Listen to a NOAA Weather Radio or other local news channels for critical information on snow storms and blizzards from the National Weather Service (NWS).
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.
- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Cold-Related Emergencies

- Frostbite and hypothermia are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

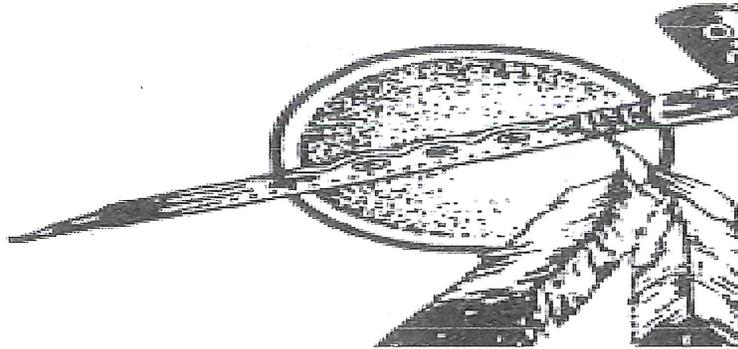
Personal steps can also be taken to avoid binge drinking:

1. ***Be aware of the health consequences of binge drinking.*** Being aware of the problems associated with binge drinking is an important part of making a clear decision to overcome binge drinking.
2. ***Avoid situations and possible triggers for binge drinking.*** Try to stay away from parties where drinking alcohol is the main focus of the event. Avoid participating in drinking competitions or games.
3. ***Understand what a standard drink is.*** Be aware that most often the size served is larger than a recommended serving size.
4. ***Consume slowly.*** Only take a few sips of your beverage at a time. Do not drink multiple drinks in an hour. Your body absorbs alcohol more than 90 minutes after your last sip, and you may not realize how your body is affected right away.
5. ***Choose to drink soda or other non-alcoholic beverages.***
6. ***Go out with friends who have similar consumption limits in mind.*** Friends bring a lot of peer pressure to the situation. Choose friends who respect your limits and choose to not binge drink.
7. ***Stay away from alcopops.*** Alcopops contain a lot of sugar so they taste and drink like traditional soda beverages. It is all too easy to drink large amounts of these in a short amount of time.
8. ***Remember that alcohol, while socially condoned as a recreational drug, is not a competition, nor is it a way to look cool.***



what's your poison ?

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