

Burns, Oregon

November 7, 2016

**Community News:**

Nov. 11, 2016 - All Tribal offices will be closed in observance of Veteran's Day.

**WADATIKA HEALTH CENTER**

Flu shots have arrived. Please call Rachel or Pam at 541-573-8050 to set up an appointment to get yours done.

**Christmas Bazaar**

Saturday— Dec. 10, 2016

10:00 am to 3:00 pm

Gathering Center

Fee: 1 table \$10.00 extra table \$5.00 additional

Contact person: Betty Lou Hawley

Call 541-589-1444

**Education News:**

Nov. 16, 2016—Parent Committee meeting at 5:15 pm @ Tribal Court room.

Each month, students will be randomly chosen from the Positive Referrals that teachers write. Students are recognized, for Oct.

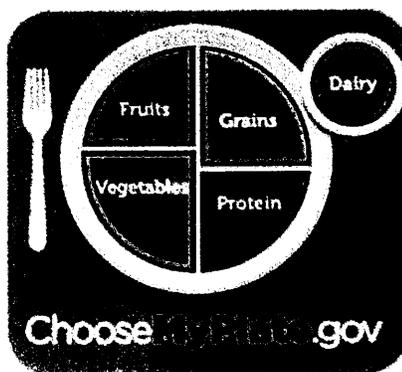
Alexis First Raised

Michael Purcella

**No Disciplinary Referrals**

Jordan First Raised

Hallie SkunkCap



**November Is Diabetes Awareness Month**

Join us for lunch, Friday, November 18<sup>th</sup> @ 1200 at the Gathering Center

We will be serving Commodity Foods, using alternative recipes, and served on special "portion controlled" plates. Everyone is welcome to come and enjoy the good food!

**Thank You**

*for serving our country & protecting our freedoms!*

## **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.

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

## November

We are asking that parents or guardian's

update Intake forms.

We need working Tel. #'s

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

Next Parent Committee Meeting is November 16th 5:15 @ Court building  
Come have a voice for your child.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator 541-573-1572-

Anita Hawley Youth Service

Coordinator Asst. 541-589-2341

Rhonda Holtby-Parent/Educ.

Coordinator 541-413-0448

Scott Smyth-TAPP Coordina-  
tor office # 541-573-8032

After School Tutor

Fred Peiray-

Monday November 7th

4:00-4:30-Kids are to read a book for required 20 Min.

4:30-5:15- Free Time play games ipad, Computer or playground

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

Tuesday November 8th

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

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

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

Wednesday November 9th

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

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

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

Thursday November 10th

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

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

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

Friday November 11th

All Offices Closed in Honor of Veterans Day.....

*Tu-Wa-Kii Nobi will be having a Steering Meeting*

*November 15th at 5:30 at Tu-Wa-Kii Nobi We are trying to get all programs together at this meeting to let you know what we can offer to families and Kids.*

*Please Call if any Questions  
Elise or Anita*

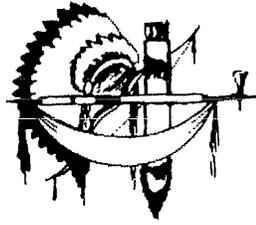


**With Honor & Gratitude**



**HOUSING  
AUTHORITY  
MEETING**

Tuesday  
November 15, 2016  
At 4:00 pm  
Housing Office



November 7, 2016

**Contact Info**

**Office No.**

541.573.2327

**Office Fax No.**

541.573.2328

**Jody Hill,**

*Executive Director*

Cellular

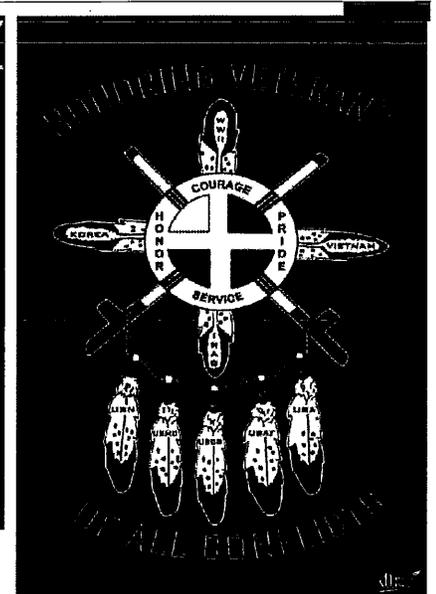
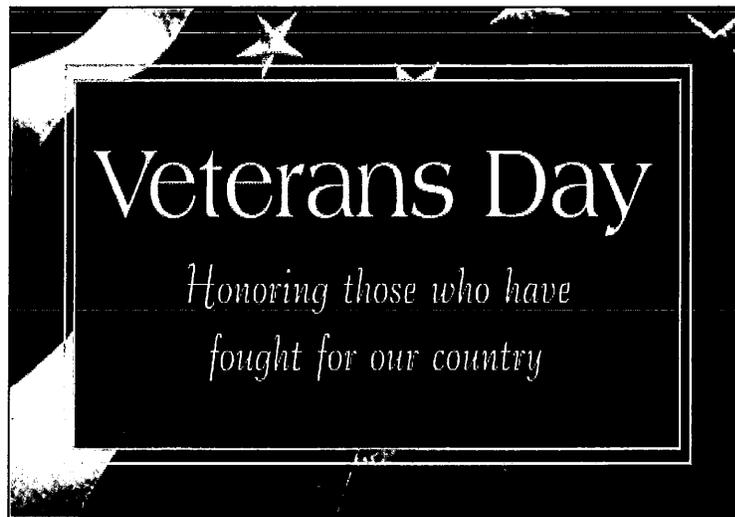
541.589.2022

**Brenda Sam,**

*Housing Assistant*

Cellular

541.589.2647



**HOUSING  
AUTHORITY  
MEMBERS**

*Chairperson,*

JoEllen SkunkCap

*Vice-Chair,*

Elisha Caponetto

*Secretary-Treasure,*

Phyllis Miller

*Members at Large*

Andrew Beers

Vacant

The Housing Authority is seeking a tribal member to become part of the HA Board. If interested please submit a letter of interest to the TC.

The Housing Authority office will be closed on Friday, November 11, 2016 In observation of **VETERANS DAY.**

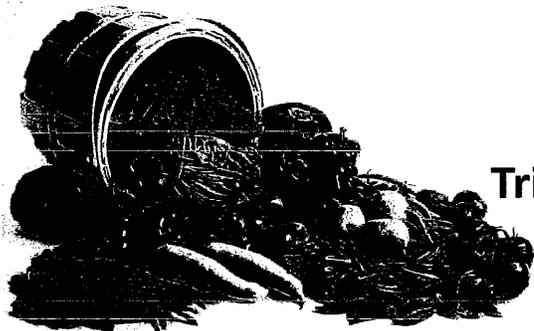
**HOMEOWNERS!!**

If you own a home on the reservation that is not part of the HUD Housing Program, please be aware that it is your responsibility to obtain home insurance. AMERIND Risk Management offers homeowners the ability to obtain home insurance at a reasonable price. If you have any questions please go to their web page at

[www.amerindrisk.org](http://www.amerindrisk.org) or stop by the office and we will be willing to assist you in anyway we can.

For those homebuyers/tenants that are part of the HUD Housing Program this is a reminder that the Program only pays for the structure. It is your responsibility to obtain renters insurance for the contents. AMERIND Risk Management also offers renters insurance at a reasonable price.

Any questions, please stop by the office.



**Attention!**

**Tribal Community members**

We are looking for Tribal community members to submit a ***Traditional or Family Favorite Recipe*** to publish into our Annual Calendar.

**Example:**

**Apple Crisp**

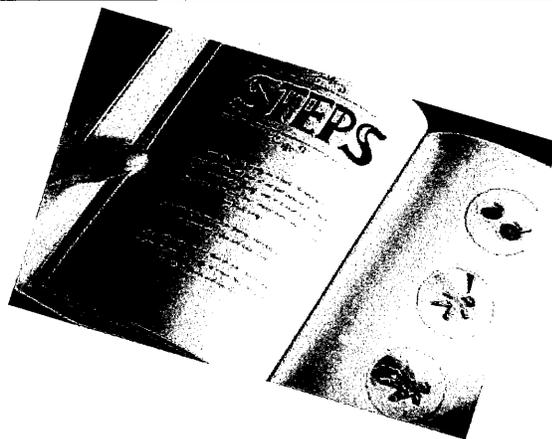
**Ingredients:**

- 4-5 medium apples
- 1/4 cup butter (or margarine)
- 1/4 cup quick cooking oatmeal
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 Tsp cinnamon

Preheat the oven to 350 degrees F.

Grease the bottom and sides of a square pan. Remove the cores from the apples, Slice the apples. Spread the sliced apples on the bottom of the pan, Cut the butter or margarine into small pieces and put in a medium-sized bowl. Add the oatmeal, flour, brown sugar and cinnamon. Using two knives, cut the margarine into the mixture until it looks like small crumbs.

Sprinkle the mixture over the top of the apples. Bake in the oven for about 20 minutes.



You may submit your recipes via email to [smarttaj@burnspaiute-nsn.gov](mailto:smarttaj@burnspaiute-nsn.gov) or bring into the Wadatika Health Center office. Make sure you write your name on your recipe. If you have any questions please, call Angie @ 541-573-8048 or Michelle @ 541-573-8043. Please submit your recipes by November 15, 2016.

***We look forward in sharing your recipes with our community!***



## ARE YOU INTERESTED IN GROUP SETTINGS?

### **ALCOHOL AND DRUG PROGRAM**

GIVE US A CALL, LET'S WORK TOGETHER TO GET YOUR NEEDS MET

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There are several group options for treatment. If you like interaction, feedback, and a place to connect with others in recovery, make an appointment.

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We can have relapse prevention, MRT, early recovery skill building, beading sessions, or any other tribal crafts. Let's work together to get something going. The program will supply the necessary items to complete the projects.

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- Men's Group
  - Women's Group
- 

We can also do teen early intervention education. Do you have an MIP, let's get it taken care off while the weather is cold.

FOR MORE INFORMATION CONTACT: ISOBEL VAN TASSEL @ 541-573-8003



## *Domestic Violence*

### *How Survivors Cope*

Women/men and children who survive domestic violence have talked about the various ways they have developed to cope until they could find safety. The coping strategies they worked out enabled them to survive. Some of the coping strategies are:

#### **Denial**

The survivor tells herself/himself, in effect, that the abuse is not really happening or may deny the impact the abuse has had on her/him. A survivor in denial will say, “This bruise? Oh, it’s nothing” or “He/she doesn’t really hurt me.” Denial helps the survivor avoid feelings of terror and humiliation.

#### **Minimization**

This is form of denial. The survivor minimizes when she/he says, “This isn’t really abuse. Abuse is more serious” or “Well, he/she only hit me once with his fist.”

#### **Nightmares**

These help the survivor experience some strong feelings such as fear, anger, panic, and shame which she cannot safely share with anyone at the time.

#### **Shock and Dissociation**

These two reactions can numb the survivor’s mind and body while the assault takes place and for a time afterward. The reactions help her/him avoid dealing with immediate feelings until she has found safety.

#### **Where to turn for support**

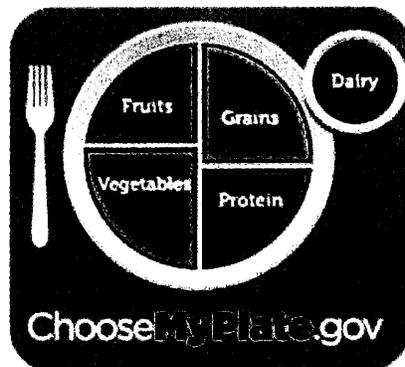
Even after the survivor finds safety and supportive people, she/he may continue to use these coping strategies until she realizes they are no longer necessary or helpful. At that point, the survivor may be interested in receiving counseling or other supportive services.

**Domestic Violence/Sexual Assault 541-413-0216**



The Domestic Violence Department has organized a steering committee consisting of BPT employees, law enforcement, and county employees involved in DV. Our first meeting will be held Thursday, November 10, 2016 at Wadatika Health Office at 1pm. We are looking for any BPT community members that would like to be a part of collaborating ideas that will better benefit our program and the people we serve. One of the agenda items for November 10<sup>th</sup> is establishing a work group to help rewrite tribal codes to meet current laws within the realm of domestic violence for all age groups in order to better protect and assist our tribal community. Our monthly meetings will be held every second Thursday at 1pm, at Wadatika.

Any interested parties can contact me, Selené Dobson via email: [Selene.Dobson@burnspaiute-nsn.gov](mailto:Selene.Dobson@burnspaiute-nsn.gov) or 541-573-8006. Please leave a voice message if I don't answer and I will return your call as soon as I can. You are also welcome to stop by my office at Wadatika on Mondays or Wed.-Fri. between 9a-12 and 1p-3p. Thank you for your interest. I look forward to speaking with you soon.



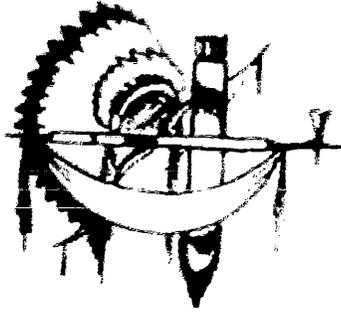
**November Is Diabetes Awareness Month**

Join us for lunch, **Friday, November 18<sup>th</sup> @ 1200** at the Gathering Center

We will be serving Commodity Foods, using alternative recipes, and served on special "portion controlled" plates. Everyone is welcome to come and enjoy the good food!



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



Burns Paiute Social  
Services Program

100 PASIGO St

Burns, Oregon 97720

**Burns Paiute Social Services is looking for any Triba Families whom are interested in being an emergency placement for a child in need.**

**If interested please contact the Burns Paiute Social Services**

**Carla Teeman (541)573-8045 or Michelle Bradach  
(541)573-8043**

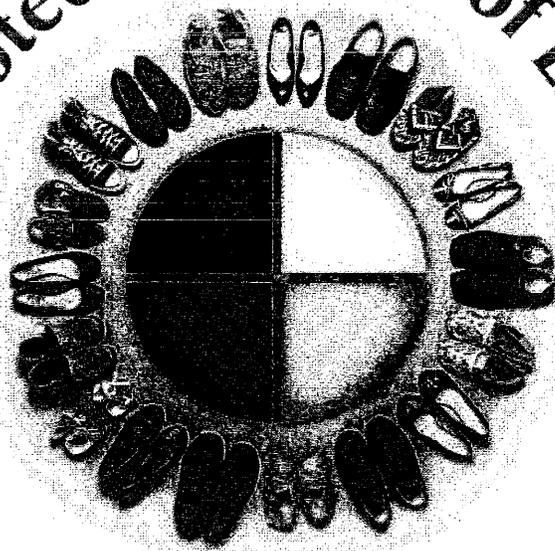
*The following was taken from an article in The Clinical Advisor from the September 2015 issue. The entire article can be accessed online using the link below.*

“A study published in the journal *Violence and Victims* in 2002 reported the identification of 120 self-reported rapists in a sample of 1,882 college students. These 120 rapists committed 1,045 acts of violence: 439 rapes and attempted rapes, 49 sexual assaults, 277 acts of sexual abuse against children, 66 acts of physical abuse against children, and 214 acts of battery against intimate partners.<sup>16</sup> Of the 120 rapists, 76 of them averaged 14 victims each.<sup>16</sup> Clearly, these are not acts of miscommunication, and the research shows that serial sexual predators are responsible for a large portion of sexual violence. Knowledge of this can help victims identify predatory behaviors and help them understand that nothing they did was responsible for the violence.”

<http://www.clinicaladvisor.com/features/sexual-assaultintervention-in-primary-care/article/431852/4/>

*Brought to you by Domestic Violence/Sexual Assault Department.*

# Protect the Circle of Life



## THE FLU & YOU

### What is influenza (the flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

### Who should get a flu vaccine?

Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications, or if you live with or care for someone who is high risk for complications.

### Your family may be especially vulnerable to the flu.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

## SIGNS AND SYMPTOMS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever\* or feeling feverish/ chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

## HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
  - ♦ Cover your coughs and sneezes
  - ♦ Wash your hands often
  - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

PROTECT YOURSELF.  
PROTECT YOUR PEOPLE.

**The influenza vaccine is safe.  
You can't get the flu from the flu vaccine.**

People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). Hundreds of millions of flu vaccines have been given safely to people across the country for decades.

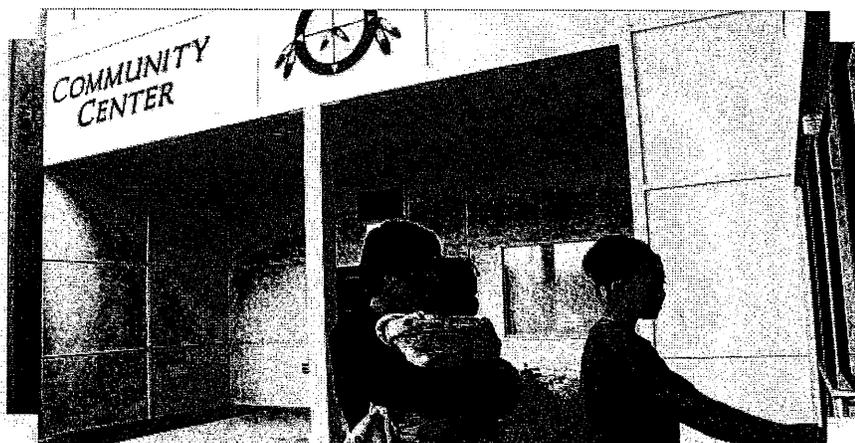
The viruses in the flu shot are killed and the viruses in the nasal spray vaccine are weakened, so neither vaccine can cause the flu. A flu shot can have mild side effects, such as soreness or swelling where the vaccine was received, a mild fever, or aches. Mild side effects of the nasal spray can include runny nose, headache, sore throat, and cough. Any side effects you experience are not contagious to others and should disappear within 2 days.

**When should I get a flu vaccine?**

It's difficult to know when flu activity will peak. So vaccination before December is best to ensure protection. However, even getting vaccinated in December or later can be protective because influenza disease can last as late as May. It takes 2 weeks after getting the vaccine for your body to develop an immune response against influenza.

**Why do I need to get a flu vaccine each year?**

You need a flu vaccine each year because influenza viruses are always changing and immunity wanes over time. Each year, experts identify the influenza viruses that are the most likely to cause illness during the upcoming flu season. Your flu vaccine protects against those viruses. It does not protect against other viruses (such as colds or stomach viruses) or against very different influenza viruses not in the vaccine.



**WHERE DO I GET A  
FLU VACCINE**

- Your local healthcare facility (even if you don't have a regular doctor or nurse)
- Mobile and community-based immunization clinics that visit many locations
- Pharmacies and grocery stores where available

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

**Local Information**

Call  
W H C  
541-573-8050  
18 years old and  
older

**THANK YOU FOR KEEPING  
INDIAN COUNTRY HEALTHY**

Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO





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## Flu and People with Diabetes

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People with diabetes (type 1 or type 2), even when well-managed, are at high risk of serious [flu complications](#) ([\flu\about\disease\complications.htm](#)), often resulting in hospitalization and sometimes even death. Pneumonia, bronchitis, sinus infections and ear infections are examples of [flu-related complications](#). The flu also can make chronic health problems, like diabetes, worse. This is because diabetes can make the immune system less able to fight infections. In addition, illness can make it harder to control your blood sugar. The illness might raise your sugar but sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to fall. So it is important to follow the [sick day guidelines](#) for people with diabetes.

### Vaccination is the Best Protection against Flu

CDC recommends that all people who are 6 months and older get a flu vaccine. It is especially important for people with diabetes to get a flu vaccine.

- Flu shots are approved for use in people with diabetes and other health conditions. The flu shot has a long, established safety record in people with diabetes.

People with type 1 or type 2 diabetes are at increased risk of developing pneumococcal pneumonia because of the flu, so being up to date with [pneumococcal vaccination](#) is also recommended. Pneumococcal vaccination should be part of a diabetes management plan. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

Take [everyday preventive actions](#) ([\flu\protect\habits\index.htm](#)) to stop the spread of flu:

- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after using it;
- Wash your hands often with soap and water, especially after coughing or sneezing;
- Avoid touching your eyes, nose, and mouth (germs are spread that way); and
- Stay home when you are sick, except to get medical care. If you are sick with flu-like symptoms you should stay home for 24 hours after your fever is gone (without the use of fever-reducing medicine).

- Everyday preventive actions can protect you from getting sick and, if you are sick, can help protect others from catching your illness.

## Treating Influenza

- If you do get sick with flu symptoms, call your doctor and take flu antiviral drugs if your doctor prescribes them.
  - Treatment should begin as soon as possible because antiviral drugs work best when started early (within 48 hours after symptoms start).
  - Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious health problems that can result from the flu.
  - There are three FDA-approved influenza antiviral drugs recommended by CDC this season that can be used to treat the flu. These medicines fight against the flu by keeping flu viruses from making more viruses in your body. A doctor needs to write prescription for you to be treated with these antiviral drugs.

## Other Preventive Actions

In addition to getting vaccinated yearly, people with diabetes should take everyday precaution ([\flu\protect\habits\index.htm](#)) for protecting against the flu.

## Questions & Answers

**If I am younger than 50 and have diabetes can I get the nasal spray vaccine?**

The flu shot has a long, established safety record in people with diabetes. Your doctor or other health care professional can advise you on which flu vaccine is best for you. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) is not recommended for use during 2016-2017.

### Related Links

[Stay Well in Flu Season](#)

[Key Facts About Seasonal Flu Vaccine](#)

[People at High Risk of Developing Flu-Related Complications](#)

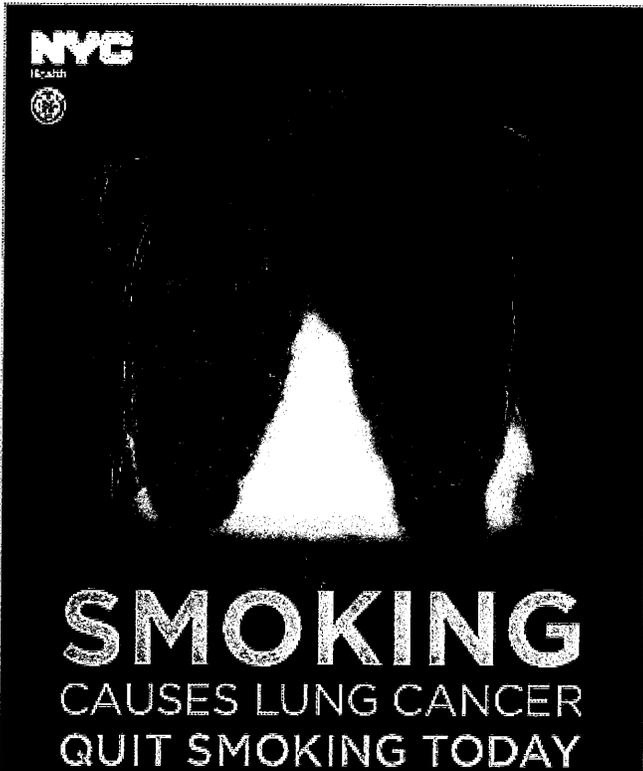
[Treating Influenza \(Flu\)](#) [534 KB, 2 pages]

[CDC Obesity and Overweight Web Site \(http://www.cdc.gov/obesity/\)](http://www.cdc.gov/obesity/)

[Pneumonia \(Pneumococcal\) Vaccine \(http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm\)](http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm)

# NOVEMBER

# LUNG CANCER AWARENESS



FOR MORE INFORMATION

PLEASE CONTACT

1-800-QUITNOW

OR

LANETTE HUMPHREY

541-573-8002

OR 541-589-1633

**A KILLER  
AT YOUR  
FINGERTIPS**



The Klamath Tribes

# HONORING ALL VETERANS POWWOW

**NOVEMBER 19-20 2016**

**Klamath Falls, OR**

Klamath Co. Fairgrounds Exhibit Bldg. A

**Grand entries: Saturday 1pm & 7pm,  
Sunday 12pm**

**MC, AD, & Host Drum TBA**

**Women's Old-Style  
Fancy & Men's Grass  
WINNER TAKE ALL  
SPECIALS**

**Tiny Tot Special for  
Boys & Girls**



**Special Honoring for  
All Veterans to be  
held each day**

**Absolutely NO Alcohol,  
Smoking, or Drugs  
Allowed!**

**For Powwow/vendor info contact Lena Schochin @ 541-891-2936 or Will Hess @ 541-891-9404**