

# TU' KWA HONE NEWSLETTER

**Burns, Oregon**

**March 11, 2019**

**Burns Paiute Tribe**

**100 Pasigo St.**

**Burns, OR 97720**

**541.573.8016**

**TRIBAL COUNCIL CONTACT:**

**Chairman - Eric Hawley**

**541.589.3104**

**Burns Tribal Police Chief of Police**

**Alan Johnson—541.589.1030**

**Social Services Director / ICWA**

**Michelle Bradach**

**541.573.8043 / 541.413-0023**

**Domestic Violence / Assault**

**Teresa Cowing**

**541.573.8053 / 541.413.0216**

**Victim of Crime Coordinator**

**Kristi Kautzman 541-573-8018**

**Police After hours:**

**Call Frontier Regional 911**

**Non-emergency 541.384.2080**

**Emergency call—911**

**Daylight savings time**

**March 10, 2019**



**Community news:**

March 10, 2019—Language Program at 2:00 p.m. at the Gathering Center

March 11, 2019—Culture and Heritage at 6:00 p.m. at the Gathering Center 2:00 p.m.

March 12, 2019— Natural Resource presentation and Language Program starting at 5:00 p.m. with Dinner.

March 12, 2019—Parenting class at noon @ the Health Conference room. Snacks provided

March 13, 2019—Medicine bag class at 5:30 p.m. at the Gathering Center.

March 15, 2019—Basket weaving meeting at 4:30 p.m.

At the Administration conference room. Discussion on Future classes, if you are interested please attend.

We are now accepting applications from enrolled NWIHA tribal members for our 2019 Youth Scholarship Program. To be eligible, applicants must be members of an active (2019 dues paid in full) NWIHA Voting Member tribe, and must not have reached their 24th birthday by the application deadline.

Applications can be obtained by going to the NWIHA website, [www.nwiha.org](http://www.nwiha.org), and clicking on the Youth Scholarship Program header. **Please note that all applications and supporting documents must be submitted by email to [info@nwiha.org](mailto:info@nwiha.org) on or before 5:00 PM PST, March 25, 2019.** We expect that competition for these limited scholarships will be very heavy, so please advise your tribal youths to be very careful in completing the requirements exactly as prescribed, and don't wait until the last minute to submit!

All applicants, selected or not, will be notified of the NWIHA Executive Committee decisions. Successful applicants will be recognized at the Banquet Dinner to be held Tuesday evening, April 2, 2019, at the Mill Casino Hotel and RV Park in Coos Bay, OR.

Complete instructions are contained in the Application Form. Any questions can be addressed to the NWIHA at [info@nwiha.org](mailto:info@nwiha.org), or by calling (360) 220-9212.

Thank you for your interest and support.

**NORTHWEST INDIAN HOUSING ASSOCIATION**

**Burns Paiute Tribe Grazing Lease in Logan Valley**

350 AUM's, Leasing dates flexible (June-Oct.)

Must use electric to keep cows off ~2 miles of stream bank (both sides)

Starting bid: \$25/AUM (Highest bid gets the lease)

Submit sealed bids by March 22<sup>nd</sup>, 2019 to: BPT Natural Resources Dept.— Rhonda Holtby at 541-573-8087

Email: [Rhonda.holtby@burnspaiute-nsn.gov](mailto:Rhonda.holtby@burnspaiute-nsn.gov)

**Parent Committee Meeting is going to be March 14<sup>th</sup> at 5:15pm at Tribal Court Room. All parents/guardians of preschool, Middle School and High School graduates are encouraged to attend to help plan.**

# CONGRATULATIONS

The Burns Paiute Foundation and Office of Economic Development is proud to announce the winner of the Castle Rock Culture and Heritage Center logo contest:

**RANDALL LEWIS.**

Thank you Randall for your beautiful design!

## **OTHER NEWS AND OPPORTUNITIES:**

### **HARNEY COUNTY MIGRATORY BIRD FESTIVAL—APRIL 11-14**

Thursday, April 11th ONLY on Main Street there will be a host of evening events as the Festival Check-ins begin Thursday. Castle Rock Culture and Heritage Center welcomes any Tribal vendor to set-up a table inside the center during this time to sell/display items. There is no fee. Please contact Tracy @ 573-8014 if your interested. The Pow-wow Committee will be selling Indian Tacos that evening as a fundraiser.

### **BLACK & WHITE FAMILY PHOTO REQUEST**

The Burns Paiute Foundation is asking for any old family photos of Tribal members who are interested in having them displayed in the windows of Castle Rock Culture and Heritage Center. Photos must be black and white as we may do a collage of the pictures received. If you and your family are interested in displaying photos please leave them with Beverly at Administration Office. Your pictures will be well cared for and returned back to you promptly.

**DEADLINE TO SUBMIT PHOTOS IS MARCH 15, 2019.**



# It's SHOWTIME

Neme community come on up  
& enjoy our neme actors perform a  
Wadatika Neme Story:

"Do As Your Told"

Monday, March 10<sup>th</sup>

6:30pm, GC

Pisa dinner provided, need ride call (541)413-0434

*Sponsored by Community Inspiration Grant , C & H Dept.*

**SCHOLARSHIP APPLICANTS  
ITS THAT TIME OF YEAR  
AGAIN!!**

**PLEASE SUBMIT YOUR UNOFFICIAL  
TRANSCRIPTS FROM THE LAST  
QUARTER/SEMESTER FOR ACADEMIC  
ELIGIBILITY**

**DEADLINE: APRIL 1, 2019**

**THIS IS REQUIRED TO  
RECEIVE FUNDING FOR  
SPRING TERM**

**PLEASE EMAIL TO: [Danielle.taylor@burnspaiute-nsn.gov](mailto:Danielle.taylor@burnspaiute-nsn.gov)**

**OR MAIL TO: Burns Paiute Tribe  
ATTN: Danielle Taylor  
100 Pasigo St  
Burns, OR 97720**

**Please contact Danielle with any questions:  
541-573-8013**

# SCHOLARSHIP OPPORTUNITY

**Dear NWIHA Voting Member:**

We are now accepting applications from enrolled NWIHA tribal members for our 2019 Youth Scholarship Program. To be eligible, applicants must be members of an active (2019 dues paid in full) NWIHA Voting Member tribe, and must not have reached their 24th birthday by the application deadline.

Applications can be obtained by going to the NWIHA website, [www.nwiha.org](http://www.nwiha.org), and clicking on the Youth Scholarship Program header. **Please note that all applications and supporting documents must be submitted by email to [info@nwiha.org](mailto:info@nwiha.org) on or before 5:00 PM PST, March 25, 2019.** We expect that competition for these limited scholarships will be very heavy, so please advise your tribal youths to be very careful in completing the requirements exactly as prescribed, and don't wait until the last minute to submit!

All applicants, selected or not, will be notified of the NWIHA Executive Committee decisions. Successful applicants will be recognized at the Banquet Dinner to be held Tuesday evening, April 2, 2019, at the Mill Casino Hotel and RV Park in Coos Bay, OR.

Complete instructions are contained in the Application Form. Any questions can be addressed to the NWIHA at [info@nwiha.org](mailto:info@nwiha.org), or by calling (360) 220-9212.

Thank you for your interest and support.

**NORTHWEST INDIAN HOUSING ASSOCIATION**

CONTACT THE HOUSING DEPARTMENT FOR ANY QUESTIONS

DANIELLE TAYLOR  
541-573-8008 OR 8013

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



**We ask that if your child is coming to Tu-Wa-Kii Nobi please let us know where they go after.**

**We need working**

**Telephone number!**

**It is really important!!**

\*\*\*\*\*

**Remind kids they need to participate and follow directions while here, Kids need to be respectful! Or they will be sent home. Call if any questions.**

\*\*\*\*\*

**Kids have Blue Reading logs that need to be signed for a Free entry to Roaring Springs Id.**

**We would like to Thank Taylor for helping us out. Her last day will be Tue. We wish her the best in her schooling.**

## Monday March 11th -Remember Time Change Spring Forward\*\*\*

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

6:00-8:00 Come and get your homework done-EVENING Tutoring -W/Cameron

## Tuesday March 12th

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

## Wednesday March 13th

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Homework/ for MS+HS-

5:00-5:30-Clean up and take kids home

6:00-8:00 Come and get your homework done-EVENING Tutoring -W/Cameron

## Thursday March 14th

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

## Friday March 15th

10:00-11:00- Free Time

11:00-12:00-Reading W/Ms. Lisa /Craft

12:00-1:30- Lunch For Tu-Wa-Kii Nobi

1:00-2:00- Prevention Hour at Armory

2:00-3:30 Pow-Wow Club at the Armory

3:30-Clean up and take kids home.

\*\*\*\*\*



## Upcoming Events and Activities

***We are starting up with Pow-wow club with the help of Prevention Dept. We are encouraging the parents to come with your child to share your knowledge in dancing. We would like to put a program together. We need your input. March 30-31st with Ethereal Moments-Performance, see flyer for more info.***

***March 21st-Family Fun Night see flyer for info. We will celebrate our 7 year Anniversary for Tu-Wa-Kii Nobi Program.***

**We would like to thank Dr. Matt from Burns dental Group for coming out to teach us how to take care of our teeth. And gave out tooth brushes and goody bag!**

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-YSC- 541-573-1572-

Anita Hawley YSC Asst. 573-1573

Taylor Crafts-TWKN assistant

Scott Smyth-TAPP Coord.

589-1849

Cameron -Evening Tutoring



# PARENTING CLASSES

Did you miss signing up for the last class? Did you get busy and forget to call and sign up? This is open to everyone in the community bring you significant other and come join us and learn more about parenting with a background of addiction and recovery.

**When on Tuesdays  
starting March 12, 2019  
from 12-2**

There will be healthy snacks provided.

Any questions about the class? You're not sure if this is the right class for you?

Please call Joellen at 541-573-8003

(A&D Program Coordinator)



March 3, 2019

Dear Hines Middle School Families,

Kids Club of Harney County (Kids Club) is excited to be offering **Friday Academy (FA)** again this school year, for students 6<sup>th</sup>-8<sup>th</sup> grades who are *failing one or more core classes*. The program takes place at Hines Middle School on Friday mornings during the school year, and is administered by Kids Club with cooperation from Harney County School District #3. The students identified for the program are provided academic support and engagement including dedicated homework/tutoring time; Science, Technology, Engineering, Art, and Math (STEAM); physical and team building activities, breakfast and lunch, and free transportation via Dial-A-Ride as needed. Hines Middle School teachers are key staff during Friday Academy, helping students become more comfortable engaging with their teachers and in their own education. Students complete an average of two to five assignments each FA, and collectively complete anywhere from 30-65 assignments a week!

As in previous years, because this program takes place on a non-school day, each student will need a registration/permission slip signed by a parent/guardian. ***This form must be fully completed and signed by the parent/guardian before they can begin their first day at FA.***

A few key notes about our Friday Academy program:

- Your student is invited to participate in the Friday Academy (FA) program because they are failing one or more of their core classes and/or need the extra study time/assistance FA provides to complete and turn in assignments
- Disruptive behaviors result in loss of the privilege to attend the program
- This program is not equipped to work with students with learning or behavioral disabilities, or students who need constant one on one help to be successful
- Students *must* arrive with all materials and assignments needed
- **Students should have a minimum of 60 minutes' worth of work—if no homework, students should come prepared with a book to read, binder to organize, etc.**
- Beginning at 9:00 AM, we serve a balanced breakfast, followed by educational time, activity time, and lunch, ending by 12:00 PM
- Kids Club will pay Dial-a-Ride to pick up and drop off your student as needed, as well as return them home after Friday Academy—you make the arrangements.

Registration forms can be obtained from the Hines Middle School office or Kids Club of Harney County. If you have any questions, or would like more information, do not hesitate to reach out to Kids Club at 541-573-7036. We look forward to another successful year, and we are eager to be a part of your child's success!

Sincerely,

Kids Club of Harney County

# Kids Club of Harney County



## Friday Academy Youth Expectation Contract

This Youth Expectation Contract must be agreed to and signed by all parties.

1. I have read, understood, and signed the Kids Club Behavior Guidelines (back of this contract).
2. I will:
  - Respect Myself
  - Respect Others
  - Respect Kids Club and Kids Club Staff
  - Protect Others
  - Be Honest
  - Have a Positive Attitude
  - Resolve Conflict Without Violence
3. On Friday Academy days, I will (for Youth Participants):
  - Come prepared with all of my assignments and Planner
  - Work quietly and efficiently
  - Stay on task and not distract others
  - Leave my personal electronic devices at home or untouched in my backpack
  - Stay in designated program areas
4. I understand that Kids Club has the right to terminate my/my child's enrollment if I/my child disregard(s) these statements or those in the Behavior Guidelines. Kids Club will collaborate with Hines Middle School regarding behavior issues.

**Participant Signature Required: I understand and agree to all the terms presented in this document.**

\_\_\_\_\_  
PARTICIPANT PRINTED NAME

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

**Parent/Guardian Signature Required: I understand and agree to all the terms presented in this document.**

1. \_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
RELATIONSHIP TO PARTICIPANT

Received: \_\_\_\_\_



# Behavior Guidelines

The following behaviors are not acceptable in Kids Club programs:

- Endangering the health and safety of participants and/or staff members
- Stealing or damaging facility or personal property
- Engaging in any violent behavior including but not limited to hitting, pushing, biting, kicking, etc.
- Leaving the program site or property without permission
- Continuing to disrupt the program
- Refusing to follow the Behavior Guidelines or Hines Middle School Rules
- Use of profanity/lewd behavior
- Use or possession of alcohol, tobacco, illegal drugs, or weapons

When a participant's behavior is deemed unsafe to themselves, other participants, or Staff, or if the behavior becomes so that we are not able to be fully focused on the remaining participants and the duties of running a safe program, Kids Club will require a parent/guardian to arrange immediate pick-up of the child from the premises. If the problem persists, or violence is used by the participant, the participant will be suspended from all Kids Club programs for 30 days, or immediately expelled for one year. If 30 days suspension or expulsion, the participant cannot return to any Kids Club program until a meeting is held with the participant, participant parent(s)/guardian(s), Kids Club Program Manager, and the Executive Director.

I have reviewed these Behavior Guidelines and the Kids Club Rules with my child and I and my child understand and agree to all of the terms presented in this document:

_____	_____	_____
1. PRINTED NAME	SIGNATURE	DATE
_____		
RELATIONSHIP TO PARTICIPANT		

_____	_____	_____
PARTICIPANT PRINTED NAME	SIGNATURE	DATE

# KIDS CLUB of Harney County

## FRIDAY ACADEMY YOUTH REGISTRATION FORM

~ PLEASE PRINT CLEARLY ~ FILL IN ALL INFORMATION COMPLETELY

Today's Date \_\_\_\_\_

Last Name of Youth: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

YOUTH LIVES WITH  Both Parents  Father Only  Mother Only  Foster Parents  Parent & Step Parent  Other \_\_\_\_\_

Primary Contact (1) Name: \_\_\_\_\_ Employer: \_\_\_\_\_ WK Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ Relationship to Youth: \_\_\_\_\_

Primary Contact (2) Name: \_\_\_\_\_ Employer: \_\_\_\_\_ WK Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ Relationship to Youth: \_\_\_\_\_

Allergies: \_\_\_\_\_

Physical or Medical Restrictions: \_\_\_\_\_

Emergency Contact (OTHER THAN PRIMARY): \_\_\_\_\_

Phone: \_\_\_\_\_

How is your child getting home?\*

Example; Walking, Parent Picking Up, Dial-A-Ride etc.

If your student is walking, are they allowed to leave before 12:00?  YES\*  NO Parent Initials \_\_\_\_\_

*\*Please note that once your child leaves the school, Kids Club of Harney County, Hines Middle School or Harney County School District #3 are not responsible or reliable for your child's safety or whereabouts.*

IF CONTACT INFORMATION CHANGES, PLEASE NOTIFY KIDS CLUB AS SOON AS POSSIBLE IN CASE OF EMERGENCY.

THE FOLLOWING INFORMATION IS OPTIONAL. IT'S REQUESTED FOR STATISTICAL INFORMATION TO HELP OBTAIN GRANTS.

Ethnicity:  Caucasian  African American  Native American  Asian  Hispanic  Mixed Heritage  Other

Annual combined household income:

\$0 - \$12,000  \$12,001 - \$17,000  \$17,001 - \$25,000  \$25,001 - \$35,000  \$35,001 - \$45,000  \$45,001 +

**ACADEMIC/BEHAVIOR STUDENT DATA RELEASE POLICY**

I, \_\_\_\_\_, the parent/guardian of \_\_\_\_\_, give permission to Hines Middle School or Harney County School District #3 to pull my child's academic information/achievements along with their disciplinary referrals, free/reduced-price lunch status, at-risk status, or health-related information and provide this information to Kids Club of Harney County at any time within one year from the date listed below. This information is for school, program, and grant reporting purposes only or to attempt to receive grants for Kids Club of Harney County. This information with student names will not be shared with anyone that is not participating in writing or reporting a grant and the child's name is not allowed to be used in grant reporting or writing unless additional written consent is given by the parent. The intent of this information is to report on the demographics of the kids that participate in Kids Club of Harney County programs as a whole and not as individuals.

\_\_\_\_\_  
Parent/Guardian's Name                      Parent/Guardian's Signature                      Date

**PHOTO RELEASE POLICY**

Acceptance of this policy gives consent to the reproduction, publication and use of photographs/video footage taken of youth members by the Kids Club of Harney County (the organization). Photographs/video will be used for advertising, educational and/or publicity purposes in any and all publications, web sites and/or social media, advertisements and publicity materials, including use by grant funding agencies and Harney County School District #3 without limitation or reservation, as deemed appropriate by the organization. You also give consent to any testimony or text written about the person named above that may accompany said photographs or stand-alone in any and all publications, advertisements and publicity materials, including use by grant funding agencies, without limitation or reservation, as deemed appropriate by the organization.

\_\_\_\_\_  
Parent/Guardian's Name                      Parent/Guardian's Signature                      Date

**Special notes for Friday Academy parents.**

- **All cell phones and electronic equipment** will be required to stay in your child's backpack and turned off. If they ring or your child starts using these devices, they will be taken away and returned to the child at the time the child is released.
- **If you need transportation for your youth** to attend Friday Academy, please call Kids Club of Harney County, 541-573-7036, for help arranging Dial-a-Ride at *our* expense.

# WISDOM WARRIORS

## Chronic Disease Self-Management Program

### Empowering Individuals To Help Themselves And Others

- 1 day a week, 2.5 hour class for 6 weeks.
- Free book upon completing the course.
- The class is for anyone with a chronic illness or those caring for someone with a chronic illness.
- Topics include: Pain & Fatigue Management, Making Action Plans to set and achieve goals, Problem Solving, Dealing with Difficult Emotions, Healthy Eating, Communication Skills, Working with Your Health Care Provider.

## CLASS OFFERINGS

Where: Wadatika Health Center conference room

When: February , 11<sup>th</sup>,25<sup>th</sup>; March , 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

Time: 5:00 pm to 7:30 pm

For more information or to sign up please call or email:

Angela Smartt at 541-573-8048 or [smarttaj@burnspaiute-nsn.gov](mailto:smarttaj@burnspaiute-nsn.gov)

Deborah DeLaRosa at 541-573-8042 or [Deborah.delarosa@burnspaiute-nsn.gov](mailto:Deborah.delarosa@burnspaiute-nsn.gov)

## Chronic Disease Self-Management Program

**What Exactly Is a Chronic Health Condition?** Health problems can be characterized as either “acute” or “chronic”. **Acute health** problems usually begin suddenly (cold, flu, and appendicitis) have a single cause, are often easily diagnosed; last a short time and get better with medication, surgery, rest and time. Most people with acute illnesses are cured and return to normal health.

**Chronic illnesses** are different. They usually begin slowly and proceed slowly. For example, a person may slowly develop blockage of the arteries over decades and then might have a heart attack or a stroke. Arthritis general starts with a brief annoying twinges that gradually increase. Unlike acute disease, chronic illnesses usually have multiple causes that vary over time. These causes may include heredity, lifestyle (smoking, lack of exercise, poor diet, stress, and so on), and exposure to environmental factors such as secondhand smoke or air pollution and to physiological factors such as low levels of thyroid hormone or changes in brain chemistry that may cause depression.

### Self-Management Problems for Common Chronic Conditions

Chronic Condition	Possible Problems Caused by Chronic Conditions				
	Pain	Fatigue	Shortness of Breath	Physical Function	Difficult Emotions
Anxiety/Panic Disorder		X	X	X	X
Arthritis	X	X		X	X
Asthmas and Lung Disease		X	X	X	X
Cancer	X	X	X	X	X
Chronic Heartburn and Acid Reflux	X				X
Chronic Pain	X	X		X	X
Congestive Heart Failure		X	X		X
Depression		X		X	X
Diabetes		X		X	X
Heart Disease	X	X		X	X
Hepatitis	X	X			X
High Blood Pressure					X
HIV Disease (AIDS)	X	X	X	X	X
Inflammatory Bowel Disease	X				X
Irritable Bowel Syndrome	X				X
Kidney Stones	X				X
Multiple Sclerosis	X	X		X	X
Parkinson’s Disease	X	X		X	X
Peptic Ulcer Disease	X				X
Renal Failure		X			X
Stroke		X		X	X

*Living a Healthy Life with Chronic Conditions – Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and other Physical and Mental Health Conditions.*

## **Be Alert!!**

There is a fraud campaign that is happening and calling cellphones and home phones if the Social Security calls you and asks for your social security number **DO NOT GIVE YOUR INFORMATION**. The Social security office will only contact you if you have a scheduled appointment the scammers primary focus is elderly, please let your families know and share. if any one has any questions contact Michelle Bradach @ (541) 573-8045 or Cell phone # (541) 413-0023.

## ***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 Program**  
**Office 541-573-8053 Cell 541-413-0216**

**STOP DOMESTIC VIOLENCE**



**Please join us 5:00pm March 12 @ the  
Gathering Center**

**The Burns Paiute Tribal Council has successfully negotiated with ODF&W, ceremonial hunting tags for our tribal members. The Natural Resource and Culture & Heritage Departments have been asked by Tribal Council to gather feedback from our tribal community about appropriate use and distribution of these tags.**

**We have 8 deer, 6 elk and 4 antelope tags that can be used by Tribal Members off-reservation. The Oregon Department of Fish and Wildlife Rules for these new Tribal tags are in the newsletter.**

**Dinner provided and Wadatika Yaduan Community Language Game Night to follow after.**

**Event Hosted by Culture & Heritage and Natural Resources**



OREGON ADMINISTRATIVE RULES  
OREGON DEPARTMENT OF FISH AND WILDLIFE

Stat. Auth.: ORS 183 & ORS 496  
Stats Implemented: ORS 183 & ORS 496

**635-043-0140**

**Warm Springs Hunting Agreement**

(1) Tribal members of the Confederated Tribes of the Warm Springs Reservation are authorized to take wildlife under the terms and conditions in the Memorandum of Agreement Between the Confederated Tribes of the Warm Springs Reservation and the State of Oregon Regarding Off-reservation Hunting Subject to the 1855 Treaty with the Tribes of Middle Oregon, entered into by both parties in 2018, incorporated herein by reference.

(2) No additional tribal legal or treaty entitlement is created, conveyed or implied, nor is any existing agreement, treaty or court decree modified by the adoption of these rules or the above referenced Memorandum of Agreement.

Stat. Authority: ORS 496.138, 496.146, 496.162  
Stats. Implemented: ORS 496.138, 496.146, 496.162

**635-043-0150**

**Burns Paiute Ceremonial Harvest Permits**

**Temporary Rule: Effective January 11, 2019 through July 9, 2019**

Ceremonial harvest permits for use by the Burns Paiute Tribe (the "Tribe").

(1) The Commission authorizes the harvest of deer, elk and pronghorn antelope by members of the Tribe for ceremonial and cultural purposes in accordance with these rules.

(2) Authorization for ceremonial harvest permits will be considered only upon written request from the Tribe.

(3) Authorization for harvest shall specify the season dates, times, locations, and numbers of permits authorized for each species.

(a) Permits authorized shall be provided to the Tribe and may be used only by enrolled members of the Tribe. Each permit shall specify the season dates, times, and location where the permit is valid.

(b) Enrolled Burns Paiute Tribal members using authorized ceremonial harvest permits must carry on their person a valid ceremonial harvest permit, and shall present this document, as well as documents identifying said hunter as a member of the Burns Paiute Tribe, to Department employees or law enforcement personnel upon request.

(c) Enrolled Burns Paiute Tribal members designated to harvest animals using ceremonial harvest permits shall not be required to possess a state hunting license or big game tags in addition to the ceremonial harvest permits authorizing harvest.

(d) In recognition of accepted Tribal custom, the Commission acknowledges that Tribal authorities may designate individuals to harvest animals using these ceremonial harvest permits. The Tribe may designate the number of permits used by enrolled Burns Paiute Tribal members, so long as the total harvest does not exceed the number of ceremonial permits authorized under subsection (e) of these rules.

(e) Pursuant to a request received under subsection (2), the Department shall issue up to eight (8) deer permits with a bag limit of "one deer" up to six (6) elk permits with a bag limit of "one elk", and up to four (4) pronghorn antelope permits with a bag limit of "one pronghorn", for ceremonial purposes annually. Season dates are: January 1 through three days before the first day of general archery deer and



OREGON ADMINISTRATIVE RULES  
OREGON DEPARTMENT OF FISH AND WILDLIFE

---

elk season (inclusive) for deer and elk permits, and January 1 through three days before the first day of the Department pronghorn antelope season in the Silvies and Malheur River WMUs (inclusive) for pronghorn antelope.

(f) Each permit shall be validated immediately upon successful harvest of a designated animal by blacking out in ink, or removing in its entirety, only the month and day of the kill. The permit shall be attached securely to the game mammal in plain sight. The permit shall be kept attached to the carcass, or remain with any parts thereof, so long as the same are preserved.

(g) Ceremonial harvest permits are valid only on federal lands and Burns Paiute Tribal lands (Tribal trust and fee title) in the Silvies Wildlife Management Unit, that portion of the Malheur River Wildlife Management Unit (WMU) that is north of U.S. Highway 20, and the Burns Paiute Tribal property known as the Jonesboro property south of U.S. Highway 20 in the Malheur River WMU. Ceremonial harvest permits cannot be used on private lands and do not authorize trespass upon private lands to access federal or tribal lands where landowner permission has not been obtained. Ceremonial harvest permits do not authorize entry or use on public lands where hunting, access, or discharge of firearms is precluded by any other statute, rule or law.

(h) Methods of take, shooting hours, and other restrictions or limits on hunting methods, weapons and techniques all remain the same as those pertaining to sport harvest during other Commission authorized big game seasons.

(i) If a ceremonial need arises after the end of authorized season dates and a previously issued ceremonial harvest tag from that year was not validated for harvest, the Tribe may request a date extension in writing.

(A) Written request must include the specific ceremonial need as determined by the Tribe, the requested new dates for hunt, and the original tag.

(B) The species on the ceremonial harvest tag cannot be changed.

(C) The Department will consider the request to avoid conflicts with ongoing hunting seasons and may limit the hunt area from the description in (3)(g).

(D) If approved, the local Wildlife District staff from the Department will provide the revalidated tag to the Tribe.

(4) The Tribe shall report all harvest of deer, elk or pronghorn antelope conducted under ceremonial harvest permit to the Department on an annual basis.

(5) Animals harvested under an authorized ceremonial harvest permit may only be used by Tribal members for ceremonial and cultural purposes. Animals and parts thereof may not be bartered or sold.

(6) Authorization of these ceremonial-hunting permits does not create, convey, modify, limit, impede or imply any tribal legal or treaty entitlement.

Stat. Auth.: ORS 496.012, 496.138, 496.146 & 496.162

Stats Implemented: ORS 496.012, 496.138, 496.146 & 496.162



# Coin Join the Spirit Warriors and let's make Medicine bags

When: Wednesday March 13, 2019

Time 5:30-7

Where: Gathering Center

**Snacks will be provided**

Any questions please contact Joellen at 541-573-8003  
(A&D Program Coordinator)

# Burns Paiute Tribe Youth Leadership Council FUNDRAISER

**DATE: March 15, 2019**

**TIME & PLACE: 5:30 pm @ Gathering Center**

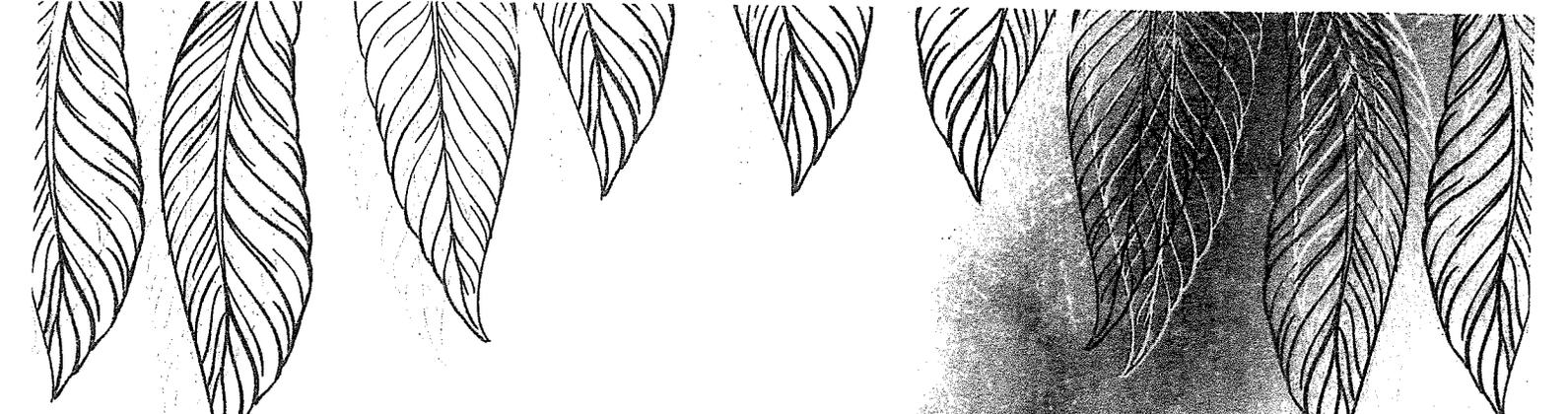
**SPAGHETTI DINNER, DESSERT & DRINK  
AND SILENT AUCTION**

**\$6.00 a plate, \$20/family of 4, \$25/fam of 5, etc.**

The Youth Council is inviting you to a Spaghetti Dinner and Silent Auction. The YC is raising money to offset the costs to attend the National UNITY Conference in Orlando, FL in July. *\*\* We are seeking donations for the silent auction. If you have an item you would like to donate please call Jody Richards at 541-573-8005, or drop it by the Road to Wellness Building, BPIR. THANK YOU!*

**WE APPRECIATE YOUR SUPPORT!**





# COMMUNITY INSPIRATION

You're Invited to participate with Wadatika Yaduan  
Language Programs Storytelling Project

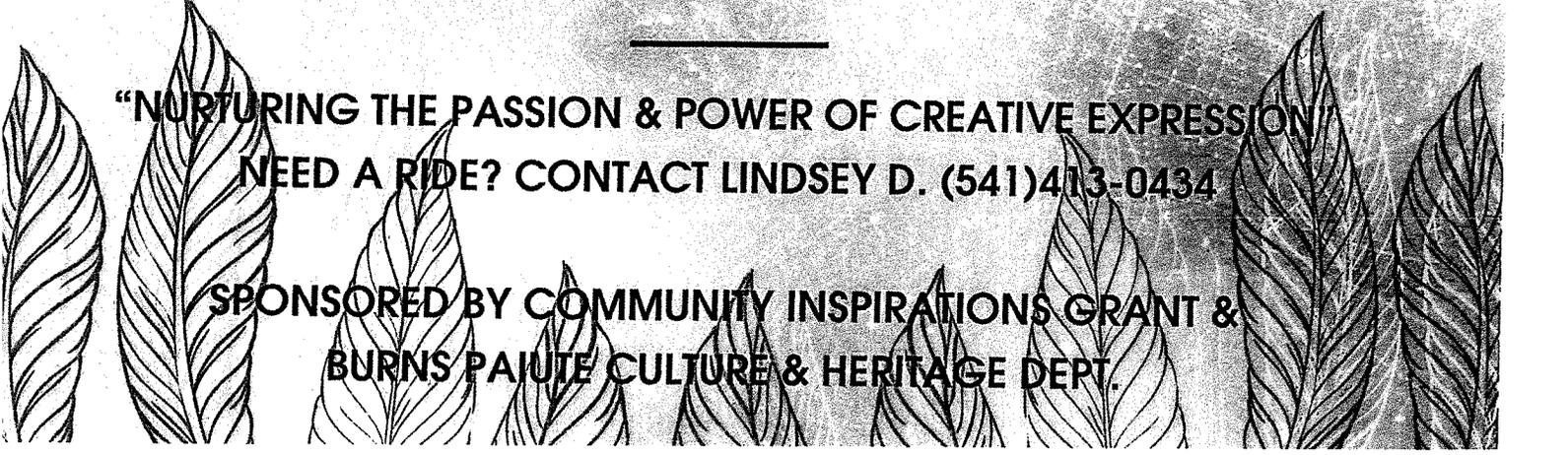
---

Sunday, Jan. 27<sup>th</sup> @ 2pm - GC  
Sunday, Feb. 3<sup>rd</sup> @ 2pm - GC  
Sunday, Feb. 17<sup>th</sup> @ 2pm - GC  
Sunday, Mar. 3<sup>rd</sup> @ 2pm - GC  
Sunday, Mar, 17<sup>th</sup> @ 2pm - GC

---

"NURTURING THE PASSION & POWER OF CREATIVE EXPRESSION"  
NEED A RIDE? CONTACT LINDSEY D. (541)413-0434

SPONSORED BY COMMUNITY INSPIRATIONS GRANT &  
BURNS PAIUTE CULTURE & HERITAGE DEPT.



JOB  
DESCRIPTION

TITLE: Education/Employment Assistance Coordinator (EEAC)  
LOCATION: Burns Paiute Reservation  
SALARY: \$17 - \$22/ Hourly  
CLOSING: Open Untiled filled

**SUMMARY DESCRIPTION:**

Under general direction of the General Manager and dependent on contracts and funding, the EEAC provides education services for the Burns Paiute Tribe by planning, developing, implementing, monitoring, and evaluating education programs and operations. The EEAC completes and plans, directs, and coordinates activities of designated programs: Youth Opportunity Program, Adult Education, Employment Assistance, Higher Education and Johnson O'Malley (JOM).

**RESPONSIBILITIES**

The EEAC has the responsibility of coordinating and administering the Adult Education Program, Higher Education Program, Employment Assistance Program, Johnson O'Malley, and the Title VI Program, administered through Harney County District #3 Schools. The primary responsibilities include:

- Enable Burns Paiute students to receive the maximum offering of educational services, reflected in a growing number of students completing their education.
- Providing an avenue of communication between the Burns Paiute Tribal community and the school system.
- Developing and administering appropriate assistance to students who are experiencing academic problems.
- Assisting students with pre- and post-graduation documents (Scholarship Applications). Providing college preparation
- Responsibility for communication with outside agencies and other departments whose mission is to help Native American youth reach their educational goals.
- Developing and facilitating new innovative educational programs for youth and adults. Assisting in required paperwork for Employment Assistance Program (CFR26.6).

**DUTIES:**

- Set-up and assist necessary and appropriate tutoring classes for individuals and/or groups. Monitor student progress.
- Maintain a current understanding of school administration and administrative procedures.
- Follow through on curriculum, events, and programs planned by the Parent Committee. Assist and participate in the planning, development, implementation, and evaluation of education programs.

- Assist and participate in budget preparation and execution.
- Set-up and assist mentoring programs with students and parents, as needed.
- Maintain necessary program documents and reports.
- Attend regular and special Parent Education/Indian Task Force meetings, workshops, and training sessions, as pursuant to contract goals & objectives. Some travel is required to maintain BIA 638 contract obligations.
- Must maintain confidentiality of record and information pertinent to the nature of work and display a professional disposition.

**OTHER DUTIES:**

Due to the Tribe's commitment to community service and the well-being of its members, each employee may be expected to perform a wide range of office and field duties from time to time. Such duties may or may not be related to regular responsibilities.

**QUALIFICATIONS:**

Education/Experience: Any combination of education and experience providing the required skills and knowledge for successful performance. Desirable qualifications include:

- Some college experience, preferably a Bachelors Degree in Education or a related field will fulfill requirement
- A valid Oregon Driver License.
- Effective communication skills, both verbal and written, be computer literate, and have experience maintaining positive working relationships with students, parents, educators, employers, educational institutions, and government agencies.
- Excellent organization skills.
- Experience in program planning and budgeting.
- Experience facilitating youth groups, workshops, classes, etc. and working professionally with families and youth.
- Knowledge of current educational standards and requirements needed to pursue higher education and/or vocational training.
- Culture teaching experience and/or experience working with Native American youth; able to relate to at-risk Native American youth involved in the Juvenile Justice system.
- Demonstrated knowledge and understanding of the social, educational, training and cultural needs of the Burns Paiute Tribal community; ability to provide culturally competent services.
- Ability to uphold the Burns Paiute Tribal Code of Ethics.
- Submit to and clear an alcohol/drug test.
- Submit to and clear a criminal background check.

**Contact:**

Human Resources

Danielle Taylor

541-573-8013

[Danielle.taylor@burnspaiute-nsn.gov](mailto:Danielle.taylor@burnspaiute-nsn.gov)

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

**Title:** Fish Biologist

**Agency/Department:** Burns Paiute Tribe Natural Resource Department

**Reports to:** Fisheries Program Manager

**Classification/Date of Employment:** Full Time/Permanent

**Start Date:** April 15<sup>th</sup>, 2019 (flexible)

**Salary:** Grade 9/10 (DOE)

**Announcement Closing Date:** March 20th, 2019

**Additional Qualifications:**

1. Valid Drivers License
- Per the Tribal Policy Manual, the successful applicant will need to pass a background check and drug screening

**With questions regarding position please contact:**

Brandon Haslick  
Burns Paiute Tribe Fisheries Program Manager  
100 Pasigo Street  
Burns, Oregon 97720  
Phone: 541-573-8084  
Email: [brandon.haslick@burnspaiute-nsn.gov](mailto:brandon.haslick@burnspaiute-nsn.gov)

**To apply, please submit application by March 20th to:**

Human Resources Dept.  
Danielle Taylor  
100 Pasigo Street  
Burns, OR 97720  
Phone: 541-573-8013  
Fax: 541-573-2323  
Email: [danielle.taylor@burnspaiute-nsn.gov](mailto:danielle.taylor@burnspaiute-nsn.gov)

**Application:**

<http://burnspaiute-nsn.gov/index.php/resources/online-documents/documents/162-2018-bpt-job-application>

---

## Fisheries Biologist - Grade 9/10

### **Minimum Educational Requirement**

Incumbent have a Bachelor's degree from an accredited or pre-accredited college or university that includes at least 6 semester hours in aquatic subjects such as limnology, ichthyology, fishery biology, aquatic botany, aquatic fauna, oceanography, fish culture, or related courses in the field of fishery biology; AND at least 12 semester hours in the animal sciences in such subjects as general zoology, vertebrate zoology, comparative anatomy, physiology, entomology, parasitology, ecology, cellular biology, genetics, or research in these fields; AND must have at least two years of full time fisheries employment.

**OR**

A Master's degree can substitute for the two years of wildlife employment required.

### **Primary Duties and Responsibilities**

- Collect/compile/analyze data and prepare reports and evaluations for the Tribal Council, sponsors, and local managers;
- Implement the field goals and objectives outlined in the management plans for the mitigation sites;
- Coordinate and organize multiple cost share agreements with state, federal, and other Tribal entities on cooperative projects;
- Develop, write, and implement fisheries restoration and enhancement plans upon approval by Program Manager;
- Present research data and findings to peer groups, management agencies, and interested public workgroups;
- Expand the scope of the fisheries program to meet the goals of the Tribe, with particular emphasis on tribal youth outreach;
- Comply with federal and state environmental regulatory policies through consultations and necessary documentation (i.e. permits, reports, and data collections);
- Write proposals and apply for grants to expand Fisheries Program projects;
- Design and implement annual work plans in coordination with Program Manager;
- Represent the department at regional and local technical meetings;
- Coordinate fisheries activities with the Fisheries Program Manager to ensure cohesion within the Program;
- Initiate research as needed; and
- Other duties as needed.

### **Recommended Skills**

- Knowledge of the theories, principles, scientific methodologies and techniques of fisheries biology;
- Ability to analyze and interpret data from studies and management programs in a statistically rigorous manner;
- Ability to design, conduct, and evaluate biological conservation activities and other management techniques;
- Skill in written communications;
- Skill in oral communications with people of diverse backgrounds and affiliations in a variety of settings;
- Ability to coordinate/supervise technician staff to complete a variety of field data collection simultaneously.

**Tribal Cultural Resource Archaeological Aid/Technician  
Part-time(ON-CALL) /Seasonal  
Burns Paiute Tribe**

Number of Positions: 4 – Archaeological Technician(s)  
Department: Culture & Heritage Dept.  
Location: Burns, Oregon – Burns Paiute Reservation  
Open: Monday, June 4<sup>th</sup>, 2018  
Closes: Open until Filled  
Supervisor: **Culture & Heritage Department Director**  
Salary: Commensurate to GS 3/4/5 DOE  
Status: Non-Exempt Seasonal on-call  
Position Hours: Part-time/Seasonal

**Primary Responsibilities**

This position is responsible for working in support of the preservation and protection of the cultural resources of the Burns Paiute Tribe.

**Essential Duties**

Participates as a field crew member conducting inventories of cultural resources in areas of proposed projects.

Works as a team member to ensure archaeology work assignments are carried out in safe, timely manner according to established standards and procedures.

Identifies and records cultural resource inventory material in the field for use in reports and site forms.

Assists in research of reference materials such as state and national register files, historic documents, archaeological reports, maps and aerial photos, and interviews source individuals concerning project areas.

**Additional Duties**

1. Working knowledge of hand help field equipment such as GPS unit and compass.
2. Responsible for providing support in identifying, documenting, and protecting significant historic and pre-contact cultural properties of interest to the Burns Paiute Tribe.
3. Keeps detailed daily notes of activities including actions that may be impacting cultural sites.
4. Assists with cultural preservation education to the community and staff.
5. May monitor archaeological projects to ensure sufficiency of fieldwork.
6. Provides support toward preparation and submission of archaeological site forms and reports within time designations.
7. Performs other duties as assigned by supervisor.

**Qualifications:**

- A minimum of 4 quarter credits of archaeological field school preferred;
- A minimum of three months of supervised experience in basic archaeological field research, including pedestrian survey and excavation preferred;
- Excellent oral and written communication skills;
- Competency of Northern Paiute culture required.

The position requires a working knowledge of federal laws protecting archaeological and cultural sites under the National Historic Preservation Act, the Archeological Resources Protection Act, the Native American Graves Protection and Repatriation Act, etc., as well as applicable state and local laws and rules.

This position requires the ability to work well in rough terrain and inclement weather, hiking 7-10 miles per day. This position requires a fundamental knowledge of tribal history and culture in the Northern Great Basin.

**Additional Education and Experience: (desired, but not required):**

1. Working knowledge of GPS handheld devices and compass.
2. Knowledge of Great Basin archaeology and/or experience working with Great Basin Tribes.

**Physical Demands**

The physical demands and work environment described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

Work involves walking, talking, hearing, using hands to handle, feel or operate objects, tools, or controls, and reaching with hands and arms. Vision abilities required by this job include close vision and the ability to adjust focus. The employee may be required to push, pull, lift, and/or carry up to 40 pounds. The noise level in the work environment is usually moderately quiet.

**Drivers License & Insurance Preference**

Possession of a valid Oregon driver's license is preferred, as well as qualifying for the Tribe's vehicle insurance, and ability to provide proof of personal vehicle insurance. Adequate transportation and eligibility to operate government vehicles preferred. This position may include daily driving duties to and from aboriginal territory work and training sites in tribally owned vehicles or the employee's private motor vehicle(s).

**Background Check**

Candidates for this position are subject to criminal background check.

Must submit to a pre-employment drug and alcohol testing and/or the failure to successfully pass a drug and alcohol test may result in refusal to hire.

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

Questions may be directed to Diane L. Teeman, Culture & Heritage Department Director at 541-413-1190

Submit application, resume and Curriculum Vitae to:  
Human Resource Department  
100 Pasigo Street  
Burns, OR 97720  
Or fax to: 541-573-2323.

# **BURNS PAIUTE TRIBE**

## **Job Announcement**

**Job Title:** Language Technicians (1)  
**Department:** Culture & Heritage  
**Reports to:** Culture & Heritage Director  
**FLSA Status:** Part-time/On-Call  
**Opens:** May 29, 2018  
**Closes:** Open until filled  
**Salary:** \$13.00 + doe

This Candidate must pass a pre-employment drug screen and Criminal and Character Background Check.

### **SUMMARY OF MAJOR FUNCTION**

**Language Technicians work both independently and as part of the language team to coordinate Wadatika Yaduan Language Program objectives and activities.**

1. Assist Elder Language Experts in effectively completing voice recording of words and phrases in both English and Northern Paiute.
2. Maintain strict confidentiality of sensitive and/or intellectual proprietary information that may present itself during the language recording project such as cultural site locations, family stories, etc.
3. Work independently and as a team member to complete short-midrange, and long-term objectives of the language program.
4. Maintain complete records of progress and outcomes of assigned program objectives.
5. Assist with language recording efforts as assigned.
6. Participate in and assist with field trips and project meetings related to the Language Project, as requested.
7. Participate and be engaged in the short, midrange, and long-term language team efforts with the Burns Paiute tribal community, Burns Paiute tribal staff, and Wadatika Yaduan language.
8. Work with the Language Team to coordinate regularly scheduled language events.
9. Maintain an impeccable attendance record.
10. Provide regular (weekly) detailed written and verbal progress updates to Language Team and Culture & Heritage Director.
11. Other duties as assigned.

### **Disclaimer**

The above statements reflect the general duties considered necessary to describe the principal functions of the job as identified and shall not be considered as a detailed description of all the work requirements that may be inherent in the job. Other duties may be assigned.

### **MINIMUM QUALIFICATIONS**

- A. Ability to work effectively with tribal community Elders (demonstrated experience preferred).

- B. Ability to work independently and as part of a team to complete assigned tasks in the time allotted
- C. Possess a working understanding of Indigenous Great Basin cultures, and the ability to assist in the incorporation of those cultural norms into research methods and practice.
- D. High energy individual with the ability to provide assistance and support to Elder Language Experts as they serve as expert language consultants with the Wadatika Yaduan Language Program.
- E. Experience with or ability to quickly learn effective use of digital recorders, digital cameras, etc.).
- F. Ability to communicate effectively, both orally and in writing;(understanding and/or conversational fluency in Northern Paiute, particularly in the Wadatika dialect, preferred.
- G. Willingness to actively work toward Wadatika Yaduan conversational proficiency.
- H. Valid Oregon Driver's License preferred.

**Indian Preference**

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

**HOW TO APPLY:**

Return completed Burns Paiute Indian Tribe Application and cover letter to:

Danielle Taylor  
Human Resources Director  
100 Pasigo Street  
Burns, OR 97720

Fax: 541-573-2323  
Email: [Danielle.taylor@burnspaiute-nsn.gov](mailto:Danielle.taylor@burnspaiute-nsn.gov)

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm for online application go to [burnspaiute-nsn.gov](http://burnspaiute-nsn.gov)

**Native  
STAND**

*Students Together Against Negative Decisions*



## **ALL NATIVE MIDDLE SCHOOL & HIGH SCHOOL STUDENTS**

### **WHAT IS NATIVE STAND?**

Native STAND is a culturally specific peer education program which deals with topics that effect teens such as healthy relationships, teen pregnancy and STI/HIV protection, Alcohol & Drug Prevention, Team Building, Culture and Tradition, and MORE!!

---

**MARCH 27<sup>TH</sup> & 28<sup>TH</sup>, 2019 (29<sup>TH</sup> – FOR THOSE THAT ATTEND BOTH DAYS, WE WILL GO TO BEND FOR BOWLING!)**

**10:30 AM TO 3:00 PM, LUNCH PROVIDED, SNACK PROVIDED**

BURNS PAIUTE TRIBE GATHERING CENTER

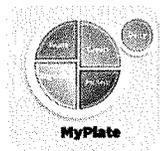
IF YOU HAVE ANY QUESTIONS PLEASE CONTACT JODY RICHARDS AT 541-573-8005, OR EMAIL AT [JODY.RICHARDS@BURNSPAIUTE-NSN.GOV](mailto:JODY.RICHARDS@BURNSPAIUTE-NSN.GOV)

**NATIVE STAND T-SHIRTS, DOOR PRIZES, SNACKS & LUNCH PROVIDED!**

---



**10 tips**  
Nutrition  
Education Series



**MyPlate  
MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

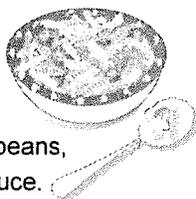
# Liven up your meals with vegetables and fruits

**Discover the many benefits of adding vegetables and fruits to your meals.** Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

**1 Fire up the grill**  
Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

**2 Take your casserole to the next level**  
Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

**3 Planning something Italian?**  
Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

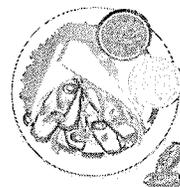


**4 Get creative with your salad**  
Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

**5 Salad bars aren't just for vegetables**  
In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

**6 Get in on the stir-frying fun**  
Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

**7 Add them to your sandwiches**  
Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



**8 Be creative with your breakfast**  
Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

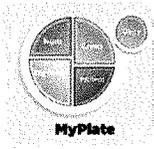
**9 Make a tasty fruit smoothie**  
Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.



**10 Liven up an omelet**  
Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.



**10 tips**  
Nutrition Education Series



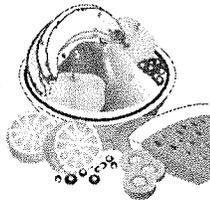
**MyPlate MyWins**

Based on the Dietary Guidelines for Americans

# Focus on fruits

**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

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



**2** **Experiment with flavor**  
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

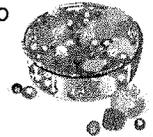
**3** **Think about variety**  
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



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

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

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

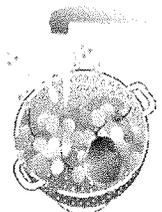


**7** **Enjoy fruit at dinner, too**  
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

**8** **Snack on fruits**  
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

**9** **Be a good role model**  
Set a good example for children by eating fruit every day with meals or as snacks.

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





United States Department of Agriculture



# Redo your coffee shop stop

Whether going to your local coffee shop is a daily ritual or a special weekend outing, consider these ways you can move toward better choices.



## Downsize your drink

If a large coffee drink is your go-to, consider whether a smaller size would hit the spot.



## Do dairy right

For lattes and cappuccinos, shift from whole milk to low-fat or fat-free (skim) milk to reduce the amount of saturated fat.



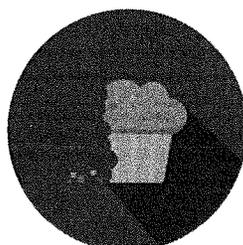
## Skip the "whip"

Leave off the extras like whipped cream and caramel drizzle. The calories from added sugars in the toppings alone can really add up.



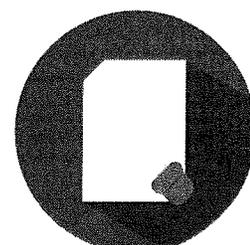
## Cut the syrup in half

Ask for fewer pumps of sweetener in your drink. A sprinkle of cinnamon or cocoa powder can add flavor without added sugars.



## Split the sweets

Share a muffin or pastry with a friend. It can be high in calories from added sugars and saturated fat.



## List more tips

---

---

---

---

MPMW Tipsheet No. 8  
December 2016

Center for Nutrition Policy and Promotion

USDA is an equal opportunity provider, employer, and lender.



**10**  
**tips**  
Nutrition  
Education Series



Based on the  
Dietary  
Guidelines  
for Americans

# Make better beverage choices

**A healthy eating style includes all foods and beverages.** Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

**1** **Drink water**  
Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



**2** **How much water is enough?**  
Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

**3** **A thrifty option**  
Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

**4** **Manage your calories**  
Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

**5** **Kid-friendly drink zone**  
Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.

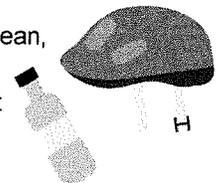


**6** **Don't forget your dairy\*\***  
Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



**7** **Enjoy your beverage**  
When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

**8** **Water on the go**  
Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



**9** **Check the facts**  
Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

**10** **Compare what you drink**  
[Food-A-Pedia](#), an online feature available at [SuperTracker.usda.gov](#), can help you compare calories, added sugars, and fats in your favorite beverages.

\*100% juice is part of the Fruit or Vegetable Group.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.



The Northwest Indian Health Board

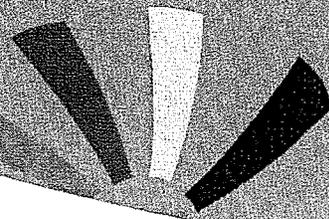
Is trying to put together a  
Tribal Quit Line

They would like some information about the  
Burns Paiute Tribe

I would like to talk to some of the elders  
about the history of tobacco, culture, and  
how you feel about the Quit Line

Please contact Lanette at 541-573-8002

If you would like to be apart of getting the quit  
line started.



# FOSTER CHILDREN NEED YOU!

## TRAIN TO BE A FOSTER RELATIVE OR ADOPTIVE PARENT



### Not sure if you want to be a foster or adoptive parent?

Don't decide until you complete this *Foundations* training. You can discuss with a Foster Care Certifier the different options that fit best for you—be that respite, a long term provider, or child advocate—your commitment level is flexible.

### What do I need to do to be a foster or adoptive parent?

- Complete Foundations classes. Foundations is free and answers questions about why children come in to foster care, DHS goals, child development and trauma, working with birth families and much more.
- Work with a Foster Care Certifier to complete your home study.

*\*Foster parents of all ages, ethnicity, sexual orientation and marital status are needed to meet the needs for a wide variety of children from newborn to 18 yrs.*

### FOUNDATIONS

#### FEB/MAR 2019 CLASSES

**8 mandatory sessions, 5:30-8:30 PM**

Mon & Tue, Feb 25 & 26th, 2019

Mon & Tue, March 4 & 5th, 2019

Mon & Tue, March 11 & 12th, 2019

Mon & Tue, March 18 & 19th, 2019

**\*All sessions required for certification, missed sessions will need to be made up**

**Burns DHS Office  
Steens Conference Room  
809 W. Jackson #200  
Burns, OR 97720**

*(Enter front of building, follow signs)*

### FOR QUESTIONS OR TO RSVP PLEASE CONTACT:

**Ben Potter**    *Benjamin.potter@state.or.us*    541-962-5740

**\*\*It's important you RSVP so we get an accurate count for ordering curriculum, both spouses need to attend to be certified\*\***

*You can make the difference!*

**OREGON DEPARTMENT OF HUMAN SERVICES  
CHILD WELFARE PROGRAM**

Native and Indigenous Student Union  
presents  
**17<sup>th</sup> Annual Social Powwow**  
**Saturday March 16<sup>th</sup>, 2019**  
Sparks Athletic Center  
1060 Mill St Se Salem, OR

Vendor Setup – Noon  
Grand Entry-4pm  
Ending – 10pm  
Funding Guaranteed for first 10 drums

---



Master of Ceremonies: Bob Tom  
Arena Director: David West  
Host Drum: Star Horse  
Dance Contest: Men's Traditional

Contact Office of Multicultural Affairs  
503.370.6265 or [gtoyama@willamette.edu](mailto:gtoyama@willamette.edu)

# **NNABA NO FRILLS BASKET WEAVING EVENT HOSTED BY THE MUCKLESHOOT TRIBE**

## **WHEN**

**Sat & Sun March 23rd and 24th  
9 am - 4 pm**

## **WHERE**

**Muckleshoot Elders Complex  
17800 SE 392nd St. Auburn WA 98092**



**ALL AGES  
EVENT**

**Registration online:**

**NNABA.net**

**Or mail**

**Name address**

**Phone number and  
payment to:**

**NNABA**

**PO BOX 7185**

**COVINGTON, WA 98402**

**REGISTRATION:  
\$80**

**\$50 for one day  
plus kit fees**

**Please bring extra cash to  
pay teachers directly for  
material kit fees.**

**Muckleshoot Elders will  
Host fundraising  
concessions**

**BENEFITING**

**Northwest Native**

**American Basketweavers**

**Association 501 (c)3**

**To promote, perseve, and**

**Perpetuate NW Native**

**Basketry.**

**WWW>NNABA.NET**

**INFO>NNABA@YAHOO.COM**