

TU' KWA HONE NEWSLETTER

Burns, Oregon

April 1, 2019

COMMUNITY NEWS:

March 24, 31, 2019—Culture & Heritage at 2:00 p.m. @ Gathering Center.

March 26, 2019—Language at 5:00 p.m. at the Gathering Center.

March 27, 2019—Family Fun night at the Gathering Center.

April 1, 2019— 1 pm Pre-meeting regarding Hell's Canyon, regular meeting to follow.

BURNS TRIBAL POLICE

You may have noticed our new officers riding with state and local law enforcement. We have partnered with local agencies to help with the required training our new officers need to become certified. The help from these agencies will speed up the process so we can have more enforcement coverage.

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

Non-lead Ammunition Test Day

Give non-lead ammunition a try for FREE!

Attendees will have a chance to win a \$25 gift card to Sportsman's Warehouse
Hunters and Shooters: Why could this be important to you?

1. Non-lead ammunition is extremely effective: non-lead bullets offer great weight retention, consistent expansion, and exceptional accuracy for big game, or quick expansion and good fragmentation for furbearer or varmint hunting, all with no lead.
2. Lead Fragmentation & Weight Loss: Conventional lead bullets lose weight on the way through an animal, leaving lead behind in the remains, and increasing the risk of accidentally poisoning scavenging wildlife or bringing home unwanted fragments in the processed meat.

Where: Burns Butte Sportsman's Club

Directions: The Burns Butte Sportsman's range is located west of Hines. Take Hines Logging Road (NF Road 47) for 3.6 miles. The range will be on the right.

When: May 11th, 2019 from 10:00 am to 3:00 pm

A selection of non-lead ammunition from multiple manufacturers will be available for the following cartridges:

.17 HMR	.25-06 Remington	.30-06 Springfield
.22 Long Rifle	6.5 Creedmoor	.300 Winchester Mag
.223 Remington	.270 Winchester	.300 Winchester Short Mag
5.56 Nato	7mm Remington Mag	.338 Winchester Mag
.22-250 Remington	7mm-08 Remington	.375 H & H Mag
.243 Winchester	.30-30 Winchester	.45-70 Government
	.308 Winchester	

Hunters are invited to bring their firearms and current ammo to compare with non-lead options for accuracy. A special demonstration will also compare terminal performance of conventional lead hunting bullets and non-lead bullets in water barrels and ballistic gelatin. If planning a hunt this year, come test different non-lead ammunition and get ready for success!



Burns Paiute Tribal Council
Minutes for January 16, 2019

The meeting was called to order at 4:04pm

Present: Eric Hawley, Tracy Kennedy, Jody Richards, Wanda Johnson, Diane Teeman and Charisse Soucie. Dean Adams, absent, excused.

Tracy Kennedy made a motion to approve the agenda for January 16, 2019, second by Charisse Soucie, 5 for, 0 opposed, 0 abstain, motion carried.

Minutes

Wanda Johnson made a motion to approve the minutes for December 18, 2018 with corrections, second by Diane Teeman. 5 for, 0 oppose, 0 abstain, motion carried.

January 3, 2019 minutes were tabled to the end of the meeting.

Julie Weikel, Harney County resident

Julie would like to donate her land to the Burns Paiute Tribe. She has asked that she be able to live there until she passes away. She has 3 adult kids and they are all in agreeance. She has been there since 2004. It is 137 acres across from the RV Park at the Narrows. There is a 1988 home and big shop on the property. She feel the land should go to the rightful owners of the area, the Burns Paiute Tribe. Tribal Council suggested she work with NAPOLS on deeding the land to the Tribe.

Charisse Soucie, THPO Resignation

After discussion Charisse Soucie withdrew her resignation and will stay on for 6 months, but the position will need to be flown in the meantime.

Deb Arntz, Finance Director

Steel Building

Deb has had someone express interest in buying the steel building near the tribal administration office. The cost of the building was \$167, 933.00. By consensus it was approve that Deb see what the building is worth and put it out for bid and bring back to council for approval.

Government Shutdown

The shutdown has affected the Lease Compliance program thus far and that employee has been furloughed, Charisse said she will still go out and check the allotments. The Social Service program may be affected as well if funding does not come in. There are 2 positions in child welfare/Social services. At this time all other programs are okay.

Erica Maltz

Hells Canyon Complex

Approved March 13, 2019

Erica updated and discussed the Hells Canyon Complex Fishery Resource Management Plan with Council. Joe Mentor suggested talking to Governor Brown as soon as possible. He is willing to draft a letter for the Tribe. Eric will meet with Erica on January 17, 2019.

Danielle Taylor, Human Resource

NAPOLS Request

Danielle was requesting the approval to make contact with NAPOLS to ask for their assistance to work on an Employee Assistance Program. The program would help when employees need assistance with financials, alcohol and drug issues, etc. Jody will send an email to Danielle Taylor stating it is okay to contact NAPOLS.

Rhonda Holtby, regarding Senate Bill 13, TABLED

Diane Teeman, Culture and Heritage Director

Oregon Cultural Trust Appointments

These appointments need to be officially appointed. There are 3 appointments and 1 alternate. Work is needed to be done on the by laws. Charisse Soucie stated she is still interested on sitting on the board. Other members were Dean Adams and Jarvis Kennedy.

Ad Hoc – Tribal Water Committee

The committee would be looking at the water issues from a cultural aspect. Alita Begay will be involved and helping with the water issues and or interests. Diane can do an outline on what it would look like.

Tracy Kennedy

Discussion on recusal and conflict of interest and the letter from NAPOLS.

Diane Teeman made a motion to go into executive session to discuss recusal at 6:18pm, second by Wanda Johnson. 4 for, 1 opposed, 0 abstain, motion carried.

Wanda Johnson made a motion to come out of executive session at 6:27 pm, second by Tracy Kennedy, 5 for, 0 opposed, 0 abstain, motion carried.

No action taken.

Tracy Kennedy made a motion to go into executive session at 6:30 pm to discuss Interim General Manager concerns, second by Wanda Johnson. 5 for, 0 opposed, 0 abstain, motion carried.

Wanda Johnson made a motion to reconvene into regular session at 6:40pm, second by Charisse Soucie. 5 for, 0 oppose, 0 abstain, motion carried.

No action taken.

Jason Bell – NAPOLS

Approved March 13, 2019

Fabio sent an email saying they had funding for an attorney from May – August that can assist the Tribe if needed. Tribal Council discussed he could help with wills. Jody will contact Fabio and update him on the new Tribal Council and let him know we would like to use Jason Bell for wills.

Phone Poll

There were 2 phone polls that went out for the purchase of tables from Harney District Hospital and the purchase of a recorder for Tribal Council meetings. Both phone polls passed.

Update on seats for committees:

LCIS: Eric Hawley said he would be on the board, a resolution will be needed at the next mtg.

USRT: Dean Adams, Charisse Soucie is secondary

SMAC: Eric Hawley

IHS Delegate: Wanda Johnson and Twila Teeman

Letter of interest: Wanda Johnson submitted a letter of interest for the Cultural Advisory Committee. Requesting it to be on the next agenda.

Tracy Kennedy made a motion to adjourn at 7:10 pm, second by Jody Richards. 5 for, 0 opposed, 0 abstain, motion carried.

Adult Mental Health First Aid

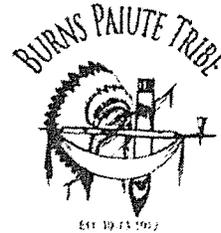
May 21, 2019 (8:30 am to 4:30 pm)



The Gathering Center

50 Pasigo Street

Burns, OR 97720



Participants must pre-register. For Registration please contact:

Twila Teeman

Wadatika Health Center

Burns Paiute Tribe

Office: 541-573-8049

Email: Twila.Teeman@burnspaiute-nsn.gov

Continental breakfast and lunch will be provided

Name: _____

Occupation: _____

Phone: _____

Email: _____

Please provide a brief description of why you are enrolling in the course: (Example response-help family member or loved one, better serve clients/public with mental health issues.)



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the Us in 2008.



Domestic Violence Red Flags

Jealousy-uses jealousy as a sign of love

Intimidation-induces fear

Domination-sets all the rules

Fault Finding-passes judgement and constantly criticizes

Possessive-treats partner like property

Disrespect-has negative attitudes about women or other partners

Controlling-makes all decisions

Play fighting- horsing around, testing the waters

Entitled-believes they have the right to say or do whatever

Hypocrite-has different standards and rights for self than others

Isolation-keeps friends or family away

Stalking

Perpetrator drug or alcohol misuse

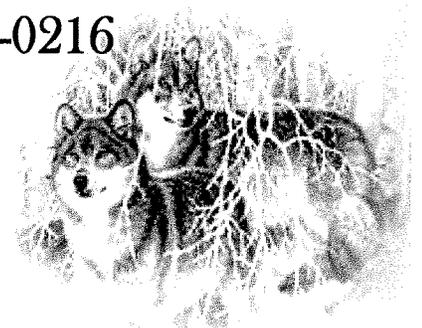
Perpetrator unemployment

History of being abusive

Quick involvement-says "I love you" early in the relationship

Domestic Violence & Sexual Assault Program

Office 541-573-8053 Cell 541-413-0216



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!

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.

Please call us prior to closing as to where kids go. Children under 10 need to have an adult at home.

Tu-Wa-Kii-Nobi Staff
 Main # 541-573-1573
 After School Program-
 Elise Adams-YSC- 541-573-1572-
 Anita Hawley YSC Asst. 573-1573
 Desiree Sam-TWKN assistant
 Scott Smyth-TAPP Coord.
 589-1849
 Cameron -Evening Tutoring

Monday April 1st

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

No Evening Tutoring Tonight will start back up on April 3rd

Tuesday April 2nd

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 April 3rd

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids
 4:00-5:00 Homework/ for MS7 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 April 4th

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 April 5th

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
 2:00-3:00 We will be making Tule Birds for the Bird Festival W/ Teresa Wicks



Upcoming Events and Activities

April 11th Bird Festival Starts-

April 18th Culture Night- at Gathering Center-

April 23rd Culture Camp Meeting@ 9:30

Thank You to all the people that helped with Spring break activities. And performances



ATTENTION HUNTERS!

Thank you to everyone who came to the meeting on March 12.

As a result of the meeting, the Tribal Council is seeking hunters interested in participating in the 'ceremonial' hunt to sign up at the Tribal court.

Please sign up at the Tribal Court by April 1.

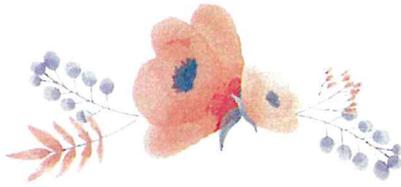
Hunters are eligible based on the requirements in Tribal Code (please see Tribal Court for further information).

After sign-up, we will bring the list to the elders for review and recommendation to the Council. The Council will make the final selection.

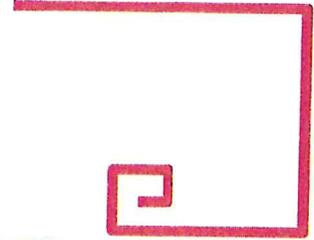
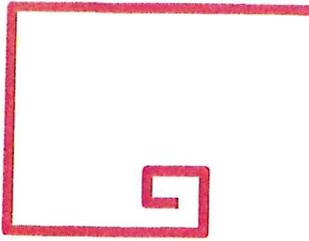
If you have any questions about the regulations presented on 3/12, please ask at Natural Resources (Erica or Calla).

Thank you,

Erica @ Natural Resources



**Wadatika Yaduan
COMMUNITY
LANGUAGE GAME NIGHT**



Language Game Nights 2019

Location: Gathering Center

Time: 5:30-7:30pm Dinner Provided

If you need a ride, please give us a call! (541) 573-8097

Future Dates:

Burns Paiute Culture & Heritage Department:
Wadatika Yaduan Language Program

(541) 573-8097

Language Team:

Director: Diane (541)413- 1190

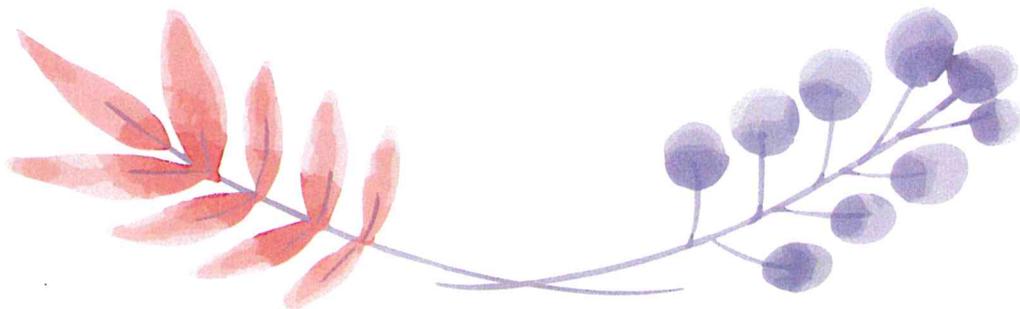
Lindsey D. (541)413-0434

Danny S.(541)413-0381

Esther C.

Charlotte R.

- January 8th & 22nd
- February 5th & 26th
- March 12th & 26th
- April 9th & 23rd
- May 14th & 28th
- June 11th & 25th
- July 9th & 23rd
- August 13th & 27th
- September 10th & 24th
- October 8th & 22nd
- November 12th & 26th
- December 10th & 24th



**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

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.

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

Application for employment available at 100 Pasigo Street, Burns, OR 97720 Monday - Friday 8-5pm for online application go to burnspaiute-nsn.gov

**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 4th, 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 held 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.

CARNIVAL

PLANNING MEETING

APRIL 2ND, 2019

@ NOON

HEALTH OFFICE

SANDWICH & CHIPS PROVIDED

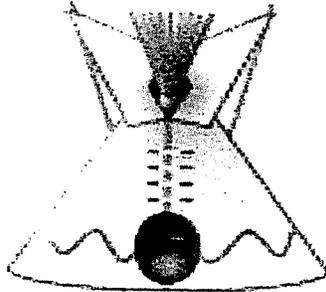
HOPE TO HAVE IT AT THE ARMORY THIS YEAR

WHICH MEANS WE WILL NEED A LOT MORE

BOOTHS AND PRIZES PLEASE IF YOU HAVE

IDEAS, SHOW UP I WOULD LOVE THE HELP!

NACOB's 7th Annual Elders Gathering and Potluck



**Saturday, April 6, 2019
1:00 PM**

Maple Grove Grange
11692 West President Drive
Boise, Idaho

Door Prizes
Bingo
Bring a potluck dish to share

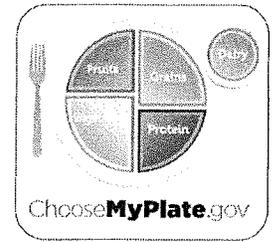
We need volunteers to share a story or a song

**This is an event for Adults 50 and older
(no children)**

For more information contact:
Liz or Ron 208 376-4133

10 tips
Nutrition
Education Series

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

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

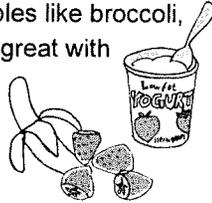
1 smoothie creations

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



2 delicious dippers

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



3 caterpillar kabobs

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

4 personalized pizzas

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

5 fruity peanut butterfly

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

6 frosty fruits

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

7 bugs on a log

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

homemade trail mix

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



9 potato person

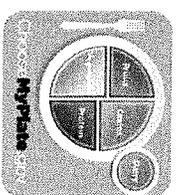
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

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



MyPlate Kids' MyPlate snack tips for kids



10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

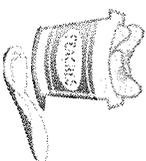
1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9 power up with 'roll-ups'

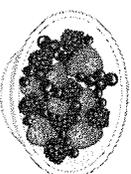
Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-1 (8-12 years old)
May 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Burns Paiute Dog Registration Day

On Friday **April 5, 2019** at the **Tribal Police Office** we will be having a registration day for all dogs that live on the Reservation. Please bring previous medical and shot records of your dog.

We will be having a **mobile veterinarian** at the office **from 3:00pm-5:00pm**. If you're unable to make it at that time you will be responsible for getting your dog current on its shots. You are also be responsible to register your dog at the Burns Tribal Police Station. You will be responsible for paying for the shots on April 5.

There is a \$6.00 registration fee, but it will be waved for 2019. As of 2020, there will be a \$6.00 registration fee per dog, so we strongly encourage you to make it on the 5th. All dogs that come in on April 5, 2019 must have a **collar** so we can put **I.D. tags** on. Per **Burns Tribal law, rabies and I.D. tag must remain** on the dog.

Starting April 5, all Tribal residents will be given 30 days to get their dogs current on shots and registered. Starting May 5, all residents will need to be in **compliance with Tribal Law Chapter 10.2**.

During the shot clinic on **April 5th** we will be handing out Tribal Laws for Animal control and Protection. **Please RSVP** at the Police Station so we can plan accordingly.

Thanks,

Burns Paiute Tribal Police Department

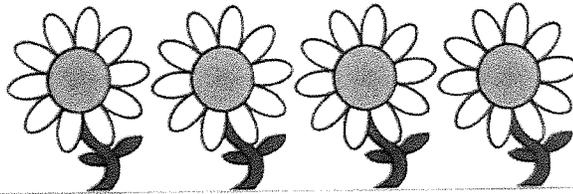
BURNS HIGH SCHOOL BAND PRESENTS

**SPRING TRI-TIP
DINNER - TO - GO**

RELAX ~ LET US DO DINNER FOR YOU!

WEDNESDAY, APRIL 10, 2019

**PICK UP TIME: 5:00 - 6:00 PM
AT THE ELKS LODGE ON BROADWAY**



Purchase your tickets NOW
From a BHS Band Member
Or at Gourmet & Gadgets
Dinner for 2 @ \$35 or 4 for \$60

TRI-TIP ROAST BY FRANCIS ESTEP & Co.

BAKED POTATO, GREEN SALAD,

BREAD AND DESSERT

Brenda Sam selling Tickets.

CALL 541-589-4172

Come join the Wisdom Warriors

Let's make Ribbon Shirts and skirts

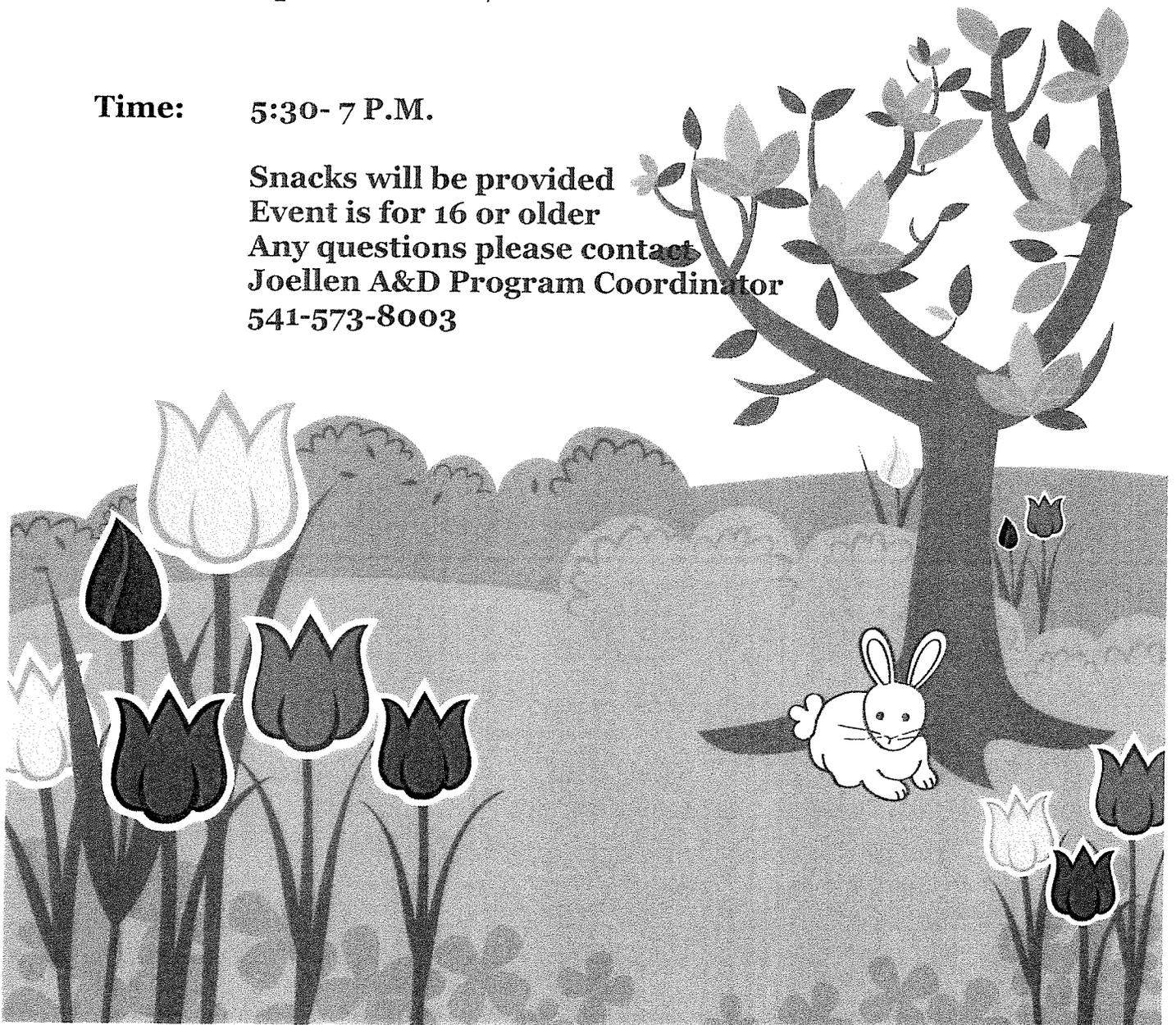
Please bring your own shirt or skirt we will provide all other accessories that you may need. If there is something special that you would like to have your shirt or skirt, please bring it.

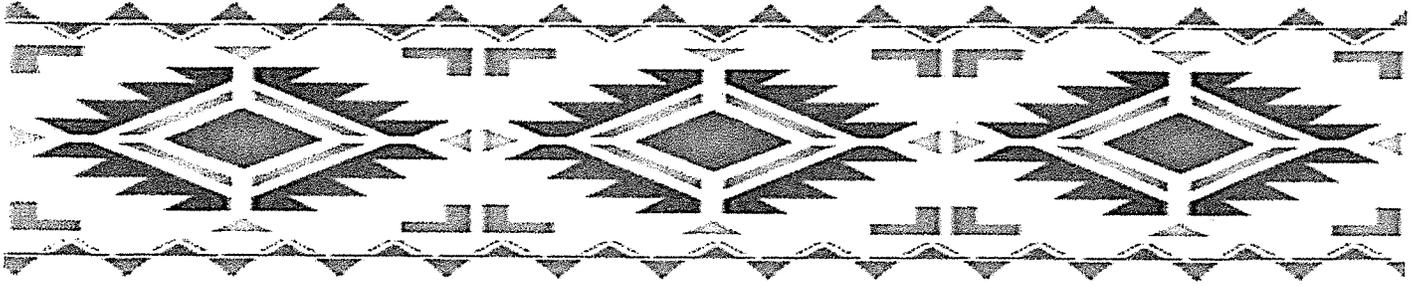
Where: Gathering Center

When: April 16th and 17th

Time: 5:30- 7 P.M.

Snacks will be provided
Event is for 16 or older
Any questions please contact
Joellen A&D Program Coordinator
541-573-8003





Wadatika Yaduan Language Program
1st Annual Language Knowledge

Bowl: April 20th, 2019

Gathering Center

Attention: ALL NEME in our community come on up & watch a practice run of what the Language Knowledge Bowl will be similar to.

**You don't need to be signed up to attend. This event is to give our community an example of what the language bowl is like so we can get more participants.*

Time to still Sign-up, So grab a team & get your Paiute yaduan on!!

*Sign-up sheets are at Admin. & Language House

*Beginner Language Classes ~ Mondays, Wednesdays, Fridays : 4pm – 5pm



The Northwest Indian Health Board

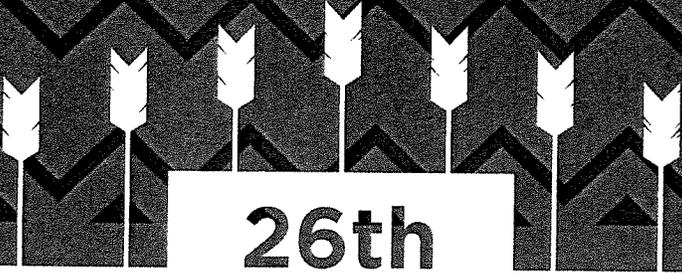
Is trying to put together a
Tribal Quit Line

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.



**26th
ANNUAL**

SEVEN ARROWS POWWOW

**APRIL 20 and 21 | STUDENT UNION BLDG
BOISE STATE UNIVERSITY
1700 UNIVERSITY DRIVE | BOISE, ID 83725**

GRAND ENTRY

**Saturday at noon and 7 p.m.
Sunday at noon**

**MC - JOHN WILLIAMSON
AD - DALLAS GUDGELL**

**HOST DRUM:
EAGLE RIB FROM UTAH**

**SPECIAL MEMORIAM FOR
AUSTON JONES**

ADMISSION

**General Admission - \$6
Children Under 12 - \$4
Boise State ID - FREE**

**Parking in the Lincoln Garage:
Enter license plate # and
the code word "POWWOW"**

**Co-sponsored by
Multicultural Student Services,
Intertribal Native Council,
and Red River Powwow Association**

MSS.BOISESTATE.EDU

For accommodations please contact Multicultural Student Services
at (208) 426-5950.



BOISE STATE UNIVERSITY