

# TU' KWA HONE NEWSLETTER

**Burns, Oregon**

**February 25, 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

**Police After hours:**

**Call Frontier Regional 911**

**Non-emergency**

541.384.2080

**Community news:**

Tribal Council meetings Wednesday - February 27, 2019 at 4:p.m. Tribal Council building.

February 25, 2019—Teen dinner at the Gathering Center at 5:30 p.m.

February 26, 2019—Language night at the Gathering Center @ 5:30 p.m.

February 28, 2019—Culture night at the Gathering Center @ 5:30 p.m.

**Wadatika Health News:**

**It is the beginning of a new year so all registered patients please come in or call and update your patient information (phone no., insurance, address). It also very necessary to have copy of your Tribal enrollment on file.**

**If you do not come in and update your information and you make appointments they will not be authorized by WHC.**

**Attention:**

**If you need transportation to a medical appointment in town or out of town it is important that you call at least 24 hours in advance to guarantee a ride. To schedule a ride please contact the front desk so your name can be added to the transport schedule.**

**To all patients who have OHP or private insurance it is important that you take your cards with you to you appointments and also to the Pharmacy.**

**EDUATION NEWS:**

Echo Sky Kennedy to the Super Student award

The following students were selected for awards at Slater Elementary's assembly on Thursday February 21 st.

Kings Award:Navarro Barela

Citizen of the Month: Fransisco Barela

Super Students:Ethan Holtby,Joseph York,Mason Teeman,Sylas Thomas, Harper Skunkcap,& Shelby Peasley

Tu-Wa-Kii Nobi would like to congratulate these students for all their hard work!

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**



**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.

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)

# 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.

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

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

## Monday February 25th

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-4HS  
 5:00-5:30-Clean up and take kids home

## Tuesday February 26th

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-4HS  
 5:00-5:30-Clean up and take kids home

## Wednesday February 27th

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids  
 4:00-5:00 Homework/ for MS7 HS- Birthday Celebration-  
 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 February 28th

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-4HS  
 5:00-5:30-Clean up and take kids home  
 5:30- Culture Night at the Gathering Center. See flyer for more info.

## Friday March 1st

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 Pow-wow club-TBA as to where. we will take kids home after.



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## 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 to share your knowledge in dancing. We would like to put a program together with dancers . We need your input. Culture night belts -youth Pow-wow dancers will be the first to sign up. They will need a parents to sign a permission slip for this activity or they will not be able to participate.*

any Questions Please Call ..541-573-1572



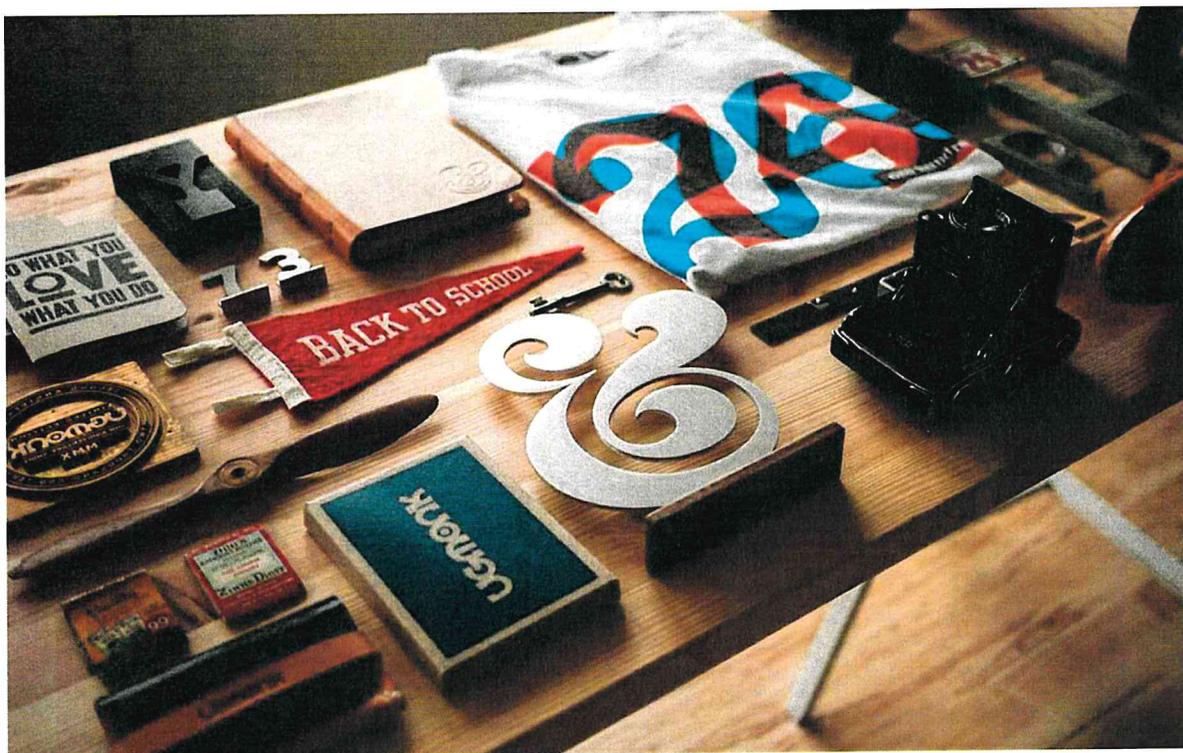


HeartWorks Weekly Digest

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# Information from TAPP!

Attendance Matters



By Scott Smyth, TAPP Coordinator on February 21st, 2019

I hope all is well with your families and you are as ready as I am for spring to come. I just wanted to give everyone a couple of heads up on things going on and what the kids have going.

## Native Clubs/TAPP

As some of you know a few of the Native Club kids made cupcakes and delivered some to most of the elders in the community.

On March 1st BHS/HMS Native Clubs and TAPP will be hosting the elder's breakfast. It is on Friday starting at 8:30 a.m. The date is different since the kids do not need to miss any school.

Later in March TAPP will host a dinner to show appreciation of all that the families do to help their students be successful. We will also celebrate the end of the second trimester and the students who have been doing well. Date and time has not been determined as of yet, but would like any input from you on items to discuss or information to provide from the school district. If folks want to learn how to maneuver "ParentVue".

### Hatfield Fellowship

If you know of any native person who is a tribal member or affiliated with BPT, and member of a federally-recognized Native American tribe in the Northwest, that is 21 and has a degree that is interested in State and Country issues and learning to be a strong leader in your community. The Hatfield Fellowship is a program sponsored by The Confederated Tribes of the Grand Ronde Community of Oregon. The successful applicants will receive nine month assignments working in a Capitol Hill congressional office and a stipend that will cover living expenses. Many of the folks that have taken advantage of this opportunity have taken powerful rolls in their community and Northwest native services. If you are interested you can learn more and apply at [www.thecommunityfund.com](http://www.thecommunityfund.com) or email [fellows@thecommunityfund.com](mailto:fellows@thecommunityfund.com). I will also have information at Tu-Wa-Kii Nobl.

Vanessa Baha sent me an email regarding the 2019 Youth Movement Invitation held at University of Oregon. This is for 5th-6th-7th-8th graders. I will present the information to the students at Hines Middle School to see of interest. The event is May 3rd, the even is all about the kids and it promotes and educates kids about the success of the native students and to learn more about all that is going on. The kids will get to meet a lot of other students around the area. If the student is interested he or she needs to be working hard on their academics. Please let me know if you are interested I will find out more about the even and possibly help develop a group.

### College Bound Students

2019 Seniors  
Deadlines are closely approaching for college/Tech schools/Scholarships



The end of the school year is getting close. Just a few items to be ready for and to get on A.S.A.P.

-Graduation Date for Burns High School is May 31st, 2019

-Priority College Application are due by April 1st, 2019

-FAFSA completion needs to be done prior to applying to college and is required to receive financial assistance (grants, scholarships, loans) for 2 year college, 4 year college, vocational programs, etc. Boys who are 18 years of age must register for selective service to be able to qualify for any federally supported fundings or programs, "So no money for college, homes, etc." (on-line)

-OSAC Scholarship Application is due by March 1st. There are many local scholarships available on this site, but if student does not fill it out and complete it correctly they will not be eligible for scholarships. Students need to do a couple of short autobiographies and an activities chart including any individually requested items. (on-line)

-Harney County Dollars for Scholars Scholarship Application through Scholarship America. This is a website to get on and complete an application and allow your student to be eligible for other local scholarships. Please have your student ask the administration for a list of scholarships they can apply for and the dates the scholarships are due. (on-line)

Please contact me for assistance. I can create a group session or work with any individual to complete this application. I encourage you to have a sit down with your student.

## Attendance update and information.

I want to remind everyone at the end of each trimester if your student has a trimester attendance of 90% or better, no more than 4 tardies, passing all their classes, no discipline infractions or community infractions will earn a special treat at the end of each trimester and be put into a drawing for real special award.

As I mentioned in the last bulletin the school district has an attendance team to ensure all the students and families understand and are aware of being and not being at school. The State of Oregon has developed a group to address the lower attendance and graduation rate of our Oregon children The program I am involved in (TAPP) has taken many of the first steps for the Chronic Absenteeism problem that has grown. So short and sweet, The guidelines to determine Chronic level is 90% attendance or less. So roughly a student can not miss more than 15 days a YEAR to be identified as Chronic. There has been a person hired at the school to ensure all students be identified prior to getting to that high of a number of misses, excused or unexcused. You may get contacted if there is a pattern of absences or tardies. When the attendance gets too higher levels families must engage with the school to create a plan to ensure the student is at school and is engaged. If there is no collaboration then the courts may be involved. I am always available to assist you and your family. You can call me if you have transportation issues. I am trying to engage the students as best as I can to help you out to get them to school on time. I will be happy to come and get them.

### 2nd Trimester Native Student Attendance:

**Slater Elementary: 92% Hines Middle School: 92% Burns High School: 90% District: 91%**

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Scott Smyth  
TAPP Coordinator/Family Advocate  
Harney County School District #3  
Burns Paiute Tribe  
541-589-1849  
smyths@harneyesd.k12.or.us

RESCHEDULED!!

*Teen Valentines Dinner  
At the Gathering Center  
On February 25, 2019*

*At 5:30*

*Teens are allowed to bring a date  
Please let us know if you are going  
to attend, We hope to see you there!*

*Domestic Violence &*

*Sexual Assault Program*

*Office 541-573-8053 or 541-413- 0216*



# PARENTING CLASSES WITH A FOCUS AROUND ADDICTION AND RECOVERY



Come Learn more about  
Parenting with a Positive  
Focus

- Practice Self-Care
- Have Fun as a Family
- Focus on the Positive
- Build a Sense of Community
- Accept and Validate Feelings
- Assume Flexible Family Role

Starts February 26, 2019 it is a 17-week program from 12-3  
Every Tuesday

there are only 10 slots sign up soon, so you have a spot.

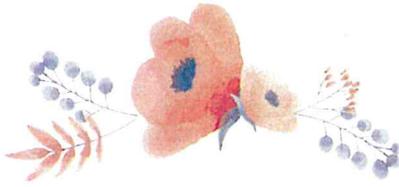
Have any questions please contact

Joellen 541-573-8003

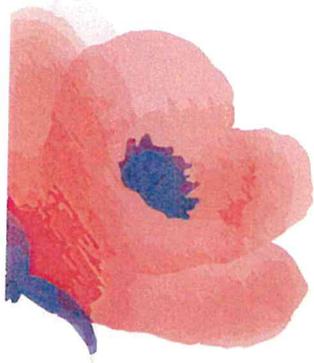
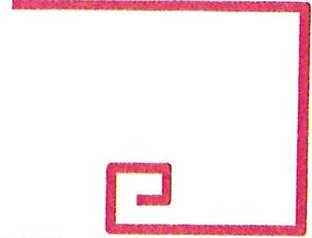
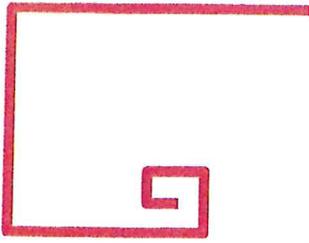
Sponsored by:

Spirit Warriors

(A&D Program)



**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:**

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**Burns Paiute Culture &  
Heritage Department:**  
Wadatika Yaduan Language  
Program

**☎ (541) 573-8097**

**Language Team:**

Director: Diane (541)413- 1190

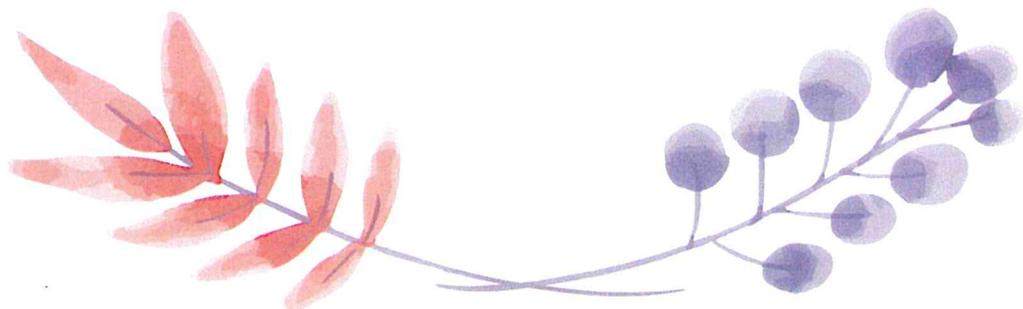
Lindsey D. (541)413-0434

Danny S.(541)413-0381

Esther C.

Charlotte R.

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





# Frito Pie!



## **FEBRUARY 27, 2019**

### **LIVING IN SOBRIETY POTLUCK**

Are you living a life of Sobriety? Come join us for our first Sobriety Potluck at the Gathering Center, they are the last Wednesday of each month from 5:30 – 7 PM.

This month the main dish will be Frito Pie bring your favorite side dish to go with it. This month's topic is just to get to know each other and have fun.

Have questions please call Joellen at 541-573-8003

**Are you living in  
Sobriety?**

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**Do you know who  
in your community  
is Sober?**

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**Do you need more  
Sobriety support?**

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**What to hang with  
others in the  
community that  
are in Sobriety?**

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**Do you want to  
know more about  
resources for  
Sobriety in the  
community?**

**Sponsored by:**

**Spirit  
Warriors**

**(A&D Program)**

# CULTURE NIGHT

FEBRUARY 28TH, 2019

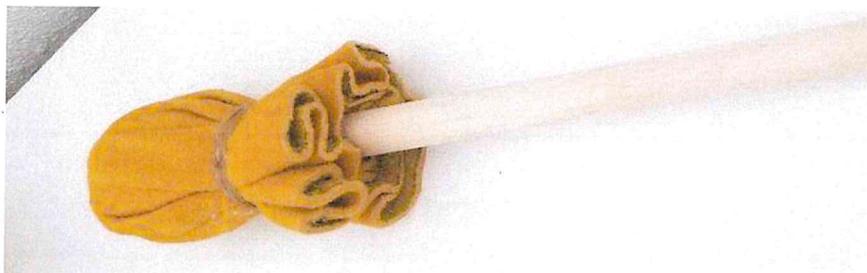
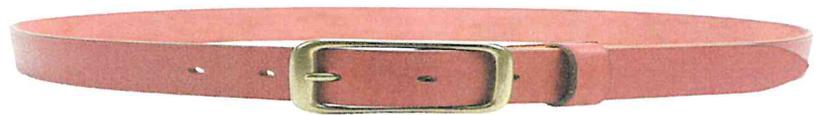
GATHERING CENTER

DINNER AT 5PM

CRAFTS 5:30-7:30PM



WE WILL HAVE DIFFERENT STATIONS TO CHOOSE FROM  
SO COME EARLY  
SOME STATIONS ARE  
10 PEOPLE OR LESS



LEATHER BELTS

KEY CHAINS

CHOKERS

DRUM STICKS

If you have a craft you would like to teach  
or anything you would like to share

Please contact Lanette@ 541-573-8002

# *Our Ancestors' Walk of Sorrow Convening*

Dear Relatives,

Please join us for the 2nd Our Ancestors' Walk of Sorrow Convening, Friday, March 1st and Saturday March 2nd, 2019, in Reno, Nevada

(Agenda to follow)

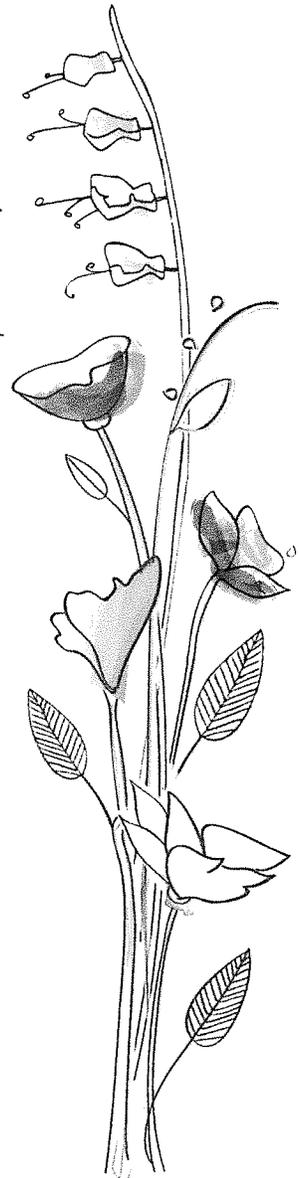
As a part of this Winter 2019 convening:

- ◆ We will provide updates and hold collaborative discussions about Our Ancestors' Walk of Sorrow Research Project.
- ◆ We will provide updates and hold collaborative discussions toward next steps for the Historic Collaborative Indigenous Archaeological Field School tentatively planned to occur Summer 2019, at the Former Malheur Reservation.
- ◆ We will discuss scholarships and training opportunities for tribal high school students and adults seeking work in cultural and heritage protection careers.
- ◆ We will provide opportunities for tribal attendees to meet and ask questions of University of Nevada, Reno staff that manage cultural items, and knowledge from Great Basin tribes.
- ◆ There will be inter-tribal networking opportunities among and between convening participants.

Some travel and lodging support is available upon request on a first come basis.

For More information contact: Diane L. Teeman  
Email: [dlteeman.burns.paiute@gmail.com](mailto:dlteeman.burns.paiute@gmail.com)  
541-413-1190 (call or text)

This event co-sponsored by Dr. Sarah Cowie's PCASE Grant, and the Culture & Heritage Dept.,  
Burns Paiute Tribe.





# COMMUNITY INSPIRATION

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

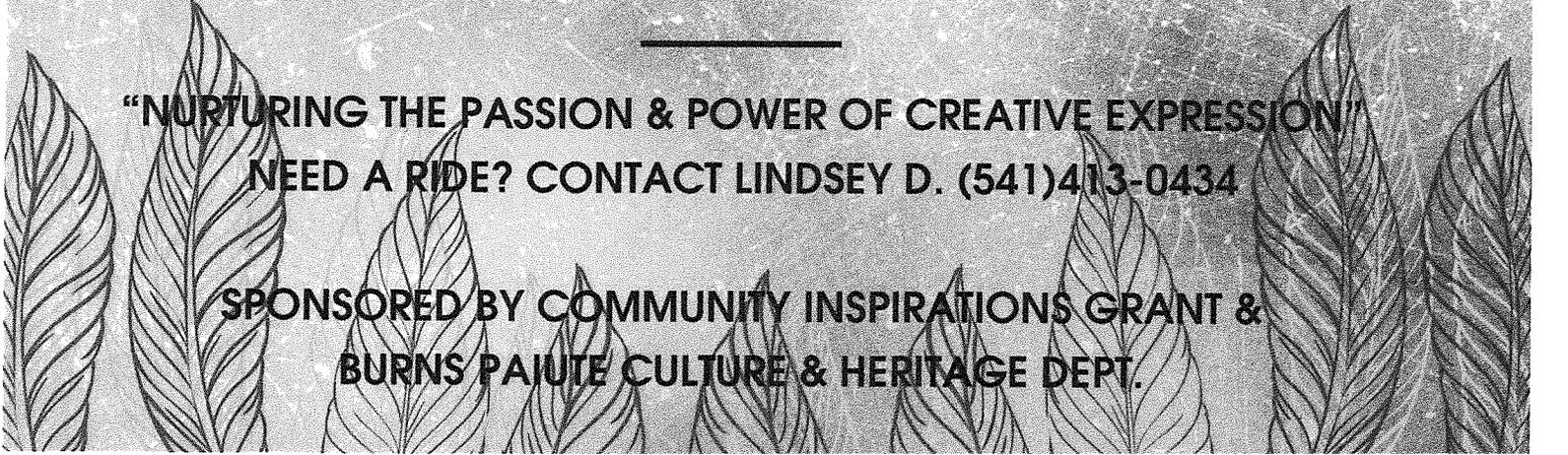
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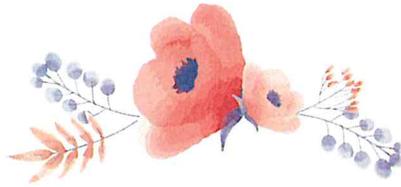
Sunday, Jan. 27<sup>th</sup> @ 2pm - GC  
Sunday, Feb. 3<sup>rd</sup> @ 2pm - GC  
Sunday, Feb. 17<sup>th</sup> @ 2pm - GC  
Sunday, Mar. 3<sup>rd</sup> @ 2pm - GC  
Sunday, Mar, 17<sup>th</sup> @ 2pm - GC

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"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.





# **WADATIKA YADUAN LANGUAGE PROGRAM**



**Burns Paiute Culture & Heritage Department:**  
Wadatika Yaduan Language Program

 (541)573-0897

## **Language Team:**

Director: Diane (541)413-1190

Lindsey (541)413-0434

Danny (541) 413-0381

Charlotte (541) 589-4924

## **POO TA MENITA MEHA February 15,2019**

Pisa awawa neme, the Language Team hopes everyone's health is doing good. Sorry we had to cancel the last Community Game Night on Feb. 5<sup>th</sup> but due to Language Team having that bug that was going around, we thought it was safest to cancel. Now we hope everyone is feeling pisa, we encourage & we hope to see all you smiling faces at a few events the Language Program as well as Culture & Heritage have coming up. \*Also, the Language House is still under way of moving & getting the network setup. Hopefully within the next few weeks, the Language Program will be officially in the Language House!

## **Community Inspiration Grant**

Some community members along with the Language Team have been gathering on Sunday afternoons working on the Storytelling Project. It has been very fun so far with everyone's creative ideas. We will be having another CIG gathering this Sunday, Feb.17<sup>th</sup> @ 2:30p so please bring your families and come have some fun.

- Feb.17<sup>th</sup>, 2:30pm @ GC
- March 3rd<sup>th</sup> & 17<sup>th</sup>, 2:30pm @ GC

## **Community Language Game Night**

The next Game Night will be held on Feb. 26<sup>th</sup> @ 5:30p. So, come on up and have a delicious Dinner, cheffed up by the wonderful Basket Weaver's and learn some phrases or words in a fun environment. *\*Remember to try and speak as much Wadatika yaduan at home with your family or even to yourself throughout the day. That is the only way you will get used of hearing it and speaking it.*

## **Wadatika Language Knowledge Bowl**

The 1<sup>st</sup> annual Language Knowledge Bowl will be coming up quickly this spring. Miss Charlotte & Expert Elders will be holding beginner classes starting Feb. 18<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>. From 4 – 6 pm at the Language House. We encourage all neme of all ages, and levels of our language to come down and practice, practice, practice...

# 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 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup>; March 4<sup>th</sup>, 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**

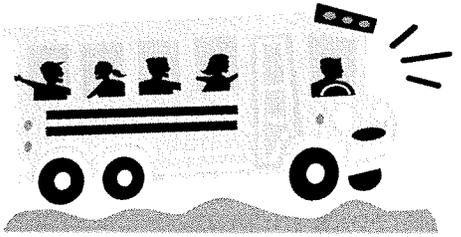
<b>Chronic Condition</b>	<b>Possible Problems Caused by Chronic Conditions</b>				
	<b>Pain</b>	<b>Fatigue</b>	<b>Shortness of Breath</b>	<b>Physical Function</b>	<b>Difficult Emotions</b>
Anxiety/Panic Disorder		X	X	X	X
Arthritis	X	X		X	X
Asthmas and Lung Disease		X	X	X	X
Cancer	X	X	X	X	X
Chronic Heartburn 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.*

# Exclusion Date 2/20/19



Parents, don't let your child get left behind!



## School Year 2018-2019

Oregon law requires the following shots for school and child care attendance\*

A child 2-17 months entering  
**Child Care or  
Early Education** needs\*

Check with your child's program or  
healthcare provider for required vaccines

A child 18 months or older entering  
**Preschool, Child Care, or  
Head Start** needs\*

4 Diphtheria/Tetanus/Pertussis (DTaP)  
3 Polio  
1 Varicella (chickenpox)  
1 Measles/Mumps/Rubella (MMR)  
3 Hepatitis B  
2 Hepatitis A  
3 or 4 Hib

A student entering  
**Kindergarten or  
Grades 1-6** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 7-10** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B  
2 Hepatitis A

A student entering  
**Grades 11-12** needs\*

5 Diphtheria/Tetanus/Pertussis (DTaP)  
1 Tdap  
4 Polio  
1 Varicella (chickenpox)  
2 MMR or 2 Measles, 1 Mumps, 1 Rubella  
3 Hepatitis B

*\*At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*

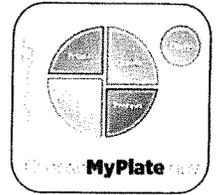


# 10 tips

Nutrition Education Series



# eat smart and be active as you grow



## 10 healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

### 1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



### 2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

### 3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



### 4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



### 5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

### 6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

### 7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

### 8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



### 9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

### 10 everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**



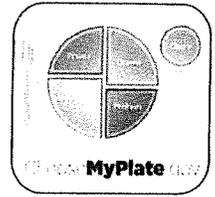
# 10 tips

Nutrition Education Series



# make better food choices

## 10 tips for women's health



**Make yourself a priority and take time to care for yourself.** ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

**1** find out what you need  
Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).



**2** enjoy your food but eat less  
Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

**3** strengthen your bones  
Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.



**4** make half your plate fruits and vegetables  
Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



**5** drink water  
Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

**6** eat whole grains more often  
Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



**7** learn what is in foods  
Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

**8** cut back on some foods  
Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

**9** be a better cook  
Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

**10** be active whenever you can  
Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



**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!**



# FOSTER CHILDREN NEED YOU!

## TRAIN TO BE A FOSTER RELATIVE OR ADOPTIVE PARENT



### 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)*

### **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.*

### **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**



# **American Legion**

**Celebrating 100 Years of Service to Our Country**

## **POT LUCK DINNER**

**Hosted by American Legion Post 63 and Unit 63**

**SATURDAY, MARCH 16, 2019**

**Harney County Community Center**

**Doors Open at 2:30 p.m.**

**Program Starts at 3:00**

**Dinner Served Following the Program**

In March of 1919, the American Legion was founded on four pillars: Veterans Affairs and Rehabilitation, National Security, Americanism, and Children and Youth. Each of these pillars encompasses a variety of programs that benefit our nation's veterans, its service members, their families, the youth of American and ordinary citizens.



Questions? Call Ron Copeland at 360-301-4163 or Shirley Torrey at 541-589-2468

# *16th Annual Karuk Basketweavers Gathering*

**SAVE THE DATE**  
**FRIDAY, 2/14/2019**

**LOCATION: KARUK PEOPLE'S CENTER MUSEUM  
64236 SECOND AVENUE HAPPY CAMP, CA**

*Cultural Presentations, Raffle,  
Basket Material Gathering, Vendors*

**PLEASE BRING DONATIONS FOR FRIDAY  
NIGHT BINGO. ALSO ACCEPTING  
HANDMADE DONATIONS FOR THE RAFFLE!**

**FOR MORE INFORMATION ABOUT ACTIVITIES,  
REGISTRATION & ACCOMMODATIONS PLEASE CONTACT:**

**Elaine Garcia & Cathy Huggins at the Karuk Tribe People's  
Center 530-493-1600 Ext. 2201**



# 16<sup>th</sup> Annual Karuk

## Basket Weavers Gathering

April 12-14, 2019

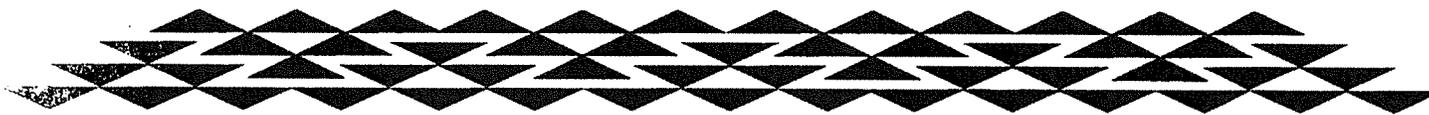


### Agenda

<b>Friday-April 12</b>	Registration	3:00-5:00 pm	Gym
	Potluck Dinner	5:00-6:00 pm	Gym
	Bingo	6:30 pm	Gym
<b>Saturday-April 13</b>	Registration	8:00-9:30 am	Gym
	Opening Prayer	8:30 am	Gym
	Breakfast	8:30-9:30 am	Gym
	Gathering Trip	9:30-11:30 am	TBA
	Lunch	12:00-1:00 pm	Gym
	Weaving Workshops	1:00-5:00 pm	Gym
	Dinner	5:00-6:00 pm	Gym
	Raffle	6:00 pm	Gym
(Note-Material Gathering Participants meet in front of the Gym at 9:30 am!)			
<b>Sunday-April 14</b>	Breakfast	8:30-9:30 am	Gym
	Weaving	9:30-11:00 am	Gym

For more information contact:

Cathy Huggins & Elaine Garcia at the People's Center, 530-493-1600 x. 2201  
64236 Second Avenue, Happy Camp, CA 96039



# 16<sup>th</sup> Annual Karuk Basketweavers Gathering

April 12-14, 2019

Karuk Tribe People's Center Museum  
64236 Second Avenue, Happy Camp, CA 96039

## Registration

Please complete & return form ASAP to:  
Karuk Tribe Basketweavers Gathering, PO BOX 1016, Happy Camp, CA 96039

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

Mailing Address: \_\_\_\_\_ Email: \_\_\_\_\_

List others coming with you: \_\_\_\_\_

Do you plan on camping at the Karuk Tribal Complex? \_\_\_\_\_ Dry Camping only!

Please-No animals, No drugs & No alcohol!

Do not park or drive on the grass. Park on pavement only. Yootva!

### Other accommodations to choose from:

- Klamath River RV Park: 110 Nugget Street, Happy Camp, CA 96039 (530)-204-7053
- Angler's Klamath River Resort Inn: 61700 Hwy 96, Happy Camp, CA 96039 (530)-493-2735
- Elk Creek Campground: 921 Elk Creek Road, Happy Camp, CA 96039 (530)-493-2208
- Forest Lodge Motel: 63712 Hwy 96, Happy Camp, CA 96039 (530)-493-5296

*(You must make your own reservations!!)*

Registration is free! Donations are appreciated!

Friday night is potluck dinner, Saturday & Sunday breakfast is free, & Saturday lunch & dinner are \$5 per meal.

Raffle Tickets help offset the cost of the Gathering. Tickets are \$1 ea. (Optional)

Volunteers Are Needed! Do you plan on Volunteering?  (Free Tote)

Please bring your prize donations for Bingo!

We are now gratefully accepting handmade donations for the Raffle!



For more information contact:

Cathy Huggins & Elaine Garcia at the People's Center, 530-493-1600 x. 2201  
64236 Second Avenue, Happy Camp, CA 96039