NUMANEWS

Public Meeting about NNDA as it relates to the Fallon Tribe

On March 23, the Fallon Business Council held a public meeting in the Business Council Chambers for Tribal members to discuss and learn more about portions of the 2023 National Defense Authorization Act that affect the Tribe and our homelands. Two of the Tribe's attorneys presented and about two dozen Tribal members as well as the Business Council attended

The NDAA became law on December 23, 2022 and included a number of provisions that affect the Tribe. The Tribe became involved with the NDAA because the law expands NAS Fallon training grounds and bombing ranges by more than 560,000 acres (from 230,000 acres to 790,825 acres total). The expansion centers on B-20, B-17 and B-19 for missile and bomb training, with additional ground training area in Dixie Valley where public access will continue. The Tribe strongly and successfully opposed the proposed expansion for several years.

In 2022, it became clear that the 2023 NDAA would likely allow the expansion so the Tribe advocated for ways in which the Tribe's interests could be protected as much as possible. Tribal leadership worked hard to ensure the NDAA included positive aspects for the Tribe to help offset the harm of the base expansion: More than 550,000 acres are protected under six new federal conservation designations on BLM land, including: the 210,000-acre Numu Newe Special Management Area around B-17 and up through the east side of Dixie Valley, which by law must be managed to protect



Fallon Business Council, tribal members and community come together for public meeting

cultural and religious sites and integrate Fallon Tribal knowledge and expertise; and the 160,000-acre Numunaa Nobe National Conservation Area protecting the Stillwater Mountains.

The Tribe will gain 10,000 acres of Reservation trust land immediately adjacent to the existing Reservation. While this is still not nearly as large as the original Reservation and the Tribe rightfully deserves more land, the addition will double the size of the Fallon Indian Reservation. The Tribe will receive \$20 million from the Navy to construct and endow operation of a culture center to help sustain Numu Newe knowledge, culture, language, and identity associated with aboriginal land and traditional ways of life.

On the expanded NAS Fallon training grounds and ranges, the Navy is required to do all of the following: complete cultural resources surveys and an ethnographic study through

a contractor before the Navy can begin using the expanded areas (Tribal members can be paid to help – contact the THPO for info); guarantee tribes access to the ranges at least 4 days/month; protect cultural sites from target areas; and assess past damage to Fairview Peak, Medicine Rock and Fox Peak and consult with the Fallon Tribe to mitigate that damage.

While the NDAA is fundamentally flawed because the continued abuse of our lands can never be condoned, there are several important pieces of the law that are of value to the Tribe, our peoples, and our lands. The Tribe could have gained nothing, but we fought hard, met many times with Congressional representatives and Biden-Harris administration officials, and developed powerful allies. In the end, the Tribe didn't get everything it wanted, but we won some key victories.

The work continues.





8955 MISSION ROAD

Community Breakfast Stillwater Senior Center 1885 Agency Road 7:30-8:30 AM Family 5K Fun Run Wellness Center Registration 8:30 AM Starts at 9:00 AM Easter Egg Hunt Special Events Field behind Wellness Center Start Time: 10 AM Sharp

Bring your entire family and have an egg-citing time



1st, 2nd & 3rd Prizes for each catagory

A slow start to spring brings flood threats to our community

By Jill Wright tribalnews@fpst.org

As we are anxious for the warmer weather and ready to welcome spring, the quicker it warms up the greater the flood threat will be for our area. We are in a precarious situation with the amount of snow that has fallen in the Sierra Nevada Mountains area this season. The effect of the slow spring and tons of late season moisture has increased the probabilities dramatically of major flooding and has prompted Chairwoman Williams-Tuni to attend a town hall discussion at the Rafter 3C Arena with Churchill County, City of Fallon, Truckee Carson Irrigation District and Bureau of Reclamation officials regarding current high water mitigation efforts on measurers being taken to prevent flooding.

At the public meeting there were discussion about the differences between 2017 and 2023 situation and response. In 2017 Northern Nevada was hit with 2 back to back floods in January and February with lots of intense snow and warm rain. Lahontan Reservoir received an excess of 90,000 acre feet of water in about 5 days. The amount of water going into the Carson River about 2.5 to 3.0 times Lahontan Reservoir capacity. Lahontan Reservoir emptied twice before September. The Spring thaw conditions had record snowpack in the mountains, soil saturation throughout the Carson River, and warm spring weather. The 52 feet and counting snow pack 2023, Lake Tahoe



response was immediate and extensive for a period of time with sandbagging, cleaning out canals, public information, berm for property protection, V Line Weir and the Big Dig.

Although 2023 is very similar in some respects with an Atmospheric Rivers and record snowpack to the Sierra Nevada Mountains, again. We have local and state emergency declarations, but no presidential declaration yet. Current lidar readings show approximately 1.1 million acre feet of water held in snow above 6000 feet. Another difference is we have much colder weather which is shortening the window for water releases throughout spring. There is potential to fill the reservoir three times. The 2023 response so far has been replacing culverts under I-95, berm for property protection, V Line Weir and the Big Dig. Planned Mitigation efforts and the water situation is different working with local, state, and federal partners to coordinate resources for prepared-

ness, response and recovery.



Tahoe 2023

Chairwoman Williams-Tuni stated, "We are hoping for a cool, dry start to April, and I know that a lot of officials are working together and it is their goal to control the flow of water below the dam to keep all residents safe. This includes the tribe as we are carefully planning what needs to be done ahead of time and not waiting until afterwards. I would ask that our tribal community plan ahead and make sure you are prepared for your family's needs (flashlights, medical supplies, pet food, diapers, etc.) In the event of an overflow at the Lahontan Dam which could increase major flooding and although we are not along the Carson River, we have ditches, irrigation canals and bridges that can be damaged or wiped out by floods from these recordbreaking storms. The tribe is taking steps about what can be done to protect both the Colony and the Reservation communities if this happens and we will be having a public meeting soon. " (TBA)

Taking steps to prevent flood damage may cost more money today but could save a lot in repair and replacement costs for decades to come. Please see the next 2 pages for Flood Safety|Flood Preparedness.





BE PREPARED FOR A FLOOD

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death.

Flooding is a temporary overflow of water onto land that is normally dry. It is the most common natural disaster in the U.S.



Results from rain, snow, coastal storms, storm surge, and overflows of dams and other water systems.



Develops slowly or quickly. Flash floods can come with no warning.



Causes outages, disrupt transportation, damage buildings, create landslides

IF YOU ARE UNDER A FLOOD WARNING, FIND A SAFE SHELTER RIGHT AWAY

Do not walk, swim, or drive through flood waters





Stay off bridges over fast-moving water.

Determine your best protection based on the type of flooding.





Evacuate if told to do so



Move to higher ground or a higher floor



Staywhere you are.

HOW TO STAY SAFE WHEN A FLOOD THREATENS



Know your area's type of flood risk, Visit FEMA's Flood Map Service Center at msc.fema.gov/portal for information.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oce anic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If flash flooding is a risk in your location, monitor potential signs such as heavy rain.

Learn and practice evacuation routes, shelter plans, and flash flood response.

Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Obtain extra batteries and charging devices for phones and other critical equipment.

Obtain flood insurance. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP).

Keep important documents in a waterproof container. Create password-protected digital copies.

Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.



Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.

If told to evacuate, do so immediately.

Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.® Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off of bridges over fast-moving water. Fast-moving water can wash bridges away without warning.

If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof.

If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.



Listen to authorities for information and instructions.

Avoid driving, except in emergencies.

Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.

Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

Take an Active Role in Your Safety

Go to ready.gov and search for flood. Download the FEMA app to get more information about preparing for a flood. Find Emergency Safety Tips under Prepare.



SAVE THE DATE!!

23rd Annual Earth Day Celebration

"One Earth, One Chance"



Saturday, April 22, 2023

Volunteers * Educators * Arts/Crafts * Food * Vendors

You are invited to join us for a wonderful day of fun, learning, and sharing at our Annual Earth Day Celebration. This community event is scheduled for 10 am - 2 pm at Oats Park in Fallon, NV on Saturday, April 22, 2023. A detailed official poster will be posted once the full events schedule and venue have been finalized.





23rd Annual Earth Day Poster Contest "One Earth, One Chance"



We are accepting artwork that reflects the theme of this year's Earth Day Event for our annual Poster Contest, "One Earth, One Chance." We only have this one Mother Earth, and this life is our chance to make a difference.

1st place winners of the poster contest will have their artwork displayed on t-shirts and other promotional material for the Earth Day events. Prizes will be awarded for 1st and 2nd place in each age category! Age categories are 5-10, 11-16, and 17+. The 1st place prize is \$50, and 2nd place prize is \$25.

All posters must be submitted to Ileana Valenzuela at the Community Learning Center at 1011 Rio Vista Drive by March 22, 2023 by 4 p.m. to be eligible for the



Hosted by the Fallon Paiute-Shoshone Tribe Environmental Protection Department

If you have any questions or would like to volunteer for any of this year's Earth Week activities give us a call at (775) 423-0590 or email ileanaenviro@fpst.org.

EARTH DAY COMMUNITY CLEAN-UP

April 25, 2023 9:00 a.m.-1:00 p.m.

COLONY: SIGN-IN/OUT AT THE ENVIRONMENTAL OFFICE RESERVATION: SIGN-IN/OUT AT THE COMMUNITY LEARNING CENTER

The Environmental Department will once again be hosting its annual Earth Day community clean-up day for the reservation and colony areas. Community members and employee volunteers are invited to participate. Safety vests, trash bags, grabbers and water bottles will be provided at the sign in/out locations.

Please contact the Environmental Department at 423-0590 to

<u>register</u>. Free lunch and Earth Day T-Shirts to follow.

> Sponsored by Environmental Protection Department



Hello, my name is Morgan Hale and I am the new Environmental Specialist that will be managing the Tribal Mosquito and Weed Abatement Program this season. I have worked in the construction field for many years. I recently worked for the Tribal Housing Department, which included many projects on the reservation and colony throughout the years.

I reside on the reservation and know how constant the mosquito problem is during the summer months. I will be dedicating my efforts to reducing the threat of the west Nile virus by controlling the mosquito population and addressing invasive weeds on the reservation.

If you see me out and about, please feel free to reach out and tell me of any mosquito populations or hatch off areas that you may know of. All I ask is for patience and communication from the community. Thanks, and when you see me, give me a wave for I am working for you. To report mosquito complaints or for information, please call my cell number at 775-493-1700 or email me at morganenviro@fpst.org.





Residential Household Hazardous Waste Collection Day

The Environmental Protection Department will be hosting a residential household hazardous waste (HHW) collection day during Earth Day activity week in April.

WHO? <u>Tribal Community</u> Residents Only

WHEN? Wednesday, April 26, 2023, from 2 P.M. to 6 P.M. WHERE? Housing Shop Area (enter from Agency Rd, exit onto Mission Rd.)

WHAT CAN I DISPOSE?

Garden products: pesticides, herbicides, fertilizers and sprays. Paints and related products: spray paint, stains, varnish, thinner, remover and adhesives. Household cleaners: bleach, solvents and sprays, acid and caustic cleaners. Auto products: old fuel, oil,

oil filters, waxes, polishes, additives and batteries. Propane tanks, aerosols, fire extinguishers. Photo and pool chemicals. Fluorescent lamps and bulbs. All appliances, ride on toys and E-waste.

Items Not Accepted:

Ammunition, Explosives, Asbestos, DEA Controlled Substances, Radioactive Waste (smoke detectors), Compressed Gas Cylinders (other than propane, aerosols and fire extinguishers), Preserved Wood, Laboratory Chemicals or Sewage. Commercial or Agricultural Hazardous Waste

Latex paint (Latex Paint is not toxic and once solidified can be disposed of in your household trash.)

Please keep the materials in their original containers whenever possible and

bring them to the collection site in cardboard boxes to ease unloading. Reusable containers will be emptied and returned.

Please remain in your vehicle until it is your turn to unload.

Used motor oil can be recycled on a regular basis by calling the Environmental Office at 775-423-0590.



Oats Park 10:00a.m. - 2:00 p.m.

FPST ENVIRONMENTAL PROTECTION DEPARTMENT

23rd Annual Earth Day Activity Week Schedule

Monday Tuesday Wednesday Thursday Friday Saturday
April 17 April 18 April 19 April 20 April 21 April 22

21st Annual Earth Day Celebration at

Monday Wednesday Housing: Community Housing: Community Housing: Community Housing: Community Dumpster Days at Dumpster Days at Dumpster Days at Dumpster Days at Land & Water and Land & Water and Land & Water and Land & Water and Environmental yards. Environmental yards. Environmental yards Environmental yards. 8:00 a.m. - 4:45 p.m. Housing: Housina: Housina: Housing: Elder's three large Elder's three large Elder's three large Elder's three large item pick-up 7:00 item pick-up 7:00 item pick-up 7:00 item pick-up 7:00 a.m. - 2:45 p.m. a.m.-2:45p.m. a.m.-2:45p.m. a.m.-2:45p.m. **Environmental: Environmental:** Environmental: Earth Annual Volunteer Community Day Movie Night at Fox Peak Cinema from Household Community Clean-up Day at Reservation Hazardous Waste 6:00 p.m. - 8 p.m. and Colony areas Collection Day at 9:00 a.m.-1:00 p.m. Housing Shop area 2:00 p.m. - 6:00 p.m. Emergency Management: Departmental Chili Cook Off at CLC 6:00 p.m.-8:00 p.m.

Public Works Replaces Well Pumps

Public Works & Welsco Drilling began well pump replacement to both wells to the water system serving the Fallon Paiute Shoshone Tribe, a major infrastructure project that will allow the utility to better serve the tribe and ensure the system's long-term reliability. Water and Sanitation Supervisor Cody Downs stated, "Well pumps are the heart of your well system, supplying the power needed to get the water to the inside of your home or water tank. Our pumps were over 20 years old and needed to be replaced. We also wanted to thank Welsco Drilling for all their help."

The wells will be equipped with new pumps, motors, well piping & wiring. These wells provide the drinking water for the tribe.



Public Works & Welsco well pump replacement

Keep your eye out for the Dirty Dozen

Avoid clogged pipes and costly repairs with these tips on what to stop flushing down the drain

Toilets are a modern-day convenience that take care of human waste, but they're not so great at disposing of other items. Flushing certain household products, instead of tossing them in the trash, can clog drain pipes, contaminate the water system, or even cause environmental damage.

Your pipes are only four inches in diameter at their widest, which means even small, seemingly harmless items can cause major plumbing problems. Hiring a professional to snake your clogged drain can cost hundreds of dollars, not to mention the expense of repairing water damage caused by an overflowing toilet. Prevent a plumbing emergency (and a costly bill) with these tips on what can and can't go down the drain.

Just because it says it's "flushable" does not mean it is "disposable" which is damaging to our pumps and to our lagoons. Plastics do not dissolve, so please no plastics such as condoms, diapers, anything made of cotton or any types of rags. Thank you.



2023 Congressional Art Competition



CELEBRATING THE YOUNG AND TALENTED ARTISTS OF NEVADA'S 2ND DISTRICT

Amodei.House.Gov/Students

Each spring, the Congressional Institute sponsors a nationwide high school visual art competition, known as the Congressional Art Competition, to recognize and encourage artistic talent in each congressional district of our nation. Artwork will be judged on its aesthetics, display of talent, and relation to Nevada. This year's grand prize winner will be recognized at an annual awards ceremony in Washington, D.C. on Tuesday, June 20, 2023. The winning artist's work will also be displayed in the U.S. Capitol for one year.



Instructions:

- Submission deadline: Friday, April 28, 2023.
- One artwork submission per student.
- Artwork must be original in concept, may not violate any U.S. copyright laws, be two dimensional, and no larger than 26" x 26" x 4" when framed.
- Submissions will be accepted electronically at <u>NV02.ArtCompetition@mail.house.gov</u> or physically at my Reno office at 5310 Kietzke Lane, Suite 103, Reno, NV 89511.
- When submitting electronically, each student's artwork file must be named in this
 order: Art title, student's name, school, grade, teacher last name, medium category.

Stiffwater Indian Church

SUNDAY SERVICES

APRIL 9 TH

11:00 A.M.

EVERYONE WELCOME

He is Not here, for He has RISEN! HE'S ALIVE!!!!!!

COLOSSIANS 1: 13-14

FOR HE HAS RESCUED US FROM THE DOMINION OF DARKNESS AND BROUGHT US INTO THE KINGDOM OF THE SON HE LOVES, IN WHOM WE HAVE REDEMPTION, THE FORGIVENESS OF SINS.

HOSTED BY THE FALLON TRIBAL HEALTH CENTER



TOI TICUTTA WELLNESS CENTER

T-SHRT DESIGN



Draw, sketch, or create a design that represents the Toi Ticutta Wellness Center. Must be original artwork. Be as creative as you can!

Submit your design with your name, phone number, and shirt size to clinicservdir@fpst.org (if under 18, please include parental permission)

The top 3 designs will receive \$50 WALMART GIFT CARD. Each participant that submits artwork will receive a free t-shirt with one of the winning designs. All designs become property of the Fallon Paiute-Shoshone Tribe.

For more information contact Susan Bracamontes at 775.423.3634 or clinicservdir@fpst.org



dodddddddd ar ar Register early for AHONTAN WHIST PROPERTY







Important notes for families:

IMPORTANT NOTICE: Per Senate Bill (SB) 102, your child must be 5 on or before 08/21/2023 (the first day of school for kindergarten).

*Please note: Legislation MAY change to require that a child must be 5 on or before August 1st to attend Kindergarten, but we will not know until this new legislation is considered. You may register your child now (if your child will be 5 on or before 8/21), but please know that your child may not be able to start kindergarten if legislation

Children already enrolled in Northside Early Learning Center's Pre-K program, will automatically be enrolled in Kindergarten at Churchill County School District.

Items you will need for registration:

- · State Issued Birth Certificate
- Child's Immunization Records
- A copy of a valid ID of parent/guardian enrolling the student.
- Proof of Address

Our registration process is fully online!

To register and to view additional information:

- Visit <u>churchillcsd.com</u>
- Click on the "Register for Kindergarten" icon on the homepage OR go to the Families & Students tab under General Information and click on "Kindergarten Registration for 23-24 School Year."
- Select "23-24" for Registration Year on the initial information page in Infinite Campus

QUESTIONS?

Contact our registration office at 775-423-5184 | registration@churchillcsd.com

JOIN US!

Kindergarten Registration, Tour & Informational Night May 10th from 5:30-7:00 pm Lahontan Elementary School









BIA/BIE Youth

Indian Police Academy

Free - All Fees Paid For

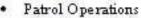
Dates: June 18, 2023 - June 30, 2023

Location: Riverside Indian School

Application Deadline: May 19, 2023

Request Application: (405) 638-4413 or Email

Micah.Ware@bia.gov



- Criminal Investigations
- AccidentInvestigations
- DUI Investigations
- Internet Safety
- Drug Enforce ment
- K9 Demonstration
- Operation Lady Justice, MIMU
- SWAT
- FirstRespondersDay
- Career Fair, Etc.









FALLON PAIUTE SHOSHONE HOUSING DEPARTMENT UPCOMING EVENTS



HAPPY EASTER

FPST-TRIBAL MEMBERS

- ❖ EASTER HOLIDAY: APRIL 10TH OFFICE WILL BE CLOSED
- EARTH DAY: APRIL 22ND, OATS PARK (Learn how to repair your window screen's bring your screen frame)
- ELDER TRASH PICK UP: (THREE LARGE ITEMS) APRIL 25 TO APRIL 27, FROM 7 am TO 2:45 pm. (PLEASE CALL 775-423-3321 TO SET UP APPOINTMENT)
- EMERGENCY PREPAREDNESS WORKSHOP: APRIL 26TH 5pm to 7 pm (Housing Participants)

FOR EMERGENCIES, PLEASE CALL OSCAR MOSER AT 775.427.1778

PRE-KINDERGARTEN

At Northside Early Learning Center

Applications available NOW!

Accepting Applications at Northside Early Learning Center Incoming students must turn 3 years old (3-year-old program) or 4 years old (4-year-old program) on or before August 21, 2023, and not be age-eligible for kindergarten.

IMPORTANT NOTICE: Per Senate Bill (SB) 102, your child must be 3 or 4 on or before 08/21/2023 (the first day of school for Pre-Kindergarten).

*Please note: Legislation MAY change to require that a child must be 3 or 4 on or before August 1st to attend Pre-Kindergarten, but we will not know until this new legislation is considered. You may apply now (if your child will be 3 or 4 on or before 8/21), but please know that your child may not be able to start pre-kindergarten if legislation changes.

Qualification requirements & application information available online at:

www.ChurchillCSD.com or Northside Early Learning Center 340 Venturacci Ln. 775-423-3463

Student Admission to Pre-K at NELC Pending Application Approval

Students from families that exceed the financial requirements will be placed on a waitlist.

Please Note



Free pre-kindergarten program, funded by Federal and State Grant funds, for qualified children and families up to the maximum funded capacity. Families are determined eligible for pre-kindergarten funding based on their verified family size, total annual gross income, and the maximum allowable income for eligibility. The maximum allowable income is determined by the Poverty Guideline, issued each January in the Federal Register by the Department of Health and Human Services, and is available online at www.hhs.gov.



FOR QUESTIONS CONTACT: NORTHSIDE EARLY LEARNING CENTER CHURCHILLCSD.COM | 340 VENTURACCI LN. | FALLON, NV 89406 | 775-423-3463



Riding through the wind and snow, (left) Joshua Dini & Gary McKinney

By Jill Wright tribalnews@fpst.org

As a group of horses and riders made their way to our tribal community, through the wind, rain, cold and at times even covered in snow.

The ride began in honor of late Myron Dewey. His younger brother Josh Dini stated, "The Prayer Horse Ride was started in honor of my brother, Myron Dewey and to ride in the vision of our Ancestors of prayer, healing, awareness, prosperity and unity. The Prayer Ride left Schurz on March 18 at the Walker River Paiute Tribe and will be riding to each community, ending at Peehee Mu'huh Thacker Pass.

As they ride to their destination, they want to bring awareness and hope for tribes going



Prayer Horse Ride 2023 visits Tribal Administration

through difficulties. As they came though our community, they stopped off at our tribal administration building with gifts of prayer and respect. In turn, Aaron Brady presented them with gifts of sage sticks, pinenuts, and elderberry jam. Shirley Brady gifted them with yeast rolls for their journey. Safe Travels.

Are you a Native-owned or Tribal business?











U.S. Department of Transportation

Federal Highway Administration



Join our free training!

Join NAS Fallon and NAVFAC Southwest Small Business Office as they welcome the SBA, American Indian Chamber Education Fund, Nevada APEX Accelerator, Federal Highway Administration (FHWA) and the NV Dept. of Transportation (NDOT) to Fallon. During this event, Native-owned and Tribal businesses will receive information on the following:

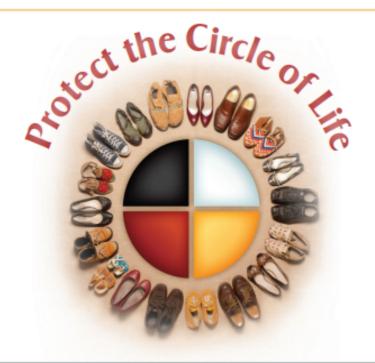
- Contracting opportunities with the Navy
- Federal procurement process & support
- Resources for certifications & programs designed for your business



TUES. APRIL 18, 2023
9 AM -3 PM (PST) *Doors open 8 am*

FALLON CONVENTION CENTER 100 CAMPUS WAY FALLON, NV 89406

FOR INFO & TO RESERVE YOUR SEAT, CALL TONI BURTON (775) 686-8283 OR EMAIL TONI.A.BURTON.CIV@US.NAVY.MIL



THE FLU & YOU

What is influenza (the flu)?

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

Who should get a flu vaccine?

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

Your family may be especially vulnerable to the flu.

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

SIGNS AND SYMPTOMS OF THE FLU

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

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

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

HELP PREVENT THE SPREAD OF THE FLU

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

PROTECT YOURSELF.
PROTECT YOUR PEOPLE.

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

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

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

When should I get a flu vaccine?

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

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

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



WHERE DO I GET A FLU VACCINE

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

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

Local Information

Fallon Tribal Health Clinic

775.423.3634

THANK YOU FOR KEEPING
INDIAN COUNTRY HEALTHY



Learn more at www.cdc.gov/flu or call 1-800-CDC-INFO



Community Members Take an Active Participation

Chairwoman Williams-Tuni would like to thank our tribal members for serving on our tribal committees and bringing all their expertise to the team. As you know, selecting new committee members is important and rewarding that help in the decisions making as a collective group. On behalf of the Fallon Business Council, thank you for your commitment to the values and mission of the Fallon Paiute Shoshone Tribe.



Chairwoman Williams-Tuni swears in Shalone Jimmy to the Cultural Committee



Chairwoman Williams Tuni swears in Hatti Williams to the Land & Water Committee



Vice Chairman Andy Hicks swearing in Mike Williams to the Cultural Committee



Chairwoman Williams Tuni swears in Russell Redner to the Election Committee

FALLON TRIBAL DEVELOPMENT CORPORATION

March 2023









FTDC would like to thank everyone for attending Fox Peak Fallon's Grand Re-Opening on March 4th. We were thrilled to have you join us and we are grateful for your support.

FTDC donated two family 4 packs from Fox Peak Cinema to the Future Fest Fundraiser auction at Oasis Academy for their 5th Annual Future Fest being held on April 21, 2023 at the Rafter 3C Arena in Fallon, Nevada. This school supports Basketball, La Crosse, Golf, Volleyball, Wrestling, Softball, Cross Country Track and of this year Baseball. Oasis Academy's goal this year is to purchase vans and a bus for transportation, because this charter school does not have buses, this becomes challenging when a player's family isn't able to attend away games.

FTDC donated two family 4 packs from Fox Peak Cinema to the Churchill County Parks and Recreation Department for their annual Fallon Shoot Out Youth Coed Basketball Tournament that was held on March 17-19 at the City-County Gym in Fallon, Nevada.

This year there were 22 teams from surrounding communities. Throughout the tournament there was a 3 point shoot out contest for youth and adults to participate in, with movie passes from Fox Peak Cinema as a prize. One movie pass per winner or a 2 liter soda.









Spagnetti Dinner
FRIDAY, APRIL 28. 2023

An Italian Feast for All
5:30pm to 7:00pm
\$8 a plate
\$1 for drinks
\$1 card Bingo
Door prizes

DINE IN OR TAKE OUT

Proceeds support the Senior Advisory Committee

Fundraiser will be held at the Stillwater Tribal Senior Center
1885 Agency Road Fallon, Nevada 89406
775-423-7569 for more information
All ages welcome
Spaghetti, Italian Salad and Garlic Bread



Ceremonial or Pow-Wow Shawl Making Classes 2023

A shawl-making class will be hosted by the FPST Health Center and Behavioral Health Program. Come and learn how to make your own shawl.

Dates: April 6th & 13th (Thursdays)

Time: 6:00 p.m. to 8:00 p.m. Dinner will be served.

Location: CLC Community Room, 8955 Mission Road

Teacher: Asha Nordwall

Space is limited. Call Brenda Hooper at 423-3634, ext. 1002 to sign up. Deadline to sign up is March 31st. Preference will be given to those who were put on the waiting list last September.

SAVE THE DATE!

Moving Forward Together Powwow

June 2-4, 2023 | Rafter 3C Arena, Fallon, NV



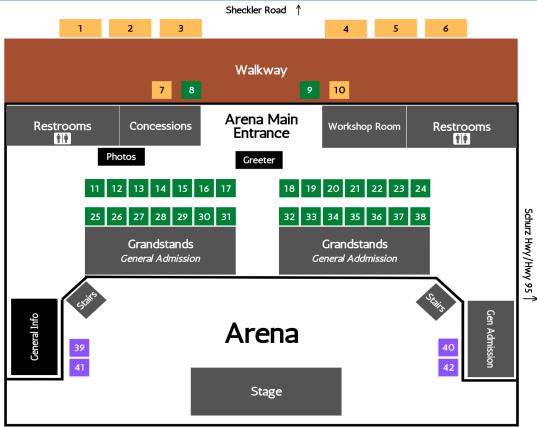
Moving Forward Together Powwow 2023



Rafter 3C Arena 325 Sheckler Road Fallon, NV 89406 June 2, 3, 4 2023

Vendor Map

- # Food Booth \$300
- # Arts & Crafts Concourse/ Outdoor Booth - \$150
- # Arts & Crafts Arena Booth - \$175



The Moving Forward Together (MFT) Powwow

June 2-4, 2023 at the Rafter 3C Arena in Fallon, is looking for volunteers, vendors, sponsors, and donations! This year, we plan to reach 2,000 people, and we can't do it without you!

<u>VOLUNTEERS:</u> Help put together this incredible event, EVERYONE is welcome. Sign up to volunteer by April 15th, for a free t-shirt! fallonpowwww.com/volunteers

Here are the positions we need help with:

Set Up & Clean Up Greeters & Registration Concessions Cashier

Concessions (Food Cook & Prep)

Traditional Feed (Prep, Cook, & Serve)

Security

Gopher/Runner (vendor assistance, lost & found, raffle runners)

Media, must have prior experience! (photography & videography)

Advisory Committee (assist in finding sponsors, specials & other planning needs)



<u>VENDORS:</u> We have vendor spots inside, outside, and down in the arena for food and arts and crafts.

Register here: <u>fallonpowwow.com/vendors</u>

Food Vendors: \$300/10x20 (\$50 refundable cleaning fee) Arts & Crafts Vendors Outside/Inside Concourse: \$150/10x10

Arts & Crafts Vendors on Arena Floor: \$175/10x10

SPONSORS/DONATIONS: MFT Powwow is 100% grant and donor funded. Would you like to help sponsor, or donate to, the MFT Powwow? We are also accepting raffle and silent auction items. All sponsorships, and donations, are tax-deductible.

Sponsor information: <u>fallonpowwow.com/sponsorships</u>
Donation information: <u>fallonpowwow.com/donations</u>

You can also contact us to donate goods or via check/cash/Zelle

Call us at 949-394-8406, or email us at <u>fallonpowwow@gmail.com</u> with any questions regarding the 2023 Moving Forward Together Powwow.

2023 MFT Powwow Information

Dates: June 2-4, 2023

Location: Rafter 3C Arena, 227 Sheckler Rd., Fallon NV

Website: FallonPowwow.com

Facebook & Instagram: MFTpowwow

Fiscal Sponsor: Om Namo Nonprofit, nyomnamo.com

Host Drum: Bear Springs

Headwoman Dancer: Aurora Toledo Headman Dancer: Robert Piper Jr. Arena Director: Hank Johnson

MC: Tyson Shay, MC Assistant: Dwight George

Graphic Designer: Kenyen Hicks

Committee Members: Kadie Zeller, Francine Tohannie, Nizhoni Widehat, Dwight George, Letisha Yellowhawk, Sunshine Cox, Margaret Scharmann, & Lara Vo





WELCOME TO BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES – APRIL 2023

Mental Health Program Assessments, Psychiatric & Therapy Services

Dr. Sonny Ruckstuhl, Clinical Psychologist, available on Tuesdays.

Dr. Steven Rubin, Psychiatrist, available Wednesdays.



Ellen Johnson, MA, LMFT, LCADC is a licensed marriage and family therapist as well as a licensed clinical alcohol & drug counselor. Ellen is available for therapy services on Thursdays (all ages).

Family Therapist, Vacant We are currently seeking a qualified candidate to fill this position.

Substance Abuse Program (SAP) Assessment & Outpatient Treatment



Cynthia Wachsmuth, Substance Abuse Counselor. She is available for screenings, evaluations and substance abuse treatment and referral services.



Sunny Cox, Family Support Coordinator & Substance Abuse Counselor Intern. Sunny will assist the Family Therapist and provide case management services. She is also a part-time substance abuse counselor intern and can provide screenings, assessments, treatment and referral services.



Brenda Hooper, Recovery Support Coach & Coordinator. She provides recovery support to individuals in early recovery from substance abuse and mental health issues. Her roles is to help people stay on their wellness path.



Shelby Harrison, Behavioral Health Assistant. Welcome Shelby to our team. For an appointment any of the BH providers, contact her at 423-3634, ext. 1042.

For questions regarding services or activities contact Leslie Steve, MA, LADC, Director of Behavioral Health at 423-3634 ext. 1032.

PRACTICE MINDFULNESS.....Breathe.
"Yesterday is gone, tomorrow hasn't happened;
what we have is right here, right now. Promote
peace and be good to each other, so whatever you
put out, will come right back to you.



Ceremonial or Pow-Wow Shawl Making Classes 2023

A shawl-making class will be hosted by the FTHC Behavioral Health Program. Come and learn how to make your own shawl.

Dates: April 6th & 13th (Thursdays)
Time: 6:00 p.m. to 8:00 p.m. Dinner will
be served.
Location: CLC Community Room, 8955
Mission Road
Teacher: Asha Nordwall

Space is limited. Call Brenda Hooper at 423-3634, ext. 1002 to sign up. Deadline to sign up is March 31st. Preference will be given to those who were put on the waiting list last September.

Welcome Anissa Sabori, BA, LSW. Anissa was hired as the Behavioral Health Liaison for the new BJA Connect and Protect grant. Her role will be to assist FPST Law Enforcement in the management of mental health crises and link individuals to mental health providers and other community resources. She is a member of the Te-Moak Tribe of Western Shoshone, Elko Band. In 2010 She earned a Bachelor's Degree from UNR in Social Work and has been a licensed Social Worker since 2011.





Where: 999 Rio Vista Contact Cynthia Wachsmuth or Brenda Hooper for more Information at (775) 423-3634, x1041.

The Fallon, Lovelock & Yomba Wellness Community (WELCOM) Circle

We will host the next meeting at the Community Learning Center (CLC) on 4/20/23 from 12noon to 1:30 p.m. Community members are welcome to attend. For more information contact Sunny Cox at 423-3634.









April 5th Super Mario

Brothers

Air

April 14th The Popes

Exorcist

Renfield

April 21st Evil Dead Rise

April 28th Are You There

God

Heart of a Lion

Polity Society

Pick up your bag of popcorn at **Fox Peak Station for only**

All Pre-Covid releases still only



Adult evening shows: \$10.00 Children (under 12) are \$7.25 Seniors / Military: \$8.25

HEART OF A LION CHOICE BETWEEN LOVE AND HAT

Matinee (before 6pm): \$7.25 Classic Shows: \$1.00 Call for showtimes: 775-423-7099

APRIL & MAY FOOD DISTRIBUTION SCHEDULE



The following is a schedule for the April & May 2023 food distribution supplemental resources for the Fallon Tribal Community. This schedule includes the monthly USDA Yerington Commodity food distribution and the Northern Nevada Food Bank Mobile Harvest.

USDA Yerington Commodity Food Distribution (CLC Parking Lot)

Participants must meet USDA guidelines. Contact YPT for additional eligibility requirements. You can visit their Facebook page for the Yerington Commodity Food Program or by phone at (775) 783-0260.

Tuesday, April 4 & May 2— 8 a.m. to 11:45 a.m.

Northern NV Food Bank Mobile Harvest (CLC Parking Lot)

Drive-thru style distribution of fresh fruit, dairy and vegetables. Mobile harvest is the **2nd Tuesday of every month**. Participation is open to all Churchill County residents of all income levels. First time participants are required to complete an initial intake form on-site.

Tuesday, April 11 & May 9 — 12:30 p.m. to 1:30 p.m.









Free Services Available in Fallon!

- Durable Medical Equipment & Supplies
- Diabetic Testing Supplies
- M Prescription Assistance
- **國 Incontinence Protection**
- M Supplemental Medical Nutrition
- M Independent Living
- **EXECUTE** CARE Loans

Fallon Paiute Shoshone Community Learning Ctr. 8955 Mission Rd. Fallon, NV 89406 The second Tuesday of the month 12:30 - 1:30 PM

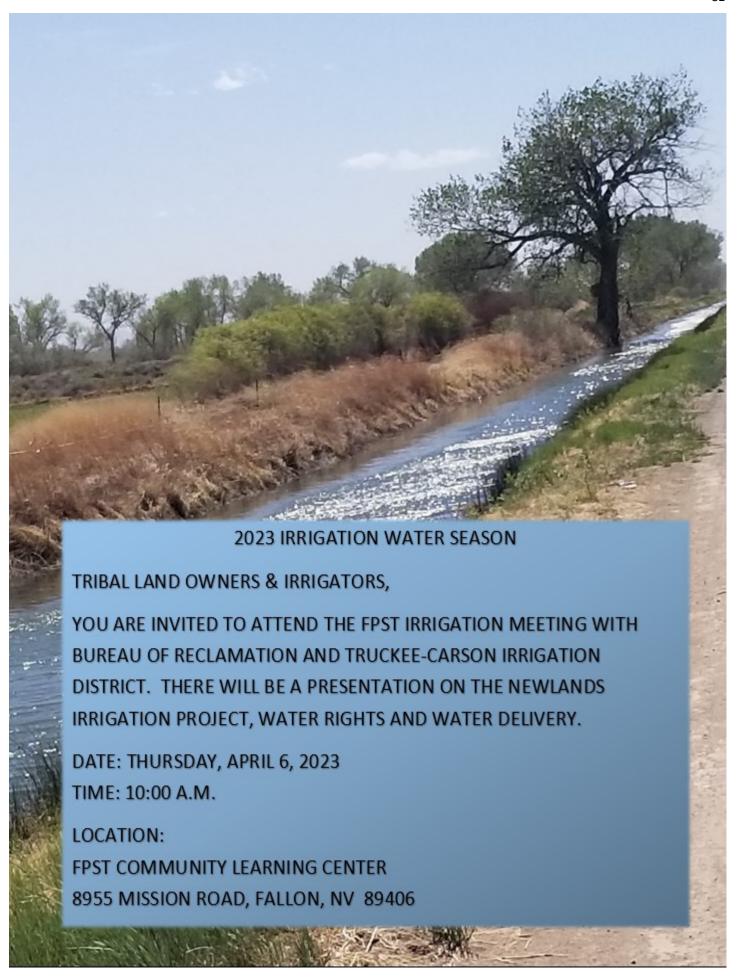
Contact Rachel at (775) 219-0075, or rstephens@CAREChest.com. For more information or to apply for assistance, visit CAREChest.org.



REMINDER

If you received a Jury Questionnaire from the **Tribal Court,** please complete and return it to the Court as soon as possible.

If you need a new form, please contact the court at (775) 423-8883.





APRIL 22, 2023 11AM-7PM

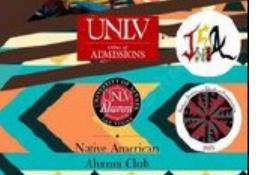




MC- TYSON "EAGLE VOICE" SHAY
HOST N DRUM- INDIAN HILL
HOST S. DRUM- SOUTHERN SOUL
SOCIAL POWWOW - DANCERS & DRUMS

CONTACT INFO-NAT.ONEAL@GMAIL.COM

LOCATION: UNLY CHEM LAWN 4505 MARYLAND PWKY LAS VEGAS NV 89154







UPCOMING

A C T I V I T I E S

As part of our Community Health Outreach Initiative, we will be coming out to the locations below to offer the services below. This initiative is part of a multi-year approach to improving the health of our tribal communities and to bring health care outside of the traditional clinic setting. If you would like ule a healthcare appointment, please call us at 775-423-3610.





SERVICES AVAILABLE

- · COVID-19 Testing and Vaccinations
- · Flu shots and other Immunizations (as applicable)
- Well-Child Visits & Medical Provider Appointments* (some locations)



DATES, TIMES, & LOCATIONS

APRIL 5, 2023, 10 AM - 12 PM (Wednesday) Stillwater Tribal Senior Center, Fallon, NV

APRIL 6, 2023, 4 PM - 6 PM (Thursdov)

▶ Fallon Tribal Health Center, Fallon, NV

APRIL 13, 2023, 10 AM - 2 PM (Thursday)

▶ Lovelock Tribal Gym, Lovelock, NV*

APRIL 20, 2023, 10 AM - 2 PM (Thursday)

▶ Yomba Tribal Community Center, NV*

MAY 3, 2023, 10 AM - 12 PM (Wednesday)

Stillwater Tribal Senior Center, Fallon, NV

MAY 4, 2023, 4 PM - 6 PM (Thursday)

Fallon Tribal Health Center, Fallon, NV

MAY 11, 2023, 10 AM - 2 PM (Thursday)

► Lovelock Tribal Gym, Lovelock, NV*

MAY 18, 2023, 10 AM - 2 PM (Thursday)

▶ Yomba Tribal Community Center, NV*

JUNE 7, 2023, 10 AM - 12 PM (Wednesday)

Stillwater Tribal Senior Center, Fallon, NV

JUNE 8, 2023, 4 PM - 6 PM (Thursday)

Fallon Tribal Health Center, Fallon, NV

JUNE 15, 2023, 10 AM - 2 PM (Thursday)

▶ Lovelock Tribal Gym. Lovelock. NV*

JUNE 22, 2023, 10 AM - 2 PM (Thursday)

▶ Yomba Tribal Community Center, NV*

National Alcohol Awareness Month - April 2023

It takes more than a day to educate the American youth about the risks of getting stewed. April marks National Alcohol Awareness Month and is sponsored by the National Council on



Alcoholism and Drug Dependence (NCADD) to educate the masses about America's #1 health problem: alcohol dependence. Claiming the lives of more than 90,000 people every year, this month focuses on raising awareness about alcohol abuse and dependency before it is fatal.

What is Binge Drinking? Binge drinking is when blood alcohol concentration comes to 0.08 g/dL, which happens when a man drinks five glasses and a woman drinks four in about two hours.

How does it affect health? Long-term, excessive drinking of alcohol can gravely affect your health and leads to chronic diseases including high blood pressure, liver disease, digestive problems, and even cancer.

What can you do? Start conversations

It is your role as a responsible adult to initiate the conversations that nobody is willing to talk about. Speak with your friends and families who you've noticed are reliant on heavy drinking. As a parent, teach your children about alcohol misuse and help them build coping skills. Tell them that stress, anger, loneliness, and peer pressure are a part of life and should not cause them to give in to liquor for relaxation.

For more information contact the Behavioral Health Program at the Fallon Tribal Health Center, (775) 423-3634.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned has been appointed and qualified by the Fallon-Paiute Shoshone Tribal Court on August 2, 2022 as Administrator of the Estate of Susan Keller-Smith, Deceased. All creditors having claims against the estate are required to file the claims with the undersigned at the address given below within ninety (90) days after the first publication of this notice.

Dated this 21st day of February 2023.

James Lynch, Administrator of the estate of Susan Keller-Smith

1435 Pinenut St.

Fallon, Nv 89406



''Happy Birthday to My Wow! I'm so THANKFUL THAT GOD BLESSED THE WORLD ON THIS DAY AND GIFTED YOU AS MY HUBS. LOVE ALWAYS, DELENNE"

GOD BLESS, DELENNE MAGERS

FALLON PAIUITE SHOSHONE TRIBE

Social Services Manager
Chairman's Administrative Assistant
Police Officer
Clinical Psychiatrist
Victim Services Advocate
Environmental Services (vs) Tech I/II
Youth & Family Social Services Director
Maintenance Technician II
Dental Assistant II (Certified)

Clinical Compliance Officer
Optometrist
Program Development Manager
Youth Care Worker
Dental Assistant
In-Home Health Aide
Housing Director
Seasonal Agriculture Laborer
Housing Receptionist
Nurse Practitioner/Physician Assistant



For more information about a job or to complete an application, go to fpst.org/employment/to apply







Fleet & Family Readiness (FFR)

HIRING EVENT

SATURDAY MARCH 11, 2023 10 AM-2 PM

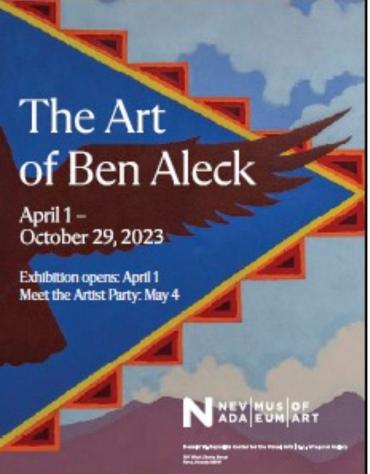
Churchill County School District Office | 690 South Maine St. Fallon, NV 89496





703 82 / 23 PG





J.S. POSTAGE PAID NONPROFIT ORG. ZIP CODE 89406 PERMIT NO 18



www.fpst.org ADDRESS/RETURN SERVICE REQUESTED Fallon Paiute-Shoshone Tribe 565 Rio Vista Drive Fallon, NV 89406 Tel (775) 423-6075