



Numa News

A Beautiful Day to Commemorate Freedom

By Jill Wright tribalnews@fpst.org

This Memorial Day the Fallon Paiute Shoshone Tribe remembered all who have served with gratitude and pride. As a large group was gathered at our historic tribal cemetery looking out over red, white and blue flowers and American flags provided a stunning setting for a Memorial Day Service. The movement of the air seemed to sustain the ceremony as Chairwoman Williams-Tuni welcomed those in attendance. Rev. Ernie Hooper, who served in the U.S. Army during the Korean War, offered a prayer, by words seeking God's healing and comfort for all veterans and their families. He also gave tribute to late Ashley George, who he called not only his friend but his brother, who traveled from Sacramento California to open in prayer along side Rev. Hooper at Memorial Day Services for the past 30 years, and stated he will be missed.

Chairwoman Williams-Tuni gave another solemn tribute to honor all military heroes while serving our country by sharing words of gratitude. As flags were fluttering in the wind she took the time to read aloud each tribal member who has served in the Armed Forces.

The service included speakers, Placing of Wreaths and a Rifle Salute. We would like to thank the VFW Post 1002, American Legion Post 16, Marine Corps League and Fleet Reserve Association for their commitment and faithfulness to all Veterans and to our tribe.



Chairwoman Williams Tuni pays tribute to our Heroes at the 2023 Memorial Day Services at the tribal cemetery

Following the services, refreshments were provided. We would like to thank the Housing Authority workers who helped in the clean up efforts which is part of our collective history. We would also like to also thank Brandon Andrieux and Aaron Brady for being responsible for flying the flags and displaying the Veterans Board in honor of the nations battle heroes.

In honor of the women and men who gave the ultimate sacrifice- their very lives-in service to their nation, during this Memorial Day Service, we are humbled of the thought that there is over 10 acres at our beautiful tribal cemetery of why we are still free. May we never forget freedom is not free and continue to honor the courageous men and women of the armed forces who made the ultimate sacrifice for our country. Thank you for serving our country and protecting our freedoms.

and every day we are grateful for your sacrifices.



L-R; Herb Williams, Veteran Stan Hooper Sr. and Council Member Philip Johnson



L-R; Rev. Ernie Hooper, Chairwoman Williams-Tuni and Treasurer Vickie Moyle



THANK YOU VETERANS

REMEMBER & HONOR

Allen, Gardner
 Allen, Gerald Warren Sr.
 Allen, Lloyd
 Allen, Melvin
 Austin, Donald
 Austin, Ernest
 Austin, Gilbert
 Austin, Sammy
 Avilar, Lester Avilar
 Baldwin, Ernest Glenn
 Baldwin, Irvin Criss
 Baltazar, Gregory Miles
 Bowser, Eddie
 Brown, Donald Sr.
 Brown, Perry
 Conway, Robin
 David, Bertha
 David, Raymond
 Dixon, Don Gordon
 Dixon, Herman
 Dyer, George
 Dyer, Mike
 Ellison, Gary
 Ellison, Wayne
 George, Ashley
 George Kane
 George, Ivan
 George, Leonard Sr.
 Geroge, Walter
 Gibbons, Bertha
 Gibons, Leland
 Glesmann, A Adrianna
 Hicks, Donald
 Hicks, Fred Sr.
 Hicks, Richard
 Hicks, Theodore



HEROES

Jack, Andy
 Johnny, George Eagle Eye
 Johnny, George Jr.
 Johnny, Tony
 Lawson, Mildred Moose
 Molino, Edward
 Moose, Kenneth
 Morgan, Marvin
 Moyle, Alvin
 Moyle, Augie
 Nihoa, Ermert
 Rodarte, Ted Ervin
 Sanders, Dave
 Sheehan, Dempsey
 Smith, Julian
 Smith, Ralyn
 Smith, Webster
 Steve, Bill
 Steve, Dell
 Steve, Eugene
 Steve, Russell Sr.
 Stirnemann, Kevin Neil
 Stone, Wilfred
 Thomas, Leroy
 Thomas, Reynold
 Thomas, Wilfred
 Washington, Harold
 Washington, Leslie
 Washington, Sammy
 White, Josephine Molino
 Williams, Bert
 Williams, Clinton
 Williams, Darrell
 Williams, Gordon
 Williams, Henry "Tex"
 Williams, Herbert Sr.
 Williams, Paul Jr.
 Works, Evelyn



HEROES

Allen, Chandler
 Allen, Daniel
 Armstrong, Jonathan
 Austin, Aimery
 Austin, Arlene
 Baca, Arlen
 Berreman, Anthony
 Berreman, William
 Boots, Evan Cordell
 Dyer, Lyle
 Fraim, Brian
 George, Len
 Greene, Jamie
 Gutierrez, Kiley
 Hicks, Troy
 Landcaster, Zachary
 Lynch, James
 Macias, Judith
 Manning, Stacey
 Martin, Annisia
 Moose, Joe Jr.
 Noneo, Tyrel
 Pacheco, Kendra
 Paul, Jeanine
 Williams, Jalen
 Williams, Kenneth

For Your Children's and Your Own Safety

NO SWIMMING in Ditches and Canals. The water is high, currents are fast, and debris can inflict drowning.

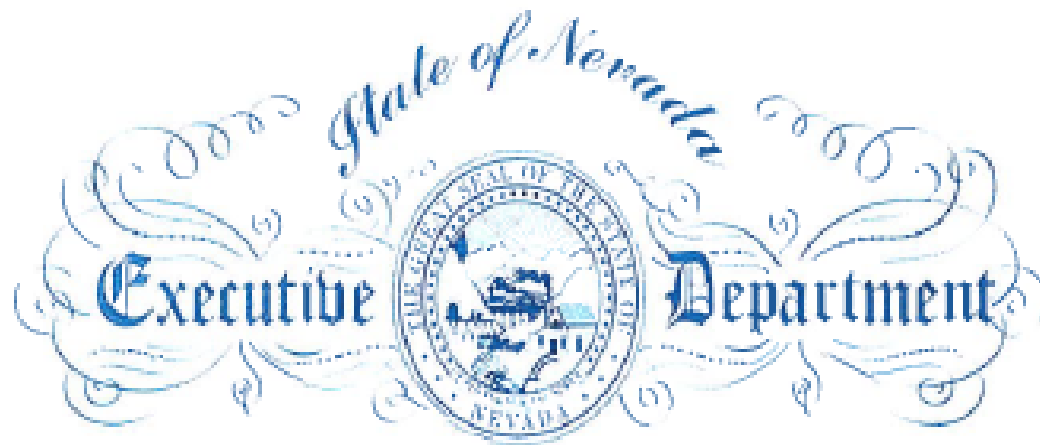


Please Stay Out Of the Ditches and Canals

The Fallon Paiute-Shoshone Tribe declared a state of emergency April 7, 2023 in order to protect and prepare the community for the potential flooding event this spring.

The State of NV has declared a Flood Emergency May 29, 2023 to protect, save lives, and assist effected areas.

FPST will be monitoring activity during this declared emergency.



DECLARATION OF EMERGENCY

Proclamation Declaring a Flood Emergency

WHEREAS, Churchill, Humboldt, Lander, Lincoln, and Lyon counties, along with the Fallon Paiute-Shoshone Tribe and Walker River Paiute Tribe, have declared a state of emergency due to the impacts of the spring runoff from an unprecedented winter season and snowpack; and

WHEREAS, the spring runoff is also causing flooding, mudslides, and other issues posing significant threats to Douglas, Elko, Storey and Eureka counties; and

WHEREAS, given the seasonal shift and increased temperatures throughout Nevada, the snowpack is melting at an increased pace, overwhelming rivers, and reservoirs; and

WHEREAS, significant runoff still needs to move through the various river systems, with the most recent snowmelt projections estimating an additional seven weeks of impacts; and

WHEREAS, the State of Nevada's critical infrastructure is being pushed to its capacity, creating concern related to dam integrity, and the resultant impacts on downstream communities, and threat to life and safety; and

WHEREAS, multiple transportation routes have been damaged from flooding, rockslides, and mudslides; and

WHEREAS, the State of Nevada will require assistance from the Federal Highway Administration on eligible roads and projects which will be identified when damage assessment is completed; and

WHEREAS, additional declarations from counties and tribes are expected in the coming days and weeks; and

NOW THEREFORE, I, Joe Lombardo, Governor of the State of Nevada, pursuant to the authority vested in me by the Constitution and laws of the State of Nevada, hereby declare a state of emergency issued on May 29, 2023, to include the following direction:

1. All state agencies shall work through the Nevada Operations Center to supplement the efforts and capabilities of political subdivisions to save lives, protect property, and protect the health and safety of persons in this state, and

2. The Division of Emergency Management and Homeland Security shall work with the Federal Emergency Management Agency and the U.S. Army Corps of Engineers to support local governments, and
3. The Nevada Department of Transportation shall formally request assistance through the Federal Highway Administration's Emergency Relief Program, United States Code, Title 23, section 125, in order to obtain federal assistance for highway repairs or reconstruction, as needed, and
4. Pursuant to NRS 414.060(3)(f), I hereby delegate to Lyon County the authority to compel evacuation of the population from any stricken or threatened area within the County, should it determine that it is necessary or prudent to do so. Additionally, I hereby authorize Lyon County to subdelegate this authority to any county official, department, or agency, as the County deems proper; and
5. This state of emergency shall exist for 45 days unless terminated sooner if conditions improve.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 29th day of May, in the year two thousand twenty-three.



Governor



Secretary of State



Deputy

FLOOD PREPAREDNESS PLAN AND SAFETY AWARENESS



Additional resources:
www.usgs.gov
www.noaa.gov

Truckee-Carson Irrigation District (TCID)
www.tcid.org
www.churchillcountynv.gov/719/Web-Maps

Fallon, NV – Churchill County Commissioners approved a precautionary emergency declaration on March 2nd, 2023 to establish the Emergency Operations Center (EOC) in preparation for flood mitigation efforts due to elevated snowpack from this winter’s snowfall upstream on the Carson River.

Fallon Paiute-Shoshone Tribe’s EOC is working on clearing ditches, canals, etc. and mapping alternate routes to spread the water. Additionally, working on sandbagging. It is your responsibility to keep yourselves and children out of the waterways and **NO** swimming in Irrigation Ditches.






Watch for power lines



- FPST Emergency shelters on the reservation & Colony:**
- 1) Senior Center
 - 2) Community Learning Center
 - 3) FPST Admin Building
 - 4) FPST Health Clinic

FPST Police Department will be policing the Reservation and colony to ensure public safety. The community’s cooperation is appreciated.

What should I do to Prepare?

-  Be prepared to evacuate at a moment’s notice & pack an emergency grab bag: 3 days of food & water, First aid kit, flashlight, map of the area, etc.
-  Stay away from flood waters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Swiftly moving water can sweep you off of your feet.
-  If the road is flooded, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.

FLOOD PREPAREDNESS SURVEY

In an event of an emergency
would your household have
transportation to evacuate or
would need assistance?

Please contact

Emergency Manager
Coordinator

Jackie Conway at
775-867-8706

Or

emd@fpst.org

Head Start 2023 Graduation Ceremony



By Jill Wright tribalnews@fpst.org

On Friday May 26, the Fallon Head Start program held its ceremony inside the tribal gymnasium. Four adorable students were presented with a “diploma” as they are moving into kindergarten and 11 precious students received certificates who will be returning to Head Start. Head Start graduates have come a long way! It was their day to shine to show the ones they love all they have accomplished throughout the year. Making the leap from being a preschooler to a kindergartener was big enough, and now all their hard work has paid off. Their parents, grandparents, and friends showed their children the value of education through positive reinforcement and support. As staff was emotional and held back their tears, they sent best wishes to them for completing their school year. Guest Speaker Brenda Jackson celebrated students by giving an inspiring speech to the students, parents and teachers.

Graduating Head Start

Rakenna Bartlett

Myra Plummer

Cain Quiroz

Ziana Williams-Edralin

Moving Up

Amelia Bill

Evan Boots

Zion Edralin

Iris Francis

Hunter Hicks-Romero

Zuya John

Easton Larson

Nevaeh Perez-Dixon

Mila Plummer

Anthony Rodriguez

Mariala Rosse



Brenda Jackson Speech

Good afternoon/morning. My name is Brenda Jackson, Bachelors Degree in Early Childhood Education from UNLV.

This time your children have spent in head start has been crucial to their development moving forward in their education. They may seem like they are merely playing at school every day. But through their attendance in head start, they have learned social skills by playing with their peers. They learn communication skills. Problem Solving while playing. Physical skills, while creating art, cutting with scissors and playing with blocks. Cognitive thinking skills through problem solving, for example sequencing – what happens in order from first to last? Figuring out a puzzle, or what happens “if” I put the train track on a sharp curve? Or, what lands first? A feather or a ball? They also learn routines, by moving from center time to lunch and back to classroom time. Children learn self-care through handwashing, tooth brushing, using the potty on their own, putting their coats, caps and shoes on. They also expand their thought process, they have ideas of their own and experiment, for example, during art they will use colors of their own choice or create a scene of their choice, painting a story. Children practice speech through reciting and singing rhymes. Asked to enunciate and stretch those facial muscles by using their tongue, lips and jaw to build muscle strength, which improves speech patterns. These are all skills required for your children’s advancement into elementary school.

Your support of these children,



We did it– 2023 Fallon Head Start

through this time of their development, will be rewarded when they succeed throughout the rest of their educational careers. The discipline that you will continue to require of these children, will also help them create confidence as they proceed through elementary and high school. Family is a key ingredient in providing assistance as your children make the next step in their developmental stages.

Routines at home are also a very important factor in children’s development. Parents and caretakers set the foundation of learning and routine. Daily chores at home also set a positive precedence for children throughout their lives. Even reading a book with your children will provide a positive outlook and help them advance their cognitive growth through imagination. Sharing quality time and memorable moments at home and guiding children as they learn the importance and the enjoyment of literacy are valuable foundations of early learning and development.

Be encouraging, not intimidating.

Once your students reach the elementary level, Nevada State Standards will be strictly used. As a parent, you will be responsible to assist the children with their academic advancement. Eventually, these small children will grow up to be assets to their community. They will be able to recognize routine, they can handle money, read and do calculations, they will be responsible. They may become leaders with the tribe, ranchers, farmers and family units. By helping them learn, you are setting them up for a lifetime of accomplishing their goals. Help them, let them know you are proud of them.

Thank you.

Thank you to the Fallon Head Start staff, Ms. Melissa, Ms. Katrina and Ms. Krissy for your dedication to these children and their families. You all are wonderful! You are appreciated!

Toni Burton Presented with Meritorious Civilian Service Award

In April, NAS Fallon Tribal Engagement program was highlighted through several events and awards.

NAS Fallon partnered with numerous federal and state business development resource partners to host a free training for Native American owned businesses. These businesses were able to network with these local resources to learn how to start a business and how to do business with the Navy and other federal agencies. NAS Fallon plans to hold another outreach event in Fall 2023.

NAS Fallon held a training for numerous military personnel from around the US. The training was presented by the DOD Senior Advisor & Liaison for Native American Affairs, Alicia Sylvester. Ms. Sylvester is an enrolled member of the Pueblo of Jemez (NM). The "American Indian Cultural Communications and Consultation Course (AICCC) is designed to improve the consultation efforts of military installations throughout the nation and Native American Tribal & Hawaiian communities. The welcome address and opening blessing was given by FPST Vice Chairman Andrew Hicks and elder Millie Brigham, respectively. Additional training sessions included presentations by Washoe Tribal Chairman Serrell Smokey, Walker River Paiute Tribe cultural staff, Anna Camp from the Nevada State Museum.



Toni Burton with Meritorious Civilian Service Award



Captain Tanner, Alicia Sylvester, Elder Millie Brigham and Vice Chairman Andy Hicks



Helicopter Tour L-R; USN Eric Raven, Washoe Tribal Chairman Serrell Smokey, ASN Meredith Berger, Chairwoman Williams-Tuni and Walker River Chairman Olen McCloud.

NAS Fallon was honored to host the Under Secretary of the Navy Eric Raven, Assistant Secretary Meredith Berger and Deputy Assistant Secretary of the Navy (Environment and Mission Readiness) Karnig Ohannessian. The dignitaries attended the final morning of the DOD training by attending a Grimes Point & Hidden Caves tour and cultural presentation by Donna Cossette, CC Museum Registrar. ASN Ms. Berger was able to join the Chairmen of the Fallon Paiute-Shoshone, Walker River Paiute and Washoe Tribes for a helicopter tour of several cultural sites on the Fallon Range Training Complex.

They ended the week by attending the FPST Earth Day event at Oats Park where they had many meaningful conversations with event vendors and attendees.

During this visit, several NAS Fallon employees including Ms. Toni Burton, were presented with a “Meritorious Civilian Service” award by the Secretary of the Navy for working hard in the past two years to help strengthen the relationship between the tribes of Nevada and the Navy as the Tribal Relations Coordinator. “Toni Burton’s superb leadership, initiative, outstanding



AICCC training was presented by the DOD Senior Advisor & Liaison for Native American Affairs, Alicia Sylvester

achievements and total devotion to duty reflected great credit upon her while keeping with the highest traditions of the Department of the Navy”. Ms. Burton stated “I was only able to navigate this new role in the Navy with the support of my colleagues at NAS Fallon and with the support of Navy leadership. It has been a complex journey as a tribal member while supporting the mission of the Navy. I will continue to strive for excellence in building Tribal and Military relations by honoring Tribal Sovereignty and Federal Indian Law.”



Presentation given by Donna Cossette; CC Museum Registrar

WHERE: TOI TICUTTA WELLNESS CENTER
8929 MISSION ROAD
FALLON, NV 89406 (775) 423-2220

TIME: 11:00—12:00

PRESENTED BY:

Laurie Bissett RD

Sherry Taylor RN, BSN Community Health Nurse

JUNE

LUNCH AND LEARN

JUNE 28, 2023

LET'S "WRAP UP LUNCH"



2023 List of Fallon Paiute Shoshone Tribal Member College Graduates



Kambria McDonald
Western Nevada College
Applied Associates in
Science/Health Science



Sidney Gardner
University of Texas
Media Studies



Wanda Campbell
Western Nevada College
General Education



Katie Wesmann
UNR
Bachelor of Business in
Management and Marketing with
emphasis in Business Analytics
and Human Resources



Shannon Hoper
Institute of American
Indian Art
Associates of Fine Arts



Shaina Bryant
Nevada State College
Nursing



Michelle Lee Sanders
Western Governor's
University
Bachelors of Science in
Nursing



Olivia Rose Williams
Cal Poly Humboldt
Bachelors of Science in
Environmental Science
Management



Savannah Jimenez
Western Nevada College
Associates of Radiology
Bachelor of Sonography
Program

With immense pride, we are pleased to provide a 2023 College listing of all FPST Tribal Member college graduates. Congratulations Class of 2023!!!! We wish that success keeps following you in everything that you do. Dream new dreams, embark on who you are, embrace life with passion, and keep reaching for the stars. Take time to celebrate as your hard work and determination has led you to this point. Now is the time to seize the future as you venture in a new normal as there are a number of opportunities available to you all. We all look forward to hearing of your future successes and accomplishments.

2023 List of Fallon Paiute Shoshone Tribal Member High School Graduates



CLASS OF
2023

Drake graduated from Fernley High School and is excited to start his next adventure after school.

“The journey of a thousand miles begins with a single step”

-Lao Tzu



Drake Lanning
Fernley



CLASS OF
2023

Cameron plans on attending UNR and earning a degree in Mechanical Engineering. His future goal is to work in the aerospace industry



Cameron Christy
Churchill County



CLASS OF
2023

Ciabi's future goals are to become a cosmetologist and start her own business. She plans on continuing to powwow dance and also teach and encourage youth to learn about their culture and to powwow dance as well.



Ciabi Dick
Pyramid Lake



CLASS OF
2023

Ezekiel plans on attending Western Community College, then continue to Chennault Flight School.

His goal is to become a pilot.



Ezekiel Downs
Churchill County



CLASS OF
2023



Kaydence graduated from Fernley High School.
Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and potential"

- Kerry Washington

Kaydence Gallardo
Fernley



CLASS OF
2023



Nikolas graduated with an Early Diploma. He is currently in South Dakota. His future goals are to be a welder/driller.

"You are braver than you believe,
stronger than you seem, and smarter than you think"

-A.A.Milne

Nikolas Downs
Churchill County



CLASS OF
2023



Kayla graduated from Churchill County High School
"Go into the world and do well.
But more importantly, go in into the world and do good"

- Minor Myers, Jr.

Kayla Baldwin
Churchill County



CLASS OF
2023



Ryan graduated from Churchill County High School

"There are far, far better things ahead than
any we leave behind."

-C.S. Lewis

Ryan Dixon
Churchill County



**CLASS OF
2023**

Jae-Kale Lewis graduated from Pleasure Ridge High School.

"Your education is a dress rehearsal for a life that is yours to lead."

-Nora Ephron



Jae-Kale Lewis
Pleasure Ridge

Churchill County High School Graduates

College Graduates

Lilliana Bettencourt

Jennifer Wilson, Arizona College of Nursing

Dominik DeSoto

Stephan Flowers, Eastern Washington University

Micah Sitting Down, Western Nevada College, Education

FPST- HOUSING PARTICIPANTS

UPCOMING EVENTS FOR THE FALLON PAIUTE SHOSHONE HOUSING DEPARTMENT

JUNETEENTH HOLIDAY: JUNE 19TH, OFFICE WILL BE CLOSED

LOW RENTAL PARTICIPANTS: HOUSING MAINTENANCE CREW WILL BE WEEDING YARDS JUNE & JULY. PLEASE HAVE YOUR AREA PICK UP OF DEBRIS

ALL HOUSING PARTICIPANTS: IT'S THAT TIME AGAIN FOR CONTINUED & PARTICIPATION UPDATED APPLICATION- SUBMITT APPLICATION'S NO LATER THAN AUGUST 18, 2023

IN CASE OF AN EMERGENCY AFTER HOURS SUCH AS WATER HEATER LEAKS, AIR CONDITIONING PLEASE CALL WILFRED TUNI @ 775-666-5496 FRIST, THEN SHARON PACHECO @ 775-426-8229



Happy Father's Day!

HYDRATING FOR HEALTH

Why

Drinking Water is so important

About two-thirds of your body weight is water. All your cells need water to work. Water is also the base for all your different body fluids, including saliva, blood, urine, sweat, and joint fluid. No living thing can survive without water. How do you know if you're drinking enough?

Your body loses water when you sweat, go to the bathroom, and even when you just breathe out. So, you need to drink enough water to replace what you lose. When you don't drink enough water, you can become dehydrated.

Signs that you're getting dehydrated include feeling very thirsty and having headaches. Your mouth or skin may feel very dry. And your urine may get darker because your body is trying to conserve water. Drinking fluids should be enough to relieve mild dehydration.



If dehydration becomes severe, it can cause confusion, fainting, an inability to urinate, and rapid heartbeat and breathing. At this point, it can be life-threatening, and you should seek medical help fast. Drinking liquids may not be enough to replenish your body's fluids. You may need to be given fluids intravenously—through a needle or tube inserted into a vein.

Recent NIH-funded research suggests that avoiding dehydration may not be the only reason to make sure you drink enough fluids. Dr. Natalia Dmitrieva, a heart researcher at NIH, has studied the long-term effects of not drinking enough water. In one study, her team found that middle-aged people who were not adequately hydrated were more likely to develop chronic diseases. The diseases included heart failure, diabetes, chronic lung disease, and dementia.

These people were also more likely to age faster and die younger. So, staying well hydrated might help you stay healthier as you get older.

The best way to avoid dehydration is to make sure you drink enough fluids every day. Ideally, you should get your fluids from water or other low-calorie beverages, such as plain coffee or tea, or sparkling or flavored waters. Nutritional beverages, such as milk or milk alternatives, or 100% vegetable juice, are also good options. Relying on soda, sports drinks, or other sugary beverages for most of your fluids can add many calories to your diet, and they have little nutritional value.

How much you should drink each day depends on many factors, including your age, where you live, and your body weight. And your body doesn't always lose water at the same rate. For instance, when you exercise or are active in hot weather, you sweat more and so need to drink more. But experts generally recommend drinking around 9 cups of fluids a day for women and 13 cups for men on average.

Certain diseases, like diabetes or chronic kidney disease, and some medicines can make you urinate more often. You also lose a lot of water when you throw up or have diarrhea or a fever. In these cases, you need to drink more water to avoid getting dehydrated.

Dmitrieva has changed her own drinking habits based on the results of her research. "When I started to see the results of these studies and then started seeing how much I drink, I realized that I drank less than needed," she says. "Then I just started to take one liter of water with me when I go to work. And I make sure that during the day I drink this one liter."

BOYS AND GIRLS CLUB NEWSLETTER

Month of May



A note from the Crew!

Happy Summer to all!

We have successfully closed out another year of After School Program and are now rounding the corner for Summer Rec. It has been an absolute pleasure to work and grow with the kids this past year and we just want to give a shout out to all the students who graduated. Also big thanks to everyone who participated and gathered for our official graduation party. Pictures are on the second page!

June Upcoming events:

- 6/2-6/4 - See us at the Powwow
- 6/12 - Start of Summer Rec
- 6/13 12 PM- Mobile Food Harvest
- 6/22 6PM - Nerd Night W/ Austin

Glimpse of Summer Rec:

MONDAY	Breakfast & Lunch, Cultural/Learning Activities, Physical Activity
TUESDAY	Breakfast & Lunch, Reading, Project, Pool Trip
WEDNESDAY	Breakfast & Lunch, Cultural/Learning Activities, Physical Activity
THURSDAY	Field Trip
FRIDAY	Office Hours (8AM-5PM)

Stay in touch :

Summer Rec. Applications Available at the CLC and Website Fpst.org



clcdirector@fpst.org



775-423-8065 (Office Phone)
775-427-0991 (Director's Cell)





WELCOME TO BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES – JUNE 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.

June is PTST Awareness Month

There are currently about 12 million people in the United States living with Post Traumatic Stress Disorder. Even though PTSD treatments are effective and accessible, most people don't get the help they need until they find themselves in a crisis.

Everyone with PTSD—whether they are a Veteran or civilian survivor of sexual assault, serious accident, natural disaster, or other traumatic event—needs to know that treatments really do work and can lead to a better quality of life.

If you are in a crisis, call or text the 988 Suicide & Crisis Lifeline.



NAMI Western Nevada

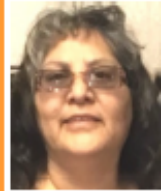
National Alliance on Mental Illness

If you are in need of emotional support, call NAMI Western Nevada Warmline (775) 241-4212. This is a stigma-free, non-crisis peer support phone service.

NAMI also has the Nevada Teen Peer Support Text Line, (775) 296-8336. This Teen Peer Support Text Line is a stigma-free, non-crisis peer support text service for adolescents and young adults aged 14 to 24 years old.



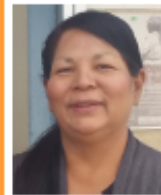
Substance Abuse Program (SAP) Assessment & Outpatient Treatment



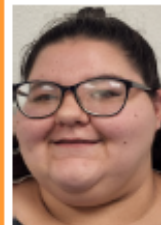
Cynthia Wachsmuth, Substance Abuse Counselor. She is available for screenings, evaluations and substance abuse treatment and referral services.



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.

Talking Circle Tuesdays

5:30 to 7:30 p.m. every Tuesday evening

Where: 999 Rio Vista Dr.

Contact Cynthia Wachsmuth for more information at (775) 423-3634, x1041.



Bureau of Justice Assistance Connect & Protect Project

Anissa Sabori, BA, LSW, Behavioral Health Liaison for the BJA Connect and Protect grant.

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."



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

We will host the next meeting at the COC building on 6/15/23 from 12noon to 1:30 p.m.

Community members are welcome to attend. For more information contact Sunny Cox at 423-3634.



NLS
NEVADA LEGAL SERVICES

INDIAN WILLS AND ESTATE PLANNING

FOR THE FALLON PAIUTE SHOSHONE COMMUNITY

Not sure if you need a will? Need advance directive forms? Want to learn about BIA probate?

Attend our upcoming Indian Wills and Estate Planning presentation:

WHEN

Wednesday, June 21, 2023
9:00 AM - 12:00 PM

WHERE

FPST Senior Center
1885 Agency Rd.
Fallon, NV 89406

Pre-registration for this event is encouraged, but walk-ins will be welcome. To pre-register, request accommodations, or for more information, please contact:
Natalie Austin 775-981-0559

NevadaLegalServices.org

CHILDREN & TEENS HEALTH DAY



THURSDAY, JULY 20, 2023
 Fallon Tribal Health Center • 1001 Rio Vista • Fallon, Nevada

- School/Sports Physicals**
- School Immunizations**
- Vaccines (including COVID)**
- Dental & Vision Checks**
- Behavioral Health**

COME ON OUT AND SEE US!!!
 Sno Cones available after your appointment!



Bounce House for



To schedule an appointment for our Children & Teens Health Day, please call us at 775-423-3610 (limited slots available for physicals and exams). There will no Walk-In's on this day.

A parents or legal guardians must schedule an appointment and **MUST** be present with their children/teen for the entire appointment and monitor them if in the bounce house.

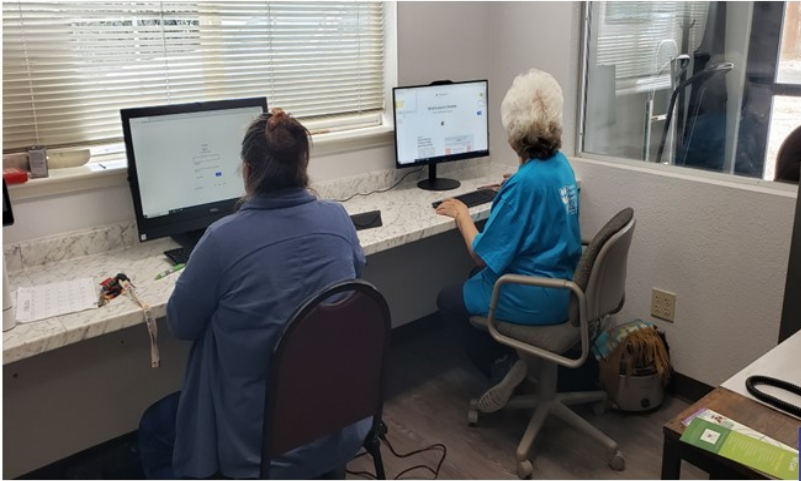
Stillwater Senior Center



JUNE MEALS CALENDAR

(substitutes may occur based on availability of food, costs, and other unforeseen items)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Club Sandwich, Chips, Potato Soup & Dessert	Marinated Beef Pitas with Snap Peas & Radish Salad & Fruit
5	6	7	8	9
Beef Stroganoff. Green Bean Salad, Garlic Bread, & Dessert	Sweet & Sour Chicken, Fried Rice, Steamed Carrots, Fruit	Chef Salad, Mandarin Oranges, & Dessert	Tacos, Shredded lettuce, Spanish Rice, & Mango Salad	Cottage Pie, Side of Veggies & Dessert
12	13	14	15	16
Tuna Melt, Melon salad & Pickle	Spinach Scuffed Pasta Shells, Side salad & Dessert	Fathers Day BBQ, Macaroni Salad, Corn on the Cob, Melon & Dessert	Chicken Ranch Wrap, Pasta Salad & Dessert	Meatloaf, Mashed Potatoes Veggies & Fruit
19	20	21	22	23
CLOSED 	Pizza Boat, Side Salad & Fruit	Fish Tacos, Coleslaw, steamed Veggies & Dessert	Turkey Tetrazzini, Veggies, Dinner Roll & Dessert	Birthday Friday!!! BLT, Potato Salad, Dessert
26	27	28	29	30
Beefy Macaroni & Cheese, Side Salad, Bread Stick & Fruit	Crispy Fried Oven Chicken, Brown Rice, Veggies & Dessert	Pot Pie, Side Salad with mandarin oranges & Fruit	Fried Noodles, Jasmine Rice, Stir Fry Veggies & Dessert	Indian Tacos & Fruit



Senior Centers Computer Lab now open!
We will be having our first Computer/Internet
Safety Awareness Class:
Monday, June 26, 2023 at 1pm.

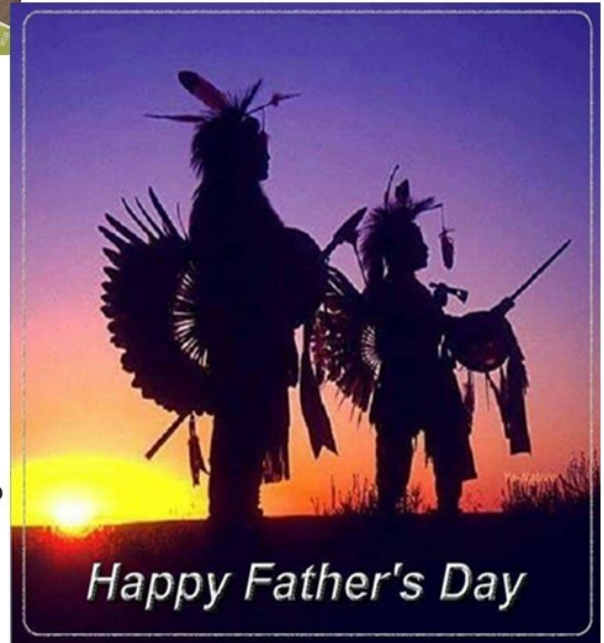
Senior Center Fathers Day Celebration:


Wednesday, June 14, 2023

Time: 10am— 2:30pm

1. Special Lunch
2. Live Music
3. BINGO
4. Horseshoe Game
5. Door Prizes

50 and over are Free, under 50 \$5 each. All men who come to the Senior Center to Eat or do an activity between June 1st and June 13th will be entered in a special drawing. Drawing on June 14th at 12:30pm, must be present to win!



Annual Pinenut Blessing

Upper Desert Creek

Date: Friday, June 9, 2023
Starting Time: 'Around' 12 Noon


The Blessing will be said by an Elder

****NO MEDIA PLEASE!**

YOUNG PEOPLE (STUDENTS) ARE ENCOURAGED TO ATTEND, PARTICIPATE, ASSIST AND HELP WITH ELDERS, AND MOST IMPORTANTLY, WATCH, LISTEN AND LEARN THE TRUE MEANING OF THE BLESSING.

Round Dance Songs and Dancing will follow the blessing.

Questions or concerns,
Contact Elwood Emm, YPT Chairman,
at chairman@ypt-nsn.gov or (775)-443-5076
Vernon Rogers (775) 291-0358

Call Vickie at the Senior

Center if you would like to ride with the seniors to the Annual Pinenut Blessing.

775-423-7569

Please registers by June 7th.

Elder Advisory Committee Meetings

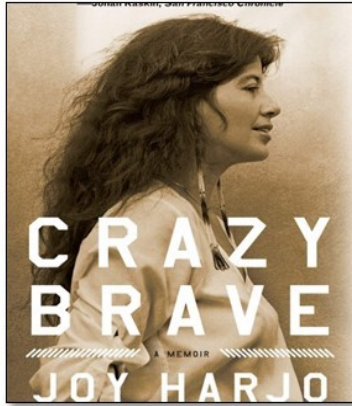
Tuesday, June 6 & Tuesday,

July 11, 2023

10:00 AM

(1st Tuesday of each month)

Stillwater Tribal Senior Center
1885 Agency Road



FEATURED BOOK & AUTHOR:

FEATURE AUTHOR:

JOY HARJO

In this transcendent memoir, grounded in tribal myth and ancestry, music and poetry, Joy Harjo details her journey to becoming a poet. Born in Oklahoma, the end place of the Trail of Tears, Harjo grew up learning to dodge an abusive stepfather by finding shelter in her imagination, a deep spiritual life, and connection with the natural world. Narrating the complexities of betrayal and love, *Crazy Brave* is a haunting, visionary memoir about family and the breaking apart necessary in finding a voice.

JUNE ACTIVITIES CALENDAR

(activities are subject to change or cancellation — please call to confirm)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10am-12pm On-Site Wellness Clinic, BP & Glucose Checks 11am Catholic Charities, 1pm Paint Class	10:30am BINGO
5	6	7	8	9
1pm BINGO	10am-12pm on-Site Wellness Clinic, BP & Glucose Checks	10am-12pm COVID 19 Testing & Vaccines 1-2pm Smoking Sensation	10am-12pm On-Site Wellness Clinic, BP & Glucose Checks 1pm Paint Class	1pm Indoor Volleyball
12	13	14	15	16
8am Morning Walk	10am-12pm on-Site Wellness Clinic, BP & Glucose Checks 1pm BINGO	11:30am-2pm Special fathers Day Lunch Live Music, Door Prizes and More!	For those who signed up to get to PL Fun Day We leave at 8:30am	
19	20	21	22	23
Closed 	10am-12pm on-Site Wellness Clinic, BP & Glucose Checks 1pm Coffee & a Movie	11am-2pm Senior Awareness & Outreach Day, Special Presenter Jack Minshew, NVCC	10am-12pm On-Site Wellness Clinic, BP & Glucose Checks 1pm Paint Class	1pm BINGO
26	27	28	29	30
1pm Computer/ Internet Safety in the Senior centers New Computer Lab	8am Morning Walk 10am-12pm on-Site Wellness Clinic, BP & Glucose Checks	11am-12pm Lunch and Learn at the Wellness Center 1pm Games	10am-12pm On-Site Wellness Clinic, BP & Glucose Checks 1pm Paint Class	Birthday Friday! 1pm Card Games

HEAD START INTER-TRIBAL COUNCIL OF NEVADA



What can Head Start offer my child?

- Helps children grow educationally, socially, physically, and emotionally.
- Children socialize with others, solve problems, and have other experiences which help them become self confident.
- Free, nutritious meals are provided.
- Vision, hearing, physical, dental, and nutritional assessments will be completed on your child.
- Mental Health and other services are available for children and families with disabilities.
- Head Start provides children with Kindergarten readiness skills.



Eligibility Requirements

- **Age-** Child must be 3 or 4 years old.
- **Income-** Family must meet federal poverty income guidelines. However, we accept up to 49% of over income families.
- **Disabilities-** at least 10% of the total number of enrollment opportunities must be made available for children with disabilities.



Inter-Tribal Council of Nevada, Inc. Head Start Program

10 State Street Reno, Nevada 89501
PO Box 7440 Reno, Nevada 89510

Phone: 775-355-0600

Toll Free: 1-800-757-3516

Fax: 775-355-5206

E-mail: itcnheadstart@itcn.org



June 2nd Spider-Man
Across the
Spider Verse

The Boogeyman

June 9th Transformers
Strays

June 23rd Asteroid City
No Hard Feelings

June 30th Indiana Jones
Ruby Gillman
Harold and the
Purple Crayon



Pick up your bag of popcorn at Fox Peak Station for only \$5

All Pre-Covid releases still only \$1



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

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



Chairwoman Williams-Tuni swears in Manuel Bettencourt as a Land & Water Committee Member



Chairwoman Williams-Tuni swears Rob Lawson in as an FTDC Board Member

Boys & Girls Club Summer Recreation

JUNE 12TH - AUGUST 4TH

Applications will be available
Monday, May 8th
at the FPST Administration Bldg
and FPST CLC Bldg

Deadline for applications is June 10th by 5PM

Fee to sign up is \$50 per student
(Payment is due June 19th. One week after Summer Rec Program begins)

For questions or more information please contact the BCGA Staff at 775-423-8065

Summer

Happy Birthday Daughter (Crystal Allen)
Many Blessings, Happiness and Love on your "Special Day"!
Love You to the Moon & back, Mom

Happy Birthday Tomi Ahdunko,
You are a beautiful young lady inside and out.
Blessings & Happiness Always, Love Rosalie (aka Hootsie)

Happy Birthday Ellery (aka China)
I wish all the goodness life can offer
Rosalie

HAPPY
Father's Day

FALLON PAIUTE SHOSHONE TRIBE

- TERO Summer Youth Worker
- Journeyman Heavy Equipment Operator
- Seasonal Agriculture Laborer
- Agriculture Laborer
- Environmental Specialist I
- Food Pantry/Community Garden Coordinator
- Nurse Practitioner/Physician Assistant
- Patient Registration Supervisor
- Medical Laboratory Technician
- Clinical Psychiatrist
- Tribal Administrator
- Police Officer
- Environmental Services (vs) Tech I/II
- Youth & Family Social Services Director
- Program Development Manager
- Youth Care Worker
- Dental Assistant II (Certified)
- Dental Assistant
- Optometrist
- In-Home Health Aide
- Housing Director
- Homeowner Assistant Fund (HAF) Program Coordinator



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

Wellness Center Biggest Loser Challenge Winners

Female

- #1 Micah Sittingdown
- #2 Cheyna Burton
- #3 Laura James

Male

- #1 Kaliki Campbell
- #2 Stephen Frank
- #3 Anthony Hernandez

WINNER OF THE BEACH CRUISER BICYCLE

IS: Lena McQueen

WINNER OF THE SPIN BIKE IS:

Isiah Christy



FLOOD/HIGH WATER POINTS-OF-CONTACT

Program Area	Point-of-Contact	Email	Phone Numbers
ADMINISTRATION			
Primary Contact	Chairwoman Tuni	chairman@fpst.org	775-423-6075
Primary Contact	Secretary Dyer	secretary@fpst.org	775-426-8635
Primary Contact	Treasurer Moyle	fbctreasurer@fpst.org	775-423-6075
HEALTH CENTER			
Health Administration	Jon Pishion	fthcdirector@fpst.org	775-423-3634, ext. 1029 775-217-9078
Medical & Laboratory	Christina Baldwin	labsupervisor@fpst.org	775-423-3634
Scheduling	Jolene Thomas Stormy Finke	medscreen1@fpst.org scheduling1@fpst.org	775-423-3610
Optical Services	Leneva George	opto1@fpst.org	775-423-3634, ext. 1017
Pharmacy	Tim Brown	chief_pharmacist@fpst.org	775-423-3634, ext. 1872
Community Health	Sherry Taylor	regurse1@fpst.org	775-423-2220
Benefits Office	Jenevie Lucero	benefits2@fpst.org	775-423-3634, ext. 1026
Patient Registration	Shalone Jimmy	patregsup@fpst.org	775-423-3634, ext. 1025
CHR Program	Linda Noneo	chrsup@fpst.org	775-423-3634, ext. 1039 775-427-0977
Medical Records	Crystal Hall	medrecords@fpst.org	775-423-3634, ext. 1024
PCR Office (referrals)	Lorna Mauwee	prc1@fpst.org	775-423-3634, ext. 1030
Behavioral Health	Leslie Steve	mhsadirector@fpst.org	775-423-3634, ext. 1032
COMMUNITY LEARNING CENTER			
Primary Contact	Lisa Gregg		775-427-0985
HOUSING AUTHORITY			
Primary Contact	Sharon Pacheco	adminassistant@fpst.org	775-423-3321
SENIOR CENTER			
Primary Contact	Vickie Mendoza	regurse1@fpst.org	775-423-7569
TRIBAL RESOURCES			
Primary Contact	Leanna Hale	landwaterdir@fpst.org	775-423-3725
VICTIM SERVICES			
Primary Contact	Michelle Bowers	victimservices@fpst.org	775-427-0991
PUBLIC SAFETY			
Emergency Management	Jackie Conway	emd@fpst.org	775-867-8706 775-427-0996
Tribal Police	David Blackeye	chiefofpolice@fpst.org	775-423-8848
PUBLIC WORKS			
Water/Sanitation	John Schaffer	publicworks@fpst.org	775-427-9954
Environmental	Richard Black	richenviro@fpst.org	775-423-0509
TRIBAL COURT			
Judicial Services	Kae Ward	courtclerk@fpst.org	775-423-8883
YOUTH & FAMILY SERVICES			
Social Services	Michelle Grace	yfsadmin@fpst.org	775-423-1215
Vocational Rehab.	Taleah Hinkey	vrm@fpst.org	775-428-2250

Fallon Paiute Shoshone Tribe Victim Services Department is in the planning stage for National Night Out 2023 which will take place on Tuesday, August 8, 2023. The mission of Fallon Paiute-Shoshone Tribal Victim Services Program is to provide direct services and referrals to address violence prevention and victimization. The program provides services through a responsive and comprehensive approach to assist victims in regaining self-sufficiency and quality of life. We recognize this requires collaboration and partnerships with law enforcement and all first-responders.

National Night Out is a national campaign that works to promote police-community partnerships. Our rural community has unique jurisdictions that span city and county lines, an active duty military installation, and both an Indian colony and reservation. Fallon Paiute Shoshone Tribe Victim Services Department recognized this as an opportunity to promote and create community partnerships with all first responders in our distinctive jurisdiction.

Fallon Paiute Shoshone Tribe hosted the first annual National Night Out last August at Fox Peak Cinema. We enjoyed participation from FPST Law Enforcement, Lovelock Paiute Tribe Law Enforcement, Churchill County Sheriff Department, Nevada Highway Patrol, NAS Fallon Security, NAS Fallon Fed Fire, and Banner Churchill Ambulance.



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