



NUMA NEWS

Thanksgiving Dinner-The Power of Community



Young Chief Drum Group performs for the FPST Tribal Thanksgiving Dinner

By Jill Wright tribalnews@fpst.org

It takes a village to host a Community Thanksgiving Dinner. To purchasing, preparing the turkeys and hams, potatoes, stuffing and green bean casserole and all the other items on the menu at the FPST Thanksgiving Dinner Celebration. For many, Thanksgiving is a time for family, friends, good food and great company. It's a time to gather, give thanks, celebrate our accomplishments over the past year. Unfortunately for many, this is not always the case and Thanksgiving can be a day of sadness and filled with loneliness.

As guests arrived they seen the gym makeover with yellow, orange, red balloons and handmade

banners. I am super proud of this event as we usually have up to 300 we serve in person and about 30 homebound meals that are delivered by our faithful Senior Center Staff which we are so grateful for. The dinner is manned by about 25 workers. Millie Brigham gave the blessing over the event as people were then dismissed to line up for their Thanksgiving feast.

Next, we took a pause to honor all Veterans that were present at the event by a round of applause to show our appreciation. Young Chief Drum Group played their drums and sang as their strength filled the air, and young dancers performed before the crowd in the gymnasium. It was a

powerful performance.

Chairwoman Williams Tuni called both young and old to the front so they could try their luck at turkey calling. Some were wild and some were tame, but in the end, they all were winners. Finally, the event ended with the raffle. There were gift, food and game night baskets, as well as cash prizes.

Hosting a Community Thanksgiving dinner is no easy feat. Thank you to everyone who worked so hard into making the celebration possible.

I am happy because I'm grateful. I choose to be grateful. That gratitude allows me to be happy. It's a choice.

Photos next page.....



LIST OF RAFFLE WINNERS



FBC Turkey Basket	Roxie Pacheco
FBC Ham Basket	Shasta Juarez
FBC Fox Peak \$100 Gift card	Brittney Downs
FBC Fox Peak \$100 Gift card	Kara Abe
Housing Turkey Basket	Tahkoah Smith
Housing Turkey Basket	Terri Burns
Housing Ham Basket	Ileana Valenzuela
Housing Ham Basket	Rachel Dixon
Law Enforcement Gift Basket	Millie Brigham
Health Clinic Turkey Basket	David Blackeye
Health Clinic Turkey Basket	Andrew Leef
Health Clinic Ham Basket	Monica Dixon
Health Clinic Camping Basket	Karen Baker
Health Clinic Game Night Basket	Ira Conway
Health Clinic Game Night Basket	Shaulina Valencia
Special Events Turkey Basket	Lorna Mauwee
Fox Peak Cinema 4 Pack	Tahnisha Conway
Fox Peak Cinema 4 Pack	Melinda Abe
Fox Peak Cinema 2 Pack	Skyler Sampson
Fox Peak Cinema 2 Pack	Letisha Yellowhawk
Fox Peak Cinema 2 Pack	Rebecca Youngman
FPST Outdoor Camera	Troy Hicks
FPST Sony Earpods	Lorna Street
FPST Sony Earpods	Tyson A.
FPST Tablet/DVD Combo	Scott Sampson
FPST Soundbar	Lynda Jackson
FPST Soundbar	Kevin Lewis
FPST Full Color Ring Set	Laura Nihoa
FPST Full Color Ring Set	Marting Dela Cruz
FPST 3 in 1 Turbo Vac	Debbie Hooper
FPST 3 in 1 Turbo Vac	Randall Allen
FPST Foot Bath	Dianne Williams
FPST Ice Chest Igloo	Wixson Butterbredt
FPST Ice Chest Igloo	Myndee Darcey
FPST Blender	Wilford Tuni
FPST Picture Frame	Ed Hicks
FPST Picture Frame	Shalone Jimmy
FPST Muscle Massage Gun	Joe Smith
Light Up Corn hole Game	Regina Bartlett
12 Piece Set Pots/Pans	Jackie Snooks
Blanket & Sheets	Haylee B.
K Express Coffee Maker	Mike Williams
Turkey Pan Set	Lonnie Leyea
Turkey Pan Set	Raymond Allen
\$50 Cash	Alicia Hicks
\$50 Cash	Michelle Smokey
\$50 Cash	Brandon Andriux
\$50 Cash	Renee Cesspooch
\$100 Cash	Mike Williams
\$100 Cash	Jeanine Paul
\$100 Cash	Martee Donahue

PLEASE JOIN US FOR A

CHRISTMAS DINNER

16
DECEMBER
AT 1 PM
TRIBAL GYM

SPECIAL GUEST
SANTA CLAUS
GIFTS FOR KIDS 17- YOUNGER

- | | |
|-----|-----------------|
| A-F | MASHED POTATOES |
| G-L | SIDE DISHES |
| M-S | DESSERTS |
| T-Z | SALADS |

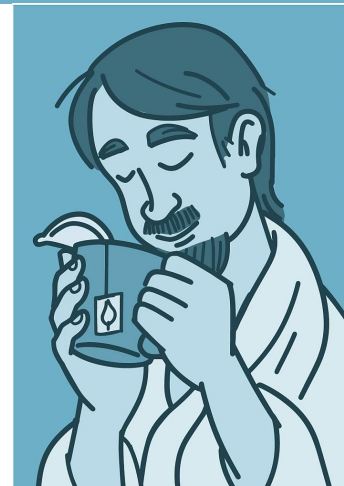


SORE, SCRATCHY THROAT? Soothing Pain From Illness or Allergy

It's a familiar sensation as the days grow shorter and colder: a scratchy, painful feeling when you swallow, talk, or even just breathe. Sometimes, a sore throat is little more than a nuisance. But it can also be a sign of serious infection. So how do you know which is which? And what can you do to soothe a sore throat?

Many things can trigger a sore throat, explains Dr. Alison Han, an infectious disease expert at the NIH Clinical Center. "It can be an allergen. It can be an infection, like a virus or bacteria. Sometimes, it's even just dry air," she says.

So, when should you call your health care provider? That depends on how bad the sore throat is and what symptoms come with it, Han explains. "If it's a mild sore throat and a runny nose, some congestion, that's probably a typical cold," she says. But severe pain plus symptoms like a high fever and a loss of interest in eating or drinking may be serious.



How long a sore throat lasts also matters. "If it's been more than three days, then you might want to seek medical advice," Han says. "But at any time, it's always reasonable to call your doctor and get an opinion."

A very contagious bacterial infection called strep can cause a sore throat, high fever, and swollen glands. Children may also have nausea, vomiting, or stomach pain. Strep can cause other serious health problems. So it's important to see a doctor as soon as possible if you think someone in your household has strep.

If test results confirm strep, your doctor will prescribe antibiotics. Even if you feel better after a few days, it's important to finish the entire prescription. Most causes of a sore throat, though, don't need antibiotics. These include allergies as well as colds, flu, COVID-19, and RSV, which are all caused by viruses. Antibiotics only work against bacteria. Doctors can sometimes prescribe antiviral medication for certain viruses, like flu or COVID-19.

There is no treatment for the common cold, but over-the-counter products for symptom relief may help. For example, acetaminophen, ibuprofen, or aspirin (not for kids) can reduce pain. Mild allergies can be treated using over-the-counter antihistamines, decongestants, or nasal sprays. But you may need prescription medication or allergy shots for severe allergies.

A sore throat is a common symptom for the current variants of COVID-19. "If you have a sore throat and some other cold-like symptoms, it's reasonable to do a COVID-19 test," Han says. This can help you stop spreading the disease to others.

For most causes of a sore throat, time is the best healer. Lozenges, lollipops, or other hard candies can help soothe your throat. Experts now recommend that children under the age of 4 don't use any over-the-counter cold and cough medications.

For young kids who might choke on candy, cold liquids or popsicles can help numb the pain. See the Wise Choices box for other tips.

The best way to prevent a sore throat is to avoid the germs that cause them. Wash your hands or use hand sanitizer often. Steer clear of other people who are sick. And stay up to date with the vaccines recommended for your age group, including flu, COVID-19, and RSV. "These shots can help protect ourselves and our loved ones," Han says.

ENVIRONMENTAL PROTECTION DEPARTMENT



PUBLIC NOTICE

November 17, 2023

The Environmental Protection Department has completed a Fallon Paiute-Shoshone Tribe (FPST) Climate Change Adaption Plan Draft. The purpose of this Climate Change Adaption Plan is to reduce the tribe's risk from the effects of climate change and increase adaptive capacity. The plan draft is made available to the public for a 30 day review and comment period.

This document is available for public review at the Tribe's website at www.fpst.org and copies are available at admin, tribal health clinic, CLC, housing office, and senior center.

Please send written comments to:

FPST Environmental Protection Department
ATTN: Climate Change Adaption Plan
1011 Rio Vista Drive
Fallon, NV 89406

If you have any questions or need more information, please call our office at 775-423-0590. Thank you.



NSHE Native American Fee Waiver

Request for Waiver of Registration, Laboratory and Other Mandatory Fees
(Effective July 1, 2023)

General Information:

The Nevada Board of Regents provides a waiver of certain fees related to registration to a Native American student who is a member of a federally recognized Indian tribe or nation or who is certified by the enrollment department of such tribe or nation or by the Bureau of Indian Affairs as being a descendant of an enrolled member of such tribe or nation regardless of member status, and who meets certain residency and other eligibility requirements. An NSHE institution shall waive registration, laboratory and other mandatory fees for eligible students pursuant to Title 4, Chapter 17 of the *Handbook*. The amount of the waiver must be equal to the amount of the registration fee and all other mandatory fees charged to the student.

To determine if you are eligible, complete this form and provide the required documentation to your institution's designated office as listed at the bottom of this form. The institution may request additional information or documentation to verify eligibility. Once the fee waiver has been applied to the account, the student should contact their institutional representative if there are changes in enrollment to ensure timely application of the waiver toward fees.

Eligibility Requirements – Student must meet all of the following:

- Is enrolled in an NSHE institution;
- Completes the Free Application for Federal Student Aid (FAFSA) unless exclusively enrolled in dual credit courses;
- If applicable, have earned a minimum 2.0 semester GPA during the immediately prior fall/spring semester or summer term at the institution for which the waiver is being requested; and
- Shows proof of membership or proof of descendency of an enrolled member of a federally recognized tribe or nation and meets one of the following:
 - Classified by an NSHE institution as an in-state resident for tuition purposes (institution will verify);
 - A member or descendant of an enrolled member of a federally recognized Native American tribe or nation all or part of which is located within the boundaries of Nevada (verified with proof of membership or descendency); or
 - A resident on tribal land all or part of which is located within the boundaries of Nevada, whether the student's actual residence was located within or outside of the boundaries of Nevada and has been a resident for not less than one year (additional documentation required).

Continuing Eligibility:

To remain eligible for this fee waiver, the student must:

- Complete the FAFSA each year for which the fee waiver is desired unless the student is exclusively enrolled in dual credit courses; and
- If applicable, maintain at least a minimum 2.0 semester grade point average (GPA). A student with less than the required 2.0 GPA may reinstate eligibility by subsequently enrolling without the fee waiver, meeting the GPA requirement and submitting a new fee waiver form. The fee waiver will then be reinstated for the immediately subsequent term or semester.

Provided the student remains continuously enrolled during fall and spring semesters, this form must be completed and submitted to the institution's designated office only once. If there is a break in enrollment, the student must submit a new fee waiver form.

STEP 1:

First, Middle, & Last Name: _____

Phone Number: _____

Email Address: _____

NSHE ID (if applicable): _____

Initial Semester of Intended Enrollment: Fall Spring Summer Year: _____

Type of courses enrolling in (check any that apply):

- Dual credit courses (currently enrolled in high school)
 Courses for credit (i.e. college courses that award academic credit and count toward a degree or certificate)
 Non-credit courses (e.g. extended studies, community programs, non-credit professional certifications, etc.)
 Unknown

Student Signature: _____

Date: _____

STEP 2: Please select Option A or Option B below:**Option A:**

I am a member or descendant of an enrolled member of a federally recognized tribe or nation located partially or wholly within the state of Nevada. Please select the tribe or nation that corresponds with your membership enrollment or descendency documentation (Tribe list according to the Bureau of Indian Affairs Federal Register, 25 C.F.R. §83.6):

- | | |
|---|--|
| <input type="checkbox"/> Confederated Tribes of the Goshute Reservation | <input type="checkbox"/> Reno-Sparks Indian Colony |
| <input type="checkbox"/> Duckwater Shoshone Tribe of the Duckwater Reservation | <input type="checkbox"/> Shoshone-Paiute Tribe of Nevada of Duck Valley Reservation |
| <input type="checkbox"/> Ely Shoshone Tribe of Nevada | <input type="checkbox"/> Summit Lake Paiute Tribe of Nevada |
| <input type="checkbox"/> Fort McDermitt Paiute and Shoshone Tribes of the Fort McDermitt Indian Reservation | <input type="checkbox"/> Te-Moak Tribe of Western Shoshone Indians of Nevada (Four Constituent Bands: Battle Mountain Band; Elko Band; South Fork Band; Wells Band) |
| <input type="checkbox"/> Fort Mojave Indian Tribe of Arizona, California and Nevada | <input type="checkbox"/> Timbisha Shoshone Tribe (previously listed as the Death Valley Timbisha Shoshone and the Death Valley Timbisha Shoshone Band of California) |
| <input type="checkbox"/> Las Vegas Tribe of Paiute Indians of the Las Vegas Indian Colony | <input type="checkbox"/> Walker River Paiute Tribe of the Walker River Reservation |
| <input type="checkbox"/> Lovelock Paiute Tribe of the Lovelock Indian Colony | <input type="checkbox"/> Washoe Tribe of Nevada and California (Carson Colony; Dresslerville Community; Woodfords Community; Stewart Community & Washoe Ranches) |
| <input type="checkbox"/> Moapa Band of Paiute Indians of the Moapa River Indian Reservation | <input type="checkbox"/> Winnemucca Indian Colony of Nevada |
| <input type="checkbox"/> Paiute-Shoshone Tribe of the Fallon Reservation and Colony | <input type="checkbox"/> Yerington Paiute Tribe of the Yerington Colony and Campbell Ranch |
| <input type="checkbox"/> Pyramid Lake Paiute Tribe of the Pyramid Lake Reservation | <input type="checkbox"/> Yomba Shoshone Tribe of the Yomba Reservation |

Required Documentation:

Please provide proof of tribal membership (i.e. tribal card or similar documentation from the tribe) or proof of descendency from the Bureau of Indian Affairs (BIA) or tribe or nation (i.e. Certificate of Degree of Indian Blood [CDIB]).

OR

Option B:

I am a member or descendant of an enrolled member of a federally recognized tribe or nation that is not located, either wholly or partially, in the state of Nevada.

Please list the tribe or nation that corresponds with your membership enrollment or descendency documentation:

Required Documentation:

Please provide proof of tribal membership (i.e. tribal card or similar documentation from the tribe) or proof of descendency from the Bureau of Indian Affairs (BIA) or tribe or nation (i.e. Certificate of Degree of Indian Blood [CDIB]), and documentation of one of the following:

- A *bona fide* resident of Nevada, pursuant to *Handbook* Title 4, Chapter 15 (institution will verify); or
- Currently residing on *qualified* tribal land pursuant to *Title 4, Chapter 17, Section 16*, whether the student's actual residence was located within or outside of the boundaries of Nevada and has been a resident for not less than one year. Residency documentation establishing residency on qualified tribal land for at least one year immediately prior to the receipt of the waiver (e.g. state issued driver's license, identification card, vehicle registration, voter registration; home ownership; lease agreement; rent receipts; utility bills; paycheck stubs; bank statements; federal tax return; or other documentation as accepted by the institution). For students who cannot provide one of the above documents regarding proof of residency, attach the NSHE Native American Fee Waiver Residency Affidavit which can be obtained from an NSHE institution.

Institution Designated Office:**University of Nevada,
Las Vegas**

John Jacobs
Student Transition and Parent Program
Manager
PH: 702-895-2981
John.jacobs@unlv.edu

College of Southern Nevada

Cathy Godfrey, EdD
Registrar
PH: 702-651-5610
mycsn.updates@csn.edu

Truckee Meadows Community College

Andrew Hughes
Executive Director of
Admissions & Enrollment Services
PH: 775-673-7240
registrar@tmcc.edu

University of Nevada, Reno

Daphne Emm-Hooper
Director, Indigenous Relations
PH: 775-682-7614
nafw@unr.edu

Great Basin College

Deanna Hamilton
Assistant Registrar
PH: 775-327-2080
deanna.hamilton@gbcnv.edu

Western Nevada College

Raquel Johnson
NSHE Specialist /
Admissions & Records
PH: 775-445-3279
raquel.johnson@wnc.edu

Nevada State University

Caprice Schneider
Assistant Registrar
PH: 702-992-2109
residency@nsc.edu

For Official Use Only:

Documented tribal membership or descendency: Yes No
Completed FAFSA: Yes No N/A (for students enrolled exclusively in dual credit courses)
Meets GPA requirement: Yes No N/A (for students without a GPA)
Meets residency requirement: Yes No

Approved: Yes No

Notes: _____

Reviewer: _____ Institution: _____ Date Processed: _____

Permit #: Approved By:

ANNUAL TRIBAL MEMBER OR VETERAN APPLICATION
NEVADA DIVISION OF STATE PARKS

For Official Office Use Only

YOUR APPLICATION MUST INCLUDE:

- This completed and signed application form.
- (For Tribal Member) A copy of your Tribal ID with a picture. Must include photocopy of your state issued Driver's License or state issued ID if your Tribal ID doesn't have a picture.
- (For Veteran) A photocopy of your DD214 & photocopy of your Nevada Driver's License or Nevada state issued ID.
- For permit replacement (original permit was lost or stolen), mail this application, your copy of the permit receipt and only \$10.00 by either Check, Money Order or Credit Card payable to Nevada Division of State Parks.

****DO NOT SEND ORIGINAL DOCUMENTS****

Please Print Clearly

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Daytime Telephone _____ Date of Birth _____

Nevada Driver's License Number _____ E-Mail _____

Permit receipts will be sent via e-mail.

Permit:

- TRIBAL MEMBER ANNUAL PERMIT
- VETERAN ANNUAL PERMIT

Signature: _____ **Date:** _____

Send your completed application to:

Nevada Division of State Parks
Attn: Permit Application
901 S. Stewart St., Ste. 5005
Carson City, NV 89701-5248

Questions:

stparks@parks.nv.gov E-mail
775-684-2770 Phone
775-684-2777 Fax

Applications accepted by FAX or MAIL only. Emailed applications will not be accepted.

DIV-02
June 2023

Meet Laura Ijames, the new FPST Housing Director

The Fallon Paiute Shoshone Tribe is pleased to welcome Laura Ijames to its leadership team as the tribes new Housing Director who brings several years of housing experience, held positions on the housing committee, including previous employment with the tribe and also carried a leadership role as the Tribal Secretary.

Laura has a Masters Degree in Business Administration (BA) and has vast computer knowledge and graduated with Phi Theta Kappa– Honors Program. Laura has sat on the Western Nevada College Advisory Board.

As Housing Director, Ijames will lead efforts to provide members with housing programs and services that meet their needs, while effectively utilizing resources. She will oversee the administration of several programs that promote greater self-sufficiency and home ownership opportunities for members. Ijames will work to identify collaborative solutions to expand housing opportunities for the tribe.

Laura is excited and working hard to move current projects forward. Laura also wants to have a strong housing development team so they can live up to the many responsibilities ahead.

In her free time, she enjoys traveling, hunting, cooking, and spending time with her family and friends. Ijames has two sons and a proud dog mom.



Laura Ijames, FPST Housing Director



FPST BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES - DECEMBER

Mental Health Program

Assessments, Psychiatric & Therapy Services

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

Dr. Steven Rubin, Psychiatrist, available Wednesdays.

Susan Stark, MA, LCSW, is a licensed clinical social worker. She will return to serve our community the first week of October and will be available for therapy services up to 2 days a week.



TAKE CONTROL OF THE HOLIDAYS.

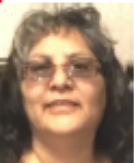
Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can occur during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands and expectations so you can deal them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Christmas Gift Suggestions:

To your enemy - forgiveness.
To an opponent - tolerance.
To a friend - your heart.
To a customer - service.
To all - charity.
To a child - a good example.
To yourself - respect.



Substance Abuse Program (SAP) - Assessment & Outpatient Treatment Services



Cynthia Wachsmuth, CADC Intern, a full-time Substance Abuse Counselor. She is available for screenings, evaluations and substance abuse treatment and referral services.



Sunny Cox, CADC Intern, Substance Abuse Counselor. Sunny is now a full-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. Call Shelby to make an appointment with any of the BH providers, (775) 423-9076.

Bureau of Justice Assistance Connect & Protect Project—A 3-year project in which the goal is effective collaboration between FPST Law Enforcement officers and Mental Health providers regarding crisis interventions within the FPST community.

VACANT— Position is open for the Behavioral Health Liaison for this grant.

HRSA Rural Communities Opioid Response Program—A Treatment program specific to Opiate Use Disorders and other substance use disorders, also provides recovery support services & overdose education and the distribution of Naloxone to reverse an overdose.

SAMHSA Native Connections Project: a 5-year grant that focuses on suicide prevention for individuals of all ages. Positions to fill include a Project Director and a Prevention Specialist.

Talking Circle Tuesdays – 5:30 to 7:30 p.m.
999 Rio Vista Dr. Contact Cynthia Wachsmuth for more information at (775) 423-9076, x1041.



For questions regarding services or activities contact Leslie Steve, MA, LADC, Director of Behavioral Health at 423-9076, ext. 1032.

PRACTICE MINDFULNESS.....Breathe.

"Yesterday is gone, tomorrow hasn't happened; what we have is right here, right now. Promote peace and practice kindness."



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

We will host the next meeting at the COC building on 12/21/23 from 12noon to 1:30 p.m. Everyone is welcome to attend. For more information call (775) 423-9076.

2023 HOLIDAY SUGGESTIONS FOR WELLNESS & SELF-CARE ACTIVITIES

Here are some suggestions for you and your family regarding wellness and self-care for 2023.

- ◆ Exercise and do activities such as walking, bicycling, hiking, yardwork, games, arts and crafts and much more
- ◆ Eat a balanced diet and try to sleep 7-9 hours or at least that amount of hours that help you feel good
- ◆ Read daily, something you enjoy such as a favorite magazine or book
- ◆ Pray to the Creator
- ◆ Meditate for relaxation and stress management
- ◆ Do mindful breathing exercises; be in the moment, right here, right now
- ◆ Listen to music that lifts your spirit
- ◆ Smudge
- ◆ Say no to alcohol and drug use, including tobacco products; learn and practice coping and stress management skills as well as refusal skills
- ◆ Avoid people, places or things that put you at risk for a slip or relapse; set healthy boundaries
- ◆ Find an online support group or call your sponsor if you have one

Additional ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others/volunteer at community events
- Staying positive AND laugh (have a sense of humor)
- Helping others
- Developing coping skills (breathing, meditation and prayer)
- Turn a negative thought into a more positive one; instead of thinking "I can't do this," think "I CAN do this."

For more information on prevention or treatment services, contact the FTHC Behavioral Health Program at 423-9076, ext. 1041.



Honoring All Who Served...A Salute To Our Veterans

By Jill Wright tribalnews@fpst.org

It was a simple ceremony, just a small group of community members honoring their own. Before the ceremony began, I drifted off in thought as I looked over at two empty seats, seats where my friends would sit, the late Rev. Ernie Hooper and Elder Ashley George as they would patiently wait every year for the ceremony to begin and stand at attention facing the US flag with a salute, because of their love for their country.

Vice Chairman Andy Hicks welcomed all those in attendance as he asked everyone to rise for the Presentation of Colors by the Pyramid Lake Veterans & Warriors Organization. Vice Chairman Hicks led us in the Pledge of Allegiance to the Flag, followed by Colton Tahonnie singing two beautiful Honor Songs on his hand drum. Vice Chairman Hicks then read the Presidents Veterans Day Proclamation issue by President Joe Biden.

Brenda Henry, a retired Nevada Army National Guard master sergeant delivered this year's Veterans Day address at the annual "A Salute to our Veterans" who served 27 years serving her country.

"I know we are referred to as 'Weekend Warriors' — one weekend a month and 15 days a year — but we did our job. We were here to support the active duty when they deployed. Our jobs were as important as not being on active duty." "I am proud of my service," she said, "We all served."

Vice Chairman Hicks read the names of the fallen veteran tribal members and then he read names of veterans present at the event. Secretary Lynette Fisherman assisted him in gifting all veterans present with a small token of appreciation and thanked them for their sacrifices and service.



Parading the color, Pyramid Lake Veterans and Warriors organization; L-R William Wadsworth, Ken Paul, Brenda Henry and Jeanine Paul



Brenda Henry— President of the Pyramid Lake Veterans and Warriors organization.

Veteran Ken Paul gave a closing prayer and honored our veterans and their families. After the ceremony there was a delicious catered lunch by Suzie's BBQ.

It is important that we honor those who have served. The brave men and women who have sacrificed so much for our country. If you see any veterans – thank them for their service. They deserve our respect and gratitude. I pray that God rewards them richly for all they have given.





A SALUTE TO OUR VETERANS



Published: Dec. 01, 2023



FALLON PAIUTE-SHOSHONE TRIBE VOCATIONAL REHABILITATION PROGRAM

Eligibility Requirements

YOU MUST:

- 1.) Be an enrolled member of a Federally Recognized Tribe
- 2.) Reside on the boundaries of the following areas:
 - Churchill County or the Fallon Reservation/Colony
 - Nye County or the Yomba Reservation
 - Pershing County or the Lovelock Colony
- 3.) Individuals MUST have a physical or mental disability that results in a substantial impediment to them receiving or keeping employment.

Does The Following Statement Apply To You?

"I am ready, willing, and able to become successfully employed with the help of VR to find and/or maintain a job that matches my interests, experience, strengths, and abilities and capabilities."

If the above statement applies to you, call the FPST Vocational Rehabilitation Program at (775) 428-2250 to get started on your journey to becoming successfully employed.



Office Hours: Monday-Friday 8:00am-5:00pm. Open to Appointments Only.
1007 Rio Vista Drive Fallon, NV 89406-5463 Telephone: (775) 428-2250
Please call the office for more information or to apply. Thank you.

Happy New Year
2024

Purpose of VR

Our purpose is to help eligible individuals with disabilities get or keep a job. If you are eligible, our vocational rehabilitation counselor will help you identify a suitable job goal, determine the services needed to become ready for the job, and assist with the employment search. It is important to remember that any services provided must be in support of your job goal.

Together, you and your VR counselor will:

1. Assess your strengths, resources, priorities, abilities, capabilities, interests, and rehabilitation needs
2. Explore, clarify, and determine your employment and career choices
3. Address your disability-related barriers to employment
4. Develop and carry out a plan for employment (IPE) that will result in suitable employment
5. Maintain contact for at least three months after successful employment

Interested in applying?

Please call, email or stop by
1007 Rio Vista Drive Fallon NV
89406

Phone: 775-428-2250

Email: vrmanager@fpst.org
vrtech@fpst.org

Vanessa Charley, VR Counselor

Teona Nevers, Technical Asst.

**FALLON
PAIUTE
SHOSHONE
TRIBAL
COMMITTEE
VACANCIES**

VACANCY NOTICE

**HIGHER ED.
COMMITTEE**

**FOUR (4)
VACANCIES**

IF INTERESTED...

PLEASE SUBMIT A COMMITTEE APPOINTMENT FORM
TO THE
FBC SECRETARY
DROP OFF AT THE TRIBAL ADMIN BLDG
565 RIO VISTA DRIVE
OR
E-MAIL: secretary@fpst.org

Posted: November 29, 2023
Deadline: December 22, 2023

VACANCY NOTICE

**CULTURAL
COMMITTEE**

FIVE (5) VACANCIES

IF INTERESTED...

PLEASE SUBMIT A COMMITTEE APPOINTMENT FORM
TO THE
FBC SECRETARY
DROP OFF AT THE TRIBAL ADMIN BLDG
565 RIO VISTA DRIVE
OR
E-MAIL: secretary@fpst.org

Posted: November 29, 2023
Deadline: December 22, 2023

VACANCY NOTICE

**ENROLLMENT
COMMITTEE**

ONE (1) VACANCY

IF INTERESTED...

PLEASE SUBMIT A COMMITTEE APPOINTMENT FORM
TO THE
FBC SECRETARY
DROP OFF AT THE TRIBAL ADMIN BLDG
565 RIO VISTA DRIVE
OR
E-MAIL: secretary@fpst.org

Posted: November 29, 2023
Deadline: December 22, 2023



IMPORTANT NOTICE

Any cattle entering the boundaries of the Fallon Paiute-Shoshone Tribe are required to have Certificate of Veterinary Inspection (CVI) before entering any tribal lands regardless of whether they are going to tribal, leased, or privately-owned lands on the Tribe's Reservation and/or Colony.

Copies of the CVI must be submitted to Tribe's Land & Water Resources Department located at 8820 Mission Road, Fallon, Nevada.

Cattle not registered are subject to trespassing, confiscation, or removal from tribal lands in accordance with applicable laws and regulations.

For more information contact the Land & Water Resources Department of the Fallon Paiute-Shoshone Tribe at 775-423-3725.

Thank you for your cooperation!

Notice approved by the Fallon Business Council by Resolution No. 23-F-165 and in accordance with Sections VI and VII of the Fallon Paiute-Shoshone Tribe's Grazing Ordinance, adopted January 13, 2015.



JOIN US FOR
**CHRISTMAS
CAMP**

**DECEMBER
18TH-21ST
MONDAY-THURSDAY**

8955 MISSION ROAD
9AM TO 3PM
TAKING FIRST 20
STUDNETS; THE REST
WILL BE ON A
WAITING LIST,
PLEASE CALL
EDUCATION AT 775-
423-8065 FOR MORE
DETAILS

BGCA NEWSLETTER NOVEMBER

NATIVE AMERICAN HERITAGE MONTH

November's Newsletter will speak for itself via all the great photos that were taken. In it you will find pictures from the CLC's Native American Month assemblies that were held at each of the schools in Churchill County. We were also honored by being invited to Yerington Highschool, where members of the Fallon Paiute Shoshone Tribe were asked to dance as well.



Huge Shoutout to all those involved in dancing, drumming, performing, speaking, setup/cleanup, and travel.

Thank you-Judy-Ann Austin, Scarlett Austin, Storm Jackson, Leona Mineard, Kailey Mineard, Keona Mineard, Kolby Mineard, Shoni Burton, Shawnee Lee, Colton Tohannie, Joseph Smith, Justin Smith, Roy Redner, Steven Frank, Ray Allen, Shannon Hooper, Ileana Henry, Ken Paul, Pyramid Lake Honor Guard, Tanner Allen, Kamea Nihoa, Keali'i Nihoa, Amelia Bishop, Tammy McKnight, Francine Tohannie, Regina Bartlett, Rakenna Bartlett, Ciabi Dick, Marlee Tom, Adrian Tom, Harper Yellowhawk, Letisha Yellowhawk





Champions Nevada State Champions

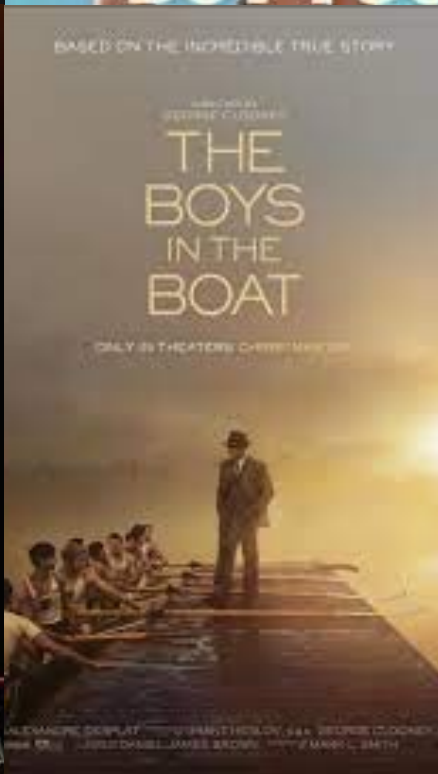
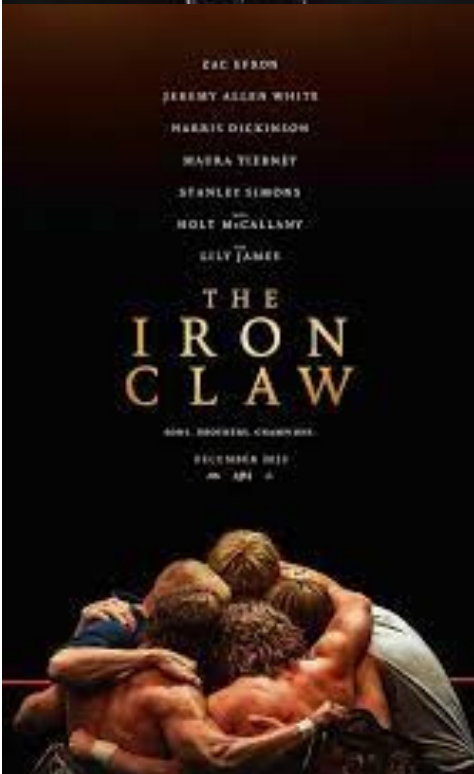
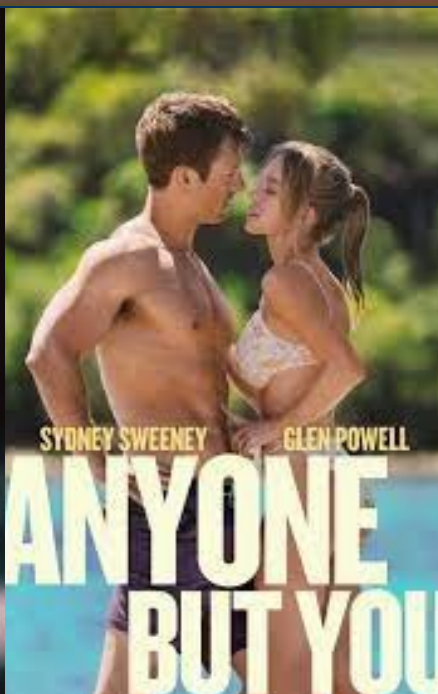


KEEP OFF
WHEN NO



HERS
USE





- Dec. 8th The Boy and the Heron
- Dec 15 Wonka
- Dec 22nd Anyone but you
Aquaman and the lost Kingdom
The Iron Claw
Migration
- Dec 25 The Boys in the Boat
The Color Purple
Ferrari

**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



WE ARE HIRING

JOIN OUR AMAZING TEAM

FALLON **P**AIUTE
SHOSHONE **T**RIBE

Voc. Rehab Program Manager
Behavioral Health Liaison
Child Care Program Coordinator
Environmental Services (EVS) Manager
Nurse Practitioner/Physician Assistant
Clinical Psychiatrist
Police Officer
Optometrist
Accountant
Human Resources Director
Fallon Business Council Secretary Ad-
ministrative Assistant

Medical Assistant
Dental Assistant II (Certified)
Patient Scheduling Representative
Tribal Historic Preservation Coordinator
Dementia Care Specialist
Purchased Referred Care Manager
Fiscal Manager
Senior Center Activities Facilitator
Land & Water Resource Director
Tribal Enrollment Coordinator/
Administrative Assistant

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

Stillwater Indian Church



8965 Mission Road, Fallon

Sunday, December 24

Christmas Program

10 am

Join us for a day of celebrating the reason for the season-
The birth of our Lord Jesus. Family fun for everyone!
Children's Skit, Christmas Carols, Wrapped Gifts and Treat Bags

DECEMBER & JANUARY FOOD DISTRIBUTION SCHEDULE



The following is a schedule for the December 2023 & January 2024 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, December 5 & January 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, December 12 & January 9 — 12:30 p.m. to 1:30 p.m.



**FALLON PAIUTE-SHOSHONE TRIBE
FOOD PANTRY/COMMUNITY GARDEN**

8942 MISSION ROAD
FALLON, NV 89406
(775) 867-8703

<https://www.samhsa.gov/find-help/988/key-messages>



People can call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crises
- Emotional distress
- And other [reasons to connect \(46 seconds\)](#)

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. In 2021:

- The U.S. had one death by suicide about every 11 minutes
- For people aged 10-14 and 25-34 years, suicide was the second-leading cause of death
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people
- Nearly 900,000 youth aged 12-17 and 1.7 million adults attempted suicide
- About 107,000 people died from drug overdoses

Yet, there is hope. The 988 Lifeline helps thousands of people struggling to overcome suicidal crises or mental health-related distress every day.

For additional information or to make an appointment with a mental health provider at the Fallon Tribal Health Center's Behavioral Health Program, contact (775) 423-9076.



CHRISTMAS TREE RECYCLING PROGRAM


It's that time of year again! After Christmas, the Environmental Protection Department will be implementing a Christmas Tree Recycling Program to provide community residents with an easy alternative to sending their trees to the landfill.

Tree recycling is a process where trees are chipped — mainly into mulch and compost. Trees will be collected at your curbside from December 27, 2023 to January 10th, 2024, during regular business hours. All decorations, including tinsel, nails and stands must be removed, and artificial trees will not be accepted.

Please call the Environmental Protection Department office at 775-423-0590 to sign up to have your tree picked up or if you have any questions.


Thank you.

FPST Environmental Protection Department



Nearly 15,000 people are treated in the Emergency Department every holiday season due to decorating injuries.

Consumer Product Safety Commission



HAPPY HOLIDAYS

Stay safe and warm this Holiday Season!

FROM THE IHS INJURY PREVENTION TEAM

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



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