Duckwater Shoshone Tribal

Quarterly Newsletter

2013

MESSAGE FROM THE TRIBAL COUNCIL

The Duckwater Shoshone Tribal Council is pleased to share the second quarterly newsletter of 2013 with our Tribal members and friends. We are proud of our programs and the progress they have made towards providing services to our members and community. The opportunity to serve our people is foremost in the Council's collective mind.

This edition of our Tribal Newsletter will provide you with an overview of activities and accomplishments of tribal committees, divisions and departments. The Tribe has many active committees that provide oversight and direction to program staff, and make policy recommendations to the Council. Tribal committees include: Education Committee, Enrollment Committee, Housing Committee, Land Assignment Committee, NAGPRA Elders Committee, Senior Committee, Law and Order Committee, and Medical Service Review Committee (URC). The divisions include Education, Community Services, Planning, Natural Resources and Health. The tribal departments are Administration, Finance and Maintenance. All tribal programs fall within these divisions and departments.

As we enter the spring season, we are preparing for the growing season. New bulls are being purchased to replace the old ones. The Tribe is advertising for an irrigation water master. We are coordinating with U.S. Fish & Wildlife Services and USDA Natural Resource Conservation Service to improve water pressure and flow into the irrigation pipeline system. The irrigation well pump is repaired, and plans for noxious and invasive weed control are being scheduled.

Spring brings celebration of new life and growth. In this spirit the Council would like to take this opportunity to acknowledge and welcome the two new babies to our community. We congratulate Heidi Mike and James Drywater for your new healthy baby boy, *Aiden*; and Charlotte Duncan and Jordan Begay for their beautiful, exquisite baby girl, *Kaeleigh Kai*.

Respectfully yours,

Duckwater Shoshone Tribal Council

Virginia M. Sanchez
Chairman

Alissa Thompson
Vice-Chairman

Annette George-Harris
Secretary

Nye Penoli
Member

Ruby Sam
Member

Western Shoshone Educational Trust Fund

Update

The Western Shoshone Educational Trust Fund (WSETF)-Administrative Committee has held four monthly meetings since December 2012. The committee has met with the Bureau of Indian Affairs, the Bureau of Indian Education and the Office of the Special Trustee in Carson City, Nevada to review the Public Law 108-270 and available funds in the Education Trust Fund. Our next meeting is scheduled to be held in Carson City, Nevada on April 11-12, 2013.

The WSETF-Administrative Committee has: established our By-laws, pending review by the Solicitor and approval by the Assistant Secretary of Interior, and elected officers. The officers and committee members are:

Leah Brady, Chair
Rozilyn Jones, Secretary
Norma Darrough, Member
Barbara Culbertson, Member
Virginia Sanchez, Vice-Chair
Delores Marques, Treasurer
Melanie Smokey, Member

The WSETF – Administrative Committee has been developing procedures and guidelines for the application process and the application form. Final approval is to be completed at April 11-12, 2013 meeting so that scholarships can be awarded for the 2013 Fall semester. The WSETF-Administrative Committee will be developing an operating and financial assistance budget at the April 11-12, 2013 meeting.

The Bureau of Indian Education will be hosting the WSETF procedures and application on their website. The WSETF procedures and application will also be sent and be available at the Western Shoshone tribal offices and the Western and Eastern Nevada-Bureau of Indian Affairs offices. Updates will be published online on a periodic basis.

The Bureau of Indian Education – Sacramento Office will be the depository for our business documents and will also collect and maintain files for scholarship applications. Their address will be the contact office information on the application.

For more information contact: Virginia Sanchez at (775) 863-0444
sanchezv.dst@gmail.com.

Hello from Administration:

Well, we made it through winter it looks like and are gearing up for the growing season. The birds tell us that spring is coming very soon. Have you see the return of the Blue Birds? Eddie Birchim has been dragging the hay fields; you may be seeing smoke from fields being burned; calves are being born, Canadian Geese are flying and visiting our fields and the trees are budding. Soon it will be Easter and then Festival time.

Speaking of Festival, Tilly Thompson and Joe Mike will be co-chairmen once again this year. The ***Duckwater Festival*** is planned for June 21, 22 and 23rd. Mark your calendars and look for our flyers which Tilly thinks we should have published within a month of this newsletter.

Speaking of celebrations, we are beginning to discuss the ***Duckwater Shoshone Elementary School 40th Year Celebration***. We don't have dates yet but will publish those when determined. Anyone who wants to contribute to the celebration or would like to help in the planning, please let administration know.

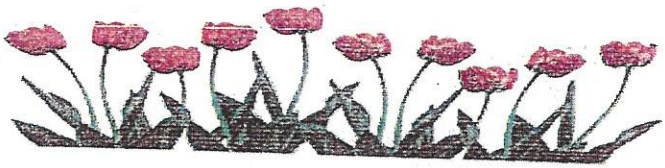
Spring brings with it another annual task—that of the Tribe's annual audit. At the urging of the auditors, we had a consultant assist in the annual preparation for the audit and all pre-audit documentation has been prepared and submitted to the auditors. Field work of the audit is planned for the first week of April and the audit report should be presented to the Tribal Council on or before July 1—or 90 days prior to the federal requirement. Timely audits are important for the on-going funding of the Tribe from Federal and state dollars. Duckwater can be proud of our audits that show the financial health of the Tribe.

Now the down side, since Congress failed to enact a budget timely, all budgets are facing at minimum 5% cut. We have yet to receive direct cuts to any of the budgets but since we have been receiving 2013 dollars by continuing resolution of the federal government, we expect that the next couple of months we will get some actual direct information that will show the our share of the cuts. We have been spending carefully this year in anticipation of when the cuts will actually occur.

Another sign of spring is that scholarships are being announced. This year, I am aware of two that need to be passed along. The ***Barrick Legacy Fund Scholarship*** applications will become available in early May with a deadline of submission in early July for Fall Semester 2013. Any student who is full-time, maintains a 2.0 GPA and can provide evidence of their Tribal affiliation, ie, enrollment card, is eligible. This is a non-competitive scholarship. Mark your calendar to contact either the School or Tribal Administration in mid-May for applications.

The other scholarship that was announced this week is the ***Railroad Valley Advisory Board Annual Florence Amborsini Memorial Scholarship*** for $1,500.00 per year. This scholarship is available to any full-time student who resides or parents reside in Railroad Valley, including Duckwater, Currant, Nyala areas. It is competitive and the student must maintain a 3.0 GPA or better. This scholarship is available to high school seniors planning to graduate in June 2013, or continuing college students who meet the criteria. Financial need may be considered as part of the criteria. Applications are available from me or you will find them posted on the bulletin boards throughout the Tribal offices. The deadline is May 1, 2013.

Wishing you all a wonderful Spring and transition into summer!!!



HEALTH MANAGER'S CORNER

(March 2013 Issue-Christine Stones)

I love the sweet smell in the air, the sounds of the birds, and the hints of warm summer to come. Spring is the time of rebirth and inspiration. .
"Life isn't about finding yourself. It's about creating yourself."
George Bernard Shaw

Electronic Health Record (EHR)

March 21, 2013 was a monumental day for the Duckwater Health Department as the Electronic Health Record (EHR) was officially deployed "Gone Live". After one and half years of training and optimization of the Patient Resource Management System (RPMS) the EHR Team is prepared and has implemented EHR. Indian Health Service provided the final training to the immediate Medical Staff the week of March 19, 2013. The team passed the compliance capability to meet Level 1 of EHR. I am so proud of the EHR Team for all of their hard work and dedication toward making EHR a reality for the Duckwater Health Department. The quality of health care will improve as data quality will be improved. EHR provides a mechanism for improved patient care while increasing efficiency and effectiveness through EHR's capability to track and forecast recurring healthcare needs (immunizations, annual exams, etc). Access to immediate patient information assists in the delivery of health care.

NOTE: With the EHR system, it is imperative that patients make appointments for their visits. The scheduler will block out an hour for the upcoming months for all patient visits as the Patient Care Component (PCC) will be completed by the Duckwater Health Clinic Staff to capture all data relating to your medical visit. We ask that you once again be patient with the staff as we make this new transition from paper to electronic. Please understand that if you do come in as a walk-in, your time waiting to be seen will be longer than it was previously. All patients who visit the Duckwater Health Clinic are required to check in with the front desk, and complete paper work with Patient Registration, and when the Clinic Staff is prepared to take the next patient (the Medical Assistant will retrieve you from the waiting area. If a patient by-passes these steps, they will be re-directed back to the front desk. Help us to better serve you.

Our next quest is to input quality data and produce useful reports to meet Meaningful Use to receive monetary incentives from Center of Medicaid and Medicare. We only have a short window to qualify for some of these incentives.

Federal Budget Cuts:

The Indian Health Services programs and other Federal programs will receive a 5.1% budget cut. Budget expenditures will be monitored closely so that there are sufficient funds to maintain the current level of health care. Policies will be revised regarding patient travel, alternate resources, and utilizing services that are in close proximity to the Duckwater Clinic.

Tele-health

Tele-Health: A test run was made with Reno-Sparks Tribal Clinic for Tele-health Services. We are currently developing a contract. The Health Department is also working with Renown (R-Med) to set up Tele-Health Services to be provided in the Duckwater Health Clinic.

Clinic Hours

The hours for the Duckwater Health Facility are from 8:00 a.m. to 4:30 Monday through Friday. Appointments are from 8:30 a.m. to 3:30 p.m. Monday, Tuesday, Thursday and Friday with a 12:00 to 12:30 p.m. for lunch break. ***(Payroll Fridays the Health Department is off at 2:00 p.m.)***

Wednesdays are Administrative Days for the Clinic

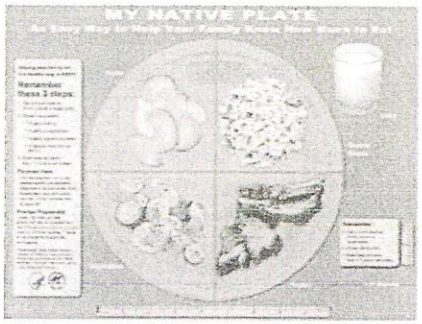
Patient Travel Request

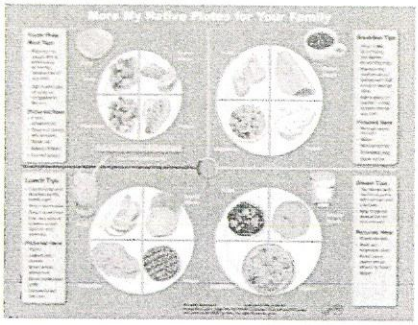
If you meet the following criteria: 55 or older; Handicap, Disabled; or meet the Federal Poverty Guidelines you are eligible for Travel Reimbursement for Medical, Dental, or Optometry visits. ***Please*** contact Tilly Thompson, Receptionist ***or*** Anita Baca, CHS Clerk/Executive Secretary at the Health Department at least 7 to 10 days prior to travel so that you may receive a check prior to your travel. Anita or Tilly will complete your Travel Advance requests with you and submit to me for signature.

Upon your return from Travel, please submit your motel receipt to Crystal Drywater at the Finance Department and she will assist you in completing the Travel Statement.

3 Steps to Help Your Family Eat Healthier Meals

My Native Plate Placemats Show You How





You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.
- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.
- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov.

Click on *Printable Materials*, then *Nutrition.* Best if printed on a color printer.

Produced by
IHS Divison of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov

Homemakers News - Corrina Nestell

Hello everyone this is a friendly reminder if anyone especially some of you elders needing some assistant.

I am available from - Monday through Friday 8am - 12pm.

This is for Homemaking Services for the clients that are eligible, disabled or handicap you have to be 65 and over.

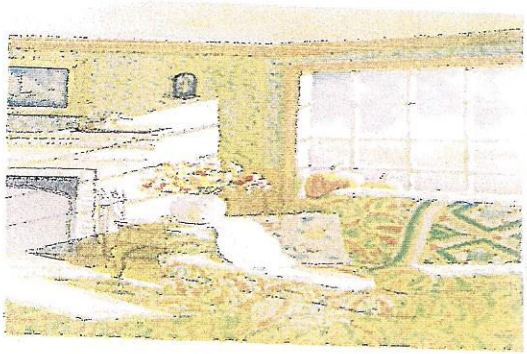
I would be willing to come and just visit with you, have a cup of coffee you can tell me old stories. I've been on a couple of visits and a client would ask me to sit down and drink some coffee and we'd talk and that person would tell me old stories of our home Duckwater. I find that interesting and sometimes surprising.

If it's something simple like me rearranging your furniture around in your living room or your bedroom I'd be happy to assist you in any way.

Please call me at the Health Department if you have any questions or concerns at 863-0222 or leave a message with Tilly at the front desk.

Thank you,

Corrina Nestell, Homemaker



From the desk of Tilly Thompson, Health Receptionist

Hope this newsletter finds you all in great health. Here at the Clinic everyone has been doing a great job with making appointments to see Dr. Kama and I would like to Thank You Community Members for making your appointment to see the Doctor.

As always remember to have the Managed Care Committee meet on any of the outside doctor, optometrist and dental requests otherwise you might be responsible for payment if you did not get the prior-authorization done first. There is a handful of people here who can enter the referrals for you. (Me, Shasta, Katie, Anita and Christine) so please give us a call before making any outside appointments.

Please look forward to reading our Native Aspiration newsletter coming out this month as well. The kids have been very busy and I have had a lot of fun working with the children of this community. So thank you kids for wanting to come to Kid's Night on Tuesdays and Thursdays.

For those of you 55 and older, disabled or if you fall under poverty guidelines and you are needing to put in for a travel request form for travel monies I can help fill them out and then I will turn them into Christine, Health Manager for approval. So please don't hesitate to ask me.

Make physical activity and good Nutrition a regular part of your day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy – such as taking a brisk 10 minute walk or join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take an exercise class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office

Snacking isn't "bad" if you do it in moderation and make healthy choices. Healthy, good-for-you snacks can be a part of a healthy diet – which you need to do to live healthfully.

Listed below are some healthy snacks

Crunchy

Apples and bread sticks
Carrot and celery sticks
Green pepper sticks
Radishes
Broccoli spears
Cauliflower
Unsalted rice cakes

Thirst quenchers

Fat-free milk
Unsweetened juices
Low-sodium tomato juice
Mixed vegetable juices
Water

Munchy

Unsalted sunflower seeds
Whole-grain breads or toast
Cherry or grape tomatoes
Low-fat or fat free cheese
Plain, low-fat or fat-free yogurt
Bagels
Unsalted nuts

Sweet

Unsweetened canned fruit
Thin slice of angel food cake
Baked apples
Frozen bananas or grapes
Fresh fruit
Low-fat or fat free unsweetened fruit yogurt

Diabetes and Heart Health - What's the Connection?

Many people are not aware of the close connection between diabetes and heart disease. Heart disease is actually one of the most common complications that arise from diabetes. It's so common that having diabetes actually doubles your risk for heart attack or stroke.

The question is – what can you do about it?

To start, you should work with your doctor to monitor your ABC's (A1C, blood pressure, and cholesterol levels) and keep them in your target range. Your physician can help you set target ranges for your A1C, blood pressure, and cholesterol that will work for you. Making healthy lifestyle choices is essential to reach or stay in those target ranges. What you eat will have an impact on all three of these.

So, what exactly is a heart-healthy diet?

You are probably already trying to follow a diabetes meal plan that focuses on controlling your carbohydrate intake. Eating a heart-healthy diet on top of meal planning for diabetes may sound overwhelming.
But don't be intimidated - heart-healthy foods are also good choices if you have diabetes!

As always, it is still important to watch your carbohydrate intake and portion sizes to control your blood glucose. Just remember that there is more to meal planning than just the carbohydrate intake - it is about making healthy choices within all of the different food groups.

1. One of the most important things you can do to eat heart-healthy is limit foods that are high in unhealthy fats and cholesterol. Some simple steps to help you do this are:

- limiting the solid fats that you use in cooking (such as butter, lard, and vegetable shortening)
- choosing healthy cooking methods that require zero or minimal fat
- choose more fresh foods rather than processed meat, sweets, and other processed snacks
- opt for lean meats like plant-based proteins, chicken or turkey breast, and fish
- choose low-fat or non-fat dairy products
- learn more about what foods have unhealthy saturated and trans fats, as well as cholesterol by going to our Fat and Diabetes page on diabetes.org.

2. Replace those unhealthy fat sources with sources of healthy unsaturated fats. This means eating fish (not fried) two or more times each week. Other foods that contain healthy fats include: avocados, nuts, seeds, and plant-based oils like canola, olive, corn, etc.

3. A heart-healthy diet is also high in fruits, vegetables, and whole grains. These foods are all high in important nutrients, especially fiber. Obviously vegetables, fruit, and whole grains will also contribute carbohydrates, so make sure you are eating portions that work with your meal plan.

4. Sodium is another issue. If you have diabetes, you should try to keep your sodium intake to less than 2300 mg per day. If you have diabetes *and* high blood pressure (hypertension), you should aim for 1500 mg per day or less. Some tips to decrease the sodium in your diet include:

- eating more fresh foods and less processed foods
- buying low-sodium canned foods and soups
- rinsing canned vegetables to remove about 40% of the sodium
- checking labels – pickled foods are particularly high in sodium
- omitting salt when you in cook and flavor foods with herbs and spices
- do not salt food once it is on the table, remove the salt shaker if you have to
- beware of restaurant foods and limit the times you eat out each week – a restaurant meal can easily have more than 1500 mg of sodium

Easy Ways You Can Include More Heart-Healthy Foods

- Instead of packing chips or cookies for a snack, pack a serving of nuts (a serving is usually about ¼ cup, or a handful). Nuts are full of heart-healthy fats and there's no need to refrigerate them – they are an easy grab-and-go snack!
- Switch from buying chicken wings, legs or chicken thighs to chicken breasts. Chicken breasts are the leanest part of the chicken which means they are lowest in cholesterol and saturated fat. If your budget is tight and you need to buy less expensive chicken thighs or legs, at least remove the skin before cooking it.
- Don't use butter to sauté or to coat your roasted veggies. Instead, use just a tablespoon or two of olive oil or another vegetable oil. (Olive oil is high in mono-unsaturated fats which are a type of healthy fat.)
- Instead of having steak for dinner, buy fish fillets. Any fish provides unsaturated fats as well and have less unhealthy fats than red meat. Choose salmon, albacore tuna, mackerel, rainbow trout, or herring some of the time. These types are also good sources of omega-three fatty acids which help keep your arteries clear and unblocked. Broil, bake, or grill fish with a bit of olive oil, herbs, and spices.
- Add avocado, a source of healthy fat, to your salads, wraps, or sandwiches.
- Add more vegetables to your meals and decrease the amount of meat you use. This is easy to do for casseroles, chili, soup, sandwiches, and salads.
- When you can, plan a few meatless meals each week. Good substitutes for meat include beans, tofu, veggie burgers, lentils, and other sources of vegetarian protein.
- For lunchmeat, choose lean chicken or turkey that is labeled reduced- or low-sodium. When you can, buy fresh lean meat from the store on the weekends and cook it. Then, use it throughout the week for lunches instead of the highly processed deli meats.
- Make a few simple switches – from white bread to 100% whole grain bread, have fruit for dessert or a side dish instead of fried or processed foods, and switch from regular soda to diet or other low-calorie drinks.
- When you have leftovers, freeze them in individual meal-size containers. Instead of buying and heating up highly-processed frozen dinners, you'll have a healthier, homemade frozen dinner right in your freezer.
- Choose whole-grain, high-fiber foods. Try a grain like barely or quinoa for a new taste.
- Eat plenty of vegetables and fruits. Try to eat a variety of colors.
- If you drink alcohol, stick to 1 drink or less for women and 2 drinks or less for men.

DIABETES

ISSUE

American Indians and Alaska Natives (AI/AN) have the highest rates of type 2 diabetes in the United States. Once exclusively a disease of adults, type 2 diabetes is increasingly common among AI/AN youth, threatening the health, well-being, and quality of life of future generations. Diabetes prevention efforts are an urgent priority, as well as diabetes management to prevent complications.

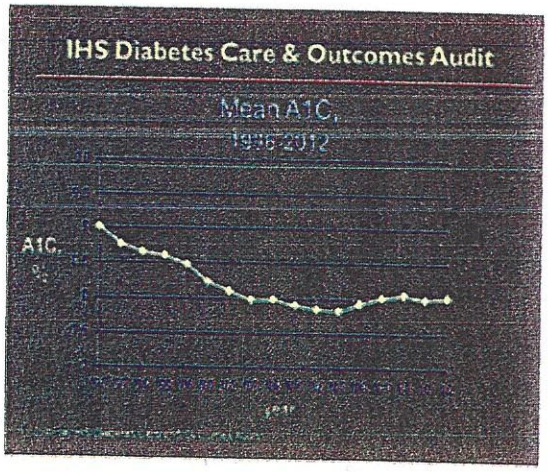
BACKGROUND

For three decades, the IHS has served as a leader in the fight against the diabetes epidemic in AI/AN communities, earning national and international recognition for diabetes quality improvement. Major accomplishments include developing monitoring systems of diabetes clinical care, such as the annual *IHS Diabetes Care and Outcomes Audit*, and creating diabetes surveillance systems for tracking diabetes prevalence and complications. The IHS Division of Diabetes Treatment and Prevention (DDTP) has also developed and mobilized an extensive network to conduct diabetes treatment and prevention programs and activities throughout the Indian health system. Given the limited resources available for diabetes care, the IHS focuses on applying scientifically proven methods to prevent the onset of diabetes and costly diabetes-related complications such as cardiovascular, eye, nerve, and kidney disease.

STATUS

In the Balanced Budget Act of 1997, Congress established the Special Diabetes Program for Indians (SDPI) and provided $150 million over 5 years for "the prevention and treatment of diabetes in American Indians and Alaska Natives." Funds have been reauthorized at $150 million per year through fiscal year 2013.

The major components of the SDPI are administered by the IHS DDTP. There are 336 community-directed diabetes programs in 35 states that implement diabetes treatment and prevention programs based on scientifically proven Best Practices. These programs are designed to address local community priorities. Another 66 SDPI Demonstration Projects successfully completed a 6-year program translating the results of diabetes prevention and cardiovascular disease risk reduction research into diverse, real world Indian health settings. As a result of their work, we now know that it is possible to reduce risk factors for diabetes and cardiovascular disease in AI/AN communities. These programs are continuing their prevention efforts as well as working on toolkits to help disseminate their positive results, best practices, and lessons learned throughout Indian country.



Diabetes health outcomes have improved significantly in AI/AN communities since the inception of the SDPI. One of the most important improvements is a 10.8 percent decrease in the mean blood sugar level (A1C) of AI/ANs with diagnosed diabetes (see chart), a major achievement over 16 years. Decreases of this magnitude translate to an almost 40 percent reduction in diabetes-related complications.

OPTIONS/PLANS

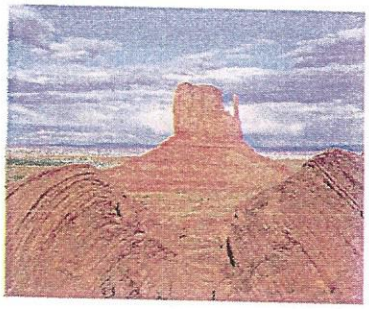
The IHS continues to strengthen its diabetes infrastructure at the Headquarters and Area office levels to maintain and improve diabetes surveillance, technical assistance, provider networks, and clinical monitoring, as well as promoting culturally sensitive prevention and treatment programs.

ADDITIONAL INFORMATION

For referral to the appropriate spokesperson, contact the IHS Public Affairs Staff at 301-443-3595.

Duckwater Shoshone Tribe Social Services Program

Brief Background of Social Worker



Social Worker, Rose Mary Joe-Kinale, came to the Duckwater Shoshone Tribe in March, 2012 and has come to love the clean, wide spaces of the valley with wild life and most of all some of the most beautiful eagles seen anywhere.

Duckwater is the original ancestral home of the Collins Family, who is the paternal side of the family, and they lived in the valley now known as 'Collins Meadow.' Rose Mary's mother, Florence Collins Brown, with her siblings, father and mother, Truman and Emma Collins along with Frank Collins and Abe Collins, brothers to Truman, decided to move out of the area after losing the homeland to non-native ranchers over water rights. They went to Tonopah and Abe told the family if they went straight they would end up in Bishop and it was already getting cold. The family decided to follow the Tonopah trail ending up in Schurz, with what is now known as the Walker Paiute Tribe.
There both Frank and Truman settled and raised their family while Abe always liked the Ely-Duckwater area and returned to this region and raised his family in the local region. My grandpa, Truman Collins, said that when they lived here there were only 3-4 original families who lived in the Duckwater region and they are now deceased. He said that life was hard; but everyone took care of their families and helped each other and this was a time when there was no enrollment or census for the people in the valley. My mother Florence said that her mother, Emma Richards Collins, could ride a horse, and shoot a gun, as well as her Dad.
There was no programs to help families and they lived off the land using well know herbs and plants for medicine, and know how to survive.

It has been both a blessing, and a privilege to work for the Tribe in various capacities under the Social Services Department. There is still a lot of work to complete as the social services infrastructure is weak, and needs work so that it is clear to the Tribal Council, Tribal Court, and Administration what is suppose to be done in this department. With out policies and procedure a worker stumbles in 'doing what they think they should be doing and unfortunately', it is done with undue criticism. The Social Worker has submitted her resignation effective March 29, 2013 as everyone knows when a time comes when you need to move on. **My gratitude to many people, too numerous to name, for assisting with what they needed. Special gratitude to Ruby Sam who allowed Rose Mary to live at her home for a couple of weeks, and later when there**

was water issues at the trailer. The social worker would also extend special gratitude to Christine Stones, who is a very dedicated clinic manager and supervisor and continues to provide quality medical services.

This Social Worker had been working on updating the Social Services Policy and Procedures which includes General Assistance Program, the Child Protection program which needs to have a Memorandum of Understanding which has a purpose, objectives and goals, and roles of CPT members. Also included will be the Full Faith and Credit – Orders of Protection which spells honoring tribal court orders in any jurisdiction. The forms are also very old; and new ones need to be in place. There is a Policy in place; however, it is outdated. This project has been worked on for a month and half and with incoming work it is difficult to finish. The goal was to have it completed by February, 2013 as it is really almost completed.

Elder Assistance:

There has been a lot of work with the elders in the community with Medicare, Social Security and Medicaid. We had an elder day in 2012 as it was a popular event and it was held in the gym. We had planned to hold it at the meeting room in the clinic as several elders said that they couldn't hear clearly. The time and date was to be announced and event planned with lunch and Bingo.
Three staff attended an IHS meeting in Reno, and now applications such as Medicare and Medicare will go online. SW contacted several community people who need this service.

The Social Worker has gone to various elder homes as sometimes it is difficult for them to get to the clinic, and they are a lot comfortable in their own homes. We have put in special devices so if they fall they are able to get help immediately. This program is a safety net for the elders who have the program.

Thank you to the elders who were so generous in allowing the social worker to come in their homes and establish a trust to be able to work with you. This is important and you will be missed.

Duckwater Elementary School:

The Social Worker is on the Duckwater Shoshone Tribe Elementary School Restoration Committee and has worked with education staff in any matters with the children and programs for the school. The school has a fresh new look and there is still more progress to be made and after a short school year, there are very interesting and new projects being completed by the students. It is good to see students who are anxious to come to school, participate in various projects, and at the same time, have a nice and happy time during school hours. The DWES staff has a good curriculum, and the teachers are working to get up student's scores and have a great year; as well as finally getting a hard-working "Booster Club" for the school. Parents and Brenda will meet to finalize anxiety about progress, grades, setting up fund-raising events to utilize for the end of the year school trip. Looking at the agenda, it looks like not only a learning program but seeing new places and learning about the environment which is important to our people. Though not a parent, this worker always tried to be a part of the booster club and help with the various events. The Christmas program, Bingo, and craft fair brought in a nice sum of money and it was fun. The next big project is the Easter basket raffle, Bingo, and selling Indian tacos for the school trip. It looks like a fun night and hopefully the community will come out to support events.

Native Aspirations Program

The Social Worker was also appointed to the Native Aspirations program along with Margie Nuttle, teacher, and this program is also doing a lot of positive events and activities for the children in the community. Tillie and Joe Mike deserve a lot of credit for taking this program and coming up with various activities for the children and youth. They also exemplify what a sober parent is to support their children and it is very noticeable and shows a positive program for our Clinic. I have heard from many youth sat "that so, my parents use alcohol and drugs and expect me not too and than they want us to respect them when they don't respect themselves." With the sober parent there is support, activities, family get-togethers, birthdays, and going to family events in the

community and also the near-by communities. Other activities are the hand games, drum activities, and card games "Heibijo with the children participating. If no one shows our children these activities they will be forgotten. *Good Job Staff!*

There was a concern with alcohol/ drug services for those in need, and we had a core group to set up services. Services included AA Meetings with Lisa George, Doctor Kama was seeing individuals in private sessions, and the Social Worker and Marvin Ming was doing joint programs. The program should continue as we don't have a substance counselor and was using the Southern Band Clinic for Evaluations/assessments foe our clients. There was an excellent working relations with the clinician at Elko and we discussed doing tele-health classes. Our Clinic Director has worked with the Reno-Sparks Director and will be using Christine Atine to set up tele-health services.

Tele-health services:

It was obvious to this worker that with clients who needed alcohol and drug programs and follow-up that due to the remoteness of the area, no counselors, and programs that something had to be done.
This program has been in the making for several months, and it looks like it is finally going to be offered at the clinic. This will be for mental-health and substance issues. It has been excited to off such programs and we should see the programs in the near future.

Again, thank you to community members who supported the Social Services Program and it is hoped that there will be continued efforts. The Social Worker will certainly miss those of you who I worked with.

KEEP OUR COMMUNITY SAFE, DRUG-FREE AND TEACH OUR CHILDREN RESPECT AND RESPONSIBILITY.

May Our Creator watch over the Duckwater Shoshone Tribe and continue his Blessings on each one of you.
Rose Mary Joe-Kinale, SW

April, 2013

DUCKWATER HEALTH DEPARTMENT

Happy Easter

From your—Health Resource Analyst/Emergency Manager & Safety Officer

Inside this issue:

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Positive sayings:

"The power of positive thinking is directly connected to the ability to remove, control or eliminate negative thoughts."

When your mind is filled with negative thoughts you may end up attracting more of what you don't want.

Tribal Emergency Operations Plan (EOP)

Our Tribe has never had an Emergency Operations Plan, so, as your Emergency Manager, I have a draft completed and have bi-weekly meetings with all departments to go over the plan. In 2011, I-TERC and the State DEM Department of Emergency Management, Mr. Bill Elliott visited our Tribe to go over a draft plan that all 17 counties have in place and update on a regular basis, and the thinking was if the Tribes had the same type of plan—format—manner of plan etc… it would be a lot easier if and when we ever had to request assistance from our neighboring counties in the event of an emergency. What is included in an Emergency Operations Plan: In short, it is a plan that addresses what the Tribe would do in the event of an emergency. The plan comfortably fits in a 5 inch 3 Ring binder It is so huge—its disheartening, but everything that you could possibly think of should go in a EOP. Currently, the Tribe's plan is divided by annexes (sections). The Duckwater Tribe's plan include Annex's A to V and Warning, they are: A—Alerting, B– Communications, C—Shelter and Mass Care, D—Radiological Protection, E—Evacuation, F—Fire Fighting, G—Law Enforcement, H—Health and Medical Services, I—Public Information, J—Recovery, K—Public Works and Engineering, L—Utilities, M – Resource Management, N—Direction and Control, O—Social Services, P—Hazard Mitigation, Q—Hazard Materials & Oil Response, R—Search & Rescue, S—Transportation, T—Donations Management, U—Legal and V—Terrorist Incident Response. All these sections describe what and who will assist and what will happen. Our plan is still in *draft* mode, and sometimes, we don't get the same people at the meetings, so that makes it difficult especially if we are going over a department and they are not at the table, but we will continue on with this plan. Once it's done, copies will be provided to the I-TERC and the State Department of Emergency Management in Carson City.

Clinic Emergency Operations Plan (EOP)

Along with the Tribal EOP—the Clinic is also working on a Clinic Emergency Operations Plan. As a member of I-TERC, all the tribal health departments received assistance from Mr. Danny Thayer, Tribal Coordinator, I-TERC out of Reno to complete their own respective Clinic Operations Plans, so I'm happy to report that our clinic is also right in the middle of going over our plan. The annexes in our health clinic's EOP are: A— Incident Command, B—Clinic Command Center, C—Clinic Support and Phone Lists, D—Damage Assessment, E—Evacuation, F—Alternate Care Sites, G—C.O.O.P., H—Public Information Officer, I—Home and Office Preparedness, J—Mental Health (CISM), K—Decontamination, L—Employee/Patient Recall, M—Medical Surge, N—Emergency Purchases, O—Plan Activation, P—POD Point of Distribution, Q—MOU's/MOA's, R—Community Preparedness, S–Emergency Operations Coordination and T—Public Information and Warning. Since Wednesdays are Clinic Administrative days, I have 1 hour every two weeks to go over our clinic annexes, and we are moving right along. Drills will be conducted once approved.

DST Approves Hazard Mitigation Plan

Our Tribe has finally approved our Hazard Mitigation Plan with Nye County. It seems work on this plan has been forever Finally, on February 25, 2013, the Duckwater Shoshone Tribe has approved our Hazard Mitigation Plan with Resolution No. 2013-D-09. This is great because although Duckwater has never had a Hazard Mitigation Plan, as your Emergency Manager and the local Nye County LEPC (Local Emergency Planning Commission) representative, it was decided that we partner with Nye County as after all we are located in Nye County. The county has had their plans in place for years and neither Duckwater nor Yomba have been included. Yomba is not included in this plan either and they need to be updated every 5 years, so hopefully Yomba will jump on the band wagon and participate and get their plan included. The County received hazard dollars from the State of Nevada (DEM) Hazard Mitigation Office and after attending meetings there and getting to know people, I found out about these dollars and thought, ":Hey Duckwater don't have a plan and could use some grant money", so I pursued this avenue, attended a couple training sessions, talked to other Tribes who already have approved plans, and thought—no way, this is way too difficult, so after speaking with the State office, it was decided that we be included with Nye County's grant and since I'm a LEPC member and we received our fire training certification from the County, we are getting to know people there too, therefore it was decided that we work with the county and are awarded pass through dollars for our work on hazard mitigation with a little over $14,000. Now, our plan is complete and I know what needs to be in it—so, once the 5 years roll around again for funding, Duckwater will be able to submit a grant application to update our Hazard Mitigation Plan. At I-TERC, the larger Tribes all have these grants and seeing how all the small Tribes didn't have a Hazard Mitigation Plan, I thought wait until our next I-TERC meeting, I can say, "guess what big Tribes, little ole Duckwater has their Hazard Mitigation Plan completed now"!

800 MHz Radio—allows Duckwater to make weekly radio checks with the State DEM office, this way in the event of an emergency, we can request assistance super fast.

Health Department Receives New Van

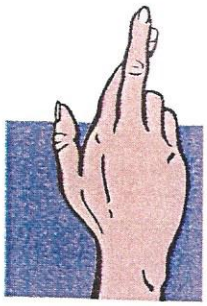
As the Health Departments GSA Representative, we needed to trade in one van and will be picking up a new 2013 Dodge Caravan on March 29th. Once our vans near 65,000 miles, we are able to request a new van. So last October, I requested another new van. The health department is averaging 32,000 miles a year on our health vans. This shows we are putting on many miles transporting patients and attending meetings.

Tribe Receives a Disaster Box

The I-TERC office wrote a grant and was awarded funds to purchase necessary items to assist the Tribes in the event of a disaster. Initially, the grant was written for all 27 Tribes plus the Ft. Mojave Tribe that borders, Nevada, California and Arizona. In order to receive the boxes at the Tribal sites, all the Tribes had to receive training on how to use and hook up the contents in the box. Both Debbie and Christine attended the training on this box. We now have this box in our possession. Some of the items in the box are: an 800 MHz radio already preprogrammed with all the hospitals, NHP, DEM etc...Satellite phone with preloaded minutes, tablets, lap top, portable printer, Satellite router hookup to make any room Wi-Fi, and the ICS vests & forms. Now training begins on this. Thanks to Shasta Blackeye, Marvin Mings and Annette George for helping hook up and connect with the other Tribes and the State to test the interoperability quest.

AAAHC

Years ago our clinic started the quest for being the smallest facility in the United States to have national accreditation. This would be through the AAAHC—Accreditation Association for Ambulatory Health Care. Because there are many standards involved with this accreditation, we did not qualify to submit an application to be surveyed. The reason: our clinic is too small, and through surveys, many items were identified that needed to be corrected, added, modified etc...some of those findings were: our lab room—it has to be in its own room, not the patient's exam room—eye wash station—it needs to be with 10 seconds of anyplace that contains any type of hazardous materials with warm tepid water at all times—our pharmacy needs to be in a room that has no windows and an enclosed ceiling—these were some of the findings, and there are many standards that made us in-eligible to apply. So, knowing that we needed to increase the size of our existing building, we submitted another ICDBG HUD grant to add another building the same size of our existing building and we included the space identified in our accreditation surveys. This grant application was submitted on March 8, 2013 and we will find out by July, 2013, whether or not we were successful in this grant application. Our fingers are crossed!!!!



Fingers are crossed in hopes of receiving our 2013 health facility expansion grant through an ICDBG-HUD grant.

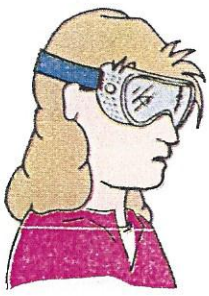
Duckwater Tribe receives ICS Training

In 2005, the Duckwater Tribal Council approved a resolution that stated our Tribe would be NIMS National Incident Management System compliant. Over the years, not much was done to become compliant. One of the things I do is request training on site at no cost to our staff and community. Funds are tight and if the free training is being offered on site, I don't have a problem requesting for it for our Tribe. Having said this, I am proud to announce that Duckwater Shoshone Tribe has numerous staff and community residents trained in ICS (Incident Command System) 100, 100b, 200, 200b, 300, 305, 400, 700, 700a, and 800. In addition, 4/5 of our Tribal Council has also been trained in special Managing an Emergency on your reservation for tribal leaders and upper management. Step 1—Receive training, Step 2—Approve Emergency Operation Plans, Step 3—Exercise those plans with tabletops and drills and document the drills. Then repeat.

All ICS training is in compliance with FEMA's presidential directives...

Safety Officer Training

With all the AAAHC standards research, it was decided that I also act as our Safety Officer. So, I was sent to Phoenix for 5 days for I.H.S. Basic Safety Officer training in January this year. This was one of those trainings where during the breaks, the presenters would say break is over and round us up like cattle. The training was mega and there was so much to go over, it was amazing. One thing I found out was it is a full time job, no matter how large or small your facility is. Because we have to have a Safety component with our AAAHC, I work on Emergency preparedness, Clinic EOP, Hazard Mitigation, Tribal EOP, ICS training, AAAHC and now I'm responsible for Safety Officer duties. I have only briefed my coworkers on what's coming down the pike with Safety, and there has to be changes in order to be compliant with these standards. More to come.



...from Administrator Fugate

"FEMA has strong, long standing relationships wit Tribal governments, and they are essential members of the emergency management team. On January 29, President Obama strengthened that relationship by signing the Sandy Recovery Improvement Act of 2013 into law. The Act includes a provision that amends the Safford Act to allow federally recognized Tribal governments the option to seek a Federal emergency or major disaster declaration directly from the President of the United States. We commend the efforts of Members of Congress, Tribal Leadership and their organizations, the Department of Homeland Security, and the President who have made this change a reality. This amendment to the Stafford Act follows on the President's commitments to Indian Country and strengthens the government to government relationship between FEMA and Federally recognized tribes, and will enhance the way FEMA supports Tribal communities before, during and after disasters."

——Taken off FEMA (Ready Indian Country) website

Could you get along on your own for a few days if you experienced an emergency? Each family should make preparations now for immediate or potential situations that threaten line, property or the environment. Preparing today will speed up recovery time in an emergency.

BUILD A KIT

Assemble enough emergency supplies for at least 3 days

Include pet supplies, medicines, diapers and infant formula, if needed

Don't forget your tribal ID along with other important papers

Use easy to carry bags or bins. Consider a 2nd kit for the car.

MAKE A PLAN

Pick a friend to call if you get separated from family

Know where to meet

Make a list of important information

Make a plan to evacuate

Make a plan to shelter in place

Talk with your family and Tribe

Practice your plan.

You can find out more information on the FEMA.gov website.

Have a save and Happy Easter and enjoy the beauty of spring.

Well wishes and congratulations!

- Happy Birthday to my sisters Annie Pete and Le-ola Shoemaker who will turn twenty something on April 21st.

- Happy Birthday to my Son, Troy Duncan who also has a birthday in April on the 3rd. Congratulations to my son Troy for getting married to Tess. Welcome to the family.
- Happy Belated Birthday to my family who had birthdays in February: Joe Millett, February 1st, Victor O'Neil, February 3rd and Uncle Jerry Millett, February 24th!
- Congratulations to my daughter Charlotte Duncan and Jordan Begay who made me a happy grandma on February 5, 2013 by bringing Miss Kaeleigh Kai Begay into this world.

- Congratulations to Eureka County High School Lady Basketball Team who took the State Championship this year in Las Vegas, beating the undefeated Paharanagat Panthers finally. Miss Brittany Thomas was part of that great victory and state record. Yippee. Head Coach Ken Fujii was named Coach of the Year and our very own Natalie Norcutt of Currant was named Player of the Year—Congratulations!!!!

- Eureka High School Lady Softball has a great chance at going to State again this year, as two players graduated and we gained several very talented players. Good Luck Lady Vandals!
- Thank you to locals Joe Mike, Tilly Thompson, Annie Pete and David Adair (from Oklahoma) for taking time and coaching our youth basketball players here in Duckwater and Railroad Valley. As a former coach, I know the commitment and dedication one must have to do this and to put up with varying personalities—and by the way where did we get 33 basketball players from? Its amazing. After supporting the team at the Fallon Youth Bball tournament it was GREAT to see such AWESOME support from the parents, grandparents, uncles, aunties, cousins, etc who traveled to Fallon and wore their special one of a kind Fan T-shirts What a memorable moment. It's good to see such good role models for our children....

- Congratulations to Miss Morgan Thomas who also took three Championship's this year with her Reno Warriors youth basketball team. In the 4-6 division at the Justin and Shasta Suracco memorial tournament in Nixon, NV, she was named MVP of the tournament. At the Fallon Shoot Out tournament, she received an All– Star Award, and at the Yerington Youth B-ball tournament, she received an All-Star award. Morgan has been playing basketball since she was in Kindergarten and loves the sport. We expect BIG things to come from her. Keep it up Morgan!!

<<<<<<<<<<>>>>>>>>>>

Use the highest SPF sun block to protect you from the sun. !!

DUCKWATER LEARNING CENTER

Well we've been here since January 14, 2013 and the kids and adults love it!

As you know, Spring is hopefully upon us here in Duckwater and that means more kids are out playing or riding their 4 wheelers and bikes. PLEASE watch for them as you drive around Duckwater. They are our future and I would love to see them become someone important, even though they already are.

The Cold has been going through the daycare center. We have done everything we can to keep it from spreading, but unfortunately we can only try. I wanted to say a huge thank you to all the parents who did stay home with their children. Matt, Lacy and I appreciate that a lot.

We've been learning a lot about our shapes, colors, ABC's and 123's. These kids are smart and fast learners. I watch them and listen to them saying all these things and it makes my heart melt. Ms. Lacy sends home homework for the week and the kids are to bring it back by Thursday. They all enjoy going home and doing work because it makes them feel like big kids and it prepares them for when they do start school. It's a very good habit to start at a young age. So is reading to your child. You should read to your child at least once a day for 15 minutes. Then when you are done have them read it to you. They may not know the words but when they look at the pictures, they will tell you a story about what's going on.

Enjoy the time you have with your children because they grow up fast!

Thank you for your continuing support!

Milli

Matt

Lacy

From the Duckwater Volunteer Fire Department:

Fire season is quickly approaching. Even though it seems we had enough snow around Duckwater this year, the vegetation will dry out quickly. It's time to get prepared because wildland fire can hit us at any time.

In the past we have been told that we need to keep a 30' safe zone around our homes and buildings, but that has been increased. Now they say that we need to keep in mind a 100' defensible space in order to protect against the winds that are always a part of fires. It was the wind driven fires that burned so much in Reno and Washoe Valley last year. Some of the embers jumped almost a quarter of a mile to start a new spot fire. We need to do our part to protect our own homes and to protect our neighbor's homes.

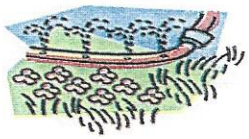
The Duckwater Volunteer Fire Department will be helping the community to get prepared for this year. Stay tuned for more information to come.

March 2013

WATER / AIR / SOLID WASTE

Water & Air/Weather Station News

Hello community members. I hope we are doing great, health wise. First of all I'd like to let everyone that in the water field things are running smoothly with no problems. The water pumps are up and running with no problems. Spring has come and soon the community members will be use more water. We should have enough water and not have to go to a watering schedule. Also remember to use water wisely. You should water you lawn in the early morning hours and in the evening hours. Remember to talk to your flowers and lawn they will grow faster (if we hear you we won't think your going crazy).



Tracy and I keep on doing the air monitor readings and filter changing. We then send them to the air lab in Las Vegas. So far the air results are no threat.

The weather station is also running collecting data and you can visit the station south of the baseball field to see the data. DRI is working on the web site and hopefully will be fixed shortly.

Have a great spring/summer

Solid Waste

Things are running smoothly in the trash department . Things are getting busier now that the weather is getting warmer. A couple of things to remember is to have your trash can on the curve on Tuesdays. If they are not ,we will assume you have no trash. If you are an senior citizen we will chase you trash can down. Please make arrangements for larger items that need to go to the transfer station if on a weekend. Call me at the office during the week or at home after hours. There is still a fee for this service, and you'll need to see me.

Good Morning;
I hope the month of March finds all well and having made it through the winter. For your reading pleasure here is my quarterly report. Just to let folks know, if you have read my Tribal Council reports, it'll be just a bit redundant.

BLM: Nazilla Hummer, the Oil and Gas Specialist from the BLM-Tonopah office and I did a field visit through the areas; which by the way is through the southern portion of Railroad Valley starting south of Black Rock Station and continuing around the dry farms and ending at the Blue Eagle Ponds. The BLM personnel and I will do another field when the roads dry out a bit.

As reported in the February report, Tom Seley, Chris Dalu, and Nazilla Hummer visited a proposed oil and gas exploration site which is proposed for exploratory drilling here in the next couple of month. There are no cultural sites or artifact that will be impacted to their activity.

The Ely District BLM office sent out a notice for the three tribes, Duckwater, Ely and Goshute to attend a meeting in regards to some now findings on the removal of the humans remains from the Snake Creek Burial Cave. I have schedule NAGPRA meeting for the 19th. (tomorrow) to discuss the recommendations of the NAGPRA committee.

Mt. Hope Moly Mine: The archeological firm Kautz Environmental and I have finally straightened out the tribal observers work schedule. The Observers have made themselves available on short notice and that is appreciated. The monitoring/observer work is going on as expected and so far there are no problems. There will be two crews starting up in April, if not sooner.

Weed Training: The Environmental Department and the Economic Development Department also attended the 2 day workshop. Next year Ricky and I will have to re-test again to keep our weed applicators permit up to date.

NDOT: Sabra Gilbert-Young and I did a field visit to a proposed gravel pit expansion near Lakawana Road. There is not a pre-historic component to it, but historic. The historic site does not meet the National Registry of Historic Places criteria. But, there are pygmy rabbits in the area, so the proponent will have to come up with some sort of mitigation place to address the pygmy rabbits.

Other: I put other as Ricky and I are the weekly solid waste technicians. Also, on occasions, we are liquid waste technicians. So we are the two to go where the need is the greatest. Also I was on vacation for a couple of weeks which was really needed.

Thank you all for your time and make it a great spring!

DUCKWATER HOUSING DEPARTMENT
Phone Number 863-0334
Fax Number 863-0239

Indian Housing Plan- Renovation Construction: (Completed)

We have been quite active getting the two homes for the Indian Housing requirements that need to be completed this year. They are getting all cabinets, flooring, painting, doors and much more that was needed in Units 101-Drywater and 109- Millie Shultz rental units. We have completed both Units 101 and Unit 109 by December 14, 2012.

Modernization of 2-3 bedroom Homes: (On-going)

The housing department has slowed down on the modernization projects due to the maintenance men needing to attend training as part of their job, take Annual Leave Off that has accumulated over and beyond, and getting the renovation projects completed. The housing crew will continue on January 2013 on Unit 160 which is a 3-bedroom to a 4-bedroom.
UNBELIEVABLE BUT TRUE!!!

Homes with additions added and occupied by October 2012!!!

HOUSING AND DSES-ELDERS APPRRECIATION DAYS:

The housing crew has been the audience for the elder's program and school presentations that are conducted and held by the students and staff monthly at the Duckwater Shoshone Elem. School. It gives us all a break and we get listen to the students and the history and how our elders participated and what they did and how they lived when they were young. It is a great experience and we all learn something new about the elders. So far, we haven't missed any.

HOUSING IMPROVEMENT PROGRAM: (HIP):

We continue to take applications for the Housing Improvement Program which has strict income guidelines and requires that you must not have received any type of HIP funds after October 1986.

This year 2012, the monies that were allocated to the Bureau of Indian Affairs from the Central Office, have asked that those dollars were to be allocated to the applicants with the scoring from the highest to the lowest from all areas and then to the lowest as far as the monies could be distributed.

Duckwater did not receive any funds last year, but we will apply those to applicants for 2013.

The deadline for applying is December for the funding year 2012-2013.

Reminding people that HIP is designed for the **"Neediest of the Needy Families."**

I have submitted 3 applications and am waiting for Western Agency to contact the housing department. I will need to contact and consult with each recipient.

HOUSING COMMITTEE MEETINGS :

Our housing meetings continue to be the (3rd) Thursday of each month. Housing committee members are **Linda Hooper, Arvilla Mascarenas, Delaine George, and Ruby Sam.**

We are still seeking one more member for a full quorum.

Our committee members follow the policies that are set, they care about the homes, their people and want to keep the homes safe and healthy for all tenants. Random checks are conducted on air quality, yards, and housing keeping inspection's, when we can on a bi monthly schedule. We pull the numbers from a box which determines what homes will be inspected.

SECTION 184-INDIAN HOME LOAN GUARANTEE PROGRAM:

I have been consulting with a handful from our local level in Duckwater on the Section 184 program, which assists you with buying, rehabbing, refinancing, and building a home.

If you need some advice on the loan guarantee program, I will always be available to give you the information to get assistance and assist. It's a great program and Andrea Dunyon, is our Section 184 Coordinator from Phoenix, AZ.

I have been receiving many phone calls from within and out of state pertaining to the Guarantee Program for our tribal members.

If you have an interest, give me a call and I will forward your name and interest to the coordinator to get you in on the first step to working or buying a home.

SOON TO BE--- OUR LAUNDRY MAT:

The wash machines for our laundry mat are in Hayward, CA. We have hired a temporary labor as our contractor for the 6 x 12 addition, which is Mr. Floyd Collins and it's almost here. I am hoping by the first part of April 2013. The laundry mat will be equipped with 4 different sizes of wash machines, and 2 standing stack dryers. All machines will be coin operated. And soap dispenser will be available as well.

DUCKWATER "*4-H CLUB*" FOR OUR CHILDREN:

On February 28, 2013, Pete Mangum and Alissa Thompson met with all the students of DSES and explained to them the purpose, activities, and what 4-H is. We also went to do the presentation at the Nye County School but they were busy so Pete left the information for the students.

Several of the children on the reservation are interested in the 4-H club. This also teaches them responsibility, set and achieve goals with confidence and ownership for their projects.

4-H represents a pledge for the individual to use their **head**, **heart**, **hands**, and **health** and there Motto is "To Make the Best Better." 4-H has summer camp for the different age groups, which include activities, hiking, swimming, getting together and family night. They also do one large awards night for the kids to receive their pins for being a member. It is a learning activity as well as a fun activity.

Housing has these different activities in our Indian Housing Plan and we will assist the students to make sure the exhibits and animals are entered into the fair as required. The students could enter a project or several projects at the White Pine County Fair.

DSES- Physical Education:

In our housing plan we have other extracurricular activities that are for boys and girls to do. Which I am pleased that Jason Watson, Maintenance II, has been assisting the Duckwater Shoshone Elementary School with PE on Monday's and Wednesday's. The kids love him and are all waiting for him to play another game with them. Thank you, Jason. He has a big heart and always kind.

HOME DEEDS FOR DUCKWATER HOMEOWNERS:

This year 2012 Duckwater Housing has completed 12 Deeds for homeowners and I must remind the homeowners that have received and picked up their titles.

You should always remember to get home insurance for the exterior and interiors of your home.

We all never know when our home will be damaged by a flood, earthquake, fire, or any other acts of God. It's always better to be on the safe side. Here are some insurance companies: State Farm, Country Companies, Farmers Exchange, Liberty and many others to work with.

As well as those persons who are renting housing units in Duckwater. Your exterior part of the home is insured, but your personal belongings in the home are not covered. You should purchase your own to protect yourself and family goods.

ACCOMPLISHMENTS FOR THIS YEAR 2012:

- **ADDITIONS TO MAKE A 2 BEDROOM TO A 3-BEDROOM,**
- **ADDITIONS TO MAKE A 3-BEDROOM TO A 4-BEDROOM,**
- **RENOVATION PROJECT ON UNIT 101 AND UNIT 109 MODULAR UNITS,**
- **WE COMPLETED SMALL AND LARGE WORK ORDERS FOR OTHERS IN THE COMMUNITY SUCH AS THE DAYCARE, ELDERS BUIDING, and PRIVATE HOMES (periodically).**
- **Our department wants to thank you all for letting us in your homes, to do what needs to be completed as your work orders arise.**
- **IT'S BEEN VERY BUSY!!!**

ALISSA THOMPSON, IRWIN & JASON WATSON,

EDGAR BIRCHIM, AND STACY MANDELL

MARCH 2013

DUCKWATER
SHOSHONE TRIBE
DIVISION OF
PLANNING
174 Second Street
Duckwater, Nevada
775.863.0444

The Division of Planning wishes everyone a Happy St. Patrick Day and Happy Easter Sunday as we welcome the spring season this month. Planning staff has been busy during the first three months of 2013. We would like to highlight some of our projects, grant submissions, and successes.

2012 - 2013 Grants and Proposals	$$$'s Received
State Historic Preservation – An application was submitted to the Nevada State Historic Preservation Office requesting funds to evaluate the "Old Bullcreek" site in order to renovate. The tribe would like to refurbish the structures as a cultural center.	Pending
First Nations Youth Grant – The Tribal Council approved this grant application for youth cultural activities. If granted, some of the funds would be used to improve the Pow-wow grounds and arbor.	Pending
Shoshonean Reunion – A request for funds has been submitted to Barrick Gold of North America to assist with travel expenses for elders to attend the 14th Annual Shoshonean Reunion to be held in Fort Hall, Idaho. Planning assists with organizing this event and the travel for our community elders.	Pending

United States Department of Natural Resource Conservation Service Irrigation Improvements – At the request of the Land Assignment Committee, Planning submitted an Environmental Quality Incentive Program (EQIP) application for 2013 funding to install a flume at the Big Warm Spring. The flume will be used for measuring water flow at the irrigation pipeline system intake. Pending

The current EQIP Project is to extend the Tribe's irrigation pipeline to convey water to the new land assignment located on the southwestern portion of the reservation. Planning, Tribal Maintenance and the Land Assignee are working on a redesign before construction begins.

Planning along with Cory Lytle discussed a plan to construct a new irrigation pipeline system for the reservation utilizing a method that ranchers in Panaca, NV use and developed with EQUIP financing.

Noxious Weed Control Projects – In 2012, the Tribe received a $60,000 BIA Noxious Weed Control grant and $8,919.55 from the Railroad Valley Cooperative Weed Management Area. Planning coordinated with Tri-County Weed Control to apply pesticides to 641.42 acres on the reservation. The targeted species include hoary cress, black henbane, perennial pepperweed, bull thistle, Russian knapweed, spotted knapweed, Scotch thistle, and bareground treatment. The 2013 grant proposal has been submitted to Patricia Wright at the BIA Western Regional Office. We anxiously wait for approval. Pending

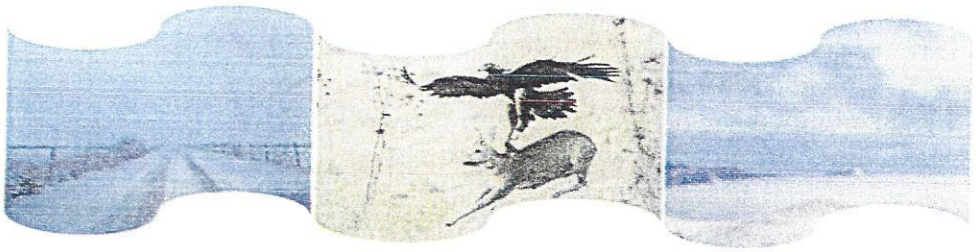
National Indian Justice Center – Planning on behalf of the Duckwater Shoshone Tribal Court submitted a grant in late 2012. The Tribe was awarded $25,600 for equipment, supplies, services, and training to upgrade and improve the court system. Funded

USDA BIP Cell Tower Grant – The Tribe joined in a grant application by Arizona Nevada Tower Corporation (ANTC) to bring cell towers to northern Nye County. Planning provided our portion of the grant information to the ANTC. The grant was approved for funding in 2004. It has been quite a wait, but ANTC applied to BLM for a right-of-way authorization to bring broadband and wireless communication to the Duckwater area. This project ties in the communication line from Prospector Peak to Railroad Valley, Nevada.

Nevada Department of Transportation 2013 Application – was hand delivered to the Nevada Department of Transportation office in Carson City on March 1, 2013. According to the Engineering Wizard, the estimate is $17,895,795 construction project to connect the pavement where SR 379 ends to where pavement begins at the Eureka County line. Submitted

DRAFT PROPOSALS WAITING FUNDING OPPORTUNITIES

Fire and Safety Building
Volunteer Firefighter Gear and Supply
Museum and Cultural Center
Septic Tank Truck
Snowplow
Cemetery Fencing and Yard Maintenance
Water Management (pipeline/mete/reservoir)
Community Facilities Heating/Cooling System Repairs
ANA Language Proposal 2013
Community Connect Broadband Service



ONGOING PROJECTS CARRIED FORWARD.

- **Duckwater Reservation Expansion/Land Restoration Project** > Planning works cooperatively with the Tribal Council, Administration, our consultants, attorney and lobbyist to expand our reservation lands through legislation. The Tribal Council approved moving forward with approximately 18,000 acres to be included in a Nevada Lands bill. Congressman Mark Amodei recently hosted a meeting at the Sparks Nugget Hotel and Casino for Don Young, Chairman of the Indian Affairs Natural Resource Committee to meet with Nevada Tribal Leaders to discuss important tribal issues. The one reoccurring issue was the need to increase tribal lands. Congressman Amodei plans to introduce the bill in the 114th Congress. Planning provides support through strategizing, mapping, and drafting document.

- **BIA Energy and Mineral Development Grant** > Planning continues working with Natural Resource Group to complete the Renewable Energy Assessment Document. One year of wind data has been collected. The next step is to hire an engineer to design a community utility scale wind farm. The Tribe has renewed our rental agreement for the meteorological wind tower and data collection.

AS WE ENVISION THE FUTURE WITH A STRONG FOUNDATION FOR OUR CHILDREN WHO ARE OUR FUTURE GENERATIONS CONTINUE TO BE HEARD, SEEN, TAUGHT, LEARN, SUCCEED, ACHIEVE, AND LIVE A BETTER LIFE> EACH GENERATION HAS MORE OPPORTUNITY, MORE POTENTIAL, AND CAN COMPETE IN THE ECONOMIC GROWTH OF OUR SOCIETY.

Our office is very proud of the accomplishments of our youth, teachers, coaches, parents, and their mentors who are taking the initiative to increase values as a community AND promote academic achievement. School AND after-school activities are many. Community activities are eventful. Weekends are filled with laughter, enjoyment, and lots of food! This is as it should be. The Division of Planning Office consists of three staff; along with our positions as employees, we are daughters, sisters, mothers, aunties, grandmothers, and yes, we have a great-grandmother in our presence. Each position in life comes responsibilities to our family, to our community, and to ourselves. In our work, we effortlessly seek available grants, scholarships, and submit proposals for improving the infrastructure of our community. We are continuously seeking realistic opportunities that will provide financial support for immediate and future needs of our people. As individuals, we are involved in community committees and meetings. We assist other programs as needed in whatever way our time allows and seek funding as requested. We also have necessary meetings with a wide array of federal, state, county, and local government agencies and program officials to meet the criteria of grant specifications. In this, we are building on the infrastructure.

- **Indian Reservation Roads Projects** > There are two continuing grants in place. The first is the design and specifications for Diamond Road, Second Street, First Street, and Third Street. We are in the final process of reviewing the final documents that will be submitted to the Bureau of Indian Affairs, Western Region, Indian Reservation Roads Department of Transportation on March 21, 2013 for final review. The second phase is the construction per the designs in place. Due to increase cost of fuel, supplies, etc., the estimates increased and the contract grant remains the same, which means the funds are limited to paving Diamond Road and Second Street. Nevertheless, we do have the designs and estimate for the other two streets, which still remain on the priority list in the 20 Year Transportation Plan (2013-2033). We always need costs in a project. It helps know what type of grant to write and the amount we are seeking. Sometimes even two grants are not enough.

- **20 Year Transportation Plan Update (2013 – 2033)** > This is the second continuing grant in place that is nearing completion and close out once the final documents and meetings with Federal, State, Counties, School Districts, and BIA WRO staff are completed. This grant has been used to gather information during the community meetings in 2012. Your time and participation at the community meetings and surveys is very much appreciated.

- **Railroad Valley Springfish Habitat Restoration** > Planning has requested two fulltime summer interns to work with us. Barrick Gold of North America is willing to pay fulltime interns to work in Tribal communities. Barrick developed an internship program that will place students that have received scholarships from the Legacy Scholarship Fund in positions to assist communities this summer. The interns will work on the Non-Native Species Control Strategy and Stocking Needs Project. The interns will conduct Mollie removal at the Big Warm Spring critical habitat five days a week and will be responsible for transferring Springfish from the Little Warm Spring. The interns will conduct non-native species surveys of all water resources on the reservation using GPS units.

  The Little Warm Spring (LWS) pipeline is scheduled for this spring. Tony Baca, Maintenance Supervisor and Rick Poor, Stream Wise, Tribal Consultant will be constructing a pipeline to convey water to the downstream users. The pipeline will eliminate the need for cleaning ditches along the stream channel from the LWS. The Tribal downstream user, Darrell Thompson, the Railroad Valley Springfish Implementation Team, U.S. Fish and Wildlife, and the Tribe, approved a design for this pipeline.

  Planning coordinated a meeting with Todd Gilmore, Biologist, U.S. Fish and Wildlife Service and Land Assignment Committee (LAC) members in January. The LAC members in attendance were Jerry Millett and Tony Baca. Pat Knight, Tribal Manager, and Planning staff was present. The meeting was to create a method to increase water flow and presure at the Big Warm Spring to get more water into the irrigation pipeline system. It was agreed that when Rick Poore is in Duckwater to construct the pipeline at the LWS, he would also work with Tony Baca to design a way to back up the water to increase flow into the irrigation system.

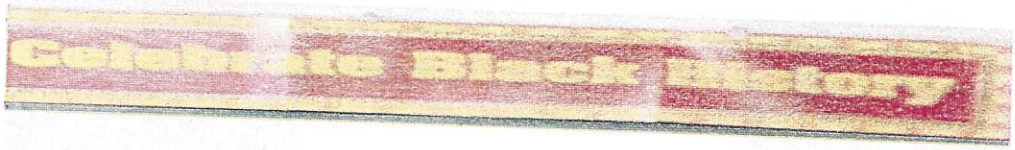
- **Master Plan Update (2013 – 2033)** > This is a continuing process with a near completed draft document that will be available by the end of the May.

Planning would also like to share some photos of community events.

Drum Practice for the opening ceremony of the Duckwater Shoshone Braves Basketball game.

HUBEJO

BONEHOG



Discussion after Black History presentations at DSES.

Elders Appreciation Day

presentations in honor of the knowledge and stories our Elders have to share with Duckwater history.

Shared stories amongst the elders and students.

Honor song presented by students.

Higher Education Information

March is the month for students pursuing higher education to start submitting applications to colleges for enrollment and filling out financial aid. This is just a reminder to begin and inform you of a few resources.

These are opportunities available in addition to Federal Student Aid and other grants open to graduating high school students, continuing college students, and people who want to increase their skills and boost their credentials to compete with the social and economic demands of our changing world. These are good things to take advantage of in an honorable and dignified manner. The knowledge and increased skills improves and adds increased talent to the infrastructure of our community.

The Duckwater Shoshone Tribe has Higher Education and Adult Vocational Training Scholarship available to Duckwater Tribally enrolled members. For more information and applications contact the Duckwater Shoshone Elementary School at (775) 863-130 or (775) 863-0126.

There are two particular scholarships for Western Shoshones:

- Western Shoshone Educational Legacy Fund. Questions and applications can be obtained through Barrick Gold of North America, Inc. by contacting Katie Neddenriep at (775) 748-1258.
- Round Mountain Scholarship for Round Mountain Descendents. Information and applications can be obtained by contacting Celena Mock at (775) 377-3231.

There is an opportunity for students to enter the Great Basin College Career and Technical Education Program. Instruction criteria and Application for Admission can be retrieved online at www.gbcnv.edu or by calling Chris Marshall at (775) 753-2175 or Heather Steel at (775) 753-2303. Copies of this packet are also available at the DSES office.

Also, available to Railroad & Duckwater Valley community residents is the 2013 Florence Ambrosini Memorial Scholarship. You can obtain information and application by contacting Patricia Knight at HC 34, Box 34228, Ely, NV 89301 by e-mail PatDKnight@hughes.net or calling Carol Hanks at (775) 863-0271.

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