

Elders Explain Loss of Shoshone Language Shoshone language students learn traditional customs

Article and Photos by Victoria Jackson



Shoshone Community Language Initiative Students, Instructors and Boyd Graham, July 13, 2017 guest elder lecturer.

Elko, July 13 - Twelve students of the Shoshone Language have gathered at Great Basin College, in hopes to enhance their Shoshone speaking skills, and to learn traditional ways, passed down from local elders.

The students will reside in Elko from July 5 to August 4, participating in various traditional practices, as well as taking in lectures, on a daily basis.

The day begins with a Sunrise Ceremony, conducted primarily by the guest speaking elder of the day. The group then convenes at the GBC Amphitheater, followed by the "Newe Lecture." After lunch, students take in an Elder Presentation, and a conversation hour. Students then have dinner, and an evening activity.

See LANGUAGE pg 3

Battle Mountain Band Summer Youth Workers Clean Up Community

Article and Photo by Victoria Jackson

Battle Mountain, July 13 - Under the direction of the Youth Supervisor, Rhonda Hicks, young people from Battle Mountain Band are continuing to clean yards, pull weeds, cutting down unwanted trees as well as assisting the cook for the summer foods program.

Since June 12, the group of nine has been gaining skills that will increase their employability, after their graduation from high school.

Hicks explained that the work has been needed, within the community, due to the overgrowth of weeds. "It makes the community look a lot better."

"The kids are getting up early, have a place to go, and are doing things for other people, and it shows them some responsibility," said Hicks. "They have rules they have to follow, it's teaching them how to prepare for work out there."

With the temperature rising, the students' work hours have changed. The time they work now is from 6 am to 12 noon. Yard work is provided for free, for the Battle Mountain Band enrolled members.

The group only visits the administration building to clock in and out. Otherwise,

See BMB pg 2



Battle Mountain Band Summer Youth Workers, and Supervisor, take a break after battling 95 degree weather to take photo.

Lone South Fork Band Summer Youth Worker Prepares Grounds for Upcoming Events

Article and Photo by Victoria Jackson



Iyana has been continually improving the look of the administration building and surrounding grounds.

Lee, July 10 - 15 year-old Iyana Conetah, incoming Sophomore at Spring Creek High School, has been working in the extreme temperatures to prepare the South Fork community grounds for upcoming events.

This year, Conetah is the South Fork Band's only Summer Youth Worker. Part of her job duties include: mowing lawns, running the weed eater, maintaining the cleanliness of

See SOUTH FORK pg 2

Elko Band Summer Youth Workers Culture While Helping Community

Article and Photos by Victoria Jackson



Elko Band Summer Youth Workers gather at the group meeting before the start of Thursdays' cultural activities.

Elko, July 6 - 51 students from the Elko Band area have committed to the Summer Youth Worker program. Students have been assigned to six departments within Elko Band Council, including: Adminis-

tration, Gymnasium, Environmental Department, Daycare, Maintenance, and After School/Shoshone Welcome Center.

Some students are employed on a part-time basis. Each group averages 8 summer

youth workers.

The group began working on June 19, and their final day will be August 18.

Every Thursday, workers are exposed to cultural activities, including: basket weaving. See ELKO pg 5

Te-Moak Tribes Contact Information

Te-Moak Tribes of Western Shoshone
525 Sunset Street
Elko NV 89801
Phone: (775) 738-9251
Fax: (775) 738-2345
Web Address
www.temoaktribe.com

Battle Mountain Band Council
37 Mountain View
Battle Mountain, Nevada 89820
Phone: (775) 635-2004
Fax: (775) 635-8016

Elko Band Council
1745 Silver Eagle Drive
Elko, Nevada 89801
Phone: (775) 738-8889
Fax: (775) 753-5439

South Fork Reservation Council
21 Lee B-13
Spring Creek, Nevada 89815
Phone: (775) 744-4273
Fax: (775) 744-4523
E-mail Address:
sforkcouncil.adm@gmail.com
Web address:
southforkbandcouncil.org

Wells Band Council
P.O. Box 809
Wells, Nevada 89835
Phone: (775) 752-3045
Fax: (775) 752-2179
E-mail address:
wellsbandmf@yahoo.com

Newspaper Contact Information

Tribal Administrator:
Phaline Conklin

Editor/Producer:
Victoria Jackson

Phone: 775-738-9251
tmknews@yahoo.com

Monthly submission
deadline:

**8th day of each
month**

**No late submissions
will be accepted**

www.temoaktribe.com

BMB continued

they have to depend on each other, throughout the work day.

16 year-old Jon Holley recalled his work duties, "cut weeds, mow lawns, work at houses, yard work, simple stuff."

When asked how he thinks that his work affects the community, Holley said, "It makes the community look better, people feel a lot better and elders are happy that we work

for them."

Talon Steve, 17, enjoys the benefits of his job, including having the ability to make money, as well as having a place to go on a daily basis.

"I'm actually accomplishing something," Steve said.

Jenean Carpenter, 14, works outside with the group, as well as assisting in the kitchen.

"I cook, and clean up after," Carpenter stat-

ed, in regards to her job tasks in the kitchen.

She said she enjoys her job, especially having the ability to earn income.

Jade Knight, 16, participates in the outdoor portion of the job. When asked what part of the job is beneficial to her, she explained, "It makes money and helps the community."

Throughout the interviews, the kids showed support after each in-

terview was completed. Each worker that did not complete an interview, waited quietly until the speaker finished, before beginning an applause.

While the job of supervisor has challenges, Hicks said the get along with each other and enjoy the opportunity to work.

"I enjoy it," Hicks concluded, "it's a lot of fun, as it's my first year as their supervisor."

Vehicle Theft Prevention

By Toni Roloson

A burglary can leave you feeling violated, sick to your stomach and angry. I know because this happened to myself and a friend not long ago while we were on an out of town trip. Along with all the negative emotions it caused, the financial burden was felt as well. We had no choice to spend hundreds of dollars to replace the items stolen and come up with funds to fix the window that was busted out. The hardest part was knowing that it could have been prevented if we had taken our items inside the hotel instead of letting the late hour deter us.

This month I am here to give you some tips and help you learn from my mistake so that you don't have to suffer the results of vehicle theft.

— Never leave your car

running or the keys in the ignition when you're away from it, even "just for a minute".

— Always roll up the windows and lock the car, even if it's in front of your home. Do not leave the sunroof open.

— Never leave valuables in plain view, even if your car is locked. Put them in the trunk or at least out of sight, but do not move them to the trunk in plain view.

— Remove portable electronic devices such as smart phones and GPS navigation systems, including the suction cup.

— Park in busy, well-lighted areas.

— Carry the registration and insurance card with you. Don't leave personal identification documents or credit cards in your vehicle. This includes mail.

— When you pay to park

in a lot or garage, just leave the ignition or valet key with the attendant. Make sure no personal information is attached. Do the same when you take your car for repairs.

Most importantly, slow down and use common sense before you leave your car. Be aware the parking guidelines when parked in a public parking area. Many have signs posted that they are not liable if your car is stolen, damaged or broken into. Often, they do not have video surveillance either.

Many of us become complacent, thinking it won't happen to us or there isn't that kind of crime in our little town, but it can happen to anyone. Hopefully following these few tips can save you the heartache that my friend and I had to face. *www.sjpd.org

SOUTH FORK continued

the grounds. Conetah also helped paint the fence, surrounding the administration building.

This is not Conetah's first year as a summer worker, she worked for Elko Band Council's program last year.

"I like it a lot, it's pretty nice out here," Conetah explained. She also stated that she likes to have something to do every day.

Conetah's supervisor was unavailable for comment at the time of the interview, but other council and community members stated that they were impressed by her work ethic and the amount of effort she puts into her job.

3RD ANNUAL NEVADA NATIONS INDIAN RELAY RACES

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WILL BEGIN 30 MINUTES AFTER LAST PARI-MUTUEL RACE

SUNDAY: CHIEF'S RACE, CONSOLATION RELAY RACE AND CHAMPIONSHIP RACE
WILL BEGIN 30 MINUTES AFTER LAST PARIMUTUEL RACE



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Class #4 – "Managing Food Portions & Exercise for Health" – 8/23/17

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LANGUAGE continued



Friday, July 7, guest speaking elder, Alfred Jackson, talks about traditions and prayer.

Weekend activities are also scheduled. The group visited the Dosa Wihi Quarry, north of Battle Mountain, the first weekend of July.

Every Wednesday night, a Native American themed movie is presented, free to the public, at Great Basin College, Greenhaw Technical Arts Building, Room 130. See page 8 for list of movies.

After the movie, six students will present their thoughts of the movie played that night. "Broken Treaty at Battle Mountain" was the first movie played, followed by an emotional recap by several students.

Elders from the Shoshone Welcome Center will continue to sell refreshments, as a fund-raiser for their upcoming trip to the Shoshonean Reunion, in August.

Samuel Broncho, Language Instructor and part-time assistant of the Shoshone Community Language Initiative.

"We're trying to get the youth, from the Great Basin area, interested in their language and culture, which is Shoshone, in this instance,"

explained Broncho. "We have elder presentations, where they talk about their specialty or something that they know a lot about. Most of the time it is led in the language, and other times the lecture is very culture heavy."

"They practice this, throughout the week, in hopes that they have a better understanding of what our weekend field trips are about," said Broncho. "Yesterday, Shawn Collins came in and explained the do's and don'ts of our culture."

Katherine Blossom, an elder of the Elko area, performed her presentation about different medicinal plants and the traditional songs that were given to her.

Alfred Jackson, 75, was the first elder speaker of the program.

He introduced himself to the class, and gave a brief history of his life. He then presented a video, speaking only in Shoshone, about his life and family, as well as his latest project of teaching Shoshone to several different age groups.

"If you don't speak Shoshone all the time in your home, you're not going to pick it up," explained Jackson. "It's hard when you have nobody to talk to and practice with."

Boyd Graham presented on July 13. Graham is a Shoshone Language instructor, in Ely, Nevada.

During his introduction, he explained the roots of his family and the differences in dialect. He also explained, to the class, why the Shoshone language is becoming obsolete, "The old Shoshone speakers started to pass away, and we started to lose our language," said Graham. "I think a lot it is caused because of people marrying other ethnic groups, italians, bascos, what few Indians were there, would not intermarry their family, so they would marry the daibos."

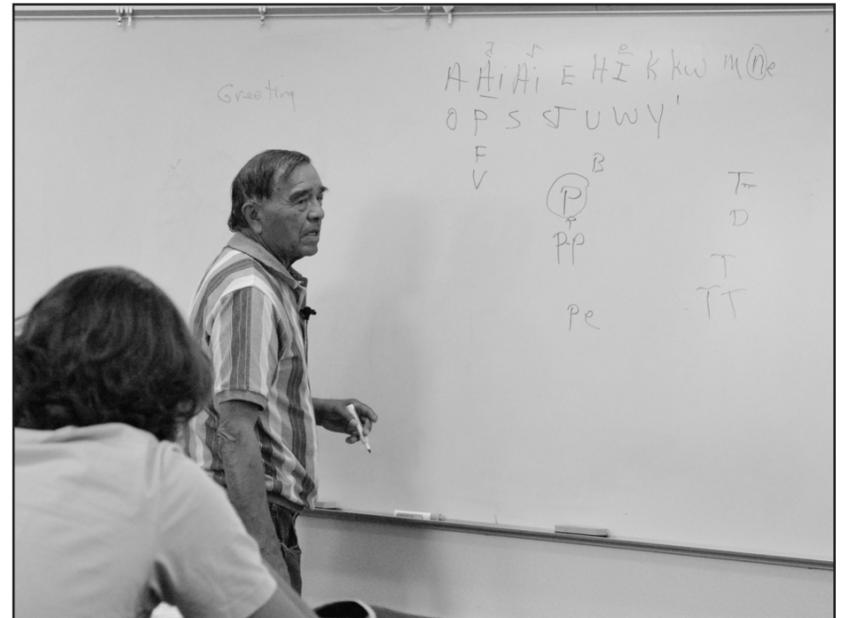
Graham said that when the Shoshones would marry the non-Indians, the non-Indians would not allow the chil-

dren to speak Shoshone, they would only be allowed to speak English. He admitted that only a few of his grandchildren can speak Shoshone.

He spoke about educational opportunity in his youth. "It's not like now, where you young people, have all this tremendous opportunity to further your education, and get training in whatever fields that you want," explained Graham. "We didn't have that, most young men, who were my age, in Duckwater, all went into the service."

Princess Mason, 16, of Portland, Oregon, explained her experience with the program, "I think it's important to learn the language, because I'm not around many Shoshone speakers where I live."

Kameron Gonzales, 16, of Boise, Idaho, explained the benefits of his involvement in the program, "by learning the history of my people, and learning how to speak the language."



Thursday, July 13, guest speaking elder, Boyd Graham, explains the Shoshone vowel and consonant system to the class.



Nevada Department of Agriculture
Food and Nutrition Division
405 S. 21st Street
Sparks, NV 89431
Phone: (775) 353-3758 Fax: (775) 353-3749

Food Distribution Program on Indian Reservations
2017 Elko Distribution Dates

January 23 th & 24 th	July 17 th & 18 th
February 13 th & 14 th	August 7 th & 8 th
March 20 th & 21 st	September 18 th & 19 th
April 10 th & 11 th	October 16 th & 17 th
May 8 th & 9 th	November 13 th & 14 th
June 19 th & 20 th	December 11 th & 12 th

Monday -Times are from 2:00 pm to 4:00 pm.

Tuesday -Times are from 8:00 am to 11:00 am.

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Shoshone Welcome Center Menu

SHOSHONE WELCOME CENTER							July	2017
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1543 Silver Eagle Drive, ELKO, NEVADA 775-738-0425								
2 LUNCH SERVED FROM 12:30 TO 1:00 PM DAILY	3 Chili Dogs Macaroni salad Corn on Cobb Melon	4 CLOSED 4TH OF JULY	5 Mandarin Chicken W? Rice - ROLLS Broccoli Orange Jello w/fruit	6 Pork Chops Coleslaw -ROLLS Apple sauce Oatmeal Cookies	7 Spaghetti Garlic Toast Green Salad Spice cake	8 1% MILK SERVED DAILY	1	
9 Shrimp Fettucine Cesar Salad Garlic toast Fruit Salad	10	11 Honey Ginger Chicken w/Rice Pilaf Broccoli - ROLLS Pistachio Pudding	12 Stuffed Cabbage Rolls - French Bread Green Beans Cantaloupe	13 French Dip Sand Oven Potatoes Cucumber Salad Peach Pie	14 Soft Flour Tacos Spanish Rice Mexi-Corn Tapioca Pudding		15	
16 Park Chili Stew Corn Bread Green Salad Vanilla pudding USDA COMMODITIES	17	18 Texas Mac Green Salad French Bread Fruit Kabobs USDA COMMODITIES	19 Happy Birthday BBQ Spare Ribs Potato Salad Corn on Cobb Rolls Cake & Ice Cream	20 Hot Hamburger Sand w/Gravy Mashed Potato Mixed Veggies Watermelon	21 Lasagna Garlic Toast Mixed Greens Chocolate Pudding		22	
23 MENU MAY CHANGE WITHOUT PRIOR NOTICE	24 Beef Stew Oven Bread Green Salad Cherry Jello	25 Lemon Chicken Rice Pilaf Broccoli -ROLLS Oranges	26 Tomato Soup Tuna Croissant Sand Chips Moon Rock Jello	27 INDIAN TACOS W/ALL THE TRIMMING Apple Pie Ala Mode	28 LAMOILLE PICNIC BBQ - Potato Salad WaterMELON		29	
30 Peppered Beef Mixed veggies Fruit Salad	31							

Classes and Community Calendar

Summer Foods Program
June 10 - August 18
Breakfast: 7:30 am - 9 am
Lunch: 12 pm - 1 pm
Elko Band Council Education Center
FMI: Elko Band 775-738-8889

Western Shoshone Summer Film Series
July 12, July 19, July 26, Aug 2
7 pm
Great Basin College GTA 130

Alzheimer's Workshop
July 19
11 am - 12 pm
Battle Mountain Band Senior Center

Diabetes Topic Sessions
with Jan Boyer
July 26
3:00 - 4:00 pm
Souther Bands Health Center
Must sign up at Reception
515 Shoshone Circle, Elko
FMI: Jan Boyer - 775-738-2252

Ely Shoshone Pow-Wow
July 28 - 29
250 Heritage Drive
Ely, Nevada

Te-Moak Tribe Fandango
September 22, 23, 24
Elko Indian Colony

Wells - Shoshone Language Class
Thursdays, 5-7 pm
Wells Band Environmental Department
1705 Mountain View Drive
775-752-2601

Active Citizens Meeting
Wednesdays 6-8 pm
Te-Moak Diabetes Center
FMI: Cherie, cherie.ike@britishcouncil.org

Elko Zumba
Mon, Wed, Fridays
5:30 pm - 6:30 pm
Te-Moak Diabetes Center
Elko
FMI: Te-Moak Diabetes Center Staff 775-738-4881

Battle Mountain Diabetes Program Scheduled Events:

Native Dance Class with Kid Fit Program
Wednesdays 4 pm - 5 pm
the Big House

Elder and Adult Workout/Craft Day
Thursdays
Workout 5 pm - Gym
Craft 5:30 pm - Senior Center

Diabetes Education Class
Last Thursday of each Month
5:30 pm
Meeting Room

Dr. Patton (foot doctor)
First Thursday of each month
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ICPOP Information



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TMHACP

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TMHACP

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10:00 PM - 6:00AM

Weekends Hours
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93-ORD-TM-01



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June 19, 2017 to August 18, 2017

Breakfast: 7:30AM - 9:00AM

Lunch: 12:00PM - 1:00PM

Elko Band Council Education Center

1765 Silver Eagle Drive

Elko, NV 89801

For more information call: (775) 738-8889

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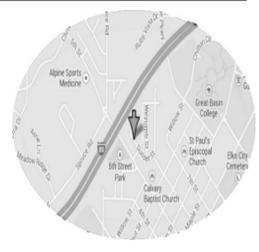
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525 Sunset Street,
Elko, Nevada 89801

ELKO continued

ing, with Roger Ike; Shoshone Language, with Marlene Cortez; Handgames with Monica Bahe, Alex Longtree; Medicine Pouch and Beading with Stephanie Sam.

During the cultural days, students are split up into groups and rotate to each activity for one hour intervals.

Field trips to Lamoille, Ruby Valley, South Fork and Angel Lake are also planned.

Karla Dick, Elko Band Alcohol and Drug Coordinator, and an assistant during cultural days, explained the purpose of the program, "We're providing the kids with the knowledge of working in each of our different departments."

"On Thursdays, we gather them all together, and in the

mornings, we work on elders' yard work, then in the afternoons we provide the kids with the cultural activities," Dick elaborated.

She also explained that the activities that the students are learning are crucial to their future.

"Supervisors, Lance Stevens, Jessica Frank, Monica Bahe and Alex Longtree, help us out on Thursdays," Dick said. "Sometimes we have 45 kids on these days."

Dick explained the reasoning for providing various cultural activities on Thursdays, "This is our first year of rotation, because last year, the Shoshone Language Instructor worked with 45 kids at one time."

"There was a lot of goofing

around, so in the students' summary, last year, they wrote what they did and did not like about the program," she continued. "One of the things they did not like was that the numbers in the Shoshone Language class was huge, so we broke it down, and added new programs."

Dick said during the June 29 field trip, the kids played horseshoes, volleyball, and hand games.

"We're basically trying to teach them work ethics, how to be respectful with themselves, to their peers and to adults," Dick continued. "My thing is being on time to work, and limiting foul language, in the work place, that is not okay."

"I think it's a good program,"

Dick concluded.

Before the start of the cultural programs, on Thursday, program supervisors meet with the entire group to plan the afternoon's activities.

Gustavo Villegas, 17, works at the After School Program, where he helps with the planning of activities. After the lunch break, he moves to the Shoshone Welcome Center, where he helps with various afternoon activities.

When asked how the work is beneficial to him personally, Villegas said, "It helps me in life, to get a job, then it helps me later on, to get a better job, and make more money."

He believes if he didn't have the opportunity to work for Elko Band, he would be busy looking for another job.



Clockwise from Top Left: Roger Ike teaches weaving; Stephanie Sam instructs students on beading bracelets; Jessica Frank teaches students to play hubejejo games; Monica Bahe supervises the group playing hand games.

Elko Band Council Notices

ELKO BAND COUNCIL
1745 Silver Eagle Drive • Elko, Nevada 89801
775-738-8889 • Fax 775-753-5439

NOTICE OF ABANDONMENT

TO: Nicole Brady and/or Current Resident

ADDRESS: 1765 Weyumb St.
Elko, NV 89801

This notice is given pursuant to NRS 118A - Landlord and Tenant Dwellings concerning the real property at:

1765 Weyumb Street Elko, Nevada 89801

The Elko Band Council has deemed this property abandoned.

You will have thirty (30) days from today's date which this notice was posted in which to remove all of your personal belongings from the home. Failure to remove your belongings will result in Elko Band Council disposing and/or selling your property, including vehicles.

Please contact the Elko Band Council at (775) 738-8889 for any questions or concerns.

Entering the home without the consent of the Elko Band Council will be considered trespassing and you may face criminal charges. Please notify Elko Band of the date(s) you plan to remove your property.

Date Posted: 07-07-2017

ELKO BAND COUNCIL
1745 Silver Eagle Drive • Elko, Nevada 89801
775-738-8889 • Fax 775-753-5439

NOTICE OF ABANDONMENT

TO: Reuben Banuelos and/or Current Resident

ADDRESS: 1749 Weyumb St.
Elko, NV 89801

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1749 Weyumb Street Elko, Nevada 89801

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You will have thirty (30) days from today's date which this notice was posted in which to remove all of your personal belongings, including the home, and vehicles from the premises. Failure to remove your belongings will result in Elko Band Council disposing and/or selling your property, including vehicles.

Please contact the Elko Band Council at (775) 738-8889 for any questions or concerns.

Entering the home without the consent of the Elko Band Council will be considered trespassing and you may face criminal charges. Please notify Elko Band of the date(s) you plan to remove your property.

Date Posted: 07-07-2017

TE-MOAK DIABETES PROGRAM

New Employees Join the Te-Moak Diabetes Prevention Program

By Mary Gibson, Te-Moak Diabetes Program Coordinator

For those who haven't yet noticed or heard, the Te-Moak Diabetes Prevention Program has a new program coordinator. Since May 30th, Mary Gibson has been busy learning about the program and the services it provides, meeting the Diabetes Assistants and making site visits to Battle Mountain, South Fork and Wells; listening and talking to people from the different communities regarding ways to improve the diabetes program as the Te-Moak Tribe grapple with the devastating and pervasive disease of diabetes.

Diabetes has reached epidemic proportions for Native communities. Type 2 diabetes is the most common form of the disease, and has been recognized as a significant public health problem among American Indian populations. According to the Centers for Disease Control and Prevention (CDC), American Indian and Alaska Native adults are twice as likely to have diagnosed type 2 diabetes than non-Hispanic whites. Rates of diagnosed diabetes among American Indians and Alaskan Natives younger than 35 doubled from 1994-2004.

"I am pleased to be joining the Te-Moak Diabetes Prevention Program team. While my background is in libraries and archives, I accepted this job because I'm aware of the alarming statistics of Native people with diabetes and the premature deaths caused by the complications of the disease. It's devastating and yet, can be preventable or controlled. If I can help one person prevent or manage diabetes then I will have contributed to the improvement and quality of someone's life. Another reason I want to dedicate my service to the is because I am personally affected by diabetes too. I am predisposed to the disease and it's written in my DNA. I have family members, both on my maternal and paternal lineage, who have diabetes. Helping myself and others learn about the disease and advocate healthy lifestyle changes is very important to me. As the program coordinator, I look forward to collaborating with and building a team of health care providers, diabetes and nutritional educators, physical exercise trainers, counselors and tribal leaders to strategize in ways that will prevent and control diabetes among our community members."

Other recent staff additions to the Te-Moak Diabetes Prevention Program include

Marilyn (Janie) Yowell, who is the South Fork Diabetes Assistant. Marilyn's most recent project is growing a vegetable garden, which is located in the South Fork community hoop house. Recognizing the importance of healthy eating in preventing and managing diabetes, Marilyn started the garden. Her plans are to distribute the harvested vegetables to the folks of South Fork who want healthy, fresh vegetables.

Lillian Young, the Wells Diabetes Assistant, began work in June. Lillian's projects include diabetes and nutrition education, exercising with the elders, crafting and cooking with the youth and elders. Lillian leads a program "Science in the Kitchen" for the youth where science plus cooking equals good nutritional snacks. Lillian also cooks nutritional meals for the elders where conversation and good food promote healthy choices.

Norman Puhuyaoma joined the Te-Moak Diabetes Prevention Program/Healthy Native Kids, in May as the assistant lifestyle coach. Working with Courtney Miller, who heads the Healthy Native Kids Project through the Nevada SNAP-ED program, Norman currently helps with the summer youth activity programming and the Native dance classes. Norman is anxious to help both youth and adults with a fitness program that promotes healthy eating and active lifestyles.

While not a new employee, Clarinda Oppenheim, has been the Diabetes Assistant for Battle Mountain for a number of years. Her constant and consistent care for her clients is truly an inspiration. She took the initiative to learn all she could about diabetes and much of her learning was done on her own time in order to help her community. Clarinda is busy keeping her clients busy, always moving and always active and on the go. Clarinda has implemented a successful cooking and nutrition class for the Battle Mountain community. Once a month, a local chef does a cooking demonstration while infusing and informing the nutritional value of healthy meals.

Another long-standing employee, Courtney Miller, is the lifestyle coach for pre-school and elementary age children. Courtney manages the Nevada SNAP-ED Program and works in collaboration with the Te-Moak Diabetes Prevention Program advocating healthy eating and active lifestyles. Prevention is the key

to the debilitating disease of diabetes, and focusing on youth to receive information to help change eating habits and being physically active will help children attain a healthy lifestyle, which ultimately will keep diabetes and/or obesity at bay.

In reference to the diabetes education and physical activity programming some may be wondering why the Elko area is moving at a snail's pace while the other communities have their programs in place. Well some of the reasons involve the transitional period of the new program coordinator after months of the position being vacant, learning the nuances of the job, work backlog and dealing with the day-to-day operation of the unexpected and time consuming elements of some of the tasks. Another reason, there is yet a vacancy to be filled and that is for the diabetes assistant here in the main office. Once that position is filled, things at the Te-Moak Diabetes Program will run a lot more smoothly. Plans are being made to resume the monthly diabetes education and nutrition classes with Jan Boyer Diabetes Educator with IHS, exercising with the elders at the Elko Welcome Senior Center the program coordinator will be providing healthy, nutritional cooking demonstrations.

One thing to look forward to and is currently in the planning stages is a walk or run challenge. The challenge will be implemented and offered to all the Band communities. The impetus to the walk or run challenge is to adopt an awareness on the importance of physical activity and making lifestyle changes from being sedentary to incorporating physically activity into a daily routine. The challenge: to walk or run 100 miles! And incentives will be awarded. More about the challenge will be announced soon, so keep your ears and eyes peeled.

Program services and sum-

mer activities currently happening:

Te-Moak Diabetes Program Offerings:

- Diabetic Shoes through Nike N7
- Dentures (Get referral through IHS)
- Eyewear through Te-Moak Eyewear Program
- Podiatry
- Gym memberships through Elko Strength & Fitness and PAC (see below on memberships)
- Zumba, Step Aerobics & Cycling Classes
- Diabetes Education & Nutrition Classes
- Native Dance Class
- Senior Fitness

Memberships are provided and paid for by the Te-Moak Diabetes Program for the following gymnasiums: Elko Strength & Fitness, Performance Athletic Club (PAC), and Wells Colony Gym. To be a member of any of the gymnasiums, a contract will be required and signed between the individual and the Te-Moak Diabetes Program. By signing the contract, the client is agreeing to utilize the gymnasium facilities TWO times a week within a one month period. You must meet this requirement in order to continue the membership. Failure to do so will result in the membership being revoked. There is a limit of 25 members at each gym facility. If gym memberships reach a maximum capacity, you can be put on a waiting list for the next opening. Applications for gymnasiums can be picked up at the Te-Moak Diabetes Program building, 511 Sunset St., Elko, NV, or from the Diabetes Assistant at the Wells Colony Gymnasium. An alternative to gym membership is to use any of the exercise equipment at your local diabetes program facility.

The Kid Fit Summer Activities Calendar. For more information, call 738-4881 or 401-0770

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Volleyball 9-11am Swimming 1-3pm	3 HAWAIIAN	4 Bad Mitten 9-11am Battle Mtn 2-4pm	5 Bowling 10-11:30am Tennis 1-3pm Dance 3:30-4:30pm	6 Flag Football 9-11am Swimming 1-3pm	7
	9 Wiffleball 9-11am Swimming 1-3pm	10 S. Fork Fishing (12+ yrs need fishing license if fishing)	11 Battle Mtn all day	12 Bowling 10-11:30am Basketball 1-3pm Dance 3:30-4:30pm	13 Archery 9-11am Swimming 1-3pm	14
	16 Hiking 9-11am **wear tennis shoes** Swimming 1-3pm	17 Kickball 9-11am Dance 3:30-4:30pm	18 Battle Mtn All day	19 Bowling 10-11:30am Volleyball 1-3pm Dance 3:30-4:30pm	20 Wiffleball 9-11am Swimming 1-3pm	21
	23 Softball 9-11am Swimming 1-3pm	24 Angel Lake (12+ yrs need fishing license if fishing)	25 Archery 9-11am Battle Mtn 2-4pm	26 Bowling 10-11:30am Basketball 1-3pm Dance 3:30-4:30pm	27 Hiking 9-11am Swimming 1-3pm	28
	30 Bad Mitten 9-11am Swimming 1-3pm	31	If you have any questions please call 401-0770/738-4881			

Safety Fair Images

Submitted by Te-Moak Housing Crime Prevention Program

June 24, was the Te-Moak Housing Annual Safety Fair. This year's event included booths on safety prevention such as: fire safety, weather safety, animal safety, gun safety, outdoor/summer safety, pool safety and equipment safety. Elko City Ambulance, Fire Department, HOPE- Survivors of Suicide, ICPOP and Citizen Corp were also invited. Housing and the booths provided raffle prizes.

All Te-Moak Bands were invited. 150 participants attended. Activities for kids included bounce houses, and Te-Moak Diabetes Program provide activities for adults and youth. We had a BBQ and enjoyed each others company and HAD FUN!



Elko Native Dance Class

**Diabetes Center 3:15-4:45pm
Tuesday & Thursday**

Snacks & Rides Home Provided

If any questions or concerns
please call Courtney
738-4881 or 401-0770

Battle Mountain Information

SUMMER FOOD PROGRAM
 "Our Summer Food Program will start on June 12, 2017. Denise Gonzalez is our new cook. Lunch will be from 12:00 pm to 1:00 pm at the Big House. Kids ages 3 to 18 eat free, kids under the age of 7 may be accompanied by an adult. Adults that are 19 to 54 will pay \$3.00 if they want to eat at the lunch program. You must pay in advance at the Finance Office. Roberta will make a card for you that you will present to the cook when you go eat."

SHOSHONEAN REUNION
 The Shoshonean Reunion will be held in Fort Hall Idaho on August 8-10, 2017. Seniors 55 and older that would like to attend please fill out the registration form and return to Donna.

ZUMBA®

fitness classes

JOIN THE party

every day of the week
zumba on mon. wed. fri.
10am-11am and 5:30pm-6:30pm

kick boxing on tuesday's
step aerobics on thursday's
5:30pm-6:30pm

instructor: amanda ruiz

@ the-te-moak diabetes center

775-738-4881

all ages welcome!

Elko Strength & Fitness

Type of trainings provided:
 Weight loss,
 Strengthening, Circuit,
 Personal/Group training,
 Boxing, Women's toning &
 MORE!

Come on over to the
 te-moak diabetes center
 for an application!
 Bring Tribal I.D

available for diabetics &
 non-diabetics

Give us a call @775-738-4881
 for questions!

Images of 2017 July Parades

Elko Basque Parade

Photos by Victoria Jackson



Battle Mountain 4th of July Parade

Photos by Gelford Jim



Orr Wins at 2017 Elko Writers' Festival

Submitted by Nocona Hassett



Elko, May 8 - Riahnna Orr, an 8 year-old 3rd grader at Northside Elementary School, won first place in the Elko Writers' Festival. Orr wrote about her emotional time at her Uncle Chad's funeral.

Her story was selected from all of the 3rd grade submissions in the school district.

Orr is the daughter of Nocona Hassett and granddaughter of Jim and Dallas Smales.

Riahnna Orr
3rd Grade
Ms. Carsrud
Northside Elementary



Uncle Chad

I got out of the car. I could feel the breeze on my face and it felt nice. I glanced around and didn't see my grandma in her yard, but I saw a dead tree, hay in the fields, and heard barking dogs all around. My mom and I were heading to the funeral down in the field for my Uncle Chad. I felt tears fall off of my cheeks. I was very, very sad. When we got to the funeral my family and I did the native pledge. Then we all listened to some country music because Chad was a cowboy. I walked up to his coffin and saw his horse riding gear, but I did not see his ashes. My mom has said that he was cremated. My grandma finally came down and she was sniffing and had a tissue in her hand. I thought she was crying. I asked my mom, "Is grandma crying?" She did not answer me. A few minutes passed and my family and I went to place where he would be buried. After everyone left me, my mom and grandma stayed for a while. I put rocks around his coffin and started to cry as I said my goodbye.

Te-Moak Diabetes Prevention Program Swimming Passes Available

Family passes at the Elko City Swimming Pool is also available. Limited passes are available at the Te-Moak Diabetes Center and is given out of first-come first-served basis. One pass per week for family passes please. Passes can be used for open swimming or, lap swim which is for adults only.

Open Swim: Monday-Friday 1:00 pm - 4:00 pm and Saturday 12:00 pm - 4:00 pm

Adult Lap Swim: Monday-Friday (Outdoor Pool) 5:30 am - 7:00 am Monday-Friday (Indoor Pool) 5:30 am - 8:30 am

Both pools 11:00 am -12:45 pm Both pools 5:30 pm - 6:30 pm

Adult swim exercise classes are also available and requires signing in or notifying the swim pool employees at the front desk that this is with the Te-Moak Diabetes Program. The schedule is below:

Monday-Thursday: 12:00 pm - 12:50 pm Monday-Wednesday: 5:30 pm - 6:30 pm

Arrangements are currently being made for the Wells Band community to purchase swimming passes as well. Passes will be available soon. Please check with the Wells Diabetes Assistant at 928-613-5322.

Western Shoshone Summer Film Series

"Free and Open to the Public"

<p>BROKEN TREATY AT BATTLE MOUNTAIN</p> <p>60 min Documentary NR</p> <p>JULY 12 7:00 P.M.</p> <p>Great Basin College, GTA 130</p>	<p>AMERICAN OUTRAGE</p> <p>56 min Documentary NR</p> <p>JULY 19 7:00 P.M.</p> <p>Great Basin College, GTA 130</p>	<p>BONES OF CONTENTION</p> <p>49 min Documentary NR</p> <p>JULY 26 7:00 P.M.</p> <p>Great Basin College, GTA 130</p>	<p>SMOKE SIGNALS</p> <p>89 min Comedy / Drama PG 13</p> <p>AUGUST 2 7:00 P.M.</p> <p>Great Basin College, GTA 130</p>
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PRESENTED BY:

Great Basin College (GBC) does not discriminate on the basis of race, religion, color, age, sex, sexual orientation, military status, disability, national origin, gender identity or expression, or genetic information. For inquiries, 775-738-8493

Newe Ghani Cultural Center

Job Announcement

Position: Cultural Manager
Organization: Newe Ghani Cultural Center
Salary: \$50,000 per year (Full Time - 40 Hours/Week)
Location: Elko
Opening Date: June 28, 2017
Closing Date: July 27, 2017 @ 11:59 pm

Position Summary:
Comply with legal obligations, policies and procedures established to maintain an IRS recognized 501C3 Non-Profit Organization to promote greater appreciation of Western Shoshone history and culture.
Cooperate with tribal leaders of the Elko Band Council and Administration, Newe Ghani Board of Trustee members from the 8 Western Shoshone communities, and the Tribal Councils of these communities to receive, protect and interpret artifacts that have been repatriated to the Western Shoshone.

Effectively manage the development and on-going operations of a Western Shoshone Cultural Center, including budgeting, interior design, interpretive materials and displays, security, finances, inventory, marketing, programs and public events, grant writing and other fundraising activities.

General Duties and Responsibilities:

- Working closely with the Newe Ghani Board of Trustees, develop, implement and oversee a comprehensive cultural center and cultural resource program that are focused on the history and culture of the Western Shoshone people of the Great Basin.
- Provide leadership, coordination, facilitation, and direction in the development of short and long range plans for the development of the cultural center and its programs.
- Work with Newe Ghani Board members, Tribal Councils, community members and outside experts to develop interpretive materials and displays of cultural artifacts that further the mission of the Cultural Center.
- Provide liaison services between Western Shoshone small businesses and artists to effectively create revenue for the cultural center (consignment and other) and create public exposure for unique Western Shoshone traditional and modern arts and crafts.

- Organize events for, and make presentations to tribal councils, community members, and other external groups and organizations to promote and strengthen support for the cultural center and integration of the center and its programs in the daily life of the Newe.
- Develop and seek approval from the Board of Trustees for the budget for the development and operation of the cultural center and its programs and manage the budget in consultation with the Board.
- Monitor and evaluate programs and training activities.
- Provide participating tribes with monthly reports of program activities.

Additional Experience and/or Requirements

- Bachelor's Degree in appropriate field or strong background in similar field
- Must be based in Elko or be willing to move to Elko
- Must be a Western Shoshone Tribal member or Certified Indian Blood Degree
- Must be able to be bonded
- Must have a valid driver license
- Meaningful prior experience required in working with non-profits, foundations, tribal organizations and governmental agencies.
- Meaningful prior experience required in working with Boards of Directors, Tribal Councils and community groups for community development projects.
- Grant writing experience required.
- Must have a strong interest in Shoshone culture and history.
- Must be willing to work outside of normal business hours for events, related business travel, presentations and community meetings.
- Other duties assigned by the Newe Ghani Board

Newe Ghani Cultural Center Mission Statement:
"Interpreting the Western Shoshone story from the Newe perspective, valuing and educating about our Newe way of life."

Interested candidates must send cover letter, resume, and three references via email to:

Colene Paradise, Secretary of Newe Ghani Board of Trustees:
coleneparadise@yahoo.com
Newe Ghani board will begin reviewing resumes immediately.