DUCKWATER QUARTERLY NEWSLETTER

4TH QUARTER, OCTOBER 2016

Tribal Council Quarterly Update

Greeting Duckwater Shoshone Tribal Members,

Fall is upon us. Weather is changing, with the mornings getting colder. This last three months have gone be fast, after our Annual Festival, everyone has been on the road going and participating and supporting in other Community's Pow-wow or Hand game Tournaments. Also a big Thank You and Good Job to our Summer Youth Workers this year, we had 6 workers that worked in different departments this year. The Health Department held their Annual Health Fair, and they had a good turn out with different vendors and community. Good Job.

For our Annual Council Elections, Voting will be on December 17, 2016 8:00 am to 12:00 pm. Absentee Voting will begin December 12, 2016 and will end December 16, 2016 at 2:00 pm at the Administration Building. There are two seats that will become Vacant, Perline Thompson and Paul Walker Jr 3 Year Terms are up. As of November 17, 2016 and no later than December 2, 2016 by 2:00pm any qualified member my announce his or her candidacy. If you have any questions you may call Heather Broderson @ 775-863-0227 at the Administration.

Duckwater has sent a letter of support for Standing Rock, and our CHC will be making a trip to North Dakota in November to deliver donated supplies. If you have any questions you may call Debbie O'Neil @ 775-863-0222 at the Health Department.

The Handi Cap project is still on going. If you have any questions you may call Alissa Thompson @ 775-863-0334 at the Housing Office.

The Health Department Clinic expansion is near complete. If you have any questions you may call Gonnie Mendez @ 775-863-0227 at the Tribal Administration.

New Enrolled Members

Kayon Jones

Relinquished Enrolled Members

Yovone Gonzalez

Employees Hired

Roger Hoof hired as High School Bus Driver

Alyssa Robinson hired as High School Bus Driver

Justin George hired as Invasive Species Program Technician

Sonja Bittner hired as PRC Clerk II

Christian Martinez hired as Police Officer

Antone Mendez hired as Police Officer

Just a reminder all Regular Council meetings are held on the last Monday of the month and Special meetings are called if needed. If you have concerns or would like to be on the agenda please call the Tribal Administration at 775-863-0227 and speak to our Tribal Manager, Gonnie Mendez.

Respectfully Yours,

Duckwater Shoshone Trial Council

Perline Thompson
Chairman

Lorin Watson
Vice-Chairman

Lili Ann Pete
Secretary

Paul Walker
Member

Kathy Adams-Blackeye
Member

DUCKWATER SHOSHONE TRIBE
DUCKWATER, NEVADA 89314

Hello from the Desk of the Tribal Manager:

The Community Development Block Grant (ICDBG) project for the expansion of the Health building is scheduled to be completed by October 30, 2016 and Final Report to HUD November 30, 2015.

As you know the restroom at the Big Warm Springs has been delivered and set up and there will be 3 free standing barbeques and picnic tables on cement slabs put in hopefully before the weather gets too much colder.

The nutrition and diabetes program is continuing to have good events, so keep your eye out for posters and calendars and enjoy the presentations and programs.

As a reminder the wellness center has work out equipment in the little white house, so take advantage, if you need assistance feel free to get a hold of Brenda at the Health Department.

Its starting to get cold so keep yourself warm, wear the appropriate clothing, try not to stay out in the cold to long, don't forget to get your flu shot if you haven't already.

Halloween and Veterans Day is coming up soon, so get ready to have fun and enjoy the events.

There will be a meeting in my office with the Veterans on November 2, 2016 at 1:00 pm to discuss what you want to see on Veterans Day event. So, Veterans please be there.

The holiday season is coming up fast, I hope you have a great Holiday Season and you are able to do and complete whatever plans you have for the Holidays.

OCTOBER 2016

3RD QUARTERLY NEWS ARTICLE

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

Summer is gone, Autumn is here with many activities around the rez. It is always so amazing how activities flourish with all age participants in this small community amongst the many programs.

The most recent event was the Duckwater Community Health Fair. The many participating vendors were wonderful. This year the Division of Planning booth consisted of answering two questions.

What business is needed in Duckwater? And, What makes a community healthy?

Both were answered by many people, grade-schoolers, Elders, adults, youth, male and females, and non-residents. Some also made statements next to items that were not feasible or healthy.

What business is needed in Duckwater? An enterprise that will benefit the community > store x 16 > gas station x 11 > carwash x 7 > bar x 3 bar/grill (no bar x 6) > community center x 3 > fix all roads to nice smooth paved roads so my car is not dusty x 4 > an education center for continuing education x 2 > youth center x 2 > airport > restraunt x 3 > mall x 2 > family dollar x 2 > tribal internet x 3 > walmart x 3 > cement block company x 2 > gravel pit > water drilling company > greenhouse business

What makes a community healthy? Getting along with each other > supporting everyone: no negative vibes to others > no lateral violence!!! > being positive > being helpful to others > cooperation – sensitivity > more housing > do not litter > drink water > eat grapes > eat healthy and exercise > being respectful to everyone > garden > communication > healthy food and exercise > fruit and vegetables > exercise > obeying laws > safety > by not littering > protecting water > fun run/walks > healthy water > fun > banannas > green house > fresh fruits/vegetables > personal health > community communication > community events > health events > open communication > exercise > eating healthy > communication > walking > no bullying > bike riding > walking > clean playgrounds > more houses > good communication > obeying the laws to be safe >

Duckwater is one of the six tribes included in the Nevada Native Nations Land Act which extends reservation boundaries. Surveys are forthcoming on previous scenarios, feasible scenarios, and your comments and suggestions for the expansion. The following is an excerpt from the Nevada Nations Land Act for your information.

Nevada Native Nations Land Act

(Sec. 3) This bill requires the United States to hold in trust the following lands for the benefit of:

- the Fort McDermitt Paiute and Shoshone Tribe of the Fort McDermitt Indian Reservation, 19,094 acres of Bureau of Land Management (BLM) land;
- the Shoshone-Paiute Tribes of the Duck Valley Indian Reservation, 82 acres of Forest Service land;
- the Summit Lake Paiute Tribe, 941 acres of BLM land;
- the Reno-Sparks Indian Colony, 13,434 acres of BLM land;
- the Pyramid Lake Paiute Tribe, 6,357 acres of BLM land; and
- the Duckwater Shoshone Tribe 31,269 acres of BLM land.

The lands held for these tribes shall be part of their respective reservations.

(Sec. 4) Gaming is prohibited on these lands.

Once again the Master Plan process will begin. Community meetings will begin to be held in the near future to address land use of the present reservation and the expansion.

The Division of Planning seeks technical and financial support to assist with obtaining the community's goals toward economic development and sustainability. Infrastructure development is forth-coming, as grant opportunities become available, we will begin submitting grants. When you have thoughts on what to develop and what not to develop one can give us a call at 775.863.0444.

Some examples of what we will be pursuing: 5 to 20 acre home sites for people who would like to have some sort of agriculture and purchase their own homes. Be able to have chickens, etc. that are not appropriate in the housing area. Relocating the maintenance shop closer to the gravel pit on the north end. A gas station/convenience/cultural center store on top of the hill to catch the flow of traffic. To continue pursuing funds to pave the Eureka Road and limit truck traffic. People want safe roads to travel without changing tires and maintaining the high cost of vehicle repairs when using this road. These are just a few ideas that continue to be thoughts of community members and those who would like to return home.

The Low Cost Safety Improvements Project is yet to begin on the reservation. Some road work and signs on the Nye County portion of the road to Eureka have begun. Road maintenance will continue to be ongoing.

FROM THE OFFICE OF KATHY ADAMS-BLACKEYE, GRANTS WRITER

For These Americans, Clean Water Is a Luxury

By GEORGE McGRAW

OCT. 20, 2016

LOS ANGELES — Most Americans take safe water for granted: Turn the tap, and there it is. But recent protests against the Dakota Access pipeline on the Standing Rock Reservation in South Dakota are a reminder that some Americans still worry every day about having enough clean water to survive.

As events in Standing Rock and Flint, Mich., capture national attention, long-running water emergencies fester in near-total obscurity elsewhere across the country, many of them on native reservations.

Nearly 24,000 Native American and Alaska Native households somehow manage without access to running water or basic sanitation, according to 2015 figures from the Indian Health Service, living in what my organization calls "water poverty." About 188,000 such households were in need of some form of water and sanitation facilities improvement.

Perhaps the worst case is on the sprawling Navajo reservation in the Southwest, home to about 170,000 people.

I found this out only inadvertently, though I run Digdeep, a nonprofit group focused on improving access to clean water in some of the places you might expect: South Sudan and Cameroon. But not in the United States.

In 2013, a woman called our office to make a sizable donation, with the stipulation that we spend it in the United States. I told her that her gift would be better spent in the developing world, but she was adamant that we use it on the Navajo reservation in New Mexico.

So I drove the 10 hours from my Los Angeles home to Thoreau, N.M., part of the Navajo Nation. The reservation is the country's largest, covering parts of Utah, Arizona and New Mexico.

There, I was greeted by Darlene Arviso, a Navajo known as "the water lady." I rode with her in a 3,500-gallon tank truck, and we delivered water free to 10 households across the arid high-desert plateau.

The first home we visited belonged to Lindsay Johnson. The house had no running water or electricity; a car battery powered the TV. Ms. Arviso took out a hose and everyone grabbed cups, bowls, buckets and barrels to store the water.

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There's not much water in the high desert — and much of what's there is bad. Large parts of the reservation lack any water-supply equipment. The low population density makes building a water distribution system economically unfeasible. Tribal members rely on surface water and shallow aquifers, many of which have been poisoned by uranium mining.

Ms. Arviso explained that because of high demand for her service and the remoteness of the Johnson home, she is able to deliver only 400 gallons of water to the family each month. That amounts to less than three gallons of water per person, per day. (The typical American uses about 100.) The Johnsons use the same water to wash dishes and their hair, and finally pour what's left into the toilet tank. They invariably run out of water before Ms. Arviso's next visit.

Benjamin Lewis, a retired miner, lives 30 miles from the Johnsons. Before Ms. Arviso began delivering water, Mr. Lewis relied on a water trough meant for sheep that is supplied by a well pumped by a windmill. That water tested positive for uranium in 1976. More recent tests have been positive for nitrites. Some neighbors still use the sheep tank in emergencies.

While about 6 percent of American Indian and Alaska Natives live in water poverty, the problem is not confined to the reservations. About a half a million American households lack basic plumbing amenities

like hot water, a tap or toilet, according to the Census Bureau. As in Flint, they are disproportionately poor and minority.

In the Coachella Valley, southeast of Los Angeles, for instance, low-income and undocumented farm workers living in trailer parks endure open sewage ditches and contaminated drinking water.

I visited one of the worst of these parks, Duroville, before a federal court closed it in 2013. More than 4,000 people lived in a park built for 500. Tenants complained that they were forced to pay their landlord up to 30 percent of their income for delivery of drinking water that made them sick. While most of these families have been resettled, similar conditions persist in the nearby localities of Thermal and Mecca.

Pockets of water poverty exist in nearly every state, particularly in rural Appalachia and New England, and in the "colonias" along the border with Mexico.

These conditions shouldn't persist. Even relatively inexpensive and simple solutions can have a profound impact.

In Thoreau, we optimized Ms. Arviso's delivery route, outfitted a second water truck and hired a new driver, doubling the delivery capacity for only $64,000. Last winter, we began installing cisterns and electric pumps for 204 homes; when the project is finished, hot water will flow from taps and showers at a cost of less than $4,000 per household. This spring, we will break ground on a 1,500-foot-deep well close to the Johnsons' house, expanding water delivery to more homes.

Ending water poverty in the United States will require a concerted effort. Nonprofits can play an important role by working with communities to develop low-tech, low-cost solutions. These programs should be managed with the communities to ensure they are sustainable. Federal and state government should focus on water-supply and sanitation projects with the goal of making these local programs unnecessary someday.

With dedication and money, water poverty on the Navajo Nation could be eradicated within a decade. That would be a powerful start.

OFFICE OF THE SECRETARY
U.S. Department
of the Interior

WASHINGTON
News Release

Date: October 12, 2016
Contact: Interior_Press@ios.doi.gov
(AS-IA) Nedra Darling 202-219-4152

Obama Administration Exceeds Ambitious Goal to Restore 500,000 Acres of Tribal Homelands

Administration makes good on promise to place at least one half million acres of land into trust for tribal nations, working to make tribal communities whole again

WASHINGTON – U.S. Secretary of the Interior Sally Jewell and Principal Deputy Assistant Secretary – Indian Affairs Lawrence S. "Larry" Roberts today announced that the Obama Administration has exceeded its goal of placing half a million acres of tribal homelands into trust for federally recognized tribes.

"Restoring tribal homelands has been a pillar of President Obama's commitment to support tribal self-determination and self-governance, empowering tribal leaders to build stronger, more resilient communities," Secretary Jewell said. "The Administration broke the logjam on trust land applications in 2009 and has worked steadily, collaboratively and effectively to restore Native lands that will help strengthen tribal economies and make their nations whole again."

The 500,000 acre goal was surpassed Friday when President Obama signed into law the bipartisan Nevada Native Nations Lands Act, which conveys more than 71,000 acres of Bureau of Land Management and U.S. Forest Service lands to the U.S. Department of the Interior to place into federal trust status for six Nevada tribes. The tribes will use their newly acquired lands to expand housing, provide economic development opportunities and promote cultural activities for and by their tribal members.

"Secretary Jewell announced early on a goal of restoring 500,000 acres to Indian Country by the end of the Obama Administration and we view this as a meaningful start to correcting the enormous loss of tribal homelands Indian Country has endured," Principal Deputy Assistant Secretary Roberts told tribal leaders at the opening session of the National Congress of American Indians' 73rd Annual Convention in Phoenix, AZ earlier this week.

Roberts further said, "I want to thank the Bureau of Indian Affairs Director Mike Black for his implementation of this important policy, the Regional Directors and their staff for their hard work to make it a reality. While our fee-to-trust process remains rigorous and tribes must expend

precious resources to address the *Carcieri* decision, tribes continue to prioritize the return of their homelands, investing their own resources to ensure a land base for future generations."

Restoring tribal homelands has been a key part of the Obama Administration's Indian Country priorities, representing a shift from historic federal policy that previously resulted in tribes losing millions of acres of land across the U.S. over several hundred years. Since 2009, the Bureau of Indian Affairs has processed 2,265 individual trust applications and restored more than 542,000 acres of land into trust. And in partnership with tribes and agency staff at all levels, Indian Affairs continues to process additional applications for land into trust.

As part of President Obama's pledge to work nation-to-nation with tribal leaders to strengthen their communities and build their economies, the Administration also has overhauled antiquated leasing regulations to provide tribes greater control over their homelands and issued new regulations to allow the Interior Department to accept land into trust for federally recognized Alaska tribes, thereby advancing tribal sovereignty and closing a long-standing gap that had not extended this eligibility to Alaska Natives.

The Secretary of the Interior is authorized by the Indian Reorganization Act of 1934 to acquire land into trust for federally recognized tribes. Lands held in federal Indian trust status, which cannot be sold, alienated, or transferred to non-Indians or non-Natives, benefit their American Indian and Alaska Native tribal owners through federal programs for business development, housing, and environmental and cultural protection. Typical uses of trust land include governmental operations, cultural activities, agricultural/forestry activities, housing, economic development, social and community services, and health care and educational facilities.

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RICKY MIKE / DUCKWATER FIELD TECH

Hello Duckwater Community members! I hope everyone is doing great these days. First of all, in the water field everything is doing ok. Water usage is around 70,000 gallons a day which is about the same as last years average for this time. Just a reminder to un-hook your outside water hose to prevent freezing. Thank you for all the people that have been setting out there trash bins on the curb. For larger items, please refer to the price list below. Please call me if you have any questions at the office. 775-863-0399 or e-mail me.

windcatcher2009@hotmail.com

In the air field we are taking air samples once every quarter. The weather station is also collecting air data. Please go to the web site to check it out at www.cemp.dri.edu . As always if you have any problem call me.

SOLID WASTE

In the solid waste field I'd like to thank everyone who puts their trash bins out on the curb. Remember if there not out we assume that you have no trash and will not stop. Please call the office for large pick-ups and prices. Below is a run down of the fees that the Council approved Sept 24, 2012.

House hold waste permit monthly cost $20.00

Commercial waste permit monthly.....$100.00

Up to three 35 gal cans.....$8.00 ea.

Up to two 55 gal barrel.....$8.00 ea.

Four to six 35 gal barrel.....$8.00 ea.

Three to four 55 gal barrels..$10.00 ea.

Loose to bulk material (per cubic yard).....$8.00 (3x3x3)

Construction debris.....(per cubic yard).....$8.00 (3x3x3)

Mattress/Furniture.....$5.00 ea.

Refrigerators-freezers $5.00

White goods (stoves, dryers, washers)... $5:00 ea.

Tires: 16" or smaller .....$5.00 ea.

17" or larger.....$10.00 ea.

Automotive: campers, car and truck bodies....$45.00

Batteries.....$3.00 ea.

Fee schedule subject to change by Tribal Council

From the desk of Tilly Thompson, Health Receptionist

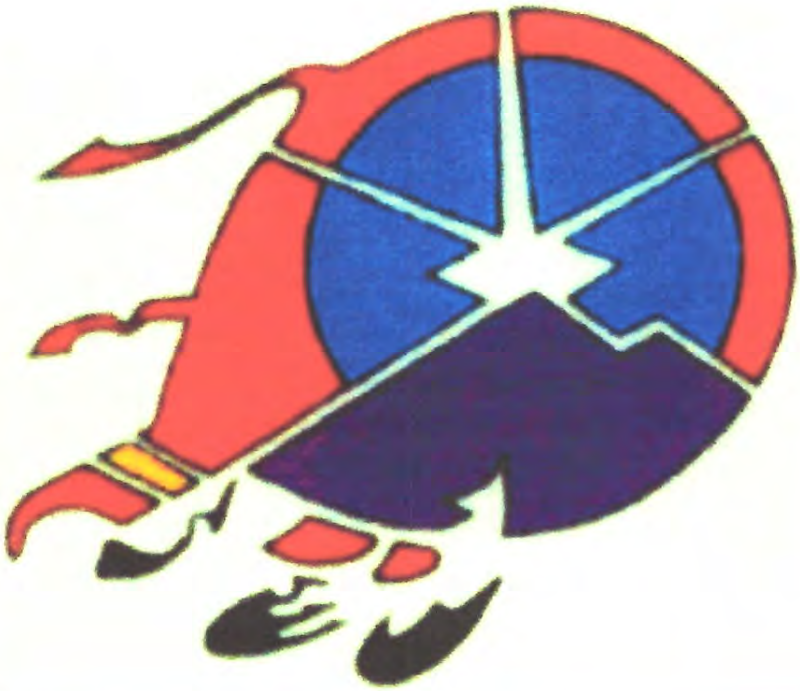
Hope this newsletter finds everyone in good health around this climate change. This year went by so fast I can't believe it's already October and it's ready for winter time!

Only a few things as reminders:

*Please update with Linda any new insurance cards or any updated information that may have changed during the year so we will have the updated information in the RPMS.

- Please remember to ALWAYS have the Managed Care Committee meet on all of your requests for Dental, Optometry and Medical requests.
- Always remember to fill out ALL travel advance requests with me preferably two weeks in advance to insure you will get your check before your travel dates. If it is not filled out in the right amount of time you will be required to fill out the Travel Expense statement and wait for your reimbursement.
- Remember after EACH travel date you go on a Travel Expense statement is to be signed upon return.
- Remember to STOP by the Clinic and pick up your referrals before you go to your appointments

*The reminders for the travel monies only pertain to those that follow in the lines of the travel policy in place.



Purchased Referred Cae

4Q 2016 VOL 5

PO BOX 140087, DUCKWATER, NV 89314

What is Purchased Referred Care (PRC)?

The Purchased Referred Care (PRC) is a federally funded program to assist eligible Native Americans with payment of bills for eligible medical costs. PRC will help pay the costs for eligible services that your insurance or alternate resource does not pay. PRC will help pay the costs for eligible services for eligible participants who can show that they do not qualify for or have insurance or other third party alternate resources.

Eligibility

An enrolled member of the Duckwater Shoshone Tribe and resides within our established PRC delivery area.

An enrolled member of a federally recognized tribe and resides on the Duckwater Shoshone Reservation. Must meet the residency requirements of the Duckwater Shoshone Health Department policies.

Minor dependents are also eligible by meeting the same criteria of 1 or 2.

All services must be pre-authorized by the Duckwater Shoshone Health Department's Managed Care Committee (MCC) based on medical priority.

Privacy

Please remember that all your information in the PRC program remains totally private and will not be released without your authorization. The Duckwater Shoshone Health Department is mandated to comply with the standards of the Health Insurance Portability & Accountability Act (HIPAA).

Questions?

For further information or questions you may contact the PRC Director at (775) 863-0222

Your Responsibility

How to use Purchased Referred Care:

1. You must have a referral from the Duckwater Shoshone Health Department to any medical facility/provider. A referral is required for full payment or for costs that your insurance or alternate resource does not pay.
2. Non-emergency medical services require pre-authorization. Non-emergency dental services require a (3 – 7) day pre-authorization. Failure to obtain pre-authorization from the Health Department may cause you to pay the outside provider for their services.
3. All emergency visits must be reported within (72) hours after receiving treatment. The Managed Care Committee will review the treatment received and determine the priority level of the service. Keep in mind, not all emergency visits or services are eligible for PRC payment (see PRIORITY #1 on the next page).
4. You must inform the Duckwater Shoshone Health Department of changes in your insurance, Medicare, Medicaid, Veteran's Insurance, etc., and residence changes or any other contact information.
5. You must either hand in or mail all pre-authorized bills to the Duckwater Shoshone Health Department and explanation of benefits from your alternate resource or insurance company, etc.

Should you keep your insurance?

Primary Insurance

Yes, if you already have primary insurance, keep it. The Duckwater Shoshone Health Department PRC program is the payer of last resort only, we may help with medical costs after your primary insurance pays. If you do not have a primary we will require you to apply for a primary insurance / alternate resource.

WHO'S YOUR PRIMARY INSURANCE?

Where to find an alternate resource

There are several alternative resources out there for Native Americans. Need help? Call either the PRC Dept or Social Services for more information

ALTERNATE RESOURCES

What is an alternate resource?

If you do not have primary insurance such as: Medicare, Medicaid, Veteran's Insurance, etc., our records must show a good faith effort made by you to apply for an alternate resource.

Occasionally, we will ask you to apply for an alternate resource if it has been awhile since you applied – we understand people's circumstances change throughout the year. PRC services will help pay for the total charges as long as your medical or dental service is eligible and there are funds available.

REMEMBER: the Tribe's PRC funds are limited. It is very important that everyone keep their insurance or alternate resources to prevent the problem of denied services to you.

Private Insurance, Medicare, Medicaid, Veteran's Insurance, etc. are called alternate resources. These alternative resources provide third party payment for medical or dental services.

Purchased Referred Care is a payer of last resort. This means you must apply for insurance, Medicare, Medicaid or other alternate resources first, even if you were denied by that third party payer in the past and provide PRC with their eligibility determination. Our records must show that you did try to get other benefits or else we cannot use PRC funds. The Duckwater Shoshone Health Department's Social Worker is available if you need assistance in applying for alternate resources.

If you refuse to apply for alternate resources, your request for PRC payment will be denied and you will be responsible for the payment of the health services you receive.

You must apply the entire amount to your medical or dental bill if you receive a payment from any private insurance or another alternate resource.

Priorities of PRC

PRIORITY #1: this is Urgent and Emergency Care that must be done within (30) days to preserve life, limb or function. This includes but is not limited to, fractures, burns, acute abdominal pain, eye injuries, and head injuries.

PRIORITY #2: this is non-emergency care that is needed within (30 – 60) days. This is enough time for the Duckwater Shoshone Health Department to evaluate alternate resources and service eligibility. This care may be authorized for PRC payment after alternate resources have been evaluated. This includes, but is not limited to, diabetes maintenance, hypertensive screening, health exams, and immunization.

PRIORTIY #3: this is elective care that can be safely put off for more than (60) days. This care may be pre-authorized after the Health Department evaluates alternative resources and identifies available PRC funds.

Continued on next page

This includes, but not limited to, physical therapy, tonsillectomy, eye glasses, hearing aids, and dermatology.

Purchased Referred Care

Program

Rondee Graham, PRC Director
rondee.graham@ihs.gov
P 775.863.0222
F 775.863.0142

Duckwater Health Department

Diabetes/Wellness Program—Brenda O'Neil

(775) 863-0222

The Diabetes/Wellness Program has a variety of wellness activities taking place every month. Calendars are mailed to each household, as well as individual flyers detailing more information about the schedules/activities.

Aquacize classes are offered bi-weekly to the Senior's of our community. Classes are held in Ely from 8:00 a.m.-9:00 a.m. Please join us for an early morning low-impact aquacize class.

Nutrition Classes are held bi-weekly at the Duckwater Shoshone Elementary School (DSES) Students engage in hands-on learning about nutrition. A recipe is given to all students, they read directions, measure, mix, bake, etc. and learn the nutritional value of the food item. Students are excited to share their baking/cooking with others.

Volleyball—Is held on Mondays or Tuesdays. See flyer for November dates. Players show up at the gym and we draw for teams. If your looking for a fun, energetic, and an exercise that offers a lot of laughs , then come to the DW gym and enjoy a game of volleyball.

Lunch & Learn—Patricia Sicherman, R.N., CDE, comes to our community once a month and presents on a "Diabetic topic", while serving a delicious lunch and offers a "FREE" raffle to all in attendance. She conducts blood pressure checks, foot assessments, one-on-one home visits and offers her services to all in the community.

Psychologist Visit—Katherine Puceta, Psy.D., also visits our community once a month. She does a community presentation Thursday evenings, with dinner served, and also conducts one-on-one home visits. Call the Health Dept. and schedule an appointment to meet with Kathy in your home.

Wellness Center—is open daily for Community use. We have three treadmills, two elliptical bikes, weights, punching bags and gloves. If you would like to use the Center before or after hours, sign up, receive the keypad code and begin your exercise routine.

October Happenings

Physical Education (P.E.) @ DSES—PE is held on Mondays for 4th-8th grade students, while Wednesdays kg-3rd grade students attend PE. Warm-up exercises, group games, and cool down exercises are all a part of the PE hour. Students are currently practicing/learning basketball skills as they are in a league with Eureka County for the next few weeks. Watch for flyers on the dates for Duckwater to host the youth league tourney.

Community Cultural/Wellness Days—During the month of September, Duckwater community was invited to participate in our cultural day "Pine-nut Picking". There were approximately 20 pine-nut pickers who enjoyed a day in the mountains, picking pine-nuts, sharing stories, enjoying the beautiful fall weather , while eating a delicious lunch. Some of the youth "hiked" up the mountain and took pictures to share with the group.

October Community Event—"Indigenous Pink Day" will be held on Friday, Oct. 21st. Indigenous Pink Day is a national breast cancer awareness campaign for American Indians. The American Indian Cancer Foundation invites men and women of all ages to **wear pink** to spread breast cancer awareness. Breast Cancer is the second leading cause of cancer death and the most common cancer found in American Indian Native women. The goal of Indigenous Pink Day is to educate all indigenous people on the importance of early detection and remind men and women to keep up to date on their screenings. A one or two mile walk will be held and a balloon release with the name of a loved one who had cancer. A cultural lunch will be served by the Community Health Coalition.

SENIOR'S FUN DAY—Once a month we offer a Wellness activity for our Senior population. The month of October, Senior's were invited to participate in our "FALL Wreath Class". Participants enjoy getting together, and visiting while making a craft or baking. All supplies are provided by the Wellness/Diabetes program. Light refreshments are served.

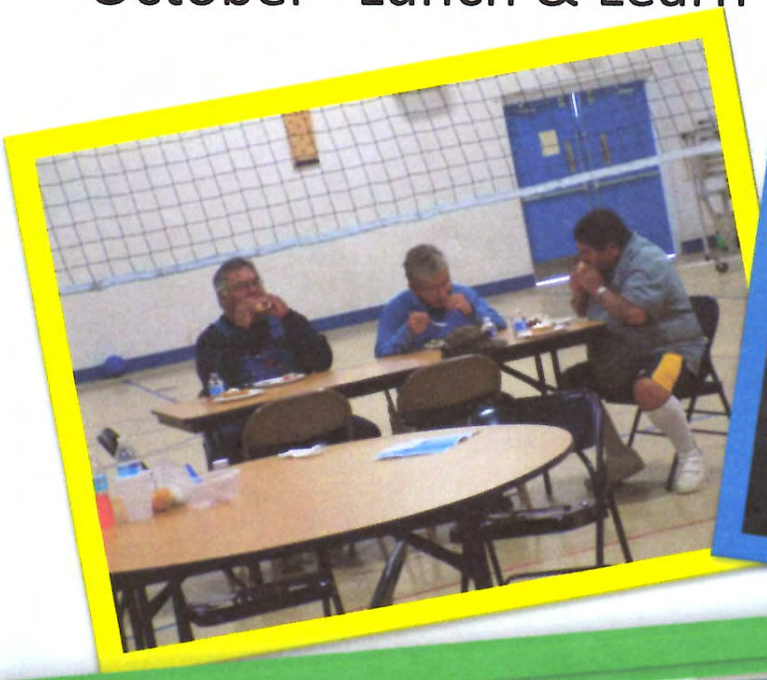
In the coming months look for more exercise classes offered in our new expansion at the Health Department—such as Zumba Country, Sway that Walk and Low-Impact Aerobics. Also we will be offering "Tasty Fridays" and nutritious cooking demo classes.

If you have any questions or suggestions, contact me at the Health Department 863-0222.

October Monthly "Lunch & Learn" with Dietician Patricia Sicherman.....

at Duckwater Gym

October "Lunch & Learn" Cont'd.



Cultural Day—Picking Dagu with our Duckwater Senior ladies

Community Health Coalition

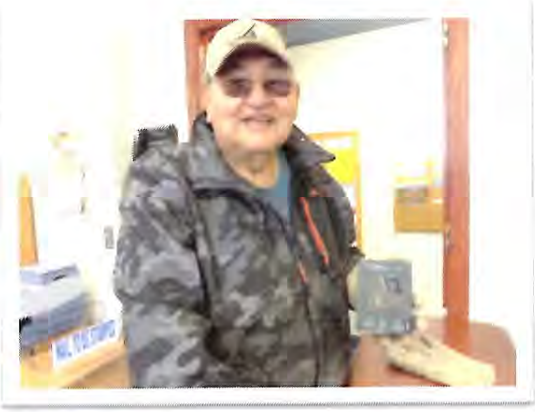
We just finished up our 2nd Year and moving on to our 3rd Year. The first 2 years were more of getting information on what our Community would like to see and then developing a Plan to move forward. From our first Survey that was sent out to the Duckwater Community the results came back that out of the 8 choices: Healthier Eating Habits and Physical Fitness were the need. From there the Coalition started planning and decided what better way to provide Healthier Eating Habits by utilizing the Green House.

At the Annual Duckwater Health Fair our Community Health Coalition had a table set up and was taking surveys in regards to the Tribe's Green House that we will be reconstructing. We asked 4 questions that will help us to know what our community would like to see happen with the Green House.

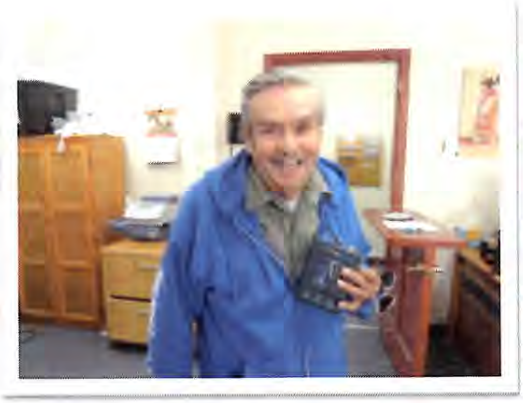
Out of 65 Surveys, this is the results:

1. Will you be willing to help with the up keep; i.e planting, weeding, watering.
   Yes - 43 No – 18 Other :Not here – 1, Yes/No – 1, No Answer - 2
2. Do you think we should plant in large amounts to be able to give out to the community. **Yes - 63 No – 1 Other: Yes – 1 (to elders)**
3. Do you think we should have areas set aside for community members to plant their own vegetables. **Yes - 58 No – 6 Other: Yes – 1 (maybe)**
4. Do you think we should have areas set aside for community members to start their plants. **Yes - 63 No – 2**

Everyone that filled out a Survey was able to put their name in for the Drawing for the 2 Fit Bits. Below are the two proud winners, we hope they enjoy them.



Henry Blackeye Sr.



Roger Mascarenas

Coalition Members: Debbie O'Neil, Alfreda Walker, Lili Ann Pete, Shalene Mike, Shasta Blackeye, Perline Thompson

THANK YOU!

I just wanted to send a BIG THANK YOU to the health dept. staff for all your help with me & my family's medical, dental & vision needs/issues.

Not living in the area makes it difficult when trying to work with our doctor's offices & needing information from the DSTHC. Your quick response to emails, phone calls & letters is such a big HELP & makes the process of getting things handled in a timely manner. Just wanted to let you & the Duckwater community know how much we appreciate all that you do not just for us, but other tribal members. We are grateful for your hard work & to our Tribe.

THANK YOU ~ Oly Pete & Family

Duckwater Shoshone Tribal Police
Duckwater Shoshone Tribal Court
Injury Prevention Specialist (TMVCIPP)
209 Newe Street
Duckwater, NV 89314-0005
PH: (775) 863.0178
Fax: (775) 863.0384
Email: court.clerk@duckwatertribe.org

Greetings Everyone!

First off I would like to introduce and welcome Duckwater's two new Tribal Police Officers, Antonio Mendes and Christian Martinez.

Secondly, holiday season is just around the corner. We have attached some safety information about distracted driving; impaired driving; and Halloween safety. We would like everyone to stay safe for the holidays. If you would like more information on these topics please call the number above, or if you have any additional questions you can call the number above, Monday – Friday 8 a.m. - 4:30 p.m.

Happy Holidays and stay safe!!!

Brook Kelly, TMVCIPP/Court Clerk
Officer Janey Bryan, Chief of Police
Officer Antonio Mendes
Officer Christian Martinez

DISTRACTED DRIVING know the facts!

Distracted driving is any activity that could divert a person's attention away from the primary task of driving.

THERE ARE 3 MAIN TYPES OF distraction

visual

taking your eyes off the road

manual

taking your hands off the wheel

cognitive

taking your mind off what you are doing

POTENTIAL DISTRACTIONS WHILE DRIVING

cellphones

eating & drinking

GPS

talking to passengers

powered by Piktochart
make information beautiful

Blood Alcohol Concentration (BAC)[1]	Typical Effects	Predictable Effects on Driving
.02	• Some loss of judgment • Relaxation • Slight body warmth • Altered mood	• Decline in visual functions (rapid tracking of a moving target) • Decline in ability to perform two tasks at the same time (divided attention)
.05	• Exaggerated behavior • May have loss of small-muscle control (e.g., focusing your eyes) • Impaired judgment • Usually good feeling • Lowered alertness • Release of inhibition	• Reduced coordination • Reduced ability to track moving objects • Difficulty steering • Reduced response to emergency driving situations
.08	• Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) • Harder to detect danger • Impaired judgment, self-control, reasoning, and memory	• Concentration • Short-term memory loss • Speed control • Reduced information processing capability (e.g., signal detection, visual search) • Impaired perception
.10	• Clear deterioration of reaction time and control • Slurred speech, poor coordination, and slowed thinking	• Reduced ability to maintain lane position and brake appropriately
.15	• Far less muscle control than normal • Vomiting may occur (unless this level is reached slowly or a person has developed a high tolerance for alcohol) • Significant loss of balance	• Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

[1] Information in this table shows the BAC level at which the effect usually is first observed, and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, and www.webMD.com.

Q: What can I do to stay safe when I plan on drinking?

A: If you plan on drinking, plan not to drive. You should:

- Plan a safe way home in advance and never drive after drinking.
- Designate a sober driver.
- Use a taxi, call a sober friend or family member or use public transportation.
- Download NHTSA's SaferRide mobile app (free from the iTunes store and Google Play), to easily call a taxi or a friend for a ride home. The app can also help you identify your location, if needed.
- Always wear your seat belt. It's your best defense against impaired drivers.

DOT HS 809 844
July 2016 (Rev)

U.S. Department of Transportation
National Highway Traffic Safety Administration

NHTSA

12232-071916-v5

The ABCs of BAC

A Guide to Understanding Blood Alcohol Concentration and Alcohol Impairment

U.S. Department of Transportation
National Highway Traffic Safety Administration

NHTSA

The ABCs of BAC

A Guide to Understanding Blood Alcohol Concentration and Alcohol Impairment

Q: What is "BAC"?

A: The amount of alcohol in a person's body is measured by the weight of the alcohol in a certain volume of blood (measured in grams per deciliter). This is called the blood alcohol concentration or "BAC."

Alcohol is absorbed directly through the walls of the stomach and the small intestine, goes into the bloodstream, and travels throughout the body and to the brain.

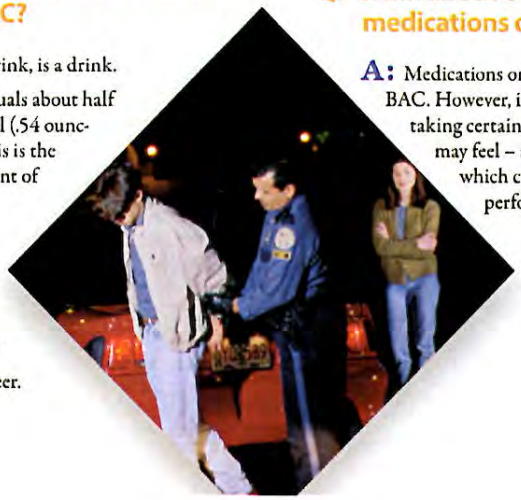
Alcohol is quickly absorbed and can be measured within 30 to 70 minutes after a person has had a drink.

Q: Does the type of alcohol I drink affect my BAC?

A: No. A drink is a drink, is a drink.

A typical drink equals about half an ounce of alcohol (.54 ounces, to be exact). This is the approximate amount of alcohol found in:

- one shot of distilled spirits, or
- one 5-ounce glass of wine, or
- one 12-ounce beer.



Q: What affects my BAC?

A: How fast a person's BAC rises varies based on a number of factors:

- **The number of drinks.** The more you drink, the higher your BAC.
- **How fast you drink.** When alcohol is consumed quickly, you will reach a higher BAC than when it is consumed over a longer period of time.
- **Your gender.** Women generally have less water and more body fat per pound of body weight than men. Alcohol does not go into fat cells as easily as other cells, so more alcohol remains in the blood of women.
- **Your weight.** The more you weigh, the more water is present in your body. This water dilutes the alcohol and lowers the BAC.
- **Food in your stomach.** Absorption will be slowed if you've had something to eat.

Q: What about other medications or drugs?

A: Medications or drugs will not change your BAC. However, if you drink alcohol while taking certain medications or drugs, you may feel – and be – more impaired, which can affect your ability to perform driving-related tasks.

Q: When am I impaired?

A: Because of the number of factors that affect BAC, it is very difficult to assess your own BAC or impairment. Even small amounts of alcohol affect one's brain and the ability to drive. People often swear they are "fine" after several drinks – but in fact, the failure to recognize alcohol impairment is often a symptom of impairment.

While the lower stages of alcohol impairment are undetectable to others, the drinker knows vaguely when the "buzz" begins. A person will likely be too impaired to drive before looking – or maybe even feeling – "drunk."

Q: How will I know I'm impaired, and why should I care?

A: Alcohol steadily decreases a person's ability to drive a motor vehicle safely. The more you drink, the greater the effect. As with BAC, the signs of impairment differ with the individual.

Drivers with a BAC of .08 are approximately ***4 times more likely*** to crash than drivers with a BAC of zero. At a BAC of .15, drivers are at least ***12 times more likely*** to crash than drivers with a BAC of zero. The risk of crashing is even greater for young males. Further, many studies have shown that even small amounts of alcohol can impair a person's ability to drive.

Every State has passed a law making it illegal to drive with a BAC of .08 or higher. A driver also can be arrested with a BAC below .08 when a law enforcement officer has probable cause, based on the driver's behavior.

The following chart contains some of the more common symptoms people exhibit at various BAC levels, and the probable effects on driving ability.

Where are they now?

Tribal Members:

Gerald Bill and Elaine Weiss

Duckwater Shoshone Tribe had received some money from the Spring Valley Wind Settlement in 2012 and all tribal members were sent checks. We had some checks that came back to the tribe as the address of the tribal members were not kept current with our enrollment office, the checks were voided and the money was put back in the checking account. We'd like to be able to get in contact with the 2 individuals listed above so that we may reissue their check.

Please contact our Finance Office at (775)863-0227, so we can update your mailing address and we'll be able to reissue the check.

DUCKWATER SHOSHONE TRIBE
511 Duckwater Falls Road, P.O. Box 140068
Duckwater, Nevada 89314
(775) 863-0227 Phone
(775) 863-0301 Fax

October 20, 2016

Re: *Ramah Navajo Chapter, et al, v. Jewel*

Dear Duckwater Enrolled Members,

As Duckwater Shoshone Tribe was identified as a member of the plaintiff Class in *Ramah Navajo Chapter, et al. v. Jewll*. Under the provisions of the Final Settlement Agreement approved by court on August 17, 2016, the Court ruled that Duckwater Shoshone Tribe share of the approved net settlement amount of $1,706,790.29.

Duckwater Shoshone Council Approved the request for Distribution. On September 16, 2016 we received notification and a settlement claim form that was filled out and mailed September 19, 2016. On October 11, 2016 the Tribe received the funds.

Before, we disburse funds the Tribe needs to adopt a policy to be able to disburse Federal Funds. Our Attorney is working on this policy. Once the policy is completed the Tribal Council will need to approve it. Then Checks will be disbursed.

We want to be ready and will need to have all Tribal members fill out a W-9 form so that our system is current with your address and SSN. Please fill out one form for each member and don't forget to sign and date it. Send it back to:

Duckwater Shoshone Tribe
P. O. Box 140068
Duckwater, NV 89314

We have some Tribal members that their address is not current, if family members could please inform all Tribal members that we need a current W-9 form on file before we can issue checks.

If you have may have any questions please call me at (775)863-0227.

Sincerely,

Perline Thompson

Perline Thompson
Chairman

Form **W-9**
(Rev. December 2014)
Department of the Treasury
Internal Revenue Service

Request for Taxpayer Identification Number and Certification

Give Form to the requester. Do not send to the IRS.

Print or type
See Specific Instructions on page 2.

1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank.

2 Business name/disregarded entity name, if different from above

3 Check appropriate box for federal tax classification; check only **one** of the following seven boxes:
☐ Individual/sole proprietor or single-member LLC ☐ C Corporation ☐ S Corporation ☐ Partnership ☐ Trust/estate
☐ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶
Note. For a single-member LLC that is disregarded, do not check LLC: check the appropriate box in the line above for the tax classification of the single-member owner.
☐ Other (see instructions) ▶

4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):
Exempt payee code (if any)
Exemption from FATCA reporting code (if any)
(Applies to accounts maintained outside the U.S.)

5 Address (number, street, and apt. or suite no.)

Requester's name and address (optional)

6 City, state, and ZIP code

7 List account number(s) here (optional)

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Note. If the account is in more than one name, see the instructions for line 1 and the chart on page 4 for guidelines on whose number to enter.

Social security number
☐☐☐ – ☐☐ – ☐☐☐☐

or

Employer identification number
☐☐ – ☐☐☐☐☐☐☐

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
3. I am a U.S. citizen or other U.S. person (defined below); and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 3.

Sign Here | **Signature of U.S. person ▶** | **Date ▶**

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. Information about developments affecting Form W-9 (such as legislation enacted after we release it) is at *www.irs.gov/fw9*.

Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following:

- Form 1099-INT (interest earned or paid)
- Form 1099-DIV (dividends, including those from stocks or mutual funds)
- Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
- Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
- Form 1099-S (proceeds from real estate transactions)
- Form 1099-K (merchant card and third party network transactions)
- Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
- Form 1099-C (canceled debt)
- Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See *What is backup withholding?* on page 2.

By signing the filled-out form, you:

1. Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
2. Certify that you are not subject to backup withholding, or
3. Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income, and
4. Certify that FATCA code(s) entered on this form (if any) indicating that you are exempt from the FATCA reporting, is correct. See *What is FATCA reporting?* on page 2 for further information.

DUCKWATER HOUSING DEPARTMENT
P.O. Box 140068
DUCKWATER, NEVADA 89314
Telephone: 775-863-0334 Fax 775-863-0239

MODERNIZATION PROJECT: Indian Housing Plan 2015-2016:

Our 2016 Indian Housing Plan project is to place metal siding on all of our nine aged-modular units on First Street. This past month of September we have finished 6 units and have 2 remaining and will be completed by November. We have completed 7 homes and will be getting ready for the eighth home. The men have been doing a great job and nearing completion within the next month or two. We would have completed but due to the damaged siding, it placed us on hold for at least one month. But now the truck has delivered the siding we will begin. Our housing office has planned to do an extension on one of our tenant housing making an additional room for tenants to store or make into another bedroom; we will be relocating the washer and dryer out of the kitchen and placing it in the additional room for sanitary reasons, and making the existing living and dining room larger.

Here are some photos of the beginning of the old and new look!!! The deck has been removed!

- **HOUSING IMPROVEMENT PROGRAM: (HIP): HIP is for the "NEEDIEST OF THE NEEDY.** This program is still available for families who can qualify at the poverty level, which is very low income. Applications are taken throughout the year and submitted to the Western Agency-Phoenix, AZ, **December 12, 2016**

To be eligible for HIP assistance you must be a member of a federally recognized American Indian Tribe or be an Alaska Native; live in an approved tribal service area' have an income that does not exceed 125% of the **U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) Poverty Guidelines;** have present housing that is substandard, as defined by the regulations ; have no other resource for housing assistance; have not received assistance after October 1, 1986 for repairs and renovation, replacement or housing, or down payment assistance; and have not acquired your present housing through a federally sponsored housing program that includes such housing assistance.

Again for the third year, Duckwater has not been allocated any funding from this competitive program which is the Housing Improvement Program. This program is competitive with all the southern state of AZ, and we don't quite make the criteria with their low poverty guidelines.

- **Section 184 Indian Home Loan Guarantee Program: HUD:**

Section 184 is available for you, if you are still interested. Duckwater has been quite active with the enrolled members that are living off the reservation and a few on the reservation. Section 184 Loan Program is for purchasing a new home, rehabilitation, purchase of an existing home, or refinancing. I would encourage any tribal enrolled member to take advantage of this great opportunity, for a smaller interest rate and by checking into your credit ratings periodically and the guarantee-loan can be your next step for a new home.

We are here to assist you, if you need the information and our Coordinator for the loan is Andrea Dunyon, in Phoenix, Arizona. You can contact me, Alissa Thompson at 775-863-0334 and I could lead you to the next step.

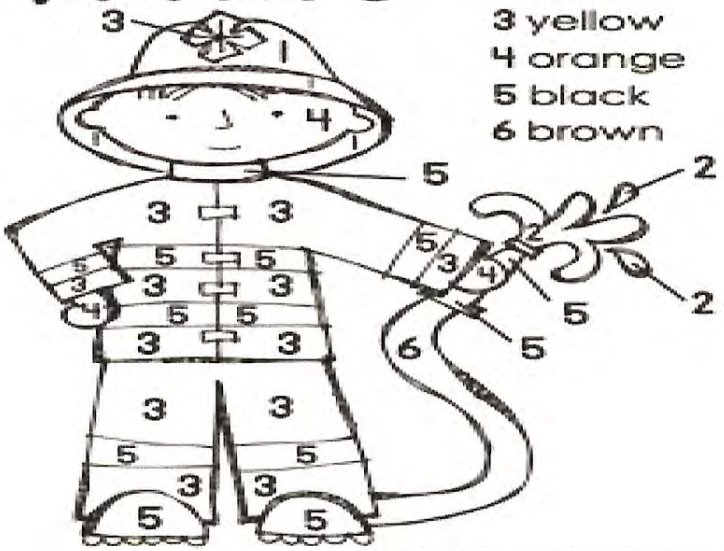
HAPPY HALLOWEEN: THANKSGIVING: CHRISTMAS AND NEW YEARS: and Hope everyone enjoys the holidays and not to overload any electrical sockets by choosing Safety First. ☺ Thank you!

Name: _____

Directions: Use the code to color the firefighter.

A Hero

1 red
2 blue
3 yellow
4 orange
5 black
6 brown



www.kindercrate.blogspot.com

FIRE SAFETY WORD SEARCH

Circle the words that you find in the word search. (Hint: Cross out the list words as you find them.)

ALARM	ESCAPE	MATCH	PLAN	LOG
SAFETY	STOP	DETECTOR	TEST	MAP
FIRE	DROP	FIREFIGHTER	OUTLET	
SMOKE	ROLL	FIRETRUCK	CORDS	

F	I	R	E	T	R	U	C	K	E	R
L	O	G	T	P	F	V	O	D	F	F
C	I	S	A	L	I	E	R	E	I	I
A	R	A	L	A	R	M	D	T	R	R
S	E	F	C	N	E	A	S	E	E	T
T	A	E	T	E	S	T	T	C	F	O
O	U	T	L	E	T	C	P	T	I	R
V	F	Y	N	S	F	H	L	O	G	T
E	R	M	D	C	E	O	D	R	H	E
O	T	P	F	A	T	G	R	M	T	R
R	S	T	O	P	S	M	O	K	E	S
R	O	L	L	E	M	A	P	T	R	A

THANK YOU TO ALL DUCKWATER SHOSHONE TRIBAL OFFICES THAT HAVE TAKEN TIME OUT OF THEIR BUSY DAYS TO INSERT THEIR NEWSELTTER SUBMISSIONS INTO MY OFFICE. ALSO A BIG THANK YOU TO THE FEW ENROLLED MEMBERS WHO HAVE TAKEN THE OPPORTUNITY TO SUBMIT TO OUR QUARTERLY NEWSELTTER, IT IS VERY APPRECIATED. HERE IS THE DATES FOR THE UPCOMING YEAR SUBMISSION DEADLINES AND MAIL OUT DATES:

1ST NEWSLETTER DEADLINE-JANUARY 20, 2017

MAIL OUT JANUARY 27, 2017

2ND NEWSLETTER DEADLINE- APRIL 21, 2017

MAIL OUT APRIL 28, 2017

3RD NEWSLETTER DEADLINE– JULY 21, 2017

MAIL OUT JULY 28, 2017

4TH NEWSLETTER DEADLINE– OCTOBER 20, 2017

MAIL OUT OCTOBER 26, 2017

SUBMISSIONS ARE DUE BY 4:30PM ON THE DEADLINE DATE. PLEASE EMAIL ALL SUBMISSIONS TO

reception.fixedassets@duckwatertribe.org. OR CALL JACKIE AT 775-863-0227 IF YOU MAY HAVE ANY OTHER QUESTIONS. THANK YOU!