Serving Battle Mountain, Elko, South Fork, and Wells Bands

DEC 2016 JAN 2017 Publication of the Te-Moak Tribal Comprehensive Planning Committee www.temoaktribe.com Vol 2 Issue 7

Kid Fit and Diabetes Program Dancers Performed Article and Photos submitted by Courtney Miller, Kid-Fit Coordinator, Te-Moak Diabetes Prevention Program

On December 2, 2016 the Kid-Fit and Diabetes Staff took the community dance kids to

munity dance kids to dance at Grammar #2, Flagivew Intermediate and the Highland Manor.

Eagle Bear Clan from Spring Creek, NV sang for the kids at all 3 places. We would like to send a big thank you to them for the wonderful job they did. We would also like to thank Grammar, Flagview and the Manor for always being so inviting to all of us and making it happen for us every year, as well as all of the dancers parents for letting the kids come out and dance.

Our dancers are Silus Miller (Elko Band Little Brave 2016-17), Trent Tom, Aaralyn Tom, Cooper Tom, Suhvie Wasson, Ayanna Jones, Dyami Jones, Leila Jones, Mulania Jones, Kaden Snapp, Wynter Randall, Tyler Lund, Alyceson Lund, Aela Peacock, Jydia Martinez, Vanessa Jackson, Alanea Tybo, Tom Tybo, Sadee Beck, Autumn Garcia, Alexis Mason and Sara Ramsdell.

Photos on page 8



Group photo of dancers after they perform at Flagview Intermediate School. December 2, 2016

Upcoming 13th Annual Great Basin Native Market

By Victoria Jackson





561 14th St. - Elko, Nevada

February 2, 3 & 4, 2017

Open:
Thursday, Jan. 28, 2016

10am - 6pm

Location:
Historic Girl Scout House

- GBNM Reception — 11 am - 2 pm 561 14th . Friday, Jan. 29, 2016 10am - 6pm Saturday, Jan. 30, 2016 10am - 6pm (Food Sales on Friday and Saturday)

Native American Artisans of the Great Basin Arts & Crafts for sale.

FREE ADMISSION TO THE PUBLIC

For more information contact:
Lois Whitney @ 775-340-9897 or Dona Ortiz@ 775-388-7930

Elko, January 10 - For the 13th consecutive year, the smell of buckskin will linger in the air at the Elko Girl Scout House, during the annual Great Basin Native Market, held in conjunction with the National Poetry Gath-

ering.
The Great Basin Na-

tive Market committee, along with the Women's Cultural Guild will once again join together to host this year's event, February 2, 3 and 4, 2017. Last year, the Market displayed the work of 14 vendors, the committee is hoping to expand

See GBNM pg 3

Elders Celebrate Christmas with a Party

Article and Photo by Victoria Jackson



Seniors and elders await the winning number during the drawing of door prizes.

Elko, December 13 - Seniors and elders around the Elko area gathered at the Elko Colony Health and Wellness Center to celebrate Christmas with a luncheon.

With live Christmas music playing in the background, Shoshone Welcome Center Director, Arvilla Johnny, expressed her gratitude for the programs involved in the luncheon, "We team up with Te-Moak Housing Authority's Safety Program, the Welcome Center provides the meal, and we come together so we can give our seniors something to look forward to."

She also explained

that the Elko County CattleWomen generously donate the beef to area seniors annually.

Rev. William Plants and members from the Stillwater Indian Church, from Fallon, Nevada, donated gifts for all seniors in attendance. A member of

See **SENIORS** pg 2

Battle Mountain Band Light Parade



Battle Mountain, December 17 - Two floats entered the Battle Mountain Band Light Parade. The Gelford Jim Family (Indian Santa) won first place, and the Angela VanDorn Family (Winnie the Pooh and Friends) took second place. Both participants received gift cards to the Battle Mountain Smoke Shop.

Elko Band Christmas Party

Article by Susan Zazueta, Elko Band Administrative Assistant - Photos by Victoria Jackson

The Elko Band Council Christmas Party was held on December 15, 2016 and there were 269 individuals who signed in. The attendance was probably higher as some people may have not signed in.

This year theme was "Who Ville" and the staff & volunteers did an excellent job on the decorations and decorating the gym. Elko Band provided the Ham for the dinner and the community members provided the side dishes.

Bags of Fruit and Candy were also provided. We would like to send out a big Thank You to all the Community Members who brought side dishes and assisted in cooking the



Santa Clause arrived to end the evening.

hams. This made the dinner a success. A special appreciation go out to Katherine Blossom for the blessing of the food.

There was a children Choir directed by Susan Zazueta, Darla Lozano, Marlene Cortez and Eric Osborne.

See PARTY pg 2

Te-Moak Tribes Contact nformation

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:

cil.org Wells Band Council P.O. Box 809 Wells, Nevada 89835 Phone: (775) 752-3045 Fax: (775) 752-2179

wellsbandmf@yahoo.

E-mail address:

com

southforkbandcoun-

Newspaper (ontact nformation

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

PARTY continued



Children's Choir performs a variety of Christmas carols for the community in attendance.

The children sang a total of nine (9) songs and did an excellent The audience job. seem to enjoy the performance.

The Members of the Choir were: Saydee Beck, Kaiden Brown, Heywii Caudill, Theresa Decker, Carol Jesse, Rocky Jesse, Kaliyah Lozano, Angelina Lozano, Silus Kaylee Os-Miller, borne, Ameer Sandoval, Nathan Sandoval, Itzae Sandoval, Jeremy Shaw, Brayden Stevens, Kaylexi Stevens, Chet To, Cameron Whiterock, & Riley Whiterock.

Darla Lozano, Te-Moak Crime Prevention Program provided the shirts, hats and scarfs to be used in making the children Choir attire.

The Elko Band Office was able to provide gifts for the children this year. They were obtain through the Walking Shield Program which is located in Lake Forest, CA. A very special thanks goes out to the Walking Shield Program for providing the toys for the children.

Decorated Christmas Trees donated by the Social Service Program, the ABC Daycare, the Afterschool Program, the Te-Moak Traffic Safety Program, & Susan Zazueta and other raffle items were raffled off prior to the close of the party.

The Elko Band Alcohol & Drug Program, Social Services Program and ABC Program donated the other raffle items and

a special appreciation goes out to them.

I would also like to again thank all of the Elko Band Staff, the Te-Moak Staff Members, and volunteers from the community who assisted with the planning, making the decorations, decorating, bagging candy & fruit bags, cooking and working together to make the Christmas Party a successful event.

Susan Zazueta, Elko Band Administrative Assistant

ELDERS continued

the church explained that Stillwater Indian church begins wrapping presents each February, and buy the candy for the 950 bags given away this year. The church also delivers gifts to South Fork Band, Wells Band, Elko Band, Battle Mountain Band, Lovelock and Reese River/Yomba. Their trip takes apto complete.

siastically stated that visiting the tribes and delivering the gifts is a very satisfying task.

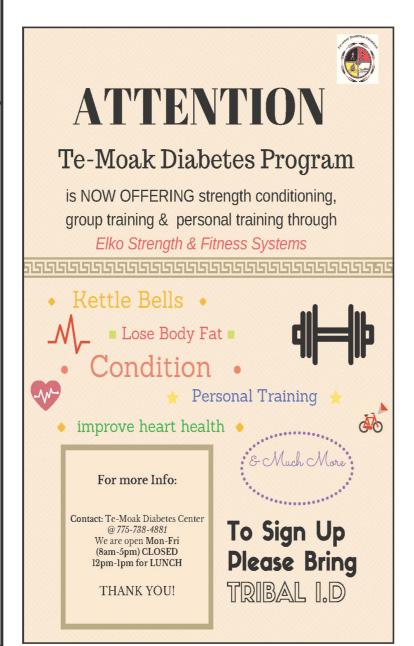
Throughout the program, guest speakers conducted presentations and awarded door prizes to the elders. Speakers included: Cheryl Mose, who presented a story about Christmas, Arvilla Johnny introduced proximately one week herself as the new di-The member enthu- Center, and Cliff Ban- spend Christmas with water Church.

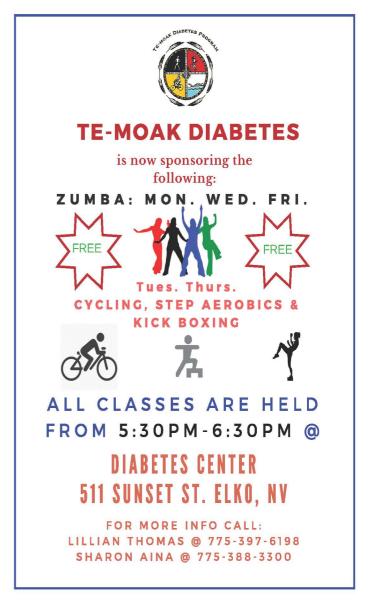
uelos gave a presentation about fire safety in the home. Banuelos also announced that if elders need their wood stove pipes brushed, they may contact Elko Band Environmental Department, and a member from the program will be able to as-

"I introduced myself, my first day was October 24, and this is

the seniors, so I'm pretty excited," Johnny continued, "Typically, the Shoshone Welcome Center delivers 25-30 meals per day, but today, we only delivered seven, so we get to see a lot more of them here."

Kevin Brady and Debbie Honeyestewas provided the musical entertainment, and a skit was performed by rector of the Welcome my first year getting to members of the Still-





Wells Band Enterprise Board is Accepting Tenant Applications for New Business Owner/Entrepreneur

WHO: All applicants are welcome with preference given to Native American community and Tribal members.

WHAT: Entrepreneur / Business owner's responsibilities include accounting, staff management including hiring and management of staff, and other employees; marketing, and store décor and design.

The business owner will be responsible for paying timely monthly rent of \$200 through April 2018 at which time the lease may be reviewed by both parties. A deposit of \$500 is required prior to possession (may be paid in installments as described in the lease).

Owner will be responsible for non-permanent interior design of the unit, ordering supplies and advertising the business services.

The business owner will also ensure that the business is clean and sanitary, and con-

firm that all employees have up-to-date licenses and certifications as required by law and other responsibilities as stated in the lease terms and agreements.

WHEN: Applications are available at the Wells Band Administration Office, 1707 Mountain View Drive, Wells, Nevada 89835. Applications should be returned to Heather Martinez, Wells Band Administrator by 4:30 p.m. Tuesday, January 31, 2017.

GBNM continued

their numbers this year, calling out for artisans from the Great Basin area.

Last year's artisans included: Angie Quintana - Beadwork, Micqaela Jones - Artist, Stephanie Sam - Beadwork, Darlene Graham - Natural products from the Great Basin, Leah Brady and father Webb Brady - Cradle boards, beadwork, gourds and buckskin work, Jack Malotte - Art and Tee-shirts, Bennith Platerio - Beadwork, Marla Stanton - Hummingbird Beadwork Supplies and Liz Dann - Cradle boards.

Indian Tacos will also be sold during this year's



Raffle items displayed at the 2016 Great Basin Native

ICPOP

Indian Community Protecting Our People

Thanks to everyone who came out for BINGO on December 3, 2016! The event drew nearly 30 people and raised much-needed funds for Neighborhood Watch Program. Your generosity will help many of our neighbors in need. We are especially grateful of Elko Band Council, Te-Moak Tribe and Te-Moak Housing for donating the venue. A special thank you goes to Te-Moak Housing for implementing the Neighborhood Watch Program. We couldn't have done it without you!

Budget					
Bingo – Wongobi Park July 21, 2016	216.00	Bingo held at the Old Welcome Center – Thank you Aliyah Thomas for raising 43.00 in helping raise money for the Wongobi Park. Money Order made to Housing. December 3, 2016			
-108.00 Bingo - Gym December 3, 2016	108.00 277.03				
32" TV Raffle	372.00	The 32" TV was donated and raffled December 19 th at the community Christmas event. Jessie Bonales was the winner.			
Total	757.03				

32" TV Raffle	372.00	The 32" TV was donated and raffled December 19 th at the community Christmas event. Jessie Bonales was the winner.	
Total	757.03		
ICPOP Members Julie Stevens Kim Bahe Dale Malotte Benny Gonzales	Linda Gonzales Doyle Tybo Tony Moon Sharon Couchum Raquel Yepez		Darla Lozano Ann Jacobo Marlene Cortez Denise Couchum Arilinda Gavline

Great Basin Native Market, as well as raffles including items donated by participating artists.

Lois Whitney, member of the Women's Cultural Guild and the Great Basin Native Market, explained how the events began, "About 15 years ago a non-Native woman tried to gain interest in creating a Native womens' museum, so she supported a group of Elko women, not all tribal members, but Native women, to create the Women's Cultural Guild. In the earlier years, we would honor a woman with a meal and recognition. Since then, we've been producing activities to give back to the community."

Annual events include Great Basin Native markets, held several times of the year, and the Cultural Guild's Christmas Bazaar.

"What the Guild is about now, is to help generate interest in our own culture, and to generate interest among our own members to create businesses, or to make things to sell, to take care of themselves," continued Whitney.

The group consists of ladies, that are all volunteers, including some that have been a part of the annual Christmas Bazaar for the past 12 years, and some have been involved with the Great Basin Native Market for the same amount of time.

Women who may be interested in joining the Women's Cultural Guild, or who would like more information about the Great Basin Native Market may contact Stephanie Sam at 775-397-3910 or Lois Whitney at 775-340-9897.

Great Basin Native Market Call for Artisans

December 6, 2016 Dear Vendor,

Tis is the thirteenth year that the invitational Great Basin Native Market will be featuring fine products made by Native Americans from the interior west. We are extending you an invitation to be part of our Great Basin Native Market.

The Great Basin Native Market will take place from Thursday, February 2 to Saturday, February 4, 2017 from 10:00 a.m. to 6:00 p.m. each day at the historic Elko Girl Scout House located at 561 14th Street, in Elko, Nevada with the exception of Friday evening.

On Friday, February 3rd, we are planning a reception & cultural event at 6:00 pm. Taco and food sales will be sold on Friday and Saturday.

The Great Basin Native Market will continue to provide Native American arts & craft sales, demonstrations and photo display for the public. It will still be held in conjunction with the 2017 National Cowboy poetry Gathering in Elko. We encourage you to consider the type of clientele that attends the gathering when planning your products so that you can have optimum sales.

The cost for a 4' x 6' vendor space during this three day event will be \$75.00. If you exceed the limited space size, you will need to pay an additional \$75 for a second table. The fee assists the GBNM Committee by covering the cost of rental fees, insurance and cleaning deposits for the Girl Scout House, and promotions for the event that includes event flyers, posters and table signs for the vendors. In addition, the City of Elko is charging a \$6.00 vendor's fee per day. So the total cost is \$93.00.

Vendors will be responsible for collecting thentic,

and paying sales taxes by money order or cash, which will be collected prior to the end of the event.

If you are interested in participating, please complete the form, with a check or money order in the amount of \$93.00 that should be made payable to the Great Basin Native Market Committee by January 13, 2017.

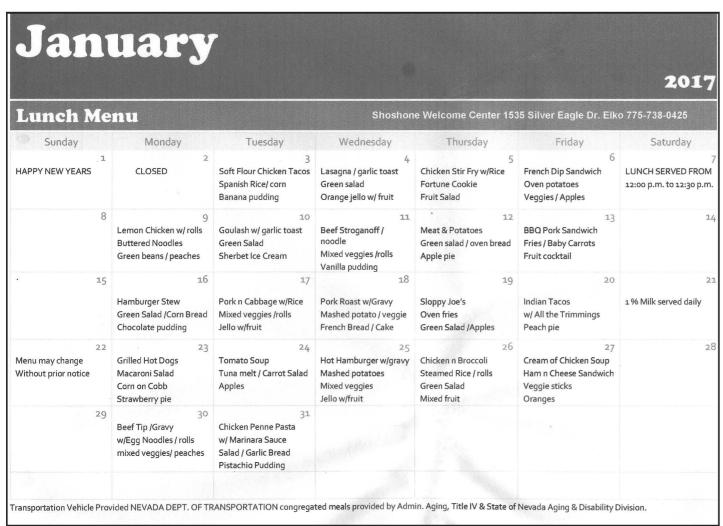
For additional information, contact Lois Whitney at 775-340-9897 or Donna Ortiz at 775-388-7930.

The mission of the Great Basin Native Market is to create a marketplace for auhand-crafted Native American goods and allow Native Americans to carry on their traditions through art, music and demonstrations. Great Basin Native Market encourages Native American artisans to enhance their skills by crafting and refining products; and provides an on-going venue in which to share their culture with tourists as well as people who live in our Northeastern Nevada Community.

Sponsored by the

Great Basin Native Market Committee, 1728 Redwood Rd. Elko, NV 89801

Shoshone Welcome Center Menu



INDIANTACOFUNDRAIS

Friday, February 3 3 pm ~???

Shoshone Welcome Center 1532 Silver Eagle Rd



Hubeejo Card Games - Possible Hand Games

Funds will be raised for elders to attend the 2017 Shoshonean Reunion in Ft. Hall, Idaho

For More Information, contact Arvilla @ 775-738-4025

Impaired Driving Prevention

Toni Roloson, Traffic Specialist Intern, Tribal Motor Vehicle Crash Injury Prevention Project

celebrations are in full swing. There are many opportunities to attend parties, whether with the company you work for or your friends and family.

Often times these celebrations come with a plethora of alcoholic beverages, activities to plan through cell phone use, and you may not be getting enough sleep or are otherwise distracted.

No matter what the situation may be, getting behind the wheel of a motor vehicle while impaired is never a good choice and can certainly put a damper on holiday celebrations.

December is National Impaired Driving Prevention Month. This month we will take a look at what impaired driving actually means.

Impaired means: being in a less than perfect or whole condition, functionally defective or intoxicated by alcohol or narcotics.

By this definition, anything that would distract us or make it to where our focus is

By this time of year, holiday not on the task at hand, which DO NOT TEXT AND DRIVE! at this time would be driving.

> We have many choices that need to be made before we even leave our house.

First, if you chose during the holiday season to partake of alcoholic beverages, DO NOT DRIVE! Make a plan to have a designated driver, someone who is not drinking and can make sure that you can get home safely.

Give someone else your keys so that you won't even be tempted to get behind the wheel.

While intoxicated even sitting behind the wheel, even if you are not actually driving can make you guilty of a DUI, this is due to the fact you have the access to the vehicle and could drive. Don't even take the chance.

There are services, such as First Call, 775-455-6528 and Elko Taxi Service, 775-738-1400, that can help you to get home safely. Be sure to check what services are available for your area before leaving the house.

Make plans ahead of time.

An average text while driving takes about 4.6 seconds, at 55mph that means you have just driven the length of one football field without even watching the road. A lot can happen in 4.6 seconds. If you must send a text, pull over in a safe location and then send your message.

As hard as it is, make sure that you are getting plenty of sleep. Drowsy driving is impaired driving. This is never a good thing as you run the risk of falling asleep at the wheel.

Your reaction times become slower and you have a harder time judging distances, just like you would if have been drinking or have taken a drug that impairs your senses.

Remember to make good choices and plans before hand and get plenty of rest to have a safe and happy holiday season. Merry Christmas!

*Merriam-Webster Dictionary

*www.ibtimes.com

lasses and ommunitu

Healthy Relationship

Friday, January 27, 2017 3:00 PM **Battle Mountain** (Crime Prevention Building) FMI: Darla Lozano - 299-1444 or 738-3010

Great Basin Native Market

February 2, 3, 4 See ad on pg 7 for times Elko Girl Scout House FMI: Stephanie Sam - 775-397-3910 or Lois Whitney -775-340-9897

Indian Taco Fundraiser

Friday February 3 3 pm - ??? Shoshone Welcome Center 1532 Silver Eagle Rd, Elko FMI: Arvilla - 775-738-4025

Wells - Shoshone Language Class

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

Elko - Adult Shoshone Language Class

Tuesdays and Thursdays 6 pm, Welcome Center FMI: Marlene 775-738-8889

Active Citizens Meeting

Wednesdays 6-8 pm Te-Moak Diabetes Center FMI: Cherie, cherie.ike@ british council.org

Elko Zumba

Mon, Wed, Fridays 5:30 pm - 6:30 pm Te-Moak Diabetes Center Elko FMI: Lillian 775-397-6198 Sharon 775-388-3300

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 Call BMDA for appointment

Employment Announcements

WELLS BAND COUNCIL TE-MOAK TRIBE OF WESTERN SHOSHONE P.O. Box 809 - Wells, Nevada 89835 (775) 752-3045 - Fax (775) 752-2179

JOB ANNOUNCEMENT

TITLE: Part-Time, On-Call/Fill-In

SALARY: D.O.E.

LOCATION: Wells Band Colony

OPEN: 12/29/16 Close: Until Filled

DEFINITION:

Under the supervision of the Wells Band Administrator and/ or immediate supervisors, the incumbent serves as an on-call employee, providing a safe, knowledgeable, and efficient fillin for any regular full-time employees as needed.

DUTIES: (May include, but are not limited to)

- Be available for On-Call and/or scheduled Fill-in hours.
- Clerical and reception duties: Answering phones, greeting public, recording, inputting information.
- Cleaning duties related to any position filling-in for.
- Maintaining logs and attendance ledgers.
- Receiving and recording payments.
- Communicating regularly with the public, Native and Non-Native.
- Providing reports, verbal and/or written, to immediate supervisor/Administrator/Council.
- Maintaining inventory and/or stock.

QUALIFICATIONS:

- Must have the ability to learn and adapt quickly to multiple work environments.
- Absolutely must be able to work well with the public, both Native and Non-Native.
- Must be able to work well individually and in groups.
- Must be able to maintain an On-Call schedule.
- Must be organized and have good time management skills.
- Must be in good physical condition to stand or walk, lift, push and/or pull equipment, inventory, or tables.
- Must have good phone etiquette, written, and verbal skills.
- Must have math skills necessary for taking payments, creating receipts, and inputting information.
- Must have working knowledge Microsoft Office, Excel, and basic email use, and be able to draft reports on all duties performed.
- Must have personal means of transportation.
- MUST HAVE A CLEAN DRIVING RECORD FOR AT LEAST 3 YEARS. NO DUI'S.
- MUST HAVE A VALID DRIVER'S LICENSE AND PROVIDE A COPY OF NV DMV RECORDS.
- MUST BE ABLE TO PASS A BACKGROUND CHECK.
- MUST BE ABLE TO PASS A DRUG TEST.

EDUCATION AND EXPERIENCE:

- Must have a High School Diploma or GED.
- Some College, preferred.
- Must have at least 2 years experience in working with the public or related fields.
- Must have 2 years experience in assisting management related positions.

NOTES:

- Preference will be given to Wells Band or Te-Moak enrolled members and other Indians as provided for in the Indian Self-Determination and Education Assistance Act., P.L. 93-638, and the Civil Rights Act., amended by P.L. 92-261.
- For more information, please contact the Administrator at (775) 752-3045.
- Applications can be obtained from the Wells Band Administration Building at 1707 Mountain View Drive.
- They should be *returned with a resume and cover letter* by mail to P.O. Box 809, Wells, NV 89838, or faxed to (775) 752-2179.

WELLS BAND COUNCIL TE-MOAK TRIBE OF WESTERN SHOSHONE P.O. Box 809 - Wells, Nevada 89835 (775) 752-3045 - Fax (775) 752-2179

JOB ANNOUNCEMENT

TITLE: SOCIAL SERVICES/ICWA COORDINATOR

SALARY: D.O.E.

OPEN: DECEMBER 28, 2016

Close: Until Filled

DEFINITION:

The Coordinator provides Child Welfare and Family Casework, makes determination of eligibility, maintains and monitors all fiscal records, client records and program operations for Indian General Assistance, and miscellaneous assistance programs of Social Services

TYPICAL DUTIES:

- Develops casework plans and referrals for rehabilitating, motivating clients, and reunification of children and families.
- Evaluate facilities and arranged for placement, payment, monitoring and transportation of children or adults in permanent or temporary out-of-home care, nursing homes, and treatment centers.
- Work closely with local county, state and federal law enforcement in providing follow up and monitoring of all child abuse cases.
- Provide casework services to fulfill demands concerning problems of children and adults.
- Record and maintain individual and family's histories for future references.
- Prepares case summaries and other reports, interprets policy to clients for concerned individuals and groups, and provides written documentation only when signed for or when ordered by the court.
- Coordinates service with other tribal social service programs, schools and other local, county, state, and federal agencies for the best services for eligible clients.
- Arranged for recruitment, monitoring, payment, and certification of tribal foster homes.
- Prepares budgets, monthly, quarterly, and yearly reports, and monitors the Social Services and ICWA Programs.
- Must sign confidentiality form and perform other duties assigned by immediate supervisor.

ABILITIES:

- Be able to establish and maintain effective working relationships with families, individuals, other employees, and tribes. Must be able to recognize when clients are crossing personal/professional boundaries and have knowledge of when to place boundaries. Have the ability to present findings and conclusions in valid clear reports. Be able to evaluate social problems of the clientele and successfully follow through the evaluations and referrals to appropriate agencies. Have the ability to work well with the general public, interpret policy guidelines and work cooperatively with the Wells Band Council. If needed, Be on 24-Hour Call.

SKILLS:

- Operate motor vehicle, type at least 50 words per minute, computer knowledge, and have good phone skills. Basic knowledge of office equipment, Microsoft Office, and email is a must.

SPECIAL REQUIREMENTS:

- Must have a valid NV driver's license, be insurable and supply a driving record.
- Must have a working and reliable vehicle for local use, if needed,
- Must be able to pass a background check and drug test.

INDIAN PREFERENCE:

- Preference in filing vacancies is given to qualified Native American candidates with the Indian Preference Act (Title 25, US Code, Section 472 and 473). However, the Wells Band Council is an Equal Opportunity Employer and all qualified applicants will be considered in accordance with the provisions of section 703(1) of Title VII of the Civil Rights Act of 1964, Amended in 1991.
- Applications may be obtained at the Wells Band Administration Office located at 1707 Mountain View Drive.

Healthy Eating - Te-Moak Diabetes Program

By Sharon Aina, Te-Moak Tribe Diabetes Center Assistant

One of the most important things you can do to lower your risk for type 2 diabetes and heart disease is to eat well and maintain a healthy weight. It may seem hard to make healthy food choices when we are on a budget or simply are short on time, but there are ways we can help ourselves and our families eat healthier.

Below is a list of some simple ways to start your journey on eating healthier:

- Use a grocery list to help you buy more fruits and vegetables

- Buy lean meat such as chicken, turkey, lean cuts of pork or beef
- Buy low fat dairy products,
 like low-fat or skim milk and
 yogurt
- Buy whole grain breads and cereals
- Save money by buying less sodas, chips or other snacks
- Stock your pantry with plenty of healthy basics, including brown rice, whole grain pasta, crackers and cereals.
- Shop only from your gro-

cery list.

- Never shop when you are hungry and might be tempted by a less healthy food
- To cut down on the sodium in canned vegetables, drain and rinse them before heating in fresh water. You can do the same to cut down on added sugar in canned fruits or better yet, buy them packed in juice (not syrup).
- Make healthy snack foods easy to find in your kitchen.
 For example, when you get home from work or school, put some fresh carrots, grapes

or pretzels out on the counter instead of a bag of chips

– In restaurants, ask if meats can be grilled rather than fried, and request sauces and dressings on the side.

What else can you do to lower your risk for type 2 diabetes and heart disease? Stay active, don't smoke and lose weight, if needed.

– See more at: http://www. diabetes.org/are-you-at-risk/ lower-your-risk/healthy-eating.html?loc=atrisk-slabnav#sthash.KZkLPivH.dpuf

TE-MOAK ENVIRONMENTAL DEPARTMENT

By Angelina Johnny, Te-Moak Environmental Department

The Place to Receive Information on Environmental Topics That Matter to You

The month of December was busy for Environmental. We had two big meetings: one with BLM and another with our bands' Environmental directors.

The BLM meeting was with their Tribal Liaison, Dr. Richard Atkins. This was my first time meeting Rich and I feel confident in saying that he works hard towards creating a positive relationship between BLM and tribes. BLM is currently working on updating their policy on "Tribal Relations." They want to improve the communication between BLM and tribes and put forth a diligent effort to reach out to tribes to receive input before going forth with projects.

An upcoming event that was announced during the meeting is the 2017 Oil and Gas Lease Sales that are coming up later this year. BLM is going to be auctioning off land parcels for the use of pursuing oil. For further information on the parcels and sales stop by your band environmental departments or the Te-Moak Environmental Department. We can pass on the information that we received and get you in contact with Dr. Atkins if further collaboration is needed.

Our first meeting with the bands' Environmental Departments was a success. A lot of information was exchanged and we are wanting to start working together to better our communities. The meeting consisted of Te-Moak Tribe, Elko Band, South Fork Band, Wells Band, and Battle Mountain Band. We will start to have monthly meetings to discuss environmental issues we are facing

within our areas and from there, we will brainstorm and exchange ideas on how to resolve these issues.

The environmental departments are always happy to work with the community and address any environmental issues you may have. If community members are having a difficult time contacting their local Environmental departments or if they do not know where their environmental departments are located, a great starting point is the Te-Moak Environmental Department located inside the Te-Moak Administration building. From there, you can be put directly on the phone with your EPA director or referred to the right person or agency.

It is time we come together to make our environment a better place for our families and for our future generations.

Any questions or concerns can be addressed to Angelina Johnny, Te-Moak Environmental Department Manager at (775) 738-9251 or (775) 388-1453.

Te-Moak Environmental Department: Coming Together

A Creole member once said, "One rain does not make a crop."

When I think on this, a lot comes to mind, however I feel like it can pertain to the Native people. In recent Native news, the issues in Standing Rock, ND have appeared to have finally been resolved, however, it did not take just one person taking a stand. It took many individuals. From tribal members to non-tribal members coming together; "one

rain does not make a crop," it is time to start coming together.

Environmental Protection Agency, We Are Coming Together The Te-Moak Tribe, Elko Band, South Fork Band, Wells Band, and Battle Mountain Band, Environmental Departments are all coming together create a better community for you. We will start to have monthly meetings to discuss environmental issues we are facing within our

areas and from there, we will brainstorm and exchange ideas on how to resolve these issues. Some topics we will be discussing are:

- Solid Waste Management
- EPA Tribal Environmental Plans
- Emergency Planning
- Air Quality
- Water Quality

These are just a few of the issues our environmental departments are managing. I would like to take this time to remind the community that our doors are open. The environmental departments are always happy to work with the community and address any environmental issues you have concerns with. If community members are having a difficult time contacting their local Environmental departments or if they do not know where to start at to address concerns, a great starting point is at the Te-Moak Environmental Department located inside the Te-

Moak Administration building. From there, you can be put directly on the phone with our EPA directors or referred to the right person and location.

It is time we come together to make our environment a better place for our families and for our future generations.

Any questions or concerns can be addressed to Angelina Johnny, Te-Moak Environmental Department at (775) 738-9251



Te-Moak Eyewear Program is for EVERYONE in the Elko and surrounding areas. All you have to do is bring in a current eyeglass prescription, and we will set you up with the latest styles in eyewear. In just a matter of a week or two, you will be happy with how good you look and how clearly you can see, and the prices will make you even happier.

Call or come in today!!
775-738-9251
525 Sunset Street, Elko, Nevada 89801

Te-Moak Eyewear Program

OPEN TO PUBLIC
EVERYONE WELCOME!!!

(775) 738-9251 **525** SUNSET STREET

5 SUNSET ST ELKO, NV

WE HAVE VERY COMPETITIVE PRICES!!

COME IN TODAY AND CHECK OUT OUR WIDE SELECTION OF FRAMES. ALL YOU NEED TO DO IS BRING IN A CURRENT EYEGLASS PRESCRIPTION, AND WE CAN SET YOU UP!

WE CAN ALSO ORDER YOUR CONTACT LENSES.

WE NOW ACCEPT ALL MAJOR CREDIT/DEBIT

Office Hours: Monday-Friday 8:00A.M.-5:00P.M.

CARDS.



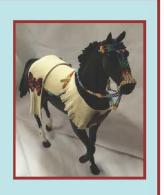








Great Basin Native Market



February 2, 3 & 4, 2017

FREE ADMISSION TO THE PUBLIC

Open:

Thursday, Feb. 2, 2017 Friday, Feb. 3, 2017 Saturday, Feb. 4, 2017

10am - 6pm 10am - 6pm 10am - 6pm

Food sales will take place on Friday & Saturday.

LOCATION:

Historic Girl Scout House 561 14th St. - Elko, Nevada

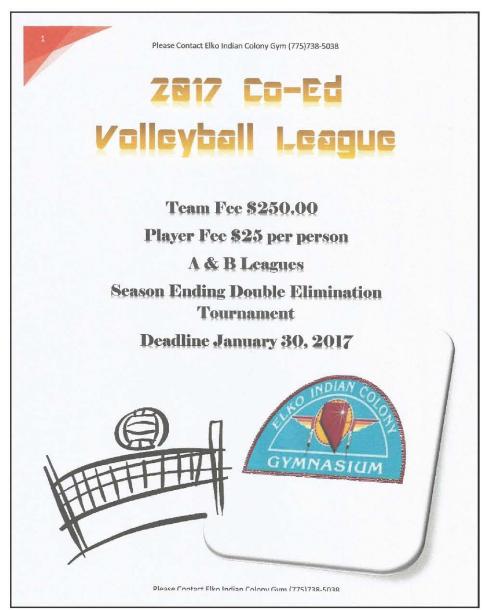
This event is held concurrently with the 2017 Annual Cowboy Poetry Gathering in Elko, Nevada.

There will be Native American Artisans displaying their crafts for sale.

There will also be Native Cultural Presentations for the public.

A Reception will be held Thursday, February 2, 2017 from 11:00 am - 2:00pm.

For more information contact: Lois Whitney @ 775-340-9897 or Dona Ortiz@ 775-388-7930





Kid Fit/Diabetes Dance Group Performance

Photos submitted by Courtney Miller, Kid-Fit Coordinator, Te-Moak Diabetes Prevention Program











































