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BIG PINE PAIUTE TRIBE

OCTOBER 2023 NEWSLETTER

BIG PINE PAIUTE TRIBE OF THE OWENS VALLEY & COMMUNITY OUTREACH PROGRAM

32nd Annual Fall Fandango

OCTOBER 14, 2023

**"ALL INDIANS MUST DANCE,
EVERYWHERE KEEP ON DANCING." - WOVOKA**



PHOTO CREDIT TO AKA MAYA

PRINCESS PAGEANT 10/12
VOLLEYBALL TOURNAMENT
10/13

FUN RUN 10/14 @ 7AM
PARADE @ 10AM

**ARCHERY, HANDGAME &
HORSESHOE TOURNAMENT**
CHUPTUHI, KIDS
GAMES/ACTIVITIES, FOOD
CONTESTS

**COMMUNITY DINNER &
ENTERTAINMENT @ 5PM**

ROUND DANCE @ 6PM
AT THE ARBOR



PHOTO CREDIT TO AKA MAYA

FREE VENDOR SPACE
AVAILABLE
PLEASE CONTACT EVA
@ 7609382870

MORE INFORMATION WILL BE
MADE AVAILABLE CLOSER TO
THE DATE OF THE EVENT



HELP BRING FREE/LOW COST CA INDIAN LEGAL SERVICES TO YOUR COMMUNITY

In under 10 minutes, you can help us understand your community's civil legal service and access needs by taking the Technology & Legal Access Survey



Using your smartphone's camera, scan the above QR code to access the survey or contact CILS at (916) 978-0960 for assistance.



California Indian Legal Services (CILS) is a not-for-profit law firm focusing on Native American rights in California.

California Indian Legal Services thanks you for your help!

CALINDIAN.ORG



TRIBAL ADMINISTRATION

Manhoo Big Pine Paiute Tribe Community,

I hope this correspondence finds the community well and in good spirits. This is the first newsletter to our community since I took on this new role as Tribal Administrator.

For those who don't know me, I am a Tribal Member here and have worked with the Tribe in various capacities over more than ten years. Most recently, I was the Environmental Technician in 2014 when I left to pursue my Juris Doctor (J.D.). I received my J.D. (law degree) from Vermont Law School in 2017 and subsequently took an Equal Justice Works Fellowship for two years in Madison, Wisconsin where I predominantly focused on various environmental law and Indian law topics. I relocated back to the Owens Valley with my family in 2019. Most recently, I spent more than two years working for California Indian Legal Services, sharpening my legal skills in every area of practice and support. When I saw the job posting for Tribal Administrator, I couldn't imagine a better way to directly contribute my legal skills to my community than to join the team here at the Tribe.

Presently, Tribal Administration is focused on a number of priorities, all of which are aimed at expanding access and availability of Tribal programs to the community. There will be a number of communications coming through to the community in various methods to make sure all are included. If there is anything Administration can do to assist in better community distribution of information, please let anyone on the staff know.

Manahobu,



Jacklyn Bryan, J.D. (Paiute)

Tribal Administrator



Big Pine Paiute Tribe of the Owens Valley

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Tribal Administration

JOB OPPORTUNITIES

EMPLOYMENT/CONTRACTS

- Full-time Receptionist/Clerical Assistant (*Administration*)
- Full-time Maintenance Technician (*CDD*)
- Contractors (elder/handicap home rehabilitation projects before winter) (*CDD*)
- Full-time, Utility Operator (*Utility Department*)
- Part-time, Utility Assistant (*Utility Department*)
- Cultural Coordinator, BPIEC
- Jr. PRIDE, BPIEC
- Math Coordinator, BPIEC
- Title VI, BPIEC
- Full-time, Grant Accountant, Fiscal
- Part-time, Good Food Procurement and Distribution Specialist, Environmental
- Full-time Housing Counselor/Secretary

NON-EMPLOYMENT POSITIONS

- Land Assignment \$50.00 (Each meeting)
- Housing Committee \$50.00 (Each meeting)
- Enrollment Committee same \$50.00 (Each meeting)
- California Indian Manpower Consortium Rep. (CIMC)
- Toiyabe Board (Multiple payment opportunities)
- Environmental Advisory Board \$50.00 (Each meeting)
- Utility Committee \$50.00 (Each meeting)
- TERO (100.00 a month)

Utility Department

Is Our Water Safe?



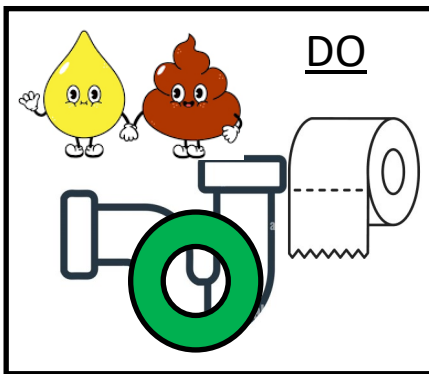
Please be aware the community water has been testing at normal levels and there is no cause for concern of its safety. If in any circumstance our well water becomes unsafe it is our utmost priority to inform all community members immediately.

If you may have concerns about your water please do not hesitate to contact the Tribal office and you will be forwarded to the appropriate staff for resolution. We are happy to help.

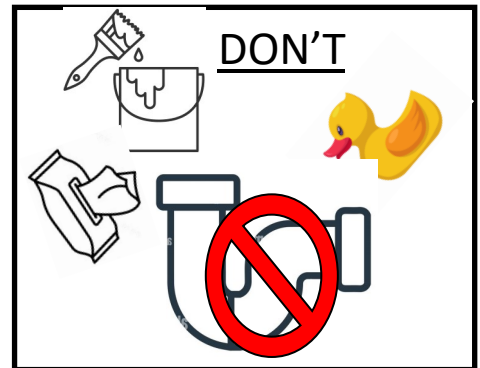


FRIENDLY UTILITY REMINDER!

BE CAREFUL WHAT YOU PUT IN YOUR DRAIN!



Please **DO NOT** put grease, oil, grinded coffee beans, or “washable” wipes down your drains.





HOUSING DEPARTMENT

The Housing Department is still operational and can assist tribal members with rentals as well as homeowners. Programs available can assist with emergency maintenance repairs and appliances, utility expenses, and other home repairs. We have grant and loan applications to assist with general home repairs. Housing Department staff can assist with chimney sweeps and prepare your swamp coolers for the winter.

Housing Staff:

Garrett Bryan, *Housing Manager*
Jack Sepsey, *Housing Maintenance*

Suma Davis
Arthur Richards
Jess Ray Spratt
Ben Spratt
Tom Stone

Andrew Barlow
Norman Hunter
Dakota Bever

2023 BPPT Reservation Halloween Decorating Contest

Sponsored by: Community Development Department, Tribal Administration

Please join us in boo-ti-fully spook-tacular community celebration on the Big Pine Paiute Reservation!

Rules for Entry:

Must reside on the BPPT Reservation, and

Must have a BPPT Tribal Member residing in household.

Address must choose Family Home Entries OR Child Directed Entries, not both.

Categories for Entry:

1. Family Home Entries
 - a. Most Original/Scariest,
 - b. Scariest Traditional,
 - c. Happiest Halloween, OR,
2. Child Directed Entries
 - a. Most Original/Scariest,
 - b. Scariest Traditional,
 - c. Happiest Halloween.



Prizes:

Most Original/Scariest:

1st Place: Family Movie Night Package and \$125.00 Smart & Final Gift Card

Honorable Mention: Halloween Basket and \$125.00 Smart & Final Gift Card

Scariest Traditional:

1st Place: Family Movie Night Package and \$125.00 Smart & Final Gift Card

Honorable Mention: Halloween Basket and \$125.00 Smart & Final Gift Card

Happiest Halloween:

1st Place: Family Movie Night Package and \$125.00 Smart & Final Gift Card

Honorable Mention: Halloween Basket and \$125.00 Smart & Final Gift Card

Scan QR Code to complete entry form or return entry form to Tribal Administration by October 20th @ 5:00pm.

Judging will begin, Friday October 20th @ 7:30pm. Winners notified Monday, October 23rd.

No judges may enter contest. Judges may email or call Tribal Administration at 760-938-2003 or email reception@bigpinepaiute.org.

<https://forms.fillout.com/t/eEbTbUhiLSus>



Tribal Historic Preservation Office
 Danelle Bacoch-Gutierrez, THPO
 Monday-Thursday 8am-5 pm
 760.938.2003 ext. #228



Manahuu! Koi nuwee wee tsow tabawah'no!!
(It's a good day to hunt!!)

As THPO for the Tovowahamatu's, I happily am introducing you to our First Year Hunters for the 2023 Tuhinna Anagooinna (Deer Hunting) Program!! The Hunters are pictured to the left.

The THPO Department applied for a special permit and was approved! We had to sign a Memorandum of Agreement with the State Fish and Wildlife. This agreement expires on September 6, 2026.

We had 15 applications handed out to our BPPT Tribal Hunters and had 7 return their applications. The BPPT received 6 Tuhinna Permits, 5 regular and 1 Cultural Harvest Permit. We lotto'd those names and winners were: Hayley Campbell, Mike Bacoch, Jr., Lena Dondero, Isaiah Bacoch, Dena Dondero and the Cultural Harvest Tag went to Darryl Dondero. Our alternate Hunter is Mr. Rick Dondero ready to step in if for some reason someone had to decline.

We held a workshop for the Hunters to meet Game Warden of Fish and Wildlife, Lieutenant Kaleb Eye. During the workshop Hunters learned their responsibilities of the special permit. Light dinner was available. Everyone was excited for this great opportunity.

I would like to thank Mr. Glen Nelson, for assisting in our language to name our program, Manahobu Glen!! Thanks to Mr. Darryl Dondero for his support and encouragement to get this going! A special thank you to Mr. Tom Gustie and Mr. Brian Poncho of the Bishop Paiute Tribe!! Their guidance and sharing of documents was very helpful indeed! We could've taken a whole year to accomplish this if it wasn't for their assistance!!! So if you see these Numu Nana's give them a friendly manahobu!! Also, a big thank you for the Fish and Wildlife Staff, Mr. Russell Black-Environmental Program Manager and Mr. Chad Hirano-Environmental Scientist.



**2023 Tuhinna Anagooinna Program
 First Year Hunters!!!**

**L-R: Dena Dondero, Lena Dondero, Mike Bacoch, Jr.,
 Isaiah Bacoch, Hayley Campbell, Game Warden
 Lieutenant Kaleb Eye and Darryl Dondero.**

Next Year's Program.....

If you are interested in next years Tuhinna Anagooinna Program, you must apply for a deer tag, must save your State Denial Letter of a deer tag, turn in the application before the deadline.

Lotto will be held to select the Hunters and you have to attend the mandatory workshop or your spot will be forfeited to the alternate.

I've asked this years hunters to apply for next years, in case there is not enough participants (6). Their applications will be put to the side and will be lotto'd in for a permit, if there are available spots.

The MOA is for rifle and in the following zones: Five permits for rifle season in X9a, X9b, X9c and X12 zones. One permit for Cultural Harvest Tag which allows the selected hunter to hunt in July-September (rifle and bow).

We plan to start the program in June and have applications available, June 1st. Once notification is available from Fish and Wildlife on draws, please attach your letter with your tribal application. We plan to hold the lotto on June 30th, so deadline would possibly be around the 28th or 29th of June. You had to have purchased a tag from the State and received a denial letter to be eligible for consideration in the Tuhinna Anagooinna Program. Contact THPO.

Meet the Environmental Crew



Big Pine Paiute Tribe Environmental Department, October 6, 2023.

Back row: Greg Spratt, Milo Vella, Cindy Duriscoe, and Noah Williams

Front: Elaine Chow and Sally Manning

Among the native plants growing in the Tribe's nursery.



Environmental Department *news*



Farewell to Summer

When the bright pink flowers of fireweed start blooming along our mountain trails, they proclaim farewell to summer. Some are sad to see the summer end, especially students who are summoned back to the books. However, the way things are going, when the season ends (officially on September 22nd) we may still be experiencing hot temperatures (and bugs) for a while longer.

Summer was good to the Environmental Department. For a few weeks, there were 9 of us busy working on a variety of tasks. We had 2 high school WEX workers and a college intern, and all 3 contributed to news here.



I am Wanbli Inthewoods, I had a great time working in the WEX summer program. When I got to pick which job I wanted to work at, I chose the Environmental office because I wanted to learn more about plants and I also wanted to learn about the recycling. When I got to Environmental, they gave me some tasks I had to do every day of the week, which was watering the plants and feeding the goats, also a little bit of sorting the recycles.

I think the hardest but funniest task I had to do for the first time was sorting the recycles, because I had to learn the numbers on the bottom of the plastic, including milk jugs and detergent

bottles. I also got to learn the different types of glass. Most drink containers made of clear or colored glass have redemption value, while home glass, like jars, is recyclable but not redeemable. When I was sorting, I came across where the metals go, and also where the glass and soda went. There are two different kinds of cardboard, like boxes made of corrugated cardboard, but also thin chipboard, which is not currently accepted here. I had to learn where everything went. Now I got everything down if I had to teach someone to do it, I really could teach them.



From the six weeks I worked in this program, it was fun I got to get out of my comfort zone and I talk to more people than I usually would, I got to learn a little more about the environment and a bunch of other cool things learned, but overall it was fun working in the Environmental office.





Hi, I am Miley Spratt I had a good and fun time working here. I learned a lot of stuff here like how the recycling works and how the garden works. I mostly worked on transplanting native plants and collecting seeds for native plants. My favorite part was feeding the goats and helping with watering

the garden and planting plants. I learned what type of recycles there are, and even though I still have trouble with glass, overall, I got the hang of it. I now see how much people recycle.



TWO DOZEN TRIBAL YOUTH CAMPERS LEARN ABOUT PROPER DISPOSAL IN THE AGE OF PLASTICS

Hello everyone, this is your Big Pine Paiute Tribe's **Solid Waste Tech. Greg Spratt** with some summer news. On August 3rd, 2023, our department joined the Owens Valley Indian Water Commission (OVIWC) and others to hold day camp for Tribal youth at the beautiful Three Creeks property. My job was to teach the youth a little about recycling. Now how was I going to make a game for recycling? What is the one thing I hear the most about? Plastic!! I will teach them about plastics and how to find the numbered triangle. Here is a little fact about plastic: **Plastic is an incredibly useful material that has changed the way we live our lives. It is lightweight, strong, affordable, and can be used to create products that range from medical equipment to toys. With its widespread use, it is important to understand the impact plastic has on our environment.**

The way I chose to teach them is by showing them the plastic numbering system, then having them play a sorting game. I explained which numbers (plastic material types) are recyclable in Inyo County. Out of 7 types of plastic, Inyo County currently only takes plastics numbered 1-PETE (Polyethylene Terephthalate) and 2- HDPE (High Density Polyethylene). All #1 and #2 plastics are recyclable, but you can only get money back for the #1 and #2 which also say "CRV." (**CRV is California Refund Value, which means consumers receive some of their deposit back when they recycle these beverage containers at certified recycling centers.**) My lesson was to show the youth what plastics go to the recycling bin at the landfill, what ones are redeemable, and, finally, which plastics go into the landfill garbage pile. I mentioned that some plastic items may be reused and/or donated to thrift stores to delay their final destination in the waste stream.

For the game, I laid down a big tarp, set out 6 blue recycle totes, and split the campers into 2 teams. I labeled the totes according to the 3 recycling categories: CRV Plastic, Recyclable Plastic, and Plastic Trash. Here's some plastic facts: **Plastic is a man-made material meaning it doesn't exist in nature. Belgian chemist Leo Baekeland was the first person to invent it in 1907. Plastics are made from chemicals found in fossil fuels, namely natural gas and petroleum. We have learned how fossil fuels are**

harming the earth, so plastic made from corn and cotton is now being tested. Because it is man-made, it will crumble into smaller and smaller pieces, but it is near impossible for earth's microorganisms to completely decompose it. As a result, it stays around virtually forever.

Okay, here is how the game went We picked captains for the 2 teams. Each captain then picked their 4-5 teammates. I brought a big box of mixed plastics with different numbers (and some that had no numbers), and I showed kids how to find the triangle and numbers on the different plastic items. I then explained the reason for the 3 blue bins (CA-CRV, Recycle, and Trash.) To play, every teammate grabbed two different items from the box and returned to their team to look, as a team, for the triangle and agree on the type of plastic. **Here is another lesson I showed before we started to play, I left the caps on some items to show the kids to take the caps off for recycling and why we take them off and why it's important to rinse and clean out recyclables.** Once the teams were confident about what items go in what tote, we had the teams put down their plastics and switch places. Now, they had new plastics to go through! As a team they only had a few minutes to figure out which tote their plastics go in. Each captain was tasked with putting the items in the correct totes for their team. After all the plastic was sorted into the totes, I took a look and scored them on the ones that are right (plus 1 point) or wrong (minus 1 point). I pulled out the wrong ones and explained why a certain plastic item was in the wrong tote. I also acknowledged the correctly-sorted items and asked the team and its captain to explain why they picked that tote for that item. It was a competition, and for each of the 2 groups of campers, one team sorted better than the other, but I think they all learned a big lesson in plastic. This is a very hard game due to some of the youth not understanding why plastic has so many numbers and most of them not being recyclable here in Inyo County. Sadly, much of the plastic we acquire must go into the landfill.

Here is another lesson on plastics: **There is a plastic island in the ocean three times bigger than France. The Great Pacific garbage patch is a patch of trash and plastic in the Pacific Ocean. It is more than 600,000 square miles, which is 3 times bigger than France (and than California!). Plus, it's getting bigger as more trash floating in the ocean joins it. And last: The amount of plastic ending up in the ocean every year could triple in the next 20 years, meaning in less than 30 years there would be more plastic in the sea than fish.**



Picture above shows young campers learning about plastic recycling. Photo taken by Ian Bell.

How can we utilize native plants to improve our air quality and reduce invasive species?*

By Mariessa Fowler, Summer ITEP Intern

Planting a variety of native plants in one's surroundings promotes beauty, preserves natural heritage, restores habitats for wildlife, provides food for fauna, protects water quality, and helps to anchor the soil. Restoring the land with native plant species can increase air quality as well because healthy plantings reduce the chances that winds will erode the soil surface creating dust.



A "native plant" is a plant that has developed over hundreds to thousands of years in a particular environment or region. Over the ages, the environment, with its temperatures, availability of water, sunlight intensity, and even pests and pathogens, has worked to select a variety of characteristics that are adapted to the species thriving in the particular environment. As a result the native plants on a site comprise a balanced ecosystem which is sustainable as long as the surrounding environment is not significantly altered. Native plants are also recognized as those existing before European settlement. There are hundreds of native plants throughout the Eastern Sierra and some of these are being grown in the Tribe's own nursery at the Environmental Department. In the wild, though,



many species face a decline due to major environmental disruption.

Our environment has been disrupted in many ways, such as with the introduction of livestock grazing, western agricultural practices, changes in the availability of water, alterations in water flow patterns, and the introduction of species that did not evolve in our region. Some of these species were unintended "hitchhikers" which have "invasive" tendencies. Introducing invasive plant species into ecosystems can cause environmental harm and human health impacts. Invasive characteristics include producing large amounts of seeds, being able to thrive on disturbed or nutrient-limited soil, and fast growth. The spread of invasive species in the USA has pushed many native species to the brink of extinction, according to the US Forest Service. Some invasive species like cheatgrass promote soil erosion by reducing water in the soil, changing



nutrient cycles, and ruining important soil microorganisms. Invasives become ready fuel for wildfires. Unfortunately, fire does not kill all the seeds of invasive species. Post-fire soil can be exceptionally suitable for seedlings to grow. The extra fuel from invasives make for more catastrophic fires, and the smoke from the wildfires adversely affects human health.

Russian thistle (which we also call "tumbleweed") is an invasive species that came from Eurasia and has spread all over the world. It came to the USA around the mid 1870s and was first documented in South Dakota. It is a prickly plant that has reddish and sometimes striped stems and small succulent leaves. The root system consists of a short taproot. It establishes in disturbed, dry, and compacted soil, thrives in the hot sun, and is extremely drought tolerant. It soaks up as much water as it can, which is usually all that's in the soil at the site. Russian thistle makes seeds in late summer, then dies and turns brown. In fall or winter, it separates from its root and then tumbles around and drops seeds as it rolls. When the Russian thistle rolls away in the fall, it leaves the earth barren and dry. The barren soil, lack of water, and lack of roots leaves the land surface susceptible to wind erosion. *[continued]*

* *Environmental Director's Note: One of the tasks assigned to the intern this summer was to prepare information and a newsletter article on the benefits of planting species native to our area on barren or weedy sites throughout the Reservation, including in residential landscaping. Mariessa, who grew up on the Navajo Reservation and now attends Northern Arizona University, enjoyed learning about Owens Valley's native flora. She researched information from scientists and universities as she wrote the article.*

Wind erosion can impact human and environmental health. Wind is a force that can lift huge volumes of soil particles, thereby decreasing air quality. If the particles are 10µm (micrometers) in diameter or smaller, they present a threat to human health. Particles in the 10µm size range irritate the eyes and throat. Smaller particles, particularly 2.5µm or smaller, can enter the lungs and get into tissue. Dust particles can lead to coughing, headaches, difficulty breathing, susceptibility to lung infection, and increased risk of a heart attack. They can severely impact those with asthma, respiratory illnesses, or health conditions involving the respiratory or cardiovascular system

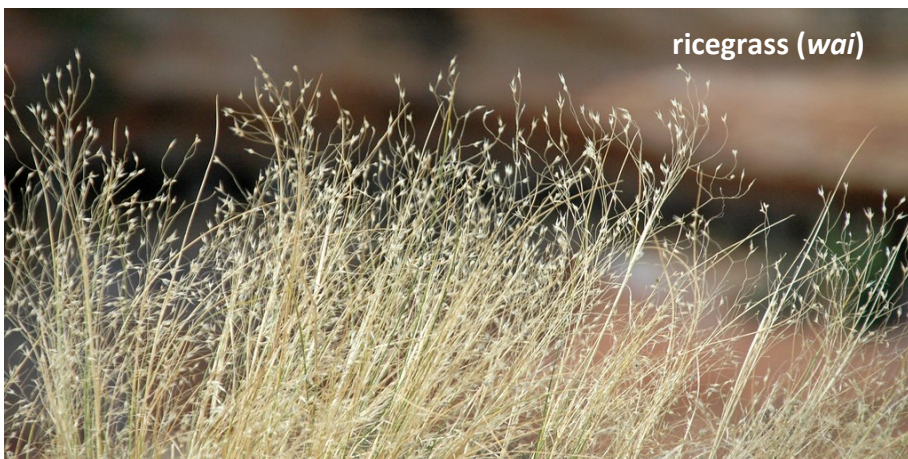
Wind-eroded soil has environmental consequences. With few or no plants, the surface is susceptible to further erosion by water, leading to water pollution. Rain is not absorbed, instead it runs off, carrying dirt and rocks off and into waterways.. Important soil nutrients blow away with the topsoil. Bare, hard, “scalded” ground is left behind, and it is very difficult for seeds to germinate or plants to grow.



So how do we combat invasive species and increase air quality? We work to restore lands dominated by non-natives by removing and controlling them and replanting native plant species. Most native plants have extensive root systems which are further helped by associations with mycorrhizae. Fibrous and extensive roots can anchor a plant firmly in the soil thereby holding soil in place and reducing wind erosion. Many of our native plants like apricot mallow and Great Basin wildrye have fibrous roots. When a native plant dies, it usually doesn't blow away; rather, it decomposes in place to be converted back to rich organic matter which improves soil health. Perennial grasses (those that live for many years), like the wildrye, are perfect for this decomposition process

because the extensive root system persist in the soil. Also, a good friend of these native plants is mycorrhizae which are types of fungus that attach to roots and absorb water, nutrients and minerals that are shared with the plant. The plant shares the carbohydrates it makes with the mycorrhizae. Russian thistle does not associate with mycorrhizae and, in fact, may serve to keep the beneficial fungi from getting established in places where it grows. Mycorrhizae give a boost to native plants and may deter weed growth. So, establishing native species with mycorrhizae can reduce non-native species and improve soil quality.

In summary, reintroducing plant species indigenous to the region can lead to improved air quality by reducing wind erosion and by keeping soil intact. Having invasive plants can impair soil health and the soil is less likely to hold together. Invasives in our region are also very flammable and can lead to severe fire spread. Controlling invasives and planting native plants will decrease the numbers of weeds and work to prevent future sources of bad air quality. The implementation of such a process can be done by weeding or other methods. (For example, the Environmental Department is going to try one approach: solarization. By covering weedy places with plastic, the idea is the hot sun and lack of sunlight kills weeds and their seeds.) Implementing the two-pronged approach of controlling the invasives and planting the native plants will gradually improve the soil and assist the native species in regaining a foothold. Eventually, in the long term, the native vegetation will form a self-sustaining community that will need little care, is great for pollinators, looks good, and improves our air quality.





Garden Fun in the Sun

By Elaine Chow, Environmental Technician

In the last few weeks of summer for the elementary and junior high school kids at Big Pine Indian Education Center (BPIEC), the children enjoyed two activity-filled mornings at the Tribe’s gardens managed primarily by Environmental Department staff. Kids learned about the garden resources (fruit, vegetable and native plants) available to their community. Because of the timing of this last-minute summer program, everyone got to harvest and taste some fresh herbs, vegetables and just-ripened fruit off the fruit trees in the garden. Playing outside in the summer sun, kids chased each other with spray bottles full of water like the unexpected large number of dragon flies we watched dancing around each other in the air just before the kids arrived at our Farmers Market meeting site.

Months ago, Environmental staff sat down together to discuss ideas in community engagement and obtaining grants to fund new outreach programs. Ideas of bringing together youth and gardening floated around the table and came to fruition when our new Garden Manager, Milo Vella, joined our office. After we secured grant funding through the First Nations Development Institute’s California Tribal Fund, we jump-started what program ideas we could with what little time we had left of summer—it was half over by then. In collaboration with staff at BPIEC, Milo and I, planned three days of activities for the children to learn about gardening (native and non-native edible plants), get their hands dirty, prepare and eat fresh “homegrown” foods, and spend time outdoors.

On Day 1, Milo gave the kids hands-on experience in planting vegetable seeds and starts (purchased from the local Wispy Willows Nursery) while I gave a tour of the fruit and vegetable garden areas to the children, WEX workers, and BPIEC staff. Then we ended the morning by harvesting ripened nectarines from one of the many fruit trees in the garden and preparing fresh whipped cream to serve fruit & cream during the children’s snack time. We also served apricots that were hand-picked and donated by our grant-writer volunteer Nora Akino. To keep everyone cool, we supplied spray bottles with water for people to spritz themselves if they felt the need. The kids, being kids, felt the need to chase and spray each other every chance they could get during the planned activities. We worried the summer heat might get to them, but seeing all their smiling, wet faces relieved those concerns.



BPIEC kids getting ready to plant veggie starts in the Tribe’s gardens. July 19, 2023.



Milo and Mathias admiring their colorful work after putting their final touches to the bruschetta made of fresh “Rez Bread”, tomatoes, basil, and mozzarella and drizzled with olive oil and balsamic vinegar. July 26, 2023.

scavenger-hunt/BINGO game by searching for any tiny creature lacking a skeleton. For this day’s snack time, we made fresh-squeezed lemonade flavored with mint the children harvested from one of the hoop houses or blackberries Milo purchased locally from Seismic Gardens. Milo had the grand idea of serving bruschetta on “Rez Bread” made by Danny Lopez, and indeed it was a grand snack, beautifully and carefully laid out by one of the kids who enjoyed helping out in the food-prep activities.

Sadly we had to skip Day 3 because the Owens Valley Indian Water Commission planned their annual Environmental Youth Camp on the same day. Next year is the 25th anniversary of the Youth Camp in bringing Big Pine, Bishop, and Lone Pine Paiute youths into the great outdoors. Make sure to sign up your kids when flyers go out next year. And we’ll make sure to plan around that event as we develop new activities to continue our gardening program with BPIEC during the new school year and hopefully next summer.

Before we start our new program ideas, we’d like to hear from you! Please fill out our survey about potential garden programs you, your kids, other family members and friends can participate in. Scan the QR code or use the link <https://tinyurl.com/ED-BPIEC-gardensurvey> to get to the survey. If you find filling out a survey on a screen is annoying like I do, don’t worry, we’ll have paper copies at the BPIEC and the Tribe’s main office.

Big thanks to Greg Spratt for helping us set up and break down before and after our garden mornings. We very much appreciate our ITEP intern Mariessa Fowler and WEX workers Miley Spratt and Wanbli Inthewoods for assisting us throughout each day of activities and for making the games. We are grateful to Anthony Pierce, Carrie Marquez, Shawnee Nelson, Patrick Warren and the rest of the BPIEC staff and their WEX workers for teaming up with us on this new adventure, helping corral the wild ones, and all in all, spreading the joy and sunshine!



ITEP intern Mariessa Fowler serving freshly-made lemonade to the thirsty. July 26, 2023.

Please help us by taking this survey about new garden program ideas



News from Big Pine Tribal Garden Manager *Milo Vella*, August 2023



Hello, all! As I hope you've noticed, our **Nawanaki-Ti Farmers Market and Craft Sale** is in full swing for the 2023 season. It's been lots of fun! I hope you make a point to come by to enjoy dinner and do some shopping for green groceries and gifts any Friday evening that you have the chance. Or, become a vendor! We will be running through October 27th, from 5pm to dusk. We're expecting solar-powered string lights to arrive soon, brightening and extending each market.

The Market Area will also host the **Big Pine Youth Pow Wow this coming Saturday, August 19th**, from 6:30-10:30 pm. It's a changeup from the Arbor but we're hoping that the grassy lawn will help keep dust down!

And so far so good... we have also already hosted a special Social Wellness Pow Wow organized by AkaMya Culture Group (on Aug 11th) and a Youth Pow Wow Preview (Aug 4th). Follow our Facebook [@NawanakiTiMarket](#) for updates, announcements, and photos.

Having the garden space animated by good Pow Wow energy and dancers is a real joy. We've also recently been regularly collaborating with the Big Pine Indian Education Center for environmental and garden literacy programming, teaching kids how to grow their own healthy food. See the "Garden Fun in the Sun" article for more info... and please **take the survey** to suggest what we do next!



Somehow, it's already harvest season for warm season vegetables like tomatoes, peppers, and cucumbers, as well as orchard fruit. Goodness, how the time flies... wasn't it just one of our snowiest winters on record? In any case, it's also a great time to get gardens going for the fall. Think now about planting crops like lettuce, kale, and overwintering garlic or root vegetables, or "cover crops" to improve soil health and reduce weed pressure. Please reach out if you want seeds, tools, or other assistance.

We have an opportunity to form a **Big Pine Paiute Tribal Garden Advisory Committee**. Please get in touch if you are interested to join. Honoraria are available for participants and volunteers.

The grant we recently received from the First Nations Development Institute will also fund a community review process (and eventually printing costs) of a **booklet** about the traditionally irrigated plants nahavita and taboose. Again, please let me know if you're interested... familiarity with those plants is valued but not necessary to receive an honorarium!

We've also received funding to reconvene members of the Eastern Sierra Tribal Food Coalition, historically a program of Toiyabe's Preventative Medicine Program. If you're interested in local food systems and want to participate, you know who to contact! More information soon.

Finally, we will soon hold a **fruit gathering and preservation workshop** series with Tavoosee Eddy Fredericks, focused on buckberry which should be ripening right about now. Let me know ASAP if you'd like to come collecting with us and/or attend a preserve-making workshop locally. If you have other local food-related skills or curiosities, I'm here to make them happen!

Warmly, Milo Vella milo.vella@bigpinepaiute.org 415.605.7400

Some Observations on 2023: Owens Valley's Wettest Year on Record

By Sally Manning, Environmental Director

Time will tell the real story about any “permanent” changes set in motion for Owens Valley as the result of record amounts of precipitation in the valley and in Sierra Nevada during the winter *and summer* of 2022-2023. Weather in the eastern Sierra is naturally variable from year to year, and change is inevitable, but an extreme winter like we experienced can have obvious consequences by turning components of our environment in different directions and leading to things that will be different in our future.

For example, it is generally believed that following the wet winter of 1969, when Los Angeles Department of Water and Power released a lot of water onto the valley floor south of Big Pine, the weed we call salt cedar gained a foothold. New shrubby woodlands popped up as the salt cedar grew and sucked up water. Eventually the agencies initiated programs to “control” it using chainsaws and herbicides, but it persists. Another weed crept into the valley after some wet winters in the early 1990s: perennial pepperweed (or “tall whitetop”). It is tenacious, nearly impossible to kill, and it continues to spread. This year, I have observed more of a plant that we don’t know by a common name: it’s scientific name is *Kochia scoparia*. This is a close relative of two other loathsome weeds already known to us, Russian thistle and fivehook Bassia. *K. scoparia*, has joined its cronies and is growing as much as 6 feet tall along just about every road, sidewalk, field edge, or other bare space it can find, mostly all on LADWP land and/or in our towns. Its green leaves somewhat fuzzy leaves are plus or minus an inch long, and it often has reddish stems and reproductive parts (at the tips). Good photos on the internet are copyrighted (so not pasted here). Because it makes me and most people sneeze, I am not likely to get close enough to get a good photo! The plant, like its cronies, will produce thousands of seeds, and these will likely be ready to keep spreading this weed in our valley for years to come. It is toxic if consumed in significant quantity.

Fortunately, the Big Pine Creek Bypass channel “worked” this year. As the snow melted and the creek began raging with water, some of the flow automatically diverted into the Bypass and headed east to Owens River. However, the torrential flows resulting from the remnants of Tropical Storm Hilary was too much for the culvert on Newman St. south of the Reservation. Water flowed over the asphalt, then started eroding the road surface making it impassable and dangerous. Greg Spratt took the photo.

Meanwhile, to our north, the elevation of Mono Lake rose nearly five feet since Christmas 2022. This brings its level to about where it was after some previous wet winters in the 1990s and early 2000s, but it is still about 10 feet short of the target set by the State Water Board in 1994. The Mono Lake Committee’s predictions suggest it could rise another 6 to 8 inches. Then, unless we have another wet year or two, it will cease rising and then probably drop again.



As I write this, prognosticators talk of an El Nino year 2023-2024, meaning we may be in for another wetter than “normal” winter. Yep, change is inevitable.

Meet the Wellness Crew



Lorena Levine. Tanya Bigpond, Hillary Ducky, Elizabeth Richards, Joseph Spratt



FALL INTO FITNESS!



We hope everyone is excited about the start of fall! For all you student athletes, we have the equipment to help you build your endurance and perform your best. Try a yoga class to stretch those muscles, or book a session with Joseph or Elizabeth to develop a workout plan. Speaking of plans, as part of our TANF Sub-recipient work plan, non-Big Pine Paiute tribal members may be eligible to receive general memberships with free access to the facility, classes, and the Tribal Fitt app.

NEW HOURS!
MONDAY-FRIDAY
5:00 AM - 8:30 PM
SATURDAY & SUNDAY
8:00 AM - 1:00 PM



We are super excited to announce that we are able to bring the Tribal Fitt app to our program! Using this app, you can sync your fitness tracking device, log your activities, enjoy an online library of fitness classes, financial education & mental health activities. You can also complete the Health Risk Assessment to give yourself an idea of where to begin & share your progress with your friends or primary healthcare provider. You'll also be able to set goals for yourself & participate in challenges. The app is available through both the Google Play Store & the Apple App Store & can be accessed on your phone or computer. The app is not free & to access it, you must go through the Wellness Center for a login code, but it is not ad-supported, meaning your timeline won't be overrun by ads. Also, permissions on the app are default set to private, meaning we can't see what features you are accessing unless you post it to your timeline. For more information. please contact the Wellness Center at (760) 938-2800, we are always happy to answer any questions you might have!

WE'RE HIRING!
FRONT DESK MONITOR & CUSTODIAN/JANITOR!
DEADLINE TO APPLY: FRIDAY, OCTOBER 6TH @ 5:00 P.M.



STRESS & DIABETES

If you've been living with Type 2 diabetes, or any chronic condition, you've probably noticed the way your entire body works around your condition. Your medications, the food you eat, the activities you participate in, how much sleep you get, these all contribute to your overall health on any given day.

So, when you are stressed, the buildup of the stress hormones in your system can act like a loose screw in your body. Over time, constant stress can raise your blood sugar and A1C levels, your blood pressure and increase your heart rate.

So what can you do about it? Stress is a part of our everyday lives, but the way we manage stress varies from person to person. Some people need quiet time, some can manage by talking it out and some people can thrive under pressure. Find what works for you and use it, but be patient with yourself if learning how to manage stress comes slowly for you.

One way to lower your stress level is to exercise. Studies show that just 30 minutes of exercise per day can boost your mood, help you sleep better and lower your blood sugar level and blood pressure. So take a walk, lift some weights or check out a yoga class! If you're not sure where to start, try meeting with one of our personal trainers to figure out your workout goals and develop an exercise plan specifically tailored to you, whether you're a beginner or know your way around a workout.

For more on the stress hormone cortisol and what it does, as well as how to help lower your levels, see the articles by our Personal Trainer/Nutrition Coach Joseph Spratt on the following pages.

NOURISHING YOUR BODY & MIND: FOODS THAT NATURALLY HELP REDUCE CORTISOL LEVELS

BY JOSEPH SPRATT, PERSONAL TRAINER/NUTRITIONIST

Stress is a common part of modern life, and our bodies respond to stress by producing cortisol, a hormone that helps us cope with the demands of the situation. However, chronic stress can lead to elevated cortisol levels, which can have detrimental effects on our health. The good news is that our diet can play a role in managing cortisol levels. Here are some foods that you can incorporate into your diet to naturally help reduce cortisol levels:



Dark, Leafy Greens: Dark, leafy greens such as spinach, kale, and Swiss chard are packed with essential nutrients like magnesium, which has been shown to help regulate cortisol levels. Magnesium is known as a "relaxation mineral" as it can help calm the nervous system and reduce cortisol production.

Berries: Berries, such as blueberries, strawberries, and raspberries, are rich in antioxidants and vitamin C, which can help combat the oxidative stress caused by cortisol. Antioxidants can also help support the immune system and promote overall health.



Omega-3 Rich Foods: Fatty fish like salmon, mackerel, and sardines are excellent sources of omega-3 fatty acids, which have been shown to help reduce inflammation and support brain health. Omega-3s can also help regulate cortisol levels and improve mood.

Nuts and Seeds: Nuts and seeds, such as almonds, walnuts, chia seeds, and flaxseeds, are nutrient-dense foods that are high in healthy fats and magnesium. These nutrients can help reduce cortisol levels and promote relaxation.



Probiotic-rich Foods: Probiotics are beneficial bacteria that can support gut health and help regulate cortisol levels. Foods like yogurt, kefir, sauerkraut, and kimchi are good sources of probiotics that can promote a healthy gut and positively impact cortisol levels.

Dark Chocolate: Dark chocolate, in moderation, can be a delicious treat that may help reduce cortisol levels. Dark chocolate contains antioxidants and can also trigger the release of endorphins, which are natural mood-boosting chemicals.



Herbal Teas: Certain herbal teas, such as chamomile, passionflower, and valerian root, have calming properties that can help reduce cortisol levels and promote relaxation. Enjoying a warm cup of herbal tea in the evening can be a soothing ritual to help you unwind.

Incorporating these foods into your diet can be a tasty and natural way to support your body in managing cortisol levels and reducing the negative effects of chronic stress. Remember that a balanced and varied diet, along with other healthy lifestyle practices such as regular exercise, adequate sleep, and stress management techniques, can collectively contribute to overall well-being.

BREAKING THE STRESS-WEIGHT CYCLE: HOW CORTISOL AFFECTS WEIGHT LOSS AND THE ROLE OF NOURISHMENT

BY JOSEPH SPRATT, PERSONAL TRAINER/NUTRITIONIST

Are you struggling to lose weight despite your best efforts? Cortisol, the stress hormone produced by our bodies in response to stress, may be playing a role. Elevated cortisol levels can disrupt our body's natural balance, impacting various physiological processes, including weight loss.

When we experience stress, cortisol is released to help us cope with the situation. However, chronic stress or consistently elevated cortisol levels can have negative effects on our health, including weight gain and difficulty in losing weight. Here's how cortisol may impact weight loss:



Increased Abdominal Fat: Cortisol has been shown to promote the storage of visceral fat, which is the fat that accumulates around the abdominal organs. High levels of visceral fat are associated with increased health risks, including metabolic syndrome and cardiovascular disease.



Insulin Resistance: Cortisol can interfere with our body's insulin sensitivity, leading to insulin resistance. Insulin is a hormone that helps regulate our blood sugar levels and plays a crucial role in metabolism. Insulin resistance can hinder our body's ability to effectively use glucose for energy, leading to weight gain and difficulty in losing weight.



Cravings for High-Calorie Foods: Cortisol can trigger cravings for high-calorie, comfort foods, especially those that are high in sugar and unhealthy fats. These cravings can lead to overeating and consuming excess calories, contributing to weight gain.

Interestingly, not eating or severely restricting calories can also affect cortisol levels. When we deprive ourselves of adequate nourishment, our body perceives it as a stressor, leading to an increase in cortisol production. This stress response can further disrupt our body's natural balance and impact weight loss efforts.

It's important to note that weight loss is a complex process influenced by various factors, including genetics, lifestyle, and overall health. However, managing stress and cortisol levels can play a role in supporting healthy weight loss efforts. Here are some tips to help break the stress-weight cycle:



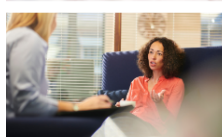
Practice Stress Management Techniques: Incorporate stress management techniques into your daily routine, such as mindfulness meditation, yoga, deep breathing exercises, or regular physical activity. These practices can help reduce cortisol levels and promote relaxation.



Prioritize Balanced Nutrition: Avoid extreme calorie restriction or skipping meals, as these can lead to increased cortisol production. Instead, prioritize a balanced and nourishing diet that includes a variety of nutrient-dense foods, such as whole grains, lean proteins, healthy fats, and an abundance of fruits and vegetables.



Get Adequate Sleep: Poor sleep can disrupt our body's stress response and cortisol regulation. Aim for 7-9 hours of quality sleep each night to support optimal cortisol levels and overall health.



Seek Support: If you're struggling with chronic stress, emotional eating, or weight management, consider seeking support from a qualified healthcare professional, such as a registered dietitian or a therapist. They can provide personalized guidance and support to help you manage stress and achieve your weight loss goals.

Breaking the stress-weight cycle involves a holistic approach that includes managing stress, nourishing our bodies with balanced nutrition, getting adequate sleep, and seeking support when needed. By taking steps to manage cortisol levels, you can support your weight loss efforts and improve your overall well-being.





The Wellness Center
THE PREMIER FITNESS CENTER IN THE VALLEY

Yoga at The Wellness Center

451 Butcher Lane
Big Pine, CA 93513

Free to members or
\$5.00 per class



Mindful Morning Movement
Mondays @ 6:45 a.m.
Instructor: Allison Peeler



Evening Flow
Tuesdays @ 6:00 p.m.
Instructor: Allison Peeler



Gentle Yoga
Wednesdays @ 6:00 p.m.
Instructor: Valerie Hart

All levels of expertise
are welcome

Call 760-938-2800 for more information





The Wellness Center
THE PREMIER FITNESS CENTER IN THE VALLEY

WE'RE HIRING!

Wellness Center Monitor

1 Permanent, Part-Time position

Pay rate: \$16.00/hour, no benefits
30 hrs. per week maximum



Janitor/Custodian

1 Permanent, Part-Time position

Pay rate: \$17.00/hour, no benefits
28 hrs. per week maximum

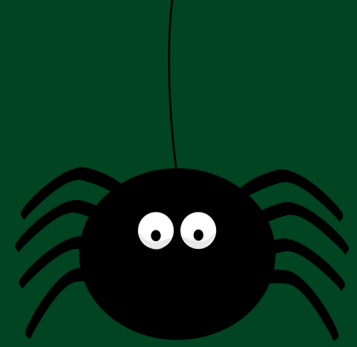
WE ARE SEEKING POSITIVE AND MOTIVATED
INDIVIDUALS TO JOIN OUR TEAM.

**APPLICATION DEADLINE:
OCTOBER 20, 2023 AT 5:00 PM
SUBMIT APPLICATIONS TO THE
BIG PINE WELLNESS CENTER**

For a complete job description and application,
contact the Big Pine Wellness Center

BIG PINE INDIAN EDUCATION CENTER

Hello families we would like to remind families that we do have after-school programs going and those who need help with school work please reach out to the staff at BPIEC @ (760) 935-2530. Also report cards will be coming out on October 13, 2023. we also have read live up and running for grades 1st-8th to help with reading skills if you would like to sign up for read live contact BPIEC @ (760) 935-2530



October Classes: For Dates and times contact BPIEC

-Families That Play Together Stay

Together

-Family Book Club

-HIGHSCHOOL PRIDE

-JR.PRIDE



October Newsletter

Hello to the Big Pine Community! My submission will be short and sweet.

I'm so glad the Fall season has finally arrived. Let's bring on the festivities! Up first is the Annual Fall Fandango. I have submitted the flyers for the Fandango (Fun Run & Pancake Breakfast, Parade, Horseshoe Tournament, Archery Tournament, Chuptuhee, kid's activities information on the flyer), the Volleyball Tournament flyer, the Bed Race flyer, and the Volunteer's need flyer.

If you know of any youth that are needing to clock some community service hours, have them contact me at the Community Outreach Program office 760.938.2870. We will be happy for the help as well.

Next month will be our Fall Gathering, on November 20, 2023 @ 6:00 pm in the Alan Spoonhunter Memorial Gymnasium, please save the date.

Thank you for your time, we'll see you soon!

Eva Bacoeh

Community Outreach Coordinator



**BIG PINE PAIUTE TRIBE OF THE
OWENS VALLEY &
COMMUNITY OUTREACH PROGRAM**

**32nd Annual Fall
Fandango**

OCTOBER 14, 2023

**“ALL INDIANS MUST DANCE,
EVERYWHERE KEEP ON DANCING.” - WOVOKA**



PHOTO CREDIT TO AKA MAYA

**PRINCESS PAGEANT 10/12
VOLLEYBALL TOURNAMENT
10/13**

**FUN RUN 10/14 @ 7AM
PARADE @ 10AM**

**ARCHERY, HANDGAME &
HORSESHOE TOURNAMENT
CHUPTUHI, KIDS
GAMES/ACTIVITIES, FOOD
CONTESTS**

**COMMUNITY DINNER &
ENTERTAINMENT @ 5PM**

**ROUND DANCE @ 6PM
AT THE ARBOR**



PHOTO CREDIT TO AKA MAYA

**FREE VENDOR SPACE
AVAILABLE
PLEASE CONTACT EVA
@ 7609382870**

**MORE INFORMATION WILL BE
MADE AVAILABLE CLOSER TO
THE DATE OF THE EVENT**



**BIG PINE PAIUTE TRIBE OF THE OWENS
VALLEY
& THE COMMUNITY OUTREACH PROGRAM**

2023 Fall Fandango

**“All Indians must dance, everywhere
keep on dancing.”-Wovoka**

Schedule of Events

Thursday

6:00pm Princess Pageant @ ASMG

Friday

4:00pm Volleyball Tournament @ ASMG (Snack Shack will be open)

Saturday

7:00am Yah-Vee Fun Run @ the Arbor

7:30am Pancake Breakfast immediately following the Fun Run

10:00am Parade (9am-10am line up and judging on Hill Street)

11:00am Archery Tournament (11am-2pm) Registration on site softball field
Bed Races (right after the parade)

12:30pm Registration for Handgame Tourney, Horseshoe Tourney (west lawn)

1:00pm Youth Handgame Tournament (Adult Tournament starts next)

1:00pm Horseshoe Tournament (Registration on site)

Kids activities

Chuptuhee games (front lawn with Pearl Vega)

3:00pm **Deadline for food entries, please bring food entries in a crock pot if able.**

Food Contest and Display Contest judging begins

Regalia Contest

Hand Drum Contest (following previous contest)

Clapper Contest (following previous contest)

Beaded Collar Contest (following previous contest)

Tug-of War

4:00pm Announce the contest winners

4-6pm Sandy and the High Country

5:00pm Free Community Dinner and clean up (community help)



VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS! WE NEED
YOUR HELP!**

The 32nd Annual Fall Fandango is fast approaching and we are looking for help from the community to help us weed around the arbor, fix the arbor, collect willows for the top of the arbor. As well as, weeding around the horseshoe pits. Week of Fandango.

10/9, 10/10/, and 10/11 @4pm-dark!

Many hands make light work! Lets pull together Big Pine!

Drinks will be provided



Community Outreach Program
eva.bacoch@bigpinepaiute.org
760.938.2870
For more details



**BIG PINE
PAIUTE TRIBE
OF THE
OWENS VALLEY**

BED RACE EVENT

Get your beds made and get to the Big Pine Paiute Tribe's Fall Fandango Parade!

- 4 people per team
- Must be in costume
- must enter the parade
- 18 + years and over
- 1st and 2nd prizes



**OCTOBER 14, 2023
@ THE FALL FANDANGO**



**11AM / RIGHT AFTER THE
PARADE**



**ALAN SPOONHUNTER
MEMORIAL GYMNASIUM**



**FOR MORE INFORMATION OR TO SIGN UP,
PLEASE EMAIL: Eva.Bacoch@bigpinepaiute.org**



THE BIG PINE PAIUTE TRIBE & THE
COMMUNITY OUTREACH PROGRAM

CO-ED
DOUBLE
ELIMINATION

FALL FANDANGO

VOLLEYBALL TOURNAMENT 2023

DEADLINE TO
ENTER
10/6/23

GET YOUR TEAMS TOGETHER

WHAT TO EXPECT

October 13, 2023

- Each team will be responsible for judging lines prior to their game
- Losing team sweeps floors after the game
- 3 women on the court at all times
- No arguing with the Ref. Ref's call is final
- Good Sportsmanship is expected
- Consession stand will be open
- Champs will receive shirts
- All tourney team

ABSOLUTELY
**NO DRUGS OR
ALCOHOL**

Registration Fee

\$125.00 PER TEAM



LOCATION

1050 S. Richard Street, Big Pine, CA. 93513

More info: 760.938.2870 eva.bacoch@bigpinepaiute.org

Sponsored by the Youth Pow Wow Committee

This is a Drug and Alcohol Free Event



DEADLINE
TO ENTER
10/16/23

AGES
16 AND
OVER

PRIZE TO THE
TEAM WITH
THE BEST
THEME
HALLOWEEN
COSTUMES

CO-ED VOLLEYBALL TOURNAMENT

October 21-October 22, 2023
Start @ 10:00 am

Saturday will be pool play
Games will start at 10:00am

Sunday will be Double
Elimination

Must have 4 women on the court
at all times

For more information and or to sign
teams up, call Korina Toledo
760.937.8378 or Alison Piper
760.937.1066

ENTRY FEE
\$100

AWARDS- MVP MAN & MVP WOMAN
ALL-TOURNEY TEAM, CHAMPION TEAM WINS SHIRTS

2023 YOUTH CONTEST

POW WOW



HEAD TEEN GIRL
ALANI BARR
PAIUTE/SHOSHONE
WADSWORTH, NV



HEAD TEEN BOY
LUKA NORTHGOMERY
CHURCHMAN/VAISHOE
DAYTON, NV

NOVEMBER 4 & 5, 2023

ALAN SPOONHUNTER MEMORIAL GYMNASIUM
1050 S. RICHARDS STREET BIG PINE, CALIFORNIA

CONTEST DANCING FOR TINY TOTS THRU TEENS 1ST THRU 3RD WINNERS PAID

MC: JARED BROWN DINE' - SAWMILL, AZ.
AD: ASHKII KEEDINIHI NAVAJO - GARDEN GROVE, CA.
HOST DRUM: IRON COLT- RED MESA, UTAH
LOCAL HOST DRUM: COYOTE CONFEDERACY
DAILY DRUM PAY

2023 - 2024 ROYALTY
MISS - JOANNA CHIPS
JR. MISS-TINSLEY WILLIAMS
TINY MISS - TULIE ROSE GARFIELD

JR. & TEEN HAT & BOOT SPECIAL
GIRLS & BOYS TINY TOT SPECIAL - SPONSORED BY TULIE ROSE GARFIELD
MOTHER/DAUGHTER TEAM DANCE
WOMANS TRADITIONAL SPECIAL
TEEN GIRLS JINGLE SPECIAL
JR. GIRLS FANCY VS BOYS FANCY

COMMITTEE SPECIALS: 18+ ADULTS
MEN'S GRASS
MEN'S TRADITIONAL
WOMAN'S FANCY
WOMAN'S JINGLE
HAND DRUM

COMMUNITY FEED - SATURDAY DURING DINNER BREAK - ALL ARE WELCOME!

FOR MORE INFO:
VENDORS CONTACT ALISON PIPER 760 937-1066
INFO: KORINA TOLEDO 760 937-8378

October 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2 	3	4 <i>Tribal Council Meeting @6pm</i>	5	6	7
8	9	10 <i>Special Election 6pm @chambers</i>	11	12 <i>32nd Annual Fall Fandango Princess Pageant @ASMG 6pm</i>	13 <i>Volleyball Tournament @ASMG 4pm</i>	14 <i>Parade @10am</i>
15	16 <i>CDD Halloween Entry Deadline</i>	17 <i>Enrollment Committee Meeting @6pm</i>	18 <i>Housing Committee Meeting @6pm</i>	19 <i>Tribal Council Meeting @6pm</i>	20	21 <i>Youth Pow Wow Volleyball Tournament</i>
22 <i>Youth Pow Wow Volleyball Tournament</i>	23	24	25	26	27	28
29	30	31 <i>Happy Halloween</i>				

November 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<p>1</p> <p>Tribal Council Meeting @6pm</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Youth Pow Wow @ASMG</p>
<p>5</p> <p>Youth Pow Wow @ASMG</p>	<p>6</p>	<p>7</p> <p>Land Assignment Meeting @6pm</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>Tribal Office Closed</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p> <p>Enrollment Committee Meeting @6pm</p>	<p>15</p> <p>Housing Committee Meeting @6pm</p>	<p>16</p> <p>Tribal Council Meeting @6pm</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>Fall Gathering @ASMG 6pm</p>	<p>21</p>	<p>22</p>	<p>23</p> <p> Tribal Office Closed</p>	<p>24</p> <p>Tribal Office Closed Native American Heritage Day</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>		