

LOVELOCK PAIUTE TRIBE



MARCH 2023 NEWSLETTER



P.O BOX 878 * 201 BOWEAN ST * LOVELOCK, NV 89419 * 775- 273-7861

paiutetribevelock.org

March 2023

February '23

S M T W T F S
 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

April '23

S M T W T F S
 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 COURT 2pm	2 BINGOCIZE 2PM GYM	3	4
5	6	7 BINGOCIZE 2PM GYM	8 COUNCIL MEETING 5PM	9 COVID CLINIC 10AM BINGOCIZE 2PM GYM	10	11
12	13	14 BINGOCIZE 2PM	15	16 BINGOCIZE 2PM	17 GROW BBALL CAMP GYM SEE FLYER INSIDE	18 GROW BBALL CAMP GYM SEE FLYER INSIDE
19	20	21 BINGOCIZE 2PM GYM	22	23 BINGOCIZE 2PM GYM	24	25
26	27	28 BINGOCIZE 2PM GYM	29	30 BINGOCIZE 2PM GYM	31	1
2	3	If you would like to submit to the LPT monthly newsletter please email your submission to info@lovelocktribe.com				

NOTICE

ELECTION COMMITTEE SIGN UPS

Elections for Chair and Vice Chair are coming up in June. Lovelock Paiute Tribal Council is looking for members to fill the vacant seats on the election committee.

**SIGN UP AT THE ADMINISTRATION
BUILDING**

DEADLINE: MARCH 3, 2023

SPONSORED BY:



gRow

**THIS IS A
DRUG & ALCOHOL**



FREE EVENT

COACH RO -



**MARCH 17TH-18TH
LOVELOCK PAIUTE TRIBE GYM
1ST-4TH 9AM-10AM
5TH-8TH 10-NOON
9th-12th 1-3PM**

**CONTACT - KARLEE MEYERS
775-224-7813**

**f GROW TRAINING
GROWTRAININGPAGE**

BASKETBALLS PURCHASED FOR EACH CAMPER

Do you qualify for

ASSURANCE WIRELESS

FREE MONTHLY CELL SERVICE



LPT ADMIN BUILDING

SOCIAL
SERVICES

REQUIRED ITEMS:

- OVER 18
- VALID ID
- PROOF OF RESIDENTIAL ADDRESS

Interested in the FREE Nevada Lifeline phone program?

- FREE smartphone
- UNLIMITED talk & text
- FREE data every month with mobile hotspot

Who is eligible?

You can qualify if you participate in a government program **OR** if you simply fall below poverty guidelines listed below:

- Medicaid (Medicaid is not accepted)
- Veterans and Survivors Pension Benefit Program
- Supplemental Security Income (SSI)
- Federal Public Housing or Section 8
- Supplemental Nutrition Assistance Program (SNAP)

Or if your total household income is at or less than the income limits below:

1	\$16,347
2	\$24,719
3	\$31,691
4	\$37,463

For each additional member add \$6,372

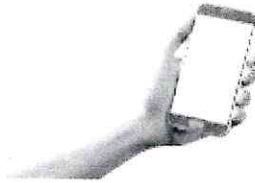
***ACCEPTABLE PROOF OF ELIGIBILITY, IDENTITY AND RESIDENTIAL ADDRESS IS REQUIRED.**

**RESERVE YOUR
APPOINTMENT TIME TODAY!**

socialservices@lovelocktribe.com

(775)- 225-4787

(775)- 273-7861 ex 14



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- FREE data every month with mobile hotspot

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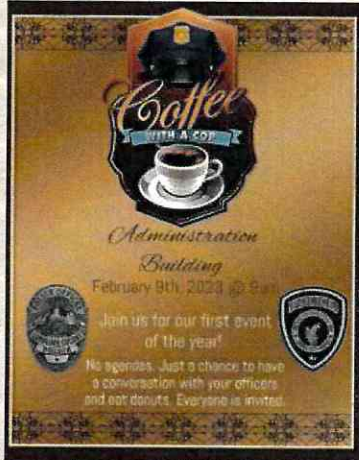
Or if your total household income is at or less than the income limits below:

1	\$18,347
2	\$24,719
3	\$31,091
4	\$37,463

For each additional member add \$6,372

***ACCEPTABLE PROOF OF ELIGIBILITY, IDENTITY AND RESIDENTIAL ADDRESS IS REQUIRED.**

COFFEE WITH A COP



"Great turn out for Coffee with a Cop! Thanks to BIA Office of Justice Services and FBI - Federal Bureau of Investigation for stopping by and participating. Thanks Buddy Boys - Donuts & Shave Ice for providing the "



Reads the post from February 10, 2023 on Lovelock Colony Police Department's Facebook page. Among the events attendees were colony residents, FBI, Justice Services, and staff. "Our goal is not to arrest people, our goal is public safety and education. There's been times we've given people opportunities to correct behaviors before we have to resort to making arrests, issuing citations. That's never our goal, unfortunately that is all we have now based on the system in place. We're definitely looking at changing and improving on that system." said Chief Ruben Ortiz Jr. in reference to prevention, outreach and rehabilitation services offered by LPT. Coffee with a cop lasted over an hour and a half touching on many topics. Alert media an emergency alert system offered by the tribe, PAL (Police Activities League) geared towards our tribal youth, and Vocational Rehab, offered through Fallon Paiute Shoshone Tribe were among the many topics in that time. Among the attendees many spoke and enjoyed not only coffee but fresh donuts.

Thank you LPT Colony PD for hosting this community event



FEBRUARY HEART



NU UNU U SOO PEDYA

I LOVE YOU'



Char and Kathy getting crafty with heart art



Kathy Soto showing off her heart art



Morgan R. and Lila Rodriguez creating heart art.

E MOOTUHI

KISS ME



Charlotte Ramos and Sarah H.



Maribel M. and Ericka R. proudly share their heart art



Canvas' displaying heart art



Monday February 13, 2023 was an afternoon for heart art with Sarah Hannonen, who has hosted several events for LPT. Heart art gave attendees a chance to use their creativity for Valentines Day. Sarah plans on hosting another fun event here at LPT in March. Please visit our website paiutetribelovelock.org, visit our administration bulletin board (front of administration building) or visit our Facebook page for upcoming events and updates at LPT.

Thank you Sarah!

KOOMA
HUSBAND

NODUKWA
WIFE





JOIN COLBY BURKE

ELDERS BINGOCIZE

EVERY TUESDAY AND THURSDAY IN MARCH

LPT GYM

2PM



More Information :

JESSICA BONTA

IHHA

775*442*2503



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

**Health
& Nutrition**

BINGOCIZE®

Want to increase your physical activity while playing Bingo? Enroll in this ~~10-week~~ physical activity and nutrition education program!

Open to adults 60 years and older of all fitness abilities. Playing Bingocize® helps:

- Improve gait
- Improve lower and upper body muscle strength
- Improve cognition

Through Bingocize®, participants will:

- Learn about physical activity
- Learn about nutrition
- Have fun!

For questions contact Colby Burke

Email: colbyburke@unr.edu

Phone: 775-273-2923

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider.

BINGO WITH EXERCISE

When: Starts Feb.
28th, Tuesdays &
Thursdays at 2 p.m.

Where: the Lovelock
Paiute Tribe Gym
(201 Bowean Street)





Just a reminder that new research suggests every movement counts when it comes to being active.

So, stretch, take a stroll or use your commercial break as an opportunity to move.

Move more; be well!

Bingocize® is a product from Western Kentucky University Research Foundation. Visit <https://www.wku.edu/bingocize/> for more information.



Trunk Rotation: Sit on the edge of the chair with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and left, gently pushing further three times into each spinal rotation. Exhale with each pulse.



Sit and Reach: Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position.

Pasta with Beans and Greens courtesy of Cooking Matters®

To identify whole wheat pasta, make sure the first ingredient reads whole-wheat flour or look for the Whole Grains Council whole grain stamp.



Ingredients

- 1 (16-ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15½-ounce) cans great northern, cannellini or lima beans
- 2 tablespoons canola or olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- ¾ teaspoon salt
- ½ teaspoon ground black pepper

Instructions

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion and greens. Cook until onions are soft.
6. Add ½ cup reserved pasta water and seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heated through, about 5 more minutes.

Chef's Notes

- For extra flavor, top with hot sauce or grated Parmesan cheese.
- Use Swiss chard or any of your favorite hearty greens.



National Noodle Month is an annual designation observed in March. This must be one of the tastiest months of the year. Who doesn't love noodles?! This month incorporate noodles into all kinds of different meals. Add some spinach in celebration of National Spinach Day on March 26!

Materials

Can opener | Colander | Cutting board | Large pot | Large skillet | Measuring cups | Measuring spoons | Sharp knife | Vegetable peeler

Visit <https://cookingmatters.org/recipes/pasta>.

An EEO/AA institution. This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider.



Healthy LIVING while aging!



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources



March 2023

Healthy aging newsletter provided by UNR Extension

Volume 4, Issue 3

Is longevity luck of the draw?

By Natalie Mazzullo, M.Ed.

Do you think longevity and growing old is like pulling the lucky straw? Well, you might be surprised to know that how long you live can come down to some notable factors.

One of the leading factors is physical function, which is defined as the ability to perform household chores or even go grocery shopping. The two runners-up factors were mental ability and a person's smoking history (non-smokers faring the best). Surprisingly, disease was not one of the main factors according to a long-term study by Duke Health dating back to 1980.

If you want to get on the good side of luck, may I suggest the following tips:

1. **Decide you want to become a healthy version of yourself.** You may want to make a list of why you want to become healthier. Is it to see your grandchildren, to live the longest in your family, or to travel? You are the decider of your own destiny.
2. **Work on one longevity habit.** Long-lasting friendships and relationships seem to be a strong factor in living longer. This can be done by calling or emailing a friend each day, starting a birthday list or scheduling a monthly get-together with friends.
3. **Plan to move, stay active and exercise each day.** It could be 10 or 15 minutes but get up and get moving! Try standing during commercial breaks.
4. **Be positive about aging!** Researcher Becca Levy states that you can increase your lifespan by 7½ years by having positive age beliefs and positive self-talk. Positive self-talk

Natalie Mazzullo is the healthy aging coordinator for Extension at the University of Nevada, Reno College of Agriculture, Biotechnology and Natural Resources.



about aging can reduce levels of stress chemicals in the blood and make you feel happier.

5. **Define your purpose.** Like positive self-talk, a sense of purpose can motivate you to stay healthier. In fact, it is one of the lifestyle pillars of health outlined in the American Journal of Lifestyle Medicine.
6. **Save for the future.** A strong financial foundation for your golden years can make things a little easier as you age. However, it is not too late if saving was not your main goal as a working or younger adult. You can look into part-time work or volunteerism to give you richer personal experiences.
7. **Reduce the amount of stress in your life.** Stress is linked to chronic inflammation, which in turn can bring on chronic disease. Let go of things outside of your control. Try increasing forms of movement with yoga or tai chi, and tap into your creative side with music or art to make that stress go away!
8. **Avoid unhealthy behaviors.** Stop smoking, drinking in excess, over medicating or taking recreational drugs. Get help if needed by dialing 211 or 988 for immediate crisis intervention.
9. **Create healthy sleep.** Try to get seven to eight hours of sleep each night. Sleep is good for the body and brain and helps reduce stress.
10. **Choose healthy eating habits.** As for healthy eating, strive for mindful, moderate eating and eat a variety of fruits and vegetables daily. I would strongly encourage you to check with your doctor before making dietary changes.

So, find your own four-leaf clover by adopting these tips and discover how lucky you can be in this aging game. 🍀

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact healthyaging@unr.edu.



4-H Enrollment is done online for all 4-H Families & Volunteers!

The site can be accessed from
<https://v2.4honline.com>

If you have previously registered through the online system, then you will use your same log-in information as you did previous. If you don't remember what your password is, contact your county office, Colby Burke (775)273-2923 or by email colbyburke@unr.edu. You **DO NOT** need to create a new profile if you are reenrolling-all of the data was transferred to the new system. Just contact Colby so that she can unarchive your record.

**A link to a video training to help families and
volunteers with enrollment procedures is:**
<https://vimeo.com/363319882/382c1dd8eb>

PERSHING COUNTY 4-H CLUBS

4-H OFFICE— (775)273-2923 / 4-H Coordinator- Colby Burke / Email: colbyburke@unr.edu /
Cell Phone: (775)842-8498

Webpage: <https://extension.unr.edu/program.aspx?ID=155>

Clubs are for ages (9-19)those in blue accept ages (5-19)

Arts & Crafts— Leonna Bianchi

Baseball/Softball—Jared Jensen (775)842-3705/Russell Fecht/Jesse Canchola (775)842-9171/
Amanda Holland (775)530-3853/Wayne Maita **Baseball/Softball Summer Clinic**

Community Clubs (Lovelock/Imlay) - Colby Burke/Liz Uhart

Cooking Club— Amanda Burrows (775)848-1296

Dog Club— Samira Dyer

Garden Club— Anna McBride

Horse Club— Christie Scilacci (775)442-0228 / Alyson Collins/Matt Shontz

Hot Air Balloon Club—Pat Irwin (775)762-9119 & Karalyn Mumm

Livestock:

Beef—Anthony Moura (775)224-2510

Goat Club—KayCee Paredes (775)750-2123

Rabbits/Record Books—Amanda Burrows (775)848-1296

Sheep— Elizabeth Uhart (775)934-9832 / Earl Malay (775)945-0381

Swine Club—Paul Malay (775)316-0395

Photography Club— Andrew Benolkin (775)273-2733/ Chelsea Montes (775)722-3567

Self Defense—Vincent Boone (775)979-3265/Jessica Bohan

Sewing Club— June Talcott (775)422-7721 / Sharon Maynard/Stephanie Bryant

Shooting Sports—Dani Liebsack (775)358-1877/ Brady Liebsack (775)388-2723

Snow Skiing Club— Rich Wagner & Tara Maita

4-H members must attend 75% (or 6) of the scheduled regular meetings or (6) during a 4-H year (Oct.-Sept.) as well as complete a project –report, and a demonstration in order to receive annual credit and compete in 4-H county and state competitions. Pee Wees are not eligible to sell livestock animals at the Pershing County 4-H Livestock Show and Sale.

Discover
Yourself
in
4-H



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Yourself 
in 4-H

Prayer Horse Ride 2023

My name is Josh Dini and I am a member of Walker River Paiute Tribe. I started this prayer last year in 2021 in honor of my brother, Myron Dewey.

We continue to ride in the vision of our Ancestors. We are coming together for each community for healing, strength, awareness, prayer, and unity, gathering March 17 2023 at the Walker River Paiute Tribe, leaving Schurz March 18 2023, riding to each community, and ending at Peehee Mu'huh Thacker Pass, a sacred site for the Mcdermitt Paiute Shoshone Tribe.

To your community we bring our gifts of prayer, and offer humbly with respect if we can sit in prayer with you, carry prayers for you as we ride, and ask with respect what prayers you'd like us to carry.

We greatly appreciate and with respect ask for any monetary donation the community can make towards gas for follow vehicles and horse trailers, food for riders and supporters, wood, hay and water for horses, and a place to camp and keep horses for a night or two.

We would welcome anyone in the community who would like to ride with us. Please have interested riders contact me, Josh Dini, at 775-666-0621 for more information.

Please contact me if you have questions, or if you would like to support Prayer Horse Ride 2023 with prayer, donations, or riders.

We thank you in prayer and unity,

Josh Dini

Prayer Horse Ride 2023

PrayerHorseRide2023@gmail.com

775.666.0621

on Facebook at Prayer Horse Ride 2023

on Instagram at prayerhorseride2023

PayPal prayerhorseride2023@gmail.com

Cashapp \$joshdini

Prayer Horse Ride 2023

We continue to live in the Vision of our Ancestors. We are coming together for each community for Healing, Strength, Awareness, Prayer, and Unity

- to honor and remember of Myron Energy
- to bring awareness to protect Peehee Mu'Huh
- to bring awareness about AIMNN / P
- to bring awareness to protect sacred places
- to protect Indigenous religious freedoms
- to bring awareness about the burning pipe ceremony with Father



Prayer Horse Ride from Schurz, Nevada to Peehee Mu'Huh Thacker Pass

- ~ gathering March 17th Schurz, Nevada
- ~ special guest, morning prayer by Dan Davis, Walker River member and spiritual leader
- ~ ride out morning of March 18th
- ~ security provided by Harmony Keepers
- ~ special thanks to Josh Dini, Walker River, AIMNN; Gary McKinney, Duck Valley, AIMNN; Dallas Cummings, Oregon, AIMNN; Bobby Leonard Mason, Dine / KenienkeHeka, Dine Nation; Charlene Dressler, Nevada; River Akemann, Minnesota; Robin Arevalo, Nevada, AIMNN; Pyramid Lake Paiute Tribe; AIMNN

follow us on

Instagram: @prayerhorseride2023

Facebook: Prayer Horse Ride 2023



#prayerhorseride2023
#thruindigeneuseyes
#prayerhealingprosperityunity



communities to be visited:

Schurz	Nixon
Yerington	Lovelock
Fallon	Orovada
Wadsworth	Peehee Mu'Huh

donate

Paypal: @PrayerHorseRide2023@gmail.com

CashApp: \$joshdini

for in-kind donations: water, food, horse feed
please contact Josh Dini 775.666.0621

calling all riders / supporters!

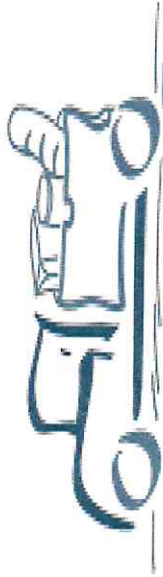
to register, please contact Josh Dini at 775.666.0621

please come self-sufficient for yourself and your horses for 8 - 12 days
(water, food, fuel, horse feed, camping gear for winter / dry camping conditions)

come in a good way to carry prayer

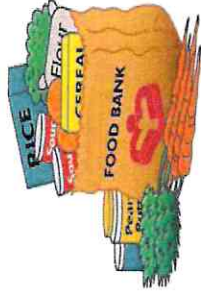
absolutely NO drugs, alcohol, weapons, violent / disrespectful behaviors





FOOD BANK
OF NORTHERN NEVADA

ATTENTION LPT TRIBAL COMMUNITY MEMBERS:



FOOD BANK WILL HELD EVERY 4TH TUESDAY OF THE
MONTH JAN 24, 2023 AND MARCH 28TH
11-12PM BY PICK UP ONLY. LOCATED BEHIND THE
TRIBAL GYM. *Dates and times may be subject to change*

LPT STAFF 😊

HAPPY HEAVENLY BIRTHDAY BROTHER



ALBERT "TONKA" PHOENIX

*You would of been 27 brother, 3/9/96. We love and miss you
everyday!*

LOVE THE PHOENIX GIRLS

JANUARY - DECEMBER 2023**YERINGTON PAIUTE TRIBE
COMMODITY FOOD PROGRAM SCHEDULE**171 Campbell Lane
Yerington, NV 89447**Certifier- (775) 783-0260 EXT 2** or Cell: (775)781-4856

Fax (775) 463-7856

smeza@ypt-nsn.gov or yptcommods@gmail.com***Please call our office before you come to the warehouse*****It is your responsibility to check your boxes for your allotment such as meats and cheese!****The office is closed at the end of the month for inventory.****New Clients-** Please completely fill out the commodity application. Be prepared to provide copies of income, social security numbers, and proof of address for the whole household. This will speed up your process time. Please send an authorized representative with a note if you cannot make the distribution site.

If not we will not give your allotment of commodities to anyone.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fallon, NV 8am-12pm/Gym or housing	3	1	7	4	2	6	3	1	5	3	1	5
Yerington, NV 8am-1pm/Warehouse	5	2	9	6	4	8	6	3	7	5	2	7
Bridgeport, CA 10am-2pm/Tribal Building	6	3	10	7	5	9	7	8	8	6	3	8
Yomba, NV & Benton, CA 11am-1pm	9	6	13	10	8	12	10	7	11	9	6	11
Carson City, NV & Woodfords, CA 8am-12pm/Gym 12.30pm-1:30pm Gym	11	8	15	12	10	14	12	9	13	11	8	13
Lovelock, NV 8am-11pm/Tribal Building	12	10	17	14	12	16	14	11	15	13	9	15
Bishop 8am-12:00pm/Cultural Center	18	14	21	18	16	21	18	15	19	17	14	19
Big Pine, Independ, Lone Pine-CA 8am-11pm/Tribal Building	19	15	22	19	17	22	19	16	20	18	15	20
Reno, NV 8:00am-12pm/Admin	24	21	28	25	23	27	25	22	26	24	20	26
Schurz, NV 8am-12pm/ Gym	26	23	30	27	25	29	27	24	28	26	21	28

Schedule is subject to change!Staff will notify your tribal office
Of any changes.



Pershing County 4-H Clubs

P.O. Box 562 (810 6th Street)

Lovelock, NV 89419

See's CANDIES

Pershing County 4-H Storefront

Bag 0 Checkout

Help Us
Reach Our Goal!



The Pershing County Livestock Rabbit Club has chosen to raise money for equipment with a See's Candies Yum Raising fundraiser. Please go to link https://www.yumraising.com/secure/pershingc_pc_h_easter78/ColBur5002/ to order. This ends March 23rd. See's donates 50% of some items to our club. It will be shipped to you and our financial portion will be sent to 4-H. Please feel free to contact 4-H Coordinator, Colby Burke, with any questions.

Phone: (775)273-2923/ Fax: (775)273-7647 / Email: colbyburke@unr.edu

Webpage: <https://extension.unr.edu/4h/program.aspx?ID=155>

WESTERN SHOSHONE EDUCATION TRUST FUND



SCHOLARSHIPS

APPLICANT REQUIREMENTS:

- Must be a Western Shoshone member (means an individual who appears on the judgment roll of the Western Shoshone Claims Distribution Act; **OR** a lineal descendant of an individual appearing on that roll).
- Must be accepted and attending as a full-time student.
- Must be attending an accredited institution for a Associate or Bachelors degree **OR** attending a Certified Vocational/Technical training institution (we only fund an initial degree/certificate and we do not fund graduate degrees)
- Must maintain a term GPA of 2.0 to be eligible for continued funding

**ANNUAL
DEADLINES:**

**January 15th - SPRING
June 15th - FALL**

For more information and forms please go to:
westernshoshoneeducationtrustfund.com