Administration News

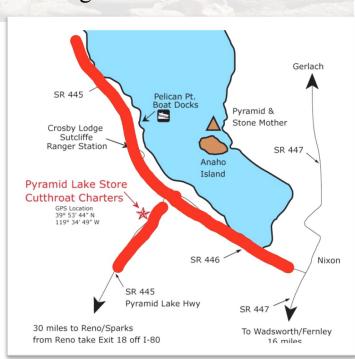
- Tribal Administration Phone Lines are now open five days a week, from 8:00 am to 4:30 pm. Certain departments are still operating under staggered days during the week. Not all departments are available.
- Fishing Guides and Boat Charter Applications are now available on plpt.nsn.us
- For up to date COVID-19 cases on the Pyramid Lake Reservation, please check out our pages on Facebook at Pyramid Lake and Pyramid Lake Paiute Tribe. Due to the consistency of these updates, such updates cannot be loaded onto this newsletter as they will then be outdated information.
- Locate our Pyramid Lake Paiute Tribe Youtube channel for Chairman Sampson's updates.
- A reminder that the screening checkpoints entering State Route 446 from SR 447 and SR 445 are still in effect. Those who do not live within the Pyramid Lake Paiute Reservation will not be allowed through.

Wadsworth Southwest Gas Customers—

There was an issue with the Emergency Utility Assistance payments to Southwest Gas for Wadsworth customers. The vendor would not accept copies of the statement stubs so payments were returned to PLHA. We sent them the list of names, account numbers and dollar amounts and resubmitted the checks. They reassured us they will not be doing any disconnects but they will be charging late charges. If customers call and request the late charge be removed, they will work with you.

Pyramid Lake Housing Authority

775-574-1026



Pyramid Lake Closed to Residents

July 24, 2020

Pyramid Lake is currently experiencing a temporary toxic algae bloom. Water samples reported from July 22, 2020, show cyanotoxin levels that may cause harm. The Tribal Water Quality Program is continuing to conduct weekly tests to confirm when it is safe for the community to enjoy the lake. All beaches at Pyramid Lake will be closed until further notice. Please contact Kameron Morgan, Water Quality Manager, for any questions you may have at kmorgan@plpt.nsn.us, or call the Natural Resources Department at 775-574-0101.



Photo Credit: Jeri Grellmen

July 26, 2020

DANGER

Toxins from algae in these waters can harm people and kill pets and livestock



STAY OUT OF THE WATER UNTIL FURTHER NOTICE. Do not touch scum in the water or on shoreline.



DO NOT let pets or livestock drink or go into the water or go near the scum.



DO NOT eat fish or shellfish from these waters.



DO NOT use these waters for drinking or cooking. Boiling or filtering will not make the water safe.

For people, the toxins can cause:

- Skin rashes, eye irritation
- Diarrhea, vomiting

For animals, the toxins can cause:

- Diarrhea, vomiting
- Convulsions and death

Call your doctor or veterinarian if you or your pet get sick after going in the water. For more information, contact: Kameron Morgan, Water Quality Manager, kmorgan@plpt.nsn.us

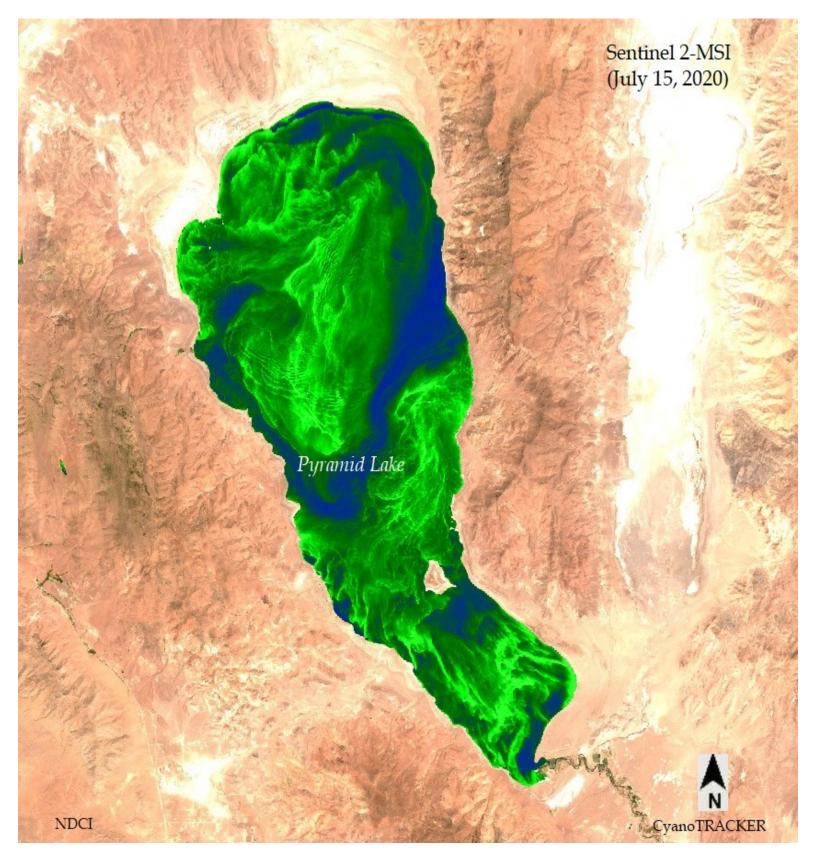


Photo Credit: CyanoTRACKER@CyanoTracker

"Massive on-going bloom in Pyramid Lake, NV, as captured in recent Sentinel2 scene."

July 15, 2020

@CyanoTracker is a University of Georgia multi-platform based global cyanobacterial harmful algal blooms monitoring system on Twitter.

Follow us at @plpt!

CAUTION

TOXIC ALGAE MAY BE PRESENT

We are currently experiencing an annual algae bloom at Pyramid Lake. This is a natural phenomenon that occurs almost every year around this time. The bloom is primarily associated with the blue-green algae species known as Nodularia spumigena, but other species of blue-green algae could be present.

The combination of nutrients, temperature and light may result in rapid growth of algae until it forms an algae bloom. The algae may rise to the top and form a surface scum or foam. Bloom development can be inconsistent, so check the water conditions before setting up your day-use or camp site.

All blue-green algae, also known as cyanobacteria, are capable of producing several types of toxins, including hepatotoxins (liver toxins), neurotoxins (nerve toxins), as well as dermal (skin) and gastrointestinal (stomach and intestine) irritants. These toxins can be harmful to humans, pets, and wildlife. Dependent on toxin review, beaches may be closed.

Recommended Tips for Lake Recreation:

- Avoid or minimize contact with water that is showing signs of heavy bloom conditions (e.g. algae scum, strong odors). Move to other areas where water conditions are better, including cooler and fresher water that isn't affected by algae.
- 2. After swimming or recreating at Pyramid Lake, vigorously towel dry, and rinse off with fresh water.
- 3. Rinse pets that may have been in contact with the water during the bloom.
- Avoid swallowing the water and do not allow pets to drink the water.
- Pay attention to any beach advisory signs posted and use common sense when deciding if it looks safe to swim or enjoy that water.
- If any person (or animal) becomes ill or develops a rash after water contact, they should seek medical (or veterinary) attention. Please report any health concerns to:

Pyramid Lake Natural Resources Department - (775) 574-0101, Extension 13

Pyramid Lake Tribal Health Clinic

FITNESS PROGRAM

Due to these uncertain times because of the COVID19

Pandemic, the Pyramid Lake Tribal Health Clinic has elected to SUSPEND the Fitness Program, INDEFINITELY.

- ⇒ Yoga
- Fitness for 10
- Kaia Fit

Your safety is our top priority, if you elect to attend on your own, please take every precaution to protect yourself and your family: wear a mask, wash your hands often, and clean any equipment your come in contact with.

We will issue an update, when we decide to resume this program.

The Pyramid Lake Tribal Health Clinic

UPDATED/POSTED: 07/02/20



Press Release

For Immediate Release: 07/01/2020 Contact: Anthony Sampson, Chairman

Phone: (775) 574-1000





Pyramid Lake Paiute Tribe Extends Lake Recreation and Road Closures

Nevada Department of Transportation Coordinates with Pyramid Lake Palute Tribe to Advise Public of the Pyramid Lake Highway Screening Extension.

Nixon, Nev. – The Pyramid Lake Painte Tribe is announcing extension of Pyramid Lake recreational closures and highway screening as an important measure to reduce potential speead of COVID-19 and protect health of Tribal members and guests. A tentaintie opening timeframe will be announced at a later data.

All permitted Pyramid Lake recreation activities such as boating, camping, fishing and day use will continue to be closed to the general public.

The Pyramid Lake Paiute Tribe will also continue to screen all traffic entering Pyramid Lake tribal lands at the following two locations as a measure to reduce potential spread of the virus within tribal communities:

- State Route 446 near the intersection of State Route 447 (near the Pyramid Lake Museum and Visitors Center at State Street in Nixon).
- · State Route 445, near mile marker 28 south of Sutcliffe

The Pyramid Lake Painte Tribe retains jurisdiction over land use surrounding Pyramid Lake. The tribe's screening process allows only Pyramid Lake residential and business traffic on State Route 446 and State Route 445 (Pyramid Highway) near Pyramid Lake Local Pyramid Lake Painte Tribal traffic and Pyramid Lake Reservation resident traffic with proof of residency in zip codes 89442, 89424 and proof of residency for the Sutcliffe community will be allowed through, while traffic without appropriate proof of residency or PLPT membership will be turned around. Further information is available at (775) 574-1000 extension 1107.

The tribe has taken unprecedented efforts to slow the spread of COVID-19 in recent actions through formal resolutions and declarations by the Tribal Council under the leadership of Chairman Anthony Sampson. Mirroring the declaration of Governor Sisolak, Chairman Sampson declared a state of emergency on the Pyramid Lake Paiute Reservation due to the spread of COVID-19. Additionally, the Tribe carlier this spring enacted additional resolutions to close Pyramid Lake to all boating, camping, fishing, and day use activities for the general public. The Tribe has a "shelter in place" order for its residents and has only recently lifted the temporary curfew effective July 1, 2020. The Tribe continues to educate and encourage our tribal members to take the necessary steps to protect themselves from the threat of the COVID 19 virus by using face masks when in public places and regular hand samitization practices. Any Pyramid Lake residents are encouraged to call the Tribal Health Clinic or EMS facility to request face masks and hand samitizers for themselves or their families if needed.

The Pyramid Lake Tribal Council recognizes that American Indian populations on remote reservations are highly vulnerable not only due to the nature of COVID-19 but due to the lack of medical facilities and staff to address their needs. The Pyramid Lake Painter Tribe is no exception to these threats. In light of this and the extraordinary threat posed by the virus, the Pyramid Lake Painter Tribal Coancil in conjunction with Tribal Chairman Anthony Sampson continue to take the necessary steps to protect their community members through the continuation of Pyramid Lakes closure to outside visitors until further notice.

The Tribe is anxious to welcome guests back to Pyramid Lake however, the biggest concern remains the safety of guests and residents/members of the Pyramid Lake Paiute Tribe.

Pyramid Lake Tribal Chairman, Anthony Sampson, stated that although these are trying times for the Tribe and our nation, our continued commitment to provide a safe and accessible recreational area to all of Nevada's residents as well as others visiting Nevada is our goal. We are working diligently but cautiously towards a plan of reopening the lake to our visitors and hope that when this occurs everyone will have safety in mind as they enjoy our beautiful desert lake.

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About the Pyramid Lake Paiute Tribe: Pyramid Lake Paiute Tribe's members are direct descendants of the Northern Paiute people who have occupied the vast area of the Great Basin for thousands of years. The Tribe maintains a 477,000 acres reservation 35 miles northeast of Reno NV. The reservation fully contains Pyramid Lake, a 175 sq. mile desert terminal lake primarily receiving water from the Truckee River.

Pyramid Lake Paiute Tribe Office of Tribal Enrollment

TRIBAL MEMBER ID AND MEMBERSHIP CARDS AVAILABLE!

The Tribal Offices remain closed to the public due to the Covid 19
Pandemic, however ID cards with expiration dates and Tribal
Membership cards are still available by mail only.

TRIBAL MEMBERSHIP CARD

This card does not have a photo or expiration date.

ID CARD WITH EXPIRATION DATE

A duplicate card is available to be mail. If you are applying for a first time ID Card with expiration date, we *require* the following:

A passport photo, which is available at Wal Mart or Wal Greens is preferred or a head shot with a white background may be used if it is a clear photo.

Signature-Black fine point sharpie on an 8 % X 11 white sheet of paper. Try to fill half of the page, signatures need to be large to reproduce on the ID card.

Photo ID- we require a legible copy of your current photo ID for verification.

Please use one of the following methods to request a card:

Email: jshaw@plpt.nsn.us
Fax: 775.201.1941

Keep Safe!

The Enrollment Department





"Combat this virus with cleanliness! Keep a distance from friends and family to keep friends and family. Stand Strong to help protect our people's lives now, and ensure a future for our people, customs and traditions" — @NVHealthResponse

Eligibility for Distributions from the Minor's Trust for the 3rd 2020 Quarter

If you are age 18 by September 30, 2020, then you are eligible to receive your payment from the Minors' Trust. This application must include an updated address with our Enrollment Officer, Joanne Shaw, a clear scanned copy of your Photo ID and a deposit slip from your bank with ACH wire transfer number and account number. The routing number must match the one on a check or direct bank form (you may download a form from the PLPT website or acquire one from your bank as well) – do not submit a generic deposit ticket; this can cause delays with your deposit. If there are any questions from the Pyramid Lake Paiute Tribe staff that are processing your paperwork, PLEASE leave a distinguishable email address and make sure that your voicemail box is set up in the event that we have to leave a message in order to get a hold of you. The tax information brackets on top of the second page MUST be completed, or this will cause a delay in your payment. Please include CLEAR and LEGIBLE contact information in case you need to be reached! If delayed, your application won't be processed in time and you will have to wait until the next quarter to receive your funds. The 4th Quarter deadline for year 2020 will be December 31, 2020, and any late applications will be sent then.

Once your application is processed, you can expect a <u>2-3 month</u> wait until your funds are distributed – the Tribe is responsible for verifying your information and submitting your forms. Because Minors' funds are in a trust, please understand that this quarterly process is because funds are calculated by the length of time it has gathered interest sitting in that trust; it is NOT distributed like the Adults'.

Minors will have up to six years to complete their forms and claim their economic stimulus payment. The six-year count starts on your 18th birthday.

Reminder that the deadline to submit your forms for this 3rd Quarter of 2020 is on the last Wednesday of September 2020. Applications received by 09/30/2020 will be processed and forwarded to the Trust the next business day. Applications received *after* 09/30/2020 will be held until the next quarter submission, which is December 31, 2020. Reminder, it is your responsibility to ensure that your form is received and date-stamped by September 30, 2020. Due to the COVID 19 Pandemic, forms are available ONLINE at http://plpt.nsn.us/, or you can request a mailed form by emailing Joanne Shaw, Enrollment Officer, at enrollment@plpt.nsn.us, or Michelle Mix, Administrative Assistant, at adminassistant@plpt.nsn.us. If able, please make sure to download the MINOR'S DISTRIBUTION FORM from our website at plpt.nsn.us.

Pyramid Lake Store Hours:

Elder Hours - Tuesday & Thursday, 10:00 am to 11:00 am

I-80 Smokeshop: Monday, Wednesday, Friday, Saturday and Sunday – 6:00a – 6:00p

Tuesdays and Thursdays: 6:00a to 10:00a, 11:00a – 6:00p

Nixon Store: Monday, Wednesday, Friday, Saturday and Sunday – 6:00a – 6:00p

Tuesdays and Thursdays: 6:00a to 10:00a, 11:00a – 6:00p

Pyramid Lake Marina: Monday, Wednesday, Friday, Saturday and Sunday – 10:00a to 5:00p

Tuesdays and Thursdays: 6:00a to 10:00a, 11:00a – 6:00p



CARES HOUSING ASSISTANCE PROGRAM

The State of Nevada is providing \$30 million in short-term rental assistance to Nevadans experiencing financial hardship due to COVID-19. Funds will be paid directly to your landlord or property manager on your behalf. These residential rental relief funds are offered as a grant to eligible Nevada tenants and are not required to be paid back.

The Nevada Housing Division is administering this program in coordination with Clark County Social Services, the Reno Housing Authority, and the Nevada Rural Housing Authority.

APPLICANTS MUST MEET ALL OF THE FOLLOWING REQUIREMENTS TO BE ELIGIBLE FOR FUNDING:

- · Must be a tenant in Nevada with a current, active lease in which back-rent is owed;
 - Assistance will be provided on a per-lease basis. For example, multiple individuals living in one home in separate rooms with separate leases are all eligible to receive funding; however, only one member of a household should apply if multiple household members all live together in one home under one lease.
- Must be able to demonstrate financial hardship due to COVID-19 (loss of employment, reduction in work hours, and/or reduction in wages);
- Must have a gross annual household income that is at or below 120% of Area Median Income (see chart below);
- · Must not be receiving Federal Voucher Housing Assistance; and
- · Household has liquid resources less than \$3,000

APPLICATION PROCESS:

- 1. Visit www.housing.nv.gov
- 2. Selects county of residence to be directed to the appropriate housing agency
- 3. Complete the application (you will be notified upon approval or if more information is needed)
- 4. If approved, funds will be disbursed directly to your landlord

ANNUAL HOUSEHOLD INCOME MAXIMUMS: Household income limits based on number of residents in your home

•								
County of residence	1 resident	2 residents	3 residents	3 residents 4 residents 5 residents	5 residents	6 residents	7 residents 8 residents	8 residents
Churchill, Clark, Esmeralda, Lincoln, Lyon, Mineral, Nye, Pershing, White Pine Counites	\$63,000	\$72,000	\$81,000	000'06\$	\$97,200	\$104,400	\$111,600	\$118,800
Douglas Co.	\$63,360	\$72,480	\$81,480	\$90,480	\$97,800	\$105,000	\$112,200	\$119,520
Elko Co.	\$77,160	\$88,200	\$99,240	\$110,160	\$119,040	\$127,800	\$136,680	\$145,440
Eureka Co.	\$87,360	\$99,840	\$112,320	\$124,800	\$134,880	\$144,840	\$154,800	\$164,760
Humboldt Co.	\$71,520	\$81,720	\$91,920	\$102,120	\$110,400	\$118,560	\$126,720	\$134,880
Lander Co.	\$81,480	\$93,120	\$104,760	\$116,400	\$125,760	\$135,120	\$144,360	\$153,720
Storey & Washoe Counties	\$66,960	\$76,440	\$86,040	\$95,520	\$103,200	\$110,880	\$118,560	\$126,120
Carson City	\$63,240	\$72,240	\$81,240	\$90,240	\$97,560	\$104,760	\$111,960	\$119,160

Nevada Tribal Emergency Coordinator Named The Associated Press

July 4, 2020

Cassandra Darrough began work last month with the state Division of Emergency Management

Las Vegas (AP) - A member of the Pyramid Lake Paiute Tribe responses to the needs of their communities," she said. "There's has been named as the state's new tribal emergency response co- not just one size fits all." ordinator, amid a report that coronavirus testing and assistance has been slow to reach tribes. Cassandra Darrough, an elected One-third of Indian Country households within Nevada also do tribal council member who traces her ancestry to the Walker River Paiute Tribe, began work last month with the state Division of Emergency Management. She joined tribal health coordinator Crystal Harjo providing emergency management support to Nevada's 27 tribal nations. The Las Vegas Review-Journal reported recently that tribes in Nevada scrambled for weeks to acquire coronavirus testing materials and protective equipment after most other Nevada residents — including self-identified urban Native Americans — were able to obtain limited testing as early as mid-March. Testing finally began in late April for an estimated 20,000 enrolled tribal members on throughout Nevada, even as case counts grew in communities near reservations. Tribal leaders shut borders, sent employees home and focused on protecting tribal elders and securing food for members in what Stacey Montooth, executive director of the Nevada Indian Commission, characterized as a fight for lives.

"Our leadership takes sovereignty seriously — we are going to exercise our rights as tribal nations to the fullest extent of the law," Montooth told the newspaper. "At the same time, we are not islands. We want to be good neighbors. And we know that what's good for Indian Country is good for Nevada."

in July 2019, shortly after it was approved by the Legislature. It ter on the colony's Hungry Valley Reservation. replaced the Inter-Tribal Emergency Response Council, which previously coordinated with the state's emergency managers to Melendez called it difficult for reservations to remain closed respond to isolated emergencies, like floods in 2017 floods and wildfires in northern Nevada. The new council was meant to streamline communication amid crisis, allowing two grantfunded state outreach coordinators to assess needs and aid with up to 27 tribal leaders.

But the broad pandemic affected the entire state at once, prompting Darrough's predecessor, a tribal member, to leave to help her tribe. The vacancy was filled with Darrough's appointment.

Montooth, who began her own state liaison position last September, said having one person trying for about a month to coordinate widely varying needs with tribal nations across a geographically diverse region complicated the process.

"We're dealing with 27 different governments — 27 different sets of leaders who have different ideas, and who are tailoring their

not have stable or reliable internet access, Montooth said.

In mid-April, Harjo began weekly calls involving tribes, the Nevada Indian Commission and a U.S. Department of Health and Human Services representative to support tribal efforts in testing and contact tracing. Meghin Delaney, spokeswoman for Gov. Steve Sisolak, said state and local health authorities can't require tribes to report coronavirus cases to the state, but she said it was strongly encouraged. As weeks passed, communication got better, Montooth said. But tribal nations did not receive independent, rapid-results testing machines until late April, when the federal government provided 12 to share through its Indian Health Service.

Tribal Chairwoman Amber Torres was thankful for the machine the Walker River Paiute Tribe received by early May. The reservation is about two hours outside of Reno and, as she described, "very rural and very desolate."

"Initially, we didn't have anything at the local level," she said. "We were lucky that we were one of the tribes to receive one."

Closures drew some backlash. On the Walker River Indian Res- Caleb Cage, Nevada's COVID-19 response director, told the Reervation, bullets struck a barricade preventing people from enter-view-Journal the state has about 15 Abbot machines, but they are ing the tribe's jewel of a reservoir, a huge draw for outdoor recre- not being used. Instead, the state relies on public health labs for ation. Montooth blamed the Nevada Tribal Emergency Coordi- analysis, which Cage said yield more reliable test results. At the nating Council, a new arm of Nevada's emergency management Reno-Sparks Indian Colony, Tribal Chairman Arlan Melendez department, for poor communication between state and tribal said about 200 of the tribe's 1,180 members were tested June 12, leaders at the start of the pandemic. The council began operating when the Nevada National Guard set up a temporary testing cen-

while surrounding malls, stores and salons are opening.

Torres said pushback from outsiders who want to use the Walker River Paiute Tribe's closed-off reservoir has been difficult to bear.

"That was one disheartening thing — that people didn't respect us as a sovereign nation and wanted to get in here as if it was their right, when ultimately it is a privilege," she said.

And though the tribe has taken a huge economic hit amid the lockdown, Torres said, "As long as our people are safe — money comes and goes, but the people do not."

Obituaries









Pyramid Lake Tribal Health Clinic



Medical Exercise News

How do you change?

Trans-theoretical Model

Why change, how do we change?

Change is often a scary and may even seem impossible to make happen.

But when you learn about how people change, why people want to change, and the actions necessary to perform the actual change, a person can practice the behavior changing strategy into become a habit.

The Transtheoretical model (a change model) helps people focus on their "readiness" to make a behavior change. Behavior change is viewed as an ongoing process rather than as a specific outcome, meaning that it may maybe take someone to try more than once to succeed.

Relapsing is considered a natural part of the change process and not a failure, as movement through the stages is not a straight line.

Changing takes lots of practice, that is why relapsing is real.

During the process, a person has different levels of motivation to change a behavior. Practice helps create habits which helps create change, so even if you are not perfect, that's ok because you have 24 hours in the day to practice to help getting yourself better in the area that you are working at.

Stages of Change

- Precontemplation
- 2. Contemplation
- 3. Preparation
- 4. Action
- 5. Maintenance

Turn to the back for what each stage means.



Special Edition #2

July 20, 2020

American Association of Diabetes Educators (AADE)

diabeteseducator.org

AADE 7 Self-care Behaviors

- **OHealthy Eating**
- **Healthy** Coping
- **Monitoring**
- Medication
- OProblem Solving
- **Being** Active
- **©Risk Reductions**

Pyramid Lake Tribal Health Clinic 2020 Mondays- Wednesdays Education 775-574-1018



PLTHC 2020	at AND EDUCATIO
	5 Stages of Change
	Trans-Theoretical Model
1.	Precontemplation = Don't Know,
	Don't Care= No Changes!
2.	Contemplation = You Know, but
	Change may happen or not.
3.	Preparation = Plan is made.
	Change is being practiced!
4.	Action= Change practice is
	Becoming daily habits!(30 days)
5.	Maintenance = Daily habits
	Become behavior change after
	6 months of consistently
	Practicing new behavior skill!
Char	ge is HARD, Practice Helps!

Pyramid Lake Tribal Court COVID-19 Hours

9:00 am—3:00 pm
Friday

9:00 am—12:00 pm

We still remain closed to the public, and ask clients to submit any filings through the mail (P.O. Box 257, Nixon, NV 89424) with payment included, or email (mhouston@plpt.nsn.us or tribalcourt@plpt.nsn.us) with payment to be paid with finance at 775-574-1000.

If it is absolutely necessary for you to complete your business in the building, please call ahead to let the staff know so they are able to prepare. A mask is *required* to enter the building, and individuals will be screened prior to entry.

If you show any symptoms (i.e., cough, runny nose, fever, shortness of breath, etc.,) you will not be allowed in the building.



Pyramid Lake Elevation Levels as of July 1, 2020 are 3807.58 ft.

Check out USGS Nevada's updates on lake elevation levels on Twitter, at @USGS_Nevada

PYRAMID LAKE RESERVATION: NEIGHBORHOOD WATCH

Local Neighborhood Watch meetings were held in Wadsworth starting in August of 2019 to the beginning of 2020. Residents from all three reservation communities attended the meetings. Once the pandemic stay-at-home orders were issued, community meetings could not occur. The group organized to address home/personal security, prevent crime, and identify community resources. Tribal Police Chief Parsons was present at the meetings to communicate with the community and address concerns. Chief Parsons assigned Officer Bonta to be the representative to our group. The police will be assisting communities that want to participate in the neighborhood watch group with community signage and provide current community information.

The group members are to "Observe and Report" (*pooe* and *naka*) and "Stay Out of Harms Way". Useful information, such as emergency numbers and how to secure your home or farm areas, were prepared and distributed. Advice was given on incident or suspicious behavior reporting, such as what to look for and what to write down or record if possible. Explanation of the "911" system was given and helpful ways to inform dispatch of locations on the reservation, what works when using land lines or what does not work when using cell phones.

The group intended to meet bi-monthly in 2020 to keep the community informed of activity and address concerns. However, this will depend on the pandemic timeline and adherence to individual safety concerns.

In the meantime, if you would like some of the information generated by the group or request Neighborhood Watch Signage for your street, or want to create a neighborhood watch group on your street or residential area, please contact Della John at 775-376-0594 or the Tribal Police Department at 775-574-1014.