



BISHOP PAIUTE TRIBE

ELDERS PROGRAM

September 2026 Newsletter



We made it through the Summer heat, good job team! Now on to Fall time fun, cozy fires, soups and chili.

Get ready for the fall season by swapping out your home decor, updating your wardrobe with cozy layers, and prepping your living space for cooler weather. Bring on the Fall scents like cinnamon, cloves and citrus.

Swap seasonal clothing: Pack away summer garments and bring out your favorite sweaters, cardigans, and flannel pajamas.

Incorporate transitional pieces like wool skirts, light jackets, and scarves to easily adjust to dropping daily temperatures.

Clear out spent summer annuals, trim dead tree branches near the house, and plant hardy fall flowers like mums or pansies.

Service utilities: Clean your gutters, check window seals for drafts, and have a professional inspect your fireplace or chimney before the first cold temperatures hit.

Now we are well on our way to being ready for Fall.

BEADED BUCKSKIN KEY CHAINS



It was a great time learning how to make a new style of key chain. A flat key chain made with one piece of buckskin, folded in half, sewn with sinew and edged with seed beads. It was so fun to make.



INTERNET SAFETY AWARENESS BINGO



Marie Saines come to give our Elders some helpful tips to guard themselves against internet safety awareness. We learned how to spot the dangers and navigate around them. Thank you Marie of Inter Tribal Council of California.

A VISIT FROM CHURCH MEMBERS

I am kind



Soo Sang Harp, Pastor of the Valley Presbyterian church in San Jose California, came to the Bishop community to hold a summer camp for the local youth at the Presbyterian church. On Friday, Aug. 7th our new friends came to visit. They spent time helping the Elders Program with organizing the bread donation from Vons, they happily carried trays of food to the tables for our Elders, they spent time talking and visiting with everyone. A few even helped deliver lunches on our homebound route. They were all so kind and helpful, we are grateful for their sincerity and we hope to see them again soon.



TREAT
EVERYONE
WITH
KINDNESS

SHOPPING TRIP TO CARSON CITY NEVADA

With our hot coffee in travel cups, we set out to Carson City Nevada, in hopes of finding some great deals. It was a relaxing drive through windy roads with the occasional "Whoa!" as we zoomed over the dips on the road. Then we'd hear a roar of laughter after our tummies were tickled. Fun times, we hope you don't skip the next trip.



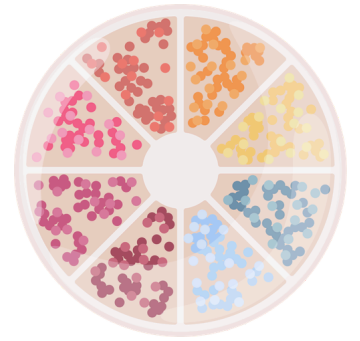
**HAPPY
SHOPPING!**



WIRE WRAPPED BEADED HOOP EARRINGS



HAPPY



Tasty food, and a room full of friends gathered together to learn a new beaded earring technique. With just two hoop earrings, wire and beads, we were able to create a set of beautiful earrings. This had to be one of the easiest beading projects to date. One of our participants stated, he will be gifting his family members earrings for Christmas now.



SEPTEMBER FALLS PREVENTION AWARENESS MONTH

FALLS CAN AFFECT INDIVIDUALS OF ALL AGES AND MAY HAPPEN AT ANY TIME. UNLIKE OTHER CAUSES OF BRAIN INJURY, SUCH AS COMBAT, MOTOR VEHICLE ACCIDENTS, AND NEAR DROWNING, FALLS ARE NOT RESTRICTED TO SPECIFIC ENVIRONMENTS. THIS MAKES THEM PARTICULARLY DANGEROUS.



**WHAT TYPES OF BRAIN INJURIES CAN OCCUR FROM A FALL?
MILD TRAUMATIC BRAIN INJURY (MTBI), ALSO KNOWN AS A**

**CONCUSSION: A CONCUSSION IS CAUSED WHEN THE BRAIN
RECEIVES TRAUMA FROM AN IMPACT**

**CONCUSSIONS CAN CAUSE THE PERSON TO HAVE DIZZINESS,
HEADACHES, BLURRED VISION, AND NAUSEA, AMONG OTHER
SYMPTOMS.**

**CONTUSION: A CONTUSION IS A BRUISE ON THE BRAIN CAUSED BY
SOMETHING STRIKING THE HEAD, WHICH CAN CAUSE BLEEDING AND
SWELLING IN THE BRAIN.**

**PENETRATING INJURY: IS AN OPEN WOUND THAT HAPPENS WHEN AN
OBJECT—SUCH AS A KNIFE, BULLET, OR PIECE OF GLASS—PIERCES
THE SKIN AND ENTERS BODY TISSUE.**

HOW CAN YOU PREVENT FALLS THROUGH LIFESTYLE CHANGES?

STAY PHYSICALLY ACTIVE

- GET YOUR SIGHT AND HEARING REGULARLY CHECKED
- SCAN YOUR SURROUNDINGS
- AVOID DISTRACTED WALKING
- REVIEW THE SIDE EFFECTS OF THE MEDICATIONS THAT YOU TAKE WITH YOUR DOCTOR
- CHECK YOUR VITAMIN D LEVELS
- WEAR APPROPRIATE FOOTWEAR



September HAPPY BIRTHDAY



Lucy Lemmons

Rick Dewey

Jeriann Kane

Thomas Crowl Jr.

Harold Clarke

Trina Huck

Jeffery Romero

Leon Ladmirault

Gary Vega

Evelina Tucker

William Mallory

Linda Robinson

Marilyn Dewey

Elizabeth Manuelito

Donald Watterson

Norman Bernard

Laverne Alvord

Rudolph Willis

Delvin Kane Jr.

Patricia Dewey

David Andreas

Debra Fimbres

Jack Mallory

Lisa Jones

Durice Allen

Lindsey Delgado

Cindy Gonzales

Janet Stone

Robert Huarte

Amelia Rogers

Alberta Brown

Laura Torres



Happy birthday to you, happy birthday to you,
happy birthday dear elder, happy birthday to you!

***Hoping you have a day filled with love
and hugs from those who love you!***

***Happy birthday from the
- Elders Staff***

If you don't want your name
announced in future Birthday months,
please let us know.



Bishop Paiute Tribe Elders Lunch Menu

SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Closed in observance of Labor Day 7	Main Dish: Meatball Sandwich Veggies: Garden Salad Fruit: Red Grapes Milk 1	Main Dish: Pinto Bean Taco Salad, Tortilla chips, salsa. Fruit: Banana Milk 2	Main Dish: Orange Chicken, White Rice. Veggies: Broccoli & Carrots Fruit: Pineapple Milk 3	Main Dish: Grilled Salmon, Rice Pilaf, Lemon Veggies: Asparagus Fruit: Strawberries Milk 4
Main Dish: Spaghetti & Meatballs Veggies: Mixed Veggies Fruit: Pears Milk 8	Main Dish: Sunshine Salad w/ Chicken and Whole Wheat Crackers Fruit: Strawberries Milk 9	Main Dish: Pork Roast, Pasta Salad Veggies: Steamed Broccoli Fruit: Watermelon Milk 10	Main Dish: Tuna Sandwich on a croissant. Veggies: Tomato Soup Fruit: Orange Milk 11	
Main Dish: Chicken Pot Pie Veggies: Garden Salad Fruit: Fruit cocktail Milk 14	Main Dish: Bean and Cheese Burrito Veggies: Green Salad Fruit: Green Grapes, Milk 15	Main Dish: Pork Tenderloin, Cranberry Sauce, Oven Roasted Sweet Potatoes Veggies: Green Beans Fruit: Red Apple, Milk 16	Main Dish: Bacon Cheeseburger, Lettuce, Tomato Veggies: Coleslaw Fruit: Peaches, Milk 17	Main Dish: Shrimp Boil, potatoes, corn, sausage, lemon Fruit: Pears Milk 18
Main Dish: Baked Potato, Chili, Sour Cream Veggies: Broccoli Fruit: Strawberries, Milk 21	Main Dish: Tri tip Sandwich, Veggies: Lettuce Tomatoes, Carrots Sticks. Fruit: Pineapple, Milk 22	Main Dish: Chicken Tostada Salad, Salsa, Chips Veggies: Avocado Fruit: Oranges, Milk 23	Main Dish: Pulled Pork Sandwich Veggies: Cole Slaw Fruit: Apricots Milk 24	Closed in observance of California Indian Day 25
Main Dish: BBQ Pork Ribs, Baked beans. Veggies: Cole Slaw Fruit: Apricots, Milk 28	Main Dish: Herb roasted chicken, Rice Pilaf Veggies: Asparagus Fruit: Watermelon, Milk 29	Main Dish: Chef Salad W/2 Whole Wheat Crackers Fruit: Banana Milk 30		All meals are served with 1% Milk

Elder's Director: Tammy Andrade
Phone Number: (760) 873-3052

Elder's Chef: Marco Cardelas
Phone Number: (760) 873-3052

*Menu Items are subject to change based upon availability

SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BREAKFAST CLUB @ 9am TOPIC: TIMED FASTING	2 CHUP-TUHII BEGINNERS 12:30PM	3	4
7 CLOSED IN OBSERVANCE OF LABOR DAY	8 GET READY FOR THE POW WOW 4PM-6PM LIGHT DINNER PROVIDED	9 ELDERS ADVISORY BOARD MEETING @ 4PM EVERYONE WELCOME COOKING CLASS @ 2PM	10	11
14	15 GET READY FOR THE POW WOW 4PM-6PM LIGHT DINNER PROVIDED	16 CHUP-TUHII BEGINNERS @ 12:30PM	17 VITALS CLINIC @ 11AM-1PM w/ TIHP	18 BIRTHDAY CELEBRATION BIRTHDAY BINGO \$5 BUY IN
21	22 LEMON MERINGUE PIE MAKING CLASS @ 5:30PM LIGHT DINNER PROVIDED	23 PETROGLYPH VISIT @ 1PM EDUCATIONAL	24	25 CLOSED IN OBSERVANCE OF CALIFORNIA INDIAN DAY
28	29	30		



2nd Wednesday of every month

July 1, August 5, Sept 1, Oct 7, Nov 4, Dec 2

@ 9:00AM



Join us at our monthly Breakfast Club informal nutrition education meeting. You will get your wellness and nutrition questions answered while enjoying a healthy breakfast.

1. Keep your health and wellness goals on track without the fuss of clinical setting.
2. Get ideas and support from peer that dealing with the same challenges, and much more

Breakfast is provided but space is limited,
please RSVP to account for food preparation



TOIYABE
INDIAN HEALTH PROJECT

“Caring for Our Communities”



Bishop Paiute Tribe Elders Program

Chup-tuhii

**Beginners
Chup-tuhii
w/ Mary Davis
Everyone welcome
to attend.
1st & 3rd Wednesday
of the month.**



**The 1st and 3rd Wednesday of the month.
Beginners at 12:30pm, regular games at 1pm.**

Located at the Elders Building.

Bring your quarters and let's play.

**Questions? Please call
(760) 873-3052**



BISHOP PAIUTE TRIBE ELDERS PROGRAM

CLOSED

in observance of



LABOR DAY



SEPTEMBER 7, 2026

WE WILL RE-OPEN ON
TUESDAY, SEPTEMBER 8, 2026

WE CELEBRATE ALL HARD WORKERS, ESPECIALLY THOSE
WHO HAVE RETIRED.

QUESTIONS? PLEASE CALL (760) 873-3052



BISHOP PAIUTE TRIBE ELDERS PROGRAM

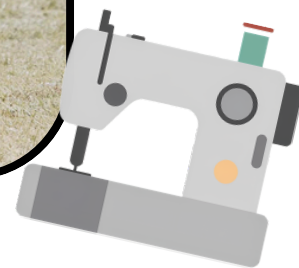
GET READY FOR THE POW WOW

SIGN
UP

ELDER
ACTIVITY



NO
CHILDREN
PLEASE



SEPTEMBER 8TH & 15TH

@ 4PM-6PM

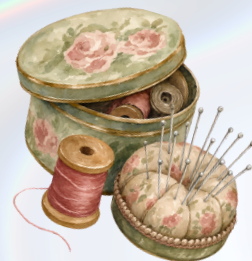
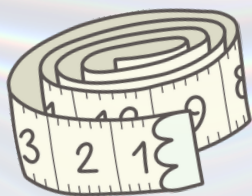
LIGHT DINNER PROVIDED

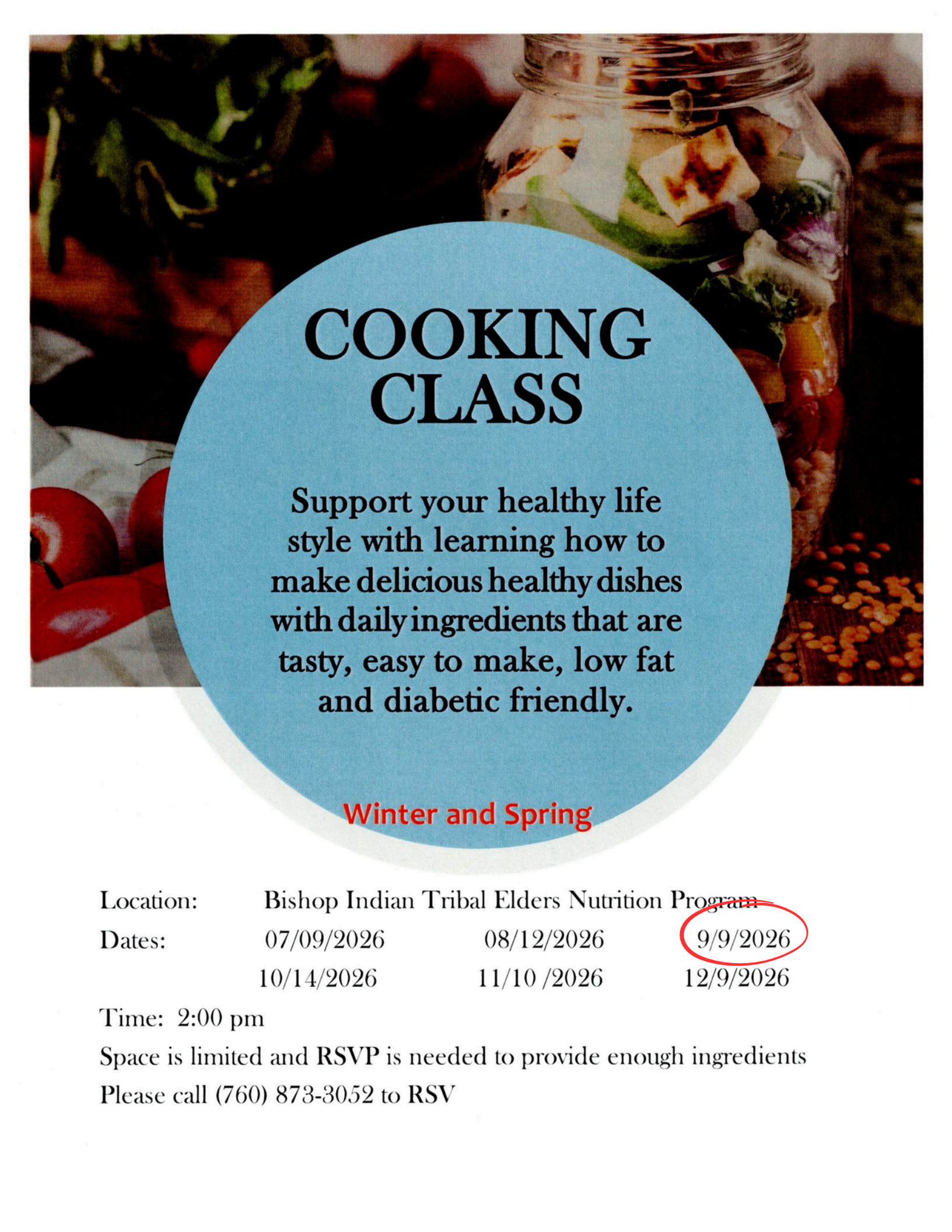
LOCATION: THE ELDERS BUILDING

**DO YOU NEED HELP GETTING YOUR REGALIA FINISHED
IN TIME FOR THE POW WOW?**

**WE CAN HELP. BRING YOUR PROJECT & MATERIALS AND
LET'S FINISH IT.**

QUESTIONS? PLEASE CALL (760) 873-3052





COOKING CLASS

Support your healthy life
style with learning how to
make delicious healthy dishes
with daily ingredients that are
tasty, easy to make, low fat
and diabetic friendly.

Winter and Spring

Location: Bishop Indian Tribal Elders Nutrition Program

Dates:	07/09/2026	08/12/2026	9/9/2026
	10/14/2026	11/10 /2026	12/9/2026

Time: 2:00 pm

Space is limited and RSVP is needed to provide enough ingredients

Please call (760) 873-3052 to RSV

VITALS CLINIC

SEPTEMBER 24, 2026

OCTOBER 29, 2026

NOVEMBER 19, 2026

DECEMBER 31, 2026

11:00 AM – 1:00 PM



*Bishop Elders Building
350 Barlow Ln, Bishop Ca, 93514*

"Caring for our Communities"



TOIYABE
INDIAN HEALTH PROJECT

250 N. See Vee Lane
Bishop, CA 93514
www.toiyabe.us

Contact Community Health
for any questions
760-872-2622



Bishop Paiute Tribe Elders Program

September BIRTHDAY

BINGO



Sign-up
at the
Elders
Program

This is an
Elder
activity no
children
please

\$5 Buy In

Pay out amounts depend on the number of players.

Please bring small bills to buy in.

Every last Friday of the month @ 1PM.

Questions? Please call (760) 873-3052



BISHOP PAIUTE TRIBE ELDERS PROGRAM

SIGN-UP
REQUIRED
FOR FOOD
COUNT
AND
SUPPLIES



ELDER
ACTIVITY
NO
CHILDREN
PLEASE

LEMON MERINGUE PIE MAKING CLASS

SEPTEMBER 22, 2026

5:30PM-7:30PM

LIGHT DINNER PROVIDED
COME LEARN HOW TO MAKE YOUR OWN
LEMON MERINGUE PIE WITH LISA JONES.

QUESTIONS? PLEASE CALL (760) 873-3052



Time
TO
BAKE





BISHOP PAIUTE TRIBE ELDERS PROGRAM

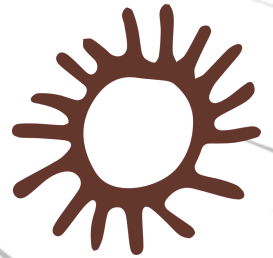
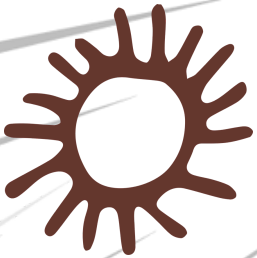
PETROGLYPH VISIT

**SIGN
UP
REQUIRED**

**DEADLINE
SEPT.
16TH**

**ELDER
ACTIVITY**

**NO
CHILDREN
PLEASE**



**SEPTEMBER 23, 2026
@ 1PM DEPART FROM THE
ELDERS PROGRAM.**

TRANSPORTATION PROVIDED.

**EDUCATIONAL VISIT TO ANCESTRAL
SITES WITH RAYMOND ANDREWS**

QUESTIONS? PLEASE CALL (760) 873-3052





BISHOP PAIUTE TRIBE ELDERS PROGRAM



CLOSED

SEPTEMBER 25, 2026

**IN OBSERVANCE OF
CALIFORNIA INDIAN DAY**

**WE WILL RE-OPEN ON
MONDAY, SEPTEMBER 28, 2026**

HAVE A GREAT WEEKEND

QUESTIONS? PLEASE CALL (760) 873-3052



**EXECUTIVE DEPARTMENT
STATE OF CALIFORNIA**

PROCLAMATION

Today marks the 57th annual celebration of California Native American Day, "Recognizing 100 Years of Citizenship and the Fight for the Right to Vote 1924-2024." This year's California Native American Day commemorates the moment when – 100 years ago – Native Americans were conferred citizenship in the United States of America, and with it, the right to vote in the State of California.

This important milestone is not without controversy – Congress' act was in furtherance of assimilationist policy during a period marked by the forced removal of Native children from their families, the seizure and sale of Native lands and prohibitions on languages Native people spoke since time immemorial.

By 1924, California Native Americans had lost almost all of their lands to relentless acts of dispossession. Their spiritual practices were almost entirely cut off, their waters diverted, sustenance depleted and sacred grey wolf, grizzly bear, beaver and condor populations decimated. Where tribal nations' exercise of diplomacy and their associated values went long ignored, citizenship and the right to vote provided another path by which Native peoples could begin to restore what was lost. Since that time, Native engagement in the democratic process has demonstrated the power of the Native voice to force attention to the unique needs and concerns of California Indian Country.

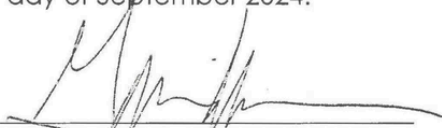
In these last 100 years, we have witnessed California tribal nations and Native American individuals fully embracing their potential in this collective democracy. As a result, California is once again benefitting from the values, leadership and stewardship of the first people of this place – from the reintroduction of traditional burning, sustainable harvesting and cultivation practices, to the largest river restoration in the United States. We have seen the first California Native American elected to the state legislature and heard Native languages echoing in the halls of the State Capitol. We have welcomed back condor, beaver and wolf populations on California tribal lands. And we have seen dynamic Native leaders reclaiming their place throughout this state on local and county boards, in judicial offices and as University of California regents.

This California Native American Day, I encourage all Californians to learn more about the ways California Native peoples throughout the state are cultivating a new generation of leaders and empowering their communities to build a sustainable future for all.

NOW THEREFORE I, GAVIN NEWSOM, Governor of the State of California, do hereby proclaim September 27, 2024, as "Native American Day."

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 25th day of September 2024.




GAVIN NEWSOM
Governor of California

ATTEST:


SHIRLEY N. WEBER, Ph.D.
Secretary of State



Bishop Paiute Tribe

Caregiver Support Program

**Are you a Bishop Tribal Community Elder over the
age of 55 who is or has a caregiver?**

Title VI Eligibility Requirements:

- Informal, unpaid family caregivers of older adults of in-home and community care
- Relative children under 18 years old, or elders with chronic illness, Alzheimer's Disease, Dementia, or related diseases
- Grandparents raising grandchildren
- An individual who is the parent, grandparent, or other relative by blood, marriage, or adoption, of the individual with a disability

-Support Groups
-Wheel Chair/Walkers
-Transportation
-Hygiene Supplies
-Respite Care
-Home Safety Repairs

Contact the Elder's
Program for an
application or more
information



Contact Us
(760) 873-3052

Staff are available to meet one on one with any
interested applicants.



Bishop Paiute Tribe Elders Program

IN AN
EMERGENCY
CALL:
9-1-1

Bishop Paiute Police Department

Matt Drew
Tribal Police Chief

Christopher Aukee
Tribal Police Officer

Winubi Shaw
Tribal Police Officer

Hunter Begay
Tribal Police Officer

Trace Sapp
Tribal Police Officer

Courtney Taylor
Animal Control Officer

(760) 873-4477

Inyo County Sheriff (760) 873-7887

California Highway Patrol (760) 873-5960

Bishop Police Department (760) 873-5866

Bishop Fire Department (760) 873-5485

Northern Inyo Hospital (760) 873-5811

Renown-Reno, NV (775) 982-4100



Bishop Paiute Tribe Elders Program

To: Jenny Babcock & Daniel Alvarado

Thank you for the great effort you have put into helping us keep the Elders Program running smoothly. Your hard work, dedication and kindness have left a lasting mark on us. We wish you both all the best and hope you will come back and visit us!

*Thank You,
Elders Staff,
Tammy, Marco & Eva*

"Success is the sum of small efforts, repeated day in and day out."
– Robert Collier





Pabanamanina Pow - Wow 2026

SEPTEMBER 25 - 27, 2026 BISHOP CA
WANAAHA CASINO POW WOW GROUNDS



CONTESTING CATAGORIES

- JUNIORS - (7 - 12 YRS)
- TEENS (13 -17 YRS)
- ADULTS - (18 - 54 YRS)
- GOLDEN AGE - (55 YRS +)
- TINY TOT EXHIBITION

COMMITTEE SPECIALS

\$1000 WINNER TAKE ALL

\$1000 Womens Old Style Jingle 18 & up

\$1000 Mens Grass 18 & up

GRAND ENTRY

Friday Sept. 25th - 7pm

Saturday Sept. 26th - 12pm & 7pm

Sunday Sept. 26th - 12pm

ALL DANCERS, DRUMS, VENDORS & VISITORS
WELCOME

Camping Available on site

POW WOW HEAD STAFF

MASTER OF CEREMONY

RUBEN LITTLEHEAD

ARENA DIRECTOR

JERRY BEAR

HOST DRUM

BLACK LODGE

POW -WOW ROYALTY

MISS PABANAMANINA

EMILEIGH MASON

JR MISS PABANAMANINA

AUDRINA YELLOWHAIR

LITTLE MISS

QUINN CROWL

DRUM CONTEST \$10,000

TRAVELING DRUMS - DAY PAY

POW WOW CONTACTS

VENDORS

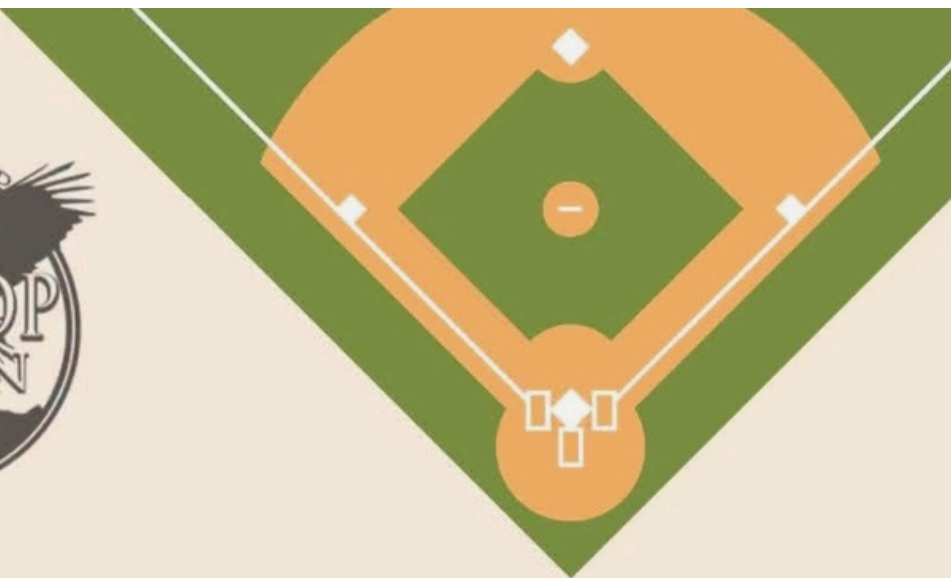
JOANN HANSON 760-258-7993

GENERAL INFO/SPECIALS

JOAN HUFF 760-920-2332

PRINCESS - INFO

TAMMY ANDRADE 760-920-1561



CALIFORNIA INDIAN DAY

FAMILY GAMES AND ACTIVITIES

Hosted by the Bishop Indian Education Center

Sponsored by the Bishop Paiute Development Corporation

DATE: FRIDAY, SEPTEMBER 25, 2026

LOCATION: BARLOW FIELD

TIME: 12:30 PM - 2:00 PM

Age Categories:

- Pre-school/Kindergarten
- 1st - 3rd Grade
- 4th - 5th Grade
- Middle School
- High School
- Adults 18 and up
- Elders 55 and up

**CASH PRIZES
FOR ALL
WINNERS!**

**GAMES FOR
ALL AGES!**

****Games will begin after the community luncheon. Prizes will be given to 1st, 2nd & 3rd places winners for all games.**

Questions? Contact the Bishop Indian Education Center at (760)873-5740

2026 California Indian Day Registration Form

Saturday September 26th

Food Contest

REGISTRATION OPENS AT 3:00 PM

RETURN COMPLETED FORM TO POW WOW GROUNDS with ITEMS

All Items Must be Dropped off No Later than 3:00 PM

Please Print Clearly

Name _____

Phone _____

Check Items that are Entered

Requesting Breads to be 2 Dozen EACH

Adult Category

- ☐ Fry Bread ☐ Pan Bread ☐ Tortillas
☐ Salsa ☐ Any Kind of Beans ☐ Any Kind of Dessert

Kids Category

- ☐ Ages 8-12 Any Kind Cookies
☐ Ages 13-18 Any Kind Desserts

One Entry Form for Per Category

For more information contact: Pat Howard 760-937-5120 Mary Davis 760-263-4507
Lynda Charlie 760-264-5572

2026 California Indian Day Food Contest
September 26th