BISHOP PAIUTE TRIBE ELDERS PROGRAM

OCTOBER 2026 NEWSLETTER

STAFF UPDATE

Join us in welcoming our new employees!



Manahuu! My name is Andrea Keller, and I am the new prep cook/van driver for the Bishop Paiute Tribal Elders Program. I am a member of the Bishop Paiute Tribe and was born and raised here in Bishop. I am a mother to four children and the daughter of Karlinda and Ed Keller, and the granddaughter of the late Shirley and Dusty Maddox and Melba and Leroy Keller. I have several years of experience caring for and working with elders. I am thankful for this new opportunity and look forward to working more closely with our tribal elder community.



Manahuu, My name is Yolanda Fimbres. I am the Granddaughter of Rosalie Dondero (Shaw), and Bob Fimbres. My father's name is Kenneth Fimbres. I am a mother of three beautiful children. I am a Bishop Paiute tribal member and have lived on the reservation for 28 years. I am pleased to be working for the Bishop Tribal Elders program and hope to meet and build relationships with our elders, I am eager to learn and hear their stories.

Thank you,

Yolanda Fimbres

STAFF UPDATE CONTINUED...



Manahuu, my name is Mario, AKA KC. I am a Bishop Paiute Tribal member, and have been for 71 years. I have three children, and one grandson. My parents were Bobbee Clark and Martin Chavez. It's an honor to be working at the Elders Program as the TERO temporary employee.



Leilani Chavez has been helping us at the Elders Program with prep cooking and lunch deliveries. as a TERO temporary employee. Leilani got to know her job well, she worked hard efficiently. We knew she would be transitioning out as the new staff takes on their new roles, but it came too fast. Her last day will be on Friday, October 2nd. Stop by and thank her for her dedication to the Elders Program.

We are grateful for the help we have received. We are also happy to be serving the elders of the Bishop Paiute Tribe and neighboring tribal elders.

Welcome

LEMON MERINGUE PIE MAKING CLASS







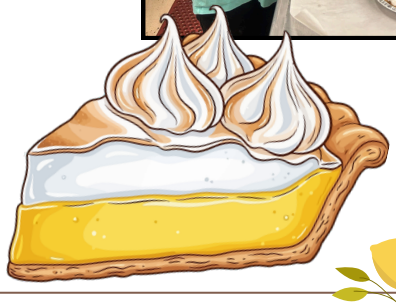




Patience and hard work go into making one of these delectable lemon meringue pies! Thank you Lisa Jones for teaching our classes!







PETROGLYPH TOUR BY MR. RAYMOND ANDREWS

ALWAYS GIVE THANKS WITH AN OFFERING

WE TRIED TO MISS THE SUMMER HEAT WITH A VISIT TO OUR PETROGLYPHS IN LATE SEPTEMBER, BUT GUESS WHAT? IT WAS STILL A HOT DAY! WE ARE THANKFUL RAYMOND ANDREWS OFFERED TO SHOW US WHERE THESE SITES ARE.





WE THANK THE PEOPLE WHO STEPPED UP TO ADVOCATE FOR AND PROTECT OUR ANCESTRIAL WRITINGS, BY WORKING WITH THE BLM AND OTHER AGENCIES.













BISHOP PAIUTE TRIBE ELDERS PROGRAM

PASTA SALAD COOKING CLASS

PASTA, IT'S WHAT'S FOR DINNER

MUST SIGN-UP TO RESERVE YOUR SPOT

ELDER ACTIVITY

Date: October 5, 2026

Time: 5:30PM

Location: Elders Kitchen



Do you ever feel like something fresh, tangy, sweet, and savory? If you answered yes, then you need to sign up for this class!

Join us and discover how to make a delicious, irresistible pasta salad, Let's get cooking!

Questions? Call (760) 873-3052

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.

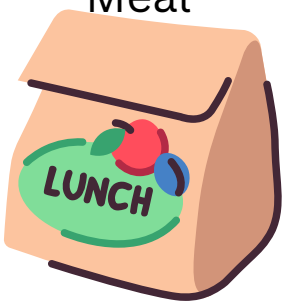
Located at the Elders Building.

Bring your quarters and let's play.

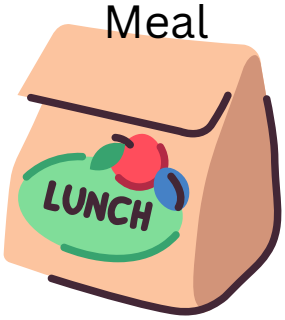
Questions? Please call
(760) 873-3052

Bishop Paiute Tribe
Elders Program

Thursday's Meal



Friday's Meal



WE WILL BE CLOSED

Friday, October 9, 2026
for Mandatory Staff Training.
You will receive a double lunch on October 8th for Thursday and Friday meals. We will re-open on Tuesday, October 13, 2026.
The day after Indigenous Peoples Day.





QUESTIONS? PLEASE CALL (760) 873-3052

BISHOP PAIUTE TRIBE ELDERS PROGRAM



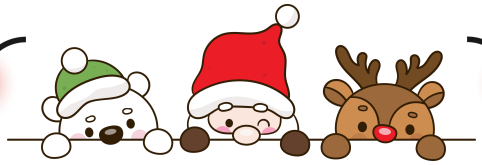
CLOSED

MONDAY, OCTOBER 12, 2026

IN OBSERVANCE OF INDIGENOUS PEOPLES DAY

WE WILL RE-OPEN ON
TUESDAY, OCTOBER 13, 2026
HAVE A SPECTACULAR WEEKEND!

QUESTIONS? PLEASE CALL (760) 873-3052



Elders Christmas Bazaar

SAVE THE DATE

Date: December 5, 2026

Location: Barlow Lane Gym

Start preparing your crafts

Booth Sign -up sheet available at the Elders Program



A Quick Survey

The Elders Board would like you to give your imput on the Christmas Dinner. Please return this portion to the Elders Program.

1. Christmas Dinner Menu (Mexican Food, Turkey Dinner, Ham dinner...)

_____

2. What kind of entertainment? (A Live Band, Games...)

_____

3. Would you like to receive a Gift or Money?

_____

Please return this portion

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

BEADED GHOST EARRING CLASS

Date: October 20, 2026
Time: 5:30PM
Location: Elders Building

SIGN-UP TO RESERVE YOUR SPOT

ELDER ACTIVITY



Let's make a cute pair of ghost earrings together.
We will provide supplies and a delicious meal.
We'll see you there.



Bishop Paiute Tribe Elders Program

October BIRTHDAY BINGO



$5 Buy In

Sign-up at the Elders Program

This is an Elder activity no children please

Pay out amounts depend on the number of players.
Please bring small bills to buy in.

October 23, 2026 @ 1PM.

Questions? Please call (760) 873-3052



Saturday, October 24th, 2026
10 am - 5 pm

ELDERS GATHERING
AT PAHI PAYAHUPUÜ

Join us at Three Flowing Waters (aka Three Creeks)
for an amazing day of Bingo and Chup-tuhii.
Meals provided, cultural activities, and a tour of the land.



$5 Buy In, get as many cards as you want!
.25¢ per hand for Chup-tuhii.
Limited availability, so reserve your spot now.



Sign up sheet at the Elders Building!





What to bring:

- Light Sweater
- Comfortable Shoes
- Refillable Water Bottle
- Comfortable Camp Chairs

Questions? Please call (760) 873-3052

PAINTING PUMPKINS

NO CARVING NEEDED
PAINT A BEAUTIFUL PUMPKIN

Date: October 27, 2026
Time: 5:30PM
Location: Elders Building

MUST SIGN -UP TO RESERVE YOUR SPOT

DECORATE YOUR PUMPKINS IN TIME FOR THE DECORATED PUMPKIN CONTEST

DEADLINE TO SIGN-UP OCT. 22



ELDER ACTIVITY

Questions? Call (760) 873-3052

BISHOP PAIUTE TRIBE ELDERS PROGRAM

SCARY MOVIE DAY



SIGN-UP AT THE ELDERS BUILDING

HOCUS POCUS

ELDER ACTIVITY

Date: October 29, 2026

Time: @ 1pm

Location: Elders Building

Join us for a fun, not so scary movie day. We will be watching Hocus Pocus. Don't miss out, sign up soon!

POPCORN & SNACKS PROVIDED

QUESTIONS? PLEASE CALL (760) 873-3052

ELDERS COSTUME CONTEST

& DECORATED PUMPKIN CONTEST

DATE: FRIDAY, OCTOBER 30, 2026

TIME: @ 12PM





1st, 2nd & 3rd place prizes for Scariest, Most Original, & Funniest

1st, 2nd & 3rd place prizes for Best Decorated Pumpkin





QUESTIONS? PLEASE CALL (760) 873-3052

Bishop Paiute Tribe
Elders Lunch Menu

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with 1% Milk			1 Main Dish: Orange Chicken, White Rice Veggies: Broccoli & Carrots. Fruit: Pineapple Milk	2 Main Dish: Grilled Cheese, Hamburger Soup, Fruit: Fruit Salad Milk
5 Main Dish: Meat Loaf, Mash Potatoes, Gravy. Veggies: Green Beans. Fruit: Apple Sauce Milk	6 Main Dish: Pork Roast, Pasta Salad. Veggies: Steamed Broccoli. Fruit: Watermelon. Milk	7 Main Dish: Baked Cheese Ravioli, Garlic Bread Veggies: Blend Fruit: Mandarin Oranges. Milk	8 Main Dish: Oven Roasted Drumsticks, Baked Beans. Veggies: Oven Roasted Cauliflower. Fruit: Grapes. Milk **DOUBLE MEAL**	9 Main Dish: Tuna Sandwich on a croissant. Veggies: Cream Of Mushroom Soup Fruit: Honeydew Milk **CLOSED**
12 HOLIDAY CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES DAY	13 Main Dish: Cheeseburger, Sweet Potato Fries. Veggies: Green Bean Salad. Fruit: Banana. Milk	14 Main Dish: BBQ Pork Ribs, Bean Salad. Veggies: Coleslaw Fruit: Apricots Milk	15 Main Dish: Bean and Cheese Burrito Veggies: Green Salad Fruit: Apple Milk	16 Main Dish: Turkey and Cheese Wrap Veggies: Veggie Soup. Fruit: Cantaloupe Milk
19 Main Dish: Chicken Pot Pie Veggies: Garden Salad Fruit: Fruit cocktail Milk	20 Main Dish: Ham and Cheese sandwich. Veggies: Tomato Soup Fruit: Peaches. Milk	21 Main Dish: Chef Salad W/ Whole Wheat Crackers. Fruit: Banana Milk	22 Main Dish: Chili Beans, Corn Bread, Veggies: Green Salad Fruit: Pears. Milk	23 Main Dish: Clam Chowder, Oyster Crackers. Veggies: Carrot Salad Fruit: Apple Milk
26 Main Dish: Pizza Veggies: Ceasar Salad Fruit: Watermelon Milk	27 Main Dish: Chicken Salad on a croissant with fixings. Veggies: Veggie Soup Fruit: Grapes Milk	28 Main Dish: Pulled Pork, Baked Beans, Corn Bread Veggies: Broccoli Salad Fruit: Orange Milk	29 Main Dish: Tri tip Sandwich, Veggies: Lettuce Tomatoes, Carrots Sticks. Fruit: Pineapple Milk	30 Main Dish: Grilled Salmon, Rice Pilaf, Lemon. Veggies: Asparagus. Fruit: Strawberries. 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**

Bishop Paiute Tribe
Elders Activity Calendar

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 PASTA SALAD COOKING CLASS @ 5:30PM WE WILL HAVE PASTA FOR DINNER	6	7 CHUP-TUHII BEGINNERS 12:30PM	8	9 CLOSED MANDATORY STAFF TRAINING
12 CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES DAY	13	14 ELDERS ADVISORY BOARD MEETING @ 4PM EVERYONE WELCOME	15 VITALS CLINIC @ 11AM-1PM w/ TIHP	16
19	20 BEADED GHOST EARRINGS @ 5:30PM LIGHT DINNER PROVIDED	21 CHUP-TUHII BEGINNERS 12:30PM	22	23 BIRTHDAY CELEBRATION BIRTHDAY BINGO $5 BUY
26	27 PAINTING PUMPKINS @ 5:30PM DINNER PROVIDED	28	29 SCARY MOVIE @ 1PM POPCORN AND DRINK PROVIDED	30 COSTUME CONTEST, DECORATED PUMPKIN CONTEST @ 12PM

Activities Specialist: Eva Bacoch
Phone Number: (760) 873-3052

*Activity Calendar subject to change based upon sign-up participation



WHAT TO DO IF YOU FALL



WHAT TO DO IMMEDIATELY AFTER A FALL

STAY STILL: REMAIN ON THE GROUND FOR A FEW MOMENTS TO CALM DOWN, CATCH YOUR BREATH, AND GET OVER THE INITIAL SHOCK.

CHECK FOR INJURIES: ASSESS WHETHER YOU FEEL SHARP PAIN OR THINK YOU HAVE BROKEN A BONE BEFORE ATTEMPTING ANY MOVEMENT.

GET UP SLOWLY: IF YOU ARE UNHURT, ROLL ONTO YOUR SIDE, PUSH YOURSELF UP ONTO YOUR HANDS AND KNEES, AND CRAWL TO A STURDY CHAIR TO PULL YOURSELF UP SAFELY. SEEK MEDICAL HELP IF YOU CANNOT GET UP OR FEEL PERSISTENT PAIN





CORE SAFE FALLING TECHNIQUES

DO NOT STIFFEN UP: GOING RIGID ("FALLING LIKE A STICK") INCREASES YOUR RISK OF FRACTURES. TRY TO LET YOUR BODY GO LIMP OR RELAX.





PROTECT YOUR HEAD: ALWAYS TUCK YOUR CHIN TIGHTLY TO YOUR CHEST OR TURN YOUR FACE TO THE SIDE TO KEEP YOUR HEAD FROM SLAMMING INTO THE GROUND.

AVOID OUTSTRETCHED HANDS: DO NOT TRY TO CATCH YOURSELF WITH RIGID, STRAIGHT ARMS. THIS FREQUENTLY CAUSES SEVERE WRIST FRACTURES, ARM BREAKS, OR SHOULDER DISLOCATIONS.

LAND ON MUSCLE, NOT BONE: TRY TO TWIST OR ROLL SLIGHTLY TO LAND ON FLESHY, MEATY AREAS LIKE YOUR THIGHS, BACK MUSCLES, OR BUTTOCKS RATHER THAN YOUR HIPS OR TAILBONE.

KEEP JOINTS BENT: KEEP YOUR ELBOWS AND KNEES LOOSE AND SLIGHTLY BENT TO HELP ABSORB THE SHOCK OF THE IMPACT









October Birthday's

MICHAEL CLARKE
ADAM DEARMORE
ALEX PATTERSON
ANTHONY ROGERS
SHERI DOUGLAS
HARRY SHERRILL
TERRY BOUCH
MARCITA FIMBRES
JO ANN VEGA
LAURIE THOMAS
LINDA JONES
WILFRED WILLIS SR.
CONNIE RAMBEAU

DEANNA BEVER
MICHAEL CYRUS
JOANNE LENARES
DEAN TURNER
SHELLY DUMAS
RANDY BENGOCHIA
LYNN REINHART
KENNETH ROMERO
LYNETTE ROMERO
KENNETH FIMBRES
CLAYTON HOWARD
CHARLENE KELLER
GINA LAIRD
LISA MANUELITO

LISA GONZALES
DALE MCKELLIPS
CHARLENE REDNER
DOLLY MANUELITO
GEORGE GASPAR
LOU ANNE LOVELACE
WALLACE RAMBEAU JR.
MIKE WILLIAMS
ERNESTINE GARCIA
THOMAS CROWL SR.
ROBERT MALLORY
GERALDINE PETERSON
WINNONA GARRISON
SCOTT FALLINGSTAR

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

Happy Birthday! Wishing you smiles, sweet moments, and a day that feels amazing from start to finish.
-Elders Staff

Thank you to the Food Sovereingty Program for the delicious recipe



INGREDIENTS

Salad Ingredients

- 2 large cucumbers
- 1/4 red onion
- 2 cups cherry tomatoes
- About 6oz. feta cheese
- 1 cup pitted olives (Kalamata olives are recommended)

Dressing Ingredients

- 3 Tbs vinegar (balsamic or red wine vinegar are good options)
- 1/2 cup olive oil
- 1 Tbs Dijon mustard
- 1 Tbs honey
- Salt and pepper to taste
- Optional: 2 cloves garlic, finely chopped

TOOLS

- Cutting board
- Knife

DIRECTIONS

1. Cut cucumbers in half lengthwise, then slice thinly into half circles.
2. Thinly slice onion.
3. Cut cherry tomatoes in half.
4. Cut feta cheese into small cubes (if not pre-sliced or crumbled).
5. Mix cucumber, tomatoes, olives, and feta in a large bowl.
6. Combine dressing ingredients in a small bowl and mix thoroughly.
7. Drizzle dressing over salad and mix to combine.

Elders Advisory Board

SAVE THE DATE

Halloween Carnival
Wednesday, October 28th

$1 per person per walk



We are asking for Cake Donations







The EAB is asking for cake donations for the Halloween Carnival.



Drop off cake/dessert donations at the Elders building by Wednesday, Oct 28th early afternoon.









2026 Elders CA Indian Day Food Contest Winners





ADULT

Categories	1st Place $125.00	2nd Place $90.00	3rd Place $55.00
Fry Bread	Uhyess Shaw	DeeDee Soulque	Robert Miller
Pan Bread	Estelle Aremitage	Tamara Gibson	Mallory Barlow
Tortillas	Estelle Aremitage	Becky Rambeau	Gary Vega
Salsa	Jo Barlow	Marilyn Dewey	Estelle Aremitage
Beans (Any kind)	Lacey Stanley	Patricia Stone	Tamara Gibson
Dessert (Any kind)	Geraldine Weaver	Ta Voo See Fredericks	Mallory Barlow

YOUTH CATEGORY

Categories	1st Place $75.00	2nd Place $50.00	3rd Place $30.00
8-12 Yrs. Cookie - Any	Qui Barlow	Layton Mayhugh	Arley Charlie
13-17 Yrs. Desserts- Any	Mary Jane Jones	Mary Jane Jones	Aelanny Toledo

The Elders Advisory Board would like to say

"Thank you to all the ladies and gentlemen that volunteered to help with the food contests."



Elders Float in the California Indian Day Parade

1st place $300











FUN

WEDNESDAY
28
OCT



BISHOP
PAIUTE
TRIBE

FUNDRAISING BOOTHS WILL BE CHARGED A $25.00 FEE & MUST SUBMIT A COPY OF RECEIPT.

VENDOR INFORMATION:

VENDOR NAME:_____ PHONE NUMBER:_____

EMAIL:_____

EACH BOOTH WILL GET (1) TABLE & (2) CHAIRS

BOOTH TYPE:

| | FOOD BOOTH | | OTHER_____

| | GAME BOOTH

BOOTH NAME: _____

BOOTH DESCRIPTION:_____

_____

HALLOWEEN CARNIVAL- WEDNESDAY, OCTOBER 28, 2026 5:30PM-8:00PM
AT THE BARLOW LANE GYM
SET UP TIME IS FROM 12:00PM- 5PM
IF YOU HAVE ANY QUESTIONS PLEASE CONTACT JODI PONCHO AT 760-873-3584.

I WILL BE RESPONSIBLE FOR REMOVING ALL ITEMS BROUGHT INTO THE GYM FOR THE BOOTH. I WILL ALSO DISPOSE OF ALL TRASH ASSOCIATED WITH THE BOOTH AND REMOVE ANY PUSH PINS, TAPE FROM THE TABLES, WALLS AND FLOOR.

SIGNATURE:_____ DATE:_____

ADMINISTRATION USE ONLY:

☐ APPROVED ☐ DENIED RECEIPT: ☐ YES ☐ NO

STAFF SIGNATURE:_____ DATE:_____

PLEASE SUBMIT FORM TO THE BISHOP PAIUTE TRIBAL ADMIN. BY FRIDAY, OCTOBER 16, 2026 BY 5:00PM
SPACE IS LIMITED

WEDNESDAY

28 OCT

BISHOP PAIUTE TRIBE



FREE!

HALLOWEEN Carnival

BARLOW LANE GYM
390 N. BARLOW LANE
BISHOP, CA 93514
5:30PM-8:00PM

COSTUME CONTEST

FUNDRAISING BOOTHS

CARNIVAL GAMES

FOOD & SWEETS

*FUNDRAISING BOOTHS WILL BE CHARGING MONEY

Costume Categories:

- Most Scariest
- Most Original
- Most Funniest

Prizes for 1st ,2nd & 3rd

COSTUME CONTEST JUDGING:

6:00PM-0-3 YEARS
6:20PM-4-7 YEARS
6:40PM-8-12 YEARS
7:20PM- 13-17 YEARS
7:40PM- 18 YEARS AND UP

FOR MORE INFORMATION OR BOOTH REGISTRATION PLEASE CONTACT JODI PONCHO
760-873-3584 EXT. 1301 OR JODI.PONCHO@BISHOPPAIUTE.ORG