



Kaibab Paiute Tribal



Newsletter

April 2023

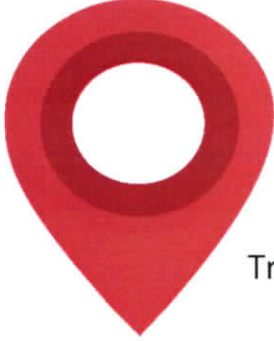
WE'RE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

- **Substance Abuse Counselor**
- **Finance Clerk / Admin Asst**
- **Economic Development Director**
- **Grant Program Manager**

WWW.kaibabpaiute-nsn.gov/hr
Email: hr@kaibabpaiute-nsn.gov



If you are moving or have recently moved, please notify Tribal Trust Officer Valencia Castro. Keeping your address current ensures that your Per Capita “check” is sent in a timely manner; keeping your address current also assists our administration offices send out the tribal newsletters to you. Tribal departments also rely on the Tribal Trust Office to provide them with current addresses when mailing out important information.

To change your address, you will need to complete a Per Capita Information Form and send it to Valencia. This form can be found on the Tribe’s website as well as outside of the Trust office. You can email, mail, fax, or hand deliver the form; please do not send this form using Facebook Messenger as this form has sensitive information on it and Facebook Messenger is not a secure means of transmitting.

If your banking information has changed, please notify Valencia before the 17th of the month Per Capita payments are made. The ACH Authorization Form is found on the tribal website, this form does not need to be notarized. Please make sure you check the box next to the type of account the per capita payments are being sent to (savings or checking). This little box does make a difference in how your payments are processed.

Tribal website address: kaibabpaiute-nsn.gov

Tribal Trust email address: vcastro@kaibabpaiute-nsn.gov

Tribal Trust mailing address: Kaibab Band of Paiute Indians
Attention: Valencia Castro, Tribal Trust Officer
HC 65 Box 2
Fredonia, AZ 86022

Tribal Trust fax number: 888-330-1149

Join Us for Some Fun

EASTER

Community Party

APRIL 09, 2023 | 10:00 AM

**GAMES - EGG HUNT - BONNET CONTEST -
WREATH CONTEST - COLORING CONTEST**

**ALL CONTEST ITEMS ARE DUE AT THE TRIBAL OFFICE
APRIL 7TH BEFORE 5 PM**

*Each household may bring a dozen of
colored eggs to the Tribal Office
~April 7th before 5 P.M.~*

LUNCH

**KAIBAB- DINNER ROLLS
JUNIPER- GREEN SALAD
REDHILLS- FRUIT SALAD
6 MILE/FREDONIA-
MACARONI/POTATO SALAD
OFF RESERVATION- JELLO**

Kaibab Band of Paiute Indians



SOUTHERN PAIUTE CONSORTIUM 2023 ANNUAL RIVER TRIP

The Southern Paiute Consortium is looking for interest tribal members that want to attend the 2023 10-day Grand Canyon River trip from Lee's Ferry to Diamond Creek.

River Trip Dates: **June 17th – 26th, 2023**

I'm looking for one experienced tribal member monitor and 5 tribal members willing to attend and participate the 10-day Grand Canyon River trip.

If you are interested in this year's Grand Canyon River trip, please give me a call or email me Monday – Friday 8am to 5pm.

Once I get your call or email you will be sent an application which will need to be filled out and returned to me on or before May 10th, 2023. On this day all Applications will be put on the tribal council meeting agenda, and the Tribal Council will choose the Tribal member participants.

Thank you,

Daniel Bullets
Cultural Resource Director/Southern Paiute Consortium Direct
Phone: 928-643-6278
Email: dbullets@kaibabpaiute-nsn.gov

Cultural Resources

HC 65 Box 2
Pipe Spring, Arizona 86022

Spring Into Action

Home Maintenance Spring Checklist

- **Check** roof for missing, loose, or damaged shingles.
- **Check** chimney and roof vents for any nests and animal infestation.
- **Clean and inspect** gutters and downspouts.
- **Check and touch up** exterior paint.
- **Test** smoke and carbon dioxide alarms and change batteries.
- **Clean** debris from dryer lint trap and exhaust duct.
- **Remove** dead leaves and other debris around foundations, decks, porches, and stairs.
- **Check** grills for rust, worn parts, insects, grease, and other debris before use.
- **Use** grills at least 10 feet away from the house or any building.
- **Inspect** caulking and seams on doors and windows.
- **Check** for cracks or leaks around the foundation.
- **Drain and flush** sediment from water heater and check for leaks or corrosion.
- **Clean** ducts and filters on HVAC system.
- **Trim trees** that are touching or overhang the roof or gutters.
- **Power wash** vinyl siding.
- **Inspect** caulking around base of shower and sinks, scrape it out, and replace if needed.
- **Vacuum** under refrigerator and clean condenser coils.
- **Clean** kitchen and bathroom exhaust fans.



Connect with us for homeowner safety tips and other information AMERIND.com



NEWS from the Cultural Preservation Office

Office Phone # (928) 643-7365

Service area Kaibab Paiute Reservation
This event is open to and for those 60 years and older.
Tribal members, spouses, reservation residents,
& tribal staff

Elders 60+ SPRING SOCIAL

Thursday, April 6, 2023
9:00 AM-2:00 PM • Senior Center

FOOD • GAMES • CRAFTS • FUN
LUNCH • JACKRABBIT EGG HUNT

Thank You,
Senior Meals, CHR, Library, HR, and Finance, for your
collaboration with sponsoring fun social activities
for our elders!

Questions, please contact LeAnn at the
Cultural Preservation Office 643-7365.

Sponsored by the Cultural Preservation Department
Adult and teen 13+ heritage classes
Service area Kaibab Paiute Reservation



6 Hour Beginners Baby Moccasin Workshop!

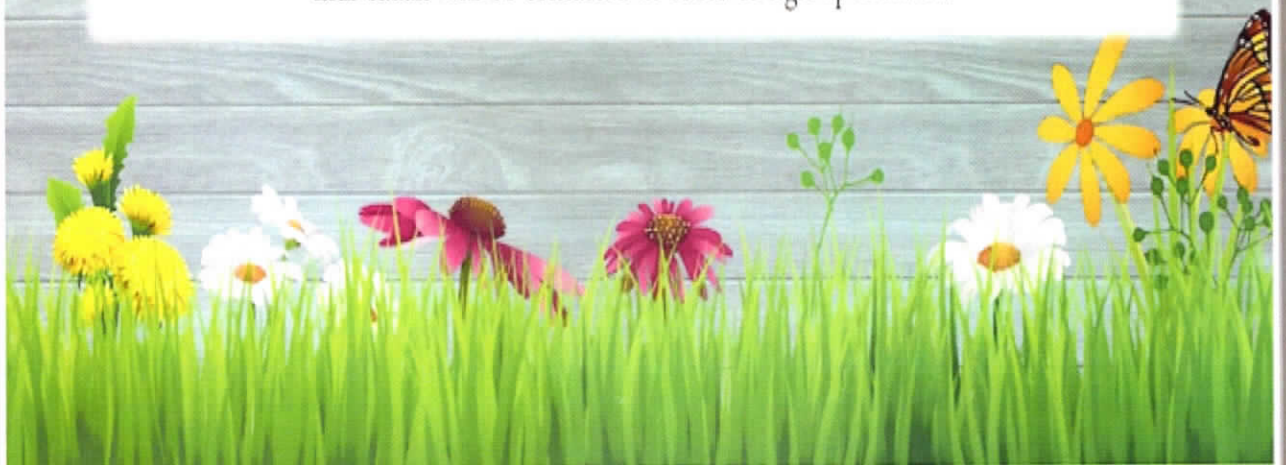


Saturday, April 15, 2023
9:00AM-3:00PM
Cultural Preservation Office

We are very fortunate to have the very talented Brittanni Wero as our workshop instructor. Supplies & lunch will be provided to workshop participants. These are non-beaded.

Class size is limited to 10 spots. To sign up contact LeAnn at (928) 643-7365 or by email at lshearer@kaibabpaiute-nsn.gov

Once the workshop is filled sign ups will be added to the waitlist. If a spot becomes available individuals will be contacted in order of sign-up received.



Pipe Spring National Monument
in collaboration with

The Kaibab Paiute Cultural Preservation Office

POP UP MARKET

Space is limited
first 20 vendors

1-table provided per vendor
chairs & shade NOT provided

Call to reserve your spot

FREE BBQ LUNCH
12PM



**NATIVE Artists/
Entrepreneurial Vendors**



**Folk Artists/Craft
Vendors**

Saturday, June 3, 2023

9:00AM-3:00PM

On the lawn in front of the Pipe Spring National Monument &
Kaibab Band of Paiutes Joint Visitor Center and Museum

Contact: Ian Harvey

(928) 643-7105 * Ian_Harvey@nps.gov

Pipe Spring National Monument

Seeking

Southern Paiute Cultural Demonstrators Traditional & Contemporary

Logistics for Demonstrators

Honorariums ●

Mileage at .22 ●

Special Circumstance Lodging ●
Available to those traveling 2 hours or more

Sales are permitted ●

Only artist-handmade or handcrafted work

Lunch on own ●



Contact Us

Ian Harvey

Lead Park Ranger - Interpretation

ian_harvey@nps.gov

(928) 643-7105

Call for Cultural Demonstrations



Bryce Canyon National Park

is inviting cultural demonstrators to share their talents and heritage with the park's visitors all year long in 2023.

Heritage and contemporary demonstrators as well as guest speakers are all welcome! This invitation also includes the opportunity to sell work in conjunction with cultural demonstrations.

**Heritage Days Festival
September 28 - 30, 2023**

The park is especially interested in supporting cultural demonstrators during its Heritage Days this September.

This three-day event will feature cultural demonstrations and performances celebrating the traditional culture and heritage of the Bryce Canyon area.

If you are interested in participating at any time this year, please contact:

Peter Densmore
435-834-4744
peter_densmore@nps.gov

The park will provide an honorarium of \$450 for cultural demonstrations



For immediate release:

Arizona poison centers warn of high levels of fentanyl found in illicit cocaine

PHOENIX, AZ - The Arizona poison system, part of the Center for Toxicology & Pharmacology Education and Research (CTPER) at the University of Arizona College of Medicine Phoenix, and Arizona Public Health and Safety Agencies are warning all Arizona healthcare providers about the risks of illicit drugs, specifically cocaine, being contaminated with high concentrations of fentanyl. There has been a cluster of recent cases, including one known fatality, regarding exposure to this illicit substance.

“Fentanyl is assumed to be in almost all illicit drugs in the community”, stated Maureen Roland, RN, Director of the Banner Poison and Drug Information Center. “However, we are now starting to see higher concentrations of fentanyl, requiring aggressive measures such as multiple doses of naloxone or naloxone infusions, to treat and save these patients”.

“While fentanyl contamination in other drugs isn’t new, anytime a new cluster of overdoses occur, we need to make sure our communities are aware and on heightened alert” said Steve Dudley, PharmD, DABAT, Director of the Arizona Poison and Drug Information Center. “We want to make sure unsuspecting individuals are aware as they are not expecting nor prepared to be exposed to fentanyl.”

If you have any questions about these or other medications, including strengths, dosage, and administration, call the poison centers 24/7 at 1-800-222-1222 to speak with a registered nurse or pharmacist.

About the Arizona Poison Centers

The poison and drug information centers at the University of Arizona College of Pharmacy in Tucson and at Banner - University Medical Center Phoenix provide free and confidential poison control and medication information to the public and healthcare professionals. The hotlines operate 24 hours a day, seven days a week. The two centers serve all of Arizona and are part of 55 centers across the nation that are accredited by American Association of Poison Control Centers. Call (800) 222-1222 from any location to reach the poison center nearest you.



Banner
University Medical Center Phoenix

KPT Water Program



Hello Everyone! My name is Ryan Christensen and I am the current Water Operator for the Tribe. I am responsible for testing our drinking water and making sure that our water storage tank and pump system are always operational. I have been in this position since August 2022. Recently the decision was made to merge both water positions into one. So now I am also the Water Quality Specialist.

For those who are unaware or are curious about that position, it now means that I am responsible for the testing of our spring water. I will be regularly visiting each spring and ensuring that they still produce water. I am looking forward to these added responsibilities.

An example of some of my new responsibilities is the water line break that occurred in Moccasins wash. That water line is what fills up our fishing pond. It has been fixed if anyone has noticed the pond levels lately, they are nice and full!

I am excited for challenges that the position holds and knowledge that will be obtained from these experiences. It brings me great joy and honor to serve this wonderful community in which I grew up in! I thank you all for your time.

APRIL IS

National Child Abuse Prevention Month



childwelfare.gov/preventionmonth



#ThrivingFamilies

WE CAN
 WORK to END
 CHILD ABUSE and NEGLECT



Culture is a protective factor.

Nurture cultural connections to heal, strengthen, and preserve communities.

National Child Abuse Prevention Month



CDC STATISTICS on CHILD ABUSE AND NEGLECT

683,000 VICTIMS of child abuse and neglect reported to child protective services (CPS) in 2015.

The total lifetime cost of child abuse and neglect is estimated at **\$124 billion** each year.

About **1,670** children died

The YOUNGEST children are the most vulnerable with about **24%** of children in their first year of life experiencing victimization

Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Mule Deer Hunts – The Wildlife Committee (WC) held a serious discussion on the Mule Deer Hunts, and due to the Tribal hunters not seeing the quality of Deer (Bucks) they used to see in the past, which may be due to one or all of the following; Drought, Climate Change, Poor Habitat Utah Tree Mulching-affecting Migration route, Utah putting out more Deer Hunting Permits, over hunting of Bucks and Traditional/Cultural concerns. So the WC requested the Tribal Council to Cancel the Youth, Indian, and Big Game hunts for 2023, for one year, and set two 10 day hunts for tribal Members.

In the February 16th Tribal Council meeting the Tribal Council decided to cancel the Youth, Indian, and Big Game Hunts. The first Tribal Member Doe Hunt will be October 21 – 31, 2023 and the second Tribal Member Doe Hunt will be November 18 – 28, 2023 As recommended by the WC. The limit for each household will be two Does ONLY. The wildlife Department is to develop a management plan for the mule deer.

No shooting near the Kaibab Village water tanks!!

Muppits Trail is closed - To the public right now, only Tribal Members can use it.

Moccasin Wash is closed, you'll have to go through the farm.

Watch out for DEER on the road - slow down between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, this is in the Wildlife Ordinance and in Arizona state law.

Minors Hunters Safety Card – On the internet go to hunter-ed.com – Everyone 10 to 18 years old needs to attend a hunter's safety course, to get a card. The minor will need one to get a Tribal hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in the state hunts.

Firewood – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the reservation, if it's not green, greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the sand, mud and snow, remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, a shovel, tow chain, and a jack (Handyman. Cell phone may or may not work, Text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!**, if the road gets sandy, muddy or snowy, turn back you don't want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, **or BIA-Police. (928) 643-6050** This will only be to get them home, but if asked to be pulled out, you may be charged a fee.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at dbullettsjr@kaibabpaiute-nsn.gov.





HUMAN SERVICES

 **Kaibab Living Sober AA:**

Tuesdays @ Noon

Community Building & on Zoom

Meeting ID: 870 210 54634

Password: odat

 SOCIAL SERVICES: JENNIE KALAUAI: (435)-689-1799

MENTAL HEALTH: ALLEN ORTON: (435)-899-1782

PENNY KELLER: SUBSTANCE ABUSE: (435)-689-0381

SUPPORT SERVICES ASSISTANT: CIERRA ROSSMAN: (928)643-8336

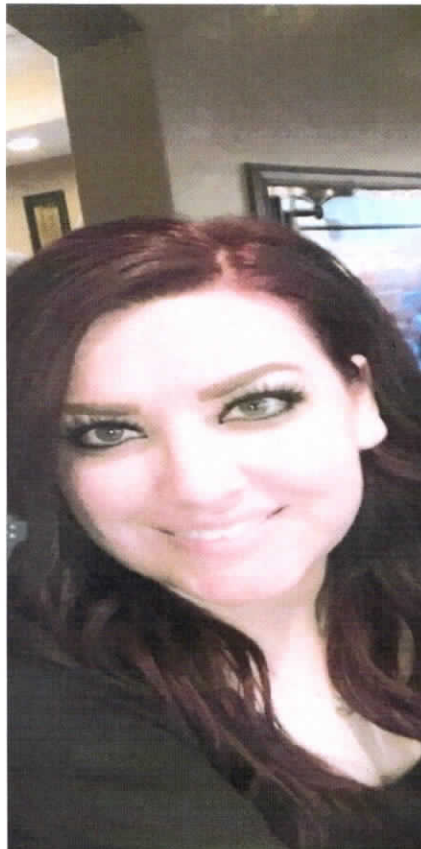
Jennie, Allen & Penny are available for individual and group sessions. Contact Human Services staff for alternative resources for services.

As the newest member of the Community Health Representative team, I would like to introduce myself. My name is Kristy Rodriguez. I have been a Registered Nurse for a little over 5 years, primarily in the emergency department at Kane County Hospital. Additionally, I work in the labor and delivery department at Page Hospital when they need extra help. I graduated from Utah Tech University (Dixie State University at the time) with a Bachelor of Science in Nursing. I am currently in the last few months of a graduate program at Northern Kentucky University where I will finish my Master of Science in Nursing – Clinical Nurse Educator degree. I have been pursuing my education for 10 consecutive years, I am ready and excited to put all the knowledge and skills I have acquired over the past decade into practice by serving this community to the best of my ability. My focus for the future will be on diabetes education, the CHR team is working on innovative and exciting new ways to educate the community regarding diabetes management and improve the health of everyone that would like to participate. Please feel free to reach out to me with any questions, concerns, or ideas we can utilize moving forward.

Kristy Rodriguez, RN-BSN

Ph. (928) 643- 8332

Email: krodriguez@kaibabpaiute-nsn.gov





CHR DEPARTMENT PRESENTS

Native Food for Life Class

**Plant-Based Cooking &
Nutrition to Prevent and
Treat Type 2 Diabetes**

IN PERSON OR ZOOM CLASS!

WHEN: APRIL 19, 2023

WHERE: KAIBAB GYM

TIME: 5:30 PM AZ TIME

**ZOOM LINK WILL BE POSTED
THE DAY OF CLASS**

The Mental Health Benefits of Spring-Cleaning

BY LAUREN VALENTI



Ah, spring-cleaning. If you've been feeling the urge to clean—like, *really* clean—your home as the temperatures warm and the flowers bloom, you're not alone.

“Spring is considered the season of renewal, both in nature and in consumer or popular culture,” says Marni Amsellem, PhD, a clinical psychologist at Smart Health Psychology, of the desire to press reset. “After a long winter, we are eager to shed layers and activate. It feels good to do this in our homes as well.” The fact is we're naturally in harmony with the seasonal shifts happening around us. “People's energy can really be a lot lower during the wintertime,” explains Dr. Dawn Potter, PsyD, a clinical psychologist in Cleveland during an episode of Cleveland Clinic's Health Essentials podcast. “And we can see a corresponding surge of increased energy in the springtime: Days are brighter, days are warmer, people are getting outside more, and they feel more energized by that exposure to sunlight.” But the compulsion to improve the aesthetic and functionality of our homes goes beyond seasonality. It can also be an evergreen coping mechanism for daily stress and anxiety. “Cleaning and organizing can help us feel mastery over our immediate worlds,” Amsellem says. And who doesn't want more of that year-round?

As the new season inspires us to purge, cleanse, and organize, here's a deeper look at the mental health benefits of spring-cleaning.

It Gives You a Sense of Control

For many people, cleaning one's space supplies a significant emotional health benefit—one that's uniquely tied to a sense of control over one's environment. "A lot of people do find cleaning to be very satisfying, but also to be a very good way of managing stress or anxiety," Potter explains. "A lot of people, when they are faced with other problems that maybe they can't address at the time, or they're just kind of overwhelmed, they find that cleaning helps them restore a sense of control." Amsellem agrees: "When so much of life feels beyond our control, maintaining order and cleanliness at home is one way for us to exert some mastery over our environments, which can extend into our overall feeling of mastery," she says.

It's Intentional and Ritualistic

Rituals play a powerful role in our lives. As such, making cleaning part of your daily life, whatever that looks like to you, will contribute to a healthier lifestyle in more ways than one. "There's a peace of mind from having an aesthetically pleasing place to wake up in and return to at the end of your workday, or, if you're working from home, just to have your workday feel smooth and organized and put together," Potter explains. As Amsellem stresses, regularly keeping a clean home and, in turn, nourishing your space, is a long-practiced tradition globally. "Many cultures have long-established values of keeping order and cleanliness at home," she says. "The practice of keeping a clean home, as well as doing a deeper cleanse, is one way to both promote calm as well as to energize."

Calming *and* Energizing

From sweeping the floors to disinfecting the counters, household chores are an inherently mindful act. They can help you clear your head and unplug from the virtual world while getting more in touch with your personal space. And the fruits of your labor can have a particularly positive effect. “Walking into a clean and orderly room can feel both invigorating and calming, whereas walking into a cluttered space can feel exhausting and overwhelming,” Amsellem says. A lot of this has to do with the visual feedback we get after cleaning organizing—the results are immediate and tangible. “We know that we have taken charge and, consequently, feel more in charge,” she says. On the flip side, clutter is overwhelming and all-consuming. “We can lose focus, get lost, and feel a sense of powerlessness,” Amsellem says of the effects of untidiness. “These emotions can impact our mental health in other ways and affect how we see ourselves more generally, such as detracting from our sense of self-efficacy and confidence.”

Vogue magazine and the title of the article is: The Mental Health Benefits of Spring-Cleaning, written by Lauren Valenti March 27, 2023.

TANK BY HANES;
SWEATPANTS BY TODD
SNYDER X CHAMPION;
SNEAKERS BY ASICS.

GLUTE CIRCUIT (HOW MELONI GOT BACK)

Thanks to his love of running and waterskiing, **Christopher Meloni** already had strong glutes. But throughout the winter, the *Law & Order* icon used a bodybuilding split that emphasized his lower body and further sculpted his glutes (as the Internet noticed). "Chris had some permutation [of leg training] every day," says his trainer, **Matt Pietrantonio, NSCA-C.P.T.** Add these four moves to your workouts for serious glute gains. —**EBENEZER SAMUEL, C.S.C.S.**



1 FRONT-LOADED KB GOOD MORNING

Stand holding a kettlebell at your chest, core tight. Push your butt back and bend at the waist, lowering your torso until your chest is nearly parallel to the floor. Pause, then stand, squeezing your glutes. That's 1 rep; do 3 sets of 15.



2 HAMSTRING WALKOUT

Lie on your back, heels near your butt, feet flat. Lift your butt and lower back an inch from the floor, then slowly walk your feet away. When your knees are nearly straight, pause, then walk back. That's 1 rep; do 3 sets of 10, taking at least 2 seconds per rep.



3 BARBELL SUMO DEADLIFT

With your feet wider than shoulder width and pointing out, bend at the waist and grab the bar with a shoulder-width overhand grip. Squeeze your glutes, push the floor away, and stand. Pause, then lower. That's 1 rep; do 3 sets of 4 to 6.



4 BARBELL HIP THRUST

Sit with your shoulder blades against a bench, heels near your butt, holding a barbell with an overhand grip, directly over your waist and an inch off the floor. Squeeze your glutes, driving your hips high. Pause, then lower. That's 1 rep; do 3 sets of 12.

Credit: Mens Health September 2021 Edition
McKennayratchet@kaibabpaite-nsn.gov
mykacheta@kaibabpaite-nsn.gov

FAMILY GAME NIGHT

Sponsored by
Education & Human Services



COMMUNITY BLDG.

**TUESDAY, APRIL 18TH
6:00PM**

**DINNER & GAMES
FOR CHILD ABUSE PREVENTION MONTH**



You're invited to a

Parenting Workshop

Helping your child learn to read, be a successful reader, and move from "learning to read" to "reading to learn".

Thursday, April 13th

6:00-7:00 pm

Kaibab Community Building

COMMUNITY MOVIE NIGHT

FRIDAY, APRIL 28TH

6:00 PM

AT THE COMMUNITY BUILDING

TO BE DETERMINED

BRING A COMFY CHAIR AND BLANKET, WEAR YOUR PAJAMAS, AND TAKE YOUR FAMILY OUT FOR A NIGHT AT THE MOVIES. POPCORN BAR AND DRINKS AVAILABLE.



Welcome to
Camp Read-a-Book

a community reading event

APRIL 21ST FROM 5:30-7:30

KAIBAB COMMUNITY CENTER

Join us at this interactive camping experience with tents, lots of reading, hot dogs, roasting marshmallows, smore making, games, and more! All ages welcome! If you have a comfy camp chair feel free to bring it!

