

Kaibab Paiute Newsletter 2023

May your flowers bloom in many colors



© 2023 Kaibab Band of Paiutes

May your seeds grow plenty



**APPLY
NOW!**

WE'RE HIRING!

JOIN OUR TEAM



OFFERING POSITIONS:

ECONOMIC DEVELOPMENT DIRECTOR

SUBSTANCE ABUSE COUNSELOR

APPLY ONLINE OR IN-PERSON

hr@kaibabpaiute-nsn.gov



The deadline for submitting applications for adoption is quickly approaching. The Enrollment Committee will be reviewing all adoption applications on July 6 @ 10:00 a.m. Please have your child's application in at least two weeks before July 6. Our Tribal Constitution states that all adoption applications must be

reviewed 100 days prior to the Annual Meeting, the Annual Meeting is always the first weekend in October.

If you are applying for adoption for your child, please submit a brief biography with an ancestral lineage to our 1940 Base Roll members and a picture. These items will be included in the August and September newsletters. Please submit the bios and pictures to Valencia Castro; either hand deliver these items or email them to vcastro@kaibabpaiute-nsn.gov by August 17.

Congratulations 2023 Graduates

Higher Education Graduate

SEDALE SANDEN

Graduate from Arizona State University
with a Bachelor of Science degree in
Supply Chain Management, a minor in
American Indian Studies, and a
certificate in Applied Business Data
Analytics.

If you are a tribal member graduate and are not on this list, please call me and let me know.





Congratulations Graduates

2023

**Tribal Member
High School Graduates**

Gavin Hill

Tawvoots Spute

If you are a tribal member graduate or community member and are not on this list, please call me and let me know.



8th Grade Promotion

2023

**Tribal Member
8th Grade Promotion**

Leland Burke

Taityn Spute

Jaryn Meng

Sungwuv Shearer

Some schools do not participate in an 8th grade promotion ceremony. If your child is in 8th grade and you would like them recognized as a student moving on to high school, please let me know.



Graduation Lei Workshop

SUNDAY, MAY 7TH

Where: Community Bldg.
Time: 2pm-4pm

HUMAN SERVICES

Kaibab Living Sober AA:
Tuesdays at Noon
Community Building
and on Zoom
Meeting ID: 870 210 54634
Password: odat

Social Services: Jennie Kalauli: (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.



MAY

IS MENTAL HEALTH AWARENESS MONTH

#breakthestigma



MENTAL HEALTH AWARENESS MONTH

MAY IS MENTAL HEALTH AWARENESS MONTH

KNOW THE FACTS

- Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two-thirds of people with a known mental illness never seek treatment.
- Anxiety disorders affect 25.1% of children between 13 and 18 years old.

BREAK THE STIGMA

- Break the mental health stigma:
 - Talk openly about mental health
 - Educate yourself and others
 - Be conscious of language
 - Encourage equality between physical and mental illness
 - Show compassion to those with mental illness
 - Choose empowerment over shame
 - Be honest about treatment
 - Don't harbor self-stigma

PRACTICE SELF-CARE

During the month of May, pick one of the self-care activities listed below and practice it for the entire month to help build better mental health habits.

- Volunteer & Give Back**
- Sleep**
 - Teens should get 8-10 hours of sleep
 - Try to keep a regular routine (going to sleep and waking up around similar times)
- Mindfulness**
- Pray & Meditate**
- Practice Gratitude**
- Eat Healthy**
- Connect With Others**
- Learn to Fail Better**
 - Three essential elements at the core of success and well being
 - Perseverance in the face of adversity
 - Ability to glean wisdom from setbacks
 - A willingness to lean into life's challenges
- Exercise**

The DES Vocational Rehabilitation (VR) program is dedicated to helping Arizonans who live with mental illness thrive in school and the workplace, and live independently.

VR also provides services to individuals dealing with serious mental illness who either live in or utilize the resources of many behavioral health clinics throughout the state.

www.azdes.gov/rsa

TAKE THE CHALLENGE



Join Mrs. Ysasi in her challenge: Still I Run - Runners for Mental Health Awareness. Run or walk a mile every day from May 1 - May 31 to raise mental health awareness.

[REGISTER HERE](#)

If you officially join, you can make a donation of \$5-\$55 to support Mental Health Awareness in the community. If you don't have the money to donate, join the WC Challenge anyway for some goal setting, accountability and community.

Anyone wanting to participate in the WC Challenge should email Mrs. Ysasi at dianeyyasi@grwestcatholic.org. She will invite you to join a Google Sheet where you will log your daily mileage.

Mental illness often goes untreated as a result of shame or access to care.

DON'T BE ANOTHER STATISTIC

Break the stigma and find help in your county by visiting

www.azahcccs.gov/BehavioralHealth/crisis.html

Sources: AZ AHCCCS, Centers for Disease Control (CDC), National Alliance on Mental Illness (NAMI)

Sponsored by the Cultural Preservation Department
Adult & teen 13+ heritage class
Service Area Kaibab Paiute Reservation

INTRODUCTION TO SIMPLE

APPLIQUE

MAY 27, 2023

9:00AM-3:00PM

KAIBAB COMMUNITY BLDG

**SIGN-UP
10-SPOTS**

- We are very fortunate to have the very talented Brittanni Wero as our workshop instructor.
- Make'N take Supplies & lunch provided
- contact LeAnn (928) 643-7365 or by email ljakeshearer@kaibabpaiute-nsn.gov to sign up
- Once class is full sign-ups will be added to the waitlist individuals will be contacted in order received.
- Brittanni is an expert sewer have sewing machine questions or need help adding appliqué to your ribbon skirt this is the class for you!



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

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

FROM THE OFFICE OF JERRY YRACHETA EMERGENCY SERVICES MANAGER



COMMON SPRING TIME HEALTH CONCERNS

There's a certain excitement in the air when the weather starts to warm up and we have more hours of sunshine in our day. With the arrival of spring, we're normally eager to return to outdoor activities. However, certain illnesses and health problems can occur during this time. Knowing a little about these ailments may help you avoid them and feel healthier throughout the season.

Seasonal Allergies

Due to budding trees, bushes and flowers that release pollen into the air, seasonal allergies can be a problem for many. Since we live in the South, spring allergies can start as early as February. A rainy spring can promote mold growth, leading to many months of symptoms.

Often people find it necessary to combat spring allergies with medicines. Many allergy medicines work best when they are in your system before you're exposed to allergens like pollen. You may want to consult with one of our providers to see if you should start your medicines several weeks before you expect symptoms. You can follow pollen counts online or through your local weather channel or app.

Asthma

Asthma symptoms can also flare up in the spring. Some common triggers include pollen, air temperature changes, insect repellents and yard fertilizers. Spring cleaning, such as dust and cleaning chemicals can also be potential indoor triggers. Visit one of our offices if you have trouble controlling your asthma symptoms or need your rescue inhaler more than twice a week.

Spring Colds and Other Common Illnesses

Many people associate getting a cold with cold weather, but spring is a peak time for the common cold. Although there has thankfully been a decline in the number of Covid cases, it is still out there, as well as other viruses, such as gastrointestinal viruses (often called the stomach flu), influenza, and parainfluenza. To prevent and reduce the spread of these illnesses, wash your hands frequently with soap and water for 20 seconds and try to avoid anyone who is sick. Also, throughout the day, try your best not to touch your eyes, nose, and mouth. If you find yourself not feeling well, we welcome you to come to one of our offices for diagnosis and treatment of your symptoms.

Bug & Insect Bites

Spring is the beginning of outdoor sports, barbecues, and gardening, unfortunately that also includes coming into contact with bugs and insects.

As you spend more time outdoors, stay vigilant about using insect repellent to avoid bug bites. Also, wear long pants, long sleeves, and a hat when you're in heavily wooded areas.

Taking precautions and using safety measures can help to prevent some of these spring-time concerns.

Due to the much needed moisture we have been receiving of late, the back roads are either too muddy or may start to give way. Be ever so careful when you are out on the back roads. Should this happen to you, you may have to pay the cost to get you out.



Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Tribal Hunters Make sure to read this - 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 Only.

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

Bird Flu is here.

Condor – if you see one on the Reservation Do not Disturb it.

Fishpond – Reminder you need a permit to fish, and Children under 18 need to have someone over 18 with them.

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, and bring 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.

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.





COOLER HOOK-UP

The Kaibab Paiute Tribal Housing Department will start cooler hook-ups, the week of May 1-5, 2023. All rental units with a swamp cooler will be hooked up. Any Mutual Help/Homeowner that is interested in having their cooler hooked up, please contact our office. The cost will be \$80.00.

Pest Control

Pest Control will be here on May 15, 2023. All rental units will be sprayed. Any Mutual Help/Homeowner that is interested in having their house sprayed, please contact our office. Cost will be \$50.00.

Wood

Wood is still available at the yard for community members. Please let us know if you would like some wood, so that we can schedule a time for you to pick it up.

Paint

We also have paint that is available if you are interested. Please contact our office so that you can take a look at what we have.

Remember ALL work orders must be called in or emailed to either Yolanda at 928-643-8308 yrogers@kaibabpaiute-nsn.gov or LaWanda Hill 928-643-8328 lhill@kaibabpaiute-nsn.gov.

Community Clean Up

This year's cleanup will be the same as last year. We will NOT be picking up your big items. We will have big dumpsters placed throughout the villages and your big items can be placed in them. The dumpsters do have the capacity to open, so you can walk your items into the dumpsters. These dumpsters will start being placed around the villages, starting the week of April 24th, 2023 and will be there until May 31, 2023. On May 26, 2023 we will have the village roadside cleanup, starting at 8:00 am. Lunch will be served at 11 am at the Kaibab Community Building. Hope to see everyone there and let's get our villages looking good. If you need trash bags throughout the month, please let us know.





U.S. Department of the Interior
Bureau of Land Management

News Release

BLM Arizona Strip District

Media Contact: Rachel T. Carnahan, rcarnahan@blm.gov

April 18, 2023

BLM working to reduce wildfire risk as well as protect cultural and natural resources south of Fredonia, Arizona

ST. GEORGE, Utah—To decrease the risk of future wildfires and protect cultural and natural resources, fire managers with the Bureau of Land Management (BLM) Arizona Strip District have treated an area in the Mt. Trumbull area by cutting and piling brush accumulations, and now plan to burn these debris piles. The treated area is located 30 miles south of Fredonia, Arizona, and burning will take place along the BLM 1768 Road, south of County Road 5 and Potato Valley. Burning may occur over multiple days between April through May 2023.

To ensure public safety, BLM fire fighters will ignite the piles when weather conditions are conducive to burning. They will remain on scene to monitor public and resource safety. Visitors to this region of the Arizona Strip may see some light smoke during the burn operation. Smoke emissions will be managed in accordance with the Arizona Department of Environmental Quality regulations.

No local road closures are expected but public access may be restricted during ignition and periods of active fire to ensure public safety. Signs will be posted to notify the public.

Funding for this prescribed burn came from the [Bipartisan Infrastructure Law of 2021](#). The legislation provides funds for fuel treatments to help reduce the risk of catastrophic wildfire and benefit neighboring communities.

Follow @BLMArizona on [Twitter](#), [Facebook](#), and [Flickr](#)

-BLM-

The BLM manages more than 245 million acres of public land located primarily in 12 Western states, including Alaska, on behalf of the American people. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. Our mission is to sustain the health, diversity, and productivity of America's public lands for the use and enjoyment of present and future generations.



**IntermountainSM
Garfield Memorial
Hospital**

**3D
DIGITAL
MOBILE**

**MAMMOGRAPHY
UNIT**

Kanab

May 23, 24, & 25, 2023

**Call 435-676-1267 or 435-676-1547
to schedule an appointment.**

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program



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: MAY 17, 2023

WHERE: KAIBAB GYM

TIME: 5:30 PM AZ TIME

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

