



*August 2023*

*Kaibab Paiute*

*Tribal Newsletter*

# SOUNDS OF THUNDER MOUNTAIN POWWOW



AUGUST 19TH & 20TH, 2023

14 MILES WEST OF FREDONIA, AZ - TURN AT JUNCTION SR  
389 & PIPESPRING ROAD

HOST DRUM: BEAR SPRING, SAN JACINTO, CA

MC: Alex O. Shepherd (Paiute/Dine') Arena Director: Afrem Wall (Ute Mountain Ute)  
Head Man: Tyrone Mckewan (Northern Ute) Head Lady: Perrylynn Tapoof (Northern Ute)

- o Fun walk/Run  
Registration at 6:30 AM behind the Chevron  
begins at 7:00 AM saturday
- o Men's and Women's Horseshoe tournament  
Registration at 8:00 AM tournament begins at  
9:00 AM saturday, Entry fee \$20
- o Southern Paiute juried art show  
Registration at 10:00 AM - 11:30 AM saturday  
must be an enrolled member of a southern  
paiute band.
- o 3 on 3 Coed Basketball Tournament  
4 players on a team 1 women required on  
court, Registration starts at 1:00PM-4:30PM,  
Games begin at 5:00 PM saturday
- o Circle Dance Singing Contest Adult and Youth  
Registration 3:00 PM - 5:00 PM saturday,  
Contest will be Sunday at 1:00 PM
- o Free fishing derby  
Sign up at 7:00 AM - 11:00 AM saturday.  
Prizes for the kids, and the biggest fish  
contest for adults. Children need to be  
accompanied by someone 18 years old or  
older, No Swimming in pond during Pow-wow!

Saturday, Grand entry at 1:00 PM & 7:00 PM  
Registration starts at 11:00 AM  
Sunday, Grand Entry at 11:00 AM

## Dance Categories

Golden age 60+: Men and Women  
Men's: Traditional, Fancy and Grass  
Women's: Traditional, Fancy, and Jingle  
Teen boys: Traditional, Fancy and Grass  
Teen girls: Traditional, Fancy and Jingle  
Junior boys: Traditional, Fancy and Grass  
Junior girls: Traditional, Fancy and Jingle  
Tiny tots: Each session

**IN ALL CONTESTS**

**JUDGES DECISIONS ARE FINAL**

**Free Feast Saturday at 5:00 PM**

Camping reservations available at Kaibab Paiute RV Park Call (928) 643-6601

Vendor information contact Celia Milner Call (928) 643-6740 or Email [celiakpt@icloud.com](mailto:celiakpt@icloud.com)

Art show & Walk/run contact Laura Savala Call (928) 643-8331 or Email [lsavala@kaibabpaiute-nsn.gov](mailto:lsavala@kaibabpaiute-nsn.gov)

Powwow information contact Tara Spute email [t\\_spute@yahoo.com](mailto:t_spute@yahoo.com) or Claudina Teller Call (928) 643-7245

**ABSOLUTELY NO DRUGS OR ALCOHOL PERMITTED ON PROPERTY - NO OUTSIDE SOLICITING ALLOWED  
NOT RESPONSIBLE FOR LOST OR STOLEN PROPERTY/SHORT FUNDED TRAVELERS**

# **WE'RE HIRING!!**

**We have positions open here at the administrative offices, from entry level to executive. We offer vacation, sick time, paid holidays and a great insurance package.**

## **OPEN POSITIONS:**

Economic Development Director

Administrative Asst. (Council Secretary)

C-Store Asst. Manager

C-Store Cashier

K-12 Activity Coordinator

Prevention Specialist

See the full job descriptions and application on our website:

[kaibabpaiute-nsn.gov/hr](http://kaibabpaiute-nsn.gov/hr)

Or contact Dena Cuellar, Human Resources Director at

[hr@ kaibabpaiute-nsn.gov](mailto:hr@kaibabpaiute-nsn.gov) or call 928-643-8307



# Vacant Seat Enrollment Committee

The Enrollment Committee is looking for a new member to join us. The committee meets twice a quarter. If you are interested, please fill out an application. Request an Enrollment Committee application from the receptionist at the Tribal Office.

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When requesting information from the Tribal Trust Office please be prepared to verify your identity with the last four digits of your Social Security number. This is an effort to keep your private information from being accessed by people other than yourself. This applies to telephone calls and especially email requests.

If you have questions regarding this, please contact me at 928-643-6821 or [vcastro@kaibabpaiute-nsn.gov](mailto:vcastro@kaibabpaiute-nsn.gov). I am in the office Monday through Thursday, from 8 am till 12 pm.

Proposed adoptees into the Kaibab Band of Paiute Indians. This year there are two proposed adoptions into our tribe. As a tribe we will vote together to adopt the applicants on October 7, 2023.



Sienna Jade Rodriguez was born December 29, 2022 to Shian (Bradley) and Alex Rodriguez.

Sienna is the granddaughter to Carmen (Savala) and Bob Bradley, Great granddaughter of the late

Delores (Castro) and Tony Savala, and Great-Great Granddaughter to Isabel (Frank) John.

Sienna has an older brother named Jameson who she adores. Sienna loves to eat. Her favorite food is watermelon. Sienna's favorite activities are swimming and spending time with family.



Hello All , My name is Izzie Flower Marie Grant. I am a happy healthy 1 year old. I currently live in Las Vegas, Nevada with my parents Jwontonio & Judith Grant ( Martinez) and my big brother Ian. We travel back home to Kaibab as often as we can. I am the Granddaughter to Alonzo & Irene Martinez;; GreatGranddughter of Loretta Frank Martiinez-ehaype. Some of my favorite things to do at the moment are playing with my big brother horsing around and laughing out loud giggling. I love playing at the park and swimming. My favorite movie I love to watch is Moana , I can sing the song really loud. My favorite foods are pizza and any kind of yummy fruit.



# Community YARD SALE

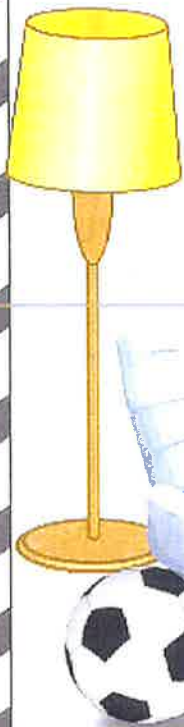
Saturday August 5th, 2023

8:00AM-12:00PM

Where: Behind the Chevron

A sign up sheet will be posted at the  
tribal office.

\*Tables will be provided just bring you're  
own chairs and canopys\*



# News & Information from the Wildlife, Fisheries & Parks Department

**Tribal Member Hunters Make sure to read this - Mule Deer Hunts** – The FOLLOWING HUNTS HAVE BEEN Canceled, the Southern Paiute Youth Hunt, the Indian Hunt, and the Big Game Hunt. The Tribal member hunts this year will consist of two (2) DOE ONLY 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**. The limit for each household this year will be two DOES ONLY.

**Mountain Lion** - TRACKS have been seen near homes, when outside watch out for your kids, pets, and be aware of your surroundings.

**Rattle Snake** – Are out watch out for them.

**TRESPASSERS – THERE GETTING TO BE MORE** – Report them, and anyone riding Off Highway Vehicles on the Trail, to BIA Police or Wildlife Department.

**Highly Pathogenic Avian Influenza (HPAI) “Bird Flu”** – HPAI is highly contagious in wildlife and is expected to rise during birds’ regular spring migration. HPAI is considered low risk for human health concern according to the Centers for Disease Control; however, infections in humans have been reported. Chicken owners beware!!

**Condor** – If you see one on the Reservation **Do not Disturb** it, the bird flu has been found in Condors.



**Turkeys** – Have been seen in Eagle Mountain Village, **PLEASE DO NOT FEED THEM.**

**Fishpond** – Reminder you need a permit to fish, and Children under 18 need to have someone over 18 with them. **ONLY** Tribal Members can swim, at your own RISK.

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

**Moccasin Wash Road is closed**, The Bureau of Indian Affairs has not repaired it, so you’ll have to go through the farm, this should be repaired soon.

**Watch out for DEER** – 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, if not you could receive a ticket, 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 as long as it’s not green wood it will burn slow and will plug up your chimney faster. Fire Restriction No Chainsaw usage.

**Are you going off the paved road?** – If for some reason you go off the paved roads, beware of the sand, mud 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 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](mailto:dbullettsjr@kaibabpaiute-nsn.gov). 866-969-5879 new office number.



Pipe Spring

National Park Service  
U.S. Department of the Interior

Pipe Spring National Monument  
Arizona



# PIPE SPRING STAR PARTY

AUGUST 18, 2023  
7 PM-10 PM  
KAIBAB PAIUTE RV PARK

## FEATURING

SOUTHERN PAIUTE DRUMMING

CONSTELLATION TOURS

CULTURAL ASTRONOMY TALKS

TELESCOPES AND STARGAZING

## PARTNERS

KAIBAB BAND OF PAIUTE INDIANS  
PAIUTE INDIAN TRIBE OF UTAH

GRAND CANYON NATIONAL PARK  
CEDAR BREAKS NATIONAL MONUMENT

STELLAR VISTA OBSERVATORY  
ZION FOREVER PROJECT

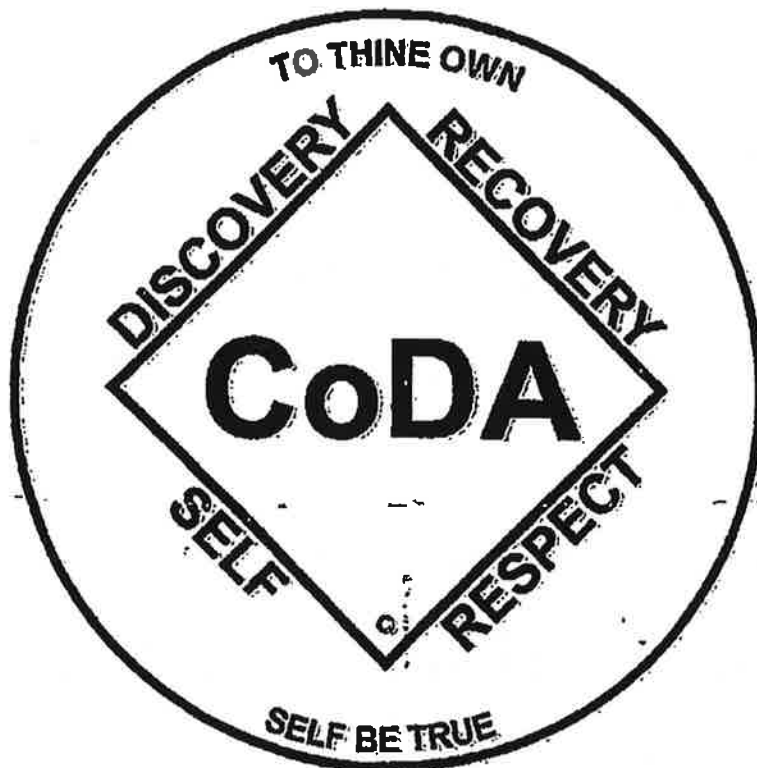


# **NEW**

## **Co-dependents Anonymous Meeting**

**Wednesdays 7pm at United Church, Kanab**

**(Starts August 16, 2023)**



**For those who Desire  
Healthy & Loving Relationships**

**Are you affected by someone's addiction?  
Are you always trying to "fix" or control others?  
Do you place others' needs above your own?**

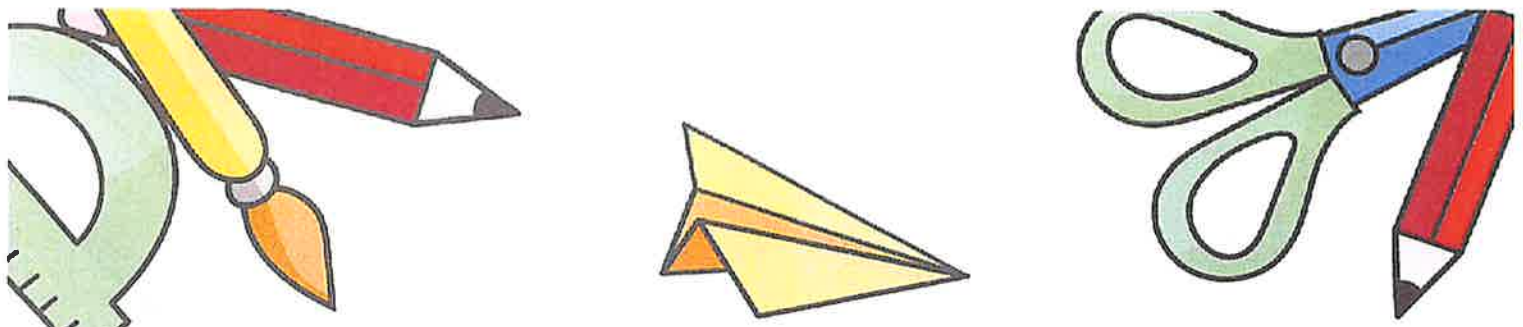
**CODA can help!!**

**Embrace Authenticity, Self-Love, Communication,  
Boundaries, Freedom!**

# THE REAL SCHOOL SUPPLY WISH LIST

- Read with your child.
- Play games together.
- Enforce rules and schedules.
- Assign chores.
- Cook meals together.
- Have conversations, even silly ones.
- Limit screen time.
- Encourage and praise effort.
- Be mindful of what they hear you say.
- Practice coping techniques for tough situations.
- Communicate with teachers.

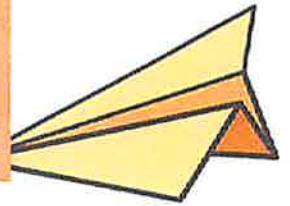




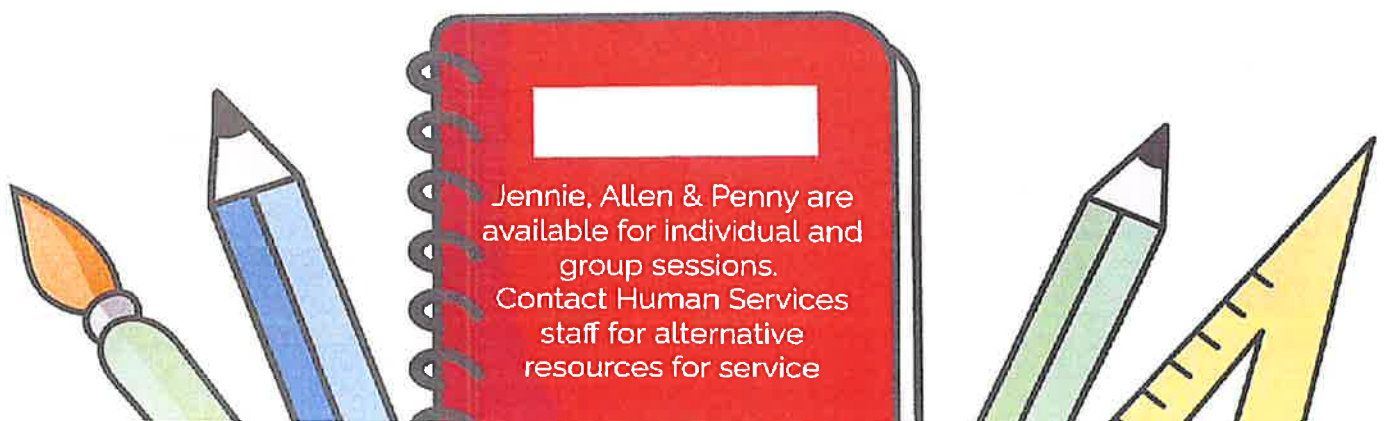
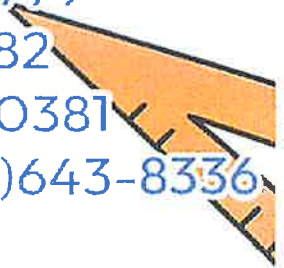
# HUMAN SERVICES

## KAIBAB LIVING SOBER AA:

**Tuesdays @ Noon**  
**Community Building & 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 service



**BACK TO**  
**SCHOOL**  
**MENTAL**  
**HEALTH TIPS**



The start of a new school year can be exciting, but it can also make your child feel anxious, especially if last year was rough or if they are entering a new school. While some back-to-school tips are widely known (like getting plenty of sleep and eating a healthy breakfast), there are other ways to start your child off with a positive mental health outlook for the year ahead.

### 1. Start school with a fresh perspective

Kids can change a lot over a summer break. Sure, summer is just a couple of months long, but a lot can happen during that time (such as new Kids can change a lot over a summer break, even if it is just a couple of months long. New experiences, friends or even a growth spurt can change your child's perspective. While returning to school may tempt kids to act the same as they did the year before, they can try to take on a new attitude. For example:

- If they were mean to others, they could try to be nice.
- If they complained, they could start looking for the good in people and situations.
- If they made poor decisions last year, they could work to use better judgment.

Encourage your child that now is the time to start new habits and be intentional about their behavior.

### 2. Encourage kids to be true to themselves at school

Encourage your child to identify their values and stick to them – such as being kind to others, working hard at school and avoiding alcohol and drugs. Not everyone will like them, and that's okay.

Your child doesn't have to try to impress friends and classmates, especially if doing so violates their values. Explain to your child that when they stick to their values, others will usually respect them even if they don't show it.

### 3. Tell your child the value of meaningful friendships

Positive, emotionally supportive friendships are important for your child's mental health. The first couple of weeks back to school can feel chaotic socially as everyone tries to find their place. However, use this opportunity to remind your child that having just a couple of close friends can be more important and rewarding than having tons of surface-level friends.

### 4. Identify your child's strengths in and out of school

Starting the new school year with the goal of good grades is admirable and important, so do your best to set your child up for success. However, working hard at school and learning to recover from setbacks can be just as important in achieving academic goals.

Academic stress is common. If your child feels super stressed about school, schedule an occasional 10-to-15-minute worry time to allow them to be anxious. Then encourage them to refocus on their schoolwork so that anxiety doesn't control the rest of their week.

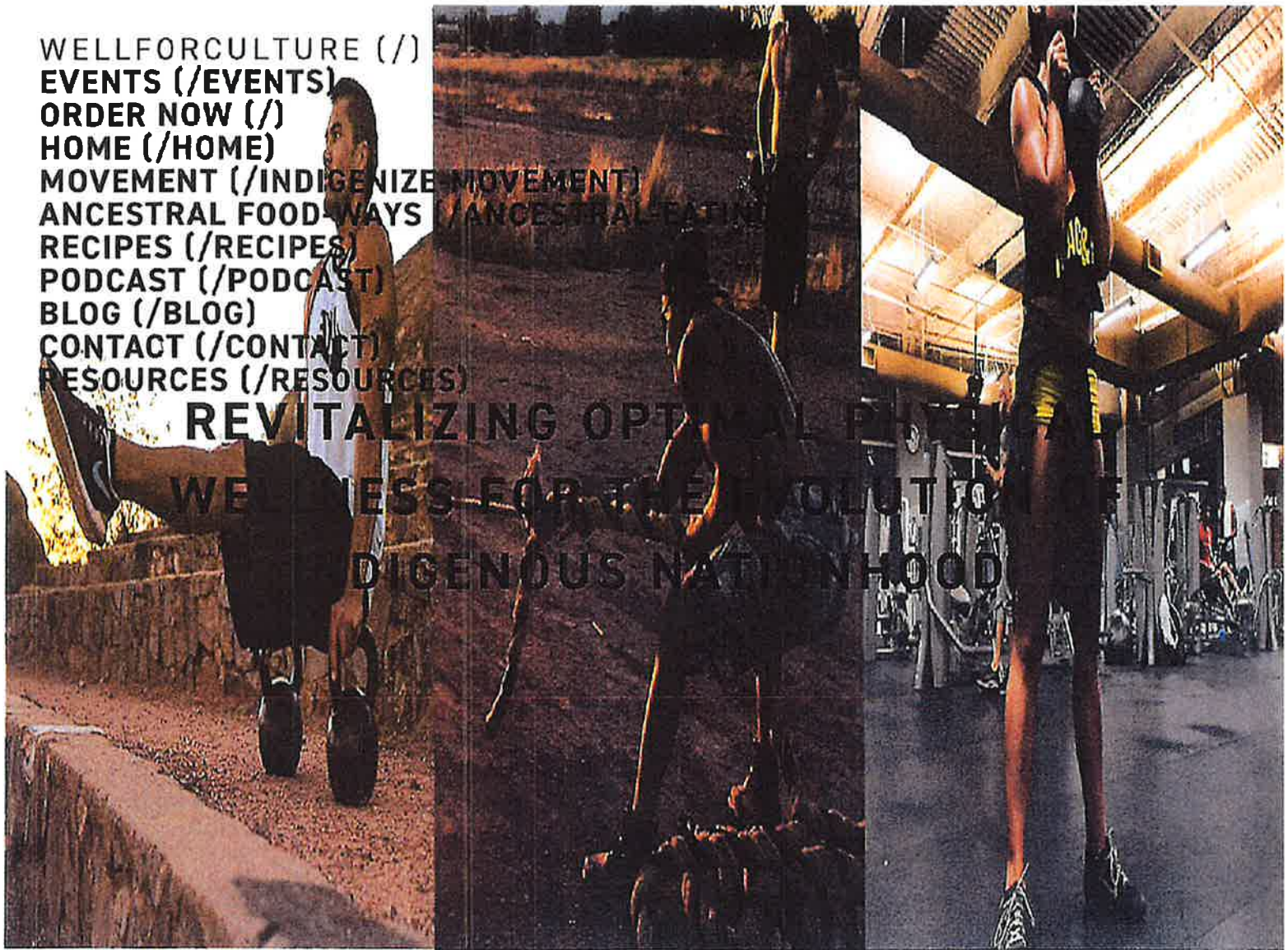
Grades are important, but not everything. Identify what else your child enjoys doing and encourage them to pursue that. For example, a student with lower grades who volunteers in the community still shows well-roundedness.

### 5. Support your kids emotionally

Many of the most successful and emotionally healthy kids at school know that their parents can be their greatest ally. Building these emotional bridges opens the door for you to talk with them about mental health. Let your child know they can tell you anything. Encourage them to share one good thing that happened at school each day. Help them succeed by continuing to be their biggest cheerleader.

WELLFORCULTURE (/)  
EVENTS (/EVENTS)  
ORDER NOW (/)  
HOME (/HOME)  
MOVEMENT (/INDIGENIZE MOVEMENT)  
ANCESTRAL FOODWAYS (/ANCESTRAL EATING)  
RECIPES (/RECIPES)  
PODCAST (/PODCAST)  
BLOG (/BLOG)  
CONTACT (/CONTACT)  
RESOURCES (/RESOURCES)

REVITALIZING OPTIMAL LIFE  
WELLNESS FOR THE EVOLUTION OF  
INDIGENOUS NATIONHOOD



## INDIGENOUS FITNESS SPACES

### 1. EARTH GYM

(<http://wellforculture.com/mother-earth-gym>): The best place to exercise is *outside* in the natural world, amongst the elements. Everybody has access to the outdoors, and it does not cost a penny. Working out outdoors is a refreshing alternative to a crowded, noisy, sterile gym. As we know, Native lands are some



of the most beautiful and accessible places to us: many of our communities are located in wide open spaces, free of unwanted attention or bad energy from unfamiliar people.

Different types of outdoor settings offer different benefits. For example, trees in forests provide plenty of clean oxygen for our lungs, and clean oxygen for our lungs means exerting a greater physical output. Running through rough terrain on a mountain works all kinds of different muscles that wouldn't be reached on a flat track or treadmill. Strong wind in the plains creates added resistance and forces our bodies to work harder. In any and all outdoor settings, natural beauty and temperature extremes and the existence of the elements brings our minds to a healthier, clearer place.

On this land, one has the freedom to be creative by utilizing, tree logs, stumps, rocks, and whatever else is available. Utilizing pieces of the earth as fitness equipment comes with its challenges: there is no easy way to go about it. There is no instruction booklet or manual explaining how to use it. The earth does not provide convenient handles to conform to comfortably to our hands, or flat surfaces to stand on. You must adapt - just as we do when we are faced with real life situations. Our mother earth has a way of showing us love in these challenges. It might seem harsh, but this is how she helps strengthen us. These peaces of earth should always be respected and replaced back where they were found. Indigenous cultures across the globe still seek spiritual strength from, rivers, lakes, trees, plants, animals, mountains and other creations by mother earth. Training with the land leaves no ecological footprint.



*Thosh Collins using drift wood for weight resistance while visiting Alert Bay, BC, Canada.*

**2. GYMS / FITNESS CENTERS:** Even though gyms tend to distribute sterile, mechanical energy, they have their benefits in that much of the equipment found within the gym is useful and can offer an outstanding variety of strength and conditioning options. Sometimes, fitness centers are the safest option for those of us who live in freezing cold climates. Today, many Native communities on reservations have their own health and fitness centers, and most are free to attend for tribal members. This is an

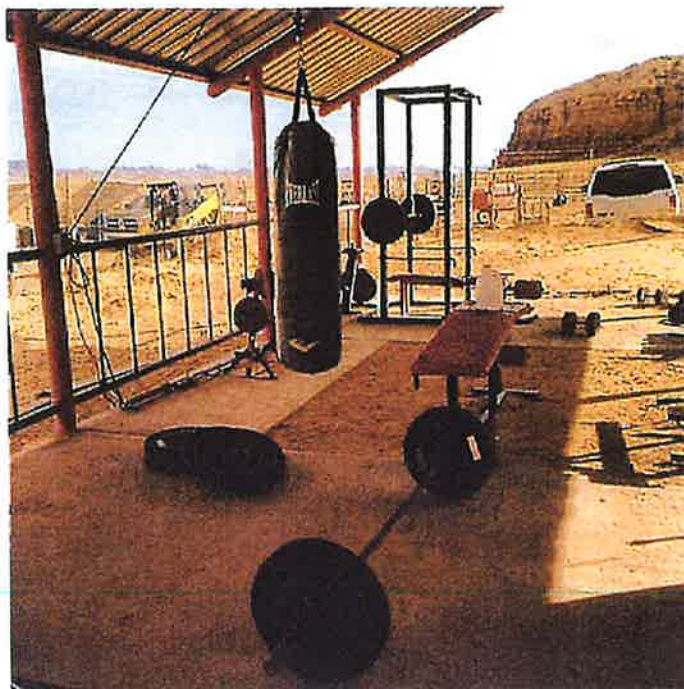
excellent option that we should all take advantage of.

**3. REZ GYMS:** 'Rez Gym' is a term for hybridized fitness areas using our yards, fields, or other outdoor settings on our reservations where we can find makeshift equipment and put it together to create unique and fun fitness routines. Many reservations are in rural areas, and many of our homes are surrounded by agricultural equipment. If you live in a rural area, you can often find tires, bricks,



ropes, hay bails, cement blocks, logs, telephone poles and various sized of scarp metals and many other things that can be put together as fitness equipment for exciting and interesting circuit training free of cost.

We often use the term "rez" to describe something in a negative way. (For example, "gahh you seen those windows all duct-taped up? so rez!") Well, in this situation we are intentionally using the term 'Rez' in a positive way because we believe there are many good things that come from and happen on our reservations. A Rez Gym is one of those. It's an indication of our ability to be creative and adapt to our environment. We should take pride in the unique setting of our homes. We should recognize that these type of fitness areas are something special which required innovation to create. A Rez Gym is eco friendly, leaving little to no ecological footprint, because we are making use of materials that would otherwise be discarded. This is congruent with real indigenous values.



*Doug Yazzie's home gym on the Navajo Nation*

Cred@t: Wellforculture.com  
McKenna Yracheta-Diabetes Fitness Coordinator  
myracheta@kaibabpaiute-nsn.gov

## Outdoor Areas

Proprietors of public places and places of employment may implement in-house smoking policies regarding their outdoor areas.

### Smoke-Free Campuses

Many proprietors of public places and places of employment in Arizona are choosing to provide smoke-free campuses for their visitors, employees, and other patrons. The Act allows proprietors to declare an entire outdoor area as non-smoking.

### Smoke-Free Areas

Proprietors may choose to designate certain areas as smoke-free areas by clearly identifying these areas.

### Outdoor Designated Smoking Areas

The Act does **not** require proprietors to provide designated smoking areas; however, they may choose to do so. Designated smoking areas must be located at least 20 feet away from entrances, open windows, or ventilation systems. Encouraging residents, visitors, employees or other patrons to smoke in these designated areas is recommended.

Smoke-Free Arizona Program officials **cannot** enforce in-house smoking policies established by the management. Those who choose not to use designated smoking areas may be in violation of the in-house smoking policy; however, they are not in violation of the Act **if** they are at least 20 feet away from entrances, open windows, or ventilation systems.

Credit: AZDHS  
McKenna Yracheta - Tobacco  
Coordinator  
myracheta@kaibabpaute-nsn.gov

## Tips for Designating Outdoor Smoking Areas and Smoke-Free Areas

As a proprietor, if you choose to designate your campus as smoke-free, please consider:

- Clearly identifying the campus as smoke-free; and
  - Educating residents, visitors, employees, or other patrons about your smoke-free campus policy.
- As a proprietor, if you choose to designate smoke-free areas, please consider:
- Clearly identifying the areas as non-smoking; and
  - Educating residents, visitors, employees, or other patrons about where smoking is prohibited.

As a proprietor, if you choose to designate smoking areas, please consider:

- Providing directional signs for individuals looking for the designated smoking area; and
- Educating residents, visitors, employees, or other patrons about where smoking is allowed.



# The Smoke-Free Arizona Act Clearing the Air for Employers

## For More Information or to Order Free Signage

Visit: [smokefreearizona.org](http://smokefreearizona.org)

Call: 1-877-AZSTOPS (1-877-297-8677)

Email: [smokefreearizona@azdhs.gov](mailto:smokefreearizona@azdhs.gov)



Arizona Department of Health Services  
Office of Environmental Health  
Smoke-Free Arizona Program  
150 North 18th Avenue, Suite 430  
Phoenix, AZ 85007-3247



The Smoke-Free Arizona Act prohibits smoking inside most enclosed public places and places of employment and within 20 feet of entrances, open windows, or ventilation systems.

### As an Employer

These are the simple things you need to do as an employer or person in charge to comply with the Smoke-Free Arizona Act, A.R.S. § 36-601.01 ("the Act"):

- Remove all indoor ashtrays and smoking receptacles and move all outdoor ashtrays and smoking receptacles at least 20 feet away from entrances
- Post the required "No Smoking" signs at every entrance into your establishment, available free of charge online at [smokefreearizona.org](http://smokefreearizona.org)
- Educate all existing and prospective employees about the Act
- Prohibit anyone including employees, vendors, and customers from smoking inside and within 20 feet of all entrances into your place of business
- Politely inform violators smoking inside or within 20 feet of an entrance to extinguish it or to go outside and at least 20 feet away from the entrance to smoke



### Educating your Employees About the Act

The following tips can be used to communicate with your employees:

#### Existing Employees

- Discuss the requirements of the Act at staff meetings or distribute memos or paycheck inserts
  - Add a "No Smoking" policy to your employee manual
  - Post your "No Smoking" policy on your company website
  - Display an informational poster in the employee lounge or break room
  - Distribute Smoke-Free Arizona brochures during employee training
  - Include articles in your employee newsletter about the requirements of the Act and the health effects of secondhand smoke
  - Encourage employees to visit [smokefreearizona.org](http://smokefreearizona.org) for more information about the Act
- Resources are available online for employees who want to quit at [ashline.org](http://ashline.org) or by calling the **Arizona Smoker's Helpline** at 1-800-556-6222.

#### Prospective Employees

- Add a brief description of the Act on your employee application form
- Include an agreement policy that explains the requirements of the Act on the application and requires the applicant to check a box confirming that they have read the information
- Discuss the requirements of the Act briefly during candidates' interviews
- Disclose your smoking policy on your company website
- Post a link to [smokefreearizona.org](http://smokefreearizona.org) on your website

### Outdoor Patios and the 20 Foot Rule

Outdoor patios are one of the seven exemptions of the Act and therefore smoking is allowed on outdoor patios. If an outdoor patio is less than 20 feet from any entrance, open window, or ventilation system of an establishment, smoking is still allowed, but only if the proprietor uses a method that:

- Provides a smoke-free entrance into the establishment
- Does not permit tobacco smoke to drift into the establishment through entrances, open windows, ventilation systems, or other means

If an outdoor patio of a public place or place of employment is located within 20 feet of any entrance, open window, or ventilation system, smoking is allowed anywhere on this outdoor patio as long as tobacco smoke does not enter into the enclosed area.

In order to prevent smoke from drifting into the establishment, some proprietors have chosen to use methods or a combination of methods such as, but not limited to, air curtains, physical barriers, fans, or blowers. Please keep in mind that these methods are only examples and not a requirement of the Act.

This brochure was created to help proprietors, managers, or business owners inform employees, vendors, or customers about the requirements of the Smoke-Free Arizona Act so they can achieve compliance in their place of business.