

Kaibab Band of Paiute Indians



December 27, 2023

MEMORANDUM

From: Roland Maldonado, Chairman

Subject: Notice of Tribal Council Vacancy

I am writing to inform you of a recent vacancy on the Kaibab Band of Paiute Indians Tribal Council. This serves as an announcement for those who wish to apply to serve for the remainder of this year's term, until the next regular election in October '24.

According to the provisions outlined in the CONSTITUTION OF THE KAIBAB BAND OF PAIUTE INDIANS, specifically in ARTICLE XI, Section 1, pertaining to the Vacancy of Office;

If any position on the tribal council shall become vacant for any reason other than the expiration of the term of office, the tribal council shall declare the position vacant and shall appoint an individual to serve in that position until the next election at which time an election shall be held to fill the unexpired term. Appointment shall be made by the tribal council with preference being given to the defeated candidate who received the next highest number of votes at the last election.

If you are a tribal member with an interest in serving on our tribal council or if you know someone who would be interested, we invite you to submit a written intent in person or via email to Chairman Maldonado at rmaldonado@kaibabpaiute-nsn.gov. The deadline for submissions is 5:00pm on or before Thursday the 18th of January 2024.

Your active involvement in our process is crucial to the success of and stability of our Tribe. We appreciate your understanding and cooperation as we work to ensure the continued viability of our governing body.

Thank you for your attention to this important matter.

Sincerely

A handwritten signature in blue ink, appearing to read "Roland Maldonado", is written over a faint, larger version of the same signature.

Roland Maldonado

Chairman Kaibab Band of Paiute Indians

Tribal Affairs

HC 65 Box 2
Fredonia, Arizona 86022

Phone (928) 643-7245
Fax (888) 939-3777

WE ARE HIRING

- Intermittent Workers \$11.00/hr
We are looking for Front Desk workers for when our regular receptionist is out of the office.

Made with PosterMyWall.com



APPLY NOW

hr@kaibabpaiute-nsn.gov
Or pick up an application at the
Tribal Office.

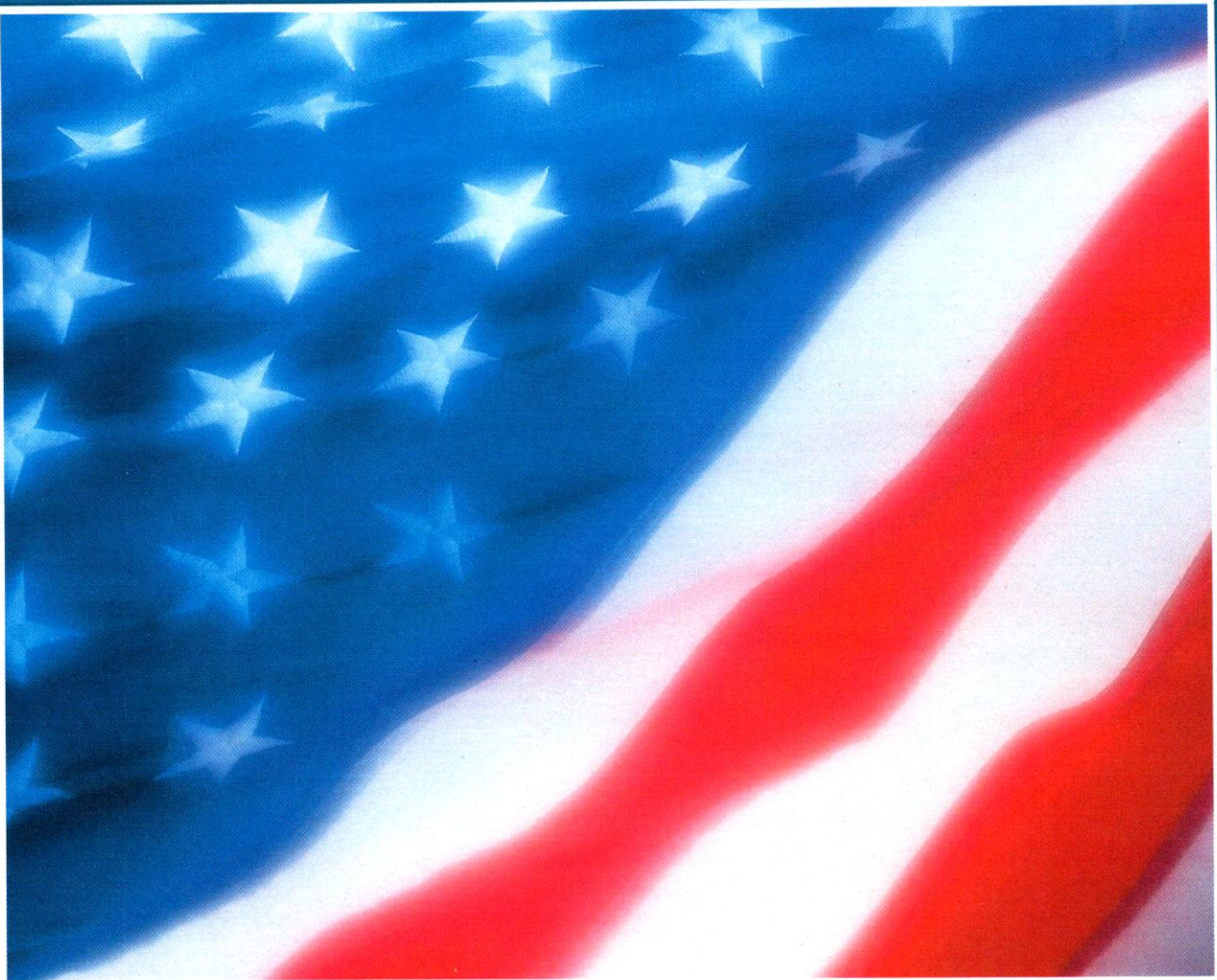
we are

HIRING!

Title XX Homemaker
K12 Activity Coordinator
Title III Congregate Meals Cook
Administrative Assistant
P/T Finance Clerk

join our team
<https://kaibabpaiute-nsn.gov/hr>
hr@kaibabpaiute-nsn.gov

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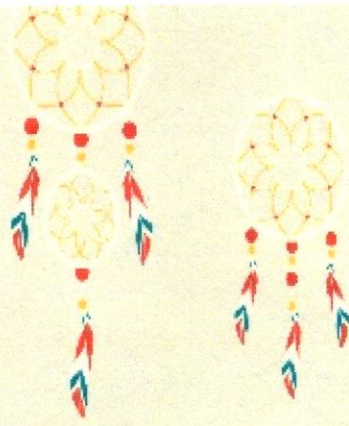


POLLWORKERS NEEDED

MOHAVE COUNTY ELECTIONS NEEDS YOU

IF YOU ARE INTERESTED IN WORKING THE POLLS FOR THE 2024
ELECTIONS

PLEASE CALL (928)753-0733



The Kaibab Band of Paiute Indians

Happy Retirement

Danny Bulletts

Danny Bulletts began his career with us on 05/19/1997, and after 26 years of service, he's retiring.

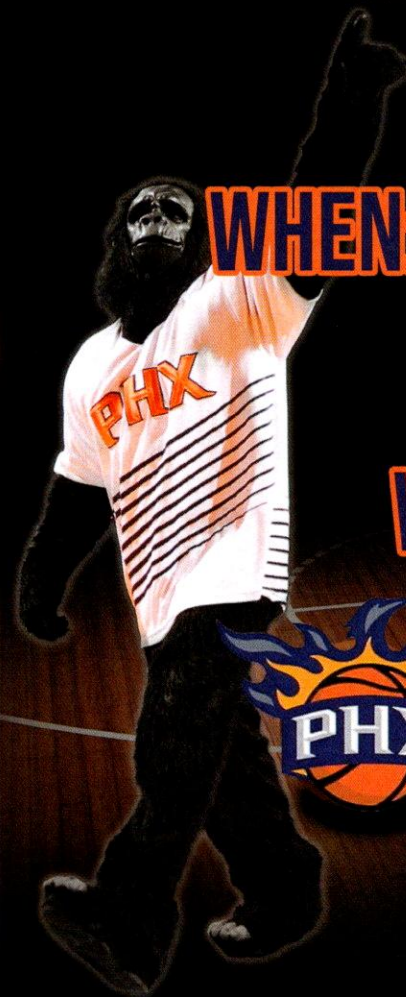
Danny's last day will be Friday, 01/05/2023

A photograph of a person in a National Park Service uniform, seen from the back, holding a large American flag. The person is wearing a white short-sleeved shirt with a patch on the left shoulder and green pants. The background is a clear blue sky with some green foliage on the right side.

Please Join us to Wish Benn Pikyavit a Happy Retirement

**Tuesday, January 9, 2024 at the
Kaibab Band of Paiute Indians
Reservation Community
Building, 12:00 pm - 2:00 pm.
A potluck style lunch will be
offered.**

**"GO THE GORILLA"
AND THE
PHOENIX SUNS
CHARITY
COMING TO KAIBAB**



WHEN: FRIDAY JANUARY 19TH ,2024

TIME: TBA

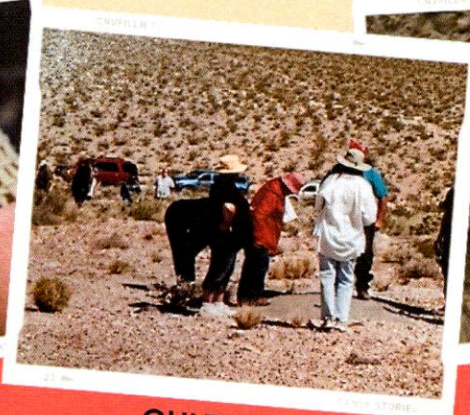
WHERE: KPT GYMNASIUM



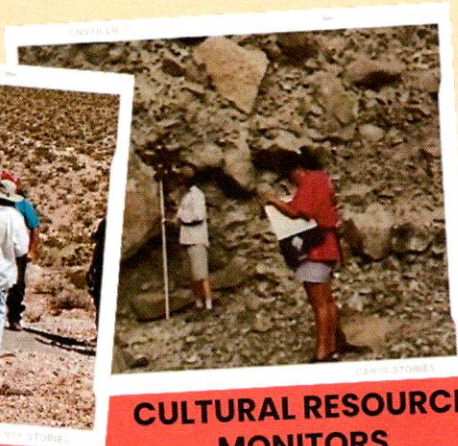
JOIN THE CULTURAL RESOURCES COMMITTEE



**HERITAGE
DEMONSTRATORS**



**CULTURAL
CONSULTANTS**



**CULTURAL RESOURCE
MONITORS**

TEACH, LEARN, PROTECT, GIVE BACK

NEW member and renewing member applications can also be picked up at the tribal office front desk and returned to LeAnn, Daniel, or Roland for inclusion on T/C agenda for approval.

COMMITTEE APPLICATION
KAIBAB BAND OF PAIUTE INDIANS

Cultural Resources Committee

DATE: _____

NAME: _____

MAILING ADDRESS: _____

WHY DO YOU WANT TO BE A MEMBER OF THE COMMITTEE:

Signature of Applicant

Date

Would you be willing to serve as the chairperson of the committee? Yes_ ___ No_____

Official Use Only

COMMENTS:

Approval Date: -- - _____

Denial Date: _____

CHAIRPERSON
KAIBAB BAND OF PAIUTE INDIANS

TRIBAL COUNCIL SECRETARY
KAIBAB BAND OF PAIUTE INDIANS



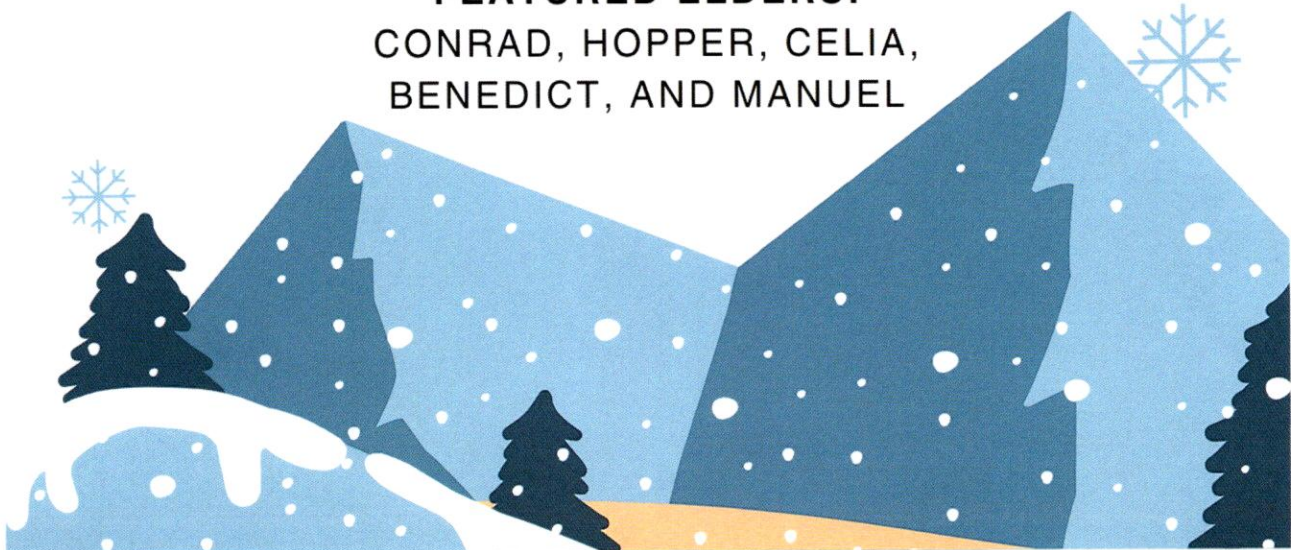
SAVE THE DATE
Watch for Flyers!

STORYTELLERS

*Start Preping for
your big debut!*

TUHWEENUP
FEBRUARY 23, 2024

FEATURED ELDERS:
CONRAD, HOPPER, CELIA,
BENEDICT, AND MANUEL



**Elders contact LeAnn (928) 643-7365 if you need
help, ideas, or copies of stories**

News from the Tribal Housing Department

Greetings from the Housing Department.

With this cold weather, please check to make sure your hose is disconnected from your outside faucet. Remember if it is not disconnected it will cause a water line break.

Also ashes from the wood stove can be buried by your house. **DO NOT PLACE THEM IN THE DUMPSTERS.**

Pest Control will be around to spray all rental units on January 9, 2024. Any others that would like their house sprayed, please contact us, the cost will be \$50.00.

Just a reminder **ALL** work orders must be called in or emailed to either Yolanda or LaWanda. If this is not done, the work needed will not be completed. This covers both you and the department.

DPW payments are due before the 20th of the month. If you pay after the 20th, you will be assessed a 5% fee in addition to your balance due. **If your DPW bill is paid in full before the due date, you will receive a 5% discount.**

Rental/House payments are due by the 15th of the month. You are considered late on the 16th.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00

fee and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.

Lastly, the winners of our Christmas House Decorating Contest was: Steamboat-Wayne Levi, Red Hills-Cody Jake, Juniper-Kaydin Benson, Kaibab-Omalla Hill and the Grand Prize winner- LaWanda Hill & family. We hope you had the chance to check out all of the decorations. They all were amazing. This coming year our plan is to have the village with the most decorated homes also be a winner.

We appreciate each and every one of you. Let's make this year amazing.



Pest Control

January 9, 2024

Starting at 8am

ALL rental units, inside and outside will be sprayed.

All MH/homeowners contact our office if interested, 928-643-8308 or 8328, the cost is \$50.00

The next pest control will be March, 2024

Winter Safety Tips for Homeowners & Renters

With winter around the corner, AMERIND is committed to sharing knowledge, helping you to identify risks and remove hazards. Your safety is important to us at AMERIND and prevention is the key.



Freezing Pipe Safety

- ▲ **Keep a steady drip.** Maintain a continuous drip of water from one faucet in your home, preferable a sink farthest from where the water comes into the house.
- ▲ **Open your cabinets.** Keep cabinet doors open under sinks.
- ▲ **Insulate your pipes.** Use heat tape, foam, or rubber insulation to protect your pipes.
- ▲ **Outdoor faucets.** Cover hose bibs with hose bib cover.



Fireplace Safety

- ▲ **Clean your chimney** at least once a year.
- ▲ Always use a **fireplace screen.**
- ▲ **Use a metal container for ashes** and make sure ashes are cool before putting them in container.



Space Heater Safety

- ▲ **Follow the 3-Foot Rule** - Avoid placing a space heater within 3 feet of anything flammable; curtains, papers, furniture, etc.).
- ▲ **Do not leave your space heater unattended.**
- ▲ **Plug your space heater into a wall outlet.**
Do not use an extension cord!



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



Dear Kaibab Band of Paiute Indians,

We are thrilled to announce the opening of Barraza's Mexican Food restaurant on the Kaibab Indian Reservation. Owners Daniela Barraza and Mayra Navarro bring a rich tradition of delicious, authentic Mexican cuisine to our community. Their commitment to quality and service is evident in every dish they prepare. You can reach them at (928) 643-7640 to place orders or make inquiries.

We welcome Daniela and Mayra to our community and wish them immense success in their culinary venture. Their restaurant is a valuable addition to our reservation, bringing diversity and flavor to our dining options.

In other news, we would like to extend our deepest appreciation to Gina Tullie, the Manager of Red Cliffs Chevron, as she transitions to new opportunities. Gina has been a dedicated member of our community, serving the tribe with commitment and excellence for over 4 years. Her contributions have been invaluable, and her presence will be greatly missed. We are grateful for her service and wish her continued success in all her future endeavors.

Please join us in celebrating these new beginnings and expressing our gratitude for the hard work and dedication of our community members.

With warm regards,

John McClellan
Economic Development Director

Kaibab Paiute Gym & Fitness Center

**Gym Hours Starting December
2023**

Monday: 8:00am to 5:00pm

Tuesday: 8:00am to 5:00pm

Wednesday: 10:00am to 7:00pm

Thursday: 8:00am to 5:00pm

Friday: 8:00am to 5:00pm

Times and days are subject to change. For more information contact McKenna Yracheta-Diabetes Fitness Coordinator at (928)643-6007 or email at myracheta@kaibabpaiute-nsn.gov

THE 20-MINUTE HOLIDAY MUSCLE SPECIAL

Keep things simple and effective with this light-speed workout that you can do almost anywhere with just a single medium-weight dumbbell—or a heavy log from the fireplace.

BY MATHEW FORZAGLIA, C.F.S.C.

DIRECTIONS: Do this workout 4 or 5 times a week. For each interval, do 3 rounds, resting 60 seconds between them. On all days you don't tackle this workout, aim to go for a 20-minute walk or run.



WARMUP

WORLD'S GREATEST STRETCH

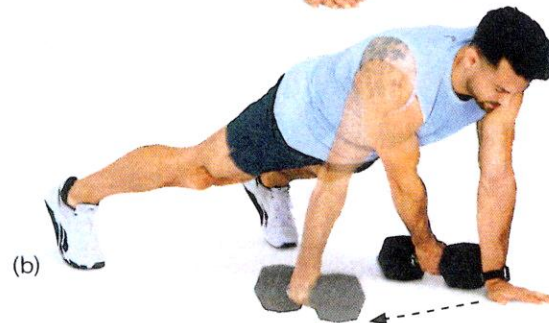
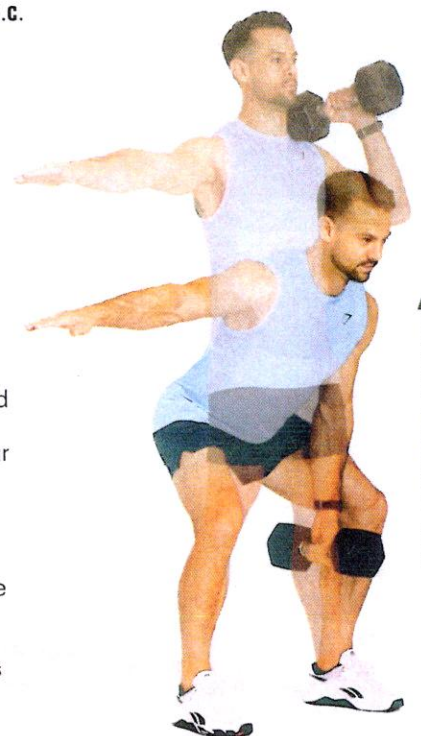
► Set up in pushup position, abs and glutes tight, then step your right foot alongside your right hand. Squeeze your left glute, then raise your right hand toward the ceiling, following it with your gaze. Reverse the movements, then repeat on the other side. That's 1 rep; do 3 sets of 8.

TANK BY GYM SHARK; SHORTS BY TEN THOUSAND; SNEAKERS BY REEBOK.

INTERVAL 1

1a DUMBBELL POWER CLEAN

► Stand holding a dumbbell in your left hand at your hip. Push your butt back and bend your knees slightly. Explosively stand and squeeze your glutes, pulling the dumbbell upward. As it reaches shoulder height, squat and shift your elbow underneath the weight. Stand, then lower the dumbbell to your hip, push your butt back, and return the weight to the floor. That's 1 rep; do 8 per side.



1b PUSHUP PULL-THROUGH

► Get in pushup position with a dumbbell just outside your left hand, feet wide. Keeping your hips and shoulders square to the floor, reach for the dumbbell with your right hand and drag it just outside your right shoulder. Return to pushup position then repeat on the other side. That's 1 rep; do 10.

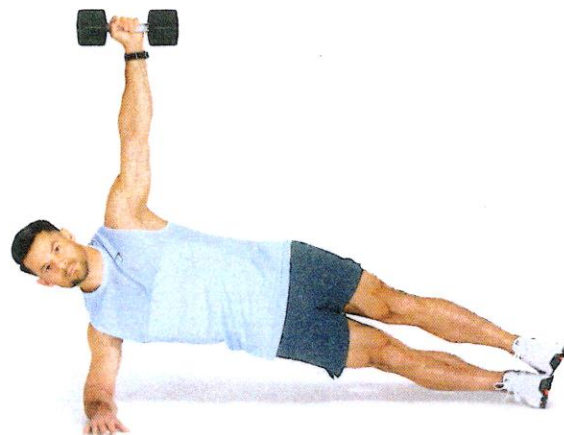
Credit: Men's Health December 2023 Edition
McKenna Yracheta-Diabetes Fitness Coordinator
myracheta@kaibabpaiute-nsn.gov

► **TRAINER SPOTLIGHT: MATHEW FORZAGLIA, C.F.S.C.** (pictured), is a New York City-based trainer and the creator of the 20-Minute Muscle video workout series, which is available with a *Men's Health* MVP Premium subscription. Follow him on Instagram at @forzag.

INTERVAL 2

2a
GOBLET LATERAL LUNGE

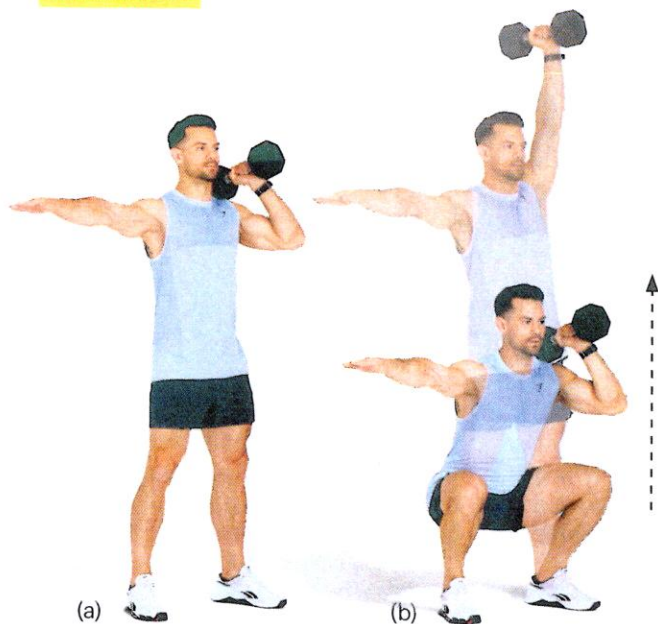
► Stand holding a dumbbell in your right hand. Step to the left, then bend your left leg and push your butt back, keeping your right leg straight as you do this. Drive through your left heel to explode back to the right and return to standing. That's 1 rep; do 8, then repeat on the other side.



2b
LOADED SIDE-PLANK HOLD

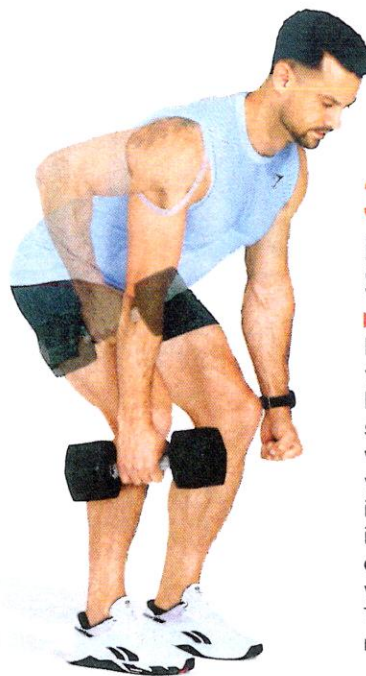
► Set up in a right side plank, right elbow on the floor, abs and glutes tight, left hip driving toward the ceiling. Hold a dumbbell in your left hand, directly over your shoulder, reaching it toward the ceiling. Hold this position for 30 to 45 seconds, then repeat on the other side.

INTERVAL 3



3a
SINGLE-ARM THRUSTER

► Stand holding a dumbbell in your left hand at your shoulder (a). Push your butt back and lower into a squat (b). Stand and press the dumbbell overhead. Return the weight to your shoulder. That's 1 rep; do 10, then repeat on the other side.



3b
BENT-OVER SINGLE-ARM ROW

► Stand holding a dumbbell in your right hand at your hip. Push your butt back and lower your torso so it's at a 45 degree angle with the floor. Squeeze your shoulder blade. This is the start. Without shifting your hips and shoulders, row the dumbbell to your right rib cage. Lower. That's 1 rep; do 12, then repeat on the other side.

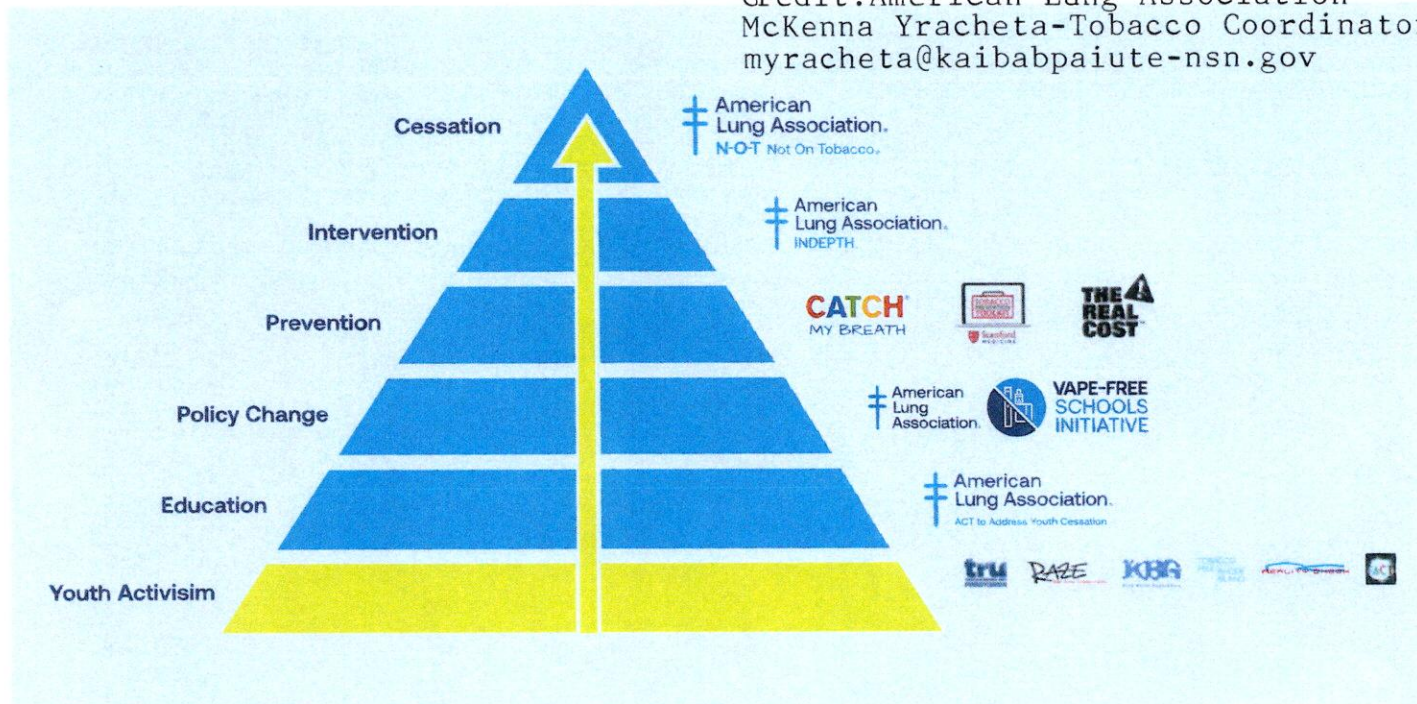


YOUR TICKET TO MUSCLE AWAITS!

Scan to join *Men's Health* MVP Premium and access hundreds of video workouts from our best trainers.

The American Lung Association recommends a multi-component comprehensive public health approach to addressing the youth vaping epidemic through strategies inclusive of systems change, education, intervention and cessation.

Credit: American Lung Association
McKenna Yracheta-Tobacco Coordinator
myracheta@kaibabpaiute-nsn.gov



Component 1: Promoting youth activism through a student engagement program, such as Delaware's Kick Butts Generation, FACT in Wisconsin, Pennsylvania's Tobacco Resistance Unit (TRU), Reality Check in New York, Tobacco-Free Rhode Island or West Virginia's RAZE, a statewide youth-led movement to work towards creating tobacco-free futures for all. Youth members are between the ages of 12 and 18 and include students who care about the impact of tobacco use on public health, seek to stay informed about the real dangers of vaping and smoking and find creative ways to share that knowledge with the world.

Component 2: Educating all school counselors, teachers, coaches and administration in the American Lung Association's ACT to Address Youth Cessation Training, a one-hour on-demand, online course that provides an overview for school personnel in youth/adolescent supportive roles in conducting a brief intervention for teens who use tobacco. Based on the American Academy of Pediatrics' Youth Tobacco Cessation: Considerations for Clinicians, the session outlines the steps of Ask, Counsel, Treat, and provides guidance, support and best practices for effectively delivering ACT as a brief intervention for adolescents who identify as currently using tobacco, including e-cigarettes. Complete the course here: <https://lung.training/courses/act-to-address-youth-cessation.html>



Component 3: Conduct an assessment of your current tobacco-free campus policy at all school building locations through American Lung Association's Vape Free Schools Initiative to identify gaps that may exist in your current policies on school buildings and campuses grades K-12 through American Lung Association's Vape Free Schools Initiative and determine strategies for strengthening it to provide a comprehensive public health approach to countering the e-cigarette epidemic. Take the assessment here: <https://lung.training/courses/policy-assessment-and-toolkit.html>

Component 4: Prevention education for grades 5-12 through the evidence-based vaping prevention program such as CATCH My Breath, the Stanford Medicine's Tobacco Prevention & Vaping Toolkit or the FDA's The Real Cost of E-Cigarette Prevention Campaign.

Component 5: Intervention programming for identified teens who use tobacco and tobacco-free campus policy student violators through American Lung Association's INDEPTH® program, an evidence-based alternative to suspension/citation program for grades 5-12. Training to deliver this adult-led in-person intervention program is available through <https://lung.training/courses/indepth.html>. An English-language online on-demand version is currently in development and will be launched for the 2023/2024 school year. A Spanish-language online on-demand version will be made available shortly after.

Component 6: Cessation programming for teens who use tobacco wanting to quit made available through American Lung Association's Not-On-Tobacco®, a voluntary cessation program tailored specifically for youth ages 14-19 and available either via a trained and certified adult-facilitator-led group class in-person or virtually or self-paced online at [NOTforMe.org](https://notforme.org). A Spanish-language online on-demand version will be launched and made available for the 2023/2024 school year.

Call to Action: The American Lung Association invites all school administration to partner with us in implementing this comprehensive multi-tiered public health approach to addressing the e-cigarette epidemic among our youth throughout the school district and target communities you serve. We are here to support you with the evidence-based and proven-effective programs and resources necessary in creating a tobacco-free future for our next generations. Together we can make a difference. For more information, please contact us at youthprograms@Lung.org.



RIISING STRONG PARTICIPATION

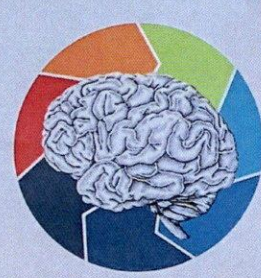
DR. CHRISTY KANE

ACTIVITIES TO SOOTHE can't calm down

Breathing exercises	Very hot or very cold water
Nature walk	Stress ball or throw a ball at a wall
Journaling or writing	Tapping, stomping, or bilateral stimulation exercises
Yoga or gentle stretching	Music
Vigorous exercise	Weighted blanket

7 BRAIN CHEMICALS

DOPAMINE — <i>Feel good</i> Reward center, arousal, and stimulation	NORADRENALINE — <i>fight/flight</i> Our physical responses and actions
OXYTOCIN — <i>Hug drug</i> Stabilizing hormone through physical touch and bonding	GABA — <i>Brake</i> Increases calm
SEROTONIN — <i>Hope</i> Sense of serenity. Combats depression and anxiety. Mostly comes from what we eat.	ENDORPHINS — <i>"end" pain</i> Acts like morphine giving a sense of euphoria — often released during pain or stress
GLUTAMATE — <i>Throttle</i> Too much leads to impulsivity, agitation, and violence	




ACTIVITIES TO SOOTHE shutting down

Chewing crunchy food	Jump up and down
Movement or exercise	Draw, paint, or finger-paint
Balancing on one leg	Play an instrument or listen to calming music
Smelling essential oils	Cold water or hold ice
Dance	Blow water through a straw

Anything that stimulates your senses and brings you back to the present moment

HEALTHY MIND PLATTER



SLEEP TIME TIME IN DOWN TIME PHYSICAL TIME

FOCUS TIME PLAYTIME CONNECTING TIME

Sponsored by Human Services. We would like to thank you for your continued support and participation

BIRD HOUSE BUILDING WORKSHOP

January 19th at 12 PM
Ages 5-17 at the Kaibab
Community Building

Please sign up by January 17th

Transportation will be
available upon request and
lunch will be provided



Contact Delayna at
(435) 899-2106 or
(928) 643-7245

**SPONSORED BY DIABETES, HOUSING, AND THE
SUBSTANCE ABUSE PREVENTION PROGRAMS**

A collection of sports equipment including a soccer ball, a tennis racket, a football, a baseball bat, and a baseball glove, all arranged on a rustic wooden plank background. The items are scattered around the text boxes, with the football being the most prominent on the right side.

Happy New Year

In collaboration with CHR and the Substance Abuse Prevention Program, we are happy to bring back fitness Friday for tribal and community kids within the tribal service area ages 5-17

**Dates for January will be the 12th and 26th
10:00 AM -11:30 AM**

**Transportation will be available upon request contact
Delayna 435.889.2106
or Mckenna 928.643.6001**

Water and a light snack will be provided