



# SMOKE SIGNALS

OCTOBER 2018



Give me the eyes to see and the Heart to Understand !!

## ADMINISTRATION

**Annual General Meeting**

**October 6, 2018**

**9:00 a.m.**

**Community Building**

## OPEN HOUSE

**October 5, 2018**

**5:00 p.m. - 7:00 p.m.**

**Meet the Candidates**

**7:00 p.m. - 8:00 p.m.**



## HALLOWEEN PARTY

**October 27, 2018**

**3:00 p.m.**

**Multipurpose Bldg.**

**Halloween house  
Decorating  
Contest**



*Seniors Center to be completed SOON !!*



FALL

TIME

# Annual General Membership Meeting

October 6, 2018

9:00 a.m.

Community Building



October 5, 2018

“Open House”

5:00 p.m. - 7:00 p.m.

“Meet the Candidates”

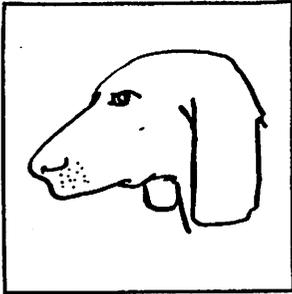
7:00 p.m. to 8:00 p.m.

Open House and Meet the Candidates will be held at the Community Building!

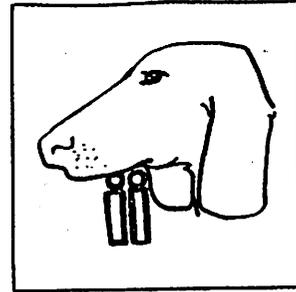
Refreshments/Finger foods will be served

ii

ii is pronounced in English as ee-e



**DOG**



**SARIITS**

SAR-IITS

(SAHD-EE-EETS)

Look at the dog run.

The dog is hungry.

The dog is looking for food.

There are many dogs over there.

pun-ik-ia-a sar-iits ung tox-ok-ay

sar-iits ung tux-ui-ay

sar-iits ung pun-in-i tux-cavan-aiv

pu-sax-ai

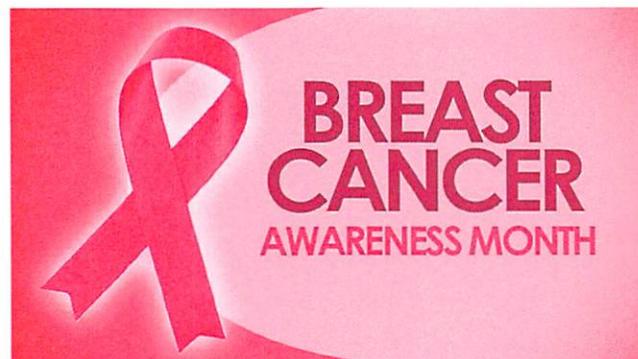
av-an-tu-many sar-iits ung av-avoi

SAVE THE DATE

*HEALTH FAIR*

NOVEMBER 30TH AND DECEMBER 1ST, 2018

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October 15, 2018

@

6:00 p.m. - 7:30 p.m.

Conference Rm #2

Lite Refreshments will be served!

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Hopi Public Health Nurse will be at the  
Open House giving **FLU SHOTS!**

Come by and pay a visit!!

KAIBAB PAIUTE TRIBE  
RED RIBBON WEEK ACTIVITIES

MONDAY OCTOBER 22, 2018

**INDIAN COUNTRY – DRUG ENDANGERED CHILDREN**

FOCUSES ON EDUCATION OF DRUGS AND THEIR IMPACT ON TRIBAL CHILDREN

5:30 – 7:30 PM COMMUNITY BUILDING

FOR ADULTS AND PARENTS MEAL WILL BE SERVED

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WEDNESDAY OCTOBER 24, 2018

**SOCK IT TO DRUGS AND ALCOHOL DAY**

WEAR YOUR CRAZY SOCKS TO THE TRIBAL OFFICE

AND GET A FREE PAIR OF CRAZY SOCKS

SIGN OUR DRUG FREE BANNER AND PUT A RED RIBBON ON A TREE

9:00 AM – 5:00 PM SUBSTANCE ABUSE OFFICE

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FRIDAY OCTOBER 26, 2018

**LIFE IS YOUR JOURNEY. TRAVEL DRUG FREE.**

**VIDEO GAME COMPETITION FOR YOUTH**

KAIBAB PAIUTE GYM

1:00 – 3:00 PM TRANSPORT BEGINS AT 12:30

CALL THE GYM 643-6007 IF YOUR CHILD NEEDS A RIDE

SNACKS WILL BE PROVIDED

Call Penny with questions 928-643-8323

# **SKATEPARK DONATIONS**



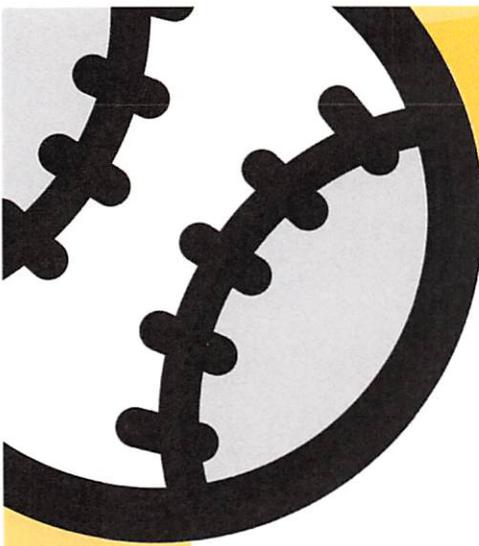
**Please help the kids build on to the pump track at the skate park.  
Make a donation of \$10 (or more!)  
and get one of these cool Skate Park Hats**

**Make your donation with  
Penny in the Substance Abuse Program  
928-643-8323**

## AA, NA and Al-Anon Meetings in Kanab and Kaibab Reservation

All Kanab meetings on Utah time

<b>SUNDAY</b>			
Sunday Morning AA	68 West 400 North (American Legion Hall)	Kanab	10:00 AM
Grapevine Study AA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM
Al-Anon Meeting	530 S. Hwy 89A (United Church)	Kanab	6:00 PM
<b>MONDAY</b>			
Came to Believe AA	Airport Search and Rescue Bldg. (2 <sup>nd</sup> Floor)	Kanab	NOON
Hang in There NA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM
<b>TUESDAY</b>			
Red Road Talking Circle	Community Building	Kaibab	5:00 PM
NA Meeting	445 N Main St. (Southwest Center)	Kanab	7:00 PM
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	8:00 PM
<b>WEDNESDAY</b>			
Newcomer's Meeting AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Al-Anon Meeting	530 S. Hwy 89A	Kanab	6:00 PM
<b>THURSDAY</b>			
Kaibab Living Sober AA	Kaibab Tribal Community Bldg.	Kaibab	NOON AZ TIME
Came to Believe AA	Airport Search and Rescue Bldg (2 <sup>nd</sup> floor)	Kanab	NOON
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	5:30 PM
Serenity Sisters AA	1569 S. Escalante	Kanab	5:30 PM
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	6:30 PM
<b>FRIDAY</b>			
Nooners AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Relax & Recover Alanon	1314 S. Prairie Circle	Kanab	7:30 PM
<b>SATURDAY</b>			
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	4:00 PM
Altered Attitudes (1 <sup>st</sup> SAT Only) Potluck	68 West 400 North (American Legion Hall)	Kanab	6:00 PM Potluck 7:00 PM Speaker
Speaker AA	68 West 400 North	Kanab	7:00 PM



# **FITNESS FRIDAY'S**

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**EVERY FRIDAY THE GYM HAS  
FITNESS CLASS FOR AGES 6-18**

**PARENTS!!**

**If you would like your kids to participate,  
please call the gym to have them put on the  
new list. 643-6007**

**PICK UP STARTS 10:00 AM**





*Here is a picture of this year's River Trip participants!*

If you are interested in attending next year's Southern Paiute Consortium Monitoring River Trip, please contact:

Charley Bulletts, Southern Paiute Consortium Director

Work#.....	928.643.6278
Cell # .....	435.689.1904
Fax #.....	888.939.3777

# **HALLOWEEN PARTY**



**WHEN: Saturday October 27<sup>th</sup>, 2018**

**WHERE: Multipurpose Bldg.**

**TIME: 3:00 p.m.**

## **HOUSE DECORATING CONTEST**

**Winner will be announced at the Halloween Party**

**Winner from each village & GRAND PRIZE  
WINNER**

# Child Passenger Safety Week 2018

## Child Passenger Safety Week 2018

In the United States, motor vehicle-related injuries are a leading cause of death among children. Always buckling children in age- and size-appropriate car seats, booster seats, and seat belts reduces the risk of serious and fatal injuries by **up to 80%**.

This year's **Child Passenger Safety Week** is the perfect time to raise

awareness about the importance of always properly buckling children. CDC's Injury Center has recently updated our [resources](#) and website to reflect the new child passenger safety guidelines from AAP and best practices. Make sure children are properly buckled up in a car seat, booster seat, or seat belt, whichever is appropriate for their weight, height, and age.

### Know the stages:

- **Rear-facing car seat:** Birth until age 2-4.

For the best possible protection, infants and toddlers should be buckled in a rear-facing car seat, in the back seat, until they reach the upper weight or height limits of their seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.

- **Forward-facing car seat:** After outgrowing rear-facing seat until at least age 5.

When children outgrow their rear-facing seats, they should be buckled in a forward-facing car seat, in the back seat, until they reach the upper weight or height limit of their seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.

- **Booster seat:** After outgrowing forward-facing seat and until seat belts fit properly.

Once children outgrow their forward-facing seat, they should be buckled in a belt positioning booster seat until seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). Proper seat belt fit usually occurs when children are about 4 feet 9 inches tall and age 9-12 years.

- **Seat Belt:** Once seat belts fit properly without a booster seat.

Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). Proper seat belt fit usually occurs when children are about 4 feet 9 inches tall and age 9-12 years. For the best possible protection, keep children properly buckled in the back seat.



## HEY GUYS...ARE YOU READY FOR SOME FOOTBALL??



- WHEN:** SUNDAY OCTOBER 28, 2018 AT 1:25 PM
- WHERE:** STATE FARM STADIUM IN PHOENIX
- WHY:** A CLEAN AND SOBER WELLNESS ACTIVITY FOR THE MEN IN APPRECIATION FOR ALL OF YOUR HARD WORK AND CONTRIBUTIONS TO THE TRIBE!
- WHO:** ALL MALE (18 YEARS AND OLDER) KAIBAB PAIUTE TRIBAL MEMBERS, SPOUSES OR SIGNIFICANT OTHERS, AND FULL TIME EMPLOYEES OF THE TRIBE
- WHAT:** CARDINAL AND 49ERS FOOTBALL GAME

SIGN UP SHEET AT THE FRONT DESK AT THE TRIBAL OFFICE

TRAVEL BEGINS IN THE AFTERNOON OF THE 27<sup>TH</sup> AND WILL RETURN ON MONDAY THE 29<sup>TH</sup>.

A TICKET TO THE GAME, TRANSPORTATION, A SHARED HOTEL ROOM AND ONE MEAL WILL BE PROVIDED. IF YOU WANT YOUR OWN ROOM YOU WILL HAVE TO PAY FOR IT.

MORE INFORMATION ABOUT TIME AND TRAVEL TO FOLLOW.

THIS EVENT IS LIMITED TO 30 PARTICIPANTS SO SIGN UP NOW!

LET US KNOW IF YOU WILL NEED A ROOM OR A RIDE.

ALL PARTICIPANTS MUST SIGN A RELEASE OF LIABILITY AND COMMITMENT TO BEING CLEAN AND SOBER FOR THIS EVENT. ANY ALCOHOL/DRUG USE OR ILLEGAL ACTIVITY MAY HAVE CONSEQUENCES WITH LAW ENFORCEMENT AND MAY JEOPARDIZE YOUR ABILITY TO PARTICIPATE IN FUTURE EVENTS.

CALL PENNY 928-643-8323 OR ALLEN 435-899-1782 WITH QUESTIONS



DOVE CENTER & HUMAN SERVICES:  
**A HEALING JOURNEY  
FOR WOMEN**

8-WEEK CLASS SESSIONS

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**FIRST CLASS: STARTING TUESDAY OCT. 2<sup>ND</sup> - NOVEMBER**

- **TIME: 10:00 - 11:30 IN THE AA ROOM**
- **BREAKFAST FOODS WILL BE PROVIDED.**
- **PLEASE CONTACT PENNY @ 643-8323 IF YOU ARE INTERESTED IN ATTENDING.**

(SPONSORED BY SUBSTANCE ABUSE, SOCIAL SERVICES AND MENTAL HEALTH)

In this class, you'll go through a process of:

- Learning more about what trauma is and how widespread it is in women's lives
- Exploring how trauma and abuse have affected you
- Developing coping skills, doing activities to help you feel grounded, and focusing on safety