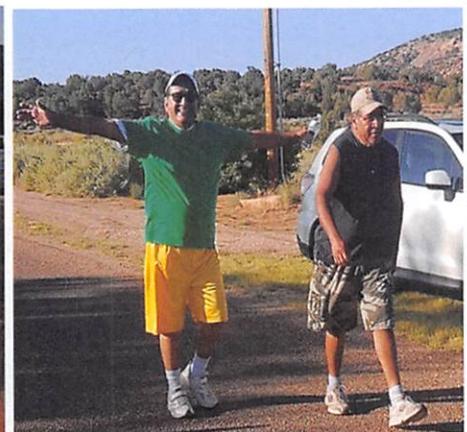


SMOKE SIGNALS



August 2018

SOTM Pow Wow 2018



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

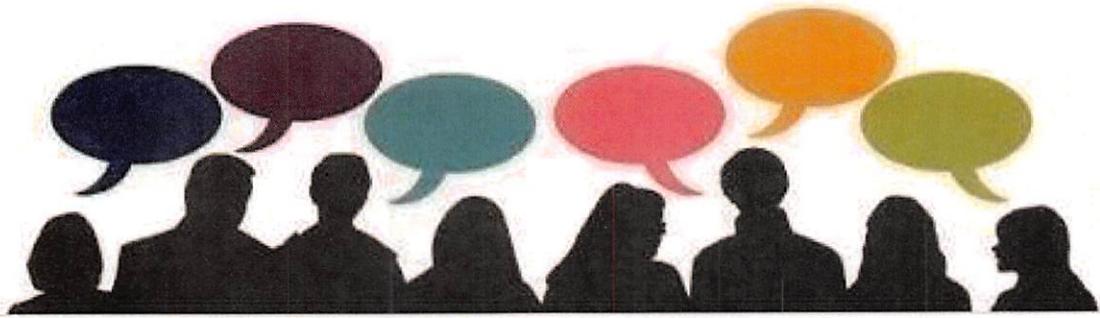
Public Notice

At the August 16, 2018 Tribal Council Meeting the Administrative Procedures Act was submitted to the Council for review. This Act will be intended to establish a fair and accessible process for tribal law making. The Council requested the community protocols which requires the 30-day public review/comments before the final approval of this “Act”.

The review will begin August 17, 2018 and end September 16, 2018.

A copy of the Administrative Procedures Act can be found on the website and copies are available at the Tribal Office front desk for your review.





Come to listen and have your voice heard!

The Inter Tribal Council of Arizona, Inc., Area Agency on Aging, Region 8, and The Hopi Tribe's Office of Aging & Adult Services will be discussing their past, present, and future goals for Title III funding and elderly services.

**Where: Kaibab Band of Paiute Indians
Senior Center**

When: Wednesday, September 5, 2018

Time: 9:30 AM – 11:30 AM

For more information please contact:

Vincent Toya at 928-643-7245

Or

Heidi Robertson at 602-258-4822



Inter Tribal Council of Arizona, Inc.
Area Agency on Aging Region 8

**Kaibab Band of Paiute Indians
Public Hearing at Senior Center Building
Wednesday, September 5, 2018
9:30 AM – 11:30 AM**

AGENDA

Welcome:	Vincent Toya , Tribal Administrator Elderly Program
Prayer:	Audience Participant
Introductions of Invited Guests & Presenters:	Brenda Drye , AICOA Representative Lorraine Benn , AICOA Alternate
AAA Presentation:	Kaibab Band of Paiute Indians Elder Program Review Title III Program Performance <ul style="list-style-type: none"> • Purpose of Public Hearing • Area Agency on Aging, Region 8 Overview • Fiscal Year 2018 Services – Title III • Office of Aging and Adult Services Performance <p>Presenter: Heidi Robertson, Nutrition/Program Analyst</p>
Public Comments:	Facilitators: ITCA Staff There will be a time limit of 3 minutes for each public comment. Comments will be written down on flipchart paper. Written comments may also be submitted. Time Keeper: Vincent Toya Note Taker: Laurai Atcitty, ITCA-AAA Director
Closing Remarks:	AICOA Members

*Thank you for joining us today.
What you say matters.*



**Inter Tribal Council of Arizona, Inc., Area Agency on Aging, Region 8
2214 N. Central Ave., Phoenix, AZ 85004
Phone: (602) 258-4822/Fax: (602) 258-4825**



Wildlife, Fisheries & Parks Department

Lowering the Hunting Age – From 12 years old to 10 years old, this will mean changing the Wildlife Ordinance the 30 day comments has past now we need to submit a resolution to the Tribal Council..

Minors Hunters Safety Card – Go to hunter-ed.com - Everyone below the age of 18 needs to attend a hunter's safety course or they need to attend one of the ones we do every October during the Youth Hunt, the child will need one to get a hunting permit. This is not something new it has been in the Ordinance since the beginning.

Fish pond – The last part of July it was found the pond was very low causing the water to get hot, have low oxygen level, which caused die offs. This was fixed but we won't get another deliver of fish until it gets colder.

Rattle Snakes – It is the time of the year that everyone needs to watch out for them, so far we have been luck and no one has been bitten by one, if you encounter one give it a lot of space, never try to catch one, keep pets from disturbing them, if there near homes call housing or this Department.

Coyote - Are being seen in Village areas, Remember to not put food out for your pets, coyotes will eat it, when you let your pet outside keep an eye on it, coyotes have taken pets down near the homes. Because of the concern of Coyotes coming into the Villages we have asked the trapper to come back out and trap them, The Trapper has been out so keep your pets inside or watch them closely. If you encounter or see a coyote in your village call Wildlife as soon as you can.

Southern Paiute Youth hunt – Any adult volunteering to help needs to have a background check this is because the Wildlife Department is funded by the Government 638 program. We will also need our Tribal youth to sign up early. Call me if you would like more information.

WATCHOUT FOR DEER - on County Road 240 there is still a small group in the area.

Off Highway Vehicles (OHV) - stay on the roads, this also means stay out of the washes and watch out for Cattle. KEEP MAIN GATES CLOSED!!!

Back Dirt Roads – If for some reason you take the back roads, beware because it is getting sandy, remember to tell someone where you are going and about when you will return, take a lot of water and some snacks, and bring a shovel, tow chain, and a jack, and pickup all litter, KEEP MAIN GATES CLOSED!!!, if the road gets sandy turn back you don't want to get stuck.. This Department advises not to go no Moccasin Mountain it is very dry and sandy, and hot during the day. If you know of someone that has gone out and not returned call this Department at any time, contact any Wildlife Committee member, or BIA-Police.

Litter and Empty bullet casings – we are starting to see trash along the back roads (i.e. pop cans, and wrappers) and empty bullet shell casings, SO PLEASE PICKUP YOUR TRASH!!!

Fire Restrictions - Fire Restrictions are still in place, we don't have any paper from BIA saying different.

BIA Mistletoe removal – Starting at Pipe Spring NPS and going to Moccasin is about to start.

Flyers - for the Youth Hunt is for Tribal Member Youth and Depredation hunts is for a Non-member Indians

Any questions contact Danny Bullets, Jr. at 643-8305.

Thank You.



Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

2018 Southern Paiute Bands Youth Hunt

Dates: October 19, 20, 21, 2018.

Location: Pavilion on Moccasin Mountain
Kaibab Paiute Indian Reservation, AZ.

Contact Person: Danny Bulletts, Jr. Director, Wildlife, Fisheries & Parks.
Phone: 643-8305. Email: dbullettsjr@kaibabpaiute-nsn.gov

*Tribal Members Youth will need a Parent or Guardian to accompany them to the camp and be there all three days, and we need everyone to sign up. (By 10/12/18)

*Volunteers and Chaperones all need to have a back ground check, so chaperones if you are going to stay the night you need a back ground check, contact this Department.

* Need applications by October 12, 2018 hand them in to the Wildlife Department.

Activities will include:

- Kaibab Paiute Tribe Hunter Safety. (this is good **only** on Kaibab Reservation)
- Two nights camping, (bring your own sleeping bag, tent, toiletries)
- Hear Elders speak on hunting.
- Cultural Information.
- Harvesting Deer, Dressing, skinning, and quartering of Deer.
- We are also asking Tribal Members with knowledge of Hunting to come forward to teach it to the Youth, Please contact the Wildlife Department if you can help.



2018 Indian Depredation Mule Deer Hunt

Kaibab Paiute Indian Reservation, AZ

-Information-

1. Type of Deer: Hunter may harvest either a 2 point Buck or Doe. (Not both)
2. Ten hunters in each hunt. Any member of any Federally Recognized tribe may apply. You will need to provide copy of your enrollment card, or CIB [Certificate of Indian Blood]
3. Ammo – Non-Lead Bullets are required, you will need to purchase your own.
2. Cost: \$300 dollars for a permit. [No Refunds]
3. Hunt dates: First Hunt November 3, 4, 5, 2018, and Second Hunt December 8, 9, 10, 2018.
NO ALCHOL OR DRUGS ALLOWED!
4. Location: First hunt – Farm area to Blue Knoll. (South)
Second Hunt – Moccasin Mountain from the horn Gate to the Tower. (Maps will be provided)

These Hunt are for hunters looking for deer meat, and NOT A TROPHY HUNT, to apply for a permit hunters will need to call (928) 643-8305 and send in at least half of the fee, which must be paid 6 months before the hunt or it will be put back out, the permits are a “FIRST COME, FIRST SERVE” permits. As of the writing there is seven openings in the first hunt, and seven in the second hunt, Hunting Guides are not required for these hunts.

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

All Kanab meetings on Utah time

SUNDAY			
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
MONDAY			
Came to Believe AA	Airport Search and Rescue Bldg. (2 nd Floor)	Kanab	NOON
Hang in There NA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM
TUESDAY			
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
WEDNESDAY			
Newcomer's Meeting AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Al-Anon Meeting	530 S. Hwy 89A	Kanab	6:00 PM
THURSDAY			
Kaibab Living Sober AA	Kaibab Tribal Community Bldg.	Kaibab	NOON AZ TIME
Came to Believe AA	Airport Search and Rescue Bldg (2 nd 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
FRIDAY			
Nooners AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Relax & Recover Alanon	1314 S. Prairie Circle	Kanab	7:30 PM
SATURDAY			
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	4:00 PM
Altered Attitudes (1 st 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

A great time was had by all at our Annual Pow Wow, this was the first year we have hosted a Horse Shoe Tournament. We had lots of local participation, and plenty of fun for all. The tournament was co-ed and we saw participants from across the country, but our local community dominated the competition. Of the four finalists, three were from our tribe. Congratulations to Zach Savala, Quentin Hill, Patrick Castro, Vince Toya, Manuel Savala, Toland Mayo, Dana Rogers, and Cody Jake they're all champions!!!!



Part 4

Effects on fish and wildlife

In contrast to the uncertainty about human health effects, there's quite a bit of evidence for pharmaceuticals in the water affecting aquatic life, particularly fish. Numerous studies have shown that estrogen and chemicals that behave like it have a feminizing effect on male fish and can alter female-to-male ratios. Sources of estrogen include birth control pills and postmenopausal hormone treatments, as well as the estrogen that women produce naturally and excrete. Intersex fish — creatures with both male and female sex characteristics — have been found in heavily polluted sections of the Potomac River. Studies of fish upstream and downstream of wastewater treatment plants have found more female and intersex fish downstream from the plants, presumably because of the higher estrogen levels in the downstream water. Other research has uncovered popular antidepressant medications concentrated in the brain tissue of fish downstream from wastewater treatment plants.

4 ways to reduce your pharmaceutical footprint

Limit bulk purchases. Volume discounts make the price attractive, but big bottles of unused pills create an opportunity for medications to end up in the water.

Use drug take-back programs. A federal law went into effect in 2010 that makes it easier for those programs to be organized at a local level, so you may see one in your community. The federal Drug Enforcement Agency has held two national drug take-back days and is likely to organize some more.

Do not flush unused medicines or pour them down the drain. This is the very least you can do. But the FDA advises that certain powerful narcotic pain medications should be flushed because of concerns about accidental overdose or illicit use unless you can find a drug take-back program that will accept them. We've posted a list of the narcotics on our Web site at www.health.harvard.edu/healthextra.

Be careful about how you throw medications into the trash. Medications thrown into the trash end up being incinerated or buried in landfills, which is preferable to flushing them or pouring them down the drain. If you put them in the trash, remove them from the packaging, crush them, and seal them in a plastic bag with some water. You're supposed to add sawdust, cat litter, coffee grounds, or some other unappealing material to the bag. That isn't for environmental reasons, but to cut down on the chances that a child or animal might eat the contents. You should also be careful to peel off any identifying information from containers of prescription medicine.

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**

Yoga and Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Researchers are studying how yoga may help improve health and to learn more about its safe use in older adults.

Recent studies in people in their late 40's have found that yoga is helpful in reducing chronic low-back pain and improving function. However, evidence is not yet available on its effectiveness and safety for older adults. If you're thinking about practicing yoga, keep the following in mind:

Put safety first. Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga. Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.

Look for a well-trained instructor who's attentive to your needs. Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists (www.iayt.org) has developed standards for yoga therapy requiring at least 800 hours of training.

Practice mindfully. Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and sprains when doing yoga, you may need to modify or avoid some poses to prevent injury.



Quick Tip

For more on yoga for seniors, including help finding a yoga teacher who has specialized training in working with older adults, go to www.yoga4seniors.com.

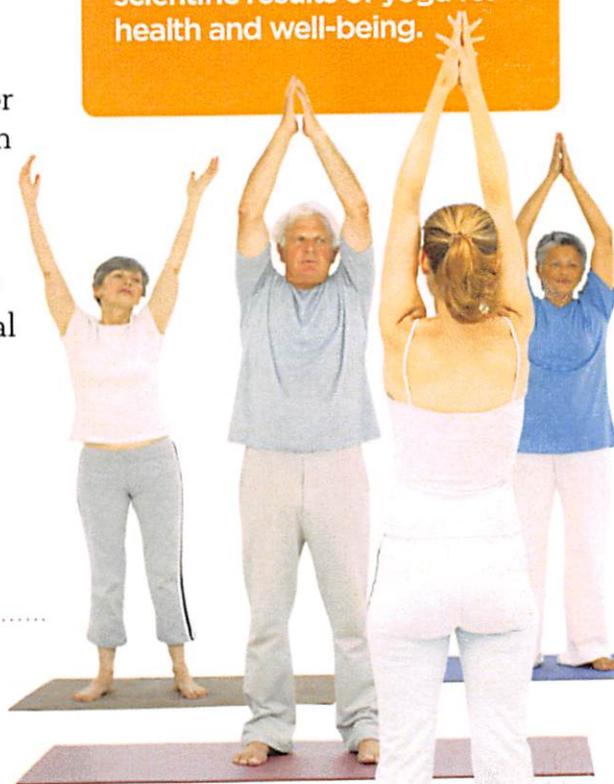
VISIT

www.nia.nih.gov/Go4Life

Read more tips for adding physical activity to your day.

www.nccam.nih.gov

Watch a video about the scientific results of yoga for health and well-being.





Education Connection

September 2018

Winter Library Hours
 Mon-Thurs 10-5:00
 Friday 9-3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LIBRARYCLOSED Labor Day	4 FMUSD Board Mtg. 6 p.m.	5	6 LIBRARY CLOSED KCSB Board Mtg. 7 p.m.	7	8
9	10 CCSD Board Mtg. 6 p.m.	11	12 Education Committee Meeting 1:00 pm Robotics Club 5:30-6:30	13	14 Computer Workshop 1:00-3:00 pm 5:30-6:30 pm	15
16	17	18	19	20 Tribal Council	21	22
	LIBRARY CLOSED					
23	24	25	26 Book Club 5:30-6:30	27	28 National Indian Day LIBRARYCLOSED	29
30	<p>Check out our webpage for current information and flyers http://kpteducationlibrary.weebly.com/</p>					

September Activities



Robotics Club

All ages

Wednesday August 12th, 5:30-6:30

Come play, create, and complete robotics challenges with the new Cubelets set provided to the library with a STEM grant. Please visit the website and fill out the survey for future planning!



Computer Workshop

September 14th

1:00-3:00 pm

5:30-6:30 pm

Please take a minute to fill out the google survey on the website to determine the best workshop topics for our community. 5 spots available call to reserve yours today.

Women's Craft

October

@ the Community Building

We will have some projects to work on and feel free to bring your own! Lunch will be provided

Brought to you by Housing and Library.

Book Club

September 26

5:30-6:30 p.m. @ Library

Book Tasting

Readers of all ages are welcome...bring the whole family!

We will be reading a chapter or two from many different books from different genres. Please join us for discussion, food, and prizes!

If you are not able to attend, but would like to read the book and participate, please email me for the book report form.

abundy@kaibabpaiute-nsn.gov

Coming Soon!!

Prenda Coding Classes

Computer programming and coding instruction for learners of all ages! The Kaibab Paiute Tribe was awarded a grant for a year subscription! Please visit the website and fill out the survey so that we can begin planning for the program!



HAPPY BIRTHDAY!



September Birthdays

Lawrence Bravo

Navaeh Benson

Ricky Kurihara

Mia Levi

Harley Roberts



In an ongoing effort to recognize our students, we will begin spotlighting birthdays. If you have a tribal student with a birthday that is not listed please call me to update my information 928-643-6025

WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
❖ Scores in the 90 th percentile on standardized tests.	❖ Scores in the 50 th percentile on standardized tests.	❖ Scores in the 10 th percentile on standardized tests.

If they start reading for 20 minutes per night in Kindergarten, by the end of 6th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days, and Student C will have read for 3.

(Nagy and Herman, 1987)

WANT TO BE A BETTER READER? SIMPLY READ.

The Education Department is currently seeking a tutor. Until we fill the position, please understand that tutoring will be around the director's schedule. There are two weeks in September where there will be no tutoring. Please check the calendar for updates and if you have any questions please call 643-6025.



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

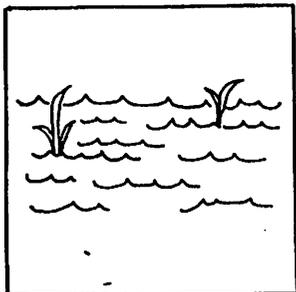


The Intertribal Council of Arizona has awarded the Kaibab Paiute Senior Nutrition Program additional funding to reestablish a Southern Paiute First Foods garden in an effort to provide fresh foods and to promote a return to traditional foods to support the senior kitchen and greater community members.

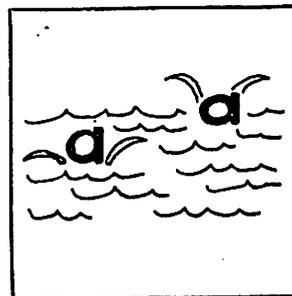
The vision for this project is to be co-developed with community input, with strong guidance from Kaibab Paiute Elders and Youth. Please stay tuned for upcoming chances to learn more and get involved!

aa

aa is pronounced in English as ah-h



WATER



PAA

PA-A

(PAH-AH)

The water is cold.

The waters taste good.

The water is dirty.

There is water over there.

pa-ar spur-ay

pa-a tun-kam-ai

pa-ar tux-cha-axant

pa-ar wan-kwavar-oi