June 2022  Kaibab Paiute
Newsletter

Happy 109th Birthday, KAIBAB RESERVATION
Tribal Offices will be closed in recognition of the following holidays:

- Memorial Day: Monday, May 30th
- Tribal Establishment: Friday, June 10th
- Juneteenth: Monday, June 20th
- Independence Day: Monday, July 4th

Happy Memorial Day!

May 30th!
Our benefits are worth an additional $8 an hour on top of your hourly pay! This includes 100% paid health insurance, 13 days paid vacation, and 14 paid holidays, and MORE!

**TOBACCO COORDINATOR $12/hr Part-time**
The Tobacco Coordinator is an important part of the Community Health Representatives team, working to promote and maintain the health of Tribal Members residing on the reservation. This position works within the scope of the tobacco grant; establishing partnerships, youth prevention activities, and collaborations to eliminate tobacco and chronic diseases associated with tobacco use.

**Chevron Store Part-time Cashier $11/hr DOE**
Cashiers at the Chevron C-Store must have great customer service skills, cashiering experience, and knowledge of retail sales and inventory.

**CULTURAL RESOURCE ASSISTANT $12/hr**
The Cultural Resources Assistant will be an important member of the cultural team. Under the direct supervision of the Cultural Resource Director. The assistant will help with various cultural resource activities and will assist the Cultural Resource Director in researching impacts to cultural resources in the Colorado River Corridor under the Southern Paiute Consortium grants and contracts. Responsible for completing all duties as assigned. Knowledge of Kaibab Band and overall Southern Paiute culture, traditions and history is preferable but not required.

**EXECUTIVE ADMINISTRATIVE ASSISTANT $15/hr**
The Exec Admin works under the direct supervision of the Tribal Chairperson and Tribal Council. This position is responsible for meeting minutes, correspondence, official documents and many other duties.

**CHR REGISTERED NURSE/DIABETES HEALTH EDUCATOR DOE**
The Tribal Registered Nurse is an important part of the Community Health Representative Team. The Registered Nurse will be clinically competent while delivering care to the Kaibab Paiute Tribal patients, working to promote and maintain the health and welfare of Tribal members residing on or near the reservation.

**DAY LABOR**
The job assignment, work schedule and duration of the position will be determined on an individual basis. This position is not eligible for benefits. Guaranteed minimum of four (4) hours pay.

**Chevron Store Assistant Manager $14/hr**
Assist manager with daily operations of the Red Cliffs Chevron Station/Convenience Store by helping to ensure the overall success of the store. Assist with controls, reporting, and staff to efficiently grow the business to ensure profitability and provide a positive customer experience.

If you are interested in any of these positions, let’s chat!
Call, email or come in to discuss:

Dena Cuellar hr@kaibabpaiute-nsn-gov 928-643-8307
Heritage Instructor Wanted
BABY QUILT/BLANKET

Come teach us how to make a baby quilt or blanket. If you enjoy sewing and would like to teach this class please contact LeAnn at (928) 643-7365.

We will pay you for your time

These heritage classes are open to all youth ages 5-14 yrs. living on the Kaibab Paiute Reservation.

-Sorry rides are not provided-

Youth Ages 5-14

Come learn to make
Karate Bread & Pine Nut Gravy!!

Thursday, June 14, 2022

Kaibab Community Building
9:00AM-11:00AM

Eagle Mt. Community Building
1:00PM-3:00PM

*Eat pine-nut gravy with your bread*

For questions regarding any of the department activities contact LeAnn (928) 643-7365 or lshearer@kaibabpaiute-nsn.gov
This heritage workshop is open to tribal members, spouses/significant others, and other Natives living on the Kaibab Paiute Reservation.
- Sorry rides are not provided -

**Adults/Teens (13+)**

**Come learn to make Frybread, Karate Bread, and Tortillas!!**

- **Friday, June 17, 2022**
- Kaibab Community Building
- 5:30PM-8:30PM
  - Call to sign-up

*Eat a bowl of beans with your bread*

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**Elders 60+** activities are open to
Tribal Members, Spouses/Significant Others, and other
Native elders 60+ living on the Kaibab Paiute Reservation.
- Sorry rides are not currently provided –

**Oral History Listening Session**

- **Thursday, June 23, 2022**
- Senior Building
- 5:30PM-7:30PM

Refreshments: Coffee & Pie

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For questions regarding any of the department activities
contact LeAnn (928) 643-7365 or lshearer@kaibabpaiute-nsn.gov
Swimming will be starting for the Summer

Kanab Swimming Pool

5:00 p.m. to 7:00 p.m. Arizona Time

June 2nd (Thursday)
June 8th (Wednesday)
June 16th (Thursday)
June 21st (Tuesday)
June 30th (Thursday)

July 7th, 14th, 21st, 28th (Thursday)

August 2nd (Tuesday) will be the last day of swimming for the Summer. Potluck that day

General Pool Rules

No Street Clothes - No Diapers

For protection state law requires these 3 layers for everyone’s safety. Swim diapers and swim diaper covers are available by the CHR Dept. To minimize the time we have to close the pool due to exposure to fecal matter, it is required to dress all children that are not potty trained with 3 layers: Swim Diaper, Swim Diaper Cover, Swimsuit.

Sponsored by CHR & SDPI Program
Kaibab Paiute Gym & Fitness Center

Join us for Active Elders.

Starting June 14, 2022 we will be having Active Elders again at the gym.

We will have Active Elders on Tuesday's and Thursday's at 9:30am to 10:30am.
Pick up is available.

Times and dates are subject to change. For more information call McKenna Yracheta-Diabetes Fitness Coordinator at (928)643-6007 or email at myracheta@kaibabpaiute-nsn.gov.
Kaibab Paiute Gym & Fitness Center

Join us Friday June 17, 2022 at 2:00pm in Steamboat to walk a mile for Diabetes Awareness.

&

Join us Saturday June 18, 2022 at 10:00am at the Kaibab Park to walk a mile for Diabetes Awareness.

Times and dates are subject to change. For questions contact McKenna Yracheta-Diabetes Fitness Coordinator by phone at (928)643-6007 or email at myracheta@kaibabpaiute-nsn.gov.
Baller Move

Pummel your core with the A. J. Triple Threat, boxer Anthony Joshua's take on the classic medicine-ball slam.

BY EDWARD LANE

The Ball slam is a classic, total-body conditioning exercise. You raise a medicine ball over your head with two hands and then slam it down explosively. It targets your core, hamstrings, and glutes and works your aggression. As good as it feels, though, it's a little basic, which is why world-champion boxer Anthony Joshua preps for fights with a new take on the slam, one that leaves your abs saying no más.

His move, dubbed the A. J. Triple Threat by his strength coach, Jamie Reynolds, starts with the typical ball slam, then adds a rotational challenge. You twist and throw the ball at the wall sideways, and then you lift the ball and fire it at shoulder height at the wall. (Don't worry, we'll explain how!)

"Med balls are excellent tools to build up your power, especially when you're rotating and throwing them upwards, and also downwards," explains Reynolds. "Their versatility offers an effective way of ticking the boxes when you're pushed for time." Here those boxes are core strength, calorie burn, and upper-body power.

That power will make you stronger while etching detail into your abs and obliques. Try the Triple Threat as a seven-minute finisher to a total-body workout, or do it for 20 minutes on its own for a crushing core session.

1. GET YOUR MED
With feet shoulder-width apart, hold a light (4- to 6-pound) med ball in front of your pelvis. Stand with your left side facing a wall. Lift the ball above your head, rising onto your toes.

2. SLAM DUNK
From this position, engage every muscle and slam the ball into the floor hard enough that it bounces. Squat low to catch it. Then as you come up, rotate your torso as far as you can to the right, away from the wall, activating your core.

3. FULL SWING
Rotate back to the left as you throw the ball as hard as possible at the wall with both hands. Focus on the rotation. You should throw with your core, not your arms.

4. POWER-FIST!
Catch the ball again, bringing it to your shoulder. Then, as you rotate toward the wall again, power-fist the ball like a character in Street Fighter, generating the power from your pecs and shoulders. (Shouting "Hadouken" is optional.) Take a deep breath and repeat the whole sequence on your other side.

4 THINGS YOU'LL GET FROM
- Explosive power
- Rotational core strength

24 December 2018 / MEN'S HEALTH
Kaibab Band of Paiute Indians
Wildlife, Fisheries & Parks Department

Trespassers on off highway vehicles – we are seeing Sidexsides on the Tribal Dirt Roads, PLEASE REPORT THIS to BIA Police and this Department as soon as you can.

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

Watch out for DEER on the road - slow down between the store and Mocassin, 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.

Snakes, Spiders, and Scorpions – Are out, so watch out for them.

Fishing – Not recommended, due to TOXIC ALAGE that can make you very sick, it could kill pets, so the pond is off limits to everyone. This also means NO SWIMMING. Until it is cleared by Austin Holmes, Tribe’s Water Quality person.

Minors Hunters Safety Card – On the internet go to hunter-ed.com – Everyone 10 to 18 needs to attend a hunter’s safety course. The child will need one to get a 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 their 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 its 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, remember to tell someone where you are going and about what time you will return, take a lot of water, 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 your litter, KEEP MAIN GATES CLOSED!!!, if the road gets sandy turn back you don’t want to get stuck. If you know of someone that has gone out and not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. (435) 643-6050 This will only be to get them home, but if asked to be pulled you out, you may be charged a fee.

Any questions or concerns contact Danny Bulettts, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 or email me at dbullettsjr@kaibabpaiute-nsn.gov.
ELEVATE MY GAME!

THUNDER MOUNTAIN

BASKETBALL CAMP

THURSDAY
JUNE 9TH

AGES: 5-9 (SKILLS 9:00-10:00 AM)

AGES: 10-18 (SKILLS 10:00-LUNCH)

(1:00-3:30 SCRIMMAGE)

EVERYONE: (RESILIENCE) MENTAL HEALTH 3:30-4:30

COMMUNITY BBQ TO FOLLOW 5:00-7:00 PM

MORE INFORMATION TO FOLLOW

CONTACT PENNY KELLER @ (928) 643-8323
Kaibab Paiute Tribe Consent to Participate
EMG Thunder Mountain Basketball Camp
June 9, 2022

Parent(s), please read carefully, initial and sign. Your child/children must have a signed consent form in order to participate. Please bring this signed form to the camp with you or drop it off at the Gym or the Substance Abuse office prior to the camp. If your children need transportation, please call Cierra at 643-8336. We start picking up about 8:30 am and will take home after lunch.
Call 643-8323 or 643-6007 with questions.
*All children under the age of 5 must be accompanied by an adult.*

I agree to allow my child / children to participate in the EMG Youth Basketball Camp:

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<th>Name</th>
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I understand that the Kaibab Paiute Tribe will not be liable for any injuries to my child/children that may occur during the Basketball Camp.

I authorize my child to be transported by an Employee of the Kaibab Paiute Tribe to and from the Basketball Camp each day (if transportation is provided).

I understand that the Kaibab Paiute Tribe is not liable for any accidents or injuries that may occur during transport of my child.

**PLEASE LIST ANY MEDICAL CONCERNS YOUR CHILD MAY HAVE AND PROVIDE ANY MEDICATION NECESSARY**

Parent/Guardian Signature

Date

Home Phone Number

Work or Cell Number

**Participant Rules and Regulations**

1. Be early
2. No Profanity
3. No chewing gum
4. Mandatory to wear court shoes
5. Respect fellow participants, coaches and staff
6. Smoking and alcohol consumption prohibited during camp
7. It is mandatory for each participant to have their own basketball (provided by Elevate My Game)
KAIBAB LIVING SOBER AA
TUESDAYS AT NOON
COMMUNITY BUILDING
AND ON ZOOM
MEETING ID: 870 210
54634
PASSWORD: ODAT

CONTACT:

SOCIAL SERVICES: JENNIE KALAULI: PHONE NUMBER: (435)-689-1799

MENTAL HEALTH: ALLEN ORTON: PHONE NUMBER: (435)-899-1782

SUBSTANCE ABUSE: PENNY KELLER: PHONE NUMBER: (435)-689-0381

SUPPORT SERVICES ASSISTANT: CIERRA ROSSMAN: PHONE NUMBER (928)643-8336

JENNIE, ALLEN AND PENNY ARE AVAILABLE FOR INDIVIDUAL AND GROUP SESSIONS.

CONTACT HUMAN SERVICES STAFF FOR ALTERNATIVE RESOURCES FOR SERVICES.
CREATIVE AGING: CREATIVE WRITING & ZINES
with Diné writer & zinester Amber McCrary

June's Creative Aging workshop features the Diné writer & zinester Amber McCrary. With expert guidance students will write short stories and create lively zines. Class size is limited & open to ages 55 yrs +. Students must be able to attend all sessions & have access to Google Classroom and Zoom.

In-person dates: June 14, 21, 28, July 5 & 8
Online dates: June 17, 24 & July 1
1:30 PM - 3 PM
Heard Museum Campus

Visit NARG heard.org or email mmonener@heard.org for more information.
Enrollment Meeting

The next Enrollment Committee meeting will be June 2 at 10:00 a.m. This is the meeting to review all applications for enrollment. Please turn in your applications to Valencia Castro before that date.

Reminder to all Tribal Members:
Please turn in your address and bank account information into the Tribal Trust/Enrollment office BEFORE July 17. If you have moved recently or your banking information has changed, please let me know so that your Per Capita payment is not delayed.

Applications for Adoption

All applications for adoption into the Kaibab Band of Paiute Indians need to be turned in by July 3, 2022. The meeting held by the Enrollment Committee will be held on July 5 at 10:00 a.m. This is accordance with the Constitution of the Kaibab Band of Paiute Indians, which states that all petitions for adoption and all supporting documents must be received not less than ninety (90) days prior to the annual general council meeting. The tribal membership will vote on all adoptions at the annual general meeting on October 1, 2022.
To all from Fred Drye Family

Subject: Yahup...

What a strong way to support and send our loved ones to the other side. I believe things went well, therefore, many thanks to the Tribe, Community, other Paiute Band members, and family members for their participation. Many thanks go out to the Salt and Bird Singers, they are the backbone of this effort and to those that know the meaning of this ceremony. It was good to see the family participation.

It was good to be back home and see the people through discussion, sorrow, and laugh. I strongly believe that we, as the present elders have to believe in our Paiute ways and pass our experiences onto the younger generation. I’m afraid of our language and songs. Bringing the community together once again is important and to make Tribal dealings priority, not only for the young, middle age, seniors and elders.

You may post this or put in newsletter if you want. I speak for my family and believe that other families will not care for my comments. The Yahup was for my sister, nephews, niece and first cousins.

Fred C. Drye, Tribal Member

Dated May 12, 2022
RESCHEDULED
Building Native Communities: Financial Skills for Families

Kaibab Tribal Housing Department

May 23, 31, June 6, 13, 2022

Steamboat Community Building

6:00 pm-7:30 pm

Hope to see you there
FREE
Sports Physicals
May 26-28
Appointments Required
Limited Spots Available!

Call or text!
(435) 900-1104

To all Concerned:

We have Creek Valley Clinic, in Colorado City, AZ offering the following. This is per Sue Wilkey, Clinical Consultant. Please feel free to give them a call.
Ari Mendez
LCSW

About
Ari Mendez was born in Guatemala and now resides in Utah. He is a behavioral therapist at Creek Valley and is very passionate about mental and physical health. Ari has five children and loves traveling, reading, and hiking. A fun fact about Ari is that he joined the swim team upon arriving in the U.S. as a high school senior. At the end of the season, he was awarded the Most Inspirational Swimmer award. Ari received this recognition not because he was a good swimmer but because he never gave up trying to improve.

Specialty
- Integrated Therapy
- Cognitive Behavioral Therapy
- Substance Abuse
- Family Therapy
- Couples Therapy
- EMDR Trauma Therapy

Call today to schedule your appointment with Ari Mendez, LCSW

435-900-1104

Nathan Barlow
PA-C

About
Nathan Barlow was born and raised in the Short Creek area. He is a Certified Physician Assistant (PA-C) at Creek Valley and felt like healthcare has been a calling since childhood. Nathan has three children, one dog, and a wife of nine years. His favorite hobbies are photography and mountain biking. He was a volunteer firefighter for ten years and believes we are all more alike than we are different. A fun fact about Nathan is that he took many photos hanging throughout the clinic.

Specialty
- Well-child check-ups
- Medication management
- Sports and school physicals
- Chronic care management
- Preventive care
- Diabetes education and management
- Acute care and injury

Call today to schedule your appointment with Nathan Barlow, PA-C

435-900-1104

Dr. Williams
DO, CMO

About
Dr. Benjamin Williams is Creek Valley Health Clinic's Chief Medical Officer. A local to Colorado City, AZ, Dr. Williams started his Family Physician journey at Mohave Community College and finished his education at the Mayo Clinic in Rochester, MN. He has deeply appreciated the high-quality people he met, learned from, and worked alongside throughout his education and medical practice. Dr. Williams is married with four children, three cats, and one golden retriever. Mountain biking with friends and family is his therapy, and he is very passionate about a quality cup of coffee. Dr. Williams loves to serve as a Family Doctor for the community he grew up in, and he's always bragging about being three-quarters Canadian.

Specialty
- Well-child check-ups
- Medication management
- Sports and school physicals
- Chronic care management
- Preventive care
- Diabetes education and management
- Acute care and injury

Call today to schedule your appointment with Dr. Ben Williams, DO

435-900-1104
Joanne Yarrish
CNM, FNP

About
Joanne Yarrish is a Certified Nurse Midwife and Family Nurse Practitioner at Creek Valley. She believes education is essential to being a well-rounded person. Joanne has traveled worldwide, and her favorite places have been Egypt and Istanbul. Her favorite hobby is golf. She has two children, one cat, one dog, and is newly married. Joanne is passionate about providing high-quality prenatal care and helping women over 40 live healthier lives. A fun fact about Joanne is that she has delivered over 1,000 babies!

Specialty
- Women's health
- Prenatal and postnatal care
- Well-child and newborn check-ups
- Hormone management
- Female cancer screening
- Family planning (including IUDs)

Call today to schedule your appointment with Joanne Yarrish, CNM, FNP

435-900-1104

Richard Bennett
PA-C

About
Richard Bennett was born in Utah and has lived all over the U.S. and Canada. He is a Certified Physician Assistant (PA-C) and has a Ph.D. from the Mayo Clinic. Richard has a wide array of experience with family medicine, orthopedic care, and teaching university courses. He was drawn to healthcare because he wanted to give back to rural communities. Richard has three children and a dog. A fun fact about Richard is that he used to research spotted skunks.

Specialty
- Well-child check-ups
- Medication management
- Sports and school physicals
- Chronic care management
- Preventive care
- Diabetes education and management
- Acute care and injury

Call today to schedule your appointment with Richard Bennett, PA-C

435-900-1104

Dr. Worwood
MD

About
Dr. Danny Worwood is a Family Physician at Creek Valley and started as an Army Medic. The most valuable lesson he has learned throughout his 23 years of education and medical practice is that we will never know everything. Dr. Worwood's favorite hobbies are gardening, yard work, being outdoors, and woodworking. He has been married for 38 years and has four children. Dr. Worwood is passionate about his grandchildren and wants to build happy memories with them. A fun fact about Dr. Worwood is that he is obsessed with Survivor (the TV show) and has applied to be a contestant!

Specialty
- Well-child check-ups
- Adult and adolescent medicine
- Chronic care management
- Preventive care
- Diabetes education and management
- Acute care and injury
- Vasectomy
- Circumcision
- Prenatal ultrasound

Call today to schedule your appointment with Dr. Danny Worwood, MD

435-900-1104