PUBLIC NOTICE

To all persons residing on or remaining on the Kaibab Indian Reservation:

COVID RESPONSE CONDITIONS CHANGE

Due to effective action of the Tribal Community members, reduction in local case counts and increased vaccination rates, the threat level on the Reservation has been reduced. Accordingly, the Tribal Council hereby notifies Reservation community members that, in accordance with current CDC guidelines:

Fully vaccinated people can:
- Resume activities without wearing masks or physically distancing, except where required by federal, state, local, or territorial laws, rules and regulations, including local business and workplace guidance.
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.
- Refrain from testing before leaving the US for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the US.
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings.
- Refrain from quarantine following a known exposure, if asymptomatic, with some exceptions for specific settings.

Fully vaccinated people should continue to:
- Wash hands frequently, refrain from touching their faces, and practice good hygiene.
- Get tested if experiencing COVID-19 symptoms.
- Follow CDC and Tribal travel requirements and recommendations.

Those who have not yet been vaccinated are encouraged to continue to wear masks and social distance.

Tribal Programs may resume normal activities (including workshops, activities, etc.) and any Tribal Program may set its own guidelines for its activities.

Curfew is released under current conditions.

DISCLAIMER: Despite the reduced risk level assessment and change of restrictions each member of the Tribe is responsible to care for his or her own physical condition and health. This Notice is not an assurance of low or non-existent risk. Each member is advised to take any health precautions he or she deems necessary to avoid risk of contamination.
RECOVERY PLAN

FUNERAL SERVICES, TRADITIONAL SINGS AND MEMORIALS

Given how quickly the situation is evolving and given the history of native nations being highly at-risk communities with the potential to be heavily impacted, as a public health precaution to help prevent the spread of the novel coronavirus (COVID-19), the Cultural Resources Committee (CRC) has determined to make the following recommendations taking into account tribal council orders, and the approved COVID-19 Response Plan in an effort to create consistency and guidance.

For the sake of clarity, until the Kaibab Paiute Tribal Council rescinds the emergency declaration for the COVID-19 pandemic for the health and safety of the community, the guidelines outlined here are specifically to address funeral services, traditional sings and memorials held on tribal lands.

LEVEL ONE

Goal: To keep Coronavirus from infecting community members and employees. Reference APPENDIX A COVID-19 Response Plan.


5/3/2021 Update during this recovery phase/action level the reservation is OPEN to the public and outside visitors with less restrictive measures. Reference APPENDIX A COVID-19 Response Plan, LEVEL 1 Community: bullet # 4 “Community events are recommended to be limited to 10 persons or less, or a family unit.” Therefore, the stated recommended limit of 10 persons or less or a family unit for community events is only a recommendation and not an enforceable mandate per the APPENDIX A COVID-19 Response Plan. Funeral services, traditional sings, and memorials will be allowed to resume with some restrictions stated in three action levels (below). All approved funeral services, traditional sings, and memorials will adhere to enhanced safety protocols outlined in this document and guidelines that may be in place based on the location.

- Indoor / enclosed spaces: For the safety of everyone in LEVEL 1 and 2 the tribal gymnasion will be the only tribal facility approved to be used for funeral services, traditional sings and memorials during the colder months. No other
tribal property will be allowed to be used - this includes the Cry House and housing rental units - due to inadequate space, air circulation and the potential threat to the health and safety of the community.

Tribal indoor facility safety requirements:

- If sick STAY HOME
- Masks are MANDATED at all tribal facilities.
- Mask may only be removed while eating, drinking, and only if seated a distance of 10 feet or more between themselves and other individuals.
- Maintain social distancing of 6 to 10 feet. (further distances are encouraged)
- Limit interactions within 6 feet to less than 15 minutes.
- Maintain a controlled or designated entry and exit.
- Temperature checks are MANDATED for all who enter tribal facilities.
- Anyone with a temperature of 100 or higher will be denied entry for the health and safety of everyone.
- Provide hand sanitizing/hygiene stations at entry and throughout the facility. i.e. gloves, disposable masks, facial tissues, hand sanitizer, etc.
- The removal of food (perishables) and trash is required immediately following the end of ceremony.
- A mandatory 72 hour building closure will be required after which cleaning and sanitizing by the family or their designee must occur.

Safety Precautions during Services, Sings and Memorials:

- Limit physical contact (this is hard for us given the way we mourn together, however we must all look out for each other's health and safety.)
- Masks are required down the middle.
- No clothing, photos etc. down the middle to prevent the spread of viruses through handling of objects.
- Family may display photographs and personal effects of the deceased. With clearly posted signs "Due to the ongoing Coronavirus COVID-19 pandemic please do not touch displayed items".
- In an effort to safeguard our frontline singers there will be a chair and or space in between each singer.
- Frontline singers will sit an additional 6 feet away from the center dance space.
- A 6-foot area will be roped off behind the frontline singers for their health & safety.
- Participants will be allowed to bring homemade or potluck food.
- Sealed and prepackaged food and beverages are preferable.
- For health & safety reasons homemade and potluck food will need to be served to people by kitchen staff.
• Kitchen meal prep area will be restricted to designated kitchen supervisor and up to 4 servers.
• Kitchen staff will be required to wear masks and use gloves.
• Kitchen staff is highly encouraged to wash hands frequently.
• Eating tables will be spread out a minimum of 6 to 10 feet.

Additionally, the Gymnasium has a building-specific Recovery Plan that will need to be taken into consideration and specific guidelines from that document may be required to be followed.

• **Outdoor spaces:** For the safety of everyone in LEVEL 1 and 2 funeral services, traditional sings and memorials will be held outdoors during the warmer months. Families have several options for usable outdoor space including but not limited to outside the gym, ceremonial grounds near sweat lodge, Kaibab park pavilion, and Kaibab overflow parking lot to name a few appropriate places.

**Tribal outdoor property safety requirements:**

• If sick STAY HOME
• Masks are essential when individuals cannot maintain social distancing of 6 to 10 feet. (*Further distances are encouraged*)
• Mask may be removed while eating, drinking, and if seated distance of 6 to 10 feet or more between themselves and other individuals.
• Limit interactions within 6 feet to less than 15 minutes.
• Temperature checks are MANDATED for all participants.
• Anyone with a temperature of 100 or higher will be denied entry for the health and safety of everyone.
• Provide hand sanitizing/hygiene stations available in several locations. i.e. gloves, disposable masks, facial tissues, hand sanitizer, etc.
• The removal of food (perishables) and trash is required immediately following the end of ceremony.
• Checked out tribal equipment will be stored in a secure area for a mandatory 72 hour after which cleaning and sanitizing by the family or their designee must occur.

**Safety Precautions during Services, Sings and Memorials:**

• Limit physical contact (*this is hard for us given the way we mourn together however we must all look out for each other’s health and safety.*)
• Masks are required down the middle.
• No clothing, photos etc. down the middle to prevent the spread of viruses through handling of objects.
- Family may display photographs and personal effects of the deceased. With clearly posted signs “Due to the ongoing Coronavirus COVID-19 pandemic please do not touch or remove displayed items”.
- In an effort to safeguard our frontline singers they will be asked to maintain distance between each singer.
- Frontline singers will sit an additional 6 feet away from the center dance space.
- An additional 6-foot area will be roped off behind the frontline singers for their health & safety.
- Participants will be allowed to bring homemade or potluck food.
- Sealed and prepackaged food and beverages are preferable.
- For health & safety reasons homemade and potluck food will need to be served to people by kitchen staff.
- Kitchen meal prep area will be restricted to designated kitchen supervisor and up to 4 servers.
- Kitchen helpers will be required to wear masks and use gloves.
- Eating tables will be spread out a minimum of 6 to 10 feet.

LEVEL TWO

Goal: To STOP the spread of COVID-19 Virus from infecting the community when a case is confirmed. Reference APPENDIX A COVID-19 Response Plan.


Therefore LEVEL 2 recommendations will be the same as LEVEL 1 funeral services, traditional sings, and memorials will be allowed to resume with some restrictions.

Refer to LEVEL One for guidelines.

LEVEL THREE

Goal: To STOP the spread of COVID-19 Virus from continuing to infect the community. Reference APPENDIX A COVID-19 Response Plan.


During this recovery phase, funeral services, traditional sings, and memorials **WILL NOT** be allowed to be held on tribal property. The committee acknowledge that this determination may seem unfair to families in their time of grieving. The committee sympathizes with the families and offers their sincerest condolences. The committee has the hard task of taking into consideration the health and safety of our tribal members, community members, and employees. As well as taking into consideration the tribal council approved and mandated health and safety provisions that apply to the entire reservation outlined in APPENDIX A COVID-19 Response Plan LEVEL 3. This tribal document heavily factored into making this determination.

Families may want to consider a virtual service as an alternative to the traditional in person funeral service perhaps held at a funeral home. Families will have to postpone funeral services, traditional Sings and memorials held on tribal property during level three.

- **Interment/Burial**: will be allowed however to prevent the spread of the novel coronavirus (COVID-19) burials will be limited to a two (2) hour timeframe at the tribal cemetery attended by immediate family only, mortuary director(s), and tribal personnel assisting with interment.

- **Traditional Singers/Religious Practitioners**: The family may request the last four songs be sung by local traditional singers living on the reservation. Unfortunately, in accordance with the tribe’s health and safety provisions outlined in APPENDIX A COVID-19 Response Plan LEVEL 3 off-reservation traditional singers will not be allowed to attend. Tribal families belonging to organized religions may request that their religious leader or representative be in attendance.

Additionally, under this Recovery Plan for Funeral Services, Traditional Sings and Memorials everyone is expected to continue to always follow social distancing guidelines.

- Maintain physical or social distancing of 6 to 10 feet.
- Any interactions within 6 to 10 feet should be for less than 15 minutes.
- Take precautions not to shake hands or embrace anyone outside your immediate household/family unit.
- Use hand sanitizer when hand washing is not accessible.

**Immediate family for this purpose is defined as:**
A person’s parents, spouse, children, siblings, and grandparents. Traditional indigenous kinship is included under the purview of immediate family recognizing that aunts, uncles, and grandparents often take on parental roles.

**Immediate family living off the reservation will be allowed to attend interment/burial during the designated 2 hour timeframe at the tribal cemetery.**
Congratulations
2021 Graduates

High School Graduates
Quanah Benson
Mia Bulletts
Tyrone Lopez
Jake Tom
Wenona Tonegates
Cianna Yepa

Higher Education Graduates
Rosalyne Feltner--Bachelor of Science in Dental Hygiene from Utah College of Dental Hygiene
Rykker Tom--Bachelor of Psychology from Utah State University
YEVINGKAREERE YOUTH CAMP
“Ponderosa Pine Sitting”

**September 17, 18, 19, 2021**

- 3 day, 2-night trip to Kaibab AZ
- Camping and Traditional Activities
- Must be an enrolled member of
  the Southern Paiute Nations, or a
  descendant of
- 10 to 12 years of age

**Cost is Free!**

APPLICATIONS DUE BY
**September 2nd, 2021**

Applications available at the
Kaibab Band of Paiutes
Daniel Bulletts, Cultural Resource Director’s Office

Send applications to:
Daniel Bulletts, Cultural Resource Director
HC 65 Box 02
Fredonia, AZ 86022
Phone: (928)643-6278
Mon-Fri. 8am-5pm
A Late Fee of 5% will be charged for all DPW Accounts that are Not paid By the 20\textsuperscript{th} of the Month. This was approved by Tribal Council. May 19, 2021 and takes effect June 2021
This heritage workshop is open to tribal members, spouses, and other
Southern Paiutes living on the Kaibab Paiute Reservation.

SAVE THE DATE

Please join us for the 4th and final class in a series of (4) Everything in MINI

An introduction to basic basket weaving coil and twining 6-hour Workshop

Saturday, June 26, 2021
9:00AM-3:00PM
Cultural Office Building

Next door to the Monument. Location may change depending on weather.
Lunch will be provided

There are 10 spots available on a first come first served sign-up basis.
Deadline to sign-up by June 18, 2021.

Contact LeAnn at the Cultural Preservation Office 643-7365 to sign-up
and reserve your spot.

This will be an outdoor/indoor activity weather permitting.
Updated CDC guidelines will be observed
- PPE will be available -
Youth Heritage Class Activity
For Kids 5-16 Years Old
Outdoor Activity – Snacks Provided
Arts for All Ages and Abilities

Pre-teens and teens be your own BOSS!
Come learn to be an EN•TRE•PRE•NEUR!
What does that mean?
Come learn to make and sale your own hand-crafted jewelry!

1ST CLASS
WEDNESDAY, JUNE 16, 2021

Kaibab Community Park
9:00AM-12:00PM (3-hrs.)
&
Eagle Mt. Community Bldg.
2:00PM-5:00PM (3-hrs.)

This is a continuation of the first class bring your project if you are stuck and need help. Come out and make more jewelry.

2ND CLASS
WEDNESDAY, JUNE 30, 2021

Kaibab Community Park
9:00AM-12:00PM (3-hrs.)
&
Eagle Mt. Community Bldg.
2:00PM-5:00PM (3-hrs.)

Stop by the office any day Tuesday-Thursday 12:00PM-3:00PM
If you need help or want to start a new jewelry project.
THE GET MOVING CHALLENGE

Reservation residents
Kids 6yrs., Tweens Teens, Adults, & Elders

YES, YOU! COUCH POTATO!

The 2020 global pandemic had everyone staying Inside, binge watching TV, and binge eating Junk food!

IT'S TIME TO UNPLUG!
GET OUTSIDE AND GET MOVING!

Do you like FREE things? I like FREE things.
We all like Free Things! Here is a fun self-motivated Way to get out, get moving and earn yourself a FREE brand-NEW Fitbit!!!!!!

HERE IS WHAT YOU NEED TO DO TO PARTICIPATE

1. Contact LeAnn 643-7365 at the Cultural Preservation Office to get your name on the participant sign-up list. FCFS limited # of Fitbits.

2. Complete at least 5 of the 6 self-motivated Challenges. Pg.2

3. You MUST take pictures of yourself doing 5 Of the 6 challenges and email, message or you can print pictures & bring to the office. This is how you earn your FREE Fitbit!

Fitbits were generously donated by:
the Southern California Tribal Chairman's Association (SCTCA)
THE GET MOVING CHALLENGE!

SELF-MOTIVATED CHALLENGE ACTIVITIES
Take a selfie, get someone to take a picture of you or take a group shot doing at least (5) of these 6 FUN self-motivated activities!

1. Hike the Pipe Spring National Monument Ridge Trail.

2. 1-Hour of scooter ing at KPT Skate Park.

3. 1-Hour reservation roadside clean-up *Requires adult supervision* [Pipe Spring Road or Six-mile Road] Cannot be roads inside the villages.

4. 1-Hour beautification take your yard tools and weed your yard or help weed your neighbor’s yard.

5. 1-Hour village clean-up each participant must gather 2 bags of trash around the village. Put bags in dumpster after your picture.

6. Walk, bike, skate 1-mile around the village
   □ Eagle Mt. – 3 laps
   □ Red Hills – 3 laps
   □ Juniper – 3 laps
   □ Kaibab Park – 2 ½ laps

****IMPORTANT****
Message or email your pictures to LeAnn Ishearer@kaibabpaiute-nsn.gov or print your pictures and drop them by the office.
This is how your participation is counted and how you earn your FREE Fitbit!

*We encourage everyone to remember to be considerate of others and wear a mask when 6-feet social distancing cannot be achieved. Practice good hygiene by washing your hands or use hand sanitizer.

Fitbits were generously donated by the Southern California Tribal Chairman’s Association (SCTCA)

Get NATIVE communities outside and moving!
News from the Tribal Housing Department

Greetings from the Tribal Housing Department. This past month has been very busy for our department.

Maintenance has been working on all the swamp coolers and getting them ready for the warm weather.

We had all the rental units with HVACs serviced this month.

Beginning in June we will be starting the inspections again, after going for a year without, due to the pandemic.

The Housing Committee has just filled their last vacant committee seat.

- Ila Bulletts, Chairperson
- Marisa Ybarra
- Cody Jake
- Judith Martinez
- Laura Savala

With this warm weather, please be aware of rattlesnakes. Maintenance has reported that there have been 3 rattlesnakes under the dumpsters.

Just a reminder, ALL garbage must be bagged. All big items that are not household garbage can be dumped off at the big dumpster behind the Early Learning Center in Kaibab Village.

Here are some seasonal maintenance projects:

- Roofing
- Painting
- Landscaping
- Foundation repair
- Siding
- Windows
- Doors
- Driveways, sidewalks

Lastly, ALL work orders MUST be called in, in order for maintenance to perform the work. If they are not called it will not be done. The number to call is 643-8315, Kathryn, Monday-Friday and 643-8308, Yolanda, Sunday-Saturday.

We are attaching some information on How to Prepare Your Home for Wildfires and Grilling Safety. Please everyone be safe.
HOW TO
PREPARE
YOUR HOME
FOR WILDFIRES
WILDFIRE RISK REDUCTION STEPS THAT CAN MAKE YOUR HOME SAFER DURING A WILDFIRE

■ VEGETATION MANAGEMENT

1. HOME IGNITION ZONES
To increase your home's chance of surviving a wildfire, choose fire-resistant building materials and limit the amount of flammable vegetation in the three home ignition zones. The zones include the Immediate Zone (0 to 5 feet around the house), the Intermediate Zone (5 to 30 feet), and the Extended Zone (30 to 100 feet).

2. LANDSCAPING AND MAINTENANCE
To reduce ember ignitions and fire spread, trim branches that overhang the home, porch, and deck and prune branches of large trees up to 6 to 10 feet (depending on their height) from the ground. Remove plants containing resins, oils, and waxes. Use crushed stone or gravel instead of flammable mulches in the Immediate Zone (0 to 5 feet around the house). Keep your landscape in good condition.

■ FIRE RESISTIVE CONSTRUCTION

3. ROOFING AND VENTS
Class A fire-rated roofing products, such as composite shingles, metal, concrete, and clay tiles, offer the best protection. Inspect shingles or roof tiles and replace or repair those that are loose or missing to prevent ember penetration. Box in eaves, but provide ventilation to prevent condensation and mildew. Roof and attic vents should be screened to prevent ember entry.

4. DECKS AND PORCHES
Never store flammable materials underneath decks or porches. Remove dead vegetation and debris from under decks and porches and between deck board joints.

5. SIDING AND WINDOWS
Embers can collect in small nooks and crannies and ignite combustible materials; radiant heat from flames can crack windows. Use fire-resistant siding such as brick, fiber-cement, plaster, or stucco, and use dual-pane tempered glass windows.

■ BE PREPARED

6. EMERGENCY RESPONDER ACCESS
Ensure your home and neighborhood have legible and clearly marked street names and numbers. Driveways should be at least 12 feet wide with a vertical clearance of 15 feet for emergency vehicle access.

- Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for handling pets, large animals, and livestock.
- Know two ways out of your neighborhood and have a predesignated meeting place.
- Always evacuate if you feel it's unsafe to stay—don't wait to receive an emergency notification if you feel threatened from the fire.
- Conduct an annual insurance policy checkup to adjust for local building costs, codes, and new renovations.
- Create or update a home inventory to help settle claims faster.

TALK TO YOUR LOCAL FORESTRY AGENCY OR FIRE DEPARTMENT TO LEARN MORE ABOUT THE SPECIFIC WILDFIRE RISK WHERE YOU LIVE.

Firewise® is a program of the National Fire Protection Association. This publication was produced in cooperation with the USDA Forest Service, US Department of the Interior, and the National Association of State Foresters. NFPA is an equal opportunity provider. Firewise® and Firewise USA® are registered trademarks of the National Fire Protection Association, Quincy, MA 02169.

Visit Firewise.org for more details.

Order a Reducing Wildfire Risks in the Home Ignition Zone checklist/poster at Firewise.org
Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on your way to safe grilling.

SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before relighting it.

FACTS

- July is the peak month for grill fires.
- Roughly half of the injuries involving grills are thermal burns.
Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Tribal and Big Game hunts - were approved by the Tribal Council, we will not be hosting a Southern Paiute Youth Hunt this year.

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 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, this is in the Wildlife Ordinance and in Arizona state law.

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

Fishing – All Tribal Members need a permit at no cost, so come in and get one for the 2021 season, all others cost is $10 dollars for the first day and remember to pick up your trash. Children need to be with someone 18 years or older while fishing and only tribal member can swim in the pond. Call my cell phone on weekend or whenever you need a permit.

Minors Hunters Safety Card – On the internet go to hunter-ed.com – Everyone 10 to 18 years of age 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, matches, 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 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 Bulletts, Jr. at 643-8305/7245, cell phone (435) 689-1624 or Email me at dbullettsjr@kaibabpaiute-nsn.gov.
Aiyuk to our language teachers, consultants, and apprentice teachers. We have three language teachers that work hard to record lessons weekly. Aiyuk Claudina Teller, Glendora Homer, and Selena Benson. Those teachers depend on language consultants Benedict Pickyavit and Ilena Drye when they need support in lesson planning. The program also has recently begun to work with Ashtyn Bulletts as an apprentice teacher. Aiyuk! If you are interested in working with the program we have a need for another apprentice teacher.

**Lessons Online:**

1. Introducing Yourself
2. Introducing Maternal and Paternal
3. Introducing Yourself Without Parents
4. Introducing Partner and Children
5. Simple Prayer
6. Blessing Over Food

7. Southern Paiute Expressions
8. Going to Town
9. Feeding the Pets
10. Being Sick Lesson
11. Getting Ready for School
12. Southern Paiute Family Relationships

**Upcoming June Lessons:**
Lesson Review #5-6

5. Simple Prayer
6. Blessing over Food

This is a great opportunity to ask questions & speak to language teachers!

Thursday June 3rd
6:00 Via Zoom
Meeting ID:
317 608 5910
Passcode: kaivavich

Log in to view lesson videos or sign up for an account at:
kaivavichlanguage.com
Zoom Education Presentation
June 23, 2021
6 pm AZ time

Here is the Link to join and it will be posted on these sites:
Kaibab Paiute Tribe Facebook page
Sending Smoke Signals
Tribe Website
kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Diabetes Diet and Healthy Eating

Join Zoom Meeting
https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdVlrQT09

Meeting ID: 391 113 1530
Passcode: 5Z9Ddw

Any questions call or email to:
Susan Erickson RN
Tribal Nurse
928-643-8332
serickson@kaibabpaiute-nsn.gov
3D Digital Mobile Mammography Unit

Coming to your area

Kanab

July 6, 7, & 8, 2021

Call 435-676-1267 or 435-676-1547 to schedule an appointment.

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program
UV radiation isn’t just dangerous, it is also sneaky. It not only causes premature aging and skin cancer, it reaches you even when you are trying to avoid it—penetrating clouds and glass, bouncing off snow, water and sand. What’s more, sun accumulates over the years, from prolonged outdoor exposure to simple activities like walking the dog, going from your car to the store and bringing in the mail. That’s why preventing skin cancer by protecting yourself requires a comprehensive approach. The Skin Cancer Foundation recommends that you:

- Seek Shade, especially between 10 am and 4 pm.
- Don’t get sunburned.
- Avoid tanning, and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV blocking sunglasses.
- Use a broad-spectrum UVA/UVB sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- Keep Newborns out of the sun. Use sunscreen on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

Susan Erickson, RN  
Tribal Nurse  
Office 928-643-8332  
Cell 435-899-1016  
serickson@kaibabpaiute-nsn.gov
Summer Swimming
Fredonia Swimming Pool

June
June 16, 2021 6:00pm to 9:00pm.
June 23, 30, 2021 from 6:00pm to 8:00pm.

July
July 7, 14, 21, 28, 2021 from 6:00pm to 8:00pm.
All Times Are Arizona Time

Summer Swimming
Kanab Swimming Pool

June
June 22, 29, 2021 from 5:00pm to 7:00pm.

July
July 6, 13, 20, 27, 2021 from 5:00pm to 7:00pm.

August
August 3, 10, 2021 from 5:00pm to 7:00pm.
All Times Are Arizona Time

Sponsored by Kaibab Paiute CHR program.
Dates & times are subject to change.
TACKLING THE NAVAJO DIABETES CRISIS

Ten years ago, LOREN ANTHONY was overweight and prediabetic. Then he found fitness. Now he’s using it to help his people beat the disease.

LOREN ANTHONY’S backyard gym keeps growing. Early this year, he had a few wooden beams.

When summer ended, he had railroad ties, chains, and crates, MacGyvering them together for deadlifts and shoulder presses.

The 37-year-old grits out a workout session nearly every day, often uploading clips to his Instagram or Facebook account. It’s how he inspires his Diné people to find ways to train — and he desperately wants them to do that. “I want more people to understand that fitness is a lifestyle that isn’t a trend,” he says.

It’s a lifestyle that Anthony hopes more in the Navajo Nation can embrace because it may be the key to overcoming the health issue that’s plagued them since the early 1970s: diabetes. Roughly one in every five Navajo has prediabetes, the highest ratio of any racial or ethnic group in the U.S.

Dietary issues are part of the problem. When the Diné were forced off their homelands and moved to Bosque Redondo, in present-day southeast New Mexico, they relied on second-rate government rations due to crop failure and alkaline water. More than a century later, prepackaged foods sold at gas-station convenience stores are the easiest meal choice, partly because there are just 11 grocery stores on the reservation’s 27,413-square-mile expanse.

Lack of fitness facilities and instruction is the other issue. Gyms are an uncommon sight on Navajo lands. When the government started the Special Diabetes Program for Indians in 1991, the Navajo Nation built seven “wellness centers” on the reservation. Even before coronavirus concerns closed those gyms to temporarily shut down, limited hours prevented many Navajo from reaching them.

Anthony understands these struggles. His grandparents were diabetic, and his father died of heart failure in 2013, the result of unaddressed heart issues. In 2009, Anthony himself weighed 298 pounds and struggled to breathe and move. Doctors told him he was prediabetic and had high blood pressure. “I really didn’t want the end of me to happen because I didn’t take care of myself,” he says.

He took up bodybuilding and powerlifting, studying both on YouTube. After several years of daily training, he was down more than a hundred pounds. (He currently weighs 181.) He did most of his training at a gym and a football field in nearby Gallup, New Mexico.

In late 2012, he started a workout group, the Iron Warriors. The group met for free workouts twice a week at Gallup’s public school stadium. It began with five people, but within a year, at least 100 were lining up for the field sprints, bear crawls, walking lunges, and pushups. Occasionally, he also held sessions in the community of Tohatchi, in the Navajo Nation, as well as in Phoenix and Albuquerque.

The pandemic forced Anthony to pause his Iron Warrior sessions in March, but he won’t let it quiet his fitness message. He knows diabetes can be beaten, because he’s done it. He’s no longer at risk of the disease, and he’s off his blood-pressure medication. The moment public gatherings are permitted, he says, the Iron Warriors will be on the field again. Until then, it’s more backyard videos.

“It’s encouraging to see people’s progress,” he says, “because that’s something I wish I could have done for my dad when he was here.”

Photo Credit: STEVEN ST. JOHN

PHOTOGRAPH BY JOSE MANDOJANA

Credit go to Men's Health issue November 2020 for more articles.

McKenna Yracheta-Diabetes Fitness Coordinator