SMOKE SIGNALS

OCTOBER 2018

Halloween

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.

Seniors Center to be completed SOON !!

HALLOWEEN PARTY
October 27, 2018
3:00 p.m.
Multipurpose Bldg.
Halloween house Decorating Contest

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 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

October 15, 2018
@ 6:00 p.m. - 7:30 p.m.
Conference Rm #2
Lite Refreshments will be served!

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
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

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

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 27th, 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

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 27TH AND WILL RETURN ON MONDAY THE 29TH.

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

FIRST CLASS: STARTING TUESDAY OCT. 2\textsuperscript{ND} - 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