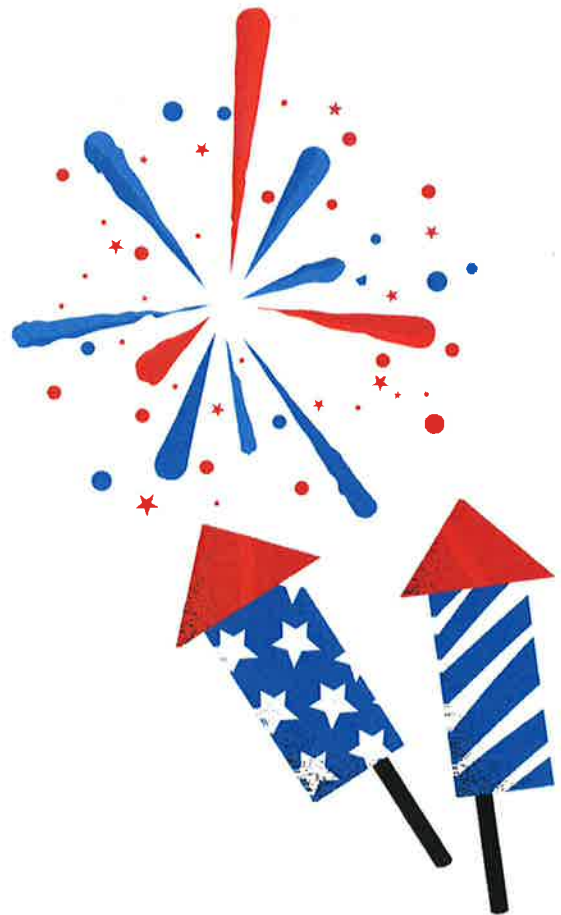
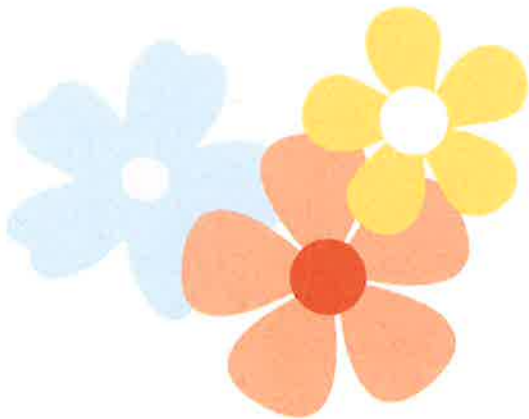




Kaibab Paiute Newsletter

July 2024



MEMO

Date: June 20, 2024
To: All Staff
From: Chairman Roland Maldonado
Tribal Council
Subject: Interim Tribal Administrator

Effective Immediately

Greeting Staff,

We are pleased to announce, Angie Bullets has accepted the position as the Interim Tribal Administrator. Mrs. Bullets hours will be Mon-Thurs. from 9 a.m.-3 p.m.

Thank you,

A handwritten signature in black ink, appearing to read 'Roland Maldonado', written over a horizontal line.

Roland Maldonado, Chairman

WE ARE HIRING!

APPLY NOW!

Open Positions

- ✓ Tribal Administrator
- ✓ Tribal Court Judge
- ✓ K12 Activities Coordinator
- ✓ Home Health Nurse
- ✓ IT System Administrator
- ✓ Congregate Meals Cook

For more information:

<https://kaibabpaite-nsn.gov/>



Sounds of Thunder Mountain Pow Wow

Volunteers Needed

Concessions

Parking

Trash pick up

SOUNDS OF THUNDER MOUNTAIN POWWOW

HANDGAME TOURNAMENT

**JUNE 18, 2024 SATURDAY AT 12:00 PM (AZ TIME)
REGISTRATION STARTS AT 11:00 AM (AZ TIME)**

**(KAIBAB, AZ 14 MILES WEST OF FREDONIA, AZ -
TURN AT JUNCTION SR 389 & PIPESPRING RD)**

1ST PLACE \$1500

2ND PLACE \$1000 • 3RD PLACE \$700

DOUBLE ELIMINATION

ENTRY FEE: \$100

CONTACT INFORMATION:

ERIC V PIKYAVIT

(435) 238-3021 OR ERICPIKYAVIT@GMAIL.COM

Dear Members of the Kaibab Band of Paiute Indians,

I hope this message finds you well. I am pleased to announce that our tribal strategic plan survey will be coming out in the near future. Your input is invaluable in setting the course for the future of our tribe, and I encourage each of you to participate. Your thoughts and perspectives are crucial as we plan for the growth and development of our community.

Additionally, I am excited to share that Red Cliffs will be installing a propane dispenser, and we hope to have it ready for the upcoming holiday. This new facility will provide a convenient service for our community.

We also have some wonderful events planned at the RV Park. On the 2nd Wednesday of every month, we will be hosting a painting session, and on the 3rd Thursday of every month, we will be offering yoga classes. Both events will be guided by experienced teachers, providing an excellent opportunity for relaxation and creativity.

Finally, I want to remind you that I try to keep Fridays open for any members who would like to speak with me. Your thoughts, concerns, and ideas are always welcome, and I am here to listen and support you.

Thank you for your continued dedication to our community. I look forward to your participation in the upcoming survey and to seeing you at our events.

Sincerely,

John McClellan
Economic Development Director
Kaibab Band of Paiute Indians



News from the Tribal Housing Department

Summer is here!!

For those rental units that have swamp coolers, remember to have your window open just a little bit to help the circulation of air. When its hot and the humidity is up, the swamp cooler will not work so well. Have some fans going and try to keep it dark in the house. That seems to help keep the house cool.

Pest control will be here on July 10, 2024. All rental units will be sprayed. Anyone else that would like their house sprayed, please contact us, cost is \$50.00.

Just a reminder **ALL** work orders must be called in or emailed to either Yolanda or LaWanda. If this is not done, the work needed will not be completed. This covers both you and the department.

DPW payments are due before the 20th of the month. If you pay after the 20th, you will be assessed a 5% fee in addition to your balance due.

If your DPW bill is paid in full before the due date, you will receive a 5% discount.

Rental/House payments are due by the 15th of the month. You are considered late on the 16th.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00 fee, and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.



Pest Control

July 10, 2024

Starting at 8am

ALL rental units, inside and outside will be sprayed.

All MH/homeowners contact our office if interested, 928-643-8308 or 8328, the cost is \$50.00

The next pest control will be September, 2024

A TRIBUTE TO ILENA DRYE HYPE

By, Glendora Homer

Big Eye as her husband Alfred Drye hype called her was a friend of mine and my elder. She was not a perfect woman, like a lot of us she had her faults. She had her regrets and was sorry for the path that alcohol took her. We had many talks about the crazy things we did in our drinking days. She would say “too-coo-yeah-pee-nee”, how embarrassing. She was sober for about 20 years or longer. She lived in Kaibab village all those years even though she was a Sham City ghost, as she would say. After her husband died, she lived alone and did live a lonely life. She couldn’t see very well and as the years passed, she could hardly see. She always said, “if I could see, I would hitch a ride to Sham and go visit my relatives”. She missed her relatives and was hurt and angry and that’s why she didn’t want a sing or a memorial. She didn’t want people looking at her and claiming her as a relative in death. She died a lonely death at home all alone. She may have died alone but her contribution to Kaibab’s Language Program will live on forever in the life of those of you who choose to learn our Southern Paiute language and carry it on for generations. For years Eye hype was my language consultant, she was my go to person. I will miss our talks about the people we knew in the past. I will miss laughing with her. Most of all I will miss hearing her speak Paiute. She was a fluent speaker. People may not realize it but she left her mark on our Paiute world, through her contribution to language preservation. Pee-nunk-wah-nee-um-poo-nick-kai-vom my old friend, see you later my old friend.

CHR NEWS

JULY 2024

Remember Kaibab Tribal members living on the reservation, Fredonia, Kanab that are eligible that are receiving medical care thru the CHR Program/Hopi HealthCare Center. Please bring all bills & EOB's to CHR office.

CHR Policy

Appointments:

- 1.1 Policy: **Notification** is notifying the CHR office of your intended visit for healthcare. **Unless** it is an emergency, all clients must notify the CHR office of the time, date, the health provider/facility and reason for each appointment and insurance information **prior** to the actual visit. The CHR Department **must be notified within 72 hours** (telephone call, voicemail, email or in person).
- 1.4 When an individual makes their own appointments, it is their responsibility to notify the health department of date of service , provider, health problem & insurance.
- 1.5 If health department (CHR) is not notified of a medical/dental appointment beforehand, coverage for the appointment will be denied and the client will be responsible for payment.
- 1.6 Patients **MUST** see their primary care physician to obtain a referral to see a specialist. Referral to see specialist **MUST** have prior approval.

ELIGIBILITY:

e. Alternate Resources: All individuals must apply for alternate resources that could be available to them i.e., Medicare part A/B & D, AHCCCS/Arizona Medicaid & other State or federal programs to include private insurance. Failure to apply for alternate resources or complete the patient registration update could result in denial or services.

Coverage will not be provided if a client has not applied for Alternate Resources or use their private insurance. If a person has applied and has been denied, for legitimate reason, (i.e.: over income) the patient must provide proof of denial to the CHR office before IHS/CHS coverage will be granted.

- 1.4 I.H.S. is the "Payor of Last resort" (CFR Title 42, 136.61).

It is your responsibility to make sure you are current with your AHCCS and no lapse in coverage or services will be denied until patient(s) applies and gets approval or denial letter.

CHR can help you stay active during the Summer and Winter months, with your bike tires or tubes or slime call the CHR office with the sizes you need.

If you see activities that you would like us to try here just let me know.

Laura Rae Savala
CHR Health Director
928-643-8331
lsavala@kaibabpaiute-nsn.gov

SPONSORED BY CHR AND SDPI PROGRAM
CALL 928-643-8330 IF YOU HAVE QUESTIONS

KANAB POOL

EVERY TUESDAY STARTING
JUNE 4TH 5:00PM TO 7:00PM AZ TIME



Where

TO GO FOR A

swim



FREDONIA POOL

EVERY WEDNESDAY STARTING
JUNE 12TH 6:00PM TO 8:00PM AZ TIME
TIMES AND DATE SUBJECT TO CHANGE

IF YOUR CHILD WEARS DIAPERS THEY WILL NEED TO
WEAR A SWIM DIAPER AND DIAPER COVER! IF YOU DO
NOT HAVE ONE LOOK FOR A CHR WORKER THERE AND
THEY'LL PROVIDE YOU ONE.



KAIBAB PAIUTE COMMUNITY HEALTH FAIR

SAVE THE DATE!

AUGUST 16, 2024

WHERE: KAIBAB COMMUNITY BLD.

TIME: 4:00PM - 7:00PM

- **Health awareness education**
- **Free Screenings**
- **Fun Activities**

**SPONSORED BY HOPI HEALTH CENTER, KAIBAB
PAIUTE CHR AND HUMAN SERVICES**

Active Couple Spotlight



The Rossman's are a dynamic duo that have been working out together. They set a goal, accomplished it and between the two they have lost a total of 50lbs. This married couple are "killin it" and continue to work on their fitness at the gym. Awesome job Truman and Cierra



CHR DEPARTMENT PRESENTS

Native Food for Life Class

**Plant-Based Cooking & Nutrition to
Prevent and Treat Type 2 Diabetes**

- **HANDS ON COOKING CLASS**
- **BRING YOUR OWN COOKING UTENSILS! (LOOK AT NEXT PAGE WITH RECIPE)**
- **SEND CHR A PICTURE OF RECIPE EACH MONTH AND YOU'LL BE ENTERED INTO A END OF YEAR RAFFLE.**
- **RVSP - 8 SPOTS AVAILABLE - CALL LARECIA 643-8330**

WHEN: JULY 10, 2024

WHERE: STEAMBOAT COMMUNITY BLD.

TIME: 5:30 AZ TIME

**ZOOM LINK WILL BE POSTED THE
DAY OF CLASS**

Apple Crisp

Prep Time: 15 mins
Cook Time: 35 mins
Total Time: 50 mins
Serves 4



This easy apple crisp is the best fall dessert! Prepare the filling and topping separately, combine, and bake when you're ready to serve!

Ingredients

Spiced apple filling

- 4 apples, peeled and cut into 1-inch pieces
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 1 teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon ginger
- Pinch of sea salt

Crumble topping

- ½ cup whole rolled oats
- ½ cup almond flour
- ¼ cup crushed walnuts
- ⅓ cup brown sugar or coconut sugar
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- ¼ cup firm coconut oil

For serving

- Pomegranates
- Vanilla ice cream

Instructions

1. Preheat the oven to 400°F and grease 4 (8-ounce) ramekins or an 8x8 baking dish with coconut oil.
2. Make the filling: Combine the apples, apple cider vinegar, and water in a saucepan and simmer over very low heat, covered, stirring occasionally (making sure the apples don't burn on the bottom of the pan) for 15 minutes. Uncover, stir, and add the cinnamon, cardamom, ginger, and salt and stir again. The apple should be tender and the juices should be thick.
3. Make the topping: In a small bowl, combine the oats, almond flour, walnuts, brown sugar, cinnamon, and salt. Use your hands work in the firm coconut oil until the mixture crumbles. If

FOOD HANDLER'S TRAINING



WHEN: Friday August 16, 2024

TIME: 1:00 PM to 4:00 PM

WHERE: Tribal Building
Conference Room 2



WHO SHOULD ATTEND?

- ✓ Temporary food establishment operators
- ✓ Food service workers
- ✓ Interested community members

The course will be presented by the Indian Health Service (IHS) Office of Environmental Health & Engineering (OEHE).

Cards will be issued following successful completion of the test.

Cards are good for two years.

This training is FREE, and no registration is required!
Please have a pen or pencil with you.



For more information, please contact
Sherry Mitchell
Environmental Health Specialist
Keams Canyon Service Unit
Polacca, AZ
928.737.6277



Community Yard Sale

**Are you looking to declutter
your space and make some
extra cash? Come and be a
part of our exciting
community yard sale event!**



**No registration required! Just
bring your items and set up your
own table, chairs and canopy.
Anyone can participate as a seller.**

**For any inquiries or additional
information, please contact
Larecia Jake at 928-643-8330**

**We look forward
to seeing you there!**



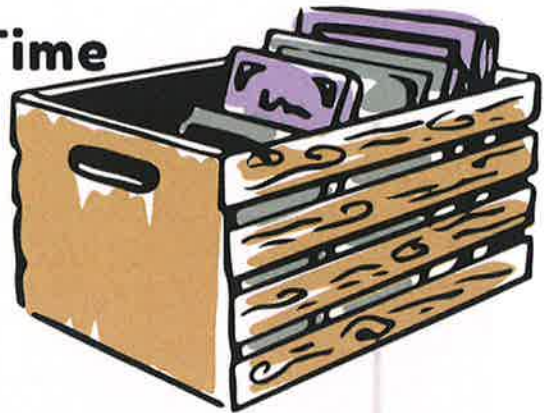
Community Yard Sale

September 14, 2024

8:30am - 1:00pm AZ Time

**2 N Pipe Springs Rd,
Fredonia, AZ 86022**

**Behind Chevron
store!**



FAMILY FIELD DAY



FRIDAY, 26TH JULY @ 4-8 PM [AZ TIME]

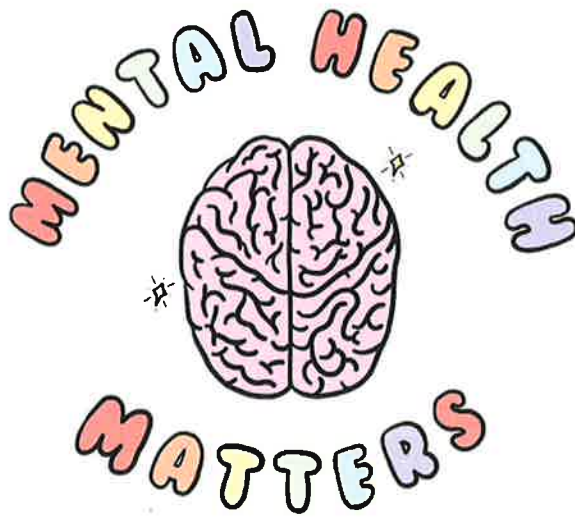
**FUN
FOR THE WHOLE
FAMILY**

**COMMUNITY MEMBERS AND
TRIBAL MEMBERS LIVING OFF
RESERVATION ARE
ENCOURAGED TO PARTICIPATE**

**KAIBAB COMMUNITY PARK
*GAMES*PRIZES*FOOD*OBSTACLE
COURSES*BUNGEE JUMP
*BOUNCE HOUSE*T-SHIRTS**

**BRING CLOTHES YOU CAN
GET WET [IF PREFERRED]**

**MUST BE PRESENT TO RECEIVE T-SHIRTS.
T-SHIRTS ARE A FIRST COME FIRST SERVE
BASIS FOR THOSE WHO DIDN'T COMPETE
QUESTIONNAIRE BY THE DUE DATE**



Your mental health is important! You are important and valuable! So, if you're feeling sad, depressed, all alone, having suicidal thoughts, PLEASE REACH OUT! Here are a few suggestions to whom you can reach out to:

CALL 911 if it's an **EMERGENCY**

CRISIS HOTLINE.....TEXT NATIVE to 741741

SUICIDE & CRISIS LIFELINE.....CALL/TEXT 988; CONFIDENTIAL MENTAL HEALTH
SUPPORT 24/7

ALLEN ORTON LCSW..... (435)899-1782

JENNIE KALAU LI..... (928)643-8320

PENNY KELLER..... (435)689-0381

CIERRA ROSSMAN..... (928)643-8336

LARECIA JAKE..... (928)643-8330

DELAYNA ENAS..... (435)899-2106

MANDY BUNDY..... (928)643-8302

The Kaibab Paiute Tribal human services program has an updated list of Trauma Treatment
and Mental Health providers for outside referrals.

Department of Defense

Work-Life Programs

Health & Wellness



July 2023



July: Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month

July is [BIPOC Mental Health Month](#). Originally designated as "National Minority Mental Health Awareness Month," BIPOC Mental Health Month was created to bring awareness to the unique mental health challenges of historically disenfranchised and oppressed racial and ethnic groups in the United States. Black, Indigenous, and other people of color experience a broad spectrum of discrimination, oppression, and systemic racism which creates the conditions for both collective and individual traumas within their communities.

Connection with culture and community, as well as feeling a sense of belonging, is vital for well-being and the mental health of all people. Individuals who have strong connections within a healthy physical environment have better mental health outcomes and their communities experience lower rates of suicide, violence, and feelings of isolation. Humans are social creatures and meaningful connections allow us to share interests and feel a sense of purpose. For BIPOC individuals, making deep connections with people of a similar background or lived experience not only provides a sense of belonging and solidarity, but is also a necessary means for thriving. Through the power of community connection, BIPOC individuals can realize their full potential and sustain their cultural values.

Below are some tips on how to support your community and yourself in creating healthy spaces:

- **Educate others.** Talk to your friends and family about why it's important to create spaces that are welcoming and inclusive for people..
- **Start conversations.** Speak openly about your mental health, which may encourage others to share their own experiences and concerns.
- **Organize wellness events.** Work with community organizations, leaders, and mental health professionals to organize events and activities that promote connection and cultural expression.
- **Advocate for the creation of safer spaces.** Consider how you might support making your community center, spiritual gathering place, or educational facility a safer space for people to feel comfortable to talk about their mental health challenges without fear of judgment or stigma.
- **Seek support.** Connect with mental health professionals and community resources to get the support you need in your neighborhood or community.

Additional Resources:

- [BIPOC Mental Health Month | Mental Health America](#)
- [BIPOC Mental Health Awareness Month - Depression and Bipolar Support Alliance](#)
- [BIPOC Mental Health Month](#)
- [Prioritizing Minority Mental Health | Health Equity Features | CDC](#)
- [Building Community Power to Achieve Health and Racial Equity](#)

For additional information, email the DCPAS Work-Life Branch at:

dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil



Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you're the only one going through ups and downs, **you're not alone.**



8.8 million

young adults reported having a mental illness



42%

of those with mental illness went untreated



5.1 million

young adults reported having a substance use disorder



87%

of those with substance use disorders went untreated

Common Signs



Trouble sleeping or oversleeping



Loss of interest in hobbies + friends



Feelings of anxiousness



Changes in overall energy levels



Changes in appetite + weight



Feelings of hopelessness



Difficulty in daily functioning



Extreme mood changes



Thoughts of suicide

It's okay to ask for help.

Visit [SAMHSA.gov/young-adults](https://www.samhsa.gov/young-adults) or call 1-800-662-HELP (4357) for treatment referral.

SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov



Fitness Friday

WHEN: JULY 19TH

WHERE: HIKE TO WATER CANYON

TIME: 8:00 AM

CONTACT DELAYNA [435] 899-2106

PLEASE SIGN YOUTH UP **BY JULY 18TH AT 4:00 PM**

LATE SIGN UPS WILL **NOT** BE ACCEPTED

WATER AND LUNCH WILL BE PROVIDED
FOR COMMUNITY AND TRIBAL YOUTH AGES 5-17



FAMILY FIELD DAY



FRIDAY, 26TH JULY @ 4-8 PM [AZ TIME]

**FUN
FOR THE WHOLE
FAMILY**

**COMMUNITY MEMBERS AND
TRIBAL MEMBERS LIVING OFF
RESERVATION ARE
ENCOURAGED TO PARTICIPATE**

**KAIBAB COMMUNITY PARK
*GAMES*PRIZES*FOOD*OBSTACLE
COURSES*BUNGEE JUMP
*BOUNCE HOUSE*T-SHIRTS**

**BRING CLOTHES YOU CAN
GET WET [IF PREFERRED]**

**MUST BE PRESENT TO RECEIVE T-SHIRTS.
T-SHIRTS ARE A FIRST COME FIRST SERVE
BASIS FOR THOSE WHO DIDN'T COMPLETE
QUESTIONNAIRE BY THE DUE DATE**

JULY

SUMMER

Adventures



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MAKE IT MONDAY 1PM-3PM FAMILY LEGO CHALLENGE	2	3	4	5
8	9	10	11	12
15 MAKE IT MONDAY 1PM-3PM ADULT PAINT NIGHT	16 TASTY TUESDAY 1PM-3PM	17	18	19
22 MAKE IT MONDAY 1PM-3PM ADULT MACRAME WORKSHOP	23	24	25	26
29 MAKE IT MONDAY 1PM-3PM	30 TASTY TUESDAY 1PM-3PM	31 WATER WEDNESDAY 1PM-3PM TEEN CAKE DECORATING WORKSHOP	1 ADULT CAKE DECORATING WORKSHOP	2
5	6	7	8	9

Transportation to Daily Summer Adventures is available upon request. You must call and make those arrangements the day before the activity 643-6025.
Please call Mandy 643-6025 if you have any questions

Mandy Bundy
Education Director
Kaibab Band of Paiute Indians
Tel: 928-643-6025
Cell: 435-689-0522
LeaderinMe



Sip & Paint

EVERY 2ND WEDNESDAY AT 6-8PM (AZ)

600 N PIPE SPRINGS RD IN FREDONIA AZ

2 glasses of wine (max) • meat & cheese platter

RVSP is preferred - (928) 643-6601

\$25 per person

Classes by Jessica Hunt





(928) 643-6601

KAIBAB PAUTE CAMPGROUND

YOGA GATHERING

Classes instructed by Trista Custer

600 N Pipe Springs Rd, Fredonia AZ 86022

June 20th at 9am (AZ)

July 18th at 7pm (AZ)

Aug 15th at 7pm (AZ)

Sept 19th at 7pm (AZ)

\$15 PER PERSON

Yoga mats available for purchase