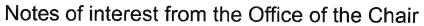






### Kaibab Band of Paiute Indians





Hello all of our Tribal Members:

Some things to take note of are first;

That in a meeting with BIA LES, that they would have a greater presence here on our reservation and adhere more to the tribe's zero tolerance policy, also that they would also have a larger roadway presence.

The Tribe had a meeting with Garkane concerning electric grid resiliency and seeking grant funding in a working partnership to better accommodate the requirements of funding agencies. The ROW requirements for the existing power lines and how to streamline the federal requirements and timelines of applicable length and renewal.

ITCA grant for seniors home improvement projects phase one is moving forward. In communications with ITCA it was relayed that this is to be a yearly occurrence for the seniors through the ITCA.

Tribal Council has entered into a Economic Development venture brought by the Economic Development Director John Mcclellan. It entails the purchase of a business in the city of scottsdale, this being a branch of the US Bank Corporation. This will yield a 5% return on our investment, current market returns on savings stands at about 2.5%.

Attended a meeting with Tribal Leadership hosted by ITCA with International Trade Ambassadors from Canada and Mexico. Topics for discussion were how to prepare our Indigenous People to enter this market and maintain fiscal solvency, how to protect both artist, cultural and intellectual property from the black market and enforcement of existing laws.

Respectfully

Roland Maldonado

Chairman

Kaibab Band of Paiute Indians

Tribal Affairs

# we also

Congregate Meals Cook
K-12 Activities Coordinator
Home Health Care Nurse

hr@kaibabpaiute-nsn.gov join our team https://kaibabpaiute-nsn.gov/hr

5/30/2024

Kaibab Band of Paiute Members,

We are pleased to announce that RAE Solutions has been awarded the contract to facilitate our Tribal Strategic Plan. This comprehensive plan is tentatively scheduled to be completed by the end of the year, and we will provide more information in the coming months as the process unfolds.

In addition, the Tribal Council has approved funding for an Environmental Study for the 90-acre property in Fredonia. This is a critical step towards the future development of the property, including placing the land into trust and qualifying for new construction grants from the federal government.

We are also excited to inform you that we have received the legal paperwork for our Section 17 endeavor. I am targeting the upcoming council session in June to get the necessary resolutions passed. There is a significant amount of work to be done to submit our application to the Bureau of Indian Affairs (BIA) for approval, but we are making steady progress.

Furthermore, we have been diligently working towards securing a vendor for our gas station to provide tax-free fuel. This will be a major competitive advantage for our convenience store and a benefit for our community.

Lastly, I aim to keep my Fridays open and free of meetings. If any Tribal Members would like to schedule a meeting or stop by to discuss Economic Development activities, business startups, or any other topics, Friday would be the ideal time to meet. Please feel free to reach out to me at any time.

We appreciate your continued support and will keep you updated on these developments.

Sincerely,

John McClellan

**Economic Development Director** 

2 Michely

Kaibab Band of Paiute Tribe

#### News from the Tribal Housing Department

Summer is here.

All those with swamp coolers, remember to always keep a window slightly open to help the air move. When the humidity is high, your swamp cooler will not work so well.

Just a reminder to keep the lids closed to the dumpsters. Let's strive to keep the dumpster areas clean.

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 20<sup>th</sup> of the month. If you pay after the 20<sup>th</sup>, 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 15<sup>th</sup> of the month. You are considered late on the 16<sup>th</sup>.

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.

Again, thank you to everyone who helped in the annual village/roadside clean up. Thank you for having pride in our community, by participating. Remember you can still get rid of your big items at the big dumpster behind the housing office. And remember the side will open on the dumpster, DO NOT leave your big items on the side of the dumpster.



We would like to thank ALL those community members/tribal employees who helped with the annual village/roadside cleanup, May 24, 2024. Your efforts helped all the villages and the roads look amazing.









Join us for

## SOTM POW WOW MEETING

VOLUNTEERS, CONCESSIONS, ACTIVITIES

**SUNDAY JUNE 2,2024 11 AM** 

AT THE EAGLE MTN COMMUNITY BLDG

FOR MORE INFORMATION PLEASE CONTACT

(928)391-5199



Helena Burke
Leland Burke
Yasmin Hill
Vincent Rogers
Dakota Shearer
Alicia Tapoof
Nemo Tapoof

### 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.

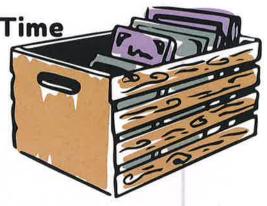


## Community Yard Sale

June 29th, 2024

8:30am - 1:00 pm AZ Time

2 N Pipe Springs Rd, Fredonia, AZ 86022 Behind Chevron

















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 **EMERERGENCY**

CRISIS HOTLINE	TEXT NATIVE to 741741
SUICIDE & CRISIS LIFELINECALL/ SUPPORT 24/7	TEXT 988; CONFIDENTIAL MENTAL HEALTH
ALLEN ORTON LCSW	(435)899-1782
JENNIE KALAULI	(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.

HUMAN SERVICES

Presents

## Living Sober AA:

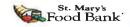


Social Services: Jennie Kalauli: (435)-689-1799

Mental Health: Allen Orton: (435)-899-1782

Penny Keller: Substance Abuse: (435)-689-0381

Support Services Assistant: Cierra Rossman: (928)643-8336



St. Mary's Food Bank 2024

#### Kaibab Paiute

Distribution: 2nd	Wednesday,	9am-11am

January '24								February '24							March '24								April '24							
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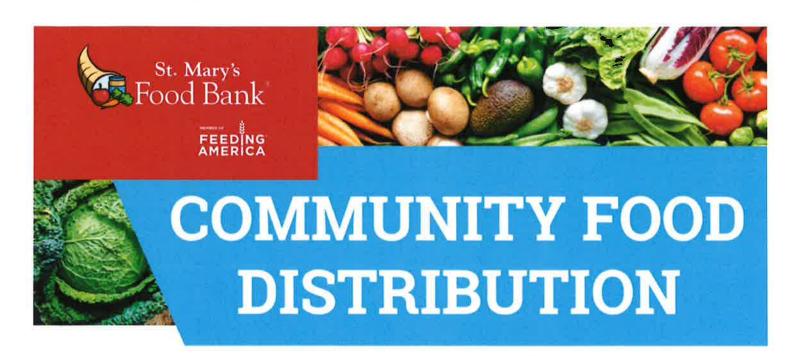
Mobile Markets are designed to distribute fresh fruits, vegetables, perishable and nonperishable products to the community without the need for storage.

This is accomplished in a same-day, pop-up style distribution supported by the agency partner and their volunteers. All clients must bring valid ID.

USDA and this institution are equal opportunity providers and employers. To file a complaint of discrimination, complete the form (AD-3027)

found online at http://www.ascr.usda.gov/complaint\_filing\_cust,html. For any questions please call us at 602-344-4124

Hollday Distribution TBA



#### **ALL ARE WELCOME!**

Do you need food? Join us for a **FREE** food distribution to assist the community.

Please see below for additional information.

Wednesday, JUNE 12th, 2024

Drive Thru Distribution: 9am-11am

2 N Pine Springs Road (Behind the Cheveron) Kaibab, Arizona

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER For more food resources, please visit: www.AZFoodHelp.org or call 2-1-1

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



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.

## KPT GYM

THE PROPER FORM WILL HELP YOU GET THE BEST RESULTS COME TO THE GYM AND LETS ST YOUR FITHESS JOURNEY

#### Major Joints

Hip Extension (front leg), Knee Extension, Ankle Plantar Flexion

#### Major Muscles

Gluteus Maximus & Hamstrings, Quadriceps

#### Main Points Alien" Knees

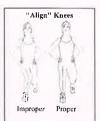
Keep Trunk Freet & use "Straight" Spine

Heel Flevation of Rear Foot

Step to Lange, Lateral Lunge

#### Equipment bell Dumbbells





SQUAT

#### **Major Joints** Hip Extension, Knee Extension Ankle Plantar Flexion

**Major Muscles** Gluteus Maximus & Hamstrings, Quadriceps

#### Main Points Use "Arched" Spine

"Align" Knees

"Center" Right to Lef

#### Head "Centered" with Forward Focus

- Other Basic Stance "shoulder width"
  - Weight Centered over Foot
     Depth Specific to Form

#### Variations

Wide Stance - Toe Out, Adductor Emphas Front Squat - more erect emphasizing knee & quadriceps stress

#### Equipment

Bodyweight, Barbell, Turn trolls Smith Machine, Hack Squar Machine









TARA SPUTE FITNESS COORDINATOR (928)643-6007 MON, TUES, THUR 8 AM - 8 PM WED II AM + 8 PM FRI 8 AM - 5 PM

## Kaibab Paiute Gym and Fitness

## LET'S GET FIT TOGETHER

"Exercise, any kind of movement is great!

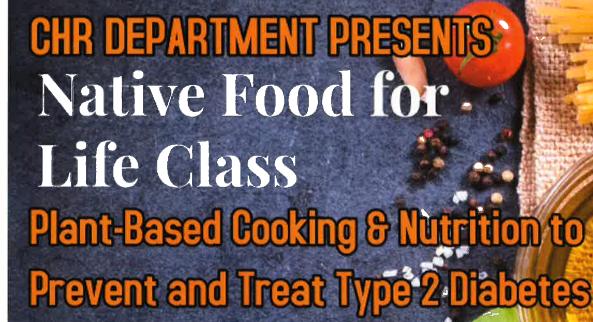
You can do it." Ila

### Active Elders Tue/Thu 9 am

Come for a visit and lets get to working on your fitness journey.

#### Active Elder Spotlight

Ila Bulletts Since Ila has been coming to the gym for Active Elders we have worked on balance, posture, leg and arm weight training. Ila set a goal and we are happy with her progress. She continues to gain more confidence and is more active in her daily life activities. Thank you Ila for allowing me to be a part of your physical journey.



- 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 CALLLARECIA 643-8330

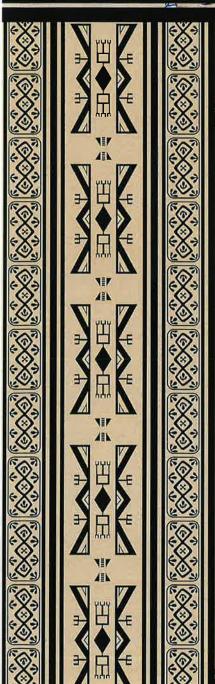
WHEN: JUNE 24, 2024

WHERE: KPT GYM

TIME: 5:30 AZ TIME

ZOOM LINK WILL BE POSTED THE DAY OF CLASS





## FITHESS FRIDAY

WHEN: JUNE 7TH & 28TH WHERE: KAIBAB PARK TIME: 10:00 AM (AZ)

AGES: 5-17
WATER AND A LIGHT SNACK WILL BE
PROVIDED
TRANSPORTATION REQUEST CONTACT:



DELAYNA (435) 375-9787



Human Services and KPT Summer Youth Presents WELCOMING SUMMER June 10AM For Community Youth 5-17 BBQ AND GAMES Community invited to the BBQ at 12PM (first come first serve) Kaibab Community Park Transportation available for youth Contact Delayna: (435) 899-2106 or Jennie: (928) 643-8320

## SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

#### STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

#### How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE. Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.
  Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN. Listen openly, actively, and without judgement.
- OFFER TO HELP.

  Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 **BE PATIENT.**Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

#### What to Say

"I've been worried about you. Can we talk?
If not, who are you comfortable talking to?"

"I see you're going through something.

How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit www.SAMHSA.gov/families.

If you or someone you know needs help, call 1-800-662-HELP (4357) for free and confidential information and treatment referral.

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

