



Kaibab Paiute Tribe 2025

Newsletter

MERRY
Christmas

WISHING YOU ALL THE BEST



Memo

To: Kaibab Paiute Community
From: Roland Maldonado, Tribal Chairperson
Department: Administration
Date: 11/24/2025
Re: Holiday Season

As we prepare to enter the holiday season, we wanted to acknowledge the contributions of the tribal staff that make our tribal government and community successful.

At the November 20, 2025 Regular Tribal Council meeting, the Council approved three paid holidays of leave for employees on the following days:

Friday, November 28, 2025

Friday December 26, 2025

Friday, January 2, 2026

Tribal offices will be closed on these days so please plan to visit the offices to conduct business while we are open the remainder of the week. Thank you and have a great holiday season with family and friends.

Dear Tribal Members,

I would like to provide a brief update on recent developments within our tribally owned enterprises and corporate governance efforts.

First, I am pleased to share that the Tribal Council has officially appointed a new Board of Directors for the Kaibab Paiute Corporation (KPC), filling the final open seat with Melanie Archuleta. Melanie brings a strong background in Native education, arts, and program management. She currently serves as a Program Officer with the American Indian College Fund, where she manages partnerships with 25 Tribal Colleges and Universities, oversees grant programs, contributes to strategic planning, and administers six-figure multi-year budgets supporting Native Arts and Culture initiatives. Her experience in strengthening Native-focused programs and communities will be a valuable asset to KPC's leadership and future direction.

I am also proud to announce that Kaibab RV Park was recently awarded "Best of the Best Campground" by RV Life. This recognition is based on consistent high ratings and positive reviews from RVers across the country. This achievement reflects the dedication and professionalism of our RV Park team. I am incredibly thankful for the hard work and commitment of Oliver Homer, Mary Yracheta, Manager Jessi Iverson, and our camp workers. The tremendous progress the RV Park has made this year is a direct result of their leadership, teamwork, and daily efforts.

Kaibab Tu'ee continues to perform exceptionally well. As of the end of October, this year's sales have already surpassed total sales for all of 2024 — a tremendous accomplishment, especially considering we still have another month remaining before the new year. The momentum we are seeing at Tu'ee reflects both effective management and the steady support of our community and travelers passing through our area, positioning the store for continued growth and stability moving into the next year.

Thank you to our membership for your continued support, engagement, and pride in your tribally owned businesses.

Respectfully,

John McClellan
Economic Development Director
Kaibab Band of Paiute Indians



Congratulations on Earning RV LIFE's Best of the Best Award for 2025-!

Hello, Kaibab Paiute RV Park & Campground,

After reading the glowing stories shared by RV LIFE members, it's clear that Kaibab Paiute RV Park & Campground is a truly special place that consistently delivers outstanding experiences, and earns remarkable satisfaction from the RV LIFE community. For this reason, **Kaibab Paiute RV Park & Campground has been recognized as one of RV LIFE's "Best of the Best" for 2025!**

To qualify for this honor, campgrounds must have received multiple new reviews within the past year, ensuring that recognition reflects current experiences. From there, we looked not only at overall ratings, but also at the level of engagement your park inspired. In short, a higher volume of reviews, ratings, and feedback, paired with exceptional guest satisfaction, boosted your overall score and earned you a well-deserved place among the top 25% of campgrounds!

When guests talk about your campground, they consistently praise your **immaculate facilities; spacious level sites; and exceptionally friendly staff.**

Statements like ...

"The facilities are extremely well maintained and the staff was very nice and helpful. All in all a 5 star experience!"¹¹

"Super clean, friendly staff, quiet area with great views."¹¹

... are a testament to the wonderful experience you provide and the trust you've built with the RV LIFE community.

Congratulations to you and your entire team. To help you celebrate this achievement, a "Best of the Best" package is on its way to you, containing:

- Your official Award Certificates to display with pride.
- Custom window clings with a QR code to encourage more great reviews.
- An exclusive guide to help you showcase your new award status.

Thank you for being a campground the RV community is proud to call a favorite.

Warmly,

Dawn Watanabe

Director of Campground Success, RV LIFE

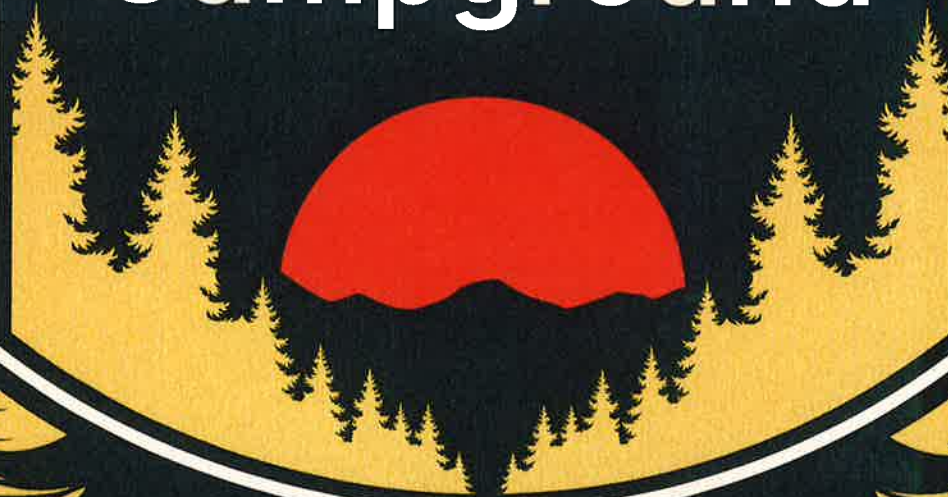
dawn@RVLIFE.com Ipr@RVLIFE.com IRVLIFE.com

2025 WINNER



RV LIFE

**Best of
the Best
Campground**



This award is in recognition of consistent
exceptional ratings and reviews
from RVers on [RVLIFE.com](https://www.rvlife.com)



Remember that the Tribal Trust/Enrollment Office is open Monday through Thursday from 8 am till 12 pm. The office is closed on Friday. My telephone number is 928-643-8321 and my email address is vcastro@kaibabpaiute-nsn.gov.

Please do not contact me on Facebook or Messenger. These are not secure ways to talk to me about enrollment issues. If you are looking for a specific form look at the tribe's website, most of the forms we use are in the drop-down menu.

The Enrollment Committee will meet on December 4th at 10 am to review enrollment applications.



News from the Tribal Housing Department

Winter is coming.

All hoses should be disconnected from the outside faucets.

Do not stack your wood right next to your house, that is a fire hazard.

We want to remind everyone that when one dumpster is full, **PLEASE USE THE OTHER DUMPSTERS.**

Unfortunately, the dumpster gets piled high with bags and then the crows/cats get into the bags and scatter the trash. Your cooperation is appreciated.

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. Also it's important to call in the work order as soon as there is trouble, not when it becomes a bigger issue.

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. If it is a decrease and it is reported after the 15th, the decrease will take effect the following month. If it is reported before the 15th it will take effect that month.

Lastly, we will be having our Christmas House decorating contest. Winner from each village and a grand prize winner. Winners will be announced at the Community Christmas party on December 20th. Can't wait to see everyone's houses. REMEMBER if you at least have on decoration up you will get \$10.00 off DPW bill.



Winter Home Maintenance



It's easy to forget, or ignore, the importance of preparing your house for winter. However, maintaining your home during winter will help you avoid expensive repairs or surprises. Using this checklist will improve home efficiency, save you money and keep you comfortable as the mercury plummets.

Annual Tasks

Interior

- ☐ Reverse the direction of ceiling fans to force warm air down into the room.
- ☐ Inspect windows and doors for cracks or leaks. Replace weather stripping if needed.
- ☐ Install or increase attic insulation or have a professional inspection if you're concerned about heat loss through the roof.
- ☐ Inspect pipes that run on exterior walls for vulnerabilities to freezing.
- ☐ Hire a pro to inspect your furnace or heating system.
- ☐ Check batteries in smoke detectors and carbon monoxide detectors.
- ☐ Turn off water valves that supply water to spigots.
- ☐ Pour water in your sump pit to make sure the pump works correctly.
- ☐ Store window-mounted AC units.
- ☐ If your HVAC system has a humidifier, get it inspected and calibrated. Make sure the drain line is clear.

Exterior

- ☐ Replace window screens with storm windows.
- ☐ Drain then store garden hoses in a covered area.
- ☐ Get your chimney cleaned if you rely on a fireplace or a wood stove for heat.
- ☐ Identify tree hazards that pose risk to your home from heavy snow or strong wind.
- ☐ Screen intake vents to prevent rodents.
- ☐ Make sure your snow blower or plow truck is ready to go.
- ☐ Clean your gutters and downspouts to facilitate water runoff in the spring.
- ☐ Clean debris from flat roofs or roof valleys where leaves can collect and hold moisture.
- ☐ Store patio furniture in the garage or garden shed.

Ongoing Tasks

These tasks require frequent inspection. How often will depend on the severity of the weather, wind and precipitation. Use your best judgment. If you can't decide, we recommend reviewing this checklist at least once a week:

Interior

- ☐ Monitor windows and doors for drafts.
- ☐ Replace your HVAC air filter every three months.
- ☐ During deep cold spells (<15° for more than 24 hours) keep all interior doors open to encourage heat circulation.

Exterior

- ☐ Continue to monitor the roof for any ice dams or damage. Icicles are an indication of a poorly insulated attic and a potential ice dam threat.
- ☐ For heavy snow years, make sure your roof can sustain the weight. Otherwise, get a roof rake to remove large snow loads.
- ☐ Keep large snowdrifts from piling up against your home.
- ☐ Use sand or gravel on walkways for traction. Salt/ ice-melt is also effective but has a narrow operating temperature range and isn't very environmentally friendly.
- ☐ Keep driveways and walkways clear of snow between storms. Maintain your snow removal equipment.

Space Heater Safety Tips

Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fires result in hundreds of deaths, thousands of injuries and millions of dollars in property damage.

Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. Unfortunately, they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.

Safety should always be a top consideration when using space heaters. Here are some tips for keeping your home safe and warm when it's cold outside:

- Make sure your space heater has the label showing that it is listed by a recognized testing laboratory.
- Before using any space heater, read the manufacturer's instructions and warning labels carefully.
- Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
- Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.
- Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes.
- Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.
- Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.
- Locate space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater.
- Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat and start a fire.
- Always unplug and safely store the heater when it is not in use.



YOU ARE INVITED TO THE

 **KAIBAB** 

Christmas Pajama Party

**DEC 20
SAT**

**KPT
GYM**

**1
PM**

**FOOD . GAMES . CHRISTMAS MOVIE
SANTA AT 3**

(CHILD MUST BE PRESENT TO RECIEVE A GIFT)

Contest all ages:
Wreath
Coloring Page
Gingerbread House

**Bring items to gym Friday 12/19/25
3pm - 5pm - no late entries**



WE'LL BE MAKING BLUE CORN SUGAR COOKIES! THERE WILL BE TWO CLASSES ONE FOR KIDS AGES 1-17 AND ADULTS/ELDERS. LET'S HAVE SOME FUN BAKING AND DECORATING COOKIES, RAFFLES AFTER EACH CLASS!

Kids Cookie Class

Date: December 3rd, 2025

Time 4:30 PM

Where: KPT GYM Kitchen

Adult/Elder Cookie class

Date: December 10th, 2025

Time 5:00PM

Where: KPT GYM Kitchen

RSVP to Larecia 928-643-8330

I would like a head count so I can have enough baking supplies! Adults/Elders bring your baking utensils! (Example: Mixer, bowls, spatula, roller, baking sheet, cookie rack, cookie cutters and ect. If If you dont have all thats okay! Bring what you can!)





Kaibab Ward

Christmas Party

Saturday, December 13, 2025

6:00 p.m. – 8:00 p.m.

at The Church of Jesus Christ of Latter-Day Saints
Moccasin, Arizona

- Dinner
- Nativity Program
- Santa Claus

All are invited to attend this festive occasion.
If you have any questions or concerns,
please contact Stephanie Johnson, (928) 218-1267



Senior Kitchen December Menu

Building Open 7:30a-2:30p

Serving 11:30-12:30

(This is a tentative menu, and subject to change)

Mon	12/01	Chicken Parmesan Toss
Tue	12/02	Meatloaf
Wed	12/03	Pork Stew
Thu	12/04	Turkey Dinner
Fri	12/05	Salsbury Steak
Mon	12/08	Beef Taco Salad
Tue	12/09	Cornbread Chicken Casserole
		Mint Making 12:45-2
Wed	12/10	Grilled Cheese & Soup
Thu	12/11	Swiss Steak
Fri	12/12	Turkey Meatloaf
Mon	12/15	Cheesy Zucchini Rice
Tue	12/16	Beef Rigatoni
Wed	12/17	Pork Chili
Thu	12/18	Chicken a la King
Fri	12/19	Ham hocks & Beans
Mon	12/22	Pizza
Tue	12/23	Baked Chicken Breast
Wed	12/24	Closed
Thu	12/25	Holiday
Fri	12/26	Closed
Mon	12/29	Zucchini Casserole
Tue	12/30	Enchilada Casserole
Wed	12/31	Chicken Soup
Thu	01/01	Holiday
Fri	01/02	Closed

Let's Make Christmas Mints!

We have a family tradition of
making Cream Cheese mints for
Christmas, and I want to share
this with YOU!

Join me at the Senior Center
Kitchen on Tuesday, Dec. 9th,
12:45- 2:00



Biggest Loser Challenge

LET'S GET FIT TOGETHER

Sign up now. Begins
Friday December 05,
2025 - March 31,
2026



\$20 entry fee. Rules,
weigh in and picture
taken at KPT Gym.
KPT Residents Only

KPT CHR & SDPI Program

LET'S
JUMP

Kids Day/Fitness Friday *& Play!*

House of Jump

St George, UT

December

05

1:00-4:00 PM

Permission slip and sign up No Later than Dec 03
RSVP (928)643-6007 Quanah or Tara

PREVENT COLDS & THE FLU

Because of the increased risk for illness this time of year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at-least 30 seconds with soap and water.



2

COVER

Cover your mouth and nose when cough or sneeze with your elbow or a tissue.



3

DON'T TOUCH

Do not touch your eyes, nose or mouth! These are areas where a virus can enter your body.



4

AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after interactions.



Tips for Managing Blood Sugar

Did you know ?

Living well with diabetes is possible!
There are things you can do to help you stay healthy.

1

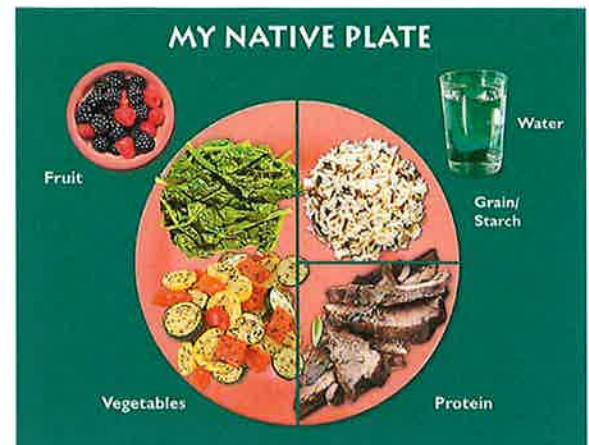
Choose water instead of sugary drinks.

2

Make healthy food choices.

Use your plate as a guide.

- Fill half of your plate with vegetables.
- Fill the other half of your plate with a grain/starch and a protein.
- Add a side of fruit.



3

Do something active every day.

- Choose an activity that you enjoy.
- Wear comfortable clothes and shoes.
- Ask a friend or family member to join you.

4

Find healthy ways to reduce stress.

Stress can raise your blood sugar. Below are some ideas that may help you feel less stressed.

- Talk with others.
- Go for a walk in nature.
- Spend time on a hobby such as beading or gardening.



Ask your medical provider if the following is right for you:



Checking blood sugar



Taking medicines



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
07/2019

Take a picture with your cell phone.
Look at the picture later as a reminder!



MY NATIVE PLATE



Fruit



Water



**Grain/
Starch**

Protein

Vegetables

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water



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Indian Health Service, Division of
Diabetes Treatment and Prevention.
11/2024



Remember:



Stay active



Drink water



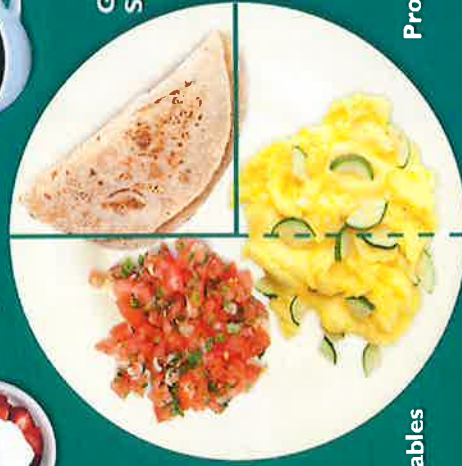
Use a 9-inch plate

Notes:

More Ideas for MY NATIVE PLATE



Fruit /
Dairy



Vegetables

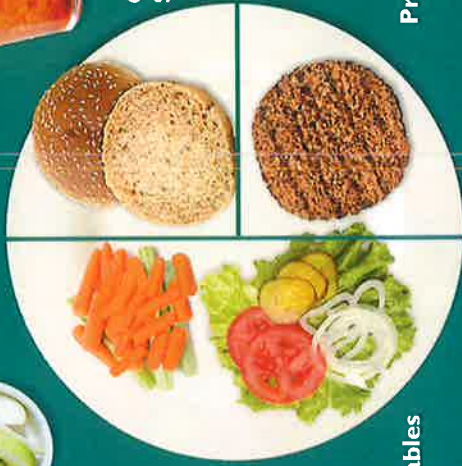
Grain/
Starch

Protein

Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



Fruit



Vegetables

Grain/
Starch

Protein

Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Fruit



Vegetables

Grain/
Starch

Protein

Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

Ways to Add Variety to Meals and Snacks

Vegetables and Fruits

Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

Examples

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

Proteins

Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

Grains and Starches

Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash



Produced by the IRS Division of Customer Training and Promotion
For more information also visit www.irs.gov/efile

BE PREPARED *for Sick Days*

**Stay on a straight path.
Be in a good way.**

People with diabetes can get sick even when doing their best to maintain balance. On sick days, managing blood sugar can be difficult. Work with your health care team to make a plan to be prepared when sick.



Prepare Before Getting Sick

+ PROTECT YOURSELF

Vaccines help protect against many preventable illnesses such as the flu, pneumonia, respiratory syncytial virus (RSV), and coronavirus. Be sure to get your annual vaccinations to help prevent getting sick or shorten its duration.

+ HAVE ON HAND

Medicines and Supplies:

- Diabetes medication(s)
- Glucose testing supplies
- Thermometer
- Glucose tablets or gels
- Fever/Pain relievers
- Medicine to control diarrhea
- Antacid

Food and Fluids:

Easy to prepare and contains carbohydrate:

- Sports drinks or juice
- Gelatin or applesauce
- Cereal or crackers
- Chicken soup
- Popsicles



+ DISCUSS WITH YOUR HEALTHCARE TEAM

- When to call your doctor or go to an emergency room
- How frequently to check your blood sugar
- How to adjust your insulin or oral medication, if necessary
- Which over-the-counter medications are recommended for colds or the flu

Practice preventive measures daily, such as avoiding people who are sick, covering your mouth when you cough, wearing a mask, and washing your hands often.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

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On Days You Are Sick

+ TAKE YOUR MEDICINE

- Continue taking your diabetes medications as usual or adjust according to your sick day plan.

+ MONITOR

- Test your blood sugar regularly and manage highs and lows as illness can cause fluctuations. Checking Your Blood Sugar
- Check your temperature every morning and evening. Call your provider if your temperature is 101° or more for 24 hours.



+ STAY HYDRATED

- Drink clear liquids like water, tea, broth, and calorie-free fluids to prevent dehydration.
- Try to drink 4 to 6 ounces every half-hour.

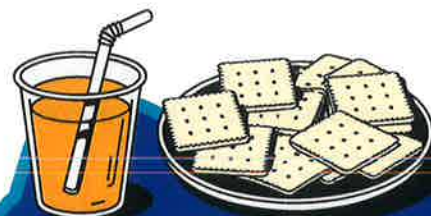
Seek Medical Care

+ CONTACT YOUR PROVIDER IF YOU ARE:

- Unable to keep fluids down for more than 4 hours.
- Unable to eat or keep foods down for 24 hours.
- Unable to keep down medications.
- Vomiting or diarrhea for more than 6 hours.
- Feeling unusually sleepy or can't think clearly.

+ CALL 911 OR GO TO THE EMERGENCY ROOM IF YOU HAVE:

- Difficulty breathing
- High fever over 101° F for 24 hours
- Chest discomfort
- Blood sugars consistently LESS than 60 mg/dL
- Abdominal pain
- or MORE than 240 mg/dL, and unable to correct



It can be hard to eat when sick.

Try to eat or drink 50 grams of carbohydrates every 4-5 hours:

- ½ cup of applesauce or 4 ounces of fruit juice with 12 soda crackers

Talk with your health care team about making a sick day plan. Write down your plan, including your provider's name and phone number, and share your plan with a family member or a caregiver.

Provider's Name: _____ Contact Number: _____



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Mindful Movement Examples

Meditative walking

connects you to your senses and can nourish your relationship with Mother Earth.

A morning walk can bring calm and awareness to your day. Feel your feet as you become grounded with the Earth. Take a few deep breaths.

If your mind is agitated, walk slowly until you are in the moment with each step.



Hatha yoga combines yoga poses with breathing and meditation. Examples of poses are legs-up-the-wall, child's pose, cat-cow, downward-facing dog, and warrior. Poses can be modified.

<https://nativestrengthrevolution.org>

Yoga is known to reduce stress and help with neck or back pain.



Traditional dance can be mindful movement. When dance calls for you to focus on your body and each movement, connecting you to the moment, the earth, and nature, this can be mindful movement.



Tai chi combines slow, gentle movements and poses with meditation and controlled breathing. Tai chi can reduce stress and improve balance. There are many styles of tai chi. Tai Chi Chih can be a good starting place.

[Video of the Tai Chi Chih practice](#)



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04/2025



Mindful Movement

Mindfulness can help bring awareness to the present moment with an open and non-judgemental mind. One can center and connect with the land, ancestors, and nature by being present in silence and focusing on each breath. Mindful movement can be a first step in centering in your day.

Healing practices like mindfulness and mindful movement can help reduce the cycles of stress by allowing a more peaceful self to emerge. Visit [Native Hope](#) or [Healing Breaths](#) for information.

What is mindful movement?

Mindful movement is low-intensity, intentional movement that focuses on breath and body awareness. Some examples are yoga, tai chi, traditional dance, and meditative walking.

Benefits of mindful movement

Mindful exercise supports emotional and physical health by:

- Improving muscle strength and posture
- Increasing flexibility and balance
- Reducing anxiety
- Reducing pain, swelling, and tension

Which option is right for you?

Mindful exercise can fit any level of fitness, age, or health condition. One way to begin is by joining a yoga or tai chi class led by a qualified instructor. If classes are not available in your area, try a video by Indigenous instructors. For an example visit [Native Strength Revolution](#).

One way to begin is to practice the [Savasana yoga pose](#) for a few minutes daily. The floor supports this relaxing position. With a relaxed breath, Savasana can lower blood pressure.

Learn about yoga effectiveness and safety: National Center for Complementary and Integrative Health
<https://www.nccih.nih.gov/>



Photo by Native Strength Revolution



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