

February 2025



Kaibab Paiute Tribal

Newsletter

HAPPY

Valentine's

DAY

*You
Paiute*

Cutie

Kaibab Band of Paiute Indians



Immigration and Customs Enforcement (ICE) Concern

The Kaibab Band of Paiute Indians is aware of post and articles circulating about the actions of Immigration and Customs Enforcement (ICE) agents stopping individuals who they believe may be illegal immigrants. There has been a response from Federal authorities on illegal immigration into the U.S., those who are citizens may be wrongfully detained as part of these operations. There have been no reports of ICE presence or improper detentions in our area or involving our tribal members. It is of utmost importance to us to ensure the safety and security of our tribal members.

I became aware of the situation on the 24th of January and immediately contacted the Tribal Liaison for the Governor Katie Hobbs, and that they have had no verifiable instances of wrongful detention. I have also contacted the Chief and Deputy chief of Staff for ICE to introduce myself and let them know that I will be the Point of Contact (POC) for the Kaibab Band of Paiute Indians.

Ways to Empower Yourself and Your Family;

- Ensure that your state and Tribal Identifications are up to date. KPT I.D. call Valencia Castro 928/643/7245 ext. 321
- Always carry your I.D.s with you.
- Remain calm and request their Identification, in order to verify that the person stopping you is ICE personnel.
- Do not physically resist or flee. Again remain calm and polite and present your identification.
- Keep personal contact information readily available.
- If detained or arrested, remain silent. Clearly state that, "I am exercising my right to remain silent. I want to speak with an attorney."
- Contact the Tribal Chairman O. 928/643/7245 ext.301 C. 435/689/1755

On behalf of Kaibab Band of Paiute Indians Tribal Council

Respectfully

A handwritten signature in black ink, appearing to read "Roland Maldonado".

Roland Maldonado
Tribal Chairman

Tribal Affairs

HC 65 Box 2
Fredonia, Arizona 86022

Phone (928) 643-7245
Fax (888) 939-3777

NOTICE

Date: January 29, 2025
To: John McClellan , Economic Development Director
From: Chairman Roland Maldonado
Subject: Appointment to the Board of Directors

Hello Director McClellan,

This notice is to inform you that at our Special Tribal Council meeting held on January 28th, that the three candidates presented were approved;
Angelita Bullets, term of 3yrs
Joel Schultz, term of 3yrs
Mark Whetherhult, term 2yrs
Were approved to serve on the Kaibab Paiute Corporation, Board of Directors.

Thank you

Respectfully



Roland Maldonado
Tribal Chairman

Kaibab Band of Paiute Indians Update Letter

Dear Tribal Members,

I am pleased to share some exciting updates on several key initiatives and developments that continue to strengthen our Tribe's economic landscape and sovereignty.

Cannabis Initiative Progress

The cannabis initiative has been making significant strides. We have retained Jana Simmons from Ropers Majeski Law Firm, a legal expert specializing in cannabis operations on tribal lands. Her expertise will be invaluable as we move forward in establishing a well-regulated and successful enterprise.

Recently, myself and members of the Tribal Council had the opportunity to tour the Deep Roots Dispensary facility in Mesquite, NV. Deep Roots has impressively scaled its operations to include cultivation, wholesale distribution, and retail sales. I found their operations to be highly professional and well-structured. Additionally, we visited Nuwu, another professionally run operation. It was inspiring to see a Southern Paiute Band exercising its sovereignty in this industry.

Section 17 Federal Charter Approval

We are excited to announce that the Bureau of Indian Affairs has approved the Section 17 Federal Charter that the Kaibab Band of Paiute Indians has pursued for the past year. The official entity name is the **Kaibab Paiute Corporation**. In alignment with this milestone, the Tribal Council has also approved board of director appointments to the Kaibab Paiute Corporation. This is a significant step toward aligning our economic development efforts with other tribes that have successfully diversified their revenue streams beyond gaming and traditional enterprises.

Kaibab Tu'ee Grand Reopening

Earlier this month, we celebrated the grand reopening of **Kaibab Tu'ee**. The renovations were completed to the highest standards, and our contractors did an outstanding job. Our dedicated staff hosted a wonderful reception, showcasing new food items that will soon be available at the store. We appreciate everyone who attended and supported this event.

As we continue to explore new opportunities that benefit the Tribe, we remain committed to strengthening our economic foundations and securing a prosperous future for our people.

Thank you for your continued support and engagement.

Sincerely,
John McClellan
Economic Development Director
Kaibab Band of Paiute Indians

WE'RE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

- Tribal Council Secretary
- Registered Home Health Care Nurse
- Water Resources Manager

www.kaibabpaute-nsn.gov/hr
Email: hr@kaibabpaute-nsn.gov



Samantha Mikesell, Finance Clerk

Welcome

TO THE TEAM

Kaibab Band of Paiute Indians



SOUTHERN PAIUTE CONSORTIUM 2025 ANNUAL RIVER TRIP

The Southern Paiute Consortium is looking for tribal members that want to attend the 2025 10-day Grand Canyon River Monitoring trip from Lee's Ferry to Diamond Creek.

River Trip Dates: **June 7th – 16th, 2025**

If you are interested in this year's Grand Canyon River trip, please give me a call, or email me Monday – Friday 8am to 5pm.

Once I get your call or email you will be sent an application which will need to be filled out and returned to me on or before May 2nd, 2025. On this day all Applications will be put on the tribal council meeting agenda, and the Tribal Council will choose the Tribal member participants.

Thank you,

A handwritten signature in black ink, appearing to read "Daniel Bullets".

Daniel Bullets
Cultural Resource Director/Southern Paiute Consortium Direct
Phone: 928-643-6278
Email: dbullets@kaibabpaiute-nsn.gov

Cultural Resources

HC 65 Box 2
Pipe Spring, Arizona 86022

Phone (520) 643-6014
Fax (520) 643-7260

NEWS from the Cultural Preservation Office

Office Phone # (928) 643-7365

Open to tribal members, other natives living at Kaibab,
community residents & tribal staff

2025 Tuhweenup

Winter Storytelling

February 21, 2025

6:00PM-8:00PM



5:00-6:00PM Dinner

(available until we run out)

Kaibab Community Building

Southern Paiutes join Daniel in sharing a Southern Paiute winter story or a tribal history story. Sign up by contacting LeAnn (928) 643-7365. Storytellers will receive a thank you gift.

Sponsored by Cultural Preservation & Cultural Resources
- In Person Event -

Coming in MARCH Public Tuhweenup and
Elders Spring Social!! Watch for flyers



GLOW BUG: TRACKING THE SPREAD OF A VIRUS!



Join us for Science Friday as we learn about
viruses and how to properly wash our hands!

February 21, 2025

11 am–12 pm

KPT Library





Butterfly Hide & Seek: The Science of Camouflage!

Join us on Science Friday as we
learn about an adaptive trait in
evolutionary ecology!

February 7, 2025
11 am-12 pm
KPT Library

For transportation, RSVP by calling
the library at 928-643-6025



MEMBER OF
**FEEDING
AMERICA**



COMMUNITY FOOD DISTRIBUTION

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, February 12th, 2025

Drive Thru Distribution: 11:30 to 1:30 (ARIZONA)

RV Park:

600 North Pipe Springs Rd Fredonia AZ 86022

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

For more food resources, please visit: www.AZFoodHelp.org or call 2-1-1

Yearly Calendar Template

Year

Month

Start Day

1:Sun, 2:Mon ...



St. Mary's
Food Bank

2025

2 N Pine Springs Rd. Kaibab, AZ

Kaibab Paiute

Distribution: 2nd Wednesday From 11:30AM to 1:30PM

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

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16	17	18	19	20	21	22
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March

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23	24	25	26	27	28	29
30	31					

April

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

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22	23	24	25	26	27	28
29	30					

July

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13	14	15	16	17	18	19
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27	28	29	30	31		

August

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

S	M	T	W	T	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FAMILY GAME NIGHT

Where:-----

Community Bldg

When:-----

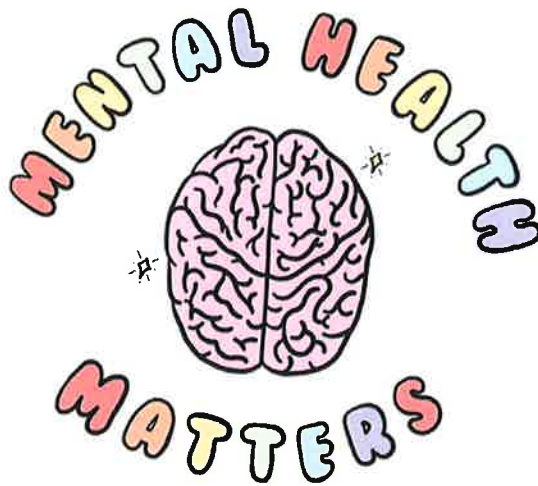
February, 14th

Time:-----

4:00pm-6:00pm

Dinner... Games.. Prizes





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 KALAULI..... (928)643-8320
PENNY KELLER..... (435)689-0381
CIERRA ROSSMAN..... (928)643-8336
LARECIA JAKE..... (928)643-8330

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

Stay;
Tomorrow needs you

February is International Boost Self-Esteem Month:

Self-esteem, simply put, is how you feel about yourself. And while our self-esteem begins to develop in early childhood, it is not set in stone. In fact, self-esteem is ever-changing throughout your life. There may be times when your self-esteem is at an all time high, and others when it has taken an undesirable dip, perhaps due to a stressful life event or mental health struggle, like clinical depression. Everyone has the power to develop their self-esteem independent of help from others, and the benefits are significant.

At HPA/LiveWell, we believe having a healthy self-esteem is not simply about liking yourself more. It is also a way of improving your mental health. In fact, for those with existing mental health struggles, such as severe depression and anxiety, boosting self-esteem can increase feelings of worth and help you manage feelings of sadness, emptiness, etc. Also, a healthy self-esteem can help ward off mental health concerns altogether, as low self-esteem is one of the main major depression causes.

For more information about clinical depression and other types of mood disorders, and how HPA/Livewell approaches major depression treatment, please [click here](#).

So, if you suffer from clinical depression, or simply feel your self-esteem could use a boost, there are ways you can help yourself. Some methods may fit better for you than others. Yet, they are all worth a try.

Stop the negative self-talk

How do you describe yourself – intelligent, stupid, beautiful, ugly, kind? The labels we assign ourselves are endless and often, the negatives outweigh the positives. Yet, these labels are not just meaningless words that flow in and out of our heads. They become ingrained, and begin to shape our perceptions, self-esteem, and even contribute to mental health concerns like clinical depression.

Pay attention to your self-talk and how critical you are. Do you nit-pick each and every flaw you have? With increased awareness, you can begin to catch yourself when negative thoughts come up, and begin to challenge and change them.

Accept your “flaws”

As human beings, we all have “flaws”; things we wish we could change or improve upon within ourselves. Yet, to stop these “flaws” from overpowering our self-esteem, it is important to separate the “flaws” that can be worked on, from those which are unchangeable.

For those unchangeable “flaws”, there really are only two choices: you mull over it, or you can choose acceptance. With acceptance, you can begin to move further away from personal struggle, whether it be clinical depression, or simply low-self-esteem. You might be wondering how you can just accept something you do not like, and it is all about a state of mind. Accepting your “flaws” does not have to mean you like them. It simply means you choose to no longer let something that cannot be changed have control over you. Acceptance allows you to spend less time and energy focusing on what you do not like, which gives you space to discover your strengths.

Celebrate your strengths

Celebrating your strengths is simple activity to incorporate into daily life. And it only has to take up 5 minutes of your time. Take a moment to yourself once per day to reflect on what your personal

strengths are. These can be things you like about yourself physically, but think also in terms of your personality, your abilities, your relationships, etc.

Some examples:

"I make my friends laugh."

"I show love for my significant other."

"I am a good caretaker to my animals."

Once you acknowledge some of your strengths, write them down, and do something to celebrate them! Pick one and identify how it contributes to making your life better. Or, distinguish how your strengths have added to your accomplishments (no matter how small). If you have trouble with this at first, talk with your friends and family about each other's strengths and successes. Hearing feedback from loved ones is helpful.

Practice self-care

Taking better care of yourself is one of the quickest ways to provide an instant self-esteem boost, but also one of the easiest things to ignore when you are not feeling up to the task. Practicing self-care takes effort and we can all find reasons not to do it. Maybe daily life, stress, or clinical depression has gotten in the way. And while it may take a bit of planning, practicing self-care is a must for positive self-esteem.

Self-care means focusing on yourself and your needs, through things like getting sufficient sleep, nourishing your body appropriately, engaging in daily hygiene, and participating in activities that promote a sense of peace and well-being. Examine your current self-care practices, and identify where you may be lacking. By boosting your self-care routine you will feel better about yourself, and things like clinical depression will be easier to manage.

Achieving a healthy self-esteem is a process. Yet, with using some of the approaches mentioned above, you may find that life looks a bit brighter. Boosting your self-esteem may not cure your clinical depression, anxiety, or other struggle, but it can create a sense of resilience during difficult and stressful times. Obviously the benefits are abundant, but you must be willing to put in the effort.

A decorative border of red hearts of various sizes surrounds the text. The hearts are arranged in a somewhat rectangular frame, with some hearts overlapping the corners and edges.

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)
- rsvp - 8 spots available - call Larecia 643-8330

When: February 10, 2024

Where: Steamboat Community bld.

Time: 5:30 PM AZ time

**zoom link will be
posted the day of
class**

Southwest Vegan Stuffed Peppers

These easy vegan stuffed peppers have a Southwest-inspired filling with spicy tomato rice and beans for a hearty, healthy, and super satisfying meatless meal!

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins



Course: Dinner Cuisine: Mexican, Southwestern Diet: Gluten Free, Vegan, Vegetarian
Servings: 4 servings Calories: 449kcal Author: Terrence Paschal

Equipment

- Measuring Cups
- Measuring spoons
- Knife set
- Large Pot



4.99 from 65 votes

Ingredients

- 1 cup of uncooked brown rice
- 1 cup of diced onion
- 1 (14-ounce) can of fire-roasted tomatoes
- 2 cups of water + 3 tablespoons of water divided
- 1 tablespoon of chili powder
- 1 (15-ounce) can of kidney beans rinsed and drained
- 1 (15-ounce) can of black beans rinsed and drained
- 1 (1.25-ounce) packet of your favorite taco seasoning
- 4 large green bell peppers

Instructions

1. In a large non-stick pot over medium-high heat, add brown rice and onion. Cook for 5 minutes until the onion begins to soften and become translucent.
2. Add the tomatoes, 2 cups of water, and chili powder to rice. Cover, lower heat to a simmer, and let cook until water is absorbed.
3. Preheat the oven to 350 degrees F (176 degrees C).
4. While rice is cooking, cut tops off of bell peppers and remove seeds. Place the peppers in a large pot of boiling water. Let boil until the peppers become light green, and soft. Remove from water and place the peppers in a small pan.
5. Place beans in a non-stick pan, add taco seasoning, and 3 tablespoons of water. Mix well, and add cooked rice mixture. Continue to cook until beans are warm.
6. Scoop rice and bean mixture into bell peppers. Place them in the oven for 10 minutes. Remove from the oven and top with your favorite taco sauce or salsa.

Nutrition

Calories: 449kcal | Carbohydrates: 91g | Protein: 18g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 1586mg | Potassium: 1116mg | Fiber: 21g | Sugar: 12g | Vitamin A: 2423IU | Vitamin C: 144mg | Calcium: 149mg | Iron: 6mg

Southwest Vegan Stuffed Peppers <https://plantbasedonabudget.com/southwest-stuffed-bell-peppers/> April 13, 2023

Kaibab Gym
Diabetes Program

EVENT SCHEDULE

**FEB
6**

CORNHOLE TOURNAMENT

Join us for our 1st annual Cornhole Tournament! There will be prizes for the Champion, 2nd place and 3rd (pending players). Bring your friends and neighbors for a day of fun competition!

FAMILY NIGHT

Test your skills and have a blast at our Family Night! Teams of up two and individuals can compete for bragging rights and exciting prizes. Enjoy a fun obstacle course challenging your friends and family.

**WED
5**

**FEB
14, 28**

KIDS FITNESS FRIDAY

Send the kids to fitness Friday on their day off of school. We provide rides to and from and light snacks. Attend three (3) and earn a day trip ice skating. Parents are welcome at your own expense.

PEE WEE, JUNIOR AND TEEN BASKETBALL TOURNAMENT

Kids get ready for some basketball. Ages 5-7, 8-12 and 13-17 Co-Ed basketball tournaments. More information to come. Volunteers are welcome.

**MAR
01**

**QUESTIONS CALL TARA OR QUANAH FITNESS COORDINATORS
(928)643-6007**

Kaibab Paiute Tribe SDPI

FREE WORKOUT

COME JOIN US

**What do I need to get to
my first free workout?**

- Meet at the Eagle Mountain Community Bldg
- Active Elders Mon and Wed 10:00 am
- Take the most necessary things with you



Questions call Tara Spute or Quanah Benson
Fitness Coordinators (928)643-6007



Emergency Notification Registration

Please return to the tribal office
or Jerry Yracheta
Emergency Services Manager

This information will be used to
send out information about
emergencies and other events

First Name	
Last Name	
Street	
City	
State/Zip	

Cell Phone	
Home Phone	
Personal Email	
Work Email	

Please Check if Applicable

Do you have any of the following

☐	Hearing Impaired
☐	Visually Impaired
☐	Speech Impaired
☐	Mentally Impaired
☐	Wheelchair/Mobility Problems
☐	Oxygen Dependent
☐	Electrical Powered Device
☐	Dialysis
☐	Refrigerated Medicines
☐	Don't Speak English
☐	Service Animal
If Yes: Breed/Name:	

Do you have any of the following skills:

☐	Medical Professional
☐	C.E.R.T Trained
☐	Disaster Service Worker
☐	Can operate heavy equipment
☐	Have heavy equipment
☐	Have been or are an EMT
☐	Counseling/Mental Health
☐	Computer/IT Skills
☐	Clergy
☐	Incident Command or EOC Training
☐	Secretarial or Record keeping skills
☐	Speak another language:

News from the Tribal Housing Department

Winter is here.

Remember, do not stack your firewood close to the house as this is a fire hazard. Always bury your ashes, do not dump in the dumpsters.

Disconnect all hoses from the outside faucets. Failure to do so could result in broken water pipes.

When the temperatures drop at night, leave a faucet dripping. It will help the water lines to not freeze.

All household garbage goes into the dumpsters, not the big dumpster behind the housing office.

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.



Fast & Easy House Cleaning Tips

Here are just a few fast and easy ways to clean your house and keep it clean:



Clean Your Entire House and Not One Room At Time

Cleaning is way more efficient if you pick one job like dusting, vacuuming, or mopping and doing the same task in every room in the house, rather than cleaning the rooms one at a time. This method keeps you from feeling like you are in an endless cleaning circle and starting the same job over and over.

Get a Tool Caddy or Bucket For All Your Cleaning Tools

Keeping all your cleaning supplies and tools together makes it much easier and efficient.

Remove the Clutter

Go into each room and pick up the clutter before you start any cleaning task. Clutter has three categories, you either put it away, toss it in the trash, or donate it.

Dust and Vacuum

Start your dusting with the tops of furniture, handrails, picture frames, decorations and TV screens. Then change the sheets on the beds before you start to vacuum.

Clean Mirrors and Glass

Use one damp microfiber cloth followed by one dry cloth to clean all of your mirrors and glass surfaces.

Disinfect All Surfaces and Counter tops

Wipe down the hard surfaces like counter tops, appliances, cabinets, doorknobs, light switches, and TV remotes. Make a non-toxic disinfection solution by mixing one-fourth to a half cup of white vinegar with one cup of water.

Focus On Tubs, Sinks and Toilets

Spray cleaner on the kitchen sink, bathroom sinks, tubs and toilets. Let the spray sit for a few minutes so the cleaner has time to dissolve dirt and grime, then start scrubbing. Also, wipe down the inside of your microwave and clean toilets last. Cut up a half of a lemon and put into your garbage disposal and turn it on with cold water running. This will give it a nice scent while helping clean the inside of your disposal.

Sweep First, Mop Last

Sweep the kitchen and bathroom floors first, then start mopping from the farthest corner of the room and move backwards towards the doorway so that you don't mop yourself into a corner. Rinse the mop frequently while you're mopping.

Routinely Wash Your Cleaning Tools

Part of cleaning your house is also maintaining your cleaning tools. Using a dirty mop or a vacuum with a full bag is less effective and you'll end up spending more time when it's time to clean.

Clean the Bathtub the Easy Way

We have found that using Softscrub with Bleach is one of the best and easiest ways to clean a bathtub shower floor. Get a soft but stiff brush from almost any big-box store like Walmart or Lowes, and Softscrub with Bleach. It will clean the tub easily and disinfect it within minutes.