



Kaibab Paiute

Newsletters

March 2025



Loretta Bloomer,
Tribal Council Secretary

Welcome
TO THE TEAM



The Enrollment Committee has one vacant seat. Please come and apply to be on our committee. We review enrollment applications and the Tribal Member Distribution lists. We meet twice a quarter, on the first Thursday of the months we have our meetings. We are looking for a committed and dedicated tribal member to help make decisions for our Tribal Enrollment.

If you are interested, please ask the receptionist for the Enrollment Committee application.

If you have moved recently, please remember to update the Tribal Trust office of your new address. The Tribal Administration looks to the Tribal Trust Office for current addresses for our tribal members when important information needs to be given out. Please remember to update the addresses of your children, if under the age of 18, so that Providence First Trust has a current address as well.



If you have changed banking institutions, please notify the Tribal Trust Office before the 17th of the month we receive our Tribal Member Disbursement. This will ensure that your payment will not be interrupted. If you need any help, please contact Valencia Castro and I will assist you. I am in the office Monday through Thursday, from 8 am till 12 pm. Direct telephone number: 928-643-8321; email address: vcastro@kaibabpaiute-nasn.gov.

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,

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



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

Emergency Notification Registration

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	

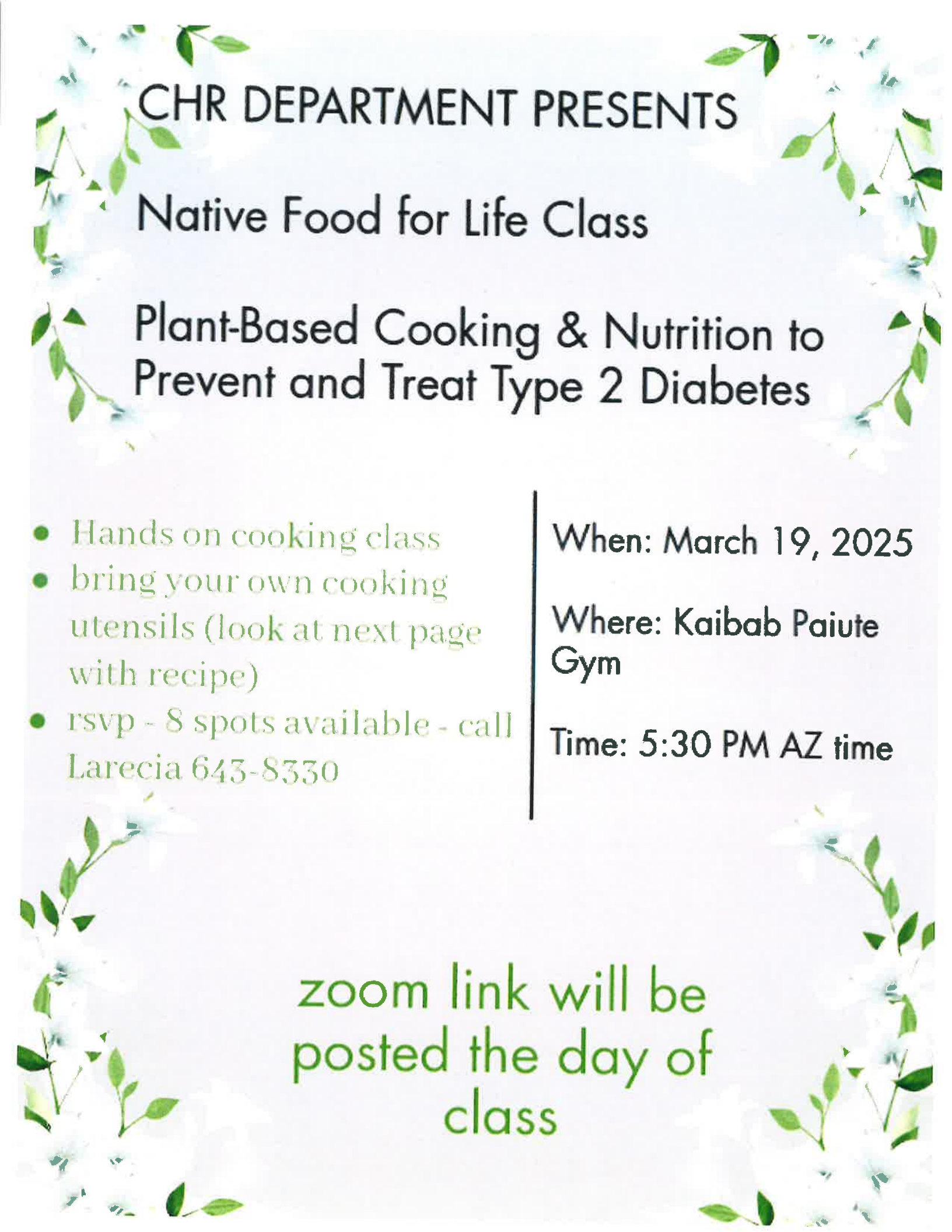
Please Check if Applicable

Do you have any of the following needs:

☐	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:



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: March 19, 2025

Where: Kaibab Paiute
Gym

Time: 5:30 PM AZ time

zoom link will be
posted the day of
class

Air Fryer Buffalo Cauliflower

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Serves 4



These air fryer buffalo cauliflower bites are a fun veggie alternative to chicken wings! Saucy, spicy, and crispy, they're great for parties and game day. Serve them with classic blue cheese dressing or my vegan ranch for dipping.

Equipment

- Instant Pot Omni Plus Air Fryer

Ingredients

- $\frac{3}{4}$ cup all-purpose flour, spooned and leveled
- $\frac{1}{4}$ cup cornstarch
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{3}{4}$ cup water
- 1 head cauliflower, about 2 pounds, broken into large florets
- Buffalo Sauce, for brushing
- Vegan Ranch, for dipping, optional

Instructions

1. Preheat the air fryer to 400°F.
2. In a large bowl, whisk together the flour, cornstarch, garlic powder, onion powder, paprika, and salt. Add the water and whisk until smooth. Add the cauliflower and stir to coat.
3. Lift the cauliflower florets out of the batter, allowing any excess batter to drip back into the bowl. Arrange in a single layer in the air fryer basket, leaving a little space around each floret. Don't crowd the basket. Work in batches as necessary.
4. Air fry for 9 minutes. Remove from the air fryer and use a spatula to carefully flip the florets. Brush with some of the buffalo sauce. Air fry for another 5 to 10 minutes, or until the cauliflower is dark and crisp around the edges.
5. Remove from the air fryer and brush with additional buffalo sauce. If desired, serve with vegan ranch for dipping.

Find it online at <https://www.loveandlemons.com/air-fryer-buffalo-cauliflower/>

KPT GYM

Mon - Basketball 6 pm

Tue - Active Elders 9 am

Corn hole 6 pm

Wed - Workout Eagle Mtn 10 am

Basketball 6pm

Thur - Active Elders 9 am

Basketball 6pm

Fri - Kids day (2/28) 10 am

**Upcoming Youth Basketball
Tournament March 15 (8-12) call
to sign your kid(s) up!**

**ALL TIMES AZ., ACTIVITIES, DATES AND TIMES
SUBJECT TO CHANGE.**

**QUESTIONS CALL Quanah Benson or Tara Spute
FITNESS COORDINATOR
(928) 643-6007**

KAIBAB PAIUTE DIABETES PROGRAM
PRESENTS

ALL NATIVE CO-ED BASKETBALL

✦ TOURNAMENTS ✦



✦ \$150 ENTRY FEE
DUE MARCH 10, 2025 ✦

CANCELLED
MARCH 15, 2025 (8-12 YRS)
MARCH 28-29, 2025 (13-17 YRS)

✦ **KAIBAB PAIUTE GYM** ✦
KAIBAB RESERVATION

CONTACT TARA SPUTE (928) 660-2875 OR
QUANAH BENSON (928) 640-2069
Fitness Coordinators
(928) 643-6007

**Kaibab Paiute Gym and
SDPI**

FREE WORKOUT

COME JOIN US

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

- Meet at the KPT Gym Tue and Thurs at 9 am for Active Elders.
- Mon and Wed at 10 am Eagle Mountain Community Bldg
- Take the most necessary things with you. Transportation available upon request.



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

SPONSORED BY CULTURAL PRESERVATION (928) 643-7365

ELDERS 60+ SPRING SOCIAL

MARCH 25, 2025 | 9AM-2PM
SENIOR CENTER BUILDING

CRAFTS - FOOD - GAMES - RAFFLES

Volunteers welcome
and appreciated!

In Person Activity

IN OTHER NEWS

ATTN: Tribal member elders 70 + the Cultural Preservation Office will be doing another poster that will feature newly minted tribal elders who are 70+. If you were not on the last poster please submit your photo. LeAnn will be contacting you in the coming months.

Service Area: Kaibab Paiute Reservation
In Person Activity



YOUTH AGES 5-14 **CULTURAL HERITAGE** **ACTIVITY**

**LEARN ABOUT SMUDGING, PRAYING AND
GIVING OFFERING FROM ELDERS
- MAKE YOUR OWN MEDICINE BAG -**

MARCH 21, 2025

9:00AM - 12:00PM Eagle Mt. Community Building
1:00PM-4:00PM Kaibab Community Building

Snacks are provided

Sponsored by KPT Cultural Preservation (928) 643-7365
- Sorry Rides Are Not Provided -

NEWS from the Cultural Preservation Office

Office Phone # (928) 643-7365

PUBLIC WELCOME

Tuhweenup Winter Storytelling

MARCH 7, 2025

6:00PM - 7:30PM

KAIBAB PAIUTE RV PARK

Hot Coco & Cookie Bar

(Available until we run out)

Join Daniel "Builds A Fire" Bullets

Southern Paiutes sign up to be a
storyteller by contacting LeAnn (928) 643-7365
and receive a thank you gift.

In Person Event

Sponsored by Kaibab Cultural Preservation Office (928) 643-7365
Cookies by Mootchuts Bakery (702) 625-2757

Pest Control

March 11, 2025

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 May, 2025

Building Native Communities: Financial Skills for Families

Kaibab Tribal Housing Department

March 17, 24, 31, April 7, 14, 2025

Steamboat Community Building

6:00 pm-7:30 pm

Hope to see you there



Building Native Communities: Financial Skills for Families

Kaibab Tribal Housing Department

March 18, 25, April 1, 8, 15, 2025

Kaibab Community Building

6:00 pm-7:30 pm

Hope to see you there



Yearly Calendar Template

Year 2025

Month 1

Start Day 1

! :Sun, 2:Mon ...



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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23	24	25	26	27	28	

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23	24	25	26	27	28	29
30	31					

April

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

July

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

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

September

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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
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



St. Mary's
Food Bank

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, March 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



ATTENTION

EXTRA FOOD DISTRIBUTION!!

MARCH 31st

11:30-1:00pm

RV PARK



HUMAN SERVICES

Kaibab Living Sober AA:

**Tuesdays @ Noon Community
Building & on Zoom
Meeting ID: 870 210 54634
Password: odat**

**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**



March Is Self-Injury Awareness Month

Self-injury or **self-harm** is a response to severe emotional distress. Intentional, non-suicidal injuries are a way for a person to mirror psychological pain with physical pain.

In some cases, the physical injury has a temporary calming effect and, in others, a self-inflicted wound is a means of “feeling something” to combat emotional numbness.

How Common is Self-Harm?

Despite the seemingly fringe aspect of this condition, it's much more common than most people realize. **Among teenagers, an estimated 15 percent** will experience some form of self-injury. The number drops to **4 percent among adults**. The most common forms of self-harm include:

- Skin cutting 70% to 90%
- Head banging or hitting 21% to 44%
- Flesh burning 15% to 35%

Perhaps one reason for the lack of awareness around the condition of self-harm is that a person can easily hide or explain away their injuries.

What Are the Signs of Self-Injury?

For family and friends, especially those who have loved ones suffering some type of mental illness, it's important to watch for signs and patterns of self-injury. These might include:

- Arms, legs or other parts of the body that show signs of consistent injuries, such as scabs, bruises, burns and cuts
- Overdressing in particularly warm weather, wearing, for example, coats, long sleeve shirts or pants
- Repeatedly making excuses for why or how they got injured
- Avoidance, isolation and withdrawal from activities and relationships they previously enjoyed

The overwhelming majority of self-injury cases – some 90 percent – begin in adolescence. While the condition brings temporary relief for a person suffering, it carries a lot of shame and stigma.

Many people who self-harm are labeled attention seekers. This only serves to alienate and isolate them further. In other cases, family or friends might be in denial about the problem and still find themselves hiding sharp objects, such as kitchen knives, from their loved one.

Dr. Marsha Linehan, who was institutionalized at the age of 17 for extreme social withdrawal and severe self-harm, didn't start sharing her experience until she was in her 60s.

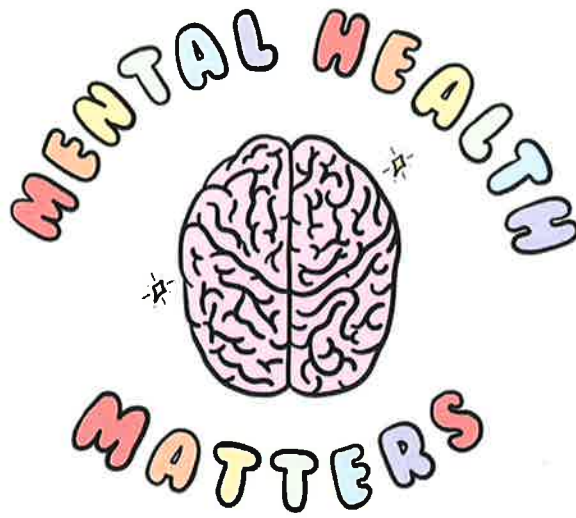
Linehan now helps others and [recalls for the New York Times](#) that painful period in her life. "I felt totally empty, like the Tin Man; I had no way to communicate what was going on or understand it."

Don't Judge — Stay Supportive

When helping a person through the trauma of self-injury, listen, don't judge or act disgusted. Stay supportive and proactive, drive them to a counselor's appointment or visit them in treatment when appropriate. Take the opportunity to educate yourself about the condition and the underlying causes that often lead to it.

Self-injury Awareness Month is a chance to set aside stigma, understand the problem and be open about [mental health and recovery](#). Far too many people suffer needlessly because they're afraid of being judged.

Teenagers are especially vulnerable and often believe they're the only ones in the world coping with these issues. But with treatment and support, self-injury can move from the present to the past.



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