
KAIBAB BAND OF PAIUTE INDIANS



ANNUAL GENERAL MEMBERSHIP MEETING & OPEN HOUSE

**OPEN HOUSE: FRIDAY, OCTOBER 4, 2024
4:00 PM - 7:00 PM**

**MEET THE CANDIDATES: 7:00 P.M. - 8:00 P.M.
IN THE COMMUNITY BUILDING**

**MEETING: SATURDAY, OCTOBER 5, 2024
9:00 A.M.
COMMUNITY BUILDING**

We will be having a representative from ITCA during the open house to answer any questions that you may have concerning medicare.

Economic Development will have RAE SOLUTIONS, LLC., present during the Open House and during Annual General Membership Meeting to conduct their survey and to prepare our Tribal Strategic Plan.

The Tribe is no longer under COVID protocol. We will be returning to our meeting ordinance No. 19 Section 5. No zoom link or web stream will be provided.

Dear Tribal Members,

I am pleased to share that we continue to make significant progress on several important economic development initiatives that will strengthen our community and ensure a brighter future for us all.

Economic Development and Section 17 Federal Charter

Our efforts towards establishing the Section 17 federal charter are moving forward as planned. The Bureau of Indian Affairs (BIA) currently has our package under review, and we anticipate receiving their approval between mid-November and early December. This approval is a critical step in our journey, and once it is granted, we will actively seek to appoint three tribal members to serve on the Board of Directors (BOD). Additionally, we will be recruiting two other BOD seats to fill with subject matter experts who will bring valuable knowledge and experience to the board. More details on this process will be released soon.

Gas Station Buyout and Rebranding

The gas station buyout is progressing smoothly and should be finalized shortly. As part of this exciting development, we are currently in the process of designing a new logo and rebranding the station. The proposed name, Kaibab Tu'ee Mart, reflects our tribe's rich history, particularly our past association with the Kaibab Bucks—a team known for their fierce basketball skills back in the day! The new branding will feature colors orange, copper, and black, paying homage to this legacy. Furthermore, the remodel of the store is scheduled to begin in the first week of December, with an expected completion time of 10-12 days. While the store will remain partially open during most of the remodel, there will be 2-3 days when it will be completely closed. We appreciate your understanding and patience during this time.

Grid Resilience Grant

I am also excited to announce that we have received approval for the Grid Resilience Grant. This grant, amounting to \$248,584, was allocated to the tribe over the past few years and will continue to receive funding from the Department of Energy (DOE) in the coming years. This grant will play a crucial role in enhancing our tribe's energy infrastructure and ensuring long-term resilience.

Thank you for your continued support and dedication to our shared vision. I look forward to keeping you updated on these and other initiatives as we move forward together.

Sincerely,

John McClellan
Economic Development Director

WE ARE HIRING!

**JOIN
OUR TEAM**

- Admin Asst/Records Clerk
- P/T Finance Clerk
- Diabetes Fitness Coordinator
- Congregate Meals Cook
- Senior Center Kitchen Asst.
- Water Resources Manager
- Home Health Care Nurse

CONTACT

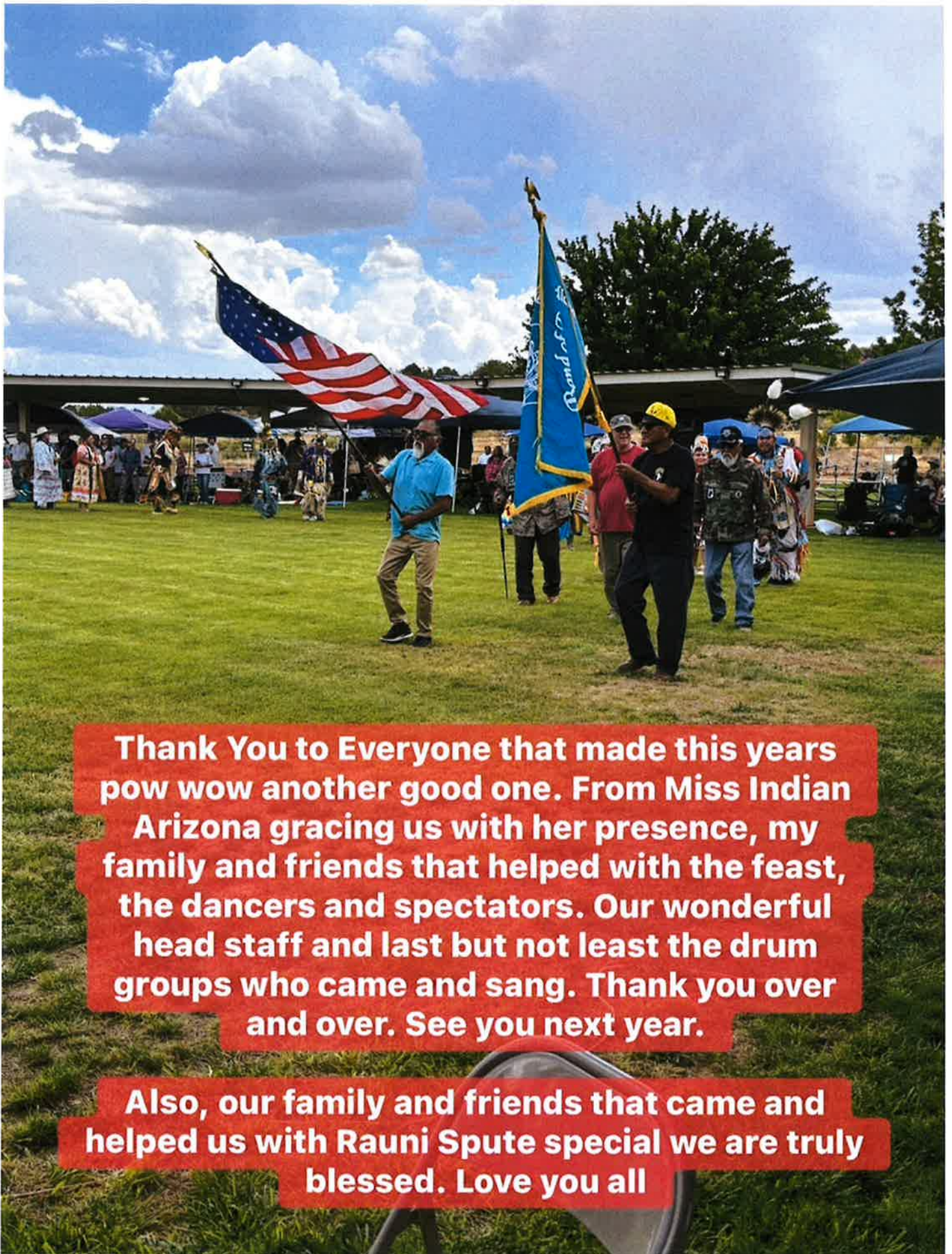
kaibabpaiute-nsn.gov/careers
hr@kaibabpaiute-nsn.gov



Angel Moreno, Water Operator
Dustin Bundy, Facilities/Housing Asst.
Gavin Hill, IT System Administrator
Nettie Klingler, K12 Activities Coord.

Welcome

TO THE TEAM



Thank You to Everyone that made this years pow wow another good one. From Miss Indian Arizona gracing us with her presence, my family and friends that helped with the feast, the dancers and spectators. Our wonderful head staff and last but not least the drum groups who came and sang. Thank you over and over. See you next year.

Also, our family and friends that came and helped us with Rauni Spute special we are truly blessed. Love you all



Sounds of Thunder Mountain
**3 ON 3 BASKETBALL
TOURNAMENT**

20



24



2ND PLACE



**1ST PLACE
CHAMPIONS**



3RD PLACE

WINNERS!



If you have moved recently, please update the Tribal Trust/Enrollment Office of your new address. Use the Per Capita Information Form with your new address, and don't forget to use the Minor's Per Capita Form to update your children's address as well. Providence Trust relies on the information on file with the Tribal Trust/Enrollment Office to verify addresses. Both forms can be found on the tribe's website on the Tribal Trust link. Both forms need to be notarized before you submit the forms.

If your move has caused you to change banks and you use direct deposit to receive your Per Capita payments, make sure to update your banking information as well. This form can be found on the tribe's website: kaibabpaiute-nsn.gov; Tribal Trust link; ACH

Authorization Form. Do not forget to check one of the boxes on the Account # line indicating either a checking account or a savings account; this is important for our Finance Department to ensure that your direct deposit transfers correctly.

If you need assistance with any of the forms, please contact Valencia at 928-643-8321, or vcastro@kaibabpaiute-nsn.gov. I am in the office Monday through Thursday, from 8:00 am till 12:00 pm. If I am not in the office when you turn in your updated forms, you can leave them with the receptionist to place in my mail slot. All changes regarding your new address and banking details need to be submitted on or before October 17.

Please do not submit any form using Facebook Messenger. This is not a secure way to submit a form that contains confidential information.



The next scheduled Enrollment Committee meeting is scheduled for September 5, 2024. The committee will be reviewing all completed enrollment applications for automatic enrollment.

If you want to enroll your children or grandchildren into our tribe, please contact me to get an application. Due to one page being on a larger sheet of paper these forms are not online.

News from the Tribal Housing Department

Fall will be here soon.

For those homeowners, now is the time to start thinking about winterizing.

Juniper village residents if the two dumpsters are full, there is another dumpster down by Carwin McFee's house.

Pest control will be here on September 3, 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

September 3, 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
November, 2024**

Sponsored by KPT Cultural Preservation Office

LEARN TO MAKE NDN BREAD

Adults & Teens 13+ Heritage Class

We will have Brittanni Wero an expert teaching us the mysteries and wonders that is tortillas and karate bread. Because let's face it not all of us know how to make bread and this class is tasty 🤗 fun!

Dinner will be provided

Friday, September 20, 2024

5:30PM - ? completion

Eagle Mountain Community Building

Contact LeAnn to sign up



928 - 643 - 7365



Ishearer@kaibabpaiute-nsn.gov



Sponsored by KPT Cultural Preservation Office

SAVE THE DATE

FALL POP UP MARKET

Saturday, November 23, 2024

Kaibab Paiute Reservation

~ Watch for flyers in October ~

KAIBAB BAND OF PAUTES

CULTURAL PRESERVATION OFFICE

*Truth and
Healing*

EVERY CHILD MATTERS

Starting in 1819, and lasting for over a century and a half, the federal government, including the Department of the Interior, forcibly removed and assimilated tens of thousands of American Indian, Alaska Native, and Native Hawaiian children from tribal communities across the United States. This was done in furtherance of territorial dispossession of Indigenous lands in the United States. This forced assimilation was both violent and traumatic. It led to the devastating loss of life, language, and culture. Many children including Nungwu Southern Paiute children never made it home.

ORANGE SHIRT DAY

Recognizes this legacy of generational trauma the boarding school system has had on indigenous people, families, & communities. Started in Canada by residential school survivor Phyllis Webstad. By wearing orange we honor the survivor, their families, and the tribal communities. Without truth there is no healing.

**Every
Child
Matters**



Panguitch Indian Boarding School
1903-1909

Commemorate the residential school experience
and honor the healing journey of the victims,
survivors, and their families.

The Kaibab Cultural Departments will observe
ORANGE SHIRT DAY on September 30th.

orangeshirtday.org



**WHAT IS
ORANGE
SHIRT DAY?**

Six year old Phyllis Webstad was proud to wear the shiny orange shirt her grandmother bought her for her first day at St. Joseph's School in Williams Lake BC.

On arrival at the Mission, however, she and all of the other children were stripped of their clothes, and Phyllis never saw that orange shirt again.

"The colour orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing," she said. "All of us little children were crying and no one cared."

WEAR ORANGE
MONDAY, SEPTEMBER 30TH



SEPTEMBER ELDERS CULTURAL DAY PROGRAM

Continuation - Twining A Bag

Tuesday, September 10

Tuesday, September 17

Tuesday, September 24

Elder Building Classroom
9:30AM - 12:00PM (2.5 hours)

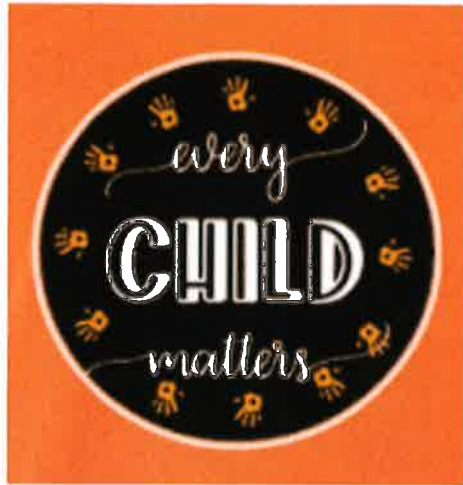
The class is learning this traditional skill using modern materials to create contemporary pieces. Twining is a core skill for the nungwu. Basket hats, burden baskets, rabbit blankets, bark skirts are all examples of cultural items that are twined. The cultural day program welcomes retired or stay at home elders and adults to come learn a heritage skill and enjoy socializing. Plan to attend all classes and work on your bag at home in order to complete the project.



Sponsored by KPT Cultural Preservation Office
(928) 643-7365



Walk In Solidarity



WHEN: Monday, September 30th

TIME: 5:30PM - 6:30PM

WHERE: Kaibab Community Park

T-Shirts will be handed out at the end of the walk. Generously provided by the CHR program.

water & snacks

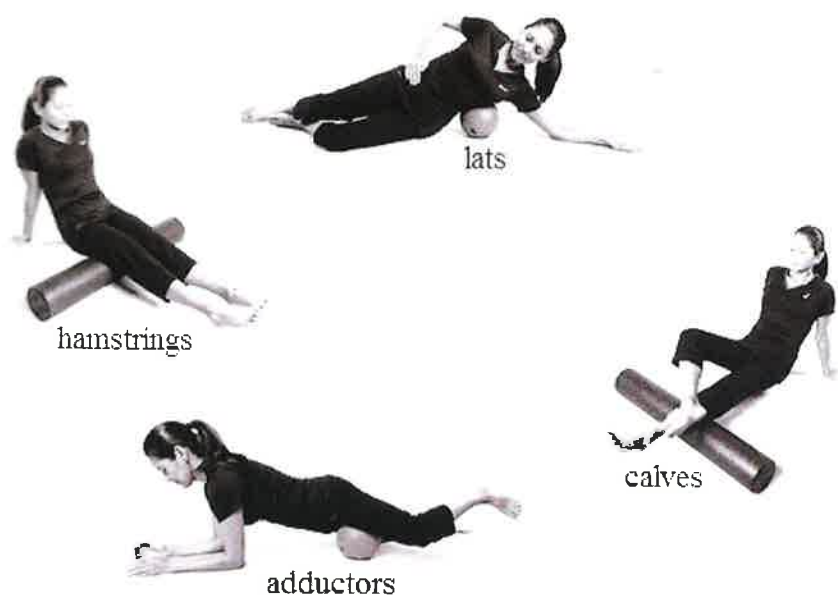


WEAR ORANGE
MONDAY, SEPTEMBER 30TH



Sponsored by the Cultural Preservation Office
in collaboration with the CHR Programs

MYO-FASCIAL MAGIC: INJURY PREVENTION AND SELF-CARE



Myo – Fascial Tips for Specific Body Areas:

For all areas roll for about one minute the direction of the fiber and one minute across the fiber, applying enough pressure to cause a level 6 out of 10 discomfort.

Foot: Target the arch, using a golf ball, small super ball or deep tissue roller. How: place ball in the heel end of the arch and roll front to back; repeat side to side (cross fiber)

Calif: Target the entire length from its origin above the back of the knee to just above the Achilles, using a foam roller, large massage ball or a Lacrosse ball. How: Foam Roller – place both calves on the roller starting above the Achilles. Using the arms elevate the hips and move forward until the roller is in the back of the knee. Perform 6 strokes down the center, turn foot out for 6 strokes on outside, foot inward 6 strokes. If a trigger point is found stop on top of it and perform 10 foot pumps.

Hamstring: Target entire length from back of knee to lower gluteal using a large massage ball or foam roller. As with calves lift hips and target middle, inside and outside.

Quadricep: Target the entire length from just above the kneecap to the bend in the hip. Assume an “army crawl” position with one leg off the roller and the knee bent to 90 degrees. Use the leg and arms to pull front to back the full length. As calves and hamstrings target the middle, inside and outside.

Gluteal: Sitting on a foam roller or a large massage ball cross the right leg over the left (R ankle on L knee and knee at 90 degrees) and lean to the right. As with quads target the middle, inside and outside. Repeat with the left gluteal. Option two: standing and leaning up against a wall place a tennis or lacrosse ball against the gluteal. Lean in and move in all directions. If you find a trigger point stop, lean in and hold for 90 seconds.

Certificate of Achievement

This certificate is presented to

Tara Spute Dick

for the completion of

Native Fitness XVIII Training

*Presented by the Northwest Portland Area Indian Health Board
and the Western Tribal Diabetes Project*

August 21-22, 2024



*Eric Nakuska, Manager
Western Tribal Diabetes Project*

*Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300
Portland, OR 97201*





**IntermountainSM
Garfield Memorial
Hospital**

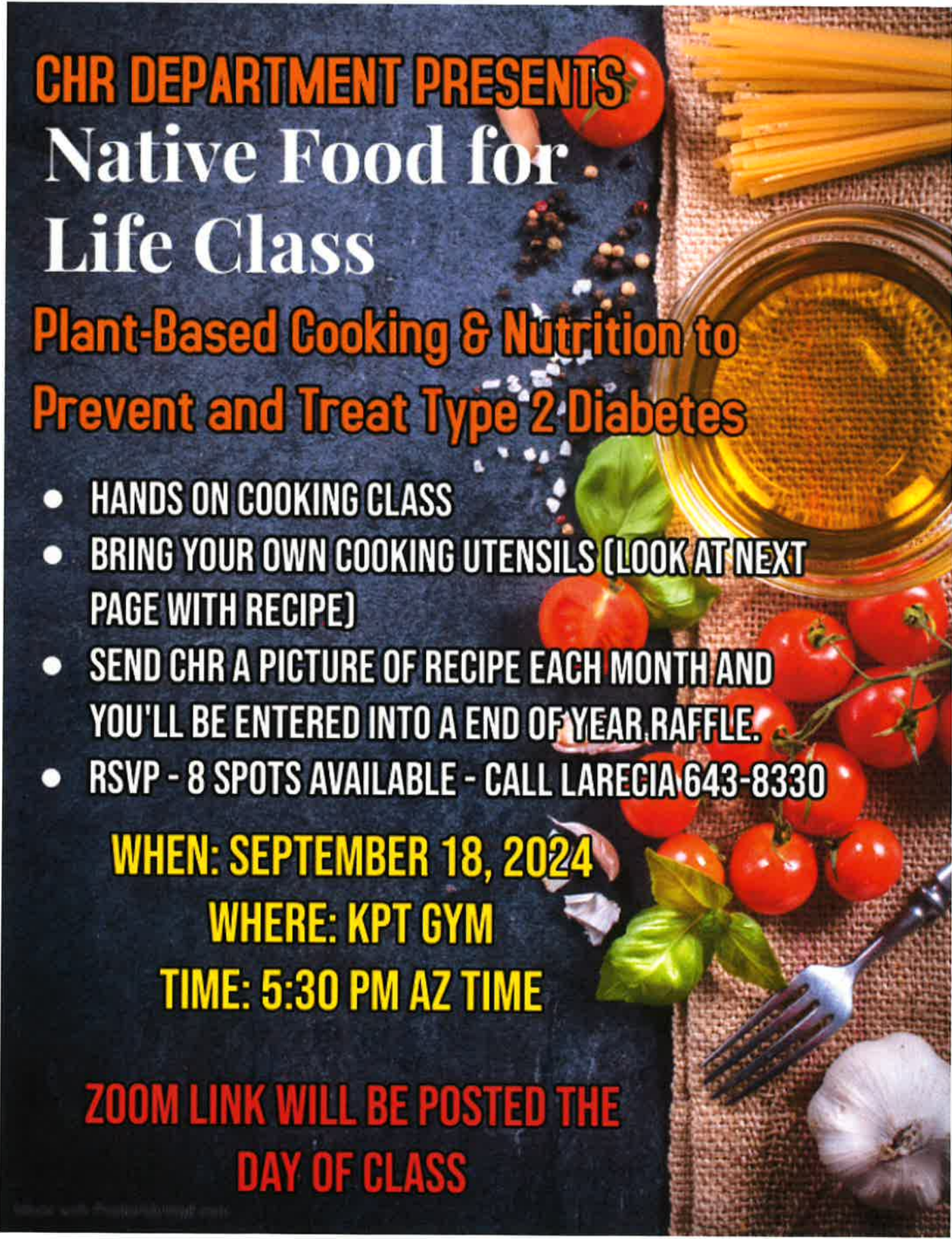
**3D
DIGITAL
MOBILE
MAMMOGRAPHY
UNIT**

Kanab

**September 17, 18, & 19,
2024**

**Call 435-676-1267 or 435-676-1547
to schedule an appointment.**

FREE mammograms available to those who qualify.
Provided by UCCP - Utah Cancer Control Program



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.**
- **RSVP - 8 SPOTS AVAILABLE - CALL LARECIA 643-8330**

WHEN: SEPTEMBER 18, 2024

WHERE: KPT GYM

TIME: 5:30 PM AZ TIME

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



Makes 4 sandwiches
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

¼ cup soaked raw cashews
1 tablespoon low-sugar ketchup
¾ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
1 tablespoon chopped onion
2 teaspoons dill pickle relish
⅓ cup whole wheat panko bread crumbs
3 tablespoons nutritional yeast
1 teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon smoked paprika
4 portobello mushrooms, stems and gills removed
4 whole wheat hamburger buns
Leaf lettuce
Tomato slices

Air-Fryer Portobello Burgers with Thousand Island Aioli

Breaded, air-fried, and topped with a creamy vegan Thousand Island Aioli, these aren't your basic portobello burgers. Nutritional yeast adds a nice cheesy flavor to the breading batter. If you've got leftover aioli, store it in an airtight container and refrigerate up to 3 days; use it as a salad dressing or in a sandwich or wrap.

Hungry for more healthy dinner recipes? Our other [vegan recipes](#) are guaranteed to satisfy your taste buds.

By Nancy Macklin, RDN

- 1** Make Thousand Island Aioli: In a small food processor place cashews, ketchup, and chopped onion. Cover and process, gradually adding 3 to 4 Tbsp. plant milk until aioli is smooth and about the consistency of mayonnaise. Stir in relish. Set aside.
- 2** Preheat air fryer to 390°F. In a shallow bowl stir together panko, nutritional yeast, garlic powder, onion powder, and paprika. Place ⅓ cup plant milk in a second shallow bowl.
- 3** Dip portobello mushrooms in plant milk and then panko mixture, lightly coating all sides. Place mushrooms gill-side down in a single layer in air fryer. Air-fry 7 to 9 minutes or until mushrooms are tender and breading is crisp. Transfer mushrooms to a platter.
- 4** Add separated hamburger buns to air fryer, in batches if necessary. Air-fry 1 to 2 minutes or until lightly toasted. Repeat until all buns are toasted. Fill buns with lettuce, burgers, tomato slices, and Thousand Island Aioli.

SUICIDE PREVENTION MONTH

Participate in our Wall of Hope
Cut out a ribbon on the next page,
write something that gives you hope,
and turn it into Human Services to
receive a small prize

SEPTEMBER 9TH-13TH

Stay Another Day
Suicide Prevention and
Coping Skills Workshop
with Allen Orton LCSW
Hosted by Human Services
Lunch will be provided

SEPTEMBER 13TH

@12:00 PM

**KAIBAB COMMUNITY
BUILDING**



Call or text 988 for suicide and crisis lifeline



What gives you hope?

Write your answer on the ribbon, cut it out, and take it to Human Services to hang on the Wall of Hope





Fitness Friday

September

6th & 27th

KAIBAB GYM

10:00 AM



WATER AND A
LIGHT SNACK
PROVIDED



Ages 5-17

Contact Delayna for
transportation

(435)899-2106



My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

#TALKINGISPOWER
#HEALTHYNATIVE
YOUTH

Create a Self-care Plan...

1. Select three Self-Care Activities

...from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self and make them a part of your routine.

Self-care activities affect how you think, feel, your sense of who you are and your place is in this world.

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2. Select Positive Self-Talk Statements

...from the example box below (or create your own!), that you can say to yourself on repeat, throughout the day, when you need a little encouragement or a little self-love. Start paying attention to the things you say to yourself on the daily. Are they mostly positive or negative? See if you can change the dialog to only include positive talk.

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own!

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!



Your mental health and wellness is a priority. Native American, Indian, Indigenous, and Alaska Native communities are placed at a higher risk due to historical trauma, and compounding discrimination and oppression, in conjunction with a lack of investment into supportive resources.

If you are in need of support, you can call, text, or chat with 988. We are available 24/7. 988 works to ensure that all people have access to the support and resources reflective of their own needs. We are always here for you.



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.

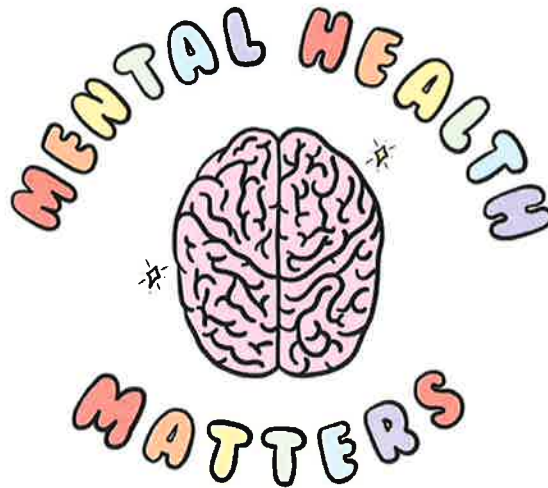
Wednesday, September 11th, 2024

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

2 N Pine Springs Road (Behind the Chevron) 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



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.

Stay;

Tomorrow needs you

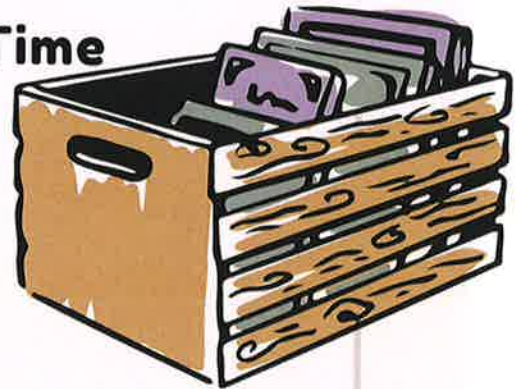
Community Yard Sale

September 14, 2024

8:30am - 1:00pm AZ Time

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

**Behind Chevron
store!**



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!**

