

**Kaibab Paiute
Newsletter
September**



Save the Date:
October 4, 2025
Tribal Annual Meeting



KAIBAB PAIUTE TRIBAL ELECTIONS 2025

CERTIFIED CANDIDATES

TRIBAL COUNCIL (3 year term-2 seats)

Ona Segundo

Tara Spute Dick

LaWanda Hill

TRIBAL COUNCIL (1 year term)

Manuel Savala

Dear Tribal Membership,

I am writing to provide you with an update on our business operations and ongoing economic development efforts. The past few weeks have brought challenges to our region with the recent fires, and we know many of you have been concerned about the potential impacts on our tribal enterprises. I am pleased to report that while there were some brief disruptions, our businesses have proven resilient. Our team worked hard to adapt to the circumstances, and thanks to their efforts and the continued support of our community, we were able to minimize the effects of the fires on both our operations and our revenues.

While sales at Kaibab Tu'ee Mart were down for a few days, they have already returned to normal levels. At the RV Park, we did experience some cancellations; however, we also benefited when a large group originally scheduled to stay at the North Rim booked several sites with us instead.

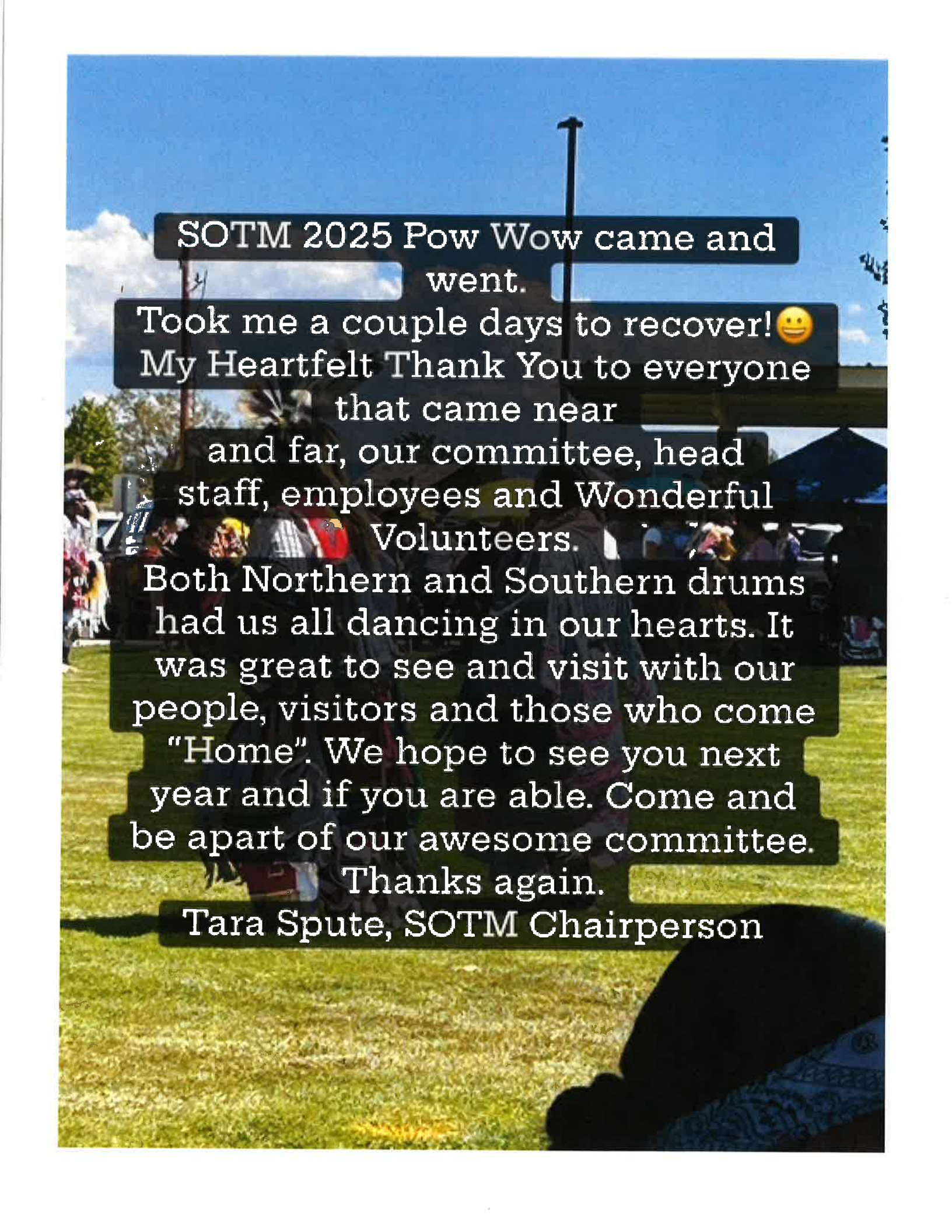
In addition, we are excited to share that Kaibab Tu'ee has just rolled out its new Dirt Burger machine. Customers can now choose between a traditional burger or a New York Strip steak sandwich, either of which can be upgraded into a combo meal. We remain committed to improving our offerings and expanding our services to better meet the needs of our community and visitors.

We also continue to make steady progress in standing up the Kaibab Paiute Corporation (KPC), which will serve as a cornerstone for future economic development. At this time, we are still seeking one additional tribal member to join the KPC Board of Directors. The qualifications are posted on the tribal website. If you are interested, please reach out to me directly so we can discuss this important opportunity.

As always, our focus remains on strengthening the Tribe's economic future and creating opportunities for our people. Thank you for your support as we continue this important work.

Sincerely,

John McClellan
Economic Development Director
Kaibab Band of Paiute Indians



SOTM 2025 Pow Wow came and went.

Took me a couple days to recover! 😊

My Heartfelt Thank You to everyone that came near

and far, our committee, head staff, employees and Wonderful Volunteers.

Both Northern and Southern drums had us all dancing in our hearts. It was great to see and visit with our people, visitors and those who come "Home". We hope to see you next year and if you are able. Come and be apart of our awesome committee.

Thanks again.

Tara Spute, SOTM Chairperson



**Kids Day/Fitness
Friday
September 12, 2025
10 am
call for pickup
(929)643-6007
Snack and drink
provided**

News from the Tribal Housing Department

Greetings everyone.

With the summer coming to a close, it's time to think about winterizing your home.

Maintenance will be planning to do cooler shutdowns and chimney sweeps the 2nd week of October. Look for the flyer.

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 you're 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.



Pest Control

September 10, 2025

Starting at 8am

ALL rental units, inside and outside will be sprayed. Maintenance will be accompanying Pest Control, if no one is home, they will let them into the house.

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, 2025**

FALL CLEANING CHECKLIST

BASICS — A GREAT PLACE TO START (AND FINISH)

- | | |
|---|---|
| ☐ dust all surfaces | ☐ wash bathroom counters |
| ☐ dust corners + edges | ☐ scrub tubs and showers |
| ☐ vacuum edges | ☐ wash walls |
| ☐ vacuum all floors | ☐ wash vents |
| ☐ wash all baseboards | ☐ oil furniture |
| ☐ wash all floors | ☐ wash throw rugs |
| ☐ wipe switches | ☐ clean washer + dryer |
| ☐ wipe door knobs | ☐ launder bedding |
| ☐ clean appliances | ☐ touch up paint |

DEEP CLEANING EXTRAS + BONUS POINTS

- | | |
|---|---|
| ☐ clean under appliances | ☐ clean carpets |
| ☐ wipe ceiling fans + lights | ☐ wash windows |
| ☐ dust door tops | ☐ vacuum lampshades |
| ☐ wash doors | ☐ empty + wash cupboards |

TRADITIONAL FALL CLEANING TASKS TO ADD IF YOU'D LIKE

- | | |
|---|---|
| ☐ change bedding | ☐ wash curtains |
| ☐ rotate and flip mattresses | ☐ porch + patio clean-up |
| ☐ clean out gutters | ☐ check + clean outdoor lights |
| ☐ switch out clothing | ☐ wash window screens |
| ☐ clean out garage | ☐ yard clean-up |

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12th Annual Gathering for Our Mountains

September 12-14, 2025

Spring Mountains National Recreation Area Desert National Wildlife Refuge Complex

Members of Southern Paiute/Chemehuevi tribes will be camping out for two nights in the Spring Mountains, Nevada. Join us for a weekend of cultural activities, walking and driving tours, a chance to pick pine nuts, and to explore the Spring Mountains and the Desert National Wildlife Refuges.

Please contact: Daniel Bulletts
928.643.6278
dbulletts@kaibabpaiute-nsn.gov



Spring Mountains National Recreational Area



Suggested Camping Gear

Plan for both hot and cold weather. Temperatures may be high during the day, but wind adds a lot of coldness. It's better to have too many layers than too few. The camping area gets very cold at night due to the high elevation.

Please bring any personal medications or treatment you might need for a weekend. Please bring your own personal snacks to supplement group food. We will not have showers or reliable cell phone service, so please plan accordingly.

Camping

- Pillow
- Tent, sleeping bag, and sleeping pad
- Extra stakes for tent

Clothing

- Pants and shirts
- Warm insulating jacket or sweater
- Warm socks (at least 2 pair)
- Beanie, gloves or mittens, scarf
- Rain jacket
- Hat with a brim for sun protection
- Sunglasses
- Boots or sturdy, close-toed walking shoes
- Comfortable shoes

Personal

- Toothbrush, toothpaste, floss
- Wet Wipes for hygiene
- Medications, including allergy medication
- Sunscreen & lip protection
- Flashlight/headlamp
- Bug repellant
- Backpack to carry water bottle & lunch
- Earplugs
- Watch with an alarm to wake up
- Water bottle
- Your favorite mug for hot drinks (optional)



Open to all Native
Elders 55+

Atlatl Throw

Basketball

Moccasin Walking

Frybread Making

NUNG'WU ELDERS OLYMPIC GAMES

Sept. 5, 2025 - 9 a.m.

PITU Gym
Cedar City, Utah

Each team of 6 Elders will
participate in 4 events.
Contact Rebecca Hill 435-586-1112
to register your team.





YOO-VUH-DEENG

It's getting to be Fall

LANGUAGE CLASSES IN SEPTEMBER

SEP
2

AINEEKAI CLASS

KAIBAB SENIOR CENTER



SEP
11

LANGUAGE CLASS

**EAGLE MOUNTAIN COMMUNITY
BUILDING**

SEP
25

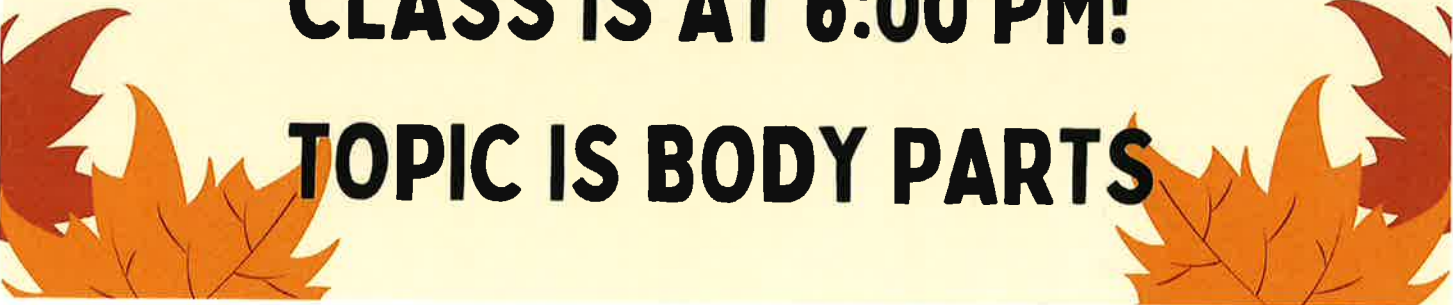
LANGUAGE CLASS

KAIBAB SENIOR CENTER



CLASS IS AT 6:00 PM!

TOPIC IS BODY PARTS





Join us as we create
crackling eruptive
volcanoes!

**IT'S GONNA
BE A BLAST!**

Volcano Power: Pressure, Heat & Boom

September 19th
10-11 AM
KPT Library

Please call the library at (928)
643-6025 for ride
assistance at least a day
prior.



**HOPI HEALTH
CARE -PHN WILL
BE HERE TO GIVE**

**FLU
VACCINATIONS!**

WHERE:KPT GYM

**OCTOBER 3RD, 2025 | 5:00PM - 7:00 PM AZ
SAME DAY AS ANNUAL OPEN HOUSE!**

Made with PosterMyWall.com

COMMUNITY GARDEN

Sponsored by CHR Department and Title 3

**Come out to kaibab Paiute
Community Garden!**

**Bring yourself and kids out to
water garden, pick some
goodies or even do some
weed cleaning in and around
raised beds!**

**Take pictures and send to
Larecia or Laura!**

(Pick from middle raised bed that has corn growing on end and
next to it heading north, 2 raised on the east side you can pick
from too. Other raised beds are families growing their own!)



Senior Kitchen September Menu

Building Open 7:30a-2:30p

Serving 11:30-12:30

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

Mon	09/01	Holiday
Tue	09/02	Chicken Salad Sandwich
Wed	09/03	Spaghetti
Thu	09/04	Cashew Chicken
Fri	09/05	Pork Poblano Tacos
Mon	09/08	Fish Sandwich
Tue	09/09	Meatloaf
Wed	09/10	Swiss Steak
Thu	09/11	Pulled Pork Sandwich
Fri	09/12	Chicken Alfredo Bake
Mon	09/15	Tuna Sandwich
Tue	09/16	Zucchini Casserole
Wed	09/17	Chicken Parmesan Toss
Thu	09/18	Turkey Casserole
Fri	09/19	Beef Goulash
Mon	09/22	Pork Chops
Tue	09/23	Sloppy Joe
Wed	09/24	Asian Chicken
Thu	09/25	Pork Ribs
Fri	09/26	Holiday
Mon	09/01	Goulash
Tue	09/02	Chicken Asparagus Pasta

FRUIT SMOOTHIE BOWL

A vibrant, stylized illustration of a fruit smoothie bowl. It features a variety of fruits including strawberries, orange slices, kiwi, and banana, arranged artistically around and on top of a bowl of smoothie. The background is a soft pink with subtle patterns.

**CHR DEPARTMENT
PRESENTS**

**WHEN: SEPTEMBER
17TH, 2025**

**NATIVE FOOD FOR
LIFE CLASS**

WHERE: KPT GYM

**PLANT-BASED
COOKING &
NUTRITION TO
PREVENT AND
TREAT TYPE 2
DIABETES**

**TIME: 5:30 PM AZ /
6:00 PM UT**

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

- **HANDS ON COOKING CLASS**
- **BRING YOUR OWN COOKING
UTENSILS (LOOK AT NEXT
PAGE WITH RECIPE)**
- **RSVP - 8 SPOTS AVAILABLE -
CALL LARECIA 643-8330**

Smoothie Bowl Recipe

Learn How to Make Smoothie Bowls the right way and add all your favorite toppings to create a cheap, healthy, and super easy breakfast or snack!



Prep Time
10 mins

Total Time
10 mins



5 from 1 vote

Course: Breakfast Cuisine: General Total Cost: (\$3.80 recipe / \$1.90 serving)

Servings: 2 bowls (about 1 cup of smoothie + ¼ cup toppings each) Author: [Jess Rice](#)

Ingredients

- 1 cup mixed berries, frozen \$2.08
- 1 ripe banana, sliced and frozen (about 1 cup) \$0.26
- ¼ cup almond milk* \$0.30
- ½ Tbsp chia seeds \$0.07
- ¼ cup granola \$0.48
- ¼ cup berries \$0.52
- 1 ½ Tbsp peanut butter, melted \$0.09

Instructions

1. Add frozen mixed berries, frozen banana, and almond milk to the blender.
2. Blend, stopping often to scrape down the inside of the blender to make sure the ingredients catch the blade. Blend and scrape down the blender as often as needed until the perfect consistency is reached.
3. Pour the smoothie (it will be THICK) into your favorite bowls and top with your favorite ingredients. I chose chia seeds, granola, more berries, and some melted peanut butter. Enjoy immediately!

See how we [calculate recipe costs here](#).

Notes

*Almond, oat, soy, or dairy milk will all work, so use whatever you have on hand! Alternatively, you can also use fruit juice, but the texture will be less creamy.

Nutrition

Serving: 1 bowl with toppings | Calories: 278kcal | Carbohydrates: 43g | Protein: 6g | Fat: 11g | Sodium: 99mg | Fiber: 7g

Smoothie Bowl Recipe <https://www.budgetbytes.com/how-to-make-smoothie-bowls/>

Diabetes & **ORAL HEALTH**



Shian Rodriguez, RN, BSN

SEPTEMBER 15, 2025
5:30 PM AZ TIME

CONFERENCE ROOM 2
ZOOM LINK (COMING SOON)



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 10th, 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 ...



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
23	24	25	26	27	28	

March						
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23	24	25	26	27	28	29
30	31					

April						
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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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29	30					

July						
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27	28	29	30	31		

August						
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30	31					

September						
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28	29	30				

October						
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26	27	28	29	30	31	

November						
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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			

SEPTEMBER 10, 2025

YOU ARE WORTHY

National American Indian and Alaska Native
Suicide Awareness Day

HOPE FOR LIFE



#HopeForLife

SEPTEMBER 10, 2025

REACH OUT TO RELATIVES AND STAY CONNECTED

National American Indian and Alaska Native
Suicide Awareness Day

Staying Connected Is Good for Your Health

Staying connected with family and friends is important for your mental health. It can reduce stress and the risk of suicide or dementia and help us live longer.

Small Actions Can Make a Big Difference

There are simple ways to check in with your relatives and lend support, like calling just to say hi, spending time together, or attending a community event.

Struggling? Reach Out to Someone You Trust

Reach out to a family member, friend, spiritual leader, or health care provider.



Call or text **988** to reach the
**National Suicide Prevention
Lifeline** for free, live support.



#HopeForLife





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

Marisa Ybarra: Substance Abuse: (928) 643-8323

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



SUICIDE PREVENTION IN NATIVE COMMUNITIES



THE STATISTICS

- Suicide is the 2nd leading cause of death for Native youth ages 10-24 in the U.S.
- American Indian and Alaska Native (AI/AN) youth die by suicide at a rate 2-3 times higher than the national average
- Among all age groups, AI/AN people have the highest suicide rates of any racial/ethnic group in the United States
- In some tribal communities, suicide rates are up to 4 times the national average

RISK FACTORS

- Strong cultural identity Connection to traditions, ceremonies, and language reduce risk
- Isolation & limited access to care Many communities face shortages in mental health providers
- Substance use disorders Often tied to coping with pain and trauma
- Bullying & discrimination Especially among Native youth and Two-Spirit/LGBTQ+ individuals

RESOURCES

- **988 Suicide & Crisis Lifeline**
Call or text 998 (press 4 for Native-focused help line)
- **Native Crisis Text Line**
Text NATIVE to 741741 to connect

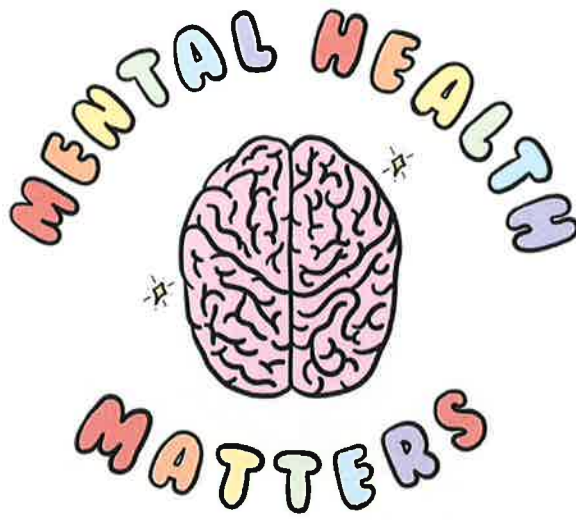
PROTECTIVE FACTORS

- Strong cultural Identity Connection to traditions, ceremonies, and language
- Family & community support Strong kinship networks are protective
- Access to culturally grounded healing programs: talking circles, sweat lodges, storytelling traditional practices alongside modern therapy
- Youth leadership & empowerment programs Give young people voice and purpose
- Local tribal health services Many communities offer culturally grounded counseling, support groups, and elder-led healing practices

STRONGHEARTS NATIVE HELPLINE – 1-844-762-8483 (CONFIDENTIAL, CULTURALLY APPROPRIATE SUPPORT FOR RELATIONSHIP AND DOMESTIC VIOLENCE, AVAILABLE 24/7).

IHS BEHAVIORAL HEALTH – INDIAN HEALTH SERVICE PROVIDES CRISIS AND ONGOING CARE (CHECK LOCAL IHS CLINIC).

LOCAL TRIBAL HEALTH SERVICES – MANY COMMUNITIES OFFER CULTURALLY GROUNDED COUNSELING, SUPPORT GROUPS, AND ELDER-LED HEALING PRACTICES.



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

MARISA YBARRA..... (928)643-8323

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