
Kaibab Paiute Tribal Newsletter



February 2023



The Tribal Election Ordinance is being revised. There will be a thirty day review, beginning January 27, 2023 till February 27, 2023. The document can be found on the tribal website. There will be a public hearing on February 28, 2023 at 5:30 pm at the Kaibab Community Center.

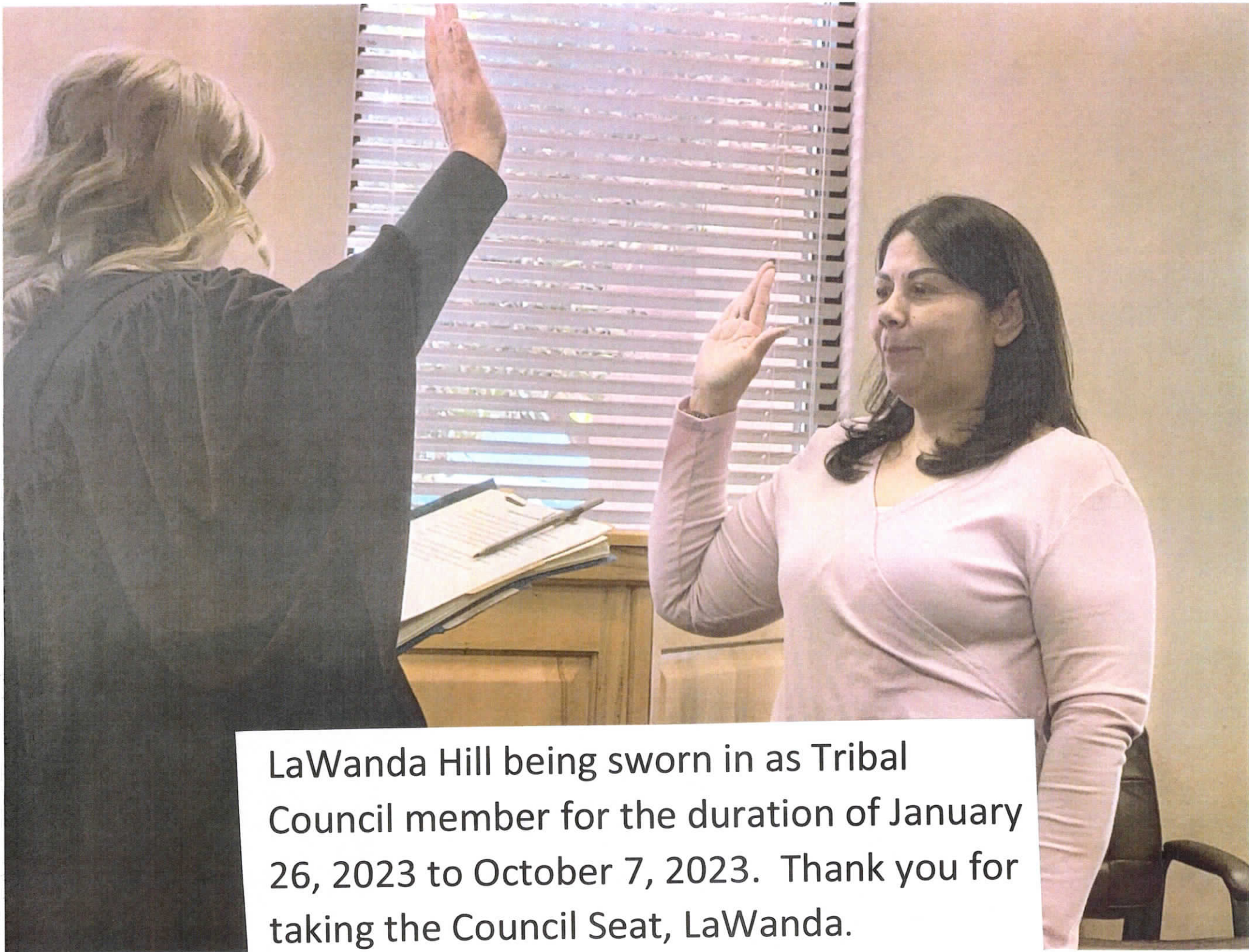
WE'RE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

- **CHR Registered Nurse**
- **Substance Abuse Counselor**
- **Water Quality Specialist**
- **C-Store Cashier**
- **Administrative Assistant**
- **Economic Development Director**

WWW.kaibabpaiute-nsn.gov/hr
Email: hr@kaibabpaiute-nsn.gov



LaWanda Hill being sworn in as Tribal Council member for the duration of January 26, 2023 to October 7, 2023. Thank you for taking the Council Seat, LaWanda.

IMPORTANT

The Tribal Trust/Enrollment office is currently updating files of all tribal members. The Progeny software that the Tribal Trust/Enrollment office uses requires more information than what we have been using for each tribal member. With the software we can show the lineage of each tribal member with an accurate recording of blood quantum and which tribe each individual has ties to. To provide this information for our tribal members the Base Roll tribal members will be entered

into the software (it had not previously been done) and all lineal descendants will be entered into the software with the blood quantum of both parents (if both parents are listed on the birth certificate) to be recorded. With this information in the software, calculating the blood quantum for each new applicant will be easier and more accurate, thus reducing the number of corrections going forward.

You may receive a letter from the Trust office requesting more detail and information regarding your lineage. Please do not disregard these letters, the information being requested is important to properly record your lineage. There may be changes to your blood quantum as recorded by the Trust office, depending on your response or lack of response. You may also be asked to prove your lineage in the form of CIBs if one of your parents is enrolled with another tribe. Since this task involves all the enrolled members of the Kaibab Band of Paiute Indians it will take a few months to a year to complete; please be patient if I have not contacted you within a few weeks. If you have any questions or concerns, please contact Valencia Castro directly. I am in the office Monday through Thursday, from 8:00 a.m. till 12:00 p.m. Email address: vcastro@kaibabpaiute-nsn.gov; or telephone: 928-643-8321.

Please contact Valencia if you have recently moved or if your bank account information has changed. To ensure that you receive your Per Capita payments and 1099 tax forms in a timely manner, please complete a new Per Capita form and submit it to Valencia as soon as possible. This form can be found on the Tribe's website: [kaibabpaiute-nsn.gov/tribal trust](http://kaibabpaiute-nsn.gov/tribal%20trust), it is the first form listed on the webpage. For your safety – please do not submit the Per Capita form via Facebook or Facebook Messenger. The most effective and secure method to submit these forms is to mail them to:

Kaibab Band of Paiute Indians
Attention Valencia Castro, Tribal Trust/Enrollment Officer
HC 65 Box 2
Fredonia, AZ 86022

If you need to submit your change of address or banking information more quickly, then email the form to vcastro@kaibabpaiute-nsn.gov. I will send an email response that I have received your email and I may ask for clarification if something is not legible.

Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Hunters – To keep track of deer harvested for the 2022 hunting season the white tags should have already been turned in, that helps me keep track of deer harvested. In my opinion it was very troubling because I am not seeing a lot of deer, like in the past, maybe the hunters are not showing respect for the deer for giving up its meat for us, or is it because we want to kill the biggest Buck, maybe its because we kill more than we can use, I have seen single guys kill 3 Buck or Does. I am not talking about one person, just Tribal Members in general.

Wildlife Committee Meeting – February 8, 2023 at 5:30pm, at the Tribal Council Chambers, we are going to make changes so this is MANDATORY for guides.

No shooting near the Kaibab Village water tanks!!

Muppits Trail is closed - To the public right now only Tribal Members can use it.

Moccasin Wash is closed, you'll have to go through the farm.

Watch out for DEER on the road - slow down between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, this is in the Wildlife Ordinance and is Arizona state law.

Minors Hunters Safety Card – On the internet go to hunter-ed.com – Everyone 10 to 18 needs to attend a hunter's safety course. The child will need one to get a hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in their state hunts.

Firewood – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the reservation, if it's not green, greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the sand, mud and snow, remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, and bring a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!!!**, if the road gets sandy, muddy or snowy, turn back you don't want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, **or BIA-Police. (435) 643-6050** This will only be to get them home, but if asked to be pulled out, you may be charged a fee.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at dbullettsjr@kaibabpaiute-nsn.gov.



Jerry Yracheta, Emergency Services Manager

According to the CDC's website Mohave County and Kane County's community levels of covid have dropped to LOW as of 1/18/23. The CDC's website has also recorded that there have been 582 cases of mpox (monkeypox) in Arizona and Utah has seen about 194 cases as of 1/11/23.

The FEMA (Federal Emergency Management Agency) website has some great information on how to prepare for power outages. I thought I'd include this information since we have had 2 power outages recently.

Find Alternate Power Source. Plan for batteries and alternative power sources to meet your needs when the power goes out, such as a portable charger or power bank. Have flashlights for every household member. Determine whether your home phone will work in a power outage and how long battery backup will last. Remember, never use a generator indoors.

Appliances. Disconnect appliances and electronics to avoid damage from electrical surges. Install carbon monoxide detectors with battery backup in central locations on every level of your home to avoid carbon monoxide poisoning.

Food Storage. Keep freezers and refrigerators closed. A refrigerator will keep food cold for four hours. A full freezer will keep the temperature for about 48 hours. If you are in doubt, monitor temperatures with a thermometer and throw out food if the temperature is 40 degrees or higher. Maintain a few days' supply of nonperishable food and water.

Know Your Medical Needs. If you rely on electricity for any medical needs, make a power outage plan for medical devices or refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Reminder: Please make sure your homes have your house number clearly visible so our first responders can spot them right away. Also, if you live in the Kaibab Village and you're on the old Kaibab village road you should be using this as your address and not 2230 when you call dispatch. This would help reduce response times.

Tribal Newsletter 2023

*Do you read the monthly newsletter?

*Is your newsletter used as fire starters?

*Would you rather view the Newsletter on Tribal Website?

If you **Do Not** wish to get a hard copy delivered or mailed of Newsletter please contact Tribal Office. 928 643 7245

*FYI – when we deliver Newsletters to households on the Reservation, **IF** your Newsletter from last month is still in the container, we will not drop another.

Every month we mail out 116 Newsletters @ approximately \$1.68 per item = \$198.00

It takes about 6-8 reams of paper to print out 186 copies. (Depends on the number of pages being printed). Not to mention usage of color toner cartridges.

News from the Tribal Housing Department

Well the new year is here.

We had a safety poster contest with the winners moving on to the Southwest Tribal Housing Alliance for judging and then advance to the Native American Indian Housing Council's Annual Convention. We had 9 participants. The winners were K-3 grade Adrianna Nieves, 4-6 grade, Kacin Perez. We attached their posters.

On February 21, 2023 at 5:30 pm at the Community Building we will be having a workshop on How to Repair Holes in the wall.

We have had an increase in DPW, Ceiling Rents \$400.00 to \$450.00 and Administration Fee \$150.00 to \$200.00. All effective March 1, 2023. Notices have been sent out.

There is still wood available. Contact our office so that the gate can be opened for you. We will have the gate open Saturday, January 28, 2023 from 9:00 am-11:00 am.

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 or by the propane tank and meters.

Disconnect all hoses from the outside faucets. Failure to do so could result in broken water pipes, and if this happens you will be charged if we have to work on the broken pipe.

Please get rid of all old appliances sitting outside your house. We do have the big dumpster behind our office, in which to dispose of said appliance.

Please make sure that all boxes, big or small, including pizza boxes are broken down and

bagged. No large items such as furniture, beds, TV, chairs and such. We have a big dumpster behind the Housing/Water/Facility Maintenance Office where these items can go, thank you.

As a reminder, ALL work orders must be called into the office, before they can be worked on. Call Yolanda at 928-643-8308 or email: yrogers@kaibabpaiute-nsn.gov or LaWanda at 928-643-8328 or email: lhill@kaibabpaiute-nsn.gov. On the weekends call Yolanda. Your cooperation is appreciated.

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.

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.



2023 Safety Poster Winners

do not text and drive



Adrianna
K-3 grade



Kacin
4-6 grade

"Break
cigarette
Break the
cycle."



ATTENTION ALL

Water & Propane meters are read around the 24th-25th of the month. All dogs need to be tied up and away from the meters.

You do not get to chose who can read the meters. If you deny the workers from reading the meters, we will have no other choice but to contact BIA Law Enforcement to have you charged with theft of service.

Your cooperation is appreciated.

Please do not use your cooking stove to heat your home. It releases carbon monoxide, which is very dangerous.

**Thank you Kaibab Paiute Tribal Housing
Department**

Kaibab Band of Paiute Indians



January 23, 2023

TO: All DPW Customers

FROM: Kaibab Paiute Tribal Housing Department

SUBJECT: Rate Increase

Effective March 1, 2023 the DPW rates will be increased.

Water-Regular \$32.00 (For the first 5000 gal. & \$1.00 per 1000 gal thereafter)

Water-Elder \$17.00 (For the first 5000 gal. & \$1.00 per 1000 gal thereafter)

Garbage-Regular \$25.00

Garbage-Elder \$14.50

Sewer-Regular \$28.00

Sewer-Elder \$16.00

Electricity-Regular \$12.00

Electricity-Elder \$7.50

Dumpster rental per week: 2 yards	\$50.00
3 yards	\$70.00
6 yards	\$90.00

Thank you.

Tribal Housing Department

HC 65 Box 2
Fredonia, Arizona 86022

Phone (928) 643-7245
Email: housing@kaibabpaiute-nsn.gov

**Tribal Housing
Workshop
February 21, 2023
Kaibab Community
Building**

5:30 pm-7:30 pm

**“How to Repair Holes in
the Wall”**



**Hope to see you there,
dinner will be served.**



Human Services

Kaibab Living Sober AA:

Tuesdays at Noon
Community Building
and on Zoom
Meeting ID: 870 210 54634
Password: odat

Contact:

Social Services: Jennie Kalauli: Phone Number: (435)-689-1799

Mental Health: Allen Orton: Phone Number: (435)-899-1782

Penny Keller: Substance Abuse: Phone Number: (435)-689-0381

Jennie, Allen and Penny are available for individual and group sessions.

Contact Human Services staff for alternative resources for services.

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



HUMAN SERVICES & EDUCATION PRESENTS:



FAMILY
GAME NIGHT



Dinner

WHEN: FEBRUARY 6TH
WHERE: COMMUNITY BLDG.
TIME: 530PM-8:00PM



CHR DEPARTMENT PRESENTS

**Our first
Native Food for
Life Online Class**

**Plant-Based Cooking &
Nutrition to Prevent and
Treat Type 2 Diabetes**

WHEN: FEBRUARY 15, 2023

TIME: 5:30 PM

*** WE WILL BE DOING MORE OF THESE CLASSES IN THE FUTURE ***

ZOOM LINK WILL BE POSTED SOON !

THE SCIENCE OF SWEAT...

WORK OUT *WITHOUT OVERHEATING*

BACK IN AUGUST 1985, Douglas Casa was young, healthy, in great shape, and racing a 10K. He ended up in an ambulance and a coma due to severe exertional heatstroke. It's been his goal ever since to keep others from suffering the same fate. Casa, who heads up heat research at the Korey Stringer Institute, is on the cutting edge of how athletes and outdoor workers can do what they do when it's sweltering without ending up where he did. Use these tips to get a workout in, hit your splits, and live to tell the tale.

RESET YOUR THERMOSTAT

THERE'S A REASON 85 percent of football-related heatstroke deaths happen in the first three days of practice. The initial hot days put a ton of stress on your body as it kick-starts its internal air-conditioning system. Your body briefly increases your plasma volume to help your heart pump more blood with less effort so that you can keep sweating and working out at the same time. You also start to sweat faster, and sweat more, to keep cool.

That's how your body is supposed to cool itself. But when you don't give yourself enough time to acclimate to extremely hot weather, it can't adjust and you're more susceptible to heatstroke. Help your body with this by easing into outdoor workouts. "Do some easy or medium-effort workouts outside and do the hardest ones inside," Casa says.

Then, over about a week, start to introduce your higher-intensity work outdoors. To help air get to your skin so sweat evaporates and cools you, wear a lightweight, loose-fitting T-shirt made of a fabric that wicks away moisture (whether synthetic like polyester or natural like merino wool). If you don't feel well during a workout, lower your intensity. "That's your body's early-warning system," says Casa. "A lot of people try to tough it out, and that's when you run into problems."

CHILL OUT, THEN WORK OUT

JUST AS IT TAKES LONGER for a frozen burger to cook than it does a room-temperature one, you're able to resist heat better if you begin your workout with a lower body temperature, says Casa. If you're doing something relatively short in duration, like running a 5K or playing a game where you

can rest between sets, precooling may help you perform better and stay in your groove longer. If your workout is over an hour, the impact wears off. Cooling techniques that cover a large part of the body—ice baths or exposure to cold air—are better than strategies like iced wristbands.

SIP. SIP. SIP.

WATER IS YOUR MVP. "Your body temperature goes up faster when you do intense exercise in the heat if you're dehydrated," says Casa. No scientist will guesstimate how much you should drink during a workout, because that depends on how hot it is, what workout you're doing, how much you sweat, and more. But guidelines from the American Council on Exercise say that after a workout, you should replenish about 24 ounces of fluid for every pound of weight lost during exercise.

—MARTY MUNSON

HOW THE PROS HANDLE THE HEAT

MONITOR YOUR TEMPERATURE



VICTOR CAMPENAERTS,
pro cyclist; holder of the one-hour world record

► **WHEN YOU'RE GOING** for the one-hour record—the farthest you can ride in 60 minutes—"overheating is a major issue," he says. To determine how hard to push without overheating, he uses **CORE** (\$257; *corebodytemp.com*), a **waterproof sensor** that snaps onto a heart-rate strap or sticks on the body. In races, it helps him keep his core temp low until the moments he really needs to push the effort.

BREATHE AND GET YOUR HEART RATE DOWN



CHRISTIAN JONES,
former Chicago Bears linebacker

► **JONES GREW UP** in Orlando, Florida, and knows that underneath the pads and the helmet, there's a body doing its best to stay cool. As your core temp rises, so does your heart rate. He tries to prevent his body from overworking and overheating with a breath-control method he learned in Pilates: **five deep, controlled breaths, inhaling for five seconds and exhaling for five.** "It sounds easy, but when you're tired, it's hard," he says.



**IntermountainSM
Garfield Memorial
Hospital**

**3D
DIGITAL
MOBILE**

**MAMMOGRAPHY
UNIT**

coming to your area

**Kanab
February 14, 15, & 16,
2023**

**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