

Kaibab Paiute Newsletter

February 2024



Message from the Office of the Chairman

Hello Tribal Members:

In assuming the Office of the Chairperson, the day to day is an ongoing deluge of differing tasks and duties. I have attended the Tribal Nation Days with the Arizona State Legislature. The Legislature began with the American Legion Post 114 posting the colors. The invited Tribal Leaders spoke of the importance of gaming to their respective communities, helping to build their infrastructure and support their health care as well as reinvesting in economic development projects and tribal housing.

I also attended the Inaugural Tribal Gaming Conference in Tempe Arizona, I and Tribal Chairman Verlon Jose from Tohono To'Odham talked about how the revenue from gaming and the sharing that is written into the gaming compact with the state has affected our communities. I shared how we use the revenue to help support our education programs and housing as well as the health care and support for our elders, also how we contribute to the local public school systems in furthering our children's overall education. Chairman Jose shared along the same ideas of overall program support as well as building their economic development to diversify opportunities for economic growth and supporting the surrounding communities, even in the face of historical marginalization and overt prejudice.

I also attended the Inauguration of Gila River Indian Community Governor Steven Roe Lewis, Also in attendance were Arizona Congresswoman Kyrsten Sinema, Secretary of State Adrian Fontes, University of Arizona Senior Vice President N. Levi Esquerra. The event started with a meet and greet and picture opportunity with the dignitaries. I spoke with Arizona Secretary of State Fontes, as he had mentioned that he was currently working to get the state's rural communities into better communication and connectivity through the internet. I spoke about our lack of communication and cell service, he talked about Kaibab maybe having the possibility of being connected thru our using the community center as a polling site, as this is seen as a national security issue for elections.

These are some of the highlights of my first month in office, I will endeavor to keep all advised of my opportunities to bring Kaibab to table with and through being present with state, Tribal and Federal entities. To continually work to find help and programs to improve our membership's standard of living.

Roland Maldonado
Chairman
Kaibab Band of Paiute Indians



Ronnie Peden, C-Store Manager

Isaac Yracheta, C-Store Asst. Manager

Welcome

TO THE TEAM



WE'RE HIRING!

- JOB POSITIONS**
- CHR Home Healthcare Nurse
 - Congregate Meals Cook
 - Senior Transport and Homemaker
 - K12 Activity Coordinator
 - Intermittent Day Labor
 - Admin Assistant

Stop in to pick up an application!

Or go online to see full job descriptions and print an application

Dear Members of the Kaibab Band of Paiute Indians,

I hope this message finds you in good spirits and health. I am writing to share some exciting progress we've made this month that marks significant strides towards our collective goals and the future prosperity of our community.

Firstly, I am thrilled to announce that our Tribal Council has approved a budget for a new and pivotal initiative: the Tribal Strategic Plan. This plan is a roadmap for our future, designed to guide our community towards sustainable growth and development. It reflects our commitment to preserving our heritage while embracing opportunities for progress and self-sufficiency.

In tandem with this development, our Economic Development Department released a Request for Proposals (RFP) on January 30, 2024. This RFP is a call to vendors to submit bids for projects that align with our strategic plan. It is an open invitation for innovative solutions and partnerships that will contribute to our community's economic resilience and prosperity.

We understand the importance of community involvement in shaping our future, which is why we will be seeking your input for the strategic plan. Your insights and aspirations are invaluable to us, and we are committed to ensuring that your voice is heard and reflected in our path forward.

Furthermore, we had an enlightening lunch meeting with Blue Stone Strategy, where we discussed the potential adoption of a Section 17 Tribal Charter. The adoption of Section 17 could be transformative for us, as it essentially separates our business operations from political influences, allowing for more streamlined and efficient economic development. I am hopeful that this is the path we will choose, as it represents a strategic approach to safeguarding our community's interests and assets.

In another forward-looking move, the Tribal Council passed a resolution to designate carry-over funds from Economic Development to acquire a business or a controlling share of a business. This decision is a testament to our dedication to diversifying our revenue streams and building a stronger economic foundation for our tribe. It marks a proactive step towards financial independence and sustainability.

Thank you for your attention and engagement. I look forward to your active participation and support in this journey.

Warmest regards,

John McClellan
Economic Development Director



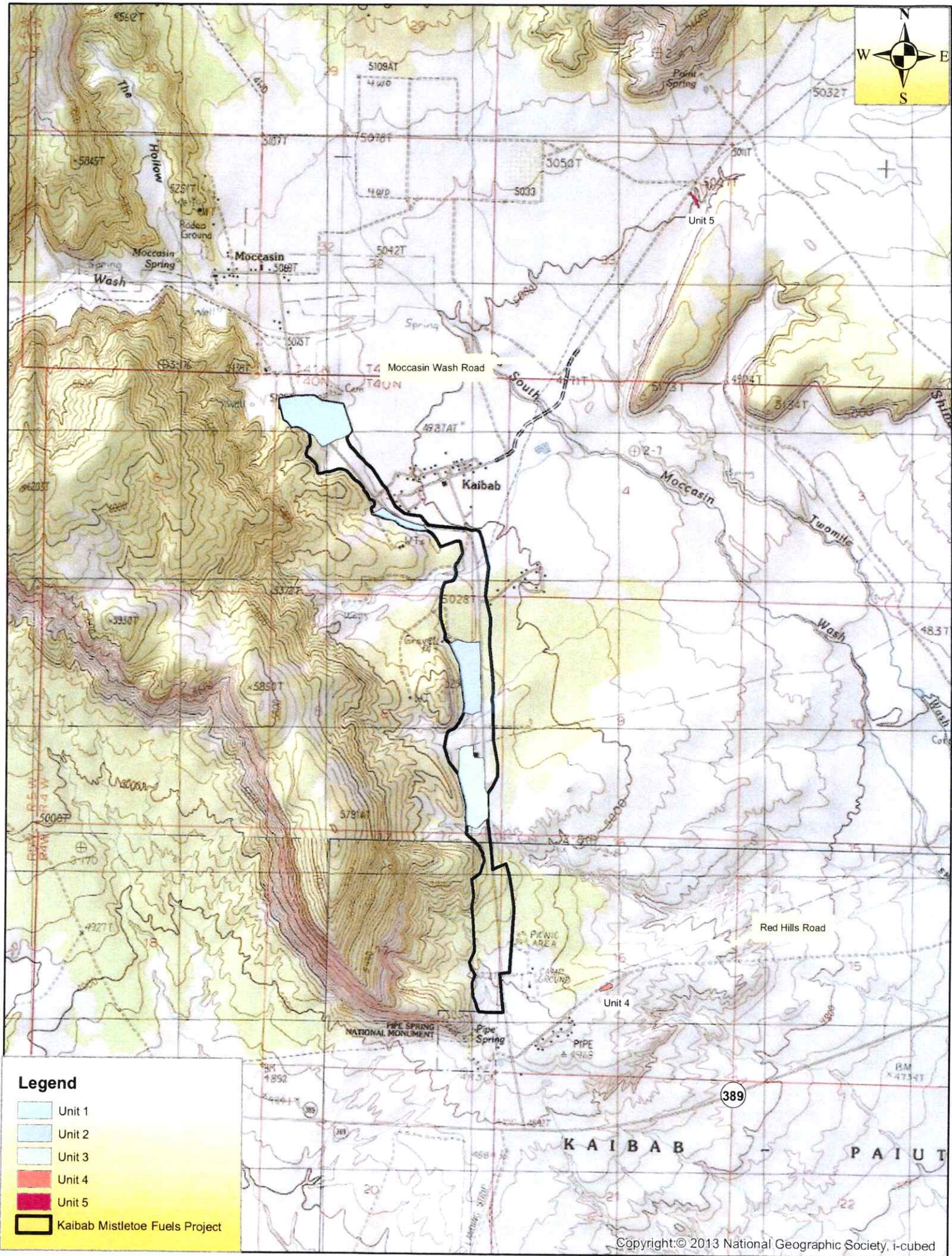
PUBLIC NOTICE

BUREAU OF INDIAN AFFAIRS SOUTHERN PAIUTE AGENCY FUELS MANAGEMENT PROGRAM

The Bureau of Indian Affairs, Southern Paiute Agency will be conducting prescribed fire **PILE BURN** in the Kaibab Mistletoe Fuels Project. Piles are located along North Pipe Springs Road. The project is approximately 50 acres of piles that was created during the implementation project.

Burning of piles will only be conducted during favorable weather conditions and during day light hours. In the interest of firefighter/public safety the Tribal Administration and Southern Paiute Agency is asking the public to stay out of project area during burning of piles. Smoke may be present along North Pipe Spring Road-motorist are asked to please slow down and use caution if smoke is encountered.

If you have any questions or concerns, please contact Chris Henrie, Fuels Management Specialist or Clifford Serawop, Deputy Superintendent at (435) 9228135.



Legend

- Unit 1
- Unit 2
- Unit 3
- Unit 4
- Unit 5
- Kaibab Mistletoe Fuels Project

Kaibab Band of Paiute Indians



SOUTHERN PAIUTE CONSORTIUM 2024 ANNUAL RIVER TRIP

The Southern Paiute Consortium is looking for tribal members that want to attend the 2024 10-day Grand Canyon River Monitoring trip from Lee's Ferry to Diamond Creek.

River Trip Dates: **June 8th – 17th, 2024**

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 8th, 2024. 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 that reads "Daniel Bulletts".

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

Cultural Resources

HC 65 Box 2
Pipe Spring, Arizona 86022

Phone 928-643-6278

News from the Tribal Housing Department

With this cold weather, please check to make sure your hose is disconnected from your outside faucet. Remember if it is not disconnected it will cause a water line break.

Also ashes from the wood stove can be buried by your house. **DO NOT PLACE THEM IN THE DUMPSTERS.**

The big dumpster behind the Housing office is for big items, **NOT** for household garbage. We have had people dump their household garbage in the big dumpster and the crows get a hold of the bag and then there is garbage everywhere. 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.

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.**

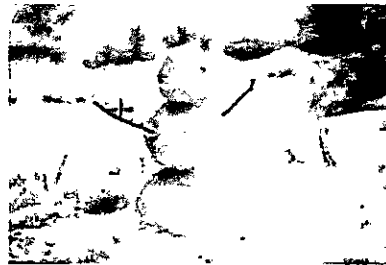
Rental/House payments are due by the 15th of the month. You are considered late on the 16th.

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.





**FIRE
PREVENTION
WEEK™**

Fire won't wait. Plan your escape.™

The _____ Family's Home Safety Action Plan

ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)



ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.



REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.

FULL-BODY FIVE FOR

FLEXIBILITY

This progression of static and dynamic moves, designed by Yu, will ease your muscles into stretching, starting with supine (lying faceupward) positions, followed by sitting, and working up to the multi-joint finale. Your body should go from stiff, dry spaghetti to pliable noodle by the end, especially if you're just waking up or have been sitting for hours.

► **FOR MORE** options for every muscle, head to WomensHealthMag.com/How-to-Stretch.

INSTRUCTIONS

Do this 15-minute routine daily, completing the designated time and reps. Do two or three sets of each stretch, then continue to the next.

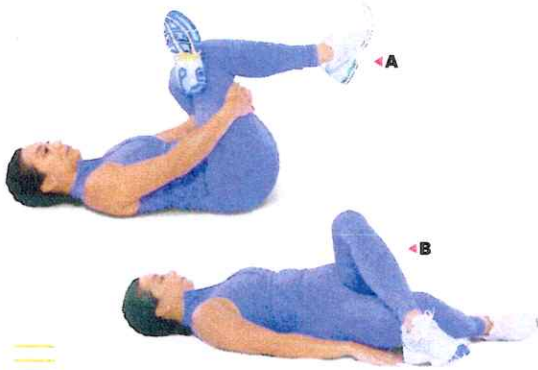


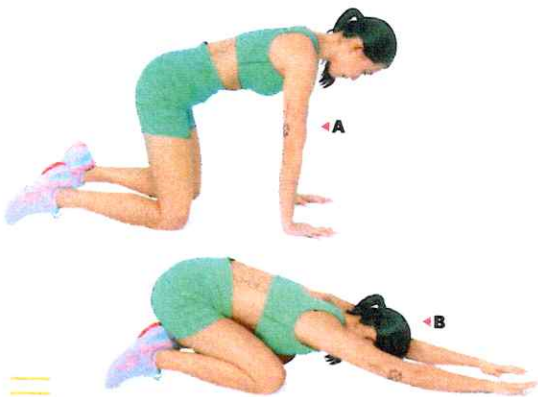
FIGURE FOUR TO TWIST

Lie faceup with both legs bent, left ankle over right knee. Clasp hands behind right thigh. Pull legs close to chest while pressing left elbow against left inner thigh to deepen glute stretch, and pause (A). Release hands and lower right foot to mat, allowing legs to fall to the right (B). That's 1 rep. Complete 10 reps, then switch sides and repeat.



OPEN BOOK

Lie on right side with knees bent, head resting on right upper arm or a prop. Left arm is straight out with palm down (A). Lift left arm up toward ceiling then to the left side, as if your arm is a book cover opening up (B). Hold for 30 seconds, breathing deeply to feel a stretch in thoracic spine and chest. Reverse motion. Switch sides and repeat.



CHILD'S POSE

Start on all fours with hands under shoulders and knees wider than hips (A). Slowly sit hips back toward heels, un-tucking toes, and lean upper body forward, walking hands away from head until body forms a straight line from hips to hands. Rest forehead on mat and belly on thighs and hold for 30 seconds (B).



HIP SWITCH

Sit with knees bent at 90 degrees, feet and knees resting on floor, as if your legs are making the letter S, hands in front of chest (A). Slowly lift both knees up and toward the opposite side, rotating legs all the way to floor (or as far as you can), and pause (B). That's 1 rep. Repeat for 10 reps.

Credit: Women's Health September 2023 Edition
Mekenna Tracheta - Diabetes Fitness Coordinator
myracheta@hairbab.com - nsn.gou

Vegan Eggplant Parmesan

If you're looking for an easy weeknight dinner, try this vegan eggplant parmesan recipe. It features an egg-free breadcrumb crust, homemade cashew ricotta, and fresh basil. Pair it with wheat or gluten-free pasta for a dish that's hard to resist.



★★★★★
14 Ratings

Prep Time	Cook Time	Total Time
25 mins	25 mins	50 mins

Course: Dinner Cuisine: Italian Diet: Vegan, Vegetarian

Keyword: eggplant parm, eggplant parmesan, vegan eggplant parmesan Servings: 2

Calories: 811kcal Author: Kirsten Nunez, MS

Equipment

- Baking Sheet
- Casserole Dish
- Large pot
- measuring cups
- measuring spoons
- Whisk
- Apron
- mixing bowls

Ingredients

Breaded Eggplant

- 0.5 large eggplant
- 0.25 cup plain non-dairy milk
- 0.25 cup all-purpose flour gluten-free, if needed
- 0.5 teaspoon apple cider vinegar
- 0.75 cup breadcrumbs or Panko gluten-free, if needed
- 0.5 tablespoon nutritional yeast
- 0.25 teaspoon garlic powder
- 0.38 teaspoon dried basil
- 0.38 teaspoon dried oregano
- 0.38 teaspoon dried parsley
- 0.25 teaspoon ground black pepper

Cashew Ricotta

- 0.75 cups raw cashews unsalted
- 0.13 cup plain non-dairy milk plus more if needed
- 2 tablespoons nutritional yeast
- 0.5 tablespoon apple cider vinegar
- 0.25 teaspoon salt
- 0.13 teaspoon ground black pepper
- 0.25 teaspoon onion powder
- 0.25 teaspoon garlic powder

Vegan Eggplant Parmesan

- 4 ounces pasta gluten-free, if needed

- 1.5 cups marinara sauce about 23 ounces
- 1 cups vegan mozzarella shreds for topping
- fresh basil for garnish

Instructions

Breaded Eggplant

1. Slice the eggplant into ½-inch rounds. Optional: If you find eggplant to be bitter, liberally salt the raw eggplant. Let sit for 15 minutes then pat dry. "Sweating" the eggplant will make it less bitter.
2. In a bowl, combine the milk, flour, and apple cider vinegar to create a batter. Whisk well.
3. In a separate bowl, combine the breadcrumbs, nutritional yeast, garlic powder, and dried herbs. Toss until evenly combined.
4. Dip each slice of eggplant into the batter, covering each side completely.
5. Coat each side with breadcrumbs. Repeat with the remaining eggplant slices.
6. In a large pan over medium heat, warm oil. Fry the eggplant for 3 to 4 minutes, or until golden brown. Flip and repeat. Continue with the remaining eggplant. You'll likely have to work in batches or use more than one pan.

Cashew Ricotta

1. Place the cashews in a heat-safe container, like a Pyrex measuring cup. Pour boiling water into the container, making sure to cover the cashews completely. Let sit for 15 minutes.
2. Drain the cashews.
3. In a blender, combine the soaked cashews and remaining ingredients. Pulse until creamy but slightly chunky, pausing to scrape the sides as necessary.
4. Taste the cashew ricotta. Add more nutritional yeast, salt, pepper, or apple cider vinegar, if needed.

Vegan Eggplant Parmesan

1. Preheat the oven to 400°F. Make the pasta according to the package's directions.
2. In a large 3-quart casserole dish, add 1/3 of the marinara sauce in an even layer. Add a layer of breaded eggplant.
3. Spread cashew ricotta on the eggplant, then add vegan mozzarella shreds. Add another layer of eggplant, followed by cashew ricotta and marinara sauce. Top with mozzarella.
4. Bake for 15 minutes or until the mozzarella is slightly golden brown. Garnish with basil, if desired, and serve with the cooked pasta.

Notes

- If using seasoned breadcrumbs, skip the dried herbs.
- If you'd rather bake the breaded eggplant, line a baking sheet with parchment paper or a silicone mat. Bake for 10 minutes, flip, then bake for another 5 to 7 minutes. The eggplant is ready once it's tender and the coating is golden brown.
- Add a generous sprinkle of vegan cashew Parmesan cheese for even more cheesy goodness.
- For a sandwich version, serve this dish with your favorite bread.

- Nutritional information for this recipe is an estimate automatically calculated by the Spoonacular food database and does not include optional ingredients.

Nutrition

Calories: 811kcal | Carbohydrates: 96g | Protein: 28g | Fat: 37g | Saturated Fat: 8g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 12g | Sodium: 2439mg | Potassium: 1749mg | Fiber: 16g | Sugar: 21g | Vitamin A: 1245IU | Vitamin C: 23mg | Calcium: 246mg | Iron: 10mg



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)
- **FREE COOKING BOOK**

WHEN: FEBRUARY 7, 2024

WHERE: STEAMBOAT COMMUNITY BUILDING

TIME: 5:30 AZ TIME

ZOOM LINK WILL BE POSTED

THE DAY OF CLASS

HAPPY VALENTINE'S DAY

JOIN US TO MAKE A
VALENTINE'S DAY BOX

When: February 6th

Where: Kaibab Community
Building

Time: 5:00-7:00 PM

Please RSVP to
Delayna (435) 899-2106 or
(928) 643-8323

by **FEBRUARY 5th**

For Tribal and Community
Members of **ALL AGES**

**DINNER WILL
BE PROVIDED**

FITNESS FRIDAY

16 & 23



FEBRUARY

KAIBAB

GYM

10-11:30 AM



**TRANSPORTATION AVAILABLE UPON REQUEST
A LIGHT SNACK WILL BE PROVIDED**

**For Tribal and Community
youth in the
tribal service area
Ages 5-17**

**◀◀ Contact Delayna ▶▶▶
(435) 899-2106**

**YOUTH PARTICIPATION IS WELCOMED IF
TRANSPORTATION IS NOT NEEDED**

To sweet-see-us-stitch

Sweetheart Round Dance

FRIDAY, FEBRUARY 9, 2024

6PM / PITU GYM

440 N PAIUTE DR. CEDAR CITY, UT 84721

INVITED DRUM GROUP:
MEDICINE THUNDER



POTATO DANCE | OWL DANCE | CAKE WALK

Everyone welcome! Bring your hand drum,
and let's have fun!



\$20 Buy in for Paiute circle song competition.
Winner takes all!

Sponsored by the PITU Pouw'wan, Cultural, and
Enviromental Programs