

Isleta Pueblo News

Volume 6 Issuel1 November 2011

FROM THE OFFICE OF THE GOVERNOR

October 29, 2011, I want to take the opportunity to thank all community members and program service workers who participated in the Community Cemetery Clean Up. It was heartwarming to see our community come together in a show of respect for our dearly departed.

Tuesday October 25, 2011, The 16th Annual New Mexico Infrastructure Finance Conference was held at the Hard Rock Hotel and Casino October 25 thru 27, 2011. The theme of the conference was to familiarize local leaders of current assistance programs available to address emergencies in light of recent economic downturn and fewer financial resources at the local, state and federal levels.

Governor Frank Lujan opened the conference with an invocation and opening remarks. On Wednesday October 26, 2011, New Mexico State Governor Susana Martinez was present and addressed current obstacles and potential opportunities greater integration/coordination of local infrastructure development and funding. September 28, 2011, Mr. Ron Olson, Chief Executive Officer (CEO) of Hard Rock Hotel & Casino Albuquerque, submitted his resignation from his position as CEO. The Pueblo of Isleta through Governor Frank Lujan accepted the resignation. In the interim, Ms. Pam Gallegos. Chief Financial Officer has been placed as acting CEO of Hard Rock Hotel & Casino. The vacant CEO position is pending review of applicants for the position.

Wednesday, October 12, 2011, the Pueblo of Isleta in partnership with the New Mexico Department of Health and Isleta Health Clinic hosted a State and Tribal celebration on Health and Wellness at the Isleta Health Clinic parking lot. The event was well

attended and attendees were pleased with the services provided at the fair.

Governor Frank Lujan opened the celebration with an invocation, with opening remarks by Dr. Catherine D. Torrez, Cabinet Secretary of NM Department of Heath.

The Health and Wellness Celebration was well attended by Isleta participants who were provided onsite services to include:

- Breast Screening (mobile mammography) by UNM Cancer Center, Office of Community Partnerships and Cancer Health Disparities
- Free screenings for diabetes, cholesterol, AlC, BMI, and blood by Project HOPE and United Healthcare.
- Community Health Programs Wellness Fair education and flu vaccines by the New Mexico Department of Health
- And a Fun Walk for Diabetes with Governor Lujan, Secretary Torres, Isleta Diabetes Program Director/Staff, and community participants.

There will be a Residence Ordinance meeting on Saturday, November 12, 2011 at the Hard Rock Hotel, Ballroom C, from 9:00am to 11:30am. Discussion will be held and questions will be answered with regard to the residency ordinance. If for some reason the November 12th date does not work out, the meeting will be rescheduled for the following Saturday. You may call the governor's office to confirm the date at 869-3111.

Every ten years. the State of New Mexico is required to adjust the voting districts for state and federal elections. The Pueblo of Isleta recently joined a lawsuit filed by a number of Indian tribes (Laguna, Acoma, Zuni, Santa Ana, and Jicarilla Apache Nation) against the State of New Mexico on

redistricting. Earlier this year, the Pueblo of Isleta made its position on redistricting known to the State Legislature during the recent special session, but the Governor of New Mexico vetoed the Legislature's redistricting bills. Therefore, the Pueblo of Isleta joins the other Indian tribes in a lawsuit to ensure that the Pueblo of Isleta is placed in the voting district that maximizes its influence on elections.

Students, staff and parents of the Pueblo of Isleta Johnson O'Malley Program attended the National Johnson-O'Malley Association Conference which was held in Tulsa,



Oklahoma from October 15-19, 2011. Our JOM Coordinator, Geraldine Jojola and Academic Coach/Tutor, Bernadette Correa along with a group of students, parents and IEC Members were presented with an award. The Pueblo of Isleta Johnson-O'Malley Program received recognition for our Tribe's Exemplary Johnson-O'Malley Education Program and Indian Education Committee. The Region II Exemplary Award is a reflection of quality, unique, and excellence in service. This award is presented by region, with one select program receiving all honors. Congratulations to the staff of our Johnson-O'Malley Program!

CACIQUE DITCH COMMITTEE UPDATE

On August 27, the Isleta Ditch Committee met to select a Mayordomo to care and shelter Isleta's St. Augustine, for 2012. Eddie Zuni was selected for this position, and cordially accepted this responsibility. In attendance at this meeting were the Mayordomo Ha'-Ahs, cacique Mayordomos, and Cacique members. At this meeting future changes to regulations and bylaws of the Cacique Irrigation District were discussed and accepted again, by those in attendance. These changes will reflect an increase for Mayordomos' stipends from \$200 to \$500, annually, beginning this year. "No show" annual ditch work members will be fined \$60 per day beginning in 2012. Cacique Mayordomos will be meeting with POI tribal attorneys in the future, to address the collection of outstanding delinquent fines, owed to the Cacique Ditch Fund. An estimated total of greater than \$20K is currently owed to the Cacique Ditch Fund. This issue will be addressed, to bring that balance down. The Cacique Ditch Committee members recognize that it is not fair to those members who participate in the annual cleaning of the ditches, while others avoid this duty and benefit from their labor. These changes to the bylaws and regulations are meant



From left to right: 1st Lt. Gov. Eddie Paul Torres, Nathan Abeita (member), Harold Jiron (member), Joseph Lucero (Treasurer & member), Mike Lucero (Asst. Mayordomo), Mayordomo Ha' Ahs — Eugene Jiron, Bernie Abeita, Michael Lente, Ignacio Lujan, Benjamin Carpio, Tony Abeita; 1st Mayordomo, Kenneth Jojola, Eddie Zuni (member).

to help future Cacique Ditch repair and maintenance. It is important for all Cacique land owners to attend future meetings or to send a representative to these meetings, in order to address their issues and concerns. (Article and photograph: Stan Zuni / Ditch Committee Member)

ISLETA EARLY HEAD START

Are you or someone you know having a baby?

It's important to take very good care of yourself so that both you and your baby are healthy. Regular prenatal care helps you and your health care provider monitor how your pregnancy is going. It also helps your provider spot any potential health problems before they become serious. Some pregnant women may experience complications like gestational diabetes or preeclampsia. But with regular prenatal care, you can better manage any health issues that may come up.

Going through a pregnancy is not easy. The Isleta Early Head Start Program can help provide support to expectant mothers and families by offering the services of a Home Visitor. Home Visitors provide prenatal and parenting education, support during doctor visits and ultra sounds, and postnatal support for the first three months.

If you are an expecting mother that would like extra support, the Isleta Early Head Start program would love to have you join us in the program! The program still has some slots available. Call today to schedule your appointment to complete an application.

The Early Head Start Prenatal
option is for pregnant mothers,
who are an Isleta
Native/Descendant, reside on the
reservation, or who are expectant
mothers of Isleta children.
For more information or to
schedule an appointment to
complete an application, call
us immediately at 924-3160.
We also have slots available in the
Home-Based option for children ages
birth to three.

Home-Based Option

Imagine your child two years from now, five years, ten years, as an adult. What do you want for your child? What do you want your child to learn? What kind of person do you want your child to be?

The Early Head Start home-based program option was created to help you help your child reach these goals and others you may not have dreamed of yet. We believe in you! We are here to support you.

Once a week, a home visitor will come to your home. Your home visit will last 90 minutes. You, your spouse or partner, your child's brothers and sisters, and any other household members can all take part.

You will talk together about your child and how things are going for your family.

Together, you will plan activities for you to do with your child during home visits and during the week between visits.

Over time, as you get to know one another, you will become partners in helping your child grow and learn.

Twice a month, you and your child will meet with other children and parents. You will have time to get to know one another and share interesting experiences. Your home visitor will be there too. We call these meetings "socializations."

You can also take part in the program in other ways. One of the special things about Early Head Start is that mothers and fathers are truly involved. Your program, like every Early Head Start program, is designed to meet the needs of its children, families, and the community.

Your program will look to you and other parents for ideas to help shape the program policies and experiences for children and families. We are looking for children ages 0 — 35 months who are Isleta Native/Descendant or who reside on the reservation.

We have several slots waiting to be filled by families in this community.

We also have a program option for pregnant mothers, who are Isleta Native/Descendant, reside on the reservation, or who are expectant mothers of Isleta children.

For more information or to schedule an appointment to complete an application, call us immediately at 924-3160!

Annual Isleta Elder Center

Arts & Crafts Fair

Vendors coming from: Isleta, Santo Domingo, Sandia, Jemez, San Felipe, Acoma, Laguna, Cochiti, Taos and this year we are looking for vendors from Las Padilla's, Basque Farms, Belen and Las Lunas!!! Mark Your Calendar
Saturday, November 5, 2011
Isleta Recreation Center
8:00 am - 5:00 pm

CONNECTING VENDORS WITH BUYERS

Time to start thinking about that special gift for Christmas... Gifts that will be cherished for years to come! Here's what you will find at the Fair: Pottery, Jewelry, Traditional Clothing, Baskets, Paintings, Crafts, Moccasins, and many other unique gift items!

Don't forget to visit our concessions stand where we will be serving: Breakfast Burritos, Indian Tacos, Posole, Frito Pie, Beans, Red Chili, and Fry Bread - Coffee, Hot Chocolate, Soda and Water!



To Reserve Your Booth Space, please call Renee Chavez at 869-6661

Booth Space Fee: \$20.00 - Isleta Tribal Member \$25.00 - Non-Tribal Members

Bring your own table and chairs!

Due to Environment Health Regulations Outside Food Sales -NOT ALLOWED!



Beat the mad shopping rush, savings galore, support our local artists...

Proceeds from booth and concession sales go to the 2011 Elder Christmas Party & Gifts!





Indian Health Service & New Mexico VA Health Care System

13h Annual Native American Veterans Symposium Friday, November 4, 2011 Hard Rock Hotel & Casino - Albuquerque

"Veteran to Veteran, Honoring Their Service; Providing Them Services"











Pre-Registration

Name			
Branch of Service:			
Dates Served:			
Address:			
City:	State:	Zip Code:	

Register today! Please mail, fax, call or email to register.

Grace Baca, Albuquerque Area IHS 5300 Homestead Road, NE Albuquerque, NM 87110 Fax: (505) 248-4678



Grace Baca
Phone: (505) 248-8003
gbaca@abq.ihs.gov

Emilia Lovato
Phone: (505) 248-4600
elovato@ihs.gov



Hard Rock Casino "Honoring Our Veterans"

On November 11, 2011, Hard Rock Casino will be providing free dinner to all veterans from 11 AM - 7 PM. Cost of meals for non-veterans will be \$5.00 per person.

Besides the food, Hard Rock Casino is planning other events... including speakers, special honors to veteran and their families.

All proceeds from this event will be donated to the Pueblo of Isleta Veterans' Organization.

We look forward to seeing our veterans on 11/11/11 from 11 AM -7 PM.

Also, a reminder to all veterans... the next meeting of the Pueblo of Isleta Veterans Organization will be on Wednesday, 16 November 2011 at 6:30 PM. All veterans with an honorable discharge may join the Organization for an annual fee of \$25.

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

- 1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- 3. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- 4. Get your family vaccinated for

seasonal flu.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2011-2012 school year:

• Plan for child care at home if your child gets sick or their school is dismissed.

- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- · Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

www.CDC.gov

Greetings from the Isleta Pueblo Housing Authority (IPHA)

We have passed three-quarters of way through Fiscal Year 2011. We have updated several initiatives since the last time we were able to submit a narrative for your housing information.

We submitted the 2012 Indian Housing Plan (IHP) to HUD prior to the due date of October 18, 2011. Major points to expend IPHA's potential allocation of \$1,084,030 identified in the IHP are: New development of an additional 6 units for homeownership; Rehabilitation of additional 6 units; Operations and maintenance of 1937 Act and current NAHASDA housing stock; and planning and administration activities.

IPHA has been progressing with the two (2) additional development units at Sunset Hills III identified in the 2011 IHP for \$1,004,763. IHPA has expended \$78,000 of the grant since its approval in June of 2011. IPHA also continues to use prior years' resources to complete outstanding renovation projects, which currently has a wait list of 45 eligible applications.

IPHA also completed its independent annual audit requirement for FY2010 before the deadline. IPHA received the best opinion that can be issued by a CPA audit firm, which is classified as an Unqualified Opinion.

IPHA and POI were awarded by the HUD's Office of Native American Programs for the Greener Homes National Summit for creating energy efficient, comfortable and healthy tribal homes for outstanding contribution in the area of sustainability. IPHA was one of six tribes selected nationally for this honorable achievement. IPHA would like to share this honor with Lt. Governor Edward Paul Torres, who was the major pioneer of this innovative process.

As we are on the new development topic, IPHA has occupied seven (7) new homes at the Sunset Hill III subdivision. Per directive, IPHA publicly identifies the new homeowners as: Gregory Abeita, Bernadine Weatherspoon, Rochelle Mariano, Angelisita Romero, Alvin Abeita, Julianne Garcia and Rebecca Meehan. IPHA is glad to announce the introduction of an additional four (4) new homebuyers to occupy by early November 2011. New development projects have a waitlist of 53 eligible applications.

In addition to all major renovation and development projects, IPHA has received and fulfilled 336 work orders within the last quarter.

HIP is a grant program that addresses the housing needs of those who cannot receive assistance from any other source. It involves the repair and renovation of existing housing, and the construction of new units. Application submissions are due to the BIA by December 31, 2011. You may qualify for this program if your application supports: annual income below \$15,300; you and/or any family member have a severe health problem, permanent disability; and access to land (for new construction). IPHA has received 16 applications to be submitted to the BIA area office before the deadline.

IPHA has also made available to eligible customers applications for the NM Energy\$mart Program for Weatherization assistance to low income customers through Central New Mexico Housing Corporation. This will help low income customers save utility costs through weatherization measures, which include window replacement, heater repairs, install certain new appliances, smoke detectors, insulation and water heaters for up to \$6,500 per eligible customer.

Thanks to a lot of you for your timely house payments, and advance thanks to those who are planning to settle delinquent accounts in the near future. We can only create the aura of sustainability and viability in the community through cash infusion. When IPHA's new management team came on board and began its enforcement of policies related to collections, May 2011 delinquencies totaled \$316,921. As a percentage of total annual HUD allocations, that equaled more than one-third of IPHA's 2011 IHBG funding!

We have been striving to address these delinquent accounts along the way. If you are delinquent (or are aware of a fellow tenant who is in delinquent status), IPHA wishes to work with you first, rather than go through the costly tribulations of court proceedings and subsequent forced evictions. In addition, delinquent account status will hinder future housing services, which includes work order requests.

IPHA owes this task to its homeownership counselors, following policies, constantly communicating with the tenants to encourage payment by the first business day of each month. A clear indication of their collection efforts are reflected in simple mathematical terms. In January 2011, IPHA collected a total of \$39,365. IPHA has averaged monthly collections of \$84,286 since March 2011, maxing out at \$117,803 for the June 2011. IPHA's latest delinquency amounts are estimated at \$237,140, approximately \$80,000 less since May 2011.

IPHA will continue to accommodate tribal members in providing and supporting the low-moderate income families with safe, quality and affordable housing opportunities. IPHA's focus is to strive for remarkable success in achieving projected goals and objectives. IPHA support staff is constantly reminded to excel in providing administrative support such as housing counseling, resident services, tenant and administrative accounting, and project planning and management. Its current Force Account personnel builds, maintains, renovates, rehabilitates a majority of the Tribe's housing units. It is also called upon to address other public tribal building needs in the area.

To combat declining federal funding levels, IPHA will always seek alternative financing through the blending of certain resources: Leveraging of IHBG funds, Low Income Housing Tax Credits, New Market Tax Credits, Federal section 184 loans, BIA HIP funds, HUD-ICDBG grants, and a variety of other funding resources that will achieve similar housing initiatives as NAHASDA. Another alternative method of expanding homeownership opportunities is IPHA's Home Loan Program that will help in implementing Tiwa Lending Services, the Isleta Pueblo's Community Development Financial Institution.

IPHA wants to express that all concerns, issues and questions be addressed at the administrative level, so that we have established a communication point in discussing resolutions that the customers may have.

All management tiers are busy with progression of projects as we expect to deliver quality products and services for our much-deserving customer base. The activities at all facets of IPHA do become cumbersome at times, as we try to serve each tribal member's housing need through work orders, without infringing on policies and regulations, our timelines with development and rehabilitation projects. As we continue to serve with courtesy and professionalism, we kindly ask our customers to communicate with us in a similar manner.

IPHA has received numerous positive responses from customers who appreciate our services.

We sincerely appreciate all the efforts of those involved (especially with your patience), as we continue to provide the best services to our customers, community and families. We will continue to be innovative, efficient and productive with the resources afforded us to fulfill our mission statement.

2011 PUEBLO OF ISLETA BIG GAME HUNTING RULES AND REGULATIONS

- The deer hunt is open to all eligible Tribal Male Members. (Traditional Hunt)
- Hunting permit is required.
- · Hunters must choose only one hunt; Archery or Rifle.
- Only one guest per hunter. Guest must be a **male** Tribal member and he will not be allowed in possession of a firearm.
- Hunters under the age of 18 must be accompanied by an adult. Must have completed and be in possession of a New Mexico Hunter Safety Education Certification.
- Only long-bows or compound-bows with a 40lb. pull or greater will be allowed.
- Only center fire rifles with a caliber of .223 or greater will be allowed.
- No fully automatic rifles will be allowed.
- Hunters must only have one weapon in possession. Additional weapons will be confiscated.
- · No bear, cougar, turkey, or any other wildlife is to be hunted.
- · All vehicles must stop at all designated check points.
- Any deer in possession must be reported for the purpose of wildlife management.
- · Vehicle may be subject to search.
- · No ATV's, horses, or mules will be allowed.
- No road hunting will be allowed.
- Anyone found under the influence or in possession of alcohol or drugs while operating a motor vehicle will have their hunting privileges revoked and may be charged with DWI.
- Overnight camping and camp fires will not be allowed.
- No littering, littering citations will be issued for non-compliance.
- All hunters and guest must wear blaze orange for safety purposes, except for archery hunters.
- The use of spot-lights or any artificial lights is strictly prohibited.
- Legal hunting hours are from $\frac{1}{2}$ hour before sunrise to sunset for all deer hunts.
- · No wood cutting/hauling during the deer hunt.
- All hunters must abide by the Pueblo of Isleta Law and Order Codes and Ordinances.
- Bag Limit: One deer per household, rifle hunters must take a buck possessing at least one antler with a distinct fork, a bur does not constitute a fork.

Approved:		. Date:
	Governor	



2011 PUEBLO OF ISLETA DEER HUNT

MANZANO MOUNTAINS ONLY OPEN TO MALE ISLETA TRIBAL MEMBERS ONLY

ARCHERY HUNT: NOV. 9 -13 (EITHER SEX)

RIFLE HUNT: 1ST HUNT NOV. 19 - 20 (BUCKS ONLY) 2ND HUNT NOV. 26 - 27 (BUCKS ONLY)

HUNTERS MUST CHOOSE ONLY **ONE** HUNT: THE ARCHERY HUNT OR **ONE** OF THE RIFLE HUNTS

ALL HUNTERS MUST OBTAIN A TRIBAL HUNTING PERMIT.
PERMIT MUST BE IN HUNTER'S POSSESSION
DURING THE HUNT.

PERMITS WILL BE AVAILABE AT THE: NATURAL RESOURCES OFFICE 10/31/11 - 11/25/11 MONDAY - FRIDAY 8:00 AM - 4:30 PM CALL 505-869-2710 FOR MORE INFORMATION

NO ALCOHOL OR DRUGS ALL POI LAWS WILL BE STRICTLY ENFORCED

Dear Community Members:

We want to thank everyone for their patience as the Head Start buses are leaving our parking lot. We have been attempting to direct traffic to allow the buses a chance to leave our lot. This has been made a little more difficult with our non-working gates. The following are rules that our transportation department must adhere to. Parents and Community Members are encouraged to report any bus driving violations to the Isleta Police Department (869-3030) or Head Start program immediately (924-3160). The Pueblo of Isleta Head Start and Child Care program transportation staff follows mandated procedures and laws of the Tribal, State and Federal Department of Transportation and are intended to ensure that children are not unnecessarily placed in an unsafe situation.

Per Transportation Law:

- Transportation staff may not leave their vehicles until all school bus related duties have been accomplished.
- Drivers are required to stop at least fifteen feet in front or back of a stopped school bus and may not pass the bus while the lights are flashing and the STOP sign is extended.
- A complete stop shall be made at all established school bus stops whether students are present or not, unless a parent/guardian, Head Start staff or transportation provider has notified the driver that the student will be absent.
- The bus shall be brought to a complete stop with the park brake activated before taking on or letting off students.
 - o While stop sign is engaged all vehicles shall stop until the stop has been completed.
 - □ Violation of this law will be reported to the Isleta Police station with your license plate number.
- The driver shall not impede traffic unnecessarily.
- School buses shall not be backed up or make "U" turns on school grounds or on the bus routes, unless absolutely necessary, and then only with assistance from the bus monitor.
- School buses shall not turn right on a red traffic light even though a complete stop is made and the intersection is clear of cross traffic.
- School buses will, before crossing any railroad track/ tracks, activate four-way hazard lights and bring the bus to a complete stop not less than 15 feet or more than 50 feet in front of the rail nearest the front of the bus.
 - o The service door and the window to the driver's immediate left shall be open
 - o The driver shall look and listen in both directions along the track/tracks for approaching trains or other vehicles.
 - o The service door and window shall remain opened, and all noisy equipment (radios, fans, etc.) shall be shut off until the rear of the bus clears the track/tracks.
- No stop will be made at a railroad grade crossing where a traffic light controls movement of traffic.

FROM THE REALTY OFFICE:

The Realty Office staff, John, Faron,
Patricia, Priscilla, Benny and Ray,
would like to wish you and
your families a very
Happy Thanksgiving!!

Department of Natural Resources

PUBLIC MEETING NOTICE:

The Department of Natural Resources (DNR) is holding a public meeting on November 17, 2011 from 2:00 to 4:30 pm at the Public Works conference room, Bldg 267 to provide information and answer questions on the Draft Environmental Assessment (EA) for the for the Multi-Jurisdictional Landscape Analysis <u>Project</u> in the Manzano Mts. Public comments from the meeting will be considered in the development of the Final EA. For more information, please contact DNR Director Abel Camarena at 869-5748 or Forestry Coordinator, Frank Jiron at 724-9287.

BACKGROUND

In late 2008, the Pueblo beginning meeting with its neighbors, the US Forest Service, Kirtland Air Force Base and Chilili Land Grant as the result of the 2007 and 2008 Ojo Peak, Trigo and Big Spring wildfires to talk about the potential future threat of catastrophic wildfires in the East Mountains. The Bureau of Indian Affairs/Southern Pueblos Agency has also participated in these meetings in support of Pueblo. The result of these meetings was the decision to jointly conduct collaborative landscape analyses to

reduce hazardous fuels in the forested areas on all adjoining land ownerships; a total of 8,530 acres. Before such treatments could be undertaken, each federal partner would have to comply with the National Environmental Policy Act (NEPA).

In March 2009, the Pueblo Department of Natural Resources (DNR) submitted a Collaborative Forest Restoration Program (CFRP) grant application to the US Forest Service and was successfully awarded \$212,855 in August of 2009 to complete the first CFRP funded multi-jurisdictional collaborative landscape analysis project. The Pueblo was required to provide a grant match totaling a value of \$53,213 in labor, equipment and materials.

With the CFRP grant funding in place, the Pueblo entered into a Consultant Services Agreement with SWCA in November 2009 to complete the environmental analysis on 2,000 acres including, forest stand exams, cultural resource surveys and produce an Environmental Assessment (EA) document disclosing the environmental affects of proposed hazardous fuel reduction treatments.

LEGAL NOTICE

A Petition to Determine Heirs to the Estate of David S. Zuni, deceased on September 16, 2011, has been filed in the Isleta Tribal Courts, (Case No: CV-PR-0433-2011) Any person claiming to be an heir or having an interest in the estate is hereby required to file a Notice of Claim with the Isleta Tribal Court within thirty (30) days from the date of this notice being published.

PUBLIC NOTICE

A petition to Probate the Estate of Richard James Lucero, deceased on March 13, 2011, has been filed in the Isleta Tribal Courts. Any person claiming interest in the estate is hereby requested to notify the Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted.

Claims must be filed in writing and filed with the Isleta Tribal Court. If you have questions contact the Isleta tribal Court Clerk at (505) 869-6510.





Editor: Ulysses Abeita Asst. Editor: Beverly Piro **Published By:**

Valencia Express

INDIAN PUEBLO CULTURAL CENTER Honoring

OUR VETERANS

NOVEMBER 11 11:00 AM - 2:00 PM

VETERAN'S DAY COMMEMORATION EVENT

Join us for

- Native American Color Guard Santo Domingo
- Native American Veteran Speakers
- Pueblo Dances
- Lunch will be served RSVP Needed

Please call Bernadette with any questions 724-3533



Indian Pueblo Cultural Center SILVER & TURQUOISE ROOM

2401 12th St. NW, Albuquerque, NM 87104 | IndianPueblo.org ()







Parks & Recreation

The month of October was an extremely busy one for the Pueblo of Isleta Parks & Recreation Department beginning in earnest with the per capita distribution, continuing with insurance meetings for employees, children going on a field trip to the balloon glow and Isleta Fun Connection, and having our children participating in Cross-Country events every Saturday until October 22nd, plus having most of our parks utilized every weekend for private family gatherings and parties. Also the swim team has been busy once again getting ready for the upcoming swim competitions.

Per Capita

Because of per capita distribution that takes place every year, the gym was closed for set-up on Monday, October 3rd and for actual distribution on Tuesday, October 4th. This year's distribution was held on one day as opposed to the traditional 2 days in years past. We apologize for any inconvenience but I'm sure not too many people really did mind.

After-school Recreation

The after-school recreation program continues to be a tremendous service to those children and parents who are working and cannot be home to greet their children upon dismissal from school. Both New Rec. and Old Rec. programs continue to pick children up at the elementary school and next to the post office. The difference between the both, besides location, the Old rec. program will also take children home upon completion of the program whereas at the New Rec. program parents and or guardians have to pick their children up at the New Rec. facility. Those children involved with the after-school program were treated to an evening at the Balloon Glow over at Balloon Fiesta Park on Friday, October 7th. After-school Rec. Coordinator, Roberta Chavarillo reports all children and adult chaperones in attendance really enjoyed themselves. It was a sight to be seen up close and personal. They also were treated to a few snacks and drinks at the balloon park. Also, those involved in the Cross Country program, the New Rec. program would have those children involved in Cross-Country taken to and from practice if they so desired. Now that the Cross-Country program is officially over, we now start to focus our attention to youth basketball. But before we do, I would like publicly thank all of our volunteer coaches especially Mike and Margo Jiron along with trainer Alyssa Jojola for making this season a very enjoyable and rewarding experience for the children involved. GREAT JOB. More information for basketball will be forthcoming once the organizational meeting for coaches which is scheduled for early November has been held. Carl Anderson will be our Head Coach organizing all of our teams and volunteers who will be assisting. **Special Note**: Our afterschool program at New Rec. Center continues to offer homework assistance and an arts/crafts program for those needing or wanting to be involved. All three (Abenita, Marie and Gloria) of our Nanas are back in full swing and have a wealth of knowledge and activities to offer our children. Pictured is a collage of pictures from our last Cross Country Meet and SPA finals held in the Pueblo of Acoma. Several of our students finished in 1st place and all did an outstanding job by participating and being involved. Congratulations!!







Coaches Mike Jiron and Alyssa Jojola





Aquatic News

child. Also, in case of an emergency guard staff will rely on the to one of our lifeguards about pool usage at 869-8557. adult for the child's information.

Whether in the wading pool or in the main pool, a young child must be accompanied by an adult 18 years or older.

Just as a reminder, if you have pool safety questions, please feel free to drop in or call and ask. We hope to see you at the pool soon!

Did you know a parent or responsible adult 18 years of age or Just because winter is around the corner you can always get an older must accompany children in the wading pool? With the aerobic workout by swimming laps or just playing in the water presence of a responsible adult the guard staff will receive support or even coming to the water aerobics class. Don't let that cold enforcing safety rules. Since adults are the first layer of safety for weather discourage you from coming in. The water is kept warm young children, awareness of the child by an adult comforts the 76-79 degrees. If you have any questions feel free to call and talk

> Note: Bids have already been solicited for repairing the Steam-room. Work should begin in the next couple of weeks once that PO has been issued. Thank you for your patience and understanding.

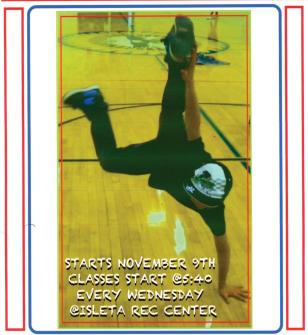
Volleyball, Break Dance, and Zumba Classes

Once again, our volleyball program for adults is just about ready to get started. League Director, Carl Anderson reports that the league change this year will be that all games will be held on Sunday's only beginning at 11:00 am. First games should § begin on Sunday, November 20th prior to Thanksgiving Weekend. More information will be forthcoming. At the present time he has 7 teams registered but can take as many as 10 teams. If you are interested in plying or starting

ISLETA RECREATION OF THE PORT HORE INFO CALL CARL ANDERSON © 508069-0857 LEAGUE

your own team please contact Carl Anderson at 869-8557 ASAP. Also as an after-school alternative recreation program Carl Anderson will start a new Break Dance Class on November 9th at 5:40 pm at the New Rec. Center. For anyone interested please contact Carl ASAP. Last but not least and due to popular demand we will be having an Introduction to **Zumba Class on Thursday, November 3rd** from 6:00 pm to 7:00 pm in the gymnasium at the New Rec. Center. Sisters, Rachel and Natalie Salvador will

BREAK DANCE CLASSES BREAK DANCE CLASSES



FOR MORE INFO CONTACT CARL ANDERSON @(505)9340432

be instructing the class. The costs for the class initially will \$3.00. If the interest is high we may incorporate it as one of our regular fitness-aerobic classes.

News Release:

Karate Students under the direction of Clarence Chavez, Sensei were recently tested for their next higher belts at the Isleta Recreation Center. The physical test ran approximately 4 hours and the written test ran about 2 hours. Mr. Chavez was extremely pleased with the group. They tested for karate ranks ranging from Yellow Belt to Purple Belt.

First row of students L to R are:

Darrin Lucero, Terrence Harris, Sara Lente, DJ Jojola.

Second Row from L to R are:

Alyanna Loretto, Jefray Otero, Darian Graves, Gabby Lente, Instructor or Sensei Chavez, Domacio Chewiwi, Jenna Coley, and Benny Lente.



Free Pumpkins





Once again, (for the last 8 years) we (Parks & Recreation Department) were able to get free pumpkins for the Pueblo of Isleta. Pictured are several of our employees picking pumpkins in Estancia, New Mexico on the John C. Aday Pumpkin farm. We were able to pick about 4,000 pumpkins at no cost to the Pueblo of Isleta, which we gave out for free to all those Pueblo residents who came by for one. Thanks to my former coach, personal friend and Tribal descendant Dan Abeyta, who works for the USDA Farm Service Agency for making this possible.

—WIC NOTES—

Things You May Not Know About Breastfeeding

1. You do not need to eat like a nutritionist- Your body is designed to make healthy milk regardless of how you eat. Your body makes sure your baby get everything she needs. Eating well is more about maintaining your own health and energy. Be sure to continue to take your prenatal vitamin to help fill in any nutritional gaps in your diet.

You can enjoy **grown up drinks** when breastfeeding.

- About 2 cups of coffee or one 12 ounce caffeinated soda a day is just fine.
- Even the occasional alcoholic beverage-- just time your alcoholic drink for right after you breastfeed. It takes your body about an hour to metabolize one drink.
- 2. Your belly may feel a bet crampy- The same hormone responsible for triggering milk letdown also causes your uterus to shrink back to its normal size. It may feel uncomfortable but is a sign that your body is healing properly.
- 3. Your breasts may leak-Blame it on those hormones again. Anything that makes you think of your baby, like saying his name, talking about him, or even hearing another baby cry may causes your body to release hormones that can cause leaking. Wearing nursing pads can help with leaking.
- 4. It should not hurt to breastfeed- A small amount of discomfort, as your body adjusts to nursing is normal, but if you are in pain your baby has not quite learned how to latch. Breastfeeding is the most natural thing in the world but it is new to both you and your baby. Let Janette, Isleta WIC's lactation consultant, talk with you before you deliver. Janette and Janelle, our breastfeeding peer counselor, are here to help you with any breastfeeding question you have after your baby is born.
- 5. Infant formula is not as healthy as breastmilk-Every mother makes milk that is special for her baby. No two mother's milk is the same because no two babies are the same. Breastfed babies are healthier and less likely to develop disease throughout their entire lives. Make the healthy choice to breastfeed.

Here is a warm way to begin your child's day

Now that fall is here, a warm healthy breakfast is a wonderful way for your children to begin their day.

We all have heard that breakfast is the most important meal of the day. If a child does not eat breakfast or eats a breakfast too high in sugar, she will not have enough energy to pay attention in class.

Studies show that children who eat a healthy breakfast learn more and do better in school than those children who do not. Just like our bodies, our brains need energy to work well. Without a healthy breakfast children cannot learn the way they should.

WIC Maple Apple Oatmeal

Ingredients:

3 cups apple juice-WIC food 1/2 teaspoon ground cinnamon 1/2 cup fresh apple, chopped-WIC food 1-1/2 cups oats, uncooked (quick or old-fashioned)-WIC food 1/4 cup maple syrup 1/2 cup chopped nuts (optional)

Stove-Top Directions

- 1. In saucepan, bring juice and cinnamon to a boil. Stir in oats, apple and syrup.
- 2. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats and 5 minutes for old fashioned oats or until most of juice is absorbed; stirring occasionally.
- 3. Stir in nuts (optional).
- 4. Let stand until desired consistency. Serve.

Heidi Lanes, WIC Nutrition Coordinator

Freedom from Take Back Control of Your Life!

8 sessions to help you STOP SMOKING!

Session 1 (Thinking about Quitting) Session 2 (On the road to freedom) Session 3 (Wanting to quit) Session 4 (QUIT DAY) Session 5 (Winning Strategies) Session 6 (The new you) Session 7 (Staying Off) Session 8 (Let's Celebrate)

Want to **Stop Smoking?** SIGN UP FOR FREEDOM FROM SMOKING AND START OUT THE YEAR RIGHT!

NEW CLASS STARTING JANUARY 9TH, 2012 AT THE ISLETA REC CENTER!



Contact Stephanie Barela at 505-869-4479

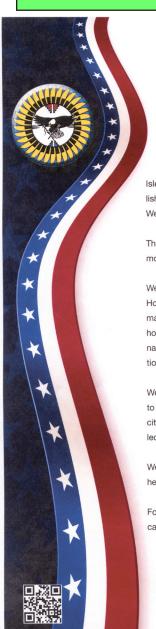


weekly prizes!

Nicotine Replacement Therapy for those clinic patients that attend the weekly sessions!



Happy Thanksgiving





Isleta Pueblo WeTip and the Isleta Police Department have joined forces to establish the WeTip anonymous crime reporting system throughout Isleta, New Mexico. WeTip National Director, Sue Mandell will conduct training with the Isleta Police Department on November 3, 2011 at the Isleta Police Department.

The WeTip Crime Hotline is answered by live operators 24/7 and it is totally anonymous. The WeTip Crime Hotline is a way for citizens and businesses to fight crime without fear of reprisal from the person that has committed the crime

WeTip and the Isleta Police Department will introduce the WeTip Anonymous Crime Hotline to residents and visitors throughout the community. Callers that have information about a crime can call 1-800-78-CRIME. An operator will answer the hotline by saying, "This is the WeTip Anonymous Crime Hotline, do not give your name or identify yourself in any way." The operator will then ask a series of questions about the crime to obtain the maximum amount of information to provide to the police investigator.

WeTip's National Anonymous Crime Hotline Program has helped law enforcement to capture more criminals during the past 40 years than any other anonymous citizens' hotline program in the nation. More than 500,000 anonymous tips have led to the arrest of over 15,000 criminals because WeTip provided safety and ano nymity to the caller

We will be working with all sectors of the community, government, businesses health and human services, and neighborhood residents and associations to implement the WeTip program throughout Isleta Pueblo.

For more information please contact: Vanessa Martin at 909-987-5005 x239 or you can email her at graphics@wetip.com, or call Isleta Police/Criminal Investigations Division at (505) 766-6653.







Johnson-O'Malley Program

Hello....from the Johnson-O'Malley Staff. We are just getting settled after such a whirlwind couple of events. These past two months have blown right past us almost as fast as the changing fall leaves and the brisk morning breezes. We have quite a few stories to tell, and, of course, some very important business. Let's take care of the business first!

Re-contracting for the JOM Program

As many of you are aware the Johnson-O'Malley Program (JOM) is a federally funded program. Each year we must submit documents to the Bureau of Indian Education (BIE) for review and approval to receive federal funds. These documents were submitted to BIE on September 29, 2011 for review. The submission packet includes a letter of intent, a proposed budget, the Johnson-O'Malley proposal (scope of work) and the Plan of Operation which includes our philosophy statement. Generally, because the Pueblo of Isleta has a "mature" JOM contract, meaning that this contract has been held for several years, all documents are not required for submission.

However, we believe it is important to provide information in full detail so there is a complete and total understanding in place regarding services the Pueblo of Isleta Johnson-O'Malley Program intends to provide. If at any time you are interested in reviewing these documents, please do not hesitate to contact our office and we will gladly schedule an appointment to review these documents with you. One further note, the Johnson-O'Malley contract begins January 1 and ends December 31; unspent funds remaining in the JOM budget at the end of the contract year will be carried forward to the new contract year without any penalties. Funds can be "carried-over" for up to seven (7) years.

Student Strand: NJOMA Conference in Tulsa, Oklahoma

One of our annual goals it to provide high school students the opportunity to travel to the National Johnson-O'Malley Conference so that they may participate in the student strand of activities offered at this conference. This year we accomplished that goal! We had the largest group in attendance at the NJOMA Conference. We traveled to Tulsa, Oklahoma via shorter has We left have an Seturday.



charter bus. We left here on Saturday, October 15 and returned Wednesday, October 19. Students were able to attend workshops and interact with several students from other Native American communities from across the United States including Alaska.

Students had the pleasure of meeting Brian Jackson a Cherokee, Creek and Seminole Native American and also a five time Guinness Book of World Records holder. Brian is also known as the "I Believe Guy" he has been featured on many television programs such as Good Morning America, CNN News, Fox Sports Network, America's Got Talent, Guinness Book of World Records show in Spain, Red or Black? ...and is set to be featured on an upcoming episode of Stan Lee's Superhuman in January. His mission is to address Native American youth across the United States.







"Believe in yourself," Jackson says, is his primary message to Native youth. "I say this all the time: It's really nice to make other people proud of you".

Students were also in the presence of another great name, Mr. Sam McCracken, is the General Manager for Nike's Native American Business also known as N7. Sam McCracken grew up on the Fort Peck Assiniboine/Sioux Reservation in Montana. Sam McCracken is a prime example of a successful Native leader who is focusing on the big picture—in this case, Indian Health—and giving back to Native American Communities. The N7 foundation provides support to a variety of programs in Native American communities across the United States and Canada.









Students attended a dance and we also took our students out for an evening at Dave and Buster's, a family restaurant with games and wonderful food. It was great to see all of our students having such a wonderful time interacting with one another.

The Pueblo of Isleta should be proud. Our students represented themselves and our community very well. We had such a great group of students attending this event; we strongly believe that they will become great mentors and leaders for other youth in our community.













Students also enjoyed a field trip to the Cherokee Heritage Center. At the center they learned about the Trail of Tears, visited an Ancient Village, blowguns, flint knapping, and learned about traditional Cherokee games such as stick ball. While on their fieldtrip students also visited the Northern Oklahoma College where they were able to visit a variety of historical sites such as the old schools, an old jail and various homes used long ago. They also visited the Cherokee National Supreme Court Museum.

Taking it to the Top! Empowering Parents and Students by Building Community

We truly believe that knowledge is power and the more knowledgeable you are the more involved you will become. During our back-to-school meetings we had such a great response from parents we decided to throw our name in the hat to become presenters at this year's National JOM Conference in Tulsa. Low and behold, our workshop proposal was accepted to be featured among





a variety of workshops offered at the National JOM Conference. It would also be the first time the Pueblo of Isleta JOM Program would offer a workshop at the NJOMA Conference. Our workshop titled, *Empowering Parents and Students by Building Community* was scheduled for two days, each lasting one hour and thirty minutes. The goal was to highlight everything about our JOM Program.



The first workshop was held on Sunday. There were approximately forty (40) colleagues in attendance. It was great! Participants were engaged and excited about helpful information we were able to provide to them. Our second workshop was held on Monday. During our second workshop we were quite pleased, we had a packed house. There were over sixty-five (65) individuals in attendance. It was definitely exciting to be able to reach so many people within the JOM community. We had nothing but positive feed-back from our attendees.

Now...for the BIG NEWS!!!!! Drum roll please...

Each year a program is selected from each region as the Exemplary Award Recipient. This program is given recognition for its "Exemplary Johnson-O'Malley Education Program and Indian Education Committee". This year, is our year to shine! Through hard work and dedication the Pueblo of Isleta's Johnson-O'Malley Program received the Exemplary Award for Region II. Each award recipient is selected based on their excellence in service. This is the second year we have been honored with this award. The first award was received in 2009 and now again, we bring it home for 2011. Without the collaborative efforts from students, parents, staff and the Indian Education Committee we could have not have





accomplished this. We are doing great things for our students and our families, and we have been recognized for it!!! We are always pleased to have new families and students participate in activities and services. Our doors are always open, please don't hesitate.

We had our NJOMA student attendees join us in receiving our plaque. It was great! Awesome! Superb! We hope to do it again next year! Thank you, Carol, Mark, Brandon, Sandra, Diane, Beverly and Karen. You help make a difference.



Geraldine, Bernadette and students receiving the Exemplary Award at the National Johnson-O'Malley Conference from the NJOMA Region II Representative, Lloyd Tortalita.

El Rancho de las Golondrinas

With all that excitement, we almost forgot to include other activities and events that we offered for the month of October. We began with a student field trip to El Rancho de las Golondrinas which is a living museum south of Santa Fe for their annual Harvest Festival. During our trip





to the museum we learned how to string chili, participated in tin stamping, and made fry bread and tortillas, observed blacksmithing and participated in several other activities. Students also had the pleasure of making candles and washing clothes the old fashion way.

Chugg-Chugga Choo-Choo...Chama Here We Come



We were extremely fortunate to enjoy a ride on the Cumbres and Toltec Railroad. This is the second year that we took interested students to experience the steam engine ride. We also had students of all ages attend this trip; it was exciting to see so many

new students attend this event. It was a wonderfully unique experience as our scheduled trip took immediately place following the first snow fall for Northern We New Mexico. had seen a bear cub, horses, coyotes, and elk.



What a great couple of months! If you ever have any questions, comments or concerns please do not hesitate to contact our office at 505-924-3189.

Geraldine, Bernadette and Beverly

LOS LUNAS/VALENCIA HIGH SCHOOLS TITLE VII INDIAN EDUCATION

AS OF THIS WRITING WE HOPE YOU WERE ABLE TO ATTEND YOUR CHILD(`S) PARENT/STUDENT CONFERENCE WHICH WAS HELD ON OCT 26th, 27th, AND 28th AT BOTH HIGH SCHOOLS, LOS LUNAS AND VALENCIA.

IF YOUR STUDENT('S) NEED EXTRA HELP IN THEIR CLASSES, PLEASE MAKE ARRANGEMENTS YOUR CHILDS COUNSELOR FOR A PARENT/TEACHER CONFERENCE...WE HAVE A LOT OF STUDENTS THAT ARE MISSING A LOT OF DAILY SCHOOL WHICH PUTS THEM BEHIND IN THEIR CLASSES SO PLEASE ENCOURAGE YOUR CHILD TO ATTEND SCHOOL DAILY...IN CASE THEY ARE BEHIND IN CREDITS WE HAVE THE E2020 PROGRAM BOTH HERE AT THE SCHOOLS AND ISLETA E2020 AFTER SCHOOL PROGRAM..ALL SENIORS/JUNIORS HAVE PRIORITY FOR ENROLLING IN THE E2020 BUT NEED TO GO THROUGH THEIR COUNSELORS.. WE ALSO HAVE AFTERSCHOOL TUTORING WHICH IS AVAILABLE FOR STUDENTS HERE AT LLHS OR ISLETA PUEBLO JOM (924-3189)...OUR NEXT REPORT CARD GRADING PERIOD ENDS ON NOVEMBER 9th AND THE SEMESTER GRADING PERIOD WILL BE ON JANUARY 11, 2012.. ALL PARENTS NEED TO ALSO BE ON PARENT PORTAL TO MONITOR THEIR STUDENTS WEEKLY GRADES AND ATTENDENCE..IF YOU HAVE NOT SIGNED UP FOR PARENT PORTAL YOU WILL NEED TO COME IN TO THE COUNSELING OFFICE TO REGISTER.

SENIORSGET ORGANIZED

NOVEMBER

Apply to colleges by Thanksgiving..Finish writing your essays. Have your teacher/parent proofread your applications and essays and check for neatness and completeness. KEEP A COPY OF EVERYTHING YOU SEND TO COLLEGES..

If you applied Early Decision, notify the college about any honors you have received since you submitted your application, along with your most recent transcripts.

NOVEMBER-DECEMBER

Go to www.fafsa.ed.gov to register you and your parents for a PIN # (Personal Identification number) It's free and required to apply for financial aid. Mail in applications or turn them in at school, if you haven't done so already. Begin working with your parents on the Free Application for Federal Student Aid (FASA) YOU WILL NOT BE ABLE TO SUBMIT IT UNTIL AFTER JANUARY 1st , BUT IT HELPS TO BE PREPARED! We hold a session on the FASA here at the high school..Please check for the date.

NOVEMBER 7, 2011.. (Monday).."COLLEGE CONNECTION NIGHT" for seniors and their parents at 6:00 pm in the school library. Refreshments will be provided by GEAR UP!!!

- Learn about scholarships, grants, work-study, and loan programs that help you pay for college
- Connect with representatives from local universities, colleges and technical schools for information on the admission process & scholarship requirements.
- Worried about going to and paying for college? Free help is available—THIS EVENT IS FOR YOU!

PLEASE STOP BY THE COUNSELING OFFICE FOR INFORMATION ON THE ACT AND ACT TESTS.

IMPORTANT DATES...

Nov. 2 Early Release..half day for students.

Nov. 11 Veterans Day..No school

Nov. 23-25 Thanksgiving break—No school

Dec. 1 Science fair
Dec. 7 Early release

Dec. 16 Last day of semester

IF YOU HAVE ANY QUESTIONS/CONCERNS PLEASE CALL OR EMAIL

Ben Analla, Title VII Indian Education banalla@llschools.net or contact phone #'s Los Lunas High School @865-4646 X 6145 (M-W-F) Valencia High School @ 565-7855 X 6232 (T-TH)

Isleta Pueblo Elder Center Activities Calendar November, 2011

November:

November 1: All Soul's Day

November 3: Catholic Mass — Kiva Room — 11:30 am November 5: Arts & Crafts Fair — Recreation Center — 9am

— 5pm

November 7: Commodities

November 8: Elder Field Day — Wal-Mart and Lunch (on

your own) — 10 am

November 8: Isleta Cancer Education & Support (ICES)

Meeting — Kiva Room - 10:30 am

November 8: Election Day

November 9: Elder Center — Staff Meeting — 8am

November 9: Thanksgiving Luncheon — 12:00 noon

November 11: Center Closed - Veterans Day Holiday

November 14:15: Thyskey Distribution Elder Center Som 63

November 14-15: Turkey Distribution - Elder Center - 8am-6pm November 16: Elder Field Day — Bingo @ Hard Rock Casino

— 10 am

November 17: General Meeting — Speakers/Topics: POI

Social Services Domestic Abuse in Later Life;

Diabetes Program; and Relay NM

November 24-25: Center Closed — Thanksgiving Holiday

November 28: Commodities

November 29: Advisory Board Meeting — 10am — Open to

the Public

November 30: Elder Field Day — Bosque del Apache National

Wildlife Refuge and Lunch at Owl Cafe (San

Antonio) — Leave: 9am/Return: 3pm

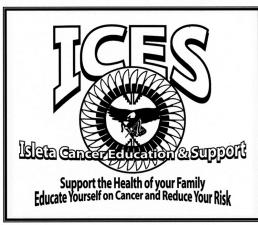
Hannah Trujillo was crowned the 2011 SFIS Homecoming Queen



Hannah Trujillo was crowned the 2011 Homecoming Queen of the Santa Fe Indian School on Saturday, October 1. The SFIS Braves also won their Homecoming game against the Espanola Sun Devils 25-19. The contestants presented a talent show where Hannah sang and danced to Jail House Rock by Elvis Presley. Hannah has attended the SFIS since the eighth grade. Now a senior, she is in the Academic Honors Program, an Honors Student and manager of the Varsity Boys Football and Basketball teams. Hannah plans to attend college and major in Education. She is the daughter of Roxanna Trujillo.

ICES Isleta Cancer Education & Support 2nd Tuesday of the Month 10:30-noon at the Isleta Elderly Center

Date	Topic	Speaker	Organization
1/10/2012	What Cancer Services of NM has to Offer the Community Who Cares for the	Janet Quintana-Cook Director	Cancer Services of New Mexico
2/14/2012	Caregiver	Patricia Torn	Cancer Support Now
3/13/2012	Support	None	N/A
4/10/2012	Stress Management	Emily Stafford	Isleta Behavioral Health
5/8/2012	Skin Cancer	Christine Brown, M.S., CHES	Comprehensive Cancer Program New Mexico DOH
6/12/2012	Advanced Directives	Patricia Torn	Breast Cancer Resource Center
7/10/2012	Support	None	N/A
8/14/2012	To be Determined	To be Determined	TBD
9/11/2012	Breast Cancer Resource Center	Patricia Torn & Ramona	Breast Cancer Resource Center
10/9/2012	Inherited Cancers	Lori Ballinger, Licensed gentic Cancer	UNM Cancer Center
11/13/2012	Support	None	N/A
12/11/2012	Survivors Panel	Cancer Survivors	To be Determined
Topics ar	e Subject to Change. CONTACT Ste 869		and to Learn More



Education and support with a speaker scheduled for each meeting.

WHEN:

2nd Tuesday of Each Month

TIME:

10:30am to Noon

PLACE:

ISLETA ELDERLY CENTER

DATE	ТОРІС	ORGANIZATION	SPEAKER
11/8/2011	Navigation of Cancer Treatment	Cancer Center at Presbyterian	Bob Scanlon
12/13/2011	"I'm a Survivor" Cancer Survivors Panel & Xmas Party	New Mexico Department of Health	Dorine Conley a others Cancer Survivors

Please contact Stephanie Barela @ 869-4479 if you have questions.



Support the Health of Your Family Get Educated on Cancer and Reduce Your Risk!

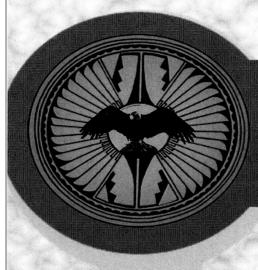
Everyone Welcome!
Please Join Us!

Young Leaders Youth Krew

YLYK offers opportunities for Youth to learn and explore the world through healthy risk taking. IBHS Prevention Programs are Always Drug, Alcohol and Violence FREE. Apart from all the fun things we do with the youth, IBHS also provides services to youth who need a little extra help. We have excellent counselors who work one-on-one with your child. We also have a Native Ways Family Program covering healthy family structuring. As always your child and our community is utmost in why we do what we do. Please look into other programs at IBHS that could benefit you and your family.

Upcoming Events

PhotoVoice Starts Oct. 11, 2011
Family Potluck Dinner Oct. 17, 2011
"A Night of Spoken Word" Oct. 22, 2011
3rd Annual Light the Path Memorial Walk Dec. 16, 2011



YOUNG LEADERS YOUTH KREW TOUCH TOUCHER

Apart from all the fun Edings we do with the youth, ISKS also provides sarvies to elili a been odw divoy extra help. We have excellent counselors who work one-on-one with your child. We also have a Nelive Ways Family Program that covering healthy family structuring. As elways your child and our community is climest in why we de whet we do. Please look into other programs at IEHS that eavid benefit you and والسعار اسمال

WE CAN PICK
UP AND DOP

YOUR CHILD OFF
BUT APPRECIATE
A HEADS UP.

PLEASE TEXT OR

CALL AHEAD

It's been a busy start to this school year! This month the Young Leaders Youth Krew (YLYK) has been planning and preparing the New Years Eve Lock In Party, an event they would like to see happen for our community. A "Lock In" party is an event where youth gather from our community to socialize, learn something, have a blast, and create a safe environment. Furthermore, the Young Leaders have divided themselves into four seperate teams to undertake operations of executing the N.Y.E. Lock In: 1) Agenda, 2) Promotions, 3) Decorations and 4) Fincance. Youth will learn what it takes to organize and facilitate an event so they can plan many more in the future.

During September YLYK raised over \$300 at the September 4th Feast Day and so a huge shout out to the families that donated and participated in making it a success.

October is a busy month and we look forward to seeing parents, guardians, and families attending our Family Potluck. This is a event geared torwards establishing deeper roots by building stronger committies amongst the Youth and Adult populations of our tribe.

We will be taking 13 youth to attend "A Night of Spoken Word," hosted by a group of aeronautical engineers. If your child attends this event they will be entered into a drawing to win a Full Paid Scholarship to 2012 SPACE CAMP, in Alabama.

YLYK offers opportunities for Youth to learn and explore the world through healthy risk taking. IBHS Prevention Programs are Always Drug, Alcohol and Violence FREE

Upcoming Events

Finato Voice Starts Oct. 11, 2011
Family Potluck Dinner Oct. 17, 2011
'A Night of Spoken Word' Oct. 22, 2011
3rd Annual Light the Path Memorial Walk Dec. 16, 2011

IBHS 869-5475 JUAN REY'S CELL 553-4830



AMERICAN

Freedom From Smoking Clinic Program

SCHEDULE OF SESSIONS-Group 16 <u>TENTATIVE SCHEDULE-CALL</u> for more info!!

Session		Date
1	THINKING ABOUT QUITTING Name Cards Decision Process	Monday January 9
2	ON THE ROAD TO FREEDOM Studying Your Habit Building Motivation "Mouseology" If you want bupropion, you need to specify now	Tuesday January 17
3	WANTING TO QUIT Coping with Urges Making a Plan "I Quit, How to Stop Smoking" Bupropion given this week Choose a NRT product	Monday January 23
4	***QUIT DAY*** • Patches, lozenges, gum given this week • "Understanding the Problems of Nicotine and Tobacco Dependence."	Monday January 30
5	WINNING STRATEGIES Recovery and support Did you call your Buddy?	Wednesday February 1
6	THE NEW YOU Stress Management Weight Control Did you call your Buddy?	Monday February 6
7	STAYING OFF Active Fun, Exercise Assertive Communication "The Stages of Quitting Nicotine and Tobacco" Did you call your Buddy?	Monday February 13
8	CELEBRATION Relapse Prevention Graduation Did you Call your Buddy?	Tuesday February 21

LOCATION: <u>ISLETA REC CENTER</u> TIME: 5:30-7:30

FACILITATOR: Stephanie Barela-- 869-4479 & Annette Arvizu--235-1836



Isleta Health Center

1-877-725-2552

24 Hour Nurse Advice Line

Is it an Emergency or not? Make an appointment at the clinic or call the ambulance?

Call Isleta's Nurse Advice Line and speak with a registered nurse.

Before calling an AMBULANCE or going to the WALK IN CLINIC, call the NURSE ADVICE LINE!!

Someone is there to answer your health-related questions 24 hours a day, 7 days a week, 365 days a year.

This service is FREE for ALL Isleta Health Center patients.

CALL THIS NUMBER and THEY WILL HELP YOU ANSWER ANY **HEALTH QUESTIONS!!!**

ICES (Isleta Cancer Education and Support)

Want to Teach your Kids about Cancer?

Isleta Health Center, Health Educator: Stephanie Barela 869-4479

Does someone you know have cancer and you want to teach your kids about it so they are not so confused and scared? CALL ME, the Isleta Health Center Health Educator (869-4479) and I will give you a Family Cancer Resource Bag, which comes with brochures and booklets on cancer and four children/youth books on cancer. The more you learn and the more you educate your kids, the less scary it is.

SUPPORT THE HEALTH OF YOUR FAMILY EDUCATE YOURSELF ON CANCER AND REDUCE YOUR RISK!

REDUCE YOUR RISK

Get Smart. Get Fit. Get Checked. (Information from the "Guide to Preventable Cancers")

The key to leading a long healthy life is to get smart, get fit and get checked! We can all play a part in reducing our risk for cancer by choosing a healthy lifestyle that avoids commercial tobacco and includes healthy food choices, exercise, and protection against too much sun, moderate alcohol consumption and regular cancer screenings. Learn about ways to PREVENT OR REDUCE YOUR RISK FOR CANCER in this new section in the Newsletter that will give tips to reduce your cancer risk.

GET SMART!

Learn ways to stay healthy by reading this section monthly, attending the Isleta Cancer Education and Support (ICES) meeting on the 2nd Tuesday of the Month at the Isleta Elderly Center from 10:30-noon, and by staying away from commercial tobacco. Commercial tobacco is deadly and causes cancers of the lung, throat, mouth and esophagus, in addition to heart disease, emphysema and many other smoking-related health problems. Don't start abusing Commercial Tobacco and if you have already

started, stop smoking commercial tobacco with the help of the Isleta Freedom From Smoking Program (869-4479). This eight-session program is available to the Isleta Community. It gives people the skills needed to quit smoking commercial tobacco for good!

Protect your skin from the sun! Skin Cancer is one of the most common, but preventable cancers in the U.S., which affects more than 1 million people each year. No matter your skin color, you are at risk, especially if you spend time outside. Try to avoid the sun between 10a.m. and 4p.m. If you do go outside, where a hat and sun screen with SPF 15 or higher; even on cloudy days!! Especially protect your kids also, since their skin is still developing.

Practice safer sex! Women with the sexually transmitted disease, HPV-Human Papillomavirus, are at risk of getting cervical cancer. Women should limit their number of sexual partners and use a condom correctly each time they have sex, although condoms do not give complete protection against HPV, since the virus can infect areas that are not covered by the condom. Women should get a regular screening for pre-cancerous or abnormal changes in the cervix, within 3 years of becoming sexually active, but no later than age 21. There is also an HPV Vaccine for girls age 11 and 12 and for ages 13-26 if they have not already been vaccinated.

Limit alcohol consumption! Studies have shown that drinking alcohol poses cancer risks, but it also provides some protection against coronary heart disease. Men should drink no more than 2 drinks a day and women should drink no more than 1 a day.

SUPPORT THE HEALTH OF YOUR FAMILY EDUCATE YOURSELF ON CANCER AND REDUCE YOUR RISK

Are you a cancer patient, survivor, family member or friend, or do you just want to be EDUCATED? Be a part of ICES (Isleta Cancer Education and Support) and learn more about cancer and reduce You and Your Family's risk! CALL 869-4479 to Learn More!!



NORMS - HONORING OUR BROTHER & SISTERS WHO HAVE PASSED,
BREAKING BREAD TOGETHER, SUPPORTING EACH OTHER - TO
COMBAT THE HARMFUL AFFECTS OF COLONIZATION AND MODERNIZATION. THROUGH \$1 DONATIONS, INDIVIUALS ARE MEMORIALIZED
WITH PERSONAL NAMETAGS AND LUMINARIAS. PARTICIPANTS
MAKE THE JOURNEY ON THE LIT PATH TO ST. AUGUSTINE CHURCH
FOR A MEMORIAL SERVICE THEN BACK TO THE RECREATION CENTER
TO ENJOY A HOMECOOKED MEAL. ALWAYS ALCOHOL, DRUG

This is an Isleta Community Event using OUR cultural

DECEMBER 16, 2011
2 5:00 PM
2 ISLETA REC CENTER

POSOLE AND OVEN BREAD
DOOR PRIZES
18H5 869-5475



November 2011 Isleta Health Center Calendar Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Freedom From Smoking at Rec @ 5:30 for session 7	2	3 6:00PM – 7:00PM – Childhood Obesity Community Health Forum – Isleta Health Center	4	5
6	7	Freedom From Smoking Last Session Isleta Cancer Education and Support ICES "Navigation of Cancer Treatment" Bob Scalon 10:30-noon at Elderly Center ALL WELCOME!! 6-7pm Men & Women Diabetes Support Group Meeting — Isleta Health Center Kitchen	9	10	11 Veteran's Day CLINIC CLOSED Call 1-877-725-2552 For 24hr nurse advice	12
13	14	15	16	17 Great American SMOKE OUT WANT TO QUIT? Call 869-4479	18 10:00AM – 12:00PM – Isleta Diabetes/Obesity Prevention Advocacy Group Meeting – Isleta Health Center	19
20	21	22	23	24 Thanksgiving DAY CLINIC CLOSED Call 1-877-725-2552 For 24hr nurse advice	25 CLINIC CLOSED Call 1-877-725-2552 For 24hr nurse advice	26
27	28	²⁹ SIsleta Health C	30 Center	More Info Call: 869-4479		

Isleta Behavioral Health Services And Pueblo of Isleta Head Start/Early Head Start

"Together With Parents"

Isleta Behavioral Health Services (IBHS) has joined together in an exciting partnership with the Pueblo of Isleta Head Start/Early Head Start program. This partnership will allow IBHS to provide the Native Ways Family Program group twice a year (for eight weeks) at the Head Start building. The group will meet on Thursdays from 5:30PM-7:00PM.

The group will be facilitated by Isleta Behavioral Health Services staff, using the "Positive Indian Parenting Curriculum". Educational material on child discipline will be discussed. NWFP certificates will be given to those who attended the full 8 weeks. Child care and meal will be provided. This current parenting group started on September 22, 2011 and will conclude on November 10, 2011.



Pictured from left to right is Lisa Cherino, IBHS Counselor, Jennifer Sandoval, Addiction Counselor, Santana Titla, Addiction Counselor and Emily De Aragon, Parent Involvement Coordinator.

The first NWFP parenting group started getting to know each other by utilizing experiential, low risk activities and having fun while beginning to learn from each other. We know that all families are special, and all families have different problems. The NWFP is a safe place for your family to share and learn with other families.

Fun recipes from the children's cookbook for young children, with the emphasis on



making healthy desserts, were handed out to each parent. The Isleta Head Start cooks prepared the colorful ingredients, creatively making the "Boatloads of Fruit" dessert from the children's cookbook. They made it easy for the parents to help their children make their own dessert! This activity promotes healthy cooking as a family activity, and involving your children in the kitchen too. Activities can include simple things like getting your child to peel the bananas, cut the strawberries and apples, squeeze the whipped cream on top and put everything in a bowl, as in this recipe below.

Boatloads of Fruit

34 C fresh strawberries
½ C mixed of each fresh apples with peel, bananas, red grapes and or pears.
2 Tbs whipped cream
(52 calories for ½ cup per serving)





The NWFP group goal is to learn the "TLC's" by using this acronym: to teach all children to learn family values and to care by showing your love and support. By attending the NWFP, you will become aware of your cultural strengths with others in using positive parenting methods. In the history of Indian peoples, parenting was not left to chance. There were customs, values and practices which were handed down from generation to generation. Parents and other caretakers nurtured, protected and guided children. Children are gifts from the creator and might be taken back if they were not treated well.

It is everyone's job to be important teachers, and to support our children to grow up with respectful cultural values. We are very thankful for the Pueblo of Isleta Head Start/ Early Head Start staff in their sponsorship of the NWFP. The cooks were outstanding and we appreciate the extra time and effort contributed by Emily De Aragon in making our group successful.

If you would like to learn more about these services, please contact Isleta Behavioral Health Services at (505) 869-5478 or Pueblo of Isleta Head Start/Early Head Start at (505) 924-3160

"Blessed are the Nurses... for they help us heal through love and care." —Anonymous—

In Loving Memory of Ramona "Mona" Marin-Long December 17, 1952 — September 27, 2011

We are sad to inform that our beloved Community Health Nurse Mona Marin passed on September 27, 2011 in Albuquerque. Mona worked for Isleta Health Center since 2009. Doing Community Health Nursing and working in a Native American community was one of Mona's dreams and passion. She loved her job and always went beyond her duty to meet the needs of her patients. She loved working in our community, especially with our elders. Mona is survived by her husband of 29 years Patrick Long; sons Brian and Jarrod Long; parents Jess and Jean Marin; sister Judy Marin-Cruz; brother Phil Marin. Mona received her Bachelors of Nursing degree from the University of New Mexico and worked for Morrison-Kndusen, Alta Mira and Health Care for the Homeless for many years prior to working here at Isleta Health Center. She enjoyed doing volunteer work with the special needs, Special Olympic events, respite homes, Spinal Bifida Research Foundation, and numerous health fairs around the city. She was a great colleague and friend to many, an inspiration to everyone she met, and made an impact and touched many lives. She will be greatly missed by all of us and especially by her patients. Mona's Prayer Services was held on October 4, 2011 in Albuquerque.





PUEBLO OF ISLETA PUBLIC LIBRARY

Hello everyone! We at the Library hope this month was a good one for you. It is fall and getting a little cooler so stay warm and cozy. Bundle those little ones up and do not catch a cold or flu.

NEWS

As you probably know, the old library is bare and closed. It is almost entirely moved over to the NEW LIBRARY, located next to the elementary school at 950 Moonlight Drive. We appreciate the hard work of Ulysses Abeita, Maxine Zuni, Pueblo of Isleta Administration, Planning, Procurement Department, and Jaynes Corporation for making the New Library/Education Complex a reality. We are eternally grateful. It is beautiful and much more spacious than our old building.

The staff, two volunteers, and a community worker, worked hard to move everything and set up what we could for now. Our collections are up in their designated spaces such as the "Children's" and "Teen" rooms and the "General" and some of the "Southwest" collection in the main room. We are waiting for some shelving to come in so a few things are still in boxes.

As of this moment, we have no official Grand Opening date. We are trying to have everything set up and running so as soon as we come up with a date, we will be sure to inform you all.

We are available to help students with tutoring and homework and computers are available for you, too, but at this moment we are still awaiting the INTERNET! This is quite frustrating for all of us.

The library has been issued a new mailing address which also happens to be our physical address as well. Our new address is 950 Moonlight Drive, Albuquerque, NM 87105.

Currently, we are still using our same phone number of 505.869.8119 BUT the library will be getting a new phone and fax number. When we are given the new numbers we will share them with you.

Although our circulation system is still not ready we are allowing those patrons who have their physical library cards to check out items, including books, DVDs and CDs. We will be doing this manually until the system is set up so please be patient with us as this will take a little longer to check out your items.

We are happy to announce a new addition to the library! No, the regular staff is not expecting. We have "Blu-Rays"! This is a great new feature for those who have Blu-Ray movie players. There are many to choose from and can be checked out with your library card, just like the other CD's and DVD's.

You are all invited to come in, look around and sit for a while. Remember you can enjoy our magazines, newspapers or our books.

UPCOMING

As mentioned in the September's Newsletter article, the library is interested in starting a book club. The members of this book club would be using brand new Color Nooks from Barnes and Noble. We are excited to bring this new type of technology into our community. Since this is something brand new to us, we appreciate all of your input and ideas for this program. We would like to know what type of titles and formats you want to see or use with these nooks. Also, anyone with their own Nook would be able to participate and take advantage of the capabilities as well, so please provide us with ideas.

RECAP:

On Tuesday, the October 28 the library tagged along with the Recreational Center to the Pumpkin Patch in Estancia, New Mexico to gather FREE Pumpkins for the community. We also gave out FREE pumpkin patterns to those who wanted a cool design for their pumpkins. Hopefully, you all enjoyed your pumpkins and won a pumpkin carving contest somewhere in the neighborhood. Be sure to Thank Rick Giron of the Recreational Center, Dan Abeita of the USDA Service Center, and farmer, John C. Aday who donated ALL the pumpkins.



Some of our new patrons trying to find their perfect pumpkin to take home



WIA worker, Andrea Vicente and the kids getting silly after making their "Black Rats"

During the week of October 24 through 27, the library staff offered a program called, "Creepy Snacks Week". Each of us created a disgusting yet tasty treat that patrons were able to make and eat. On Monday, Valerie led the group in making "Black Rats" which were delectable, simple and fun to make. On Tuesday, Dawn led the participants in creating "Mummy Pups".



Tasha handing out the delicious "Mummy Pups"

They were cute and satisfying. On Wednesday, Mary Jane went wild with "Kitty Litter Cake". It was disgustingly awesome. Then on Thursday, Natasha went overboard with "Bloody Sundaes". They were another gruesome but delicious confection that pleased all our goblins. The recipes were handed out to participants and are available at the Library, so maybe you too will get a taste of our gruesome creations some time. Overall it was wonderful to have some of our patrons back with us to participate in our holiday program. We'd like to say, "Thank you" to all those who came in to participate. Look for more of these programs to come around the upcoming holidays.

The Library is also currently hosting Project Venture's Photo Voice Program. Juan Rey Abeita is instructing students on how to use the program, Photoshop. Each student was assigned their own camera where they were able to take pictures of a subject of their choice. They then use Photoshop to edit and create projects using their photos. They will be ending their program at the end of November and will be showcasing their projects in a Gallery, the first week of December. Juan Rey will provide more information when it is available, but the



Juan Rey instructing students during the Photo Voice program hosted at the library

work that the students have completed so far are incredible so the Gallery will be a must see.

Like everyone in the community, the library was saddened by the cancelation of this year's Halloween Carnival but like many of the other departments, we too have a tight budget this year. Nate had to decide to whether or not to have a big Halloween event or spread out the remainder of the budget so we may celebrate the remaining two Holidays. Besides, the library staff was busy setting up and getting the library open for you the community. Hopefully, our reminiscences of our 2009 Halloween Carnival booth of the "Nightmare Before Christmas" helps fill the void in your heart.



A flash back to our 2009 Halloween Carnival Booth

Pueblo of Isleta Public Library Hours of Operation

Summer Hours:

Monday-Thursday: 8am-6:30pm

Friday: 8am-4:30pm

Mailing & Physical Address:

950 Moonlight Drive Albuquerque, NM 87105

Phone: 505-869-8119 Fax: 505-869-8119

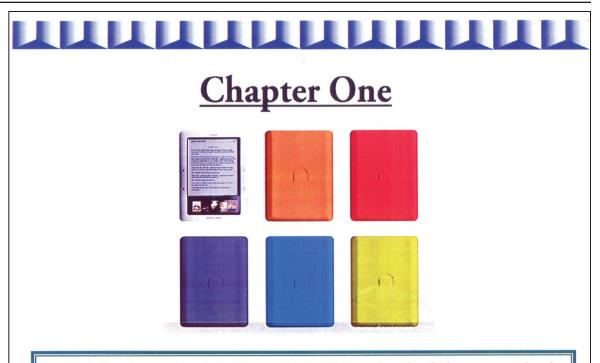
Email: poi02002@isletapueblo.com

Web Address:

www.isletapueblo.com/library2.html

Facebook:

www.facebook/IsletaPuebloLibrary



The Isleta Library is thinking of starting a book club, we are looking into purchasing five to ten Nook colors from Barnes and Noble. This way we can introduce the interactive books, Vooks (Video Books), and other formats of books to the community. We are still discussing the digital book licenses, leasing agreements (patrons), replacement prices, and other minor things, BUT we are interested in how many community members would want to be a part of such a group. Please, come by the library, send us an email, or give us a phone call and let us know if you would be interested in being a part of a book club. Also, let us know what titles or formats of books you would like to read in the book club.

For more information call 505–869-8119



Pueblo of Isleta Head Start News

Thank You!

Each month, the Pueblo of Isleta Head Start will be extending a special thank you to a tribal department that went out of its way to help our Head Start program. For the month of October we would like to thank the Procurement Department for its extra efforts.

We also wish to extend a thank you to the Veterans of the Tribal VFW Post for properly retiring our old flag. Be sure and notice our nice new flag flying proudly in front of our building.

Up-coming Head Start Events

November 3 - 5:30 pm Native Ways Parenting Class

November 8 - 5:30 pm Family Night — Disabilities

November 9 - 5:30 pm Fatherhood Program —Traditional Pottery-making

November 10 - 5:30 pm Native Ways Parenting Class

November 11 - No School — Veteran's Day

November 16 - 5:30 pm Fatherhood Program — Traditional Pottery-making

November 21 - 5:30 pm Policy Council Meeting

November 22 - 10:30 am Thanksgiving Meals with the children

November 23, 24 - No School - Happy Thanksgiving

Home-Based Positions Available...

We still have openings available for your child in our Home-Based Program. The Early Head Start Program option provides in-home visits for children less than 3 years of age and also pregnant mothers. Families will receive one 90 minute visit each week from their assigned home visitor. They will also be invited to attend monthly Socialization events at the Pueblo of Isleta Early Head Start/Head Start Center. These visits provide comprehensive services to support and strengthen the relationships between infants, toddlers, and their parents.

