



Red Rocks Reporter

NOVEMBER 2015

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FROM THE GOVERNORS

As the Governors near the end of their term, they continue to focus on bringing tribal members together to find solutions for the issues our community faces.

“We continue to work to stabilize and improve the tribe’s financial situation, improve housing opportunities, expand health care resources, and maintain the Pueblo of Jemez’ leadership position as a leader in successful self-governance for our people,” Gov. Loretto says. “How do we work together so we can move forward in a good way? We meet with tribal members daily to find solutions to issues within the community. The canes hold great significance and meaning. We learn leadership from the great leaders of our past, the Governors who have gone before. I remember the advice they have given me over the years. The wisdom of the past is the foundation for our future.”

Jemez Springs Property

In November of 2014, the Pueblo arranged to purchase property from the Handmaids of the Precious Blood when the convent closed and the sisters moved to the mother house in Tennessee. Tribal Council approved the purchase of the 19-acre property with water rights, adjacent to the Jemez Historic Site north of Jemez Springs.

“We are planning a site visit with a team from the University of New Mexico to assess the land and buildings and start to organize a plan for using the site,” Gov. Loretto says. “We are also planning an open house so our community can see this precious and beautiful land.”

Community Health Assessment Workshop

Governor Loretto attended the **Community Health Assessment Workshop (CHAW)**, sponsored by The Institute for Indigenous Knowledge & Development at the University of New Mexico Health Sciences Center. Tribal leaders from throughout the state gathered with leading health professionals to learn about improving health care delivery in their communities.

“Jemez paved the way to self-determination when we first established our own health center separate from the IHS Albuquerque Service Unit,” Dr. Loretto recalls. “We had to learn as we went. We made some mistakes along the way, and today we have an excellent facility that serves our needs as well as our Jemez Valley neighbors. Other tribes watch us to learn how its done. I advised the participants that a comprehensive community health assessment is the critical key to a successful venture.”

Dr. Loretto adds that planning continues to expand the current facility. “We need more exam rooms. We need a better processes to protect patient confidentiality.”

Housing

Bids for the initial phases of Pueblo Place have been awarded and work is expected to begin late this year or early next year. “This long-awaited project is now moving forward,” Gov. Loretto notes, adding that the rehabilitation projects on existing homes in the community are also progressing well.



2015 TRIBAL GOVERNORS

Dr. Raymond Loretto
Governor

Aaron Cajero
First Lt. Governor

Dominic Gachupin
Second Lt. Governor

TRIBAL COUNCIL

Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
José E. Madalena
Joshua Madalena
J. Roger Madalena
José Pecos
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Vincent A. Toya, Sr.

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FROM THE GOVERNORS

Valles Caldera Welcomed Into the National Park Service

From an article by Elise Peixotto, courtesy of the Jemez Thunder

Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero, Sr., Second Lt. Governor Dominic Gachupin, tribal spiritual leaders, Tribal Councilmen, community members and staff joined state and federal dignitaries to celebrate the nation's newest national park at the former Valles Caldera National Preserve. US Secretary of the Interior Sally Jewell, former US Senator Jeff Bingaman, US Senators Tom Udall and Martin Heinrich, and Governor Michael Chavarria of the Pueblo of Santa Clara and more than 200 guests celebrated as the National Park Service took over management of the Preserve on Oct. 1, 2015.

Covering nearly 89,000 acres inside a 13-mile wide collapsed volcanic caldera, Valles Caldera National Preserve was established by Congress in 2000 using \$101 million from the Land and Water Conservation Fund (LWCF). It represented the largest land acquisition in size and cost in New Mexico's history and has been under the management of the Valles Caldera Trust since 2002.

Initial efforts to bring the Valles Caldera under National Park Service management began more than 100 years ago. But it was former US Senator Jeff Bingaman who most recently spearheaded the effort in 2010 to transfer the Preserve from the Trust to the National Park Service, and Senators Udall and Heinrich who continued the effort and were ultimately successful.

"Today we celebrate an outstanding addition to the National Park family – the Valles Caldera," said Secretary Jewell. "This spectacular area tells a story of New Mexico's rich natural and cultural heritage. We are honored to serve as stewards of this land to ensure that it remains cared for and shared with future generations."

"We are on lands that are sacred to many people and have been for thousands of years," said Secretary Jewell. She added that Jemez Pueblo members will benefit from an \$883,000 grant that will go toward fire resilience projects in the area. Referring to the National Park Service, Jewell said "the best brand in the United States" will also help boost tourism for the Jemez Pueblo and Jemez Springs by attracting more visitors and money to the area.

She thanked tribal participants, including Governor Loretto and Governor Chavarria. Former Trust chairman Ken Smith told the crowd that adjacent tribes are deeply involved with what happens on the Preserve because "really it's their place, and they were here first – so we need to listen to what they say." "We need to keep in mind that more open access ensures the protection of our sacred and cultural sites," Gov. Loretto noted. "Congress has passed legislation that ensures these protections. We look forward to working with the Park Service to keep our sacred sites protected into the future."

Speakers at the dedication acknowledged the important contributions of the Valles Caldera Trust's 13 years of management, including its work to restore the health of the forest and its robust science and education program. Jorge Silva-Bañuelos, a native New Mexican who had served as the head of the Valles Caldera Trust and was named the park's new superintendent by the National Park Service in mid-September, received accolades from nearly every speaker, and is considered to be ideally suited to guide the Preserve's new initiatives to increase visitor access.

A visit to the Preserve previously cost visitors \$10 per person, per activity, per day. The new fee structure is \$20 per vehicle for the entire week. Fees also will be reduced for hunting, and fishing areas will be expanded to incorporate more streams.

NATURAL RESOURCES

The FHiRE Project (Fire and Humans in Resilient Ecosystems)

Researchers from several universities and government agencies are engaged in a long-term research project to study how the ancestral Jemez people interacted with fire and the landscape in the Jemez Mountains. Launched in 2012 with support and approval from Tribal Council, the project tests hypotheses of how human activities in the Wildland Urban Interface affect the response of fire-adapted forests to climate change and, conversely, how humans respond to these changes over centuries. The project combines archeology and paleoecology to build fire and forest histories. Their goal is to bridge the gap between history and our lives today. The team visited Jemez Pueblo in October to present their findings to the Governor and tribal leaders. An open meeting for the community was held on Thursday, Oct. 18 at the Visitor Center

The research team included Tom Swetnam, PhD, of the Laboratory of Tree Ring Research at the University of Arizona (UA,) Tucson; Professor TJ Ferguson, PhD, Editor of the Anthropological Papers at UA; Christopher Roos, PhD, Assistant Professor of Anthropology at Southern Methodist University in Dallas; John R. Welch, PhD, Professor of Archeology in the School of Resource and Environmental Management, Simon Fraser University in Burnaby, British Columbia, Canada; Sara Chavarria, PhD, Director of Education Outreach and Assistant Director of the UA STEM Learning Center College of Education; Matthew Liebmann, PhD, Associate Professor in the Department of Anthropology at Harvard University; and Rachel Loehman, PhD, Research Landscape Ecologist with the US Geological Survey in Anchorage, AK. Chris Toya, Cultural Properties Manager, John Galvan and Councilman Paul Tosa worked with the team to ensure that the research maintained proper boundaries regarding protected cultural issues. Tribal Council has approved and supported the project since its inception. Researchers from Hopi, Zuni and White Mountain Apache also joined the team.

"We are living in an age of frequent, catastrophic wild fires," Dr. Swetnam said. "The Los Conchas Fire burned 156,000 acres, almost to the Rio Grande, burning almost one acre per second in its first hours. It permanently devastated the landscape that is sacred to the Jemez as well as other tribes. We need to know how to better manage our forest resources to prevent future devastation. We can learn from the Jemez about how they lived sustainably in the landscape for so many centuries and apply that knowledge to the future."

With permission from Tribal Council, the team invited a group of Jemez elders to retell stories and histories that related to life in times past. With Towa translators, the team interviewed Geronimo Fragua, Frank Fragua, Andy Loretto, Frank Madalena, Barnabe Romero, Emiliano Sando, Amelita Toledo, Paul Tosa, Chris Toya, Inez Toya, Franklin Toya, Persingula Toya, Fred Toya, Bessie Yepa, David J. Yepa and Victoria Vigil. The information is an integral part of the research findings.

Dr. Liebmann presented data supporting various theories about the population of the Jemez people in before European contact. Estimating the historic population to be between 5,000

and 8,000 people, he noted that London, England, was one of the largest cities in the world with a population of about 10,000 at the time. He noted that the population dropped drastically with European contact from diseases and armed conflict.

"There were fewer trees where people lived," he said. "Wood was used for fuel and construction, and areas around communities were cleared to protect them."

Several slabs of wood were circulated around the room showing the tree rings. "Each ring represents a year in the life of the tree," Dr. Roos explained. "The rings tell the story of drought, rainfall and fires through history."

Dr. Loehman's research focuses on replicating tree growth to scientifically determine what the tree rings represent. "When there are more trees, there is less moisture, and the soil is more depleted," she noted. "Part of the stewardship was to use fuel wood and fire management to prevent catastrophic fires." Her research posed the question: "What would the landscape look like if there were no humans?" She noted that settlements throughout the Jemez Mountains protected the Valles Caldera because the cleared areas interrupted the path of any fires that started south and west of the area.

Dr. Chavarria spoke about education outreach efforts with Walatowa High Charter School students. "We wanted to engage the students in these issues that are so critical to the community's future," she said. More than 30 students went to the University of Arizona to explore *dendrochronology* – the study of tree rings. "They also met university students to learn more about life on campus and adjusting to college challenges. Our goal is to bring these educational resources back to the community and inspire young students to pursue careers in research and education," Dr. Chavarria added.

"Your people have this knowledge already," Dr. Swetnam noted. "The rest of the world needs to know what you know so we have better tools and resources to save our environment."

The next phase of the project will focus on what the community wants and needs to do with the research findings. Councilman Paul Tosa told the group that science is everywhere. "This research shows the world who we are, where we are. When we combine scientific evidence with traditional knowledge, we can shape our future."

"Wavema is to Jemez as the Vatican is to Catholics," Mr. Tosa added. "Everything we can learn supports our claim to these ancient lands."

"We are looking forward to working together to use this information for our people," Gov. Loretto noted. "The time will come when this data will be very relevant for us."

These tree rings show yearly climate, soil, moisture and fire conditions throughout the life of the tree.



Tribal Enrollment Office

Submitted by Matilda Shendo, Program Manager

The BIA Census Office returned enrollment activities to the tribe in 2003. Until that time, we utilized Census Books in which we all were listed. However, tribal membership is now documented in the Enrollment Book.

A new membership process was started August 22, 2008. **New rules affect anyone born after Jan. 1, 1976.** Please note that you may not be considered to be an actual Jemez tribal member if you have not formally applied for membership. You may not be eligible to draw for food booths, community hunts, or certain other activities reserved for tribal members only.

If you need to apply for Jemez membership and you have lost or misplaced the application, please come to the office and report the situation so they can help resolve your situation

Since April 2014, a new system has been implemented for the membership process. Applications are no longer issued; you must come to the office with the required documents and complete the membership application in the office.

You **must** submit the required documents with the membership application, no exceptions:

- a state issued birth certificate.
- a copy of your Social Security card.

If one parent is from another tribe, please make sure you have the CIB to account for that blood. A family tree will be completed at this time; Tribal Enrollment can assist completing the family tree if both parents are from Jemez.

Please do not wait until the last minute to apply for your children! You will need proof of enrollment for your child to apply for Medicaid. Walatowa Head Start also requires proof of enrollment.

The entire enrollment process takes one to two months to complete, depending on the schedules for the enrollment committee and Tribal Council.

Both Alberta Sando and Matilda Shendo can assist you; contact them at (575) 834-0056.

ENROLLMENT APPLICATIONS PENDING

Below is a list of individuals who have numbered membership applications that have not been completed or submitted. All of the individuals listed below have inquired about enrollment; the burden of proof will be on them to trace their ancestry. If you have an application number, please contact the Enrollment Office immediately to follow up.

Jonathan Chinana #91	Vanessa Briones, #473	Athina Toya, #730	Ava Loretto, #941	Candice Armijo, #1287
Isaiah Chinana #93	Baby Boy Briones, #474	Joel Reano, #731	Elijah Mendoza, #954	William LeBlanc, #1312
Randall Lucero, #254	Kristin Toledo, #475	Garrick Chinana, #749	Tawrence Mendoza, #955	Christino Panana, #1313
Manuel Daubs, #281	Kayla Gachupin, #525	Daniel Loretto, #787	Darrell Chinana, #956	Cameron Tafoya, #1322
Aaliyah Daubs, #283	Helene Gachupin, #526	Rita Martinez, #788	Krystal Mendoza, #964	Sloane Tafoya, #1324
Andres Daubs, #282	Tyler Sando, #527	Stevie Fragua, #823	Jennifer Mendoza, #965	Mary Elizabeth Benalli, #1325
Marina Daubs, #284	Theodore Bear Waquie, #547	Jacob Beasley, #824	Evelyn Mendoza, #966	Alexander Sabaquie, #1337
Daniel Elk Shoulder, #366	Byron R. Yepa, #548	Jadah Beasley, #825	Maria F. Padilla, #993	Matthew Loretto, #1338
Dina DeVore, #373	Germaine Benalli, #554	Tessa Beasley, #826	Kateri Gachupin, #994, 2104	Abraham Loretto, #1339
Reyes DeVore, #374& 1883	George Thomas Shendo, #567	Sage Wagner, #827	Jessirae Lucero, #1065	Aaron Madalena, #1352
Alexander Toledo, #375	Raquel Fragua, #584	Lorenza A. Waquie, #837	Elijah Chinana, #1081	Roger Porter, #1354
Eli Devore, #376	Courtney Magdalena, #596	Sherelyn Yepa, #843	Desiree Loretto, #1084	Robert Porter, #1355
Bryant Roman, #378	Joseph Fragua Abeyta, #615	Warren Armijo, #852	Jared Lesansee, #1110	Chester Romero, #1360
Krystal Rain Waquiu, #384	Hesiquio Cordova, Jr., #618	Jonathan Tsosie, #857	Anthony Vigil, #1115	Julie Loretto, #1394
Jessica Tee, #413	Wanda Aguilar, #623	Anson Tsosie, #858	Chris Perez, #1123	Jonathan Fragua, #1402
Syndney Tee, #414	Dominic Juanico, #624	Zaccariah Tsosie, #859	Melanie Fragua Perez, #1124	Darrick Tsosie, #1403
Jacob Casiquito, #430	Shawnee Juanico, #625	Audrey Barlow, #863	Racheli Lucero, #1130	Drey Fragua, #1414
Kyra Dorame Casiquito, #431	Nissa Juanico, #626	Aliyah Toledo, #864	Christopher Russell, #1148	Kaine Fragua, #1415
Elizabeth Pecos, #433	Nicoli Yepa, #635	Xavier Medina, #865	Robert Russell, #1149	Towan Fragua, #1416
Ashley Hyder, #436	Joseph Sabaque, #649	Cassandra Freelong, #866	Max Russell, #1150	Frederick Wood, #1425
Byron Hyder, #437	Julia Foster, #650	Stephanie Gachupin, #868	Felicia Waquie, #1190	Harrison Wood, #1426
Michael Celso, #438	Leonard Foster, Jr., #653	Joyce Roman, #869	Ivan Noschissey, #1191	Terrence Pecos, Jr., #1429
Daniel Delgado, #439	Johanna McCary, #675	Elcira Roman, #870	Miriam Lynette Loretto, #1200	Abraham Vigil, #1437
Dale Toya, #467	Angel Gallegos, #689	Kevin Chinana, #874	Jeremy Toya, #1250	Brianna Tosa, #1438
Jaime Danielson, #468	Monica Gallegos, #690	Julian Chinana, #875	Sarah Toya, #1251	Eilan Tosa, #1439
Jack Danielson, #469	Charles Ballejos, #691	Joshua Chinana, #876	Derrick Toledo, #1258, 2500	Valerie Shendo-Jack, #1445
Jonathan Danielson, #470	Charles Ballejos, #691	Ashley Seonia, #881	Zachary Toledo, #1259	Chynna Levaldo, #1446
Brian Charlie, #471	Dominic Ballejos, #692	D'Yanna Seonia, #882	Tamara Toya, #1266	Caleb Canuto, #1447
David Briones, III #472	John Ballejos, #693	Lana Toya, #940	Vivianna Aleman, #1268	Reyes Shendo, #1448

HOUSING

The Importance of Home Insurance

Submitted by Karleen Gachupin

Is home insurance really necessary? As a homeowner, you need to understand the importance of insuring your valuables and investment. Think of all that insurance will cover and consider how much money you will need to spend if you must replace any property that is damaged in a fire, explosion, severe hail storm, lightning strike or other disaster.

Many insurance companies offer different types of insurance that cover the home, personal property, personal liability, emergency living expenses and damage to other structures. Your basic coverage may include damage from fire, smoke, wind, hail, lightning, explosions, riots, falling objects, sinkhole collapse, the weight of ice, snow or sleet, volcanic activity or vehicle damage to the house.

The cost of your annual premiums is determined by the square footage of your home, location, type of construction, condition, replacement cost for the dwelling, and the NADA value for manufactured homes. Because our community now has the Pueblo of Jemez Fire Department, insurance premiums have been reduced because firefighters can respond more quickly and our community is safer.

Your home is probably the largest asset in your life. Don't lose it. Get your home insured! If you would like additional information or need assistance in obtaining home insurance, please contact the Housing Department at (575) 834-0305.



Enrollment Applications Pending, Continued

Ian Jack, #1449	Joslyn Chama, #1757	Reyna Gachupin, #1999	Clara Yepa, #2158	Nathaniel Tapula, #2347
Robin Shendo, #1450	Delilah Toya, #1778	Letitia R. Toya, #2003	Tyra Yepa, #2159	Kirk Madalena, #2354
Krystal Shaver, #1463	Fernandez Toledo, #1781	Patricia Shendo, #2009	Mataya Toya, #2161	Arizona S. Fragua, #2370
Amy Shaver, #1464	Francesca Toledo, #1782	Bernadette Shendo, #2010	Ryan Toya, #2152	Darnell Fragua, #2381
Jonathan Baca, #1541	Isabell Castillo, #1791	Jayden Roybal, #2011	Melissa Garcia, #2178	Julia Loretto, #2386
Mark Baca, #1542	Stephen Castillo, #1792	Jazzell Roybal, #2012	Atlantis Garcia, #2179	Xochito Archuleta, #2387
Taylor Baca, #1543	Samuel Castillo, #1793	Aleea Dahl, #2019	Christopher Vallo, #2183	Jaden Archuleta, #2388
Jeremy Kohlmeier, #1548	Isaiah Castillo, #1794	Leona P. Toledo, #2038	Max Vallo, #2184	Johanna Sanchez Zoeller, #2413
Eric Sabaquie, #1551	Cheyenne Sando, #1810	Antoinette Concha, #2045	Robert Vallo, #2186	Joshua Zoeller, #2414
Antoinette Chinana, #1554	Ramon Toledo, #1811	Lorraine Concha, #2046	Quanah Loretto, #2188	Jacqueline Zoeller, #2415
Zachary Estapchenko, #1561	Joseph Toledo, #1812	Aaron Fragua, #2083	Nocono Loretto, #2189	Bartholomew Copeland, I, #2429
Katherine Waquie, #1582	Kateri Casiquito, #1813	John Matzen, #2087	Jessica Loretto, #2190	Barotwone Hill, #2430
Jose Waquie, #1583	Lajalie Lucero, #1815	James Matzen, #2088	Jacqueline Danielson, #2205	Marissa Horcasitas, #2449
Aurelia J. Gurule, #1584	Caleb Panana, #1818	Joseph Perea, #2090	Donovan Wanya, #2211	Paul McMillon, #2450
James Gonzales, #1591	Lexa Panana, #1819	Amy Martinez, #2092	Delfino Castillo, #2213	Joseph Estes, #2451
Jayden Gonzales, #1592	Marcella Panana, #1820	Kevin Madalena, #2094	Ryan Panana, #2214	James Estes, #2452
Josephine Treat Sluder, #1598	Patrick Lyver, #1830	Sofia Madalena, #2095	Tomas Fragua, #2238	Tony Estes, #2453
Amber Sluder, #1599	Emmanuel Fragua, #1840	Araceli Madalena, #2096	Crystal Tortalita, #2242	Patrick Curley, #2455
Christopher Sluder, #1600	Bethany Eteeyan, #1884	Eileen Shendo, #2107	Zachary Casiquito, #2248	Rhianna Toya, #2456
Lisa Holmes, #1601	Kellie Eteeyan, #1885	Waquai Shendo-Smith, #2108	Christina Ferris, #2264	Deidre Tafoya, #2459
Kevin Holmes, #1602	Sharon Schildt, #1888	Nuhkon Shendo-Smith, #2109	Rolando Ferris, #2265	Emilio Trujillo, #2460
Ulyssess Casiquito, #1625	Emerlinda Wilson, #1889	Sequan Shendo-Smith, #2110	D'Alan Chinana, #2266	Arielle Carlisle, #2462
Jordan Izaak Waquie, #1647	Marley Biscaino, #1911	Caleb Kohlmeier, #1667	Allen Chinana, #2267	David Fragua, #2469
Clifton Casiquito, #1669	Antoniette Chavez, #1946	Kaylee Kohlmeier, #2116	Cassandra Tsosie, #2277	Anthony Wright Romero, #2487
Justin Casiquito, #1670	Taylina Chavez-Toledo, #1947	Benjamin Shendo, #2119	Andre Tsosie, #2278	Leandro Garcia Seamon, #2488
Joseph C. Tsosie, #1671	Nehemiah Sanchez, #1948	Konna McCary, #2120	Dewayne Reynolds, #2296	Stephen Henderson, #2496
Thomas W. Toledo, #1688	Matthew Martinez, #1956	Robin D. Chinana, #2129	Dimityr Reynolds, #2297	David Grenvik, #2504
Kayla Toledo, #1689	Michah Gachupin, #1958	Teresa Lucero, #2132	Jennifer Martinez, #2301	John Grenvik, #2505
George Mora, #1710	Kai Gachupin, Jr., #1959	Jasalene Lucero, #2135	Mackenzie Baca, #2309	Nicolette Grenvik, #2506
Deshawn Nevels, #1711	Natasha Toya, #1967	Alina Lucero, #2136	Arley Baca, #2310	Donald Gabriel, #2607
Anthony G. Toya, #1719	William Binnett, #1973	Jaden Saldana, #2137	Anthony Toya, #2316	Jenny Gabriel, #2608
Ariana Fragua, #1733 & #1842	Thomas Romero Toledo, #1978	Stephen Rogers, #2139	Jeremy Madalena, #2320	Thomas H. Toledo, #2309
Cassandra Chama, #1754	Scott Toledo, #1979	Orion Sando, #2143	Anthony P. Madalena, #2321	Jeremiah Star, #2511
Lynnae Chama, #1755	Derrick Loretto, #1983	Kaliyah Aguirre, #2152	Samuel Gachupin, #2337	Rodney Robbins, #2520
Veronica Chama, #1756	Joseph Treat, #1984	Elston Yepa, #2157	Joseph Toledo, #2346	Alessandra Ortiz, #2542
				Alexander Reyes, #2591

SOCIAL SERVICES

DOMESTIC VIOLENCE AWARENESS CONFERENCE

More than ___ community members, tribal staff and guests attended the annual Domestic Violence Awareness Conference at the Walatowa Youth Center on Thursday, October 14. Governor Raymond Loretto, DVM opened the conference with a traditional invocation and welcomed the audience to the event.

“Dealing with domestic violence involves many different programs and agencies,” Gov. Loretto said. “Social Services, Law Enforcement, Behavioral Health, the Clinic, Tribal Court—a lot of professionals get involved to help victims and perpetrators. There are so many triggers today, including stressed housing situations and financial pressures. The voices of our elders are no longer as present as they used to be. They kept us together, taught us who we are, taught us respect and discipline.”

The Governor also took the opportunity to announce that the Pueblo of Jemez has received several awards from the US Department of Justice to improve the safety and well-being of the community. More than \$2.67 million will go to the Social

Services and the Behavioral Health Programs, Tribal Court and Law Enforcement for initiatives to address alcohol and substance abuse, violence against women, children’s justice, juvenile wellness courts, public safety, justice systems and Community Policing (COPS.)

“With these resources, we can work together to find new solutions,” the Governor added.

Program Manager Henrietta Gachupin thanked Gov. Loretto for his long history of support and assistance for the Social Service Program. “Governor Loretto has always supported our needs and concerns,” she observed.

Domestic Violence and Historical Trauma

Roderick Kaskalla, Domestic Violence Coordinator at Nambe Pueblo, was the evening’s keynote speaker. He traced domestic violence among Native Americans to the legacy of violence brought with the European conquerors. “Europeans were violent, even in their home countries. They persecuted anyone who was different or dared to speak out. They used rape, torture and slavery as weapons. They destroyed our culture, our languages and our families.”

The Europeans also brought their ideas about male privilege and the oppression of women to the conquered continent. Women and children were treated as property, and Native people were seen as less than human.

Worse, the Europeans brought alcohol. “Christopher Columbus sailed with beer, cider, whiskey and rum. They may have been hungry, but they had liquor,” he noted, adding that the European explorers were often outcasts and criminals in their home countries.

“We Natives had to adopt a lot—the religion, the saints -- to keep from being destroyed. We learned to stay quiet, to blend in. We carry this trauma into our homes today. When we lose the essence of who we are, we carry a lot of shame and guilt and anger. We become self-destructive within our own families,” he said.

Roderick then described WellBriety, an approach to addiction and recovery established by Don Coyhis (Mohican,) founder and director of White Bison, Inc. in Colorado Springs, CO. WellBriety takes a multi-dimensional approach to healing and recovery, emphasizing spiritual reconnection, family involvement and reeducation. “Abstinence is a key goal,” he explained. “We seek to empower, not judge. We believe that substance abuse is a brain disorder that deserves treatment. We approach each person as an individual and work together to change their attitudes and beliefs. Many men are not aware of and don’t recognize their own feelings. They are out of touch with their own sorrow and pain. And this also means that they are not in touch with their joy, kindness and ability to love and be loved. But we can change that. We can help people become whole and healthy again.”

The presentation continued with a compelling video about the destructive power of gossip. Calling it “soul murder,” Roderick noted that the lateral violence of gossip is the biggest

PLANTING THE SEED OF NON-VIOLENCE

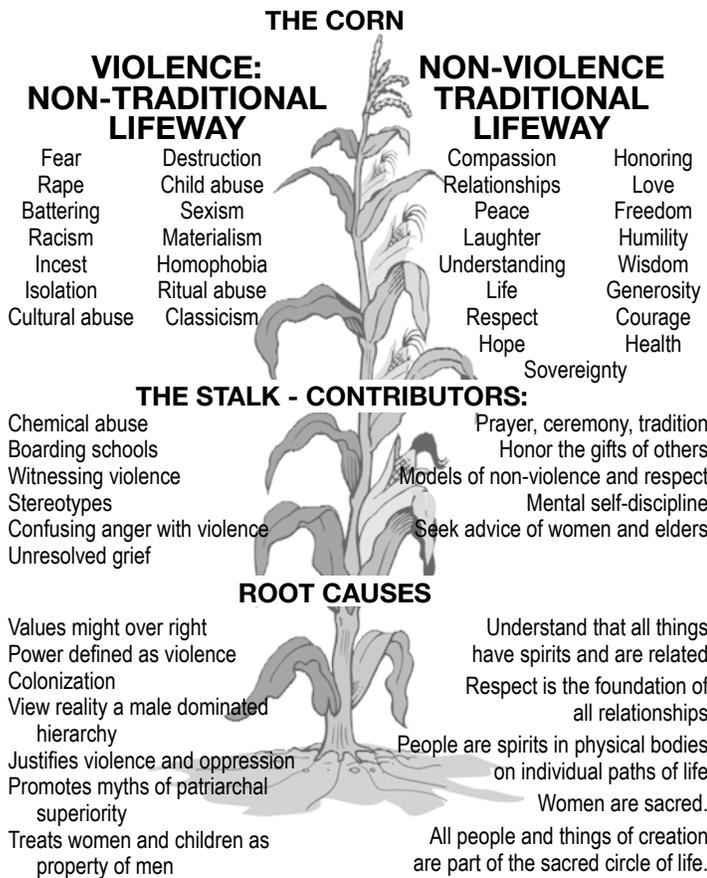


Image courtesy of Rodney Kaskalla, reprinted with permission

SOCIAL SERVICES

Domestic Violence Conference

killer of the spirit, not only who is gossiping, but also who is listening as well as who is being victimized.

He concluded by advising participants about the need to personally take responsibility for how we behave and how we contribute to our community. "Community can only be built by building strong relationships, reaching out, teaching the children," he said.

"Forgiving changes everything. Blame weighs you down.

Alcohol and Domestic Violence

Jemez Chief of Police Emil Radosevich noted that, as a police officer, he has dealt with alcohol abuse and domestic violence his whole career. "The most dangerous calls are domestic violence calls," he said. "You never know who has a weapon and how out of control the situation may be." He related an incident in which another officer took a domestic violence call that he had originally responded to; the situation escalated and the officer was shot and killed.

"The shooter was no gang-banger. This happened in the Northeast Heights; the shooter was a scientist with a PhD. Domestic violence happens everywhere. Educated, uneducated, wealthy, poor—it hits every strata of society."

*"Common sense isn't common anymore.
We have to teach it."
Roderick Kaskalla*

Chief Radosevich presented some chilling statistics. "Alcohol doesn't **cause** domestic violence," he emphasized. "But statistics show that people who are violent are much more likely to attack when they have been drinking. The odds of physical aggression is eight times higher when a man has been using alcohol or drugs, and severe abuse is more than 11 times higher at these times. Most alcoholics do not abuse their partners; a person who is not abusive will not become abusive when they are drunk," he explained. "But people who are abusive are more likely to commit violence when they've been drinking. Most incidents of abuse – around 76% – involve alcohol."

Battering is a learned behavior, the Chief continued. It's not the result of mental illness or alcohol abuse—these are excuses, not causes. Blaming the alcohol is easier than taking responsibility.

"We are sworn to serve and protect," the chief added. "We are here to help. But you must REPORT. You can't get help unless we know you need help."

Governor Loretto closed the conference by acknowledging the hard work and dedication of the Social Services Program team along with the efforts of the Police Department, Tribal Court and Behavioral Health Program "My job as Governor is to uplift and support. With the new funds, our efforts will be monitored closely," he said. "We have the skills and talent to find solutions to help our community," he said.

Domestic Violence: Myths & Realities

There are many myths about domestic violence. These myths often focus on blaming the victim or some other factor, such as alcohol, anger or a lack of education.

Domestic violence is an intentional act that is designed to gain power and control over another person.

Test yourself: How much do you know about the myths and truths about domestic violence?

TRUE OR FALSE?

(Answers on page 8.)

- Domestic Violence is due to poverty or lack of education. **True False**
 - Alcohols and drugs are major cause of domestic violence. **True False**
 - Men are victims of domestic violence as often as women are. **True False**
 - Domestic violence is a problem, but only in remote rural areas. **True False**
 - Individuals who abuse are violent because they cannot control their anger and frustration. **True False**
 - A battered victim leaves his/her partners many times. **True False**
 - Everyone knows a victim of domestic violence. **True False**
 - Domestic violence and alcohol involvement is a problem that is hard to understand. **True False**
 - Alcohol abuse does not **cause** abuse and violence, though it is often used as an excuse for the violence. **True False**
- The reality is that the majority of abusers are not alcoholics. They use alcohol as part of larger abusive behavior.***

Although Domestic Violence Awareness Month may be "over," for so many of our Native sisters and brothers, fighting to end the devastating epidemic of domestic violence is a year-round mission. You've heard the statistics: three in five Native women are assaulted in their lifetimes; one in three is raped. Native women report domestic and sexual violence at rates 10 to 12 times higher than the rest of the country.

All the statistics we hear and know about are on women, but it can happen to men too. It's harder for a man to come forward and report domestic violence, but hopefully we can change that as a community.

For us to stop this cycle of violence, we must all work together, know the signs, know the red flags and most importantly, **break the silence and end the cycle!** Remember: it stops with you. Please speak up! If you or someone you know needs help, **please** report to the proper authorities.

**IF SOMEONE IS IN IMMEDIATE DANGER,
ALWAYS CALL 911.**

**Jemez Social Services: 575-834-7117
National Domestic Abuse Hotline: 1-800-799-7233
National Dating Abuse Hotline: 1-866-331-9474
National Sexual Assault Hotline: 1-800-656-4673**

PUBLIC HEALTH

FIGHT THE FLU

Submitted by Robert Morgan, RN, Public Health Nurse

The flu shot is a vaccine given with a needle, usually in the arm. The seasonal flu shot protects against the three or four influenza viruses that research indicates will be most common during the upcoming season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, including young children, the elderly and people with any chronic health condition. (Source: www.cdc.gov.)

We know the importance of getting our flu shots to protect ourselves, our families and our community. Yet some people still resist getting their flu shots. Some barriers we've seen to getting a flu shot include:

I got the shot before, and got sick anyway.

The flu vaccine is engineered months in advance and is developed for specific virus strains based on the CDC's best estimate of the types of influenza most likely to occur in a specific year. However, the protection it provides will not protect against other viruses like the common cold.

Public Health Nursing

Submitted by Robert Morgan, RN, Public Health Nurse

Public Health nursing provides important services to the people in our community. The public health nurse:

- ❖ Makes scheduled visits to elders age 65 and over to monitor complex medical conditions. These visits are done in collaboration with the provider staff in the Jemez Health Clinic.
- ❖ Refers patients to the health clinic, dental clinic, medical social work team, podiatry, injury prevention, and social services as needed.
- ❖ Accepts referrals from the clinic for follow up treatments in the community, such as wound care, blood work, assessments, evaluations and education.
- ❖ Works with outside providers and agencies that have patients in the Pueblo of Jemez, including follow up per physicians' orders, home care, and hospice assistance.
- ❖ Provides routine blood pressure and other screenings at the Senior Center as well as educational presentations.
- ❖ Assists with care for some medically complex diabetic patients.

If you have any questions about public health nursing services and how to qualify, please call (575) 834-7207.

DOMESTIC VIOLENCEQUIZ ANSWERS

- | | | |
|----------|----------|---------|
| 1. False | 4. False | 7. True |
| 2. False | 5. False | 8. True |
| 3. False | 6. True | 9. True |



If you get a cold after getting the vaccine. It is possible to contract a different strain of influenza even after a flu shot, but generally those cases are milder than they would have been without any protection at all.

I am afraid of the vaccine.

The side effects, if any, last 24 hours or less. Side effects may include slight headache, body aches, and feeling slightly run down. Compare these mild symptoms to getting the flu and spending two or more weeks in bed, missing school or work or unable to take care of your family, or even needing to go to the hospital. And when you bring the flu into your home, your family members are very likely to get the flu too.

I don't believe in vaccines.

One of the most important functions of the flu vaccination is that it breaks the cycle of transmission within our community. With upcoming feast days, holidays and gathering of families, transmission of viruses happens very easily.

Great American Smokeout

Kick the habit, and be victorious over tobacco. The American Cancer Society Great American Smokeout is your chance to triumph over addiction. Set aside **Thursday, Nov. 19** to go the distance, and to finally give up smoking.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States. By quitting – even for one day – you will take an important step toward a healthier life – one that can lead to reducing your cancer risk. It's a race for your health. Today's the day that quitters win.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provides quit-smoking programs, resources and support that can increase your chances of quitting successfully. To learn about the available tools, contact the Public Health Program or call the American Cancer Society at 1-800-227-2345. You can also find free tips and tools at www.cancer.org.

Save the Date!

December: Walatowa Caring Tree

This project reaches out to the children of Jemez Pueblo. With the generosity of community members and tribal employees we can continue Christmas special for deserving children.

For more information, contact Annette Chinana, Child Advocate, at (575) 834-7117.

PUBLIC HEALTH

CHOOSING WAYS TO *PREVENT* TYPE 2 DIABETES

Submitted by Anita Toya

Type 2 diabetes is a mostly preventable disease. You can take action daily to protect your health and limit your risk.

Reduce Portion Sizes

Portion size is the *amount* of food you eat. Choose half a bagel instead of a whole bagel or a three-ounce hamburger instead of a six-ounce. Three ounces is about the size of your fist or a deck of cards.

Put less on your plate, Nate.

- ✦ Drink a large glass of water 10 minutes before your meals; you will feel less hungry.
- ✦ Keep meat, chicken, turkey and fish portions to about 3 ounces.
- ✦ Share one dessert.

Eat a small meal, Lucille.

- ✦ Make less food look like more by serving your meal on a salad or breakfast plate.
- ✦ Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
- ✦ Listen to music while you eat instead of watching TV. People tend to eat more while watching TV.

Move More Each Day

Find ways to be more active every day. Aim for at least 30 minutes every day. Walking is a great way to get started and you can do it almost anywhere at any time. Bike riding, swimming and dancing are also good ways to move more.

Dance it away, Faye.

- ✦ Show your kids the dances you used to do when you were their age.
- ✦ Turn up the music and jam while doing household chores.
- ✦ Work out with a video that shows you how to get active.
- ✦ Take the stairs to your office.
- ✦ Catch up with friends during a walk instead of by phone.
- ✦ March in place while you watch TV.

Make Healthy Food Choices

Find ways to make healthy food choices. This can help you manage your weight and lower your chances of getting type 2 diabetes. Choose to eat more vegetables, fruits and whole grains. Cut back on high-fat foods like whole milk, cheeses and fried foods. This will help reduce the amount of fat and calories you take in each day.

Snack on a veggie, Reggie.

- ✦ Buy a mix of vegetables when you go food shopping.
- ✦ Choose veggie toppings like spinach, broccoli and peppers for your pizza.
- ✦ Buy frozen and low-salt (sodium) canned vegetables. They may cost less and keep longer than fresh ones. Remember to drain and rinse canned vegetables.

Cook with care, Claire.

- ✦ Stir fry, broil or bake with non-stick spray or low-salt broth. Cook with less oil and butter.
- ✦ Cook with smaller amounts of cured meats (smoked turkey and turkey bacon;) they are high in salt.

- ✦ Cook with a mix of spices instead of salt.
- ✦ Choose foods with little or no added sugar to reduce calories.
- ✦ Choose brown rice instead of white rice.

Eat healthy on the go, Jo.

- ✦ Have a big vegetable salad with low-calorie salad dressing when eating out. Share a main dish with a friend or have the other half wrapped to go.
- ✦ Make healthy choices at fast food restaurants. Try grilled chicken (with skin removed) instead of a cheeseburger.
- ✦ Skip the French fries and chips and choose a salad.

Rethink your drink, Linc.

- ✦ Find a water bottle you really like and drink water from it every day. Drink water instead of juice and regular soda.
- ✦ Peel and eat an orange instead of drinking orange juice.
- ✦ If you drink whole milk, try changing to 2% milk. It has less fat than whole milk. Once you get used to 2% milk, try 1% or fat-free (skim) milk. This will help you reduce the amount of fat and calories you take in each day.

Eat Smart, Bart.

- ✦ Make at least half of your grains whole grains, such as whole grain breads and cereals, brown rice and quinoa.
- ✦ Keep a healthy snack with you, such as fresh fruit, and a handful of nuts, and whole grain crackers.
- ✦ Eat a healthy snack or meal before shopping for food. Do not shop on an empty stomach.
- ✦ Shop at your local farmers market for fresh, local foods.
- ✦ Make a list of food you need before you go to the store.

Read the label, Mabel.

- ✦ Compare food labels on packages.
- ✦ Choose foods lower in saturated fats, trans fats, cholesterol, calories, salt and added sugars.

Take Care of Your Mind, Body, and Soul

You can exhale, Gail.

- ✦ Take time to change the way you eat and get active.
- ✦ Try one new food or activity a week.
- ✦ Find ways to relax. Try deep breathing, taking a walk, or listening to your favorite music.
- ✦ Think before you eat. Try not to eat when you are bored, upset, or unhappy.

Be Creative

Honor your health as your most precious gift. There are many more ways to prevent or delay type 2 diabetes by making healthy food choices and moving more. Discover your own and share them with your family, friends and neighbors.

Track your Progress

Keep a chart to help you track the foods you eat and how much you move each day.

Resource: National Diabetes Education Program (NDEP)

HEALTH & HUMAN SERVICES

National Indian Health Board Consumer Conference

Submitted By Michael P. Sando, JHHS Health Board Member

On Sept. 21 to 24, 2015, four members of the Pueblo of Jemez JHHS Health Board attended the National Indian Health Board Consumer Conference. This meaningful conference addressed health care concerns across Indian Country. Numerous speakers offered powerful, touching and sometimes emotional presentations. The sessions that caught my attention were the ones dealing with teenagers.

One presenter talked about his tribe in Northern Wisconsin. He mentioned that when his tribe first established their casino, things were going well. Facilities were built for tribal programs, including a health care center. According to their compact, each tribal member was given a portion from the revenues of the casino. As time went on, there was a high rate of dropouts and people quitting their jobs.

Their idea was: why go to school or work if we get free money? With the dropout rate rising, there were also increases in the abuse of alcohol and illegal drugs, teenage pregnancy and, the most shocking, suicides.

Similar problems exist in the Pacific Northwest Reservations. People steal from their grandparents and other elders who cannot defend themselves. The elderly are afraid to go out, so they just stay home. They've solved this problem by installing street lights and several security cameras.

In the remote areas of the Navajo Nation, drug dealing is a big problem. When people report these activities to authorities, dealers retaliate by slaughtering their livestock. So the drug dealing continues, along with alcohol and drug abuse and, of course, suicide.

At the conclusion of the conference, there was a contest for the best joke with a \$100 prize. The winner was the BIA joke: When General Custer and his troops were preparing to head west, he went to see the President, the BIA Department of Education, IHS and other department heads. His message to all of them was "Don't do anything 'til I get back."

Message to teenagers: Respect your parents, grandparents, elders, teachers, coaches, tribal authority and above all: YOURSELVES. If you feel depressed, suicidal or pressured by peers, seek some help. We have people and programs that can help. Don't be one of the statistics on alcohol and drug abuse, teen pregnancy or suicide. Join your school's athletic programs, clubs or organizations. Be healthy and happy. Remember YOU are our future.

SENIOR CENTER

Senior Center Activities

Thanksgiving Dinner

The Thanksgiving season is a time to celebrate! Jemez Senior Citizens Program will host a community Thanksgiving dinner with help and support from Partnership with Native Americans. The Community Dinner will be Friday, Nov. 20, 2015 starting at 5:30 p.m. Come celebrate with us!



Annual Caregiver Conference

Jemez Senior Citizens Program hosts the Fifth Annual Caregiver Conference on Wednesday and Thursday, Nov. 18 and 19 at the Community Resource Center from 9 a.m. to 3 p.m. each day. The Caregiver Conference is for individual caregivers (paid or non-paid)

who are caring for elderly or disabled persons. Please contact Joseph Fragua, Jr. for more information or to register for the conference at (575) 834-9168.

COMMUNITY NEWS

Notes from the Trail

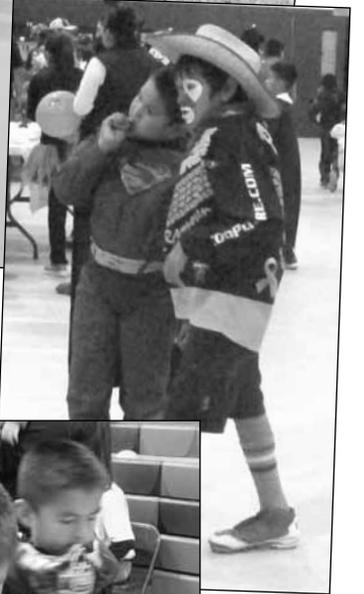
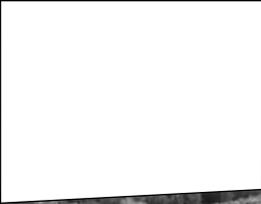
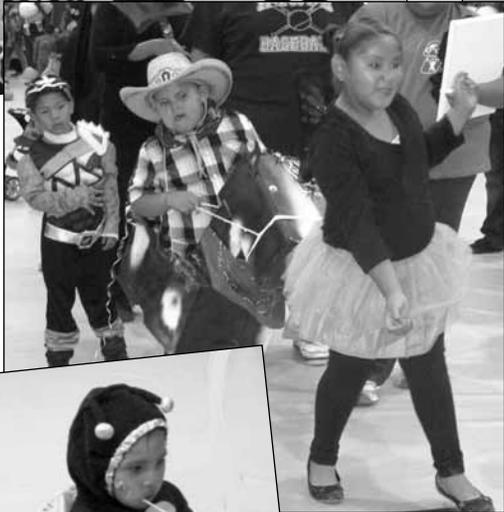
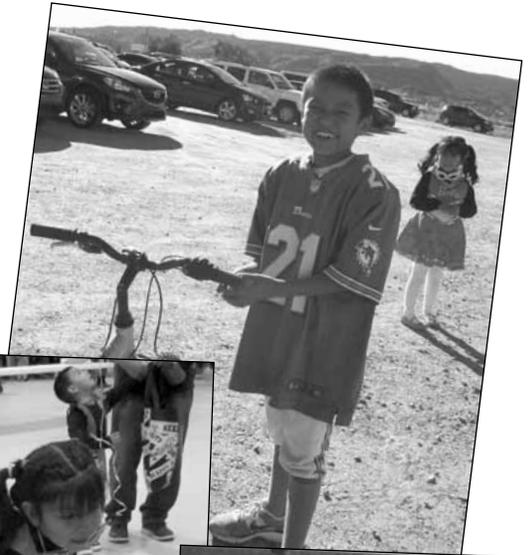
By Dudley Vines, Sandoval County Master Gardener Newsletter, Reprinted with permission

My wife and I took a drive to find treasures at the Jemez Mountain Trail Sale, the annual 26-mile yard sale along Hwy. 4. Near a cluster of tables, a beautiful little girl invited us into her home, where we met Flo Yepa, an elder, teacher, healer and artist. Bringing out rock-hard pieces of white, orange and dark brown clay that she gathers locally, she described how they grind the clay and mix it with water. She showed us a photo where she was assembling wood covering pots to be fired. She explained how potters had to understand the moisture content of the clay as well as the dryness of the wood to properly build the fire. We learned that she has travelled to the Dutch Antilles, Mexico, Peru and other locations to consult with other potters. She also explained some of her designs and the significance of the images. At the back of the album was an old sheet of notebook paper with a fading sketch.

"When Grandmother gave this to me, I said 'there's not much here.' And Grandmother said 'it's all you need.' I said 'I don't know what it means, and Grandmother said 'That's because you can't read it.' Then she taught me how to read the design."

She also explained that she likes to spend time with people to learn what they are seeking before she creates pottery for them. And a pot with a story is worth something. Thank you, Mrs. Yepa, for a beautiful and special afternoon.

TRICKS & TREATS: HALLOWEEN FUN!



BEHAVIORAL HEALTH

ENABLING: THE SILENT KILLER

Submitted by Jesse Michaud, Acting Program Manager

Enabling is defined as any activity or behavior that provides the means or opportunity for a person to do something. In the context of addictions, enabling is providing the opportunity for an addict to engage in addictive behaviors.

The desire to help others, especially those who are closest to us, is one of the noblest of human instincts. Parents want their children to succeed in school, spouses want to help solve problems their partners face, and friends want to help each other at work or in personal relationships. This venerable impulse can backfire tragically when addiction is part of a person's life.

Enabling at its core is offering help that *perpetuates*, rather than solves, a problem. Just as a parent who allows a child to stay home from school because he or she didn't study for a test is enabling irresponsibility, the spouse or family member who makes excuses for a hung-over, alcohol-abusing addict is enabling that addiction.

Those who habitually enable dysfunctional behavior are often referred to as "co-dependent." Often an enabler's self-esteem is dependent on his or her ability and willingness to "help" in inappropriate ways. This "help" allows the enabler to feel in control of an unmanageable situation. The reality is that enabling not only doesn't help, but it actively causes harm and makes the situation worse.

By stepping in to "solve" an addict's problem, the enabler takes away any motivation for the addict to take responsibility for his or her own actions. Without that motivation, there is little or no reason for the addict to change. Enablers most often help addicts dig themselves into deeper trouble.

Here are some helpful questions to ask yourself if you think you may be enabling:

- ▶ Do you often ignore unacceptable behavior?
- ▶ Do you find yourself resenting the responsibilities that you take on?
- ▶ Do you consistently put your own needs or desires aside in order to help someone else?

- ▶ Do you have trouble expressing your own emotions?
- ▶ Do you ever lie to cover up someone else's mistakes?
- ▶ Do you ever feel afraid that not doing something will cause a blowup, make the other person leave you, or even result in violence?
- ▶ Do you consistently assign blame for problems to other people rather than the one who is really responsible?
- ▶ Do you continue to offer help when it is never appreciated or acknowledged?

If you answered "yes" to any of these questions, it's possible that you are enabling. It is important that you take action, for yourself and for the person you care about. If the addict in your life is in treatment, then you, too, should participate in the counseling process. If the addict is not in treatment, you should explore your own issues, either with a professional counselor or through an organization such as Al-Anon.

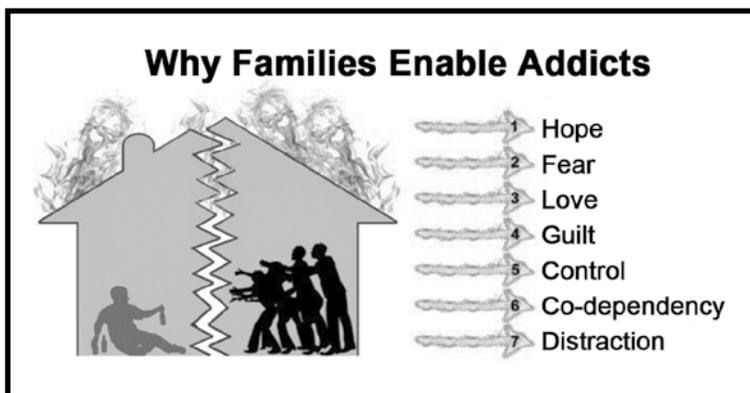
Here in Jemez Pueblo, Al-Anon meets every Tuesday at 6 p.m. at a tribal member's home. Contact JHHS Behavioral Health for more information if you are interested in attending.

Don't help the people you care most about dig their own graves!

You Can Stop Enabling An Addict

Here are 10 ways you can stop enabling the addict in your life, recover some sense of control, and maybe even prevent the person you love from spiraling out of control.

- ▶ **Stop providing money** that allows an addict to gamble, purchase drugs, alcohol, or participate in any other addictive behaviors. Think of giving money as basically giving an addict drugs or alcohol.
- ▶ **Do NOT pay bills, fines, rent or food expenses.** Saying "NO" is your right. If the addict does not feel the impact of being unable to cover their own living expenses costs, they experience no true hardship and avoid consequences yet again.
- ▶ **Avoid repaying loans** the addict has accrued or providing money to pay back friends, or family who have loaned them money. Again, the addict needs to experience the discomfort when those funds are repeatedly requested from them.
- ▶ **Do not LIE, cover up or trivialize the facts about an addict's actions or behavior.** That's not to say you should shout out to everyone in the world the situation that your loved one is in, but to give the truth to anyone who asks with genuine concern, without sharing all the details.
- ▶ **Stop making EXCUSES, call in "sick" or apologize when the addict misses events or appointments.** When you



BEHAVIORAL HEALTH

Enabling: The Silent Killer, *Continued*

make it easier for the addict to check out of normal life and obligations, you make it easier for them to fall into the desperate pit of addiction.

- ▶ **Do NOT do anything for an addict that they should be able to do for themselves when clean and sober.** By taking responsibility for the tasks they should be responsible for themselves, you support them in taking advantage of you!
- ▶ **Avoid joining an addict in unhealthy activities.** This includes taking a gambler to the casino or buying alcohol and drinking around an alcoholic. Let the person you love know, by example, that you do not support their choices.
- ▶ **Do not lend, gift or give an addict items that can be sold or pawned** to get money to support the addiction. Any item with even a minor value is easy cash for an addict. Addicts can be incredibly resourceful in trading goods for money.
- ▶ **Set BOUNDARIES, and stick to them.** Do not make threats. Do not back down on your consequences. Backing down enables an addict to simply push harder when he or she meets resistance, knowing that you will likely back down again.

Be aware of your own codependent tendencies that cause you to want to rescue or save your addict. *Codependency* is defined as taking an excessively passive, caretaking or controlling role in your relationship with an addict. This is always detrimental to both the addict's possible recovery and yours.

Source: recoveringyou.com

It's important to remember that what we do when we enable comes from a place of love and the best of intentions. Don't punish yourself if you have fallen into one of these traps. But do begin to remove the safety nets that prevent an addict from having to feel, recognize and face what he has become stuck in. At the Jemez Alcohol Summit in 2014, it was revealed that: **Alcohol related complications are the number one cause of death in the Pueblo of Jemez.**

Enabling hurts everyone involved. It prevents psychological growth in the person being enabled, and it contributes to anger, depression and resentment in the person who is enabling. While rescuing someone or solving their problems for them may seem like "caring," these behaviors actually interfere with or even prevent growth and development on the path to recovery.

Behavioral Health Conference on Enabling Behaviors

Monday, Dec. 9 3 to 7 p.m. CRC

If you or someone you know is struggling with addiction or enabling and you are interested in learning more, please join us on Monday, Dec. 9, 2015 for the Behavioral Health Conference on Enabling Behaviors. It will be held at the Community Resource Center from 3 p.m. to 7 p.m.

If you need help, or if you care about someone who does, please call the Behavioral Health Program at (575) 834-7258 to set up an appointment. All contacts are strictly confidential.



COMMUNITY NEWS

World Indigenous Games

Submitted by Kevin Shendo, Education Department Director

On Tuesday Oct. 20, Brazil opened the first "World Indigenous Games," held through Nov. 1 in the capital city of Palmas, Tocantins, Brazil. More than 24 tribal groups from within Brazil and 22 countries participating in these international games. Competitions were held for some Olympic sports, traditional sports and demonstrations of local traditional sports.

Last year as First Lt. Governor, I was fortunate to attend the United Nations World Conference on Indigenous Peoples in New York City to discuss the impact of the Declaration on the Rights of Indigenous Peoples on our tribal governments and traditional communities. At that time, the Brazilian delegation announced they would host these inaugural games this year.

As Willie Littlechild (Cree, Alberta, Canada) told the opening news conference, "It's a great day here today. This dream was born in August 1977. Today thanks to Brazil's indigenous brothers and sisters, the dream becomes a reality. Thank you Madame President and all the people of Brazil." Mr. Littlechild was one of the original voices of Indigenous peoples at the UN and was instrumental in the initial work to begin discussions and development of the rights of Indigenous peoples as a formal document, first by a working group and then by the General Assembly.

My dream is to one day send a delegation representing our sovereign Nation of Jemez. More information is at www.i-games2015.com.

MEDICAL SOCIAL WORK

It's That Time Again: Medicare Open Enrollment

OCTOBER 15 THROUGH DECEMBER 7, 2015

Submitted by Lisa Maves

October 15: Open Enrollment begins. This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

NOTE: *Patients who were enrolled in the Humana Part D plan in 2015 and whose premiums were paid for by Jemez Health and Human Services will be contacted by a member of the Medical Social Work staff at the Jemez Clinic about switching to a new plan for the 2016 calendar year.*

December 7: Open Enrollment ends. In most cases, Dec. 7 is the last day you can change your Medicare coverage for next year. The plan must receive your enrollment request (application) by Dec. 7.

January 1, 2016: Coverage begins. Your new coverage will start Jan. 1, 2016 if you switch to a new plan. If you stay with the same plan, any changes to coverage, benefits or costs for the new year will begin on Jan. 1, 2016.

Making Changes To Your Coverage After January 1

Between Jan. 1 and Feb. 14, if you are enrolled in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. If you switch to Original Medicare, you have until Feb. 14 to also join a Medicare Prescription Drug Plan (Part D) to add drug coverage. Your coverage will begin the first day of the month after the plan receives your enrollment form. In certain cases, you may be able to make other changes if you qualify for a Special Enrollment Period. Visit Medicare.gov, or call 1-800-MEDICARE (1-800-633-4227) to learn more. TTY users should call 1-877-486-2048.

CMS Product No. 11220 Revised September 2015

Affordable Care Act Enrollment

Open enrollment is also beginning for Affordable Care Act (also known as Obamacare) enrollment. If you are between the ages of 19 and 64, uninsured and ineligible for Medicaid, or only eligible for Family Planning Medicaid you may consider enrolling in one of several Qualified Health Plans (QHP) offered through the New Mexico Health Insurance Exchange (NMHIX).

Important Dates For QHP Enrollment

Nov. 1, 2015: Open Enrollment starts — first day you can enroll in a 2016 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as Jan. 1, 2016.

Dec. 15, 2015: Last day to enroll in or change plans for new coverage to start Jan. 1, 2016.

Jan. 1, 2016: 2016 coverage starts for those who enroll or change plans by Dec. 15, 2015.

Jan. 15, 2016: Last day to enroll in or change plans for new coverage to start Feb. 1, 2016

Jan. 31, 2016: 2016 Open Enrollment ends for non-Natives. Enrollments or changes between January 16 and January 31 take effect March 1, 2016.

Native Americans enrolled in a Federally Recognized tribe such as Jemez Pueblo can enroll in or dis-enroll from a NMHIX Qualified Health Plan throughout the year. This is beneficial because the financial penalties for not having health insurance coverage increase every year. If you do not have health insurance in 2016, you will pay the **higher** of these two amounts:

2.5% of your yearly household income. The maximum penalty is the national average premium for a Bronze plan. Only the amount of income above the tax filing threshold, about \$10,150 for an individual in 2014, is used to calculate the penalty.

\$695 per person (\$347.50 per child under 18.) The maximum penalty per family using this method is \$2,085.

These fines are applied each year when you file your tax return. **Do not believe those who say if you are Native you don't have to do anything!** You **must** either apply for and receive a Hardship Exemption or have health insurance coverage that meets the minimum federal standard to avoid paying these fines.

As always, you can contact the Medical Social Work Group for assistance:

Thelma Shendo	(575) 834-3040
Basil Pina	(575) 834-7413, ext. 176
Lisa Maves	(575) 834-3059

English

History

CHEMISTRY

School News

BIOLOGY

Social Studies

MATH

Autumn Greetings From Head Start

Submitted by Danielle Sando

The Walatowa Head Start program was busy with a variety of events in October.

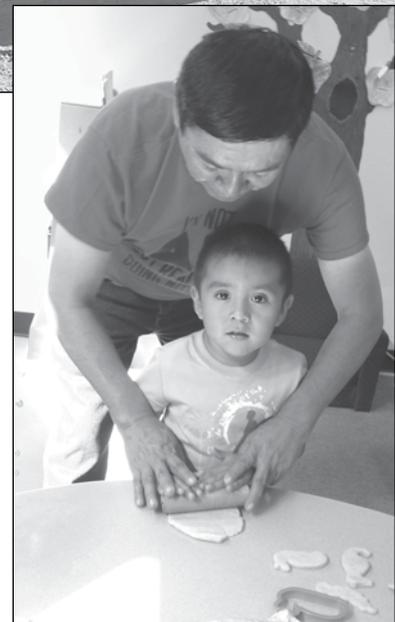
Traditional Day: Grandparents were invited to attend this event in support of their grandchild's early education and as a part of language immersion. All of the classrooms prepared traditional foods; the Towa and Corn Maiden students and grandparents made fry bread and the Kiva and Adobe students baked biscochitos. For lunch, we all enjoyed Indian tacos and biscochitos. Thank you grandparents for your participation and support in your grandchild's early education!

Society Houses: During fall society fasting, all students supported the different society groups by taking fresh fruit and fresh produce donated by the children and their families. Thank you to all the families who participate in your child's education.

Community Field Trips: All four classrooms went on a variety of field trips within the community to observe and explore the environment. Trips were made to the Jemez Falls, Jemez River, Jemez Springs and nature walks to locations within the community. We made a special trip to the community garden and each student got a pumpkin to take home.

Walk & Roll to School: WHS students walked to school on Thursday, Oct. 15, from the Pueblo Church to the Head Start center. Thank you to the Injury Prevention program for making this event fun and enjoyable!

Flu Shots: Flu shots were given to students who returned consent forms; if no consent was returned, no flu shot was given. Parents, protect your child, your family and our classrooms! Flu shots are available at the clinic at no charge.



EDUCATION

SDRCS News

Submitted by Mike Toledo



Cancer Awareness Day

October was Cancer Awareness Month. The SDRCS Student Council chose Friday, Oct. 16, to wear pink and pink ribbons to support the people who have or had breast cancer. This disease can be painful and scary. We wanted to celebrate this day to show that we care.

It was great to see everyone wearing pink. I am glad that we were taught what cancer is all about and know that anyone can get this disease. I am sure there is someone we all know that may have this disease. I hope we will continue to have this day at our school each year.

I would like to thank staff and students for honoring our Breast Cancer Awareness Day at San Diego Riverside Charter School.

Submitted by Kateri Madalena

Fourth grade Student Council Representative

Fire Department Visit

All it took was a phone call to Fire Chief Virgil Gachupin and his staff to come out to SDRCS and share their knowledge and skills with our youth. They went beyond our expectations by arriving with four vehicles which created a more enjoyable experience.

Students were allowed to explore the fire equipment and walk through the fire trucks. Marlon Gachupin, Antonio Blue Eyes and staff helped make this event very special that will be remembered by our students. We hope this experience will plant a seed in our kids to continue their education and become successful young adults.

Harvest is in the Air

SDRCS's first grade class got to visit a field next to the school with Martin Loretto's help. Nine students from the first grade met with the staff who take care of this field. The staff paired with the students and went through the field picking and husking corn. Students got to go home with arms fully loaded with corn and with memories to share with their parents. Thanks, Martin!

Ana Baca, Fourth Grade Teacher

SPA Cross Country Finals

SDRCS hosted the SPA Finals on October 10. SDRCS's PTO sent out notices requesting donations of water and volunteers to assist with the race and the concession stand. The Finals were a success.

A Day of Fun

SDRCS students had an awesome time exploring their surrounding at Wagner's Corn Maze and Pumpkin Patch in Corrales. The day began with a fun and safe bus ride to Corrales with Doreen, an amazing bus driver who kept us all in line and safe. Once we got to our destination, the kids couldn't wait to get lost in the corn maze. Our staff and parent volunteers did an incredible job in keeping the students safe while allowing them the freedom to have fun and explore.

The winding corn maze lead to a pumpkin patch where our kids got to pick their very own pumpkins. From the pumpkin patch students took a tractor ride to the farm animals. After two exhausting hours of fun, we all enjoyed a tasty, healthy lunch provided by our SDRCS cafeteria. With tummies full, the kids played games and fed the animals before going back through the maze.

The kids had a blast. Merlin Pecos said "I learned about corn and the different sizes of pumpkins." "It was fun because I went through the corn maze and couldn't find my teacher," Alana Lucero added.

Kellie Reynosa, First Grade Teacher

EDUCATION

Jemez Valley Public Schools

Submitted by Joline Cruz-Madadena

Department of Health School Requirements Disenrollment Deadline: Dec. 1, 2015

To ensure that all New Mexicans are properly immunized against vaccine-preventable diseases, the New Mexico Department of Health requires children entering day care and school to have certain immunizations completed. New Mexico school nurses are granted Public Health authority by the state Secretary of Health to collect and submit immunization information.

Jemez Valley Public School Nurse Karin Luzzi has been reviewing student immunization records for compliance. Nurse Luzzi will be contacting parents/guardians of JVPS students whose immunization records are **NOT** up to date or if the student's immunization records are **NOT** on file.

It is important for parents/guardians who are contacted by Nurse Luzzi to follow these steps:

Step 1: Make sure your child's immunization record is on file at JVPS.

Step 2: Make sure your child receives specific immunizations identified by Nurse Luzzi.

Step 3: Provide updated immunization records to Nurse Luzzi as soon as possible.

Parent/guardians who are having difficulty paying for immunizations or making an appointment for immunizations, please contact Nurse Luzzi at (505) 373-0053.

Parents/guardians who do not comply with Nurse Luzzi's request will receive a Notice of Disenrollment for the student from the JVPS District in November 2015; disenrollment will be effective Dec.1, 2015, per NM Department of Health guidelines. Your cooperation and attention to this issue is greatly appreciated.

More information from the NM Department of Health is at <http://164.64.110.239/nmac/parts/title06/06.012.0002.htm>.

JVPS Lunch Program

Eating lunch contributes to a solid foundation of good nutrition on a continuing basis. A good lunch benefits a student by giving him/her the energy to remain alert during class time. It is important that students eat a healthy light

lunch to maintain peak academic performance. Students who are hungry because they have skipped lunch may become distracted in the classroom. Habitual undereating might lead to malnutrition that can interfere with normal physical and mental development.

Did you know?

Eligibility for free or reduce price meals within the JVPS lunch program is determined by the Free and Reduce Price School Meals/MILK Family Application that must be completed by the parent/guardian every school year. At the start of each

school year and prior to the receipt of a student's eligibility status for the current school year, **new** students will be charged "full price" and **returning** students will be charged the price determined by the previous academic year's application. The fee for lunch is charged to the student's account once the student enters their assigned pin. Upon receipt of the student's eligibility status, the JVPS Lunch Program will make appropriate modifications to reflect.

In October, JVPS mailed letters to parents/guardians informing them of their students' edibility status for the 2015/2016 school year. The JVPS Cafeteria Charge Policy will apply for students who do not qualify for free meals. This policy is on file with the State of New Mexico Nutrition Department.

LUNCH PROGRAM ELIGIBILITY STATUS (Cost per Meal)

	Breakfast	Lunch
Free	\$0	\$0
Reduced Price	\$0	\$0.40
Full Price	\$0	\$2.25

Parents/guardians of students who are either "full pay" or "reduced price" should make arrangements to pay all cafeteria fees as soon as possible. The schools accept cash, checks and money orders. To ensure proper credit, checks or money orders are preferred. Parents/guardians have can pre-pay for lunches days, weeks or months in advance. If you have questions about payments and/or account balances, please contact the JVPS Food Services Department at (575) 834-7391.

Parents/guardians who disagree with their student's eligibility determination may request a hearing by calling or writing to Dr. Susan Wilkinson-Davis, JVPS Food Services Director/Superintendent, at (575) 834-7391 or by e-mail to swdavis@jvps.org

Opportunities for Parents

NMPED-IED Government-to-Government & Summit

The New Mexico Public Education Department (NMPED) and Indian Education Division invite tribal leaders, school leaders, educators, **parents**, students and other interested stakeholders to the Fall Government-to-Government meeting and summit scheduled for November 2015.

November 16-17, 2015

Nov. 16: Government-to-Government Meeting

Nov. 17: Details unavailable at press time

Route 66 Casino

To register or if you have questions, please contact Monica Valdez at the Indian Education Division at monica.valdez@state.nm.us or (505) 827-6679.



NEWS YOU CAN USE

THE PLASTICS PROBLEM: PLASTIC WATER BOTTLES

Submitted by Margaia Forcier-Call, Jemez Sustainable Solutions

Last month, we talked about the problems plastic bags have caused across the world and especially in the oceans. Perhaps you saw the poster showing the effects of plastic on seabirds, whose insides are filled with plastic debris that cause their death by starvation. You also read about what we all can do to mitigate this problem. This month, Jemez Sustainable Solutions tackles the plastic water bottle problem.

In 2006, the Natural Resources Defense Council stated that the equivalent of 2 billion half-liter bottles of water were shipped to US ports, creating thousands of tons of global warming pollution and other air pollution. In New York City alone, the transportation of bottled water from Western Europe released an estimated 3,800 tons of global warming pollution into the atmosphere. In California, 18 million gallons of bottled water were shipped in from Fiji, producing about 2,500 tons of global warming pollution. With the many smaller “local” bottled water companies, Americans buy half a billion bottles of water every week, according to the film “The Story of Bottled Water.”

Mistakenly, most people buy bottled water thinking they’re avoiding any impurities that may be present in their tap water. But usually more than half is tap water. Most bottled water can be just as, or even more, contaminated than tap water. Why? In the United States, our drinking water is continuously monitored and treated according to federal standards. If local tap water is unsafe then water companies are obligated, under federal law, to notify the public. However, bottled water is rarely tested. So our tap water is not only safe, but it’s often actually better than bottled water. Plus, it’s a thousand times less expensive!

If you find that your tap water has an odd taste, this does not necessarily mean that it is unhealthy or contaminated. The taste may be a result of chlorination used when new water pipes are put in, or old ones removed or replaced. Then the water system needs to be “shocked” with chlorine. The mineral content in the water can also change the taste of water.

Using a filter is an easy way to keep your water tasting great – and it’s much less expensive than buying bottled water. All kinds and all price ranges of filters exist. Some sit on the counter; others connect to the water pipe below the sink.

Banish Bottled Water

From the moment it’s manufactured to the time of its disposal, bottled water creates an enormous amount of pollution, making our water even less drinkable. Today, Americans discard over 50 billion plastic water bottles per year, which consumes about 20 billion barrels of oil and releases 25 million tons of greenhouse gases into the atmosphere, just to manufacture them! Transporting bottled water to market produces air pollution and carbon dioxide emissions that contribute to global warming.

What happens when we come to dispose of these bottles? “RiverKeeper,” a clean water advocate in New York, reports that about 86 percent of empty plastic water bottles in the United States land in the garbage -- some in landfills, some in oceans -- instead of being recycled. US landfills are overflowing with two million tons of discarded water bottles alone. Unfortunately, many plastic bottles end up being incinerated, releasing toxic by-products such as chlorine gas

and ash laden with heavy metals into the air.

As Dr. Michael Warhurst, Friends of the Earth’s senior waste campaigner, says: “Bottled water is another product we do not need. Bottled water companies waste resources and exacerbate climate change. Transport is the fastest growing source of greenhouse gas emissions, and transporting water adds to that. We could help reduce these damaging effects if we all simply drank water straight from the tap.”

In addition, there are many health considerations in drinking water from plastic bottles; we will discuss these in a future article.

Bottled Water in Our National Parks

In 2011, the National Park Service gave national parks the ability to ban sales of commercially bottled water from wasteful, disposable plastic bottles, encouraging park visitors to use refillable water bottles for hydration. The bottles were clogging the waste stream and consuming recycling budgets at many parks, becoming the single biggest source of trash and pollution. The National Park Service estimated that reducing bottled water could eliminate 6,000 tons of carbon emissions and 8 million kilowatt hours of electricity every year.

“We must be a visible exemplar of sustainability,” Park Service Director John Jarvis wrote.

This decision caused an uproar from the manufacturers of more than 200 brands of water packaged in disposable plastic. They mounted a full-court lobbying campaign on Capitol Hill to stop the Park Service’s effort. After intense pressure and lobbying from giant water bottling companies like Coca-Cola and Nestle, Republicans in Congress slipped in a last-minute amendment into its parks funding bill that prohibits national parks from banning disposable bottled water. To read the complete article on the National Parks’ response, Google “Park Service to Big Water: No federal funding for bottled water bans? We’ll find our own money, thanks.”

What We Can Do

It’s not hard to personally take a stand on the plastic water bottle problem. Everyone can use steel or glass bottles and refill them with tap water wherever we go. Reuseable bottles are available at any grocery or discount store. We can save a lot of money, protect our health, and protect the environment with one easy step!

Let’s live more sustainably for our future and our children’s future!

Help Wanted!

You can help! More volunteers are needed to work at the Recycle Center. See what happens to “stuff” including plastics! Send an e-mail to mfc@windstream.net or call Margaia at (575) 829-3617 for more information. Thank you!

NEWS YOU CAN USE



JEMEZ PET RESCUE

Jemez Pueblo Animal Rescue Submitted by Samuel Adams

Free hay for outdoor dog houses. Call Jemez Valley Animal Amigos (JVAA) at (888) 828-5822 to place an order for your half bale of straw from the CWW Feed Store in San Ysidro.

FALL PET FAIR

Sunday, Nov. 15 11 a.m. to 2 p.m.

James Pueblo Animal Rescue's annual pet fair with Jemez Valley Animal Amigos is coming!

- * Shot clinic by Doc Minter. Costs: Canine three year rabies: \$15 Canine distemper/parvo combo: \$20 Feline three year rabies: \$15 Feline distemper/parvo combo: \$20

- * Adoptions
* Grooming by Tail Waggers from Rio Rancho (nail trimming and ear cleaning only)
* Dog trainer Jackie Barron will teach short leash training sessions
* Arts & crafts show and sale
* Raffle
* Barkers Bakery from Jemez Springs will sell their doggie treats
* Goodie bags for your pet
* FREE limited pet food will be given away.
* FREE food and beverages will be served.

Tons of fun for you and your fuzzy friends! Spread the word!

Community Notice

Pets without proper tags and identification are a long-standing problem in the community. Now the Pueblo of Jemez Police Department will be enforcing the rules concerning pets that are not wearing proper rabies vaccination tags and citing the owners of these animals. Any dog or cat found within the boundaries of Jemez Pueblo that are not wearing a rabies vaccination tags will be considered a stray and may be picked up by any certified tribal officer. The owner will need to provide proof that the vaccination has been administered before the animal is returned.

Protect your pet! Protect our community! All Jemez residents are urged to have proper identification on their pets.

How Are We Doing?

COMMENTS? COMPLAINTS? SUGGESTIONS? WE WANT TO HEAR FROM YOU!

Please clip this form and return it to a comment box located at the Tribal Administration Building, Civic Center or Jemez Health Center.

If you wish to be contacted to follow up on your comments, please provide your name and phone number below.

Four horizontal lines for providing contact information.

Name (Optional)

Phone/E-mail

Thank you! Your comments are important to us. We appreciate your feedback! Pueblo of Jemez Tribal Administration Pueblo of Jemez Governors



PUEBLO of JEMEZ

Pueblo of Jemez
4417 Highway 4
Box 100
Jemez Pueblo, NM 87024

Presort Standard
US Postage Paid
Albuquerque NM
Permit No. 1741

**Boxholder
Jemez Pueblo, NM 87024**

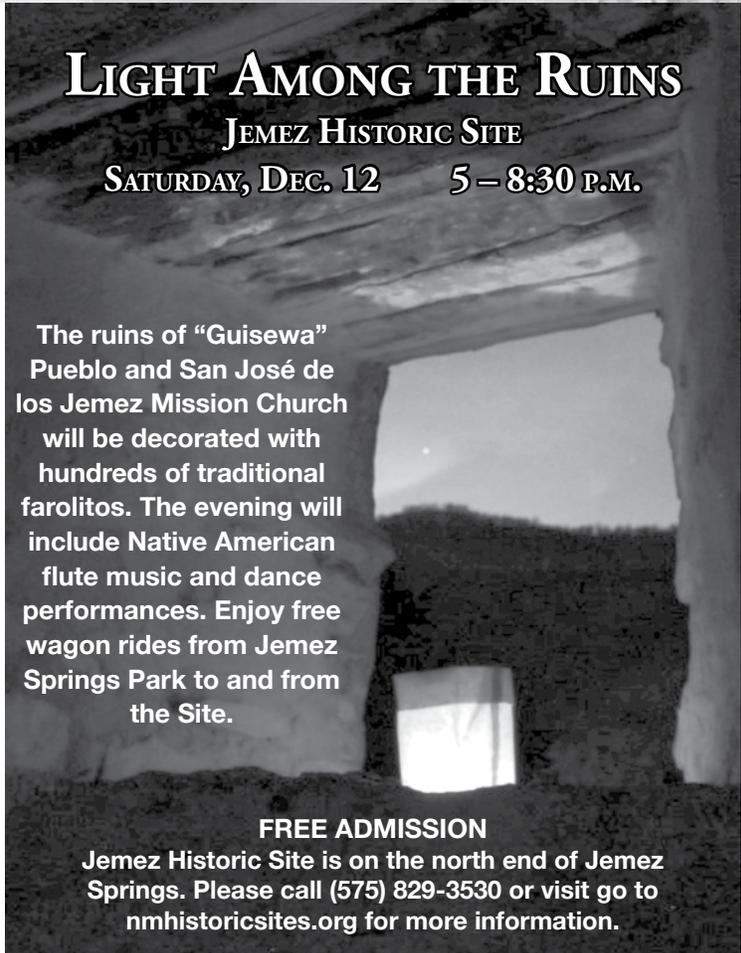
TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well-informed. Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero and Second Lt. Governor Dominic Gachupin proposed the following resolutions that Tribal Council approved.

Oct. 19, 2015

Approved the appointment of new members to the Jemez Health Board and confirmed the status of the Pueblo of Jemez Health Board as the governing body and governing board for the Jemez Health and Services Department for all purposes for which a governing body/governing board role is required.



LIGHT AMONG THE RUINS

JEMEZ HISTORIC SITE
SATURDAY, DEC. 12 5 – 8:30 P.M.

The ruins of “Guisewa” Pueblo and San José de los Jemez Mission Church will be decorated with hundreds of traditional farolitos. The evening will include Native American flute music and dance performances. Enjoy free wagon rides from Jemez Springs Park to and from the Site.

FREE ADMISSION
Jemez Historic Site is on the north end of Jemez Springs. Please call (575) 829-3530 or visit go to nmhistoricsites.org for more information.