Pueblo of Nambe
15A NP 102 West, Santa Fe, New Mexico 87506 Office - (505) 455-2036 Fax - (505) 455-2038

TO: All Community Members
FROM: Governor, Phillip A. Perez
DATE: January 18, 2018

Regular Tribal Council Meeting – January 31, 2018– 6:30 pm
Governor, Phillip A. Perez invites and encourages ALL tribal members to attend the monthly Tribal Council Meetings. Many important issues are going on within the community that affects us all as tribal members. It’s your responsibility as tribal members to take an active part by attending these meetings. Meetings are held on the last Wednesday of every month at 6:30PM in the Tribal Council Chambers. For special tribal council meetings, tribal members will be notified in advance. If any tribal member is interested in being added to the agenda to address issues before the Governor and/or Tribal Council, please call the Governor’s office at 455-4429 to be included on the agenda. We look forward to seeing all of you at the meetings....

We are looking for a Tribal Council Secretary to take and transcribe all meeting minutes for the Tribal Council meetings. Meetings are held the last Wednesday of every month. The hourly rate of pay will be $24.00. If you are interested, please submit your letter of interest to Onnie Martinez at the Governor’s Office, or by email dmartinez@nambepueblo.org no later than February 8, 2017.
Nanbé Tewa Language Program

Nanbé Tewa 2018-2019 Calendar

You can still order 2018-2019 calendars! The theme for the calendar is the Nanbé Tewa Alphabet. The calendar is a two-year calendar because our alphabet has 43 characters including diacritics!

Because it is a two-year calendar, there are more pages to print. The Program will subsidize 50% of the cost for the first 50 copies and offer the calendar for $10.00 + shipping, if mailed (cash or check). Place your order now.

Please place your order to brenda.g.mckenna@comcast.net or 505.263.7553. Make your check payable to Nanbé Tewa Language Program and include the number of calendar(s) requested in the memo line. Mail to: 9216 Mabry Ave NE, ABQ, NM 87109. If you prefer to pick up your order from Cora McKenna, please advise Brenda.

Some of the Nanbé Tewa Alphabet Characters
The Nambe Higher Education Scholarship is available for all enrolled tribal members that are attending a Post-Secondary Program.

**SPRING DUE DATE:** Friday January 26, 2018

All scholarship payments will be mailed out, after the deadline date. Come see Paige for more details.

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**Johnson O’Malley Funding (JOM)**

JOM funding is available for reimbursements for all JOM students. JOM students are any tribal member or native with a CIB that resides on the Nambe Reservation and attends Nambe Head Start, Espanola Public Schools, Los Alamos Public Schools, or Pojoaque Valley Schools.

Allowable reimbursements include:
1. Any School Fees/Field Trip Fees
2. School Sports Registration Fees
3. School Supplies
4. Lunch Fees

To receive your reimbursements parents must turn in ORIGINAL receipts to Paige Loretto. Please include your full name, mailing address, your child’s name, grade and school.

All JOM Parent meetings are held in the Learning Enrichment Center at 6:00pm.

Next JOM Parent Meetings:
- February 20, 2018
- May 15, 2018

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**FAMILY LITERACY NIGHT**

**Thursday January 25, 2018**

**AND**

**Thursday February 8, 2018**

**At the Learning Enrichment Center**

From 6:00pm to 7:30pm

All families are welcome to come and join us in a night of fun. All kids are given a book to read and take home. Get creative on an art project and enjoy a homemade dinner. The first 15 families will receive an incentive provided by PWNA.
Scary Movie Night
At the Nambe Pueblo Wellness Center
Friday February 16, 2018
6:00pm
Come join us for a scary movie if you dare.....
JEEPERS CREEPERS 3!!!

Email: ploretto@nambepueblo.org
Cell: (505) 614-4362
Office: (505) 455-4426

WOOD FOR SALE......... WINTER IS ON ITS WAY! STAY WARM!! DRY AND SPLIT! $145.00 A TRUCK LOAD....

CONTACT:
Georgia Yates-Hampshire 505-216-8514
Martin Hampshire 505-660-0999
Don't Forget, Get Yours Done!
Fitness Assessments at your Wellness Center
January 2- January 31, 2018
Schedule your assessment when you're there working out, don't work out there no problem, call us at 455-4423 to schedule your assessment.
The fitness assessment is to see how you have increased or decreased in weight, cardio and strength fitness, and blood pressure throughout the year, make 2018 count!

The NEXT LEVEL CHALLENGE is happening all year long come into the Wellness Center for your card!

MAKE IT HAPPEN.
Thank you to all that came in for your last weigh-in! We had a total of 19 pounds and 13.5 inches lost out of seven people!! Our biggest loser is GET FIT with 9 pounds lost our second runner up is SHUG with 6 pounds lost!! Our biggest lost in inches was THAN POVI with 6 inches lost. Congratulations to everyone you all did awesome!!

We would like to invite you the 5th Annual Go Red For Native Women Heart Health Summit "Drum to the Beat of a Healthy Heart” to learn more about heart disease and its impact.

**Friday, February 2, 2018 from 7:30 AM - 1:00 PM to be held at the Albuquerque Convention Center.**

We will start with health exhibits/booths checking blood pressures, etc., and continental breakfast at 7:30 AM followed by a blessing and opening at 8:30 AM. Please come early to avoid downtown traffic. Parking will be at no cost to you only in the convention center parking garage.

Please register at no cost to you: **NMforNativeWomen.heart.org**

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Text NATIVE to 97779 to get inspirational messages sent to you and good links to different topics.
THE SANTA FE OPERA

Free Opera program for children ages 3 to 5 years old!

Opera Makes Sense was created just for children ages 3 to 5, to explore the world of opera through a variety of activities and games addressing different developmental levels of toddlers.

Participants move from one station to another based upon their personal interest level. Through poetry, songs, music and dance, with costumes and art activities related to scenery and props – opera is translated through the five senses.

Saturdays, February 3 and 10 – Santa Fe Public Library Southside Branch / 6599 Jaguar Drive

Saturdays, February 17, 24 and March 3 – Santa Fe Children’s Museum / 1050 Old Pecos Trail

Reservations at oms@santafeopera.org are encouraged or call (505) 946-2404 for more information.

January is National EYE Month

Make sure you have your eyes checked every year.

People with eye disease or certain health conditions such as Diabetes need to be seen more, at least twice a year.

"Of all the senses, sight must be the most delightful."
- Helen Keller

Wear sunglasses UVA/UVB protection, it is sun block for the eyes.

If your vision ever suddenly changes, you see floaters, fireworks, or get tunnel vision go in immediately to the hospital.

Love your eyes, they are the only ones you have!
Are your PARENTS getting older?

Have you noticed that their health is decreasing?
Are you worried about who will care for them?

Don’t WAIT, CALL NOW!!
There is a FIVE YEAR Waiting List for Home Services through the state.

CALL 1-800-432-2080 Option 3

Help Minimize Spreading the FLU
If possible, stay home when you are sick.

- Cover your mouth and nose when coughing or sneezing, preferably using a tissue, then dispose of the tissue immediately.
- Wash your and your children’s hands frequently, especially if sneezing and coughing and avoid touching your eyes, nose or mouth.
- Practice good health habits such as getting plenty of sleep, being physically active, eating nutritious food and drinking plenty of fluids

IF YOU ARE HAVING SYMPTOMS PLEASE GO IN TO THE HOSPITAL RIGHT AWAY!

If you have a health care question you can call, Nurse Advice New Mexico at 1-877-725-2552.
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<tr>
<th>Monday</th>
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<tr>
<td>5 Walking 4 Wellness 11:15-11:45a.m.</td>
<td>6 Zumba 6-7p.m.</td>
<td>7 Walking 4 Wellness 11:15-11:45a.m.</td>
<td>8 Cardio Kick Boxing 12:15-12:45p.m.</td>
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<td>Fun Walk/Run Club 5:30p.m.</td>
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<td>Cardio Strength Training 6-7p.m.</td>
<td>Presidents Day</td>
<td>Zumba Toning 6-7p.m.</td>
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<td>25 Zumba 6-7p.m.</td>
<td>26 Walking 4 Wellness 11:15-11:45a.m.</td>
<td>27 Zumba Toning 6-7p.m.</td>
<td>28 Walking 4 Wellness 11:15-11:45a.m.</td>
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Please come in to the Wellness Center and sign up for the 28 Day February 2018 Challenge.

You Can Do It
Micaceous Pottery Demonstration Day!!

Who: Martha Romero and Robert Vigil, Nambé Pueblo Micaceous Artists

What: Micaceous Cooking Ware and Pot Building Demonstration

Where: Healthy Family Services Blue Trailer

When: February 10, 2018 11AM to 2PM

Why: Because Micaceous Pottery is important to Nambé Pueblo’s culture and history!

LIMITED SPACE! PLEASE RSVP by February 5th to Caitlin at arttherapy@nambepueblo.org or 505.470.7593 to reserve a space
Christmas Tree Recycling

Christmas time is a wonderful time of the year filled with happiness, great food, family, gift exchanges, Pueblo dances and decorations around the village and at home.

When it's over and we return back to our normal lives don't forget to bring your Christmas tree to the Transfer Station so it can be turned into mulch. The mulch can be used to fertilized the soil around your house or used to provide landscape material or mulch around your garden. Please don't dump it down at the river or out in the hills.

By recycling your Christmas tree, you are saving valuable landfill space and giving back to the environment. Please be sure that all ornaments, tinsel and lights are removed from the tree. Flocked trees (trees sprayed with artificial snow) are not accepted because the chemicals will contaminate the mulch.

The mulch is free to any Tribal member who wants it. Load it yourself or let us know and we can load it for you.

Nambe Dept. of Environment & Natural Resources (DENR) 455-4420

Respect Nambe Pueblo and Mother Earth - Recycle.

Happy Holidays from DENR and the Farm Program - Steve, George, Chief Mike, William and Tara
Nambe Pueblo Recycling Program

Benefits of Recycling

**Cans**
- Every three months, Americans throw enough aluminum in the landfills to build our nation's entire commercial air fleet.
- The average person has the opportunity to recycle more than 25,000 cans in a lifetime.
- Recycling a single aluminum can saves enough energy to power a TV for three hours.
- It requires 95% less energy and water to recycle a can than it does to create a can from virgin materials.

**Plastic Bottles**
- Five plastic bottles recycled provides enough fiber to create one square feet of carpet or enough fiber fill to fill one ski jacket.
- Americans throw away 2.5 million plastic bottles every hour.
- Recycling one ton of plastic bottles saves the equivalent energy usage of a two person household for one year.

**Cardboard**
- Recycling cardboard only takes 75% of the energy needed to make new cardboard.
- Recycling 1 ton of cardboard saves 46 gallons of oil.
- Over 90% of all products shipped in the US are shipped in corrugated boxes, which totals more than 400 billion square feet of cardboard.
- Nearly 80% of all retailers and grocers recycle their cardboard.

**Paper**
- Americans throw away enough office paper each year to build a 12 foot high wall from Seattle to NY (a new wall every year).
- Making paper from recycled paper reduces the related contribution to air pollution 95%.
- Recycling a stack of newspaper just 3 feet high saves one tree.
- More than 37% of the fiber used to make new paper products in the U.S. comes from recycled sources.

**E-waste**
- In 2007, 82% equating 1.8 million tons of ewaste (various electronics e.g. TVs, cell phones, computers etc.) ended up in landfills.
- In 1998, the National Safety Council study estimated about 20 million computers became obsolete within 1 year. In 2007, that number increased to 40 million.
- Electronic waste total approximately 2% of the waste stream in the U.S.
- Several states have now created mandatory collection and recycling programs for electronics.

Nambe Pueblo provides free dumping at the Transfer Station to Tribal Members.
- The average monthly cost to dispose of household garbage for a typical family is $25.00 plus gas and time to drive to and from a local transfer station or dump. Nambe does not charge for that service.
- Nambe Pueblo pays to have the garbage disposed of at the dump site.
- There is no cost to the Pueblo for disposing of recycled items that are deposited in the recycling trailer at the Transfer Station.
- Please help out Your Pueblo by recycling all cardboard, plastics, paper and aluminum. Remember to break down and flatten cardboard boxes. We average 600 to 1000 lbs of recycled materials a week here in Nambe Pueblo, we could do better.
- Respect Nambe Pueblo and Mother Earth - Recycle.

Nambe Pueblo Recycling Program
DENR Phone: 505-455-4420
Benefits of Recycling

Recycled Plastic Bottles = Carpet
Recycled cardboard = Furniture
Recycled aluminum = New cans

Backpacks = Kitchen Utensils
Paper bags = New boxes

Park benches = Playground Equipment

Airplanes = Artwork
Bicycles = Tire Rims
SAVE THE DATE

2018 New Mexico Pueblo Beginning Farmer Rancher Agriculture Conference

February 8—9, 2018
IAIA, Santa Fe NM

$35/one day  $60/both days, Pre-registration Required by Jan. 26, 2018
Meals are included both days
Call 505-852-0480 for more info
Scholarships available for NMPBFR participants ONLY

Topics include:

• Horse Care
• Hoop House Crops
• Bull Selection
• Landrace Chile
• Tractor Safety
• Cow Calf Management

If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please contact Tory Hougland or Joseph Garcia at 505-852-0480 by January 25, 2018.
CAMPUS Directions & Map
(505) 424-2325 • www.iaia.edu

BUILDING KEY

1. Hogan
2. Family Housing
3. Academic Classrooms
4. Center for Lifelong Education (CLE)
   Center for Student Life / Cafeteria
5. Library & Technology Center
6. Facilities & Receiving
7. Residence Center
8. Fitness & Wellness Center
9. Barbara & Robert Eells
   Science & Technology Building
10. Allan Houser Haozous
    Sculpture & Foundry Building
11. Dance Circle
12. Green House
13. Sweat Lodges
14. Lloyd Kiva New
    Welcome Center
15. Digital Dome
16. The Haozous Garden
17. USDA Agricultural Field
18. Performing Arts & Fitness Center
   City of Santa Fe
   Bus Stop
B. Parking

DIRECTIONS

SOUTH BOUND
Exit 278B (NM 14)
Make a LEFT onto NM 14
Make a RIGHT onto Rancho Viejo Blvd.
Make a RIGHT onto Avenida Del Sur
Make a LEFT on Avan Nu Po Road

NORTH BOUND
Exit 278 (NM 14)
Make a RIGHT onto NM 14
Make a RIGHT onto Rancho Viejo Blvd.
Make a RIGHT onto Avenida Del Sur
Make a LEFT on Avan Nu Po Road

DISC GOLF COURSE

IAIA
INSTITUTE OF
AMERICAN INDIAN ARTS

Opening Spring 2019

AVAN NU PO ROAD
SKILLS FOR DEMENTIA

CAREGIVING 101:
FREE Class for Family & Friends of a Loved One with Dementia

Evidence-Based “Savvy Caregiver Program”

Every Thursday
January 25th – March 8th, 2018
5:30 PM – 7:30 PM
Location:
Pacifica Senior Living
2961 Galisteo Rd
Santa Fe, NM 87505

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. To register or for more information contact:
1-800-272-3900 or kmgandara@alz.org
SKILLS FOR DEMENTIA
CAREGIVING 101:
FREE Class for Family & Friends of a Loved One with Dementia

Evidence-Based “Savvy Caregiver Program”

Every Saturday
January 27th – March 10th, 2018
1:00 PM – 3:00 PM
Location:
The Legacy at Santa Fe
3 Avenida Aldea
Santa Fe, NM 87507

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. To register or for more information contact:
1-800-272-3900 or kmgandara@alz.org
SKILLS FOR DEMENTIA
CAREGIVING 101:
FREE Class for Family & Friends of a Loved One with Dementia

Evidence-Based "Savvy Caregiver Program"

Every Tuesday:
February 6th, 2018 – March 20th, 2018
6:30 PM - 8:30 PM
Location:
Nuestra Señora De Guadalupe Church Parish Hall
9 Grazing Elk Drive
Pojoaque, NM 87506

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. To register or for more information contact:

1-800-272-3900 or kmqandara@alz.org

Instructors: Gary and Paula Sánchez