



Pueblo de San Ildefonso Bulletin June 2022

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**Class of
2022**

Council Meeting Dates

Friday, June 10, 2022 at 12 pm (noon)
Wednesday, June 22, 2022 at 5:30pm

Dates and Times are subject to change

Speeding

Please drive at the posted speed limits and be mindful of visitors, our elders, and children walking throughout the Pueblo. We want our community to be a safe place for all.

HAPPY
Father's
DAY

Office Closure

All Tribal Offices will be closed Monday, June 20, 2022 in observance of Juneteenth.

Contact Us:

2 Tunyo Po, Santa Fe, NM 87506
Phone: (505) 455-2273
Fax: (505) 455-7351



Legislative Update

Council Meetings

As the Pueblo has begun to open up into our “new normal”, Governor and Tribal Council have decided to allow Tribal Members to participate in meetings in-person beginning with the June 10, 2022 Council Meeting.

The Tribal Council will be amending the meeting participation restrictions through Legislative Order. We realize that remaining vigilant is key however, conducting meetings in-person are an effective way of working and maintaining productivity for the People and Pueblo.

Catering Opportunities

With a new Fiscal Year beginning July 1, 2022, there may be opportunities for community members to cater meetings for Tribal Council throughout the year. We welcome tribal/community members to submit their names and menus or meal options to the Legislative Office in order to develop a list of potential caterers. The Legislative Office welcomes requests to cater provided that caterers follow COVID safety protocol and have the ability to obtain a Food Handlers Certificate.

For more information on guidelines for catering, please contact Brandi Martinez, Legislative Manager.

Pueblo Students & Parents/Guardians

We wish to congratulate all students from Head Start—College for their accomplishments and efforts! We hope for a bright future for all of our Pueblo students.

We also wish for blessings for all of the Parents, Guardians and families for your efforts and encouragement!

2022 Tribal Council

Tom Garcia
Thomas Gonzales
M. Wayne Martinez
Michael Martinez
Nichole S. Martinez
Raymond Martinez
Thomas Martinez
Denise Moquino
Nathan Sanchez
Irene Tse-Pe

Council Meetings

- June 10, 2022 at 12:00 p.m.
- June 22, 2022 at 5:30 p.m.

Council Working Sessions

- June 6, 2022 at 5:10 p.m.
- June 17, 2022 at 5:10 p.m.

Committee Meetings

- Meetings may be scheduled at anytime.

Legislative Office Contacts

Lt. Governor, Raymond J. Martinez
(505) 455-4127
rjmartinez.tc@outlook.com

Secretary, M. Wayne Martinez
(505) 455-4113
wmartinez.tc@outlook.com

Manager, Brandi Martinez
(505) 455-4150
brmartinez.tc@outlook.com



Social Media

Visit the Tribal Council's Facebook Page @sanitribalcouncil or <https://www.facebook.com/sanitribalcouncil/> to view notices, surrounding are job postings, COVID-19 resources and information and etc.

If you would like to request flyers or information to be shared via TC FB, please email Brandi Martinez.

Please remain vigilant as the COVID-19 virus and sub-variants continue to break through. We remind all to be cautious, disinfect, wash hands, sanitize and avoid unnecessary travel and gatherings. Community effort will help to reduce the spread and keep case counts low.

Committee List

- Budget, Finance and Taxation
- Business & Economic Development
- Cultural Affairs
- Education
- Elderly Services
- Health & Human Services
- Housing
- Judicial & Law
- Legislative Issues
- Natural Resources
- Policies & Procedures
- Infrastructure
- Emergency Response/ Disaster
- Enrollment
- Tewa Language

Council Committee Updates

The Budget, Finance and Taxation Committee has worked diligently with the Administration to review a Proposed FY 2022-2023 Budget which is scheduled for action at a Council Meeting on June 10, 2022.

A Public Hearing regarding the Proposed FY 2022-2023 Budget was held on May 4, 2022 at 4:00 pm in which the budget was presented and questions by Tribal Members were welcomed during that time.

The Tribal Council and the Administration are working to evaluate and adopt a Wage & Compensation Scale to be able to offer competitive pay and create a standard minimum wage for Pueblo employees. This will ultimately allow the Pueblo to retain current employees and hire new employees in order to fill vacancies and continue providing the best of services to the community.



Random Laws

The Legislative Office will begin placing random laws in our newsletter to 1) remind the community of what laws currently exist in the Tribal Code and 2) to surface laws that may need to be revisited, amended, updated and etc.

Part 6.4.2 Budget Modification Process (amendment to the Fiscal Procedures Act of 2012)

6.4.2.010 Findings

- (a)** The Council is authorized to make laws for the Pueblo pursuant to Section 5 of the Agreement;
- (b)** Section 5(a)(ii)(A) of the Agreement requires the Pueblo to enact an Annual Budget which includes all projected revenues and expenditures;
- (c)** Section 5(a)(ii)(C) requires that "no expenditure shall be made unless included in an approved budget";
- (d)** Section 5(a)(ii)(A) requires that "Budget modifications by the Council shall be permitted no more than twice a year";
- (e)** Section 5(a)(ii)(A) also states "provided, that budget modifications by the Council to obtain new grants, appropriate matching funds for new grants, or to expend new grant funds may be done at any time";
- (f)** The budget modification process for newly acquired grants, new matching funds, and or new funds needs to be refined to ensure all budget modifications are properly tracked and implemented according to Section 5(a)(ii)(A) of the Agreement.

[\(September 14, 2015, SI-R15-026.\)](#)

6.4.2.020 Short Title

- (a)** This enactment shall be known as the Budget Modification Process Act.

[\(September 14, 2015, SI-R15-026.\)](#)

6.4.2.030 Purpose

- (a)** The purpose of this Act is to clarify the budget modification process permitted under the Governing Agreement ("Agreement") to distinguish between the two types of budget modifications which shall be called an Approved Funding Modification or a New Funding Modification.

6.4.2.030 Purpose

(a) The purpose of this Act is to clarify the budget modification process permitted under the Governing Agreement ("Agreement") to distinguish between the two types of budget modifications which shall be called an Approved Funding Modification or a New Funding Modification.

6.4.2.040 Findings

(a) The Council finds that:

(1) Section 5(a)(ii)(A) of the Agreement requires the Pueblo to enact an Annual Budget which includes all projected revenues and expenditures; and,

(2) Section 5(a)(ii)(C) of the Agreement requires that "no expenditure shall be made unless included in an approved budget"; and,

(3) Section 5(a)(ii)(A) of the Agreement requires that "Budget modifications by the Council shall be permitted no more than twice a year"; and,

(4) Section 5(a)(ii)(A) of the Agreement also states "provided, that budget modifications by the Council to obtain new grants, appropriate matching funds for new grants, or to expend new grant funds may be done at any time"; and,

(5) The budget modification process for newly acquired grants, new matching funds, and or new funds needs to be refined to ensure all budget modifications are properly tracked and implemented according to Section 5(a)(ii)(A) of the Agreement; and,

(6) One component of the budget modification process will be to categorize all projected revenues included in the Pueblo's annual budget are considered as "approved" funding and that the annual budget can only be modified twice a year per the Agreement; and,

(7) A second component of the budget modification process will be to categorize all newly acquired grants, appropriation of matching funds for new grants, and/or new funds that are considered "new" funding; and,

(8) The annual budget may be modified at any time to include "new" funding, and that such a modification will not count toward the two budget modifications authorized per the Agreement; and,

(9) The "Approved Funding Modification" designation for the two modifications allowed for all approved budgets and expenditures under the Annual Budget will be identified as "AFM-1 or "AFM-2"; and,

(10) The "New Funding Modification" designation for all new grants, new matching funds, and/or new funds acquired by the Pueblo will be identified as "NF-1", "NF-2", and so on; and,

(11) No expenditure will be made unless included in an approved budget and/or modified budget as approved by the Council.



Offices of the Governor and Tribal Council

NOTICE

COUNCIL MEETINGS TO BE HELD IN-PERSON

During the public health emergency caused by the coronavirus (COVID-19), the Council conducted Regular Meetings at least twice per month using online video conferencing called “ZOOM”, on a temporary basis or until such time deemed necessary per the Council Procedures and Related Matters amended on June 3, 2020.

As the Pueblo has opened up to a “new normal”, and community case counts have remained low, the Governor and Tribal Council have determined that as of June 10, 2022 all Council Meetings will be open for in-person attendance and participation by Tribal Members.

COVID/Public Health Safety and Meeting Room Capacity Limits will be taken into consideration as we move forward.



Congratulations!

Governor Moquino, Tribal Council, and the Pueblo de San Ildefonso Staff would like to congratulate these students who have been promoted or graduated during the 2021-2022 school year. Your family, friends, and community are very proud of this incredible achievement and all of the hard work you put in to get here. YOU DID IT!

Head Start

Amara Aguilar
Dayani Bear Ground
Tylar Kewanletzema
Ariana Martinez
Korra Naranjo
Charles Vigil

Promoted to Middle School:

Davis Aguilar
Taniya P. Aguilar
Avant Marquez
Owen Martinez
Eoghan Pena
Kiera Tafoya

Promoted to High School:

Zala Aguilar
Paul Ghizlane
D'Andre Joe
Galen Martinez
Elijah Martinez
Anisah Montoya
Alison Paytiamo
Kayla Tafoya

Espanola High School Graduate:

Damien Gallegos

Los Alamos High School Graduates:

Daniel Gonzales
Maddox Martinez
Jerome Ulibarri

Pojoaque High School Graduates:

Beverly Brown
Tyrone Gonzales
Ethan Montoya
Tse-Whang Pena
Sage Vallo

Santa Fe Indian School Graduates:

Taryn Aguilar
Delilia Gonzales
Matthew Martinez

UNM

Taelor Aguilar

Northern New Mexico College

Bernadine Fragua



POJOAQUE
VALLEY SCHOOL DISTRICT



Los Alamos
PUBLIC SCHOOLS



NORTHERN
New Mexico College





Attention Tribal Members!

The Election Commission's Absentee Voting Survey is still open.

If you meet the Absentee Voting (AV) eligibility criteria below, please fill out our online survey in order for us to better understand your interests and needs. If you know a tribal member who also meets the AV criteria, please encourage them to complete the survey!

[Absentee Voting Survey](#)

AV Eligibility for Enrolled Tribal Members:

- Age 65 and older
- Homebound Senior age 65 or older
- Reside Out-of-State
- Out-of-State College Student
- U.S. Military Personnel

We have also attached a copy of the survey for any seniors who may not be able to access the online survey independently.

Once completed, you may drop off at the Governor's Office **Attn: Election Commission** or contact any of the Election Commissioners to collect your survey. We appreciate your time and participation in completing this survey.

If you have any questions, please contact us!

Commissioners': Chair, Melanie Gonzales, Vice-Chair, Myra Garcia, Treasurer, Bernice Martinez, Secretary, Brandi Martinez, Member, Aaron Gonzales. Email: ec@sanipueblo.org

Absentee Voting Survey

Question 1

Have you ever voted in a Tribal Election?

- Yes
- No

Question 2

Are you interested in Absentee Voting for Tribal Elections?

- Very interested
- Somewhat interested
- Not so interested

Question 3

Would you take advantage of Absentee Voting if offered?

- Definitely would
- Probably would
- Probably would not

Question 4

Have you voted in a Tribal Election in the past 5 years?

- Yes
- No

Question 5

How familiar are you with the Pueblo's Governing Agreement?

- Not at all familiar
- Somewhat familiar
- Very familiar

Question 6

How familiar are you with the Pueblo's Election Law?

- Not at all familiar
- Somewhat familiar
- Very familiar



TRANSPORTATION DEPARTMENT



NOTICE to COMMUNITY

Community members please be advised that road construction on Povi Kaa Drive will begin on May 31st with staking and surveying. This project will run for a couple of months. Beginning on June 8th the contractors will start the construction and heavy equipment will be on site. There will be times that the road will be closed and you will have to use the lower road to exit the Pueblo.

Shu Maa Po will begin after the completion of Povi Kaa Drive. Construction updates will be posted on the bulletin boards, Pueblo's website, and also on Facebook. Should you have questions please contact Lillian C. Garcia, Transportation Planning Manager at 505-455-4110.

Please be aware of all traffic control signs and please keep your children away from the construction site when it begins. Thank You.



Pueblo de San Ildefonso
Department of Natural Resources

- **THE FIRE BAN REMAINS IN EFFECT UNTIL FURTHER NOTICE.**
- **EXCEPTIONS CAN BE MADE FOR THE FIRING OF POTTERY AFTER CONTACTING THE TRIBAL RANGERS AND THAT IT IS DONE IN A CONTROLLED AREA FREE OF VEGETATION AND HANDLED WITH PROPER TOOLS AND WATER UNTIL EXTINGUISHED TILL COOL TO THE TOUCH. FIRING SHOULD BE DONE EARLY IN THE MORNING PRIOR TO 9 AM.**
- **BE CAUTIOUS OF DISPLACED WILDLIFE DUE TO THE FIRES AND DROUGHT.**
- **THE PUEBLOS IRRIGATION DITCHES WILL CONTINUE TO FLOW AND WE REQUEST YOUR AID WITH THE CLEANING OF DEBRIS AND MONITORING OF CHILDREN.**
- **BE CAUTIOUS AFTER RAINFALL EVENTS AND AVOID PASSING THROUGH FLOODED PASSAGES.**
- **CONTINUE TO MONITOR AND REPORT CONGRATULATIONS TO ALL THE GRADUATES.**
- **STAY SAFE, FIRE WISE, AND REPORT ANY SUSPICIOUS AND OR ILLEGAL ACTIVITY TO THE TRIBAL RANGERS AND OR LAW ENFORCEMENT.**
- **THANK YOU AND HAVE A GREAT START TO SUMMER!**



Senior News



Survey on Senior Activities

The Senior program is funded with general funds and the budget is limited. We would not have enough funds to supply every senior with access to every activity.

To be balanced and as fair as we can with the budget, please select what you think we should require or do for seniors to partake in activities. Some ideas could be Isotope games, Ojo Caliente Hot Springs, movie tickets, restaurants, Museum Hill, ABQ trip, Culture Center, Train Rides, River of lights, etc.).

Please pick as many as you think we should do/require:

Limit # who can go per activity

Limit activities to \$500 (\$500 x 12 months = \$6,000)

Allow seniors 50+ to go

Only allow seniors 60+ to go

Senior can only go on an activity every other month

Only allow those who attend a senior meeting once a month

Only allow those who attend a senior meeting twice a month

Allow senior to go if they show up for congregate meals or home bound

Limit activities only to those in 87506 zip code

Limit activities only to those in State

Type or print other options here:

We have offered newspaper and magazine subscriptions to seniors, but these also affect the budget. Please indicate your preference on these:

No newspapers (\$94/3 months is current price for the New Mexican)

Limit newspapers to home bound

No magazines (these can cost up to \$24 for a year)

Limit magazines to home bound

Type or print other options here:

Return this survey to the Tribal Services Office next to the receptionist at the governor's office. Or phone in your answers to 505-455-4105.

You can also take the survey on line at this web address:

<https://www.surveio.com/survey/d/L6A7K6A9D7N9Y2U5W>

Senior Meeting

Wednesday June 15, 2022 at 10:30 am

San I Senior Center and Zoom

Call Meeting to Order

Invocation by Invite

Notes of last meeting –May 18, 2022

Presentation (s)

Update by Nichole “Paayo Povi” Martinez

Nominations for President, Vice President, Secretary

Election

Survey results on Fairness and budget constrains

Discussion of July activity

Concerns by Seniors

Benediction by invite

Join Zoom Meeting

<https://us02web.zoom.us/j/83334226062?pwd=Z0JrY0dLQlAybGEvY1JpR0NMQkIwdz09>

Meeting ID: 833 3422 6062

Passcode: 159078

Dial by your time zone

+1 720 928 9299 US (Denver)

+1 346 248 7799 US (Houston)

+1 602 753 0140 US (Phoenix)

+1 669 219 2599 US (San Jose)

.....

Bingo

We are planning a Bingo in June at the Senior Center. Two dates will be posted on the Bulletin boards by the cluster boxes and by notification.

For more information on any of these topics or to sign up, please contact Stuart Christian at (505)455-4105 or email tsd@sanipueblo.org



*****ONE bid per sheet. PLEASE fill out a separate form for each bid*****

- 2005 White Chevy Express Van
- 2005 White Chevy Express Van
- 2004 Red Ford 4x4 Ranger XLT Truck
- 2006 White Ford CTV Handicap Bus
- 2011 White Ford Ranger Meal Truck

DATE: _____

NAME: _____

ADDRESS: _____

EMAIL ADDRESS: _____

PHONE #: _____

BID AMOUNT: _____

Bidding closes on **June 15, 2022** at **3:00pm**.

Drop off at the Tribal Administrators Office in a sealed envelope.

Forms will be available beginning May 27, 2022. Please email tsaa@sanipueblo.org, call 505-455-4160, or stop by the Tribal Administrators Office.

All vehicles are sold "**As-Is**"

To schedule a walk around/inspection of vehicles, contact William Christian at 505-455-4105, Monday thru Thursday 9am to 3pm.



Vacancy Announcement
Excellent Career and Benefits Opportunities
Come and Join our Team!

Full Time Positions offers a wide range of excellent fringe benefits:

- Healthcare (medical, dental, vision, & prescription drugs)
 - Paid Time Off (PTO)
 - Holiday Pay
 - Basic Life Insurance
 - Life and AD&D Insurance
 - Short-term Disability
 - On-the-job training and skills development
 - Employee Assistance Program
 - 401K Plan
-

Pueblo de San Ildefonso is seeking qualified applicants for the following Full-Time Positions:

Assistant Controller (Full-Time) Deadline to Apply: Opened Until Filled

Environmental Specialist (Full-Time) Deadline to Apply: Opened Until Filled

IT Network Management Specialist (Full-Time) Deadline to Apply: Opened Until Filled

Native American Preference

Contact Human Resources at 455 - 4155 for Job Description or for more information.

Employment Applications are available on site or on the website at

www.sanipueblo.org/jobs



Join our Team!!

Must be 21y/o and older

*Gaming license required

Facilities

- Housekeeper
- Kitchen Steward
- Maintenance Engineer

Construction

- Estimator
- Project Manager

Slots

- Slots Service Specialist*
- Slot Tech*

Player Services

- Player Services Representative*
- Main Banker*

Public Safety

- Public Safety Officer*
- Public Safety Supervisor*

Finance

- Revenue Auditor*
- Senior Accountant*

Surveillance

- Surveillance Agent I*
- Surveillance Agent II/Tech*

Marketing

- Data Analyst*
- Database Manager *

Human Resources

- Human Resources Director*
- Human Resources Specialist*

Must be 18y/o and older

(Unless stated otherwise)

Food & Beverage

- Busser (16 y/o and older)
- Server
- Grab & Go Attendant
- Line Cook
- Host/Hostess (16 y/o and older)
- Prep Cook
- Dishwasher
- Chef
- Food & Beverage Manager

Hotel

- Room Attendant
- Guest Service Agent
- PBX Operator

Golf Course

- Cart Barn Attendant (Seasonal)
- Bartender/Server (Part time- seasonal) (21 y/o and older)
- Beverage Cart Attendant (Full time - seasonal) (21 y/o and older)
- Grounds Keeper (Full time -year round)
- Mechanic (Full time - year round)

Retail

- Retail Associate (Part time) (21 y/o and older)
- Puye Cliffs Welcome Center Grill Cook
- Puye Cliffs Tour Guide

To apply visit www.santaclaran.com/career or visit the Human Resources Department

For more information contact Andrea Garcia at 505-367-4523





Now Hiring

Tour Guides for Puye Cliff Dwellings

Must be 18+ and must be from
one of the 8 Northern Pueblos

Please apply at santaclaran.com

PUYE  **CLIFF**

DWELLINGS





Transfer Station News

JUNE HOURS

Free Days
June 4th
& 5th

SUN	MON	TUES	WED	THURS	FRI	SAT
TRANSFER STATION HOURS: THUR– MON 8:00am —5:00pm CLOSED: TUES & WED			1	2	3	4 Free Tire & Green Waste Day Buckman Recycling Santa Fe
5 World Environmental Day. Recycle and get a potted plant!	6	7 CLOSED	8 CLOSED	9	10	11
12	13	14 CLOSED	15 CLOSED	16	17	18
19	20	21 CLOSED	22 CLOSED	23	24	25
26	27	28 CLOSED	29 CLOSED	30	**Hours and closures are subject to change for holidays or at any time for many reasons.	

EARTH DAY RECYCLING CONTEST WINNERS!!



1ST PLACE

ADRIAN ATENCIO

2ND PLACE

EVONNE MARTINEZ

3RD PLACE

RAMONA (MONA) PEREA

Congratulations to the winners!!

Roberta will contact you when you can pickup your prize.

We want to thank everyone who signed up to participate and hope everyone continues to recycle everyday.

Recycling is a great way to protect our environment and stimulate our economy. Recycling **saves resources, prevents pollution, supports public health, and creates jobs.** It saves money, avoids landfills, and best of all, it's easy.

Transfer Station Contacts:

Erin Martinez, Transfer Station Supervisor—(505) 455-4121

Roberta Trujillo, Transfer Station Attendant—(505) 250-8297



Please Dispose Trash Properly in appropriate bins



- Bagged Household Waste = **GREEN** Compactor Bin
- Recyclables = **WHITE** Recycle Bin
 - No glass items, No trash, No food !!
 - If you have your recyclables in a plastic bag please dump items out in bin. If you need a list of what is recyclable and what is not accepted, please stop by for one.
- Metals = **GREY** Metal Bin
- Weeds and branches = Please dispose below the bins at the bottom of the hill. Please DO NOT mix trash with weeds or branches.
- **We DO NOT accept OIL or TIRES**

RECYCLING BAGS ARE AVAILABLE

Recycling bags are now available and can be picked up at the Transfer Station.

REMINDER

Please EMPTY bag(s) into Recycling bin.
DO NOT THROW BAG IN BIN



Disposal of dead animals in ANY bins located at the Transfer Station is NOT ALLOWED!

Any dead animals found in our bins will not be accepted at the Santa Fe Waste Facility and will effect the scheduling of bin pick ups. Please do not dump dead animals. Thank you!

TRIBAL LAW CODE - 19.2.1.150 RESPONSIBILITY FOR REMOVAL OF CARCASS.

An Owner is responsible for removing and appropriately disposing of all animal carcasses, no matter where the carcass is located, and all expenses associated with the removal and disposal. Burial of horses must be at a depth of no less than six (6) feet and only at a sight approved by the Solid Waste Department and that does not interfere with ground water.

Other animals need only be buried at a depth of no less than three (3) feet.

How to keep smells out of outdoor trash can



- You can use baking soda to clean your indoor and outdoor garbage can by sprinkling some on the bottom, followed by water (and a splash of white vinegar) and then scrubbing until the container is clean and odor-free
- Sprinkle a 1/2 cup of baking soda on the bottom of the bin to absorb any unpleasant odors.
- In place of baking soda, you can also use a scoop of cat litter as a deodorizer.
- Dyer sheets are another great odor absorber and can give your trash bin a fresh scent.
- Lay some old newspapers down to absorb mold-causing moisture



This also helps flies stay away



June 5th

World Environment Day



**bring a large bag with recycled items to the Transfer Station and receive a potted plant.
(one plant per household)**



Some plants may be smaller than pictured

Any questions, please call the Roberta Trujillo, Transfer Station Attendant at (505) 250-297



Men's Health Awareness Month

Topic: Mental Health

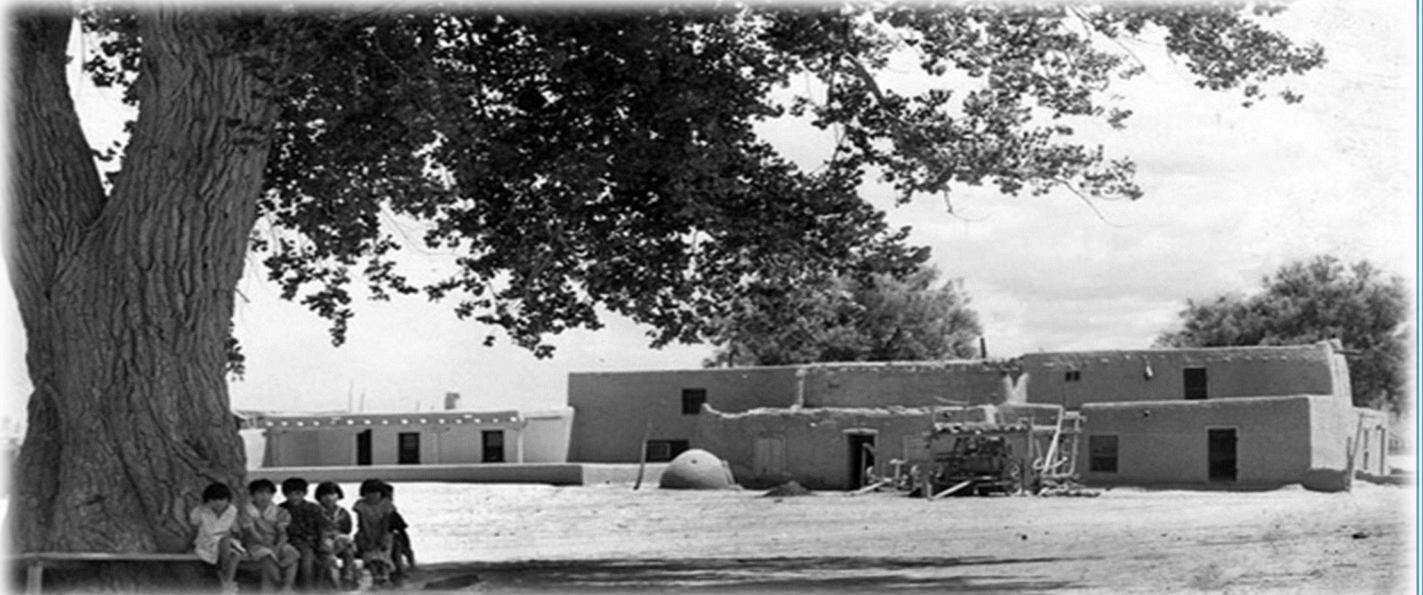
Guest Speaker: Troy Campbell

Date: Wednesday, June 22, 2022

Time: 5:30 pm

Place: Senior Center Living room Area, for male's ages
12 years & Older

Dinner will be provided





SAN ILDEFONSO PUEBLO COMMUNITY HEALTH ASSESSMENT

Tuesday, June 7, 2022
4-6PM Senior Ctr Building



Get a \$50 gift card for completing the CHA survey.
Must be 18 years & older, an enrolled Tribal member &
living in the Community. (This event is for those that
did not complete the survey on 5/14/2022.)
Information will be kept Anonymous



Dinner will be served!



Sponsored by
San I HHS

For more info, call
(505)252-5986



DISPOSE UNUSED DRUGS & SHARPS

help fight prescription drug abuse!



Drop off your unused or expired medication for safe & proper disposal

Accepted items include:

Expired/Unwanted RX drugs

Over the Counter medications

Patches Vitamins

Syrups Ointments Creams



Safely dispose ALL sharps

*Examples: Needles, Syringes, Lancets
and used Auto Injectors*

*Used needles & all sharps are
dangerous to the Community & pets
if not disposed safely*



DROP OFF LOCATIONS:

Medical Building
-Medication & Sharps

Transfer Station
-Sharps only

*Brought to you by: San Ildefonso Pueblo Health & Human Services Department
For additional assistance or questions, call (505) 252-5986*



June 2022 Health & Wellbeing

Our Health is most important to ourselves and to our family. Let's all work together to make little changes for the greater good for each and every one of us.



How to understand your BMI? What is BMI? Body Mass Index is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

My height and weight indicates that my BMI (Body Mass Index) says that I am overweight. I should be in the healthy weight range of between 108-145lbs. What do I do now to change that? Motivation, dedication, accountability for working out and healthy eating habits. I am challenging you to take a challenge with me to change our numbers and work together and especially to motivate each.

Also, there are a couple of exercise machines available to use here at the Senior Center/HHS office, Treadmills, Elliptical and two seated bikes. Please call ahead or text me to make sure that one of us is here and if you need any assistance.

Walking Tuesdays & Thursdays in June at 8:15am

Come out and join us for some walking time around the baseball fields. Invite a friend or a neighbor. Take a break, turn off your computer and lace up those walking shoes.

Fitness Assessment are still being offered, please call the HHS to schedule an appointment

Contact the Diabetes Program (505) 252-5986 or Healthy Kids, Healthy Community Program (505) 252-4008 vmartinez@sanipueblo.org

BMI Chart

Weight	lbs																							
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
	kgs																							
	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
Height	in/cm																							
	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	Underweight	Healthy	Overweight	Obese	Extremely obese		
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
5'3" - 160.0	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'4" - 162.5	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'5" - 165.1	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'6" - 167.6	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'7" - 170.1	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'8" - 172.7	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'9" - 175.2	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'10" - 177.8	14	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
5'11" - 180.3	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
6'0" - 182.8	13	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
6'1" - 185.4	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
6'2" - 187.9	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
6'3" - 190.5	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'4" - 193.0	12	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

Watermelon and Spinach Salad

Total time prep: 30 min.

Yield: 8 servings

Ingredients:

- ¼ cup rice vinegar or white vinegar
- 1 tablespoon grated lime zest
- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 4 teaspoons minced fresh gingerroot
- 2 garlic cloves, minced
- ½ teaspoon salt
- ¼ teaspoon sugar
- ¼ teaspoon pepper

Salad:

- 4 cups fresh baby spinach or arugula
- 3 cups cubed seedless watermelon
- 2 cups cubed cantaloupe
- 2 cups cubed English cucumber
- ½ cup chopped fresh cilantro
- 2 green onions, chopped

Directions:

- In a small bowl, whisk the first nine ingredients. In a large bowl, combine salad ingredients. Drizzle with dressing and toss to coat: serve immediately.

Recipe from Taste of Home

<https://www.tasteofhome.com/recipes/watermelon-and-spinach-salad/>

Learn how to properly install your car seat!
Car seat safety,



TRIBAL
INJURY
PREVENTION
PROGRAM

Albuquerque Area Tribal Injury Prevention
Presents

CAR SEAT CLINIC



Saturday,

June 11th

8:00am-12:00pm

Poeh Cultural Center
78 Cities of Gold Road
Pojoaque, NM

Car Seat Appointments
contact Alix Luarkie
aluarkie@aaihb.org
505-506-5231

PARTICIPATING PARTNERS

EIGHT NORTHERN HEAD START PROGRAM * TESUQUE PUEBLO HEALTH & WELLNESS
POJOAQUE PUEBLO TRIBAL POLICE * SANTA CLARA HEAD START PROGRAM
EIGHT NORTHERN CHILD CARE CENTER * SAN JUAN PUEBLO HEAD START PROGRAM
BUREAU OF INDIAN AFFAIRS TRIBAL POLICE



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER



JUNE 2022

NATIONAL SAFETY MONTH

by LaDawn Yazzie, Tribal Public Health Educator



Prevent the growth of bacteria with a clean kitchen

June marks National Safety Month and here at the San Ildefonso Health and Human Services we want to share the importance maintaining a food safe environment.

Making sure that food is safe should be our top priority. The best safety measure for preparing food is keeping your kitchen and cooking utensils clean and safe.

FOOD SAFETY

Bacteria grows between 40 -140° F and food left out on the counter can grow bacteria fast.

Start by storing food at the proper temperature. The Food and Drug Administration, FDA, states the **refrigerator temperature should be at or below 40° F** (4° C) and the **freezer should be checked to be at 0° F** (-18° C). This will limit the growth of bacteria in warm climates and reduces the risk of foodborne illnesses.

The following information provided will help to keep your kitchen safe.

Refrigeration Placement

Cold spots are at the very back on the bottom shelf and the top self of the refrigerator. The middle of the door is the warmest area in the refrigerator.

Placement	Food Item/s
On the door	Butter, beverages, cooking oils, condiments (ketchup, mayonnaise)
Top Shelf	Leftovers, jam/jelly, fruit cups, yogurt, pudding
Deli Bins	Deli Meats: Bacon, hotdogs, cheese
Bottom/lowest shelf	Raw meat packages: Poultry, fish in separate containers, milk, eggs (in original containers)
Crisper Bins	High humidity: broccoli, carrots, cauliflower, leafy greens Low humidity: avocados, mushrooms, peppers, melons, squash, grapes

Refrigerate and Preserve

Foods that need refrigerated quickly:

- Meat: Chicken, beef, pork and turkey
- Eggs
- Milk
- Fruit
- Vegetables



Limit Food Contamination:

1. **Wash hands and all surfaces** when cooking.
2. **Keep produce and raw meat separate.** Use separate cutting boards and kitchen equipment when working with these products.
3. **Use a thermometer** to check and cook food to correct internal temperatures.
4. **Refrigerate perishable food and leftovers within 2 hours** (in 1 hour if the temperature outside is more than 90° F).

Cooking temperature guide:

Cook foods to safe internal temperatures to kill harmful germs that cause food poisoning.

Food	Type	Temperature
Meat	Beef, pork, lamb	160 ° F
Fresh beef	Steak, roast, chops	145 ° F
Poultry	Turkey, chicken	165 ° F
Pork	Fresh pork, fresh ham	145 ° F
Ham	Precook ham (to reheat)	165 ° F

“

Safety tips

- Marinate food in the refrigerator, not on the counter
- Wipe up spills, reduce the spread of bacteria
- Cover foods in containers
- Check the expiration date

”

References:

1. Commissioner Of the. Are you storing food safely? U.S. Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely#:~:text=Keep%20your%20appliances%20at%20the.temperatures%20and%20are%20generally%20inexpensive.> Accessed May 23, 2022.
2. Refrigerate food quickly. Centers for Disease Control and Prevention. <https://www.cdc.gov/foodsafety/newsletter/refrigerate-food-quickly.html#:~:text=Put%20meat%2C%20seafood%2C%20eggs%2C.leave%20perishable%20food%20sitting%20out.> Published July 15, 2020. Accessed May 23, 2022.
3. Centers for Disease Control and Prevention. <https://www.cdc.gov/foodsafety/prevention/basic-food-safety.html>. Accessed May 23, 2022.
4. Food, health and Nutrition. UMN Extension. <https://extension.umn.edu/food-health-and-nutrition>. Published May 17, 2022. Accessed May 23, 2022.
5. Gordon CB. Refrigerate - the basics, EatRight. <https://www.eatright.org/homefoodsafety/four-steps/refrigerate/refrigerate---the-basics>. Accessed May 23, 2022.
6. Consumer Reports. How to organize a refrigerator for maximum freshness. Consumer Reports. <https://www.consumerreports.org/refrigerators/how-to-organize-a-refrigerator/>. Accessed May 23, 2022.
7. Food Safety and Inspection Service. Safe Minimum Internal Temperature Chart | Food Safety and Inspection Service. <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>. Accessed May 23, 2022.

June 2022



San Ildefonso Library /
Learning Center
Phone: (505) 455-2635
Fax: (505) 455-2641

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VISIT OUR WEBSITE!

For more
information or to
stay up-to-date on
any Education News,
please visit our
website:

www.sanipueblolibrary.org

You can also sign up
for a Library Card, or
visit other
resources.

Department of Education

Summer Education Enhancement Program
June 13-July 28, 2022
TRANSPORTATION WILL NOT BE PROVIDED
Registration closes June 3rd at 5pm.
Parent Orientation: June 8th at 5:30pm

PRESENTERS WANTED!

The Education Dept. is looking for presenters for the Summer Education Enhancement Program. Presenters can be artists, entrepreneurs or any other type of presenters. Stipends will be made available. Please contact the Education Department for any questions or to sign up!



Summer Lunch

Summer lunch will begin on June 13-July 28. Meals are available for ages 1-18 and must be eaten on site! You do not have to be registered in the summer program to get a meal. Meals can also be picked up at Pojoaque High School Cafeteria

Breakfast: 8:45-9:00am

Lunch 11:30am-12:15pm

Contact Bernice if you have any questions!

CLOSED!

The Basketball Court/Playground will be closed June 6 – June 13, 2022 for repair.
Any questions, please call
Bernice!



Traditional Costume Classes

Every Saturday
June-July
1pm-4pm

Ohkay Owingeh Boys and
Girls Club

More information to come!

KEEP OUR CHILDREN SAFE!

With the nights getting longer and the weather warming up, we want to remind the community to **SLOW DOWN** and drive safe!

DRIVE SAFE
DRIVE SMART

Child Care Community Meeting

Sponsored by San Ildefonso Education Department,
NM Early Childhood Education and Care Dept., and
LANL Foundation

June 6th, 2022

Library (In-Person & Virtual)

6:00pm

Refreshments will be provided
by LANL Foundation

Learn more about how to become a licensed
or registered home child care provider in San
Ildefonso. Learn More about how to apply for
child care assistance

Link to join virtual:

<https://nmececdorg.zoom.us/j/84698696262>



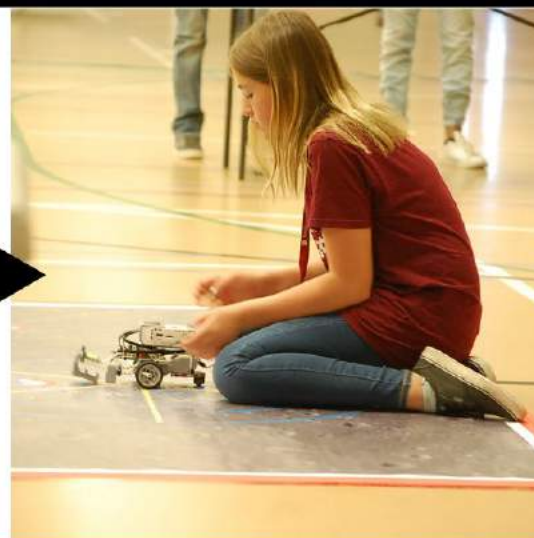


NM PREP North 2022

Hosted by the San Ildefonso Pueblo

High School: June 6 - 17, 8am - 12pm

Dive into Engineering concepts and careers and gain the introductory knowledge in physics and math to help you be successful in your future STEM endeavors.



- **Incoming 9th - 12th graders**
- **Content Taught by NMSU Faculty and Staff**
- **No Cost to Participate**
- **Snacks and Lunch Provided**
- **All Required Materials Included**

For more information visit
<https://bit.ly/nmprep22>

Do you have prior military service? Regular, National Guard or Reserves?

Have you considered going to college, vocational or technical school?

We are here to help get you started!

What is Veterans Upward Bound? <https://youtu.be/zfNAOQv3rkE>



We are here to help with...

Applying for VA and other veteran education benefits

- Coordinating with VA and NM State veteran agencies & organizations
- Limited access to loaner computers/laptops
- Completing school applications for the school of your choice
- Preparing you for success in furthering your education
- Offer refresher courses in Math, Reading, and Writing skills

Contact our team of military veterans for further information.

Phone numbers:

575-377-5355

575-425-1724

575-425-0430

taos.unm.edu/veteransupwardbound/

All at absolutely no charge to you!