

## **Pueblo de San Ildefonso Bulletin September 2022**

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### **Council Meeting Dates**

Friday, September 2, 2022 at 12 p.m.

Wednesday, September 14, 2022 at 5:10 p.m.

Dates and Times are subject to change

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### **Candidate Nomination**

Reminder that the nomination period for Tribal Council Candidates begins September 1, 2022 and ends September 15, 2022 at 4:30 pm.

Candidate form is attached to this bulletin and are available at the Governor's Office, Legislative Office, or through any of the following Election Commissioners (EC's). Completed forms can be returned to the EC's as well.

EC's: Melanie Gonzales, Myra Garcia, Brandi Martinez, Bernice Martinez, and Aaron Gonzales.

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### **Office Closure**

All Tribal Offices will be closed on Monday, September 5, 2022 in observance of Labor Day (if approved).

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### **Contact Us:**

2 Tunyo Po, Santa Fe, NM 87506

Phone: (505) 455-2273

Fax: (505) 455-7351



Pueblo de San Ildefonso  
*Election Commission*

## **NOTICE**

**NOTICE IS HEREBY GIVEN** by the Pueblo de San Ildefonso Election Commission that, pursuant to the *Governing Agreement* adopted on December 21, 2011, there shall be a **GENERAL ELECTION** on the first day of December of each year. Pursuant to the Pueblo's Election Law, there shall be a **PRIMARY ELECTION** on the last Saturday of October each year.

As required by the Governing Agreement, the Pueblo of San Ildefonso is seeking Nomination of Candidates for five Council Representatives. The Election Law requires the Pueblo to take "nominations of persons seeking elective office" beginning September 1<sup>st</sup> and ending September 15<sup>th</sup>.

Each nominated candidate is required to submit to a Criminal Background check and the results shall be made available to any enrolled Member of the Pueblo, as required by the Agreement, Section 2 Election Commission, (d).

### **CANDIDATE NOMINATION PERIOD**

**DATE: September 1<sup>st</sup> through September 15<sup>th</sup>, 2022**

### **PRIMARY ELECTION**

**DATE: Saturday, October 29, 2022**

### **GENERAL ELECTION**

**DATE: Thursday, December 1, 2022**

**Open Seats: The following seats will be filled in the General Election**

5 Council Representatives

### **Nominations for Office**

Any qualified person wishing to run for office must complete a Candidate Nomination and Criminal background form. Candidate Nomination and Criminal Background forms are available at the Governor's Office, Legislative Office or through any of the Election Commissioners (EC's). Completed forms may be returned to any of the Election Commissioners.

**Please Note:** As required by the Governing Agreement, a criminal background check will be conducted on all candidates for elective office, and the results of the background checks will be made available to any member of the Pueblo upon request.

### **DEADLINE TO FILE A CANDIDATE NOMINATION FORM IS:**

**Thursday, September 15, 2022 by 4:30 p.m.**

SEPTEMBER 15TH, CANDIDATE NOMINATION FORMS WILL BE ACCEPTED AT  
DECP CONFERENCE ROOM FROM 8:00 AM TO 4:30 PM.

After the passage of the Candidate nomination deadline, the Election Commission will post a list of candidates and a list of eligible voters by **September 18, 2022.**

### **Qualifications**

The Agreement sets the qualifications to run for open seats as follows:

**Council Representative:** Member of the Pueblo at least 25 years old (A person who "wins" a Council Representative seat must establish residency within the exterior boundaries of the Pueblo within thirty days).

### **Voting Age**

Any Member of the Pueblo age eighteen (18) or older by October 30, 2022, shall be entitled to vote in the Primary and General Election. Any Member of the Pueblo age 18 or older, as of October 30, 2022, will be permitted to vote in-person at the polling place during voting hours. The Election Commission will post a preliminary list of eligible voters at the designated locations of the Governor's Office, Tewa Center, public bulletin boards, and other public locations, along with notice to the Governor and the Lieutenant Governor, at the earliest possible time after the end of the challenge period or the completion of the challenge appeal process. Any Member of the Pueblo may challenge a name on the voters list and/or may challenge the omission of a name from the voters list by submitting a written challenge to the Election Commission by September 30th, 2022 by 4:30 pm. The Election Commission will rule on all challenges and will post a final list of eligible voters by October 15th, 2022.

Any questions regarding elections can be directed to the ELECTION COMMISSION: Melanie Gonzales, Chair (505) 365-3393, Myra Garcia, Vice-Chair (505) 470-5609, Brandi Martinez, Secretary (505) 692-3310, Bernice Martinez, Treasurer (505) 660-0149 Aaron Gonzales, Election Commissioner, [luvdajeep@yahoo.com](mailto:luvdajeep@yahoo.com)

The following documents are available at the Governor's Office or from any Election Commissioner:  
Governing Agreement, Election Law, Candidate Nomination/Background Check Form.



*Pueblo de San Ildefonso  
Election Commission*

## CANDIDATE NOMINATION FORM

I, \_\_\_\_\_, (PRINT NAME) hereby submit my name as a candidate for the following office:

**Council Representative:**

**Candidates for Council Representatives shall be enrolled Member of the Pueblo, and at least twenty-five years old on the deadline date for filing candidacy. Once a candidate is sworn in as a Representative, the Representative shall have thirty days to establish residency within the exterior boundaries of the Pueblo as defined at the time of the adoption of this Agreement.**

### **Certification of Candidate Qualifications**

By signing below, I hereby certify that I meet the qualifications for elective office, and that upon election to office, I will follow the requirements for office including any requirement to establish my residency within the exterior boundaries of the Pueblo.

**Under the Amended Election Law: Article III – Nominations; Section I. Nominations, A Self – Nomination, 1. Any qualified member of the pueblo may submit his or her name in writing to the Election Commission as a candidate for elective office, along with a non-refundable fee of \$25.00.**

### **Consent to a Criminal Background Check**

By signing below, I hereby give my permission to the Pueblo de San Ildefonso Election Commission and its agents and representatives to conduct a criminal background check on me and to make the results of such background check available to any Member of the Pueblo upon request. I hereby authorize the custodians and their representatives of records and sources of information, including any Tribal Court records, to furnish the information to the Pueblo de San Ildefonso Election Commission and/or its agents and representatives with the information requested in the process of a background check. I understand that the background investigation will include criminal record history, whether or not such information would otherwise be protected from disclosure by any constitutional, statutory or common law privilege.

I hereby agree to accept all risks of adverse public notice that may result from use of information obtained in connection with this criminal background investigation. I hereby agree to indemnify and hold harmless any person to whom this is lawfully presented and his agent and employees from and against all claims, damages, losses, and expenses, including reasonable attorney fees, arising out or by reason of complying with this request.



By signing below, I hereby acknowledge that I will be required to complete and sign an electronic email verification sent to me by **FIRST CHOICE BACKGROUND** within **2 days** of receiving **FIRST CHOICE'S** email to authorize the release of my investigative information. I understand that my nomination as a candidate for an elective office will only be considered upon the completion of this **FIRST CHOICE EMAIL VERIFICATION**.

**YOU MUST COMPLETE A SEPARATE CONSENT FORM AUTHORIZING A CRIMINAL BACKGROUND CHECK.**

**IF YOU DO NOT COMPLETE THE SEPARATE CONSENT FORM, YOU WILL NOT BE PLACED ON THE BALLOT AS A CANDIDATE.**

Address: \_\_\_\_\_  
\_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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**SUBMIT A COMPLETED CANDIDATE NOMINATION FORM TO:**

ELECTION COMMISSIONERS: Melanie Gonzales, Chair (505) 365-3393,  
Myra Garcia, Vice-Chair (505) 470-5609, Brandi Martinez, Secretary (505) 692-3310,  
Bernice Martinez, Treasurer (505) 660-0149, Aaron Gonzales, Member, luvdajeeep@yahoo.com

**DEADLINE TO SUBMIT A COMPLETED CANDIDATE NOMINATION FORM AND CONSENT FORM FOR THE GENERAL ELECTION:**

**September 15, 2022 at 4:30 PM AT THE DECP BUILDING/CONFERENCE ROOM.**

FROM SEPTEMBER 1<sup>ST</sup> – 15<sup>TH</sup>, CANDIDATE NOMINATION FORMS CAN BE ACCEPTED BY ANY OF THE ELECTION COMMISSIONERS.



To Our Community,

The family of our beloved Mother, Dora, would like to thank all who visited, contributed, helped, and prayed for us in our time of grief and loss.

Dora was born in Zia Pueblo on January 17, 1939. She made her home here with our Dad, the late Tse-Pe, in 1961 and was a tribal member of San Ildefonso for most of her life. Her legacy will live on through her art of fine pottery and the love she had for her family and community.

Thank you for all the kind thoughts and memories of our Mother Dora. We pray blessings upon you all, the people of our village, that she called home, as well as all those who loved and cared for her.

Kuu da wo ha,  
The Tse-Pe Family

# **SCHOOL BOARD MEMBERS NEEDED**

San Ildefonso Day School is soliciting  
for 5 school board members.

Please send letter of interest to  
[julianna.trujillo@bie.edu](mailto:julianna.trujillo@bie.edu)

School Board Members must undergo a federal background check process, (initial paperwork to start process, the eQip (computerized portion) completes the process. Meetings are held once a month, Aug.-Nov. and Feb.-May. Summer as needed.



# Vacancy Announcement

September Bulletin

**Excellent Career and Benefits Opportunities**

**Come and Join our Team!**

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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

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**Pueblo de San Ildefonso is seeking qualified applicants for the following Positions:**

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

**Afterschool Program Aide** (Part Time) Grant funded, temporary employment

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

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

**Parks & Wildlife Assistant Ranger** (Full Time) Deadline to Apply: Open Until Filled

**Driver** for Senior Outings at needed

*Native American Preference*

Contact Human Resources at (505) 455-4155 for Job Description or for more information.

Employment Applications are available on site or on the website at:

[www.sanipueblo.org/jobs](http://www.sanipueblo.org/jobs)



**Pueblo de San Ildefonso  
Invites you to the  
2022 FALL FISHING DERBY**



**Date: Saturday, October 8, 2022 (pending water temperature)**

**Alternate date October 22, 2022,**

**Derby Day Fishing Hours: 6:00 a.m. to 4:00 p.m.**

**Prizes for Largest Rainbow Trout: 1st \$1,000 2<sup>nd</sup> \$500  
3<sup>rd</sup> \$250. **\*\*BONUS\*\* 5-Tagged Fish @ \$100 each****

**Anglers must be present with entry fish for judging at 4:00 p.m.  
Drawings for various donated Prizes will be held throughout the  
day. Derby Licenses are \$40.00/Angler for all ages.**



**Open Concession Stand**



**Only License Holders will be allowed to fish 1 rod per person  
5 Rainbow Trout Limit**

**Sorry No Pets Allowed** 🚫

**For Licenses, Rules, and or for more Information Contact:**



**Jose Aguilar, Parks & Wildlife Manager 505-219-7552**

**Kenneth Weahkee, Tribal Ranger 505-364-2672**



# Transfer Station News

## SEPTEMBER HOURS

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Transfer Station Contacts:</b> Erin Martinez, Transfer Station Supervisor (505) 455-4121 Roberta Trujillo, Transfer Station Attendant (505) 250-8297				1 Senior Trash Pickup	2	3  Free Tire Day Buckman Recycling Santa Fe
4  Free Tire Day Buckman Recycling Santa Fe	5 <b>LABOR DAY</b> <b>OPEN</b> 8am to 5pm	6 <b>CLOSED</b>	7 <b>CLOSED</b>	8 Senior Trash Pickup	9	10 <b>FREE TRASH DAY @ Buckman</b>
11	12	13 <b>CLOSED</b>	14 <b>CLOSED</b>	15 Senior Trash Pickup	16	17
18	19	20 <b>CLOSED</b>	21 <b>CLOSED</b>	22 Senior Trash Pickup	23	24
25	26	27 <b>CLOSED</b>	28 <b>CLOSED</b>	29 Senior Trash Pickup	30	

### Upcoming Free Days

**Buckman Road Recycling & Transfer Station**  
2600 Buckman Road HOURS: 8:00 am to 4:45pm  
(Let them know your Santa Fe, County)

#### September 10th - FREE TRASH DAY (Residential Only)

Trash, unwanted materials, rubbish, appliances, furniture, mattresses, building materials, carpet, tiles, concrete, bricks, metals. **No trailers at BuRRT**  
**Trailers only at Caja del Rio Landfill**



#### October 1st - FREE ELECTRONIC WASTE DAY

**Hours: 9:00 a.m. – 1:00 p.m.**  
Computers, monitors, printers, televisions, household electronics, and small appliances.  
**No Household Hazardous Waste**

### 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 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 in the bins at the bottom of the hill. **Please DO NOT mix trash with weeds or branches.**

**REMINDER**  
**WE DO NOT TAKE TIRES or OIL**  
Please contact Transfer Station Attendant to help find a place to dispose.

# DECP News



## Be'po'wa've OUR NEW TEAM MEMBER

### at THE TRANSFER STATION

My name is Christopher Valencia, I am 29 year old. I am from San Felipe Pueblo. I have lived in the pueblo for the past 4 years and I do like it here. I am still trying to get to know everyone that comes through the Transfer Station.

I am easy to talk to and I don't mind lending a helping hand when needed. So if you see a new face at the Transfer Station, don't be afraid to say "Hi".



**CHRISTOPHER VALENCIA**

## Na'in bin ung sha

*The mission of DECP is to preserve and protect the natural environment and the cultural resources of the Pueblo de San Ildefonso, to assess risks to human health and welfare, both quantitatively and qualitatively, and protect the health and welfare of the Tribal community.*



## Zero Emissions Day - SEPTEMBER 21

The climate science is clear: we need to reduce greenhouse gas emissions as much as possible and remove historic and unavoidable emissions from the air in order to get to net zero. Zero Emissions Day, which falls on 21 September, was created to highlight the harm that is caused by CO<sub>2</sub> emissions and to try and give the world a break from fossil fuels.

An important day to turn our awareness to carbon emissions, how they impact our environment and how they can be mitigated, reduced and eliminated.

### INSIDE THIS ISSUE:

- New Team Member
- Zero Emissions Day
- What can you do about Air Pollution
- Reduce your Carbon Foot Print



# What can you do about Air Pollution

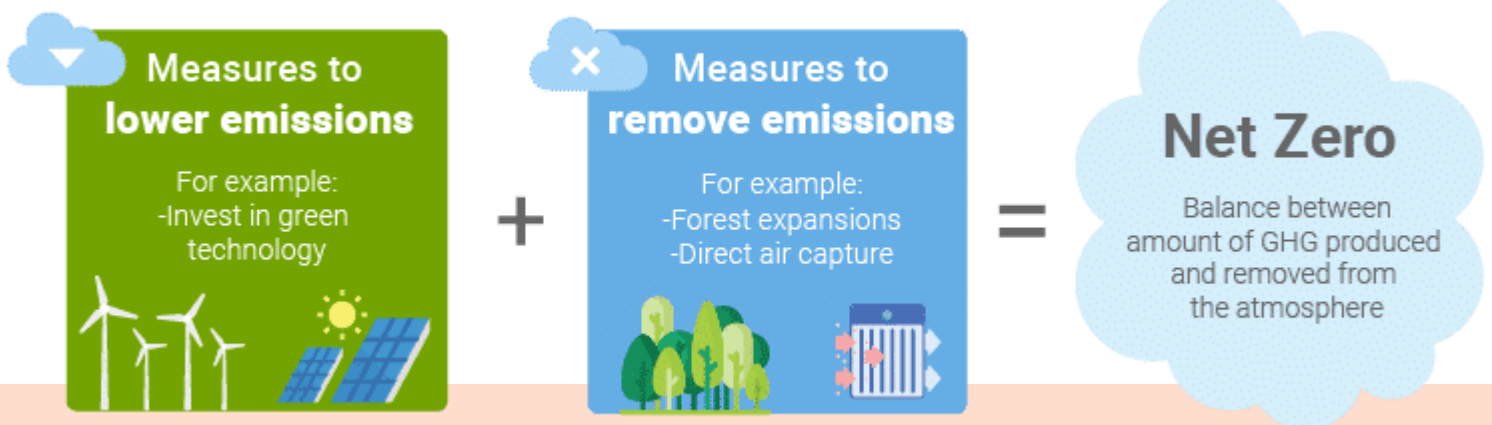
*From Roberta Trujillo, Transfer Station Attendant*

There are many small, but critical sources of air pollution in our homes and neighborhoods. Such sources — vehicles, construction equipment, lawn mowers, dry cleaners, backyard fires, and auto-body shops — are located where we live and work. Total emissions from these smaller but widespread sources are significantly greater than all the industrial sources.



- **Drive your car less.** Vehicle exhaust is a major source of air pollution. Carpool. Bike. Bus. Telecommute. Electric vehicles. How could you burn less fuel?
- **Keep your car in good repair.** Fix exhaust and oxygen sensor problems ASAP. Check tire pressure monthly.
- **Turn off your engine.** An idling engine creates a hot spot of pollution. Buses and big trucks produce particularly unhealthy exhaust. Parents and teachers can help their schools and daycares develop and implement no-idling policies.
- **Don't burn your garbage.** Burning your household garbage is dangerous to your health and our environment. If you're still using a burn barrel, wood stove, or fire-pit for your trash, it's time for a change.
- **Stop having campfires in the city.** Smoky areas resulting from campfires in the city can cause unhealthy conditions for hundreds of people, especially during stagnant weather conditions. Since cities have elevated levels of pollution, limit the number of campfires you start in urban locations. If you do have a campfire:
  - ⇒ **Keep campfires brief and small--3 feet across or less. Burn only dry fire wood. Never start campfires during an air quality alert.** You can receive texts or emails when air pollution alerts are in effect.
- **Plant and care for trees.** Trees filter pollutants and absorb carbon dioxide. Trees also release oxygen into the atmosphere and help cool our homes. Learn more about the benefits of trees.
- **Switch to electric or hand-powered lawn equipment.** Gas-powered engines like those on lawnmowers and leaf or snow blowers often lack pollution control devices. An hour running a lawn mower can produce nearly the same amount of pollution as a 100-mile car trip! Use hand-powered or electric lawn care equipment instead.
- **Use less energy.** Choose efficient appliances and heating systems. Get an energy audit and follow the advice. Turn off electrical stuff you are not using. It all adds up.
- **Check your home for radon.** Radon is a colorless, odorless radioactive gas that seeps into your house from the soil.
- **Become a champion for clean air.** Direct local businesses, city offices, and school districts toward the programs available to them and share your reasons for doing the things you do with those around you.

## What Is Net Zero?





**KIDS JUMP ON BOARD! YOU CAN HELP BY REDUCING YOUR CARBON FOOTPRINT**

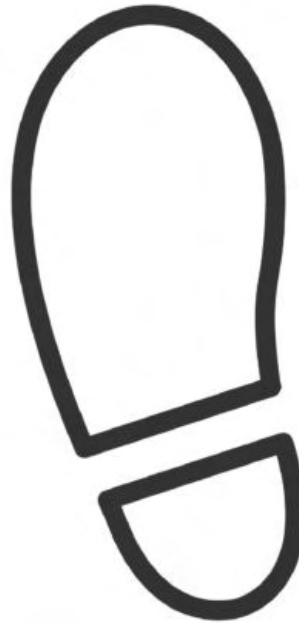
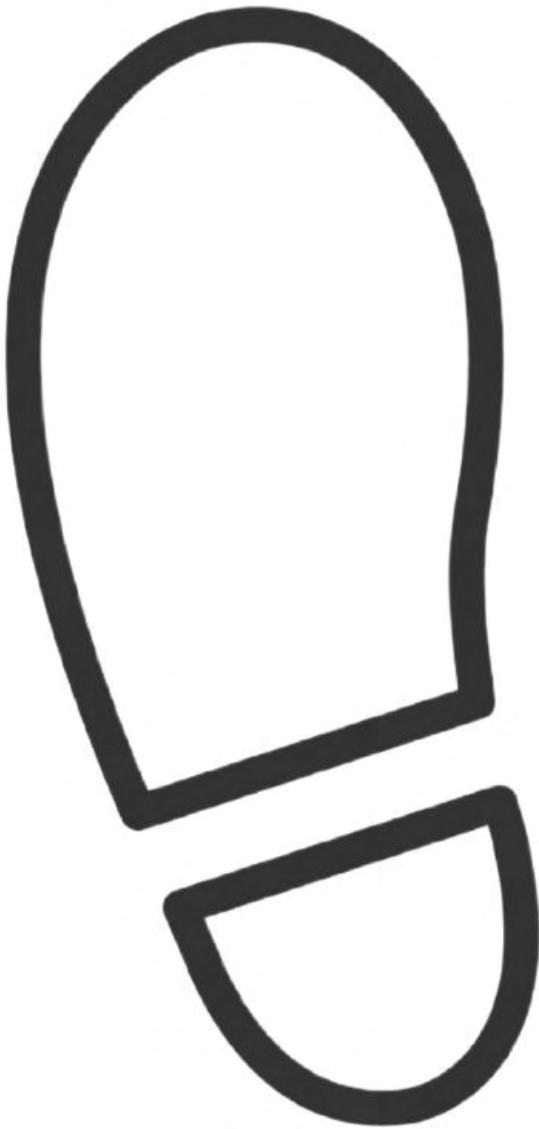
# **CARBON FOOTPRINT SHRINKER**

**My carbon footprint**

**now**

**My carbon footprint**

**soon**



**Fill the big footprint with ideas for shrinking your carbon footprint**



**EXAMPLES: BIKE & WALK, DON'T WASTE FOOD, DONATE USED ITEMS, BUY LOCAL, TAKE SHOWERS OVER BATHS, RECYCLE, UNPLUG UNUSED ELECTRONICS, TURN OFF LIGHTS, SWITCH TO LED BULBS, AND EAT MORE PLANTS THAN MEAT.**



**Pueblo de San Ildefonso**

02 Tunyo Po  
Santa Fe, NM 87506

**Phone:** (505) 455-4121

**Fax:** (505) 455-1120

View the **DECP Newsletter** online at [sanipueblo.org](http://sanipueblo.org)

## **DECP STAFF**

**Raymond Martinez**  
*Director/Tribal Risk Assessment Program Manager*

**Erin Martinez**  
*Office Administrator*

**Eric Archuleta**  
*Database Manager*

**Darryl Martinez**  
*Water Quality Technician*

**Nick Hanser**  
*GIS/GPS Technician*

**Thomas Martinez**  
*Environmental Field Assistant*

**Neil Weber**  
*Intergovernmental Liaison*

**Roberta Trujillo**  
*Transfer Station Attendant*

**Christopher Valencia**  
*Transfer Station Assistant*



# ACUPUNCTURE

SEPT  
28  
2022



event

10AM-2PM

senior ctr living room

light refreshments provided

APPOINTMENTS PREFERRED

call (505)252-5986



**BROUGHT TO YOU BY:**  
**PUEBLO DE SAN ILDEFONSO HEALTH & HUMAN SERVICES**  
**&**  
**TEWA ROOTS SOCIETY**



# September 2022 Shake Month

Some delicious, healthy recipes to try.  
[www.shelikesfood.com/healthy-smoothie-recipes](http://www.shelikesfood.com/healthy-smoothie-recipes)  
**Send me a picture of you and your child(ren) making a delicious shake!**

1<sup>st</sup> day of Fall is Sept. 22nd

## TAI CHI CLASSES

Tai Chi for Arthritis was created by the Tai Chi for Health Institute and recommended by the Centers of Disease Control. The intervention is an evidence-based fall prevention program.

Do you want to improve muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness?

**Come join for us in September every Tuesday & Thursday at 11am**

Senior Center Dining Area

Certified Tai Chi Instructor,  
 Victoria Martinez  
 vmartinez@sanipueblo.org  
 505-455-4158  
 505-252-4008

More information can be found at  
[TaiChiForHealthInstitute.org](http://TaiChiForHealthInstitute.org)



Dr Paul Lam  
**Tai Chi for Health Institute**  
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING



- Strawberry Banana**
- 1 banana
  - 1 1/2 cup frozen strawberries
  - 1 tablespoon chia seeds
  - 3/4 cup unsweetened almond milk

- Orange Ginger Carrot**
- 1 frozen banana, or regular
  - 1 cup fresh orange slices
  - 1/3 cup grated carrot
  - 1 tablespoon hemp hearts
  - 1/2 teaspoon freshly grated ginger
  - 1/2 cup almond milk
  - 1 handful ice cubes (optional)

- Mango Pineapple**
- 1 banana
  - 1 cup frozen mango slices
  - 1 cup frozen pineapple slices
  - 1 tablespoon chia seeds
  - 1 cup unsweetened almond milk

- Kale Avocado Cucumber**
- 1 banana
  - 1/2 cup curly kale
  - 1/2 cup peeled cucumber
  - 1/4 medium sized avocado
  - 1 tablespoon hemp hearts
  - 1 handful ice cubes

- Lemon Blueberry**
- 1 banana
  - 1 1/2 cup frozen blueberries
  - 1/4 cup old fashioned oats
  - 1/2 teaspoon lemon zest
  - 1/2 tablespoon lemon juice
  - 1 tablespoon sliced almonds (optional)
  - 3/4 cup unsweetened almond milk

- Cherry Beet**
- 1 banana
  - 1 cup frozen cherries
  - 1/2 cup cooked beets
  - 1/4 cup old fashioned oats
  - 3/4 cup unsweetened almond milk



Have a great school year to you all!!

### Fitness Assessments

Contact me to schedule an assessment or to do your quarterly check-in.

### Family Fun Challenge for the month

Everyday 5-minute Family Workout  
 How many moves can everyone do in 45 seconds, with 15 seconds of rest in between moves. Record how many moves everyone gets, see how everyone improves over time.

#### Family Workout Challenge Moves

- \*Squats      \*Push-ups      \*Jumping Jacks      \*Tricep Dips      \*Crunches

<https://fitbottomedgirls.com/2016/03/family-fun-workout-challenge/>

**Send me a picture of you & your family doing your workout challenge!**





San Ildefonso

# Outdoor Cooking Class



## The event will include:

Learning how to cook a tasty nutritious recipe using farm-fresh produce.

Participating in a family friendly event, children are welcome with supervision.

## For more Information:

LaDawn Yazzie, Tribal PH Educator  
lyazzie@cdcfoundation.org  
(505) 252 - 5986

Located at Reunity Farm:  
1829 San Ysidro Crossing,  
Santa Fe

## Frequently asked questions

**Who can participate?** San Ildefonso community and family

**When will the event take place?** September 14, 2022 @ 4:30 p.m.

**Why you should participate?**

Get nutrition information and work side-by-side a registered dietitian. Have your complimentary supper with friends and family!

## Transportation

provided to those who notify HHS within a reasonable amount of time. Van departs from the Senior Center @ 3:45 p.m.



Brought to you by the Health and Human Services, FarmRx, and The Sprouting Kitchen.





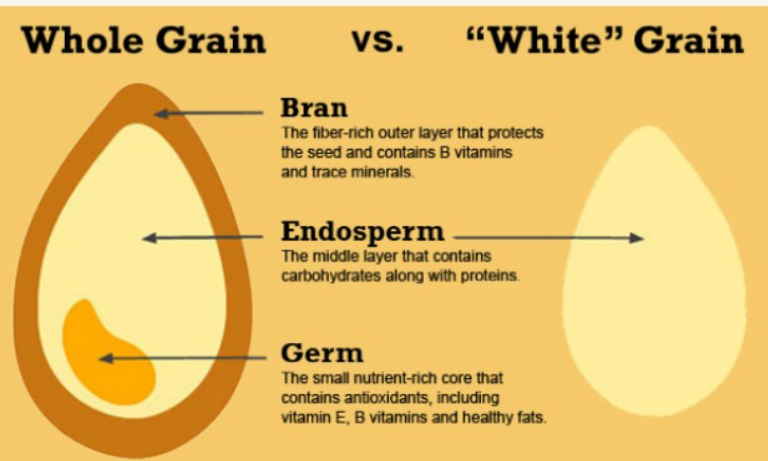
# September is Whole Grains Month

LaDawn Yazzie, Tribal Public Health Educator



## Choose Whole Grains

There is no better time than now to learn about the nutritional aspects of whole grains. How often do you hear a health professional tell you to choose whole grains? **Why choose whole wheat** instead of white bread? Learn why eating whole grains is better for your health.



## Grains 101

A sliced whole grain kernel has three parts, it includes the bran, germ, and the endosperm. When processing grains, the **bran and the germ are removed**.

Unfortunately, when grains get milled the grains become refined, meaning the grain gets **stripped of the nutrients**.

## Nutrients In Every Grain

First, the **bran is fiber**, it adds bulk to **keep a person satiated** or **full**, it also holds **B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals**. Next, the **germ is rich** in healthy fats, **vitamin E, B vitamins, phytochemicals, and antioxidants**. Lastly, the **endosperm** or the inner layer holds **carbohydrates, protein, and little amounts of B vitamins and minerals**.

## Physical Health Benefits

Investigating this food item, we can recognize that parts of the grain metabolizes and effects our body differently. The **bran and fiber** work by **maintaining blood sugar levels** by slowing the breakdown of starch into glucose. As for **fiber**, it **lowers cholesterol** and adds bulk to **helps move waste** through the digestive tract. Fiber also **prevents the formation of small blood clots** that may trigger a stroke or a heart attack.

As a result, including **whole wheat food items to your diet** it has been shown to **reduce the risk of strokes, reduce risks of type 2 diabetes, reduce heart disease, provide better weight management, reduce inflammation, and lower the risk of colorectal cancer**.

Next time you're grocery shopping, **check your favorite bread's ingredient list for the word "whole wheat."** "Wheat bread" or "100% wheat" **does not mean** it is a whole grain, so check the ingredients and familiarize yourself with the food you eat.

### References:

What are the health benefits? What are the Health Benefits? | The Whole Grains Council. <https://wholegrainscouncil.org/whole-grains-101/health-studies-health-benefits/what-are-health-benefits>. Accessed August 25, 2022.

The whole truth about whole grains. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826#:~:text=These%20grains%20are%20either%20present,%2C%20selenium%2C%20potassium%20and%20magnesium>. Published August 20, 2020. Accessed August 25, 2022.

Grains. MyPlate. <https://www.myplate.gov/eat-healthy/grains>. Accessed August 25, 2022.

Slavin JL, Jacobs D, Marquart L. Grain processing and nutrition. Crit Rev Biotechnol. 2001;21(1):49-66. doi:10.1080/20013891081683



**PO WOH GEH  
SPEAKS  
SURVEY  
RESULTS**



## Objective:

# Families/Individuals self-reported their fluency of Tewa

142 homes Surveyed - 50 homes did not participate  
373 Participants (Ages 0-94)

### Community outreach:

2 attempts were made to each home  
Community Blast EMAIL  
Facebook/Instagram

Distribution Line @ GYM  
Community Blast Phone Call  
Phone call and/or text

### TEWA OUTREACH PROFICIENCY SCALE

1	Very limited understanding and some knowledge of some words
2	Understanding of Tewa Commands – how to address others with a limited ability to speak in phrases or sentences. (Introductions, Greetings, Commands and responses)
3	Ability to engage in basic conversation with an understanding of words and topics.
4	Can speak and understand Tewa and engage in full conversation.

Scale developed at Community Meeting on March 31, 2022

Coordinator: Nichole Summer Martinez

Videographer: Charine Gonzales



# Results:

**PO WOH GEH  
SPEAKS**

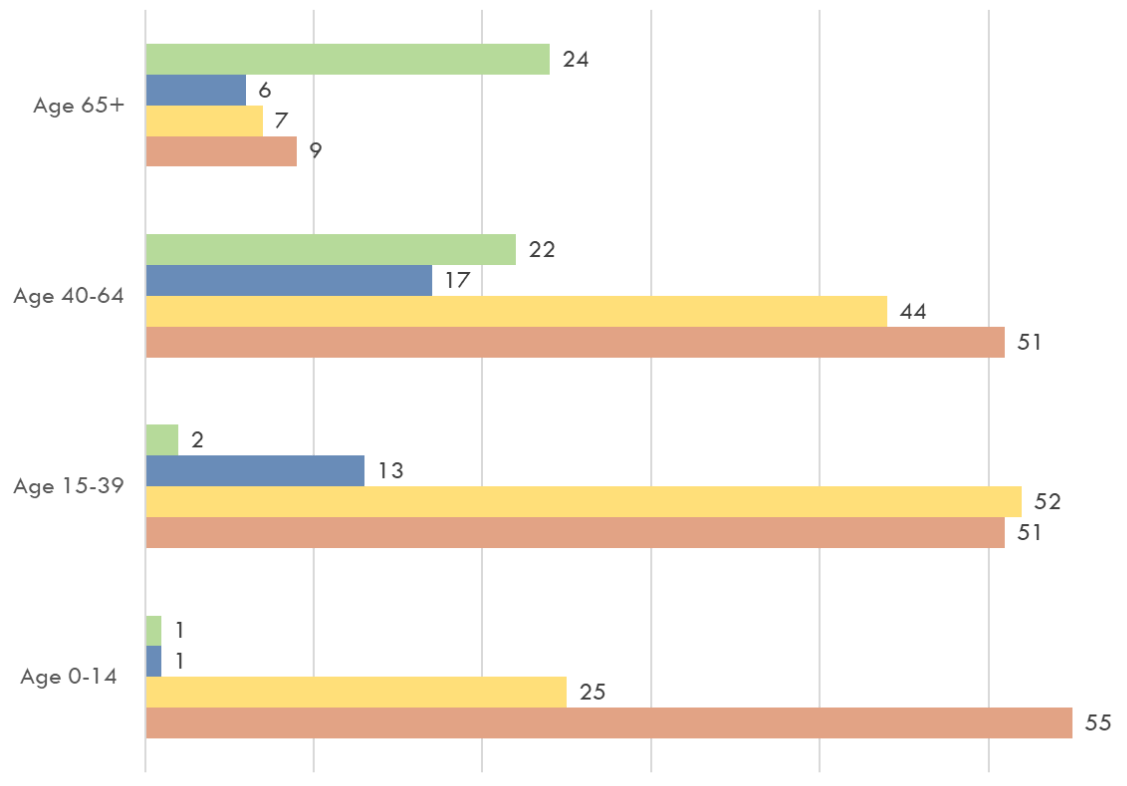
**SELF REPORTING WAS DONE BY THE INDIVIDUALS IN THE HOME. ONLY THE PEOPLE FILLING OUT THE SURVEY KNOW THEIR UNDERSTANDING OF THE TEWA LANGUAGE.**

**TOTAL FLUENT  
SPEAKERS: 49**

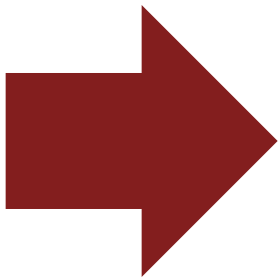
**NEAR FLUENT:  
37**

**BASIC  
UNDERSTANDING:  
128**

**BEGINNER  
KNOWLEDGE:  
166**



*What happens next:*



## **FLUENT SPEAKER RECRUITMENT**

- 16 FLUENT TEWA SPEAKERS IDENTIFIED THEMSELVES TO HELP.
- FLUENT SPEAKERS WILL PARTICIPATE IN VIDEO DOCUMENTARY CAPTURING PUEBLO DE SAN ILDEFONSO WORD PRONUNCIATIONS AND SYNTAX.
- AFTER FILMING AND EDITING A COMMUNITY PREMIERE WILL OCCUR

*Coordinator: Nichole Summer Martinez*

*Videographer: Charine Gonzales*

September 2022



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

Rick Juliani  
Education Director  
Cell: (505) 321-9694  
rick.juliani@sanipueblo.org

Bernice Martinez  
Education Manager  
Cell: (505) 660-0149  
bmartinez@sanipueblo.org

Aaliyah Gonzales  
Librarian / Tutor  
agonzales@sanipueblo.org

### VISIT OUR WEBSITE!

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

[www.sanipueblolibrary.org](http://www.sanipueblolibrary.org)

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

# Department of Education

After School Program  
September 12<sup>th</sup>- May 18<sup>th</sup>, 2023

3:00pm-5:30pm

Mondays-Thursdays

Registration closes September 8<sup>th</sup> at 5pm.

## PRESENTERS WANTED!

The Education Dept. is looking for presenters for the After School 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!



## NIEA Convention

October 5<sup>th</sup>-8<sup>th</sup>, 2022  
Oklahoma City, Oklahoma  
High School Seniors and Juniors!  
Students must be in good standing, complete an application form and must be willing to present once we return from the trip!

Contact the Education Department for application or for more questions.

## School Supplies

The Education Department will continue to provide school supplies throughout the school year.

Keep in mind, these are supplemental items.

Contact Bernice for more info!

## College Visits

The Education Department would like your feedback! Let us know of a College/University/Trade School in New Mexico you'd like to visit!

First one:  
UNM: 10/12 for all HS Seniors

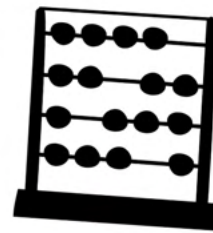
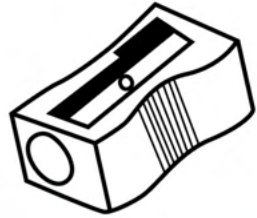
Contact the Ed. Dept to sign up!

## HAPPY SCHOOL YEAR!

The Education department would like to wish all students of all grades a wonderful, safe and happy school year!

We encourage the community to utilize the resources the Education Department may offer!





# After School Program



**Begins Monday, September 12**

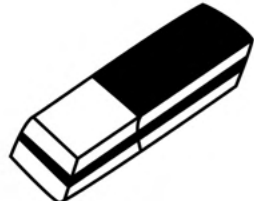
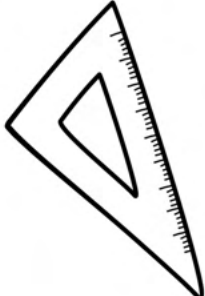
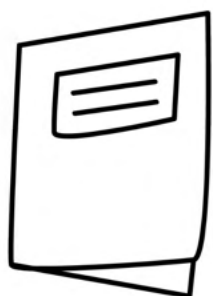
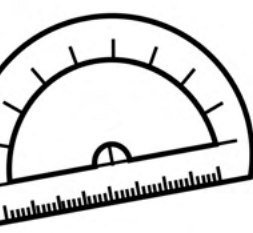
**Monday-Thursday**

**3pm-5:30pm**

**Deadline to submit registration is September 8th at 5pm**

**Registration can be picked up at Library**

**Contact any of the Education Dept. staff at 505-455-2635.**





## High School Internship Program

*Now accepting applicants for 2022-2023 FALL/SPRING INTERNSHIPS*

**DEADLINE:** December 31st, 2022 at 11:59 PM (accepting applications anytime from August through December, 2022)

High School Internship Program provides qualified northern New Mexico high school seniors the opportunity to develop skills and gain work experience, while receiving exposure to a variety of career fields, including STEM and other career fields (e.g., administrative, business, operations support, etc.).

- Students must be at least 16 years old at the time internship begins
- Students must have senior standing to apply
- Students must attend high school in northern New Mexico
- Students selected for the fall/spring program can intern during the school year for a maximum of 20 hours a week.

Link to the LANL High School Internship Program:  
<https://www.lanl.gov/careers/career-options/student-internships/high-school/index.php>

*See Pueblo's Education Department staff for any assistance you may need to complete application and all required materials.*

Pueblo de San Ildefonso  
**LEARNING CENTER**  
Phone: (505) 455-2635  
Fax: (505) 455-2641  
education.sanip@gmail.com



Rick Juliani, Education Director  
Cell: (505) 321-9694  
Bernice Martinez, Education Specialist  
Cell: (505) 660-0149  
Aaliyah Gonzales, Librarian



## Sector: Outdoor Recreation NM Office of Archaeological Studies Ancient Lifeways Internship

### Summary of Position

The NM Office of Archaeological Studies (OAS) is a not-for-profit contract archaeology enterprise that has provided cultural preservation services to state, federal, tribal, municipal, and private clients since 1952. Originally developed within the Museum of New Mexico's Laboratory of Anthropology, the OAS is a division of the NM Department of Cultural Affairs. OAS's highly qualified staff and laboratories provide a full range of archaeological services and expertise, including education outreach programming for all ages. The award-winning education program is supported through grants and donations with a threefold mission:

- To provide hands-on learning experiences to New Mexicans, exposing communities and students to the rich history of human adaptation to the region's unique geography, environment, and cultural diversity
- To build and expand a culture of empathy between the diverse populations of New Mexico, while strengthening the identity and sustainability of individual communities
- To provide curriculum content and support to educators, using the history of adaptation in New Mexico to build critical thinking skills in students

This internship is ideal for a young Native American who is interested in learning about and building a skill set in ancestral lifeways. They will learn from Native archaeologists on staff who study ancient technologies, with the potential to learn from a broader network of Native elders and artists.

The primary internship activities include inventorying and identifying needs within the replica collection used for education programming, assist in purchasing outreach supplies, assisting with landscape management and harvesting native plants for replica production, pottery for replica production, and collation of the education inventory to develop traveling kits for school groups.

**Schedule:** Mondays – Fridays, 9am – 6pm; weekend opportunities by appointment

### Essential Functions

1. Ethnographic garden and landscape maintenance
2. Assist with material purchasing
3. Maintain and organize the material storage of outreach replicas
4. Assist in the production of archaeological replicas (yucca fiber, sumac baskets, coiled pottery)
5. Write a short article describing the internship, which will be included in the Friends of Archaeology quarterly newsletter and may be included on social media with optional photos

### Hard skills

- Ability to correctly identify plants (with on-job training)
- Basic math skills and understanding (specifically fractions and scaling)
- Ability to create 3D forms – pottery, textiles (with on-job training)
- Speak and present in front of camera (optional)
- Basic computer literacy
- Microsoft Office Knowledge
- Efficient inventory management
- Writing and editing skills





Explore, Experience, Expand

### Soft skills

- Interpersonal skills & teamwork
- Responsive communication
- Organizational skills
- Motivated to learn, i.e. a growth mindset
- Ability to follow instructions and ask for help
- Dedicated to finishing tasks
- Ability to plan and schedule tasks
- Able to work independently
- Attention to detail
- Open to feedback
- Creativity
- Problem solving

### Working and Physical Conditions/Additional Requirement

This hands-on work takes place in both an office environment and a landscape environment. Variability in weather conditions can dictate daily activities. Walking, lifting and moving 20+lbs, use of landscape tools (e.g. shovels and clippers), and fine-detailed work is also involved. Dress code: Masks are required inside when social distancing can't be maintained. Close toed shoes and proper protection from weather are required for outdoor work, a sun hat is recommended. This work requires contact with water, working with a variety of materials and textures (plants, animals, and clay), dexterity, and a willingness to learn new (old) skills.

### Details

**Location:** The Center for New Mexico Archaeology: 7 Old Cochiti Rd, Santa Fe, NM 87507 (near the Santa Fe Animal Shelter).

**Term:** 13-weeks, September through December 2022; Orientation is Friday, September 9th

**Hours:** ~12 hrs per week

**Ages:** 16+

**Pay:** \$12/hr, distributed monthly as a stipend

**More information:** <https://futurefocusededucation.org>

### **Contacts:**

Application questions: Lucia Duncan [lucia@futurefocusededucation.org](mailto:lucia@futurefocusededucation.org)

Internship questions: Shelby Jones [saj012@ucsd.edu](mailto:saj012@ucsd.edu) & Mary Weahkee [Mary.Weahkee2@state.nm.us](mailto:Mary.Weahkee2@state.nm.us)

**Application due date: Friday, September 2<sup>nd</sup>, 2022**

**Online application:** [https://x3internsapplication2021.formstack.com/forms/x3\\_internship\\_application](https://x3internsapplication2021.formstack.com/forms/x3_internship_application)

Resume recommended but not required

# *Looking for a Meaningful Career?*

## Career Training with I-BEST



The Integrated Basic Education and Skills Training (I-BEST) Program at SFCC provides you with career pathways for automotive, early childhood education, or health care. You will learn job-related skills while you strengthen your reading, writing, and math abilities.

### What's in it for you? In 1-3 semesters you can:

- Complete a college certificate
- Receive job placement support upon completion
- Improve your reading, writing, math, and English skills
- Get your High School Equivalency (if you need one)
- Earn credits towards an associate degree.

### I-BEST will provide:

- A study plan designed for your busy schedule
- The opportunity to prepare for a career in a high-demand job area
- Individual attention and advising with career and academic planning
- Financial aid guidance and support
- Improved computer skills
- User-friendly adult education classes and tutoring
- Connection with a group of adult classmates in a safe and comfortable learning community.

### I-BEST Certificate Programs:

#### Automotive Maintenance and Light Repair

This two-semester program prepares students to enter the automotive repair profession as an entry-level technician, performing basic maintenance on vehicles such as oil changes, tire rotation, and the multi-point vehicle inspection. Students will also have access to computer training modules to support classroom work. This program includes: Introduction to Automotive Technology, Automotive Electrical and Electronic Systems I, Automotive Steering and Suspension Systems, Automotive Brake Systems, and Automotive Heating and Air Conditioning.

### Community Health Worker

This one-semester program prepares students to enter the healthcare profession as an entry-level Community Health Worker (also known as Community Health Representatives, Patient Navigators or Patient Service Representatives), who serve as patient advocates and educators in clinics, hospitals and managed care organizations. Program completion enables students to qualify for the New Mexico state certification for Community Health Worker.

### Nursing Assistant

This one-semester program prepares you to enter the nursing profession as an entry-level nursing assistant, meeting all federal certification standards for a nursing assistant and being prepared to sit for the New Mexico Nurse Aide Registry exams. Class credits apply toward an Associate Degree in Medical Assisting should you wish to continue your studies.

### Preparation for Medical Assisting

This three-semester program encompasses the competencies needed to become a professional medical assistant. Specific education includes performing administrative and clinical procedures in settings such as physician offices, clinics and ambulatory settings. This program of study is oriented to students who have an aptitude for organization and health care systems. Class credits apply toward an Associate Degree in Medical Assisting.

### Phlebotomy

This one-semester program is designed to provide the necessary skills for gainful employment as a phlebotomist, working under the supervision of a clinical laboratory supervisor and responsible for the proper collection, processing and testing of blood specimens and various other medical samples. Upon successful completion, you will be eligible to apply for the national licensing through the American Society for Clinical Pathology. Class credits apply toward an Associate Degree in Medical Assisting should you wish to continue your studies.

### Early Childhood Development

This three-semester certificate provides the course work necessary to apply for a New Mexico Child Development Certificate, a state-awarded certificate for early childhood teachers to meet the entry-level professional requirements for teachers who are already working in a classroom setting with preschool children. The New Mexico CDC is designed to assist Head Start and Early Head Start programs meet the interim staff qualification requirements. All certificate course credits apply toward an Associate Degree in Early Childhood Education should you wish to continue your studies.

## I-BEST Student Registration

**We are currently accepting applications for Certified Nursing Assistant, Community Health Worker Automotive Maintenance and Light Repair, and Early Childhood Development the Fall 2022 Semester, which begins on August 22nd, 2022.**

### Orientation and Registration for Fall 2022 classes

There will be a required orientation scheduled in spring AND again in summer to prepare for the fall semester. **Students are required to attend one of these orientations.**



New students and current HSE/GED or ESL students are required to attend the program orientation before enrolling in classes. HSE/GED students will attend a two-day orientation program. New students will attend a three-day orientation which includes required testing in reading, math and language. Morning and evening orientation options are available. Morning orientation runs from 9:00 am to 11:00 am. Evening orientation runs from 5:30 pm to 7:30 pm. During orientation, you will learn more about the program, financial aid opportunities, and steps to enroll into classes.

To receive details about the online orientation, you must submit an online application. Please submit the application below for Spring semester classes.

Apply here: [Fill out the online application.](#)

### Orientations Scheduled to prepare students for Fall 2022 programs:

#### Fall 2022 Orientation Session:

Tuesday, August 2nd, Wednesday, August 3rd, and Thursday, August 4th

#### Steps for New Student Registration:

1. Make an appointment for an initial interview with the I-BEST Program Coordinator. The Coordinator will discuss program details and help you determine which classes will further your career goals.
2. Fill out and return your I-BEST application or [fill out the application online](#).
3. Make a follow-up appointment with the I-BEST Program Coordinator. The Coordinator will schedule and review your TABE test scores, determine if you qualify for the program and walk you through the entire process of applying for college, enrolling in classes, and finding financial aid.

For more information, please contact I-BEST Coordinator Gwen Spatzier at 505-428-1437 or [gwen.spatzier@sfcc.edu](mailto:gwen.spatzier@sfcc.edu) or the Adult Education Office at 505-428-1356 [ae@sfcc.edu](mailto:ae@sfcc.edu).



**San Ildefonso Services, LLC**  
*Tribally Owned Small Business*

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Mailing Address: 3005 S. St. Francis Dr., Suite 1D, #222, Santa Fe NM 87505-7004 ♦ Office/(505) 455-1941

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**Community Update**

**Totavi Development**

SIS is working with the Pueblo Administration to clear the way for development of 1 acre of land immediately adjacent to the Totavi Convenience Center. Through the Pueblo Alliance, SIS's Business Joint Venture with Tsay Corporation, we have funding to develop a construction yard for our landscaping contract which would allow us to simultaneously start development of an RV Park and a cell tower in the areas to the east and west of the Convenience Store. Getting the clearances is currently in progress and the construction yard will happen immediately with the RV Park and cell tower later this year.

**Staffing**

Through our Joint Ventures, (Pueblo Alliance and SIS-CTI) and our own business efforts, we have openings posted on Indeed and could use help in the following areas:

- 1) General laborers for demolition projects
- 2) Landscape laborers and equipment operators
- 3) Cashiers and maintenance staff
- 4) Cooks
- 5) Business Development, Finance, Accounting, Project Management.

Additionally, tribal members who have their own businesses that we could maybe work into the mix of the services we provide to Los Alamos National Lab. Please respond to our Indeed adds, or send your resume or contact information or ideas to Peter Fant at [pfant@sanisvcs.com](mailto:pfant@sanisvcs.com) or Laurence Pena at [lpena@sanisvcs.com](mailto:lpena@sanisvcs.com)



Totavi continues to work through Fuel Dispensers upgrades. We will be replacing the 4 dispensers that were damaged during delivery. Regarding our contactless payment options, unfortunately we will slowly transition to that option due to lack of Internet bandwidth at the Station. The lack of bandwidth for the fuel dispensers is the main reason

paying by credit card takes a bit longer. We continue to seek staff, with a starting pay at \$14/hour with a signing Bonus of \$500 (after completing the 90-day probationary period). If you are interested, please go to Indeed.com and search San Ildefonso Services for all open positions. The restaurant is temporarily closed while we finalize details with our new operating partner, Posa's Tamale Factory and Restaurant. Posa's currently has two restaurants operating in Santa Fe.

### **San Ildefonso Broadband**

As mentioned in previous updates, San Ildefonso Services applied for a \$4.9 million grant for fiber to the premise services for the Pueblo. The application is the final approval stage, and an award announcement is forthcoming. We will continue to seek funding through other sources for additional Broadband infrastructure.

### **Solar**

San Ildefonso Services with our subcontractor, Avant Energy, has completed the first phase of the study related to the Pueblo and surrounding communities' electric usage. We are currently evaluating the electric grid's capacity to handle solar and are working on three potential options for development.

The first is coming up with a system that can offset some or all of the energy costs of community members living within the boundary of the Pueblo. The second is developing an array that can provide power to the Regional Water System, with the revenue of selling the power coming back to the Pueblo.

The third is evaluating options that might allow development of a utility scale system that would be capable of providing power outside Pueblo boundaries but that would also address the first and second options as a part of the final design. Note that regardless of the option pursued, offsetting community members power would be included and would be the first phase completed.