



## **Pueblo de San Ildefonso Bulletin Includes "Special Notice"**

March 2021

### ***Inside this Issue:***

- ***Legislative Update***
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### ***Time Change***

***Sunday, March 14, 2021***



### **OFFICE OF THE GOVERNOR**

### **Council Meeting Dates**

***Thursday, March 11, 2021,  
5:10pm***

***Thursday, March 25, 2021,  
5:10pm***



### **Food Box Distribution**

**Friday, March 12, 2021  
1:30pm to 4:30pm**

**Friday, March 26, 2021  
1:30pm to 4:30pm**



**Pueblo de San Ildefonso**  
*Office of the Governor*

**Community Members**

I, Governor Moquino, would like to hear from you. If you have concerns, thoughts, suggestions or just want to convey a message to me, please feel free to do so, as I am committed to an open door policy and welcomes your thoughts. Beginning on Thursday, March 11<sup>th</sup>, Thru Thursday March 18<sup>th</sup>, I will make time on my calendar to meet one on one with you, community members. While, not all requests, concerns and suggestions will be immediately remedied, I am adamant on listening to the community and hopefully, a common ground can be reached regarding your concerns. This will not be the only opportunity to discuss items, but this week is identified for an initial effort.

Please call 505-455-4101 or send an email to [governorsassistant@sanipueblo.org](mailto:governorsassistant@sanipueblo.org) to make an appointment. No meetings will exceed 20-25 minutes. Scheduling will be on a first come, first serve basis. Should your concerns be of a particular department within the Tribal Administration, please state this when making an appointment and if you require staff to be available. Meetings can also be set up through zoom and teleconference.

Kuu Da



## LEGISLATIVE UPDATE

MARCH 2021

### Council Meeting Dates

Thursday, March 11, 2021, 5:10pm

Thursday, March 25, 2021, 5:10 pm

### Council Working Session Dates

Wednesday, March 3, 2021, 5:10 pm

Wednesday, March 17, 2021, 5:10 pm

### Committee Meetings

Budget, Finance & Taxation

Monday, March 1, 2021, 5:10 pm

Health & Human Services

Tuesday, March 9, 2021, 5:10 pm

**Additional Meetings are scheduled  
as necessary.**

Lt. Governor Raymond Martinez  
(505) 455-4127  
[rjmartinez.tc@outlook.com](mailto:rjmartinez.tc@outlook.com)

Council Secretary Terrence Garcia  
(505) 455-4113  
[sec.tc@outlook.com](mailto:sec.tc@outlook.com)

Legislative Manager Brandi Martinez  
(505) 455-4150  
[brmartinez.tc@outlook.com](mailto:brmartinez.tc@outlook.com)

### Social Media

The Tribal Council now has an active Facebook page which is used to post notices, information and assure communication with the Pueblo community. It can be viewed by searching Facebook @sanitribalcouncil or <https://fb.me/sanitribalcouncil>.

\*Please check Tribal Council's Facebook page for links to resources regarding stress tools and mental health awareness.

### COVID-19 Update

As of February 22, 2021 the Pueblo has reported zero active COVID-19 cases. The Tribal Council encourages all to continue to adhere to the Governor's Executive Orders and Policies and would advise the community to limit travel in and out of the Pueblo as much as possible. The community has done a great job to slow the spread of the virus and we can continue to do this with effort from all. The safety and wellness of our People is most important and we must make conscious decisions to protect one another!

### COVID-19 Testing Site Web Links

Below are web links for COVID-19 testing sites. We encourage all to take advantage of the resources that are available. Community members please test 5 days after contact with a positive person to reduce false negative tests.

<https://cvprovider.nmhealth.org/directory.html> (NMDOH website - all testing locations and their hours of operation)

<https://curative.com/> (Curative testing in Espanola and Santa Fe)

<https://cvtestreg.nmhealth.org>

<https://www.phs.org/covid19/screening-testing/Pages/locations.aspx>



PUEBLO DE SAN ILDEFONSO  
Human Resources Office  
02 Tunyo Po  
Santa Fe, NM 87506

## EMPLOYMENT OPPORTUNITIES

March 1, 2021

Accounting Clerk (Closes March 8)

Administrative Assistant (Closes March 8)

Facilities Manager (Open Until Filled)

GIS/GPS Specialist (Open Until Filled)

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Tribal Services Director (Closes March 8)

*Please Contact Human Resources for additional information by position.*

**APPLICATION:** A job description and employment application are available in the Human Resources office or via email, or fax. Please call ahead to schedule an appointment for in person assistance.

Please feel free to call 455-4155 with any questions.



# OVERWHELMED?

You are not in it alone. If you need to talk,  
help is just a phone call away.

Anxiety

Circle of life

505.852.1377

Drug & Alcohol

Depression

Tewa Roots Society

(Licensed Mental Health Counselor)

Amy Gordon 505.391.9821

Ryan Dunn 505.930.2784

(Licensed Substance Abuse)

Ryan Martinez 505.423.2401

IHS Santa Clara Clinic

505.753.9421

Behavioral Health

Las Clinicas Pojoaque Valley

High School

(PVHS High School Students Only)

505.455.4026

ICWA Department

505.455.4164

505.699.0164

COVID-19 Counseling & Support Services

505.954.1057

*Your Mental Health Matters. Its FREE &  
Anonymous*

# INTRODUCING NEW MEETINGS

**Alcoholic Anonymous**  
**Tuesdays & Fridays 6-7pm**



**Narcotics Anonymous**  
**Wednesday's 6-7pm**



**Red Road**  
**Sunday's 11-12pm**



**Location:**  
**Cities of Gold Hotel Ballroom**  
**10 cities of Gold Rd, Santa Fe, NM 87506**

**FOR MORE INFORMATION PLEASE CONTACT**  
**ICWA DEPARTMENT 505.455.4164**

March 2021



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

Bernice Martinez  
Interim Director  
Cell: (505) 660-0149  
bmartinez@sanipueblo.org

Aaliyah Gonzales  
Librarian / Tutor  
agonzales@sanipueblo.org

**If you no longer  
are using your  
Chromebook,  
Jetpack or iPad,  
we are asking that  
you please return  
it to the Library!**

#### HOMEWORK HELP

Staff and volunteers are  
available for homework  
help.

Please call the Library if  
you have any questions  
or if you would like to  
make an appointment!



## Department of Education

### HELP WANTED

**IN OUR EFFORTS TO PROMOTE MASK WEARING AND STAYING HOME, THE EDUCATION DEPARTMENT IS ASKING YOU TO SEND A PICTURE OF YOUR SAYA, TE'TE AND KIDS WEARING A MASK. THEY COULD POSE TOGETHER OR SEPARATELY. ONCE WE RECEIVE ENOUGH, WE'LL MAKE A FEW POSTERS TO PUT AT ALL HOUSING AREAS.**

### Spring Break

We will be conducting a "Spring Break Summit". We'll have Zoom sessions. Also, our Library Aid's will be hosting science experiments and other presentations. More information to follow!



### CALL FOR ARTISTS

The Education Department is  
going to host live and pre-  
recorded classes. If you wish to  
be a presenter, please contact  
Aaliyah or Bernice.



### MENTAL HEALTH AWARENESS

If you or someone you know is  
struggling with mental health related  
issues, please call National Suicide  
Prevention Hotline.

**NSPL- 1-800-273-8255**

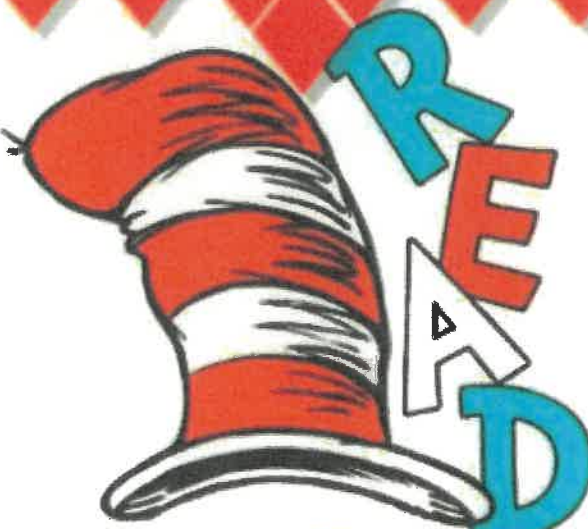

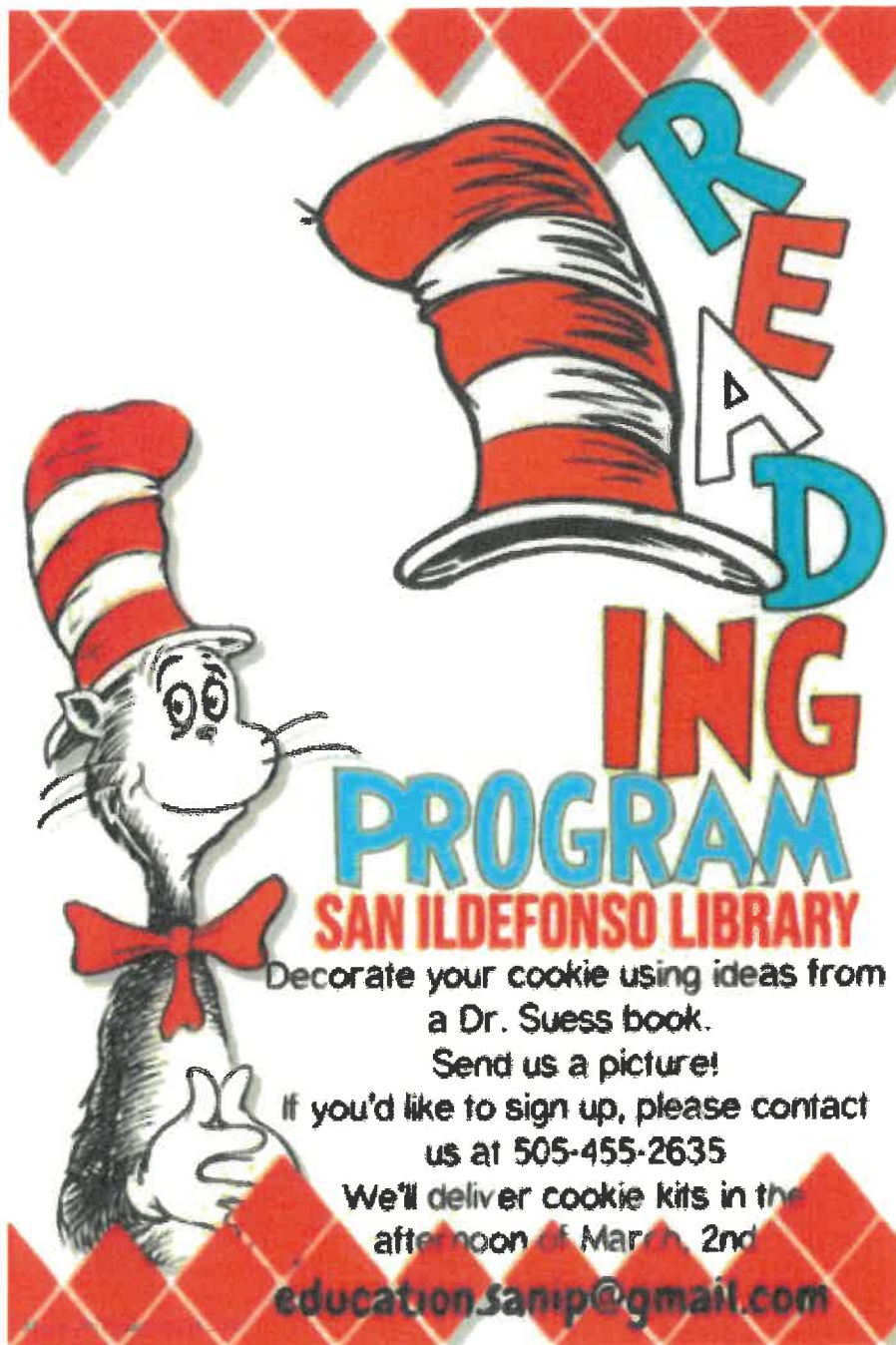
You are Loved, You are  
Important, You Matter.

### Valentine's Day Arts and Craft



THANK  
YOU 





# ING PROGRAM

**SAN ILDEFONSO LIBRARY**

Decorate your cookie using ideas from  
a Dr. Suess book.

Send us a picture!

If you'd like to sign up, please contact  
us at 505-455-2635

We'll deliver cookie kits in the  
afternoon of March, 2nd

[education.sanip@gmail.com](mailto:education.sanip@gmail.com)





# MENTAL HEALTH *awareness*

The Education Department is hosting a  
Mental Health/Suicide Awareness class for  
Students in the 4th grade and up.

Tuesday March 9th for 4th - 6th Grade  
Wednesday March 10th for 7th - 9th grade  
Thursday March 11th - 10th and up

Classes will begin at 1pm via Zoom  
All students under 18 will need a consent  
form  
Please contact Aaliyah to be signed up!

**SAN ILDEFONSO EDUCATION**

505-455-2635

[agonzales@sanipueblo.org](mailto:agonzales@sanipueblo.org)/[bmartinez@sanipueblo.org](mailto:bmartinez@sanipueblo.org)

Made with PosterMyWagon



The Indian Pueblo Store was founded in 1976 to gather and showcase work from Pueblo and Southwestern Native artists. It is owned and operated by New Mexico's 19 Pueblo tribes.

We would like to reach out to communities across the 19 Pueblos and invite any Pueblo artist to submit their artworks for review by our buyers. Buyers will review all submissions and follow up with artists in a timely manner

Along with our physical store, which is located inside of the beautiful main campus of the Indian Pueblo Cultural Center, we also have a wonderful online store that customers can shop 24-7

Please explore our online store [www.indianpueblostore.com](http://www.indianpueblostore.com)

If interested in wholesaling your artwork to the Indian Pueblo Store, please follow the guidelines below. Send any submissions or requests to buyer Alejandria Rodriguez at [arodriguez@indianpueblo.com](mailto:arodriguez@indianpueblo.com)

Mailing address:  
Alejandria Rodriguez  
Indian Pueblo Store  
2401 12th St NW  
Albuquerque NM 87104  
Phone: 505-314-8216

## Purchasing Submission Guidelines

- Please submit photos of artworks available
- Contact information- phone number and/or email address
- Tribal affiliation
- A brief bio of artist



## Partner Farmer Program



Native Seeds/SEARCH relies on partnering with a network of southwestern farmers to grow out and increase the seed varieties we steward, with a focus on working with Indigenous farmers growing in or near the areas these seeds are originally from. We are looking for more farmers to partner with us to do grow-outs, whether through a seed exchange agreement or a contract agreement.

### Bulk Seed Exchange

A seed exchange agreement involves farmers receiving seeds from us and at the end of the season they return 3x (1.5x for Native Farmers) times the original amount of that seed to NS/S (provided they have had a successful harvest, there is no financial penalty for crop failure). The returned seed should only represent a small fraction of the total seed harvested so that participants can harvest plenty for food or save seed to plant in the future.

### Contract Growing

Experienced farmers capable of growing a quarter acre or more of a particular seed variety may be interested in being paid to grow seed as a part of a contract agreement, where NS/S will pay the grower to grow out select varieties. Interested participants should contact NS/S to discuss the varieties they are interested in growing and the amount of land they plan to cultivate.

Due to limited quantities, not all varieties in the collection may be available, but we will work with participants to match requests with seed availability. Please contact us at 520.622.0830 xt.115 or email us at [info@nativeseeds.org](mailto:info@nativeseeds.org).

## Native American Seed Request

Roughly two-thirds of the seed varieties in the Native Seeds/SEARCH collection originate with Native American communities in the southwestern U.S. and Mexico. NS/S works to ensure that indigenous people continue to have access to these traditional seeds through the Native American Seed Request Program. **For Native American individuals and families living in the Greater Southwest Region, or belonging to tribes from the Southwest Region regardless of residential location: you may request 10 free seed packets per household per year (Jan - Dec). You may purchase up to 20 additional seed packets at \$2 per packet.**

- Native American identity for this program is self-reported and no tribal identification card is required.
- No more than 3 packets of any one seed variety per request.

### HOW TO ORDER SEEDS:

There are several ways to place your order. Please, only one order-form per household. Shipping charges requested are \$3.95 per 10-packet request.

Download and mail [this order form](#) to 3584 E River Road, Tucson, AZ 85718 OR email the order form to [orders@nativeseeds.org](mailto:orders@nativeseeds.org) OR, call 520-622-0830 x113, or toll-free at 866-622-5661 x113, 10am to 5pm, Monday through Friday;

For those without internet access, we can mail a print catalog; call 520-622-0830 x113 to request one.



## March is National Nutrition Month



### Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple  
Banana  
Broccoli  
Carrots  
Celery  
Eggplant  
Grapes  
Kiwi  
Orange  
Papaya  
Pear  
Peas  
Squash  
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

#### Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?  
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable?  
(As a snack, with dip, or for lunch.)



Adapted from  
Team Up At Home Team Nutrition Activity Book



### How can I prevent high blood pressure?

You can help prevent high blood pressure by having a healthy lifestyle. This means

**Eating a healthy diet.** To help manage your blood pressure, you should limit the amount of [sodium](#) (salt) that you eat and increase the amount of [potassium](#) in your diet. It is also important to eat foods that are lower in fat, as well as plenty of fruits, vegetables, and whole grains. The [DASH eating plan](#) is an example of an eating plan that can help you to lower your blood pressure.

- **Getting regular exercise.** Exercise can help you maintain a healthy weight and lower your blood pressure. You should try to get moderate-intensity aerobic exercise at least 2 and a half hours per week, or vigorous-intensity aerobic exercise for 1 hour and 15 minutes per week. Aerobic exercise, such as brisk walking, is any exercise in which your heart beats harder and you use more oxygen than usual.



## Salmon Patties

Makes: 6 servings (1 patty per serving)  
Preparation Time: 10 minutes  
Cooking Time: 5 to 10 minutes

### Ingredients

1 (14.75 ounce) can salmon\*  
1 tablespoon lemon juice  
Cold water  
¼ cup minced celery (optional)  
1 tablespoon minced green pepper (optional)  
½ medium onion, minced  
2 large eggs  
⅓ cup bread crumbs or cracker crumbs  
2 tablespoons all-purpose flour  
⅛ teaspoon black pepper  
1 tablespoon vegetable oil

### Directions

1. Wash fresh vegetables (if using).
2. Collect, mince, and measure all ingredients before starting to prepare the recipe.
3. Open salmon, and drain liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, and set aside.
4. Put the salmon in a separate mixing bowl. Mix in the celery (if using), green pepper (if using), and onion.
5. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
6. Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed together.
7. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½ inch thick patty, and place on a plate. Repeat to make 6 patties.
8. Heat the oil in a skillet over medium heat, then add 3 patties.
9. Cook for about 2 to 3 minutes (or until golden brown) on each side.
10. Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve immediately.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\* Use canned salmon with bones to get extra calcium.

**Be creative!** Top with salsa or pico de gallo.

### Nutrition Facts

6 servings per container  
Serving size 1 Patty (115g)

Amount Per Serving  
**Calories 190**

	% Daily Value*
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 110mg	36%
Sodium 380mg	16%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 18g</b>	<b>36%</b>
Vitamin D 14mcg	70%
Calcium 185mg	15%
Iron 1mg	6%
Potassium 300mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States  
Department of  
Agriculture  
  
National Institute  
of Food and  
Agriculture

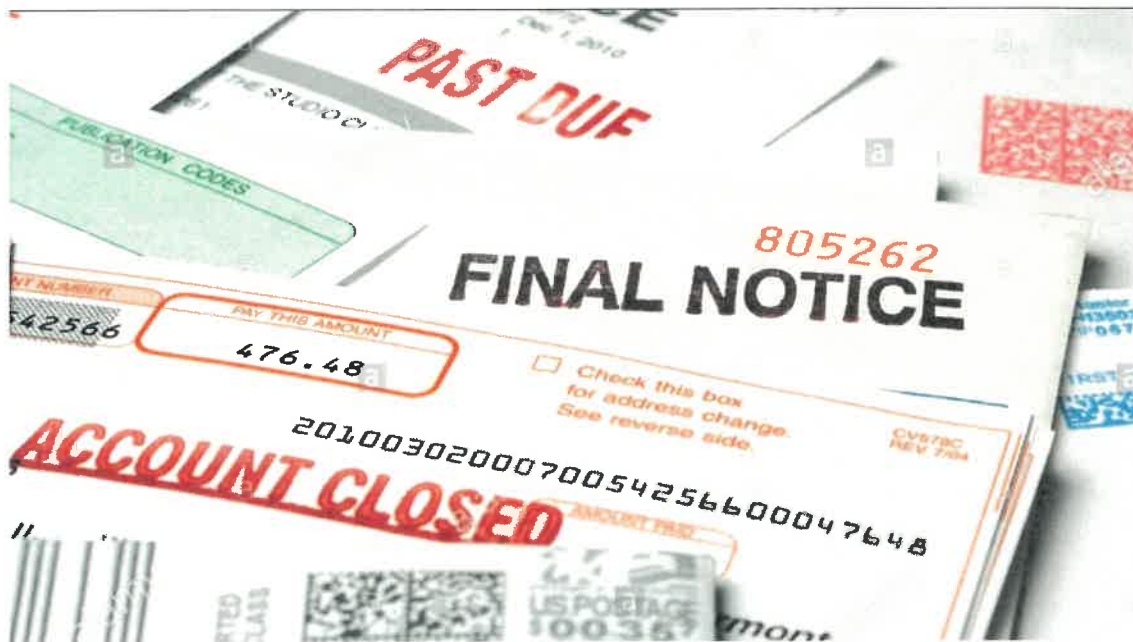


### Build Strong Bones

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and U.S. Department of Agriculture cooperating. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (888) 473-3676.

# **Emergency Financial Assistance**

## **Available for Natives living in SF County**



### **APPLY TODAY!**

This past year has been a challenge with many changes to our household situations including homeschooling, job losses, food insecurity, COVID 19, loss of loved ones and much more. We want you to know that we are still here to help - we can assist with rent or utilities or other emergency situations.

To qualify for Emergency Financial Assistance, you must:

- Be Native and live in Santa Fe County
- Submit a copy of a photo I.D.
- Fill out an application and submit required documentation



- The application name must match the name on the invoice or bill

The Emergency Financial Assistance application is available online [HERE](#) or you can call us to pick up an application by appointment at 505-660-4210.

**\*\*Please be aware that incomplete applications will not be considered.\*\***

### SFIC Programs



## **Native Community Food Distribution**

**March 5th, 10am-12pm**

**1420 Cerrillos Road**



**Transfer Station Hours: Thursday-Monday 8:00-5:00 Closed Tuesday and Wednesday  
Closed Holidays**

**Check bulletin for any closures at Transfers station**

**The Transfer Station does not take tires or automotive oil of any kind**  
**Jiffy Lube or Auto Zone will take up to 5 gallons of oil a day for free.**

## WORLD WATER DAY 3/3 HOW TO SAVE WATER (today and every)

1. Turn off the faucet while brushing your teeth.
2. Only run the washing machine and dishwasher when you have a full load.
3. Use a low flow shower head and faucet aerators.
4. Fix leaks.
5. Install a dual flush or low flow toilet or put a conversion kit on your existing toilet.
6. Don't overwater your lawn or water during peak periods, and install rain sensors on irrigation systems.
7. Install a rain barrel for outdoor watering.
8. Plant a rain garden for catching stormwater runoff from your roof, driveway, and other hard surfaces.
9. Monitor your water usage on your water bill and ask your local government about a home water audit.
10. Share your knowledge about saving water through conservation and efficiency with



# EIGHT NORTHERN INDIAN PUEBLOS COUNCIL, INC.

## FOOD DISTRIBUTION PROGRAM

P.O. BOX 969 SAN JUAN PUEBLO, NEW MEXICO 87566

(505) 455-2288/2289 OR 1-800-734-2488 Fax (505) 455-7322

OFFICE HOURS: MONDAY-THURSDAY 8:00 TO 6:00 CLOSED 12:00-1:00 FOR LUNCH

**WE ARE CLOSED ALL FRIDAYS AND OBSERVED HOLIDAYS**

PERRY MARTINEZ, DIRECTOR

DIANDRA MEDINA, CERTIFICATION SUPERVISOR

ANGELO PADILLA, INVENTORY MANAGER



## MARCH 2021

PUEBLOS SERVICED: Nambe, Picuris, Pojoaque, San Ildefonso, Ohkay Owingeh, Santa Clara, Taos & Tesuque

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> <u>PICURIS</u> 9:00- 12:00 <u>VILLA DEL NORTE</u> 1:30-3:30  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>2</b>  <u>OHKAY OWINGEH DEL</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>3</b> <u>SAN ILDEFONSO DEL</u> 9:00-11:45 <u>TESUQUE DELIVERY</u> 1:00-2:00 <u>POJOAQUE DELIVERY</u> 2:30-3:15 <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>4</b>  <u>SANTA CLARA DELIVERY</u> 9:00-3:00  <u>NAMBE CLIENTS ONLY</u> <u>@ WAREHOUSE</u> 8:30-4:30
<b>8</b> <u>TAOS COUNTY DEL</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>9</b> <u>TAOS PUEBLO DELIVERY</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>10</b> <u>WALK-INS @ ENIPC WIC</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>11</b> <u>PENASCO DELIVERY</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:00
<b>15</b>  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>16</b> <u>OHKAY OWINGEH DEL</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>17</b> <u>WALK-INS @ ENIPC WIC</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>18</b> <u>PENASCO DELIVERY</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30
<b>22</b> <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>23</b> <u>TAOS PUEBLO DELIVERY</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>24</b> <u>TAOS COUNTY DEL</u> 9:00-3:00  <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>25</b> <u>WAREHOUSE WALK-INS</u> 8:30-4:30
<b>29</b> <u>WAREHOUSE WALK-INS</u> 8:30-4:30	<b>30</b>  <b>CLOSED FOR INVENTORY</b>	<b>31</b>  <b>CLOSED FOR INVENTORY</b>	<b>PLEASE NOTE:</b> <b>ALL WALK-IN DAYS ARE SCHEDULED IN BY APPOINTMENT</b> <b>IF YOU HAVE MISSED OR NEED TO CANCEL YOUR APPOINTMENT PLEASE CALL TO RESCHEDULE</b>

\*\*\*\*\*PLEASE NOTE: SCHEDULES ARE SUBJECT TO CHANGE\*\*\*\*\*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race,