

Pueblo de San Ildefonso Bulletin April 2021

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Office Closure

Good Friday April 2, 2021



OFFICE OF THE GOVERNOR

Council Meeting Dates

Wednesday, April 14, 2021

5:10 pm <u>Thursday</u>, April 29, 2021 5:10 pm



Food Box Distribution

<u>Friday.</u> April 9, 2021 1:30 to 3:30 pm <u>Friday.</u> April 23, 2021 1:30 to 3:30 pm

Senior Meeting

Wednesday, April 21, 2021 10:30 am (zoom information is attached)



LEGISLATIVE UPDATE

APRIL 2021

Social Media

Please visit the Council's Facebook page which is used to post notices and information to 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 regarding Covid-19 facts/resources.

2021 NM Legislative Session

The NM 2021 Legislative Session has adjourned! This year's session was conducted via zoom and although there were challenges, much work needed to be done and that work paid off. The Pueblo has had a successful Legislative program with the help of Lobbyist Mark Duran. The Pueblo sought funding for major improvement projects including Gym/Tewa Center renovation and IT facilities/broadband. Governor Chris Moquino and Lt. Governor Raymond Martinez, along with Mr. Duran participated in important meetings and represented the Pueblo and executed the needs of the Pueblo very well.

*The Legislative Office would like to encourage the community to get their Covid-19 vaccine and to please utilize resources that are available!

Covid-19 Testing Sites

Below are web links for COVID-19 testing sites. 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

Council Meeting Dates

Wednesday, April 14, 2021, 5:10pm Thursday, April 29, 2021, 5:10 pm

<u>Council Working Session</u> <u>Dates</u>

Tuesday, April 6, 2021, 5:10 pm Wednesday, April 21, 2021, 5:10 pm

> Committee Meetings None Scheduled.

Senior Meetings Wednesday, April 21, 2021, 10:30 am

Additional Meetings are scheduled as necessary.

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

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

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

Pueblo de San Ildefonso • Legislative Office • 02 Tunyo Po Santa Fe, NM 87506 • (505) 455- 4150 • brmartinez.tc@outlook.com



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

EMPLOYMENT OPPORTUNITIES

April 1, 2021

Assistant Controller	(Open Until Filled)
Facilities Manager	(Open Until Filled)
GIS/GPS Specialist	(Open Until Filled)
Receptionist	(Closes April 15)

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.

Poh-Who-Geh-Owinge Department of Environmental & Cultural Preservation



A Message from the Cultural Resource Advisor, Timothy Martinez

Protect Yourself and Our Community
Protect Yourself and Yourself
Protect Yourself and Yourself
Protect Yourself and Yourself
Protect Yourself

WE TUAMI NA'EE TOWA CHU' SHA'DE. PAA'SHA'DE, QUEE'TA'DA, KO'SHA'DE, CO'HAY'YE, TSE'SHA'DE, HAA'SHA'DE, TUNN'SHA'DE, YAE'DE SHA'DE, UNG'TAY'GAY SHA'DE. NA'I SHE'DE WEN' HEWO NAH PO HE WUG EE' WE'A YA'DE. WEE' WAA SEN' WAA BI UNMI. WE' SEGI, WE' SE'KA NAY, NA'IHAY HE'YODI WE'NAH MUPI. KUU'DAA'WHO'HA, BA'KE BON' WO'WAHAA TSI' WE'MANI. Happy New Year, Where in a NEW Year.

With respect, Governor, Lt. Governor, Tribal Council and Community. COVID-19, (NA'IHAY) A friendly reminder to are community. As you all know we are still Govern by the Pueblo Executive Oder.

Please continue to practice social distance, cover your nose when you sneeze, wash your hands before you touch your mouth, face, eyes and food. Some of you have receive your booster shot GREAT NEWS.

However, we must continue to follow the EXECUTIVE ORDER AND CDC advice. Feast Day Celebration and Traditional activities will not take place till future notice.

Are dances, corn dance, buffalo dance, eagle dance, basket dance, cloud dance are part of are life way. We all need to support each other. Are Elders and religious leaders advise us, to believe in are Traditional ways. Pray and ask for strength, healthy life. We know the virus is evil and we must fright and not surrender. HEY DA' WO'WAHAA TSI WE'MANI BI'AYI'NAMI.

1st Quarter

AND

CUM

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.

INSIDE THIS ISSUE:

• EPA INDOOR AIR





Adency





Indoor Air in Homes and Coronavirus (COVID-19) https://www.epa.gov/coronavirus

COVID-19 is emerging, rapidly evolving situation and the <u>Centers for Disease Control and Preven-</u> <u>tion</u> will provide updated information as it becomes available, in addition to updated guidance. This website provides key EPA resources on the coronavirus disease (COVID-19).

Please supplement this information with the latest advice from state, local, Tribal and federal agencies.

Air Cleaners, HVAC Filters, and Coronavirus (COVID-19)

Air cleaners and HVAC filters are designed to filter pollutants or contaminants out of the air that passes thru them. Air cleaning and filtration can help reduce airborne contaminants, including particles containing viruses. Portable air cleaners (also known as air purifiers) may be particularly helpful when additional ventilation with outdoor air is not possible without compromising indoor comfort (temperature or humidity), or when outdoor air pollution is high.

When used properly, air cleaners and HVAC filters can help reduce airborne contaminants including viruses in a building or small space. By itself, air cleaning or filtration is not enough to protect people from exposure to the virus that causes COVID-19. When used along with other best practices recommended by CDC and others, filtration can be part of a plan to reduce the potential for airborne transmission of COVID-19 indoors.

In order for an air cleaner to be effective in removing viruses from the air, it must be able to remove small airborne particles (in the size range of 0.1-1 um). Manufacturers report this capability in several ways. In some cases, they may indicate particle removal efficiency for specific particle sizes (e.g. "removes 99.9% of particles as small as 0.3 um"). Many manufacturers use the Clean Air Delivery Rate (CADR) rating system to rate air cleaner performance. Others indicate they use High Efficiency Particulate Air (HEPA) filters.



Air Cleaners

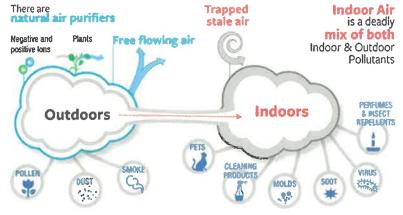
Portable air cleaners may be particularly helpful when additional ventilation with outdoor air is not possible without compromising indoor comfort (temperature or humidity), or when outdoor air pollution is high.

Caution: The use of air cleaners alone cannot ensure adequate indoor air quality, particularly where significant pollutant sources are present and ventilation is insufficient.

Air cleaners and HVAC filters in Homes

Portable air cleaners, also known as air purifiers or air sanitizers, are designed to filter the air in a single room or area. Central furnace or HVAC filters are designed to filter air throughout a home. Portable air cleaners and HVAC filters can reduce indoor air pollutants, including viruses, that are airborne. By themselves, portable air cleaners and HVAC filters are not enough to protect people from the virus that causes COVID-19. When used along with other best practices recommended by CDC and others, filtration can be part of a plan to protect people indoors.

Which air is more polluted?



Read EPA's "Guide to air cleaners in the home" (PDF).

https://www.epa.gov/sites/production/files/2018-07/documents/guide_to_air_cleaners_in_the_home_2nd_edition.pdf

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DECP NEWS-1st Qtr 2021



Air cleaners and HVAC filters in Offices, Schools, and Commercial Buildings

The HVAC systems of large buildings typically filter air before it is distributed throughout a building, so consider upgrading HVAC filters as appropriate for your specific building and HVAC system (consult an HVAC professional). The variety and complexity of HVAC systems in large buildings requires professional interpretation of technical guidelines, such as those provided by ASHRAE and CDC. EPA, ASHRAE and CDC recommend upgrading air filters to the highest efficiency possible that is compatible with the system and checking the filter fit to minimize filter air bypass.

Consider using portable air cleaners to supplement increased HVAC system ventilation and filtration, especially in areas where adequate ventilation is difficult to achieve. Directing the airflow so that it does not blow directly from one person to another reduces the potential spread of droplets that may contain infectious viruses.

Air cleaning may be useful when used along with source control and ventilation, but it is not a substitute for either method. Source control involves removing or decreasing pollutants such as smoke, formaldehyde or particles with viruses. The use of air cleaners alone cannot ensure adequate air quality, particularly where significant pollutant sources are present and ventilation is insufficient. See ASHRAE and CDC for more information on air cleaning and filtration and other important engineering controls.

How to select a portable air cleaner for a residence that can effectively remove viruses

Choose a portable air cleaner that is intended for the room size in which it will be used and be sure it meets at least one of the following criteria:

- 1. it is designated as High-Efficiency Particulate Air (HEPA),
- 2. it is CADR rated, or
- 3. the manufacturer states that the device will remove most particles in the size range below 1 um.

Most manufacturers provide this information on the air cleaner packaging, label or website description.

Do not use air cleaners that intentionally generate ozone in occupied spaces or that do not meet state regulations or industry standards for ozone generation.



Do not use ozone generators in occupied spaces



Some products sold as air cleaners intentionally generate ozone. These products are not safe to use when people are present because ozone can irritate the airways.

Do not use ozone generators in occupied spaces. When used at concentrations that do not exceed public health standards, ozone applied to indoor air does not effectively remove viruses, bacteria, mold, or other biological pollutants.



Why is Ozone Dangerous?

Ozone is a tiny molecule which is composed of three oxygen atoms. It is highly reactive which makes it an unstable and potentially toxic gas. Ground-level ozone is considered to be a major component of smog which plagues larger cities during the summertime and has been tied to a variety of potential health risks.

Health Effects of Ozone

The EPA has reported there is a variety of health effects associated with high levels of ozone. This may include decreased lung function, throat irritation, severe asthma symptoms, cough, chest pain, shortness of breath, irritation of lung tissue, and the higher sensitivity to respiratory infection. They went on to note that there were additional risk factors which can perpetuate the side effects of ozone such as undertaking activities which raise breathing rates (such as exercising indoors), certain pre-existing lung diseases, and greater duration of exposure.

Article reported on EPA website

https://www.epa.gov/coronavirus/air-cleaners-hvac-filters-and-coronavirus-covid-19 utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term= DECP NEWS-1st Qtr 2021



Jpcoming Events 2021 ANNUAL TAY DISTRIBUTION

Dates and pick up times will be posted SOON!



DECP would to acknowledge our staff for the commitment and hard work for the community during this pandemic, as well as all staff within the Tribal Administration. The Pueblo has provided our community with Food Boxes that requires assistance from all staff to distribute, especially during unexpected weather conditions.

Thank you all for our time and dedication to the community! Together will can achieve many things!



San Ildefonso Pueblo staff assisting with the bi-weekly Food Box distribution to community members.



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 <u>sanipueblo.org</u>

DECP STAFF

Raymond Martinez Director/Tribal Risk Assessment Program Manager

Michael Chacon Technical Reviewer/ QA Manager

Erin Martinez Office Administrator

Eric Archuleta Database Manager

Darryl Martinez Water Quality Technician

Tim Martinez Cultural Resources Advisor

Neil Weber Intergovernmental Liaison

needed. Erin Martinez created this flyer for

the HHS Program to inform the community of the COVID-19 Vaccine Phases.

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PUEBLO DE SAN ILDEFONSO TRIBAL COURT 02 Tunyo Po, Santa Fe, NM 87506 ~ Phone (505) 455-7500 ~ Fax (505) 455-7942

Tribal Court Hearings / FORMATS and OPTIONS "Access to Justice Stations"

ZOOM VIDEO CONFERENCES

By typing or clicking the link, these video conferences are accessible through most cell phones, tablets, desktops or iaptops. Additionally, these video conferences are accessible through the Tribal Court "ACCESS TO JUSTICE STATIONS" set up in the courthouse lobby, 6 ft. apart, and for use in the event that a party is unable to connect from another location.

SAMPLE LINK:

https://zoom.us/j/96222898903?pwd=bUZZajRwZjhybHJvM1ptZTdCSllyZzZZ

Should you wish to access one of these stations, you will need to contact the court clerk in advance of your hearing at (505) 455-7500.

ZOOM VIDEO CONFERENCES CALL- IN

If you do not have access to video conferencing,

the ZOOM hearing instructions ALSO provide a

phone number by which you may call and participate.

SAMPLE: One tap mobile

+16699006833,,96222898903#,,,,*809080# US (San Jose) +12532158782,,96222898903#,,,,*809080# US (Tacoma) Dial by your location

+1 669 900 6833 US (San Jose) +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 929 205 6099 US (New York) +1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)



"Access to Justice"

Meeting ID: <u>962 2289 8903</u> -THIS ID CHANGES WITH EACH HEARING Passcode: <u>809080</u> -- THIS PASSCODE CHANGES WITH EACH HEARING Find your local number: https://zoom.us/u/abZwqMQIQF



<u>Thursday, April 1st Open: 8:00-5:00</u> <u>Friday (Good Friday) April 2ed - Closed</u>

Saturday, April 3ed- Open: 8:00-5:00

April 4th, Easter Sunday Closed <u>Monday April 5^{th-} Open: 8:00-5:00</u>





Happy Easter from the Transfer Station

Remember to get your covid shot, If not for yourself, get it for the ones you love and love you back.

From the transfer Station



The transfer station has 4 different bins to throw your trash

Metal bin – all metal items

Including washer, dryer and air conditioners

Recycled bin- see next page for recycled items

Do not throw food of any kind or trash in **RECYCLED BIN**

The food and trash will contaminate recycled items and will have to get thrown out, (and if this should keep happening the recycled bin will be taking away from us.)

Open bin- big stuff, boards, tables and furniture

DO NOT throw metal or e-waste in open bin (microwaves, computers and TV)

Compactor bin- Bagged trash

Do not throw any boards, sticks or any metal poles in compactor, (The boards, sticks and poles may get stuck in compactor and damage it.) Weeds and branches- get thrown on other side of open bins, at the bottom of the hill - (if you have trash mix with weeds or branches, throw it in open bin).





(Unsafe and unsanitary)

Keep your children in vehicle at all times



NO SPEEDING - Slow down as you enter transfer station



Help us kept the transfer station clean, and equipment working

Thank you, the transfer station 250-8297

The Transfer Station

Help to keep it clean and drive slow

Throw bags in compactor

DO NOT throw metal in OPEN BIN - throw in metal bin.

DO NOT throw long boards or broom stick in compactor – throw in open bin **DO NOT throw food or trash in RECYCLE BIN – throw in compactor**

RECYCLED BIN RECYCLE MORE. TRASH LESS.

PLACE CLEAN PLASTIC BOTTLES, CANS, PAPER & CARDBOARD TOGETHER. FLATTEN OR NEST BOXES WHEN POSSIBLE.









milk cartons, juice boxes, paper coffee cups (empty)

paperboard (cereal boxes, tissue boxes, paper rolls)

soft cover books, magazines, catalogues, newspapers & paper bags

plastic bottles, bags & containers (empty, bags tied together, no styrofoam)



NOT ACCEPTED: Trash, food, paint cans, styrofoam, electronics, clothes hangers, CDs or VHS tapes, glass, rigid plastics (toys, etc), yard waste, compost, spiral containers.







Senior Meeting Agenda

Wednesday April 21, 2021 10:30 AM

Call Meeting to Order by President

Invocation by Invite

Review and approval of Agenda

Governor Moquino Remarks

Minutes of last meeting

Council Reps Remarks

Wayne Martinez, Chair

Summer Martinez, Vice-Chair

Marisela Hernandez (ENIPC Senior Program) Remarks

Status on Vehicles and Senior Site Director and staff

Senior Logo progress

Memorial update

Grow Boxes process

Concerns by Seniors

Benediction by invite

[See next page for how to join the meeting even if you don't have Zoom ability and the Zoom info is also included on the following page]

For those who do not have Zoom capabilities, you can come to the Tribal Council Room on Wednesday March 17, at 10:30 and the Zoom meeting will be shown on the new large screen TV and you will be able to participate in the meeting (hear and speak to others). Due to Covid concerns, we shall limit this to only 6 seniors, and you need to wear a mask (we can provide them) and stay 6 feet apart. Your temperature will be checked and if you have a fever, you will be asked to go home. The Tribal Council room will be sanitized prior to the meeting.

Here is the Zoom Info:

Join Zoom Meeting https://us02web.zoom.us/j/89159599014

Meeting ID: 891 5959 9014 Passcode: 045080 One tap mobile +12532158782,,89159599014#,,,,*045080# US (Tacoma) +13462487799,,89159599014#,,,,*045080# US (Houston)

Dial by your location +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) +1 301 715 8592 US (Washington DC) +1 312 626 6799 US (Chicago) +1 929 205 6099 US (New York) Meeting ID: 891 5959 9014 Passcode: 045080 Find your local number: https://us02web.zoom.us/u/kcIyVxwuj

Here are some youtube videos to help you setup Zoom:

https://www.youtube.com/watch?v=9isp3gPeQ0E

https://www.youtube.com/watch?v=mbbYgiurgeo

https://www.youtube.com/watch?v=9w3Y_9FLgc4

If you have a laptop, smart phone, tablet or Desktop with a webcam you can go to Zoom (<u>https://zoom.us/download#client_4meeting</u>) and download the application you need. You should do this before the meeting starts, if you do not already have Zoom installed.

If you don't have such capabilities, you can always just call one of the phone numbers listed above and punch in the Meeting ID and Passcode and you will be brought in to the meeting and you will be able to hear and talk with others in the meeting.



March 23, 2021

Dear San Ildefonso Community Members:

The Governor and Tribal Council hired our firm, Barbara Felix Architecture + Design, through a competitive proposal process in mid-2020 to provide planning services for a possible new museum and cultural center for Pueblo de San Ildefonso. A small group of tribal members have been assisting us in our endeavors, particularly in how we can include the larger community in the planning efforts.

Ideally, we would be able to meet with most of you personally or in small groups. Due to COVID-19 we are using different options to gather your feedback, including a series of surveys and interviews over the next couple of months. We hope that you will participate in making this project a true community endeavor.

Attached is our first survey. We will be distributing this in a variety of ways: food boxes, senior lunches, community bulletin, the community member Facebook list, and through the education department. We will have a link to fill out the survey online as well as a wood suggestion box at the Tribal Administration Offices to return physical copies.

Becca Snyder and I are both available to answer any questions or take comments, and can be reached at:

- Barbara Felix, barbara.felix@bjfelix.com, 505-820-1555 (office) or 505-490-9710 (cell)
- Becca Snyder, <u>becca.snyder@bjfelix.com</u>, 505-820-1555 (office) or 330-201-1134 (cell)

It is an honor to work with your community on this exciting endeavor – and I look forward to meeting you, sharing food, and hearing your stories.

Respectfully,

a'J. Felix, AIA

Principal

CC: Governor Christopher Moquino

www.bifelix.com



- Have you heard that the Pueblo is hoping to build a Museum and Cultural Center? 1. Yes No
- Are you interested in having a Museum and Cultural Center? 2. Yes No Why or Why not?
- 3. What do you think could make this MCC unique to San I?

4. Additional thoughts or comments?

5. Can we contact you?

Name:

E-mail: ______

Phone Number: _____

** Please return by April 9**

(via Email, this link: https://www.surveymonkey.com/r/TYBSCX3, or at the Tribal Adminstration Offices!

conducted by Barbara Felix Architecture + Design and San Ildefonso Planning Group



Questions, comments, or more thoughts? Call us at 505-820-1555 or email becca.snyder@bjfelix.com

Barbara Felix Architecture + Design We create Woven Architecture:"



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 Needed!!

WE ARE DELIVERING A SURVEY THAT WE ARE ASKING TO BE FILLED OUT BY 6TH GRADE STUDENTS AND UP. PLEASE RETURN THE SURVEY TO THE LIBRARY BY APRIL 9TH!

STUDENT MEALS

The Education Department will no longer deliver meals for the remainder of the school year.



Information about summer meals will be announced at a later date.

CALL FOR ARTISTS

The Education Department is going to host live and prerecorded 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.

Read Across America-Happy Birthday Dr. Seuss



Black on Black Pottery Class Taught by Evelyn Narnajo

April 13th- May 27, 2021 Tuesdays & Thursdays At the Library Limited to 8 students NO EXCEPTIONS 18 years and older

Call 455-2635 or Evelyn at 505-690-6859 to sign up!

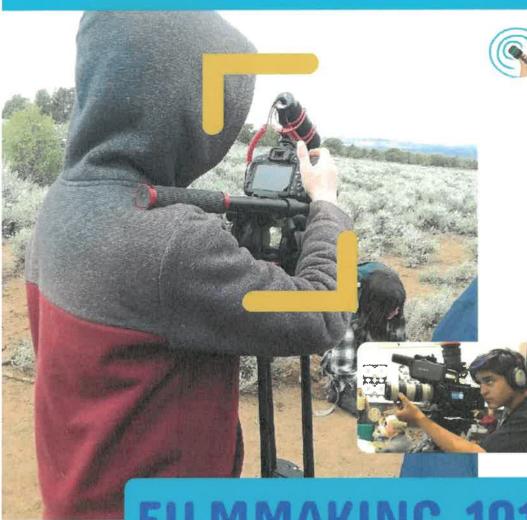
TRIBAL MEMBERS ONLY

TRADITIONAL PUEBLO DRESSMAKING CLASSES WITH SNOWFLAKE FASHIONS

Intermediate Classes: April 11th and April 18th from 1:30pm to 3:30pm and April 13th and April 20th from 6pm-7:30pm

Advanced Class 1: April 11th and April 18th and April 25th from 10am to noon.

Advanced Class 2: Every Wednesday starting April 28th-May 19th from 6:30pm to 8pm. Classes to be held via Zoom Contact 455-2635 to be signed up!



FILMMAKING 101

In this six week filmmaking workshop you will learn the basics of how to make a short film! Students will participate in every part of the process from brainstorming, outlining and writing to shooting, directing and editing. Choose from fiction, documentary, comedy, drama, music video, visual poem and more!

Dates: Time:

Age or Grade Levels:

3/30, 4/06, 4/13, 4/27, 5/04, 5/11 3:30pm - 4:30pm 6th through 12th grade

https://forms.gle/yK3jS4Xb9q4x31pcA www.truekids1.org



TRUE KIDS 1



PYTHON CODING CLUB

"Learn the language of computers"

In this four week session you will learn the fundamentals of coding. Discover symmetry, patterns, and the beauty of code! Using the coding language Python, students will experience what it takes to program a computer to solve problems, becoming programmer tinkerers! No experience required.

Dates:





4.7, 4.14, 4.21, 4.28, 5.6 2:00pm to 3:00pm

Link to registration: https://forms.gle/qWgzjQ8uETdYop3d8

Meeting will be held virtually

www.truekids1.org

MM TAOS







NM OPBS PBS REPORTING LAB

Join True Kids 1 PBS Journalism team. Students will create news stories to be broadcast on PBS NM and to submit to the PBS Student Reporting Labs contest to air nationally.

Dates: 4/06, 4/13, 4/20, 4/27, 5/4, 5/11 Time: Tuesdays 3pm-4pm Age or Grade levels: Grade 6 - 12

Abeetings will be virtual. Any video shoots will be in small groups with Covid Safe practices.

www.truekids1.org

TRUE KIDS 1 SATURDAY SUNSET DRONE CLUB

Learn to fly a drone and the art of drone photography while capturing footage of the unique geography of the Taos region every Saturday evening for six weeks.



Where:	Various locations in the Taos Area
When:	4/3, 4/10, 4/17, 4/24, 5/1, 5/8
Time:	5-6pm
Who:	Grades 6-12
Cost:	Free

To be COVID-safe, all participants will wear masks and monitain social distance while on site

Space is limited sign up now

Jain True Kids 9 and drone video mentor Margan Timms for this fun new after school clubr

Registration Form: https://forms.gle/Vccve2ySijhZwu2v5



Vaccination clinics are open to tribal members and non-natives married or living with a tribal member. Should you have additional questions please contact a COVID Response Team member.

HS Vaccination Schedule You Must Sign Up with a COVID Response Team for ALL Vaccine clinics.								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				1 Black Mesa Casino- San Felipe – Prime Moderna	2			
4	5	6	7 Santa Claran Casino Prime Moderna	8 BTR – Booster (From Prime 3/10- 11/2021)	9	1 SFIS Booster Pfizer (Boosters Prime from 3/20/2021)		
11	12	13	14 SFIS Pfizer Prime/Boosters and Moderna Booster	15 SFIS - Pfizer Prime/Boosters and Moderna Booster (Prime doses from 3/25/2021	16	1		
18	19	20	21	22	23	2		
25	26	27	28 SFIS – Pfizer boosters (Prime boosters from 3/31/2021)	29 Black Mesa Casino – San Felipe – Moderna	30			

COVID-19 Response Team

Troy Campbell (505)455-2395 (505)692-5943 cell Thelma Gonzales (505)455-4114 (505)690-1024 cell

Claudia Lente (505)455-4115 (505)231-9401 cell Raelene Martinez (505)455-2395 (505)660-8927 cell

Managing Stress During COVID-19 (Coronavirus)

Stress during COVID-19 (Coronavirus)

The spread of a new virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation.

Stress during this time can have a big impact on home lives. It is normal to feel like things are out of control, but there are ways to bring down stress levels. To reduce stress, it is important to learn how to recognize the signs of stress and to learn strategies for managing stress. For some people - like those who experience violence at home - more help may be needed to support a safe home environment.

Recognizing the signs of stress

A person's body can react to stress in strong ways. People have different signs of stress, but they may include:

- An increase or decrease in energy and activity levels
- An increase in frustration, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Not wanting to eat or eating too much
- Worrying much more than usual
- Wanting to be alone most of the time
- Not able to feel pleasure or have fun
- Feeling depressed, anxious, or fearful
- An increase in alcohol use or use of illegal drugs

Strategies to manage stress

Stress can be managed, even when it feels like it's impossible to deal with. Here are some strategies to reduce stress at home:

- Take breaks from watching, reading, or listening to news stories, including social media. Instead, read a book or watch a show that takes the mind off the news.
- Care for the body! Take deep breaths with eyes closed, stretch, or meditate. Try to eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs.
- Exercise! Get outside for a walk, or do an in-home workout.
- Connect with others through a phone call or video chat! Share concerns and feelings with a friend or family member.
- Try to laugh! Humor is a great way to calm the mind.



Support for those at risk of violence in the home

People who experience violence or abuse at home may be experiencing increased stress and danger during this period of social distancing and home isolation.

If someone is experiencing violence or abuse in their home, they are not alone. There are many resources available to help:

- The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.
- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through chat.
- The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483.
- The SAMHSA Disaster Distress Helpline offers 24/7, confidential and free crisis counseling: 1-800-985-5990.
- They can also reach out to a friend, co-worker, or family member who can check in with them about their safety and support needs, and help them make plans for staying somewhere else if their situation becomes dangerous.

We all can support those at risk by reaching out to loved ones, friends, neighbors, and coworkers to see if they have the care and support they need, and if they feel safe at home. If you suspect someone you know may be experiencing violence or abuse at home, consider reaching out to let them know you are available to talk. You can also call the free, confidential National Domestic Violence Hotline 24/7 at 1-800-799-7233.

For more information: www.CDC.gov/coronavirus



CENTER FOR AMERICAN

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FISHING FOR TRIBAL MEMBERS

The Parks and Wildlife Program is pleased to announce an opportunity for households interested to fish at our lake for <u>free</u> to tribal members during Covid lockdown.

In order to be Covid-19 compliant, this is how the process will work.

- Up to six households with up to five members at time will be allowed to fish for up to 3 hours on
 Friday, Saturday and Sunday. Households with children will have first priority.
- A lottery system will be in place to ensure fairness. A neutral person will be selected to draw the names.
 The selected families will be notified one day ahead.
- The hours will be from 8:30am until 11:30. The gates will open at 8:15am and will close promptly at 12:00noon. Names, and vehicle makes will documented.

- The Rangers and Law Enforcement will patrol, monitor the lake and will strictly enforce covid-19 protocol.
- There will be six areas designated for fishing. First name or head of household selected will get first choice of location.
- Face masks will be required and groups are not to intermingle with other groups. Compliance will be strictly enforced.
- Catch limits will be 5 trout per line, one line per person will be allowed.
- Tentative date to open will be Friday April 9, 2021.
- This will be a trial period to work out the logistics, hours and days can be subject to change on a biweekly basis. Depending on feedback.
- To register your household and to ask questions contact the Tribal Rangers: Jerome L. Martinez @ 455-4136 or Jose Aguilar @ 455-4137



Pueblo de San Ildefonso

Office of the Governor

DITCH CLEANING

All men ages 18-54 who are enrolled tribal members are to participate -Saturday, April 10, 2021 at 7:30 a.m. -Report to the El Rancho Pond to sign-in

Non-tribal individuals - men, ages 18-54 who reside with a San Ildefonso tribal member are expected to participate.

*Enrolled tribal members choosing not to participate will be assessed a \$25 Non-Participant Fee. Payable to the Pueblo de San Ildefonso and may be paid at the Governor's Office.

