

# OFFICE OF THE GOVERNOR

GOVERNOR-TUUYON NATHANIEL S. PORTER

15A BAY POE, NAMBE PUEBLO, NM 87506

T: (505)455-4410 FAX: (505)455-2038

NAMBE PUEBLO.ORG

HOURS: MONDAY-FRIDAY 8AM-5PM

CLOSED FOR LUNCH 12PM-1PM

## Transfer Station Hours:

Wednesday, Saturday, Sunday  
10am-5pm. Lunch from 1pm-2pm.

## Wellness Center Hours:

Monday-Thursday 11am-7pm  
Friday-8am-5pm & Saturday 8am-12pm

## Nambe Lake & Falls Hours:

Thursday-Sunday 7am-7pm

Nambe Pueblo Administration is open Monday-Friday from 8AM – 5PM, we close daily for lunch from 12PM – 1PM. Please call ahead and make an appointment with the department you need assistance from. Thank you for your cooperation, stay safe and take care.  
For appointments call (505)455-4410.

Tribal Council meetings are held on the last Wednesday of every month. If you want to be added to the agenda to address the Council, please call Onnie at least a week prior to the meeting at 505-455-4429. Thank you.



## NAMBÉ NEWSLETTER

MARCH – TSIYÓPÚ

P'OE 22, 2024

"BREAKING OF LEAVES  
& SPROUTING OF  
ROOTS MONTH"



**Mondays-** Beading Class w/ Frank Loretto, 5-7pm @ Wellness Center

**Mondays, Wednesdays-** Tai Chi classes starting 4/1 11:30-12 @ Wellness Center and BOOT CAMP 6pm @ Wellness Center

**Tuesday's-** Gentle Yoga 12-12:45pm @ Yurts

**Tuesdays, Thursdays-** Yoga 6pm @ Wellness Center

**Thursday's-** A.A 6pm @ The Yurts

**3/22-** End of Semester Ice Cream Social @5pm & Movie @ 6pm Wellness Center

**3/24-** Shawl Making Sessions 9-12pm

**3/26-** Tewa Circle 5:30-

**3/24-** Easter Event @ Big Ramada-Waterfalls 12-3pm

**3/28-** Lake and Falls opens 7am-7pm & Colorectal Cancer

Presentation 4:30-5:30 Wellness

**3/29-** Good Friday, Offices Closed

**3/31-** Happy Easter

**4/1-** April Fool's Day!

## Veteran of the month

Clifford Pena is March's Veteran of the Month. He served in the U.S Army from 1970-1973. We Thank you for your years of service and wish you the best!

CELEBRATE SUCCESS!

# End of Semester Ice Cream Social

*Come celebrate the end of the 3rd nine weeks with us! Enjoy a brownie sundae followed by a movie night!*

*Friday, March 22nd*

*5 pm - 6 pm*

*Movie Showing @ 6pm*

*Nambe Pueblo Wellness  
Center*



*All children under  
the age of 13  
MUST be  
accompanied by an  
adult.*





**SUNDAY, MARCH 24 FROM 12PM-3PM**

**BIG RAMADA AREA AT THE FALLS**

**BRING THE FAMILY AND ENJOY LIVE MUSIC, BBQ LUNCH  
STARTS AT 12-12:45PM.**

**\*EGG HUNT FOR 3-8YRS STARTS @ 1-1:30,**

**\*9-12YRS STARTS @ 1:30-2PM**

**\*13-15YRS BEGINS @ 2-2:30PM**

**\*THERE WILL BE A RAFFLE FOR 16-18YRS**

**DONT FORGET YOUR CHAIRS AND EASTER BASKETS.**





**Get your Fishing, Camping, & Hiking gear ready!**

**The Nambé Falls and Lake Recreation Area**

**Will be opening for the 2024 Season**

**Thursday, March 28, 2024 at 7:00 am**

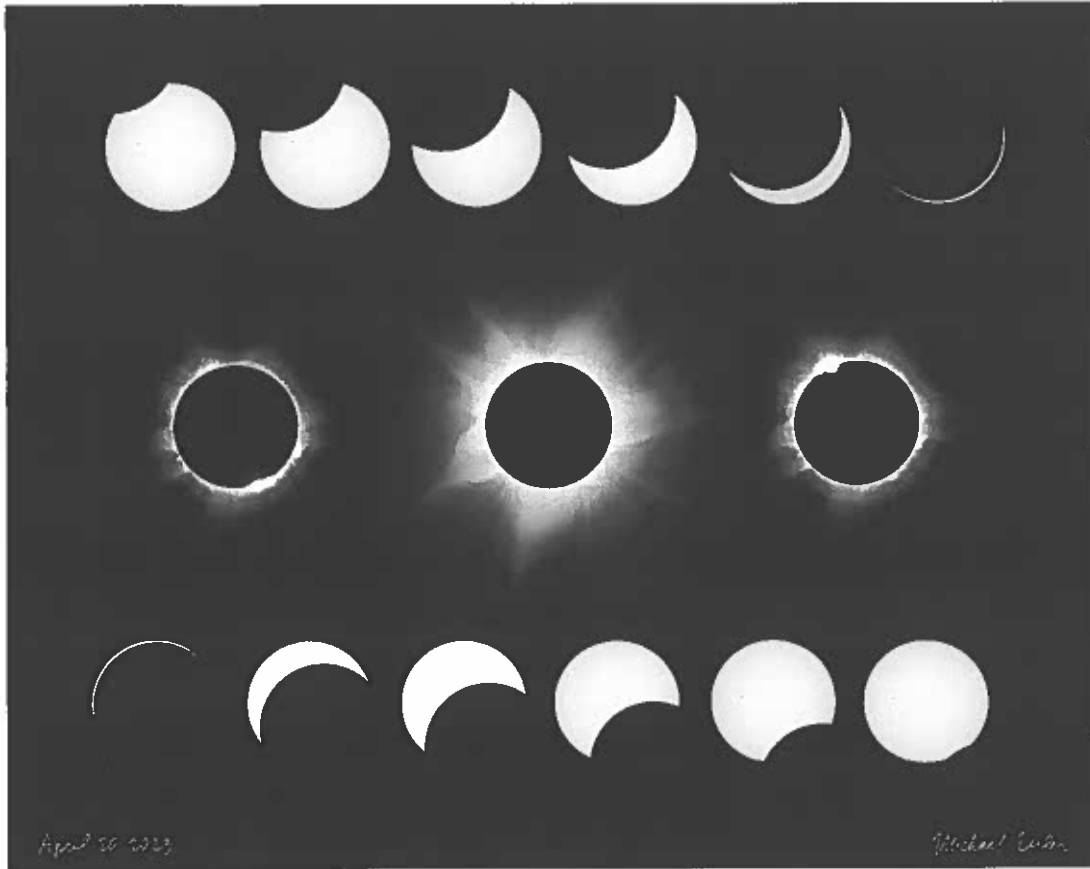
**Call the Nambé Falls Ranger Station for more info**

**(505) 455-2304**

**FB: NAMBE Pueblo Rangers    Web: [www.visitnambefalls.org](http://www.visitnambefalls.org)**



## Total Solar Eclipse Event



Join us on April 8, 2024 to view the Total Solar Eclipse! There will be food, fun outdoor activities and an incentive for the first 50 people to fill out our questionnaire. We will also be giving out the Eclipse Sunglasses to those that attend.

Date: April 8, 2024

Time: 11:00am-1:00pm

Location: Wellness Center and Buffalo Range Park

# **Family Literacy Night**

Wednesday April 10, 2024

From 5:30-6:30pm

ALL FAMILIES ARE WELCOME TO COME AND JOIN US FOR A NIGHT OF FUN. EVERYONE IS GIVEN A BOOK TO READ AND TAKE HOME. GET CREATIVE ON AN ART PROJECT AND ENJOY A HOMEMADE DINNER.  
**(PLEASE REMEMBER CHILDREN MUST BE ACCOMPANIED BY AN ADULT.)**



## **Book Club**

Nambe Pueblo Library will be hosting Book Club on every other Monday at the Nambe Pueblo Library (located at Wellness Center, upstairs).

**Next meeting:** April 1, 2024

**Time:** 11 am

**Location:** Nambe Pueblo Library (Wellness Center)

If you are interested in joining please contact Victoria ([vvigil@nambepueblo.org](mailto:vvigil@nambepueblo.org)) or Stephanie ([spena@nambepueblo.org](mailto:spena@nambepueblo.org)) (505) 455-4424 at the Library for more information.



# Wellness Center Updates

We are opening up early for a limited time. Monday through Thursday we will open at 9am instead of 11. Hope to see you there!

Tai Chi will classes starting APRIL 1<sup>st</sup>, from 11:30am -12. These classes will be held every Monday and Wednesday. Tai Chi is great for our Elder's and helps promote balance too.



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On average we lose more than 2 New Mexico children to gun violence every year.

Boys account for 80% of victims by guns.



**LOCKING UP GUNS CAN PREVENT SUICIDE**=Every year more than 700 children under the age of 18 die by suicide with a gun.

THE CHR PROGRAM in collaboration with the New Mexico Department of Health has trigger/gun locks for you. Please call CHR Office 455-4415 to get yours, limited quality in-stock.

**Locking Up Guns Can Save A Child's Life!**



We will be starting our  
New Challenge !

Call CHR Office 455-4415 to sign up.

We will meet every Friday  
morning from 9am-11am at  
the Wellness Center

Starts on April 5<sup>th</sup> and Ends  
May 31<sup>st</sup>.

You **MUST** be there for the FIRST  
and LAST class and can only MISS  
TWO classes throughout the 9  
weeks. **Missing first class will  
automatic disqualify you from  
program.** You must be able to do a  
fitness assessment.

**ONLY 10 Participants  
will be accepted, first  
call, first serve.**

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The CHR Office will be CLOSED on Good Friday, March 29<sup>th</sup>. We  
will be picking up medications on THURSDAY, MARCH 28<sup>th</sup>. Please  
call the CHR Office by 8am on Thursday so we can pick up your  
medications, 455-4415.

Thank you and have a Safe and Blessed Easter!





# → 30 day butt & leg boost

The challenge is on! Boost your butt and legs in just 30 days! Follow this simple plan and gain strength, confidence, and a perfect reason to buy that new pair of jeans!



**SQUATS**



**FIRE HYDRANTS**



**LUNGES**



**HEEL LIFTS**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<ul style="list-style-type: none"> <li>○ 4 Squats</li> <li>○ 4 Fire Hydrants</li> <li>○ 4 Lunges</li> <li>○ 4 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 5 Squats</li> <li>○ 5 Fire Hydrants</li> <li>○ 5 Lunges</li> <li>○ 5 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 6 Squats</li> <li>○ 6 Fire Hydrants</li> <li>○ 6 Lunges</li> <li>○ 6 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 7 Squats</li> <li>○ 7 Fire Hydrants</li> <li>○ 7 Lunges</li> <li>○ 7 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 8 Squats</li> <li>○ 8 Fire Hydrants</li> <li>○ 8 Lunges</li> <li>○ 8 Heel Lifts</li> </ul>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<ul style="list-style-type: none"> <li>○ 9 Squats</li> <li>○ 9 Fire Hydrants</li> <li>○ 9 Lunges</li> <li>○ 9 Heel Lifts</li> </ul>	REST	<ul style="list-style-type: none"> <li>○ 10 Squats</li> <li>○ 10 Fire Hydrants</li> <li>○ 10 Lunges</li> <li>○ 10 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 10 Squats</li> <li>○ 10 Fire Hydrants</li> <li>○ 10 Lunges</li> <li>○ 10 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x6 Squats</li> <li>○ 2x6 Fire Hydrants</li> <li>○ 2x6 Lunges</li> <li>○ 2x6 Heel Lifts</li> </ul>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<ul style="list-style-type: none"> <li>○ 2x6 Squats</li> <li>○ 2x6 Fire Hydrants</li> <li>○ 2x6 Lunges</li> <li>○ 2x6 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x7 Squats</li> <li>○ 2x7 Fire Hydrants</li> <li>○ 2x7 Lunges</li> <li>○ 2x7 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x7 Squats</li> <li>○ 2x7 Fire Hydrants</li> <li>○ 2x7 Lunges</li> <li>○ 2x7 Heel Lifts</li> </ul>	REST	<ul style="list-style-type: none"> <li>○ 2x8 Squats</li> <li>○ 2x8 Fire Hydrants</li> <li>○ 2x8 Lunges</li> <li>○ 2x8 Heel Lifts</li> </ul>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<ul style="list-style-type: none"> <li>○ 2x8 Squats</li> <li>○ 2x8 Fire Hydrants</li> <li>○ 2x8 Lunges</li> <li>○ 2x8 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x9 Squats</li> <li>○ 2x9 Fire Hydrants</li> <li>○ 2x9 Lunges</li> <li>○ 2x9 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x9 Squats</li> <li>○ 2x9 Fire Hydrants</li> <li>○ 2x9 Lunges</li> <li>○ 2x9 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x10 Squats</li> <li>○ 2x10 Fire Hydrants</li> <li>○ 2x10 Lunges</li> <li>○ 2x10 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 2x10 Squats</li> <li>○ 2x10 Fire Hydrants</li> <li>○ 2x10 Lunges</li> <li>○ 2x10 Heel Lifts</li> </ul>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
REST	<ul style="list-style-type: none"> <li>○ 3x7 Squats</li> <li>○ 3x7 Fire Hydrants</li> <li>○ 3x7 Lunges</li> <li>○ 3x7 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 3x7 Squats</li> <li>○ 3x7 Fire Hydrants</li> <li>○ 3x7 Lunges</li> <li>○ 3x7 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 3x8 Squats</li> <li>○ 3x8 Fire Hydrants</li> <li>○ 3x8 Lunges</li> <li>○ 3x8 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 3x8 Squats</li> <li>○ 3x8 Fire Hydrants</li> <li>○ 3x8 Lunges</li> <li>○ 3x8 Heel Lifts</li> </ul>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<ul style="list-style-type: none"> <li>○ 3x9 Squats</li> <li>○ 3x9 Fire Hydrants</li> <li>○ 3x9 Lunges</li> <li>○ 3x9 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 3x9 Squats</li> <li>○ 3x9 Fire Hydrants</li> <li>○ 3x9 Lunges</li> <li>○ 3x9 Heel Lifts</li> </ul>	REST	<ul style="list-style-type: none"> <li>○ 3x10 Squats</li> <li>○ 3x10 Fire Hydrants</li> <li>○ 3x10 Lunges</li> <li>○ 3x10 Heel Lifts</li> </ul>	<ul style="list-style-type: none"> <li>○ 3x10 Squats</li> <li>○ 3x10 Fire Hydrants</li> <li>○ 3x10 Lunges</li> <li>○ 3x10 Heel Lifts</li> </ul>

Call the Wellness Center By April 2 to join the challenge 455-4423. Keep this calendar and mark off each day, turn it in at the end of month for your incentive, due by May 3rd. You can do it!

# Low Blood Sugar

## Know the Symptoms of Low Blood Sugar

Low blood sugar can be a problem. You may feel one or more of the symptoms below when your blood sugar is getting low. Some people may not feel any symptoms.



- A low blood sugar is 70 or less.
- You may feel symptoms at, or near, 70.



## What To Do If You Have Low Blood Sugar Symptoms

If you have your meter nearby, check your blood sugar. It is okay if you cannot check. It is more important to treat your symptoms right away.

**Step 1:** Treat low blood sugar. Choose one sugary food or drink, such as:



Half a glass of real fruit juice (not sugar free)



Half a can of soda pop (not sugar free)



4 to 5 pieces of hard candy (not chocolate)



3 teaspoons or packets of real sugar, jelly or honey

**Step 2:** Wait 15 minutes. If you are able, check your blood sugar to see if it is above 70.



**Step 3:** If you continue to have symptoms, or if your blood sugar is less than 70, repeat step 1.

**Step 4:** When the symptoms are gone, eat a meal or snack to keep your symptoms from returning.



## Talk to Your Health Care Provider



Let your health care provider know if you are having symptoms of low blood sugar. You may need a change in your medicine.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes). 07/2018

Take a picture with your cell phone. Look at the picture later as a reminder!







**TRAUMA INFORMED  
CARE & SELF-CARE  
FOR CHILDREN &  
ADULTS DURING A  
PANDEMIC**

**Wednesday, March 27th  
3:30-5:00 PM**



Dr. Stephanie Mack Ed.D. has served children and families for 28 years – working with public school classrooms, prison settings, and administrative offices. Dr. Mack has also served in the non-profit early childhood sector and corporate educational delivery programs in Texas and New Mexico.

**Register Here:**



This presentation will provide tools and resources for supporting children through a pandemic or other emergency situations, along with, trauma informed care and self-care for children and adults. Participants will strengthen their knowledge to better serve and empower students and families, in addition to supporting children within their own home.

*Please prepare for an interactive session!*

**Education Coordinator  
Jessica Acosta  
jessica@lanlfoundation.org**



**LANL  
FOUNDATION**  
*Investing in Learning  
& Human Potential!*



# FACT

COLORECTAL CANCER IS THE MOST PREVENTABLE, BUT LEAST PREVENTED CANCER.



Are you 45 through 75 years of AGE?

If so, you should attend our Colorectal Cancer Presentation

on March 28, 2024 at the Wellness Center from 4:30 to 5:30pm

## Most Common Cancers in New Mexico American Indians, 2016-2020

Males		Females	
Rank	Cancer	Rank	Cancer
1	Prostate	1	Breast
2	Kidney	2	Colorectal
3	Colorectal	3	Uterine
4	Liver	4	Kidney
5	Stomach	5	Brain

Source: New Mexico Tumor Registry

## Colorectal cancer is preventable, but . . .

only **23%**

of Native American men and women in the Indian Health Service Albuquerque Area are up-to-date with colorectal cancer screening (FY22).

**59%**

of Native Americans in New Mexico are diagnosed at regional or distant stages of colorectal cancer



— SEARCHING FOR —

# COMMUNITY MEMBERS

TO DISCUSS THE IMPACT OF COLORECTAL CANCER IN  
INDIAN COUNTRY.

- \$100/hr Honorarium
- Attend one 90-minute online focus group meeting via Zoom.
- Results will be used to develop educational messaging about early detection and cancer screening for American Indian/Alaskan Native communities.
- Must be American Indian/Alaska Native to participate.

APPLY NOW



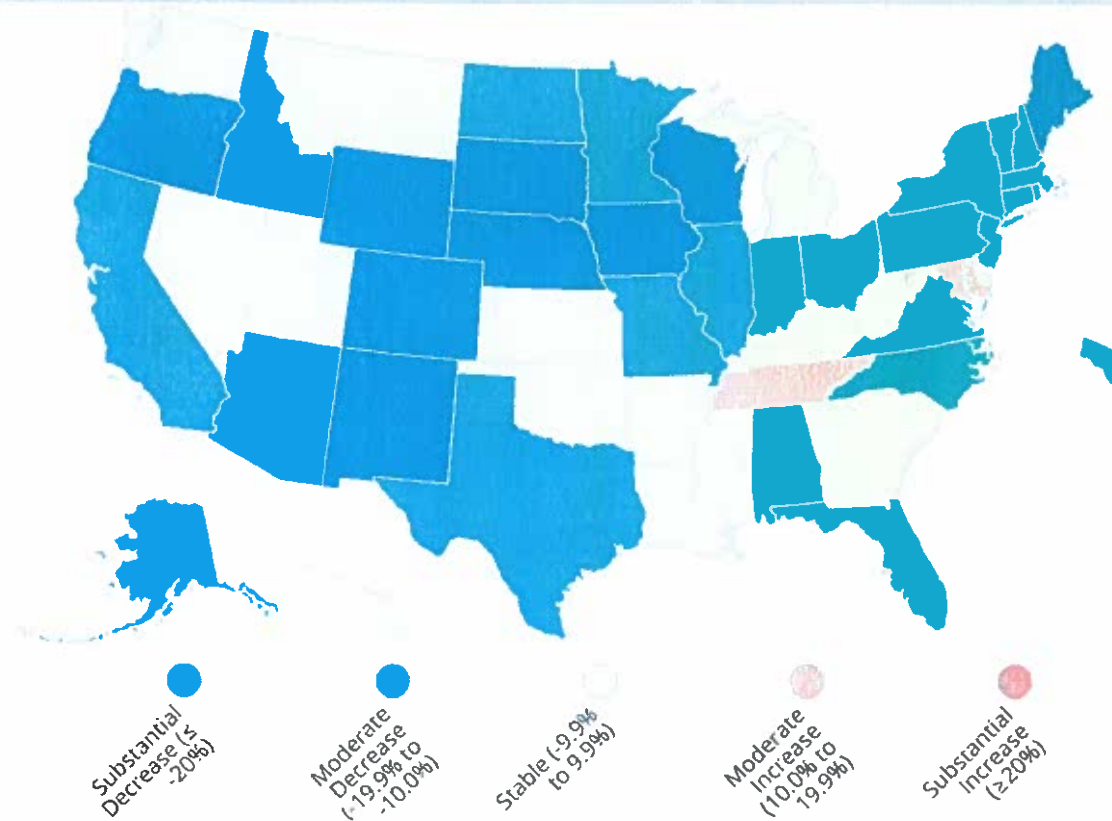
For questions or more information, please  
email [info@aicaaf.org](mailto:info@aicaaf.org).

# COVID-19 SITUATIONAL REPORT

AASTECC TRIBAL SERVICE AREA – NM, SW CO, AND WEST TEXAS



## DAILY HIGHLIGHTS – March 12, 2024



This map displays the [percent change in new hospital admissions for COVID-19](#) by state compared to the past week.

Monday marks the 4-year anniversary of the World Health Organization (WHO) declaring the [global COVID-19 outbreak to be a pandemic](#). As of the week ending March 2, there were 15,141 weekly new hospital admissions for COVID-19 according to [data](#) from the CDC, about 1/10<sup>th</sup> of the peak of weekly COVID-19 related hospitalization recorded in the U.S. – 150,650 during the week of 1/15/2022. Over the course of the pandemic, [more than 6 million Americans](#) have been hospitalized, CDC data shows.

During the week of March 2, there were 576 weekly deaths due to COVID-19, which is the lowest number recorded since summer 2023 and several times lower than the peak of 25,974 weekly deaths recorded the week ending Jan. 9, 2021. Since the pandemic began, more than 1.18 million Americans have died from COVID-19, according to [CDC data](#).

In early fall, the federal government recommended an [updated vaccine](#) that is targeted against variants that are currently circulating, which are related to XBB, an offshoot of the omicron variant. However, as of Friday, just 22.6% of adults aged 18 and older and 13.5% of children under age 18 have received the vaccine, according to [CDC data](#). This is lower than the nearly half of adults who said they planned to get the vaccine in a poll conducted by the [KFF COVID-19 Vaccine Monitor](#) in September. In some relatively good news, 42.4% of adults aged 65 and older, which is the group at highest risk of severe illness and death, have gotten vaccinated.

According to the most recent federal [Household Pulse Survey](#), between Jan. 9, 2024 and Feb. 5, 2024, 6.8% of U.S. adults currently have long COVID and 17.6% have had long COVID.



## NEW MEXICO

The New Mexico Department of Health (NMDOH) announced the [launch of a unified hotline](#), the "NMDOH Helpline," aimed at consolidating the various DOH hotlines into a single point of contact for the public. The DOH Helpline, accessible at (1-833-SWNURSE) 1-833-796-8773, will be staffed by dedicated nurses who are available to address questions and concerns from the public. The helpline merges multiple hotlines including those for COVID-19 Assistance such as telehealth Paxlovid prescriptions for uninsured/underinsured persons, guidance in isolation/exposure protocols, and assistance in scheduling all types of vaccinations (COVID, RSV, flu, pneumonia, shingles, etc.).

NMDOH recommends that all persons ages 6 months and older receive an updated COVID-19 vaccine. Individuals who are younger than 5 years of age or are immunocompromised may need more than one dose. Individuals should check with their healthcare providers for more information. Individuals can sign up for their vaccine appointment by calling 1-833-796-8773, online at [vaccine.doh.nm.gov](https://vaccine.doh.nm.gov), [vaccines.gov](https://vaccines.gov), or through their personal medical provider or pharmacist.

### New Mexico COVID-19 Cases Overview

The table below shows new and total counts of COVID-19 cases, tests, hospitalizations, and vaccine information within NM. Unless otherwise noted, these numbers are reported as of 5 p.m. MT on 3/12/2024.

New Mexico COVID-19 Data Update				
<b>NEW CASES</b>	2/9 - 2/15 <b>814</b>	2/16 - 2/22 <b>756</b>	2/23 - 2/29 <b>658</b>	3/1 - 3/7 <b>635</b>
<b>New HOSPITAL Admissions</b>	2/6 - 2/12 <b>61*</b>	2/13 - 2/19 <b>15*</b>	2/20 - 2/26 <b>26*</b>	2/27 - 3/4 <b>16*</b>
<b>New COVID-19 Tests (3/1 - 3/7)</b>		<b>Percent Positivity (3/1 - 3/7)</b>		
<b>8,648</b>		<b>6.7%</b>		
<b>Vaccines Administered (3/5 - 3/11)</b>		<b>Total % Received Updated Vaccine</b>		
<b>2,334</b>		<b>14.7%</b>		

Note: All metrics in the table are 7-day estimates. Source: [New Mexico Department of Health](#)

*\*As of November 28, NMDOH is reporting trends in COVID-19 hospitalizations only for residents of the following 7 New Mexico counties: Bernalillo, Chaves, Doña Ana, Luna, Grant, San Juan, and Santa Fe. And, as of 1/18/2024, NMDOH is using an alternative data source of COVID-19 hospitalizations for residents of these 7 New Mexico counties where additional cleaning and validation of hospitalization data has been performed, resulting in slightly modified numbers. All historical COVID-19 hospitalization data on this dashboard have been adjusted to reflect this new source. To estimate statewide counts, we have multiplied reported hospitalizations by 1.64 to reflect the statewide population per NMDOH guidance.*

The New Mexico Department of Health is no longer producing its COVID-19 Hospitalization Epidemiology Report. Instead, it has created a new viral respiratory infection dashboard which can be accessed here: <https://nmdoh-reports.shinyapps.io/ViralRespiratoryInfectionDashboard/>

COVID-19 Vaccination in New Mexico by County	
County	% of AI/AN Residents with 2023-2024 Updated COVID Vaccine
Bernalillo	16.2%
Cibola	13.4%
Lincoln	8.1%
McKinley	23.8%
Otero	12.5%
Rio Arriba	27.3%
San Juan	23.8%
Sandoval	20.7%
Santa Fe	28.4%
Socorro	20.0%
Taos	22.7%
New Mexico Overall	21.0%

Source: NMDOH updated 3/5/2024

Vaccine Administered by Race/Ethnicity (New Mexico State Data)	
Race/Ethnicity	% With 2023-2024 Updated COVID Vaccine
American Indian/Alaska Native	21.0%
Asian Pacific Islander	21.9%
Black or African American	11.8%
Hispanic or Latino	8.6%
White	19.4%

Source: NMDOH updated 3/5/2024

Vaccine Administered to AI/AN by Age (New Mexico State Data)	
Age Group	% With 2023-2024 Updated COVID Vaccine
6m to 4 years	10.2%
5-11 years	11.0%
12-17 years	14.7%
18-24 years	10.2%
25-39 years	11.0%
40-64 years	27.5%
65+ years	52.0%

Source: NMDOH updated 3/5/2024

Vaccine Administered to AI/AN by Gender (New Mexico State Data)	
Gender	% With 2023-2024 Updated COVID Vaccine
Female	23.1%
Male	18.7%

Source: NMDOH updated 3/5/2024

# Tsiyópu P'óe

## Breaking of Leaves & Sprouting of Roots Month



*Hihchan Wáa Thaa!  
Happy Egg Day!*

### Beading Classes with

Frank Loretto

Monday Evenings,  
5pm - 7pm

@ Wellness Center

= **Limit to 15 Tribal Members** =

= *Please call to Reserve your spot* =



### Shawl Making Sessions

Please bring your finished projects or projects still being worked on. Also, please bring any borrowed tools & other materials.

We will be transitioning to other projects.

Next Sessions: Saturday,

**3/23/24**

**9am – 12pm**

Multipurpose Room

### Tewa Circle

= Zoom Sessions =

**3/26/24**

**5:30pm – 6:30pm**

= Email or Call for  
Zoom Link =



Tewa Language Program, 505-455-4417,  
[vmartinez@nambepueblo.org](mailto:vmartinez@nambepueblo.org)





# YOUNG NATIVE PLAYWRIGHTS

a Free Online Writing Workshop

Do you have a story to tell?  
Have you always been interested in writing?  
Do you want to learn how to write a play?  
Can you commit to 2 hours on Saturdays?

Join us for 8 sessions to learn new  
writing skills and improve your  
storytelling techniques.

**APRIL 13 - JUNE 1**

Finished plays will be read during  
the American Indian Arts Festival at  
the Autry Museum of the American West  
Saturday, June 8, 2024 and Sunday, June 9, 2024  
and streamed online for those unable to attend

Accepting applications from American Indian, Alaska  
Native, Native Hawaiian, and First Nations students in  
Grades 7-12.

**SCAN FOR MORE INFO**



NativeVoices

# Growing Together

## **DENR and Early Childhood Learning Center Earth Day Event at Wellness Center Monday, April 22<sup>nd</sup> 2024**

### Agenda:

**5-5:30 Make starter plants for your garden with DENR (all ages welcomed)**

**5:30 Enjoy a meal!**

**6-6:45 Sit in on Early Literacy workshop**

**(please register prior with Samantha Viarrial, Early Childhood Coordinator)**

- **Find out about the development of language and literacy skills.**
- **Identify literacy opportunities that reflect your family's strengths.**
  - **Learn how to give your child an early start in reading.**
  - **Discover how to use daily routines to develop literacy.**

**\*\*\*Child care will be provided during workshop**

**If you have any questions please contact**

**Samantha Viarrial, (505)310-9410`**



### Substitute Teachers

**Early Childhood Learning Center is still looking to hire substitute teachers!**

**If you are interest please contact**

**Samantha Viarrial, Early Childhood Coordinator**



# NAMBE PUEBLO SUMMER YOUTH PROGRAM

THE HEALTH, WELLNESS & EDUCATION DEPARTMENT WILL BE OFFERING THE SUMMER YOUTH PROGRAM FOR TRIBAL MEMBER CHILDREN AND ANY OTHER CHILDREN WHO RESIDE ON THE PUEBLO. REGISTRATION WILL BE OPEN FOR STUDENTS K-5TH GRADE. (STUDENTS MUST BE 6YRS OLD DUE TO FIELD TRIP AGE LIMITS)



**OUR PROGRAM WILL RUN TUESDAY THROUGH THURSDAY 7:30AM-5:30PM [AT] THE NAMBE PUEBLO WELLNESS CENTER STARTING ON JUNE 4TH TO JULY 25TH**

IF YOU ARE INTERESTED IN REGISTERING YOUR CHILD FILL OUT THE REGISTRATION FORM ATTACHED AND TURN IN TO ANY STAFF AT THE NAMBE PUEBLO WELLNESS CENTER BY APRIL 29TH.







# NAMBE PUEBLO SUMMER YOUTH PROGRAM REGISTRATION FORM



Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Shirt Size: adult / youth XS S M L XL 2XL other \_\_\_\_\_

Parent/Guardian: _____
Cell Phone: _____
Work Phone: _____
Home Phone: _____

Height \_\_\_\_\_  
Weight \_\_\_\_\_

Parent/Guardian: _____
Cell Phone: _____
Work Phone: _____
Home Phone: _____

Names of those authorized to pick up your child: \_\_\_\_\_

*No one else will be allowed to pick up your child unless you have made prior arrangements WITH STAFF.*

**In case of an emergency or misconduct of your child please list names below for immediate contact:**

- 1) Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Contact # \_\_\_\_\_
- 2) Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Contact # \_\_\_\_\_

**In case of medical emergency please fill out the following:**

Hospital: \_\_\_\_\_ Hospital # \_\_\_\_\_ Chart#: \_\_\_\_\_ Doctor: \_\_\_\_\_

**Does your child have allergies or medical conditions that the Program should be aware of, please list:**

**List any medications needed for allergies and/or medical conditions:**

**Can the Nambe Pueblo Summer Youth Program administer the following medications to your child if necessary?**

<b>Ibuprofen</b> Yes / No	<b>Loratadine</b> (Allergies/allergic reaction) Yes / No
<b>Acetaminophen</b> (cold symptoms) Yes / No	<b>Cough Drops</b> Yes/No
	<b>Others</b> _____
	Parent/Guardian needs to provide
* * * * *	* * * * *

### Release of Liability & Permission

I give permission for my child \_\_\_\_\_ to attend all on site and off site activities with the Summer Youth Program sponsored by the Nambé Pueblo Tribal Programs. I understand that my child will be transported by staff, using vehicles issued to them by Nambé Pueblo. I shall not hold the Pueblo of Nambé or the Employees providing services and activities liable for any accidents, injuries, or loss of personal property that may occur during any activities, nor during travel to and from activities. It is my responsibility as a parent, to provide all information necessary just in case of an injury or accident that may occur; this is to insure that my child may receive assistance immediately.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

## **Photo Permission**

I give permission for my child \_\_\_\_\_ to be photographed/filmed by staff or an appointee. These videos/pictures will be used for our photo album, grant reports and other to promote the program.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

**Please read with your child and sign, Thank you!**

### **Rules of Conduct:**

- 1. Listen and follow directions that the staff gives you.**
- 2. Clean up after yourself.**
- 3. Participate in all activities.**
- 4. Be respectful of one another, no swearing, or taking pictures or videos of others without their consent.**
- 5. Use equipment in the proper manner, do not break it or misuse it.**
- 6. No Fighting, bullying, name calling or anything that would constitute violent behavior towards others or yourself.**
- 7. No stealing or taking of anyone else's property.**
- 8. No vandalism.**
- 9. No possession of alcohol, cigarettes and any drugs or under the influence of any substance.**

### **Responsibility of the Parent:**

- 1. It is your responsibility to have your child picked up at 5:30pm.**
- 2. If you allow your child to stay until the wellness center closes; your child needs to be picked up at 6:45pm and understand that the staff is no longer responsible for them after 5:30pm.**
- 3. If you are late in picking up your child and have not made prior arrangements with staff after three offenses your child will be suspended from program for a week.**
- 5. You are to notify staff of any changes to this form, especially contact phone numbers.**

### **Policy for Not following Rules of Conduct: Please refer to Code of Conduct Numbers**

- 1. First Offense Verbal Warning (unless it is #6,7,8,9 of Rules of Conduct)**
- 2. Second and Third Offense will be a time out.**
- 3. Four Offense will be sent home early.**
- 4. Rules of Conduct #6 and #7, parent will be called, child will be picked up immediately, and a plan of action will be done.**
- 5. Rules of Conduct #8 and #9, police and parent will be called, child will be picked up immediately, and a plan of action will be done.**

\_\_\_\_\_  
CHILD

\_\_\_\_\_  
PARENT/GUARDIAN

**Please understand that we want all children to feel safe, have a fun time, and learn. We want to teach your child that it is important to be respectful of each other, community property, and to follow rules.**

**We are not responsible for lost, stolen, or damaged electronics.  
Please keep at home.**

**This program is to incorporate the importance of  
physical fitness, healthy eating and education.**



## **JOB ANNOUNCEMENT**

The Pueblo of Nambe is seeking to fill one (1) temporary position for the  
**Summer Youth Enrichment Program.**

### **PUEBLO OF NAMBE**

### **POSITION CLASSIFICATION & DESCRIPTION**

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<b>POSITION TITLE:</b>	<b>Summer Enrichment Nutrition Cook</b>
<b>CLASSIFICATION:</b>	<b>Non-Exempt-Temporary (nine weeks)</b>
<b>DEPARTMENT:</b>	<b>Health, Wellness and Education</b>
<b>SUPERVISOR:</b>	<b>Health, Wellness, and Education Coordinator</b>
<b>PAY:</b>	<b>\$17 per hour</b>

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#### **Position Summary:**

The Nutrition Leader is a temporary 3-5 days a week/nine-week position, up to 40 hours per week. They will work with the Youth Program under the Health, Wellness, and Education Department. They will follow their scope of work that involves working with youth and food preparation. This position requires a person that possesses patience and someone who is dynamic enough to respond to a wide variety of challenges in dealing with youth from the ages of 6 years through 13 years of age. This individual is required to attend all youth contact days.

#### **Essential Duties & Responsibilities**

- Carryout scope of work for summer youth activities during the entire nine weeks of operation.
- Will serve as a positive role model throughout the Summer Enrichment Program.
- Purchase, prepare, and serve food.
- Discipline as necessary and with tact.
- Participate in activities in a positive manner.
- Other duties assigned.

#### **Minimum Qualifications:**

- Must pass a background and drug test.
- **Must have a valid New Mexico driver's license and be insurable through the Pueblo of Nambe.**
- Must possess a high school or GED Equivalent, or be in high school.
- Must be First Aid/CPR Certified or willing to obtain certification.
- Must have Food Handler's Card or be willing to obtain.
- Be willing to work a flexible schedule.
- Must have some experience working with children from the ages of 6-13.
- Must be professional, friendly, courteous, and a positive attitude at all times.

## **Position Open Until Filled**

**15A Bay Poe, Nambe Pueblo, NM 87506  
505-455-4410/Fax 505-455-2038**

*Indian Preference: Preference will be given to qualified individuals of Native American decent.  
Equal Opportunity Employer & Drug-Free Workplace*





Pueblo of Nambe  
**JOB ANNOUNCEMENT**

**POSITION TITLE:** Youth Program Leader  
**CLASSIFICATION:** Non-Exempt-Part Time Regular Employee 20-30 hours per week  
**DEPARTMENT:** Health, Wellness and Education  
**SUPERVISOR:** Health, Wellness, and Education Coordinator  
**PAY:** \$15 per hour

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**Position Summary:**

The Youth Program Leader will work 20 hours a week from August to May (Monday -Friday) and 30 hours per week for June and July (Tuesday, Wednesday, and Thursday). They will work under the Health, Wellness, and Education Department and with other Tribal Departments. They will follow their scope of work that involves working with youth in their participation throughout the After-School Program and Summer Youth Program. This position requires a person that possesses patience and someone who is dynamic enough to respond to a wide variety of challenges in dealing with youth from the ages of 5 years through 12 years of age. Follow Guidelines including applicable laws, rules and regulations, Nambé Pueblo policies and procedures, and supervisor and administrative instructions and directives.

**Essential Duties & Responsibilities**

- Will serve as a chaperone, positive role model, and actively engage with children.
- Transport youth to scheduled events.
- Discipline as necessary and with tact.
- Participate in activities in a positive manner.
- Other duties assigned.

**Minimum Qualifications:**

- Must pass a background and drug test.
- **Must have a valid New Mexico driver's license and be insurable through the Pueblo of Nambe.**
- Must possess a high school or GED Equivalent, or be in high school.
- Must be First Aid/CPR Certified or willing to obtain certification.
- Be willing to work a flexible schedule.
- Must have some experience working with children from the ages of 5-12.
- Must be professional, friendly, courteous, and a positive attitude at all times.
- Must maintain confidentiality.

**Position Open Until Filled**

**505-455-2036/Fax 505-455-2038**

*Indian Preference: Preference will be given to qualified individuals of Native American descent.  
Equal Opportunity Employer & Drug-Free Workplace*



33-B Arroyo Cuyamungue  
Santa Fe, New Mexico 87506  
E-Mail: npdc@cybermesa.com

Telephone: 505-455-0458  
Fax Phone: 505-455-0581

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**Nambé Pueblo  
Development Corporation**

*Founded in August 1994*

Company: Nambé Pueblo Development Corporation (NPDC)

Job Title: **Administrative Assistant**

Salary Min: \$43,000 to Salary Max: \$66,500

About Us: NPDC is the economic arm of the Nambé Pueblo with diverse economic activities

**Job Description:**

We are seeking a full time reliable and organized Administrative Assistant to join our team. The ideal candidate will be proactive, detail-oriented, and able to handle multiple tasks efficiently. As an administrative assistant, you will play a crucial role in supporting various administrative tasks and ensuring the smooth operation of our office. The ideal candidate must be an excellent problem solver with the ability to anticipate challenges, acting independently, able to establish priorities work according to deadlines. While executing your responsibilities, you will maintain a professional office atmosphere while demonstrating initiative, attention to detail, versatility, diplomacy, and confidentiality.

**Job Responsibilities:**

- Manage and maintain executive's schedules, appointments, and travel arrangements.
- Prepare and organize documents, reports, and presentations.
- Answer and direct phone calls, visitors, and emails
- Coordinate meetings and events, including schedules, preparing materials, and taking minutes,
- Perform general clerical duties, such as photocopying, faxing, mailing (receiving and distributing), and filing.
- Assist in preparation of expense reports, credit card receipts.
- Order office supplies and maintain appropriate levels.
- Provide to other team members as needed

**Requirements:**

- Proven experience as an administrative assistant or similar role
- Proficient in Microsoft Office Suite (Word, Excel, Powerpoint, Outlook)
- Excellent communication and interpersonal skills
- Strong organizational and time management abilities
- Attention to detail and accuracy.
- Ability to work independently and as part of a team.
- Discretion and confidentiality a must
- Knowledge of financial concepts, including financial planning and analysis, budget, and general business operations

**Preferred Qualifications:**

- High School Diploma and 2 years related experience; or an equivalent combination of education and experience directly related to position.
- Preferred associate degree in business administration
- Familiarity with office equipment and procedures
- Previous experience in related field

**Benefits:**

- Paid Vacation and Sick Leave
- Paid Holidays
- Direct Deposits

**How to apply:**

Submit resume to Nambe Pueblo Development Corporation, 33 B Arroyo Cuyamungue, Santa Fe, NM 87506  
Point of contact Board Member Gabriel L. Gallegos C: 505.920.1322 email: gabeleeg@aol.com

**Chief Executive Officer**

**Act. Carlos O. Vigil**

**Officers and Board Members**

**President Carlos O. Vigil  
Vice President Cami Porter  
Act. Secretary Randy Vigil  
Treasurer Randy Vigil**

**Board Members cont.**

**Sam Perez  
Claudine Pena  
Gabriel Gallegos  
Estevan Porter**





Hello Nambe Pueblo,

FoodCorps New Mexico is looking for the next cohort of AmeriCorps service members to lead the way in connecting kids to healthy food in schools in 2024-2025. **We are hoping you can share this information with your networks.**

We are seeking passionate candidates who are ready to dive into 11 months of full time, hands on service. New Mexico Service Members are dispersed throughout New Mexico in **Farmington, Las Cruces, Paseo del Norte, and Peñasco**. They provide hands-on food and garden lessons, influence healthy school meals, and partner to build school-wide cultures of health. Service members enter service from a variety of fields and interests including food systems change, food sovereignty work, food justice, public health, nutrition, agriculture and education. *We are particularly interested in candidates who are from their service community and maintain a commitment to understanding the implications of race and class in the food system by practicing anti-racism.* Benefits of service in New Mexico include:

- **\$33,000.00 Living Stipend (Dispersed Bi-weekly)**
- **\$7,395 AmeriCorps Segal Education Award after serving 1700 hours**
- **Medical + Dental + Vision Insurance + Employee Assistance Program**
- **Student Loan Forbearance**
- **FoodCorps New Mexico also provides weekly opportunities for community & equity-centered training and continued learning throughout their service year.**

Priority submissions for applications are due March 31, 2024 and will be reviewed on a rolling basis.

FoodCorps is an equal opportunity organization and we respect, honor, and encourage diversity. FoodCorps does not discriminate on the basis of age, sex, race, color, creed, religion, ethnicity, sexual orientation, gender identity, gender expression, national origin, alienage or citizenship, disability, marital status, military or veteran status, or any other legally recognized protected basis under federal, state, or local laws, regulations or ordinances. Though we hope to in the future, currently FoodCorps is unable to host undocumented or DACA recipients as service members.

*Interested candidates can find more information at our website here:*

*<https://foodcorps.org/apply/> or schedule some time to chat with us via the below emails!*

Thank you in advance for supporting our recruitment efforts and we appreciate your support in helping us spread the word! For inquiries related to service in New Mexico, please email [tatayna.trujillo@foodcorps.org](mailto:tatayna.trujillo@foodcorps.org) or [alicia.chavez@foodcorps.org](mailto:alicia.chavez@foodcorps.org).

**Alicia Chavez** | FoodCorps

Impact & Partnerships Lead, NM | She/Her/Hers

[FoodCorps.org](https://www.foodcorps.org)

(505)490-0854