



## **Pueblo of Nambe**

15A NP 102 West, Santa Fe, New Mexico 87506 Office - (505) 455-2036 Fax - (505) 455-2038

**TO: All Community Members**

**FROM: Governor, Phillip A. Perez**

**DATE: January 18, 2018**

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### **Regular Tribal Council Meeting – January 31, 2018– 6:30 pm**

Governor, Phillip A. Perez invites and encourages ALL tribal members to attend the monthly Tribal Council Meetings. Many important issues are going on within the community that affects us all as tribal members. It's your responsibility as tribal members to take an active part by attending these meetings. Meetings are held on the last Wednesday of every month at 6:30PM in the Tribal Council Chambers. For special tribal council meetings, tribal members will be notified in advance. If any tribal member is interested in being added to the agenda to address issues before the Governor and/or Tribal Council, please call the Governor's office at 455-4429 to be included on the agenda. We look forward to seeing all of you at the meetings....

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We are looking for a Tribal Council Secretary to take and transcribe all meeting minutes for the Tribal Council meetings. Meetings are held the last Wednesday of every month. The hourly rate of pay will be \$24.00. If you are interested, please submit your letter of interest to Onnie Martinez at the Governor's Office, or by email [dmartinez@nambepueblo.org](mailto:dmartinez@nambepueblo.org) no later than February 8, 2017.

# Nanbé Tewa Language Program

## Nanbé Tewa 2018-2019 Calendar

You can still order 2018-2019 calendars! The theme for the calendar is *the Nanbé Tewa Alphabet*. The calendar is a **two-year** calendar because our alphabet has **43** characters including diacritics!

Because it is a two-year calendar, there are more pages to print. The Program will subsidize 50% of the cost for the **first 50 copies** and offer the calendar for \$10.00 + shipping, if mailed (cash or check). *Place your order now.*

Please place your order to [brenda.g.mckenna@comcast.net](mailto:brenda.g.mckenna@comcast.net) or 505.263.7553. Make your check payable to **Nanbé Tewa Language Program** and include the number of calendar(s) requested in the memo line. Mail to: 9216 Mabry Ave NE, ABQ, NM 87109. If you prefer to pick up your order from Cora McKenna, please advise Brenda.



*Some of the Nanbé Tewa Alphabet Characters*



# Nambe Pueblo Learning Enrichment Center

The Nambe Higher Education Scholarship is available for all enrolled tribal members that are attending a



Post-Secondary Program.



**SPRING DUE DATE: Friday January 26, 2018**

**All scholarship payments will be mailed out, after the deadline date.  
Come see Paige for more details.**

## **Johnson O'Malley Funding (JOM)**

JOM funding is available for reimbursements for all JOM students. JOM students are any tribal member or native with a CIB that resides on the Nambe Reservation and attends Nambe Head Start, Espanola Public Schools, Los Alamos Public Schools, or Pojoaque Valley Schools.

Allowable reimbursements include:

1. Any School Fees/Field Trip Fees
2. School Sports Registration Fees
3. School Supplies
4. Lunch Fees

To receive your reimbursements parents must turn in ORIGINAL receipts to Paige Loretto. Please include your full name, mailing address, your child's name, grade and school.

All JOM Parent meetings are held in the Learning Enrichment Center at 6:00pm.

Next JOM Parent Meetings:

February 20, 2018

May 15, 2018

## **FAMILY LITERACY NIGHT**

**THURSDAY JANUARY 25, 2018**

**AND**

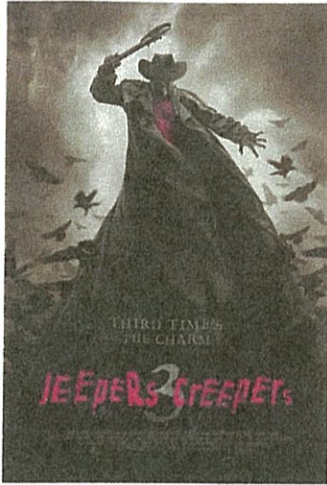
**THURSDAY FEBRUARY 8, 2018**

**AT THE LEARNING ENRICHMENT CENTER**

**FROM 6:00PM TO 7:30PM**



**ALL FAMILIES ARE WELCOME TO COME AND JOIN US IN A NIGHT OF FUN.  
ALL KIDS ARE GIVEN A BOOK TO READ AND TAKE HOME. GET CREATIVE  
ON AN ART PROJECT AND ENJOY A HOMEMADE DINNER. THE FIRST 15 FAMILIES WILL  
RECEIVE AN INCENTIVE PROVIDED BY PWNA.**



## Scary Movie Night

At the Nambe Pueblo Wellness Center

Friday February 16, 2018

6:00pm

Come join us for a scary movie if you dare.....

JEEPERS CREEPERS 3!!!

Email: [ploretto@nambepueblo.org](mailto:ploretto@nambepueblo.org)

Cell: (505) 614-4362

Office: (505) 455-4426



**WOOD FOR SALE..... WINTER IS ON ITS WAY! STAY  
WARM!! DRY AND SPLIT! \$145.00 A TRUCK LOAD....**

CONTACT:

Georgia Yates-Hampshire 505-216-8514

Martin Hampshire 505-660-0999



**Don't' Forget, Get Yours Done!**

**Fitness Assessments at your Wellness Center**

**January 2- January 31, 2018**

Schedule your assessment when you're there working out, don't work out there no problem, call us at 455-4423 to schedule your assessment.

The fitness assessment is to see how you have increased or decreased in weight, cardio and strength fitness, and blood pressure throughout the year, make 2018 count!

**I Can Do It!**



**The NEXT LEVEL  
CHALLENGE** is happening  
all year long come into the  
Wellness Center for your  
card!

**MAKE.  
IT.  
HAPPEN.**





Thank you to all that came in for your last weigh-in! We had a total of 19 pounds and 13.5 inches lost out of seven people!! Our biggest loser is GET FIT with 9 pounds lost our second runner up is SHUG with 6 pounds lost!! Our biggest lost in inches was THAN POVI with 6 inches lost. Congratulations to everyone you all did awesome!!

We would like to invite you the **5<sup>th</sup> Annual Go Red For Native Women Heart Health Summit** "Drum to the Beat of a Healthy Heart" to learn more about heart disease and its impact.



**Friday, February 2, 2018 from 7:30 AM - 1:00 PM to be held at the Albuquerque Convention Center.**

We will start with health exhibits/booths checking blood pressures, etc., and continental breakfast at 7:30 AM followed by a blessing and opening at 8:30 AM. Please come early to avoid downtown traffic. Parking will be at no cost to you only in the convention center parking garage.

Please register at no cost to you: **[NMforNativeWomen.heart.org](http://NMforNativeWomen.heart.org)**

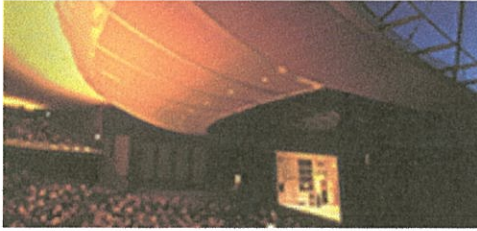


**American  
Heart  
Association®**  
life is why™



Text NATIVE to 97779 to get inspirational messages sent to you and good links to different topics.





## THE SANTA FE OPERA |

### Free Opera program for children ages 3 to 5 years old!

Opera Makes Sense was created just for children ages 3 to 5, to explore the world of opera through a variety of activities and games addressing different developmental levels of toddlers.

Participants move from one station to another based upon their personal interest level. Through poetry, songs, music and dance, with costumes and art activities related to scenery and props – opera is translated through the five senses.

Saturdays, February 3 and 10 – Santa Fe Public Library Southside Branch / 6599 Jaguar Drive

Saturdays, February 17, 24 and March 3 – Santa Fe Children's Museum / 1050 Old Pecos Trail

Reservations at [oms@santafeopera.org](mailto:oms@santafeopera.org) are encouraged or call (505) 946-2404 for more information.

## January is National EYE Month



**Make sure you have your eyes checked every year.**

**People with eye disease or certain health conditions such as Diabetes need to be seen more, at least twice a year.**

**"Of all the  
senses,  
sight  
must be  
the most  
delightful."  
- Helen Keller**

**Wear sunglasses UVA/UVB protection, it is sun block for the eyes.**

**If your vision ever suddenly changes, you see floaters, fireworks, or get tunnel vision go in immediately to the hospital.**

**Love your eyes, they are the only ones you have!**

# Are your PARENTS getting older?



Have you noticed that their health is decreasing?

Are you worried about who will care for them?

**Don't WAIT, CALL NOW!!**

**There is a FIVE YEAR Waiting List for Home Services through the state.**

**CALL 1-800-432-2080 Option 3**

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## Help Minimize Spreading the FLU

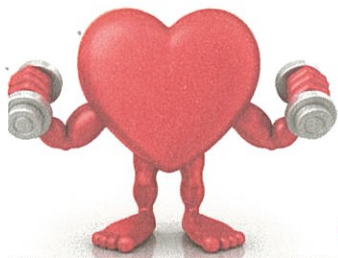
If possible, stay home when you are sick.

- Cover your mouth and nose when coughing or sneezing, preferably using a tissue, then dispose of the tissue immediately.
- Wash your and your children's hands frequently, especially if sneezing and coughing and avoid touching your eyes, nose or mouth.
- Practice good health habits such as getting plenty of sleep, being physically active, eating nutritious food and drinking plenty of fluids

IF YOU ARE HAVING SYMPTOMS PLEASE GO IN TO THE HOSPIATL RIGHT AWAY!

If you have a health care question you can call,  
Nurse Advice New Mexico at 1-877-725-2552.





# Nambe Pueblo Wellness Center

## February 2018

Open: Monday - Thursday 11-7p.m., Friday 8-5p.m., Saturday 8-12p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Cardio Kick Boxing 12:15-12:45p.m.  Cardio Strength Training 6-7p.m.	<b>2</b> Walking 4 Wellness 11:15-11:45a.m.  Just Move @ Noon 12:15-12:45p.m.	<b>3</b> Cardio Strength Training 9-10a.m.  Zumba 10:15-11:15a.m.
<b>5</b> Walking 4 Wellness 11:15-11:45a.m. Just Move @ Noon 12:15-12:45p.m. Fun Walk/Run Club 5:30p.m. Cardio Strength Training 6-7p.m.	<b>6</b>  Zumba 6-7p.m.	<b>7</b> Walking 4 Wellness 11:15-11:45a.m.  Zumba Toning 6-7p.m.	<b>8</b> Cardio Kick Boxing 12:15-12:45p.m.  Cardio Strength Training 6-7p.m.	<b>9</b> Walking 4 Wellness 11:15-11:45a.m.  Just Move @ Noon 12:15-12:45p.m.	<b>10</b> Cardio Strength Training 9-10a.m.  Zumba 10:15-11:15a.m.
<b>12</b> Walking 4 Wellness 11:15-11:45a.m. Just Move @ Noon 12:15-12:45p.m. Fun Walk/Run Club 5:30p.m. Cardio Strength Training 6-7p.m.	<b>13</b>  Zumba 6-7p.m.	<b>14</b> Walking 4 Wellness 11:15-11:45a.m. Zumba Toning 6-7p.m. <i>Happy Valentine's Day</i>	<b>15</b> Cardio Kick Boxing 12:15-12:45p.m.  Cardio Strength Training 6-7p.m.	<b>16</b> Walking 4 Wellness 11:15-11:45a.m.  Just Move @ Noon 12:15-12:45p.m.	<b>17</b> Cardio Strength Training 9-10a.m.  Zumba 10:15-11:15a.m.
<b>19</b> CLOSED In Observance of 	<b>20</b>  Zumba 6-7p.m.	<b>21</b> Walking 4 Wellness 11:15-11:45a.m.  Zumba Toning 6-7p.m.	<b>22</b> Cardio Kick Boxing 12:15-12:45p.m.  Cardio Strength Training 6-7p.m.	<b>23</b> Walking 4 Wellness 11:15-11:45a.m.  Just Move @ Noon 12:15-12:45p.m.	<b>24</b> Cardio Strength Training 9-10a.m.  Zumba 10:15-11:15a.m.
<b>26</b> Walking 4 Wellness 11:15-11:45a.m. Just Move @ Noon 12:15-12:45p.m. Fun Walk/Run Club 5:30p.m. Cardio Strength Training 6-7p.m.	<b>27</b>  Zumba 6-7p.m.	<b>28</b> Walking 4 Wellness 11:15-11:45a.m.  Zumba Toning 6-7p.m.	February is National Dental Health Month 		

# FAB AB FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
		10 sit-ups 4 push-ups 10s plank	15 sit-ups 5 push-ups 15s plank	20 sit-ups 6 push-ups 20s plank	25 sit-ups 6 push-ups 20s plank	5 rest
25 sit-ups 7 push-ups 20s plank	30 sit-ups 7 push-ups 25s plank	30 sit-ups 8 push-ups 25s plank	35 sit-ups 9 push-ups 30s plank	35 sit-ups 9 push-ups 35s plank	40 sit-ups 10 push-ups 35s plank	12 rest
45 sit-ups 10 push-ups 35s plank	45 sit-ups 11 push-ups 40s plank	50 sit-ups 12 push-ups 40s plank	50 sit-ups 15 push-ups 40s plank	60 sit-ups 15 push-ups 45s plank	60 sit-ups 15 push-ups 50s plank	19 rest
60 sit-ups 18 push-ups 50s plank	70 sit-ups 18 push-ups 55s plank	70 sit-ups 20 push-ups 55s plank	80 sit-ups 20 push-ups 1min plank	80 sit-ups 22 push-ups 1min plank	80 sit-ups 22 push-ups 1.15min plank	26 rest
90 sit-ups 24 push-ups 1.30min plank	90 sit-ups 25 push-ups 1.45min plank	100 sit-ups 25 push-ups 2min plank				

perf-lect.tumblr.com

**Please come in to the Wellness Center and  
sign up for the 28 Day February 2018  
Challenge.**

## You Can Do It



# Micaceous Pottery Demonstration Day!!



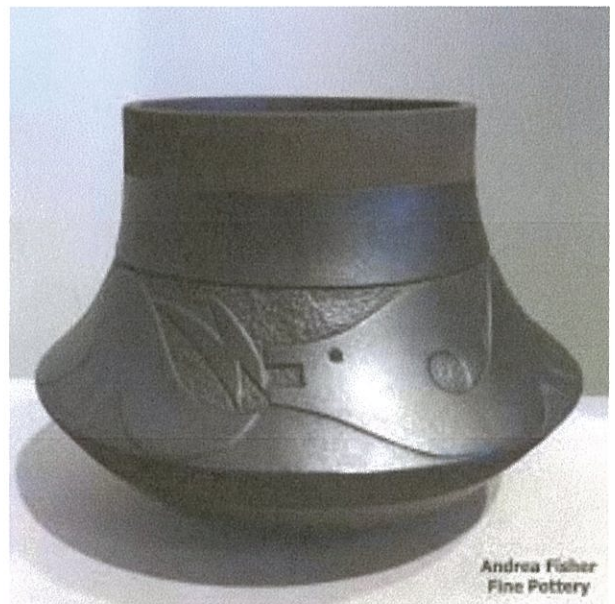
Who: **Martha Romero and Robert Vigil, Nambé Pueblo Micaceous Artists**

What: **Micaceous Cooking Ware and Pot Building Demonstration**

Where: Healthy Family Services Blue Trailer

When: **February 10, 2018 11AM to 2PM**

Why: Because Micaceous Pottery is important to Nambé Pueblo's culture and history!



LIMITED SPACE! PLEASE RSVP by February 5th to Caitlin at [arttherapy@nambepueblo.org](mailto:arttherapy@nambepueblo.org) or 505.470.7593 to reserve a space



## NAMBE PUEBLO RECYCLING PROGRAM

# Christmas Tree Recycling



**Christmas time is a wonderful time of the year filled with happiness, great food, family, gift exchanges, Pueblo dances and decorations around the village and at home.**

**When it's over and we return back to our normal lives don't forget to bring your Christmas tree to the Transfer Station so it can be turned into mulch. The mulch can be used to fertilized the soil around your house or used to provide landscape material or mulch around your garden. Please don't dump it down at the river or out in the hills.**



**By recycling your Christmas tree, you are saving valuable landfill space and giving back to the environment. Please be sure that all ornaments, tinsel and lights are removed from the tree.**

**Flocked trees (trees sprayed with artificial snow) are not accepted because the chemicals will contaminate the mulch.**

**The mulch is free to any Tribal member who wants it. Load it yourself or let us know and we can load it for you.**

**Nambe Dept. of Environment & Natural Resources (DENR) 455-4420**

**Respect Nambe Pueblo and Mother Earth - Recycle.**

**Happy Holidays from DENR and the Farm Program -  
Steve, George, Chief Mike, William and Tara**





## NAMBE PUEBLO RECYCLING PROGRAM

# Benefits of Recycling

### ***Cans***

- Every three months, Americans throw enough aluminum in the landfills to build our nation's entire commercial air fleet.
- The average person has the opportunity to recycle more than 25,000 cans in a lifetime.
- Recycling a single aluminum can saves enough energy to power a TV for three hours.
- It requires 95% less energy and water to recycle a can than it does to create a can from virgin materials.

### ***Plastic Bottles***

- Five plastic bottles recycled provides enough fiber to create one square foot of carpet or enough fiber fill to fill one ski jacket.
- Americans throw away 2.5 million plastic bottles every hour.
- Recycling one ton of plastic bottles saves the equivalent energy usage of a two person household for one year.

### ***Cardboard***

- Recycling cardboard only takes 75% of the energy needed to make new cardboard.
- Recycling 1 ton of cardboard saves 46 gallons of oil.
- Over 90% of all products shipped in the US are shipped in corrugated boxes, which totals more than 400 billion square feet of cardboard.
- Nearly 80% of all retailers and grocers recycle their cardboard.

### ***Paper***

- Americans throw away enough office paper each year to build a 12 foot high wall from Seattle to NY (a new wall every year).
- Making paper from recycled paper reduces the related contribution to air pollution 95%.
- Recycling a stack of newspaper just 3 feet high saves one tree.
- More than 37% of the fiber used to make new paper products in the U.S. comes from recycled sources

### ***E-waste***

- In 2007, 82% equaling 1.8 million tons of ewaste (various electronics e.g. TVs, cell phones, computers etc.) ended up in landfills.
- In 1998, the National Safety Council study estimated about 20 million computers became obsolete within 1 year. In 2007, that number increased to 40 million.
- Electronic waste total approximately 2% of the waste stream in the U.S.
- Several states have now created mandatory collection and recycling programs for electronics.

### ***Benefits to Nambe Pueblo***

NAMBE PUEBLO  
RECYCLING PROGRAM

DENR Phone: 505-455-4420

#### ***Nambe Pueblo provides free dumping at the Transfer Station to Tribal Members.***

- *The average monthly cost to dispose of household garbage for a typical family is \$25.00 plus gas and time to drive to and from a local transfer station or dump. Nambe does not charge for that service.*
- *Nambe Pueblo pays to have the garbage disposed of at the dump site.*
- *There is no cost to the Pueblo for disposing of recycled items that are deposited in the recycling trailer at the Transfer Station.*
- *Please help out Your Pueblo by recycling all cardboard, plastics, paper and aluminum. Remember to break down and flatten cardboard boxes. We average 600 to 1000 lbs of recycled materials a week here in Nambe Pueblo, we could do better.*
- ***Respect Nambe Pueblo and Mother Earth - Recycle.***



# Benefits of Recycling



**Recycled Plastic Bottles**



**Carpet**



**Backpacks**



**Park benches**



**Polar Fleece Jackets**



**Kitchen Utensils**



**Playground Equipment**



**Recycled cardboard**



**Furniture**



**New boxes**



**Paper bags**



**Recycled aluminum**



**New cans**



**Foil**



**Tire Rims**



**Airplanes**



**Artwork**



**Bicycles**



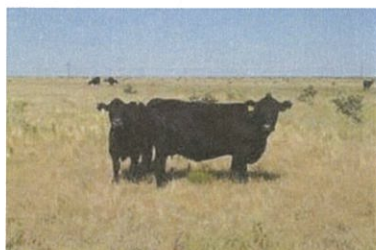


All About Discovery!™  
**Cooperative Extension Service**  
College of Agricultural, Consumer  
and Environmental Sciences

## New Mexico Pueblo Beginning Farmer/Rancher Program

### SAVE THE DATE

## 2018 New Mexico Pueblo Beginning Farmer Rancher Agriculture Conference



February 8—9, 2018

IAIA, Santa Fe NM



\$35/one day \$60/both days, Pre-registration Required by Jan. 26, 2018

Meals are included both days

Call 505-852-0480 for more info

Scholarships available for NMPBFR participants ONLY

Topics include:

- Horse Care
- Hoop House Crops
- Bull Selection

Landrace Chile

Tractor Safety

Cow Calf Management



LAND GRANT  
PROGRAMS



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

This project is supported by the  
Beginning Farmer and Rancher Development Program  
of the National Institute of Food and Agriculture, USDA  
Award #2016-70017-25507



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please contact Tory Hougland or Joseph Garcia at [505-852-0480](tel:505-852-0480) by January 25, 2018.

# CAMPUS

## Directions & Map

(505) 424-2325 • [www.iaia.edu](http://www.iaia.edu)

### DIRECTIONS

#### SOUTH BOUND

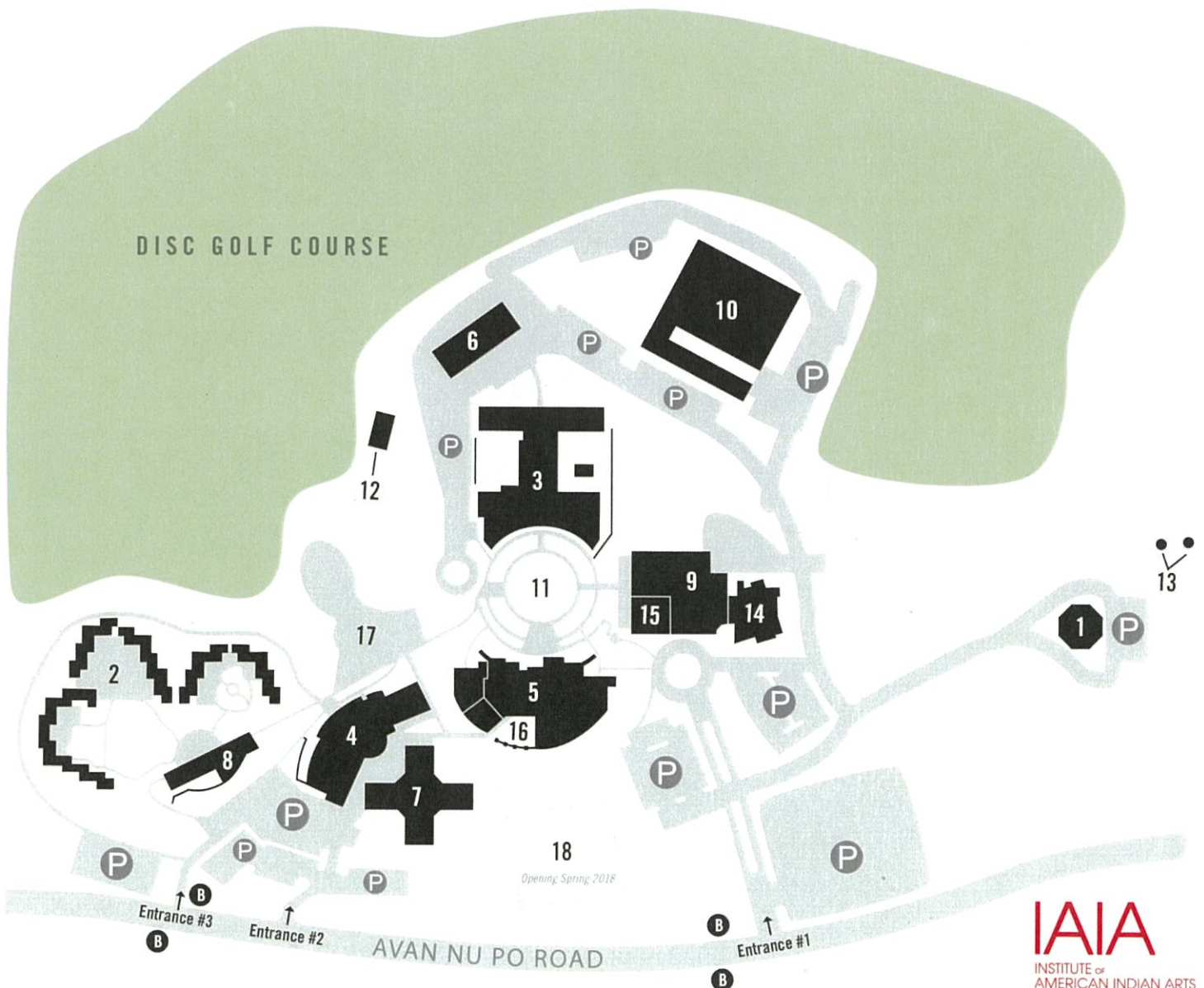
Exit 278B (NM 14)  
Make a LEFT onto NM 14  
Make a RIGHT onto Rancho Viejo Blvd.  
Make a RIGHT onto Avenida Del Sur  
Make a LEFT on Avan Nu Po Road

#### NORTH BOUND

Exit 278 (NM 14)  
Make a RIGHT onto NM 14  
Make a RIGHT onto Rancho Viejo Blvd.  
Make a RIGHT onto Avenida Del Sur  
Make a LEFT on Avan Nu Po Road

### BUILDING KEY

- |   |   |  |  |
|---|---|--|--|
| <b>1</b> Hogan  | <b>6</b> Facilities & Receiving                                 | <b>11</b> Dance Circle                     | <b>16</b> The Haozous Garden               |
| <b>2</b> Family Housing   | <b>7</b> Residence Center                                       | <b>12</b> Green House                      | <b>17</b> USDA Agricultural Field          |
| <b>3</b> Academic Classrooms  | <b>8</b> Fitness & Wellness Center                              | <b>13</b> Sweat Lodges                     | <b>18</b> Performing Arts & Fitness Center |
| <b>4</b> Center for Lifelong Education (CLE)<br>Center for Student Life / Cafeteria | <b>9</b> Barbara & Robert Ells<br>Science & Technology Building | <b>14</b> Lloyd Kiva New<br>Welcome Center | <b>B</b> City of Santa Fe<br>Bus Stop      |
| <b>5</b> Library & Technology Center  | <b>10</b> Allan Houser Haozous<br>Sculpture & Foundry Building  | <b>15</b> Digital Dome                     | <b>P</b> Parking                           |





# ***SKILLS FOR DEMENTIA CAREGIVING 101:***

***FREE Class for Family & Friends of a Loved One with Dementia***



***Evidence-Based "Savvy Caregiver Program"***

**Every Thursday  
January 25th – March 8<sup>th</sup>, 2018  
5:30 PM – 7:30 PM**

Location:

**Pacifica Senior Living  
2961 Galisteo Rd  
Santa Fe, NM 87505**

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. ***To register or for more information contact:***

**1-800-272-3900 or [kmgandara@alz.org](mailto:kmgandara@alz.org)**

# ***SKILLS FOR DEMENTIA CAREGIVING 101:***

***FREE Class for Family & Friends of a Loved One with Dementia***



***Evidence-Based "Savvy Caregiver Program"***

**Every Saturday  
January 27th – March 10<sup>th</sup>, 2018  
1:00 PM – 3:00 PM**

Location:

**The Legacy at Santa Fe  
3 Avenida Aldea  
Santa Fe, NM 87507**

**Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. *To register or for more information contact:***

**1-800-272-3900 or [kmgandara@alz.org](mailto:kmgandara@alz.org)**



# ***SKILLS FOR DEMENTIA CAREGIVING 101:***

***FREE Class for Family & Friends of a Loved One with Dementia***



***Evidence-Based "Savvy Caregiver Program"***

**Every Tuesday:**

**February 6th, 2018 – March 20th, 2018**

**6:30 PM - 8:30 PM**

Location:

**Nuestra Señora De Guadalupe Church Parish Hall  
9 Grazing Elk Drive  
Pojoaque, NM 87506**

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes. *To register or for more information contact:*

**1-800-272-3900 or [kmgandara@alz.org](mailto:kmgandara@alz.org)**

**Instructors: Gary and Paula Sánchez**