



Isleta Pueblo News

Volume 6 Issue 12

December 2011

From the Desk of Governor Frank Lujan

I am hopeful that all of you had a wonderful Thanksgiving Day. My staff and I would like to extend our thanks to you, for your understanding, your patience, and your support in helping us to help you to continue our journey together as a Pueblo. I also want to thank those of you who have served on tribal committees and boards during the year; the war captains, mayordomos and their families. Your service to the Pueblo is greatly appreciated.

We extend our condolences to all those families who have recently lost a loved one. The loss of a loved one is especially hard at this time of the year. I'm sure that some families spent the day in a somber mood because of the loss of a loved one. We will remember you and your families in our prayers.

I want to thank Nate Jiron, CMP, Director of Sales for providing the below summary of community events that the Hard Rock will be working on for the upcoming Holiday Season. "This year Hard Rock Hotel & Casino Albuquerque is focused on family and those in our community that matter the most. This year the property is honored to host the Isleta Elderly Party on Thursday, December 15th. Together with our team members and leadership team we will serve up a holiday meal with all the traditional fixings and, of course, green chile stew! In tradition of spreading the holiday spirit, our team members are going to be very busy elves. Individual team members are working on decorating 166 Christmas trees using their holiday cheer and creativity. In partnership with the Elderly Center Staff and Hard Rock Team Members each tree will be delivered to a home bound Elderly member in the Pueblo. Hard Rock is very excited to visit with the community Elders to ensure that they have a memorable holiday season. And then...Tribal members are invited to come meet Santa Claus and enjoy a holiday treat on Thursday, December 22nd. The event will take place in Grand Ballroom "A" from 11:00 am to 6:00 pm."

"The Hard Rock understands the importance of giving back to the community. We know that we need to start close to home with the Pueblo of Isleta. The entire team at Hard Rock Hotel & Casino Albuquerque wishes everyone in the Pueblo community a Rockin Holiday Season and A Happy New Year."

On November 4th, the Pueblo of Isleta hosted the 13th Annual Native American Veteran's Symposium at the Hard Rock. This event was attended by over two hundred Native American Veterans from through out the state. I wish to thank everyone, especially James Toya, Native American Liaison at the Albuquerque Veteran's Medical Center, who organized this event. I want to congratulate Moses Lujan, US Army Vietnam Veteran

who belatedly received the Good Conduct, National Defense, Combat Infantry Badge and Vietnam Service Medal. Moses Lujan should have received his medals almost forty years ago when he returned from Vietnam, but because the Army lost his documents, he did not receive his medals until November 4, 2011.

The month of November was very busy with issues pertaining to Tribal Council. I hope most of you were able to attend the Residence Ordinance meeting held on November 19th. There were many important issues discussed at the meeting which conveyed the process that will affect non-tribal members who live on the Isleta Reservation and their application for residency. Also, any non-tribal member wishing to reside on the reservation in the future will have to make application. When making application, there is a fifty dollar filing fee, to pay for processing of a criminal background check. The background check will convey information to the Governor's office, through the enrollment department, for the previous ten years. I know that there was much uncertainty with regard to the ordinance requirements at the beginning of the meeting, however, with answers being provided to questions, most people in attendance were put at ease. There are deadline dates for the "Request to Continue to Reside" application, with the deadline date of February 27, 2012. If you have any specific questions, you may call the Pueblo of Isleta Enrollment/Census Department at 505-766-6625 or 766-6626.

I am pleased to report that the Pueblo of Isleta may soon acquire title to thirteen acres of land located adjacent to the northeast portion of Comanche Ranch. The property is currently owned by the University of New Mexico, and is an archeological site known as Pottery Mound which has important cultural connections to the Pueblo of Isleta. Pottery Mound was occupied between 1200 and 1375 A. D. The Huning family deeded the property to UNM back in the early 1970's to use as an archeological field school. After years of serious erosion at the site, the Huning family has worked with the Isleta Cultural Committee, the Comanche Ranch and the Governor's Office to request title to the land from UNM. The UNM Board of Regents has taken our request under advisement and hope to respond by the beginning of next year. Once title to the land is given to the Pueblo of Isleta, we will implement a management plan to protect the site and preserve it for future generations.

I am happy to report that the Isleta Pueblo Library and the Department of Education Higher Education program have moved into the new Isleta Pueblo Library Education Complex. The Library phone number is

924-3192 and the DOE Higher Education phone number is 924-3170. The Adult Education and Johnson-O'Malley Programs will be moving into the new building at the beginning of year.

Arrangements are still underway to move the Tribal Council, Police Department, Tribal Courts, Appellate Court, Treasurer's Office, Procurement, Realty Office, Planning and Fire Department into the new Tribal Services Complex located south of Hard Rock Casino. The actual move will not happen for a few more months. We will keep you updated on this issue.

From myself, the Lt. Governors and the entire staff, I want to wish all of you a Merry Christmas and a Happy New Year!!!

UPDATE REGARDING CEMETERY

In an official meeting of Tribal Council, Councilman Moses Lujan and Councilwoman Cynthia Jaramillo were selected to serve on a committee as liaisons to address the needs of the Isleta Cemetery.

In a joint effort with Administration, St. Augustine Church committee members and Council liaisons intend to put a plan of action in place to beautify and upkeep the cemetery.

The committee has identified some of the immediate needs of the cemetery. The longer term needs have not yet been absolutely identified, but we hope to begin a strategic process to address them in the very near future. The immediate needs include clean-up such as trash and debris removal and weed removal. During the summer, the front entrance was repaired.

On October 29, 2011, a cemetery clean-up day was scheduled to prepare for All Souls Day. We, as liaisons and members of the community, want to express our sincere appreciation to all of those who came out to clean the cemetery. The turnout was great, and we were proud to see how the community came together and gave their hard work on that day to clean for and honor their loved ones. There are some older graves that are without identifying markers, but we are thankful that they were given consideration too, and were tended to and cleaned just as the others were.

As part of our plan, we intend to have regularly scheduled cleanups of the cemetery, and we will announce to the community when those dates will be. Again, thank you to everyone for your hard work and continued dedication to this effort. It is greatly appreciated.

Cynthia Jaramillo, Tribal Council
Moses Lujan, Tribal Council

West Side Phone Numbers

Campus	Name	Title	Dept	Direct Phone #	EXT
West	Aragon, Emily	Parent Inv. Coord.	Headstart	924-3164	3164
West	Cohen, Danielle	Mental Health Coordinator	Headstart	924-3191	3191
West	Director - Vacant	Director	Headstart	924-3161	3161
West	Education Coordinator	Case Manager	Headstart	924-3162	3162
West	Gonzales, Rebecca	Home Visitor	Headstart	924-3166	3166
West	Jiron, Michelle	Special Needs	Headstart	924-3163	3163
West	Jojola, Lila	Receptionist	Headstart	924-3160	3160
West	Jojola, Patty		Headstart	924-3190	3190
West	Lujan, Andrea		Headstart	924-3168	3168
West	Price, Jessica	Case Manager	Headstart	924-3167	3167
West	Romero, Sandra	Family Services Worker	Headstart	924-3184	3184
West	Tatz, Jill	Health Coordinator	Headstart	924-3165	3165
West	Abeita, Ulysses	Adult Ed/News letter	Dept of Education	307-1582	9316
West	AmeriCorp Coordinator		Dept of Education	924-3172	3172
West	Bearheels-Ricketts, Christle	Director of DOE	Dept of Education	924-3171	3171
West	Chavez, Evangeline		Dept of Education	924-3186	3186
West	Jiron, Leona	Receptionist	Dept of Education	924-3170	3170
West	Lujan, Paul		Dept of Education	924-3187	3187
West	Correa, Bernadette	JOM	JOM	924-3169	3169
West	Piro, Beverly	JOM	JOM	924-3189	3189
West	Library Front Desk	Library Front Desk	Library	924-3192	3192
West	Lujan, Nathaniel	Director	Library	924-3193	3193
West	Dominguez, Mary	Director WIC	WIC	924-3181	3181
West	Lanes, Heidi	Nutritionist	WIC	924-3182	3182
West	WIC	Main Office	WIC	924-3180	

The Pueblo of Isleta is implementing a new phone system for all departments. Thus far, the MIS department has implemented the new phone system for only the west side departments. When the new phone system is implemented Pueblo wide, an updated phone listing will be published. PLEASE NOTE: with this new phone system some phone numbers may have changed.

Karen L. Nissen, Lead PC Tech 1, Pueblo of Isleta MIS Department
(505) 724.9221 - Office poi70206@isletapueblo.com

SONYA JUANCHO, UNIVERSITY OF DENVER, MSW GRADUATE STUDENT

The high rate of combat Veterans from the three recent wars, Vietnam, Persian Gulf, Iraq and Afghanistan, with post-traumatic stress disorder (PTSD), flooding the veterans' medical facilities has put a "growing demand for dedicated, well trained social workers in the military departments, the Department of Veterans Affairs, hospitals and other mental health facilities throughout the U.S." to deal with combat veterans with PTSD. In light of this, the University of Denver "has designed a course to help MSW students understand issues faced by combat veterans and their families." It has been proven that the best people for this are military combat veterans, who have first hand knowledge of combat and the military environment.

One of the students enrolled in the University of Denver MSW program is US Army (Iraq War) Veteran, Sonya Juancho, Pueblo of Isleta tribal member. She is the daughter of Ron and Joanna Sarracino, the granddaughter of Joe and Rose Juancho. Sonya is scheduled to complete her MSW course work in the spring of 2012. We wish to congratulate Sonya on all her positive accomplishments.

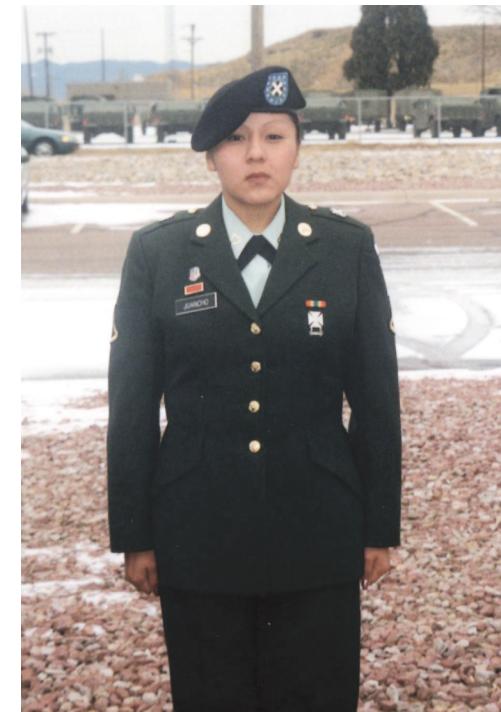
Sergeant E-5 Sonya Juancho, born and raised on the Isleta Pueblo Reservation in New Mexico, left home for the first time at age 19 to enlist in the Army. "It was my way out," she says, "my way to make something of myself professionally." In fact her four years of active duty launched this determined young women on a career trajectory with almost unlimited potential.

Although she had no prior medical training, Juancho completed a Medical Specialist course (equivalent to an EMT-B), then earned a Trauma AIMS Certificate and a Basic Life Support Certificate. As a 91 Bravo combat medic, she was assigned to the 10th Combat Support Hospital EMT section, where she provided care for soldiers. Her service included a six-month tour of duty in Iraq in 2003.

After leaving the military in 2004, Juancho continued to work as a civilian at Colorado's Fort Carson Soldier Readiness Processing Center, helping to prepare active duty reserve and National Guard troops for deployment or redeployment. It was during that time that Juancho made the decision to earn her MSW, inspired by a behavioral health supervisor with a combined passion for military service and social work.

While still in the Army, Juancho had become the first in her family to attend college, earning not one but two Bachelor's degrees, "As a Native American, I always have to prove myself," she explains. Now a concentration year MSW student, she commutes two hours to GSSW several days a week from her Colorado Springs home, attending classes that sometimes last till 9:00 p.m. Her long term goals include earning a PhD and perhaps a degree in law, returning to work at Fort Carson and ultimately serving people on her reservation. "I live in two worlds," Juancho says, "I love my culture and want to contribute to it."

This article originally appeared in the fall 2011 issue of GSSW Magazine, published by the Graduate School of Social Work at the University of Denver





Where has the year gone?! Seems like only yesterday the start of 2011 was upon us and here we are getting ready to celebrate Christmas. The Traffic Division hopes everyone had a very wonderful Thanksgiving holiday. As we all know the true Christmas Holiday Season officially begins the day after Thanksgiving and with that comes the hustle and bustle of holiday shopping, parties, etc.

In conjunction with the National Highway Traffic Safety Administration's Holiday Season Impaired Driving Prevention Campaigns and the Indian Highway Safety Program mobilization, the Isleta Police Department's Patrol and Traffic Divisions will be out in force and will be enforcing traffic laws throughout the Pueblo. These operations include "Buzzed Driving is Drunk Driving" (November 27 through December 11, 2011), "Drive Sober or Get Pulled Over" (December 16, 2011 through January 2, 2012), and "Don't Shatter the Dream" (December 20, 2011 through January 2, 2012).



The holidays are a time for getting together with family and friends and should be a joyous time of the year. Businesses have their office parties as well and too often alcohol is a part of these celebrations. Please keep in mind that drinking and driving are not a GOOD MIX.

We will be out there and we will be looking for those impaired drivers because we want to keep our community safe for all. If you must drink while out celebrating, PLEASE have a "Designated Driver" or call a taxi, a sober friend/relative.....someone to safely transport you home. Do not become a needless statistic and don't think "It will never happen to me" or "I am perfectly capable of driving home. I've done it before". The odds will eventually fall against you and the results may end in your arrest (a costly mistake) or could hurt you or someone else traveling the roadways.



The Traffic Division believes in detection and prevention, wanting to avoid tragedies and unnecessary statistics. Please don't be one of them!



CONTACT INFORMATION:

Isleta Police Department Traffic Division
Traffic Safety Officer Sharon K. Mitamura
poi06056@isletapueblo.com
(505) 724-9282 or Ext. 253

RING IN THE HOLIDAYS WITH HEALTHIER MEALS

Holidays usually involve enjoying food and beverages with family and friends. Read on for shopping, cooking and baking tips that can help keep you on track for healthy eating habits this season and into the new year.

SMART SHOPPING:

- Plan ahead! Prepare and freeze some of your holiday dishes in advance to limit last minute shopping and impulse buying. Make your shopping list and stick to it!
- Eat a healthy meal or snack before shopping. You'll be less tempted to buy treats.
- Stock up on festive foods such as deep, bright colored veggies and fruits.
- Look at labels and compare which products are lower fat and sodium, yet higher in fiber.

SMART COOKING:

- Fry less; drain fat off when cooking; try fat-free cooking sprays.
- Baste meat with fruit juice or broth instead of fat.
- Chill the meat drippings to skim fat off when making gravy.
- Sides: try these tips to cut the fat and use less butter...cook the stuffing outside the turkey and add diced veggies or fruits; make mashed potatoes with fat-free or low-fat milk/buttermilk/sour cream or low sodium broth; dress up sweet potatoes with small amounts of pineapple, raisins, apple juice or other fruits.
- Use sharp flavored cheese and use less, or try low fat (2% milk) cheese.
- Try using mashed beans or chickpeas to make dips with low fat.

SMART BAKING:

- Replace fat in recipes (butter, oil, shortening) with fruit puree or unsweetened applesauce. Try replacing 1/2-3/4 of the fat for a more acceptable texture.
- If you add nuts, toast them to enhance flavor & use less.
- Add healthy whole grains with subbing 1/2 of the white flour with whole wheat.
- For pies, leave off the top crust or try an oat crisp topping and use less butter than the recipe calls for; crumb crusts made of graham, vanilla or chocolate wafers or gingersnap cookie crumbs can have less fat than a pastry crust.
- Try less sugar and use powdered skim milk to make up the required dry ingredients; could sub half the sugar with artificial sweetener.
- Cinnamon, nutmeg, cloves or vanilla can enhance sweetness so less sugar is needed.

Purchasing and preparing healthy foods that are low in fat, sugar, sodium and high in fiber is your gift to family and friends, as well as to yourself. Eat slowly so you have time to feel full before dishing up that second serving, and enjoy your company! Make physical activity part of the celebration. Indoor activities like charades and dancing or outdoor activities, even a walk after eating, can liven up a party and add to the health benefit. HAPPY HOLIDAYS!





Greetings to all from the New Library at Sunset Hills! We hope this reaches you in good health and spirits. We also hope your turkey has settled and you are ready for more holiday festivities. The seasons have changed; it's colder, so snuggle up with a good book from the library. Are you aware that we have now settled in and are a functioning library with most of the things you enjoyed in the past? Yes, indeed, so come by and see our new place.

News

First and foremost, the library has a new phone number and a new address. Our new number is 924-3192. The old number is no longer in service. Our new address is 950 Moonlight Drive, Albuquerque, New Mexico 87105. Our mail comes directly to us now. We have Library winter hours that will begin on December 19, 2011 and continue through January 9, 2012. They will be Monday through Thursday 8am to 6:30pm and Fridays 8am to 4:30 pm as usual. The hours are changed for the duration of most students' winter breaks and will resume regular hours afterward.

We are proud to be conducting a Coat and Food Drive for those less fortunate. It has been in effect since November 21. We will be accepting donations until December 21, 2011. This isn't just any ordinary Coat and Food Drive. Your donations could actually help you reduce or pay off any fines you may have on your accounts. With a coat donation, we will take off \$3.00 and for every non-perishable food item we will take off \$1.00 (up to \$3.00) off of your account. The maximum possible is \$6.00 that could go to your fine, but if you do not have a fine, you will receive a coupon that will be good until February 29, 2012 just in case you need it. The donations we receive will go to the Isleta Social Services and to First Nations in Albuquerque, two very worthy help agencies. We are extremely grateful to Paradise Donuts in Bosque Farms, New Mexico for also giving us an incentive for those who donate \$3.00 or more. The first 100 people will receive a coupon for a FREE DONUT. Thank you Paradise Donuts!

Someone you have come to know, Gilbert Henry will be leaving our library family to pursue other ambitions. He has been a welcome addition for a good long time and we are truly thankful for all his help and hard work. We wish you luck Gilbert in all your pursuits. We'll miss you so come in and visit often.

Upcoming

Guess who is coming to town? The jolly old elf from up north - the North Pole, that is - will be making an appearance on Wednesday, December 7, 2011 from 2 to 6:30pm. This is your chance to have your picture taken with him for FREE. We will give parents two FREE 4X6 photos, so do not miss this opportunity. Our children grow up too fast, cherish your holiday memories.

Something else coming up is our annual Christmas Craft week. The staff has planned some activities for the first 30 people each night. Again we will provide the supplies and all you need is to show up and create. The crafts will include a Garland Christmas Tree, a Kitchen Angel, and a Gingerbread Mobile. We are sure to have fun, so drop in and join us at 4:30pm each night.

Pueblo of Isleta Public Library

Don't forget that we are well underway with our 1st Homework/Reading Incentive called, "Fall Flick Frenzy" here at the new library. Students from Head Start to High School are collecting points for homework and/or reading. The first 20 people to reach the goal of 30 points by December 15 will go the movie, "Sherlock Holmes: A Game of Shadows" or "Alvin and the Chipmunks: Chipwrecked" and be treated to dinner at Furr's Family Dining, so hurry in and start or good luck to those who have already started. This is your reward for your hard work. See the library staff for further details.



Library patrons are making Thanksgiving cornucopias.

The library will once again play host to a Wii Game Tournament during the winter break. On Monday, December 19, 2011, bring in your competitive spirit and join the fun. Those who have attended in the past can vouch for its popularity and good time they have had. Check it out; you will want to be in another one soon.



Patrons busy in Computer Corner at the Library.



Afterschool Reading and Fun at the Library.



Head Start Children visit the Library for a story.

Recap

Just a quick overview of what we did in November. Our Thanksgiving activities were a big hit with our patrons. It was only two days but we had a great time. On Monday, Mary Jane created "Cornucopias" centerpieces out of bread. They were fabulous as was commented on Facebook. The participants also received fruit to put into their "Horn O' Plenty". On Tuesday,

Did you happen to see the article about the library in the Valencia County News-Bulletin? We were featured in the November 9 issue. We are grateful for the publicity this generated and proud that it showed our new facility and all we have to offer the community of Isleta Pueblo and surrounding neighbors. New patrons as well as our faithful regulars have been surprised at the new facility and its spacious and attractive layout. We hope you come in soon and enjoy YOUR new library.

Pueblo of Isleta Public Library Hours of Operation

Monday- Thursday: 8am- 8pm
Friday: 8am- 4:30pm

Mailing and Physical Address:
950 Moonlight Drive
Albuquerque, NM 87105

Phone: 924-3192

Email: poi02002@isletapueblo.com

Web Address:
www.isletapueblo.com/library2.html

Facebook:
www.facebook/IsletaPuebloLibrary



Made at QRBLASTER.com

Fall Flick Frenzy

Alvin & the Chipmunks Chip Wrecked



The first incentive of the fall at Isleta Pueblo Library is to go to the movies on Dec. 16. In order to go you must read for 20 minutes for 1 point or complete your Homework at the Library. You need 30 points to attend this trip. Only the first 20 will get to go. Starts Nov. 21 and Ends on Dec. 15.

Sherlock Holmes



PUEBLO OF ISLETA PUBLIC LIBRARY

Address: 950 Moonlight Drive,
Albuquerque, NM 87105

Phone: 505.924.3192

Facebook: www.facebook.com/IsletaPuebloLibrary OR scan the QR Code to the left with your SmartPhone.



Pueblo of Isleta Public Library Food & Coat Drive!

Do you have a fine at the library? Get it reduced or possibly cleared with a donation! Donate non-perishable food items or a coat to the Pueblo of Isleta Public Library today!

Begins November 21, 2011 and follows through December 21, 2011.

All proceeds will benefit our own community as well as the outlying communities. Non-perishable food items will go to the Pueblo of Isleta Social Services and the coats will be delivered to First Nations (FNCH).
<http://www.fnch.org/>



Only non-perishable food items with a reasonable expiration date will be accepted. Coats must be clean and in good condition. All sizes and colors are greatly appreciated. Limit of 3 cans and 1 coat per patron. One can is equal to \$1 off and a coat is equal \$3 off your fine.

PUEBLO OF ISLETA PUBLIC LIBRARY:

Address: 950 Moonlight Drive,

Albuquerque, NM 87105

Phone: 505.869.8119

Facebook:

www.facebook.com/IsletaPuebloLibrary
OR scan the QR code to the left with your SmartPhone.



Isleta Pueblo Public Library



Monday, Dec. 12 & Tuesday, Dec. 13,
Thursday Dec. 15

Time: 4:30-5:30

Holiday Craft Festival

The Library will be hosting arts and crafts the week of December 12th.

The staff will be conducting a different craft each day.

The three crafts would include:

Hanger Christmas Tree
Kitchen Angel
And More!

PUEBLO OF ISLETA PUBLIC LIBRARY

Address: 950 Moonlight Drive,
Albuquerque, NM 87105

Telephone No: 505.924.3192

Facebook: www.facebook.com/IsletaPuebloLibrary OR scan the QR to the right with your SmartPhone.



Parks & Recreation

The month of November was the start of the Adult Volleyball League and beginning of the formation of our Elementary youth basketball program and the site for the Isleta Elderly Arts/Crafts Extravaganza. Although the youth basketball program doesn't officially start till mid-December we have started forming and practicing our teams. Children and parents, if you want your children involved in the SPA Youth basketball program please contact any of our coaches at 869-8557 for further assistance. Also scheduled for December will be two big events sponsored by the Isleta Karate One program Inter School Karate Tournament and the other being the "Light the Path" Memorial Walk sponsored by the Isleta Behavior Health Department held at the New Rec. Center.



Elderly Arts/Crafts Fair

On Saturday, November 5, 2011 the Isleta Elderly program hosted the 3rd Annual Arts/Crafts fair at the New Rec. Center gymnasium. Over 100 artists from our Pueblo of Isleta and as far away as Zia, Jemez, Laguna, Santa Ana and San Ildefonso came to be part of this wonderful event. This was definitely a wonderful way to start the Christmas shopping season with some beautiful and unique gifts from so many talented artists who were on hand to sell and display their wares. Enough cannot be said about those responsible (Renee Chavez and Edna Jiron) for organizing such a wonderful event. Those who had the opportunity to attend were treated to some of the best arts/crafts this state has to offer and some great food as well. Pictured to the left is of Edna Jiron and Renee Chavez. Pictured below is a collage of pictures depicting the event.



Special Note:

On Friday, December 23rd both Recreation Centers will be closing at 11:00 am. Old Rec. will be open that morning from 4:00 am until 11:00 am and New Rec. from 5:00 am until 11:00 am. With that, the Staff would like to wish everyone a **Merry Christmas and Prosperous New Year, God Bless.**

Zumba

Also in November we have begun a new exercise program that has taken the nation by storm called "Zumba". At the present time the classes will be offered every Tuesday and Thursday evenings at 6:00 pm, and our instructors are Rachel and Natalie Salvador. Up to this point the response has been great and if it continues to grow we may make it a regular part of the program. Currently the charge is \$3.00 per class.

Youth Basketball

We are now in the process of recruiting our youth basketball players to play in the Southern Pueblo Agency for Elementary Schools. We the Recreation Program are now responsible for the youth league. We will be working closely with the Isleta Elementary School to insure we do not disrupt their class schedules or after-school tutoring. Our coaches will be scheduling practices at times that all children are able to make, taking the education component first.

Adult Volleyball

Carl Anderson, League Director, reports that the adult league is off and running with games being played on Sunday mid-mornings. Currently the league as it stands may have some minor scheduling adjustments done in order to tweak the league to being as competitive as possible. If anyone is interested in getting in on one of the teams already formed, please contact Carl at 869-8557 for that possibility.

Karate/Memorial Walk in December

The Isleta Karate One Program will be hosting a small Inter-school Karate Tournament on Saturday, December 17, 2011 at the New Rec. gymnasium. The tournament will involve several schools from Albuquerque, Los Lunas and Belen. They will be competing in Empty Hand Kata, Weapons Kata and Sparring. Registration is scheduled for 8:00 am with the tournament action scheduled to begin at 10:00 am. If anyone is interested in coming to see some great karate action, it is free for all Isleta Pueblo members.

The 3rd Annual "Light the Path" Memorial Walk sponsored by the Isleta Community Action Team will be taking place at the New Rec. Center on Friday, December 16th, 2011. Dinner (Posole and oven bread) and lots of door prizes will be provided to those who participate. The activities are scheduled to begin at 5:00 pm.

Isleta Pueblo News

Editor: Ulysses Abeita
Asst. Editor: Beverly Piro
Published By:
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News Release:

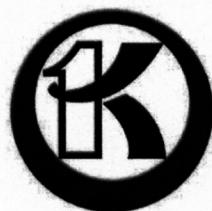
Photo: The brothers two, recently attended the Belen Goju-Ryu karate tournament along with the rest of the 10 member team from the Isleta Recreation Center. Ricky Roybal competed in several events and garnished the Junior Grand Champion Trophies, with his brother David Roybal taking second in all events behind his brother. Ricky took the Jr. Grand Champions by placing first in his division in Kata, Sparring, and Weapons Kata. As a first place competitor, he was boosted up to the Grand Champion category along with all the other first place under 18 years of age competitors. Only the top competitor for this group would take the Jr. Grand Champion trophy, and this year it was Ricky Roybal. Last year David competed for the coveted Jr. Grand Champion.

For more information about the Isleta Recreation Center Karate program, contact Sensei Chavez at 869-8557 or 866-4360. Space is available for new students.



Pictured from L - R: Mr. Clarence Chavez, head instructor, Ricky Roybal, Jr. Grand Champion, David Roybal runner-up, and Mr. Jim Yeats, assistant coach.

Karate One Tournament December 17, 2011



Tournament Events will include

**Empty Hand Kata, Weapons Kata, and Sparring.
Black Belt Kata will be the first event.**

\$10 for all events, Awards Gold Silver Bronze medals.

**This event will take place at:
Isleta Recreation Center
Tribal Road 40 Building 60
Pueblo of Isleta, NM
505-869-8557
[Site Map \(ctrl + right click\)](#)**



**Registration Starts at 8 a.m.
Black Belt meeting will be at 9:30 a.m.
Tournament will start at 10:00 a.m.
For more information contact:
Karate One International or
Karate one of Isleta
John Riddle at (505) 292-0255
john.riddle@karate-1-international.org
Clarence Chavez (505)8664360
cchavezgang@yahoo.com or**

Directions to the Event are as follows from the North going South:

- From the north, Turn right to merge onto I-25 S About 11 mins
- Take exit 213 for NM-314/Isleta Blvd go 0.3 miles.
- Turn left onto NM-314 W/Isleta Blvd SW Continue to follow
- NM-314 W go 3.0 miles south.
- Turn left onto Tribal Rd 54 go 0.1 mi
- Turn right onto Tribal Rd 60 go 0.2 mi
- Take the 2nd left onto Tribal Rd 61 go 0.1 mi
- Turn right onto Tribal Rd 40
- Destination will be on the left
 - Isleta Youth Recreation Center - Tribal Road 40, Isleta, NM 87022 - (505) 869-8557

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- Rules used will be the New: AAU Sports Open Tournaments.
- First time used in New Mexico-
- Styles will include Taekwondo, Karate-Do, Shotokan, Shorin Ryu, etc.

Application Next Page

Application for Individual Competition
Isleta, NM - Martial Arts Tournament on Dec. 17, 2011

AAU ID Number: _____
Name: _____
Street Address: _____
City: _____, State: _____ Zip Code: _____

Home Phone: _____

Your age on July 1, 2011: _____ (This is the age group you will compete in)

Beginner = Less than 1 year of training

Novice = More than 1 but less than 2 years of training

Intermediate = More than 2 but less than 4 years of training

Advanced = More than 4 years of training, or Black Belt

Name of Sensei: _____

Dojo name: _____

Dojo Address: _____

City: _____, State: _____ Zip Code: _____

Dojo Phone: _____

Waiver and Release of Liability

Karate One, International, Ray Barrera Jr., Karate One Intl., the Pueblo of Isleta, the Instructors and Directors, Managers and Staff, and any Personnel assisting the above will not be, and shall not be held responsible for any injury and/or injuries, be they of a physical and/or mental and/or fatal nature. Each person enters this tournament and facility with full knowledge of the dangers that exist, that there will be no medical treatment available at the site of the tournament other than First-Aid. As such the rendering of First Aid and/or the transporting of an injured person does not constitute responsibility for such injury and/or injuries by Karate One International, Ray Barrera Jr., Pueblo of Isleta and/or those noted above.

I, _____, who shall be known as the competitor, having read the above and finding no fault with its conditions as written and/or implied, hereby release Karate One International, Clarence Chavez and/or those so noted above from any form of legal and/or other form of litigation. That I shall not bring forth and/or cause others to bring forth legal action against Karate One International, Ray Barrera Jr., Karate One Intl., Pueblo of Isleta and its affiliated programs, and owners and those persons or companies so noted. For any injury and/or injuries, be they such of a physical and/or mental and/or fatal in nature. That I shall follow any and all rules as written and/or implied, that I enter this tournament as a competitor with full knowledge of my actions and the possible consequences of those actions.

Signature of Competitor _____ Date _____

Parental Consent Form

When the competitor is under 18 years of age, that student must have this part of the release of liability form signed. Legal action can/will be brought against any person forging signatures on this form.

I, or we, hereby allow the above named person to enter and be part of this competition, as so noted above, and in doing so, hereby agree to all conditions of this release, as well as all rules as set forth written and/or implied. By our signature(s), make such conditions binding on the competitor and I serve as legal guardian(s) of the above named competitor.

Signature(s) of Parent(s) or Guardian(s)

Date _____



Car Seats Help Protect Your Child

Car seats help protect your baby from serious injury in the event of an accident, so it's important to make sure they're correctly installed and used.

- Always put your baby in a car seat any time you travel in the car. Make sure the seat is properly installed and used, according to its instruction manual.

- Before baby is born, make sure you know how to properly place, remove and use the seat.

- Place the seat in a rear-facing position in the middle back seat of the car. Make sure the fit is tight.

- Don't buy a used car seat, or use a seat beyond its expiration date.

- Never leave your baby in the car unattended.

- Contact Isleta Health Center at 869-4482 or 869-4479 if you have any questions or concerns about proper installation or you want us to teach you how to properly install your car seat.

<http://www.healthday.com>

Freedom from Smoking

Take Back Control of Your Life!

8 sessions to help you STOP SMOKING!

Session 1 (Thinking about Quitting)
Session 2 (On the road to freedom)
Session 3 (Wanting to quit)
Session 4 (QUIT DAY)
Session 5 (Winning Strategies)
Session 6 (The new you)
Session 7 (Staying Off)
Session 8 (Let's Celebrate)

Want to Stop Smoking?

SIGN UP FOR

FREEDOM FROM SMOKING AND START THE YEAR OUT RIGHT!

NEW CLASS STARTING JANUARY 9TH, 2012

AT THE ISLETA REC CENTER!

Contact
Stephanie Barela
at 505-869-4479

weekly prizes!
Help from Others
that are going
through the
same thing!
Nicotine Replacement Therapy
for those clinic patients
that attend the weekly sessions!



Sponsored by the
Isleta Health Center

Drowsy Driving Tidbit

Isleta Health Center

Health Educator,
Stephanie Barela, 869-4479

Have you ever driven while you were drowsy...chances are you probably have. Next time think twice before you get behind the wheel when you are having trouble staying awake.

The Center of Disease Control (CDC) says that there are about 100,000 crashes each year due to drowsy driving. This attributes to 40,000 injuries and about 1,500 deaths a year.

**STAY SAFE
and
DON'T DRIVE DROWSY!!**

CHRISTMAS SEASON CRIME PREVENTION TIPS FROM THE ISLETA PUEBLO TRIBAL POLICE DEPARTMENT

With the Christmas holiday season almost upon us, now is a good time to take steps to ensure your Christmas isn't spoiled by criminals.

The Isleta Police has the following advice to make sure that your Christmas season is a great one.

Christmas Shopping

- * Make sure your card isn't a gift for pickpockets. When the shops are crowded they have more chance to steal from you.
- * Keep your purse or wallet close to your body and never in your back pocket or the top of a handbag
- * Try to pay using a debit card rather than carrying lots of cash
- * Always keep your pin number secret and be aware who is around when you are withdrawing cash from a machine
- * Never leave credit or debit receipts lying around — some of them carry your card details
- * Keep check books and check cards separate and never write down your pin number
- * Always use a secure and well lit car park and never leave shopping bags on display in your car

Personal Safety

- Try to plan your evening in advance*
- * Get your cash out of the ATM during daylight hours
 - * Make arrangements to get home safely — check timetables or program the number of a reputable taxi firm in to your phone
 - * Use available public transport or pre book a taxi rather than walking home

- * Make sure someone knows where you are going and what time you will be back

Look after yourself and your belongings

- * Never leave coats or bags on chair backs where sneak thieves can get them
- * Don't accept drinks from strangers or leave yours unattended
- * Keep your wits about you — too much alcohol makes you vulnerable
- * Stick with your friends and don't walk home alone
- * Never take short cuts late at night, stick to well lit main routes

If you are using your mobile at night

- * Be aware who is around you
- * Set it to vibrate rather than a loud ring tone to attract peoples' attention
- * Don't walk and text, you are likely to be distracted and you are giving a potential thief a chance to see what type of phone you have

Home Security

- * Leaving presents under the tree in full view from outside can attract the attention of thieves — keep them out of sight until Christmas day
- * If you store larger items such as bikes in a shed or outer building make sure they are secure
- * Once you've opened all your gifts, don't leave the boxes on view outside to advertise your good fortune to criminals
- * Leave a light and radio on a timer if you are going away for Christmas or having a night out
- * As a fire precaution don't leave Christmas lights on whilst you are out

- * If you go away for Christmas, cancel your milk and newspaper deliveries
- * Lock all outside doors and windows, and if you have a burglar alarm make sure it is in full working order and set before you go away

- * Neighbors may be able to help you by collecting post, opening and closing curtains and they could occasionally park their car on your drive

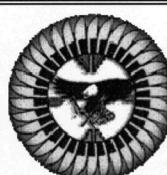
- * Genuine delivery personnel usually have uniforms and liveried vehicles and should not need to come into your home. Charity collectors will have identification and will not be offended if you ask to see it

Auto crime

If you are taking your car on a Christmas shopping trip

- * Use well lit, secure car parks
- * Don't leave anything in your car, remove everything of value before you go shopping.
- * Open the parcel shelf and glove box to show there is nothing of value left in the vehicle
- * Don't return to your car to leave purchases in the boot before continuing with your shopping as thieves may watch car parks
- * When at home keep your car keys hidden and away from doors, windows and letterboxes

Please be vigilant of anyone driving or walking in your area. Make note of what the person(s) are wearing, how tall, hair color, height, ethnicity, and any other details to assist the police. Please call the Isleta Police Department immediately to report any suspicious activity - Isleta Police Dispatch office; (505) 724-9280 or (505) 869-3030.



Isleta Health Center

1-877-725-2552

24 Hour Nurse Advice Line

Is it an Emergency or not?

Make an appointment at the clinic or call the ambulance?

Call Isleta's Nurse Advice Line and speak with a registered nurse.

Before calling an AMBULANCE or going to the WALK IN CLINIC, call the NURSE ADVICE LINE!!

Someone is there to answer your health-related questions 24 hours a day, 7 days a week, 365 days a year.

This service is **FREE** for ALL Isleta Health Center patients.

CALL THIS NUMBER

and

THEY WILL HELP YOU ANSWER ANY HEALTH QUESTIONS!!!



Ham Distribution

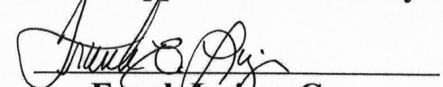
DATES: Monday, December 12, 2011 & Tuesday, December 13, 2011

WHERE: Isleta Elderly Center

TIME: 8:00 a.m. to 6:00 p.m.

FOR: Tribal members (1/2 enrollment) living in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque, Rio Rancho and Bernalillo ONLY!!

Individuals must provide proof of tribal membership. Only one ham per household your cooperation will be appreciated. Thank you!


Frank Lujan, Governor



REDUCE YOUR RISK

Get Smart. Get Fit. Get Checked.

Isleta Health Center,
Health Educator:
Stephanie Barela 869-4479
(Information from the
"Guide to Preventable Cancers")



The key to leading a long healthy life is to get smart, get fit and get checked! We can all play a part in reducing our risk for cancer by choosing a healthy lifestyle that avoids commercial tobacco and includes healthy food choices, exercise, and protection against too much sun, moderate alcohol consumption and regular cancer screenings. Learn about ways to PREVENT OR REDUCE YOUR RISK FOR CANCER in this section in the Newsletter.

GET FIT!

Eat a variety of healthy foods, especially fresh fruit and vegetables. More and more studies have come out to show the link between what you eat and do not eat can attribute to getting or not getting cancer. One third of cancers diagnosed every year may be related to what people eat. To help lower your and your family's risk for cancer, you could reduce the amount of fat, especially animal fat that you eat. Also, limit your red meat intake as well as your processed food intake, like bologna (baloney) and spam. Make sure you and your family eat meals with lots of fruits (i.e. berries) and veggies, like corn, squash and nuts, beans and whole grains.

Stay active and maintain a healthy weight. Add activities into your family's daily life that get you up and moving, like pick berries, gather food, go on a walk or dance. Any activity that gets you up and moving will reduce stress, increase energy, control weight and reduce the risk for cancer. All you need to do is be active for at least 30 minutes a day and you will reduce your risk of cancer.

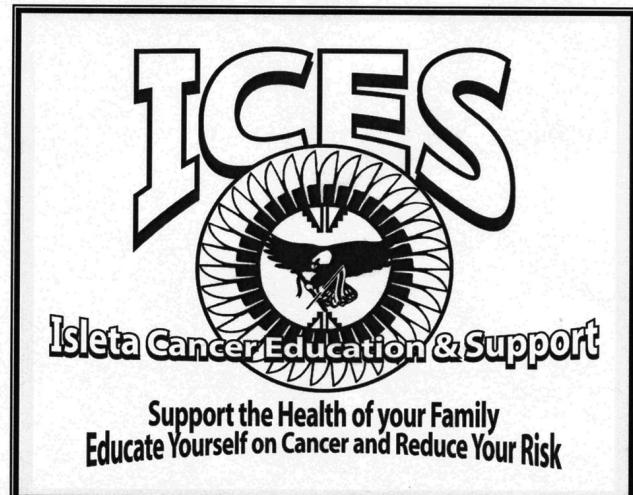
Being inactive or obese is linked to breast, colorectal and endometrial cancer and also some limited evidence of links to lung, gallbladder, prostate and pancreatic cancer. In some cancerous tumors, especially those that hormones play a role in, evidence shows that high-fat diets and lack of exercise is a contributing factor. Staying active helps control weight and may also help the digestive system function properly, it may boost the immune system and may also have a positive effect on hormones.

**SUPPORT THE HEALTH OF YOUR FAMILY
EDUCATE YOURSELF ON CANCER AND
REDUCE YOUR RISK**

Want to Teach your Kids about Cancer?

Does someone you know have cancer and you want to teach your kids about it so they are not so confused and scared? CALL ME, the Isleta Health Center Health Educator (869-4479) and I will give you a Family Cancer Resource Bag, which comes with brochures and booklets on cancer and four children/youth books on cancer. The more you learn and the more you educate your kids, the less scary it is.

**SUPPORT THE HEALTH OF
YOUR FAMILY
EDUCATE YOURSELF ON CANCER
AND REDUCE YOUR RISK!**



Education and support with a speaker scheduled for each meeting.

WHEN:

December 13, 2011

TIME:

10:30am to Noon

PLACE:

ISLETA ELDERLY CENTER

Free T-Shirts

"I'm a Survivor"

Cancer Survivors Panel & Xmas Party

Please contact Stephanie Barela @ 869-4479 if you have questions.



*Support the Health of Your Family
Get Educated on Cancer and Reduce Your Risk!
Everyone Welcome!
Please Join Us!*

CANCER 101

SATURDAY, MARCH 3rd, 2012

9am-4pm

at the Isleta Golf Course

LEARN ABOUT CANCER

- What is Cancer?
- Cancer among Native Americans
- Cancer Screening and Early Detection
- Cancer Risk and Risk Reduction
- And MORE!!

**CALL Isleta Health Center,
869-4479 to REGISTER!!**

**Be the 1st 100 people to register
and get a Free T-shirt!!**

Native Ways Family Program



Isleta Behavioral Health Services (IBHS) and Isleta Head Start & Early Head Start are excited to offer a new twist to the Native Ways Family Program (NWFP) parenting group. The NWFP is now being offered during the day with transportation provided by IBHS. The NWFP will be held at the Isleta Head Start every Tuesday for 8 weeks from 10:30AM - 12:00PM beginning January 17, 2012 and ending March 6, 2012.

The NWFP provides family prevention focusing on healthy parenting skills and family wellness. The NWFP provides the meals and would like to give a big shout out to the Isleta Head Start for their catering services and the wonderful group incentives contributed by Isleta Head Start & Early Head Start. We encourage your attendance by joining us. Please contact IBHS at (505) 869-5475 or Isleta Head Start & Early Head Start at (505) 924-3160.



The NWFP has completed its first parenting group in joining together with the Isleta Head Start & Early Head Start that ended on November 10, 2011. The NWFP group discussions focused on the importance of family values and to spend family quality time to enhance communication. NWFP parenting group is involved with their children to promote family play as in making sack puppets.

Isleta Behavioral Health Services (505) 869-5475
Isleta Head Start & Early Head Start (505) 924-3160



The first Native Ways Parenting Class series held at the Head Start building just came to an end. This was a collaborative effort between Isleta Behavioral Health and Isleta Head Start. A new 8-week series of classes will be forming in mid-January. Please call Lisa at 869-3254 (IBH) or Emily at 924-3164 (Head Start) for more information, or to sign up.



The Paquin Family concentrating on their pottery



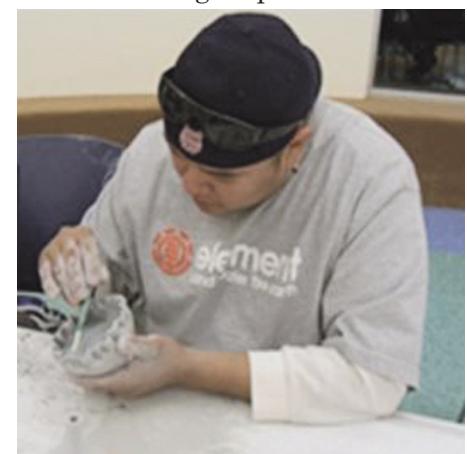
The Isleta Head Start Fatherhood class has been working hard preparing for the upcoming Fatherhood Art Fair. They have met every Wednesday during the month of November, learning how to make traditional pottery from clay to the finished product. The Fatherhood group will be presenting their work at the Fatherhood Art Fair on Wednesday, December 14 at 5:30pm at the Head Start Building. Local vendors are welcome to sign up to reserve a table to show and sell their arts and crafts. Tables are limited, so sign up early by calling: Sandra, Rebecca, or Emily at 924-3160. We hope to see lots of people come support the Fatherhood group and local artists!



Marie Jiron



Michael Jojola



Leon Tuchowena

THANK YOU!

The Isleta Head Start wants to extend a very big THANK YOU to the Department of Education for letting us store and use their pottery kiln. We will put the kiln to lots of use with the Fatherhood group and classroom activities. We will soon work out a schedule for local artists to use the kiln as well. Look for more information soon.

Another big THANK YOU goes to the Isleta Fire Department; they are our Community Partner for the month of November. Thank you for all your support during our monthly fire drills and also for leading our October Family Night. The children always love seeing you

**Blue Shell
Pottery & Gifts**

Now Open!!

New Holiday Hours

Monday-Friday 10 am – 6 pm
Saturday 10 am – 4 pm

Affordable Pottery, Shawls, Jewelry
and Unique Handcrafted Gifts

207 Tribal Rd 2
(Behind Lil' Island Smoke Shop)
Isleta, NM 87022
505-869-1901

©EZ

**3rd Annual
Light the Path Memorial Walk**
Sponsored by the Isleta Community Action Team

FOR THE 3RD YEAR ICAT WILL SPONSOR THE LIGHT THE PATH MEMORIAL WALK. THIS IS A COMMUNITY EVENT THAT HAS GAINED MOMENTUM EVERY YEAR IN SUPPORT OF THOSE WHO HAVE PASSED AND THOSE WHO STRUGGLE WITH GRIEF AND LOSS. THE EVENT WILL START AT THE RECREATION CENTER WHERE WE GATHER BEFORE WE MAKE THE JOURNEY ALONG THE LUMINARIA LIT PATH TO ST. AUGUSTINE CHURCH FOR A INTIMATE MEMORIAL SERVICE GIVEN BY FATHER GEORGE AND ACCOMPANIED BY THE ST. AUGUSTINE CHOIR. AFTER OUR WALK WE WILL ENJOY A HOME COOKED MEAL AT THE RECREATION CENTER WHILE GUEST SPEAKER, MRS. BEVERLY WILKINS WILL TAKE US ON A HEALING JOURNEY. THE INTENT OF THIS EVENT IS TO COME TOGETHER AND TO HEAL OURSELVES AS A COMMUNITY.

ALWAYS ALCOHOL, DRUG AND VIOLENCE FREE

**DECEMBER 16, 2011
@ 5:00 PM
@ ISLETA REC CENTER**

**POSOLE AND OVEN BREAD
DOOR PRIZES
IBHS 869-5475**





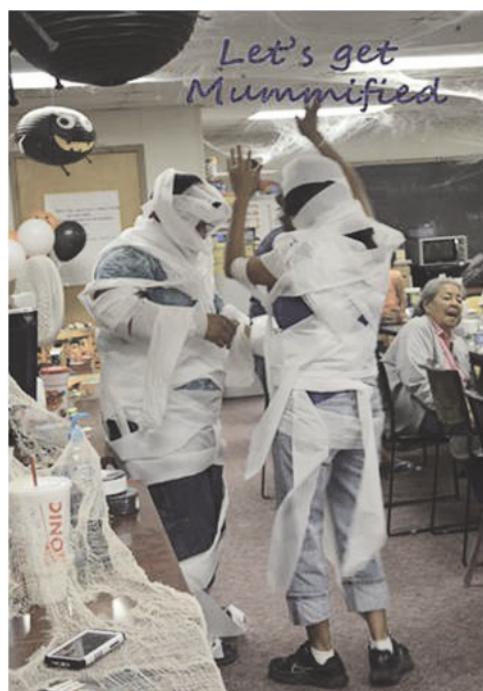
JOM News



Happy Holidays from the JOM staff! Hope everyone is doing good and enjoying the hustle and bustle of the holiday season. We have been quite busy preparing for a few Winter Activities and taking care of end of the year business. As we have informed you in the past, the contract year ends December 31, 2011. The new contract period will kick off January 1, 2012. If your student has a reimbursement request from January 2011 through December 2011, these requests must be submitted to the JOM Office by December 16, 2011. We are currently reimbursing for ACT/SAT fees, middle and high school lab fees, as well as PE uniforms (Middle and High school freshmen ONLY) from specialty stores such as Premier Sports. An original receipt must be submitted along with the request by December 16, 2011. Once the new contract year begins, we will no longer reimburse for PE uniforms for the remainder of the current school year. At this point in time, our budget has an estimated \$10,500 remaining. Please remember these federal dollars have already been allocated for anticipated services provided to students to fulfill our contract. Any remaining funds will be rolled over to the next contract year without penalty.

Halloween Activity Night

So, here's an update of activities for October and November. On October 24, we held our Halloween Family Activity Night. It was great to see so many students and their families attend this activity. We had tons o' fun! Parents and students played several different games such as bingo, mummy wrap, we also had a donut eating contest and everyone completed arts and crafts projects. We also gave attendees the opportunity to winning iTunes cards and tickets to ride the Trolley of Terror. Thank you Rudy Piro and Trish Abeita for helping us get ready for this fun event! We appreciate your support.



November 17, we invited students and their families to join us for our Thanksgiving Dinner followed by a wide variety of arts and craft. Parents and students enjoyed warm fresh carved turkey, stuffing, mashed potatoes, sweet potato casserole, sweet apples, corn bread and pumpkin pie. Thanksgiving is one of those holidays that remind us about who and what we are thankful for. We are thankful for the support students and parents give to the JOM Program. We appreciate each and every one of you that attended this wonderful gathering.

Mark your calendar: December Activities



If you have any questions please feel free to give us a call at 505-924-3189.

We are looking forward to seeing you at our upcoming events. If we don't get to see you during the month of December,

**WE WISH YOU
A VERY MERRY
CHRISTMAS &
A HAPPY NEW
YEAR!!!**

Geraldine, Beverly and Bernadette

Pauline Lucero-Ruiz

Shed only happy tears For me,
 My soul's at peace And finally free.
 My love is always Where you are.
 I'm the shine you see In every star,
 The ray of sun That starts your day
 And gives you hope Along the way...
 The beauty of a perfect rose,
 The quiet calm of winter snows,
 The song that every robin sings,
 The gentle wind beneath its wings,
 The color of the falling leaves...
 I'm everything your heart believes.
 Shed only happy tears for me —
 My soul has touched eternity.



We Love you mom!

On behalf of Pauline's family, we would like to send a very heartfelt Thank You to all family, friends and community for your support during our loss.

In Loving Memory of Joseph A. Juancho

August 26, 1968 — November 08, 2011

The family of Joseph A. Juancho would like to express their gratitude to family, relatives and friends for their overwhelming support during the passing of our beloved Son, Brother, Father and Uncle. With grateful hearts we appreciate the many prayers and thoughts throughout this difficult time of sorrow. We pray that our creator will bless each of you throughout your life.



Isleta Pueblo Elder Center Activities Calendar December 2011

December 1: Catholic Mass — 11:30 am — Kiva Room

December 2: "Elder Day" at Recreation Center—
(9am — 3pm)

December 5: Friendship Coffee (Draw Names for
Christmas Gift Exchange)- 10 am

December 5: Build Gingerbread House w/Daycare
— 10:30 am

December 7: Decorate Elder Center for Christmas

December 7: Commodities

December 8: Elder Field Day — Santa Fe Indian
School (Christmas Party) & Shopping in
Santa Fe 8 am — 3pm

December 9: "Elder Day" at Recreation Center —
(9am — 3pm)

December 12-13: Ham Distribution — 8 am — 6pm -
Elder Center

December 13: Elder Field Day— Shopping/Lunch
@ Cottonwood Mall — 9am

December 13: Isleta Cancer & Education Support
Group — 10:30 am (Survivors Panel and
Christmas Party)

December 15: Elder Christmas Party — Hard Rock
Hotel & Casino

Ballrooms A & B — Dinner 6 pm; Dance 7pm
— 10 pm

December 16: "Elder Day" at Recreation Center —
(9am — 3pm)

December 19: Center Closed — Staff Field Day
NO CONGREGATE OR HOME DELIVERED MEALS

December 20: Elder Field Day — Shopping/Lunch @
Wal-Mart — 9am

December 20: Caregivers Training — 12 noon — 2 pm

December 23: "Elder Day" at Recreation Center —
(9am — 3pm)

December 26: Center Closed — Christmas Holiday

December 27: Advisory Board Meeting —
10 am — 12 noon — Kiva Room

December 28: Commodities

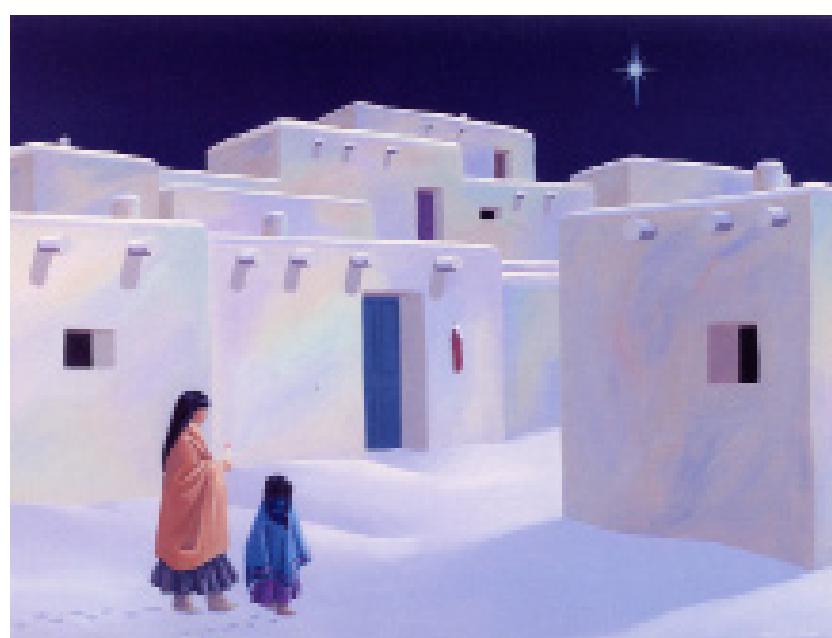
December 30: "Elder Day" at Recreation Center —
(9am — 3pm)

Pueblo of Isleta - WeTip Program

The Pueblo of Isleta's Police Department would like to introduce a new program known as **WeTip**. This program is funded by the Bureau of Indian Affairs and can assist us with implementation of community based policing. We need to work as a "team" in order to rid "our" problems with crime.

WeTip allows folks to remain anonymous by calling (800-78-CRIME), the operator does not want to know the identity of the calling party. The operator will ask pertinent information so they can forward the information to Isleta Police Investigators for follow-up investigation. The reporting party can receive up to \$1000.00 reward money for the information provided.

Remember, any information is better than "no" information. The Isleta Police Department wants to make Isleta Pueblo a safer place to call home, but we "need the community's help." If you wish to speak directly to an Isleta Criminal Investigator, you can telephone (505) 766-6653.



MEET THE MAN

Pueblo of Isleta Tribal
Members are invited
to join us at
Hard Rock Hotel & Casino
Albuquerque to meet Santa!

Have your picture taken
and enjoy holiday treats!



**THURSDAY, DECEMBER 22, 2011
GRAND BALLROOM A • 11AM - 6PM**

Hard Rock
HOTEL & CASINO
ALBUQUERQUE



Isleta Health Center

December 2011 Calendar of Events

				1	2	3
4	5	6	7	8	9 Isleta Diabetes/Obesity Prevention Advocacy Group Meeting 10AM-12PM Isleta Health Center 5pm Light the Path Memorial Walk @ Isleta Rec Center	10
11	12	13 Isleta Cancer Education and Support (ICES) "I'm a Survivor" Cancer Survivor Panel 10:30-noon at Elderly Center Men & Women Diabetes Support Group 6PM -7PM Isleta Health Center Kitchen	14	15	16	17
18	19	20	21	22	23	24
25 <i>Christmas</i>	26	27	28	29	30	31 <i>New Years Eve</i>

WIC Notes

Food For Thought

Food is such a big part of the holidays, why not take advantage of the time spent in the kitchen and talk to your children about food. Talking about food with children can be fun. Ordinary moments can provide a great chance to teach children about making healthy food choices - and to spend time together.

Try some of these conversation starters with your children:

In the Kitchen:

- Can you help me find the ingredients we need for this recipe?
- Let's make a rainbow salad with colorful vegetables!

At the store:

- Sweet potatoes are my favorite food because they remind of when....
- On our shopping list there's a fruit that red, shiny, crunchy and round. Will you help me find it?
- Let's look at the labels to check which cereal has less sugar.

Healthy Food on a Budget

You can make healthy cost friendly choices one small step at a time.

- Make a shopping g list. Keep the list in a place that's easy to see so you can add to it any time. Children can help write or draw the items on the list and check things off while shopping.
- Shop for generic or store brands
- These usually cost less than name brand and taste just as good.
- Start the day with a healthy breakfast. A healthy breakfast gives the whole family energy to stay focused all day. It can also be the most affordable meal of the day, weather you make it at home or participate in a public school breakfast program. You can get

creative with breakfast too—try a breakfast burrito with beans, salsa, low-fat and a whole-wheat tortilla.

- Buy fruits and vegetables in season.
- Buy in bulk and stock up on sale items.
- Create a weekly menu - by planning ahead you save money and make food last longer.
- Buy frozen and canned fruits and vegetables. Pick canned foods that are labeled "in its own juice", "no sugar added", or "low sodium."
- Choose low-cost sources of protein. Dried beans, peas, and lentils; canned fish, eggs, and peanut butter are healthy, inexpensive sources of protein.

Whether you are preparing food, sharing a meal, or shopping together, you can make food a part of happy family memories.

Heidi Lanes, WIC Nutrition Coordinator

The Pueblo of Isleta WIC staff wishes to thank the Tribal Council, Governor Lujan, Lt. Chewiwi, and Lt. Torres for the Thanksgiving Turkeys.

