August 2019
Pueblo de San Ildefonso bulletin

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OFFICE OF THE GOVERNOR

Council Meeting Dates
Tuesday, August 13, 2019 at 5:30pm
Monday, August 26, 2019 at 5:30pm

Office Closure
Administrative Offices
Will be closed in observance of “Po’Pay Day”
Friday, August 9, 2019

Have a great school year!!!

Contact Us:
Pueblo de San Ildefonso
02 Tunyo Po
Santa Fe, NM 87506
Phone: (505) 455-2273
Fax: (505) 455-7351
Visit us on our website
www.sanipueblo.org

School Supply Distribution
Thursday, August 1, 2019
9am-1pm & 3pm-6pm
San I Library
COUNCIL COMMUNITY MEETING

Summary of Meeting
On Saturday July 27th, the Pueblo's Legislative Branch held a community meeting to provide updates on Council work as well as to get feedback on community concerns and suggestions. Council Committee presentations were conducted and included information on projects from Infrastructure, Law & Order Code, Trails and Recreation, to Business, Economic Development, and Cultural Preservation. The Council has vested much time and effort on the FY 2019-20 budgets as well as working on and improving the existing Pueblo Organizational Chart. Many of these efforts will continue the need for oversight and additional thought and process for implementation.

We wish to “Thank” all tribal members participation and the Council looks forward to responding and providing additional progress reports from the items raised at the meeting.

A tentative date of Saturday September 21, 2019 has been identified for the next Legislative Community meeting. Details to time and location will be forthcoming. Our hope is that we can increase the number of participants at this meeting.

As always, we welcome all Tribal Members to contact the Legislative Office for questions or information.
The Poeh Museum will sponsor a lecture of the Pueblo Revolt by Gil Vigil
Saturday, August 10, 2019
At 6:00pm

This statue of Popé at the US Capitol building is one of two statues representing the state of New Mexico. Image credit: Wikimedia Commons
**History Timeline of the Pueblo Revolt**

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1540</td>
<td>The Spanish explorer and conquistador, Francisco Vasquez de Coronado (1510-1554) explores the area and claims the land for Spain</td>
</tr>
<tr>
<td>1598</td>
<td>Juan de Onate 1595-1628 establishes the first Spanish capital of San Juan de los Caballeros. Spanish Priests are intent on converting Native Indians to Christianity</td>
</tr>
<tr>
<td>1598</td>
<td>Spanish soldiers and priests imposed a forced-labor system, called encomienda, which resembled slavery and prevented the Pueblos from communing with their gods</td>
</tr>
<tr>
<td>1599</td>
<td>Battle at Aroma between Pueblos and Spaniards</td>
</tr>
<tr>
<td>1626</td>
<td>Spanish Inquisition established in New Mexico</td>
</tr>
<tr>
<td>1650</td>
<td>Apaches start to make raids in New Mexico attacking and wiping out pueblo villages</td>
</tr>
<tr>
<td>1668</td>
<td>Popé, a Tewa Indian from the San Juan Pueblo, suggests the Pueblos rise up against the harsh Spanish rule. He is unable to gain agreement to the plan from other tribes who are unwilling to accept any unified leadership</td>
</tr>
<tr>
<td>1675</td>
<td>The Spanish continue with their vigorous efforts to replace the rituals of the Indians with those of Christianity. Governor Juan Trevino ordered the arrest, imprisonment and corporal punishment of 47 medicine men following accusations that they &quot;bewitched&quot; a local friar. Three of the Medicine Men were hanged and one committed suicide.</td>
</tr>
<tr>
<td>1675</td>
<td>Popé is one of the Medicine Men arrested by the Spanish, thrown into prison and tortured by the Spanish. He refuses to convert to Christianity</td>
</tr>
<tr>
<td>1675</td>
<td>To gain the release of 70 warriors take Governor Juan Trevino hostage and threaten to revolt. The Governor releases the remaining prisoners.</td>
</tr>
<tr>
<td>1675</td>
<td>Popé is released from prison and starts to build a chain of alliances amongst the Pueblo people</td>
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<tr>
<td>1676 / 77</td>
<td>The Alliance sends a message to the governor a message declaring that they would kill all the Spaniards before they would permit any more of their medicine-men (Shaman) to be harmed</td>
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<tr>
<td>1676 / 77</td>
<td>The Spanish Governor, aware of the conspiracy, appeals to Mexico to send reinforcements</td>
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<tr>
<td>1677</td>
<td>A small number (47) of new soldiers arrive in New Mexico in response to the Governor's request for reinforcements</td>
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<tr>
<td>1680</td>
<td>August 9: Governor Antonio de Otermin is informed of the planned uprising</td>
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<tr>
<td>1680</td>
<td>August 10, 1680 Fray Juan Pló is killed during a confrontation with Pueblos</td>
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<tr>
<td>1680</td>
<td>August 12: The historic Pueblo revolt, organized and led by Popé, begins. They plan to exterminate all Spaniards and the killings start</td>
</tr>
<tr>
<td>1680</td>
<td>August 15: Popé and Governor Antonio de Otermin meet. Both parties make demands which are refused</td>
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<tr>
<td>1680</td>
<td>Governor Antonio de Otermin retires with his troops, to his residence in the Palace of the Governors, Santa Fe</td>
</tr>
<tr>
<td>1680</td>
<td>August 20: Governor Antonio de Otermin battles against the Pueblos in Santa Fe, killing 300 Native Indians</td>
</tr>
<tr>
<td>1680</td>
<td>August 21: Governor Antonio de Otermin and about 1,000, commence a long retreat from New Mexico to El Paso in Texas</td>
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<tr>
<td>1680</td>
<td>During the Pueblo Revolt approx. 2,350 Spaniards are killed, missions, together with their furnishings and records are all destroyed</td>
</tr>
<tr>
<td>1680</td>
<td>The Pueblo Revolt was a great victory for Popé and the Alliance</td>
</tr>
<tr>
<td>1681</td>
<td>The Spanish attempt to regain territory in New Mexico but are beaten by the army of Popé</td>
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<tr>
<td>1687</td>
<td>Another Spanish attempt fails</td>
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<tr>
<td>1688</td>
<td>The Death of Popé</td>
</tr>
<tr>
<td>1692</td>
<td>The Spanish eventually re-conquered the lands in New Mexico led by the new Governor, Diego de Vargas</td>
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</tbody>
</table>
Community News...

If you are approached by someone claiming to be a Census worker it's important for you to ask for identification and an approved access permit. If you have any questions, call the Governor's Office (505) 455-2273.

Community House Numbers...

We ask that you please make sure your physical addresses are visible on your home or driveway. We have instances where addressing is necessary for emergency services, first responders, and law enforcement. Number plaques can be purchased at any hardware store. If you have any questions call the realty office at 455-4138.
Thank you for your cooperation.

Trash pick up...

The facilities department continues to help eligible seniors with trash pickup weekly. There are times when community emergencies (water line breaks, utility lines down, etc.) requiring immediate attention causes delays and the necessity for flexibility to the schedule. Exact time of pickup cannot always be guaranteed from week to week. If there are concerns about dogs getting into the trash, before it can be picked up, please take precaution by covering your trash cans, do not leave plastic trash bags out in the open. If you have any questions, call (505) 455-2273.
THE NEW MEXICO CLIPPERS 17U GOLD TEAM GOT RUNNER UP AT THE ADIDAS GAUNTLET (OGWUMIKE GOLD DIVISION) NATIONAL CHAMPIONSHIP IN ATLANTA, GEORGIA JULY 23RD-25TH, 2019. WE ARE SO GRATENFUL FOR OUR COMMUNITY FOR YOUR CONTINUED SUPPORT AND ENCOURAGEMENT OF OUR DAUGHTER ASHTEN CEDAR.

KUUDAH WO HAH - THANK YOU MR AND MRS ADAM MARTINEZ

Congratulations Ashten From Governor Martinez, Tribal Council and Staff
Supplemental School Supply Distribution

Thursday, August 1st
9am – 1 pm & 3pm – 6:00 pm
Library

Students will be provided pre-packaged full school supplies. If specific items are still needed please visit Bernice beginning the week of August 5th.

- On first come, first serve basis.
- All schools welcome, including public, private and charter schools, Day School, Head Start, SFIS
- Be prepared to complete a short survey.
- If your student is coming with someone other than a parent/guardian please send the adult with written authorization.

School Fees Reimbursement

ALL REQUESTS MUST BE RECEIVED BY 8/31/2019.

- All requests must be submitted in writing, please ask for the preferred form, along with proof of payment.
- Request forms are available at the Learning Center or request electronically at karmmitz@yahoo.com.
- You will be reimbursed directly.
- The amount of assistance is dependent upon existing budget.
- Must be for the 2019-2020 school year, no existing balances will be considered.

GPA Incentive Prize

All students with a 3.0 or higher GPA bring last year’s report card to the school distribution on 8/1 and get placed in a drawing.

Next Meeting

JOMIEC Meeting

October 2019
look for announcement
Pueblo de San Ildefonso
Office of the Governor

SI-GC19-128

June 18, 2019

Dear Pueblo de San Ildefonso Member,

The Pueblo de San Ildefonso is working on a project to protect and restore the environment and natural resources of the Pueblo and surrounding area. In the next few weeks, the Department of Environmental & Cultural Preservation (DECP) will be conducting a door-to-door survey of Pueblo households. I am writing to ask your help in completing the survey.

Your participation is very important as the survey asks about our cultural and traditional relationships with natural resources such as water, plants, wild animals, and birds. We are requesting every household to complete the survey and provide accurate responses. Only one survey needs to be completed for each household. The information you provide is confidential and anonymous. Your name and other personal information will not be connected to your answers. DECP representatives (Raymond Martinez, Tim Martinez, and Michael Chacon) will be available to answer any questions or concerns that you have.

Completing the survey will take about 15 to 25 minutes and you will receive a small gift to thank you for your time.

Thank you in advance for your help with this effort.

Sincerely,

Perry M. Martinez
GOVERNOR
Pueblo de San Ildefonso

Your participation is greatly appreciated, Thank You - DECP Staff

Na’in bin ung sha

The mission of DECP is to preserve and protect the natural environment and the cultural resources of the Pueblo de San Ildefonso, to assess risks to human health and welfare, both quantitatively and qualitatively, and protect the health and welfare of the Tribal community.

INSIDE THIS ISSUE:

- Agriculture Revitalization Initiative
- Monitoring our Pollinators… Part One
- Be Vigilant with Fishing Equipment
Agriculture Revitalization Initiative
By Timothy Martinez, Cultural Resource Advisor

Below are Tewa words associated with Agriculture. How many do you know?

1. waho
2. suu waa
3. than suu waa
4. O kuu wah nah
5. kwah doe
6. waa
7. than aigo
8. paayo di
9. Kwan
10. Okuwa
11. kwata
12. tee’i
13. tu
14. Po
15. Po
16. Sandi’ya
17. bedundi
18. tsini
19. Pu
20. kuu
21. si
22. tsawain
23. tsain
24. Pi’i
25. tsejiin
26. tsee’kho
27. koeleh
28. kaa whe’in
29. nan wha’di
30. phe’pha

Answers on page 5.

Agriculture Revitalization is an on-going effort to build a collective awareness of agricultural lands, resources, challenges and economic opportunities.

How it Began .... PO’ WHO’ GEH OWINGEH

PUEBLO DE SAN ILDEFONSO
(Where the Water Cuts Through)

Around the 1200 and 1500 AD, the ancestors of the Pueblo people migrate from Mesa Verde and Chaco Canyon to occupy the mesas and the cliffs of the Pajarito Plateau. Drought and other factors caused the people to migrate to present day San Ildefonso.

In the 1500’s or early 1600’s, they settled along the banks of the Rio Grande, where water for crop irrigation were plentiful.

How do WE continue ....
Outreach, Partnership, and Collaboration within our community is important. Which is why Health & Human Services and Healthy Kids have partnered together to collaborate with DECP to create an outreach program teaching our community and youth traditional crop farming, harvesting, water and soil testing and how climate change effects crop farming in our Tewa language. The outreach program is supported by the Education Department’s Summer Program.

How YOU can continue...
Plant a garden or a farm!

Many of our parents, grandparents, uncles and aunts were farmers. Start small with a raised garden or small field in your yard, to keep the tradition going. Planting sustained our future, don’t make it our past.
Monitoring Our Pollinators......PART ONE
Bees, Butterflies, and Bats.....
Oh My!

By Susan Wahl, GIS Technician

Pollinators like bees, butterflies, and bats are crucial to plant life and the human food supply. **However, our pollinators are in trouble!** All over the world, pollinators are in decline. Disease, habitat loss, pesticide use, and more violent storms are taking a toll on populations world-wide.

**Introducing Pollinator #1...Bees!**

Bees are in global decline. Industrial agriculture, parasites, pathogens, insecticides, and loss of forage due to monoculture (agricultural practice of growing a single crop in a field or farming system) are causing massive population losses. Production of honey is not the only commodity at risk. Bees pollinate fruit orchards (including avocado trees), bean plants, squashes, berries, and nut trees. They pollinate 71 of the 100 crops that provide most of the world's food.

**Introducing Pollinator #2....Butterflies!**

Butterflies are lovely additions to the colors of summer. Monarch butterflies are one of the most prominent species of butterfly and have a whopping 3,000-mile migration from their summer homes in the northern U.S. and Canada to their wintering habitats in California and Mexico. This year, Monarchs have been spotted in increasing numbers throughout New Mexico due to the high winter precipitation. Monarchs are critical to pollinating many of the wildflowers used in medicinal products. However, their populations have severely decreased due to pesticide use, storm severity, and loss of Milkweed plants needed for larvae to survive. Increasingly severe storms have been killing Monarchs in large numbers as they perform their continental migration. The availability of Milkweed plants is also in decline. Milkweeds are the only plants the Monarch will use to lay eggs. The hatched larvae rely solely on Milkweeds for survival.

There are a different varieties of Milkweed plants native to New Mexico. But you can also get some from your Local Lowes and plant near your home or garden to attract and help out the butterflies.

Information about Monarch butterflies is very limited within New Mexico. Citizen observations are important for assessing the Monarch population in the state.

An interactive map that shows colony loss across the United States is available at [https://bip2.beeinformed.org/loss-map/](https://bip2.beeinformed.org/loss-map/). Select a survey year and season to see the colony loss in each state. Place the mouse over a state in the map to view a pop-up window displaying the loss statistics. Tabular information for all states appears below the map and includes the number of beekeepers, bee colonies, and colony losses.

In New Mexico, the statistics show there were 4,850 colonies during the 2007/08 winter season with a colony loss of 20.53%. By the 2017/18 winter season, there were only 129 colonies and the loss was 44.19%.
Monitoring Our Pollinators
Continued

Observations can be recorded from an online map located at https://maps.journeynorth.org/map/. The map displays point locations of sightings for a specified year. Click on a point within the map to view sighting information.

The pulldown menus allow a user to view data for a variety of years and sighting types, including locations of Milkweed plants, eggs, caterpillars, and adult Monarch butterflies. Citizen observations are entered through the Report Sighting button. This takes the user to an online form to report the location of a sighting, as well as the option to upload a digital photograph of the butterfly, Milkweed plants, or caterpillar. This information helps researchers to better assess the butterfly population and the effects on pollination.

Monitoring Our Pollinators...PART TWO will continue in next quarterly newsletter with Introducing Pollinators 3... BATS!

Be Vigilant with Fishing Equipment

It’s Fishing Season. Please Be Careful!

Everyone looks forward to fishing season. However, it’s not without hazards for wildlife. One of the greatest threats to birds and marine animals is *haphazardly discarded fishing line*. Animals can get caught in the tangled line. Their legs become snared, or the line can wrap around their mouths and necks.

Winds carry discarded line into trees, lakes, and rivers, threatening birds in flight, nesting birds, and animals that make their homes in lake and riverine environments.

Retrieve all broken lines from fishing areas. Bring the line home and cut it into smaller pieces before discarding it in the trash. Also, avoid using lead sinkers. Animals can swallow detached sinkers resulting in lead poisoning.

<table>
<thead>
<tr>
<th>ANSWER KEY TO TEWA WORDS</th>
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<tbody>
<tr>
<td>1. Windy</td>
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<tr>
<td>2. Warm</td>
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<td>3. Sunny</td>
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<tr>
<td>4. Cloudy</td>
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<tr>
<td>5. Rainy</td>
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<tr>
<td>6. Wind</td>
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<tr>
<td>7. Season</td>
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<tr>
<td>8. Summer</td>
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<tr>
<td>9. Rain</td>
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<tr>
<td>10. Cloud</td>
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<tr>
<td>11. Thunder</td>
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<tr>
<td>12. Cold</td>
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<tr>
<td>13. Beans</td>
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<td>14. Squash</td>
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<td>15. Pumpkin</td>
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<td>16. Watermelon</td>
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<td>17. Cantaloupe</td>
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<td>18. Chili</td>
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<td>19. Carrot</td>
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<td>20. Corn</td>
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<td>21. Onion</td>
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<tr>
<td>22. Blue</td>
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<tr>
<td>23. White</td>
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<tr>
<td>24. Red</td>
</tr>
<tr>
<td>25. Yellow</td>
</tr>
<tr>
<td>26. Chicos</td>
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<tr>
<td>27. Cabbage</td>
</tr>
<tr>
<td>28. Rake</td>
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<tr>
<td>29. Hoe</td>
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<tr>
<td>30. Shovel</td>
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</tbody>
</table>
Job Posting

Industrial Economics, Inc. (IEc), working under the direction of the Pueblo de San Ildefonso Department of Environmental and Cultural Preservation (DECP), is currently seeking candidates to conduct surveys in the San Ildefonso community. The successful candidate will be responsible for traveling to designated households, verifying household addresses, and conducting surveys with residents. Other responsibilities will include attending interview or survey training, guiding residents through a set of survey questions, and/or documenting responses. Successful candidates will be trained to assist in avoiding the release of confidential and culturally sensitive information.

The successful candidate would work under the direction of a senior-level consultant at IEc and is expected to communicate progress in conducting surveys in both written and oral form.

Successful candidates possess a secondary education degree, are detailed oriented, have strong interpersonal skills, and speak and write effectively.

Position Type: Temporary Social Science Field Technician.

Position Start Date: Summer/Fall 2019.

Qualifications: Secondary education degree (high school diploma or GED equivalent) required. Relevant work or internship experience is preferred. Proficiency in speaking Tewa is helpful but not required.

Compensation: $14/hour.

To Apply: As the first step in applying to IEc, you will need to fill out an application here: [https://tinyurl.com/y2e3pdt3](https://tinyurl.com/y2e3pdt3) and then upload a Cover Letter, a Resume, and a list of three references. Assistance with applying is available from IEc and DECP.

Questions: Please direct questions to DECP Staff Raymond Martinez – 455-4127; rmartinez@sanipueblo.org or Michael Chacón 455-4122, mchacon@sanipueblo.org.
JOB VACANCY ANNOUNCEMENT

July 19, 2019

The Administration has a Tribal Historic Preservation Officer position available.

**THPO:** Under the general supervision of the Governor or designee. This position promotes, protects, preserves and manages the San Ildefonso Tribe’s Cultural Resources. This position must have knowledge of the Tribe’s culture and a strong commitment to preserving it.

The Tribal Historic Preservation Officer (THPO) is responsible for the development and implementation of programs which promote and protect the Pueblo’s culture and heritage resources in accordance with the requirements of the Memorandum of Agreement (MOA) with the National Park Service (NPS), and other federal laws and regulations.

**MINIMUM QUALIFICATIONS:** Bachelor’s degree in Anthropology or related field. Minimum of two to four years of professional archaeological field work and/or cultural resource management experience. An MA or PhD in Anthropology or related field is preferred with 5 years or more field archaeological and/or cultural resource management experience.

Strong computer skills including databases, Microsoft Office programs, and knowledge of and experience with GIS

Knowledge and understanding of the National Historic Preservation Act.

Knowledge and understanding of the Native American Graves Protection and Repatriation Act.

Knowledge and understanding of the Archaeological Resources Protection Act.

Must be willing and able to travel as needed. Ability to perform quality work under pressure, meet deadlines, and maintain confidentiality

*Must have a valid Driver’s License and be insurable under the Pueblo de San Ildefonso vehicle insurance policy. Must have a favorable background investigation*

The Pueblo de San Ildefonso is an Equal Opportunity Employer. Preference is given to qualified Native Americans.

**APPLICATION:** Submit your resume and an application form to the Human Resources office by e-mail to karquero@sanpueblo.org; or by fax to (505) 455-4149. Call (505) 455-4155 with any questions about this position.

**DEADLINE FOR APPLYING:** Open Until Filled
DATE: Monday, August 19, 2019
TIME: 10 AM
LOCATION: Senior Center

ATTENTION! ATTENTION! ATTENTION!

"SENIOR SUMMER STEAK BBQ"
Thursday, Aug. 22, 2019
11:30 AM
Senior Center
ALL SENIORS COME JOIN AND HAVE A GOOD TIME

If you need transportation, please contact our Senior Site Manager, Marie Kailahi @ 455-7326
PREMIER EARLY ACCESS MEMBER PREVIEW

Saturday, August 10, 2019 | 5:00 p.m.
Museum of Indian Arts and Culture, 710 Camino Lejo, Santa Fe, NM

Please join us as we celebrate the opening of *San Ildefonso Pottery: 1600-1930*, the first exhibition to showcase more than three centuries’ worth of internationally recognized artistry. The exhibition explores how pottery making and painting creates a life that resides within each work, and how cultural and artistic histories are presented through artists’ narratives and perspectives. This exhibition is curated by Bruce Bernstein, Erik Fender and Russell Sanchez in partnership with the San Ildefonso community.

5:00-5:30 p.m. Early Access Preview (see exhibition before other members)
5:30-7:00 p.m. Reception including food, wine and music

R.S.V.P. for the Premier Early Access Member Preview online at museumfoundation.org/early-access or 505.992.2715 ext. 6

Please bring your membership card to check in.

ATTENTION POJOAQUE PARENTS
Pojoaque Valley Public Schools Indian Education
Native American Parent Committee (NAPC) - 1st Quarterly Meeting
Wednesday, August 21, 2019
10:00 am at the Pojoaque High School Cultural Room
Please join us in discussion of the new school year, become a Committee member, meet PVSD Superintendents and the Native American Liaisons
**HOUSEHOLD HAZARDOUS WASTE**

What is household hazardous waste?
Household hazardous waste is anything labeled:
- Toxic, Poisonous,
- Corrosive, Flammable,
- Combustible or Irritant

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*Drop off unwanted Hazardous Waste at the Transfer Station*

**ONLY at this time will we accept Automotive fluids and batteries**

Ends August 5, 2019

<table>
<thead>
<tr>
<th>Items Accepted</th>
<th>Items NOT Accepted</th>
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<tbody>
<tr>
<td>Pesticides, herbicides, &amp; poisons</td>
<td>Waste from businesses or programs</td>
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<tr>
<td>Automotive fluids &amp; batteries</td>
<td>55 gallon drums</td>
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<tr>
<td>Cleaning products</td>
<td>Radioactive materials</td>
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<tr>
<td>Paints, stains, thinners &amp; strippers</td>
<td>Medical waste</td>
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<td>Aerosol cans</td>
<td>Explosives</td>
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<td>Pool chemicals</td>
<td>Lead or asbestos contaminate materials</td>
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<td>Fluorescent bulbs</td>
<td>Electronic waste</td>
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# August

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<td>1</td>
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<td>3) Tire Amnesty Day</td>
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<td>4) Tire Amnesty Day</td>
<td>5</td>
<td>HHW Round-up Ends</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9 World indigenous people day</td>
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<td>15</td>
<td>16 Nat’l joke Day</td>
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**The Transfer Station does not take tires or automotive oil of any kind**

* The first Sat and Sun of each month Buckman Road Recycling Center will take used and old tires, 8 tires per customer.
* Jiffy Lupe or Auto Zone will take up to 5gallons a day for free.

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**Do you have any old, broken Freezers and Refrigerators that you need to get rid of?**

If so, bring them to the Transfer Station by August 29, 2019. We will be taking them to Santa Fe on August 30th.

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**Congratulations to the Recycling Winner**

Sour and family
99 points

4 tickets to the Isotopes Game

Here are your the top 6.

2ed. Kyle (98)
3ed. Val (65)
4th. Melo (50)
5th. Isabel n family (38)
6th. Thelma (22)

A total of 11 households entered.
301-boxies 49-bags

Good job everybody and keep recycling.

Thank you

---

**Knock Knock**

who's there?

Spell.

Spelling who?

Okay okay W.H.O

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Thank you From the Transfer Station
Subcontractor Forum

The Inaugural Triad Subcontractor Forum being held on August 8th will allow any interested subcontractor to learn more about the growth in forecasted work and to engage with senior leadership on the relationship that Los Alamos National Laboratory is committed to build.

August 8th, 2019
7:00 am- 5:00 pm
Buffalo Thunder Resort,
Santa Fe, NM

Why you should attend:

- Meet representatives from Los Alamos National Laboratory M&O contractor team (TRIAD) and network with LANL Project and Maintenance management personnel.
- Gain insight on the magnitude and types of work coming to Los Alamos National Lab over the next five years.
- TRIAD wants to meet you. We are looking for long term, high quality subcontractors to help us keep pace with the National Mission and need the help of the subcontractor community to achieve our goals.

*This is a no cost event*

www.lanl.gov/subcontractor_forum
ENROLLMENT OPEN TO EVERYONE

Eight Northern Indian Pueblos Council (ENIPC)

Head Start for Ages 3 to 5

At San Ildefonso and Nambe Pueblo Sites

- Email: enipc.org

- ENIPC Head Start Office: 327 Eagle Drive
  Ohkay Owingeh, NM  87566

Phone: 505-747-1593, Ext. 100
Los Alamos
Farmers Market Outing
Thursday August 15
@ 9:30
Meet at the Senior Center or call if you need a ride from home.
505-455-2395
Bring shopping bag and Senior Farmers Market checks and plan to stay till 11:30 or so!!
For more information, please contact Martha Cook at 505-455-2395
Area Farmers Market
Summertime Schedules

Espanola Farmers Market
Address:
1005 N. Railroad Avenue
Espanola New Mexico 87532
Email: sabramoore25@windstream.net
Manager: Sabra Moore
Schedule: Mondays: 10 AM - 4 PM, June 3 - October 28

Santa Fe Farmers Market
Farmers' Market Pavilion in the Railyard - 1607 Paseo de Peralta at Guadalupe
Santa Fe New Mexico 87505
Email: market@santafefarmersmarket.com
Manager: Nery Martinez
Schedule: Saturdays: (Year-round): 8 AM - 1 PM (7 AM June - September), Tuesdays: 8 AM - 1 PM (May 1 - November 20 - 7 AM June - September), Wednesdays: 3 PM - 6 PM (July 3 - September 25)

Pojoaque Farmers Market
Pueblo of Pojoaque
78 Cities of Gold Rd.
Santa Fe New Mexico 87321
Email: aemartinez@pojoaque.org
Manager: Alba Martinez
Schedule: Fridays: 8 AM - 2 PM, May 3 - October 25

Los Alamos Farmers Market
Summer market: Library Parking Lot - 2400 Central Ave Winter market: Fuller Lodge - 2132 Central Ave
Address:
Summer - 2400 Central Ave
Email: talacook@windstream.net
Manager: Cindy Talamantes
Schedule: Summer: Thursdays: 7 AM - 12:30 PM, May 2 - October 30

ALL MARKETS ACCEPT WIC & SENIOR NUTRITION VOUCHERS
Growing Up with Vaccines: What Should Parents Know?

Why Vaccinate?

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Pregnancy

By staying up to date with vaccines before and during pregnancy, you can pass along immunity that will help protect your baby from some diseases during the first few months after birth.

Vaccines given before pregnancy may also help protect you from serious disease while you are pregnant, including rubella, which can cause miscarriages and birth defects.

Recommended vaccines:

- Measles, mumps, rubella (MMR) vaccine: At least a month before becoming pregnant
- Tetanus, diphtheria, and pertussis (Tdap) vaccine: During the third trimester of every pregnancy
- Yearly seasonal flu vaccine: By the end of October, if possible

Infant and Toddler Years: Birth to Age 2

Vaccination helps give infants and toddlers a healthy start.

More than one dose is necessary for many vaccines to build and boost immunity.

Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a flu shot every year.

Recommended vaccines:

- Chickenpox (varicella) vaccine: At 12 through 15 months
- Diphtheria, tetanus, and pertussis (DTaP) vaccine: At 2 months, 4 months, 6 months, and 15 through 18 months
- Flu vaccine: Every year by the end of October, if possible, starting at 6 months
- Haemophilus influenzae type b (Hib) vaccine: At 2 months, 4 months, 6 months (if needed, depends on brand), and 12 through 15 months
- Hepatitis A vaccine: At 12 through 23 months and a second dose 6 months following first dose
- Hepatitis B vaccine: Shortly after birth, at 1 through 2 months, and at 6 through 18 months
- Measles, mumps, rubella (MMR) vaccine: At 12 through 15 months; however, infants 6 through 11 months old should have one dose of MMR vaccine before traveling abroad
- Pneumococcal (PCV13) vaccine: At 2 months, 4 months, 6 months, and 12 through 15 months
- Polio (IPV) vaccine: At 2 months, 4 months, and 6 through 18 months
- Rotavirus (RV) vaccine: At 2 months and 4 months (for Rotarix brand) or 2 months, 4 months, and 6 months (for Rotateg brand)
Preschool and Elementary School Years: Ages 3 through 10

Your child needs additional doses of some vaccines from ages 3 through 6.

You may need a certificate of immunization to enroll your child in school.

Recommended vaccines:

- Chickenpox (varicella) vaccine: At 4 through 6 years
- Diphtheria, tetanus, and pertussis (DTaP) vaccine: At 4 through 6 years
- Flu vaccine: Every year by the end of October, if possible

- Measles, mumps, rubella (MMR) vaccine: At 4 through 6 years
- Polio (IPV) vaccine: At 4 through 6 years

Preteen and Teen Years: Ages 11 through 18

As protection from childhood vaccines wears off, adolescents need additional vaccines to extend protection.

Adolescents need protection from additional infections as well, before the risk of exposure increases.

As your child heads to college, make sure all vaccinations are up to date and he or she has a copy of all immunization records.

If your child travels outside of the United States, check if he or she needs any additional vaccines.

Recommended vaccines:

- Flu vaccine: Every year by the end of October, if possible
- Human papillomavirus (HPV) vaccine: At 11 through 12 years and a second dose 6-12 months following the first dose
- Meningococcal conjugate vaccine: At 11 through 12 years and at 16 years

- Serogroup B meningococcal vaccine: May be given at 16 through 23 years, if interested, talk to your child’s doctor

- Tetanus, diphtheria, and pertussis (Tdap) vaccine: At 11 through 12 years

Into Adulthood

Everyone should get a flu vaccine every year before the end of October, if possible.

Adults need a Td vaccine every ten years.

Healthy adults 50 years and older should get shingles vaccine.

Adults 65 years or older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine.

Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines.

Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits.
More About Childhood & Adolescent Vaccines

**Chickenpox (varicella) vaccine**
Varicella vaccine protects against chickenpox, which can be serious and even life-threatening, especially in babies, adults, and people with weakened immune systems. Symptoms include tiredness, a fever, and an itchy rash of blisters.

**Diphtheria, tetanus, and pertussis (DTaP) vaccine**
DTaP vaccine protects against three serious diseases:
- Diphtheria is a serious infection that causes a thick covering in the back of the nose or throat. It can lead to difficulty breathing, heart failure, paralysis, and even death.
- Tetanus is a potentially deadly infection that causes painful muscle stiffness and lockjaw.
- Whooping cough, or pertussis, is a highly contagious disease known for uncontrollable, violent coughing that often makes it hard to breathe. It can be deadly for babies.

**Flu vaccine**
Seasonal flu vaccine protects against flu, a potentially serious, contagious respiratory illness caused by influenza viruses. Changes in immune, heart, and lung functions during pregnancy make pregnant women more likely to get seriously ill from the flu. The flu may also increase the chances that the developing baby will have serious problems. Everyone 6 months and older should get a flu vaccine every year by the end of October, if possible.

**Haemophilus influenzae type b (Hib) vaccine**
Hib vaccine protects against Hib disease, which ranges from mild ear infections to serious bloodstream infections, pneumonia (infection in the lungs), and meningitis (infection of the covering around the brain and spinal cord). Hib disease can cause brain damage, hearing loss, or even death.

**Hepatitis A vaccine**
Hepatitis A vaccine protects against a serious, contagious liver disease caused by the hepatitis A virus. Symptoms can include fever, loss of appetite, tiredness, stomach pain, vomiting, dark urine, and yellow skin and eyes. Infected children may not have symptoms, but may still pass the disease to others.

**Hepatitis B vaccine**
Hepatitis B vaccine protects against hepatitis B, a virus that can cause chronic swelling of the liver and possible lifelong complications. Nine out of 10 infants who contract hepatitis B from their mothers become chronically infected.

**Human papillomavirus (HPV) vaccine**
HPV vaccine protects against a common infection that can cause certain cancers in men and women. While most HPV infections go away on their own, infections that don't go away can cause:
- cancers of the cervix, vagina, and vulva in women;
- cancers of the penis in men;
- and cancers of the anus and back of the throat (oropharynx) in men and women.

Some HPV infections can also cause genital warts.

**Measles, mumps, rubella (MMR) vaccine**
Measles, mumps, rubella (MMR) vaccine protects against three serious diseases:
- The measles virus can cause a fever that can get very high, a distinctive rash, cough, runny nose, and red eyes. Sometimes, it can also cause diarrhea and ear infection. It can also lead to pneumonia (infection in the lungs), brain damage, deafness, and death.
- Mumps typically starts with a fever, headache, muscle aches, tiredness, and loss of appetite. Then, most people's salivary glands swell, which causes puffy cheeks and a swollen jaw. Mumps is pretty mild in most people but can sometimes cause lasting problems, such as deafness, meningitis (infection of the covering around the brain and spinal cord), and swelling of the brain, testicles, ovaries, or breasts.
- Rubella may cause a rash or fever, but many people have no symptoms. Rubella can cause miscarriage or serious birth defects in a developing baby if a woman is infected while she is pregnant. Infected children can spread rubella to pregnant women.

**Meningococcal conjugate vaccine**
Meningococcal conjugate vaccine protects against some types of meningococcal bacteria, which can cause serious and even deadly infections, including meningitis (infection of the covering around the brain and spinal cord) and bloodstream infections.

**Pneumococcal conjugate vaccine (PCV13) and pneumococcal polysaccharide vaccine (PPSV23)**
PCV13 protects against 13 strains of pneumococcal bacteria and PPSV23 protects against 23 strains of pneumococcal bacteria. Both vaccines provide protection against illnesses like meningitis and bacteremia. PCV13 also provides protection against pneumonia. Talk to your doctor and child's doctor about which vaccines they recommend.

**Polio (IPV) vaccine**
IPV vaccine protects against polio, a highly infectious disease caused by a virus that can invade the brain and spinal cord. Polio can cause lifelong paralysis and even death.

**Rotavirus (RV) vaccine**
RV vaccine protects against a contagious virus that causes severe diarrhea, often with vomiting, fever, and abdominal pain, requiring hospitalization. It is most common in infants and young children. Adults who get rotavirus tend to have milder symptoms.

**Sero group B meningococcal vaccine**
Serogroup B meningococcal vaccine protects against one type of meningococcal bacteria, which can cause serious and even deadly infections, including meningitis (infection of the covering around the brain and spinal cord) and bloodstream infections.

**Tetanus, diphtheria, and pertussis (Tdap) vaccine**
Tdap vaccine is a booster vaccine that protects older children and adults from tetanus, diphtheria, and pertussis (whooping cough). When you get Tdap vaccine during pregnancy, your body will create protective antibodies against whooping cough and pass some of them to your baby before birth, providing some short-term, early protection.

Learn more at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
August has arrived and that means that many parents are preparing their children for another school year. August has been declared Children’s Eye Health and Safety Month by Prevent Blindness America. When 80% of learning occurs through the eyes, healthy vision is essential to a child’s success in the classroom. In addition to buying school supplies and new clothes, don’t forget to add scheduling a comprehensive eye exam as part of your back to school to-do list.

Studies have shown that some students, where learning disabilities have been diagnosed, actually have undiagnosed vision problems instead.

**What do your child’s eyes look like?**
- Eyes don’t line up, one eye may appear to cross or look inwards or outwards.
- Eyes are red, crusty or swollen
- Eyes seem to be red or watery

Eye rubbing can be a sign that your child is having eye problems.

**How does your child act?**
- Does your child rub their eyes frequently?
- Close or cover an eye?
- Thrust head forward, hold in an unusual position or tilt their head especially when reading or looking at small objects far away?
- Has any trouble or delays in reading, trouble doing close work, or pulls objects in very close to see?
- Avoids up close work?
- Blinks more than usual?
- Tends to squint or frown?
- Get headaches?
- Feel sick or nauseous?

**Does your child ever make comments like?**
- My eyes are blurry?
- My eyes feel scratchy?
- My eyes are burning?
- I can't see very well?
- Things look double?

If you notice these symptoms, make sure you schedule an appointment with an eye care professional. Amblyopia, strabismus, color blindness and refractive errors are the most common conditions that affect children’s vision.

Eye safety is also another important part of your child’s eye health. Each year thousands of kids sustain some form of eye injury. Taking proper precautions such as wearing protective eyewear can prevent about 90% of those injuries. From sports to toys and fireworks, eye injuries can happen any time anywhere. You can help to safeguard your child’s vision by purchasing age-appropriate toys and encouraging them to wear protective eyewear during sports and other recreational activities.

Of course accidents do happen, so if your child does experience an eye injury, make sure they do not rub or touch their eye and seek medical attention from a trusted eye care professional as soon as possible.
Back to School Safety Tips

As summer draws to a close, back-to-school season is in full effect. Safety should be a priority for every family as children return to classrooms. It is important for parents to stay up-to-date on the proper safety precautions and share this information with their children to keep them safe throughout the school year.

All Motorists:
• Slow down.
  • Be especially careful when driving on neighborhood streets and around school zones, always expect the unexpected.
  • Be alert for children walking to and from school as you back out of your driveway or leave your parking garage.
  • Watch for children on bicycles, especially at intersections and driveways. Young bicyclists have a tendency to dart out of driveways without looking for traffic.
  • Stop your car when you see lights flashing on a school bus. Red flashing lights indicate that the bus is stopped and students are getting on or off.
  • Do not start driving until the red lights stop flashing. Be aware that a child may dash across the street.
  • When you approach a school bus picking up a child, it is the law to stop. When the flashing lights come on and the red stop sign extends that means STOP.

Drivers (if you drive your child to school):
• Allow yourself enough time to get to school and then to work. Leave earlier to avoid the potential “to speed” getting to your destination on time.
  • Make sure that your child is in their safety seat or restrained properly when you are taking them to school. Every person in the vehicle must buckle up.
  • Pay extra attention at crosswalks. Take an extra look to be sure that no students are crossing.
  • Obey all signs, safety patrol and officers in your school zone. They are there to make the drop-offs and pick-ups run smoother.
  • Drop children off as close to school as possible. If possible, avoid the need for children to cross the street.
  • Follow all posted speed limits.
### AUGUST 2019

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>PLEASE NOTE:</strong>&lt;br&gt;ALL WALK-IN DAYS ARE SCHEDULED IN BY APPOINTMENT&lt;br&gt;IF YOU HAVE MISSED OR NEED TO CANCEL YOUR APPOINTMENT&lt;br&gt;PLEASE CALL TO RESCHEDULE</td>
<td><strong>SAN ILDEFONSO DEL</strong>&lt;br&gt;9:00-11:45&lt;br&gt;TESUQUE DELIVERY&lt;br&gt;1:00-2:00&lt;br&gt;POJOAQUE DELIVERY&lt;br&gt;2:30-3:15&lt;br&gt;WAREHOUSE WALK-INS&lt;br&gt;8:30-4:30</td>
<td><strong>5</strong>&lt;br&gt;PICURIS&lt;br&gt;9:00-12:00&lt;br&gt;VILLA DEL NORTE&lt;br&gt;1:30-3:30&lt;br&gt;WAREHOUSE WALK-INS&lt;br&gt;8:30-4:30</td>
<td><strong>2</strong>&lt;br&gt;SANTA CLARA DELIVERY&lt;br&gt;9:00-3:00&lt;br&gt;OHKAY OWINGEH DEL&lt;br&gt;9:00-3:00&lt;br&gt;WAREHOUSE WALK-INS&lt;br&gt;8:30-4:30&lt;br&gt;WAREHOUSE WALK-INS&lt;br&gt;8:30-4:30</td>
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*****PLEASE NOTE: SCHEDULES ARE SUBJECT TO CHANGE*****
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<tr>
<th>Sunday</th>
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<td>Grilled Cheese</td>
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<td>Tomato soup</td>
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<td>BBQ chips</td>
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<td>Broccoli</td>
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<td>Fruit/Milk</td>
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<td>4</td>
<td>Pork chop</td>
<td>Red Chile Stew w/Meat</td>
<td>Bean Tostadaw/Garnish</td>
<td>Chicken Fajita</td>
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<td>5</td>
<td>Mashed Potato/Gravy</td>
<td>Corn Bread</td>
<td>Spanish Rice</td>
<td>Corn Tortilla</td>
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<td>Asparagus</td>
<td>Green Salad</td>
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<td>Steamed White Rice</td>
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<td>Biscuit</td>
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<td>Menu Subject to change!</td>
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<td>CLOSED—OBSERVANCE OF &quot;PUEBLO REVOLT&quot;</td>
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<td>11</td>
<td>Tuna Sandwich</td>
<td>Mac &amp; Beef Casserole</td>
<td>Hamburger on Bun</td>
<td>Oven Baked Chicken</td>
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<td>Sweet Potato Fries</td>
<td>Brussel Sprouts</td>
<td>Baked Potato Fries</td>
<td>Scalloped Potatoes</td>
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<td>Mixed Veggies</td>
<td>Garlic Toast</td>
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<td>Corn on Cob</td>
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<td>Cabbage Stew</td>
<td>Salisbury Steak</td>
<td>Green Chile Stew</td>
<td>Ribeye Steak</td>
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<td>Biscuits</td>
<td>Mashed Potatoes</td>
<td>Fry Bread</td>
<td>Potato Salad</td>
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<td>Peas &amp; Carrots</td>
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<td>Whole Kernel Corn</td>
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<td>Watermelon/Milk</td>
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<td>Beef Fajitas</td>
<td>Spaghetti W/Meat Sauce</td>
<td>Egg Salad Sandwich</td>
<td>Pork Posole</td>
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<td>26</td>
<td>Spanish Rice</td>
<td>Cucumber Salad</td>
<td>Tomato Soup</td>
<td>Fry Bread</td>
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<td>Whole Pinto Beans</td>
<td>Fruit/Milk</td>
<td>Crackers</td>
<td>Red Chile</td>
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<td>Tortilla</td>
<td>Fruit/Milk</td>
<td>Steamed Carrots</td>
<td>Steamed Spinach</td>
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Homebound—Please call the Senior Center @ 505-733-6, if you plan to NOT be home!
August Activities/Senior Program – San Ildefonso Pueblo

2019

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
--- | --- | --- | --- | --- | --- | ---
11:00 AM Health Presenter: Myra Archuleta (IHS)

5 | 6 | 7 | 8 | 9 | 10
11:00 AM Health Presenter: Myra Archuleta (IHS)

12:30 pm Bingo

13 | 14 | 15 | 16 | 17
11 am Walking @Gym
11:30 am Health & Check Up w/Raelene Martinez

18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31
10:00 AM Senior Group Monthly Meeting
11:00 AM Health Presenter: Myra Archuleta (IHS)

11 am Walking @Gym
11:30 am Health & Check Up w/Raelene Martinez

MOVIE DAY @3:30
Espanola Dreamcatcher (Tentative)

ALL ACTIVITIES SUBJECT TO CHANGE

11 am Walking @Gym
11:30 am Health & Check Up w/Raelene Martinez