

Apache Scout



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NEXT DEADLINE:
01/24/24
BY NOON

Cienegita Road Closure BIA Route 22

Public Notice

Due to anticipated heavy snow and icy conditions, BIA Route 22 will be closed during winter weather events and maybe prolonged till spring time due to heavy snow drifts. In the past, we have had numerous search and rescue/vehicle recoveries on BIA Route 22. Individuals become stuck in heavy snow drifts and request assistance/help on this route. This not only becomes a dangerous situation for the individuals due to extreme weather conditions and rugged terrain, but also for search/recovery teams.

Road Closure on Jose Second side will be near the Mud Springs road on the Jose Canyon side and just past the corrals on Cienegita road. The road will be closed by met-

al gate and posted of closure. Conservation Officers will determine when it is safe to reopen with the recommendation of the Tribal Roads Department Supervisor.

We do understand that individuals harvest wood in this area and hunt during the Inn of the Mountain Gods Big Games hunts, we will try to keep the road open as long as weather permits. Access will only be granted for radio tower service and ceremonial purposes only.

Violators will be prosecuted through Tribal Court during this closure.

Please feel free to contact the Conservation Office at 575-464-9323 if you have any questions.

Thank You!

Part 3

A Message from the Mescalero Prevention Program



MENTAL HEALTH MATTERS

Self-Care♥

We can all help our loved ones and community members get through crisis. But as we take action to support others, it is also vital that we take the time to support and care for ourselves. This month we will share with you some tips and resources to help you practice self-care.

If you are looking for additional resources or support for yourself or a loved one, please call or text the 988 Suicide & Crisis Lifeline at 99 or chat online at 988lifeline.org/chat.



The Importance of Self-Care

While you are supporting or helping someone who may be in crisis, it is especially important for you to also take care of yourself. Practicing self-care does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others.

Self-care comes in a variety of forms. It does not require an elaborate plan; self-care can be as simple as taking a deep breath when you notice you are becoming stressed. By maintaining your physical and mental health, you will likely be better equipped (Continued on next page...)

Keep in mind the following statement, *"I am a very special, unique, and valuable person. I deserve to feel good about myself."*

A Message from the Mescalero Prevention Program

To handle stressors that come along with supporting someone that you care about

Signs of Stress

(Adapted from Vibrant Emotional Health's Staying in Balance: Healthy Solutions for Managing Workplace Stress and Mayo Clinic's Caregiver Stress Management)

Take a look at this list, and check in with yourself. It's important and healthy to acknowledge your limits.

Do you feel..

- Anxious or full of worry?
- Unable to communicate?
- Achy or sick more than usual?
- Sad or generally unhappy?
- Overwhelmed and constantly worried?
- Irritable or short tempered?
- Tired often?
- Lonely or alone?

Are you having trouble...

- Remembering things?
- Relaxing?
- Getting your work done?
- Making good decisions?

Have you...

- Used alcohol, cigarettes, or drugs to "feel better"?
- Been sleeping too much or too little?
- Been eating too much or too little?
- Gained or lost weight?
- Isolated yourself from friends and family?



- Neglected responsibilities?
- Lost interest in activities you used to enjoy?

These can all be signs and symptoms of stress. If you think stress-overload might be affecting your life, there is something you can do about it.



Self-Care Strategies for Managing Stress

Self-care, as the word itself suggests is what we do to take care of ourselves. When we get stress out, we tend to ignore the very things that make us feel better, so it is important to find time to take care of yourself.

Remain socially connected. When you are supporting someone else, it can be easy to lose sight of your other connections. It is important to stay in touch with your family and friends who can offer support. Set aside some time each week to spend time with others in your support network.

(Continued on next page...)

A Message from the Mescalero Prevention Program



Maintain a healthy lifestyle. By improving your physical health, you will be better able to maintain your mental health, and therefore may be more effective in supporting someone you care about.

- Exercising regularly
- Eating healthy foods
- Getting enough sleep
- Avoiding use or misuse of drugs and alcohol
- Practicing relaxation exercises

Make time for yourself. When caring for someone who may be suicidal, it can be hard to find time to take care of yourself. However, to be a productive caregiver, it is important to have some “me time.” Write out a list of activities that bring you joy to refer to when you need some time to yourself. These activities do not have to be elaborate or take a lot of planning. It can be something as simple as taking a walk in a park, listening to music, or writing in your journal. Anything that makes you feel better is worth a little bit of time out of your day.

Know when you need to ask for help. When caring for someone with suicidal thoughts, you may become overwhelmed. Being overwhelmed does not make you a bad caregiver, family member, or friend, it makes you human. Just remember, the 988 Crisis Lifeline is always available to provide free and confidential support and resources. ♥



Just A Reminder, in case!

4-7-8

**4-7-8
Deep Breathing
Technique:**

- **Breathe in for 4 seconds**
- **Hold breath for 7 seconds**
- **Exhale for 8 seconds**



Behavioral Health Resource List

Mescalero Apache Fire & Rescue	(575)464-3473
Four Directions Treatment	(575)464-4432
Mescalero BIA Law Enforcement	(575)464-4479
IHS—Indian Health Services	(575)464-4441
IHS—Behavioral Health	(575)464-3827
PMS Ruidoso Behavioral Health Center	(575)630-0571
Hope Floats Addiction Counseling	(575)937-1665
Katherine Scott, MS, LMHC	(575)937-6763
Kenneth Kenny, PhD, MSW	(505)363-8293
Mental Health Stop	(575)223-8184
	(575)219-7542
Merriken Bryant, MS LPCC	(575-937-4349
Sierra Blanca Counseling, Emily Flemming	(575)491-3300
Tele-counseling New Mexico	(575)973-0560
PMS- Alamogordo Family Health Center	(575)434-7404
The Counseling Center	(575)488-2500

National Suicide Hotline	988
Text "TALK" to	988
Chat	https://suicidepreventionlifeline.org/chat

New Mexico Crisis Line	1-855-662-7474
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****For all emergencies DIAL 911 or call BIA Dispatch at (575)464-4479****



As of 11/08/2023 positions do fill quickly.

Inn of the Mountain Gods Open Positions

Room Attendant	Drop & Count Attendant	Cashiers
Public Space Attendant	CATC Receiving Clerk	Sport Shop
CATC Main Bank Cashier	Child Care Asst. Manager	Lift Ticket Sales Agent
CATC Cage Cashier	Room Service - BATH Cook 2	Ski School Ticket Agent
IMG Cage Cashier	IMG Slot Technician	F&B Cook 1
IMG Kiosk Attendant	Casino F&B Beverage Host	F&B Cook 2
IMG Main Bank Cashier	Front Desk Agent	Busser
CATC Kiosk Attendant	Golf Maint. Asst. Mechanic	Cashier
Nail Technician	Casino F&B Host	Snow Makers
IMG Security Officer	EVS Supervisor	Rentals
F&B Steward		Ski / Snowboard Technicians
CATC C-Store Cashier		Lift Operators
Child Care Attendant		Lift Attendants
HVAC Technician		Lift Maintenance
All Outlets Cook 1		Ski School Instructors
All Outlets Cook 2		
Receiving Clerk		

Upcoming Job Fairs

December 12, 2023 IMG Event Center 10am—2pm

December 13, 2023 Mescalero Activity Hall 10am—2pm



DRMP Realty Office

MONTHLY HELPFUL INFO & TIPS



BRENNA WILLIAMS,
REALTY SPECIALIST
575-464-4711 EXT 118

Process for Electric Service Line Agreements

- 1 Contact Land Office Section Mgr. Eric Spitty at (575)464-4974 to Identify Land Status and Landowners. You Will Need Land Documents before applying for Electric Service.
- 2 Pick up a Otero County Electric Application from the DRMP Land or Realty Office.
- 3 Take application, land documents and fees to Otero County Electric Company (OCEC) to begin their process.
- 4 Once you and OCEC have agreed upon cost to do construction of electricity then OCEC will send the Realty Office a Service Line Agreement.
- 5 The Realty Office will get signatures and approval from Tribal President, Land Office, BIA Superintendent, and witnesses. Then Realty will send to BIA Regional for recordation.
- 6 Once recordation has been made, notice will be sent back to the Realty Office, then realty will forward to OCEC for service.

Please note this process can take months. It would be a good idea to start saving asap since utility costs (transformers, light poles, meter boxes, electrician etc.) can easily add up to thousands of dollars.



Religion

Mescalero Reformed Church

Family Gatherings & Shalom

There's something satisfying about an orderly work place or a neatly organized drawer; I'm not sure how to put it into words but there's something simply satisfying when everything is in its place, when it's perfectly symmetrical, or when a set is complete. As many of you know, by office space is NOT like this most of the time. But the few times I do get organized, it is such a good feeling. Maybe this is just me, but I doubt it. In a sense, this is what the biblical word shalom means. We typically translate this Hebrew word to mean peace, but it's so much more than that. When we use the word peace more often than not, we are really talking about the absence of war and violence. But the word shalom points more to a sense of wholeness or completeness. Shalom is used throughout the Old Testament to describe altars without

any blemishes and cracks (Joshua 8:31) or a completed stone wall without missing bricks or even when Job describes his flocks having shalom because none of his animals are missing (Job 5:24). The word goes far beyond objects as well, it is also attributed to people.

Shalom can be used to describe the process of repayment or restoration. When your animal damages your neighbor's field you can offer shalom by paying the damages to bring about restoration (Exodus 22:4). Perhaps the most powerful use of the word shalom is in the context of rival nations. When rival nations make shalom not only do they stop waging war against one another, but instead they seek to work together for their mutual benefit.

Imagine if your family gatherings sought shalom. Imagine if your conversations around

the Christmas dinner table weren't just absent of snide remarks, sarcastic comments and obvious eye-rolls, but instead they intentionally sought mutual benefit and reconciliation. Imagine if your visits weren't filled with a spirit of guilt and your gifts weren't given with a sense of obligation, but instead they were offered as a gesture of love and hospitality to bring about balance and restoration.

Each of us has the opportunity to be an agent of shalom. As you gather and celebrate the birth of the Christ-child may you seek to bring about wholeness to each relationship you step into.

Grace & Peace,
Pastor Mark

Please know that you are always welcome to worship God and experience His mercy at Mescalero Reformed Church, as our arms

(and our doors) are open to you if you are looking for a church home or just want to come visit.

Mescalero Reformed Church
336 Wardlaw Dr.
P.O. Box 188
Mescalero, NM
(575) 464-4471
Visit (and like) our
Mescalero Reformed Church Facebook

page!

*Email us at
mescalerorc@gmail.com*

Sunday Worship
9:30 - Sunday School
for all ages - Children
and Adults
10:40 - Worship

Opportunities for Fellowship and Encouragement
Women's Bible Study

- every Tuesday at
6:00 pm in the sanctuary.

Women's Gathering -
every Wednesday at
9:00 am in the church
basement.

Men's Bible Study -
every Wednesday at
6:00 pm in the sanctuary.

Youth Group for Middle and High School -
Monday at 6:00 pm.

Kids' Club - Thursday
at 3:15 pm.

Transportation Policy

CHR

TRANSPORTATION SCHEDULE

It is the policy of the Mescalero CHR Program to establish a transportation schedule and procedure as follows:

1. The designated days of transportation will be **Monday through Friday from 8:30 a.m. to 3:30 p.m.**
Closed on Holidays and Tribal Office Closures.
2. **Transportation request MUST be scheduled 48 hours (2 days) before the date of appointment for**

local areas. Transportation request **MUST be scheduled 72 hours (3 days) before the date of appointment for Out-of-Town appointments.** Those patients who do not call in advance may be denied transportation if these scheduled times are full. Same Day and Last minute requests for local appointment(s) will be added **ONLY** if transportation is available. Patients should notify CHR staff immediately of any cancelled

appointments. **Medication deliveries** will be scheduled on **Monday - Friday in the afternoon** so please plan accordingly for medication refills. For Narcotic medication - individuals will be picked up, taken to Pharmacy and returned home. Patients should notify CHR immediately if they get their medication so their scheduled pick up time may go for someone else.

3. Changes will occur due to bad weather

conditions, emergencies or early Tribal Office closure. **CHR staff may not transport patient(s) to/from appointment(s) or medication delivery in any bad weather. Only Dialysis Patients will be transported to appointments in bad weather.**

UNAUTHORIZED TRANSPORTATION

CHR Program staff shall NOT:

1. Transport any intoxicated person (s).
2. Transport a minor child under the age of 18 to the hospital or clinic without the presence of a parent or guardian.
3. Pick up patient(s) who have their own transportation.
4. Transport friends and other family members of patients who have no appointment(s) or are not the patient's Caregiver.

NOTE: Person(s) that request transportation from CHR to the hospital who leave IHS or

Behavioral Health to conduct personal business at another location, and then later return to the hospital requesting transportation home will be denied a ride.

Call the CHR Office at **(575) 464-9256** to request transportation arrangements. If there is no answer, leave your name, phone number, address, date/time of appointment and you will be called back to confirm your pick up time.

Due to continuing abuse of CHR services, these changes have been made and can be amended at any time.



BIA/OJS Mescalero Agency wants to remind Mescalero residents, employees, and visitors that if Emergency Services are needed, please call:

911

OR if it is a NON-EMERGENCY call:

575-464-4479

Post the above number on your refrigerator or save it in your cell phone.

If you need an ambulance, fire truck, law enforcement or conservation services call RIGHT AWAY. ANY of these Mescalero employees (Police, Fire/Rescue, and Conservation) are dispatched from on-duty Communications Officer that have protocols and procedures to follow in getting other on-duty employees to respond.

If you do not call right away, the respond time will only be delayed and as we all know, in emergency circumstances, seconds count. Lastly, I'd like to request that if/when residents see something suspicious, PLEASE CALL IT IN.

**IF YOU SEE SOMETHING, SAY
SOMETHING (REPORT IT)**

Stay safe,

Chief of Police James Vepley, BIA/OJS Mescalero Agency

Places of business/service: Remind employees/staff to discuss the importance of reporting something suspicious. Call Dispatch at 575-464-4479 so that officers can be dispatched promptly to investigate. If it is an emergency, call 911.

Tribal Rural Communities Extended Learning Grant

Mission Statement

We strive to improve the quality of education and increase success for all Tribal students by cultivating a stronger bond to our identity as

The Mescalero Apache People.

This program will enrich our community and familial relationships by increasing accessibility to Apache Language, Cultural Arts instruction, and supporting broader opportunities for creative & academic expression.

This grant awarded to NM tribal and rural communities, will supplement existing student resources that offer educational support outside regular school based instruction. It will fund the establishment of new learning opportunities for our students & families that emphasize the importance of Apache Language, Cultural & Creative Arts preservation.

CHRISTINA BYERS

TRCEL Grant Coordinator

575-464-9262

cbyers@mescaleroapachetribe.com

At the end of the grant term our progress will show:

- ♦ Increased parent and community involvement
- ♦ Increased attendance
- ♦ Increased # of students in programs
- ♦ Increased student achievement
- ♦ Increased student sense of belonging & inclusion in school

A few ways funding will be utilized in the coming year:

- ♦ After- school programs
- ♦ Summer school programs
- ♦ Native language programs
- ♦ Tribal libraries' educational programs
- ♦ Tutoring services for students
- ♦ Cultural activities for students
- ♦ Field trips for students
- ♦ Professional development of education staff
- ♦ Other activities, or capacity building related to tribal community based education

TRCEL Grant Program

Traditional Sessions

Apache Arts & Language

Our new grant program is seeking
Tribal Members willing to teach
traditional

Apache Arts & Language!

*Individual proposals are being accepted until
12/30/2023*

*We need Mentors and Instructors to host
sessions on a paid contract basis to teach:*

Apache Language & Writing

Jewelry/Beadwork

Moccasins

Camp Dresses/Ribbon Shirts

Traditional Sewing

Cradleboard Construction

Baskets & More!

For information contact

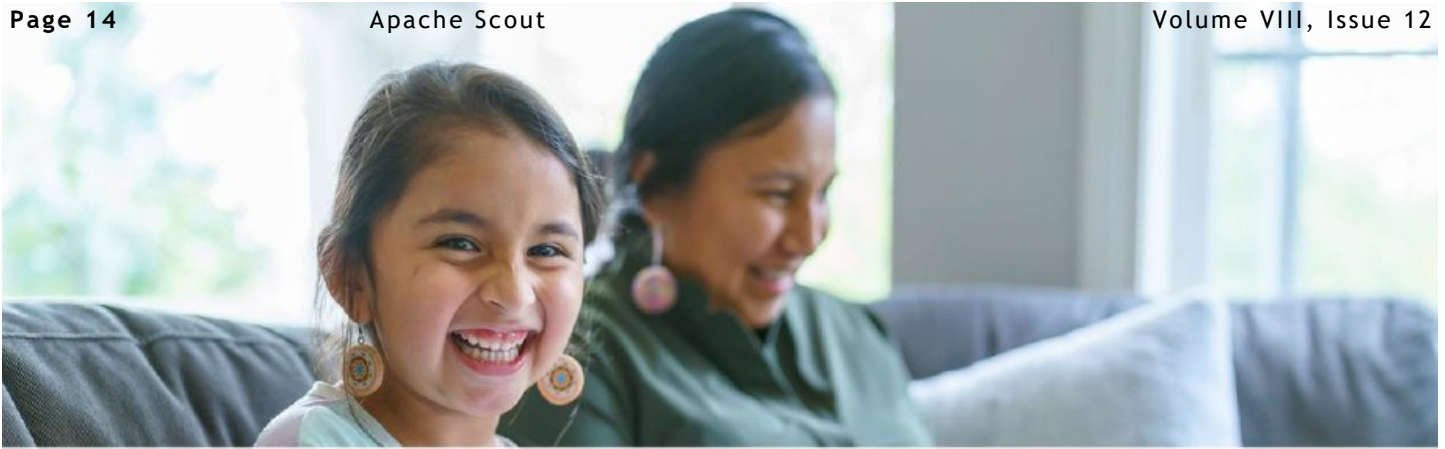
Christina Byers

TRCEL-Grant Coordinator

575-464-9262

Tribal Rural Community Extended Learning Grant Program





How does tribal child support work?

Child Support refers to payments one parent makes to their child's other parent or legal guardian to help with the costs of raising the child.

Here are the services our tribal child support program provides:

- **Find the other parent:** We can try to find the other parent to establish parentage and a support order.
- **Establish parentage:** We can help parents establish a legal relationship with their child through a quick and easy form or genetic testing.
- **Establish and enforce a support order:** We can establish an order that provides support for your child. When the other parent doesn't pay the full amount or doesn't pay at all, we can use enforcement options like withholding child support from their paycheck.
- **Review or modify the order:** We can review your order and, if appropriate, modify it based on a change in income or circumstances.

Our program also has culturally specific elements:

- **Cultural understanding:** Our program knows the community and works to help children financially, emotionally, and holistically. We can make referrals to community and culturally-based programs.
- **Hands on experience:** We're uniquely positioned to walk you through our tribal child support process and family-centered approach.

Did you know?

Our office can help parents who have cases with other tribal and state programs.

Have questions?

We're here for you! Contact us to learn more.

Mescalero Apache Tribal Child Support

Phone: 575-464-2577

Email: kcervantes@matisp.net or tdiaz@matisp.net



FIREPLACE & WOODSTOVE ASHES SAFETY

Fireplace and wood-stove ashes retain enough heat to ignite other combustible materials for several days after a fire. It is important to learn the proper ways to dispose of fireplace and wood-stove ashes.

KEEP WARM

KEEP SAFE



DO NOT discard your ashes into any combustible container like a paper or plastic bag, a cardboard box, or a plastic trash can.

DO put ashes into a non-combustible metal container with a lid.

DO pour water into the container to make sure the ashes are cool.

DO keep your can OUTSIDE of the home, away from combustibles.

DO teach all family members to be safe with ashes from your fireplace or woodstove.

As always, please make sure you test your smoke alarms monthly and replace batteries at least twice a year.

Practice and plan a family home escape plan.

MESCALERO APACHE TRIBE
HOUSING DEPARTMENT
PO BOX 248
MESCALERO, NM 88340
PH: (575) 464-9235 | FAX: (575) 464-4705



PROPER DISPOSAL OF FOOD SCRAPS AND FATS, OILS AND GREASE



Clogged drains can cause major plumbing problems, leaky pipes, and structural damage, among many other issues so preventing them may save you money.

What to Do!

Remove food scraps and fats, oils and grease from dishes, pans, and fryers. Place in appropriate collection containers.

Dispose of food scraps and fats, oils and grease in a used cooking oil container for Recycling. The container should be kept closed and clean on the outside.

Scrape food scraps from dishes into trash cans – avoid using garbage disposal, if applicable.

Use basket strainers in sinks to catch any food particles and empty the contents in the trash.

Clean up food scraps and fats, oils and grease by using absorbent materials such as rags or paper towels. Dispose of dirty rags in trash container. Mop area. Practice safety when handling hot grease and oil.

What NOT to DO!

DO NOT pour food scraps and fats, oils and grease down the drain.

DO NOT rinse off food scraps and fats, oils and grease with hot water.

More Ways to Help

Clean grease interceptors regularly.

When possible witness all cleaning of outdoor grease interceptors.

Use environmentally safe cleaning products.

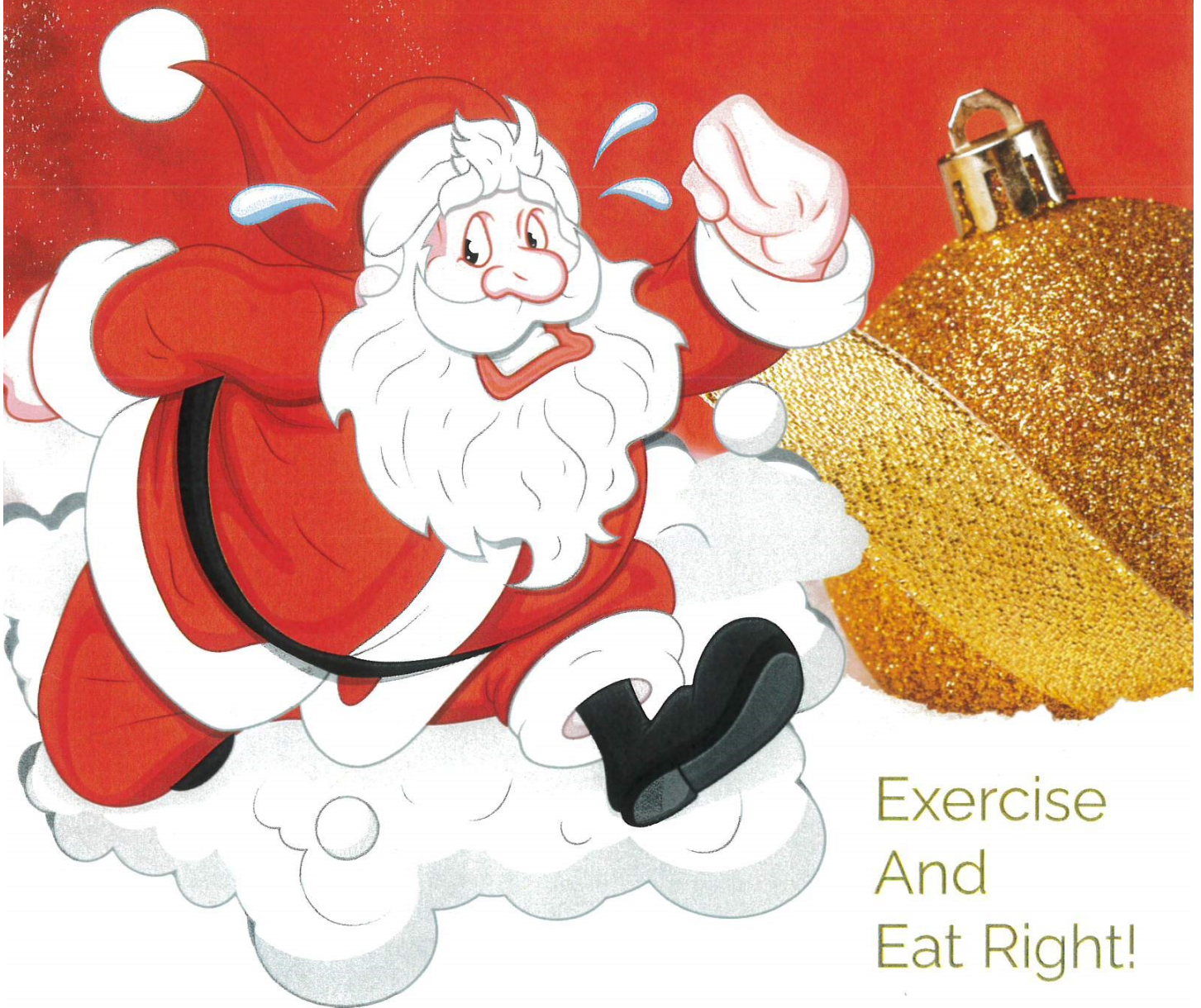
**ALWAYS CONTACT
THE MESCALERO APACHE TRIBE
HOUSING DEPARTMENT
TO REPORT ISSUES.
(575)464-9235**



12 DAYS OF CHRISTMAS FITNESS AND WELLNESS

**MESCALERO FITNESS CENTER/DIABETES PROGRAM
DECEMBER 4-19, 2023**

Come Work Out or Get Your Vitals Taken
And Get A Free Gift



Exercise
And
Eat Right!

MESCALERO FITNESS CENTER

MONDAY	7am to 6 pm
TUESDAY	7am to 6pm
WEDNESDAY	7am to 6pm
THURSDAY	7am to 6pm
FRIDAY	7am to 5pm

Closed weekends/holidays
12 years & over only
(575)464-4368

The Living Sober Group

Open AA meeting

"Helping each other to stay sober"



Every Thursday Evenings



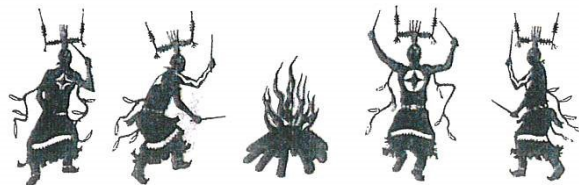
5pm to 6pm

Mescalero Diabetes Program Building

474 Mescal Loop Mescalero, NM

Call (575) 937-0151 for any questions or leave a message

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can, and the wisdom to know
the difference.*



WE SHIP BUCKSKIN!



All of your Sunrise Dance supplies in one store!

JINGLES – BELLS – LATIGO – NEEDLES – RIBBON – BEADS
BASKETS – DYE – BLANKETS – SINEW – CONCHOS – SPOTS

404 S. BROAD STREET, GLOBE, AZ 85501 (928) 425-9282

PICKLE ★ BARREL ★ TRADING ★ POST

Bureau of Indian Affairs

Office of Justice Services

Branch of Criminal Investigations



Cold Case Unit

1-833-560-2065

Confidential | Toll-Free | 24/7

Call in tips to the Bureau of Indian Affairs, Cold Case unit to help with any information concerning a missing Indigenous person or unsolved homicides in Indian Country.

YOU CAN HELP.



Department of the Interior
Bureau of Indian Affairs

Call Directory—Tribal Departments & Programs

Administration Offices	464-4494
Accounting	464-9251
Boys & Girls Club-Mescalero	464-9212
Boys & Girls Club-Carrizo	464-6814
Care Center	464-4802
Cattle Growers	464-4703
Child Care Center-Mescalero	464-9224
Child Care Center-Carrizo	464-3000
CHR	464-9256
Center Maintenance	464-9260
Conservation Law Enforcement	464-9323
Cultural Center & Museum	464-9254
DRMP	464-4711
Early Childhood	464-9328
Education	464-4500
Elderly Center	464-1614
Emergency Management	464-4711
Emergency Rental Assistance (ERA)	464-9216
Fence Crew	464-4711
Fire & Rescue	464-3473
Fish Hatchery	464-8768
Fitness Center	464-4368
Sawmill	464-4720
Four Directions Treatment & Recovery (<i>Rehab</i>)	464-4432

Gas Company	464-4323
Head Start-Mescalero	464-9183
Head Start-Carrizo	464-3492
Health Ed./Diabetes Program	464-6383
Historic Preservation	464-3005
Housing	464-9235
Housing Warehouse	464-9159
Human Resources	464-9276
Land Office	464-4974
Language Program	464-2152
Library	464-5010
MATI	464-4039
Parks & Recreation	464-2988
Patient Benefits	464-9232
Prosecutor's Office	464-9205
Prevention Program	464-4516
Public Defender's	464-9213
Social Services	464-9328
Swimming Pool	464-9248
Tribal Court	464-0414
Tribal Maintenance	464-9289
Tribal Roads	464-4311
Tribal Store	464-9319
Tribal Utilities	464-0254
VAWA	464-0079
WIOA	464-9217

Call Directory—Most Used Numbers

Assembly of God	464-4747
Baptist Church	464-4659
Reformed Church	464-4471
St. Joseph's Mission	464-4473
BIA Offices:	
Facilities	464-4282
Forestry	464-4419

East L.A.	464-4549
Old Road	464-4674
IHS	464-4441
Inn of the Mountain Gods	464-7777
Mescalero Post Office	464-4550
Mescalero Schools	464-4431
Ruidoso Schools	(575) 630-7000
Tularosa Schools	(575) 585-8800
WIC Office	464-0932

***Updated 5/19/23**



FOR ALL EMERGENCIES DIAL:
9-1-1 OR DISPATCH 575-464-4479



Mescalero Apache Tribe

Apache Scout
P.O. Box 227
108 Central Avenue
Mescalero, NM 88340

Phone: 575-464-4494
Fax: 575-464-9220
E-mail: elapaz@mescaleroapachetribe.com

Bulk Rate

Non-Profit Organization

Permit #1

Mescalero, NM

88340



MescaleroApacheTribe.com



"Like" us on Facebook:
Mescalero Apache Tribe
