



East Mountain Resource Center

Recent News

Inside the issue:

Elderly Center	4
Prevention Program	6
Early Childhood Program	10
Responsible Gaming Program	11

Heading picture: Wild Horse Race, 2018 Ceremonial & Rodeo

NEXT DEADLINE:
08/18/23
BY NOON

The Mescalero Violence Against Women Program is excited to announce our program name change; we will now be known as the East Mountain Resource Center. As we work to increase services and build relationships with our community, we think it is important to re-brand our program and go forward with a new name that reflects our identity; a program which serves as a safe space to reconnect, regenerate, and rebuild.

We are the domestic violence program for our community, but we are also so much more; we provide community outreach, prevention, and most importantly we connect survivors to valuable resources that help them rebuild their lives. The heart of our program is to provide services steeped in our rich Mescalero Apache cul-

ture and traditions. We provide access to traditional counseling, ceremonies, and other monthly cultural activities. Our services are not limited to domestic violence, we also assist elders who are experiencing abuse as well as teen dating violence.

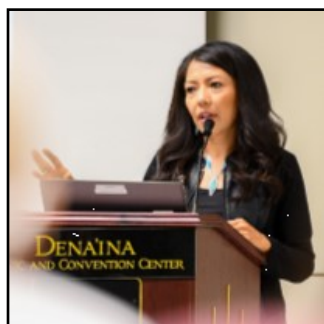
We have 4 advocates and are proud to announce we have 1 Male advocate who specializes in serving men who are experiencing domestic violence. Men are often reluctant to receive services and our goal is to increase awareness in our community and provide a safe and confidential place for everyone.

Additionally, we are working on a few exciting projects to increase domestic violence awareness and program visibility in our community, so be on the lookout for advertisements and a new billboard.

We have an amazing team of professionals who are dedicated to creating a safe space to heal, rebuild, and connect survivors with resources to rebuild their lives. If you or someone you know is experiencing domestic violence, please call our office at (575) 464-0078 or 0079.

*LeClaire Gayton,
Program Director
& Staff*

*New logo proudly designed by
Shelton Bob.
Shelton is a student at the Institute of American Indian Arts in Santa Fe, NM.*



The National Indian Health Board extended an invitation to the East Mountain Resource Center staff to present at their annual conference in Anchorage, Alaska, May 1–5, 2023. This year the conference theme was, “Culture Heals. Culture Knows. Culture Leads.”

The program was honored to present our work and how we are incorporating Mescalero Apache culture and traditions into the services we currently provide. LeClaire Gayton, Program Director facilitated a historical trauma exercise with a group of volunteers to demonstrate it's im-

pact and significance in Native communities. She also discussed how the monthly empowerment groups we hold at our office are creating awareness for issues our community faces, from strangulation and sexual assault to healthy relationships and self-care, as well as an opportunity to learn about Mescalero history and culture.

Cultural Manager, Starlyn Bigrope presented her research project, “Mescalero Apache: Our Story, Our Experience,” which explores how historical trauma has impacted the Mescalero Apache Tribe.

The program will continue to provide monthly activities that are culturally-based and open to the community, so watch for announcements and

come join us!

The EMRC Staff would especially like to thank CHR Staff, Martha Duffy and Marilee Chino for their support and encouragement during their presentation.



MESCALERO APACHE BOYS & GIRLS CLUB

It was an honor to participate in the Tribe's Sesquicentennial Parade to celebrate 150 years of the establishment of the Mescalero Apache Reservation.



Thank you to Camelia & Fallon for carrying the banner. Photo credit: Adeline Wheeler

Keeping the Kids busy is our business.
The summer is going great so far and
we have much more planned !



DON'T FORGET

Mark your calendar!

2023-24 Afterschool Session Registration Monday, July 10, 2023 @ 2:00 pm.

Ages 6-18 \$30 Registration Fee to hold your

child/ren's spot. For more info call 575.464.9212 *Limited Spots Available*

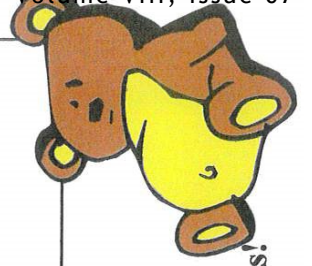
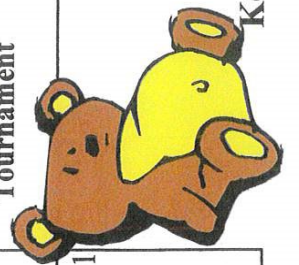
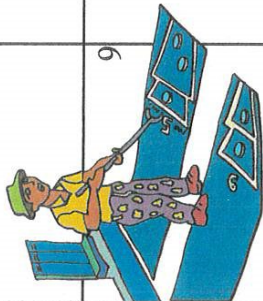
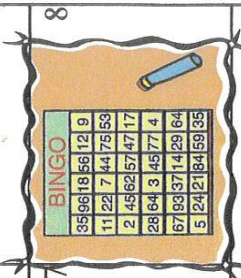
July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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MESCALERO ELDERLY CENTER ACTIVITIES

Activities are subject to change without notice. Need transportation to the center. Call 464-1614 to request a ride no later than 8:30 or you may sign in the day before. Remember to sign in every day!

2	3	4	5	6	7	8
Center Closed for Ceremonial	Center Closed for Ceremonial	Center Closed for Ceremonial	Center Closed for Ceremonial	10:00 Monthly Program Improvement Day "Pop Corn Day"	10:00 Bingo	10:00 Bingo
9	10	11	12	13	14	15
10:00 Casino Day	10:00 Native American Legal Aide	10:00 Fitness Fun! 1:00 Shuffleboard	10:00 Fitness Fun! 1:00 Shuffleboard	10:00 Nutrition with Christine	10:00 Bingo	10:00 Bingo
16	17	18	19	20	21	22
10:00 Casino Day	10:00 What is Elder Abuse?	10:00 Fitness Fun!	10:00 Fitness Fun!	10:00 Crafting Fun!	10:00 Bingo	10:00 Bingo
23	24	25	26	27	28	29
10:00 Casino Day	10:00 Cornhole Tournament	10:00 Cornhole Tournament	10:00 Cornhole Tournament	10:00 A Visit to the Care Center	10:00 Bingo	10:00 Bingo
30	31	Smokey Bear Says! "Don't take a break from fire safety!" Keep Mescalero Safe! Only You Can Prevent Forest Fires!				
10:00 Casino Day	10:00 Casino Day					



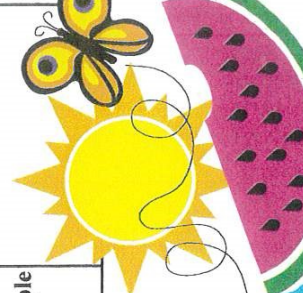
July 2023

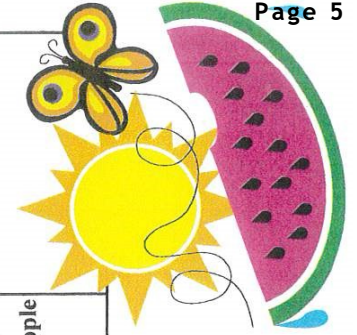
Sur. Mon Tue Wed Thu Fri Sat

MESCALERO ELDERLY CENTER MENU

Menu is subject to change without notice. Homebound meal delivery cancellations please help us eliminate food waste by calling to cancel your lunch by 8:30. Please remember to give your food deliver your tray from the day before. All meals served with 2% milk. Mescalero Elderly Center 575-464-1614.

	2	Center Closed for Ceremonial	3	Center Closed for Ceremonial	4	Center Closed for Ceremonial	5	Center Closed for Ceremonial	6	Oven Fried Chicken, Mashed Potato, Cherry Tomato Salad, Green Beans, Roll, Cantaloupe	7	Pinto Beans w/ Ham, Roasted Squash, Coleslaw, Corn Bread, Jello	8	
	9	Chicken Parmesan, Linguine w/ Fresh Tomato, Caesar Salad, Italian Blend, Garlic Bread, Ice Cream	10	Beef Tacos w/ trimmings, Beans, Spanish Rice, Zuchinni, Peaches	11	Beef Tacos w/ trimmings, Beans, Spanish Rice, Zuchinni, Peaches	12	Pine Nut Crusted Trout, Wild Rice, Asparagus, Strawberry & Watermelon Salad, Roll	13	Shepherds Pie, Cucumber & Beet Root Salad, Bananna, Roll	14	Chicken & Dumpling Soup, Brussel Sprouts, Cranberry & Blueberry Salad, Watermelon	15	
	16	Beef Bourguignon, Mashed Cauliflower, Green Beans, Apricot, Roll	17	Chicken Adovada, Calabacitas, Cherry Pistachio Salad, Tortilla	18	Chicken Adovada, Calabacitas, Cherry Pistachio Salad, Tortilla	19	Hamburger Steak & Onions, Zucchini & Mushroom Blend, Peach Burrata Salad, Roll	20	Stir Fried Beef & Vegetable, Okra Salad, Spring Roll, Mandarin Oranges, "Fortune Cookie Day"	21	Tuna Salad Sandwich, Avacado Black Bean Salad, Spinach, Cantaloupe	22	
	23	Ham & Potato Casserole, Roasted Brussel Sprout w/ Tomato Salad, Apple	24	Honey Hosisin Ham, Shirazi Salad, Buttered Carrots, Grapes	25	Honey Hosisin Ham, Shirazi Salad, Buttered Carrots, Grapes	26	Beef Stroganoff, Capri Blend, Beets, Orange, Roll	27	Oven Fried Cat Fish, Lemon Kale Caesar Salad, Aspparagus, Plums, Roll	28	Chicken Noodle Soup, Cucumber Salad, California Blend, Apple Sauce, Roll	29	
	30	Avacado Turkey Wrap, Caprese Salad, Celery Stick, Mandarin Orange	31	Avacado Turkey Wrap, Caprese Salad, Celery Stick, Mandarin Orange										





Part 3

A Message from the Mescalero Prevention Program



MENTAL HEALTH MATTERS

Activities That Will Help You to Feel Good About Yourself

Any of the following activities will help you feel better about yourself and reinforce your self-esteem over the long term. Read through them. Do those that seem most comfortable to you. You may want to do some of the other activities at another time. You may find it helpful to repeat some of these activities again and again.

Making Affirming Lists

Making lists, reading them often, and re-writing them from time to time will help you to feel better about yourself. If you have a journal, you can write your lists there. If you don't, any piece of paper will do.



Make a list of—

- at least five of your strengths, for example, persistence, courage, friendliness, creativity
- at least five things you admire about yourself, for example the way you have raised your children, your good relationship with your brother, or your spirituality
- the five greatest achievements in your life so far, like recovering from a serious illness, graduating from high school, or learning to use a computer
- at least 20 accomplishments—they can be as simple as learning to tie your shoes, to getting an advanced college degree
- 10 ways you can "treat" or reward yourself that don't include food and that don't cost anything, such as walking in the woods, window-shopping, listen to a podcast, gazing at a baby's face or at beautiful flower, or chatting with a friend

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

- 10 things you can do to make yourself laugh
- 10 things you could do to help someone else
- 10 things that you do to make you feel good about yourself

Reinforcing A Positive Self Image

To do this exercise, you will need a piece of paper, a pen or pencil, and a timer or clock. Any kind of paper will do, but if you have a paper and pen you really like, that will be even better.

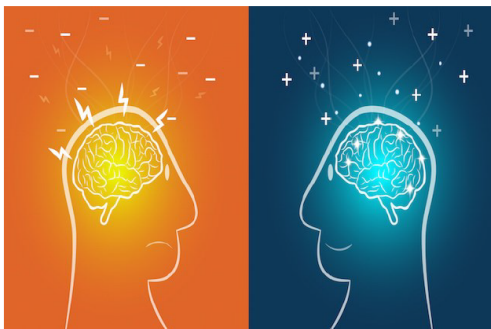
Set a timer for 10 minutes or note the time on your watch or a clock. Write your name across the top of the paper. Then write everything positive and good you can think of about yourself. Include special attributes, talents and achievements. You can use single words or sentences whichever you prefer. You can write the same things over and over if you want to emphasize them. Don't worry about spelling or grammar. Your ideas don't have to be organized. Write down whatever comes to mind. You are the only one who will see this paper. Avoid making any

Negative statements or using any negative words—only positive ones. When the 10 minutes are up, read the paper over to yourself. You may feel sad when you read it over because it is a new, different, and positive way of thinking about yourself—a way that contradicts some of the negative thoughts you may have had about yourself. Those feelings will diminish as you reread this paper. Read the paper over again several times. Put it in your pocket, purse, wallet, or the table beside your bed. Read it several times a day to keep reminding yourself of how great you are! Find a private space and read it out loud. If you can, read it to a family member or good friend who is supportive.

Developing Positive Affirmations

Affirmations are positive statements that you can make about yourself that make you feel better about yourself. They describe ways you would like to feel about yourself all the time. They may not, however, describe how you feel about yourself right now. The following examples of

(Continued on next page>>>)



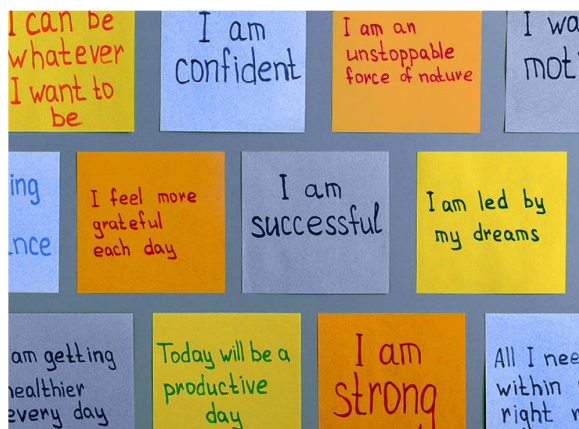
A Message from the Mescalero Prevention Program



Affirmations will help you in making your own list of affirmations—

- ♥I feel good about myself
- ♥I take good care of myself. I eat right, get plenty of exercise, do things I enjoy, get good healthcare, and attend to my personal hygiene needs
- ♥I spend my time with people who are nice to me and make me feel good about myself
- ♥I am a good person
- ♥I deserve to be alive
- ♥Many people like me

Make a list of your own affirmations and keep in a handy place. Read the affirmations over and over to yourself—aloud whenever you can. Share them with others when you feel like it. Write them down from time to time. As you do this, the affirmations tend to gradually become true for you. You gradually come to feel better and better about yourself.



- ♦ Celebratory scrapbook: Scrapbook that celebrates you and the wonderful person you are. Include pictures, writing, mementos, cards you've received, etc.
- ♦ Appreciation exercise: At the top of a paper write "I like (Your name) because:" Have friends, acquaintances, family members, etc. Write an appreciative statement about you on it.
- ♦ Self-esteem Calendar: Get a calendar and schedule some small thing you would enjoy doing, such as, "call my sister," "bake brownies," draw a sketch of my cat," etc.
- ♦ Mutual complimenting exercise: Get together with a person you like and trust. Set a time for 5 minutes. One begins by complimenting the other person—saying everything positive about the other person. Then the other person does the same for the next five minutes. Notice how you feel about yourself before and after.
- ♦ Self-esteem Resources: Go to your library. Look up books on self-esteem. Try some of the suggested activities.

In conclusion, this is only the beginning of the journey. As you work on building your self-esteem you will notice that you feel better more and more often, that you are enjoying your life more than you did before, and that you are doing more of the things that you have always wanted to do. ♥

More Resources:

Substance Abuse and Mental Health Services Administration (SAMHSA), www.samhsa.gov

SAMHSA's National Mental Health Information Center, www.mentalhealth.org

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

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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***As of July 2022, you can dial 988 and it will route you to the National Suicide Hotline**

****For all emergencies DIAL 911 or call BIA Dispatch at (575)464-4479****





Baby2Baby™



We have received a generous **diapers and wipes** donation from Baby2Baby. We have **sizes from newborn to 6**. You may leave a voicemail at 575.464-9328; or send a text message to 575.937-6439 or 575.937-6365.

This is **available to all tribal members**.

Congratulations!

Mescalero Responsible Gaming Program

Scholarship Recipients

Mescalero Apache High School

Maekquin Fossum.....	\$1,000
Manuel Salas.....	\$1,000
Damaris Lent.....	\$1,000
Kolton Kazhe.....	\$1,000
Ivonna Burgess.....	\$1,000
Cheyenne Kanseah.....	\$1,000
Malendra Dolan.....	\$1,000
Thomas Bigmouth.....	\$500
Chance Chee.....	\$500
Dionna LaPaz.....	\$500
Santanita Smith.....	\$500



Ruidoso High School

Timberlyn Blaylock	\$1,000
Kylene Blaylock.....	\$1,000
Kaden Sago.....	\$1,000
Reed Enjady.....	\$500

Gamble Responsibly! If you can't - help is available!
Call 1-888-696-2440

Inn of the Mountain Gods Open Positions

Room Attendant
Public Space Attendant
Houseman
CATC Cage Cashier
IMG Cage Cashier
IMG Kiosk Attendant
IMG Main Bank Cashier
CATC Kiosk Attendant
Cage Supervisor
Massage Therapist
Nail Technician
Casino F&B Asst. Manager
Drop & Count Attendant
CATC Slot Technician
IMG Security Officer
Players Club Ambassador
Hairstylist
F&B Steward
CATC C-Store Cashier
Wendell's Cocktail Server
IMG Slot Technician
Poker Dealer Dual Rater Super.
Child Care Attendant
Boat Dock Grill Cook 2
Ticket Writer
O/N IMG Maintenance Technician
Cage/Main Bank Manager
Casino Host
IMG Carpenter - Temp

Upcoming Job Fairs

Inn of the Mountain Gods

Convention Center

July 12th 10AM-2PM

CATC Carpenter
Dual Rate Black Jack Dealer
Dual Rate Craps Dealer
Laundry Supervisor
HVAC Technician
CATC Security Officer
Red Hat Grille Server
Drop & Count Supervisor
Red Hat Grille Host
Golf Course Technician
Equipment Operator
MATM Supervisor
IMG Slot Attendant
Club 49 Server
Red Hat Grille Busser
All Outlets Cook 1
All Outlets Cook 2
A/P Coordinator
CATC Housekeeping Attendant
Executive Chef
Red Hat Grille Beverage Cart Attendant
Casino F&B Bartender
Concierge Agent
O/N Front Desk
Casino F&B Chef



INN OF THE MOUNTAIN GODS
RESORT & CASINO

Awakened to Arise

A SACRED GATHERING AROUND THE DRUMBEAT OF HEAVEN

Saturday
August 5, 2023
9AM-9PM

INN OF THE MOUNTAIN GODS
 RESORT & CASINO
 87 CARRIZO CANYON ROAD
 MESCALERO, NEW MEXICO



RITA BEAR GRAY



ELIZABETH HAWKER



JOHN & SUSIE BELL



ROBBY CUMMINGS

THIS ONE DAY GATHERING WILL BE AN AMAZING MERGER OF CULTURE, MUSIC AND SPEAKERS. PLUS THERE WILL BE BEAUTIFUL NATIVE AMERICAN HANDCRAFTED ITEMS, BOOKS AND CD'S AVAILABLE TO PURCHASE.

BRING YOUR HAND DRUMS AND WEAR REGALIA IF YOU WOULD LIKE TO, BUT COME COMFORTABLE AND READY TO HAVE A WONDERFUL TIME. WE WILL BE CELEBRATING CULTURE AS WE HONOR CREATOR AND HEAR FROM AMAZING TEACHERS WITH WORDS OF EMPOWERMENT AND PROPHETIC PROCLAMATIONS SPOKEN INTO OUR INDIVIDUAL LIVES AND REGIONS! THIS IS FOR NATIVE AMERICAN'S AND NON-NATIVE'S.

YOU WON'T WANT TO MISS ANY OF THIS POWER-PACKED ONE DAY EVENT. SO SHOW UP EARLY!! THE MUSIC AND SPEAKING WILL START AT 9AM WITH A ONE HOUR LUNCH BREAK AND A ONE HOUR DINNER BREAK.

FOR MORE INFO:
 JE.MERINO@HOTMAIL.COM
 ESTESLANEY@MAC.COM



INN OF THE MOUNTAIN GODS
 287 CARRIZO CANYON ROAD
 MESCALERO, NEW MEXICO 88340

PUBLIC SAFETY NOTICE



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 this 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.

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
