

# Apache Scout



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## Elderly Center

### Recent News



Birthday blessings to all of our elders born this New Year! May the year bring you and your family much happiness, and health!

January will begin with our regular monthly activities. Some of them include, Bingo, Town Day, Monthly Program Improvement Meeting, Movie Day, Nutrition Education, Fitness, and Casino Day. Casino Days are on Mondays, and Bingo on Friday. Movie day is the first Friday of the month. The elderly program will pay for your movie. A

friendly reminder to bring your own money to buy snacks. Movie goes, may either ride down in the elderly van or drive their own private vehicle. Either way, we ask that you come into the center to sign up so we can plan accordingly. All elders are welcome to come into the center to sign up and participate. Activities begin at 10:00 am unless something unexpected comes up.

The center does provide transportation to and from the center for daily activities and lunch. If you would like to be picked up and brought to the center, please call us by 8:00 am. Our main telephone number is 464-1614. Our second

ary number is 464-9376. Our main number is usually the busiest, so if you get a busy signal, try calling the other number. Our hours of operation are Monday thru Friday 8:00 to 4:30. Come in for breakfast, we always have cereal, oatmeal, hot coffee or tea in the morning. Stay around for activities, visit with friends, and then enjoy lunch. The center also has a new marquee board in the entry room. It will continue to have information regarding the daily activities and or any changes or additions to the schedule.

**FEB. DEADLINE:  
01/19/18 BY  
NOON**



### Alzheimer’s Education Classes

We completed our four week Alzheimer’s education classes. The last class entitled “Hone Safety for Alzheimer’s” had 23 in attendance. The four week class covers all aspects of the disease. The center is planning another session beginning in February 14<sup>th</sup>, 2018.

\* \* \* \*

### Nutrition Education

The December class focused on processed food versus freshly

prepared food. Elders learned to compare the benefits of fresh versus processed food which coincided with label reading. The class compared 4 separate apple products to learn which had the most salt, fat, and sugar, reinforcing the importance of label reading and making healthier selections.

In January, we will begin a new program called I-Can Chef. This will be similar to the previous I-Can class

but will focus more on preparing healthy, diabetic friendly meals at home. The center is pleased to be partnered up with the Otero County Extension Agency for our nutrition education classes.



## Travel and Field Trips

### Elderly Center

Our travel to the Apple Barn and Cloudcroft was an enjoyable one. There were goodies galore and lots of sunshine along the way. Our travel to Tortugas Pueblo was also an enjoyable one. As always, we are warmly welcomed and treated with the utmost respect. The group enjoyed watching the three dance

groups, visiting the church, and gift shop. Everyone enjoyed the community meal, sharing warm helpings of red Chile, meat balls, potato salad, oven bread and bischochito cookies for desert.

The center has two field trips planned for January. January 11<sup>th</sup>, weather permit-

ting, we will travel to Las Cruces to attend the New Mexico Senior Olympic activity, Get up, Get Moving, and Get Fit! The one day workshop will feature a variety of activities including sports clinics, and fall prevention. The center will also take a trip to Old Mesilla near Las Cruces on January 31<sup>st</sup>.



# New Mexico Senior Olympics and All Indian Game Day

*Elderly Center*

Once again, this year’s Senior Olympic Games will be held in Albuquerque, and in case you haven’t heard, New Mexico will be hosting the 2019 National Senior Olympic Games! This means that 2018 will be a qualifying year for the games.

There are a variety of qualifying events and recreational events at the games. Some of the national qualifying events are Archery, Bowling, Badminton, Tennis, Swimming,

Golf, Table Tennis, Pickle Ball, Track and Field, Horseshoes, Biking, and Middle Distance Running and Shuffleboard. Some of the non-nationals recreational events are Estimated Walk, Soccer Kick, Softball Distance Throw, and Washers.

July 17-21 2018 are the dates set for Nationals in Albuquerque, and in January we will begin to practice. We have been meeting for the last couple of months to talk about

the games. If you are interested, come in to the center, or give us a call. We are encouraging everyone to start preparing for the games, and the events you are interested in.

The 2018 All Indian Game Day site and dates have not been set. The NMSO Olympic Committee is presently working on this. As soon as they let us know, we will let you know. Start thinking about the events you would like to try and join in on all the fun!

# Homebound Meal Delivery and Trays

*Elderly Center*

A friendly reminder to those receiving home meals for lunch. The center is politely asking that the trays be returned the next day when the deliverer brings your meal for the day. The trays are used daily to service our homebound

and if they are not promptly returned we are short on trays to take meals the next day. Please remember to empty all uneaten food, rinse and put them in a plastic bag. The driver will be happy to bring them back to the cen-

ter for the next days’ meal. If you are not going to be home for lunch, please call the center before 8:30 am to cancel your delivery. This helps us save time, money, and food waste.



# Elderly Center

## Recent News



### Holiday Home Fire Safety

Everyone enjoyed learning about fire safety in the home during the holidays. Ann Buchanan shared her guide to live Christmas tree selection and maintenance. The group discussed holiday lighting safely, and the importance of having working smoke detectors in homes.

\*\*\*\*



### Healthy New Year Health Assessments

Mescalero CHR will be at the center doing our

New Year Healthy You Assessments. They will check blood sugar, blood pressure, weight, height, and council if needed. In February, their presentation will focus on prescription drugs, and knowing our medicine.

\*\*\*\*



### Piñata Making Class

The Piñata making demonstration class was loads of fun. Our guest Blanca, showed us how to put a piñata together, and then

decorate it. Everyone got their hands into the creativity. The center is planning a "Make a Piñata Day" in February!

\*\*\*\*

### Elderly Assessments

The elderly program would like to inform everyone that there is a new requirement by the state that requires all tribal elders receiving service from their centers to complete the information requirement in order to allow the Mescalero elderly center to provide service. Only one person at the center is licensed to collect the information and the assessment is simple confidential, and government safe. General information questions include date

of birth, emergency contact. This data will help the program better serve the elders in



our community. Homebound assessments are required twice a year, all others participating in the program once a year. A reminder that all persons 55 years and older, spouses, caretakers living on the Mescalero Apache Reservation are eligible for services at the Program. Services do require the intake assessment.

**Lunch Information**

Our lunch hours are 11:00 to 12:15 Noon. Lunch is served at no cost for Mescalero Tribal Elders ages 55 and older.

All non-natives 55 and older are asked for a donation of \$2.00. Meal cost for all others is \$7.00. Children 12 and under \$3.00. Caregivers, affiliates are eligible to eat with their clients.

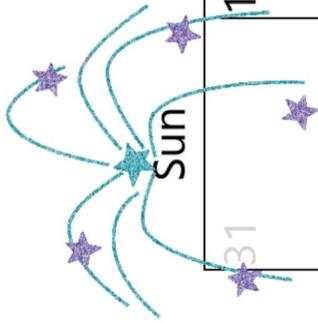
Calendars and Menus are always available at the center.

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**Native American Legal Aid**

The New Year will begin with a new schedule for our friends at Native American Legal Aid beginning January 17<sup>th</sup>. Topics range from predatory loaning, co-signing loans, elderly scams, and much more. January's topic will focus on Identity Theft and the new I. D. requirements, including driver's license. As always, legal aid will remain at the center throughout the day and offer private consultation.





# HAPPY NEW YEAR

January 2018

Sat

Thu

Wed

Tue

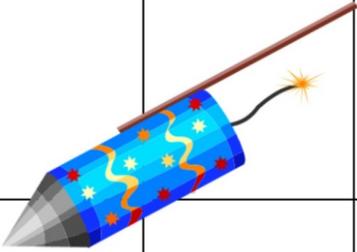
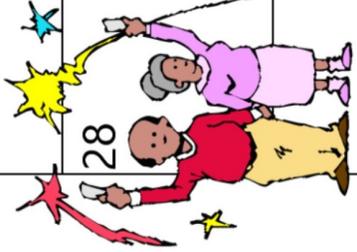
Mon

Sun

31	1	2	3	4	5	6
	<b>CENTER CLOSED FOR NEW YEAR HOLIDAY</b>	CENTER CLOSED FOR THE NEW YEAR HOLIDAY! HAPPY NEW YEAR!	Roast Beef, Mashed Potatoes, Sliced Tomatoes, Asparagus, Strawberries & bananas, WW roll	Chicken Salad Croissant, Tomatoes Soup, Sliced Cucumbers, Fruit Salad	Tuna Casserole, Brussell Sprouts, Carrot & Raisin Salad, Berries & Yogurt Garlic Bread	
7	8	9	10	11	12	13
	Green Chili Chicken Enchiladas, Beans, Lettuce/ Tomatoes, Squash, Jello w/ Fruit	Beef & Vegie Stew, Cauliflower, Peaches, WW roll	Pork Ribs, Scalloped Potatoes, Garden Salad, Carrots, Pears, WW roll	Ham&Cheese Sandwich w/ Trimings, Broccoli Soup, Fresh Cantaloupe		
14	15	16	17	18	19	20
	Center Closed For Martin Luther King Day	Chicken Fajitas, Lettuce/ Tomatoes, California Blend, Fresh Oranges, Flour Tortilla	Ground Beef & Spanish Rice, Corn, Brussels Sprouts, Pears, Oven bread	Beet & Sour Pork, White Rice, Eggroll, Green Beans, Carrots, Mandarin Oranges		
21	22	23	24	25	26	27
	Meat Loaf, Mashed Potato w/ gravy, Beets, Veggie Mix, Apple Sauce, WW Roll	Stuffed Bell Pepper, BLT Salad, Corn, Banana Pudding, WW Roll	Chicken & Dumpling Soup, Sliced Tomatoes, Yellow Squash, Grapes, Fry Bread	Baked Cod, White Rice, Carrots, Asparagus, Plums, WW Roll		
28	29	30	31	1	2	3
	Baked Ham, Broccoli w/Cheese,Rice Casserole, Island Blend, Peaches, WW Roll	Chile Beans, Garden Salad, Green Beans Baked Apple Cornbread	Pork Chops, Macaroni Salad, Peas, Squash, Fruit Salad, HM Tortilla			
4	5	<b>MESCALERO APACHE SENIOR CENTER MENU</b>			10	
	*Menu is subject to change without notice. Homebound meal cancellations please call before 8:30 am. All meals served with 1% milk. Questions? Call 464-1614					



# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 	1 Center Closed for the New Year Holiday!	2 Center Closed for the New Year Holiday!	3 10:00 Monthly Program Improvement Meeting & 2018 Travel Planning Town Day	4 10:00 All Indian Game Day & New Mexico Sr. Olympics Meeting	5 10:00 Bingo 1:00 Movie Day	6
7	8 10:00 Casino Day	9 10:00 Elvis Presley Birthday Fitness Fun 1:00 Hawaii Travel Meeting	10 10:00 Healthy New Year Assessments CHR	11 10:00 Bingo	12 Center Closed for Tribal Inauguration	13
14	15 Center Closed for Martin Luther King Day	16 10:00 Nutrition with April I Can Chef	17 10:00 Native American Legal Aid	18 10:00 Fitness	19	20
21	22 10:00 Casino Day	23 10:00 No Sew Fleece Project	24 10:00 No Sew Fleece Project	25 10:00 Fitness	26 10:00 Bingo	27 
28 	29 10:00 Casino Day	30 10:00 Fitness	31 10:00 Field Trip Old Mesilla and Gadsden Museum	1	2	
<b>MESCALERO APACHE SENIOR CENTER ACTIVITIES CALENDAR</b>						
Calendar is subject to change without notice. Sign up at the center for activities and transportation. For transportation, please call the center at 8:00 am. Questions? Call 464-1614						

## Mescalero hosts NAFWS Conference

*Courtesy From the Eagle's Nest—NAFWS Newsletter*

The Native American Fish & Wildlife Society distributes a seasonal newsletter highlighting news and information as it pertains to Native American tribes and natural resources.

Within the fall edition of *From the Eagle's Nest*, some of Mescalero's natural resources departments were mentioned for their expertise and contribution to natural resources in Indian Country.

Mescalero Tribal Fish Hatchery sponsored a student intern during the summer of 2017 through a collaborative agreement with the U.S. Forest Service and the Native American Fish & Wildlife Society. Mescalero, along with other tribes associated with NAFWS, was awarded funds to hire any interested student pursuing a natural resource career.

Shelley Battiest, hatchery manager

mentions that students are eager to join the hatchery every year because of the experience gained after the summer.

Students who may not see a definite career in natural resources are still supported by hatchery staff to further their educational or vocational paths beyond high school.

The collaborative agreement also lets students be present during meetings and conferences.

The Native American Fish & Wildlife Society Southwest Regional Conference was held at our very own Inn of the Mountain Gods back in August.

Then Mescalero Apache Tribe President Danny Breuninger and tribal councilman Kenny Blazer welcomed conference attendees.

Distinguished guests like Dr. Tolani Francisco, DVM, who is the

second Native American woman veterinarian in 1990, spoke about her inspirations on becoming a veterinarian.

Tribal departments like DRMP, Mescalero Conservation Law Department and Mescalero Tribal Fish Hatchery presented their natural resource programs.

Mescalero youth who attended the conference also had the opportunity to show a powerpoint presentation on what they learned through the summer during the Youth Education Seminar.

Some conference sessions included Pollinators and Insects, Climate Change, Tribal Natural Resources Management Programs and Wildlife Management.



# MESCALERO Apache TRIBE

P.O. Box 227  
101 Central Avenue Mescalero, New Mexico 88340

Office: (575) 464-4494  
Fax: (575) 464-9191

December 29, 2017

Dear Tribal Members:

As my term as President comes to an end, I want to take this opportunity to thank you for giving me the opportunity to serve as your President since 2014. I realize only a select few are ever granted this honor and I will always be grateful for all of the support you have given to me. Obviously I did not seek a third term and that was based on a number of reasons. I won't go into each one but the major reason for not running was because after four years I felt it was time to back away from this job. I know that the work I've done was honest and was for the benefit of all Tribal Members. Certainly there are those who may disagree and I respect their opinions. But I know at the end of the day, I did the best job possible for all Tribal Members.

I want to close by saying thank you to all of those who served with me while I was on Council. I want to thank all of the employees of the Tribe; Inn of the Mountain Gods, MATI, Mescalero Apache School, all of the Tribal Departments, and the Mescalero Care Center. At our peek time of year, there are over 2000 people who work for the Tribe in some capacity and I appreciate the hard work and dedication each of you bring, day in and day out. You are the back bone of this Tribe.

I congratulate the newly elected President, Arthur Blazer and new Council Members, and I wish you well and much success.

I'm not going anywhere so I'll see you again!! God Bless you and your families and I wish you great Prosperity, Peace and Happiness for the New Year.

Respectfully,

A handwritten signature in black ink, appearing to read 'D. Breuninger', with a long horizontal flourish extending to the right.

Danny H. Breuninger, President

# How to sign up for your PHR

The Mescalero IHS now has PHR (Personal Health Record)

As a patient, you can request access and will be able to view your health record, immunizations, laboratory results, and medications.

As well as message with your primary provider.

**Indian Health Service Personal Health Record**

**PHR Login**  
Fields marked with an asterisk (\*) are Required.  
Username\* Password\*  
Login Forgot Username or Password?

**HOSPITAL ENTRANCE**

**When should I use the Personal Health Record?**  
The PHR is a tool that provides you with timely access to your health information. It is not a substitute for meeting with your health provider. If you are experiencing a medical emergency, call 911 or go immediately to the closest emergency room.

**Who can use the Personal Health Record?**  
Any patient within the Indian Health System can register to use the PHR. As part of the registration process, patients must verify their identity at an Indian Health Service, tribal, or health care facility.

**What is the Personal Health Record?**  
The Indian Health Service Personal Health Record (PHR) can help you access your health information. You can track medications and lab results, contact your health care provider, and much more - all from the privacy of your personal computer and mobile device.

## Step 1: Create a PHR account

- Step 1: Create a PHR account**
1. Go to <https://phr.ihs.gov> in your web browser.
  2. Click the button labeled "Register to use PHR."
  3. Choose a username and password that you can remember.
  4. You will be asked to enter some information about yourself. When you are finished, you will get a message asking you to go to your hospital or clinic to finish the registration process.

## Register to use PHR

## Step 2: Meet your PHR Registrar

**Step 2: Meet your PHR Registrar**

You will need to meet with the hospital or clinic's PHR Registrar. This person will activate your account. Please bring a photo ID if you have one.



## Step 3: Login to PHR

## Step 3: Login to the PHR

- After you talk with the PHR registrar, your PHR account will be ready.
1. Go to <https://phr.ihs.gov>.
  2. Enter your username and password.
  3. Select the health record you would like to view.
  4. You can now view your health information.

For more information, visit the Indian Health Service at <http://www.ihs.gov>

The Personal Health Record (PHR) is a website where you can view your health information. Your PHR is at:

<https://phr.ihs.gov>

You need to have access to the Internet or a data connection to use the PHR. You also need to sign up for your PHR.

**What can you do with PHR?**

- View your lab results
- Learn about your medications.
- Keep track of your health issues.
- View a list of your medications.
- Save a copy of your health information.
- Send an e-mail message to your health care team.
- Make sure the information in your medical record is correct.
- View a record of your immunizations.
- Share your health information with a caregiver or family member.

**Is your health information safe?**

Yes, your health information is secure. Be cautious when viewing or downloading your health information to a public computer. Always log out when you are finished looking at your PHR.



Once you create an account please call:

Marcene Kane at  
464-3814

or

Vellene Evans at  
464-3809

To activate your  
Personal Health Record

**PHR**  
Personal Health Record



<https://phr.ihs.gov>



# Audiocare Auto-Refill System is Coming Soon

Pharmacy Director, LT Zera Kwende, PharmD, BCPS

Hello All,

The Mescalero Hospital is always striving to be as innovative and effective. We will soon have an automated refill line which will be very easy and an effective way to call in your refills. Once this is automated refill is started, you will need to understand your prescription label to best use it. Below is some important information that you need to know for the system.

Your Prescription Label (below)

**PATIENT RECORD NUMBER** → 999990

Mescalero IH - (575) 464-4441 Refills - (575) 464-4441  
318 Abalone Loop Mescalero, NM 88340

DEMO, PATIENT B

**TAKE TWO (2) CAPSULES BY MOUTH EVERY 6 HOURS IF NEEDED FOR ITCHING**

**DATE FILLED** → 12/14/17 Rx Exp: 12/14/2018

**REFILL NUMBER** → Rx 1068638

**PRESCRIPTION NUMBERS** → BUTLER, CHRISTOPHER MD

19  
30

Medicine may impair your ability to drive or operate machinery. Use care until you know how it affects you.

May cause blurred vision.

May cause drowsiness and dizziness. Alcohol may intensify this effect. Use care when operating a car or dangerous machines.

Capsule-shaped Pink/White w/ Red Band(s) CPC/835

Caution: Federal law prohibits transfer of this drug to any person other than the patient for whom prescribed.

# Carrizo Boys & Girls Club

*Program Spotlight: After-School Excellence*



Our afterschool Program is in the full swing of things. Here is a little glimpse of what our days look like.



S.T.E.M: Science, Technology, Engineering, Mathematics

## We love S.T.E.M

S.T.E.M is always a favorite among our Club children. Recently a group of Club youth participated in a program offered by MAS. Pictured below is A.J, a Club youth who is building a robot, simply by following step-by-step directions. Once his robot was complete, he attached a



mechanism to it that allowed him to control his robot with a remote.

## Cooking=Math

Cooking provides opportunities for our club youth to become familiar with mathematical vocabulary and practice basic math concepts.

Our Club kiddos love every opportunity they get to prepare their



own food. The staff have mastered disguising learning through cooking.

## Holiday Crafts in the works..

Some of the Club youth are participating in one of their favorite activities; Arts & Crafts.

They love to express their artistic abilities in any way they can, here they are creating hand written cards to give to their loved ones.



# Mescalero Boys & Girls Club

## Recent News



Happy New Year! From the Mescalero Boys and Girls Club We are excited to get the year started. 2017 brought fun experiences of time with Mr. Raynar from Mescalero Apache School and his awesome robotic tech students. We had fun enjoying the robots that were built by the robotic tech student,

made magnetic slime, and each club member received a goodie bag. We enjoyed the holidays of 2017 by celebrating Thanksgiving Lunch with The Mescalero Prevention Program and Parents! We went on field trips to the Movies in Alamo-gordo and planned fun activities for the new year!



## JANUARY CLUB

### CLOSINGS!

- Monday January 1
- Tuesday January 2
- Friday January 12
- Monday January 15

### **Mescalero School Closings:**

- January 1-5
- Friday January 12
- Monday January 15

### **Tularosa School Closings:**

- Friday January 8, 2018
- January 1-5, 2018
- Monday January 15



## **CLUB MEMBER OF THE MONTH**

**Arielle  
Cillian**



## **JANUARY BIRTHDAYS!**

**Glynnis**

**Mandy**

**Eustin**

**Lairah**

**Anavay**

**Seth**

**Keaira**

# BIA—Mescalero Agency

*Greetings and Happy New Year!*

We would like to welcome our newest member to the BIA-Mescalero Agency management team, Mr. Melvin Hunter, Jr. Mr. Hunter is the Agency’s new Supervisory Forester more commonly referred to as the Forest Manager. He comes to us from the BIA-Truxton Canon Agency located in Valentine, Arizona. We look forward to working with Mr. Hunter and his bringing of new ideas of managing the Forestry program.

\*\*\*\*

## Flag Retirement Ceremony

On Wednesday, November 22, 2017, a flag retirement ceremony was held at BIA Forestry at which time two United States flags were retired. The ceremony was followed by a breakfast potluck.

The United States Flag Code, Title 4, Section 8k states: “The flag,



when it is in such condition that is no longer a fitting emblem of display, should be destroyed in a dignified way, preferable by burning.”

(FlagsUSA.com)

**Tribal** attendance included Vice President Gabe Aguilar (US Marine); Ms. June Denny (former BIA); Tommy Spotted Bird (US Marine); Post 48 Commander Cooney Starr (US Army); Post 48 members: Kelton Starr (US Army); Mike Smith (US Army); Toni Treas Juarez (US Army); Mariano Juarez (US Army); and David Lewis (US Army).

**Mescalero Agency veterans included:**  
Danica Kaydahzinne

(US Marine); William Old Chief (US Marine); and Greg Mendez (U.S. Marine). We would like to recognize the following Agency veterans who were not present this day: Michael S. Smith (US Army); George Rutherford (US Marine); Gerald Magoosh (US Marine); Peter Rodriguez (US Marine); Nicholas Jackson (US Army); Collin Pilcher (US Army); James Satterfield (US Army and US Air Force) and Thomas Decker (US Air Force).

\*\*\*\*

The mission of the Mescalero Agency is to enhance the quality of life, to promote economic opportunity,



and to carry out the responsibility to protect and improve the trust assets of American Indians, Indian tribes, and Alaska Natives.

The Agency consists of the following programs for one Federally-recognized tribe under the Southwest Region jurisdiction:

Office of the Superintendent - Charles Riley

Administration - Velda M. Garcia

Property Management - Ellen Smith

Facilities Management - Trey Kaydahzinne

Indian Self-Determination -

George Rutherford

Social Services - Shayne Dickenson-Hall

Natural Resources - Greg Mendez

Forestry - Melvin Hunter, Jr.

Fire Management - Michael S. Smith

Fuels Management - Daniel Dyer

\*\*\*\*

Contact Information:

Bureau of Indian Affairs - Mescalero Agency

P.O. Box 189 (Physical: 590 Sage Avenue)

Mescalero, NM 88340

Office: 575-464-4423

Fax: 575-464-4215

Hours of Operation: 8 a.m. - 4:30 p.m.

For more information or to find out what type of services we offer, we encourage you to stop by our office.

\*\*\*\*

**NOTARY SERVICES** is available at the main BIA Agency located at 590 Sage Avenue. The Agency now has two Notaries to better serve the public.

Before services can be obtained:

1. You must appear in person before the Notary. **DO NOT SIGN THE DOCUMENT BEFORE-HAND.** Personal appearance means that you are in the Notary's physical presence (face to face in the same

room).

2. Must identify one or two credible identifying witnesses under oath or through reliable identification documents such as a government issued driver's license/ identification card, or a Tribal ID.

For more information, contact the Agency at (575) 464-4423.

Wishing the Mescalero Apache Tribe a prosperous and blessed New Year!





### Mescalero Agency AD/EFF Firefighter



## 2018 Training and Pack Test Schedule

**IMPORTANT!** If you plan to work as an AD/EFF with Mescalero Agency, you are required to complete the physical process as in years past. You may begin by contacting Jennifer Dolan at 575-464-4410 or wait until the mandatory meeting, January 5<sup>th</sup>.

*\*Note the multiple dates for pack testing and fire refreshers. No additional pack test and fire refreshers will be scheduled. You must attend and pass one of the scheduled sessions to participate in the 2018 fire season. **NO EXCEPTIONS!***

### January

January 5, 2018      **Mandatory** AD/EFF Firefighter Meeting at 0900  
Fire Warehouse at Apache Summit  
**If you plan to fight fire in 2018, you must attend.**

January 9-11, 2018      Strike Team/Task Force Leader (S-330) at 0830-1630  
Fire Warehouse at Apache Summit  
**Nominations need to be submitted to Aldon Coriz by December 15, 2017.**

### February

February 2, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

February 9, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

February 11-17, 2018      Sierra Blanca Wildfire Academy

February 23, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

February 26-  
March 2, 2018      Basic Fire School (S-130, S-190, L-180, ICS-100 and IS-700) from  
0830-1630 each day, Fire Warehouse at Apache Summit

### March

March 2, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

March 9, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

March 16, 2018      Pack Test 0900 at Mescalero Football Field and Fire Refresher at 1230  
Fire Warehouse at Apache Summit

### April

April 16-20, 2018      S-270 Air Operations and S-271 Helicopter Crew Member  
Fire Warehouse at Apache Summit  
**Nominations need to be submitted to Aldon Coriz by March 15, 2018**

# A Long Winter's Nap

*BIA—Mescalero Agency*

One of the first things you might think about when you talk bears is hibernation. Bear hibernation is different than most hibernating animals. In fact, many scientists would even classify it as hibernation. True hibernation (like we see in ground squirrels) involves a drastic drop in body temperature but the hibernating animal will awaken occasionally to go to the bathroom and have a bite to eat before resuming hibernation.

When a bear 'hibernates' it is really

in a deep sleep. It's body temperature drops but not dramatically and it does not wake up...not even to go to the bathroom or get some food. The one exception is that a mother bear will wake up to give birth to her cubs in January or February.

Why would a bear want to sleep so long? After all you might miss something right? But that is just the point. Since food is scarce in the winter bears figure that if you can't eat you might as well sleep. Bears that

live in colder northern regions sleep in their dens right through the winter. In some cases as long as seven months. Once the spring arrives, the bear (and possibly some cubs) will emerge from the den with a big appetite.

It is important to note that not all species of bear will hibernate. Bears like the Asiatic Bear live in warmer climates where food is readily available all year long and there is no need to hibernate.

tree	hibernate	H	F	M	Y	C	U	Q	Z	Y	B	P	C	Z	P	C
honey	mammal	T	I	L	A	M	M	A	M	E	E	R	V	U	D	Z
paws	den	L	S	B	E	G	L	J	Z	N	R	T	P	E	B	C
strong	forest	D	H	E	E	L	Q	H	H	O	R	H	N	M	O	S
cubs	berries	X	R	F	R	R	Q	P	S	H	I	J	Q	K	T	C
fish	fur	T	V	I	G	O	N	Y	M	F	E	P	K	R	U	F
		P	A	W	S	C	F	A	W	J	S	D	O	W	X	O
		X	W	B	U	E	C	K	T	Q	B	N	O	C	P	M
		Q	Z	T	T	T	N	G	G	E	G	W	Q	F	O	Q
		N	D	N	T	O	E	C	H	F	S	H	L	S	N	E



**Bear Word Search**

## Mescalero 4-H

### *Recent News*



The beginning of October brought an end to the 2017 4-H year for Mescalero 4-H. It was a very successful year for our club members. Some of our youth attended the New Mexico 4-H Home Ec school in the spring, where members explored how to present in the Favorite Foods competition and how to design and build wind generators for power. Our members enjoyed giving back to their community, participating in community service around Mescalero. Many of our members worked on animal projects all summer for the Otero County Fair. Mae Coriz and Anna Sanchez both showed goats. Cal Wold was entered in

the Swine show and won the Hampshire Breed and sold his Hamp in the Jr. Livestock sale. Mescalero had two entries in the Market Steer show; Rafe Wold and Anna Sanchez. Anna won the Otero County Bred and Fed division with her steer, Chocolate Chewy and made the Jr. Livestock sale.

Entries from Mescalero could also be found inside the Exhibit Hall, Anna Sanchez, Rafe and Cal Wold, and Ishmael and Charlotte Blake all had entries for Dehydrated foods entered. Anna also entered a T-shirt that won a blue ribbon at county and was then taken to Albuquerque for the New Mexico State Fair and then to Las Cruces for the Southern State Fair. Rafe Wold also had a welding entry. All members received ribbons and premium monies for their entries.

As we start our 2018 project year, we are looking to the future and have started an After-School 4-H club that will be working on projects during the Youth Development After-School program. The after-school club will work with the traditional club to give more youth the opportunity to experience 4-H. We are already hard at work on several projects for the 2018 project year. We are planning to hold sewing workshops, a Veterinary Science project, and many more. Our livestock project members are already looking to the 2018 Otero County Fair. Some of our members are going to be exhibiting steers from Mescalero Apache Cattle Growers and we are very excited to see how those animals grow out and show. There are also members signed up to rodeo around the state

in 4-H sanctioned rodeo this summer. There are so many opportunities for youth in 4-H and our members are just getting started exploring all the places and opportunities that 4-H has to offer. We are always enrolling members and you have plenty of time to get signed up for the 2018 project year. There are no

dues or fees to join 4-H and all youth ages 6-18 are invited with their families to see what 4-H offers that interests them. Our regular monthly meetings are held on the 1<sup>st</sup> Monday of the month at the Empowerment Building in the Youth Development classroom at 6 PM. December's meeting will be on December 4<sup>th</sup> at 6.

We will be holding officer elections, installations and fun and games. If you are interested in joining 4-H, please call our Leader, Ruth Wold at 464-4703 or check us out on Facebook, Mescalero 4-H Club-Mescalero, NM. You can also get more information from Youth Development, 464-0648.



### RHS Indian Club Princess



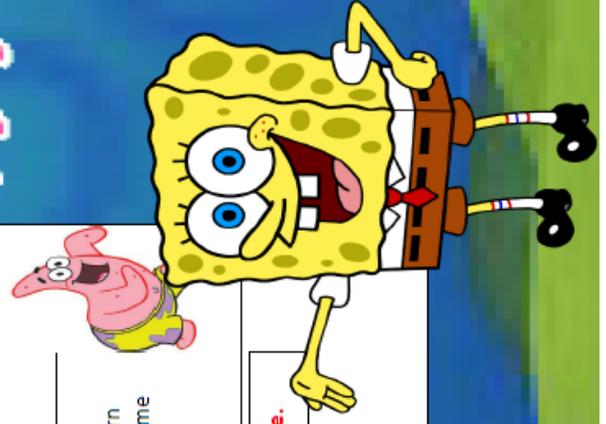
*Angel Blake was crowned as the new 2017-2018 RHS Indian Club Princess on November 16, 2017. Angel is 16 years old and a sophomore at Ruidoso HS. Her parents are Charis Blake and Troy Saenz. She enjoys playing basketball, spending time with friends and*

*loves going to our tribal ceremonies and dancing around the fire. Angel wants to go to college and get a degree in Nursing. Her goal in life is to maintain a career in healthcare so when it's time for her to retire she can take care of herself and her family.*

All activities are based on the Aquatic and Wildlife Curriculum books.

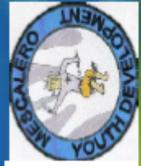


# JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 OFFICE CLOSED</b> 	<b>2</b>  Office Closed	<b>3 NO SCHOOL</b> open at 7:45am Breakfast Sleighting 9-11am Lunch 12 to 1pm Craft day, all kids Free time 4:00pm	<b>4 NO SCHOOL</b> open at 7:45am Breakfast April Demo/@10am Lunch Bingo – little kids Board games – big kids Free time @4pm	<b>5 NO SCHOOL</b> open at 7:45am Breakfast Outside Activity Lunch Movie Free time
<b>8 TULAROSA NO SCHOOL</b> Open at 1pm Homework Nature walk- wildlife	<b>9</b> Homework Craft day 4-H start sewing 	<b>10 MAS HALF DAY</b> Homework Bingo – little kids Board games – big kids	<b>11 MAS HALF DAY</b> Homework Movie	<b>12 Office Closed</b> 
<b>15 Office Closed</b>  Martin Luther King Jr. Day	<b>16</b> Homework Free Time 	<b>17</b> Homework Spider Web Geometry 	<b>18</b> Homework Interview a spider 	<b>19</b> Homework Girls scouts 4H
<b>22</b> Homework Bingo – little kids Outside activity – big kids	<b>23</b> Homework Craft - all kids	<b>24</b> Homework Alternative activity Free time 	<b>25</b> Homework January Birthday Party Movie	<b>26</b> Popcorn Free time
<b>29</b> Homework Outside activity – little kids Board games – big kids	<b>30</b> Homework Alternative activity Free time	<b>31</b> Homework Story time – little kids Craft – big kids	<b>Calendar subject to change.</b>	

After School Program Schedule  
 3:00pm to 5:00pm  
 Early outs we open at 12:00pm  
 No school days we open at 7:45am only for Mescalero School  
 Tularosa no school days we open at 1:00pm



Youth Development Program  
 148 Cottonwood Dr.  
 Mescalero NM 88340  
 Office #: 575-464-0648





# Religion

## Mescalero Reformed Church

### *Devotions*

**Opportunities for Fellowship and Encouragement**  
**Men’s Bible Study** - first and third Thursday of each month at 6:00 pm in the church basement.  
**Women’s Bible Study** - first and third Tuesday of each month at 6:00 pm in the sanctuary.  
**Women’s Gathering** - every Wednesday at 9:00 am in the church basement.  
**Youth Group for Middle and High School** - Wednesday at 6:00 pm in the church basement.  
**Kids’ Club** after-school program for 1st-5th grade students meet every Thursday at 3:30 pm in the church basement. Come for a fun time of playing, praying, singing, and crafts.

I’m sure many of you have read or are currently reading through some sort of Christian devotional. If you’ve ever wandered through a Family Christian Bookstore, you would be shocked by just how many different kinds of Christian devotionals that are available. There are devotionals for men, devotionals for women, devotionals for teenagers, devotionals by celebrities, devotionals that are more of a chronological track of the Bible, devotionals written by church historians, and how could I forget to mention the Duck Dynasty devotional. Needless to say, there is a wide variety when it comes to devotionals. More than anything, devotionals seem to be an on-ramp to a life of discipline and faithful-

ness. Devotionals keep us connected to a daily schedule of Bible readings and corresponding reflections. Devotionals also keep us disciplined to begin or end our day with at least a few minutes with the Lord. To be honest, my personal relationship with devotionals has been spotty at best. I’ve dabbled in books like “A Year with C.S. Lewis.” I’ve gone through seasons of reading the Words of Hope devotional. Recently I’ve used the Common Lectionary as a devotional tool. I’ve even gone solo and read through the Psalms and kept a journal. Last fall I took a month and read a Proverb a day for a month. Sometimes these seasons have been very rich and fruitful. Other times

these practices have felt overly-structured and lifeless. My guess is that you can relate. I have been reflecting on our own spiritual and devotional life as a leader. How about you? Are we, am I, growing in my faith? Are we, am I, daily reading the Bible? Are we, am I, daily spending time with God in prayer? It wasn’t meant to make us feel lousy or guilty, but for all of us in the Church to consider our own lives in Christ. I recently shared with a friend that my “new year’s resolution” for 2018 was to recapture a more vibrant prayer and devotional life. I realize that is something that cannot be manipulated through good intentions, but there is something to being individually motivated, driven, and held accountable. To

be honest, ever since Thanksgiving I've noticed how much I had been praying for people that I found my own personal prayer life something like a spiritual desert. The time from Thanksgiving to the end of the year always seems overly loaded in the pastoral life. More visits. More events. More planning. More prayers. By the end of 2017, I found my own prayer life more mechanical and routine than an intimate conversation with the Lord.

So, that's where I start 2018. And since my

conviction to stir up a more life-giving devotional life has been on my heart and mind, I thought it wouldn't be all that bad of an idea to encourage all of us to do the same. I realize we are all busy with different functions involving our own things along with activities for children and grandchildren, but I come back to the questions I asked earlier. Am I growing in my faith? Am I spending time daily with God in prayer? Do whatever works for you, but do something. Make it part of your daily rou-

tine. Make it part of your family's daily routine. Slow down and make spending time daily with the Lord of the highest priority. As a pastor friend of mine says, "If it's to be, it's up to me." 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.

Grace & Peace,  
Pastor Mark

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

**HAPPY BIRTHDAY**

**January 8th**

**XANDER BLAYLOCK**

**I Hope You have a Great Day!**

**We love You to the Moon & Back**

**To Infinity and beyond!!**

Love,  
Mom, Dad  
& Brother

SEATTLE SEAHAWKS

## 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: [egvia@mescaleroapachetribe.com](mailto:egvia@mescaleroapachetribe.com)

Bulk Rate  
Non-Profit Organization

Permit #1  
Mescalero, NM  
88340

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Checkout the tribe's official website!

[MescaleroApacheTribe.com](http://MescaleroApacheTribe.com)

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A friendly reminder from:

