

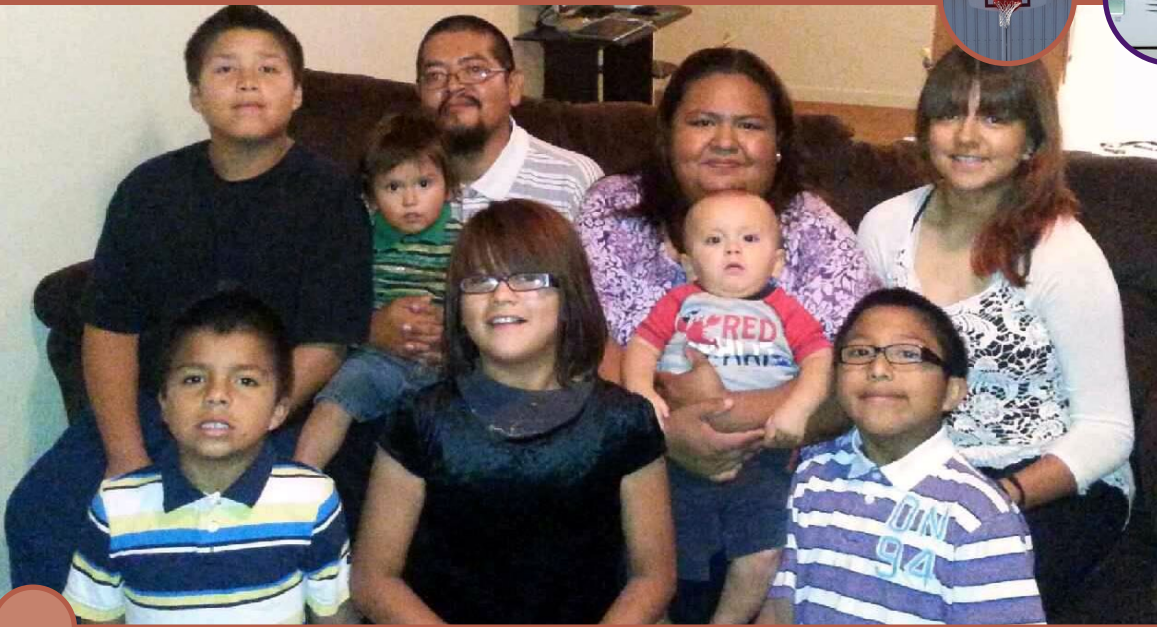
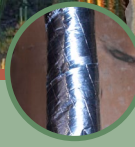


TOKA

TOHONO O'ODHAM KIKI ASSOCIATION

NOVEMBER 2013

VOL. 2 ISSUE 4



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“...Where the Heart is”

By Luis Jimenez

Photos: Monica Varela

Every homeowner has a story to tell. Stories about how long the wait was for a remodel to be completed, paperwork to be processed, a new home to be built. Some of you have had to deal with strenuous living conditions while you waited for your home. Merriam-Webster defines “home” as “the place where a person lives.” But a home is much more than that. Home is a place where you can truly be yourself, a place where you raise a family. Home is more than just a building that houses your stuff; home is a warm embrace that houses your memories. And yes, home is where the heart is.

On September 5th, 2013, Monica Varela (Project 710C, Project Manager) toured a home with homeowners Armando and Florencine Guevara. Monica recalls how touching it was to see the Guevara family walk through their home. The Guevara's are no typical family. For over nine

years they have been foster parents. “It was Armando's mom Annie Manuel that fought so hard to get the house in better standards...I just wish she was here to see it,” said an emotional Florencine.



The couple walked excitedly through the home, ranting and raving about how much the children were going to enjoy it. Not to mention the sense of pride of maintaining a home that is your own. Making the morning even better was that the Guevara's could now bring their children back to a home where they would be safe. Armando and Florencine Guevara are foster parents to 7 children. By opening their hearts (and their home), they are helping seven kids shape the future of this community.

“We absolutely love our home!” exclaimed Florencine, “The kids love their home and especially the A/C unit!” When Monica presented the keys to the family, the kids couldn't help but be excited, “we want to move in tonight!” Lucky for the children, Florencine and Armando felt the same way.

“We didn't hesitate; we moved in

(Continued on page 3)



Love & Basketball

By Charles Young

If you haven't had a chance to come by the Sells rental housing area, you should make the trip. Along with a renovated baseball field and brand new playground, TOKA has worked to renovate the old and damaged basketball court.



Prior to starting this project, the basketball court was in need of much improvement. For example, the basketball goals

were damaged and the concrete surface had several cracks. It was not cost effective to remove and replace the concrete surface.

We covered the entire concrete surface with an all weather sports tile surface called Flex Court. The product pieces together like a puzzle. We also included the Tohono O'Odham Kl:Kl Association logo at center court. In addition, we had lettering on both ends of the court that say "Tohono O'Odham Kl:Kl Association".

The tile surface is durable and much safer for players. The smooth surface eliminates potential trip hazards as players move across the court. The overall maintenance is minimal. In fact, our Flex Court comes with a sixteen (16) year warranty.

To this end, the court is open for the tenant community to enjoy! The completion of the TOKA Basketball Court

Resurfacing Project is just another added attraction that promotes wellness for all to enjoy. Please call, if you have any questions or need additional information. Thank you.

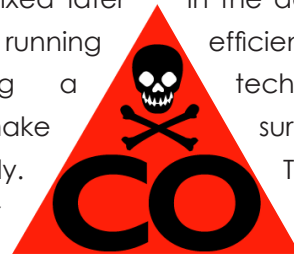


Checklist to Winterize Your Home

By Erin Jordan, First Alert Meteorologist - Tucson News Now

Many Southeast Arizona locations see their first freeze in November. That means it could only be matter of weeks before you wake up to the 30s. Now is the time to get ready for the chill! When it comes to my own home, I have a simple checklist that helps me keep the cold air out of the house.

First, I test the heater. I suggest doing this on a cool morning so as not to heat your home when the afternoons are still warm. If you have a gas heater, purchase a carbon monoxide (CO) alarm. CO is a toxic and deadly gas which can leak from gas powered heaters. The alarm will alert you to leaks coming from the heater. About 10 years ago a CO alarm saved my grandfather's life. His alarm went off after the heater started leaking CO, an invisible and odorless gas. He got out of the house, called the Fire Department to take care of the immediate issue, and then had the heater fixed later in the day. Plus to make sure your heater is running efficiently year to year, consider having a technician check the system to make sure all the parts are working properly. That technician will also check for dangerous CO leaks. I purchase a combo air



conditioner and heater check each year to keep my cooling and heating units running well during all seasons.

During the summer, we work hard to keep that sun's heat out of our homes. But in the winter, that Arizona sunshine can help lower heating bills.

I have black out curtains on my west and south facing windows. I shut the curtains against the heat during the summer. During the winter, I open these curtains during the day which allows the sun to warm the room. Then after sunset I close the curtains to help retain the heat indoors and block drafts coming from cracks around the windows. That leads to the next item on my checklist: sealing the home. Check the seals and caulking around windows and doors to make sure they are solid. Some cracks may have formed during the hot desert summer.

While we get ready for that cold blast, enjoy the fabulous fall weather! You can also find more energysaving ideas at: <http://energy.gov/public-services/homes/home-weatherization>

(Continued from cover story) that same day and it was the best feeling knowing we didn't have to worry when it would rain, if leaks would start coming, and with the swamp cooler, wondering, worrying if it would damage our roof more." – Florencine Guevara.

"Needless to say, when the move-in was done, I rushed to my car and tears came out," exclaims Monica. It's stories like that of the Guevara family that make our work worthwhile. For us, building a house allows us to provide you with an opportunity to build your family. This fact, as minimal as it may seem, grants us the privilege of knowing that we have an impact on our community.

"I would like to say to the workers and everyone that had part, I and my family thank you for all the hard work and long hours [you] put in to making our home what it is today; the best, and God Bless!" – Florencine Guevara, proud homeowner.



Simple Carbon Monoxide alarms can be purchased and easily installed in an outlet near the heater.



Holidays = Stretchy Pants

By Luis Jimenez

The holiday season is upon us again! Over the next few months we'll look forward to the delicious food that will be available at all the family gatherings. Overindulgence seems to be the norm (and some of us actually look forward to it!), even if it's not healthy for us. Here's a statistic that you might not know, "the average American consumes 22.2 teaspoons of sugar each day," (Cleveland Clinic). I don't know about you but that's a little concerning. Here are some tips to help you stay healthy this holiday season:

- Eat 4-6 SMALL meals rather than "saving" yourself for that dinner later.
- Plan a short workout before a big party or meal; 15 minutes or a short walk will work wonders!
- Lets be realistic, losing weight during the holidays sounds crazy right? Instead, at least try to maintain your current weight; portion control!
- Prepare foods on a full stomach. It will make it easier to not give into the temptation of tasting what you are making!

Here's a challenge for all of you, instead of overindulging this holiday season, wait 5-10 minutes after your first serving. If you still feel hungry afterward, have another serving and drink lots of water! Remember, moderation is your friend. If you choose to have that second, maybe third serving, reduce the amount of food each time you serve yourself and don't forget to thank your auntie for that pie she made!



TOKA

TOHONO O'ODHAM KI:KI ASSOCIATION
P.O. Box 790 - Sells, AZ 85634



(520) 383-2202
www.tokahousing.org

TOKA Residential Calendar

Residential Counselor Schedules:

Debra Lopez

- Sells District Residential Counselor and is in office through out the week for those from this district.
- 2nd Tuesday of each month at Schuk Toak District Office 9am-12pm.
- 2nd Thursday of each month at Pisinemo District Office 9am-12pm.

Julie Cruz

- 3rd Friday of each month at San Miguel Community Building for Chukut Kuk District from 9am-3pm.
- 4th Tuesday of each month in Hickiwan District from 9am-3pm.
- 4th Friday of each month at Baboquivari District from 9am-3pm.

Serena Jose

- 2nd Wednesday of each month at Sif Oidak District Office 9am-12pm.
- 3rd Friday of each month at Gu Vo District Office 9am-12pm.
- Last Tuesday of each month at San Xavier District 9am-3pm.

Merlena Smith

- 1st Wednesday of each month at Gu Achi District Office from 9am-12pm.
- 4th Thursday of each month at San Lucy Health and Human Services Modular from 10am-2pm.

Mary Vigil

- Collections is at San Lucy Health and Human Services Modular for collection appointments and payment pick-ups, 4th Thursday of each month 10am - 2pm.

Maintenance Tip:

Water supply line: During this time of the year when it is cold, it is recommended that all exposed water supply lines be insulated and wrapped with weather resistant tape to prevent the pipe from freezing or cracking. When insulating your supply line, please make sure the shut off valve is accessible and operational.

