#### ISSUE #13 JUNE 24, 2011

# GAMYU NEWSLETTER OF THE HUALAPAI TRIBE



#### **DIDA CAN**

#### VOTE JULY 7<sup>TH</sup> CANDIDA HUNTER HUALAPAI TRIBAL CHAIRWOMAN

There's been a lot of focus on Grand Canyon Resort Corporations, the Skywalk, water rights negotiations, gaming, tribal consultation, and the economic development of the tribe. These are issues the council, as a legislative body, work to address and will continue to. These issues are important and I will continue to be a part of addressing them. However, I would like to take some time and focus on the state of our community. Often times we here "when I grew up," and we describe the environment at that time.

From our elders we hear stories of where they lived on our ancestral lands, preparing traditional foods, and boarding school. From others we hear of their experiences as a Police Cadet, managing cattle, tournaments at our gym, bus rides to Kingman or Seligman, and the time when the Tigers took state championship in 8<sup>th</sup> grade. We all have our stories of what's taken place in Hakdagwiva and they will continue, but what will be the stories of our future generations?

In our community we hear and see our people are hurting. They are hurting because of diabetes, cardiovascular disease, substance abuse, hunger, and many of our youth are lost. There is domestic violence and elder abuse occurring in our community. Our people are admitted to rehabilitation or serve time in jail/prison and return to an environment where they don't have positive support. These are the issues that are the most difficult to address. Perhaps it's because we all cope with these issues in different ways, we are afraid to say we need help, scared to make a change because of attention it brings, it's not my problem, or we don't have the money to address these issues. What are the other reasons you've heard these issues are the most difficult to address? Where do we begin, how do we encourage change, how do we support positive change without enabling, and whose responsibility is it? Growing up I was encourage to go away to school, return, and serve the people. I've served my people in different capacities and with my experience feel I am ready for the responsibility of Hualapai Tribal Chairwoman.

My vision is to live in a community where our children and families are healthy. Our children have a sense of belonging and know their bands, the culture and language. We no longer suffer from preventable diseases, Our people put our past differences aside and work together to not benefit themselves or their family but the community as a whole. We maintain a balance in managing our natural resources and economic development. I believe a step toward seeing this vision is to increase communication.

We have many departments and resources available to our people. However, our people are not always aware of what is available. I will work to increase collaboration and communication between our departments, coalitions, and grassroots. Our departments must work together because we are providing a service to our people and we are accountable to the people. If we work together to leverage resources and support one another's efforts, we can become more efficient. Questions regarding services, availability, and funding sources can be answered. I believe increasing communication between our departments and the people is a step forward in addressing our social ills. We are all working towards a healthier community!

I am aware of issues facing the tribe and our relationship with the state and federal government. I have up to date knowledge of our water rights, GCRC, our departments and their programs, and many federal mandates. I am aware of the all those involved in these concerns, and can speak to Representatives, Senators, federal and state officials, and others on behalf of the tribe. I will travel to meetings if needed on short notice. When I travel, I will provide the Tribal Council with a report and include suggestions of action needed to be taken. These reports will be reflected in the council meeting minutes which will continue to be printed in the Gamyu and also available online at <a href="https://www.hualapai-nsn.gov">www.hualapai-nsn.gov</a>. There is a need to hire a person that focus's only on minutes. I will review the general fund and gaming budget to seek funding to hire this person. I will also make sure to follow tribal policy for this position.

With your support we will take a step forward in a positive direction. Leadership is a reflection of the people and our community. As a people it is time for us to take responsibility and elect a leader who is motivated, passionate, assertive, and always keeping the needs of the people at heart.

#### Inside this issue:

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The next deadline for Gamyu articles (Issue #14) will be on FRIDAY, JULY 1st, 2011 by 5:00 P.M.

Hi! To all my Hualapai people...

I want to say a big "thank you" to all those who took the time and voted. To those who supported me and put me on top with the most votes. We aren't done yet, we have another round to go. Again, I am asking for your support to win. Come out and vote July 7th, 2011 at the Multi-Purpose Building. If you might not be around on July 7th, you can do absentee voting before July 7th, 2011 at the tribal office with Clara Mahone.

To Protect, Preserve & Growth Vote for me on July 7, 2011



Cultural is Important.

Vote for me. Louise Benson



I'm a candidate for the office of the Chairman for the Hualapai Nation. I am full-blood Hualapai. I was born in Valentine, Az., on June 26th 1942 to Ramona Querta Mahone and Sterling Mahone (both deceased, my heroes). I have lived in Peach Springs (Hak'daqwi:va) all my life. I'm from the Big Sandy Band and Mahone Mountain. I'm married to Calvin Benson, Sr. for 45 years. Three children, eight grandchildren & one Great grandson.

#### Why vote for me? Experience

I have served the Hualapai Nation as Chairman, Vice-Chairman and Council-Member. You the Hualapai people have had the faith, trust and belief in giving me the honor to serve you in these seats and proudly serve you.

On the local level, is the Administration where we deal with the day to day work activities with all the departments, committees & boards.

We attend meeting & conference on the state level with the Governors office and State Legislatures. On the national level it's the President Office and with the Congressman. Also meeting with the Kingman Council and the Mohave County Board of Supervisors. Other departments just to name a few such as the Indian com-

mission, BIA, I.H.S.,
NCAI, NIHB, AZ Intertribal Council, AZ Indian 2.
Gaming Commission, National Park Service and
FAA.

3.

The Chairman seat is less than a year to fulfill. Within this time it is my priority to:

- 1. To put closure to the issue with David Jin and Skywalk. It is only fair to the new GCRC Board to move on with Skywalk and other business opportunities. It has been four years with this issue.
- Have a better communication with the Tribal Council and work together. The Eminent Domain, Resolution No. 22-2011. Is this a need? The people have understand "the Hualapai Indian Tribe to exercise eminent domain over all property subject to the jurisdiction of the Hualapai Tribe".

You the people should understand and vote "YEA" or "Nay".

## FOR YOUR INFORMATION

There are many issue pending that is very important to the Hualapai Nation which we hope to see in our lifetime. To name a few.

1. Securing the Hualapai

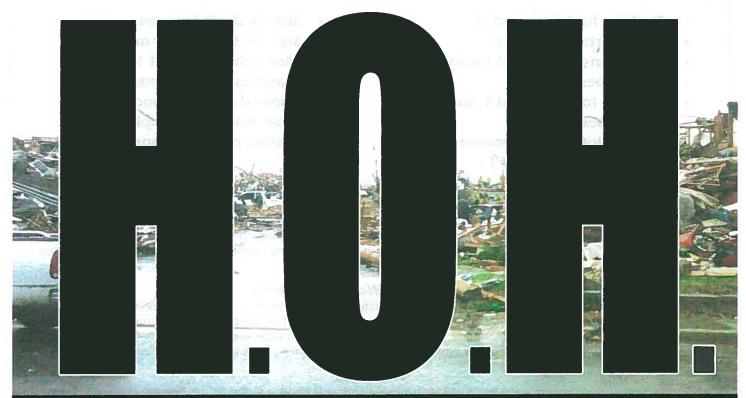
- Tribe's federally reserved water rights.
- 2. Northern Boundary of the Hualapai Reservation.
- 3. Western Boundary of the Hualapai Reservation.
- 4. Negotiation with Dine' Power Authority re: Navajo Transmission Project.
- 5. Completion of Phase 2 on the Diamond Bar Road.
- 6. Power and water to Grand Canyon West.

Among day to day work loads; we also have enterprises you the people who work hard from dawn to sunset you are a valuable employee. Thanks!! Hanku!

With my experience I can run the tribal government for the next 12 months.

VOTE FOR LOUISE BENSON JULY 7, 2011

# SENDING OUT AN



# HELP OUR HUALAPAI

# PLEASE HELP HUALAPAI TRIBAL MEMBERS DEVASTATED BY THE OKLAHOMA TORNADOS

Six Hualapai families have lost most, if not all, of their possessions in the tornados but thankfully escaped with their lives and without serious injury. One of the Hualapai families is temporarily living in a crowded friend's house with 4 other families (15 people) working to gather enough money to move into an apartment or hotel.



Hualapai Tourism will be donating \$1 of every Legacy Package purchased at Grand Canyon West, room reserved at the Hualapai Lodge and whitewater rafting trip to the victims over the next three weekends (Friday-Sunday) in June.

DONATE FOOD AND CLOTHING AT THE FRONT DESK OF THE HUALAPAI LODGE UNTIL THE END OF JUNE

Thank you for your support and aid to families affected by the tornadoes which upturned so many lives in Oklahoma in May of 2011.

Please take moment to see what can be done to provide much needed relief to those suffering from the aftermath of so much destruction.

- Clothing for boys aged 10
- Boy's shirts sized 16-18
- Boy's jeans sized 14-16 husky
- Boy's shoes sized 7
- Clothing for girls aged 5, size 6-7
- Girl's shoes size 12
- Size 16 clothing for women
- Women's shoes, sized 11

- Size 2x shirts for men
- Size 34-34 jeans for men
- Men's shoes, size 11 1/2
- Blankets, sheets, beds
- Canned and dry goods
- Small household appliances
- Dishes, pots and pans

#### **Hualapai Lodge News**

We were recently had our AAA inspection on the Lodge and we passed with flying colors! We should be getting news soon about receiving our 3 diamond rating! We are so proud of our Housekeeping and Hotel staff! Good work team! Please check out the poster about donations for the Hualapai Family affected by the tornado. The Lodge is the drop off point for all donations! They need to be here by the end of June.

#### **Employee Pow Wow Celebrations!**

The employees of the Lodge and Hualapai Tourism Reservation Center have been treated to a monthly Employee Pow Wow. We celebrate employee birthdays and employment anniversaries. This past month Rhodena Walema, Christy Case and Debbie Goldenstein celebrated their 13<sup>th</sup> anniversary! Congrats Girls, we appreciate you! Also receiving her 9 year pin, Tammy Wolford and a 7 year pin, Sharmarie Torres! Thanks for your commitment to Hualapai Lodge!

#### Free Wi-Fi!

Many local community members have been enjoying wireless internet service at the lodge. Please enjoy a meal or beverage in our dining room while surfing the net!

#### **Hualapai Tourism Reservation Center News**

The busy season is upon us and we are now averaging 175 calls per day! We have recently implemented new headsets for each of our team members! We have booked already \$284,000 in sales so far in the month of June, we should surpass May sales of \$390,000! We have two new team members that have joined us this year, Tinisha Pickeyviett and Zach Jacobs, new Hualapai Tourism Reservation Agents.









Anny DeMars and Tim Murphy pass Serv Safe Class!

Martene Whatsoniame receives her one year anniversary pin in March!







The Museum of the American Indian Washington, D.C.

On May 29, 2011, Susan Whatoname-Rocha and Brenda Matuck of the Hualapai Tribe of Peach Springs, Arizona

Presented to Linda Martin, manager of events for the museum two dolls Susie Belle and Hualapai

Both to be placed on exhibit from time to time.

Lettie Irons Connell Full Moon Circle, Inc. 928-567-5012





## This has been submitted courtesy of Best American Destinations Marketing & PR for Hualapai Tourism



Hualapai Tourism to Match Visitor Discounts with Donation to Help Firefighters Inundated with the "Wallow Fire" and Other Arizona Wildfires During 4<sup>th</sup> of July Weekend

The "\$4 for Firefighters" Program Will Contribute \$4.00 Per Person on Participating Hualapai Tourism
Products and Offer a \$4.00 Discount to Visitors

GRAND CANYON WEST, AZ (June 15, 2011) In efforts to help fight the multiple severe wildfires that are burning throughout Arizona, Hualapai Tourism has developed a donation program called "\$4 for Firefighters," which will run from July 1 to July 4, 2011. The donations raised will go to help train new firefighters that are joining the wildfire efforts. The fund will particularly provide opportunities to Native Americans interested in getting involved. Hualapai Tourism will donate \$4.00 per person for every Helicopter/Boat, Hualapai Experience, Hualapai River Runners (one-day whitewater rafting through the Grand Canyon), Tranquility (overnight in canyon-facing cabins), Rendezvous Deluxe (guided tour of the only road leading to the bottom of the Grand Canyon) and VIP Legacy package booked for the 4<sup>th</sup> of July weekend starting June 15<sup>th</sup> until the end of the month. Visitors will also receive a \$4.00 discount on the participating Hualapai Tourism products during the duration of the fundraiser. Current military personnel (with identification card) and U.S. military veterans will also receive a free 30-minute horseback ride at the Hualapai Ranch with the purchase of any Legacy package at Grand Canyon West during the 4<sup>th</sup> of July weekend.

"The wildfires in Arizona are very serious this year. Several tribes, like the San Carlos Apache, have been affected by the fires and with 4<sup>th</sup> of July coming up, we need to help the firefighters as much as we can," said Robert Bravo Jr., CEO of Grand Canyon Resort Corporation. "The fires are not near our reservation or tourism destinations, but it is our duty as a community, and as a neighbor, to step up and help."

Arizona is having one of the most destructive wildfire seasons this year, including the White Mountain "Wallow Fire" that is still only partially contained and is already one of the largest fires in Arizona's history. Visitors can receive the "\$4 for Firefighters" discount by using the promo code "4x4" while booking online at <a href="https://www.hualapaitourism.com">www.hualapaitourism.com</a> or when booking on the reservations line at 1-888-868-9378. The promotion is based on availability and not valid with any other offer.

#### About Hualapai Tourism:

Grand Canyon Resort Corporation, which is wholly owned and operated by the Hualapai Nation, manages Grand Canyon West, Hualapai River Runners (whitewater rafting), Hualapai Ranch and the Hualapai Lodge. Grand Canyon West is a collection of viewpoints and attractions spread over 9000 acres of the Grand Canyon's West Rim in Northwest Arizona, just 120 miles east of Las Vegas, Nevada. Grand Canyon West is the only place in the Canyon where visitors can access a boat ride on the Colorado River via helicopter and is home to the Grand Canyon Skywalk, a glass walkway 4000 ft above the canyon floor. The site attractions are: Guano Point, with panoramic canyon views and the historic guano mine tram; Eagle Point, the location of the Grand Canyon Skywalk, the Native American Village with authentic dwellings of multiple tribes, live Native American performances; and The Hualapai Ranch, a western town with cowboy entertainment, horseback riding, wagon rides and overnight cabins facing the Canyon rim. Private cars are welcome or all inclusive tours are available from Las Vegas, Phoenix and Sedona by airplane, helicopter, coach, SUV and Hummer. The Hualapai Lodge on Historic Route 66 and Grand Canyon West are open daily 365 days a year. Hualapai River Runners, the only one-day whitewater rafting trip through the Grand Canyon, operates March — October. Visitors can view a complete list of activities, book reservations and get directions at www.hualapaitourism.com or by calling 1-888-868-9378 - internationally at (001) 928-769-2636.

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Senate Minority Leader David Schapira (District 17)
Assistant House Minority Leader Steve Farley, D-Tucson (District 28)

www.azhousedemocrats.com







www.azsenatedemocrats.com

FOR IMMEDIATE RELEASE June 13, 2011

Contact: Sarah Muench (602) 926-5848 smuench@azleg.gov

Jeanette Tejeda de Gomez (602) 926-4477 <u>itejeda@azleg.gov</u>

#### Republicans hit Arizona where it hurts, dismiss session without UI fix

Lawmakers take home pay while cutting off jobless aid to 45,000 Arizonans

**STATE CAPITOL, PHOENIX** — GOP lawmakers made it harder Monday for unemployed Arizonans to search for jobs by cutting off their unemployment during the recession and closing out a special session with no action. Both Gov. Jan Brewer and Democratic lawmakers supported making the simple change to state law, allowing 45,000 unemployed Arizonans to receive jobless aid already appropriated by the federal government. But Republicans refused and failed to act, making the job search and putting food on the table harder for middle-class Arizona families.

"Everyone wanted to make this fix — the governor wanted this, Democrats wanted this and Arizonans wanted it to help the unemployed during this worldwide recession, not hold them hostage to partisan politics," said Assistant House Minority Leader Steve Farley. "Everyone but Republicans, who made a conscious decision to cut off \$3.5 million per week coming into our state's economy. It is absolutely outrageous and it's time to hold Republicans accountable."

Republican lawmakers, who have supermajorities in both chambers (more than enough to pass the fix on their own), had opportunities to make a simple change in state law so nearly 45,000 Arizonans can continue to receive jobless benefits while they search for work — Democrats asked them to make the change in March during the regular session but they refused. And last week, Gov. Jan Brewer called a special session just to make the fix, but on Friday, the first day of the session, Republicans again refused, missing a deadline. They even rejected a bill Democrats introduced using Brewer's own bill language. "It is disappointing that after four days of the legislature being in session and collecting per diem we have done nothing to create jobs or to help Arizona's jobless," said Senate Minority Leader David Schapira, who introduced a bill to waive the "per diem" pay this session. "While legislators got a bonus this week for doing nothing, many of Arizona's jobless will go empty-handed."

But state lawmakers will take home cash for doing absolutely nothing — they earn \$35 per diem if they live in Maricopa County and \$60 per diem for living outside of Maricopa County. The amount collected per diem in this session by out-of-county representatives — \$240 — is more than one week of unemployment insurance payment.

In April, 9.4 percent of Phoenix's workers were unemployed. In Yuma County alone, the unemployment rate is three times higher. The fix would keep nearly \$3.5 million a week flowing into the Arizona economy. Even Brewer said this in a press release Friday: "...you don't balance the federal budget by turning your back on Arizonans in their time of need. That's not principled fiscal conservatism. It's just cruel... get to work. The people of Arizona, your constituents, are counting on it."But Republican lawmakers failed.

## Community Forum

Improving Patient Care

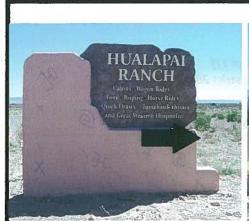
Thursday, June 30, 2011

5:00pm-7:00pm

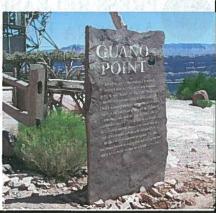
Multi-Purpose Building

The community forum will give you a better understanding of the changes that have been taking place at the Peach Springs Health Center.

Peach Springs Clinic · P.O. BOX 190 · Peach Springs, AZ 86434 Phone: 928-769-2900 · Fax: 928-769-2701





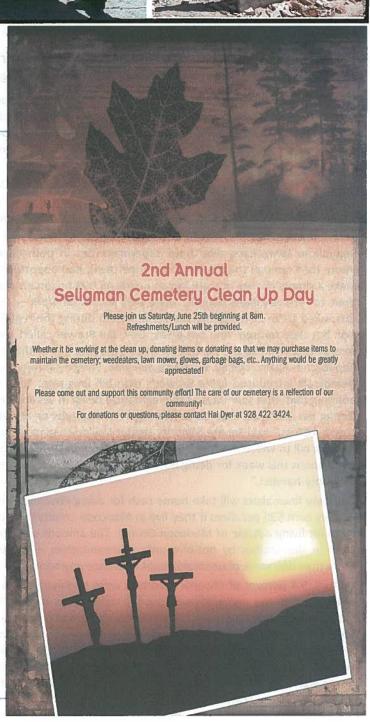


Climb to Conquer Cancer Saturday, July 16<sup>th</sup> 6 AM - 9 AM



Join our team to help
raise money to conquer Cancer!
To join, go to
www.seligmanclimb.com
Click on "join team"
Select "Walapai Walkers"
Fill out information!

Those who join Walapai Walkers and complete the climb will receive a "I Did the Climb" T-Shirt from Grand Canyon Resort Corporation!



For information or interested in purchasing a burial plot, please contact Nancy Echeverria at (928) 769-2344

#### Seligman Chamber of Commerce Cemetery Rules and Regulations

All property owners and visitors within the cemetery and all spaces sold shall be subject to rules and regulations, amendments or alterations as shall be adopted. Visitors and lot owners are reminded that the cemetery grounds are sacredly devoted to the interment of the dead and that the provisions and penalties of the law, as provided by statute will be strictly enforced in cases of wanton injury, disturbance and disregard of the rules.

#### **FUNERAL REGULATIONS:**

No lot or grave shall be used for any purposes other than the burial of human dead.

At least 72 hours notice is required for any internment and at least one-week notice prior to any exhumation or removal. Proof of ownership must be presented at the time of request. In case of a family plot, a family representative must authorize use of each burial plot.

Opening/closing of gravesite will be done by a Chamber approved contractor(s).

A detailed plan must be provided to Chamber in writing regarding any burial site work or improvements that will be done at the cemetery. This helps to prevent mistakes.

If a gravesite is inaccessible for a machine dig, it will be the responsibility of the family to hand dig the grave.

Vaults are not authorized.

Unless immediate burial is ordered by the Board of Health, funerals will not be permitted on the following holidays: New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, or Christmas Day.

The burial of two bodies in one grave will not be permitted, except where one occupies a space less than three feet in length or a companion burial right is purchased. "Companion" graves are only permitted when the request of compaction burial is made prior to the first interment. All regular fees apply.

Urns of cremated remains may be buried in existing occupied family plots. No grave space may contain more than two urns. All cremated remains shall be buried at a minimum depth of two feet.

State law requires that all out of town or out of State burials have a signed Burial Permit which allows for transfer of the body.

#### SALE AND PURCHASE OF INTERMENT RIGHTS:

The sale or transfer of any interment right by any owner or purchaser shall not be binding upon the Chamber unless the same shall first by duly approved in writing by the properly authorized officer or their designee, and then such interment right must be reconvened to the Chamber, the Chamber shall thereupon issue a conveyance to the new owner. The same rule shall apply in all cases of assignment or purchase of contracts for intermment rights. This procedure is required in order that the Chamber may at all times have a complete and accurate record of all owners and purchases. All transfers of ownership shall be subject to a charge of \$25.00 administrative fee, which must be paid the Chamber when the transfer is recorded.

Any and all transfers of any internment right, whether the same by conveyance or assignment of purchase contract, are subject to all rules and regulations of the cemetery which are now in full force and effect or which hereafter may be enacted.

The subdivision of internment rights is not allowed without written consent of the Chamber and no one shall be buried in any lot not having an interest therein, except by written consent of all parties interested in such lot and the Chamber.

The Chamber reserves the right to enlarge, reduce, replot, and change the boundaries of the Cemetery.

#### **GENERAL REGULATIONS:**

Persons within the cemetery grounds shall use only the avenues, walkways and roads.

Automobiles will only be allowed on the cemetery grounds when preparing a gravesite or during the attendance of a funeral. Automobiles shall not be driven through the grounds at a greater speed than 10 miles per hour and must always be kept on the right side of the cemetery roads. Automobiles will be allowed when assisting handicapped or senior citizen persons to a gravesite.

Animals shall not be allowed on the cemetery grounds unless they are a service animal.

The Chamber will not be responsible for vases, urns, or anything of a movable character that may be lost, misplaced or damaged.

Persons are prohibited from planting live flowers, trees, shrubs or plants on the graves. The Chamber, or its agents, has authority to enter upon any lot and remove any dead or damaged tree, shrub or vine as soon as, in the judgment of the Chamber, they become unsightly, dangerous, oversized, detrimental, or diseased. Please understand there is currently no water available to maintain vegetation at the cemetery.

All persons are prohibited from writing upon, defacing or damaging walls, and monuments or any other property within the cemetery grounds.

Special cases may arise in which the literal enforcement of rules may impose unnecessary hardship. The Chamber, therefore, reserves the right without notice, to make exceptions, suspensions, or modifications in any of the Rules and Regulations when, in its judgment, the same appear advisable and such temporary exceptions, suspension or modifications shall in no way be construed as affecting the general applica-

tion of such.

The Chamber claims the right to protect the property within the cemetery limits, but disclaims all responsibility for individual gravesites. The family is responsible for the upkeep of graves. It is unlawful to place trash or debris cleaned from one lot unto another lot. All trash and debris must be removed from the cemetery and taken off the premises.

#### **CEMETERY FEES AND CHARGES:**

Resident plots are \$50.00 per plot. (Plot is 5x10.5)

Non-resident plots are \$100.00 per plot. (Plot is 5x10.5)

Residency will be determined by the zip code of the person(s) physical address that is requesting to purchase a plot or by their previous affiliation with the town of Seligman.

Opening/closing will be done by a Chamber approved contractor(s) and the price of the opening and closing will be set by the contractor(s). Grave sites must be leveled and cleaned within 3 months of burial. Permanent marker must be placed on plot within one year of burial.

**UNIVERSITY OF ARIZONA MOHAVE COUNTY COOPERATIVE EXTENSION EXTENSTION PROGRAM ASSISTANT Peach Springs / Hualapai Nation Office** 

MINIMUM QUALIFICATIONS: One year of instructional leadership, volunteer development or community organization experience; OR, any equivalent combination of experience, training and/or education. Possession of a current Arizona Type D driver's license upon employment.

PREFERRED QUALIFICATIONS: High school diploma or GED, basic knowledge of the Hualapai Tribal government. Fluency in speaking the Hualapai language, one year of secretarial/clerical experience.

To apply, please complete an on-line application for Job #47750 at www.uacareertrack.com. Be prepared to attach a resume and a letter of interest. Review of materials begins Wednesday, June 15, 2011 and continues until filled.

The University of Arizona is an EEO/AA Employer - M/W/D/V.

## nforma

Once again, the Hualapai Tribe will be hosting a Graduation Dinner to The Hualapai Tribe proudly invites you to a Graduation honor all graduates of 2011. You, as the graduate will be invited, turn in a copy of your diploma and CIB or Tribal ID to the Hualapai Education Office, ASAP - (928) 769-2200.

This will include the following: College, Vocational School, High School, General Equivalency Diploma & Junior High.

> Ga Nvum: July 14, 2011 Nya gal wim: 5:30 p.m. Ge'e: Multi-Purpose Building

Stipends will be handed out at this time, if you haven't already received one, provided you turn in a copy of your diploma and tribal ID.

Han ky! Đi nyud u:k mi wi:d me',

Helen J. Watahomigie

Gwe Spo:ja Yiwo

P.O. Box 179, Peach Springs, AZ. 86434

GRADUATE STIPEND

**FY 2008** \$3,000.00 x 2 Doctorate (PhD) Master's Degree  $$2,000.00 \times 4$ Bachelor's Degree \$1,500.00 x 4 Associate's Degree \$1,000.00 x 8 Vocational School \$300.00 x 16 High School Diploma  $$100.00 \times 25$ General Equivalency Diploma \$75.00 x 25  $$50.00 \times 30$ Jr. High

For all Tribally enrolled Graduates of 2011

College Vocational 8chool High 8chool General Equivalency Diploma Junior High

July 14, 2011 Ga nyum:

Nya gal wim: 530 p.m.

Multi Purpose Building Ge'c':

Please RSVP by July 7, 2011, as you the graduate are invited to bring along two quests.

our prompt response to the following will be appreciated Hualapai Education & Training 928 769-2200 Please submit a copy of your diploma & tribal ID to be eligible for the incentire to the Hualapai Education

office, asap.

\$6,000.00

\$8,000.00

\$6,000.00

\$8,000.00

\$5,000.00

\$2,500.00

\$1,875.00 \$1,500.00

 Graduate Dinner
 \$3,000.00

 Total
 \$41,875.00

#### Requirements for Graduate Stipend

To be eligible for a stipend, the candidate must be:

- 1. An enrolled Hualapai tribal member
- 2. Award recipient will be decided upon by the Hualapai Education Committee
- 3. Stipend will be awarded to each student only once at each level
- 4. Stipend will be awarded for current school year only
- 5. Enrolled in an accredited school/training
- 6. Recommendations will be made by the Hualapai Education Program Coordinator 45 days from time of graduation or completion of the school/training
- Awards will be presented to all recipients at the completion of the school year. This will occur during the annual Graduate Dinner hosted by the Department of Hualapai Education & Training/Education Committee on July 14, 2011 (tentative date).

#### **Definition**

Vocational school, provide vocation education, also referred to as trade school or career college, and are operated for the purpose of giving students skills needed to perform a certain job or jobs. Vocation schools job-specific skills, devoted to training, not education.

# Health & Safety Information Making the Most of Exercise to Fight Obesity

When you're trying to overcome obesity, the first step toward weight loss can be the hardest. Get started with these expert exercise tips.

By: Chris Illiades, MD / Medically reviewed by Pat F. Bass III, MD, MPH / www.everydayhealth.com

Bonnie Matthews weighed about 265 pounds at age 43. Her doctor told her that if she did not lose weight, she would be facing serious health risks. Today, at age 47, Matthews has lost 130 pounds and is a certified personal trainer and weight-loss coach. "I could not deal with the numbers," recalls Matthews. "I could not think about the amount of weight I had to lose, but I could start walking and stop eating obviously unhealthy foods."

Obesity is dangerous for your health, and overcoming <u>obesity</u> is a long but important journey that involves a healthy combination of diet and exercise. Taking the first step is often the biggest challenge. Here are some exercise guidelines to get started.

#### **Getting Started With Exercise for Weight Loss**

If you are significantly overweight, the most important thing to remember is to start exercising safely. Obesity puts stress on your heart, bones, and joints, so starting to exercise too quickly could result in an injury or aggravate a medical condition that could stop you before you get started.

Talk to your doctor before exercising, especially if you are new to exercise, and make sure you start with a fitness routine that is safe and manageable. If you have knee problems, for example, you may need to cycle or swim until you have lost enough weight to walk or run. "Don't worry about losing pounds at first," says Matthews. "Just exercise because you want to be healthy."

If you are <u>new to exercise</u>, you may be able to start with only 10 to 15 minutes of exercise three times per week, but your goal should be to work up to 30 to 60 minutes on most days of the week. "Make exercise a priority," says Matthews. "You deserve 45 minutes out of your day for health, even if you need to break it up into three 15-minute sessions."

#### **Overcoming Challenges to Exercise**

Plan ahead for bumps along the way and you'll be better positioned to overcome them. "The first 40 pounds came off with walking and eliminating unhealthy foods, but after that I hit a plateau," says Matthews. "I was looking better, but I needed to learn more about nutrition and I met a personal trainer who helped me start exercising more effectively."

Many people battling obesity may not want to rush to join a <u>health club</u> or gym — you may be too uncomfortable exercising in public until you have taken off some initial weight and start to feel better about the way you look. If that's the case, simply grab a pair of sturdy sneakers and start walking.

Here are other tips for building your own fitness program:

- Educate yourself about nutrition. Exercise alone is not enough. You need to be burning more calories than you take in. "Exercise and nutrition go hand-in-hand," notes Matthews. Ask your doctor for help or consult with a nutritionist.
- Get help from an exercise pro. Once you have lost some initial weight and feel confident going to the gym, a certified

personal trainer can help you safely target problem areas and maximize your exercise time.

• Add strength training and flexibility. In addition to a program of aerobic exercise, aim to perform strength training exercises two to three days per week (every other day to give your muscles rest and recovery time). Make sure to include stretching and flexibility exercises after each workout.

- Put away the scale. "It's not about the numbers. As you start to lose weight, you will feel and look better. That success becomes the best motivation," says Matthews.
- Listen to your body. Always start exercise with a gentle warm-up and end with a cool- down period. If you have pain, dizziness, shortness of breath, or soreness and fatigue that lasts long after exercise, stop exercising and call your doctor.

Obesity needs to be taken seriously, and you need to make exercise part of your healthy lifestyle. You are the only one who can take the first important step, but you don't have to face the challenges alone. There is help available from doctors, exercise specialists, and nutritionists. "Going to exercise is as important as going to work. Find activities you can enjoy and look forward to. Having a healthy body, looking better, and feeling better about your self are the best rewards," says Matthews.

CLINIC



A division of Second Chance Center for Animals

When: June 27-28, 2011

Where: Peach Springs, Az (Hualapai Reservation)

Time: Surgery drop off: 9 AM (Mon) 8am (Tues)

(please have your animals on leash or carrier)

Surgery Prices: Spay/Neuter (dog or cat) - \$60.00\*

Cat Neuters - \$40.00

\*\* Contact Hudiapai Animal Control for SPAY/NEUTER GRANT Application

#### VACCINE CLINIC: June 28, 2011 1pm-4pm

\*Animals in heat/pregnant, or over 60 lbs subject to additional fee
SURGERY SPACE LIMITED: CALL 1-888-241-9731 (TOLL FREE)

Or call Hualapai Animal Control for information at 928-769-2810

#### Vaccine Prices:

Other Services:

Rabies (cat/dog) - FREE- Restrictions Apply)

Microchip - \$15.00

Parasite control - price varies

Felv/FIV test - \$20.00

Rez-Special (4-1)-\$12.00 includes Free Robies Vaccine

4 in 1 (cat/dog) - \$15.00

Bordatella (dog) - \$10.00

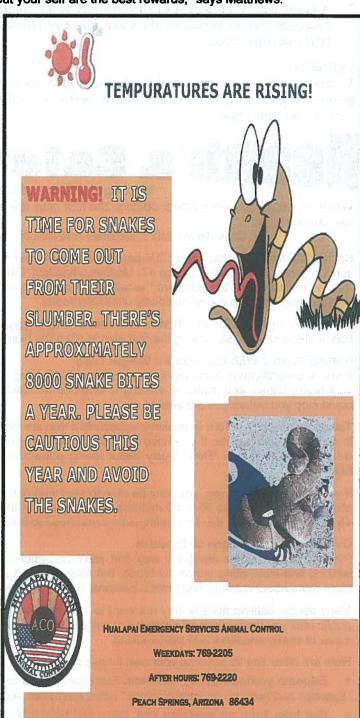


#### Surgery Requirements:

- ✓ No food or water 12 hours prior to surgery
- ✓ At least 2 months, but under 5 years of age
- ✓ At least 2 lbs, but under 90 lbs.
- ✓ No more than 2 animals per household
- ✓ Current Rabies shot or given at time of surgery
- ✓ All animals are examined for surgical acceptance.

  Appointment not a guarantee of surgery

Spansored by: Huglanai Animal Control & I.H.S. Environmental Health





#### **New Changes**

There have been some new changes at Peach Springs Health Center since April. The changes will improve the way you receive your care.

In an effort to better serve patients, our goal is to go to an appointment only system. The following guideline will help reduce your wait time and improve the patient care system.

There are same-day appointments available, to schedule a medical appointment call 769-2920 and to schedule a dental appointment call 769-2903

Emergencies are defined as:	Conditions and Needs Requiring an Appointment
High Fever (101 or greater)	Medication refills
Children with fevers, ear aches, or a bad cough	Follow-up appointments
Abdominal pain	Routine shots
Shortness of breath	Cold symptoms: If your cold has not improved
Chest pain	Well Child exam/Immunizations
Injury within 24 hours, including sprains, strains and lacerations	School or employment physicals
Any infected-appearing wound	Routine dressing change
Severe pain	Diabetic check-ups
Asthma attack with wheezing or difficulty breathing	Lab reviews
	Suture removal
	Well woman exam
	Injuries greater than 24 hours old

#### To improve the amount of wait time for your scheduled appointment:

•Check in for your appointment at least 15 minutes early

•If you are unable to keep your <u>medical</u> appointment please call 769-2920 to reschedule or if you are unable to keep your <u>dental</u> appointment please call 769-2903

Walk-ins will be seen on an emergency basis only.



Today, more kids have type 2 diabetes than ever before. This brochure will tell you about type 2 diabetes and how you can lower your risk of having it.

#### What puts you at risk?

Kids with type 2 diabetes often

- ★ Are overweight
- ★ Are not physically active enough
- ★ Have a mom and dad or other close relative who has type 2 diabetes
- ★ Are African American, Hispanic or Latino American, American Indian, Asian American or Pacific Islander

#### What is Type 2 diabetes?

Diabetes means that blood sugar or glucose (GLOO-kos) is too high. Glucose comes from the food we eat and also is made in our liver and muscles. After several years, if it is not controlled, the high blood glucose can damage many parts of the body such as the heart, eyes, kidneys and nerves. The key to taking care of diabetes is to keep the blood glucose as close to normal as possible. Some people think that eating too much sugar causes diabetes but this is not true.

#### What are the warning signs?

Some kids don't notice any warning signs. They find out they have diabetes when they go to their doctor for a check-up.

If you have type 2 diabetes, you might

- ★ Urinate a lot
- ★ Lose weight without any reason
- ★ Be very thirsty
- ★ Feel tired
- ★ Have thick dark skin on the neck or under the arms

#### What can you do to lower your risk?

Lots of things:

- ★ Eat the right amounts of healthy foods to get to a healthy weight.
- ★ Take action now and follow the tips in this brochure. Share the with your friends and family. They work for everyone.

#### Here's what you can do to be more active

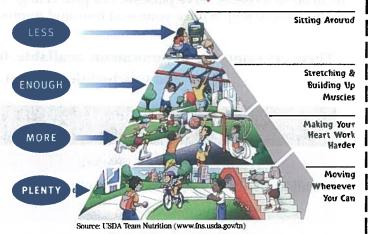
If you are overweight, check with your doctor before you start a physical activity program.

★ Set small goals to start. Don't get upset if you can't do a lot or if you get out of breath at first. Keep trying.

- Any amount of activity will help. Add a little more each week.
- ★ Get up and play hard for at least 60 minutes almost every day. You don't have to do it all at once—20 minutes at a time, three times a day is okay, too. There are lots of ways to move around more. Walk, ride a bike, dance, play ball, or shoot hoops. You choose!
- ★ Sign up for sports and physical education classes. Ask a grown up or your teacher about sports or dance programs that you could join.
- ★ Cut your TV and video game time to less than 1 hour a day. Be more active in your free time.

You don't have to play a sport or go to a gym to move more. There are lots of things you can do at home and during the day. Use the Activity Guide below for more ideas.

#### Your Activity Guide



#### Here's what you can do to eat well and get to a healthy weight.

Choose a mix of healthy foods each day. If you are overweight, check with your doctor before you start a weight loss program. To lose some weight, you need to eat less and be more active each day. Here are some ways to do it.

#### How can you cut some calories?

The number of calories in a food shows how much energy you can get back from it. To lose weight, try to eat 200 to 300 calories less than usual each day. Here are some simple ways to cut calories:

- ★ Drink water instead of a 20-ounce soda or juice drink. You can cut about 250 calories.
- ★ Eat a small serving of French fries or share a big one and cut about 250 calories.
- ★ Eat a piece of fresh fruit (apple, orange, or banana) instead of a candy bar or a bag of chips. You will cut about 200 calories. If you want something crunchy to chew on, fruit is a good choice because it fills you up.

#### What are some healthy eating tips you can follow?

- ★ Take your time when you eat. Wait 15 minutes before eating second helpings. It takes about that amount of time for your stomach to tell your brain that you are full.
- ★ Eat the right amounts of food. Follow the Healthy Food

Guide.

- Don't skip meals. For breakfast, try a couple of slices of whole grain toast with a tablespoon of peanut butter or a hardboiled egg or a piece of low-fat cheese.
- Pack a lunch of healthy foods. Make a sandwich with turkey or lean beef. Use mustard or a little low-fat mayonnaise. Add fruit instead of chips.
- Choose healthy Snacks such as a small bowl of cereal with nonfat or low-fat milk or a piece of fruit.
- When eating out, order kid-sized meals and drink water, nonfat or low-fat milk or diet soda. Split a larger meal with a friend.
- Fill up half of your plate with salad or vegetables. Use small amounts of margarine or salad dressing.
- Ask if you can help plan or make family meals sometimes to learn more about healthy eating.

What should you eat?

· Choose low-fat dairy foods.

· Drink plenty of water.

Use the Healthy Food Guide below to make healthy choices. The amounts to eat will vary for different foods but these will give you an idea of the right amounts for most kids aged 9 to 13. If you are older than 13, go to www.mypyramid.gov to find the right amounts

#### Your Healthy Food Guide



AIM FOR 2 to 21/2 cups a day. Here are choices that equal 1 cup:

- 1 cup cut up cooked or raw vegetables
- 2 cups leafy salad greens · 1 cup vegetable juice

Ferrits

Choose dark green and orange vegetables as often as you can.

AM FOR 11/2 cups a day. Here are choices that equal 1 cup:

- . 1 cup cut up raw or cooked fruit
- · 1 cup fruit juice
- · 1/2 cup dried fruit

Choose fresh whole fruits as often as you can

AND FOR 5 ounces a day. Here are choices that equal 1 ounce:

- · 1 ounce lean meat, fish, or chicken
- · 1 tablespoon peanut butter



- 1/4 cup cooked dry peas or beans such as kidney, white, split, or blackeye
- 1/4 cup tofu 1/2 ounce nuts

If you choose to eat these foods, have a very small amount and not every day.





AIM FOR 3 cups a day. Here are choices that equal 1 cup:

· 1 cup nonfat or low-fat milk or yogurt

Breads, Cereals,

Rice, and Pasta

11/2 ounces cheese

AM FOR 5 to 6 ounces a day. Here are choices that equal one ounce

- · 1/2 cup of cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup ready-to-est cereal
- · 1 slice of whole grain bread
- · 1/2 small bagel or 1 small muffin

Choose whole grain foods for at least 3 of your 6 choices.

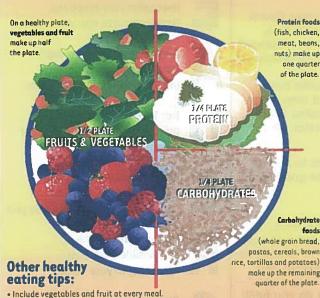
#### One serving is

- · 1 teaspoon vegetable, olive, or canola oil
- · 1 teaspoon tub margarine 5 large olives or 1/8
- avocado
- 1 tablespoon low-fat
- 2 tablespoons low-fat salad
- dressing



You get most of the fat your body needs from other foods you eat-so choose only a few extra servings of these hearthealthy fats each day.





#### American Indian and Alaska Native People

Keepers of Wisdom To Strengthen the Hearts

Treat your heart to a healthy celebration!

Strength, wisdom, and good health are American Indian birthrights. Our elders taught us many healthy ways that were practiced for

many generations. Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today. We can do something to prevent heart disease. Healthy eating is one way to keep a healthy heart.

Native foods and traditional ways can help us stay healthy. Native foods can still be found in many places today.

- Grow traditional plants such as beans, corn, chile, pumpkin, squash, and melons.
- Choose berries, nuts, plants, fish, caribou, deer, rabbit, duck, and other native foods

Use traditional ways of preparing food like drying, baking, stewing, and boiling. Today, many American Indian families choose foods that are higher in fat, saturated fat (animal fat), cholesterol, calories, salt, and sodium. We also eat more than we used to. These habits can lead to heart disease.

Here are tips for making heart healthy choices:

- Choose fish, fowl, deer, and caribou.
- Eat lean cuts of beef, park, and mutton.
- Cut the fat from meat and throw it away. Take off the skin from chicken and turkey.

- Remove fat from canned meat.
- Eat rice, corn, oats, and beans.
- Eat salads and sandwiches with little or no dressing.
- Eat fruits and vegetables.
- Drink fat-free or low-fat milk and choose fat-free and low-fat

cheese.

- Bake, boil, broil, steam, or roast! Fry foods less often. Use small amounts of vegetable oil instead of land or shortening.
- Drain the liquid from canned vegetables and the syrup from canned fruits.

#### "Everybody can be a great leader"

Deepak Chopra on the soul of leadership
Marco Visscher | June 2011 issue | odemagazine



In recent years, Deepak Chopra has made his way from New Age circles to the top of the corporate world, where he lectures to CEOs and business managers. He has written scores of books, including The Seven Spiritual Laws of Success, which has been translated into dozens of languages. His latest book, The Soul of Leadership, describes how to become a good leader.

How is spirituality linked to leadership?

"A great leader is an agent of change who has clarity of vision and knows how to make that vision a reality. Such a person comes from a level of core consciousness, which is what we call the soul. Great leaders take time every day to reflect. They ask themselves meaningful questions. They are conscious of what they are observing. They're feeling what is needed and know how to fulfill those needs."

That's not what people usually think about when they think about leadership.
"Leadership has been confused with power-mongering, influence, corruption, colonialism, control, manipulation and self-interest. In many ways we're now seeing the fall of that kind of leadership across the world."

### Some say the economic crisis was brought about by poor leadership. Do you agree?

"Not just the economic crisis, but also climate change, ecological devastation, radical poverty—these are all a result of an obsolete leadership that has been very selfish and has not empowered people to be their best. Rather, traditional leaders seem mainly interested in power, in enrichment of the personal self at the cost of others."

Isn't it ironic that we criticize leaders we've chosen democratically? "Our leaders reflect us. We get the leaders that we deserve. Leaders reflect our state of consciousness, so let's forget about others. You should become a leader in your own life. We all have to have the ability to develop social awareness and the skills to manage relationships."

What are some examples of great contemporary leaders?

"In politics, [former South African president] Nelson Mandela and [former Soviet leader] Mikhali Gorbachev, but also Óscar Arias, a recent leader of Costa Rica, because what he did was amazing in such a small country. I think [U.S. President] Barack Obama has great leadership skills, aithough he is not connecting emotionally with people and therefore he is alienating them. In the business world, [Microsoft chairperson] Bill Gates and [American investor] Warren Buffet have become examples of great business leaders who want to do good and help others. In the Netherlands, I work with Fred Matser, who runs a non-profit called Start-Fund. Fred is not interested in power; he's always thinking of the greater good."

Is great leadership something to which we can all aspire?

"I believe that everybody can be a great leader. You have got to want to be one. Only people who have the desire to become great leaders will become great leaders. It is a self-selecting process."

What are practical lessons we can learn?

"In my book I use an acronym for the aspects of great leadership: LEADERS. "L" stands for "look and listen." You need to create a vision and learn to listen to your body, and listen with your heart, with your mind and with your soul. "E" stands for "emotional bonding." You have to get in touch with your emotional feelings and stay away from feelings like anger, fear and hostility. "A" stands for "awareness"—what are you observing, what are you feeling, what is the need, how do you fulfill that need? "D" stands for "doing." It deals with the ability to persist, to celebrate successes and to create goals. "E" stands for "empowerment." It's about empowering yourself and building your self-esteem: how can you learn to be immune to

# What makes a great leader?

In his book, *The Soul of Leadership*, Deepak Chopra uses an acronym that captures the steps he feels it takes to become a great leader.

Listen and look: Observe without judgement. Use your senses and your heart.

Emotional connection:

Recognize your emotions.

Develop insight into your needs.

Awareness: Who are you?
What do you want? Inspire
others to ask themselves, too.

Do: Take responsibility for promises you have made. Offer others the right example.

Empowerment: Be open to feedback, but don't let compliments or criticism rule you.

Responsibility: Take responsible risks. Live according to your values.

Synchronicity: Create prosperity and foster the support of universal consciousness.

criticism but responsive to feedback? But you also need to empower others and identify their strengths. "R" stands for "responsibility": the responsibility to take calculated risks, to take initiative, to live up to your values, to ask feedback, to take good care of your physical, emotional and spiritual health. Finally, "S" stands for "synchronicity," which means knowing when is the right moment to act and when to take advantage of meaningful coincidences."

Don't you think business leaders should also be judged on financial results?

"That's really a byproduct. Data shows that disengaged workers in the U.S. cost about \$380 billion a year. If you and your colleagues ignore someone, that person's disengagement goes up to about 45 percent. If you don't ignore them but criticize them, it falls to 20 percent because people would rather be criticized than ignored. If you notice their strengths and put them in the right place where they can use their strengths, disengagement falls to less than 1 percent. So the bottom line is totally dependent on how engaged people are."

So how do we engage our co-workers?

"By finding out their strengths and using them, by enhancing their self-esteem and by building careful, caring, compassionate relationships, including personal friendships. People want their leaders to offer them hope, trust and stability but also to maximize their own strengths."

What are your strengths?

"I'm futuristic, I'm adaptable, I'm a connector. I maximize my energy by not wasting time over things that are trivial. I'm strategic in that every time I make a plan, I maximize my relationships and my -network. My weakness is mainly that I'm not good at details and I'm not a good -executor because I don't like to get involved in details. And so I surround myself with executors."

Do you consider yourself a great leader?

"I think I'm maximizing my leadership skills. And I believe anyone can."



#### Welcome All Visitors!

With the great warm weather we would like to welcome family and friends to come visit Mrs. LauraBell Imus.

She is currently residing at the Imus cabin on Nelson Rd. and is doing great as well as getting a little stronger each day.

Because of her delicate nature it is unsafe to her and her health to do any kind of moving, which is why she is unable to attend some of the family and community functions, which we are sure you all understand.

Below is a schedule of appropriate times when to visit. Please keep in mind that it is crucial she gets her rest to keep her strength as well as keep her daily schedule of eating, napping, and exercising.

> From 12:00am to 6:00pm Monday ★ Thursday ★ Friday ★ Saturday

On a special note-Monya likes music, candles, pink lemonade, orange juice, and pictures. If you would like to bring her a gift you are more than welcome.

Our grandmother is in a delicate state and it is important when visiting to be respectful. You can help us by watching your children and being alcohol free while around her. We will greatly appreciate this.

If you have any questions you can contact Patricia Cesspooch through FaceBook. We hope to see you soon!

"Congratulations To Our Little Girl, Mattia Elaine Majenty!"

Our little girl has graduated from kindergarten. We are so proud of her!! We know she will do good in 1st grade. We're very proud of you Mattie and love you very much!



Love, Mommy, Daddy, Cheyenne, Marvin, Willow & Marya

CONGRATULATIONS TO THE GRADUATES OF YALENTINE ELEMENTARY SCHOOL 2011

- Johnathan Goldenstein; 8th
   Grade
- Aprol Mapatis, 8th Grade
- Mattia Majenty, Kindergarten
- Bobby Rose Goldenstein;
   Kindergarten
- Marium Cook; Kindergarten
- Cyann Honga; Kindergarten



- Leigh Walema; Kindergarten
- Yernon Haratone; Kindergarten
- Pheonix Whatoname; Kindergarten

Good luck and congratulations on the next step in your education journey!!

The following received their incentives which requires the C.i.B.'s to be documented with JOH.

- Johnathan Goldenstein
- · Bobby Rose Goldenstein
- · Mattia Majenty

Again Congratulations!!!

Yalentine JO,M, & The JO,M, Committee

June 18th
Happy Birthday little brother,
Marshall "Bunz" Manakaja. We
love you, you are a very bright
kid and we are proud of you.
Hope you get everything you wish

Love, Sister Michelle, Willie & Angela

Contestant at Flagstaff All Indian 4th of July Rodeo/Pow wow, many moons ago. Who am I?



#### Way To Go Tyrone!

Social Service would like to congratulate Tyrone on his big accomplishment. Keep up the hard work Ty.

#### **Perserverance Pays**

JC Amberlyn / Staff Photographer / kdminer.com

The Larson Life Skills winners for this month won for "Perseverance." From left to right in front of the school Tuesday are John Raines, 9, Tanner Smith, 11, Bryce Brown, 11, and Tyrone Querta, 10.



!!!Happy Belated Birthday!!!

Mattia E. Majenty
June 2nd

June 2nd

Happy 6th Birthday to Our Sweetheart!!
We love you very much and are amazed at how you have grown but you will always be our baby!

You're so beautiful and smart, Happy Birthday!!

Love,

Mommy, Daddy, Cheyenne, Willow, Marvin and Marya

Birchday Wishes

For Anthony Ashlar Siyuja, who turns 12 years old on June 30. You are really growing into a fine young fella. Every time I see you, my heart beats with joy and happiness. I know you will

always make the right decisions with your life. I love you so much, my son. Love, Momma B (Billie)

Happy Birthday Dad June 25th "Edison Manakaja"

Sending birthday wishes your way...hope you have a blast. We love you and thank you fot all that you do... God

Love, Michelle, Willie & Angela

bless!

BIRTHDAY WISHES GOING OUT TO IDELLA KELUCHE. HAYE A GOOD ONE AUNTIE AND BE SAFE. WE LOVE YOU!

LOVE, MICHELLE, WILLIE & ANGELA

Happy Birthday...Billin Grace Imas Jane 26th

l wish you a wanderful and pleasant day filled with gifts, love and laughtar!!! You are beautiful inside and

out. You are strang and bold. You are a loving parson with lots of love. Dar, Killa, Booden & Mar Mary V.



To Anthony Slyuja Happy Birthday Bro

From your elder bre, Dar

June 30th
Happy birthday
where to my eon
Orlando Guaeulal We
love you and are
proud of the fine
young man you have
grown to be. Hope
you have a blast on
your special day and
you get everything
you wish for, have
fund

Love, mom, Withe & Angela



#### I Won't Let Go By: Rascal Flatts

Song dedicated to my husband Wayne, Jr.
Thanks for all the years we've been together, through all our ups and downs.

It's like a storm that cuts a path
It breaks your will it feels like that
You think you're lost, but you're not lost
On your own, you're not alone

I will stand by you, I will help you through
When you've done all you can do
If you can't cope
I will dry your eyes, I will fight your fight
I will hold you tight and I won't let go

It hurts my heart to see you cry
I know it's dark this part of life
Oh it finds us all and we're too small to
Stop the rain, oh but when it rains

I will stand by you, I will help you through
When you've done all you can do
And you can't cope
I will dry your eyes, I will fight your fight
I will hold you tight and I won't let you fall

Don't be afraid to fall
I'm right here to catch you,
I won't let you down
It won't get you down you're gonna make it
Yeah I know you can make it

Cause I will stand by you,

I will help you through

When you've done all you can do

And you can't cope

And I will dry your eyes, I will fight your
fight I will hold you tight and I

won't let go

Oh I'm gonna hold you and I

won't let go Won't let you go, No I won't

Thank you community for allowing me to continue to serve you as the Vice-Chairman and Acting Chairman for the tribe. I have had the privilege of learning what it takes to be a chairman. Good luck on the one you choose to run our nation. Thank you for your votes. God bless to all of you who read this.

TO: THE GAMYU

From: Richard A. Walema, Sr. Dear Community Member's

On June 2nd, 2011, we had our primary election for a Chairperson to fill the vacant seat of the Chairman, my sincere regards to my friends and 38 of my relatives who came out to vote, although I didn't campaign like Louise and Candida did, now is the right time that you choose who you think will excel in the political venue to lead the nation.

I can't sell any one of you tribal member's a political ticket, some are good at what they write on paper, and/or promise what they will do for you, as I was reading there requests of your vote, this is a small community and they have a lot to offer you, but whoever you vote for and that person wins to be your leader will be in the position as Chairwoman for 9 months.

When the petitioner accomplished her goal by removing the Chairman she had shared a little bit on what other men and former political leaders wanted to do to me and remove me from the office of the Vice-Chairman's seat and she said they were on their own, and I'd like to apologize to my brother Bruce's friend for coming into my office to express the outcome of what took place, and what comments I made in a public speech to this lady, in a council meeting. But as the court proceeding to ok place in tribal courts, watching, sitting and listening a little bit of the court of appeals and now I believe that there was misconduct, family and corruption that involved the removal. When community members spoke of the threats that the Chairman's family were saying and going to do, I didn't want to believe it but it happened. I walked out of the court room, thinking back what these guys who were young then did to drunk community member's in the 70s and middle 80s. These characters lived in Kingman and Seligman.

Shame on his own blood line relatives that started the cause and pulled out of it and acted like he did no wrong to his uncle and other's in the past, but people like them who have no remorse I sit here in my office reading the books of what our leaders have developed for us elected people to use as our guideline to follow and protect the rights of our nation.

I read an e-mail message from an elderly woman and she is worried where our tribe will go and all the people she dislikes for being elected to run our tribal government and mentioned that she was voting for a former leader and the trust she has in her, but remember when the 2008 members took the oath of office hav unraveled

For the (2 or 3) veterans you hang tough and may you continue to strive for the best in what life still offers you. On May 31st, a package was mailed and I received on June 7th, low and behold a medal was sent back and it was a Purple Heart, it was awarded to me in front of the community 16 years ago at the Hualapai Gym, back then June of 1995. I was very proud of it. Louise and the late Delbert Havatone presented it to me, like I said back then I was proud to receive it and the second time around it means nothing to me just another medal that causes other men to feel the way they do, and I have no trust in them, or a few of his friends. Especially when you were loyal in helping the veterans organization and families by providing military awards ceremonies and funeral details in respect of their service member who serves with honor's that they deserve. How hateful this man is, Joel, thanks for our talk. It was like a miracle, they can keep the medal but I will keep the 30 percent disability. But, I will continue to hold my head up high and live my life to the fullest until it's my turn to stand at the kingdom's door. Vote for who you think is honest and will not take favors from Jin or our other relative that Louise highly thinks of, enough of telling you what to do and not do. After all I am glad I had the opportunity to sit in as acting Chairman, twice in this time of crusade we are trying to unravel and staying late, from time to time. I think of what an elderly woman said to me "don't do that", don't stay late, the people don't care about you and they don't pay you overtime, but it's the pride I take until my term in office is complete, there are things I need to do. During the day, it's about the people who have complaints on the court's

prosecutor's, Law Enforcement, and families looking for housing. Right now I have 1 adult tribal member in need of a home and she is not in good health. Despite of what her brother's and relatives done, I a trying to find a solution to resolve her concerns and issue's. It is part of the job, like the old saying goes, what goes around comes around. When this letter is submitted to our local paper, I will have 345 days left in office. As the service member use to say "Hell Yeah!", I am a short timer and I want to say thanks to Webster and a few of the men who sat as tribal leaders, it doesn't take over night to make things to move or happen and that is true. When Webster was on council, in Hualapai he would say slow down boy, it won't happen overnight. Think about it, and take your time to learn. I would also like to thank my Walema Family for not coming in and asking for favor's, if you did without me not knowing shame on you. Well I have no regrets, something I will remember and add on to my resume and say to myself another accomplishment I've completed as a tribal member.

Thank you, Sincerely

Richard A. Walema Sr.

Hualapai Tribal Youth Council

Youth Bird Gathering

"Honoring our past ... continuing the legacy."

Plenty of food ...

Plenty of fun ...

Bring your family and friends

and enjoy a day of

Bird Singing and Dancing!

All Bird Singers & Dancers Welcome

Men & Women Jr. & Sr. Dance Contests

Free & Open to the Public A drug & alcohol free event

Free Lanck & Dinner
By: Hop Heaven BBQ
Entertainment Provided
By: Fiesta Mexicana
Dance Company

Saturday July 23, 2011
11:00AM to ??:??

Music Mountain

High School Campus
16500 E. Route 66

Peach Springs, AZ

Lodging information for July 22nd & 23rd: Hualapai Lodge, 900 Route 66, Peach Springs, AZ (928)769-2230 Request Room Block: Hualapai Youth Services. Rate \$70.00 +10% Tax per-night, cut off date July 15th.

Vendor and information contact:

Hualapai Youth Services POB 360/960 Route 66 Peach Springs, AZ 86434 Phone: (928) 769-2207 Fax: (928) 769-2884 Email: pete.imus@yahoo.com

