

GAMQU



*Representing the Past,
Present & Future
for the Hualapai People*

Saturday October 15, 2011

4:00PM

Music Mountain Campus
16500 E. Route 66
Peach Springs, AZ

Admission
\$5.00 Adults
\$2.00 Children
12 & Under

Should there be inclement weather pageant will take place at the Tribal Gym.

For more information contact:
Darlene Bender or Pete Imus, 928-769-2207
Hualapai Department of Health & Wellness



COMMUNITY MEETING!!

Saturday, October 22, 2011
10:00 a..
Multi-Purpose Building

Agenda:

- Amendments to Constitution
 - \$50,000
- Enrollment - Blood quantum
- Election Ordinance
- Eminent Domain

Refreshments will be provided.

Inside this issue:

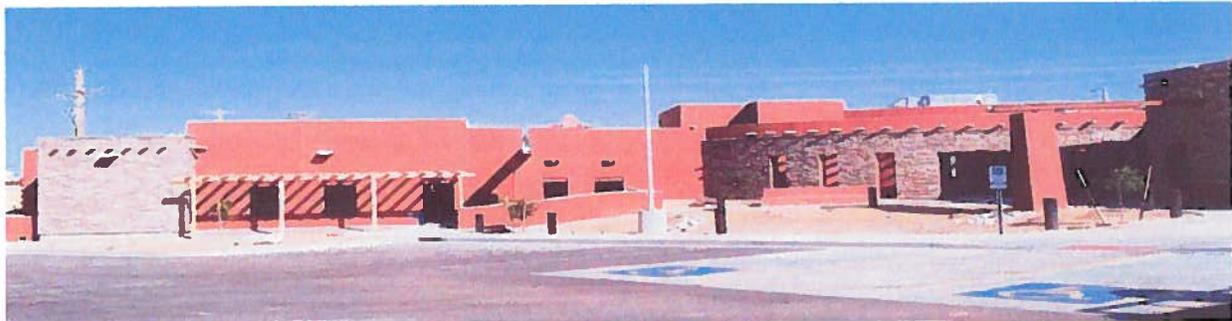
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All tribal members welcome!!

HUALAPAI HEALTH EDUCATION & WELLNESS

GRAND OPENING & OPEN HOUSE

LEARN ABOUT OUR MISSION AS WELL AS OUR
PROGRAMS AND THE MANY OPPORTUNITIES WE OFFER



- **Meet Our Health Education & Wellness Staff**
- **Learn More About Our Services**
- **Discover the Benefits of Each Tribal Program and Ways You Can Help!**

- **Youth Services**
- **Diabetes Prevention**
- **Cardiovascular Risk Reduction**
- **Community Health Representatives**
- **Women's, Infants, & Children**
- **Maternal/Child Health**
- **Medical Transportation**
- **Behavioral Health**
- **In-Home family Support**
- **Meth & Suicide Project**
- **NARCH 5**
- **Underage Drinking**

**THURSDAY
OCTOBER 27, 2011
9:00 AM TO 2:00 PM
BRAND NEW BUILDING
NEXT TO HEALTHY
HEART**

Join us for Lunch! 12:00 pm – 1:00 pm
A Hearty Luncheon will be provided

**Bay diye:vk hwalbay ba:j
ma:d han ja eyi: wasi:vj yu**

We're all in this together to have
a healthy Hualapai Community.

488 Hualapai Way
PO Box 397
Peach Springs, AZ 86434

Phone: 928-769-2208
Fax: 928-769-2884
Email: stwin@hualapaihbe.org



**Hwal'bay Ba:j Enterprises, Inc.
Board of Directors Vacancy Announcement**

The Hualapai Tribe is seeking a qualified candidate for the Hwal'bay Ba:j Enterprises, Inc. ("HBBE") and 'SA'NYU WA, Inc. ("SNW") Board of Directors. One position is vacant.

HBBE, doing business as Grand Canyon Resort Corporation, operates Grand Canyon West, Grand Canyon Skywalk, Hualapai Lodge, River Runners and related businesses. SNW operates the Skywalk. Successful applicants will be interviewed and selected by the Hualapai Tribal Council.

Qualification - knowledge of hospitality and tourism operations, finance, law, marketing and/or business development. Board members are compensated for reasonable expenses to attend monthly meetings in Peach Springs, Arizona and are paid a nominal board fee. Board meets monthly. Committee work will also be expected.

Send a letter of interest and resume to:

Hualapai Tribe
Attn: Chair Woman Louise Benson
P.O. Box 179 Peach Springs, AZ 86434

Fax: 928-769-2343

All applicants will be required to undergo a thorough background investigation.
All applicants must be received by October 31, 2011.

Posted October 4, 2011

Valentine Cemetery Fencing Project

The Hualapai Public Services Department is placing a bid out for the construction of new fencing for the Valentine Cemetery. The project consists of the installation of approximately 900 feet of new 4-wire range fencing and the removal of approximately 500 feet of existing fencing. Wire and posts will be provided by the Public Services Department. A job walk will be performed on Tuesday, November 1st at 11:00 AM. Written bids will be opened in the Council Chambers on Friday Nov 4th at 11:00 AM. The bid will be awarded to the lowest experienced bidder.

To be considered the bid must include the following items:

1. Bid Amount
2. Name and contact information of bidding party
3. Listing of previous fence building experience

Submit Bids To:

Philip G. Wisely
Public Services Director

PO Box 179 Peach Springs, AZ 86434

Or hand deliver to the Tribal administrative building located at 941 Hualapai Way.



Hualapai Juvenile Detention & Rehabilitation Center
PO Box 250/108 Highview
Peach Springs, Arizona 86434
Phone #: (928) 769-1611
Fax #: (928) 769-1655



Gamyu,

Here at HJDRC with hard work, persistence, and prayer we've been able to start our Positive Warrior Work Service "PWWS". We get the name Positive Warrior from the teachings of White Bison's Wellbriety Curriculum that we use here at HJDRC. A positive warrior is one who is willing to work on all areas of life spiritual, mental, emotional, and physical to the best of their ability.

The PWWS program was put in place to allow the youth detained here, whether from Hualapai, or other jurisdictions, to be held accountable for their negative actions that brought them to HJDRC, and give back to the community. They will give back by working on different community projects, functions, or events. They will also give back by helping the elderly or tribal members with yard cleaning, wood chopping, home improvement, etc. The PWWS program will also teach the youth about how to interview for a job, good work ethic, respect, discipline, teamwork, and many types of different work experience. In order for a youth to participate he or she must advance through our level system by participating in all programming provided, completing school work, and by maintaining good behavior. As soon as the youth becomes a level "4" the youth is given a packet which consists of a Liability waiver, rules contract, and a letter of request form. The youth then in his or her own words explains what they will gain or want to learn while participating on the program. Once the paperwork is turned in and processed, the youth will then meet with an interview panel and undergo an interview just like a real job.

So far we have been very busy, we've done various projects utilizing different trades, and job skills, the youth have been able to use and learn welding skills while making improvements to our wood, and landscaping trailer, the youth also constructed a metal shelter for our pottery kiln. The youth also utilized construction skills while constructing our new greenhouse, and helping out with the installation of our solar panels. The youth get down and get dirty doing various landscaping and gardening projects such as preparing our garden beds here at HJDRC, constructing our medicine wheel garden, and cutting weeds. The youth have already cleaned an elder's yard out in the community. We also go out into the country and cut wood for our sweatlodge. The PWWS Crew was able to go down into our beautiful canyon, and gather willows to rebuild the sweatlodge that's used by community members, and the domestic violence group. We were also very fortunate to be able to participate in a reception at the cultural building by singing bird songs. We also got to run in the Indian Day morning run/walk, which the youth enjoyed very much.

So as you can see we have been very busy, and plan to stay busy! I just want to let the community know that we do have request forms here at HJDRC for work or departmental events available. I also want to stress that our main work day is on Saturdays, we may be able to do some small projects or events on other days depending on staffing and availability.

The PWWS program will provide most tools needed to complete work. Depending on the type of project, community members requesting work may have to provide materials.

You can also see pictures and posts about our projects, and even contact me through Facebook, it's on the PWWS profile. With communication and support we can improve the appearance of our community and teach our youth how to be a productive community member. Thank You!

Sincerely,

Leroy Talayumptewa
Program Coordinator
Hualapai Juvenile Detention and Rehabilitation Center
Work (928)769-1611
Cell (928)864-9666

2011-2012 Cultural Arts & Language Program of Classes CAL Class

Hualapai Cultural Center

P.O. Box 310-880 W. Route 66- Peach Springs, AZ 86434 (928) 769-2234/2223

OCTOBER

POTTERY
Fridays: 7, 14, 21, 28 9AM-2PM
Instructor: Brandon Siewyumptewa
Language: Malinda Powskey,
Delores Honga
*FALL BREAK: 10-14
PS Elementary

October 2011						
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November 2011

November 2011						
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NOVEMBER

DRUM MAKING
Fridays: 4, 18 9AM-2PM
Instructor: Clayburn Nodman w/
Billy Wescogame
Language: Malinda Powskey,
Jorgine Paya, Delores Honga

DECEMBER

DRUM MAKING
Fridays: 2, 9 9AM-2PM
Instructor: Clayburn Nodman w/
Billy Wescogame
Language: Malinda Powskey,
Jorgine Paya, Delores Honga
THE WEEKS OF 19-30:
WINTER BREAK FOR STUDENTS

December 2011						
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January 2012

January 2012						
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JANUARY

ETHNOBOTANY
Fridays: 13, 27 9AM-2PM
Instructor: Carrie Cannon w/ Marcie
& staff
Traditional cooking class
Language: Malinda Powskey,
Delores Honga, Jorgine Paya
13th-Intertribal Gathering w/ Mohave
Language: Malinda Powskey,
Delores Honga, Jorgine Paya

FEBRUARY

CRADLE BOARD MAKING
Fridays: 3, 10, 17, 24 9AM-2PM
Instructor: Earlene Achee w/ Delores
Honga
Language: Delores Honga & Malinda
Powskey

February 2012						
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March 2012

March 2012						
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31						

MARCH

BEADING
Fridays: 9, 23, 30 9AM-2PM
Instructor: Jorgine Paya
Language: Malinda Powskey
*SPRING BREAK: 26-30
Possible Fancy Dancing w/ Desirae
Perry
Pow-wow songs w/ Billy
Wescogame. Clayburn Nodman
Language: Jorgine Paya

APRIL

WOOD CARVING
Fridays: 6, 13, 27 9AM-2PM
Instructor: Billy Wescogame w/
Bennett Jackson
Language: Malinda Powskey &
Delores Honga

April 2012						
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May 2012

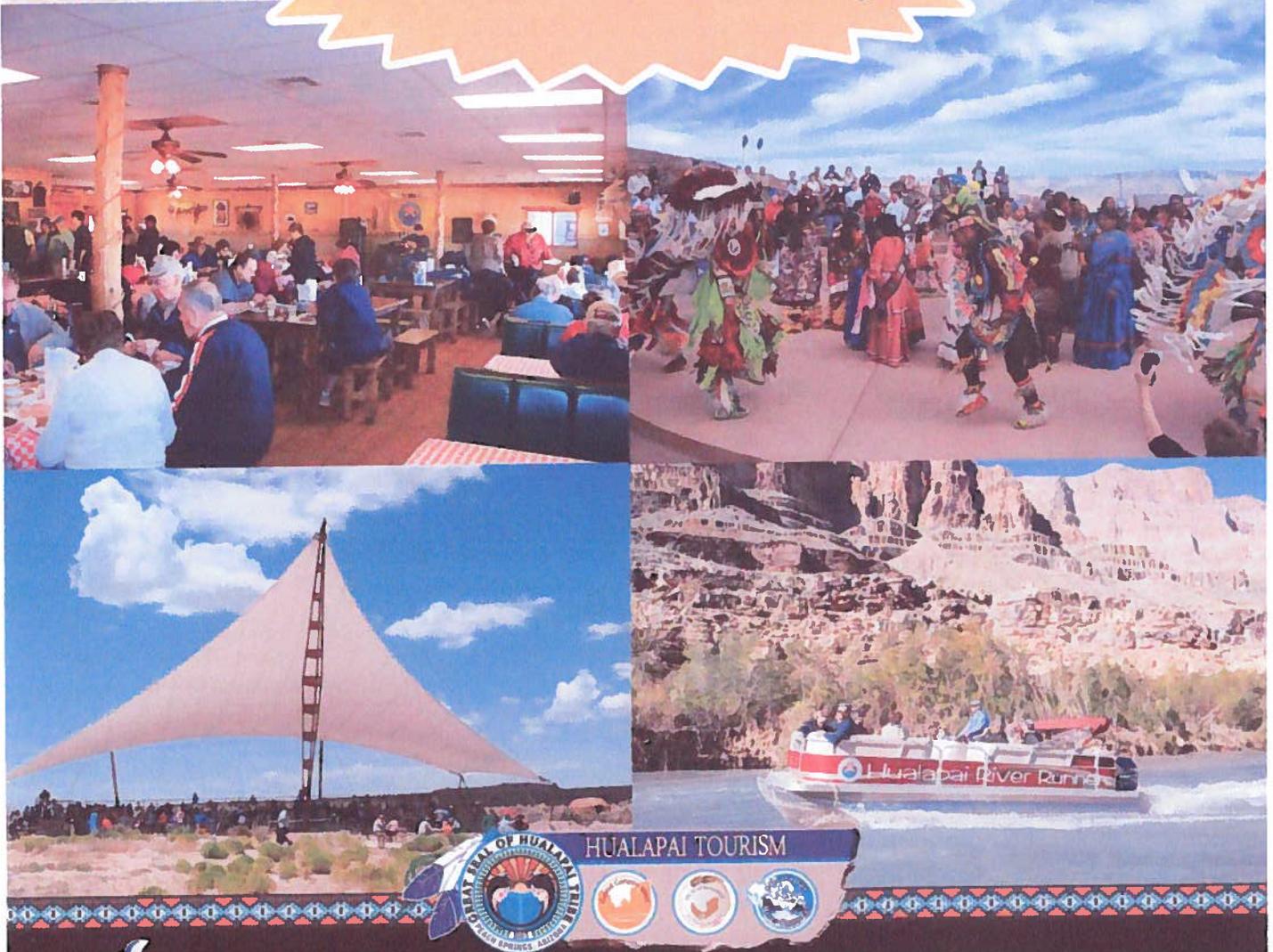
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MAY

BASKET MAKING
Fridays: 4, 11, 18, 9AM-2PM
Instructor: Cornelia Yazzie w/
Delores Honga
Language: Delores Honga &
Malinda Powskey

OCTOBER 3rd 2011 SETS NEW RECORD IN GRAND CANYON WEST HISTORY

4,247
visitors in one day!



*This has been submitted by Best American Destinations
Marketing and Public Relations for Hualapai Tourism*



Celebrate Red Ribbon Week

A Drug Free Life Rocks!



October 24-28, 2011

Monday- Red Ribbon Opening Ceremony/Dedication

Kick off for the Red Ribbon Week; Opening Ceremony, Memorial March for those we have lost or have been affected by drugs/alcohol. Tribal Department Decorating using the theme: "A Drug Free Life Rocks" **Peach Springs Elementary School 8:30 am**

Tuesday- Balloon Prayer Dedication & Release

Come join us to dedicate a balloon to a loved one you've lost due to substance abuse.

Pow Wow Grounds Behind Head Start 5:30 pm
Judging of the Tribal Department Decorating 9:00 am

Wednesday- Red Ribbon Health Fair

Come visit the Health fair and get involved in wellness activities, your health & well being or get a blood glucose screening.

Hualapai Recreation Tribal Gymnasium, 9:00 am- 1:00 pm

Thursday- Hualapai Health Education & Wellness Grand Opening/Open House

The Health Department has moved to their new location and changed their name, Join us for lunch and learn about our program services and the many opportunities we offer.

488 Hualapai Way, Building next to Healthy Heart 9:00 - 2:00 pm

Friday- Red Ribbon Fun Run/Walk

Walking has great benefits, Walking is easy and the best form of exercise!

Route to be Determined, 12:00 pm

Friday- Harvest Carnival

Harvest Carnival includes the Pie Contest, Halloween Costume Contest, Pumpkin Carving Contest, and Halloween Carnival game booths. Contact Hualapai Recreation, 769-2652

Hualapai Tribal Gym 6:00pm-9:00pm



Individual Flyers will be posted for each of these events. For more information contact Charlene Imus, 928-769-2208 ext. 215





Celebrate Red Ribbon Week

A Drug Free Life Rocks!



October 24-28, 2011

Red Ribbon Health Fair Registration

Wednesday October 26, 2011

9:00 AM to 1:00 PM

Hualapai Tribal Gymnasium

930 Rodeo Way Peach Springs, AZ

The purpose of the Red Ribbon Health fair is to educate the community on health issues and prevention. The Red Ribbon Week is a drug prevention campaign. Registrants are asked to make your booth interactive, by engaging the public by providing wellness activities.

Submit completed registration form by Monday October 24, 2011

Organization/Dept. _____

Contact Person _____

Phone _____ Email _____

Incentives/Give away Items that are provided for the children should be a healthy alternative to candy, such as tattoos, stickers, pencils, popcorn or pretzels.

Please plan to provide your own electric power cords if needed.



For more information contact Charlene Imus,
928-769-2208 ext. 215 or Fax completed form
to 928-769-2884 or 2588





Hualapai Tribal Youth Council

Service Hours

The HTYC Members are looking for volunteer opportunities.

HTYC Members are required to volunteer a number of service hours. If tribal departments are looking for extra hands and willing to teach HTYC Members about your tribal department, program, community event, while they perform service hours please contact the Youth Services Office. HTYC will identify a service project Members can accomplish together to conduct on Fridays. HTYC are available most Fridays and weekends to perform service hours.

New Meeting Night & Tribal Department Presentations

Starting Thursday October 27, 2011, the HTYC will be changing their regular weekly meeting night from Tuesday evenings to Thursday evenings at 7:00PM at the Hualapai Department of Health & Wellness located at 488 Hualapai Way in Peach Springs, AZ. Supper is provided on a first come first served basis. Meetings are open to all youth in the Peach Springs community ages 14-25.

Tribal departments and committees are invited to do 30 to 60 minute presentations to the HTYC at their Thursday evening meeting. This will give an opportunity for your tribal department to educate Members on your work and also hear feedback from HTYC Members. Contact the Youth Services Office to schedule your department presentation.

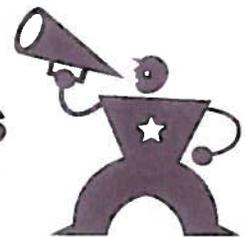
Parent Luncheons

Starting Friday November 4, 2011 HTYC will host parent luncheons to share with their parents progress, highlights and activities in HTYC and the Youth Services Office. Youth, parents, tribal leaders who are interested in HTYC are welcome to these luncheons. Lunch is first come, first served.

Friday Service Projects and Programming

On Fridays HTYC will identify a service project and begin work at 9:00AM, lunch at 12:00PM and programming from 1:00 to 3:00PM. Programming will be provided by the Youth Services Office which will include leadership, public speaking, Youth For Tribal Government, and learning more about their roles as HTYC Members. Other curriculum offered will be Project Alert, Wait Training, Social Skills.

Language Volunteers Needed!



HTYC are looking Hualapai speakers to volunteer and share their knowledge of the Hualapai language with youth!

The first hour of the first Thursday of each month will focus on learning the Hualapai language.

If you are a Hualapai speaker and would like to teach the youth, please step forward! Contact the Youth Services Office for more information or to volunteer!

"I suppose leadership at one time meant muscles; but today it means getting along with people."

- Mohandas Gandhi

Hualapai Youth Services
Hualapai Department of Health & Wellness
POB 397/488 Hualapai Way
Peach Springs, AZ 86434
Phone: 928-769-2207 Email: pete.imus@yahoo.com



Hualapai Adult Detention Center
P.O. Box # 69
924 Rodeo Way
Peach Springs, AZ -86434-
Phone #: (928) 769-2345
Fax#: (928) 769-2459



NEW VISITATION DAYS AND HOURS

EFFECTIVE OCTOBER 16, 2011

WEDNESDAYS 6:00 PM TO 8:00 PM
SUNDAYS 2:00 PM TO 5:00 PM

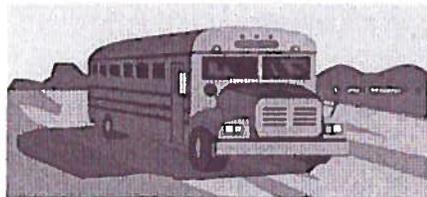
VISITATION RULES

- 1. ALL VISITORS MUST PROVIDE SOME FORM OF PICTURE IDENTIFICATION TO THE OFFICER/S/ IN EXCHANGE FOR A VISITOR PASS.**
- 2. VISITATION WITH AN INMATE IS LIMITED TO 15 MINUTES (ONLY 4 PEOPLE ALLOWED IN VISITATION ROOM PER VISIT)**
- 3. NO ONE UNDER THE AGE OF 18 IS ALLOWED UNLESS ACCOMPANIED BY A PARENT OR GAURDIAN**
- 4. IF A PERSON IS INTOXICATED OR SMELLS OF ALCOHOL, A PORTABLE BREATH TEST CAN BE CONDUCTED FOR EVIDENCE OF BLOOD ALCOHOL CONTENT OF THE INDIVIDUAL***VISITATION WILL BE DENYED**
- 5. ALL PURSES/BAGS MUST BE LEFT IN YOUR VEHICLE OR LEFT IN THE CONFERENCE ROOM AREA**
- 6. ALL VISITORS MUST BE DRESSED APPROPRIATELY**
- 7. NO FOOD OR BEVERAGES OR OTHER PROPERTY IS ALLOWED IN THE VISITING AREA**
- 8. IF YOU HAVE BEEN INCARCERATED WITH IN THE LAST 90 DAYS YOU WILL NOT BE ALLOWED VISITATION**

IF YOU ARE A VICTIM OF THE INMATE YOU WILL NOT BE ALLOWED ANY TYPE OF COMMUNICATION WITH HIM / HER.

*** PLEASE BE AWARE THAT THIS IS SUBJECT TO CHANGE WITH OUT PRIOR NOTICE, THE INMATE CAN LOSE VISITATION RIGHTS DUE TO INAPPROPRIATE BEHAVIOR, VISITION IS A PRIVILAGE DO NOT NEGLECT THIS PRIVILAGE ***

Education & Training Information



PEACH SPRINGS SCHOOL

P.O. Box 360

Peach Springs, AZ 86434

(928) 769-2613

Mr. S. Dunsmore, Superintendent

October 7, 2011

Thank You!

Dear Parents and Guardians,

Thank you to all of the parents and guardians who signed and turned in the back page of the Peach Springs School Student Handbook. Your signature on this page:

- Allows your child to use the internet for educational purposes at the school.
- Allows the school to publish your child's name/photo in the Gamyu for recognition of accomplishments.

If you have not already turned in the signature page, please ask for a copy at the school's reception office.

Thanks again,

Scott Dunsmore
Superintendent

Cross Country Results

Lake Havasu Invitational Sept. 24, 2011

Out of 63 boys:

- Jose Beltran placed 3rd
- Tommy Beltran placed 5th

Out of 57 girls:

- Teresa Suminimo placed 4th

Kingman Invitational October 1, 2011

Out of 58 boys:

- Jose Beltran placed 4th
- Tommy Beltran placed 10th
- Tino Cordova placed 11th

Out of 53 girls:

- Teresa Suminimo placed 4th
- Breanna Watahomigie placed 14th

Congratulations!

Thanks to all of the parents and guardians of Ms. Imus's 2nd grade students who attended the Parent/Teacher Conferences on Tuesday, October 4th. If you were there, your child received an ice cream cone from his/her teacher, Ms. Imus.



Promoting Understanding In Math

- Point out ways you use math in everyday life. When you are shopping together, have your child compare prices and choose the best buys.
- Give your child the opportunity to handle dollars and cents. Have him or her find the correct amount to pay for a meal or calculate a fair tip.
- Show your child how to divide a cake or pie into similar pieces for a number of guests. This is fractions at work!

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Mohave County

ARIZONA COOPERATIVE
EXTENSION



THE UNIVERSITY OF ARIZONA, COLLEGE OF AGRICULTURE AND LIFE SCIENCES

101 E. Beale Street, Suite A • Kingman AZ 86401-5808
PHONE: (928) 753-3788 • FAX: (928) 753-1665 • Website: <http://cals.arizona.edu/mohave/>



4-H Youth Development

Workshop for Educators/Teachers

Saturday, December 3, 2011 (9:00 AM – 12 Noon OR 1:15 PM – 4:15 PM)

Mohave County Agricultural Center (101 E. Beale Street, Kingman, AZ)



Speakers: Nina Brackett / Mohave County School Gardening,
Howard Noble / 4-H School Enrichment Program,
Linda Reddick / Mohave County Master Gardener,
and other School Gardening Volunteers.

4-H School Enrichment lessons on:



- Agriculture in the Classroom
- Arizona Specialty Crop Lessons
- Arizona Farm Bureau Resources
- Arbor Day Foundation Resources
- AZ Nursery Association Resources



- Workshop certified teachers will receive a hands-on classroom kit (ready for 30 STUDENTS) and continuing education credits as approved by the Mohave County School Superintendent's Office, Mike File.
- Workshop certified teachers will have priority for classroom visits and/or usage of the 4-H classroom kits.

Questions? Information? Please contact Nina Brackett at (928) 753-3788 or Email: ninab@cals.arizona.edu

Workshop for Educators/Teachers: Saturday, December 3, 2011 (9:00 AM – 12 Noon OR 1:15 PM – 4:15 PM)
Mohave County Agricultural Center (101 E. Beale Street, Kingman, AZ)

Early Registration Ends Monday, November 21, 2011 at 5 PM

**Cost: \$5 CASH with Registration in advance at the Mohave County Agricultural Center,
Or \$10 Check with Registration in by Mail before Nov. 21, 2011.**

Optional: Email/FAX registration in by Monday, November 21, 2011, and pay \$20 CASH at the door.

Name: _____ School/Organization _____

Mailing Address: _____ City: _____ ZIP Code: _____

School/Employer Address: _____ City: _____ ZIP Code: _____

Position/Grade Level: _____ Subjects: _____

Years in present position: _____ Classroom size/ students: _____ Years as an Educator: _____

Email: _____ Phone: _____ Cell: _____

First 10 PAID-registrations will receive the education kit worth over \$50 (new teacher only).

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, the University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities. Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Vicki Coombs, Administrative Assistant, (928) 753-3788. Requests should be made as early as possible to allow time to arrange the accommodation.



2011 Native Women & Youth in Ag Annual Writing Competition

Sponsored By: USDA Office of the Secretary-Tribal Relations and Intertribal Agriculture Council.

ESSAY TOPIC: "What Should Indian Agriculture Look Like 25 Years From Now?"

(Research & talk to your elders about what the past 25 years of agriculture was like and then write about what you think the next 25 years will be like.)

DEADLINE: 5:00 PM (MST) NOVEMBER 4, 2011

Who Is Eligible? Young Native American Women & Men who will be entering grades 9-12 in the Fall of 2011. Graduates of May-August 2011 are also eligible to enter. Must be a member of a **Federally Recognized Tribe**.

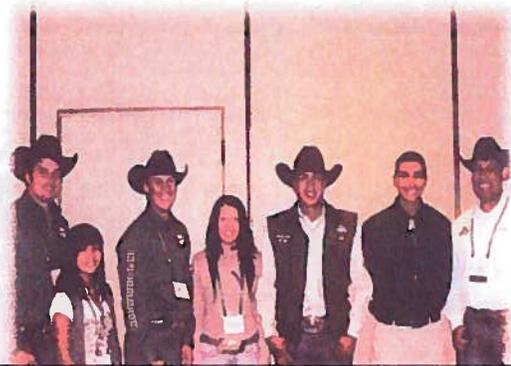
Winners & Prizes: Three (3) finalists will be announced the second week of November 2011 & provided an all-expense paid trip (including one (1) chaperone) to the 2011 Intertribal Agriculture Council annual meeting in Las Vegas, NV December 5-9, 2011. Finalists will be awarded several other special prizes presented at the Awards Luncheon & will serve as Ag Ambassadors in 2011/2012. Each finalist is required to read a short introduction and their original essay at the Awards Luncheon.

Guidelines:

- 3-6 pages in length
- 3-5 sentences about yourself
- Typed
- One-inch margins
- Double spaced
- 12-point font
- 3-5 sources

Judging Criteria:

- ✓ Creativity
- ✓ Quality of Sources
- ✓ Quality of Grammar
- ✓ Spelling & Punctuation
- ✓ Organization of information
- ✓ Length of entry
- ✓ Documentation of Sources (3-5 sources required)
- ✓ Appropriate information for the topic: solution driven (researched criteria) NOT issue driven information



2010 Essay Finalists posing with 2010 INFR All-Around Champion, Joe Wilson, 6-time INFR World Champion Saddle Bronc Rider, Marty Hebb, 4-time INFR qualifier, Derrick Begay & 2008, 2009, 2010 INFR Announcer of the year, Ray Champ at the Awards Luncheon photo op.

All entries ***MUST BE ACCOMPANIED*** by a separate sheet containing the student's name, address, telephone number, email (if available), school attending & Tribal affiliation.

Send Essay Submission to:

Native Women & Youth in Ag
c/o Vicki Hebb, Executive Director
PO Box 217
Cherry Creek, SD 57622
Email: vicki.hebb@indianaglink.com

Phone: 605.964.4342

Note: all entries will be used in future publications & for PR purposes

Entries may be mailed (postmarked 11/04/2011) or emailed (re: **NWYIA ESSAY CONTEST**)

Native Americans to Work Project (NAWP)

The California Indian Manpower Consortium, Inc. (CIMC) is a non-profit whose mission is "To create positive change in Native communities." Through the Native Americans to Work Project (NAWP), VISTA members will work directly with employment and training programs that serve Native American communities in both rural and urban settings. Members will work on various projects related to job readiness, green job initiatives, leadership or entrepreneurship. CIMC is looking for individuals who are committed to helping Native communities become self-reliant, strong and successful. Looking to recruit for November 2011 start date! Must have a car and be able to submit a 2-3 page writing sample.

Further help on this page can be found by [clicking here](#).

Member Duties : Develop or improve job readiness, entrepreneurship, leadership, and green job initiative trainings. Identify and contact potential funders and supporters. Create and update trainings and workforce materials. Explore how social media can be used with Workforce Development programs. Research and write grants. Assist in the sustaining of employment and training programs. Recruit volunteers and partners. Organize, staff and manage workshops or trainings that pertain to the goals of the NAWP program. Considerable outreach to the community. Establish consultations with Tribal Colleges, local universities, and potential employers. Public speaking.

Program Benefits : Childcare assistance if eligible, Choice of Education Award or End of Service Stipend, Education award upon successful completion of service, Health Coverage, Living Allowance, Relocation Allowance, Training.

Terms : Prohibits paid work outside of the sponsoring agency at any time.

Service Areas : Community and Economic Development, Community Outreach, Children/Youth, Education, Entrepreneur/Business, Environment, Hunger, Neighborhood Revitalization, Technology.

Skills : Business/Entrepreneur, Communications, Community Organization, Computers/Technology, Conflict Resolution, Education, Fund raising/Grant Writing, Leadership, Public Speaking, Recruitment, Teaching/Tutoring, Trade/Construction, Writing/Editing, Youth Development, General Skills.

Apply Now!
Refine Search

SUMMARY	
Program Type:	AmeriCorps VISTA
Program	Native Americans to Work Project (NAWP)
Program Start/End Date	11/01/2011 - 11/01/2012
Work Schedule	Full Time
Education level	College graduate
Age Requirement	Minimum: 18 Maximum: None
Program Locations	ARIZONA, CALIFORNIA, NEW MEXICO
Accepting Applications	From 09/01/2011 To 10/14/2011

Contact Nicky Lambert
738 North Market Blvd.
Sacramento CA 95834
(916) 920-0285
nicky@cimcinc.com
www.cimcinc.com

Please share this with any one you know who would be interested in serving with the NAWP as well as any potential sites.

A few things to remember:

- All applicants must apply online
- Non-Native applicants must have a Bachelor's Degree/ Local Natives do not need a degree
- All applicants must submit a 2 – 3 page writing sample



Health & Safety Information

“In the early dawn of the morning, or in the setting dusk of night is when walking, for me is most valuable.

You are watching either the birth, or the death of a day.”

~Author Unknown.

Spiritual Walk

Mark your calendars for:
the 2nd and 4th Tuesday of
every month @ 5:30 pm

*the rodeo circle
snacks included*



- August 23
- September 13
- September 27
- . October 11
- . October 25
- . November 8
- . November 22
- . December 13
- . December 27

Participate in 5 of the 9 and earn your sweatshirt.

Sponsored by the Healthy Heart Program (769-1630)

5 Fall Superfoods You Need to Eat

Healthy in-season bites!

by Nicolette M. Pace MS, RD, CDE, CDN, CFCS | FNC iMag / www.fncimag.com

With all the hype over exotic foods, local and seasonal superfoods may have taken a back seat on the nutritional food chain. What you may not realize though, is that some of your fall favorites are super-charged with nutrients. Here are five autumn eats that will give your body a boost!

- 1. Apples.** Who doesn't associate the fall with apples? Turns out apples are not only delicious, but as we enjoy the sweet taste and super crunch, apples strengthen the lining of our mouth, digestive organs and even our airways. Apples contain vitamin C (which our skin needs for collagen production) and help maintain the body's natural physical barriers to fight infection and help it flush out invaders. This super fruit is also a rich source of fiber and can help to keep your cholesterol levels healthy.
- 2. Grapes.** These juicy beauties contain a myriad of health benefits. Grapes and parts of the grape plant contain very powerful plant chemicals that involve polyphenols, flavinoids and resveratrol. These antioxidant chemicals help keep us healthy, slowing down aging and decreasing inflammation from arthritis, heart disease and other conditions.
- 3. Cauliflower.** Don't discount the "cousin of broccoli" for its health benefits. Its nutritional value equals others from the cabbage family. It is especially low in calories, contains vitamin C and powerful plant chemicals called indoles and isothiocyanates. These chemicals are associated with decreasing the risk of many cancers especially those of the prostate. It's also is high in water content and fiber making you feel full with fewer calories and helping you manage your weight and appetite.
- 4. Winter Squash.** Winter squash has immeasurable benefits that stem from a healthy dose of vitamin A from carotenoids, which help to keep your red blood cells healthy. This helps to promote a healthy immune system, allowing you to fight off infection and recover faster when you do get sick. Winter squash can also prevent heart disease, aging and some cancers and is great for your vision.
- 5. Beets.** Underrated and under-appreciated, this vegetable is oh-so-powerful. Beets are rich in antioxidants like folate, vitamin C, copper and manganese and a class of plant chemicals called betalains. They relate to the striking color of beets, which help the body manage inflammation and pain, and have been implicated in helping to support nerve tissue health. For a natural and healthy detox, rethink beets for improving digestion and helping in naturally lowering body toxins.

Nicolette M. Pace MS, RD, CDE, CDN, CFCS is the founder and President of NutriSource Inc. a community based private practice that specializes in the delivery of Medical Nutrition Therapy, Diabetes Self Management Training, Health and Behavior Intervention and lifestyle counseling.



A PROGRAM FROM MERCK
JOURNEY FOR CONTROL
Addressing Diabetes Education

JourneyForControl.com 01

Carb Counting Quick Reference

The "Nutrition Facts" label on packaged food tells you how many carbohydrates are in the food. But some foods, such as fresh vegetables, don't have labels. Or you may be eating away from home, where food is already removed from its packaging. If you are counting carbs, learn the serving sizes of carbohydrate-containing foods that you eat often. Use this chart to look up the serving sizes of many common foods.

Remember: 1 serving of these foods = 1 carbohydrate serving = about 15 grams of carbohydrate = 1 carb.

Grains (starches)

Bagel	1/4 (1 oz)
Bread (white, whole-wheat, pumpernickel, rye)	1 slice (1 oz)
Crackers (white flour)	6 crackers
Doughnut (small, glazed)	1/2 doughnut
Graham crackers (2 1/2 inches sq)	3 crackers
Muffin (small)	1/2 muffin (1 oz)
Oats (cooked)	1/2 cup
Pasta	1/2 cup
Pita bread (6 inch)	1/2 pita
Popcorn (low-fat)	3 cups
Pretzels	3/4 oz
Rice (white or brown)	1/2 cup
Tortilla (6 inch, corn or flour)	1 tortilla
Tortilla chips	9-13 chips (3/4 oz)

Starchy Vegetables and Beans

Beans (garbanzo, pinto, kidney, white) and peas (split, black-eyed)	1/2 cup
Baked beans	1/2 cup
Corn	1/2 cup
Lentils	1/2 cup
Peas (green)	1/2 cup
Potato (baked or boiled)	1/2 cup or 1 medium (3 oz)
Potato (mashed)	1/2 cup
Winter squash	1 cup

Fruits

Apple (small, unpeeled)	1 apple (4 oz)
Applesauce (unsweetened)	1/2 cup
Apple juice	1/2 cup
Banana (small)	1 banana (4 oz)
Blueberries or blackberries	3/4 cup
Cantaloupe (small)	1/3 melon (11 oz)
Fruit cocktail	1/2 cup
Grapes (small)	17 (3 oz)
Orange (small)	1 orange (6 1/2 oz)
Orange juice	1/2 cup
Peach	1 medium (6 oz)
Peaches (canned in syrup or juice)	1/2 cup
Pear (large)	1/2 (4 oz)
Pineapple (canned)	1/2 cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries

Dairy Products

Ice cream	1/2 cup
Milk (skim, 1%, 2%, whole)	1 cup
Pudding (fat-free or whole)	1/2 cup
Soy milk (fat-free or low-fat)	1 cup
Yogurt (fat-free, plain, or fruit-flavored)	.6 oz
Yogurt (frozen, fat-free)	1/3 cup

Source: Exchange Lists for Meal Planning. American Diabetes Association, Inc., and the American Dietetic Association, 2003.

Adapted from the Diabetes Go-To Guide created by Krames in collaboration with the American Diabetes Association.

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This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.

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Guidelines for Healthy Eating Away From Home

Fast Food Choices

Going out to eat used to be a treat. Going out to eat didn't happen often. It was a special event. For many people, going out to eat meant eating anything you wanted.

Now it is common to eat out many times a week. Fast food, cheap food, can be found almost everywhere. Portion sizes have become larger.

We need a new plan for eating out!

Try this: whenever you eat out, try choosing healthier meals. Look at the numbers on the right. You can eat out and eat healthily!

Instead of ...

Try These Foods ...

McDonalds®	<i>Calories</i>	McDonalds®	<i>Calories</i>
Big Mac®	560	Chicken McGrill® no mayo	300
Large french fries	520	Side salad with low-fat dressing	70
Regular soda (medium)	210	Diet soda (medium)	0
Total calories	1290	Total calories	370

Burger King®	<i>Calories</i>	Burger King®	<i>Calories</i>
Whopper® with Cheese	780	Hamburger	320
Medium french fries	360	Side salad with lite dressing	55
Chocolate shake, small	420	Iced tea with sugar substitute	0
Total calories	1560	Total calories	375

Taco Bell®	<i>Calories</i>	Taco Bell®	<i>Calories</i>
Taco salad in a shell	830	Bean burrito	370
Regular soda (medium)	210	Water	0
Total calories	1040	Total calories	370

KFC®	<i>Calories</i>	KFC®	<i>Calories</i>
Hot Wings™	350	Tender Roast Chicken, no sauce	270
Potato wedges	260	Corn on the cob, 3"	70
Total calories	610	Total calories	340

Wendy's®	<i>Calories</i>	Wendy's®	<i>Calories</i>
Breaded chicken sandwich	450	Grilled chicken sandwich	295
Baked potato with cheese	340	Baked potato with salsa	300
Coffee with cream	20	Coffee with nonfat milk	5
Total calories	810	Total calories	595

Hualapai Head Start

Free car seats

Free car seats

Free car seats

Hello my name is Joann DeMent,

I am your Safety Coordinator for the Hualapai Head Start. On August 8, 2011, I went to Albuquerque, to become a Certified Child Safety Technician. When I was up there I met several people that were involved with this project and what a wonderful project this is.

One of the people I met was a distributor of kid safe car seats, for the state of Arizona. She was so please with the dedication and the hard work of my husband and I that she wanted to give us an additional (300 Hundred car seat) for the Hualapai Tribe instead of the 57 which is the amount of students that are enrolled at the Head Start center.

I was so, Thankful and Pleased that all of the children here on the reservation could get one. So on October 21, 2011 at the Prosecution Office from 9:00am till 2:00 pm, we will be giving out car seats throughout the community. If you are expecting and need a new infant seat I have those too. I will be the installer of car seats that day.

So mark your calendar for October 21, 2011 and come out. I also have booster seats for children up to 100 pounds. This is a one way of making sure that every child will be safe while riding in the car. Seat Belts and Car seats save lives. Make sure that you wear your seat belt and make sure that your child is in a proper car seat. Our Children learn from us so if we can show a good example they will follow.

Thank You,

Joann DeMent

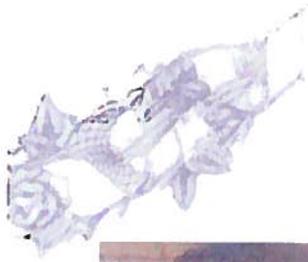
Safety Coordinator,

Hualapai Head Start



Community Messages

In Loving Memory



Released
 I held you close to me
 tried to surround you
 and protected you with my love,
 to keep you safe from all harm,
 but it was not what you needed.

I wanted to keep you for myself
 encircled, sheltered
 instead of allowing you to grow and flourish
 spread your wings
 explore your potential.

I now realize
 I cannot contain you,
 and that your happiness
 is best discovered without me.

To let you go
 knowing I must set you free,
 This is the hardest task I have ever done.

Fly away
 Fly high
 Fly free

Disappear from my sight, quickly
 and do not look back.
 For if you do
 You will see a smile
 covering the broken heart.
 But the tears of loss
 are slowly replaced with tears of joy
 knowing your happiness will soon follow.

May your wings take you
 to magical places,
 and all your dreams
 be fulfilled.
 Be happy in all you do
 and may one day find your true love.
 That is what I have always wanted for you.

Dysie Jones
 9/26/2010

In Memory of Dysie Jones
 September 26, 2010, marks a year that my best
 friend Dysie Jones has passed on.
 Dear Dyseman, I'm sending you this special let-
 ter to you up in Heaven. Dysie, you are very

missed here in Peach Springs by all your family
 and friends. But most of all you left us with a lot
 of good memories and a friendship. At times, as I
 sit home looking out the window asking why did
 my dear friend have to go and leave me so soon.

I miss him so much, his laughter, his craziness play back in my head as I sit and cry holding your memory card and playing our song over and over again.

I could see you dancing and saying could you do that? And every Prom, you came over and would cheer us up to go and you were our only date and those were the best times we would have. I really wish you were still here because you were my best friend I ever had.

I remember the last day I seen you outside of Gram's walking by as you would and said "Bye Wissa, I love you" and I said Were you going to behave. I could feel my heart drop as you kept walking with a big smile on your face, as the night went on I wanted to go look for you, so we could hang out. It was too late, as I heard the copter come and I said prayer, "Dear Lord, let my friend be ok, send hi this way if he has no where to go." I stayed awake watching out if you were going to walk by grams at 6:00 a.m. I finally went to sleep and then was waken by my aunt crying. I already knew it was you, my heart was broken and others called to say what had happened. I was in denial the whole day. I kept crying and praying don't take my friend. But now, I know you are safe and your worries lay to rest. You liked your life and shared your stories.

Dysie Jones, I miss you but I had to let you go. I keep your friendship very close to my heart. We will meet again.

Love always and forever, your friend/sister Carissa



Happy Birthday Mandel Havatone

Oh my goodness, my sonny boy is two already on 09/24/11. Mommy just wanted to post a late birthday. I love you so much son, you are my world, you keep me on my feet each and every day. You are already saying ABC's, counting numbers and colors. I know you even enjoyed your special day. Next year, you will start school and it will be hard to let you go but I'll enjoy all your special memories of when you first go to school and learn what you can.

Happy Birthday Son!

Sincerely your mom, Carissa Cook

**Mandel and I want to thank all the family that came out for Mandel's birthday and thank you for his gifts.



Happy Birthday Lahoma Crook
09/28/11

Omie Cheeks, I know it's a late shout out but I wanted to say Happy Birthday and to keep your head up. I know times are hard and I always get mad at you when you step out of line but you know my reasons. I am glad you are my family. You are so crazy and can bake. I'm so jealous of your pies, but my BLT's are the best, lol. JK. JK. Hang in there and I'm always here for you girly once again. Happy Birthday!

Love always, Wissa Wiss



Congratulations

Honorable Chief Judge D. Yellowhawk on your success!!

Respectfully,
Elizabeth Erickson



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