



# GAMYU

Newsletter of the Hualapai Tribe

Issue # 12

June 07, 2013



## FOR IMMEDIATE RELEASE

# HUALAPAI TRIBE STATEMENT ON CLOSURE OF ROAD TO GRAND CANYON WEST

## MEDIA CONTACT

- Dave Cieslak, Scutari & Cieslak Public Relations for the Hualapai Tribe  
Cell: 480-278-9990 E-mail: [dave@SandCpr.com](mailto:dave@SandCpr.com)

**GRAND CANYON WEST, Ariz.** – The Hualapai Tribe released the following statement about today's blockade of Diamond Bar Road by Mohave County ranch owner Nigel Turner:

"Mr. Turner's shocking decision to close Diamond Bar Road earlier today, then reopen it and resume charging a toll of \$20 per person, serves only to hurt families who come from around the world to visit the Grand Canyon. It's unimaginable that a local ranch owner -- whose business is based entirely around tourism -- would shut down a public road and ruin vacations for thousands of people.

Whether Mohave County officials agree with the federal government, the Hualapai Tribe or Mr. Turner, we ask them to put politics aside and focus on the people who really matter: the tourists. These are the tourists who eat at Mohave County restaurants, buy gas at Mohave County stations and stay in Mohave County hotels. If they want visitors to keep spending money in Mohave County, the Supervisors must direct the County Attorney to secure an injunction and order this roadblock removed today while the other issues are being resolved.

In addition, we call upon the federal government to intervene immediately and take decisive action on behalf of tourists from across the country whose travel plans are being adversely impacted." – Dave Cieslak, tribal spokesman

Tribal Chairwoman Sherry J. Counts wrote a column about the situation in Sunday's edition of the Kingman Daily Miner. Click this link to view her column:

<http://kdminer.com/main.asp?SectionID=36&SubSectionID=73&ArticleID=56515&TM=58288.65>



### GWE SPO:JA YIWO

#### Department of Hualapai Education & Training

P.O. BOX 179  
460 HUALAPAI WAY  
PEACH SPRINGS, AZ 86434-0179  
PHONE: (928) 769-2200 • FAX (928) 769-1101

#### REQUEST FOR BIDS

The Hualapai Education Committee and the Department of Education & Training will host the annual graduates dinner on July 18, 2013 at 1730 at the Multi Purpose Building. We request bids on the following two meals:

1. Steak, baked potato, veggies, bread and ice tea
2. Two tacos (chicken or beef), enchilada, rice, beans, chips, salsa and ice tea

Please submit bid to:

Candida Hunter

Department of Hualapai Education & Training

By June 14, 2013 at 1700

If you have any questions or need further information, please contact Candida at 769-2200 or [hualapaieducationdepartment@gmail.com](mailto:hualapaieducationdepartment@gmail.com)



### HUALAPAI DEPARTMENT OF CULTURAL RESOURCES

PO BOX 310 - 880 W. ROUTE 66  
PEACH SPRINGS, ARIZONA 86434  
PH# 928-769-2223/2234 FAX# 928-769-2235

#### REQUEST FOR COOK BID

The Hualapai Department of Cultural Resources will be hosting the 13th Annual Pai Language Immersion Camp 2013 on July 8-11, 2013. This year's camp will be held at Twenty Pines, Peach Springs, Arizona.

We are seeking a cook and their staff, (who have updated foodhandler's cards) to provide meals for approximately 100 people who will be attending Pai Camp. We would like to serve nutritious meals, snacks, and refreshments (water, juice, coffee, tea, gator drinks) during our camp. The bid will include: purchasing the food, setting up a working kitchen, providing own cooking pots, pans, cooking utensils, everything pertaining to the responsibilities of cooking, prepping, serving and clean up, for each day. Camp will be held for 3 days.

<b>First Day: July 8</b>	<b>2nd Day: July 9</b>	<b>3rd Day: July 10</b>	<b>4th Day: July 11</b>
Lunch (July 8) Arrival to camp	Breakfast	Breakfast	Breakfast
Afternoon snack	Nutritious snack	Nutritious snack	Nutritious snack
Dinner	Lunch	Lunch	Sack lunch
Evening snack	Nutritious snack	Nutritious snack	(campers prepare to leave camp)
	Dinner	Dinner (Frybread Tacos)	
	Nutritious snack	Children's Pow Wow night	
		Nutritious snack	

Please submit your bid to the Hualapai Department of Cultural Resources, include contact phone number and e-mail. If there are any questions, regarding meals, please contact Marcie Craynon at 928-769-2234 or e-mail: [mcraynon@yahoo.com](mailto:mcraynon@yahoo.com). Bid closes July 1st, 2013.

Gamyu! The Hualapai Planning Department will be holding a public meeting at the Multi-Purpose Building at 5:30 PM on Thursday, June 13<sup>th</sup> to discuss the proposed location for a new driveway access to the Peach Springs Elementary School located on Diamond Creek Road. A new access, to serve school busses, is being proposed to relieve congestion in the main parking area in front of the school. Please come and share your thoughts and concerns. Hankyu!



# **TRIBAL ENVIRONMENTAL REVIEW COMMISSION (TERC)**

## **PROPOSED REVISIONS IN THE TERC RULES IMPLEMENTING THE HUALAPAI ENVIRONMENTAL REVIEW CODE**

**ACTION:** Proposed rule.

**SUMMARY:** The Tribal Environmental Review Commission (TERC) administers an environmental review process pursuant to the Hualapai Environmental Review Code (Code) and Rules adopted by the TERC to implement the Code. In the Tribal review process, a person or entity proposing to carry out development within the Reservation must apply to the TERC for a permit. This Tribal review process is adapted from the National Environmental Policy Act (NEPA), the federal law that requires each federal agency to prepare an environmental impact statement (EIS) before deciding to take an action that would significantly affect the quality of the human environment. As currently written, the TERC Rules provide that, if the development proposed by a permit application would result in significant environmental impacts, then an EIS is required, whether or not the proposed development requires federal agency action. The TERC now proposes to make changes in its Rules to provide that if a permit application would result in significant environmental impacts but the proposed development does not require federal agency action, an EIS will not be required. Instead of an EIS, the revised TERC Rules would require preparation of a less detailed environmental document, to be called a significant environmental impact report (SEIR), which would be made available for public review and comment.

The proposed changes in the TERC Rules are designed to meet the standards in the “Helping Expedite and Advance Responsible Tribal Home Ownership (HEARTH) Act” of 2012. Pub. L. No. 112-151. The HEARTH Act provides that an Indian tribe may lease its tribal trust lands directly, without requiring approval by the Secretary of the Interior acting through the Bureau of Indian Affairs, if the Tribe meets the requirements of the Act. The TERC anticipates that the Hualapai Tribal Council may be interested in becoming authorized, pursuant to the HEARTH Act, to lease tribal trust lands directly, without BIA approval. This proposed rule, however, does not address the subject of what the Tribe would need to do to secure Secretarial approval of a tribal leasing program, except for the requirements for an environmental review process. It is also important to note that the proposed changes in the TERC Rules would apply to any application for a TERC permit for development that does not require federal agency action, not just tribal leases of trust land pursuant to the HEARTH Act.

**HEARING:** July 17, 2013, at 10:00 am at the Hualapai Cultural Center, 880 W. Route 66, Peach Springs, Arizona.

**DEADLINE FOR FILING COMMENTS:** July 26, 2013.

**CONTACT FOR FURTHER INFORMATION AND TO FILE COMMENTS:**

Kevin Davidson or Michelle Zephier  
Hualapai Department of Planning & Economic Development  
887 W. Highway 66, Peach Springs, AZ 86434  
(928) 769-1310

MEET NATIONALLY ACCLAIMED NEW MEXICO ARTIST



# DAVID BEHRENS

JUNE 9-11, 2013 5:00 PM - 9:00 PM

Hualapai Lodge Gift Shop in Peach Springs, AZ

David will be signing his print art, t-shirts and other collector merchandise.

As an Illustration major at East Carolina University, David made his first connection with Native Americans and their history. "I remember going to the library to do some research on a painting and stumbling across some old photographs of Native people. The profound sense of pride mixed with sadness and longing in their face spoke so sharply to me that I just could not put my paint brush to canvas without painting one of these remarkable faces."

"AS HUMANS WE ARE ALL SHARED BY STORIES, AND MY GREATEST HOPE IS THAT MY PAINTINGS ACHIEVE WHAT GOOD A STORY DOES"

DAVID BEHRENS

David's art can be seen in galleries throughout the country. When not traveling David works diligently to create new works of art that continue to challenge his audience with stirring concepts that are both thoughtfully rendered and fearlessly honest, giving a voice to a silent past.

David and his wife, Marybel, and four children live in Albuquerque, NM. His art gallery "Painted Sky" opened in 2011 in the heart of Albuquerque's historic "Old Town".

FOR MORE INFORMATION CALL 928-269-3636

SHOW THIS AD AND GET 10% OFF YOUR DINNER ORDER AT THE HUALAPAI LODGE JULY 9-11



"Grandfather Earth"



"Original Founding Fathers"

# RANGELAND WORKSHOP

TUESDAY, JUNE 11, 2013

8:00 A. M.

HUALAPAI CULTURAL CENTER

**DOUG TOLLESON**

**Assistant Ext. Research Specialist  
Rangeland Management  
V-Bar-V Ranch**

**Workshop will begin at the Cultural Center @ 8:00  
A. M. and a FIELD TRIP will be taken to Livestock  
District #2**

**Topics to include:  
Rangeland Conditions  
Rangeland Management  
Range & Cattle Rotations**

**Organized by Peach Springs Cooperative Extension  
Hualapai Nation Soil & Water Conservation District**

For programs mentioned, if you have a disability for which you seek an accommodation, contact our office (928) 769-1284 early enough to allow for time to arrange for the accommodation. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Silvertooth, Director, Cooperative Extension, College of Agriculture and 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.



**HUALAPAI NATION POLICE DEPARTMENT**  
**Peach Springs, Arizona 86434**  
**(928) 769-1024 Fax (928) 769-1027**

**Planning Department**  
**Peach Springs, Arizona 86434**

Greetings,

13-ADM-124

This is a brief summary of the Hualapai Police Youth Summer Camp (now known as the Hualapai Police Adventure Camp). My name is Jack Goins; I am the Hualapai Nation Police Departments School Resource Officer/G.R.E.A.T instructor who started the Youth Summer Camp in 2010. I started this camp, which is an anti-drug, gang, violence, alcohol, and bullying program, to positively affect both youth and the community. The program is designed to bring the youth, family and community together to strengthen relationships by interacting with one another in a safe and healthy atmosphere.

The camp takes youth to different locations in and out of Arizona to educate them on their heritage and other cultures outside our community. It allows the children to experience the positive effect of staying out of trouble and rewards their efforts for achievement. We take the youth to California each year to theme parks to show them their achievements are not made in vein and show them their community and outside community donators appreciate their hard earned effort to attend the camp. Since the 1<sup>st</sup> Youth Camp in 2010, as a School Resource and Community Officer, I have seen the positive impact in the schools and community. The Youth Camp allows the children to participate in educational activities, keeping kids off the streets and gives them something positive to do with their time. This camp has had a positive impact on the school as evidenced by fewer incidents involving drugs, gang activity and other behavioral problems in the school.

The Hualapai Police Youth Summer Camp is proud to say it has started its 4<sup>th</sup> annual camp this year and is looking forward to summers events with the kids.

The camp has reached it's time limit on applications and is unable to accept any more applications as we have reached capacity and have to work with our established budget. Please understand we just can't take everyone, sorry. We look forward to accepting your applications for next's year's camp. We wish to express our gratitude and

appreciation to all the community for their continued support and assistance with the Hualapai Police Youth Summer Camp.

Below is the Itinerary for the camp for 2013.

- 1) Friday May 31<sup>st</sup> to June 4<sup>th</sup> 2013 Camping at the White Mountain Reservation.
- 2) Friday June 14<sup>th</sup> 2013 Las Vegas Discovery Children's Museum 1-day trip.
- 3) Friday June 21<sup>st</sup> to Tuesday June 25<sup>th</sup> 2013 Camping at the White Mountain Reservation.
- 4) Sunday July 7<sup>th</sup> to Wednesday July 10<sup>th</sup> 2013 California trip Medieval Times Theatre and Disneyland.
- 5) Sunday July 14<sup>th</sup> 2013 Out of Africa in Camp Verde Arizona. 1-day trip
- 6) Saturday July 27<sup>th</sup> 2013 Adventure Dome Las Vegas 1-day trip.
- 7) Saturday August 3<sup>rd</sup> 2013 LHC Aquatic Center and Movie 1-day trip

Sincerely,



Jack Goins  
Youth Community Police Officer, School Resource Officer  
Please feel free to contact me regarding any questions.

Xc: Hualapai Nation Police Files  
Hualapai Police Camp Files

# Beautiful - Empowerment



*Nya Jida - Nya Mi'si*  
 (MY MOTHER - MY DAUGHTER)

ENTERTAINMENT

FRIDAY, JUNE 14, 2013

FOOD

LOTS OF  
ACTIVITIES

PEACH SPRINGS  
TRIBAL GYM

PAMPERING,  
MASSAGE

9:00AM - 4:00 PM

FUN

SCHEDULE OF EVENTS TO  
FOLLOW

GUEST SPEAKERS

FOR MORE INFORMATION CONTACT COMMITTEE MEMBERS:  
MONICA ROMO @ 769-2216 EMAIL: MROMO@HUALAPAI-NSN.GOV

Alcohol and drug free event!

# 13th Annual Pai Language Immersion Camp 2013

July 8th - 11th, 2013



*The 13<sup>th</sup> Annual Pai Language/ Immersion Camp will be held at Twenty-Pines, which is located in Peach Springs, AZ.*

*Hualapai Campers will leave Peach Springs on July 8<sup>th</sup> at 9:00 AM from the Hualapai Department of Cultural Resources (HDCR) and will return to Peach Springs on July 11<sup>th</sup>.*

*Parents, volunteers, and chaperones, are welcomed to sign up as camp helpers.*

## **Registration**

When: Now until July 5, 2013  
(Limited participants)

Where: Hualapai Department of Cultural Resources Center (HDCR)  
880 West Route 66  
928.769.2223/2234

Ages: 8-15 years



**If you have any questions please call the  
Hualapai Dept. of Cultural Resources**



# Bingo!!

**WHEN: JUNE 11, 2013**

**WHERE: HUALAPAI ELDERLY  
CENTER**

**TIME: 11:30 AM TO 1 PM.**

**COME AND HAVE SOME FUN!!  
PRIZES AND POPCORN!**

## DONATIONS

**DONATIONS ARE NOW  
BEING ACCEPTED FOR  
BINGO PRIZES. IF YOU  
HAVE ANY QUESTIONS  
PLEASE TALK TO  
MILLIE OR BARBARA  
TINHORN.**

**GWE SPO:JA YIWO**

**Department of Hualapai Education & Training**

- **HIGHER EDUCATION STUDENTS:** If you are attending or interested in college or vocational school please contact Candida Hunter at [928-769-2200](tel:928-769-2200) or [hualapaieducationdepartment@gmail.com](mailto:hualapaieducationdepartment@gmail.com). The deadline for the fall 2013 semester is July 1st. The Free Application for Student Aid (FASFA) was due March 19th. If you haven't completed your Free Application for Federal Student Aid (FASFA) please complete it as soon as possible at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). You will need your income tax or your parents income tax return from 2012 to complete this.
- **ATTENTION:** All 8th grade, high school, and college graduates. Please submit your diplomas to Candida Hunter at the Department of Education and Training. Students receive graduate stipends for all your hard work and dedication to attaining your education. You will also receive an invitation to the annual graduates dinner.
- **OPPORTUNITY!!!** Are you or do you know of a youth 16-21 years of age who got in trouble with the law, is behind in credits in high school, hasn't been in school, or hasn't received a high school diploma or GED? If so, we invite you to apply for a six month program to earn job skills in an area your interested in and work towards your high school diploma or GED. For more information please contact Candida Hunter at 769-2200.

Han kyu!!

# HEALTH & SAFETY INFORMATION



You can help her stay strong and healthy.

You can help your children stay strong and show them ways to lead happy, healthy lives:

- Get enough sleep.
- Be physically active every day.
- Eat healthy foods.
- Be happy and laugh often.
- Connect to nature and Spirit.



Produced by IHS Division of Diabetes Treatment and Prevention [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)



## Walking to lose Weight

A pound of fat on our body equals about 3500 calories from food.

To lose one pound of weight each week you will need to burn 3500 more calories in physical activity than you eat that week.

Reduce your calorie intake by 500 calories each day and after 7 days you should lose one pound.

Losing 1/2 to one pound of fat a week is a reachable goal for each of us!!!

**ONE BAG OF MEDIUM CHIPS IS 600 CALORIES AND A SUPER SIZE POP IS 420 CALORIES.**

Where do I Start??

**Week 1:** Start walking 15 minutes at an easy pace. Walk five days to build a habit.

**Week 2:** Add 5 minutes a day so you are walking 20 minutes, 5 days a week

**Week 3:** Add 5 minutes a day. Now you are walking 25 minutes, 5 days a week

**Week 4:** Add 5 minutes a day to walk 30 minutes, 5 days. That is 15 minutes one way and 15 minutes back!

**Break it Up.** Walk two or three times a day for maybe 10 minutes each.

**How Fast?** Take the talking test, you should be breathing faster than usual but able to carry on a conversation without gasping for air.

But it is "too hot", "windy", "raining, cold outside"..... You can go to the Fitness Center or exercise in your house or office..

Most of us have been very active in the past. Remember how good you felt??

Walking helps you deal with stress better, sleep better and helps control blood sugar and blood pressure while you take the weight off!! Walk with your friend or family and have fun!!!

Healthy Heart Staff invite all people who have diabetes to come join the program and take control of diabetes.

Phone 769-1630 or stop by the pink trailer next to the old clinic. **WHAT HAVE YOU GOT TO LOSE?**

## You Can Help Your Children Stay Strong and Healthy

As a parent or caregiver, you are the most important teacher for your children. You can show them how to stay healthy. You can give them information and model good habits to lead healthy, happy lives.

### Get Enough Sleep

- Have regular bedtimes. Set a routine that happens every night, like brushing teeth, reading a story, then going to bed.

### Be Physically Active Every Day

- Do some type of physical activity every day. Make it a family activity, like riding bikes, going for walks, or playing basketball.
- Limit "sitting time" for yourself and your children. Schedule time to turn off screens. Instead do family projects like taking care of pets, gardening, gathering wood, or learning your traditional dances.

### Eat Healthy Foods

- Establish regular meal times and offer healthy snacks between meals.

- Eat at least one meal a day together as a family and talk about pleasant topics.

- Eat at a table away from televisions, cell phones, and computers.

- Teach your children to pay attention to their bodies' hunger and fullness messages. Let them know it is OK to stop eating when they feel full.

- Have your children join you in menu planning, preparing meals, and cleaning up.

### Be Happy and Laugh Often

- Have fun with your children. Be positive. Laugh often. If you are unhappy for a long period of time, talk to a spiritual counselor or health care provider.

### Connect to Nature and Spirit

- Take a walk through nature. Connect to your spiritual practice by praying, going to church, or participating in traditional ceremonies. This will help limit stress for yourself and your children.



Produced by IHS Division of Diabetes Treatment and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

# Being a Better Man



When Eldrid Martinez (Tohono O'odham) found out he had diabetes, he never asked the doctor what using drugs and alcohol would do to his body. "I knew it was either take substances or take care of my diabetes," he recalls. "I put diabetes aside."

## Hard to Manage Diabetes

Substance abuse made managing diabetes almost impossible. First of all, the drugs and alcohol masked Eldrid's feelings. "I was always in a depression," he says.

The substances made it very difficult for him to control his blood sugar, or even have a desire to control it. "Once in awhile, I would check my blood sugar and, if it was high, I would take a pill." Sometimes his blood sugar was so high the glucometer couldn't read it. "Sometimes I would be real sleepy. But, I couldn't tell if it was because of low blood sugar, or substances, or staying up all night."

## Responsible for His Health

Now Eldrid no longer uses, and his blood sugar is much easier to manage. His fasting blood sugar is about 110. But having better blood sugar control was not the reason Eldrid quit. He wanted a better life. He wanted to stay out of jail. He wanted to set and achieve goals. But most of all, he wanted to be a better father and grandfather. "I never had a grandfather. I want to be there for my children and my future grandchildren, to live a long time."

Eldrid knows being clean and sober and being responsible for his health is a long process. He feels the key to success lies in understanding his traditions, understanding who he is as a Native man living in an urban city.

## On the Health Track

"Growing up, I was spiritually lost. I didn't know the traditional way. Now I'm more spiritual. It helps me find my inner self, to block out all the static of the outside world."

He has set goals: to be better at his job as a cook, to make sure his future wife is happy, to make sure his children feel loved and cared for.

At age 43, Eldrid says he is becoming the man and father he wants to be. His future goal is to be an asset to his family. "I'd like to have my health, to be able to pick up my grandchildren and play with them. I'd like to be a wise grandfather."

He thinks he is on the right track. "My children have told me that they appreciate me more," says Eldrid. He adds that he has a lot more work to do, a lot more talking and being there for them.



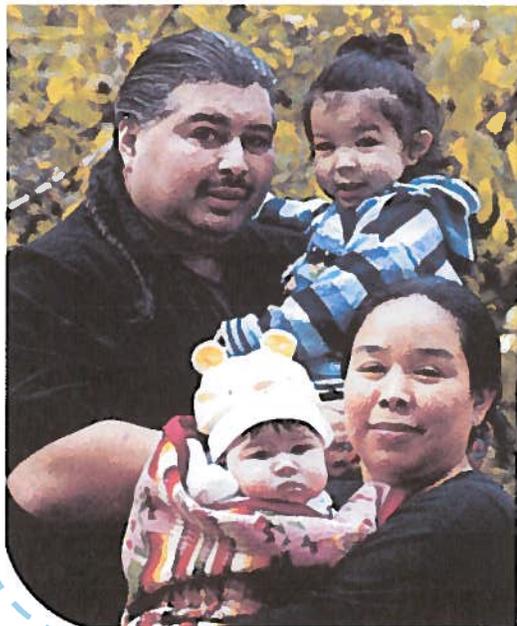
Produced by IHS  
Division of Diabetes Treatment  
and Prevention, 6/2013

# I Am a Proud Father

**W**HEN I WAS GROWING UP, I was on my own at a relatively young age. So I grew up without any real guidance. By 15, I had an apartment and worked any job I could find. I ended up in trouble with the law once or twice. The more negative things I saw, the more I knew what I didn't want. I can remember thinking if I ever had any children, they wouldn't grow up like I did.

By Victor Rodriguez  
(Yaqui)

**Victor Rodriguez with his wife, Deonah McCloud, and their daughters, Machiwa, age two, and Séwa, age three months.**



When we found out my wife, Deonah, was with child, I became committed to the health of our future children. I wanted them to have healthy parents, to have healthy lives. I wanted to be a parent who helped his children achieve cultural, physical, and emotional balance in the two worlds we live in.

Deonah is from the Pacific Northwest Puyallup Tribe, and I am Yaqui. We often look at both tribes' traditions when schooling our children. We offer our children two voices, two ways of knowing.

Today when someone asks me, "How are you?" I answer, "I am a proud father." And I mean it.

Deonah is a wonderful woman. It is

reflected in the eyes of our beautiful daughters, Machiwa, who is two years old, and Séwa, who is three months old.

To be a responsible Native American father, my first concern is Deonah's spiritual, mental, and emotional wellness. The mother is the heartbeat of the family. For her to have the energy to mother well, I make sure she has time for herself. I support her and her commitments to ceremony, craftwork, and personal time to see a movie, visit friends, or go to a workshop or conference.

It is my honor to support my wife in any way to take care of our children. There is no such thing as me being a "babysitter" to my children—I am their parent.

As our daughters grow older, we would like them to understand healthy boundaries. We want them to learn from us and the many cultural teachers in our lives. Knowing their culture will help them gain their own perspectives.

Our children will always know we care for them. They will have the opportunity to be children and express themselves as children, so they can grow emotionally and spiritually as children should.

Machiwa is only two. She is very charismatic and loves to express herself, often by giving hugs. People see her and tell us what a happy child they see in her. It's times like this Deonah and I know we are on the right track.



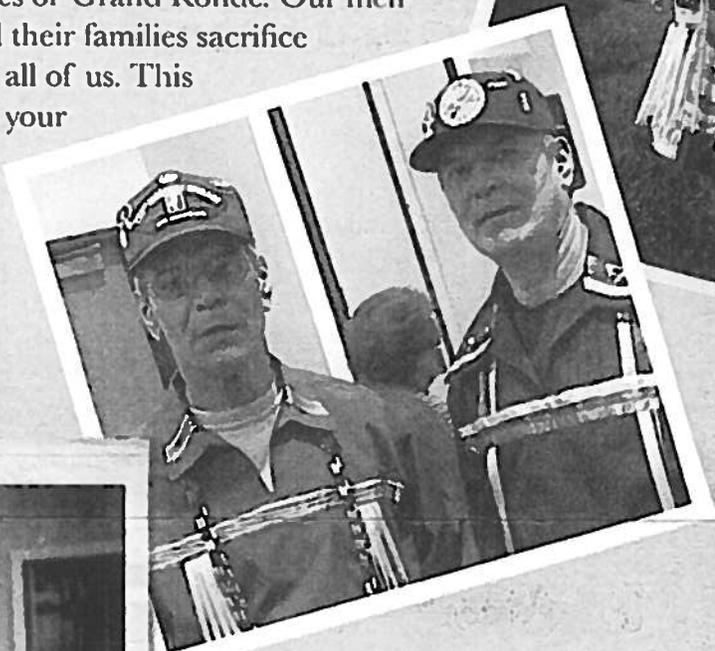
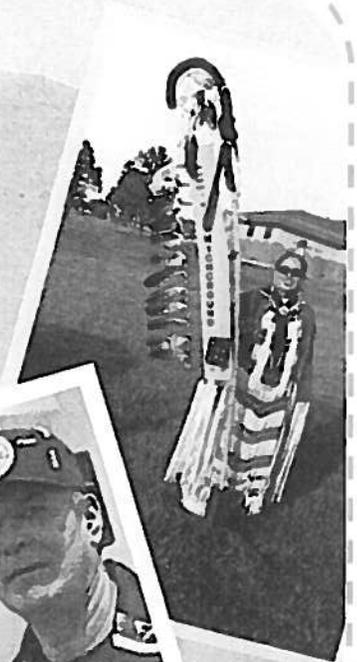
Produced by IHS  
Division of Diabetes Treatment  
and Prevention, 6/2013

**HEALTH FOR NATIVE LIFE MAGAZINE**  
To order free magazines, go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)



**NATIVE WELLNESS**  
*Lumilaka*

The Native Wellness Institute is pleased to present this first annual Veterans Summit: Gathering of Warriors July 9 - 12, 2013 in Grand Ronde, Oregon hosted by the Confederated Tribes of Grand Ronde. Our men and women who serve in the military and their families sacrifice much to be of service to our country and all of us. This gathering is in your honor to help you on your healing journey. We want to honor you, care for you, lift you up and be of service to you and your families so that you can live in balance and harmony. We look forward to your presence.



*Meet Linda Woods, she served in the US Air Force 1962 - 1966 and received her Honorable Discharge. Last year she was gifted with an eagle head and created an eagle staff for female veterans. The staff is a healing staff with feathers that came to Linda from all over and represent women in recovery, for women recovering from abuse of all kinds, physical, sexual assault, domestic violence, women who are two spirit, for women who have carried children with FAS and women with FAS and more.*



**Veterans, their family members and service providers are welcome!**

**NO REGISTRATION FEE!**

(however, everyone must register)

**Workshops Topics**

- PTSD
- Mental Health
- Healthy Relationships
- Model Veterans Programs
- Suicide Prevention
- Self Care
- Transition from Soldier to Civilian
- Vocational Rehabilitation
- and more!

**Activities**

- Talking Circles
- Support Meetings
- Veterans Benefits Coordination (bring your DD214 if possible)
- Employment Information
- Health and Dental Care
- Healing Village
- Traditional Games
- Massage, Hair Cuts
- Cultural Activities and Ceremonies
- Parade of Color Guards
- Honoring Ceremonies

- \* All meals are provided
- \* Camping available at no cost
- \* Limited tents and sleeping bags will be available on a first come first serve basis.
- \* Lodging at Spirit Mountain Casino Resort, the rate is \$69 per night. Call (800) 760-7977 for reservations.

**Note: Please help us recruit Veterans by sharing this brochure with them, and by providing transportation or other assistance to attend. If you or your program are interested in sponsoring the gathering financially, please contact NWI.**

<b>Schedule of Events</b>	
<b>Tuesday, July 9th</b>	
Noon to 3:00 pm	Lunch & Registration
3:00 pm	Opening Ceremony
6:00 pm	Dinner
8:00 pm	Cultural Activities
<b>Wednesday, July 10th</b>	
8:00 am	Breakfast
9:00 am	Opening Ceremony
Noon	Lunch
1:30 pm	Activities
6:00 pm	Dinner
8:00 pm	Cultural Activities
<b>Thursday, July 11th</b>	
8:00 am	Breakfast
9:00 am	Opening Ceremony
Noon	Lunch
1:30 pm	Activities
6:00 pm	Dinner
8:00 pm	Cultural Activities
<b>Friday, July 12th</b>	
8:00 am	Breakfast
9:00 am	Opening Ceremony Parade of Colors Recognitions Closing Ceremony
Noon	Lunch/Adjourn
7:00 pm	Veteran's Pow Wow Grand Entry (pow wow continues throughout the week-end)

**Confederated Tribes of Grand Ronde  
Marce Norwest  
Veterans' Pow wow  
July 12 - 14, 2013**



**Registration Form**

Veterans Summit July 9 - 12, 2013 Grand Ronde, OR

First Name:	Last Name:
Address:	City:
State:	Zip:
Phone:	Fax:
Email Address:	
Tribal Affiliation (if any):	
<b>If you are a Veteran, please fill out this section.</b>	
What branch of the military did you serve in?	
Dates you served?	
Special medals, honors or awards received?	
Do you have a copy of your DD 214? (circle one) Yes No If so, please bring it for benefits coordination. Assistance will be provided on-site to obtain it if needed.	
Will your Color Guard be attending? (circle one) Yes No Name of Color Guard:	
<p><b>Lodging Information</b>                  Spirit Mountain Casino Resort                  27100 SW Salmon River Hwy                  Grand Ronde, OR 97347                  Phone: 503-879-2350                  Toll-Free: 800-760-7977                  www.spiritmountain.com</p> <p>The room rate is \$69 a night, mention the Native Wellness Institute to receive group rate.</p> <p>Free camping available. Please contact us if you need camping arrangements (a limited number of sleeping bags and tents will be available).</p> <p>Limited transportation provided from surrounding locations like Portland, Salem and McMinnville. Watch for schedule posted at <a href="http://www.nativewellness.com">www.nativewellness.com</a></p>	

There is NO registration fee; however, everyone is required to register for this event.

**3 Easy Ways to Register:**

By fax

By mail

Online at [www.NativeWellness.com](http://www.NativeWellness.com)

**For More Information:**  
 Will Penn  
 360-490-4763  
[info@nativewellness.com](mailto:info@nativewellness.com)

**Send Registration To:**  
 Native Wellness Institute  
 2830 SE Cleveland Drive  
 Gresham, OR 97080  
 Fax: 503-669-8339

## Driving With Diabetes

CNN Health | Apr 12, 2012

Managing diabetes means developing a routine for things like meals, exercise, and taking medication. It also means making changes in some of your activities, such as driving, to help keep you and those around you safe.

### Driving Safety

On long car trips, keep your diabetes supplies in easy reach, not in the trunk. Stop every 2 hours to take a short walk. This helps prevent blood clots from forming in your legs. If you take diabetes medication or insulin, be aware that driving when your blood sugar is low can be as dangerous as driving while drunk. To drive safely:

- Before starting out, check your blood sugar. Don't drive if it is below your target range.
- Keep fast-acting sugar within reach.
- Stop to check your blood sugar at least every 2 hours.
- If you feel symptoms of low blood sugar while driving, pull over and check your blood sugar right away.
- Treat your low blood sugar. Wait 10–15 minutes. Then test to see whether your blood sugar is still low.

### Be Prepared

Natural disasters, accidents, and even traffic jams can disrupt your normal routine.

- Keep a diabetes kit. It should include your blood glucose meter, batteries, test strips, lancing device, fast-acting sugar, extra medication, syringes if needed, and copies of prescriptions. Use a case designed to carry diabetes supplies. Or use a makeup case, a belt pouch, or your briefcase.
- Take your diabetes kit with you everywhere, just like you take your wallet and keys.
- Wear a bracelet or necklace that says you have diabetes.

# COMMUNITY MESSAGES

## Thank you

The Jackson Family would like to give thanks and praises to those individuals who helped to give our beloved brother, uncle, cousin, father, and son Neil a traditional wake & LDS Church service, sending him on his spiritual journey.

We are grateful to have giving tribal members, relatives, and community. And we Thank You for your sympathy, support and compassion in our time of need.

We feel truly blessed to have sent our beloved Neil on his journey with your help and your kind hearted support.

Let us continue to keep and carry on our traditions and kind services to our people. Special thanks to: the Hualapai Tribal Police Department, Hualapai Tribal Administration, Public Works, Phil Wisely and his crew; Grand Canyon Resort Corporation, Lorena Bender; River Running Dept., Earlene Havatone; Diabetes Program, Chira Burch; Health Dept., Sandra Irwin; and CHR Patsy Muse, Wildlife Dept., Scott Crozier; Planning Dept., Danielle Bravo; Department of Cultural Resources, Dawn Hubbs, Peter Bungart, Crystal Wellington & Drake Havatone; Cattle District #2 Association - Oncho Munoz and D-2 members; BIA staff & trustees; Larry Hammond and Mike Whatoname and all the Hualapai Bird Singers and Bird dancers; Salt singers - Mark Rogers, Greg Anderson and brother; Bird dancers Lordina Majenty, Terra Wellington, Philbert Watahomigie, Sr.; LDS Relief Society Sisters, Eva Sullivan, Monica Romo, Lisa Gala, Sarah Fielding, Karen Dashee; LDS Church President Herbert Sullivan, LDS Brother Jody Millward; Ferdina and Sanford Whatoname, Renee and Dora Beecher, Joyce Paya, Monique Alvarez, Sharon Whatoname, Christy Case, Kent Whatoname, Meredith Querta, Edwina Siyuja, Deborah S. Whatoname, Alta Whatoname, Vensi Coochwytewa, Brenda Martin, Louwanda Lee, Denise Sine, Brynette Smith, Marilyn Bravo, Cecil Gene, Gabriel, Patsy, Goldie Havatone, Viola Gala, Josie Powsey, Pansy Suminimo, Leota Suminimo, Sharon Havatone. There were many other community members and friends who also lent all their support, please know that we appreciate your kindness and we are very fortunate to have you all by our side during this very difficult time. All the nephews, nieces, aunts, uncles, there were so many people who came and con-

tributed to the services and traditional wake that we cannot remember, but it does take the whole community to put away our relatives. It is the Hualapai way. It is a great feeling to know and feel your condolences and comfort and for this we will be forever grateful to all of you.

**Happy Birthday Goda,  
Martha Mahone**

**May 30, 2013**

As each passing day goes by  
A tear falls from my eye  
With each day passing me  
A memory comes to mind  
Without you by my side  
Tears and memories compile  
Until we meet again  
My memories will form a mountain  
A mountain un-climbable  
My tears will form an ocean  
An ocean un-crossable  
You are my angel  
You are my light  
Guiding me through my days  
And protecting my nights  
You may be gone  
But you're not forgotten  
You're my angel now  
But my Goda you'll be  
Until we meet again  
I cry these tears  
I release these memories  
I shall climb my mountain  
I will cross my ocean  
One day soon  
I will be at your side  
I will be in your arms  
I shall be safe once more

Happy Birthday Goda,  
Love you always, your granddaughter  
Krissy  
*Love will be on the wings of my an-*

**Happy Birthday Jiða,  
Naomi Shongo**

**June 7, 2013**

Happy Birthday Jiða, I hope you have a awesome day, you deserve it with all you do for your family.  
I love you more than you know. Thanks for just being there for me when I need you, so relax and enjoy. Hope you make it to your concert you wanted to go to haha jk. ☺  
**♥ your daughter, Krissy**

**Happy 1st Birthday, My Cupcake  
June 8, 2013**

Your first birthday cupcake. I hope you enjoy your party and all your presents. You take Nithi heart away every time I see you . You're so precious. I love you my wissa!



**Love your Nithi, Krissy**

**PEACH SPRINGS ELEMENTARY SCHOOL  
IS ACCEPTING STUDENT REGISTRATIONS**

**FOR FY 2013/2014**

**The school office is open Monday through Thursday,  
8:00am to 3:00pm.**

**If your student is returning – you will only need to update information.**

**New students will require a new registration and submission of the following documents:**

- Birth certificate**
- Tribal enrollment**
- Social security card**
- Current immunization record**

***PLEASE POST***

***Especially for you***

Day by day I try to erase my mind over you.  
I know you don't want anything to do with me anymore.  
You finally found all your courage to let it all go.  
I try to talk it over, but my words came out too rough.  
I know I was trying to give you the best of my love.  
I wake up and worry, what's gonna happen today.  
You see it your way, and I see it mine.  
But we both see it slippin' away.  
It broke my heart, 'cause I know, I will never get you back.  
I guess, I wasn't enough  
Oh, but here in my heart I give you the best of my love.

***Submitted by: R. Hernandez***

**DEADLINE FOR GAMYU ARTICLES ARE EVERY OTHER FRIDAY(S), THE WEEK BEFORE TRIBAL PAY WEEK BY 5:00 P.M.**

**NEXT DEADLINE:**

**Friday, June 14, 2013**

**Please remember to attach an Information Sheet with your articles.**

**Thank you.**

*Special Thanks to parents, guardians and family members, tribal programs, community members, who supported the education and well-being of the children.*

*Peach Springs School Year Book  
Thank you to Tribal Programs and Community members who sponsored the effort to assure each student received a year book. A special thanks to Mrs. Morrison and Ms. TK Cruz!!*

**PEACH SPRINGS MIDDLE SCHOOL**

**8<sup>th</sup> Grade**

**PROMOTION CEREMONY**

**MAY 22, 2013**



***Peach Springs Middle School Promotion***

*May 22, 2013  
6:00 to 7:00pm*

*Blessing given by Ms. Jorigine Paya*

***Speakers***

*Dr. Anthony Perkins, Superintendent  
Mr. Rudy Medal, 8<sup>th</sup> Grade Teacher  
Miss Courtney Powskey, 8<sup>th</sup> grade honor student*

***Rose Ceremony***



***Presentation of Certificates***

*Mr. Tom Irwin, announcer  
Dr. Anthony Perkins, Superintendent  
Ms. Leifa Parker, Board President*

***Acknowledgement of Students***

*Mrs. Jackie Marshall, JOM Rep  
Candida Hunter, Education Coord.*

***Guest Speaker***

*Mr. Leon Ghahate*

*Closing by Mrs. Naomi Morrison  
RTC*

***8<sup>th</sup> Grade Students***

*Deleane Benson*

*Leland Cardy Jr.*

*Alejandro Hunter*

*Elizabeth Nopah*

*Courtney Powskey*

*Jubren Siyuja*

*Kobe Siyuja*

*Annette Smith*

*Teresa Suminimo*

*Joseph Talieje*

*Jennalee Walker*

*Ruby Whatoname*