

# GAMYU

Newsletter of the Hualapai Tribe

February 01, 2013

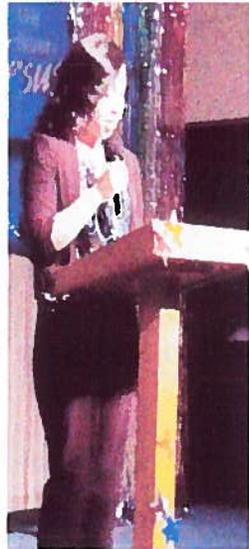
## Hualapai Tribal Youth Council

January 2013



### Youth Council Elections & Inauguration

The Youth Council held its Inauguration on December 22, 2012 at CFCC. Elec-



Ms. Carmella Fuentes, YC Secretary delivering her speech at the YC Inauguration

tions were held on December 8, 2012. The elected officers and members are: President Georgetta Russell, Vice-President Annette Bender, Secretary Carmella Fuentes, Members Kayliss Tapija, Shannon Jones, Nolene Watahomigie, Lacey Beecher, Mckell Old Bull, Willow Majenty, Cynthia Whitehorse, Kaylise Old Bull, and Anthony Fuentes. At the Inauguration both officers and members gave their speeches and recited the Hualapai Tribal Youth Council Creed.



Youth Council Creed Plaques, each YC Member received a plaque featuring the YC Creed, their names and office.

### Leadership Training

On December 27 & 28, 2012 was the Leadership Training at the Health & Wellness Center. Some of the topics discussed were team building, expecta-

tions for Youth Council & Youth Services, and running Effective YC Meetings. Guest speakers were Miss Native UNLV, Calista Tsinnijinnie, Miss Indian ASU, Kamellia Fall, and our tribal Vice-Chairman Philbert Watahomigie.



Leadership Training, youth who participated in the leadership training with Miss Indian ASU, Kamellia Fall.

### Safe Sitters Class

On December 5, 2012 the Youth Services took 7 youth to Kingman Regional Medical Center for a Safe Sitters class. The training was to teach youth to be safe sitters, so they would know how to conduct themselves and learn a little more on proper care of babies and children they maybe babysitting. After the class was over the students got awarded with a card of certification and a badge.



Safe Sitter Class, youth who participated in KRMC's Safe Sitter Class.



Issue #03

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## Hualapai Tribal Youth Council

January 2013

### Idle No More Prayer Run

From Peach Springs to Grand Canyon West, twelve runners, 51 miles in 4.5 hours in seven then twenty-three degree weather. Thank you to the runners and support crew who made it out Saturday January 12, 2013 to show Hualapai Indian Tribes support of the Idle No More Movement.



The Idle No More movement began with four ladies; Nina Wilson, Sylvia McAdam, Jessica Gordon, and Sheelah McLean of Canadian First Nations; the movement is to be grassroots voice regarding treaty rights and sovereignty of Canadian First Nations which would be negatively impacted by Canadian Senate Bill C-45.

Canadian Senate Bill C-45 amends the Fisheries Act, the Canadian Environmental Protection Act, the Navigable Waters Protection Act and the Canada Labor Code; according to the Chiefs of Ontario there was the lack of consultation with First Nations during the creation of the bill that profoundly and negatively affects aboriginals' daily lives.



Idle No More Runners

The vision of Idle No More revolves around Indigenous ways of knowing rooted indigenous sovereignty to protect water, air, land and all creation for future generations. The goal of the movement is education and to revitalize Indigenous peoples through awareness

and empowerment. Idle No More successfully encourages knowledge sharing of Indigenous sovereignty and environmental protections.

### Inter Tribal Youth Council of Arizona

Hualapai Youth Council Hosted a Inter-Tribal Youth Council of Arizona (ITYCA) Planning Committee Monthly meeting on Saturday January 19, 2013 in Glendale, AZ. There were participating Tribal Youth Councils from the White Mountain Apache Tribe, San Carlos Apache Tribe, Gila River Indian Community, Salt River Pima Maricopa Indian Community, Ak-Chin Indian Community, Yavapai-Apache Nation, Yavapai Ft. McDowell Nation, Caesar Chavez UNITY High School. The meeting was facilitated by Mr. Joey Flies Away. The ITYCA Planning Committee worked on the ITYCA Bylaws and Leadership Training.



Joseph Thomas Flies Away, leading discussion at the ITYCA Meeting.

# Hualapai Tribal Youth Council

January 2013



Youth having fun doing a energizer at the ITYCA meeting.

ITYCA is a project the Hualapai Youth Council has been apart of since 2009. The idea was brought about when Hualapai Youth Council advisor Pete Imus took the emerging Hualapai Youth Council to meet the Salt River Pima Maricopa Indian Communities Tribal Youth Council in order for the Hualapai Youth Council to meet their peers from a functioning Youth Council. Over the year the meeting grew to inviting other Youth Councils to show case the work they are doing in their tribal commu-

nities. The Planning Committee meets once a month, meetings being hosted by other Youth Councils in their communities across Arizona.

## Regular Youth Council Activities

The Youth Council continues to meet on Thursday evenings at 7:00PM at the Health Education & Wellness Center. Transportation is provided, if needed must call before six o'clock PM. Meals are also provided on a first come first served basis.

Thursday night committee meets are used for training and discussion of YC activities, the topics of discussion are many. Each meeting closes with each participant sharing three things, something they liked, didn't like or learned in the meeting.

Everyone is welcome to sit in and participate in YC meetings, parents, tribal leaders, community members.

## The Hualapai Tribal Youth Council Logo



The HTYC logo contains elements from the Hualapai Tribal Crest, to distinguish us a vital resource of the Hualapai Indian Tribe. As Hualapai, we earn our eagle feather through various significant life accomplishments. As youth we are on our way to accomplish these great endeavors, thus earning our eagle feathers. Honoring Creator, ourselves, our families, our people and community ... as youth we are rising stars. At this point in our lives we are identifying our guide, our mentors, our role models, to teach and train us in the way we should go. Knowing that one day we will lead the way. Our name, Hualapai Tribal Youth Council is featured on our logo so all will know who we are. That the youth of Peach Springs will know they have a place on the Youth Council and that the Council belongs to them.



**Request for Proposal**

**Title:** Cedar Staves A

**Requested by:** Hualapai Tribe, Department of Natural Resources

**Description of materials for the following work:** 3,168 cedar staves - 1" - 2" diameter and 48" in length. Cut, bundled in 3 and delivered to Peach Springs, AZ \$ \_\_\_\_\_

Total Bid \$ \_\_\_\_\_

Preference shall be given to Indian owned businesses. Indian preference shall apply for contracting and employment. 1% TERO tax shall apply for all contracts as stated in TERO Ordinance (available at TERO Office)

Notwithstanding any other provision of the Request for Proposals, HDNR and the Hualapai Tribe expressly reserves the right to:

1. Waive any immaterial defect or informality; or
2. Reject any or all proposals, or portions thereof; or
3. Reissue a Request for Proposal.

All interested entities are requested to submit a bid proposal by **February 15, 2013** to:

Hualapai Department of Natural Resources  
 Attn: Cedar Staves  
 P.O. Box 300 or 917 Rodco Way  
 Peach Springs, AZ 86434  
 Or by Fax to: 928-769-2309



**Request for Proposal**

**Title:** Repair/Replace Grazing Pasture Boundary Fence line at Quartermaster on the Hualapai Indian Reservation (Figure 1).

**Requested by:** Hualapai Tribe, Department of Natural Resources

**Scope of work:**

Provide Labor and Materials to Repair and/or Replace up to 4 miles of pasture boundary in the Quartermaster Grazing Pasture.

Posts (T-posts or Cedar Posts) shall be place every 20' and three wooden staves shall be placed in between each post.

Existing barbed wire shall be pulled and tightened taught and attached to posts.

Total Bid: \$ \_\_\_\_\_ Estimated Time of Completion: \_\_\_\_\_

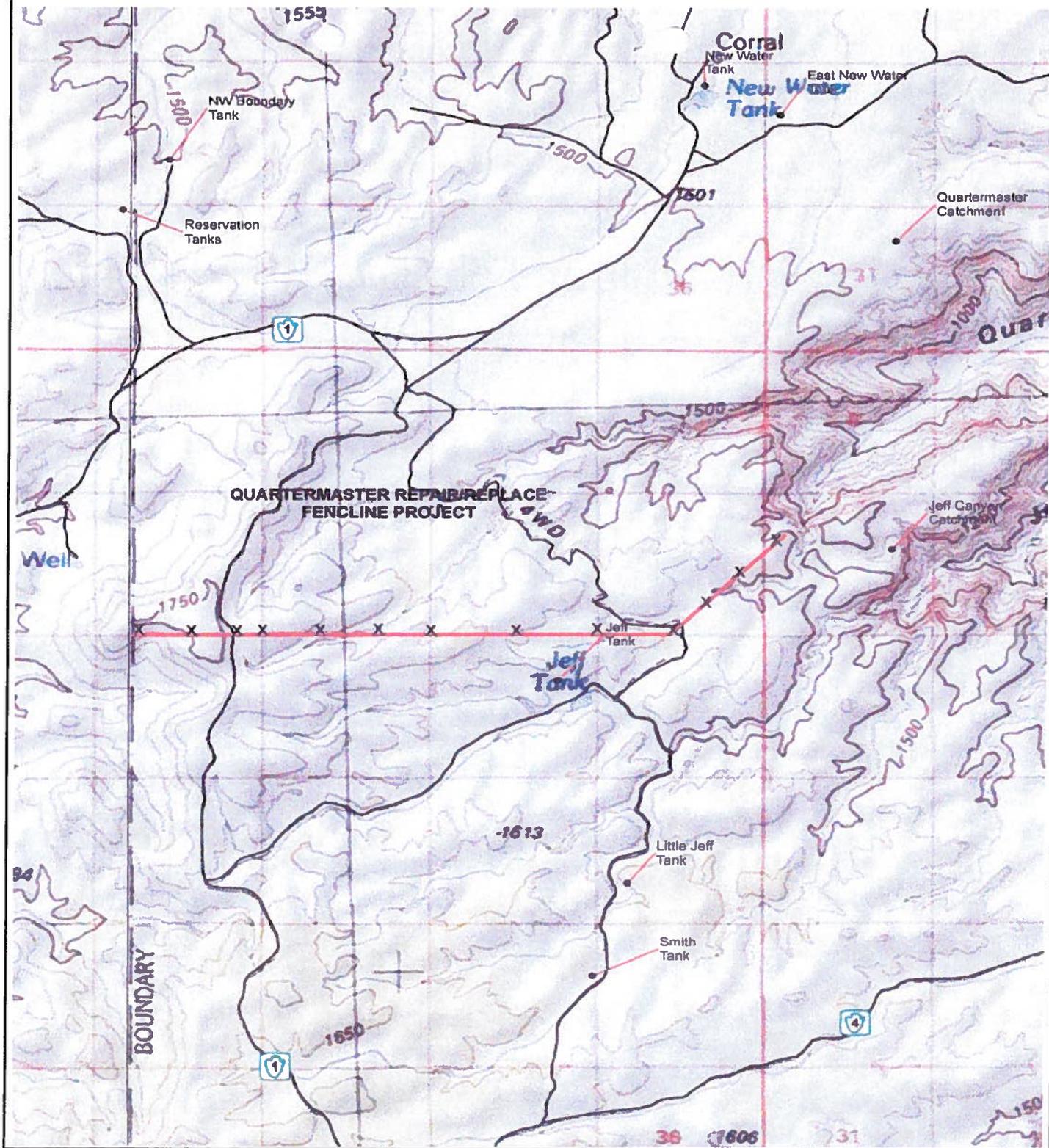
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3. Reissuc a Request for Proposal.

All interested entities are requested submit a bid proposal by 4:30pm on **February 15, 2013** to:

Hualapai Department of Natural Resources  
Attn: Repair/Replace Fence at Quartermaster  
P.O. Box 300 or 947 Rodeo Way  
Peach Springs, AZ 86434  
Or by Fax to: 928-769-2309



# *Tribal Environmental Review Commission Meeting*

*If there is anything the community would like to add to the agenda please call Michelle Zephier @769-1310.*

The next Regular TERC Meeting is on February 20, 2013 @ 10:00 at the Cultural Department.

## **Agenda**

1. Roll Call
2. Approval of Meeting minutes for December 19, 2012.
3. Planning will entertain any comments on elements 8 & 9 of the DRAFT Master Plan from the commission.
4. Other Business
5. Meeting Adjourn



**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 FEBRUARY 2, 2013**

**\*\*\*\*\*BY APPOINTMENT ONLY\*\*\*\*\***

### **SATURDAY & SUNDAY**

<b>STARTING TIME</b>	<b>ENDING TIME</b>
<b>9:30 AM</b>	<b>11:30 AM</b>
<b>1:30 PM</b>	<b>4:30 PM</b>
<b>6:00 PM</b>	<b>8:00 PM</b>

ALL VISITATIONS WILL BE APPOINTMENT ONLY. TO REQUEST AN APPOINTMENT PLEASE CALL 769-2345 MONDAY THRU FRIDAY 9:00 AM TO 4:00 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 APPEARS TO BE INTOXICATED OR SMELLS OF ALCOHOL, A PORTABLE BREATH TEST CAN BE CONDUCTED FOR EVIDENCE OF BLOOD ALCOHOL CONTENT OF THE INDIVIDUAL\*\*\*VISITATION WILL BE DENIED.**
- 5. ALL PURSES/BAGS MUST BE LEFT IN YOUR VEHICLE.**
- 6. ALL VISITORS MUST BE DRESSED APPROPRIATELY.**
- 7. NO FOOD, BEVERAGES, CELL PHONES, CAMERAS, CONTAINERS 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.**



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



- 9. WARRANT CHECKS WILL BE CONDUCTED ON ALL VISITORS.**
- 10. ALL VISITORS ARE SUBJECT TO SEARCH.**
- 11. VISITS MAY BE DENIED AT ANYTIME. DUE TO BEHAVIOR OF VISITOR /S/ AND INMATE.**
- 12. VISITORS MAYBE ASKED TO LEAVE THE FACILITY IN THE EVENT OF AN EMERGENCY.**
- 13. VISITATION MAYBE DENIED FOR THE ABOVE REASONS BUT LIMITED TO.**

**IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE YOU WILL NOT BE ALLOWED ANY TYPE OF COMMUNICATION WITH THE INMATE.**

**\*\*\* 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 \*\*\***

**Schedule for Mohave Pest Control Service  
 Peach Springs Community**



Attention ALL low rent tenants of Hualapai Housing, here is the 2013 schedule for Pest Control Service. All homebuyers & homeowners needing Pest Control Service can contact Lisa at (928) 377-3365. The cost to spray your home is \$29.00.

- |              |          |              |          |               |          |
|--------------|----------|--------------|----------|---------------|----------|
| • 01-08-2013 | 17-13    | • 05-14-2013 | 17-13    | • 09-10-2013  | 17-13    |
| • 01-22-2013 | 17-4     | • 05-28-2013 | 17-4     | • 09-24-2013  | 17-4     |
| • 02-12-2013 | 17-7&8   | • 06-11-2013 | 17-7&8   | • 10-08-2013  | 17-7&8   |
| • 02-26-2013 | 17-10&12 | • 06-25-2013 | 17-10&12 | • 10-22-2013  | 17-10&12 |
| • 03-12-2013 | 17-13    | • 07-09-2013 | 17-13    | • 11-12-2013  | 17-13    |
| • 03-26-2013 | 17-4     | • 07-23-2013 | 17-4     | • 11-26-2013  | 17-4     |
| • 04-09-2013 | 17-7&8   | • 08-13-2013 | 17-7&8   | • 12-10-2013  | 17-7&8   |
| • 04-23-2013 | 17-10&12 | • 08-27-2013 | 17-10&12 | • 12-17-2013* | 17-10&12 |

Services will be performed on the 2nd and 4th Tuesday of each month.  
 \* notes change in rotation date, due to a holiday period.

Mohave Pest Control will only spray the Exterior Area of your rental, if you wish to have the interior area sprayed, please notify the Resident Specialist a few days before your project is scheduled.  
 Thank you.



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**

90 7th Street, San Francisco CA 94103 [www.acf.hhs.gov](http://www.acf.hhs.gov)

January 17, 2013

Dear Colleague:

The federal Earned Income Tax Credit (EITC) can provide a working family with a refund up to \$5,981. The IRS estimates, however, that 20 percent of eligible workers fail to claim this important tax credit. We want to ensure that all low-income families who worked in 2012 know about the EITC.

We encourage you to celebrate the seventh annual EITC Awareness Day on Friday, January 25, 2013, by sponsoring or partnering to support an awareness event. The goal is to generate extensive print, electronic and social media coverage about the EITC, who is eligible and how to claim the tax credit. Materials to support awareness activities can be found on the EITC Central web site at [www.eitc.irs.gov](http://www.eitc.irs.gov). Local EITC and asset building coalitions are also a good resource for EITC outreach materials and information. You can find your local coalition through an internet search or by emailing the IRS at [eitc.program@IRS.gov](mailto:eitc.program@IRS.gov).

There are many opportunities to promote EITC awareness through the EITC Central web site. You will find an array of useful marketing tools, including communication messages, sample newsletter articles and how-to tips in both English and Spanish. In addition, many low-income families and individuals who claim the EITC use paid preparers even though they are eligible for free tax preparation assistance. Free tax preparation assistance is available through the IRS Volunteer Income Tax Assistance (VITA) program. Most VITA sites offer free electronic filing for faster refunds. VITA sites can be located through 211 and 311 information systems, by call 1-800-906-9887, and by searching for VITA sites on [www.irs.gov](http://www.irs.gov).

EITC refunds can represent a major opportunity for low-income working families to build assets and increase their financial security. To provide additional opportunities to save at tax time, the IRS allows tax filers to automatically buy U.S. Saving Bonds when filing for tax refunds. Tax filers who are getting refunds can buy U.S. Saving Bonds for others, as well as for themselves and the Savings Bond purchase option is available to tax filers without bank accounts. The minimum bond purchase is \$50, making it possible to build savings one bond at a time. For more information on Savings Bonds, visit <http://bondsmakeiteasy.org/>.

EITC refunds can also be used to open Individual Development Accounts (IDAs) through an Assets for Independence (AFI) Project. IDAs are matched savings accounts that enable low income and low-wealth individuals to save for a specified goal within a defined time frame. This savings goals are homeownership, small business ownership, and post-secondary education. For more information on IDAs and EITC, visit <http://idaresources.org>

Please join us in getting the word out about EITC and these important financial resources. Together, we can ensure that all EITC eligible workers and families receive the credit that they earned.

Sincerely,  
Robert E. (Bob) Garcia  
Acting Regional Administrator



# 2013 Peach Springs Community Calendar

January 4

**Reservation Establishment Day**

Hualapai Indian Reservation Established 1883

March 8, 9, 10

**Pai Gathering**, Location: Fort McDowell

Cultural Resources 769-2234

FMYN Events/Tourism 480-789-7162

April 21

**LaPaz Run – One Day Run**

Pete Imus, Youth Services

928-769-2207 pete.imus@yahoo.com

Annually April 21

May 3 -4

**Route 66 Days**

Hualapai Lodge/Nancy 769-2230

Cultural Resources 769-2234

Annually Organized by 66 Committee

May 16-19

**Sobriety Festival**

Elaina Talayumptewa/Housing 769-2274

Darlene Bender/HEW 769-2207

Annually third week of June

TBD

**GCW Anniversary**

GCRC 928-769-2419

Annually February 14

June 14

**Boys & Girls Club Anniversary**

BGC 928-769-1801

Annual celebration, second Friday in June

Officially June 6

July 8-11

**Pai Language Immersion Camp**

Cultural Resources 769-2234

Annually second week of July

July 15-19

**Peach Springs Summer Youth Conference**

Hualapai Tribal Youth Council

Pete Imus, Youth Services 928-769-2207

pete.imus@yahoo.com

Annually the third week of July

July 27

**Miss Hualapai Pageant**

Annually the Last Saturday of July

Darlene/Pete/Vensi/HEW 769-2207

September 23-27

**Indian Day Activities**

Pete Imus, Youth Services 928-769-2207

pete.imus@yahoo.com

Annually fourth week in September

October 21-25

**Red Ribbon Week**

Sandra Irwin/Charlene Imus, Behavioral Health  
928-769-2207

syellowhaw@aol.com/shawsh4@yahoo.com

Annually last week of October

November 9

**Youth Council Elections**

November 23

**Youth Council Inauguration**

Youth Services 928-769-2207

**Observed Tribal Employee Holiday's**

New Years Day January 1

Martin Luther King, Jr., Day January 21

Presidents Day February 18

Memorial Day May 27

Independence Day July 4

Labor Day September 2

Native American Day September 27

Veteran's Day November 11

Thanksgiving Day November 28-29

Christmas December 25

# Valentine's Dance!

Saturday February 9, 2013

Multi-Purpose Building

8:00pm - 12:00 am

Admission: \$5.00 single

\$8.00 a couple

Hosted by:

Hualapai Recreation &

Recreation Committee

With

DJ Dempsey

Come out and help support the Recreation Dept

& Recreation Committee fundraiser for: Activities & Tournaments

*Let Time Freeze the Moments*

PLEASE JOIN US FOR

## Valentine's Day

# Family CRAFTS NIGHT!

TUESDAY

FEB 12, 2013

6 PM - 8 PM

HUALAPAI TRIBAL GYMNASIUM

COME OUT AND MAKE SOME VALENTINE'S FOR YOUR CRUSH, MOM, FATHER, BROTHER, SISTER, HUSBAND, WIFE ETC

928-769-2652

## Valentine Bazaar

*Happy Valentine's Day*

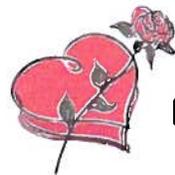
Thursday, Feb. 14, 2013

10:00 am - 5:00 pm

Hualapai Multi

Purpose Bldg

Peach Springs, AZ



Find that unique gift for your loved one, friend or co-worker

Any Interested Vendors

**MUST register for a table!**

**\*\* First Come, First Serve Basis Only\*\***

For Vendor Info contact:

Charlene, 928-925-0770 or Monique, 928-279-6974

# DRAWING CONTEST

Put your drawing on the T-shirts for the  
**Hualapai Police Adventure Camp**

Open to general public

1<sup>st</sup> place - \$50.00 Cash

Theme: Hualapai Police Adventure Camp

**Deadline: Thursday ~ February 28, 2013 @ 4:00 PM**

Submit your entry form with your drawing to Tasha Havatone at the Hualapai Adult Detention Center.

**Rules:**

1. Must be an Original 8X11 Drawing
2. Black/White or Color
3. No drug or alcohol content allowed

\*\*\*All drawings become the property of the Hualapai Nation Police Department for the use and purpose of the Hualapai Police Adventure Camp.\*\*\*

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## Drawing Contest for the Hualapai Police Adventure Camp

Name of Artist: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

\_\_\_\_\_  
Signature

GAMYU

Issue #03

# Community Easter Egg Hunt

## Community Activities

Sunday March 31, 2013

9:00AM

Baseball Fields

AGE CATEGORY  
EGG HUNTS  
EASTER BUNNY



Volleyball Games  
&  
Sign-ups for Volleyball League

Community BBQ

Horseshoe Tournament

Sign-up onsite  
In-front of the Court



Call Recreation for Info: (928) 769-2652

Happy Easter

Easter Egg Coloring

Saturday March 30, 2013

2pm—6pm

Children **MUST** BE accompanied by an **ADULT**

Colored eggs will be used for Sunday's Easter Hunt

Call Recreation for Info: (928) 769-2652

MLB Pitch/Hit/Run Baseball

& Co-Ed Volleyball

MARCH 16TH AT 9AM  
BASEBALL FIELDS

Join us for a  
Community BBQ

CALL RECREATION FOR INFO: (928) 769-2652

## PEACH SPRINGS ELEMENTARY SCHOOL

**Stanford 10 Countdown-2.5 months-April 15<sup>th</sup> (Grade 2)**

**AIMS Countdown-2.5 months-April 15<sup>th</sup> (Grades 3-8)**

### February 2013 Events

February 4<sup>th</sup> Home game v. Mt. Tipton 4:00 p.m. Girls/5:00 p.m. Boys

February 5<sup>th</sup> Governing Board Meeting 5:30 p.m.

Away game v. Black Mountain 4:30 p.m. Girls/5:30 p.m. Boys

February 7<sup>th</sup> **Half day Progress Reports and Parent/Teacher Conferences**

Kindergarten Dismiss 11:30 a.m./Grades 1-8 Dismissal 12:30 p.m.

February 12<sup>th</sup> Bullying Prevention (Part 1) classes for Grades K-1

February 13<sup>th</sup> Bullying Prevention (Part 2) classes for Grades K-1

February 18<sup>th</sup> No School-Presidents Day

February 19<sup>th</sup> **Parent Academy 6:00-8:00 p.m. Life Skills (Food will be served)**

February 21<sup>st</sup> 100<sup>th</sup> day of school

Teens Actively Seeking Kindness-Bullying classes for grades 6-8

**Kindergarten Testing for 2013/2014 school year students**

March 4-7 Benchmark Testing

March 7<sup>th</sup> End of Third Grading Period

March 11-14 Spring Break

**Tutoring is available Monday-Wednesday every week.** Please sign your child up for additional assistance. We have teachers waiting to help.

**Volunteers are needed to assist in the Library.** Tribal employees receive three (3) hours a week of paid volunteer time to assist in the school. Please consider using this time.

**Homework is important and is an extension** of your child's day to practice and keep their academic skills sharp. By providing time and motivation your child will come to school happy and be prepared for the next challenge. We need our children to be the next *intelligent* leaders. Signing your child's planner ensures that you have checked their homework and shows your child you care.

**Tardies are still high.** YOU have the power as a parent to change this habit. School starts at 7:45 a.m.

**Thank you parents for encouraging your child to do well.  
Love goes a long way.**



3701 San Mateo Blvd NE, Suite 200, Albuquerque, New Mexico 87110

## 2013 ACCENTURE AMERICAN INDIAN SCHOLARSHIP PROGRAM

Apply online: [AIGCS.ORG](http://AIGCS.ORG)

Deadline: April 27, 2013

Each academic year, Accenture Corporation selects students who demonstrate character, personal merit and commitment to the American Indian community locally and/or nationally. Merit is demonstrated through leadership in school, civic and extracurricular activities, academic achievement, and motivation to serve and succeed.

Eligibility requirements for Accenture include the following:



- Be an enrolled member of a U.S. federally recognized American Indian tribe or Alaska Native group, verified through submission of the AIGC Tribal Eligibility Certificate (TEC) form, found at [aigcs.org](http://aigcs.org);
- Be seeking a degree and career in fields of study including: *various engineering, computer science, operations management, management, finance, marketing and other business oriented fields*;
- Be entering a U.S. accredited college or university as a full-time, degree seeking *college undergraduate freshmen*. High School transcript must have a cumulative GPA of 3.25 or greater, on a 4.0 scale at the end of the seventh semester.
- Demonstrate character, personal merit and commitment to the American Indian Community locally and/or nationally. Merit is demonstrated through leadership in school, civic and extracurricular activities, academic achievement, and motivation to serve and succeed.

### A COMPLETE APPLICATION

All application materials must be submitted through the **AIGC Online Application System (OAS)**.

Applicants will complete the **General Application**, then the **ACCENTURE** opportunity specific questions which are listed in the Online Application Instructions tab at [aigcs.org](http://aigcs.org).

#### Notification of Award/Denial:

All applicants can verify award or denial (status) by visiting their online application file. Without exception, no information will be given over the telephone. If awarded, AIGC will forward additional requests for information regarding the All Native American High School Academic Team. It is the applicant's sole responsibility to update an address, telephone number or email address throughout the application and award process.

**The deadline to submit these materials is April 27, 2013:**

AIGC recommends contacting our office prior to all deadlines to confirm that all application documents have been received.

Omission of any required documents will render an application incomplete.

[www.aigcs.org](http://www.aigcs.org) – Visit the Online Instructions tab, under Scholarships tab



Click here to begin an application

**Deadline: Saturday, April 27, 2013**

Email all inquiries to: [fellowships@aigcs.org](mailto:fellowships@aigcs.org)

<b>Truxton Cañon Agency Training Schedule</b>	<b>2013</b>
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The 2013 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

**What is Wildland Fire?**

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Yellow Stone Fires (1988), Rodeo-Chediski Fire (2002), and most recently Wallow Fire (2010).

**What causes a Wildland Fire?**

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

**How do I apply?**

Contact staff at Branch of Forestry or stop by the office for application, physical form, and nomination. The process for employment is to complete; 1) Drug test 2) Physical Exam (Optional Form 178) 3) Southwest Firefighter Application 4) Health Screen Questionnaire 5) Work Capacity Test (WCT): Informed.

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

**What will I Do?**

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine. Depending on experience and qualifications your position may vary.

**Required**

- If you are on prescription medication a doctor's note must be shown before Drug Test or for bodily injury's
- For pack test dress in gym clothes with walking or running shoes
- Wildland Fire boots are required with Vibram sole

Course Number:	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone/ Fax/Email:
WCT	Work Capacity Test	N/A	Feb. 7	Branch of Forestry	0830 OR 1300	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a>
WCT	Work Capacity Test	N/A	Feb. 14	Branch of Forestry	0830 OR 1300	Melvin Hunter Jr. Phone(928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
WCT	Work Capacity Test	N/A	Feb. 21	Branch of Forestry	0830 OR 1300	Melvin Hunter Jr. Phone: (928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
WCT	Work Capacity Test	Feb. 13	Feb. 20	Flagstaff, AZ Location will be scheduled and need a minimum of 5 participants	0830 OR 1300	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a> Please Call
RT-130	Annual Fireline Refresher	Feb. 14	Feb. 21	Flagstaff, AZ Location will be scheduled and need a minimum of 5 participants	0830-1630	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a> Please Call
RT-130	Annual Fireline Refresher	Feb. 21	Feb. 28	Branch of Forestry	0830-1630	Melvin Hunter Jr. Phone(928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
RT-130	Annual Fireline Refresher	Feb.28	Mar.7	Branch of Forestry	0830-1630	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a>

Course Number :	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone/ Fax/Email:
RT-130	Annual Fireline Refresher	Mar. 7	Mar. 14	Branch of Forestry	0830-1630	Melvin Hunter Jr. Phone(928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
I-100, S-130, S-190, L-180	Basic firefighter training	Mar. 11	Mar. 18 – Mar. 22	Thornton Tower, eastside of the Hualapai reservation	0800-1630	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a>
WCT	Work Capacity Test	N/A	Mar. 21	Branch of Forestry	0830 OR 1300	Melvin Hunter Jr. Phone: (928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
RT-130	Annual Fireline Refresher	Mar. 21	Mar. 28	Branch of Forestry	0830-1630	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a>
WCT	Work Capacity Test	N/A	Apr. 4	Branch of Forestry	0830 OR 1300	Melvin Hunter Jr. Phone(928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
RT-130	Annual Fireline Refresher	Apr. 4	Apr. 11	Branch of Forestry	0830-1630	Melvin Hunter Jr. Phone(928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>
S-212	Wildland Fire Chain Saws	TBA	TBA	TBA	TBA	Maynard Mahone Phone: (928) 769-3310 <a href="mailto:Maynard.Mahone@bia.gov">Maynard.Mahone@bia.gov</a>
CPR/1 <sup>st</sup> Aid	Medical	TBA	TBA	TBA	TBA	Melvin Hunter Jr. Phone: (928) 769-3305 <a href="mailto:Melvin.Hunter2@bia.gov">Melvin.Hunter2@bia.gov</a>

**CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW**

Required: IS -700a, ICS 100, and ICS 200 (Single Resource Only) National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self study course and upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwcg.gov/courses.html>.

Rookie Training includes: I-100, S-130, S-190, and L-180 Human Factors in the Wildland Fire Service (not offered online)

I – 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-260; Interagency Incident Business Management (2011), recommended for Crew Boss Trainee and Qualified

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Squad Boss Trainee and Qualified

GAMYU

Issue #03

**HUALAPAI NATION SOIL & WATER CONSERVATION DISTRICT**  
**VACANCY ANNOUNCEMENT**

**JOB TITLE:** Secretary / Treasurer, Hualapai Nation Soil & Water Conservation District

**JOB DUTIES:** The Secretary/ Treasurer shall have the following duties and responsibilities:

- Maintain all filing systems, documents and records of the District.
- Maintain accurate and complete minutes of all official meetings.
- All minutes shall be made public record.
- Be the custodian of the District funds.
- Endorse, with that of the President, all vouchers and other documents for the disbursements of District funds.
- Keep accurate and complete records of all financial transactions of the District.

**HUALAPAI NATION SOIL & WATER CONSERVATION DISTRICT**  
**VACANCY ANNOUNCEMENT**

**JOB TITLE:** Board Member, Hualapai Nation Soil & Water Conservation District

**PURPOSE OF THE BOARD:** The Hualapai Nation Soil & Water Conservation District was established to work with the U.S. Department of Agriculture and its Agencies in a conservation partnership effort to provide technical and financial assistance directly to the Hualapai Nation, to implement USDA conservation programs on the Hualapai Indian Reservation and to assist the Nation and tribal producers to implement conservation practices and resource management systems and increase their opportunities to own, operate and retain farms and ranches.

Positions are on a voluntary basis, if interested or need further information, please contact Philip Bravo Jr., 769-2241 or Teresa Honga, 769-2367.

## HEALTH & SAFETY INFORMATION



### **MyPlate – The Fruit Group: Focus On Fruits**

Guide E-141

Carol Turner

Cooperative Extension Service • College of Agricultural, Consumer and Environmental Sciences

**Author:** Extension Food and Nutrition Specialist, Department of Extension Family and Consumer Sciences, New Mexico State University

#### **Introduction**

Although most Americans 2 to 3 years of age consume the recommended total amount of fruits, Americans ages 4 years and older do not. The fruit group includes all fresh, frozen, canned and dried fruits. Fruits may be eaten whole, cut-up, or pureed, and also as juices. Fruits are naturally low in calories, sodium and fat, and free of cholesterol. They offer a variety of tastes and textures, and you can add fruits to many foods, such as salads, desserts, breads and yogurt.

#### **Nutrients in the Fruit Group**

The following nutrients are found in most fruits. A typical American diet is usually low in nutrients marked with an asterisk (\*).

\***Fiber** helps reduce blood cholesterol levels, may reduce the risk of heart dis-



ease, and promotes proper bowel function. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber, fruit juices contain little or no fiber.

**\*Vitamin C** helps heal cuts and wounds, grow and repair all body tissues and maintain healthy teeth and gums.

**\*Folate** helps produce red blood cells and reduces a woman's risk of having a child with a brain or spinal cord defect.

**\*Potassium** helps maintain a healthy blood pressure and is needed for muscle and nerve function. Some examples of potassium-rich fruits are prune juice, prunes, dried peaches or apricots, bananas, cantaloupe, honeydew melons, orange juice, raisins, figs and berries.

### How Many Fruits are Needed?

MyPlate recommends eating between 1 and 2 1/2 cups of fruits every day, depending on your age, gender, and level of physical activity (Table 1). For more information, visit: [www.choosemyplate.gov](http://www.choosemyplate.gov).

**Table 1. Daily Recommendations for the Fruit Group**

	Age	Cup(s)
<b>Children</b>	2-3 years	1
	4-8 years	1 to 1 1/2
<b>Girls</b>	9-18 years	1 1/2
<b>Boys</b>	9-13 years	1 1/2
	14-18 years	2
<b>Women</b>	19-30 years	2
	31+ years	1 1/2
<b>Men</b>	19-30 years	2
	31+ yers	2

#### What does one cup from the fruit group mean?

- 1 cup of chopped or whole fruit
- 1 cup (8 ounces) of 100% fruit juice
- 1/2 cup of dried fruit
- 1 small apple (2 1/2-inch diameter)
- 1 medium grapefruits (4-inch diameter)
- 1 medium pear
- 1 large banana ( 8 to 9 inches long)
- 1 large orange (2 3/8-inch diameter)
- 1 large peach (2 3/4-inch diameter)
- 2 large plums
- 8 large strawberries
- 32 seedless grapes

### Why should you consider choosing fruit instead of juice?

Although, 100% fruit juices can be a healthful part of your diet, it is always better to chose more whole fruits than juice because whole fruits contain more fiber. If you need 2 cups of fruit daily, perhaps you could select 1 cup of fruit juice and 1 cup of whole fruit.

“Fruit punch”, “fruit aid” and “fruit drinks” contain little to no actual fruit juice. They are high in sugar and water and lack other nutrients. Read the food label to determine the percentage of juice in the drink. Sweetened juice products with minimal juice content, such as sports and energy drinks, are considered sugar-sweetened beverages rather than fruit juice.

### Tips for Buying Fruits

- Buy fresh fruits in season when they have peak flavor and are available at a good price.
- If you decide to buy juices, purchase only 100% fruit juice. Read the label to determine the percentage of juice.
- Choose canned fruit packed in water, 100% juice or light syrup. They are usually lower in cost. Canned fruits are also easier to store.
- Buy dried fruit. It is easy to carry and store.
- Choose frozen fruit without added sugars and sauces.
- When you are shopping, pick your frozen fruits last to make sure they stay frozen on your trip home. Choose frozen fruit that is hard and not in ice. Ice on the package could indicate that the fruit has thawed and been refrozen.

### Tips for Healthful Eating from the Fruit Group

- Vary your fruit choices. Fruits differ in nutrient content.
- Eat fruits for snacks. Try cut-up fruit, dried fruits, peanut butter on apple slices, or low-fat yogurt

with berries.

- Enjoy fruits for dessert! Try baked apples or pears, or tropical fruit salad.
- Include fruit in meat dishes, such as chicken with oranges, apricots, or mangoes.
- Be creative and add fruit to breakfast, lunch and dinner menus.
- Set fruits in handy places in the refrigerator, or on the counter or table.
- Use ripe fruits in smoothies.
- For children, offer a variety of fruit to decorate their plates. Also, let children pick out a new fruit and help you clean, peel or cut the fruit.

### **Keep it Safe**

- Purchase produce that is not bruised or damaged.
- When selecting fresh-cut produce, such as a half a watermelon, choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits separately from meat, poultry and seafood products when packing them to take home from the market.
- Certain perishable fresh fruits, like strawberries, can be best maintained by storing in a clean refrigerator at a temperature of 40 °F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- All produce that is purchased pre-cut or peeled should be refrigerated to maintain both quality and safety.
- When preparing any fresh produce, begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparation.
- Cut away any damaged or bruised areas on fresh fruits before preparing and/or eating. Produce that looks rotten should be discarded.
- All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, as well as produce that is purchased from a grocery store or farmer's market. Wash fruits under running water just before eating, cutting or cooking.
- Even if you plan to peel the produce before eating, it is still important to wash it first.
- Washing fruits with soap or detergent or using commercial produce washes is not recommended by the USDA.
- Scrub firm produce (such as melons) with a clean produce brush.
- Keep fruits that will be eaten raw separate from other foods such as raw meat, poultry or seafood, and from kitchen utensils used for those products.

### **“Go, Slow, Whoa” Foods**

An easy way to make smart and nutritious choices within the fruit group is to use the “Go, Slow, Whoa” concept.

- “Go” foods are the most nutrient-dense; they contain more of the nutrients you need with relatively fewer calories. Eat them almost anytime, based on your calorie needs.
  - Examples: all fresh, frozen or canned in water/juice fruits.
- “Slow” foods are higher in calories, fat and/or sugar than “Go” foods. Eat them sometimes, at most several times a week.
  - Examples: 100% fruit juice, fruits canned in light syrup, dried fruits.
- “Whoa” foods are high in calories, fat and/or sugar and offer little nutritional value. Eat them only once in a while or on special occasions, and in small portions.
  - Example: fruits canned in heavy syrup.

### **References**

National Heart, Lung and Blood Institute, 2012, *Changing foods for your family: GO, SLOW, and WHOA foods* [Online]. Available from: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/choosing-foods.htm>

United States Department of Agriculture. n.d. *ChooseMyPlate.gov* [Online]. Available from: <http://www.choosemyplate.gov>

United States Department of Agriculture Center for Nutrition Policy and Promotion. 2011. *Dietary guidelines for Americans, 2010* [Online]. Available from: <http://cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>



*"We Come To You"*

## I.H.S. Peach Springs Health Center

**February 20, 2013**

**8 am—5 pm**

**943 Hualapai Way**

**To schedule an appointment, please call: 928-769-2921**

- ✓ CHS coverage with Colorado River Service Unit (CRSU)
- ✓ Full field digital Mammography and CAD computerized reading
- ✓ We are now able to accommodate breast implant patient

Patients under the age of 30 must provide a Doctor's referral  
(Unless family history or symptomatic)

Please bring the following information:

Location of prior mammogram films

Recommended Baseline Age:

35-40



*15 minutes could save your life!*

## ***“IMPROVING PATIENT CARE”***

### **PEACH SPRINGS HEALTH CENTER**

#### Health Center Hours

**Monday—Friday • 8:00 a.m.—5:00 p.m.**



### **Meet Our Newest Staff Member... Rochelle Begay, Dental Assistant**



Rochelle Begay has been our Dental Assistant since December 31, 2012. She is from Kingman, AZ. Rochelle received her Bachelor's degree in Dental Hygiene from Northern Arizona University. She was previously an Administrative Assistant @ the Hualapai Head Start in Peach Springs. She chose to work for Peach Springs Health Center because she is familiar with the community and it is near her hometown in Kingman.

Rochelle enjoys watching movies and bowling. Larry Fitzgerald is someone she'd like to hang out with because he is her favorite NFL player. Her favorite quote is: "Shoot for the moon, even if you don't land there, you sill land among the stars."

P.O. Box 190 • 943 Hualapai Way • Peach Springs, AZ 86434  
Phone: 928.769.2900 • Fax: 928.769.2701 • Toll-Free: 1.888.478.4369

Medical Appointments: 769.2920 • Dental Appointments: 769.2903  
Pharmacy (Refills): 769.2992 • EMS (After Clinic Hours): 769.2233

**Just Wanted You To Know**

Between the both of us, we've been through thick and thin... year after year, it seems like nothing has changed. Of all the friends we had, we lost and gained a few. Same you, the same me, between the both of us, we've never changed. We still do the same thing in some way or another.

You're always willing to help out when needed, always thinking of doing for everyone else, not thinking of yourself. In return what's there for you. And to this day, still see that same man in you, when I first met you.

For me, it's so much of not having to depend on you, as much as would like to; it's just the way I was taught. I would like to say thank you, to both of us, knowing that we've been there for each other through thick and thin. In order for me to stay within my marriage, I had to let go of a few friends that I gained, only because of the lack of communication and trust.

Between the both of us, we really need to work on, 'that it's not just you or me', 'it's the both of us', along with others that want to tag along within our marriage, so don't let anyone tell you different.

We met each other 12 years ago and 12 years of marriage... sometimes, I wonder how our parents did it. But, now I know, no matter what happened they did it through death due us part. If we didn't help each other out, or support each other, we both wouldn't be where we are now. No matter what anybody says, I will always love you and be here for you through thick and thin... 'TIL DEATH DUE US PART.

As my dad would say, "There is no grass greener on the other side". When the time comes, you will know, but whatever you do; do it for you, not for your family, friends, or relatives.

They will never be there for you, you and I know that's not true. Thank you and I appreciate everything you've done for me.

**Sharon (S.H.W.)**

January 28, 2013



I want to say congratulations to my granddaughter, Jade Honga. On December 20, 2012 she received bachelors' degrees in Criminal Justice and Sociology. Jade followed in the footsteps of her parents. Monza received degrees in Secondary Education

and Anthropology from the University of Wyoming. Cheryl's received degrees in Finance and Nursing, also from UW.

Monza knew an education would help him the rest of his life because he had seen that life can be unforgiving. He lived up to this value by obtaining two bachelors' degrees.

There are only 2200 Hualapai people on this planet and very few of them have accomplished what you have accomplished. I know your siblings and cousins will look up to this milestone you have achieved. I am content knowing my grandchildren will have a better life than the one I grew up in. Your achievement will help as you blaze a good life for you and your son. Your parents instilled the value of an education in you. I know you will teach your son the same. I am very proud of you and I know your mother and father are proud of you too.

We love you and you made us very proud.

**Grandma Peggy**

# SPECIAL EVENT

APRIL 6, 2013 7 PM

YAVAPAI COLLEGE PERFORMING ARTS CENTER



**DON EDWARDS  
AND RICH O'BRIEN  
WITH THE**

**PRESCOTT POPS  
SYMPHONY**



TICKETS AVAILABLE FEBRUARY 4, 2013

Ticket prices range from \$20 to \$45

www.ycpac.com or 928 776 2000



Sponsored by the Arizona  
Cowboy Poets Gathering and  
Phippen Museum of Western Art



*Arizona State University  
College of Public Programs  
announces that  
Jade Rye Honga  
is a candidate for the degrees of  
Bachelor of Science  
in Criminal Justice and Criminology  
and Bachelor of Science  
in Sociology  
at the Convocation Ceremony  
Friday, December twenty-first  
Two thousand twelve  
at five o'clock in the afternoon  
Phoenix Convention Center  
Phoenix, Arizona*