

GAMYU

Inside this issue:

Community Events & Information	2
Health & Safety	17
Community Messages	27



Special points of interest:

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

Friday, May 31, 2013

Please remember to attach an Information Sheet with your articles.

Thank you.



FIRST THINGS FIRST

Ready for School. Set for Life.



First Things First CEO Rhian Evans Allvin visited Peach Springs in early May and attended a luncheon hosted by the Hualapai Youth Council. Pictured, from left, are First Things First Hualapai Regional Partnership Council Chair Pete Imus, Family Therapist Staci DeLaney, Counselor Dawn Kufeld, Youth Council Vice President Christina Watahomigie, First Things First CEO Rhian Evans Allvin and First Things First Hualapai Regional Partnership Council member Charlene Imus.

First Things First CEO tours child care center set to open this summer

(PEACH SPRINGS) - First Things First CEO Rhian Evans Allvin thanked those working to improving early education for children in the Hualapai Tribe when she visited Peach Springs in early May to tour the new child care center expected to open this summer.

"The work being done for young children here is so important," Allvin said during a luncheon hosted by the Hualapai Youth Council.

The Youth Council collaborated with First Things First in March to draft a proclamation for Week of the Young Child that was presented to the Hualapai Tribal Council at its meeting in April. Youth Council Vice President Christina Watahomigie read the proclamation at the luncheon and talked about how improving early learning opportunities contributes to success later in life.

"The job of helping children succeed in school starts the day they are born, and public recognition of the importance of early learning for all young children is crucial to our young children's futures," Watahomigie said. "The Hualapai Maternal Child Health Program is responsible for working with the Peach Springs community to determine what kids two years old and younger need to arrive to school healthy and ready to succeed."

A meeting of the First Things First Hualapai Tribe Regional Partnership Council took place the morning of Allvin's Peach Springs visit. A presentation was given on five bilingual Hualapai and English children's books in development through a project funded by FTF and led by the Hualapai Department of Cultural Resources. The children's books will be equipped with an audio component featuring words in English and Hualapai as recited by Tribal elders. The books will be provided to children in the Hualapai Head Start program, as well as several tribal departments.

"It's a really unique project because everything has been done in house," said Carrie Cannon, who said Cultural Resources staff also contributed artwork for the book.

The Regional Partnership Council also welcomed two new members at the May 8 meeting. Regional council members have direct responsibility to collect information on the strengths and needs of the Hualapai community; prioritize the specific needs of children from birth through age 5; plan how to address those needs; choose who to partner and collaborate with to ensure success for the children in their area; and, make funding decisions necessary to carry out their plan. Regional council members also participate in community outreach to educate community leaders, public policymakers and the general public about FTF and the importance of investing in early childhood.

First Things First Regional Director Ashley Pascual said Peach Springs Unified School District Superintendent Dr. Anthony Perkins and Boys and Girls Club Director Darren Hudak will each bring valuable experience to the regional council.

“The collaboration and partnership with the school district, as well as the Boys and Girls Club, will be very beneficial and we are happy to have these two new members join the dedicated group of volunteers on the Regional Council, which includes Reverend Pete Imus, Candida Hunter, Lucille Watahomigie, Sandra Irwin, Charlene Imus and Joyce Holgate,” Pascual said.

###

About First Things First – First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit azftf.gov.

APPROVED December 12, 2012

**HUALAPAI TRIBAL COUNCIL
Special Council Meeting
October 29, 2012 @ 1:00 pm**

Secretary: Ron Two Bulls

Roll call taken, nine (9) members present constituting a quorum. Chairwoman Counts called meeting to order at 1:10 pm

Members Present:

Others Present:

- | | |
|--------------------------|---------------|
| Sherry Counts | Don Simon |
| Philbert Watahomigie Sr. | Reed Chambers |
| Barney Imus | Phil Wisely |
| Rudy Clark Sr. | Erin Forrest |
| Hilda Cooney | |
| Candida Hunter | |
| Charles Vaughn | |
| Jean Pagilawa | |
| Ronald Quasula Sr. | |

Prayer, Chairwoman

Jean Pagilawa motions to approve the agenda; second by Candida Hunter; Vote: 9 in favor

Candida Hunter motions to go into executive session; second by Sherry Counts; Vote: 9 in favor.

Tribal Council goes into Executive Session at 1:13PM

Ron Quasula motions to come out of executive session; second by Rudy Clark; Vote 7 in favor, 1 excused; 1 not voting.

Council comes out of Executive Session at 2:00pm

Other discussion:

HNP

Issue regarding employment of officers
ch recommends that HNP link their network with Tribe so that when applications come through, HR is aware.

Letter to Superintendent

signed and will be mailed per the direction of the Tribal Council.

Trust Settlement

Vice-Chair addresses issue with individuals who owe child support to others. Council agrees that orders should come from the court

jp addresses the issue with individuals who owe loans to Tribe who don't pay.

sc... a memo should go out on collecting loans to those individuals who do have jobs; they should do payroll deductions to start paying back or else we will take their money.

cv... I agree that some sort of notice should be sent out; administration needs to get with Wanda and have her commit to how she is going to do this so that it (memo) can be sent out and the people would be aware instead of us just deducting. The loans that are not being paid; we need to try to collect on.

Lynn Rapp should be notified; Wanda Easter should meet with her; pw suggests the week of the 19th regarding money going into a trust fund for minors.

rq... Wanda Easter is having problems with getting info from Clara, 18 and over, names, addresses, etc.; suggestion for emergency hire before the special election to help Clara get information to Wanda (just for that purpose).

cv... are you going to send that notice out that check will be deducted unless you can make arrangements to pay your loan?

ch... suggests for at least a payment if no consistent income.

sc... just payroll deductions, if they have a job, if they don't have a job we'll take their money.

Ron Quasula motioned to adjourn; second by Rudy Clark; Vote: 8 in favor; 1 excused.

APPROVED December 12, 2012

HUALAPAI TRIBALCOUNCIL

General Council Meeting

Hualapai Tribal Gym

Monday, November 19, 2012 @ 8:30 am

Secretary: Ron Two Bulls

Roll call taken, 8 members present (1 excused) constituting a quorum. Chairwoman Counts called meeting to order at 8:45 AM.

Members Present:

Sherry Counts

Philbert Watahomigie Sr.

Barney Imus

Rudy Clark Sr.

Hilda Cooney

Candida Hunter

Charles Vaughn (Excused)

Jean Pagilawa

Ronald Quasula Sr.

Prayer, Rudy Clark

Others Present:

Directors, Program Managers, Employees, and Community

Rudy Clark motions to approve the agenda; second, Ron Quasula; Vote: 8 in favor; 1 excused.

Candida Hunter motions to approve the extension request for Head Start findings; second, Jean Pagilawa; question, Rudy Clark; Vote: 8 in favor 1 excused.

1. Opening – Chairwoman

Director of each department gives presentation of staff and department responsibilities; and/or projects currently working on. Directors take questions from audience members.

2. Hualapai Department of Natural Resources, Don Bay

3. Public Works, Phillip Wisely
4. Health Education & Wellness
5. Department of Finance, Wanda Easter
6. Elderly Department, Shane Charley
7. Adult Detention, Ann Querta for Angela Chavez
8. Hualapai Juvenile Detention & Rehabilitation Center, Donna Robles
9. Hualapai Tribal Court, Chief Judge Yellowhawk/April Havatone
10. Office of The Prosecutor, Chief Prosecutor, Marie James
11. Public Defender, Steve Hernandez
12. Transportation, Erin Forrest
13. Planning & Economic Development, Kevin Davidson
14. LUNCH
15. Human Resources, Rudolph Clark Sr.
16. Department of Emergency Services, Ronald Quasula Sr.
17. IHS, Rosemary Sullivan
18. Boys & Girls Club, Darren Hudak, Bella Miller
19. Hualapai Game & Fish, Scott Crozier
20. Hualapai Head Start, Joyce Holgate
21. T.E.R.O., Everett Manakaja Jr.
22. Recreation Program, Hubert Imus
23. Enrollment/Operations, Clara Mahone
24. Department of Human Services, Carrie Imus

Charles Vaughn joined the meeting at 3:10pm

25. Department of Education & Training, Lucille Watahomigie
26. Hualapai Housing, Sheri Yellowhawk
27. Hualapai Nation Police Department, Chief Francis Bradley
28. Grand Canyon Resort Corporation, Jennifer Turner, CEO

Questions/Comments from public – also placed a comment/suggestion box behind the room.

Rudy Clark motions to adjourn, second, Candida Hunter; Vote: 9 in favor

Meeting adjourned at 4:31pm

**HUALAPAI TRIBALCOUNCIL
Special Council Meeting
January 7, 2013 @ 1:00 pm**

Secretary: Ron Two Bulls

Roll call taken, nine (8) members present constituting a quorum. Chairwoman Counts called meeting to order at 1:04 pm.

Members Present:

Sherry Counts
 Philbert Watahomigie Sr.
 Barney Imus
 Rudy Clark Sr.
 Hilda Cooney
 Candida Hunter
 Charles Vaughn (Late – 1:08pm)
 Jean Pagilawa
 Ronald Quasula Sr.

Present:

Jennifer Turner
 Carrie Imus
 Wilfred Whatoname Sr.
 Robert Bravo Jr.
 Louise Benson
 Inez Manakaja
 Derrick Penny (telephone)

Chairperson calls for approval of agenda

Motions to approve agenda: Ron Quasula

Second: Rudy Clark

Question: Hilda Cooney

Vote: 8 in favor, 1 absent/late

Prayer, Chairwoman

1. GCRC Board of Directors

Chair suggests that Tribal Council should go into Executive Session due to discussion of personnel issues in regards to GCRC Board.

Motions to go into Executive Session: Candida Hunter

Second: Jean Pagilawa

Discussion: Ron Quasula

Ron Quasula states that some people probably have questions to the council that should be heard prior to going into Executive Session.

Council hears from audience members: *Robert Bravo Jr., Louise Benson and Inez Manakaja.*

Question, Candida Hunter

Vote: 5 in favor; 2 opposed; 2 not voting

Motions to come out of Executive Session: Chairwoman

Second: Rudy Clark

Question: Ron Quasula

Vote: 9 in favor

Tribal Council comes of Executive Session at 2:40 pm

Motions to accept the report as received by GCRC and allow business to go forward: Rudy Clark

Second: Hilda Cooney:

Question: Ron Quasula

Vote: 7 in favor; 2 not voting.

The next Council Meeting is Thursday, January 10 @ 9AM.

Tribal Council needs to set up interviews for 2 board member openings. January 14, 2013 @ 9AM

GCW site tour on January 16, 2013, leaving from GCRC.

Strategic Planning meeting with BOD on January 18, 2013

Motions to adjourn: Rudy Clark

Second: Ron Quasula

Question: Chairwoman

Vote: 9 in favor.

Meeting adjourned at 2:46pm

**TRIBAL COUNCIL
RESOLUTION NO. 33-2013
OF THE GOVERNING BODY OF THE HUALAPAI TRIBE
OF THE HUALAPAI RESERVATION**

(Tribal Enrollment Membership – 07)

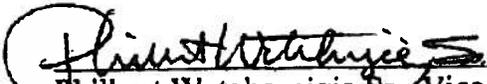
WHEREAS, The Hualapai Tribal Council has the responsibility of enrolling members pursuant to the Ordinance of the Hualapai Tribe of Peach Springs, Arizona, Enrollment Procedures Act; and,

NOW THEREFORE BE IT RESOLVED that the following applicants are approved:

1. RIGGS, Ethan James
2. SUSANYATAME, Kiyanna Lyndsi
3. TALIEJE, Damario Maurice
4. TALIEJE, Lexie Starr
5. TINHORN, Tyler Nathaniel
6. TWO BULLS, Trevaughn Anthony
7. TWO BULLS, Tristan Michael

CERTIFICATION

I, the undersigned as Vice-Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom seven (7) constituting a quorum were present at a Regular Council Meeting held on this 3rd day of May 2013; and that the foregoing Resolution was duly adopted by a vote of seven (7) in favor; 0 oppose; (0) not voting; two (2) vacant; pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.


 Philbert Watahomigie Sr., Vice-Chairman
 Hualapai Tribal Council

ATTEST:


 Ronald Two Bulls, Secretary
 Hualapai Tribal Council

THE HUALAPAI TRIBAL COURT IN
HUALAPAI RESERVATION, ARIZONA



66 FINANCE INC.,
vs. Petitioner

Case No: CV03-014OSC

MELANIE POWSKEY,
Respondent

ORDER TO SHOW CAUSE

TO: MELANIE POWSKEY -PEACH SPRINGS AZ 86434

YOU ARE HEREBY ORDERED to appear before the Hualapai Tribal Court on the 4TH day of JUNE 20 13 at the hour of 2:30 AM/PM and show cause why you should not be held in Contempt of Court for:

failure to appear on APRIL 29, 20 13 for:

- Arraignment
- Initial Hearing
- Settlement Conference
- Status Review Hearing
- Bench/Jury Trial
- Other ORDER TO SHOW CAUSE

failure to obey a Court Order regarding:

- payment of fine
- payment of restitution
- payment of civil judgment \$902.97
- payment of child support
- performance of community service
- payment of spousal maintenance
- child visitation
- return of property
- restraining order
- preliminary/permanent injunction
- order of protection
- other:

**IF YOU FAIL TO APPEAR AS ORDERED ABOVE
A BENCH WARRANT WILL BE ISSUED FOR YOUR ARREST.**

Date: 4/29/13

Jan Marshall
Judge, Hualapai Tribal Court

CERTIFICATE OF SERVICE

I HEREBY CERTIFY that I:

- personally served the foregoing upon the named person on _____ at ____:____ a.m./p.m.
- effected service of the foregoing by sending a copy by local Publication "Ganyu"
- was unable to effect service of the foregoing because _____

May 14 2013 Chief Court Clerk Municipal Court
Date Name and Title Signature



FIRST THINGS FIRST

Ready for School. Set for Life.

PUBLIC NOTICE OF THE MEETING OF THE Arizona Early Childhood Development and Health Board Hualapai Tribe Regional Partnership Council

Pursuant to A.R.S. §8-1194(A) and A.R.S. §38-431.02, notice is hereby given to the members of the First Things First - Arizona Early Childhood Development & Health Board, Hualapai Tribe Regional Partnership Council, and to the general public that the Hualapai Tribe Regional Partnership Council will hold a *Regular Meeting open to the public on June 12, 2013 at 9:00 a.m. at the Hualapai Health Education and Wellness Center at 488 Hualapai Way in Peach Springs, Arizona, 86434*. Some members of the Regional Partnership Council may elect to participate telephonically.

Pursuant to A.R.S. § 38-431.03(A) (1), A.R.S. § 38-431.03(A) (2) and A.R.S. § 38-431.03(A) (3), the Regional Partnership Council may vote to go into Executive Session, which will not be open to the general public, to discuss personnel items, records exempt from public inspection and/or obtain legal advice on any item on this agenda.

The Regional Partnership Council may hear items on the agenda out of order. The Regional Partnership Council may discuss, consider, or take action regarding any item on the agenda. The Regional Partnership Council may elect to solicit public comment on any of the agenda items.

Meeting Agenda

- | | |
|---|--|
| 1. Call to Order/ Welcome | Reverend Pete Imus, Chair |
| 2. Possible Approval of May 8, 2013 Meeting Minutes (Attachment 1) | Reverend Pete Imus, Chair |
| 3. Call to the Public | Reverend Pete Imus, Chair |
| <i>This is the time for the public to comment. Members of the Regional Partnership Council may not discuss or take legal action regarding matters that are not specifically identified on the agenda. Therefore, pursuant to A.R.S. §38-431.01(H), action taken as a result of public comment will be limited to directing staff to study the matter, responding to any criticism, or scheduling the matter for further consideration and decision at a later date. Public comments relative to a specific agenda item may be heard during the discussion of that item.</i> | |
| 4. Regional Partnership Council Member Updates and Announcements | Regional Partnership Council Members |
| 5. Presentation and Possible Approval of the 2012 Regional Annual Report (Discussion and Possible Action) | Ashley Pascual, Regional Director
Erin Taylor, Community Outreach Coordinator |
| 6. Presentation and Discussion on Early Childhood System-Building (Attachment 2) | Ashley Pascual, Regional Director |
| 7. FY2014 Expansion Strategy Implementation (Attachments 3a – 3d) (Discussion and Possible Action) | Ashley Pascual, Regional Director |
| a. Possible Approval of the Funding Mechanism | |
| b. Possible Approval of the Scope of Work | |
| c. Revised Timeline for Implementation | |

8. Adoption of the FY2014 Regional Council Meeting Schedule (Attachment 4)
(Discussion and Possible Action)

Reverend Pete Imus, Chair

9. Parent Awareness and Community Outreach Update

Erin Taylor, Community Outreach Coordinator

10. Regional Director's Update
(Possible Discussion and Recommendations)

Ashley Pascual, Regional Director

- a. Board Update (Attachment 5)
- b. FY2013 Strategy Implementation – Contract Detail Report (Attachment 6)
- c. Regional Council Member Recruitment

11. Next Meeting

Reverend Pete Imus, Chair

12. Adjourn

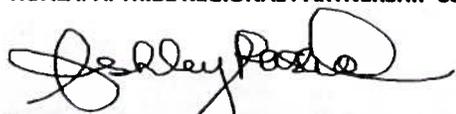
Reverend Pete Imus, Chair

A person with a disability may request a reasonable accommodation such as a sign language interpreter by contacting Sandy Smith, Administrative Assistant, at (928) 854-8732. Requests should be made as early as possible to allow time to arrange the accommodation.

Dated this 24th day of May 2013

ARIZONA EARLY CHILDHOOD DEVELOPMENT AND HEALTH BOARD

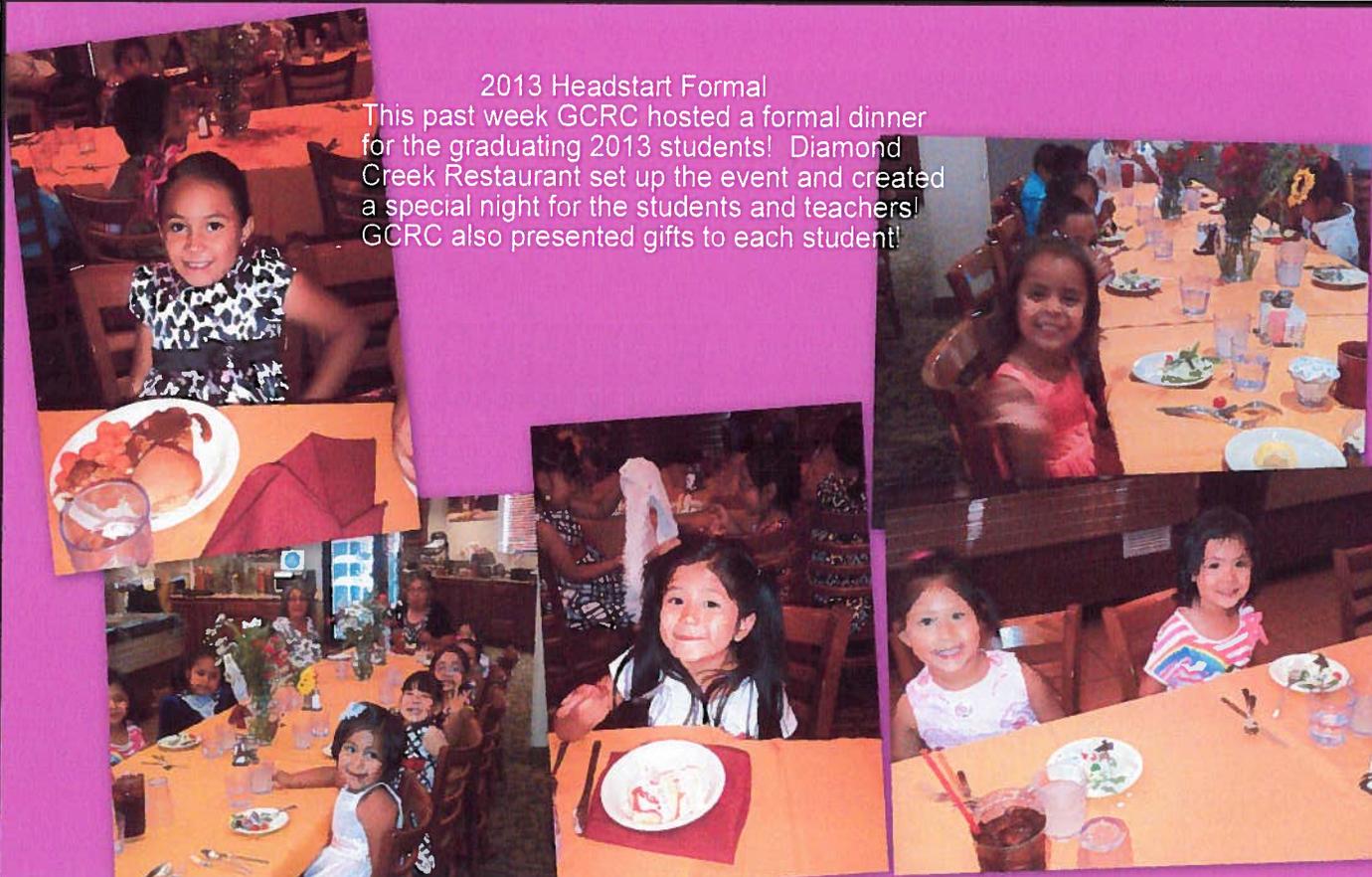
HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL



Ashley Pascual, Regional Director

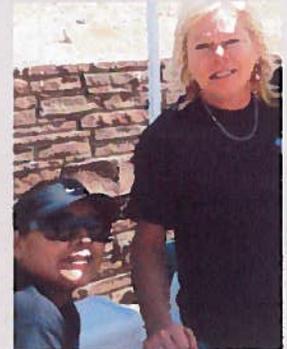
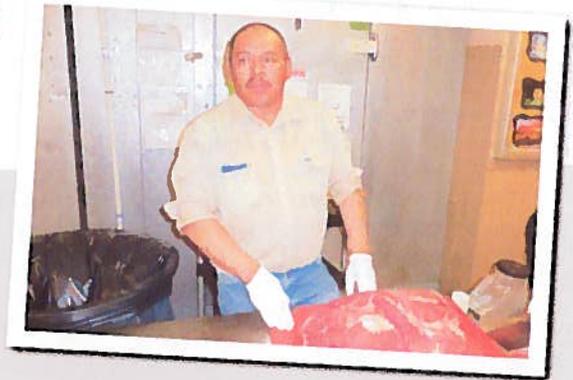
2013 Headstart Formal

This past week GCRC hosted a formal dinner for the graduating 2013 students! Diamond Creek Restaurant set up the event and created a special night for the students and teachers! GCRC also presented gifts to each student!



23rd Annual Hualapai Pit BBQ

Saturday, May 4th, 2013



Thanks to all the Tribal Departments, GCRC and Hualapai Lodge/Diamond Creek Restaurant for making our event a success!

Memorial Wreaths

Hualapai Elderly Center will be selling Memorial wreaths at The Elderly Center. Come on in and take a look...

Small: \$5.
Large: \$10

HOUSING FAIR

If you are a Tribal member and you are interested in providing maintenance repairs to our local Tribal members who are Homebuyers or Homeowners, the Hualapai Housing is inviting you to reserve a booth at our upcoming Housing Fair scheduled for June 27, 2013. This would be an excellent opportunity for you to advertise your services to those community members. Please contact Hualapai Housing Department at 769-2274 or stop in our office to reserve your booth.



****We are still taking applicants for our Summer Youth Program****



SUMMERTIME

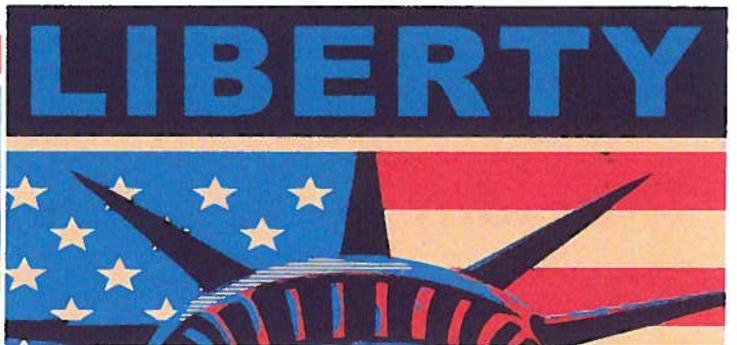
FREE LEMONADE!

We welcome Summer with free lemonade served with every lunch entrée throughout June!



We are proud of our Service Men & Women

Wear your uniform and your entrée is on us! Mondays throughout May



Community Talent Show & **HYPNOSIS: NATIVE STYLE!**

Starring Mr. Robert Johnston & YOU!

The show where you are the star!

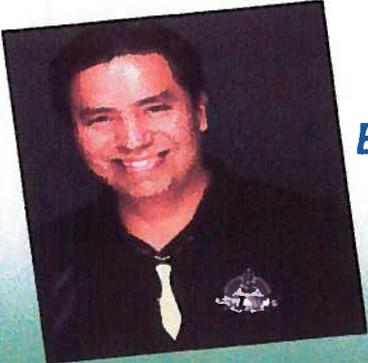
Tuesday May 28, 2013 7:00PM

Multipurpose Building
470 Hualapai Dr. Peach Springs, AZ

Everyone Welcome to showcase your talent!
Sign up with the Youth Services Office.

Hakuna Matata!

End of School Year Youth Conference




End of School Year

Bird Gathering

Thursday

May 30, 2013

7:00PM

Multipurpose Building

470 Hualapai Dr.

Peach Springs, AZ



All Bird Singers & Dancers

Welcome!

Hakuna Matata!

End of School Year Youth Conference



"Beautiful - Empowerment"



Nya Jida - Nya Misi
(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!



Hualapai Elderly Services Program Advisory Committee Meeting

- Meeting called to order, and welcomed by President Barbara Tinhorn at 1 pm, April 8, 2013
- Roll call members at large quorum was established
- **Members presented:** President - Barbara Tinhorn
 - Vice - Malinda Powskey
 - Secretary - Mildred Grover
 - Treasurer - Absent

Council members absent: 1

Elders and other participants: Josie Steele, Helen Querta, Lyndee Hornell, Mary Imus, Brenda Martin, Sharon Wakayuta

Review and approval of minutes for April 8, 2013
Motions to approve minutes. Seconded by

1. Helen Querta brought up national charities. To go through National Charities for various supplies for incentives for elders. Mildred Grover says we have gone through this program for the elders during the time of Thanksgiving and Christmas. We received a turkey box for each elder. We participated in their stocking product. Our elders sewed stockings and sent them to the National Charities for them to distribute out to the children. An application needs to be sent in again.
2. Menu has not been completed yet or approved, need to be break down the menu food items to scale, need to follow up.
3. Gym schedule for seniors to practice, the ones going to attend aging conference.
4. Barbara Tinhorn brought up taking pictures, at activities to display here and put in a scrap book. Other elders said that is a good idea. Pictures and some elders were shown to them.
5. **(Inserted page)** a list of those that attended the 25th Annual Aging Conference in Scottsdale. The elderly program donated a quilt/basket full of items.
6. Barbara Tinhorn brought up per diem money. It is given out for trips for meals and needs to be used for that, it's not intended for casino or other use.
7. While on travel, rooms are assigned and set, need to go by what is planned for the elders. We had elders switching rooms and getting upset.
8. When on travel, elders who need assistance need to make arrangements to get a caregiver to come with the elder to help.
9. Van rules need to be written. There has been some problems. **(Inserted page)**
10. Lyndee Hornell was here for the meeting. She talked about home assessments being done for elders, to fix handicaps. Rails in the bathroom and areas that need smoke alarms, fire extinguishers checked and installed. She is in charge of apprenticeship and is working on this for elders who live in ownership homes. Lyndee will be on travel to the 25th Annual Aging Conference. She will be helping as a volunteer.
11. Transportation for Grand Canyon West has buses to pick up tribal members and elders at the Hualapai Lodge at 7 am. It is a weekend event so employees are off.
12. Helen Querta is an Elderly Advocate at the Hualapai Elderly Center. She reports that she has about 30 more elders to assess. She goes out to visit homebound and other elders on our program. The total is 146 elders for assessments.
13. At the senior games in Salt River, we had two of our elders Wynona Sinyella who received 2 medals for obstacle course, 1st place chicken throw. Hubert Imus, obstacle course, 1st place.

Meeting was adjourned @ 2:10

Hualapai Elderly Services Program Sign-Up Sheet

Activity: 25th Annual ITCA Conference	Date: April 15-18, 2013	Departure Time: 8:00 AM
Location: Scottsdale, AZ	Driver: Millie Grover/Jerome Parker	Return Time: 5:00 PM

No.	Name	Per Diem \$120.00	Signature
1	Shane Charley	N/A	
2	Mildred Grover	✓	
3	Jerome Parker	✓	DRIVER
4	Helen JW Querta	✓	
5	Louise Benson		Didn't show up
6	Ernestine Claw		
7	Hilda Cooney	✓	
8	Evalina Hamidreek	✓	
9	Linda Havatone	✓	
10	Delmar Honga	✓	
11	Carrie Imus		Cancelled
12	Hubert Imus Sr.	✓	
13	Mary Imus	✓	
14	Sylvia Jackson	✓	
15	Verna Kopelva	✓	
16	Nona Majenty	✓	
17	Sylvia Palmer	✓	
18	Jennifer Patrick	✓	
19	Mike Patrick	✓	
20	Malinda Powskey		Cancelled
21	Celeste Powskey		Cancelled
22	Wanda Siewiyumptewa	✓	
23	Wynona Sinyella	✓	
24	Claude Tapija	✓	
25	Grant Tapija, Jr.	✓	
26	Phoebe Tapija	✓	
27	Barbara Tinhorn	✓	
28	Sharon Wakayuta	✓	
29	Mary Jane Walema		To La Paz Activity - Cancelled
30	Lucille Watahomigie	✓	

31	Wilfred Whatoname, Sr.	✓	
32	Willetta Wilder		Cancelled

**Hualapai Tribe
Hualapai Elderly Services Program
Elderly Transportation**

PASSENGER RULES

Passengers have a responsibility to conduct themselves in a manner, which shows consideration for the comfort of other passengers.

1. Conduct - obscene language, loud noises or boisterous conduct is prohibited.
2. Smoking - smoking or carrying on any lighted substance on board a tribal vehicle is prohibited.
3. Noise - playing or personal radios, tape recorders or similar devices (other than by means of an earphone) is prohibited.
4. Food - Consumption of food or beverages is prohibited in the vehicle with the exception of water; the driver will provide time outside the vehicle for you to eat your lunch or snack. Communicate this request to the driver and the other passengers.
5. Graffiti - any writing, spraying, scratching or otherwise affixing of graffiti on or in vehicle is prohibited.
6. Seatbelts - passenger must remain in their seats and wear seatbelts at all times.
7. Priority seating - passengers in wheelchairs shall have priority over other persons seated in the wheelchair tie-down locations. Other areas designated, as courtesy seating for elderly and disabled shall be on a voluntary basis.

ROUTE SERVICE

- Be ready for your ride.
- Complete your request three (3) days before travel. Request made on the day of travel will not be accepted.
- Call 769-2375 to request a transport request or go to the Elderly Center and fill out three (3) days prior to your travel.
- For your safety, drivers will stop only at designated locations.
- Please be courteous of other passengers. Rudeness and/or vulgarity are unacceptable and will result in removal from the vehicle.
- Service animals for the blind are allowed. Other pets are not allowed. No exceptions.
- No drinking alcohol. Alcohol will not be transported.
- No smoking.
- Please ask driver if you have any questions.

**Freeport-McMoRan Copper and Gold
Foundation Scholarship Information Meeting!**

SCHOLARSHIPS ADMINISTERED BY THE PHOENIX INDIAN CENTER AVAILABLE FOR MEMBERS OF THE FOLLOWING TRIBES:

- WHITE MOUNTAIN APACHE TRIBE
SAN CARLOS APACHE TRIBE
HUALAPAI TRIBE**

Eligibility Criteria:

- Enrolled member of one of the three tribes
- Grade point average 2.5 or higher
- Plan to enroll in college/technical school full time Fall2013/Spring2014



- Can be new freshman or a currently enrolled college student

MEETING DATE: JUNE 3, 2013
PLACE: 4520 N CENTRAL AVENUE 6TH FLOOR
 PHOENIX AZ 85122
TIME: 6:00pm – 7:00pm

THE APPLICATION IS AVAILABLE AT: www.phxindcenter.org
DEADLINE: ALL COMPLETE PACKETS MUST BE POSTMARKED by June 28, 2013
 FOR FURTHER INFORMATION CONTACT: Ms. Bonnie DeWeaver bdeweaver@phxindcenter.org
 602.264.6768 x2209

HEALTH & SAFETY INFORMATION

Check food labels.

Food labels can help you choose healthy foods.

- **Check and compare labels.**
- **Choose drinks and foods** low in calories, fat and sugar. Fat-free doesn't mean calorie-free.
- **Look for foods labeled:**
 - Calorie Free or Low Calorie
 - Lean or Extra Lean
 - Fat Free or Low Fat
 - High Fiber
 - Sugar Free or No Sugar Added
 - Sodium Free or Low Salt

Be active.

It's one of the best ways to help you lose weight and keep the weight off.

- It doesn't matter what you do. Everything counts.
- Start with 5 minutes. Work up to 20 to 30 minutes on most days of the week.

Getting Started

Making healthy choices takes time.

- Choose 1 new thing you'd like to change. I want to change:

- Keep trying new things. You'll find healthy choices that work for you.
- Ask your family and friends for support. You don't have to do it alone.
- Talk with your doctor or dietitian about classes in healthy eating.

Nutrition Facts

Serving Size 1 Cup (227g)	
Servings per Container 1	
Calories 190	Fat Calories 0
Amount per serving %DV*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol <5mg	1%
Sodium 130mg	6%
Total Carbohydrate 39g	13%

based on a 2,000 calorie diet.

Check food labels for fat and calorie content. Look at the serving size.

Taking Care of Type 2 Diabetes

Toolkit No. 3

What is type 2 diabetes?

Everyone's blood has some glucose (sugar) in it because your body needs glucose for energy. Normally, your body breaks food down into glucose and sends it into your bloodstream. Insulin, a hormone made by your pancreas, helps get the glucose from the blood into the cells to be used for energy. In people with type 2 diabetes, the pancreas doesn't make enough insulin or the insulin doesn't work very well, or both. Without insulin, your blood glucose rises.

How can type 2 diabetes affect me?

Type 2 diabetes sometimes leads to problems such as heart disease, stroke, nerve damage, and kidney or eye problems. But the good news is that keeping blood glucose, blood pressure, and cholesterol on target can help delay or prevent problems.

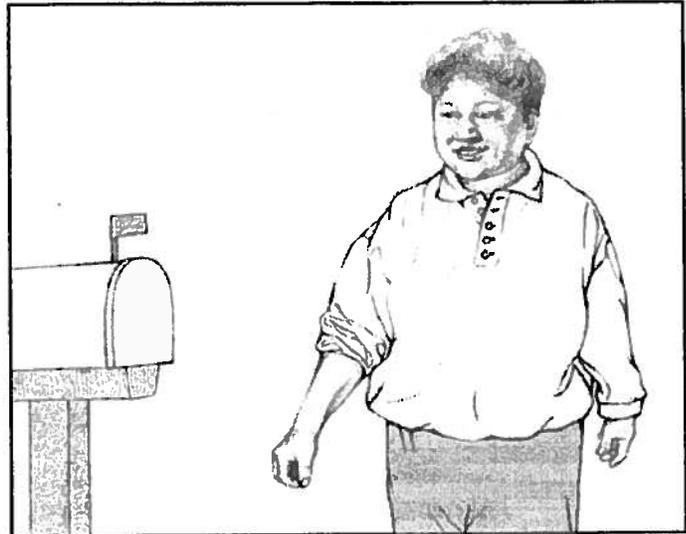
How is type 2 diabetes managed?

Most of the day-to-day care of diabetes is up to you. Your plan for taking care of your diabetes will include

- choosing what, how much, and when to eat
- including physical activity in your daily routine
- taking medications (if needed) to help you reach your blood glucose, blood pressure, and cholesterol targets

What can I do to take care of my diabetes?

- Choose targets for the ABCs of diabetes care:
 - A: your A-1-C check for average blood glucose
 - B: your blood pressure
 - C: your cholesterol levels
- Work with your health care team to make a plan that helps you reach your targets.
- Keep track of your numbers.
- If you're not reaching your targets, change your plan as needed to stay on target.



Regular physical activity can lower your blood glucose, blood pressure, and cholesterol levels.

Your Blood Glucose

Targets established by the American Diabetes Association (ADA) are listed below. Your personal targets may differ. Talk with your health care team about the best targets for you.

You'll check your own blood glucose using a blood glucose meter. The meter tells you what your blood glucose is at a particular moment.

ADA Targets for Blood Glucose	My Usual Results	My Targets
Before meals: 90 to 130 mg/dl	_____ to _____	_____ to _____
2 hours after the start of a meal: less than 180 mg/dl	less than _____	less than _____

At least twice a year, your doctor should order an A-1-C check. The results will give your average blood glucose for the past 2 to 3 months.

ADA Target for the A-1-C	My Last Result	My Target
Below 7%		

Your Blood Pressure

At every office visit, your health care team should check your blood pressure.

ADA Target	My Last Result	My Target
Below 130/80 mmHg		

Your Cholesterol/Triglycerides

Every year, your health care team should check your cholesterol and triglyceride levels.

Types	ADA Targets	My Last Result	My Target
LDL cholesterol	Below 100 mg/dl		
HDL cholesterol	Above 40 mg/dl (for men)		
	Above 50 mg/dl (for women)		
Triglycerides	Below 150 mg/dl		

What do I need to know about meal planning, physical activity, and medications?

Meal Planning

Many people think that having diabetes means you can't eat your favorite foods. But you can still eat the foods you like. It's the amount that counts. Ask for a referral to a dietitian who specializes in diabetes. Together, you'll design a personalized meal plan that can help you reach your goals.

- **Count carbohydrates (also called carbs).** Carbohydrate foods—bread, tortillas, biscuits, rice, crackers, cereal, fruit, juice, milk, yogurt, potatoes, corn, peas, sweets—raise your blood glucose levels the most. Keeping the amount of carbohydrate in your meals and snacks consistent can help you reach your blood glucose targets.
- **Choose foods low in saturated fat.** Cutting down on foods that have saturated fat can help you lower your cholesterol and prevent heart disease. Foods high in saturated fat include meats, butter, whole milk, cream, cheese, lard, shortening, many baked goods, and tropical oils such as palm and coconut oil.
- **Lose weight if needed.** Try to lose weight by cutting back on food portions and increasing your daily activity.

- **Increase the fiber in your diet.** Include high-fiber foods, such as fruits, vegetables, dried beans and peas, oatmeal, and whole grain breads and cereals, in your diet.

Physical Activity

Regular physical activity helps lower your blood glucose, blood pressure, and cholesterol levels. It also keeps your joints flexible, strengthens your heart and bones, tones your muscles, and helps you deal with stress. Your health care team may want to check your heart function before you start doing new activities. They can help you plan what kinds of physical activities are best for you. The different kinds of activities include

- **Being active throughout the day**
Examples: gardening, taking the stairs instead of the elevator, or walking around while you talk on the phone—working up to about 30 minutes of activity a day
- **Aerobic exercise**
Examples: walking, dancing, rowing, swimming, or riding a bicycle—working up to about 30 minutes a day, 5 days a week
- **Strength training**
Example: lifting light weights several times a week
- **Stretching**
Example: stretching your whole body, especially your arms and legs

Medications

Many people need medications along with meal planning and physical activity to reach their blood glucose, blood pressure, and cholesterol targets. If you've had type 2 diabetes for a while, you may need a change in your diabetes pills to reach your blood glucose targets. If you need insulin shots, it doesn't mean that your diabetes is getting worse. It just means that you need a change in how you reach your target numbers. If it's difficult for you to reach your target numbers, talk with your health care team about whether medications can help.



American Diabetes Association
1-800-DIABETES (342-2383) www.diabetes.org
©2004 by the American Diabetes Association, Inc. 03/04



Hualapai Healthy Heart Program

Hualapai Tribe, Peach Springs, Arizona



THE UNIVERSITY OF ARIZONA
Voland Lind Zuckerman
College of Public Health

Setting

Community

- Hualapai Nation is located in rural NW Arizona
 - The reservation is > 1 million acres
 - The northern boundary is defined by the Colorado River and the Grand Canyon
 - Most of 2200 users of the local IHS clinic live in Peach Springs, the only town center
 - Greater than 400 folks have diabetes



- An outpatient IHS clinic serves the population
 - Clinic staff consists of 3 physicians and 2-3 nurses
 - Specialty services, e.g. nutrition, optometry and physical therapy provided irregularly by the Colorado River Service Unit > 150 miles from Peach Springs



Peach trees in Peach Springs

Our Partnership and Team

- Hualapai Tribe received the award in 2004
 - Partners with Univ of AZ for coordination activities
 - Partners with IHS clinic for referrals and lab measures
- Hualapai Healthy Heart staff:
 - Director: Sandra Irwin, MPH
 - Nurse Case Manager: Karen Hays, BSN
 - Coordinator: Nicky Tufel-Shone, PhD
 - Data Coordinator and Recruiter: Athena Crozier
 - Fitness Mentor: Louis Tufel-Shone



Program Director: Sandra Irwin, MPH



Nurse Case Manager: Karen Hays, BSN



Coordinator: Nicky Tufel-Shone, PhD



Data Coordinator and Recruiter: Athena Crozier



Fitness Mentor: Louis Tufel-Shone



Intensive Program

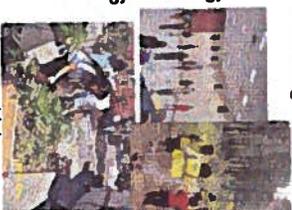
Recruitment

- Articles in the local paper, *Ganyyu?*
- Home visits with CHRs
- Health Fairs
- Locally made health-recruitment DVD in Hualapai language
- Referrals from IHS providers

Intervention: 100+ have completed case management

Retention

- Birthdays cards sent to all participants
- HH Calendar featuring participants
- Annual overnight camp with healthy meals, volleyball, walk and horse shoes
- Local (cultural) and state field trips
- Gardening
- HH Bucks
 - Earn bucks for completing questionnaires and lab measures, making case management mtgs., recruiting, eating fruits and vegetables, and exercising
 - Redeem bucks for workout clothing, workout equipment, crockpot, G. Foreman grill, even a bike!



Accomplishments

- Several participants reached 7% weight loss goal; one losing as much as 60 lbs
- Several participants no longer need insulin; one had used insulin for 20 years

Michelle's success story

➢ Her awesome kids asked her "to loose some weight and eat healthier, 'cause they want her around for a LONG, LONG, LONG time"

➢ Her results after Healthy Heart:

	2011	2012	Goal
Cholesterol	170	119	<200
Triglycerides	513	154	<150
LDL	No measure	50	<100
HDL	23	38	50
HbA1c	No measure	6.3	<7.0



- Local success stories were highlighted during US Surgeon General's visit
- Natl Indian Health Board's 2007 Local Impact Award
- ADA's 2010 John Pipe Voices for Change Award

Less Intensive Program

- Lunch and Learn presentations
- Time to Feel/Fine Challenges
- Stress reduction sessions at noon
- Provide health education at community gatherings

Acknowledgements

Healthy Heart acknowledges the support of the Hualapai Tribal Council, local IHS and our participants' hard work!

“IMPROVING PATIENT CARE”

PEACH SPRINGS HEALTH CENTER

Health Center Hours

Monday—Friday • 8:00 a.m.—5:00 p.m.



AN EXCITING NEW CHANGE IS HERE...

Gam'yu Everyone. We have exciting news from the Pharmacy. A new “Prescriptions Are Ready For...” notification board was installed next to the TV in the Clinic waiting room. Once pharmacy has put your medications in a bag and they are ready to be picked up, your name will show up on the notification board.

Your name will display with the first three letters of your last name and the first letter of your first name. For example, if there were medications ready for:

Nicholas Sparrow the name would show as

SPA**,N*******

The reason for not showing the whole name is to provide as much privacy as possible while still allowing you to know when your medications are ready.

Feel free to come to the pharmacy window as soon as you see that your medications are ready. Please remember to give the patient in front of you some privacy by standing back a few feet from the window until it is your turn.

Thank you, Peach Springs Pharmacy Staff

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

PEACH SPRINGS HEALTH CENTER

Important Reminders:

- Appointments are scheduled in 20-minute time slots, so please arrive at least 15 minutes early for your appointment. If you are 10 minutes late, you will have to reschedule.
- Call the medical (769-2920) or dental (769-2903) appointment lines to schedule or cancel your next appointment. Call the Pharmacy (769-2992) for medication questions or refills.
- Walk-ins will be seen on an emergency basis only. If you are not sure, please ask!
- Most outside prescriptions may be filled by the Pharmacy. If the Pharmacy has the prescription in stock, it will be filled directly by the Pharmacist. Otherwise, they will be reviewed and approved by an IHS Physician and then entered into your Electronic Health Record (EHR). Prescriptions **CANNOT** be filled without an order in the EHR from the Physician. This process may take some time, we appreciate your patience.

A Friendly Reminder from the Contract Health Department...

- 72-Hour notification to Contract Health is required for emergency treatment or admission at a non-IHS facility.
- All non-emergent, private health care or specialty services require prior authorization FOR EACH VISIT from CHS.

*If you are told by your physician that a referral will be made for you, please ask to see the Referral Coordinator before you leave the clinic area or contact her by phone to check the status.

In accordance with CHS policy, no CHS funds may be expended for services that are reasonably accessible and available at IHS facilities.

PEACH SPRINGS HEALTH CENTER

The Patient Visit Process

Check-In

- Patient Registration
- Check-In Desk
- Benefits Coordinator (if needed)

Provider Visit

- Triage w/ Nurse
- Exam Room w/ Medical Provider
- Check-Out @ Nurses' Station

Other Services

- Appointment Desk (if needed)
- Referral Coordinator (if needed)
- Pharmacy (if needed)



NOTICE

Please arrive 15 minutes early for your appointment.

Being 10 minutes LATE will require re-scheduling.

In an effort to better serve you, this guideline will help reduce your wait time and improve the flow of patient care.

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

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

Emergencies will be screened by a Nurse.

PEACH SPRINGS HEALTH CENTER

Women's Health Day

Wednesday, June 5, 2013

M.O.M. SCREENING
(Mobile On-Site Mammography)

8:00 AM—4:30 PM

Call 769-2920 to schedule an appointment!

HEALTH FAIR
10:00 AM—2:00 PM
IHS Parking Lot

**For more information, contact the
Health Educator @ 769-2900.**



"We Come To You"

15 minutes could save your life!

Mobile On-Site Mammography is dedicated to providing quality service
with a professional staff and using the latest in
Digital Mammography Technology for your safety and comfort.

Peach Springs Health Care Center
Wednesday, June 5, 2013
943 Hualapai Way
8:00am-4:30pm

To make your appointment , please call
Thomasena @ 928-769-2920

Insurance coverage with AETNA, BlueCross BlueShield, Cigna, United HealthCare, Medicare, and other select carriers. For Questions or to Verify insurance, please have your insurance card available. We are pleased to offer Full Field Digital Mammography and CAD Computerized reading. We are now able to accommodate breast implant patients.

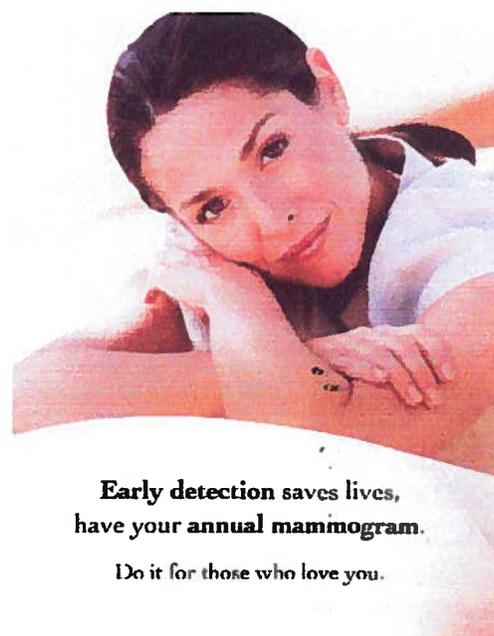
It is the patients responsibility to consult their individual plan for coverage and limitations.

You will be responsible for any charges that are not covered.

Patients under age 30 must provide a Doctor's referral.

Please bring the following: medical insurance card, Dr.'s name and address, and location of prior Mammography films.

Recommended Baseline 35-40 and annually after 40



**Early detection saves lives,
have your annual mammogram.**

Do it for those who love you.



THE FIRST TWO PEOPLE THAT BRING IN THE COMPLETED WORD SEARCH TO THE HEALTHY HEART BUILDING WILL GET A PRIZE. BUILDING IS LOCATED BY HEALTH EDUCATION & WELLNESS BUILDING.

L H F E B S W M H O
 M V D O V E T P C T P G A O
 N I M I O H L A U I C H E C K U P S N H
 J O D I A T U A T A Y U P H H F Q X H G M Z K Z
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| • HEALTH | • PANCREAS | • KIDNEYS | • SUGARFREE |
| • EXERCISE | • VISION | • HEALTHYCHOICES | • EDUCATION |
| • BLOODPRESSURE | • BLOODSUGAR | • FRUITS | • INSULIN |
| • HUALAPAI | • DIET | • MANAGEMENT | • DIABETIC |
| • LIVELOVELAUGH | • GLUCOMETER | • FOOTCARE | • VEGETABLES |
| • HEARTHEALTH | • WEIGHTLOSS | • PROTEIN | • DAIRY |
| • GAMYU | • HANKYU | • APPOINTMENTS | • CHECKUPS |

COMMUNITY MESSAGES

To: Mr. Philbert Watahomigie & Council Members
Nancy Ecshieyera, Hualapai Lodge
Loretta Jackson, Cultural Resources

From: Sharon "Quasula" Cook *Sharon "Quasula" Cook*

I, Sharon "Quasula" Cook, the daughter of the late "Dallas Quasula Sr.," wish to "thank" each and everyone who was present for the dedication held on "Friday, May 03, 2013."

I know that my "Father" is proud to know what has been established in his name and honor.

I presented a letter of request to parties in concern where I specifically requested something in "Honor of my Father" simply due to the fact that my "Father" would have been forgotten if, "I DID NOT" take the initiative to express my concern.

"I thank you Nancy," for always being there for us and my Dad during the "Route 66 Fun Runs" yearly. You made our world rock! Without you, there would be no run and I dearly love you from the bottom of my heart for all your concerns and efforts you have presented before our Community. I thank you and pray that God would bless you even more for all the great deeds you do daily for everyone.

"Thank You," Philbert Watahomigie for accepting my letter of concern in reference to my Father. You are a "true" leader who speaks and knows our issues throughout our Tribe. You are a very respected leader and should always be treated such... May God Bless you and Keep you in his Care...

"Thank you" Loretta for the words of encouragement and the wonderful job that you do just to promote the "Cultural Center." Continue your journey to assist our people with our Lord's blessings.

Dear Lane M. Leist,
 It has been a rough 18 years of your life. Through it all we stood beside each other and guided each other. No matter how tough things were we still had each other. I know at times things were not what they should have been but we all made sure that your education was first. From seeing you transition from Head Start was the first milestone in your education. Then your promotion from 8th grade was another. You have climbed that ladder of success as we, your family, friends, relatives near and far and classmates watch you receive your High School Diploma on May 24, 2013 from Seligman High School. Soon after that son you leave for Boot Camp. I really don't know how to feel about that or really don't know what to think. I do support the decision you made to enlist but I am worried and scared. I know that you will be safe and make right choices but as a mother/parent you are my son and I worry. I love you and I know that you will continue to make me proud no matter what. We love you Lane Michael Leist. CONGRATULATIONS AND REACH FOR YOUR DREAMS!

Love your mom Sharmarie Becher

class of
2013

CONGRATULATIONS LANE LEIST!

You are the best big brother EVER! We love you and admire you for accomplishing high school and joining the Marines! WE, your brothers: Cody, Adrian, Lucas and sisters: Shauni, Treylene, Cheyenne and

Alyssia wish you well and love you with all our heart. Don't forget about us. Call us, text us, email us. Send us smoke signals or SOMETHING!

LOVE, ALL YOUR SIBLINGS

 **Class of**
2013

Congratulations to ALL the graduating students near and far. Keep pursuing your dreams.

Congratulations to Steven and Norma Bennett on your recent Silver Wedding Anniversary. May you have many more to come.



2013 Cemetery Cleanup

