

GAMYU

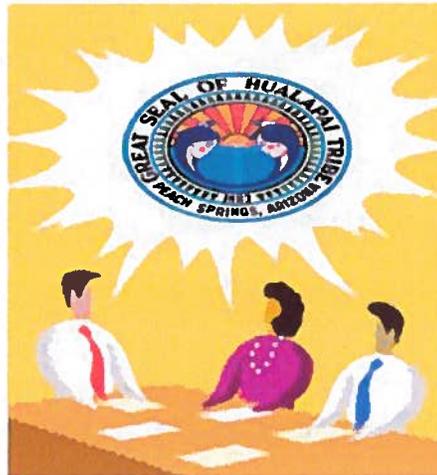
Tribal Environmental Review Commission (TERC)



Outline for TERC Rules Workshop

The Tribal Environmental Review Commission has scheduled a workshop to consider proposed changes in its rules governing permits for development on Hualapai Tribal lands. The workshop will take place at the Hualapai Cultural Center over a three-day period on August 20, 21 and 22. The sessions on August 20 and 21 are intended for discussion among members of TERC, although these sessions will be open to the public. The session on August 22 will feature a summary presentation of the workshop's results for Tribal Departments and the public.

August 20, 21 and 22, 2013



Workshop sessions on August 20 and 22 will begin at 10:00 AM. The August 21 Workshop will begin after the regular TERC meeting, which is scheduled for 10:00 AM.

- ◆ Recap of amendments to take advantage of the HEARTH Act (August 20th)
 - Significant Environmental Impact Report (SEIR) – new Section 507
 - Corresponding changes in a number of other sections
- ◆ Other Changes in the TERC Rules not related to the HEARTH Act (August 20th and 21st)
 - Low-Impact Development permits and TERC Action on applications - Section 602
 - Judicial review of General Development permits - Sections 603(h) and 709(b)
 - Broadening list of Categorical Exclusions (Low-Impact Development) - Appendix A
 - Easements
 - Leases
 - Burn permits not involving structures
 - Area Wide Environmental Assessments and "Tiering"- Section 502
- ◆ Open Discussion of other issues relating to the TERC Rules (August 21st)
- ◆ Presentation of Changes to the Public and Departments involved w/ TERC reviews (August 22nd)

DEADLINE DATES

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

Article Deadline:
Friday, August 23rd

Next Publication:
Friday, August 30

HOWEVER, WE ENCOURAGE OUR READERS TO ALWAYS...

TURN IN YOUR ARTICLES EARLY!

Please remember to attach an Information Sheet with your articles.

*Thank you,
Hualapai Planning Department*

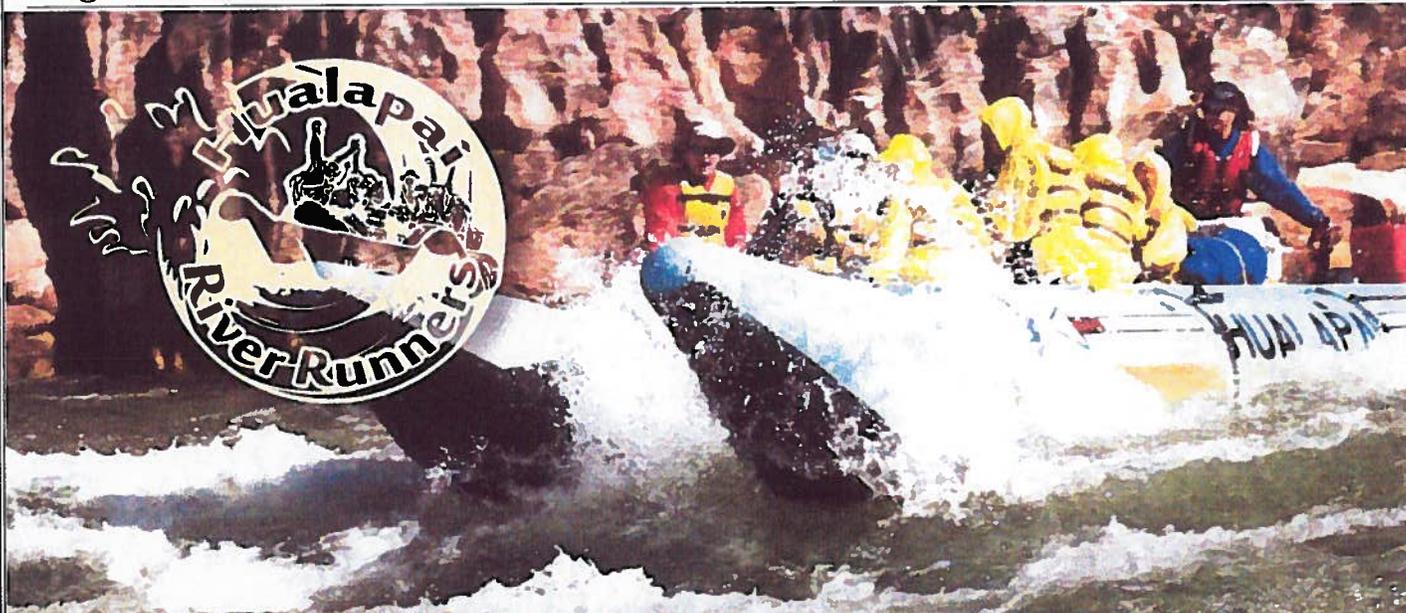
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For more information, please call Michelle Zephier at the Hualapai Planning Department, (928) 769-1310.



CELEBRATING 40 YEARS & GOING STRONG!

SATURDAY, AUGUST 17, 2013

**UPRIVER EXCURSION, GAMES, RAFFLES, SWIMMING, ASSORTED ACTIVITIES,
FOOD AND LIVE REGGAE BAND! BOOK YOUR UPRIVER EXPERIENCE!**

CALL 769-2219 TODAY!

JOIN US SATURDAY, AUGUST 17 FOR A MINI UPRIVER EXCURSION. THE FIRST UPRIVER EXCURSION STARTS AT 8:30 A.M. AND WILL DEPART EVERY HALF HOUR ON THE HOUR. SEATING IS LIMITED. PARTICIPATION LIMITED TO 8 YEARS OLD AND ABOVE. EVENING ACTIVITIES WILL BEGIN AT 4:00 P.M. WITH A FREE BBQ AT 5:00 P.M. AND SPECIAL RECOGNITION AT 6:00P.M.!

TRANSPORTATION SCHEDULE: COMMUNITY MEMBERS ARE WELCOME TO DRIVE THEIR OWN PERSONAL VEHICLES TO DIAMOND CREEK. PLEASE PARK AT THE TOP NEAR THE PICNIC AREA NEXT TO THE RAMADAS. PLEASE USE DISCRETIONARY SPEED! SHUTTLES DEPARTING HUALAPAI LODGE AT 7:30A.M. EVERY HOUR ON THE HOUR WITH FINAL DEPARTURE AT 4:00P.M.



Bring your own snacks!

888-868-9378 OR 928-769-2636

WWW.HUALAPAITOURISM.COM

2 Day Reentry Workshop

Provided by: Justice Solutions Group

When: Wednesday ~ August 28, 2013
8:00 AM to 5:00 PM
&
Thursday ~ August 29, 2013
8:00 AM to 5:00 PM

Total available seats: 35
(Deadline Friday ~ August 23, 2013)

Where: Hualapai Health Department
(Large Conference Room)

Who should attend:	Corrections	Councilors
	Law Enforcement	I.H.S.
	Court Staff	Prosecutor /s/
	Public Defender /s/	Community members

Reentry is a process of using “programs targeted at promoting the reintegration of offenders back to communities upon release from prison and jail” which assists offenders to acquire the life skills needed to succeed in the community. Although Reentry should begin in correctional facilities, successful strategies utilize:

- ❖ Community based programs
- ❖ Treatment options
- ❖ Family support systems

The workshop includes effective strategies to develop:

- ❖ Culturally based programs
- ❖ Establish in-house procedures
- ❖ Implement community interventions
- ❖ Staffing issues
- ❖ Screening and assessment tools
- ❖ Case management plans

Each participant will receive workbooks and supplementary resource materials

Faculty includes individuals with experience in the development and management of Native American Reentry programs.

To sign up please contact:

- ✚ Angela Chavez / e-mail: achavez@htadc.org / Phone#: (928) 769-1033
- ✚ Tasha Havatone / e-mail: thavatone@htadc.org / Phone#: (928) 769-2345
Fax#: (928) 769-2459

30th Annual

Apache Jii (Day)

Booths - Crafts - Entertainment

October 19, 2013 in Downtown Globe, Arizona

**JEWELRY, CRAFTS, ARTWORK, BLANKETS, BASKETS,
BEADWORK & FOOD BOOTHS INVITED**

I hereby apply for a booth at the 30th annual Apache Jii (Day) in Globe, on Saturday, October 19, 2013 from 9 am to 4:30 pm. I understand there is an \$80 booth registration fee and that I am responsible for providing my own chairs, tables and booth set-up, including any decorations, etc. Each craft space is 10' by 10'. Booth setup time is from 6-8 am on Saturday. No foreign made or imitation articles are allowed. Booth placement is determined by the Apache Day committee; there are no guaranteed locations. Booth holders must have tribal ID available and shall be responsible for any required permits, taxes, licenses or food handler cards that may apply to their booth.

ABSOLUTELY NO SODA, WATER OR BEVERAGE SALES OR GIVEAWAYS ALLOWED

\$80 non-refundable booth fee must accompany registration.

An additional \$20 late fee is charged after October 4, 2013.

Only cash or money orders accepted. **NO CHECKS!** Credit card payments can taken by calling into the chamber
No Refunds - Show Held Rain Or Shine

Name _____ Telephone: _____

Mailing Address _____

City _____ State _____ Zip Code _____

Items to be sold or displayed _____

I (we) have been Apache Day booths holders for _____ years. I am a member of _____ Tribe

Return completed applications to:

Globe-Miami Chamber of Commerce
1360 North Broad Street, Globe, AZ 85501

(928) 425-4495 - (800) 804-5623



**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 55-2013
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION**

(Tribal Membership Enrollment -11)

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. ARREZ, Joaquin Davis
2. ARREZ, Liberty Davis
3. BENTLEY, Adam Edward
4. BLOUNT, Kaydi Rose
5. DAVIS, Pslamslynn Lasha
6. DIETS, Rebecca Lyn
7. HUNTER, Heather Louise
8. MANAKAJA, Kallen
9. MCCRANIE, Jennifer Marie
10. MONTANA, Shealtiel Joseph
11. SIMS, Jatara Michelle

CERTIFICATION

I, the undersigned as Chairwoman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom eight (8) constituting a quorum were present at a REGULAR COUNCIL MEETING held on this AUGUST 5TH, 2013; and that the foregoing Resolution was duly adopted by a vote of eight (8) in favor, (-0-) oppose, (-0-) not voting and one (1) excused; pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.



Sherry J. Courts, Chairwoman
HUALAPAI TRIBAL COUNCIL

ATTEST:



Ronald Two Bulls, Assistant to Council
HUALAPAI TRIBAL COUNCIL



**HUALAPAI NATION
JOB ANNOUNCEMENT
(4 DAYS IN-HOUSE)**

JOB TITLE: (3) Building Trades Apprentice
DEPARTMENT: Public Services Department
CLASSIFICATION: Regular Full Time
SALARY: \$11.00/Hr.
OPENING DATE: August 19, 2013
CLOSING DATE: August 22, 2013

SUMMARY OF JOB DUTIES:

Under the direct supervision of the Apprenticeship Program Manger and the Crew Foreman, the Apprentices will work on a variety of tasks, related to the building trades industry. Daily on the job training in the Maintenance requests by community members.

ESSENTIAL FUNCTIONS:

Able to show up for work. Monday to Friday 7 AM to 4 PM.
Punctuality a key factor.
Able to take direction from foreman and work at the task given.
Show an interest in learning job skills.
Ability to establish and maintain a positive working relationship with co-workers and customers.
Ability to work independently and handle multiple tasks.
Ability to work in adverse weather conditions.
Ability to use various hand and power tools and train individuals in safe and proper use.
Other jobs as assigned.

WORK CONDITION REQUIREMENT:

No musical devices permitted.
No gang attire or unsafe clothing permitted.
Use of cell phones not permitted.

MINIMUM QUALIFICATIONS REQUIREMENTS:

Must possess a High School Diploma or GED and Driver's license or an education and/or driver's license deficiencies agreement to satisfy requirement.

HOW TO APPLY:

Submit a completed Employment Application to: Human Resources Department, PO Box 179, Peach Springs, AZ 86434, fax (928) 769-1191, or call (928) 769-2215/2216 for information. To be considered for employment, the Human Resources Department must receive a completed application by 5:00 PM on the closing date. A resume **will not** be accepted in lieu of a completed employment application. **All applications and supporting documentation submitted becomes the property of the Human Resources Department; please keep copies for your own reference.**

PREFERENCE:

All applicants are considered without regard to age, sex, race, national origin, religion, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and public Law 93-638, Section 7B.

**THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM
Auxiliary aids and services available upon request to individuals with disabilities**



Hualapai Elderly Services Program Advisory Committee Meeting

- Meeting called to order, and welcomed by President Barbara Tinhorn at 1 pm, June 10, 2013
- Roll call members at large quorum was established
- **Members presented:** President - Barbara Tinhorn
 - Vice - Malinda Powskey
 - Secretary - Mildred Grover
 - Treasurer - Alfrieda Seeyouma

Council members absent: 0

Elders and other participants: Brenda Martin, Kevin Davidson, Nadine Querta, Verna Kopelva

Review and approval of minutes for May 18, 2013

Alfrieda Seeyouma motioned to approve it, Second - Brenda Martin

Review and approval of minutes for June 10, 2013

Josie Powskey motions to approve ; Second-Brenda Martine; 8 in favor

1. Seatbelts on vans needed extension pieces. Barbara Tinhorn to request to Shane Charley to look into and purchase extensions for seatbelts.
2. Purchase order for bingo prizes, didn't get set up.
3. Fundraising bingo set prices: .50 a card and \$1.00 black out card. Sell soda, popcorn, and cookies. Change that was used for the bingo was \$40.00.
4. Total amount raised on the flower sales was \$168.00 (See attached profits of cards and snack sales).
5. Commodity pick up driver assigned was Brenda Martin, Program Manager decided that Steven Hvatone is to take elders to pick up commodity.
6. Elderly group home; Kevin Davidson presented plans and showed carpet samples for this new facility. Elders present decided on 3 carpet colors for the front rooms, hallways and bedrooms.
7. Volunteers that helped were Nadine Querta. She helped with making popcorn. Also, Brenda Martin set u the popcorn machine, as well as cleaned it up. Bingo numbers were called by her as well. Barbara Tinhorn assisted in collecting money. The next bingo is scheduled on July 9, 2013 at the Elderly Center.
8. Mother and Daughter Day was on June 14, 2013 at 9am to 4pm at the tribal gym. (See attached agenda)

Meeting was adjourned at 1:45 p.m.

FLOWER MAKING PROFIT

38 x \$1.00	= \$38.00	
2 x \$5.00	= \$10.00	Receipt book added up
1 x \$10.00	= \$10.00	to \$180.00. Paid out
Rolled \$0.25	= \$10.00	\$12.00 for soda purchase
5 x \$20.00	= \$100.00	from Barbara Tinhorn.
TOTAL	= \$168.00	COUNTED BY K.M.

K.M. 6/10/13

Barbara Tinhorn is selling her pop at \$3.00 for a (12) pk. She has (4) pks. So, it will be \$12.00

Alfrieda Seeyouma
Malinda Powskey
Brenda Martin
Nadine Querta
M. Grover

CARDS

LOOSE CHANGE		CASH		TOTAL	
114 x \$0.25	= \$28.50	32 x \$1.00	= \$32.00	Loose Change	\$33.25
39 x \$0.10	= \$3.90	1 x \$5.00	= \$5.00	Cash	\$37.00
17 x \$0.05	= \$0.85	TOTAL (In cash)	=\$37.00	Grand Total	=\$70.25
TOTAL (In change)	=\$33.25			COUNTED BY K.M.	

Kelly Jones 4/24/13

POPCORN, POP & ETC.

LOOSE CHANGE		CASH		TOTAL	
48 x \$0.25	= \$12.00	9 x \$1.00	= \$9.00	Loose Change	\$14.00
18 x \$0.10	= \$1.80	8 x \$5.00	= \$40.00	Cash	\$69.00
4 x \$0.05	= \$0.20	2 x \$10.00	= \$20.00	Grand Total	=\$83.00
TOTAL (In change)	=\$14.00	TOTAL (In cash)	=\$69.00	COUNTED BY K.M.	

Kelly Jones 4/24/13

Mother and Daughter Festival

Beautiful - Empowerment

Nya Jida - Nya Misi

My Mother - My Daughter

Agenda

<p>9:00AM <i>Registration</i> Walk around Rodeo Circle Lunch ticket, t - shirt, gift bags Blessing: Jorigine Paya Welcoming; Chairwoman, Ms. Counts</p>	<p>12:00PM <i>Storytelling; Sylvia Jackson</i> importance of telling your own family stories</p>
<p>9:20AM <i>"I'll love you forever;" book reading</i></p>	<p>1:00PM <i>Lunch</i></p>
<p>9:30AM <i>Activities:</i> zumba, walk, nails, family photos, water slide, arts/crafts, facepainting, facials, massage, balloon toss</p>	<p>1:30PM <i>Honor; Rosemary Sullivan</i> Hualapai IHS Director; retiring</p>
<p><i>Booths; Introduce Specialists</i></p>	<p>2:00PM <i>Bingo!</i></p>
<p>10:00AM <i>Enjoy all activities, and booths</i> Music from 50, 60, 70, 80, 90 & 2000 etc</p>	<p>2:30PM <i>choice of movies:</i> <i>James & Ernie, live</i> "Healing Neen" <i>(a beautiful story of a woman that struggles to get life on track and makes it!)</i></p>

AM - PM activities: family photos, water slide, arts/crafts, facepainting, just PM balloon toss

Elderly Program

The new lunch menu will start on Monday, August 5, 2013. It is for 6 weeks and starts over again.

Lunch Menu for Week One

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Chicken Parmesan	Beef Stew	Roast Turkey	Cheeseburger	Goulash
Vegetable ½ Cup	Broccoli	Boiled Potatoes	Mashed Potatoes	Sweet Potato Fries	Green Beans
Vegetable ½ Cup	Corn	Green Beans	Carrots	Mixed Vegetables	Corn/Pimiento
Grains 2 Servings= 2 oz	Italian Bread	French Bread	White Bread	White Bread(Bun)	Soft Wheat Bread
Fruit ¼ Cup / 6 oz	Pears	Applesauce	Mixed Fruit	Peaches	Strawberry Jello w/Pears
Milk or Dairy Substitute	Milk	Milk	Milk	Milk Cheese	Milk
Fat (Butter, Sauce, Oil, Gravy)	Margarine	Margarine	Gravy Margarine	Fat in ground beef	Margarine
Other Items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Water
<p>Senior Center / Provider: Hualapai Elderly Services Program</p> <p>Prepared By: _____ Date: _____</p> <p>Project Director: _____ Date: _____</p> <p>Approved By: Amy Moore RD <i>[Signature]</i> Date: 6/27/13</p> <p style="text-align: center;">Amen Agency Dietitian Approval</p>					
<p>Notes Regarding Servings: Vitamin Requirements — include Vitamin C daily, Vitamin A 4d/week Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories Potatoes — Any Kind, but must include skin in order to count as Vitamin C Mashed Potatoes from Mix — Use only fortified or enriched Diets: • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet Dairy — 8 oz milk should be served with every meal Fruit — must be served 5d/week. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week Fat — tomato sauces like marinara or ranch sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc.</p>					

Analysis for: Hualapai Week 1

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

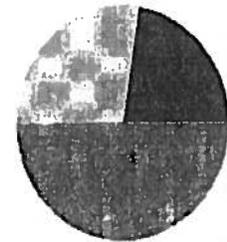
Mode: Average of days (1-1)

IMPORTANT TOTALS:

Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 737 (3086 Kilojoules)
 Sodium: 543.94 mg Energy deficit:
 Fiber: 9.4 g -1504 Kcal
 Cholesterol: 94.33 mg -6304 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	22.4 %	0.55
Fat:	27.7 %	0.30
Carbo:	49.9 %	1.23
Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

	grams	%fat	%Kcal
Total Fat:	22.8 g		
Saturated fat:	8.8 g	39 %	11 %
Polyunsaturated fat:	2.7 g	12 %	3 %
Monounsaturated fat:	8.6 g	38 %	11 %
Other / unspecified:	2.7 g	11 %	3 %

Energy per 100g of food: 99 Kcal
415 Kilojoules



MOST SIGNIFICANT SOURCES OF:

Sodium: Roll, white, soft - hamburger bun
 Cholest: Beef, ground, 85% lean meat / 15% fat, patty, coo...
 Fat: Beef, ground, 85% lean meat / 15% fat, patty, coo...

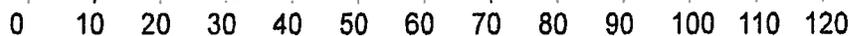
CARBOHYDRATE COUNTS (15g per count): 6.2

RATIOS:

Potassium to Sodium: 2.69 to 1
 Calcium to Phosphorus: 1 to 1.18

Percent of the DRI achieved:

Kilocalories	33%
Protein	74%
Carbohydrate	71%
Dietary Fiber	31%
Calcium	52%
Iron	71%
Phosphorus	87%
Potassium	31%
Sodium	42%
Zinc	74%
Vitamin A (RE)	271%
Vitamin A (IU)	488%
Vitamin A (RAE)	150%
Vitamin C	30%
Vitamin D	21%
Vitamin E (a-toc)	24%
Vitamin K	26%
Thiamin	43%
Riboflavin	79%
Niacin	64%
Folate	26%
Vitamin B6	48%
Vitamin B12	161%



Lunch Menu for Week Two

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Chicken	Meatloaf	Salisbury Steak	Hot Dog	Roast Beef
Vegetable ½ Cup	Asparagus	Roasted Red Potatoes	Scalloped Potatoes	Baked Beans	Baked Potato
Vegetable ½ Cup	Butternut Squash	Brussel Sprouts	Summer Squash	Cole Slaw	Green Beans
Grains 2 Servings= 2 oz	White Bread	Italian Bread	French Bread	White Bun	Soft Wheat Bread
Fruit ¾ Cup / 6 oz	Pineapple	Applesauce	Peaches	Apple Crisp	Mixed Fruit
Milk or Dairy Substitute	Milk	Milk	Milk	Milk	Milk
Fat (Butter, Sauce, Oil, Gravy)	Margarine	Gravy Fat in ground beef	Gravy	Fat in beef	Margarine
Other items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Au Jus Water

Senior Center / Provider:
Hualapai Elderly Services Program

Prepared By:

Project Director:

Approved By: Amy Moore RD



Aren Agency Dietitian Approval

Date: 6/27/13

Notes Regarding Servings:

Vitamin Requirements — include Vitamin C daily, Vitamin A 4d/week
 Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories
 Potatoes — Any kind, but must include skin in order to count as Vitamin C
 Mashed Potatoes from Mix — Use only fortified or enriched
 Diets:
 • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet
 Dairy — 8 oz milk should be served with every meal
 Fruit — must be served 5d/week. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week
 Fat — tomato sauces like marinara or manwich sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc.

Analysis for: Hualapai Week 12

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

Mode: Average of days (1-1)

IMPORTANT TOTALS:

Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 616 (2581 Kilojoules)
 Sodium: 1073.07 mg Energy deficit:
 Fiber: 7.65 g -1625 Kcal
 Cholesterol: 90.96 mg -6809 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	26.7 %	0.56
Fat:	22.8 %	0.21
Carbo:	50.4 %	1.06
Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	15.9 g		
Saturated fat:	5.8 g	37 %	9 %
Polyunsaturated fat:	3.6 g	23 %	5 %
Monounsaturated fat:	5.1 g	32 %	7 %
Other / unspecified:	1.4 g	8 %	2 %

Energy per 100g of food: 82 Kcal
343 Kilojoules

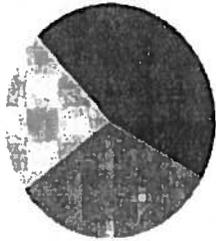
MOST SIGNIFICANT SOURCES OF:

Sodium: Bread, white
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 5.3

RATIOS:

Potassium to Sodium: 1.22 to 1
 Calcium to Phosphorus: 1 to 1.18



Percent of the DRI achieved:

Kilocalories	27%
Protein	75%
Carbohydrate	61%
Dietary Fiber	25%
Calcium	47%
Iron	60%
Phosphorus	79%
Potassium	28%
Sodium	83%
Zinc	29%
Vitamin A (RE)	86%
Vitamin A (IU)	245%
Vitamin A (RAE)	87%
Vitamin C	43%
Vitamin D	20%
Vitamin E (a-toc)	33%
Vitamin K	46%
Thiamin	64%
Riboflavin	69%
Niacin	103%
Folate	59%
Vitamin B6	62%
Vitamin B12	77%

0 10 20 30 40 50 60 70 80 90 100 110 120

Lunch Menu for Week Three

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Breaded Chicken Breast	Lasagna	Roast Pork	Macaroni & Cheese	Barbequed Beef
Vegetable ½ Cup	Roasted Potatoes	Broccoli	Mashed Potatoes	Stewed Tomatoes	Roasted Potatoes
Vegetable ½ Cup	Summer Squash	Carrots	Cauliflower au gratin	Wax Beans	Sugar Snap Peas
Grains 2 Servings= 2 oz	White Bread	Bread Sticks (Plain)	French Bread	White Bread	Soft Wheat Bread
Fruit ¾ Cup / 6 oz	Mixed Fruit	Applesauce	Peaches	Pears	Applesauce
Milk or Dairy Substitute	Milk	Milk	Milk	Milk	Milk
Fat (Butter, Sauce, Oil, Gravy)	Margarine	Margarine	Gravy Margarine	Margarine	Margarine
Other Items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Water
Senior Center / Provider: Hualapai Elderly Services Program					
Prepared By:	Date:		Date:		
Project Director:	Date:		Date:		
Area Agency Dietitian Approval					
Approved By: Amy Moore RD	Date: 6/27/13		Date: 6/27/13		

Notes Regarding Servings:

Vitamin Requirements — include Vitamin C daily, Vitamin A 4x/week
 Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories
 Potatoes — Any kind, but must include skin in order to count as Vitamin C
 Mashed Potatoes from Mix — Use only fortified or enriched
 Diets:
 • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet
 Dairy — 8 oz milk should be served with every meal
 Fruit — must be served 5d/wk. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week
 Fat — tomato sauces like marinara or manwich sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc.

Analysis for: Hualapai Week #3

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

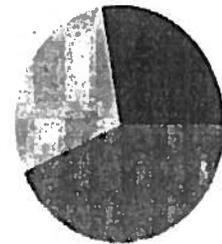
Mode: Average of days (1-1)

IMPORTANT TOTALS:

• Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 857 (3590 Kilojoules)
 Sodium: 1127.62 mg Energy deficit:
 Fiber: 5.72 g -1384 Kcal
 Cholesterol: 151.54 mg -5799 Kj

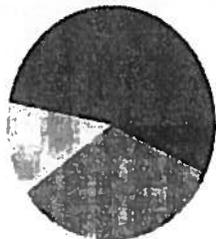
DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	27.6 %	0.79
Fat:	28.9 %	0.37
Carbo:	43.6 %	1.25
Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

	grams	%fat	%Kcal
Total Fat:	27.6 g		
Saturated fat:	13 g	47 %	14 %
Polyunsaturated fat:	3.5 g	13 %	4 %
Monounsaturated fat:	9.2 g	33 %	10 %
Other / unspecified:	1.9 g	7 %	2 %



Energy per 100g of food: 105 Kcal
438 Kilojoules

MOST SIGNIFICANT SOURCES OF:

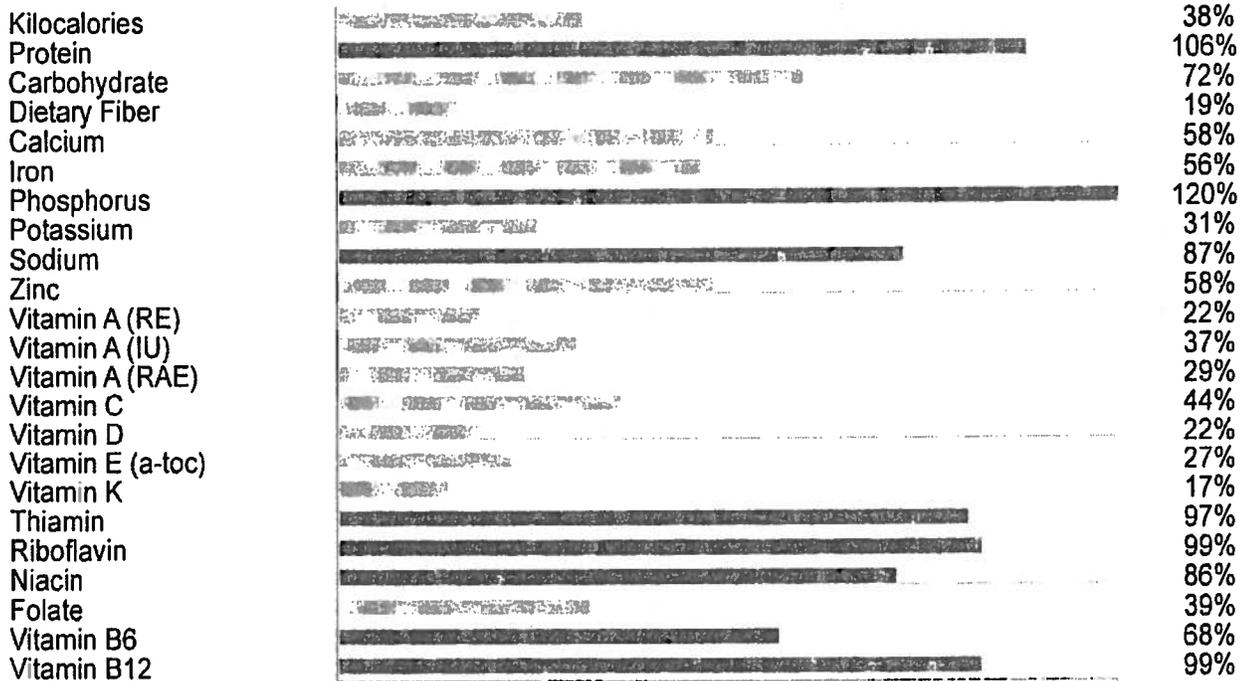
Sodium: Bread, French/Vienna/Sourdough
 Cholest: Pork, Leg Ham, Rump Half, Fresh, lean, roasted
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.3

RATIOS:

Potassium to Sodium: 1.31 to 1
 Calcium to Phosphorus: 1 to 1.45

Percent of the DRI achieved:



0 10 20 30 40 50 60 70 80 90 100 110 120

Lunch Menu for Week Four

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Pot Roast	Stuffed Cabbage Casserole w/ Ground beef	Chicken Enchiladas	Baked Ham	Spaghetti w/Meatballs
Vegetable ½ Cup	Mashed Potatoes	Buttered Corn	Beans	Sweet Potatoes	Green Beans
Vegetable ½ Cup	Mixed Vegetables	Spinach	Rice	Mixed Vegetables	Corn/Pimiento
Grains 2 Servings= 2 oz	French Bread	Soft Wheat Bread	Corn Tortillas	White Bread	Italian Bread
Fruit ¾ Cup / 6 oz	Peaches	Applesauce	Mixed Fruit	Watermelon	Jello w/Mixed Fruit
Milk or Dairy Substitute	Milk	Milk	Milk	Milk	Milk
Fat (Butter, Sauce, Oil, Gravy)	Gravy Margarine	Margarine	Cheese	Margarine	Ground Beef
Other Items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Water

Senior Center / Provider:
Hualapai Elderly Services Program

Prepared By: _____ Date: _____

Project Director: _____ Date: _____

Area Agency Dietitian Approval

Approved By: Amy Moore RD
[Signature] RD

Date: 6/27/13

Notes Regarding Servings:
 Vitamin Requirements — include Vitamin C daily, Vitamin A 4d/week
 Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories
 Potatoes — Any kind, but must include skin in order to count as Vitamin C
 Mashed Potatoes from Mix — Use only fortified or enriched
 Diets:
 • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet
 Dairy — 8 oz milk should be served with every meal
 Fruit — must be served 5d/wk. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week
 Fat — tomato sauces like marinara or marinara sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc.

Analysis for: Hualapai Week 4

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

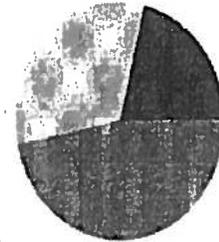
Mode: Average of days (1-1)

IMPORTANT TOTALS:

Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 989 (4142 Kilojoules)
 Sodium: 1520.47 mg Energy deficit:
 Fiber: 17.05 g -1252 Kcal
 Cholesterol: 119.85 mg -5247 Kj

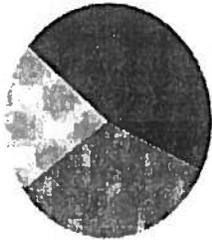
DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	21.2 %	0.71
Fat:	32.1 %	0.48
Carbo:	46.8 %	1.57
Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	35.9 g		
Saturated fat:	13.9 g	39 %	13 %
Polyunsaturated fat:	7.5 g	21 %	7 %
Monounsaturated fat:	11.8 g	33 %	11 %
Other / unspecified:	2.7 g	7 %	2 %



Energy per 100g of food: 105 Kcal
440 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Beans, Refried, canned (includes USDA Commod...
 Cholest: Enchilada with chicken, tomato-based sauce
 Fat: Enchilada with chicken, tomato-based sauce

CARBOHYDRATE COUNTS (15g per count): 7.8

RATIOS:

Potassium to Sodium: 1.27 to 1
 Calcium to Phosphorus: 1 to 1.43

Percent of the DRI achieved:

Kilocalories	44%
Protein	95%
Carbohydrate	91%
Dietary Fiber	57%
Calcium	68%
Iron	88%
Phosphorus	138%
Potassium	41%
Sodium	117%
Zinc	57%
Vitamin A (RE)	22%
Vitamin A (IU)	31%
Vitamin A (RAE)	32%
Vitamin C	58%
Vitamin D	21%
Vitamin E (a-toc)	28%
Vitamin K	27%
Thiamin	35%
Riboflavin	72%
Niacin	62%
Folate	21%
Vitamin B6	58%
Vitamin B12	71%

0 10 20 30 40 50 60 70 80 90 100 110 120

Lunch Menu for Week Five

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Minestrone Soup w/ Ground Beef	Veal Parmesan	Goulash	BBQ Pork	Baked Ham
Vegetable ½ Cup	Cole Slaw	Buttered Corn	Peas	Mashed Sweet Potatoes	Sweet Potatoes
Vegetable ½ Cup	Mixed Vegetables	Spinach	Carrots	Braised Red Cabbage	Brussel Sprouts
Grains 2 Servings= 2 oz	Soft Wheat Bread	Spirals w/ sauce Italian Bread	French Bread	White Bread	White Bread (roll)
Fruit ¾ Cup / 6 oz	Peaches	Pears	Mixed Fruit	Watermelon	Jello w/Mixed Fruit
Milk or Dairy Substitute	Milk	Milk	Milk	Milk	Milk
Fat (Butter, Sauce, Oil, Gravy)	Ground Beef Margarine	Margarine	Ground Beef Margarine	Margarine	Margarine
Other Items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Water
<p>Senior Center / Provider: Hualapai Elderly Services Program</p> <p>Prepared By: _____ Date: _____</p> <p>Project Director: _____ Date: _____</p> <p>Area Agency Director Approval: _____ Date: 6/27/13</p> <p>Approved By: Amy Moore RD  RD</p>					
<p>Notes Regarding Servings:</p> <p>Vitamin Requirements — include Vitamin C daily, Vitamin A 4d/week</p> <p>Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories</p> <p>Potatoes — Any kind, but must include skin in order to count as Vitamin C</p> <p>Mashed Potatoes from Mix — Use only fortified or enriched</p> <p>Diets:</p> <ul style="list-style-type: none"> • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet Dairy — 8 oz milk should be served with every meal Fruit — must be served 5d/wk. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week Fat — tomato sauces like marinara or ranch sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc. 					

Analysis for: Hualapai Week 5

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

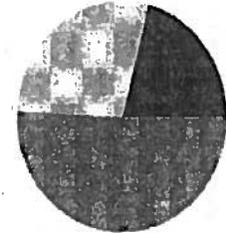
Mode: Average of days (1-1)

IMPORTANT TOTALS:

Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 721 (3021 Kilojoules)
 Sodium: 1512.41 mg Energy deficit:
 Fiber: 9.9 g -1520 Kcal
 Cholesterol: 75.62 mg -6368 Kj

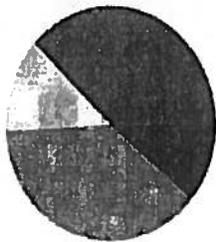
DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	20.9 %	0.51
Fat:	28.2 %	0.30
Carbo:	50.9 %	1.24
Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	22.9 g		
Saturated fat:	8.8 g	38 %	11 %
Polynsaturated fat:	3 g	13 %	4 %
Monounsaturated fat:	8.7 g	38 %	11 %
Other / unspecified:	2.4 g	11 %	3 %



Energy per 100g of food: 77 Kcal
322 Kilojoules

MOST SIGNIFICANT SOURCES OF:

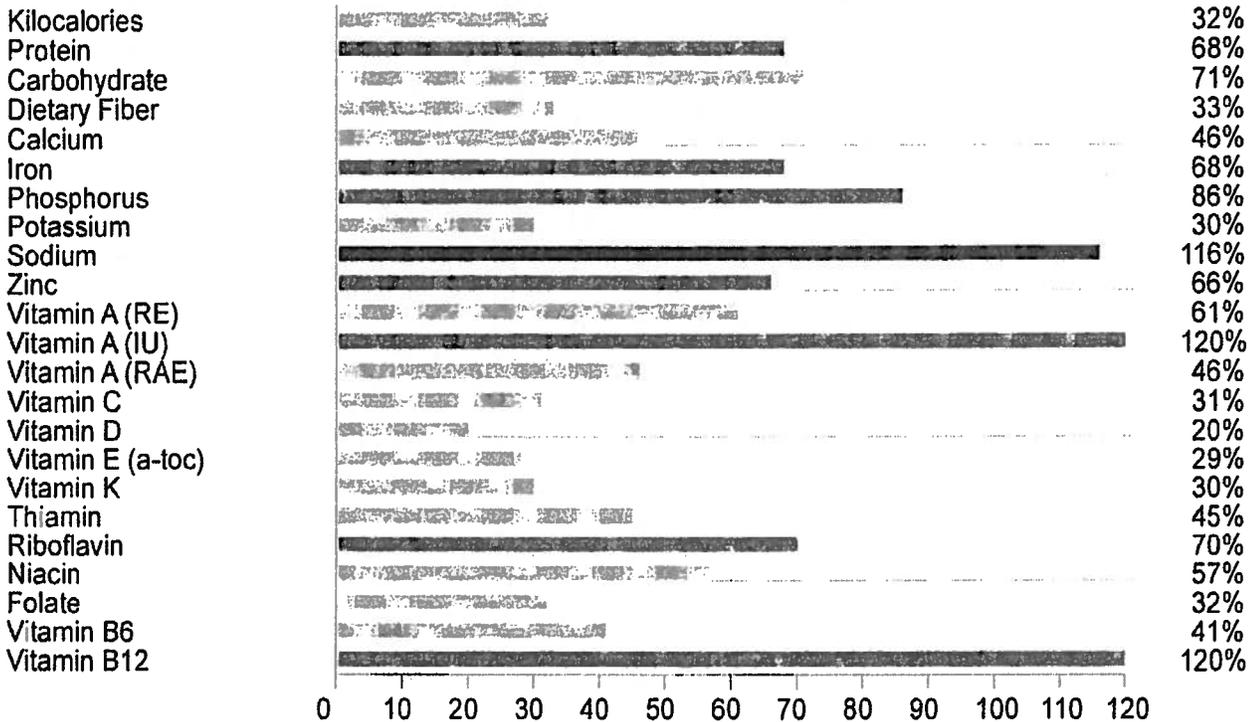
Sodium: Soup, Minestrone, dry, made w/H2O
 Cholest: Beef, ground, 85% lean meat / 15% fat, patty, coo...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.2

RATIOS:

Potassium to Sodium: 1 to 1.06
 Calcium to Phosphorus: 1 to 1.32

Percent of the DRI achieved:



Lunch Menu for Week Six

DAILY:	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or meat alternate 2-3 ounces	Baked Chicken	Roast Pork w/Gravy	Beef Burgundy w/Mushrooms	Baked Ham	Chicken Cacciatore
Vegetable ½ Cup	Roasted Potatoes	Buttered Corn	Mushrooms	Sweet Potatoes	Green Beans
Vegetable ½ Cup	Mixed Vegetables	Spinach	Braised Red Cabbage	Mixed Vegetables	Corn
Grains 2 Servings= 2 oz	Soft Wheat Bread	French Bread	Egg Noodles Italian Bread	White Bread	Italian Bread
Fruit ¼ Cup / 6 oz	Pears	Applesauce	Mixed Fruit	Peaches	Jello w/Mixed Fruit
Milk or Dairy Substitute	Milk	Milk	Milk	Milk	Milk
Fat (Butter, Sauce, Oil, Gravy)	Margarine	Gravy Margarine	Margarine	Margarine	Marinara Margarine
Other Items, Beverages, Desserts, Condiments, etc	Water	Water	Water	Water	Water
<p>Senior Center / Provider: Hualapai Elderly Services Program</p> <p>Prepared By: _____ Date: _____</p> <p>Project Director: _____ Date: _____</p> <p>Approved By: Amy Moore RD  RD Date: 6/27/13</p> <p style="text-align: center;">Area Agency on Disability Approval # _____</p>					
<p>Notes Regarding Servings: Vitamin Requirements — include Vitamin C daily, Vitamin A 4d/week Meat / Veggie Comb — Serving must include 2 oz meat & ½ c vegetable to count in those categories Potatoes — Any kind, but must include skin in order to count as Vitamin C Mashed Potatoes from Mix — Use only fortified or enriched Diets: • There are 3 types: Diabetic, Low Sodium, and the combination of Diabetic and Low Sodium • Follow substitutions as applicable to the diet Dairy — 8 oz milk should be served with every meal Fruit — must be served 5d/wk. Must be whole, water-packed, or in light syrup. Fruity desserts may only be counted 2d/week Fat — tomato sauces like marinara or manwich sauce do NOT count. Count margarine, mayonnaise, oily salad dressing, vegetable oils, gravy, sour cream, etc.</p>					

Analysis for: Hualapai Week 6

Date: 6/27/2013

FoodWorks - Important analysis information and graphs

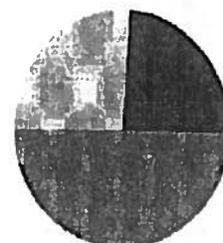
Mode: Average of days (1-1)

IMPORTANT TOTALS:

Est. KCal need: 2241 (9390 Kilojoules)
 Calories: 737 (3086 Kilojoules)
 Sodium: 618.73 mg Energy deficit:
 Fiber: 6.66 g -1504 Kcal
 Cholesterol: 95.01 mg -6304 Kj

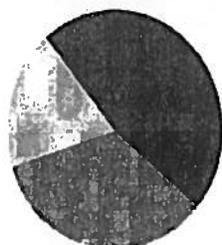
DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	23.9 %	0.57
Fat:	26 %	0.27
Carbo:	49.7 %	1.18
Alcohol:	1 %	0.01



FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	20.6 g		
Saturated fat:	7.4 g	36 %	9 %
Polyunsaturated fat:	4 g	19 %	5 %
Monounsaturated fat:	7.1 g	34 %	9 %
Other / unspecified:	2.1 g	11 %	3 %



Energy per 100g of food: 104 Kcal
434 Kilojoules

MOST SIGNIFICANT SOURCES OF:

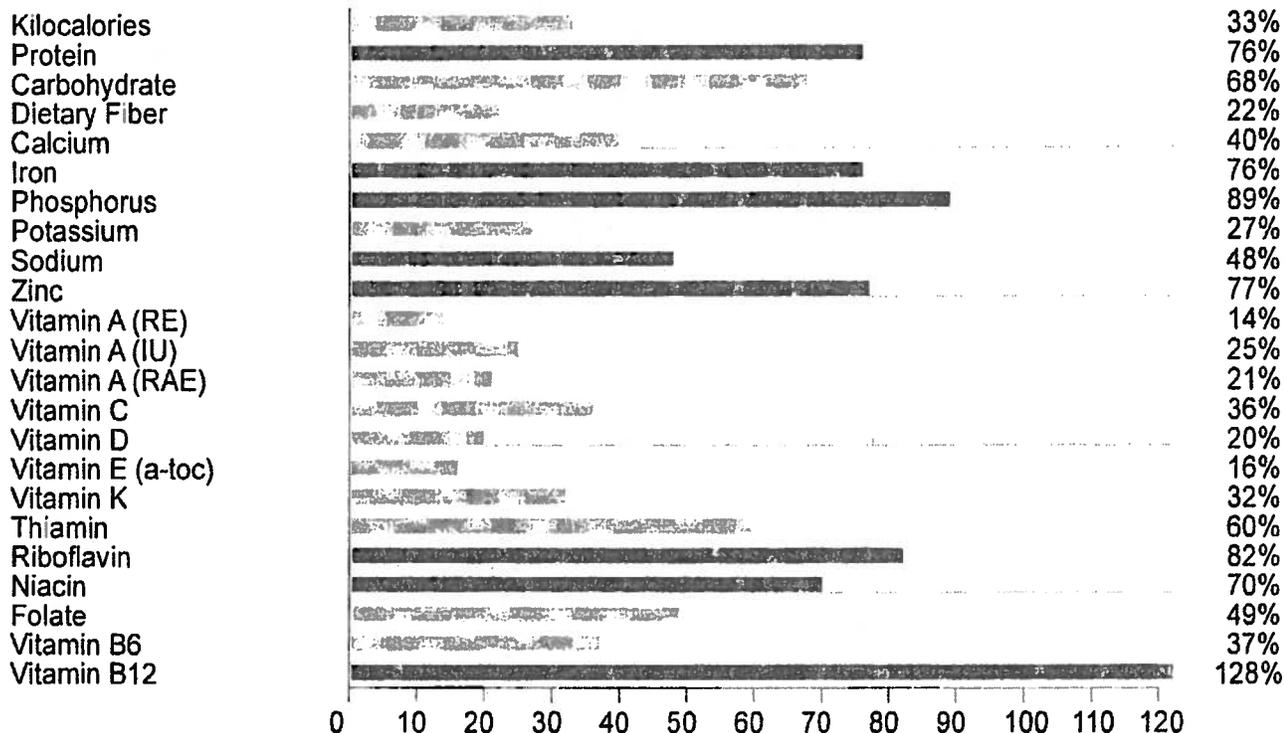
Sodium: Bread, Italian
 Cholest: Beef burgundy (beef bourguignonne)
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 5.9

RATIOS:

Potassium to Sodium: 2.02 to 1
 Calcium to Phosphorus: 1 to 1.54

Percent of the DRI achieved:



Submitted by: Elderly Center

August Birthdays

Kirby (1st)
 Karen W. (5th)
 Angie W. (7th)
 Peter R. (9th)
 Dudley M. (10th)

Willetta W. (13th)
 Rechanda W. (18th)
 Mabel W. (19th)
 Faye C. (21st)
 Vivian D. (21st)

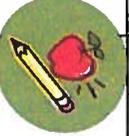
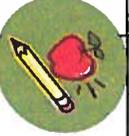
Malinda P. (25th)
 Peggy C. (26th)
 Lorena B. (28th)
 Anita W. (28th)
 Jeannie J. (30th)

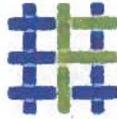
August 27, 2013 at noon, GCW will put on a BINGO at the Elderly Center. They will provide pizza for lunch.



AUGUST 2013
DIAMOND CREEK RESTAURANT



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 HOT TURKEY SANDWICH	2 FISH N CHIPS
4 CHEF'S CHOICE	5 SCHOOL BEGINS! BEEF TIPS AND NOODLES	6 BAKED RAVIOLI	7 PORK GREEN CHILE TACO	8 MEATLOAF	9 FISH SANDWICH	10 CHICKEN APPLE SALAD WRAP
11 CHICKEN CLUB HOAGIE	12 PORK ROAST DINNER	13 LASAGNA	14 CHEESE ENCHILADA	15 STRAWBERRY DELIGHT SALAD	16 FISH N CHIPS	17 STEAK SANDWICH
18 QUESADILLA	19 BAKED CHICKEN	20 ITALIAN SUB	21 TOASTADAS	22 HOT DOG MAC N CHEESE	23 FISH TACOS	24 CHEF'S CHOICE
25 NACHO SUPREME	26 PULLED PORK SANDWICH	27 MEATBALL SUB	28 CHIMI	29 SLOPPY JOES	30 FISH N CHIPS	31 BBQ CHICKEN WING BASKET
		OPEN DAILY 630AM-9PM 928-769-2800 FEATURED ITEMS AVAILABLE		HAMB-SOLD OUT FEATURED ITEMS SUBJECT TO CHANGE WITHOUT NOTICE		



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. 58-1194(A) and A.R.S. 538-431.02, 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 August 14, 2013, at 9:00 a.m. at the Hualapai Cultural Center at 880 West Route 66 in Peach Springs, Arizona, 86434 in Peach Springs, Arizona, 86434*. Some members of the Regional Partnership Council may elect to participate telephonically.

Pursuant to A.R.S. 538-431.03(A) (1), A.R.S. 538-431.03(A) (2) and A.R.S. 538-431.03(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 | Rev. Pete Imus, Chair |
| 2. Possible Approval of Regional Partnership Council Meeting Minutes | Rev. Pete Imus, Chair |
| a. June 12, 2013, Regular Meeting (Attachment 1a) | |
| b. June 27, 2013 Special Meeting (Attachment 1b) | |
| 3. Call to the Public | Rev. 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. 538-431.01(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. Discussion on FY2015 Funding Plan Development | Ashley Pascual, Regional Director |
| a. FY2013 – FY2015 Funding Plan Timelines (Attachment 2a) | |
| b. Review of 3-Year Strategic Plan (Attachment 2b) | |
| 6. Hualapai Early Childhood Development and Health System (Attachment 3) | Ashley Pascual, Regional Director |
| 7. Parent Awareness and Community Outreach Update (Attachment 4) | Erlin Taylor, Outreach Coordinator |
| 8. Regional Director's Report (Attachment 5)
(Possible Discussion and Recommendations) | Ashley Pascual, Regional Director |
| a. Board Update | |
| b. Upcoming Events | |
| 9. Next Meeting: September 11, 2013 | Rev. Pete Imus, Chair |
| 10. Adjourn | Rev. 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 II, at (928) 854-8732. Requests should be made as early as possible to allow time to arrange the accommodation.

Dated this 6th day of August 2013

ARIZONA EARLY CHILDHOOD DEVELOPMENT AND HEALTH BOARD

HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

Ashley Pascual, Regional Director

**IMON'S
SKANKIN'
WIT'
DEM'
WALAPAI**



**EVERY THURSDAY NIGHT FROM
6-8P.M.**

Between July 25 and
August 29: Win a chance
to win 2 tickets to Steel
Pulse, Tribal Seed and the
Wailers at Cliff Castle
Casino, Sept 1.

You have to listen to win!



**At EPCH The Peach! Where We Play All Kinds Of
Music For All Of Peach Springs!**

If you would like info about how you can become a community radio volunteer at the radio station call Terri at 769-1110.

HEALTH & SAFETY INFORMATION

2013 RECOGNITION AND APPRECIATION AWARD RECIPIENTS

CAPT ROSEMARY SULLIVAN | PHOENIX AREA



Ms. Rosemary Sullivan served as Health Systems Administrator, Peach Springs Health Center until her retirement on July 1, 2013.

Ms. Sullivan earned a Bachelor of Nursing degree from Arizona State University in May of 1983. She was commissioned in June of 1983. She worked as a transport nurse at the White Mountain Apache Reservation after her commission. In 1985, Ms. Sullivan returned home to Peach Springs as a clinical staff nurse for five years. In October of 1990 she transferred to Phoenix Indian Medical Center as a public health nurse intern. She worked at numerous service units as a public health nurse and was promoted to Lieutenant Commander. She then transferred back to Peach Springs as a Commander effective July of 1996. At that time she was the Nursing Supervisor at the Peach Springs Health Center. She became acting Health Systems Administrator in September 2001. In

2003, she became the official Health Systems Administrator.

Ms. Sullivan was nominated by Sandra Irwin and Victoria Sullivan.

10th Annual Direct Service Tribes National Meeting

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Achieving Your Weight Loss Goals Starts with Setting Your Goals

If this is the year you plan to lose weight, congratulations! Losing just 5-7 percent of your weight will help you reduce your risk for diabetes. You will have more energy and feel better.

To start losing weight, try setting goals. The key to reaching your weight loss goals is to create goals that are:

Realistic: Talk to your health care provider and choose an amount to lose that you can achieve. Then decide how many pounds you can lose in the first weeks and month. Usually losing 1-2 pounds per week, or about 5 pounds per month, is realistic.

Specific: Develop a very specific plan of action. First set your long term goal: "I will lose 20

pounds." Then set short-term goals so you can keep track of your progress. Next develop specific steps to reach your short-term goal: "I will lose 5 pounds this month by walking 3 times a week and eating smaller portion sizes."

Measurable: Make sure you can measure your progress often, both your action steps and your progress towards your goal. Keep a food and exercise journal. Weigh yourself once a week and write down the numbers.

Positive: Make your goals related to values that are important to you. Think to yourself, "I want to be at a healthy weight so I can live long to be with my grandchildren," or "I want to take care of myself so I

can be independent and stay active in my community." Always remind yourself why it's important that you lose weight. Think of the benefit to you, your family and your community.

Action Oriented: Write down the exact steps you will take to achieve your weight loss goals. Include what you will do, not just what you won't do.

Losing weight is easier to do if you have support. Ask a family member or friend to join you in setting weight loss goals and making a healthy living plan. Talk and walk with your friends and family members. Make an appointment with health care staff to go over your goals. Attend a weight loss class. There are many people who want to help you achieve your weight loss goal.

Instead of this:	Do this:
I will lose weight.	I will lose 5 pounds this month.
I will exercise more.	I will take a brisk walk for 30 minutes after work Mon. thru Fri.
I will not eat so much fat.	I will buy lean cuts of meat and fat-free dairy products.
I will not eat so many sweets.	I will eat two pieces of fresh fruit and drink water instead of pop.
I will stop eating fast food for lunch.	I will pack my lunch at night and include a fruit and vegetable.
I will improve my eating habits.	I will meet with a dietitian once a month to develop a meal plan for me and my family.



Produced by
IHS Division of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov

First hunter education class completed on Hualapai reservation

www.kdminer.com | Don Martin, The Great Outdoors | 7/31/2013

KINGMAN - Several months ago, I learned that Annette Bravo - who works for the Hualapai Tribe in the Natural Resources Department and is a new Hunter Education volunteer instructor - was planning on hosting the first-ever Hunter Education class on the Hualapai Reservation as part of a Youth Training Camp she had set up. The camp from July 22-26 had students riding horses, camping and learning about hunting.

Bravo and Andy Magaw of the Phoenix Hunter Education staff headed up the hunting instruction, and several of us on the Kingman team also offered to help - specifically, Johnnie Hoef, Jay Chan and me. Brandon Carley, a wildlife manager from nearby Unit 18A, also attended and helped with the field day exercises.

We heard that the camp had been tough. Mother Nature brought in daily rain storms that made teaching the hunter education classes a real challenge. When we arrived early Thursday morning and met Magaw, we were briefed on the happenings of the previous three days and given our individual assignments. Carley and Chan, along with Bravo, assisted Magaw on the shooting demos and the live fire exercises for field day. Hoef and I handled the shoot/don't shoot, fence-crossing and blood-trailing portion of the field day.

Afterward, we all met and after a review conducted by Bravo, the final exam was administered. Intermittent rain showers interrupted the testing, but when all was said and done, all of the students - 12 youngsters and six adults - were awarded their graduation cards.

The Hualapai Nation gave each graduate a certificate for a free javelina hunt, and each participant got a free King's World camo T-shirt. Bravo said that the men who had taken the class were going to help her set up a Hunter Education program for the tribe.

Magaw said he was very happy with the results of the camp and looks forward to seeing more hunter education programs conducted on the reservation. After a very long day, we headed down the mountain toward the paved road, but with less than a half mile to go, we came upon a wash that was running hard and had silt stacked up on both sides of the road. We waited for a long time, but decided the car would not make it through the mud. Fortunately, one of the graduates from the program came by in a four-by-four truck and gave us a ride into Peach Springs. Then we had to wait until Page McDonald drove out and picked us up. The day that started a 4:30 a.m. Thursday did not end until about 1 a.m. Friday. But the smiles on those kids' faces made it all worthwhile. ■



These members of the Hualapai Tribe were the first ever to graduate from an Arizona Hunter Education course on the reservation. The class was part of a five-day youth camp that was set up by the tribe's Natural Resources Department. (DON MARTIN/Special to the Miner)



Peach Springs

Certified Child Passenger Safety Technicians

Child Passenger Safety Technicians educate parents and caregivers on how to properly use their children's car seats. CPS Technicians provide personalized instruction about how to properly install a car seat in a vehicle, as well as how to properly secure a child in the car seat.

Department	Technician Names	Phone Number
Head Start	Monique Alvarez	769-2244
Health Education & Wellness	Patsy Boney, Athena Crozier, Lyndee Hornell, & Laverne Tsosie	769-2207
Indian Health Service	Rayana Frazier & Dominique Yaramata	769-2900
Law Enforcement	Wanda Quasula	769-1024
Social Services	Deborah Clark, Cheyenne Majenty, & Jonell Tapija	769-2269
Training Center	Jessica Powskey	769-2200

What should you expect from a CPS Technician?

The car seat installation experience is an interactive one. As the caregiver, you should leave confident that your child's seat is installed correctly AND that you are comfortable reinstalling and using it correctly. To ensure that you have the best experience you should prepare for an education.

This one-on-one education typically takes 20-30 minutes, depending on the car seat and the vehicle. The CPS Technician should take **all the time necessary** to ensure that you feel competent and confident in re-securing the car seat into the vehicle and re-buckling your child into the car seat **on your own**.

After the check up, ensure you can say yes to ALL of these questions:

- Did you perform the installation?
- Do you feel confident about installing and using the car seat correctly?
- Were your questions answered? If not, were you given direction as to who you should contact or will the CPS Technician follow up with you?

Source: Manufacturers Alliance for Child Passenger Safety

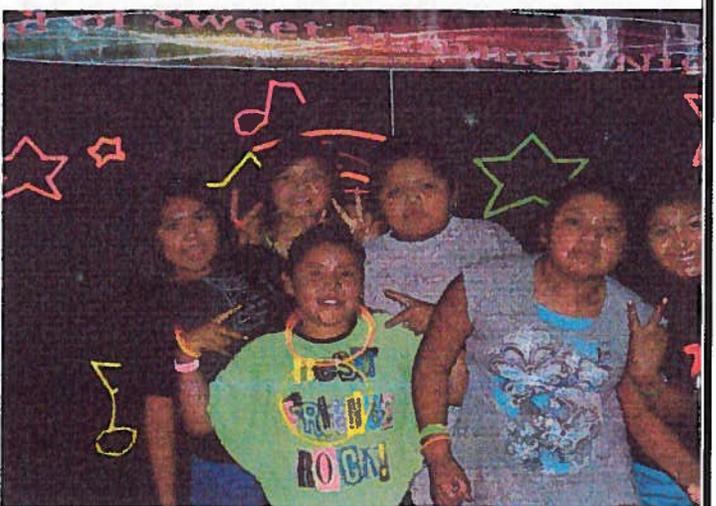
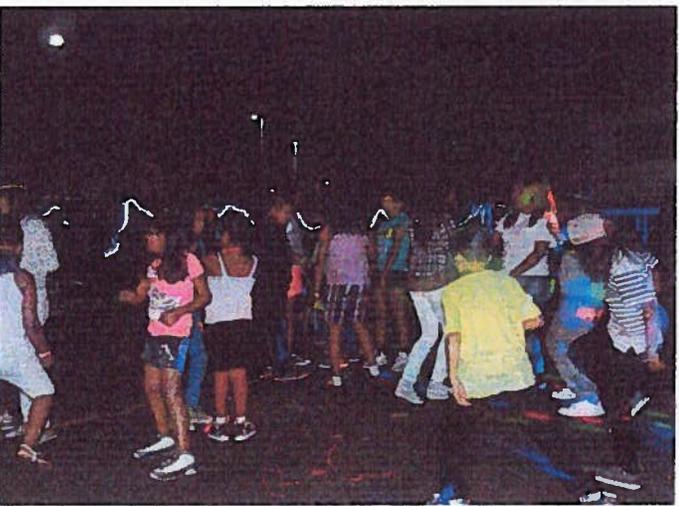
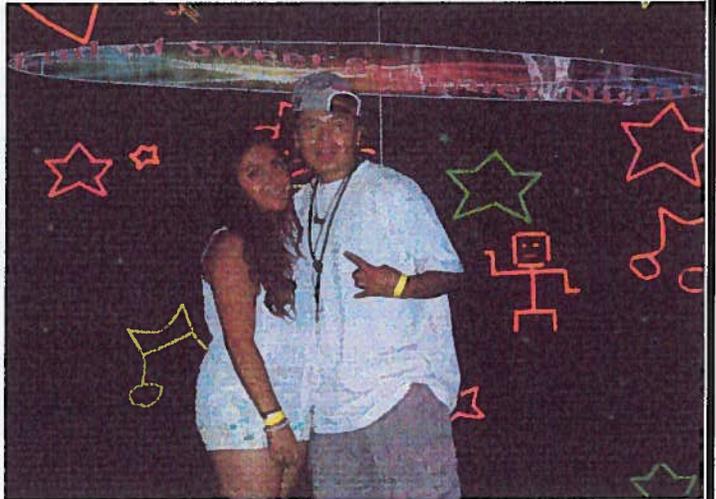
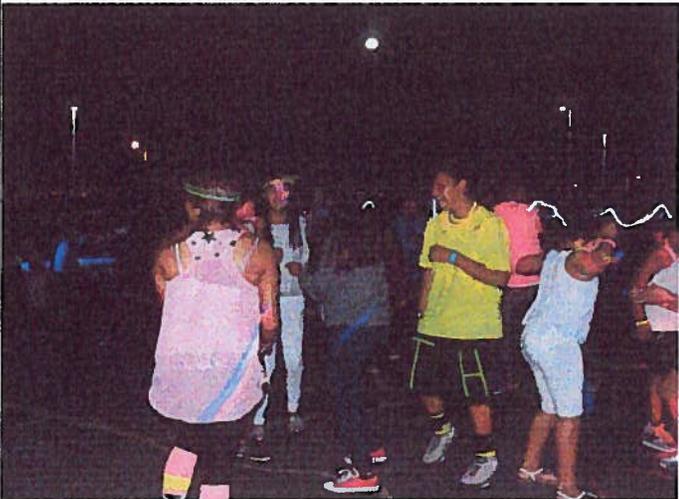
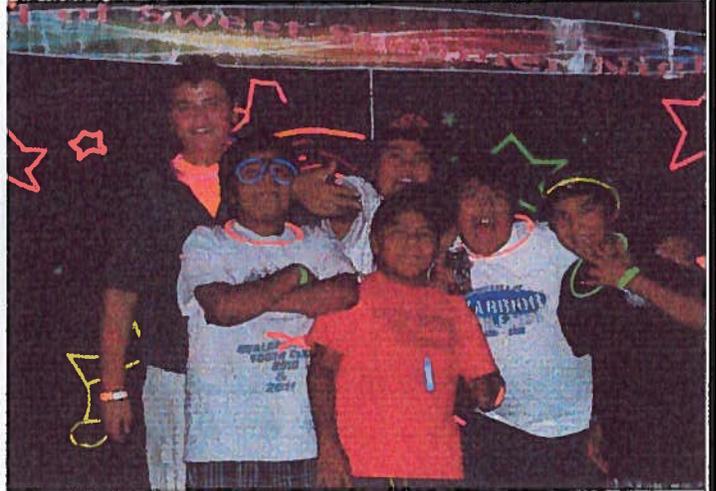
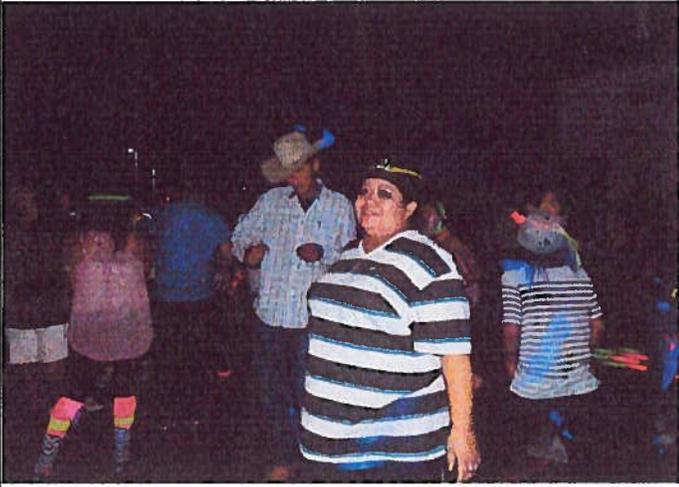
Submitted by: Rayana D. Frazier, IHS Public Health Educator



HUALAPAI HEALTH-EDUCATION AND WELLNESS

I would like to send out a special thanks to all programs that helped and volunteered their time and resources to the “Sweet Summer Nights” and “End Of Sweet Summer Nights - Glow Party” Dances in June and August. Over 200 kids and parents attended these events. This was a dance where everyone must pass an Alcohol Breathalyzer test before entering the event. Our staff wants to let all parents know that we want to make our events a safe, and ALCOHOL FREE place for your children to “TEAR IT UP ON THE DANCE FLOOR”. We can’t wait to see you all at the next event to be held over the Christmas Break!

Thanks
Hualapai Prevention Staff
Leon Ghahate
Darlene Bender
Lyndee Hornell
Brooke Powskey





OFFICE HOURS

TUESDAY & WEDNESDAY

8:00 AM TO 5:00 PM

THURSDAY

8:00 AM TO 12:00 PM

We are accepting new enrollments.

Clients with WIC checks need to come into the office and sign a e-signature for checks.

COMMUNITY MESSAGES

Happy Birthday Shawnee
August 10, 2013



Love Always Your Cousin!!

Happy Birthday Sister Allison!

August 22, 2013



There's no other love like the love for a sister and there's no other love like the love from a sister. I am lucky to have you as a sister I love you with all my heart may you have an awesome day whatever you have planned on your special day!

Love always Niya

HAPPY 5TH BIRTHDAY

August 13th 2013

GWE WAL VASUW CONDOLA QUERTA



Having you for Wissa has been one of the greatest gifts God has given me for all you've been, for all you are and for all you are yet to be! I love you from the bottom of my heart!!

Love always Nithi

Happy Birthday Grandma

FayeAnn Crook!!

August 21, 2013



On your special day as you celebrate your Birthday... Here's wishing you a lot of happiness & sweet surprises!!

Love Always Grand Daughter

Happy 21st Birthday

Brooke Powskey!!

August 16, 2013



At 21, your life is on track,
There isn't very much you lack,
You're education may soon be done, then Brooke you have your life to run, Twenty-one wishes are sent your way to help you celebrate your special day!!

Love Always, Your Friend!



Lowering your family's cholesterol can be as simple as a pot of beans.

Give your family members a serving of beans instead of meat several times a week.

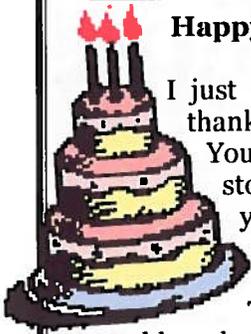
This may help lower their cholesterol levels and reduce their risk for heart disease.



Call for Articles

Gamyu getting too thin? Need a little more grist from your bi-weekly newsletter? Well, we at the Planning and Economic Development Department welcome our readers to submit articles to help beef up our publication and keep our readership informed of community events and activities. Please submit your ideas and photos to Danielle Bravo and we will work with you on getting them published. Completed articles are due at noon on Friday, the week prior to publication. If you need help putting an article together, please contact Ms. Bravo at (929) 769-1310 at least two days in advance of the Friday deadline so she can assist you. Thank you for your time and effort in making the Gamyu the publication it deserves to be.

They shall come all for eloquence; their pens shall rise up as the south wind in spring-time. And they shall faithfully render the events of the Hualapai.



**Happy Birthday "Mommy" Angie Walema
August 7, 2013**

I just want to wish you a Happy Birthday and thanks for all that you do for me and the kids. You can never stop loving us, just like we can't stop loving you. You are the best and I love you for such a great person you are. I just want to say, I love you and appreciate all that you do.

There's nothing in this world I could possibly ask for other than to have such an awesome mom like you. "Gee", if you only knew! Well, young lady, enjoy your special day with those you love and even though I am not there to celebrate with you, I'm thinking of you and know your doing the same. Don't have too much fun Grams. I love you with all my heart and can't wait to see you soon. Stay strong and don't let the little things get to you. Mah later.

Love your daughter, Pauline M. Walema

**Happy 1st Birthday
Romeo "Chi Chi" Bravo
August 17, 2013**

Little "Chi Chi", the first and last time I seen you, you were so tiny and cute. Such a handsome little boy. I bet you've grown so much and probably give your mama a hard time with all them sleepless nights. I know she's probably frustrated but "oh well". Anywho, just want to wish you the best 1st birthday and I wish I was there to watch you grow, just like your mom watched my children grow. We made a lot of plans that included you and I hope we get to kick back soon and get to know each other. Have the best day ever and just glad to have a little nephew like you.

Love, P Walema

P.S. Miss you Mav

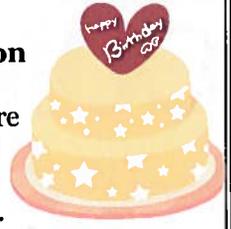
**Happy Belated Birthday
Tearshy "Shy-Shy" Wellington
July 12, 2013**

"Gee" Shy, I can't believe you're already 6 years old... I can't and won't change the 6 beautiful years you've made my life worth while.

Being your mom, and having you as my Shy-Shy, has brought so many wonderful memories spent with you. Watching you grow from a little helpless baby girl to the little lady you're becoming is worth every second of my time. I love everything about you and can't wait to hold you in my arms again. Keep up the good work in school and at home. Thanks for helping Grams with the babies. You're the best little big sister. I love you baby girl. Sorry Mom wasn't there to celebrate with you guys, but when I get home we'll make up for it, I promise. Love you baby Shy.

Love Always & Forever, Mommy

P.S. Watch for your mail, sending it soon.



Horse hair, Horse hair, Horse hair Needed



We are doing some art projects for the County Fair, and other projects at HJDRC with the youth. We are in need of Horse hair, if you have any horses and are willing to dock their manes and some tail hair, we would appreciate it.

You can contact Patrick at HJDRC 769-1611



LIBERTY 3/S

**Liberty Electric Power Chair
\$550 OBO**

Excellent Condition w/ charger
Also has a wheelie bar to change
from ground level upward

Contact Lana Keller-Robinett at
(928) 522-4242

GAMYU NEWSLETTER

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

Article Deadline:
Friday, August 23rd

Next Publication:
Friday, August 30th

**HOWEVER, WE ENCOURAGE OUR
READERS TO ALWAYS...**

**TURN IN
YOUR ARTICLES
EARLY!**

Please remember to attach an Information Sheet with your articles.

*Thank you,
Hualapai Planning Department*