



Hualapai Cultural Presents: Archaeology Expo 2014 Friday, March 14, 2014

MARCH IS ARCHAEOLOGY MONTH

HUALAPAI CULTURAL WILL BE PRESENTING:

ARCHAEOLOGY EXPO 2014





March 14th at 9AM-3PM

Have fun learning about the science of archaeology from our own Senior Archaeologist; Mr. Peter Bungart Participate in a mock archaeology dig, other cultural activities, lunch served

Learn Das' vik (Hualapai Hockey)
Games played after lunch!

PUBLIC INVITED



Gamyu Newsletter Deadline & Publication Dates

Gamyu articles are due every other FRI-DAY(S), the week before tribal pay week by 5:00 p.m. Please remember to attach an Information Sheet with your articles.

Article Deadline:

Friday, March 21

Next Publication Friday, March 28

Thank you, Kevin Davidson, Hualapai Planning Department Director

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Messages

If you have any questions please call the Hualapai Cultural Center At: 769-2223/2234

Hualapai 200 Mile Club Sign ups: March 10 - 14, 2014

The Hualapai Diabetes Prevention Fitness Center will be sponsoring a Hualapai Partner 200 Mile Club.

This particular Club will run for 8 weeks.

*No Entry Fee required.



Sign-Ups will begin March 10, 2014 thru March 14, 2014.

The tracking of mileage will begin March 17, 2014 thru
May 9, 2014.

HUALAPAI 200 MILE CLUB

Team up with another individual and begin walking/running towards a healthier lifestyle. Reach your 200 mile goal with a friend or relative, the 200 miles will be combined with your partner.



Every partnership that completes the 200 mile challenge within the 8 weeks will receive an incentive from the Diabetes Prevention Program after the 8 weeks.

Sing Up at the Hualapai Fitness Center or for more info contact us at 769-2644.

"One step at a time we shall reach a healthier lifestyle!"

Hualapai Tribal Youth Council

Hualapai Tribal Youth Council

March 2014 Color Run Walk - Perch Springs (72)

Friday March 14, 2014 4:00PM

Starting point near Juvenile Detention Center Event t-shirts are first come first served. No registration required. Show up at starting point and change into event t-shirt.

Route: Start at Juvenile Detention Center down High View St., right on Canyon View, left on Diamond Creek, right on Hualapai Way, left on Indian Way, right on Diamond Creek end at Route 66 Park.

At end of run/walk participants will be sprayed with water to set colors into t-shirt.

For more information contact: Hunlapai Youth Services 488 Hunlapai Way, Peach Springs, A. Phone, 200, 200

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Public Notice Correction from the Department of Planning & Economic Development

PUBLIC NOTICE OF CORRECTION ON THE NAME OF IDELLA KELUCHE NEW AGRICULTURAL LEASE.



Idella Keluche is requesting an agricultural lease for her horses. The Planning Department is sending this item out for public comment before it goes to the Tribal Environmental Review Commission. If any community member has ANY COMMENTS please call the Hualapai Planning Department at 928-769-1310. This will be the only public notice before the TERC meeting on March 19, 2014 at 10 am at the Cultural Department. This area is 1500 feet by 150 feet = 5.16 acres.

GCW Master Plan Community Meeting • Thursday, March 20, 2014

Community Meeting

To listen to your ideas for the MASTER PLAN for

GRAND CANYON WEST

Date: March 20, 2014

Time: 5:30 p.m. (Dinner will be provided)

Location: Tribal Gym, 930 Rodeo Way, Peach Springs AZ.



PRELIMINARY MEETING AGENDA

- 5:30 Overview of Grand Canyon West Master Plan Process
- 5:45 Presentation on Grand
 Canyon West Existing
 Economics, Infrastructure &
 Development
- 6: 20 Community workshop on opportunities for Grand Canyon West

7:20 Summaries & Next Steps

Diamond Creek Restaurant • March Specials HAPPY MARCH 2014 ST. PATRICK'S DAY! Wed Thurs Fri Sat Tue Mon Indian Burgers Happy Mardi Grasil
Red Beans & Rice Tamales Cheesy Fish n Chips **Hot Turkey** Meatball **BBQ** Wing Sandwich Chicken Basket Sub w/Kielbasa Casserole Sausage 10 11 12 14 Chicken Salad Popcorn French Bread Tostadas Beef Tips & Fettuccini Meatloaf Shrimp Pizza Croissant Noodle Alfredo 21 18 16 17 Fish Roast Beef Happy St. Patrick's Day! Teriyaki Pork Green Baked Nacho Griller Reuben Ravioli Supreme Chicken over Sandwich Chile Taco Sandwich Rice 27 28 25 23 Shepard's Fish n Chips Chicken Fried Chicken Taquitos Tuna Spam Steak Parmesan Pie Casserole Burger Sandwich Featured Items Available 1 1am-Until Sold Out 30 DIAMOND CREEK RESTAURANT



Baked

Chicken

Dinner

928-769-2800

630am-830pm

Winter Hours Daily

BBQ Beef

Sandwich

1 Large Pizza with one topping 1 Liter of Soda

am Dunk Deal

1 Order of Wings OR Chili Cheese Fries ONLY ~\$25.00

Available Now at Diamond Creek Restaurant!



Featured Items Subject to Change without notice

YOU DON'T DAVE
TO BE IRISD TO
CELEBRATE!

Pie a la mode, 2 for 1 Dessert Special!

Available all month long at Diamond Creek Restaurant!

Climate Change Adaptation Regional Tribal Workshop Beginning Tuesday, March 18-20, 2014

The workshop Registration fee is \$50,00

Workshop Registration

Pre-registration is required for the limited number of Travel Scholarships that are available for Tribal participants that includes: registration, mileage, per diem and lodging expenses. Please indicate below if you have a need for a Travel Scholarship.

Travel Scholarship: Yes

Name:

Tribal Affiliation/Federal Agency:

Additional Names:

Street:

City:

State: Zip:

Email:

Phone:

The state of the s

Email registration to: INCA@3rivers.net

Fax to: 406-684-5198

Mail registration to: Indian Nations Conservation Alliance (INCA) 350 Nye Rd. Twin Bridges, MT 59754

Workshop funded by grants from the USDA Office of Advocacy and Outreach's 2501 Socially Disadvantaged Farmers and Ranchers (OASDFR) Program, the USDA Animal & Plant Health Inspection Service and the USDA Natural Resource Conservation Service

Workshop sponsored by the Indian Nations Conservation Alliance (INCA) and Arizona Association of Tribal Conservation Districts (AATCD)





Indian Nations Conservation Alliance (INCA) 350 Nye Road Twin Bridges, MT 59754 Phone (406) 684-5199 Fax (406) 684-5198

Climate Change Adaptation Regional Tribal Workshop

March 18 — 20, 2014

Prescott Resort & Conference Center 1500 State
Route 69 Prescott, AZ 86301
1-888-657-7855, room reservation code: GINCA

Learn about the projected climate change and what needs to be done to reduce the impacts



Harold Joseph AATCD President 10:50-12:00 APHIS PPQ Farm Bill Sec. 10201-Carl Elaitry

Workshop Agenda

Climate Change Adaptation Regional Tribal Workshop Beginning: Tuesday, March 18-20, 2014

AATCD Attending INCA Conference, 2012.

The location of the workshop is at the Prescott INCA has booked rooms for this event, which Resort & Conference Center in Prescott, AZ.

you can call 1-888-657-7855 to reserve room.

The code for check-in is: GINCA Reservation

cutoff date: March 11, 2014

Workshop Agenda

Monday, March 17, 2014

1:00pm AATCD Board Meeting

Tuesday, March 18, 2014 - Session begins at 8am

Moderator: Sadie Lister

Opening Prayer: Tribal Chair

8:30am—8:45 Opening remarks—Harold Joseph, Chairman Arizona Association Tribal Conservation Districts

8:45-9:00 Opening remarks-INCA

9:00-9:30 Overview of DOI/BIA Climate Adaptation Strategy - Sean Hart, BIA Climate Change Coordinator

Margaret Hiza Redsteer, PHD., Flagstaff Science Center, US Geological 9:30-10:00 Projected Climate Changes in the Southwestern U.S. —

10:00-10:30 Break

Workshop Agenda

Moderator: Phillip Bravo

10:30—11:00 Impacts of Climate Change on Southwestern Tribal Lands-Margaret Hiza Redsteer, PMD, Flagstaff Science Center 11:00—11:30 Climate Change affects on Forest Lands—U.S. Forest

1:00-1:30 Rural Development-Alan Stevens, State Director USDA

Rural Development

Moderator: Roland Tso

12:00-1:00 Lunch

Service

11:30 - 12:00 Climate Change affects on Wildlife - FWS

2:00-1:00 Lunch

2:00—2:30 Why have a Conservation Plan?—Art Meens, NRCS Acting

State Soil Conservationist

1:30-2:00 How to secure feathers from the U.S. Fish and Wildlife

Moderator: Roland Tso

Management Plan/Integrated Resources Management Plan 1:00-1:30 Climate Adaptation/Agriculture Resources

1:30-2:00 638 Contract Process

2:00—2:30 Traditional Ecological Knowledge—Harold Joseph, AATCD Chairman

2:30-3:00 Break

Moderator: Andrea Long

3:00-4:00 Tribal Conservation Areas improving climate change adaptation-Joanna Stancil, President Native American Communications LLC

4:00—5:00 Soil Health: What is it? And, what does it mean?— Rob Wilson, Acting State Soil Scientist, NRCS

Wednesday, March 19, 2014

Moderator: Steve Titla

3:00—8:20am Greeting and Invocation—Corina Teller

3:20-8:40 Grazing Management Plan and Results-Phillip Bravo, Hualapai Rancher & Conservation District Member

8:40-9:20 USDA Office of Advocacy and Outreach-Carolyn Parker, Director USDA Office of Advocacy and Outreach

R.20—10:20 APHIS Veterinary Services—Terry Clark

10:20-10:50 Break

4:00-4:30 improving Irrigation Systems to save water-Art Meens. 3:00 - 4:00 Rangeland Health - Byron Lambeth, State Rangeland 1:30-5:00 Tribal Conservation Districts role in Climate Change 8:20-9:00 NRCS Agency Updates - Keisha Tatem, State Acting State Soil Conservationist, NRCS 3:00-8:20 Invocation-Ronald Tso Management Specialist, NRCS Moderator: Wallace Tsosie Thursday, March 20, 2014 Conservationist, NRCS 2:30-3:00 Break Adaptation

9:00-10:00 Biological Noxious Weed Control-Jerry Levitt, APHIS PPQ

10:00-10:30 Break

Moderator: Andrea Long

eduction, implementing traditional knowledge to care for Mother Earth improvements, noxious weed reduction, cleaner air through soil particle 10:30-12:00 Improving Climate Adaptation through Implementing of soil health, rangeland conservation, irrigation system water saving

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Maternal Child Health Program Presents: It's a Fix a Lunch Event Wednesday, March 19, 2014



It's a fix a lunch event!



Date: March 19, 2014

Time: 11:30 am-1:00

Contact person: Vivian Sue Parker, Maternal Child Health Coordinator 928-769-2207 ext. 206

MOTHERS AND FATHERS PLEASE JOIN US FOR THIS LUNCHEON.

EVENT WILL BE HELD AT THE LARGE CONFERENCE ROOM AT THE HEALTH AND WELLNESS CENTER.



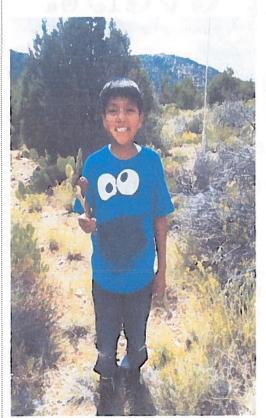
FIRST THINGS FIRST

Ready for School. Set for Life.

Hualapai Cultural Resources Ethnobotany Projects • Friday, March 21, 2014

Ethnobotany Projects

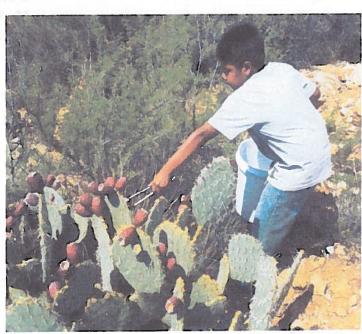
Prickly Pear BBQue sauce also make githe' berry juice



Friday MARCH 21ST, 2014

9AM-12PM





THERE WILL BE NO LUNCH PROVIDED

For more info. Contact Hualapai Cultural Resource Dept. (928) 769-2234/2223.

59th Annual Tournament of Tribal Champions & Women's 50th All Indian Classic - Deadline: Thursday, March 20, 2014

ANNUAL TOURNAMENT OF TRIBAL CHAMPIONS &

Woman's 50" All Indian Classic



MARCH 27 - 29, 2014 (GAMES WILL START THURSDAY MARCH 27TH) FORT DUCHESNE, UTAH

ENTRY FEE \$325 - DEADLINE MARCH 2

10 PLAYER LIMIT - CIB/TRIBAL ID REQUIRED - TRUE DOUBLE

MONEY ORDERS OR COMPANY CHECKS ONLY Make payable to: Ute Indian Tribe Recreation Department Mail payment to P.O. Box 883, Fort Duchesne, UT 84026 Must be paid in full by first game or your team will be DROPPED FROM THE TOURNEY - NO EXCEPTIONS OR REFUNDS

*For more information contact the UIT Rec Office at ~ Phone (435) 722-2249, Fax (435) 722-2308, E-mail UITrecreationdept@yahoo.com



2013 TOTC Champions

Men's -Razor Sharp

> Women's -Bear Paw



MER'S AWARDS

"PLACE-\$3000 & PENILLERON JACKETS 2º PLACE-\$2000 & JACKETS

PLACE-\$1000 & HOODED SHEATSHIRTS

4TO - SWEATSHIETS SPORTSMANSHIP

ALLSTARS - JACKETS

WYP - PENDLETON JACKET



ACE-PENDLETON JACKETS PLACE-JACKETS

ACE-HOODED SWEATSHIRTS

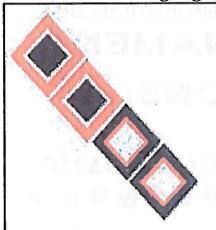
4" - SWEATSHIRTS

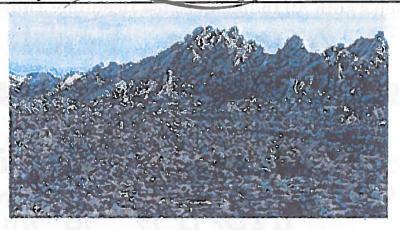
SPORTSMANSHIP

ALLSTARS - JACKETS

MYP - PENDLEYON JACKET

Yuman Language Family Immersion Workshop • March 25 - 27, 2014





YUMAN LANGUAGE FAMILY IMMERSION WORKSHOP

Oral Language Immersion: Language Revitalization for All MARCH 25-27, 2014 Paradise Casino EVENT Center Hosted by: Ft. Yuma Quechan Nation

Host Hotel: Quechan Resort and Casino 525 Algodones Rd. Winterhaven CA 92283 877-783-2426

A workshop to learn and implement Native language immersion teaching methods for Yuman languages,

Topics that will be discussed, taught and practiced by ALL attendees in the workshop:

- Early Childhood Second Language Learners: Know Your Learners and Building Experiences, Interactions and Confidence
- What to Prepare for Language Immersion for Learners: Space, Lesson Plans, Teacher/Instructor preparation
- Indigenous Knowledge Curriculum Overview of Indigenous Models
- Immersion Methods Immersion Lesson Demonstration
- Present and Share Curriculum Methods and Immersion Lessons (Teaching Lessons) Demonstration by Individuals/Groups to entire workshop



- PREGISTRATION FEE: \$50.00 POPEN TO 75-100 PEOPLE PMEALS WILL BE ON YOUR OWN
- **WALL ROOM RESERVATIONS MUST BE MADE BY ATTENDEES; CALL 877-783-2426**
- ODEADLINE FOR REGISTRATION AND HOTEL RESERVATION: MARCH 14, 2014
- o MATL REGISTRATION FORM TO: Emilia Escalanti, P.O. Box 508 Winterhaven, CA 92283 Phone: 928-920-7806
- FORMS AVAILABLE ON THE YUMAN LANG, SUMMIT HOME PAGE http://www.yumanlanguageformilysummit.com

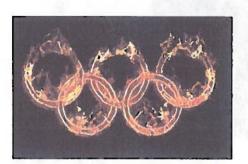
OPEN TO ALL WHO ARE INTERESTED IN TEACHING, LEARNING AND REVITALIZING THE YUMAN LANGUAGES AT HOME, SCHOOL, THE WORKPLACE, WHEREVER.

SESSION MAY BE TAPED FOR FUTURE USE IN YUMAN LANG. PROGRAMS

Salt River Pima-Maricopa Indian Community Senior Olympics March 31, 2014

Salt River Pima-Maricopa Indian Community

10,005 E. Osborn RD. Scottsdale, Arizona 85256



SENIOR OLYMPICS

REGISTRATION FORM

Lehi Community Building

1231 E. Oak St. Mesa, Arizona 85203

March 31, 2014

Schedule:

7:00-7:30 Registration/ Check-In

Health Check Screening and Breakfast

7:30-7:45 Welcome, Prayer

7:45-8:00 Introduction

8:00-11:30 Team Games Begin

11:30-12:30 Lunch

12:30-3:30 Individual/Adaptive Games

3:30-4:30 Awards

FOR MORE INFORMATION CONTACT:

Mike Douglas 480-362-5770 or Senior Services 480-362-6330

TEAM GAMES:

- 1. Chair Volleyball
- 2. Umpa Lumpa
- 3. Walking Relay

ADAPTIVE GAMES

- 1. Stackers 2. Basketball Throw
- 3. Paper Crunch 4. Chicken Throw
 - 5. Bean Bag Toss

INDIVDUAL GAMES

- 1. Obstacle Course
- 2. Chicken Throw
- 3. Basketball Throw

Participant Registration

Individual (55+)		Adaptive (45-55) /Disabled (55+)				
Name:	Community /s	enior ente	r			
Medical Conditions:						
Circle: Male Female / t-shirt size _	Age	_55-59	60-64	70-74	75+	
Emergency Contact (Name)	Eme	rgency Ph	one			
Waiver in consideration of my participation, I hereb damage. I may have against Salt River Pima-Marico with event for any claim, damage injury during ever	pa Indian community Senior Rec					
Participant's: signature:	7777737073	-	Date:			

EPCH Internet Radio Programs • Imon's Skankin' Wit' Dem Walapai,

Reno's Hip Hop Block & Dempsey's Power Hour

WHO IS IN THE SOME HIP-HOP R &B, EDM AND RAP MUSIC? MOOD FOR



Dempsey and Reno! your local DJs



Every Wed and Thurs:

2 to 3 p m

*Reno 's Hip Hop Block

Dempsey's Power Hour

Listen at: www.epchradio.com 3to4pm

or on your smart or android phones on Call (928) 769-1110 for more information TuneInRadio-EPCH "The Peach" 24/7 on your computer









Festival Ticket

Including:

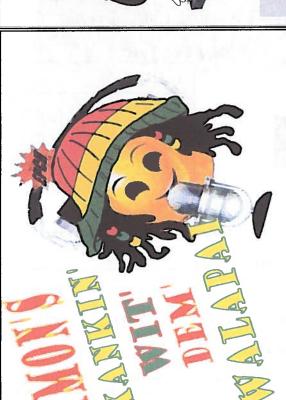
Hotel Room



Fun Reggae Gifts Food

Gift Cards for Gas and

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



Reggae Fest • Friday April 11 - 12, 2014

REGGAE TOSS WINNAME APRIL 11-122, 22014 SATURDAY APRIL 12711







PATO BANTON

EVERTON BLENDER & THE VARD SQUAD BAND

LAYNE 87 SEAL DUB







TRIBAL THEORY

MOTHERLAND SOUL

MAIE



AND MORE TO BE ANNOUNCED

FRIDAY APRIL TITH



MARLON ASHER



GENERAL SMILTY & THE GOZ BAND



THE EXPANDERS



RASIJAH MAXARDOTS & LSIGHT RANT

WWW.AZREGGAEFEST.COM

Hualapai Tribal Forestry

By: Charles A. Murphy

We are looking for a few dependable workers to help us meet this years' project goals.



If you are interested in working out in the forest this season, please submit a Tribal Application at the Human Resources Department at the Tribal Office. You can list "Laborer" as the position applying for. In order to be hired, applicants must a physical examination and a drug/alcohol screening. Chainsaw experience and a driver's license are preferred.

We are planning on starting up in April.

Hualapai Elders Easter Party • Friday, April 18, 2014

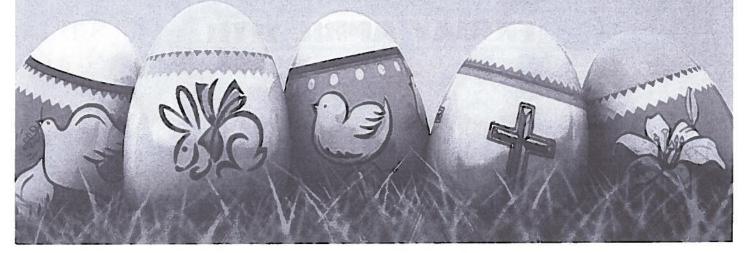
Hualapai Elders Easter Party

Hosted by Grand Canyon West

Friday, April 18, 2014 @ 11 A.M. – 2 P.M. Hualapai Tribal Gym

Luncheon Served * Games & Prizes!

Questions? Contact Lana Keller-Robinett at 769-2627, Ext. 225



7th Annual Hualapai Jr. Rodeo Series & Finals • Begins: Saturday, April 19, 2014

7th Annual Hualapai Jr. Rodeo Series And Finals Series Dates: April 19, May 3, June 21, 2014 Finals Date: July 12, 2014



Ground Events: Dummy roping
Stick Pony Race

Goat Ribbon Pull

Rough Stock Events: Mutton Bustin

Steer Riding

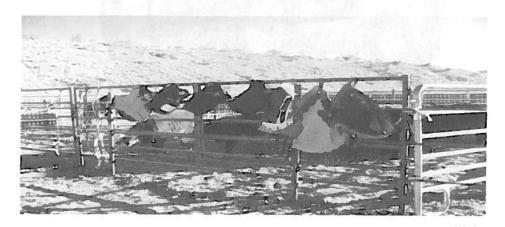
Horse Back Events:

Pole Bending Barrel Racing

Goat Tying

Team Roping

Age Groups: 0-5 years Old
6-9 Years Old
10-12 Years Old
13-15 Years Old
Events will start promptyly At 9 a.m.
Sign up Begins at 8 a.m.



Attend 2 out of the 3 Series events and qualify to win end of the year prizes
High Point Leaders in each event will win Event Buckles
High Point All Around Leaders in each age category
will receive All Around Trophy Saddles

Entry Forms and Waivors Available at Natural Resource or online at Hualapai.org For any information Please Call Winkie Crook or Annette Bravo at (928)769-2254

2014 SWIAA Livestock Field Days • Begins: Tuesday, April 22, 2014

2014 SWIAA STOCK FIELD DAYS

REGISTER ONLINE AT

"SWINDIANAG.COM"

OR

SWIAA

1664 E. FLORENCE BLVD.

SUITE 4-434

CASA GRANDE, AZ.

85122

APRIL 22 & 23, 2014

RAWHIDE WESTERN TOWN

(CHANDLER, ARIZONA)



HOSTED BY
GILA RIVER INDIAN COMMUNITY



COST OF REGISTRATION

2 DAYS: \$50.00

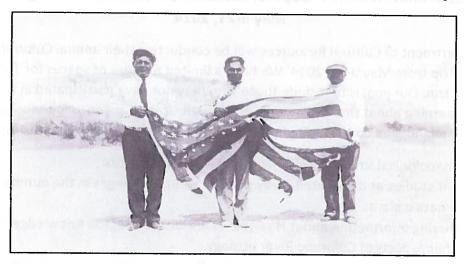




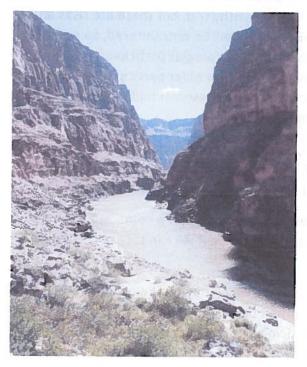


Mohave County Museum Exhibit & Grand Canyon River Trip

Mohave County Museum Exhibit to Recognize & Honor Hualapai Veterans



The Dept. of Cultural Resources is in the planning stage with the Mohave County Museum to create a new and important exhibit honoring Hualapai veterans. We are looking for photos and memorabilia related to Hualapai military service, from their earliest role as U.S. Army Scouts to modern times. If you have such items that you would be willing to share, please contact Marcie or Peter at (928) 769-2223. Photos, news clippings, letters, & similar items can be scanned & returned promptly (we would be happy to provide donors with a nice print & digital copy in gratitude). Other kinds of items may need to be loaned for about a month while the exhibit is up. We are aiming for an opening around the end of June, in time for the 4th of July holiday. Keep checking the Gamyu as plans become finalized.



Department of Cultural Resources Grand Canyon Monitoring River Trip May 9-21, 2014

The Hualapai Dept. of Cultural Resources will be conducting their annual Cultural Resources
Monitoring River Trip from May 9-21, 2014.
We have a limited number of spaces for Tribal members to participate on the trip. Our goal is to include those who have not participated in past monitoring trips and who are interested in learning about the Colorado River through the Grand Canyon, experiencing this aspect of your ancestral homeland, and contributing to the goals of the monitoring program. If interested, please read the information on the following page and contact the Dept. of Cultural Resources at (928) 769-2223.

Mohave County Museum Exhibit & Grand Canyon River Trip • Continued

Additional Information for Dept. of Cultural Resources Monitoring River Trip May 9-21, 2014

The Hualapai Department of Cultural Resources will be conducting their annual Cultural Resources Monitoring River Trip from May 9-21, 2014. We have a limited number of spaces for Tribal members to participate on the trip. Our goal is to include those who may not have participated in past trips and who are interested in learning about the Colorado River through Grand Canyon, experiencing this aspect of your ancestral homeland, and contributing to the goals of the monitoring program. These include:

- Monitoring archaeological sites and other Traditional Cultural Places.
- Conducting plant studies at designated study plots to identify changes in the number & types of native and non-native plants.
- Learning and sharing information about Hualapai Traditional Ecological Knowledge regarding plants, wildlife, and other aspects of Colorado River ecology.
- Reinforcing the Hualapai people's connection to the Canyon and River, and gaining insight and input
 on how we may help direct the management of Glen Canyon Dam and the Colorado River ecosystem,
 including the cultural and natural resources (which go hand in hand).

Participants will be expected to help out in one way or another. For example, younger people will help with monitoring and other aspects of field work (we'll provide training), which will involve some hiking. Elders may share knowledge about the Canyon and the River and about how the Hualapai people made their living there and in the surrounding landscape. Much of what we do will be documented through photographs and audio & video recordings.

Please be aware that this will be a 12-day river trip on a large motorized raft, which will be operated by professional staff from the Grand Canyon Monitoring and Research Center of the U.S. Geological Survey in Flagstaff. Every precaution will be taken to conduct a safe and healthy trip, but there are risks and potential hardships involved. For example, a number of large rapids will be encountered, so expect to get wet on occasion! In addition, camping each night will be required. Younger participants will be expected to sleep on pads on the ground, but we will provide cots for our elder participants. Tents will be available, but since our trip will be during the normal dry and warm season of mid-May, they may be optional. Camping gear will be provided to those that request it.

Adequate food will be provided, including breakfast, lunch, dinner, and between meal snacks, as well as water, juices, and soft drinks. Generally, we eat quite well, so don't worry about going hungry. (We can even arrange to make some tortillas & fry bread at camp!)

If you have certain medical or dietary needs, we can accommodate these up to a point, but it is very important to know what they are beforehand, so that we can determine if we can take care of them on a trip like this, and let the boat staff know, as well.

It must be stressed that this trip is all about participation, and we welcome your involvement. The more Hualapai people that are involved, the better we can strengthen our ability to guide the future of the River's management. We will be interviewing potential participants in the coming weeks. If you are interested, please contact Peter Bungart or Carrie Cannon at (928) 769-2223.

Hualapai Tribal Membership Enrollment • Resolution No. 19-2014

HUALAPAI TRIBAL COUNCIL RESOLUTION NO. 19-2014 OF THE GOVERNING BODY OF THE HUALAPAI TRIBE OF THE HUALAPAI RESERVATION PEACH SPRINGS, ARIZONA

(Tribal Membership Enrollment - 10)

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.

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

- 1. ALONZO, Joseph Anthony
- 2. BENDER, Kade Royce
- 3. MANAKAJA, Kiara Bree
- 4. ROBLEDO, Dominick Bobby
- 5. STILL, Cameron Andrew
- 6. STILL, Corey Spencer
- 7. TALIEJE, Kendali Erin
- 8. TALIEJE. Madeline Celrah
- 9. SMITH, Sheridan Anesta Shalena
- 10. VICTORINO, Jr., Merle Lee

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 (8) constituting a quorum were present at a Regular Council Meeting held on this Olst day of March 2016; and that the foregoing resolution was duly adopted by a vote of (8) in favor. (0) opposed. (1) encursed: pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.

Rhilbert Watahomigie, Sr., Vice Chairman

Adeline Crozier, Assist Secretary
HUALAPAI TRIBAL COUNCIL

Hualapai Elderly Services Program Meeting Minutes



Hualapai Elderly Services Program Advisory Committee Meeting Agenda for March 10, 2014

- 1. Approval February 18, 2014 minutes
- 2. Travel updates
- 3. Others

Hualapai Elderly Services Program Advisory Committee Meeting Minutes

- Roll call members at large quarum was established
- Members presented: President Barbara Tinhorn
 - Vice Malinda Powskey
 - Secretary Vacant
 - o Treasurer Serena Nodman

Mary Imus motion approval for January 13, 2014 minutes, seconded by Sue Parker

- 1. Charlene Imus/Monique came to report that the gym is going to charge a \$25 a table and \$150 for the use of the kitchen for local community bazaars. According to Ron Jr., the reasons for the fee is wear/tear. The recreation committee has a meeting on 2/13 scheduled for 3 p.m., but they had the meeting earlier. So, Charlene, Monique and I were unable to attend. They would like to eliminate the fee and need support. Why are they asking what is their opinion? They have collected 32 signatures from the vendors. Outside is okay but when summer comes, it will be hot/winter is too cold to sell outside. Signatures were collected from the elders that were at the meeting. I, Barbara T,, will go with them on March 1st to the tribal council to support them.
- 2. 2014 Travel updates Millie gave some more places/people will select the 3 places they would like to go for the year, the top 3 or 5 will be where we go depending on the funding. These are the places:
 - a) Heard Museum, March 1-2, 2014; Phoenix, AZ
 - b) Language Summit, March 24–27, 2014; Yuma, AZ
 - c) March 15, 2014; Sacaton, AZ
 - d) Senior Game, March 31, 2014; Salt River, AZ
 - e) Pai Gathering, June 13-15, 2014; Yavapai, Prescott
 - f) Nat'l Aging Conference, September 3-6, 2014; Phoenix, AZ
 - g) Orem Dam, November 2014; Ft. Mohave, AZ
- 3. Fundraising: Day Bingo, March 5, 2014 @ 11:30 a.m. 1:00 p.m.

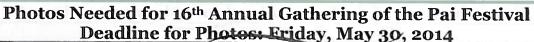
Donations/bake goods

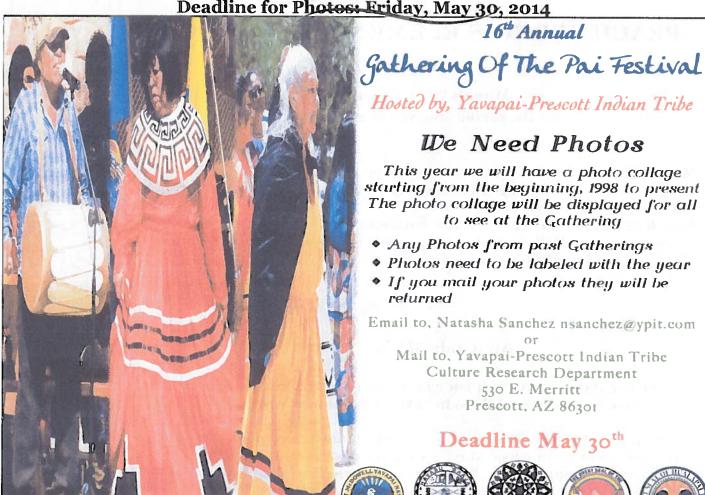
Night Bingo, March 13, 2014 @ 6:00 p.m. – 8:00 p.m. Need donations and baked goods. Barbara will cook a pot of beans, so will Mary I., Brenda W. will make the frybread. Next meeting will be on March 10, 2014 @ 1:00 p.m.

Meeting adjourned @ 158 p.m.

I would like to thank those who donated for the Valentine's bazaar, who put the items together and sold them at the bazaar. Thank you also to those who donated items for the Bingo for the day and night and to those who came and supported the bingos.

Page 21





EDUCATION & TRAINING INFORMATION

First Things First: Hudepai Bilingual Books

FIRST THINGS FIRST

Hualapai Bilingual Books - hard cover books are for sale \$50 a set Comes with MP3 player

FOR MORE INFORMATION, CONTACT HUALAPAI CULTURAL RESOURCES DEPT. (928) 769-2234/2223

From the Desk of the Superintendent • March 2014 Events

PEACH SPRINGS ELEMENTARY SCHOOL

March 2014 Events Kindergarten Registration is NOW

March 3 Governing Board meeting at 5:30p.m.

March 3-6 Galileo Testing (Please ensure your child is present/on time)

March 10-13 Spring Break

March 18 Report Cards sent home with students

March 19 Honor Roll Assemblies (Grades k-4 9:00 a.m./Grades 5-8 9:50 a.m.)

March 28 Friday Student Tutoring

All Kinds of Words

A large vocabulary can turn your child into a better reader and writer. Try these everyday methods to help them learn new words.

Keep your ears open. When you and your youngster go places, point out words that people use. Maybe a waiter describes an *entrée* or the dentist talks about *molars*. Encourage your child to figure out what they mean by the way they are used. Sports and games offer opportunities to use action words. Let your child hear you comment on the softball that *soars* or the runner who *sprints*.

Our Vision is to create college and career ready Native Americans to be tomorrow's leaders in a rapidly changing world. Mi Wih!

Learn more at www.psusd8.org

USDA Animal and Plant Health Inspection Service • Now Accepting Applications



UNITED STATES DEPARTMENT OF AGRICULTURE Animal and Plant Health Inspection Service

Candidates will be considered without discrimination for any non-merit reason such as race, color, religion, national origin, age, marital status, physical or mental handicap or membership or non-membership in an employee organization.

APPLICATIONS ARE BEING ACCEPTED FROM THE GENERAL PUBLIC FOR THE FOLLOWING POSITION:

POSITION, TITLE, SERIES, GRADE: Plant Protection & Quarantine Aid/Technician GS-0421-03/04/05 \$12.07 - \$15.15 per hour (More than one position may be filled.)

PROMOTIONAL POTENTIAL: NONE LOCATION OF POSITION: USDA, APHIS Plant Protection and Quarantine

Billings or Helena, Montana

RECRUITMENT NO: MSPHD-017 OPENING DATE: February 1, 2014

CLOSING DATE: Until Filled/ASAP

CONTACT OFFICE:

Shayne Galford USDA APHIS PPQ 1629 Ave D, Suite A-5 Billings, MT 59102 (406) 657-6282 Fax: (406) 657-6293

Richard "Joe" Merenz USDA APHIS PPQ 1220 Cole Ave. Helena MT 59601 (406) 449-5210 (406) 449-5212

Shayne.P.Galford@aphis.usda.gov Richard.J.Merenz@aphis.usda.gov

Applications are being accepted from the general public for the following position:

This is a temporary full time position. Employees will work during summer months, May/June to August/September 2014.

<u>QUALIFICATIONS</u>: Applicants for this position must have a high school education. Course work or experience in Biological Sciences is preferred, but is not required. A valid Driver's License is required.

<u>DUTIES:</u> Duties may include: placing and servicing insect traps, collecting insects with nets and by hand, visually surveying for grasshoppers and other pests, and possible application of pesticides for grasshopper suppression activities. Maintaining and submitting accurate records is a must. Data will be gathered with handheld devices and on paper. This job involves **Frequent** extended overnight travel (Mon. - Thurs.), and driving on rural roads. Most of the duties require working independently, without direct supervision.

<u>TO APPLY:</u> Applicants must submit a resume, and a copy of school transcripts if applicable. Please indicate your preference, Billings or Helena duty stations. Also please indicate if you would not care to work from Billings or Helena.

Mail, email or fax your completed applications to your preferred contact office (see above). Be sure to include your e-mail address. Call if you have questions.

All males born after December 31, 1959, must be registered with the Selective Service Board.

Applicants selected for Federal positions will be required to complete a background information form before entering on duty.

U.S. CITIZENSHIP REQUIRED THE ANIMAL & PLANT HEALTH INSPECTION SERVICE IS AN EQUAL OPPORTUNITY EMPLOYER

Use of postage paid Agency envelopes in filing applications is a violation of Federal law and will disqualify you for consideration.

NS/S is Accepting Applications for Conservation Internship



http://nativeseeds.org/about-us/employment/219-the-ns-s-native-american-inte

Native Seeds/SEARCH is seeking applicants for our internship program in crop genetic resources conservation. This internship will provide a unique and intensive learning opportunity for individuals interested in seed conservation and regionally adapted dryland agricultural systems in the Greater Southwest. The emphasis of this program is in training individuals who are positioned to directly implement what they learn from their internship experience within Native American communities in the Southwest; applicants do not have to be of Native American descent themselves. Upon completion of the program, interns will be armed with hands-on experience and tools necessary to implement and strengthen regional seed conservation efforts in Native communities. NS/S has always recognized the critical importance of Native

agriculture and initiated this internship program to help build capacity in Native communities for their own food security and sovereignty.

In our thirty years of conserving the unique agrobiodiversity of the Southwest, NS/S has amassed a wealth of experience and knowledge in the practice of bioregional seed conservation. Our *ex situ* approach to conservation takes place in our state-of-the-art seed bank facility at the NS/S Agricultural Conservation Center in Tucson, Arizona, and our sixty-acre Conservation Farm in nearby Patagonia, Arizona, where the varieties in our collection are periodically regenerated to preserve their viability and genetic purity. These activities are complemented by our *in situ* conservation efforts to promote the active usage and development of crop diversity through greater access to seeds and knowledge. Intern participants will assist with all aspects of our conservation operations.

Program Duration and Benefits

The 29-week internships will be full-time paid positions with benefits. Interns are expected to work a full-time five-day week, Monday-Friday with a typical 9:00 AM-5:00 PM schedule. Some schedule flexibility is necessary as farm and other activities require. Interns should reside in the Tucson area for the duration of the program. Housing is not provided. Two internships are available for the period from **April 7-October 24, 2014**.

What will the interns do?

While assisting Native Seeds/SEARCH conservation efforts, participants will:

- Contribute to crop conservation activities at the NS/S Conservation Center and Farm. Activities will include pollination, seed harvesting, foundational farming work such as planting and weeding, crop characterization, seed bank sample preparation and curation, seed packing, and photo and data documentation.
- Learn seed saving protocols through both the 6-day NS/S Seed School course and hands-on conservation work with NS/S crop accessions grown at the Conservation Center and Farm.
- Gain training and experience in a wide diversity of topics related to crop conservation, from plant systematics to climate-smart agriculture, and the roles that other aspects of the Native Seeds/SEARCH organization play in supporting our mission.
- Learn practical agricultural skills through direct interaction with Conservation Farm staff.
- Perform an independent research project on a topic of the intern's choosing, in coordination with other staff.

Required Qualifications

- Ability and commitment to broadly share knowledge gained in the internship program within Native communities.
- Previous or existing experience and relationships with Native communities is strongly desired.
- Attention to detail.
- Excellent written and verbal communication skills.
- An ability to learn via a diversity of approaches, including intensive reading, lectures, and hands-on experience, and an ability to learn through both direct instruction and self-directed education.
- Possession of a valid driver's license and reliable transportation to and from the NS/S Conservation Center.
- Farming or gardening experience is a major plus.
- Ability to work outside as well as in an office. Many of the internship activities will involve physical labor outside in the Arizona heat (sometimes 100° F or more), inside a walk-in refrigerator and freezer (0° F) where the seeds are stored, and working at a computer.
 Interns should be physically able (including the ability to lift 50 lbs) and comfortable working in all locations.
- Motivation and willingness to learn, share knowledge during and beyond the internship duration, posess a good work attitude, and have the ability to solve problems.
- Ability to work independently and as part of a team. Interns attend Conservation Department meetings, participate in discussions about research strategies and organization, and work with other staff and volunteers.
- Ability to perform manual labor and technical work, make careful observations, and record data legibly and accurately.
- Excellent computer skills, including an ability to use a computer for word processing, spreadsheet and database entry.

How to Apply

Please send a cover letter detailing why you are interested in the NS/S Conservation Internship program, what you hope to learn, and how you hope to take the skills and knowledge gained during the program and apply it in Native communities. Include a resume listing your previous employment, relevant experience and skills. Also include your contact information, the contact information for 2-3 professional references who we may contact, and a brief explanation of the context in which you worked with them. Applications can be emailed to mpeeples@nativeseeds.org This email address is being protected from spambots. You need JavaScript enabled to view it. or mailed to:

Melissa Kruse-Peeples, Collections Manager Native Seeds/SEARCH 3584 E. River Road Tucson, AZ 85718

NS/S is Accepting Applientions for Conservation Internship

Application deadline: March 7 at 5:00 PM MST The Application period is not CLOSED.

Applications will be reviewed shortly after the deadline. Select candidates will be contacted for phone or in-person interviews. All applicants will be notified upon the selection of the candidates. Additional questions may be directed to Melissa Kruse-Peeples at mpeeples@nativeseeds.org.

American Indian Language Development Institute • June 2 - July 3, 2014



American Indian Language Development Institute



Language, Landscape and Lifeways

Course Topics and Faculty:

- Indigenous Language and Traditional Ecological Knowledge-Teresa Newberry
- · Culture and Place Based Curriculum- Lucille Watahomigie
- · Language, Power, and Place: Indigenous Geographies- Casey Kahn-Thornbrugh
- · Language Documentation with a Focus on Biodiversity- Luis Barragan
- · Considering Cultural Linguistic Ecologies in the Classroom- Sheilah Nicholas
- · Claiming Spirituality: Giving Voice to Language, Culture, and the Sacred-Phil Cash Cash
- Programming Native Language Apps-Rolando Coto
- · Linguistics for Native American Communities- Stacey Oberly
- · Language Immersion and Acquisition in the Home, Community-Jennie DeGroat

Come and celebrate your Language this summer June 2-July 3, 2014



AILDI www.aildi.arizona.edu

Phone: (520) 621-1068 Fax: (520) 621-8174

Email: COE-AILDI@email.arizona.edu



Affordable Care Act Outreach

Indian Health Service

Peach Springs Health Center staff will be on site at the Training Center to assist community members in applying for health benefits thru the Marketplace.



Dates: March 7th 1-5

March 28th 1-5

Location: Computer lab

Please bring the following:

- 1.Income verification (ie: paystubs or W2)
- 2.CIB or tribal id
- 3. Social Security cards for household
- 4. Birth Certificates

Hualapai Behavioral Health Program • Brochure Information

Hualapai Behavioral Health Program

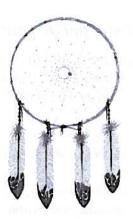


Substance Abuse Mental Health Drug/Alcohol Treatment Matrix Model Intensive Outpatient Therapy In Home Family Support (IFS)

Ba'wa Siv: Jik
"Because We Think of Them"

Hualapai Health Department 488 Hualapai Way/P.O. Box 397 Peach Springs, AZ 86434 Tel: 928-769-2207 Fax: 928-769-2588

HUALAPAI CRISIS LINE 928-769-2207 (PRESS 1)



Behavioral Health Services Offered:

- Individual Therapy
- Group Therapy
- Family Therapy
- Matrix Model
- Elementary/High School Services to students
- On-Call Crisis Intervention (After Hours)

- Trainings/Workshops
- In Home Family Support

Matrix Model

What is it?

The model is an intensive outpatient alcohol/drug treatment program where participants learn coping skills to maintain sobriety.

The Matrix Model provides a way for participants to clarify their role in the process for successful recovery. The treatment model requires motivation and commitment, which assists in changing old habits and replacing them with new behaviors.

Hualapai Behavioral Health Program • Brochure Information

Matrix Model participant comments:

- -"I feel that this is the best thing for me, because I just got out of rehab and this is a part of my aftercare plan, Thank You!"
- "Continue the good work, because I am encouraged, feel better after the session"
- -"This workshop is great, especially for those that just returned from treatment."
- -"I like motivated people/presenters so we can laugh, cry, and share things."

If you are interested in the Matrix Model Program, contact the Behavioral Health Program. Tuesday and Thursday sessions are available.

Our Services

Individual, Group, Family & Child Therapy and In home Intervention, and assistance for Residential Treatment are available.

A comprehensive and thorough assessment will provide insight on the extent of individuals substance use, risk for progression, level of care needed for healing and future sobriety, and recommendations and referral for treatment services.

Solution focused techniques are employed to maximize a clients strengths and to support ongoing sobriety and healing.

Trainings/Workshops

Our Program sponsors many activities including training workshops that are provided to the community. Which include:

- Prevention, Intervention and Life skills through Behavioral Health workshops
- · Child & Family Teams
- Wellness & Spirituality Conferences
- Stress Management Skills & Family Education
- Health & Wellness Fair
- After hours Hualapai Crisis Hotline

- Sobriety Festival
- Suicide Prevention
- Gathering of Native Americans (GONA)

In Home Family Support (IFS)

The In Home Family Support program offers intensive in-home therapy for youth between the ages of 8-18. The program engages all of the family members and community resources to help the child succeed. This differs from traditional therapy in that the therapist is in the home 3-5 times per week and in the schools and larger community to affect change.

Hualapai Behavioral Health Program • Brochure Information



Behavioral Health Staff

Sandra Irwin, Health Director

Antone Brummund, Behavioral Health
Program Manager

David Hoagland Substance Abuse Therapist
Staci DeLaney, Child & Youth Therapist
Michael Kufeld, Substance Abuse Therapist
David Brehmeyer, In Home Family Supervisor
Paula DeNicola, In Home Family Therapist

Danna North, In Home Family Therapist

Dawn Kufeld, Community Counselor

Laverne Tsosie, Substance Abuse Case Manager

Charlene Childs, In Home Family Therapist

Each Staff member is dedicated to providing the best possible mental health services for children, adolescents, adults and their families.

Experienced counselors can assist with problems of anger, depression, anxiety, substance abuse, children's behavioral issues, child abuse, discipline and parenting, marriage & relationships.

The knowledgeable Behavioral Health staff provides individual, group, family, and child-play therapy to address these complex issues.

Great Spirit, give us hearts to understand;

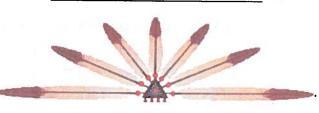
Never to take from our creation's beauty more than we give;
never to destroy wantonly for the furtherance of greed;
Never to deny to give our hands for the building of earth's beauty;
never to take from her what we cannot use.

Give us hearts to understand
That to destroy earth's music is to
create confusion;
that to wreck her appearance is to blind
us to beauty;
That as we care for her
she will care for us.

Great Spirit, whose dry lands thirst, Help us find the way to refresh your lands.

So often times, it happens that we live our lives in chains, And we never even know we have the Key.

Tempchin & Stradland



The Kingdom of God is within YOU.

-Luke 17:21

Hualapai Behavioral Health Program • Referral Form

REFERRAL FORM



Hualapai Health-Education and Wellness 488 Hualapai Way/P.O. Box 397

P: (928) 769-2207 F: (928) 769-2884/2588



Please complete as much information as possible below, to ensure appropriate service delivery. Today's Date: Name of Client/Child: Date of Birth: PO Box: Street Address: **Phone Number of Client:** AHCCCS ID # Are you on AHCCCS? Yes No Check any of the following that pertain to the person being referred: Alcohol or Drugs Suicidal thoughts/behaviors Homicidal thoughts/behaviors Pregnant woman Self-Injurious Behavior Recently discharged from inpatient setting Currently hospitalized Other potential risk factors Reason for Referral (including an explanation of any items checked above): Type of Service Requested: DV (Individual) Family/Marriage (Not DV related) Substance Abuse Mental Health Comprehensive Assessment DUI Other Additional information/contact information/current medications Information of Person Making the Referral: Referral Made By: (Title/Agency) Report#: Contact Phone #: Office/Dept Mailing Address: Relationship with Person Being Referred: REFERRAL TO BE FORWARDED TO BEHAVIORAL HEALTH CASE MANAGER FOR FILING. FOR Behavioral Health USE ONLY Date Referral Received: HHEW Use Only Appointment Type: Routine Immediate Urgent Action Taken: Not Referred for Appointment, specify why HBH: 2/19/14 dmb.

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Community Self Help Meetings • Submitted by: Hualapai Behavioral Health Program

Community Self Help Meetings			
Sunday	Time	Location	
AA	5:00 - 6:00 p.m.	HEW	
Monday			
AA	6:00 - 7:00 p.m.	HEW	
Tuesday			
Matrix	3:00 - 5:00 p.m.	HEW	
Women's Support Group	12:10 - 12:50 p.m.	HEW	
Batterer's Intervention	6:00 - 7:00 p.m.	HEW	
Youth Council	7:00 - 9:00 p.m.	HEW	
Wednesday			
AA	6:00 - 7:00 p.m.	HEW	
Seeking Safety	4:00 - 6:00 p.m.	HEW	
Thursday			
Matrix	10:00 -12:00 p.m.	HEW	
Parenting	6:00 - 8:00 p.m.	HEW	
Friday			
Wellbriety (teens)	9:30 a.m.	HEW	



Health Topic • Submitted by: Healthy Heart Program

You are the heart of your family ...take care of it.

Having diabetes can lead to a heart attack or stroke —

but it doesn't have to.

You can live longer for your family by taking care of your heart. Over time, high sugar levels in the blood can damage vital organs, such as your kidneys, your eyes, and your heart. High blood pressure is a serious disease that makes your heart work too hard. And bad cholesterol (LDL cholesterol) builds up and clogs your heart's arteries. Controlling these three medical problems leads to a longer and healthier life.

Ask your doctor these questions:

- 1. What are my blood sugar, blood pressure, and cholesterol numbers?
- 2. What should they be?
- 3. What actions should I take to reach these goals?

You can live longer for your family, improve your health, and reduce your risk of heart disease.

Take action now:

- Eat more fruits, vegetables, beans, and whole grains.
- Eat tasty foods that have less salt and fat. Order a free recipe booklet and meal planner for making healthy meals by calling 1-888-693-NDEP (1-888-693-6337).
- Get at least 30 minutes of physical activity on most days or every day. Physical activity helps you keep a healthy weight.
- Stop smoking—ask for help to quit. Call 1-800-QUIT-NOW (1-800-784-8669).
- Take medicines the way your doctor tells you.
- Ask your doctor about taking aspirin.



Ask your family and friends to help you take care of your heart and your diabetes.

Use this chart to keep track of your A1C, blood pressure, and cholesterol numbers when you visit your doctor. Work with your doctor, friends, and family to reach your goals.

GOAL: TAKE CARE OF YOUR HEART

Talk to your doctor about what your goals should be.

1. A1C

The A1C test—short for hemoglobin A1C—measures your average blood sugar over the last three months.

Suggested A1C Goal for Many People: Below 7

Test at least twice a year

Date _	
Result	

2. BLOOD PRESSURE

High blood pressure makes your heart work too hard.

Suggested Blood Pressure Goal for Most People: Below 140/80 unless your doctor helps you set a different goal.

Test at every visit

Date _
Result

3. CHOLESTEROL

Bad cholesterol, or LDL cholesterol, builds up and clogs your heart arteries.

Suggested Goal: Ask what your cholesterol numbers should be.

Test at least once a year

υai	e	_
0		

Result

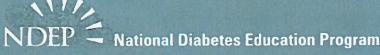






1-888-693-NDEP (1-888-693-6337) • TTY: 1-866-569-1162 www.YourDiabetesInfo.org

Revised June 2013 NIH Pub. No. 13-50585 NDEP-58



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Health Topic · Submitted by: Healthy Heart Program

Exercise and Fitness

Being active is key to having a healthy heart. A great goal is aiming to be active in as many ways as possible throughout the day and reduce the amount of sitting for long periods.



Doing just 30 minutes of moderate exercise a day, even in 10 minute chunks, can help to reduce your risk of heart disease and diabetes as well as reducing your risk of developing a stroke and high blood pressure.

Along with healthy eating and not smoking, physical activity improves heart health by preventing heart disease as well as helping you to recover if you have had a heart event. For information contact Hualapai Healthy Heart and/or

Diabetes Prevention Fitness Center. Make time for yourself!!

Why be active?

Your heart is a muscle and needs exercise to help keep it fit so that it can pump blood efficiently around your body. Without regular physical activity, the body slowly loses its strength, stamina and ability to function well.

Lifelong physical activity, such as a brisk walk for as little as 30 minutes a day, is important for:

- Preventing heart disease
- Lowering your risk of high blood pressure, diabetes and stroke
- Helping to fight the battle to quit smoking
- Aiding cardiac rehabilitation
- Establishing good heart healthy habits in children
- Building stronger immunity
- Reducing blood pressure in people who already have high blood pressure
- Helping to reduce stress, tension, depression and anxiety
- Helping to control weight
- Improving overall health and wellbeing, prolonging your optimal health

For each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age!

Health Topic · Submitted by: Healthy Heart Program



How do I start?

It's never too late to start. Everyone can benefit from moving more – whatever your age, size or physical condition. The good news is that inactive people that start to do moderate physical activity feel the biggest health benefits – your health risks will decrease as soon as you start to move!

Getting started is easier than you think. Changing a few daily habits can soon add up to a more active you. Be active in as many ways as possible every day. Every 10 minutes counts. And if you don't think you can squeeze anything else into your day, see if you can reduce the time you spend sitting still and free up time to be active.

- Start in small amounts
- · Find an activity that you enjoy doing
- · Ask family or a friend to join you
- Set yourself a realistic target to do a little exercise each day
- Gradually increase the amount you are doing. Go for a little longer or a little further
- Build up to 30 minutes of moderate exercise a day.



How do I stay safe while exercising?

- Wear comfortable clothing and appropriate footwear
- Warm up and cool down. When you begin your activity, begin slowly for the first few minutes and build up gradually. When coming to the end of your activity, take time to slow down
- Stretch after your exercise. This will help you to avoid pain and stiffness in your joints and muscles.
- Avoid exercising if you are feeling unwell
- Remember, it's best to stop exercising if you feel any pain or discomfort.



What type of activity is good for my heart?

Walking is a great option. Nearly everyone can do it, and all you need is a pair of shoes. You could go swimming, take exercise classes or play a sport, but physical activity also includes everyday things like gardening and climbing stairs.

Health Topic • Submitted by: Healthy Heart Program

Remember, any increase in physical activity will be good for your health. You'll get added benefits by including activities that help strengthen muscles twice a week, such as exercising with weights, working with resistance bands, heavy gardening or carrying shopping.

You should aim to build up to a total of 150 minutes (2.5 hours) of moderate intensity activity each week. Moderate intensity activity will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.

Many health problems can be helped by regular physical activity, but if you do have a health problem, or have a condition that you are taking prescribed medication for, you should check the amount and type of activity that is suitable for you with your GP.









TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

IM NOT TRAINING FOR A 5K. IM NOT PREPARING FOR A COMPETITION. IM NOT TRYING TO SET A NEW RECORD. IM NOT TRYING TO IMPRESS YOU. IM SAVING MY LIFE.

facebook.com/BenefitsOfGring

Page 36 GAMYU

From the Office of Dr. Purdum . Youth & Elder Fundraiser and Schedule



Dr. Robyn Purdum B.S.,D.C.,Ph.C.

Chiropractic Physician (928)769-6083

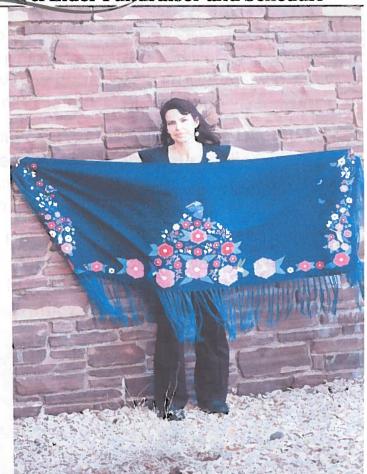
Office: Room 201 at the Hualapai Lodge

Dr. Purdum has been inspired by local Hualapai Youths to start a new fundraiser.

Introducing the

"Hualapai Youth and Elder Fund"— Promoting sobriety and wellness by bringing youths and Elders together.

- The goal of this fund is to raise money to support positive, healthy and safe activities between young and Elder people.
- Dr. Purdum is raffling off a fancy hand made shawl.
 This shawl is Dr. Purdum's own personal design and is handcrafted by the Doc herself. Tickets are \$5.00 each or 3 for \$10.00.



STATE OF STREET	March 2014						
All One People Chiropractic, Inc.	SUN	Mos	TUE	WED	Tiu	Fia	1
Aligning Mind Body & Spirit	2	3 In Office	4	5 In Office	6 In Office	7	8
Peach Springs, AZ & Mesa, AZ	9	1 0 In Office	1 1 In Office	1 2 Food Demo at Multipurpose 11:30-1pm	1 3 In Office	1 4	1 5
Dr. Robyn Purdum	1 6	1 7 Working in Mesa today	1 8 Working in Mesa today	1 9 Working in Me- sa today	2 0	2 1 Attending Prickly Pear BBQ class at cultural today	22
B.S.,D.C., Ph.C. Chiropractic Physician Phone: 928 769-6083	2 3	2 4 In Office	2 5	2 6 In Office	2 7 In Office	2 8	29
Fax: 480-393-7740 E-mail: northgatedc@yahoo.com	3 0	3 1 In Office	0.619				

Fire Safety at Home • Submitted by Firefighters of the Hualapai Tribe

- Now's the time to annually check you're smoke detector.
- Make sure to keep ashes COOL before disposing.



- Fire permits are available free at our office.
- Come by and fill one out.
- Weather permitting on burn days.
- Contact the office for more information
- (928)769-2775

FIRE SAFETY AT HOME

eliminate hazards

- · Keep space heaters away from anything that can burn
- · Store all flammable materials away from heat
- · Don't let trash accumulate in attic, basement or garage
- · Don't run extension cords behind rugs or curtains
- Use fuses, circuit breakers and appliances with UL (Underwriters Laboratory) seal only
- · Don't overload circuits

FIRE PREVENTION

- · Keep operational fire extinguishers handy
- · Install and maintain smoke detectors

DEVELOP ESCAPE PLAN

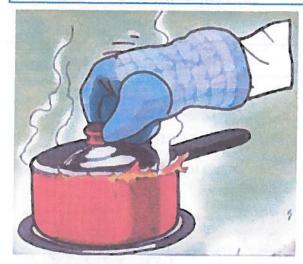
- · Develop and memorize escape route
- Assign responsibility for evacuating infants, elderly and infirm
- Choose meeting place outside home
- · Keys must be easily accessible
- · Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

DURING A FIRE

- Leave personal belongings behind
- · Don't go back for any reason
- If clothing catches fire stop, drop and roll
- In dense smoke crawl on floor to nearest exit



Use a lid or beking sode to smother a pan fire!





Brought to you by the Firefighters of the Haulapai Tribe

Fire Chief Quasula, and Fire Admin. A. Whatoname

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GAMYU

Thank You



Han Kyu! Gwe ba gam wiw jo me' (Thank you all for being there for us and for all your contributions.)

We will miss our loved one, Jeremy J. Watahomigie, he is in a much better place, no pain, no sorrow and most of

all, he has joined our families and relations that have

gone on before.

It was hard to let him go, a piece of our hearts left with him. We lost the one who kept us together as one, and we will continue to carry on his honor. We all had precious moments that we will cherish forever, until we meet again.

> The Watahomigie & Querta Family Vensi Coochwytewa & Family Fera & Family

Donations Needed

"We make a living by what we get. We make a life by what we give." - Winston Churchill

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Contact Persons

Vivian Parker 928-769-2207 EXT 206 Amanalicia Vaughn MCH Advocate 928-769-2207 EXT 210

RST THINGS FIRST

Ready for School. Set for Life.

Happy Birthday • March 13, 2014

I would like to give a big shout out to my son, Tony Ellis, Sr., who turns 24 years old and to the late great Michael Ellis, Sr.

Take care son. I love you and we will have a party later. Love and miss you so much.

Love your mom



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Opinion

I often consider what the future holds for the tribe; my outlook is based upon experience and knowledge of the tribal government. My opinions are quite different than those who are in positions of authority and are responsible for setting our course to the future. It seems that there is no direction and decisions are based upon a selfish disregard for the future of our tribe. Our tribes' course to the future is likely to meander from one side of the path to the other without any leadership at the helm. The detour in our course to the future is also blocked by those who believe that a per capita payout will benefit us. The pleading for money has been heard by those in authority who are in fear of not being re-elected to the tribal council. They in turn make decisions that create a vacuum tied to an out lay of money that will cause programs to be cut by eliminating jobs to satisfy the imbalance in the budget that runs our tribal government.

Think about the impact of this decision. If a tribal member loses a job, does it affect him or her only; on the surface we may only see that an individual may be affected but the families that these tribal members have are affected as well. That individual may have been providing food and clothing for the household as well as paying for the vehicle that transports the family. The results to a family of six would be catastrophic. How many people like this will be effected? The number will depend on how frivolous this tribal council is with the tribe's money. Imagine if 50 people lose their jobs over this. Multiply that by six. I'm sure that 300 people would rather have their family employed than receiving a \$500 per capita check.

Is it any wonder that the tribal council is heading in this direction when they place their personal need at the forefront of decisions? They've increased the tribal council meeting payments to them from \$150 to \$300. They have financed golfing tournaments for tribal council members while denying requests of tribal members for assistance.

Presently two tribal council members are holding council seats in violation of our tribal constitution and this tribal council does nothing to correct this unethical violation when they have full authority to do so. These two tribal council members maintain tribal council seats without having residency on any reservation lands. This is clearly a violation of our Constitution. They may argue that the court found in their favor and finds nothing wrong with their tribal council membership; however, it is our court that is complicit in creating the tribe's dilemma. They have ruled on matters in such a way that their decisions rather than upholding our Constitution, undermines the Constitution and creates instability in our tribal government. Is this tribal council strong enough to uphold our Constitution or are they so weakened by incorrigibility that they cannot act on what is right?

The concern I have is that this air of invincibility is driven by personal emotion that has no regard for dealing with the social ills of the tribe nor does it contribute to forging a future that is

Opinion · Continued

beneficial to the whole tribe rather than the few voices who are a distinct minority with ties to the tribal council through a familial relationship.

When do we as a people become responsible to the calling that the creator instilled in us and ensure that we envision and act upon what is best for the tribe and its future; it is important also that the tribal council sees this same picture? We want service with integrity that is complimentary to the tribe and addresses the needs of our people by providing better education and a wholesome environment that our children can prosper in.

At present there seems to be no regard for the tribe as a whole. Decisions that allow tribal funds to be paid out as a per capita dividend without a plan or a regard for the operations of the tribe and its businesses is short sighted and can only hinder future opportunity by cutting funding to programs as well as benefits to tribal members.

Although they may tout experience in business and other areas as the basis for their decisions; what businessman would increase the cost of operations by paying out money that isn't budgeted or associated with providing an essential service to the business? The lack of business acumen is further compromised by those who say this is our money and we want it! Although this may be true to a degree, these voices do not reflect the sentiments of the entire tribal membership that number more than 1500 Hualapai who are of voting age.

In speaking to the rights of this group of tribal members of whom many live off of the reservation, they have no rights and are non-participants in the governance of the tribe. How can this be? Over time predecessor tribal councils have allowed election boards to oversee elections without demanding compliance with tribal laws. Although the Constitution says that each tribal member eighteen years of age or older has a right to vote; election boards have denied this right to vote by not allowing absentee balloting. The result is that this segment of the tribe is denied its rights under our Constitution.

We have regressed to a state where the tribal council themselves do not abide by our Constitution, allowing its continued violation at each meeting that is convened with improperly seated members of the tribal council. Is it any wonder that they cannot provide the leadership that oversees the creation of a tribal vision for the completed development of Grand Canyon West? This circumstance clouds our direction and lessens our ability to see through the fog so that we might resolve the many problems that face our tribe.

Charlie Vaughn