

GAMYU



Friday, March 28, 2014

Newsletter of the Hualapai Tribe

Issue #07

Mohave County Museum Exhibit • June 28, 2014

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Gamyu Newsletter Deadline & Publication Dates

Gamyu articles are due every other **FRIDAY(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, April 4

Next Publication

Friday, April 11

*Thank you, Kevin Davidson,
Hualapai Planning Department Director*

Earth Day

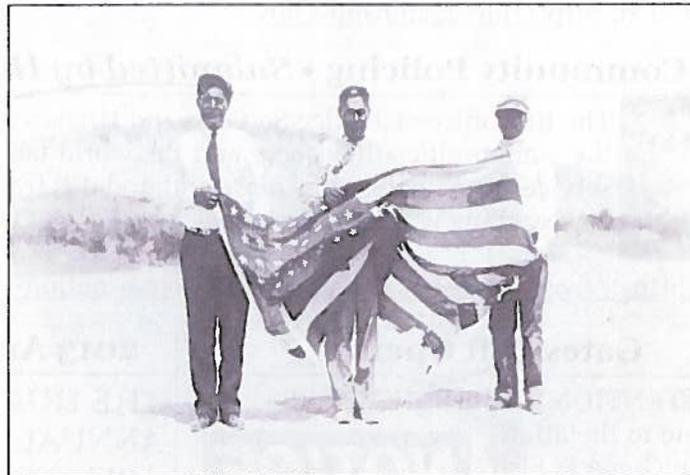
Friday, April 25, 2014

GCW Anniversary

Saturday, April 26, 2014

Mohave County Museum Exhibit to Recognize & Honor Hualapai Veterans

June 28, 2014



The Department 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.

Photos, news clippings, letters, & similar items can be scanned and 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 planning for an opening on June 28, 2014, just in time for the 4th of July holiday. If you have items that you would be willing to share, please contact Marcie or Peter at (928) 769-2223. We hope you can assist us.

Hualapai Tribe • Regular Council Meeting

Regular Council Meeting
Hualapai Tribal Chambers
Monday, April 7th
8:00 a.m.

**Upcoming
Council
Meeting**

Hualapai Nation Implementing SORNA Compliance • Submitted by Hualapai Police Department

Compliance

On July 27, 2006, the United States passed the Sex Offender Registration and Notification Act (SORNA), also known as the Adam Walsh Child Protection and Safety Act of 2006. Under SORNA, every State, Tribe and Territory is required to register all sex offenders who live, work or go to school within their jurisdiction.

Check

To comply with the key provisions of SORNA, on June 22, 2012, the Hualapai Tribal Council amended the 2004 Criminal Offenses of the Law and Order Code for the Hualapai Tribe, Section 6.126 to 6.139 Sex Offender Registration. The new provisions of the code require sex offenders who live, work or go to school on the Reservation to register with the Hualapai Nation Police Department, subject to the requirements of the code.

In addition, the Tribe is also required to set up a public website related to sex offender registration. The Hualapai Tribe is currently in the process of enacting key provision of SORNA.

The Sex Offender Registry website is maintained by the Hualapai Nation Police Department. The website can be accessed and searches can be conducted by name or location. The Hualapai Nation Sex Offender Registry can be found at: <http://hualapai.nsopw.gov/>

Community Policing • Submitted by Hualapai Police Department



The BIA office of Justice Services and Hualapai Nation Police Department have reached out to the communities they serve and the world using Facebook. You can connect and explore the services provided, access news and updates from these agencies at the web addresses below or by searching with your Facebook browser.

<https://www.facebook.com/BIAOUS?filter=1>

<https://www.facebook.com/page5/hualapai-nation-police-department1406721022757798>

Gates Left Open

ATTENTION TRIBAL MEMBERS

It has come to the attention of the Game & Fish office that gates are being left open by our own tribal members out on the reservation. The Game & Fish Department is requesting that you PLEASE CLOSE GATES, after you enter and leave certain areas on the reservation, or some gates will soon be locked.

NOTICE
GATES MUST BE CLOSED AFTER ENTRY OR EXIT

Thank you,
Management

2013 Annual Performance Report Notice

THE HUALAPAI HOUSING DEPARTMENT 2013 ANNUAL PERFORMANCE REPORT IS AVAILABLE FOR REVIEW AND COMMENT AT THE TRIBAL OFFICE OR HOUSING OFFICE. THE COMMENT PERIOD IS FROM MARCH 26, 2014 TO APRIL 26, 2014.

EMAIL YOUR COMMENTS TO ETALAYUMPT-EWA@HUALAPAI-NSN.GOV OR MAIL TO HUALAPAI HOUSING, P.O. BOX 130, PEACH SPRINGS, AZ 86434.

THANK YOU FOR YOU PARTICIPATION.

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 pass 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.

2013 Buck-N-Doe 4-H Club End of Year Report

As the Key Leader for this club I have to say that we have accomplished a lot this year. Our members could not have completed their projects without the support of family, friends and community and we want to thank everyone who made an effort to lend a hand this year. I extend special thanks to:

- Skeeter Burt, Mohave County Sheep Project Director along with Charlie Fancher, Austynn Burt and Dakota Parker for taking the time to come out and help us shear our sheep and practice showmanship with the kids;
- Cleve Lewis for trying to get our clippers working and hauling a whole trailer of stuff including lambs back to Peach after the fair, plus as the Beef & Swine project leader
- To the parents & family who support the club members and encourage them to participate in the showmanship and conformation events and guided them to complete their non-livestock entries. (Our members participated in most of the Mohave County 4-H events this year which included the 4-H Demonstration Day, Challenge Day, Community Service Day @ the Fairgrounds, Fairgrounds Clean-up Day, 4-H Camp and JOLT).
- Elizabeth Alden, Peach Springs Extension Agent for helping with the clover buds and our new on-line enrollment process.
- Robbie Honahnie, for hauling around the scales for our swine project and hauling the lambs & goat to the fair.

Here is a listing of all our members and their awards from the Mohave County Fair, Arizona State Fair (ASF), University of Arizona Carcass Contest and Mohave County 4H Recognition/Awards night:

Clover Buds: Teagin Lewis, Carolina Ng, Joey Ng, Elizabeth Samson, Kilian Siyuja, Leilani Siyuja, Gabriela Whatoname and Uriah Yazzie completed a flowerpot or tin can wind chime for exhibit and received a green participation ribbon. Regretfully Uriah's entry did not make it to the exhibit hall and Miss Elizabeth is very sorry for this error. All of these entries went to the Arizona State Fair and also received an ASF participation ribbon!

Junior Members:

Angel Bravo – 2nd yr., Jr. Sheep Showmanship, Blue; Medium Wt. Market Lamb, 2nd Red, U of A Carcass Contest, 11th Red; **Buyer: H & H Development, \$4/lb.**

Shandiin Bravo – 1st yr., Jr. Sheep Showmanship, Blue. A Special Thank You to Trey Honga for lending Shandiin his lamb for this event, which allowed her to complete this 4-H year. (Shandiin's lamb was attacked by dogs & killed the Sunday before fair).

Chase Ensley – 1st yr., Jr. Swine Showmanship, Blue; Medium Wt. Market Swine, 7th Blue; U of A Carcass Contest, **Top Placing Swine Carcass plaque, 1st Blue, Swine-of-Merit.** Mohave County Recognition Night -Record Book Completion certificate.

Buyer: Lisa Chamberlain & Fawn Manakaja, \$4/lb.

2013 Buck-N-Doe 4-H Club End of Year Report

Sage Ensley – 2nd yr., Jr. Swine Showmanship, Blue; Heavyweight Market Swine, 7th Blue; U of A Carcass Contest, 17th Red, Swine-of- Merit. Mohave County Recognition Night -Record book completion certificate. *Buyer: Kings Inn Best Western, \$3.50/lb.*

Norasia Fielding – 2nd yr., Jr. Sheep Showmanship, Blue; Lt. Wt. Market Lamb, 5th Blue; Livestock Judging, Blue; Food Preservation - Red Raspberry Jam, Blue (ASF-Blue Ribbon); Green Beans, Reserve Champion Jr: Nutritional Science; (ASF-Red) Applesauce Bread, Blue, Purple, Outstanding Exhibit; Cake Decorating, White; Sewing-Red (ASF-White). *Buyer: Sarah Fielding, \$7/lb.*

Tacey Lewis – 1st yr., Jr. Sheep Showmanship, Blue; Heavyweight Market Lamb, 6th Blue; U of A Carcass Contest, not judged; Jr. Livestock Judging, Red; Sewing- Pillow, Red (ASF-Blue); Food Preservation-Grape Jelly, White(ASF-Red); Peaches, Grand Champion Jr. Nutritional Science (ASF- Red); Yeast Rolls, Blue; Cake Decorating-Cupcakes, Red; Sheep Poster, White(ASF-White); Food Preservation Poster, White. *Buyer: Rosemary Sullivan, \$4/lb.*

Taylor Lewis – 2nd yr., Jr. Swine Showmanship, Red; Medium Wt. Market Swine, 8th Blue; Jr. Livestock Judging, Red; Sewing- Pillow, Reserve Champion Jr. Sewing & Textiles (ASF-Blue, Green-4H Special Award); Banana Bread, Blue; Food Preservation-Green Beans, Blue (ASF-Blue) and Strawberry Jam, Blue (ASF-Red); Cake Decorating, Red; Food Preservation Poster, White; Swine Poster, Red (ASF- Red). *Buyer: Berg Family, \$3/lb.*

Melina Montana – 1st yr., Italian Bread, Red; Classic White Loaf Bread, Blue, Purple-Outstanding Exhibit.

Nina Montana – 1st yr., Photography: Plants photo, Red(ASF-White); Landscape photo, Red (ASF-Blue); People photo, Blue (ASF-White); Insect Photo, Red (ASF-Red); Close-Up Photo, Blue (ASF-White).

Darren Samson – 1st yr., Jr. Sheep Showmanship, Blue; Medium Wt. Market Lamb, 1st Red; U of A Carcass Contest, 5th Blue, Lamb-of-Merit; Sheep Poster, Red (ASF-Blue). *Buyer: Morris Samson, \$6/lb.*

Taylariesa Siyuja – 1st yr., Jr. Goat Showmanship, Blue; Heavyweight Market Goat, 6th Blue; Cake Decorating, Red, 4-H theme cake, Red; Market Goat Poster, Red (ASF- Blue). Mohave County Recognition Night- Market Goat pin, Record Book Completion Certificate. *Buyer: Cerbat Hay & Feed, \$600.*

Dion Walker Jr. – 1st yr., Jr. Swine Showmanship, Red; Lt. Wt. Market Swine, 1st Blue; U of A Carcass Contest, 10th Blue, Swine-of-Merit . *Buyer: City Towing, \$5/lb.*

2013 Buck-N-Doe 4-H Club End of Year Report

Senior Members:

Jozua Fielding – 5th yr., Sr. Sheep Showmanship, Blue; Lt. Wt. Market Lamb, 3rd Blue; Photography: Landscape, Red (ASF-Red); Building, Blue, Purple, Outstanding Exhibit (ASF-Blue); Animal, Red(ASF-Blue); People, Red(ASF-Red); Flowers, Red(ASF-Blue); Still Photo, Blue, Purple, Outstanding Exhibit(ASF-Participant Ribbon); Candid Photo, White; Close-up, Red(ASF-Blue); Action Photo, Blue (ASF-Blue).

Buyer: Ann Samson, \$7/lb.

Trey Honga – 7th yr., Sr. Sheep Showmanship, Blue; Lt. Wt. Market Lamb, 4th Blue; Sr. Swine Showmanship, Blue; Heavyweight Market Swine, 1st Blue; U of A Carcass Contest, 14th Red, Swine-of-Merit ; Food Preservation: Rosemary Jelly, Blue(ASF-Blue); Cinnamon Blueberry Jam, Reserve Champion Nutritional Science, Blue, Purple Outstanding Exhibit(ASF-Blue); Breads: Cinnamon Rolls, Grand Champion; Mohave County Recognition Night- Food Preservation, Breads & Market Sheep pins, Record Book completion certificate.

Buyer: Hualapai Tribe.

Teri Lewis – 6th yr., Sr. Swine Showmanship, Red; Heavyweight Market Swine, 2nd Blue; U of A Carcass Contest, 6th Blue, Swine-of-Merit; Sr. Livestock Judging, Red; Sewing: Computer printed design on fabric, pillows, Blue, Grand Champion Sewing & Textiles(ASF-Blue); Food Preservation: Spaghetti Sauce, Red(ASF-Blue); Peach Jam, White(ASF-White); Fondant Cake, Red; Photography: Animal Photo, Blue, Purple, Outstanding Exhibit(ASF-White); Sky scene (Other), Red(ASF-Red); Italian Bread, Red; Swine Poster, Red(ASF-Blue); Bread Poster, Red(ASF-White); Cake Decorating Poster, White; Pencil Drawing, Red(ASF-White); Fine Arts Poster (ASF-Participant). **Buyer: Hualapai Tribe, \$6.50/lb.**

Dallas Morgan – 3rd yr., Sr. Beef Showmanship, Blue; Lt. Wt. Market Beef, 2nd Blue; U of A Carcass Contest, White Ribbon; Top Placing Mohave County Steer, \$750 from Mohave Livestock Association; Beef Herdsmanship, 3rd place. Mohave County Recognition Night- Record Book completion certificate.

Buyer: Gary Watson, \$3.50/lb.

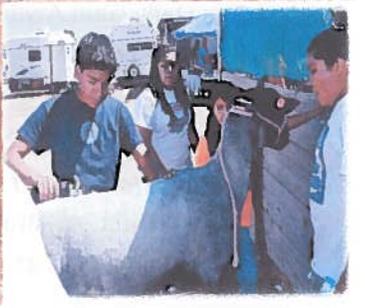
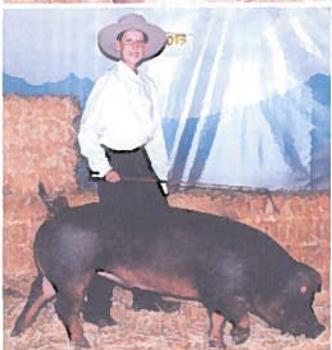
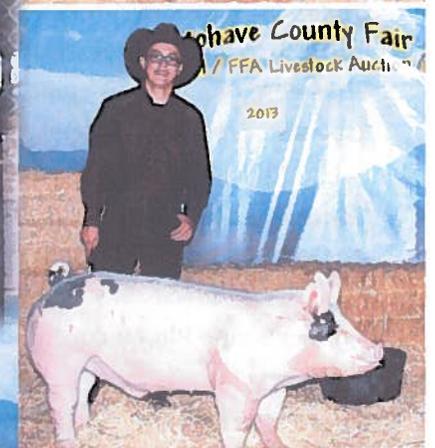
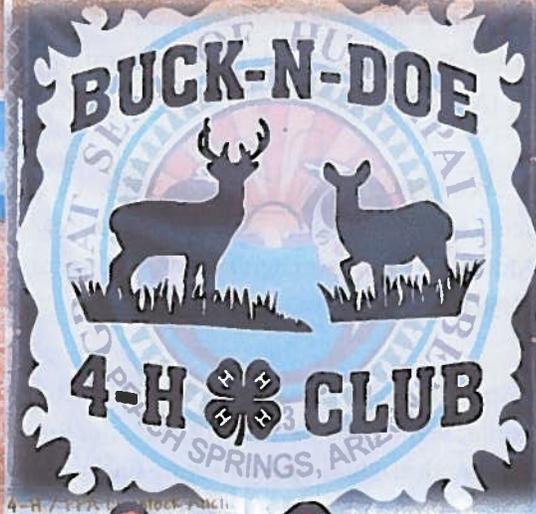
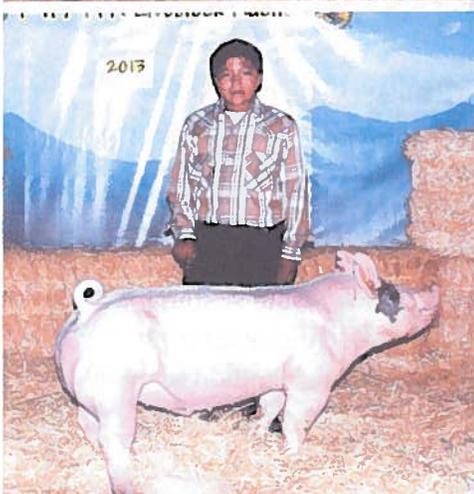
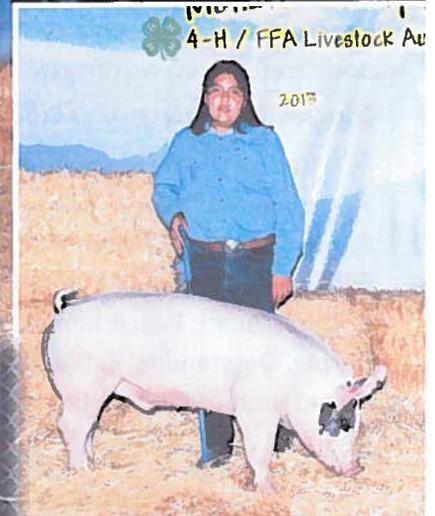
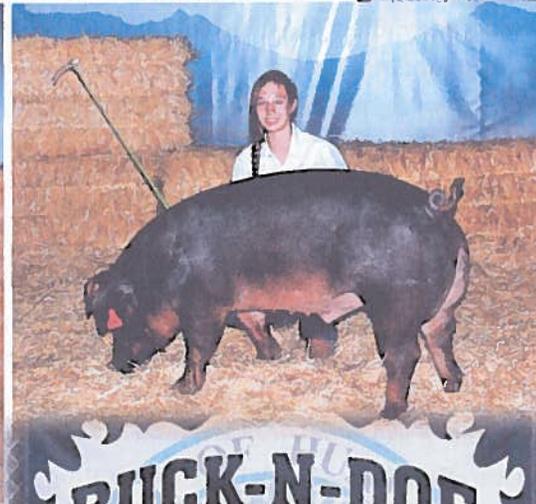
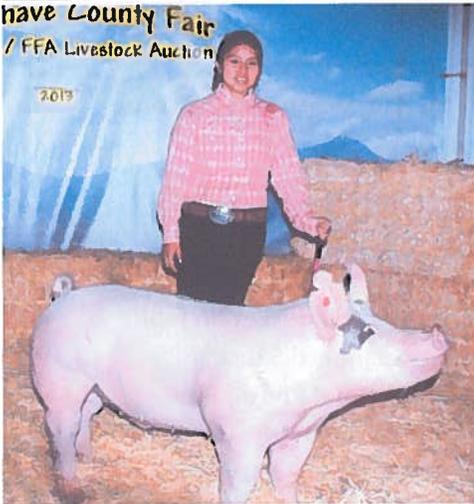
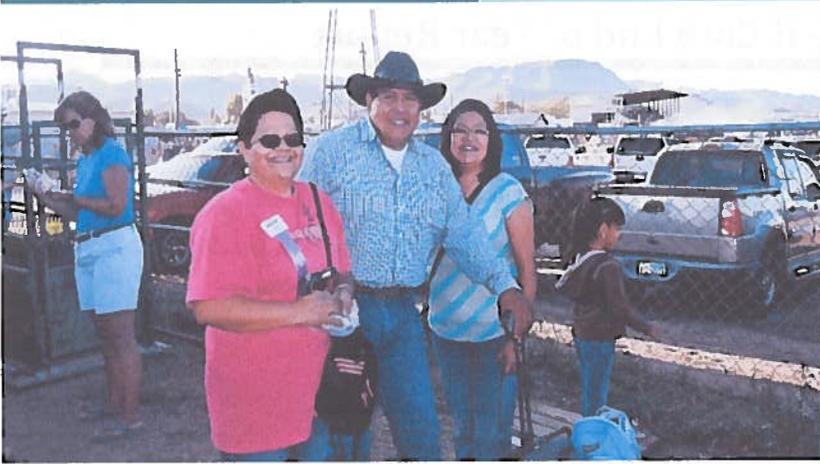
Tahne Siyuja – 6th yr., Sr. Swine Showmanship, Red; Med. Wt. Market Swine, 6th Blue; Swine Poster, Red(ASF-Red); Photography: People, White(ASF-White); Landscape, Red(ASF-White); Other Photos, 3-Red , 1 White(ASF: Sky Scene-Blue; Action-Blue; Special Event-Blue). Mohave County Recognition Night - Market Swine Pin, Record Book completion Certificate. **Buyer: OSR Therapy, \$4/lb.**

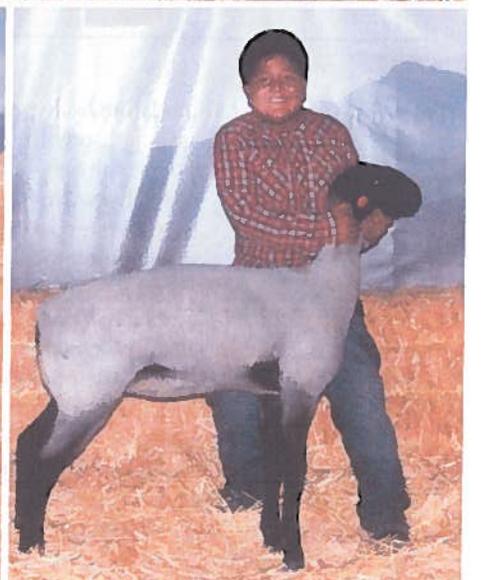
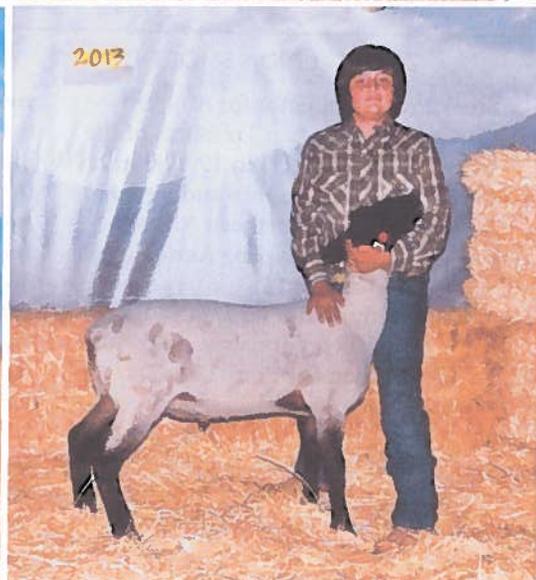
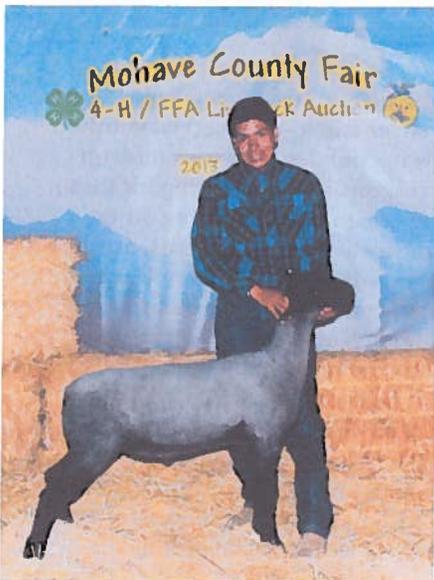
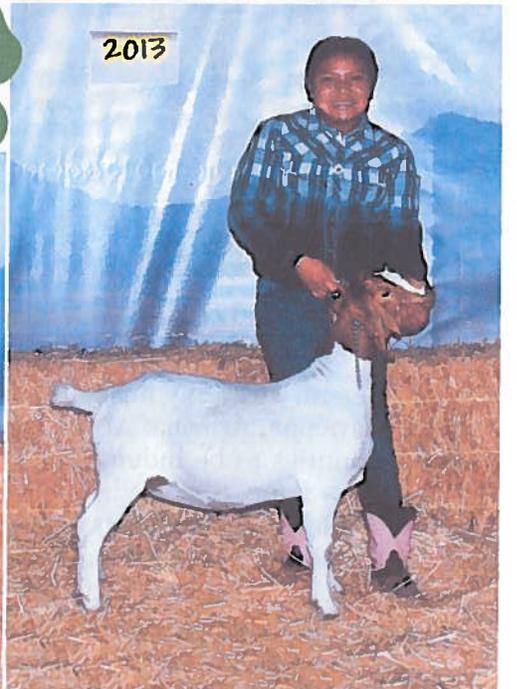
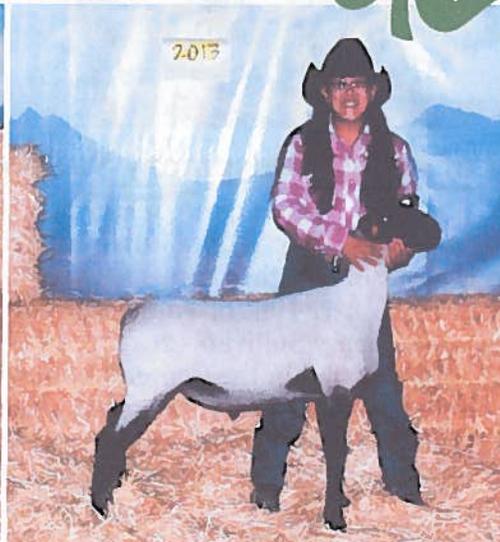
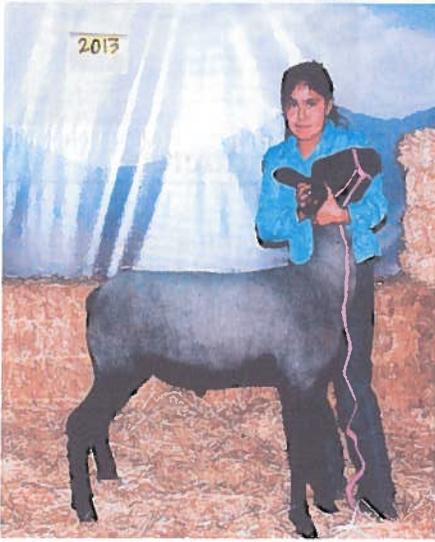
Kateri Watahomigie – 2nd yr., Sr. Swine Showmanship, Red; Heavyweight Market Swine, 6th Blue; Plaque for Top Daily Gain Award- 2.37 lbs/day; U of A Carcass Contest, 8th Blue & 14th Red, both Swine-of-Merits, Mohave County Recognition Night – Record Book Completion Certificate.

Buyer: Arthurs Well Service, \$4/lb.

Flynn Watahomigie III – 5th yr., Sr. Swine Showmanship, Red; Prospect Market Swine, 1st Blue; UofA Carcass Contest, 4th Blue, Swine-of-Merit; Livestock Judging, Red.

Buyer: Forsee Family, \$400.





U of A Carcass Contest • Buck-N-Doe 4-H; September 2013



2013 Arizona 4-H Hall of Fame • Rosemary Sullivan, 2010 Inductee

Rosemary Sullivan, 2010 Inductee into the Arizona 4-H Hall of Fame

On October 12, 2013, my husband and I had the honor of attending the Arizona 4-H Centennial celebration held in Maricopa, Arizona. At this event, I was one of the many (77) honorees selected from throughout the Arizona counties to be inducted in the Arizona 4-H Hall of Fame. The Mohave County inductees included: Linda Short - 2006; Shelli Whaley - 2008; Rosemary Sullivan - 2010 and Gary Watson - 2012.

I have included the short biographies that were listed in the Centennial Booklet. Each of us received a medalion and frame. This was quite an honor for all of us and we had a great lunch, bid on items at the auction and had a great time celebrating the 100th year of 4-H in Arizona. All that attended also posed for a 4-H clover photograph, we might not be around in another 100 years but we are now a part of the AZ 4-H history!

☘ MOHAVE COUNTY INDUCTEES

2006 — LINDA SHORT



Linda began her association with 4-H at the age of twelve with membership in a sewing club in Flagstaff, Arizona and later a horse club in Kingman in 1965. By 1980, her children had joined the Bunnyhoppers 4-H Club, a rabbit club in Kingman and a few years later she was asked to step up and lead the club. This afforded Linda a wonderful opportunity to join her two favorite things: children and animals. Linda later became Small

Stock Project Director for Mohave County 4-H and then Treasurer of the 4-H Leaders' Council. In 1990, she was the recipient of the Outstanding 4-H Leader Award of Northern Arizona presented by the Arizona Agricultural Agents Association

Linda truly enjoys helping youth learn about their animals and how to care for them. She also admires how 4-H promotes basic skills from record keeping and public speaking to spending time volunteering in your community.

According to Linda, the best part of being a leader was interacting with

young people and especially helping the shy and more reserved youth grow in confidence as they took on the responsibility for caring for these small creatures and helping other members achieve their goals, not just awards. When children learn to think of others first, the benefits are limitless. Not only does 4-H teach children about animals and projects, but it helps them gain skills that will last a lifetime. The most rewarding part of being a leader for Linda was watching these children grow into caring, confident and successful adults of whom we can all be proud.

2008 — SHELLI WHALEY



Shelli was a 4-H member as a child, so she encouraged her children to join also.

"When my kids joined Cactus

Critters 4-H Club in 1995, I became a poultry project leader just so my kids could be in that project. Within two years I was the leader for all

small stock, rabbit, poultry, pigeon, waterfowl and cavy! Our club had some great senior members who taught me everything I know. It didn't take long and one of my mentors asked me to run for County Project Director for Small stock. I held that position for 8 years. I was also on the Executive Leader's Council for eight years serving as President for two years and Vice President for five years," she said.

"The most rewarding part of my 4-H career has been watching the new members join and learn, and then seeing the incredible growth as senior members. After 17 years of being a leader, I now am seeing my members enroll their children in the program! My own grandchildren are now only a few years away from joining, so here I stay! Forever Green."

2010 — ROSEMARY SULLIVAN



Rosemary Sullivan, 4-H Leader from the Hualapai Indian Reservation, has served for 15 years as a leader and for 13 years as Key

Leader in addition to serving as a project leader in sewing, foods, goat, pack goat, rabbits, swine, sheep, and arts & crafts. She has also served as Mohave County Sheep Project Leader. She was a 4-H member in sewing project when she was 10 years old in Fairfax, Oklahoma. She made a blouse/skirt and embroidered a tea towel.

Being a 4-H leader on the Hualapai Indian Reservation has been

rewarding and a learning experience for her.

"Over the years I have tried to encourage our members to look beyond our reservation boundaries for 4-H opportunities and experiences. I have chaperoned many members to the University of Arizona for 4-H events, the yearly carcass contest and county activities. Our club has seen generations of families, former members, come back as leaders and enroll their children in 4-H. We have grown as a club from only livestock projects to include the Cloverbuds (ages 5-8) and other general projects," she said.

"I enjoy seeing the members grow up and gain that self-confidence to

be able to take on the officer roles for the club, help the younger and newer members with their projects, and show their projects at the fair each year. Our members have had opportunities to attend JOLT, Citizenship Washington Focus and National 4-H Congress. Three of my four girls are former 4-H members, ages 20-27, now. I have four (4) grandchildren in 4-H. Time flies by quickly, children grow up too fast, and it's great to see former 4-H'ers as responsible young adults. 4-H has been a plus for me, I have gained a lot of resources and friends that are now part of my extended 4-H family."

2012 — GARY WATSON



Gary Watson is currently serving as Chairman of the Mohave County Board of Supervisors, in his first year of his second term as

a Supervisor for District 1.

Gary is a native of Arizona, born in Phoenix. He attended school in Kingman for grades 1 through 12, studied at the University of Bonn, Bonn, Germany with the American Institute for Foreign Study, and graduated from Northern Arizona

University in 1971 with a bachelor of science degree in business administration.

In 1959, Gary was a member of the Forceful Feeders 4-H Club and raised his first Market Steer and exhibited it at the 1959 Mohave County Fair.

What he remembers most of his 4-H years is getting up very early every day to feed the livestock. This taught him a great deal about personal responsibility, commitment and community involvement.

Gary believes that 4-H teaches young people respect for nature and inspires good citizenship.

4-H gives a broad perspective to our young and teaches them the rewards of service to others.

Gary served as Councilman and Vice Mayor for the City of Kingman from 1978-1982; Mohave County representative to the Arizona State Board of Directors for Community Colleges from 1987-1994; Chairman of the Board for the Arizona Community Colleges from 1993-1994, and is a strong supporter of Mohave County Cooperative Extension and the Mohave County 4-H Youth Development program.



RECOGNIZING THE DEDICATION OF THOSE WHO HAVE GIVEN ARIZONA'S YOUTH SOMETHING TO CELEBRATE!

Almost 100 years ago, a small group of 18 boys gathered in a field near Chandler, Arizona under the tutelage of George Peabody, a caring adult member of the community, and they started a 4-H club. From these humble beginnings, the concept of a youth development program founded on the values of strengthening the head, heart, hands and health of each and every member took hold and spread across the state.

Soon, 4-H clubs started cropping up in a number of communities. By 1914, there were 87 4-H members enrolled in Maricopa County who were active in 12 clubs: seven corn clubs, three cotton clubs, and two grain sorghum clubs. Pima County got its first 4-H club in 1914, and Victor Ball of San Xavier Boys' Corn Club was the winner of the 1914 Corn Club Contest. By 1915, total enrollment had grown to 318 members in 43 clubs. It was at this time that the first State 4-H Club Agent was hired: Leland Park was hired on January 1st. Agnes Hunt was hired as Assistant State 4-H Club Agent. Girl's canning clubs were also started this year. Pigs and poultry were added as projects in 1916. Cochise County got its first 4-H club in 1917.

4-H was growing rapidly enough that by 1917, three District Club Agents were hired to help administer the 4-H program. In 1917, the first Farm Boys' Encampment was held at the state fair — the first 4-H camp. The program continued to expand throughout the state, and now in 2013 Arizona reaches about one in every 15 young people in the state — approximately 115,000 youth reached by Arizona 4-H. And for the first time, the state owns its very own 4-H camp: The Harold & Mitzie James

4-H Camp and Outdoor Learning Center on Mingus Mountain near Prescott.

The **Arizona 4-H Hall of Fame** has been revived and each county was able to nominate at least four new inductees who will be honored today at this Centennial BBQ and Celebration. Congratulations to all the new inductees! We are also recognizing **Arizona Centennial families** with a combined 100 years or more of membership and/or volunteer service in 4-H. 4-H clubs were encouraged to perform 100 hours of community service to celebrate our anniversary. These clubs are also recognized in this commemorative booklet. And we continue to challenge everyone—clubs and individuals—to contribute at least \$100 to the Arizona 4-H Youth Foundation as a part of the centennial. Invest in today's youth and tomorrow's leaders.

4-H was born at the dawn of the 20th century to teach science, leadership and character. Housed in the land-grant university system, 4-H was the avenue to transmit cutting-edge research and new technologies into every community in the nation. We're still doing that today—with animal genetics, plant breeding, hydroponic gardening, robotics, aerospace engineering, GPS/GIS mapping, DNA testing, nutrition, digital photography, app development and a lot more. We have a proud past, but an even brighter future. Everyone is part of that future.

Thanks for being here today to help us celebrate 100 years of positive youth development through Arizona 4-H. We hope you enjoy the festivities and renew your faith in the power of youth.

Thanks!

Generous support for the Arizona 4-H Centennial Celebration was provided by the University of Arizona College of Agriculture and Life Sciences and the Arizona 4-H Youth Foundation.

Special thanks to the following businesses for their generosity and assistance with the Arizona 4-H Centennial Celebration & BBQ.



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
Growing Innovation

Published October 2013 by
Arizona Cooperative Extension
Arizona 4-H Youth Development
The University of Arizona College
of Agriculture and Life Sciences
301 Forbes Building
Tucson, AZ 85721-0036
520-621-7205
<http://extension.arizona.edu/4h>



Investing in today's youth
and tomorrow's leaders

To contribute to the Arizona
4-H Foundation, or just to learn
more about the Foundation,
stop by their table and
speak with one of the board

members about investment opportunities.
All contributions to the Arizona 4-H Youth
Foundation are tax-deductible to the fullest
extent of the law and support a broad range
of 4-H programs and activities.



Hualapai Adult Detention Center • Employee of the Month

We would like to introduce to you our department's employee of the month. Each employee is selected by their co-workers to receive this award. With that said we would like to thank our two employees very much for their outstanding performance and dedication to the Hualapai Tribe and its people.

December 2013
Robert Steed

January 2014
Pamela McKenzie

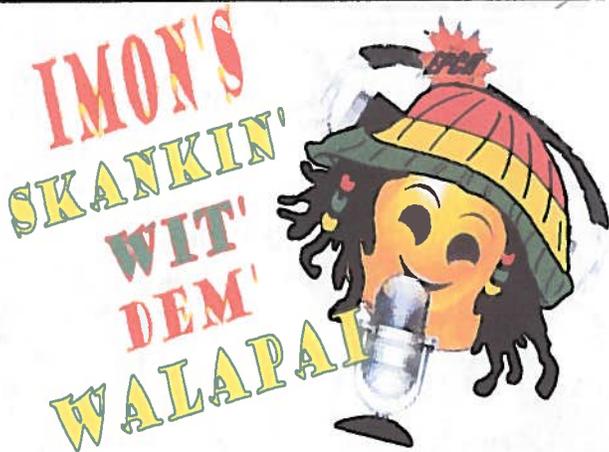
February 2014
Twila Warbington

We would like to also congratulate two (2) HADC Correctional Officers who successfully completed advanced training from the Bureau of Indian Affairs (Law Enforcement Instructor Training Program).

Correctional Officer
Pamela McKenzie

Correctional Officer
Everett Manakaja III

EPCH Internet Radio Programs • Imon's Skankin' Wit' Dem Walapai, Reno's Hip Hop Block & Dempsey's Power Hour



EVERY THURSDAY NIGHT FROM 6-8 P.M.
EVERY TUESDAY 1-2 PM

Listen For Your Chance
To Call In And Win
Raffle Tickets For:
A Festival Fun Pack
Including:
Festival Tickets
Hotel Room
Gift Cards for Gas and
Food
Fun Reggae Gifts

April 11-12, 2014



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



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



Every Wed and Thurs:

- *Reno 's Hip Hop Block
2 to 3 p m
- *Dempsey' s Power Hour
3 to 4 p m

If you answered **YES:**
Be sure to check out your local DJs ...
Dempsey and Reno!



Listen at: www.epchradio.com
24/7 on your computer
or on your smart or android phones on
TuneInRadio-EPCH "The Peach"
Call (928) 769-1110 for more information

Reggae Fest • Friday, April 11 - 12, 2014

ARIZONA

REGGAE fest

UNITY AT THE LAKE

APRIL 11-12, 2014

SATURDAY APRIL 12TH



PATO BANTON



EVERTON BLENDER & THE YARD SQUAD BAND



LAYNE & 7 SEAL DUB



TRIBAL THEORY



MOTHERLAND SOUL



NIBE



**KROOKED TREEZ
AND MORE TO BE ANNOUNCED**

FRIDAY APRIL 11TH



MARLON ASHER



**GENERAL SMILEY &
THE GOZ BAND**



THE EXPANDERS



**RAS LIJAH
MAKA ROOTS &
I-SIGHT BAND**

WWW.AZREGGAEFEST.COM

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 promptly 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

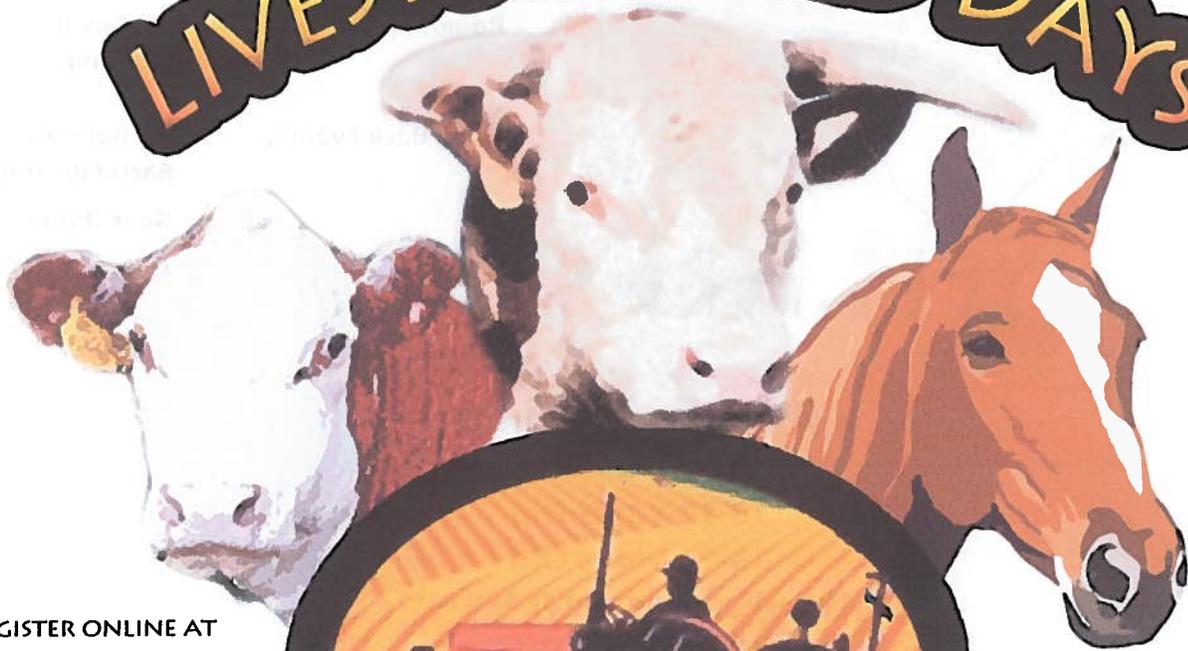
will receive All Around Trophy Saddles

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 LIVESTOCK FIELD DAYS



REGISTER ONLINE AT
"SWINDIANAG.COM"

OR

SWIAA

1664 E. FLORENCE BLVD.

SUITE 4-434

CASA GRANDE, AZ.

85122

COST OF REGISTRATION

2 DAYS: \$50.00

1 DAY: \$35.00

APRIL 22 & 23, 2014 RAWHIDE WESTERN TOWN CHANDLER, ARIZONA



HOSTED BY
GILA RIVER INDIAN COMMUNITY



SOUTHWEST INDIAN AGRICULTURAL ASSOCIATION



2014 SWIAA Livestock Field Days Agenda

2014 SWIAA Livestock Field Days

APRIL 22 & 23, 2014

**RAWHIDE
WESTERN
TOWN
CHANDLER, ARIZONA**



RAWHIDE

WESTERN TOWN AND STEAKHOUSE

DAY 1: Tuesday, April 22, 2014

7:30 am REGISTRATION (SWIAA Board)

9:00 Call to Order:

Homer Marks Sr. President, SWIAA

Welcome: Gov. /Lt. Gov.

Gila River Indian Community

Invocation: Gerald Brown

Post Colors: Post 51

National Anthem:

St. Peters Indian Mission School

9:15 Controlling Wild Horse Population

Brian Gwecke, Senior Environmental Specialist

Environmental Protect & Natural Resources,

Salt River Pima Maricopa Indian Community

10:00 am BREAK (DOOR PRIZES & Raffle)

10:15 Youth 4-H Livestock Programs on Reservation;

Jess Lefevre, Extension Agent,

Dulce, New Mexico

11:00 2014 Farm Bill Update;

Steve Bond-Hikatubbi,
Intertribal Agricultural Council

12:00 pm LUNCH (Lunch provided)

1:00 Medical care for Livestock

Anika Evans, Gila River Indian Community

1:45 Animal Disease Traceability Framework

Dr. Terry Clark, APHIS, USDA

2:30 Traditional Gardening

Nina Altshul, Executive Director

Tohono O'odham Community Action

3:15 pm BREAK (DOOR PRIZES & RAFFLE)

3:30 GMO Seed:

Steve Bond-Hikatubbi

Intertribal Agricultural Council

Jacob Butler, Cultural Resources Department

Salt River Pima Maricopa Indian Community

4:15 Basic Financing;

Ruby Ward, Utah State University

6:00 DINNER & CULTURAL EVENT

Hashan Kehk Traditional Dancers

DAY 2: Wednesday, April 23, 2014

8:00 am: Coffee Service –Coffee, Tea, Juice

9:00 Call to Order:

Homer Marks Sr, President, SWIAA

Invocation: Frances Stephens

9:15 Feed for Livestock–pasturing & supplements

Dr. Dan Faulker, Beef Specialist

College of Agriculture, University of Arizona

10:00 Native Beef Initiative

Grey Farrell, FRTEP, University of Arizona

Bill Inman, Padre Mesa Ranch

10:45 am BREAK (DOOR PRIZES & RAFFLE)

11:00 Basics on cuts of meat & Butchering process

Dr. John Marchello, University of Arizona

12:00 pm LUNCH (on your own)

1:00 Horse Camp;

Jesse Lefevre, Extension Agent, Dulce, New Mexico

Grey Ferrell, FRTEP, U of A

2:00 Wrap Up & Benediction

HOTEL INFORMATION

Wild Horse Pass Hotel & Casino

Ask for block of rooms for Southwest Indian Agricultural Association Livestock Field Days

Rate: \$129/Night + Tax (Rates apply, night before the Livestock Field Day & 1 day after the Conference)

RESERVATIONS: 1-800-946-4452

Wild Horse Pass Blvd, Chandler, AZ

2014 SWIAA Livestock Field Days Agenda

Extended Stay America

Rate: \$61.00/Night + Tax (Rates Apply to Season)

RESERVATIONS: 480 753 6700
5035 E. Chandler Blvd, Chandler, AZ

Radisson

Rate: \$69.00/Night + Tax (Rates Apply to Season)

RESERVATIONS: 1-800-967 9033
7475 W. Chandler Blvd, Chandler, AZ

Comfort Inn

Rate: \$89.00/Night + Tax (Rates Apply to Season)

RESERVATIONS: 480 857 4969
7400 W. Chandler Blvd, Chandler, AZ

REGISTRATION INFORMATION

You can register and pay by credit card online at swiaa@q.com or mail brochure form with payment: check or money order to:

SWIAA
1664 E Florence Blvd, Suite 4-434
Casa Grande, AZ 85122
Phone: 520-954-0618

Registering is IMPORTANT to insure adequate seating space and meals

PLEASE CIRCLE YOUR REGISTRATION

FULL PROGRAM: 2 Days - \$50.00
(Breaks & 1- Lunch & 1- Dinner)

1 DAY ONLY: - \$35.00
(Break (s) (Tuesday or Wednesday)

Amount Paid: _____

Name: _____

Address: _____

Phone: _____

Email: _____

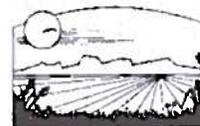
Planning Committee

Homer Marks Sr., Tohono O’odham Nation

- Tim Garcia, Tohono O’odham Nation
- Frances Stephens, Tohono O’odham Nation
- Michael Lejero, Tohono O’odham Nation
- Andrew Antone, Tohono O’odham Nation
- Brian Davis Sr., Gila River Indian Community
- Agnes Joaquin, Tohono O’odham Nation
- Jonathan Thomas, Gila River Indian Community
- Billman Lopez, Tohono O’odham Nation
- Dorothy Sunna, Gila River Indian Community
- Gerald Sunna, Gila River Indian Community
- Frances Ruiz, Tohono O’odham Nation
- Bill Worthey, Sustainable Ag Products

Gila River Indian Community

If we missed anyone who assisted to make the Southwest Indian Agricultural Association Livestock Field Days a success, we apologize.



SOUTHWEST INDIAN AGRICULTURAL ASSOCIATION

Lone Range Transportation Plan Public Meeting • Thursday, May 1, 2014

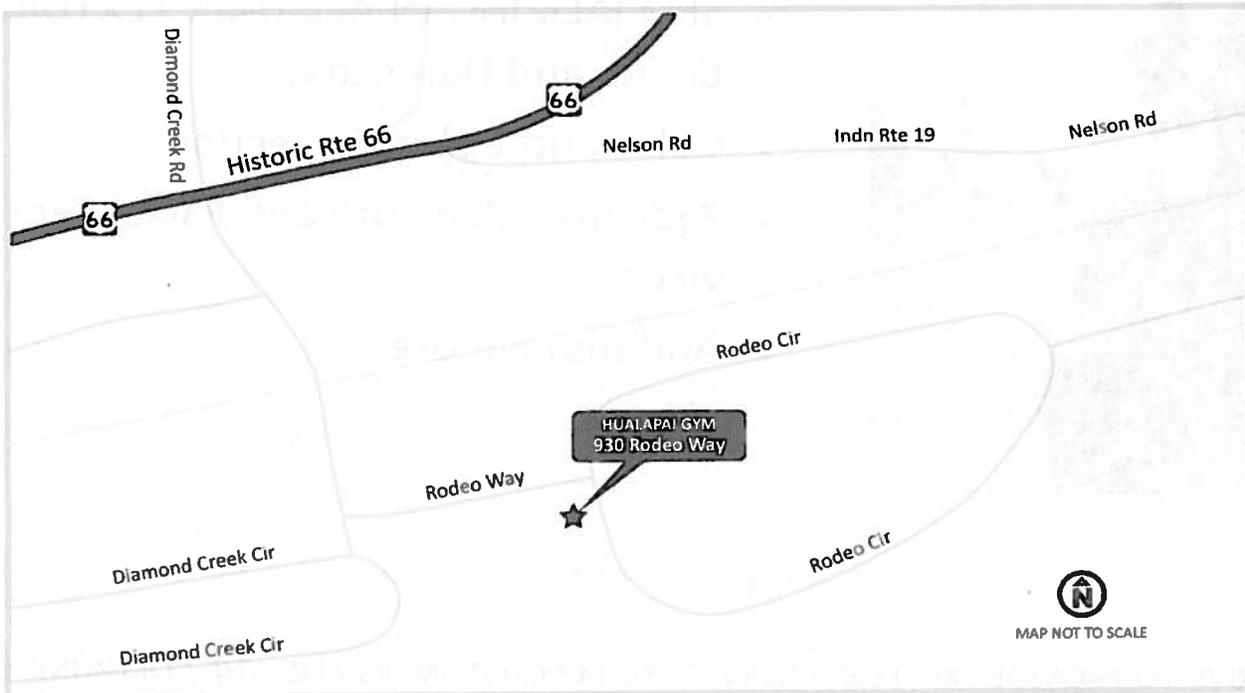
Please Join Us Hualapai Indian Tribe Public Meeting Long Range Transportation Plan

The Hualapai Indian Tribe in collaboration with the Arizona Department of Transportation (ADOT) is updating the Tribe's long range transportation plan funded through ADOT's Planning Assistance for Rural Areas (PARA) program. The plan will provide recommendations to improve automobile, bus, bicycle, equestrian, pedestrian, aviation and marine transportation for the next five, 10 and 20 years. Your knowledge and experience on recommendations for future transportation improvements for the community is needed.

WE WANT TO HEAR FROM YOU

Join us on **Thursday, May 1, 2014 from 4:30 to 6:30 p.m.** at the public meeting to learn more about the study and share your ideas on Hualapai Indian Reservation transportation improvement needs. Your input will help develop a comprehensive long-range transportation plan for the tribal community.

Meeting Location Hualapai Gym, 930 Rodeo Way, Peach Springs, AZ 86434



If you require special assistance in order to participate in the public meeting, please contact projects@azdot.gov or 855.712.8530. Requests should be made as soon as possible to allow time to arrange the accommodation.



FOR MORE INFORMATION:
855.712.8530 or 928.769.2216
azdot.gov/hualapai-lrtp

Robin's Totally You Salon • Open Thursday, Friday & Saturday

**A FULL SERVICE SALON THAT INCLUDES PEDI-
CURE, MANICURE AND FACIAL SERVICES**

*“Robin's Totally You
Salon Opening”*



- SPECIALIZING IN ALL HAIR TEXTURES, Braids and Hair Cuts.
- Color and Color Corrections
- Pedicure, Manicure and Facial Services
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Call to make an appointment 928-704-6370

► I STRIVE TO PROVIDE EXCELLENT SERVICE TO MY CUSTOMERS AND THE COMMUNITY

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Business Address
887 Highway 66, Suite C
Peach Spring, AZ 86434

OPEN ON ALL :

**THURSDAY, FRIDAY, AND SATURDAY
AT 9:00 AM EACH DAY.**

EDUCATION & TRAINING INFORMATION

Peach Springs Unified School District #8 • Communication

Peach Springs Unified School District #8 Communication



Time to Rise!

Time to Rise!

- 1) **KINDERGARTEN ROUND-UP IS NOW...**
Please enroll your child now to reserve a seat for the 2014/2015 School Year.
- 2) **Hualapai Language Classes** for grades 5-8 will start in school year 2014/2015. We look forward to preserving our language for future generations.
- 3) **ACADEMIC "FUN" NIGHT is Thursday, April 3rd at 5:30 p.m.** We will have a Math Scavenger Hunt, a Science T-Shirt Tie Dye activity, a food court (free), and offer free books. This is a great family event night with a free dinner. Parents/Guardians and students are invited.
- 4) **AIMS Testing** for grades 3-8 and Stanford 10 Testing for grade 2 will be conducted April 7-24. Let's show Arizona our Hualapai Pride. Parents/Guardians please ensure your child(ren) are present, on-time, and do their best. **IT IS OUR TIME TO RISE!**
- 5) **Attendance and Tardies:** for those students that did not meet the attendance, tardy, and/or academic requirements-teachers will be calling homes to schedule retention (stay back) meetings soon.
- 6) **The Governing Board voted** to discontinue the uniform tops starting next school year. Current uniform tops are on clearance sale for \$3. We will offer newly designed school spirit shirts as a clothing option starting in July 2014. Parents, there will be a dress code in place and can be reviewed in the 2014/2015 Parent/Student Handbook. Please call Dr. Perkins at 928.769.2202 if you have any questions.
- 7) **TUTORING:** We need all tutoring students to stay the course. We noticed a drop in tutor attendance due to softball. It is easy to run to something that is fun but we must make sacrifices at times and stay disciplined in order to improve your child's academic progress. Parents, we need your support.

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

Look for These Changes in Your Growing Child

Look for these changes in your growing child

When should he walk?
When should she talk?

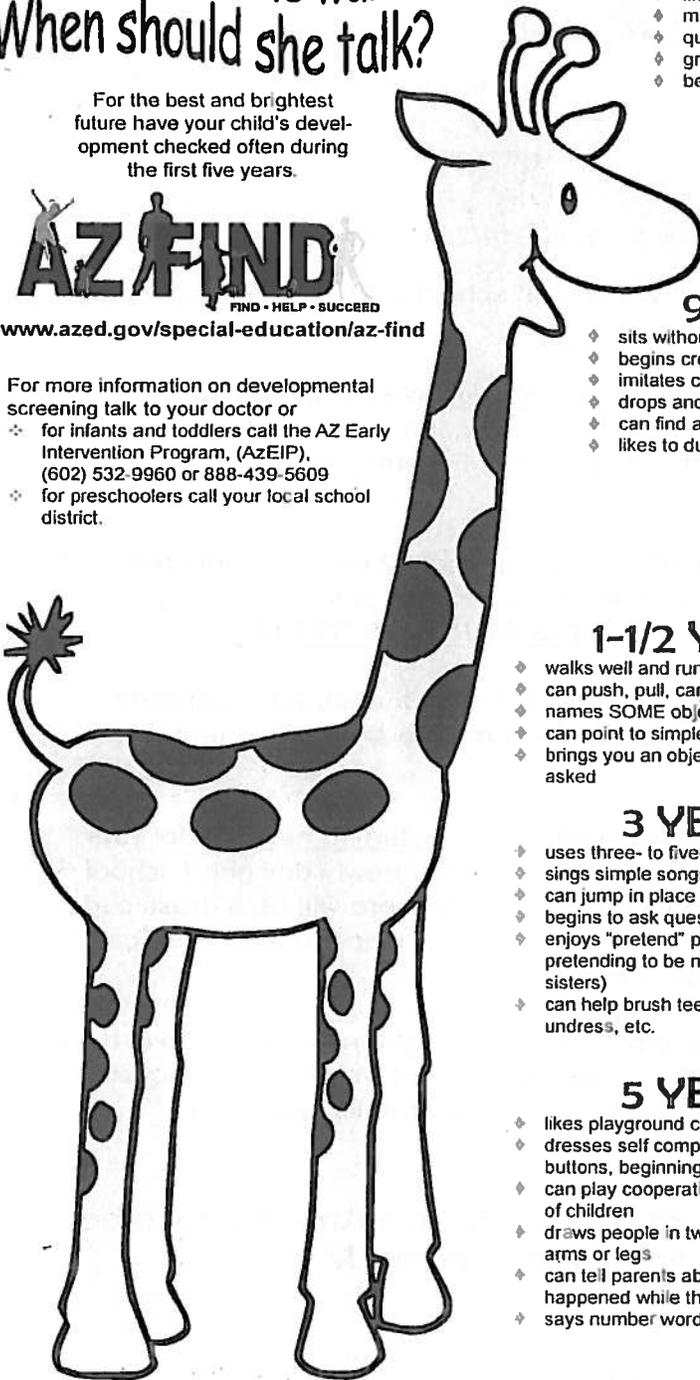
For the best and brightest future have your child's development checked often during the first five years.



www.azed.gov/special-education/az-find

For more information on developmental screening talk to your doctor or

- ❖ for infants and toddlers call the AZ Early Intervention Program, (AzEIP), (602) 532-9960 or 888-439-5609
- ❖ for preschoolers call your local school district.



3 MONTHS

- ❖ lifts head regularly when on tummy
- ❖ makes cooing noises
- ❖ quiets when spoken to
- ❖ grasps objects placed in hand
- ❖ begins to bat at objects

6 MONTHS

- ❖ sits with light support
- ❖ babbles when alone or with someone
- ❖ reaches for objects
- ❖ holds objects with either hand
- ❖ turns eyes and head toward sounds or voices
- ❖ begins to crawl (moves around other than on hands and knees)

9 MONTHS

- ❖ sits without support
- ❖ begins creeping (up on hands and knees)
- ❖ imitates cough, bye-bye, hand clap, ma-ma
- ❖ drops and looks for an object
- ❖ can find a toy hidden under cloth
- ❖ likes to dump out and pick up things

1 YEAR

- ❖ pulls up to a standing position and cruises around furniture
- ❖ BEGINS to say ma-ma and da-da to refer to parents
- ❖ finger feeds self solid food
- ❖ follows a simple direction like "bring me the ball"
- ❖ points to object she knows when asked "where is it?"
- ❖ begins to use a spoon and hold a cup

1-1/2 YEARS

- ❖ walks well and runs
- ❖ can push, pull, carry and lift objects
- ❖ names SOME objects
- ❖ can point to simple pictures
- ❖ brings you an object he knows when asked

3 YEARS

- ❖ uses three- to five-word sentences
- ❖ sings simple songs
- ❖ can jump in place
- ❖ begins to ask questions
- ❖ enjoys "pretend" play (for instance, pretending to be mom, dad, brothers and sisters)
- ❖ can help brush teeth, wash hands, undress, etc.

5 YEARS

- ❖ likes playground challenges
- ❖ dresses self completely, including buttons, beginning to zip, tie
- ❖ can play cooperatively with a small group of children
- ❖ draws people in two parts--head and arms or legs
- ❖ can tell parents about something that happened while they were gone
- ❖ says number words to ten

2 YEARS

- ❖ walks up and down stairs, two feet on each step
- ❖ can name more than three body parts
- ❖ scribbles
- ❖ stacks two to four objects
- ❖ uses two-word sentences
- ❖ enjoys doing things for self
- ❖ gets easily frustrated
- ❖ uses objects as they should be used

4 YEARS

- ❖ can use the toilet (with few accidents)
- ❖ can balance on one foot, then the other
- ❖ can name up to three colors
- ❖ can retell parts of a familiar story
- ❖ begins to play with other children rather than alongside them



The contents of this publication were partially paid with funds allocated by the U. S. Department of Education under Individuals with Disabilities Education Act Amendments of 1997 (P.L. 105-17).

The Arizona Department of Education is an Equal Opportunity Employer.

Printed in Phoenix, AZ by the Arizona Department of Education.
Copies: xxx, Total Cost: \$xxx, Unit Cost: \$xxx, Date: 1003

Do You Know a Family Whose Child May Have a Disability

WHICH CHILDREN DOES AZ FIND TRY TO LOCATE?

The purpose of AZ FIND is to identify, locate and evaluate infants, children and young adults through age 21 who may have a disability such as problems with learning, speech, vision, hearing, behavior, physical or health impairments.

WHO PROVIDES AZ FIND SERVICES?

Peach Springs Elementary School offer[s] comprehensive special education services to eligible students ages three through 21 years. Children from birth to age three with disabilities will be referred to AZEIP at the following: www.azdes.gov/azeip

WHAT KIND OF HELP IS AVAILABLE?

A free appropriate public education with a full continuum of services is available to eligible children. All referrals are considered confidential, and services are provided at no cost to the family.

WHO DO WE CALL?

If you know of a child, please urge his or her parents/guardians to contact the special education department of their local public school district (**Peach Springs Elementary School at 928.769.2613**).

AZ FIND CAN OPEN THE WINDOW OF HOPE FOR A BRIGHTER FUTURE - ONE CHILD AT A TIME.

Seligman Unified Alumni

Calling ALL Seligman Unified Alumni!!!

Seligman School will be celebrating 100 years of providing excellent education to the community.

If you are alumni and would like to attend the events planned for June 13th, 14th and 15th please call (928) 422-3233 or email shslopes@gmail.com to let us know you are planning on attending.

We will need your name, the year you graduated or attended, your address and email address if you have one. We are also looking for photographs to share at the event.

Come help us celebrate, reconnect with classmates you haven't seen since attending SHS!!!

Come show your Antelope Spirit!!!

Dislocated Worker Program

Unemployed?

Need Help Finding a Job?

Need a new Career?



- Have you been laid off from your job?
- Are you unlikely to return to your previous occupation or industry?
- Are you receiving Unemployment Insurance Benefits or exhausted your benefits?
- Are you a male or female who has spent your working life caring for a home or family without pay and who source of financial support has been lost to divorce, abandonment, death or disability?

If you answer **YES** to any of these questions, you may qualify for the WIA Dislocated Worker Program.

For more information, please contact your local WIA One Stop Center at (928) 769-2200 or 928-713-3080.



Equal Opportunity Employer/Program
Auxiliary aids and services are available upon request to individuals with disabilities.
TTY: 7-1-1

- Referrals to community based agencies for additional assistance
- Resume and Interview Workshops

Classroom Training

- Training services to equip you to re-enter the workforce
- Program may pay for tuition, books, and required supplies
- Your unemployment benefits may still be paid while attending Workforce Investment Act (WIA) approved training
- Eligible Training Provider list: www.azjobconnection.gov
- Skills Upgrade and Retraining
- Basic Skills and Occupational Training

Supportive Services

- Transportation Assistance
- Re-Location Reimbursement
- Training/Work Related Items

On-The-Job Training

- Opportunity to learn a new skill while working
- Comprehensive training plan
- Full-Time Employment
- Earn while you learn

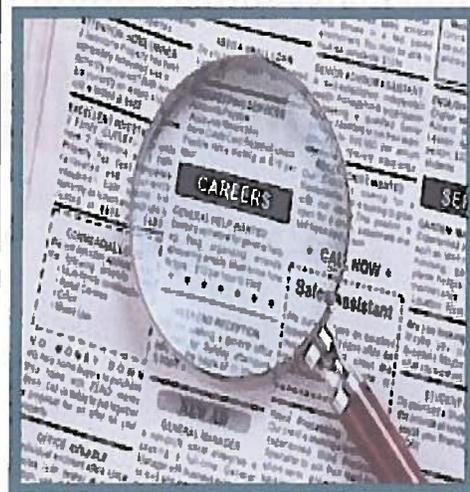


**DISLOCATED
WORKER
PROGRAM**



Workforce Investment Act

**Nineteen Tribal
Nations**



Job Search and Placement Assistance

- Job Referral Assistance
- Resume Preparation
- Local Labor Market Information
- Skill Identification and Career Assessment
- Referrals to Community Resources

Services provided to tribal members within the Nineteen Tribal Nations.



Eligibility Requirements

- Layoff
- Plant Closure/Mass Layoff
- Self-Employed
- Displaced Homemaker
- Provide a valid AZ Driver's License
- Provide a Valid Social Security Card
- Must be 18 years of age or older

- Eligible or Exhausted Unemployment Insurance
- Must comply with Selective Service registration requirements
- U.S. Citizen or eligible to work in the U.S.



Nineteen Tribal Nations

- Cocopah Indian Tribe**
- Colorado River Indian Tribes**
- Fort Mojave Indian Tribe**

- Gila River Indian Community**
- Hopi Tribe**
- Hualapai Tribe**
- Pascua Yaqui Tribe**
- Quechan Indian Tribe**
- Salt River Pima-Maricopa Indian Community**
- San Carlos Apache Tribe**
- Tohono O'odham Nation**
- White Mountain Apache Tribe**
- Yavapai-Apache Nation**

For more information contact:
Diana Russell
928-713-3080

Equal Opportunity Employer/Program
 Auxiliary aids and services are available upon request to individuals with disabilities
 TTY: 711

HEALTH & SAFETY INFORMATION



3 STEPS To HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition, then My Native Plate.*

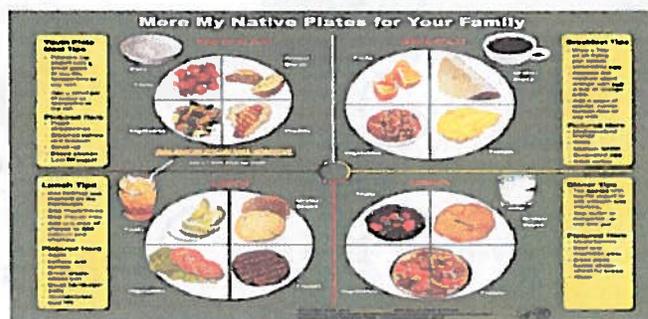
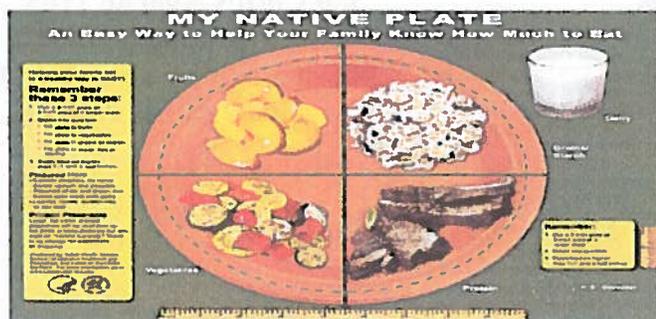


Produced by IHS Division of Diabetes Treatment and Prevention.
www.diabetes.ihs.gov

3 Steps to Help Your Family Eat Healthier Meals

3 Steps to Help Your Family Eat Healthier Meals

■ My Native Plate Placemats Show You How



You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.

- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.
- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov

Click on *Printable Materials*, then *Nutrition*. Best if printed on a color printer.

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



Healthy Eating

► Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

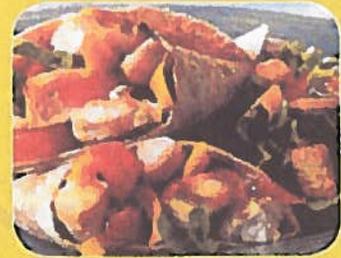
Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.



Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a **natural** source of fiber and protein.
- Keep meat and poultry portions small and lean.



Keep your food safe to eat—learn more at www.FoodSafety.gov.

► Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

Look out for salt (sodium) in foods you buy—it all adds up.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.



Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.*

*Examples of solid fats and oils

Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil

Healthy Eating

► Eat the right amount of calories for you



Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

Cook more often at home, where *you* are in control of what's in your food.

When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.



- Order a smaller portion or share when eating out.

Write down what you eat to keep track of how much you eat.

If you drink alcoholic beverages, do so sensibly—limit to 1 drink a day for women or to 2 drinks a day for men.

► Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



Note to parents

What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.



You are your children's most important role model. Your children pay attention to what you *do* more than what you *say*.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just *tell* your children to eat their vegetables—*show* them that you eat and enjoy vegetables every day.

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

WOMENS SUPPORT GROUP

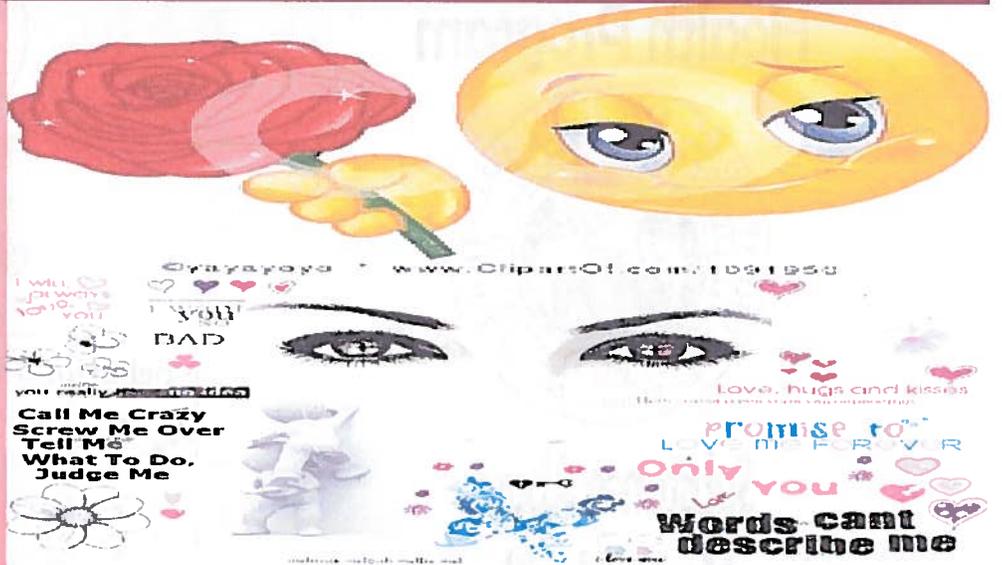
Thursday

Nights
at the
Hualapai Human

Services
Department

6:00 pm to

8:00 pm.



HUMAN SERVICES

APRIL 2014

**Classes will be at the Human Services Department

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 UNITING FAMILY'S 6PM-8PM	2 ENGAGING YOUTH 6PM-8PM	3 WOMEN'S SOCIAL GATHERING 6PM-8PM	4	5
6	7	8 UNITING FAMILY'S 6PM-8PM	9 ENGAGING WITH YOUTH 6PM-8PM	10 WOMEN'S SOCIAL GATHERING 6PM-8PM	11	12
13	14	15 UNITING FAMILY'S 6PM-8PM	16 ENGAGING WITH YOUTH 6PM-8PM	17 WOMEN'S SOCIAL GATHERING 6PM-8PM	18	19
20	21	22 UNITING FAMILY'S 6AM-8PM	22 ENGAGING WITH YOUTH 6PM-8PM	23 WOMEN'S SOCIAL GATHERING WOMENS	24	25
26	27	28 UNITING FAMILY'S 6AM-8PM	29 ENGAGING WITH YOUTH 6PM-8PM	30 WOMEN'S SOCIAL GATHERING 6PM-8PM		



Hualapai Behavioral Health Program

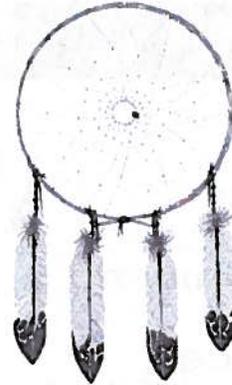


Substance Abuse
Mental Health
Drug/Alcohol Treatment
Matrix Model Intensive
Outpatient Therapy
In Home Family Support (IFS)

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*

Charlene Childs, *In Home Family Therapist*

Danna North, *In Home Family Therapist*

Dawn Kufeld, *Community Counselor*

Laverne Tsosie, *Substance Abuse Case Manager*

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;

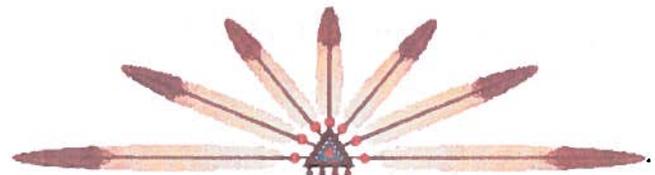
Never to take from our creation's beauty more than we give;
never to destroy wantonly for the furtherance of greed;
Never to deny to give our hands for the building of earth's beauty;
never to take from her what we cannot use.

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: _____

Street Address: _____

PO Box: _____

Phone Number of Client: _____

Are you on AHCCCS? Yes No AHCCCS ID # _____

Check any of the following that pertain to the person being referred:

- Alcohol or Drugs
- Suicidal thoughts/behaviors
- Homicidal thoughts/behaviors
- Pregnant woman
- Currently hospitalized
- Self-Injurious Behavior
- Recently discharged from inpatient setting
- Other potential risk factors _____

Reason for Referral (including an explanation of any items checked above):

Type of Service Requested:

- Substance Abuse
- Mental Health
- DV (Individual)
- Family/Marriage (Not DV related)
- Comprehensive Assessment
- DUI
- Other

Additional information/contact information/current medications

Information of Person Making the Referral:

Referral Made By: _____
(Name) (Title/Agency)

Contact Phone #: _____ Report#: _____

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

HHEW Use Only Date Referral Received: _____

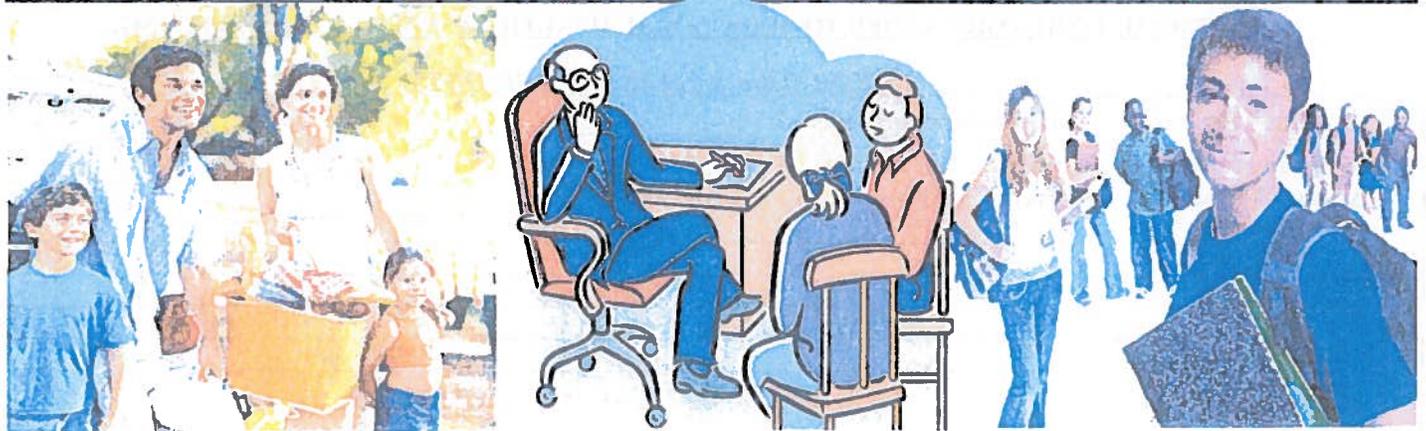
Appointment Type: Routine Immediate Urgent

Action Taken: Not Referred for Appointment, specify why

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



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.

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

March 2014

SUN MON TUE WED THU FRI SAT

1

2

3

In Office

4

In Office

5

In Office

6

In Office

7

In Office

8

9

10

In Office

11

Food Demo at Multipurpose 11:30-1pm

12

In Office

13

14

15

16

17

Working in Mesa today

18

Working in Mesa today

19

Working in Mesa today

20

Attending Prickly Pear BBQ class at cultural today

21

22

23

24

In Office

25

26

In Office

27

In Office

28

29

30

31

In Office



All One People Chiropractic, Inc.

Aligning Mind Body & Spirit

Peach Springs, AZ & Mesa, AZ

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

Chiropractic Physician

Phone: 928 769-6083

Fax: 480-393-7740

E-mail: northgatedc@yahoo.com

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

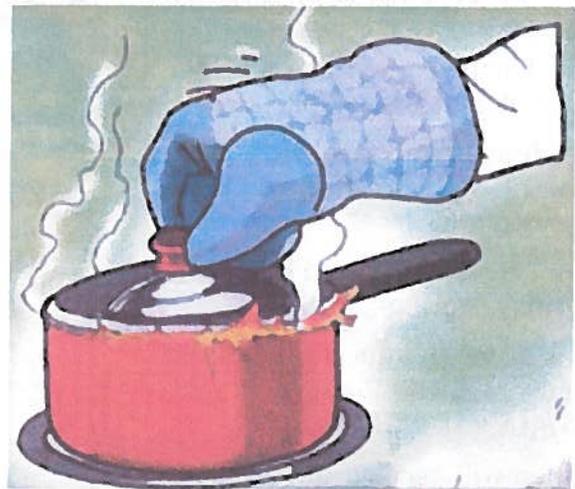
- Develop and memorize escape route
- Assign responsibility for evacuating infants, elderly and infirm
- Choose meeting place outside home
- Keys must be easily accessible
- Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

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 baking soda to smother a pan fire!



Brought to you by the Firefighters of the Hualapai Tribe

Fire Chief Quasula, and Fire Admin. A. Whatoname

TO REPORT FIRES OR EMERGENCIES CALL (928)769-2205

COMMUNITY MESSAGES

Birthday Shout Out

Happy Birthday • March 18, 2014

March 22 & March 27
Wishing you a wonderful birthday up above Grandpa (3/22). We love and miss you dearly.

Love, Lou - No Fam ♥
Also, to Mariam Cook - hope your day is filled with laughter and cheer!
Love, Lou, Ty and Havatone Family ♥

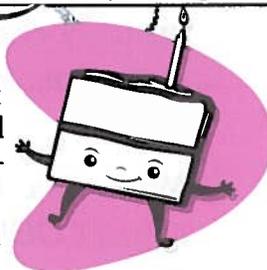
HAPPY BIRTHDAY!



I would like to wish my brother, Doncio Havatone, a happy birthday. Although, you're not here, we celebrate your day until the day we can celebrate it together.

Love and miss you lots - Lou Lous

P.S. Happy Birthday Uncle Doncio
From Tyren and Floyd



ATTENTION ARTISTS



The Hualapai Planning Department is looking for a design to be placed on this year's Earth Day t-shirts, with the theme "Beautify Hualapai".

The deadline to submit your drawing will be Friday, April 11, 2014.

Earth Day clean up and lunch will be Friday, April 25, 2014.

If you have any questions, please contact Michelle Zephier at 928-769-1310, ext. 25.

Winner will receive gift card reward.

Fundraiser Notice

The Hualapai Transition Committee will be fundraising:



Spaghetti plates

\$6.00 until sold out

Includes: corn on the cob, salad, tortilla and a soda

Multi-purpose Building

Tuesday, April 1, 2014

Look for flyers in the community for more information!

OxendaleHyundai

Findlay +  + **Tax Refund**



HAVE MONEY?

HAVE A JOB?

NEED A RIDE?



FINDLAY TOYOTA WILL MATCH YOUR TAX REFUND UP TO \$1500!!
Guaranteed Credit Approval!

Call Evan Scott or Morgan Bitsoe at Findlay Toyota!

Looking for a reliable vehicle and wondering who to trust? Come in today and find out why our customers continue to come back for all their transportation needs!

Evan:
928.660.0317

Morgan:
928.640.6796

Toyota:
800.635.0446



Let us help you get in a new truck today!