

# Newsletter of the Hualapai Tribe

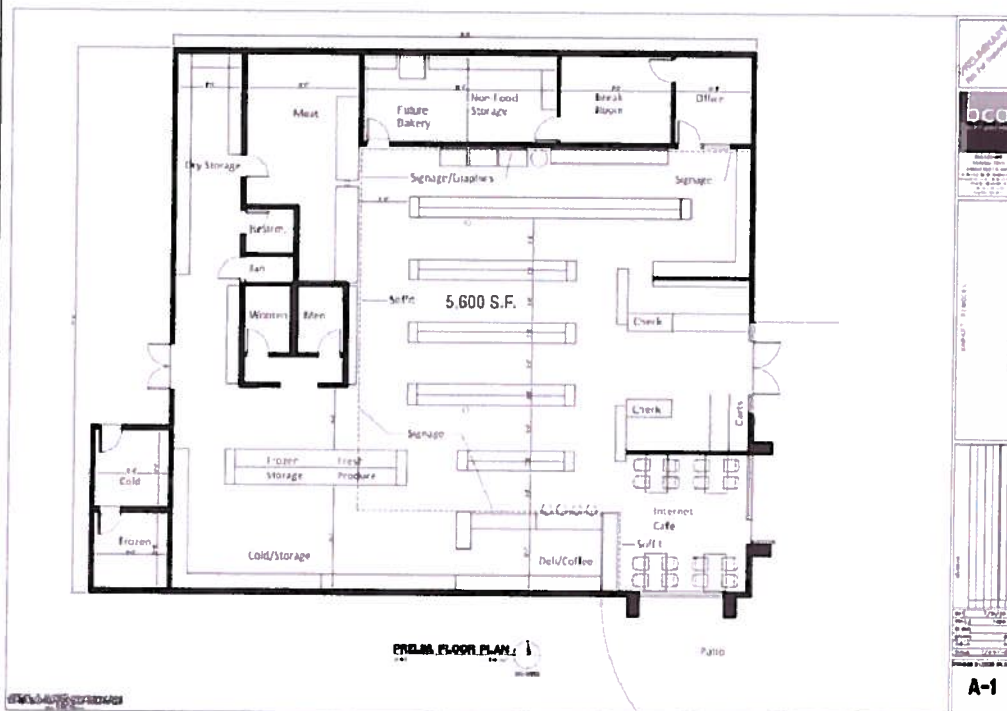
# GAMYU

Issue #16

Friday, August 1, 2014

## Update on Remodel of Hualapai Market in Peach Springs

*Submitted by: Kevin Davidson, Hualapai Planning Department*



I would like to thank the Hualapai Council for approving the conceptual floor plan for the Hualapai Market remodel project (see above). This will allow the architect to move forward with the building plans for the 5,600 square foot market and have the re-modeled store open in December of this year. On July 29<sup>th</sup>, personnel from the Natural Resources, Cultural Resources, Health and Wellness, Public Works, EMS, and Planning Departments, plus GCRC, met with four members from the design-build team of AR Mays to formalize the program needs for the market and organize the interior space. The plan includes a butcher shop, deli/cafe, a space for a new bakery, new coolers and freezers on the west side of the building, and a large enough sales floor to provide for a grocery shopper's needs. The goal is to provide shopping services for the community and allow the Tribe to keep its dollars circulating in the community to strengthen the local economy.

## **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, August 8<sup>th</sup>

### **Next Publication:**

Friday, August 15<sup>th</sup>



## **Inside this issue:**

<b>Information &amp; Events</b>	<b>2</b>
<b>Education &amp; Training</b>	<b>12</b>
<b>Health &amp; Safety</b>	<b>17</b>
<b>Community Messages</b>	<b>22</b>

**Public Notice • Proposed Homesite***Submitted by: Michelle Zephier, Hualapai Planning Department | (928) 769-1310 Ext. 25***Public Notice for the Hualapai Community**

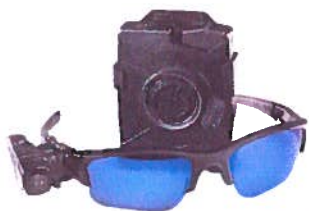
Mrs. Tinhorn is searching for an alternate location for her new homesite, having withdrawn her first request that was published in the Gumyu on 7/18/2014. The second site is located on the corner of Diamond Creek and Hualapai Drive across the street from the Multi Purpose building. If you have any comments or concerns please call the Hualapai Planning Department, thank you.

**Hualapai Police Upgrade Camera Systems***Submitted by: Detective Felker, Hualapai Police Department*

**Hualapai Nation Police Department**  
**P.O. Box 490 – 468 Diamond Creek Road**  
**Peach Springs, Arizona 86434**  
 (928)769-1024/0900 Fax (928)769-1027

Smile you're on candid camera

Most people in the community know that the Hualapai Nation Police Department has deployed in car cameras for some time, these camera systems are limited to the angle they are set and the direction the vehicle is facing as well as by the performance limitations of the portable audio receiver.



In order to better serve the community the Hualapai Nation Police Department through grant funding is deploying the Axon-Flex camera developed in conjunction by Taser and Oakley. This is a personal body camera the officer wears into the field that creates a point of view record of what really happened on any given call. We are expecting this to aid the community and the department in a number of areas! If you have any questions, contact Detective Felker at (928) 769-1024.



**Hualapai Recycle Program Announcement**

*Submitted by: Hualapai Public Works Department*



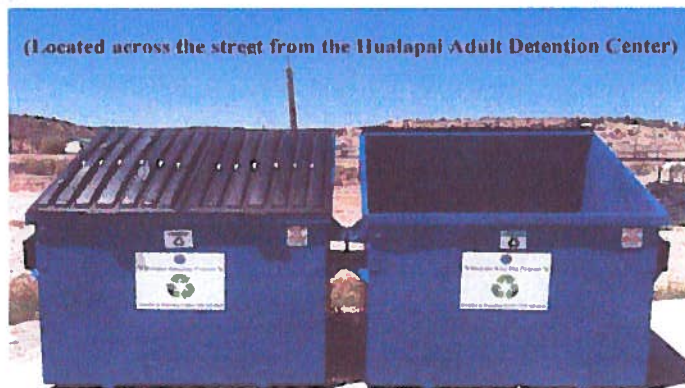
## Hualapai Recycle Program



(Located across the street from the Hualapai Multipurpose Building)



(Located across the street from the Hualapai Adult Detention Center)



The Hualapai Recycle Program has expanded to include several drop-off areas for recyclable items. These areas are where the large blue dumpsters have been placed throughout the community (as shown in the pictures above).

Items that can be dropped off in the dumpsters are empty plastic bottles, empty aluminum cans, cardboard, and paper. There are labels for each item on the dumpsters. Please feel free to take advantage of this recycling opportunity.

Also, please do not place any household trash other than the recyclable items in the dumpsters.

Hualapai Public Services Department  
Solid Waste  
Recycle Program

**Keepseagle v. Vilsack Settlement Funds Update***Submitted by: Teresa Honga***Venue Location and Webinar Information**

Approximately \$380 million in settlement funds remain undistributed from the *Keepseagle v. Vilsack* litigation. The Settlement Agreement approved by the Court requires that these funds only be given to non-profit organizations providing services to Native American farmers & ranchers. The parties to the litigation propose creating a Trust that would distribute most of these funds as grants to eligible non-profit organizations.

Counsel for the plaintiff class want to discuss the Trust and seek your views about the mission for the Trust and who should oversee the Trust. For that purpose, counsel has scheduled several regional meetings and webinar (telephone conference) calls on the dates stated on this flier. Interested individuals, Tribal governments, non-profits and other organizations are invited to participate.

**PUBLIC COMMENT IS REQUESTED FROM INDIAN COUNTRY ON THIS MATTER**

Please hold one of the dates (below) and make plans to attend and provide input.

For more information:

Please visit: [www.indianfarmclass.com](http://www.indianfarmclass.com), email [indianfarmclass@gmail.com](mailto:indianfarmclass@gmail.com) or call: 1 (479) 200-8210.

**PUBLIC MEETINGS**

***In Person: All meetings: 9:30 a.m. - 4:00 p.m. (Local Location Time)***

<b><u>July 30</u></b> <b>Tulsa, OK</b> Hard Rock Resort 777 W. Cherokee Street Catoosa, OK 74015	<b><u>Aug. 5</u></b> <b>Albuquerque, NM</b> Isleta Resort 11000 Broadway SE Albuquerque, NM 87105	<b><u>Aug. 7</u></b> <b>Phoenix/Scottsdale, AZ</b> Talking Stick Resort 9800 E. Indian Bend Rd. Scottsdale, AZ 85256	<b><u>Aug. 12</u></b> <b>Rapid City, SD</b> Best Western Ramkota Hotel 2111 N. LaCrosse Street Rapid City, SD 57701
<b><u>Aug. 14</u></b> <b>Bismarck, ND</b> Best Western Ramkota Hotel 800 S. 3rd Street Bismarck, ND 58504	<b><u>Aug. 19</u></b> <b>Spokane, WA</b> Northern Quest Resort 100 North Hayford Road Airway Heights, WA 99001	<b><u>Aug. 21</u></b> <b>Billings, MT</b> Holiday Inn Grand Mon- tana 5500 Midland Road Billings, MT 59101	<b><u>Aug. 26</u></b> <b>Raleigh, NC</b> McKimmon Conference & Training Center 1101 Gorman Street Raleigh, NC 27606

**WEBINARS****Aug. 6****2-5pm MT**

To register for the webinar, please visit: <https://attendee.gotowebinar.com/register/172771019936164610>

**Please** register as soon as possible. To participate via telephone only, please call: **866-901-2585 or 404-835-7099 at least 15 minutes before** the webinar is scheduled to begin (1:45pm MT) and provide your information to the operator with the **access code: 4057585**

**Aug. 16****10am-1pm MT**

To register, please visit: <https://attendee.gotowebinar.com/register/4870689536306820866>

**Please** register as soon as possible. To participate via telephone only, please call: **866-901-2585 or 404-835-7099 at least 15 minutes before** the webinar is scheduled to begin (9:45 am MT) and provide your information to the operator with the **access code: 2575793**

**Aug. 20****6-9pm MT**

To register, please visit: <https://attendee.gotowebinar.com/register/573117497260638466>

**Please** register as soon as possible. To participate via telephone only, please call: **866-901-2585 or 404-835-7099 at least 15 minutes before** the webinar is scheduled to begin (5:45 pm MT) and provide your information to the operator with the **access code: 3181396**



**Hualapai Tribal Transportation Safety Planning • Tuesday, August 5<sup>th</sup>***Submitted by: Kevin Davidson, Hualapai Planning Department | High Road Engineering***Meeting Announcement**

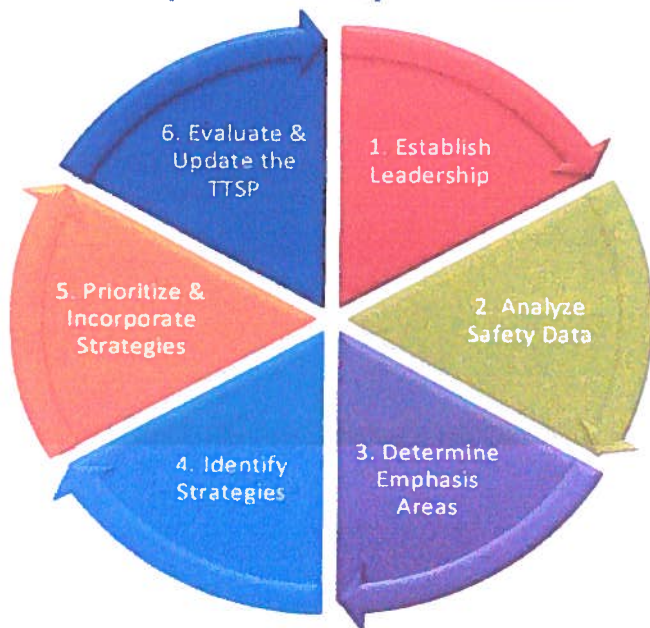
**Hualapai Tribal Transportation Safety Planning**  
**Tuesday, August 5, 2014 from 10:00 am to 12:00 noon**  
**Cultural Center, 880 Highway 66, Peach Springs**

**What** is a Tribal Transportation Safety Plan?

The purpose of a Tribal Transportation Safety Plan (TTSP) is to identify key safety needs and guide investment decisions to achieve **reductions in fatalities and serious injuries** on local public roadways. It is your Tribal Government's strategic prioritization of transportation safety issues and multi-disciplinary strategies that, if implemented, will result in a reduction of fatal and serious injury crashes.

**Why** have a Tribal Transportation Safety Plan?☒ **Safer Roadways**☒ **Proactive Approach** to address safety issues☒ **Develop Partnerships with the public and across governmental agencies**☒ **Multi-disciplinary Cooperation** for more effective solutions☒ **Risk Management**☒ **Safety Funding Eligibility**

A TTSP with a prioritized list of improvements can help agencies better justify **funding requests** by documenting specific needs, particularly if they are consistent with emphasis areas and strategies identified in the State's Strategic Highway Safety Plan. A TTSP also shows that an agency has done its due diligence and can help compete more effectively for limited funds.

**6 Steps in the Safety Plan Process****Example Emphasis Areas**

- Distracted and / or drowsy driving
- Occupant protection
- Impaired driving
- Speed management
- Teen drivers
- Hazardous locations
- Roadway departures
- Intersection safety
- Older drivers
- Incident response
- Nighttime crashes
- Crash data



**High Road**  
**ENGINEERING, INC.**  
 CIVIL ENGINEERING & CONSULTING

Phone 435.767.8481  
 Fax 435.574.0456  
 E-mail ewhitlock@highroadengineering.com

**Long Range Transportation Plan • Wednesday, August 20<sup>th</sup>***Submitted by: Kevin Davidson, Hualapai Planning Department*

# Please Join Us

## Hualapai Indian Tribe Public Meeting

### Long Range Transportation Plan

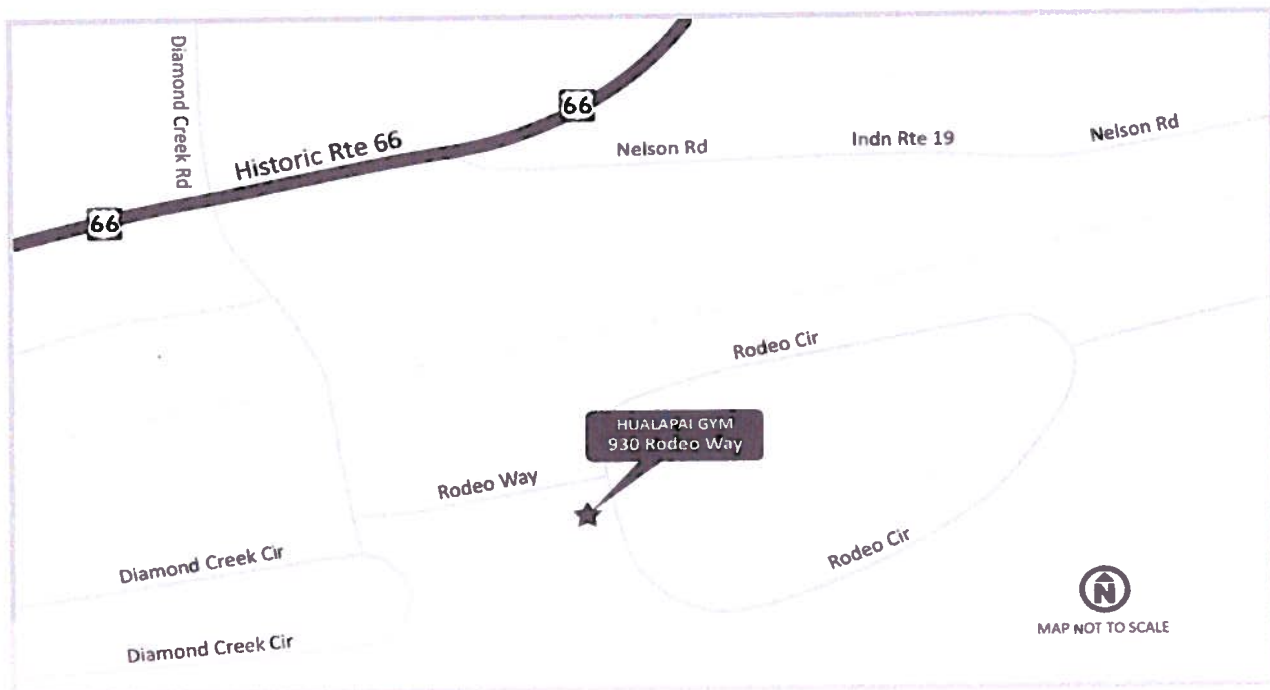
The Hualapai Indian Tribe in collaboration with the Arizona Department of Transportation (ADOT) is updating the Tribe's long range transportation plan funded through ADOT's Planning Assistance for Rural Areas (PARA) program. The plan will provide recommendations to improve automobile, bus, bicycle, equestrian,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

### WE WANT TO HEAR FROM YOU

Join us on **Wednesday, August 20, 2014 from 4 to 6 p.m.** at the second and final public meeting of this study to learn more about the recommended improvements and share your ideas on those recommendations for the Hualapai Indian Reservation community

### Meeting Location

**Hualapai Gym, 930 Rodeo Way, Peach Springs, AZ 86434**



Persons that require a reasonable accommodation based on language or disability should contact ADOT at [projects@azdot.gov](mailto:projects@azdot.gov) or 855.712.8530. Requests should be made as early as possible to ensure the state has an opportunity to address the accommodation.

**ADOT**

FOR MORE INFORMATION:  
855.712.8530 or 928.769.2216  
[azdot.gov/hualapai-lrtp](http://azdot.gov/hualapai-lrtp)

**Request for Bids (2) for Head Cook and Assistant Cook/Janitor***Submitted by: Hualapai Tribal Administration***HUALAPAI GAME & FISH****P.O. BOX 249****Peach Springs, AZ 86434****Phone: (928) 769-2227****Fax: (928) 769-1111****E-mail: [gamefishhualapaitribe@yahoo.com](mailto:gamefishhualapaitribe@yahoo.com)****ATTENTION  
REQUEST FOR BID'S****1 - HEAD COOK and 1 - ASSISTANT COOK/JANITOR  
FOR THE 2014 EXCLUSIVE TROPHY BULL ELK HUNT**

The Hualapai Game & Fish Department is seeking bids from qualified individuals to cook, shop for the food and clean during the Trophy Bull Elk hunts scheduled. Cook and helper must be able to interact with hunter and guide in a friendly manner.

We will provide the food and necessary cookware, utensils and dishware.

**Date: August 27, 2014 thru September 11, 2014****Exclusive Trophy Bull Elk Hunts (Hunt may not last full 16 days)**

Worksite will be at the Youth Camp. Work hours at maximum 18 daily (4am to 10pm). Lodging and meals are provided.

Please submit a **sealed bid** that includes:

- Statement of your qualifications
- Price quote per hour/per day
- Proof of food handler's card

Bids can be submitted to the Hualapai Game & Fish Department Office, or it can be faxed or mailed before the closing date, to the address above.

**Bids will be accepted until Wednesday, August 20, 2014****1 - HEAD COOK and 1 - ASSISTANT COOK/JANITOR  
FOR THE 2014 TROPHY BULL ELK HUNT**

The Hualapai Game & Fish Department is seeking bids from qualified individuals to cook, shop for the food and clean during the Trophy Bull Elk hunts scheduled. Cook and helper must be able to interact with hunters and guides in a friendly manner.

We will provide the food and necessary cookware, utensils and dishware.

**Date: September 11, 2014 thru September 25, 2014****1st & 2nd Trophy Bull Elk Hunts (Hunts may not last full 2 weeks)**

Worksite will be at the Youth Camp. Work hours at maximum 18 daily (4am to 10pm). Lodging and meals are provided.

Please submit a **sealed bid** that includes:

- Statement of your qualifications
- Price quote per hour/per day
- Proof of food handlers card

Bids can be submitted to the Hualapai Game & Fish Department Office, or it can be faxed or mailed before the closing date, to address above.

**Bids will be accepted until September 6, 2014**



**Community Transportation Information**  
*Submitted by: Antonia Cogburn, Hualapai Health Department*

**Hualapai Tribe  
Hualapai Health Department  
Medical Transport – Update 5-28-2014**

**DESCRIPTION OF TRANSPORTATION SERVICES**

The Hualapai Tribe through the Hualapai Health Department's Non-Emergency Medical Transport provides transport services which include services to the elderly and disabled. The Hualapai Tribe is a Tribal Government which provides governmental services for individuals who live on the Hualapai Indian Reservation. One of those services is Non-Emergency Medical Transportation.

**Hualapai Health Department's Transport Services**

1. The priority is medical transports. These trips are for medical appointments or for medical admissions. The trips are requested by completing the Non-Emergency transport form located at the Health, Education and Wellness Reception desk. Please attach a copy of your appointment slip. The completed transport request and appointment slip. Submit transport request as soon as you know you need the transport. The completed transport form should be given to the HEW Reception staff. If you do not receive a call informing you that you have been scheduled, you may call 928-769-4188. The trips are provided between 3 AM to 10 PM, Monday through Friday. The trips are normally made to Kingman, Arizona but also include, Flagstaff, Phoenix, Parker, Tucson Arizona and occasionally to Las Vegas, Nevada. Seat belts and car seats are required for all transports. You must bring your own car seat.
2. AHCCCS is billed for medical transportation for those Individuals who are on AHCCCS or who may qualify. Non-AHCCCS ,who qualify, patients are covered through the Hualapai Tribe's general funding.
3. Non-Medical Transports. There is a charge for other types of transports of \$10.00 per 100 miles per person. Those trips include: food bank, shopping, pick-up or drop off at various places, trips to medical facilities where their immediate relative has been flown or taken by ambulance, individuals who need to pick up their vehicle, shop for a program, and other social or program issues that may arise. The trips are available between 8 AM to 5 PM, Monday through Friday. The trips are made to Kingman, Flagstaff, Parker, Phoenix, Las Vegas, Supai Hilltop.  
Local transports may be provided if a driver and vehicle are available.  
If an escort is needed, please complete that portion of the transport form.

**Summary Statement**

The driver may encounter a situation not covered in this or the Hualapai Tribe's Policy and Procedure and may not be able to discuss alternatives with the Supervisor or Director and will need to make the best decision they can. In these instances, they must notify the Supervisor/Director as soon as possible and follow-up with a letter explaining what happened - follow-up and outcome. The Hualapai Tribe does not discriminate against any individual on the basis of race, color, sex, religion, national origin, age, pregnancy, disability and/or sexual orientation.

Please review the attached complaint and incident forms, provide feedback to HEW Transport if you see anything that needs to be added or removed. Thanks. Sandra Irwin, Director



Passenger Complaint Form

Date: \_

Your Name \_\_\_\_\_ Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Contact Number \_\_\_\_\_

E-Mail \_\_\_\_\_

Street City ZIP County \_\_\_\_\_

Other persons (if any) involved in this problem:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My complaint is: \_\_\_\_\_

What do you consider to be a fair resolution/solution to your problem?

If you need more space, please attach additional sheets.

## Transportation Request Form

- ☐ Medical Transportation    ☐ LOCAL  
☐ Non-Medical Transportation

Return to: Health-Education & Wellness  
 Phone: (928) 769-4188    Fax: (928) 769-2881  
 Mail: PO Box 397, Peach Springs, AZ 86434

**\*\*Shopping—must pay a fee of \$10 per 100 miles per person to the Tribal Office and bring receipt to the H.E.W. w/ REQUEST\*\***

**Scheduling Hours: 8 am—5 pm Monday—Friday**

- |                                     |                                       |  |   |
|-------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> One Way    | <input type="checkbox"/> ALTC/AHCCCS  | <input type="checkbox"/> Training Center | <input type="checkbox"/> H.E.W                |
| <input type="checkbox"/> Round Trip | <input type="checkbox"/> RTC          | <input type="checkbox"/> Tribal Office   | <input type="checkbox"/> Housing              |
| <input type="checkbox"/> Ambulatory | <input type="checkbox"/> I.H.S Clinic | <input type="checkbox"/> Social Services | <input type="checkbox"/> Lodge                |
| <input type="checkbox"/> Wheelchair | <input type="checkbox"/> GCRC         | <input type="checkbox"/> Court           | <input type="checkbox"/> Other                |
| <input type="checkbox"/> Discharge  | <input type="checkbox"/> Store/P.O    | <input type="checkbox"/> School/H. Start | <input type="checkbox"/> Out of Town-Shopping |

APPOINTMENT DATE	APPOINTMENT TIME	PICK UP TIME	TODAYS DATE
/ /	:	:	/ /
First Name                      Last Name		ORIGIN - Pick Up Address  <div style="border: 1px solid black; padding: 5px; text-align: center;">DESTINATION</div> DESTINATION NAME  DESTINATION ADDRESS  Phone Number:	
Phone # or Message #			
Name of escort:			
AHCCCS # or ALTC # (IF MEDICAL)      D.O.B (IF MEDICAL) <div style="text-align: center;">/ /</div>			
<input type="checkbox"/> Pending			

**\*\*FOR OFFICE USE (Do not write in area below)\*\***

Driver: \_\_\_\_\_ Beginning Mileage \_\_\_\_\_ For Shopping Trips:  
 Amount paid: \_\_\_\_\_  
 Vehicle: \_\_\_\_\_ Ending Mileage \_\_\_\_\_ Receipt #: \_\_\_\_\_

## TRIP INFORMATION

Start	Pick up Mileage:	Drop off Mileage:	Total
	Pick up Time:	Drop off Time:	
Return	Pick up Mileage:	Drop off Mileage:	Total
	Pick up Time:	Drop off Time:	

TOTAL \_\_\_\_\_

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Reason Client is not going with Transportation: \_\_\_\_\_

- ☐ Trip approved and scheduled as requested

\_\_\_\_\_  
 Signature of Transportation Coordinator/HHD Director





Hualapai Health Department  
P.O. Box 397  
Peach Springs, AZ 86434  
Telephone (928) 769-2207 Fax (928) 769-2588

## Transportation Report

Assigned Driver: \_\_\_\_\_

Vehicle Tag No.: \_\_\_\_\_

Destination: \_\_\_\_\_

Time of Departure: \_\_\_\_\_: \_\_\_\_\_ AM/PM

Time of Return: \_\_\_\_\_: \_\_\_\_\_ AM/PM

- ☐ **Unexpected Passenger** (Complete Transportation form)

Name of passenger: \_\_\_\_\_

Other information: \_\_\_\_\_

\_\_\_\_\_

- ☐ **Passenger Violations**

☐ Cursing    \_\_\_ Arguing/ Fighting    \_\_\_ Drinking    \_\_\_ Purchased Alcohol

☐ Theft/Shoplifting    \_\_\_ Refusal of Transportation Rules    \_\_\_ Other  
(Describe violation)

\_\_\_\_\_

- ☐ **Passenger Riding One-Way** (State drop-off point/location)

\_\_\_\_\_

- ☐ **Vehicle Damage or other issues** (Complete Incident form)

\_\_\_\_\_

Driver Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Director/Designee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### *Consequences:*

#### **First Offense:**

Meeting with Director & drivers to discuss violation to develop an agreement before violator is allowed transportation services.

#### **Second Offense:**

Meeting with Director & drivers to re-evaluate agreement, violator will be suspended from services for 2 weeks – 1 month (depending on severity).

#### **Third Offense:**

Meeting with Tribal Administration (if requested), Director, & drivers to discuss resolution. Violator will be suspended from services from 1 – 6 months (depending on severity).

# EDUCATION & TRAINING

Hualapai Head Start is Now Accepting Applications • Returning Students

*Submitted by: Brandy Onkka*

Head Start is now accepting applications

For the 2014-2015 School Year

Head Start serves children between the  
ages of 3 & 4 years old.

Head Start serves children with special needs,  
and low-income families. The Head Start  
Program offers: Health Screenings,  
Developmental Screenings,  
Free Parent Workshops & Training,  
& Socializations.

Along with your application, we will need a copy  
of the following: Completed Application,  
Income Verification,  
Birth Certificate (State Certified),  
CIB (Certificate of Indian Blood), Social Security Card,  
Guardianship Form (if necessary)

For more information, or to fill out  
application please call 769-2244





## ***Attention: Parents of Returning Head Start Children***

**For the 2014-2015 School Year**

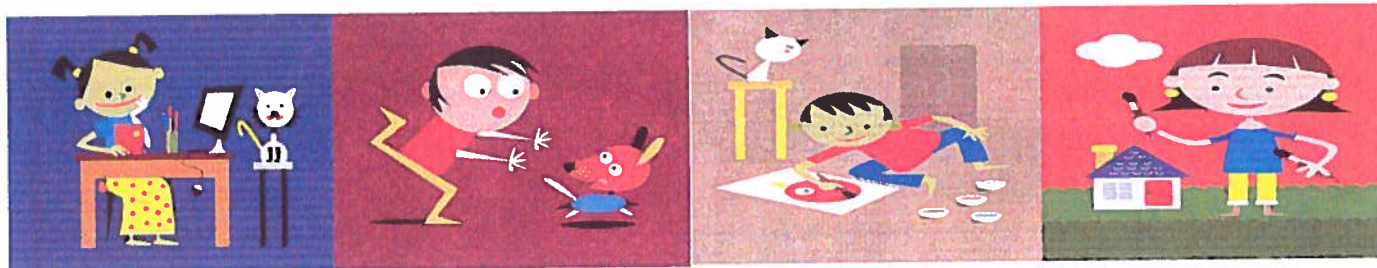
You will need to update the following items:

- Completed Application
- Yearly Updated Physical
- Yearly Updated Immunizations
- Yearly Updated Dental Exam
- Guardianship Form (if necessary)
- Emergency Contact Form

If you should have any questions  
please call 769-2244

**Peach Springs Elementary School is Now Accepting Applications**

*Submitted by: Hualapai Tribal Administration*



**PEACH SPRINGS ELEMENTARY SCHOOL  
IS NOW ACCEPTING  
ENROLLMENT APPLICATIONS!!**

**The office is open**

**Monday through Thursday**

**8:00am to 3:00pm**

**Enrollment applications are available in the front lobby.**

**PLEASE NOTE**

**All students will be required to have a current copy of their  
immunizations.**

**The school will not be contacting the clinic for copies of immunizations.**

**NEW STUDENTS**

**Please bring in a copy of the students birth certificate, tribal enrollment,  
Social security card and current immunizations.**

**SCHOOL BEGINS ON MONDAY, AUGUST 4<sup>TH</sup>, 2014**

**See you soon!!**



**School Breakfast Information**

*Submitted by: Hualapai Tribal Administration*

**Ate**  
**School Breakfast**



**Didn't eat**  
**School Breakfast**



**EAT SCHOOL BREAKFAST**  
**it gives you energy**

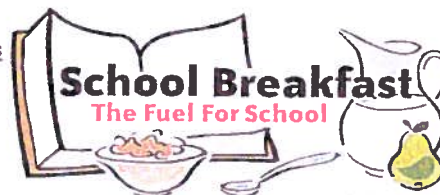
School Name: PEACH SPRINGS ELEMENTARY

Breakfast Times: 7:15 TO :45 BE HERE ON TIME

Prices: No cost to enrolled students

Location Served: School cafeteria

Other info: \$1.00 for all other persons



**Hazardous Materials Training for Dispatchers • Monday, September 22<sup>nd</sup>***Submitted by: Information Desk***TRAINING ANNOUNCEMENT****Hazardous Materials Training for Dispatchers****September 22<sup>nd</sup>, 2014 | 1:00 to 5:00 pm****Host: Hualapai Tribe  
Multi-Purpose Building****Peach Springs, AZ 86434**

**TARGET AUDIENCE:** 9-1-1 Operators, Police, Fire and EMS Dispatchers; Tribal Firefighters; Police; Forest Service; Highway/Transportation Workers; Public Works; Security; EMTs; Community Members; Environmental Personnel; and other personnel that respond to emergencies on tribal lands.

**TRAINING INFORMATION:** This course is designed for dispatchers who take emergency information regarding a hazardous materials emergency and dispatch first responders to releases or potential releases for the purpose of protecting nearby persons, property, or the environment from the effects of the release.

The training includes topics on how to recognize a hazardous materials spill, utilize the 2012 Emergency Response Guidebook, and effectively send the appropriate resources to manage the incident. The training is sponsored by the Inter Tribal Council of Arizona, Inc. (ITCA) Environmental Quality Programs. A Hazardous Materials Emergency Preparedness (HMEP) grant enables ITCA to provide the EPCRA training and other related training courses at no cost to participants. The training will be instructed by Sylvia and Chuck Monroe who have extensive experience with training emergency personnel in situations involving hazardous materials.

Attached is a registration form. Please complete and submit the registration form to Nathan Nixon or Coby Covington through fax or email prior to September 15, 2014.

Should you require additional information, please contact:

**Nathan Nixon, M.S.**  
Emergency Preparedness Program Coordinator  
Inter Tribal Council of Arizona, Inc.  
T: (602) 258-4822  
E: [nathan.nixon@itcaonline.com](mailto:nathan.nixon@itcaonline.com)

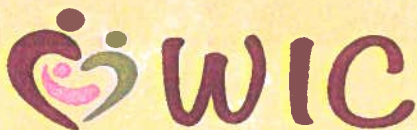
Ak-Chin Indian  
Community  
 Cocopah Tribe  
 Colorado River  
Indian Tribes  
 Fort McDowell  
Yavapai Nation  
 Fort Mojave Tribe  
 Gila River Indian  
Community  
 Havasupai Tribe  
 Hopi Tribe  
 Hualapai Tribe  
 Kaibab-Paiute Tribe  
 Pascua Yaqui Tribe  
 Pueblo of Zuni  
 Quechan Tribe  
 Salt River Pima  
Maricopa Indian  
Community  
 San Carlos  
Apache Tribe  
 Tohono O'odham  
Nation  
 Forto Apache Tribe  
 White Mountain  
Apache Tribe  
 Yavapai-Apache  
Nation  
 Yavapai-Prescott  
Indian Tribe



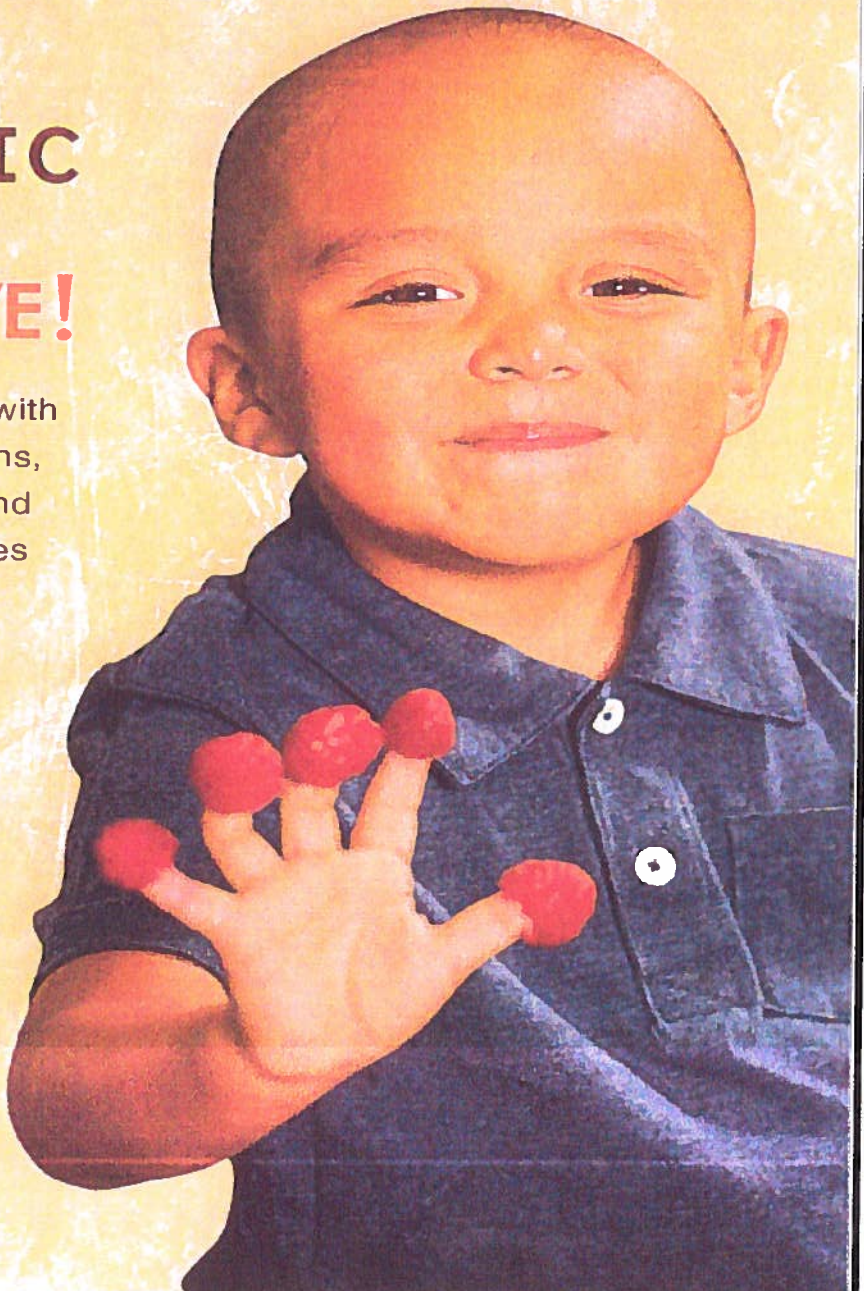
**KIDS CAN  
STAY ON WIC  
UNTIL THE  
AGE OF FIVE!**

**HUALAPAI  
TRIBE WIC**

**Hualapai Health Education  
& Wellness Center  
Peach Springs, AZ 86434**



***itcaonline.com/WIC***

[illegible]

## **Taking Charge of Your Diabetes Information**

*Submitted by: Hualapai Healthy Heart Program | Centers of Disease Control and Prevention | Take Charge of Your Diabetes, 4<sup>th</sup> Edition, Atlanta: US Department of Health and Human Services, 2007*

### **HAVING PROBLEMS WITH LOW BLOOD GLUCOSE**

In general, a blood glucose reading lower than 70 mg/dL is too low. If you take insulin or diabetes pills, you can have low blood glucose (also called hypoglycemia). Low blood glucose is usually caused by eating less or later than usual, being more active than usual, or taking too much diabetes medicine. Drinking beer, wine or liquor may also cause low blood glucose or make it worse.

Low blood glucose happens more often when you're trying to keep your glucose level near normal. This is no reason to stop trying to control your diabetes. It just means you have to watch more carefully for low levels. Talk this over with your health care team.



***If you have signs that your blood glucose is low but you can't test right then... go ahead and treat it! Treat it every 15 minutes, until your glucose level is normal.***

### **SIGNS of LOW BLOOD GLUCOSE**

Some possible signs of low blood glucose are feeling nervous, shaky or sweaty. Sometimes people just feel tired. The signs may be mild at first. But a low glucose level can quickly drop much lower if you don't treat it. When your glucose level is very low, you may get confused, pass out or have seizures.

If you have any signs that your glucose may be low, test it right away. If it's less than 60 to 70 mg/dL, you need to treat it right away. See below for ways to treat low blood glucose.

### **TREATING LOW BLOOD GLUCOSE**

If you feel like your blood glucose is getting too low but you can't test it right then, play it safe—go ahead and treat it. Eat 10 to 15 grams of carbohydrate right away. See the box below for examples of foods and liquids with this amount of carbohydrate.

#### **FOODS and LIQUIDS for LOW BLOOD GLUCOSE** (each item equals about 10 to 15 grams of carbohydrate)

FOOD ITEM	AMOUNT
Sugar Packets	2 to 3
Fruit Juice	1/2 cup (4 ounces)
Soda Pop (not diet)	1/2 cup (4 ounces)
Hard Candy	3 to 5 pieces
Sugar or Honey	4 teaspoons
Glucose tablets	3 to 4

Check your blood glucose again in 15 minutes. Eat another 10 to 15 grams of carbohydrate every 15 minutes until your blood glucose is above 70 mg/dL.

Eating or drinking an item from the list will keep your glucose up for only about 30 minutes. So, if your next planned meal or snack is more than 30 minutes away, you should go ahead and eat something like

crackers and a tablespoon of peanut butter.

In your glucose logbook or record sheet, write down the numbers and the times when low levels happen. Think about what may be causing them. If you think you know the reason, write it beside the numbers you recorded. You may need to call your health care provider to talk about changing your diet, activity or diabetes medicine.

Tell family members, close friends, teachers, and people at work that you have diabetes. Tell them how to know when your blood glucose is low. Show them what to do if you can't treat yourself. Someone will need



to give your fruit juice, soda pop (not diet) or sugar. If you can't swallow, someone will need to give you a shot of glucagon and call for help. Glucagon is a prescription medicine that raises the blood glucose and is injected like insulin. If you take insulin, you should have a glucagon kit handy. Teach family members, roommates and friends when and how to use it.



***In a low blood glucose emergency, you may need to go to the hospital.***

Keeping track of your blood glucose is a good way to know when it tends to run low. Show your logbook or record sheet to your health care providers. Be sure to let them know if you're having a number of low glucose readings a week.

- Driving a vehicle
- Using heavy equipment
- Being very physically active.
- Being active for a long time.

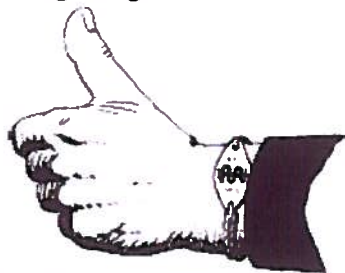
Ask your health care team whether you should test your glucose before (or during) any other activities.

### **BE PREPARED**

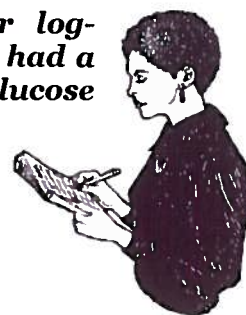
Always carry some type of carbohydrate sugar food or drink with you so you'll be ready at any time to treat a low glucose level. See the table "Foods and Liquids for Low Blood Glucose" for snacks that have 10-15 grams of carbohydrate.

Always wear something (like identification bracelet) that says you have diabetes. Carry a card in your wallet that says you have diabetes and tells if you use medicine to treat it.

***Wear something that lets others know you have diabetes, in case of an emergency***



***Write in your logbook why you had a low blood glucose level.***



Waiting to treat low blood glucose is not safe. You may be in danger of passing out. If you get confused, pass out or have a seizure, you need emergency help. Don't try to drive yourself to get help. Be prepared for an emergency.

### **PREVENTING LOW BLOOD GLUCOSE**

#### ***Keep a balance***

Try to stay close to your usual schedule of eating, activity, and medicine. If you're late getting a meal or if you're more active than usual, you may need an extra snack.

#### ***Check your blood glucose***



***Always carry along some food with carbohydrate in it.***



# Double Your Fun!

**It's time to enjoy the outdoors!**

**Take your child, grandchild, niece, or nephew with you.**

**The result? Two big smiles!**

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



**Whole Wheat Fry Bread Recipe**  
*Submitted by: Hualapai Healthy Heart Program*

# Whole Wheat Fry Bread

Recipe adapted from *What's Cooking, Healthy in Warm Springs*, Sara Lee Thomas, MS, RD and Edison Yazzie

**Prep Time:** 10 minutes

**Cook time:** 15 minutes

**Serves:** 8 small fry breads, 8 serving

## Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 3 tablespoons powdered milk
- 1 tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying



The whole wheat fry bread in this photo was made by Julie Jojola, IHS DDTP staff. She noted that, by using canola oil instead of other oil, there was less odor while frying. The fry bread had a light, whole wheat taste.

## Directions:

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

## Nutrition Information

Calories: 240, Total fat: 10g, Saturated fat: 1g, Sodium: 220-510mg, Carbohydrate: 35g,  
Fiber: 4g, Protein: 6g



Reproduced by IHS Division of Diabetes Treatment and Prevention, 6/2013. To print this, or to order other patient education materials, go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and click **Printable Materials** or **Online Catalog**.

**Administration for Children & Families Safety***Submitted by: Jean Imus, Hualapai Education & Training Center*

ADMINISTRATION FOR

**CHILDREN & FAMILIES**

U.S. Department of Health and Human Services (eagle) logo and Administration for Children and Families logo.

Dear Colleagues:

Every day, child care providers and parents across the country transport millions of children to and from child care centers and homes. In these summer months, car and bus transportation can become more dangerous as children left in vehicles are at increased risk of heatstroke. According to data from San Francisco State University, so far in 2014, at least 17 children have died of vehicular heatstroke. The Office of Child Care (OCC) is dedicated to working with child care providers, Head Start staff, parents, and other adults caring for young children to prevent these tragedies.

OCC and the Office of Head Start are partnering with the U.S. Department of Transportation's National Highway Traffic Safety Administration to provide information to the early care and education community and parents on the importance of double-checking cars, buses, and vans to make sure that no children are left in vehicles and that they arrive safely, and we need your help.

Here are a few simple things child care providers can do:

- ☒ Always make a habit of looking in the vehicle - front and back - before locking the door and walking away.
- ☒ Get in touch with designated family members if a child who is regularly in your care does not arrive as expected.
- ☒ Call 911 or your local emergency number immediately if you see a child alone in a hot vehicle. If he or she is in distress due to heat, get the child out as soon as possible and cool him or her down rapidly.
- ☒ Take Ray Ray's voluntary pledge (<http://www.rayrayspledge.com>) for providers and parents to make a commitment to working together to keep children safe.

Please help us spread the word and raise awareness by sharing this message with child care providers, parents, and other networks in your State, Territory or Tribal community.

Additional information, including media outreach materials, posters, and other campaign materials, can be found at <http://acf.hhs.gov/programs/ecd/look-before-you-lock> or <http://www.safercar.gov/parents/heatstroke.htm>.

Sincerely,

Linda K. Smith, Deputy Assistant Secretary  
Administration for Children and Families  
U.S. Department of Health and Human Services

Shannon L. Rudisill, Director  
Office of Child Care  
Administration for Children and Families  
U.S. Department of Health and Human Services

# COMMUNITY MESSAGES

## From the Family of Marlene Havatone

*Submitted by: Ron Two Bulls*



We would like to thank the following individuals for their sincere and heartfelt kindness and offerings to the family: Josie Powsey, Leota Suminimo, Delores Honga, Wynona Sinyella, Larry Hammond, Joe DeBaca, Hon. Alene Garcia, Wanda Quasula, Ernestine Crozier and Carol Wostal – thank you for being there for our family in our time of need. To Candida Hunter, thank you so much for being with the family almost on a daily basis until the very end. She and Wynona were helpful in making our mother comfortable. Michaela Butler, a daughter, niece and granddaughter was our mothers 24/7 caregiver. Thank you Michaela we all love you very much for taking care of Grandma. Thank you to the many friends and relatives that did come by to visit our mother in her last days; and to the following departments: Hualapai Tribal Council/ Administration, Education & Training Department, Hualapai Health Department, Hualapai Elderly, Planning Department, Hualapai Recreation, Hualapai Nation Police Department, and Public Works and to Grand Canyon Resort Corporation for donations and recognizing our mother for her dedication to Grand Canyon West; Also to the

KRMC Hospice. The entire staff was always very kind, caring and compassionate. For the wake and services, thank you to: Garfield Nish for coming up for the family; to all the bird singers and dances in attendance. Hualapai Baptist Church; Pastor Steve DeFord for the message you gave at the church service; Lana Robbinett for singing, "Precious Memories" and Lisa Uqualla for singing "Where the Roses Never Fade." We would like to send a special thank you to the Two Bulls family that traveled all the way from South Dakota to be here for support.

There are too many to thank, so if we haven't mentioned you, we did not leave you out intentionally. Every hug, every kind word and every gesture from everyone is greatly appreciated.

But most importantly, Thank You God for giving us our mother for as long as you let us have her. She is home now and we can all move on knowing she is happy and in that place where the roses never fade.

---

## Thank You

*Submitted by: Elaena Bravo*

Gam'yu,

My name is Elaena Bravo, I'm 20 years old. Proud daughter of Loren Bravo, Sr. and Andrea Bahnimptewa. Also, the granddaughter of Rhoda Honga and John Bravo. A full-time student at Yavapai College to work on my certificate in Management. I worked hard and received my high school diploma with my graduating class on May 23, 2013.

On July 26, 2014, I participated in the Miss Hualapai pageant. The pageant was an amazing experience and I'm happy I went through with it. All the contestants and pageant committee did a wonderful job. The whole event turned out to be an amazing success. All the girls did great with their speeches, talents, and looked absolutely beautiful. I strongly encourage young girls and their parents to participate next year because it's truly fun and a life changing experience.

I would like to thank everyone who helped me and pushed me to do my best. Mainly, my auntie Sharon Wilder for guiding me, encouraging me, and being there for me the whole step of the way. My parents, siblings, family, and friends for believing in me and being that support I needed. It all truly means a lot to me. Sophie Welsh for making my traditional dress I wore the night of the pageant. The dress turned out to be beautiful. I love you all so much! Running for Miss Hualapai has always been a goal of mines since I was a little girl. I'm a proud tribal member and honored to be the newly crowned Miss Hualapai 2014-2015. I will do my best, work hard, and represent our tribe in a positive way.

Hank yu,  
Elaena Bravo



**Thank You from First Things First**

*Submitted by: Erin Taylor, First Things First Outreach Coordinator*

# Thank You from

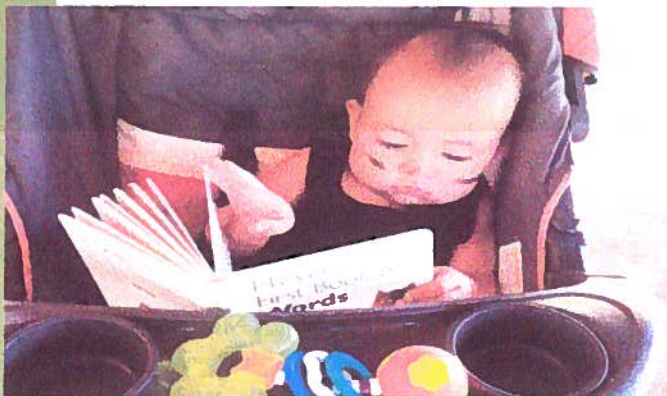


# FIRST THINGS FIRST



Thank you for allowing us to be a part of the Mother-Daughter Retreat July 22. The day highlighted the importance of families and community.

First Things First supports strong families through family support and early education to give children birth to five years old the best start in life. Our early literacy activity showed caregivers how building pre-reading skills and self-confidence can be fun and educational at the same time. We encourage those who took home a book to share the Enrique Feldman "You're Wonderful" song with friends and family.





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## **Toyota Time Sales Event**

*Submitted by: Findlay Toyota of Flagstaff*

## **Robin's Totally You Salon • Open: Thursday - Saturday**

*Submitted by: Michelle Zephier*