

Newsletter of the Hualapai Tribe

GAMU

Issue #23 Friday, November 07, 2014



A Message to the Hualapai People by Chairwoman Counts

Submitted by: Christine Lee | Hualapai Tribe Executive Secretary

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

Sherry J. Counts
Chairwoman

HUALAPAI TRIBE
OFFICE OF THE CHAIRPERSON

P.O. Box 179 • Peach Springs, Arizona 86434 • (928) 769-2216
1-888-769-2221

Philbert Watahomigie, Sr.
Vice Chairman

A MESSAGE TO THE HUALAPAI PEOPLE BY CHAIRWOMAN SHERRY COUNTS

Dear Hualapai Community Members,

From time to time, issues arise in our community that feature incorrect information. In today's world of Internet blogs and other forms of social media, this type of misinformation can spread quickly and leave our community with inaccurate impressions about important issues for the Hualapai people.

One such issue has come up lately, and I would like to take this opportunity to clear up any misunderstandings that may exist.

The issue involves our tribal sovereignty, one of our most important safeguards against intrusion into our laws, our land and our lives. I, along with our Tribal Council, cherish this sovereignty, and we are constantly working to protect it in all our dealings with other nations, governments, corporations and individuals.

Recently some things have been written indicating the Hualapai Tribe had "waived" its sovereign immunity as part of a proposed water rights settlement involving Big Sandy tribal lands, and that the BIA had opposed this waiver. Only a small part of that statement is actually true. The rest is false. Please allow me to explain.

What part is true? In proposed water rights settlement legislation currently pending in both the United States Senate and the United States House of Representatives, the Hualapai Tribe does agree to a limited waiver of its sovereign immunity, but only for purposes of interpreting and enforcing the Big Sandy water rights settlement.

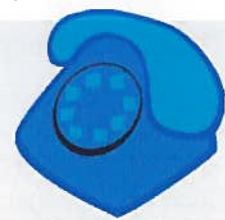
Inside this issue:

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Hualapai Market

Business Hours:
Mon-Fri 8am-7pm
Sat-Sun 8am-3pm

New phone # is:
(928) 200-6109



It is very common for tribes entering into water rights settlements to agree to this kind of limited waiver of immunity so that the settlement is enforceable against all parties. The Bill Williams settlement provides many important advantages to the Tribe. Not only does it establish and protect our water rights in the Big Sandy Basin, as well as protect the flow from Cofer Hot Springs, but it also provides critical resources that will be the key to a comprehensive settlement of our Colorado River water rights. The Bill Williams settlement is very beneficial to the future of our Tribe, and to furthering the long effort to bring Colorado River water to our Reservation. That is why our Tribal Council agreed to this limited waiver.

What part is false? The Hualapai Tribe has not agreed to waive all its sovereign immunity in the water rights legislation. The limited waiver in the legislation specifically states that it does not include any waiver of immunity for money damages against the Tribe. Thus, the Tribe remains fully immune to suit by any party seeking money from the Tribe for any reason.

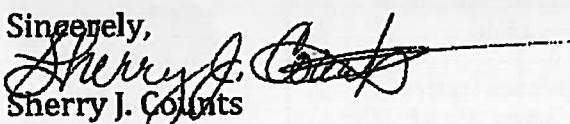
For the same reason, it is false to claim that this waiver is contrary to the Tribe's Constitution. The Constitution requires referendum approval only if the Tribe waives immunity as to a claim for money damages over \$250,000. And this waiver does not do that.

Also, contrary to the statements that have been made, the BIA did not oppose the Tribe's limited waiver. Instead, on an entirely separate issue, the BIA opposed the federal government's waiver of its sovereign immunity. Council Member Jean Pagilawa made this very clear in her testimony before a House subcommittee when she answered a question from the Subcommittee Chair about the BIA's opposition to the federal government's waiver. I thank Council Member Pagilawa for her testimony on behalf of the Tribe at this hearing and for being so well-informed on this important subject. Notwithstanding the BIA's opposition to a federal waiver, the final legislation is very likely to include a limited waiver of the federal government's own immunity.

The Hualapai Tribal Council takes our sovereign immunity very seriously, and strives to protect this right in all our dealings. It can be confusing at times when this issue is discussed among our community members, but I am grateful for this chance to set the record straight on this issue, and to clear up any misunderstandings.

Thank you very much for your time and attention.

Sincerely,


Sherry J. Counts
Chairwoman

Hualapai Secretarial Election Results • October 23rd*Submitted by: Hualapai Tribe | Information Desk***United States Department of the Interior****BUREAU OF INDIAN AFFAIRS**

Truxton Canon Agency

13067 E. Hwy 66

Valentine, AZ 86437

IN REPLY REFER TO:
Superintendent

Hualapai Secretarial Election Results October 23, 2014

Voter Participation:

Registered Voters: 187
Ballots Cast: 93
Voter participation: 50%

Amendments:

Proposed Amendment A			
Voted Yes	Voted No	Total Count	Results
22	71	93	Rejected

Proposed Amendment B			
Voted Yes	Voted No	Total Count	Results
22	71	93	Rejected

Proposed Amendment C			
Voted Yes	Voted No	Total Count	Results
27	66	93	Rejected

Contesting of Election Results: Any qualified voter may challenge the election results within three days following the posting of the results of the election. The challenge must be in writing, must be filed with the Secretary of Interior through the Election Board Chairperson, and must give the grounds for the challenge with substantiating evidence. If, in the opinion of the Secretary shall so order. The results of the recount or new election shall be final.

Contests must be filed by: October 27, 2014, by 12PM to Truxton Cañon Agency 13067 E. Hwy 66. Valentine, AZ 86437

2014 Per Capita Payment • Due Prior to Saturday, November 15th*Submitted by: Vice-Chairman Watahomigie, Sr. | Hualapai Tribal Administration*

The Hualapai Tribal Council has approved a Per Capita payment for all Tribal Members enrolled as of November 1, 2014. The payment will be made on or before December 15, 2014. Payments for minors can either be paid to the legal guardian via check or put into trust for the child's future benefit. **The attached form (page 7) must be submitted with proper documentation prior to November 15, 2014.** If the application and proper documentation are not received prior to November 15, 2014 the funds will be put into trust for the child.

The amount per person has not yet been determined as it is dependent on the number of enrolled Tribal members on November 1, 2014.

Copies of the application are available at the Hualapai Administration and on the tribal website: www.hualapai-nsn.gov

If you have any questions, please contact Wanda Easter at the Tribal Office, (928) 769-2216.

Posted: 10/16/14

Bid Announcement • Due Monday, November 17th*Submitted by: Hualapai Diabetes Prevention/Fitness Center***Hualapai Diabetes Prevention/Fitness Center****ATTENTION**

The Hualapai Diabetes Prevention/Fitness Center is seeking bids for the Annual Diabetes Awareness Conference luncheon to be taken place on Monday, November 24, 2014 at 12:00 p.m.

The menu for the bid shall include:

Vegetable Beef Stew
Homemade Tortilla
Low-Fat Dessert
Iced Tea

(The preparation of the above menu shall be in accordance to a low-fat and low-calorie diet.)

The Hualapai Diabetes Prevention/Fitness Center will provide the needed food for preparation. The bid shall only include the preparation, delivery and the serving of the luncheon plates for approximately 100 people at the conference luncheon. **Interested bidders shall turn bids into the HDP Fitness Center located 930 Rodeo Way in Peach Springs, AZ; no later than 12:00PM on Monday, November 17, 2014.**

For more information, please call: (928) 769-2644

Posted: October 21, 2014

Fitness Center, Tribal Office, Post Office, Best Market, Tribal Website, & Gamyu

**Request for Proposal • Due Friday, November 21st***Submitted by: Kevin Davidson | Hualapai Planning Department*

The Hualapai Tribe of Arizona is soliciting a Request for Proposals (RFP) for a Flagstone Mineral Study.

The Hualapai Indian Tribe (Tribe) wishes to identify and develop additional sources of flagstone to meet the future needs on the Hualapai Reservation and northern Arizona. The Hualapai Reservation contains approximately 998,000 acres of land held in Trust by the Federal government and is located in portions of Mohave, Yavapai and Coconino Counties, Arizona. Aside from on-Reservation use, the Tribe will seek to market the flagstone to other builders in Arizona. A market analysis must be performed to determine the price point for

this unique product and determine the best means to make the product available to the buyer. A contract geologist will be retained to conduct the preliminary assessment, field surveys, geotechnical studies, market studies and any needed drilling and sampling. The contractor will combine this information into a final report to be presented to the Tribal Council at the completion of the grant.

The (RFP) closes on Friday, November 21, 2014 at 4:00 PM Mountain Time/5:00 PM Arizona Time. All questions must be submitted in writing and may be sent via email to the individual listed below. All bids shall be submitted to:

Kevin A. Davidson, Director
Hualapai Tribe Planning & Economic Development Department
Mail to: P.O. Box 179 or Deliver to: 887 W. Highway 66
Peach Springs, Arizona 86434
Phone: (928) 769-1310 Ext. 22
Fax: (928) 769-1377
kdaavidson@hualapai-nsn.gov
www.hualapai-nsn.gov

Seeking TERC Member • Due Friday, November 21st

Submitted by: Kevin Davidson | Hualapai Planning Department

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Hualapai Tribe
Department of Planning & Economic Development
P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434
Phone (928) 769-1310 * Fax (928) 769-1377

The Planning Department is looking for one (1) new TERC Member.

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) Board. The TERC Board has recently accepted Commissioner Kerry Christensen's resignation, which leaves a vacancy on the board. Below is a summary of what TERC is and what their function is.

Under the Hualapai Environmental Review Code (HERC) the TERC Board has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The TERC Board is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any site within Hualapai Tribal lands, in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal envi-

ronmental protection laws and regulations.

If any person is interested, you can pick up an application at the Hualapai Planning Department, fill it out and turn it in. **The deadline for all applications is Friday, November 21, 2014.** If you have any questions please feel free to contact me at 769-1310.

Respectfully,
Kevin Davidson
Planning & Economic Development

Request for Bids • Due Thursday, December 18th

Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Bids

Construction of Youth Camp Bunk House, Pavilion and Restrooms

BID # 1082702GC

The Hualapai Indian Nation is requesting bids for a General Contractor for the construction of three buildings at the Hualapai Youth Camp, located in Coconino County, AZ on the Hualapai Indian Reservation. The buildings include: (1.) a 5,966 s.f. Bunkhouse/Dining Hall, (2.) a 3,645 s.f. indoor/outdoor Pavilion Meeting structure, and (3.) a 1,610 s.f. Laundry/Restroom facility, together with associated site improvements. Bids will be accepted from both Indian-owned and other firms for this project. Bids will be due on December 18, 2014.

A mandatory Pre-Bid Conference will be held at 10:00 AM on December 2, 2014, in the Council Chambers of the Hualapai Administration Building, located at 941 Hualapai Way, Peach Springs, AZ 86434. A visit to the site will also take place following the meeting in the Council Chambers.

The work to be performed under this contract is subject to Section 7(b) of the Indian Self-Determination and Education Assistance Act (25 U.S.C. 450b). A 5% bid preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises. Bid documents can be downloaded through the following link: <https://dl.dropboxusercontent.com/u/21441131/1082702GC%20Bid%20Documents.zip>

If the hyperlink does not work, please copy the link and paste it into the address bar of an internet browser. The zipped folder, containing the bidding documents, is 67 megabytes in size and download time will depend on your internet speed.

Please contact me if you have any questions.

Respectfully,
Matthew Utyro
UrbanTech Ltd.
602-678-0533



ATTENTION: Tribal Members

Submitted by: Er'Linda Havatone | Hualapai Enrollment Department

"ATTENTION"

All Tribal Enrolled Members who are 18 years old & over need to update your address as soon as possible.

Please call the Enrollment Office for your change of address at this number (928) 769-2216 Ext. 110, Fax (928) 769-1191/2343 or you may email us at:

Clara Mahone: clmahone@hualapai-nsn.gov

Er'Linda Havatone: ehavatone@hualapai-nsn.gov

**UPDATE YOUR
CONTACT INFO**





HUALAPAI TRIBE

2014 Minor Per Capita Application

NAME OF LEGAL GUARDIAN/PARENT: _____

MAILING ADDRESS: _____

CITY, STATE, ZIP CODE: _____

DAYTIME PHONE: _____

EMAIL ADDRESS: _____

THE CHILDREN LISTED BELOW ARE IN MY LEGAL CUSTODY AND DOCUMENTATION IS ATTACHED:

(FOR EACH CHILD BELOW, PLEASE CHECK THE BOX IF YOU WOULD LIKE TO RECEIVE A CHECK IN THE NAME OF THE LEGAL GUARDIAN ABOVE, OR, IF YOU WOULD LIKE THE FUNDS PUT INTO THE TRUST FUND FOR THE CHILD'S FUTURE BENEFIT.)

CHILD NAME	BIRTH DATE	CHILD SS #	TRIBE ID #	CHECK (PLEASE SELECT ONE BELOW)	TRUST
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

****IMPORTANT**:** If appropriate guardianship documentation is not received before **November 15, 2014** the funds will automatically be put into a trust account and will be available to the child when the child turns 18.

I affirm that the information on this form is accurate and complete, including any attachments. I also consent to all information herein being shared with Hualapai Tribal government agencies and entities, on a need to know basis for the purpose of processing the request and the proper administration of the 2014 per capita distribution.

SIGNATURE: X _____ DATE: _____

State of _____

County of _____

Subscribed and affirmed before me on this ____ day of _____, 2014, by _____, proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

In Witness Whereof, I have hereto set my hand and official seal.

Notary Public: _____ Expiration Date: _____

Hualapai Tribe Regional Partnership Council Meeting Minutes*Submitted by: Sandy Smith | First Things First Administration***FIRST THINGS FIRST***Ready for School. Set for Life.*

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

Pursuant to A.R.S. §8-1194 (A) and A.R.S. §38-431.02, notice is hereby given to the members of the First Things First - Arizona Early Childhood Development & Health Board, Hualapai Tribe Regional Partnership Council, and to the general public that the Hualapai Tribe Regional Partnership Council will hold a *Regular Meeting open to the public on November 12, 2014, at 3:00 p.m. at the Hualapai Health Education and Wellness Center located at 488 Hualapai Way in Peach Springs, Arizona, 86434*. Some members of the Regional Partnership Council may elect to participate telephonically.

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

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

Meeting Agenda

- | | |
|---|--|
| 1. Call to Order/ Roll Call | Dr. Anthony Perkins, Chair |
| 2. Declarations of Conflict of Interest | Dr. Anthony Perkins, Chair |
| <i>Regional Partnership Council Members will address potential conflicts of interest regarding items on this agenda.</i> | |
| 3. Call to the Public | Dr. Anthony Perkins, Chair |
| <i>This is time for the public to comment. Regional Partnership Council Members may not discuss or take legal action regarding matters not specifically identified on the agenda. Therefore, pursuant to A.R.S. §38-431.01(H), action taken as a result of public comment will be limited to directing staff to study the matter, responding to any criticism, or scheduling the matter for further consideration and decision at a later date. Public comments relative to a specific agenda item may be heard during discussion of that item.</i> | |
| 4. Regional Partnership Council Member Announcements | Regional Partnership Council Members |
| 5. Possible Approval of October 8, 2014 Meeting Minutes (Attachment 01) | Dr. Anthony Perkins, Chair |
| 6. First Things First Update and Regional Council Member Recognition | Sam Leyvas, Chief Executive Officer |
| 7. SFY2016-2018 Strategic Funding Plan Recommendations
(Discussion and Possible Approval) | Ashley Pascual, Regional Director |
| a. Hualapai Journey (Attachment 02) | |
| b. SFY2016-2018 Strategic Plan Recommendations (Attachment 03) | |
| 8. Parent Awareness and Community Outreach Report | Erin Taylor, Community Outreach Coordinator |

9. Regional Director's Report

(Discussion and Possible Recommendations)

- a. SFY2015 Expenditures Report ([Attachment 04](#))
- b. Regional Updates ([Attachment 05](#))

Ashley Pascual, Regional Director

10. Next Meeting*The next meeting is scheduled for December 10, 2014.*

Dr. Anthony Perkins, Chair

11. Adjournment

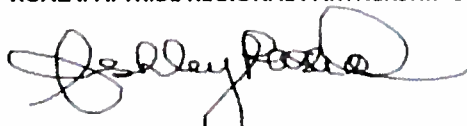
Dr. Anthony Perkins, Chair

A person with a disability may request a reasonable accommodation such as a sign language interpreter by contacting Sandy Smith, Administrative Assistant II, at 928.854.8732. Requests should be made as early as possible to allow time to arrange the accommodation.

Dated this 31st day of October 2014

ARIZONA EARLY CHILDHOOD DEVELOPMENT AND HEALTH BOARD

HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL



Ashley Pascual, Regional Director

Hualapai Tribe Regional Partnership Council Meeting Minutes

Submitted by: Tasha Havatone | Hualapai Adult Detention Center Administrative Assistant

Tasha P. Havatone, Arizona State NotaryLocated: Hualapai Adult Detention Center
Phone #: 928.769.2345**Notary Services Provided:**

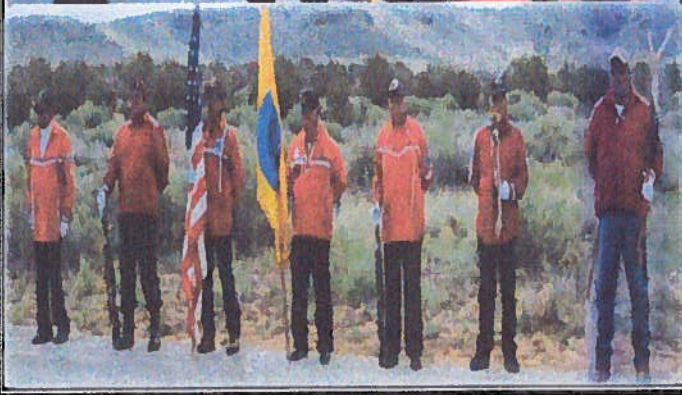
Dates: Monday -to- Friday

Times: 9:00 AM to 4:00 PM



- I am not an attorney. Sometimes I talk like one or what I believe an attorney sounds like. I've met some attorneys and am also friends with some. They are essentially good people who try hard and have good intentions. Their primary job is to avoid risk but they are not always right.
- What I'm going to say today is totally my opinion. It is based on experience (20+ years) and knowledge gained from making mistakes. Should you have a situation, you may ask me. But at the end of the day, you need to talk to an attorney. They are licensed to give legal advice and I am not.

**Please call ahead of time to assure that I am on-site prior to your arrival to my location. Thank you. ☺*

2014 Veterans Day • Hualapai Tribal Gymnasium*Submitted by: Mike Whatoname***HWALBAY SALDAW****VETERANS DAY****Tuesday, November 11, 2014****AGENDA**

Master of CeremoniesMichael J. Whatoname (Army)

Co-hostJoel J. Querta, Vietnam (Marine)

PROGRAM

Posting of ColorsHualapai Veterans

National Anthem

BlessingHerbert Sullivan, Jr. (Marine)

Welcome Guest Speaker s

.....Former Congressman Duncan Hunter, Sr.

.....Captain Jim Covarrubias (Army)

Honorary Guest SpeakerSam Bender, Jr. (Marine)

Lunch ServedHualapai Tribe

Award

Grand Entry FlagBird Singers (Local)



EDUCATION & TRAINING INFORMATION

Peach Springs Elementary School • November Events

Submitted by: Dr. Anthony Perkins | Peach Springs Elementary School Superintendent

PEACH SPRINGS ELEMENTARY SCHOOL

November 2014 Events

November 4: Peach Springs Unified Override election (in Library)

November 4: Governing Board Meeting 5:30 p.m.

November 11: No School-Veterans' Day-Thank you for our freedom

November 13: Progress Reports sent home with students

November 25: Parents invited to Thanksgiving lunch (serving Beef Stew)

November 26/27: No school-Thanksgiving Holiday

Hardworking Parents and Students

The students and parents pictured below received a "Thanks a Million" check along with some goodies for their hard work at home. Both Tyren and Brannon are excelling academically and have great character. Thank you parents.

Tyren Havatone (student) with mom Ayesha Havatone



Brannon Whatoname (student) and mom Amelia Sullivan



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

Learn more at www.psusd8.org

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

Superintendent Super Stars • October 23rd*Submitted by: Connie Hunter | Peach Springs Elementary School Secretary***Superintendent Super Stars**

October 23, 2014

Kindergarten ★ Mrs. Colbert

AM – Dorshea Hanna

PM – Angel Gonzales

1st Grade ★ Ms. Cho

Josiah Patrick

1st grade ★ Ms. Brinkman

Nico Kennedy

2nd Grade ★ Ms. Monsen

Carle Yazzie

2nd Grade ★ Mrs. Karabinis

Dominic Flores

3rd Grade ★ Mr. Hunter

Lamar Y. Whatoname

4th Grade ★ Mrs. Davis

Sunny Jackson

5th Grade ★ Mrs. Fox

Spiritwolf Havatone

5th Grade ★ Mrs. Canto

Wyatt Samson

6th Grade ★ Mr. Wagner

Jonell Brown

7th Grade ★ Ms. Massey

Nellena Yazzie

8th Grade ★ Ms. Adams

Hyton Samson

PE ★ Ms. Schifano

DeAndre Lewis

Art ★ Ms. Thomas

Peter Garcia

Peach Springs Elementary • Art Students of the Week*Submitted by: Cheryl Thomas | Peach Springs Elementary Art Teacher***Peach Springs Elementary**

Art Students of the Week

Congratulations to these creative students!

Week of October 28, 2014Rudy Castro, 1st GradeJunior Dini, 1st GradeJohn Marshall, 2nd GradeSunny Jackson, 4th GradeEdmundo Marrietta, 4th GradeMeadow Jackson, 6th GradeWyatt Jones, 6th GradeLaurenz Siyuja, 8th GradeLamar Walker, 6th GradeLarry Yazzie, 6th GradeEdmundo Marrietta, 4th GradeSunny Jackson, 4th Grade

Early Childhood Workshops • Tuesday, November 18th

Submitted by: Vivian Sue Parker | Maternal Child Health Coordinator



Early Childhood workshops
for parents or grandparents
with kids 0-5 years

Date: November 18, 2014

Time: 8:00 am — 4 :00 pm

Place: Multi-purpose

Contact:

Chira Walema- Hualapai
Child Care Program
Manager

(928)769-1515

Jennifer Begaye –Head
Start Director

(928) 769-2244

Vivian Parker– Maternal
Child Health Coordinator

Healthy
Living

HEALTH & SAFETY INFORMATION

Maternal Child Health Program Brochure Information

Submitted by: Vivian Parker | Maternal Child Health Program

Maternal Child Health Program



Preparing families in our community to establish connections which will straighten family bonding and growth.

A program to empower parents to obtain the support they need to be effective, caring and competent parents, who can raise healthy children to ensure that they have every opportunity for success in school and in life.

MCH

MCH (Maternal Child Health) program is associated with First Things First (FTF) providing home visitation, community outreach, and health education for women during their pregnancy and their baby, developmental education and screenings for children to the age of 5. You're Maternal Child Coordinator and Maternal Child Health Advocate will provide education, assessments, and referrals to other agencies:

IHS Clinic
WIC
Social Services

All resources are to help you and your family for your best of need.

Partnership

We are partnered with Head Start, Child Care providers, and public schools to address and identify the health and development of the child needs.



Reading abilities
Alphabets
Language punctuation
Writing material

Identify basic geometric shapes
Help set your child's mind for kindergarten and above elementary

Provides

The Maternal Health Coordinator and Advocate educate Mothers/Fathers/Guardians four times per month.

Home Visitation with non-clinical assessments and developmental education and screening for prenatal—age two.

Provides early developmental screenings and educate parents on the purpose and benefits of conducting such screening and how to share concerns with their pediatricians or any other health specialist.



Mission

To increase the quality of, and access to, early childhood programs that will ensure that a child entering school arrives healthy and ready to succeed.

Goal

- * Supporting pregnant mothers with workshops, home visitation, etc.
- * Reduce alcohol, cigarettes and illegal drugs
- * Educate families on health and nutritional needs for child.

Fact

- * 80 cents tax on every package of cigarettes goes towards FTF funds of Arizona programs.
- * 90% of a child brain is developed by the age of 5.

Help Prepare our kids for Success!

Office Hours:

8am-5pm
Monday-Friday

Contact:

P.O. Box 397
Peach Springs, Arizona 86434
Phone: 928.769.2207
Fax: 928.769-2588 or 2884

Vivian Parker
Maternal Child Health Coordinator

Roxanne Rodriguez
Maternal Child Advocate

 **FIRST THINGS FIRST**
Ready for School. Set for Life.

Specialty Clinic Mammograms • Wednesday, November 19th

Submitted by: Indian Health Service | Peach Springs Health Center

Indian Health Service - Peach Springs Health Center

Mobile On-Site Mammography

Date: Wed, Nov. 19, 2014

Time: 8:00a-5:00p

Please bring the following:

- Information and Location of prior mammogram films.
- Insurance Information, if not covered by Indian Health Service.

Recommended Baseline Age:

35-40

Recommended Annual Age:

40 and over if you are at average risk

Preparing for your Mammogram:

- Do not wear any deodorant, powder, perfume or lotion the day of your appointment.
- It is suggested that a two piece outfit be worn the day of your appointment.

Effective 11/05/14

Schedule appointments at: 769-2920

Alcohol, Depression, Don't Drink and Drive

Submitted by: Hualapai Tribal Court | Probation Division

ALCOHOL

Alcohol is an addiction; you can harm yourself or others. If you feel you need help, please see a counselor.

DEPRESSION

Sometimes we get depressed. Drinking alcohol will increase your negative feelings. Help yourself by visiting with a counselor.

DON'T DRINK AND DRIVE

Remember, don't drink and drive. You may cause harm OR KILL yourself or others.

Cirrhosis

Submitted by: Hualapai Health & Wellness | CHR Desk

Why is the liver important?

The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The liver performs many jobs in your body. It processes what you eat and drink into energy and nutrients your body can use. The liver also removes harmful substances from your blood.

What is cirrhosis?

Cirrhosis is the scarring of the liver - hard scar tissue replaces soft healthy tissue. As cirrhosis becomes worse, the liver will have less healthy tissue. If cirrhosis is not treated, the liver will fail and will not be able to work well or at all.

What causes cirrhosis?

Cirrhosis is caused by chronic (long term) liver diseases that damage liver tissue. It can take many years for liver damage to lead to cirrhosis.

Chronic Alcoholism

Chronic alcoholism is the leading cause of cirrhosis in the United States. Drinking too much alcohol can cause the liver to swell, which over time can lead to cirrhosis. The amount of alcohol that causes cirrhosis is different for each person.

Chronic Viral Hepatitis

Chronic Hepatitis C is the second leading cause of cirrhosis in the United States. Hepatitis C causes the liver to swell, which over time

can lead to cirrhosis. About one in four people with chronic hepatitis C develop cirrhosis. Chronic hepatitis B and hepatitis D also can cause cirrhosis.

Nonalcoholic Steatohepatitis (NASH)

Fat build up in the liver that is not caused by alcohol use, is nonalcoholic steatohepatitis (NASH). NASH can cause the liver to swell and can lead to cirrhosis.

People with NASH often have other health issues including diabetes, obesity, high cholesterol, coronary artery disease and poor eating habits.

Bile Duct Disease

Bile duct disease limits or stops bile from flowing to the small intestine. The bile backs up in the liver causing the liver to swell and can lead to cirrhosis. Two common bile duct diseases are primary sclerosing cholangitis and primary biliary cirrhosis.

Genetic Disease

Some genetic diseases can lead to cirrhosis. These diseases include Wilson disease, hemochromatosis, glycogen storage diseases. Alpha-1 antitrypsin deficiency, and autoimmune hepatitis.

What are symptoms and complications of cirrhosis?

There are usually no symptoms of cirrhosis in its early stage. Over time, cirrhosis may cause symptoms and complications:

Symptoms:

- Loss of appetite
- Tiredness
- Nausea
- Weight loss
- Abdominal pain
- Spider-like blood vessels
- Severe itching

Complications

- Jaundice, a yellow discoloration of the skin and whites of the eyes
- Gallstones
- Bruising and bleeding easily
- Fluid buildup and painful swelling of the legs
- (edema) and abdomen (ascites)
- Mental confusion

How is cirrhosis diagnosed?

Cirrhosis is diagnosed by symptoms, blood tests, medical history, and physical examination. A liver biopsy may be needed to check how much of the liver has been damaged. During a biopsy, a small piece of liver tissue is removed and studied in the lab.

How is cirrhosis treated?

Treatment options for cirrhosis depend on the cause and the level of liver damage. Depending on the disease causing cirrhosis, medications or lifestyle changes may be used for treatment. The goals of treatment are to prevent further liver damage and reduce complications. When cirrhosis cannot be treated, the liver will not be able to work and a liver transplant may be needed. Doctors will determine whether a liver transplant is the best treatment option.

What is the best way to manage cirrhosis?

It is possible to prevent further liver damage with proper management of cirrhosis.

- Maintain a healthy lifestyle (eat a healthy diet and exercise regularly)
- Limit salt in your diet to prevent or reduce fluid buildup
- Avoid raw shellfish
- Stop drinking alcohol
- Talk to your doctor about all of the medications, vitamins, supplements you take
- Talk to your doctor about hepatitis A and hepatitis B vaccinations
- Practice safe sex
- Use clean needles for tattoos or piercings
- Do not share needles, razors, toothbrushes or other personal items with others

American Liver Foundation, Liverfoundation.org, 800-GO-LIVER ■



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 and no ANONYMOUS submissions please.

Article Deadline:

Friday, November 14th

Next Publication:

Friday, November 21st

TB Eliminations*Submitted by: Hualapai Health & Wellness | CHR Desk*

TB Elimination

Tuberculosis: General Information

What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

What are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have

symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

What Should I Do If I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

How Do You Get Tested for TB?

There are tests that can be used to help detect TB infection: a skin test or TB blood tests. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measures how the patient's immune system reacts to the germs that cause TB.

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National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

What is Bacille Calmette–Guérin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

Additional Information

CDC. Questions and Answers About TB
<http://www.cdc.gov/tb/publications/faqs/default.htm>

<http://www.cdc.gov/tb>

COMMUNITY MESSAGES



Military Brief • Maime Kady

Submitted by: Lendra Kady

Navy Seaman Maime Kady, daughter of Shane Charley of Peach Springs, AZ and Lendra Kady of Flagstaff, AZ, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Kady completed training that included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness. Maime is a 2014 graduate of Flagstaff High School.

Devotion

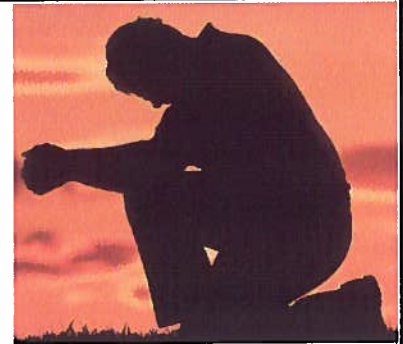
Submitted by: Angie Walema

With this message, I encourage those of you who are going through trials - keep your faith up and our Creator will be with you always.

This goes to Angie Walema for today October 28, 2014

Devotion: Do not expect to be treated fairly in this life, people will say and do hurtful things to you, things that you don't deserve. When someone mistreats you, try to view it as an opportunity to grow in grace. See how quickly you can forgive the one who has wounded you, don't be concerned about setting the record straight. Instead of obsessing about other people's opinions of you, keep your focus on me. Ultimately, it is my view of you that counts. As you concentrate on relating to me, remember that I have clothed you in my righteousness and holiness. I see you attired in these radiant garments, which I bought for you with my blood. This also is not fair; it is a pure gift. When others treat you unfairly, remember that my ways with you are much better than fair. My ways are peace and love, which I have poured out into your heart by my spirit.

No matter what trials you are facing, remain strong, for I am with you.



Notaries for the Hualapai Tribe

Submitted by: Artemisa Vaughn | Finance Department

Need
a
Notary?

ATTENTION

ATTENTION

This is just to inform the community, the following employees are **NOTARIES** for the Hualapai Tribe.

Please prepare to show either a valid drivers license/AZ State ID and/or tribal ID. THERE WILL BE NO CHARGE FOR THE SERVICE.

Artie Vaughn: Tribal Office (will ONLY notarize *after* 3:00 p.m. daily) or call 769-2221.

April Siewiyumptewa: Tribal Office will ONLY be available to notarize on MONDAYS, THURSDAY and FRIDAYS (daily) or call 769-2221.

Wanda Quasula: Law Enforcement Building or call 769-1024.

Tasha Havatone: Adult Detention Program or call 769-2345

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT ANY OF US.