Newsletter of the Hualapai Tribe

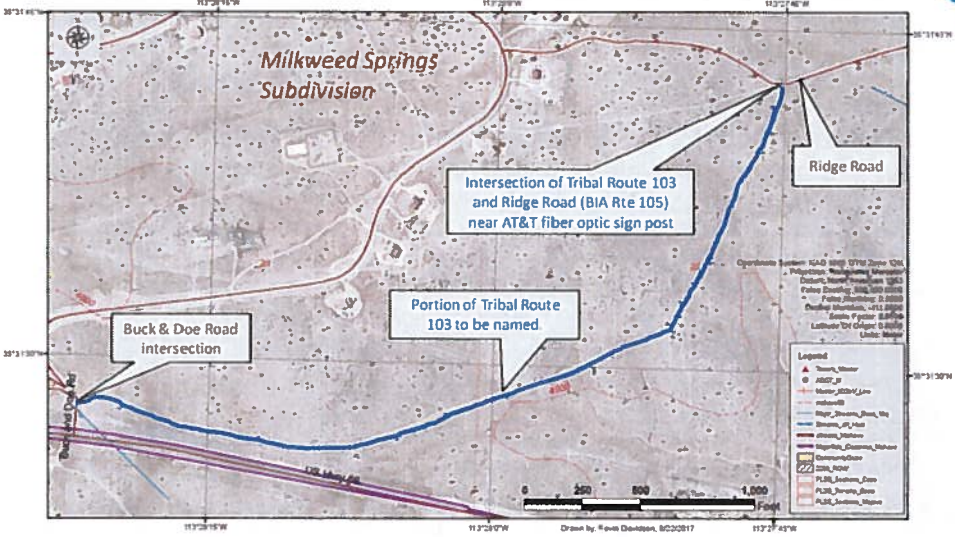
ISSUE #19 | THURSDAY, SEPTEMBER 21, 2017

GAMYU

Tribal Route 103 Survey

Submitted by: Richard Knott | Hualapai Planning Department

Naming a portion of Tribal Route 103 btween Buck & Doe Road and Ridge Road (BIA Rte 105)



Considering a Road Name

- Any historic names or "nick names" for Tribal Route 103?
- Are there Hualapai names for the road?
- What features define this road?
- What function does the road serve now?
- What function will the road serve in the future?

The Planning Department is seeking your input to create a list of suggested names for the roadway that connects Buck & Doe Road to Ridge Road which in turn connects to Hualapai Drive. Currently the name is Tribal Route 103. Road names will be presented to TERC on September 27, 2017, for recommendation to Tribal Council. Tribal Council may hear and select a road name at their October 7, 2017, Regular Meeting. The Planning Department held a public meeting at the multipurpose building on September 12th and received the following suggestions: 1) Ma' Devka Nya, 2) Adventure Avenue, 3) Discovery Drive, and 4) Coffer Canyon Drive. You can vote on which of these names you prefer or suggest another by taking our online survey which can be found on the tribal website http://hualapai-nsn.gov/2017/09/tribal-route-103-renaming-survey/ or by using the QR code below.

Special Points of Interest:

- *Hualapai Tribal Chairman notice on Water Rights Settlement (page 2)*
- *TERC Meeting on Wednesday, September 27th at 9:00AM at the Hualapai Cultural Resources Department*
- *Regular Hualapai Tribal Council Meeting will be held on Saturday, October 7th at 8:01AM in the Hualapai Tribal Chambers.*
- *HTUA Meeting on Wednesday, October 18th at 9:00AM at the Hualapai Health Department.*

Inside this issue:

Newsletter of the Hualapai Tribe

Water Rights Settlement

Submitted by: Dr. Damon Clarke | Hualapai Tribe, Chairman

Gum yu?

As many of you have read the article below, the water settlement is not completed, but the way it is written sounds like we have settled. This is a Phase 2 of our settlements. The first phase was the Bill Williams Water Settlement and thus, this is our Phase 2 that will allow for us (Hualapai) to obtain water from the Colorado River and also purchase water for emergencies when needed.

This settlement has been on-going for a long period of time. We would be allowed for 4,000 acre feet of water per year, and also get a pipeline from Diamond Creek to Peach Springs and then to Grand Canyon West. We are not selling any water right for a pipeline or selling anything. We are requesting the Department of Interior and the Bureau of Reclamation for funding of approximately $200 million for this project. **Also, this settlement has to go to the Senate and House of Representative (Congress) for them to consider and vote on, and then signed off by the President.**

Again, we are getting Water Rights of the Colorado River and getting a pipeline to provide water for Peach Springs and Grand Canyon West. We need water for the community, for homes, jobs, recreation and our livelihood as well as GCW for the same. We hope this explains our Settlement and look forward to any questions you have. Do not hesitate to call the Chairman or Vice Chairman for more information.
Han ikyu.

The Colorado River flows through the Grand Canyon. (Photo by Mariana Dale - KJZZ)

Hualapai Agree To Settle Water Rights Conflict

By Laurel Morales | September 11, 2017
http://fronterasdesk.org/content/10796/hualapai-agree-settle-water-rights-conflict

The Hualapai Tribe has agreed to end a decades-long conflict over Colorado River water rights in exchange for a $134 million pipeline that will supply water to the tribe's Grand Canyon tourist attractions.
About a million people visit Grand Canyon West each year to step out on the glass skywalk over the natural wonder.
Hualapai Chairman Damon Clarke spoke before the Senate Indian Affairs Committee last year, and said the attraction employs 300 tribal members and 300 non-natives. He said most drive two hours to work each day to live near a water source.
"We're proud of the fact that the tribe is moving forward towards achieving full employment for our members and economic self-sufficiency, but the severe lack of water on the reservation is a major obstacle in reaching these goals," Clarke said.
Senators John McCain and Jeff Flake have introduced legislation that would give the Hualapai 4,000 acre feet of Colorado River water each year, while securing enough water for the rest of the state. Almost 40 percent of Arizona relies on the Colorado River as its water source.

Hualapai Tribe • Remodel RFP - Proposals Due Monday, October 2nd

Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Proposal for Architectural and Engineering Services for Remodel of Healthy Heart Building in Peach Springs, Arizona

The Hualapai Planning Department in association with the Hualapai Health, Education and Wellness Department is soliciting architectural and engineering consultant services to remodel an existing 1,456 square foot modular office building into a fitness center with a commercial kitchen. The building is located in Peach Springs, on the Hualapai Indian Reservation. Proposals are due on Monday, October 2, 2017, at 5:00 PM.

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
E-mail to: kdavidson@hualapai-nsn.gov or See www.hualapai-nsn.gov for RFP posting

Hualapai Tribal Utility Authority • Survey RFP - Proposals Due Friday, October 13th

Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Proposal for Surveying Services for the Grand Canyon West Interconnect Project

The Hualapai Tribal Utility Authority (HTUA) is seeking qualified surveying firms to perform surveying services as the initial step to construct a 69 KV power line from the existing UniSource Energy Services (UNSE) substation on Pierce Ferry Road to Grand Canyon West. The Preliminary Survey will comply with regulations of the Bureau of Land Management (BLM) and the Bureau of Indian Affairs, as well as the Hualapai Environmental Review Code (HERC). The RFP provides for Indian Preference but is not limited to Indian Owned Enterprises.

Proposals are due on Friday, October 13, 2017, at 4:00 PM.

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
Or e-mail to: kdavidson@hualapai-nsn.gov or see www.hualapai-nsn.gov for RFP posting

Hualapai Tribal Utility Authority • Environmental RFP - Proposals Due Mon., October 16th

Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Proposal for Environmental Services for the Grand Canyon West Interconnection Project

The Hualapai Tribal Utility Authority (HTUA) is seeking qualified consulting firms to perform an environmental analysis in preparation for the construction of a 69 KV power line from the existing UniSource Energy Services (UNSE) substation on Pierce Ferry Road to Grand Canyon West. The environmental analysis will comply with the regulations of the National Environmental Policy Act of 1969 (NEPA), the Bureau of Land Management (BLM), the Bureau of Indian Affairs (BIA), USDA/Rural Utilities Services and Hualapai Environmental Review Code (HERC). The BLM will be the lead federal agency, in cooperation with the USDA, BIA and the HTUA for the project. The RFP provides for Indian Preference but is not limited to Indian Owned Enterprises.

Proposals are due on Monday, October 16, 2017, at 4:00 PM.

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
Or e-mail to: kdavidson@hualapai-nsn.gov or see www.hualapai-nsn.gov for RFP posting

Hualapai Elders Executive Meeting • Meeting Minutes

Submitted by: Barbara Tinhorn

Hualapai Elders Executive Meeting
Hualapai Elder Center
September 13, 2017

Agenda

I. Report of AICOA Quarterly Meeting in Payson, Arizona; September 8, 2017
II. Upcoming Events
III. Any Concerns

I. AICOA Report—We have 5 new vacancies filled. Ft. McDowell Yavapai Nation, Gila River Indian Community, Hualapai Tribe, Pascua Yaqui Tribe, Tohono O'odham Nation and White Mountain Apache Tribe. We still have 7 current vacancies. Welcome and introduction of who are you, what tribe do you represent? VI Unfinished Business (a) Bylaws—Robyn AITCA Attorney Interpreted the changes and what they meant. It took a long time but we got through it. We could have voted on it to be accepted but the new people wanted to see the old verses the new, so we tabled until December's meeting (b) 27th Annual AICOA Conference 1. Review what has been accomplished. Budget: need more people to register to complete the 500 slots. We have tribes that have spoke for the spot but the money must be paid up front. No registering at the conference. Will open up the spots to Navajo and another tribe that aren't in our region. Sponsorship: we still need tribes to donate, we are short. T-shirt will be $15.00. We need about 40 volunteers for the different things that are going on. It was suggested that tribe representative/alternate donate 2 hrs. each. 2. Decide Uncompleted Items (a) Agenda/Keynote Speaker for Tuesday (b) Social Event DJ that will play all sort of music. Gave paper what kind of music/names of groups. (c) Donation List—we still need gifts for the workshop presenters/raffles. (d) Raffle Items/Tickets—a lot of people haven't sold their tickets or turned in the money. X. Unfinished Business (a) Nomination/Election for AICOA President/Board member at large. President; I was nominated/voted to be the president of AICOA. I am the first Hualapai to hold this position. It is an honor to do this job. XI. New Business (a) AAA Program Updates: 1. Program Managers Meeting 2. Location: Laughlin, NV., When: December 6, 2017 3. New Members Orientation tabled, it was already 3:35pm.
II. Updates Conference: October 9-10, 2017; We-Ko Resort, we had to register early so we wouldn't have to pay a late registration fee. The 10 spots are already filled. Lucille Watahomigie and Sylvia Jackson will be presenters on "Keeping the Culture Alive". (b) December 2017: Youth Council will put on Elders Game.

Hualapai Cultural Resources Department • Advisory Team

Submitted by: Lyndee Duwyenie-Hornell | Hualapai Cultural Resources

Hualapai Cultural Resources Department
Hualapai Cultural Advisory Team

The Hualapai Department of Cultural Resources (HDCR) is initiating the process to develop a Cultural Advisory Team (Team; per the Cultural Resource Ordinance) that will assist HDCR in development of projects/programs to serve the Hualapai Community. We are asking individuals that are familiar with the culture and traditions of the Hualapai Tribe to serve on the team. Members of the team will serve as volunteers if they are Tribal Employees, and those that are not employees will receive a small stipend for each meeting or activity. There is no age limit. We are seeking a diversity of ages and gender for the team. We expect that the team will meet quarterly (four times per year), and this may be adjusted in the future. The team will be comprised of seven individuals. Please contact the Cultural Department (769-2223) if you have any questions or to fill out an application (see application on page 4).

Hualapai Cultural Resources Department
Cultural Advisory Team Application

Hualapai Cultural Advisory Team section 207 of the Ordinance provides that, in carrying out their responsibilities, the Director and the employees of the Department shall be guided by the wisdom and expertise of the Advisory Team.

The Cultural Advisory Team performs a number of roles in helping to carry out the tribal law and federal regulations, including:

a) Contributing their wisdom and expertise relating to cultural and spiritual matters;
b) Helping to establish the Hualapai Register of Heritage Places;
c) Serving as the review board for the National Register of Historic Places;
d) Providing advice in repatriation matters; and
e) Serving as expert witnesses in Tribal Court

Name:_____ Date:_____

Address: _____ Phone:_____

Tribe: _____ Tribal Employee: _____

Why do you want to be on the Cultural Advisory Team?

_____

_____

_____

Do you consider yourself knowledgeable on Hualapai traditions and cultural heritage?

_____

_____

_____

Are you aware of Tribal Court Ordinance and or Section 106 of the National Historic Preservation Act ?

_____

_____

_____

Thank you for your interest in becoming a part of the Hualapai Cultural Advisory Team

Please turn in form to the Hualapai Cultural Resource Department, if any questions please (928) 769-2234.

Han'kyu

Notice of Hearing • Thursday, October 5th
Submitted by: Court Clerk | Hualapai Tribal Courts

IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

HUALAPAI TRIBE/HUMAN SERVICES VS. PHILLIP POWSKEY,	Case No. 2017-JDN-002 NOTICE OF HEARING

TO: PHILLIP POWSKEY

You are hereby notified that the above entitled matter is scheduled for an **TERMINATION OF PARENTAL RIGHTS on October 5, 2017 at 09:00 AM.**

You are further notified that it is your right to be represented by legal counsel at your own expense.

Your failure to appear at the above mentioned date and time without good cause may result in an order to show cause issued against you and/or the petitioner awarded the contents of their petition of this case.

DATED THIS 7th day of September, 2017

Tauniya Shongo
Clerk of Court

VERIFICATION OF SERVICE

SERVED TO: GAMYU NEWSLETTER

SERVED BY: T.SHONGO, CLERK

DATE/TIME: 09/07/2017

Per Capita Notices • Change of Address

Submitted by: April Siewiyumptewa | Hualapai Administration

*Please note that the deadline to turn in the change of address form and the Minor Per Capita applications has changed.

Any address changes must be updated with the Finance Department **before October 15, 2017** or we will mail to the last address on file. If you are unsure if you need to fill out a form then please give us a call.

Minor Per Capita applications are now available! You must also turn these in before the October 15, 2017 deadline. The form must be **completely** filled out with no missing Tribal ID numbers, birth dates, or social security numbers. Forms must be complete and include any legal custody documentation if needed. Incomplete applications will result in monies being sent to trust, no exceptions will be made.

Please note that those that do not re-file a new application your designation will stay the same as it was last year. So, if you selected trust or check last year it will be the same this year. You only need to fill out a new application if you missed the deadline last year or you wish to change your designation of where your minor(s) funds will go.

Both of these forms must be notarized or they will not be accepted. The forms are located online, at the Tribal Office or in the Gamyu.

Please contact April at Tribal Office (928) 769-2216.

Per Capita Notices for 18 Year Olds • Deadline: Before Sunday, October 15th

Submitted by: April Siewiyumptewa | Hualapai Administration

Per Capita Notice For Minors

For minors who turned 18 years of age after the deadline last year and those who turned or will be turning 18 years old before the October 15, 2017 deadline, please be sure to fill out an address change form before the deadline.

We need to make sure that we have a current address on file for you as you will be new to the system. Address change forms can be found online at the Tribal website, at the Tribal office or in the Gamyu.

Any <u>new enrollments</u> after the October 15, 2017 deadline and for any new enrollments this year, you will need to fill out a Minor Per Capita application.

For any questions please call April at the Tribal office (928) 769-2216, ext. 117.
Thank you.

Minor Per Capita Applications • Now Available

Submitted by: April Siewiyumptewa | Hualapai Administration

The Minor Per Capita applications are now available! You can find an application at the Tribal Office, on the Tribal website, or in the next issue of the Gamyu.

The deadline for <u>completed</u> applications is October 15, 2017. Please make sure any needed custody documentation is attached to the application. NO EXCEPTIONS will be made if you miss the deadline or applications were not completed properly.

The applications must be filled out completely, no missing information or they will not be accepted.

If you do not re-file a new application this year it will be the same as what you selected last year.

If you have any questions please call April Siewiyumptewa at the Tribal Office (928) 769-2216. Thank you.

HUALAPAI TRIBAL NATION

P.O. Box 179, Peach Springs, AZ 86434 Phone (928) 769-2216 Fax (928) 769-2343

ADDRESS FORM

FIRST NAME_____M.I._____LAST NAME_____

D.O.B_____TRIBAL ENROLLMENT NUMBER_____SS #_____

MAILING ADDRESS_____CITY_____

STATE _____ZIP CODE_____PHONE #_____

(ALL INFORMATION ABOVE IS REQUIRED, FORM WILL NOT BE VALID UNLESS FILLED ENTIRELY)

_____ _____

SIGNATURE DATE

(Per Capita Check Deadline-October 15th, 2017, no exceptions will be made, to ensure correct mailing)

I UNDERSTAND THAT:

1. It is my duty to keep the Finance/Enrollment Departments informed of my current mailing/contact information.
2. I understand all checks will be mailed and no pick-up is available.
3. I understand if I fail to inform departments of my current address and check is mailed to an old address I will be responsible for any bank fees or stop check fees associated with reissuing a new check.
4. The Hualapai Tribe is not responsible for lost checks resulting in my failure to provide a correct mailing address.
5. The Hualapai Tribe is not responsible for any taxes owed or court orders in place that may garnish my funds, which may include but not limited to: community debts, child support, or restitution.
6. I agree that any per capita distribution for me or for any I receive for my child (ren) is considered **"taxable income"**. I acknowledge that payment of these taxes is my responsibility.
7. I recognize and accept that receipt of a per capita distribution may affect my eligibility for state and federal benefits, which may result in a loss or reduction of benefits.
8. I understand that any time my address changes it is my responsibility to fill out this form, no phone calls, emails, or texts will be accepted.

(Please see reverse side for Notary)

This form must be notarized

COUNTY OF_____)

STATE OF _____)

The foregoing instrument was acknowledged before me this _____day of _____

20_____by_____.

Notary Public_____

RETURN FORM TO:

HUALAPAI TRIBE FINANCE DEPT
Attn: April Siewiyumptewa
P.O. BOX 179
PEACH SPRINGS, AZ 86434

FORM CAN EITHER BE MAILED OR RETURNED TO TRIBAL OFFICE, ORIGINALS ONLY, NO FAXES OR EMAILS EXCEPTED

For questions contact: Wanda Easter or April Siewiyumptewa at (928) 769-2216 at Hualapai Tribal Office.

HUALAPAI TRIBE

2017 Minor Per Capita Application

NAME OF LEGAL GUARDIAN/PARENT: _____

GUARDIAN SOCIAL SECURITY # (REQUIRED)_____

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	TRUST
				(PLEASE SELECT ONE BELOW)	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

****IMPORTANT**: If appropriate guardianship documentation is not received before October 15, 2017 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 2016 per capita distribution.

SIGNATURE: X_____ **DATE:**_____

State of _____

County of_____

Subscribed and affirmed before me on this __ day of _____, 2016, 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: _____

List of Unclaimed Per Capita Checks • 2012—2016
Submitted by: April Siewiyumptewa | Hualapai Tribal Administration

LIST OF UNCLAIMED PER CAPITA CHECKS FOR 2012-2016

***THE PEOPLE LISTED BELOW MAY HAVE ONE OR MORE OUTSTANDING UNCLAIMED CHECKS**

ANGEL ADVINCULA
WILLIAM BARTLETT
ROLAND BONEY JR.
TAFT CLARK
VIOLA CLARK
FRANK CORDOVA
MICKY DAMRON
GREGORY DAVIS
JOLENE FREDERICK
ANYA FRITZ
GARNETT HANNA
CARLISLE HAVATONE
RAYMOND HAVATONE
FREDERICK HUNTER
TIMOTHY HUNTER JR.
NICHELLE HUTCHINSON
FALISHA JOHNSON
MARK JOHNSON
AUSTIN KEELE
LEONARD KELUCHE
TAMMY LEDBETTER
ADAM LEPLEY
SAMANTHA LODGE POLE
SANDRA LUCERO
FLORA MAHONE
LISA NICHOLLS
LONNY NISH
JUDITH PALMER
KYLER PARKER
MARIA PERRY
JERRILYN RANDALL
SEYMOUR SMITH
NORMAN SUATHOJAME JR.
MARIE TAYLOR
OPAL TOKESPETA
PAUL TOKESPETA
MICHAEL TOVEN
DEVIN UNDERWOOD
COBY WASHINGTON
DAVID ZANINI

***PLEASE CONTACT APRIL AT THE TRIBAL OFFICE WITH ANY UPDATED INFORMATION. PLEASE NOTE CHECKS WILL ONLY BE RELEASED TO THE INDIVIDUAL AND WILL NOT BE RELEASED TO FAMILY MEMBERS.**

If you have access to a computer, you can go onto the Hualapai tribal website at hualapai-nsn.gov and download the Per Capita forms.
There is a deadline of October 15, 2017 to meet. There are forms available at the tribal office as well.

3rd Annual Southwest IAC Conference & Agenda • September 26th - 27th

Submitted by: Teresa Honga | Intertribal Agriculture Council, Western Region

The Intertribal Agriculture Council
3rd ANNUAL SOUTHWEST IAC CONFERENCE

Tuesday & Wednesday, September 26-27, 2017
Registration begins at 8:00 am (*Free Event*)

Indian Pueblo Cultural Center
2401 12th Street NW
Albuquerque, NM 87104

Topics Include:

- **2018 Farm Bill**
- **Value Added Production**
- **Soil Health**
- **Produce Safety**
- **Safe Livestock Handling**
- **Conservation Planning**

Lunch will be provided, please RSVP:
Danielle Notah (406) 690-9597
Desbah Padilla (505) 377-0342
Teresa Honga (928) 302-6835
OR desbah@indianaglink.com

The Intertribal Agriculture Council

3rd Annual Southwest IAC Conference

(Reclaiming Our Farming & Ranching Tradition)

Agenda

Tuesday, September 26, 2017

8:00 am	Registration and Exhibitor Set-up
8:30 am	Color Guard Flag Ceremony – Santo Domingo National American Indian Veterans Invocation- TBD Introduction – Desbah Padilla, Teresa Honga, Danielle Notah – IAC Technical Assistant Specialists
8:45 am	Welcome – Xavier Montoya, *USDA State Conservationist – USDA NRCS*
9:00 am	Opening Remarks – Ross Racine, *Executive Director, Intertribal Agriculture Council* "Regaining Our Future" - Indian Country Priorities and Opportunities for the 2018 Farm Bill Keepseagle Update
10:00 am	Soil Health – Kevin Branum, *State Agronomist - USDA NRCS*
11:00 am	Basic Conservation Planning – Steve Kadas, *State Resource Conservationist – USDA NRCS*
12:00 pm	Lunch – ***Provided by Pueblo Harvest***
1:00 pm	Low Stress Cattle Handling, Herd Instinct and Grass Development – Bob Kinford, *Cowboy, Author, Instructor & Humorist* *Youth Break-Out Session – 1-5pm Chaco III*
2:00 pm	Land Management in an Unpredictable Environment - Fernando Falomir, *Ranch Manager & Owner (5th Generation) Rancho Santa Maria, Chihuahua, Mexico*
3:00 pm	Economics of Cattle Handling – Delane Atcitty, *Consultant, Arrowhead Resource Management, LLC*
4:00 pm	"Finding your Patch in Agriculture" – Lena Sanchez, *Owner and Founder, Generation Ag*
5:00 pm	Adjourn

Wednesday, September 27, 2017

8:00 am	Registration and Exhibitor Set-up
9:00 am	Water is Sacred – "It is the Course of Nature & Human Influence" – Edward Wemytewa, *Artist, Activist and Pueblo of Zuni Councilman*
10:00 am	Pueblo Food Experience – Porter Swentzell, IAIA (invited)
11:00 am	Feast for the Future – Ventura Lovato, Darlene Sarracino and Avery Aguilar, *John Hopkins Center for American Indian Health – Santo Domingo Pueblo*
12:00 pm	Lunch – ***Provided by Pueblo Harvest***
1:00 pm	Value Added Production – Melanie Kirby, *Zia Queen Bees Farm*
2:00 pm	Embracing our Native Agriculture Sovereignty– Al Toops, *Author of* "The Seed Remembers" *(Cheyenne)*
3:00 pm	Local Food Sovereignty Initiatives – Meagen Baldy, *Klamath Trinity Resource Conservation District Coordinator (Hoopa Valley Tribe)*
4:00 pm	Food Safety Roundtable – Janie Simms Hipp *(Chickasaw) Director, Indigeneous Food & Agriculture Initiative, School of Law, University of Arkansas*
5:00 pm	Adjourn

If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please contact Desbah Padilla at 505 377-0342.

Thank you for attending the 3rd Annual Southwest IAC Conference!!

IAC's Technical Assistance Centers were established through collaboration between the U.S. Department of Agriculture Office of Tribal Relations and the Intertribal Agriculture Council in order to increase access and use of USDA programs and services by Indian producers and Tribes. For more information on IAC's programs visit www.IndianAgLink.com or call (406) 259-3525.

Keeping Indian agriculture lands productive by helping people help the land.

2017 Hualapai Tribe's Employee Picnic

Friday, September 29, 2017
9:00 a.m. to 3:00 p.m.
Youth Camp

Music provided by KWLP 100.9FM ~ DJ DanO

Continental Breakfast & Lunch

Jump Houses
Pie Eating Contest
Bingo
Giant Jenga
Archery

Shooting
Horseshoes

Bring your own plate and utensils.

Hualapai Transit will provide transportation to the event.

Hualapai Transit Buses will be leaving the Tribal Office at 8:00AM and leaving Youth Camp no later than 3:00PM.

49th Annual Western Navajo Fair • October

Submitted by: Charlotte Navanick | Ute Tribe Public Relations

THURSDAY OCT. 5, 2017

Yeii Bi Cheii
W.N.Fairgrounds | YBC

SATURDAY OCT. 7, 2017

9:00 am Miss Western Navajo Pageant
Greyhills Academy High School | Auditorium

10:00 am Baby Contest
Tuba City | Chapter House

WEDNESDAY OCT. 11, 2017

5:30 pm Kick off Run/Walk
W.N.Fairgrounds | Main Stage

6:00 pm Miss Western Navajo Teen Pageant
Greyhills Academy High School | Auditorium

6:00 pm Bud & Sissy Look-A-Like Contest
Goen Theater | Lobby

7:00 pm Urban Cowboy Showing
Goen Theater | Theater

Evening Yeii Bi Cheii
W.N.Fairgrounds | YBC

THURSDAY OCT. 12, 2017

8:00 am Kid's Day
W.N.Fairgrounds | Pow Wow Tent

9:00 am ElderFest
W.N.Fairgrounds | MMA Tent

10:00 am Exceptional Rodeo
W.N.Fairgrounds | Rodeo Grounds

10:00 am City of Fun
W.N.Fairgrounds | Carnival

5:00 pm Zumba
W.N.Fairgrounds | MMA Tent

Evening Yeii Bi Cheii
W.N.Fairgrounds | YBC

PINK FRIDAY OCT. 13, 2017

8:00 am Jr. Rodeo
W.N.Fairgrounds | Rodeo Grounds

11:00 am Flea Market
TO Flea Market Site | Tuba City

11:00 am Song & Dance
W.N.Fairgrounds | Cultrual Area

12:00 pm City of Fun
W.N.Fairgrounds | Carnival

4:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

5:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

5:30 pm Cancer Walk
Greyhills Academy High School | Parking Lot

5:30 pm Fashion Show
W.N.Fairgrounds | Main Stage

6:00 pm Pow Wow
W.N.Fairgrounds | Pow Wow Tent

6:00 pm Bingo
W.N.Fairgrounds | Bingo Tent

7:00 pm Bull Riding
W.N.Fairgrounds | Rodeo Grounds

7:00 pm RUF MMA
W.N.Fairgrounds | MMA Tent

7:30 pm Culture Night
W.N.Fairgrounds | Cultural Area

8:00 pm Hotel California - Salute to the Eagles
W.N.Fairgrounds | Pepsi Main Stage

9:00 pm Ace's Wild & Stateline
W.N.Fairgrounds | MMA Tent

10:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

Evening Yeii Bi Cheii
W.N.Fairgrounds | YBC

SATURDAY OCT. 14, 2017

9:00 am Parade
Downtown Tuba City | Parade Route

10:00 am City of Fun
W.N.Fairgrounds | Carnival

12:30 pm Pow Wow - Gourd Dance
W.N.Fairgrounds | Pow Wow Tent

2:00 pm Open Show Rodeo
W.N.Fairgrounds | Rodeo Grounds

2:00 pm Mini Song & Dance
W.N.Fairgrounds | Cultural Area

3:00 pm Power Lifting Competition
W.N.Fairgrounds | MMA Tent

4:00 pm Pow Wow - Grand Entry
W.N.Fairgrounds | Pow Wow Tent

4:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

5:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

6:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

6:00 pm Bingo
W.N.Fairgrounds | Bingo Tent

6:00 pm Pow Wow - Gourd Dance
W.N.Fairgrounds | Rodeo Grounds

7:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

7:00 pm Johnny Lee
W.N.Fairgrounds | MMA Tent

8:00 pm Culture Night - Round 2
W.N.Fairgrounds | Cultural Area

9:00 pm Ace's Wild & Stateline
W.N.Fairgrounds | MMA Tent

10:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

11:00 pm TBA
W.N.Fairgrounds | Pepsi Main Stage

Evening Yeii Bi Cheii
W.N.Fairgrounds | YBC

SUNDAY OCT. 15, 2017

10:00 am Pow Wow - Gourd Dance
W.N.Fairgrounds | Pow Wow Tent

11:00 am Open Show Rodeo
W.N.Fairgrounds | Rodeo Grounds

1:00 pm Pow Wow - Grand Entry
W.N.Fairgrounds | Pow Wow Tent

1:00 pm Christian Concert
W.N.Fairgrounds | Pepsi Main Stage

1:00 pm City of Fun
W.N.Fairgrounds | Carnival

1:30 pm Black Ops Tournament
W.N.Fairgrounds | Bingo Tent

Conclusion of Yeii Bi Cheii
W.N.Fairgrounds | YBC

7:00 pm Futuristic
W.N.Fairgrounds | MMA Tent

** All Times are Daylight Saving Time and may be subject to change.

** Look for our WNF Event signs at each location.

TWIN ARROWS CASINO RESORT · MEDICAL · pepsi · Tuba City · NGS MANAGED BY SRP · Clayton homes · PREVENTION · ROCK GAP · MSPI · aps choice NTUA WIRELESS

WWW.WESTERNNAVAJONATIONFAIR.NET | 928.283.3305 | WESTERN NAVAJO FAIR OFFICE

Quechan Indian Days Celebration • October 13th - 15th

Submitted by: Charlotte Navanick | Ute Tribe Public Relations

QUECHAN INDIAN DAYS CELEBRATION

"Honoring Our Athletes: Past, Present and Future"

(At Quechan Stomp Grounds)

SAVE THE DATE!

OCTOBER 13TH–15TH, 2017

*Complete Schedule with Times to Follow

Friday the 13th:

Wellness Run / Activities / Flag Raising/ Vendors Open

Demos / Kids Games / Cake Walk / Live Entertainment

Saturday the 14th:

Parade /Float Contest / Royalty Intros / Baby Pageant

Dance Groups / Games / Pit BBQ Dinner

Bird Dance Competitions / Peon at Dusk

Sunday the 15th:

Volleyball & Horseshoe Tournament at Parks & Rec Gym

Vendors / Food

Reserve Vendor Space: EDA (760) 572–5270

Q Resort Reservations: (877) 783–2426

Event Rate Reference "Indian Days"

For Info/Participation contact the Events Committee:

Brandon Durand (928) 271–3870

Rose Phipps (928) 488–3318

41st Annual Fort Mojave Indian Days • October 20th—21st

Submitted by: Charlotte Navanick | Ute Tribe Public Relations

41ST ANNUAL FORT MOJAVE INDIAN DAYS

VOLUNTEERING TODAY. PROTECTS OUR FUTURE | OCTOBER 20&21, 2017

Open to the Public
Free Admission

FORT MOJAVE INDIAN DAYS PARADE
BIRD DANCING CONTEST
SHINNY TOURNAMENT
GOLF TOURNAMENT
CULTURE WORKSHOPS
FRYBREAD EATING CONTEST
NATURE WALK
ENTERTAINMENT
FORT MOJAVE ROYALTY PAGEANT
BIRD GROUP SINGING CONTEST
WAHOO TOURNAMENT
TUG-O-WAR TOURNAMENTS
HORSESHOE TOURNAMENTS
PEON TOURNAMENT (YOUTH&ADULTS)
SENIOR GAMES (AGE 55 & UP)
FORT MOJAVE BABY PAGEANT

FOR MORE INFORMATION CONTACT PUBLIC RELATIONS @ (760) 629-4591 EXT. 106 OR EMAIL: PUBLICRELATIONS@FORTMOJAVE.COM

Events held in Needles, California Village
Located at: 500 Merriman Avenue, Needles, CA
(with the exception of the FMID Golf Tournament)

FMID Parade Information:

MOJAVEINDIANTRIBE.COM

Vendor Information: Sam Evanston II
(760) 629-4591 ext. 140 or
Email: samevanston@fortmojave.com

Avi Resort& Casino:
1-800-AVI-2WIN(284-2946)
Fort Mojave Room Rate: GFMID17

Mojave Resort Golf Course:
(702) 535-4653

Find us on Facebook
Fort Mojave Indian Days

The Fort Mojave Indian Tribe is NOT responsible for loss of property or injuries. NO Fireworks, NO Weapons, NO Drugs, NO Alcohol Permitted.
By attending any FMIT Events, Gatherings, or Ceremonies you consent to any pictures for use in advertising, promotion or Social Media usage of the F.M.I.T.

EMPLOYMENT OPPORTUNITIES

Community Development Institute
Head Start
Serving Hualapai Tribe
479 Hualapai Way, Box 125
Peach Springs, AZ 86434

CDI Head Start Serving Hualapai Tribe, AZ is looking to fill the following positions:

Vacant Position as of August 1, 2017. Open until filled

Teacher Preschool/Teacher-On Call
Lead worker in a classroom of Head Start children working on planning, implementing, and supervising all classroom activities. Working developing children and children with disabilities. This position supports and assists families as they identify and meet their own goals. Entry-level requires an A.A. in ECE Pay is $1,221.60/biweekly to $1,303.04 D.O.E. We will consider applicants that are enrolled in an AA or BA degree program in early childhood education that are able to obtain the degree within a reasonable timeframe.

Family and Community Partnerships Coordinator
This position is responsible for oversight and development of systems to provide opportunities and support for growth of Head Start/Early Head Start families so they can identify their own strengths, needs and interests and find their own solutions. Developing a parent and community volunteer program and being the lead on child abuse and neglect issues are also part of this positions responsibilities. Developing relationships with community partners, to whom families can be referred for services, is also a key function of this position. This position is responsible for ensuring Family and Community Partnership services are supported by staff and/or consultants with training and experience in field(s) related to social, human or family services. Must have at least... to be considered for this position. Pay D.O.E. $15.78 to $16.80.

For questions or copies of job descriptions and applications contact:
Jeanine Coursey, HR/Fiscal Admin Assistant
Email: hr@htazhs.org. Phone: 928-769-2522. FAX: 928-769-2457
In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

CDI Head Start is an Equal Opportunity Employer.

Diamond Creek Restaurant • Part-Time Positions

Submitted by: Josue Isiordia, HR SR Specialist | Grand Canyon Resort Corporation

Grand Canyon Resort Corporation
Hualapai Lodge and Diamond Creek Restaurant | Part Time Positions

Part-time positions for night and weekends at the Hualapai Lodge and Diamond Creek Restaurant. Youth are welcome to apply from ages 14 years old and up.
To apply please come to the HR department, we have positions open for Cook, Dish Washer, Busser, Server, Hostess.

NOW HIRING
APPLY TODAY

Hualapai Tribe • Current Job Postings

Submitted by: Danielle Bravo | Hualapai Planning Department

2017 Current Job Posting for the Hualapai Tribe

	Job Title	Pay Rate	Opening Date	Closing Date
Health Department	Transportation Program Manager	$19.00-$21.00/hr.	July 7, 2017	**Open until filled**
	Radio Station Administrative Asst.	D.O.E.	Sept. 12, 2017	**Sept. 20, 2017**
Human Services	Shelter Advocate	D.O.Q.	July 24, 2017	**Open until filled**
	Shelter Supervisor	TBA	Sept. 6, 2017	**Open until filled**
Juvenile Detention	Correctional Officer I, II and III	$16.00-$18.00/hr.	Sept. 13, 2017	**Sept. 27, 2017**
Tribal IT Department	Network/Server Administrator	D.O.Q.	Sept. 8, 2017	**Sept. 22, 2017**

FOR COMPLETE JOB ANNOUNCEMENTS, PLEASE VISIT THE TRIBAL ADMINISTRATION OFFICE (941 Hualapai Way, Peach Springs, AZ) OR VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV for applications.

EDUCATION AND TRAINING INFORMATION

Peach Springs School Calendar of Events • October

Submitted by: Jamie Cole, Superintendent | Peach Springs Elementary School

2017 ***PSUSD Roars: Be Respectful, Take Ownership, Awesome Attitude, Be Responsible, and Be Safe***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*2 After school programs Tues and Wed. 4-5 pm*	*3 First Things First in board room at noon*	*4 NIEA School Board member training Healing group with Mr. Herman-*	*5 NIEA School Board member training*	*6 NIEA School Board member training*	*7 NIEA School Board member training*
	9 no school	*10 no school*	*11 no school*	*12– no school*	*13*	*14 Have a safe break and enjoy*
	15 Basketball practice begins Tuesdays-Wednesdays 4-5 pm	*16 New permission forms are needed for tribal sports*	*17 10:30 am Read on Hualapai meeting*	*18 Basketball season girls and boys teams begin Oct. 17th*	*19 Check out the school Reggae show 5 pm on radio*	*20 Be sure to dress warm for the morning bus stops*	*21 Questions about PSUSD, call 769-9034*
	22 Community help needed for carnival prep on Oct. 30th	*23 AZ dept. of ed. 40th day count*	*24 Parent Teacher conferences 6-7 pm*	*25 1st Quarter Report cards sent home today Healing w/ Herman at 1pm*	*26 JOM Awards Assembly & perfect attendance*	*27 ESSA*	*28*
	29 Seeking tribal dept. to help with a game booth for kids at Music M.	*30 H.S. carnival game night 6-8 pm*	*31 Class celebrations from 2-4 pm*		Youth Group w/ 6-8th graders 3:00-3:30 pm (sub. Prevention)- 2 Thursdays each month		

Head Start

CDI HEAD START

SERVING

HUALAPAI TRIBE

Ages 3-5

Is Now Accepting

Applications For Enrollment

Head Start is a quality early childhood education program provided at no charge to income eligible families. We Offer education, nutrition, medical, dental, mental health, disabilities/special needs and family education services.

Transportation Provided

For more information, contact the center at

928-769-2522 or

Stop by the Head Start Center at 479 Hualapai Way

Documents needed to inquire income eligibility

- **Birth Certificate**
- **Certificate of Indian Blood**
- **Proof of Residence**
- **Income Verification (Current and Prior income for the past 12 months)**

This institution is an equal opportunity provider

PLEASE FOLLOW US ON FACEBOOK At

www.facebook.com/Cdi-Headstart-Serving-Hualapai-547982035411128

CPR Training Class • Become CPR Certified

Submitted by: Chris Gortariz | Hualapai Emergency Services

HUALAPAI NATION EMERGENCY SERVICES
FIRE & EMS
PRESENT A
CPR TRAINING CLASS

Open to the public!!

Become CPR Certified & Save lives!!

$25.00 a person

Refresher: 4 hour course

Beginners: 8 hour course

Call Emergency Services Department and leave your Name, Number, & Email if interested in taking the class.

(928) 769-2205

HEALTH & SAFETY INFORMATION

Mobile On-Site Mammography • Tuesday, September 26th

Submitted by: Rebecca Rice, Health Educator | IHS

Indian Health Services

Peach Springs

Mobile On-Site Mammography

Date: Tuesday, September 26, 2017

Time: 8:00am-4:00pm

For appointments,

please call 928-769-2920

Breast Cancer Screening Guidelines

- Women aged 50 to 74 screening every 2 years minimum

Preparing for your mammogram:

- *Do not wear 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.*

"15 minutes could save your life"

Submitted by: Trena Bizardi, Fitness Specialist | Hualapai Fitness Center

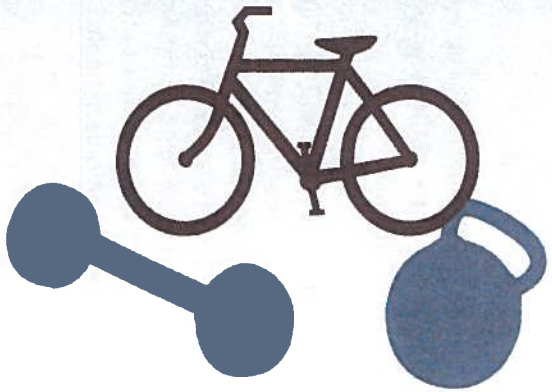
"GET FIT" SERIES

Upcoming Events:

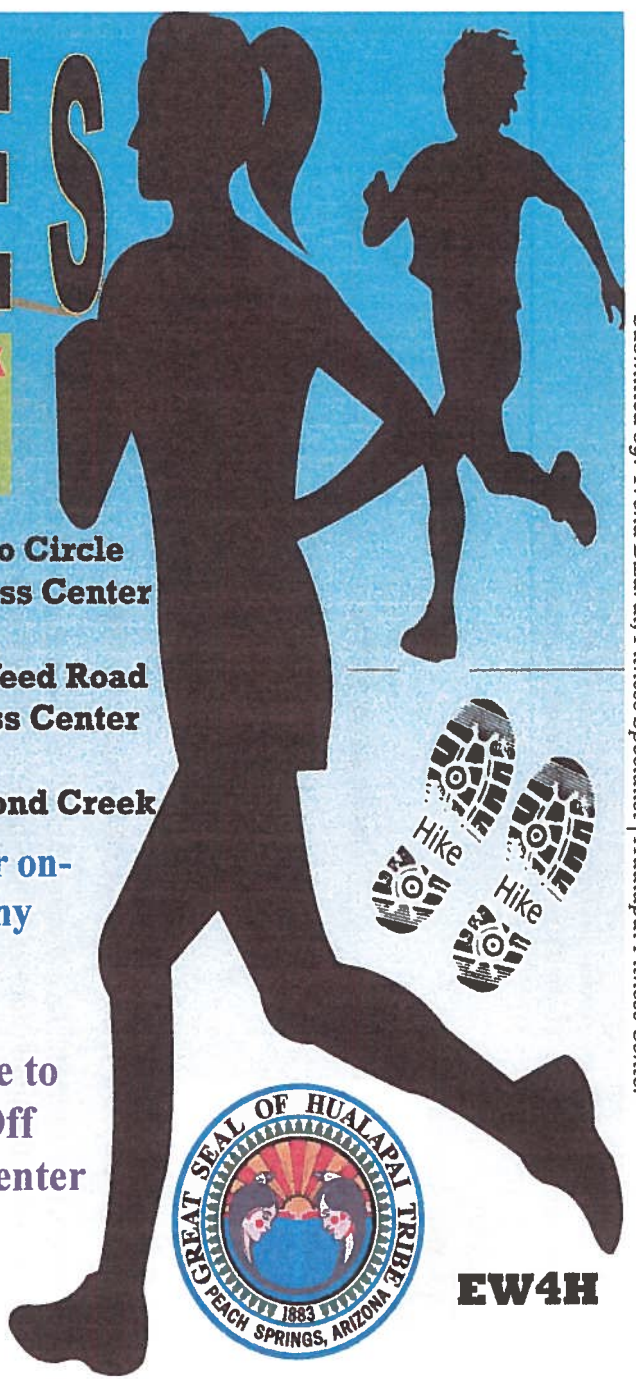
1 Mile Run/Walk and 5K Events Will Begin at 5:30 pm-7:30 pm

. Kick Off 1 Mile Run/Walk & 5k	Sept. 25	Rodeo Circle
. Buddy Up Weight Loss Challenge	Oct. 2 - Nov. 10	Fitness Center
Sign Up Deadline: September 29th		
. 1 Mile Run/Walk & 5k	Nov. 20	Milk Weed Road
. Healthy Living Challenge	Dec. 4 – Jan.12	Fitness Center
Sign Up Deadline: January 12		
. 1 Mile Run/ Walk & 5k Obstacle Run	Jan. 22, 2018	Diamond Creek

Pre-Register at the Fitness Center. You may also register on-site. Call the Fitness Center at 769-2644 if you have any questions. We welcome all to register for the events.



If you organization would like to set up a booth at the Kick-Off event. Please call the Fitness Center to register.



GREAT SEAL OF HUALAPAI TRIBE
PEACH SPRINGS, ARIZONA 1883

EW4H

Tobacco Ordinance • Comments Call Jessica Powskey or Vondell Bender at (928) 769-2207

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Department/SAP Prevention

Tobacco Ordinance will be presented to Tribal Council on September 19, 2017, so if anyone has any comments, please call Jessica Powskey or Vondell Bender at HEW (928) 769-2207. Thank you.

Ordinance of the

Hualapai Tribe of Peach Springs

Smoke Free Workplace

17 ORD-HT-01

BE IT ENACTED BY THE TRIBAL COUNCIL OF THE HUALAPAI TRIBE:

STATEMENT OF PURPOSE: An ordinance to promote and protect the health of its members and all other persons within the jurisdiction in the Hualapai Tribe of Peach Springs, in accordance with the Resolution No. 18-94 of the Governing Body of the Hualapai Tribe of the Hualapai Reservation & Chapter 4, Section 2 of the Hualapai Personnel Policies & Procedures Manual:

ARTICLE 1 – INTRODUCTION

A. Short Title: This ordinance shall be known as The Hualapai Tribal Tobacco Free Workplace ordinance.

B. Purpose: This ordinance is to promote and protect the health of its members and all other persons within its jurisdiction in the Hualapai Tribe.

C. Authority: The authority for this ordinance is Resolution No. 18-94 of the Governing Body of the Hualapai Tribe, Ch. 4 Section 2 of the Hualapai Personnel Policies & Procedures Manual.

D. Interpretation: The interpretation and jurisdiction of the Tobacco Free workplace ordinance lies solely with the Tribal Council.

ARTICLE II – FINDINGS AND INTENT

A. The Hualapai Tribe is committed to protecting the public health, safety and welfare of the people of the Hualapai Tribe especially unborn children, elderly and people with respiratory illness.

B. The Hualapai Tribe finds that smoking may be linked to the higher incidence of infant mortality as much as prenatal smoking reduces oxygen to the fetus, prenatal smoking results in increased prevalence of respiratory problems, bronchitis, and pneumonia among newborns, and smoking is also associated with Sudden Infant Death Syndrome. Tobacco Smoking can lead to lung cancer, chronic bronchitis and emphysema. It increases the risk of heart disease which can lead to stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts and pneumonia in adults.

C. The Hualapai Tribal Good Health & Wellness Coalition has recommended the Hualapai Tribal Council adopt an ordinance establishing all Tribal buildings and all offices of the Hualapai Tribal Program as Smoke Free.
D. Tribal Council considers the health of its people to be of upmost importance, and recognizes that smoking is hazardous to one's health and jeopardizes the health of others through secondhand and third hand smoke. To improve and maintain the well-being of tribal members.

E. Tribal Council is responsible and oversees its buildings, indoor facilities and vehicles.

ARTICLE III – DEFINITIONS

The following terms used in this ordinance have the following meanings unless the context clearly indicated otherwise:

A. "Commercial Tobacco" is defined, but not limited to tobacco products such as cigarettes, cigars, pipe tobacco, chewing tobacco, snuff, hooka or an electronic smoking device, not the sacred and indigenous uses of tobacco. "Tobacco product" means any product made or derived from tobacco that contains nicotine or other substances and is intended for human consumption or id likely to be consumed, whether smoked, heated, chewed, absorbed, dissolved, inhaled or ingested by other means.

B. "Electronic smoking device" is defined as any electronic product that can be used to aerosolize and deliver nicotine or other substances to the person inhaling from the device, including but not limited to electronic cigarettes, electronic cigar, electronic cigarillo, electronic pipe, vaping, vapor products and any cartridge or other component of the device or related product.

C. "Secondhand smoke" means the particulate matter, gases, and other by – products of combustion emitted from a lighted pipe, the lit end of a cigarette or cigar, or other form of commercial tobacco and also the exhaled by – products of tobacco combustion previously inhaled during the smoking of a pipe, cigarette, cigar or any other form of commercial tobacco.

D. "Third hand smoke" is residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. This residue is thought to react with common indoor pollutants to create a toxic mix.

E. "Ceremonial purpose" means when an individual or individuals offer tobacco to carry the message of prayer.

ARTICLE IV – REASONABLE DISTANCE

A. The Hualapai Tribal Council on the day of passing this (Ordinance/Policy) have made an area of 50 feet from front entrances of Tribal Buildings and facilities to be Tobacco/Smoke Free. Signs will be placed to distinguish these No Smoking areas through this Ordinance 17-ORD-HT-01.

B. No person may smoke tobacco and other electronic smoking devices that the Hualapai Tribe and all Tribal Departments operate out of.
C. This section does not prohibit the use of tobacco for ceremonial purposes.

D. Signs are required to be posted in all Tribal buildings in a visible area to advise the persons of "No Smoking".

ARTICLE V – EFFECTIVE DATE OF ORDINANCE

This ordinance shall become effective upon approval by the Hualapai Tribal Council.

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal is composed of nine (9) members of whom __ constituting a quorum were present at a REGULAR MEETING thereof held on this _____ day of _____ _____; and that the foregoing Ordinance was duly adopted by a vote of ____ for ____ against, ____ not voting, and ____ excused, pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved _____.

_____, Chairman
Hualapai Tribal Council

ATTEST

_____, Secretary
Hualapai Tribal Council

Smoking and Respiratory Diseases • Fact Sheet

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Department/SAP Prevention

SMOKING AND RESPIRATORY DISEASES

This fact sheet is for public health officials and others who want information on the many ways smoking damages the respiratory system. People who want healthy lungs should not smoke and should avoid exposure to secondhand smoke.

WHAT YOU SHOULD KNOW ABOUT SMOKING AND LUNG HEALTH

Toxins in tobacco smoke harm the body from the moment they enter through the mouth and nose. They damage tissue and cells all the way to the lungs. When cigarette smoke is inhaled, chemicals from the smoke are absorbed in the lungs. As a result, smoking:

- causes lung diseases, including the majority of cases of chronic obstructive pulmonary disease (COPD);
- makes chronic lung diseases more severe; and
- increases the risk for respiratory infections.

Genetic factors make some people more susceptible to lung disease from smoking.

Although the lung has ways to protect itself from injury by inhaled agents, these defenses are overwhelmed when cigarette smoke is inhaled repeatedly over time. After years of exposure to cigarette smoke, lung tissue becomes scarred, loses its elasticity, and can no longer exchange air efficiently.

SMOKING AND LUNG GROWTH

Adults who smoked as teenagers can have lungs that never grow to their potential size and never perform at full capacity. This happens because the lungs of young people are still growing, but the chemicals in cigarette smoke slow down lung growth. Such damage is permanent, and increases the risk of COPD later in life.

TUBERCULOSIS

Tuberculosis (TB) is a common bacterial infection that usually attacks the lungs and is spread through the air when people with the disease cough or sneeze. Although TB in the United States has been dramatically reduced over the past decades, TB remains a serious health problem elsewhere in the world. There is now sufficient evidence to conclude that smoking increases a person's risk of getting TB. Smokers who have had TB are more likely than nonsmokers to have a recurrence of their TB and smokers with active TB are more likely to die from it than are nonsmokers who have the disease.

COPD

Lung injury from tobacco smoke leads to the development of COPD, the nation's third largest killer. People with COPD have damaged airways and slowly die from lack of oxygen. Eight out of 10 cases of COPD are caused by smoking. The number of Americans suffering from COPD is increasing and there is no cure for this disease.

Recent studies show that risks for COPD are increasing, especially in women. Their risk for COPD is now similar to the risk among men. Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked. Also, more women are dying from COPD than men, and women appear more likely to develop severe COPD at younger ages.

ASTHMA

Asthma is the most common chronic disease of childhood and is also very common among adults. The disease usually begins during childhood, but can start at any age. Asthma restricts airways and obstructs air flow, which results in wheezing and coughing.

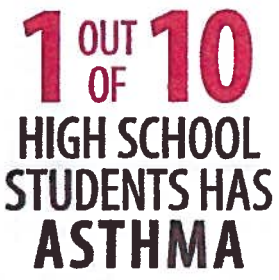
More than 1 in 10 high school students in the United States have asthma, and studies suggest that youth who smoke may be more likely to develop asthma. Exposure to secondhand smoke can trigger an asthma attack in both children and adults. A severe asthma attack can put a child's life in danger.

LUNG CANCER

Lung cancer is the number one cancer killer of both men and women in the United States. The first Surgeon General's Report on smoking and health in 1964 found that smoking was a cause of lung cancer in men. Since that time, risks for developing lung cancer have risen steadily among smokers, and have risen dramatically among women smokers. Changes in the design and contents of cigarettes over the last 50 years have contributed to higher lung cancer risks among smokers.

QUIT SMOKING—FOR HEALTHY LUNGS!

Although we don't know exactly which smokers may develop lung disease from smoking, your clients should know that smoking is very dangerous to lung health, and that many serious chronic diseases of the lung are caused by smoking. Children and teens who smoke can damage their lungs for life. Quitting smoking improves lung function and reduces the risk of lung infections. Family doctors can help smokers quit, and free help is available to smokers at 1-800-QUIT-NOW, at smokefree.gov, and at cdc.gov/tips.



Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.

RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.smokefree.gov
- www.cdc.gov/tips

CDC Centers for Disease Control and Prevention Office on Smoking and Health

Cooking Matters Presents Sugar Shocker

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Department/SAP Prevention

SHARE OUR STRENGTH'S COOKING MATTERS

COOKING MATTERS PRESENTS

Sugar Shocker

Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That's where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

Nutrition Facts

Serving Size 1 cup (264g)
Servings per Package 2

Amount Per Serving	
Calories 310	Calories from Fat 40
	% Daily Value
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 57g	19%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 12g	
Vitamin A 200% •	Vitamin C 190%
Calcium 15% •	Iron 20%

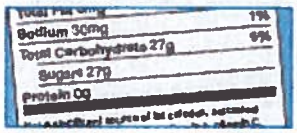
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That's how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

It's ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

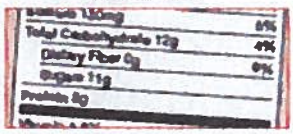
Compare the food labels below. Circle which food or drink is lower in sugar.

a. **Soda**

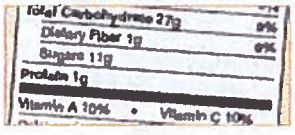


OR

Plain milk

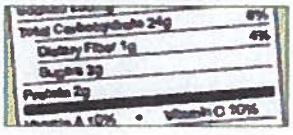


b. **"Frosted" whole grain cereal**

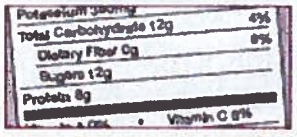


OR

Unfrosted whole grain cereal

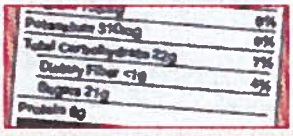


c. **Plain yogurt**



OR

Strawberry yogurt



TRY THIS!

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.

Power Up With Colorful Fruits & Veggies!

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Department/SAP Prevention

P.A.C.K. Pack Assorted Colors for Kids!

Name: _____

Date: _____

fruits & veggies more matters

Welch's

POWER UP WITH COLORFUL FRUITS & VEGGIES!

SUPER SCRAMBLE

Unscramble the words below to see what colorful fruits and vegetables Celine Celery ate today.

Breakfast:

ANNBAA _____

NGOMA _____

Snack:

LPAPE _____

Lunch:

CROLBOCI _____

UPML _____

Snack:

RCOTRAS _____

Dinner:

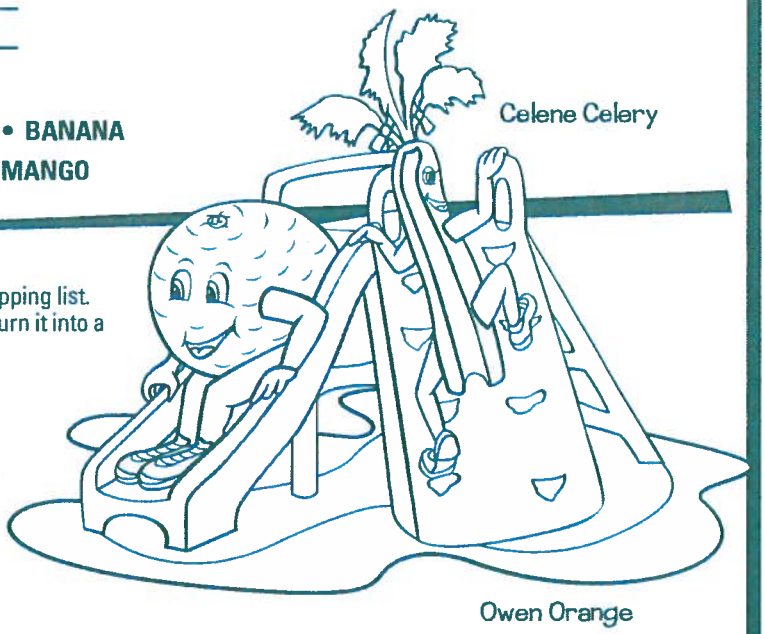
EPSA _____

EPEPPR _____

MOLTRAWNEE _____

Choices:

CARROTS • PLUM • BROCCOLI • PEAS • BANANA
APPLE • PEPPER • WATERMELON • MANGO



Celene Celery

Owen Orange

SHOPPING LIST SHUFFLE

Owen Orange got all mixed up when writing his shopping list. Change the underlined letter in each of his words to turn it into a new word spelling a fruit or vegetable.

Owen's List	New List
GRAZE	G R A ☐ E
PARROT	☐ A R R O T
BEACH	☐ E A C H
PLUG	P L U ☐
TANGO	☐ A N G O
PENS	P E ☐ S
TORN	☐ O R N
JEANS	☐ E A N S

Use the letters from the boxes to complete the sentence.

___I___K AND ___ACK YU___ ___Y ___ND

___OLORFUL FRUITS & VEGETA___LES

7 Basic Honey Nutrition Facts

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Department/SAP Prevention

7 Basic Honey Nutrition Facts

How can we miss these important honey nutrition facts when trying to understand what honey is made of and its benefits? Here's the information:

1. **Simple Carbohydrates.** Honey is a great source of simple carbohydrates. Nectar itself is composed mainly of sucrose and water. Bees add enzymes that create additional chemical compounds, inverting the sucrose into fructose and glucose, and then evaporate the water so that the resulting product will resist spoiling.
2. **Natural Sugar.** 80% natural sugar -- mostly fructose and glucose. Due to the high level of fructose, honey is sweeter than table sugar.
3. **Water content.** 18% water -- The less water content the honey has, the better the quality of honey.
4. **Minerals and Vitamins.** 2% minerals, vitamins, pollen and protein -- Honey contains natural minerals and vitamins which help the metabolizing of undesirable cholesterol and fatty acid on the organs and tissues into the system, hence preventing obesity and promoting better health for us. The vitamins present in honey are B6, thiamin, niacin, riboflavin, pantothenic acid and certain amino acids. The minerals found in honey include calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc. Manuka honey has a higher than normal conductivity, a way of measuring the mineral content of a honey -- about 4 times that of normal flower honeys. The higher the conductivity, the better the value of the honey.

5. **Antioxidants.** One of the most encouraging honey nutrition facts - this natural sweetener is rich in phenolic acids and flavonoids, which are a source of natural antioxidants and is free of fat and cholesterol!
6. **Calories.** One tablespoon of natural sweetener honey contains 64 calories. How does this number compare with table sugar? Full account in: Amount of Calorie in Honey. (http://www.benefits-of-honey.com/calorie-in-honey.html)
7. **Glycemic Index.** * Honey has a healthy Glycemic Index (GI), meaning that its sugars can be gradually absorbed into the bloodstream to result in better digestion. We should try to avoid eating excessive high-glycemic foods which would prompt an elevated insulin release in our body as a result of the pancreas being stimulated to metabolize the sudden surge of glucose into the blood.

(Source of Charts: NutritionData.com)

Minerals

Amounts Per Serving Size 339 g (1 Cup)		%DV
Calcium	20.3 mg	2%
Iron	1.4 mg	8%
Magnesium	6.8 mg	2%
Phosphorus	13.6 mg	1%
Potassium	176 mg	5%
Sodium	13.6 mg	1%
Zinc	0.7 mg	5%
Copper	0.1 mg	6%
Manganese	0.3 mg	14%
Selenium	2.7 mcg	4%
Fluoride	23.7 mcg	

Nutrition Facts

Serving Size 339 g (1 Cup)

Amount Per Serving	
Calories 1031	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 279g	93%
Dietary Fiber 1g	3%
Sugars 278g	
Protein 1g	
Vitamin B6 4% • Vitamin C	3%
Riboflavin 8% • Folate	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 1 Tbsp (21 g)

Amount Per Serving	
Calories 64	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Sugars 16g	

7 Basic Honey Nutrition Facts

Submitted by: Vondell Bender, Good Health & Wellness Educator

Wild Rice Casserole

Get ready to get wild...wild rice, that is. A creamy, dreamy casserole, this winner is sure to hit the spot time and time again.

Ingredients

- 4 cups water
- 1 cup uncooked wild rice
- 1 tsp. butter or margarine
- 1 1/2 tsp. salt, divided
- 1/2 cup uncooked brown rice
- 8 strips bacon, diced
- 1 medium green pepper, diced
- 2 cups sliced fresh mushrooms
- 1 large onion, diced
- 1 medium sweet red pepper, diced
- 1 celery rib, sliced thinly
- 1 (14 1/2 ounce) can beef broth
- 1/4 cup cold water
- 1/2 cup slivered almonds
- 2 tbsp. cornstarch

METHODS/STEPS

In a large saucepan, bring water, wild rice, butter and 1/2 teaspoon salt to a boil. Lower heat; cover and simmer for 40 minutes. Stir in brown rice. Cover and let simmer for 20-25 minutes longer or until rice is tender. Using a skillet, cook bacon until crisp. Move bacon to paper towels; drain skillet reserving 2 tablespoons drippings. In the drippings, sauté mushrooms, onion, peppers and celery until tender. Mix in broth and remaining salt. Bring to a boil. Combine the cornstarch and cold water until smooth; stir into the mushroom mixture. Cook and stir for 2 minutes or until thickened and bubbly; stir in almonds and bacon. Drain rice; add mushroom mixture. Transfer to a greased 13x9x2-inch baking pan.

Cover and bake at 350 for 25 minutes. Uncover, bake 5-10 more minutes or until heated through.

The Road to Recovery • Monday Nights

Submitted by: Keely Sage

CELEBRATE RECOVERY

THE ROAD TO RECOVERY

CR is based on life principles passed down from our higher power as spoken in the **Beatitudes- Matthew 5: 3-19**

RECOVERING:

It's not only about addictions, it's about life choices.

- Resolving anger Issues.
- Releasing co-dependent relationships.
- Rediscovering your walk with Jesus.
- Restoring relationships with family and friends.
- Reaching for the Truth.

These are only some of the reasons to attend a **Celebrate Recovery Meeting.**

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We are here to support one another, not fix another.

HOPE

Springs from within.

MONDAY NIGHTS 6:00 O'CLOCK HEW

COMMUNITY MESSAGES

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*Please remember to submit your Gamyu articles in **BY** the deadline to avoid any inconvenience with the print time.*

You are welcome to email your articles to dbravo@hualapai-nsn.gov and view the latest Gamyu online at www.hualapai-nsn.gov

Article Deadline:

MONDAY, October 2nd by **NOON**

(Due to Employee Picnic on Friday, September 29th)

Next Publication:

Friday, October 6th

Thank you!

Join the CELEBRATION...

When: Friday, September 22, 2017
Time: 10:00am to 2:00pm
Where: Your local Boys & Girls Club!

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Submitted by: Shay Thomas | Mattressland & Furniture

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Proudly Announces and Congratulates

September, 2017 Volunteer of the Month:

Wanda Quasula, aka Wanda J

All Peach listeners recognize Wanda J. longtime host of Native Noon Hour, now a popular institution in the Peach Springs community. You shouldn't eat lunch without her! Wanda J. is a personable and enthusiastic DJ bringing all kinds of Native American music and some awesome information about community and regional events of interest to listeners. Staff appreciates her dedication, commitment and initiative in bringing meaningful special programming to her show- from dedications to community elders passing to Native Hip Hop artists interviews and music previews. She is always ready to lend a helping hand with station tasks and events and even serves on the station's advisory committee. Her show has gained such popularity that it is now sponsored by the Hualapai River Runners. Thank you River Runners! Thank you Wanda J! Join Wanda J. every week day lunch hour for Native Noon Hour!

If you'd like to join the Peach volunteers: Call 769-1110.

KWLP Volunteers sponsored in part by:

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