



CHARLIE MURPHY BEGINS SERVING CAKE WHILE ALEX CABILLO, JACKIE MARSHALL, SYLVIA WHATONAME AND TOM WAHLQUIST LOOK ON.

## Retirement Celebration for Forestry Program Manager, Charles Murphy and Assistant Forestry Program Manager, Tom Wahlquist

by Kevin Davidson, Hualapai Planning Department

With over 67 years of combined service to the Hualapai Tribe between them, Charlie Murphy and Tom Wahlquist are retiring from the Forestry Division of Natural Resources.

They have created three forest management plans over the past 30-plus years, which have kept the 50,000 acres of pine and cedar healthy and profitable for the tribe. Mr. Murphy told the group gathered at the Multi-Purpose Building on Thursday afternoon, December 21<sup>st</sup> that he delayed his retirement for two years so he and Mr. Wahlquist could complete the third forest management plan. Richard Powskey, Forestry Manager for the Hualapai Tribe, praised the work of both men and said the Hualapai Forest's esteem and reputation in mentioned along with national forests such as the Kaibab Forest and Prescott

Forest in part due to its sound management.

Mr. Wahlquist imparted a little advice to future foresters saying that he was trained largely in the scientific or biological aspects of forestry but did not come to fully appreciate the need to also be a "social" forester until working in the profession and noted that his career has been largely focused on this soft science skill set when dealing with those individuals who use the forest. Gentlemen, we salute you both for your unflagging and steadfast service to the Hualapai People. Hankyu!

*Happy Retirement*

Friday, December 29, 2017



GAMYU

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- Next Regular Council Meeting, will be held on Saturday, January 6, 2018 starting at 8:01 am.
- TERC Meeting will be on Wednesday, January 17<sup>th</sup> at 9:00 am at the Hualapai Cultural Resources Department.
- HTUA Meeting will be held on Wednesday, January 10<sup>th</sup> at 9:00 am at the Health Department.



### Scoping Meeting for Hualapai War Paint Adventures Zip Line

The meeting will be held on Wednesday, January 10, 2018, beginning at 5:30PM at the Multi-Purpose Building.

See Page 7

**RFQ from Design Build Firms • Single-Family Home in Peach Springs***by: Kevin Davidson, Hualapai Planning Department*
**NOTICE OF REQUEST FOR STATEMENT OF QUALIFICATIONS FROM DESIGN-BUILD FIRMS, RFQ NO. 01-2017  
SINGLE-FAMILY HOME IN PEACH SPRINGS**

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting Statements of Qualifications from Design-Build (D-B) Firms to utilize the One-Step Design-Build contracting procedure for the design and construction of one single-family home in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites interested firms to submit written Statements of Qualifications relating to this project. The Tribe will select the top-rated Offeror from those submitting Statements of Qualifications and enter into contract negotiations. The project shall utilize a negotiated Guaranteed Maximum Price (GMP). The Tribe's total design and construction budget for this project is \$170,000.00. Funds are derived from the BIA Housing Improvement Program. The new home must be ready for occupancy no later than six (6) months after contract's Notice to Proceed is given.

A complete copy of this RFQ may be obtained from our website at: <http://hualapai-nsn.gov/>.

PRE-SUBMITTAL CONFERENCE: December 18, 2017, 2:00 P.M. Hualapai Cultural Center, 880 West Highway 66, Peach Springs, Arizona 86434.

SUBMITTAL DUE DATE: January 8, 2018, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)

**Tinhorn Consulting, LLC. Honored as 2017 Business of the Year***by: April Tinhorn, Tinhorn Consulting, LLC.*

FOR IMMEDIATE RELEASE  
December 19, 2017

Contact: Tinhorn Consulting, LLC  
602-430-2282

**Tribal Communications Company "Tinhorn Consulting, LLC"  
Honored as 2017 Business of the Year by  
American Indian Chamber of Commerce of Arizona**

*100% American Indian, woman-owned business wins prestigious award for  
integrated communications work benefiting Tribal Communities in Arizona*

PHOENIX, AZ - As part of the 10th Annual American Indian Chamber of Commerce of Arizona (AICCAz) Holiday Business Awards luncheon on December 8th, Tinhorn Consulting, LLC was selected as the 2017 American Indian Business of the Year.

Each year, the AICCAz recognizes an American Indian owned business operating in Arizona for exhibiting vision, innovation and growth, as well as demonstrating a reputation for integrity and community involvement.

"Tinhorn Consulting represents successful American Indian small businesses that the American Indian Chamber of Commerce of Arizona was founded upon," said Shon Quannie, Chairman of the AICCAz Board of Directors and

founder of 4X Studio. “Not only did Tinhorn Consulting serve its clients locally, but also served many communities across Indian Country. As a woman-owned business, we look forward to watching April Tinhorn continue with much success for years to come.”

The AICCAz was founded in 1995 to help promote American Indian entrepreneurs and provide opportunities for networking and support to American Indian-owned businesses in Arizona. According to the Small Business Administration, Native American women tally a high rate of business ownership. A survey by the National Women’s Business Council in 2012 indicated over 131,000 American Indian and Alaska Native women-owned businesses in the U.S., an increase of 36 percent from 2007. In Arizona, American Indian and Alaska Natives represented 4.6 percent of women-owned businesses.

During the award luncheon, Tinhorn Consulting, LLC was lauded for its’ cultural communications services that helps tribal communities to create and share messages to expand their reach, build trust and ignite results.

“Your story, your voice” is the mantra behind Tinhorn Consulting, LLC and the foundation of its business approach. “Our mission is to help our clients share their stories in their own voices to authentically connect and engage in the business world,” said owner and founder April Tinhorn. Ms. Tinhorn, of Hualapai, Navajo and Chinese heritage, developed her focus from lessons learned in her childhood growing up on the Hualapai Reservation in northwestern Arizona. “When I accepted what made me unique, I became empowered and was able to see solutions, instead of barriers. Applying this approach in my business helps my clients expand their reach and achieve their identified goals.”

Over its history, Tinhorn Consulting, LLC has assisted clients such as the Seminole Tribe in Florida to create a strategic plan to establish life skills training for tribal members as part of its Native Learning Center. During a recent tribal election in Arizona, Tinhorn Consulting, LLC developed a successful social media strategy for a candidate to reach out to younger voters. Tinhorn Consulting, LLC provides a spectrum of marketing and communications services including public relations, social media outreach, strategic planning and digital storytelling. Current clientele includes Care1st, Southern Indian Health Council, Tohono O’odham Justice Center, San Carlos Apache College, among others. Tinhorn Consulting, LLC operations are located in South Phoenix.

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#### About Tinhorn Consulting, LLC:

Tinhorn Consulting, LLC is a full-service integrated marketing and consulting firm specializing in telling clients’ stories in the most powerful way that has a lasting and far-reaching impact. Tinhorn Consulting, LLC, works with clients from a variety of industry sectors including health, government, education, non-profit and business. Tinhorn Consulting, LLC is a 100% Native American, woman-owned business and is a proud member of the American Indian Chamber of Commerce of Arizona. For additional information, contact [info@tinhorn-consulting.com](mailto:info@tinhorn-consulting.com).

## Hualapai Tribal Forestry

By Charles A. Murphy

Fuelwood season is upon us. I have been getting numerous reports for various infractions by woodcutters from cutting fences, leaving gates open, selling wood without a permit, cutting commercially outside the designated area, not scaling commercial loads, etc..

These are all activities that are punishable by Tribal and Federal Law. Be informed, that if you purchase wood from someone that has cut it illegally, you are guilty of receiving stolen property which may be confiscated pending legal action, as well as, you being charged. To all commercial wood cutters, be informed that wood does not change possession from the Tribe to you until after the wood has been scaled. Wood should be scaled the same day as it was cut.

As Tribal Members, each and every one of you are owners of the Tribal resources and if someone chooses to profit by it, each of you should receive your fair share. This is done by requiring stumpage to be paid (which goes into the General Fund for all members) and being insured that it is done in a manageable condition that does not harm the resource for future generations. This is the reason for all of the natural resource management plans.

I have attached part of the Forestry Ordinance Appendix II. Regulations - which summarizes most of the common rules for harvesting wood. The complete ordinance is available at the Tribal Forestry Office.

**APPENDIX II.****SMALL SCALE FOREST PRODUCTS HARVESTING REGULATIONS****61.1. Scope and Purpose; Definitions.**

- (a) These Regulations apply to the harvesting of all forest products not done under formal contract.
- (b) All persons harvesting forest products from Hualapai forest land shall comply with:
  - (1) Tribal Forest Products Harvesting Ordinance NO.61-D;
  - (2) These Regulations;
  - (3) The National Indian Forest Resources Management Act of 1990, 25 U.S.C. § 3101 *et seq.*; and
  - (4) 25 C.F.R. Part 163 - General Forest Regulations.
- (c) The purpose of these Regulations is to:
  - (1) provide for utilization of forest products when the quantity and/or value of the harvested products does not require administration by formal- contract;
  - (2) provide employment opportunities for Tribal members;
  - (3) provide forest products for personal use of Tribal members and non-Tribal members married to Tribal members;
  - (4) define the administrative and field procedures used on Hualapai tribal lands to harvest forest products. In this regard, the Regulations will address:
    - 61.3 Noncommercial Harvesting by Tribal Members
    - 61.4 Noncommercial Harvesting by Non-Members
    - 61.5 Commercial Harvesting
    - 61.6 Products and Stumpage Rates for Tribal Members or Individuals Married to Tribal Members - Commercial Permittees
    - 61.7 Products and Stumpage Rates for Non-Hualapai Commercial Permittees
    - 61.8 Special Considerations and Exemptions
- (d) The definitions set forth in Ordinance No. 61-D shall apply to these Regulations.

**61.2. Administration.**

Blanket permits will be issued and authorized by the BIA-Truxton Canon Agency to the Hualapai Tribal Forestry Program at the beginning of each Tribal fiscal year. Persons authorized to sign these permits are the Superintendent or his/her authorized designee. These permits will authorize the Hualapai Tribal Forestry Program to sub-issue permits to individuals and authorize the Program to collect stumpage and other

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individuals and authorize the Program to collect stumpage and other payments as per these Regulations and the Accounting Procedures for Forest Stumpage Receipts part B. - Permit Sale Procedures.

**61.3. Noncommercial Harvesting By Tribal Members**

A Hualapai Tribal member may harvest forest products without charge and without a permit as long as it is for his/her personal use, with the following exceptions:

- a. No live ponderosa pine may be cut.
- b. No standing ponderosa pine snags may be cut.
- c. No cutting in designated commercial cutting areas.
- d. No cutting of live trees within 500 feet of the Supai Highway or the Buck & Doe Road.
- e. No hauling of material off of Hualapai tribal lands without a completed haul ticket.

Products harvested under this authority are considered noncommercial harvesting and shall be for the member's personal use. Such products shall not be sold or exchanged for other goods or services.

The maximum amount that may be harvested by any individual shall not exceed \$2,500 in stumpage value in any one Tribal fiscal year, utilizing the rate schedule in effect at the time of harvesting.

All individuals harvesting forest products on Hualapai tribal lands are required to use conservative cutting methods. Conservative cutting methods include no partial cutting of trees, utilization of all wood down to three inches and all wood 33% or more sound, stump heights not exceeding one-half of diameter except no stump shall exceed twelve inches, and all slash lopped and scattered no higher than two feet above ground level.

Individuals harvesting forest products from Hualapai tribal lands may be held responsible for the suppression costs and damages from any fires caused by their harvesting activities. To minimize the possibility of fire, it is required that all chainsaws be equipped with a functioning spark arrester. It is also requested that all cutters have a shovel, axe, and a small fire extinguisher on site to suppress any fires created by the harvesting operation.

Cutters are required to remove all trash created by them from their harvesting area.

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#### 61.4. Noncommercial Harvesting By Non-Members

All non-members may harvest forest products on Hualapai tribal lands without charge pursuant to a free use permit under two circumstances:

- A. A non-member who is married to a currently enrolled Hualapai Tribal member may harvest forest products without charge as long as it is for his/her personal use, with the following exceptions:
  - a. No live ponderosa pine may be cut.
  - b. No standing ponderosa pine snags may be cut.
  - c. No cutting in designated commercial cutting areas.
  - d. No cutting of live trees within 500 feet of the Supai Highway or the Buck & Doe Road.
  - e. No hauling of material off of Hualapai tribal lands without a completed haul ticket.
- B. Noncommercial harvesting under permit may be allowed under special or unusual circumstances but must be approved by the Program Manager and the Department Director. Cutting conditions a. through e. above apply.

Products harvested under this authority shall be for the permittee's personal use. Such products shall not be sold or exchanged for other goods or services.

The maximum amount that may be harvested by any individual shall not exceed \$2,500 in stumpage value in any one tribal fiscal year, utilizing the rate schedule in effect at the time of issuance of the permit.

Free use permits under this section shall be considered noncommercial harvesting. Permits will be issued at the Hualapai Tribal Forestry Office.

All individuals harvesting forest products on Hualapai tribal lands are required to use conservative cutting methods. Conservative cutting methods include no partial cutting of trees, utilization of all wood down to three inches and all wood 33% or more sound, stump heights not exceeding one-half of diameter except no stump shall exceed twelve inches, and all slash lopped and scattered no higher than two feet above ground level.

Individuals harvesting forest products from Hualapai tribal lands may be held responsible for the suppression costs and damages from any fires caused by their cutting activities. To minimize the possibility of fire, it is required that all chainsaws be equipped with a functioning spark arrester. It is also requested that all cutters have a shovel, axe, and a small fire extinguisher on site to suppress any fires created by the cutting operation.

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Cutters are required to remove all trash created by them from their harvesting area.

#### 61.5. Commercial Harvesting

Forest products may only be resold if a commercial permit was obtained prior to harvesting. Stumpage and administrative/slash disposal fees are charged to the permittee. There will be no refunds once permits are issued.

The stumpage value which may be harvested under paid permits in a tribal fiscal year by any individual shall not exceed \$25,000.00.

In addition to the limitations required by regulation as to volume and values, performance bonds are required for all permits issued for stumpage values of \$500 or more. Performance bonds will be 20% of the stumpage value payable in cash.

Permits will be issued at the Hualapai Tribal Forestry Office, pursuant to Section 61.2

All commercial permittees are required to abide by the following policies:

1. A permit must be obtained and the designated stumpage rate must be paid prior to harvesting.
2. All commercial harvesting will be in designated areas.
3. Any individual who has an active commercial harvesting permit is not allowed to harvest wood for personal use during the period that his commercial permit is in effect.
4. All commercial loads must be scaled at the Hualapai Tribal Forestry Office.
5. All forest products that will be transported off of Hualapai tribal lands must be accompanied with a hauling ticket issued by the Hualapai Tribal Forestry Program. It is the permittee's responsibility to insure that haul tickets are completed in duplicate and submitted to both the person hauling the material and to the Program. A completed haul ticket will include the date the material is hauled, volume of material being hauled, and the permit number under which the material was harvested.
6. Time allotted for fuelwood harvesting will be 1.2 days per cord. Time allotted for all other forest products harvested will be assigned on a case by case basis dependent on quantity and kind of product purchased. Permits may be extended once if a valid reason is presented before the expiration date.

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7. All individuals harvesting forest products are required to use conservative cutting methods. Conservative cutting methods include no partial cutting of trees, utilization of all wood down to three inches and all wood 33% or more sound, stump heights not exceeding one-half of diameter except no stump shall exceed twelve inches, and all slash lopped and scattered no higher than two feet above ground level.
8. A permittee must adhere to the TERO Resolution and Ordinance when soliciting help to fulfill his permit. In essence, the resolution provides for Indian preference for "hiring, promoting, training, and all other aspects of employment and in subcontracting."
9. Individuals harvesting forest products may be held responsible for suppression costs and damages from any fires caused by their cutting activities. To minimize the possibility of fire, it is required that all chainsaws be equipped with a functioning spark arrester. Also, all cutters must have a shovel, axe, and a small fire extinguisher on site to suppress any fires created by the cutting operation.
10. Cutters are required to remove all trash created by them from their cutting area.
11. Currently enrolled members and individuals married to enrolled members are eligible to harvest forest products at the stumpage rates stipulated in Section 61.6 - Products and Stumpage Rates for Tribal Members or Individuals Married to Tribal Members - Commercial Permittees.
12. All other individuals are restricted to the forest products and stumpage values stipulated in Section 61.7 - Products and Stumpage Rates for Non-Hualapai Commercial Permittees.

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Scoping Meeting for Hualapai War Paint Adventures Zip Line, Mountain Bike Course, Paint Ball Arena and Visitor Center on Hualapai Reservation



The Planning Department invites tribal members to a public meeting to discuss a proposed zip line, mountain bike course, paint ball arena and visitor center east of Milkweed Springs Road and north of Ridge Road (road to the old dump). The meeting is part of the tribe’s environmental review process and we look forward to hearing your comments and concerns on building this new commercial facility.

The meeting will be held on Wednesday, January 10, 2018, beginning at 5:30 PM at the Multi-Purpose Building. Refreshments will be served.

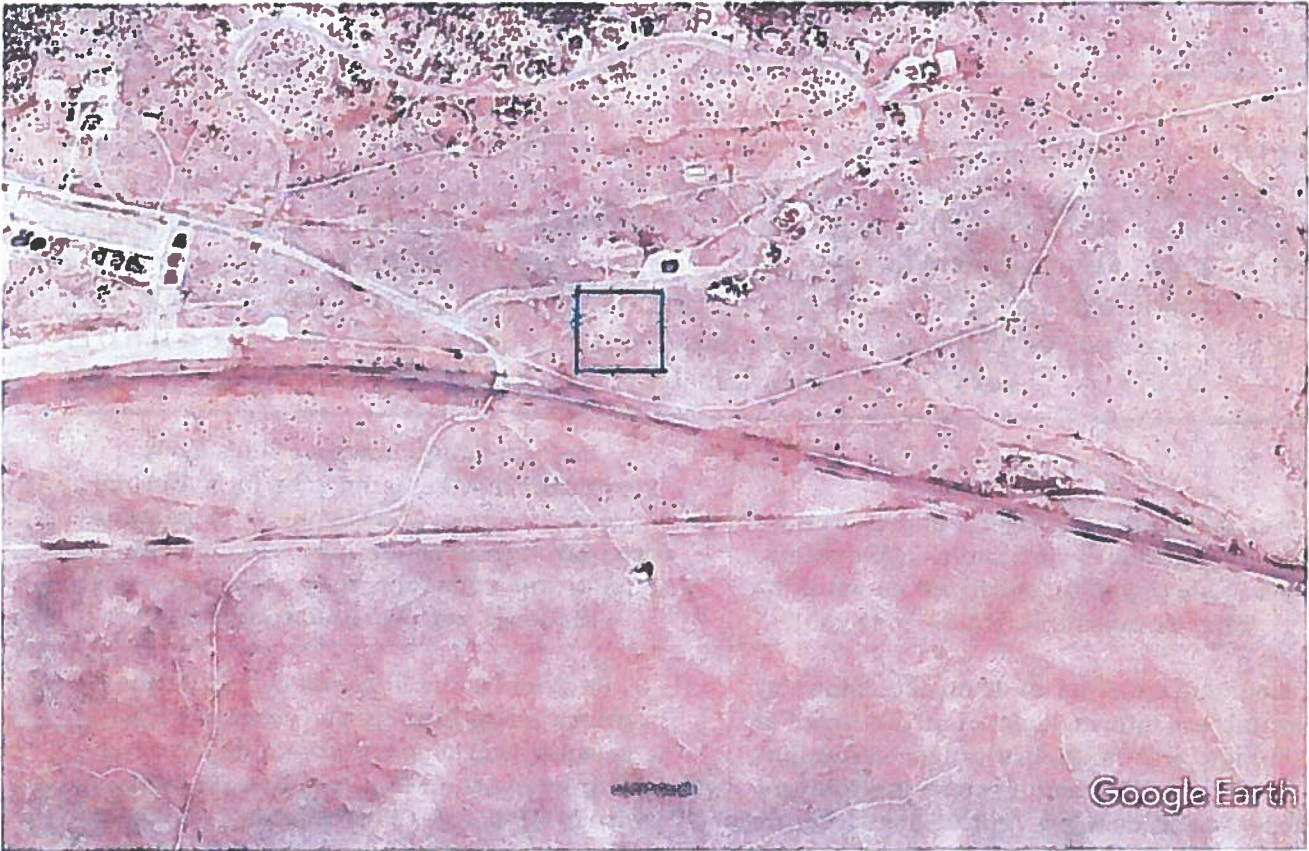
For more information, please contact Annette Bravo, Assistant Director, Natural Resources Department (annettebravo@frontiernet.net) at (928) 769-2254 or Kevin Davidson, Planning Director (kdavidson@hualapai-nsn.gov) at (928) 769-1310.

Public Notice • Xavier Benson Proposed Homesite on Milkweed Springs Road

by: Michelle Zephier, Hualapai Planning Department

PUBLIC NOTICE

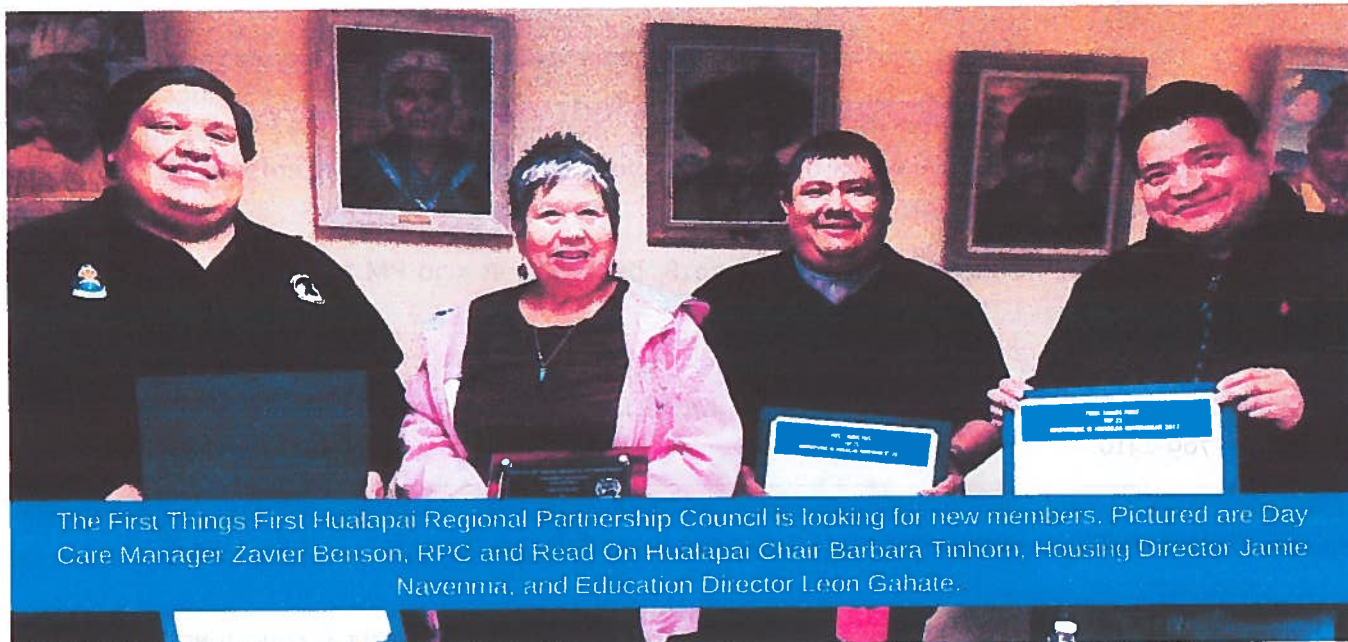
ZAVIER RAY BENSON PROPOSED 1.5 ACRE HOMESITE LOCATED ON MILKWEED SPRINGS ROAD. IF YOU HAVE ANY QUESITONS PLEASE CALL THE HUALAPAI PLANNING DEPT. 928-769-1310.



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-11328.274	3531.536	365929.76	392320435.76	-572
-11328.271	3531.489	366330.81	392315208.14	-572
-11328.213	3531.485	368722.41	392314887.49	-572

## First Things First • Accepting Applications for Volunteer Seats in Hualapai Regional Partnership Council

by: Erin Taylor, First Things First



The First Things First Hualapai Regional Partnership Council is looking for new members. Pictured are Day Care Manager Xavier Benson, RPC and Read On Hualapai Chair Barbara Tinhorn, Housing Director Jamie Navenma, and Education Director Leon Gahate.

### VOLUNTEER SEATS OPEN TO THOSE WHO WANT TO BE A VOICE FOR YOUNG KIDS

FTF is accepting applications in the Hualapai Region from various backgrounds for the following seats that are open either due to vacancy or terms about to expire: Parents of young children as well as individuals from the health, faith and the community at large - who want to be a voice for children in our community. Regional council members must live or work in Peach Springs. Four regional council seats are open in this region.

If you are passionate about children and want to impact the early childhood programs available to young kids in our community, First Things First (FTF) needs you!

Regional councils made up of community volunteers inform decisions about how First Things First can help strengthen families, expand early learning opportunities and increase access to preventive health services in their area. Volunteering on a regional council is a unique, high-level leadership opportunity to make a positive impact on children and families in our community.

Research has shown a child's early experiences lay the foundation for a lifetime of success in school and beyond. FTF partners with parents and communities to give children birth to age 5 the tools they need to arrive at kindergarten prepared to succeed.

Regional council members help define priorities for funding and strengthen the services and supports available to young children and their families. By collaborating with other dedicated community members, they provide opportunities for young children to get a strong start in life.

For more information, contact Regional Director Jackie Flores at (928) 669-2473 or [jflores@firstthingsfirst.org](mailto:jflores@firstthingsfirst.org).

Visit [www.FirstThingsFirst.org/Serve](http://www.FirstThingsFirst.org/Serve) for an application.

**Dislocated Worker & Displaced Homemaker***by: Jean Imus, Hualapai Education & Training Center***Innovative Workforce Solutions****NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD**  
**Workforce Innovations and Opportunity Act****Dislocated Worker Program****Have You Been Laid-Off?**

- ✚ Were you the victim of a business closure or downsizing?
- ✚ Are you collecting Unemployment Insurance benefits or have exhausted those benefits?
- ✚ If you answered **YES** to the above, we may be able to assist you.

**Or Are you a****Displaced Homemaker?**

- ✚ A Displaced Homemaker is an individual, male or female, who has primarily been dependent on someone else's income while staying home full time.
- ✚ When that income is lost through death, divorce, job loss of spouse or disablement of spouse, the individual becomes displaced from the home role and must now find work as soon as possible to support themselves and their family.
- ✚ If you or someone you know would like more information, call (602) 550-3556 or (928) 713-3080.

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

## KWLP's 100.9FM • November Volunteer of the Month

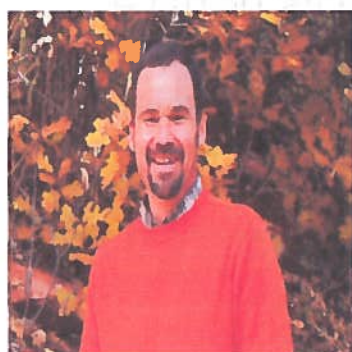
by: Terri Hutchens, KWLP 100.9FM

# WE LOVE OUR VOLUNTEERS

*"The Peach."*



*The Hualapai Nation's Live and Local Radio Station  
Proudly Announces and Congratulates  
November 2017 Volunteer of the Month:  
Steve DeFord aka Pastor Steve*



*Pastor Steve has been well known in the Peach Springs Community as both the Director of the Hualapai Baptist Church, "The Highway Church" and the butcher at the Walapai Market. Now add to that familiarity in the PSA: host of Redeemed and Free Gospel Hour every Wednesday evening at 6:00p.m. on KWLP. If you can't make it to church and want to hear some good gospel music and some of the "good word," be sure to tune in and join Pastor Steve. He delivers some amazing Shows to Peach listeners! He also delivers amazing food to our volunteer Djs every month on behalf of the Walapai Market, during mandatory trainings. His consistency, reliability and preparation make him a staff favorite; the food makes him a volunteer team favorite, and the quality of his shows will make him one of your favorites, too!*

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

*KWLP Volunteers sponsored in part by:*



**2018 Annual Livestock Meeting • Thursday, January 11<sup>th</sup>***by: Jessica Orozco, Hualapai Department of Natural Resources*

# **JANUARY 11<sup>TH</sup>, 2018**

## **2018 ANNUAL LIVESTOCK MEETING**

The Agriculture Program is cordially inviting all livestock district members and any interested parties to the 2018 Annual Livestock Meeting. Join us as we discuss pertinent topics such as range water conditions, forage quality, record keeping, EQIP funding and more. We will also be discussing the most current federal grazing fees as well as giving departmental updates.



College of Agriculture  
& Life Sciences



**Presentations from  
Industry  
professionals**

**University of Arizona  
Record Keeping  
workshop**

**NRCS  
EQIP Funding  
Workshop**

**Lunch provided by  
Buck and Doe 4H**

### **Raffle Prizes Include**

New boots - New hats - New coats - and much more!!

### **HUALAPAI DEPARTMENT OF NATURAL RESOURCES**

P.O. Box 300 Peach  
Springs, Arizona 86434  
928-769-2254

**Location: Tribal Gym**

**January 11<sup>th</sup>, 2018  
9:00 am to 5:00 pm**

# 24TH ANNUAL Avi Kwa Ame Pow Wow FEBRUARY 16, 17 & 18, 2018

POW WOW WILL BE HELD IN THE EVENT CENTER LOCATED DIRECTLY ACROSS THE RIVER FROM THE AVI CASINO

## ADMISSION \$ 5.00/DAY OR \$ 8.00/ 2 DAY PASS

### BIRD DANCE EXHIBITION

Friday 6:00pm

### GOURD DANCING

Saturday 11:00am

Sunday 11:00am

### GRAND ENTRY

Saturday 12:00pm & 7pm

Sunday 12:00pm

### DRUM SIGN-UP

Saturday 10:00am

### BIRD DANCER REGISTRATION

Saturday 10:00am - 4:00pm

### DANCER REGISTRATION

Friday 10:00am - 5:00pm

### BIRD SINGING & DANCING CONTEST

Saturday 5:00pm - 7:00pm

Host Drums To be selected  
at each session.

MC - Terry Fiddler

Arena Director - Tate Honadick

Ground Blessing

Gary Koshiway

– All Drums Welcome –  
Daily Pay for Drums  
Head Staff will be  
selected at each session.

Vendors Contact

Maria Medrano

at (760) 629-4591 or

(928) 788-5190

Lodging is available at the  
Avi Resort & Casino  
(702) 535-5555  
**(POW WOW 8)**

**"No alcohol, drugs, firearms or  
fireworks allowed"**

Pow Wow Committee is not responsible  
for damages to property or injury.



**ALL TIMES ARE AZ TIME AT EVENT CENTER**

**21<sup>st</sup> Annual Natural Resources Youth Practicum • June 18<sup>th</sup>-22<sup>nd</sup>***by: Annalita Doka, Hualapai Department of Natural Resources*

## NATIVE AMERICAN FISH AND WILDLIFE SOCIETY SOUTHWEST REGION

Now Accepting Applications for the:

### 21<sup>st</sup> Annual Natural Resources Youth Practicum

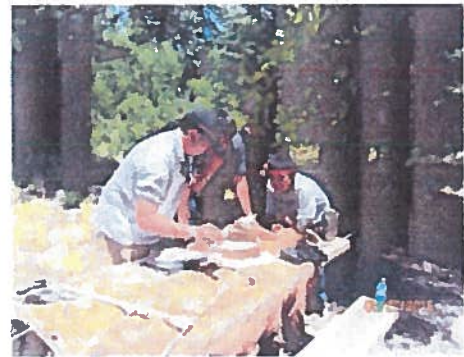


Location: Rio Mora National Wildlife  
Refuge  
Waltrous, New Mexico

Dates: June 18-22, 2018

**Do you want to know what Natural Resource  
Management is about?**

Come join us as we provide a "hands-on" learning experience in the field of natural resource management with combined classroom and field sessions that enables you to become involved in all aspects of natural resource management & conservation.



**The NAFWS Natural Resource Youth Practicum is open to all incoming  
10<sup>th</sup> through 12<sup>th</sup> graders  
(No cost to Participating Students)**

#### **For Further Information Contact:**

Norman Jojola - (505) 753-1451 or (505) 927-3494 (cell) [norman.jojola@bia.gov](mailto:norman.jojola@bia.gov)

or

Jeanne Lubbering - (505) 259-4189 (leave a message) [petlubtj@higher-speed.net](mailto:petlubtj@higher-speed.net)

## Autumn Rail Tours 9 Days

by Artie Vaughn, Hualapai Tribal Administration

### CRUISE'N TRAVEL EXPERTS



1065 Hillcrest Dr, Kingman AZ 86409  
928-757-9447 fax: 928-757-5174  
888-850-8120  
email: [travelexperts@hotmail.com](mailto:travelexperts@hotmail.com)

### AUTUMN RAIL TOUR 9 DAYS OCTOBER 3, 2018

#### PRICING: INCLUDES:

1 ONE PRE NIGHT HOTEL (OCT 3, 2018)  
TRANSFERS TO/FROM AIRPORT/HOTEL/AIRPORT  
TRIP PROTECTION-GROUP PRICING, NEED MIN 10  
PASSENGERS

**TRIP PROTECTION:** if the minimum of 10 passengers is not met, then the price of insurance will increase according to passenger's age and trip price.

**DOUBLE OCCUPANCY:** \$2499.00 PER PERSON

**SINGLE OCCUPANCY:** \$3093.00 PER PERSON

#### DEPOSITS:

1<sup>st</sup> DEPOSIT DUE NO LATER THAN 1/31/18-\$250.00  
PER PERSON

2<sup>nd</sup> DEPOSIT DUE NO LATER THAN 3/1/18-\$500.00  
PER PERSON

**BALANCE DUE:** 6/29/18

CALL PAM AT CRUISE N TRAVEL  
TO BOOK YOUR TRIP  
928-757-9447  
[travelexperts@hotmail.com](mailto:travelexperts@hotmail.com)

#### TRIP PREVIEW

- Excursion aboard the *Cape Cod Central Railroad*
- *Vermont's Green Mountain Flyer Scenic Railroad*
- Foliage viewing from the *Conway Scenic Railroad*
- Hotel accommodations for 8 nights
- 10 meals
- Boston City Tour including the Freedom Trail
- Plimoth Plantation
- Hyannis Harbor Cruise past the shores of Cape Cod
- Mystic Seaport
- Tour of 'The Breakers,' the Vanderbilt Mansion
- Norman Rockwell Museum
- Hildene, the Lincoln Family summer home
- Drive the Kancamagus Scenic Byway through the heart of New Hampshire
- Transportation aboard a deluxe motorcoach
- Services of a professional Tour Manager
- Baggage Handling



#### ITINERARY

**Day 1 - Boston** - Arrive in Boston and be transferred to your hotel. Rest of day at your leisure.

#### Day 2 - Boston

The day can be spent exploring the city, taking a trolley tour or just relaxing in your room. Meet your Tour Manager and fellow travelers in the lobby at 6:00 p.m. for a short meeting before heading out for dinner at your choice of local restaurants. Overnight Boston, MA (B)

#### Day 3 - Boston/Cape Cod

One of the most influential cities in America's past, Boston is filled with historic sites and landmarks pivotal to America's history. Walk along the streets of the "Cradle of Liberty" on this morning's city tour, which highlights 'Bean Town's' best. After lunch at Quincy Market, begin your journey south. After lunch, step back in time at Plimoth Plantation. Hear the complex and interwoven stories of two distinct groups - the English and the Native as you explore 17th century Massachusetts. Your journey then continues to Cape Cod. Enjoy a lobster dinner tonight before returning to your hotel. Overnight Cape Cod, MA (B)

#### Day 4 - Cape Cod

Today, learn more about one of America's most beloved presidents at the JFK Hyannis Museum. Hear about JFK's personal life, his life before the presidency and life as a member of Hyannis' most prominent family. This afternoon, we'll enjoy a cruise around Hyannis Harbor. Learn about the history of Hyannis and view local landmarks, including the Kennedy Compound in Hyannisport. Our day continues with a visit to the Cape Cod Maritime Museum, followed by free time in downtown Hyannis. Tonight, you will enjoy an unforgettable experience aboard

the *Cape Cod Central Railroad's* elegant dinner train. Overnight Cape Cod, MA (B, D)

#### Day 5 - Newport/Mystic

Today finds you traveling to Newport, RI, yachting capital of the world. A trip down Ocean Drive reveals the splendor of this playground of the rich and famous. Tour The Breakers, the grandest of Newport's summer 'cottages.' Built by Cornelius Vanderbilt in the late 1800's, it stands as a symbol of the Vanderbilt family's social and financial prominence during the turn of the century America. Our tour continues to Mystic, CT, home of the world's largest maritime museum, Mystic Seaport. Founded in 1929, this prominent museum offers tall ships, a recreated 19th-century maritime village, and a preservation shipyard. Relax on the motorcoach as we make a short drive to Springfield, MA, our home for the night. The evening is yours to relax in your hotel room or to venture out to explore the city. Overnight Springfield, MA (B)

#### Day 6 - Stockbridge/Manchester

Today we journey to the Berkshires and Norman Rockwell's hometown of Stockbridge, MA. Here we will take some time to enjoy and appreciate the work of this amazing artist at the Norman Rockwell Museum. The museum contains the world's largest collection of original Norman Rockwell art, including his famous Saturday Evening Post covers.

After lunch, we take a short drive to Vermont and stop at the Apple Barn to explore the orchards and hear a bit about the apple industry in the state. We'll take some time to shop in the store or enjoy a slice of apple pie a la mode and a nice cup of cider before continuing to Manchester.

This afternoon you'll enjoy a visit to Hildene, the Lincoln Family's summer home. Here, breathtaking gardens meet a well-preserved estate for a beautiful overall picture. You can also tour a Pullman car, the Sunbeam, which was built in 1888. Now fully restored, this wooden Pullman car is an example of the finest travel luxury of its time. Afterward, we will make our way to our hotel for the evening, Overnight West Dover, VT (B, L)

#### Day 7 - Chester/Montpelier/Lincoln

This morning we'll take a short drive to Chester, Vermont, where we will board the Green Mountain Flyer Fall Foliage Express Scenic Railroad. Sit back, relax and enjoy spectacular fall colors as we journey through southern Vermont. On our arrival back in Chester, you'll have some time for lunch and a little exploring

before we continue on our journey north. The afternoon finds us at the Morse Farm Maple Sugarworks in Montpelier. Here, you will learn about Vermont's No. 1 export - Maple Syrup. Take some time to explore the farm and the maple products store before we make our way to New Hampshire for the night. Overnight Lincoln, NH (B)

#### Day 8 - Conway/Lincoln

Today begins with a beautiful drive through the White Mountains of New Hampshire on the way to North Conway. This morning, we will enjoy a ride on one of New England's most iconic trains, the Conway Scenic Railroad. The carefully restored railcars provide a one-of-a-kind look at the dramatic fall colors in New England. We'll take some time in North Conway to explore the quaint shops along Main Street before we continue with our fall foliage drive. This afternoon, we travel along the famed Kancamagus Highway—the top destination for leaf peeping in the United States. There will be plenty of stops for pictures along the way. Our fall foliage drive ends at Franconia Notch State Park before heading back to the hotel for dinner. Overnight Lincoln, NH (B, D)

#### Day 9 - End of Tour

Our fall foliage journey concludes this morning. After breakfast, we will make our way back to Boston. Transfers to Boston Logan Airport and South Street Terminal for planes and trains departing after 1:00 p.m. (B)

Pamela Blackwood/Independent Contractor

*Your travel center*

MEMBER OF THE PROSCH TRAVEL GROUP

## 11<sup>th</sup> Annual Gathering of American Indian Veterans

*Mark your calendars for a day of activities and services.*

**April 15, 2018**

**10:00 a.m. – 3:00 p.m.**

**Casino Del Sol Conference Center (5 MILES WEST OF I-19)  
5655 W. Valencia Road Tucson, Arizona 85757**

***"Hosted by the Pascua Yaqui Tribe and Casino Del Sol."***

- Bring your DD214 to enroll for services at the Southern Arizona VA Health Care System
- Wellness Education
- Honoring Ceremony and Coin Presentation
- Children's Activities
- Giveaways and Door Prizes
- Lunch provided by Casino Del Sol

**For more information:**

**Laura Ybarra at (520) 792-1450 Ext. 6622  
or Michael Spotted Wolf at (520) 884-7131**



U.S. Department  
of Veterans Affairs  
Veterans Health  
Administration  
Southern Arizona VA Health Care System (SAVAHCS)

## Functional Medicine: A Powerful Shift In Focus

by Sandra Irwin, Hualapai Health Education &amp; Wellness



# Functional Medicine: A Powerful Shift In Focus

By Edalyn Johnson, FNP

**I**t is America 2017 and 86% of the healthcare dollar is spent on chronic conditions. In 2015, diabetes, heart disease, hypertension, arthritis and even autoimmune diseases cost the American taxpayer 3.2 trillion dollars. More than 50% of Americans have at least one diagnosed chronic condition, 25% have 2 or more chronic health problems, and almost 60% have prediabetes, undiagnosed diabetes or frank diabetes. Diabetes knows no boundaries, it is a worldwide problem. China and India are the 2 countries with the highest incidence of Type 2 diabetes on our planet.

The current medical approach is to treat all chronic diseases with pharmaceuticals. 68% of all Americans are taking at least one prescribed drug, 21% are taking 5 or more medications. Most of these medications are designed to treat the symptoms without addressing the cause of the condition. I believe there are many reasons why this occurs. First and foremost, medical schools do not teach nutrition, the cornerstone of health and wellness. This is why a provider may say "you need to lose weight" but is unable to help you beyond that. They have not been taught the relationship between macronutrients and micronutrients or have the time to ask you about your diet or any other factors that make you who you are.

Second, insurance reimbursement to the provider has been drastically cut to "save money" (although all the CEO's of the major insurance providers make well over 100 million/yr.). So, in order to keep a medical practice alive, the provider needs to see 4 to 8 patients an hour. That allows little to no time to hear the patient's story. Once a diagnosis

is made, we are all treated with the same medications for that diagnosis, despite the fact that the root cause may be completely different. To further complicate the matter, the medical field has become over specialized. We see a cardiologist for our heart problem, an endocrinologist for our diabetes, a rheumatologist for our arthritis, etc. None of

these specialists can see "the big picture" that is YOU. They don't have the time or the training to be able to identify what is happening upstream that is causing the problem downstream.


The "one size fits all" approach to treating any diagnosis just doesn't work. We are getting sicker and sicker. Functional Medicine is based on establishing

a therapeutic relationship with every patient and seeing connections that other providers have missed. It invites the patient to be a vital participant in the treatment plan, and targets the promotion of health, not just treatment of the disease. Our goal is to get you off the medications by *treating the cause*, not the symptom. This approach is truly a paradigm shift in treating chronic disease.

Functional Medicine is not funded by the pharmaceutical industry or supported by the insurance companies. This is why the majority of Functional Medicine providers do not accept insurance reimbursement. Seeing only 1-2 patients an hour (average for a Functional Medicine practice) makes little money for insurance companies and threatens the pharmaceutical companies with a drop in their sales. Both of these industries are profit driven, which, I believe has NO place in healthcare. Treating just the symptoms with medications is guaranteed to prolong the condition and often creates more problems through side effects.

Natural Women's Health is focused on improving your health in every aspect. Gathering ALL of your information is critical to making a health plan that is based on your nutritional status, gut health, emotional and psychological health, and history. We use lab testing that, in most cases, is covered by insurance. Our treatment plans are as unique and as individual as you are, and involve you in both the planning and implementation. If you are looking for a provider who cares about your health and well-being as much as you do, please give us a call.

Come see me and let's explore how I can help you.  
505-296-1120, [www.NWHealth.us](http://www.NWHealth.us)

**Edie Johnson, FNP-BC**  
Board Certified Nurse Practitioner

*Healthier, Happier...*

Specializing in: *Naturally!*  
Functional Medicine  
Hormone Balancing - Gentle GYN Care

**Natural Women's Health, LLC**  
505-296-1120  
4550 Eubank NE, ABQ

## 5 Healthy Eating Tips for the Holidays

by Vondell Bender, Hualapai Health Education & Wellness | [www.cdc.gov](http://www.cdc.gov)

### Your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.



How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

#### 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

#### 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your

brain to realize you're full.

- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.



If you plan for it, no food needs to be on the naughty list.

#### 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of

year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

#### 4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

#### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

#### Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

## Healthy Recipes

by Vondell Bender, Hualapai Health Education & Wellness | [www.eatingwell.com](http://www.eatingwell.com)

### Fresh Ham with Red Pepper Glaze



From: EatingWell Magazine, November/December 201

By: Lia Huber EatingWell Recipe Contributor

For this fresh roast ham recipe, look for meat that hasn't been cured or smoked. Many markets stock fresh hams, but you may need to special-order one to be sure. Ask your butcher to remove the

skin and leave a layer of fat to self-baste the ham as it roasts.

#### Ingredients

##### Brine & Ham

- 6 quarts water
- 2 cups light brown sugar
- 1 cup kosher salt

- 12 whole cloves
- 12 allspice berries
- 4 bay leaves
- 2 cups ice cubes

##### For Roasting

- 5 cloves garlic, chopped
- 3 tablespoons minced fresh thyme

- 1 tablespoon kosher salt
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon crushed red

##### Red Pepper Glaze

- ½ cup red pepper jelly
- ¼ cup honey

- 1 tablespoon grated fresh ginger
- 1 tablespoon light brown

### Preparation (Active 45 m, Ready in 5 h)

1. To brine ham: Heat water, 2 cups brown sugar, 1 cup salt, cloves, allspice and bay leaves in a large pot over medium-low heat, stirring often, until the sugar and salt are dissolved. Add ice and stir to cool the liquid.
2. Score fat of ham into a 2-inch-wide crosshatch pattern without cutting into the meat. Submerge in the brine. Refrigerate for 2 to 3 days.
3. To roast ham: Preheat oven to 450°F.
4. Pound garlic, thyme and salt to a paste in a mortar and pestle (or in a mini food processor). Transfer to a bowl and stir in oil and crushed red pepper. Remove the ham from the brine and thoroughly pat dry with paper towels. Rub the paste all over the ham and into the scored cuts.
5. Trim the root end and top inch of greens from leeks; cut in half lengthwise. Submerge them in a large bowl of water and gently separate the layers to remove any grit, while keeping each piece together. Drain well.
6. Arrange a layer of leeks in a large roasting pan. Set the ham on top, with the fat cap facing up. Roast in the middle of

the oven for 20 minutes.

7. To prepare glaze: Bring jelly, honey, ginger and brown sugar to a simmer in a small saucepan, stirring, to melt the sugar. Remove from heat.
8. After 20 minutes, brush the ham with ¼ cup of the glaze.
9. Reduce oven temperature to 300 degrees. Roast, brushing with 1 tablespoon glaze every 30 minutes, until an instant-read thermometer inserted into the thickest part without touching bone registers 150°F, about 3 hours.
10. Transfer the ham to a clean cutting board, loosely tent with foil and let rest for 20 minutes before slicing. Serve with the leeks, if desired.

### EatingWell Crudité Vegetable Wreath with Ranch Dip



From: [EatingWell.com](http://EatingWell.com), October 2017  
By: Katie Webster EatingWell Recipe Contributor

Take your veggies and dip to the next level with this colorful crudité wreath. This vegetable appetizer is a stunner with white cauliflower, red

tomatoes and green broccoli, green beans, snap peas, kale and Brussels sprouts. It's also a delicious way to start your celebration with veggies (which there are rarely enough of at parties and holidays). The homemade ranch dip, which uses nonfat Greek yogurt in place of sour cream, takes just a few minutes to make, or you can use a healthy store-bought dip.

#### Ingredients

##### Crudité

- 8 c broccoli florets
- 3 c Brussels sprouts, trimmed
- 2 c green beans, trimmed
- 1 c sugar snap peas, strings removed
- ½ bunch curly kale, washed
- 2 c cauliflower florets

##### Dip

- 1 c plain nonfat Greek yogurt
- ½ cup mayonnaise
- 2 tablespoons finely chopped shallot
- 2 tablespoons chopped fresh dill or 1 teaspoon dried
- 4 teaspoons white-wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground white pepper

Preparation. Prep 25 m, Ready in 25 m

1. To prepare crudité: Put a large pot of water on to boil. Set a large bowl of ice water by the stove. Blanch broccoli for 1 to 2 minutes in the boiling water. Using a slotted spoon, transfer the broccoli to the ice bath to chill. Drain well. Blanch Brussels sprouts, green beans and snap peas in the same way.
2. To prepare dip: Whisk yogurt, mayonnaise, shallot, dill, vinegar, garlic powder, sugar, salt and pepper in a medi-

um bowl. Transfer to a serving bowl; set it in the center of a large circular platter or decorative serving board.

3. Arrange kale around the bowl, with the frilly edges on the outside. Top with the broccoli, Brussels sprouts, green beans, snap peas and cauliflower. Garnish with cherry tomatoes.

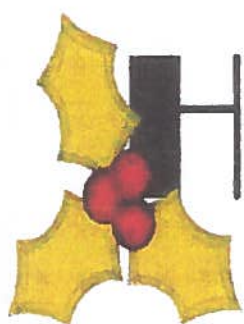
To make ahead: Refrigerate for up to 1 day.

### Holiday Tunes Word Search

by Vondell Bender, Hualapai Health Education & Wellness

*Happy Holidays! & Happy New Years!!*

*From: Good Health & Wellness Program*



# Holiday Tunes

Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock  
Jingle Bells  
Let it Snow  
Little Drummer Boy  
Little St Nick  
O Holy Night  
Rudolph  
Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
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Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
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B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
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I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

# Christmas Decorating Crossword

by Vondell Bender, Hualapai Health Education & Wellness

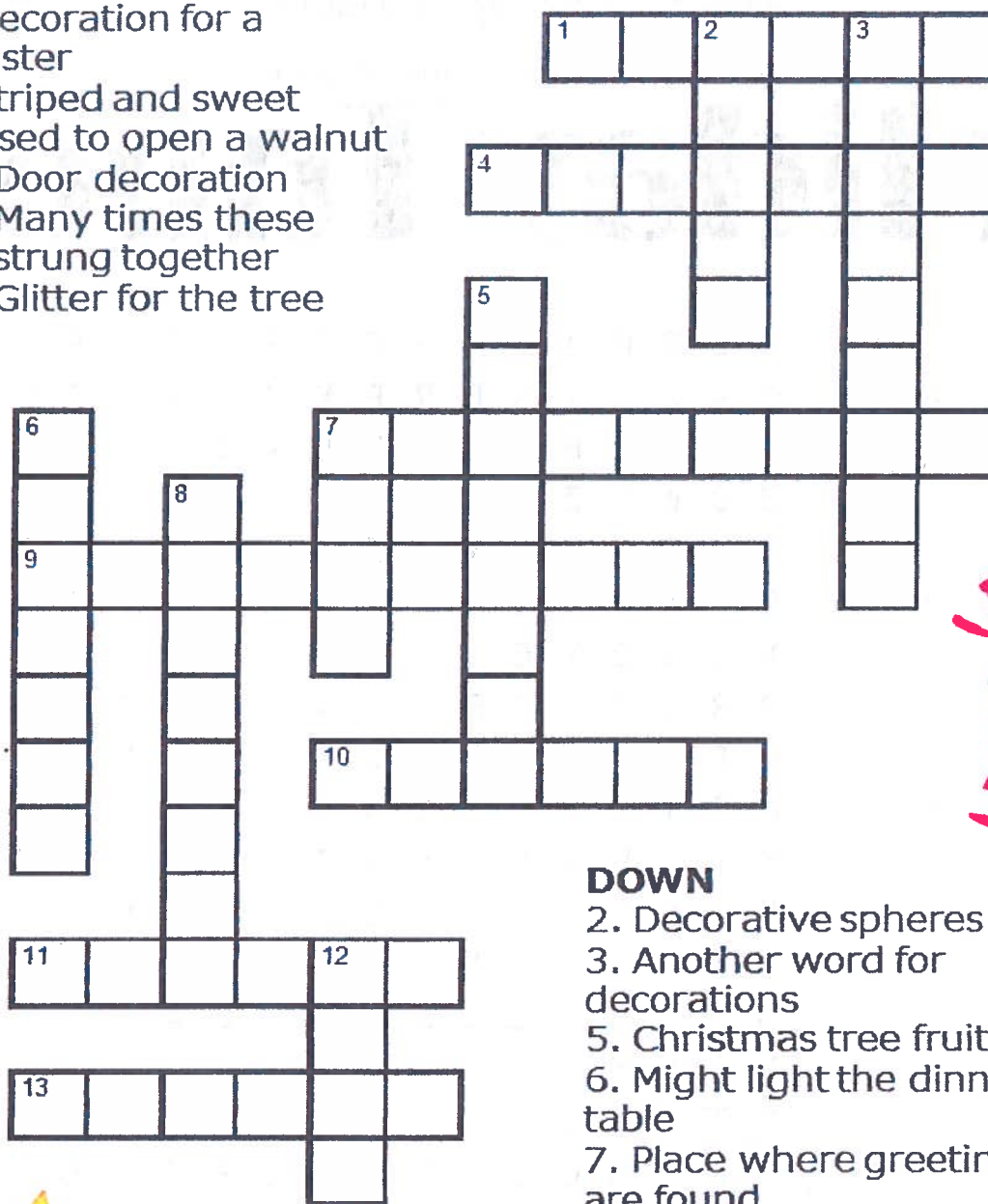
*Happy Holidays! & Happy New Years!! From: Good Health & Wellness Program*



# Christmas Decorating

## ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



## DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



## Why Is it Important to Make New Year's Resolutions?

by Jessica Powskey, Hualapai Health Education & Wellness

### Why is it Important to Make New Year's Resolutions?

By TSRC Admin on January 5th, 2015

Although many of us are not beginning the New Year with a new job, a new car, or a new wardrobe, there is one thing we can all have as we start the New Year: a new attitude. This doesn't have to be toward your entire life as a whole, (although a positive outlook on life is often a key to success), just a new attitude, a new perspective towards one aspect of your life. It can be anything! For example I'm choosing to have a more positive attitude toward myself. Often, when I get faced with a task that seems too daunting, I get inside my head and I have trouble believing that I can effectively complete the task. Now that I have a more positive attitude towards myself, no task or assignment is too big to tackle!

Why is it important to make New Year Resolutions? As temporary as they may seem to some, it is very important we find a resolution we are able to obtain each year for a couple reasons. First, picking a specific resolution requires us to evaluate ourselves in a way many of us do not normally do. Through this self-reflection, we are able to find our flaws to improve upon. For some, it may be a wake-up call, but is always necessary. Being able to recognize your own flaws through self-reflection can be a powerful thing!

Another reason why setting a New Year's Resolution is important is because it helps us learn to set and obtain goals. For many, a resolution may seem huge and unattainable. In order to have greater success, break the goal into smaller, more attainable goals. Many sources say that it takes only two weeks to form a habit, so try to set small, measureable goals every two weeks. These actions to reach the first goal will then become habit for the next small goal, and will continue throughout the entire year. Next thing you know, at the end of the year, you have accumulated a great number of good habits! This same goal-setting method can be applied in your professional life and to your work assignments.

These two reasons should be enough to make you want to go make a positive change in your life! Through self-reflection and goal setting, any resolution you choose can be attained!

Have a happy, healthy, and successful new year!

#### Healthy Holidays

by Vondell Bender, Hualapai Health Education & Wellness

## Healthy Holidays



\*Find time to be  
active

\*Choose your  
indulgences  
carefully

\*Practice portion  
control

\*Plate your food

Be safe & enjoy being with your family, Happy Holidays!

~Girl on the Move~

From: Good Health & Wellness Program

**Hualapai Reservation Est. Day • January 04, 1883****by Jessica Powskey, Hualapai Health Education & Wellness**

On January 04, 1883, Chester A. Arthur, the 21 President of the United States of America signed an Executive Presidential Order to create the Hualapai Indian Reservation.

For more information about the Hualapai Culture and Traditions, the Hualapai SAP (Substance Abuse and Prevention) promotes living a healthy and sober lifestyle for everyone.

Visit us at Hualapai SAP on Facebook or come to scheduled presentations at the Hualapai Health Department.

Hualapai Substance Abuse & Prevention Program  
Hualapai Health Education and Wellness Center  
(928) 769-2207

Hwal'bay Hmany Did Gev'k Coalition • Thursday, January 25<sup>th</sup>

by Jessica Powskey, Hualapai Health Education & Wellness

# Hwal' bay Hmany Did Gev'k Coalition



## Sectors

(member/representative from each of these 12 community sectors)

- Youth (persons  $\leq$  18 years of age)
  - Parents
  - Business Community
    - Media
    - Schools
  - Youth-serving organizations
  - Law enforcement agencies
- Religious or fraternal organizations
  - Civic and volunteer groups
  - Healthcare professionals
- State, local, or tribal governmental agencies with expertise in the field of substance abuse
- Other organizations involved in reducing substance abuse

**January 25, 2018**  
**12:00 pm to 1:00 pm**  
**Health Department**

For more information about the  
**Hualapai Tribal Substance Abuse Action Plan**  
call Jessica Powskey at (928) 769-2207

## Hualapai Tribal Substance Abuse Action Plan

by Jessica Powskey, Hualapai Health Education & Wellness

# Hualapai Tribal Substance Abuse Action Plan

A Five-Year Strategic Plan: 2016 - 2020



**HUALAPAI TRIBAL COUNCIL  
RESOLUTION NO. 38-2016  
OF THE GOVERNING BODY OF THE  
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION  
PEACH SPRINGS, ARIZONA**

**(A resolution approving and implementing a developed Tribal Action Plan for a comprehensive Prevention and Treatment Program for Alcoholism and Other Substance Abuse)**

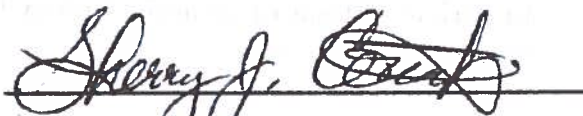
- WHEREAS,** authority is vested in the Hualapai Tribal Council by the Constitution approved March 31, 1991 by the Hualapai Tribe, and
- WHEREAS,** the Tribal Council is authorized by the Constitution and Laws of the Hualapai Tribe to act on behalf of the Tribe, and
- WHEREAS,** the Indian Alcohol and Substance Abuse Treatment Act of 1986, as amended by the Tribal law and Order Act of 2010, proclaims alcoholism, addiction, and alcohol and substance abuse are among the most severe public health and safety problems facing American Indian and Alaska Native individuals, families, and communities, resulting in devastating social, economic, physical, mental and spiritual consequences, and
- WHEREAS,** the Indian Health Service and Bureau of Indian Affairs officials publically acknowledge the alcohol and substance abuse among Indians is the most serious health and social problem facing Indian people, and
- WHEREAS,** Congress declared that the Federal government has a historical relationship and unique legal and moral responsibilities which include the treaty, statutory, and historical obligation to assist Indian Tribes to meet the health and social needs of their members, and
- WHEREAS,** Congress declared that Indian Tribes have the primary responsibility for protecting and ensuring the well-being of their members and are providing resources to assist Indian Tribes in meeting that responsibility, and
- WHEREAS,** the Hualapai Tribe finds that alcoholism and other substance abuse effects the physical, mental, social spiritual, and economic wellbeing of Tribal members and other Indians living within the Hualapai Tribal Jurisdiction, and
- WHEREAS,** the Hualapai Tribe elects to join the Federal government to combat the damaging effects of alcoholism and other substance abuse, and approved the formation of a Tribal Coordinating Committee to develop a Tribal Action Plan for comprehensive prevention and treatment of alcoholism and other substance abuse, and
- WHEREAS,** the Strategic Prevention office and the Tribal Coordinating Committee are provided full Tribal Council support with the authority to implement the Five

Year Tribal Action Plan; have the responsibility for ongoing review and evaluation of, and making recommendations to the Tribe relating to the Tribal Action Plan; have the responsibility for scheduling Federal, Tribal, or other personnel for training in the prevention and treatment of alcohol and substance abuse among the Hualapai Tribal members; to identify and address problems that arise concerning service coordination; and incorporate minimum standards for this program and services which it encompasses.

**NOW THEREFORE BE IT RESOLVED** that the Hualapai Tribal Council authorizes the Chairman or Vice-Chairman to negotiate and execute any and all agreements and contracts regarding the prioritization of alcoholism and substance abuse prevention and treatment as a primary issue to deal with, and has directed that the comprehensive program be in compliance with the Anti-Drug Abuse Act of 1986, P.L. 99-570, in addressing the needs of Tribal members and other Indians living within the Hualapai Tribal jurisdiction.

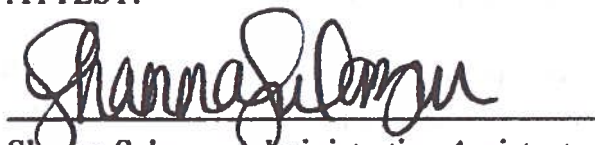
### **CERTIFICATION**

I, the undersigned, as Chairwoman of the Hualapai Tribal council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom (8) constituting a quorum were present at a **REGULAR MEETING** held on this 9<sup>th</sup> day of May, 2016; and that the foregoing resolution was duly adopted by the affirmative vote of 8 approve, 0 opposed, 0 not voting, 1 excused; pursuant to authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.



Sherry J. Counts, Chairwoman  
HUALAPAI TRIBAL COUNCIL

ATTEST:



Shanna Salazar, Administrative Assistant  
HUALAPAI TRIBAL COUNCIL

## Tribal Action Plan Vision and Mission Statement

Our mission is to create a community for youth and adults in a safe cultural traditional way and to decrease the alcohol and drug use in our community by empowering respect for the community and integration of services. Our vision is a healthy community enriched with culture and tradition empowered by accountability and respect. Our goal is to create an Action Plan that will be used by the Hualapai Tribe and our partnering agencies to guide program planning, catalyze community outreach efforts, and promote a coordinated response to substance abuse and related issues in our tribal communities.

### Contributing Members

To achieve the goals outlined by the Hualapai Tribal Action Plan, a number of agencies and programs will work collaboratively to complete the tasks and activities proposed by the plan. Different entities will be responsible for different portions of the plan. Contributing members will include:

- **Essential social, welfare, health, and cultural services**
  - Tribal Health Departments
  - Behavioral Health Programs
  - Youth Prevention Programs
  - Community Development Institute: Head Start
  - Hualapai Cultural Center Programs
  - Hualapai Education and Training Program (Gwe Spo:Ja Yiwo)
  - Planning and Economic Development Department
- **Local, Regional and National Substance Abuse Prevention & Treatment Partners**
  - Hwal'bay Hmany did Gev'ik Coalition
  - Indian Health Service
  - Juvenile Detention and Rehabilitation Center
- **Hualapai Health & Wellness Center**
  - Peach Springs Youth Services Coalition
  - Arizona State Department of Health Services
  - Arizona Governor's Office of Youth, Faith and Family
  - Hualapai Department of Emergency Services
  - Law Enforcement personnel and Correctional Facilities
  - Substance Abuse and Mental Health Services Administration (SAMHSA)

## Social Indicators & Data for Youth Substance Abuse

Several social indicators impacting youth substance use (academic performance, dropout rates, child abuse, domestic violence, and drug related arrests) have been identified as substantial contributors to youth use or risk of use in the Hualapai community:

- ◆ **Early Academic Performance:** The primary in-school performance of current students in the public elementary schools is measured by the Arizona's Instrument to Measure Standards (AIMS). Performance on the AIMS directly impacts students' future progress in school. The Hualapai Peach Springs Unified District's overall percentage of 3<sup>rd</sup> graders passing the reading and math AIMS tests is lower than the state, which has implications for the likelihood of students facing retention in third grade. The percentage of 3<sup>rd</sup> graders passing the math test in 2013 was 16%, the percent who passed the reading test was 38%.
- ◆ **Dropout and Graduation Rates:** According to the Arizona Department of Education, the dropout rate for the Peach Springs community is 79.1% and a 25.4% graduation rate. Barriers associated with accessing education include travel, high school students must travel to Kingman (55 miles) to attend school, and transportation is limited. Missing the bus means missing the entire day of school. This becomes a vicious cycle as youth missing an entire school day lead to unstructured time paired with ready access alcohol and marijuana.
- ◆ **Child Abuse and Domestic Violence:** Data on child abuse and domestic violence were available from the Hualapai Police Department. Total child abuse offenses increased from 94 in 2010 to 189 in 2013, a 101% increase. The number of domestic violence offenses reported in 2013 was 256. Child abuse and domestic violence increases the potential for trauma, toxic stress, and post traumatic stress disorder which can lead to substance use/abuse.
- ◆ **Drug Related Arrests:** Drug use in the community reported for a six-month period indicated Marijuana the predominate drug of choice with Spice and some Meth used by locals in the community. During this reporting period, there were 68 juveniles taken into custody. In addition, the Police Department had 2,289 alcohol and drug related offenses of which 355 were offenses committed by juveniles.
- ◆ **Lack of prosocial opportunities:** The Hualapai community is located in a rural area that offers few entertainment resources available to youth and adults. Local entertainment consists of only locally organized events. The remote location and lack of evening entertainment options are magnified by poverty in the community. The lack of prosocial activities leaves youth and families feeling isolated from contemporary group activities. This encourages youth to participate in impromptu parties, often initiated by adults, and provide access to alcohol and marijuana.
- ◆ **Lack of life skills & social competence:** Local employment opportunities for youth are very limited. Tribal standards for employment require a high school diploma, GED, and minimally high school enrollment; therefore, youth who find themselves out of school are often unable to obtain employment.

Youth Substance Use & Contributing Community Conditions				
2014 Data Indicators for Local Conditions/ Risk Factors	Alcohol	Marijuana	Tobacco	Conditions Contributing to Youth Substance Use & Associated Promotion/Prevention Interventions
Responses from 46 Hualapal Youth in 6 <sup>th</sup> , 8 <sup>th</sup> , 10 <sup>th</sup> , & 12 <sup>th</sup> grades				Community Norms & Laws: Need strengthening of alcohol / drug abuse policies in schools coupled with media campaign to increase awareness of enforcement activities.
% of Youth reporting use in past 30 days	22%	32%	18%	Lack of Personal Commitment to School and Academic Failure: Need to Identify alternative education opportunities such as online learning. Promote Future Tribal Leaders program and solicit positive role models.
Average age of first use	12.6 years	10.6 years	11.7 years	
% of Youth reporting best friends using...	71%	73%	62%	
% of Youth offered substance Past 30 days	45%	56%	31%	Lack of Prosocial Opportunities: Need to promote emotional self- regulation and positive school and community engagement among youth; Need to develop and offer programs that allow families to engage in structured family activities; Need to provide opportunities for youth to have positive connection to adults through a range of opportunities in the community. Support Boys & Girls Club public speaking modules and Youth Camp.
Average number of days in Past 30 used	10.3	15.2		
% of Youth saying No or Slight Risk in using ...	30%	45%	33%	
% of Youth who know Adults who use	86%	84%		Lack of Life Skills & Social Competence: Need to provide opportunities for youth to gain the positive experience of connecting and contributing to the community through community service or responsible employment. Promote healthy lifestyles and communication through tribal radio station.
% of Youth saying Very Easy or Easy to get substance	42%	50%		
% of Youth saying "would not get caught" by police if using ...	49%	60%		
% of Youth saying adults think Wrong or Very Wrong for kids to use ...	75%	72%	84%	Family History of Substance Abuse & Death by Suicide of Friend or Family Member: Need program aimed at preventing anxiety and/or depression, better management of anger or depression. Alternative activities and opportunities for positive social interaction among youth. Promote diabetes prevention fitness program and diet activity prevention program for youth.
% of Youth saying parents think Wrong or Very Wrong for kids to use	97%	89%	93%	
% of Youth who have talked to parents about substance	24%	33%	29%	
% of Youth with siblings who use. . .	63%	60%	56%	
Percentage of Best Friends Arrested		69%		
Percentage of Youth Riding in Car with Drunk Driver		57%		
Percentage of Youth Binge Drinking in Past 2 Weeks		62%		
Percentage of Youth reporting severe alcohol or drug problem in family		77%		

### **Tribal Action Plan Mission:**

To create a community for youth and adults in a safe cultural traditional way and to decrease the alcohol and drug use in our community by empowering respect for the community and integration of services.

### **Primary Goals for 2016 to 2020**

**Goal 1:** Increase Accountability in tribal programs (Law & Order, Police, Social Services, HEW, Court, Probation, and Diversion), and in doing so, improve enforcement of tribal policies and procedures regarding the availability, abuse, screening, referral, and treatment of substance use.

**Goal 2:** Expand the membership and work plan for the Hwal'bay Hmany did Gev'lk Coalition to facilitate the mastery of the strategic prevention framework, promote a coordinated response to substance abuse prevention, referral, treatment and related issues by the Hualapai Tribe, and maximize limited resources.

**Goal 3:** Increase knowledge and awareness about substance abuse among Hualapai tribal community members, and in doing so, take steps to increase Accountability in the community to address (1) favorable social / community norms and *acceptance* of substance abuse and (2) the *stigma* that surrounds behavioral health programs, thus preventing community members from using available prevention and treatment services.

**Goal 4:** Increase capacity of tribal health programs to provide treatment services for substance abuse and related issues in culturally appropriate ways.

**Goal 5:** Increase knowledge and understanding among tribal decision-makers, tribal health programs, and partners about toxic stress as a public health issue and in doing so, take steps to prevent and reduce the impact of toxic stress and its effects on self-regulation by building and implementing a trauma-informed mental health system.

**Goal 6:** Increase infrastructure of the community to provide tradition and culture education, education opportunities for youth, prosocial activities, and drug free safe zones for children, youth, adults, and families.

## Drunk Driving Fact Sheet

by Jessica Powskey, Hualapai Health Education & Wellness



# Sobering Facts: Drunk Driving in ARIZONA



## Keep Arizona safe. Keep drunk drivers off the road.

This fact sheet provides a snapshot of **alcohol-involved deaths and drunk driving** and an overview of proven strategies to reduce or prevent drunk driving. The information can help local public health decisionmakers and community partners see gaps and identify relevant strategies to address the problem of drunk driving.

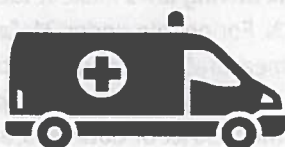
### Fast Facts

- Drivers with a blood alcohol concentration (BAC) of 0.08% or higher (i.e., drunk drivers) are considered alcohol-impaired by law.
- About one in three traffic deaths in the United States involve a drunk driver.
- Thanks to dedicated efforts, rates of drunk driving and alcohol-involved fatal crashes have gone down in recent years.
- Still, drunk drivers got behind the wheel millions of times in 2010.
- These data show what's happening in your state.

## ALCOHOL-INVOLVED DEATHS

Persons Killed in Crashes Involving a Drunk Driver†

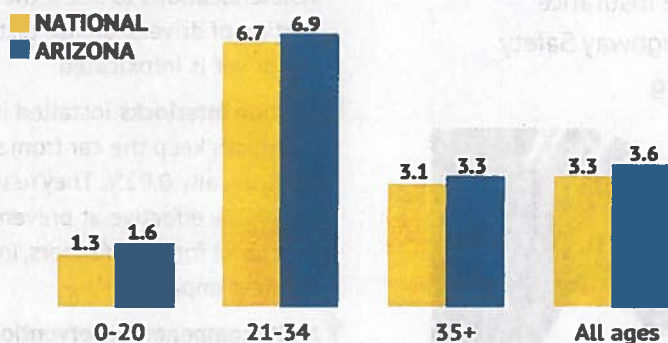
Number of Deaths, 2003–2012



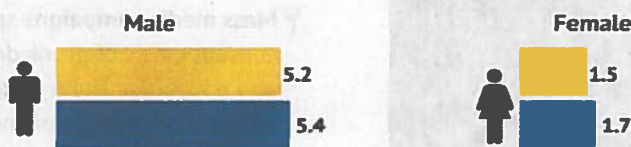
**2,912**

people were killed in crashes involving a drunk driver in Arizona

Rate of Deaths by Age (per 100,000 population), 2012



Rate of Deaths by Gender (per 100,000 population), 2012



†Deaths in crashes involving a driver with BAC  $\geq$  0.08%.  
Source: Fatality Analysis Reporting System (FARS).

## DRUNK DRIVING

Percentage of Adults Who Report Driving After Drinking Too Much (in the past 30 days)

**NATIONAL**

**1.9%**

report driving after drinking too much

**ARIZONA**

**1.7%**

report driving after drinking too much

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2012.



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

Working together, we can help keep people safe on the road—every day.

## ARIZONA

## DRUNK DRIVING LAWS

- All 50 states and the District of Columbia have laws in place to protect the public from drunk drivers (e.g., driving is illegal with BAC at or above 0.08%).
- In Arizona, sobriety checkpoints are allowed.
- Ignition interlock laws and license suspensions vary by state. For up-to-date information on your state, check with the Insurance Institute for Highway Safety at [www.iihs.org](http://www.iihs.org).



## For More Information

Visit the Centers for Disease Control and Prevention Web site at [www.cdc.gov/motorvehiclesafety](http://www.cdc.gov/motorvehiclesafety) for:

- Injuries, costs, and other data related to drunk driving
- Detailed information on effective strategies to reduce or prevent drunk driving

## What Works

The strategies in this section are effective for reducing or preventing drunk driving. They are recommended by *The Guide to Community Preventive Services* and/or have been demonstrated to be effective in reviews by the National Highway Traffic Safety Administration.\* Different strategies may require different resources for implementation or have different levels of impact. Find strategies that are right for your state.

## Strategies to reduce or prevent drunk driving

- **Drunk driving laws** make it illegal nationwide to drive with a BAC at or above 0.08%. For people under 21, **"zero tolerance" laws** make it illegal to drive with any measurable amount of alcohol in their system. These laws, along with laws that maintain the **minimum legal drinking age** at 21, are in place in all 50 states and the District of Columbia, and have had a clear effect on highway safety, saving tens of thousands of lives since their implementation.
- **Sobriety checkpoints** allow police to briefly stop vehicles at specific, highly visible locations to see if the driver is impaired. Police may stop all or a certain portion of drivers. Breath tests may be given if police have a reason to suspect the driver is intoxicated.
- **Ignition interlocks** installed in cars measure alcohol on the driver's breath. Interlocks keep the car from starting if the driver has a BAC above a certain level, usually 0.02%. They're used for people convicted of drunk driving and are highly effective at preventing repeat offenses while installed. Mandating interlocks for all offenders, including first-time offenders, will have the greatest impact.
- **Multi-component interventions** combine several programs or policies to prevent drunk driving. The key to these comprehensive efforts is **community mobilization** by involving coalitions or task forces in design and implementation.
- **Mass media campaigns** spread messages about the physical dangers and legal consequences of drunk driving. They persuade people not to drink and drive and encourage them to keep other drivers from doing so. Campaigns are most effective when supporting other impaired driving prevention strategies.
- **Administrative license revocation or suspension laws** allow police to take away the license of a driver who tests at or above the legal BAC limit or who refuses testing. States decide how long to suspend the license; a minimum of 90 days is effective.
- **Alcohol screening and brief interventions** take advantage of "teachable moments" to identify people at risk for alcohol problems and get them treatment as needed. This combined strategy, which can be delivered in health care, university, and other settings, helps change behavior and reduces alcohol-impaired crashes and injuries.
- **School-based instructional programs** are effective at teaching teens not to **ride with** drunk drivers. More evidence is needed to see if these programs can also reduce drunk driving and related crashes.

\*Sources: The Guide to Community Preventive Services (The Community Guide), Motor Vehicle-Related Injury Prevention, at [www.thecommunityguide.org](http://www.thecommunityguide.org), and National Highway Traffic Safety Administration. (2013). Countermeasures that work: a highway safety countermeasures guide for State Highway Safety Offices, 7th edition, at [www.nhtsa.gov/staticfiles/nti/pdf/811727.pdf](http://www.nhtsa.gov/staticfiles/nti/pdf/811727.pdf).

## How to Help a Recovering Loved One Cope With Holiday Triggers

by Jessica Powskey, Hualapai Health Education & Wellness

### How to Help a Recovering Loved One Cope With Holiday Triggers

[www.beachhousererehabcenter.com](http://www.beachhousererehabcenter.com)

Christmas and the holidays can be a stressful time of year for anybody, but for those in recovery from drugs or alcohol (especially in early recovery), this reality can be compounded by higher risks of relapse. Environmental cues to drink or use drugs, in the form of work holiday parties, family reunions and other festive social gatherings, abound at this time of year. The holidays can also dredge up hard, sometimes traumatic memories and painful emotions that serve as internal triggers for substance abuse.

Such holiday triggers are also a source of worry and concern for close family members and friends, who wonder how to help their recovering loved one cope. This article will help to answer that question.



### Knowing and Evaluating Relapse Triggers

First, it is important to be familiar with common relapse triggers and, if possible, those that are of greatest risk to a recovering loved one at this time of year. These can be people, places, and things, according to a popular way of classifying addiction triggers:

- People who trigger an impulse to drink may include, for example: old drinking buddies; a physically or emotionally abusive parent or family member; a boss, person in authority or other person for whom a loved one wants to perform.
- Places are situations or environments that elicit cues to drink or use drugs, and during the holidays these triggers can be especially common and hard to navigate: work holiday parties, family gatherings and other social events where alcohol is readily available and others are drinking are the most obvious example; but so are places like the old haunt a loved one used to frequent with drinking buddies.
- Things can include both material and more intangible things, from something concrete like money—a Christmas bonus, for example—to difficult memories and emotions that drugs or alcohol once dulled. Anxiety and stress, a common addiction trigger, also fall within this category.

Of the above relapse triggers, certain ones will present bigger threats to a recovering loved one's sobriety than others. A cognitive behavioral strategy known as the "Five W's" (for "When," "Where," "Why," "With" and "What") can help determine specifically when, where, why, who and what triggers a loved one's substance abuse.

It can also help to list the various holiday events or gatherings where alcohol or other drugs will be on offer and to evaluate whether these rank as low-risk, medium-risk or high-risk. (If your loved one is willing, you can even do this exercise together.) Those that are medium-risk or high-risk are good to cross off by planning a fun, alcohol-free activity in their place.

For low-risk situations, it will still be important to have a plan in place for dealing with triggers. For example, in a situation that is unavoidable and that will involve the presence of alcohol, you might encourage your loved one to arrive early and leave early from the event.

### Planning in Advance for Relapse Triggers

Planning in advance for relapse triggers is a critical step in coping with holiday triggers. Ultimately, you cannot plan for your loved one—they must find the motivation to plan and take responsibility for themselves—but you can ask them whether they have a plan in place and how you can help support their commitment to

sobriety. If they do not have a plan in place, you can share your concerns that they do not have one. Be as gentle, direct and positive as possible when broaching the subject. For example, if you are aware that every Christmas Eve involves taking out the Scotch with extended family, you can ask your loved one how they plan to handle the situation and what you can do to support them.

Examples of how to support a loved one's planning in advance might include:

- Role-playing with them how they will decline offers of alcohol or other substances and reviewing key drug refusal skills
- Having them pick their favorite non-alcoholic drink or mocktail so you can bring it or have it on hand
- Encouraging your loved one to invite a friend whom they trust and who does not drink (someone from their 12-step group, for example) for the holidays or to the party
- Choosing not to drink in solidarity with your loved one at a particular event
- Letting them know you're on hand if they suddenly feel they need a safe, quick getaway in a situation that has become dangerous to their health and sobriety

### Avoiding Exposure to Relapse Triggers

One surefire way to overcome holiday relapse triggers is to avoid them altogether. In some cases, this strategy may not be feasible, but at other times, you can help a loved one cope with holiday triggers by offering a fun alternative. That may mean introducing a new holiday tradition in place of an old one or getting away for the holidays, by taking a trip to an entirely new place.

### Connecting with a Loved One

Research has shown that one of the most persuasive cues to drink is what a person expects to feel when under the influence. In other words, however strong they might be, social and environmental cues are typically less important predictors of relapse than what a loved one may be feeling and internalizing at the time. Connecting and staying connected with your recovering loved one during the holiday season is thus critical. Below are some examples of what that might look like:

- Checking in with them about how they are feeling in a potentially triggering situation
- Noticing their body language and statements they make about themselves (for example, negative self-talk can suggest they are struggling with feelings of shame, guilt or depression that can raise their vulnerability to holiday triggers)

Submit your *Gamyu* articles **BY** the deadline below; to avoid any inconvenience with the print time.

*Thank you.*

**ARTICLE DEADLINE:**  
**FRIDAY, JANUARY 5<sup>TH</sup>**  
**BY 5:00 PM**

**NEXT PUBLICATION:**  
**FRIDAY, JANUARY 12<sup>TH</sup>**

**OFFICES CLOSED  
FOR HOLIDAY**

The Hualapai Tribal Departments will be CLOSED on **Monday, January 1<sup>st</sup>** for the New Year's Holiday. Normal business hours will resume on Tuesday, January 2<sup>nd</sup>.

**2018**  
**Happy New Year!**

# Hualapai Cultural Resource Department

*Presents*

**Hualapai Language Gathering**

**EVERY TUESDAY**

**4:00pm – 6:00pm**

**At Hualapai Cultural Resource Center  
In the Large Conference Room**

*WE WILL CONVERSE IN HUALAPAI... HWALBAY'L GWA: WJAYU*

**We want to make learning fun, everyone welcome,  
speakers and learners**

**Hankyu**

**Nyi ham ba nyu u:hi yu**

**For more information, you may call Hualapai Cultural Resources Dept. @ (928)769-2234/2223**

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