



# GAMYU

Newsletter of the Hualapai Tribe



**Shareholders Meeting • Thursday, March 29<sup>th</sup>**  
Submitted by: Jerry Thompson | Grand Canyon Resort Corporation



## GRAND CANYON RESORT CORPORATION

# SHAREHOLDERS MEETING

## 2018 GCRC REVIEW

Thursday, March 29  
Hualapai Tribal Gymnasium

Starting at 5:00 PM  
Doors Open at 4:30 PM

- Dinner will be served
- Gift bags for 18 & older  
(While supplies last)
- Door Prize Raffle  
(Must be Present to Win)

\*GCRC Employees are excluded from Raffles



**Issue #06**  
**March 23, 2018**

### Special points of interest:

- The next Regular Council Meeting will be Saturday, April 7<sup>th</sup> at 8:01 a.m. in the Hualapai Tribal Chambers.
- HTUA Meeting on Wednesday, April 11<sup>th</sup> at 9:00 a.m. at the Health, Education & Wellness Department.
- Community Earth Day Clean-up will be on Friday, April 28, 2017.



### Inside this issue:

General Information & Events	2
Employment	19
Education & Training	31
Health & Safety	42
Community Messages	58

## Terri Hutchens Announced as 1 of 3 Members of Native Voice One Advisory Council

Submitted by: Terri Hutchens | KWLP 100.9FM Station



Koahnic Broadcast Corp. is pleased to announce Terri Hutchens, KWLP, 100.9FM station manager was appointed on January 9, 2018 to be one of the three new members of the Native Voice One (NV1) Advisory Council. The NV1 Advisory Council provides input to NV1 staff to assist in furthering its mission statement to educate, advocate and celebrate Native American life by providing programming services. Advisory Council members review station fees, new programming, agreements, policy and procedure and various guidelines. During the meeting held on February 8, 2018, Ms. Hutchens was also elected secretary of the Advisory Council. Ms. Hutchens will serve a three year term.

## Peshlakai's SB1235 Passes Senate, Would Create Official Native American Day

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



### PRESS RELEASE

Arizona State Senate

1700 W Washington Street, Phoenix, AZ 85007

### Senator Jamescita Peshlakai, LD7



**PRESS RELEASE**  
March 14, 2018

## Peshlakai's SB1235 passes Senate, would create official Native American Day

**STATE CAPITOL, PHOENIX** – Senator Peshlakai released the following statement after her bill SB1235 passed out of the Senate. SB1235 would establish June 2nd as Native American Day and an official Arizona state unpaid holiday.

Currently, California, Nevada and South Dakota have declared Native American Day an official state holiday and Tennessee celebrates American Indian Day.

"I'm deeply proud that my bill to create an official state Native American Day passed out of the Senate today. Twenty-two tribes are currently recognized in Arizona and tribal reservation land covers over a quarter of the state. An estimated five to six percent of Arizona's total population is of Native American ancestry making it the second largest Native American population in the U.S.

"Before 1924, Native Americans were not U.S. citizens and we didn't earn the right to vote in Arizona until 1948. With over 390,000 tribal members in Arizona and almost 11,000 veterans, it's long past time we recognize the contributions Native Americans have made to our state's history and the important role we play in its future. Arizona's Native American Day is a good start and I hope my colleagues in the House will approve my bill and send it to the governor."

###

*Arizona State Sen. Jamescita Mae Peshlakai represents Legislative District 7. The culturally diverse district spans the seven counties of Apache, Coconino, Gila, Graham, Mohave, Navajo, and Pinal — including nine tribes and the communities of Fredonia, Page, Winslow, Show Low, St. Johns, Eagar, and Springerville — and is the largest legislative district in the contiguous United States.*

#### Media Contact:

Aaron Latham, Director of Communications, Arizona State Senate Democratic Caucus, 602-926-4477, [alatham@azleg.gov](mailto:alatham@azleg.gov)  
[www.azsenatedems.blogspot.com](http://www.azsenatedems.blogspot.com) | Twitter: AZSenateDems | Facebook: AZSenateDems

**Youth Camp Water System**  
Submitted by: Selina Sanders | Hualapai Public Works



P.O. Box 179/1134 Mesa View Dr., Peach Springs, Arizona 86434

Phone (928) 769-2625

Fax (928) 769-1375

To: All Departments

From: Leland Cardy Sr.

Re: Youth Camp Water System

Date: 3/12/2018

The Youth Camp Water System will be getting charged and chlorinated for disinfection of distribution system. At this time the water may ONLY be used for flushing & washing. Those that plan to utilize the Youth Camp Facility shall provide their own bottled drinking/cooking water for your event. AGAIN THE WATER FOR YOUTH CAMP FACILITY IS NOT TO BE CONSUMED! Thank You All in advance for your cooperation.

Respectfully,

*Leland Cardy Sr.*

*Hualapai Tribe Public Services - Utilities*

*Program Manager*

*lcardy@hualapai-nsn.gov*

**928-769-6428**

## First Things First Champion for Young Children Nominations • Monday, April 2<sup>nd</sup>

Submitted by: Erin Taylor | First Things First



The 2017 Hualapai Champion for Young Children was KWLP The Peach Station Director Terri Hutchens. Hutchens was honored for her partnership with Read On Hualapai by broadcasting bedtime stories on air Sunday through Thursday nights to promote early literacy and language preservation for young children.

## DO YOU KNOW SOMEONE WHO IS A CHAMPION FOR YOUNG CHILDREN? NOMINATE THEM!

Do you know someone who has made a difference for young children and whose significant contributions to the awareness of early childhood development and health deserve recognition?

First Things First is accepting nominations for our annual Regional Champion for Young Children awards.

Champion for Young Children award recipients are community members who exemplify an extraordinary commitment to young children and their families. Recipients can come from all walks of life, not only early childhood programs. We want to honor those who have demonstrated a long-term commitment to young children and the betterment of early childhood development and health services in the region, and who have had a significant impact on the lives of young children in the region.

To nominate someone, send their name and what makes them a "Champion for Young Children" to Erin Taylor at [etaylor@firstthingsfirst.org](mailto:etaylor@firstthingsfirst.org) or call the First Things First office at (928) 854-8732. Deadline is April 2, 2018.

Visit [www.FirstThingsFirstAZ.org](http://www.FirstThingsFirstAZ.org) for more resources.

**List of Unclaimed Per Capita Checks for 2012-2017**  
*Submitted by: April Siewiyumptewa | Hualapai Tribal Administration*

## LIST OF UNCLAIMED PER CAPITA CHECKS FOR 2012-2017

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

TAJUAN ADAMS	RAYMOND HAVATONE	CINDY MACK
ANGEL ADVINCULA	FREDERICK HUNTER	FLORA MAHONE
WILLIAM BARTLETT	TIMOTHY HUNTER JR.	BENEVEE McGEE
ANGELA BEGAY-TAYLOR	FALISHA JOHNSON	JUDITH PALMER
RUBEN BEST	MARK JOHNSON	ARTHUR SIMMONS
ERIC COUNTS JR.	AUSTIN KEELE	OPAL TOKESPETA
FRANK CORDOVA	LEONARD KELUCHE	PAUL TOKESPETA
GREGORY DAVIS	TAMMY LEDBETTER	MICHAEL TOVEN
ANDREW GRANADOS	ADAM LEPLY	DEVIN UNDERWOOD
GARNETT HANNA	SAMANTHA LODGE POLE	COBY WASHINGTON
CARLISLE HAVATONE	IAN LUM-RUSSELL	JOSE WHATONAME

**\*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.**

\*\*\*THESE CHECKS ARE UNCLAIMED DUE TO EITHER NO ADDRESS ON FILE AND/OR MISSING SOCIAL SECURITY NUMBERS.

Updated 3/16/18



**Missing or Incorrect Social Security Numbers**  
*Submitted by: April Siewiyumptewa | Hualapai Tribal Administration*

## MISSING OR INCORRECT SOCIAL SECURITY #'S

\*Please note that the list below includes Tribal members and non-tribal members who have a missing or incorrect social security number on file. Please contact April at the Hualapai Finance Department ASAP to get this corrected.

**\*THOSE WITH MISSING OR INCORRECT SOCIAL SECURITY NUMBERS WILL NOT BE PERMITTED TO RECEIVE THEIR PER CAPITA CHECKS THIS YEAR OR ANY FURTHER CHECKS UNTIL YOUR NUMBER HAS BEEN UPDATED.**

ADAM LEPLY	LAWRENCE CLARK	WILLIAM BARTLETT
TAJUAN ADAMS	SAMANTHA LODGE POLE	MICHAEL TOVEN
ARTHUR SIMMONS	PAUL TOKESPETA	DEVIN UNDERWOOD
CARLISLE HAVATONE	DEBRA EVANS	FLORA MAHONE
ALISHA WELLINGTON	OPAL TOKESPETA	GARNETT HANNA

**Request for Bids**  
*Submitted by: Pete Imus | Hualapai Youth Services*

**Hualapai Tribal Youth Council**

**REQUEST FOR BID**

Advertised March 16, 2018

Event Details: La Paz Community Gathering  
 Wednesday April 18<sup>th</sup>, 2018  
 Food must be ready to serve at 5pm  
 \*To feed 40-60 people

Menu: Spaghetti  
 Corn  
 Garlic Bread  
 Salad  
 Jell-O  
 Punch/Tea  
 All Tableware

Submit bid priced per-plate

Any leftover food must be wrapped/boxed and left for the attendees. Attach copies of food handler's certification cards of lead cooks.

Please submit bid to the Hualapai Youth Services office/Health Education & Wellness Center by **Wednesday April 11<sup>th</sup>, 2018 by 5pm**. Bid winner will be contacted on Friday April 13<sup>th</sup>, 2018.

For more information, please contact:

Hualapai Youth Services  
 Phone: 769-2207  
 488 Hualapai Way  
 Peach Springs, AZ  
[Hualapai12@gmail.com](mailto:Hualapai12@gmail.com)

Please submit bid to the Hualapai Youth Services Office/Health Education & Wellness Center by **Friday March 30, 2018**. Bid winner will be contacted on Tuesday April 3, 2018.

For more information please contact:

Hualapai La Paz Run Committee  
 Hualapai Youth Services  
 Phone: 769-2207  
 488 Hualapai Way  
 Peach Springs, AZ  
[pete.imus@gmail.com](mailto:pete.imus@gmail.com)

**Hualapai Trail of Tears La Paz Run**

**REQUEST FOR BID**

Advertised March 19, 2018

ITEM: T-Shirts  
 Sizes - Small to XXXL  
 Color - Turquoise  
 Quantity - Minimum 30 items  
 Print - Full color front and back

Submit: Print area size.  
 Price per t-shirt



Front



Back

## La Paz Trail of Tears Run • Runner and Community Information

Submitted by: Pete Imus | Hualapai Youth Services

# 2018 La Paz Trail of Tears Run Runner & Community Information

Advertised: 02/02/18

Each year the La Paz Planning Committee works to preserve and honor the La Paz Internment Camp History and original runs. The committee is aware that early runners feel that the run has lost it's meaning. Early runs were with few people who covered their own costs out of pocket, donated water and other supplies for the run and also used their own private vehicles.

Over the years the run has grown and has become the tribes only significant tribal ceremony. In past run committee meetings and at this years first meeting several ideas were shared on ways the committee can work to stress the tribal cultural and spiritual importance of this run. In keeping with the original spirit of the run the following are requests to runners, tribal and community members.

**DONATION:** This years committee has decided that runners are to make a cash donation of any amount which must be paid to the tribal accounting department at the tribal office before 5:00PM on Friday April 5, 2018. 2018 & 2019 donations will be used to raise funds for the 2020 two day run from Ehrenberg, AZ.

**SHIRTS:** Runners will be given t-shirts and hoodies after this years run. Runners are requested to wear any past run shirt. If you do not have a past run shirt, wear navy blue.

**PICTURES:** On the run, the committee request that there be absolutely no cellphones, videos or pictures; from runners, family, friends, tribal programs, spectators, and absolutely no posting to social media.

**COMMUNITY DINNER:** The committee will provide meat and beans at the community dinner following the run. Family of runners and community members are requested to bring side dishes and breads.



### 2018 Committee Members

Helen Watahomigie

Randi Mahone

Naomi Shongo

Jorigine Paya

Shane Charley

Athena Crozier

Jessica Powskey

Raelene Havatone

Amy Siyuja

Tribal members are yet welcome to join the committee or attend meetings.

Committee contact/staff

Youth Services/HEW 769-2207

Pete & Christina

# La Paz Trial of Tears Run 2018

From Fort Beale/Kingman to Peach Springs, AZ

Ya' Niyhay Jami Vojjo



Thursday April 5, 2018

Advertised: 02/02/18

**Runner Application & Donation Deadline**

**Donation of any amount is welcome.**

**Pay to accounting at Tribal Office before 5:00PM on this date.**

**6:00PM Runners Meeting**

**Multipurpose Building**

**470 Hualapai Drive, Peach Springs, AZ**

Saturday April 14, 2018

**5:30AM La Paz Site—Ehrenberg, AZ**

Sunrise Blessing of Site, runners and community members welcome. Breakfast to follow at 8:00AM.

**Directions to La Paz site:** In Parker, AZ starting at the intersection at CRIT tribal complex, travel 40 miles south on Mohave Road. La Paz site is near mile marker 203 on the west side.

**Hotel Information For April 14th:** Best Western Flying J Motel (928) 923-9711, located at I-10 exit 1 S. Frontage Road in Ehrenberg, AZ. Request room block, "Hualapai Tribe," room rate is \$77.00 plus 7.70% tax. Cut off date is April 17, 2018 Attendees are responsible for their own room and meals.

**10:00AM Fort Beale Site/Kingman AZ, Fort Beale Dr.** Blessing and walk through of site.

**11:45AM Kingman Lewis Park, 2201 E. Andy Devine, Ave.** Bird singing & dancing and lunch. All bird singers and dancers welcome.

Wednesday April 18, 2018 Community Gathering

**6:00PM Multipurpose Building—Peach Springs, AZ**

Attendance is a must for runners, All tribal members are welcome to attend. There will be sharing of La Paz history and dinner.

Saturday April 21, 2018

**3:15AM—Runners meet at Route 66 Park in downtown Peach Springs for transport to Fort Beale.**

**5:00AM—Morning blessing at Fort Beale, ALL RUNNERS START/FINISH TOGETHER.** Runners arrive at "China Town" for regroup and entry into Peach Springs. Runners may arrive into Peach Springs between 12:00PM and 2:00PM. Meet community members at Route 66/Diamond Creek Rd. intersection to march to tribal gym. Enter gym for final run blessing and community potluck dinner, meat and beans provided, **please bring a side dish to share.**

## Running to Honor Our Ancestors. Running to Heal Our Land, Our People.

Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. **Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities.** Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTRONICS/CELLPHONES/PICTURES.** To register to run please contact Youth Services 769-2207 to complete a registration form by April 5, 2018.

Hualapai Youth Services P08 397/488 Hualapai Way, Peach Springs, AZ 86434 Phone: 928-769-2207 Email: [pete.imus@gmail.com](mailto:pete.imus@gmail.com)



**2018 La Paz Run Medical Questionnaire**

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 5, 2018**. Information is needed should you need any medical attention on the run and to ensure you receive proper medical care. Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/5-21/18. No electronics/cellphones/pictures while on the run.

**Runner must be a member of a federally recognized tribe.**

**Donation of any amount can be paid to tribal accounting before 5:00PM on April 5, 2018.**

Tribal Accounting initial: \_\_\_\_\_ Receipt Number: \_\_\_\_\_

Runner Name: \_\_\_\_\_

Contact information should the La Paz committee need to contact you regarding the run.

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Circle one: Male Female Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Past Medical History: \_\_\_\_\_

Have you been diagnosed or have a history of any of the following (circle all that apply):

- |                     |                      |           |                  |
|---------------------|----------------------|-----------|------------------|
| Asthma              | Diabetes             | Thyroid   | Tuberculosis     |
| HIV/AIDS            | Hypo/Hyper Glycaemia | Hepatitis | Heart Problems   |
| Foot Problems       | Liver Disease        | Cancer    | Seizure Disorder |
| High Blood Pressure | Low Blood Pressure   |           |                  |

What type(s) of medications do you take (prescription or over the counter), please include dosage(s):  
\_\_\_\_\_  
\_\_\_\_\_

Are you allergic to any medications? Yes No

Please list if you circled yes above: \_\_\_\_\_

List allergies: \_\_\_\_\_

Any other medical conditions not listed above that Peach Springs EMS need to be aware of:  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Relation: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

I, \_\_\_\_\_, feel that I am in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**For participants 14-17 years of age** -----

I, \_\_\_\_\_, feel that my child named above, is in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Parent/Guardian: \_\_\_\_\_ Relationship: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**REGISTRATION DEADLINE APRIL 5, 2018 - NO EXCEPTIONS**

**Please ensure your family members contribute to the community potluck following the end of the run.**

# La Paz

As told by a Hualapai elder

From the book: Kathad Ganavj/Coyote Stories  
Told By: Elnora Mapatis  
Robert Jackson  
Bertha Russell  
Paul Talieje

Transcribed & Transliterated by: Lucille J. Watahomigie  
Malinda Powskey  
Jorigine Bender  
Josephine Manakaja

This is the historical account of La Paz. They want to know about it and they ask me. I will tell what I know and have heard. When I tell this story, as the story progresses it will become unbearable. It is heartbreaking.

There is no old person or grandparent living in this generation who can tell this historical account. This is not just a story. It is true. It actually happened long ago. I heard it from my grandmother, who was very young and was among the ones who took the long walk. She saw what happened. When she told this story she would cry. I will tell her story. There are no reports of this account anywhere. If there is, their version is not from something they have witnessed or heard directly. There is no record anywhere.

A long time ago the Hualapai people lived around here. Of all the sites, you know only a few: places like Kingman, Hackberry, Valentine, Peach Springs, Seligman - - just these areas you know. There were many, many places. People were living everywhere covering the whole area from one place to the next. In Chloride, Kingman, Hualapai Mountains, down below the Big Sandy all the way up to Williams, and to the natural boundary of the Colorado River all over this land the Hualapai people lived.

The people were happy. They had many relatives living everywhere. They got up in the morning happy. They had families. They made their own homes and took care of their families. A child was taught how to do things, he was told things so that he would have a good life. Their day-to-day living was good.

They didn't go wandering off, but took care of themselves. They gathered seeds, plants, berries and nuts. These they gathered to live on. They minded their own business. They were undisturbed. A Hualapai never stole anything that wasn't his. He picked seeds from plants and ate them; he picked the ripe plants and ate them. He made his own house and lived in it. He hunted game and made clothing to keep him warm, and ate the meat.

But then the Europeans and the Spaniards came to this land. These people were mean. They struck and killed the Hualapai's. The Spaniards mistreated the Indians. They kept on killing and attacking the Hualapai. They considered the Hualapais not as human beings or living things. They called us animals. They thought we did not have a mind to know anything. We were a nuisance, they said. They wanted our ancestral land.

When the soldiers shot the Hualapais, they said the Indians shot first even though the Indian did not have a gun. The Hualapai just had a bow and arrow. He was taught to use it for getting game to eat and live on. He did not use it to kill or hurt people.

The U.S. military talked of rounding up the people. They did that. They rounded up the Hualapais and took them to Beale Springs the first time; then they took the people and dumped them near the Colorado River.

The Hualapais had leaders and they knew that the military were trying to steal the land. The military kept on attacking and killing off the people.

The people had nothing. They had very few belongings and went down there along with their children. They lived there but were unaccustomed to the land. They longed for their homeland, so they all escaped and returned.

They hid out in the mountains, hills, and canyons.

The military questioned, "What are we going to do now?" The cavalry started looking again.

They said, "We are not going to leave them alone. We will go out and gather them up again." They kept looking and looking for the people, capturing them.

This went on for a certain length of time, then the searching and capturing ended with the people being taken captive to Beale Springs. There were many people rounded up and herded down there. Young children, women, small babies, they were all brought and placed in the one mile square area that was called the Hualapai Reservation.

They built a fence around it. They placed the captured Hualapai in this corral.

The people were forced to stay within the square. There were no plants or food to prepare. There was no place to wash and clean. The people were given very little to live on. The military used to give them cooked meals, but later they just gave out rations to fix somehow and eat.

The soldiers stood guard all the time. The guards on the east side were ready to shoot at any slight movement.

The corral was fenced with barbed wire. There was no talking or laughing. They just all stayed there keeping their eyes on the guards. The people asked each other, "How are we expected to survive?" They were given a few necessities which were old and not enough, like clothing, bedding, shoes. Many people were crowded there together. They filled the corral to the fullest.

It was summertime. The young children went without clothes. The people were from the mountains and were used to the cool climate.

The military didn't care about the discomfort of the people and children. The people were hungry and sick. They cried and many died.

The guards would shoot at anything that aroused their attention and killed many of the people. The military brutally beat them on the heads with their bayonets.

The people had no way of burying their dead. All they could do was cry. They were afraid of the military and just stood by in terror as the killing went on and on. The women, girls, and children were killed by soldiers. To the west there was a hill. In there was a hole. The people would build a fire and stay there. (It is still there.) The people were treated and held captive for a long, long time.

Then there was a young Hualapai man who understood a little of the white man's language. He told the people in a hushed voice that he heard the military say: "Before we take them down, we will search for the rest of the people." This young man encouraged the people to escape. He said, "Take off while you can. Go to the mountains and hide there." A long time ago the people were fast runners. Some of the people escaped and hid in the mountains. When they looked back, they saw the others who were closer to the corral being captured and herded back into the Beale Springs prison encampment again.

The people knew where the springs were located. They fled from one spring to another, hiding in the mountains.

There was another man who understood the English language in the Beale Springs prison encampment. "My people, I really don't understand what the military are planning. Are they going to shoot and kill us all? They keep talking like this. Keep watch." They didn't sleep well as brutal abuse and killing went on and on. That's the way the people were treated.

The people received very little of the rations that were supposed to be issued. They went hungry. Another Hualapai overheard the plans of the military and warned the people, "They are planning to move us somewhere or kill us all. Whichever choice they make, whatever our fate is, be strong."

"How can we escape? We are surrounded by the soldiers. They make it impossible. Why are

they doing this to us? What have we done?" The people couldn't comprehend the brutal treatment.

The day came. The military opened up the gate to the prison camp. "Today you will walk!" they said. Any of the people who lagged behind were struck with the bayonets. The soldiers stabbed and slashed their bodies, making them bleed.

The soldiers mistreated them. The people were beaten and whipped. They were assaulted and abused. The people were abused. The people were very afraid. They were forced to take the long walk at gun point. They went, young girls, young boys, young men and women, old people were forced to march.

There is a trail by the Hualapai Mountains, which they took. They went to Bill Williams Fork over to Havasu Lake. While they were herding them on the soldiers had whips and lariats. They whipped the people if they did not hurry along. Sometimes when they threw the whip it would wrap around their necks. When this happened, the soldiers yanked them down. The people would just faint or die. The sick and injured were left to die on the trail.

The soldiers used the butt of their gun to beat the people. The people were brutally beaten. The young girls, when they got one, were abused. They were dishonored and ridiculed. One little girl cried and trembled all over. The soldiers abused and whipped her severely. The young children cried out but were beaten severely. The soldiers beat them with their guns. The soldiers killed and killed. They killed many of the Hualapais.

My grandmother led and guided her grandfather. Everyone cried. The old man said, "I am thirsty. I am hungry. I am very tired, my feet hurt." My grandmother, as a very young child, held on to his hand. He said, "Grandchild, it is about time, sit here, stay here." The soldiers saw him resting. They threw the rope around his neck, dragged him and left him at a distance. He cried, "Grandchild, wait for me, wait for me." She saw him laying there with the tears streaming down his face. "He is almost dead" she thought. She was afraid to go to him because of her fear of the soldiers. They went and whipped him again. This time they killed him. Many people, young and old were left dead along the trail.

The people were stripped naked and were forced to walk on and on. The people cried out loud, "What's wrong with our homes? Why do you treat us this way? Where are you taking us?"

Even if the people did no harm or anything wrong, they were brutally beaten and killed. The soldiers rode on horseback and they surrounded the people on all sides. They beat the people on their backs. Whipping them black and blue to make them hurry along.

At some place they stopped to sleep. They had been told to take their own food to eat. They took what little ration of flour they had. And that's all they had to eat. The soldiers did not cook or fix any food for them to eat. They mixed their flour in a pot of water and drank that.

The people were very tired and exhausted and would fall asleep when they reached a resting place. During the night they moved, crying, "My sister, my brother, my children, my grandparents. Be strong, take care." They cried in sorrow, "When the sun rises will we still be alive? Maybe they will shoot us all when we reach our destination." They continued their forced march.

Many people died along the way. Many of the young children were injured or sickness overtook them and the older children had to carry them on their backs. Weak and maimed, they assisted each other in this forced march.

It must have been two or three nights before they reached La Paz. There were many people who started out on this march and half of them arrived at La Paz.

When they got there it was horrible. It was late spring and the intense heat was unbearable.

The people were given rations which were poisonous. When the people ate it, there was an epidemic of a bad case of dysentery. Many people got sick and died. The sickness and the deaths continued. Young men would be seen walking around. Then during the night children and the old people would be pronounced dead. The people mourned. They buried the dead in the ditches, sand, washes or anywhere. Many, many people died and were buried at La Paz.

The treatment of the people at La Paz was worse than on the forced march or at Beale Springs prison encampment. La Paz was located about two or three miles from the Colorado River. The waste land was very dry, sandy and sterile. There was a few shrubs of catsclaw and arrowweed.

There was no shelter and protection from the sun. The food they rationed was no good. The main items were flour and coffee. This they fixed somehow and ate. More people died. The cycle of sickness and death continued.

There was a captain besides the agent stationed at La Paz who ordered, "The people imprisoned at La Paz are to be given good land and water so they can plant food." This was the plan but the agent at La Paz did not follow the order. The people were not given any seeds or plants to grow. More rations and beef were ordered to be given but his agent did not do this. Nothing like this was done. The inflicted, enduring misery continued. The extremely hot summer sun beat down on us. The sweltering land offered no refuge. Arrowweed shafts were laid on the catsclaw tree for minimal shade. The people sat under this for protection from the hot sun. When the sun went down, it was a little cooler then and the people would prepare earthbaked bread and coffee for meals. The means were meager but were a source of survival.

The terrible hopelessness of the situation was mirrored in their grief-stricken faces and the people spoke among themselves, "We seem to take for granted that somehow we will survive and matters will improve but can we stay here and exist? Our ordeal is worsening. The people who came on the forced march, those that arrived, there were many of us. Now, our children are all dead. Our men and women are all dead. There is no way that we can survive here." Bake earth-oven bread," they planned. "When we receive our ration of flour, make the bread." That's all they had to take along. "Take whatever you can carry. Do this. We are not going to stay here. We are going to escape."

A strong courageous Hualapai leader urged the people to escape. "We cannot stay here. The military wants us to stay and eventually die from starvation, sickness, infectious disease and sorrow. The military has dumped us here and in order to survive, we have to escape. When we receive our ration of flour, bake fresh earth-oven bread and carry whatever you can on the escape to our ancestral homeland."

Before they left they held a pow-wow ceremony. They cried, bidding farewell to their cousins, aunts, uncles, older brothers and sisters that they were leaving. They hugged each others knowing that if they all went together, the soldiers would kill them all. They planned the directions they would go.

Some of the Hualapais headed in the direction of Blythe. They claimed land and made their homes. "We will take the name Pai Pai," our relatives said as they headed in that direction. As they left everyone cried. Some went on towards the west (Barstow) and settled there.

The agent at Parker used to send them rations but then he said that the rations will no longer be sent. "From now on we will stop doing this. You will come on your own and get your flour," the agent said. It was about forty miles or more that the people had to go to get their rations. "You will walk over there to get your rations and then walk back," they were told.

The young man said, "They told us to go after our own flour. It is a far distance to go. We haven't eaten any good meals to have strong bodies. Why waste our energy over flour? We are not going to let the love for flour eventually cause us to lose our lives. Escape from this place is the

only solution.”

The people realized that in order to survive, they had to escape. Finally one day, they followed their plans of escape. They retraced the trail to imprisonment and death. They nourished their bodies on the stored earth bread, water, and resting at nightfall.

The return to their ancestral homeland was exactly one year later. It was late spring and the land was fresh and green. They came upon the Halchidoma people. They were planting crops. The refugees continued on and at Bill Williams Fork saw mesal which was one of their main food staples. They were relieved to be back in their own familiar land, “We have fulfilled our plans of escape and have returned.” Some of the people remained there to bake and harvest mesal. The rest of the people continued their escape to their own territories by traveling through the mountains. They returned home to their country around Kingman, Chloride, Peach Springs, Hackberry, Valentine, Mađwiđa, Pine Springs and Seligman.

When they had escaped, the agent at Parker said, “The Hualapais have all escaped. They ran away when we weren’t watching.” He went to the officer in Fort Mohave and told him this. The officer said, “You imprisoned them there and they endured captivity. The orders for you to carry out, were to give them plenty of meat, and other rations, but these things were not carried out. The people starved and they died off. The year of captivity is enough. Do not pursue and herd them back. Let them return home. That is final.” The soldiers wanted to round them up and bring them back again but they were ordered not to. So the people came home to stay.

This is what my grandmother told me. She cried when she told the haunting story of what she saw, her grandfather, the abuse of the children, all of the killings and death and she would cry with remorse. I tell this to my children here at home. It is not good. “The Place Where We Shed Tears,” they call it, the “La Paz March”, the “Trail of Tears” and the “Force March”.

When the Hualapais returned to their ancestral territories, they found that many white men had occupied the land. They lived all over in the canyons, Diamond Creek, Clay Springs, and everywhere.

On January 4, 1883, President Chester A. Arthur signed an executive order creating a 997,045 acres of reservation land around Peach Springs, Arizona for the Hualapais.

From the book: Kathađ Ganavj/Coyote Stories



**Amerind All-West Native American 100 Basketball Classic • April 5<sup>th</sup>-8<sup>th</sup>**  
*Submitted by: Elaina Talayumptewa | Hualapai Housing Department*

# AMERIND ALL-WEST NATIVE AMERICAN 100 BASKETBALL CLASSIC APRIL 5-8, 2018

**GOLD CROWN FIELD HOLISE,  
LAKEWOOD, COLORADO**

**PRESENTED BY:**

**AMERIND RISK  
UNITED NATIVE AMERICAN HOUSING ASSOC.  
ALL-WEST NATIVE AMERICAN YOUTH ASSN.  
GOLD CROWN FOUNDATION  
DENVER NUGGETS  
NIKE N7**



**AMERIND Risk**  
*Tribes Protecting Tribes*



**GOLD CROWN**  
FOUNDATION



**33<sup>RD</sup> ANNUAL**

**APRIL 5-8, 2018;  
LAKEWOOD, COLORADO**



**AMERIND Risk**  
*Tribes Protecting Tribes*

**UNITED NATIVE AMERICAN  
HOUSING ASSOCIATION**

**PRESENT**

**AMERIND ALL WEST NATIVE AMERICAN  
100 BASKETBALL CLASSIC**

**• EVENT DETAILS •**

- **THE 33rd ANNUAL NATIVE AMERICAN YOUTH WEEKEND** joins together the tribes and tribally designated housing entities of the United Native American Housing Association (UNAHA) with business sponsors, volunteers, and the employees of HUD's Office of Native American Programs.
- **COACHES MEETING:** held at the Holiday Inn in at 7390 W. Hampden Ave., Lakewood, CO 80227, on Thu., April 5 from 5:00 - 7:00 PM. Teams must check in and pick up schedules at this meeting. Games begin early Fri., April 6.
- **NBA BASKETBALL:** See the the Denver Nuggets take on the Minnesota Timberwolves on Thu., April 5 at 8:30 PM. Tickets available at an exclusive All West price for this nationally-televised game. Limited lower bowl seats are available for just \$55! See registration form for ordering details.

**• REGISTRATION •**

For teams outside UNAHA Region the entry fee is \$300 (eligible for hotel rebate); for the boys and girls teams from the UNAHA region the fee is \$250 (eligible for hotel rebate).

**Hotel Rebate:** If you present proof (e.g. hotel receipt) to the All West before 5:00 P.M. Saturday, April 7 that you are staying at one of the Gold Crown host hotels listed later in this brochure, All West will refund \$25 of your entry fee.

We need to receive your completed entry form (enclosed in this brochure) along with your entry fees by Friday, March 16, 2018 for your team to be included in the tournament.

**• PARTICIPATION DETAILS •**

- Participation in the tournament is limited to the first 100 teams to register with youth who are not over 19 years of age, AND who are currently enrolled in high school or will have completed their senior year in 2018. No players already in college/post secondary education permitted. Participants must also be in good standing with their schools and are either enrolled members of an Indian Tribe or have parent(s) who are enrolled members of an Indian Tribe.
- All teams, coaches and supporters will need to provide their own transportation, food and lodging expenses to, from, and around Denver. We have several host hotels (see chart), all offering exclusive All West room discounts. Each team must be supervised and coached by at least three responsible adults aged 21 years or older who will be under the auspices of the tribal government and endorsed by the local housing authority/TDHE where appropriate.

**• GUEST SPEAKER •**

On Friday, April 6, an inspirational speaker will share their story with players and coaches at the Gold Crown Field House. The tradition of speakers at the All-West Native American Classic has included NASA astronaut John Bennett Herrington, coaching legend George Karl, NBA player Bronson Koenig and Darryl "Chocolate Thunder" Dawkins.

**• CONTACT INFO •**

If you have any questions regarding this year's Native American Youth Weekend or Basketball Tournament, please call Dave Heisterkamp, All-West Native American Youth Association, at 303-832-6511 or Mike Boyd at 303-378-1460.

**COLLEGE  
SCHOLARSHIPS**

Encourage eligible students to apply for a college scholarship through the Mark K. Ulmer Native American Scholarship Foundation. Applying is easy! Visit [www.markulmerscholarship.org](http://www.markulmerscholarship.org) or phone 513-271-0290/303-984-5853. The Ulmer scholarship is open only to seniors/graduates who are All-West Tournament participants. Dozens of past participants have achieved successful college careers with the help of an Ulmer Scholarship. **Change your future for the better!**



## • HOST HOTELS - EXCLUSIVE PRICES •

Hotel	Contact	Group Code	Price
Hyatt House Belmar	Kristi Wersel 720.356.1024	All West Native American	\$129 - Den King \$139 - Studio King \$149 - 1-bed suite
DoubleTree By Hilton DTC	Tori Horning 303.253.3999	All West Native American	\$99 – Double
Sheraton Denver West	Kerstin Middleton 720.963.2059	All West Native American	\$134 - Double
Hampton Inn Denver Southwest Lakewood	Group Sales 303.989.6900	All West Native American	\$99 – Double
Hampton Inn Denver West Golden	Crystan Blanco 303.278.8600	All West Native American	\$109 - Run of the House
Residence Inn Denver Southwest/Lakewood	Katelyn Brown 303.985.7676	All West Native American	\$99 - Run of the House
Courtyard Denver Southwest/Lakewood	Katelyn Brown 303.985.7676	All West Native American	\$99 - Run of the House
Sleep Inn Denver Tech Center	Tricia Cantu 303.662.9950	All West Native American	\$79 - Double
Hampton Inn Denver West Federal Center	Kyly Spence 303.969.9900	All West Native American	\$99 – Double

•Note: For the exclusive rates, make sure to mention the Hotel Group Code when making reservations. Reservations should be made by March 10. All hotels are within a convenient drive to the Gold Crown Field House and Pepsi Center. Stay at one of these hotels and receive a \$25 rebate on your All-West entry fee (see "Registration" for details).

## • TOURNAMENT FEATURES •

- NIKE N7 TOURNAMENT T-SHIRT FOR EACH PLAYER AND COACH.
- Each coach will receive a "goodie bag" at check-in • Slam Dunk and Three-Point shooting contests.

## • HOST SITE: THE GOLD CROWN FIELD HOUSE •

ALL EVENTS AND GAMES WILL BE HELD AT THE GOLD CROWN FIELD HOUSE, 150 S. Harlan St., Lakewood, CO. 80226. The Gold Crown Field House, located just minutes from downtown Denver, is a first-class indoor sports and education facility that includes six full size, hardwood basketball courts. It is the best place in Colorado to host the All-West Native American Basketball Classic. The Gold Crown Foundation is a nonprofit 501(c)3 that has proudly partnered with UNAHA and Amerind to host the All West Classic since 2004.



For more information, visit [www.GoldCrownFoundation.com](http://www.GoldCrownFoundation.com).



Join the Amerind All West Native American Basketball Classic Facebook Group!

Search "Amerind All West Native American Basketball Classic"



**AMERIND Risk**  
*Tribes Protecting Tribes*

**AMERIND RISK SENDS  
BEST WISHES TO ALL TEAMS!**

# AMERIND ALL-WEST NATIVE AMERICAN 100 BASKETBALL CLASSIC

**\*PLEASE FILL OUT ONE COPY OF THIS FORM FOR EACH TEAM YOU ARE REGISTERING\***

TEAM NAME: \_\_\_\_\_ GIRLS/BOYS BRACKET: \_\_\_\_\_  
 TRIBE: \_\_\_\_\_ NO. OF PLAYERS: \_\_\_\_\_  
 COACH/CONTACT PERSON: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 DAY PHONE: \_\_\_\_\_ FAX NO.: \_\_\_\_\_  
 E-MAIL ADDRESS: \_\_\_\_\_

**Legal Release:** In consideration of this entry in the Amerind All-West Native American Basketball Classic, I/we, the above sponsor(s)/ coach(es), and all of the individual chaperones and players on this team, release Amerind Risk Management Corp., the Gold Crown Foundation, the United Native American Housing Association, the All-West Native American Youth Association, Sheraton, Hampton Inn, Hilton, DoubleTree, Kroenke Sports Enterprises and their respective officers, members, agents, sponsors and employees from any actions, claims, and demands of any kind and nature that may arise from, or in connection with, any participation or proposed participation in this tournament. I/we accept the risks involved and waive all rights of any kind that may otherwise exist. I/we further agree to provide a copy of this release to each individual player, chaperone or other person associated with our team.

In the event of a cancellation or a no-show, only 60 percent of the entry fee will be refunded and only upon written request received within thirty (30) days of the conclusion of the tournament.

**Please return the above form and entry fee no later than Friday, March 16, 2018, to assure your team a place in the tournament. Send this registration form and and entry fees to:**

**ALL-WEST NATIVE AMERICAN YOUTH ASSOCIATION  
 1700 BROADWAY, SUITE 1202, DENVER, COLORADO 80290 • FAX: 303-830-2246**

----- Make sure to separate forms (forms go to different addresses) -----



## NUGGETS TICKETS

**NIKOLAJ JOKIC AND  
 THE DENVER NUGGETS  
 VS.**



**JIMMY BUTLER AND  
 THE MINNESOTA TIMBERWOLVES**

**Thursday, April 5, 8:30 PM at the Pepsi Center (Nationally televised game!)**

**All West Exclusive:** The Denver Nuggets are offering all teams playing in the All-West Native American Tournament two options for tickets at exclusive prices: Lower bowl tickets for **just \$55**, or upper bowl tickets, for **just \$20**. You must order by Friday, March 16, 2018, to take advantage of these special prices!

TEAM: \_\_\_\_\_ CONTACT PERSON: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 DAY PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_  
 E-MAIL ADDRESS: \_\_\_\_\_  
 NO. OF TICKETS: LOWER BOWL (\$55/ea) \_\_\_\_\_ UPPER BOWL (\$20/ea) \_\_\_\_\_ TOTAL DUE: \_\_\_\_\_

Tickets will be available for pickup at tournament check in. Tickets are limited.

Make checks payable to "Gold Crown Foundation" and return this form to:

**ALL-WEST DENVER NUGGETS TICKETS  
 7400 EAST CRESTLINE CIRCLE, SUITE 200, GREENWOOD VILLAGE, CO 80111  
 Ph.: 303-773-1442; Fax: 303-779-5948; E-mail: cchaney@goldcrownmgmt.com**

# EMPLOYMENT OPPORTUNITIES

**Now Hiring! • CDI Head Start**

*Submitted by: Jeanine Coursey | CDI Head Start Serving Hualapai*

**Community Development Institute**

**HEAD START**

**Serving Hualapai Tribe**

PO Box 125

Peach Springs, AZ 86434-0125

(928) 769-2244 phone \* (928) 769-2457 fax



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

**Vacant Position as of December 3/12/18. Open until filled**

**Teacher Preschool Full-Time/Teacher-OnCall**

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 \$1233.82/biweekly to \$1316.07D.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.

**Assistant Teacher On Call**

Work as a partner with the teacher in developing activities for Head Start children to provide them with varied experiences and an appropriate learning environment. Assistance is given to the teacher in carrying out the goals, policies, and activities designed to implement educational objectives and performance standards. Might also serve as a Bus Monitor as part of the transportation services. Pay D.O.E. \$11.17 to \$13.41 with an AA.

**Program Aide –On Call**

Assist in activities in the areas of the classroom, kitchen and bus and/or to serve as a disabilities aide as needed. Works with typically developing children and/or children with special needs/disabilities. Minimum requirement is to be 18 years of age. This is an entry-level position requiring no previous education or experience, a high school diploma or G.E.D. is preferred. Pay D.O.E. \$10.60 per hour.

**Janitor Full Time**

Ensuring clean, safe and functional facilities by performing daily cleaning and on-going light maintenance activities for the Head Start facility. Also works as a part of a team to assist in activities in the classrooms, kitchen and bus monitor.

Pay D.O.E. is \$10.60 per hour. This is an On Call position.

**Cook On-Call**

This position is one role in a large system of services provided to children and families. A strong food service program is important to supporting the goals of the program. This position is responsible the ordering, preparing, serving and documenting of meals and snacks. It includes following menus and all phases of kitchen operations including inventory control. The position may prepare foods for and/or preschool children following the USDA/CACFP standards. Position may involve reassignment to various kitchens/centers as deemed necessary for program operations. Pay D.O.E. *This is an On Call position.*

For questions or copies of job descriptions and applications contact:

Jeanine Coursey, HR/Fiscal Admin Assistant

Email: [hr@htazhs.org](mailto: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.

**Peach Springs USD • Job Announcements**  
 Submitted by: Jaime Cole | Peach Springs Unified School District



## Peach Springs USD Job Announcements

PSUSD School  
Updated 2/2018



**All applicants must have clear background check, Arizona Fingerprint Clearance Card, and qualify for positions upon applying for job.** Job descriptions are on file in the office

**Certified Positions (2018-2019 certified salaries online [www.psusd8.org](http://www.psusd8.org))**

Instructional Coach (MUST have experience in the classroom as certified teacher)\*

Teacher (elementary certified), Title I math and reading teacher (ADE certified)

Hualapai Culture teacher (tribal certification with ADE- ask details 769-9034 )\*

**Classified Positions (2017-2018-2019 classified pay online [www.psusd8.org](http://www.psusd8.org))**

Bus driver/custodian (drug test, CDL, bus passenger certification, CPR, fingerprint) \$18\*

Substitute (ADE substitute or ADE emergency substitute if recommended)- \$100-125 a day\*

Attendance clerk \$12-15 (must have positive attitude, fingerprint clearance, excellent background check, looking for Synergy background if possible)

Accounts payable/payroll\*

Kitchen manager \$15-18 an hour\*

Kitchen assistance \$12-15\*

Behavior specialist \*

Business Manager \*

Facilities Engineer/IT manager\*

**Benefits**

Full time staff members receive 100% paid insurance, match retirement with Arizona State at 11% match, leave includes 1 day paid leave a month earned, positive work environment

Additional Certified Teacher benefits- housing to rent on or near site, small class sizes, technology includes laptop per student, interactive board, curriculum provided for ELA (reading, writing, grammar), math and science with differentiated materials for students, and PROP 301

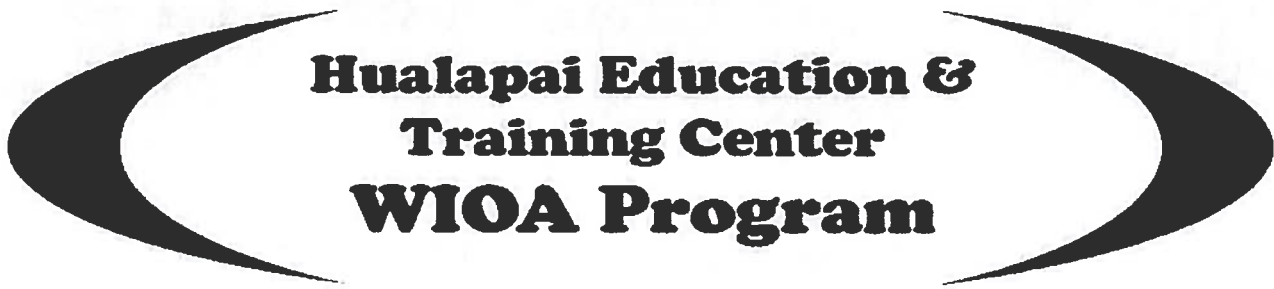
\*immediate opening this year (SY2017-2018)

Questions, please call 928-769-9034 ask for Jaime Cole, Superintendent

**Contact information**

Jaime Cole, Superintendent  
[colej@psusd8.org](mailto:colej@psusd8.org)  
 PO Box 360  
 Peach Springs, AZ 86434  
 Phone: 928-769-9034

**Hualapai Education & Training Center • WIOA Program**  
*Submitted by: Jean Imus | Hualapai Department of Education & Training*



# TRAINING ANNOUNCEMENT

The Hualapai Workforce Innovation & Opportunity Act (W.I.O.A.) Program is accepting applications for the

**Adult, Youth, and Out-Of-School Youth Programs**

Applications are available at the Hualapai Education & Training Center

The following documents are required when submitting your application:

- |                                 |                               |
|---------------------------------|-------------------------------|
| Birth certificate               | Social Security Card;         |
| Income Verification             | Household Verification;       |
| School Transcripts              | Selective Service Card        |
| Diploma                         | Food Stamps Award Letter      |
| Free & Reduced Eligibility Form | Certification of Indian Blood |

For information call the Center 769-2200

\*An Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.

**Grand Canyon Resort Corporation Job Fair • March 27<sup>th</sup> & 28<sup>th</sup>**

*Submitted by: Heather Nieto | Grand Canyon Resort Corporation*



**Grand Canyon Resort Corporation  
JOB FAIR- Two Locations Available:**

**Tuesday, March 27<sup>th</sup>- Kingman @Workforce Center  
700 West Beale Street Kingman, AZ 86401 in  
Building 700 in the Saguaro Conference Room**

**Wednesday, March 28<sup>th</sup>- Peach Springs Multi-  
Purpose Building 470 Hualapai Way Peach Springs,  
AZ 86434**

9:00 a.m. - 12:00p.m. and 1:00p.m. - 3:00 p.m.

Bring your Resumes

We have a variety of open positions available.

GCRC Managers who have vacant positions will be at the Job Fair to interview applicants. Please come to the Job Fair prepared to apply for jobs and be interviewed.

**SPRING  
JOB FAIR**



Any questions, please call GCRC HR. 928-769-2419 ext. 173

**Grand Canyon Resort Corporation • Summer Youth Program**  
*Submitted by: Heather Nieto | Grand Canyon Resort Corporation*

Grand Canyon Resort Corporation

2018 Summer Youth Program



**\*\*\*\*\*UPDATE\*\*\*\*\***

**Summer Is Coming Up Real Soon!**

**This is a notice for all requirements to apply and be considered for the 2018 GCRC Summer Youth Employment Program. Application acceptance will begin in May 2018.**

**REQUIREMENTS to apply and be considered:**

1. Enrolled Hualapai Tribal member or member of a Federally recognized Tribe
2. 14, 15, 16 & 17 Year Olds ONLY
3. Submit a GCRC Summer Youth Application
4. Complete Summer Youth New Hire Processing and Orientation
5. Parent/Legal Guardian must be present for Processing

**Please be on the lookout for the 2018 GCRC Summer Youth Employment Program in May 2018 to apply.**

Any questions please contact Heather Nieto at (928)769-2419 ext.173

**2018 Recruitment for Fire Fighters & Camp Crew • Application Deadline: Saturday, May 11<sup>th</sup>**  
*Submitted by: Melvin Hunter, Sr. | Truxton Canon/Southern Paiute Agency*

# 2018

## Recruitment for Fire Fighters & Camp Crew

**The Truxton Canon/Southern Paiute Agency Fire Program is recruiting for Summer Employment now!**

### APPLICATION DEADLINE IS MAY 11, 2018

Fire Crew Applicants must be:

- ✓ At least 18 years of age and in good physical and mental health.
- ✓ Able to pass a pack test:
  - Fire Fighters: 3-mile hike with 45 lb. pack test in 45 minutes or less.

Camp Crew Applicants must be:

- ✓ At least 16 years of age.
- ✓ There is no pack test requirement for camp crew.

Applications may be returned via:

Mail: Truxton Canon Agency  
 13067 E Highway 66  
 Valentine, AZ 86434

Fax : (928) 796-2326  
 Email: Melvin.Hunter@bia.gov

### PACK TESTS ARE SCHEDULED AS FOLLOWS:

*(Note: You will have up to three chances to pass the pack test, so it is recommended that you take the earliest test in case you need to retake.)*

FIRE CREW - Arduous Pack Test		Fireline Safety Refresher	
Thursday Feb 22	8:00 am to 11:00 am	Thursday Feb 22	12:00 pm to 4:30 pm
Thursday Mar 8	8:00 am to 11:00 am	Thursday Mar 8	12:00 pm to 4:30 pm
Thursday Mar 22	8:00 am to 11:00 am	Thursday Mar 22	12:00 pm to 4:30 pm
Thursday April 5	8:00 am to 11:00 am	Thursday April 5	12:00 pm to 4:30 pm
Thursday April 19	8:00 am to 11:00 am	Thursday April 19	12:00 pm to 4:30 pm

Basic Wildland Firefighter Training	
Monday – Friday March 12-16, 2018	Wildland Fire Training Center in Peach Springs, AZ
Monday – Friday June 4-8, 2018	

Please contact: Jeramie Ybright @ 435-674-9720 or  
 Melvin Hunter @ 928-769-3308  
 with any questions.



## 2018 BIA Truxton Canon/Southern Paiute Wildland Fire Training

The 2018 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

### What is Wildland Fire?

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Rodeo-Chediski Fire (2002), Wallow Fire and Horeshoe 2 fire (2011) and most recently on the Hualapai Reservation the Sage Fire (2016).

### What causes a Wildland Fire?

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

### How do I apply?

Contact staff at Branch of Forestry or stop by the office for application and nomination form for trainings. The process for employment is to complete; 1) Drug test 2) Physical Exam required and processed through Medical Standards or a Self-Certification Health Screen Questionnaire 3) Southwest Firefighter Application 4) Work Capacity Test (WCT): Informed

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

### What will I Do?

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine or a single resource depending on experience and qualifications your position may vary.

### Required

- DOI Drug Testing is required; test must include the five drugs: marijuana, cocaine, opiates, amphetamines and phencyclidine. Drug testing is provided by the applicant with a copy of verification to the Branch of Forestry.
- For pack test dress in gym clothes with walking or running shoes.
- Wildland Fire boots are required with Vibram sole with 8 inch top.

## 2018 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Course Number :	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone / Fax/Email:
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Feb 20	Feb 22	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Mar 6	Mar 8	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Mar 20	Mar 22	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	Mar 22	Mar 12 - 16	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 3	Apr 5	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
N9055	CPR / 1 <sup>st</sup> Aide Blood Borne Pathogen	Apr 6	Apr 10	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

## 2018 BIA Truxton Canon/Southern Paiute Wildland Fire Training

RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 17	Apr 19	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-131	Advanced Fire Fighter	Apr 21	Apr 25	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-133	Look Up / Look Down / Look Around	Apr 21	Apr 26	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 23	Apr 25 - 26	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	May 30	June 4 - 8	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
	ATV / UTV Training	TBA	TBA	Branch of Forestry Peach Springs, AZ		Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

## 2018 BIA Truxton Canon/Southern Paiute Wildland Fire Training

### CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

Required Trainings: IS -700a, ICS 100, and ICS 200 (Single Resource Only) FEMA National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self-study course; upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwcg.gov/courses.html>.

Required Rookie Training includes: I-100, S-190, and S-130, and L-180. NOTE: S-130 and L-180 Also offered Online.

I – 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Single Resource Trainee and Qualified

**TCA - Branch of Forestry, 1130 Mesa View Dr. Peach Springs, AZ 86434 PH: 928.769.2270 FAX: 928.769.2326 HRS: M-F, 0800-1630**

**SPA – Fire Management, 180 N 200 E suite 111, St. George, UT 84770 PH: 435.674.9720 FAX 435.674.9714 HRS: M-F 0800-1630**

## BIA Forestry Internship • Apply Now Through March 26<sup>th</sup>

Submitted by: Annette Bravo | Hualapai Department of Natural Resources



### Bureau of Indian Affairs Now Hiring Student Trainee Forestry Positions



If you're a student in high school, college, or other qualifying educational institution, the BIA Pathways Internship Program is for you! This program offers paid opportunities to work in Forestry for the Bureau of Indian Affairs or with a tribe to explore federal / tribal careers while completing your education.

Lists of minimum Education Requirements and Key Eligibility Requirements are [here](#).

### How to Apply

Starting February 9 through March 26, 2018, [www.USAJOBS.gov](http://www.USAJOBS.gov) will begin advertising BIA Student Trainee Forestry positions. The duty stations for the positions are located throughout the United States.

Go directly to the job announcement at: <https://www.usajobs.gov/GetJob/ViewDetails/491113100>



**INDIAN PREFERENCE:** Preference in filling vacancies is given to qualified Indian candidates in accordance with the Indian Preference Act of 1934 (Title 25, USC, Section 472). [Form BIA 4432](#), a form used to document Indian Preference, must be submitted along with the application if applicable.

### Tips for Job Seekers

- [Example Resume for BIA Pathways Interns \(docx\)](#)
- [BIA Guide to Creating a Recent Graduate Federal Resume \(pdf\)](#)

### What do Forestry Interns Do?

When starting, Student Trainees will have the opportunity to work alongside tribal foresters with a BIA Agency or tribal forestry department learning forestry principles such as: marking and thinning timber, running compass lines, and measuring and recording distances, heights, diameters and tree growth. Interns will also learn plant terminology and identification, soils classification, and use of aerial photos.

### Participant Agreement

The incumbent is required to sign a participant agreement prior to selection. The purpose of this Agreement is to establish eligibility criteria for participation in the Internship Program and set forth expectations, responsibilities and opportunities.

2



## What is the BIA Office of Trust Services Pathways Internship Program



The BIA, Office of Trust Services Pathways Internship Program works to recruit, hire, develop, and retain highly qualified Native students for the programs we serve. One such program is Forestry and Wildland Fire Management. Through funding provided by the BIA Branch of Forestry and Wildland Fire Management, Forestry interns receive \$5,000 in tuition assistance and seasonal employment opportunities working for BIA or tribal forestry management programs. In addition to tuition assistance and seasonal employment, upon graduation, BIA may place graduates directly into a career position within the BIA without competition.

To be eligible for non-competitive conversion into a full-time position within the BIA, Interns must meet all conversion eligibility requirements, as set forth in the Participant Agreement. However, non-competitive conversion is not guaranteed.



<https://www.facebook.com/BIAFireForestry/>



<https://twitter.com/BIAFireForestry>

## Salish Kootenai College (SKC)



Tribal Research & Education  
in Ecosystem Sciences

SKC provides higher learning opportunities for students interested in pursuing degrees in natural resources, forestry or wildland fire management. SKC is currently the only tribal college in the nation that provides Bachelor of Science degrees emphasizing Forestry or Wildland Fire Management. Consequently, the BIA Student Internship Program partners with the [Salish Kootenai College Center for Tribal Research and Education in Ecosystem Sciences \(TREES\)](#) to administer the BIA Forestry/Wildland Fire Internships. SKC Provides tuition subsistence, mentorship, recruitment and other logistical support.

## Forestry Internship Program Coordinator

Full details about eligibility and the application process are available on the [Workforce Planning and Coordination Office Supporting Natural Resources and Tribal Youth Programs](#) Web page. For questions about the Forestry Student Internships, contact the Forestry Internship Program Coordinator, Nicole Stiffarm at [nicole\\_stiffarm@skc.edu](mailto:nicole_stiffarm@skc.edu) or call 406.275.4748.

# EDUCATION & TRAINING INFORMATION

**NAU PREP Summer Program • Deadline: Friday, March 30<sup>th</sup>**

*Submitted by: Jonell Tapija | Hualapai Department of Education & Training*



## PREP Program Realizing Educational Potential Summer Program

The Program Realizing Educational Potential (PREP) at Northern Arizona University offers scholars from disadvantaged backgrounds the opportunity to prepare for a future career in the health professions. Our goal is to strengthen the health and human services workforce by creating a pipeline for students to increase the racial and ethnic diversity in the health professions.

### Seventy-five PREP Scholars Will Include:

Each scholar will receive up to \$3,600 stipend based on completion of 180 cumulative hours within the program.

- 25 high school junior or senior students
- 25 community college students
- 25 university freshmen or sophomore students

### The Program Includes:

Scholars will participate Monday-Friday from 9am-5:30pm and Saturday from 9am-3pm.

- College Lectures
- Clinical Visits
- Shadowing and Volunteer Opportunities
- Research Projects
- Individualized Professional Development Plan
- Peer Mentoring

A 4.5 week program held over the month of June and takes place at NAU's mountain campus in Flagstaff, AZ

➤ **Extended Deadline Community College and University  
Students ONLY: March 30, 2018**

Learn more and apply at [nau.edu/JUMP/PREP/](http://nau.edu/JUMP/PREP/)



# Hualapai Day Care Center Calendar of Events • March

Submitted by: *Zavier Benson* | Hualapai Day Care Center



## March 2018

HUALAPAI DAY CARE CENTER  
(928)769-1515



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 pp5	10
			Coco Movie Night 5:30 pm			
11	12	13	14	15	16	17 St. Patrick's Day
	Elizabeth Planning Activity					
18	19	20	21 CENTER CLOSED Staff Training	22 CENTER CLOSED Staff Training	23 pp6 CENTER CLOSED Staff Training	24
25	26	27	28	29	30	31
			5:30 Easter Basket Making Parent Activity			



March Theme - Spring, St. Patrick's Day & Farm Animals

Colors: Green & Yellow

Shape: Clover

Posted Classroom Activities & Lesson Planning





### Community Leadership Academy

Submitted by: Douglas Sieker

This program is to help people with disabilities and how to voice their needs and belong to a board, as well as living independently.

## Emerging Me: Middle School Matters



**Emerging Me: Middle School Matters** is an inclusive, self-discovery, and leadership capacity building program for youth who are in the intermediate grades between elementary and high school, to assist them in developing and embracing their identity, leading to enhanced self-advocacy, and the practice of self-determination.

Designed to equalize and unify youth in a shared process, **Emerging Me: Middle School Matters** offers youth who do and do not have disabilities opportunities to learn about the intersectionality of their diversities and common life experiences during a 3-part workshop which features individual and group exploration activities, that result in the creation of a Self-Advocacy Plan.

Concurrent with the youth workshops, Diverse Ability Incorporated facilitates discussion and training for families and supporters to foster support and resources for the youth participants, and to help sustain lasting effects of this project within the community.

**There is still time to schedule an Emerging Me: Middle School Matters event at your school, organization, or community!**

*We are scheduling NOW through May 2018 in Maricopa, Mohave, Yavapai counties.*

**Our calendar is filling up fast, so don't delay!**

*Contact Melissa Ann 'Mellie' Santora to schedule Emerging Me: Middle School Matters in your community today!*

**For More Information:**

Diverse Ability Incorporated

Melissa Ann Santora

602-425-5135

[mellie@diverseabilityincorporated.org](mailto:mellie@diverseabilityincorporated.org)

[www.diverseabilityincorporated.org](http://www.diverseabilityincorporated.org)

Youth Workshops facilitated by:



- Are you in Maricopa, Mohave, or Yavapai county?
- Does your school, organization, or group have a meeting space available during after school hours, in April or May, that would allow us to bring **Emerging Me: Middle School Matters** to your community???

**If the answer is YES, please call or email Mellie:**

**602-425-5135 or**

**[mellie@diverseabilityincorporated.org](mailto:mellie@diverseabilityincorporated.org)**



*"Funding for this project was made possible by RFGA # ADDPC-FFY17-SA-010 from the Arizona Developmental Disabilities Planning Council. The views expressed in written materials or publications and by any speakers and moderators do not necessarily reflect the official policies of the ADDPC or the U.S. Department of Health and Human Services, nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government."*

## CAN YOU RELATE?

- ▶ I do not know other people who have disabilities
- ▶ I do not feel connected to the broader disability community in Arizona
- ▶ I do not receive information about policy and legislative issues impacting me as a person who has a disability
- ▶ I want to be more involved in my community
- ▶ I lack the knowledge and tools to be an effective advocate in my community
- ▶ I want to be involved in policy and legislative decisions that impact people who have disabilities in the state

**About 57 million of 350 million people in the United States reported that they have a disability, that is 20% of the US population!**



**However, less than half of one percent of government leadership roles are held by people who have disabilities.**

## OUR MISSION:

The mission of the Arizona Community Leadership Academy is to provide training designed to build awareness of disability and Independent Living history, systems advocacy, and leadership skills among people who have disabilities in the state of Arizona.

The Community Leadership Academy is a program of the Arizona Statewide Independent Living Council and the Arizona Independent Living Network.

**1 in 5  
People  
Living in  
Arizona  
has a  
Disability.**



## OUR HISTORY:

The Community Leadership Academy was brought to Arizona by the Arizona Statewide Independent Living Council. During the development of the current State Plan for Independent Living, people said they do not feel connected to the disability community in Arizona, they do not receive information about policy and legislative issues, they do not understand how to get involved, and they lack the knowledge and tools to be effective advocates in their communities.

## Ready to Enroll?

The Community Leadership Academy is offered at a variety of locations across the state.

Enroll online today at [www.leadershipaz.org](http://www.leadershipaz.org)



or call the location nearest you!

### Apache and Navajo Counties:

928-283-6261 (ASSIST!)

### Maricopa County:

602-256-2245 (Ability360)

### Mohave & Yavapai Counties:

928-772-1266 (New Horizons)

### Pima County:

520-624-6452 (DIRECT)

### Yuma County:

928-329-6681 (SMILE)

**The Arizona Community Leadership Academy is free!**

## About The Academy:

The AZCLA is modeled after the Community Leadership Academy created by Resources for Independence, a California based Center for Independent Living. The Academy offers training through a combination of lecture, guided discussion, guest speakers, hands-on exercises, and networking events.

### Graduates from AZCLA will learn the practical skills to be community leaders.

- ▶ Advocacy
- ▶ Disability Civil Rights History
- ▶ Leadership Styles
- ▶ How to Serve on a Board or Commission
- ▶ Community Networking
- ▶ Legal & Ethical Issues
- ▶ AND MUCH MORE!

AZCLA participants will receive a Certificate of Completion for gaining these valuable skills.



Photos were provided by the AZCLA, the AZSILC, and from Healthy Community Living.

## About The Arizona Statewide Independent Living Council:

The mission of AZSILC is to promote equality, inclusion, and choice for people with disabilities through collaboration and public policy change. With our partners, the AZSILC is leading a statewide effort to increase the number of well-trained people who have disabilities contributing to policy and legislative decision making.

## OUR PARTNERS:

Ability360

ASSIST! to Independence

DIRECT Center for Independence

New Horizons Disability Empowerment Center

Services Maximizing Independent Living and Empowerment (SMILE)



**Learn More Online:**  
[www.leadershipaz.org](http://www.leadershipaz.org)

# AZCLA ARIZONA COMMUNITY LEADERSHIP ACADEMY



**The Arizona Community Leadership Academy (AZCLA) seeks to increase leadership and community involvement among people who have disabilities.**

The AZCLA will provide free statewide training, mentoring, and peer support that prepares students to serve on local and state-level nonprofit boards, community advisory boards, committees, and councils. Graduates of the AZCLA will learn specific tools needed to be effective advocates in their community.

## Hualapai Alphabet • Chapter 3

*Submitted by: Lucille Watahomigie | Hualapai Cultural Resources Department*

## Introduction

## Chapter 3

## Alphabet 21

## Chapter 3

## The Hualapai Alphabet

### Introduction

The following letters (1) or combination of letters (2) represent the sounds of the Hualapai language:

- 1) a, b, d, d, e, f, g, h, i, j, k, l, m, n, o, p, q, s, t, t, u, v, w, y, and ' (glottal stop)
- 2) a: ae, ae:, e:, i:, o:, u:, aw, ay, ey, uy, ch, ny, ng, and th

Since every student learns both the alphabet for English and the alphabet for Hualapai, letters common for both languages are used as much as possible. In many cases, the letters or combinations of letters are pronounced in the same way in Hualapai words and in English words. However, one important difference must be noted here. In English the same letter may often have two or more different sounds. An efficient alphabet, however, uses the principle of one letter for one kind of sound. We follow this principle in our writing. Once we learn which letter represents what particular Hualapai sound, we will be able to write and read in Hualapai.

### Vowels

In Hualapai, we have a group of six short sounds and six long sounds, and four gliding sounds. These sounds may occur with stress, e.g., ólo (see the discussion on stress). These sounds are called **vowels**.

#### 1. Short vowels

The six short vowels are written as follows: **a**, **ae**, **e**, **i**, **o**, and **u**.

**a** is pronounced like the underlined part of the English word "hot".

Hualapai examples:

a'á	saguaro
wáva	ten
sal	hand

**ae** this combination of two letters (sometimes written **æ**) is pronounced like the underlined part of the English word "cat" or "mat".

Hualapai examples:

baeqk	to hit
jigáedk	to chop
laeqk	to be sore

**e** is pronounced like the underlined part of "bet" or "said".

Hualapai examples:

e'	yes
bes	money
he'	dress

**i** is like the underlined part of the English word "bit" or "fish".

Hualapai examples:

i' or i'í	wood
síða	one
milqí	neck

**o** is like the underlined part of the English word "boy".

Hualapai examples:

o'ó	fire
ó'pa	no
ólo	horse

**u** is like the underlined part of the English word "cook" or "full".

Hualapai examples:

gúla	rabbit
jikbú	the part below the ribs
mul	name

#### 2. Long vowels

**a:** is pronounced like the underlined part of the English word "father".

Hualapai examples:

va:m	now/today
sma:k	to sleep
gwe ma:k	to eat (something)

**ae:** English uses the short **ae** sound. The underlined part of the English "bad" is similar to Hualapai, but the Hualapai sound is longer.

Hualapai examples:

gae:k	to shoot (many things)
gae:dk	to break off (many things)
disgae:k	to chop (many things)

**e:** English does not use the sound represented by this combination of letters. In English the underlined part of the word "bed" is somewhat similar, but the Hualapai **e:** is pronounced longer.

Hualapai examples:

be:mk	to be no more/all gone
he:dk	to rope/imprison (someone)
de:vk	to play

**i:** is pronounced like the underlined part of "sheep" or "eat".

Hualapai examples:

misi:	girls
gi:nya	younger siblings
wasi:vk	to think

**o:** only the short **o** appears in English words such as in "boy". To make the Hualapai sound **o:**, simply

make the **o** longer.

Hualapai examples:

vo:k	to walk
viso:k	to watch
sivo:k	to wait

**u:** is pronounced like the underlined part of English "pool" or "loop".

Hualapai examples:

'u:k	to see
'mhu:l	ash
hu:	head

### 3. Diphthongs

A third set of vowel sounds are represented by combination of letters. When we pronounce them, they sound like gliding from one sound to another. These are called **diphthongs** and they are the following: aw, ay, ey, and uy.

**aw** is pronounced like the underlined part of the English word "cow".

Hualapai examples:

thawk	to be little/young
qwaw	hair
dawk	to hurry

**ay** is like the underlined part of "lie" or "bite".

Hualapai examples:

bay	all
jibáy	bird
dayk	(more than one person) to play

**ey** is pronounced like the underlined part of "they" or "cake". This sound is relatively rare in Hualapai.

Hualapai examples:

seyk	to be brown
mahnýò gambéy	socks

**uy** is pronounced like the underlined part of "buoy".

Hualapai examples:

buyk	(two or few) to be dead
duyk	to be hot
tuyk	to take off (clothes)

### Consonants

In previous sections, we presented a group of letters which represent a set of sounds called **vowels**. We will now show another set of sounds called **consonants**. The following letters (1) or combination of letters (2) represent these consonant sounds:

1) b, d, d̄, f, g, h, j, k, l, m, n, p, q, s, t, t̄, v, w, y, and ' (glottal stop)

2) ch, ny, ng, and th

#### 1. Consonant sounds represented by single letters

**b** We do not find exactly the same sound in English. The letter is neither **p** as in the English word "pot" nor **b** as in "bottle". The Hualapai sound **b** is some-

what in between these two sounds, i.e., sometimes it may sound like **p** and some other times it may sound like **b**.

Hualapai examples:

ba'	man
baqí	woman
yaba:k	to believe

**d** This is also somewhat unique in Hualapai. In most of the cases, this letter represents a sound called the flap sound. In order to produce this sound, we will tap quickly the tip of the tongue against the alveolar area of the mouth-roof. This sound may be found in English words such as "butter" and "better" when these are said rapidly.

Hualapai examples:

de:vk	(one person) to play
smadk	ear
qoqód	fox

**ḍ** This is also unique in Hualapai. When we say this sound, the tip of the tongue touches the back of the upper teeth. When someone says this sound, we may be able to see the tip of the tongue showing.

Hualapai examples:

ḍaḍ	thorn
ḍiyách	corn
ḍek	to be many/much

**f** This sound is exactly like the underlined part of the English word "first". This sound is relatively rare in Hualapai.

Hualapai examples:

yafók	to be first
mafik	a quarter

**g** This represents a unique Hualapai sound. It is unique because the sound is neither **g** as in "goat" nor **k** as in "kite", but somewhat in between these two.

Hualapai examples:

gaga:vk	to buy
gínya	younger sibling
gwa	horn of an animal

**h** This is pronounced like the underlined part of the English word "help" or "heavy".

Hualapai examples:

'ha:	water
he'	dress
hwalk	to dig up

**j** This is pronounced somewhat in between the underlined part of the English word "jump" or "choose".

Hualapai examples:

jo:vk	to fight
jíḍa	mother
jimyúl	little red ant

**k** This is like the underlined part of English "kite" or "cup".

Hualapai examples:

ko'	piñon nut/piñon tree
-----	----------------------

**ke:k** to carry on one's back  
**gake:k** to cross

Note that the letter **k** is used for the verb-ending (e.g., **gake:k** 'to cross' or **gake:kyu** 'He is crossing it.') and the same-subject marker (e.g., **Nyach vo:k haygúnyi-wa ya:maykyu** 'I walk to the store.'). (For more discussion of the same-subject marker, see Chapter 4, Section "Switch Reference Markers -k and -m.").

**l** This Hualapai sound is like the underlined part of the English words "look" or "long".

Hualapai examples:

**lu:thk** to pop/burst  
**lúvkik** to run away  
**lowá** wife

**m** This is like the underlined part of "moon" or "monkey".

Hualapai examples:

**mank** to fall  
**mi:k** to cry  
**misi:** girls

**n** This is pronounced like the underlined English sound as in "noon" or "noise".

Hualapai examples:

**ni:s** spider  
**nalk** to drop/go down  
**hnal** gourd

**p** This is pronounced like the underlined part of English "pat" or "pop".

Hualapai examples:

**'pa'** bullet  
**yapa:k** night

**q** English does not have this sound. When we say this sound, the back of the tongue touches the soft tissue hanging in the throat.

Hualapai examples:

**qwaw** hair  
**qwaq** deer  
**qa:q** crow

**s** This is like the English sound as in "sail" or "sell".

Hualapai examples:

**seyk** to be brown  
**sal** hand  
**vasu:k** to be green

**t** This is like the English sound as in "top" or "tip". This is rare in Hualapai.

Hualapai examples:

**tuyk** to take off (clothes)  
**but** hat

**ʈ** This represents a sound similar to the Hualapai **ɖ**, but in this case a stronger puff of air comes out of the mouth.

Hualapai examples:

**jidʈa:ɖk** to crawl

**yitáɖ** back of one's body  
**atá'** reed

**v** This represents two sounds in Hualapai: **ʃ** or **v**. The sound **ʃ** is produced by putting both lips together and the air comes through the lips. Some people use the sound **v** instead of **ʃ**. The **v** sound is pronounced just like the English **v** as in "vast". The choice of **ʃ** or **v** seems to depend on the age of the speaker.

Hualapai examples:

**va:m** now/today  
**vo:k** to walk  
**viyámk** to run

**w** This is like the underlined sound of "wet" or "wise".

Hualapai examples:

**'wa:** house  
**waksi** cow  
**wil** weeds

**y** This is pronounced just like the English sound as in "yes" or "yell".

Hualapai examples:

**yal** under  
**ya'** mouth  
**yak** to lay

' (glottal stop) This sound, represented by an apostrophe, is best characterized as a catch in the throat. This is what separates the two parts of the exclamation oh-oh, which in our writing will be o'o, if this were Hualapai word.

Hualapai examples:

**o'ó** fire  
**i'í** wood  
**'wa:** house

## 2. Consonant sounds represented by combinations of letters

**ch** This is pronounced somewhat like the underlined part of the English word "chop" or "chip".

Hualapai examples:

**chu:dk** winter  
**chaw** rag  
**ɖiyách** corn

Note that this combination of letters is used for the **subject marker** even though the actual sound of the subject marker is phonetically lenis, i.e., the sound between **ch** and **j**. (For more discussion of the subject marker, see the section on "Spelling Convention -ch" below.)

**ny** English does not use this sound too often. We may find a similar sound in the word "nyon".

Hualapai examples:

**nya:** the sun  
**nyu:dk** to be spotted  
**nyimsávk** to be white

**ng** The sound **ng** (as in "sing" or "king") is a special sound in Hualapai that appears as an ending before the auxiliary verb when the subject is "you."

Hualapai examples:

Mach gwe mima:hingwi      You are going to eat.  
cf. Nyach gwe ma:hiwi.      I am going to eat.

Mach misma:hingyu.      You will sleep.  
cf. Johnach sma:hikyu.      John is going to sleep.

Mach miya:mayngyu.      You are going to go.  
cf. Merich ya:maykyu.      Mary is going to go.

**th** This is just like the English sound as in "thin" or "thank".

Hualapai examples:

<b>thimbo:</b>	bee
<b>thi:k</b>	to drink
<b>thawk</b>	to be little/young

### Stress

In the previous sections, you may have noticed that some vowels were marked by a small slanted line on top of a vowel (= **stress mark**): á, í, etc. When a word contains two or more vowels, we often pronounce one part louder or higher than other parts. To tell us which part is louder or higher (that is, which part of the word is **stressed** or **accented**), we use a stress mark over the vowel. A strongly stressed vowel **a**, for example, is written as **á**, a little weaker **a** as **à**, and a weak **a** without any marking **a**. The accented vowel is pronounced longer than the weakly accented vowel. For example, the word for "horse" can be written as **òló**. This means, then, that we pronounce the word **òló** with the second **o** louder or higher and slightly longer. Our general rules of the accent agreement are as follows:

- 1) When there are two or more vowels in a word and when one is stressed, that vowel is pronounced longer than the unstressed ones.
- 2) When there are two or more vowels in a word and when one of them is a **long** vowel, the stress is placed on the **long** vowel.

Hualapai examples:

vàsú:k	to be green
jìgyó:k	to bite
wàsí:vk	to think

Since a long vowel is stressed (as summarized in 2) above), the stress mark is not written on the long vowel. Whenever there is a potential confusion, however, we will write the stress marks. Some more examples are shown below:

gwèdamúni	refrigerator
waksigwích	cowboy
Banyá:nyuwá	Phoenix

### Dropping Vowels

The short vowels may occasionally sound different in different words. When these short vowels occur in a word without being accented, they may disappear or may sound like the underlined vowels in the following English words (technically called the 'schwa' and sym-

bolized as [ə]): about, additional or roseses. The following Hualapai words illustrate this:

thambó or [thəmbó] or thmbó	bee
níthi: or [nəthi:] or nthi:	ant
mísi'qéch or [məsí'qéch] or msi'qéch	little girl

### Spelling Variation

There are several cases of spelling variations partially because of the interpretation of the unstressed short vowels. The following list shows those examples that appear in this book.

#### 1. Í plus vowels

When a word begins with **í**, the vowel that comes after it may be either **i**, **e**, or **a**.

đígáedk	to chop
đegáedk	
đagáedk	

In this book we try to use one spelling as consistently as possible.

#### 2. Glottal stop or length

'ha'	water
'ha:	
'wa'	house
'wa:	
wi'	rock/mountain
wi:	

It should be noted here that the **long** vowel is often used in Hualapai to indicate "there are two or more", i.e., **plural**, especially when the regular plural suffix **-j** is not available for the given expression (e.g., misi:). We will have more discussion on this later (see "Nouns and Number" in Chapter 7).

misi'	girl/daughter
misi:	girls/daughters
wa'k	to sit/live
wa:k	to sit a while/to live a while

#### 3. Glottal stop or a vowel

At the beginning of a word, the glottal stop may be preceded by an **echo vowel** to make the pronunciation of the glottal stop easier, or may simply be replaced by a vowel:

'ta' or 'ta:	reed
a'tá'	
atá'	
'wa' or 'wa:	house
a'wá'	
awá'	

#### 4. Vowel alternations

When a vowel is not stressed, it becomes very weak and sometimes disappears (see Section "Dropping Vowels" above). But even when it disappears, we feel some trace of it remains. In this case, we indicate the trace with the glottal stop '.

**u** or **o**

A weakly stressed vowel may sound like **u** or **o** in front of asyllable **wa** or **wa:**:

guwa:mk to sound (a fading sound)  
 gowa:mk  
 g'uwa:mk  
 gwa:mk

nuwa: friend  
 nowa:  
 n'uwa:  
 nwa:

**u** or **i**

The weakly stressed vowel may sound like **u** or **i** when the vowel is a part of the syllable with the consonant **j** as the first member:

jubá'kk to come out  
 jibá'kk

When the weakly stressed vowel is followed by the syllable **wi** or **wi:**, the vowel may sound like **u** or **i**.

nuwílk to herd  
 niwílk

**o** or **i**

When the weakly stressed vowel is a part of the syllable with the consonant **v** and followed by **ny**, it sounds like **o** or **i**.

vonyi:k to lead/guide/be with  
 vinyi:k

**a** or **i**

A weakly stressed vowel may sound like **a** or **i** between a consonant and an accented syllable:

gáđóhk to kick  
 giđóhk  
 g'áđóhk

isavgó corral  
 isivgó  
 is'vgó

Masmá'! Sleep!  
 Mismá'!  
 M'smá'!

thagómk to break/crack  
 thigómk  
 th'gómk

### 5. h or no h

The glottal fricative **h** often alternates with the glottal stop ' , and sometimes it is simply absent.

hlúvkik to run away  
 'lúvkik  
 lúvkik

### 6. Sound symbolic alternations

The following alternations may be related to the **sound symbolism** (see Chapter 16, Section "Verbs of Sizes: Sound Symbolism"). That is, the voiceless consonants may indicate some action that is more quick, sharper, or more intense than the action indicated by

a verb with similar but voiced consonants.

**g** or **q**

thigómk to break  
 thigómk to crack

also

thagómk  
 thaqómk

**g** or **k**

jagji:k to step (a heavy step) on  
 jakji:k to step (a quick & intense step) on

gathád a coyote

kathád a (lively, active) coyote

### Spelling Conventions

In our writing, the following conventions are established to indicate grammatical elements in Hualapai.

**ch** is used to indicate the subject even though the actual pronunciation is somewhat between the voiceless **ch** as in "choose" and the voiced **j** as in "juice":

Marych gwe ma:kwi.

'Mary is eating.'

Mach Hwalbáy magwa:ngi.

'You are speaking Hualapai.'

**j** is used to indicate all other grammatical elements in the language (e.g., plural, causative) even though the pronunciation is just like the subject-marking **ch** as explained above:

Ba:jach đadaha:djkwi. 'Men are working.'

Mach i' mijigáeđngwi. 'You are chopping the wood.'

**k** is used to indicate the same-subject marker although the actual pronunciation is somewhat between the voiceless **k** as in "kind" and the voiced **g** as in "good":

Jóhnach gwèviyám yimu:jidáv gaga:vđak qáwokwiny.  
 'John bought a brand new car, but wrecked it.'

Nyach qechm sma:jiva nyayú'k ya:mk gwe nye:winy.  
 'After I slept a little while, I went hunting.'

**k** is also used to indicate the basic form of a verb, i.e., the citation form:

boqk 'to spill'

đivgáelvik

'to saddle'

sma:k 'to sleep'

thi:k

'to drink'

viyámk 'to run'

vo:k

'to walk'

## HUALAPAI LANGUAGE GATHERING

EVERY Tuesday @ 4:00-6:00 PM  
 In the Conference room at the  
 Hualapai Cultural Center.

For more information, contact  
 Lucille J. Watahomigie @ 928-769-2223.



**2018 Food Handler Card Training • Next Class: Tuesday, April 3<sup>rd</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

# HUALAPAI – PEACH SPRINGS

## 2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
January	23	Health Education & Wellness	11:00am – 1:00pm
March	6	Health Education & Wellness	11:00am – 1:00pm
April	3	Health Education & Wellness	11:00am – 1:00pm
May	15	Health Education & Wellness	11:00am – 1:00pm
June	12	Health Education & Wellness	11:00am – 1:00pm
July	17	Health Education & Wellness	11:00am – 1:00pm
August	21	Health Education & Wellness	11:00am – 1:00pm
September	18	Health Education & Wellness	11:00am – 1:00pm
October	23	Health Education & Wellness	11:00am – 1:00pm
November	27	Health Education & Wellness	11:00am – 1:00pm

For more information please contact the Office of Environmental Health and Engineering at (928) 669-3179. Everyone is welcome to attend.



# HEALTH & SAFETY INFORMATION

**The Road to Recovery • Monday Nights at 6:00 PM**

*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.**

Everyone is welcomed with open arms and minds. We are here to support one another, not fix another.

### **HOPE**

**Springs from within.**

**MONDAY NIGHTS 6:00 O'CLOCK HEW**



### **Tribal Action Plan Coordinator • Taylor Johnson Bio**

*Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness Department*

## **TRIBAL ACTION PLAN COORDINATOR: TAYLOR JOHNSON**



Hello!

I am Taylor Johnson and I am honored to be the new T.A.P. coordinator in the Health, Education and Wellness department. I am a Hackberry, AZ native and grew up coming to Peach Springs often. I recently moved back to Arizona after eight years of being a military wife and moving all around the country. I am also a student at the University of Phoenix.

The T.A.P. coordinator position interested me after reading the Tribal Action Plan Mission statement. I believe that the T.A.P. program is off to a great start and with the help of the community, the T.A.P. action plan can make a positive, lifelong change on the community's fight against substance abuse and create a strong and healthy community in a culturally sensitive way.

## 10 Activities To Do With Your Family This Weekend

Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness Department

### 10 Activities to Do with Your Family This Weekend

Plan your upcoming weekend with these fun activities!

#### 1. ROCK ON

Secure your picnic tablecloth with these colorful weights. To make, wash and dry rocks and cover each with a coat of decoupage glue, like Mod Podge. Before the glue dries, decorate the rocks using colored or patterned papers cut in a variety of shapes. To finish, paint a second coat of glue over the rock and let dry.



#### 2. ROOT, ROOT, ROOT FOR THE HOME-TEAM

You don't have to have season tickets to get into local sporting events such as a minor-league baseball game or a town swim meet.

#### 3. PLAY CAPTURE THE FLAG

You'll need six or more people and two pieces of fabric of different colors, cut into flags (one for each player). Using flour for the outline, divide your yard into two adjoining courts about 12" x 12" each.

Divide into two teams; each person places a flag on the back line of his court. Starting from their flag line, players dash to the opposite side of the field and try to pick up a flag from the other team. If a player is tagged, he's out and must stand behind the opposing team's line of flags. If he captures a flag, he's safe and can return to his court. The team that captures all of the opposing side's flags first wins.

#### 4. VOLUNTEER

There are plenty of ways for youngsters to contribute to their community. For instance, many towns have gardening clubs that spruce up public spaces. Toddlers can mess around in the dirt or pull up weeds (with supervision), and older kids can plant seeds and bulbs. Another option is to help out at one of the many animal rescue organizations, or take your kids to visit the elderly at a retirement home.

#### 5. CHECK OUT THE STARS

Buy a star chart to get started. Then choose one spot in your yard that affords a clear view of the heavens, and venture out after dinner to watch how the night sky changes hour to hour and day to day.

A little fresh air before bedtime can really help your kids sleep later too.

#### 6. GET COOKING

Kids especially love making pie crusts, biscuits, and pizza, because they can squish the dough with their fingers. Watching yeasty dough rise and then punching it down is especially entertaining.



#### 7. KICK THE CAN

Start with at least four people. The child who is "it" starts by kicking the can and counting to 100 while the other players hide. The kicker then sets the can upright and shouts, "Ready or not, here I come." Then he looks for the other kids. When he finds one, he yells the child's name and races her back to the can, trying to be the first to knock it over— if the kicker fails, the game starts over. If the kicker succeeds, the hider must stand near the can while the kicker searches. Other hiders may try to free captives by kicking the can before being spotted. If they succeed, everyone hides again. The game ends when everyone has been captured.

#### 8. TAKE UP A NEW HOBBY

Learn a new skill with your child, such as horseback riding, pottery, or ballet. Children find it affirming to see you struggling to master new skills, just as they are.

#### 9. BE A CARD SHARK

Turn off the TV tonight, and teach your child a classic card game, such as gin rummy, hearts, or Uno. Adapt the rules for younger kids.

#### 10. WATCH OLD MOVIES

Many classic movies are excellent entertainment for kids 3 and up. Some we like: Baby Take a Bow, with Shirley Temple; Top Hat, with Ginger Rogers and Fred Astaire; Young Tom Edison, with Mickey Rooney; National Velvet, with Elizabeth Taylor; and anything that stars Laurel and Hardy.



By: Taylor Johnson, TAP coordinator, Health, Education & Wellness  
From Parents Magazine

## Child Safety: Keeping Medicine out of Reach

Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness Department

### CHILD SAFETY:

#### KEEPING MEDICINES OUT OF REACH

Medicines are meant to help make you feel better. They also can help treat a medical condition. But if medicines aren't taken exactly the right way, they can be harmful. This is especially the case with children. According to the Centers for Disease Control and Prevention (CDC), more than 60,000 young children go to the emergency room each year because they got into medicines while their parents or caregivers were not looking. That's why it's so important to prevent your children from reaching your medicines.

#### Path to improved safety

The best way to ensure your child's safety is to keep all medicines out of your child's reach and sight. This includes prescription and over-the-counter (OTC) medicines and vitamins. There are other things you can do, too. The following tips will help you child-proof your medicines and keep your child safe.

#### Pick a place your children can't reach.

Find a place in your home that is too high for your child to reach or see. Walk around your house and decide on the safest place to keep your medicines and vitamins. Remember that some children can climb. They may use the toilet or countertops to reach high places. So locked cabinets are the safest place to keep your medicines and vitamins.

#### Put medicines and vitamins away every time.

Always put medicines and vitamins away every time you use them. This includes medicines and vitamins you use every day. Never leave them out on a kitchen counter or at a sick child's bedside. You might need to give your child medicine again in a few hours. Even then, put the medicine away after you use it. Do not leave it out because of convenience.

#### Teach your child about medicine safety.

Tell your child what medicine is. Explain that you must be the one to give medicine to your child. Don't tell your child that medicine is candy or tastes like candy to get him or her to take it. Don't let your child play doctor with empty medicine bottles.

#### Tell guests about medicine safety.

Ask houseguests and visitors to put purses, bags, or coats that have medicines in them up and away. Ask them to keep medicines out of sight when they are in your home. And be sure to keep your purse, bag, or coat with medicines in it stored safely away from your child, too.

#### Hear the click to make sure the safety cap is locked.

Always use the safety caps that are supplied with medicines. Be sure to relock the safety cap on a medicine bottle after using it. If the medicine has a locking cap that turns, twist it until you hear the click. But remember that even though many medicines and vitamins have safety caps, children may still be able to open them. Always keep your medicines and vitamins stored safely in a place where your children can't reach or see them.

#### Things to consider

You may take every step you can think of to keep your medicines away from your child. But accidents can happen. You need to be prepared in case of an emergency.

Call your poison control center at 800-222-1222 right away if you think your child might have gotten into a medicine or vitamin. If you are not sure, call them anyway. Program the number for the poison control center into your phone so you can have it available when you need it. Make sure to post the number in your home where babysitters or other caretakers can find it. Immediate treatment is important. Be sure to call poison control right away and follow their instructions.

#### Questions to ask your doctor

- How can I keep medicines away from my child?
- Can vitamins or supplements hurt my child?
- What should I do if I think my child has gotten into medicine?

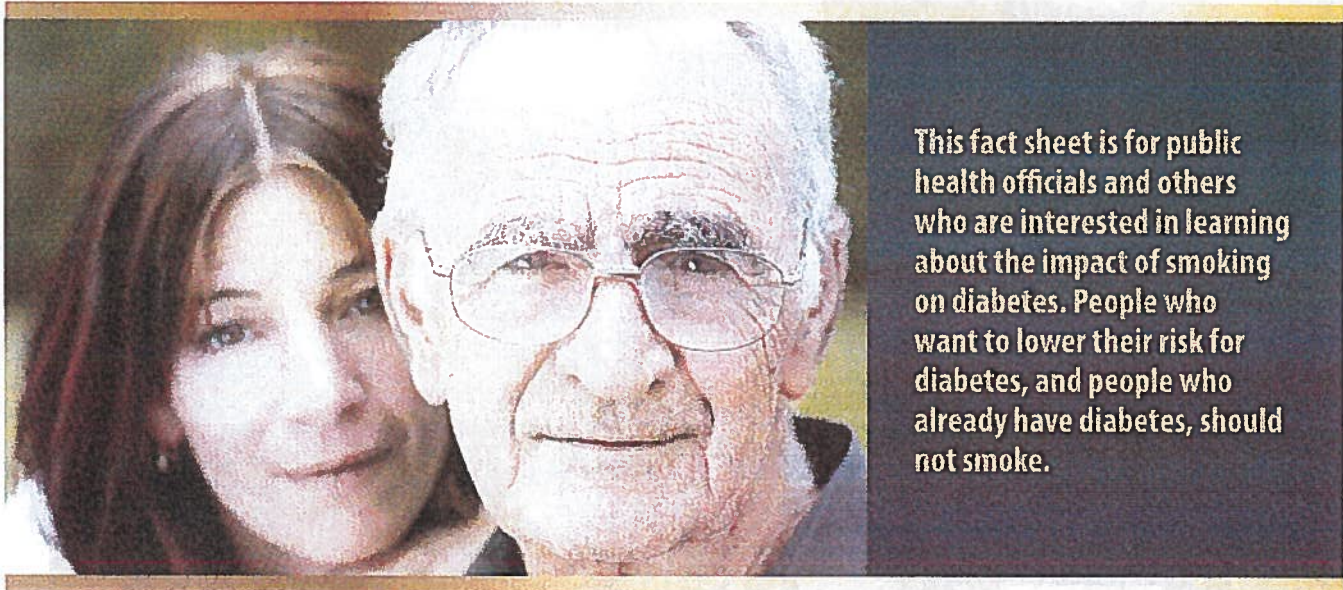
By: Taylor Johnson, TAP coordinator, Health, Education & Wellness  
From familydoctor.org

## Smoking and Diabetes

Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness Department



# SMOKING AND DIABETES



This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.

## WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES

The 2014 Surgeon General's Report has found that smoking is a cause of type 2 diabetes, which is also known as adult-onset diabetes. Smokers have a greater risk of developing type 2 diabetes than do nonsmokers. The risk of developing diabetes increases with the number of cigarettes smoked per day.

Diabetes is a disease that causes blood sugar levels in the body to be too high and puts the body at risk for many serious health conditions. More than 25 million adults suffer from diabetes in the United States, where the disease is the seventh leading cause of death. It is also a growing health crisis around the world.

## HOW SMOKING CAUSES TYPE 2 DIABETES

Smoking increases inflammation in the body. Inflammation occurs when chemicals in cigarette smoke injure cells, causing swelling and interfering with proper cell function. Smoking also causes oxidative stress, a condition that occurs as chemicals from cigarette smoke combine with oxygen in the body. This causes damage to cells. Evidence strongly suggests that both inflammation and oxidative stress may be related to an increased risk of diabetes.

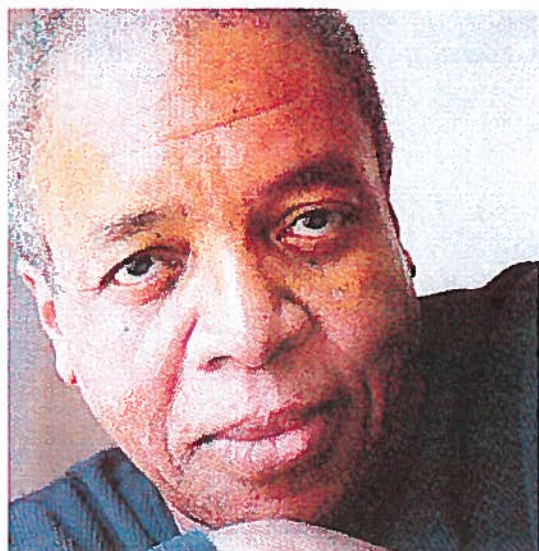
The evidence also shows that smoking is associated with a higher risk of abdominal obesity, or belly fat. Abdominal obesity is a known risk factor for diabetes because it encourages the production of cortisol, a hormone that increases blood sugar. Smokers tend to have higher concentrations of cortisol than nonsmokers.

## WHAT SMOKING MEANS TO PEOPLE WITH DIABETES

Studies have confirmed that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective. People with diabetes who smoke need larger doses of insulin to control their blood sugar.

Smokers who have diabetes are more likely to have serious health problems, including:

- heart and kidney disease;
- poor blood flow in the legs and feet that can lead to foot infections, ulcers, and possible amputation of toes or feet;
- retinopathy (an eye disease that can cause blindness); and
- peripheral neuropathy (damaged nerves to the arms and legs that cause numbness, pain, weakness, and poor coordination).



Even though we don't know exactly which smokers will develop type 2 diabetes, we do know that all diabetic smokers should quit smoking or using any type of tobacco product immediately. The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Studies have shown that insulin can start to become more effective at lowering blood sugar levels eight weeks after a smoker quits.

People who want to quit smoking can get help from their doctors. Free help is also available at 1-800-QUIT-NOW and at [smokefree.gov](http://smokefree.gov) and [cdc.gov/tips](http://cdc.gov/tips).

An infographic featuring a cigarette on the left and a single drop of blood on the right. A large, thick, red circular arrow surrounds the central text. The background is a gradient from light brown to red.

**SMOKERS HAVE A  
30% TO 40%  
HIGHER RISK  
OF DIABETES THAN  
NONSMOKERS**

**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](http://www.smokefree.gov)
- [www.cdc.gov/tips](http://www.cdc.gov/tips)

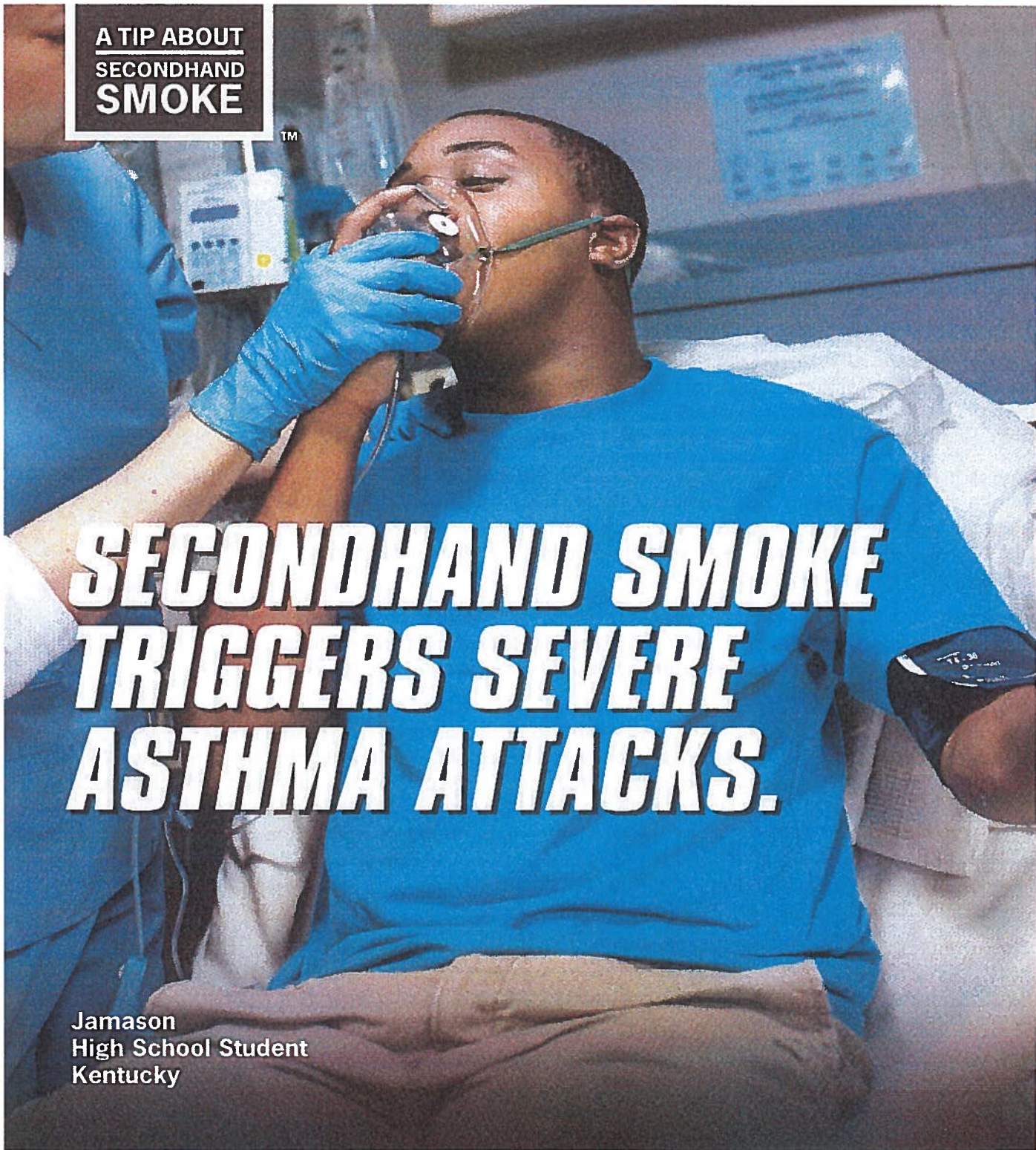


Centers for Disease Control and Prevention  
Office on Smoking and Health

## Smoking and Diabetes

Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness Department

**A TIP ABOUT  
SECONDHAND  
SMOKE**



# SECONDHAND SMOKE TRIGGERS SEVERE ASTHMA ATTACKS.

Jamason  
High School Student  
Kentucky

When Jamason was 16, secondhand smoke triggered such a severe asthma attack, he was hospitalized for four days. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.

#CDCTips



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)

## Jamason's Story

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

### Jamason's Story

- Jamason's Biography

18-year-old Jamason was diagnosed with asthma as an infant. He never really understood the dangers of secondhand smoke until it triggered a severe asthma attack. Jamason never smoked cigarettes. Even when friends tried to talk him into having one cigarette, he would reply, "It's just not cool to smoke."

Jamason's worst attack occurred when he was 16, at a fast food restaurant where he worked. He was sweeping close to some coworkers who were smoking, and he started having trouble breathing. He called his mother, frantic for help. She found him at work gasping for air. He was hospitalized for 4 days.

Jamason has asthma. He never really understood the dangers of secondhand smoke until it triggered an asthma attack that he said almost killed him. "I couldn't get air into my lungs. I was so scared. I couldn't breathe!" he says. Jamason has never smoked cigarettes. Even when friends tried to talk him into it, he would reply, "It's just not cool to smoke."

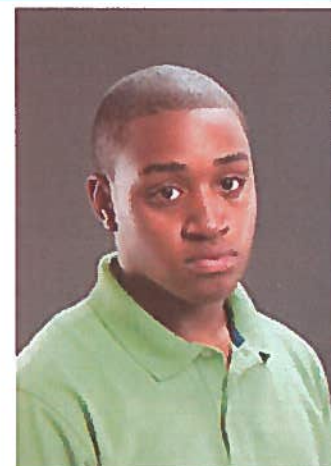
As an infant, Jamason was diagnosed with asthma that seemed manageable until his teens. His mother Sherri, who is a nurse, started noticing that when he hung out with friends who smoked, Jamason would wheeze and have trouble breathing.

His worst attack occurred when he was 16 years old. It was at a fast food restaurant where he worked. He was sweeping close to some coworkers who were smoking. "My chest got really tight," says Jamason. "I was just trying to breathe, trying to get air in my lungs. I couldn't bear it." Jamason called his mother, frantic for help. She found him struggling to breathe. Sherri remembers that day all too well. "When I arrived, he was gasping and he told me he couldn't get air. I was very scared," she says. "I just did whatever I could to save my child, because I know asthma attacks can be deadly." She drove Jamason to the hospital, where he stayed for 4 days. "When secondhand smoke triggers your asthma, you don't know how severe the asthma attack is going to be," says Sherri.

Throughout his days at the hospital, Jamason had breathing treatments every 2 to 4 hours. When he was breathing comfortably again, he felt relieved but was afraid to leave the hospital. "I wanted to go home," he says, "but, then again, I didn't, because I knew there was no smoking inside the hospital. But outside, in the real world, people smoke. I was afraid. I didn't want to have to go through that again."

Jamason worries that at any time and anywhere, someone's cigarette smoke could trigger another asthma attack. It's a constant fear. Today, Jamason feels comfortable asking people not to smoke around him, and he shares with them the dangers of secondhand smoke. "Secondhand smoke can trigger severe asthma attacks in people of all ages," he says. For Jamason, it's a matter of life and death. He explains that he parted ways with one friend who wouldn't stop smoking around him. "I told him we just couldn't be friends anymore."

After high school, Jamason plans to go to college. He was excited to hear that there are smoke-free campuses. "Oh, wow; I didn't know that. I could go to college without worrying about having an asthma attack from breathing other people's smoke. That's very appealing!"



Jamason, 18, Kentucky; had asthma attack triggered by secondhand smoke at 16.



## Commercial Tobacco Use

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center

National Native Network Newsletter

March 15, 2018



# COMMERCIAL TOBACCO USE



More than  
**1 In 4**  
AI/AN adults  
smoke cigarettes.

At **26%**, that's  
**1.5 times**  
greater than the US smoking rate.



Out of the 10 leading  
**causes of death**  
among AI/AN, 6 of them  
have been  
**linked to smoking.**



Smoking commercial tobacco can damage every part of your body. Poisons in cigarette smoke weakens the body's immune system.



Smoking commercial tobacco causes cancer, heart disease, stroke, lung diseases, diabetes, and many other life-threatening diseases.



People who stop smoking commercial tobacco greatly reduce their risk for cancer, heart disease, lung disease, and early death.

**There are health benefits from quitting smoking at any age.**

## WHAT YOU CAN DO



### Tobacco users

- Call the quitline today (1-800-QUIT-NOW) for information, advice, support, and referrals to help you quit. The sooner you quit, the sooner your body can begin to heal, and the less likely you are to get sick from commercial tobacco use.
- Never smoke commercial tobacco in your home, vehicles, or around nonsmokers, especially children, pregnant women, and persons with heart disease or respiratory conditions.
- Ask a health provider or traditional healer for help quitting.



### Community members

- Make your home and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Don't start, if you aren't already using commercial tobacco.
- Tell your community leaders you support commercial tobacco control programs and smoke-free policies in all indoor air environments.
- Teach children about the health risks of smoking commercial tobacco and secondhand smoke.
- Encourage friends, family, and coworkers to quit. Support them in their efforts.



### Health care providers

- Ask your patients if they use commercial tobacco; if they do, help them quit.
- Advise all patients to make their homes and vehicles 100% smoke-free 24/7 from commercial tobacco smoke.
- Make quitting commercial tobacco part of an overall approach to health and wellness.
- Advise nonsmokers to avoid secondhand smoke exposure, especially if they are pregnant or have heart disease or respiratory conditions.
- Refer patients to recommended products and support groups.



### Community leaders

- Fund comprehensive commercial tobacco control programs.
- Designate all indoor air environments 100% smoke-free from commercial tobacco smoke.
- Increase the price of all commercial tobacco products.
- Implement hard-hitting media campaigns that raise public awareness of the danger from commercial tobacco use and secondhand smoke exposure.
- Reduce commercial tobacco use by making these products less accessible, affordable, and desirable.

**KEEP IT SACRED**

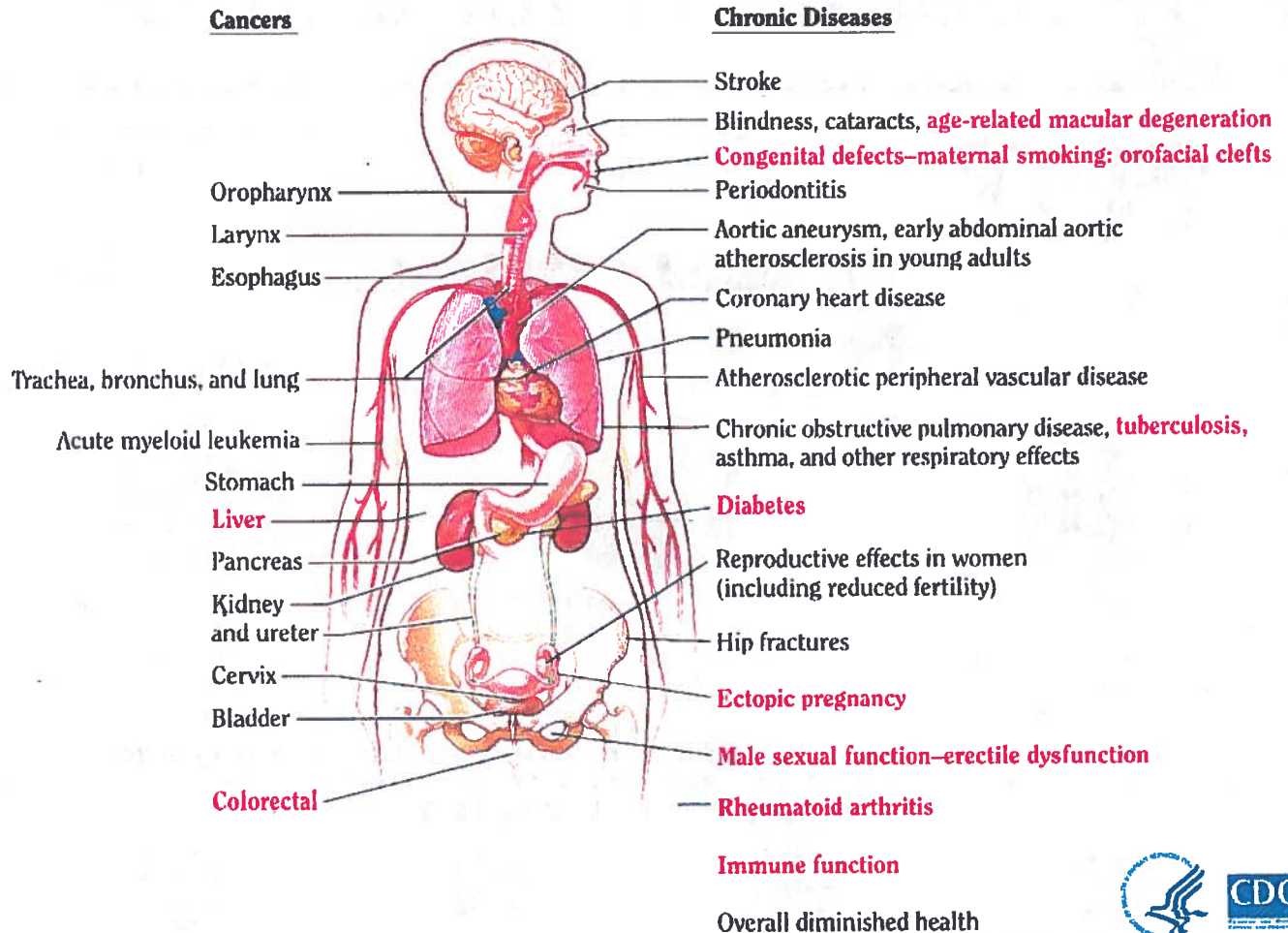
This infographic was supported by the Cooperative Agreement Number 5U49CE000474 awarded by the Centers for Disease Control and Prevention. It contains and solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

## Risks from Smoking

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center

# Risks from Smoking

Smoking can damage every part of your body



## Chicken Barley Soup (EW4H Presented This at a Lunch & Learn)

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center



**Nutrients per Serving:** Calories 102, Total Fat 1g, Saturated Fat 1g, Protein 9g, Carbohydrates 15g, Cholesterol 13mg, Dietary Fiber 2g, Sodium 307mg

**Dietary Exchange:** 1 Bread/  
Starch, 1 Meat

- 1 teaspoon olive oil
- 3/4 cup chopped onion
- 3/4 cup chopped carrot
- 3/4 cup chopped celery
- 1 package (8 oz.) sliced mushrooms
- 2 cloves garlic, minced
- 1/4 teaspoon black pepper
- 1/2 cup uncooked quick cooking barley
- 1/4 teaspoon dried thyme
- 4 cups fat-free reduced sodium chicken broth
- 1 cup chopped cooked chicken
- 1 bay leaf
- Juice of 1 lemon
- Parsley (optional)

1. Place oil in Dutch oven. Add onion, carrot, celery, mushrooms and garlic. Cook over medium high heat 5 minutes.
2. Add pepper, barley, thyme, broth, chicken and bay leaf. Bring to a boil; reduce heat, cover and simmer 25 minutes or until vegetables are tender.
3. Remove and discard bay leaf. Stir in lemon juice and sprinkle with parsley, if desired.

# Power Up with Colorful Fruits & Veggies!

Submitted by: Vondell Bender, Good Health & Wellness Educator | Hualapai Health Education & Wellness Center



Name: \_\_\_\_\_

Date: \_\_\_\_\_



## POWER UP WITH COLORFUL FRUITS & VEGGIES!

### MATH MATCH

Draw a line to match the number to the correct amount of fruits and vegetables.

5



1



4



2



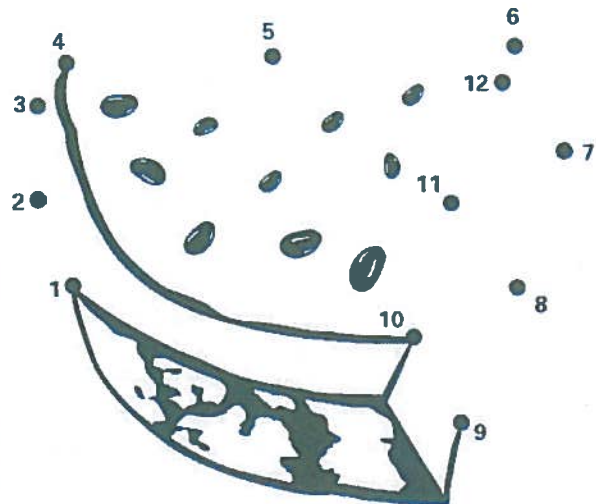
3



Did you know?  
Just 4 ounces of 100% juice counts as 1/2 cup serving of fruit.

### DELICIOUS DOT TO DOT

Connect the dots and see a yummy snack.

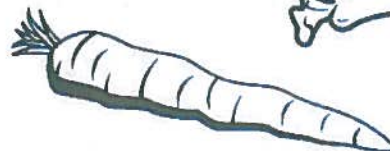
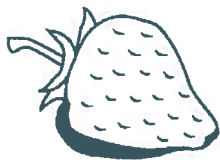


Casey Cauliflower

All forms of fruits and veggies count: fresh, canned, dried, frozen and 100% juice.

### CASEY'S COLORFUL CREATION

Circle the fruits with an orange crayon and the vegetables with a green crayon. Color in the fruits and vegetables.



## King Baby

*Submitted by: Elson Bender | Hualapai Healing House*

### KING BABY

"His Majesty, The Baby," the words of psychoanalyst Sigmund Freud, to describe an inborn attitude. The term King Baby could just as well be Queen Baby, because we all probably have this infantile ego in our conscious minds. Chemically dependent people must be especially aware of King Baby characteristics, for these attitudes and behaviors can interfere with recovery.

In our Twelve Step programs, we repeatedly see the need and make the attempt to surrender—to turn our lives and our will over to the care of God. We have slogans that emphasize the necessity and rewards of the third step: let go and let God, what's turned over turns out. The recognition of powerlessness is the basis of surrender, but the act of surrendering comes with the total acceptance of that powerlessness. Many of us who have difficulty with the first step may recognize our powerlessness but be unwilling to accept it. In other words we are able to see and understand it, but our need for control prevents us from committing ourselves to this very necessary act of surrender. Our egos interfere. Our immaturity demands we retain control. Our King Baby mentality insists we direct our lives and control our wills, in doing so; King Baby obstructs our healthy recovery.

We will learn to identify the Infantile King Baby ego within us. our childish personality traits must be surrendered before our disease can be fully arrested. The compulsive King Baby personality can accelerate addiction or lead to relapse. We have to maintain our awareness of these tendencies as we work our Twelve Step recovery program in Alcoholics Anonymous or Narcotics Anonymous.

#### **Who is King Baby?**

To understand King Baby, let's imagine for a moment we're returning to the womb. Here we feel warmth, security, comfort, freedom, and power. All our needs are taken care of. We are the center of our universe. We are cared for just because we exist, and we are perfectly content.

Infancy also encourages our King Baby attitudes; our loud demands for food, attention and care are answered immediately. We are again the center of a vast kingdom; our wishes are all-important. Through the natural maturing processes of childhood and adulthood, most of the King Baby mentality is discarded and replaced by more appropriate coping skills

Some of us, however, advanced through the stages of physical growth without shedding this immature

creature-King Baby. For us, King Baby never forgets the wonderful, warm security of prenatal and infant life and will try again and again to experience it. King Baby strives to recapture the total contentment of every need being met immediately.

#### **King Baby Characteristics**

In attempting to regain the security of infancy, King Babies continue to function with the same feelings that gratified them so long ago. Tiebout says that "when infantile traits continue into to adulthood, the person is spoken of as immature" and this immaturity is tied to the traits of feelings of omnipotence, inability to accept frustrations, and doing things hurriedly.

King Babies share a wide range of personality traits. None of us has all these traits, but we will probably find many that describe us. King Babies may show these characteristics:

1. Often become angry at or afraid of authority figures and will attempt to work them against each other in order to get their way.
2. Seek approval and frequently lose their own identities in the process.
3. Are able to make a good impression but are unable to follow through.
4. Have difficulty accepting personal criticism and become threatened and angry when criticized.
5. Have addictive personalities and are driven to extremes.
6. Are self-rejecting and self-alienated.
7. Are often immobilized by anger and frustration and are rarely satisfied.
8. Are usually lonely even when surrounded by other people.
9. Are chronic complainers who blame others for what's wrong with their lives.
10. Feel unappreciated and think they don't fit in.
11. See the world as a jungle filled with selfish people who "aren't there" for them.
12. See everything as a catastrophe, a life-and-death situation,
13. Judge life in absolutes: black or white, right or wrong.
14. Live in the past while fearful of the future.
15. Have strong feelings of dependence and exaggerated fears of abandonment.
16. Fear failure and rejection and don't try new things they might not do well in.
17. Are obsessed with money and material things.
18. Dream big plans and schemes and have little ability to make them happen.
19. Cannot tolerate illness in themselves or others.
20. Prefer to charm superiors and intimidate subordinates.

21. Believe rules and laws are for others, not for themselves.
22. Often become addicted to excitement, life in the fast lane.
23. Hold emotional pain within and lose touch with their feelings.

### **The Frightened Child and King Baby**

Within many addicted people is a sacred, lonely, shamed boy or girl who whispers self-defeating thoughts based on a lifetime of negative messages. We constantly compare ourselves to others and feel we don't measure up.

These feelings of worthlessness, self-blame, and I-don't belong become a central part of our personalities, King Baby-a selfish, demanding being-emerges as a reaction to these feelings of shame and inadequacy. As we childishly strive to be accepted and to please other people, we begin to seek things from the outside to feel better inside. Designer clothes, fast cars, attractive girlfriends or boyfriends, drugs, and the excitement of life in the fast lane help salve our pain. We develop attractive, magnetic, charming exteriors to get our way. Pleasure-seeking, power-seeking, and attention-seeking devices used to fill the void, but the void remains. No amount of love, status, money, or fame is enough for the scared little child in us.

Seeing this as weakness, the King Baby part of us will try to destroy, attack and push aside our scared little child. By denying these feelings, King Baby ultimately blocks out the fact that the scared little child exists.

### **The Inner Struggle**

Understanding King Baby is difficult because things are never as they appear on the surface. There are to prime motivating factors for our behavior: first, the scared, lonely, child who does not want to be hurt anymore and, second, the King Baby is never satisfied.

When the frightened child in us hears the word no, an inner message tells us we are bad. We feel loved when we are pampered, and unloved when we are disciplined or scolded. When we are criticized, our immaturity insists on the right to have our own way and argues that if we are loved, others should give us our way. Often, our manipulations allow us to win.

Both of these-drives the frightened child and the demanding King Baby-are temporarily satisfied if we create the person we believe others want us to be. However, long-term recovery is based on the scared little child regaining self-worth and learning to control the King Baby behavior.

### **The Problem**

Recovering people usually are aware of the many threats to their sobriety. Twelve Step programs are designed to help us confront and overcome our character defects. Immaturity, a problem for many of us, is a stronghold of the King Baby in each of us. We may need to recognize this defect and overcome it if we are to continue in our recovery.

### **The King Baby Myth**

The King Baby mentality is driven by three motives-power, attention, and pleasure. By being overly friendly and charming, we try to win friends. We may be clinging. We often try to control or dominate. Almost everything we do has strings attached and creates indebtedness to us. We fear rejection of our real selves, so we present a false, invented person to the world. This protects us from being hurt. Each personality or game we invent is based on false promise or myth.

### **Popular Me**

Myth: If I am charming, attractive, magnetic, and the life of the party, you will want to be my friend.

Truth: By being all things to people, we lose our true selves in the process" The end of the game comes when others realize there is nothing behind the phony smiles.

### **Tyrant/Dictator**

Myth: If you obey me and place yourself in my complete control, I will protect you from chaos.

Truth: If we believe we are born leaders capable of handling any crisis, we expect others to trustingly place themselves in our hands. Masters of sarcasm, we keep our subjects in place with cruel comments. The end of the game is when the "subject" refuse to obey.

### **The Love Conqueror**

Myth: I am irresistible to others. Part of my attractiveness is my lack of respect for other people. I expect love, attention, wealth, and power for the privilege of my company.

Truth: We are in a deadly competition for center stage and are incapable of commitment to a relationship. The end of the game is when others recognize the shallowness of the conqueror.

### **Beautiful Me**

Myth: Youthfulness, a beautiful body, and an attractive face are the essential qualities for me to be liked and accepted.

Truth: We have tried to get by on looks alone. The end of the game is when others tire of the child who requires continuous reassurance of his or her attractiveness.

### **The Entertainer**

Myth: If I can entertain you with my music, my wit, or any other talent you will worship and adore me.

Truth: We experience acceptance only if others rave

about our talents and seek our company in order to be entertained. The end of the game is when others tire of always having to be a fan or realize we have no warm, human qualities to contribute to a relationship.

### **The Perfectionist**

Myth: I am not worthwhile unless I succeed at being the best at what I do'

Truth: No one is always the best or the most successful, but we try to gain self-worth by doing certain things well. The end of the game comes either when we realize the futility of such high expectations or when others tire of our competitiveness.

### **Sweetums**

Myth: If I am nice and sweet to everyone they will like me.

Truth: Our fear of rejection causes us to constantly seek approval from everyone. The end of the game is when we realize we can't make everyone happy or when others tire of our wishy-washy attitudes.

### **The Rebel**

Myth: I must get my way or else. Rules are for other people. If you tell me not to do something, you are waving a red flag in my face and challenging me to do it.

Truth: We rebels usually get the consequences or punishment we deserve we ask for. The end of the game is when we weary of paying the price the outlaw must pay and abandon the behavior.

### **The Martyr**

Myth: I deserve to suffer I don't count. Nobody understands. Poor me. I see your pity as an expression of love.

Truth: We confuse love with pity and believe sacrificing ourselves will protect us from abandonment. The end of the game is when we get tired of suffering and realize we deserve better.

### **The Dropout**

Myth: If you won't play the game my way, then I won't play the game at all.

Truth: Paralyzed by fear of failure and rejection we attempt nothing and feel the world owes us. We are so discouraged and pessimistic; we give up before we even start. The end of the game comes when others get tired of providing a free ride.

### **The Vicious Circle**

Each of these games began with some promise of success but slipped into frustration and failure. A King Baby's life becomes a series of extreme highs and lows. New beginnings are always followed by painful endings. These babies become addicted to the thrill of success and, more important, to the pain of failure.

King Babies cannot stand the boredom of things going too well and will rock the boat or create a crisis. A life of turmoil clouds the issues and lessens

their responsibility for failures. The chaos even keeps them from seeing their lessened self-esteem. The fact that it is not fun anymore is lost in the total absence of any feelings. Its predictable that the King Baby personality will be addicted to something. It is only a matter of time.

### **The Fatal Combination**

Addicted to life of excess and driven by feelings of low self-worth, the immature person experiences life as frustrating and unrewarding, but not necessarily fatal. But something happens to the chemically dependent person when the King Baby lifestyle and low self-worth are combined with the experience of getting high. This "something" can be fatal. That warm, comfortable, confident feeling of infancy—something we have been looking for all our lives—is captured again. The comforting fear-dispelling effects of a chemical are exactly what are King Baby egos have been searching for. As the love affair with getting high takes over, all aspects of our lives progressively slip into more excessive immature behavior.

### **The Catalyst**

The King Baby defense system of denying almost any problem is already well established, and it accelerates the chemically dependent person's descent to the bottom. The enemy is within us, and our drug use releases the pent-up frustrations, angers, resentments, fears, and doubts like a rocket ship taking off for the moon. The wonderful feeling of the womb returns, and the Baby is radiant within and without, excited and confident about this newfound high.

The ego becomes a raving maniac demanding to be constantly fed in a series of fun parties and excitement that speeds us through the progression of chemical dependency at a record pace. We become chemically dependent quickly, reaching bottom in a fraction of the time it took our elders.

Blinded by the wonderful feeling of that perfect high, the Baby in us throws away what's left of the conscience and value system. Having a set of built-in blinders, earplugs, and tunnel vision for our delusion and denial system, we are able to remain totally ignorant of how far we have gone.

### **Sick and Tired of Being Sick and Tired**

Exhausted from a lifestyle of needing everything in a hurry, scheming to win, and frantically trying to gain the upper hand, fearing outcomes and endings, and trying to be all people, the Baby in us often comes to a screeching halt.

When that sick, panicky feeling of butterflies in the stomach becomes a raging fear and terror that totally consumes us, we hit bottom. The Baby cannot im-

agine life without chemicals and is fearful of going on and on in this never-ending rat race. Locked into the pattern of this repeated behavior and never trying anything different, King Baby is too paralyzed by fear to face the next day. Recovery can be delayed by the immature ego, which still insists on being right -"**I can do anything, I don't need help**". Timing is everything for now the Baby is vulnerable and can be helped.

### **Admit Defeat, Face Reality**

Admitting our way didn't work and facing failure will open the floodgates to a world of pain. In an instant our King Baby will go from feeling we need help to feeling hopeless, from being optimistic to believing we can't change. We will stay stuck in our swamp of despair, waiting to be rescued while demanding a guaranteed blueprint for success before we will face our fears and begin to act. At this time, we can accept the hand of AA or NA reaching out to us in the form of another King Baby alcoholic or drug addict, reassuring us that the Twelve Steps work. Before the First Step is taken, King Baby needs the hope of "If others can do it, so can I."

The way out of the King Baby trap is "I can't, we can" thinking. Surrendering to the Twelve Steps way of life can harness the power of King Baby and can help us find a Higher Power that will work for us. We learn the true meaning of forgiveness, humility, and gratitude. We can learn to avoid the pitfalls of King Baby and tune in to the Twelve Steps. we can learn to have fun again while gaining a new, deeper understanding of life"

### **Healing Our Scared Little Child**

Using all the love and support from our Twelve Step group, we must begin an inward journey to meet the scared "bad" boy or girl part of us, so long ignored. We can let ourselves imagine walking into his or her room and seeing the child huddled and crying in the corner. We can become loving, caring parents to that child within each of us. As any attentive parent would do, we encourage the child to come, sit close, and explain what is wrong. Then by holding that child, saying "its all right," and gently wiping away tears, we can let this youngster know that he or she is loved, is a beautiful human being, and is safe.

### **The Nurturing Within AA and NA**

A soft, warm, secure feeling exists in Twelve Step groups and it reaches out to newcomers with the message 'You are loved just cause you exist, and I will love you even before you become lovable.' This is the promise of AA and NA-love with no strings. The only exception is a sincere desire to stop drinking or using. This is the warm, radiant womb that the Baby has been looking for all along. The warm, caring Twelve Step family is genuine and stands in sharp contrast to the false security of alcohol and

other drugs.

### **Self-Love**

Slowly, the recovering baby begins to gain self-respect through the Twelve Steps. Its hard work changing ones whole life, but AA and NA are always there as guides. In these programs, an awareness of personal dignity begins to bloom. It happens through self-discovery, self-discipline, self-forgiveness, and self-acceptance. Gradually the scared little child takes the opportunity to develop self-love,

### **To Love and Be Loved**

It makes no difference if the people in our Twelve Step groups loved us before we loved ourselves. The key is that now we are loving ourselves more. Gradually, we will explore and discover all the wonderful assets we have,

Its like a celebration for a sponsor to watch a sponsee discover his or her wonderful and unique talents. Each one learns from the other while going through the trials of early sobriety. Sponsors do this so they can stay sober; but, in doing so, they reinforce all that they have learned. Watching the newcomer come alive again is a thrill that is reward enough.

### **Freedom**

Coming alive again with a sense of self-dignity and becoming connected with a sponsor will prepare us for the next stage.

Our immaturity has forced us to spend our lives attracting outside power to feel good inside. Selling ourselves for a smile was slavery. Good feelings do not come from people, places, or things, but from the inside.

Reclaiming personal power comes by first admitting powerlessness over others. We all need to take responsibility for our own self-worth and dignity. Self-worth does not depend upon what others say or do, but instead on how a person reacts to what others say or do. There are choices about the way to react. Reacting with fear, anger, or resentment tends to make a person feel worthless. Accepting that everyone is not going to agree with us, and perhaps not even like us, is reality.

### **Surrender: Be God Or Believe In God**

It's quite a relief to be free from trying to run the whole universe. In surrendering, we turn the job back to a Higher Power who, in turn, fills our souls with the warmth, comfort, and serenity we've been seeking so long. Once again it is similar to the feelings of the womb.

### **Before Surrender**

Frustrated  
Angry

### **After Surrender**

Safe  
Cared for

Tense	Relaxed
Nervous	Grateful
Cornered	Open
Panicky	Teachable
Afraid	Willing
Guilty	Honest
Ashamed	Hopeful
Uncertain	Peaceful
Defeated	Serene
Resentful	Tolerant
Empty	Full

**Forgiveness**

God doesn't make junk Each one of us is a special and unique person-a somebody, not a nobody. In the entire world there is not another like us. We must become fascinated by ourselves and realize how tough we are. The King Babies within us have developed a wide variety of strengths coupled with God-given talents, and we must learn to appreciate those strengths. We can learn from the past and let it go. We can stop being judge, jury, and executioner condemning ourselves. We know our Higher Power forgives us. Now it is time to let Him. We must stop judging ourselves and get out of His way.

**Humility**

"Oh, Lord, its hard to be humble when you're perfect in every way." When Mac Davis sang those words, King Babies everywhere blushed, knowing he was singing about them. It is now obvious that pride is a large part of the King Baby problem. What we need to learn is that pride can be positive. Humility is not being meek and fearful. Rather, humility is an acceptance of being equal, not better or worse. To be equal is to also be honest, open and vulnerable, which is difficult but now possible. Feeling free to be ourselves, we can face reality. Humility helps us to be teachable and flexible. To continue growing and avoid relapse, humility must be constantly maintained.

**Guilt**

King Baby's guilt machine, or conscience, is broken. King Babies whitewash their behaviors and lose their value systems in the process. Realizing this, they overreact and beat themselves constantly for being human. Until the King Baby in us finds a balance and a new set of values, we will need to rely heavily on our sponsors. A good rule of thumb is if we feel guilty, we shouldn't do it. We need to find out what we believe in and live by it.

**Using Our Addictive Personalities**

We know we have addictive personalities. Why not try being addicted to something positive for us? We can pick some mini-goals or things that we can do each day. We can develop a fun, positive, even passionate affair with some kind of exercise program. If

we want to, we can go back to school.

**Developing A Personal Relationship With Our Higher Power**

We should ask ourselves what kind of Higher Power we have and how we are going to contact Him as we read our daily meditations. we can pick a theme to live by each day by, remembering that a positive attitude is not automatic, but comes from practice and hard work The more our expectations are lowered, the more our serenity increases. We can practice acceptance of others and ourselves.

**Daily Inventory**

Each evening we should record the positive things we did and the good things that happened to us. This focuses on giving ourselves some credit for what we accomplish. we can gently review our mistakes and promptly admit where we were wrong.

**Romantic Relationships**

Getting into a relationship too soon seriously jeopardizes our recovery. While hurting with the growth pain of recovery, the King Baby in us often seeks new relationships to ease the pain of growth. If allowed to happen, it is like a moth being drawn to the flame, and King Baby too often creates an addictive relationship, using the relationship like a drug high. This puts our recovery on hold, or-even worse-it may encourage relapse. Our immaturity may have prevented us from knowing what a healthy relationship is or how to have one. All we have known was to possess, invade, demand, attack, and conquer. We love the honeymoon but have been incapable of sustaining the nuts and of a relationship. The powerful emotions of a new relationship could cause us to lose our newfound sobriety.

**"You've Got To Change Your Whole Life," The Speaker Said**

Imagine for a moment a permanent stereo headset with one ear listening to King Baby and the other listening to AA. Our call letters will be K-BABY and W-AA for the "we" in AA. We have a choice to tune in either K-BABY or W-AA. K-BABY represents stinking thinking or the thoughts that will lead us to relapse, while W-AA represents recovery. If we challenge K-BABY thinking and tune in W-AA, we can begin to change our behaviors.

**The King Baby Stinking Thinking Versus the Slogans Of AA/NA**

<b>K-BABY Stinking Thinking</b>	<b>W-AA Slogans</b>
Living in the past and worrying	One day at a time
About the future	
Continuing to run away from	Easy does it
Fear and apprehensions	
Try to handle it my way	Let go and let God



Overreacting when things don't happen the way I think it should	Live and let Live
Trying to rewrite the Big Traditions—Choosing the parts I want to work	If it works don't fix it
Forgetting that staying sober and AA/NA are my number one priorities	First things First
Complicating it into "Analysis Paralysis"	Keep it simple
Taking others' Inventory, Pointing out when they're wrong	Take your own inventory
Little white lies are okay	It's an honest program
Justifying grudges and holding on to them	Don't carry resentments
Telling people what you think they want to hear	tell it like it is

### Compare the Symptoms of Relapse to the Principles of AA/NA

#### K-Baby Symptoms of Relapse

Dishonesty  
 Doubt  
 Procrastination  
 Fear  
 Taking the easy way out  
 Complacency  
 Cockiness  
 Expecting too much from others  
 Letting up on discipline  
 Quitting the Meetings  
 Forgetting gratitude  
 Omnipotence

#### W-AA Principles

Honesty  
 Hope  
 Action  
 Courage  
 Integrity  
 Willingness  
 Humility  
 Brotherly Love  
 Self-Discipline  
 Perseverance  
 Spiritual Awareness  
 Service

### The Attitude Is Gratitude

Eventually, we learn to take on the task of supporting, nourishing and stroking our scared little child. We even make a truce with the King Baby part of ourselves and become able to monitor what is going on within. It never occurred to King Baby that a person could be self-disciplined and live a normal life and still be really turned on and alive. We now can develop an inner serenity King Baby never thought possible.

There's a beautiful poem called "The Request and the Response" that describes the feelings King Baby has upon realizing that through all this suffering he or she has been most richly blessed.

### The Request and the Response (A Universal Prayer Of Thanksgiving)

I asked God for strength, that I might achieve,  
 I was made weak that I might learn humbly to obey.  
 I asked for health, that I might do greater things,  
 I was given infirmity, that I might do better things.  
 I asked for riches, that I might be happy,  
 I was given poverty, that I might be wise  
 I asked for power, that I might have the praise of men,  
 I was given weakness that I might feel the need of God.  
 I asked for all things, that I might enjoy life,  
 I was given life, that I might enjoy all things.  
 I got nothing that I asked for, but everything I had hoped for,  
 Almost despite myself, my unspoken prayers were answered,  
 I am among all men, most richly blessed.

JUST A LITTLE  
*Reminder*

Please remember to submit your Gamyu articles by the deadline to avoid any inconvenience. The Gamyu newsletter is a bi-weekly publication and this newsletter is also available on-line for your convenience at: <http://hualapai-nsn.gov>

**Article Deadline:**  
 Friday, March 30<sup>th</sup>

**Next Publication:**  
 Friday, April 6<sup>th</sup>

# COMMUNITY MESSAGES

## Letter to Joyce Querta

Submitted by: Jade Honga, Wellness Court Judge | Hualapai Wellness Court



### HUALAPAI TRIBAL WELLNESS COURT

March 20<sup>th</sup>, 2018

Ms. Joyce Querta,

I would like to express how proud the Wellness Court staff are for how far you've come in this program. You continue to make the strong decision every day to remain sober. Addiction is a disease that individuals live with daily. Growing up here in Peach Springs, we've all seen it affect someone close to us. How rare is that? To live in a society where every single one of us know someone who struggles daily to stay sober.

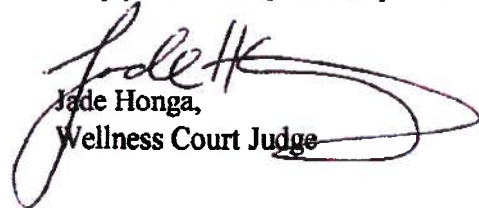
When we look outside the reservation, addiction is not so prominent, is it an issue? Of course, but it is not the same. We know how it affects our family, our friends, and our town. My father, the late Honorable Judge Monza Honga used to tell me that Peach Springs was a small town with big city issues. It always made me think, how can we solve the problems we create for ourselves?

I want to commend you on the steps you are taking to add to the solution. Whether you realize it or not, you are affecting the lives around you including your children. They see you set an example of being sober and they are more likely to follow in your footsteps. In a lot of homes, drinking is all some people know. You can say, it is not that way in your home.

Sometimes we fall off the wagon. Sometimes we don't. I hope in your future, if you ever slip and fall you have the ability to climb back on or find your way. I believe in your abilities to stay sober and I believe that you can stay sober. The trick is, **YOU** have to believe that you can do it too.

You have a full time job, nearly 7 months of sobriety, and you can do anything you set your mind too. Your next goal is your GED. Even when the day comes that you finish the program, I hope you continue to set and accomplish whatever goal you have. In life, sometimes the most important goal is to keep a roof over our heads and meals on the table-that is a continual goal worth striving for.

Keep your head up and be proud of yourself,

  
Jade Honga,  
Wellness Court Judge

## February Volunteer of the Month • Lyndee Hornell aka DJ Chica

Submitted by: Terri Hutchens | KWLP 100.9FM

# WE LOVE OUR VOLUNTEERS



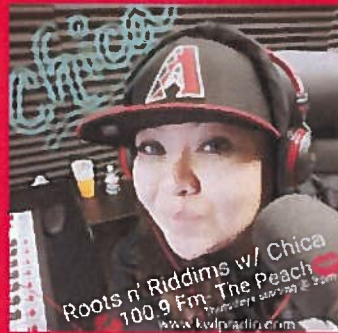
*"The Peach."*

*The Hualapai Nation's Live and Local Radio Station*

*Proudly Announces and Congratulate*

*February 2018 Volunteer of the Month*

*Lyndee Hornell, aka DJ Chica*



*Lyndee Hornell, aka DJ Chica, hosts "Roots and Riddims" every Thursday from 3 to 5 on The Peach. Join her for some upbeat Reggae! Find out why she is a local favorite among KWLP's live and local DJs! She kicks off KWLP's Reggae Take Over Thursday line up! In addition to paying some awesome Tre Vibes for Listeners, DJ Chica also keeps the community updated about Reggae concerts and festivals in the region, as well as what's going on with cultural activities, classes and events in the PSA, as the station's liaison and key collaborator from the cultural Department; thereby assisting The Peach to meet its' Mission Statement.*

*Station staff can count on Lyndee to be prepared for her show and communicate with us, as well as pitch in at events, screen and donate music and so much more!*

*Lyndee will receive incentive gifts valued at over \$100.00 for being volunteer of the month!*

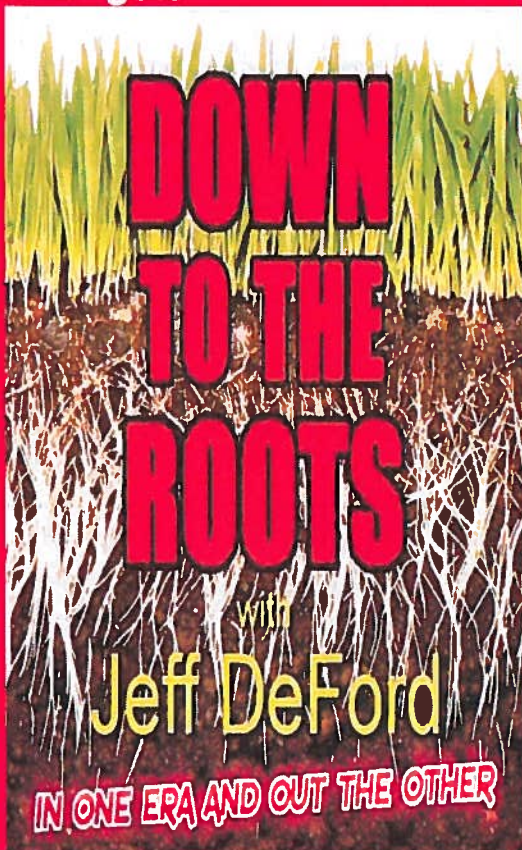
*If you might be interested in joining our great team of Peach Volunteers, please stop by the station or give us a call at (928) 769-1110.*

*KWLP Volunteer of the Month is sponsored in part by:*



**KWLP 100.9FM • Radio Promos**  
*Submitted by: Terri Hutchens | KWLP 100.9FM*

**KWLP gets**

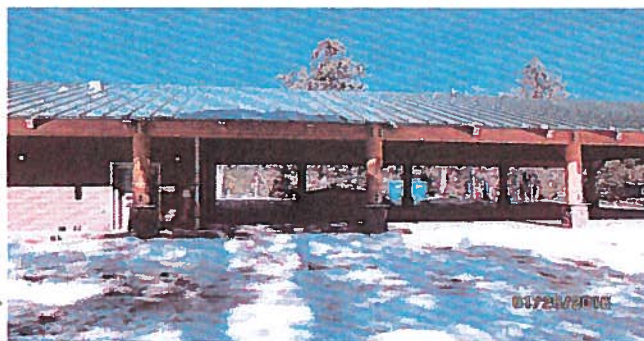


on 100.9 fm  
Wednesday 7:00pm



**Yuman Language Family Summit  
Immersion Camp**  
*Submitted by: Danielle Bravo*

**SAVE THE DATE**



**Yuman Language Family  
Summit Immersion Camp**  
**June 25-28, 2018**

**Hualapai Youth Camp near  
Peach Springs, AZ.**

**REGISTRATION WILL BEGIN AT  
THE END OF MARCH 2018**

