ISSUE #17 | FRIDAY, AUGUST 24, 2018

Hualapai Tribal Council Updates

Submitted by: Dr. Clarke, Chairman | Hualapai Tribe

August 17, 2018

Gum I yu je?

We wanted to bring you up to date on the Tribal Council issues, travels, and concerns.

Hope you had a great time during the past months of the Summer of 2018; you enjoyed the 4th of July, 45th Anniversary of River Running, and now the new school year. We are working very hard to complete all the requests of student clothing, but we need you to submit receipts that are from last year (2017). We ask that you submit them as soon as possible again this year, and that way you do not misplace them as many people have. Congratulations to our new Royalty of the Hualapai Tribe.

With all that in mind, we hope you are looking forward to the upcoming Fall season. During this time of the year, we are getting to the shorter days; hunting, gathering of wood, and longer nights. Pretty soon we will be looking at winter and the turn of the year. Begin now to prepare for then as it comes very quick. (The choice is yours)

Just recently, the Chairman attended the Inter Tribal Association of Arizona Tribal Leaders' Meeting on August 10, 2018. We, as a member of ITAA, meet with a plan to identify issues and develop solutions to make our voices heard. As a result of our water settlement, and recent issues that we were made aware of by the Governor's office, the attached resolution was presented by Chairman Clarke and was adopted by the ITAA. (Attachment included). We want to thank the members of the ITAA staff, especially Ms. Maria Dadgar, for their work and our attorneys in D.C. for their help.

As we move forward to the upcoming issues, we want to allow you to understand that we have been working with Grand Canyon Resort Corporation on our issues of the activities at Grand Canyon West and operations. More to come on the above mentioned, as we move forward toward the end of the year and look to next year.

We have had a series of training to the employees of the Hualapai Tribe on Sensitivity Training. The Directors of the Departments, the staff of the Departments, and the Tribal Council all attended the training. Although, there are some that did not attend, they did miss out on a great opportunity.

Well, we hope all is well and look forward to 'Taking it to the Next Level'. Hankyu.



Special Points of Interest:

- Regular Hualapai Tribal Council Meeting will be held on Saturday, September 8th at 8:01AM in the Hualapai Tribal Chambers.
- HTUA Meeting on Thursday, September 13th at 9:00AM at the Hualapai Health Department.
- TERC Meeting on Wednesday, September 19th at 9:00AM at the Hualapai Cultural Resources Department.

Nearly all tribal departments will be closed on Friday, August 31st for the Annual Employee Picnic.

Monday, September 3rd all tribal departments will closed for the Labor Day Holiday. Please plan accordingly.

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Inter Tribal Association of Arizona • Resolution 0418

Submitted by: Dr. Clarke, Chairman | Hualapai Tribe



Inter Tribal Association of Arizona 21 TRIBAL NATIONS

Resolution 0418

Ak-Chin Indian Community

Cocopah Tribe

Colorado River Indian Tribes

Fort McDowell Yayapai Nation

> Fort Mojave Indian Tribe

Gila River Indian Community

Havasupal Tribe

Hopi Tribe Hualapai Tribe

Kaibab Band of Paiute Indians

Pascua Yaqui Tribe

Pueblo of Zuni

Quechan Tribe

Salt River Pima-Maricopa Indian Community

> San Carlos Apache Tribe

San Juan Southern Paiute Tribe

> Tohono O'odham Nation

Tonto Apache Tribe

White Mountain Apache Tribe

Yavapai Apache Nation

Yavapai-Prescott Indian Tribe Resolution to Urge Governor Ducey to Reaffirm his Support of the Hualapai Tribe Water Rights Settlement

WHEREAS, the Inter Tribal Association of Arizona, an association of 21 tribal governments in Arizona, provides a forum for tribal governments to advocate for national, regional and specific tribal concerns and to join in united action to address these concerns; and

WHEREAS, the Member Tribes of the Inter Tribal Association of Arizona have the authority to act to further their collective interests as sovereign tribal governments; and

WHEREAS, the Inter Tribal Association of Arizona has the charge to support and represent particular Member Tribes on matters directly affecting them upon their request; and

WHEREAS, the Hualapai Tribe has been in negotiations with the State of Arizona, other State parties and the United States since January 2011 to comprehensively resolve the Tribe's federally reserved water rights, including the Tribe's right to water from the Colorado River; and

WHEREAS, the Hualapai Tribe has reached an agreement in principle with the State of Arizona and the other State parties on a comprehensive water rights settlement; and

WHEREAS, in September 2016 Governor Ducey sent a letter to Congress stating his support for the Hualapai Tribe's comprehensive water rights settlement and stating that "the settlement is fair to all the parties involved and will benefit all citizens of the state"; and

WHEREAS, on July 9, 2018, the Governor's office unexpectedly withdrew its support for the Tribe's water rights settlement, indicating that the Governor would not at this time sign the final settlement agreement; and

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WHEREAS, the Governor's withdrawal of the State's support for the Hualapai Tribe's comprehensive water rights settlement has disrupted years of cooperation between the Tribe and the State in working for this settlement, and has resulted in a serious setback in the Tribe's efforts to secure Congressional legislation to ratify the settlement.

- NOW THEREFORE BE IT RESOLVED, the Member Tribes of the Inter Tribal Association of Arizona hereby declare their support for the right of all Tribal Nations in Arizona, including the Hualapai Tribe, to resolve their federal reserved water rights claims; and
- BE IT FINALLY RESOLVED, the Member Tribes of the Inter Tribal Association of Arizona call on Governor Ducey to reaffirm the state's support for the Hualapai Tribe's comprehensive water rights settlement and to work cooperatively with the Hualapai Tribe to secure all necessary final approvals of the settlement.

CERTIFICATION

The foregoing resolution was presented and duly adopted at a meeting of the Inter Tribal Association of Arizona, where a quorum was present on Friday, August 10, 2018.

Shan Lewis,

President, Inter Tribal Association of Arizona Vice-Chairman, Fort Mojave Indian Tribe



Hualapai Tribal Utility Authority • Seeking New Board Member

Submitted by: Kevin Davidson | Hualapai Planning Department

Seeking New Board Member for the Hualapai Tribal Utility Authority (HTUA)

On September 24, 2014, the Hualapai Tribal Council adopted the Hualapai Tribal Utility Authority Governing Ordinance. This is a significant step toward self-determination in the realm of public utilities for the Hualapai Tribe.

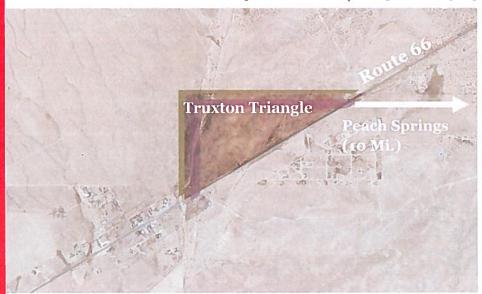
Established as an institution of Tribal government, the five members of the Hualapai Tribal Utility Authority board are chosen by Council. As noted in Section 107.b.3, of the Ordinance, the HTUA

Board is authorized to acquire, construct, operate, maintain, promote, and expand electric power service, and eventually water service, and sewage service at Grand Canyon West and on such other locations within the Hualapai Reservation and on other Tribal lands under the jurisdiction of the Hualapai Tribe as the Tribal Council may deem appropriate. The HTUA board is delegated full authority and responsibility for the management and operation of HTUA consistent with the Ordinance.

At this time, the Tribe is seeking a new candidate to apply for Board membership to maintain this important function of Tribal government. This Board position may be filled by members or non-members of who have not less than ten years' experience in business management of substantial character and have had experience in the management and operation of an electric utility. No employee of the Bureau of Indian Affairs, employee of the HTUA or member of the Tribal Council shall be a member of the Board. The new board member will be appointed for a three-

Please prepare a typed narrative offering your qualifications (resume) and general motivation to be a member of the Hualapai Tribal Utility Authority Board and what you hope to achieve while on the Board. Please bring or e-mail your letter of interest to the Tribal Office, 941 Hualapai Way, Peach Springs, Arizona, attention Christine Lee, by Friday, October 26, 2018, at 5:00 PM. Thank you for your thoughtful consideration of this offer and desire to enhance utility services on the Hualapai Reservation.

Truxton Triangle Housing Survey • Return Survey by Friday, September 14th Submitted by: Kevin Davidson | Hualapai Planning Department



TRUXTON TRIANGLE HOUSING SURVEY

This survey will inform plans for Tribal housing and commercial development located at the Truxton Triangle, approximately 10 miles west of Peach Springs. This development will be designed to provide housing for Tribal members, places for commercial activities for Tribal entrepreneurs, and places for residents to relax and where children can play. Your input is important to developing a plan that will meet the needs of our community.

Please complete and return the survey by **SEPTEMBER 14, 2018** to any <u>Tribal Office</u> or to <u>Kevin Davidson</u> at:

Hualapai Tribal Planning Office: 887 West Highway 66 Peach Springs, AZ 86434 email KDavidson@Hualapai-nsn.gov FAX: 928.769.1377

Tel: 928.769.1310

Help Plan the Truxton Triangle!

Share your ideas
about housing
types you think
should be
available to Tribal
Members!

Tell us about the services you would like in the Truxton neighborhood!

What recreation opportunities do you want in Truxton?



TRUXTON TRIANGLE PLANNING COMMUNITY HOUSING PREFERENCE SURVEY

1.	Where do you live?	
	Peach Springs	
	Kingman	
	Other (where?)	
2.	Do you own or rent your home?	
	Own	
	Rent	
	Live with friends/family	
	Homeless	
3.		
J.	What type of home do you live in:	
	Single Family	
	Townhouse/Attached	
	Apartment/Condominium Single Family	Townhouse/ Apartment Manufactured Home Attached
	Manufactured	Andched
	Other (Please specify)	
4.		e purchase of a home or renting a home? (Please rank
	from 1-10 with 1 being the most important?	
	Affordability	
	Large lot/property	
	Design (exterior)	
	Enclosed porch/patio	
	Size (number of bedrooms)	
	Garage	
	Near shopping/services	
	Near relatives	
	Close to work	
	Other (please describe)	
	Other (please describe)	
5	What are the features that are most important to in	oclude in the Truyton Triangle?
	CREATION FACILITIES (Please rank from 1-8 with 1	COMMUNITY FACILITIES (Please rank from 1-8 with
-	ing the most important)	1 being the most important)
	Bicycling paths (paved)	Park (with seating and play areas
	Children's play ground	Lighted streets
	Walking trails (paved)	Firehouse
	Softball/soccer field	Assisted Living Space/Apartments
	Library/Community center	Convenience Shopping
	Open Space	Gas Station
	Seating Areas	Mini Storage
	Community Garden	Business Park for Hualapai Entrepreneurs
Trus	kton Triangle Plan	Community Survey

Maybe (please state reason if considering a move)

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18. Do you think there is an adequate choice of housing	g in the community?
Yes No Comments	
	•
19. Would you consider living in Truxton? Yes	
No (Why?)	
Maybe (Why?)	
20. How do you commute to work? Walk Drive (What Route do you take?) Bus Combination	
21. What is your household income? less than \$15,000	24. Do you or family members work in Kingman? Yes No No 25. Do you think your house if overcrowded? Why:
22. What is your age? Under 25 years old 25-40 years old 40-60 years old Older than 60 years old 23. Do you or family members work at Grand Canyon West? Yes	THANK YOU FOR YOUR PARTICIPATION! Please return this survey to any Tribal Office or the Senior Center OR by email to: KDavidson@hualapai-nsn.com FOR MORE INFORMATION ON THE TRUXTON HOUSING STUDY PLEASE CONTACT: Kevin Davidson: email: KDavidson@hualapai-nsn.com tel: 928.769.1310
Truxton Triangle Plan	Community Survey

Notice of Hearings • Tuesday, September 4th Submitted by: Court Clerk | Hualapai Tribal Court

IN THE HUALAPAI TRIBAL COURT HUALAPAI RESERVATION, STATE OF ARIZONA

JAZMYNE JAMES,)) }
PLAINTIFF,	•	Case No. 2018-CV-033
VS. DENZEL PUTESOY,		NOTICE OF HEARING
RESPONDENT,		

TO: DENZEL PUTESOY, P.O. BOX 774, PEACH SPRINGS, AZ 86434.

You are hereby notified that the above entitled matter is scheduled for an Initial Hearing on

4th day of September, 2018, A.D. at 02:00 PM.

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

Your failure to appear at the above mentioned date and time without good cause may result in an order to show cause issued against you or a dismissal of this case.

DATED THIS 8th day of August, 2018, A.D.

Clerk of Court

VERIFICATION OF SERVICE

SERVED TO: GAMYU FOR PUBLIC PUBLICATIONS

SERVED BY: YOLANDA WESCOGAME

DATE/TIME: <u>AUGUST 8, 2018</u>

IN THE HUALAPAI TRIBAL COURT HUALAPAI RESERVATION, STATE OF ARIZONA

JAZMYNE JAMES,)
,)
PLAINTIFF,) Case No. 2018-DOM-012
VS.)) NOTICE OF LIE ARRICA
DENZEL PUTESOY,) NOTICE OF HEARING)
RESPONDENT,)

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DATED THIS 8th day of August, 2018, A.D.

VERIFICATION OF SERVICE

SERVED TO: GAMYU FOR PUBLIC PUBLICATIONS

SERVED BY: YOLANDA WESCOGAME

DATE/TIME: AUGUST 8, 2018

Page 10 GAMYU

Diamond Creek Restaurant Closure • Tuesday, August 28th from 2:00pm - 5:00pm Submitted by: Adeline Crozier | Hualapai Administration



Attention Valued Diamond Creek Restaurant Customers

The Diamond Creek Restaurant will be closed on Tuesday, August 28, 2018 from 2:00pm to 5:00pm. This time has been reserved for departmental staff meeting. We will be open for breakfast/lunch 6:30am to 1:30pm and will reopen for dinner at 5:00pm. We apologize for any inconvenience and appreciate your understanding.

Shawna Havatone, Restaurant Manager, 928-769-6560 Shawna.havatone@grandcanyonresort.com Thank you!

Hualapai Day's • Vendors and Interested Presenters

Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness

Vendors and Interested Presenters



"Journey to Wi'kame" September 24-28, 2018

If you plan to participate in the 2018 Hualapai Days activities by selling your arts and crafts, food or would like to contract with Youth Services for Hualapai Days, contact Jessica Powskey at (928) 769-2207. Register your booth with Jessica no later than September 14, 2018. Youth Services will not provide Canopy's, tables, and chairs. A designated set up area will be available- first come, first serve.

All food vendors selling to the public will be required to display their Certificate for Food handler's during Hualapai Days week.

All arts and Crafts Vendors will register during the week of Hualapai Days September 24 to September 27, 2018.

All fees payable to Hualapai Tribe as outlined by the Hualapai Tribal Policy April 03. 2014. Youth services will not be held liable for unpaid dues.

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Car Seat Check and Installation • Friday, August 24th
Submitted by: Danielle Bravo | Hualapai Planning Department



Car Seat Check and Installation

Friday, August 24, 2018

Hualapai Emergency Services

921 Hualapai Way, Peach Springs, AZ

10am-lpm

Come and get your car seat checked or be shown how to install a car seat that you can take with you for free!

Everyone is welcome!

If possible please bring your child so that we can properly fit them for their car seat

We will have some cool things for the kids as well!

Hope to see you there!



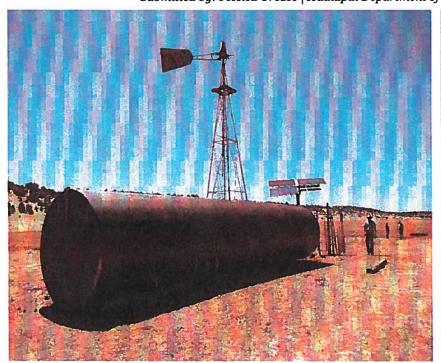


SUPPORTED BY

辩 FIRST THINGS FIRST

This event is bought to you by Hualapai MIECHY, Parker IHS, and the Hualapai Nation Emergency Service.

Water for the Range Workshop • Friday, August 24th Submitted by: Jessica Orozco | Hualapai Department of Natural Resources



Water for the Range Workshop

When: Friday, August 24th, 2018

Where: 12pm-3:30pm HEW building

large conference room

LUNCH PROVIDED (donations appreciated)

Come learn what it takes to convey water from a source point to supply other points of use for livestock and wildlife on the Hualapai Reservation. Workshop will include demonstration by HDNR staff. All supplies and equipment will be provided.

7th workshop in the Beginning Tribal Ranching Training Series

Learn about the water system on the Reservation

Understand the importance of water distribution for the Range

Find out what tools and materials are needed to convey water

Contact Jessica Orozco at Natural Resources for more information: 928-769-2254







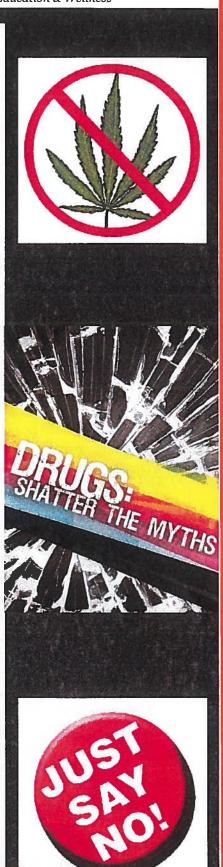
Drugs: Shatter The Myths • Friday, August 24th
Submitted by: Taylor Johnson, TAP Coordinator | Hualapai Health, Education & Wellness

day, August 24, 2018

Small Conference Room

488 Hualapai Way Peach Springs, AZ 86434

THE TRUTHS AND MYTHS ABOUT SUSTNACE ABUSE...



EW4H Program and Upcoming Events

Submitted by: Rosemary Sullivan, EW4H Nurse Care Manager | Hualapai Health, Education & Wellness

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

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

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

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



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

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

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

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

Employees Working for Health (EW4H) Program

Post Office Box 397 ●Peach Springs, Arizona 86434 • Tel: (928) 769-1630 or (928) 769-2644 • Fax: (928) 769-1632

I wanted to tell you about the Prevent T2 classes that EW4H started on 7/17/18. The Prevent T2 Lifestyle Change program is a yearlong program designed for people with Prediabetes or for people who are at high risk for Type 2 Diabetes. We are planning to continue the weekly classes every Tuesday, Noon-1pm at the Health Department. Our next 2 classes will be on 8/21/18 and 8/28/18. I fix a healthy lunch, so come on over and learn how to make some changes in your life that can help you prevent Type 2 Diabetes. The four (4) classes we completed of the CDC Type 2 Diabetes Prevention Curriculum:

Introduction to Type 2 Diabetes Prevention Program

Get Active to Prevent T2

Track Your Activity

Eat Well to Prevent T2

Our next 2 topics are "Track Your Food" and "Get More Active". Also, the September Class schedule is available, continuing with the Tuesday Noontime class. Our next EW4H Lunch & Learn topic "Spice Up Your Life-Learning to add new flavors in cooking" is scheduled 8/27/18 @ Noon, Health Department Large Conference Room. I prepared Moroccan chicken and turmeric (brown)rice bowls with black beans and summer squash for our last class lunch. The recipes for the rice and Moroccan spice are included with this article.

Our 8-Week Weight Loss Challenge ends with our final weigh-ins today, 8/17/18. Upcoming events include: Ladies Night at Fitness on 8/23/18 and Men's Night at Fitness on 8/30/18. Look for our flyers posted throughout the community and on our Facebook page: Hualapai employee's working for health-fitness center. Please take time to check out our Fitness Center, talk to the trainers and take the challenge to choose HEALTH & Be Active. We hope the events we provide will help you learn to take better care of yourself for you, your family and your future.

Thank you, Rosemary Sullivan, EW4H Nurse Case Manager

Employees Working for Health Calendar 928.769.1630 or 928.769.2644

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		-1	21	n
				BACK TO SCHOOL BASH @ BOYS & GIRLS CLUB
	2	601	61	10
	12 PREVENTION CLASS 12PM- 1PM @ HEALTH DEPT			
	NOON EXE	NOON EXERCISES MONDAY - THUSDAY 12:10 PM- 1 PM	:10 PM- 1 PM	
•	13	15	16	17
	12 PREVENTION CLASS 12PM-			Final day of weight loss
	NOON EX	NOON EXERCISES MONDAY - THURSDAY 12:10 PM- 1 PM	12:10 PM- 1 PM	come weigh in 530 AM- 3PM
	20 21	22	23	24
	12 PREVENTION CLASS 12PM- 1PM @ HEALTH DEPT		Ladies fitness night- 530-close Øfitness center	
	NOON EXE	ON EXERCISES MONDAY - THURSDAY 12:10 PM- 1PM	2:10 PM- 1PM	
	27	29	00)	31
LUNCH & LEARN	T2 PREVENTION CLASS 12PM- 1PM @ HEALTH DEPT		MEN'S NIGHT @ Fitness 5:30-Close	×

EVENTS中

HUALAPAI EMPLOYEES WORKING FOR HEALTH (EW4H) PROGRAM 928 769-1630 OR 769-2644 2 LOCATIONS- OLD HEALTHY HEART BLDG NEAR RADIO STATION & FITNESS CENTER BEHIND TRIBAL GYM

Maning exercises are Mondays thru Friday STARTING 530AM-730AM

1 on 1 training to group classes- includes cardio, flexibility/ stretching, hi / low intensity, weight training

Affernoon Exercise- 1210pm-1250pm Monday to Thursday Hi-intensity, cardio and light training WE ACCOMMODATE EVERYONES NEEDS

TZ PREVENTION CLASSES-EVERY TUESDAY @ 12PM-EVERY TUESDAY @ 12PM-

May 18, 2017 at Health dept- large conference STARTS 12PM-1PM

Topic: SPICE UP YOUR LIFE- learning to add new flavors in cooking

A CDC Curriculum (class discussion) on preventing type 2 diabetes- learning

about physical activity, nutrition, prevention and

managing diabetes

Personal Training AvailableIf you're interested please contact
our department to schedule or if
you have any questions.

Beginners and Advance are ALWAYS welcome for Fitness classes. Our goal

is to help you be HEALTHY and ACTIVE.

HUALAPAI EMPLOYEES WORKING FOR HEALTH (EW4H) PROGRAM presents

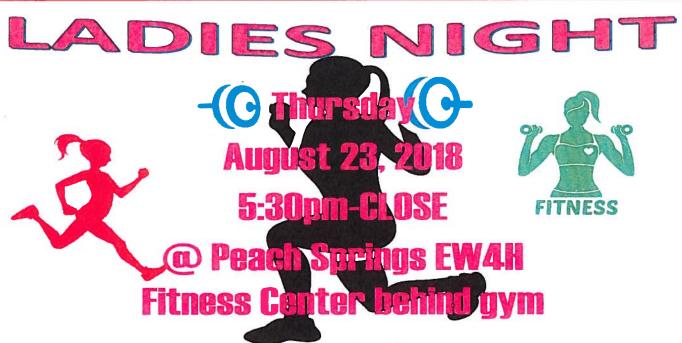
Diabetes-Type 2 Prevention Classes for the MONTH OF AUGUST 2018

8/7/18-- 12 Noon- 1pm at HEW- LARGE conference room
8/14/18-- 12 Noon- 1pm at HEW- LARGE conference room
8/21/18-- 12 Noon- 1pm at HEW- SMALL conference room
8/28/18-- 12 Noon- 1pm at HEW- SMALL conference room
At Peach Springs Health Dept.

Come join us- good information for you and your family
Lunch will be provided



For more information, contact Employees Working for Health @928.769.1630 or Rosemary Sullivan @ 928.727.1286



Wear comfortable walking shoes and workout clothing

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EMPLOYEES WORKING FOR HEALTH (EW4H) PRESENTS

Lunch and Learn

AUGUST 27, 2018

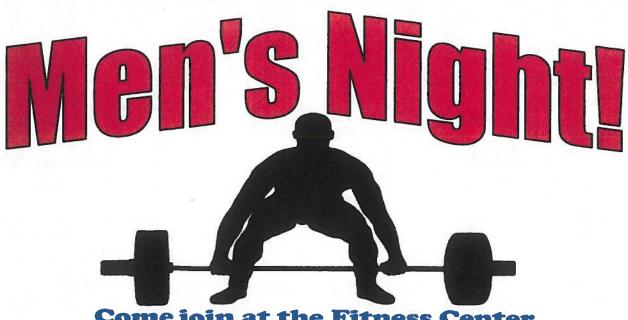
@HEW large Conference rm.
12noon-1pm

<u>Topic: Spice Up Your Life- learning to add new</u> ilavors in cooking





FOR MORE INFORMATION, CONTACT: EW4H@ 769-1630 OR STOP BY THE PINK OFFICE BY RADIO STATION



Come join at the Fitness Center Thursday, August 30, 2018 @ 5:30p.m. til CLOSING

For any info. Contact EW4H Fitness Center 928-769-2644

Employee Picnic • Friday, August 31st

Submitted by: Danielle Bravo | Hualapai Planning Department



"HEALTHY HUALAPAI EMPLOYEES – 2020"

Friday, August 31, 2018 9:00 a.m. to 3:00 p.m. Youth Camp

EVENTS TO LOOK FORWARD TO—

- June Horseshoes, Planning
- ⇒ **Shooting**, Health Department
- ⇒ **Fishing**, Natural Resources
- *⇒ Archery, Natural Resources*
- *Jump Houses, Adult Detention*
- **Traditional Games**, Cultural
- *Walk, EW4H*
- *Tug-O-War*, EW4H
- Sitting Volley Ball, Recreation

- **3 on 3 Basketball**, Public Defender
- **Kickball**, Public Defender
- = Egg Toss, Prosecutor
- Face Painting, Head Start
- 3-Legged Race, Juvenile Detention
- *Grilling, EMS/Fire*



transportation to the event.

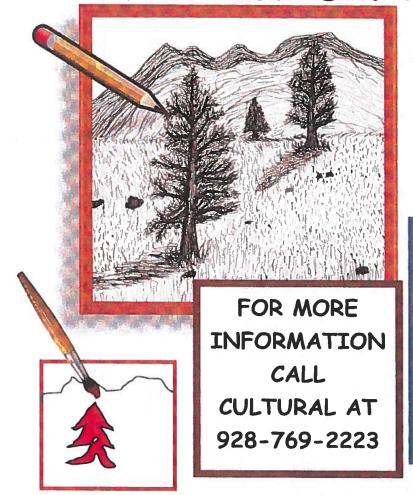
Hualapai Transit Buses will be leaving the Tribal Office at 8:00AM and returning no later than 3:00PM.

Hualapai Cultural Resources Presents Art Class for Kids • Friday, August 31st
Submitted by: Marcie Craynon | Hualapai Department of Cultural Resources

HUALAPAI CULTURAL RESOURCES PRESENTS AN ART CLASS FOR

KIDS WITH DRAKE AND JOE

COME AND JOIN US ON AUGUST 31ST AT THE HUALAPAI EMPLOYEE APPRECIATION DAY PICNIC



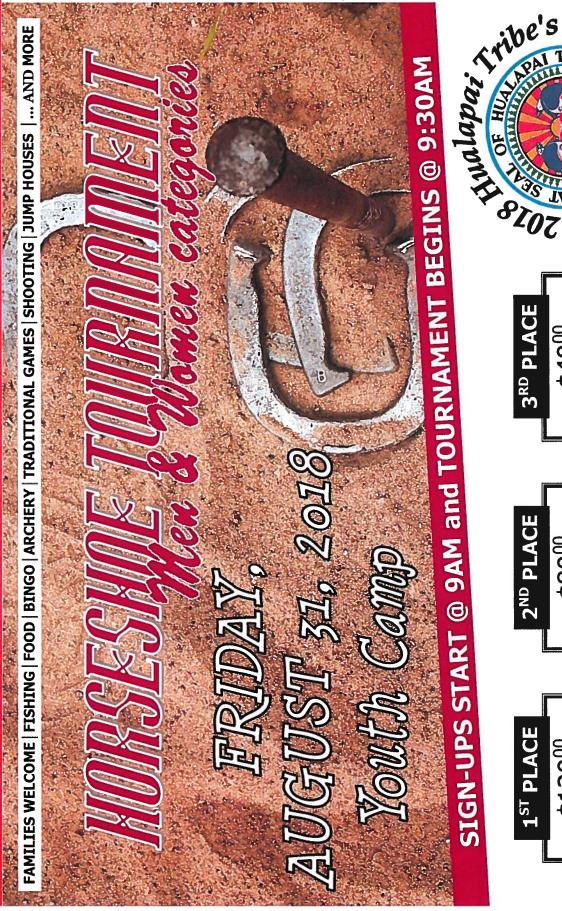


LEARN TO PAINT ON A 6X6 CANVAS!

WHERE??? AT THE YOUTH CAMP!!!

Men & Women - Horseshoe Tournament • Friday, August 31st

Submitted by: Danielle Bravo | Hualapai Planning Department



\$40₀₀

1ST PLACE

 $$120^{00}$

\$80₀₀

*These amounts are for both men and women categories. *

Hosted by: Hualapai Planning Department

Contact Information: Kevin Davidson or Calvin Smith (928) 769-1310

National Recovery Month Run/Walk • Tuesday, September 4th
Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness

RUN/WALK SEPTEMBER 4, 2018

JOIN THE VOICES FOR RECOVERY









invest in health, home, purpose, and community



Wulti-Purpose Lot

Prevention Works • Treatment is Effective • People Recover

september 2018

HUALAPAI SAMHSA

Substance Abuse and Mental Health Services Administration

September is National Recovery Month- Strategic Prevention is hosting a Run/Walk to increase awareness and celebrate those individuals living in recovery.

Show your support by joining us September 4, 2018 as we kick off National Recovery Month. First 48 participants will receive a commemorative t-shirt.

For more information, contact Athena Crozier (EW4H) or Jessica Powskey at (928) 769-2207.

School of Hard Knocks: Concussion & Returning to Learning and Life • Friday, Sept. 4th
Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness

School of Hard Knocks:

Concussion & Returning to Learning and Life

What Teachers, Parents, Coaches, Prainers, and Other Community Member need to know about concussion and its effects on learning and life

Come and learn about what concussion really is, how to identify it, how to treat it, and how to manage it for better outcomes after injury. Learn first-hand how to help youth and adults return to daily living, learning, play and work after injury based on the CDC's most recent guidelines. This 3.0-hour session will help you to help the survivor work towards the best possible results after injury, how to identify when additional medical services/supports are needed, and how to prevent further injuries, disease and death.

- - - All training materials will be provided. - - -

Hosted by: The Hualapai Tribe and ITCA-Multi-Purpose Room
470 Hualapai Drive, Peach Springs, AZ 86434
Friday Afternoon, Sept. 7th, 2018 1:00p – 4:00p

Instructor of Record:

Arizona Governor's Council on Spinal and Head Injuries

Susan M. Wolf, PhD

Educational Psychologist, Public Health Consultant Empowerment Research, LLC

Pre-register by 8/23/18:

Taylor.Johnson@hualapai-nsn.gov

928-769-2207

Funded by the CDC and the AZ Dept. of Fealth Services | CFDA #93 136 - 6 NU17CE924850-01-01

EW4H-Diabetes: Type 2 Prevention Classes • September

Submitted by: Rosemary Sullivan, EW4H Nurse Care Manager | Hualapai Health, Education & Wellness

Diabetes-Type 2 Prevention Classes for the MONTH OF SEPTEMBER 2018

9/11/18-- 12 Noon- 1pm at HEW - LARGE conference room 9/18/18-- 12 Noon- 1pm at HEW - SMALL conference room 9/25/18-- 12 Noon- 1pm at HEW - LARGE conference room AT PEACH SPRINGS HEALTH DEPT

Come join us- good information for you and your family *Lunch will be provided*



For more information, contact Employees Working for Health @ 928.769.1630 or Rosemary Sullivan @ 928.727.1286



Western Native Youth Food Soverignty Summit

Submitted by: Teresa Honga | Intertribal Agriculture Council





Please submit your Gamyu articles by the deadline below to ensure your article will make the publication date. You are more than welcome to email your articles to:

dbravo@hualapai-nsn.gov.

The Gamyu newsletter is a biweekly newsletter publication and is accessible on-line for your convenience at: http://hualapai-nsn.gov

ARTICLE DEADLINE

Friday, August 31st (**Employee Picnic Day**)

Next Publication: Friday, September 7th

FOR MORE INFORMATION CONTACT:
FERESA HONGA,
WESTERN REGION
NTERTRIBAL AGRICULTURE COUNCIL (IAC)

Page 24 GAMYU

2018 Southwestern Intertribal Agriculture Council Conference • September 25th & 26th Submitted by: Teresa Honga | Intertribal Agriculture, Western Region



Intertribal Agriculture Council

100 North 27th Street, Suite 500, Billings Montana 59101 (406) 259-3525

July 2, 2018

Tribes, Organizations, & Agencies of the Southwestern Regions:

The 2018 Southwestern IAC Conference is scheduled to be held September 25-26, 2018 in Flagstaff, Arizona at the Twin Arrows Navajo Casino. The Intertribal Agriculture Council Western Region is excited for the opportunity to host this event.

A block of rooms has been reserved at the Twin Arrows Casino. Rates are \$119 / night, use the code ID#5756 when booking. Attendees must make their own reservations & a \$100 incidental fee will be charged at time of reservation & the cut-off date for reservations is September 10, 2018.

Should you have any questions, please don't hesitate in contacting us.

Sincerely,

IAC Technical Assistance Specialists

Western Region - Teresa Honga - 928-302-6835 - teresa@indianaglink.com Southwest Region - Desbah Padilla - 505-377-0342 desbah@indianaglink.com



Issue #19 Page 25

EMPLOYMENT OPPORTUNITIES

Notice of Request for Proposals • Monday, August 27th
Submitted by: Kevin Davidson | Hualapai Planning Department

OF HUNDER

NOTICE OF REQUEST FOR PROPOSALS FROM DESIGN-BUILD FIRMS, RFP NO. 02-2018 SINGLE-FAMILY HOME IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting Proposals from Design-

Build (D-B) Firms to utilize the One-Step Design-Build contracting procedure for the design and construction of one single-family home in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites interested firms to submit written Proposals relating to this project. The Tribe will select the top-rated Offeror and enter into contract negotiations. The project shall utilize a negotiated Guaranteed Maximum Price (GMP). Funds are derived from the BIA Housing Improvement Program. The new homes must be ready for occupancy no later than six (6) months after contract's Notice to Proceed is given.

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

PRE-SUBMITTAL CONFERENCE: Thursday, August 9, 2018, 2:00 P.M. Hualapai Cultural Center, 880 West Highway 66, Peach Springs, Arizona 86434.

SUBMITTAL DUE DATE: Monday, August 27, 2018, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434.

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

GCW • Employment
Submitted by: Josue Isiordia | GCRC

Janitor Manager

We are now accepting applications for Janitor Manager for Grand Canyon West (GCW).

Please send all applications to:josue.isiordia@grandcan yonresort.com or if you have any questions contact Josue Isiordia at 928-769-2419 ext 121.

Applications can also be dropped off at the GCRC Administration Building, Human Resources Department.



2018 Current Job Posting for the Hualapai Tribe <u>OPEN COMPETITIVE</u>

	Job Title	Pay Rate	Opening Date	Closing Date
Human Resources	Director	D.O.Q.	July 24, 2018	Aug. 24, 2018
Cultural Resources	Hualapai Language Program Asst.	D.O.E.	June 16, 2018	Open Until Filled
Health Department	Radio Station - Administrative Assistant	D.O.E.	July 31, 2018	Aug. 10, 2018
	MCH Home Visitation Educator	D.O.E.	Aug. 10, 2018	Open Until Filled
	Child and Family Counselor	\$48,000-\$50,000	Jan. 11, 2018	Open Until Filled
Adult Detention Ctr.	Food Service Worker	D.O.Q.	July 10, 2018	Open Until Filled
Juvenile Detention Ctr.	Correctional Officer I, II, III	\$16-\$18/Hr.	Sept. 13, 2017	Open Until Filled
	Facility Administrator	D.O.E.	Aug. 3, 2018	Sept. 4, 2018
Human Services	Shelter Advocate	D.O.Q.	July 10, 2018	Open Until Filled
	Intake Specialist/Receptionist	D.O.Q.	Aug. 10, 2018	Aug. 22, 2018
	Case Manager	D.O.Q.	Aug. 10, 2018	Aug. 22, 2018

FOR A COMPLETE JOB ANNOUNCEMENT PLEASE SEE AT THE TRIBAL ADMINISTRATIONOFFICE OR VISIT OUR WEBSITE AT <u>HUALAPAI-NSN.GOV</u>

Notice: The following additional documents must be attached to this application

- Copy of your driver's license, if any and applicable to job announcement
- Copy of your high school diploma or GED and/or college, vocational degrees or transcripts for Higher Education
- Copy of your Tribal Enrollment card if claiming Indian Preference

EDUCATION & TRAINING INFORMATION

CDI Head Start • Now Accepting Enrollment Applications

Submitted by: Jeanine Coursey | CDI Head Start





CDI HEAD START

SERVING

HUALAPAI TRIBE

Is Now Accepting

Applications For Enrollment



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

For more information, contact the center at 928-769-2522 or

Stop by the Head Start Center at 479 Hualapai Way

Documents needed to inquire income eligibility

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

This institution is an equal opportunity provider

PLEASE FOLLOW US ON FACEBOOK At

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

Hualapai Head Start • First Day of School: September 4th

Submitted by: April Keller | Hualapai Tribe Head Start



HUALAPAI HEAD START

P.O. Box 125 479 Hualapai Way, Peach Springs, AZ 86434-0125 Phone: (928) 769-2522 Fax: (928) 769-2457





Hualapai Head Start First Day of School September 4, Tuesday

Are you READY??

Checklist Required Documents Before school starts

Enrollment Packet Complete
Immunizations
Physical
Dental

Come by the Center if you have questions or Call 769-2522

Hualapai Head Start • Welcome Head Start Families: September 4th

Submitted by: April Keller | Hualapai Tribe Head Start



HUALAPAI HEAD START

P.O. Box 125 479 Hualapai Way Peach Springs, AZ 86434-0125 Phone: (928) 769-2522 Fax: (928) 769-2457



August 20,2018

It is that time of the year families are getting their little ones ready for Head Start. I am proud to announce that the Hualapai Tribe has received the grant for Head Start. We want to "Welcome" all new and returning Head Start families to 2018-2019 school year. We can't wait to play, learn, and grow socially and emotionally together this year as a Head Start family. We welcome all support from Tribal Council and tribal departments as we make this move forward together.

If you are unfamiliar with Head Start stop in for a visit. We welcome you to learn what we do every day and share the Hualapai Tribe Head Start goals for this first year. Let me introduce the Head Start staff to you. We have four returning teachers: Denee Lee, Allison Shongo, Hope Squigma, Lisa Payton, and a substitute teacher Jordayne Lewis. Supporting teaching staff include: Valerie Quasula, Pearl Sullivan, Lueisha Siyuja, Alexandra Crook, TeAnna Calico, Michaela Grzanich, Michaela Samson, and Elida Powsey. Our nutritional coordinator is Munuetta Torrez, Early Education and Disabilities Coordinator is Guadalupe Lopez-Rivera, custodian Reese Wellington, bus driver and part of the teaching staff, Minyon Myer, Administrative Assistant Jeanine Coursey, and myself, April Keller, Program Director.

I am enthusiastic and committed about this new adventure with Hualapai Head Start. I look forward to working and supporting families and their children. Twenty-seven years of educational experience in elementary, middle, high school and educational administrative leadership has prepared me for Head Start. I have a BS in Psychology with emphasis on children and minor in Native American studies, MS in Education K-9, and Med in Educational Administrative Leadership. I am currently taking Early Childhood courses to ensure the Office of Head Start program goals are being met.

Arizona born and raised with a few adventures to California, Oregon, and Nevada, but I always come home to Arizona. Country girl at heart, happily married, and I live on a ranch in the Juniper mountains, SW of Seligman.

I have an open door policy please feel free to come see me with your questions, suggestions, and concerns. I will be happy to share the Head Start Performance Standards and Head Start goals for this year.

Best wishes for this new school year,

April Keller / Head Start Program Director

1. HUALAPAI TRIBE

15,782

21,398

27,014

2

3

1,316

1,784

2,252

304

412

520

Hualapai Head Start • Free and Reduced Price Policy Statement Fiscal Year 2018 Submitted by: April Keller | Hualapai Tribe Head Start

FREE AND REDUCED PRICE POLICY STATEMENT FISCAL YEAR 2018 FOR THE CHILD AND ADULT CARE FOOD PROGRAM

(Non-PRICING ONLY)

Family	y S	ize: . *Year	**Month	**Week	Family Size:	*Year	**Month	**Week
		FREE				REDUCED		
C cl	Chil ha le/s Sec US[HUALAPAI TRIBE/HI (NAME) d and Adult Care Forge without regard to she has been discrimated a retary of Agriculture, DA will reimburse us ow are used to determine the control of the contr	of Sponsor) od Program. sex, race, colo ninated agains Washington, I to provide me	Meals will be made or, age, handicap or of in any USDA rela DC 20250. Househ eals to enrolled child	available to enrolle national origin. Any ited activity should old income determi fren. The income	ed children y person wh I write imm nes the am	at no separa no believes the nediately to the	hat the nev
т	Submit a copy of the following public release to a local media source: To:_GAMYU NEWSLETTER/EPCH RADIO Date: August 20,2018							
2		We will submit a pub institution draws atter attendance. In addition (SIGNATURE OF SPON	on the income	ncing the availability eligibility guidelines —	of meals at no sep will be included in to the contraction to the contraction of the contr	arate charg the public re Augu	e to children	in in
1	t	HUALAPAI TRIBE (NAME OF S Nutrition Programs Of the same meals at no and there is no discrim	SPONSOR) ffice, that all charge separate charge	hildren at the sites of ge regardless of sex	race, color, age, h	plication fo	rms are serv	red
- 4			_					

	32,630	2 720	600		40.405	0.070	000
4	32,030	2,720	628	4	46,435	3,870	893
5	38,246	3,188	736	5	54,427	4,536	1,047
6	43,862	3,656	844	6	62,419	5,202	1,201
7	49,478	4,124	952	7	70,411	5,868	1,355
8	55,094	4,592	1,060	8	78,403	6,534	1,508
Each Additional Member Add:	+5,616	+468	+108	Each Additional Member Add:	+7,992	+666	+154

1

2

3

22,459

30,451

38,434

1,872

2,538

3,204

432

586

740

Meals will be provided at: HUALAPAI HEAD STA	ART PROGRAM
Signed Akellen	(LOCATION)

Valentine Elementary School • Eagle Eyes

Submitted by: Danielle Bravo | Hualapai Planning Department



EAGLE EYES



Vol. 3, No. 10

May 1, 2018

Promotion Date Reset!!!

Your student should be bringing home a revised May calendar today. The non-school days are a lighter pink. Please discard the original May calendar with the darker pink weekends.

Due to scheduling conflicts, we have moved our Promotion Ceremony back to Wednesday, May 23rd. It still is scheduled to begin at 6pm.

This will mean that we will be leaving our Field Day in the Hualapai Mountains that day a little earlier than usual to allow families time to get ready for the ceremony.

Field Trips

Due to the #REDforED walkout at Kingman Unified School District, our 8th grade visit to Kingman High School is postponed until further notice. If a viable replacement date cannot be found, we will forward high school registration information to our 8th grade families as soon as we can.

The Small Schools Track Meet is still a go for this Thursday.

Buses will run their normal morning routes. We will leave from the school shortly after 8am. Any families who drive their students to the track meet must check in with Mrs. Gonzales so that we know your students are there. If families want to take their students from the event, they will need to sign them out, just as they would from the school. Buses will deliver students to their stops after the track meet, starting at approximately 3pm.

Our school's annual field trips this year will be to the Grand Canyon Caverns. Kindergarten through 4th grade will be visiting the caverns on Wednesday, May 9, while the 5th through 8th grade trip is scheduled for Monday, May 14. Students may bring a sack lunch if they would like, but the school will be providing lunch through the Caverns Restaurant for all students. More information can be found on the permission slip for your student's trip. Both these days have normal release times for all grades.

Our annual Field Day is on Wednesday, May 23rd, this year. Again buses will run the regular morning routes. Buses will deliver students to their stops after the Field Day, starting at approximately 2pm.



HOW CAN I HELP MY STUDENT?

- Encourage school pride A number of students have indicated that they intend to come to the track meet, but not participate in their events. This is very disappointing. The Small Schools Track Meet is a tradition that dates back to a time when it was held out in the dirt on our school grounds. Many of you may have participated in it yourselves. It is one of the events that our school does for our students that makes us unique. It is a school-wide event, so our school campus will be empty that day. If students come to school Thursday, they will be expected to participate in their events.
- Remind them that the year is not over Students may have completed their state testing, but they still have their yearly ATI post-tests. These scores will be compared to pre-test scores from August to show how much academic growth they have achieved.
- Complete your student's enrollment application –
 If you haven't already done so. The deadline for
 submitting enrollment applications is May 31st.

School Improvements

Once again this summer, we will be undertaking some improvement projects around the campus to make a better learning environment for you students next year. Some of the projects include:

- Installation of a front security gate
- Classroom painting and carpeting
- Installation of ceiling-mounted projectors
- · Exterior trim replacement and painting
- Replacement of student computers

AZ TAX CREDIT

Arizona Tax Credit donations can be made anytime, even over the summer! These donations help us cover the costs of our field trips (and they can come back to you on your Arizona tax return).

Boys & Girls Club • Updated Information Submitted by: Adeline Crozier | Hualapai Administration

BOYS & GIRLS CLUB

OF PEACH SPRINGS

479 Diamond Creek Road; P.O Box 395

Peach Springs, AZ 86434

bone: (029) 750 1901 | Fav: (029) 750 190

Phone: (928) 769.1801 Fax: (928) 769.1803

Email: peachsprings@bgcs.org www.bgcs.org/peachsprings

Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

Hours of Operation

After-School Programming

Monday-Thursday

Youth: 2:00pm-6:00pm

Teens: 3:00pm-7:00pm

Fridays

Youth: 7:45am-5:15pm

Teens: 9:00am-5:00pm

Summer & Breaks

Youth: 7:45am-5:15pm

Teens: 9:00am-5:00pm

CLOSED

Saturday-Sunday & Major Holidays

AGES SERVED: 6 YEARS to 18 YEARS OLD

COST to JOIN the FUN: \$3.00/ANNUAL MEMBERSHIP

SERVICES PROVIDED

* Tutoring & Homework Help

* Healthy Afterschool Snacks

* STEM (Science, Technology, Engineering, Math)

* Sports, Fitness & Recreaction

* Prevention Programs for all ages

* The Arts

* Radio Club

*TEEN Programming

Inquiring about your 5 year old in Kindergarten, please see Branch Director for more information.

Contact Information

Branch Director- Amelia Walema

Phone: 928.769.1808 (Direct) Email: amelia.walema@bgcs.org

Youth Developement Supervisor- To Be Announced

Teen Developement Specialist- Brittany Unger

Phone: 928.769.1801 Email: brittany.unger@bgcs.org

Sr. Program Instructor-Pearl Sullivan

Phone: 928.769.1801 Email: pearl.sullivan@bgcs.org

PosterMyWall.com



Proudly Serving the Youth of the Hudagai Community

Dislocated Worker & Displaced Homemaker Orientation • Monday, August 27th
Submitted by: Jean Imus | Hualapai Education & Training Center



NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD Workforce Innovations and Opportunity Act

Dislocated Worker Program
Orientation
Monday, August 27, 2018
11:00am – 12:00pm
Hualapai Nation
Education Building
460 Hualapai Drive, Peach Springs

- Have you been laid-off?
- Collecting Unemployment Insurance benefits or has exhausted benefits?
- ♣ Are you a stay at home male or female who has been providing unpaid services to a family member and been dependent on the income? Have you now lost that income because of divorce, legal separation, or by the death of that person?
- If you answered YES to any of these questions, you are encouraged to attend the orientation to find out more about the Workforce Innovation and Opportunity Act (WIOA) Dislocated Worker Program.

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Community Self Help Meeting
Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness

February 06,2018

Monday	Time	Location
Recovery	6:00 - 7:00 PM	HEW *Small Conf.
		Room
Tuesday	Time	Location
Wellbriety	3:00 - 5:00 PM	HEW *Lg. Conf.
		Room
Women's Support	5:30-7:00 PM	Social Services
Group		(staff)
Youth Council	6:00 - 9:00 PM	HEW *Small Conf.
		Room
Batters Intervention	6:00 - 8:00 PM	HEW *Lg. Conf.
		Room
Wednesday	Time	Location
Talking Circle	9:00 - 11:00 AM	Healing House
Parenting	12:00 - 1:30 PM	HEW
AA	2:00 - 4:00 PM	Healing House
Thursday	Time	Location
Wellbriety	10:00 - 12:00 PM	HEW *Small Conf.
		Room
Friday	Time	Location
AA	1:00 - 2:00 PM	Healing House

*HEW = Hualapai Health, Education & Wellness







Great Spirit Prayer

Submitted by: Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness

Great Spirit Prayer

"Oh, Great Spirit, whose voice I hear in the wind, Whose breath gives life to all the world.

Hear me; I need your strength and wisdom.

Let me walk in beauty, and make my eyes ever behold the red and purple sunset.

Make my hands respect the things you have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things you have taught my people. Help me to remain calm and strong in the face of all that comes towards me. Let me learn the lessons you have hidden in every leaf and rock.

Help me seek pure thoughts and act with the intention of helping others. Help me find compassion without empathy overwhelming me.

I seek strength, not to be greater than my brother, but to fight my greatest enemy Myself.

Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset, my spirit may come to you without shame.



Hualapai Strategic Prevention September 2018 National Recovery Month

Hualapai Transportation • Non-Emergency Medical Transport Program

Submitted by: Krissy Shongo | Hualapai Health, Education & Wellness



Transportation Staff

Philbert Watahomigie Jr, Transportation Sandra Irwin, Health Director Manager

Darnell Wilder, Transportation Driver Louise Wood, Transportation Driver Joel Querta, Transportation, Driver Doris Butler, Transportation Driver Eliza Querta, Transportation Driver Viola Gala, Transportation Driver Kristina Shongo, Transportation Administrative Assistant

biohazard clean up. Drivers also receive CPR, First passenger safety, which includes use of seat belts, Each Staff member is trained in vehicle and Aid, and defensive driving training.

have a medical appointment, locally or out of area. Kingman, Phoenix, Prescott, Flagstaff, Tucson, and Las Vegas. Funding is provided by the Hualapai Transportation is provided to individuals who These transports include the local IHS clinic, Tribe or AHCCCS (if client is eligible).

Other transportation includes travel to Kingman individuals are charged \$10 per person for each 100 miles traveled. Medical transports take to shop and other personal activities. These

Non-Emergency Medical Transportation Rider Rules

passengers. Toward that end, the NEMT has adopted the following Passenger Rules: Riders have a responsibility to conduct themselves in a manner, which shows consideration for the comfort of other

allowed on transport vehicles, nor persons having an odor of alcohol. Alcohol-There is to be no alcohol

- Conduct Obscene language, loud noises, or boisterous conduct is prohibited.
 - lighted substance on board an agency Smoking - Smoking or carrying any vehicle is prohibited.
- or similar devices (other than by means of Noise - Playing of radios, tape recorders an earphone) is prohibited.
 - Food Consumption of food or beverages is prohibited.
- scratching or otherwise affixing of graffiti Graffiti - Any writing, spraying, on, or in, facilities or vehicles is prohibited.
 - their seats and wear seat belts at all times Seatbelts - Passengers must remain in
- Seating Elderly and Disabled passengers other persons seated in the wheelchair tie designated as courtesy seating for elderly in wheelchairs, shall have priority over down locations. Other seats are and disabled.
 - Watches and clocks seldom agree, and an error of time may result in a missed Please be ready for your ride early. transport.

Hualapai Transportation Local and Out of area

Parker, Flagstaff, Tuba City, Prescott Kingman, Builhead City, Las Vegas Out of area includes, but not limited to: and Phoenty,

Ba'wa Siv: Jik

"Because We Think of Them"

488 Hualapai Way/P.O. Box 397 Hualapai Health Department Peach Springs, AZ 86434 Telephorie: 928-769-4188 Fax: 928-769-2881



Hualapai Transportation Services Offered for:

- Medical appointments
- Discharge from health facility
 - Dialysis Treatment
- Dental appointments
- Optometry appointments

Community activities

state or local government is covered by Public Transportation offered by a Title II of the ADA.

We have vehicles that are accessible to those with disabilities, via ramps and Our drivers are courteous and wellsecurement devices

trained.

Suggestions, and all feedback are Compliments, Complaints,

welcome.

will be documented and investigated in a Transportation Manager. The complaint Complaints may be made by phone (928-769-4188), or in writing, to the timely manner

The ADA and Title VI complaint procedure is posted in each Fransportation vehicle.

Non-Emergency Medical Transportation Steps to requesting Hualapai

Medical Transports:

- Client notifies IHS Purchase Referred Care Clerk, explains need of medical transportation.
- IHS Clerk will complete transportation Department's Transportation Office forms and fax to the Health
 - Transportation Manager schedules the transport and assigns driver.

Non-Medical Transport

The request for non-medical transport receipt obtained from the tribal office is completed and faxed or brought to after paying the fee of \$10.00/100 the Health Department with the

Transportation Manager schedules the ransport and assigns driver.

THINGS TO CONSIDER: *

- ransport may not be honored, due to Request transportation 2 days in advance, Requests "on day" of scheduling.
- if you are unable to make the scheduled Fransportation Program as soon as transport, please notify the sossible,
- Dialysis clients and requests for medical ransport take top priority.
- lirectly, when clients are discharged. Medical Facilities need to notify us

Medical Transport Description Hualapai Health Department Hualapai Tribe

Fransport (NEMT) Program, provides transport Health Department's Non-Emergency Medical The Hualapai Tribe, through the Hualapai services for medical and Non-Emergency Medical purposes.

appointment or admission information from the Medical Transport Trips are requested through the Indian Health Service's Purchase Referred appointment and give the information to the medical providers. The Purchase Referred Care office, because they receive the Care Office personnel schedule the NEMT Program.

PM, Monday through Friday. Saturdays are The trips are provided between 8 AM and 5 reserved for dialysis clients.

medical facilities where an immediate relative whose income is limited. Medical transports pick-up or drop off at various places, trips to take precedence over other types of trips. Those trips include; food, bank, shopping, individuals who do not have a vehicle and Other types of transports are provided for has been flown or taken by ambulance. There are also trips requested and scheduled for individuals, not financially in need, who need to pick up a vehicle, shop for a program, and other social or program issues that may arise. driver/vehicle) between 8 AM to 5 PM, The trips are available (if there is a Monday through Friday.

Myths About Alcohol

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

MYTHS ABOUT ALCOHOL

Myth 1: Coffee will help to sober you up.

Truth: Coffee does not help to sober you up. Neither does a cold shower, fresh air, etc. The only way of getting rid of the effects of alcohol is for your body to metabolize it and that takes time! On average your body metabolizes one standard drink per hour.

Myth 2: Alcohol makes it easier for people to socialize.

Truth: Alcohol in small quantities can make people feel more relaxed and sociable. However, alcohol is a "downer". Drinking too much alcohol can make people want to withdraw from others. Alternatively, drinking too much alcohol can make people feel aggressive, which also doesn't help much with improving social relationships!

Myth 3: Alcohol makes people feel happy.

Truth: In small quantities that can be true. However, too much alcohol makes people feel depressed or sad!

Myth 4: The worst thing that can happen if you drink too much alcohol is a raging hangover.

Truth: Alcohol can lead to far greater evils than just a bad hangover. Alcohol is one of the causal factors in many traumatic and tragic accidents. Also, drinking too much alcohol can suppress the central nervous system to such an extent, that it can lead to come or death.

Myth 5: Drugs are a bigger problem than alcohol.

Truth: All drugs cause harm but alcohol causes more deaths than all other illegal drugs combined.

Myth 5: Drinking makes you cool.

Truth: Drinking too much alcohol can lead to people feeling sick or vomiting. It makes people less concerned about what they say or do. Both of these factors can lead to socially embarrassing situations and certainly do not make people "cool".

Myth 7: You're tough and cool if you can handle lots of alcohol.

Truth: People with a larger lean body mass may be able to handle more alcohol than the average person. Being bigger doesn't necessarily make a person cooler or tougher. Another reason some people can handle more alcohol is because their bodies have become tolerant to the effects of alcohol. This means that their liver may actually already be damaged or has learned to work harder to clear the alcohol. Having a damaged liver is hardly tough or cool. It can actually be quite serious!

Myth 8: Everyone does it.

Truth: This is not true. While most 13-14 year olds might have tried a sip of alcohol across their whole lives, very few drink to excess. Only 1 in 50 report drinking above a level that increases the risk of alcohol-related injury on a single occasion.

Myth 9: Alcohol is not a drug.

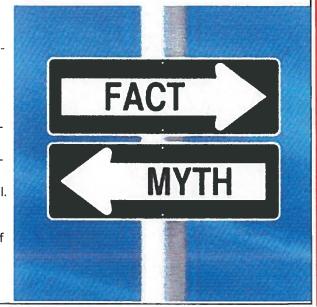
Truth: Alcohol is often not thought of as a drug because it is legal. Alcohol is a drug which slows down the central nervous system and is second only to tobacco as a cause of drug related deaths and hospitalizations in Australia. Alcohol belongs to a class of drugs called depressants.

Myth 10: Mixing drinks makes you more intoxicated.

Truth: It is the total amount of alcohol in all the different drinks combined, which will determine the level of intoxication, not the actual switching between different kinds of drinks. Alcohol is alcohol. However, people who mix drinks may be drinking more alcohol because they are trying different kinds, resulting in a higher concentration of alcohol.

Myth 11: Switching between drinks causes a hangover.

Truth: It is the amount of alcohol consumed and the concentration of congeners (toxic by-products from the production of alcohol), which will determine if a person suffers from a hangover, not the switching between types.



GAMYU Page 38

Smoking, Gum Disease and Tooth Loss • What is Gum Disease?

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



Centers for Disease Control and Prevention

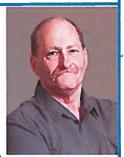
CDC 24/7: Saving Lives, Protecting People™

Brian's Biography (Heart Disease and Stroke/Cancer)

Brian, age 63, grew up in Chicago. Both of his parents smoked. Brian started smoking at a young age, and by the time he was in eighth grade, he was smoking a pack of cigarettes each day. "My parents found out that I was smoking when I was 12, but that didn't stop me," he said.

At age 19, Brian joined the Air Force and was assigned to work at an Air Force base in California. He soon fell in love and married his sweetheart, a girlfriend he had previously dated. Brian had many responsibilities as a master sergeant in the Air Force. As a result, he struggled with job stress and often smoked cigarettes to cope.

One morning, while stationed in England, Brian had chest pains while walking at work. He was Brian, age 63, Texout of breath and sweating, and the pain became intense and worsened. Suddenly, he collapsed. Brian was having a heart attack at age 35. The next day, he had an angioplasty—a procedure in which a surgeon uses a balloon-like device to open up a blocked blood vessel. Brian slowly regained his strength but kept smoking. "The moment I walked out of the hospital, I started sneaking cigarettes again," he said.



as had his first heart attack at age 35.

While on leave after his heart attack, Brian had more chest pains. He was admitted to an Air Force hospital in San Antonio, where he was diagnosed with a serious arrhythmia—an irregular heartbeat that can be life

A TIP FROM A FORMER 18 years in the military and my biggest battle was against cigarettes. Brian, age 60 Air Force Veteran

Brian smoked and got heart disease. He went from serving his country overseas to spending

his life in emergency rooms and operating

rooms. Finally, he gust smoking and, years later

got a heart transplant that saved his life

You can quit smoking.

For free help, call

1-800-QUIT-NOW.

#CDCTios

During the next several years, Brian needed more heart surgeries. Eventually, his doctor told him that his heart was so damaged that he would need a heart transplant. This would be the beginning of a long and difficult journey for Brian and his family. Brian understood that not everybody who needs a transplant is able to get one, but he hoped that he

threatening. Brian underwent surgery to have a de-

fibrillator put in his chest. A defibrillator is a device

that helps regulate abnormal heartbeats.

would be one of the lucky ones.

Several months later, Brian's name was added to a national heart transplant waiting list. He and his family were thrilled. But that feeling didn't last long. One evening, Brian's doctor called with some bad news. Brian's name had been removed from the transplant list. The reason? Brian's lab results showed that he still smoked. "It was caught in a routine blood test for nicotine exposure," he said. Brian was devastated.

Brian had run out of treatment options, and his health was getting worse. He was determined to quit smoking so that he could have a chance to live. In the spring of 2009, Brian joined a smoking cessation class in a military hospital. "I did everything they told me to do, and I never looked back," he said. Because he remained smokefree, he eventually was put back on the list for a heart transplant.

In 2012, Brian received a long-awaited heart transplant. The transplant gave him new hope, but he understood the seriousness of the surgery. "They told me that a heart transplant is not a cure. I have Issue #19 Page 39

a weakened immune system, so I can't attend events where there are lots of people and little kids," he said. Brian's heart transplant, a healthier lifestyle, and quitting cigarettes for good gave him a new outlook on life.

While Brian remained smokefree, the damage caused by years of smoking continued to affect his body. In 2017, at age 63, Brian was diagnosed with lung cancer. He had surgery to remove part of his lung.

Now living in Texas, Brian is glad he quit smoking for good. "Every day is a gift to spend time with my wife and grandkids. If I'm around after everything I've been through, other people can have hope too."

Celebrate Recovery • Monday Nights

Submitted by: Keely Sage | Celebrate Recovery



THE ROAD TO RECOVERY

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

RECOVERING:

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

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

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

Recipe • Tumeric Yellow Rice

Submitted by: Rosemary Sullivan, EW4H Nurse Care Manager | Hualapai Health, Education & Wellness

Turmeric Yellow Rice

Prep Time: 5 mins | Cook Time: 15 mins | Total Time: 20 mins Course: Side Dish | Cuisine: Indian | Keyword: rice | Servings: 4 | Calories: 208 kcal

This turmeric yellow rice is full of aromatic flavors and makes an elegant side dish! It is simple to make and can be cooked in a rice cooker or on the stove top.

Ingredients

- 1 cup basmati rice (rinsed)
- 1 tablespoon coconut oil (or unsalted butter)
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 cups stock (chicken or vegetable)

Instructions

Stove Top

- 1. In a medium pot, combine the basmati rice and all other ingredients.
- 2. Cover and bring to a boil; reduce heat and simmer (covered) for 15 minutes.
- 3. Remove from heat and let sit for another 10 minutes before fluffing with a fork and serving.

Rice Cooker

- 1. Combine the basmati rice and all other ingredients.
- 2. Cook using the 'white rice' function (or regular function if there is not a white rice option).



Nutrition Facts Turmeric Yellow Rice Amount Per Serving (1 /4 of the batch) Calories 208 Calories from Fat 27 % Daily Value* Total Fat 3g 5% 15% Saturated Fat 3g Sodium 618mg 26% 2% Potassium 53mg Total Carbohydrates 39g 13% Sugars 1g 6% Protein 3g 5% Vitamin A 1.3% Calcium 2.6% Percent Daily Values are based on a 2000

Recipe • Homemade Moroccan Spice Blend

Submitted by: Rosemary Sullivan, EW4H Nurse Care Manager | Hualapai Health, Education & Wellness

Homemade Moroccan Spice Blend

Prep Time: 10 mins | Total Time: 10 mins

Course: Dinner | Cuisine: Moroccan | Servings: 4 | Calories: 44 kcal

Homemade Moroccan spice blend is the perfect way to add a little kick to your chicken, potatoes or vegetables! Great for sheet pan or grilling. Vegan, gluten-free, clean eating and paleo-compliant.

- 2 tablespoons brown sugar
- 4 teaspoons paprika
- 4 teaspoons cumin
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt

Ingredients

Instructions

- 1. Stir together all ingredients and store in an airtight container for up to a year.
- Use aggressively: 1 tablespoon per 7 oz chicken breast, 0.5 tablespoon per 4 oz salmon fillet, and roughly 2 tablespoons per lb of vegetables.

Recipe Notes: Makes roughly 1/2 cup

•	2	teaspoons peppei	r

½ teaspoon cayenne (or more to taste)

Amount Per Serving (2 tablespoons)			
Calories 44			
% D	aily Value		
Sodium 589mg	259		
Potassium 94mg	39		
Total Carbohydrates 10g	31		
Dietary Fiber 1g	45		
Sugars 6g			
Vitamin A	22.39		
Calcium	4.69		
Iron	11.69		



COMMUNITY MESSAGES

To an amazing, strong, caring, funny and beautiful young lady: Happy Happy 14th Birthday!

I can't imagine my life Without you and I hope you enjoy your day!

We love you Tae! Mom, Zaharia, LJ and Charlotte





In Memory of our Son, Brother and Uncle Brandon F. Crozier August 24, 1977

We want you to know that even though you're no longer here, we think about you every single day. There are just so many lessons that you have taught us. We miss your smile, your laughter and your sense of humor.

I guess, heaven is just so lucky to have an angel as funny as you, best birthday!

Seeking Hualapai Cultural Artisans
Submitted by: Clarenda Begay



GRAND CANYON NORTH RIM & BRYCE CANYON

Seeking Hualapai Cultural Artisans to share their art skills, show and sell to the visitors at Grand Canyon North Rim and Bryce Canyon for the Summer of 2019. Extremely interested in working with Up & Coming Emerging Artists. Send your artist bio, 6 to 8 images of your art to include an image of yourself with art, current contact information: name, address, telephone and email address. Email information & images to cbegay@gcnr.com or call (505) 870.5847.

KWLP "The Peach" Volunteer of the Month" - July • Jessica Orozco AKA "DJ Bloom"

Submitted by: Terri Hutchens | KWLP "The Peach"

WE LOVE OUR VOLUNTEERS

"The Peach.

The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
July, 2018 Volunteer of the Month:
Jessica Orozco, aka DJ Bloom







Dj Bloom, aka Jessiea Orozeo, is an employee with the Hualapai Tribe
Natural Resouces Department. She chares her passion for plants and alternative
Music. as well as services, activities and events going on in the community involving
natural resources, with Peach listeners every Tuesday at 3:00pm during Alternative
Oasis. When Jessica joined the Peach crew of volunteer DJs she promised staff she
would be our "DJ extraordinaire" and she has kept her promise, and then some! She
is always prepared, puts on a great show with her music picks, shares interesting
information during her talk segments and brings fascinating guests in for interviews.
She does everything staff asks her to do and more. We really appreciate her
participation! You definitely want to check out Alternative Oasis! We know you'll
appreciate her too! Jessica will receive incentives valued at \$100 for being Volunteer of
the month and be eligible to be Volunteer of the Year!

14 year mouth that to pin the Peach education: Call 769-1110.

RNLP Volunteer spectral to past by:







Good Health & Wellness • Word Search Participants

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



The Good Health & Weilness Program would like to announce the youth who participate & completed the word search & returned it back to The Good Health & Weilness located at the HEW Department.

The youth recieved a backpack full of school supplies, if any youth are intrested complete the crossword puzzle and return it back to GHW @ the HEW Department.

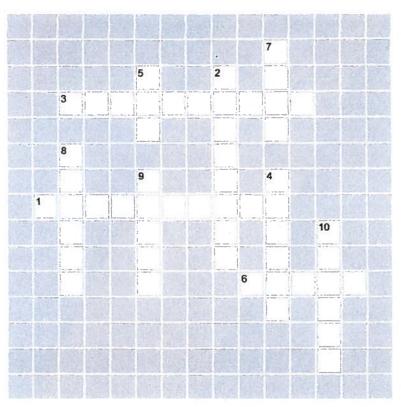


Back to School Crossword Puzzle

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

Back to School Crossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Back to School words that fit the clues.



Across

- 1. Device used to perform math operations
- 3. Outdoor recreational area for children
- Small portion of food or drink between meals

NOTE: Complete & return back to Good Health & Wellness to receive a backpack filled with school supplies. Limited to 3 youth in 8th-12 grade & 2 youth in 4th-7th grade

Down

- 2. It has a keyboard and mouse
- 4. A person that you like
- 5. Physical education
- Instruments used to writing or draw with ink
- 8. Device used to erase marks made with pencil
- 9. Study whose medium is sound
- 10. Storage compartment where you store

Information
Contact:
Vondell Bender @



Youth Gategory:
4th - 7th grade
2 backwacks left

2018 Hualapai Days • Event FlyersSubmitted by: Trena Bizardi | Hualapai Health, Education & Wellness



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"Long Journey From Wikame" Bird Gathering & Contest

Tuesday September 25, 2018 6:00pm

Memorial Park (Rodeo Circle)

All Bird Singers and Dancers are Encouraged to Attend!!

**Sian ups will begin day of event at 4:30pm!!

Five Categories

Male & Female 1st, 2nd, 3rd Place Winners

(CASH PRIZES)

Tiny Tots 0-6

Children: 7-12

Youth: 13-18

Adults: 19-54

Elders: 55 and Over



For more information call Hualapai Youth Services, 928-769-2207 ext 243

Fry Bread Making



& Chili Beans Contest Wednesday Sept 26, 2018

Rodeo Circle by Court House

Set up Time: 5:30pm

Judging will begin from

6:30-7pm



- . Open to all Ages
- . Chili Beans must be on table before 6:30pm
- Must have provide **Food Handlers Card.**
- . 1 Large Pot required

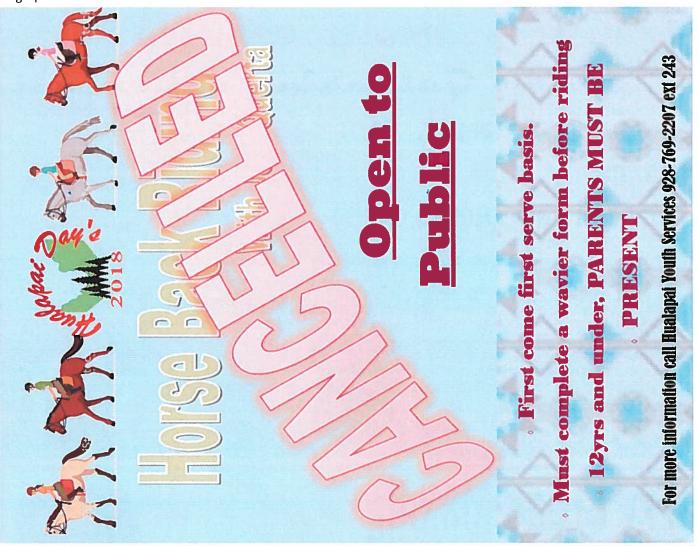
Fry Bread Making Contest

- . Open to all Ages
- . Must Bring Own Supplies (Burner, Oil, Flour, ext)
- **Must provide Food** Handlers Card.
- . Must make 1 Dozen

Winner, will be announced at Community Dinner 9/27

For more information call Hualanai Youth Services 928-769-2207 ext 243

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2018 Hualapai Days

Parade

1st, 2nd, 3rd Place winners will be announced at Community Dinner.

Thursday September 27th

Parade starts at 6pm Diamond Creek Rd.

Long Journey From Wikame

For more information call Hualapai Youth Services at 928-769-2207 ext 243 or email at Christina watahomigie@hualapai-nsn.gov

lost registration

Contact Hualapal Youth Ser-

Line up starting at 5pm(Top of Diamond Creek) ending at Triba Gvm

Sapar Day's Committee P. ess Sapar Day's Comm



All tribal, GCRC, 1HS and B1A employees are encouraged to wear tribal attire. Attire includes home made clothing from tribes, indigenous groups, pow-wow regalia and tribal clothing.

Hualapai Day's Planning Committee members will be visiting offices beginning at 8:00am to 12:00pm on 9/27, Each participate will receive a gift. to employee dressed in hand/home made (not altered/must be completely home made) ribbon shirts, dresses, etc. Participants will be apart of a special raffle at the community dinner, you must be present and in

Thursday September 27, 2018

Hualapai Youth Services 928-769-2207

Daily Strips from the 1970s (Peanuts)

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











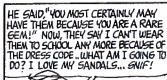


















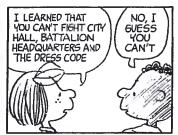








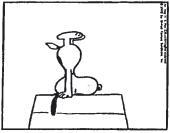


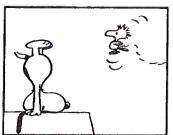














Continued...Next Issue (Gamyu #18)