

**Special points of interest:**

- Regular Hualapai Tribal Council Meeting will be held on Saturday, November 3<sup>rd</sup> at 8:01AM in the Hualapai Tribal Chambers.
- TERC Meeting on Wednesday, November 21<sup>st</sup> at 9:00AM at the Hualapai Cultural Resources Department.
- HTUA Meeting on Thursday, November 15<sup>th</sup> at 9:00AM at the Hualapai Health Department.
- Per Capita Update (page 4)

**Hualapai Member Recipient of Native American "40 Under 40" Award**  
*Submitted by: Charlotte Navanick | Ute Tribe Public Relations*

**NCAIED Announces 2018 Native American "40 Under 40" Award Recipients**

Winners will be recognized at the River Spirit Casino Resort in Tulsa, Oklahoma on October 29-30  
*Written by National Center for American Indian Enterprise Development | [www.nativetimes.com](http://www.nativetimes.com)*

MESA, Ariz. – The National Center for American Indian Enterprise Development (The National Center) is pleased to announce its 2018 class of "Native American 40 Under 40" award recipients. Nominated by members of their communities, this prestigious award is bestowed to individuals under the age of 40 who have demonstrated leadership, initiative, and dedication and have made significant contributions in business and their community. The National Center is celebrating the 10th anniversary of these awards.

Award winners will be honored at the River Spirit Casino Resort in Tulsa, Oklahoma on October 29-30. The event - "Impacting Generations: Honoring a Decade of Exceptional Service and Leadership" - will be held in conjunction with the National Center's next Native Edge Institute (NEI), a one-day training session focused specifically on procurement. Past and present 40 under 40 awardees will have the opportunity to participate in programming with the goal of providing additional professional development, networking, leadership, and mentorship opportunities.

"The 2018 40 Under 40 award recipients are made up of a diverse group of young women and men cultivated from across American Indian and Alaska Native communities," said Chris James, President and CEO of the National Center. "Each of these individuals has devoted their skills and resources to enhancing their communities. From business, academia, healthcare, tribal government, politics, non-profits, journalism, the law, finance, and marketing, 40 under 40 winners are shining examples for all of us to follow. For the 10th year in a row, it is an honor to recognize these individuals and leaders who will continue to define success for the future of Native American business."

This year's award winners are:

- **Candida Hunter, Hualapai; Senior Director of Tribal Affairs at First Things First- Kingman, AZ**
- Sarah Aarons, Inupiaq Eskimo, Native Village of Unalakleet; Postdoctoral Fellow at the University of Chicago-Chicago, IL
- Jordan Barlow, Cherokee Nation; Population Health Coordinator at INTEGRIS Miami Hospital- Miami, OK
- Adrienne Benjamin, Mille Lacs Band of Ojibwe; Assistant to the District 2 Representative- Isle, MN
- Peter Boskofsky, Chignik Lake Village Council; General Council at Koniag, Inc.- Anchorage, AK
- Dakota Cole, Chickasaw; Deputy Secretary of Commerce for the Chickasaw Nation- Ada, OK
- Jordan Marie Daniel, Lower Brule Sioux Tribe ; Founder and Organizer of the Rising Hearts Coalition- Los Angeles, CA
- Sharice Davids, Ho-Chunk Nation; Candidate for Democratic Nomination for Congressional Seat representing 4th district of Kansas- Shawnee, KS
- Sarah Dybdahl, Tlingit; Cultural Heritage and Education Manager at the Central Council of Tlingit & Haida Indian Tribes of Alaska- Juneau, AK
- Ron Ekdahl, Saginaw Chippewa Indian Tribe of Michigan; Tribal Chief of the Saginaw Chippewa Indian Tribe-Mount Pleasant, MI
- Robyn Elliott, Chickasaw Nation; Secretary of the Department of Communications and Community Development for the Chickasaw Nation- Ada, OK
- DeLesslin George-Warren, Catawba Indian Nation, Tribal Consultant for the Catawba Cultural Preservation Project- Rock Hill, SC
- Mary Charlotte Grayson, Cherokee Nation; Tradeshow Coordinator at the National Indian Gaming Association- Washington, DC
- Natasha Hale, Navajo; Native American Program Director at the Grand Canyon Trust- Flagstaff, AZ
- Carly Dawn Hare, Pawnee; National Director and Coalition Catalyst at the Change Philanthropy Joint Affinity Groups- Westminster, CO
- Electa Hare-Red Corn, Pawnee, Yankton Sioux; Robert Wood Johnson Foundation Health Policy Research Scholar at the University of Arkansas - Pawhuska, OK
- Lauren King, Muscogee (Creek) Nation; Attorney and Partner at Foster Pepper PLLC- Seattle, WA



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Looking for past Gamyu newsletters? Check the tribal website at:  
<http://hualapai-nsn.gov>

**ARTICLE DEADLINE:**  
Friday, October 26<sup>th</sup>

**Next Publication:**  
Friday, November 2<sup>nd</sup>

- Victoria Kitcheyan, Winnebago Tribe of Nebraska; Tribal Councilmember at the Winnebago Tribe of Nebraska- Winnebago, NE
- Samuel Kohn, Crow Tribe; Associate at Dentons LLP- San Francisco, CA
- Rebecca Landsberry, Muscogee (Creek) Nation; Executive Director of the Native American Journalists Association- Los Angeles, CA
- Victor Lopez-Carmen, Crow Creek Sioux/Pascua Yaqui Tribe; Fulbright Scholar at the Australian American Fulbright Commission- Tucson, AZ
- Elsa Lowe, Muscogee (Creek) Nation; Project Coordinator at the Muscogee (Creek) Nation Native Youth Community Project- Okmulgee, OK
- Dr. Amber Mathern, Turtle Mountain Chippewa; Assistant Professor of Marketing at Northern State University- Aberdeen, SD
- Belinda McLaughlin, Eastern Shawnee Tribe of Oklahoma; Safety Sales Professional at Safety Products Inc.- Auburndale, FL
- Lakota Mowrer-Vogel, Cheyenne River Sioux Tribe; Executive Director of Four Bands Community Fund- Eagle Butte, SD
- Howard Paden, Cherokee Nation; Program Manager of the Cherokee Language Master Apprentice Program- Rose, OK
- Dave Panana, Jemez and Zia Pueblo; Chief Clinical Operations Officer at the Kewa Pueblo Health Corporation- Bernalillo, NM
- Ashley M. Sarracino, Pueblo of Laguna; Principal Owner of Native Ascension Community Development LLC- Casa Blanca, NM
- Rebekka Schlichthing, Iowa Tribe of Kansas and Nebraska; Assistant Director at Vision Maker Media- Lincoln, NE
- Sydney Smith, Cherokee Nation; Founder and CEO of RISE Center for Recovery- Las Vegas, NV
- Allard Teeple, Jr., Bay Mills Indian Community; VP Portfolio Manager at Key Bank Native American Financial Services- Norman, OK
- Dustin Thomas, Mohawk/Oneida; Director of Compliance at the National Indian Gaming Commission- Harwood, MD
- Tiffany Tutiakoff, Cook Inlet Regional Inc.; President and CEO of Northwest Strategies Inc.- Anchorage, AK
- Mekko Tyner, Muscogee (Creek) Nation; Registrar at the College of the Muscogee Nation- Kiefer, OK
- Jacob Wamego, Prairie Band Potawatomi Nation; President and CEO of Prairie Band, LLC- Mayetta, KS
- Dirk Whitebreast, Sac & Fox Tribe of the Mississippi in Iowa; General Manager of the Meskwaki Bingo Casino Hotel- Tama, IA
- Nathan Wilson, Muscogee (Creek) Nation; Citizenship Director of the Muscogee (Creek) Nation- Okmulgee, OK
- Hallie Winters, Osage; Curator at Osage Nation- Pawhuska, OK
- Ralph Wolfe, Tlingit & Haida; Transportation Director and Community Catalyst for the Yakutat Tlingit Tribe - Yakutat, AK
- Jeremy Zahn, Tunica-Biloxi; Council Member of the Tunica-Biloxi Tribal Council- Marksville, LA

## Community Update

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

August 17, 2018

Gum I yu je?

As we have witnessed, we are coming into the winter months with changing temperatures, rain, snow, and blowing winds. Imagine just a couple of weeks ago we were complaining about how hot it was. Now we are trying to get that wood and other clothing for the winter. As we move into the changing patterns of weather, take your time in your travels—the holidays are just around the corner, as well as other great events such as Election Day, Veteran’s Day, Pearl Harbor, and all the extras—Christmas Break for our students.

You know, we live in a most wondrous land on Earth, indeed. We have rugged areas, the Colorado River (Hak’ama) in our backyard, pine forests, and the Grand Canyon. We have all our wildlife, areas of spirituality—Grand Canyon West and Cholla Canyon as well as other areas that are sacred. What a privilege it is to serve this big, boisterous, intemperate, striving, daring, beautiful, bountiful, magnificent country and people. With all our mistakes, all our flaws, with all the issues at hand of human nature as much on display as our virtues, with all the rancor and anger of our National and local politics, we are blessed.

We live in the land of freedom, depending on how you see that, where almost anything is possible, our dreams, hopes, and inspirations are within our minds and foresight. (The choice is yours). We have made mistakes, and we have recognized those wrongs. We debated them openly, and are trying to do better. We are seeking to make the Hualapai Nation more stable and secure, not just for us here on the reservation, but out in the world for our members—Nation -wide. We are the custodians of those ideals at home and we are looking at the improvements of our own faults. If we don’t learn from our mistakes we are bound to repeat them, and if we don’t go to other places and ask questions on how other tribes are working to learn how to implement change we stay and remain the same as before.

With that in mind, we will inform you of things that have occurred and the learning of new things and items that are in the process;

During the month of September, we interviewed several people for the Natural Resource Department and after the interviews; the council hired Mr. Richard Powskey as the new director. We also interviewed for the Human Resource Director and after all said and done, we hired Ms. Vivian Parker as the new director.

I attended a meeting with First Things First in Phoenix, AZ; and what impressed me the most were the questions that were imposed on the tribes, such as:

How does your tribal community view the healthy development of young children? And, What successes and challenges have you encountered in identifying children who may need developmental support and working with their families?

There were not too many leaders there, but emphasis is on our young children 0-5 years of age and the fact that our children are very important, with the loss of our elders; there is loss of knowledge, loss of culture, language, traditions, teachings and the songs, stories, ceremonies; the uses of plants and foods. We know there is hope and we need to work together with all our resources to make the betterment for our future of the tribe.

On October 12, 2018 the Council had an update from our Gaming Attorney, Ms. Charlene Jackson at Grand Canyon West. We are continuing with our compact negotiations, but due to some time, we haven't met with the Governor's staff for about 4 to 5 months. Also, during the afternoon, we met with our Attorneys Mr. A. Broadman, Mr. G. Golanda about our past and latest issues concerning legal matters.

During the 17<sup>th</sup> to the 19<sup>th</sup> of September, several Council members attended the Indian Educational Stakeholders Summit in Ft. McDowell, AZ. The conference surrounded many topics ranging from Culture Sensitivity, Preservation of Languages, Building Family Support, Youth Substance Abuse Prevention, and other issues with our schools.

We had a Special Council Meeting on September 24 with our Attorneys dealing with water. We had this meeting in order to prepare for a meeting with Mr. Alan Mikkelsen, Ms. Pam William with the Department of Interior; and Ms. Ruth Thayer from the Bureau of Reclamation to visit Hualapai. They need to see Grand Canyon West and to view where our water line would be laid when we get our Water Settlement in the near future. There were over 25 people in attendance in the areas of Natural Resources, Council members, GCRC; our Attorneys; NRCE; DOPL; and Lexecon/ Harvard. The next step is to meet again in the near future. This is an on-going work in progress for our people and future growth. (Taking it to the next level)

The Chairman was invited to attend a roundtable discussion on the topic of "Achieve60AZ". This is a statewide goal to see 60% of AZ adults have a certificate or degree by 2030 in the areas of Native Americans. We had two Hualapais in attendance, and next meeting we hope to get more involvement with our Training Center.

On September 27, we had an update with Grand Canyon Resort Corporation in the Tribal Chambers. Then on October 5, we had a Public meeting on the Per Capita distribution, focusing on the children's per cap. This meeting began at 5:30p.m. until 8:15 p.m. We will be handing out checks to the members of the tribe on November 19, 2018 at the Multi-purpose building. You must have an I.D. and cannot pick up a check for someone else.

Welcome the Fall Season. Ham o Kyu'

## HTUA Seeks New Board Member • Letter of Interest by Friday, October 26<sup>th</sup>

*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-year term.

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.

**Update on Minor Per Capita***Submitted by: April Sieviyumptewa***Your Attention Please**

Providence Trust Company has returned a small amount of checks to us that they were unable to deliver to Trust holders.

The amounts on all of the checks are very low amounts, nothing over \$30.00, but we would like to deliver them to their rightful owners.

Please see the list below and if your name is on the list please call April at the Tribal Office to arrange pick up or mailing of your check at (928)769-2216.

Thank you.

Marcela Granados  
Star Herrera  
Danny Powskey  
Deiah Parker  
Joshua Linville  
Ridge Beecher



Hualapai Tribal Council held a meeting on 10/6/18 regarding the minor's per capita. Tribal Council voted to place 100% of the children's per capita into the Trust. They can attain their funds at 18 years of age ONLY if they have received their high school diploma or GED. If they have neither, they will be required to wait to get their funds until they are 21 years of age.

**NO EXCEPTIONS WILL BE MADE.**

Any questions please call April at the Tribal Office (928)-769-2216 or Finance Director Wanda Easter.

Thank you.

**WHEREABOUT Unknown Account***Submitted by: Renelda Paya | Truxton Canon Agency***Whereabouts Unknown Account  
TRUXTON CANON**

Last Name	First Name	Tribe
BARTLETT	WILLIMA*	HUALAPAI INDIANS, AZ
BEAUTY	MARY R	YAVAPAI-APACHE INDIAN COMM, AZ
BONNAHA SR	CHARLES A	YAVAPAI-APACHE INDIAN COMM, AZ
BONNAHA SR	CHARLES A	YAVAPAI-APACHE INDIAN COMM, AZ
BOX	CHARLENE*	HAVASUPAI TRB HAVASUPAI RES AZ
CHERRY	LATHESHA Y	YAVAPAI-APACHE INDIAN COMM, AZ
COOK	AMY C	HUALAPAI INDIANS, AZ
GARCIA	JOSEPH C	HUALAPAI INDIANS, AZ
HANNA	ARCHIE	HAVASUPAI TRB HAVASUPAI RES AZ
HANNA	GARNETT B	HUALAPAI INDIANS, AZ
HASTINGS	RABECKCA L	HAVASUPAI TRB HAVASUPAI RES AZ
HONWYTEWA	BRENDON M	YAVAPAI-APACHE INDIAN COMM, AZ
HONWYTEWA	LACHEY J	YAVAPAI-APACHE INDIAN COMM, AZ
HUNTER	MANDY S	HUALAPAI INDIANS, AZ
JACKSON	GENEVIEVE A	HUALAPAI INDIANS, AZ
JACKSON	HAMARLY P	HUALAPAI INDIANS, AZ
JACKSON JR	VALGENE	HUALAPAI INDIANS, AZ
JAMES	LELAND O	YAVAPAI-APACHE INDIAN COMM, AZ
JAMES	RENALDO A	YAVAPAI-APACHE INDIAN COMM, AZ
JOHNSON	MARIO EDWARD	YAVAPAI-APACHE INDIAN COMM, AZ
KASKA	ARAL	HAVASUPAI TRB HAVASUPAI RES AZ
MAHONE	FLORA N	HUALAPAI INDIANS, AZ
MOCASQUE	RICARDO R*	YAVAPAI-APACHE INDIAN COMM, AZ
MYERS	KAYDAN E	HUALAPAI INDIANS, AZ
NICHOLAS	MORNING STAR	YAVAPAI-APACHE INDIAN COMM, AZ
PABLO	PHYLLIS	YAVAPAI-APACHE INDIAN COMM, AZ
PAYA	TIARA B	HAVASUPAI TRB HAVASUPAI RES AZ
POWSEY	PHYLLIS C*	HUALAPAI INDIANS, AZ
RODRIGUEZ	GABRIEL	HUALAPAI INDIANS, AZ
RUSSELL	NICOLE M	YAVAPAI-APACHE INDIAN COMM, AZ
SALAZAR	ROLAND J	YAVAPAI-APACHE INDIAN COMM, AZ
SINYELLA	FLORA N*	HUALAPAI INDIANS, AZ
SMITH SR	VALANCE R	HUALAPAI INDIANS, AZ
THOMPSON	LAURA D	HUALAPAI INDIANS, AZ
TOKESPETA	OPAL J	HUALAPAI INDIANS, AZ
TOVEN	MICHAEL N	HUALAPAI INDIANS, AZ
VANGELDER	MATTHEW F	HUALAPAI INDIANS, AZ
WATAHOMIGIE	ANGELITA P	HUALAPAI INDIANS, AZ
WATAHOMIGIE	TREVOR S	HAVASUPAI TRB HAVASUPAI RES AZ
WESCOGAME	PRESLEY D	HAVASUPAI TRB HAVASUPAI RES AZ
WHITE	PRESTON G	HUALAPAI INDIANS, AZ

Contact OST Truxton Canon  
(928) 769-3301  
Beneficiary Call Center  
(888) 678-6836

**Vote NO on Proposition 127 • Tuesday, November 6<sup>th</sup>**  
 Submitted by: Zen Mocarski | MEC Public Affairs & Communication Specialist

**2018**

# Vote No Arizona on Proposition 127

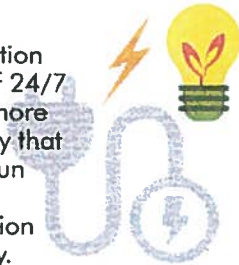
## Prop 127 Will Have Negative Impacts on Arizona Rural Electric Cooperatives and Their Members

### About the Ballot Measure

A California organization is bankrolling Prop 127, a constitutional amendment that mandates Arizona electric utilities provide 50% of their energy from renewable resources by 2030.

### Reliability Impact

The passage of this proposition could affect the reliability of 24/7 electric services by relying more heavily on sources of energy that are intermittent (when the sun sets or wind stops blowing), creating a dangerous situation by disrupting power delivery.



### Changes Arizona Constitution

If Prop 127 passes, it will be memorialized in the Arizona Constitution and nearly impossible to amend, no matter how bad the economic impacts are on Arizona's residents. Prop 127 would not allow the Arizona Corporation Commission to make adjustments if the arbitrary renewable mandate compromises safety, reliability or affordability.

### How This Affects You

#### Financial Impact

##### This Means Higher Electricity Prices



- Co-ops' members' electric bills would **increase by around 40%**. People on fixed incomes and small businesses will be hit the hardest.
- **California customers pay roughly 47% higher electric rates than Arizona** because a similar measure was instituted there.

#### Prop 127 will drive up the cost of electricity for our members.

The required capital investment associated with complying with the initiative is estimated to cost the Arizona electric cooperatives **\$1.2 – \$1.5 billion**, which will be passed onto members to pay for in the long run.

**Vote No Arizona on Prop 127 November 6!**

Learn more at  
[VoteNoArizona.com](http://VoteNoArizona.com).

For more information,  
 contact Katy Reno:  
[kreno@gcseca.coop](mailto:kreno@gcseca.coop)  
 602-286-6925



**Buck-N-Doe 4-H • Thank You & Mohave County Fair Pictures**

Submitted by: Rosemary Sullivan | Buck-N-Doe 4-H Club

Buck-N-Doe 4-H Club  
PO Box 355, Peach Springs, AZ 86434  
(928)769-1286

October 12, 2018

Dear Hualapai Tribe and community members,

As the Key leader for the Buck-N-Doe 4-H Club, I want to Thank the **Hualapai Tribe** for their winning bid on our Grand Champion Market Swine (raised by Terayna Tapija) and our 2<sup>nd</sup> Blue Market Beef (raised by Terrell Majenty) at the 2018 Mohave County Fair. Although not from our club, the tribe also won the bid for the Grand Champion Market Beef (raised by Katja Pietrass of the Outlaws 4-H Club).

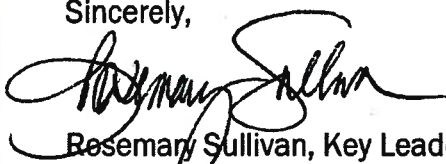
Other key bidders from our community were: **New Water Livestock District** with winning bids for our 3<sup>rd</sup> Blue Market Steer (raised by Norasia Fielding) and the 7<sup>th</sup> Blue Market Sheep (raised by Savana Samson); **Hualapai Natural Resources** with winning bids for our 2<sup>nd</sup> Blue Market Swine (raised by Tacey Lewis) and the 3<sup>rd</sup> Blue Market Swine (raised by Kilian Siyuja); **The Honga Family** for winning the bid on our 5<sup>th</sup> Blue Market Swine (raised by Taylariesa Siyuja). There were a lot of compliments shared after the auction congratulating the kids on their market animals and the auction prices this year.

We had 34 members complete their projects including Market Beef, Market Swine, Market Sheep, Market Rabbit, Photography, Leathercraft, Arts & Crafts, Jewelry, Food Preservation, Breads, Sewing, Cake Decorating, Gardening, Forestry/Plants and Welding.

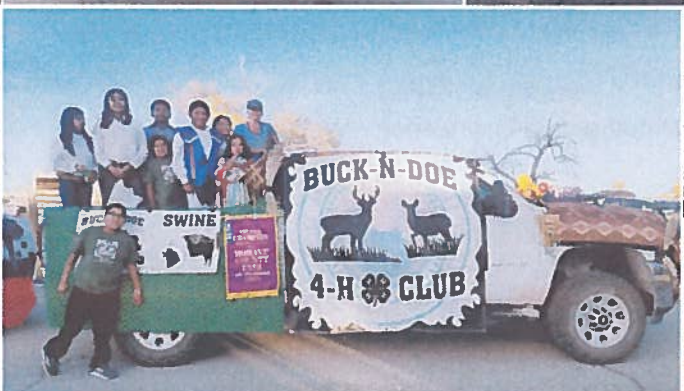
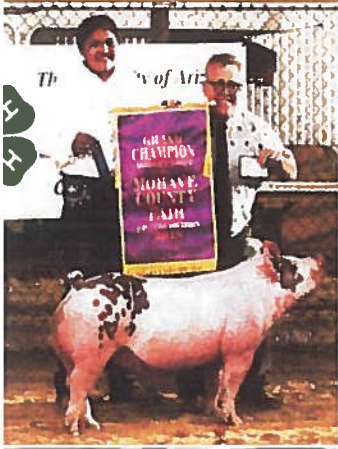
Our club will be celebrating our 25<sup>th</sup> Anniversary (established October 22, 1992) this year. It is the 2<sup>nd</sup> oldest club in Mohave County. We are excited to announce our 25<sup>th</sup> Anniversary Dinner on October 25<sup>th</sup>, 2018 - 6pm at the new 4-H/Ag building in Peach Springs. This is a landmark for our club and community, so come over and enjoy a nice dinner and share some memories with us.

We are grateful that you continue to participate at the Mohave County Fair 4-H/FFA Auction and thank you for your continued support of our clubs in Mohave County. Best wishes for Health and Happiness (as we state in our 4-H Pledge): ..... For our Club, our Community, our Country and our World.. Hankyu.

Sincerely,



Rosemary Sullivan, Key Leader  
Buck-N-Doe 4-H Club





### 4-H Open Enrollment

Submitted by: Rosemary Sullivan | Buck-N-Doe 4-H Club

Buck-N-Doe 4-H Club  
P.O. Box 355, Peach Springs, AZ

October 12, 2018

For all youth interested in joining 4-H for the 2018-2019 4-H Year, please review the instructions for enrolling at the 4Honline website. Our 4-H year officially began 10/1/18 and ends 9/30/19.

4-H is open to all youth ages 5-19 years old. The Clover Buds project is only for youth 5-8 years old. Youth ages 9 (they have to turn 9 years old by 12/31/18) to 13 years old are junior members and youth ages 14 (turned 14 by 12/31/18) to 19 (18 years old before 12/31/18) are senior members. Both junior and senior members can enroll in any of the projects listed for our club. These are the club projects we have provided this past year:

#### Clover Buds (ages 5-8 years old only)

- Market Beef
- Market Swine
- Market Sheep
- Arts & Crafts
- Leathercraft
- Photography/Video
- Cake Decorating
- Food Preservation
- Yeast Breads
- Sewing & Textiles
- Technology and Engineering—Welding
- Forestry
- Gardening
- Entomology

We have a lot to offer, come join us this 4-H year!! Any questions, call Rosemary Sullivan, Key Leader (928) 727-1286 or Teola Lewis, Co-Key Leader (928) 715-1937.



### The Arizona 4-H Mission

The mission of the University of Arizona 4-H Youth Development Program is to improve lives, communities and the economy by inspiring the next generation of leaders, inventors, entrepreneurs and problem solvers...transforming the ordinary into the extraordinary.

### The Arizona 4-H Vision

Arizona 4-H is the preferred choice for young people and parents who want the extra edge for life success provided through 4-H's research-based, hands-on learning experiences led by caring adult volunteers.

### The National 4-H Pledge

The pledge tells what 4-H is about. The pledge was adopted by the delegates of the 1927 National 4-H Club Camp in Washington, D.C. State club leaders voted for and adopted the pledge for universal use. The phrase "and my world" was added in 1973. The saying of the pledge has a prominent place in 4-H activities, at regular 4-H meetings, achievement days and other club events.

### The National 4-H Motto "To Make the Best Better."

**The National 4-H Emblem** The green four-leaf clover with the white letter "H" in each leaf is the National 4-H Emblem. Green and white are the 4-H colors. Green is nature's most common color and symbolizes youth, life, and growth. White stands for purity and high ideals.

**The National 4-H Slogan** "Learning by Doing," emphasizes the goal of 4-H members to improve themselves, their work, and their communities. It sums up the educational philosophy of the 4-H program. Young people learn best when they are involved in their learning.

### The National 4-H Creed

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, to plan and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, useful and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease and to work efficiently.

I believe in my country, my State and my community and in my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

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### The 4-H Pledge

I pledge...

My HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service, and

My HEALTH to better living,

For my club, my community, my country, and my world.

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## Arizona 4HOnline Enrollment ([az.4honline.com](http://az.4honline.com))

4hOnline is a new web-based system used to enroll youth and adults in the Arizona 4-H Youth Development Program. 4hOnline may be accessed from any computer connected to the Internet, 24 hours a day, 7 days a week. 4HOnline is a fully integrated management system that brings together all levels of the 4-H experience. Whether it's a member logging in to manage her/his record, a club leader printing mailing labels, or a county agent approving a member's enrollment, 4HOnline brings the 4-H community together and keeps everyone involved.

4HOnline is built around 4-H "Family Logins." This means that the first step is to create a family account, and then add both youth and adult (volunteer) "members." Below is information from the Quick Start Guide that can help get you started. <https://extension.arizona.edu/sites/extension.arizona.edu/files/data/NewFamilyGuide.pdf>

### 1<sup>st</sup> STEP..... CREATING A 4-H FAMILY ACCOUNT

4HOnline is built around 4-H "Family Logins." This means that the first step is to create a family account, and then add both youth and adult (volunteer) "members."

1. Go to <https://az.4honline.com> (notice that there is no "www" in that address).
2. Click on [I need to set up a profile] to display a number of additional fields.
3. Select the county you want to join, then type in your valid family e-mail address in both email fields.

### ADDING YOUTH FAMILY MEMBERS (4-H MEMBERS)

Once the family is created, click the drop down box under [Add a New Family Member], then select [Youth], then click on [Add Member]

Follow the screens to the standard authorization statements and to the health and emergency contact questions.

4HOnline then presents a series of screens/tabs that offer Participation options.

Select the desired club, project, etc. from the drop down menu, and then click the [Add...] button.

You will have the option of adding Activities, Awards, and/or Groups.

Be sure to click [Submit Enrollment] to finish.

### ADDING ADULT FAMILY MEMBERS (4-H VOLUNTEERS)

Adult family members who are volunteering are also added to the 4-H Family account. Note that parent contact info is stored as part of the 4-H member's enrollment data and parents who are not volunteering should not be added as individual (adult) members to the family account.

- Like youth members, [Adult] (volunteer) members have some "Additional Information" questions, followed by the option of enrolling in their club, projects, as well as activities and groups.

Be sure to click [Submit Enrollment] to finish.

### REVIEW, APPROVAL AND CONFIRMATION

Once an enrollment has been submitted, it is sent to 4-H staff for review and approval. For each enrollment submitted, an email confirmation will be sent to the family email address.

**CONTACT BY 4-H LEADER**, once enrollment has been approved and accepted by the club leader; they will contact you and let you know when the first meeting is. The \$20.00 Membership fee will be paid at that time along with signature on Membership Requirements forms.

### QUESTIONS OR DIFFICULTIES:

Please contact: Gerald Olson, [golson@ag.arizona.edu](mailto:golson@ag.arizona.edu), 928-753-3788

Jeanette Spears, [ilspears@ag.arizona.edu](mailto:ilspears@ag.arizona.edu), 928-753-3788

**Youth Council Meetings & Events • October***Submitted by: Trena Bizardi | Hualapai Youth Services*

# YOUTH COUNCIL MEETINGS & EVENTS

**WHEN****Every Monday 6-8pm****WHERE****Health & Wellness Building (HEW)****Large Conference Room**

IF YOU ARE 13-25. FEEL FREE TO COME JOIN US.  
WE ENCOURAGE YOU.

**@HUALAPAIYS****Questions? Call Youth Services****769.2207 Ext 201****CHECK IT  
OUT!!****10/1**

Regular Meeting @ HEW

**10/5**

Gardening @ Cultural

**10/8**Business Meeting @  
The Lodge**10/12**

Gardening @ Cultural

**10/15**Regular Meeting & Cooking  
Class @ Multi**10/19**

Recruitment Trip

Northern Arizona University  
School Visit (5 spots open)**10/22**Regular Meeting-Hualapai  
Language Class w/ Jackie**10/26**GCRC Halloween &  
Fundraising**10/29**

No meeting! Staff on Travel

**10/30**School Carnival &  
Fundraising @  
Music Mountain

# Hualapai Community Halloween Event • Scarecrow Registration

Submitted by: Adeline Crozier | Hualapai Tribal Administration



## Hualapai Community Halloween Event



This year's theme is: Scary Movie

### Scarecrow Registration Form

- All scarecrows need to be set up by 6 p.m. on Monday, October 22nd
- Touch-ups will be on open Wednesday, October 24<sup>th</sup>
- 1<sup>st</sup> and 2<sup>nd</sup> Place Winners ONLY
- Judged on Theme, Creativity, Durability, and use of Organic Material



Judging will be held on the day of the event Friday, October 26<sup>th</sup> by a panel of 4 selected community members.

Being that the scarecrows will be displayed over a week's time period please make sure there are no valuable items on the scarecrow. It is requested all scarecrows stay up through Friday, October 26<sup>th</sup>, and the scarecrow creators are then responsible for picking them up by Monday, October 29<sup>th</sup>, any scarecrows still left at Route 66 Park by noon Monday, October 29<sup>th</sup>, will be removed and discarded by the Public Works.

For voting purposes, please have the scarecrow's name affixed somewhere visible. If you have any additional questions please contact Heather Nieto at (928)769-2419 ext. 173 or (928)769-6575. To participate please fill out the registration form below and either e-mail it to [www.heather.nieto@grandcanyonresort.com](mailto:www.heather.nieto@grandcanyonresort.com) or drop it off to Heather Nieto at GCRC Admin Building (HR Window)-behind Music Mountain High School on Route 66.

Posting of the scarecrows will be at the Route 66 Park, please pick a tree or create a post to set up your scarecrow. Please do not post scarecrows on the ramdas as they will be utilized for department set ups. The definition of a scarecrow is a decoy or mannequin, often in the shape of a human. The scarecrow must be created in regards to the theme "Scary Movie." Can't wait to see what creations the departments create. Happy Scarecrow Making!



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

Department: \_\_\_\_\_

Main Contact Name: \_\_\_\_\_

Main Contact Phone Number: \_\_\_\_\_



**Red Ribbon Week • October 22<sup>nd</sup>–26<sup>th</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



# RED RIBBON WEEK

## "Life is your Journey, Travel Drug Free"

### OCTOBER 22-26, 2018

Questions Contact Substance Abuse Dept. at 928.769.2207



**Monday: Pajama Day**  
 Put Drugs to Sleep by wearing your PJ's  
 \*Red Ribbon distribution to to Head Start students only.



**Tuesday: Crazy Socks Day**  
 Sock It to Drugs by wearing your Crazy Socks!  
 \*Judging- Departments & Banners @ PSUSD  
 \*Presentation @ Peach Springs Elementary School w/Joseph A. @ 2:00pm



**Wednesday: Jersey Day!**  
 Team Up Against Drugs by Wearing Your Favortie Team Jersey or Shirt!  
 \*Presentation @ Peach Springs Elementary  
 -HNPD/EMS 1:30-3pm (K-2), 3rd-5th, 6th-8th



**Thursday: Red Day!**  
 Wear the color RED to show "I love Me! I am Drug Free!"  
 \*Walk starting at 1:30pm starting at Peach Springs Elementary School.



**Friday-Backwards/Inside Out Day**  
 Turn your backs on Drugs by wearing your clothes backwards or inside out!

## Genealogy Day at the Cultural Center • Wednesday, October 24<sup>th</sup>

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources

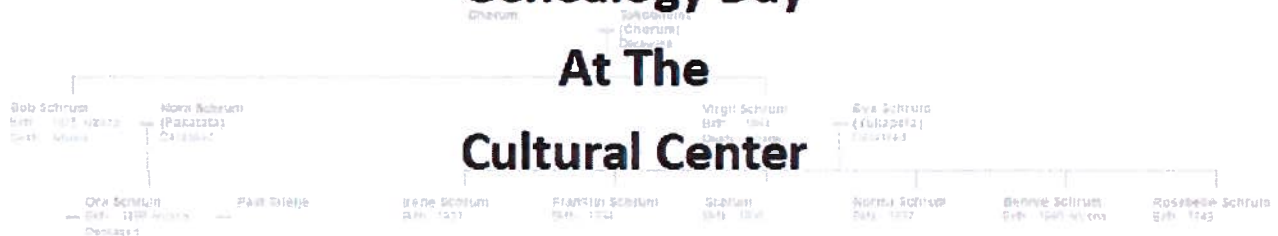
### Please Come & Participate

In

### Genealogy Day

At The

### Cultural Center



### Wednesday

### October 24, 2018

### 1 pm - 7 pm



**We will have staff and resources on hand to help you explore your family tree  
(And we also invite those with knowledge & expertise to assist us, as well!)**

*We have archival kinship charts for several Hualapai lineages, as well as Census rolls from the late 19th and early 20th Centuries, but there are many gaps. If you have resources (kinship charts, photos, etc.) from your own family that you would be willing to share, please consider bringing your materials to the event.*

**Soup/Stew & Refreshments Will Be Served**

**For More Information**

**Call the Hualapai Department of Cultural Resources at 769-2223**

Halloween Fest • Friday, October 26<sup>th</sup>  
Submitted by: Shawna Havatone | Hualapai Lodge



# Halloween FEST

**OCT  
26<sup>TH</sup>**

**10 AM  
TO  
2 PM**



**SCARECROW  
CONTEST**

**COSTUME  
CONTEST**

*Haunted House*

*Trick or Treat Bags*

*& Face Painting*

**LOCATED  
AT THE PARK  
ACROSS FROM  
THE LODGE**



**42<sup>nd</sup> Annual Fort Mojave Indian Days • October 26<sup>th</sup>—27<sup>th</sup>**

*Submitted by: Angie Davis*



**OCTOBER 26 & 27, 2018 | OPEN TO THE PUBLIC | FREE ADMISSION**  
MOJAVE STRONG – EMPOWERING OUR FUTURE THROUGH CULTURE, TRADITION AND WELLNESS



<b>MOJAVE DAYS PARADE</b>	<b>FORT MOJAVE ROYALTY PAGEANT</b>
<b>WOMENS BIRD DANCING CONTEST</b>	<b>MENS BIRD GROUP SINGING CONTEST</b>
<b>YOUTH MALE SHINNY TOURNAMENT</b>	<b>WAHOO TOURNAMENT</b>
<b>GOLF TOURNAMENT</b>	<b>TUG-O-WAR TOURNAMENT</b>
<b>CULTURE WORKSHOPS</b>	<b>HORSESHOE TOURNAMENT</b>
<b>FRYBREAD EATING CONTEST</b>	<b>PEON TOURNAMENT</b>
<b>NATURE WALK</b>	<b>SENIOR GAMES</b>
<b>ENTERTAINMENT</b>	<b>FORT MOJAVE BABY PAGEANT</b>

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

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

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

Mojave Resort Golf Course:  
(702) 535-4653

FMID Parade Registration:  
MOJAVEINDIANTRIBE.COM

Avi Resort & Casino:  
1-800-AVI-2WIN (284-2946)  
Fort Mojave Room Rate: GFMI18



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



**Open Mic Night • Monday, November 5<sup>th</sup>**  
 Submitted by: Christina Watahomigie | Hualapai Youth Services

Refreshments Provided!!



**OPEN  
MIC  
NIGHT**

With SAGE HONGA

**11.5.18**  
**TIME:6PM**  
 MULTI-PURPOSE  
 BUILDING



SINGING, ACTING, COMEDY, POETRY, SHORT-STORY, TRADITIONAL, INSTRUMENT)

QUESTIONS? CALL YOUTH SERVICES AT 769-2207

**Holiday Trash Route Schedule • Thanksgiving**  
 Submitted by: Adeline Crozier | Hualapai Tribal Administration



Hualapai Public Services Department  
 P.O. 179 941 Hualapai Way  
 Peach Springs, Arizona 86434  
 Phone: (928) 769-2216 X123/124  
 Fax: (928) 769-2343

**MEMORANDUM**

DATE: October 11, 2018  
 TO: All Departments  
 FROM: Solid Waste Department  
 RE: Holiday Trash Route Schedule

Thanksgiving:

- Monday the 19<sup>th</sup> as scheduled.
- NO Trash Service, Thanksgiving, Thursday the 22<sup>nd</sup>

Any questions, please do not hesitate to call my supervisors:

1. Leland Cardy @ (928)769-6428
2. Philip G. Wisely @ (928) 715-8246

Thank you  
 Wendy Bumgarner

**EW4H T2 November Classes • Next Class: Tuesday, November 6<sup>th</sup>**

Submitted by: Rosemary Sullivan | Employees Working for Health Program

**Diabetes-Type 2 Prevention Classes**

**November 2018-12 Noon to 1pm**

**HEW- CONFERENCE ROOM**

**11/6/18-CLASS 13: Take Charge of Your Thoughts**

**11/13/18-CLASS 14: Get Support**

**11/20/18-CLASS 15: Eat Well Away From Home**

**11/27/18-CLASS 16: Stay Motivated to Prevent Type 2**

*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



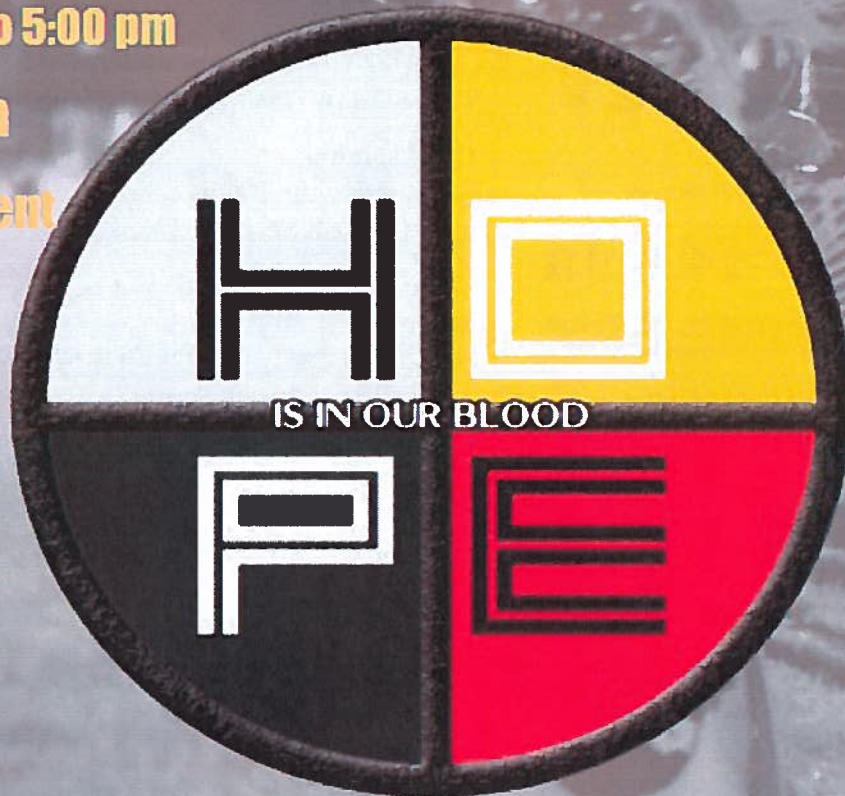
**ASIST Training • November 7<sup>th</sup>—8<sup>th</sup>**  
*Submitted by: Aneloy Dashee | Hualapai Health, Education & Wellness*

# **ASIST Training**

**November 7 & 8, 2018**

**8:30 am to 5:00 pm**

**@ Health  
Department**



**YOUR** *life* **MATTERS**

**Registration Forms Available @ HEW**

**Limited to 24 Participants**

**For More Information Contact Aneloy Dashee @ 928.769.2207 ext. 236**

**November Partners Meeting • Wednesday, November 14<sup>th</sup>**

*Submitted by: Christina Watahomigie | Hualapai Youth Services*



# November Partners Meeting

**November 14, 2018**

**10-12pm**

**Hew Building—Large**

**Conference Room**

**Lunch is Provided!**

If you have any questions, please contact Youth Services at 769-2207

**2018 Food Handler Card Training • Next Class: Tuesday, October 23<sup>rd</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

## HUALAPAI - PEACH SPRINGS

### 2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
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.



## Department of Hualapai Education & Training • Computer Lab Hours

*Submitted by: Nikki Raymond | Hualapai Education & Training Department*

# Department of Hualapai Education & Training

## Computer Lab Hours

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-11:30 a.m. -LAB CLOSED-	8:00-11:00 a.m. <b>GED CLASS</b>	8:00-11:00 a.m. <b>GED CLASS</b>	8:00-11:00 a.m. <b>GED CLASS</b>	8:00-11:30 a.m. -LAB CLOSED-
	11:00-1:00 p.m. <b>OPEN LAB</b>	11:00-1:00 p.m. <b>OPEN LAB</b>	11:00-1:00 p.m. <b>OPEN LAB</b>	
1:00-5:00 p.m. <b>OPEN LAB</b>	1:00-5:00 p.m. <b>GED CLASS</b>	1:00-5:00 p.m. <b>GED CLASS</b>	1:00-5:00 p.m. <b>GED CLASS</b>	1:00-5:00 P.M. <b>OPEN LAB</b>
<i>*1-hour time limit for kids</i>				<i>*1-hour time limit for kids</i>

### COMPUTER LAB POLICIES

The Hualapai Education and Training Department Computer Lab Policies are as follows:

1. All community members who utilize the labs for educational and job training purposes shall have priority.
2. Adults and unaccompanied children will ***NOT*** be in any of the computer labs at the same time.
3. Viewing inappropriate or sexually explicit websites will ***NOT*** be tolerated and could lose all privileges to the computer labs.
4. Absolutely ***NO*** school aged children are allowed in the computer labs during regular scheduled school hours.
5. Anyone under the influence of alcohol or illegal substances will not be allowed into the computer labs or Training Center Building at any time.
6. The Hualapai Training and Education Staff has full discretion of who may use of the computer labs at all times.

## Elder Reindeer Games • Chair Volleyball Rules—Registration Deadline: Friday, November 16<sup>th</sup>

*Submitted by: Christina Watahomigie | Hualapai Youth Services*

### Elder Reindeer Games 2018 Chair Volleyball Rules

1. Games will be timed to 10 minutes. Team with the highest points wins the round.
2. Ball is playable off the net, not the bar.
3. Teams must have 3 men and 3 women on the court at a time, 6 players total. No more than 3 men playing.
4. Each player will serve, players will rotate to serve.
5. If the person serving scores while serving, the player will continue to serve until opposing team score or the game is over.
6. You must remain seated, if you get out of your seat the other team will get a point and be awarded the ball.
7. No spiking the ball.
8. Ball will be playable until it hits the ground or out of bounds.
9. Players can hit the ball as many times as long as it is in play.
10. Chairs must stay inside the line and cannot move to hit the ball, if chairs move opposing team will get the point and serve.
11. No yelling at any chair volleyball staff or helpers. Your team will get disqualified for unacceptable behavior.



## Hualapai Tribal Youth Council

-Presents-

# Elder Reindeer Games

The Hualapai Youth Council welcomes all tribal elders to participate in our Elder Reindeer Games. Each year, we look forward to seeing representation from different tribal groups.

### Age Categories

Boomers 55-61

Masters 62-69

Golden Age 70 and over

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals for all age categories. All registered participants will receive a t-shirt. Trophy and prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams for chair volleyball tournament winners.



### Contact Information

Hualapai Tribal Youth Council  
PO BOX 397/488 Hualapai Way  
Peach Springs, AZ  
Phone: 928-769-2207

Email: [tbizardi@hualapai-nsn.gov](mailto:tbizardi@hualapai-nsn.gov)

### Thursday, December 13th

9am- Tour of Peach Springs

12pm- Lunch

3pm- Chair Volleyball Tournament Begins

Location: Music Mountain

### Friday, December 14th

Location: Music Mountain Gym

7:00AM-7:30AM – Continental Breakfast & Registration

7:30AM-8:00AM – Opening Ceremony

8:00AM-12:00PM- Chair Volleyball Continues

8:00AM – Morning Games

11:00AM – Lunch available

12:00PM-3pm – Afternoon Games

5:00PM – Awards Dinner/ Talent Show (Tribal Gym)

\*Final agenda will be emailed out End of October

### Hotel Information

Hualapai Lodge

900 Route 66

Peach Springs, AZ

928-769-2230

Code: 1812Elderr

Room reservation using code for the night of 12/12, 12/13 and 12/14 will be at the rate of \$93.00 plus 10%.



**Hualapai Tribal Youth Council**  
 | -Presents-  
*Elder Reindeer*  
*Games*



**CHAIR VOLLEYBALL  
 TOURNAMENT  
 REGISTRATION**

**(CAP OFF AT 30 TEAMS)**

**Deadline: November 16, 2018**

**(PLEASE FILL OUT LEGIBLY SO WE CAN READ IT)**

**TEAM NAME: \_\_\_\_\_**

**Contact Person: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Email Address: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Tribe: \_\_\_\_\_**

**\* Must have 6 players to register. A maximum of 9 players per team.**

**\* NO ON SITE REGISTRATION**

**\* All players must be 55 years and older**

**\* CO-ED TEAM**

**\* Please see GAME RULES for more information**

**TEAM MEMBERS (Please include shirt sizes):**

1. \_\_\_\_\_

5. \_\_\_\_\_

2. \_\_\_\_\_

6. \_\_\_\_\_

3. \_\_\_\_\_

7. \_\_\_\_\_

4. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

**Please return to Youth Services:**

**Email: [tbizardi@hualapai-nsn.gov](mailto:tbizardi@hualapai-nsn.gov) Fax: (928) 769-5487 Phone: 928-769-2207**



**Hualapai Tribal Youth Council**  
 | -Presents-  
*Elder Reindeer*  
*Games*

December 13 & 14, 2018 Peach Springs, Arizona

### Registration Form

**Deadline: November 16, 2018**

(PLEASE FILL OUT LEGIBLY SO WE CAN READ IT)

**Participant Contact Information:**

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

Age: \_\_\_\_\_ Birth Date(MM/DD/YYYY): \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Tribe: \_\_\_\_\_

**Age Category:**

Boomers 55-61

Masters 62-69

Golden Age 70 & Over

**Please Circle Yes or No**

- Will you be staying at the Hualapai Lodge? Yes/No
- Are you interested in the Peach Springs Tour? Yes/No
- Are you playing chair volleyball? Yes/No (Please complete chair volleyball form)

\_\_\_\_\_  
Signature & Date:

Please return to Youth Services:

Email: [tbizardi@hualapai-nsn.gov](mailto:tbizardi@hualapai-nsn.gov) Fax: (928) 769-5487 Phone: 928-769-2207

**Release of Liability Form:****Please Read and Sign**

I will not hold the Hualapai Tribe, hosting facility, hosting organization responsible for any injury, illness or death I may encounter while at Elder Reindeer Games in Peach Springs, Arizona. I also authorize the Hualapai Youth Services the use of any live images, still images, audio recordings, video recordings, social media postings, photographs, written quotes, or likeness; which may be used in any forms of media produced by the Hualapai Youth Services and will be property of Hualapai Youth Services which will be used in various programs if needed and be distributed for marketing as such by the Hualapai Youth Services.

I have read and I understand the waiver.

**Sign Here:** \_\_\_\_\_

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

Please return to Youth Services:

Email: [tbizardi@hualapai-nsn.gov](mailto:tbizardi@hualapai-nsn.gov) Fax: (928) 769-5487 Phone: 928-769-2207



# EMPLOYMENT OPPORTUNITIES

## Hualapai Tribe • Current Job Postings

Submitted by: Coleen Mahone | Hualapai Tribal Administration



## 2018

## Current Job posting for the Hualapai Tribe

### OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
Cultural Resources	Cultural Resources Technician I/II	D.O.E.	October 08, 2018	October 12, 2018
Elderly Center	Elderly Services Program Manager	D.O.Q.	October 11, 2018	November 09, 2018
EMS	Director (Emergency Services Chief)	D.O.E.	September 27, 2018	October 29, 2018
Health Department	Maternal Child Health Home and Visitation Educator Trainee	\$15.00 an Hour	October 11, 2018	October 17, 2018
	Media Specialist	\$12.50 per Hour	September 20, 2018	Open Until Filled
	Wellness Liaison Specialist	D.O.Q.	October 02, 2018	Open Until Filled
	WIC Program Coordinator	D.O.E.	October 10, 2018	October 15, 2018
	Resident Advocate	\$12-\$15/Hr D.O.E.	October 10, 2018	Open Until Filled
Juvenile Det. Center	Correctional Officer I, II, III	\$ 16.00 - \$ 18.00 / Hr.	October 31, 2017	Open Until Filled
Human Services	Case Worker	D.O.Q.	October 10, 2018	October 19, 2018
	Shelter Advocate	D.O.Q.	June 01, 2018	Open Until Filled
<b>INTERNAL ONLY</b> (For Current Tribal Employees Only)				
Housing Department	Maintenance Technician	\$17.00 an Hour	October 10, 2018	October 12, 2018

**FOR A COMPLETE JOB ANNOUNCEMENT PLEASE PICK UP AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV**

**To Apply - Employment with the Hualapai Tribe begins by filling out an Employment Application.**

**To work for the Hualapai Tribe, you minimally need to have the following:**

- A High School Diploma or GED
- A Valid Driver's License
- Must submit to and pass a pre-employment drug/alcohol screening

#### Preference

All applicants are considered without regard to age, sex, race, national origin, religion, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and Public Law 93-638, Section 7B.

**THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM**

Auxiliary aids and services available upon request to individuals with disabilities

**Contact Us** Human Resources  
POB 179 / 941 Hualapai Way  
Peach Springs, Az. 86434-0179

Phone: 928-769-2216  
Toll Free number: 1-888-769-2221  
Fax: 928-769-1191

## GCRC—Director of Operations • Submit Applications by Friday, October 26<sup>th</sup>

*Submitted by: Josue Isiordia | Grand Canyon Resort Corporation*



### HUALAPAI PREFERENCE

**Position: Director of Operations**  
**Department: Administration**  
**Classification: Exempt**  
**Salary Range: DOE**  
**Supervisor: CEO**

Disclaimer: Position Description is not meant to encompass all aspects of position, other duties may be assigned.

#### **Position Summary:**

Implements the vision, philosophy and mission for the Grand Canyon Resort Corporation under the direction of the CEO for all operations; Assists the CEO and CFO in planning, directing and coordinating the tourism operational activities of the GCRC; Ensures the efficiency, quality and service of tourism operations resulting in maximum profitability and growth. Provides direction and leadership towards achievement of strategic annual goals and objectives. Actively seeks and facilitates business development in accordance with the company's strategic plan with attention to current and evolving business trends. Develops and recommends an annual budget to the CEO for approval and prudently manages resources within the budget guidelines according to current laws and regulations; Collaborates with the senior management team to develop and implement plans for the operational infrastructure of systems, processes, and personnel designed to accommodate the rapid growth objectives of our organization.

#### **Duties & Responsibilities:**

1. Provide updates to the CEO; may be required to present to the Board of Directors.
2. Ensure the efficiency, quality and service of operations resulting in maximum profitability and growth.
3. Project annual revenues and expenses for tourism operations with the CFO and recommend the annual budget to the CEO for approval. Once approved, manage resources within the budget guidelines according to current laws and regulations.
4. Develop and implement short, mid and long-term strategic plans to maximize tourism revenues and increase the company's position in the industry.
5. Responsible for overseeing all tourism related operations to evaluate performance of the operations and of staff in meeting objectives and to determine potential cost reductions, program improvements or policy changes.
6. Actively review, monitor, evaluate and support the tourism operations of all GCRC departments on a regular basis; Including but not limited to, visiting all business locations daily and weekly and meeting with managers regarding issues, needs, concerns, accomplishments, etc.
7. Communicate regularly regarding operations activities and decisions.
8. Promote a positive corporate team oriented culture through team-building and effective management of human and capital resources. Foster an environment of continuous performance improvement and development of corporate employees.

9. Supervise the Senior Operation Management; responsible for overseeing revenue generating operations and delegate appropriately in order to maximize productivity.
10. Fulfill other duties as assigned by the CEO.

**Knowledge and Abilities:**

1. Demonstrated professional oral and written communication skills with strong interpersonal skills.
2. Ability to apply personnel and procedural policies in an unbiased manner.
3. Demonstrated understanding of operating, procurement, property, accounting, and fiduciary processes.
4. Demonstrated ability to interact with a diverse population of employees and external contacts.
5. Demonstrated ability to lead, coach, train, develop and motivate employees.
6. Demonstrated ability to analyze and interpret financial data and manage resources.
7. Experience in contracting, negotiating, formulating policy and in developing and implementing strategies, policies and procedures.
8. Demonstrated ability to interface with the Tribal Council and the Board of Directors.
9. Excellent presentation and public speaking skills.
10. Demonstrated ability to foster a team environment, multi-task efficiently and maintain positive working relationships.
11. Demonstrated ability to remain calm and focused under pressure

**Qualifications:**

1. Bachelors' Degree in Business Administration, Management or related field required.
2. Masters' Degree in Business, Tourism or a related field preferred.
3. Prior senior leadership experience with a minimum of 3-5 years in progressively responsible experience in the hospitality or tourism industry.
4. Prior experience with Native American Business operations desired.
5. Valid Driver's License with a clean driving record.
6. Preference given to Hualapai Tribal members.

**Working Conditions:**

Willingness to work a flexible schedule and travel required, including evenings, weekends and holidays.

Applicant must pass a pre-employment drug screen and extensive background check may be required. All applicants are considered without regard to age, sex, race, national origin, religion, marital status, sexual orientation or physical disability. However, preference may be given to persons of Indian decent in accordance with Public law 88-353, Section 703 (7-2-71) and Public Law 93-638, Section 7B

September 17<sup>th</sup>, 2018

# HEALTH & SAFETY INFORMATION

Pharmacy Announcement • Beginning Thursday, November 1<sup>st</sup>

Submitted by: Rebecca Rice, Health Educator | Indian Health Service

## ANNOUNCEMENT

*Peach Springs Health Center  
Pharmacy Department*



**BEGINNING NOVEMBER 1, 2018,  
THE PHARMACY WILL BE CLOSED  
THURSDAYS FROM 8:00-10:00 AM**

### HOURS OF OPERATION\*

MON	TUE	WED	THU	FRI
8a-12p	8a-12p	8a-12p	10a-12p	8a-12p
1-5p	1-5p	1-5p	1-5p	1-5p

\*EXCLUDING FEDERAL HOLIDAYS AND CLOSURES

## EW4H • Prevent T2 Lifestyle Change, October Calendar & Recipes

Submitted by: Rosemary Sullivan | Employees Working for Health Program

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

October 12, 2018

I am continuing to offer 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. There will be 16 classes covered in the first 6-months. We have scheduled the weekly classes every Tuesday, Noon-1pm at the Health Department. Our next 2 classes will be on 10/16/18-Class 11: "Cope with Triggers" and 10/30/18-Class 12: "Keep your Heart Healthy" and will continue into November. 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.

On October 4-5, 2018, Elijah Lee, Damen Romo, Athena Crozier, Ernestine Crozier and myself attended the Lifestyle Coach training for the CDC Prevent T2 curriculum. We will be planning to start more classes in the near future and hopefully be able to offer these at your worksite.

I prepared a black bean pumpkin chili and stuffed bell peppers for the last 2 classes. The recipes with my changes, plus a spice cake recipe (this went with the chili, served in 2 inch squares) are included with this article.

Our **% Fat Loss BUDDY CHALLENGE** ends **October 19<sup>th</sup>, 2018**. Upcoming events include beginning our final assessments on 11/1/18, this will include your weight checks and A1C tests, then you will receive an EW4H t-shirt and gift card. 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

# Diabetes-Type 2 Prevention Classes

## OCTOBER 2018-12 Noon to 1pm

### HEW-LARGE CONFERENCE ROOM

**10/2/18-CLASS 9: MANAGE STRESS**

**10/9/18-CLASS 10: FIND TIME FOR FITNESS**

**10/16/18-CLASS 11: COPE WITH TRIGGERS**

**10/30/18-CLASS 12: KEEP YOUR HEART HEALTHY**

*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



### Crunchy-Topped Spice Cake

3 Eggs  
 1/2 cup butter  
 1 can (15 oz.) solid packed pumpkin  
 1 package (18.25 oz.) SPICE cake mix  
 1 1/2 cups finely chopped walnuts (divided)  
 1 cup butterscotch chips

In a mixing bowl, combine the eggs, butter and pumpkin. Add cake mix, beat on medium speed for 2 minutes. Stir in 3/4 walnuts.

Bake at 350°F for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool on wire. Makes 12 to 15 servings.

\*Recipe provided by Dolores Johnson 2/1/2002

### Preparation and Cooking Directions

1. In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook 1 minute longer.
2. Transfer to a 5-qt. slow cooker; stir in the next 10 ingredients. Cook, covered, on low 4-5 hours. If desired, top with avocado and green onions.

### Black Bean 'n' Pumpkin Chili Recipe

Serves: 10

#### Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium sweet yellow pepper, chopped
- 3 garlic cloves, minced
- 2 cans (15 oz. each) black beans, rinsed and drained (\*I used dried beans: pinto and lentils)
- 1 can (15 oz.) solid-pack pumpkin
- 1 can (15 oz.) diced tomatoes, undrained
- 3 c. chicken broth (or beef)
- 2 1/2 c. cubed cooked turkey (or lean ground beef)
- 2 tsps dried parsley flakes
- 2 tsps chili powder
- 1 1/2 tsps ground cumin
- 1 1/2 tsps dried oregano
- 1/2 tsp salt
- Cubed avocado and thinly sliced green onions, optional



Recipe courtesy of Taste of Home

#### Nutrition Facts

1 cup: 192 calories,  
 5g fat (1g saturated fat)  
 28mg cholesterol  
 658mg sodium  
 21g carbohydrate (5g  
 sugars, 7g fiber)  
 16g protein.

#### Diabetic Exchanges:

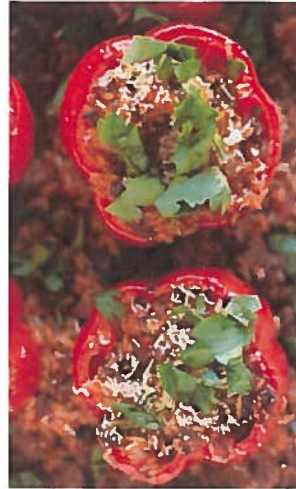
2 lean meat  
 1-1/2 starch  
 1/2 fat.

## Stuffed Bell Peppers

These easy Stuffed Bell Peppers are a hearty but healthy comfort food from my childhood that is family approved and can be made ahead for an easy weeknight meal. Perfect for left-overs, too!

### Ingredients

- 1 tbsp olive oil (\*didn't use)
- 1 ½ lbs lean ground beef (or 1 lb. lean ground turkey or ½ lb turkey sausage—\*I used both)
- 1 yellow onion diced
- 2 cloves garlic minced
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tsp paprika
- 1 tsp chili powder
- 1/1 tsp dried oregano
- 1½ c. brown rice uncooked (or Quinoa) \*I did 1 c. Quinoa + ½ c. brown rice
- 3 cups low sodium chicken broth
- 1 14 oz. can diced tomatoes
- 8 oz tomato sauce low salt
- 6 medium bell peppers red or green
- 2 tbsp parmesan cheese grated
- Italian parsley for topping



### Instructions

1. Start by preheating your oven to 350 degrees F.
2. In a deep pot, heat the brown rice with low sodium chicken broth over medium-high heat. Simmer, covered, for about 20 minutes or until rice is mostly tender.
3. Now, in a large, deep skillet over medium-high heat, add olive oil and allow to heat up.
4. Add the lean ground beef, diced yellow onion, minced garlic, sea salt, black pepper, chili powder, dried oregano, and paprika and stir to combine. Cook until the meat is well-browned and the onions are tender, about 6-8 minutes.
5. Next, add the diced tomatoes, tomato sauce, and cooked brown rice (should be approximately 3 cups) and stir to combine.
6. To prep the bell peppers, carefully slice off the tops of each bell pepper, leaving as much of the pepper as possible. Then, clean out each pepper and wash thoroughly.
7. Place each pepper in an oven-safe baking dish, cut side up. (NOTE: If you find the pepper wont stand up on its own, it may be necessary to slice off some of the bottom of the pepper to make it level.)
8. Gently spoon mixture into hollowed-out peppers and top with shredded parmesan cheese.
9. If there is extra stuffing, you can spread it around the peppers in the baking dish.
10. Place in the oven and bake for 45 minutes, or until the peppers are tender.

**Categories** Easy  
**Prep Time** 25 minutes  
**Cook Time** 45 minutes  
**Total Time** 1 hr 10 mins

**Servings** 6  
**Calories** 490 kcal  
**Author** Lacey Baier (A Sweet Pea Chef)

**Recipe Notes**  
 Can be frozen for up to three months. When ready to eat, place in the oven, frozen, and bake at 350 degrees F until they are thawed and heated through, about 45 minutes to one hour.

**Nutrition Facts**  
 Stuffed Bell Peppers  
 Amount Per Serving (1 g)  
 Calories 490 Calories from Fat 158

% Daily Value\*  
 Total Fat 17.5g 27%  
 Saturated Fat 6.1g 31%  
 Cholesterol 76.9mg 26%  
 Sodium 239.7mg 10%  
 Total Carbohydrates 50.2g 17%  
 Dietary Fiber 6.2g 25%  
 Sugars 7.9g  
 Protein 32.6g 65%  
 \* Percent Daily Values are based on a 2000 calorie

## The Road to Recovery • Monday Nights

Submitted by: Keely Sage | Celebrate Recovery



CELEBRATE  
RECOVERY

- 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**

## 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.

**Defensive Driving Student Activity • Road Sign Review**

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



For more information about defensive driving – contact Jessica Powskey in the Strategic Prevention office at (928) 769-2207

**STUDENT ACTIVITY – ROAD SIGN REVIEW**

Test your knowledge of road signs by matching the following road signs with the list below.



1. \_\_\_\_\_



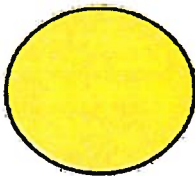
2. \_\_\_\_\_



3. \_\_\_\_\_



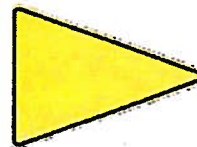
4. \_\_\_\_\_



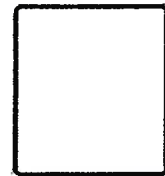
5. \_\_\_\_\_



6. \_\_\_\_\_



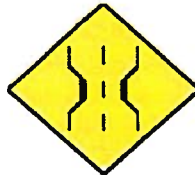
7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_



13. \_\_\_\_\_



14. \_\_\_\_\_



15. \_\_\_\_\_



16. \_\_\_\_\_

- a. Chevron Alignment
- b. Two Way Traffic
- c. Traffic Signal Ahead
- d. Crosswalk Ahead
- e. Narrow Bridge
- f. No Passing Zone
- g. Construction Warning
- h. Stop
- i. Workers Ahead
- j. Railroad Warning
- k. No Parking
- l. Regulatory Signs
- m. Lane added
- n. Merge Left
- o. Low Clearance
- p. Keep Right
- q. No Shoulder
- r. Driver Information
- s. RR Crossing/Parallel
- t. School zone
- u. Two Lanes



**Hualapai Behavioral Health Program • Brochure**  
*Submitted by: Claudette Walker | Hualapai Health, Education & Wellness*

**Hualapai Behavioral  
Health Program**



**Substance Abuse  
Mental Health  
Drug/Alcohol Treatment  
Wellbriety  
Outpatient Therapy  
Parenting**

*Ba'wa Siv: Jik*  
*"Because We Think of Them"*



**Mission Statement**

"To help reduce and alleviate the social and emotional impact that mental illness/substance abuse can impose on the individual and family through the process of evaluation, referral, and support."

Hualapai Health Department  
488 Hualapai Way/P.O. Box 397  
Peach Springs, AZ 86434  
Tel: 928-769-2207  
Fax: 928-769-2588

**HUALAPAI CRISIS  
LINE  
928-769-2207(PRESS 1)**

**Behavioral Health Staff**

- Sandra Irwin, *Health Director*
- David Brehmeyer, *Assistant Director*
- Mike Kufeld, *Supervisor*
- Claudette Walker, *Admin. Assistant*
- Staci DeLaney, *Child & Youth Therapist*
- Kara Walker, *Associate Substance Abuse Counselor*
- Vonda Beecher, *Substance Abuse Counselor*
- Herman Schildt, *Substance Abuse Counselor*
- Joseph Arugete, *Intern Counselor*
- Laverne Tsosie, *Substance Abuse Case Manager*
- Danna Peterson, *MSPI Project Director*
- Michelle Miller, *Gen Coordinator/Counselor*
- Aneloy Dashee, *Suicide Prevention Outreach*

**Our Staff**

Each Staff member is dedicated to providing the best possible mental health services for children, adolescents, adults and their families. Experienced counselors can assist with problems of anger, depression, anxiety, substance abuse, children's behavioral issues, child abuse, discipline and parenting, marriage & relationships. The knowledgeable Behavioral Health staff provides individual, group, family, and child-play therapy to address these complex issues.

**Behavioral Health Services**

- Individual Therapy
- Group Therapy
- Family Therapy
- Wellbriety
- Family Therapy
- Elementary/High School Services to students
- On-Call Crisis Intervention (After Hours)
- Parenting Classes

**Our services**

Individual, Group, Family & Child Therapy, and assistance for Residential Treatment are available.

A comprehensive and thorough assessment will provide insight on the extent of individual's substance use, risk for progression, level of care needed for healing and future sobriety, and recommendations and referral for treatment services.

Solution focused techniques are employed to maximize a client's strengths and to support ongoing sobriety and healing.



**Wellbriety Movement**

What is it?

The Wellbriety Movement is the 21st Century effort on the part of Native Americans in Recovery to create the opportunity for individuals, families, communities, and nations to live sober and balanced lives; healthy lives that are balanced emotionally, mentally, physically, and spiritually.

The foundation of Wellbriety Movement is the Four Laws of Change and the Healing Forest Model. Alcoholism and other addictions are symptoms.

The many social issues associated with alcohol and substance abuse are also symptoms. It is important to address the underlying spiritual and cultural issues such as anger, guilt, shame, and fear that contribute to the onset of addictive behaviors.

The Wellbriety Movement fosters a culturally relevant approach to sobriety and wellness that includes a life that is balanced emotionally, mentally, physically, and spiritually.

**Community Self Help Meetings**

Monday	Time	Location
Recovery	6:00-7:00	HEW
Tuesday	Time	Location
Wellbriety	3:00-5:00	HEW
Batters Intervention	6:00 - 8:00	HEW
Wednesday	Time	Location
Talking Cir. AA	9:00 -11:00 12:00 - 1:00	Old Clinic Old Clinic
Thursday	Time	Location
Wellbriety Women's Support Group	10:00-12:00 5:30-7:30	HEW Social Services
Friday	Time	Location
AA	3:30-4:30	Old Clinic

**Hualapai Finding Hope Suicide Surveillance Project**

The Hualapai Finding Hope Suicide Surveillance Project is funded through the Methamphetamine Suicide Prevention Initiative federal grant. The goals of this project are to increase services to individuals experiencing suicidal ideations/ gestures as well as to reduce these behaviors. This project has initiated a standard means of reporting suicidal behaviors via the ORANGE FORM referral as well as a standard means for assisting suicidal individuals.

**Hualapai Transportation Program • Non-Emergency Medical Transport Brochure**

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

# Non-Emergency Medical Transport Program



**Hualapai Transportation  
Local and Out of area**

**Out of area includes,  
but not limited to:  
Kingman, Bullhead City, Las Vegas,  
Parker, Flagstaff, Tuba City, Prescott,  
and Phoenix.**

***Ba'wa Siv: Jik***  
***"Because We Think of Them"***

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

**Non-Emergency Medical Transportation  
Rider Rules**

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

- **Alcohol**-There is to be no alcohol allowed on transport vehicles, nor persons having an odor of alcohol.
- Conduct - Obscene language, loud noises, or boisterous conduct is prohibited.
- Smoking - Smoking or carrying any lighted substance on board an agency vehicle is prohibited.
- Noise - Playing of radios, tape recorders or similar devices (other than by means of an earphone) is prohibited.
- Food - Consumption of food or beverages is prohibited.
- Graffiti - Any writing, spraying, scratching or otherwise affixing of graffiti on, or in, facilities or vehicles is prohibited.
- Seatbelts - Passengers must remain in their seats and wear seat belts at all times.
- Seating - Elderly and Disabled passengers in wheelchairs, shall have priority over other persons seated in the wheelchair tie-down locations. Other seats are designated as courtesy seating for elderly and disabled.
- Please be ready for your ride early. Watches and clocks seldom agree, and an error of time may result in a missed transport.



**Transportation Staff**

- Sandra Irwin, Health Director
- Philbert Watahomigie Jr, Transportation Manager
- Kristina Shongo, Transportation Administrative Assistant
- Doris Butler, Transportation Driver
- Viola Gala, Transportation Driver
- Louise Wood, Transportation Driver
- Eliza Querta, Transportation Driver
- Joel Querta, Transportation, Driver
- Darnell Wilder, Transportation Driver

Each Staff member is trained in vehicle and passenger safety, which includes use of seat belts, biohazard clean up. Drivers also receive CPR, First Aid, and defensive driving training. Transportation is provided to individuals who have a medical appointment, locally or out of area. These transports include the local IHS clinic, Kingman, Phoenix, Prescott, Flagstaff, Tucson, and Las Vegas. Funding is provided by the Hualapai Tribe or AHCCCS (if client is eligible). Other transportation includes travel to Kingman to shop and other personal activities. **These individuals are charged \$10 per person for each 100 miles traveled. Medical transports take**



**Hualapai Transportation Services Offered for:**

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

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

We have vehicles that are accessible to those with disabilities, via ramps and securement devices

Our drivers are courteous and well-trained.

Compliments, Complaints, Suggestions, and all feedback are welcome.

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

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

**Steps to requesting Hualapai Non-Emergency Medical Transportation**

**Medical Transports:**

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

**Non-Medical Transport**

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

**\* THINGS TO CONSIDER: \***

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

**Hualapai Tribe  
Hualapai Health Department  
Medical Transport Description**

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

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

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

Other types of transports are provided for individuals who do not have a vehicle and whose income is limited. Medical transports take precedence over other types of trips. Those trips include; food, bank, shopping, pick-up or drop off at various places, trips to medical facilities where an immediate relative 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. The trips are available (if there is a driver/vehicle) between 8 AM to 5 PM, Monday through Friday.

## Campaign for Tobacco-Free Kids • Harm to Kids From Secondhand Smoke

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



### HARM TO KIDS FROM SECONDHAND SMOKE

On average, children are exposed to more secondhand smoke than nonsmoking adults. Two out of every five children ages three to 11 are exposed to secondhand smoke in the United States.<sup>1</sup>

The primary source of secondhand smoke exposure for children is the home, but children are also exposed to secondhand smoke in schools and other places, as well.<sup>2</sup> That exposure increases the chances that the children will suffer from smoke-caused coughs and wheezing, bronchitis, pneumonia, potentially fatal lower respiratory tract infections, eye and ear problems<sup>3</sup>, and other problems including ADHD and other conduct disorders.<sup>4</sup> The respiratory health effects of secondhand smoke may even persist into adulthood.<sup>5</sup>

#### U.S. Surgeon General Statements on Children and Secondhand Smoke

- "Secondhand smoke contains more than 250 chemicals known to be toxic or carcinogenic (cancer-causing), including formaldehyde, benzene, vinyl chloride, arsenic, ammonia, and hydrogen cyanide. Children who are exposed to secondhand smoke are inhaling many of the same cancer-causing substances and poisons as smokers."<sup>6</sup>
- "Because their bodies are developing, infants and young children are especially vulnerable to the poisons in secondhand smoke."
- "Both babies whose mothers smoke while pregnant and babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to cigarette smoke."
- "Babies whose mothers smoke while pregnant or who are exposed to secondhand smoke after birth have weaker lungs than other babies, which increases the risk for many health problems."
- "Secondhand smoke exposure causes acute lower respiratory infections such as bronchitis and pneumonia in infants and young children."
- "Secondhand smoke exposure causes children who already have asthma to experience more frequent and severe attacks."
- "Secondhand smoke exposure causes respiratory symptoms, including cough, phlegm, wheeze, and breathlessness, among school-aged children."
- "Children exposed to secondhand smoke are at increased risk for ear infections and are more likely to need an operation to insert ear tubes for drainage."
- "The Surgeon General has concluded that the only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments."
- "If you are a smoker, the single best way to protect your family from secondhand smoke is to quit smoking. In the meantime, you can protect your family by making your home and vehicles smoke-free and only smoking outside."

#### American Academy of Pediatrics' on Children's Exposure to Tobacco Smoke

The American Academy of Pediatrics has stated: "There is no safe level or duration of exposure to secondhand smoke"<sup>7</sup> and has adopted a specific resolution encouraging all its member state and local societies and chapters to: "support and advocate for changes in existing state and local laws and policies that protect children from secondhand smoke exposure by prohibiting smoking in any vehicle while a legal minor (under 18 years of age) is in the vehicle."<sup>8</sup>

*Campaign for Tobacco-Free Kids, February 9, 2017*

**A Tip From a Former Smoker • Amanda's Story**  
 Submitted by: *Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness*



Amanda's Biography

Amanda picked up her first cigarette in fifth grade, and by age 13, she smoked every day. She would sneak cigarettes from her parents or buy a pack on the way home from school in her small Wisconsin town. Many friends and the older kids Amanda admired were smoking. "I thought I should smoke, too," she said. By high school, Amanda skipped classes to smoke and realized she was addicted.

Amanda was working her way through college, newly engaged—and still smoking a pack a day—when she learned she was pregnant. Her daughter was born too early, a danger for all pregnant women who continue to smoke. The tiny, premature baby had a weak, soft cry—and was put in an incubator for babies who are born too early and too small. She was born nearly 2 months before she was due. "I had always planned on having children, but not before I was married or finished with college. And I definitely didn't plan on smoking while I was pregnant," said Amanda. "I tried hard to quit," she said. "I would throw a \$7 pack of cigarettes in the trash, [thinking] 'I'm done,' and by the end of the day, I'd buy another one." The addiction had crept into every corner of Amanda's life. She smoked when she



**Amanda, 30, Wisconsin;** smoked during pregnancy and had a premature baby

was under stress. She ducked outside for cigarettes throughout the day, even during Wisconsin's bitter cold winters.

Amanda was about 7 months into her pregnancy when things started to go wrong. She was rushed to the hospital by ambulance. Doctors delivered her baby by an emergency C-section—a little girl who weighed just 3 pounds. The baby spent her first weeks of life in the neonatal intensive care unit. She was fed through a tube and received special care for premature babies.

Once home, the baby struggled to gain weight and got sick easily. Before her first birthday, she developed allergies and asthma, a serious lung problem that makes it hard to breathe. Breathing problems are more common in premature babies.

Now, at age 7, the girl takes four medicines on a regular basis. "I feel a tremendous amount of guilt for my daughter being born early," said Amanda. "I knew that smoking was bad... I didn't think it would happen to me. I didn't think I would have a premature baby. I didn't think my child would have asthma."

To quit smoking, Amanda focused on ways to relieve stress. "The stress definitely doesn't go away after your cigarette. Whatever your reality is, whatever is making you want to smoke, that's still there after you have your cigarette," she said. Amanda used prayer, exercise, and distraction to handle her stress without a cigarette.

Amanda hopes that sharing her story will help other people quit smoking, and the sooner the better. Her father, a smoker, recently learned that he has advanced lung cancer. He quit smoking, and he's one of Amanda's biggest supporters in sharing her own story with the world. She hopes her children will have the chance to get to know their grandfather.

**A TIP FROM A FORMER SMOKER**

**Some of the reasons to quit smoking are very small.**

*Amanda, age 30, Wisconsin*



*Amanda smoked while she was pregnant. Her baby was born 2 months early and weighed only 3 pounds. She was put in an incubator and fed through a tube. Amanda could only hold her twice a day. If you're pregnant or thinking about having a baby and you smoke, please call*

**1-800-QUIT-NOW.**



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

#CDCTips

## American Cancer Society—The Great American Smokeout • Thursday, November 15<sup>th</sup>

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



### The Great American Smokeout®

#### The Great American Smokeout®

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

**Quitting starts here.**

#### Start Day One

(<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>)

#### WHY IS THIS EVENT IMPORTANT?

Nearly 38 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes more than 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease. While the cigarette smoking rate has dropped significantly, from 42% in 1965 to less than 15.5% in 2016,



the gains have been inconsistent. Some groups of Americans suffer disproportionately from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays and bisexuals.

Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

#### History of the Great American Smokeout

(<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>)

#### GET HELP QUITTING SMOKING

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and remaining smoke-free, you need to know what you're up against, what your options are, and where to go for help.



**Benefits of Quitting.** The sooner you quit, the more you can reduce your chances of getting cancer and other diseases. (<https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>)

**Helping a Smoker Quit.** Do's and Don'ts, general hints for friends and family.

(<https://www.cancer.org/healthy/stay-away-from-tobacco/helping-a-smoker-quit.html>)

**How to Quit Smoking or Smokeless Tobacco.** It's hard to quit smoking, but you can do it.

(<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>)

#### EVENT TOOLS & RESOURCES

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the available tools, call us at 1-800-227-2345. You can also find free tips and tools below.



Great American Smokeout Tools



Latest News About Tobacco and Smoking



Fight Back Against Tobacco



Help Your Employees Quit Smoking with Quit For Life®

#### Great American Smokeout Tools

(<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/resources.html>)

#### Latest News About Tobacco and Smoking

(<https://www.cancer.org/latest-news.html?tag=cancer-topics%3Asmoking-and-tobacco>)

#### Fight Back Against Tobacco

(<https://www.fightcancer.org/what-we-do/tobacco-control>)

#### Help Your Employees Quit Smoking with Quit For Life

(<https://www.cancer.org/healthy/stay-away-from-tobacco/smoke-free-communities/create-smoke-free-workplace/quit-for-life.html>)

#### MORE IN STAY HEALTHY

##### Stay Away From Tobacco

(<https://www.cancer.org/healthy/stay-away-from-tobacco.html>)

##### Be Safe in the Sun

(<https://www.cancer.org/healthy/be-safe-in-sun.html>)

##### Eat Healthy and Get Active

(<https://www.cancer.org/healthy/eat-healthy-get-active.html>)

##### Protect Against HPV

(<https://www.cancer.org/healthy/hpv-vaccine.html>)

##### Cancer Screening Guidelines

(<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines.html>)

##### Exams and Tests

(<https://www.cancer.org/healthy/find-cancer-early/tests-to-find-and-diagnose-cancer.html>)

## Stop Bullying on the Spot

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

### Stop Bullying on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy.

#### How to Prevent Bullying

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

#### Help Kids Understand Bullying

Kids who know what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.

- Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly.
- Encourage the child to report bullying if it happens.
- Talk about how to stand up to kids who bully. Give tips, like using humor and saying "stop" directly and confidently. Talk about what to do if those actions don't work, like walking away
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.

Watch the short webisodes and discuss them - PDF with kids.

#### Keep the Lines of Communication Open

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What would do you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to

encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does "bullying" mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- What do you think parents can do to help stop bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Get more ideas for talking with children - PDF about life and about bullying. If concerns come up, be sure to respond.

There are simple ways that parents and caregivers can keep up-to-date with kids' lives.

- Read class newsletters and school flyers. Talk about them at home.
- Check the school website
- Go to school events
- Greet the bus driver
- Meet teachers and counselors at "Back to School" night or reach out by email
- Share phone numbers with other kids' parents
- Teachers and school staff also have a role to play.

#### Encourage Kids to Do What They Love

Help kids take part in activities, interests, and hobbies they like. Kids can volunteer, play sports, sing in a chorus, or join a youth group or school club. These activities give kids a chance to have fun and meet others with the same interests. They can build confidence and friendships that help protect kids from bullying.

#### Model How to Treat Others with Kindness and Respect

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.



For more information, contact Taylor Johnson at 769-2207



## Halloween Safety Tips

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

# HALLOWEEN SAFETY TIPS

Halloween is an exciting time of year for kids, and to help them have a safe holiday, here are some safety tips.

### ALL DRESSED UP:

Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.

Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly so they don't slide over eyes. Makeup should be tested ahead of time on a small patch of skin to make sure there are no unpleasant surprises on the big day.

When shopping for costumes, wigs and accessories, look for and purchase those with a label clearly indicating they are flame resistant.

If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.

Do not use decorative contact lenses. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," using decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.

Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency, or become lost.

### CARVING A NICHE:

Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.

Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest.

Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and not on a porch or any path where visitors may pass close by. They should never be left unattended.

### HOME SAFE HOME:

To keep homes safe for visiting trick-or-treaters, parents should remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.

Parents should check outdoor lights and replace burned-out bulbs.

Wet leaves or snow should be swept from sidewalks and steps.

Restrain pets so they do not inadvertently jump on or bite a trick-or-treater or run away.

### ON THE TRICK-OR-TREAT TRAIL:

A parent or responsible adult should always accompany young children on their neighborhood rounds.

Have flashlights with fresh batteries for all children and their escorts.

If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.

Only go to homes with a porch light on and never enter a home or car for a treat.

**Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters:**

Stay in a group and communicate where they will be going.

Remember reflective tape for costumes and trick-or-treat bags.

Carry a cellphone for quick communication.

Remain on well-lit streets and always use the sidewalk.

If no sidewalk is available, walk at the far edge of the roadway facing traffic.

Never cut across yards or use alleys.

Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars or out of driveways.

Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!

Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

### HEALTHY HALLOWEEN:

A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.

Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.

Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.

Try to ration treats for the days and weeks following Halloween.

### HALLOWEEN AND FOOD ALLERGIES:

Halloween can be tricky for children with food allergies. It's important that parents closely examine Halloween candy to

avoid a potentially life-threatening reaction:

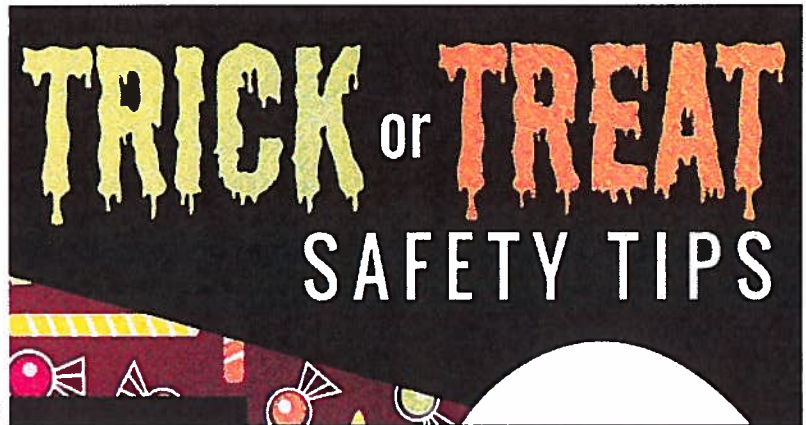
Always read the ingredient label on treats. Many popular Halloween candies contain some of the most common allergens, such as peanuts or tree nuts, milk, egg, soy or wheat.

If the ingredients aren't listed, arrange for a treat "exchange" with classmates or friends. Or, bag up the goodies your child can't eat because of an allergy and leave them with a note asking the "Treat Fairy" to swap them for a prize.

Be aware that even if they are not listed on the ingredient label, candy is at high risk of containing trace amounts of common allergy triggers, because factories often produce many different products. Also, "fun size" or miniature candies may have different ingredients or be made on different equipment than the regular size candies, meaning that brands your child previously ate with-

out problems could cause a reaction.

Teach your child to politely turn down home-baked items such as cupcakes and brownies, and never to taste or share another child's food.



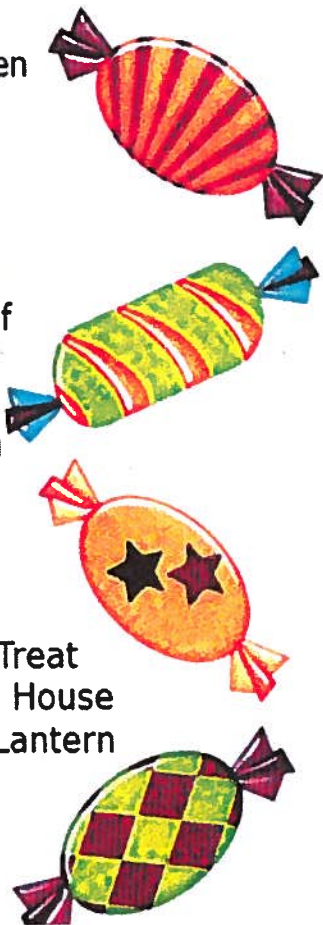
For more information, contact Taylor Johnson 769-2207

**Halloween Word Search**

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

# HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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

## Why Family Meals Matter

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

## Why Family Meals Matter

*Maureen Bligh, Andrea Garen and Ashley Rosales, Registered Dietitians*



When was the last time you sat down for a meal with your family? Was it last night, last week or last month? For some families, eating together is reserved for special events and holidays, like birthdays or Thanksgiving. These special occasion meals allow families to connect with each other, strengthen family ties and pass on family cultural traditions.



But family meals don't have to be reserved for special occasions. Family meals can happen any time of day, any day of the week! If the words "I'm too busy" pop into your mind, you're not alone. You probably even hear this from other parents and peers. But family meals can fit into even the busiest of schedules and they offer a host of benefits for children and adults alike!

Children who eat with their families are better nourished, have lower rates of obesity and better vocabularies. These factors can have a positive impact on classroom behavior and academic performance. And when it comes to improving the health of our children, family meals are a great way to instill healthy eating habits that will last a lifetime.

Research into family meals and their benefits is becoming more in depth, with some interesting findings:

- \* Dining as a family can create an environment for parents to lead by example for their children. Children who eat with their families consume more fruits, vegetables, milk and dairy foods compared to those who eat fewer family meals. Parents will be thrilled to learn that young adults who were raised eating regular family meals consume more vegetables (there is hope yet for teenagers!)
- \* Adults also report that eating as a family is a positive portion of their day. Mealtime creates a feeling of togetherness and family cohesion. The concept of family meals does not exclude single-parent homes or couples without children. The routine associated with meals can provide a protective value for some of the risks associated with single-parent homes. For couples, the routine of sitting down together carves out time for each other and creates work schedule boundaries creating a balance between work and personal life.



*But the benefits of family meals go beyond nutrition and family unity. Family meals are also an opportunity to promote child development. Regular family meals teach children many things that will enrich their lives beyond the immediate health benefits of eating nutritious food.*

- \* There is an association between family meal frequency and lower rates of obesity. However, while the meals are more nutritious (especially when prepared and eaten at home) they are not necessarily lower in calorie. Family meals consumed while distracted (watching television, taking phone calls, reading the mail) may actually increase food consumption.
1. **Memories.** Taking the time to sit together at mealtime helps create positive memories for yourself and your family.
  2. **Enjoyment.** The first and most important place where children learn positive attitudes about food is in the home. Eating meals together starts a lasting and positive relationship with food.
  3. **Self Esteem.** Mealtime conversation brings the family together and promotes positive self-esteem in children.
  4. **Life skills.** Children learn best by doing, not watching, so get them involved! You can teach children how to cook balanced meals for themselves by including them in meal planning and preparation.
  5. **Traditions.** Mealtime is an ideal time to strengthen family ties and pass on family cultural traditions. Whether you are celebrating a holiday or just eating an everyday meal, things you do in your home will be passed down to your children and grandchildren.
  6. **Curiosity.** Kids are more likely to try new foods when they are involved in meal preparation. They have a natural curiosity about food so be sure to offer new foods at mealtime (but never force them to try them.)
  7. **Relaxation.** Family meals are the perfect time to connect with each other and share your stories of the day. Shared time and positive experiences with your children is great way connect and relax together after a hectic day of work, school and errands.
  8. **Responsibility.** Research has shown that cooking with kids and assigning tasks surrounding mealtime, promotes independence and a sense of responsibility in the kitchen – and in life.
  9. **Communication.** Having conversations at mealtime increases your children's vocabulary. Encourage them to speak by asking about the best part of their day and probe more about what made the best part so great.
  10. **Love.** Children watch and imitate adults, and look to them to learn proper behavior for everything from saying please and thank you to learning about fitness and nutrition. Mealtime is the ideal time to remind your children every day that they are important and loved.

Isn't it time to make family meals a habit in your home?



## Is Dieting OK for Kids?

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



**KidsHealth.org**

The most-visited site  
devoted to children's  
health and development

### Is Dieting OK for Kids?

Everyone has been on a diet. Does that sound strange? Well, it's true. A diet is simply the collection of the foods you regularly eat. But the word "diet" also can mean an attempt to lose weight by limiting calories or types of food.

You may know some adults and kids who worry about their weight and say they're going on a diet. You might wonder if you should be on a diet, too. But the majority of kids do not need to — and should not — diet this way.

Why? Let's find out.

### Dieting to Lose Weight

All foods and many drinks contains calories, a kind of energy. When someone diets to lose weight, the person is trying to eat fewer calories than the body uses. By doing this, the person may lose body fat and decrease his or her weight. Likewise, if a person eats more calories than the body uses, the person may gain weight.

Kids usually do not need to diet in this way. Unlike adults, kids are still growing and developing. During this time, kids need a variety of healthy foods to keep their bodies growing properly. Some kids are overweight, but even overweight kids often can improve their health simply by eating nutritious foods and being more active. Being overweight can cause health problems, but kids may hurt their health even more by doing something drastic, like skipping meals or deciding to eat only lettuce.

### Who Needs to Diet?

Though some people may feel they weigh too much or too little, there is no perfect body shape. Some people have larger frames (bigger bones) and will always look bigger and heavier than people with smaller frames.

Talk to your doctor if you have questions about your weight. Your doctor can examine you and check your body mass index (BMI). That's a way of estimating how much body fat you have. If the doctor is concerned about your weight, he or she can recommend a couple of goals:

- for you to gain weight at a slower pace
- for you to maintain your current weight

For some kids, the doctor may recommend losing some weight, but this should be done with the doctor's help. Kids who need to lose weight may visit with a dietitian who can explain how to reduce calories safely while still getting all the necessary nutrients.

### Dangerous Diets

Diets that don't include a variety of nutritious foods, or have too few calories, can be dangerous for kids. Some type of dangerous diets are called "fad diets," because a fad means something that's popular for a short while. Fad diets usually promise quick weight loss and require the person to follow a strict set of guidelines.

Some dangerous diets cut out entire categories of foods or require the person to eat just one thing, such as cabbage

soup — yuck! The truth is there is no quick fix when it comes to weight loss. So pills, special drinks, all-liquid diets, and other gimmicks are poor choices, especially for kids. If someone offers you a diet pill or suggests you start having a magic milkshake that can make you thinner, tell them no! These diets can make people sick. They also usually end with the person regaining any weight that was lost.

Someone who is willing to take extreme steps to be thinner could have an eating disorder. These include anorexia nervosa (starving oneself) or bulimia nervosa (eating and then deliberately throwing up). They are serious conditions that need a doctor's attention.

### Help for a Dangerous Dieter

If you a friend, brother, or sister is following a dangerous diet, you need to tell an adult. You could turn to a parent, a teacher, or another adult you trust. You could also tell the person yourself that their eating habits are unhealthy, but you probably will need to get an adult involved, too.

It's not unusual for kids — or adults — to wish they were taller, or thinner, or that they could change something about their appearance. If you feel this way, talk to a parent or an adult you trust. You may need someone to help you understand these feelings and get a handle on whether your weight is a health concern.

The body changes that happen to kids during puberty include weight gain. This is normal, but it's a good idea to talk with your doctor about it if you or your parents have questions.

### What Kids Can Do

So if kids don't need to diet, how can they stay a healthy weight? All kids can benefit from eating a balanced diet and getting plenty of physical activity. Kids have a lot of choices when it comes to activity and exercise. Some like to play on sports teams or dance in troupes. Others may prefer to be more casual, riding their bikes or shooting hoops at the park. Just helping your parents rake leaves or clean the house is a kind of physical activity, though not as much fun as something like swimming! And it's a good idea to cut down on pastimes that aren't very active — such as watching TV or playing computer games.

Kids can also try to eat a variety of healthy foods. A balanced diet means that you don't eat the same thing every day and that you eat a mix of foods from different food groups. These include:

- fruits and vegetables
- milk and dairy products
- meat, nuts, and other protein-rich foods
- grains, especially whole-grain foods, such as whole-grain breads and cereals

This kind of diet helps your body by giving it the right nutrients. For instance, protein helps build your muscles and other body structures. Calcium helps your growing bones. And you need vitamins and other nutrients to keep your body working as it should. Fiber prevents constipation and carbohydrates give you energy, just to name a few.

Now that you understand more about diets, you can tell people you're on a very special one — a balanced, healthy diet just right for a kid!

## Workplace Wellness Newsletter • Let the Holidays Begin!

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



## Workplace Wellness Newsletter

### Let the Holidays Begin!

October marks the official start to the holiday season as we celebrate Halloween. Although this is a time of festivity and feasting, maintaining healthy habits is also possible.

Temptations abound in the workplace because lunchrooms become the unofficial candy dumping ground, and refrigerators are full of leftover holiday treats waiting to be pawed off on unsuspecting coworkers. The scary truth is over-snacking on sugary treats can lead to blood sugar spikes followed by zombie-like lows, which are not good for health or work productivity.

Would your office consider adopting a healthy holiday workplace policy? Here are a few office policy ideas:

- Make a pact to not bring leftover candy.
- Keep sweet treats out of sight.  
[Click to read why.](#)
- For more ideas, check out [HealthyEating.org/WellnessTools](http://HealthyEating.org/WellnessTools).

#### What You Can Do

- Eat a high-protein breakfast to keep full longer.
- Add black olives with sliced carrots to a healthy holiday-themed snack for added holiday color.



Should candy and all treats be completely banned from holiday festivities? Of course not! In addition to the emotional benefits of enjoying your favorite dessert, some sweets have other [health benefits](#) too. With food, it's important to remember to keep a [positive outlook](#) and see how all of your favorite foods can fit into a [healthy eating pattern](#) in moderation.

### Move of the Month

#### Seated Russian Twists

- Sit on the ground with knees bent and feet flat on the floor about one foot away. Lean slightly back until you feel a slight pull on your abs. Keep your back straight through the entire exercise.
- Cup your hands together or hold a weight or a medicine ball just below your chest.
- Twist your torso to the left and tap your weight to the floor beside you. Inhale through center and rotate to the right. This completes one rotation.
- Do 16 full rotations.

Move and image courtesy of [we-heartliving.com](http://we-heartliving.com).



### Recipe of the Month

Bring a pot of this delicious autumn soup to share at your next holiday get-together.

#### Pumpkin, Potato + Leek Soup

##### Ingredients

- 1 pound Pumpkin or squash
- 2 Leeks, white part only
- 2 medium Potatoes
- 1 ½ cups Water
- Salt, to taste
- 1 cup Milk
- ½ cup heavy Cream, milk or half-and-half
- white Pepper
- fresh grated Nutmeg
- 1 tablespoon chopped Parsley



##### Preparation

Cube and peel uncooked pumpkin. Cut leeks in pieces. Peel and cut potatoes. Combine pumpkin, leeks, potatoes, water and a pinch of salt in a saucepan. Cover and bring to a boil. Simmer over low heat 30 minutes until vegetables are tender. Puree in food processor with liquid. Return to pan. Bring to boil. Simmer five minutes. Stir in milk and simmer two minutes. Stir in cream and simmer. Add pepper, nutmeg and salt if needed. Can refrigerate, covered, for one day. Top with parsley before serving.

##### Cook's Note

Reduce prep time by substituting canned pumpkin or sweet potatoes.



## 10 Healthy Snacking Tips

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

DAIRY COUNCIL  
of CALIFORNIA  
Healthy Eating Made Easier™

# 10 Healthy Snacking Tips

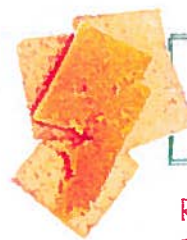
Snacks and mini-meals provide many of the nutrients you and your family need to be healthy. Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times. This simple rule makes smart snacking easier: Plan snacks from at least two of the five food groups—Dairy; Vegetables; Fruits; Grains; and Protein.

Pick a few snacking tips to try this week:

- Make time to shop more often to keep healthy snacks—cheese, fruit, vegetables—fresh and available.
- Enjoy protein-rich foods such as nuts, hard-cooked eggs, cheese or yogurt for satiety and long-lasting energy.
- Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip or make a trail mix of nuts, dried fruit and chocolate chips.
- Swap out less nutritious snacks gradually. Instead of a candy bar every afternoon, try fruit sorbet or frozen yogurt with nuts.
- If you are on the run, make a quick smoothie with frozen fruit, yogurt and juice. Drink it on the road!
- Remember that snacks have calories too. Enjoy snacks but make your portions smaller at mealtimes.
- Set a snack schedule—perhaps every three to four hours—to minimize mindless nibbling.
- Plan ahead. Eat a healthy snack before attending an event if “better-for you” snacking options will not be available. Put out small portions of healthy snacks while watching TV.
- Make sure you have a way to keep perishable items cold. Pack foods in an insulated lunch bag with a small ice pouch, or freeze foods that will be cool but thawed by snack time.
- Make snacks fun by chopping colorful fruits and vegetables into small portions or using cookie cutters to cut sandwiches into different shapes.

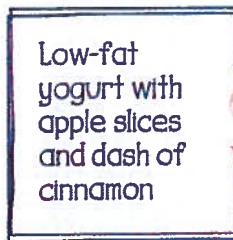
## Protein-Packed Snack Ideas

Which protein-rich snacks will you select to feel full longer?



Whole-grain crackers  
and cheddar cheese

Rice cakes with  
peanut or  
almond butter



Low-fat  
yogurt with  
apple slices  
and dash of  
cinnamon



Trail mix with nuts,  
cereal and dried fruit



String cheese and  
veggie sticks



Handful of nuts and a  
glass of milk



## October—Have a Safe and Healthy Halloween

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

Good Health & Wellness Program (HEW)  
Vondell L. Bender, GHW Educator



## October - Have a Safe and Healthy Halloween!

### October is Child Health Month

October is Child Health Month and there is much we can do to celebrate. Try these ideas to create some fun Memories for everyone!

- **Spend the day at the Park!** Bring a Frisbee, soccer ball, a kite & a blanket. Pack a picnic basket filled with your favorite sandwiches & a thermos of soup to share.
- **Engage in friendly competition!** Go bowling, miniature golfing or even play laser tag. These activities are fun for the whole family and get everyone moving!
- **Take a bike ride to your favorite local destination!** Bike rides are a great, low-cost way to bond with your kids. Instead of piling in the minivan, slap on those helmets and ride like the wind!

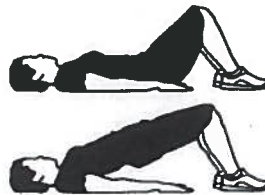
Use this website link to find out more ways to exercise as a family on a daily basis: <http://ow.ly/5eavE>

### Move of the Month

If you're looking for a great way to tone your butt, here is a challenging exercise you can do anywhere—even at the office!

#### The Bridge

1. Lie on your back with knees bent, feet on the floor, hip width apart.
2. Beginning with a pelvic tilt (tucking the hips), peel your spine off the floor on vertebrae at a time until you've created a diagonal line from the shoulders to the knees. (The heels should be directly under the Knees at the highest point.)
3. Hold for a few counts, then slowly lower spine squeezing the butt so it is the last thing to touch the ground, Repeat 10 – 15 times.



### Recipe of the Month

#### Chocolate-Chip Walnut Pumpkin Bread

- 1 16oz can of pumpkin Puree
- 1 ½ Cups of flour
- 1 Cup white sugar
- 2 eggs
- ¼ Cup canola oil
- ¼ Cup water
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ tsp. nutmeg
- ¼ tsp. all spice
- ¼ tsp. ground cinnamon
- ½ Cup chocolate chips (if desired)
- ½ Cup walnuts (more if desired)

Preheat oven to 375. Combine flour, sugar, baking soda, salt, & spices in a bowl. Mix well in a separate bowl, mix oil, Eggs, water, pumpkin. Combine wet & dry ingredients in one bowl & fold in chocolate chips & walnuts. Pour into spray-Ed loaf pan and even out Batter. Bake 50-55 mins. Until center is cooked.



Use these tips to make sure your family and friends are healthy & safe this exciting Halloween!

#### Look for fun, safer ways to carve pumpkins?

- ✚ Use markers. Let young children draw faces on pumpkins with washable markers. Leave the carving to an adult.
- ✚ Use a pumpkin cutter. Try this website for some pumpkin carving advice: <http://www.youtube.com/watch?v=sX6OihgFz8o>
- ✚ Use candles with care. To be extra safe, look for battery operated on-an-off lights that fit inside your pumpkin and simply flip the switch!

#### Fun alternatives to traditional Halloween Candy:

- ✚ Small, individually wrapped packs of pretzels, popcorn or trail mix.
- ✚ School supplies such as Halloween themed pencils and erasers.
- ✚ Cheap toys bought in bulk from a supply store, party size bubbles, Halloween stickers.

# COMMUNITY MESSAGES

## 8 Inspirational, Encouraging Corner

Submitted by: Ms. Powsey

It's easy to get spoiled in this fast-paced, high tech, instant everything world. Compute it quick. Fax the facts. Microwave the dinner. Call from your car. Reach for the remote. Speed dial. Laser print. Jet to Jamaica.

But there's no place that can fax you a friend. To get a friend, you have to build a bridge and even with modern technology, bridge-building is a process that takes time. There is no short cut that can span the distance between two hearts.

Building solid, close relationships are critically important and if your life is anything like mine. I don't need to tell you why you need friends.

Everyday is filled with reasons. How could we keep our balance in this stress filled world without the perspective of a friend. How would we grow and learn and find hope when we're running low? Who would laugh with us at the end of the day, when laughing seems the only thing left to do. Who would share our joy? How would we survive our successes and learn from our failures? Who would lift us when we're sinking beneath our load? And who would hug us when life turns out to be full of pain? Who would share our tears? Is it time for you to work on a bridge or two?

Be friends with your own family and if you can't, there is one friend that is greater! Who does not leave you nor forsake you, the best friend ever to have in our life. His name is Jesus!

Read Proverbs 18:24 and John 15:13



## Thank You to CO Tso

Submitted by: Tasha Nez | Hualapai Adult Detention



The Hualapai Adult Detention would like to give a HUGE thank you to Correctional Officer Tso for always, always decorating our department and thinking of new ideas and themes. CO Tso... You're appreciated beyond words can express. Thank you.

## Red Road to Wellbriety • Chapter 5 — Healing Steps of the Red Road

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



*Time and again our Elders have said that the 12 Steps of AA are just the same as the principles that our ancestors lived by, with only one change. When we place the 12 Steps in a circle then they come into alignment with the circle teachings that we know from many of our Tribal ways.*



### Chapter 5 The Healing Steps of the Red Road

We, as Native people, stand at the dawn of a new springtime. For the first time in over five hundred years, our tribal Nations their traditions, languages,

and ceremonies. We are coming back to the principles, laws, and values that we once knew. We are fighting for our sovereignty in the courts, and we are winning. We are becoming bicultural people, full citizens of both mainstream society and our own ancestral ways.

To enjoy sovereignty as proud Nations, we must also achieve sovereignty over ourselves as individuals. This journey on the Red Road may not be an easy one. We need to go to many addictions recovery meetings on a regular basis. We need to learn to live one day at a time. We may have many problems to overcome. It might be that our family has fallen apart, we have financial problems, job problems, bad reputations, low self-esteem, feel bad about ourselves, experience guilt and shame, and have no known plan as to how we are going to pull our lives together. For many of us, we will come to realize that we have grown up in communities or families that are very negative or toxic. So often the support we need may not be there when we need it. But recovery and Wellbriety is still possible because this is an individual and internal journey.

When we reach the turning point of being "Sick and Tired of Being Sick and Tired," when we reach the point of being

◆ ◆ ◆ ◆  
are starting to come back to



willing to "Let Go and Let God," when we are willing to "Surrender to Win," remarkable things start to happen. We will come to realize the 12 Steps are a program that will work for all people--red, yellow, black and white. When we realize that most of our problems are of our own making, then we can see that most of the solutions we need to find, with the Creator's help, will be attracted to our lives as we walk the Red Road. We can see that alcohol and drugs are ruining our lives, that we are powerless over alcohol, that it is even stronger than our own will, and stronger than all the vows we make when we are in trouble--such as... "God, get me out of this one and I will never drink again..." Or, "I will quit tomorrow..." When we are able to fully admit to ourselves that we are REAL alcoholics, this is the first step and the first footprint on the Red Road.

The name of this chapter says it all. The Healing Steps of the Red Road. There are steps we must take in order to do this. This means devoting time-- time dedicated to healing ourselves and being a part of this Wellbriety journey. Today there are thousands of Native People in recovery who had the same problems you may now have when they first came into recovery.



### Things to Think About

The Elders say there are two states of mind that we can be in. One state of mind is called the state of "I don't know what I don't know." Often when we come into recovery we don't know the truth from the false. When we are willing and become teachable, we will move from the state of mind of "I don't know what I don't know," to "Now I know what I don't know." This means that I am willing to listen to the experience, strength, and hope of another alcoholic. As we listen to their stories, we can start to have an understanding of the affects of alcohol. We can see that alcohol is a symptom of what we need to work on. We will come to see that most of the time when we got in trouble we were under the influence of alcohol. The effects of alcohol will eventually touch and ruin every area of our lives. When we stop drinking alcohol, then our lives begin to change.

It is the first drink that gets us drunk. We must come to realize we don't have the power, on our own, to not take that first drink. We cannot get the right thoughts or vow to not take that first drink--that kind of willpower won't work. We do not have the power to leave the drink alone. The power we need to overcome our addictions must come from the Creator. Only by daily prayer, sometimes minute by minute, we ask the Creator to help us. Only moment by moment will we ever permanently, one day at a time, overcome alcohol and other addictions. We must bring our lives into harmony and heal from the alcohol and drugs which have threatened to take away everything we love.

Our Lakota Elder Frank Fools Crow once said that alcohol and jealousy are the two biggest enemies that Indian people have. We have a longing and a yearning to walk the Red Road, but these two enemies are a road of difficulty for us. Yet when you read some of the sobriety stories -- you'll see that many of our people have been sober and clean for ten, twenty and thirty years or more. You'll also see that they are more than sober. Many of our people have become

both sober and well--and that's what we mean by Wellbriety.

When you read and if you have a committed connection with the AA program and the 12 Steps of AA, you'll see that both our people and people of the non-Indian society have found peace by working and living through the 12 Steps. Many of our people have found the Red Road by going to both regular AA and Indian AA. Yet some of us are not comfortable with AA or its 12 Steps. We need to take a look at our own prejudices about the 12 steps. Some of us say this is a white man's Program. Some of us reach this conclusion by only attending a few meetings. Many of us will find recovery through the Native American Church or other teachings. None of these ways should be criticized. We should accept whatever way works for us to overcome alcohol.

We've already said that AA came about in the 1930's from the work of two white men who found sobriety by first finding that if they helped each other, they started to stay sober. As they started to stay sober, then the third drunk showed up. And this person stayed sober! Eventually the Big Book was written by the first 100 people, sharing their experiences about how they made this journey. Our culture says the same thing. We live in an interconnected system and pieces of interconnected systems need each other. We don't necessarily need to like each other, but we need each other to stay sober and function.



If you've read the Big Book or worked the AA program, you know that, without a doubt the Great Spirit is behind all that's there. But AA and the 12 Steps often come across in cultural ways that are strange to us. The words used might not be our words, and the feelings might not be exactly the spiritual feelings of our families, relatives, and communities.

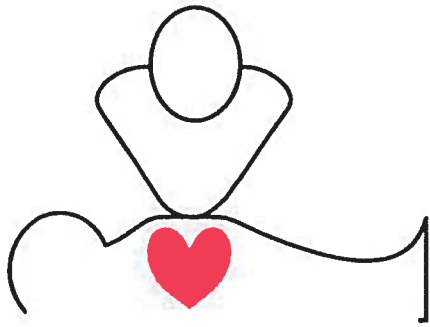
But time and again our Elders have said that the 12 Steps of AA are just the same as the principles that our ancestors lived by, with only one change. When we place the 12 Steps in a circle then they come into alignment with the circle teachings that we know from many of our tribal ways. When we think of them in a circle and use them a little differently, then the words will be more familiar to us.

There is really only one question: do you want to become sober and clean? Do you want to become free of the alcohol spirit that is just as cunning, baffling and powerful to us as it is to our non-Native brothers and sisters? Do you want to let go of the painful spirit of drug addiction, which now captures more and more of our people?

We can't go half way with this. We must make a commitment. We must ask the Great Spirit's help to become free from the effects of alcohol. We must also do our part: we can choose to accept the gift and hard work of the 12 Steps and 12 Principles stated here. Following is a journey that we may now choose as a road to sobriety, recovery, and happiness.

**Become CPR/First Aid Certified • Training Monday, November 19<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



# CPR Training!!

*Get Certified. Save a Life*

## **First Aid and CPR**

Anyone interested in becoming CPR /First Aid Certified  
please call Amy Siyuja @ 928.769.2207  
or Email: [ASiyuja@hualapai-nsn.gov](mailto:ASiyuja@hualapai-nsn.gov)

### Class Schedule:

November 19, 2018	8am-5pm
December 17, 2018	8am-5pm
January 14, 2019	8am-5pm

**Red Ribbon Decorating Contest • Monday, October 22<sup>nd</sup>**

*Submitted by: Addie Crozier | Hualapai Tribal Administration*

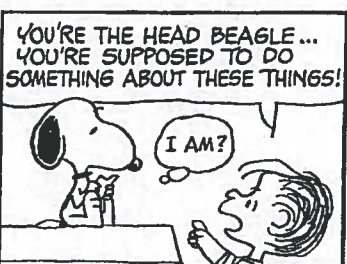
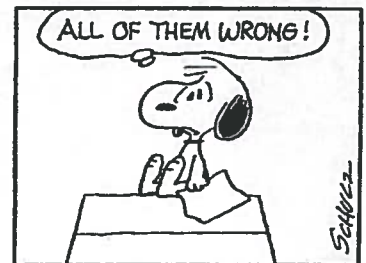
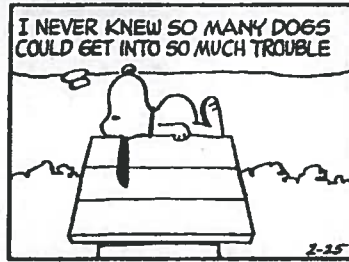
**JUDGING ON MONDAY  
10/22/2018 DEPT.  
DECORATING CONTEST!!**

**RED RIBBON WEEK**



Daily Strips from the 1970s • Peanuts

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





**Buck-N-Doe 4H Club  
25<sup>th</sup> Anniversary Dinner  
6pm, October 25<sup>th</sup> 2018  
4H Ag. Facility  
400 HWY 66, Peach Springs, AZ**



**Come eat and share some  
memories with us!**



**Contact Rosemary Sullivan for more info. 928-727-1286**