



# GAMYU

Newsletter of the Hualapai Tribe



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**Per Capita Distribution • Monday, November 19<sup>th</sup>**  
 Submitted by: April Siewiyumptewa | Hualapai Tribal Administration

## COMMUNITY NOTICE

Per Capita checks for 2018 will be handed out at the Multi building on November 19, 2018 from 8am-noon. If you miss this distribution then your check will be mailed. There will be no exceptions. The Per Capita distribution amount for this year will be \$2700.00.

Everyone must bring proper identification to pick up your check. If you come with no ID your check will be mailed. You may use State issued ID's as well as Tribal ID's. You can only pick up your check. You will not be permitted to pick up a check for a family member, spouse, or children over 18 years of age.

There will be no minor Per Capita checks distributed. 100% of the funds for the minors will be placed into Trust. No exceptions will be made. For those who owe loans to the Tribe, up to 20% of your distribution will be garnished, max of \$540.00, from your check to pay for those loans. This is only for Tribal loans not court ordered garnishments.

Please be sure to contact the Tribal Office to check your address before the checks are mailed. The deadline for the Tribal Office to receive address change forms was October 15, 2018. Address Change Forms received after that date will have a delayed mailing.

For any questions please contact Wanda Easter, Finance Director or April Siewiyumptewa at the Tribal Office, (928) 769-2216.

Thank you.

*Count Your Blessings*  
**ATTENTION COMMUNITY**

Please note that the Tribal Department(s) will be closed from November 22-23, 2018 in observance of the Thanksgiving Holiday. Please plan accordingly.

We are thankful for our community. Have a safe holiday.

**Special points of interest:**

- TERC Meeting on Wednesday, November 21<sup>st</sup> at 9:00AM at the Hualapai Cultural Resources Department.
- Regular Hualapai Tribal Council Meeting will be held on Saturday, December 8<sup>th</sup> at 8:01AM in the Hualapai Tribal Chambers.

**Community Thanksgiving Dinner • Monday, November 19<sup>th</sup>**

Submitted by: Danielle Bravo | Hualapai Planning Department

**Community Thanksgiving Dinner**  
 Monday, November 19, 2018  
 6 pm at the Hualapai Tribal Gym

**Request for Proposal for Negotiating Telecommunications Rights-of-Way Agreements on Tribal Lands and Request for Bids Trash Enclosure Construction**

*Submitted by: Kevin Davidson | Hualapai Planning Department*



**Request for Proposal for Negotiating Telecommunications Rights-of-Way Agreements on Tribal Lands**

The Tribe seeks a qualified professional to help it negotiate a new grant of easement for right-of-way for an existing fiber optic cable that crosses approximately 18 miles of the Hualapai Reservation. The RFP provides for Indian Preference but is not limited to Indian Owned Enterprises only. Proposals are due on Wednesday, November 21, 2018, at 4:00 PM.

All questions must be submitted in writing and may be sent via email to the individual listed below. All bids shall be submitted to:

Kevin A. Davidson, Director  
Hualapai Tribe Planning & Economic Development Department

Mail to: P.O. Box 179 or  
Deliver to: 887 W. Highway 66  
Peach Springs, Arizona 86434  
Phone: (928) 769-1310 Ext. 22  
Fax: (928) 769-1377  
Or e-mail to: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)  
See [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) for RFP posting



**Request for Bids Trash Enclosure Construction**

The Hualapai Indian Tribe has been awarded a HUD Indian Community Development Block Grant that includes construction of a trash enclosure to serve HUD-funded structures at the Tribe's Youth Camp site. Therefore, the Hualapai Indian Tribe is requesting bids from qualified contractors to construct the trash enclosure. Bids will be accepted from both Indian-owned and other firms for this project.

Complete project information and submittal requirements are available on request from:

UrbanTech Ltd.  
Phil Entz, Project Manager  
(602) 678-0533  
Email: [phil@urbantech-ltd.com](mailto:phil@urbantech-ltd.com)

Bids shall be submitted to the Project Manager listed above and will be accepted by email prior to the deadline of 1:00PM, November 28, 2018.

The work to be performed under this contract is subject to 24 CFR 1003.510. Preference in the award of contracts and subcontracts shall be given to Indian organizations and Indian-owned economic enterprises.

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

**ARTICLE DEADLINE:**

**MONDAY, November 26<sup>th</sup> by 1:00PM (Due to Thanksgiving Holiday on November 22-23)**

**Next Publication: Friday, November 30<sup>th</sup>**

**Housing Improvement Program (HIP) • Information**

*Submitted by: Michelle Zephier | Hualapai Planning Department*

**HURRY AND GET YOUR HIP FILE COMPLETED THERE'S A TIME LIMIT!!**

There will ONLY be certain time frames to schedule an appointment with Michelle Zephier the Housing Improvement Program coordinator for the Hualapai Tribe, she will help you to complete your application and make sure all your information is submitted accurately. You may call any day or come in to make an appointment, the dates available are from November 5-27, 2018 and from December 19-29. There WILL NOT BE ANY EXTENSIONS GIVEN, because of the HIP worksheet due date that must be submitted to the Bureau of Indian Affairs Office in Phoenix. Thank you for your understanding.

Michelle Zephier, Planner 1/Realty Specialist located next to the Walapai Market at 928-769-1310 or 928-607-6413.



## United States Department of the Interior

OFFICE OF THE SECRETARY  
Washington, DC 20240

OCT 11 2018

Dear Tribal Leader:

The purpose of this letter is to provide information regarding the Bureau of Indian Affairs (BIA) National Housing Improvement Program (HIP) Funding Distribution Methodology for Fiscal Year (FY) 2019 and call for the 2019 Tribal Work Plan as outlined in the Indian Affairs Manual Part 70 Chapter 7. For a copy of the chapter please visit:

<https://www.bia.gov/sites/bia.gov/files/assets/bia/ois/raca/pdf/idcl-026679.pdf>

The HIP offers Native Americans and Alaska Natives the opportunity to live in safe and sanitary housing conditions. The BIA's policy on providing HIP funding is consistent with the National Housing Policy (42 U.S.C. Section 1441), which declares that every American family should have the opportunity for a decent home and a suitable living environment. The distribution of FY 2019 HIP funding is contingent upon congressional appropriations.

The information below summarizes the responsibility of each Tribe for Tribal Data Collection and for submission of its Annual Tribal Work Plan.

### Tribal Data Collection

Each Tribe is responsible for the collection of eligible applicant data using the approved Housing Assistance Application Form, BIA Form 6407. Tribal members interested in HIP must complete the application through their local Tribal HIP office or Tribal Designated Housing Entity (TDHE). The Tribe or TDHE is responsible for working with applicants and determining eligibility for HIP based on the information each applicant provides on the application and in accordance with 25 C.F.R. Section 256.14. Eligibility does not guarantee funding for services.

### Tribal Work Plan (Tribal Annual Performance Report)

Annually, each Tribe is responsible for compiling all eligible Tribal application data into a single Tribal Work Plan. The Tribal Work Plan summarizes all applicant data into a priority list, from high to low, based on the scoring factors from the application. A Tribe is permitted to include FY 2018 applicant data in its FY 2019 summary of eligible applicant data, but must update the applicant eligibility criteria requirements pursuant to 25 C.F.R. Section 256.16. The Tribal Work Plan must be submitted for a Tribe to be considered in the distribution of HIP funding for FY 2019. The Tribal Work Plan for FY 2019 is due to the Regional Office by close of business December 31, 2018.

The Housing Assistance Application Form, BIA Form 6407, and the FY 2019 HIP Tribal Work Plan (Tribal Annual Performance Report) may be downloaded from the BIA Website. To download the HIP forms, please visit:

<https://www.bia.gov/bia/ois/dhs/housing-improvement-program>

Tribes are invited to contact their local agency, regional, or self-governance representative for more information. Should you have any questions, you may contact Mr. Les Jensen, Housing Program Officer, Division of Human Services, at (907) 586-7397.

Sincerely,



Tara Sweeney  
Assistant Secretary Indian Affairs

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**Now Accepting HIP Applications • Due by Thursday, November 29<sup>th</sup>**  
*Submitted by: Michelle Zephier | Hualapai Planning Department*



**\*\*\*\*\*ATTENTION\*\*\*\*\***  
**Now Accepting**  
**Housing Improvement Program (HIP) Applications**



The Housing Improvement Program is a home repair, renovation and replacement grant program administered by the Bureau of Indian Affairs (BIA) and federally-recognized Indian Tribes for American Indians and Alaska Native individuals and families who have no immediate resource for standard housing. To be eligible for HIP assistance, you must be a member of a federally recognized American Indian tribe or be an Alaska Native; live in an approved tribal service area; have an income that does not exceed 125% of the U.S. Department of Health and Human Services Poverty Guidelines; have present housing that is substandard, as defined in the regulations 25 CFR, Part 256; have no other resource for housing assistance; have not received HIP assistance after October 1, 1986 for repairs, renovation, replacement or housing, or down payment assistance; and have not acquired your present housing through a federally sponsored housing program that includes such housing assistance. Interested applicants should contact --- Michelle Zephier for an Application Package containing the application, guidelines, and required supporting documentation necessary in order to qualify for eligibility. Complete applications and all supporting documentation is due by **November 29, 2018**.

**Contact Persons:**

Michelle Zephier, Hualapai Planning Dept.  
Western Region (BIA) - Nancy Jones,

Office Phone: 928-769-1310  
Office Phone: (602) 379-3083;

Fax: 928-769-1377  
Fax: (602) 379-4006

## UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF INDIAN AFFAIRS HOUSING ASSISTANCE APPLICATION

- All questions in this application must be answered. The requested information is self-explanatory.
- This application is subject to the Privacy Act of 1974, Pub. L. 93-579

### A. APPLICANT INFORMATION

1. Name: \_\_\_\_\_  
                            Last                              First                              MI                              Maiden Name (if any)
2. Current Address: \_\_\_\_\_  
  Street Address                              P.O. Box # (if any)  
\_\_\_\_\_  
City    State    Zip Code
3. Telephone Number: (\_\_\_\_\_) \_\_\_\_\_
4. Date of Birth: \_\_\_\_\_                      5. Social Security Number: \_\_\_\_\_
6. Tribe: \_\_\_\_\_                              Roll Number: \_\_\_\_\_
- Reservation/Rancheria: \_\_\_\_\_
7. Marital Status:  Married      Singled      Widowed      Other  
If you checked "Other", please explain. \_\_\_\_\_

### Information About Spouse:

8. Name: \_\_\_\_\_  
                            Last                              First                              MI                              Maiden Name (if any)
9. Date of Birth: \_\_\_\_\_                      10. Social Security Number: \_\_\_\_\_
11. Tribe: \_\_\_\_\_                              Roll Number: \_\_\_\_\_

### B. FAMILY INFORMATION

List all other persons living in household on a permanent basis. Start with the oldest and provide Name, Date of Birth, Social Security Number, Relationship to Applicant, and Tribe/Roll Number.

Name	Date of Birth	Social Security #	Relationship to Applicant	Tribe/Roll Number

If you need more space, use a blank sheet of paper.

Date of this application: \_\_\_\_\_

**C. INCOME INFORMATION**

12. **Earned Income:** Start with applicant, then list all permanent family members, including all who are listed under Parts A and B and have earned income. Provide signed copy of SF-1040 (income tax return), W-2 forms, wage stubs, etc. for verification.

Name	Annual Earned Income	Source of Income

Total annual earned income: \$ \_\_\_\_\_

13. **Unearned Income:** Start with applicant, then list all permanent family members, including all who are listed under Parts A and B and have unearned income such as social security, retirement, disability and unemployment benefits, child support and alimony, royalties, per capita payments, interest, etc. Provide check stubs, statements, individual Indian Money (IIM) ledgers, etc. for verification.

Name	Annual Unearned Income	Source of Income

Total annual unearned income: \$ \_\_\_\_\_

14. **TOTAL COMBINED ANNUAL HOUSEHOLD INCOME** (earned + unearned): \$ \_\_\_\_\_

**D. HOUSING INFORMATION**

15.	Location of the house to be repaired, renovated or constructed. (Give address and detailed directions to this house). <b>**DRAW MAP ON BACK OF THIS PAGE**</b>
16.	Provide a brief description of the problems you are experiencing with your house or the type of housing assistance for which you are applying.
17.	To your knowledge, has HIP assistance ever been provided for this house or have you ever received HIP assistance?
	No.
	Yes. If yes, indicate amount: \$ _____, to whom: _____, and when: _____.
18.	If repair assistance is needed, do you own _____ or rent _____ this house?
	If renting, is the owner Indian? ____ No ____ Yes
	If yes, provide name of owner(s): _____

Date of this application: \_\_\_\_\_

**HOUSING INFORMATION, continued.**

19.	Is electricity available? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, provide name of electric company: _____			
20.	Type of Sewer system:	<input type="checkbox"/> City Sewer	<input type="checkbox"/> Septic Tank	<input type="checkbox"/> Chemical Toilet <input type="checkbox"/> Outhouse
21.	Water Source: <input type="checkbox"/> City Water <input type="checkbox"/> Private Well <input type="checkbox"/> Community Water Tank Other (Please describe): _____			
22.	No. of Bedrooms _____			
23.	House Size: _____ (Square Feet)	[ LENGTH _____ ft/in]	[ WIDTH _____ ft/in]	
24.	Bathroom facilities in existing house:	Facility	Yes	No
		Flush toilet		
		Bathtub		
		Sink/lavatory		

**E. LAND INFORMATION**

25.	Do you own the land on which you wish to renovate or build this home? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, provide the name of the owner(s): _____			
26.	What is the current status of the land?	Fee	Tribal Fee	Native/Restricted
		<input type="checkbox"/> Individual trust land	<input type="checkbox"/> Tribal trust land	<input type="checkbox"/> Public Domain
		<input type="checkbox"/> Individually restricted	<input type="checkbox"/> Tribally restricted	<input type="checkbox"/> Other: _____
27.	If you do not own the land, do you have: <input type="checkbox"/> Leasehold interest? <input type="checkbox"/> Use permit? <input type="checkbox"/> Indefinite assignment or joint ownership? If so, please explain: _____			

**F. GENERAL INFORMATION**

		Yes	No
28.	Have you or anyone in your household ever received Housing Improvement Program assistance? If yes, give amount received \$ _____; the year it was received: 19 ____; and the location of the house: _____		
29.	Do you own any other house not occupied by your family? If yes, state where the house is located: _____ and who occupies it: _____		
30.	Do you live in a house built with Housing and Urban Development (HUD) funds?		
31.	Is the HUD project still under operation of an Indian Housing Authority?		
32.	If you are requesting assistance for a new housing unit, have you applied for assistance from:		
	• Indian Housing Authority? If yes, provide date of application: _____		
	• Tribal Credit Program? If yes, provide date of application: _____		
	• Other? From who: _____ If yes, provide date of application: _____		
33.	Does anyone in your family, who is a permanent resident listed under Parts A and B of this application, have a severe health problem, handicap or permanent disability? If yes, provide name of family member _____ and brief description of condition. (Your servicing housing office will advise you if you must provide statements of condition from two sources, which may include a physician's certification, Social Security or Veterans Affairs determination, or similar determination).		

Date of this application: \_\_\_\_\_

**G. APPLICANT CERTIFICATION**

(Read this certification carefully before you sign and date your application. Sign in ink).

I certify that all the answers given are true, complete and correct to the best of my knowledge and belief, and they are made in good faith. This certification is made with the knowledge that the information will be used to determine eligibility to receive financial assistance, and that false or misleading statements may constitute a violation of 18 U.S.C. 1001.

This application contains material covered by the Privacy Act. No record will be communicated to anyone or any agency unless requested in writing, by the applicant, or unless an officer or employee of the housing program or other Federal agency requires it in the performance of their duties.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Spouse's Signature (if appropriate) \_\_\_\_\_ Date: \_\_\_\_\_

**PRIVACY ACT STATEMENT**

25 CFR 265 and 25 U.S.C. 13 authorize the collection of this information. This information is covered by the system of record notice "Indian Housing Improvement Program, Interior, BIA-10." The primary use of this information is to determine eligibility for assistance under the Housing Improvement Program. The records contained therein may only be disclosed in accordance with the routine uses and may not otherwise be disclosed by any means of communication to any person, or to another agency, except pursuant to a written request by, or with prior written consent of the individual to whom the record pertains. If the BIA uses the information furnished on this form for purposes other than those indicated above, it may provide you with an additional statement reflecting those purposes. Executive Order 9397 authorizes the collection of your Social Security number. Furnishing the information is voluntary but failure to do so may result in disapproval of your application.

**PAPERWORK REDUCTION ACT STATEMENT**

This information is being collected to select eligible families or individuals to participate in the Housing Improvement Program. Response to this request is required to obtain a benefit in accordance with 25 CFR 256. You are not required to respond to this collection of information unless it displays a currently valid OMB control number. This information will be used to determine the eligibility and the ranking of the applicant. Public reporting burden for this form is estimated to average 1 hour per response, including the time for reviewing instructions, gathering and maintaining data, and completing and reviewing the form. Direct comments regarding the burden estimate or any other aspect of this form to Information Collection Clearance Officer – Indian Affairs, 1849 C Street, NW, MS-4141, Washington, DC 20240.

Created: October 3, 2001, 10:41:11 AM modified: September 19, 2007 modified: July 31, 2011

Date of this application: \_\_\_\_\_



**UNITED STATES DEPARTMENT OF THE INTERIOR  
BUREAU OF INDIAN AFFAIRS**

**HOUSING ASSISTANCE APPLICATION**

**GENERAL INSTRUCTIONS**

This application is for the Housing Improvement Program (HIP) of the Bureau of Indian Affairs (BIA).

The HIP is a grant program that addresses the housing needs of those Indians who cannot qualify for housing assistance from any other source. It involves the repair and renovation of existing housing or the construction of a new unit. Individual Federally-recognized Indian tribe's participation is mandatory and their direct administration of the HIP is encouraged. The selection of eligible families or individuals for HIP services is done through a screening process by assigning points to specific ranking factors documented in the application.

Individuals wishing to apply for HIP assistance must complete this application and submit it to either their local BIA Agency office or designated Tribal HIP office, if operated under P.L. 93-638 contract or P.L. 103-413 Self-Governance compact.

**PRIVACY ACT NOTICE:** Pursuant to Section 3(e) (3) of the Privacy Act of 1975 (P.L. 93-579), individuals furnishing information on this application form are hereby advised:

1. The authority for solicitation of the information is 25 U. S. C. 13 and the Bureau of Indian Affairs HIP regulation at 25 CFR Part 256.
2. The information collected will be used to determine an applicant's eligibility and to set priority ranking for assistance under the HIP regulations.
3. The disclosure of this information is voluntary. Failure to provide the information required to support the verification process will result in the denial of the application. Incomplete applications will not be considered. The information provided in this application may be made available to authorized sources for verification purposes upon request.

**USE OF SOCIAL SECURITY NUMBER:** The disclosure of your Social Security Number is required in the completion of this application because other people may have the same name and birth date. The Social Security Number is used, if necessary, to verify income and to avoid duplication of housing assistance.

**CERTIFICATION:** Certification is made with the knowledge that the information will be used to determine eligibility to receive housing assistance. Anyone who knowingly makes a false or fraudulent statement in this application is subject to the penalties provided by law (U.S. Code, Title 18, Section 1001).

If you need information regarding the conditions and terms under which housing assistance is provided to American Indians or Alaska Natives, you may obtain a copy of the HIP regulations (25 CFR Part 256) from your Tribe or nearest BIA Agency Office.

**(Instructions – Page 1 of 3)**

PLEASE DETACH THESE INSTRUCTIONS BEFORE SUBMITTING YOUR HIP APPLICATION  
PLEASE SUBMIT YOUR COMPLETED APPLICATION TO YOUR TRIBAL SERVICING HOUSING OFFICE

**INSTRUCTIONS RELATING TO SPECIFIC ITEMS IN THE APPLICATION**

**ITEM C - Income Information:** Enter the total annual household income of all family members, including all earned and unearned income as defined in 25 CFR Part 20, Subpart C – Direct Assistance. The sections that are applicable to this application are: 20.307, 20.308, 20.309 and 20.310.

The following detailed definition of income is from the Bureau of Indian Affairs' Financial Assistance and Social Services Program Regulations, 25 CFR Part 20 Subpart C - Direct Assistance shall be applied to HIP applications.

(A) Resources. In determining eligibility..., the Bureau shall consider all types of income and other liquid assets available for support and maintenance unless... *or specifically excluded by Federal statute*. All earned or unearned income will be counted as income in the month received and as a resource thereafter, except certain income from the sale of real personal property as provided in Section 20.309(d). Resources are considered available when they are converted to cash.

*Only adjustment or exclusion to income is in accordance with 25 U.S.C. 1408, Section 8, as amended, which provides that: "... and up to \$2,000 per year of income received by individual Indians that is derived from interests (trust or restricted lands) shall not be considered income..." Income from Indian gaming is not considered part of this statutory exclusion.*

(1) "Earned income" is cash or any in-kind payment earned in the form of wages, salary, commissions, or profit from activities by an employee or self-employed individual. Earned income includes:

- (a) Any one-time payment to an individual for activities which were sustained over a period of time (for examples, the sale of farm crops, livestock or professional artists producing act work);
- (b) With regard to self-employment, total profit from business enterprise (i.e., gross receipts less expenses incurred in producing the goods and services). Business expenses do not include depreciation, personal business and entertainment expenses, personal transportation, capital equipment purchases, or principal payments on loans for capital assets or durable goods.

(2) "Unearned income" includes, but is not limited to:

- (a) Income from interest; oil and gas and other mineral royalties; gaming income per capita distributions; rental property; cash contributions, such as child support and alimony, gaming winnings; retirement benefits;
- (b) Annuities, veteran's disability, unemployment benefits, federal and state tax refunds;
- (c) Per capita payments not excluded by federal statute;
- (d) Income from sale of trust land and real or personal property that is set aside for reinvestment in trust land or a primary residence, but has not been reinvested in trust land or a primary residence at the end of one year from the date the income was received;
- (e) In-kind contributions providing shelter at no cost to the individual or household, this must equal the amount for shelter included in the state standard, or 25 percent of the state standard, whichever is less; and

**(Instructions – Page 2 of 3)**

PLEASE DETACH THESE INSTRUCTIONS BEFORE SUBMITTING YOUR HIP APPLICATION  
PLEASE SUBMIT YOUR COMPLETED APPLICATION TO YOUR TRIBAL SERVICING HOUSING OFFICE

(f) Financial assistance provided by a state, tribal, county, local or other federal agency.

(3) The Bureau shall prorate:

- (a) Recurring income received by individuals over a 12-month period for less than a full year's employment (for example, income earned by teachers who are not employed for a full year);
- (b) Income received by individuals employed on a contractual basis over the term of a contract; and
- (c) Intermittent income received quarterly, semiannually or yearly over the period covered by the income.

**ITEM D - Housing Assistance:** Housing assistance in the form of repairs to bring a housing unit to a standard condition is for the applicant(s) who are living in their own home. The applicant must sign a written agreement that if he/she sells the house within five years following the date of completion of the repairs, the full amount of the assistance must be repaid to the BIA at the time of settlement. [25 CFR Part 256.9(d)]

The applicant needing construction of a new standard house must have ownership of the land on which the house is to be built. In the case of a leasehold interest, it must be for not less than 25 years. The applicant must sign a written agreement that if he/she sells the house within the first ten years from the date of ownership, the grant is voided and the full amount of the HIP grant will be repaid to the BIA at the time of settlement. [25 CFR Part 256.10]

**ITEM E - Land Information:** Check the appropriate box to indicate the status of the land. The following are brief descriptions of types of land identified in the application:

Individual Trust	Land or any interest therein held in trust status by the United States for the benefit of an individual.
Tribal Trust	Land or any interest therein held in trust status by the United States for the benefit of an Indian Tribe.
Individually Restricted	Land or any interest therein, title to which is held by the individual Indian subject to Federal restriction against alienation, encumbrance, or taxation.
Tribally Restricted	Land owned by an Indian tribe with the Federal restrictions of alienation and encumbrances.
Tribally Fee Simple	Land owned by an Indian tribe free of any restriction
Fee Patented	Individual owned land where a patent has been issued which conveys an absolute or fee simple estate. The owner is entitled to the entire property with unconditional power to dispose.

(Instructions – Page 3 of 3)

PLEASE DETACH THESE INSTRUCTIONS BEFORE SUBMITTING YOUR HIP APPLICATION  
PLEASE SUBMIT YOUR COMPLETED APPLICATION TO YOUR TRIBAL SERVICING HOUSING OFFICE

**Grand Canyon Resort Corporation • Vehicle Auction**  
 Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



**Vehicle Bid #1801**

Auction Opens:  
 Oct. 31, 2018  
Auction Closes:  
 Nov. 28, 2018  
Announcement:  
 Nov. 30, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
 Please submit your bid, along with the following information:

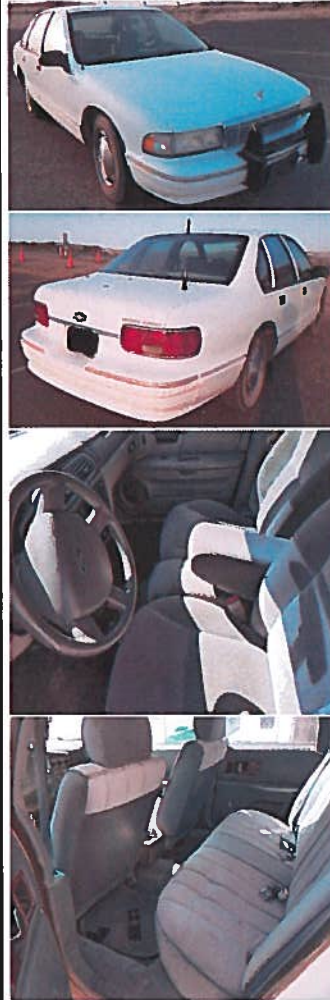
- Vehicle Bid #1801
- Full Name
- Contact Number
- Amount of bid, no less than \$100

**2007 Chevy Van**

- Mileage 226,132
- AS IS Condition
- Starts/Runs
- Front A/C
- No Rear A/C
- No Rear Seats

**Bids may be mailed to:**

Grand Canyon Resort Corporation  
 Attn: Procurement Department  
 PO BOX 359  
 Peach Springs, AZ 86434



**Vehicle Bid #1802**

Auction Opens:  
 Oct. 31, 2018  
Auction Closes:  
 Nov. 28, 2018  
Announcement:  
 Nov. 30, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
 Please submit your bid, along with the following information:

- Vehicle Bid #1802
- Full Name
- Contact Number
- Amount of bid, no less than \$100

**1995 Chevy Caprice**

- Mileage 189,091
- AS IS Condition
- No A/C
- No Door Key
- Starts/Runs
- Police Edition

**Or hand delivered to:**

Administrative office - Procurement Dept in  
 Peach Springs.  
 Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext.166

**GCRC Management and Administrative Staff are not eligible to bid.**

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



## Vehicle Bid #1803

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

### REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1803
- Full Name
- Contact Number
- Amount of bid, no less than \$500



## 2008 Ford F250 4x4 Reg Cab

- Mileage 227,230
- AS IS Condition
- A/C
- Starts/Runs

### Bids may be mailed to:

Grand Canyon Resort Corporation  
 Attn: Procurement Department  
 PO BOX 359  
 Peach Springs, AZ 86434



## Vehicle Bid #1804

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

### REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

### SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1804
- Full Name
- Contact Number
- Amount of bid, no less than \$500



## 2007 GMC Sierra

- Mileage 190,232
- AS IS Condition
- Trans Issues (1<sup>st</sup> gear ONLY)
- A/C
- 4x4, Service Bed
- Starts/Runs

### Or hand delivered to:

Administrative office - Procurement Dept in  
 Peach Springs.  
 Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext. 166

**GCRC Management and Administrative Staff are not eligible to bid.**

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



## Vehicle Bid #1805

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

### REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
Please submit your bid, along with the following information:

- Vehicle Bid #1805
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

## 2002 Ford F450 Flatbed

- Mileage 184,309
- AS IS Condition
- A/C
- Starts/Runs
- Diesel, Dually, 4x4
- Fuel Gauge Inoperable

### Bids may be mailed to:

Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434



## Vehicle Bid #1806

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

### REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
Please submit your bid, along with the following information:

- Vehicle Bid #1806
- Full Name
- Contact Number
- Amount of bid, no less than \$500

## 2006 Ford F250

- Mileage 170,006
- AS IS Condition
- Service Bed
- A/C
- 4x4
- Starts/Runs

### Or hand delivered to:

Administrative office - Procurement Dept in  
Peach Springs.  
Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext. 166

**GCRC Management and Administrative Staff are not eligible to bid.**

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



## Vehicle Bid #1807

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
Please submit your bid, along with the following information:

- Vehicle Bid #1807
- Full Name
- Contact Number
- Amount of bid, no less than \$100



### 2011 Ford E350 Van

- Mileage 283,864
- AS IS Condition
- NO A/C
- Starts/Runs
- Needs Jump start
- Possible bad battery

**Bids may be mailed to:**  
Grand Canyon Resort Corporation  
Attn: Procurement Department  
PO BOX 359  
Peach Springs, AZ 86434



## Vehicle Bid #1808

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

**REQUIREMENTS:**

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:**  
Please submit your bid, along with the following information:

- Vehicle Bid #1808
- Full Name
- Contact Number
- Amount of bid, no less than \$100



### 2007 Ford Taurus

- Mileage 212,120
- AS IS Condition
- Starts/Runs
- A/C

**Or hand delivered to:**  
Administrative office - Procurement Dept in  
Peach Springs.  
Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext.166

**GCRC Management and Administrative Staff are not eligible to bid.**

# VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.



### Vehicle Bid #1809

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

#### REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:** Please submit your bid, along with the following information:

- Vehicle Bid #1809
- Full Name
- Contact Number
- Amount of bid, no less than \$100

### 2010 Ford E350 Van

- Mileage 181,697
- AS IS Condition
- Service Van
- A/C
- Starts/Runs

#### Bids may be mailed to:

Grand Canyon Resort Corporation  
 Attn: Procurement Department  
 PO BOX 359  
 Peach Springs, AZ 86434



### Vehicle Bid #1810

Auction Opens:

Oct. 31, 2018

Auction Closes:

Nov. 28, 2018

Announcement:

Nov. 30, 2018

#### REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Nov 28, 2018

**SUBMITTING YOUR BID:** Please submit your bid, along with the following information:

- Vehicle Bid #1810
- Full Name
- Contact Number
- Amount of bid, no less than \$100

### 2013 Ford E350 Van

- Mileage 327,123
- AS IS Condition
- Passenger Van
- A/C
- Starts/Runs

#### Or hand delivered to:

Administrative office - Procurement Dept in  
 Peach Springs.  
 Bids must be in a sealed envelope.

All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Procurement Department at (928) 769-2419 ext.166

**GCRC Management and Administrative Staff are not eligible to bid.**



**Boys & Girls Club—Calendar of Events • November**

Submitted by: Amelia Walema | Boys & Girls Club

# NOVEMBER 2018



**BOYS & GIRLS CLUB**  
OF PEACH SPRINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Honoring</i></p> <p>5 Smart Girls Volunteering at Daycare Power Hour- All Grades</p>	<p><i>Our Native Heritage</i></p> <p>6 Read an article about the History of our Tribe Smart Girls Programming Power Hour- All Grades</p>	<p><i>Our Native Heritage</i></p> <p>7 Youth Bird Singing &amp; Dancing 5:30-7:00pm At The Boys &amp; Girls Club Dinner will be served National Fine Arts Power Hour-All Grades</p>	<p>1 Sign Ups for NBA 2K19 Scoo Britts for Details National Fine Arts Power Hour-All Grades Triple Play-All</p>	<p>2 Learn about the different genres of Native American Music NBA 2K19 Tournament 7 &amp; Up Only</p>
<p>12 <b>Club Closed</b> In Observance of Veteran's Day</p> <p>19 Pen Pal Day Writing a letter to our Red Min. Branch</p>	<p>13 Traditional Food Tasting Smart Girls Programming Power Hour- All Grades Triple Play-All</p> <p>20 Native Arts &amp; Crafts Day Tribal Council Presentation 4:30-5:00pm</p>	<p>14 Story Telling National Fine Arts Healthy Game Changers- All Power Hour-All</p> <p>21 <b>Club Closing at 1pm</b> Native Movie Day Healthy Game Changers- All</p>	<p>15 Nature Walk &amp; Scavenger Hunt Around The Club National Fine Arts Triple Play-All Power Hour-All Grades</p> <p>22 <b>Club Closed</b></p>	<p>16 Show Love to an Elder Day </p> <p>25 <b>Club Closed</b></p>
<p>26 Learn A Hualapai Song Smart Girls Volunteering at Daycare Power Hour- all grades</p>	<p>27 Write a positive note for a friend, teacher or mentor Smart Girls Programming Power Hour- All Grades Triple Play-All</p>	<p>28 Share knowledge of Hualapai Culture Healthy Game Changers- All National Fine Arts Healthy Game Changers- All Power Hour-All</p>	<p>29 Draw a picture for an Elder National Fine Arts Triple Play-All Power Hour-All Grades</p>	<p>30 Native Attire Day </p>

ASP HOURS: Monday-Thursday 2:00PM-6:00PM Fridays 7:45AM-5:15PM Office Hours: Monday-Thursday 10:00AM-6:00PM Fridays 8:00AM-5:00PM

Questions, please call the club to speak with a staff at 928.769.1801

Hualapai Transit—Per Capita Trips • Monday, November 19<sup>th</sup>  
 Submitted by: Ginger Kathadhe | Hualapai Transit



# Hualapai Transit

PO Box 179 • Peach Springs, Arizona 86434 • 928-769-6384  
 www.hualapaitransit.org • hualapai.transit@hualapai-nsn.gov

## \*\*\*PER-CAPITA TRIPS TO KINGMAN\*\*\*

**WHEN: MONDAY, NOVEMBER 19, 2018**

**BEGINNING AT 9:00AM**

**COST: \$10.00 PER ADULT**

**\$5.00 FOR 17 YOA & UNDER AND SENIORS**

**BUSES WILL LOAD AT THE TRIBAL OFFICE & AT WALAPAI MARKET.**

DEPART PSA	WF BANK	WALMART	ARRIVE PSA
9:00AM	9:45AM	10:00AM	11:00AM
10:00AM	10:45AM	11:00AM	12:00AM
11:00AM	11:45AM	12:00PM	1:00PM
12:00PM	12:45PM	1:00PM	2:00PM
3:00PM	3:45PM	4:00PM	5:00PM
5:15PM	-	6:20PM	7:15PM

**LAST DEPARTURE FROM WALMART WILL BE AT 6:20PM.**

**THE KART BUS IN KINGMAN WILL ACCEPT YOUR BUS PASS AS PAYMENT TO RIDE THEIR BUSES TO OTHER AREAS OF KINGMAN FOR THIS DAY ONLY.**

**FOR MORE INFORMATION, CALL TRANSIT AT**

**769-6384.**

*Visitors:* Hualapai Transit is committed to openness and integrity, Hualapai Transit supports the Hualapai Tribes commitment to support the independence of Hualapai Tribal members & surrounding areas and to be a model for excellence by integrating the local spirit and culture.  
*Mission:* Hualapai Transit will provide safe, reliable, friendly and affordable transportation services to meet the mobility needs of the Hualapai Community and surrounding areas while pursuing sustainable development and facilitating the cultural missions of the Peach Springs community.

**Elder Reindeer Games • Registration Deadline: Friday, November 16<sup>th</sup>***Submitted by: Christina Watahomigie | Hualapai Youth Services***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 13<sup>th</sup>**

9am- Tour of Peach Springs

12pm- Lunch

3pm- Chair Volleyball Tournament Begins

Location: Music Mountain

**Friday, December 14<sup>th</sup>**

Location: Music Mountain Gym

7:00AM-7:30AM – Continental Breakfast &amp; 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*

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 need be 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



**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**

## 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.

**Fall Bazaar • Thursday, November 29<sup>th</sup>**

*Submitted by: Monique Alvirez*

# FALL BAZAAR

THURSDAY, NOVEMBER 29, 2018  
TRIBAL GYMNASIUM  
10:00 AM TO 5:30PM

## ALL VENDORS WELCOME!!

Contact Monique Alvirez or Monique Mahone on Facebook

All payments paid before set up.  
Contact Howard at Accounting (928) 769-2216

1 Table per Vendor

Family Fun Evening—The Grinch • Sunday, December 9<sup>th</sup>  
Submitted by: Keely Sage | Celebrate Recovery/Arms Around Peach Springs

# THE GRINCH

## CALVARY CHURCH OF LAKE HAVASU

BRINGS THE GANG FROM WHOVILLE



**WELCOMING YOU FOR  
A FAMILY FUN EVENING  
DEC. 9<sup>th</sup> 4-6:00 PM  
at THE MULTI BUILDING**

Family photos



Crafts



Gifts



Whoville tacos



Face painting

**HAPPY HOLIDAYS!**



Arms around Peach Springs



**CELEBRATE RECOVERY**



# EMPLOYMENT OPPORTUNITIES

**Hualapai Tribe • Current Job Postings**  
 Submitted by: Coleen Mahone | Hualapai Human Resources



2018

## Current Job posting for the Hualapai Tribe

### **OPEN COMPETITIVE**

	Job Title	Pay Rate	Opening Date	Closing Date
Health Department	Resident Advocate <i>(Alternative to Incarceration program)</i>	\$12-\$15/Hr D.O.E.	October 10, 2018	Open Until Filled
	Media Specialist	\$12.50 per Hour	September 20, 2018	Open Until Filled
	Wellness Liaison Specialist <i>(Traditional and Contemporary)</i>	D.O.Q.	October 02, 2018	Open Until Filled
	CHR - Driver/Data	\$10.00 - \$14.00/Hour	November 01, 2018	Open Until Filled
	Community Health Representative	\$12.50 - \$15.00/Hour	November 01, 2018	November 14, 2018
Juvenile Def. Center	Correctional Officer I, II, III	\$ 16.00 - \$ 18.00 / Hr.	October 31, 2017	Open Until Filled
Housing Department	Security guard	D.O.E.	November 01, 2018	November 14, 2018
Human Services	Security	D.O.Q.	November 01, 2018	November 14, 2018
	Shelter Advocate	D.O.Q.	November 01, 2018	November 14, 2018
Police Department	Chief of Police	D.O.Q.	November 09, 2018	November 10, 2018
Roads Program	Road Maintenance I	\$12.50/Hr.	November 05, 2018	November 16, 2018
<b>INTERNAL ONLY</b> <i>(For Current Tribal Employees Only)</i>				

**FOR A COMPLETE JOB ANNOUNCEMENT PLEASE PICK UP AT THE TRIBAL ADMINISTRATION OFFICE OR VISIT OUR WEBSITE AT [HUALAPAI-NSN.GOV](http://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**

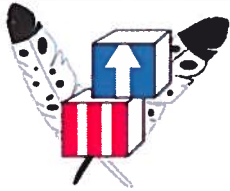
Auxiliary aids and services available upon request to individuals with disabilities

**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

## Hualapai Head Start • Vacant Positions

Submitted by: April Keller | Hualapai Head Start



### HUALAPAI HEAD START

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



## Hualapai Head Start is looking to fill the following positions:

Vacant Position as of 10 /15/18. Open until filled

### **Administrative Assistant (Vacant 11/30/18)**

This position is responsible for the human resources activities of the program including personnel files, ensuring orientation and tracking of staff. This position is responsible for the smooth operations of an office and other duties related to administration including answering phones, filing, etc. Performs all duties as required by the Program Director and other duties as assigned relating to the administrative component including, policy and procedure updates, typing, word processing, faxing, acting as receptionist and other clerical duties. This position performs all duties as required to ensure accurate and timely processing of accounts payable, accounts receivable, payroll and other duties relating to fiscal operations. Position is responsible for monitoring program expenses, tracking activity in program budget lines and communicating any issues or overspending concerns. Minimum requirements are a high school diploma or GED with some relevant experience in human resources and two years direct experience working with purchasing, accounts payable, accounts receivable and payroll. Must possess a basic understanding of accounting systems and have at least one year of direct experience working with an accounting system general ledger and budget. AA degree or higher in a related field preferred. The individual must possess a sound working knowledge of Microsoft Excel. The position must have the ability to manage numerous tasks, possess good organizational skills, communicate effectively with co-workers and the public, and work collaboratively in a team environment.

### **Family and Community Partnership Coordinator**

Works as a part of the content area team of coordinators to integrate Head Start services for children and families. This position is responsible for family services and community partnerships, to include social services, ERSEA, child files, volunteers and parent involvement/fatherhood as well as being the lead for child abuse and neglect related activities. This position is also responsible for education and early childhood health services. Bachelor's degree in Social Work, Human Services, Family Studies or related field. Pay D.O.E., 40 hours per week, and 52 weeks per year.

### **Teacher Preschool/Teacher-On Call**

Lead worker in a classroom of Head Start children working on planning, implementing, and supervising all classroom activities. Working developing children and children with disabilities. This position supports and assists families as they identify and meet their own goals. Entry-level requires an A.A. in ECE Pay is \$14.77/D.O.E. We will consider applicants that are enrolled in an AA or BA degree program in early childhood education that are able to obtain the degree within a reasonable timeframe.

### **Assistant Teacher/Assistant Teacher - On Call**

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

### **Program Aide /Program Aide - On Call**

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

**Cook On-Call**

This position is one role in a large system of services provided to children and families. A strong food service program is important to supporting the goals of the program. This position is responsible the ordering, preparing, serving and documenting of meals and snacks. It includes following menus and all phases of kitchen operations including inventory control. The position may prepare foods for and/or preschool children following the USDA/CACFP standards. Position may involve reassignment to various kitchens/centers as deemed necessary for program operations. Hourly pay \$10.78. *This is an On Call position.*

For questions or copies of job descriptions and applications contact:

Jeanine Coursey - Admin Assistant email: [jcoursey@hualapai-nsn.gov](mailto:jcoursey@hualapai-nsn.gov) .Phone: 928-769-2522. FAX: 928-769-2457

In person: Stop by the Head Start Center @ 479 Hualapai Way, Peach Springs, AZ 86434

Hualapai Head Start is an Equal Opportunity Employer.

# EDUCATION & TRAINING INFORMATION

**Dislocated Worker & Displaced Homemaker • Tuesday, November 20<sup>th</sup>**

*Submitted by: Jean Imus | Hualapai Education & Training Center*



Innovative Workforce Solutions

## **NINETEEN TRIBAL NATIONS WORKFORCE DEVELOPMENT BOARD Workforce Innovations and Opportunity Act**

### **Dislocated Worker Program ORIENTATION**

**Tuesday, November 20, 2018**

**11:00 am—12:00 pm**

**Hualapai Nation  
Education Building  
460 Hualapai Way**

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

*Equal Opportunity Employer/Program*

*Auxiliary aids & services are available upon request to individuals with disabilities*

*TTY: 7-1-1*

**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.

**2018 Food Handler Card Training • Next Class: Tuesday, November 27<sup>th</sup>**

Submitted by: Adeline Crozier | Hualapai Tribal Administration

## HUALAPAI - PEACH SPRINGS

### 2018 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
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.




**Peach Springs Elementary School—Calendar of Events • November**

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

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

# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office: 769-2202 Supt: 769-9034	Teacher Evaluations past two weeks	Oct. 31 Class parties 2-4 pm	1 Teacher Evaluations Today	2 HEW Movie night event check it out	3 Have a safe and relaxing weekend
4	Post teacher evaluations by meeting 5:30 pm Nov. 5	5 8th grade meeting 5:30 pm	7 after school events 4-5 pm HEW-Asist training	8 Prevention 3 for 6th-8th grade HEW-Asist training	9 HEW Movie night event check it out	10 Veteran's day no school Monday 11/12
11	12 NO SCHOOL	13 Parent night 6-8 pm—flyer sent home	14 after school events 4-5 pm	15 head start meeting 4-5 for sped referrals	16 Let's honor Native American month	17 Not too late to join after school events!!!
18		19	20	21	22	23
						
25	Flyer will be sent home 11/26	26 8th grade meeting 5:30 pm	27 After school events 4-5 pm Tues & Wed.	28 After school events 4-5 pm Tues & Wed.	30 Youth Group w/ 6-8th graders 3:00-3:30 pm (sub. Prevention)- 2 Thursdays each	Check out Boys and Girls Events every Friday
After school activities include: snacks	Tutoring for Grades 3-8	Robotics for 3rd-8th graders	Sports TWD and basketball	Girl scouts for grades 3-5	Every Tues. and Wednesday 4-5 pm	<b>SPORTS</b>



# 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

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

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



**First Aid and CPR**

# CPR Training!!

*Get Certified. Save a Life*

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

**EW4H T2 November Classes • Next Class: Tuesday, November 20<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**



## The Road to Recovery • Monday Nights

Submitted by: Keely Sage | Celebrate Recovery



**CELEBRATE  
RECOVERY**

## THE ROAD TO RECOVERY

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

### RECOVERING:

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

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

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

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

### HOPE

**Springs from within.**

## MONDAY NIGHTS 6:00 O'CLOCK HEW

### Chronic Obstructive Pulmonary Disease • What is COPD?

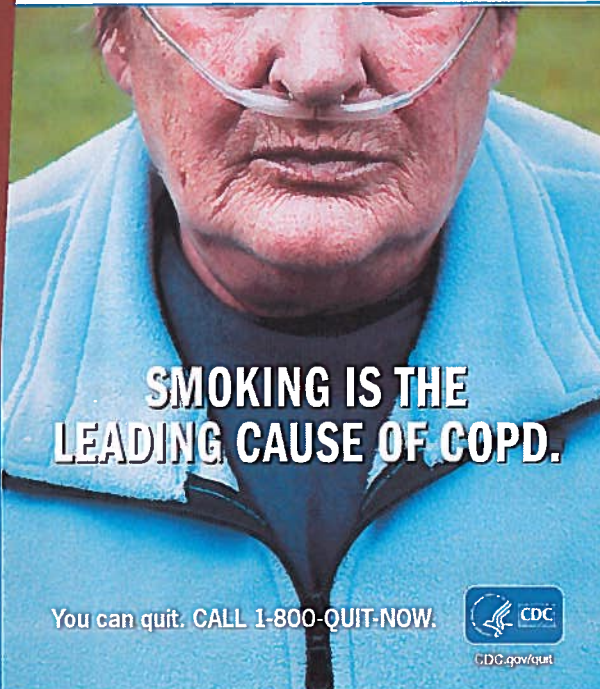
Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

### Chronic Obstructive Pulmonary Disease (COPD)



**SMOKING IS THE  
LEADING CAUSE OF COPD.**

You can quit. CALL 1-800-QUIT-NOW.



#### What is COPD?

Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema; chronic bronchitis; and in some cases, asthma. With COPD, less air flows through the airways—the tubes that carry air in and out of your lungs—because of one or more of the following:

- The airways and tiny air sacs in the lungs lose their ability to stretch and shrink back.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed (irritated and swollen).
- The airways make more mucus than usual, which can clog them and block air flow.

In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as:

- A nagging cough (often called “smoker’s cough”)
- Shortness of breath, especially with physical activity
- Wheezing (a whistling sound when you breathe)
- Tightness in the chest



As the disease gets worse, symptoms may include:

- Having trouble catching your breath or talking
- Blue or gray lips and/or fingernails (a sign of low oxygen levels in your blood)
- Trouble with mental alertness
- A very fast heartbeat
- Swelling in the feet and ankles
- Weight loss

How severe your COPD symptoms are depends on how damaged your lungs are. If you keep smoking, the damage will get worse faster than if you stop smoking. Among 15 million U.S. adults with COPD, 39% continue to smoke.

#### How Is Smoking Related to COPD?

COPD is usually caused by smoking. Smoking accounts for as many as 8 out of 10 COPD-related deaths. However, as many as 1 out of 4 Americans with COPD never smoked cigarettes. Smoking during childhood and teenage years can slow how lungs grow and develop. This can increase the risk of developing COPD in adulthood.

#### How Can COPD Be Prevented?

The best way to prevent COPD is to never start smoking, and if you smoke, quit. Talk with your doctor about programs and products that can help you quit. Also, stay away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars, or pipes. Secondhand smoke also is smoke that has been exhaled, or breathed out, by a person smoking.

#### How Is COPD Treated?

Treatment of COPD requires a careful and thorough exam by a doctor. Quitting smoking is the most important first step you can take to treat COPD. Avoiding secondhand smoke is also critical. Other lifestyle changes and treatments include one or more of the following:

- For people with COPD who have trouble eating because of shortness of breath or being tired:
  - Following a special meal plan with smaller, more frequent meals
  - Resting before eating
  - Taking vitamins and nutritional supplements
- A broad program that helps improve the well-being of people who have chronic (ongoing) breathing problems and includes the following:
  - Exercise training
  - Nutritional counseling
  - Education on your lung disease or condition and how to manage it
  - Energy-conserving techniques
  - Breathing strategies
  - Psychological counseling and/or group support
- Medicines such as:
  - A bronchodilator to relax the muscles around the airways. This helps open airways and makes breathing easier. Most bronchodilators are taken with a device called an inhaler.
  - A steroid drug you inhale to reduce swelling in the airways.
  - Antibiotics to treat respiratory infections, if appropriate
  - A vaccination during flu season
- Oxygen therapy, which can help people who have severe COPD and low levels of oxygen in their blood to breathe better
- Surgery for people who have severe symptoms that have not improved with other treatments
  - Lung volume reduction surgery (LVRS): Surgery to remove diseased parts of the lung so healthier lung tissue can work better. LVRS is not a cure for COPD.
  - A lung transplant: Surgery in which one or two healthy lungs from a donor are put in the patient's body to replace diseased lungs. A lung transplant is a last resort.

Even though there is no cure for COPD, these lifestyle changes and treatments can help you breathe easier, stay more active, and slow the progress of the disease.

## Marijuana and Public Health • Health Effects

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



**Centers for Disease Control and Prevention**

CDC 24/7: Saving Lives, Protecting People™

### Health Effects—Marijuana

#### Marijuana: How Can It Affect Your Health?

Marijuana is the most commonly used illegal drug in the United States, with 37.6 million users in the past year, and marijuana use may have a wide range of health effects on the body and brain. Read the sections below to learn more about how marijuana use can affect your health.

## ADDICTION

About 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.

Some of the signs that someone might be addicted include:

- Unsuccessful efforts to quit using marijuana.
- Giving up important activities with friends and family in favor of using marijuana.
- Using marijuana even when it is known that it causes problems fulfilling everyday jobs at home, school or work.

People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning. Some people who are addicted need to smoke more and more marijuana to get the same high. It is also important to be aware that the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength) has increased over the past few decades. The higher the THC content, the stronger the effects on the brain. In addition, some methods of using marijuana (e.g., dabbing, edibles) may deliver very high levels of THC to the user. Researchers do not yet know the full extent of the consequences when the body and brain (especially the developing brain) are exposed to high concentrations of THC or how recent increases in potency affect the risk of someone becoming addicted.

## BRAIN HEALTH

Marijuana use directly affects the brain – specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time.

### *What are the short-term effects of marijuana on the brain?*

Heavy users of marijuana can have short-term problems with attention, memory, and learning, which can affect relationships and mood.

### *What are the long-term effects of marijuana on the brain?*

Marijuana also affects brain development. When marijuana users begin using as teenagers, the drug may reduce attention, memory, and learning functions and affect how the brain builds connections between the areas necessary for these functions.

Marijuana's effects on these abilities may last a long time or even be permanent. This means that someone who uses marijuana may not do as well in school and may have trouble remembering things.

The impact depends on many factors and is different for each person. It also depends on the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength), how often it is used, the age of first use, and whether other substances (e.g., tobacco and alcohol) are used at the same time.

### *Marijuana and the developing brain*

Developing brains, like those in babies, children, and teenagers are especially susceptible to the hurtful effects of

marijuana. Although scientists are still learning about these effects of marijuana on the developing brain, studies show that marijuana use by mothers during pregnancy may be linked to problems with attention, memory, problem-solving skills, and behavior problems in their children.

## CANCER

Marijuana and cannabinoids (the active chemicals in marijuana that cause drug-like effects throughout the body, including the central nervous system and the immune system). The main active cannabinoid in marijuana is delta-9-THC. Another active cannabinoid is cannabidiol (CBD), which may relieve pain and lower inflammation without causing the “high” of delta-9-THC. Although marijuana and cannabinoids have been studied with respect to managing side effects of cancer and cancer therapies, there are no ongoing clinical trials of marijuana or cannabinoids in treating cancer in people. Studies so far have not shown that cannabinoids help control or cure the disease. And like many other drugs, marijuana can cause side effects and complications.

Relying on marijuana alone as treatment or for managing side effects while avoiding or delaying conventional medical care for cancer may have serious health consequences.

### *How can marijuana affect symptoms of cancer?*

Studies of man-made forms of the chemicals found in the marijuana plant can be helpful in treating nausea and vomiting from cancer chemotherapy. Studies have found that marijuana can be helpful in treating neuropathic pain (pain caused by damaged nerves).

At this time, there is not enough evidence to recommend that patients inhale or ingest marijuana as a treatment for cancer-related symptoms or side effects of cancer therapy.

### *Is there a link between marijuana and cancer?*

Smoked marijuana delivers THC and other cannabinoids to the body, but it also delivers harmful substances to users and those close by, including many of the same substances found in tobacco smoke, which are harmful to the lungs and cardiovascular system.

Researchers have found limited evidence of an association between current, frequent, or chronic marijuana smoking and testicular cancer (non-seminoma-type).

Because marijuana plants come in different strains with different levels of active chemicals, it can make each user's experience very hard to predict. More research is needed to understand the full impact of marijuana use on cancer.

## CHRONIC PAIN

Even though pain management is one of the most common reasons people use medical marijuana in the U.S., there is limited evidence that marijuana works to treat most types of chronic pain.

A few studies have found that marijuana can be helpful in treating neuropathic pain (pain caused by damaged nerves). However, more research is needed to know if

marijuana is any better or any worse than other options for managing chronic pain.

#### HEART HEALTH

Using marijuana makes the heart beat faster. It could also lead to increased risk of stroke and heart disease. However, most of the scientific studies linking marijuana to heart attacks and strokes are based on reports from people who smoked it. Smoked marijuana delivers THC and other cannabinoids to the body, but it also delivers harmful substances to users and those close by, including many of the same substances found in tobacco smoke, which are harmful to the lungs and cardiovascular system. So it's hard to separate the effects of the compounds in marijuana on the cardiovascular system from the hazards posed by the irritants and other chemicals contained in the smoke. More research is needed to understand the full impact of marijuana use on the circulatory system to determine if marijuana use leads to higher risk of death from these causes.

#### LUNG HEALTH

How marijuana affects lung health is determined by how it's consumed. In many cases, marijuana is smoked in the form hand-rolled cigarettes (joints), in pipes or water pipes (bongs), in bowls, or in blunts—emptied cigars that have been partly or completely refilled with marijuana. Smoked marijuana, in any form, can harm lung tissues and cause scarring and damage to small blood vessels. Smoke from marijuana contains many of the same toxins, irritants, and carcinogens as tobacco smoke. Smoking marijuana can also lead to a greater risk of bronchitis, cough, and phlegm production. These symptoms generally improve when marijuana smokers quit.

#### *Secondhand marijuana smoke*

The known health risks of secondhand exposure to cigarette smoke—to the heart or lungs, for instance—raise questions about whether secondhand exposure to marijuana smoke poses similar health risks. While there is very little data on the health consequences of breathing secondhand marijuana smoke, there is concern that it could cause harmful health effects, including among children.

Recent studies have found strong associations between those who said there was someone in the home who used marijuana or a caretaker who used marijuana and the child having detectable levels of THC—the psychoactive ingredient in marijuana. Children exposed to the psychoactive compounds in marijuana are potentially at risk for negative health effects, including developmental problems for babies whose mothers used marijuana while pregnant. Other research shows that marijuana use during adolescence can impact the developing teenage brain and cause problems with attention, motivation, and memory.

#### MENTAL HEALTH

Marijuana use, especially frequent (daily or near daily) use and use in high doses, can cause disorientation, and sometimes cause unpleasant thoughts or feelings of anxiety and paranoia.

Marijuana users are significantly more likely than nonus-

ers to develop temporary psychosis (not knowing what is real, hallucinations and paranoia) and long-lasting mental disorders, including schizophrenia (a type of mental illness where people might see or hear things that aren't really there).

Marijuana use has also been linked to depression and anxiety, and suicide among teens. However, it is not known whether this is a causal relationship or simply an association.

#### POISONING

Edibles, or food and drink products infused with marijuana and eaten, have some different risks than smoking marijuana, including a greater risk of poisoning. Unlike smoked marijuana, edibles can:

- Take from 30 minutes to 2 hours to take effect. So some people eat too much, which can lead to poisoning and/or serious injury.
- Cause effects that last longer than expected depending on the amount, the last food eaten, and medications or alcohol used at the same time.
- Be very difficult to measure. The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often unknown in edible products. Many users can be caught off-guard by the strength and long-lasting effects of edibles.

It is also important to remember that marijuana affects children differently than adults. Since marijuana has become legal in some states, children have accidentally eaten marijuana products that looked like candy and treats, which made them sick enough to need emergency medical care.

*If you use marijuana products, keep them in childproof containers and out of the reach of children. For additional questions, you can contact your health care provider, your health department, the Poison Helpline (<http://www.aapcc.org/>) at 1-800-222-1222, or 911 if it's an emergency.*

#### RISK OF USING OTHER DRUGS

The concept of marijuana as a “gateway drug”—where using marijuana leads a person to use other drugs—generates a lot of disagreement. Researchers haven't found a definite answer yet. However, most people who use marijuana do not go on to use other, “harder” drugs.

It is important to remember that people of any age, sex, or economic status can become addicted to marijuana or other drugs. Things that can affect the likelihood of substance use include:

- Family history.
- Having another mental health illness (such as anxiety or depression).
- Peer pressure.
- Loneliness or social isolation.
- Lack of family involvement.
- Drug availability.
- Socioeconomic status.

## 9 Tips for a Happy, Healthy Thanksgiving

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

We've got ANOTHER holiday to worry about.  
It seems Thanksgiving Day is upon us.



I haven't even finished eating all of my Halloween candy!

### 9 Tips For a Happy, Healthy Thanksgiving PLUS, 3 POST-BINGE TIPS (IN CASE YOU NEED THEM)

Start your healthy Thanksgiving Day with a brisk morning walk. And after dinner, suggest everyone go out (if weather permits) for a neighborhood stroll. What a wonderful way for families to enjoy the holiday together!

**1. Eat Breakfast.** Start a healthy Thanksgiving with a big bountiful breakfast like hot whole-grain cereal and an egg-white omelet brimming with veggies. That's because saving up calories for the big meal rarely works. You end up "spending" a lot more by overindulging on belly busters like a full ladle of gravy (about 800 calories!) instead of a tablespoon-size taste (70 calories).

**2. Pitch In.** Call your host and say, "I'd love to bring something. What are you planning on serving?" If you discover that one of the dishes is particularly unhealthy, offer to bring your own version. Sweet potatoes, for example, can be real killers – full of butter, syrup, and marshmallows.

Just bake the yams in foil at 400 degrees F until their syrupy juice starts to seep out, usually about one hour. Then, peel and layer them with pineapple slices and a little cinnamon.

Another great sweet-potato-style choice for Turkey Day is a salad/side dish that's always popular among guests: Sweet Potato and Apple Salad.

**3. Know Yourself.** For most of us, there's a certain part of the meal that gives us the most trouble. For some, it's alcohol. For others, it may be dessert.

Devise a strategy. For alcohol, tell yourself, "I'll enjoy a half glass of wine with appetizers, and a half glass with dinner," or decide to stick with mineral water at first,

saving your alcohol for the main meal. Or, if you have a tough time putting on the brakes once you get started, don't start. Steer clear of the bar – and relish everything else the day has to offer – good conversation, good food, good memories.

If you have a sweet tooth, plan for it. If a taste of chocolate satisfies you, take it. Enjoy it. But if one taste sends you lusting for a lot more, offer to bring your own healthy dessert, such as fresh raspberries and sorbet. Or have dessert waiting for you when you return home. A nice reward for a job well done!

**4. Position Yourself Well.** Don't put yourself right in front of the candy dish. Who needs the agony? Plant yourself elsewhere, facing other pleasures – a nice fire, warm smiles, good tunes and a dance floor. You'll have a much better time, and you'll like yourself a lot more come morning.

**5. Divide Your Plate Well.** Fill your plate half with vegetables, one quarter with white turkey meat, and the rest with a healthy starch, like corn on the cob, a baked potato, or sweet potatoes.

**6. Savor Every Bite.** Eat slowly, putting your fork down between bites, and really savor each mouthful. It's one of the easiest ways to enjoy your holiday meal without going overboard on calories.

**7. Do What You Want; No One's Watching.** People often think that if they say "no" to certain dishes, everyone notices, or the host is insulted, when in fact there's a very good chance no one notices. Just play it down. Simply say, "No thanks, I'm full," or "Try me later." Then, sit back and enjoy the rest of your healthy Thanksgiving Day.

**8. Start Thanksgiving With Physical Activity – And Stay Active.** Take a walk early in the day. And after dinner, suggest everyone go out (if the weather permits) for a neighborhood stroll. What a wonderful way for families to enjoy the holiday together.

Another tip: Plan some outdoor fun before dinner, like a game of soccer or volleyball with the kids. (It's a great strategy for keeping the appetizer buffet at bay, too.)

**9. Keep Your Goals Firmly In Mind.** Before leaving for the party, steal away for a little quiet time to focus on you, only you. Take a few deep breaths, and remind yourself of your ultimate vision – a leaner you, a healthier you, a happier you. Then, tell yourself, "It's going to be a great evening with family and friends!"

## What To Do If You Binged

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



### What to do if You Binged

Went overboard on sausage-filled stuffing, greasy gravy, and pumpkin pie? It happens to the best of us. Here are 3 Key post-Thanksgiving binge tips...

#### ✓ 1. Get right back on track.

Don't let a Turkey Day binge turn into an "I blew it" binge that lasts till January 1<sup>st</sup>. Toward that effort, make sure that you're returning to a home well stocked with healthy food for the day after Thanksgiving. A big bowl of fresh fruit on the kitchen table. Fresh salad fixings in the fridge for lunch. Homemade soups in the freezer. Nonfat yogurt and other healthy snack foods. Make healthy use of leftovers. Top your salad, for example, with strips of roasted, skinless turkey breast.

And certainly, keep moving. Get back to your regular exercise routine, or if guests are in town, plan something active for all of you for Friday, Saturday, and Sunday. A hike in the woods. A game of softball. Cruising the shopping mall. In other words, do your best to stay off the couch.

#### ✓ 2. Stick to your normal routine.

Don't, for example, overcompensate for your Thanksgiving binge over the next several days with a ton of hard-core exercise. Just stick to your regular fitness schedule. Trying to cram in extra workouts at the gym could leave you feeling stressed out. What's worse, they may lead to an injury, benching you for the next several

weeks. That's the last thing your health and weight-loss goals need. In the days after Thanksgiving, don't starve yourself either. Sure it seems like a good idea; you want to eat less to make up for the Turkey Day binge. Restricting your food intake will only make you hungry. And when your stomach growls for too long, you know what happens. Any leftovers sitting in the fridge, especially the fatty, sugary ones, end up in huge platefuls in front of you.

Instead, start your day with a nice big bowl of hot, whole grain cereal topped with fruit, and if you'd like, an egg-white omelet full of stir-fried veggies. Round out the rest of the day with plenty more super-healthy foods, like:

- Fresh fruit
- Fresh veggie snacks w/ hum-mus
- Green salads
- Baked potatoes w/ salsa
- Sweet potatoes w/ a little Dijon mustard
- Corn on the cob
- Cooked whole grains like whole wheat pasta, brown rice, barley, and quinoa
- Corn tortillas with lettuce, onions, salsa, and pinto beans
- Hearty, bean-rich soups
- Fish
- Nonfat Greek yogurt
- No-sugar-added applesauce

#### ✓ 3. Stop with the Guilt.

No good comes from beating yourself up. In the coming weeks (when the four main food groups for many people are cookies, candy, fudge, and booze), do your best not to descend into a "binge-guilt-binge-guilt-oh-what-the-hell" cycle.

Focus instead on the present, and praise yourself for laying the groundwork with a post-Thanksgiving plan. Be proud that you're conscious of your eating and exercise behaviors, and your efforts to improve them. Even better, lay the groundwork for a healthier life in 2019 and beyond. That way, even if you slip up over the holidays, you'll have piece of mind knowing that you've already made the commitment to "get clean" in 2019.

## Snap Pea Salad with Lemon and Feta

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



### Ingredients (4 servings)

- 4 teaspoons olive oil
- 1 tablespoon Meyer lemon juice
- ½ teaspoon Dijon-style mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ of a medium fennel bulb, leafy fronds reserved
- 2 cups sugar snap pea pods, trimmed and halved diagonally
- 1 cup baby arugula
- 4 radishes, thinly sliced
- ½ cup crumbled feta cheese (2 ounces)
- 1 Meyer lemon, thinly sliced

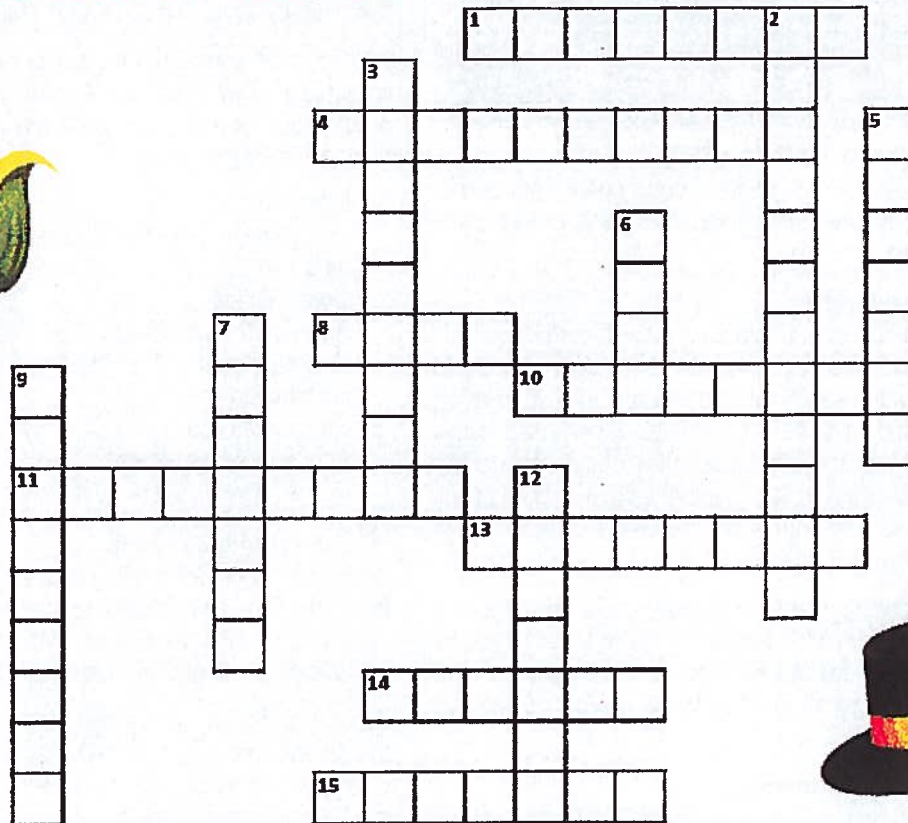
### Directions

1. For dressing, in a small bowl whisk together oil, lemon juice, mustard, salt and pepper.
2. Trim, halve, core and thinly slice fennel bulb. In a large bowl combine sliced fennel, snap peas, arugula and radishes. Drizzle with dressing; toss to coat.
3. Top servings with cheese and fennel fronds and serve with lemon slices.

## Thanksgiving Crossword

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

# Thanksgiving Crossword



### Across

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

### Down

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie

ANSWERS WILL BE IN THE NEXT ISSUE OF THE GAMYU

**Thanksgiving Word Search**

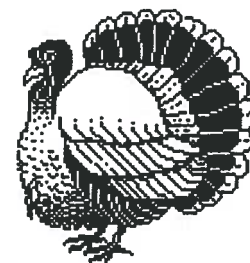
*Submitted by: Vondell Bender, GHW Educator | Hualapai Health, Education & Wellness*

# Thanksgiving Word Search



- ALGONQUIN
- AMERICA
- CANOE
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- INDIANS
- JOHN CARVER
- LONGHOUSE
- MAIZE
- MASSASOIT
- MAYFLOWER
- MILES STANDISH
- NEW WORLD
- PATUXET
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- PURITANS
- SAIL
- SAMOSET
- SETTLERS
- SICKNESS
- SQUANTO
- SQUASH
- STUFFING
- THANKSGIVING
- TREATY
- TURKEY
- VOYAGE
- YAMS

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



ANSWERS WILL BE IN THE NEXT ISSUE OF THE GAMYU

**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 1 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.



## Community Self Help Meetings

Monday	Time	Location
Recovery	6:00-7:00	HEW
Tuesday	Time	Location
Wellbriety Batters Intervention	3:00-5:00 6:00 - 8:00	HEW 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.



## 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.

## 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.

# COMMUNITY MESSAGES

947 Rodeo Way, Peach Springs, AZ 86434  
928-769-2254

Dear Buck-N-Doe 4H Club, Hualapai Tribal Department, GCRC & All Community members and friends of Jessica Orozco.

Words cannot express how grateful we are to you all for everything you did in organizing and attending to the funeral arrangements for our dear friend and coworker Jessica Orozco.

We at Natural Resources would like to extend our greatest appreciation and gratitude to all the Buck-N-Doe 4H Club members and leaders for organizing and attending to all aspects of the funeral services. This includes everything from arranging the pot luck meal, flower arrangements and boutonnieres for the staff. We know this was a very difficult time for you all as well and just want to say thank you.

We would also like to thank the following; Mike Whatoname and the traditional singers, Grand Canyon Resort Corporation for their generous donation, Jackie Marshall for the flyers and shopping, Danielle at Planning for the memory cards, Wanda Quasula for taking up donations, Lyndee Hornell for creating the beautiful slide show, Raelene Havatone for supporting Brandon and being the cattle prod to get things rolling and the Hualapai Police for escorting and the support during the service.

We cannot name them all but would like to say thank you to ALL of Jessica's friends and the many organizations that also contributed.

Warm regards,

Hualapai Department of Natural Resources

## Birthday Shout-Outs

*Submitted by: Ayesha Havatone*

Birthday shout-outs to them November Turkey babies!! Even to those who celebrate their day in the Heavens above. May you all enjoy and have a gobble-licious birthday. ☺

11/03—Onawa S. (RIP),

Gayle B. & Ayesha

11/04—Shyla D.

11/09—Wendell H.

11/13—Tisha W.

11/14—M.J. Manakaja

11/15—Leanne W.

11/16—Nix U.

11/19—Paulette W. & Aral Q.

11/21—Timothy H (RIP)

11/23—Michelle J.

11/29—Damaris P.

**From Ayesha H.**

## Missing You

*Submitted by: Ayesha Havatone*

Missing you lil' fruits! Floyd, Eugene & Lil' Marleigha. Aunty hope you all had a "spook-tacular" Halloween! I can't wait to see you soon!

♥ & miss you,  
**Aunty Lou Lou**

## Birthday Shout-Outs

*Submitted by: Leanne Watahomigie*

I wanna do a birthday shout out to my sister Tisha Watahomigie—Nov. 13th, my mom Mary Manakaja - Nov. 14th. May you young women have an awesome day and just know that I have you guys in my thoughts, especially on this day. Much love to you both.

- Love, Leanne W.

**Happy Birthday!**

**HAPPY BIRTHDAY**

This belated birthday shout-out goes to my nephew, who is up in Heaven and in my heart. Akeelah R. Mahone—Nov. 6th. I just want to say Happy happy belated birthday to you. I wish that I could share some cake with you and celebrate your birthday but I want you to know that you are never forgotten and are always with me in my heart. I love you, miss you and can't wait to one day meet again. Happy Belated Birthday "Keelan boy".

- Love auntie, Leanne W.

Two more birthday shout-outs to:  
Ayesha H.—November 3<sup>rd</sup>  
&

Paulette W.—November 19<sup>th</sup>

Regardless of life's struggles, you girls continue to strive for the best and beat the rest. Happy Birthday girls.

- From: YKW

**Happy Birthday to You!**

Daily Strips from the 1970s • Peanuts

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

