



GAMYU

Newsletter of the Hualapai Tribe

Friday, March 22, 2018
Issue #06

Hualapai Tribal Enrollment • Information Request

Submitted by: Cody Susanyatame | Hualapai Tribal Enrollment

Inside this issue:

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Special points of interest:

- **HTUA Board Meeting** will be on Thursday, March 28th at 9:00AM at the Health, Education & Wellness Department.
- **Regular Council Meeting** will be Saturday, April 6th at 8:00AM in the Tribal Chambers.
- **La Paz Information**, registration deadline on Monday, April 8th (page 16)

Hualapai Tribal Members,

The Enrollment Office is requesting your information again (birth certificate & social security card copy). Information was requested back in 1987 and as of today members have not complied. It is now 2019 and it is important for the Hualapai Tribe to maintain your information as enrolled Hualapai Tribal Members.

Hualapai Tribal Members,

Hualapai Tribal Departments and the Bureau of Indian Affairs request information and we cannot process this request as files are incomplete.

The following will assist our office in maintaining current and accurate information.

- BIRTH CERTIFICATE
- SOCIAL SECURITY CARD
- COURT ORDERS INVOLVING CUSTODY OR NAME CHANGES
- CHANGE OF ADDRESS
- DEATH CERTIFICATE - To officially close out deceased members

Please note that all records are kept under lock and key.

Mi daw'k babel miwij nyu mi gami:jah, Mah han kyu'!

Enrollment



Request for Bid • Hualapai La Paz Committee

Submitted by: Trena Bizardi | Hualapai Youth Services

Hualapai La Paz Committee

REQUEST FOR BID

Advertised March 4, 2019

Event Details: La Paz Community Gathering
Loco Motive Park (Downtown) 310 W. Beale St.
Saturday, April 20th, 2019
Food must be ready to serve at 10:30am

Menu: Ball Park Beef Hotdogs
Potato Salad
Pork and Beans
Chip - Mini
Bottle Water

Submit bid priced per-plate and total amount.

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

Please submit bid to the Hualapai Youth Services office/Health Education & Wellness Center by Wednesday, April 13th, 2019 by 12pm. Bid winner will be contacted on Thursday, April 14th, 2019.

For more information, please contact:

Hualapai Youth Services
Phone: 769-2207 Ext. 243
488 Hualapai Way
Peach Springs, AZ.
christina.watahomigie@hualapai-nsn.gov

Request for Proposal • Repair/Replace Grazing Pasture and Pasture Boundary Fencelines

Submitted by: Annette Bravo | Hualapai Department of Natural Resources



Request for Proposal

Title: Repair/Replace Grazing Pasture and Pasture Boundary Fencelines on the Hualapai Indian Reservation

Requested by: Hualapai Tribe, Department of Natural Resources

Scope of work: Provide Labor and Materials to Repair and/or Replace fencelines at various locations on the Hualapai Reservation.

Specifications:

Post (T-posts or Cedar Posts) shall be placed every 20' and 4 wooden staves shall be placed in between each Post.

Wooden staves shall not exceed 44" in height and shall be a minimum of 2" in diameter at the top and bottom.

Existing barbed wire shall be pulled and tightened taught and attached to Posts. Wooden staves shall be attached to each wire using wire ties.

Wildlife jumps shall be constructed at all wildlife crossings. The jump at the crossing shall be constructed of smooth wire for the top and bottom wires. The height of the top wire shall not exceed 44" and the bottom wire shall be 18"-20" off the ground. Spacing for the second wire shall be set at 12" below the top wire. Length of wooden staves shall not exceed the second or bottom wires.

Bid Selection Process:

A Bidder may submit a bid to conduct repair/replacement work on the Livestock District Boundary Fencelines (Figure 1) or Reservation Pasture Boundary Fencelines (Figures 3-7).

Table 1 lists approximate project length. Actual lengths will be determined while a repair/replacement project is being conducted. For example, a Bidder selects Fenceline #37 that is approximately 2 miles in length. An HDNR representative will then physically measure the fenceline length using GPS and a wheel. Payment for work completed can be submitted after each complete mile or fence project completion.

Bids shall be submitted based on the amount of repair/replacement work that can be accomplished within a 3 month period. Once a successful fence bid project is completed, the Successful Bidder may select more fence projects if available. Any bid with more than 4 fencelines selected or exceeding more than 25 total repair/replacement miles at one time, will not be considered.

Please submit the following information:

- Fence project(s) that are selected
- Bid per miles or per foot for fence completed
- General overview of crew to be used and plan of how the project(s) will be completed.
- Name and Contact Information

ALL TRIBAL LIVESTOCK DISTRICTS ARE ENCOURAGED TO APPLY

Preference will be given to Indian owned businesses.

Indian preference shall apply for contracting and employment

**1% TERO tax shall apply for all contracts as stated in TERO Ordinance
(available at Tribal Employee Rights Office)**

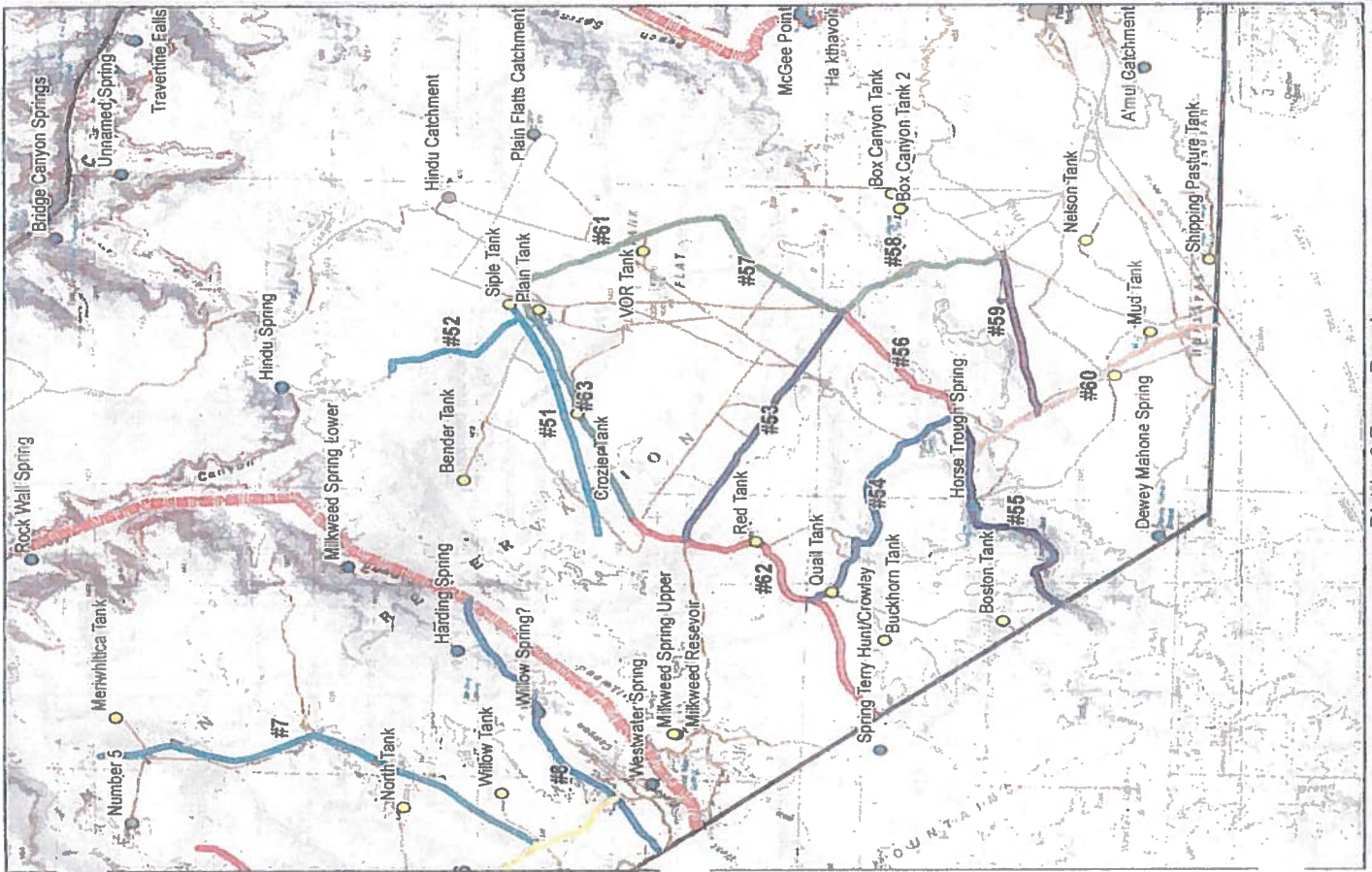
Notwithstanding any other provision of the Request for Proposals, HDNR and the Hualapai Tribe expressly reserves the right to:

1. Waive any immaterial defect or informality; or
2. Reject any or all proposals, or portions thereof; or
3. Reissue a Request for Proposal

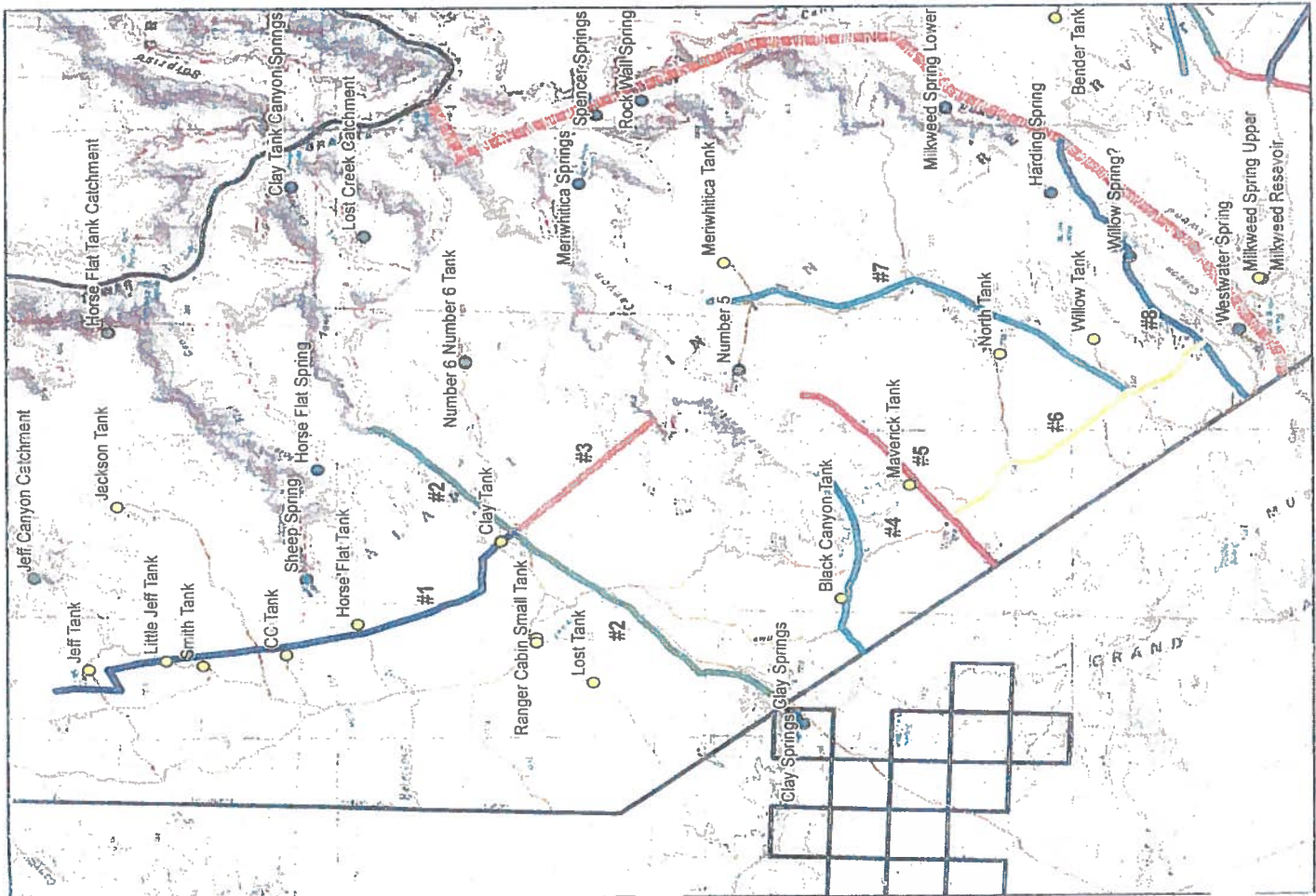
All interested entities are requested to submit a bid proposal to:

Hualapai Department of Natural Resources
Attn: Repair/Replace Fence Project
P.O. Box 300 or 947 Rodeo Way
Peach Springs, AZ 86434
Or by Fax to: 928-769-2309

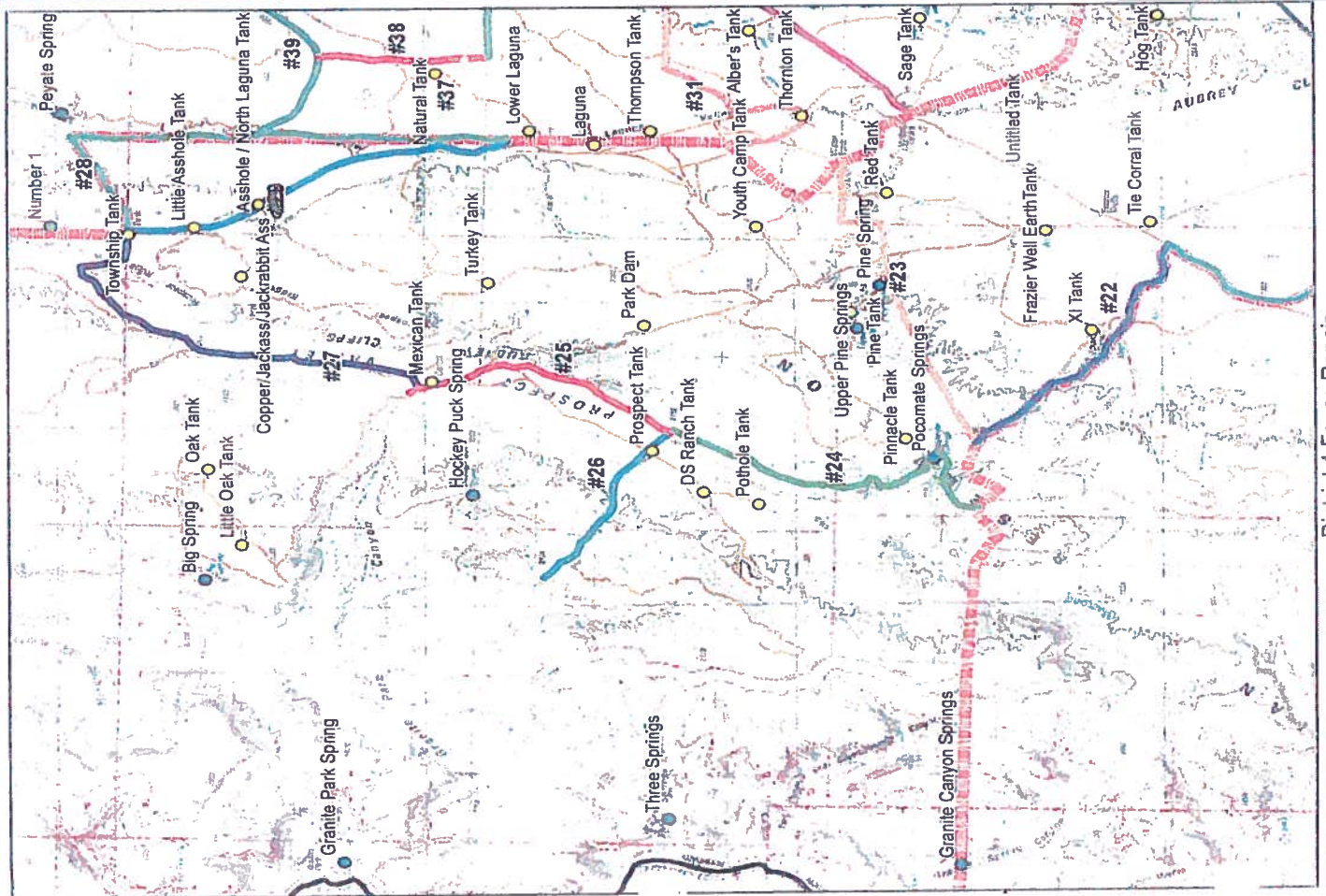
Bids will be accepted until all fencelines have been completed.



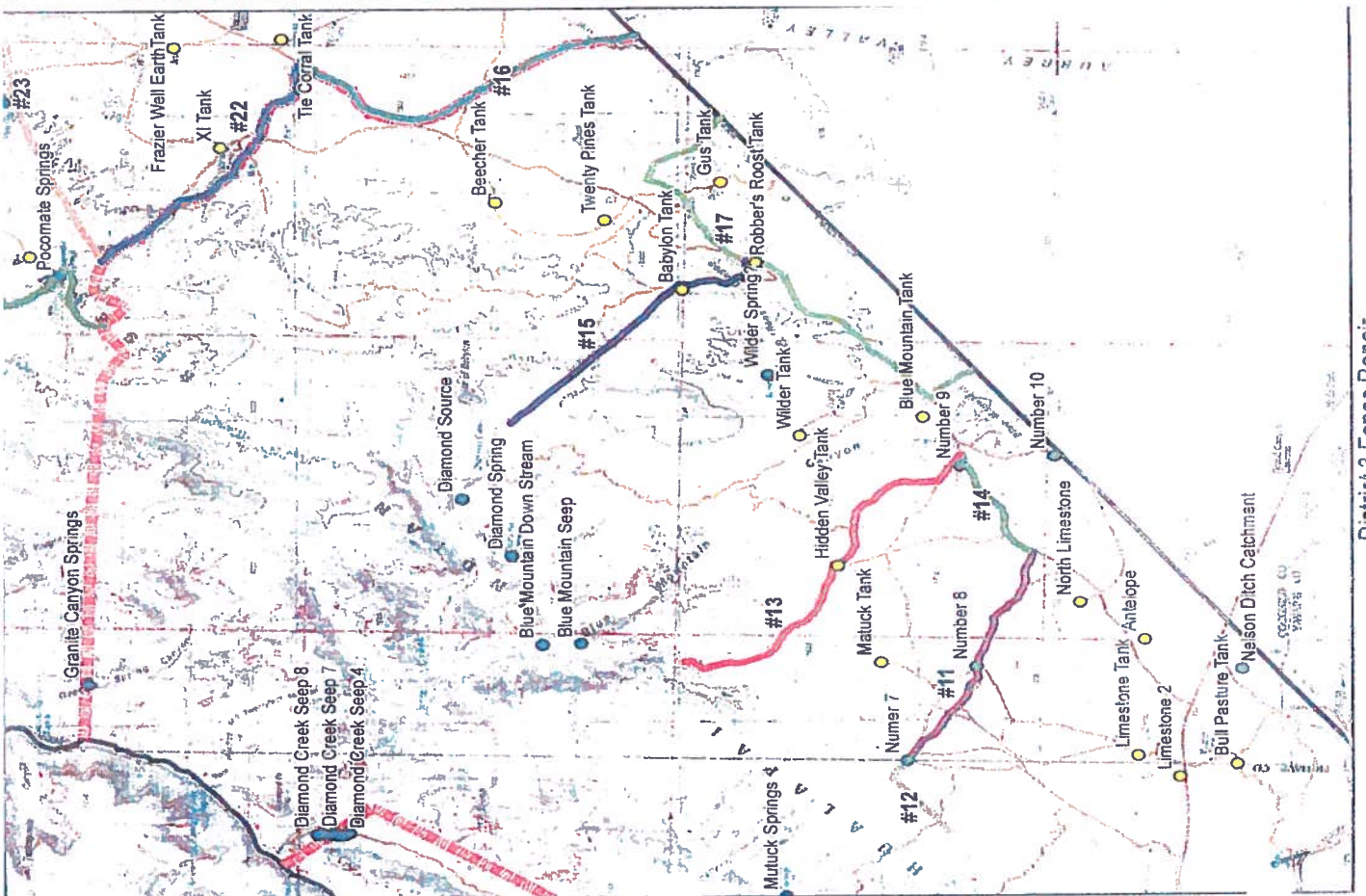
District 2 Fence Repair



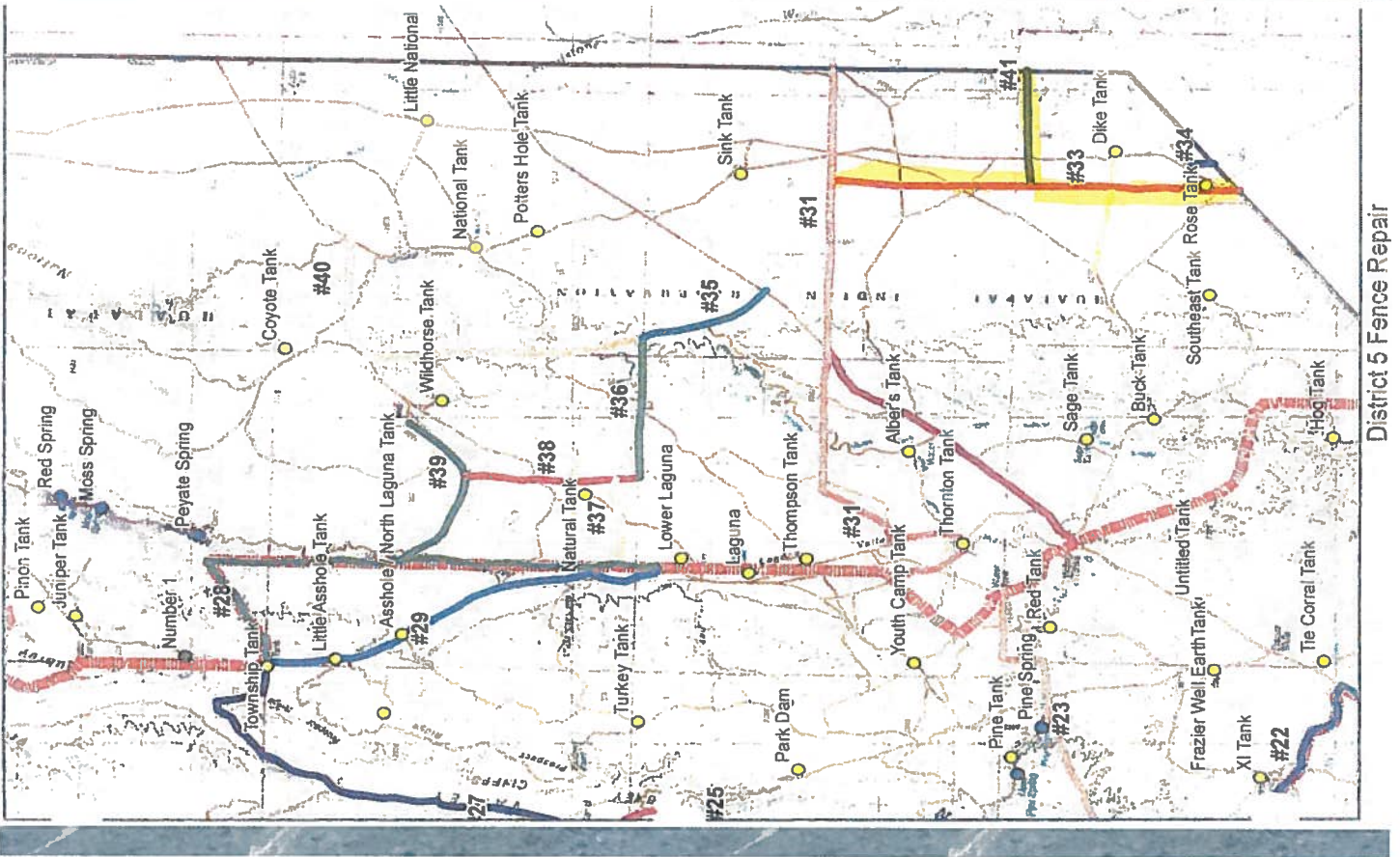
District 1 Fence Repair



District 4 Fence Repair



District 3 Fence Repair



Amended Proposed Homesite • Monique Alvarez

Submitted by: Michelle Zephier | Hualapai Planning Department

Monique Alvarez 1.5 acre amended proposed homesite

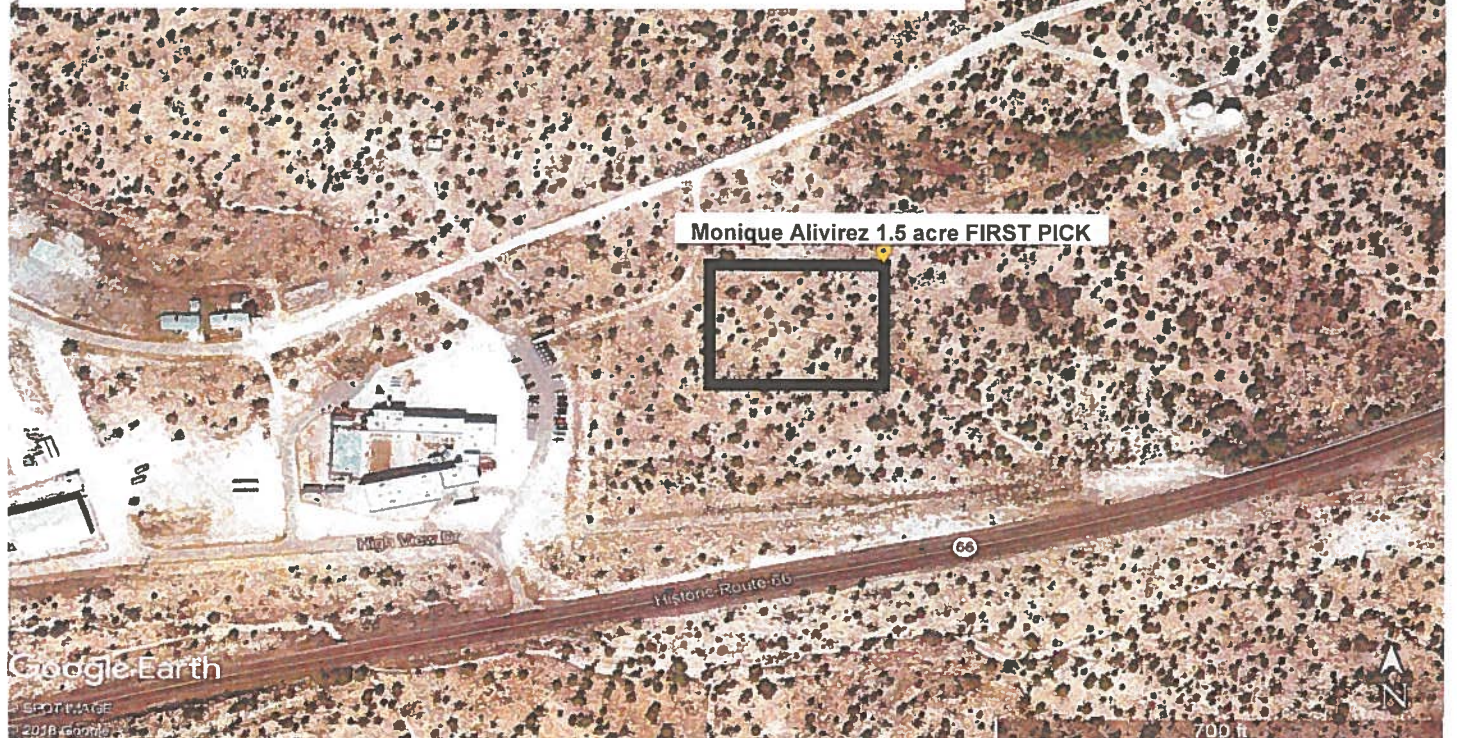
This is Public Notice for Mrs. Alvarez's first choice that is behind HJDC

281599.16	281685.00	281599.58	281684.15
3935967.81	3935966.00	3935897.37	3935896.61

If you have any concerns, please notify Michelle Zephier at the Planning Dept.

Legend

- Canyon
- Monique Alvarez 1.5 acre FIRST PICK



Grand Canyon Resort Corporation • Horse Auction (Closes Thursday, April 4th)

Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Bullwinkle

Auction Opens: March 4, 2019

Auction Closes: April 4, 2019

Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Bullwinkle

- Breed: Quarter Horse
- Color: Grulla
- Sex: Gelding
- Age: Approx. 13
- Line Horse
- Needs time on back
- Approachable
- Friendly
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

Bids may be mailed to:

Grand Canyon Resort Corporation
Attn: Horse Auction
PO BOX 359
Peach Springs, AZ 86434



Auction Opens: March 4, 2019

Auction Closes: April 4, 2019

Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Butterball

- Breed: Quarter Horse
- Color: Buckskin
- Sex: Gelding
- Age: Approx. 13
- Line Horse
- Needs time on back
- Likes to try and bite
- Approachable
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

Or hand delivered to:

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

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



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Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Doc

- Breed: Quarter Horse
- Color: Sorrel
- Sex: Gelding
- Age: Approx. 11
- Has been used as a Wrangler horse
- Skittish and spooks
- Well trained, still needs some work
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

Bids may be mailed to:
Grand Canyon Resort Corporation
Attn: Horse Auction
PO BOX 359
Peach Springs, AZ 86434



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- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Hurricane

- Breed: Mustang
- Color: Gray
- Sex: Gelding
- Age: Approx. 15
- Very high strung
- Has attitude
- Needs lots of work
- Likes to go and not slowly
- Buyer is responsible for picking up horse
- If we need to deliver, there is a \$350 charge

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

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$5000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

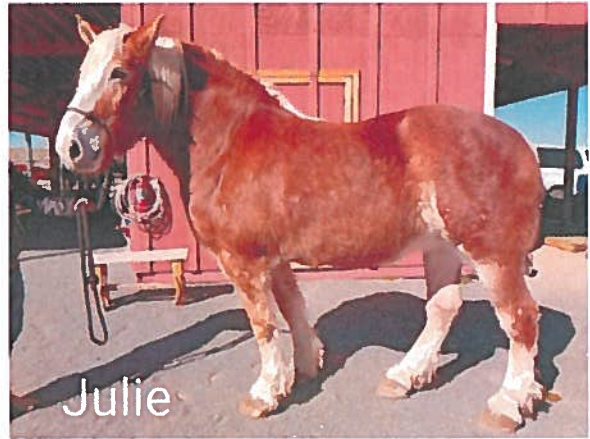
Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$5000

Jet

- | | |
|---|--|
| • Breed: Percheron | • Still needs some work |
| • Color: Black | • Approachable |
| • Sex: Gelding | • Friendly |
| • Age: Approx. 12 | • High strung |
| • Was teamed with Julie (work well as team) | • Buyer is responsible for picking up horse |
| • Well trained | • If we need to deliver, there is a \$350 charge |

Bids may be mailed to:
 Grand Canyon Resort Corporation
 Attn: Horse Auction
 PO BOX 359
 Peach Springs, AZ 86434



Auction Opens: March 4, 2019
Auction Closes: April 4, 2019
Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$5000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$5000

Julie

- | | |
|---|--|
| • Breed: Belgian | • Still needs some work |
| • Color: Cream | • Approachable |
| • Sex: Female | • High strung |
| • Age: Approx. 13 | • Buyer is responsible for picking up horse |
| • Was teamed with Jet (work well as team) | • If we need to deliver, there is a \$350 charge |
| • Well trained | |
| • Friendly | |

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

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

HORSE AUCTION

The Grand Canyon Resort Corporation is auctioning horses.



Lefty

Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

Lefty

- | | |
|---|--|
| • Breed: Quarter Horse | • Approachable |
| • Color: Palomino | • Friendly |
| • Sex: Gelding | • Buyer is responsible for picking up horse |
| • Age: Approx. 11 | • If we need to deliver, there is a \$350 charge |
| • Blows up when cinched (needs work for this issue to resolve it) | |

Bids may be mailed to:
 Grand Canyon Resort Corporation
 Attn: Horse Auction
 PO BOX 359
 Peach Springs, AZ 86434



Mable

Auction Opens: March 4, 2019
 Auction Closes: April 4, 2019
 Announcement: April 5, 2019

REQUIREMENTS:

- A minimum bid of \$3000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 4, 2019

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Name of Horse
- Full Name
- Contact Number
- Amount of bid, no less than \$3000

Mable

- | | |
|---|--|
| • Breed: Belgian | • Friendly |
| • Color: Cream | • Has had wranglers on her back |
| • Sex: Female | • Buyer is responsible for picking up horse |
| • Age: Approx. 8 | • If we need to deliver, there is a \$350 charge |
| • Draft horse | |
| • Has been trained, still needs some work | |
| • Approachable | |

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

All interested bidders are welcome to request info. For more information, you may contact the Hualapai Ranch at (928) 769-2627 ext.451

GCRC Management and Administrative Staff are not eligible to bid.

Hualapai Youth Council • March Meetings & Events

Submitted by: Christina Watahomigie, Youth Services Assistant | Hualapai Youth Services

NUTRITION MONTH

HUALAPAI YOUTH COUNCIL MEETINGS & EVENTS

EVENTS:

- 3/1** GREEN ARROW GARDENING EXPO 8-4PM CULTURAL CENTER
- 3/4** Open Mic Night W/ Sage Honga Multi 6pm
- 3/8** Business Meeting HEW Building 9am
- 3/13** Overnight Lock-In Agricultural Building 5pm-7am Pick up permission form at Youth Services office.
- 3/20** Spring Fling Dance Multi 6-9pm
- 3/22** YOUTH COUNCIL GARDENING W/ Elizabeth Aiden 9am-3pm
- 3/29** Youth Council Fundraiser Healthy Food/Smoothies HEW Building 8am-2pm

WHERE
Health & Wellness Building (HEW)
 Large Conference Room

Every Friday 9-12am

YOUTH AGES 13-24 ARE MORE THEN WELCOME TO JOIN. IF YOU ARE 13, YOU MUST BE TURNING 14 IN 6 MONTHS. COME LET YOUR VOICE BE HEARD!

@HUALAPAYS

Questions? Call Youth Services 769.2207 Ext.201

Piestewa Fallen Heroes Memorial • Friday, March 22nd & Saturday, March 23rd

Submitted by: Christine Lee | Hualapai Tribe

Piestewa Fallen Heroes Memorial March 22 & 23, 2019

Gold Star Families, Veterans, Tribal Leaders & Public



Evening Program/Dinner Honoring Families of Our Fallen Heroes & Candlelight Vigil

Friday, March 22, 2019 @ 5:30 p.m. - 8:30 p.m.
Holy Trinity Greek Orthodox Cathedral, 1973 E. Maryland Ave., PHX 85016
Dinner RSVP Required - Call, text or email Laureen Chischilly 602-505-9006
lchischilly05@yahoo.com

Piestewa Memorial Services For All Our Fallen Heroes

Saturday, March 23, 2019 @ 6:30 a.m. - 8:30 a.m.
Piestewa Peak Apache Ramada. Due to limited parking, please park at Lincoln Heights Christian Church, 2121 East Lincoln Drive, PHX 85016 & take shuttle.

- ✓ Traditional or military dress encouraged for all events
- ✓ Color Guard POC/RSVP Required: Ernest Martinez 602-312-8663, azforpiestewa@gmail.com
- ✓ Host Hotel - Motel 6, 4727 East Thomas Road, PHX 602-956-6500.

Volunteer Income Tax Assistance (VITA) • Friday, March 22nd & Saturday, March 23rd

Submitted by: Adeline Crozier | Hualapai Tribe Administration

Call Training Center to make an appointment
769-2200

- ELDERS 1ST PRIORITY
- COMMUNITY MEMEBERS WELCOMED

GET YOUR TAXES DONE FOR FREE!

VOLUNTEER INCOME TAX ASSISTANCE(VITA)

- March 22 & 23, 2019 (Friday and Saturday)
- 9am to 3pm
- Hualapai Education and Training Center

IMPORTANT DOCUMENTS YOU MUST BRING WITH YOU:

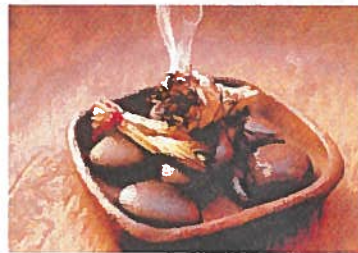
ID OR DRIVER LICENSE, SOCIAL SECURITY CARDS, BIRTH CERTIFICATES FOR DEPENDENTS, ALL W-2'S, 1099 FORMS, SSA-1099, RRB-1099, INTEREST STATEMENTS, TUITION STATEMENTS, YOUR BANK ACCOUNTS & ROUTING NUMBER



Hualapai Strategic Prevention • "Code of Ethic for Me" Presentation: Monday, March 25th

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

Hualapai Strategic Prevention



**"Seven philosophies to live by"
"Code of Ethics for me"**

**March 25, 2019
Hualapai Health Education and Wellness Center
6-8P**

As Native American families, we have a higher power to guide us in our daily lives.

Join us as we share a few teachings for our youth to live by. Parents and guardians are encouraged to join their youth or young adult in this evening presentation.

A light meal and an activity will be provided.

RSVP transportation at (928) 769-2207 with Jessica Powskey

KWLP 100.9FM Presents Marilyn Pittman Workshop • Monday, March 25th

Submitted by: Terri Hutchens | KWLP 100.9FM

KWLP 100.9 fm

presents:

Marilyn Pittman



Marilyn Pittman is an acclaimed performer. She is a renowned comedian and radio show host, as well as an award winning narrator and storyteller. She has taught performance and coached voice, presentation and communication skills for decades nationwide.

KWLP staff, volunteers and advisory committee members have been privileged to participate in Ms. Pittman's workshops twice at conferences over the years. We are thrilled to provide an opportunity to share her wisdom and practical and valuable techniques to locals!

Join us for one of two workshops:

- Thursday, March 21, 2019 at 6:00pm at the HEW small conference room**
- Monday, March 25 at 12:00pm at the HEW small conference room**

Sessions are scheduled to last 2.5 hours.

All KWLP staff and volunteer show hosts MUST attend one session. Other interested community members wanting to improve their public speaking and presentation skills are welcome, but limited spaces are available. Call Terri at (928) 769- 1110 for more information and to reserve a spot.



Hualapai Annual Livestock Meeting • Friday, March 29th

Submitted by: Elisabeth Alden | Hualapai Department of Natural Resources

TOPICS:	SOIL HEALTH CONSIDERATIONS FOR RANCHING	RAIN SIMULATOR DEMONSTRATION	Marketing strategies for Cattle	DROUGHT MITIGATION	Developing a Grass Fed Beef Program & Custom Labeling	HDNR UPDATES			
HUALAPAI ANNUAL LIVESTOCK MEETING	March 29, 2019		9:00 am – 3:30 pm		@ the 4H Facility			LUNCH PROVIDED	DOOR PRIZES

Hualapai Domestic Violence Program • Wednesday, March 27th & Thursday, March 28th

Submitted by: Danielle Bravo | Hualapai Planning Department

Hualapai Domestic Violence Program


Brings Back "NATIVE YOUTH LEADING YOUTH"

Evening Presentations

Wednesday & Thursday
March 27 & 28, 2019
Multi-Purpose Building
5:30 PM



Dyami Thomas:
Model, Actor, Motivational Speaker & Co-founder of "Native Youth Leading Youth"



Rebecca Kirk:
Singer, Actress, Music Teacher, Talent Manager & Founder of "Native Youth Leading Youth"

AGENDA

5:30 PM Dinner & Short Film

- Bullying**
- Domestic Violence**
- Teen Dating Violence**
- Suicide Prevention**
- Self-Motivation**
- Health & Wellness**

For Information Contact Vensi Coochwyewa @ 928-769-2397

Hualapai Youth Council • April Meetings & Events

Submitted by: Christina Watahomigie, Youth Services Assistant | Hualapai Youth Services



**YOUTH
COUNCIL
MEETINGS
& EVENTS**

WHEN

Every Friday 9-12am

WHERE

Health & Wellness Building (HEW)

Large Conference Room

YOUTH AGES 13-24 ARE MORE THEN WELCOME TO JOIN. IF YOU ARE 13, YOU MUST BE TURNING 14 IN 6 MONTHS. COME LET YOUR VOICE BE HEARD!

@HUALAPAIYS



Questions? Call Youth Services

769.2207 Ext 201

**EARTH MONTH
APRIL
EVENTS:**

4/1

**OPEN MIC NIGHT
W/ SAGE HONGA
6PM MULTI**

4/5

**Youth Council Meeting
9am HEW Building**

4/12

**Youth Council
Business Meeting
9am Hew Building**

4/19

**NO Youth Council
Due To La Paz Events**

4/26

**Community Clean-up
9am Hew Building**



Earth Day

Building Individual & Community Resilience • Thursday, April 4th

Submitted by: Claudette Walker | Hualapai Health, Education & Wellness

HUALAPAI HEALTH EDUCATION & WELLNESS BUILDING INDIVIDUAL & COMMUNITY RESILIENCE HEALING THROUGH AWARENESS AND EXPRESSIONS—

Mind-Body Skills help people and communities who are dealing with any kind of challenge or stress. We are all born with built-in resilience, and... we can actively contribute to strengthening our capacity to respond to the challenge and difficulties of our lives. Come and join your relatives to deepen your capacity to feel safe, nurtured, strong and courageous in your walk through life.

Participants may learn about and experience any of the following:

BREATHING	MEDITATION	DRAWING	EMOTIONS
GUIDED IMAGERY	SELF-EXPRESSION	RELAXATION	
BIOFEEDBACK	MOVEMENT	MINDFUL EATING	

Wellness Group participants have experienced:

- **Increased Confidence and improved experience of oneself and others**
- **Enhanced ability to cope with pain or other symptoms**
- **Enhanced physical/mental/spiritual health and well-being**
- **Improved ability to handle stress and reduce anxiety and depression**

Location: **Multi-Purpose Building**

When: **Thursday, April 04, 2019 @ 8:00am - 5:00pm**

Contact: **Claudette Walker @ HEW (928) 769-2207 to register**

2019 La Paz Planning Meetings • Next Meeting: Wednesday, April 10th

Submitted by: Trena Bizardi | Hualapai Youth Services

19' La Paz Planning Meetings

Wednesday, March 13
1-3pm
Hualapai Housing Dept.

&

Wednesday, April 10
9-11pm
HEW Building

**We encourage ALL
community members & Tribal
Departments to come and
help plan this years run.**



**Any questions, please contact
Hualapai Youth Services at
769-2207 Ext. 201**

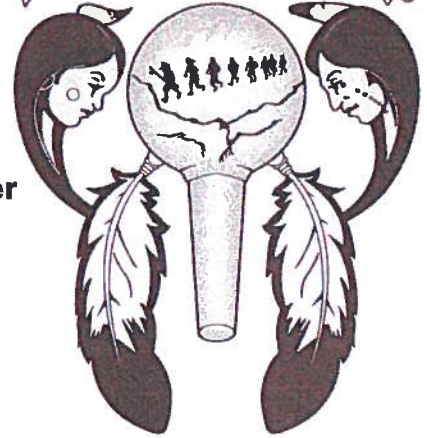
La Paz Trail of Tears Run 2019 • Registration Forms Due: Monday, April 8th

Submitted by: Trena Bizardi | Hualapai Youth Services

La Paz Trail of Tears Run 2019

From Kingman to Peach Springs, AZ

Yu' Niyihay Janj Vojjo



Monday April 15, 2019 (Multi-Purpose)

5:30pm Meet for Sweat

6:00pm Runners Meeting/Traditional Food Presentation/Dinner

6:30pm Storytelling and La Paz History (All are welcome to Share stories)

Attendance is a must for runners

470 Hualapai Drive, Peach Springs, AZ

Saturday April 20, 2019 (Day of Site Blessings)

5:30AM La Paz Site—Ehrenberg, AZ

Sunrise Blessing of Site, runners and community members welcome.

8:00AM Breakfast to follow

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

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

11:45AM Locomotive Park on 66, - 310 W. Beale & 1st Street Bird singing & dancing and lunch. All bird singers and dancers welcome.

Sunday April 21, 2019 (Day of Run)

3:00AM Meet at Tribal Gym

3:30AM Leaving Gym to Fort Beale

4:00AM Morning Blessing

5:00AM Start Run from Fort Beale

12-2PM Return to Peach Springs

SUBJECT TO CHANGE

LAST UPDATED 2/28

Community will welcome back runners at the corner of Diamond Creek/ Route 66 by the Lodge. Everyone will walk to Tribal Gym for lunch. Community members and family of runners are encouraged to donate a dish to share.

Run restricted to 18 years and older, unless minor 14-17 years of age is accompanied by adult runner (one per adult) **Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities.** Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTRONICS/CELLPHONES/PICTURES. Must be tribally enrolled to run.**

Contact Youth Services 769-2207 to register to run. Registration forms must be submitted by April 8, 2019

Hualapai Youth Services PO Box 397/488 Hualapai Way, Peach Springs, AZ 86434

Running to Honor Our Ancestors. Running to Heal Our People.

2019 La Paz Run Registration Form and Medical Questionnaire

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 8, 2019.**

Information is needed should you need any medical attention on the run and to ensure you receive proper medical care. Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner.

Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/8-4/21. No electronics/cellphones/pictures while on the run. Must be Hualapai Tribally Enrolled.

Runner Name: _____

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

Mailing Address: _____

Phone Number: _____ Email Address: _____

Circle one: Male Female Age: _____ Date of Birth: _____

Past Medical History: _____

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

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

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

Are you allergic to any medications? Yes No

Please list if you circled yes above: _____

List allergies: _____

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

Emergency Contact: Name: _____ Relation: _____
Phone Number: _____

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

Signature _____ Date _____ T-Shirt Size _____

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

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

Parent/Guardian: _____ Relationship: _____

Signature _____ Date _____ T-Shirt Size _____

REGISTRATION DEADLINE APRIL 8, 2019 - NO EXCEPTIONS
Please encourage your family members to contribute to the community potluck following the end of the run.
RUNNERS MEETING ON APRIL 15th. YOU MUST ATTEND

Hualapai Game & Fish - 2019 Tribal Turkey Hunt Raffle • Drawing on Wednesday, April 17th

Submitted by: Cotton Koyayesva | Hualapai Game & Fish



2019 TRIBAL TURKEY HUNT

HUNT DATES
APRIL 20 - May 3, 2019

Drawing on Wednesday April 17, 2019
@ 3pm

ONE (1) Ticket Per Person

Fill out ticket at the Game & Fish Office.

TOM TURKEYS ONLY!

\$45.00 Per Tag

If your name is drawn, you will have until April 19th to pay the tag fee.

GAME & FISH 928-769-2227

Mother's Day Bazaar • Thursday, May 9th

Submitted by: Adeline Crozier | Hualapai Tribal Administration



Mother's Day Bazaar
May 9, 2019 @ Tribal Gym
10am to 4pm
All Vendors Welcome

Contact Monique Alvarez for more information
 928-522-4554 or FB Monique Mahone or Monique Alvarez

Happy Mother's Day

COMMUNITY BAZAAR HELD IN PEACH SPRINGS, ARIZONA
 Vendor Fees to be paid at Hualapai Tribal Office/Accounting

Father's Day Bazaar • Thursday, June 13th
Submitted by: Adeline Crozier | Hualapai Tribal Administration

FATHER'S DAY BAZAAR

June 13, 2019 @ Tribal Gym

10:00am to 4:00pm

ALL VENDORS WELCOME

Contact: Monique Alvarez
928-522-4554

FB: Monique Mahone
Or Monique Alvarez



Community Bazaar in Peach Springs, AZ.
Vendor Fees to be paid at
Hualapai Tribe Accounting Dept.
Fees: Hualapai Tribal Members-FREE
Enrolled Native Americans-\$25.00 per day
Non-Indians-\$40.00 per day

Hualapai Youth Council • Save The Date

Submitted by: Christina Watahomigie | Hualapai Youth Services

HUALAPAI TRIBAL
YOUTH COUNCIL
PRESENTS
SUMMER YOUTH
CONFERENCE

**JUNE
17-19
2019**

SAVE THE DATE

Peach Springs, AZ 86434
Be Prepared To Camp!
Native American Youth
Ages 14-24

For More Information Feel Free To Contact
Youth Services @ 928-769-2207 Ext. 201



IMPORTANT DATES FOR THE GAMYU NEWSLETTER



Please note the articles deadline for the upcoming issue and remember to attach an Information Sheet with your articles. No ANONYMOUS submissions.

For latest and archived issues of the Gamyu newsletter, please go to:

<http://hualapai-nsn.gov/gamyu-newsletter/>

ARTICLE DEADLINE
Friday, March 29TH

NEXT PUBLICATION
Friday, April 5TH

Hualapai Housing Department Newsletter • Rez Housing Topics

Submitted by: Morgan Manakaja | Hualapai Housing Department

Hualapai Housing Department

March 08, 2019
Volume 3, Issue 3

Rez Housing Topics



Spring Cleaning

Housing inspections are done quarterly

- ◆ March
- ◆ June
- ◆ Sept.
- ◆ Dec.

Semi Quarterly depending on the outcome of your last housing inspection.

- ◆ June
- ◆ Dec.



Housing Security Concerns

1. While I am on my shift I see kids riding scooters up and down the road in the dark. This is an accident waiting to happen, on day these kids are going to get hit by a car.
2. I also see kids, little kids walking home in the cold and the dark anything can happen.
3. Parents should be responsible and control actions of the kids.
4. Property damage is done by some of these children. This is a civil liability. The parent is obligated to take responsibility of these children not just financially.
5. The parent is responsible for any damage his or her child may cause to any property.



Tenant Yard Clean Up

The weather seems to be warming up. It is time for you tenants to get out and start cleaning up your YARDS or you can hire someone to clean for you. The expense is on you when you hire someone. You can make it a family day, which would get the work done much faster and less expensive.

REMINDER!!!! In your Lease Agreement and the Housing Policies; it states that; Section VII. Policies and rules applicable to homeowner and rental program, it states under B. CARE MAINTENANCE; Tenants are responsible for using reasonable care to keep the unit and yard in such condition as to prevent

Health or Sanitation problems from arising. The tenant shall notify the Housing Department promptly of known unsafe conditions in any common areas and grounds in the project in which the Leased premises are situated, which may lead to damage or injury, including pest problems. The tenant shall keep the Unit and Yard in a clean and sanitary condition and prevent any damage to the landscaping around the unit.



Abuse and misuse of the unit is grounds for Termination of the Lease Agreement.

So, get out and start cleaning up. We do have yard tools that you can sign out for but ONLY for a short period or before they have to be returned you can come back in and sign out for them again.

We will be Monitoring the clean up to see who has started. This is a yearly compliance from all tenants.

**Quarterly Inspections for March 19-26, 2019.
Be ready for housing inspections.**

If you are not home we will enter the unit to complete the inspection. Thank for your time and understanding.



The size of your success is measured by the strength of your desire.

The size of your dream and how you handle disappointment along the way.

Make humanity something we can be proud of.

All Homebuyers, Homeowners, Private Homeowners if you need a repair (clogged sink, pipes leaking, etc.) Call public works to put a work order in (928)769-2216

Hualapai Housing

A champion is defined
not by their wins
but by how they can
recover when they fall.

— SERENA WILLIAMS



Morgan Manakaja

March 13, 2019

Hualapai Housing Receptionist



PLEASE REMEMBER
TO MAINTAIN
YOUR PROPANE
AND ELECTRIC IN
YOUR HOME. IT IS
HOUSING POLICY
TO MAINTAIN
THESE THINGS IN
ORDER TO OCCU-
PY THE UNIT.

Maintenance Department

In February we started renovation on 4 units. Maintenance techs continue to work on repairing units for new tenants. They will start repairing fences in Peach Springs when the weather is warmer. We are not installing any more walkways through the community. So please take care of your fencing and yard area. If your fence is damaged by someone other than you or your household members please report it to the police department. You are responsible to pay the repair cost.



We do have a form to fill out
for vehicle removal, please
stop by and fill one out.



HUALAPAI HOUSING

Hwal'bay Ba:j Wayo:wo'jo
600 Highview Street
P.O. Box 130
Peach Springs, Arizona
Phone (928) 769-2274 Fax (928) 769-2703



REMOVAL/DISPOSAL OF VEHICLE

I, _____, hereby authorize Hualapai Housing Maintenance Personnel to remove and dispose of my inoperable vehicle located at

Street Address _____ Project _____ Unit # .

Vehicle(s) to be removed from property:

1. Year _____ Make _____ Model _____
VIN# _____ License Plate # _____

2. Year _____ Make _____ Model _____
VIN _____ License Plate # _____

3. Year _____ Make _____ Model _____
VIN _____ License Plate # _____

I agree that Hualapai Housing will not be held liable in the event of injury to any person or property.

Tenant Signature

Date

Hualapai Housing Personnel

Date

Maintenance Personnel

Work from 8:00 Am to 4:30 Pm.

Please remember if you need a Maintenance Tech after hours please call:

POLICE DISPATCH!

(928)769-2220

REMINDER: IF YOU HAVE AN EMERGENCY!

CALL POLICE DISPATCH

(928)769-2220

EMERGENCY SERVICES

(928)769-2205

PROPANE LEAKS, WATER LEAKS, LOCK OUTS.

ANY OTHER EMERGENCY YOU MAY HAVE.



HUALAPAI HOUSING BUSINESS HOURS

MON- FRI.	OPEN	CLOSED	OPEN
MONDAY	8-12	12 PM - 1 PM	1PM - 5 PM
TUESDAY	8-12	12 PM - 1 PM	1PM - 5 PM
WEDNESDAY	8-12	12 PM - 1 PM	1PM - 5 PM
THURSDAY	8-12	12 PM - 1 PM	1PM - 5 PM
FRIDAY	8-12	12 PM - 1 PM	1PM - 5 PM
RESIDENT SPECIALIST	OPEN 8:00AM	LUNCH 12:00 PM 1:00 PM	CLOSE 5:00PM
MAINTENANCE MAIT. TECH. W/O	OPEN 8:00AM	LUNCH 12:00 PM 12:30 PM	CLOSE 4:30PM
SAT - SUN.	CLOSED	CLOSED	CLOSED

WORK ORDERS ARE ACCORDING TO SEVERITY AND EMERGENCY

ANY AND ALL OTHER W/O MAINTENANCE WILL FOLLOW UP THE NEXT BUSINESS DAY

ANY QUESTIONS OR CONCERNS PLEASE CALL (928)769-2275 DURING NORMAL BUSINESS HOURS.

When you call Housing you may speak with anyone that works in the department. Our goal is to assist you with the best customer service, and get you the help you may need. We want our tenants to feel comfortable and safe with our staff. Thank you Housing Staff.



EMPLOYMENT OPPORTUNITIES

GCRC - Internship Program • Accepting Candidate Submissions: April 1st - 12th
Submitted by: Heather Nieto, Sr. HR Specialist | Grand Canyon Resort Corporation



Grand Canyon Resort Corporation
2019 Internship Program



Accepting Candidate Submissions April 1st- April 12th

The Internship Program will be Trade Specific in **HVAC** and **Electrician** educational achievement. The focal point of the program is to prepare two (2) enrolled Hualapai Tribal Members in servicing equipment, structures, and future projects within Grand Canyon Resort Corporation (GCRC) operations. You will be employed through the Grand Canyon Resort Corporation if accepted into the Internship Program. All GCRC Policy and Procedures will also be followed and abided by.

Requirements

- Enrolled Hualapai Tribal Member
- High School Diploma or GED
- Driver License
- Pass a Background check
- Submit a typed 500-word essay covering the following three (3) topics:
 - Explain your experience working for GCRC
 - Why you should be selected
 - What you hope to gain
- Submit three (3) references (must not be immediate family members)
- Must be able to attend to Mohave Community College in earning a Degree
- Be able to balance work and school assignments
- Work various of hours and commute between different locations
- Team player and communicator



If you are interested, please contact Heather Nieto-Sr.HR Specialist/Internship Supervisor at (928)769-2419 ext. 173 or (928)769-6575.

GCRC - Summer Youth Program • Accepting Applications: Wednesday, May 1st

Submitted by: Heather Nieto, Sr. HR Specialist | Grand Canyon Resort Corporation



Grand Canyon Resort Corporation 2019 Summer Youth Program

This is notice for all requirements to apply and be considered for the 2019 GCRC Summer Youth Employment Program.

Accepting Applications May 1st



Program Guidelines

- Must be an enrolled student
- Must submit a GCRC Summer Youth Application- submit either to the GCRC Human Resources Office or online. **Applications will be available starting May 1st.**
- Provide Transcripts of the current school year
- Ages 14 and 15 years of age are eligible to work in Peach Springs ONLY
- Ages 16 and 17 years of age are eligible to work out at GCW
- Must be an enrolled Hualapai Tribal member
- Must pass a Drug Screen
- Parent/Legal Guardian MUST be present during New Hire Processing
- Youth will be placed into departments, not all departments will be available, and schedules will be determined
- Pay rate will be based on years in the Summer Youth Program

#GCRCYouthWorker

Any questions or concerns please contact Heather Nieto- Sr.HR Specialist/Summer Youth Program Supervisor
(928) 769-2419 ext. 173 or (928) 769-6575.

Hualapai Tribe • Current Job Postings

Submitted by: Coleen Mahone | Hualapai Human Resources Department



2019 Current Job posting for the Hualapai Tribe

OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
Finance Department	Finance Assistant Director	D.O.Q.	February 28, 2019	March 15, 2019
Adult Detention	Correctional Officers I, II and III (3)	\$16.00 - \$18.00/Hr.	January 16, 2019	Open Until Filled
Cultural Resources	Senior Archaeologist	D.O.E.	December 13, 2018	Open Until Filled
Day Care	Floater	D.O.E.	February 07, 2019	Open Until Filled
Forestry Department	Geographical Information System (GIS) Coordinator	D.O.E.	February 07, 2019	Open Until Filled
	Forestry Program Manager	Negotiable	February 07, 2019	Open Until Filled
Health Department	Community Health Representative	\$ 12.50 - \$ 15.00/Hour	November 19, 2018	Open Until Filled
	Media Specialist	\$ 12.50 per hour	September 20, 2018	Open Until Filled
	Resident Advocate	\$10-\$15/Hr. ; D.O.E.	January 22, 2019	Open Until Filled
	Suicide Prevention Paraprofessional	D.O.E.	November 26, 2018	Open Until Filled
	Wellness Liaison Specialist (Traditional and Contemporary)	D.O.Q.	December 20, 2018	Open Until Filled
Human Resources	Director	D.O.Q.	February 28, 2019	Open Until Filled
Human Services	Shelter Advocate	D.O.Q.	December 10, 2018	Open Until Filled
	Security	D.O.Q.	December 10, 2018	Open Until Filled
	Domestic Violence Advocate	D.O.Q.	February 28, 2019	March 08, 2019
Juvenile Det. Center	Correction Officer I, II, and III	\$16.00 - \$ 18.00/Hr.	October 31, 2017	Open Until Filled
Natural Resources	Range Specialist	Negotiable	February 26, 2019	Open Until Filled
Police Department	Domestic Violence/Sexual Assault Investigator	\$45,000/Yr. to \$50,000/Yr.	December 06, 2018	Open Until Filled
	Police Officer	\$39,520/Yr. to \$47,840/Yr.	December 06, 2018	Open Until Filled
Training Center	Teacher/Tutor	D.O.Q.	December 17, 2018	Open Until Filled
INTERNAL ONLY (For Current Tribal Employees Only)				

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

For Employment with the Hualapai Tribe, please fill out an Employment Application and return to the Human Resources office.

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

* Must submit to and pass a pre-employment drug/alcohol screening

* A Valid Driver's License

* A High School Diploma or GED

Please see Job Announcements for more details, you must meet all minimum qualification requirements for your Application to be sent to the Department for the job you are applying for.

Revised on 03/01/2019

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

EDUCATION & TRAINING INFORMATION

Hualapai Department of Education & Training • Friday School

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

Friday School: Hosted by Department of Hualapai Education and Training

Friday, April 12, 2019

9:00am - 1:00pm

Friday, April 26, 2019

9:00am - 1:00pm

Friday, May 10, 2019

9:00am - 1:00pm

Work to improve your grades by attending Friday School!!
No excuses for not knowing the dates. Check your grades,
get missing work and plan to come—there will be a KHS
teacher available to help you with any questions. Don't let
this opportunity pass you by!! Get those grades UPI!



Hualapai Education & Training Center • Are You a Displaced Homemaker?

Submitted by: Jean Imus | Hualapai Education & Training Center



Innovative Workforce Solutions

Are you a Displaced Homemaker?

- Are you a male or female, who has been dependent on the income of another family member but is no longer supported by that income; defined as income lost through:
 - Death, divorce, legal separation, job loss of spouse or disablement of spouse; or
- Are you the spouse of a member of the Armed Forces on active duty who has experienced a loss of employment as a direct result of relocation to accommodate a permanent change in duty station of such member?
- Need help finding work or interested in training?

FOR MORE INFORMATION
PLEASE CONTACT:

Workforce Innovations and Opportunity Act (WIOA)
Dislocated Worker Program

Rich Utzig at (602) 550-3556 or by emailing
rutzig@outlook.com

Diana Russell at (928) 713-3080 or by emailing
drussell@yahoo.com

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

Hualapai Education & Training WIOA Program • In-School & Out-of-School Youth Training

Submitted by: Jean Imus | Hualapai Education & Training Center

Hualapai Education & Training Center Workforce Innovation & Opportunity Act (WIOA) Program

IN-SCHOOL & OUT-OF-SCHOOL YOUTH TRAINING ANNOUNCEMENT

The WIOA Program is accepting applications for In-School and Out-of-School ages: 16-24 years of age. Funding sources require the following documents be submitted before determining your eligibility.

- Birth Certificate
- Household Verification
- Income Verification
Check stubs, direct deposit slips, payroll history, etc. (For all household members over the age of 18)
- Income Verification of Public Assistance
Award letter for TANF, Food Stamps, Social Security Benefits, and/or General Assistance, etc.
- Meal Application (Free & Reduced) copy from child's school
- School Status
School transcripts, attendance record, report card from recent semester, drop-out letter, diploma, GED certificate, or letter from the school stating school status.
- Selective Service Card (For males over the age of 18)
- Social Security Card
- Tribal Affiliation (CIB/Enrollment Card)

NOTE: Eligibility does not guarantee selection for the program; each applicant is selected for services based on ability to benefit and other selection criteria.

**Applications available
at the Training Center
PICK UP TODAY**

Documents should be presented to the Receptionist and copies will be made and attached to your application.

WIOA staff will contact the participant by mail within 45 days

"An Equal Opportunity Employer/Training Program"

Auxiliary aides and services are available upon request to individuals with disabilities.

TTY/TDD: 711

AIANTA Scholarship Program • Now Accepting Applications

Submitted by: Lucille J. Watahomigie | Hualapai Department of Cultural Resources



AIANTA

American Indian Alaska Native
Tourism Association

American Indian Alaska Native Tourism Association Scholarship Applications Available

Interested in a career in the hospitality and tourism industry?

Apply for AIANTA's Hospitality and Tourism Scholarship Program. AIANTA, as part of our mission, established the Scholarship Program to provide American Indian, Alaska Native, and Native Hawaiian students with financial assistance to earn a degree or certificate in the hospitality, tourism, recreation, culinary arts or related fields.

AIANTA awards three scholarships to American Indian, Alaska Native and/or Native Hawaiian students in a competitive review process. AIANTA encourages Indigenous students to develop careers in the cultural tourism industry to help sustain and strengthen your tribe's cultural legacy.

Application Criteria:

- Must be of American Indian, Alaska Native, or Native Hawaiian heritage (student must show documentation)
- Attending or enrolled in an accredited 2 or 4-year college/university or technical/vocational institution
- Must be attending and enrolled as a part-time or full-time student with an expressed interest in pursuing a career in tourism or tourism related field
- GPA must be 2.5 or above (ALL current or future undergraduate/graduate college students are encouraged to apply)
- Scholarships are available for certificate and associate programs, undergraduate and graduate programs - online colleges are applicable
- Scholarships are only to be used for books and/or tuition

Award Amount:

\$1000 per academic year (FALL/SPRING semester only), \$500 per semester

Deadlines:

Postmarked by **July 27, 2019** for the Fall Semester

Postmarked by **December 7, 2019** for the Spring Semester



Nicole Russell, Echota Cherokee,

AIANTA Scholarship Recipient

GO TO <https://www.aianta.org/scholarships/> TO APPLY

For More Information:

Contact Sherrie L. Bowman
American Indian Alaska Native Tourism Association (AIANTA)
2401 12th St NW
Albuquerque, NM 87104
(505) 724-3592 or sbowman@aianta.org



For more information about AIANTA, visit our websites, www.aianta.org and NativeAmerica.travel

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Submitted by: Melvin Hunter, Sr. | BIA Truxton Canon Agency

The 2019 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

What is Wildland Fire?

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

What causes a Wildland Fire?

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

How do I apply?

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

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

What will I Do?

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

Required

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

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Course Number :	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone/ Fax/Email:
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Mar 26	Mar 28	Branch of Forestry Peach Springs, AZ St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-131	Advanced Squad Boss	Apr 4	Apr 9	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-133	Look Up / Look Down / Look Around	Apr 4	Apr 10	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 4	Apr 11	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 9	Apr 11	Branch of Forestry Peach Springs, AZ St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-131	Advanced Squad Boss	Apr 26	Apr 30	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

S-133	Look Up / Look Down / Look Around	Apr 26	May 1	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 26	May 2	Branch of Forestry St. George, UT	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	May 29	June 3 - 7	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov
	ATV / UTV Training	TBA	TBA	Branch of Forestry Peach Springs, AZ		Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 melvin.hunter@bia.gov

CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

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

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

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

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

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

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

S-130; Firefighter Training (2003), required

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

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

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

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

Nevada Bill Brings the Stewart Indian School Cultural Center and Museum to the Brink of Reality

Submitted by: Ted Quasula

Nevada bill brings the Stewart Indian School Cultural Center and Museum to the brink of reality

– Nevada Capital News, by Brian Bahouth
February 25, 2019



The Stewart Indian School Administration Building - Stewart Indian School Cultural Center and Museum

Carson City – Nevada Governor Kenny Guinn appointed Sherry Rupert to be executive director of the Nevada Indian Commission in September of 2005. Not too many years after Rupert's appointment, plans began forming to develop a cultural center and museum on the campus of the Stewart Indian School, just a few miles south of Carson City, and AB44 is a part of the ongoing effort to bring that vision to reality.

The Stewart Indian School operated from 1890 to 1980 and was one of as many as 60 Indian boarding schools located throughout the nation. Schools where students were involuntarily gathered from local tribes and forced to adopt western, Christian culture. The Stewart school and others like it were tools of cultural assimilation. The first of these off-reservation boarding schools was launched in 1879, the Carlisle Indian Industrial School in Carlisle, Pennsylvania where the motto was, "Kill the Indian, Save the Man."

According to the Stewart Indian School website, "The school opened on December 17, 1890 with 37 students from local Washoe, Paiute and Shoshone tribes and three teachers." Sherry Rupert presented AB44 to the Assembly Committee on Government Affairs on Monday February 25. "The Stewart Indian School, Cultural Center and Museum will provide an opportunity to tell the unique story," Rupert said. "The story that is not taught in our schools. The story that has been swept under the rug and ignored."

Rupert said the museum would help citizens better understand the sacrifice of Native American people. "They have sacrificed so much. Not only were their homelands across the nation given up, but something even greater than that was forced to be given up, our families. We had to give up our children, tearing apart the family unit, forcing our children to take on new identities, shaming them into denying

their culture and their languages. "And when you are finally able to tell your story, to relieve that burden. Maybe some healing can come from that," Rupert said.

During the 2015 Legislative session, the Stewart Indian School garnered an operating budget large enough to fund two full-time positions. Of equal importance, the Nevada Indian Commission was officially designated as the coordinating agency for future uses of the Stewart Indian School campus. Sherry Rupert told members of the Assembly Government Affairs committee that the designation was important.

"This was important to establish, as the people who were most affected by the policies of the school, the American Indian people should have some voice in its future."

2015 funding also enabled the Indian Commission to develop a master plan for the 110-Acre Campus with 65 buildings just south of Carson City. The campus is divided into seven zones with one for tribal and cultural resources, educational and interpretive spaces, lodging and conference center, community recreation, market driven development zone, infill housing, and a flexible development zone. The Stewart Indian School Auditorium – image – Stewart Indian School Cultural Center and Museum.

The 2017 legislative session brought \$5.7 million dollars in funding for capital improvement projects to include a new roof on the gym and renovation of the former administration building for the new cultural center and museum. The money also funded the renovation of the former post office as a new welcome center. A grand opening is expected later in 2019, though a consistent source of operational funding is an unanswered question.

"We've made tremendous progress and are on our way to preserving one of the state's finest and most unique assets and on the cusp of creating a platform where the untold stories of thousands of American Indian children, taken from their homes and their families, and made to take on new identities in an unfamiliar environment and culture, can finally have a voice," Rupert said.

AB44 is not intended to provide hard-dollar funding for any aspect of the school campus, though it does further enable the agency to raise money through grants, donations, gift-shops and other revenue generating efforts.

Assemblyman John Ellison, a Republican from Elko and Assemblyman Glen Leavitt a Republican from Boulder City both asked Rupert about sources of an operational budget. The cultural center and museum are expected to open later this year, but as of now, Sherry Rupert said, they have no money to operate and that the agency is in discussion with the governor's office.

"The operating budget is in discussion right now between the agency and the governor's finance office, and so we're hopeful that we will come to an agreement on

that.” Rupert said for the record.

The cultural importance of the cultural center and museum was underscored by the testimony of a woman who attended the Stewart Indian School, Alitha Tom. Alitha Tom is a member of the Moapa band of Paiute Indians, and like her mother before her, Alitha was made to attend the Stewart school when she was twelve years old. Tom graduated from the Stewart school in 1954.

“This is not just a simple museum,” Alitha Tom said to the Assembly Committee on Government Affairs on Monday. “Why I call it a unique museum is because a lot of students that went there never asked to be there.

“I think its awareness, even for you to understand where we come from and how we learned to live and accept the way of life there on that campus. When you’re a young child growing up there on that campus not knowing that this day would come for me to sit here before you to talk to you about what it was and how it was and who you lived with, not your parents. You grew up with matrons. You grew up with boys advisers for the young men, boys. You grew up around many people you had to learn to know about. To learn how to live there without your parents. Being disciplined by non-parents. Waking up on a cold morning under cold sheets. We never had sheets in my home,” Tom said.

Nevada Bill Brings the Stewart Indian School Cultural Center and Museum to the Brink of Reality

Submitted by: Ted Quasula

STEWART INDIAN SCHOOL (1890-1980)

Prepared and submitted by Ted Quasula

The Stewart Indian School Cultural Center and Museum will be created in 2019. The Nevada Indian Commission (NIC) serves as a resource for the Stewart Indian School. Stewart operated as a federal boarding school for Indian tribes from 1890 to 1980. The mission of the Stewart Indian School Cultural Center and Museum is to tell the stories of the thousands of American Indian students who were educated at Stewart.

The NIC is reaching out to all alumni to be involved by serving on the Museum’s Cultural Advisory Committee, donating historical Stewart items, becoming a volunteer and give campus tours and do storytelling. Alumni are also encouraged to share their experience at Stewart which would be recorded so campus visitors may hear directly from Stewart students. You may call or email: Bobbi Rahder, Museum Director, 775-687-7606, brahder@nic.nv.gov and Chris Gibbons, Curator, 775-687-7604, cgibbons@nic.nv.gov. You may also drop by and visit.

Please visit the Stewart Indian School website at: www.stewartindianschool.com. The website provides very interesting information about Stewart. Enjoy the thousands of photos and school activities in Stewart yearbooks from 1960 to 1980, with the exception of 1971. In anyone has yearbooks 1971 and 1952 through 1959 please share them with Bobbi or Chris so these years may be added to the website yearbook list. Your yearbooks will be returned. You may also go directly to <http://stewartindianschool.com/museum/yearbooks/>. The Hualapai and Havasupai graduates are (taken from yearbooks from 1960-1980):

<u>YEAR GRADUATED</u>	<u>HUALAPAI</u>	<u>HAVASUPAI</u>
1960	Arnold Smith	Franklin Putesoy
1961	Veronica Havatone Cleophus Parker Lucinda Smith	
1962	Marlene Havatone Beverly Susanyatame	Wayne Paya Calvin Putesoy
1963	Lloyd Susanyatame Mathew Jackson Olivia Cuch (Ute-Hualapai) Casey Cuch (Ute-Hualapai)	

<u>YEAR GRADUATED</u>	<u>HUALAPAI</u>	<u>HAVASUPAI</u>
1964	Angeline Tomanata	Bennet Hanna Barbara Marshall Rena Paya Mylinda Polacca (Hopi- Hualapai) Vivian Rogers
1965	Roberta Cuch (Ute-Hualapai)	Michael Jones (Havasupai-Hualapai)
1966	Wilma Grounds Sylvia Jackson Terry Lee Daniel Lee Clara Smith Ramona Johnson (Mohave-Hualapai)	Clara Watahomigie
1967	Mitchel Hunter Thomas Smith Jesse Powskey	Alexander Paya (Yavapai - Havasupai)
1968	Nadine Cuch (Ute-Hualapai)	
1969	Cyrus Havatone Bud Imus Clifford Nodman Cecil Jack Max Wellington	Wesley Wescogame
1970	Lyle Dean Havatone Ricky Grover Darrell Talieje	Oscar Paya (Yavapai-Havasupai)
1971	Eugene Butler (Hualapai-Yavapai) Gilford Nodman (Hualapai-Pima) Tony Watahomigie (Hualapai-Havasupai)	
1972	Duane Mapatis (Hualapai-Mohave)	Sylvia Polacca (Hopi-Havasupai)
1973	Viola Havatone Darren Majenty Emerson Walema	Elaine Jones

<u>YEAR GRADUATED</u>	<u>HUALAPAI</u>	<u>HAVASUPAI</u>
1974	Damon Clark Rudy Clark Priscella Waihola	Gary Polacca (Hopi - Havasupai)
1975	Seymore Smith Brenda Walema Olivia Wilder Anthony Blackowl	Filma Jones
1976		Daly Manakaja Sandra Manakaja
1977	Jennifer Tapija Richard Walema Kent Whatoname	Wilfred Sinyella Maryann Wescogame
1978	Andrew Crook Alan Davis	Judy Manakaja
1979	Stanford Matuck Leverne Querta	Aaron Manakaja
1980	Erva Crozier Casey Taleije Lawrence Walema Owen Walema	Patricia Wescogame Roselita Wescogame

Any Hualapai or Havasupai students who attended Stewart at any time are invited to be involved with the creation and operation of the Stewart Cultural Center and Museum. Please contact Bobbi or Chris.

HEALTH & SAFETY INFORMATION

Hualapai Food Handler Training • Next Training: Tuesday, April 9th

Submitted by: Danielle Bravo | Hualapai Planning Department

HUALAPAI – PEACH SPRINGS

2019 Food Handler Card Training Schedule

MONTH	DATE	LOCATION	TIME (AZ)
April	9	Health Education & Wellness	10:00am – 12:30pm
May	14	Health Education & Wellness	10:00am – 12:30pm
June	18	Health Education & Wellness	10:00am – 12:30pm

National Nutrition Month • Color Your World Healthy!

Submitted by: Rebecca Rice, Public Health Education | Indian Health Services

NATIONAL NUTRITION MONTH

COLOR YOUR WORLD HEALTHY!



Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals.



Add vegetables to meals as part of main or side dishes. Add fruits as part of the dessert.



The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

DAILY VEGETABLE TABLE

Daily Recommendation*

	Age Group	Recommendation
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 ½ cups
GIRLS	9-13 years old	2 cups
	14-18 years old	2 ½ cups
BOYS	9-13 years old	2 ½ cups
	14-18 years old	3 cups
WOMEN	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
MEN	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

10 tips Nutrition Education Series

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

- celebrate the season**
Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.
- buy in bulk when items are on sale**
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
- store brands = savings**
Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
- keep it simple**
Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.
- plant your own**
Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.
- try canned or frozen**
Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- buy small amounts frequently**
Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.
- prepare and freeze vegetable soups, stews, or other dishes in advance**. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 9
September 2011
USDA is an equal opportunity provider and employer.

Secondhand Smoke & Health • Health Effects

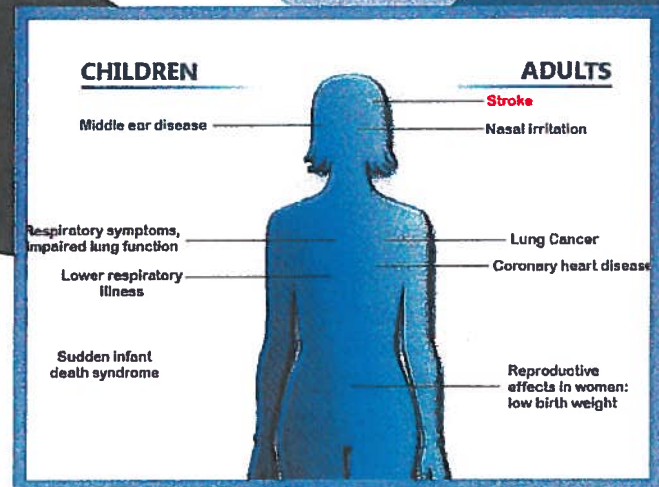
Submitted by: Vondell Bender, Good Health & Wellness (GHW) Educator | Hualapai Health, Education & Wellness

SECONDHAND SMOKE & HEALTH

Secondhand smoke is the combination of smoke from the burning of a cigarette, cigars, or pipes and the smoke breathed out by smokers.

There is **no safe level of exposure** to secondhand smoke.

Secondhand smoke **harms the whole family**, including non-smokers, unborn babies, and pets too.



HEALTH EFFECTS OF SECONDHAND SMOKE

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.



25-30%

increased risk of
HEART DISEASE

Nonsmokers exposed to secondhand smoke increase their risk of developing heart disease. Secondhand smoke causes nearly 34,000 premature deaths from heart disease each year among nonsmokers in the U.S.



20-30%

increased risk of
STROKE

Secondhand smoke increases the risk for stroke. Secondhand smoke exposure causes more than 8,000 deaths from stroke each year.



20-30%

increased risk of
LUNG CANCER

Nonsmokers who are exposed to secondhand smoke increase their risk of developing lung cancer. Secondhand smoke causes more than 7,300 lung cancer deaths among U.S. nonsmokers each year.

WHAT YOU CAN DO

TO PROTECT YOUR FAMILY FROM SECONDHAND SMOKE



QUIT SMOKING

If you are a smoker, quit smoking



HOME

Do not allow smoking in or near your home



VEHICLE

Do not allow smoking in your vehicle (even with windows down)



CHILDREN

Do not allow smoking around children, pets, or pregnant women



POLICIES

Support smoke-free policies in your community



PUBLIC PLACES

Support smoke-free public places & businesses



EDUCATION

Support smoke-free day cares & schools



AVOID EXPOSURE

Secondhand smoke is a known carcinogen

SMOKEFREE.GOV



Smokefree Texting Programs



Using Nicotine Replacement Therapy



Smokefree Social Media



Smokefree Apps



Build Your Quit Plan

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

REFERENCES

- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm
- <https://smokefree.gov/>

Smokeless Tobacco • Not a Safe Alternative to Smoking

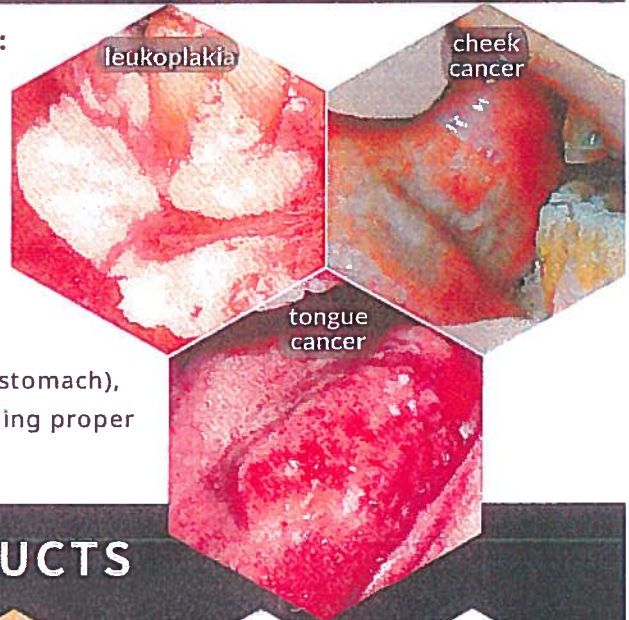
Submitted by: Vondell Bender, Good Health & Wellness (GHW) Educator | Hualapai Health, Education & Wellness

SMOKELESS TOBACCO

NOT A SAFE ALTERNATIVE TO SMOKING

Smokeless tobacco is associated with many health problems:

- Nicotine addiction
- Nicotine poisoning in children
- Gum disease, tooth decay, and tooth loss
- White or gray patches in the mouth (leukoplakia) that can lead to cancer
- Cancer:
 - mouth (lip, tongue, cheek, and gums),
 - esophagus (the passage that connects the throat to the stomach),
 - pancreas (a gland that helps with digestion and maintaining proper blood sugar levels).



SMOKELESS TOBACCO PRODUCTS



CHEWING TOBACCO

Chewing tobacco comes in the form of loose leaf, plug, or twist / roll.

SNUFF

Snuff is finely ground tobacco packaged moist, dry, or in pouches or packets (dip, snus).

DISSOLVABLES

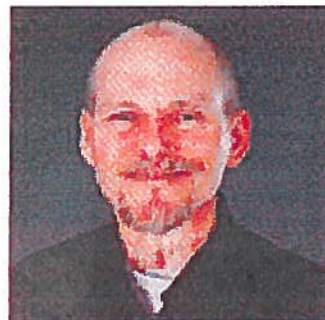
Dissolvables are finely ground tobacco pressed into tablets (orbs), sticks, or strips.



CDC Tips From Former Smokers

Oral cancer in her cheek spread to her jawbone, classifying it as Stage IV cancer. Doctors had to remove half of her jaw.

Christine



CDC Tips From Former Smokers

Doctors removed his larynx, part of his esophagus, and collarbone and then reshaped and stretched his stomach to serve as an esophagus.

Shane

Smokeless Tobacco • Not a Safe Alternative to Smoking

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

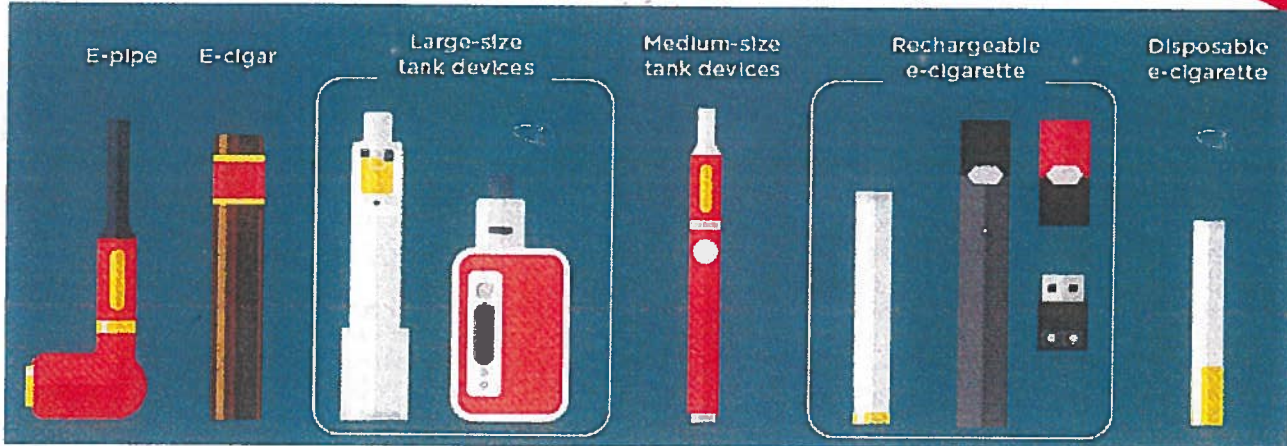
ELECTRONIC SMOKING DEVICES

WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) come in many shapes and sizes. Most e-cigarettes have a battery and produce an aerosol by heating a liquid that usually contains nicotine - the addictive drug in regular cigarettes, cigars, and other tobacco products - flavoring, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

E-cigarettes are known by many different names. They are sometimes called:

- E-cigs
- E-hookah
- Mods
- Vape pens
- Vapes
- Tank systems
- Electronic nicotine delivery systems (ENDS)



Some e-cigarettes are made to look like regular cigarettes, cigars, and pipes. Some resemble pens and USB sticks. Larger devices such as tank systems, or "mods" do not resemble other tobacco products.

WHAT IS IN E-CIGARETTE AEROSOL?

The e-cigarette aerosol that users breathe and exhale can contain harmful substances, including:

- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Nicotine
- Various cancer-causing chemicals
- Heavy metals such as nickel, tin, & lead
- Ultrafine particles that can be inhaled deep into the lungs
- Volatile organic compounds

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent (0%) nicotine have been found to contain nicotine.

CAN E-CIGARETTES HELP SMOKERS QUIT?

X E-cigarettes are not currently approved by the U.S. Food and Drug Administration (FDA) as a quit smoking aid.



NICOTINE

Most e-cigarettes contain nicotine, which has known health effects.

- Nicotine is highly addictive.
- Nicotine is toxic to developing fetuses.
- Can harm adolescent brain development, which continues into the early to mid-20s.



AEROSOL

E-cigarette aerosol can contain substances that harm the body.

- Cancer-causing chemicals and tiny particles that reach deep into lungs.
- The concentrations of 9 of 11 elements in aerosol were higher than or equal to concentrations found in cigarette smoke.



INJURIES

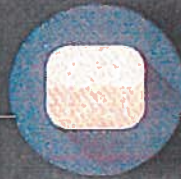
E-cigarettes can cause unintended injuries.

- Defective batteries have caused fires and explosions
- Most explosions happened when batteries were being charged.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

SMOKEFREE.GOV



Smokefree
Texting
Programs



Using Nicotine
Replacement
Therapy



Smokefree
Social Media



Smokefree
Apps



Build Your
Quit Plan

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

REFERENCES

- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
- <https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/>
- <https://smokefree.gov>

In 2016, more than:

2,000,000

U.S. Middle & High School Students

used e-cigarettes in
the past 30 days.

Strengthening Families Program • The Five Rs for a Happy Home
 Submitted by: Jessica Powskey, Strategic Prevention Coordinator | Hualapai Health, Education & Wellness

STRENGTHENING FAMILIES PROGRAM, AGES 7-17

LESSON 3 SUMMARY POSTER

The Five Rs for a Happy Home:

- 1- Rules
- 2- Rewards
- 3- Responsibilities
- 4- Routines
- 5- Happy Rituals



Strengthening Families Program by Dr. Karol Kumpfer



FAMILY GOALS:

1. Decide and write down family rules, commit to obey them, and track compliance.
2. Determine rewards for obeying the family rules:
 - a) Write down the rewards.
 - b) Make a Reward Jar.
 - c) Track rewards and praise.
3. Divide family responsibilities; make a family chore chart; decide on pay or privileges earned; track compliance.
4. Decide and post family routines such as bedtime, getting up, etc.
5. Decide and implement one happy family ritual to build loving family relationships.

FAMILY FUN:

Have kids choose which charts and rewards from the "Rewards Tracking" sheets they want to use. Cut out and assemble the spinner. Serve treats.

POWER PHRASE:

"Rules, rewards, and responsibilities help establish order in a home and teach children skills to contribute to society."

● The 5 Rs can help you:

- a) Prevent chaos in the home
- b) Increase good behavior
- c) Build loving relationships

● Decide family rules and rewards; reward obedience to rules

● Divide family responsibilities

● Set up family routines and happy rituals

Our Family Rules!

Standards to live by that keep us happy and safe



Together as a family, create rules that establish rights and responsibilities, teach children pro-social values, and keep them safe. When children help make rules, they are more likely to obey them. Next, establish rewards for following family rules. The following week, add negative consequences for breaking them. Rules that are fair, firm, and consistently reinforced and enforced, help children feel more secure and develop better self-control.

Rule	Reward	Consequence
1		

Family-Friendly Rules

Tracking Sheet—Teen



Family rules help you know the right path, stay safe, avoid trouble, and make a happier home. You can do your part by following your family rules and encouraging others to do so as well.

Write down each of your family rules below. Give yourself 0 to 5 points each day according to how well you obeyed each of your family rules during the week.

Family-Friendly Rules

Tracking Sheet—Child



Family rules help you learn right from wrong, stay safe, avoid trouble, and make a happier home. Your job is to follow your family rules and help others to follow them, too.

Write down each of your family rules below. Give yourself 0 to 5 points each day according to how well you obeyed each of your family rules during the week.

RULE 1	MON	TUES	WED	THURS	FRI	SAT	SUN
WHY IS THIS RULE USEFUL?							

Track and Reward for Good Behavior

Introduction



THE CONCEPT: One of the best ways to change behavior is to pay attention to and reward the behaviors you want. The most powerful reward is praise, which is a **social reward**. Another social reward is spending time with your child. Other effective rewards are **privileges** (like T.V. and gaming time, special outings, extra bedtime stories, time with friends) and **material rewards** such as money, toys, treats, or a Driver's License.

When choosing rewards, make sure children find the rewards enticing by having them fill out the "Rewarding Rewards" handout. Some rewards can be small for smaller achievements and some can be larger for significant progress. Make sure the rewards are on-hand and easy to give. Children earn points to receive rewards by practicing the desired behavior, setting up a tracking chart, and daily doing the behavior.

Rewards can be enhanced by making earning the reward be entertaining and introducing an element of surprise—like a spinner or dice to have luck determine which reward the child receives. (See handout 3-14.) Change the rewards over time to keep your child's interest high. As behavior changes for the better, choose new behaviors to work on and reward.

HOW TO SET REWARDS:

- 1. CHOOSE** the behavior you want your child to do and write it down. Begin with a behavior that is not too hard to achieve. You can then tackle more difficult behaviors. (If you want your child to stop doing a negative behavior, decide what its opposite is; that becomes the behavior goal.)
- 2. PRACTICE:** Break down the new behavior into small doable steps you can teach your child and have him or her practice the behavior. Decide on the how the behavior will be measured—how your child knows he or has accomplished it.
- 3. REWARD:** Decide what reward your child likes and how it will be earned (number of points required, etc.). Have the rewards on hand.

- 4. CHART:** Let your child choose a tracking chart (see examples in handouts). Fill it out and be clear about what your child must do to earn a move on the chart and receive a reward. (If you are using a very long "Dot-to-Dot" chart, divide the chart into sections, with a special activity at the end of each section.)
- 5. REWARD:** Put the chart and the dice or spinner in a place where they will be easily seen. Be interested and enthusiastic when your child marks the chart.
- 6. MAKE IT EASY:** Set up your child's environment for success—make it easy to do the new behavior. (See Lesson 7 handouts "Contracts for Change" & "Positive Criticism".)
- 7. PRAISE:** Praise your child every time you see him/her doing the new behavior and have him/her note it on the chart.

Example

Keeping his room clean is Ben's new goal. He and his parents decide that "bed made" means the sheets and blankets are pulled up and off the floor. "Clothes away" means all dirty clothes are put in the laundry basket; all clean clothes put away properly. "Toys away" means that all toys are in the toy box. His parents will check Ben's room each day at 7:30 p.m. Ben chooses a "Dot-to-Dot" chart and will circle a dot and receive a point every day his room is clean. His parents circled every fifth dot in red; when Ben reaches a red circled dot, he uses the spinner to discover his reward. He will receive the special reward when the chart is finished.

Sporadic Rewards

When the behavior becomes a habit, switch to sporadic rewards by only rewarding when the dice rolls or spinner lands on specific numbers.

TIPS FOR SUCCESS IN USING CHARTS AND RANDOM REWARDS

1. Check your child's chart each day at the time you set. Be sure your child is there and participating.
2. Look for something you like and praise it. Be sure your child knows what he or she did right and what is expected. Do not scold for missed behaviors. Your child simply misses a chart move for the day.
3. Be sure your child gets the Reward he or she earned that day **NO MATTER WHAT!**
4. Ignore your child's arguing or begging in an effort to get the reward without complying.
5. Don't give any of the Rewards at any other time, for any other reason. (If they get them anyway, why should they work for them?)
6. **DO NOT** take away an earned star or move for unwanted behavior.
7. Involve an element of surprise such as a spinner or dice to indicate the reward.
8. Change rewards occasionally to keep your child's interest high.
9. Change the behaviors on the chart after your child learns to do them well.
10. Keep it happy and fun.

Making Rewards Rewarding

Let your kids choose what rewards they enjoy most



For rewards to reinforce good behavior, kids have to find them actually rewarding. So ask kids what they like best, help them fill out this form, and use that for your guideline. There are three types of rewards: Social Rewards, Privileges, and Material Rewards. Kids enjoy social rewards the most; but also enjoy earning privileges and things they want. When kids earn their rewards and privileges, they receive more pleasure from them than if they got them free. Distinguishing between a child's **rights** (food, shelter, safety, clothing, education, and love) and **privileges** (everything else) will help you use things you are providing already, or new things kids want, as a rewarding reward.

6 Rules of Rewarding

1. Make the Reward rewarding—and fit the size of the Reward to the amount of effort expended
2. Reward immediately—but only AFTER the good behavior; never before or for future “promised” behavior
3. Tell exactly what behavior you liked
4. Smile; be enthusiastic, show you are pleased
5. Reward consistently when starting out; when behavior is well established, switch to sporadic rewards using dice.
6. Don't offer a reward to stop bad behavior. (“Stop crying and I'll give you a treat.”) Trains kids to misbehave for rewards.

Reward Jar

Rewarding good behavior by providing positive consequences



We all like to receive recognition and rewards when we perform well or do a good deed. These motivate us to repeat such actions. Write in the spaces below various rewards that family members would like to receive for completing the “Family Responsibilities” worksheet as well as other behaviors you would like to encourage. Make sure these are rewards you and your child agree on. When a child does well, IMMEDIATELY PRAISE AND SAY THEY EARNED A REWARD SLIP. Allow them to pick it immediately or have an appointed family time when the child can choose a reward from the jar and be praised in front of the family.



Family Fun: Have your kids decorate a Rewards Jar. The following items can be helpful:

- Colored paper, cloth, or paint
- Family photos
- Pictures of rewards (like an ice cream cone, video game time, etc.) cut out from magazines or drawn by the child

Family Responsibilities and Chores Tracking Sheet



A long term study showed that kids who did assigned chores as children and teens were more responsible, competent, self-reliant and had higher self-esteem as young adults than those who did not. Research also showed that kids who do not have to do chores or help around the house were more likely to be self-centered and at a greater risk for depression.

Use this as a worksheet to help children understand what it takes to run a home, and help them share in the Responsibilities. Pick a set day and time when all family members can attend. List responsibilities and divide up fairly, according to age and ability. Supply training as needed. (For great chore-assigning tips see: “The Big Book of Parenting Solutions” by Michele Borba.)

WHO DOES WHAT WHEN		
Responsibility	Person responsible	To be completed when

What Chores Can Young Kids Do?

Young kids build skills and self-esteem as they help with family chores



Young children usually enjoy helping with chores if **1**) they are trained in the skill, **2**) the job is within their abilities, **3**) their physical environment is set up for their success (unbreakable dishes, lower cupboards, stools to help them reach, etc.) and **4**) they receive lots of praise for their efforts.

Below are some chores young children can do. Start with only one or two chores, then add as they get older. Set up a reward system so children can check off completed chores and earn points toward things they like. Don't criticize if the chores are not well done at first. Praise even the smallest attempts. If children are reluctant to help, emphasize that because they have the **RIGHT** to live in the home, they have a **RESPONSIBILITY** to help take care of it. (TIP: Children with ADD may have trouble staying on task or figuring out how to organize. Ask them to report back to you or let them work as a team with someone. Don't assign them jobs that need to be done before someone else can do their chore, like unloading the dishwasher so another sibling can load it.)

AGES 2–3

- Wash hands and face
- Brush teeth
- Undress self (may need some help with fasteners)
- Choose between two articles of clothing
- Pick up toys and put away
- Put library books in a basket
- Put silverware and napkins on the table
- Clear own dish off the table
- Help unload clean silverware from dishwasher (except sharp knives)
- Pick up things they dropped while eating
- Help carry cans or small boxes from grocery bags

AGES 3–4

- Wash and dry their hands and face
- Dress self—except for some fasteners
- Put unbreakable plates and silverware on the table
- Dust furniture (provide a dust mitt or large sock for their hands)
- Wipe up their accidental spills
- Help make bed (TIP: Sew 2 top sheets together, insert blanket and secure into corners so there is only one piece to make bed.)
- Help make a grocery shopping list
- Help put groceries away
- Help unload dishwasher—will need help putting dishes away
- Help in the yard or garden
- Feed pets on schedule

AGE 5

- Dress self without help
- Make bed
- Pick up toys and clothes in room and put away
- Help separate laundry into colors and whites
- Help fold clothes (small things) and put away
- Help with family meal planning and buying groceries
- Set the table
- Help clear the table
- Help wash dishes or help load dishwasher
- Unload dishwasher (may need help putting things away up high)
- Make own sandwich, put things used away
- Pour own water, milk, or juice
- Help put ingredients in a bowl for cooking
- Help stir or hold mixer while baking
- Help with yard work

AGE 6

- Brush hair—may need help with long hair
- Tie shoes
- Help clean out the car
- Help wash the lower parts of the car
- Empty wastebaskets
- Prepare cold cereal and toast for breakfast and clean up after self
- Help Mom or Dad fix dinner
- Break up lettuce for a salad
- Make simple dishes or desserts
- Help wash and dry dishes
- Wash out the kitchen sink (need a stool, apron, soapy dishcloth)
- Help fold laundry, mate socks, and put clothes away
- Wash fingerprints off doorjamb
- Sweep up dirt with small hand-broom and dust pan
- Help with additional yard work

Stress-Busting Routines

Positive routines reduce chaos, foster freedom and peace



Establishing positive routines in each of the five areas below will reduce family stress, improve children's emotional health, and assure that the things most important to you get done. Together, decide routines that work best for your family, and try to stick with them. Problem-solve until you get the results you want.

1. Sleep

Bedtime _____ Wake up _____ Bedtime duties/hygiene _____

2. Dinner

- Who buys food? _____ When? _____ (buy brain-healthy food; avoid junk)
- What's for dinner? (plan weekly; include veggies, fruit, whole grains, lean protein) _____
- When is dinner? (weekdays) _____ (week-ends) _____
- Who fixes food? _____ and _____ and _____
- Who cleans up? _____ and _____ and _____

3. Study, Learn, and Work

- Homework Study-Time Routine:
 - Time (weekdays) _____ Place: _____ How long? _____
 - Time (weekends) _____ Place: _____ How long? _____
- Reading (when and for how long) _____
- Laundry:
 - Who does it? _____ When _____
 - Who does it? _____ When _____
- Practicing talents and skills (make charts with day, time, and for how long) _____
- Chores (make chore charts, list duties, when each is to be done) _____

4. Play, Plan, Progress ("My Time", Family Meeting, Personal Meetings, Exercise, etc.)

- Family Play-time _____ One-on-One Play-time _____
- Weekly Family Meeting (day) _____ (time) _____
- Pleasant Personal Conference (days) _____ (time) _____
- Exercise (thirty minutes, five days a week) What? _____ When? _____
- Other _____ Day _____ Time _____

5. Financial

Plan Income & Spending: Date _____ Time _____ Review it: Date _____ Time _____

Describe your plan to track spending _____

Happy Family Rituals

Create special moments to increase family love and bonding



A happy family ritual is a set, loving way of saying or doing something that enhances an event’s meaning and promotes family bonding. These include tender ways of greeting each other or ways to say, “I love you.” (“I love you bigger than the sky!”) Some families have a nighttime ritual that includes reading a bedtime story, or giving back rubs and songs to help a child feel loved and secure. As teens grow, it could be a special snack when coming home from school while sharing the “best and worst part of the day;” or a quiet bedtime chat ending with, “I sure love you. Thanks for being my son or daughter.” These moments help family members feel loved and appreciated. Whether your family ritual is daily—like pausing tenderly to give welcome home hugs, a special greeting, and a long look into a child’s eyes; or kisses whenever you see a rainbow—be sure to do it happily and regularly, so kids can count on it.

Below, list the happy family rituals you already have and ask: “Are our happy family rituals adequate to produce family bonding? How can we make them more meaningful? What happenings occur on a daily or weekly basis that we could enhance with a loving moment?” Get family input; write down your ideas. Then begin another happy family ritual.

Our Happy Family Rituals

New Happy Rituals to Begin

- Happy Family Ritual Ideas**
- Greeting: special saying: “What did you bring home from school today—besides your beautiful brown eyes and your happy sweet smile?”; take time to kiss
 - Departing: group hug; special sayings: “Make it a great day!”, “Give me four things: a kiss, a hug, a high-five, and a ‘I love you!’”
 - Nighttime: songs, stories, back rubs, hugs, calm music, prayers
 - Morning: hugs, music, exercise
 - Mealtime: “compliment the cook”; ask a blessing; use Conversation Jar
 - Sharing Values: memorize a saying, add a star to the Values Chart
 - Spiritual: prayer, reading an uplifting thought or verse of scripture, lighting candle
 - Holiday: hang valentines in bedroom doorway; put a special star on a Christmas tree for each child and share story of their birth, and why they’re special to you
 - Seasonal: sharing spring tulips or daffodils; raking fall leaves and jumping in the pile
 - Memorial: singing a departed loved one’s favorite song while placing a flower on his or her grave
 - Other: special hand-squeeze that means, “I love you”

Track and Reward for Good Behavior

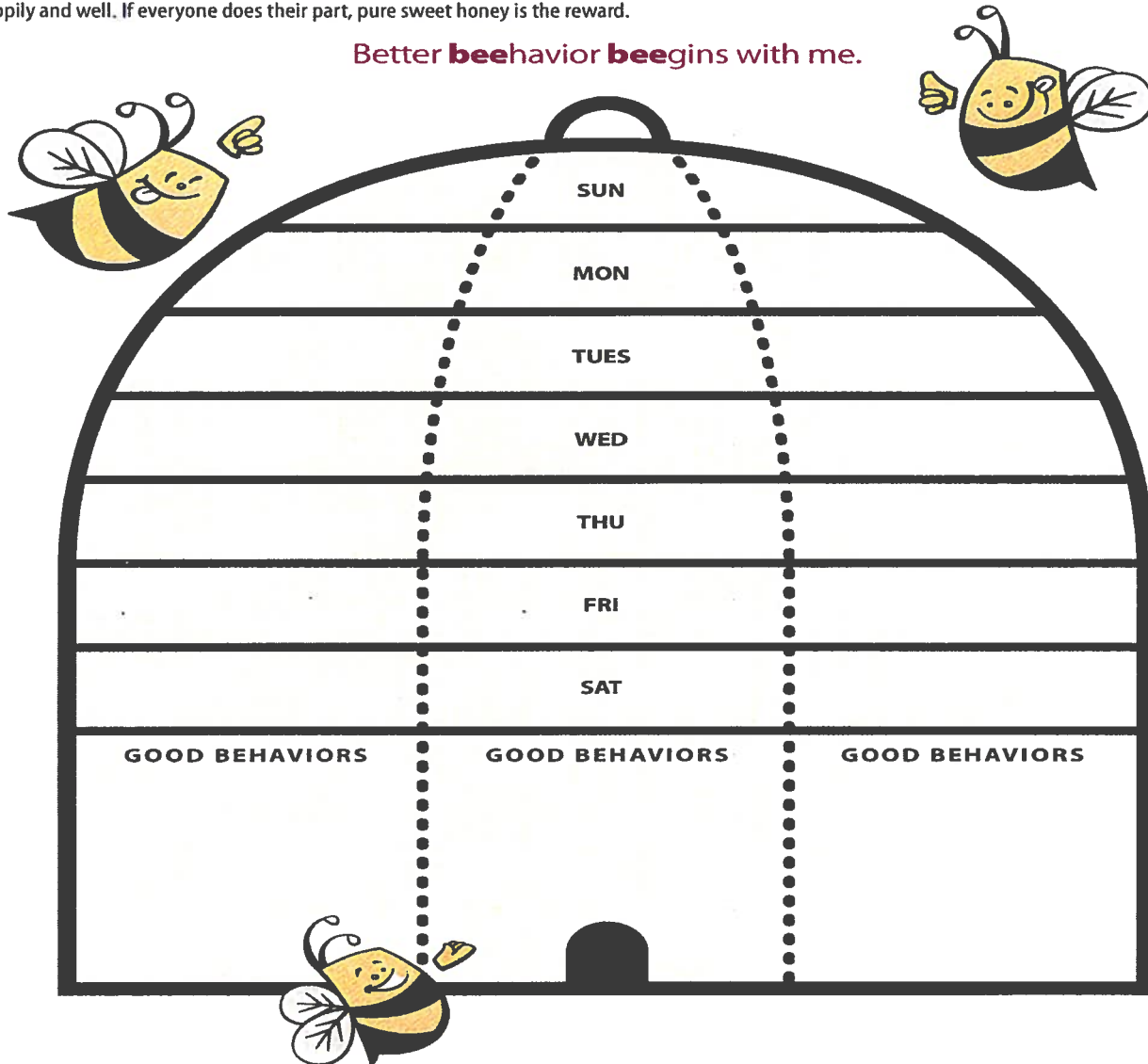
Bee Good Chart



Write the skill or behavior to be practiced at the bottom of the beehive. Place a small sticker or mark on the poster each time that the skill or behavior is practiced. Behaviors could be making the bed, obeying the first time, accepting "No" nicely, putting clothes away, etc.

Bees are known for their hard work and their positive effect on their own family or hive. A hive is like a home—everyone has a job to do to make the family run happily and well. If everyone does their part, pure sweet honey is the reward.

Better **bee**havior **bee**gins with me.



Track and Reward for Good Behavior

High-5s



Record the behaviors you want to track and reward in the boxes below. Use a star to mark each day that a task or behavior is achieved. Behaviors could be doing a daily chore, meeting curfew, doing homework on time, being nice to a sibling, etc.

An alternative to using stickers is using a rating system. For example, you can rate the performance from 1-5, 5 being excellent and 1 the least acceptable. Write the score on the poster each day. At the end of the week add up the score. Pick a minimum score, such as 25 or 28 that earns the reward. Give a bonus for extra high points.

Track and Reward for Good Behavior

Brain Gain Chart



When we improve our behavior by learning and practicing a new skill, we wire our brain to be more effective. Decide how often to give a reward by circling with a colored pen or pencil certain dots, such as every third or fourth dot. Have your child draw a line between the dots as he or she accomplishes what is expected.

Earning Your Stripes

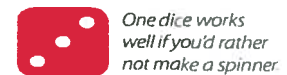
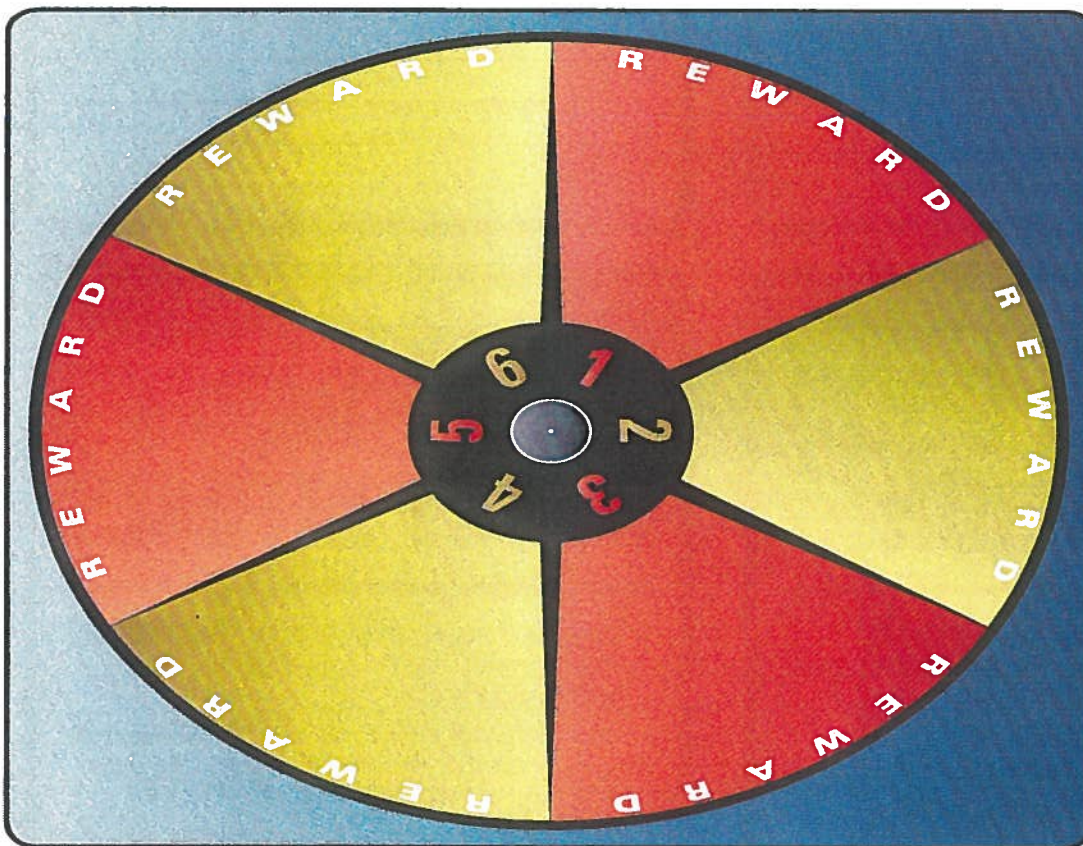
Write the behavior to be learned and the reward to be earned below. Circle which stripes you will use as short-term rewards. Have your child color in the stripes as he or she completes assigned tasks or does the behavior.

Rewards Spinner

Random Reward Games



The idea of a spinner is to provide an element of fun and surprise as to what the reward will be once the opportunity for a reward is earned. (You can also make a spinner with a paper plate and a bobby pin.) Write the rewards that you and your child have determined in the numbered pie shaped pieces. Either roll a dice or make and use the spinner to determine the number of the reward they get.



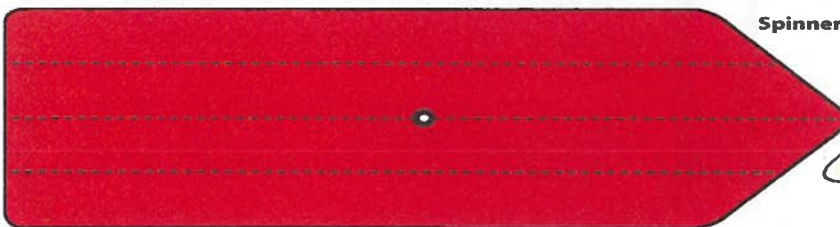
1. For the pointer axel, bend the innermost end of a paper clip up at a right angle. Bend the rest into a triangle as shown below.



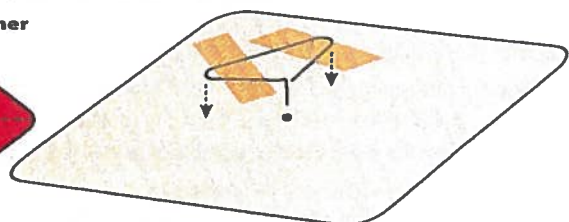
2. Cut out the pointer in the bottom left corner of this page. Poke the end of the paper clip axel through the hole and then take back out. Fold the pointer's far outside edges inward on the dotted lines. Fold inward again until it meets in the middle.



3. Cut out the spinner square on the left, turn over, and poke the end of the paper clip axel through the center. Tape to the bottom side of the spinner as shown below.
4. Put the pointer on the axel and tape the middle as shown above.
5. Write the rewards in the pie shaped pieces of the spinner and spin away!



Spinner



Pointer

Pro-Social Skills for a Successful Life

How to have good rules, routines, rewards, and rituals



HOW TO

MAKE GOOD FAMILY RULES

1. As parents, write down the values, beliefs, and pro-social behaviors that are important to you.
2. Invite your children to a family meeting to help make family rules. Share your list of values and behaviors that you want to have to create order and good family relationships in your home.
3. Ask family members to brainstorm ideas for family rules that would create those attitudes and behaviors. Together, choose the best ones and write them down. Have everyone sign their agreement to follow the rules and track progress.
4. Evaluate at the end of the week and month to see how it went. Make adjustments to the rules if needed.

HOW TO

SET UP POSITIVE ROUTINES

1. Use the handout on routines to examine six areas of family life that could use some improvement. Choose one new routine to add structure and relieve stress. Write it below:

HOW TO

REWARD GOOD BEHAVIOR

1. Decide which behavior(s) you want to reward.
2. Have your child choose a reward he or she enjoys (one you can afford and that fits his or her efforts.)
3. Have your child choose a tracking sheet. Decide on the number of points needed to earn the reward.
4. Give reward points immediately after the good behavior. Smile, be enthusiastic, show you are pleased, and tell exactly the behavior you liked.
5. Give the reward only AFTER the good behavior.
6. Reward consistently at first; then after it becomes a good habit, explain that you will be switching to sporadic rewards. Then switch the reward to a new behavior to work on.
7. Don't offer a reward to stop bad behavior.

HOW TO

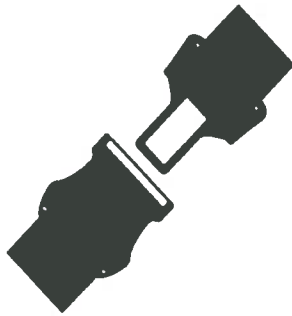
MAKE HAPPY FAMILY RITUALS

1. A happy family ritual is a small, loving way of saying or doing things on a regular basis that helps family members feel loved and appreciated.
2. Look at the ways you daily interact in common situations with family members. Decide to add a ritual to your usual ways of doing things that will help family members feel loved.
3. Look at happy families around you, or do research online, to find happy rituals you can do in these five areas: bedtime, greeting each other, mealtime, celebrating successes, and birthdays.
4. Present your ideas at a family meeting. Choose the ones you all agree on. Set up reminders.

Near or Far—Always Buckle Up

Submitted by: Brook Bender | Health, Education & Wellness

Near or Far
Always
Buckle Up



What will you do to save yours and your loved ones life?



HUALAPAI HEALTH-EDUCATION & WELLNESS
COMMUNITY HEALTH REPRESENTATIVE PROGRAM



Eggplant Parmesan Rollatini • Recipe

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

EGGPLANT PARMESAN ROLLATINI

Hands-On Time	Total Time	Yield
25 Mins	1 Hr 10 Mins	Serves 8



Comfort food at its finest, this dish manages to be elegant at the same time. You're mixing together ricotta, mozzarella, and oregano, and rolling it up in roasted eggplant planks (the elegant part). Then you'll arrange the rolls in a baking dish and slather them with marinara sauce, mozzarella, and Parmesan (the comfort food part). You bake the whole dish until melted, golden, and bubbly. And then you spoon out gorgeous, dainty rolls that are dripping with tomatoey-cheesy goodness. Truly, there's nothing not to like. Serve this casserole at your next dinner party and watch the crowds go wild.

Ingredients

- 4 tbs olive oil
- 2 large eggplants (about 3 lbs. total), sliced lengthwise (about 16 slices total)
- kosher salt and black pepper
- 1½ c. marinara sauce
- 2 large eggs
- 1 15-oz container ricotta
- 2 tsps dried oregano
- 2 c. grated mozzarella (8 oz)
- ½ c. grated Parmesan (1½ oz)

How to Make It

Step 1: Heat oven to 450° F. Divide the oil between 2 rimmed baking sheets. Dividing evenly, arrange the eggplant slices in a single layer on the baking sheets and turn to coat in the oil; season with ½ teaspoon salt and ¼ teaspoon pepper.

Step 2: Bake the eggplant, rotating the baking sheets halfway through, until soft and beginning to brown, 12 to 15 minutes; let cool. Reduce heat to 400° F.

Step 3: Meanwhile, in the bottom of a 9-by-13-inch or some other 3-quart baking dish, spread ½ cup of the marinara sauce. In a large bowl, whisk together the eggs, ricotta, oregano, 1 cup of the mozzarella, and ¼ teaspoon each salt and pepper.

Step 4: Place about 3 tablespoons of the ricotta mixture on one end of a slice of eggplant, roll it up, and transfer it to the prepared baking dish. Repeat with the remaining eggplant slices and ricotta mixture.

Step 5: Top the eggplant rolls with the remaining cup of marinara sauce and the remaining cup of mozzarella. Sprinkle with the Parmesan.

Step 6: Bake until the cheese has melted and the sauce is bubbling, 20 to 25 minutes. Let cool for 5 minutes before serving.

COMMUNITY MESSAGES

St. Mary's Food Distribution (Training Center)

Submitted by: Nikki Raymond | Hualapai Training Center

ST. MARY'S FOOD BANK DISTRIBUTION

10:00AM-3:00PM @ Training Center
(Last Thursday of each month)



St. Mary's
Food Bank
ALLIANCE

March 28

April 25

May 23

June 27

For questions or concerns, call Training Center at (928) 769-2200

Food Distribution (Social Services)

Submitted by: Hualapai Social Services

FOOD DISTRIBUTION

Wednesday, April 3

8:00AM-12:00PM @ Social Services

(First Wednesday of each month)

What is needed?

⇒ Completed app

⇒ ID

⇒ Proof of residency

⇒ # of members in household

For questions or concerns call Social Services at (928) 769-2269



Birthday Shout-outs!

Submitted by: Ayesha Havatone

**Happy 5th Birthday Zylen
Baby Eagle Havatone!**

March 22nd

Mom just wanted to let you know that I love you and wish you a Happy Birthday, hope it's what you wish for and hope you enjoy the day with love and cheer.

Love you always, Mom ♥

**Happy Birthday to a very
special girl, Tahne S.**

March 22nd

I hope your day turns out with laughter and memories.
From your cousin, Ayesha

**Happy Birthday to my
Grandfather, Earl Havatone**

March 22nd

We love you and miss you always. Hope your day in the Heavens above is wonderful.

Love your granddaughter

Happy Birthday Traeden

March 23rd

*From cousin,
Ayesha, Tyren & Zylen*

Happy Birthday Mariam

From: Lou Lou



Inspirational/Encouragement Corner

Submitted by: Mrs. Josie Powsey

Luke 10:35-42

One Thing is Needed!

Jesus is your first domino. If you start with Him, everything will fall right and flow right. It's like the game of dominos. You start with Jesus, the 1st one—it will go right! Give him the best for Him, put Jesus first.

Misplaced value—we lose our value. It's easy to lose time with him. There's a reason you're here, you brought Jesus with you. Jesus wants to talk with you. We lose the ball when we don't think of him in our minds.

If we rely on Jesus, it comes out right. He shows up and fixes the mess we are in. It's not a specific church, but its Jesus. It's not a nicer car, it's Jesus. If you have Jesus, you have it all! At the feet of Jesus is just a moment that aligns the day.

If we are busy, we are EMPTY without Jesus. Confusion will vanish at the feet of Jesus. Get the fire up - get closer to Jesus. We put value in the wrong things, we work hard for things, but there's some-one more valuable... and that is Jesus—and your day will be good. Let Him put his sandals on you. Let Him put his robe on you. You'll have the strength in your daily life.

Sharing a message from a pastor in Kingman. A very anointed pastor. I thank the Lord for his anointing. I just feel it all during service, even when I come out! Praise the Lord!! Have a good day.

A Poem for LJ

Submitted by: Jessica Powskey



If only your Monya was here to see you wana. Happy belated birthday. Love, Nibi

FYI -

Nephew = Wana (father's side)
Aunt = Nibi (aunt - father's side)

"Antwone Fisher is a poet. He has published some of his poems in a book entitled 'Who Will Cry for the Little Boy?' This is the title poem of that book."

Who will cry for the little boy?
Lost and all alone

Who will cry for the little boy?
Abandoned without his own?

Who will cry for the little boy?
He cried himself to sleep.

Who will cry for the little boy?
He never had for keeps.

Who will cry for the little boy?
He walked the burning sand.

Who will cry for the little boy?
The boy inside the man,

Who will cry for the little boy?
Who knows well hurt and pain
Who will cry for the little boy?
He died again and again.

Who will cry for the little boy?
A good boy he tried to be
Who will cry for the little boy?
Who cries inside of me.

Fundraiser • George Strait Tickets

Submitted by: Danielle Bravo



FUNDRAISER FOR DANIELLE BRAVO

I am working on my second fundraiser, which is intended to help cover my tuition, travel and other expenses related to my recent educational selection to study abroad with the International Scholar

Laureate Program (ISLP) in New Zealand/Australia for two weeks in May.

PRIZE

- 2 flash seats for George Strait (Floor E, Row F)
- Friday, August 23rd at the T-Mobile Arena in Las Vegas, NV.

RAFFLE TICKET PRICE

\$5 per raffle ticket OR \$20 for 5 tickets

WINNER WILL BE DRAWN:

Friday, July 19th at Noon

This raffle will run past my travel dates due to the scheduled event date.

If you are interested in donating or to read more about my educational journey, please go to my GoFundMe campaign at:

<https://www.gofundme.com/ujpfr-help-danielle-study-abroad>

Thank you ALL in advance! It is greatly appreciated.

Need raffle tickets? Contact Danielle Bravo at (928) 863-8756
Cash, PayPal ([paypal.me/dbravo928](https://www.paypal.com/dbravo928)), Venmo ([Danielle_Bravo928](https://www.venmo.com/Danielle_Bravo928))

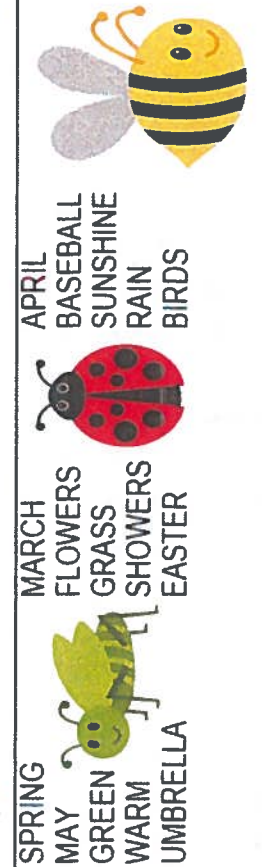
Spring Word Puzzle & Word Search

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



Spring Word Search

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



Spring Word Scramble

- WBNAOR _____
- BLLAMURE _____
- WFLORE _____
- PLITU _____
- NERGE _____
- MLOBO _____
- PLRIA _____
- LFBTUTREY _____
- NIAR _____
- DREGNA _____
- EBE _____
- YMA _____
- GNRIPS _____
- HSSNIEUN _____
- YBNUN _____
- CAMHR _____
- EDES _____



St. Patrick's Day Word Puzzle

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

St. Patrick's Day Word Puzzle

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

Word List:

- | | | | |
|--------------|------------|------------|-------------|
| BAGPIPERS | CLOVER | IRELAND | POT |
| BEER | CORONATION | IRISH | RAINBOW |
| BLARNEYSTONE | DANCE | JIG | SAINT |
| CABBAGE | EMERALD | KISSME | SHAMROCK |
| CELEBRATE | FAIRY | LEAF | SHENANIGANS |
| CELTIC | FOUR | LEPRECHAUN | SNAKES |
| CHARM | GOLD | LUCK | STPATRICK |
| CHURCH | GREEN | MARCH | TREASURE |
| CLANS | HARP | PARADE | |

Daily Strips from the 1970s • Peanuts

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

