



Newsletter of the Hualapai Tribe GAMYU

Friday, May 17, 2019

Issue #10

Hualapai Tribal Member Signs with NNMCM

Submitted by: Tamara Marshall | Hualapai Planning Department | Courtesy of Kingman Daily Minor



Special points of interest:

- **Regular Council Meeting** will be on Saturday, June 1st at 8:01AM in the Tribal Chambers
- **TERC Meeting** will be Wednesday, June 19th at 9:00AM in the Department of the Cultural Resources.
- **HTUA Board Meeting** will be on Wednesday, May 22nd at 9:00AM @ Health Education & Wellness Center.

KINGMAN HIGH SCHOOL STANDOUT SIGNS WITH NNMCM



Espanola, NM- Sukwana Quasula officially signs her letter of intent to join the Lady Eagles for the 2019-2020 season. Quasula, a 5'5" guard from Kingman, Arizona, played her high school basketball for Coach Kevin Hubbard Kingman High School.

Sukwana lead her team with 14.4 points per game. She lead her team to a 20-3 overall record and a perfect 10-0 in league play (3A West Arizona). Sukwana had a season high 24 points in a win against Kingman Academy.

"Sukwana is hungry and eager for an opportunity to continue her education and basketball career. She is a great young lady with a great work ethic. I am really excited that she chose to come to Northern. I expect great things from her over the next 4 years. She loves playing basketball, and was a huge part on why her high school team was so successful." Interim Head Coach Mario Caetano on Sukwana.

"I chose Northern New Mexico College because it will give me more opportunities and experience playing at the collegiate level." Sukwana on why she chose Northern New Mexico. Sukwana will enroll this fall at Northern New Mexico College

Message From Tribal Administration • 2019

Submitted by: April Siewiyumptewa | Hualapai Tribe

Inside this issue:

| | |
|----------------------|----|
| Events & Information | 2 |
| Job Opportunities | 17 |
| Education & Training | 22 |
| Health & Safety | 30 |
| Community Messages | 56 |



For those who have not received a 1099-Misc Tax form for 2018 please contact April Siewiyumptewa at the Tribal Office and ask for a copy. If you did not receive one in the mail it may be due to an incorrect address so verify your address and fill out a change of address if needed.

Please keep in mind that you are responsible for your taxes not the Tribe so it is up to you to ask for the forms if you have not received them. For any questions please contact April Siewiyumptewa at Tribal Office at (928)769-2216 or Finance Director Wanda Easter.

Thank you.

HTUA Public Information Meeting • Tuesday, May 21st

Submitted by: Kevin Davidson | Hualapai Planning Department



PUBLIC INFORMATION MEETING NOTICE:

HTUA New Substation and Distribution Line at Grand Canyon West Route Study

The Hualapai Tribal Utility Authority is proposing to construct a new sub-transmission interconnection (69kV) on lands managed by the Bureau of Land Management and the Hualapai Tribe. The new line would allow for an interconnection between the UniSource Energy Services (UNSE) electric grid and a new radial power distribution system and substation located at Grand Canyon West. Grand Canyon West is a tourist destination located on the northwestern portion of the Hualapai Indian Reservation.

Grand Canyon West employs 650 people including 250 Hualapai tribal members and includes a bustling airport, is not connected to the regional electric utility grid and has relied instead for all its electric power needs from on-site diesel generation. Tying into the UNSE grid will achieve the goal of providing access to wholesale power as well as federal allotments from the Colorado River Storage Project and Boulder Canyon Project.

Members of the community are cordially invited to attend an open house meeting with a presentation explaining the preferred alternatives and resource analyses conducted to date. Community involvement is encouraged.

Three meeting locations are available: May 21 in Peach Springs at the Hualapai Tribe's Multi-Purpose building (470 Hualapai Way, Peach Springs); May 22 at the Dolan Springs Community Council meeting room (15195 N. Pierce Ferry Road, Dolan Springs); and May 23 at the Meadview Civic Association meeting room (247 Meadview Blvd, Meadview). All three meetings will present the same information and will be held from 4:00 PM to 6:00 PM.

Individuals requiring assistance may contact Tierra at (800) 887-0847 at least 48 hours prior to the meeting so that arrangements may be made.



Request for Proposals • Friday, May 24th

Submitted by: Mr. Winkie Crook | Natural Resources



Requests for Proposals
For Hualapai Tribal Guides to Assist in Desert Bighorn Sheep Ground Survey
On the Hualapai Indian Reservation, while working in conjunction with the
Hualapai Department of Natural Resources
Department of Natural Resources

The purpose of surveying DBS (Desert Bighorn Sheep) to collect data on the Hualapai Indian reservation to establish herd numbers and hunt recommendations.

The successful bidder must have experience and knowledge of classification of Desert Bighorn Sheep. Successful bidder will work closely with Department Staff. Camping equipment, food and all essential equipment required is the responsibility of the successful bidder.

Deadline: May 24, 2019

All proposals need to be submitted to the Department by mail, emailed, fax or hand delivery and must include:

1. Narrative on how the bidder will go about classifying DBS for the Department of Natural Resource and types of methods that will be used.
2. narrative on Desert Bighorn Sheep experience and references.
3. Equipment that will be used.
4. Bid amount

The successful contractor is responsible for all associated Tribal Fees including TERO Tax

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 state in TERO Ordinance
(Available at TERO Office)**

More Information

Notwithstanding any other provisions of the Request for Proposal, HDNR and the Hualapai Tribe expressly reserve the right to:

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

If there are any questions about the project, Please Call Winkie Crook or Garwain Sinyella at 928-769-2254 or stop in at the address below.

All interested entities are requested submit
 All bid proposal by 12:00 p.m on May 24, 2019 to
 Hualapai Department of Natural Resources
 Attn: Desert bighorn Sheep Proposal
 P.O Box 300 or 947 Rodeo Way
 Peach Springs, AZ 86434

Hualapai Children's Language Immersion Camp— Cook Bid • Monday June 10th
Submitted by: Tamara Marshall | Hualapai Planning Department

COOK BID FORM

Hualapai Children's Language Immersion Camp 2019

June 24, 25, 26, 27, 2019

Hualapai Youth Camp ~ Peach Springs, Arizona

Cook services and food purchases, 80 people for 3.5 days

Sub-total for food purchase: _____

Sub-total for Cook services: _____

Grand Total = _____

Name: _____

Address: _____

Phone #: _____

e-mail: _____

(food must provide good nutrition and have sugar and salt restrictions)

attach food handler's card/s for head cook and helpers

Bid selection; Closing bid will be June 10, 2019 at 12:00PM

Selected head cook will be notified and given instructions when food purchase check will be available.

Bids will be submitted to: Marcelene Craynon/Hualapai Cultural Center
Administrative Assistant at: Hualapai Cultural Center, PO Box 310,
Peach Springs, Arizona 86434, fax number: 1-928-769-2235/or e-mail
to: mcraynon@yahoo.com

If there are any questions, please call 1-928-79-2223/2234

Hualapai Children's Language Immersion Camp 2019

Food list (example)

Monday June 24, 2019

5:00PM

Dinner

Hamburgers/lettuce, tomatoes, cheese
 Pork n' beans
 Chips
 Potato salad/or macaroni salad
 Condiments for hamburgers/pickles
 Catsup, mustard, mayo, relish
 (dessert)

Tuesday June 25, 2019

7:30AM

Breakfast (coffee ready by 6:00AM)

full breakfast; eggs, bacon, sausage, hashbrowns, toast, oj, coffee

AM snack

fruit, yogart, bagels, cream cheese; (choose accordingly)

12:00PM

Lunch

Sandwiches, chips, macaroni salad or (your choice), fruit, dessert, drinks

PM snack

cookies, fruit, (choose accordingly)

5:00PM

Dinner

Roast, (chicken), potatoes, veggies, bread (tortillas, buns), gravy, salad, dessert, drinks

Wednesday June 26, 2019

7:30AM

Breakfast (coffee ready by 6:00AM)

Full breakfast; eggs, bacon, sausage, hashbrowns, toast, oj, coffee

AM snack

fruit, yogart, granola bars, cream cheese; (choose accordingly)

12:00PM

LunchTaco casserole; lettuce, cheese, salsa, Spanish rice, corn chips
Drinks, dessert (your choice)

PM snack

fruit, granola bars (choose accordingly)

5:00PM

Dinner

Stew/or chili beans, bread (tortilla, rolls), salad, dessert, drinks

Thursday June 27, 2019

7:30AM

Breakfast (coffee ready by 6:00AM)*Prepare to leave*

simple breakfast; cereal, yogart, granola bar, toast, oj, coffee

10:30AM

Lunch

Sack lunch

Sandwich, chip, cookies, apple/orange, drink

Note: The food list above is an example of what we would like to have for menus; as camp cook you may alter to your choosing; (be mindful of diabetics, sugar free, and salt restrictions)

Mohave Electric Cooperative • Broadband Service Survey
Submitted by: Kevin Davidson | Hualapai Planning Department



Dear MEC Member,

In recent months MEC has received a great deal of interest from members and community stakeholders relating to broadband services in the areas we serve. In many cases, broadband service providers have not kept pace with the demands of consumers, or have even decided to terminate services in several of our communities.

MEC has provided electric service in this area for many years and we understand the challenges our unique region presents to internet service providers. At the same time, Mohave Electric Cooperative understands that inadequate broadband services pose constraints on our members' quality of life in many ways including educational opportunities, economic development opportunities and simply ensuring that members have service level options at a cost that is fair.

The board of directors has asked that MEC conduct a survey of members to determine interest levels relating to broadband service options in the areas we serve. The cooperative has a long-standing partnership with TWN Communications and has asked that they collect member input during March, April and May.

It is very important that all members, both residential and business, complete this survey to ensure that your collective wishes are understood by MEC. To complete this brief survey, simply go to: www.mohaveelectric.com and click on the "broadband survey button". You will then enter your address, and email, and complete the survey.

This survey information is disclosed only to the cooperative for the purpose of determining member interest in MEC conducting a broadband/internet service feasibility study for our service area.

I encourage all members to make their wishes known. Your co-op and its board are listening and will use your responses to determine how to proceed with this very important service for our communities.

Sincerely,



J. Tyler Carlson

CEO

Mohave Electric Cooperative, Incorporated

MAY 2019



Diamond Creek Restaurant • May Specials

Submitted by: Shawna Havatone | Diamond Creek Restaurant

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|--|--|---|-------------------------|---|------------------------------------|
| | | | 1 Southwest Taco Salad \$9 | 2 Hualapai Taco \$6 | 3 Fish & Fries w/ side of Colelaw \$9 | 4 Med one topping pizza \$8.00 |
| 5 Large one topping pizza \$10 | 6 Adobe Swiss Burger with Sweet Potato Fries \$12 | 7 Beef Chimichanga With Rice and Beans \$9.50 | 8 Patty Melt w/ Fries \$9.50 | 9 Hualapai Taco \$6 | 10 Fish & Fries w/ side of Colelaw \$9 | 11 Med one topping pizza \$8.00 |
| 12 Large one topping pizza \$10 | 13 Alfredo with Salad \$8.50 Add Chicken \$11.50 | 14 Carne Asada Fries \$10 | 15 Ravioli with Salad & Garlic Bread \$10.50 | 16 Hualapai Taco \$6 | 17 Fish & Fries w/ side of Colelaw \$9 | 18 Med one topping pizza \$8.00 |
| 19 Large one topping pizza \$10 | 20 Goulash w/ Salad \$7 | 21 2 Chicken Enchilada with Rice and Beans \$9.50 | 22 Rueben Sand with Fries \$10 | 23 Hualapai Taco \$6 | 24 Fish & Fries w/ side of Colelaw \$9 | 25 Med one topping pizza \$8.00 |
| 26 Large one topping pizza \$10 | 27 Baked Chicken with Rice & Veggie \$9 | 28 Nacho Supreme \$10 | 29 Hot Beef Sandwich \$10 | 30 Hualapai Taco \$6 | 31 Fish & Fries w/ side of Colelaw \$9 | |

INFO:

Specials:

Specials are subject to change without notice.
Specials are not subject to discounts
No substitutions on specials

Contact Information:

Shawna Havatone, Rest. Manager
Bowman Yaramata, Kitchen Supervisor
Tanya Villarreal, Rest. Supervisor
Rondriann Quasula, Rest. Supervisor
928-769-2800

Diana Ambrosie, General Mgr.

Hours of operation:

Open 7 days a week
Dinning Hours 4:00am to 9:00pm
Take-Out 4:00am to 9:00pm
For all take-out orders, a credit card will be required to process any orders to go. \$1.00/per container on to go orders

Hualapai Recreation Department • May Calendar

Submitted by: Adeline Crozier | Hualapai Tribal Administration



May 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--------------------------------------|-----------|--|--|--|
| 28 | 29 | 30 | 1 | 2 Youngballers b- ball league games. | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 Youngballers b- ball league games. | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Youngballers b- ball league games. | 17 all indian memorial B-ball tournament men & women | 18 all indian memorial B-ball tournament men & women |
| 19 | 20 | 21 | 22 | 23 Youngballers b- ball league games. | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 Youngballers b- ball league games. | 31 | 1 |
| 2 | 3 | all activities are subject to change | | | | |

Community Powwow Aerobics • Friday, May 17th
Submitted by: Shaundeen Bear • Hualapai Health, Education & Wellness

Community Powwow Aerobics

Come Have Some Fun!
May 17, 2019
Multi Building
5pm - 6pm
(Wear workout clothing and comfortable shoes)



Schrum Memorial Gathering • Sunday, May 26th

Submitted by: Tamara Marshall | Hualapai Planning Department

Memorial Gathering



Sunday, May 26, 2019

Schrum's Old Residence

10: 00 A.M. - 6:00 P.M.

Valentine, AZ

All local Veterans are welcome.

Everyone welcome.



Probate Hearing (Jeffrey Wauneka) • Monday, June 3rd
Submitted by: Hualapai Tribal Courts



HUALAPAI TRIBAL COURT
PO BOX 275
PEACH SPRINGS, AZ 86434
(928) 769-2338

IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

PUBLIC NOTICE OF APPOINTMENT OF ADMINISTRATOR IN THE
MATTER OF THE ESTATE
OF

JEFFREY WAUNKA
2019-PB-001

NOTICE IS HEREBY GIVEN THAT AN **Probate Hearing** FOR THE
PETITION OF PROBATE OF THE ABOVE NAMED WILL BE HEARD AT
09:00 AM ON THE 3rd day of June, 2019, A.D. IN THE COURTROOM OF
THE HUALAPAI TRIBAL COURT. ANY PERSON HAVING AN INTEREST
IN THE PROBATE HEARING SHOULD ATTEND.

May 9, 2019
DATE



COURT CLERK

1:28pm *Stephens*
RECEIVED
MAY 10 2019

Save the Bees & Climate Change Gathering • May 18th - 20th

Submitted by: Adeline Crozier | Hualapai Tribal Administration

Walk against Drugs & Domestic Violence



Save the Bees & Climate Change Gathering Peach Springs, Arizona

May 18th thru May 20th, 2019

Come share your desire for a better tomorrow without drugs, alcohol and domestic violence. Please come and walk with us and share your words and prayers. We can all make a difference.

It is evident that drugs, alcohol and domestic violence runs rampant everywhere and it is our responsibility to help, if we want to see positive changes.

We will also discuss the extinction of Honey Bees and changes in our climate.
Mother Earth has been bleeding too long!!!!

May 18th Arrival to Peach Springs

Meet 2 miles West of Peach Springs Route 66 @ 1:30pm

Start Walk into Peach Springs @ 2:00pm

For more detailed information please contact:

Mike Whatoname: 928-699-2031

Monique Alvarez: 928-769-6002

Barbara Burnside: 928-313-4490

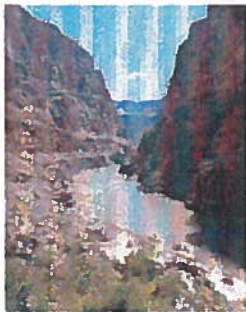
Grand Canyon Monitoring River Trip • Letter of Interest Due: Friday, May 10th

Submitted by: Peter Bungart | Hualapai Department of Cultural Resources

Department of Cultural Resources Grand Canyon Monitoring River Trip May 25 to June 6, 2018

The Hualapai Department of Cultural Resources will be conducting our annual Cultural Resources Monitoring River Trip from May 25 to June 6, 2019. We have a limited number of spaces for Tribal members to participate on the trip. Our goal is to include those who may not have participated in past trips and who are interested in learning about the Colorado River through Grand Canyon, experiencing this aspect of the ancestral homeland, & contributing to the goals of the monitoring program, including:

- Monitoring archaeological sites and other Traditional Cultural Places.
- Conducting plant studies at designated study areas to identify changes in the number & types of native and non-native plants.
- Learning and sharing information about Hualapai Traditional Ecological Knowledge regarding plants, wildlife, and other aspects of Colorado River ecology.
- Reinforcing the Hualapai people's connection to the Canyon and River, and gaining insight and input on how we may help direct the management of Glen Canyon Dam and the Colorado River ecosystem, including the cultural and natural resources (which go hand in hand).



If you would like to participate, submit a brief letter of interest to the Cultural Department no later than Friday, May 10th, 2019.

Participants will be expected to help out in one way or another. For example, younger people will help with monitoring and other aspects of field work (we'll provide training), which will involve some hiking. Elders may share knowledge about the Canyon and the River and about how the Hualapai people made their living there and in the surrounding landscape. Much of what we do will be documented through photographs and audio & video recordings.

Please be aware that this will be a 13-day trip on large motorized rafts, which will be operated by professional staff from the Grand Canyon Monitoring and Research Center of the U.S. Geological Survey in Flagstaff. Every precaution will be taken to conduct a safe and healthy trip, but **there are risks and potential hardships involved**. For example, a number of large rapids will be encountered, so expect to get wet on occasion! In addition, camping each night will be required. Younger participants will be expected to sleep on pads on the ground, but we can provide cots for our elder participants. Tents will be available, but since our trip will be during the normal dry and warm season of mid to late May, they may be optional. Camping gear can be provided to those that request it.

Adequate food will be provided, including breakfast, lunch, dinner, and between meal snacks, as well as water, juices, and soft drinks. Generally, we eat quite well, so don't worry about going hungry.

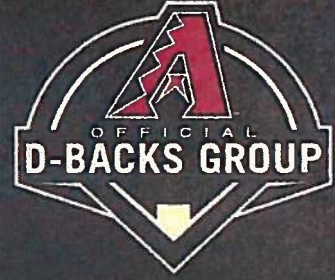
If you have certain medical or dietary needs, it is very important to know what they are beforehand, so we can determine if we can take care of them on a trip like this, & let the boat staff know, as well.

It must be stressed that this trip is all about participation, and we welcome your involvement. The more Hualapai people that are involved, the better we can strengthen our ability to guide the future of the River's management. We will be interviewing potential participants in the coming weeks. If you are interested, please contact Carrie Cannon or Peter Bungart at (928) 769-2223.

Native American Recognition Day • Saturday, June 1st

Submitted by: Adeline Crozier | Hualapai Tribal Administration

NATIVE AMERICAN RECOGNITION DAY AT CHASE FIELD



NATIVE AMERICAN RECOGNITION DAY

Join the D-backs for Native American Recognition Day presented by Gila River Hotels & Casinos. Discounted tickets are available with a portion of each ticket sold using this offer benefiting Native American programs.

Festivities begin when the gates open at 3:10PM and include live entertainment: Native American drum groups, dancers and vocalists. Native American education displays will showcase the Native American culture. The winning teams from the D-backs Inter-tribal Youth Baseball and Softball tournament will be recognized before the game.

Order your tickets by completing this form or go online to dbacks.com/nard.

SATURDAY
JUNE 1
5:10PM

NEW YORK
METS
VS
ARIZONA
DIAMONDBACKS



PLEASE CONTACT JOHANNA IMPERIAL • EMAIL: [JIMPERIAL@DBACKS.COM](mailto:jimperial@dbacks.com) OR CALL: 602.462.4113

CONTACT

TICKETING - Based on availability - Children 2 and under are free

| | |
|---|----|
| \$58 - Lower Level - Dugout Reserve, reg. \$64 | \$ |
| \$47 - Lower Level - Baseline Box, reg. \$56 | \$ |
| \$42 - Diamond Level - Club Reserve, reg. \$46 | \$ |
| \$37 - Lower Level - Baseline Reserve, reg. \$44 | \$ |
| \$25 - Lower Level - Bleachers/Bullpen Reserve, reg. \$29 | \$ |
| \$20 - Upper Level - Infield Reserve, reg. \$25 | \$ |

No refunds, exchanges or upgrades. All Sales are Final.



Please return completed form with payment to: Arizona Diamondbacks
Attn: Johanna Imperial, 401 E Jefferson St, Phoenix, AZ 85004

Order Form Deadline: May 24, 2019
Online Deadline: June 1, 2019

dbacks.com 602.462.4600

CHASE FIELD // 401 EAST JEFFERSON STREET
PHOENIX, ARIZONA

Green Arrow Project: Gardening Season Schedule • Community Gardeners: Tuesday, May 21st*Submitted by: Marcie Craynon | Hualapai Department of Cultural Resources*

Green Arrow Project

“Pa gwi:d vasu gwe hwa:l jo”

Gardening Season Schedule

If you are interested in gardening; The Hualapai Cultural Center extends an invite to everyone that would like to participate in this year’s community garden. As a community gardener, you would put in your own specific plot for your garden; as well as help with other garden care.

We will have on-going classes throughout the growing season in which you will be able to learn and have other’s that share the same interest in gardening.

Work day schedule for April and May 2019

(everyone invited on any of the days, this is just designated days that staff/Peach Springs Extension Officer will be in the garden for any help, questions or possible instructional lessons, etc)

Community Gardeners

Monday ~April 29

Tuesday ~ May 7

Tuesday ~ May 14

Tuesday ~ May 21

Tuesday ~ May 28

Dates of work days will be posted in the Gamyu and Radio Station announcements throughout the Summer

Youth work days

Friday ~ May 3

Friday ~ May 17

Friday ~ May 24

Friday ~ May 31

Any questions please contact our office at 769-2223/2234

12th Annual Hualapai Junior Rodeo • Next Rodeo: Saturday, May 4th
Submitted by: Danielle Bravo | Hualapai Planning Department

12th Annual Hualapai Junior Rodeo 2019 Season

Dates: April 6 9:00 a.m. Events: Goal Tall Pull
May 4 9:00 a.m. Goal Tying
June 1 Iba Barrel Racing
Finails: July 13 Iba Pole Bending
Team Roping
Call Tying
Break Away
Stick Pony Race
Steer Stop

Ages: 0-5 yrs
6-9 yrs
10-12 yrs
13-18 yrs

Location: Mile post 102.5 on Route 66 4H, Youth and Ag. Facility
Entries will be taken up till 8:30 event starts at 9:00.am
For more information Please contact Winkle Crook at (928) 769-2255

Hualapai Youth Services • Save the Date
Submitted by: Christina Watahomigie | Hualapai Youth Services

HUALAPAI TRIBAL
YOUTH COUNCIL
PRESENTS
SUMMER YOUTH
CONFERENCE

JUNE
17-19
2019

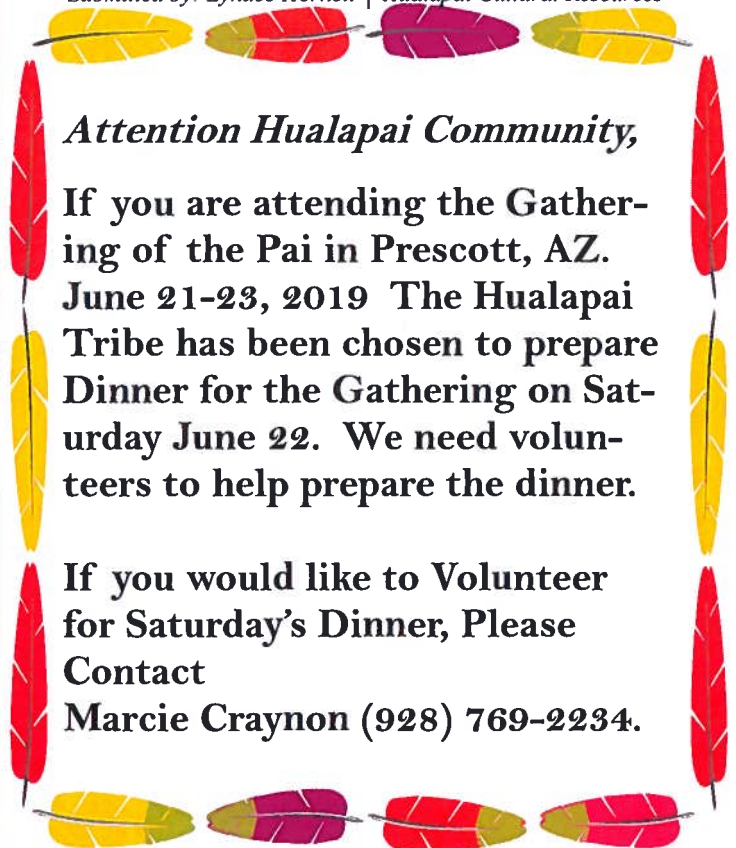
SAVE THE DATE

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



Gathering of the Pai Dinner • Saturday, June 22nd
Submitted by: Lyndee Hornell | Hualapai Cultural Resources



Attention Hualapai Community,

If you are attending the Gathering of the Pai in Prescott, AZ. June 21-23, 2019 The Hualapai Tribe has been chosen to prepare Dinner for the Gathering on Saturday June 22. We need volunteers to help prepare the dinner.

If you would like to Volunteer for Saturday's Dinner, Please Contact
Marcie Craynon (928) 769-2234.

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*

Happy
Father's Day

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

JOB OPPORTUNITIES

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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

2019 BIA Truxton Canon/Southern Paiute Wildland Fire Training

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 employ-

ment 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.

| Course Number : | Course Title: | Nomination Due: | Course Date: | Location: | Time: | Coordinator Phone/ Fax/Email: |
|---|-----------------------------|-----------------|--------------|---|-------------|--|
| 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 (NWCG) Training and Qualifications Link: <http://training.nwcg.gov/courses.html>.

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

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

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

S-130; Firefighter Training (2003), required

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

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

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

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

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/>

DUE TO THE MEMORIAL DAY HOLIDAY MONDAY 27TH WE WILL NOT BE ACCEPTING LATE SUBMISSIONS

ARTICLE DEADLINE: Friday, May 24TH

NEXT PUBLICATION: Friday, May 31TH

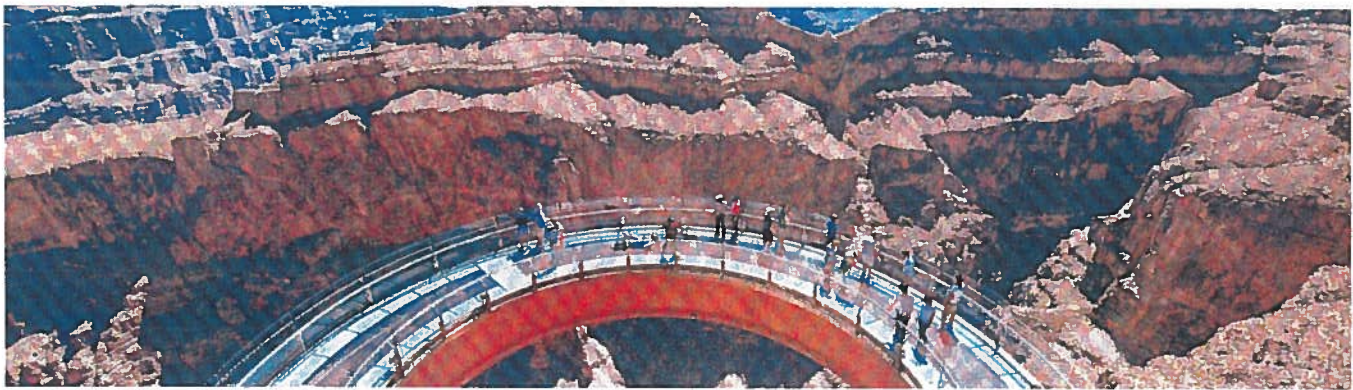
GCRC - Summer Youth Program • Now Accepting Applications Until May 24th
 Submitted by: Heather Nieto, Sr. HR Specialist | Grand Canyon Resort Corporation



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 Tribe



2019 Current Job posting for the Hualapai Tribe OPEN COMPETITIVE

| | Job Title | Pay Rate | Opening Date | Closing Date |
|--|--|------------------------------|--------------------|-------------------|
| Adult Detention | Food Service Worker | D.O.Q. | April 29, 2019 | Open Until Filled |
| Finance Department | Finance Assistant Director | D.O.Q. | April 03, 2019 | Open Until Filled |
| Cultural Resources | Senior Archaeologist | D.O.E. | December 13, 2018 | Open Until Filled |
| Emergency Services | Communication Technician | D.O.E. | March 18, 2019 | Open Until Filled |
| | Firefighter/Paramedic | D.O.Q. | March 19, 2019 | Open Until Filled |
| | Firefighter/EMT-Basic | D.O.Q. | March 19, 2019 | Open Until Filled |
| Health Department | Radio Station Administrative Assistant | D.O.E. | April 03, 2019 | 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 |
| | Youth Services Assistant | \$13.00 - \$ 15.00/Hr. | April 17, 2019 | Open Until Filled |
| | Radio Station Operations Assistant | D.O.E. | April 25, 2019 | Open Until Filled |
| | Youth Services Coordinator | \$16.00 - \$18.50/D.O.Q. | April 24, 2019 | May 03, 2019 |
| 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 |
| Housing Department | Summer Youth Leadership Participant | \$11.00 an Hour | April 22, 2019 | May 27, 2019 |
| | Receptionist | \$12.00/Hr. | April 29, 2019 | May 10, 2019 |
| | Compliance Officer | D.O.Q. | April 30, 2019 | May 10, 2019 |
| | Carpenter/Maintenance Technician | \$21.00/Hr. | April 30, 2019 | May 10, 2019 |
| Judicial | Associate Judge | D.O.Q. | April 30, 2019 | May 30, 2019 |
| Juvenile Def. 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 |
| | Agriculture Program Manager | D.O.E. | March 18, 2019 | Open Until Filled |
| | Agriculture Crew Laborer | \$13.00/Hr. | March 28, 2019 | Open Until Filled |
| Police Department | Domestic Violence/Sexual Assault Investigator (Certified) | \$45,000/Yr. to \$50,000/Yr. | December 06, 2018 | Open Until Filled |
| | Police Officer (Certified) | \$39,520/Yr. to \$47,840/Yr. | December 06, 2018 | Open Until Filled |
| Public Defender's | Advocate | D.O.Q. | April 22, 2019 | May 03, 2019 |
| Public Services | Laborer - Cholla Ranch | D.O.E. | April 02, 2019 | Open Until Filled |
| | Truck Driver - Roads Program | D.O.E. | April 11, 2019 | April 25, 2019 |
| | Mechanic - Roads program | D.O.E. | April 25, 2019 | May 08, 2019 |
| Training Center | Teacher/Tutor | D.O.Q. | December 17, 2018 | Open Until Filled |
| INTERNAL ONLY (For Current Tribal Employees Only) | | | | |
| Game and Fish | Secretary | D.O.Q. | April 30, 2019 | May 02, 2019 |
| | Administrative Assistant | D.O.E. | April 30, 2019 | May 02, 2019 |

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 Announcement(s) for more detail, you must meet all minimum qualification requirements from the Job Announcement for your Application to be sent to the Department in which you are applying for.**

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

Revised on 05/01/2019

Become a Census Worker for the 2020 Census

Submitted by: Kevin Davidson | Hualapai Planning Department

Become a Census Worker

for the 2020 Census



Make your next job Count!

The 2020 Census will count all the people living in the United States of America. We need your help!

2020census.gov/jobs

Positions including;

- clerks
- recruiting assistants
- office operations supervisors
- census field supervisors
- census takers

The positions will be located nationwide and offer flexible work hours, including daytime, evenings and weekends.

A partial job description for Enumerators is below.



ENUMERATOR

- Use automated smart phones or laptop computers to conduct job activities.
- Review assigned work to locate households for verifying addresses and/or conducting interviews.
- Conduct interviews with residents in assigned areas by following stringent guidelines and confidentiality laws.
- Explain the purpose of the census interview, answer respondent's questions, collect information following a script, and record census data using devices and/or paper forms.
- Update address lists and maps.
- Validate address and map updates for quality purposes.
- Follow procedures to conduct accurate work while maintaining acceptable production rates.
- Maintain and submit records of hours worked, miles driven, and expenses incurred in the performance of duties.
- Meet/talk with supervisor, as necessary, to review procedures, report issues or concerns, and receive additional instructions.



EDUCATION AND TRAINING

Summer Vacation • Surrounding & Boarding Schools

Submitted by: Adeline Crozier | Hualapai Tribal Administration

Summer Vacation

BOARDING SCHOOLS





| SCHOOL | GRADUATION | TRAVEL DATES |
|---|---|--------------|
| Chemawa Indian School Salem OR/ (503) 399-5721 | May 03, 2019 10am | May 02, 2019 |
| Flandreau Indian School Flandreau SD/(605) 997-3773 | May 15, 2019 10am | May 13, 2019 |
| Riverside Indian School Anadarko OK/(405) 247-6670 | May 09, 2019 2pm Jr High May 10, 2019 10am High School | May 09, 2019 |
| Sherman Indian School Riverside CA/ (951) 276-6326 | May 08, 2019 2pm Intertribal May 09, 2019 10am | May 07, 2019 |
| Theodore Roosevelt School Fort Apache AZ/ (928) 338-4464 | May 16, 2019 5pm | May 15, 2019 |

Surrounding Schools

| SCHOOL | GRADUATION | LAST DAY OF SCHOOL |
|--|---|------------------------------|
| Hualapai Head Start 928-769-2244 | May 17, 2019 TBA | May 16, 2019 |
| Kingman Academy 928-681-2900 | May 21, 2019 6pm Jr High May 22, 2019 6pm High School | May 21, 2019 May 22, 2019 |
| Kingman High School North 928-692-6480 | May 20, 2019 7pm | May 22, 2019 |
| Kingman Middle School 928-753-3588 | TBA | May 22, 2019 |
| Lee Williams High School 928-718-6000 | May 22, 2019 7pm | May 22, 2019 |
| Peach Springs School 928-769-2316 | May 23, 2019 6pm | May 23, 2019 |
| Seligman School 928-216-4123 | May 24, 2019 6pm Jr High May 24, 2019 7:30pm High School | May 23, 2019 |
| Valentine School 928-769-2310 | May 21, 2019 6pm | May 23, 2019 |
| White Cliffs Middle School 928-753-6216 | No graduation/promotion | May 22, 2019 |

Valentine Elementary School: Calendar of Events & Eagle Eyes Newsletter • May
 Submitted by: Paula Blout, Office Manager | Valentine Elementary School

MAY 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|-----------------------------|-------------------------|
| 5 Valentine Elementary School 12491 N Byers St / HC 35 Box 50 Peach Springs, AZ 86434 Ph 928-769-2310 Fax 928-769-2389 ValentineAZ.net | 6 Teacher Appreciation Week George Clooney (1961) | 7  | 8  | 9 Small Schools Track Meet Kingman HS 9 am | 10 | 11 |
| 12  | 13 School Board Meeting 4:30 pm | 14 School Board Meeting 4:30 pm | 15  K-4 Field Trip Keepers of the Wild | 16 Janet Jackson (1966) | 17 | 18 Tina Fey (1970) |
| 19 | 20 Cher (1946) | 21 Early Out - Noon Promotion Ceremony 6:00 pm  | 22 | 23 School Picnic- Hualapai Mtn Rec Area 1  | 24 | 25 Mike Myers (1963) |
| 26 Sally Ride- Astronaut (1951) | 27  | 28 | 29 | 30 | 31 Clint Eastwood (1931) | |



EAGLE EYES



Vol. 4, No. 10

www.valentineaz.net

May 7, 2019

Field Trip Change

Due to the high chance of rain forecast for tomorrow, we have moved our K-4 field trip to next Wednesday, May 15, 2019. New permission slips are not required.

2019-2020 Applications

Enrollment applications for the 2019-2020 school year are currently available online and at the school. They are due by Monday, June 3, 2019 at 4:00 pm. New applications must include proof of residency, birth certificate, immunization record, and CIB (if applicable). Returning applications must include proof of residency and updated immunization record (if applicable).



The final visit by the Mohave County Bookmobile for the school year will be next Wednesday, May 15, 2019. All books that students have checked out will need to be turned in on that date.

Summer Reading

Students will have an extra 9-10 hours a day, 4 days a week, for 11 weeks because they won't be in school over the summer. Obviously all of those 400+ hours shouldn't be spent reading, but is 30 minutes a day too much to ask?

The Mohave County Library has a summer reading program that runs from May 25th through July 13th. More information at <https://mohavecounty.azsummerreading.org>

TRACK MEET RESULTS

Our students did a *FANTASTIC* job at the Small Schools Track Meet last Thursday. Several of our students placed in the top 3 in all of their events. Thank you to all of the schools, students, and families who attended.

| VALENTINE RIBBON COUNTS | |
|-------------------------|----|
| 1 ST PLACE | 56 |
| 2 ND PLACE | 50 |
| 3 RD PLACE | 34 |



HOW CAN I HELP MY STUDENT?

- Talk to your students about respecting their school – Lately we have had a rash of student behavior, particularly in the bathrooms, that has resulted in a lot of unnecessary work for the staff. On several occasions, smears of feces have been discovered on the bathroom walls and fixtures. Just yesterday, someone decided to lift a toilet tank lid and do a “number 2” in the reservoir tank instead of the bowl. This type of behavior is considered vandalism and consequences can include suspension and revocation of the student’s attendance exception.
- Prevent summer learning loss – Students who don’t practice reading or math over the summer lose an average of 2-3 months of those skills. Including reading into students’ daily routine over the summer can help to slow or even prevent that loss. Having students “do the math” when it comes to shopping, completing a project, or planning a trip can go a long way to keep them from hitting “rewind” on their learning
- Use trips as learning adventures – Every excursion can be a learning adventure. Help students develop questions that they want to find out answers to so that they are ready with those questions during the trip.
- Keep asking questions of your students – What do they enjoy learning about? What makes them want to get up in the morning? What do they want to be when they grow up? Who do they admire most and why?

PLANNING AHEAD

- May 14 – School Board Meeting, 4:30 pm
- May 15 – Keepers of the Wild Field Trip (Grades K-4)
- May 21 – Early Release, 12 noon
- May 21 – Graduation/Promotion Ceremony, 6:00 pm
- May 23 – Field Day, Rec Area 1 (Grades K-8)
- June 03 – Next year applications due
- Aug 07 – Back to School Night, 5:30 pm
- Aug 12 – First Day of School, 2019-2020 school year



Valentine Elementary School District #22

2019-2020






Calendar DRAFT - 4/10/19

| JULY | | | | | | | AUGUST | | | | | | | SEPTEMBER | | | | | | | OCTOBER | | | | | | |
|--------|----|----|----|----|----|----|---------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | | 5 | 6 | | | | 1 | 2 | 3 | 1 | | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 29 | 30 | | | | | | 27 | 28 | 29 | 30 | 31 | | |
| 0 Days | | | | | | | 12 Days | | | | | | | 16 Days | | | | | | | 19 Days | | | | | | |

| NOVEMBER | | | | | | | DECEMBER | | | | | | | JANUARY | | | | | | | FEBRUARY | | | | | | |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | 1 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | 3 | 4 | | | | | | | 1 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10 | | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | | | | | 27 | 28 | 19 | | 21 | 22 | 23 | 24 | 25 | 16 | | 18 | 19 | 20 | 21 | 22 |
| 24 | | | | | 29 | 30 | 29 | | | | | | | 26 | 27 | 28 | 29 | 30 | 31 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| 11 Days | | | | | | | 12 Days | | | | | | | 15 Days | | | | | | | 15 Days | | | | | | |

| MARCH | | | | | | | APRIL | | | | | | | MAY | | | | | | | JUNE | | | | | | | | |
|---------|----|----|----|----|----|----|---------|----|----|----|----|----|----|---------|----|----|----|----|----|----|--------|----|----|----|----|----|----|---|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | | | 1 | 2 | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | |
| 15 | | | | | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | | | 24 | | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | | | |
| 14 Days | | | | | | | 18 Days | | | | | | | 12 Days | | | | | | | 0 Days | | | | | | | | |

| | |
|---|-------------------------------------|
| Teacher In-service Days (no school) | August 5-8, 2019 |
| First Day for Students | August 12, 2019 |
| Labor Day (no school) | September 2, 2019 |
| Parent/Teacher Conferences - noon release | September 12, 2019 |
| Veterans' Day (no school) | November 11, 2019 |
| Fall Break (no school) | November 25-28, 2019 |
| Winter Break (no school) | December 20, 2019 - January 5, 2020 |
| Martin Luther King, Jr. Day (no school) | January 20, 2020 |
| Parent/Teacher Conferences - noon release | February 6, 2020 |
| Presidents' Day (no school) | February 17, 2020 |
| Spring Break (no school) | March 16 - March 19, 2020 |
| Standardized Testing Window | March 30 - April 16, 2020 |
| Graduation Ceremony - noon release | May 18, 2020 |
| Last Day for Students | May 21, 2020 |

| | |
|--|-------------------------------|
|  | - No School/Holidays |
|  | - Early Out - Noon |
|  | - Early Out 2pm - Spirit Days |
|  | - Beginning/End of School |
|  | - Standardized Testing Window |
| <hr/> | |
| 1st Quarter Ends 10/17/19 | 39 Days |
| 2nd Quarter Ends 12/19/19 | 31 Days |
| 3rd Quarter Ends 3/12/20 | 38 Days |
| 4th Quarter Ends 5/21/20 | 36 Days |
| 144 Total Days | |

BOYS & GIRLS CALENDAR • MAY 2019
 Submitted by: Adeline Crozier | Hualapai Tribal Administration



BOYS & GIRLS CLUB
 OF PEACH SPRINGS

May

2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| <p>Don't forget to update your club kiddos membership applications for Summer Camp ☺ Questions, please call staff at (928) 769.1801</p> | <p>1 April & May Birthday Celebration </p> | <p>2 Dances Pannamittityyyyy </p> | <p>3 Mother's Day Dinner Open to Spin 7PM-9PM - Per-Kwee Anacities 4:00 to 4:30pm </p> | <p>4 NO HOMEMORK DAY </p> |
| <p>5 National Frog Jumping Day </p> | <p>6 Animal Control Presentation 4:15pm </p> | <p>7 AZ Health Zone Presentation 4:30pm</p> | <p>8 Mother's Day Dinner Open to Spin 7PM-9PM - Per-Kwee Anacities 4:00 to 4:30pm </p> | <p>9 Club Closed Morning Workout 9:30 to 10:30 Snack Presentation 2:00 to 2:30pm</p> |
| <p>10 Be A Millionaire Day </p> | <p>11 Dances Like a Chicken Day </p> | <p>12 Chocolate Chip Day </p> | <p>13 Mother's Day Dinner Open to Spin 7PM-9PM - Per-Kwee Anacities 4:00 to 4:30pm </p> | <p>14 Club Closed Morning Workout 9:30 to 10:30 Snack Presentation 2:00 to 2:30pm</p> |
| <p>15 Frog Jumping Day </p> | <p>16 Talk Like Yoda Day </p> | <p>17 Movie Night Open to Spin </p> | <p>18 Mother's Day Dinner Open to Spin 7PM-9PM - Per-Kwee Anacities 4:00 to 4:30pm </p> | <p>19 Club Closed Morning Workout 9:30 to 10:30 Snack Presentation 2:00 to 2:30pm</p> |
| <p>20 Club Closed Memorial Day</p> | <p>21 Road Tripping On Rt. 66 First Day of Summer Camp Starts Hours 7:00am to 8:00pm </p> | <p>22 Club Closed Morning Workout 9:30 to 10:30 Snack Presentation 2:00 to 2:30pm</p> | <p>23 Mother's Day Dinner Open to Spin 7PM-9PM - Per-Kwee Anacities 4:00 to 4:30pm </p> | <p>24 Club Closed Morning Workout 9:30 to 10:30 Snack Presentation 2:00 to 2:30pm</p> |

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

Americorps Vista: Summer Job Opportunity • Application Deadline: Wednesday, May 22nd
 Submitted by: Adeline Crozier | Hualapai Tribal Administration

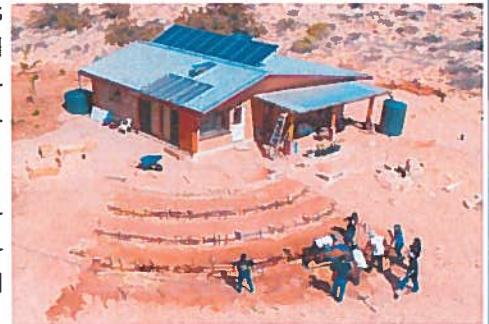


Spend the summer with Hopi Tutskwa Permaculture!

GAIN HANDS-ON EXPERIENCE, WORK OUTDOORS, MAKE NEW FRIENDS, STRENGTHEN COMMUNITY!

Hopi Tutskwa Permaculture & Spirit Of The Sun are now recruiting Americorps VISTA Summer Associates! Spend 10 weeks developing leadership skills and capacity to strengthen local food systems, enhance sustainable building practices, and implement sustainable ecological projects within the Hopi community.

Join our growing alumni of Permaculture students who have spent their summers getting their hands dirty while building gardens, planting landscapes, saving seed, mentoring youth, volunteering at the Hopi Farmers Markets, and much more!



Job Description:

Position: Americorps VISTA Summer Associate (10 open positions)

Employment Type: Full-time

Schedule: 40 hours/week.

Duration: 10-weeks-June 3, 2019-August 9, 2019

Application Deadline: May 22, 2019!

Member Duties: Spend 10 weeks developing leadership skills and capacity to strengthen local food systems, enhance sustainable building practices, build youth capacity, learn culinary skills to prepare healthy nutritious meals, and implement sustainable ecological projects within the Hopi community.

Program Benefits: On the Job Training, Monthly Stipend, Choice of Education Award or End of Service Stipend, and Childcare Assistance.

Physical/Environmental Requirements:

- Must possess a valid Driver's License.
- Have own transportation.
- Have great work ethic and be willing to perform hands-on physical labor.
- Be willing to work outdoors in a variety of weather conditions.
- Must have experience and interest in working with youth, preparing healthy foods, local foods and farming.

Desired Qualities/Skills/Experience:

We are seeking highly motivated individuals with excellent communication skills, leadership experience, and the ability and willingness to work in a team!

Application Instructions: Sign up to be an Americorps VISTA Volunteer at the link below.

<https://www.hopitutskwa.org/>

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

Submitted by: Jean Imus | Hualapai Department of Education & Training



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 Food Handler Training • Next Training: Tuesday, June 18th

Submitted by: Tamara Marshall | Hualapai Planning Department

HUALAPAI – PEACH SPRINGS
2019 Food Handler Card Training Schedule

| MONTH | DATE | LOCATION | TIME (AZ) |
|-----------|------|-----------------------------|-------------------|
| June | 18 | Health Education & Wellness | 10:00am – 12:30pm |
| July | 30 | Health Education & Wellness | 10:00am – 12:30pm |
| September | 10 | Health Education & Wellness | 10:00am – 12:30pm |

For more information please contact the Office of Environmental Health and Engineering at (928) 669-3177. Everyone is welcome to attend.



HEALTH & SAFETY INFORMATION

Health, Wellness & Fitness through Native Culture • Throughout May

Submitted by: Shaundeen Bear | Hualapai Health, Education & Wellness

Health, Wellness & Fitness Through Native Culture

Come Join Us In Learning Contemporary & Traditional Teachings!

-Upcoming Events-

- Powwow Aerobics At Boys & Girls Club
 - May 9th – 4-4:30pm
 - May 16th – 4-4:30pm
 - May 23rd – 4-4:30pm
 - May 30th – 2-3pm
- Educational Fair Booth
 - May 14th
- Powwow Aerobics At Elderly
 - May 22nd – 9am



Presented By Shaundeen Bear, Wellness Liaison, Works For Tribal Practice/Green Arrow.

We are striving to better our health within the community by doing activities through our native culture. Come have some fun!

(Wear workout clothing and comfortable shoes.)

For More Information Contact Shaundeen Bear

Email: sbear@hualapai-nsh.gov

Phone: (928) 769 1630

T2 Prevention Classes • Beginning Tuesday, May 28th
Submitted by: Shaundeen Bear | Hualapai Health, Education & Wellness

PREVENT DIABETES

Are you?

- 18 Years and Older
- Have family history of diabetes
- Over weight
- Been diagnosed pre-diabetic
- Wanting to begin healthy habits



SIGN-UP TODAY

T2 Prevention
Classes

Classes Begin:

May 28, 2019

Every Tuesday

12-1pm

HEW Large

Conference Room

Questions? 769-1630

IN THIS CLASS YOU WILL LEARN HOW TO:



EAT HEALTHY



BE ACTIVE



SELF-MONITOR



PROBLEM SOLVE



MANAGE STRESS



CHANGE YOUR LIFESTYLE



STAY MOTIVATED



BE POSITIVE



SDPI

Lunch & Learn: Learn How to Fight T2 Diabetes • Tuesday, May 28th
Submitted by: Trena Bizardi | Hualapai Health, Education & Wellness

Lunch & Learn

May 28- Introduction to Program
June 4- Get Active to Prevent T2
June 11-Track Your Activity
June 18-Eat Well to Prevent T2
June 25-Track Your Food

12-1pm
HEW Large Conference Room

LEARN HOW TO
FIGHT T2 DIABETES

EVERY TUESDAY
AT NOON

Questions Call EW4H
769-1630 or 769-2644

Love and Respect • Wednesday, May 29th
Submitted by: Keely Sage | Celebrate Recovery



LOVE AND RESPECT

WHAT'S THE **BIG** IDEA?
It's not Wrong, just Different

Are you ready to Embark on a Wonderful Adventure concerning Love and Respect in Marriage.

Why do we negatively React to each other in Marriage and other Relationships.

This is just Crazy, and it's called the CRAZY CYCLE

This course is not just for Married Couples but can be easily adapted to other Relationships such as follows:

- Friendships
- Dating Relationships
- Future Marriage
- Work Relationships
- Personal Reflection
- Parent and Sibling Relationships



This 7 week course will be presented at the HEW.
Beginning Wednesday May 29th @ 5:30-7:00 PM

GONA - Limit 40 Participants • Thursday, May 30thSubmitted by: *Jessica Powskey, Strategic Prevention | Hualapai Health, Education & Wellness***May 30, 2019****9a -3p****Hualapai Health Education & Wellness Center
LIMITED TO 40 PARTICIPANTS**

The GONA curriculum was first developed through a special initiative of the United States Center for Substance Abuse Prevention, in consultation with a team of Native American trainers and curriculum developers from across the United States. The GONA curriculum is intended to provide culturally specific substance abuse prevention training in Native American communities. Community healing from historical and cultural trauma is a central theme of the GONA approach. This includes an understanding and healing of self, family, and community. The curriculum focuses not only on alcohol and substance abuse, but the many underlying issues that may lead to individuals, families, and communities becoming at risk for addictions and self-destructive behaviors. The curriculum recognizes the importance Native American values, traditions, and spirituality play in healing from the effects of historical trauma and substance abuse. The four themes of the curriculum reflect the four levels of life's teachings. They are: (1) Belonging: a time when infants and children learn who they are, where they belong, and a sense of protection; (2) Mastery: a time when adolescents and young adults learn to understand their gifts, their vision, where they come from, and how to master their talents; (3) Interdependence: a time for adulthood, responsibility to others and an understanding of interconnectedness with all things; and (4) Generosity: a time when, as elders, families and communities can give back through sharing of wisdom, teachings, culture, rituals, stories, and song. By following the life's stages of personal development, the GONA curriculum provides a structure for Native American communities to begin to address what it means to heal from the effects of historical trauma and alcohol and substance abuse in communities, and how to develop community response plans and strategies.

Join the Hualapai Strategic Prevention program on May 30th as we kick off the Annual Hualapai Sobriety Campout with a presentation with the Hualapai G.O.N. A. team.



For more information, contact Jessica Powskey at (928) 769-2207 in the Hualapai Health Education & Wellness Center



30th Annual Sobriety Festival • May 31, 2019—June 2, 2019
Submitted by: Vondell Bender | Hualapai Health Education & Wellness

30th Annual Sobriety Festival

Campout VII

Good Food,
Good People &
Good Weekend!



Raffles

BINGO

When: May 31, 2019 - June 2, 2019

Where: Hualapai Youth Camp

Games for kids

Horse Shoe Tournament

Shooting Range

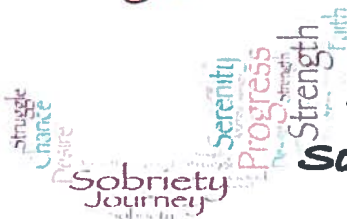
Prizes

Wellness Walks

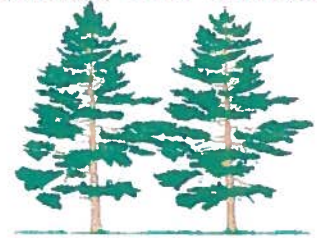
Transportation will be provided

by our local Transit, so look
out for a schedule for times.

Sweat lodge



Hosted By the Hualapai
Sobriety Festival Committee



For more Information Contact: Elson Bender @ 769-1070.

Hualapai Local CDC Tips Campaign

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

The Good Health and Wellness In Indian Country Grant is seeking individual or groups interested in the CDC Tips Campaign.

What is a CDC Tips Campaign?

The Burden of Tobacco Smoking. Tobacco smoking remains the leading cause of preventable death and disease in the United States, with cigarette smoking alone killing more than 480,000 Americans each year. It causes immediate damage to your body, which can lead to long-term health problems. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. The best strategy to protect yourself from the harmful effects of smoking is to never smoke, and if you do smoke tobacco products, to quit.



Real People, Real Stories

In March 2012, the Centers for Disease Control and Prevention (CDC) launched the first-ever paid national tobacco education campaign-Tips From Former Smokers® (Tips®). The Tips campaign profiles real people who are living with serious long-term health effects from smoking and secondhand smoke exposure.

Since its launch, Tips has featured compelling stories of former smokers living with smoking-related diseases and disabilities and the toll these conditions have taken on them. The campaign, which continues through 2019, has also featured nonsmokers who have experienced life-threatening episodes as a result of exposure to secondhand smoke.

Tip ads focus on many health issues caused by, associated with, or made worse by smoking or exposure to secondhand smoke, including:

- Cancer (lung, throat, head and neck, colorectal)
- Heart disease
- Stroke
- Asthma
- Diabetes
- Buerger's disease
- COPD (chronic obstructive pulmonary disease)
- Gum disease
- Preterm birth
- HIV (human immunodeficiency virus)
- Vision loss and blindness
- Dual use (the current use of both cigarettes and electronic cigarettes)
- Mental health conditions (depression and anxiety)

The Tips campaign engages doctors, nurses, dentists, pharmacists, and many other health care providers so they can encourage their smoking patients to quit for good. Resources for health care providers, public health professionals, and mental health providers can be found on our Partners page.

Tips Campaign Goals

- Build public awareness of the immediate health damage caused by smoking and exposure to secondhand smoke.
- Encourage smokers to quit, and make free help available.
- Encourage smokers not to smoke around others, and encourage nonsmokers to protect themselves and their families from exposure to secondhand smoke.

Tips Campaign Audiences

- Primary audiences include adult smokers ages 18 through 54.
- Secondary audiences include family members, health care providers, and faith communities.

Tips Campaign Key Messages

- Smoking causes immediate damage to your body, which can lead to long-term health problems.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- Now is the time to quit smoking. If you need help, free assistance is available by calling 1-800-QUIT-NOW.

Tips Campaign Results to Date

During 2012-2015, we estimate that more than 9 million smokers have attempted to quit because of the Tips campaign; and conservatively estimate that more than half a million have quit for good.

- During the 2018 campaign, a total of 206,253 calls to 1-800-QUIT-NOW were attributable to the Tips campaign.
- As a result of the Tips 2014 campaign, an estimated 1.83 million smokers attempted to quit smoking and 104,000 smokers quit smoking for good.
- As a result of the Tips 2012 campaign, non-smokers reported increased conversations with family or friends

about the dangers of smoking and had greater knowledge of smoking-related diseases.

- The Tips 2012 campaign motivated an estimated 1.64 million smokers to make a quit attempt and about 100,000 smokers to quit for good.
- As a result of the Tips 2012 campaign, approximately 17,000 premature deaths from smoking were estimated to be averted, and 179,000 years of healthy life gained. With total campaign costs of about \$48 million, Tips spent approximately:
 - \$480 per smoker who quit
 - \$2,819 per premature death prevented
 - \$393 per year of life saved

Smokers who have seen Tips ads report greater intentions to quit within the next 30 days and next six months, and smokers who have seen the ads multiple times have even greater intentions to quit.

Tips Campaign Resources

Free help is available for those who want to quit. Call -800-QUIT-NOW or explore How to Quit Smoking.

The Good Health and Wellness in Indian Country grant want you to be our local Hualapai campaign poster for more information, contact Vondell Bender at (928) 769-2207 .

Indian Health Services • How to File a Complaint

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

HOW TO FILE A COMPLAINT

Thalla Paddock: Office, 928-669-7512 Fax, 928-669-3311
 Parker Indian Health Center, Irene Been, and Chemehuevi
 Health Station
 thalla.paddock@ihs.gov

1. CONTACT LOCAL PATIENT ADVOCATE



Perci LaNae: Office, 928-769-2962 Fax, 928-769-2919
 Peach Springs Health Clinic and Supai Health Station
 perci.lanae@ihs.gov

WHO, WHAT, WHEN, WHERE, HOW
 What you would like to see happen...

2. DOCUMENTATION

Forms are available (OPD Clinic) or ask any employee for a complaint form



CRSU Patient Bill of Rights protects patient's right to express dissatisfaction with quality of care and to request and inquiry to resolve the concern.

3. WHY?

If you don't say a word, everything will remain the same.

Colorado River Service Unit, CRSU
Report of Patient Grievance
 CMS Requirement §482.13(A)(2); Joint Commission Standard RI.01.07.01

Patient's Name: _____ Date Submitted: _____
 Address: _____
 Telephone/Message/Cell: _____
 Name of Complainant (*If different from above*): _____
 Relationship to Patient: _____

EPISODE OF CARE

Date of Occurrence: _____ Time: _____
 Department/Place of Occurrence: _____
 Staff Member(s) Involved: _____

WHAT HAPPENED? (*If possible, attach written accounts or use backside of form*):

WHAT WOULD YOU WANT TO HAPPEN TO RESOLVE THE CONCERN?

Patient: _____ Patient Advocate: _____

Tracking: *Staff's Use Only*

| ACTION | DATE COMPLETED |
|---|----------------|
| Name of CRSU Staff Receiving Report | |
| Date that CRSU Staff Received Report | |
| Date Complaint Recorded in Grievance Log/Patient Advocate | |
| Date Supervisor Informed of Complaint | |
| Suspense (7 Business Days) | |
| Date Inquiry Completed by Supervisor | |
| Notification of Delayed Outcome to Patient, if any | |
| Date Written Letter Accomplished/Mailed | |

Patient Advocate for Pariter Indian Health Center, Chemehuevi, Moapa - Office: 928-669-7512 Fax: 928-669-3311
 Patient Advocate for Peach Springs, Supai - Office: 928-769-2962 Fax: 928-769-2919

Supervisors when completed, please send a COPY of PATIENT'S LETTER to Patient Advocates for close-out.

DOMESTIC VIOLENCE SAFETY GUIDE

Submitted by: Tasha Nez | Hualapai Human Services

COERCION & THREATS:

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her do illegal things. Makes her drop charges. Stalks her.

CULTURAL ABUSE:

Competes over "Indianness" Misinterprets culture to prove male superiority/female inferiority. Uses relatives to beat her up. Buys into blood quantum competitions. Native Women don't wear make-up or wear slacks.

RITUAL ABUSE:

Prays against her. Stops her from practicing her ways. Uses rituals as a threat. "God doesn't allow divorce." Says her period makes her "dirty." Native Women don't sit at the drum or sweat with men.

USE COERCION AND THREATS:

1. Leave as soon as possible and go to the shelter or other safe place.
2. Call the police.
3. Get a protection order.
4. Do whatever you need to be safe from more violence right away.
5. Talk to an advocate or other person who understands battering/violence about what happened and make other plans.
- 6.

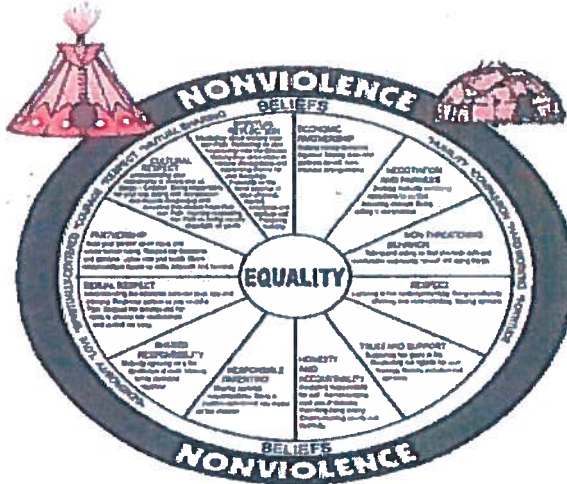
CULTURAL ABUSE:

1. Get accurate information from someone who knows the culture and traditions, lives non-violently and respects women.
2. Talk to friends and relatives you trust about what he is saying and doing.
3. Find safe people, places and things that will help you continue to grow emotionally, mentally, spiritually in the ways you choose.

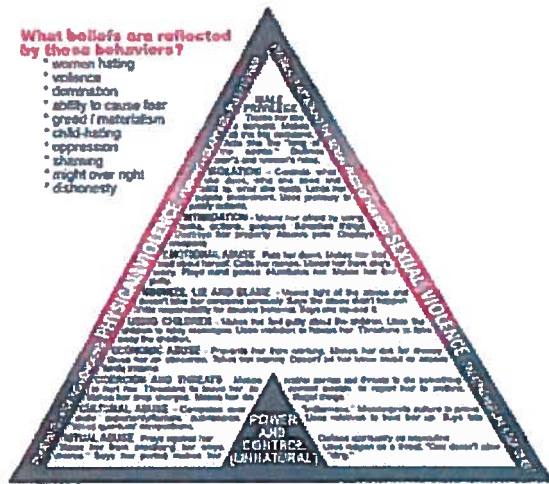
RITUAL ABUSE:

1. Get accurate information from someone who knows the culture and traditions, and lives non-violently and respects women.
2. Talk to friends and relatives you trust about what he is saying and doing.
3. Continue to practice your own spiritual ways.

NATURAL LIFE-SUPPORTING POWER



UNNATURAL POWER & CONTROL



SAFETY GUIDE

This guide lists options that give you an opportunity to bring your experience into focus and help you consider possible responses to the violence you are facing. You have the right to support and assistance in escaping violence.

Hualapai Nation Police Department:
928-769-2220

Domestic Violence Advocate 24/7
928-769-6100

National 24 hr Domestic Violence hotline:
1-800-799-SAFE (7233)

Examples of tactics:

PHYSICAL-SEXUAL:

Kick, punch, slap, pinch, hair pulling, pushing, attack sexual parts of body, rape, being treated as a sex object.

ISOLATION:

Controls what she does, who she sees and talks to. Limits her outside involvement. Uses jealousy to justify actions.

INTIMIDATION:

Makes her afraid by using looks, actions, gestures. Smashes things. Abuses pets. Displays weapons.

EMOTIONAL ABUSE:

Puts her down. Makes her feel bad about herself. Makes her think she's crazy. Humiliates her. Makes her feel guilty.

MINIMIZE, LIE, BLAME:

Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior. Says she caused it.

USING THE CHILDREN:

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

ECONOMIC ABUSE:

Prevents her from working. Makes her ask for money. Gives her an allowance. Doesn't let her know about or access family income. Takes money away from her.

These are some of my options if my partner is choosing to:

BE PHYSICALLY and/or SEXUALLY VIOLENT:

1. Call the police.
2. Be aware of objects in the house that could be used as weapons; be aware of the possible consequences for using a weapon in self-defense.
3. If you know or feel your partner is going to become violent, don't wait. Leave as soon as possible. *Do not warn him you will be leaving.*
4. Identify ways of escaping and places to go ahead of time.
5. Teach the children to run to certain friends, neighbors or relatives if violence occurs, and to call the police.
6. Tell neighbors and/or friends to call the police if they see or hear suspicious noises coming from your house.
7. Leave extra money, keys, clothes, documents at the shelter or with friends or relatives.
8. Have an advocate help get a protection order and keep it with you all the time.
- 9.

ISOLATE ME:

1. Go to the shelter, or friend's or relative's place if it is safe there.
2. Call the shelter, a friend or relative for support and help.
3. Find rides to visit others for support.
- 4.

INTIMIDATE ME:

1. Leave and go to a place that is safe and supportive.
2. Call the police.
3. Get a protection order.
4. Do whatever is needed to be safe from more violence right then, but go talk to an advocate, friend or relative.
5. Talk to a person who understands what you're experiencing and make plans.

EMOTIONALLY ABUSE ME:

1. Call or visit an advocate, friend or relative who is supportive and will maintain confidentiality.
2. Attend a women's group.
3. Leave and go some place where there are people and things that nurture, validate and support you.
4. Find ways to continue self-growth through school, friends, family and other groups.
- 5.

MINIMIZE, LIE AND BLAME ABOUT THE VIOLENCE AND ABUSE:

1. Call or visit people who believe and support you, and understand the violence.
2. Attend women's group at the shelter or other places.
3. Leave and go to places that are safe physically and emotionally.
- 4.

USE THE CHILDREN TO MAKE ME FEEL GUILTY, THREATEN OR CONTROL ME:

1. Call or visit people you trust to hear, believe and support you.
2. File for temporary or permanent custody with the assistance of your advocate or attorney.
3. Enroll the children with your Tribe.
4. Get a protection order that includes the children, and outlines supervised visits with a drop-off contact.
5. Have an attorney, advocate or other person be the contact for your partner for information concerning the children.
6. Talk to the children about what's going on, have an advocate talk to them and or get them into a program for children who have witnessed/experienced battering.

USE ECONOMIC ABUSE AGAINST ME:

1. Save and hide as much money as possible.
2. Get the assistance of state Child Support Enforcement program.
3. Get a separate checking and savings account.
4. Get assistance from an advocate and/or attorney to make sure money issues are addressed in custody, divorce and other legal situations.
5. Work with an advocate or other person who understands the dynamics of battering to assess options related to money matters.

Surgeon General's Advisory on E-Cigarette Use Among Youth

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



Smoking & Tobacco Use

Surgeon General's Advisory on E-cigarette Use Among Youth

I, Surgeon General of the United States Public Health Service, VADM Jerome Adams, am emphasizing the importance of protecting our children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use. The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. ***We must take action now to protect the health of our nation's young people.***

KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS.

The E-cigarette Epidemic Among Youth

Considerable progress has been made in reducing cigarette smoking among our nation's youth. However, the tobacco product landscape continues to evolve to include a variety of tobacco products, including smoked, smokeless, and electronic products, such as e-cigarettes. E-cigarettes are designed to deliver nicotine, flavorings, and other additives to the user via an inhaled aerosol. E-cigarettes entered the U.S. marketplace around 2007, and since 2014, they have been the most commonly used tobacco product among U.S. youth. E-cigarette use among U.S. middle and high school students increased 900% during 2011-2015, before declining for the first time during 2015-2017. However, current e-cigarette use increased 78% among high school students during the past year, from 11.7% in 2017 to 20.8% in 2018. In 2018, more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, currently use e-cigarettes. E-cigarette aerosol is not harmless. Most e-cigarettes contain nicotine – the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine exposure during adolescence can harm the developing brain –which continues to develop until about age 25. Nicotine exposure during adolescence can impact learning, memory, and attention. Using nicotine in adolescence can also increase risk for future addiction to other drugs. In addition to nicotine, the aerosol that users inhale and exhale from e-cigarettes can potentially expose both themselves and bystanders to other harmful substances, including heavy metals, volatile organic compounds, and ultrafine particles that can be inhaled deeply into the lungs. Many e-cigarettes also come in kid-friendly flavors. In addition to making e-cigarettes more appealing to young people, some of the chemicals used to make certain flavors may also have health risks. E-cigarettes can also be used to deliver other drugs, including marijuana. In 2016, one-third of U.S. middle and high school students who ever used e-cigarettes had used marijuana in e-cigarettes. For adults, e-cigarettes may have the potential to reduce risk for current smokers if they completely transition from cigarettes to e-cigarettes; however, a majority of adults who use e-cigarettes also smoke cigarettes. For youth, the use of multiple tobacco products puts youth at even greater risk for addiction and tobacco-related harms. Moreover, a 2018 National Academy of Sciences, Engineering, and Medicine report concluded that there was moderate evidence that e-cigarette use increases the frequency and intensity of cigarette smoking in the future. But any e-cigarette use among young people is unsafe, even if they do not progress to future cigarette smoking.

E– Cigarettes Come in Many Shapes and Sizes

E-cigarettes are a rapidly changing product class, and are known by many different names, including "e-cigs," "ehookahs," "mods," and "vape pens." Recently, a new type of e-cigarette has become increasingly popular among our nation's youth due to its minimal exhaled aerosol, reduced odor, and small size, making it easy to conceal.⁸ Many of these new e-cigarettes look like a USB flash drive, among other shapes. One of the most commonly sold USB flash drive shaped e-cigarettes is JUUL, which experienced a 600% surge in sales during 2016-2017, giving it the greatest market share of any e-cigarette in the U.S. by the end of 2017. Other companies are now also starting to sell e-cigarettes that look like USB flash drives. All JUUL e-cigarettes have a high level of nicotine. A typical JUUL cartridge, or "pod," contains about as much nicotine as a pack of 20 regular cigarettes.¹⁰ These products also use nicotine salts, which allow particularly high levels of nicotine to be inhaled more easily and with less irritation than the free-base nicotine that has traditionally been used in tobacco products, including e-cigarettes. This is of particular concern for young people, because it could make it easier for them to initiate the use of nicotine through these products and also could make it easier to progress to regular e-cigarette use and nicotine dependence. However, despite these risks, approximately two thirds of JUUL users aged 15-24 do not know that JUUL always contains nicotine.

You Can Take Action

We must take aggressive steps to protect our children from these highly potent products that risk exposing a new generation of young people to nicotine. The bad news is that e-cigarette use has become an epidemic among our nation's young people. However, the good news is that we know what works to effectively protect our kids from all forms of tobacco product use, including e-cigarettes. We must now apply these strategies to e-cigarettes, including USB flash drive shaped products such as JUUL. To achieve success, we must work together, aligning and coordinating efforts across both old and new partners at the national, state, and local levels. Everyone can play an important role in protecting our nation's young people from the risks of e-cigarettes.

Information for Parents

- You have an important role to play in addressing this public health epidemic.
- Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people at <https://e-cigarettes.surgeongeneral.gov/>.
- Set a good example by being tobacco-free. If you use tobacco products, it's never too late to quit. Talk to a healthcare professional about quitting all forms of tobacco product use. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.
- Adopt tobacco-free rules, including e-cigarettes, in your home and vehicle.
- Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- Get the Surgeon General's tip sheet for parents, *Talk With Your Teen About E-cigarettes*, at <https://e-cigarettes.surgeongeneral.gov/>. Start the conversation early with children about why e-cigarettes, including JUUL, are harmful for them.
- Let your child know that you want them to stay away from all tobacco products, including e-cigarettes, because they are not safe for them. Seek help and get involved.
- Set up an appointment with your child's health care provider so that they can hear from a medical professional about the health risks of tobacco products, including e-cigarettes.
- Speak with your child's teacher and school administrator about enforcement of tobacco-free school policies and tobacco prevention curriculum.
- Encourage your child to learn the facts and get tips for quitting tobacco products at Teen.smokefree.gov.

Information for Teachers

- You have an important role to play in addressing this public health epidemic.
- Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use, including JUUL, for young people at <https://e-cigarettes.surgeongeneral.gov/>.
- Develop, implement, and enforce tobacco-free school policies and prevention programs that are free from tobacco industry influence, and that address all types of tobacco products, including e-cigarettes.
- Engage your students in discussions about the dangers of e-cigarette use. To help you, the Food and Drug Administration (FDA), and Scholastic, developed free resources for teachers. These materials can be found at www.scholastic.com/youthvapingrisks.

Information for Health Professionals

- You have an important role to play in addressing this public health epidemic.
- Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use, including JUUL, for young people at <https://e-cigarettes.surgeongeneral.gov/>.
- Ask about e-cigarettes, including small, discreet devices such as JUUL, when screening patients for the use of any tobacco products.
- Educate patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.
- Encourage patients to quit. For free help, patients can visit smokefree.gov or call 1-800-QUIT-NOW. Information for States, Communities, Tribes, and Territories. You have an important role to play in addressing this public health epidemic.
- Implement evidence-based population-level strategies to reduce e-cigarette use among young people, such as including e-cigarettes in smoke-free indoor air policies, restricting young peoples' access to e-cigarettes in retail settings, licensing retailers, implementing price policies, and developing educational initiatives targeting young people.
- Implement strategies to curb e-cigarette advertising and marketing that are appealing to young people.
- Implement strategies to reduce access to flavored tobacco products by young people.

KNOW THE RISKS. TAKE ACTION. PROTECT OUR KIDS.

Truth Initiative Tobacco use in Arizona

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



Tobacco Use in Arizona

Cigarette use: Arizona*

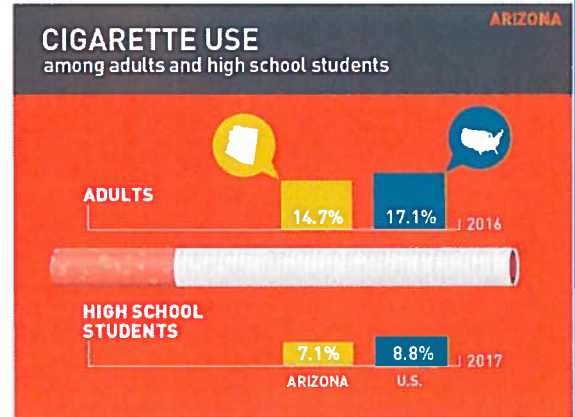
In 2016, 14.7 percent of adults smoked. Nationally, the rate was 17.1 percent.

In 2017, 7.1 percent of high school students smoked on at least one day in the past 30 days. Nationally, the rate was 8.8 percent.

Other tobacco product use: Arizona

In 2015, 2.4 percent of adults used e-cigarettes, 0.9 percent used smokeless tobacco and 1.5 percent smoked cigars.

In 2017, 16.1 percent of high school students used e-cigarettes, 4.6 percent used smokeless tobacco and 5.5 percent smoked cigars on at least one day in the past 30 days. Nationally, the rates were 13.2 percent, 5.5 percent and 8.0 percent, respectively.



Economics of tobacco use and tobacco control

Arizona received \$437.5 million (estimated) in tobacco settlement payments and taxes in fiscal year 2018.

Of this, the state allocated \$17.8 million in state funds to tobacco prevention in fiscal year 2018, 27.6 percent of the Centers for Disease Control and Prevention's annual spending target.

Smoking-related health care costs: \$2.38 billion per year⁴ Smoking-related losses in productivity: \$2 billion per year⁵

Arizona tobacco laws

Tobacco taxes

Arizona is ranked 15th in the U.S. for its cigarette tax of \$2 per pack (enacted December 2006), compared with the national average of \$1.73. (Connecticut and New York have the highest tax at \$4.35 and Missouri has the lowest at 17 cents.)

Smokeless tobacco, including chewing tobacco, smoking tobacco and snuff, are taxed at 22.25 cents per ounce. All other tobacco products have varying taxes based on weight or quantity.

Clean indoor air ordinances

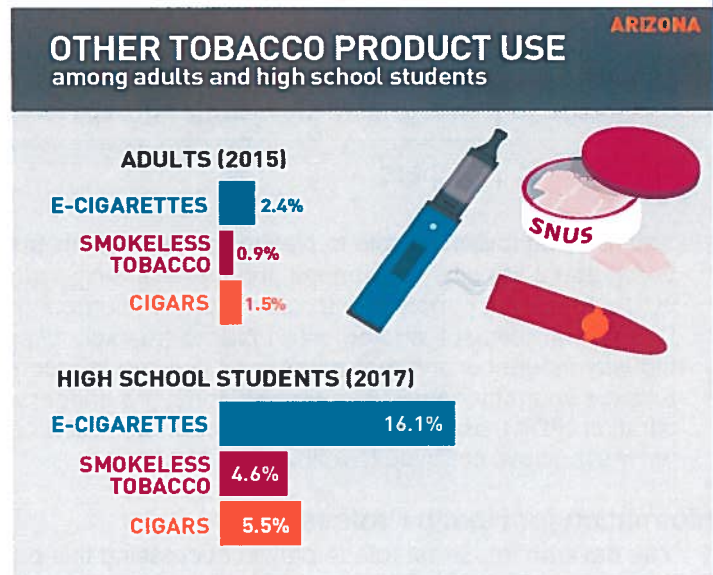
Smoking is prohibited in all government and private workplaces, schools, childcare facilities, retail stores, recreational/cultural facilities, restaurants, bars and casinos/gaming establishments (tribal establishments are exempt).

Clean indoor air ordinances

Smoking is prohibited in all government and private workplaces, schools, childcare facilities, retail stores, recreational/cultural facilities, restaurants, bars and casinos/gaming establishments (tribal establishments are exempt).

Quitting statistics and benefits

The CDC estimates 45.8 percent of daily adult smokers in Arizona quit smoking for one or more days in 2016.



In 2014, the Affordable Care Act required that Medicaid programs cover all quit medications.^{7**}

Arizona's state quit line invests \$4 per smoker, compared with the national average of \$2.10. Arizona does not have a private insurance mandate provision for quitting tobacco.



Buying Cigarettes Online is Illegal

Submitted by: Vondell Bender | Hualapai Health Dept.

Delivery Sales Ban

In Arizona, Buying Cigarettes Online Is Illegal

What you should know about buying or selling tobacco online in Arizona:

- Buying cigarettes, rolling tobacco, and most other tobacco* products over the internet is illegal. - See A.R.S. § 36-798.06.
- It is also illegal to buy cigarettes and other restricted tobacco products over the telephone or through a mail order.
- Arizona residents may ONLY buy cigarettes and other restricted tobacco products in person, at a retail store.
- If you order cigarettes or other restricted tobacco products and they are delivered to you (via the mail or a delivery service) you are breaking the law and committing a felony.
- You can be fined and your illegal purchase can be seized and destroyed.
- Online tobacco purchases and mail order tobacco purchases will likely not be delivered. (It is illegal for mail carriers and delivery services to knowingly transport tobacco products.)
- Buying discounted or cheap cigarettes online often violates additional state and federal tax and tobacco laws as well.
- Only cigars and pipe tobacco are exempt.

2005 N Central Avenue, Phoenix, AZ 85004 |
 Email: Contact Us | Phone: (602) 542-5025
 Privacy Statement

Celebrate Recovery • Mondays at 6:00p.m.
Submitted by: Keely Sage | Celebrate Recovery

Celebrate Recovery

NATIVE NATIONS

ROAD TO RECOVERY

It's not only about addictions.
 It's about life's Healing Choices.

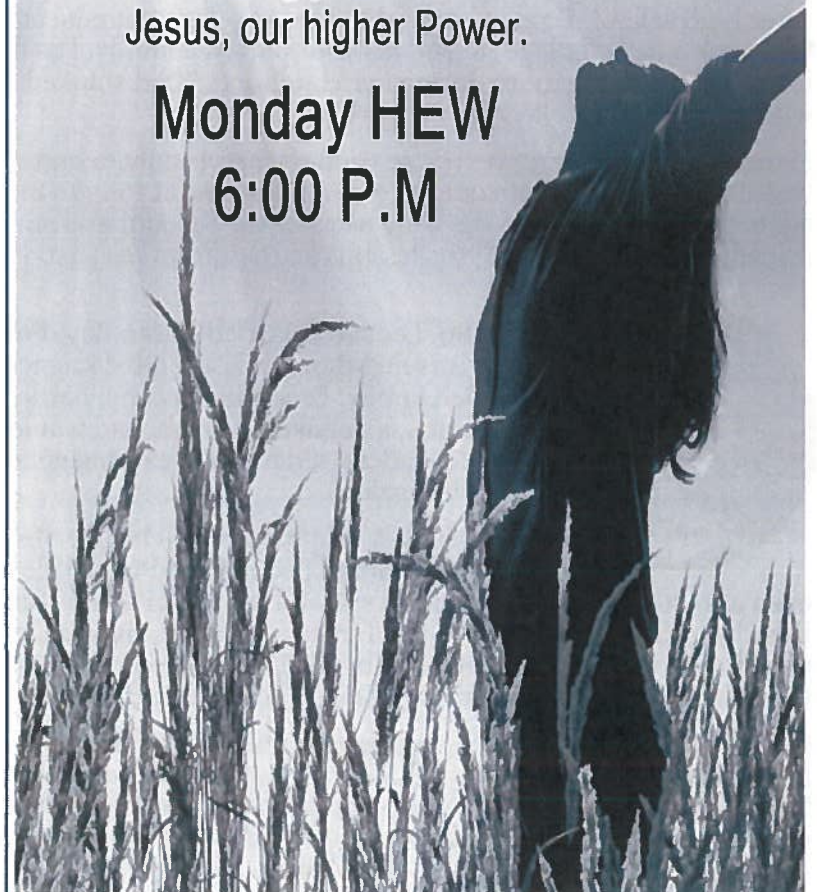
Restoring Relationships
 with family and friends.

Releasing Co-dependency

Resolving Anger Behavior

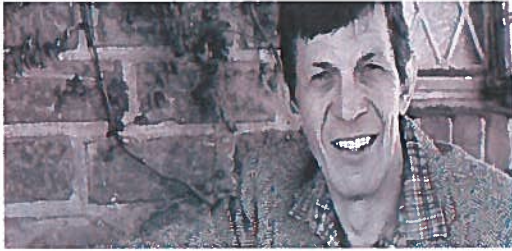
Recovering your walk with
 Jesus, our higher Power.

Monday HEW
6:00 P.M



Leonard's Story & Biography

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



Leonard's Story

Leonard Nimoy started smoking cigarettes as a teenager because he thought they were "cool." The American actor best known for his iconic role as Spock on the popular television and film series, Star Trek, smoked for 37 years.

"I'd tell people I was an Olympic championship smoker," Leonard said. "If there had been a championship in the addiction, I could have qualified." Leonard tried several times to quit. Then, in 1985, his first grandchild was born. Concerned that secondhand smoke from his cigarettes would harm the baby, Leonard found the motivation he needed.

Drawing from lessons he learned from previous quit attempts, Leonard eventually stopped smoking completely.

While he remained smokefree, the years of smoking damaged Leonard's lungs. He had a persistent cough, lingering bronchitis, and shortness of breath when walking or exercising. In 2013, Leonard was diagnosed with chronic obstructive pulmonary disease (COPD). COPD is a condition that makes it harder and harder to breathe and can cause death. It refers to a group of diseases, including emphysema and chronic bronchitis, which cause airflow blockage and breathing-related problems. Most cases of COPD are caused by smoking.

Leonard focused on managing his COPD symptoms through medication, oxygen, and physical therapy. Over time, however, Leonard became weaker and more oxygen-dependent. His body couldn't clear infections, and he was hospitalized several times. In 2015, Leonard Nimoy died from COPD. Through his family's endorsement, Leonard's story lives on as part of the Tips From Former Smokers® campaign. Leonard's Biography Leonard Nimoy, the American actor best known for his role as Spock on the popular television and film series Star Trek, started smoking cigarettes as a teenager. He thought smoking was "cool," and believed cigarettes were part of a doctor-recommended healthy lifestyle, as some of the tobacco companies falsely advertised.

Leonard's Biography

After high school, Leonard moved to Los Angeles to pursue an acting career. By that time, he was already a two-pack a day smoker. He and his wife started a family. His daughter Julie remembers that Leonard was never without a cigarette during her childhood. "Dad smoked all the time," she recalled. "In bed, in the car with the windows rolled up, everywhere."

Leonard smoked for 37 years. He tried unsuccessfully to quit several times but was deeply addicted to nicotine. It took the birth of Leonard's first grandson in 1985 to make him quit for good. Julie told Leonard he could not smoke around the baby because the secondhand smoke was too dangerous. Leonard was determined, and drawing on all the lessons learned from his past quit attempts, eventually quit smoking completely.



In 1989, Leonard married Susan Bay. For the next 26 years, they lived an active life. They traveled the world, attended science fiction conventions, and built a close-knit blended family. Breathing became harder for Leonard as he aged. He had lingering bronchitis, a persistent cough, and would get short of breath when walking or exercising. "As dad got older, his breathing got considerably worse, and he really couldn't keep up," Julie said.

Leonard was diagnosed with chronic obstructive pulmonary disease (COPD) in 2013. His doctor noted Leonard had very little air movement in his lungs. "He was working, even at rest, to breathe," Leonard's doctor said. COPD is a condition that makes it harder and harder to breathe and can cause death. It refers to a group of diseases, including emphysema and chronic bronchitis, which cause airflow blockage and breathing-related problems. Most cases of COPD are caused by smoking. COPD is the third leading cause of death in the United States.

Leonard and Susan focused on managing his COPD through medication, oxygen, and physical therapy. Leonard worked hard to stay active, but on regular outings with his nurse, he couldn't walk more than 50 or 100 feet without gasping for air. Although Leonard was reluctant to be seen with his oxygen tank or speak publicly about his COPD, Susan encouraged him to use his fame to help others. "If you have the bravery to be out

there with oxygen, you'll encourage other people not to run and hide," she said.

Eventually Leonard opened up to interviewers about smoking's toll on his health. He became an active anti-smoking advocate on Twitter. "I quit smoking 30 years ago. Not soon enough. I have COPD. Grandpa says, quit now!! LLAP," he tweeted, signing off with an abbreviation of Spock's signature phrase, "Live long and prosper." Over time, Leonard became weaker and more oxygen-dependent. His body couldn't clear infections, and he was hospitalized several times.

In 2015, Leonard Nimoy died from COPD. Through his family's endorsement, Leonard's story lives on as part of the Tips From Former Smokers® campaign. For more information on Leonard Nimoy and his struggle with COPD, visit Remembering Leonard Nimoyexternal icon.

E-cigarettes, Vapes, & JUULs • What teens should know

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

AMERICAN LUNG ASSOCIATION



E-cigarettes, "Vapes", and JUULs
What Teens Should Know

What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, include "vapes", hookah pens, or JUULs. They are battery-powered devices that heat an e-liquid sometimes called "e-juice" that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of nicotine or other substances. They are not proven to be a safer alternative to cigarettes.

Is there a difference between using e-cigarettes and JUULing?

- No. JUULs may look different, but they're actually a type of e-cigarette.

Every JUUL pod contains highly addictive nicotine. JUUL does not make any nicotine-free pods. Some JUUL pods claim to have roughly as much nicotine as an entire pack of cigarettes.

- The aerosol cloud produced by a JUUL might not look as thick as other e-cigarettes' or regular cigarette smoke, but it still contains many of the same chemicals and has the same health risks.

Aren't e-cigarettes less harmful than tobacco? Isn't it just water vapor?

- The aerosol produced by e-cigarettes isn't water vapor and it isn't harmless.

The aerosol inhaled from these products is often a mixture of harmful chemicals like nicotine, formaldehyde and acrolein.

- Virtually all e-cigarettes contain nicotine – even the ones labeled "nicotine free". This is because there are no rules about how e-cigarettes or "e-juice" are made. There is no way to know exactly what is in an e-cigarette.
- "E-juice" and JUUL pods flavored like fruit or other treats carry the same health risks as the unflavored products. Also, the flavorings used are typically not safe to be inhaled into the lungs.

What are the health risks of e-cigarettes?

- E-cigarettes contain chemicals that can cause irreversible lung damage and alter teen brains.

E-cigarettes contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein which is used as a weed killer and can cause irreversible lung damage.

- Nicotine is highly addictive and exposure during adolescence can harm the developing brain.
- Youth who use e-cigarettes are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.



Is it legal for people to sell e-cigarettes to youth or for youth to buy or use them?

- In the majority of states, the minimum age of sale for e-cigarettes is 18; in three states the minimum age is 19 and in six states and DC the minimum age is 21.

In many states, it is illegal for retailers to sell youth e-cigarettes, and in some states it is also illegal for youth to possess e-cigarettes.

- Many schools have added e-cigarettes to their tobacco-free school policies and the consequences for using them on school grounds are often the same as smoking traditional cigarettes.

Can e-cigarettes help someone quit?

- No e-cigarette has been found to be safe and effective to help people quit smoking.
- If you know someone who wants to quit smoking, they can call 1-800-LUNGUSA (1-800-586-4872) or visit www.Lung.org to learn about quitting safely.

Learn more:

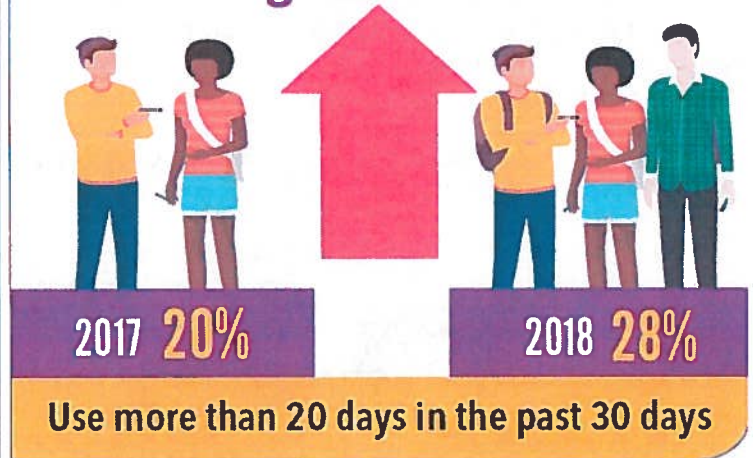
Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. 1-800-LUNGUSA or www.Lung.org



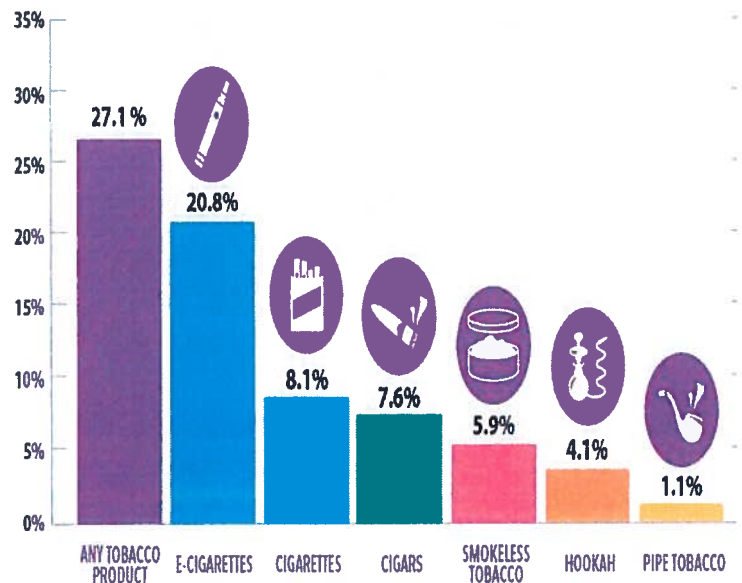
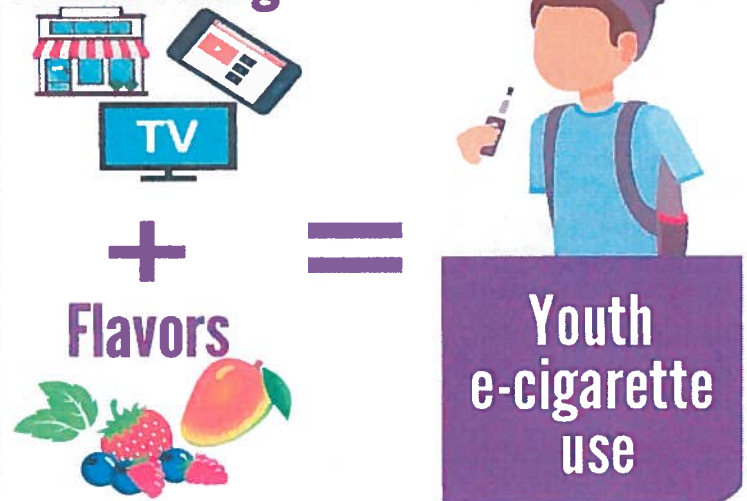
Info Graphs

Submitted by: Vondell Bender, GHW Educator

High school e-cigarette users are using them more often.



Advertising

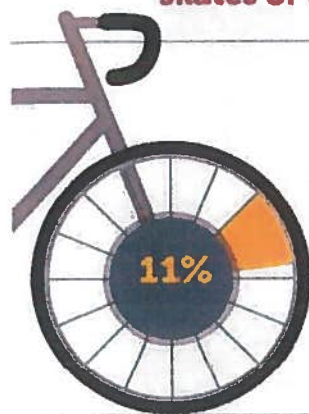


Kids and Wheeled Sports Safety

Submitted by: Verna Monenerkit. | ITCA

Kids and Wheeled Sports Safety

Every hour, nearly 50 children visit emergency departments with an injury related to **bikes, scooters, skates or skateboards.**



Serious head injuries (concussions, internal injuries and fractures)

made up 11% of ED visits across the four wheeled sports.

Fractures to the shoulder, arm, elbow, wrist or hand were the most frequent diagnoses for hospital admissions.

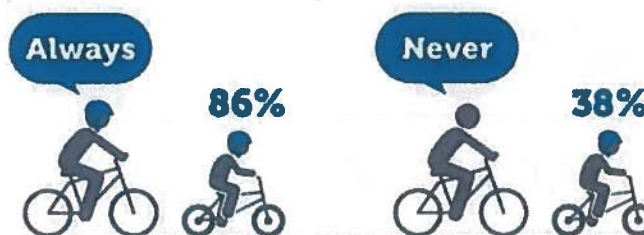
19% of hospital admissions for **scooter injuries** to children in 2015 were because of a **head injury.**



Almost 40% of parents of children ages 5-14 years indicated that their **child did not always wear a helmet** when participating in one of the four wheeled sports.



Among parents who say they **always wear a helmet** when riding a bike, 86% say their child also does. However, among parents who say they **never wear a helmet**, only 38% say their child always does.



Reasons why parents report their children do not always wear a helmet:

47% Parents think area is safe/View child as experienced/Don't see helmets as necessary

27% Child finds helmet uncomfortable.

24% Other kids don't wear one.

22% Child thinks helmets aren't cool.



Why no helmet?



Top Tips to Keep Kids Safe on Wheels

- All riders should wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ensuring correct fit of a helmet can increase comfort and use.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders. Wrist guards are also recommended for skaters and skateboarders.



May is National Bike Month • Be Safe. Be Seen.

Submitted by: Ester Corbett | ITCA

May is National Bike Month...

Always wear a helmet and reflective safety gear

Wear red and white lights so vehicle drivers will see you

From the Hualapai Nation Police Department

The illustration shows two children riding bicycles. The child on the left is wearing a green shirt and blue pants, riding a pink bicycle with red and white reflective lights on the wheels. The child on the right is wearing a yellow shirt and blue pants, riding a yellow bicycle with red and white reflective lights. Above them are four balloons: a green one with 'Be', a red one with 'Safe,', a yellow one with 'Be', and a pink one with 'Seen'.

Near or Far •
Submitted by: Philbert Watahomigie, Sr. | Hualapai Tribe Vice-Chairman

*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



**Memorial Day holiday is on
Monday May 27, 2019.
There will be no trash service.
Service will resume on
Tuesday, May 28th**



Strengthening Families • Problem Solving & Negotiation Skills

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

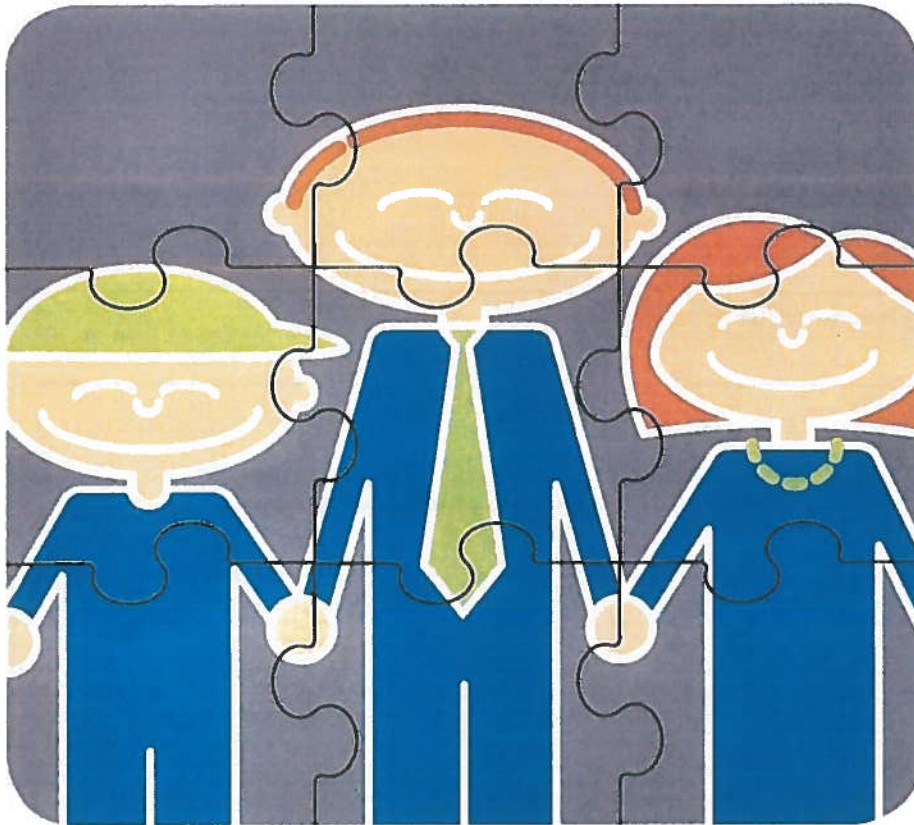
STRENGTHENING FAMILIES PROGRAM, AGES 7-17

LESSON 5 SUMMARY POSTER

Problem Solving & Negotiation Skills



Strengthening Families
Program by Dr. Carol Kumpfer



FAMILY GOALS:

1. Discuss and post the "Steps of Problem Solving" handout and use during family meetings or when problems occur.
2. Discuss and use the "Win-Win Negotiation" handout as a family using pretend situations. Use these skills with family members.
3. As a family, identify "trouble" that kids might be asked to participate in; use the "P-OK-E & C" handouts to help kids say "no" to trouble.
4. Help kids memorize the 5 Cs and practice using pretend situations.

FAMILY FUN:

Plan a fun family outing during a weekly family meeting using problem solving and negotiation skills.

POWER PHRASE:

"Most difficult issues can be resolved using the 7 Steps of Problem Solving and Win-Win Negotiation; while 'Pre-Problem Solving' keeps kids out of trouble."

- Use problem-solving and negotiation skills to reduce family conflict
- "Win-Win Negotiations" work best
- Pre-problem-solving skills can help kids say "no" to trouble and still keep their friends

Problem Solving Worksheet

Seven easy steps to solve problems effectively



Use this worksheet to “work” through specific problems and challenges.

| PROBLEM SOLVING | <i>Date:</i> |
|--|-----------------|
| 1) a. What is the problem? | |
| | |
| b. What are the different views? Use respectful “I-Messages” and “LUV-Listening.” | |
| Dad: | |
| Mom: | |
| Kids: | |
| Other: | |
| c. What current practices may be contributing to the problem? | |
| | |
| 2) How would you like things to be? | |
| | |
| 3) Brainstorm possible solutions. Be respectful of others ideas before commenting. Think win-win. Write down all ideas. | |
| | |
| | |
| 4) Evaluate 3 best solutions. What would happen if? What would it take? Which are win-win solutions? | |
| | |
| | |
| 5) Decide on the best solution: Consider costs, consequences, and interests of all family members. | |
| | |
| 6) Make an action plan and do it: Decide who will do what, when. | |
| a) Steps to accomplish: | |
| b) People needed: | |
| c) Resources needed: | |
| d) Date to start: | Date to finish: |
| 7) Evaluate outcome. Did it work? What needs to be improved? If not, try another solution. | |
| a) What worked? | |
| b) What didn't? | |
| c) New ideas to try if needed: | |
| d) How to keep it going: | |

Win-Win Negotiation* Worksheet

Finding solutions that make both people happy



“Win-Win Negotiation” is the skill of finding solutions that satisfy both parties. To do that, you need a creative mind and a desire to be fair, respectful, and generous. To develop that mind-set, read, agree to, and initial the 5 core values of “Win-Win Negotiation.” Then begin filling out the worksheet.

THE 5 CORE VALUES OF WIN-WIN NEGOTIATION:

- _____ 1. *We agree to find solutions that will benefit both of us* and that we both feel good about.
- _____ 2. *We agree that we will negotiate using* the family values we have committed to live by, like generosity and unselfishness.
- _____ 3. *We agree to use respectful “I-Messages” when stating our position*—what we want and why it is important to us. Understanding the “why” allows us to seek other possible solutions that neither of us thought of.
- _____ 4. *We agree that we will “LUV-Listen.”* (Listen by trying to put our self in the other’s place, show Understanding by repeating back main ideas, and Validate the other’s points of view even if we disagree.)
- _____ 5. *We agree to brainstorm other possible solution*—other than the things we said we wanted—but that would satisfy us both. We will choose one option we agree on; write down the details, then sign and abide by it.

| WORKING FOR A WIN-WIN | | <i>Date:</i> _____ |
|--|--------------------------------|--------------------|
| PERSON A | Position: What you want | |
| | | |
| PERSON B | Reason: Why you want it | |
| | | |
| Position: What you want | | |
| | | |
| Reason: Why you want it | | |
| | | |
| Brainstorm possible solutions. Be respectful of other’s ideas. Think win-win. Write down all ideas. | | |
| | | |
| | | |
| | | |
| Negotiation Agreement: What is expected, who will do what when, and what is needed to do it. | | |
| | | |
| | | |
| | | |
| Agreed upon by: Negotiator A name signature | | |
| Agreed upon by: Negotiator B name signature | | |

*Based on the Roger Fisher and William Ury Harvard Negotiation Project

Pre-Problem Solving Steps

Review these “P-OK-E & C” concepts with your kids



One of the best things kids (or adults) can do for themselves is to avoid problems before they begin by training their brains to think ahead so they can recognize when anti-social opportunities present themselves and avoid them. “Pre-Problem Solving” skills give kids and adults “smart power” so they can recognize the negative consequences that could result from bad choices and say “no.” You can develop these pre-problem solving skills by using the “P-OK-E & C” steps below.

BELIEVE

CONCEPTS BEHIND SMART POWER:

- > You have personal power to make choices.
- > There are two types of choices: pro-social or anti-social. Pro-social behaviors strengthen society. Anti-social behaviors weaken it.
- > Every choice has consequences—something good or bad will happen as a result.
- > Your choices are based on what you *think* will happen. (But your first thought may be wrong, so you need to think twice.)
- > You are responsible for any harm you cause others or society, and you must pay for, or make amends, to correct it.

THINK

5 STEPS OF PRE-PROBLEM SOLVING:

- 1) **Think ahead of possible problem-causing situations** you might be asked to participate in.
- 2) **Test it**—Give each situation a four-question “P-OK-E & C” test (see below).
- 3) **Consider the negative consequences** if you did it. Ask your parents’ or teachers’ advice.
- 4) **Practice saying “No”**—using the “5 Cs” and do something good instead.
- 5) **Congratulate yourself** for using smart power.

TEST

USE THE FOUR-QUESTION P-OK-E & C TEST:

- 1) **P** = P-I-U test: Is any **P**art Illegal, **I**mmoral, **U**nkind, **U**nsafe, or **U**nethical?
That’s p-i-u for short—the “pee-yew” test to identify stinky anti-social behavior.
- 2) **OK** = Is it **OK**ay with my parents, the public, and the police if I do it?
- 3) **E** = If **Every**one did it to me, would I honestly like it?
- 4) **C** = **Consequences**: What could happen if I did this?



LESSON 5

STRENGTHENING FAMILIES PROGRAM, AGES 7-17

Pre-Problem Solving Worksheet

Identify and prevent stinky anti-social behavior using "P-OK-E & C"



P = P-I-I-U-U test: Is any **Part Illegal, Immoral, Unkind or Unethical**?

OK = Is it **OKay** with my parents, the public, and the police?

E = If **Everyone** did it to me, would I like it?

C = **Consequences**: What would happen if I did this?

| Questionable Behavior <i>Briefly describe</i> | P-OK-E it? <i>In what ways does it fail?</i> | Consequences <i>What will happen?</i> | Call it like it is: | |
|--|---|---|---------------------|------------|
| | | | Anti-social | Pro-social |
| 1. Drink alcohol | Illegal, unethical, not okay with my parents | Could get arrested; parents will not trust me; damages my brain | X | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |

The 5 Cs to Stay Smart & Safe

A smart way to say "no" and still keep your friends



When pressured by friends to do something you don't want to do, or you know is harmful, it can be hard to say "no." Practice using the 5 Cs to help you to say "no" in a nice but firm way, and still keep your friends. You'll be glad you did.



1-Caution
Ask questions

2-Cool it

Name the negative behavior and say "no"

3-Change the plan
Suggest a better idea

4-Catch you later
Leave if necessary

5-Call me
Call me if you change your mind

Pro-Social Skills for a Successful Life

How to solve problems, negotiate, and keep friends



Strengthening Families
Program by Dr. Karen Numpster

HOW TO SOLVE PROBLEMS

At a family meeting, write down the following:

1. a) What is the problem? b) What are the different views?
c) What contributes to the problem?
2. How would we like things to be?
3. Brainstorm possible solutions. Write down all ideas.
4. Evaluate the three best solutions.
5. Decide on the best solution. Consider the costs, consequences, and the interests of all family members.
6. Make an action plan and do it. Decide on who will do what, when, resources needed, and the date to start.
7. Evaluate the outcome. Did your plan work? If not, try another solution.

HOW TO PRE-PROBLEM SOLVE

1. Think ahead of possible problem-causing situations you might be asked to participate in.
2. Test it out in your mind—Give each situation the pro-social “P-OK-E & C” test:
P = Is any PART illegal, immoral, unkind, unsafe, or unethical?
OK = Is it OK with my parents, the public, and the police if I do it?
E = If EVERYONE did it to me, would I like it?
3. Think about negative CONSEQUENCES that could happen if you did it. Discuss it with your parents.
4. Practice saying “No” using the 5 Cs and find something good and fun to do instead.
5. Congratulate yourself for using smart power.

THE 5 CORE AGREEMENTS OF WIN-WIN NEGOTIATION

1. We agree to find solutions that will benefit both of us and that we both feel good about.
2. We agree that we will negotiate using family values we have committed to live by.
3. We agree to use respectful “I-Messages” when stating what we want and explaining why it is important to us.
4. We agree to “LUV-Listen” to each other: listen without interrupting, repeat back main ideas, and validate the other person’s points of view even if we disagree.
5. We agree to brainstorm other solutions (than what we wanted) that would satisfy us both. We will choose an option we agree on. We will write down the details, sign it, and agree to abide by it.

COMMUNITY MESSAGES

Congratulations • Tyler Tinhorn

Submitted by: Barbara Tinhorn



TYLER TINHORN

NAVAJO TECHNICAL UNIVERSITY
MAY 17, 2019

Congratulations Tyler Tinhorn

I am proud of you; despite everything you have gone through to get to this moment. You never gave up and YOU MADE IT!

All my love, Mom

Inspirational Corner • Meant to Be Understood

Submitted by: Josie Powsey

Meant to Be Understood

Romans 15:1-6

Everything that was written in the past was written to teach us. Read the Bible to get to know the Author. Everything that was written in the past was written to teach us, so that through the encouragement they provide, we might have hope.

God has given us the scriptures for our instruction and encouragement. He has also given us His Spirit to help us to know His mind! Jesus said that He was sending the Spirit to guide us into all the TRUTH.

John 16:3 Paul affirms this in I Cor 2:12, saying "What we have received is not the Spirit of the world, but the spirit who is from God! So that we may understand what God has freely given us with the help of the spirit, we can approach the Bible with confidence, knowing that through its pages, God wants us to know HIM and his ways! AMEN.

St. Mary's Food Distribution

Submitted by: Nikki Raymond

ST. MARY'S FOOD BANK DISTRIBUTION

10:00AM-3:00PM

Training Center

(Last Thursday of each month)



St. Mary's
Food Bank

ALLIANCE

May 23

June 27

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

Happy Birthday

Submitted by: Fawn Parker

Happy Birthday! I can't believe my first born daughter is officially an adult! You mean the world to me and I couldn't imagine you not in it. You are an amazing, beautiful, funny, smart and caring young lady, who is also the best big sister. I love you more than you'll ever know. Happy Birthday Zaharia!

Love, Mom & Siblings



Happy Birthday

Submitted by: Fawn & Family

Happy Birthday Mom & Grandma! You are one in a million! We love you berry much.

Love, Fawn, Zaharia,



Great Appreciation to Public Works

Submitted by: Jean Pagilawa

Would like to thank Mark and his apprentice crew for the great work they provide for the community. I just had my kitchen counter tops replaced and a new kitchen sink. Mark does a great training his crew. This is a great program to have for those that have interest to train in this field. You provide the materials and they provide the labor. Again, Mark thank and the crew. It is very much appreciated.

17th Annual Senior Games*Submitted by: Barbara Tinhorn***17th Annual Quechan Senior Games**

This year we had 19 Participants travel to Yuma for the 17th annual Quechan Senior Games. This is whole participated.

Helen Watahomigie

Jorigine Paya

Charlie Vaughn

Artie Vaughn

Jean Imus

Guya Imus

Barbara Tinhorn

Viola Gala

Jamie Schrum

Catalina Steele

Naomi Shongo

Jennifer Patrick

Mike Patrick

Claude Tapija

Wynona Sinyella

Pheobe Tapija

Grant Tapija

Cyrus Havatone

Larry Moore (Bus Driver)

On Wednesday May 8, 2019 All the participants started @ 9:00 for their individual games, once that was done lunch was served. Around 1:30 p.m. The start of Chair Volleyball began we had Dream Catchers (1) and Dream Catchers (2). Games were best of 3, Dream Catchers 2 won the first round, Lost Second round, and Won Third. Dream Catchers 2 Advanced to the next round on the bracket. Dream Catchers 2 did lose their second round on the bracket.

Dream Catchers 1 played Tribal Roots from Fort Mohave. Dream Catchers 1 Lost First round, and second round. Dream Catchers 1 did not advance to the next round on the bracket.

Even though both teams have lost out on the Volleyball Games we did have some Elders get metals for the placements in their age categories for individual games.

Helen Watahomigie 3rd place in Chicken throw (age group 55-60)

Jean Imus 3rd place in Chicken Throw (age group 70 +)

Claude Tapija 1st place Chicken throw (Adaptive)

Helen Watahomigie 3rd Place Basketball (Age group 55-60)

Jorigine Paya 1st Place Basketball (Age Group 63-69)

Jean Imus 1st place Basketball (age group 70 +)

Claude Tapija 1st Place Basketball (Adaptive)

Larry Moore 3rd Place Ring toss (Age Group 55-60)

Helen Watahomigie 2nd place obstacle course (age Group 55-60)

Catalina Steele 3rd place Obstacle course (age Group 63-69)

& Catalina S. & Viola Gala 1st Place in the Oompa Loompa for Woman's

The Hualapai Elders had a Great trip to Yuma. I, Katelyn Munoz, am very proud of every single one of them for getting out there and doing their best and HAVING FUN. I appreciate the Hualapai Transit for working with the department on transporting the Elders to their games. I can't express how thankful we are to have Larry Moore assist us in the most positive way. Also a Huge thank you to Athena and Elijah for helping with practices and traveling as well with the Elders to every games the Elders attend.

17th Annual Quechan Senior Games



Thank you again.
-Katelyn Munoz
(Hualapai Elderly Admin Asst.)

KWLP's Volunteer of the Month • Steve Deford AKA Pastor Steve & Sherry Deford AKA Miss Sherry

Submitted by: Terri Hutchens | KWLP 100.9FM

WE LOVE OUR VOLUNTEERS

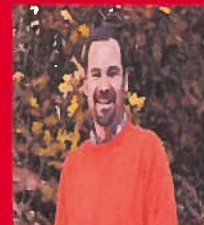
"The Peach."

The Hualapai Nation's Live and Local Radio Station

Proudly Announces and Congratulates

April 2019, Volunteers of the Month:

Steve Deford and Sherry DeFord, aka Pastor Steve and Miss Sherry



Steve and Sherry Deford are both well known in the PSA as Pastor Steve and Miss Sherry of the Hualapai Baptist Church at its Christian school, located on historic Route 66. Steve also works at the Walapai Market. Pastor Steve expands his ministry to the airwaves every Wednesday evening at 6:00 p.m., which is rebroadcast every Sunday morning at 10:00 a.m., with some "good words from the Good Book" and some great gospel music, including Native American Christian artist recordings. Miss Sherry now offers a regular segment during the show: "The Truth with Miss Sherry," addressing the ladies among the listeners. Both always share enjoyable yet informative content for their listeners. This month Sherry has Donated her voice to many other production pieces. Steve continues to act as station liaison with the Market and feeds our volunteers. Both regularly donate items to the Wonderful listener give-aways. Thank you both for all you do for The Peach! They will receive over \$100.00 in incentives for being Volunteers of the Month and are eligible to be Volunteer of the Year!

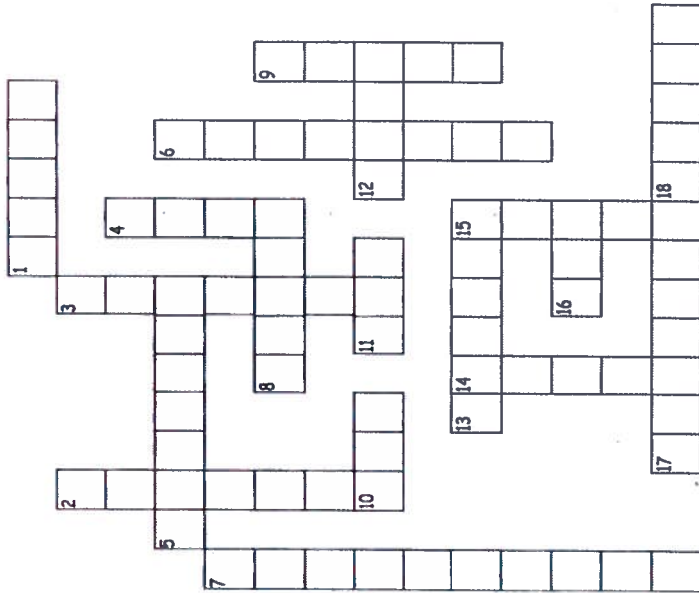
If you'd like to join the Peach volunteers: Call 769-1110.

KWLP Volunteers sponsored in part by:



ANIMALS (Hualapai Words) • Foods (Hualapai Words) Answer Key
 Submitted by: Vondell Bender., GHW Educator | Hualapai Health Education & Wellness

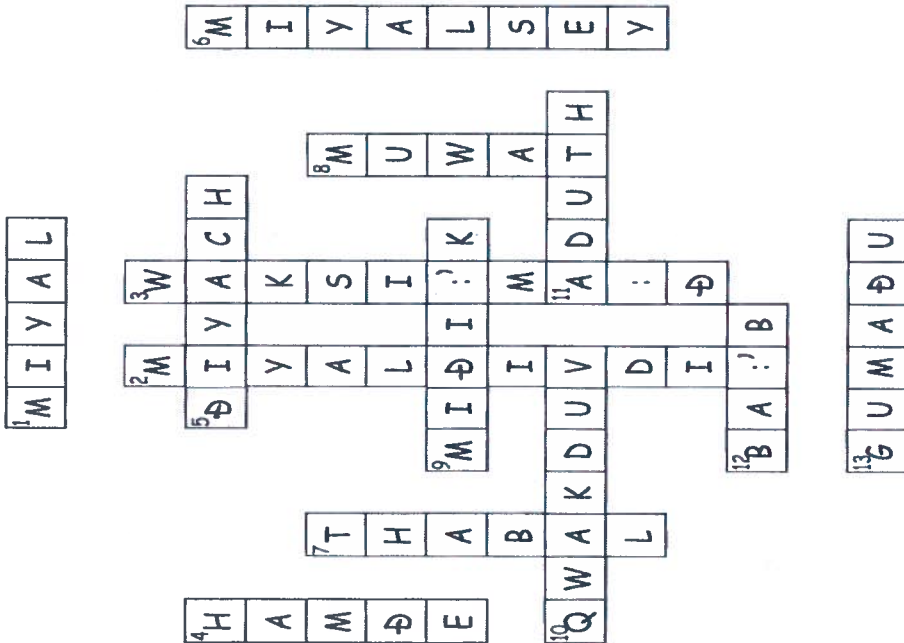
ANIMALS (Hualapai words)



- Across**
- 1. ROAD RUNNER
 - 5. HUMMING BIRD
 - 8. BOBCAT
 - 10. HORSE
 - 11. DOG
 - 12. JACK RABBIT
 - 13. ELK
 - 16. MOUNTAIN SHEEP
 - 17. MOUNTAIN LION
 - 18. BIRD
- Down**
- 2. SKUNK
 - 3. HAWK
 - 4. SNAKE
 - 6. GILA MONSTER
 - 7. PIG
 - 9. WILD TURKEY
 - 14. COW
 - 15. ANTELOPE

Note: Remember that some Hualapai words have the following,
 Colon : Apostrophe ' The symbol d

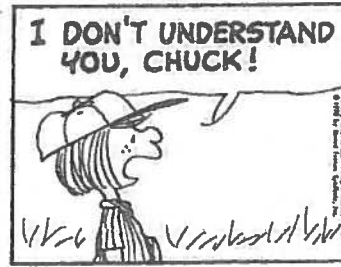
FOODS (Hualapai Words)

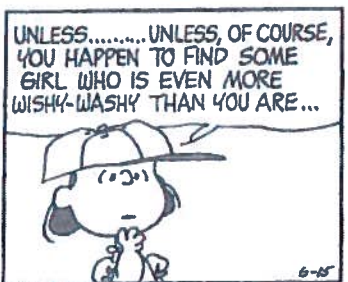
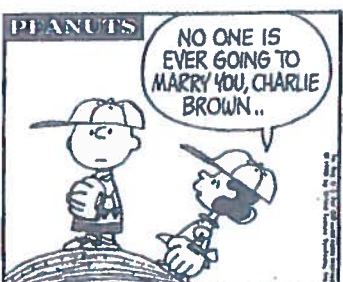
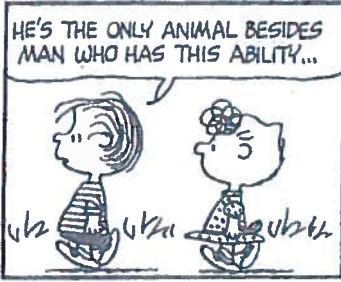
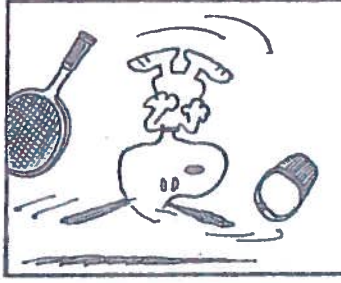
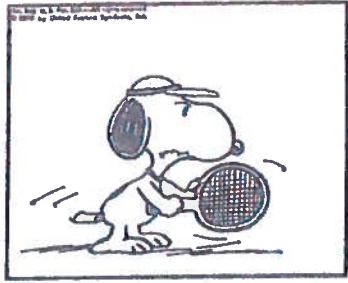
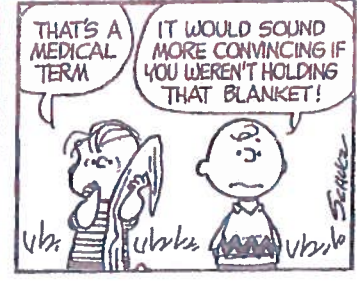
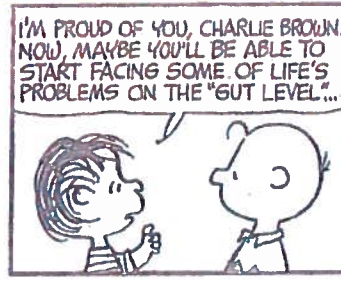


- Across**
- 1. BREAD
 - 5. CORN
 - 9. BEAN
 - 10. DEER JERKY
 - 11. RICE
 - 12. POTATO
 - 13. WATERMELON
- Down**
- 2. TORTILLAS
 - 3. BEEF
 - 4. PUMPKIN
 - 6. FRIED BREAD (frybread)
 - 7. PEACH
 - 8. FLOUR

Daily Strips from the 1970s • Peanuts

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





National Heatstroke Prevention Campaign Starts • May 27th

Submitted by: Verna Monenerkit | ITCA



National Child Heatstroke Prevention campaign starts May 27, 2019

Heatstroke is the leading cause of vehicular not-in-traffic non-crash-related deaths for children under 14. In fact, each year, an average of 38 children have died from heatstroke since 1998.

Sadly, these are the current statistics:

- Child vehicular heatstroke fatalities in 2018 = 52
- Child vehicular heatstroke fatalities in 2017 = 43

Yet, this tragedy is 100% preventable.

While it seems like an impossible mistake to make, every parent or caregiver can potentially become distracted, and distractions often fuel this devastating situation. No one is immune.

We each have a role to play to help keep our kids safe. Help us share life-saving tips and resources with as many people as we can.

Take Action. Act Fast. Save a Life.

- Click [here](#) to get your *Heatstroke Prevention Toolkit*.



| HUALAPAI TRIBAL TELEPHONE DIRECTORY | | | | | |
|--|----------------------|-----------------|--------------------------|-----------------|--------------|
| TRIBAL DEPTS. | PHONE | FAX # | GCRC | PHONE | FAX # |
| Administration | 769-2216 | 769-2343 | Administration | 769-2419 | 769-2450 |
| Alternative to Incarceration | 769-1070 | 769-1075 | Human Resources | 769-2640 | 769-2410 |
| 4-H Facility | 928-916-4245 | | GCW | 769-2627/2419 | |
| Adult Detention | 769-2345/2490 | 769-2459 | Hualapai Lodge | 769-2230 | 769-2372 |
| Cultural Resources | 769-2223/2234 | 769-2235 | Diamond Creek Restaurant | 769-2800 | |
| Day Care Center | 769-1515/1517 | 769-1516 | Call Center/Tourism | 888-868-9378 | |
| Earthship | 769-2224 | 769-2239 | Walapai Market/Gas | 769-1500 | |
| EW4H-Fitness Center | 769-2644 | 769-2663 | River Running | 769-2210/2245 | 769-2637 |
| EW4H-Healthy Heart | 769-1630 | 769-1632 | River Running Shop | 769-2266 | |
| Elderly Center | 769-2375/864-6700 | 769-2557 | | | |
| Elderly Group Home | 769-1100/1104 | | | | |
| Emergency Dispatch (24 Hrs) | 769-2205 | 769-2883 | | | |
| Non-emergency to EMS, | 769-2656/2775 | | | | |
| Fire Dept., Animal Control | | | | | |
| Enrollment | 769-2216 | 769-1068 | BIA SERVICES | | |
| Extension Office | 769-1284 | 769-2309 | Dispatch/Police | 769-2220 | |
| Facility Maintenance | 769-2807 | | Truxton Canon Agency | 769-2286 | 769-2444 |
| Finance | 769-2216 | 769-2343 | Forestry | 769-2312 | 769-2326 |
| Fire Dept. | 769-2205/2806 | 769-2883 | | | |
| Forestry | 769-2267 | 769-2532 | SCHOOLS | | |
| Game & Fish | 769-2227/1122 | 769-1111 | Peach Springs | 769-2202 | 769-2892 |
| Head Start | 769-2522 | 769-2457 | Valentine | 769-2310 | 769-2389 |
| Health Dept. | 769-2207/769-6061 | 769-5487 | Seligman | 216-4123 | 422-3642 |
| Housing Dept. | 769-2275 | 769-2703 | | | |
| Hualapai Police | 769-1024 | 769-1027 | HOSPITALS/CLINIC | | |
| Human Resources | 769-2216 | 769-1191 | KRMC | 757-2101 | |
| Human Services | 769-2397 | 769-2659 | Peach Springs Clinic | 769-2900 | |
| Information Technology (IT) | (928)220-7666 | | Flagstaff Hospital | 779-3366 | |
| Judicial | 769-2338 | 769-2736 | | | |
| Juvenile Detention | 769-1611 | 769-1655 | | | |
| KWLP Radio | 769-1110 | 769-5487 | OTHER | | |
| KWLP Radio Text Line | 769-1090 | 769-5487 | Frontier Communications | 800-921-8101 | |
| Multi-Bldg | 769-2535 | | Mohave Electric | 800-685-4251 | |
| Natural Resources | 769-2254 | 769-2309 | Motor Vehicle Dept. | 681-6300 | |
| Planning Dept. | 769-1310/1312 | 769-1377 | | | |
| Probation Office | 769-2894 | 769-1384 | LOCAL SERVICES | | |
| Prosecutor | 769-2304 | 769-2401 | Dr. R. Purdum | 769-6083 | |
| Public Defenders | 928-769-1063 | | Boys & Girls Club | 769-1801 | 769-1803 |
| Public Works-Administration | 769-2216 | 769-2343 | Post Office | 769-2300 | |
| PW/Transfer/Recycling | 769-2625/2583 | | Indian Energy | 769-2610 | |
| Recreation | 769-2652 | 769-2650 | Chemical Lime Plant | 769-2271 | |
| Roads Dept. | 769-2446 | | Caverns | 422-3223 | |
| TERO | 769-2216 | 769-2343 | Gas N Grub | 769-1880 | |
| Training/Education Center | 769-2200 | 769-1101 | Truxton Gas Station | 769-2436 | |
| Hualapai Transit (Bus Services) | 769-6384 | | | | |
| Wellness Court | 769-1387/1595 | | | | |
| Youth Camp-Jericho | 769-6651 | | | | |
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