Community Independence Day Celebration • Wednesday, July 3rd
Submitted by: Adeline Crozier | Hualapai Tribal Administration

Celebrating Independence Day in Peach Springs
Wednesday, July 3, 2019
Vicinity of the Gym & Court
ALL VENDORS ARE FREE (at Site Only)

KWLP
POPCORN
SNOW CONES
VENDORS
FACE PAINTING

SCHEDULE OF EVENTS

6:00 – 8:00 am
Morning Walk/Run
Rt. 66 Park

11:00 am – 4:00 pm
Water Slides

12:00 pm
Chair Volleyball
Tourney Starts

1:00 pm
Free Throw Contest

3:00 pm
Co-Ed Horseshoe Tourney

4:00 pm
BBQ

Various Carnival style games

6:00 pm
Bingo

8:00 pm to Midnight
Street Dance – Cecil Gene

9:00 pm
FIREWORKS!

BRING YOUR COMFORTABLE LAWN CHAIRS

INSIDE THIS ISSUE:

Events & General Info
Employment
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Health & Safety
Community Messages

SPONSORED BY THE HUALAPAI TRIBE
Community Independence Day Celebration • Activities
Submitted by: Adeline Crozier | Hualapai Tribal Administration

Fun Run/Walk
July 3, 2019 @ 6:00am – 8:00am

Sign-up & Start @ Route 66 Park
Map of course will be provided at Park

Water station set up, refreshments served & participants will receive an incentive

Contact Tribal Court at 769-2338 for more information.

Have a Safe Holiday!!
Happy 4th of July

Free Throw Contest
How many Free throws can you make in 1 minute?

Age Categories
3-5 YrsOld
6-8 YrsOld
9-11 YrsOld
12-14 YrsOld
15-17 YrsOld

1st, 2nd, 3rd Place Winners for Each Category.

1pm-3pm @ July 3rd Event
By Tribal Gym

Hosted By Hualapai Royalty, Family & Committee Members
Indepedance Day Events
in Peach Springs
Events take place July 3rd, 2019

CHAIR VOLLEYBALL TOURNAMENT
12PM-3PM IN GYM
AGES: 12 & UP
TEAM OF 6-8 PLAYERS
GAMES TO 11
BEST OF 3 WINS
SINGLE ELIMINATION

STOP BY THE FITNESS CENTER ANYTIME AND SIGN UP FOR EITHER EVENT
NO SIGN UPS AFTER 10AM ON JULY 3rd, 2019- SO WE CAN HAVE BRACKETS COMPLETE FOR BOTH EVENTS!!

CO-ED HORSESHOE TOURNAMENT
$10.00 A TEAM
GAMES START AT 3PM
@PITS ACROSS COURT BLDG.
AGES: 18 & UP
GAMES TO 15
SINGLE ELIMINATION

Prizes will be awarded for 1st, 2nd, & 3rd place For both events

For more information contact Employees Working for Health @ 769-2644 or stop by the fitness center
Independence Day Holiday is Thursday July 4, 2019.

There will be no trash service.

Service will resume on Monday, July 8th.

This memorandum serves to remind you that Thursday, July 4, 2019 is Independence Day. This is a paid holiday. The tribal administration has authorized administrative leave be granted for tribal employees who are participated/assisting in the 4th of July activities on Wednesday, July 3, 2019 from 1 PM to 5 PM. Those employees assisting in the activities submit a leave form as administrative leave.

This day is just a regular work day for all those employees that are not participating/assisting in the activities. If, you wish to take time off, submit a leave form using annual leave.

Additionally, Tribal Administration has granted administrative leave for July 5, 2019 from 8 AM to 5 PM. This is a no work day for all tribal employees, exception for those departments that need to provide services, Fire/Emergency and Police, etc.

Independence Day is the national holiday of the United States of America, commemorating the signing of the Declaration of Independence by the Continental Congress on July 4, 1776 in Philadelphia, Pennsylvania. The first INDEPENDENCE DAY CELEBRATION took place on July 4, 1777.

ENJOY & BE SAFE!

If you have any questions or concerns, please contact me in Human Resources Department in the Tribal Administration building or by telephone at 769-221.
HUALAPAI CULTURE AND LANGUAGE SCHEDULE

On every Tuesday- for 14-16 YEAR OLD and Thursday- FOR 17-18 YEAR OLD, we will present the following Hualapai Culture topics to the teenagers in the community.

8:00-10:00 am- Hualapai Language Lessons

10:00-12:00 pm- Culture of the Hualapai tribe

June 18 & 20, 2019- Three Hualapai stories; Wikahme, Madwida & La Paz. Cultural values
July 2, 2019- Kinship and Genealogy. Bands and cultural geography
July 9 & 11, 2019- Ethnobotany and Hualapai foods- Dancing and rituals and ceremonies

All the above will be taught by Hualapai Language instructors
At the
Multipurpose Building.

These classes are provided to the teenagers in order to receive their Distribution checks /per capita monies.

FOR MORE INFORMATION, PLEASE CONTACT LUCILLE J. WATAHOMIGIE AT THE CULTURAL CENTER 769-2223
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 June and July 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)

<table>
<thead>
<tr>
<th>Community Gardeners</th>
<th>Youth work days</th>
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<tbody>
<tr>
<td>Tuesday ~ June 4</td>
<td>Friday ~ May 31</td>
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<tr>
<td>Tuesday ~ June 11</td>
<td>Friday ~ June 7</td>
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<tr>
<td>Tuesday ~ June 18</td>
<td>Friday ~ June 14</td>
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<tr>
<td>Tuesday ~ June 25</td>
<td>Friday ~ June 21</td>
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<tr>
<td>Tuesday ~ July 2</td>
<td>Friday ~ June 28</td>
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Dates of work days will be posted in the Gamyu and Radio Station announcements throughout the Summer

Any questions call Hualapai Cultural Center at 769-2223/2234
Buck-N-Doe 4-H Club: BINGO • Tuesday, July 9th
Submitted by: Danielle Bravo | Hualapai Planning Department

Tuesday, July 9th
4H/Agricultural Facility
6:00 p.m. - 9:00 p.m.

- GAMES - CAKE WALK - FOOD - PRIZES - RAFFLE*

- Indian tacos • Frybread with beans, ground beef & cheese • Frybread with beans and cheese • Plain frybread • 6-pack of soft tacos • Pickles • Soda • Water • Plus other goodies.

*For every $15 spent on food purchases*
You will be entered to win a $25 Nike gift card

Thank you for your dedicated and continued support!
It is greatly appreciated by all.

BUCK-N-DOE 4-H CLUB

Hualapai Tribe: Family Fun Day • Friday, July 19th
Submitted by: Danielle Bravo | Hualapai Planning Department

Hualapai Tribe
Family Day
Mother/ Daughter and Father/ Son Event Combined to Create Family Day 2019

Hualapai Youth Camp
July 19, 2019
9:00 am - 8:00 pm

Bring Money for local Vendor Booths
and Massage Booths

Music Provided by
KWLP-The Peach

Transportation
Provided by
Hualapai Transit
Das'vik
Hualapai Field Hockey
Teams of 6 will play in Das'vik tournament
At Family Day on Friday July 19

Sign up at the sign in table when arriving, we will put teams together at 9 am and start Das’vik game at 10 am. Out in the field.

1 team of 6 will WIN Prizes

Hualapai Tribe: Family Fun Day - Social Gathering • Friday, July 19th
Submitted by: Jessica Powskey | Hualapai FD Committee

Diye:vm Bay Đigavik
Family Day
July 19, 2019
Hualapai Youth Camp
Bird Singing & Dancing

Jibay swa:dk, yi majk, diya:yk đigava, ma bay dik mi yuwjim diya:ya!
Social gathering for Family Day-
Bay mi yuwk mi yujim yimaj ‘ay yu!

For more information – Contact Lyndee Hornell at (928) 769-2234 or Jessica Powskey at (928) 769-2207
People of the Tall Pines
Taekwondo Youth Camp in 2019
Joint program with Boy's & Girls Club

Dear Parents/Guardians,

We would like to invite your student to Taekwondo Youth Camp!
A week of summer camp is filled with valuable activities such as Tae Kwon Do class, science, arts/crafts, Computer Program (Robotics) and games. Our programs are designed to aid students in developing a healthy body, mind and spirit. Our aim is to help students to know that they are special and capable of achieving great things in life.

Who? : Students from 3rd to 5th grade (Completed)
Where is it? : Hualapai Youth Camp
When? : July 22 (3:00 pm) - July 26 (1:00 pm)
• We will pick up students at the Boy's & Girl's Club at the first day.
• Parents will pick up students at the Boy's & Girls Club July 26 2PM.
• We will provide Taekwondo Uniform, Shirts, all meals.

For more Information, please contact to;
Boy's & Girl's Club, Ms. Amelia Walema: 928-769-1801
Taekwondo, Master Ahn: 408-701-7036
Yuman Language Family Summit Immersion Camp

July 15-18, 2019

Hualapai Youth Camp near Peach Springs, AZ.

Join us as we all participate in a Yuman Language Use Summit 2019

Participants include language teachers, fluent speakers, and language learners:
- We will work with models of language for use in this setting
- Try conversations and translation structure
- Participate in cultural presentation using language conversation and immersion
- Camp out in our own languages.
- Work with Yuman fluent speakers and cultural knowledge.
- Develop a basic model of creating a language learning environment
- Plan Yuman language use in our daily lives.

This is an outdoor camping event. Amenities and use of the Hualapai Youth buildings will be reserved for the elders and those with limited capabilities. Payment for housing and registration is on your own. ALL REGISTRATION PAYMENT NEEDS TO BE MADE OUT TO YUMAN LANGUAGE FAMILY SUMMIT. The YLFS committee will oversee the camp area and assignment of cabins, tent areas. Some meals will be included in this event. Come and help and make a fire in the language! Information packets will go out May 23, 2019. Registration begins May 23, 2019.

For more information please call:
Theo de la Rosa 928-575-3493
Marcy Craynon 928-769-2223
Emilio Escalanti 928-920-7805
Gary Owens 480-362-6320 Mon-Fri. 8-5pm
Toni Carlyle: tmcarlyle@hotmail.com

Welcome to a new direction in the revitalization of the Yuman languages. The current Yuman Family Language Summit Committee has decided to once again hold the annual summit outdoors. Following a model of creating a language learning environment, the committee is planning a place where Yuman language can be spoken. For the upcoming year of 2019, the plans are to take our past summit participants and stay at the Hualapai Youth Camp in Peach Spring where we can learn, practice and speak our languages.

Our long term goal is to provide a foundation for each tribe to set up their own camps and other events to use the language. We will provide a pre-set list of phrases and words but it will be up to the people to come up with their defined list. The list of phrases to translate into the Yuman language and to bring to the camp is included in this packet but you can add to it and we encourage you to add to it.

We are working along the same plan that we had in 2017. We will be back at the Youth Camp. Some rooms and indoor sleeping quarters are available for the elderly and those with limited capabilities. Tent camp sites are all over the place and we are working on designated camps sites for the Mohave, Quechan, Cocopa, Kumeyaay, Hualapai and more. There are 5 pads available for RV’s. We are putting the bids in for a cook to help us with our needs. This is open to all those interested in speaking, learning and using our languages. We are also looking to create “lifelines” of language speakers to help people “stay in the language.” In 2017 we found that we had a lot of youth joined us for this camp and we want to make sure that we get youth involved. We would ask that if there will be a group of youth attending from your community that they have the right amount of chaperones for the event.

We look forward to your participation and we will help you get the lists of things you need to bring, RV spaces to rent and most important, using your language in a themed setting. Get ready to speak and learn.

Yuman Family Language Summit Committee
YUMAN LANGUAGE FAMILY SUMMIT IMMERSION CAMP 2019
July 15 – 18, 2019 ~ Hualapai Youth Camp
Peach Springs, Arizona
REGISTRATION FORM

The Yuman Language Family Summit Immersion Camp will be in Peach Springs, Arizona. The intent of the Yuman people is to revitalize, maintain and carry on the traditional languages and cultures. We welcome all participates to join us in this task. **Early registration deadline is July 1, 2019. Please fill out this registration form and sent it with payment to the address below.**

NAME: ____________________________________________
ADDRESS: ____________________________________________
TRIBAL AFFILIATION: ____________________________________________
TELEPHONE: ___________________________ E-MAIL: ____________________________

Native Language Speaker Y ___ N ___ Native Language Teacher Y ___ N ___
Native Language Learner Y ___ N ___ Can Read/Write Language Y ___ N ___

**REGISTRATION FEE IS NON-REFUNDABLE**

**Deadline: MONDAY, JULY 1, 2019**

**PAYABLE TO: Yuman Language Family Summit ~ NO PERSONAL CHECKS/PURCHASE ORDERS**

**ON-SITE REGISTRATION FEE WILL BE $100.00 FOR ALL AGES**

Mail Registrations and payment to:
Yuman Summit
P.O. box 787
Parker, Az 85344

E-MAIL to: tmcarlyle@hotmail.com
For More Information go to Website:
Yumanlanguagefamilysummit.com

**CONTACT NUMBERS**
Emilio Escalante: (928) 920.7805
Theo DeLaRosa: (928) 575.3493
Marcy Craynon: (928) 279.3787
CAMP SCHEDULE DRAFT  Each Camp will be responsible for 3 hour sessions. You will give out directions as to how each morning, afternoon, and evening session will be conducted.

Monday  Note: There are no activities planned except for setting up the camps.
1PM  Arrival of people, set up camp areas, check elderly in
5pm  Dinner and introductions
The Yuman Language Family Summit Steering will be in Charge.

Tuesday
Sunrise  greetings of the morning according to tribal groups
7am  getting up, washing up, etc.
8am  Breakfast
9am  HUALAPAI TRIBE WILL BE IN CHARGE
Camp work—includes cultural presentations, language work, and teaching within the tribal groups without any interruption
Noon  Lunch
1:30pm  TRIBE WILL BE IN CHARGE
Cultural presentations: People will go from camp to camp to watch and participate in the presentations that were worked on in the morning. This is just a draft plan at this moment.
4pm  clean up get ready for bed later that night
5pm  Dinner
7pm  TRIBE WILL BE IN CHARGE
Storytelling
9pm  Campfires out

Wednesday
Sunrise  greetings of the morning according to tribal groups
7am  getting up, washing up, etc.
8am  Breakfast
9am  TRIBE WILL BE IN CHARGE
Camp work—includes cultural presentations, language work, and teaching within the tribal groups without any interruption
Noon  Lunch
1:30pm  TRIBE WILL BE IN CHARGE
Cultural presentations: People will go from camp to camp to watch and participate in the presentations that were worked on in the morning. This is just a draft plan at this moment.
4pm  clean up get ready for bed later that night
5pm  Dinner
7pm  TRIBE WILL BE IN CHARGE
Song and dance, possible teaching of both
9pm  Campfires out

Thursday
Sunrise  greetings of morning according to tribal groups
7am  getting up, washing up, etc.
8am  Breakfast
9am  The Yuman Language Family Summit Steering will be in Charge.
Camp evaluations: How did it work, strengths, less than perfect situations, what can we take home and use, etc.
11am  Take down camp and sack lunches
Noon  Leave for home
LANGUAGE LIST/S

We need language for the camp, a starting point. So we have come up with some phrases that you can translate into the Yuman languages. It is not the only list, it is one of many to start with. If you already have a list of phrases, bring them along. We have 101 phrases and although it seemed like a lot it was barley the beginning. Take a look and if you come up with more please share them with others. I am enclosing this in a word document so you can save it to your computer and add the language without having to write the English all over again. We will add more to the page as we get them.

Take a look and see what you can translate in your language. You don’t have to fit the Yuman to the English; if you don’t have a phrase for it then that’s okay. Remember this is just a starting point. You may want to go in a different direction. Please be willing to share what you come up with, with your fellow Yumans.

1. My friend
2. Greeting to a male (exclusively between males)
3. Greeting to a female, (or from a female to others)
4. What is your name?
5. My name is Paul
6. How are you?
7. Good / fine
8. And how are you? (returning question)
9. Are you good?
10. Wake up—Wake up (to group)
11. It’s morning
12. Wash your face
13. Brush your hair
14. Brush your teeth
15. Toothbrush
16. Get dressed
17. make your bed
18. Put your shoes on
19. Where are you shoes?
20. Are you ready
21. Are you ready (more than one-group)
22. Hurry
23. Hurry let’s’ go (to another)
24. Hurry let’s go (to a group)
25. Take a bath/shower
26. It’s a good day
27. Get some wood
28. Let’s go play (to another person)
29. Go play
30. Go play (to a group)
31. Come in
32. How are you (to a group)
33. How is your family
34. I see you-my heart-good (I’m glad to see you)
35. What are you doing?
36. What’s going on?
37. Go greet him/her
38. Where are you going?
39. Where are you going (to a group)
40. Are you leaving?
41. I’m leaving
42. Who is going with you?
43. Who are you going with?
44. Good bye, I’ll see you again
45. When?
46. When are you coming?
47. When are you leaving
48. When are you returning here?
49. When will you do it?
50. What (looking at, something)
51. What is this / that?
52. What smells good
53. What (object form)
54. What are you doing?
55. What do you want?
56. What do you have?
57. Who (subject form)
58. Who are you
59. Who is that
60. Who said it
61. Who did it
62. Come eat
63. Come eat (to a group)
64. Let’s eat, shall we eat
65. Let eat, shall we eat (to a group)
66. Are you hungry
67. Are you hungry (to a group)
68. Give me a tortilla
69. It tastes good
70. Are you full
71. I am full
72. Go ahead and eat
73. Sit down and eat
74. Set out the dishes
75. Clear the table
76. Wash the dishes
77. Wash your hands
78. Let’s pray
79. Come here
80. Come here (to a group)
81. Sit down
82. Sit down (to a group)
83. Listen
84. Listen (group)
85. Behave
86. Don’t say that
87. I have to go to the bathroom
88. I’ll be right back
89. get to work (to another person)
90. Are you sleepy?
91. I am sleepy
92. I am tired
93. Let’s go to sleep
94. Are you tired?
95. Go to sleep
96. I’m going to sleep
97. Be quiet
98. Be quiet (to a group)
99. It’s evening time
100. Go lay down
101. Good dreams

Camping Items and terms: (DRAFT)

1. Tent
2. Axe
3. Firewood
4. Fire
5. Match/matches
6. Pot (metal)
7. Pot/clay
8. Water
9. Spoon
10. Fork
11. Knife
12. Blanket/s
13. Mat
14. Tarp/covering for ground
15. Pine tree
16. Ground/earth
17. Pillow
18. Stake
19. Hammer
20. Rope
CAMPING:
This is a camp, we will be camping, setting up tents, making fires, all the things that go with being outdoors. The Hualapai Youth Camp is located north of Peach Springs. It is a camp site with limited indoor bunkhouses which are being held for the elderly. It is a communal use area with the showers and bathrooms being shared by all. There are large areas for tents which will hold the different tribes to camp out together. There are 5 cement pads with hook ups for RV's. There are limited hook-ups available off site in Peach Springs and down the road at the Caverns. We encourage the camping out but if you have people in your groups that are elderly or limited then you can work with Marcey Crayton 928-769-2223 in securing a bed in the main Youth Camp lodge or rooms on your own in Peach Springs or at the Caverns. Thank you for your patience. NOTE: ALL PERSONS ARE TO REGISTER IF YOU ARE AT THE YOUTH CAMP AREA.

TENTS:
If you do not have a tent available we are looking at providing tents for those without. You would still have to put it up on site but if you do not go camping a lot this is a budget alternative. Contact Hualapai Cultural Center for more information 928-769-2223.

Presentations: Each Camp will be responsible for 3 hour sessions. You will give out directions as to how, each morning, afternoon, and evening session will be conducted.

We are asking that each camp come up with 2-3 presentations on traditional culture that can be taught in your language. The camp-sites will be set up so that each tribal group will be together, sleep together and maintain their identity in one camp. We are doing this because we want language use and learning to go on in the camps. Morning activities will be in the camps and then in the afternoon sessions we will rotate to the different sites (or meet under the large mathkyaaly/ramada) and others will learn what was worked on in the morning sessions. What we are looking for is the language to be used by others when the sessions are rotated, when we get together, when we are camping etc.

Some ideas to present:
Cooking  Cradleboard making  Preparing food for storage  Tool making  Songs
Gathering wild foods  Dance  Stories  dressmaking...

Take a look at what it is that you can work on in the language and bring your materials. For more information Contact Lucille Watahomigie at 928-769-2234. This is the best map we have so far.

Hualapai Youth Camp Access Roads

The Hualapai Youth Camp is approximately 31 miles from Highway 66.
Yuman Language Family Summit Immersion Camp
July 15-18, 2019
Peach Springs at Hualapai Youth Camp

Dear Relatives,
The 16th Yuman Language Family Summit Immersion Camp 2018 will be on July 15 – 18, 2017 at the Hualapai Youth Camp outside of Peach Springs, Arizona.

We will be honoring language activists who are dedicated to the preservation and revitalization of Yuman Languages. These are individuals who continue to speak their Yuman languages and are passing it on to the non-speakers by teaching, mentoring, making recordings, songs, storytelling, and speaking their native language whenever possible. We are requesting that you nominate 2-4 individuals from your community who are very involved and contribute to keeping the language alive.

Please submit a short biography of the successful language maintenance and preservation activities that the individual is involved in. The individual does not need to be present to be honored but we encourage it. The deadline for the nominations is July 8, 2019 so we can plan. Please turn in the names and addresses of the individuals to me. Each tribe is responsible to bring tribal gifts for 4 elders each. Thank you very much for your cooperation.

Sincerely,
Gertrude Smith
Yavapai-Apache Nation
Yavapai-Culture Dir.
928-649-6963 (Office)

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<tr>
<th>Name-tribe:</th>
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<tr>
<td>Address: Box##/Street , City, State, Zipcode</td>
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<td>Email/Telephone</td>
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<tr>
<td>Sort Biography of the successful language maintenance and preservation activities (use another paper if needed)</td>
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<tr>
<td>Name of person Nominating, tribe , organization, nation</td>
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<tr>
<td>Address: Box##/Street , City, State, Zipcode</td>
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<td>Email/Telephone</td>
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HUALAPAI ARTISANS NEEDED

Grand Canyon Resort Corporation is looking to purchase handmade beaded jewelry and other small products made by Hualapai Artisans. Our goal is to have more affordable handmade products that we can sell in our gift shops and highlight those Hualapai Artisans when displaying their items to sell.

(The minimum purchase quantity is 24 pieces.)

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My name is Wanda Siewiyumptewa. I was born in Valentine, AZ and raised in Provo, Utah and I returned to live in Peach Springs, AZ in 1994.

After retiring in 2011, construction on my small craft store located in Peach Springs was completed by my son, and I started selling my items to locals and tourists.

As of today, I continue to sew many of the traditional ribbon dresses, vests for men, and ribbon shirts which are the traditional wear for the Hualapai people.

My hobbies are sewing, crafting, and striving to be the best of all dancing.

- Wanda Siewiyumptewa

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Please Contact
MICHÈLLE HOLMES
928.769.2419 ext. 194
Our office is accepting school clothing applications for the 2019-2020 school year.

NEW RATES:
Pre-school through 6th grade ........................................... $300.00
7th grade through College (term limits apply) ......................... $500.00
GED / Vocational students ............................................. $500.00

To download an application, visit www.hualapai-nsn.gov/government/finance

CHECKLIST

☐ Completed Gaming Assistance Application
☐ Proof of School Enrollment (all students)
☐ 4th Quarter Report Card (K-12th grade students)
☐ Certificate of Indian Blood (CIB) or Tribal ID (all students)
☐ Court Order (Legal Guardian)
☐ Official Transcript (College Student)

Requests will not be processed until the assistance application is completed in its entirety and requested documentation is provided; “on file” notations will not be accepted.

Apply by mail, fax, or email.

1 MAIL:
Hualapai Tribe
Marilyn Vaughn, Accounting Clerk
P.O. Box 179
Peach Springs, AZ 86434

2 FAX:
(928) 769-2343

3 Email:
Marilyn.Vaughn@hualapai-nsn.gov
Returned 1099’s for 2018
Submitted by: April Siewiyumptewa | Hualapai Tribe

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 up 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.

EMPLOYMENT OPPORTUNITIES

Request For Proposal • Solar Power Plant - Closes: Aug 8th
Submitted by: Kevin Davidson | Hualapai Planning Department

Request for Proposals for Cost to Engineer, Procure and Construct (EPC) a Solar Power Plant

The Hualapai Tribe is soliciting Request for Proposals (RFPs) from qualified firms to provide the cost of Engineering, Procurement and Construction of a Solar Power Plant to provide all of the electrical requirements of Grand Canyon West.

The RFP closes on August 8, 2019, at 4:00 PM Arizona Time. Proposals will be accepted from both Indian-owned and other firms for this project. All questions must be submitted in writing and may be sent via email to the individual listed below.

All bids shall be submitted to:
Kevin A. Davidson, Director
Hualapai Tribe
Planning & Economic Development Department

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

Revised Guidelines to Social Assistance Prog.
Submitted by: Marilyn Vaughn | Hualapai Tribe

ATTENTION

Tribal Council recently made changes to the Social (assistance) Programs funded by Gaming Revenue. The changes are effective immediately.

You may Pick up a copy of the revised Social Programs guidelines located in the lobby of the Tribal Administration and on the Tribe’s website at www.hualapai-nsn.gov

POSTED 05/21/19

Request for Proposal • Signage
Submitted by: Nancy Echeverria | GCR

The Grand Canyon Resort Corporation announce a Request for Proposal (RFP) for development of signage, including fabrication and installation for Grand Canyon West.

For a copy of the RFP, please contact the Procurement Office at 928-769-2419, extension 194 or email request to purCHASE@grandcanyonresort.com.

RFP submittal due date is July 10, 2019 at 5:00 pm.
## 2019 Current Job posting for the Hualapai Tribe

**OPEN COMPETITIVE**

<table>
<thead>
<tr>
<th>Department</th>
<th>Job Title</th>
<th>Pay Rate</th>
<th>Opening Date</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finance Department</td>
<td>Finance Assistant Director</td>
<td>D.O.Q.</td>
<td>April 03, 2019</td>
<td>Open Until Filled</td>
</tr>
<tr>
<td>Cultural Resources</td>
<td>Senior Archaeologist</td>
<td>D.O.E.</td>
<td>December 13, 2018</td>
<td>Open Until Filled</td>
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<tr>
<td>Emergency Services</td>
<td>Firefighter/EMT-Basic</td>
<td>D.O.Q.</td>
<td>March 19, 2019</td>
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<tr>
<td></td>
<td>Firefighter/Paramedic</td>
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<td>March 19, 2019</td>
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<tr>
<td>Health Department</td>
<td>Radio Station Administrative Assistant</td>
<td>D.O.E.</td>
<td>April 03, 2019</td>
<td>Open Until Filled</td>
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<tr>
<td></td>
<td>Media Specialist (Part-time)</td>
<td>$12.50 per hour</td>
<td>May 10, 2019</td>
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<tr>
<td></td>
<td>Resident Advocate</td>
<td>$10-$15/HR.; D.O.E.</td>
<td>January 22, 2019</td>
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<td></td>
<td>Youth Services Assistant</td>
<td>$13.00 - $15.00/HR.</td>
<td>April 17, 2019</td>
<td>Open Until Filled</td>
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<tr>
<td></td>
<td>Hualapai Tribal Substance Abuse Action Plan Project Coordinator</td>
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<tr>
<td>Human Resources</td>
<td>Director</td>
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<td>February 28, 2019</td>
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<tr>
<td>Human Services</td>
<td>Shelter Advocate</td>
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<td>December 10, 2018</td>
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<td>Security</td>
<td>D.O.Q.</td>
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<td>Juvenile Det. Center</td>
<td>Correction Officer I, II, and III</td>
<td>$16.00 - $18.00/HR.</td>
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<tr>
<td>Natural Resources</td>
<td>Range Specialist</td>
<td>Negotiable</td>
<td>February 26, 2019</td>
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<tr>
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<td>Agriculture Program Manager</td>
<td>D.O.E.</td>
<td>March 18, 2019</td>
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<td>Agriculture Crew Laborer (1)</td>
<td>$13.00/Hr.</td>
<td>March 28, 2019</td>
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<td>Water/Air Technician</td>
<td>D.O.E./Negotiable</td>
<td>May 29, 2019</td>
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<td>Police Department</td>
<td>Domestic Violence/Sexual Assault Investigator (Certified)</td>
<td>$45,000/Yr. to $50,000/Yr.</td>
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<td>Police Officer (Certified)</td>
<td>$39,920/Yr. to $47,840/Yr.</td>
<td>December 06, 2018</td>
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<td>Public Defender's</td>
<td>Associate Defense Advocate/Public Defender</td>
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<td>Open Until Filled</td>
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<tr>
<td>Public Services</td>
<td>Laborer - Cholla Ranch</td>
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<tr>
<td>Training Center</td>
<td>Teacher/Tutor</td>
<td>D.O.Q.</td>
<td>December 17, 2018</td>
<td>Open Until Filled</td>
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</table>

**INTERNAL ONLY** (For Current Tribal Employees Only)

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

*** Please see Job Announcement(s) for more detail, you must meet all minimum qualifications as required for the Job Title in which you are applying to In order for HR to send your Application to the department.

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:

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

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

THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM

---

Contact Us: Human Resources
POB 179 / 941 Hualapai Way
Peach Springs, AZ 86434-0179

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

Revised on 05/29/2019
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.
Interested in a career in the hospitality and tourism industry?

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

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

**Application Criteria:**

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

**Award Amount:**

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

**Deadlines:**

- Postmarked by **July 27, 2019** for the Fall Semester
- Postmarked by **December 7, 2019** for the Spring Semester

**For More Information:**

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

For more information about AIANTA, visit our websites, [www.aianta.org](http://www.aianta.org) and [NativeAmerica.travel](http://NativeAmerica.travel)
# Valentine Elementary School District #22

## 2019-2020 School Year Calendar

*Calendar Approved - 4/23/19*

<table>
<thead>
<tr>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
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<td>28 29 30 31</td>
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<thead>
<tr>
<th>NOVEMBER</th>
<th>DECEMBER</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
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</tbody>
</table>

- **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**

<table>
<thead>
<tr>
<th>JUNE</th>
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<tr>
<td>21 22 23 24 25 26 27</td>
</tr>
<tr>
<td>28 29 30</td>
</tr>
</tbody>
</table>

- **1st Quarter Ends 10/17/19**: 39 Days
- **2nd Quarter Ends 12/19/18**: 31 Days
- **3rd Quarter Ends 3/12/20**: 38 Days
- **4th Quarter Ends 5/21/20**: 36 Days

**Total Days**: 144 Days
COMMUNITY OVERDOSE PREVENTION AND NALOXONE TRAINING

This training is open to the public. Folks who are using opioids, loved ones of folks who are using opioids, all interested community members strongly encouraged to attend.

📍 Hualapai Health Education & Wellness,
488 Hualapai Way, Peach Springs AZ 86434

📅 Thursday, July 11, 2019
🕒 1:30 - 3:30 PM

PROFESSIONAL OVERDOSE PREVENTION AND NALOXONE TRAINING

Training is geared toward professionals: Healthcare Professionals, Tribal Employees in Peer Professionals, Social Workers, Counselors, Psychiatrist/Psychologists & Law Enforcement)

📍 Hualapai Health Education & Wellness,
488 Hualapai Way, Peach Springs AZ 86434

📅 Friday, July 12, 2019
🕒 1:30 - 3:30 PM

Learn more about how to prevent, recognize and respond to an opioid overdose, including how to use the life-saving medication Naloxone/Narcan. Free Naloxone kits provided!

Contact the trainer:
Juliana Willars | 928-550-0809 | jwillars@spwaz.org
As overdose epidemic continues, local nonprofit provides free overdose prevention training and naloxone kits

FOR IMMEDIATE RELEASE

Sonoran Prevention Works
3201 N. 16th St, Phoenix, AZ 85016
www.spwaz.org

Contact:
Juliana Willars, Tribal Overdose Prevention Coordinator
928-550-0809
jwillars@spwaz.org

Arizona is in the midst of an overdose crisis that is devastating families in every region of the state. Arizona experienced a 122% increase in synthetic opioid overdose death rates between 2016 and 2017, the highest increase in the country. Illicitly-manufactured fentanyl is frequently showing up in non-opioid drugs including meth, cocaine, and counterfeit pills. Unfortunately, many of these overdoses may have been prevented with proper education about drug safety, harm reduction, and overdose response. Numerous studies indicate veterans and people living in rural areas are at higher risk for overdose.

To reduce the chance of accidental overdose death, it is important to share information about overdose prevention for people who use prescription or illicit opioids. This includes messaging around not mixing opioids with alcohol or other drugs; testing for fentanyl; and having naloxone on hand.

Learning how to use Naloxone, the medication that reverses an opioid overdose, helps empower our communities to save lives. Naloxone, also known as Narcan, is easily administered through an injection or a nasal spray and can be the difference between life or death while waiting for paramedics to arrive.

The nonprofit Sonoran Prevention Works has been distributing naloxone and conducting overdose response trainings throughout the state since 2016. In January 2017, they began partnering with AHCCCS (the state Medicaid office) as part of the Governor’s strategy to reduce overdose death across the state.

SPW will be hosting a free community overdose prevention training on Thursday, July 11, 2019, from 1:30-3:30pm at the Hualapai Health Education and Wellness meeting room. People who have a history of using prescription or illicit drugs, their friends and family, are all encouraged to attend. Participants will learn about overdose prevention, recognition, and response, and will be provided with free naloxone kits.

A training geared towards service professionals will be at the same location on Friday, July 12, from 1:30-3:30pm. We encourage anyone who may interact with people who use drugs to be trained to administer naloxone, including those working in law enforcement, behavioral health, probation/detention, emergency medicine, and community health. Sonoran Prevention Works sponsors a Train the Trainer program, so individuals can provide overdose response education to their departments. Please contact Juliana Willars directly to enroll in this program.


Traumatic Brain Injuries Among American Indians in Arizona

From 2012 to 2016, nearly 7,300 traumatic brain injuries (TBIs) were identified among American Indians and Alaska Natives (AI/ANs) in Arizona.

Causes of Identified TBIs

1) Unintentional falls
2) Assault (includes firearms)
3) Struck by or against (an object)

How can you help reduce the number of traumatic brain injuries in Arizona?

As an Individual...

- Wear a helmet
- Be seen in traffic-wear reflective safety gear
- Secure loose objects in your environment
- Prevent slips and falls in the home, especially for elders (e.g., install rails on stairways, remove obstacles from walking pathways, provide adequate lighting)
- Seek medical care in the event of trauma to the head and request a referral to a head injury specialist

Traumatic brain injuries affect American Indians and Alaska Natives of all ages and genders

Age of AI/AN Seeking Emergency or Inpatient Care for TBI in by Sex, 2012-2016

As a Tribal Leader or Professional...

- Increase access to emergency medical care for American Indian/Alaska Native communities
- Support community-based programs focusing on TBI prevention
- Educate community members about how to prevent TBIs
- Develop strategies that ensure TBI survivors minimize the risk of further damage or re-injury
Don’t hit your head to see stars
Be Safe, Be Seen

Always wear a helmet and reflective safety gear!!

Place red and white lights on your bike, so vehicle drivers will see you.

A safety message from the Hualapai Nation Police Department

Important Dates for the GAMYU Newsletter

Please note the articles deadline for the upcoming issue and remember to attach an Information Sheet with your articles. No ANONYMOUS submissions. For latest and archived issues of the Gamyu newsletter, please go to: http://hualapai-nsn.gov/gamyu-newsletter/

**ARTICLE DEADLINE:** Friday, July 5th

**DISTRIBUTION DATE:** Friday, July 12th
Community Bike Rides • Call EW4H To Schedule
Submitted by: Adeline Crozier | Hualapai Tribal Administration

Community Bike Rides
Come Have Some Fun!
Come To The
EW4H Building
For Bikes!
For More Information Please Call EW4H (928) 769-1630

Love and Respect: 7 Week Course • Beginning on 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
Celebrate Recovery NATION
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

Women's Support Group!
(Every Thursday) 5:30 PM—6:30 PM
Hualapai Human Services
321 Shady Lane
Peach Springs, AZ 85344
Domestic Violence Prevention Initiative
928.769.2269
Tasha Nez, DVPI Advocate
Knesha Madrid, DVPI Manager

Near or Far • Always Buckle Up
Submitted by: Brook Bender | Hualapai Health Dept.

Near or Far
Always Buckle Up

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

Closed on federal holidays and administrative leave days determined by Tribal Administration.
COMMERCIAL TOBACCO USE AND CHRONIC DISEASE

While tobacco plays an important cultural role in many American Indian communities, commercial tobacco use is associated with an increased risk of developing diseases such as cancer, heart disease, and stroke. American Indian and Alaska Native (AI/AN) smoking rates vary widely by region with low smoking rates in the Southwest and high rates in Alaska and the Midwest. On average, however, AI/ANs disproportionately smoke commercial tobacco: 21.5% of AI/ANs compared to 15.8% of Whites.

MEASURING GHWIC IMPACT

Through the Good Health and Wellness in Indian Country (GHWIC) initiative, AI/AN communities are promoting commercial tobacco cessation and have limited the effects of second-hand smoke on their communities. GHWIC grantees are implementing culturally relevant policies which reclaim the role of traditional tobacco while ensuring healthy, smoke-free environments.

"We are educating the community on the dangers of commercial tobacco while continuing to promote the cultural legacy of traditional tobacco in prayer and offering." - Sault Sainte Marie Tribe

12
2017

Number of tribal settings with commercial tobacco cessation programs, from 3 at baseline in 2014

165
2017

Number of tribal policies implemented prohibiting smoking in public places, from 25 at baseline in 2014

For example, the Sault Ste. Marie Tribe of Chippewa Indians saw 1,243 tobacco cessation initiation visits over three years after implementing a tobacco health-risk education campaign and a tribal resolution for commercial tobacco control.

331 Visits
Baseline 2014

1,243
Cumulative Visits
2016

*Under GHWIC, grantees choose which health interventions to report on. Thus, aggregated counts may not represent the totality of work being done by all grantees

July 2018
GHWIC IN ACTION

The Red Cliff Band of Lake Superior Chippewa established smoke-free housing policies and a tobacco cessation referral program. These efforts have been strengthened by a culturally-focused information campaign which reaffirms the difference between traditional and commercial tobacco.

Two Tribal Health Organizations supporting more than 4,000 tribal members created new tobacco screening and referral process policies. The new policies require all tribal members to be screened for tobacco use. Tribal members who use tobacco are advised to quit and provided options for evidence-based treatments.

GHWIC IS SUCCESSFUL THROUGH A NETWORK OF TRIBAL PARTNERSHIPS

12 Tribes
address health disparities through policy, systems, and environmental change activities.

11 Tribal Organizations
provide sub-awards, technical assistance, and resources to 113 regional AI/AN partners. Even more tribal organizations receive trainings and resources through GHWIC efforts.

11 Tribal Epidemiology Centers
coordinate regional evaluations of the GHWIC initiative.

LESSONS LEARNED

- Policies prohibiting smoking commercial tobacco in public spaces improve long-term health outcomes

- Combining individual and community level health interventions supports lasting behavior-change

Citations


Tips From a Former Smoker • Alex’s Story
Submitted by: Vondell Bender, GHWIC | Hualapai Health, Education & Wellness

**Tips From Former Smokers®**

**Alex’s Story**

Meet Alex

Alex, a Native American and member of the Hualapai Tribe. In 1994, at the age of 38, he had a triple by-pass heart surgery. This is how it happened: at around 3 p.m. in the afternoon, his field supervisor Wayne Sr. (small berry) and Alex were unloading recycled materials at the Bulldog Recycling Center that was located at the old Kingman Power House. They were loading aluminum cans onto a scale. As Alex reached over to load a tub of cans onto the scale, he started to black out and dropped to his knees. A few seconds passed and while kneeling Alex shook his head a couple of times to clear the cob webs from his mind, then stood up and finished unloading all of their materials and received their payment. As they drove back to Peach Springs, Alex did not think much about what had happened. That evening Alex shared with his wife, what had happened at the Recycling Center; she told him to go see the doctors at the clinic the next day. The following day, Alex went to the clinic and shared what happened to him. The nurses were told to get an EKG reading of his heart functions. From what Alex gathered, the EKG did not reflect anything and the nurses were in contact with the Arizona Heart Institute, they advised the nurses to have him flown into Phoenix to the Arizona Heart Institute, for further testing. Alex was flown from a small airplane from the Limestone air strip to Phoenix. That afternoon, the doctors performed a couple of tests on him and informed him that the next day they were going to conduct heart surgery on him. All said and done, after the surgery, Alex was informed that the doctors split his chest and opened him up and replaced three sections of blocked arteries to his heart with pieces of the veins from his legs. (Triple bypass heart surgery).

Alex’s story doesn’t end there; before the surgery and after the surgery, he was a cigarette smoker. At the age of 21, working in restaurants as a cook, his co-workers were constantly taking breaks while he continued to work. It got to be a little annoying and Alex would ask where they went and they would say that they needed a smoke break. Soon after, Alex decided that he too deserved a break, so Alex began smoking cigarettes, so he too, could take breaks from work. In 1975, Alex enlisted into the U.S. Marine Corps, where he continued to smoke. Alex was arrogant, because he could run 3 miles in 19 minutes and at the end of the run, he would smoke a cigarette, because he could and it didn’t bother him. Alex continued to maintain his arrogance long after the Marine Corps and he continued to smoke, even after a few more stents were placed on arteries to his heart. In his mid-fifties, Alex tried to quit smoking using the patch and nicotine lozenges, they didn’t work. One day he was having a conversation with his younger brother, Mario, who is also arrogant and opinionated. Alex mentioned that he was trying to quit smoking; Mario made the comment to Alex, that it was very simple. Simply, Do or Die. From that moment on Alex decided to Do, which means to focus on staying alive. It has been over 8 years since Alex quit smoking, when he first quit, he had upper respiratory problems and had shortness of breath. The doctors said that he had COPD, another way to say that his lungs were damaged and he couldn’t take in enough oxygen. Alex refused to accept the diagnosis, and he proceeded to exercise, to once again rejuvenate his lung capacity, to take in more oxygen. Currently, Alex works out anywhere from a minimum of 4 hours a week to 8 hours a week. Alex’s focus is to be healthy and live long. His target age to live to is age 93. Alex’s work out is usually 55 minutes each time and he uses the treadmill for his primary work out. He sets pace at 3.4 miles an hour, he walks for 2 minutes and then sets the incline to 12 percent and sets his pace to 4 miles an hour, and he jogs at that pace for a minute. Then he brings the incline back to zero percent and reduces his pace to 3.4 miles again. Alex then maintains the pace for 3 minutes, then increases the incline to 15 percent and maintains a 3.4 mile pace for a minute. He reduces the incline to zero and continues his pace for 3.4 miles an hour for 2 minutes, then increases the incline to 12 percent and increases his pace to 4 miles an hour for a minute. Alex continues to maintain the pattern until he has burned over 500 calories, and has walked, jogged over 3 miles. He does a 3-minute cool down and calls it good. Alex’s message to you, “Try not to smoke, focus on living healthy and long. Eat right, and keep active and live for the people that you care about.”

The Hualapai Good Health and Wellness Coalition would like to thank Alex for sharing his story, if anyone is interested in sharing their story, please contact Vondell Bender at 928-769-2207 ext. 209 or stop by the Hualapai Health Education and Wellness Department.
A TIP FROM A FORMER SMOKER

TRY NOT TO SMOKE, FOCUS ON LIVING HEALTHY & LONG, EAT RIGHT, KEEP ACTIVE & LIVE FOR THE PEOPLE YOU CARE ABOUT.

Alex, Hualapai Peach Springs, Az

If you or someone you know wants free help to quit smoking, call 1-800-QUIT-NOW. #CDCTips
6 Worst Diabetes Snacks You Should Cut From Your Diet
By Chris Iliades, MD

What Not to Eat if You Have Type 2 Diabetes

No one likes to be told no — especially if you have diabetes and are already struggling to meet the day-to-day dietary demands of the disease, which most people would admit is no easy task. Often, a diagnosis of prediabetes or full-blown type 2 diabetes means you have to give up or limit many of the foods you once loved, like white potatoes and red meat, and many others for which you may not yet have developed a taste, such as leafy greens and seafood. But making healthy choices when you have diabetes is one of your best bets for maintaining or achieving proper blood sugar control and helping to prevent certain diabetes complications, such as nerve damage, vision problems, heart disease, and stroke, according to the American Diabetes Association (ADA). Adequate sleep and regular exercise should be part of that effort, but so should smart snacking. After all, a good diabetes snack can help you keep your blood sugar on an even keel, provide energy throughout a busy day, help improve your workout, and prevent you from overeating at mealtime.

But when you choose which snacks to reach for when hunger strikes, are some options better than others? Unsurprisingly, yes, and when snacking, you should continue to count your carbohydrate intake, the National Institutes of Health (NIH) advises. According to an article published in February 2014 in the Journal of Education and Health Promotion, making sure your overall diabetes diet is rich in fruit, veggies (especially the nonstarchy kinds), lean protein, healthy fats, and whole grains can help you stay on track.

And while most dietitians agree with the phrase “everything in moderation” when it comes to best managing your blood sugar, it’s actually true that when you have diabetes, there are some snacks that are best left off your plate (think: calorie-laden, high-carb foods that come packaged in a bag). Snacks that are high in unhealthy saturated fat, carbohydrates, and sugar should be limited and, if possible, avoided. These kinds of fare are more likely to mess with your blood sugar and may contribute to unwanted weight gain — an effect that can further reduce insulin sensitivity and potentially worsen diabetes symptoms and complications, leaving you feeling sluggish rather than energized. Unhealthy diabetes snacks aren’t always as obvious as that gooey candy bar you may eye in your office vending machine (but skip the obvious ones, too). Try to steer clear of the following quick eats to avoid blood sugar spikes and to help better manage diabetes now and down the road.

Skip the Doughnuts Due to Their Sugar and Fat Content

Doughnuts are sweet, fun to eat, and look gorgeous on social media, but their nutritional profile makes them a no-no in a healthy diabetes diet. “When you see terms like ‘cream-’ or ‘jelly-filled,’ ‘crispy,’ ‘crunchy,’ or ‘glazed’ attached to doughnuts, think sugar and fat,” says Nessie Ferguson, RD, CDE, a medical nutrition therapist at the Nebraska Medical Center in Omaha. “I usually like to avoid the words ‘avoid completely,’ but when it comes to doughnuts, avoid completely!” Instead, use snack time as an opportunity to have another serving of the diabetes-friendly foods that can help you better manage the disease — like fruits, nonstarchy vegetables, and whole grains. If you’re craving something that’s more obviously sweet, reach for half a banana with a tablespoon of peanut butter.

This powerful combo contains potassium, magnesium, and healthy fat, helping fuel you throughout your day. The protein and fat in the peanut butter can also help slow the absorption of the carbohydrates from the banana, raising your blood sugar more gradually than if you had a banana alone.

Say No to Rich Cheeses Because of Their Unhealthy Fat

Although counting carbs can go a long way in managing diabetes, carbs aren’t the only nutrient that should be on your radar. Unhealthy sources of fat also can make it harder to control the disease and your weight. So instead of nibbling on 1 ounce (about the size of your thumb) of a rich, full-fat cheese like cheddar, which has 5 grams of
saturated fat, enjoy 6 whole ounces of nonfat plain Greek yogurt. This equally rich-tasting snack has the creaminess of cheese with more than twice as much protein per serving, helping keep you satiated and promoting a healthy weight. For an added dose of flavor and antioxidants, top your yogurt with 1/4 cup of fresh blueberries.

Don’t Opt for Salty and Fatty Chicken Fingers or Fish Sticks
Chicken is a healthy source of lean protein in a diabetes-friendly diet, right? Not so fast: Not all types of chicken are created equal. While grilled boneless, skinless chicken breast is often a healthy choice for diabetes, its fast-food counterpart is another story completely. "Breaded and fried snacks like chicken fingers or fish sticks can have more fat than a lean beef patty," Ferguson warns. "The breading may also be loaded with salt." Instead, add a tasty crunch to your diabetes diet with 1 ounce of unsalted nuts — you'll get a dose of healthy monounsaturated fat along with filling fiber, as well as some protein and complex carbohydrates, which are lower on the glycemic index than refined carbohydrates.

Resist the Crunch of Sodium-Laden Chips and Crackers
You may love their lip-smackin' saltiness, but potato chips, tortilla chips, or corn chips (including those in restaurant nachos), crackers, and pretzels are not the best food choices for people living with diabetes. These snacks not only lead to higher LDL, or "bad," cholesterol and add empty calories to your diet, but they also make your diabetes harder to control.

Even if you choose baked chips or crackers that are lower in fat, they still pack a fair amount of calories and carbohydrates, so it's essential to monitor your portion size and avoid pairing them with high-fat dips. Ferguson recommends substituting classic potato chips for baked whole-grain crackers dipped in salsa.

Pass on Packaged Cookies for Their Sugar, Fat, and Calories
A packaged chocolate chip cookie might seem like just the pick-me-up you need on a challenging workday, but Ferguson warns that these common go-to snacks can wreak havoc on your health if you have diabetes. Namely, these convenient treats are high in sugar, fat, and calories — meaning they can spike blood sugar and pack on unwanted pounds. The problem? The highly processed flour used to make them has had its nutrient-rich outer grain removed along with its blood-sugar-lowering fiber. In addition, they're also packed with refined sugars. That means these snacks will be digested more quickly, likely leading to poorly controlled blood sugar. Look instead for unprocessed snacks such as popcorn — a whole grain with a lot of fiber — that you air-pop yourself, or keep it simple and reach for ready-made fresh fruit to satisfy your sweet tooth. Remember that pairing either of these healthy snacks with a source of protein such as reduced-fat cheese or fat-free, plain Greek yogurt will also help slow the rise in blood glucose, making these snacks more well-rounded and even healthier!

Avoid Processed Cereals Made to Look Like a Treat
Despite label claims about fiber and essential vitamins and minerals, many popular breakfast cereals are actually highly processed and loaded with sugar. Therefore, many of them should be avoided. "Watch out for cereals that are made to look or taste like candy or cookies," Ferguson warns. It's also important to note that even seemingly healthy cereals can have hidden sweeteners and very little fiber. For a smarter diabetes snack, reach for cereals that have whole grain listed as the first ingredient and very little, if any, added sugars. Pair your cereal with skim milk only, and don't add sugar. Whole grains are key in a diabetes diet because they are low on the glycemic index, which means they are generally digested more slowly and cause less of an increase in your blood sugar. Plus, they're packed with fiber, also helping you maintain good blood sugar while aiding your digestive system and overall health.
**How to Support Your Child’s Mental Health**

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

**HOW TO SUPPORT YOUR CHILD’S MENTAL HEALTH**

- **LOVE**
  Be there for your child and show care and love

- **EXERCISE**
  Encourage play, exercise and sport

- **BEHAVIOUR**
  Keep an eye out for any changes in behaviour

- **SUPPORT**
  Regularly support, encourage and praise your child

- **REST TIME**
  Help your child to manage stress by building in some rest time

- **BE PROUD**
  Tell your child that you are proud of them

- **PATIENCE**
  Be patient. Don’t pressure your child

- **HELP**
  Don’t be afraid to seek help from professionals

- **FEELING**
  Get to know how your child is feeling

- **PROBLEM SOLVING**
  Help your child to effectively problem solve

- **LISTEN**
  Make sure you take time to listen to what your child has to say

- **EDUCATE**
  Educate yourself about mental health problems

- **SYMPTOMS**
  Be aware of signs and symptoms

- **COPING**
  Help your child to learn some simple coping skills such as relaxation

- **CONVERSATION**
  Encourage your child to engage in conversation

- **ENVIRONMENT**
  Provide a positive environment for your child where they can thrive
In Loving Memory Of

Debra Evans

Entered Into Life
March 16, 1954

Entered Into Eternal Life
June 4, 2019

Within An Indian Soul

When my time has come and I must finally say goodbye; I cry a little cuz I'm little bit afraid; But I'm satisfied and I expand; I've been thru the colors of the rainbow; I've lived thru the colors of the sunset; And I have known the freedom of the desert; I have roamed thru the forest of the pines; I ran wild with the rivers and I stayed calm on the surface; I have mingled with the white snow on the mountains; And I have washed myself in the rains the refreshes the Earth; I was in the storms that swept thru the plains; And I was in the existence of nature; My love for the wild has fulfilled my endless life; Love for nature has exploded into a blanket on Earth and now I lay me down to rest.

Debra Evans is the daughter of the late Charlotte Tokespeta Winifred and the late Dell Wellington. Debra has always lived in Denver CO. since the early 1960's. she has a surviving son name Jake Wellington, her surviving siblings are her brother Doak Wellington, and two sisters Karen Watson & Dawn Wellington. Debra has many nephews & nieces in Denver CO. and many relatives in Peach Springs Az.

R.I.P. Debra Evans ❤️
To the Community Members
Submitted by: Reggie Hernandez

I am the face of an alcoholic and an addict. I won't sugar coat it. I drank and I did drugs to the point of no return. It got to the point, I would try anything. You name it, I did it and I'm not ashamed of my past. Anyone who knows, knows I am an open book. That offends some people, and that's okay, it's not their story to own; but I'm owning mine and it's helped me survive. I love who I am becoming today. Alcoholism and Addiction does not discriminate. I will forever be an addict battling my inner demons everyday for the rest of my life!

We HAVE to stop pretending that addiction is something to be ashamed of. WE HAVE to talk about it. Addiction sucks for the addicts and their families. But when we silence the problem and pretend like everything is okay when it isn't, the fire grows and disintegrates everything in its path. People are dying. We have to talk about it and share our stories. We just have to.

God bless everyone.

Reggie Hernandez

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July 2019

BOYS & GIRLS CLUB
OF PEACH SPRINGS

MONDAY
SUPER HERO WEEK
SUPER MAN DAY
SUPER WAVE YOUR FAVE SUPERHERO SHIRT

TUESDAY
WONDER WOMAN DAY
WEAR STARS

WEDNESDAY
CAPTAIN AMERICA
RED, WHITE & BLUE
CLUB CLOSES AT 1PM

THURSDAY
5
SPIDER-MAN WEAR BLUE & RED

FRIDAY
12
LIT BAKE SALE

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Don't Forget Registration for the upcoming After School Programming Year 2019-2020 Begins Monday, July 8th

All registrations must be completed online at WWW.BGCS.ORG/CLUBCONNECT
Community Powwow Aerobics • Wednesday, July 10th
Submitted by: Danielle Bravo | Hualapai Planning Department

Community Powwow Aerobics

July 10th & 25th
Everyone Welcome!

During Lunch At The Multi. Building
12:15-12:45pm

For More Information Please Contact Wellness Liaison:
Shaundeen Bear

Phone: (928) 715 - 6559 or (928) 769 - 1630
Email: sbear@hualapai-nsn.gov
Graduation Dinner
July 11, 2019
5pm
Multi-Purpose
Peach Springs, Arizona

Attention Hualapai Graduates: 8th Grade, High School, College and trade school.

Please bring the following documents to the Hualapai Education and Training Center to receive your stipend on July 11, 2019 at the Annual Graduation dinner.

- CIB
- Diploma (copy)
- Official Transcripts

If you have any questions, please feel free to contact the education and training center at 769-2200. 😊
**Daily Strips from the 1970's • Peanuts**

*Submitted by: Vondell Bsnder, Good Health & Wellness (GHW) Educator, Hualapai Health, Education & Wellness*

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**Peanuts**

1. I have a suggestion for your speech.
2. Start off with a quotation from the Eighth Chapter of First Samuel. A little theological reference will get you off to a good start...
3. Forget it!!
4. The only theology they're interested in at the Daisy Hill Puppy Farm is the supper dish!
5. Hmm
6. As long as this is going to be a Fourth of July speech, I think I should slip in a few dogs about dogs not being allowed to vote. We can be drafted into the army, but we can't vote...
7. Then I'll tell my latest anti-cat joke. The dog audience will love this one... hee hee hee hee hee!
8. I have the world's largest collection of anti-cat jokes!
9. There he goes... off to give his Fourth of July speech to the dogs at the Daisy Hill Puppy Farm.
10. Has he been rehearsing what he's going to say?
11. Oh, yes... that's all he's been thinking about lately.
12. "As we are gathered here today on this solemn occasion, I am reminded of a rather amusing story..."
13. Here I am at the Daisy Hill Puppy Farm about to make my speech.
14. Ah, the introduction is over... I'm on!
15. "Ahem!
16. "Bonk!
17. Look, Charlie Brown, there's a riot at the Daisy Hill Puppy Farm! It's on the news, see?!
18. But that's where Snoopy is! Have you seen him? Have they shown him? Where is he?
19. Doesn't anyone want to hear my speech?
20. I came here to give a speech...
21. Why is everyone yelling? Why is everyone throwing things? What's going on?
22. Smoke! Tear gas! Good grief!
23. I hate giving speeches!