

# GAMYU

Newsletter of the  
Hualapai Tribe



Community Independence Day Celebration • Wednesday, July 3<sup>rd</sup>

Submitted by: Adeline Crozier | Hualapai Tribal Administration

 A graphic for the Independence Day celebration featuring a background of an American flag and fireworks. The text reads:
 

## Celebrating Independence Day in Peach Springs

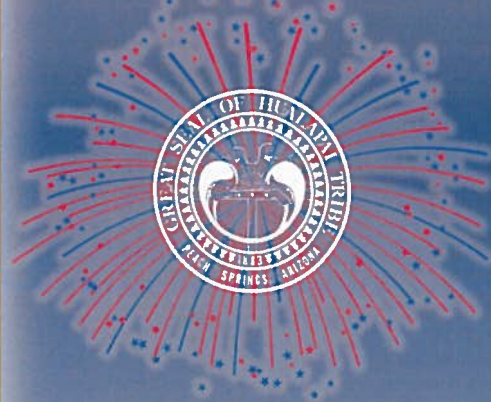
### Wednesday, July 3, 2019

Vicinity of the Gym & Court  
ALL VENDORS ARE FREE (at Site Only)



**Special points of interest:**

- **2019-2020 School Year Clothing Apps** now being accepted. (pg. 17)
- **Regular Council Meeting** will be on Tuesday, July 9<sup>th</sup> at 8:01AM in the Tribal Chambers
- **TERC Meeting** will be Wednesday, July 17<sup>th</sup> at 9:00AM in the Department of the Cultural Resources.
- **HTUA Board Meeting** will be on Wednesday, July 24<sup>th</sup> at 9:00AM @ Health Education & Wellness Center.



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

SPONSORED BY THE HUALAPAI TRIBE

**Inside this issue:**

Events & General Info	2
Employment	18
Education & Training	21
Health & Safety	23
Community Messages	36



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.

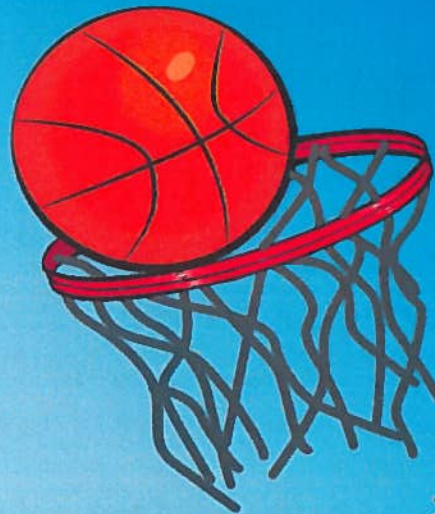
*Have a Safe Holiday!!*  
*Happy 4th of July*

# 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



# Independence 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 3<sup>RD</sup>, 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  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place  
For both events**

For more information contact Employees Working  
for Health @ 769-2644 or stop by the fitness center



**Trash Pick-Up Notice • July 4<sup>th</sup> - Independence Day Holiday**

*Submitted by: Wendy Bumgarner | Hualapai Public Works*



**DATE** June 13, 2019

**TO** Department Directors  
Program Managers  
Employees

**FROM**   
Everett Manakaja Jr.  
Human Resource Interim Director

**RE:** JULY 4<sup>TH</sup>-INDEPENDENCE DAY



**Independence Day Holiday is  
Thursday July 4, 2019.**

There will be no trash service.

Service will resume on

**Monday, July 8<sup>th</sup>**



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 4<sup>th</sup> 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, ect.

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 • Kinship & Genealogy: Tuesday, July 2<sup>nd</sup>**  
*Submitted by: Adeline Crozier | Hualapai Tribal Administration*

## **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 11 & 13, 2019- Hualapai Constitution / Executive Order/  
Government/ Tribal Council**

**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 • Gardening Season Schedule: Tuesday, July 2<sup>nd</sup>***Submitted by: Adeline Crozier | Hualapai Tribal Administration*

**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)*

***Community Gardeners***

***Tuesday ~ June 4***

***Tuesday ~ June 11***

***Tuesday ~ June 18***

***Tuesday ~ June 25***

***Tuesday ~ July 2***

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

***Youth work days***

***Friday ~ May 31***

***Friday ~ June 7***

***Friday ~ June 14***

***Friday ~ June 21***

***Friday ~ June 28***

***Any questions call Hualapai Cultural Center at 769-2223/2234***



**Buck-N-Doe 4-H Club: BINGO • Tuesday, July 9<sup>th</sup>**

*Submitted by: Danielle Bravo | Hualapai Planning Department*

# BINGO!

Tuesday, July 9<sup>th</sup>  
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 19<sup>th</sup>**

*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 - 3:00 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**



**Presented by: Cultural Department**

**Hualapai Tribe: Family Fun Day - Social Gathering • Friday, July 19<sup>th</sup>**

*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, gi majk, diya:yk đigava, ma bay đik 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 Joint Program with Boys & Girls Club • July 22<sup>nd</sup> - 26<sup>th</sup>**  
*Submitted by: Master Sung Ahn*

## 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. Amella Walema:** 928-769-1801

Taekwondo, **Master Ahn:** 408-701-7036





## Yuman Language Family Summit Immersion Camp • July 15<sup>th</sup> - 18<sup>th</sup>

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

### 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**

**Marcey Craynon 928-769-2223**

**Emilio Escalanti 928-920-7805**

**Gary Owens 480-362-6320 Mon-Fri. 8-5pm**

**Toni Carlyle: [tmcarlyle@hotmail.com](mailto: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 participants 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\_\_\_

**\$75.00**

**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](mailto:tmcarlyle@hotmail.com)**  
**For More Information go to Website:**  
**[Yumanlanguagefamilysummit.com](http://Yumanlanguagefamilysummit.com)**

**CONTACT NUMBERS**

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



**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 Craynon 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.** YLFS Committee

**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.**

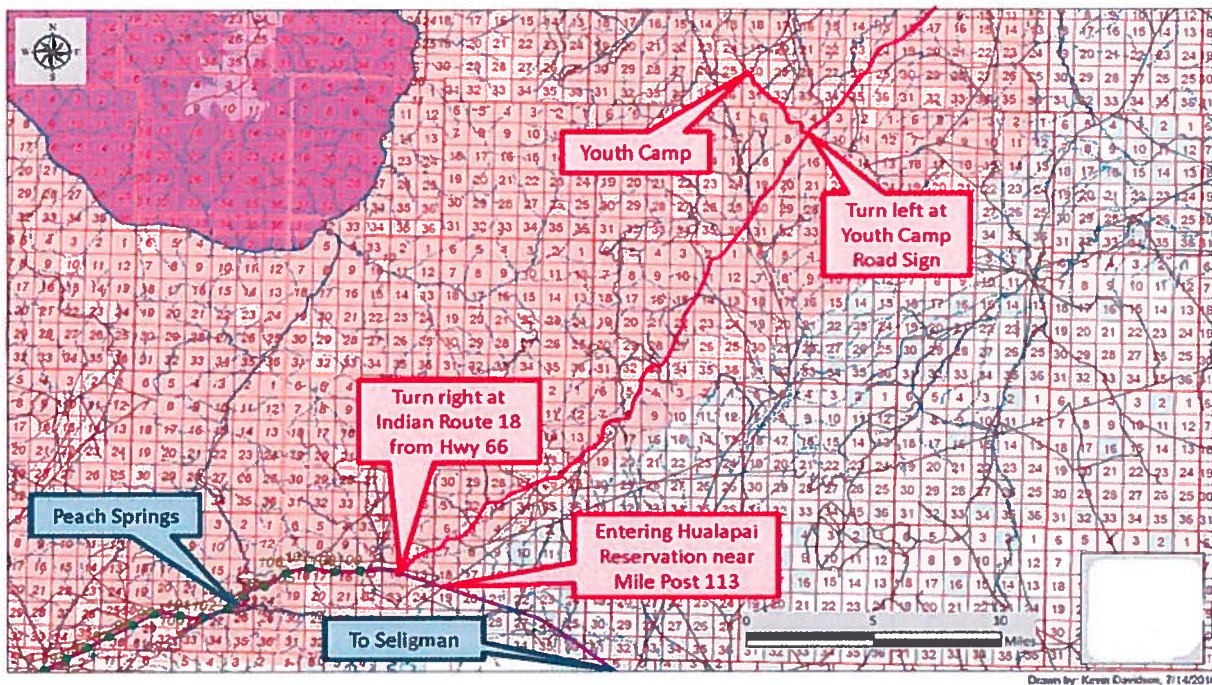
We are asking that each camp come up with 2-3 presentations on traditional culture that can be taught in your language. The camp-sites will be set up so that each tribal group will be together, sleep together and maintain their identity in one camp. We are doing this because we want language use and 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 16<sup>th</sup> 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)

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



## Grand Canyon Resort Corporation • Hualapai Artisans Needed

Submitted by: Nancy Echeverria | Grand Canyon Resort Corporation

# 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.)**



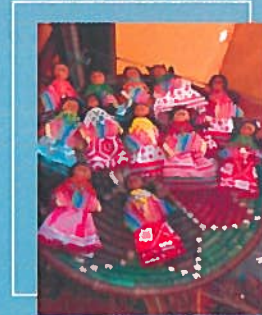
My name is Wanda Siewiyumtewa. I was born in Valentine, AZ and raised in Provo, Utah and I returned to live in Peach Springs, AZ in 1994.

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 Siewiyumtewa



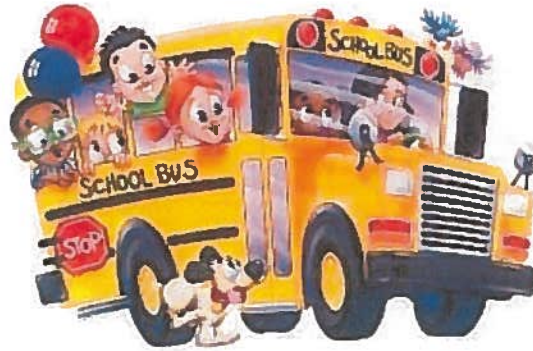
**GRAND CANYON**  
*West*.COM

Please Contact  
**MICHELLE HOLMES**  
928.769.2419 ext. 194



**Now Accepting School Clothing Applications • 2019-2020 School Year**

*Submitted by: Marilyn Vaughn, Accounting Clerk | Hualapai Tribal Administration*



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](http://www.hualapai-nsn.gov/government/finance)

**CHECKLIST**

<input type="checkbox"/>	Completed Gaming Assistance Application
<input type="checkbox"/>	Proof of School Enrollment (all students)
<input type="checkbox"/>	4th Quarter Report Card (K-12th grade students)
<input type="checkbox"/>	Certificate of Indian Blood (CIB) or Tribal ID (all students)
<input type="checkbox"/>	Court Order (Legal Guardian)
<input type="checkbox"/>	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.

**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 web site at [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov)**

POSTED 05/21/19

**EMPLOYMENT OPPORTUNITIES**

**Request For Proposal • Solar Power Plant - Closes: Aug 8<sup>th</sup>**

*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](mailto:kdavidson@hualapai-nsn.gov)  
See [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) for RFP postings

**Request for Proposal • Signage**

*Submitted by: Nancy Echeverria | GCRC*

**request for proposal**

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](mailto:purchase@grandcanyonresort.com).

RFP submittal due date is July 10, 2019 at 5:00 pm.

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



## 2019 Current Job posting for the Hualapai Tribe

### OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
Finance Department	Finance Assistant Director	D.O.Q.	April 03, 2019	Open Until Filled
Cultural Resources	Senior Archaeologist	D.O.E.	December 13, 2018	Open Until Filled
Emergency Services	Firefighter/EMT-Basic	D.O.Q.	March 19, 2019	Open Until Filled
	Firefighter/Paramedic	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 (Part-time)	\$ 12.50 per hour	May 10, 2019	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
	Hualapai Tribal Substance Abuse Action Plan Project Coordinator	D.O.E.	May 03, 2019	Open Until Filled
Human Resources	Director	D.O.Q.	February 28, 2019	Open Until Filled
Human Services	Shelter Advocate	D.O.Q.	December 10, 2018	Open Until Filled
	Security	D.O.Q.	December 10, 2018	Open Until Filled
Juvenile Det. Center	Correction Officer I, II, and III	\$16.00 - \$ 18.00/Hr.	October 31, 2017	Open Until Filled
Natural Resources	Range Specialist	Negotiable	February 26, 2019	Open Until Filled
	Agriculture Program Manager	D.O.E.	March 18, 2019	Open Until Filled
	Agriculture Crew Laborer (1)	\$13.00/Hr.	March 28, 2019	Open Until Filled
	Water/Air Technician I	D.O.E./Negotiable	May 29, 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	Associate Defense Advocate/Public Defender	D.O.Q.	May 17, 2019	Open Until Filled
Public Services	Laborer - Cholla Ranch	D.O.E.	April 02, 2019	Open Until Filled
Training Center	Teacher/Tutor	D.O.Q.	December 17, 2018	Open Until Filled

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

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

Auxiliary aids and services available upon request to individuals with disabilities



**Become a Census Worker • 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](https://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.

**United States<sup>®</sup>**  
**Census**  
 Bureau



**United States<sup>®</sup>**  
**Census**  
**2020**



# EDUCATION & TRAINING

**AIANTA Scholarship Program • Now Accepting Applications**

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



## AIANTA

American Indian Alaska Native  
Tourism Association

### American Indian Alaska Native Tourism Association Scholarship Applications Available

#### Interested in a career in the hospitality and tourism industry?

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

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

#### Application Criteria:

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



Nicole Russell, Echota Cherokee,  
AIANTA Scholarship Recipient

#### 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

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

#### For More Information:

Contact Sherrie L. Bowman  
American Indian Alaska Native Tourism Association (AIANTA)  
2401 12th St NW  
Albuquerque, NM 87104  
(505) 724-3592 or [sbowman@aianta.org](mailto: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 • 2019 - 2020 School Year Calendar**

*Submitted by: Paula Blout | Valentine Elementary School*

**Valentine Elementary School District #22**

**2019-2020 (School Times - 8:00 - 3:30)**

Calendar Approved - 4/23/19

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	4	5	6				1	2	3	1	2	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				1	2	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	11	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	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	29	30	31	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	16	17	18	19	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	25	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

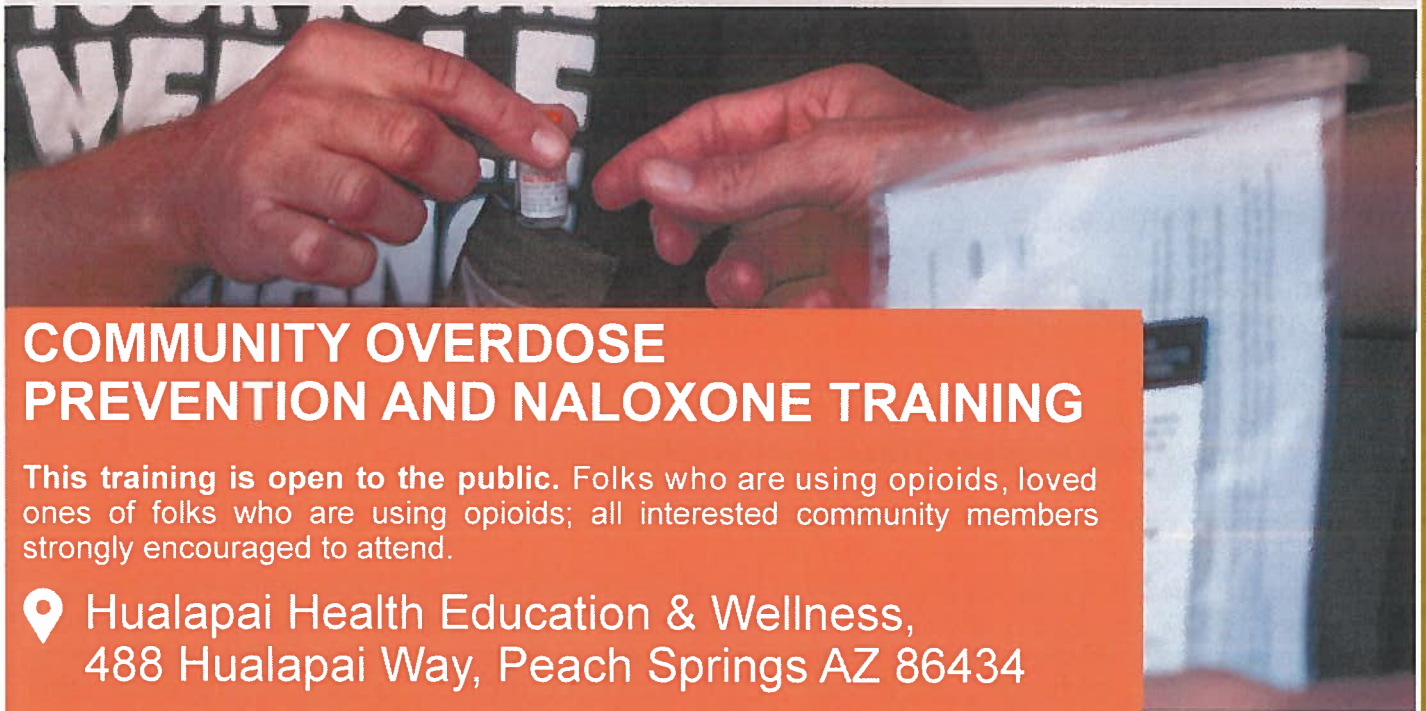
1st Quarter Ends 10/17/19	39 Days
2nd Quarter Ends 12/19/18	31 Days
3rd Quarter Ends 3/12/20	38 Days
4th Quarter Ends 5/21/20	36 Days
<b>144 Total Days</b>	



# HEALTH & SAFETY INFORMATION

Community & Professional Overdose Prevention & Naloxone Training • July 11<sup>th</sup> - 12<sup>th</sup>

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



## 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](mailto: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. 16<sup>th</sup> St, Phoenix, AZ 85016**  
[www.spwaz.org](http://www.spwaz.org)

**Contact:**  
**Juliana Willars, Tribal Overdose Prevention Coordinator**  
**928-550-0809**  
[jwillars@spwaz.org](mailto: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.

<sup>1</sup>CDC Morbidity and Mortality Weekly Report: Drug and Opioid-Involved Overdose Deaths – United States, 2013-2017. <https://www.cdc.gov/mmwr/volumes/67/wr/pdfs/mm675152e1-H.pdf>

<sup>2</sup>SAMHSA's Center for the Application of Prevention Technologies: Demographic Risk Factors for Opioid Overdose. <https://www.helpandhopewv.org/docs/5.%20Demographic%20Risk%20Factors%20for%20Opioid%20Overdose%20and%20Related%20Outcomes.pdf>

Traumatic Brain Injuries Among American Indians in Arizona • Fact Sheet

Submitted by: Ester Corbett | ITCA

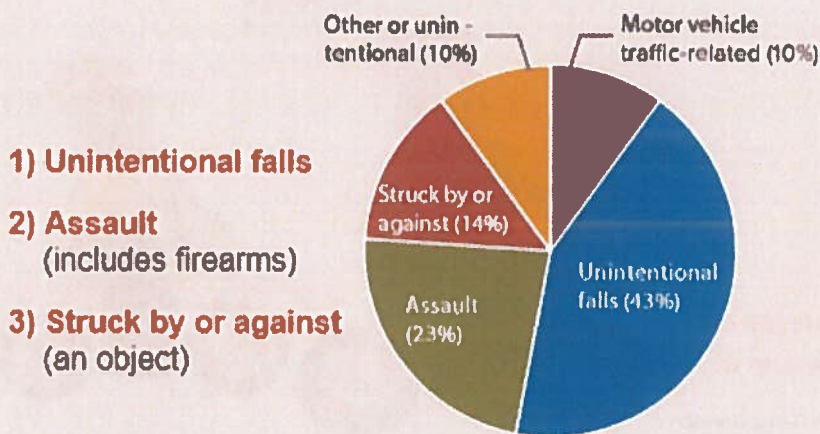
# Traumatic Brain Injuries Among American Indians in Arizona

## FACT SHEET



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



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

#### As an Individual...

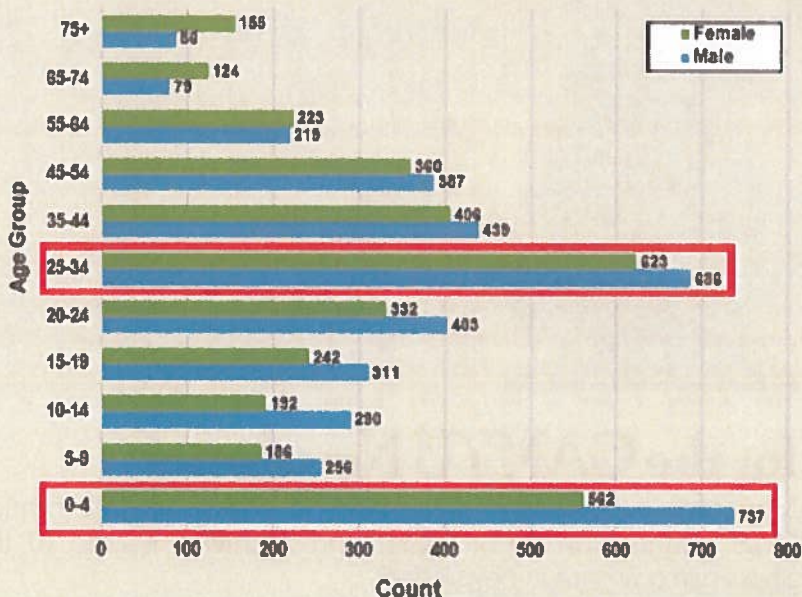
- Wear a helmet
- Be seen in traffic-wear reflective safety gear
- Secure loose objects in your environment
- Prevent slips and falls in the home, especially for elders (e.g., install rails on stairways, remove obstacles from walking pathways, provide adequate lighting)
- Seek medical care in the event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

#### 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

### 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





**Don't Hit Your Head to See Stars • Be Safe, Be Seen**

*Submitted by: Ester Corbett | ITCA*

# 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*



Unintentional injury—the leading  
cause of death and acquired  
disability for children—is  
predictable and preventable.



## 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 5<sup>TH</sup>

**DISTRIBUTION DATE:** Friday, July 12<sup>TH</sup>

**Community Bike Rides • Call EW4H To Schedule**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



# Community Bike Rides Come Have Some Fun!

**Come To The**

Must Be Accompanied  
By Employee!

**EW4H Building**

Call To Schedule!

**For Bikes!**

For More Information Please Call EW4H (928) 769-1630



**Love and Respect: 7 Week Course • Beginning on Wednesday, May 29<sup>th</sup>**

*Submitted by: Keely Sage | Celebrate Recovery*



## LOVE AND RESPECT

WHAT'S THE **BIG** IDEA?

It's not Wrong, just Different

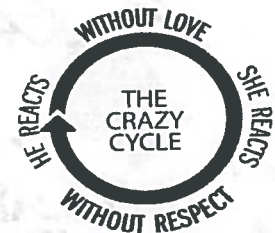
Are you ready to Embark on a Wonderful Adventure concerning Love and Respect in Marriage.

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 • Mondays at 6:00 p.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.

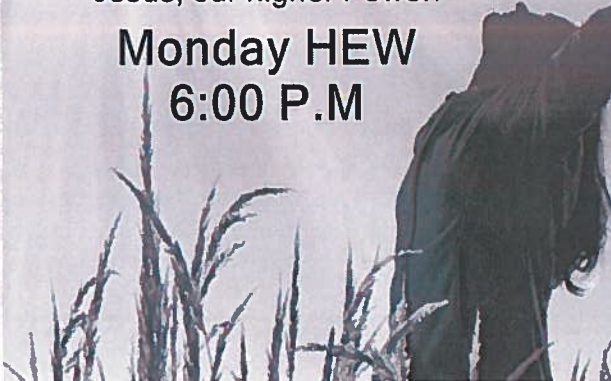
Restoring Relationships  
with family and friends.

Releasing Co-dependency

Resolving Anger Behavior

Recovering your walk with  
Jesus, our higher Power.

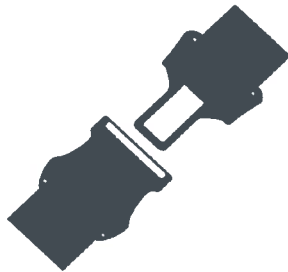
**Monday HEW**  
**6:00 P.M**



### 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?



HUALAPAI HEALTH-EDUCATION & WELLNESS  
COMMUNITY HEALTH REPRESENTATIVE PROGRAM



**Women's Support Group • Thursdays at 5:30 p.m.**  
*Submitted by: Tasha Nez | Hualapai Human Services*

Hey Gorgeous,  
Let's Celebrate!

## Women's Support Group!

(Every Thursday)  
5:30 PM—6:30 PM

Hualapai Human Services  
321 Shady Lane  
Peach Springs, AZ 86434

Domestic Violence Prevention Initiative  
928.769.2269

Tasha Nez, DVPI Advocate  
Knesha Madrid, DVPI Manager



*Closed on federal holidays and administrative leave days determined by Tribal Administration.*

## Impact of Good Health and Wellness in Indian Country Initiative • Commercial Tobacco

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

Impact of Good Health and Wellness  
in Indian Country Initiative



**Urban Indian  
Health Institute**

A Division of the Seattle Indian Health Board

### COMMERCIAL TOBACCO

#### 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.<sup>1</sup> 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.<sup>2</sup> On average, however, AI/ANs disproportionately smoke commercial tobacco: 21.5% of AI/ANs compared to 15.8% of Whites.<sup>3</sup>

#### 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 data on. Thus, aggregated counts may not represent the totality of work being done by all grantees



## 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

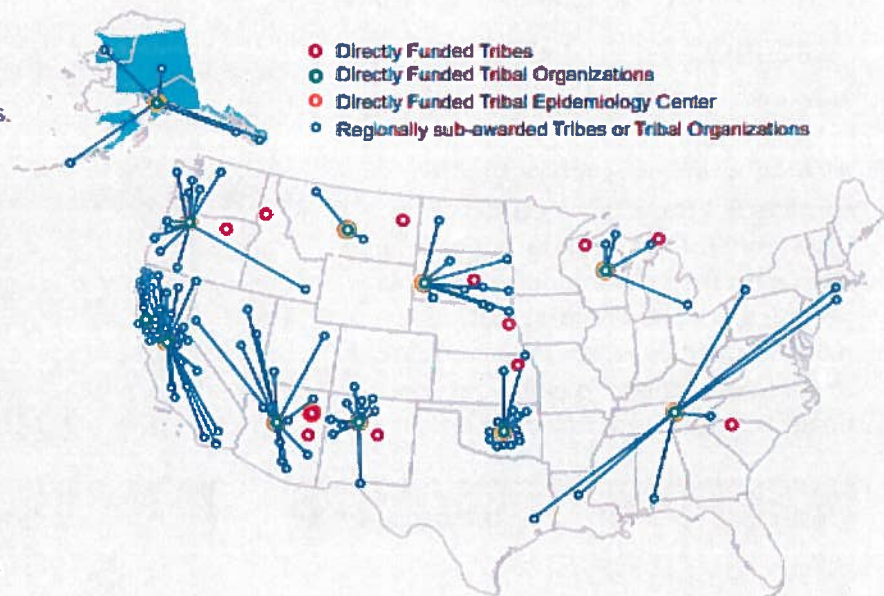
address health disparities through policy, systems, and environmental change activities.

### 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

1. United States Surgeon General. (2014). *The Health Consequences of Smoking -- 50 Years of Progress: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services. <https://doi.org/10.1037/e510072014-001>
2. Cobb, N., Espey, D., & King, J. (2014). Health Behaviors and Risk Factors Among American Indians and Alaska Natives, 2000–2010. *American Journal of Public Health*, 104(S3), S481–S489. <https://doi.org/10.2105/AJPH.2014.301879>
3. CDC. (2016). *Summary Health Statistics: National Health Interview Survey, 2016*. Retrieved from [https://ftp.cdc.gov/pub/Health\\_Statistics/NCHS/NHIS/SHS/2016\\_SHS\\_Table\\_A-12.pdf](https://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2016_SHS_Table_A-12.pdf)



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 Email: [info@uihi.org](mailto:info@uihi.org) Website: [www.uihi.org](http://www.uihi.org)  
 GHWIC Storymap: <https://tinyurl.com/ghwic>





## Tips From a Former Smoker • Alex's Story

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

**CDC** Centers for Disease Control and Prevention  
CDC 24/7. Saving Lives. Protecting People™

### 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.

Health Education & Wellness Department.

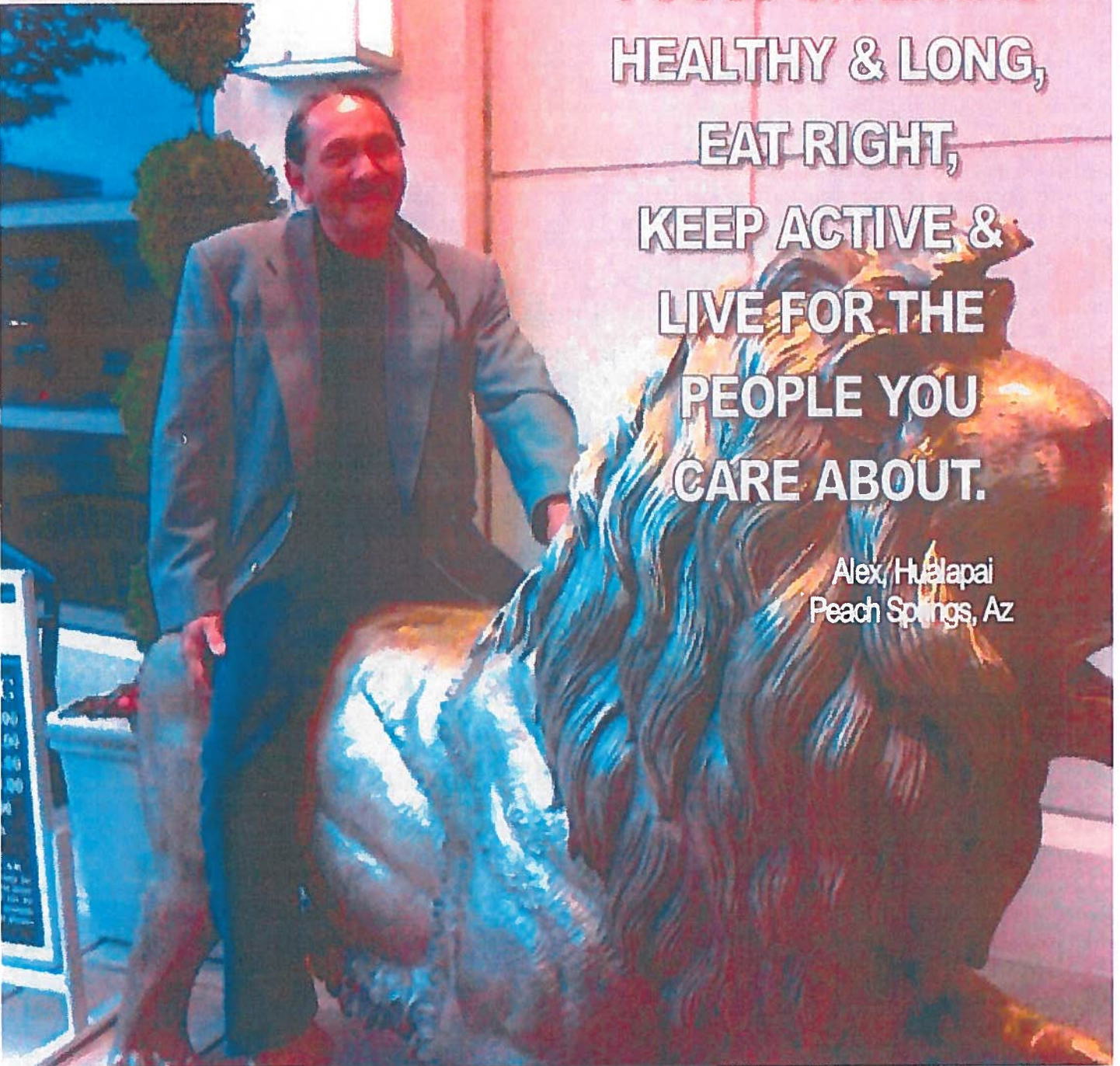




A TIP FROM A  
**FORMER  
SMOKER**

**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



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



## 6 Worst Diabetes Snacks You Should Cut From Your Diet • Everyday Health

Submitted by: Vondell Bender, GHW | Hualapai Health, Education & Wellness, [www.verydayhealth.com](http://www.verydayhealth.com)

### 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 to 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  $\frac{1}{4}$  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

@BELIEVEPHQ

www.BelievePerform.com



#### 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



#### EDUCATE

Educate yourself about mental health problems



#### PROBLEM SOLVING

Help your child to effectively problem solve



#### LISTEN

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



#### COPING

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



#### SYMPTOMS

Be aware of signs and symptoms



#### CONVERSATION

Encourage your child to engage in conversation



#### ENVIRONMENT

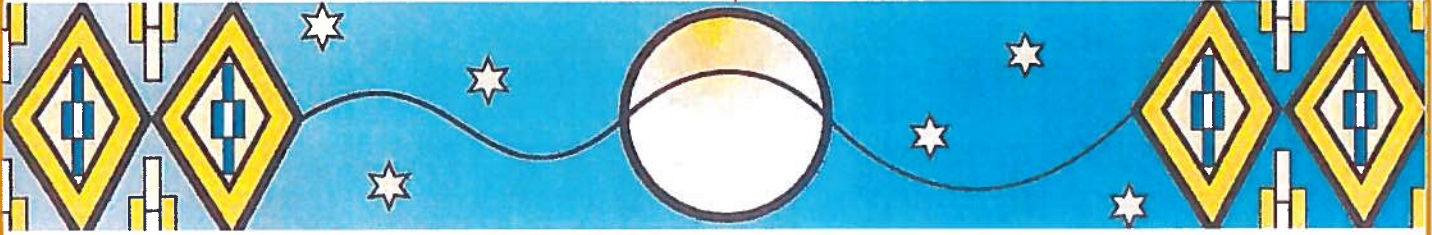
Provide a positive environment for your child where they can thrive





## In Loving Memory of Debra Evans

Submitted by: Crystal Wellington | Hualapai Cultural Resources



### In Loving Memory Of



**Debra Evans**

1954 ~ 2019

### 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.

HORAN & MCCONSTY

*Debra Evan 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 it's path. People are dying. We have to talk about it and share our stories. We just have to.

God bless everyone.

*submitted by; Reggie Hernandez*

July 17, 2019  
at the Lodge 9:00am  
10:30am  
**Coffee**  
WITH A COP  
HNPD  
POLICE  
PIC•COLLAGE

# July 2019

**BOYS & GIRLS CLUB**  
OF PEACH SPRINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPER HERO WEEK</b>  SUPER MAN DAY WEAR YOUR FAVE SUPERHERO SHIRT	<b>WONDER WOMAN DAY</b>  WEAR STARS	3 <b>CAPTAIN AMERICA</b> WEAR RED, WHITE & BLUE CLUB CLOSES AT 1PM!	4 <b>CLUB CLOSED</b> IN OBSERVANCE OF INDEPENDENCE DAY	5 <b>SPIDER MAN</b> WEAR BLUE & RED
<b>DISNEY VILLAINS WEEK</b> 1 IAFAR WEAR RED & BLACK	2 <b>SCAR CRAZY HAIR DAY</b>	10 <b>URSULA</b> WEAR PURPLE	11 <b>MALEFICENT</b> PAJAMA DAY	12 <b>LIT BAKE SALE</b> CRUELLA DEVIL WEAR POLKA DOTS
<b>CHRISTMAS WEEK</b> 1 WEAR YOUR FAVE CHRISTMAS SHIRT	2 WEAR YOUR FAVE PJS & SLIPPERS	17 <b>THE GRINCH DAY</b> WEAR GREEN	18 WEAR RED & GREEN	19 <b>LIT BAKE SALE</b> UGLY SWEATER DAY
<b>Spirit Week</b> 1 NEON DAY WEAR NEON COLORS	2 <b>TIE DYE DAY</b> WEAR YOUR BEST TIE DYE	24 <b>WACKY WEDNESDAY</b> DRESS MISMATCHED	25 <b>HAWAIIAN DAY</b> WEAR HAWAIIAN PRINT	26 <b>SPORTS DAY</b> SPORT YOUR FAVE TEAM
<b>Summer Week</b> 1 WEAR YOUR FLIP FLOPS	2 WEAR A TANK TOP (NO SPAGHETTI STRAPS)	31 <b>BEACH DAY</b> WEAR BEACH ATTIRE	1 <b>CLUB CLOSED FOR ASP PREP</b> 2	

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](http://WWW.BGCS.ORG/CLUBCONNECT)



**Community Powwow Aerobics • Wednesday, July 10<sup>th</sup>**

*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](mailto:sbear@hualapai-nsn.gov)**





**Class of 2019 • Thursday, July 11<sup>th</sup>**  
*Submitted by: Danielle Bravo | Hualapai Planning Department*



## **Graduation Dinner**

**July 11, 2019**

**5pm**

**Multi-Purpose**

**Peach Springs, Arizona**

Attention Hualapai Graduates: 8<sup>th</sup> 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 Bender, Good Health & Wellness (GHW) Educator | Hualapai Health, Education & Wellness

