



Issue #03 ♦ Friday, February 5, 2021

GAMYU

Newsletter of the Hualapai Tribe

United States Census | Your Census Response Matters

Submitted by: Kevin Davidson | Hualapai Planning Department

YOUR CENSUS RESPONSE MATTERS



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To apply for positions call
877-474-5226 or email
denver.recruit@census.gov

Even though the 2020 Census is over, Field Representatives are still in your community visiting homes* to ensure an accurate and complete count**.

**Small number of selected homes.*

***Post Enumeration Survey is part of Census Quality Assurance. ACS is one of 130+ Annual Census Surveys.*

Special points of interest:

- Hualapai Tribal Utility Authority (HTUA) Board Meeting will be on Tuesday, February 23, 2021 at 9:00 a.m. at the Cultural Center.

HAPPY & SAFE
Valentine's
DAY



Hualapai Planning Department | Seeking One (1) TERC Member

Submitted by: Kevin Davidson | Hualapai Planning Department

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.



The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

Hualapai Tribe
Department of Planning & Economic Development
 P.O. Box 179/887 W. Highway 66, Peach Springs, Arizona 86434
 Phone (928) 769-1310 * Fax (928) 769-1377

The Planning Department is Seeking One New TERC Member

Greetings Community Members:

The Planning Department is looking for one new applicant for the Tribal Environmental Review Commission (TERC) or Board of Commissioners. Below is a summary of what TERC is and what duties it perform.

Under the Hualapai Environmental Review Code (HERC), the Board of Commissioners has the primary authority, under the direction of the Hualapai Tribal Council, for regulating land use and development of Hualapai Tribal Lands. The Board of Commissioners is composed of seven (7) members who are appointed by the Tribal Council.

Their function is to review and regulate, including issuing permits for, all development activities that are proposed for any land site within Hualapai Tribal lands, in order to ensure that:

- (1) no development activity will be carried out without a permit; and
- (2) all development activities will be carried out in accordance with all applicable tribal and federal environmental protection laws and regulations.

If you are interested, you can pick up an application at the Hualapai Planning Department located at 887 Hwy 66 (next to 76 fuel station). You can also request an application be mailed or e-mailed to you. **The due date for applications is Thursday, February 25, 2021.** If you have any questions please feel free to contact me at 769-1310 or e-mail at: kdavidson@hualapai-nsn.gov

Respectfully,

Kevin Davidson, Director, Planning & Economic Development



Hualapai Tribal Nation

Tribal Environmental Review Commission

Application

PLEASE PRINT OR TYPE CLEARLY

Application Date: _____

Name: _____
(Last) (First) (Middle)

Address: _____
PO Box # City State Zip

Home Phone: (_____) _____ - _____ Message: (_____) _____ - _____

Employer: _____

Business Name: _____

Mailing Address: _____
Street/PO City State Zip

Your Title: _____ Business (Phone Number): (_____) _____ - _____

PROFESSIONAL AND/OR CIVIC ACTIVITIES?

PLEASE DESCRIBE WHY YOU WOULD LIKE TO SERVE ON THIS COMMISSION?

IN WHAT WAY DO YOU FEEL YOU WILL BE OF BENEFIT TO THE PUBLIC BY SERVING ON THIS COMMISSION?

Are you available for evening meetings? ☐ YES ☐ NO

Are you available for morning meetings (9:00 AM)? ☐ YES ☐ NO

Are you available for lunch meetings? ☐ YES ☐ NO

Are there any days of the week you cannot make meetings?

☐ MONDAY ☐ TUESDAY ☐ WEDNESDAY ☐ THURSDAY ☐ FRIDAY

PLEASE NOTE:

THIS COMMISSION IS SUBJECT TO DISCLOSURE OF CONFLICTS OF INTEREST.

THE PLANNING OFFICE CAN SUPPLY YOU WITH COMPLETE INFORMATION ON THE DUTIES OF THE COMMISSION.

I HEREBY CERTIFY THAT THE ABOVE INFORMATION CONTAINED HEREIN IS TRUE AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

Applicant's Signature

**PLEASE RETURN TO:
Hualapai Tribal Nation
Planning Department
Attn: Michelle Zephier
887 Highway 66/O Box 179
Peach Springs, AZ 86434**

**Hualapai Cultural Resources | Green Arrow Gardening Project, Series #1***Submitted by: Marcie Craynon | Hualapai Cultural Resources**Hualapai Green Arrow Gardening Project**"Pa qwi:d vasu gwe hwa:l jo"*

Series #1, January 29, 2021

The New Year has begun, and the gardening season is upon us. The Hualapai community garden, located at the Cultural Center, went through a complete rest last year, as Covid 19 completely changed the way we must act. Being in quarantine, and unable to go out for regular shopping trips may have increased the awareness of our dependence on grocery stores for all our food. Perhaps those movement restrictions inspired thoughts of being able to provide food for yourself, as our ancestors once did. Peach Springs has good climate and we are able to grow gardens here. It does take innovation to work a garden. Gardens just don't happen, they are created. There are many challenges throughout the growing season before we see every seedling we plant grow. Hopefully, the new year and some new opportunities to get involved with growing plants will inspire you and your family to take the plunge into gardening, growing your own food, harvesting, preserving, food safety and saving seeds.

Gardening is an enriching activity for the entire family. From planning and preparing your garden, planting seeds, transplanting, sampling fresh produce, and enjoying the abundance from the garden. With attention to challenges, you can be successful in growing your own food and the reward of overcoming your fears of why you haven't gardened sooner.

Peach Springs has heavy clay soils with a hard caliche layer underneath. Some residences are on bedrock, with little soil available, and lots of rocks! Does that discourage you, and one of the reasons you haven't tried planting? We also have dogs that like to dig and lay in watered areas. Weeds can be overwhelming, and gophers and ground squirrels are always hungry, and seem to believe you plant just for them! Taken together, the challenging issues seem hopeless and frustrating to even think of starting a garden. As a gardener, success is finding solutions without having to be a scientist, but finding what works in planting spaces and getting them done. Mother Earth is giving; the more you give to her, the more you will receive. I want Mother Earth to give you much more than you expected in your gardening efforts.

The Cultural community garden will be a preparing and planning the upcoming growing season to be successful. We will have days for community members to come and learn about what it takes to grow plants, and will have "work" days, where it will be fun learning practical gardening skills, as well as how to implement them in your own garden. We have a new garden work shed area that will encourage everyone to take part in the gardening experience. In addition to work days, we will have planting, maintenance and watering activities. I hope to see you join us, as the growing season inspires everyone to get involved in gardening.

GAP (Green Arrow Project) will be holding a 'virtual' gardening workshop the week of March 12, so please be on the lookout for more information on time and place. In the meantime, you can participate in, "Seed to Supper" online garden classes, brought to you by Mohave County Extension, starting Feb 10th, from 12-1PM, running for 6 weeks. "Gardens just don't happen, they are created, you become the creator of something very positive." Gardening is a healthy activity for the entire family. We intend to provide the community with support for growing your knowledge in all areas of gardening. It's fun and exciting to learn together.

Free Virtual Gardening Course | Starting Wednesday, February 10th*Submitted by: Adeline Crozier | Hualapai Tribe*

Free Virtual Gardening Course

where

This class is **virtual** and will be held via Zoom. The link is available on the registration form.

who

Open to adults and other independent learners

how

Pre-registration is required, please fill out the form by following the link below:

<https://forms.gle/MeR2j1FDfa2juDx98>

Contact: Christen Ruiz

crwilliams@email.arizona.edu

details

Please plan to attend all 6 classes. Participants get a free gardening book, seeds, and other goodies as available. This 6-week course is brought to you FREE through the AZ Health Zone and the University of Arizona Cooperative Extension Mohave.

Those who attend all 6 classes will receive a home garden kit!

Seed to Supper:

Growing Veggies on a

Budget

Wednesdays from 12pm-1pm

Starting February 10th, 2021

**Learn low-cost ways to build healthy soil,
plan your growing space, choose your
crops, care for your growing garden,
and harvest your bounty!**



Grand Canyon Resort Corporation | Ranch Auction
 Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Wagon One Bid #1901



Wagon 1

- Horse Drawn
- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1901
- Full Name
- Contact Number
- Amount of bid, no less than \$200

Wagon Two Bid #1902



Wagon 2

- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$20
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1902
- Full Name
- Contact Number
- Amount of bid, no less than \$20

Bids may be mailed to:

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Wagon Three Bid #1903



Wagon 3

- Ornamental, Horse Drawn
- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1903
- Full Name
- Contact Number
- Amount of bid, no less than \$100

Wagon Four Bid #1904



Wagon 4

- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1904
- Full Name
- Contact Number
- Amount of bid, no less than \$200

Bids may be mailed to:

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Wagon Five Bid #1905



Wagon 5

- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1905
- Full Name
- Contact Number
- Amount of bid, no less than \$200

Wagon Six Bid #1906



Wagon 6

- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1906
- Full Name
- Contact Number
- Amount of bid, no less than \$200

Bids may be mailed to:

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Wagon Seven Bid #1907



Wagon 7

- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$50
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1907
- Full Name
- Contact Number
- Amount of bid, no less than \$50

Wagon Eight Bid #1908



2008 Wagon

- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$20
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1908
- Full Name
- Contact Number
- Amount of bid, no less than \$20

Bids may be mailed to:

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Ranch items.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Wagon Nine Bid #1909



Wagon 9

- Ornamental Only
- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$50
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1909
- Full Name
- Contact Number
- Amount of bid, no less than \$50

Wagon Ten Bid #1910



2008 Wagon

- As-Is condition
- Bidder is responsible for pick-up

REQUIREMENTS:

- A minimum bid of \$300
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Bid #1910
- Full Name
- Contact Number
- Amount of bid, no less than \$300

Bids may be mailed to:

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Water and Food tanks.
Each photo has a Bid #

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021



**BID #1911 one available.
\$15**



**BID #1912 two available,
One has holes near top. \$10**



**BID #1913 one available.
\$30**



**BID #1914 one available.
\$15**



**BID #1915 six available.
\$10**



**BID #1917 one available.
\$30 each**

Winning Bidder is responsible for pick up.

REQUIREMENTS:

- A minimum bid of amount listed under item #
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, no less than listed amount

Bids may be mailed to:

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

Or hand delivered to:

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

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.



**BID #1918 one available.
\$20**

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Miscellaneous Items.
Each photo has a Bid #

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021



**BID #1919 one available.
\$20**



**BID #1920 one available,
\$5**



**BID #1921 one available.
\$10**



**BID #1922 one available.
\$50**



**BID #1923 one available.
\$20**



**BID #1924 one available.
\$30 each**



**BID #1918 one available.
\$20**



**BID #1926, one available.
\$5**

Winning Bidder is responsible for pick up.

REQUIREMENTS:

- A minimum bid of amount listed under item #
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, no less than listed amount

Bids may be mailed to:

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

Or hand delivered to:

Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

RANCH AUCTION

The Grand Canyon Resort Corporation is auctioning Miscellaneous Items.
Each photo has a Bid #

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021



BID #1927
one available. \$10



BID #1912
one available \$5



BID #1929
one available. \$5



BID #1930
one available. \$20



BID #1931
one available. \$5



BID #1932
one available. \$15



BID #1933
one available. \$5



BID #1934
one available. \$100

Winning Bidder is responsible for pick up.

REQUIREMENTS:

- A minimum bid of amount listed under item #
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Correct Bid #
- Full Name
- Contact Number
- Amount of bid, no less than listed amount

Bids may be mailed to:

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

Or hand delivered to:

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

All interested bidders are welcome to inspect the item. For more information, you may contact the Hualapai Ranch at (928) 297-0950

GCRC Employees are not eligible to bid at this time.

Grand Canyon Resort Corporation | Vehicle Auction
Submitted by: Nicholas Cabrera | Grand Canyon Resort Corporation

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1832



2006 Ford Expedition

- Mileage at least 213,734
- AS IS Condition
- Suspension changed from airbags to springs.
- Suspension system warning always on, reset after starting.
- Ride is uneasy and swerves easily.
- Sticky doors



REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1832
- Full Name
- Contact Number
- Amount of bid, no less than \$500

Vehicle Bid #1833



2008 Ford E350 Van

- Mileage at least 230,229
- AS IS Condition
- Blown motor
- Winning bidder responsible for towing off site



REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1833
- Full Name
- Contact Number
- Amount of bid, no less than \$100

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1834



2011 Ford F250 Super Duty

- Mileage at least 127,992
- AS IS Condition
- Check engine light on
- Really rough shape
- AC works
- Dirty inside
- Rear tire down
- Former maintenance truck



REQUIREMENTS:

- A minimum bid of \$800
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1834
- Full Name
- Contact Number
- Amount of bid, no less than \$800

Vehicle Bid #1838



2012 Chevy Silverado

- Mileage at least 155,375
- AS IS Condition
- Needs transmission
- Front driver's seat worn
- Very good shape



REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1838
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1839



2011 Ford F250 Super Duty

- Mileage at least 127,992
- AS IS Condition
- Check engine light on
- Really rough shape
- AC works
- Dirty inside
- Rear tire down
- Former maintenance truck



REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1839
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Vehicle Bid #1841



2007 Ford Ranger

- Mileage at least 174,871
- AS IS Condition
- Passenger outer door handle broke
- Former Security truck
- Rough condition
- Barely runs



REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1841
- Full Name
- Contact Number
- Amount of bid, no less than \$100

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1843



2012 Ford F150 4x4

- Mileage at least 166,821
- AS IS Condition
- Running on 6 cylinders only
- Former Security truck
- Rough inside
- Body damage



REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1843
- Full Name
- Contact Number
- Amount of bid, no less than \$500

Vehicle Bid #1844



2012 Ford F150 4x4

- Mileage at least 166,821
- AS IS Condition
- Running on 6 cylinders only
- Former Security truck
- Rough inside
- Body damage



REQUIREMENTS:

- A minimum bid of \$500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1844
- Full Name
- Contact Number
- Amount of bid, no less than \$500

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1845



2011 Ford E350 Van

- Mileage at least 273,899
- AS IS Condition
- Former shuttle
- Shakes and noisy suspension
- A/C does not blow out of front vents
- Low gears lack power
- Rough shape

REQUIREMENTS:

- A minimum bid of \$200
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1845
- Full Name
- Contact Number
- Amount of bid, no less than \$200

Vehicle Bid #1849



2012 Ford Transit Connect Van

- Mileage at least 161,658
- AS IS Condition
- Check Engine light on
- Former Food hauler
- Smells inside
- Rough Condition, key broken
- Sliding door rails bent

REQUIREMENTS:

- A minimum bid of \$100
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1849
- Full Name
- Contact Number
- Amount of bid, no less than \$100

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1850



2011 Ford F250 4x4 Crew Cab

- Mileage at least 219,225
- AS IS Condition
- Check Engine light on
- AC works
- Rough condition
- Body damage/rear door crushed in
- Rough interior



REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1850
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Vehicle Bid #1853



2013 Ford E350 Van

- Mileage at least 199,474
- AS IS Condition
- A/C blows cold
- New battery
- New blower motor
- Recently serviced
- Needs suspension work



REQUIREMENTS:

- A minimum bid of \$700
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1853
- Full Name
- Contact Number
- Amount of bid, no less than \$700

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1854



2011 Chevy 3500 4x4 Diesel, Dually

- Mileage at least 129,272
- Motor Issues
- AS IS Condition
- Check engine light on
- Former boat hauler/snowplow
- Plow removed

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1854
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

Vehicle Bid #1855



2003 Thomas School Bus

- Mileage at least 94,284
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property

REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1855
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1856



2014 International School Bus

- Mileage Unknown
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property



REQUIREMENTS:

- A minimum bid of \$2000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1856
- Full Name
- Contact Number
- Amount of bid, no less than \$2000

Vehicle Bid #1857



2001 International School Bus

- Mileage Unknown
- AS IS Condition
- Parts only
- Left windows open to weather
- Winning bidder is responsible for towing vehicle off property



REQUIREMENTS:

- A minimum bid of \$1500
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1857
- Full Name
- Contact Number
- Amount of bid, no less than \$1500

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more information, you may contact the Fleet Manager at (928) 275-8633

GCRC Employees are not eligible to bid at this time.

VEHICLE AUCTION

The Grand Canyon Resort Corporation is auctioning a fleet vehicle.

Auction Opens: Jan. 29, 2021 | **Auction Closes:** Feb. 25, 2021 | **Announcement:** Mar. 1, 2021

Vehicle Bid #1859

2011 Ford F250 4x4

- Mileage at least 237,447
- AS IS Condition
- Recently Serviced
- Minor body damage
- Former courier truck

REQUIREMENTS:

- A minimum bid of \$1000
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Feb 25, 2021

SUBMITTING YOUR BID:

Please submit your bid, along with the following information:

- Vehicle Bid #1859
- Full Name
- Contact Number
- Amount of bid, no less than \$1000

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

Or hand delivered to: Administrative office - Procurement Dept in Peach Springs. Bids must be in a sealed envelope. All interested bidders are welcome to inspect the vehicle. For more

GCRC Employees are not eligible to bid at this time.

Remember...



Wash your hands



Cover your cough



Practice social distancing



Stay home if you are sick

Our priority is the safety and health of the Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.



INCIDENT MANAGEMENT

Date: January 27, 2021

To: General Public

Fr: Robert Quintero, Incident Commander (digital signature R. Quintero at 1609 on 1/27/2021)
Cheyenne Majenty, Deputy Incident Commander (digital signature C. Majenty at 1609 on 1/27/2021)

RE: Dissolution of Incident Command Team

This is notice is to inform the community and departments that ICT will be dissolved on February 27, 2021. Services from ICT will no longer be provided such as: isolation/quarantine deliveries, monitoring, assistance with COVID-19 testing, checkpoint security, etc.

The Hualapai Lodge will be returning to normal operations and will not be accepting any further or continued usage for COVID-19 Positive patients.

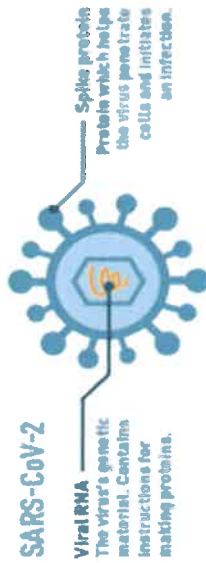
The community is encouraged to self-educate on CDC Guidelines and Recommendations. Questions and concerns regarding COVID-19, please call Peach Springs IHS at 928-769-2900.

ICT will release more information on protecting yourselves and households with prevention measurements and safety with COVID-19.

WHAT ARE RNA VACCINES AND HOW DO THEY WORK?

WHAT ARE RNA VACCINES?

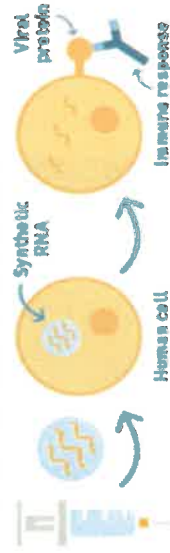
SARS-CoV-2



The genetic code of the SARS-CoV-2 virus is made up of RNA. Scientists isolated the part of this genetic code that contains the instructions for making the virus's spike protein.



Synthetic RNA which codes for the virus spike protein is packed in lipid nanoparticles (very small fat droplets). This stops our bodies' enzymes breaking it down and helps our cells take it in.



Once the synthetic RNA is inside one of our cells, the cell follows the RNA instructions to produce the virus spike protein. Its production then triggers an immune response in our bodies.



RNA VACCINES: BENEFITS AND CHALLENGES

VACCINE PRODUCTION

RNA is easy to make in a lab, so RNA vaccines can be developed quicker than other vaccines.

SAFETY OF THE VACCINES

RNA can't cause infection and is broken down by normal processes in our cells. An RNA vaccine hasn't been licensed for use in humans before but they've been under development for several years for other viruses, including influenza, HIV, and Zika.

STORAGE AND TRANSPORT

Some RNA vaccines must be stored at low temperatures to remain stable, which makes storage and transport more challenging.

RNA VACCINES FOR COVID-19

Several proposed vaccines for COVID-19 are RNA vaccines. They can be based on two different types of RNA.

mRNA vaccines

Moderna
Pfizer & BioNTech
CureVac

saRNA vaccine

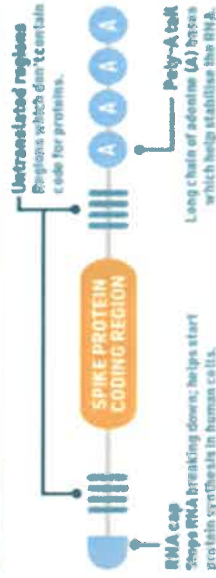
Imperial College
Arcturus

mRNA AND saRNA: WHAT'S THE DIFFERENCE?

The structures of mRNA and saRNA are similar but have a key difference, as the diagrams below show.

mRNA

mRNA stands for messenger ribonucleic acid



saRNA

saRNA stands for self-amplifying ribonucleic acid



As saRNA produces more copies of itself once it's in a cell, it can be given in smaller doses than mRNA vaccines. This makes the cost per dose lower and means higher numbers of doses can be produced from the same volume of vaccine.



NEW COVID-19 VARIANTS



WHAT WE KNOW

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.



The virus that causes COVID-19 is a type of coronavirus, a large family of viruses. Coronaviruses are named for the crown-like spikes on their surfaces. Scientists monitor changes in the virus, including changes to the spikes on the surface of the virus. These studies, including genetic analyses of the virus, are helping us understand how changes to the virus might affect how it spreads and what happens to people who are infected with it.

WHAT WE DO NOT KNOW

Scientists are working to learn more about these variants, and more studies are needed to understand:




- How widely these new variants have spread
- How the new variants differ
- How the disease caused by these new variants differs from the disease caused by other variants that are currently circulating



WHAT IT MEANS


Public health officials are studying these variants quickly to learn more to control their spread. They want to understand whether the variants:

- 
- Spread more easily from person to person
 - Cause milder or more severe disease in people
 - Are detected by currently available viral tests
 - Respond to medicines currently being used to treat people for COVID-19
 - Change the effectiveness of COVID-19 vaccines.

There is no evidence that this is occurring, and most experts believe this is unlikely to occur because of the nature of the immune response to the virus.

WHAT CDC IS DOING

CDC, in collaboration with other public health agencies, is monitoring the situation closely. CDC is working to detect and characterize emerging viral variants and expand its ability to look for COVID-19 and new variants.

Furthermore, CDC has staff available on-the-ground support to investigate the characteristics of viral variants. CDC is collaborating with EPA to confirm that disinfectants on EPA's List N: Disinfectants for Coronavirus (COVID-19)  inactivate these variant viruses. As new information becomes available, CDC will provide updates.

****All information cited from CDC.gov****

#StopTheSpread

The Covid-19 Vaccination is an important tool to help stop the pandemic

01 The safety of the vaccines is top priority

The U.S. vaccine safety system ensures that vaccines are as safe as possible. The two FDA approved Covid vaccines have been tested on over 74,000 people. The vaccines are found to be safe and 94-95 % effective

02 Facts about the vaccine.

- The vaccine will not give you Covid-19, there is no live virus used in vaccine
- The vaccine will not cause you to test positive on a covid -19 viral lab test
- Getting vaccinated can help prevent getting sick with Covid-19
- People who have gotten Covid-19 may still benefit from getting the vaccine
- The vaccine will not alter your DNA

03 Side effects that have been reported include but are not limited to: pain at injection site, redness or swelling at injection site, tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes, allergic reaction

04 How long until I'm protected?

- Two doses are required and will be scheduled 3-4 weeks apart.
- You may not be fully protected until 1-2 weeks after your second dose of vaccine

Source: Centers for Disease Control and Prevention



NOTE: HOURS HAVE CHANGED TO 6AM TO 2PM AND WILL BE AVAILABLE 7 DAYS PER WEEK

Embry Women's Health/Apollo Healthcare & Diagnostics is launching three COVID-19 Drive-Thru Testing Sites in Mohave County starting Monday, September 7, 2020. These sites are the first for Embry outside of Maricopa County, where they currently operate 13 COVID-19 drive-thru testing sites, some of which operate 24 hours a day, seven days a week.

"The goal is to offer testing to as many Arizonians as possible. We don't want to stop expanding until we're covering all 15 counties in Arizona," said Raymond Embry, CEO of Embry Women's Health.

"We've been proud to meet the demand for COVID-19 testing head-on, and are grateful for the support from the public and state authorities of our operation".

The Mohave County locations are:

Mohave Community College - Lake Havasu City
1977 W Acoma Blvd., Lake Havasu City, AZ 86403
Beginning 9/7/2020 – 6:00am-2:00pm – 7 days a week

Mohave Community College - Bullhead City
3400 AZ-95, Bullhead City, AZ 86442
Beginning 9/7/2020 – 6:00am-2:00pm – 7 days a week

Mohave Community College - Kingman
1971 Jagerson Ave., Kingman, AZ 86409
Beginning 9/7/2020 6:00am-2:00pm – 7 days a week

Embry Women's Health is offering COVID-19 PCR testing with results in 36-72 hours at ZERO cost to persons of all ages. They are also offering the Antigen test with 24 hours results for \$50.00 to all persons above the age of 12.

Anyone interested in getting tested for free can go to <https://embrywomenshealth.com/testing-blitz/> to schedule an appointment for the nearest site. Appointments are not required to get tested at the test sites but are strongly encouraged to expedite the testing process.

ICT Hours Of Operation

Monday through Friday
8am to 5pm

Phone lines 769-0001, 0002,
and 0003 will not be answered
on **Saturdays and Sundays**

**NO HOME TO HOME DELIVERIES OR
DONATIONS WILL BE DONE ON
SATURDAYS AND SUNDAYS.**

- Quarantine, Isolation and Lodge tentants may call orders into the Walapai Market and have a delivery from there on the weekends.

**HOME TO HOME DELIVERIES OR
DONATIONS ARE TO BE DONE MONDAY
THROUGH FRIDAY FROM 8AM TO 5PM**

- Deliveries will be done throughout the day with the last request fulfilled at 5pm.
WEEKEND DELIVERIES WILL NOT BE DONE.

**THERE IS NO PIO ON DUTY ON
SATURDAYS ON SUNDAYS TO ANSWER
THE PHONE LINES**

If you have an emergency, please contact:

**HNES (EMERGENCY SERVICES)
928-769-2205**

**Hualapai Nation Police Dept
928-769-2220**



MARKET ORDERS FOR QUARANTINE/ ISOLATED HOMES

Market orders will have a designated time set aside for delivery to Quarantine and Isolated homes only.

- **1st order time will be between 10am and 11am- please place your order BEFORE 9:30AM.**
- **2nd order time will be between 2pm to 3pm- please place your order BEFORE 1:30PM.**

**PLEASE CALL THE MARKET
AT 928-769-1500 TO PLACE
YOUR ORDER AND ICT WILL
DELIVER TO YOUR HOME**



THANK YOU- ICT

**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 54 -2020
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION**

Color Coding COVID19 Alert System

- WHEREAS,** the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and
- WHEREAS,** the Hualapai Tribal Council has the power to represent the Tribe and act in all matters That concern the welfare of the Tribe pursuant to Article V (r) of the Hualapai Constitution; and
- WHEREAS,** the Hualapai declared a State of Emergency in connection with COVID-19 on March 17th, 2020; and
- WHEREAS,** The Tribal Incident Command Team (ICT) has prepared an Emergency Measure Order's listed below to protect the Hualapai community by limiting exposure to COVID-19 and to limit community movement; and
- WHEREAS,** The Hualapai Tribal Council Passed Resolution 18-2020, with necessary measures to fulfill the mission of COVID-19 mitigation; and
- WHEREAS,** The Hualapai Tribal Police Department, and authorized commissioned officers are to Issue citations and implement Section 6.92 "endangerment" (Tribal Resolution 26-2020) Shall be as a civil sanction:
- WHEREAS,** The Incident Commander shall notify the Tribal Council to any escalation or de-escalation event
- WHEREAS,** the intent of the orders listed below are to limit COVID-19 spread and protect the Hualapai community

THEREFORE IT BE RESOLVED,

The Hualapai Tribal Council gives the authority to determine the following, of escalating and deescalating COVID-19 Response based on a Color Coding Alert System to the Incident Commander of the ICT to negate the impacts of COVID-19 to preserve public health to the greatest extent possible and to slow the spread of COVID-19.

The Color Coding Alert System to escalation and de-escalation shall be determined based on following specific to the Hualapai Reservation, and shall be applicable three (3) days after determination of the escalating or deescalating COVID-19 Response.



Color Coding Alert System does not cease or replace prior resolutions in regards to COVID-19 Response and Protection of the Hualapai Reservation, the color coding alert system identifies the escalating and deescalating of the COVID-19 Response.

Escalation and de-escalation determination shall be as follows:

Color Coding COVID19 Alert System:

Red Alert: COVID Pandemic still active, COVID 19 Community Spread is evident through contact tracing. 14 Day Lockdown of the Hualapai Reservation implemented regarding Resolution 38 to slow the spread of the virus. Households placed on Isolation-Quarantine status until determined recovered from the virus, Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

If statistical data indicates continued growth of Community Spread, lockdown shall be extended to, and shall not exceed 21 days total.

Lockdown shall temporarily prohibit all activities, to include non-essential tribal employees working. Essential and non-essential employment shall be at the discretion of the tribal council or department head.

Orange Alert: COVID-19 Pandemic still active, COVID-19 case(s) on the Hualapai Reservation with no community spread according to Contact Tracing. Households placed on isolation-quarantine status until determined recovered. Stay at Home Order as per resolution 36-2020 remain in effect for a period of time while COVID-19 virus is active on the Hualapai Reservation until determined no COVID-19 Cases are actively being monitored. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

Stay at Home Order in effect, limited access shall be allowed on the reservation to only essential functions including work, financial obligations, school, legal and legislative matters, and a curfew order shall be in effect from the hours of 8PM to 5AM daily.

While the Stay at Home Order is in effect, persons entering and exiting the reservation are subject to visual inspection at inspection points located throughout the reservation when entering or leaving and shall limit their travel through the inspection station to 2 trips per day for essential matters only. Persons are limited to only persons from the same household within a vehicle while travelling.

Blue Alert: COVID-19 Pandemic still active. No active COVID 19 cases on the Hualapai Reservation. No Community Spread. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 Virus. Limiting travel off the reservation is discouraged to help control the virus and limit travel for essential needs. All CDC guidelines followed for precautions to avoid the virus.
I.e. properly wearing a Face masks, properly washing hands, sanitizing and social distancing.

Green Alert: COVID 19 Pandemic Ceased, lowest risk, Vaccine available.

THEREFORE IT BE FURTHER RESOLVED,

Fines and penalties shall apply for persons that violate following:

Stay at Home Order

Lockdown

Isolation/Quarantine

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal council of the Hualapai Tribe is composed of 9 members of whom eight (8) constituting a quorum were present at a Regular Council Meeting held on this 4th day of September, 2020, and that the foregoing resolution was duly adopted by a vote of 8 approve, 0 not voting, 1 excused; pursuant to authority of Article V, Section A, of the Constitution of the Hualapai Tribe approved March 13, 1991.

ATTEST:



Shanna Salazar, Administrative Assistant
Hualapai Tribal Council



Dr. Damon R. Clarke, Chairman
Hualapai Tribal Council



HUALAPAI TRIBAL COUNCIL

P.O. BOX 179 • PEACH SPRINGS, ARIZONA 86434 • 520-769-2216

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.

The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, every thing is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

To : Hualapai Tribal Members

Fr : Finance Department hualapai-nsn.gov/government/finance

Re : 2021 Utility Assistance Allotment

Utility Assistance

\$850.00

Disability Utility Assistance

\$1,000.00

Elderly Utility Assistance

\$1,000.00

Elderly Home Improvement

\$1,000.00

EMPLOYMENT OPPORTUNITIES

Hualapai Planning Department | Elderly Center Renovation Request for Proposals

Submitted by: Kevin Davidson | Hualapai Planning Department



NOTICE OF REQUEST FOR PROPOSALS FROM COMMERCIAL CONTRACTORS, RFP NO. 01-2021 ELDERLY CENTER RENOVATION AND REPAIR IN PEACH SPRINGS

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe," is soliciting Proposals from building contractors to renovate and repair of the Senior Center in Peach Springs, located on the Hualapai Reservation, Arizona.

The Tribe invites interested firms to submit written Proposals relating to this project. The Tribe will select the top-rated Offer. The renovation and repair work must be completed by July 31, 2021.

The pre-submittal conference will be held on February 3, 2021, 2:00 P.M. Hualapai Senior Center, 537 Canyon View Drive, Peach Springs, AZ 86434

Proposals are due on February 19, 2021, 2:00 P.M. at Hualapai Planning and Economic Development Dept., 887 West Highway 66, Peach Springs, AZ 86434

QUESTIONS SHALL BE DIRECTED TO: Kevin A. Davidson, Planning and Economic Development Director, (928) 769-1310, kdavidson@hualapai-nsn.gov



Hualapai Nation Police Department

P.O. Box 490

Peach Springs, Arizona 86434

(928)769-1024/0900 Fax (928)769-1027

04 November, 2020

Notice of Hualapai Nation Police Department job opportunity for all community members 21 years old and older.

The Hualapai Nation Police Department has current job positions for entry level and lateral police officers. All qualified community members are highly encouraged to apply by filling out a Hualapai Tribal application and AZPOST required background packet that can be picked up at the Hualapai Nation Police Department or downloaded from the Hualapai website and AZPOST.com. Every payday Friday a member of the Hualapai Nation Police Department will be available at the Walapai Market court yard outside with applications if time is allowed and availability of staff.

Thank you

Hualapai Tribal Council Updates | Resolutions Adopted

Submitted by: Gina Masawytewa | Grand Canyon Resort Corporation

Current Job Postings for Grand Canyon Resort Corporation							
Administration	# of Positions	Pay Rate	Shift	Airport	# of Positions	Pay Rate	Shift
Chief Executive Officer	1	D.O.E.	Varies	Airport Dispatcher	1	D.O.E/FT	Varies
Human Resources Director	1	D.O.E.	Varies	Airport EMS/ Firefighter	1	D.O.E/PT	20 hr
Marketing Consultant	1	D.O.E.	Varies	Airport Operations Specialist	1	D.O.E/FT	Three 13.20s
Pontoon Manager	1	S4/FT	Varies	Gift Shop / Tour Counter	# of Positions	Pay Rate	Shift
HRR Manager	1	S5/FT	Varies	Lead Cashier	1	D.O.E/ FT	Wed-Sat
Skywalk	# of Positions	Pay Rate	Shift	Cashier	2	D.O.E/PT	Varies
	1	D.O.E/PT	Varies	Security	# of Positions	Pay Rate	Shift
Zip Line	# of Positions	Pay Rate	Shift	Security Guard	2	D.O.E/PT	Varies
Utility-Zipline	3	D.O.E/PT	Varies	HRR / Pontoon	# of Positions	Pay Rate	Shift
Guide-Zipline	10	D.O.E/Season	Varies	Concierge - HRR	1	D.O.E/Season	Varies
Lead-Zipline	2	D.O.E/Season	Varies	Equipment Driver - HRR	4	D.O.E/Season	Varies
Photo Clerk-Zipline	2	D.O.E/Season	Varies	CDL Bus Driver - HRR	3	D.O.E/Season	Varies
Supervisor-Zipline	2	D.O.E/Season	Varies	Passenger Driver- HRR	1	D.O.E/Season	Varies
Cashier-Zipline	1	D.O.E/Season	Varies	Diamond Creek Restaurant	# of Positions	Pay Rate	Shift
GCRC INTERNAL ONLY UNTIL 2/9/2021				Dishwasher- DC Restaurant	1	D.O.E/PT	Varies
Officer In Charge (OIC)- Security				Prep Cook- DC Restaurant	1	D.O.E/FT	Varies
				Cook- DC Restaurant	1	D.O.E/FT	Varies
				Cook- DC Restaurant	1	D.O.E/PT	Varies
				Front of House (FOH)- DC Restaurant	4	D.O.E/PT	Varies
				Restaurant Supervisor- DC Restaurant	1	D.O.E/FT	Varies

Revised 2/2/2021

Grand Canyon Resort Corporation | Internship Programs
Submitted by: Heather Nieto | Grand Canyon Resort Corporation



INTERNSHIP PROGRAMS

The Grand Canyon Resort Corporation (GCRC) is looking for 3 determined individuals for the following Internship Programs:

1 INFORMATION TECHNOLOGY



2 HUALAPAI LEADERSHIP



3 MARKETING INTERN



One individual will be selected for each of the 3 Internship Programs.

REQUIREMENTS TO APPLY

- Must be an enrolled Hualapai Tribal Member
- Can either be a current GCRC Employee or member of the community
- Have a current Arizona driver's license
- Be able to complete a Drug Screening
- Be able to pass a background check
- Have a reliable source of transportation
- Have a GED or High School Diploma
- Fill out a GCRC Application
- Submit a 1-page essay on why you should be selected for one of the Internship Programs
- Submit 3 separate references and must include contact information (must not be immediate family members)
- Be committed to completing a 2-year* long program

Accepting Applications

» **FEBRUARY 1ST-19TH** «

Any questions or if you're going to apply please contact:

Heather Nieto
Training & Development Manager

Office: (928)440-5283
Work Cell: (928)769-6575

EDUCATION & TRAINING

Valentine Elementary School | Eagle Eyes Newsletter and Calendar of Events

Submitted by: Paula Blout | Valentine Elementary School



EAGLE EYES



Vol. 6, No. 6

valentineaz.net

February 1, 2021

Family-Teacher Conferences

As we did last fall, to help keep everyone safe, we are spreading our family-teacher conferences over two days this week, so we can sanitize the rooms between conferences to reduce the possibility of transmission. Both Wednesday and Thursday will be minimum attendance days, with students released at noon. Remember, students should attend conferences with you.

The conference schedule is being sent out today. If you are not able to make your scheduled time(s), contact your student's teacher as soon as possible.

EMAIL NOTIFICATIONS

Beginning with this month's newsletter, calendar and conference schedule, we will be rolling out our new email notification system. You should see an email from (school-info@valentineaz.net). We will continue to send home paper copies home with students, but we understand that not all families receive the information.

We currently have at least one email from every household in the notification system. We will be adding the email addresses of people on the students' emergency contact lists as we move forward.

In order to make sure you are getting all the information from the school, be sure and update your contact information with us as it changes.

New staff emails have been created to make it easier to contact us. All follow the same format. Mr. Angle's email, for example, is mr.angle@valentineaz.net

VALENTINE ONLINE

Add our website, www.valentineaz.net, to your Bookmarks or Favorites list.

You can also find us on Facebook: <https://www.facebook.com/valentineazk8> and request to join our Valentine School Families Group <https://www.facebook.com/groups/229258078126673>



HOW CAN I HELP MY STUDENT?

- Learn with your student – I have issued a challenge to our students to learn at least two new words per day. Not just to learn the words, but to learn what they mean (synonyms, related words), but most importantly – to use them. Ask your students what words they learned each day and give them opportunities to use them.
- Keep safety a priority – We are extremely proud of our school that we have had zero (0) cases of in-school transmission of COVID-19. For the most part, students have been very good about following the procedures of wearing face coverings, using hand sanitizer and maintaining social distancing. Of course, they are children, and need to be reminded from time-to-time. We appreciate your help with that

SPELLING BEE

The Spelling Bee is back on!!! The superintendents in Mohave County have determined that we can hold the spelling bee safely, so we are back!





Our Valentine Elementary School Spelling Bee will be on Wednesday, February 10th at 9am. For safety reasons, only students who have chosen to participate will be spelling. Each speller is allowed to invite one (1) adult guest. Guests will be required to have their temperatures checked, wear face coverings and maintain social distancing procedures.

UPCOMING EVENTS

02/03-4	Family-Teacher Conferences EARLY RELEASE – NOON
02/09	School Board Meeting – 4:30 pm
02/10	Spelling Bee – 9:00 am
02/15	Presidents' Day – NO SCHOOL
02/19	Mohave County Spelling Bee – 6:00 pm

STAY SAFE

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Valentine Elementary launches email notifications (2021)	2 Groundhog Day	3 EARLY RELEASE -- Noon Family/Teacher Conferences	4 EARLY RELEASE -- Noon Family/Teacher Conferences	5 Hank Aaron born (1934)	6
7 <i>Pinochio</i> premiered (1940)	8 Boy Scouts of America begins (1910)	9 School Board Mtg 4:30 pm	10 Spelling Bee 9 am 	11	12 <i>Rhapsody in Blue</i> first performed (1924)	13 Last original <i>Peanuts</i> comic strip published (2000)
14 STATEHOOD DAY 	15 Presidents Day NO SCHOOL	16 King Tut tomb unsealed (1923)	17	18 Pluto (the planet, not the dog) discovered (1930)	19 Mohave County Spelling Bee 6 pm	20
21/28	22 1 BILLIONTH iTunes download (2000)	23 Tootsie Roll introduced (1896)	24 Arizona organized as a US territory (1863)	25 National Chili Day	26 Grand Canyon National Park designated by Woodrow Wilson (1919)	27 Aspirin patented (1900)


Valentine Elementary School
 HC 35 Box 50 / 12491 N. Byers St. Truxton, AZ 86434
 phone 928-769-2310 • fax 928-769-2389
www.ValentineAZ.net

Hualapai Department of Education & Training | Higher Education Program Extended
Submitted by: Misty Watahomigie | Hualapai Department of Education & Training



HUALAPAI HIGHER EDUCATION FUNDING PROGRAM APPLICATION

DEADLINE EXTENDED ...TO MARCH 01, 2021




**Please send in
documents as soon
as possible!**

The sooner the better for application review

Hualapai Education & Training Center

928-769-2200

Hualapaieducationdepartment@gmail.com



Freeport-McMoRan Virtual Technical Careers Preview Day | Saturday, February 13th

Submitted by: Simon Charter | Freeport McMoRan



EXPLORE MINING CAREERS



**VIRTUAL
Technical Careers
Preview Day**

**Saturday, Feb. 13, 2021
10 a.m. - 12 p.m.**

If you're interested in well-paying, high-tech careers in mining, join us to learn about mining technology programs and paid internships available through a partnership of Freeport-McMoRan and Yavapai College.

During the virtual event, you'll get insight into:

- Current program offerings and details
- How to get all tuition and book expenses covered
- Paid internship opportunities

To register or for more information, go to **yc.edu/mining**

Questions? Contact: **stephanie.wiltcher@yc.edu**

928-717-7107

FMJobs.com

NAU 2021 Student Summer Internship | Deadline: Friday, February 26th*Submitted by: Elisabeth Alden | UofA Extension Office*

Institute for Tribal Environmental Professionals 2021 Student Summer Internship

Apply now for a paid 8-week summer internship.

Spend your summer working with tribal organizations to address tribal environmental issues. The internships have a **technical, educational or policy** focus. We are offering at least **8 positions in air quality**. The internship program provides each student intern with a \$4,800 stipend. We are planning for internships to be remote, so most interns will work from their home or school site. Host sites are selected from tribal environmental organizations, government offices, the US Environmental Protection Agency (USEPA) and others.

Eligible students must meet the following:

- US Citizen
- Identify as Native American/Alaska Native
- Full-time undergraduate or graduate college student during Spring 2021 (12 hours undergrad, 9 hours grad) at any tribal college, college or university
- Have at least a 2.5 cumulative GPA
- Majoring in an environmental or related field like science, engineering, planning, policy, law, management, political science, anthropology, or health
- Interested in pursuing an environmental career after graduating
- Proficient verbal and written communication skills
- Strong interest in working with Native American tribes or topics
- If you need an exception for any of the above requirements, contact EEOP-
INTERN@nau.edu

Please register at the following website for more information:

nau.edu/itepinterns

For details about how to apply, see the ITEP internship website. You can view host site descriptions and submit your preferences for the host sites you desire.

Deadline: February 26, 2021

Questions? Contact EEOP-INTERN@nau.edu

United States Department of Agriculture | AgDiscovery 2021

Submitted by: Elisabeth Alden | UofA Extension Office



USDA

United States Department of Agriculture
Animal and Plant Health Inspection Service

AgDiscovery 2021



www.aphis.usda.gov/agdiscovery

AgDiscovery is a unique opportunity for students to explore agricultural sciences, and gain knowledge about careers in animal and plant disciplines, wildlife management, veterinary medicine, biotechnology, entomology, food safety, food production, agribusiness, forestry, and MUCH more! Students experience hands-on learning workshops, behind-the-scenes tours, laboratory and field exercises, in addition to a variety of cultural and teambuilding activities.

AgDISCOVERY 2021 WILL BE CONDUCTED NATIONWIDE AT THE FOLLOWING UNIVERSITIES:

- Alcorn State University (June 13-25)
- California State University, Fresno (June 6-19)
- Coppin State University (July 11-24)
- Delaware State University (July 5-17)
- Florida A&M University (June 13-26)
- Fort Valley State University (June 7-18)
- Iowa State University (June 13-26)
- Kentucky State University (June 6-19)
- Lincoln University (July 11-24)
- North Carolina State University (June 14-25)
- Prairie View A&M University (June 14-25)
- Purdue University (July 11-24)
- Tuskegee University (June 5-19)
- University of Arizona (June 14-25)
- University of Arkansas Pine Bluff (June 12-25)
- University of Hawaii at Mānoa (July 11-24)
- University of Illinois Urbana-Champaign (July 11-31)
- University of Maryland College Park (July 11-30)
- University of Maryland Eastern Shore (June 13-26)
- University of the Virgin Islands (July 18-31)
- Virginia State University (July 14-23)



Hualapai Health, Education & Wellness | Reading Sessions
Submitted by: Shaundeen Buffalo | Hualapai Health, Education & Wellness

Hwalbay Gwa:wj

Hualapai Common Words and Phrases

Come join our reading sessions! Book One

**February 12 and 26, 2021 in the Large
Conference RM @ HEW**

Two Sessions each day:

- **1st Session 9am - 10:30am**
- **2nd session 1pm - 2:30pm**

Must Sign Up! (Call, Email, or come to office: EW4H building by the Radio Station)

10 people per session

Participants will receive books!

We encourage everyone to come! Open activity!

**Parents / Guardians if you need more information please contact
Shaundeen Buffalo**

Email: sbuffalo@hualapai-nsn.gov

(928) 769-1630

Masks are REQUIRED!

**Social distancing will
be enforced!**



HEALTH & SAFETY INFORMATION

COVID-19 Immunization PODS | February 9th-11th

Submitted by: Adeline Crozier | Hualapai Tribe

Protecting yourself

COVID-19



Immunization POD'S

**DON'T MISS
YOUR SHOT
TO STOP COVID-19**

Hualapai Tribe &
IHS Beneficiary's



**While Supplies Last Due To
Vaccine Requirements**

IHS in Peach Springs has
opened the POD to

Phase 2

Any Remaining Phase 1A, B, & C
General Population 18 years & older
Tuesday and Wednesday Only

Protects your family

COVID-19 Immunization in Tribal Gym

Protects your community

Tuesday February 9th

Wednesday 10th

Thursday 11th

from 10-3

Stop the spread

Also Thursday 11th we will have boosters
for the people who received their first
dose January 14th

**Get your COVID-19 vaccine
Hope to see you there.**



Know the Difference | Cardiovascular, Heart and Coronary Heart Disease*Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness*

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease

**Cardiovascular disease, heart disease, coronary heart disease — what's the difference?**

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.

**1 in 3 deaths**

More than 800,000 people die of cardiovascular disease every year in the United States.

Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



Move More

Making Physical Activity Routine



Heart disease is a leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](http://NHLBI.gov).

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

- CDC Target Heart Rate and Estimated Maximum Heart Rate.
- Different types of physical activity.
- Recommendations for children, older people, and pregnant women.



NIH National Heart, Lung,
and Blood Institute



hearttruth.gov

Get motivated

Try these tips to make being active part of your everyday routine:

Add a friend or family member

- Take a yoga or other fitness class online with a friend.
- Share your fitness goals with your spouse or roommate.
- Commit to a walking schedule with a friend or family member, even if you can't walk together.

Do what you love

- If you enjoy the outdoors, try biking, hiking, golf, or gardening.
- Play with the children in your life.
- Check out the track at a nearby school.
- Think of physical activity as a special time to refresh your body and mind.

Build activities into your day

- Do strength exercises while watching TV.
- Use a workout game on your gaming console.
- Take a walk during lunch.
- Go for a walk or a bike ride before you sit down to enjoy dinner or a movie.

When To Check With Your Doctor

Certain physical activities are safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, talk with your doctor first.

Learn more about the risks of physical activity for certain groups on the [NHLBI website](#).



National Heart, Lung,
and Blood Institute



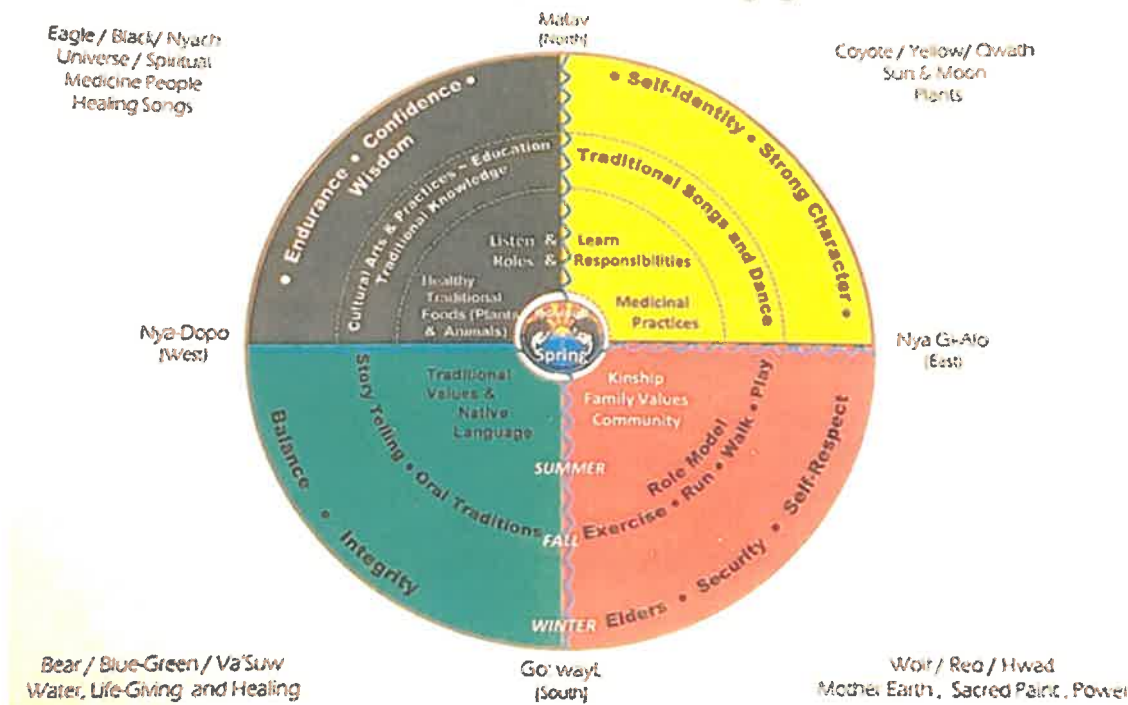
hearttruth.gov

Hualapai Tribal Practices for Wellness in Indian Country | Monday, February 22nd

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

Hualapai Tribal Practices for Wellness in Indian Country

Hualapai Journey of Life and Belonging



Hualapai TPWIC is inviting you to a scheduled Zoom meeting.

Topic: Talking Circle

Time: Feb. 22, 2021 06:00 PM Arizona

Join Zoom Meeting

<https://us02web.zoom.us/j/81794650580?pwd=Q1RLQ2h1Si9KZndBQ0xRMDREc0ZZUT09>

Meeting ID: 817 9465 0580

Passcode: 996323

One tap mobile

+13462487799,,81794650580#,,,,*996323# US (Houston) CST

+16699006833,,81794650580#,,,,*996323# US (San Jose) PST

Dial by your location

+1 929 205 6099 US (New York) EST

+1 301 715 8592 US (Washington D.C) EST

Meeting ID: 817 9465 0580

Passcode: 996323

Find your local number: <https://us02web.zoom.us/j/81794650580?pwd=Q1RLQ2h1Si9KZndBQ0xRMDREc0ZZUT09>



For more information, call Jessica Powskey at (928) 769-2207 EXTENSION 203

This presentation is provided by the Hualapai Tribal Practices for Wellness in Indian Country Grant and the Hualapai Health Education and Wellness Center Prevention Program

448 Hualapai Way Peach Springs, AZ 86434

STRATEGIES FOR WELLNESS IN HUALAPAI COUNTRY



- Talking Circles
- Marketing TPWIC projects
- Traditional/Native Foods
- Distribute grown foods
- Das' vik
- Health Disparities Education
- Hualapai Books
- Harvesting Activities
- Gardening stories
- Weekly Walks
- * Sweats
- Concept of BELONGING
- Traditional Cook Book
- Gardening
- Physical Mental Health Ed.
- La Paz Run

Hualapai TPWIC is working to sustain and strengthen wellness in Indian Country by providing the outlined projects you see above in coordination with the Cultural Department, HEW and other interested tribal programs. The Tribal Practices for Wellness in Indian Country (TPWIC) staff include:

Shaundeen Buffalo, Community Liaison- Fitness Specialist. Thank you all for your interest in the sewing, beading projects & fitness activities. She will continue to bring these projects to you.

Helen Watahomigie, Healthy Lifestyle Support Trainee is working with our Hualapai Cultural Resources partners to provide language and cultural connectedness to our presentations.

Jessica Powskey, Prevention Coordinator. Her focus is on the G.O.N.A. curriculum. Her primary task is to coordinate and facilitate the Gathering Of Native Americans for the residence of the Hualapai Indian Reservation. Contact her for more information about G.O.N.A.

Rosemary Sullivan, Program Manager.

We are currently working to get the Hualapai books out to you. There were 5 books re-printed

- Ethnobotany of the Hualapai
- Historic Landsites of the Hualapai Tribe
- Wildlife on the Hualapai Reservation
- Recipes of the Hualapai Tribe
- First Things First - 5 book series (Common words & Phrases; Kinship; Body Parts; Animals & Geography; Lullabies)

If you are interested in any of the activities- call (928) 769-1630. Facebook: Hualapai Tribal Practices or tribalpractices@gmail.com

Hualapai Health Education & Wellness/EW4H & Tribal Practices Offices

926 Hualapai Way
Peach Springs, AZ 86434
(928) 769-1630

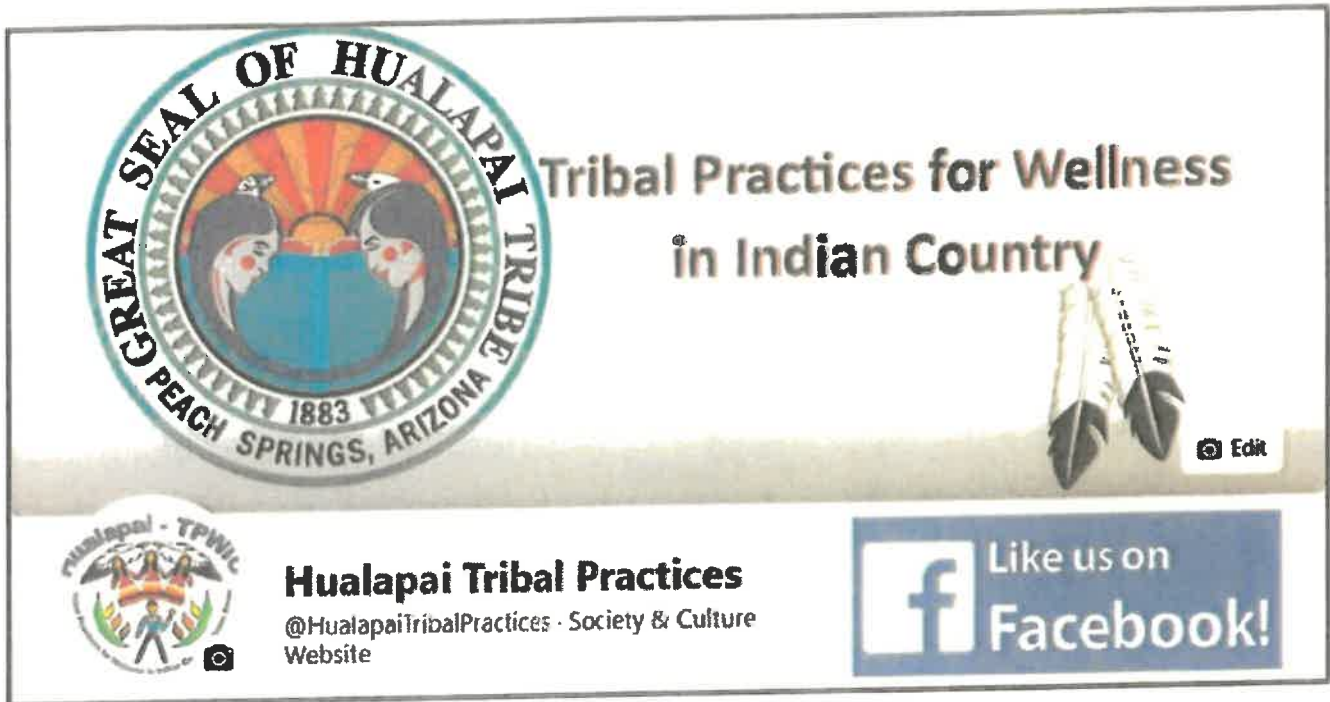


*Group sweats not recommended at this time due to the PANDEMIC

Hualapai Tribal Practices for Wellness in Indian Country | Facebook Page

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

Hualapai Tribal Practices Program Facebook Page!



Facebook: Hualapai Tribal Practices

Our TPWIC Program has made a Facebook page that will be utilized for our upcoming activities & events!

- We will post videos and pictures to showcase current activities & events
- Participation giveaways/raffles
- Like our page to stay updated
- Have any questions or concerns send us a message or email

Like our page by October 16, 2020 to be entered in a raffle.

Virtual

Weekly Walk

January & February

2021

Walk 1 Mile Every Week

(walked more than 1 mile, GREAT! Keep Going!)

- Track your miles using any walking app, step tracker, pedometer, Fitbit, etc.
(Need a pedometer come to the EW4H building by the radio station)
- Take a picture of your miles and email them to sbuffalo@hualapai-nsn.gov

Every 2 months incentives will be given out.

- 8-9 walks every 2 months, walk at least 4 (Need Proof)
- **MUST** turn in miles to receive incentive.

Turn in miles every Wednesday

Open To All Ages! Love To See Pictures Of Your Walks!

For more information please contact Wellness Liaison: Shaundeen Buffalo

Email: sbuffalo@hualapai-nsn.gov

Or

tribalpractices@gmail.com

(928) 769 - 1630



EW4H Hualapai Fitness Center | New Year's Resolution Weight Lifting Competition*Submitted by: Athena Crozier | Hualapai EW4H*

EW4H HUALAPAI FITNESS CENTER NEW YEARS RESOLUTION WEIGHT LIFTING COMPETITION



KETTLE BELL DOUBLE PRESS, KETTLE BELL HEAVY CARRY, BENCH PRESS

COMPETITION HOURS: 11:00 AM - 6:30 PM

TUESDAY, FEBRUARY 23RD & WEDNESDAY 24TH, 2021

COME BY FITNESS CENTER (EW4H) SEE - DAMEN ROMO OR CALL (928) 769-2644 FOR
MORE INFORMATION: **20 MEN 20 WOMEN ALL WEIGHT CLASSES OPEN**



EW4H HUALAPAI FITNESS CENTER NEW YEARS RESOLUTION WEIGHT LIFTING COMPETITION February 23RD AND February 24th 2021 OPEN-COMPETITION RULES

Competition will be based on **Time** or **Total** amount of weights lifted. There will be two attempts.

Kettle Bell Double Press: Total amount of weight pressed.

Kettle Bell Heavy Carry: Total amount of time kettle bells are held while walking.

Bench Press: Total amount of weight that is pressed.

Hualapai EW4H | 2021 Miles Series
Submitted by: Trena Bizardi | Hualapai EW4H

2021 MILES SERIES

**READY
SET
GO**

Start Tracking February 1st. 50 Mile Club data does not count toward this series. Start fresh!

You have 2021 to complete these miles. Each challenge completion comes with a new incentive. You must complete in order. Send us proof. Challenge yourself. Tracking logs available. Grand incentive for those who complete all!

- 100 Miles
- 150 Miles
- 200 Miles
- 250 Miles
- 300 Miles

You add on to the previous miles. You complete the series with 300 total miles.

**BEGINS
FEBRUARY
1ST**

**Bike, Run,
Walk or Count
Your Steps!**

**QUESTIONS CALL
EW4H: 769-
1630/2644**



Mile Tracking Log

MONTH: _____

Name: _____

Mile: _____



5 Super Healthy Native American Foods

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

Hualapai Tribal Practices for Wellness in Indian Country's objective is to promote traditional diets. This article focuses on Native American Foods. By educating our community about Native Foods, we want our people to eat more of what will be beset foods to eat. This article features 5 healthy foods native to the Americans.

5 Super-Healthy Native American Foods

By Wendy C. Fries, WebMD

Some traditional Native American foods are rich in nutrition as well as heritage.

Thanksgiving may be the only time many of us are aware of the influence of Native American foods on what we eat. Yet, if some dietitians and devoted cooks had a say, that would change.

That's because traditional American fare -- from North, Central, or South America -- contains a rich and colorful palate of heart-healthy foods, such as beta-carotene-packed pumpkin, fiber-loaded beans, and antioxidant-rich berries.

"Traditional Native American food [is] as varied as the Americas from which it originated," Harold H. Baxter, DDS, author of the pending book *Dining at Noah's Table*, tells WebMD.

Yet it's all too easy to overlook Native American fruits and vegetables in our modern diets, experts say.

"We just don't eat enough of most of these [traditional] foods any more," says David Grotto, RD, author of an upcoming book on eating traditionally called *101 Foods That Could Save Your Life*.

"Our cupboard used to be our medicine cabinet. A solution to a lot of what ails us may be getting back to these traditional foods."

Here are five familiar Native American foods that would make healthy additions to any diet:

1. Corn

Traced back to Central and South America, corn has served Native Americans as both drink and diet staple; its husks as dolls, masks, even fuel. Along with squash and beans, corn makes up the revered trinity many Native Americans call "The Three Sisters," vegetables frequently sown together.

"The corn provided a stalk for the bean vines to climb around, and the beans returned the favor by replacing the nitrogen in the soil," Chief Roy Crazy Horse writes in an article on the Powhatan Renape Nation's web site. "The squash spread out its broad shady leaves to keep other plants from crowding out the corn."

Corn is also nutritious, containing vitamins C and K, phytochemicals, B vitamins, and fiber. Another bonus: Corn just may help to prevent cancer.

"One of corn's phytochemicals, cryptoxanthin, was shown in one study to offer a 27% reduction in lung cancer risk," says Grotto, who is also a spokesman for the American Dietetic Association.

Indigenous recipes for this ubiquitous food include sweet corn soup and chowder, cornbread, and pop-corn. Enjoy ears fresh or roasted, and cut corn into salads or wraps. And try different colored corn when it's available -- those colors represent different body-boosting phytochemicals, says Grotto.

2. Berries

Growing wild across many parts of America, blackberries, strawberries, blueberries, and raspberries played a part in many native diets, including those of the Natchez and Muskogean.

Serving up healthy portions of fiber, vitamins, and minerals, berries have been shown by some research to help protect against stroke and heart disease. While blackberries and raspberries have nearly double the fiber of strawberries and blueberries, a cup of strawberries contains more vitamin C than you'll need in a day.

"Blackberries, raspberries, and strawberries also contain several types of bioflavonoid phytochemicals," says Elaine Magee, MPH, RD, the "Recipe Doctor" for the WebMD Weight Loss Clinic and the author of *Comfort Food Makeovers*.

"Blackberries, raspberries, strawberries, and blueberries contain some phenolic acid phytochemicals," too, Magee adds. "These phytochemical families (bioflavonoids and phenolic acids) have powerful antioxidant duties in the body and may help protect us against cancer."

Berries appear in Ojibwe and Sioux recipes for teas, puddings, and berry soup. You can also try mixing them into your own signature berry jam, as Magee does, or in pies, cakes, and muffins, and over hot or cold cereal.

3. Pumpkin

"I think pumpkin should be a core food in our cul-

ture," Grotto says. "There's so much goodness in it." Case in point: Just one cup of pumpkin is packed with potassium and fiber, and has more than 300% of the Recommended Daily Allowance of vitamin A. It's also rich in the antioxidant beta-carotene, which may help slow aging and reduce problems related to type 2 diabetes, according to the American Dietetic Association.

Oneida recipes for pumpkin and squash include cranberry pumpkin cake and silky winter squash soup. You might also include pumpkin in stews, or try a Grotto trick for this bright treat: Carve mini pumpkins, stuff with red potatoes, then roast them. "Kids love them that way," he says.

4. Mushrooms

Mushrooms aren't usually thought of as especially nutritious. And while it's true they're not very nutrient-dense, that shouldn't be the only way we look at a food's value, says Grotto.

"If you look at the antioxidants in mushrooms, they're just wonderful," he says.

By helping to war off damaging free radicals -- molecules that may play a role in the development of heart disease and cancer -- antioxidants are what make mushrooms shine.

Even the lowly white button mushroom brings a lot of antioxidant pop to the table, as well as glucans,

which may help lower cholesterol, Grotto adds. While picking wild mushrooms is a hobby only for the well-informed, you can enjoy traditional foods with mushrooms found at the supermarket.

"Try a grilled Portobello and teriyaki sandwich instead of meat," suggests Grotto. Mushrooms can also take center stage in sauces, stir-frys, soups, pates, and spreads. Or savor them over acorn squash with sage and onion -- a perfect fall treat.

5. Beans

Completing the three sisters trinity, beans were a staple of the Navajo, Creek, Iroquois, and others. Tiny nutrient powerhouses, beans like black, red, and pinto pack a healthy punch. Along with being fiber-rich, they're good sources of cardiovascular-boosting potassium, B vitamins, and folic acid. An excellent low-fat source of protein, they're cholesterol-free, too.

Reporting on a study that rated 100 foods for their disease-fighting antioxidant capacity, Grotto tells WebMD that small red beans topped the list, with red kidney beans and pinto beans following in third and fourth place. Black beans showed up in the top 20.

Traditional ways to enjoy them include succotash and bean salad. Beans of every stripe can also find their way into chili, soups, burritos, and tacos.

COMMUNITY MESSAGES

God is Saying to You

Submitted by: Josie Powsey, Tribal Elder

When I gave a promise to **Abraham**, I made him to wait because I had a plan. When **Daniel** was thrown in the lion's den, I never took that situation from him... because I had a plan. When **Shadrach, Meshach**, and **Abed-nego** were put into the burning furnace, I never took that situation away from them, because I had a plan.

When I led **Israelites** toward the Red Sea. I had a plan. When **Joseph** was thrown in the pit and jail, I never took that situation away from him because I had a plan. I never stopped **Peter** and his friends from catching fish for the whole night, because in the morning, I had a plan.

Whenever I allow something to happen without a plan; I will never do anything in your life. You may be going through some situations, which you may know or may not know why it is happening. But let me tell you, there is still more blessing ahead of you. So, don't lose your faith by seeing your situation. So believe in me! More on by trusting me and by knowing who "I AM!" Always remember "I AM YOUR GOD!" Nothing happens other than what I say in your life. Amen!

May You Have

Submitted by: Josie Powsey

May you have

*The **Faith** of Abraham*

*The **Obedience** of Noah*

*The **Courage** of Daniel*

*The **Heart** of David*

*The **Boldness** of Paul*

May you be a

*Man
Of
God!!*

Amen!

KWLP 100.9FM's January Volunteer of the Month | Steve DeFord AKA Pastor Steve

Submitted by: Terri Hutchens | KWLP 100.9FM

WE LOVE OUR VOLUNTEERS



“The Peach,”

The Hualapai Nation's Live and Local Radio Station

Proudly Announces and Congratulates
January 2021 Volunteer of the Month:
Steve DeFord, aka Pastor Steve



Steve DeFord, aka Pastor Steve has been an invaluable Peach team member for many years and has supported KWLP since the time it was EPCH and internet only. Pastor Steve is host of *Redeemed and Free* airing on Wednesday evenings and Sunday mornings on 100.9 fm. During his show Pastor Steve shares scripture and features Southern Gospel music. Steve is well known in the PSA community as Pastor Steve of the Hualapai Baptist Highway Church. Three of his sons were original KIDSTAR show hosts on EPCH. His wife, Miss Sherry teaches at the local Church school and Hosts the opening show segment during *Redeemed and Free*: “The Truth with Miss Sherry.” His brother Jeff to shares his syndicated show: “Down to the Roots” with Peach listeners at no cost to the station. It immediately follows Steve’s show on Wednesday evenings.



Steve has always impressed staff with his natural broadcasting aptitude. (It must run in the family!) Steve continued to be a consistent presence on the air during the Covid pandemic by submitting his shows digitally, even despite experiencing family illness and loss to the virus. This last holiday season, he and his family prepared an extra show for Peach listeners: an inspirational and joyful “*Christmas at Home*,” at a time when many of us were struggling with a very different celebration. When able, Steve helps at events, solicits advertisers and contributes regularly to give aways, as well. He rarely misses a meeting or training either! We truly appreciate all he does with and for KWLP and the community!

Hank’yu Steve!

Pastor Steve will receive an Amazon gift card for \$100 as his incentive for being Volunteer of the Month!

If you might be interested in volunteering, call at (928) 769-1110.

KWLP 100.9FM's 2020 Volunteer of the Year | Tina Querta*Submitted by: Terri Hutchens | KWLP 100.9FM*

WE LOVE OUR VOLUNTEERS



The Hualapai Nation's Live and Local Radio Station

Proudly Announces and Congratulates

2020 Volunteer of the Year: Tina Querta



Tina the One and Only of Soulful Moments and originally Your Rockin' Goda Girl of Finally Friday Rock and Roll has been a long-term, foundational member of The Peach crew of Volunteers. She has been entertaining and enlightening Peach listeners since 2014 and was last Volunteer of the Year in 2015. Tina has always been an amazingly well-prepared performer—taking all training and input to heart, as well as being reliable and consistent, even during this difficult year. She never holds back on her opinions and suggestions for growth and improvement. She is also usually a lot of fun to work with, especially at events, where you may have seen her as The Peach mascot or relieving staff to act as DJ and MC. This year she has even managed to expand her show host repertoire to include another show: Soulful Saturday on Saturday mornings: lockdowns permitting... We truly appreciate all she does with and for KWLP and the community! Thank'yu Tina!


Tina will receive incentives and gifts valued at over \$500.00 for being Volunteer of the Year.

If you might be interested in volunteering, call at (928) 769-1110.


KWLP Volunteer of the Year is sponsored in part by:



KWLP 100.9 FM
presents:



Winter Stories



...told in the oral tradition by local Elders
check the KWLP facebook page for story times and recordings

KWLP 100.9 FM presents:



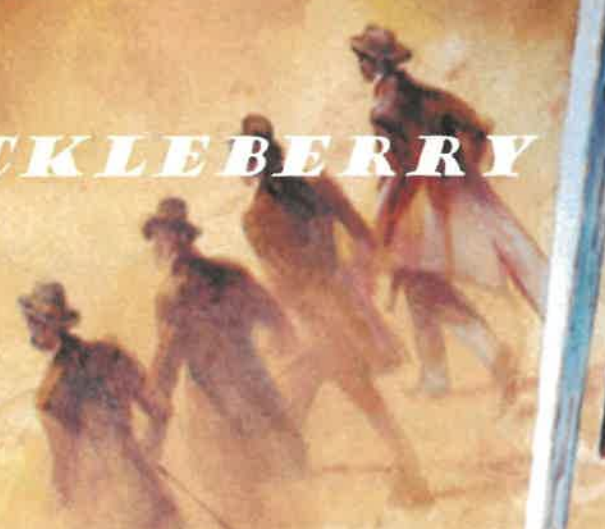
Read On Kualapai!

- Listen to a celebrated children's story read by a community member
- Followed by a familiar lullaby sung in Kualapai
- Sunday through Thursday evenings at 8:00pm.
- Help your children reach for the stars, as *The Peach* helps you tuck them in to bed...

KWLP 100.9 FM

CHALLENGES YOU TO A COUNTRY MUSIC SHOWDOWN WITH:

DJ HUCKLEBERRY



EVERY WEDNESDAY 3:00P.M. - 5:00P.M.

- CLASSIC, CONTEMPORARY AND REZ COUNTRY MUSIC
- NATIVE AMERICAN HISTORY
- ANECDOTES, JOKES AND FUN!

WWW.KWLP.RADIO.COM



*Listen to the live and local radio station of the
Hualapai Nation*



www.kwlpradio.com



100.9 FM



TuneIn radio: KWLP

*Always playing all kinds of music for all of
Peach Springs*

KWLP 100.9 fm wants to:

SHARE THE Love



***With our listeners!
With a listen to Win Give Away!***



- Listen to The Peach February 1 through February 12
- DJs will prompt listeners to call or text (928) 769-1090 for chances to win raffle tickets
- Prize is valued at over \$300.00 and includes a beautiful Valentines quilt and runner set handmade by Dr. Robyn Purdum!
- Prize package may be seen on the "KWLP The Peach" [facebook](#) page
- Winner will be drawn on Friday Feb 12 during Native Noon Hour!

Sponsored Exclusively by: All One People Chiropractic



Kids

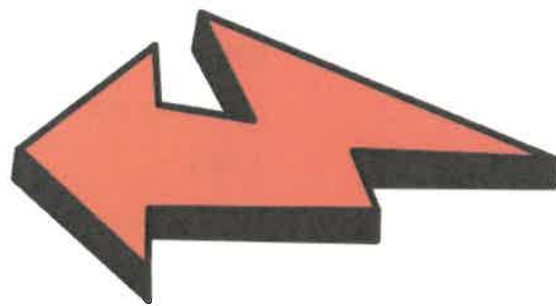
ART CONTEST

to be featured in partnership with

The Children's Hour

Pandemic Musical

Inspiration: What's YOUR reaction to the Covid-19.

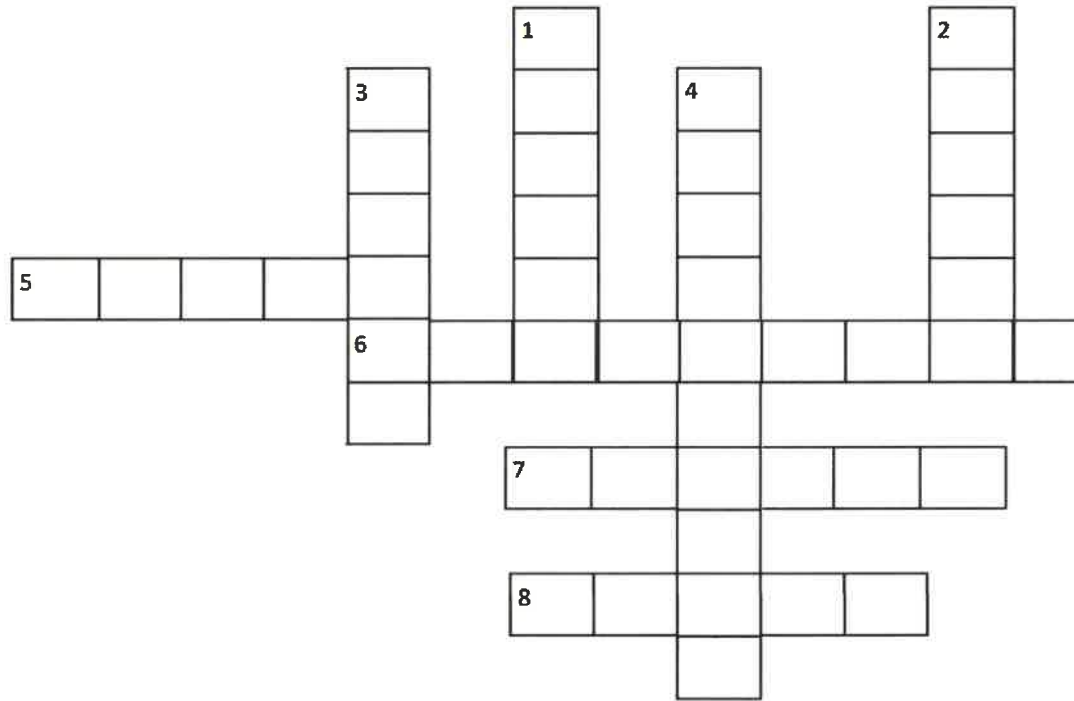


Scan Me to Learn More!

childrenshour.org/a-pandemic-musical/

Hualapai Common Words and Phrases | Crossword
 Submitted by: Shaundeen Buffalo | Hualapai Heath, Education & Wellness

Hualapai Common Words and Phrases

**Down:**

1. How are you?
2. Play.
3. Are you okay?
4. Stand there.

Across:

5. Listen
6. Sit there.
7. Go to Sleep.
8. Do it.

Words:

Gamiyu
 Mahan'e
 Nyukmuwa'h

Mie:va
 Nyukmiskwi
 Muwi'h

Mideva
 Misma:h