LA PAZ TRAIL OF TEARS RUN 2022
Camp Beale Springs, Arizona to Peach Springs, Arizona
April 21, 2022

Schedule

◊ Monday January 31, 2022 - Art contest begins
◊ Tuesday February 15, 2022 - Gathad Ganav story via Zoom
◊ Thursday March 17, 2022 - Runner registration begins
◊ Monday March 25, 2022 - Art submission deadline
◊ Friday April 1, 2022 - Art winner selected
◊ Monday April 11, 2022 - Runner registration ends
◊ Tuesday April 12, 2022 - La Paz Story
  6:00 PM at Multi, runners only and on
  KWLP for greater community
◊ Saturday April 16, 2022 - Monument site visits
  Ehrenburg, AZ 5:30 AM
  Beale Springs, AZ 1:00 PM
◊ Tuesday April 19, 2022 - Runner’s check-in
◊ Thursday April 21, 2022 - Run begins
  3:00 AM Runners meet at 66 Park to be transported
  5:00 AM Camp Beale Springs to Peach Springs

PLANNING/INFO MEETING
Wednesday 04/06/2022
9-10 AM
AT THE
MULTI-PURPOSE BUILDING

Contact: Martina Dawley, Director
Hualapai Department of Cultural Resources
(928) 769-2223
mdawley@hualapai-nsn.gov

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Special Points of Interest:
- Grand Canyon West
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EARTH DAY
EVENT
Friday, April 22
For more information, call
Kevin Davidson at the
Hualapai Planning Dept. at (928) 769-1310.
LA PAZ TRAIL OF TEARS RUN 2022

THURSDAY APRIL 21, 2022 – 5:00 AM
Camp Beale Springs, Arizona to Peach Springs, Arizona

Registration Timeline:
- Registration starts – March 17, 2022
- Registration ends – April 11, 2022

Register:
- Drop off or mail registration forms: Cultural Center, P.O. Box 310, Peach Springs, Arizona 86434
  - Pick up forms at the Cultural Center
  - Request forms at mdawley@hualapai-nsn.gov
  - Download at FB @HualapaiCulturalResources

Runner Check-in:
- Tuesday April 19, 2022

Runner qualifications:
- Must be a Hualapai tribal member or have Hualapai lineage
- Must be no less than 16 years old to run
- Must be vaccinated with proof of vaccination card
- Must be willing to wear a mask
- Must not be showing symptoms related to COVID-19

Transportation:
- On day of run vans will transport runners to starting area
- Meet at the Cultural Center at 3:00 AM

NO PHOTOS ALLOWED DURING THE RUN

Questions? Contact the Cultural Center at (928) 769-2223
LA PAZ TRAIL OF TEARS RUN 2022

THURSDAY APRIL 21, 2022 – 5:00 AM
Camp Beale Springs, Arizona to Peach Springs, Arizona

First Name: ___________________________ Last Name: ___________________________ Age: ______

Tribal Affiliation: ___________________________________________________________

Address: ___________________________ City: ___________________________

State: ______ Zip: ______ Email: ___________________________

Phone: ___________________________

Shirt Size (Adult): S  M  L  XL  2X  3X

Vaccinated: Yes  No (circle one)

I know that running is a potentially hazardous activity. I know that there will be traffic on the course route and assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration to your accepting my registration, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Hualapai Tribe, volunteers, and any and all sponsors including their agents, employees, or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind of nature whatsoever foreseen or unforeseen, known or unknown. The undersigned further grants full permission to representatives authorized by them to use any photographs, videotapes, recordings or any other record of this event for documentary purposes only. Applicants for minor accepted only with a parent's signature. (If a parent is signing on behalf of a minor, that minor at any time, arising out of the minor's participation in this event.)

Signature: ___________________________ Date: __________

Parent/Guardian (if under 18): ___________________________ Date: __________

For Official Use Only:

Received By: ___________________________ Date: __________

Vaccination card checked: Yes  No
Hualapai Health Department Presents The La Paz Story: Tuesday, April 12th
Submitted by: Adeline Crozier | Hualapai Tribal Administration

Hualapai Health Department presents

THE LA PAZ STORY
WITH JORIGINE PAYA

Tuesday, April 12 @ 6PM at the Multi. In-person

Or join us on ZOOM!
ID: 990 944 7082
Passcode: 899088

CDC guidelines will be in place. Call 928-715-0299 if you have questions.

KWLP 100.9 FM • Seeking Hualapai Speaking Community Elders
Submitted by: Terri Hutchens | KWLP 100.9FM

Cultural Survival

KWLP

Is seeking Hualapai Community Elders who speak the Hualapai language to participate in a grant project funded by Cultural Survival.org. The goal of the project is to produce radio content which will help preserve the Hualapai culture, traditions and language.

Hourly stipends will be paid to participants in the project.

KWLP will host an informational session about the project on Friday April 8, 2022 at 1:00p.m. at the Hualapai Lodge upstairs conference room. Lunch will be provided. Space is limited to 10.

For more information about the project or to get registered, please stop by KWLP at 480B Hualapai Way, PSA or call (928) 769-1110.
To: All Hualapai Tribal Big Game Guides!!

Master Guide, Guide, Beginners

Come join us for a Guides meeting for the upcoming Hunting season.

Where?
Hualapai
4-H Building

Date:
April 13, 2022

Time:
5:00pm

SEE YOU THERE!!!!

Questions please call:
Hualapai Game and Fish Department @ (928)769-2227
Invited Guests
May Bring Up To 4 Guests Each!
(Must be at least 16 years old to invite a guest)
- Hualapai Tribal Members
- Hualapai Tribal Employees
- GCRC Employees
- Peach Springs Elementary Employees
- Peach Springs Clinic Employees
- Truxton BIA Agency

Anniversary Offers Per Person
(Tribal Tax Applicable)
Skywalk Photos ........................................... $5
Discounted Meal at Select Locations ........... $10
Digital Skywalk Photos ................................. $50
Helicopter/Pontoon Tour ............................... $130

Event Location: Hualapai Point, GCW
GCW Agenda | Saturday, April 23rd
9:00 AM  Check-in at the Main Terminal (Terminal 3)
Shuttles will depart from the Main Terminal to Hualapai Point
10:00 AM  Posting of Colors by Hualapai Tribal Veterans
& the Star-Spangled Banner
10:15 AM  Traditional Hualapai Blessing
10:20 AM  Opening remarks
Dr. Damon Clarke | Chairman of the Hualapai Tribe
Candida Hunter | Chairwoman of the GCRC Board of Directors
Ruby Steele | GCRC Interns Chief Executive Officer
Jason Davis | GCW General Manager
10:40 AM  Grand Canyon West Team Recognition & Presentation
11:00 AM - 4:00 PM  Lunch Served at Hualapai Point
11:30 AM  Adult/Youth Raffle (Must be present to win)
(GCRC Team Members are not eligible)
11:45 AM  Hualapai Traditional Song & Dance
12:00 PM - 4:00 PM  Live Entertainment

Event Parking: Grand Canyon West Main Terminal
Mohave County Agenda | Sunday, April 24th
Mohave County Residents will Receive
General Admission & Skywalk!
(Provide proof of residency for access to Grand Canyon West)
9:00 AM - 3:00 PM  Check-in at the Main Terminal (Terminal 3)
Shuttles will depart from the Main Terminal to Hualapai Point
10:30 AM - 3:30 PM  Discounted Meals at Selected Locations
11:00 AM  Hualapai Point Restaurant
* Skywalk Café
* Guano Point
12:00 PM - 4:00 PM  Hualapai Traditional Song & Dance
Live Entertainment

For more information, please contact the Marketing Department at 928-482-2691
Please wear mask, sanitize often & maintain social distancing.
CALLING ALL TRIBAL ENTREPRENEURS!

GCW is looking for Tribal Artists for our Retail Showcase!

Join Us

Are you a Tribal Artist that has product you would like to sell at Grand Canyon West?

Want to become a GCW Merchant?

CONTACT: retail@grandcanyonresort.com
Hualapai Tribal Council of Peach Springs, Arizona

February 2022 Proclamation

In the Honor of Mr. Caleb “Joe” Powskey

WHEREAS, the Hualapai Tribal Seal was adopted with Resolution 1-1977; at a Council meeting on January 8, 1977 as the Official Seal for the Hualapai People and has been executed through the Tribal Council; and

WHEREAS, Our Seal represents the People of the Hualapai Tribe and Nation; and

WHEREAS, The Hualapai Tribal Seal has been recognized World Wide; and

WHEREAS, the Hualapai Tribal Seal was designed and completed by the infamous Mr. Caleb “Joe” Powskey; and

WHEREAS, notwithstanding the original name of the seal was “The Creation” and should be Nurtured, Invested-in to Preserve and Enhance the Spirit of “Mr. Powskey”; and

WHEREAS, The Hualapai will reflect on this as history and thus make a difference as they will carry with them the memory of the Artist, the Great and Unique Hualapai Seal-“The Creation”; and

WHEREAS, As the Members of the Hualapai Tribe we are Encouraged to Celebrate the Gifts that Mr. Joe Powskey and his family endured through his artwork with and throughout this World.

NOW, THEREFORE, I, Dr. Damon R. Clarke, Chairman of the Hualapai Tribe, do hereby proclaim the “Mr. Caleb “Joe” Powskey” Day as January 8th from this day forward and the Great Seal he gave to the Hualapai Tribe and People;

Dr. Damon R. Clarke, Tribal Chairman       Mr. Shelton S. Crozier, Vice Chairman
Ms. Earlene Havatone, Member                Mr. Richard Powskey, Member
Ms. Jonell Tapija, Member                   Mr. Ronald Quasula, Sr. Member
Mr. Stewart Crozier, Member                 Ms. Jolene Marshall, Member
Mr. Blake Watahomigie, Member
Memo

To: Hualapai Tribal Members
From: Finance Department
Date: 3/24/2022
Re: 1099's for year 2021

1099's will **NOT** be Issued for the ARPA Stimulus payouts that were disbursed in November & December of 2021 totaling $3000.00 paid out in 2 Payments of $1500.00 each to tribal members.

- **Hualapai tribal members did NOT receive Per Capita for Fiscal year 2021.**

Should you have any questions feel free to call (928) 769- 2216

[Signature]
Finance Director
ATTENTION

EYEGLASSES ASSISTANCE IS AVAILABLE
AT THESE PREFERRED VENDORS:
NATIONWIDE OR RIVERVIEW
WHERE PAYMENTS ARE ACCEPTED.

ANY OTHER VENDORS ARE SUBJECT TO ANOTHER
PROCESS OR REIMBURSEMENT UP TO $275.00.

Any questions or concerns, please call Joyce at:
(928) 769-2216 ext. 1111

Notice of General Election • UPDATE any Change of Address Before Friday, April 29th
Submitted by: Geneen Putesoy | Hualapai Election Board

NOTICE

General Elections for (4) Council Members to be held
JUNE 4, 2022 from 8AM-5PM at
Multi-Purpose Building, 470 Hualapai Drive
Peach Springs, AZ 86434

***ALL ELIGIBLE HUALAPAI TRIBAL MEMBERS 18 AND UP ON
JUNE 4, 2022 ARE ENCOURAGED TO UPDATE
MAILING ADDRESSES WITH TRIBAL ENROLLMENT OFFICE M-F FROM
8AM-5PM OR CALL (928) 769-2216 OR FILL OUT CHANGE OF ADDRESS
FORM ONLINE AT HUALAPAI-NSN.GOV
BEFORE APRIL 29, 2022

If you have any questions, please email Elections@hualapai-nsn.gov
EVERY VOTE COUNTS!
OFFICIAL

NOTICE OF GENERAL ELECTION

June 4, 2022

8:00 AM – 5:00 PM

Multi-purpose Building
470 Hualapai Drive, Peach Springs, Arizona

Elect four (4) candidates to fill Hualapai Tribal Council seats.

Voting

All enrolled adult members whose name appears on the Final Eligible Voters List.

Absentee Ballots will be mailed to all enrolled adult members of the tribe for this year’s general election.

Polling place for in-person voting will be at multi-purpose building.

Reminder that in-person and absentee voting is encouraged.

Submit your inquiries to one of the following:

Hualapai Election Board
PO Box 120
Peach Springs, Arizona 86434

Hualapai Election Email
elections@hualapai-nsn.gov

COMPLETED ABSENTEE BALLOTS MUST BE RECEIVED BY THE ELECTION BOARD AT THE CLOSE OF POLLS JUNE 04, 2022 5:00 PM

Hualapai Election Board
03/04/2022
OFFICIAL

NOTICE OF CANDIDATE FILING FORM PERIOD

4 - Tribal Council Member Seats

OPENING DATE: MARCH 7, 2022

CLOSING DATE: MAY 5, 2022

The following shall apply:

**Hualapai Constitution, Article VIII, Elections, Section 4, Nominations.** Any tribal member may submit his name to the Election Board as a candidate for tribal office in accordance with this article and the procedures outlined in the election ordinance.

**Hualapai Constitution, Article VIII, Elections, Section 5, Qualification for Office.**
(a) Any member of the Hualapai Tribe shall be eligible to run for tribal office if he:
1. is at least twenty-five (25) years of age, and
2. is a resident of the reservation for at least one (1) year, and
3. has never been convicted of a felony or been convicted of three (3) misdemeanors within the last twelve (12) months, whether by Tribal, Federal, or State Court.

**Hualapai Tribe Election Ordinance, Article IV, Qualifications, Section 1, Part C, Subpart 1.**
For residency, candidates shall sign a statement that they have maintained and lived in the primary residence on the reservation for at least one year immediately prior to the general or special election, and if elected, they shall maintain and live in a primary residence on the reservation through the duration of their term.

**Candidate Filing Forms can be found at 1 of the 3 locations:**
1. In person at the Election Board Office located at 887 Highway 66 Suite 3, Peach Springs, Arizona

**Submit your completed application at 1 of the 3 locations:**
1. **Email Candidate Filing Forms to:** elections@hualapai-nsn.gov 2. **Mail to:** Hualapai Election Board, PO Box 120, Peach Springs, Arizona 86434 3. Election Board Members – Debbie Saganitso, Gensean Putesoy, Vivian Parker, Cody H. Susanyatame or Chris Novak.

**Candidate Filing Forms must be received by the Election Board by:** May 5, 2022 5:00 PM

Hualapai Election Board
03/04/2022
IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

HUALAPAI TRIBE,

         )
PLAINTIFF,

VS.

GEORGETTA RUSSELL,

         )
DEFENDANT.

Case No. 2018-CR-414CC4OSC

NOTICE OF HEARING

TO: GEORGETTA RUSSELL - PEACH SPRINGS, ARIZONA 86434

You are hereby notified that the above entitled matter is scheduled for an Order to Show Cause Hearing on the April 7, 2022 at 09:00 AM.

FAILURE TO APPEAR MAY RESULT IN CONTEMPT OF COURT.

DATED THIS 7th day of March, 2022,A.D.

[Signature]
Clrk of Court

VERIFICATION OF SERVICE

GAMYU NEWSLETTER
IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

HUALAPAI TRIBE, )
             )
    PLAINTIFF, ) Case No. 2018-CR-414CC8OSC

VS. )

TAISHA WELLINGTON, ) NOTICE OF HEARING
             )
    DEFENDANT.

TO: TAISHA WELLINGTON - PEACH SPRINGS, ARIZONA 86434

You are hereby notified that the above entitled matter is scheduled for an Order to Show

Cause Hearing on the April 7, 2022 at 09:00 AM.

FAILURE TO APPEAR MAY RESULT IN CONTEMPT OF COURT.

DATED THIS 7th day of March, 2022, A.D.

Clerk of Court

VERIFICATION OF SERVICE

GAMYU NEWSLETTER
IN THE HUALAPAI TRIBAL COURT
HUALAPAI RESERVATION, STATE OF ARIZONA

IN THE MATTER OF:
L.C. DOB: 9/19/07

AND CONCERNING:
Minor Child
CASE NO. 2021-CV-043

LISA CHAMBERLAIN,
TIM WAEHKEE,
Petitioner(s)

Vs.

MAUREEN JONES,
Respondent(s)

TO: MAUREEN JONES, PO BOX 147, PEACH SPRINGS, AZ 86434
YOU ARE HEREBY NOTIFIED: that a Petition for ADOPTION has been filed against
you in the Hualapai Tribal Court.

YOU ARE INSTRUCTED TO FILE A FORMAL WRITTEN ANSWER: to the
complaint within thirty (30) days upon receipt of this notice and attached petition.
After service is verified, the court shall set a date for an Initial Hearing in this cause of
action. Furthermore, you shall be notified of the date and time you are required to
appear before the Hualapai Tribal Court by Zoom @ 928-769-2080 on

April 26, 2022 at 11:00 AM

IF YOU FAIL TO APPEAR at the time and date set for the Hearing, a Judgment by
Default can be entered and the Petitioner shall be awarded the relief asked for in the
complaint.

Dated this 28th day of February, 2022

[Signature]
Clerk of Court

VERIFICATION OF SERVICE
SERVED TO: GAMYU NEWSLETTER BY EMAIL, Danielle.Bravo@hualapai-nsn.gov

SERVED BY: TSHONGO

DATE/TIME: 2/28/22
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 performs.

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 Friday, April 15, 2022 and may be turned in to the tribal office or the Planning Department. If you have any questions, please feel free to contact me at 769-1310 or e-mail at: k davidson@hualapai-nsn.gov

Respectfully,

Kevin Davidson, Director
**RANCH**

*GCRC Employees are not allowed to bid at this time.*

**AUCTION**

Auction Opens: Apr. 1, 2022  
Auction Closes: Apr. 29, 2022  
Announcement: May 1, 2022

**REQUIREMENTS:**

- A minimum bid of amount listed under item #. No personal checks accepted.
- Must be an enrolled Hualapai Tribal Member
- Bid must be received by 5PM on Apr 29, 2022.

**SUBMITTING YOUR BID:**

Please submit your bid, with all information below:

- Correct Bid #
- Full Name and 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

**Auction Rules:**

1. Only winning bidders will be notified, winners and winning bid amounts are confidential.
2. If winning bidder decides not to purchase, they must notify GCRC in writing.
3. In the event the winner opts out, the item will be sold to the next highest bidder.
4. If no other bids were received, the item will be re-auctioned to include GCRC employees. After 2 auctions and no bids received, GCRC will decide how the item will be disposed or kept.
5. Once paid for and the winner takes possession, the auctioned items disposition is completely up to the winning bidder. GCRC is not responsible for the item after sale.

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

- Winning Bidder is responsible for pick up within 2 weeks.
- Items are not guaranteed or warranted.
RANCH

GCRC Employees are not allowed to bid at this time.

BID #1951 one available. $20

BID #1952 whole pile available. Make offer

BID #1953 one available. $5000

BID #1954 one available. $5000

BID #1955 two available. $10 ea.

BID #1956 ten available. $10 ea.

BID #1957 Seven available. $5 ea.

BID #1958 One available. $100

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**RANCH**

*GCRC Employees are not allowed to bid at this time.*

BID #1959 one available. $100

BID #1960 one available. $100

BID #1961 one available. $100

BID #1962 one available. $100

BID #1963 one available. $100

BID #1964 one available. $100

BID #1965 one available. $100

BID #1966 one available. $100

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GCRC Employees are not allowed to bid at this time.

BID #1967 one available.
$100

BID #1968 one available.
$20 (display only)

BID #1969 one available.
$5 kids size

BID #1970 one available.
$5 kids size

BID #1971 one available.
$5 kids size

BID #1972 one available.
$20 - 24”D x 11.5”W x 34.5”H

BID #1973 one available.
$20 - 24”D x 11.5”W x 34.5”H

BID #1974 One available.
$30 - 12”D x 29.5”W x 15”H Hood fan attached

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

- Winning Bidder is responsible for pick up within 2 weeks.
- Items are not guaranteed or warranted.

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RANCH

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BID #1975 one available.
$10 - 12"D x 29.5"W x 18"H
(Electrical box and wires attached)

BID #1976 one available.
$10 - 12"D x 11.5"W x 30"H

BID #1977 one available.
$50 - 20"D x 33.5"W x 30"H

BID #1978 one available.
$50 - 24"D x 30"W x 34.5"H

BID #1979 one available.
$50 - 12.5"D x 36"W x 30.5"H

BID #1980 one available.
$50

BID #1981 one available.
$50

BID #1982 One available.
$25 - 20"H x 36"x36" square

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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.

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

Auction Rules:

1. Only winning bidders will be notified, winners and winning bid amounts are confidential.
2. If winning bidder decides not to purchase, they must notify GCRC in writing.
3. In the event the winner opts out, the item will be sold to the next highest bidder.
4. If no other bids were received, the item will be re-auctioned to include GCRC employees. After 2 auctions and no bids received, GCRC will decide how the item will be disposed or kept.
5. Once paid for and the winner takes possession, the auctioned items disposition is completely up to the winning bidder. GCRC is not responsible for the item after sale.
The Grand Canyon Resort Corporation is auctioning Miscellaneous Items. Each photo has a Bid #

- Winning Bidder is responsible for pick up. 
- Items are not guaranteed or warranted.

---

**RANCH**

**GCRC Employees are not allowed to bid at this time.**

**BID #1983** one available. 
$25 measures 25” X 22”

**BID #1984** one available. 
$25

**BID #1985** one available. 
$10,000

**BID #1986** one available. 
$6000

---

**AUCTION**

Auction Opens: Apr. 1, 2022  
Auction Closes: Apr. 29, 2022  
Announcement: May. 1, 2022

**REQUIREMENTS:**

- A minimum bid of amount listed under item #. No personal checks accepted.
- Must be an enrolled Hualapai Tribal Member.
- Bid must be received by 5PM on Apr 29, 2022.

**SUBMITTING YOUR BID:**

Please submit your bid, with all information below: 

- Correct Bid #
- Full Name and 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

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5. Once paid for and the winner takes possession, the auctioned items disposition is completely up to the winning bidder. GCRC is not responsible for the item after sale.
Uranium mine near Grand Canyon permitted by court, despite mining ban

Thursday, February 24, 2022 | By Camila Pedrosa | Cronkite News (cronkitenews.azpbs.org)

WASHINGTON, D.C. — A federal court ruled Tuesday that a uranium mine near the Grand Canyon can operate, even though it sits on 1 million acres that the federal government has declared off-limits to new mining. A three-judge panel of the 9th U.S. Circuit Court of Appeals rejected claims by tribal and environmental groups that the U.S. Forest Service erred when it reviewed the mine owner’s rights to operate the Pinyon Plain Mine, by improperly calculating its potential profitability. The permit for the mine, formerly known as the Canyon Mine, was first issued in 1986, meaning it was grandfathered in when the mining moratorium near the canyon was imposed in 2012. But operations have been largely stalled for decades by a depressed uranium market.

“We are of course pleased that the 9th Circuit ruled in favor of the Forest Service, so we can advance this clean energy resource under the watchful eye of our state and federal regulators,” said Curtis Moore, vice president of marketing and corporate development at Energy Fuels Resources, which owns the mine.

An attorney for the Grand Canyon Trust, one of the groups suing to block mine, said plaintiffs were "disappointed in the outcome and are evaluating our options." But other opponents were more vocal. "Today’s ruling … only deepens our resolve to stop this mine and its deadly pollution threat to Grand Canyon’s precious springs and aquifers," said Taylor McKinnon, a senior campaigner with the Center for Biological Diversity. This is the second time the circuit court has considered Grand Canyon Trust v. Provenco, and at least the third ruling it has issued on this particular mine, going all the way back to the 1980s when the project was first proposed.

The Forest Service first approved a plan of operations for what was then the Canyon Mine in 1986, sparking a legal challenge by the Havasupai Tribe. But courts upheld the approval for the mine, and its owner at the time, Energy Fuels Nuclear Inc., began to build surface structures and sink what was to be a 1,400-foot mine shaft. By 1992, however, falling uranium prices drove the company to suspend operations with just 50 feet of mine shaft drilled. A spike in uranium prices in 2007 renewed interest in mining and led to “thousands of new mining claims” near the Grand Canyon, according to Circuit Judge Jay S. Bybee’s ruling Tuesday. That led the Interior Department to propose — and eventually adopt, in 2012 — a 20-year moratorium on mining on about 1 million acres.

Before that ban took effect, however, Energy Fuels told the Forest Service that it wanted to resume operations at the Pinyon Plain Mine. Bybee said the mining company did not need Forest Service approval to resume operations, but agreed to hold off while the service conducted a valid existing rights review.

The government’s review determined that “a valuable mineral deposit” had existed before the moratorium was proposed and that, under market conditions at the time, “the uranium deposit on the claims could be mined, removed, transported, milled and marketed at a profit.” Opponents sued, claiming that the financial analysis was faulty and that the mine’s approval violated environmental and historic preservation regulations. A district judge threw out the case, and the 9th Circuit upheld most of that dismissal but ordered the lower court to reconsider the Forest Service’s handling of the financial review.

The district court again ruled against the opponents, and the circuit court this time agreed, rejecting the claim that the Forest Service should have included “sunk costs” — unrecoverable expenses from the original development of the mine. Bybee said that Interior Department policy for more than 40 years has been to exclude sunk costs, and that the Forest Service decision was not, therefore, "arbitrary and capricious." He cited several other courts which have ruled that counting sunk costs is “a foolish notion that should not be entertained by anyone who has had even a single undergraduate economics course.”

Moore welcomed the ruling, saying carbon-free energy sources like nuclear are seeing a “massive resurgence globally” due to climate change concerns, and the U.S. needs to expand its production of uranium at home to keep up.

"Developing our domestic sources of uranium is becoming increasingly important due to America’s current over-reliance on Russia and its allies for our uranium and nuclear fuel," Moore said. But McKinnon questioned the need for mining near the iconic Grand Canyon, which she said will only worsen environmental problems in the watershed. "Aquifer pollution would be impossible to clean up," McKinnon said. "It’s not a risk worth taking, and no amount of uranium industry drivel will change that fact."

NOTICE OF INVITATION FOR BIDS
FROM ELECTRICAL TRANSMISSION LINE CONTRACTORS, IFB NO. 02-2022

EXTENSION OF 20.8 KV MICRO-GRID TO INTERCONNECT 1 MW SOLAR PLANT

Notice is hereby given that the Hualapai Indian Tribe, hereinafter referred to as the "Tribe", is soliciting bids from electrical transmission line contractors to extend the 20.8 KV micro-grid to a 1 MW solar array at Grand Canyon West, located on the Hualapai Reservation, Arizona.

The Tribe invites Indian and non-Indian owned firms to submit sealed bids. The Tribe will select the bidder whose bid does not substantially exceed the amount of funds available for construction of the project, subject to applicable Indian Preference requirements and assessments of the Bidder’s responsiveness and responsibility under federal law. Funds are derived from the Department of Energy and the tribe. The project must be complete no later than four (4) months after contract’s Notice to Proceed is given.

PRE-SUBMITTAL MEETING & SITE VISIT:
Tuesday, April 12, 2022, 2:00 P.M. at Grand Canyon West Airport Terminal, 5001 Diamond Bar Road, Grand Canyon West, Arizona 86434.

SUBMITTAL DUE DATE:
Wednesday, April 27, 2022, 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
kevin.davidson@hualapai-nsn.gov
<table>
<thead>
<tr>
<th>Position</th>
<th>Pay Rate</th>
<th>Shift</th>
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<th>Pay Rate</th>
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</thead>
<tbody>
<tr>
<td>Chief Operations Officer (COO)</td>
<td>D.O.E.</td>
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</tbody>
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**For Quick Apply Visit Grandcanyonwest.com**

**GCR㎝ INTERNAL ONLY UNTIL 1/20/2021**
Give Your Child a **HEAD START**

Hualapai Head Start  
Now Recruiting Children  
Ages: 3 years old - 5 years old

<table>
<thead>
<tr>
<th>Children Services</th>
<th>Parent Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision Screenings</td>
<td>Parent Activities</td>
</tr>
<tr>
<td>Hearing Screenings</td>
<td>IEP Services</td>
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<tr>
<td>Dental Screenings</td>
<td>Parent Education</td>
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<tr>
<td>Nutritious Food</td>
<td>Community Resources</td>
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<tr>
<td>Nutrition Screening</td>
<td>Various Assistance</td>
</tr>
<tr>
<td>Engaging Schedule</td>
<td>Fatherhood Activities</td>
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<tr>
<td>Structured Schedule</td>
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<tr>
<td>Field Trips</td>
<td></td>
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<tr>
<td>Independence</td>
<td></td>
</tr>
</tbody>
</table>

Call the Hualapai Head Start to enroll your child today

(928) 769-2522
<table>
<thead>
<tr>
<th>Saturday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Peanut Butter &amp; Jelly Day</td>
<td>5</td>
<td>AZ Science Test Grades 5 &amp; 8</td>
<td>8</td>
<td>April Fool's Day</td>
<td>1 April Fool's Day</td>
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<tr>
<td>23</td>
<td>William Shakespeare born (1546) death (1616)</td>
<td>14</td>
<td>AZ Math Part 1 &amp; 2 Grade 3-8</td>
<td>19</td>
<td>School Board Mtg - 4:30</td>
<td>27</td>
</tr>
<tr>
<td>30</td>
<td>Horse Day</td>
<td>15</td>
<td>Jackie Robinson breaks Major League Baseball's color barrier (1947)</td>
<td>22</td>
<td>High Five Day</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>Staff Training</td>
<td>17</td>
<td></td>
<td>21</td>
<td></td>
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</tr>
</tbody>
</table>

**Valentine Elementary School District #22**
12491 N. Byes Sr St / HC 35 Box 50
928-769-2310 / 928-769-2389
valentineaz.net

**Sunday**

3 | International Pillow Fight Day |

4 | Vitamin C Day |

10 | Farm Animal Day |
Thursday, March 17, 2022

Dear Peach Springs Branch Families,

Effective **Monday, March 21, 2022**

Afterschool programming hours:
Monday-Thursday 2:00pm-6:00pm
Fridays- 7:45am-5:30pm

Club business hours:
Monday-Thursday 10:00am-6:00pm
Fridays 7:45am-5:30pm

We thank you in advance for your understanding, we remain committed to our Club Kids, their families and community. If you have any questions regarding this notice please feel free to give us a call at (928) 769-1801.

Warm regards,

Amelia Sullivan-Beecher
Branch Director
OPERATIONS CHANGE FOR CODE GREEN

BOYS & GIRLS CLUB
OF PEACH SPRINGS

- MAXIMUM CAPACITY OF 45
- MASKS ARE MANDATORY FOR ALL ENTERING OUR BUILDING- If a Club member cannot comply with this policy parent/guardian will be notified and the member will be sent home for the day.
- ENTRY into the Club from parents/outside guests/volunteers and those who provide direct services to members.
- BUS TRANSPORTATION available for those with a permission slip on file.
- All members and staff will have their body temperature taken with no touch thermometers along with a health screening prior to entering the building
- If a member has a body temperature of 100.4 or above, they and any siblings will be sent home for the day.
- If a member shows signs/symptoms of COVID-19 parent/guardian will be notified and member will be sent home.
- Hand sanitizer will be required for all entering the building.

We want to thank you in advance for your understanding, we remain committed to our Club Kids, their families and community and want to ensure the safety of all. If you have any questions regarding this notice, please feel free to give us a call at (928) 769-1801.

Respectfully,

[Signature]
Amelia Sullivan-Beecher
Branch Director
Program Guidelines

- Must be an enrolled student.
- Must provide transcripts of the current school year.
- Must submit a GCRC Summer Youth Application.
  (Submit either to the GCRC Human Resources Office or Online)
- Ages 14 & 15 years are eligible to work in Peach Springs ONLY.
- Ages 16 & 17 are eligible to work out at GCW.
- Must be an enrolled Hualapai Tribal Member.
- Must pass a drug screen.
- Parent/Legal Guardian must be present during new hire processing.
- Youth will be placed into departments, not all departments will be available, and schedules will be determined.
- Pay rate will be based on years in the Summer Youth Program.

*Must be fully vaccinated and/or have approved exemption

APPLY
5.1.22
35 POSITIONS AVAILABLE

ANY QUESTIONS PLEASE CONTACT:
Alexander Krasinski | Training & Development SR | (928) 237-4260
EARN WHILE YOU LEARN

HUALAPAI NATION EMERGENCY SERVICES IS OFFERING TRIBAL MEMBERS THE OPPORTUNITY TO EARN A PAYCHECK WHILE ATTENDING CLASS TO BECOME A CERTIFIED EMERGENCY MEDICAL TECHNICIAN (EMT).

To apply:
Complete application online by going to Hualapai-nsn.gov OR by scanning the barcode

To qualify you must:
- Be at least 18 years old
- Have a high school diploma or GED
- Have all required immunizations
- Successfully complete the pre-employment screening (background check, drug and alcohol test, and be eligible for Tribe's insurance)

CLASSES START MAY 23, 2022!!!!

Train TODAY save a life TOMORROW
HOW TO BECOME A WILDLAND FIRE FIGHTER

Interested individuals that are looking to become a Wildland Fire Fighter for the Hualapai tribe, here is the information that will help you to become a fire fighter.

There are Wildland Fire Fighting agencies that operate nationally like the Bureau of Land Management, National Park Service, Forest Service, Bureau of Indian Affairs, US Fish and Wildlife Services and at the local level in the State of Dept. of Forestry and Natural Resources that provide a service to train and employ the public to be fire fighters in the efforts to combat the risk of unwanted wild land fires that endanger the public and can destroy community residences and property.

Federal agencies and state departments provide wildland fire training to interested individuals in being part of a team in supporting the suppression efforts in fighting wildland fires.

Here are the requirements.

- The first requirement is taking a Physical that must be done through Medical Standards and must be completed prior to being certified wildland fire fighter. The tribes fire management and participant will be notified and provided a schedule for the physical examination that is to be completed.
- The second requirement is the basic firefighting courses S-130 Fire training, S-190 Introduction to Fire Behavior, I-100 Introduction to ICS and L-180 Human Factors in Wildland Fire Service that must have an overall passing score of 70% or higher.
- Third requirement is a Work Capacity Test that consist of physically walking 3 miles in 45 minutes with a 45 lb. pack to ensure that the individual is physically fit and can perform the capabilities as a wildland fire fighter.
As you become qualified as a fire fighter, and become more experienced on the fire line, there are advanced training courses available both online and schedule of trainings by your home unit. See below training schedule.

For further information you can call (928) 769-2312 or drop by our office at 1130 Mesa View Dr. in Peach Springs, Az.

### 2022 Hualapai Tribal Wildland Fire Program Training Schedule

<table>
<thead>
<tr>
<th>Course # / Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Feb. 16, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Feb. 23, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Mar. 2, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>S-190 Intro Fire Behavior / S-130 Fire Training/L-180 Leadership</td>
<td>Mar. 21 to 25, 2022</td>
<td>0800 - 1630</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>S-212 Wildland Fire Chainsaws</td>
<td>Mar. 28 – 30, 2022</td>
<td>0800 – 1630</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>S-211 Portable Pumps &amp; Water Use</td>
<td>Mar. 31 to Apr. 1, 2022</td>
<td>0800 – 1630</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
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<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Apr. 6, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
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<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Apr. 20, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
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<tr>
<td>RT-130 Fire Fighter Refresher / WCT</td>
<td>Apr. 27, 2022</td>
<td>0800 - 1200</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>S-190 Intro Fire Behavior / S-130 Fire Training/L-180 Leadership</td>
<td>May 16 – 20, 2022</td>
<td>0800 – 1630</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
</tr>
<tr>
<td>S-212 Wildland Fire Chainsaws</td>
<td>May 23 – 25, 2022</td>
<td>0800 – 1630</td>
<td>Forestry Conference Room</td>
<td>928-769-2312</td>
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<tr>
<td>ENOP Training</td>
<td>TBD</td>
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<tr>
<td>UTV Training</td>
<td>TBD</td>
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</table>

For Employment Opportunities working for the Hualapai Tribal Forestry and Wildland Fire department, you may contact Human Resources at (928) 769-2216 or go online to [https://hualapai-nsn.gov/tribe-employment/](https://hualapai-nsn.gov/tribe-employment/) and apply online.
Hualapai Tribe Response
COVID-19 Alert Notification

Press Release/Public Notification
COVID-19 Response Update
Peach Springs, Arizona
Hualapai Tribe

March 23, 2022

On July 01, 2021 the Hualapai Tribal Council passed Resolution 44-2021 regarding revisions to the Color Coding Alert System for COVID-19 Response on the Hualapai Reservation.

The COVID-19 virus remains active worldwide, which includes, locally and surrounding communities throughout our State. COVID-19 Cases on the Hualapai Nation presently have NO Community Spread as monitored by Public Health Officials.

The Hualapai Tribe Color Code Alert for COVID-19 has remained at it’s lowest standards over a thirty-day period. The Color Code Alert System will be temporarily replaced with a campaign effort of educating our community members to stay vigilant with all health and safety precautionary measures and understand the COVID-19 virus is still amongst us throughout our State and worldwide. COVID-19 cases will continue to be monitored by the Hualapai COVID-19 Response Team and Public Health Officials. In the event it is determined that the COVID-19 Virus is at a level considered to be widespread, the Color Code Alert System will once again be activated.

This is what you and your family need to know:

The Color Coding Alert system will be suspended **UNTIL** the need for it is required again.

Our community is entering the beginning stages to an endemic of COVID-19.

Here is a breakdown of what an Endemic means on the Hualapai Reservation:

- **ENDEMIC:** The CDC defines endemic as “the constant presence and/or usual prevalence of a disease or infectious agent in a population within a geographic area.”
- **COVID-19 Is still active around the world and in our community**
- **Individual Responsibility**
  - Hold yourselves and each other accountable and be responsible when going in public, work and school.
- **Protect yourselves with provided guidelines**
  - Continue to Mask up, Social Distance, and Sanitize
  - Get your vaccinations and boosters
  - **STAYING HOME WHEN SICK**

Community members are always encouraged to get vaccinated. More information about the COVID-19 vaccination and boosters available, contact the Peach Springs Health Center at 1-(928)-769-2900. Any inquiries about Hualapai Response, contact (928)-769-0001 or 0002

Stay vigilant, stay alert and stay safe.

Updates and information available on the Hualapai Tribe’s Website @ hualapai-nsn.gov or Facebook @Hualapai Tribal Response
BEGINNING 3/28/22

PEACH SPRINGS COMMUNITY SUPPORT MEETING

Every community has issues that affect the lives of every member. This group will focus on finding solutions to these issues.

MEETINGS WILL BE HELD EVERY MONDAY FROM 5PM-6:45PM.
CONTACT BOB AT 702-378-0491
Hualapai Behavioral Health Presents AA Meeting • Every Tuesday at 5:30PM
Submitted by: Er’Linda Havatone | Hualapai Health, Education & Wellness

Hualapai Behavioral Health Presents:

AA Meeting
@ HEW

Begins March 29, 2022
Meetings are every Tues @ 5:30 pm

Please come and be a part of this 12 step meeting. It will be culturally focused, but will maintain the AA step and traditions.
Care for yourself one small way each day

Find new ways to safely connect with family and friends, get support, and share feelings

Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Treat yourself to healthy foods and get enough sleep

Take care of your body and get moving to lessen fatigue, anxiety, or sadness

cdc.gov/coronavirus
Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to more than 95,000 deaths in the United States each year, shortening the lives of those who died by an average of 29 years. The economic costs of excessive alcohol consumption in 2010 were estimated at $249 billion, or $2.05 a drink.

What is considered a “drink”?

US Standard Drink Sizes

<table>
<thead>
<tr>
<th>12 ounces</th>
<th>8 ounces</th>
<th>5 ounces</th>
<th>1.5 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>5% ABV beer</td>
<td>7% ABV malt liquor</td>
<td>12% ABV wine</td>
<td>40% (80 proof) ABV distilled spirits</td>
</tr>
</tbody>
</table>

(Examples: gin, rum, vodka, whiskey)

ABV = Alcohol by Volume

Excessive alcohol use includes:

- **Binge Drinking**: For women, 4 or more drinks consumed on an occasion. For men, 5 or more drinks consumed on an occasion.
- **Heavy Drinking**: For women, 8 or more drinks per week. For men, 15 or more drinks per week.
- **Any alcohol use by pregnant women**
- **Any alcohol use by people younger than 21**

If you choose to drink, do so in moderation.

**DON'T DRINK AT ALL** if you are younger than 21, or if you are or may be pregnant, or if you have health problems that could be made worse by drinking.

**FOR WOMEN, 1 drink or less in a day**

**FOR MEN, 2 drinks or less in a day**

People who don't drink alcohol **SHOULD NOT START** for any reason. **DRINKING LESS** is better for health than drinking more.

Or nondrinking

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

**Short-term health risks**

**Injuries**
- Motor vehicle crashes
- Falls
- Drownings
- Burns

**Violence**
- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

**Alcohol poisoning**

**Reproductive health**
- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders

**Long-term health risks**

**Chronic diseases**
- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

**Cancers**
- Breast
- Mouth and throat
- Liver
- Colon and rectum
- Esophagus
- Voice box

**Learning and memory problems**
- Dementia
- Poor school performance

**Mental health**
- Depression
- Anxiety

**Social problems**
- Family problems
- Job-related problems
- Unemployment

**Alcohol use disorders**
99 Coping Skills

1. Exercise
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Hydrate
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a pillow
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Create a vision board
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Go outside for 15 minutes
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read the Bible
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old, happy movie
55. Contact a hotline/your therapist if you want, you can call us 1-800-448-3000
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" online (without buying anything)
64. Color-coordinate your wardrobe
65. Watch fish
66. Make a playlist of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car online
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call a friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search online for new songs/artists
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

YOUR Life YOUR Voice
www.yourlifeyourvoice.org
Coping Slips

Write each of your coping skills down on a slip of paper and then throw them all in a hat (or jar, a box, etc.) When you're feeling bad, reach in, grab a coping skill, and rely on destiny. This can help when you're feeling really overwhelmed and aren't sure what to try next.

<table>
<thead>
<tr>
<th>Journal</th>
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<tbody>
<tr>
<td>Look at the Tips and Tools on <a href="http://www.yourlifeyourvoice.org">www.yourlifeyourvoice.org</a></td>
</tr>
<tr>
<td>Watch TV</td>
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<tr>
<td>Talk to a friend</td>
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<tr>
<td>Scribble</td>
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<tr>
<td>Call Boys Town Hotline 24/7/365 1-800-448-3000</td>
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<td>Take a hot shower</td>
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<tr>
<td>Pray</td>
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<td>Clean my room</td>
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<tr>
<td>Try the free My Life My Voice App</td>
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<tr>
<td>Take a walk</td>
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<tr>
<td>Text VOICE to 20121</td>
</tr>
</tbody>
</table>

**YOUR Life YOUR Voice**

www.yourlifeyourvoice.org
Letting Go Of Your Negative Thoughts
Fold them into a paper airplane and send them away. Make room for new, positive, uplifting thoughts.

1. Fold in half
2. Fold corner in towards middle
3. Fold again towards middle

Negative Thoughts:
April 22nd is Earth Day

Here are some things you can do to make our planet a better place to live.

- Talk to people at home or to your teacher about planting a garden to attract butterflies and birds. These gardens provide habitats for butterflies and encourage kids to explore nature.
- Reduce, reuse, and recycle. Use reusable bags at the grocery store, and recycle paper, plastic, glass, aluminum, and other materials.
- Fix problems that cause damage to the environment, such as leaks in water mains or clogged gutters.
- Keep pets waste-free. Help prevent spreading diseases and maintain a clean environment.
- Support local farmers by buying fresh, local produce.
- Help your community by volunteering to clean up parks or other public spaces.

Reduce, Reuse, Recycle.
HOW A BOTTLE IS RECYCLED

GOOD JOB! You tossed that plastic bottle into the recycling bin rather than straight into the trash. But do you know what will happen to that bottle now?

COLLECTION
1. Bottles and other recyclable materials are picked up from homes, schools, and businesses and taken to a recycling facility.

NEXT APPLICATIONS
5. The flakes can be spun into a very fine, threadlike material in a process similar to how cotton candy is made. Companies use these "threads" to make a wide variety of items, including carpets, clothing, or filling for jackets and quilts. Depending on the type of plastic, they can also be made into new (well, sort of new!) plastic bottles.

SORTING
2. Bottles and containers are sorted based on what they're made of and sometimes what color they are. The items then go through a machine that shreds them.

FLAKING
4. The melted plastic is processed into flakes, which can be made into a wide variety of plastic products.

MELTING
3. The shreds are washed to remove any impurities, pieces of labels or leftover contents. They are then dried and melted.

4.43 pounds
Amount of trash the average person produces in a single day

34.1%
Percentage of trash that's recycled

SOURCES: http://www.epa.gov / http://earth911.com
Circle the correct answer.

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber.

2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.

3. It’s a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten.

4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group.

5. A vegetarian diet can provide adequate protein for athletes.

6. All carbohydrate foods, also known as “carbs”, are the same and provide no nutritional value.

7. Using MyPlate as a guide, half the plate should include fruits and vegetables.

8. All vegetables offer the same types and amounts of vitamins and minerals.

9. Only foods that taste salty are high in sodium.

10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are.
**Nutrition Sudoku**

You may have seen Sudoku with numbers, but here's one featuring fruits and vegetables. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters J through R to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

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<table>
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<tr>
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<th>Peas</th>
<th>Leek</th>
<th>Kiwi</th>
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<td>Jicama</td>
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Word Search

Words may be horizontal, vertical, diagonal, or backwards.

Acorn Squash
Buttermilk
Catfish
Dates
Eggplant
Fig
Garlic
Hominy
Jalapeno
Kimchi
Lemon
Millet
Navy Beans
Olive
Poultry
Quinoa
Rambutan
Seeds
Teff
Vinegar
Watermelon
Yogurt
Zucchini

K G I M G A D N A T U B M A R
L A H E F H O M C E S H O Y S
T P C V R O S L O T D A T E S
R N Y O S M O R I L O N P G D
U B U G R I C T E V M I K G E
G U Z Q N N C A T I E Y C P E
O T O C A Y S L B N U H V L S
Y T W A I A D Q H E Q J O A M
L E G T V L U V U G L E L N O
A R N F I E R Z N A M P W T E
C M K I H D M A F R S A R U F
H I M S O U B T G Y U H B K L
E L F H F N Y E O N S E A I D
P K A R M I L L E T I N R M E
O G N J C H G A B A O U D C S
U Y T E F F F B Z U L Z V S H N
L E L M O Q U S E P F A Q I A
T D B K A C T M B F I L U T E
R S J U C B R R Y O G Y I T B
Y A N H U E A G V J U H N U Y
I V I Y T F N O M E L E O L V
F N G A N P W R T U D B A G A
I E W R J A L A P E N O T A N
Memorial Award for Joel J. Querta

We had the pleasure of attending the Southwest Indian Agricultural Association 34th Annual Conference Banquet Dinner on Wednesday, March 23, 2022 at the Wild Horse Pass Hotel & Casino in Chandler, AZ.

The Southwest Indian Agricultural Association presented a memorial award to Mr. Joel J. Querta, a longtime friend and past fellow member of SWIAA, Inc. and for his invaluable service and dedication to the organization, which will be greatly missed.

We were honored to be there and accept the award. Although, you have been gone for one year and nine months, your legacy still lives on and we miss you dearly.

His longtime friend from Kingman, Mr. Jim Covarrubias joined us and was so generous in doing a painting of Joel and also had posters to hand out to the association. He also wrote the following poem for Joel; which reflects the painting he did.

JOEL QUERTA, American Hero
Spirit of the Grand Canyon

As the sun sets, hawks float up out of the Grand Canyon, after daily hunting they are bathed in red and golds. Spirits too float up from my memories of fellow Veterans, friends, family and those who passed from this tribe, the Hualapai’s.

Joel stands with me; a hero, a legend, a Marine Combat Veteran and a friends who dances and laughs at the hawks gliding over us.

“Remember them, he says softly, tears in his eyes’ Delano, Wendell, “Chris the Cat”, the Nish’s, Heber and Michael.

With all of them, we sure had a good time, he pauses and looks at me and starts laughing... a damn good time!”
WE LOVE OUR VOLUNTEERS

“The Peach”
Proudly Announces and Congratulates
February 2022 Volunteers of the Month:
Duane Clarke

None other than yours truly, Chris Kelly on the Radio, live and local in the PSA! Of course we’ve got mucho Kelly Clappers for Duane! Join him on KWLP for his selection of Movin’ Memories, every Monday 4 to 6 pm. He also shares the best of today’s Native musicians every Friday at noon during Native Star Nation, brought to you by Pr61zion. You may catch him co-hosting Native Noon Hour with Wanda J. lending his voice for a variety of advertisements and show promos at noon! Tune in to be entertained! Don’t miss his posts on The KWLP “The Peach” Facebook page either. Follow the fun! Duane will receive incentives valued at over $100.00 for being Volunteers of the Month and be eligible to be Volunteer of the Year!

If you’d like to join the Peach volunteers: Call 769-1110. KWLP Volunteers sponsored in part this month by:
Greetings,

My name is Christopher Novak Sr., and I am a Hualapai tribal member born and raised in Kingman, AZ. I have two daughters and a son who I am proud to be a father to. My fiancé and I recently moved to Peach Springs, AZ to be closer to school (for our kids) and work. I am family oriented and love pizza!

My tenure with the Grand Canyon Resort Corporation started in 2012 with the Food and Beverage Department. My most recent positions have been in the Hualapai Leadership Program, the Assistant Manager for Diamond Creek Restaurant, and the Senior HR Specialist-Recruiter for our Human Resources Department. I have successfully undergone the internship equipping me with a huge understanding of our internal operations. In addition, I also received a Business and Entrepreneurship AAS degree from Mohave Community College by successfully completing the HLP cohort.

I have a lot of admiration towards our frontline employees who manage the day-to-day operations in all our departments. I salute all of you because we would not be where we are today without YOU. While this recognition is meant for me, I take my hat off to them and appreciate their hard work.

If there is one thing I can give as feedback to our workforce and community it is this, continue to work hard for the things you want. Whether that is educating yourself, learning new things, or creating personal development for yourself the investment is worth it. I have invested years of personal development and will be receiving my Bachelor of Science in Business Administration by the end of 2022. My goal is to take the education and work experience to help build a brighter future for our corporation and generations to come.

In closing, I hope that I can continue to serve our community/workforce as a positive role model and future leader. Working for the Grand Canyon Resort Corporation has helped me achieve my goals by providing me opportunities for growth. Without these opportunities I would not be where I am today in life, and I am forever grateful for that.
My name is Tim O'Neal. I was born and raised in San Diego, California. I moved to Kingman in the summer of 2015 to be with my parents, brother and sister. I was hired on with Grand Canyon West in October of 2015 as a Pontoon Supervisor and worked 2.5 years in that position before becoming a River Guide. I would like to thank Augustine Butler and Carl Watahomigie for teaching me the importance of the Grand Canyon and Colorado River to the Native American people of Arizona. The training I have received at Pontoon has been rewarding and helped me grow as a person. The Pontoon Department is looking forward to the summer months and the return to normal tourism.
REMINDER:
Revival: April 6 – 10, 2022
Come and hear the good news of Jesus Christ!!
Speakers: Francis Enick and Bronson Taylor

Prayer
Heavenly Father
We praise and thank you for the gifts of life and this new week to come. Help us to disconnect from all the failures we encountered last week, so we may connect ourselves to the new good things you are about to do for us. Grant us your "grace" so that we may walk through this week with a positive and optimistic mind believing that you’re with us. Bless our plans and our handwork with success and faithfulness. May we be protected.

Hualapai Animal Control Number Change
Submitted by: Adeline Crozier | Hualapai Tribal Admin

ATTENTION!

The work cell that’s been listed for direct contact for Animal Control is no longer available. I apologize if you’ve been trying to call that number in the last week. If you have animal traffic or inquiries regarding vaccinations, animal pick ups or other information - Please call our dispatch office at 928-769-2220; they will relay information to the on duty officer and contact will be made with you.
Thank you for your understanding in this matter.

Respect, Love & Strength (Teachings)
Submitted by: Mario Zephier

Gamyu
Respect, Love & Strength:
Walking the Red Road to Recovery – Together

Step 2: Hope in Faith:
We came to believe that a power greater than ourselves could restore us to sanity. Step 2 is often referred to as “the hope step”. In coming to believe that a power greater than ourselves can restore us to sanity, we will remember what it was like to live sanely and have the faith to hope that sanity can return.

Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see (Hebrews 11:1).
How can we be confident that something we want is going to happen, especially if all of our hopes have been dashed? How can we risk believing that the life we hope for is waiting for us around the bend.

The Bible tells us that the key is in the nature of the Higher Power we look to. We are told that “anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him.” (Hebrews 11:6) If we see God as the one who is reaching out to help us, we will be more eager to look for Him. If our faith has not matured to that point yet, we can ask for help.

One man came to Jesus asking him to help his young son who was afflicted by a demon. He said to Jesus, “Have mercy on us and help us if you can. “What do you mean, if I can?” Jesus asked. "Anything is possible, if a person believes but help me overcome my unbelief." (Mark 9:22 -24) We can start by asking God to help us have more faith, then we can ask Him for the courage to hope for a better future.

Ahhh-hey! Sisters and brothers who are on this walk with me to recovery. This is your brother Red Hawk and Step 2 from “The Life Recovery Bible”. Remember, you are not alone, only together can we walk well upon this Road to Recovery.

A-Ho, Red Hawk Zephier
AMI Talking Circle Weekly Lesson #37

Hiteto, (Hello in Shawnee language)

First is to check my mood and attitude and get them going in a good direction. Next is to get dressed, etc. and say my morning prayer of thanks for giving me another day to help others. What is my plan for today?

This past year has been like no other we have faced before, but so far and somehow, we have made it through it. We need not spend too much time looking back over the past year as it is gone and now, we need to be looking forward into our next year. We should take some time and review our past year and consider the worst and best parts of the year. Remember to examine both sides of the little flat rock in your pocket to maintain balance in our thinking and evaluations. We must acknowledge both the worst and best parts of our subjects to stay balanced.

Knowledge and experiences help us to acquire wisdom. Our spirit grows as our understanding grows. We are not smart enough to know how smart we are. We know our spirit, but we do not know who we are in the eyes of others. None of us should be defined by the worst thing we have done, or the best thing we have done. We should be defined as the whole person we are. Believe we are a good person and we become that.

This year is going to be a new world for all of us to walk through. There is going to be a lot of new changes and the Creator and Spirit World likes helping us through changes. They like it when we are doing something. They are project orientated as we are too. I speak about planning often as you know. It is the key that unlocks the doorway to adventures of many kinds. Action is the adventure. Use our wisdom to pick out good projects and make good plans and the process will make us wiser and happy with ourselves. Be optimistic and think outside the box sometimes to broaden our options and discover new territory. Stay to the middle of your Red Road in new territory and go slow and be observant.

Our mood is what we make it out to be, same with attitude. We need to check these things about ourselves frequently. They both have a tremendous effect on how our life moves along on our Red Road. Some say they have everything to do with what kind of life we live. Think about it and we know it is true. This brings us back to ourselves and what kind of a person am I, and what kind of person do I want to be. The Creator left that choice up to us.

Questions:

1. What is your plan for today?
2. What was the worst part of your year?
3. What was the best part of your year?
4. Why do you check your mood and attitude?

Stay safe, morning prayer, wash hands, say something funny, smile, and look for the good in all things.

Respectfully,
Michael Hermann, Shawnee
NASL at SCC

Gamjai: Red Hawk here passing on the lessons from our Elder, 4 Theth White Bison = Elder's Daily Meditation
Our Elder M. Hermann takes care of our Spiritual Lessons, our New way of being, Walk well Sisters 8 Brothers, of Iron Houses everywhere.

With Respect Love & Strength
Red Hawk Estes
Elder’s Meditation of the Day - December 25
"When you see a new trail, or a footprint that you do
not know, follow it to the point of knowing." --
Grandmother of Charles Eastman, SANTEE SIOUX

We never gain new knowledge or new experience
unless we are willing to take risks. It’s good to be
curious. Also, it pays to be cautious. Walk in bal-
cance. The path of the Warrior is filled with oppor-
tunities to seek new knowledge. As we travel down
the Red Road, we will run into trails of opportunity.
Down each of these trails are experiences from
which we will learn. Experience plus action is the
beginning of knowledge."

Great Spirit, help me to make good choices in
choosing only the trails you would have me take.

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Elder’s Meditation of the Day - March 26
"In our modern world today, we may seem like
drowning men because of the loss of much of our
spiritual tradition." -- Thomas Yellowtail, CROW

Our spiritual tradition shows us the way to live in
harmony, balance and respect. The tradition taught
us how to behave and how to conduct ourselves.
The spiritual way taught us to pray and to purify
ourselves. Handed down from generation to gen-
eration were the teachings about a way of life. Our
relationship to Mother Earth and to each other was
very clear. The Modern World does not relate to
spirituality but to materialism. If we do not allow
spirituality to guide our lives, we will be lost, unhap-
py and without direction. We are spiritual beings
trying to be human, not human beings trying to be
spiritual. It is said, Know thyself.

Grandfather, lead me to spirituality.

The meditations are copyright of Coyhis Publishing and can also
be found in the book, Meditations with Native American Elders:
The Four Seasons

-----------------------------------------------

“Giving Thanks”
Great Spirit, Creator of all that we
see, hear, smell, taste, and all that
we touch.
Provider of all our needs.

Keeper of the West,
Home of the Thunder People, place where
Grandfather Sun sleeps at night.

Keeper of the North,
Home of the Great White Giant, from
where fresh breezes blow.

Keeper of the East,
Land of the Rising Sun,
Home of the Big Red Mountain.

Keeper of the South,
Land that we always face,
from where the Growing Warmth comes.

I pray to the Stone Peoples,
the Green Peoples, the Winged Peoples.

I pray to the Four-legged Peoples,
the Swimming Peoples,
the Crawling Peoples,
and to the Star Peoples.

I pray to ALL who give us food, cloth-
ing, medicine, dwellings, and designs.

To the Ancestors of All the Peoples,
I pray for their Help in Keeping Us in
Balance and Teaching us the ways of the
Creator and Mother Earth.

To the Star Peoples, Grandfather Sun,
Grandmother Moon I give thanks for
their lighting our way in times of
darkness.

To All these peoples, I give thanks for
all the Gifts and Help I get in My Life
Each and Every Day.

For All these reasons and for LIFE it-
self, I GIVE MY THANKS!
INDIAN PRAYER

GREAT SPIRIT—
GRANT THAT I MAY NOT CRITICISE MY NEIGHBOR UNTIL I HAVE WALKED A MILE IN HIS MOCCASINS.

Native American Code of Ethics

1. Rise with the sun to pray. Pray alone, Pray often. Grandfather will listen, if you will only speak.

2. Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy, and greed stem from a lost soul. Pray that they will find guidance.

3. Search for yourself. Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.

4. Treat the guests in your home with much consideration. Serve them the best food, give them the best bed, and treat them with respect and honor.

5. Do not take what is not yours, whether from a person, a community, the wilderness, or from a culture. It was not earned nor given. It is not yours.

6. Respect all things that are placed upon this earth — whether it be people or plant.

7. Honor other people’s thoughts, wishes, and words. Never interrupt another.

8. All persons make mistakes. All mistakes can be forgiven.


10. Nature is not FOR us, it is a PART of us. It is a part of your worldly family.

11. Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life’s lessons. When they are grown, give them space to grow.

12. Avoid hurting the hearts of others. The poison of your pain will return to you.

13. Be truthful at all times. Honesty is the test of one’s will within the universe.

14. Keep yourself balanced. Your mental self, spiritual self, emotional self, and physical self — all need to be strong, pure, and healthy. Work out the body to strengthen the mind. Grow rich in spirit to cure emotional ills.

15. Make conscious decisions as to who you will be and how you will react. Be responsible for your actions.

16. Respect the privacy and personal space of others. Do not touch the personal property of others — especially sacred and religious objects. This is forbidden.

17. Be true to yourself first. You cannot nurture and help others if you cannot nurture and help yourself first.

18. Respect others religious beliefs. Do not force your beliefs on others.

19. Share your good fortune with others. Participate in charity.

Red Voices — AITI

The gathering of the elders from all nations. Power to forgive the unforgivable.
A Way of Walking

Each morning upon rising and each evening before sleeping, give thanks for the life within you and for all life and good things the Creator has given and for the opportunity to grow a little more each day. A way of walking is to give respect, to show and feel honor/esteem for someone or something, to treat with difference and courtesy. Our ways are:

* Treat every person, from the tiniest child to the oldest elder with respect at all times.
* Touch nothing that belongs to someone else without permission (especially sacred objects).
* Respect the privacy of every person, their space and quiet moments.
* Treat the Earth Mother and her four kingdoms with respect as you would your own mother.
* Listen with courtesy to what others say... listen with your heart.
* Respect the wisdom of the people in council. Once you give an idea to council, it no longer belongs to you, it belongs to the people. This is true for all, no matter what position one may be honored with or duties you may be asked to perform.
* Respect demands that you listen intently to the ideas of others indeed, you should freely support the ideas of others, even if those ideas are quite different from the ones you hold. "The clash of ideas brings forth the spark of truth."

* Once the council has decided something in unity, respect demands that no one speak secretly against what has been decided. If the council has made an error, it will become apparent to everyone in its own time.
* Always treat your guests with honor and consideration. Give of your best food, your best blankets, the best part of your house and the best service to your guests.
* The hurt of one is the hurt of all; the honor of one is the honor of all.
* Strive to observe moderation and balance in all things.
* Know those things that lead to your well-being and those things that lead to your destruction. All we do leads to the well-being or destruction of the people.
* All races are children of the Creator. They must be respected.

Listen and follow the guidance given to your heart. Know guidance will come in many forms... prayer, dreams, quiet solitude, words and deeds of elders and friends. Open yourself to listen.

In the ways of our ancestors, for the future of our people.

RESPECT FOR ELDERS

A Native American tradition holds that when a young person walks away after stopping and talking with respect to an Elder, the Elder says, "May you live as long and as good a life as I have and when you grow old may the young ones treat you with honor and respect."

Our heritage has always had a built in respect for Elders. Native American philosophy is based on all things moving in a circle. Any point in the circle is as important in the circle as any other point. Everything and everyone is connected. The Elders are the ones who teach us the ways of the ancient ones. They are the ones who have lived through many changes and see things through wiser eyes. They are the ones who can look back on the years and say, "After all is said and done, this is what is really important in life."

When we treat our elders with honor and respect, we teach the young ones how to treat us when we reach that stage in life.
I've learned –

I've learned – that just because someone does not love you the way you want them to, does not mean they don't love you with all they have.

I've learned – that maturity has more to do with what types of experiences you have had and what you have learned from them and less to do with how many birthdays you have celebrated.

I've learned – that you should never tell a child their dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if they believed it.

I've learned – that your family will not always be there for you. It may seem funny, but people you aren't related to can take care of you and love you and teach you to trust people again. Families are not biological.

I've learned – that no matter how good a friend is, they are going to hurt you every once in a while and you must forgive them for that.

I've learned – that no matter how bad your heart is broken, the world does not stop for your grief.

I've learned – that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned – that just because two people argue, it does not mean they don't love each other. And just because they don't argue, it does not mean they do.

I've learned – that we do not have to change friends if we understand that friends change.

I've learned – that you should not be so eager to find out a secret. It could change your life forever.

I've learned – that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned – that no matter how much I care, some people just don't care back.

I've learned – that it takes years to build up trust, and only seconds to destroy it.

I've learned – that it's not what you have in your life, but who you have in your life that counts.

I've learned – that you can do something in an instant that will give you heartache for life.

I've learned – that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned – that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

I've learned – that my best friends and I can do anything or nothing and have the best time.

I've learned – that true friendship continues to grow, even over the longest distance. Same goes for true love.
ALCOHOLICS ANONYMOUS / NARCOTICS ANONYMOUS / RED ROAD PROGRAM
A TWELVE STEP COMPARISON

1. (A.A./N.A.): We admitted we were powerless over alcohol — that our lives had become unmanageable.
   (RED ROAD): We admitted we were powerless over alcohol — that we had lost control of our lives.

2. (A.A./N.A.): Came to believe that a power greater than ourselves could restore us to sanity.
   (RED ROAD): We came to believe that a power greater than ourselves could help us gain control.

3. (A.A./N.A.): Made a decision to turn our will and our lives over to the care of God as we understood him.
   (RED ROAD): We made a decision to ask for help from a Higher Power and to others who understand.

   (RED ROAD): We stopped and thought about our strengths and our weaknesses and thought about ourselves.

5. (A.A./N.A.): Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
   (RED ROAD): We admitted to the Great Spirit, to ourselves, and to another person the things we thought were wrong with ourselves.

6. (A.A./N.A.): We're entirely ready to have God remove all these defects of character.
   (RED ROAD): We were ready, with the help of the Great Spirit, to change.

7. (A.A./N.A.): Humbly ask Him to remove our shortcomings.
   (RED ROAD): We humbly ask a Higher Power and our friends to help us change.

8. (A.A./N.A.): Made a list of all persons we had harmed, and became willing to make amends to them all.
   (RED ROAD): We made a list of all the people we hurt by our drinking, and want to make up for these hurts.

9. (A.A./N.A.): Made direct amends to such people whenever possible, except when to do so would injure them or others.
   (RED ROAD): We are making up to those people whenever we can, expect when to do so would hurt them more.

10. (A.A./N.A.): Continued to take personal inventory and when we were wrong promptly admitted it.
    (RED ROAD): We continue to think about our strengths and weaknesses and when we are wrong, we say so.

11. (A.A./N.A.): Sought through prayers and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
    (RED ROAD): We pray and think about ourselves, praying only for strength to do what is right.

12. (A.A./N.A.): Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in our affairs.
    (RED ROAD): We try to help other alcoholics and practice these principles in everything we do.
Word Search Solution:

Words may be horizontal, vertical, diagonal, or backwards.
Answers

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber.

**FICTION:** The intake of foods that provide these important nutrients is less than what is recommended for most people in the United States. Including more fruits, vegetables, beans, dairy, and whole grains would help individuals get more of these nutrients that are needed for good health.

2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.

**FICTION:** It is recommended that all Americans over the age of 2 limit sources of added sugars to less than 10 percent of their total calories, and children under 2 should avoid all sources of added sugars. For salt, also known as sodium, less than 2,300 milligrams per day is recommended and even less for children under the age of 14.

3. It’s a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten.

**FACT:** All produce should be washed under running water even if the peel will not be eaten. This is because dirt and bacteria can be transferred from the peel to the inside of the fruit or vegetable as it is sliced or peeled. No soap should be used, but a produce brush is recommended when washing firmer produce, such as melons and potatoes.

4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group.

**FICTION:** Yogurt, cheese, buttermilk, and fortified soy milk also count as a 1 cup-equivalent from this MyPlate food group.

5. A vegetarian diet can provide adequate protein for athletes.

**FACT:** A well-planned vegetarian eating style that includes adequate calories and a variety of foods can meet the protein needs of athletes. For personalized nutrition guidance, consult a registered dietitian nutritionist.

6. All carbohydrate foods, also known as “carbs”, are the same and provide no nutritional value.

**FICTION:** Carbohydrates are the body’s main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

7. Using MyPlate as a guide, half the plate should include fruits and vegetables.

**FACT:** MyPlate represents a meal that includes fruits and vegetables on half of the plate and the other half is divided to include grains and a protein food. To complete the meal, a serving of dairy is recommended.

8. All vegetables offer the same types and amounts of vitamins and minerals.

**FICTION:** Eating a variety of vegetables throughout the week, including beans and peas, dark green, red and orange, starchy and other vegetables will provide a variety of important nutrients like beta-carotene, vitamin C, zinc, potassium, folate and iron.

9. Only foods that taste salty are high in sodium.

**FICTION:** While some foods may taste salty, others may not, and this can also vary based on the individual. Most of the salt we consume comes from foods that are already prepared. Choose foods with lower amounts of sodium by comparing their Nutrition Facts Labels and look for descriptions such as “No Salt Added” or “Reduced Sodium” when shopping. Cooking at home allows you to control the amount of salt in your meals. When eating out, request sauces and condiments be served on the side or ask if lower sodium options are available.

10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are.

**FACT:** When it comes to a healthy eating routine, one size does not fit all - everyone is unique. Nutrient needs vary based on our age, activity level, sex, health conditions and other factors. Registered dietitian nutritionists, also known as RDs, can provide personalized nutrition advice to meet your goals.