



QUECHAN NEWS

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Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

is published by

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Local Leadership At The AICOA Conference

Quechan representatives at the annual Arizona Indian Council on Aging (AICOA) Conference in Mesa, Arizona took part in a number of important activities, from conference planning and registration of attendees, to moderating workshop discussions and providing the opening remarks, prayers and entertainment at the closing of the event.

AICOA Board Vice President Bryce Parker, alternate member Charlene Emerson and Juanita Flores, the Quechan Senior Center's administrative assistant all volunteered to report in a day early, heading up to the Mesa Convention Center on Sunday, April 6th. Once in place, the 3 Quechan representatives took part in last minute briefings on the final schedule of events for the coming week, and verified the room reservations for their delegation.

Once the actual conference began on Monday, all three helped to register tribal members arriving from all over Arizona, providing orientation and directions.

As a member of the group arranging the Tribal Forum on Elder Abuse, one of Bryce's first assignments was taking part in the selection of a tribal leader to sit in for the Kaibab Tribal Chairwoman, who was unable



Charlene Emerson, the AICOA alternate member for the Quechan Tribe lights a candle decorated with the Quechan Tribe Seal at the start of the Senior Olympics held as part of the week long conference.

Photo provided by Quechan Senior Center

to attend. Each year, four tribal leaders are selected to represent tribes from the north, south, east and westernmost parts of Arizona at a Forum on the most pressing issue for the AICOA that year.

With the Kaibab Paiute leader unavailable, the Hopi were asked to step in and represent the northern tribes, which they did, selecting Benjamin Nuvamsa, the Hopi Tribal Chairman for the job. Also on the panel for the southern tribes was Sherri Cordova from the Cocopah, taking the place of Quechan Tribe President Mike Jackson, Sr., who served in that capacity last year.

Brycea also served as modera-

tor for two of the workshops, the first on Alzheimer's disease (presented by Emily Nock) and the second entitled "The Disability 10 Commandments" with Teresa Parker of the City of Phoenix.

As moderator, she was responsible for attendance sheets, introducing the main speaker and taking questions from the audience. Bryce also handed out all the materials for the workshops, collected the evaluation sheets, and conducted the raffles for prizes.

"I really liked the tribes being more involved in the workshops," she said. "In the past, a lot of the workshops were just the 'same old, same old' presentations by

people who do these things for a living. This time, there were tribal members there who have been involved in their subjects for a while, and they seemed to explain things a lot better."

"As Board members, we also have to do our own evaluations on all of the workshops," she continues. "So I also went around and kind of 'peeked in' on the other workshops, to check attendance and to see how the presentations were being received, if the people there were interested. I also got involved in the sitting fitness exercise program."

The last day of the conference was a real tour de force for the Quechan delegation, with the official program listing Bryce as the Mistress of Ceremonies for the day, and Charlene Emerson as opening speaker and giving the benediction prior to breakfast.

Charlene also joined the Ah Keel dance group in entertaining the assembled crowd at the morning meal. Later on, she also stepped forward to accept the first place trophy for volleyball, captured by the team she led during the Senior Olympics the day before. Closing remarks were then given by Ms. Parker, to cap off a day of full involvement by our tribal members in this high profile, annual event.

Quechan Education Board Seeking New Members

Members of the Quechan community over the age of 21 with an interest in education are asked to submit a Letter of Intent to the Quechan Tribal Council to serve as members of the Quechan Education Board. Unlike many other committees and boards at Fort Yuma, you need not be an enrolled member of the Quechan Tribe to serve on the Education Board, according to Tribal Council Secretary Georgina Massey.

All that is required is that you live here and have a connection to the Quechan Tribe, and be over 21 with a willingness to serve your community in the interest of education.

As a member of the Board you must be able to attend regularly scheduled meetings, held the second Monday of each month at 5:30 PM.

Right now, Ora Lee Durand-Valisto and her staff at the Higher Education Office are still accepting applications for scholarships, and the Tribal Council is screening those applications.

"There are perhaps 10 different Boards and Committees within the tribe, such as the Legislative Committee, the Construction Committee, the Education Board, the Cultural Committee and the Events Committee, for instance" said Ora Lee, in explaining the Board's structure to the Quechan News last spring. "It's always hoped that a Council member will take an interest and serve as a representative on our Board."

"It is just one more task that

has been added on (to the Council's schedule)" she says.

"There are no set criteria for serving on the Board. All you have to do is volunteer your time, expertise and knowledge to sit on the Board and want to see our tribal members succeed at college or in a university" according to Mrs. Valisto.

The Council and members of the Quechan Education Complex working with the Board would like to get enough applications over the next month to appoint two alternates, in case a Board member goes out of town during the year, so they can continue processing scholarship applications without interruption.

So, even without a college degree, you can take part in helping another person earn theirs.

All that is needed is a Letter of Interest, stating that you would like to be appointed to serve on the Education Board. Bring your letter in to Georgina Massey, the Quechan Tribal Council Secretary at the Tribal Administration Office, and she will present it to the Council for consideration.

Of course, it would be nice if out-of-town tribal members could be a part of the whole process, but with the need to attend regular monthly meetings, those within the immediate area stand a better chance of receiving an appointment.

Ora Lee Durand-Valisto at the Education Complex says that she would really like to see a new Board put together by sometime in May, to allow them to get started approving this year's scholarships as soon

as possible.

Of course, the final decision on the cut-off dates for applications are up to the Tribal Council. If you need further information on possible deadlines, Georgina Massey can give you that information.

Two other vital Boards are also seeking new members, the Election Board and the Quechan Tribe Enrollment Board.

Members of those Boards must be enrolled adult Quechan Tribe members who live in the area of Fort Yuma, to enable them to attend meetings when called.

As for the need to fill an Election Board, last year was a special case, with a late election scheduled for June, after the public confidence was shaken over questions of procedures followed in the regular election of December, 2006.

The Amended Constitution of the Quechan Tribe, Article 3, Sec. 2 (a) states that elections for Tribal Council membership shall be held on the first Monday of December of each even numbered year. That means, notwithstanding the events of 2007, the year 2008 will see all five seats on the Council up for a vote once again. Those who wish to take part in the process, and help guide their fellow tribe members through the whole procedure (rather than just watch from afar and complain that it's not to your liking) should step forward and jump on this opportunity to make a difference in your community. It's the right thing to do!

Memorial Day Wreaths Now Available



Ursula Mendez, Gift Shop Manager for the Quechan Senior Center does her best Vanna White impersonation as she indicates the variety of designs available in Memorial Day wreaths. All of these handmade wreaths are for sale through May. Although the programs and facilities at the Senior Center are only for those 55 and over, all members of the public are welcome to come in, look around and see what the Gift Shop has to offer from 10 to 3, weekdays.

Photo by Gene Moore

PUBLIC NOTICE

The Quechan Indian Tribe

is seeking Tribal Members interested in serving on the Quechan Election Board or the Quechan Tribe Enrollment Board.

If interested, please submit a Letter of Interest to:

Georgina Massey
Tribal Council Secretary

**At the Quechan Tribal Administration Office
on Indian Hill, Fort Yuma, CA.**

ETSKA NAV AH PAI THE NEWS CARRIER
QUECHAN NEWS

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Have a story idea, or an event you want covered?

QUECHAN NEWS is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the San Pasqual Valley. Your ideas and input are welcome!

Just call the QUECHAN NEWS office Monday through Friday at (760) 572-3912, or email your stories and story ideas to w.isbell@quechantribe.com. I'm looking forward to hearing from you!



Heritage & Culture

It's Not All Business at the AICOA Conference: Quechan Seniors Take The Volleyball Trophy in Mesa Games



Clockwise from upper left, the Quechan Seated Volleyball Team battle their opponents on Wednesday, and are shown above with the First Place trophy they brought back for the Senior Center collection. At upper right is the whole team, Louie Robles, Joey Biakeddy (of Dist. 7, Laveen), Nieva Eddy (CRIT), Sr. Center diver Alonzo Lopez, Colleen Humeptewa (CRIT), Dolly Juan, John Joaquin and Charlene Emerson. The bottom two photos show John Joaquin also taking part in casting poles at the achura and the basketball toss contest. All photos (other than top center) were provided by the Senior Center Staff. Center Photo by William Isbell



A week long out of town conference can start to drag pretty quickly, if the attendees are expected to just file into classrooms day after day, and just sit and listen to lectures. In order to break-

up the monotony, and emphasize the need for exercise in maintaining proper health over a lifetime, the Arizona Indian Council On Aging (AICOA) always holds a "Senior Olympics" competition at their annual conference.

They also had a Line Dancing "Workshop" the first night of the conference, presented by the Salt River Pima-Mari-copa Indian Community's Diabetes Program, to give everyone a chance to get acquainted in an informal setting, and have a chance to size up one another's balance and athletic potential when it came time to choose team members for the real competition on Wednesday.

Charlene Emerson and Louie Robles apparently used the time wisely, picking a good group of team mates from among other tribes at the conference to join them in sweeping the competition at seated volleyball.

In a series of five games, Team Quechan defeated first the Hopi, followed by the Ak-Chin Indian Community, Gila River and the White River Apache Tribe.

Their final opponents in the elimination tournament would be our neighbors across the Colorado, when the Cocopah also

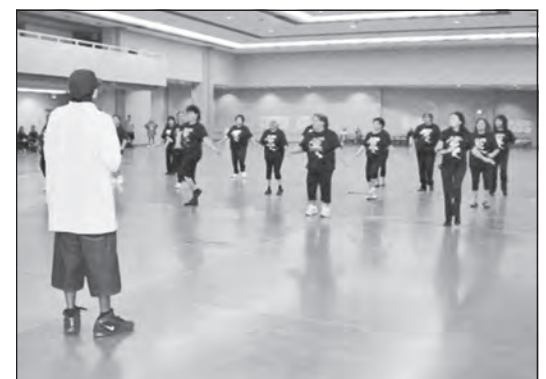
managed to get the better of the Apache Team, eliminating a group that were favored to come out on top only on the strength of their ancient reputation in warfare.

Once down to the age-old local rivalry, careful strategy paid off for the team, as games of seated volleyball are played until a team manages to make 11 points. However, since the game must be played from chairs, with everyone staying seated and stretching to get the ball, if someone stands,

they are disqualified. As their final point crossed the net, and the Cocopah were unable to return it, everyone stayed in their seats until the ref's whistle blew. Only then did they jump up and celebrate!



A bike race with pedals operated using the arms ran all around the south terrace outdoors. Here is Charlene Emerson preparing to start her trip.



One of the many group exercise activities was an aerobics floor routine, attended by Juanita Flores, who stepped out to take this photo for "The News."

Official Petition Forms Posted

Quechan Tribal Ordinance QT-275 covers the legal procedures and requirements for filing an election recall petition. Associated ordinances cover the procedures for requesting a Special Meeting of the Quechan Tribal Council through a Community Petition.

In order to clarify the requirements of the law, and provide all tribal members with a legal format to file petitions, the Quechan Tribal Council convened a Special Meeting on March 20th, to pass

two Resolutions that clearly set forth the format and contents for future petitions of these types.

Resolution R-70-08 approves the format for a Recall Petition, and the associated Resolution R-71-08 covers the Special Meeting Petition Form.

Draft copies of both forms were posted at the Quechan Tribe Administrative Offices for two weeks before the Special Meeting was held, to allow for public viewing and comment prior to

their approval.

The 11 page Recall Form has the name of the official to be recalled and the charges against him/her on each page. Pages 2 - 11, set aside for collection of signatures allow for 15 names per page, for a total of 150 names.

The Special Meeting Form has two pages for signatures with room for a total of 50 names.

Each form must be returned to the issuing official and marked as received within 30 days.

[illegible]

The Recall Petition Form has a space for the name of the person sought to be recalled and a block for the charges against the office holder on every page, to ensure that every person affixing their signature can read the full charges prior to affixing their signature.

QUECHAN INDIAN TRIBE
 QUECHAN BY-LAWS ARTICLE II, § 2
PETITION FOR SPECIAL MEETING

THIS FORM HAS BEEN APPROVED BY THE QUECHAN TRIBAL COUNCIL PURSUANT TO TRIBAL COUNCIL RESOLUTION R-71-08, AND MUST BE USED IN ALL PETITIONS FOR SPECIAL MEETING. NO OTHER FORM OR PAPER SHALL BE ACCEPTED.

THIS FORM MUST BE RETURNED TO THE TRIBAL SECRETARY OR OTHER DESIGNATED OFFICIAL BY THE PROponents OF THE RECALL PETITION WITHIN 30 CALENDAR DAYS OF THE DATE THIS OFFICIAL PETITION FORM WAS ISSUED.

Date Petition Issued _____
 (To be filled in by Issuing Official)

Signature of Issuing Official _____

Name of Person Receiving Petition Form _____

Signature _____

Signature of adult members of the Quechan Indian Tribe. The name of each person signing the petition must be legibly printed, signed and dated.

The undersigned is the proponent of this Petition for Special Meeting. I hereby certify and attest under penalty of perjury that the signatures on this Petition for Special Meeting were voluntarily made and signed by the persons whose names and signatures appear on this Petition, and that such signatures were executed in my presence and are authentic and valid for the purposes stated in the Petition.

Signature of Proponent _____ Tribal Secretary or Tribal Official
 Receiving the Petition
 Date Received: _____
 This date shall not be more than 30 calendar days
 following the date this petition form was issued.

Date: _____

The Special Meeting Petition is similar to the Petition for Recall, with the date the Petition Form is issued (on Page 1, above) starting the 30 day time period in which the required signatures must be collected and the form returned to the issuing official.

PETITION FOR SPECIAL MEETING

SIGNATURES OF ADULT MEMBERS OF THE QUECHAN INDIAN TRIBE

The following persons, by their signature, attest under penalty of perjury that they are an enrolled member of the Quechan Indian Tribe, 18 years or older, and have affixed their signature to this Petition as a free and voluntary act, and on the ground(s) stated above.

1.	_____	_____	_____
	Print Name	Signature	Date
2.	_____	_____	_____
	Print Name	Signature	Date
3.	_____	_____	_____
	Print Name	Signature	Date
4.	_____	_____	_____
	Print Name	Signature	Date
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21.	_____	_____	_____
	Print Name	Signature	Date
22.	_____	_____	_____
	Print Name	Signature	Date
23.	_____	_____	_____
	Print Name	Signature	Date
24.	_____	_____	_____
	Print Name	Signature	Date
25.	_____	_____	_____
	Print Name	Signature	Date
26.	_____	_____	_____
	Print Name	Signature	Date

Is OST Holding Money for You?

The Office of the Special Trustee for American Indians (OST) is seeking current addresses for the Individual Indian Money (IIM) account holders. A listing for Quechan Tribe members titled "Fort Yuma Agency - Whereabouts Unknown" has been forwarded to the Quechan Tribe Enrollment Office to enable account holders whom the OST cannot locate to be identified locally. All Whereabouts Unknown (WAU) accounts have funds to be disbursed to a rightful owner.

With almost 330 names on the list, there are a lot of Quechan Tribe members with funds available right now who cannot be reached.

If you are, or you know of, an account holder whose whereabouts are unknown to OST, please contact OST and provide the information requested. OST will send the account holder the

required forms to update the IIM account.

The information needed to request OST forms include the name of account holder (First, M.I., Last Name), as well as their current address and telephone number.

You can also look over the list at the Quechan Enrollment Office yourself and pick up copies of the forms required to update the OST with your whereabouts and information while you are there. An extra copy of the WAU list for Fort Yuma is held by the front desk receptionist at the Quechan Tribe Administration Offices, along with a limited number of the forms needed to file with the Office of the Special Trustee.

The OST issued a press release in December of last year warning Individual Indian Monies (IIM) beneficiaries to use caution if they are contacted about their accounts

by private firms. The OST has become aware of firms running a scam to charge fees for account holder services that are free to beneficiaries through the OST.

OST is continually looking for people who have funds in trust but who do not have current contact information on file. They have more than \$70 million in trust for over 70,000 people whose Whereabouts Are Unknown (WAU) at present.

You can also write:

Office of the Special Trustee (OST)

Attn: Trust Beneficiary Call Center

4400 Masthead St., NE
Albuquerque, NM 87109

Or call the OST Call Center
Toll Free at: 1- 888 - 678- 6836.

The forms can also be accessed in PDF format on the web at:
<http://www.ost.doi.gov/information/individual/forms.html>

Local Youth Joins Longest Walk 2 In Flagstaff for Journey to Washington



Photos by Calvin Johnson, Courtesy of the Longest Walk Website, sacredrun.org

Muaw Jefferson, a 20 year old member of the Quechan Tribe, has joined the national Native American movement "Long Walk 2". Muaw is seen above walking with the southern route group entering the Dine Nation near Window Rock, Arizona on April 7th. Muaw joined the group in Flagstaff on the weekend of March 22nd, a few days before the contingent departed for their next stop on the route. Hundreds of walkers and their supporters arrived in Flagstaff on Wednesday, March 19th for a full week of activities involving local dignitaries, tribal elders and members of the international effort. Other walkers came from as far away as Japan and Poland to take part in drawing attention to the need for preserving sacred places and protecting the rights of Native peoples. The walk is scheduled to end in Washington, D.C. on July 4th, Muaw's 21st birthday.



Diabetes and Blood Pressure Screenings April 29

The Quechan Community Health Representatives (CHR) and the Special Diabetes Project (SDP) are teaming up together to offer another opportunity for free health checks next Tuesday, April 29th.

Staff will be available at the Special Diabetes Project Office at 1890 San Pasqual Road (just east of the Community Center) to check both blood glucose levels and pressure from 10:00 AM until 11:30 AM.

Those who drop in for the tests will be able to take their pick of a couple of incentives offered, once they've had their fingers pricked and worn the pressure cuff. To encourage the physical activity that helps to moderate both glucose levels and blood pressure, CHR and SDP offer a choice of an FM scanning radio with earbuds (so

you can listen to your favorite station while you navigate the Walking Park) or a back pack and sports bottle set you can use to jog down to Pipa Market and pick up a few groceries.

Aaron Brown at SDP says that if anyone is found to have glucose or blood pressure levels outside the "normal" ranges, they will refer those people to the IHS Clinic on the hill for further tests. One test is a fasting glucose test, which means you have nothing to eat before you drop in to see the Doctor in the morning, so they can find out what your true baseline glucose level is.

Another test they may perform is called the "A1C Level", which is able to determine your blood glucose levels from three months before, and give a history of your condition.



Pastor Moises Yañez

is looking for Church Members who are willing to serve in the Church Council on Tuesday and Wednesday, July 8th and 9th. He is also updating the membership records for the Church, and needs any information you may have on past or current members of the Fort Yuma Methodist Mission: Names, dates of baptism, constituency, important dates and anniversaries, births and deaths. If you have anything you'd like to share in this important Oral History Project

**Please visit the Mission
or call (760) 587-3019**

Proper Footcare an Important Part of Life With Diabetes

The Quechan Special Diabetes Project (SDP) offers all kinds of instructional help for those living with the daily scourge of diabetes, from cooking to glucose monitoring, to the types of special care needed to maintain your health.

One of those special needs that everyone with diabetes has to contend with, is coping with the poor circulation and nerve damage that can result in the extremities, especially the feet. Since the feet are the part of the body farthest away from the heart, the blood that gets there might not have enough pressure to get back to the heart. It can pool and lead to swelling, causing injuries and ulcers, which can even be damaging enough to necessitate amputation, if neglected long enough.

Because of the serious ramifications of foot problems, Deborah Tourtillott at the SDP teaches a short class in proper foot care from time-to-time, to call attention to this often overlooked health care need.

At a recent class, six students gathered for a rather informal presentation of the whys and hows of diabetic foot care, spending a little under an hour to learn something that may affect their quality of life from now on.

The handouts Deborah had for her class included a booklet that covered the most important points of what she would be

teaching that day, a one-page mini-poster entitled "Tips For Proper Footcare", and a Quechan SDP "Spa Package" for footcare that included wooden rollers and knobs for foot massages (to promote circulation), a pumice stone, loofa sponge and slippers to wear around the house.

A surprising fact (to me, at least) is that Doctors recommend their diabetic patients never walk around barefoot once they know they have the disease. The reason for that is the impaired circulation and resulting nerve damage often makes the feet so insensitive that stepping on something that breaks the skin and leads to infection may go unnoticed.

As time goes on and the infection gets worse, if the patient skips their daily foot care routine for a couple of days (for whatever reason), it can quickly lead to serious complications that require immediate medical intervention.

So the best thing to do is to recognize that you may have already lost the feeling in your feet, and always wear socks, at the very least, even when walking around the house or stepping



As with everything in diabetes, your blood glucose levels will also affect the health of your feet.

Photo: Courtesy of National Institutes of Health

out on the front porch to pick up the morning paper.

Another important fact to remember is that continuing diabetes can lead to changes in the shape of your feet. If you are doing a daily inspection (and circulatory rub-down) of your feet, you will notice those changes immediately.

Those changes in shape and dimension also make proper foot gear and socks very important, to keep the blood circulating.

If you have serious foot problems, Medicare Part B or your insurance at work might be able to cover at least part of the cost of a special pair of shoes that fit your feet better than what you might find at a regular shoe store.

Called "extra depth" shoes, the extra space inside allows room for different shaped feet and toes, and for special inserts that provide a true custom fit. Diabetics should also wear smooth, less constricting socks, preferably those without seams, which can serve to irritate sensitive skin, like a pebble caught in a shoe. The looser socks promote circulation by allowing the blood to return to the heart, rather than being held down inside the foot by the tourniquet action of a tightly fitting sock.

Deborah says it is important to wash your feet every day. By doing that, you are right there inspecting your feet and becoming familiar with their normal appearance, and can spot changes or injuries immediately.

Be sure you do your foot care at the same time everyday, whether it's while you are getting dressed in the morning, or in the evening when you get home from work. If it is a routine thing done daily, the habit will become ingrained and you will do it without fail.

While you are checking your feet, be sure to rub and wiggle all of your toes. Circulation is priority number one!

Wash your feet in warm, flowing water - don't soak them! If

you soak your feet, they can get to soft, and then dry out and crack later. To prevent cracking, it's important to dry them well, and put a little foot powder or cornstarch on them - even between your toes.

If you use lotion or petroleum jelly to keep them moisturized, do not put the lotion between your toes - it might get down in the tight little spaces there and be a warm, moist spot that promotes infection. Use the lotions only on the soles and tops of your feet.

If you do notice a growing corn or callus, don't try to cut it away yourself: you could cut too deep and just have to go to the doctor to have him finish the job right. You should just use a pumice stone right after you wash your feet, while the skin is still soft, to gently "sand it away."

And of course, don't forget to trim your toenails once a week, to prevent ingrown nails (and marital discord!). Trim them straight across, too, because if you round off the edges of your toenails, you could cut too close, which will bleed and be another path to infection.

There are more things you may want to know about the importance of foot care, and how to do it. Deborah's next class on the subject is Wednesday, the 23rd at 3 PM. She has other subjects to teach next month, but might cover foot care again this summer. You can all her at 572-1286 to find out what the schedule will be.

BOOT WORLD PAYS A VISIT

The second week of April saw the traveling salesman with Boot World stop off at the Paradise Casinos employee parking lot for their bi-annual visit.

Covering remote locations (like Winterhaven) in their "mobile footwear service truck", the guys at Boot World travel from San Diego all over southern California, offering the convenience of shopping for work shoes right at the work site. The Quechan

Tribe and Paradise Casinos arrange for them to drop in every spring and fall, as another employee benefit. Those who don't have time or who need special shoes for work can take advantage of the 10% discount offered by the mobile crew, as well as sign up to buy their shoes through payroll deductions or company credit, depending on the arrangements made with Boot World. The truck arrives early in the

morning (around sunrise) and the guys unload hundreds of pairs of shoes to form a display area and stockroom on a sidewalk. That clears the way for them to use a center aisle in the truck to look for more shoes that customers choose from the sample display.

If you missed your chance to look over what they had to offer, they should be back in late September to do it all again.



"Adrian", a salesman for Boot World looks through the stock of shoes on hand inside his truck before finding just the right size and style for Donna Hannum, a Black Jack dealer in the Paradise California Casino.



Photos by William Isbell, QUECHAN NEWS

Five Quechan Members Attend United in Wellness Conference in Rincon

Quechan Tribe members Anthony Comet, Donovan Aragon, Joey Barley and Richard Illingworth all joined Kerri Comet, a Nutritional Aide with the Quechan Community Health Representatives (CHR) at the Youth United in Wellness Conference on March 29th in Rincon, California. Three of the young men are students at San Pasqual Middle School and one attends 4th Avenue Jr.High. They took the opportunity to visit with related tribes in the San Diego area to learn how the temptations facing people their age can lead to bad decisions which may affect them for a lifetime as adults.

The conference was one of four a year put on by the Indian Country Alliance with assistance of the Indian Health Council.

The trip was funded by generous donations from Quechan Council member Emilio Escalanti, Sosanita Diaz, Director of CHR, Larry Comet of Quechan Post 802 and the benefits coordinator for the Disabled American Veterans of Yuma, Judy Cachora, the Quechan Tribe's Employee Advocate, as well as Virgil Smith of the Quechan Tribe Finance Office. Kerri Comet and the four youths that were able to go to the Conference all wish to offer their sincere thanks for the generosity of their fellow tribe members.

At the Conference, the four boys attended educational sessions broken up by games allowing the attendees from all of the tribes present to get to know each other and practice teamwork skills. The first educational session covered sexually transmitted infections and how to avoid them, followed by a talk on the dangers of "internet dating", with the main event, underage drinking broken into two parts.

A presentation a Rincon Tribal Police Officer gave real life examples from her own career about the negative effects of poor decision making, with the consequences of underage drinking making up a good part of the talk.

Finally, event organizer Winona Martinez took the podium to show a video she had produced on the accident in 2005 that lead to this series of conferences.

Martinez is a member of the Santa Ysabel band who lives on the La Jolla Indian Reservation. Her story and the accompanying video told of the effects still being felt at the Reservation stemming from her daughter's drunk driving accident.

While out-of town giving a talk at a conference in 2005, Martinez's daughter was driving drunk with seven people in her car, most of them family, when she ran off the road and rolled her car more than 4 times. Many were severely injured, one young cousin was paralyzed.

When the smoke cleared and it was all over, her 24-year-old daughter found herself serving a three-year prison sentence.

The video showed the candid reactions of tribe members as they described the affect the accident and it's aftermath had on them. The La Jolla Band is a small tribe, and everyone knew one of the kids injured in the accident, so it really hit home.

"It was a major big effect on the community," Martinez said, speaking to the San Diego *Union-Tribune* just before the conference.. "It still affects me, I'm still going through it."

But the fact that she brings young people together as the focus of her job has enabled her to use the painful experience to assist others. She organizes conferences with speakers like Maggie Steele and Mesa Grande tribal Chairman Mark Romero for tribes around the area to help them plot a straighter path.

Steele, who grew up in rough San Diego neighborhoods and considers herself both a Chicana and Chiricahua Apache. She has worked with young people for more than two decades.

Now a motivational speaker based in Sacramento, Steele gave

the keynote address at the United in Wellness Youth Conference in the evening.

"We have little, tiny populations, we have too much violence, too many drugs," Steele says in her presentation.

But she expressed hope when speaking to the media prior to the Conference. "I feel our native youth can actually turn around and help our own culture refine ourselves," Steele said. "It is a culture that cares about people, cares about the earth."

Between sessions, the organizers broke up the youth into four color coded teams, for a few quick periods of activity such as basketball, tug-of war, and obstacle relays to help burn-off a little energy before filing back into the Rincon Tribal Hall for more presentations.

Once the Conference was over, each of the attendees received a Certificate of Attendance as well as a back pack stuffed with a United in Wellness T-Shirt.

Although there were cultural events and peon games planned to go on until midnight after the conference, the distance back to Fort Yuma had to be considered for the return trip home.

The group checked into a hotel in the San Diego area before 9:00 PM on Saturday night, so they could also make a quick trip to the coast before driving back during daylight on Sunday.

That night at dinner, the four were able to review all that they had learned during the day, and reflect on the information provided, as well as the time spent playing games with the others at the Rincon Conference.

Ms. Comet took the boys to see the Pacific Ocean, traveling to Silver Strand State Beach a few miles south of Coronado Village. The group was able to spend a couple of hours sightseeing and enjoying the ocean breeze before lunch in San Diego before they made the long trip home Sunday afternoon.



Mother's Day Getaway

For Quechan Tribal Members
and/or Mothers of Tribal Members

Saturday, May 10th

The Bus for this Surprise Getaway to San Diego leaves the Community Center at 8:00 AM!

For more information and to
Reserve your place, call Tina Welsh or
Rosie Jack-Sestiaga at Parks and Recreation

(760)572-1242



Quechan Tribe Scholarship Deadline June 6

High school students applying for a Quechan Tribe Higher Education Scholarship have until Friday, June 6th to complete their applications. Tribe members accepted into the fall semester for a Degree Program at any accredited College or University in the United States may apply.

The Quechan Tribal Council reviews the applications on the second Monday of each month. Completed application packages should be turned in to the higher education office at the Quechan Education Complex. It takes between 45 and 60 days for the Tribal Council and higher education staff to complete their reviews.

Scholarship applications are also being accepted for students

wanting to enter vocational training for an occupational certificate or degree program, with the same deadline.

Students wishing to receive a Tribal Scholarship do not have to live on the reservation. All you need is to be an enrolled Quechan Tribe member and accepted into an accredited program this coming fall.

The primary requirement to keep a scholarship is to maintain a GPA of 2.0 throughout the course of study in college.

If you have any questions, or would like assistance in preparing your application, please call either James Ruiz or Angela Hiraes with the higher education staff and they will be glad to help. The phone number is (760) 572-5268.

Under Construction: Hotel Room Mock-ups



Framing was completed by April 17th, and the drywall will be going up this week. Although the plumbing will not function, the mock-ups will feature full electrical service for all of the lighting fixtures and amenities within, just like the real rooms in the actual Casino♣Resort.



Danny Bolser (with back to camera), Construction Superintendent for ROEL on the mock-ups project checks with his crew on the final placement of some fixtures, before the next phase can begin: completion of the roof and the drywall installation.

Photos by William Isbell



All of the framing is made up of fire-resistant galvanized steel, just like that going into the actual project at Pilot Knob.



A drop ceiling is framed out in the passageway over the men in the center, at the entryway to the sitting room of the suite.

One of the latest and most exciting phases of construction dealing with the new Quechan Casino♣Resort is taking place right behind the current California Casino, just east of the Tribal Gaming Agency offices.

A new 42½ foot by 38¼ foot foundation slab has been created to have a new building built on it by a dedicated crew from ROEL Construction. Inside will be a duplicate section of the central hallway, just as it will be built next to the new Casino and Conference Center.

When entering the hallway section from the south, two doors will be seen, marked 112 and 114.

The doors will open into exact replicas of Rooms 112 and 114 in the new Resort Hotel, just as they will appear on opening day next February.

The Quechan Tribal Council and Construction Committee got together with representatives from ROEL and approved the room mock-ups, to iron out any unforeseen problems that could develop once the actual rooms begin to be finished late this year.

With over 165 rooms to be built, wired, plumbed and painted, with furniture, carpeting, tile and fixtures to be installed, the Council and Construction Committee want to be sure every room

is exactly correct before a “point-of-no-return” is reached.

The new mock-ups will have the exact paint colors, carpeting and furniture installed as is currently approved for the actual Resort. A soaking tub will be installed in the master bath of Suite 114, with a shower in the “guest” bath and the adjoining standard room 112. With the same television sets, tables, chairs, lamps and drapes installed, everyone can get a look at exactly what the rooms will be like, months before construction at the actual Resort reaches that phase.

That way, if it appears a color is too dark, or a texture clashes with

the “mood” of the room, new materials can be brought in and tried out. Once everyone involved is in agreement, the materials to be used for the rooms at the Resort will be ordered and finish work can proceed without expensive (and time consuming) re-dos.

The mock-ups are expected to be finished by July 1st, and once everything is in place, a tour schedule for tribe members will be set up for those who want to see for themselves.

Felix Montague, of the Construction Committee, says that once the new Casino♣Resort is open, the mock-ups may be converted to office space.

FORT YUMA'S FRIDAY FUND RAISERS



A car wash was held April 18th at the offices of the Quechan Alcohol and Drug Abuse Prevention Program to raise funds for their planned white water rafting trip along the Colorado River at the Hualapai Reservation in late May.

That same day, the Quechan Head Start Staff was selling hamburger plates with chips and a soda for only \$4.00 at the Quechan Education Complex multipurpose room. The staff's birthday party fund will swell with the proceeds.

