

ETSKA NAV AH PAI



THE NEWS CARRIER

# QUECHAN NEWS

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## ***In This Issue:***

Tribe Members  
Featured in Magazine  
Page 2

Miss Quechan Ends Year  
Page 3

Indian Days Events  
Page 4

Senior Trip in October  
Page 5

Teacher Retires  
After 36 Years  
Page 6

Diabetes Tips  
Page 7

Pivot Point Rendezvous  
Back Cover

Items Of Special Interest  
To Tribe Members



ETSKA NAV AH PAI THE NEWS CARRIER  
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350 Picacho Road  
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Phone: (760)572-3912  
Fax: (760)572-3910

## ***Just Under A Month Until Indian Day 2008!***

Little girls  
enjoy a dance  
at last years  
Indian Day  
Celebration.



Planning is well underway for this year's Indian Days Celebration, scheduled for the second weekend in October, from Thursday through Saturday.

Phil Emerson, Chairman of the Quechan Tribe Events Committee, says a number of items have already been settled, and

the Committee expects the Quechan Tribal Council to give their final approval to the schedule very soon. At press time, here's how the Events Committee expects the weekend to go:

The first item settled, once they agreed on the Indian Day Weekend, is the night for the Annual Miss Quechan Pageant. Always held on the Thursday evening before the holiday, that date fell into place automatically - this year the Pageant will be on October 9th.

But this time, the Events Committee wants to keep everything located in the same general area, so the venue for the Pageant has changed: it will be held outdoors, to begin right as the sun sets at either the Diabetes Walking Park, or right next door at Evergreen Park.

Applications are available for the Pageant at both the Parks and Recreation Office (where the Events Committee Chairman works) and at the Tribal Administration Office. Open to Native American women between the ages of 17 and 23 who live in the Yuma area, contestants must be prepared

to communicate well with the public, and have a knowledge of Quechan history, culture, values and traditions. They must also have never been married or had children, and be prepared to travel on behalf of the Quechan Tribe if selected.

Educational accomplishment and extracurricular activities play an important part in winning this great honor, so those who enter must also prepare a written essay on their schooling and career goals, family and activities, to help the judges get a feel for their ability to perform the duties required of the office.

For more information and a thorough explanation of the rules and requirements, you may contact Councilwoman Cryselle Montague-Urbe.

The entry deadline is fast approaching, too. Completed applications for the Pageant must be turned in by Wednesday, September 24th. With the Pageant Committee holding a planning session in Council Chambers that evening at 5 PM, you can turn in your application directly to the Pageant Committee right there, if you'd like.

A new item added to the schedule  
***Continued on Page 4***



## Tribe Members to be Featured in Magazine



**Barbara Levy will be featured** in a cover story for "News From Native California" magazine.

This image for the cover was taken earlier this year, when a reporter and photographer visited Fort Yuma looking for stories.

Photo by Scott Bradley  
Courtesy of News From Native California

Last spring, while touring the site for the new Quechan Nature Park now under construction, a group of Quechan seniors came across visitors from the Oakland area looking for local stories to pass along to their readers.

Mickey Ellinger is a writer, and Scott Bradley a photographer for News from Native California magazine. Together, they've traveled all over California gathering important stories and information on native culture, hoping to record crucial memories and facts before those that can provide them pass away. They had been to the Yuma Crossing, but were preparing to write a short article on the Anza expeditions through the area and knew they should check it out. When they saw the large Quechan Indian Reservation on

their map, they knew they had to head over this way from the San Diego tribes they had been visiting, to see what the Quechan might have to offer in the way of history.

Not having any contacts here, the first thing they did was visit the crossing, and check out the old Catholic mission at the edge of the river. Down below, Emmett Hartt and a group from the senior center were looking over the future site of the proposed Elder Village, and Mickey and Scott drove down the hill to meet them.

Once there, they explained their need for "the true story" of the Spanish impact at the Yuma Crossing during the latter half of the 18th century. Among those who had information to share were Barbara Levy, Activities Coordinator for the Quechan Senior Center, and Preston Arrow Weed, President of the Ahmut Pipa Foundation in Bard.

The crucial data needed was the part played by Olleyquotequiebe, known to the Spanish as Salvador Palma. The researchers wanted to know what memory remains among the Quechan of the man who went to Mexico City with Anza after his second expedition, and had his remarks to Viceroy Bucareli recorded in the Spanish archives.

Barbara Levy painted his cooperation with Spanish authorities in the best possible light, as a progressive representative of his people.

She described him as "tall, graceful, powerful, [and] magnetic," a man who "had those

qualities of leadership. When the Spaniards came, he wanted to see who they were; he met with them and talked with them. He had the ability to communicate with other people, besides speaking the language. He liked the Christians, he liked the mission, he liked the (Catholic) fathers."

He even returned from his trip

to Mexico City wearing a Spanish vest and Conquistador's helmet, as well as other gifts from the Viceroy, intended to demonstrate the authority they felt he commanded and regard in which they held him.

Barbara's take on things is that Palma was a man who meant well, and saw change as a good thing. Perhaps he saw the influx

of the white, bearded strangers as an opportunity to forge an alliance with a much stronger group against other tribes in the area, to give the Quechan an advantage in pursuing future expansion.

"Palma was a good man, with a good heart," she told them.

"He believed in Christianity  
*Story Continues on Page 5*

## COMMUNITY EXPRESSIONS

To: The Mighty Quechans  
From: Elmer M. Savilla  
August 30, 2008

I'm writing to congratulate the Quechan community leadership who reacted to the storm emergency of Thursday, August 7th. I received my August 20 copy of the Quechan News just two days ago and that's the reason for this late response to the *Quechan News* article.

I am proud of the way that officials of the tribe came together and how they performed during the storm emergency in early August. It is encouraging that the Quechan leadership, and the people themselves, reacted quickly in a very professional manner to assess the damage and care for the people who were without power and victims of rain and wind damage. I am very proud of those I have always called "The Mighty Quechan People." They certainly came through once again, when it counted. I congratulate all.

According to William Isbell's fine article, the tribe's Safety Officer, Pearl Cowan, was quick to realize the intensity of the storm

and potential danger from it and immediately began to activate the reservation's emergency response team, and notified agencies of Imperial County and agencies like the Red Cross.

To personally thank all who responded to this emergency would take more space than I have here, so I'll start by naming Pearl Cowan; Tribal Vice President Keeny Escalanti; Quechan Council Member Cryselle Uribe; Tribal Police Chief Veloz; Tribal Fish and Game Officer Travis Owl; Quechan Community Center staffers Michael Palone and Louis Robles; Quechan Emergency Response Coordinator Terry Roper; and a number of staffers from the Paradise Casino, Barret DeFay, Jeanette White Pigeon, Thad Morgan, Dora Carillo, Saul Martinez, Hector Montoya, and Jose Espinoza. And my personal thanks to Winterhaven Fire Chief Taylor and his Firemen; and Rosa Hernandez, Imperial Valley Emergency Response Team, for their assistance to the Quechan people.

This is also a remarkable event because the winds were of hurricane strength, and storms such as this never happen in our part

of desert country. Apparently the storm's wind speed reached 113 miles per hour at one point. That's definitely the strength of a Category 3 hurricane. The hurricane Katrina that almost destroyed New Orleans three years ago was a Category 5 with wind speeds of 150 mph. Only yesterday, on August 29, the Phoenix area was hit by winds of 112 mph that did a lot of damage. So strange things are happening, maybe because of global warming. Maybe.

In my 80-plus years I don't remember such a violent storm anywhere near our homeland. The only exceptional weather thing that I remember is a December morning in 1934 when we awoke and found snow on the ground, but that was nothing compared to the wind and rain of this storm which you folks handled very efficiently, I thought. Congratulations again, and my thanks for caring for the elders and the very young.

Sincerely,

Elmer M. Savilla  
Quechan Tribal Member

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**QUECHAN NEWS**

**William Isbell**

Newsletter Coordinator, Fort Yuma Quechan Nation

350 Picacho Road Winterhaven, CA 92283

Phone: (760) 572-3912 Fax: (760) 572-3910

Email: w.isbell@quechantribe.com

## 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](mailto:w.isbell@quechantribe.com). I'm looking forward to hearing from you!





# Heritage & Culture

## Miss Quechan Nation, Jessica Paddock Looks Back at Her Year of Service



Among the many Tribal Princesses I met over the past year were Miss Kumeyaay, Victoria Santos (and Little Miss Kumeyaay, Elizabeth Matheny-Kolb); the Junior Miss for the Colorado River Indian Tribes 2007/08, Mariah Charles: my sister Charmaine (who is every bit a Princess to me and my mom!); as well as Kelly Dazen, Miss White Mountain Apache for 2008/09 and her predecessor, LeAnn Mallow, Miss White Mountain Apache for 2007/08.

Photos Courtesy of Jessica Paddock and her grandmother, Donna Herrera



**Miss Indian Arizona**, Evereta Thinn from Shonto, Arizona will be ending her reign at the same time as I turn over the crown to the new Miss Quechan Nation this year. We met and exchanged stories at a Pow Wow in April.

*"What a wonderful experience this has been!"*

*I can't even begin to describe what a wonderful year I have enjoyed representing my people as Miss Quechan Nation.*

*During my reign I attended numerous Pow Wows, such as the Gathering of Nations in Albuquerque, New Mexico. While there, I took part in an all day visit at the Santa Fe Indian School, and performed the traditional Kwat'san Ah Keel Dance for their student body.*

*I also went to a week long Language Summit Conference in Barona, California, where I attended many workshops. At Barona, I participated in their traditional fashion show, and also performed with the Kwat'san Ah Keel Dance*

*Group, which I really enjoyed.*

*I was an invited guest for the White Mountain Apache Pageant, and was presented with many beautiful gifts from the Apache Tribe after performing our traditional dances for them.*

*Other events I have attended while representing my people included a number of traditional Bird Gatherings, as well as local activities (which I enjoyed the most!). One time, I even placed first at a Bird Dancing Contest — that was very exciting!*

*Being Miss Quechan Nation has really enhanced my traditional values and ways of life. This past year, I've learned how to make our traditional diamond and ribbon dresses, as well as learning how to bead.*

*I've met many wonderful people and made many new friends along the way.*

*I would like to thank and acknowledge the Kwat'san Tribal Council, the Pageant Committee and Stephanie Johnson in particular. Thanks also to all of those who helped me through out my reign.*

*I would like to give my best wishes and luck to the incoming Miss Quechan Nation. May your reign be as fulfilling and wonderful as mine was!*

*It was such an honor and a privilege representing the Quechan Nation this past year. This was an experience I will never forget, and I will cherish the memories for the rest of my life.*

*Thank You!*



**I met Irene Bedard**, who has appeared in over a dozen movies and supplied the voice for Pocahontas in Disney cartoons, at the Strong Hearts Pow Wow last February. She has her own clothing line and makes music, too.



*In the Parade at Morongo . . . Nice Car!*



*Waving "Hello!" to the Crowds*



*Cousin Joanna Went Along Sometimes*



*At a Stop in the Salt River Canyon*



# QUECHAN PARKS & RECREATION

*Presents the*  
**Adult Co-Ed Volleyball  
Tournament**



## SIGN UP NOW!

DEADLINE IS OCTOBER 12

ENTRY FEE IS \$50 PER TEAM

**1st, 2nd and 3rd Place Trophies!**

**1st Place T-Shirts!**

**10 Players Maximum**

*Games Will Be Played  
Saturday, October 18th*

**CALL 572-1242 FOR MORE INFO!**

## Indian Days Set For October 9th Thru 11th

*Continued from Page 1*

ule this year is the "Teen Dance", set to begin as soon as the Pageant ends. The dance will be held in the same area, and is hoped to feature a live band.

Friday is when things really get rolling: The newly selected Miss Quechan for 2008/09 will make her first public appearance at 3 PM and start things off by introducing herself and giving a quick run-down of the night's events. Kid's contests will be Friday's focus, with watermelon eating, soda guzzling and a 3 legged race for those who don't mind a little embarrassment to go with their prize ribbons. The more athletically serious are sure to enjoy the 50 yard dash, or even want to enter the 5 mile fun run that will start later in the

afternoon, when things cool off.

Adults, of course, are the main target of the 5 mile run, and they will also have a chance to show their stuff at Friday's horseshoe tournament, too.

Additional contests will include a fry bread cook-off, with judges on hand to select the very best and award trophies.

Trophies will also be available for the best of the traditional dancers on dance day: Saturday. A full day of entertainment is scheduled, with 6 popular out-of-town dance groups coming in to join 2 local groups in reawakening the native spirit.

Already confirmed are the Aztec dancers from Baldwin Park, California, Hopi Buffalo/Butterfly Dancers from the 1st and 2nd

Mesas in Arizona, the Tohono O'odham Basket Dancers from Sells, Apache Crown Dancers of Sherman Indian High School, the Hualapai Round Dance group from Peach Springs in the Grand Canyon, and Cahuilla Dancers from Torres Martinez, CA.

Most of the dance groups will also be dancing (and marching) in the annual Indian Day Parade on Saturday morning, also. The parade will start at the entrance of the old subdivision across from the Pipa Market at 9 AM, and wind it's way up the east side of Indian Hill, past the Paradise Casinos, around the south end of the Hill, and over to Evergreen Park by about 10 O'clock, where the dancing (and singing) continues into the night.

There will also be the usual food booths on both Friday and Saturday, as well as vendors selling almost anything "native" you can imagine. There will be many artists coming from all over the southwest to ply their wares, along

with local folks offering their specialties. If you'd like to get a booth, you should hurry - there are only so many spaces available! Phil Emerson at the Quechan Parks and Recreation Office has business permits for the event, so call him at (619)804-6152 or stop by the Quechan Community Center to pick one up.

One thing Phil wants to stress this year, before you just jump into the dance contest and think your hot skip-step is all it takes to win: The dances are traditional dances, and that means you also have to dress the part to win. The judges want to see full regalia, with real traditional clothing and jewelry - no tennis shoes! If you don't have the right footwear, you can always dance barefoot, since it'll all be done in the sand right there in the park. Make sure that you come prepared, and pay close attention to your place in the program: with so many people coming in from out of town to take part (or even just watch), the en-

tertainment is always much more enjoyable for everybody if the program "flows" naturally.

Finally, there will be two great emcees for all of the events, from the Miss Quechan Pageant until the last dance after midnight on Saturday. Bobby Wallace and John Chrisman will be on hand to keep things moving and make announcements all weekend. In addition to the reggae tunes of "Uproot", as well as local favorites, the "696 Project." "Tribal Seeds" may even come over from San Diego, to play their brand of contemporary Native American music,

There will be something for everyone at this year's Quechan Indian Days! Even now, the Events Committee is still meeting every week to go over the schedule and see what else they can "squeeze in" to the three day affair. If something is added, you can read about those plans in the next issue of the Quechan News, due to "hit the streets" on October 8th!

## Indian Day 2007 Images



**Miss Quechan Nation for 2007/08,** Jessica Elizabeth Paddock is shown moments after receiving her victor's trophy, sash and crown at the Quechan Community Center. She has one month left to her reign, before she passes the crown on to this year's Princess.

At left below, visiting Eagle Dancers from the 2nd Mesa march in the Indian Day Parade, while above, Lynwood Vest and "Dances by the River" from Gila River sing Bird Songs for a group of local dancers joined by Jessica Paddock under the dance arbor at Evergreen Park.

QUECHAN NEWS Photos by William Isbell



# Elders Group Will Tour Washington, D.C. in October

Arrangements for this year's Quechan Elders Trip are nearly complete, with a full week's visit to the nation's center of government planned for early October.

Although current plans for the Annual Indian Day Celebration here at Fort Yuma seem certain to fall on the same weekend the travelers will depart, the elders won't be heading to Phoenix Sky Harbor Airport until Sunday morning, October 12th. That means with the Indian Days festivities (currently set for the 10th and 11th of October), most seniors here will find their "dance cards" are pretty full at the start of the fall season!

Phoenix Travel Group of Kanasa City was the agency selected to set up the travel plan this year, and they've faxed a full itinerary to the Senior Center's Projects Council.

The first day of travel has the

bus taking the elders to Phoenix set to depart at the crack of dawn (as so often seems to be the case). Those who've signed up for the trip might want to have their bags packed, their prescriptions double checked and get a good night's sleep, since the bus will be departing from the Senior Center at 7:00 AM on Sunday.

Although the itinerary doesn't say it, the bus will probably be stopping for lunch along the way, since the flight leaves Sky Harbor at 2:25 PM for the Baltimore/Washington International Airport (BWI). Once there, they will board a tour bus which will take them to dinner prior to check-in at the Arlington All Suites Hotel.

Since the trip will last a full week, their home away from home comes complete with a full kitchen and fully stocked refrigerator, and promises a full hot breakfast every morning. They're



**The U.S. Capitol Building**, the Vietnam and WWII Memorials, the Library of Congress and Jefferson Memorial are among the sites the elders may visit during their week in Washington. US Government Stock Photo by Bill Kopitz/FEMA

going to need a hot breakfast, too, since the tour bus will whisk the elders off to see the sights around D.C. every morning for five full days to follow.

Monday and Tuesday will see the elders enjoying two full days to tour the nation's capital city, taking in such sights as the Smit-

sonian Air and Space Museum, the Washington Monument, the Lincoln and Jefferson Memorials, Embassy Row and maybe even the White House.

On Wednesday, for a change of pace, the tour bus won't pick them up until noon. They will head to Wilmington, Delaware

for a visit to the Midway Casino, and return via Baltimore for dinner along the Atlantic Coast.

Thursday will find them back to an early morning departure to Mount Vernon, for a special tour of George Washington's home. They will also stop in Old Alexandria, Virginia for some shopping, and enjoy a special dinner cruise up the Potomac River to finish off the evening.

The final day of the tour will be Friday, when the tour bus will take them around Washington once again, to visit any sites yet unseen.

The entire group will then have to pack their bags and get ready to come home on Saturday, with a 1:40 PM non-stop flight from BWI to Sky Harbor. A final bus ride follows, stopping for dinner on the way home from Phoenix, to pull up at the Senior Center about 9:00 PM.

## Tribe Members in Magazine

*Continued from Page 2*

[and] he saw the Spanish as allies to the Quechan. We were looking for someone to help us with our battles, so Salvador Palma thought we would get Spanish help and the tribes would leave us alone." In the end, however, even she admits, "it didn't turn out that way."

The "law of unintended consequences" was a big part of every native interaction with the European powers, and that was the angle emphasized by Preston Arrow-weed, who provided a differing view of events.

Unable to grasp the concept of a truly free people, the Spanish made the same error almost every hierarchy-conscious European made: they assumed the Quechan had one "great chief" at the head of their nation, and assumed that man was Palma, since he did the talking.

"The Quechan were not a uni-

fied people," says Preston.

"We lived in our small groups with [group] leaders. Palma had been leading his own little group, and the Spanish called him chief and bestowed this jacket and special gifts on him," is Arrow-weed's view.

"The Spanish created Palma, who was one chief of many."

And the law of unintended consequences began to operate against an alliance almost from the moment Palma returned from his visit to Mexico City.

"By bringing him gifts they boosted his prestige, [and] also brought materialism to the culture. Palma was another one who was misled."

Even the authors of the magazine article seem to agree with that assessment, as they sum up the results of that visit by saying: "The Quechan had wanted the Spanish to settle among them

(or at least Palma did), but when Spanish settlers finally arrived in December 1780, they were undersupplied and poorly prepared in experience or attitude to settle among people different from them. Unable to work out a cooperative relationship, the Quechan rose up in July 1781, killed the men in the settlement, and closed the crossing scarcely five years after they had helped the first settlers across. In doing this they were able to postpone the greatest impacts of European contact on their people until the United States took over California in the early 1850s."

"Just to set the record straight, we did not kill Father Garcés," says Barbara. "We spared him along with another Father."

Then she smiled, and added another little fact for the visitors: "Quechans are friendly, but don't make them mad."

## 2008 MEN'S BASKETBALL SUMMER LEAGUE

**Games Played Every Monday & Wednesday Night!**

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**Entry Fee is \$175 per Team**

**Deadline For Entry is Friday Sep. 19th!**

**For More Information, call:**

**QUECHAN PARKS & RECREATION**

**(760) 572-1242**



## Senior Swim Keeps Elders in Shape



**Lisa Aguerro (left)** leads Ladd and Rosie Bouts through water aerobics at the twice weekly Senior Swim. William Isbell, QUECHAN NEWS

Area seniors have been able to enjoy an easier, less stressful workout over the summer months, with Lisa Aguerro of the Injury Prevention office and Lisa Ball of the Diabetes Wellness Center leading a twice weekly "Senior Swim".

Those who joined got a free beach towel to start the summer, and Lisa Aguerro says T-shirts will also be given out at the end.

The program began in June, and has been meeting for 14 weeks. The plan is to keep it going until it is too cool to get in the pool at 10:00 AM, which Willis Hawkins at the Pool

thinks might be around the first week of October. "Right now, we're playing it by ear," he says. "As long as it's warm enough, we may keep it going."

With between 6 and 8 seniors most days, the group has plenty of room to get their exercise. On Tuesdays they meet for a "free swim", to do whatever they'd like in the water, and Thursdays they have a more structured "water aerobics" program.

Ladd Bouts, who had a quadruple bypass in April, says the combination of the water's resistance and buoyancy has helped him in his rehabilitation.

## Dolores Lopez Retires from Teaching

The monthly San Pasqual Valley Unified School District board meeting was interrupted before it even got started, with the announcement that Dolores Lopez, long-time elementary teacher, was officially announcing her retirement that evening. A short break in the meeting allowed over two dozen friends, colleagues and relatives a chance to file into a side room and share cake and punch with her, and wish her well in her future endeavors.

Ms. Lopez has spent her entire working career with the San Pasqual Elementary School, joining the staff in 1971 right after graduation from the Teacher's College at NAU in Flagstaff.

She attended school from first through twelfth grade at San Pasqual, and began her college studies at AWC, where she had thought she would train to be a secretary. When she heard that California was desperately looking for bi-lingual teachers in 1968, she decided to switch majors and go for a teaching credential. Study continued at NAU, and she was allowed to join the staff at San Pasqual while work-



**Dolores Lopez** as she appeared when she began teaching at San Pasqual in 1971 (left) and receiving a hug of thanks and congratulations from School Board member Bernadine Swift Arrow at her retirement

1971 Photo: Courtesy of Dolores Lopez, Photo 2 by Vicky Frasier, SPVUSD



ing toward a Clear California Credential at the SDSU Calxico campus for her first 2 years, and gained her Masters through Pepperdine University in 1975.

Since then, she has taught 2nd grade for 33 of her 36 years as a teacher, and was named to the "Who's Who of American Teachers" for 2005/06. She was also named the Imperial County Teacher of the year in 2000.

She married Quechan Fish and Game Chief Gordon Osborne in 1984, but decided to stay "Miss" Lopez for her young students.

Ms. Lopez has taught children and grandchildren of her former

classmates, as well the children of previous students. She has also been invited to weddings and baby showers years later, to celebrate with her former students.

At her retirement ceremony, she told the school board that "As a member of this community, I hope you will all treasure the employees at San Pasqual as much as I do. They give more than 100% to the students. I also send a special thank you to Mr. Mike Jackson, the Quechan Tribal Council, and Quechan Post 802 for their support in various student programs and incentives throughout the years."

## NOTICE

The Quechan Indian Tribe is seeking Tribal Members who are interested in serving on a newly created **Parks and Recreation Committee.**

Members are also needed for the **Quechan Elections Board.**

Those interested should submit a Letter of Interest to:

**Georgina Massey,**  
the Tribal Council Secretary  
at the Tribal Administration Office

**HUB LIQUOR  
IS NOW CLOSING  
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**Our New Hours Are  
7:00 AM To 10:00 PM - Monday Thru Saturday  
and 7:00 AM to 8:00 PM on Sunday**

**Effective: Monday, September 15  
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A Quechan Tribe Business Enterprise

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Winterhaven, California**



# At Quechan Parks and Recreation There are Plenty of Activities To Keep Everyone Involved

With school back in session and the weather cooling off, Quechan Parks and Recreation is about to move into their busiest season, with fall athletics making up the greatest part of their schedule.

The Community Center gym will have open hours every weekday from 8:00 AM to 5:00 PM for anyone who wishes to stop by and practice shooting some hoops or to work out in the weight room. Most evenings there are games and practice scheduled through out the fall.

Mondays and Wednesdays from 5:30 to 7:00 PM you can stop in to practice hoops. The Men's Basketball League then has the court on those nights for two back-to-back games that start at 6:00 PM to 7:00 PM. The Men's League games should run from later this month into November, ending in time for the Thanksgiving break.

Those who would rather play

in a Co-ed game can drop by the gym every Tuesday night between 5:00 PM and 9:00 PM and join in the Men's and Women's Co-ed Volleyball practice. If you are really serious about that sport, Parks and Recreation is also taking registrations right now for the Co-ed Volleyball Tournament scheduled for Saturday, October 18th.

If you hustle over and get in on the action right now, that gives you a month to hone your skills and identify those you'd like to have on your team at the October Tournament!

And don't think the younger kids are going to be left out: It's time once again for T-Ball, and there is a league being set up to allow the little ones a chance to smack a big round ball and run the bases just like the big guys.

Registration deadline for the Fall T-Ball season is Friday, October 3rd at 5:00 PM, so you still have time to get your kids

signed up. Games will start every Saturday morning at 9:00 AM, to give mom and dad the chance to attend and cheer on their favorite tyke.

If you have an older child who gets their fill of athletics at P.E., there is another after school program they might want to try at the Community Center.

Every afternoon from 3:30 to 5:00 PM, Parks and Recreation will be sponsoring an after school arts and crafts program that begins on Monday, October 6th. All participants will need to have a signed and dated Parental Permission Slip before they can join, and class size is limited. You can pick up a permission slip at either the Parks and Recreation office or at the Tribal Administration office on weekdays from 8:00 AM to 5:00 PM.

For further information on any of these programs, call the Quechan Parks and Recreation Department at (760) 572-1242.

## DIABETES TIPS



*Courtesy of:*

**Aaron Brown**

**Quechan Diabetes Prevention Office**

### Skip the Alcohol Swab

You don't want an infection on your poor pincushion fingertips, right? If the concern causes you to swab your digit with alcohol before your blood sugar check, switch to soap and water instead. Here are three reasons why it might be better:

- The test strip that measures your glucose levels are made with a substance that reacts to sugar by turning color. Alcohol can destroy this substance and cause a false low blood glucose reading.
- Alcohol dries out your skin and can lead to broken skin near your nails.
- If all the alcohol doesn't evaporate before you stick your finger, you may feel stinging as well as the discomfort of the poke.

Washing and drying your hands is all you need to prevent infection. Just be sure that your hands are dry and that you've gotten all the soap off before you do your reading.

### Choosing an Injection Site

In general, there are three places where people traditionally inject insulin – the abdomen, the arms, and the legs. But which site gives you the quickest, most consistent absorption?

Several factors affect the way your body absorbs insulin. Warmth and exercise, for example, generally tend to increase the speed at which insulin is absorbed. This means that if you exercise your arms or legs after

an injection there, more insulin will be absorbed more quickly. But if you don't use the muscle, the insulin may not be absorbed as quickly.

For the most consistent absorption, try injecting into your abdomen. Insulin injected into the abdomen is absorbed quickly but predictably, so you know how it will affect your blood glucose every time. Because your abdomen is usually covered by clothing and stays warm, insulin is absorbed rapidly from this area.

### Is Your Sugar Too High To Exercise?

You need to check your glucose levels before each workout. If you have enough insulin available in your body, exercise may actually help lower your glucose.

In fact, many athletes raise their blood glucose before exercise on purpose to create a bit of a buffer so they won't go low during their activity.

But if your glucose is high and you don't have enough insulin in your body to use the glucose, your cells will continue to send signals that they need glucose for fuel, and your liver will continue to create it.

Without insulin to let the glucose into the cells, the glucose keeps building up in your blood, pushing your blood glucose levels higher and higher.

If your blood glucose is higher than 300mg/dl, you should not exercise until you have taken some fast-acting insulin and your blood glucose level is below 250 mg/dl.



**United States Department of the Interior**  
**Office of the Special Trustee for American Indians**  
**Field Operations**

**Colorado River Agency**

**12136 First Avenue Parker, Arizona 85344**  
**Phone (928)669-7174 Fax (928)669-7192**



## OFFICE OF SPECIAL TRUSTEE

Will be at the **FORT YUMA AGENCY** to meet with Individual Indian Money (IIM) Accountholders/Beneficiaries on the dates listed:

**Tuesday, September 16 and Wednesday, September 17, 2008**

**Tuesday, September 30 and Wednesday, October 1, 2008**

*Please bring your Tribal or State Identification with you.*





Partly owned by the Quechan Indian Tribe through investment agreements, the Pivot Point Riverfront Conference Center is seen above on the left, with the grey peaked roof. On schedule for a Grand Opening in late October, the Conference Center will host this year's Quechan Senior Rendezvous as its third public event. The large building across from it is the Hilton Garden Inn Hotel, scheduled for completion by March of next year.

QUECHAN NEWS Photo by William Isbell

Quechan Seniors who aren't able to make this fall's annual out of town trip will still have an opportunity to join with their fellow elders and take part in a public event, as the first Quechan Senior Rendezvous takes place right across the Colorado River at Yuma's newest venue.

Scheduled to open in early November, Yuma's Pivot Point Conference Center has agreed to host the Tribe's Seniors at

the third event after their Grand Opening. A combination seminar and entertainment spectacle, the rendezvous will also host an "elders only" Thanksgiving dinner on the same night the remainder of the Quechan community breaks bread in the Community Center.

Vendors will be set up the outdoor area between the Conference Center and the new Hilton Garden Inn, giving the general

public something to see while the Seniors' private conference takes place indoors.

Scheduled to open on Halloween, the Conference Center will host the Arizona Planning Association's Annual Meeting on November 4th. A week later, Gowan Seed Company of Yuma has booked the hall for another meeting, but the first full-fledged "event" at Pivot Point will be the Quechan Senior Rendezvous on

November 21st and 22nd.

The gathering will get underway on Friday, with registration and lunch beginning at 11:00 AM. That will be followed by a choice of two different seminars/meetings during the hour from 1 to 2 PM. A break for entertainment by a local dance group will give the participants time for snacks, followed by more meetings.

Friday's dinner buffet (with prizes) will begin at 5:00 PM, followed by a warm-up show for the major entertainment that begins at 9 PM: Country and western great Ray Price, in town for a paid concert at

Paradise Casinos on Saturday will be on hand to play for the Quechan Seniors, at no charge to the invited guests!

Saturday will get underway at 9 in the morning, and will also feature a series of meetings and instructional seminars in the various rooms of the new Conference Center. There will be a lunch break with traditional dancers and a raffle drawing at noon, with time to visit the vendors following the final afternoon meeting. After Thanksgiving dinner at 5 PM, there will be more drawings and a Native Comedian will take to the stage to close out the Rendezvous.

FACE PAINTING BY NANCY

ALL DONATIONS WILL BE ACCEPTED

# Benefit Fry Bread/Bake Sale

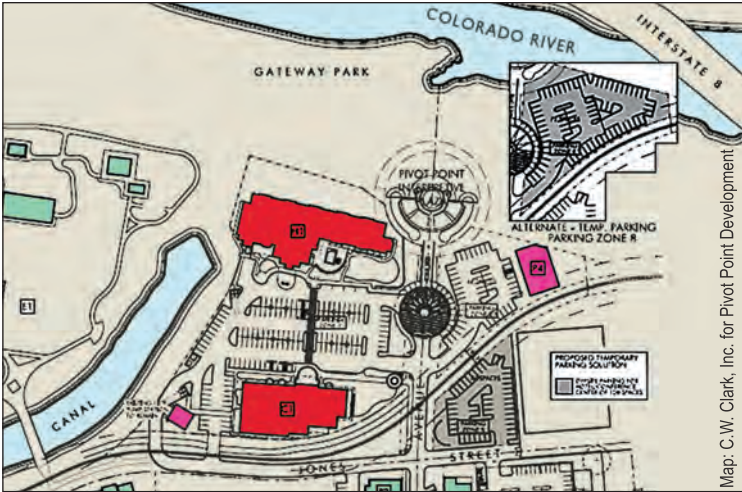
Saturday, September 20th  
From 10:00 AM Until ?  
At the Quechan Community Center

*All proceeds will be for the benefit of the family of Rose Ana Williams and children*

For more information, contact  
Sosa Nita Diaz or Deborah Tourtillo  
at (928) 920-9470

COOKIES  
CUP CAKES  
PIES  
BANANA BREAD

Fry Bread By So Delicious



Map: C.W. Clark, Inc. for Pivot Point Development

Highlighted in red, the Conference Center and Hilton Garden Inn will serve together as the centerpiece of Yuma's downtown revitalization. Thousands may come to vacation within walking distance of the Tribe's Main Street Cinemas, Monarchs Rest and the Paradise Casinos.