

INDIAN DAYS ARE COMING!
ETSKA NAV AH PAI



OCTOBER 7, 8, 9 & 10, 2010
THE NEWS CARRIER

QUECHAN NEWS

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To Tribe Members



Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER
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Tribal Council Demands Repairs on A.A. Canal



Representatives of the Bureau of Reclamation and the Imperial Irrigation District accompany Tribal Council members Juliana Comet and Vincent Durand as President Mike Jackson, Sr. leads an inspection of water damage caused by leaks from the All American Canal. Also present on the tour was Attorney Mason Morisset (holding white cap), representing the Quechan Tribe. QUECHAN NEWS Photo by William Isbell

Although the United States Bureau of Reclamation (BOR) admits to a recurring problem with “seepage” from the unlined portions of the All American Canal, the leaks are getting substantially worse this year.

Although many Tribal members and visitors have noticed a nearly permanent “lake” has

been growing between the canal south of Pilot Knob and behind the Sleepy Hollow RV Park since early this spring, Chris Wallis, the BOR’s Resource Management Office (RMO) Director tells the *Quechan News* his office only became concerned with the situation in late July of this year.

To finally get to the heart of the problem, Quechan President Mike Jackson called officials from the Bureau of Reclamation (BOR) and Imperial Irrigation District (IID) to the Reservation on August 6 to get a good look at the huge ponds and lakes forming near the Canal. The ponds have begun

encroaching on Andradé Road and the leaks seem to be getting worse, with a substantial amount of running water in some areas. After a field trip to view the situation, President Jackson and the Council hosted a meeting to discuss the matter with government and Imperial Irrigation District officials.

Attending the meeting were President Jackson; Tribal Council Members Juliana Comet, Cryselle Uribe, James Montague and Todd Durand; Quechan tribal water rights attorney, Mason D. Morisset; Walt Brooks, the Quechan Tribe’s Director of Construction, and other tribal representatives. Assistant Area Director Maria Ramirez attended from the Bureau of Reclamation along with Chris Wallis and Josh Scott. Also at the meeting from the Imperial Irrigation District (IID) were Douglas Cox and Martin Bazabal.

President Jackson opened the meeting by noting that the Tribe could not tolerate continued leaks from the Canal, particularly leaks as serious as

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Tribal Council Demands Repairs on A.A. Canal

Continued From Front Cover

currently seen. He noted the Reservation was being treated as a second class citizen in that no one would stand for leaks of this magnitude in other areas of the Canal, such as El Centro.

BOR Assistant Area Director Ramirez responded first, thanking the Tribe for calling the meeting. She expressed her concern and said the Bureau of Reclamation would make every effort to respond as soon as they had more facts.

President Jackson pointed out that it might be necessary to have either the BOR or IID construct a berm next to the highway to protect it for the time being, but that there must be a permanent fix. He noted continuing problems in this area and said the current situation was simply the worst of a long period of leaks. He said that in addition to the Tribe's business and environmental interests, he was concerned that areas of cultural importance might soon be flooded by the leaks or even that access to those areas might someday be barred by the continued water "seepage".

Tribal water rights attorney Morisset noted that the Quechan Tribe could not stand for the lack of action being taken as this had happened before and it would be necessary to get this fixed in a more critical or permanent way.

Walt Brooks noted the trailer

parks were in possible danger in that the water seemed to be affecting septic tanks and the leach fields that serve them. He further stated the Tribe had already spent a substantial amount of money trying to remedy the situation. Mr. Brooks also made clear the Tribe had spent additional money in wages for people to pump low lying areas and to undertake other mitigation activities.

Mr. Brooks' greatest concern are the drinking water wells in the area which the Tribe is concerned may become contaminated.

"Throughout the meeting, Douglas Cox from the Imperial Irrigation District seemed less concerned than tribal authorities," says Attorney Morisset, "though he should be."

According to the Tribe's water rights attorney, Mr. Cox stated he felt the current "seepage" is not earthquake related since Cox had seen some leakage in March before the Easter Sunday earthquake. He noted, however, that the storage at "Drop 1" along the Canal had been changed and said this change might increase the amount of flow in the Canal at the place where it is now leaking. Mr. Cox also noted the Imperial Irrigation District was working on plans to possibly hire a subcontractor to put in a drainage pipe.

This suggestion did not sit well with President Jackson or other tribal personnel at the meeting.

Mr. Morisset, the Quechan water rights attorney, pointed out that some contractors had caused a huge problem in the past during the Western Area Power Administration (WAPA) actions to fix electrical transmission lines. He said those actions had resulted in a huge amount of cultural damage to the Tribe's land and that it would be necessary for any future subcontractors to be tightly controlled.

There was further discussion concerning inspections of the Canal which evidently take place only once a year and consist simply of visual inspections. It was not clear whether this kind of inspection is really sufficient to notice leaks.

BOR Assistant Area Director Ramirez asked the Tribe if her agency could have more time to look at this. They needed more information and they needed to work on background.

Both President Jackson and tribal water rights attorney Morisset noted they had previously requested the Bureau of Reclamation to come up with data concerning leaks on the Canal, how often those leaks happen and where, and that the Bureau also try to get baseline data including new surveys of



Concern shows on the faces of Bureau of Reclamation officials as the seriousness of the water leaks becomes apparent, now reaching all the way to Andrade Road near Sleepy Hollow. QUECHAN NEWS Photo by William Isbell

the area, aerial photographs, and other information that might help get this matter under control. President Jackson urged that in addition to these things, there must be an immediate fix to stop the encroachment on the access road and to protect any sacred sites.

At the meeting, Bureau of Reclamation officials claimed they had first noted this matter on March 11, but when questioned by President Jackson, admitted they had not really done anything about it. They claimed they did not know how bad it was, and the Canal always seemed to seep in March, and so they were not alarmed in when they first observed it doing so this spring. President Jackson further questioned Imperial Irrigation District officials on where else there was seepage and asked why they were not concerned about it in those places. President Jackson made it clear he wanted it stopped and stopped quickly.

The meeting broke up with the Bureau of Reclamation promising to begin immediately building a database of both his-

torical and current data, and to begin working on both the short term and long term fixes.

In the short term, the Council demands the present flooding be cleaned up and repaired, with no damage being done to any sacred sites belonging to the Quechan Tribe.

The longer term calls for a permanent fix to the All American Canal, to prevent future flooding at both Sleepy Hollow and at the Laguna Dam. President Jackson says he's "tired of the band-aid approach to the BOR's fixes on our land."

Since that first meeting, Mr. Wallis with the BOR has sent an email to the *Quechan News* stating that both the Bureau of Reclamation and the IID have agreed to partner on a solution.

He says all the agencies involved have held numerous internal and external meetings regarding the situation to discuss possible solutions.

President Jackson plans to follow up with a formal letter to the Bureau of Reclamation insisting on quick action to control the leakage before further damage is done.

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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 *Kwat'san Pipá*. 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!



Culture & Heritage

Art of Local Tribal Member Published in National Magazine



Rapidograph ink portraits by Farren Escalanti have been published in the August/September 2010 issue of *Lowrider Arte* magazine. They include two triple portraits, one representing the modern, urban Indian, and the other representing his people. The middle drawing, also printed in the magazine, is a dancer's portrait Farren drew at a Pow Wow in San Francisco. He has since branched out from drawing, and is presently creating a series of dolls which were offered at the Summer Fest Night last weekend. Photos by William Isbell, Art Courtesy of Farren Escalanti

Farren Escalanti first began drawing in the eighth grade, while he was laid up sick with pneumonia. He was sitting at home with nothing to do while he recovered.

"I was contagious, and I couldn't go to school" he recalls. "So I thought I'd try to

draw some of the cartoons from the Sunday papers." As he experimented with paper and pencil, and later, ink, Farren discovered he had a definite talent for art. He's been drawing now for nearly 30 years.

He says he'd gotten into trouble with addictions over the years, and ended up in San Francisco at a residential treatment center from 2008 to 2009, where he really began his recovery. There were a good number of fellow natives undergoing treatment at that center, which held a Pow Wow for their clients every year as part of their community involvement.

Since Farren was using his drawing as a means of expression at the time, it's only natural that he did some drawings of his fellow patients and the performances he witnessed at the

San Francisco Pow Wow.

He later selected one of those drawings to include among the group he sent to *Lowrider Arte* magazine in the summer of 2009. That drawing of a grass dancer was one of three of his works selected for publication.

"*Lowrider Arte* first began as a section of *Lowrider* magazine for artists (who paint car murals and art for car shows) to send in their work and get it seen," he explains. "And now it's branched out and become its own magazine. They're always advertising for submissions, and I sent a group of five drawings off to them last summer (of 2009) and then I didn't hear anything at all for the longest time, until the granddaughter of one of the ladies at the Quechan Museum told her she'd seen my art in the magazine!"

So, Farren ran down to the bookstore and checked out the current issue, and found (sure enough!) that 3 of his art pieces had been published! Of course, he bought a copy, and brought into work with him to show his cousin, Arlie Emerson.

Farren is currently engaged as a volunteer at the Quechan Artist's Marketplace, directly across the plaza from the Quechan Language Program, where Arlie works. Farren had started at the Marketplace, helping the staff there prepare for the eventual closing of the operation. His artistic abilities have also been appreciated by the Quechan Language staff, and Arlie has been helping Farren on his latest project, a series of dolls representing Quechan ladies in traditional diamond and ribbon dresses.

Farren had begun work on the dolls after seeing a couple of older dolls in the Quechan Museum, and realizing he'd like to create some art in three dimensions.

"At first, I was just going to be giving them out to offices around here, as displays", he says. But as the project grew, and Arlie showed him what could be done with fabric and patterns, Farren realized he'd rather make some to offer for sale at one of the many art bazaars they hold from time-to-time at the Marketplace & Language Plaza, often on evenings and weekends. "The ladies here at the Artist's Market even had me make one to be raffled off at Summer Fest II," he remarked in amazement.

But it is Farren's nationally published art that first drew

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The issue is currently on newsstands, and can be found locally at Hastings, among other stores.

Local Quechan Artist Published

Continued From Page 3

attention to his ability. Even though he's moved on past simple drawings of Rapidograph ink on paper, to sculpted cardboard dolls with yarn for hair and fully detailed miniature copies of traditional dresses, his drawings gave him his first professional recognition as an artist.

His originals might have been returned by the magazine, but he didn't include a self-addressed stamped envelope with his original submissions a year ago. His drawings might still be

on file, or they might have even been destroyed after six months. "I hope they *were* destroyed," he says "'cause I wouldn't want them back now."

That's because, as good as they are, the subjects they represent were all a part of his past, undergoing drug treatment and counseling for addiction, and were drawn to help him get over that phase of his life. Now that he's over the addiction, Farren wants to move on to better things, and a new means of expression — like the dolls.

"That one drawing, of the urban Indians . . . the girl was drawn from a photo I had from San Francisco. That's pretty much her. But the two guys . . . I was trying to get them down, but in life they didn't look as together as they do in the drawing! I was just trying to get them down as they could be . . ."

But in everything he's done, Farren says he's tried to reflect his culture, and how he feels about it. And after everything he's gone through, it sounds like he's feeling pretty good.



Farren Escalanti looks on as his cousin Arlie Emerson sews together one of the miniature dresses Farren has designed for his new series of Quechan traditional dress dolls. Farren and Arlie turned out a collection of the dolls for a future Artists Marketplace/Quechan Language bazaar.

New Equipment Coming to Wellness Center



The Precor Adaptive Motion Trainer is made to mirror human movement, enabling fluid, natural, and familiar motions during an exercise routine, encouraging greater repetitions. Images provided by Precor Incorporated

Now that the Quechan Special Diabetes Project for Indians (SPDI) has secured a grant to fund their operations through 2011, SDPI Director Lisa Ball is moving forward to improve their service to the community. "We're working on updating the Wellness Center with a

few new things," she tells the *Quechan News*.

"The first upgrade will be two new pieces of cardiovascular exercise equipment."

Both of these are Precor Adaptive Motion Trainers (Model 100i), which offer contralateral arm movement, which

means the arm and leg movements are coordinated the same way a person naturally moves when running or walking. With dual-plane resistance (having different, separate adjustments for both vertical and horizontal motions), the machines also monitor a user's motion in real-time, enabling instant feedback on how muscles respond to different movements.

And to help users stay on the machine and work out longer, the 100i has Personal Entertainment Player (PEP) support built in. Clients will be able to plug in their headphones and either listen to their own programs on their iPod or other mp3 player, or listen to the soundtrack from the large video monitors playing in the exercise room at whatever volume level is most comfortable for them.

The AMT 100i is one of the most advanced automatic physical training machines on the market today. Capable of carrying loads of up to 350 lbs., they offer electrical braking resistance (simulating extra weight

or climbing an incline) that varies from 18 – 720 watts over 20 steps.

Stride length can be varied from 0 to 27 inches, even "on the fly", to keep your muscles working at their maximum ability, and enhance the cardiovascular benefits.

Precor's materials emphasize the AMT's user-defined cardio, which provides workout variety and freedom of movement. They say that users of all ability

levels will love the low-impact, functional movement of the Adaptive Motion Trainers.

Says Lisa: "We've ordered two AMT 100is and anticipate having them set up and ready to go in early September. We're also going to purchase a big screen TV for the aerobics room and current workout DVDs. This will allow members to reserve the aerobics room and do various exercise classes in their own privacy."



The new cardiovascular training machines offer 4 separate programs with 20 different resistance levels, as well as a sound system!

Theme For Indian Days: Honoring Quechan Indian Band

The Quechan Events Committee is proud to announce the upcoming Quechan Indian Days 2010, held every year in early fall to celebrate the culture and traditions of Native American Nations through a gathering in song, dance, and games!

The four days of events will begin on the evening of Thursday, October 7, 2010 and run all weekend, through the evening of Sunday, October 10, 2010.

Many activities have been planned. Those activities include youth and adult games, all kinds of contests, a peon tournament, Bar-B-Que dinner, special Native American guest performances and much more. As always, there will be plenty of traditional bird singing and dancing, in both performances and contests!

It's time to dust off your sewing machines, pull out the ribbons, and choose your most impressive beaded heirlooms!

The Miss Quechan Nation

2010/2011 Pageant will mark the traditional start of Quechan Indian Days, on Thursday evening, October 7, 2010. This year, the Events and Pageant Committees plan to hold the Pageant at 7:00 PM in the Paradise Events Center, located just north of the Paradise Casino.

Contestants must be enrolled members of the Quechan Tribe, at least seventeen (17) years of age and no older than twenty-three (23) to be eligible. Miss Quechan Nation contestants are judged on their presentation of traditional dress, dance, talent, and speaking.

This is a prestigious position in which one young lady will be chosen to wear the crown and sash to promote the nobility of Quechan tradition and culture, both locally and abroad.

On Friday, October 8, head on over to Evergreen Park ("the Stomp Grounds") for an evening of fun, music, dancing, food and fireworks! There



are limited food booths available, so if you are interested please make sure you have your tribal business permit available through the EDA office.

Be sure to bring your favorite chair out to watch the annual parade set to begin at 10:00 AM on Saturday morning, October 9. We are currently anticipating a new route from Pivot Point in Yuma to Evergreen Park. Sign up now for the categories: Floats; Traditional Singing/

Dancing Group; Royalty/Representative; Marching Group; Vehicle Display; and Teams, Clubs, and Organizations.

This year's theme is "Honoring the Quechan Indian Band". We are asking all members or family of members of the historic band to contact the Events Committee so that everyone will be properly listed.

Immediately following the parade, a flag raising ceremony featuring both the United

States Flag and the Great Seal of the Quechan Tribe Flag will be conducted by Quechan Post 802. The festivities will continue through the evening of Sunday October 10, 2010.

Applications for the pageant and parade will be available at the receptionist's counter in the Tribal Administration Office, or by contacting Phil Emerson at Rainbow Pool, (760) 572-2825, or leave a message for Cryselle M. Uribe at (760) 572-0213.

Seniors Serve BBQ to Fund Pool Tournament

Every year the Senior Center holds a Senior's Summer Pool Tournament. This year, it's set for this coming weekend, on Saturday, August 28th.

And to fund the prizes for the Tournament, the Senior Pool Tournament Committee held a drive-thru barbeque last Friday, offering hot BBQ beef, rice, beans and tortillas, with a green salad, for a pre-sale price of only \$6.00 (or \$6.50 on the day of the event).

This shot of Norman Jackson, John Joaquin, Phil Aohmico and Yvonne Vance serving lunches out on the east patio of the Quechan Senior Center comes from an earlier BBQ last year. These drive-thru lunches are always popular!



QUECHAN NEWS File Photo by William Isbell

THE QUECHAN INDIAN TRIBE

is seeking interested

Tribal Members to serve on the following Boards and Committees:

Quechan Education Committee

Kwat'san Cultural Committee

Quechan Health Committee

If interested, submit a

Letter of Interest

to the Tribal Council Secretary

(Georgina Massey)

at the Tribal Administration Office.

FREE AND REDUCED-PRICE MEALS OFFERED AT THE SAN PASQUAL VALLEY SCHOOLS

San Pasqual Valley Unified School District has announced its policy for providing free and reduced-price meals for children served under the National School Lunch Program and School Breakfast Program. Each of the schools and the district office has a copy of the policy, which is available for review by any interested party.

The household size and income criteria identified below will be used to determine eligibility for free, reduced-price, or full-price meal benefits. Children from households whose income is at or below the levels shown here are eligible for free or reduced-price meals. Children who receive Food Stamp (FS), California Work Opportunity and Responsibility to Kids (CalWORKs), Kinship Guardianship Assistance Payments (Kin-GAP), or Food Distribution Program on Indian Reservations (FDPIR) benefits are automatically eligible for free meals regardless of the income of the household in which they reside. Eligibility for a foster child is based on a separate application and solely on the amount of the child's "personal use" income.

Free Eligibility Scale For Meals, Snacks, and Milk

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$14,079	\$1,174	\$587	\$542	\$271
2	\$18,941	\$1,579	\$790	\$729	\$365
3	\$23,803	\$1,984	\$992	\$916	\$458
4	\$28,665	\$2,389	\$1,195	\$1,103	\$552
5	\$33,527	\$2,794	\$1,397	\$1,290	\$645
6	\$38,389	\$3,200	\$1,600	\$1,477	\$739
7	\$43,251	\$3,605	\$1,803	\$1,664	\$832
8	\$48,113	\$4,010	\$2,005	\$1,851	\$926
For each additional family member, add:	+ \$4,862	+ \$406	+ \$203	+ \$187	+ \$94

Reduced-Price Eligibility Scale For Meals and Snacks

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$20,036	\$1,670	\$835	\$771	\$386
2	\$26,955	\$2,247	\$1,124	\$1,037	\$519
3	\$33,874	\$2,823	\$1,412	\$1,303	\$652
4	\$40,793	\$3,400	\$1,700	\$1,569	\$785
5	\$47,712	\$3,976	\$1,988	\$1,836	\$918
6	\$54,631	\$4,553	\$2,277	\$2,102	\$1,051
7	\$61,550	\$5,130	\$2,565	\$2,368	\$1,184
8	\$68,469	\$5,706	\$2,853	\$2,634	\$1,317
For each additional family member, add:	+ \$6,919	+ \$577	+ \$289	+ \$267	+ \$134

Application forms are being distributed to all households with a letter informing them of the availability of free and reduced-price meals for enrolled children. Applications are also available at the principal's office in each school. To apply for free or reduced-price meal benefits, households must complete an application and return it to the school for processing. Applications may be submitted at any time during the school year. The information households provide on the application will be used to determine meal eligibility and may be verified at any time during the school year by school or program officials.

Requirements for school officials to determine eligibility for free and reduced-price benefits are as follows: For households receiving Food Stamp, CalWORKs, Kin-GAP, or FDPIR benefits – applications need only include the enrolled child(ren)'s name, Food Stamp, CalWORKs, Kin-GAP, or FDPIR case number, and the signature of an adult household member. For households who do not list a Food Stamp, CalWORKs, Kin-GAP, or FDPIR case number, the application must include the names of all household members, the amount and source of the income received by each household member, and the signature and corresponding Social Security number of an adult household member. If the household member who signs the application does not have a Social Security number, the household member must indicate on the application that a Social Security number is not available.

Under the provisions of the free and reduced-price meal policy, the determining official(s), as designated by the sponsor/agency, shall review applications and determine eligibility. Parents or guardians dissatisfied with the eligibility ruling may discuss the decision with the determining official on an informal basis. Parents may also make a formal request for an appeal hearing of the decision and may do so orally or in writing with the sponsor/agency's hearing official. Parents or guardians should contact their child(ren)'s school(s) for specific information regarding the name of the determining official and/or hearing official for a specific school, agency, or district.

If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the levels shown above.

Households that receive Food Stamp, CalWORKs, Kin-GAP, or FDPIR benefits may not have to complete an Application for Free or Reduced-Price Meals or Free Milk. School officials will determine eligibility for free meals based on documentation obtained directly from the Food Stamp, CalWORKs, Kin-GAP, or FDPIR office that a child is a member of a household currently receiving Food Stamp or FDPIR benefits or an assistance unit receiving CalWORKs or Kin-GAP benefits. School officials will notify households of their eligibility, but those who do not want their child(ren) to receive free meals must contact the school. The San Pasqual Valley Unified School District is currently completing this process and will be notifying each parent of their child's direct certification. Food Stamp, CalWORKs, Kin-GAP, and FDPIR households should complete an application if they are not notified of their eligibility by September 15, 2010.

PARKS & REC SUMMER WRAP-UP



Vanessa Renteria smiles, holding her prize from the back to school dance: A Dell Inspiron laptop!

Quechan Parks & Rec ended the summer with 2 parties on Saturday, August 14. The first was a pool party for the “head start to middle school” age group, followed by a high school dance.

The pool party offered subs, chips, sno cones and juice drinks for everyone. The San Pasqual Outreach Program showed up to offer their support as well, giving the students backpacks filled with school supplies.

The back-to-school high school dance was from 8 to 11 PM in the gym, and they raffled off gift cards from various clothing stores such as Pac Sun, Zumiez, Anchor Blue and Hot Topic. The grand prize was a Dell Inspiron laptop computer, won by Vanessa Renteria.

The Parks & Rec crew would like to thank the Quechan Education Center, J.O.M, the

Special Diabetes Project, San Pasqual School and the housing staff for their involvement in making the day a success.

They also wrapped up the 2010 12 to 15 year old Co-Ed Summer Basketball League, which ran from July 14 to August 11. The League had 5 teams this year: 2 from the Copah Tribe and 3 local. The playoffs began on August 9 with the championship game on August 11 between the Fort Yuma Braves (7-1) and the Copah Red Hawks (3-5).

The final game was an exciting one with the Braves outlasting the Red Hawks by 6 points, with a final score of 56-50, to



Photos Courtesy of Quechan Parks & Recreation

become the 12 to 15 year old Co-Ed Summer League Basketball Champions!!

The winning Fort Yuma Braves include Dominique Rueda, Lydia Tiger, Miguel

Gonzalez, Gabriel Gilbert, Nyllyn Duncan, Malacah Jackson, Jason Lomaintewa, Andrew Lomaintewa, Deion Twist, Sonya Palone and their coaches, Ana Hartt and Titus Welsh.

BELLY DANCE FOR FITNESS!



Iranian native Zarmineh Moody brought an entirely new fitness regimen to the Diabetes Wellness Center. Photo by William Isbell

About a half dozen local women attended a “new” fitness class at the Diabetes Wellness Center last week—though it may be new at Fort Yuma, it has centuries of history behind it!

Local belly dancer Zarmineh “Zarmik” Moody dropped by

last Tuesday evening to demonstrate her moves and give those ladies another option in giving their abs a workout. Although it is often regarded as a performance art, the class at the Wellness Center emphasized the fitness aspects of the dance.

Even though the class was advertised only through flyers and word-of-mouth, there was a pretty good turn-out . . . especially considering the uninhibited and out-going nature of the movements involved! A native of Iran, Zarmik has been practicing her middle eastern art for 15 years, and specializes in both the Tribal and Cabaret styles of belly dancing.

She’s performed in Los Angeles, Phoenix and Las Vegas over the years, and says she loves the fitness benefits of her chosen means of expression.

She came to the United States

in 1980 as a political refugee, having married an American pilot. “When the Shah was kicked out of Iran in late 1970s, so were all Americans,” she says, “and I had to leave as well!”

Zarmik now works at Yuma County Public Works Department. She has performed at all kinds of events such as birthday parties, weddings, Christmas and retirement parties, military events, and many more.

“I have been teaching belly dancing for 4 years now, and I began teaching at World Gym in Yuma twice a week about a year and a half ago,” she says. She also says belly dancing gives her so much energy, she’s agreed to add the Diabetes Wellness Center to her teaching schedule! The class now meets every Tuesday evening for one hour, beginning at 5:30 PM.

See you there!

FORT YUMA INDIAN HEALTH CLINIC

**Diabetes Support Group Meeting
In The Multipurpose Room
Of The Fort Yuma Clinic
Wednesday Evening
August 25, 2010
5:30 PM - 7:00 PM**

**Join us for a special presentation by
Imelda Mendoza, RN and
Tiffany Magers, RD from the
Yuma Davita Dialysis Centers.**

They will provide information on how the kidneys work, what functions they perform, causes of kidney disease, delaying the progression of kidney disease, healthy meal planning for kidney disease and treatment choices when kidney dialysis may be needed. Come with your questions about kidney disease or dialysis. This will be a very informative evening.

Everyone is welcome.

**Any Questions? Call:
Deborah Drumel, RD, CDE
Fort Yuma Indian Health Center
760-572-4160**

Grandma Bernita Golding
Is Proud to Announce



The birth of her newest Granddaughter

Dakka's Golding
 (To Mom Seneca Golding and Father Ryan Eswonia)
 on August 5, 2010

Pat Quahlupé Honored

A retirement luncheon was held on August 13th to honor Quechan Tribal Member, Patricia Quahlupé.

The event, at the Paradise Casino Event Center, was hosted by Mistress of Ceremony Juliana Comet, of the Tribal Council. A prayer was offered by Quechan Tribal Elder Charlene Emerson, followed by a welcome address given by Vice-President Keeny Escalanti, Sr.

Council Member James Montague presented Ms. Quahlupé with a plaque acknowledging her many years of employment and dedication to the Quechan Tribe.

Her co-worker and fellow Tribal member Michael Jack, gave the acknowledgement speech to Ms. Quahlupé as the

guest of honor.

Various other attendees gave heartfelt speeches, such as Quechan Social Services Director Marilyn Swafford.

Others shared more humorous stories of childhood or work. Perhaps the most exciting was shared by Quechan Tribal Elder Myra Andrews. Traditional songs for the event were provided by Lyman Golding and the Roadrunner singing group.

Ms. Quahlupé dedicated nearly 30 years of her life to working for the Quechan Tribe.

During her nearly 3 decades of service to the Tribe, she served as the Quechan Tribal Council Vice-President, Tribal Council Secretary, Assistant Bookkeeper, and finally retired



Pat Quahlupé

Photo Courtesy of Quechan Social Services

as the General Assistance Eligibility Worker for the Quechan Social Services Department.

Everyone agrees that Ms. Quahlupé will be greatly missed by the Social Services staff and clients alike.

Lewis Black Gets 'em Rolling at the Pipa!

CREEDENCE CLEARWATER REVISITED TO APPEAR AT THE Q ON SEPTEMBER 18



Comedian Lewis Black gestures in anger at the ridiculousness of everyday life, bringing gales of laughter and applause. His recent concert at the Quechan Casino Resort was well attended, and closed out the summer season for 2010.

QUECHAN NEWS Photo by William Isbell

Comedian Lewis Black brought his acerbic wit and unique comedic ability to milk his barely repressed rage for laughs to the Pipa Event Center on August 12. One of the most prolific and popular performers working today, Black says he yells so you don't have to! Although he has been doing stand-up for years, Lewis Black says his current acceptance as a "main stream" comedian is just one more example of how messed up the world is today!

Together with his opening act, John Bowman (who is equally disillusioned with the frustrations of modern life), the two comedians presented over 90 minutes of side-splitting laughter. Bowman has known Black for years, and has even acted in a number of Black's plays.

Next up, Creedence Clearwater Revisited will perform at the Pipa Events Center on Saturday, September 18, 2010. The Rock & Roll Hall of Fame band last performed at The Q in April of 2009 before a crowd of over 2,000.



Next up: Creedence Clearwater Revisited comes to play the Pipa Event Center at the "Q" on Saturday, September 18!

The show begins at 8:00 PM. Tickets are available for \$40, \$45, \$50 and \$55. You must be 21 years old or over to attend. For tickets or additional information, please call the Q Box Office at (800) 585-3737 or buy online at www.playqcr.com.