ETSKA NAV AH PAI — THE NEWS CARRIER

# QUECHAN NEWS

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# Pow Wow Enters Fourth Decade




QUECHAN NEWS Photo by William Isbell

**Saron Benally,** teen boys Traditional Dance contest winner, shows his winning form at the 31st Annual Strong Hearts Pow Wow.

This year marks the 31st year of a continuing tradition here at Fort Yuma: The Strong Hearts Native Society has been holding their annual spring Pow Wow over the first weekend in March for over 30 years now.

With the successful conclusion of their most recent event, the students, faculty and assorted volunteers responsible for putting it all together have now entered their fourth decade in providing the desert southwest an exemplar of authentic Native culture while providing quality family entertainment.

Originally organized during the 1979/80 school year as the "Native American Organization" (or NAO) at San Pasqual, the "Indian Club" was formed to allow students wanting to learn about and pursue knowledge of native culture as an outlet to promote their interests. As the group began to coalesce, they soon began to consider holding some sort of public event to publicize their existence to both their fellow students and the community at large.

"We pretty quickly hit on the idea of holding a Pow Wow," says Faron Owl, who is still the Adult Advisor to the group, all these years later. "That first one was a little one-day Pow Wow held at the Community Center, and it went pretty well, considering we really had no idea what we were doing, or how to put on a Pow Wow!"

Mr. Owl says back then, there were "a lot of students who wanted to get involved, and they really didn't know how, and really, neither did I. But we were lucky enough to hook up with some elders (Steve Kelly and John Rouillard from San Diego) who were a great help in getting us started."

Both Mr. Kelly and Mr. Rouillard (who was also a faculty member at San Diego State University) helped explain the format and traditions of Pow wow, and rounded up some of the singers and dancers for that first, small Pow Wow.

A student at that time, Emilio Escalanti remembers being a part of the organizing committee. "It was held at the Community Center the first year and the students did a good portion of the work . . . it was fun and exciting." He says that "even though Pow Wow, as a 'Plains type' gathering is not our tribal practice, it seemed to generate and continues to generate a lot of interest and excitement."

And to further the goals of promoting the local Tribal culture as well as passing on crucial knowledge of the Kwat'san heritage, "The current Pow Wow format and the inclusion

***Continued on Page 2***

# Pow Wow Enters Fourth Decade

*Continued from Page 1*

of the "bird singing" nights was something we pushed for when I was a part of the Title IV parent committee. We felt as major sponsors and hosts that we should highlight our Tribal culture . . . and it seems to compliment the weekend nicely."

"That first Pow Wow was just one afternoon and evening, and that was it," says Mr. Owl. "And that first year, we invited one bird Singer from Fort Mojave, named Thurlow Stanley, and he was able to share his bird music with everyone, and he brought his wife and she danced. So, the aspect of Pow Wow as part of our annual cycle (in Strong Hearts) just grew, so that we moved over to the field here (at the high school) within a couple of years and added the bird singing night about 12 years ago, and it just keeps growing."

Asked how things have changed over the years, Mr. Owl says it is now much easier to spread the word each year with the advent of the internet and the explosion of Pow Wow related websites and bulletin boards. But he says, by keeping it scheduled for the first weekend in March, everyone on the Pow Wow Trail already knows, without even checking, when to show up if they are in the area looking to dance in competition and earn a little cash to get them to the next competition down the road.

"Some families make their living by just traveling and competing at Pow Wows, and they really depend on us being here, and at the same time, we depend on them, too."

# 2011 Strong Hearts Pow Wow Winners

Here are the winners of the drum and dance competitions of the 31st Annual Strong Hearts Spring Pow Wow, held here at the San Pasqual High Football Field over the first weekend in March, 2011.

Winners of the Friday night Bird Singing and Bird Dance contests are on page 7.

### DRUM GROUPS

**1st:** Southern Guns
**2nd:** Catching Eagle
**3rd:** Wild Horse

### GOLDEN AGE

**Men**

**1st:** Terry Fiddler
**2nd:** Norman Largo
**3rd:** Allen Roy Paquin
**4th:** Jim Red Eagle

**Women**

**1st:** Virgie Tsosie
**2nd:** Priscilla Schrock
**3rd:** Claudia Kukie Lorentz
**4th:** Yolanda Tutu

### MEN'S SOUTHERN STRAIGHT DANCE

**1st:** Lewis Perkins
**2nd:** Thomas Good Eagle
**3rd:** Paul Stewart
**4th:** Paul Flores

### MEN'S NORTHERN/ SOUTHERN FANCY

**1st:** Spike Trader
**2nd:** Dwight White Buffalo
**3rd:** Quanah Henry
**4th:** Amos Yazzie IV

### MEN'S GRASS DANCE

**1st:** Mason James McGurk
**2nd:** Colton Tonnahie
**3rd:** Taite Honadick
**4th:** Theodore Wasvant

### MEN'S NORTHERN TRADITIONAL DANCE

**1st:** Ardell Scalplock
**2nd:** Chris Eagle Hawk
**3rd:** Chad Red Elk
**4th:** Luke Schrock

### JUNIOR GIRLS' BUCKSKIN/CLOTH

**1st:** Leilani Bull Bear
**2nd:** Lorae Medina
**3rd:** Emily Etsity
**4th:** Sabrina Sanchez

### JUNIOR GIRLS' FANCY SHAWL/JINGLE

**1st:** Tawenna Williams
**2nd:** Tehya Carrillo
**3rd:** Noralene Scalplock
**4th:** Jaydean Randall

### JUNIOR BOYS' TRAD./STRAIGHT

**1st:** Donovan Chee
**2nd:** Myles Bull Bear
**3rd:** J.J. Sherman
**4th:** Jon Moreno

### JUNIOR BOYS' FANCY/GRASS

**1st:** Tyrese Jensen
**2nd:** Darnell Chee
**3rd:** Marshall Baker
**4th:** Ba'ac Garcia

### TEEN GIRLS' BUCKSKIN/CLOTH

**1st:** Alayna Jackson
**2nd:** Janelle Chee
**3rd:** Raelyne Sanchez
**4th:** Kendi Eagle Star

### TEEN GIRLS' FANCY SHAWL/JINGLE

**1st:** Nikita Bichitty
**2nd:** Lyndsey Etsitty
**3rd:** Tia Gray
**4th:** Raylynn Bichitty

### TEEN BOYS' TRAD./STRAIGHT

**1st:** Saron Benally
**2nd:** Rayland Smith

### TEEN BOYS' FANCY DANCE

**1st:** Kenneth Shirley
**2nd:** Shugo Yellowhorse
**3rd:** Darwin Charley
**4th:** Sky Schrock

### WOMEN'S FANCY DRESS

**1st:** Carol Melting Tallow
**2nd:** Desirae Red Horse
**3rd:** Crystal Howell
**4th:** Gina Red Horse

### WOMEN'S CLOTH DRESS

**1st:** J'Shen Tsosie
**2nd:** Leah McGurk-Brown
**3rd:** Maurisa Two Two
**4th:** Krissy McGuiness

### WOMEN'S BUCKSKIN DRESS

**1st:** Jacinta Tsosie
**2nd:** Raeteva Yazzie
**3rd:** Isis Red Elk

### WOMEN'S JINGLE DRESS

**1st:** Henrietta McGurk
**2nd:** Yvette Good Eagle
**3rd:** Amanda Iron Star
**4th:** Celeste McGurk

***Congratulations to All!***

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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

# Local Talent Shows How It's Done On Pow Wow Opening Night







QUECHAN NEWS Photos by William Isbell

**First on the field this year** were the "2nd Ave" bird singers, made up of Jamahke and Titus Welsh, Orlando Short and Lorenzo Tabo. The group kicked off a round of traditional gourd music, bird and pipah songs that lasted late into the night. As they sang, a number of local dancers from both Yuma and Parker took to the field, joining Miss San Pasqual High, Brittany Miguel before the sun slipped below the horizon, marking the official start of the evening. One of the first elders to sing after the Grand Entry was Preston Arrow Weed, at left, who also instructs the Strong Hearts Singers.



**Dozens of dancers and singers** begin to take their places in the arena just after the Friday night Grand Entry, in preparation for the contests which spotlight local talent, held on opening night each year.

For about a dozen years now, the Strong Hearts Native Society has opened their Annual Pow Wow with an evening of traditional *Kwat'san* Bird Dances and Gourd Singing.

The Pi Pah Dances and Bird Singing were added to the Pow Wow line up around 1999, to further the goals of the Strong Hearts mission to provide education and promotion of the local culture.

The first night provides an opportunity for everyone who arrives the first night of the Pow Wow to see how things are done here in the desert southwest, even as it enables local elders and family members a chance to pass on traditional knowledge in a public forum. Even though the Pow Wow's traditions began with the Omaha tribes (and comes from the Algonquin word "pau-wau"), it has adapted well to local traditions through the inclusion of bird songs.

Local ladies (and "early bird" visitors) line up on the field at San Pasqual High to display their fanciest ribbon and diamond dresses and dance against one another for special honors. Their ages range from Tiny Tots to Golden Age, as bird and gourd singers from as far away as Parker step in to provide the live musical soundtrack for the occassion.

Local Native Royalty always steps up to provide special prize awards for selected groups.

One of the special attractions each year is the Men's Bird Dance Special, sponsored by Miss Quechan Nation, Leila José. The Men's Solo Pi Pah Dance Prize was held under the sponsorship of the school's Strong Heart Singers, while the Women's Pi Pah Dance was overseen by Miss Native San Pasqual, Brittany Miguel. The men and women both had very tight competitions this year!

Elementary School Princess Teresa Valenzuela also gained experience in leadership by overseeing the sponsorship of the Tiny Tots series.

The Golden Age, Womens, Teens and Junior Girls Bird Dance winners are listed in a special box on page 7, and the Mens and Boys Bird Singing winners are listed nearby on the same page.

One Special Junior Girls Pi Pah Dance contest, for ages 5 to 12, was held this year in memory of Ariel Gilbert. The Strong Hearts list Joanna Herrera as the six-year-old winner of that Special Dance. Congratulations!

# ADAPP, CHR Hold HIV/AIDS Awareness Day Events

The Quechan Tribe marked National Native American HIV/AIDS Awareness Day on Friday, March 18th with an awareness walk from the Pipa Market to the Quechan Community Center, followed by a half day of educational displays, presentations, lunch and prizes, accompanied by plenty of traditional dancing and singing to help keep the mood focused.

Kerri Comet of the Quechan Community Health Representatives (CHR) and Christina Allen from the Alcohol and Drug Abuse Prevention Project (ADAPP) joined forces to set up the local event, before the nationwide events most Tribes held on Sunday, the 20th.

"We know that HIV/AIDS exists in urban and rural populations," says Dr. Yvette Roubideaux, M.D., M.P.H., Director of the Indian Health Service in Washington, D.C., "yet many Native people with HIV are not aware of their status."



**Early participants in the day's activities** took part in a "march" from the Pipa Market all the way down Picacho Road to the Community Center, to help attract others to the event. QUECHAN NEWS Photo by William Isbell

In a statement issued earlier this month, Dr. Roubideaux points out that in the United States, American Indians and Alaska Natives now rank third in new HIV infections as compared to all other races and ethnicities. Native Americans also face greater health disparities and risk factors for HIV, such as higher rates of substance abuse and sexually transmitted infections.

These statistics, plus the recent revelations about the lack of sanitary procedures at the Fort Yuma IHS facility and the subsequent possibility of cross-contamination involving HIV/AIDS patients with the general population, increase the need to raise awareness about HIV. The poor performance of the wound care program at the IHS Clinic now makes HIV testing, education, and health care an increasingly important part of local health services for everyone "served" by the IHS.

And education was the focus as Christina Floyd, HIV/AIDS Educator of the Gila River Health Department and Roseda Gill, Imperial County's HIV Case Manager both gave educational presentations. ADAPP and CHR set up displays and sponsored group activities, pitting participants against one another to award prizes to those with the most knowledge. The Community Center was also filled with the sounds of traditional music as the Strong Hearts Singers made an appearance to keep the day festive.

If you missed out, you can still receive HIV/AIDS related educational materials by stopping in at either the ADAPP or CHR offices any weekday.

Another service provided at the local HIV/AIDS Awareness Day was free testing. "We set up a screened, confidential area for those who wanted to be tested right away," said Christina Allen of Quechan ADAPP. "We had OraSure testing right there." Most HIV tests require a vial of blood that returns results in up to 14 days. In an OraSure saliva test, a toothbrush-like device is inserted into the mouth and the saliva is tested for the presence of HIV antibodies. Results are available in only 20 minutes.

If you have received notification from the IHS that you may have been exposed to infection due to their poor sanitary practices, Quechan CHR is providing free appointments and transportation for Tribal Members who want to receive independent blood testing in Yuma for HIV and Hepatitis B and C. Just call Sosa Nita Diaz or Bernadine Cachora at CHR at (760) 572-0753 to arrange your tests.

# Two Projects Improved for Twice the Fun



**The youngest volunteer so far, Aiyana Collins,** helps seal cracks in the mud house wall. Aiyana is only 20 months old - proof volunteers of any age can help out on the Community Garden and Elder Village!
Photo Courtesy of Quechan EDA

A total of 17 volunteers from the Elder Village Focus Group and the Community Garden showed up on Saturday, March 12 to work on both projects at the *Anya Nitz Pak* (Sunrise Point) Park near the river.

Five volunteers made it their mission to clear an eye sore of a dirt pile that sits just behind the Community Garden. "The guys shoveled the dirt pile down substantially," says Allyson Collins of the EDA. "That was done for both erosion control and to prepare the garden site for planting in early April."

At the Elder Village, volunteers repaired the north and east walls of the *va mutt* (mud house). A portion of the north wall had begun to cave in due to rains coupled with the top heavy construction. Volunteers went in and demolished about 1½ feet of the top layer, stabilized the willow poles, and re-packed the wall with clay. Clay from the mud pit was soaked overnight the evening before and then mixed by feet and hands to just the right consistency. The clay was then applied to shore up the north wall and smeared into cracks in the east wall.

The Elder Village Focus Group will be working in the coming weeks to prepare for the Grand Opening of the Sunrise Point Park, slated for late April of 2011. Work still to be done includes completion of the second home, a "brush house", which already has been framed. The application of the arrowweed walls and ceiling for that house will be done in time for opening of the *Anya Nitz Pak*.

The Elder Village Focus Group and the Community Garden encourages youth and family participation. Both projects are open to community members who wish to be involved in the Tribe's newest cultural resource and diabetes prevention effort. For more information on how you can participate in the Elder Village work, call Allyson Collins at EDA at (760) 572-5270. To join with the Community Garden efforts, call Brian Warner at the SDPI at (760) 572-1286.

# Seniors Travel to AICOA Conference at Ft. McDowell

A delegation of 24 local elders and support staff from the Quechan Senior Center left for the Fort McDowell Indian Reservation on Monday to attend the 23rd Annual Arizona Indian Council on Aging Conference (AICOA).

A number of the ladies at the Senior Center have been preparing for the Conference since at least mid-January, and at least a half dozen of them put together centerpieces for this year's "Aloha Night" dinner, and Lolita Bell and Carole Curran created a large decorative "skirt" to front the stage during the Conference's Culture Night.

Contributing floral, tropical themed centerpieces are Shirley Kelly, Connie Amador, Lucinda Summerfield, Alva Emerson, Vivian Menta and Social Services Aide Augusta Lawrence.





**Shirley Kelly and Senior Center Recreation Coordinator Gail Johns** discuss the work done on the Hawaiian themed centerpieces for this week's Arizona Indian Council On Aging Conference. Seniors at the Center created 10 special centerpieces for "Aloha Night", March 23rd. QUECHAN NEWS Photos by William Isbell

The purpose of the annual conference is to promote healthy practices and socialization as a means to advancing the well-being of American Indian elders, other individuals with disabilities and their caregivers. The conference, for elders age 55 and older, expects to see more than 600 participants this year. At Ft. McDowell, Tribal seniors and their representative meet with aging services providers, informal/formal caregivers, volunteers, advocates and human services providers within the Arizona Tribal communities for three days of social and educational experiences.

The group left around 9:00 AM on Monday, traveling to Fort McDowell in the Quechan Senior Center bus and a couple of vans. Senior Center Manager Rosie Jack-Sestiaga also drove her own truck, filled with chairs for the seniors to use at the various events. Others accompanying the group include Senior Center Recreation Coordinator Gail Johns and their bus driver, Alonzo Lopez.

The Quechan Seniors and Elders will stay all 3 nights at the conference location, the Radisson Fort McDowell Resort and Casino. The first day, beginning at noon, involved registration and other pre-conference activities, followed by an early evening Traditional Gathering from 4:00 to 6:00 PM.

Also attending to perform at the Traditional Social Gathering were the Ah-Keel Dancers, who made their appearance along with Mr. Roland Golding, who sang bird at the gathering. All participants came dressed in their traditional attire.

Tuesday was set aside as the main work day of the Conference, with meetings on social security benefits, dealing with aging related health developments such as Alzheimer's and dementia, cancer, diabetes, and dialysis, plus coverage of topics such as elder abuse, living wills and advanced directives.

"There are a lot more presentations on the schedule," notes Gail Johns, "those are just a few I remember from the list!"

Tuesday evening is the "Aloha Night" senior prom, with local elders John Joaquin and Joanne Bradley among those in the running for Prom King and Prom Queen. That's the night each Tribe brings out their ten centerpieces, which are used to decorate the dining and dance hall at the Radisson. Each centerpiece will also has the name of the artist and their Tribal affiliation marked on the bottom, and everyone is allowed to take one home with them (on a first come, first served basis) when the Prom ends.

On Thursday, the Conference shifts into "fun with fitness" mode, as they hold their ever-popular Senior Games after the morning's advocacy session. Local seniors have been practicing for these games for the past few weeks, and hope to bring home prizes for games like the 25-yard dash, the rubber chicken throw, maintaining control of the Oompah-Loompa Ball, chair volleyball and aerobic dance (!).

There are individual, team and adaptive sports divisions in the AICOA Senior Games, with awards presented in each at an Elder and Sponsorship Recognition Dinner after the games end.

Each Tribe also nominates one person to be recognized as AICOA Volunteer of the Year. This year, the Quechan Senior Center named Yvonne DeCorse Vance as their pick for that special recognition.

An elder at the Center, Yvone has been a volunteer there for some time now. In the past year she has served as chauffeur for other elders, bringing a lot of them to their doctor's appointments at the IHS Clinic, where she also helps out as an advocate for those needing assistance in communicating with health care providers. She also rounded up donations of turkeys for the elders at Thanksgiving, $1500 from two local farmers for the elders Christmas fund, and she was instrumental in rounding up a supply of blankets for the Senior Center, some of which were then donated to those taking part in the Longest Walk 3 across America.

A tireless worker at the Center, Yvonne is also this year's Project Council Vice President. If anyone there deserves a "pat on the back", she is one!



**Local volunteer Yvonne Vance** is the local nominee for a State "Volunteer of the Year Award", to be presented by the AICOA.

## Local Elders Attending the Conference:

| | | |
|---|---|---|
| Connie Amador | Alva Emerson | Vivian Menta |
| Myra Andrews | Charlene Emerson | Diane Moccasin |
| Valverine Barley | Marsha Emerson | Mary O'Brien |
| Lolita Bell | Debbie Hill | Carlotta Sestiaga |
| Ladd Bouts | John Joaquin | Yvonne Vance |
| Joanne Bradley | Shirley Kelly | Lou Jean Vega |
| Annette Cachora | Christine Lopez | Andrea Waters |
| Carole Curran | Ursula Mendez | Ressie Watts |

# CHP: Distracted Driving Dangerous

Everyday activities for teenagers like text messaging, talking on a cell phone or even eating are dangerous, potentially deadly distractions when done behind the wheel of a vehicle.

The California Highway Patrol (CHP) has issued new warnings for the state's newest drivers, emphasizing that distractions can be life changing.

"Teenagers tend to think they're invincible and can multitask while driving," said CHP Commissioner Joe Farrow. "In reality, they're inexperienced when it comes to driving and they need to recognize the responsibility and the risks associated with the privilege." However, it's not just cell phones causing the distraction among teen drivers; passenger interference, adjusting the radio or changing CDs can also lead to driver inattention.

"Officers see firsthand the destruction caused by inattention," said Commissioner Farrow. "It only takes a second of distraction to result in a crash."

During a four-year period (2005–2008) in California, drivers between the ages of 15 to 19 were involved in more than 20,000 collisions where inattention was a factor. Among those crashes, 41 percent resulted in injury or death. The overwhelming majority of these crashes is caused by inexperience or distractions, not "thrill seeking" or deliberate risk taking.

To address this growing problem and help drive home the message to teenagers about the dangers of distracted driving, the CHP acquired a grant to fund an educational campaign throughout the state.

Efforts to reduce distracted driving through Impact Teen Drivers – Connecting Key Players continue through the end of September this year, as part of California's Strategic Highway Safety Plan, a statewide plan to reduce traffic-related fatalities.

"The bottom line, distracted drivers can destroy lives," added Commissioner Farrow. "The only message they need to receive is to focus on the road and traffic around them."

Officer Steven Gronbach, of the Felicity CHP Station reminds everyone that California Vehicle Code 23124(a) states that drivers under the age of 18 are prohibited from using a cell phone, including a hands-free device, while driving.


NOW FOR SALE AT QUECHAN LANGUAGE:

GENUINE
Hand-Made
TRADITIONAL DRESS
Kwat'san Dolls



*Each Kwat'san Doll is made by Farren Escalanti.*
*Each wears a custom dress by Arlie Emerson.*
*All are unique works of Art, so pricing varies.*
*Stop by Monday thru Friday and check out these special creations!*


# New Weight Management Support Groups Have Begun at Quechan SDPI

With short and swimsuit season fast approaching, losing weight becomes a goal for many individuals. While so many of us know the key to losing weight is through healthy eating and exercise, sometimes we just need the support from other people aiming to reach the same goals.

Beginning last Monday, March 14, the Quechan Special Diabetes Project for Indians (SDPI) began offering two separate Weight Management Support Groups.

The first group meets for a half-hour on the second Monday of each month at the Diabetes Walking Park from 5:30 PM to 6 PM. This Weight Mangement Support Group is set up to help those taking part in the SDPI Walking Club, which meets at the Park every Monday through Thursday from 5:30 PM to 7 PM.

The second support group will be offered on a weekly basis at the Quechan Special Diabetes Project's modular.

This Group (which first met on March 16) will meet every Wednesday from 12:10 PM to 12:50 PM, allowing time to attend the group and keep within the hour set aside for Tribal employees to take lunch.

Participants are welcome to bring their lunch while we discuss a variety of topics in regards to living a healthier lifestyle. This support group will also incorporate our partnership with Deborah Drumel, the Fort Yuma IHS Dietician and Registered Diabetes Educator. Ms. Drumel will offer her expertise at the support groups once a month.

Both groups are open to all ages and families are encouraged to attend. Our goal is to encourage healthier lifestyles through education and encouragement. The discussions will be group lead and materials on various topics will be provided. The SDPI looks forward to seeing everyone there!

## Congratulations to Andrew and Melissa



*On your new baby son*
*Orion James Estrada,*
*Born March 1st, 2011 at 3:27 PM*
*6 lbs. 15 oz. - 20 inches long*
*From Great Aunt Crystal Cachora*

**The Quechan Indian Tribe is seeking**
**Three (3) Tribal Members to serve on the**
**Quechan Enrollment Committee**
**and One (1) Tribal Member to serve on the**
**QTDHE Board of Comissioners**
**As well as Tribal Members to serve on the**
**Legislative Committee**

If you are interested in serving your community in either of these positions, please submit a *Letter of Interest* to Georgina Massey, Tribal Council Secretary, at the Tribal Administration Office

# Our Quechan Elders

*Our Elders . . . the heart of our people who keep our traditions alive.*
*They are the inner circle that goes beyond the preservation of knowledge.*
*Each holds the truth in what was given involving the roots of our culture.*
*As our Elders, we are grateful for what you taught us in art,*
*crafts, songs and story telling.*
*In the spirit of our people your wisdom has influenced*
*our young generations, a dialect of our own.*
*The language we share must not lose the vision of our future.*
*Our Elders hold so much patience, respect,*
*guidance and what is sacred to us from the past.*
*Though we have lost those we loved, their names will not be*
*forgotten but will be remembered in our hearts.*
*Our Creator has given us a special blessing*
*whom we shared within our Elders.*
*May we honor them in our own way in family and friends for today.*
*To Achieve such a goal we must earn what they have done.*
*May we hold the purpose of our people as Native Americans*
*to be Proud like those before us . . . Our Elders.*

*W. Dugan, Jr. - February 12, 2011*

## Creator

*Creator strengthen our hearts in wisdom to know the right ways in the light of hope. Let us understand your will in things we do to better ourselves. We ask for your blessing as well as your guidance. Amen.*

# TOP MEN'S PIPAH SINGERS:

**1: Dan Murphy** **2: Arlie Emerson** **3: Vincent Tiger**

# BOYS' SINGING CONTEST:

**1: Shy Guys**
**2: Pipah Singers**
**3: Parker Bird Singers**
**4: Peach Springs**

# ADAPP Hosts Speaker

Nationally known Drug and Alcohol Counselor and motivational speaker Robert Hayward was in town March 4th to make a community presentation on behalf of the Quechan Alcohol and Drug Abuse Prevention Project (ADAPP).

Mr. Hayward, who spoke at the Quechan Community Center, is linked to the Native community by blood and was mentored by traditional medicine men since his youth. A recovering alcoholic, he says a successful recovery depends on how much the addict puts into their own recovery.

"You need to put at least as much energy into the recovery as you once put into your addiction," he says, "*Self*-motivation is the key, not listening to motivational speakers!"

Although he discussed the science behind addiction, he spent considerable time on the spiritual aspects as well.

He says that Native Americans have a spiritual connection to this part of the planet, and that's a big part of our salvation.



**Robert Hayward** has been studying and writing about Native spirituality and its ability to help overcome addiction for over 30 years.

QUECHAN NEWS Photo by William Isbell

"You need to understand that connection is important. The advantage we have as Native people of this continent outweighs the disadvantage we have as a 'conquered people'. The prayers from 7 generations ago are saving us today, and we have a responsibility to pray for the next 7 generations, since our sobriety as a people is critical to our continued survival as the spiritual caretakers of this land."

## Strong Hearts Native Society 31ST Annual Pow Wow Women's Bird Dance Winners

### GOLDEN AGE

1 CHARLENE EMERSON
2 VIOLA HENDERSON
3 ALVA EMERSON
4 EILEEN VALENZUELA

### JUNIOR GIRLS

1 ALYSSA SHEPPARD
2 ZULENCEE WASHINGTON
3 SKY ALVAREZ
4 JOANNA HERRERA (Tie)
And KADY BOBTAIL BEAR
5 JAYNA OWENS

### ADULT WOMEN

1 ANA HARTT
2 ERIKA MONIHAN
3 JOLITA AMEELYENAH
4 KHRYSTA AMEELYENAH
5 ROBIN ANDERSON

### TEEN GIRLS

1 NEVEAH MONTAGUE
2 DELEANE BENSON
3 DIAMOND RIVERA
4 LUCRETIA GOLDING
5 CATHERINE KELLY

# The Strong Hearts Native Society

## 31ST ANNUAL

# POW WOW



**Quechan Language Coordinator** Barbara Levy also serves as *Shiyii* for the Strong Hearts. She said the opening prayer on Friday night.



**Each Grand Entry is a display** of colorful pageantry mixing native traditions with patriotic fervor as Eagle Staffs and the Stars and Stripes preceed the assembled singers, dancers, judges and head staff into the arena. In the center photo, during Saturday's Grand Entry at noon, Larry Comet of Quechan Post 802 accompanies visiting Elders Paul Stewart (a Navajo from Parker, Arizona) and Norman Largo (also Navajo) from Brimhall, New Mexico. Lewis Perkins, a Kiowa from Anadarko, Oklahoma (and Men's Southern Straight Dance winner) is also featured at left, with Mr. Stewart shown again during competition at right.

Q NEWS Photos by William Isbell



**Head Gourd Dancer** Larry Anderson, a veteran of World War II from the Dineh Nation, led the Gourd Dances that began each day.



**The USMC Color Guard** fro MCAS/Yuma also came to pres the colors this year.



**Brittany Miguel,** Miss Native San Pasqual High, leads off the Introductions of Native Royalty.



**A special attraction this year** were two recently named Champion Hoop Dancers: This is Tyrese Jensen of Navajo/Maricopa blood from Dilkon, Arizona. He won top honors in the Youth Division, earning 239 points over the first weekend in February at the Heard Museum Contest!



**Head Woman Dancer** was Miss Indian Woman of Lawton, Oklahoma for 2011, Marla Rose Nauni.



**Moontee Sinquah** is of Hopi, Tewa, and Choctaw blood who lives in Polacca, Arizona. He took the title of Senior World Champion at Arizona's Heard Museum for 2010, and has an album of Native flute music nominated for a Native American Music Award - a mutli-talented man!