

Merry Christmas! and HAPPY NEW YEAR
 ETSKA NAV AH PAI THE NEWS CARRIER JANUARY 1
 GREAT SEAL FT. YUMA QUECHAN INDIANS
QUECHAN NEWS

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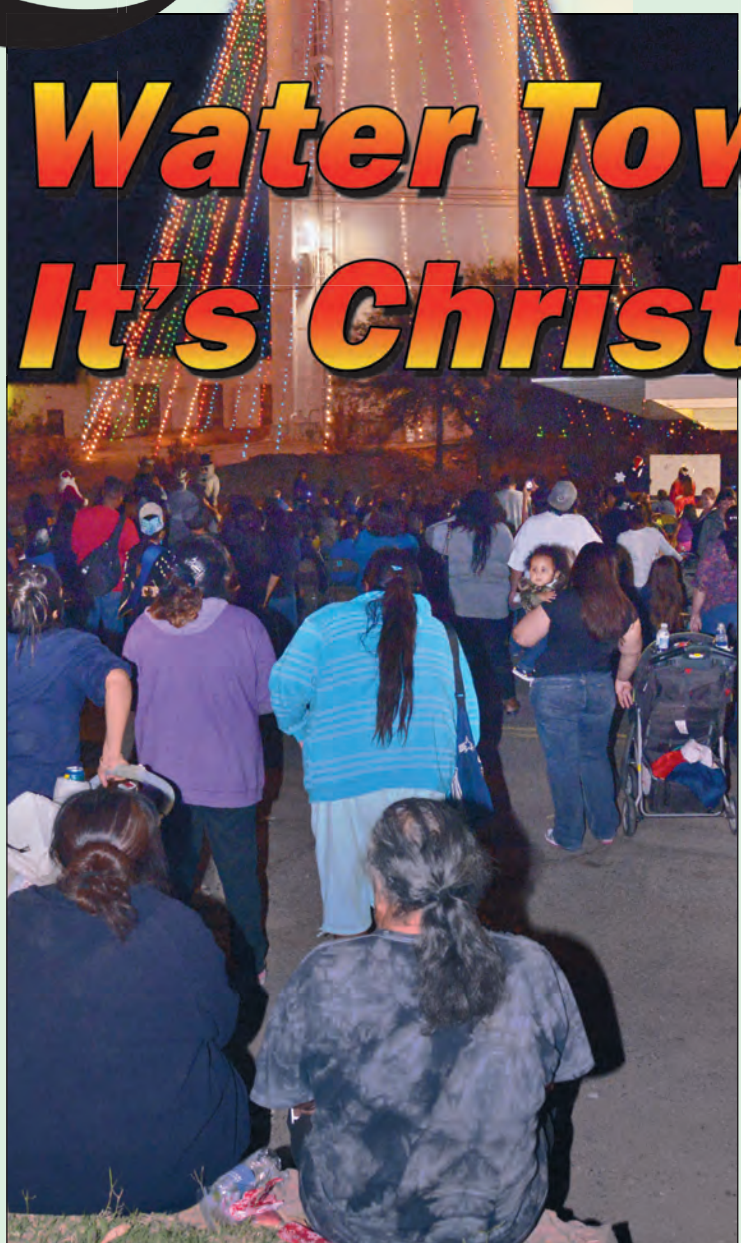
Items Of Special Interest To Tribe Members



Look For This Symbol

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Water Tower Lit Up; It's Christmastime!



Community members gathered on Indian Hill for the annual "Christmas Tree Lighting" of the Quechan Water Tower on November 30th, marking the traditional start of the Christmas season here at the Fort Yuma reservation. QUECHAN NEWS Photo by William Isbell

The Christmas season kicked off in spectacular fashion last Friday, as the community members gathered on Indian Hill for the annual tower lighting block party. Esteban Gomez, Cathie Soliz and Maggie Esquivel at the Property and Supply Office put together a program which included entertainment by a community choir, The Thomas Group and John Nevels and his

band. Tribal Council member Virgil Smith served as emcee for the evening, while Miss Quechan Nation, Gina Rivera also spoke to the assembled throng at the start of the show.

Adults received raffle tickets for items such as Walmart and Chevron gift cards, movie tickets at the Main Street Cinemas, and gift baskets provided by the Paradise Casino, while the children on hand eagerly awaited the annual visit from Santa and his costumed helpers, handing out hugs and candy canes to all.

Kids 12 and under also received Christmas stockings! But the highlight of the evening was throwing the switch to illuminate the thousands of lights surrounding the water tower!

December will be filled with many more seasonal events. Quechan Parks and Recreation will be hosting Christmas movie nights at the Community Center on Wednesday, December 5, Tuesday, December 18, and Thursday, December 27. All movies start at 6:00 PM.

The annual gingerbread house building get together will get underway at 6:00 PM on Wednesday, December 12th, while Santa's next public appearance will be at the annual Quechan Tribe toy giveaway the following Wednesday, December 19th, also at 6:00 in the evening. Both of these events also take place at the Quechan Community Center.

The night after the gingerbread house party, Parks and Rec will be out on the reservation judging homes for cash prizes for the best Christmas Lighting. If you want to be considered, be sure to get over there and register before the contest begins at dusk on the 13th!

The top three winners will then be revealed, and the cash awards presented, at the Quechan Tribe Christmas Dinner on Friday night, December 15th. The Tribal dinner will once again be held inside the Paradise Event Center, and will begin at 6:00 PM. See you there!

IHS Clinic: New Intense Diabetes Maintenance Plan

The Fort Yuma Health Center has come to recognize that diabetes and diabetes related medical conditions are both preventable and manageable. So they have put together a community wellness committee that includes a number of local community programs to offer a coordinated diabetes maintenance plan which will assist patients in achieving more control over their diabetes.

The committee hopes to encourage advocacy efforts to insure that individuals with diabetes receive appropriate medical services and useful diabetes information over the coming months. They will identify or develop resources for lifestyle changes to assist those individuals with diabetes to better con-

trol and reduce glucose levels to normal or near normal levels.

Patients with A1C over 12 are the most at risk of developing life threatening medical emergencies and ongoing serious medical problems. So their efforts will begin with addressing the needs of the diabetes patient with A1C above 12 (which is equivalent to blood sugar averaging 345 mg/dl. per day).

Fort Yuma staff are now contacting patients with an A1C over 12 to offer them the opportunity to participate in the Intense Diabetes Maintenance Plan.

Patients who decide to participate in the plan will need to make a 12-week commitment. Those patients and their medical providers will develop a

treatment plan which may consist of:

- Frequent medical appointments
- Taking medications as prescribed (in the correct dose and frequency)
- Daily glucose checks
- Eating healthy meals
- Increasing their physical activity
- Decreasing their stress levels
- Treating depression

Available Fort Yuma Diabetes support services include:

- Increased medical monitoring. Patients will have frequent visits with their medical providers. Patients may visits with their medical providers every two weeks or once a month until the glucose levels return to normal levels.

• The services of a health support coach. Selected Fort Yuma Staff will function as health coaches to provide support to help patients become successful with lifestyle changes. Support can consist of helping patients receive appropriate diabetes information, arrange for follow-up appointments and referrals to community services that should help the patient accomplish health goals. Health coaches will be available for advocacy and motivation.

• Behavior health services to assist patients in adjusting to a diabetes diagnosis, provide stress management techniques, and the treatment of depression and other problems.

Available Quechan Tribe Diabetes support services include:

• The Quechan Special Diabetes Project provides (SDPI) ongoing diabetes education.

• The Quechan CHR program provides information, support and transportation to insure a patient's success.

• Community health exercise facilities and staff are available to provide information and assistance for patients to accomplish their exercise goals.

• The Quechan alcohol and drug abuse program is available to assist patients with addiction problems that interfere with managing their diabetes.

Patients will receive rewards and prizes for accomplishing goals.

For more information, contact Trivean Garcia at the Fort Yuma Clinic, extension 4216.

Yard Sales for Homebound Elders

A group of Tribal members has gotten together over the past few years, to organize a fairly continuous series of yard sales to help raise funds to aid homebound Natives who often "slip through the cracks".

The group began the project when they noticed a number of people who are often passed by at Christmastime, who are not eligible for gifts or support payments as unenrolled Natives. The weekly sales take place at the home of Tribal Elder Noreen Hill, who is herself confined to the home. The cash



raised provides Christmas baskets for the homebound elders. Mrs. Hill's garage, filled with donated items, is open to the public every Monday, Wednesday and Friday from 8:30AM

to 12:30PM. Drop by and pick up something for yourself, or to make a donation! The address is 1772 Arnold Road, just a few hundred feet east of the Quechan Post 802 Legion Hall.

Hey, folks . . . Don't forget!
This year, the Christmas Day
Trash Day Tuesday will be moved
to Wednesday the 26th!
And the New Year's Day
Trash Day Tuesday will be moved
to Wednesday, January 2nd!



A HELPFUL REMINDER
FROM SANTA AND
THE CREW AT

Quechan Utilities

ETSKA NAV AH PAT THE NEWS CARRIER
QUECHAN NEWS
William Isbell

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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

ADAPP Gathering Of Native Americans Set For This Friday



Tribal member Martin DePrietta was among those speaking at last year's ADAPP Gathering of Native Americans (GONA), sharing some of his coyote stories along with his personal testimony of overcoming obstacles to develop his own sense of belonging. The one-day gathering will be held once again at the Quechan Community Center. At right, some of last year's facilitators, Trudy Lopez, Jessica Paddock and Justin Sherry, sit in the rear of the Community Center during the gathering and listen along with participants. The GONA program normally takes four days; this year the gathering will cover only the first level of human growth, to help foster a sense of belonging.

QUECHAN NEWS Photos by William Isbell

This coming Friday, December 7th, the Quechan Alcohol and Drug Abuse Awareness Program (ADAPP) will convene a one-day Gathering of Native Americans at the Quechan Community Center, from 9:00AM until 4:00 PM.

Recognizing that healthy traditions are the best means of prevention, the gathering will provide a framework of healthy traditions, spirituality, ritual, and ceremony to empower those who attend in understanding the important role they play in the holistic universe.

According to the lesson plans they have adopted for the day, there are four main goals:

1. To provide a training experience that offers hope, encour-

agement, and a positive basis for Native community action.

2. To provide the Quechan people with a framework to examine historical trauma and its impact on alcohol and substance abuse issues today.

3. To provide a training experience that emphasizes skills which can be transferred for community empowerment.

4. To present a prevention strategy framework that is based on values inherent in our traditional Native culture. The first and most important value, a sense of belonging to our community and Tribe, will be the focus of this year's GONA.

The Gathering of Native Americans is a tribal affair where community healing is

achieved through traditional practices geared towards improving the lives of all Tribal members. Each of these gatherings is designed as a safe place for Native Americans to share, heal, and plan for action in a quest to change behavior related to alcohol and drug abuse. Last year's ADAPP GONA centered on substance abuse prevention, substance use addiction, and empowerment while in recovery.

Participants were able to take part in specially structured events over two days, with discussion groups and classes on clan history and the *kwat'san* language. The event allowed everyone plenty of opportunities to connect with others.

Although the gathering this year will take place over only one day (as opposed to two days in 2011), it will be similar in format and concentrate mainly on helping attendees develop a sense of belonging.

Feeling that you are a part of the community, and really belong there, is an important first step in finding the strength to keep moving along the right path in life.

The sense of belonging is normally nurtured during infancy and childhood, when a person tries to discover how he or she fits into the family, tribe, and community. Today's fast-paced modern life, with increasingly fragmented families and strictly regimented time

schedules, often interferes with a family's ability to connect on a regular basis. As a result, many Natives feel out of place, both at home and in society at large.

Through storytelling, guided visualization and team building exercises, the "Creative Energizers" at the GONA hope to renew respect for ceremony and spirituality of all kinds.

The ultimate goal is to help everyone there, facilitators, speakers and guests alike, to identify the gifts they already have to give to our community.

If you are curious and want to "drop in" and see what it's all about, you are welcome to attend. Just stop by the Community Center on Friday!

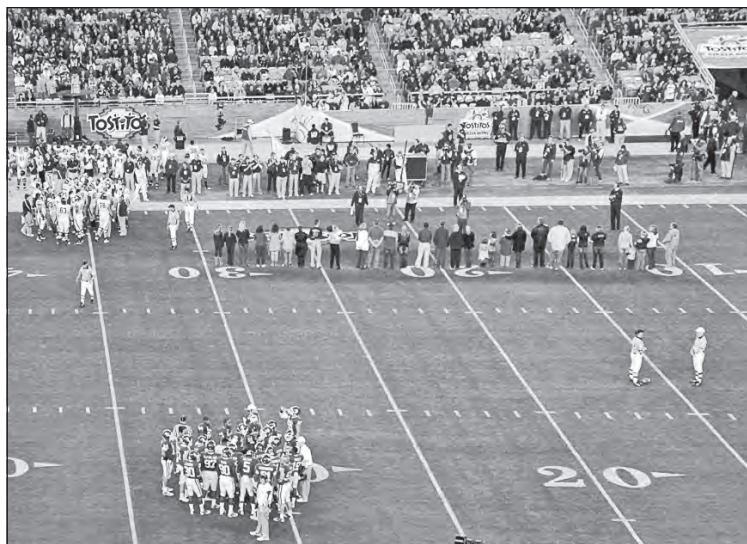
Anthony Polk's Family To Appear At 2013 Fiesta Bowl

Each year, the Tostito's Fiesta Bowl honors the families of the fallen heroes from the State of Arizona. This year, they have invited four families to take part in a special moment during the nationally televised game, to remember the contributions of their family member.

The family of Anthony Ramon Polk, a BIA Wildlands Firefighter, is among those to be receive honors at this year's game. A proud member of both the Quechan and San Carlos Apache Tribes, Anthony was also known as "Two Feathers", "Dances When The Sun Comes Up" and "Ant Dawg".

Anthony's parents, Ben and Ramona Villa, were contacted by the 100 Club in early November. They were told that the Fiesta Bowl organizers wanted to remember Anthony and all he did for his community as a Firefighter. In addition to his parents, Anthony's grandfather Vernon Smith and grandmother Lucinda Escalanti-Polk will be at the game, along with his siblings Manny and Raquiel.

Since the mid 1960's, the mission of the 100 Club of Ari-



Survivors from the families of Arizona's local heroes are invited onto the field between quarters, to receive a personalized game ball and be projected live on the "Jumbotron" television at the University of Phoenix Stadium in Glendale, Arizona.

Both Photos: Courtesy of The 100 Club

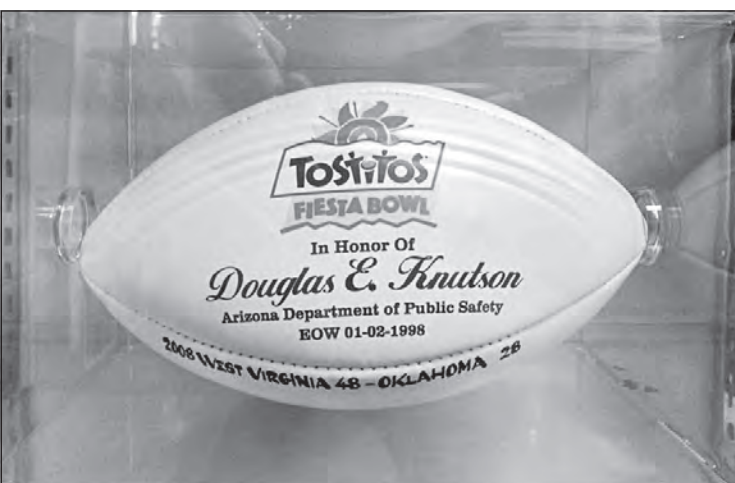
zona is to come to the immediate financial aid of the families of first responders who give their lives in the line-of-duty. In 1997, Native American reservation tribal firefighters and law enforcement officers were added as recipients.

Today, the 100 Club of Arizona supports all police, correctional, probation and parole officers, firefighters, and federal agents who serve and protect the citizens of Arizona. This

includes the county, tribal, state and federal levels. Each year, the 100 Club acts as the initial point of contact for those families, to get permission for the release of their information to the Fiesta Bowl. From there, the Fiesta Bowl takes care of the logistics, providing tickets and parking spaces for those who will be on the field.

The families are escorted onto the field between the 1st and 2nd quarters. The stadium announcer calls out the fallen hero's name, agency and "End Of Watch" or "Last Alarm". Their picture and their badge or agency logo is shown on the jumbotron. They then project the family on the screen. Each family is presented with a Fiesta Bowl football with their loved one's name and either "EOW" or "Last Alarm" below.

The 2013 Fiesta Bowl parade will be presented by the Fort McDowell Yavapai Nation. Kickoff is set for 6:30 PM Mountain Standard Time on Thursday, January 3rd, 2013.



Anthony Polk's mother will receive a football like this one from a previous Fiesta Bowl, marked with his name and unit, as well as the final game score of the teams involved.



State of California
Department of Toxic Substances Control



Public Scoping Meeting

The California Department of Toxic Substances Control invites the public to provide comments on the Notice of Preparation (NOP) for a Draft Environmental Impact Report for the **PG&E Topock Compressor Station Soil Investigation Project.**

Attend upcoming meetings to learn more about the project and provide comments to help scope the environmental issues to be addressed in the Draft Environmental Impact Report.

For more information, go to www.dtsc-topock.com.

MEETING LOCATION

Yuma

Gila Ridge High School Auditorium, 7150 E. 24th St.
Yuma, AZ 85365
Thursday, Dec. 13, 2012, 6:00 – 8:00 p.m.



PROJECT CONTACTS

Department of Toxic Substances Control
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ACCOMMODATIONS FOR DISABLED AND INFORMATION FOR THE HEARING IMPAIRED: The meeting rooms are accessible to people with disabilities. If translation services are needed or if additional accommodations for the disabled are needed, please notify Jacqueline Martinez at (714) 484-5338 or email to Jacqueline.martinez@dtsc.ca.gov no later than one week before the meeting. TDD users can obtain additional information by using the California State Relay Service at 1-888-877-5378. Please ask to connect to Jacqueline Martinez at (714) 484-5338 regarding the Topock Site.

QUECHAN INJURY PREVENTION PRESENTS

6TH ANNUAL ELDER HEALTH RESOURCE FAIR



Quechan Injury Prevention

December 12, 2012

10:00-2:00

@The Paradise
Event Center

Lunch will be served

- Medication Checks
- Foot check
- Flu shots
- Fit for Life club
- And much, much more

Quechan Injury Prevention

350 Picacho Road — 760-572-0437

Old Head Start Building

Hope to see you there!

TIFFANY LOERA'S TRIP TO ROME

Continued from Page 8

veggie, usually spinach. Then, of course, some kind of decadent dessert. Be prepared to eat!

Day 3 was finally the day we had been waiting for, the Canonization!

We arrived at Saint Peter's Square or *Piazza di San Pietro* to huge lines. We each had our ticket and tried our best to stay together. Our group leader said the square holds about 400,000 people. There was not an empty spot anywhere! I was so pleased to see all the people that came

out for Saint Kateri Tekakwitha. The pride and appreciation was amazing. There were so many different cultures there to show support and devotion to their particular saint, since there were six others canonized that day.

The sun was shining and not a cloud in the sky. When my group and I entered the gates there were very few seats left. I was able to find a seat with another Kateri Circle from New York.

After sitting with them for 3 hours we were not strangers but brought together by St. Kateri to celebrate her. One gentleman there made a comment that hadn't even occurred to me. He asked, "How many of your friends can say they had Communion at St. Peter's Square?"

Not a minute when I was in Rome had I taken anything for granted. I knew I was very fortunate to be there. When he said that, I realized that I was truly blessed and only a handful can say we were there for such an important part of history, Catholicism and our Native heritage.

It's something I will have with me for the rest of my life.

When the mass came to an end, we all hugged and wished each other well. Everyone had so much emotion, pride, humility. It's something I can only at-



Tiffany poses with her friends Clementine, Kathy and Francine on a hillside near one of the Basilicas of St. Francis in Assisi. They spent the second day of their trip in Assisi and ate lunch there. The following day, she arrived at St. Peter's Square with her ticket to attend the canonization mass.

All Photos Courtesy of Tiffany Loera

tempt to explain.

On the fourth day, we attended a Thanksgiving mass for Saint Kateri inside Saint Peter's Basilica.

That morning, I got to Vatican City before sunrise so I could watch the sun rise over the square. I was able to enter St. Peter's before the lines were too long.

Once inside, I was able to take in the beauty. I also saw the famous sculpture *Pieta* by Michaelangelo before everyone got in the way. I was able to sit in silence with St. Peter before it got too crowded.

After that day's mass, we had a reception at the North American seminary. It's a big honor to be able to study there.

We also had a lunch at the papal summer home! It was a beautiful green area, with a beautiful lake.

On day five, we had a morning mass and visited another basilica. I had skipped that tour to sleep in! Later that day, I shopped and just hung out in different places. In the evening we had a night walking tour that included the Pantheon (commissioned by Marcus Agrippa

and rebuilt by Emperor Hadrian in about 126 AD), the Spanish Steps, and the Trevi Fountain.

We had a nice dinner in the Piazza Di Novona, which means the People's Square, which is filled with nice shops, restaurants, music, art.

By that time I was exhausted! I had to get to my room and pack. I only had about 2 ½ hours of sleep, since the bus came to pick us up before 6:00 AM.

My plane to London departed about 10:30 that morning, where I was able to connect to my final flight home.

No matter what your faith and beliefs are, St. Kateri Tekakwitha is someone to be proud of. Her story is so compelling.

She is now the Patron Saint of Ecology, loss of parents and of putting things in order.

As I look back now, I'm pleased I went. I have no regrets, and I feel renewed. I learned to open my heart and mind. I have problems accepting things when they don't go exactly as planned.

Rome is so beautiful. I hope to go back someday.

My Italian was a bit shaky, and I was nervous to use it, but I must have done alright, since I



was able to be on my own and order food, make small talk.

Thank you all for allowing me to share a portion of my journey with you. I hope that I have inspired you to get to know St. Kateri Tekakwitha on your own level.

In closing, I want to share a quote from Pope Benedict XVI with you: "May Kateri's example help us to live where we are, loving Jesus without denying who we are. Saint Kateri . . . the first Native American saint, we entrust to you the renewal of the

faith in the first nations and in all of North America. May God bless the first nations."

Here are three reference sites you can use for research or to purchase items: Blackandindianmission.org, Catholicsaintmedals.com and Discountcatholicstore.com

I also would like to remember my aunt Vida who crossed over while I was on my journey.

I would like to say Thank you for sharing many laughs, smiles and love with me.

Even though we didn't connect as often as I would have liked, when we did, it was if no time had passed. I will always remember your sweetness and genuineness. May you rest seated at the Right Hand of God.

And to my family,

My heart is heavy for the grief and pain you are feeling. I hold you in my heart. I pray that you can continue to find strength to bear this difficult time.

Grief can sometimes be overwhelming. God Bless and I love you all. I'm sorry I was not able to be there for you. I thank you all for taking care of my mom and aunt.



This view of Rome's famous Trevi Fountain was snapped by holding her camera up over a crowd of tourists while hoping for the best!

TIFFANY LOERA TELLS THE STORY OF HER TRIP TO ROME

As you recall from the October 10 Issue of the Quechan News, Tribal member Tiffany Loera had arranged to travel to Rome with friends from the City of The Angels Kateri Circle, to attend the canonization mass of Native American Saint Kateri Tekakwitha, in St. Peter's square at the Vatican.

She had a ton of work to catch up on when she returned, and says and it took her forever to get back into the swing of things. She had heard that however many the hours time difference you have between where you start, and where the trip takes you, that's how many days it takes to recover. She believes that saying now!

But, now that she's back and ready to tell her story, here it is:

My departure from LAX was rough. We were delayed about 45 minutes, but the actual flight wasn't too bad.

When we arrived at our connecting flight in London, we had just about a half hour to do anything. Heathrow airport is huge! I had just enough time to get a drink and get onboard.

Once we arrived in Rome, we were supposed to have our guides waiting for us. We wait-



Tiffany with an ancient statue of Saint Peter inside the Basilica, as proof she was actually there!



Quechan Tribal member Tiffany Loera stands before Saint Peter's Basilica in Vatican City, as she awaits the appearance of Pope Benedict XVI at the canonization ceremony to elevate Kateri Tekakwitha to Sainthood, making her the very first Native American to receive the title. All Photos Courtesy of Tiffany Loera

ed for what seemed like forever. Once we got situated and on the bus, we didn't have time to check into our hotel! We had to rush straight to the Vatican for a tour and welcome reception, where they had music and entertainment for us.

That first tour included the Sistine Chapel, so we were able to get a look at the famous ceiling painted by Michaelangelo . . . though it's so high, you really can't get a good look at it from the ground! By the time we'd seen the Sistine Chapel, it was already after 9, so we were hungry and pretty tired.

I felt bad for the tour guide. He did an excellent job but by the middle of the tour I was exhausted. He said I didn't realize you guys had just arrived! So he tried to accommodate us by skipping a lot of the tour. Once we got to the Sistine Chapel we felt better. It was so beauti-

ful. I can't describe the feeling when you enter. You have to be quiet and cannot take pictures. So I found a seat and just sat staring up at everything.

The tour guide explained that this is where the College of Cardinals vote for the next pope. He told us how they lock themselves in and vote on each of the candidates. He explained they put the used ballots in a little stove to burn the papers after they vote. If they do not reach a decision, they add something to make sure the smoke will be black. I wished we could have spent more time there.

Day one was very hectic, and day two continued the hectic pace! The bus picked us up early and we headed 2 hours outside of Rome to Assisi. The area of Assisi is all countryside.

They have small shops and long winding roads. I was glad I had my motion sickness pills!

The first church we arrived at was St. Mary of the Angels. That was huge and beautiful. We then travelled a short distance to the Basilica of St. Francis. There are two churches there. The second is really high up and even further out.

We got there late and we had to run up steep hills and then about 50 steps to attend mass.

I didn't make it because I had to stop and catch my breath! By that time I had lost the group.

Everyone I travelled with had been placed at different hotels, so they were on a different bus! I was so worried that no one from the bus would remember I was there, so I made sure I got to where the bus was going to pick us up. I had a chance to walk around the church and the grounds. And of course, I had a gelato!

I soon learned that customer service is not a priority in Ita-

ly. If you walk in a shop, they don't always greet you. If you don't plan on buying anything I wouldn't recommend going in the shops.

See, I like to look around and decide what I want. In Italy it's kind of like you have to know exactly what you want and just buy it, otherwise it's all "bad vibes" from the clerks while they watch you. I felt awkward at times!

After mass, we had lunch with all the other tour buses at a beautiful restaurant. I don't think any of us knew what to expect at the meal. When they brought our drinks, it turned out that they drink sparkling water there that tastes kind of like alka seltzer, so a lot of us didn't like it. We learned that to get plain ol' water, you have to ask for *Aqua Naturale*.

When your food comes, it's usually five(!) courses. The first course consists of meat and cheese or prosciutto. Your second or third course is some kind of pasta, either lasagna or spaghetti. And *all* of the pasta is *handmade!*

Then you have your meat dish with a potato and a steamed

Continued inside on Page 7



Pope Benedict XVI makes his appearance, waving from the back of the open air "Popemobile".