



SIWA VAATS NEWS

P U B L I C A T I O N O F T H E C H E M E H U E V I I N D I A N T R I B E

DEPARTMENT LISTING

Tribal Administration
760-858-4219

Agriculture
760-858-1135

Community Center
760-858-5103

Conservation
760-401-4207

Cultural Center / THPO
760-858-1115 -760.858.1126

Education Center
760-858-1063

Environmental Department
760-858-1140

Diabetes Department
760-858-4240

Gaming Surveillance
760-858-4045

Head Start
760-858-4918

Health & Wellness
760-858-5426

Housing Department
760-858-4564

T.E.R.O.
760-858-5100

Tribal Court
760-858-4219

Havasu Landing Resort
760/858-4592

Havasu Landing Casino
760-858-4593

TRIBAL COUNCIL MEMBERS

Daniel Leivas
Chairman

Sheridan Silversmith,
Vice Chairwoman

Raymond Mejia,
Secretary-Treasurer

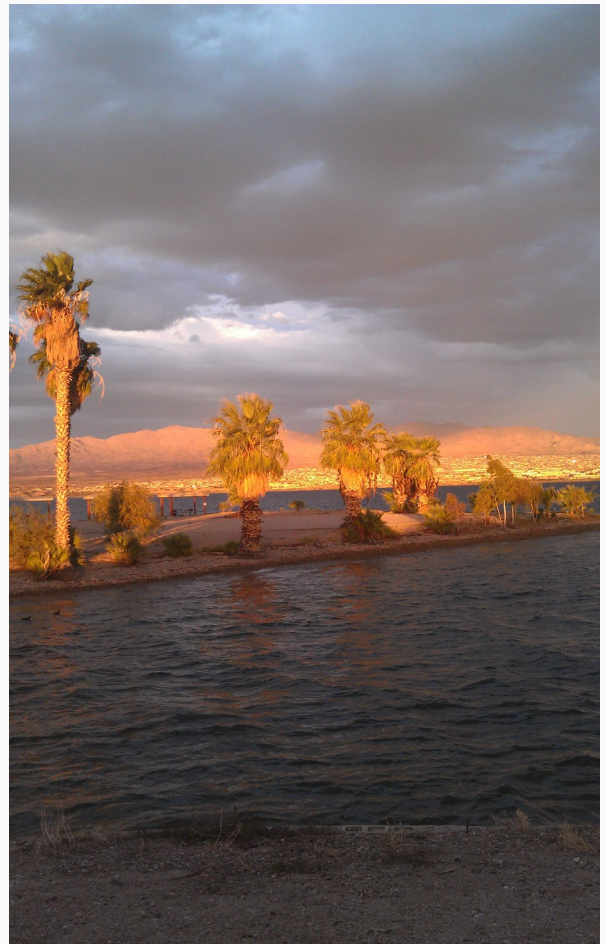
Arlene-King Escobar

Kostan Lathouris

Tito K. Smith

Edward "Butch" Ochoa

Autumn Craig



C H E M E H U E V I I N D I A N T R I B E

Chemehuevi Indian Tribe
P.O. Box 1976

1990 Palo Verde Drive
Lake Havasu, CA 92363

Phone: 760-858-4219
Fax: 760-858-5401

Submit commentaries for
future publications by
e-mail to:

exec.sec@cit-nsn.gov

Or fax to:

760-858-5401

View Newsletter online:

www.chemehuevi.org

**Tribal Council
Regular Meeting
Saturday,
March 28, 2026
9:00 a.m.**

BOARDS & COMMITTEES

VACANCIES:

Water Board (1) Vacancy

Health Board (2) Vacancies

HLH/HLC Board (3) Vacancies

Health Board email
health.board@cit-nsn.gov

Tribal Members can submit questions,
comments or concerns.

Interested in serving on one or more
Boards or Committees? (LIMIT 3)

Obtain your application on-line or
contact the Tribal Office
760-858-4219 ext. 103
exec.sec@cit-nsn.gov

**ALL APPLICATIONS MUST BE TURNED IN ON March.18th
BEFORE 12pm NOON.**

EMPLOYMENT OPPORTUNITIES Come Apply:

Contact Info,

**TO APPLY FOR RESORT OPENINGS CONTACT HR DEPARTMENT @ 760-858-4592
Ext.108**

**TO APPLY FOR CASINO OPENINGS CONTACT HR DEPARTMENT @ 760-858-4593
Ext. 301**

TO APPLY FOR TRIBAL OPENINGS CONTACT TERO OFFICER @ 760-858-5100.



CHEMEHUEVI INDIAN TRIBE

1990 Palo Verde Drive • Havasu Lake • California 92363

P.O. Box 1976 • Havasu Lake • California 92363

Phone: 760/858-4219

Fax: 760/858-5401

enrollment@cit-nsn.gov

website: chemehuevi.org

ATTENTION

MEMORANDUM

To: Chemehuevi Tribal Members
From: Chemehuevi Enrollment Department
Date: 2/10/2026
Subject: Availability of Tribal Identification Cards

Please be advised that the Enrollment Department will not be issuing tribal identification cards at the Annual Membership Meeting on April 24 - 25th, 2026. This is due to Enrollment Department staff fulfilling official duties in service to the Tribal Council.

Tribal identification cards will be available by appointment from April 20 through April 23, 2026, from 9:30 am to 3:30 pm PST.

To ensure timely service, please call the Enrollment Department at (760) 858-4219 to schedule an appointment during the available dates.

Thank you for your understanding and cooperation.



56th Annual General Membership Meeting

April 25th
2026

Call For
VENDORS

 Food Vendors

CONTACT US:

Mark or Jasmine
(760)858-4219



recp.acct@cit-nsn.gov

exec.sec@cit-nsn.gov



Chemehuevi Indian Tribe needs you

ARE YOU INTERESTED IN SERVING DINNER FOR THE

56TH ANNUAL GENERAL MEMBERSHIP MEETING

*make cash!!
Put your bid
in!!*



**SATURDAY
APRIL
25**

**TRIBAL GYMNASIUM
101 PALO VEREDE DR.
HAVASU LAKE, CA 92363**

WHAT TO EXPECT

Food will be provided, we need you to:

- Cook food (for 350 people)
- Serve dinner
- Clean-Up

*For more information Contact Mark or
Jasmine:760-858-4219*

exec.sec@cit-nsn.gov
recp.acct@cit-nsn.gov

Maikwas,

Saturday, February 21st the Cultural Center held our yearly Tawmü Nagarüp (Winter Gathering) for 2026. This year's event was held at the farm area with as many as 70+ people from the community and invited guests attending. With less than a month to plan and prepare, I am grateful with how our event turned out and learned a lot for next year.

This event was made possible and with help from our various departments and community that stepped in to make it happen. A massive THANK YOU and shout out to:

Farm Manager Joseph Jimenez and crew along with EPA Manager Brian Kellywood and his crew who worked very hard to beautify the area. Many compliments were heard throughout the day, and I couldn't be happier with what they accomplished. Joseph also ran archery for the day.

Brian and his girlfriend Stephanie cooked us an amazing dinner with delicious stew, beans, frybread and other fixings. Big shout out to tribal member Jeff Kellywood for bringing some amazing BBQ brisket, pulled pork, green chili and rolls. Tribal member Autumn Craig from ICWA for making desserts to end the night with something sweet.

ASAP Director Miranda Wert for a lot of behind the scenes help as well as art activities and information for our community and youth who painted a "community snake" for the day. Peer Recover Specialist Gylene Neyhart for helping with the youth and taking pictures I couldn't take.

Community Center Director Isac Ochoa for facilitating shinny for the youth.

Diabetes Director Anna Drum-Lynch for ordering and distributing our long-sleeved shirts.

Conservation Freddie Rivera for providing trash receptacles, trash bags and posting signs.

Tribal member Stone Moncayo for helping me tremendously with a variety of things I didn't know I would need help with. From moving the manos and metates, loading and unloading cars and being on standby to sing with our singers.

Tribal member and elder Tito Smith for demonstrating his cradleboards, bows and arrows.

Nuwu Pahsats Nathan Harper and Ian Ford-Terry from Las Vegas for coming out to share seeds and share information about their organization working with our Southern Paiute relatives and building connections with us.

Pahrump elder Leroy Howell and his wife Marilee for sharing Southern Paiute stories with our community. My heart was full of joy as others shared stories as well.

Chairman Daniel Leivas for the dinner blessing and stories. Vice-Councilwoman Sheridan Silversmith for jumping in to help wherever needed.

THANK YOU to our Chemehuevi tribal members and their families for showing up and participating. Seeing our kids not on their phones was very rewarding for us all!

Until next time,

Bridget Sandate

Chemehuevi Cultural Director

cultural@cit-nsn.gov (760) 858 - 1115



CHEMEHUEVI INDIAN TRIBAL COURT

What's New

Court Fees

Chem. Res. 25-7-28-B states, "WHEREAS, the Tribal Court fee for non-tribal applicants is \$50.00." To get this \$50.00 fee waived, please have proof of enrollment available when filing with the clerk.

Court Renovation Notice

The Chemehuevi Tribal Court will be undergoing repairs to the flooring, starting on February 23rd, 2026. Court will be held virtually in the month of March. Court clerks will still be available via email.

RiteTrack

RiteTrack is a new case management software the Chemehuevi Tribal Court is implementing to better manage and track court cases. On February 27th, training began on this new software

**Did you know the Court can handle adult name changes?
Ask a court clerk for the forms.**

Regular Court Dates

- **March 25, 2026**
- **April 22, 2026**
- **May 13, 2026**
- **June 24, 2026**
- **July 22, 2026**
- **August 26, 2026**
- **September 23, 2026**
- **October 14, 2026**
- **November 19, 2026**
- **December 9, 2026**

Contact Info

Email:

- court.clerk@cit-nsn.gov
- court@cit-nsn.gov

Phone: (760) 858-4219 ext. 122

DEPARTMENT OF HOUSING



*Housing Office hours are 7:30 a.m.—4:00 p.m.
Maintenance Office hours are 6:00 a.m.—2:30 p.m.
Phone: 760-858-4564 Email: recp.hsg@cit-nsn.gov*

1-4 bedroom homes are soon to be available to low-income Chemehuevi Tribal Members and other Native Americans. Quail Trail 1-2 bedrooms apartments are available for qualified low-income families regardless of race. If interested contact Housing for an application or you can stop by and pick one up. Keep in mind Housing does have waiting lists for both programs. Tribal list posted in the Housing lobby.

FY 2024 INCOME LIMITS DOCUMENTATION SYSTEM FOR CALIFORNIA Extremely Low Income Limits

1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
\$35,900	\$41,000	\$46,100	\$51,250	\$55,350	\$59,450	\$63,550	\$67,650

NOTICE: If you aren't feeling well, please call Housing personnel rather than visiting the office. If you prefer not to visit the Housing office with your payments Chrissy or Housing Administrative employees can process electronic payments with debit or credit cards. Housing Drop-box is also available at the front door.

PEST CONTROL

Bug Emergency was out to spray February 12th & 26th. Be advised they do spray backyards if gate is unlocked.

NEXT SPRAY

Will be March 12th & 26th of March 2026.



UPCOMING EVENTS

- March 8, 2026—Time Changes.
- March 17, 2026—St. Patrick's Day
- March 20, 2026—A&B Propane

American Rescue Plan. Project starting soon. Installing 5 more generators for our elders, to complete ARP grant.

HEAP Applications: Care Act Funding available. Housing has received the new 2025 applications. Please contact Housing if you would like an application or if you need any assistance completing the forms. You will need to bring all pages of your current electric bill and propane. Receipt, valid identification, also bring our social security cards for household members and proof of income.

A&B Propane: If you interested in their service, please give Housing Department a call, or you can call them direct @ 928-854-4099. Their next scheduled delivery January 2025.

Ferrellgas: Is still offering propane, an account must be created first. All deliveries will not be charged taxes or other fees. Please contact Ferrellgas directly and let them know you are paying with a credit card or debit card to be considered for an upcoming delivery. To make arrangements, please contact: Katy Rankin, Customer Service Specialist, phone number is 928-445-3940. Her email address is

Senior Information & Assistance

The Department of Aging 7 Adult Services' Senior Information & Assistance Program staff will be available to answer questions and provide information about programs and services available to you!

PLEASE JOIN US! Every 4th Wednesday of the month 10 A.A.—12 P.M.

AMERICAN INDIAN PROBATE REFORM ACT & INDIAN WILLS TRAINING

PRESENTED BY

HANNNAH REED
STAFF ATTORNEY – ESCONDIDO OFFICE



WORKING WITH THE CHEMEHUEVI INDIAN TRIBAL COURT

JOIN US FOR COFFEE AND A COMMUNITY TRAINING ON
PROBATE AND WILLS FOR CHEMEHUEVI COMMUNITY MEMBERS.
BRING YOUR QUESTIONS!

WHEN?

MARCH 12TH, 2026
10:00 AM

WHERE?

CHEMEHUEVI COMMUNITY CENTER
1978 VALLEY MESA
HAVASU LAKE, CA 92363

QUESTIONS? | (760) 858-4219 EXT. 122 | COURT.CLERK@CIT-NSN.GOV

Community+Culture+Health

HEALTH & WELLNESS DEPARTMENT



FAMILY GAME NIGHT

We enjoy getting the community together on the 1st Tuesday of every month for Family game night. Together, we play, laugh, and enjoy a homecooked meal. Bring the family to the next one!

PUZZLE DAY

In January we celebrated National Puzzle Day. For family game night everyone worked together on puzzles & the kids got to take home a new puzzle each. Our elders also enjoyed a puzzle day at their monthly gathering.

COMMUNITY WELLNESS WALK

The 3rd Tuesday of every month we gather for a walk together around our community. All ages are welcome as we enjoy each other's time while giving our bodies some exercise!



A.S.A.P Alcohol & Substance Abuse Program

We are a holistic treatment program for alcoholism, addiction & other behavioral health conditions for tribal members, employees, and their families. We recognize the impact of addiction on individuals, families, and the community. We focus on the client's individual success, support system, family dynamics, physical health, emotional wellness, culture, and spirituality.



ALL OUR WELCOME

Mondays: AA Firehouse Group @ Friendship Hall 5:30pm

Celebrate Recovery @ Lake Havasu, AZ @6pm

Tuesdays: AA Women's Group @ FMIT 6pm

Wednesdays: Talking Circle @ Nuwuvi Park 8am

Fridays: Relapse Prevention Group (every other Fri) @ H&W Dept Building 6:30pm

Sundays: AA Men's & Women's Group @ Topock

Transportation is available. Call, text or stop in for more info!

Questions?

Feel free to reach out

ASAP Director:

Miranda Wert 760-284-3794

Peer Recovery Specialists:

Miranda V. 760-284-3794

Gylene N. 760-302-4076

ASAP Talking Circle Events

wednesdays 8:00-9:30 am

NUWUVI PARK

CULTURE, HEALING, AND RECOVERY

LET US UPHOLD THE VALUES OF OUR ANCESTORS. WE DO HEAL. WE DO RECOVER.

Questions, Contact: Gylene @ 760-302-4076

If you need a ride, meet at H&W Dept. Bldg.

RELAPSE PREVENTION GROUP

JOIN US EVERY OTHER FRIDAY FOR A SUPPORTIVE, ENGAGEMENT, FREE SPACE FOCUSED ON HELPING YOU STAY ON TRACK IN YOUR RECOVERY JOURNEY

FIRST MEETING: OCTOBER 24TH 2025 @ 6:30 PM
LOCATION: WELLNESS CENTER
DINNER WILL BE PROVIDED

WHAT TO EXPECT:

- Open Discussion
- Focus on preventing Relapse!
- Peer support
- Food and Fellowship!

WHO IS THIS FOR? ANYONE IN RECOVERY WHO WANTS EXTRA SUPPORT, ACCOUNTABILITY AND CONNECTION

For more information contact: Miranda, 760-284-3794

CALL: 310-756-9543

Calling All Book Lovers!

BOOK CLUB

Let's gather & explore this Urban Fiction book by native author Tommy Orange.

WHEN: EVERY THURSDAY STARTING ON FEBRUARY 5TH

WHERE: Community Center

TIME: 11AM-12PM

Books will be provided
Additional info contact: Miranda, V
310-284-3794

Dry January Challenge

We kicked the new year off with an exciting Challenge. The Dry January Challenge was an opportunity for anyone who wanted to abstain from drinking alcohol for 30 days.

Those who participated in the challenge said they had experienced overall better physical and mental health.

Participants found the challenge was a great way to detoxify the body and re shift focus onto their goals.

Congratulations to everyone who took part in the challenge!

“Accountability acts as a bridge between setting goals & achieving them, enhancing motivation & consistency.”



Exciting News!

Since we had such positive feed back from our January Challenge we are going to continue to offer a new 30 day challenge every month!

It is never too late to start over or to try something different! Our challenge offers the opportunity to have help & accountability to quit or take a break from any habit you would like to abstain from.

The challenge offers peer support, resources and information, support groups, and community activity opportunities.



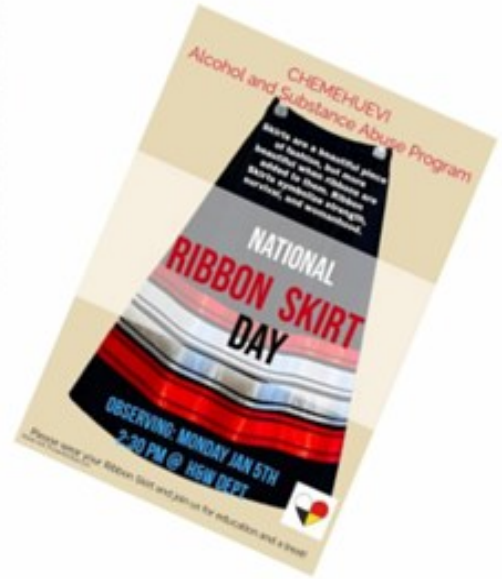
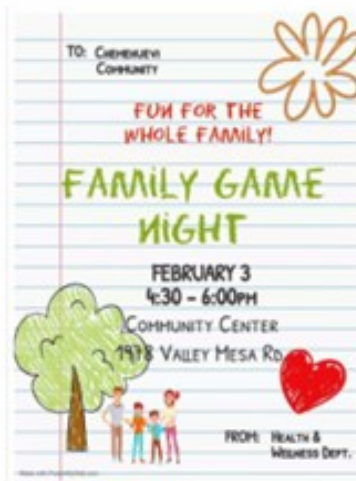
Christmas Time in Chemehuevi

December was full of joy and magic. We enjoyed helping the community center with their Christmas Dinner Event. Creativity and dedication really shined through in the decorations throughout the gymnasium as it was transformed into a winter wonderland! From the toy giveaways, raffles, and delicious food and of course the time we share together, it truly was a Christmas to remember.



We welcomed the community to join us for cookies and cocoa on December 23rd at the community center. Santa helped give out presents to the youth. These presents were graciously gifted by the San Bernadino Fire Dept and wrapped by volunteers at Firebells. A special thank you for everyone who helped make this event so special!

H&W Center Happenings

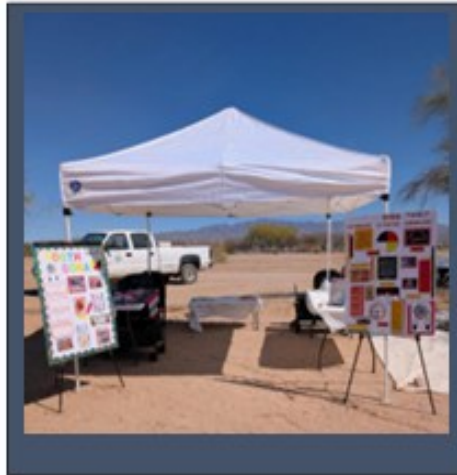
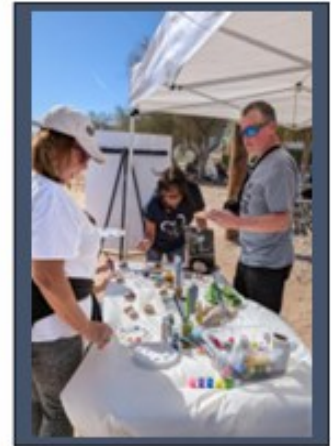


Exciting things coming up!



2026 Winter Camp

We enjoyed contributing to the 2026 Winter Camp. The day was filled with laughter, activities, and togetherness. Our tent offered a display of our wellness altar and traditional medicine. We shared information about our exciting event, our 2026 Youth GONA here in Chemehuevi upcoming April 1st! The community had a blast painting rocks for “Kwiwuts” our community snake art project.



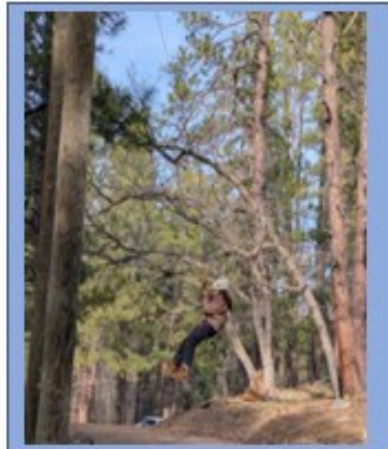
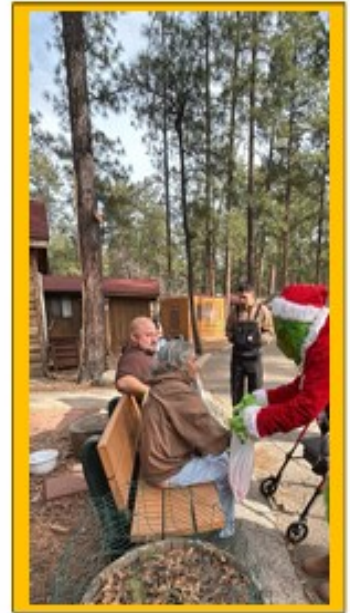
Chemehuevi Family Wellness Retreat 2025



This past December we gathered for the Chemehuevi Family Wellness Retreat in Prescott, AZ. Surrounded by the beautiful forest, we got to experience camping together in our very own cabins.

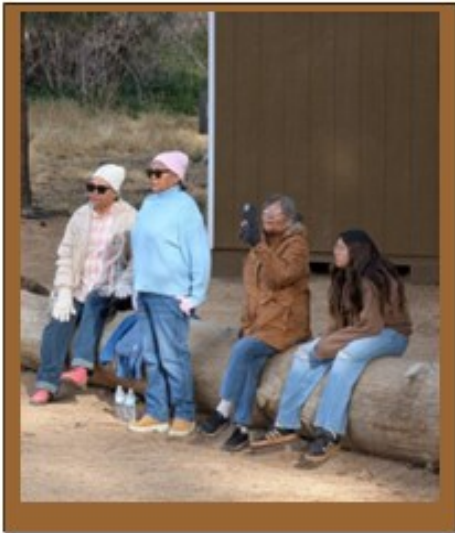
The days were full of adventure as we participated in fun activities such as zip lining, rock wall climbing, archery and axe throwing. We enjoyed bonding over meals together and gathering around the campfire at night for smores and songs. On behalf of the Health & Wellness Center we are so grateful for the families that participated and the memories we all made together.





YUNUKAIM





MARCH 2026

Health & Wellness Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Celebrate Recovery 6pm AZ AA Meeting Firehouse 5:30pm CA	3 Family Game Night Gymnasium 4:30-6pm CA	4 Talking Circle 8am CA	5 Elder's Potluck 11am-1pm Community Center	6	7
8 Daylight SavingsTime	9 AA Meeting Firehouse 5:30pm	10 FMIT Womens Meeting 6pm	11 Talking Circle 9am	12 Book Club @11am FMIT CoEd Book Study @7pm	13 Movie w/Matt Leivas 5-8pm	14 West Wells Trip 10am-5pm
15	16 Celebrate Recovery 6pm AA Meeting Firehouse 5:30pm	17 Wellness Walk 4:30pm	18 Talking Circle 9am Health Fair 10am-2pm	19 Book Club @11am FMIT CoEd Book Study @7pm	20 Relapse Prevention Group @6:30pm	21
22 AA Meeting Topock 6pm	23 AA Meeting Firehouse 5:30pm	24 FMIT Womens Meeting 6pm	25 Talking Circle 9am	26 Book Club @11am FMIT CoEd Book Study @7pm	27	28
29	30 AA Meeting Firehouse 5:30pm	31	Youth 1 GONA 8am-8pm	CHR Meds 8-12pm/1-4pm Thursdays		
CHR Meds Mondays	CHR Meds Mondays	GAS Cards 8-12pm/1-4pm Tuesdays	CHR Meds Wednesdays	GAS Cards 8-12pm/1-4pm Thursdays		

TALKING CIRCLE
AT NUWUVI PARK
 Wednesdays | 9:00AM - 10:30AM
Culture+ Healing+ Recovery
 More info contact Gylene (760) 302-4076
 Transportation Available

CHEMEHUEVI MEN'S GROUP
WEDNESDAYS 5:00PM
@ The Farm
Discussion and Support regarding our Native Culture, Community, Leadership, and Family

For Information Call: Brent Barney 562-449-1351

Chemehuevi Health & Wellness Center

Wellness Walk

Tuesday March 17th

Ready to spring forward? Join our community walk! A great way to get healthy, spend time together & welcome the new season. All ages are invited!

4:30pm
Meet @ The Health & Wellness Center

ASAP MEETINGS

ASAP Director: Miranda Wert 760-858-5428
 Peer Recovery Specialist: Miranda V. 760-284-3794
 Peer Recovery Specialist: Gylene N. 760-302-4076

Meetings are open and welcome to all tribal members, tribal spouses, Chemehuevi community and Havasu Landing employees and residents.

"Together We Are Stronger"

Mondays: AA Firehouse Group Co-Ed @ Friendship Hall 5:30pm (CA Time) Ferry Pick up available (call Miranda V.)
 Celebrate Recovery Co-Ed @ Calvary Baptist Church, Lake Havasu AZ 6:30pm (AZ Time) We take the 4:30 (CA Time) ferry across & have transportation on AZ side available (call Gylene)

Tuesdays: AA Women's Group Every other Tuesday @ Ft Mohave Indian Tribe 6pm (AZ Time) Meet at Health & Wellness Center at 4:40pm (CA Time) Transportation available (call Miranda V.)

Wednesdays: Talking Circle Co-Ed @ Nuwuvi Park 8am (CA Time) Transportation is available. (call Gylene)

Fridays: Relapse Prevention Group Co-Ed Every other Friday @ Health & Wellness Dept Building 6:30pm (CA Time) Transportation available (call Miranda V.)

Sundays: AA Meeting Topock Co-Ed Every other Sunday @ Topock 6pm (AZ Time) Meet at Health & Center at 4pm (CA Time) for transportation (call Miranda V.)

Calling All Book Lovers!

BOOK CLUB

Let's gather & explore this Urban Fiction book by native author Tommy Orange.

WHEN: EVERY THURSDAY STARTING ON FEBRUARY 5TH

WHERE:

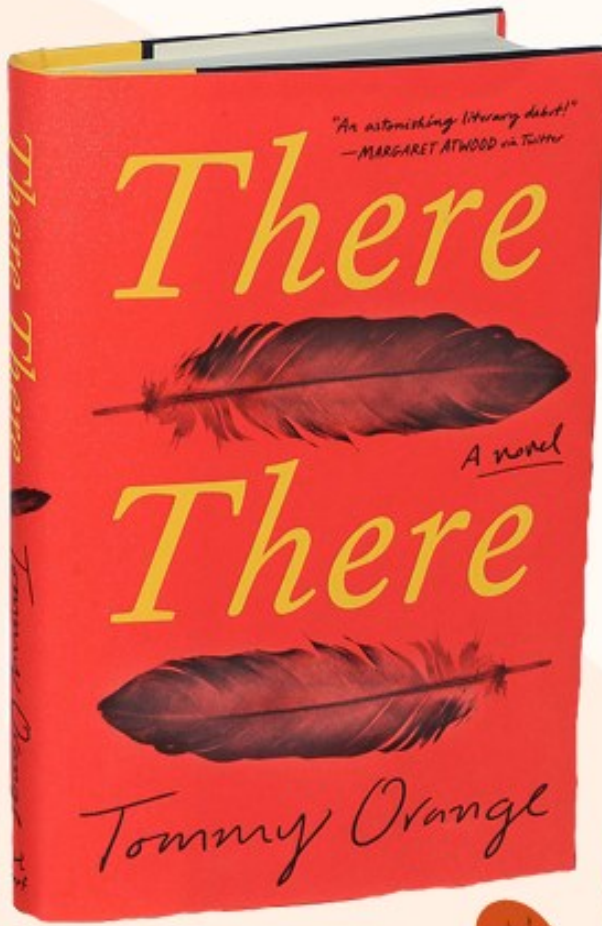
Community Center

TIME:

11AM-12PM

Books will be provided
Additional info contact-
Miranda, V

760-284-3904





Chemehuevi Health & Wellness Presents Our Health. Our Way.

Join us for our Annual Community Health Fair!

March 18, 2026 . 9am-2pm

Chemehuevi Gymnasium

1960 Palo Verde Dr.

A day dedicated to empowerment, education, and connection, promoting health and wellness according to our own values, culture, and individual needs.

- ✦ Resources
- ✦ Wellness services
- ✦ Community support
- ✦ **Activities for all youth after 12pm**

Together, we take charge of our health—our way.

**A light breakfast and lunch will be provided for all attendees, sponsored by
The Diabetes and ICWA Department**



CHEMEHUEVI DIABETES DEPARTMENT

SPRING

Into Fitness


WALK 100 MILES

Registration dates: February 25th-March 1st
Start March 1, 2026 to June 1, 2026


You must meet criteria of an A1C over > 8 & have an BMI Over 31

Active DM patients can receive a pair of walking shoes to start their fitness journey! Ask me how?

Anna Drum-Lynch 760 858-4240



Chemehuevi Diabetes Department



Diabetes Education


TOGETHER WE CAN MAKE CHANGES FOR THE BETTER

- Healthy eating
- Being active
- Monitoring
- Medications
- Problem solving
- Healthy coping
- Reducing risk

Set your own dates

Set your own times

Anna Drum-Lynch
Phone: 760.858.4240
Email: diabetes@cit-nsn.gov



Chemehuevi Diabetes Department

Lunch & Learn

Topic: NUTRITION MONTH
By: I.H.S Dietitian Brenda Borne & Jean Golding

When: MARCH 24, 2026
Time: 11am-12pm
Where: Chemehuevi Community center

Registration is required by 03/11/2026

Questions? contact Anna Drum-Lynch 760.858.4240



CHEMEHUEVI DIABETES DEPARTMENT

Healthy Cooking Class



Bison & Broccoli Stir Fry
March 31, 2026
10:00 am - 11:00 am
COMMUNITY CENTER

Class size is limited, You must register by March 13, 2026 to participate.

Participants receive a fruit and vegetable voucher to the HLR Market

For more information or to sign up, please call Anna Drum-Lynch 760.858.4240

Chemehuevi Diabetes Dept.



CHEMEHUEVI DIABETES DEPARTMENT

YOUTH PREVENTION

*Ages: 6-17years old
Chemehuevi Tribal member or other Federally recognized Tribe*

EARN INCENTIVE ITEMS FOR TRACKED DIABETES PREVENTION ACTIVITIES MONTHLY

2026 physical activities with the Community Center & Diabetes Department

Questions? Contact Anna Drum-Lynch 760.858.4240



CONTACT INFORMATION

Anna Drum-Lynch,
Diabetes Coordinator

 Phone Number
760.858.4240

 E-mail Address
diabetes@cit-nsn.gov

 Our Location
1978 Valley Mesa Rd
Havasu Lake, CA 92363



The Chemehuevi Diabetes Department is to Foster healthy living and eating habits in the Chemehuevi Community



CHEMEHUEVI DIABETES DEPARTMENT

- You must be a member of a Federally recognized Tribe to participate in the Chemehuevi Diabetes Program
- You must be a person diagnosed with Type 2 diabetes

Healthy Cooking Classes
Lunch and Learns
Land-based activities
Elders Healthy Living Classes
Youth prevention activities
T2 Classes for pre-diabetes

Nuwuvi on the move...Walking the trail to defeat diabetes

Healthy Eating on a Budget

Diabetes Information for You and Your Family

Did you know ?

Healthy eating is an important part of managing diabetes. Eating healthy doesn't mean you need to buy costly foods. Many of the foods you already prepare for yourself and your family are healthy.



What are healthy foods?

- Foods in a more natural state
- Foods low in sodium and added sugars
- Fresh, grown, and gathered foods
- Fruits and vegetables—fresh, frozen, or canned

Examples include:

Vegetables:

Carrots, leafy greens, peppers, squash, onions



Proteins:

Beans, eggs, meat, fish, poultry, nuts



Whole Grains:

Whole grain corn meal, bread and pasta, wild and brown rice, oats



Fruits:

Apples, bananas, oranges, berries



Ways you can eat healthy and save money

1 Plan your meals

- ❖ Think about the foods that your family enjoys. Start planning with one meal, such as dinner.
- ❖ Start by writing your meal ideas down.
- ❖ Consider using a [Weekly Meal Plan](#).
- ❖ Plan easy-to-make meals for when you won't have a lot of time.

2 Make a grocery list

- ❖ Keep an ongoing list of foods you need.
- ❖ Check to see which foods you have on hand.
- ❖ Limit adding costly processed foods such as chips, cookies, donuts, soda pop, and packaged meals.



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
02/2022

Take a picture with your cell phone.
Look at the picture later as a reminder!



More ways you can eat healthy and save money

3 Plan your shopping trip



- Take a freezer bag or cooler if you are far from home.
- Check the store ads for sales. Join the store's loyalty program for offers and discounts.
- Eat before you shop. It helps you stick to your list.

4 Save money while you shop



- Look for in-store markdowns.
- Buy store brands. They taste similar to name brands, but cost less.
- Buy fruits and vegetables in season. See - [Seasonal Produce Guide](#).

5 Cook at home



- Eat healthier and save money by cooking at home.
- Cook traditional foods with family to celebrate culture.

❖ Helpful Tips

- Buy healthy foods in bulk. Divide into servings and store.
- Rinse canned vegetables to remove added salt.
- Frozen and canned vegetables are easy to add to meals.

❖ Getting enough healthy foods

Sometimes it may be hard to get enough healthy food. Consider a family garden, joining a community garden, hunting, or gathering what you can from the land and water.

Learn about nutrition assistance programs. Your healthcare team may know about food support options such as:

- Food pantries and/or farmer's markets.
- [Federal Food Assistance Resources](#).
- USDA National Hunger Hotline:
1-866-3-HUNGRY (1-866-348-6479)

Healthy Recipes

[Get Fresh! Cooking](#) – Recipes from the Chickasaw Nation and USDA.

[MyPlate Kitchen Recipes](#) – Videos, seasonal recipes, food safety and more.

[Diabetes Food Hub](#) – Friendly recipes from the American Diabetes Association.

[Spend Smart-Eat Smart](#) – Ways to cut food costs. Iowa State University Extension & USDA.

Sample Grocery List



- Vegetables
- Fruits
- Wild or brown rice
- Whole grain cereals and breads
- Eggs
- Beans
- Chicken or turkey
- Fish
- Beef or Pork– leaner cuts: round and loin



CHEMEHUEVI COMMUNITY CENTER MARCH ACTIVITIES

MONDAY	TUESDAY	WEDNES-	THURSDAY	FRIDAY	SATURDAY
2. ARTS & CRAFTS OPEN DAY	3. H&W FAMILY GAME NIGHT 4:30-6pm	4. OPEN GYM	5. YOUTH CHAIR VOLLEYBALL •ELDERS GATHERING	6. GAME ROOM	7. OPEN GYM
9. BOARD GAMES OPEN DAY	10. ARTS & CRAFTS	11. N.U.S.D FIELD DAY -OPEN GYM	12. C.I.L.S PRESENTATION @COM.CTR 10am-12pm	13. A.S.A.P MOVIE WITH MATT @COM. CTR 5-8pm	14. FIELD DAY
16. YOUTH BINGO -CROSSWORD PUZZLE CHALLENGE	17. GREEN SIDEWALK CHALK ART CONTEST	18. HEALTH FAIR AT GYM	19. C.C. INDIAN TACO SALE FUNDRAISER 12NOON -BOOK CLUB	20. GAME ROOM	21. OPEN GYM
23. SPRING ART CONTEST BEGINS	24. BOARD GAMES	25. OPEN GYM	26. 12+ DART TOURNAMENT -BOOK CLUB	27. 18+ HORSE SHOES 5:30-8PM	28. FIELD DAY

30.
SPRING BREAK FIELD TRIP
ALTITUDE LAKE HAVASU
AGES 8+

31.
MAKING SLIME

SNACK @3PM DINNER @5PM
MONDAY-SATURDAY 10AM - 6PM
FOR QUESTIONS OR INFO CALL 760-858-5103
CALENDAR AND EVENTS SUBJECT TO CHANGE
FOLLOW US ON FACEBOOK FOR UPDATES AND FLYERS

2026



CHEMEHUEVI COMMUNITY CENTER HIGHLIGHTS



Maikwas,

Saturday, February 21st the Cultural Center held our yearly Tawmü Nagarüp (Winter Gathering) for 2026. This year's event was held at the farm area with as many as 70+ people from the community and invited guests attending. With less then a month to plan and prepare, I am grateful with how our event turned out and learned a lot for next year.

This event was made possible and with help from our various departments and community that stepped in to make it happen. A massive THANK YOU and shout out to:

Farm Manager Joseph Jimenez and crew along with EPA Manager Brian Kellywood and his crew who worked very hard to beautify the area. Many compliments were heard throughout the day, and I couldn't be happier with what they accomplished. Joseph also ran archery for the day.

Brian and his girlfriend Stephanie cooked us an amazing dinner with delicious stew, beans, frybread and other fixings. Big shout out to tribal member Jeff Kellywood for bringing some amazing BBQ brisket, pulled pork, green chili and rolls. Tribal member Autumn Craig from ICWA for making desserts to end the night with something sweet.

ASAP Director Miranda Wert for a lot of behind the scenes help as well as art activities and information for our community and youth who painted a "community snake" for the day. Peer Recover Specialist Gylene Neyhart for helping with the youth and taking pictures I couldn't take.

Community Center Director Isac Ochoa for facilitating shinny for the youth.

Diabetes Director Anna Drum-Lynch for ordering and distributing our long-sleeved shirts.

Conservation Freddie Rivera for providing trash receptacles, trash bags and posting signs.

Tribal member Stone Moncayo for helping me tremendously with a variety of things I didn't know I would need help with. From moving the manos and metates, loading and unloading cars and being on standby to sing with our singers.

Tribal member and elder Tito Smith for demonstrating his cradleboards, bows and arrows.

Nuwu Pahsats Nathan Harper and Ian Ford-Terry from Las Vegas for coming out to share seeds and share information about their organization working with our Southern Paiute relatives and building connections with us.

Pahrump elder Leroy Howell and his wife Marilee for sharing Southern Paiute stories with our community. My heart was full of joy as others shared stories as well.

Chairman Daniel Leivas for the dinner blessing and stories. Vice-Councilwoman Sheridan Silversmith for jumping in to help wherever needed.

THANK YOU to our Chemehuevi tribal members and their families for showing up and participating. Seeing our kids not on their phones was very rewarding for us all!

Until next time,

Bridget Sandate
Chemehuevi Cultural Director
cultural@cit-nsn.gov (760) 858 - 1115



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TO

12 NOON TILL SOLD OUT
FOR INFO OR ORDERS CALL 760-858-5104 / 760-858-5103



HAVASU LANDING
RESORT | CASINO | HOTEL

BOAT SCHEDULE

**DAILY DEPARTURE TIMES
FROM LONDON BRIDGE
LAKE HAVASU CITY, AZ**

**DAILY DEPARTURE TIMES
FROM HAVASU LANDING
HAVASU LAKE, CA**

6:45AM

7:15AM

7:45AM

8:15AM

8:45AM

10:30AM

11:00AM

11:30AM

12:00 NOON

12:30PM

1:00PM

1:30PM

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9:30PM

10:00PM

10:30PM

11:00PM

11:30PM

12:00AM

12:30AM

Ferry will operate until 2:30AM on

Friday and Saturday only

WEATHER CONDITIONS MAY DELAY OR CANCEL FERRY
REGULARLY SCHEDULED DEPARTURES AND ARRIVALS
BOAT ALWAYS OPERATES ON ARIZONA TIME



**Chemehuevi Indian Tribe
Code Enforcement
P.O. Box 1976
Havasu Lake Ca. 92363
(760)401-4207
aco@cit-nsn.gov**



Hello Tribal Members,

As the weather here on the Reservation starts to heats up. Animals that were in hibernation are now on the move. The Code Enforcement Department has already responded to snake calls. So watch your step as you venture outside.

The Burros are back!!!! Be careful while driving around the reservation. As the weather heats up they will be making their way to the water for a refreshing drink.

Allergy season is in full effect. But those flowers are sure beautiful!!! A small price to pay, to enjoy one of motherearths creations.

**Respectfully Submitted,
Frederick Rivera
Chief Code Enforcement Officer**





CHEMEHUEVI INDIAN TRIBE

PUBLIC NOTICE

****FOR IMMEDIATE RELEASE****

January 26, 2026

Federal Court Orders Havasu Water Company to Stop Trespassing on Tribal Land

The Chemehuevi Indian Tribe ("Tribe") is informing Tribal Members and the Havasu Lake community about an important federal court order that affects Havasu Water Company ("HWC") and its facilities.

On January 8, 2026, a federal court ordered HWC to stop trespassing on the Tribe's reservation trust lands. The court confirmed that HWC has no legal right to be on Tribal land and must remove HWC's trespassing property or leave it behind.

Water service will not be shut off immediately. The Tribe has agreed to give HWC until June 15, 2026, to stop operating on the Tribe's land and to remove its infrastructure and equipment or abandon it. Beginning June 16, 2026, any HWC property still on Tribal land will be considered abandoned and may be removed by the Tribe. **Updates will be shared as more information becomes available.** At this time, the Tribe has chosen not to pursue financial damages to avoid adding costs that could affect HWC's customers.

The Tribe will work with regulators and responsible agencies as appropriate, while fully protecting Tribal sovereignty, to support access to dependable water services. The Tribe's goal is accountability, safety, and better access to clean water for the community. However, the Tribe is not responsible for any problems that HWC's customers may have experienced with HWC providing safe and reliable water service.

This order protects the Tribe's right to control its land and hopefully brings an end to almost twenty years of trespass by HWC against the Tribe. It is separate from the California Public Utility Commission's formal adjudicatory investigation into HWC.

HWC's permission to use the Tribe's land expired in 2006. Despite repeated warnings, years of attempted negotiations, and direction from federal agencies, HWC continued trespassing on the Tribe's land. During this time, HWC's water system seemed to experience boil water advisories, pressure loss, and ongoing regulatory issues.

The Tribe did everything possible to ensure no disruption to water services, including attempting to negotiate a settlement with HWC for years despite the ongoing trespass. After nearly two decades of these efforts, the Tribal Council determined that a clear court order was necessary to protect Tribal land, sovereignty, and community health.

Contact

For questions, Tribal Members may contact Tribal Administration.

Water customers should contact Havasu Water Company for billing questions, the California Public Utilities Commission for rate and service concerns, and the U.S. Environmental Protection Agency for drinking water quality issues.



DANIEL LEIVAS, TRIBAL CHAIRMAN

Join our team!

BANDELIER NATIONAL MONUMENT

TRADITIONAL TRADES INDIVIDUAL PLACEMENT

PAID AMERICORPS INTERNSHIP

MAY 18 - NOV 13, 2026





These AmeriCorps position(s) will receive introductory training in preservation masonry and woodworking and will develop an understanding of historic resource stewardship while helping to preserve our nation's historic resources.

POSITION DETAILS:

LENGTH OF SERVICE:
26 Weeks Full Time (40 Hours a Week)
900 Hours AmeriCorps Service Term
WEEKLY STIPEND: \$800 a week

SEGAL EDUCATION AWARD: \$3,697.50*
*Upon successful completion of term

HOUSING PROVIDED



Have Questions?
tcheeg@conservationlegacy.org

 *Apply!*
ANCESTRALLANDS.ORG/POSITIONS

Individuals from associated tribes, pueblos, and communities encouraged to apply!

JOIN OUR TEAM!

GRAND CANYON NATIONAL PARK

RIVER OPERATIONS ASSISTANT INDIVIDUAL PLACEMENT

AMERICORPS

POSITION DETAILS:

START DATE: May 4, 2026
END DATE: October 30, 2026
26 Weeks Full Time
900 Hours AmeriCorps Service Term

WEEKLY STIPEND: \$600 a week
ADDITIONAL BENEFITS: \$100 a week

SEGAL EDUCATION AWARD: \$3,697.50*
*Upon successful completion of term

ONE VACANCY

HOUSING PROVIDED



Responsibilities include supporting boat operations, river management, and public engagement initiatives. The Individual Placement will assist with river operations warehouse activities, which encompass vehicle transport, coordination of boat logistics, menu planning, food procurement and packing, and general river operations procedures.

(See Position Description for more details.)

Individuals from associated tribes, pueblos, and communities encouraged to apply!



SCAN ME! 

ANCESTRALLANDS.ORG/POSITIONS

Join our team!

SALINAS PUEBLO MISSIONS NATIONAL MONUMENT

TRIBAL COMMUNITIES ENGAGEMENT INDIVIDUAL PLACEMENT

PAID AMERICORPS INTERNSHIP

Salinas Pueblo Missions is looking for a tribal youth, and future leader, to join its team to help the park build and leverage Tribal communities' partnerships, to develop strategies to embed the Tribal/Puebloan perspective into interpretive, educational and environmental programs, and to assist with visitor services duties and park programs/events.

The AmeriCorps Member will support the Division with starting the journey to embed the Tribal/Puebloan perspective into not only the park's programming; but also, into the day-to-day park's management and stewardship decision-making processes, which directly impact the tangible and intangible resources park staff, volunteers, and interns, have been tasked with respecting and protecting.

POSITION DETAILS:

START DATE: May 4, 2026
END DATE: October 30, 2026
26 Weeks Full Time (40 Hours a Week)
900 Hours AmeriCorps Service Term
WEEKLY STIPEND: \$735 a week

SEGAL EDUCATION AWARD: \$3,697.50*
*Upon successful completion of term

HOUSING PROVIDED

Individuals from associated tribes, pueblos, and communities encouraged to apply!




Salinas Pueblo Missions National Monument is an innovative and fast-paced park that protects the archaeological and historical significance and values of the Salinas province by preserving the ruins and artifacts of indigenous Pueblos, associated 17th century Spanish Franciscan missions' architecture, and 19th century Spanish rancheros.

Have Questions?
tcheeg@conservationlegacy.org



Apply!
ANCESTRALLANDS.ORG/POSITIONS





Community Resource Guide & Links



Are you a residential Southern California Edison (SCE) customer looking for energy assistance? The Chemehuevi Indian Tribe is partnering with SCE to help connect community members with available energy assistance programs and resources.



Medical Baseline Allowance

<https://www.sce.com/save-money/rebates-financial-assistance/bill-assistance-programs/medical-baseline-allowance>



Energy Saving Assistance

<https://www.sce.com/save-money/income-qualified-programs/energy-savings-assistance-program>



Ca. Alternate Rates for Energy (CARE) & Family Electric Rate Assistance (FERA) Discounted Rates

<https://www.sce.com/save-money/income-qualified-programs/care-fera>



Take a survey to see if you're available for any of the programs listed above. Access & Functional Needs Self Identification Survey

<https://cloud.sce.com/afn-survey-tribal>

For more information, please visit www.sce.com

Enroll in TAX Exempt for your residential SCE bill if you are an enrolled Chemehuevi Tribal Member and a residential SCE Customer. Form is also available on www.chemehuevi.org, please return completed form to vice.chair@cit-nsn.gov.

**WE ARE
HIRING**

**JOIN OUR
TEAM!**

TERO

TRIBAL EMPLOYMENT RIGHTS OFFICE

WHAT DO WE DO?

1

The TERO program enforces tribally enacted American Indian preference law, which ensures American Indians gain their rightful share of employment, training, contracting, subcontracting, and business opportunities occurring on or near reservations.

2

The Chemehuevi Tribal Employment Rights Office (TERO), by virtue of a contractual agreement with the Equal Employment Opportunity Commission (EEOC), is authorized to interview and counsel individuals with potential employment discrimination charges. The TERO employees address draft charges of alleged violations of Title VII, file complaints with the EEOC and attempt to resolve the charge by mediation within 30 days.

3

Call the TERO Office if you are a youth worker 14 - 17 or an adult looking for a temporary job

OR



If you want to speak with someone about a discrimination issue

CONTACT

**VARNER ESCOBAR
TERO OFFICER**

**760-858-5100
DIR.TERO@CIT-NSN.GOV**



T.E.R.O.

HOURS OF OPERATION

MONDAY – FRIDAY

7:30AM – 4:00PM



2026 Monthly Tribal Council Meetings

1. Saturday, January 31, 2026
2. Saturday, February 28, 2026
3. Saturday, March 28, 2026
4. Friday, April 24, 2026
5. Saturday, April 25, 2026 (Annual Meeting)
6. Saturday, May 30, 2026
7. Saturday, June 27, 2026
8. Saturday, July 25, 2026
9. Saturday, August 29, 2026
10. Saturday, September 26, 2026
11. Saturday October 24, 2026
12. Saturday, November 21, 2026
13. Saturday, December 19, 2026



2026 TRIBAL HOLIDAY LIST

Thursday, January 1	New Year's Day (2026)
Monday, January 19	Martin Luther King Jr.'s Day
Monday, February 16	Presidents' Day
Monday, May 25	Memorial Day
Friday, June 12	Nüwüvi Days
Friday, June 19	Juneteenth
Friday, July 3	Independence Day
Monday, September 7	Labor Day
Friday, September 11	California Indian Days
Monday, October 12	Indigenous Peoples Day
Wednesday, November 11	Veterans Day
Wednesday, November 25	Half -Day
Thursday, November 26	Thanksgiving Day
Friday, November 27	Day After Thanksgiving
Thursday, December 24 - Half day	Christmas Eve
Friday, December 25	Christmas day
Thursday, December 31 - Half day	New Year's Eve
Friday, January 1	New Year's Day (2027)

WE'RE ON THE WEB
WWW.CHEMEHUEVI.NET

CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

MARCH, 2026

**TRIBAL MEMBERS: WANT QUICK ACCESS TO THE NEWSLETTER!
GO ON THE WEB SITE OR ADD YOUR E-MAIL ADDRESS TO OUR
"E-MAIL NEWSLETTER DISTRIBUTION LIST". SEND YOUR REQUEST
TO: EXEC.SEC@CIT-NSN.GOV**



CHEMEHUEVI INDIAN TRIBE
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