

September 2021



# 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  
760-464-7457
- Cultural Center  
760-858-1115
- 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  
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- Havasu Landing Resort  
760-858-4592
- Havasu Landing Casino  
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## TRIBAL COUNCIL MEMBERS

- Sierra Pencille, Chairman
- Tiffany Adams, Vice Chairman
- Amanda Sansoucie,  
Secretary-Treasurer
- Kostan Lathouris
- Evangelina "Conkie" Hoover
- Brian McDonald
- Edward "Butch" Ochoa
- Josh Esquerra
- Edward "Tito" Smith



**MAKE SURE TO MARK YOUR  
CALENDAR FOR THE 54TH  
ANNUAL CALIFORNIA  
NATIVE AMERICAN DAY ON  
SEPTEMBER 24, 2021!**



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  
Havasu Lake, CA 92363**

**Phone: 760-858-4219  
Fax: 760-858-5400**

**Submit articles for  
publications  
e-mail to:  
exec.sec@cit-nsn.gov**

*Submissions for the Siwavaats  
News cannot include profane  
language or libelous comments,  
and must be signed.*

**Next Tribal Council Regular  
Meeting: Saturday,  
September 25, 2021**



## NATIVE AMERICAN DAY



IN CALIFORNIA AND NEVADA, THE HOLIDAY IS CELEBRATED  
ON THE FOURTH FRIDAY OF SEPTEMBER.

THE FOURTH FRIDAY IN SEPTEMBER IS NATIVE AMERICAN DAY,  
WHERE RESIDENTS OF CALIFORNIA AND NEVADA HONOR THE  
INDIGENOUS PEOPLE OF THE UNITED STATES. IT IS OBSERVED AS A  
HOLIDAY IN THESE STATES WITH SOME GOVERNMENT BUILDINGS  
CLOSING.

IN SOUTH DAKOTA, IT IS CELEBRATED ON THE SECOND MONDAY IN  
OCTOBER WITH A STATE HOLIDAY.

CALIFORNIA WAS THE FIRST STATE TO HONOR THIS DAY. GOVERNOR  
CULBERT OLSON STARTED THE TRADITION IN 1939, DEDICATING

OCTOBER 1ST AS "INDIAN DAY." THEN IN 1968, THEN-GOVERNOR  
RONALD REGAN SIGNED A RESOLUTION CALLING FOR THE HOLIDAY TO  
BE HELD THE FOURTH FRIDAY IN SEPTEMBER. IT WASN'T UNTIL 1998,  
HOWEVER, THAT THE CALIFORNIA ASSEMBLY PASSED AB 1953; THIS  
MADE NATIVE AMERICAN DAY AN OFFICIAL STATE HOLIDAY. NEVADA  
ALSO DECLARED THE FOURTH FRIDAY OF SEPTEMBER NATIVE  
AMERICAN DAY IN 1997.



# SEPT E M B E R

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> <i>OFFICES CLOSED</i>  <i>HAPPY LABOR DAY</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i> <i>INDIAN DAYS</i> <i>OFFICES CLOSED</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i> 	<i>23</i>	<i>24</i>	<i>25</i> <i>MONTHLY COUNCIL MEETING</i>
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>		



Aguilera, Eduardo 9/9  
 Aguilera, Jesus Ameila Federico 9/15  
 Aguilera, Juan Eduardo Federico 9/25  
 Alvarez, Ruben Channell 9/5  
 Bacon, Zoey Annmarie Haamsi 9/1  
 Bernal, Marbeya Celaya 9/29  
 Bradley, Elliot Coy 9/5  
 Cardenas, Elena Danielle 9/14  
 Chavez, Tegan Matthew 9/26  
 Chee, Voughn Anton 9/2  
 Clardy, Desiree Marie 9/25  
 Cruz, Jessica Lea 9/3  
 Dela Cruz, Jamie Matthew 9/3  
 Denavich, Ortencia Darlene 9/12  
 Devilla, John 9/22  
 Diarte, Brenda 9/12  
 Dominguez, Dominic Fredrick 9/22  
 Dominguez, Mica 9/3  
 Edwards, Nicole Haley 9/10  
 Escobar, Robert Josiah 9/21  
 Escobar, Sawyer Daniel 9/20  
 Escobar, Violet Busena 9/26  
 Esler, Ryan Blake 9/29  
 Espinoza, Manuel Celaya 9/13  
 Esquerra, Andru Flint 9/6  
 Esquerra, Joshua Aaron 9/19  
 Evans II, Thomas Duane 9/17  
 Evans, Orion Fastbear 9/10  
 Felix, Daniel Vincent-dametrios 9/5  
 Felix, Destiny Lynn 9/13  
 Fritchle, Jayden Marie 9/28  
 Fryer, Fallon Kristynn 9/4  
 Galaviz, Jacob Derek 9/3  
 Garcia, Adar Isac Reina 9/2  
 Harper, Albert Looks Behind 9/7  
 Hernandez III, Ramon 9/9  
 Hernandez, Camila Virginia 9/24  
 Hinman, Dresdyn Michelle 9/11  
 Jessup, Jade Remedios 9/8  
 Lathouris, Vicki Jeanette 9/5  
 Leivas, Daniel 9/17  
 Leon, Frances 9/25  
 Larma, Damian 9/1  
 Lodge Jr., Keith Russell 9/6  
 Lodge Sr., Glenn Homer 9/10  
 Lopez Jr., Michael Christopher 9/10  
 Loza, Cindy 9/18  
 Madrigal, Cynthia Darlene 9/18

Maurer, Chantel Louisa 9/10  
 Mendoza, Llianna Devi 9/24  
 Montes, John Anthony 9/23  
 Moreno, Iris Gabriela 9/27  
 Munns, Axton Gene 9/17  
 Murdock, Joseph Thomas 9/8  
 Nelson, Shanti Lynn 9/15  
 Neyhart, Luke Richard 9/10  
 Nimri, Veronica Rose 9/18  
 Norris, Joshua Thomas 9/7  
 Ochoa, Edward Chavez 9/28  
 Ochoa, Isac 9/13  
 Ochoa, Stormy Marie 9/12  
 Orosco, Johnny Jacinto 9/26  
 Paddock-Dias, Deborah Marie 9/16  
 Pena, Emiliano Che'enrique 9/2  
 Pencille Sr., David Lamont 9/15  
 Pencille, Jolene Louise 9/17  
 Pencille, Rochelle Arlene 9/20  
 Pencille, Sierra Ann Marie 9/25  
 Perez, Aja Marie 9/22  
 Perez, Joe Antonio 9/9  
 Perez, Tristan Joshua 9/18  
 Peterson, Ray Gene 9/3  
 Peveler, Bettina Eleanor 9/23  
 Pixler Jr., Aaron Angel 9/26  
 Ponce, Albert Edward 9/3  
 Potts, Kylee Castle Raincloud 9/19  
 Powell, Joah Cruz 9/15  
 Pritchett, Carla Patricia 9/5  
 Ramirez, Yesenia Dominguez 9/26  
 Raya, Israel Anthony 9/10  
 Reina, Francisco Elias Tapia 9/2  
 Reina, Gaston Hugo 9/7  
 Reyes, Jordan Anastasia 9/1  
 Robinson, Sonny Craig 9/5  
 Rodriguez, Nora Josefina 9/6  
 Sanchez, Lizeth Celaya 9/14  
 Sandate, Bridget Kamana 9/12  
 Sandate, Raymond 9/23  
 Schaefer, Sonny Lone Hawk 9/5  
 Silvia Robles, Edrel Abiram 9/6  
 Silvia Robles, Hector 9/18  
 Silva, Lourdes Arely 9/13  
 Smith, Alexa Koo-aii 9/9  
 Trejo, Alfonsina, 9/22  
 Valencia, Emmery Rose 9/3  
 Vasquez, Tommie Lee 9/18

Velez Reyna, Maria De La Luz 9/23  
 Waco, Neil Wane 9/14  
 Wesley, Josey Deon 9/4  
 Wilson, Kenneth 9/14





# ICWA



Hello,

My name is Sheila Nau and I am the new ICWA Coordinator at the Chemehuevi Health and Wellness Center. I have an educational background in behavioral health services, substance abuse counseling, child development and victim advocacy. My prior experience includes the AZ State Prison where I worked as a counselor to help reduce inmate recidivism rates. For the past three years I was a counselor for the C.R.I.T. where I assisted both adults and youth in anger management, life skills, substance abuse, parenting, domestic violence, and trauma. I've also dedicated four years as a 24/7 on-call victim advocate for a non-profit agency assisting law enforcement personnel in criminal investigations involving domestic violence, sexual assault, human trafficking, and child abuse. Some of my duties included crisis intervention, safety planning, parent education, and judicial support/advocacy.

My purpose here at C.I.T. is to promote prevention and intervention efforts by assisting families with the daily responsibilities of running a household and raising a family; by offering a variety of services that can be tailored to meet the specific needs of each household. These preservation efforts are in place to help decrease the overall number of child abuse/neglect cases and minimize the potential of child(ren) removals and the placement of children off the reservation. When and If ICWA is activated, my number one priority will be to advocate for the safety and well-being of the child(ren) while attempting to keep the family intact, as is appropriate. The services I will be offering at Chemehuevi Health & Wellness Center include but are not limited to the following:

- Parenting Classes
- In-home assessment(s)
- Life Skills & Financial Literacy
- Anger Management
- Individual Counseling
- Play Therapy
- Domestic Violence Counseling
- Safety Planning
- Case Planning/Management
- Court Advocacy
- Family Reunification
- Crisis Intervention
- Mediation with County and State Child protective Services



It is also my goal to create more activities for members of the community including family J.I.N.G.O. night, Weekly Yoga & Meditation, and artistic outlets for the Tribal youth so that they may further explore their culture while using creative forms of self-expression. I look forward to getting to know everyone in this wonderful community!

I can be reached at (760) 858-5426

For after hours crisis or emergencies please call me at (928) 208-7797

## **MEET THE NEW CULTURAL DIRECTOR**

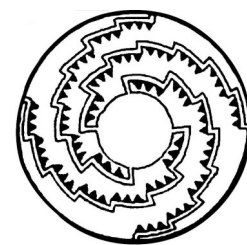
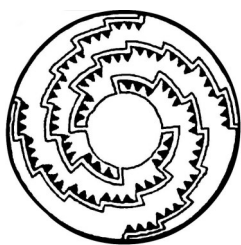
**MAIKWAS! MY NAME IS KAITLYN SNODGRASS AND I AM HONORED TO SERVE AS THE CHEMEHUEVI INDIAN TRIBE'S NEW CULTURAL CENTER DIRECTOR. I AM A TRIBAL MEMBER OF THE CHEMEHUEVI INDIAN TRIBE AND I GRADUATED WITH A BACHELORS OF FINE ARTS IN CREATIVE WRITING FROM THE INSTITUTE OF AMERICAN INDIAN ARTS IN 2020. BUT WRITING ISN'T THE ONLY THING I'M GOOD AT. I HAVE SECTION 106 TRAINING AND AM FAMILIAR WITH THE PROCESS OF TRIBAL HISTORIC PRESERVATION OFFICES AND TRIBAL CONSULTATION.**

**AS CULTURAL CENTER DIRECTOR I PLAN TO CURATE A SPACE WHERE THERE IS NO SUCH THING AS A DUMB QUESTION. THE CULTURAL CENTER IS OPEN FOR THE COMMUNITY BOTH ON-RESERVATION AND OFF-RESERVATION TO ASK QUESTIONS AND GAIN MORE KNOWLEDGE ABOUT THE RICH CULTURE AND HISTORY WE ALL COME FROM. I STRONGLY BELIEVE EDUCATION ABOUT OUR CULTURE CAN STRENGTHEN THE TIES OF OUR COMMUNITY AND PROVIDE SOME WISDOM EVEN IN THE MODERN DAY.**

**IN ADDITION TO OUR CULTURE AND HISTORY, I WOULD LIKE THE CULTURAL CENTER TO BE A PLACE TO CURATE MODERN CULTURE. THE CHEMEHUEVI PEOPLE ARE KNOWN TO BE ADAPTABLE, ADOPTING NEW ART FORMS TO SUIT OUR NEEDS. MY HOPE IS THAT ALL FACETS OF MODERN CHEMEHUEVI CULTURE AND ART WOULD BE CELEBRATED ALONGSIDE OUR RICH HISTORICAL ROOTS.**

**IF YOU HAVE ANY QUESTIONS, I CAN ANSWER THEM ANYTIME BETWEEN 7:30AM TO 4:00PM MONDAY THROUGH FRIDAY AT THE CULTURAL CENTER OR BY CALLING (760) 858-1115.**

**I LOOK FORWARD TO SERVING OUR COMMUNITY!**



**Very Awesome News Article published in the Nevada Lawyer Magazine.  
Thank you for everything you do for our Tribe Council Member Lathouris!!**



BY RYAN GORMLEY (WEINBERG, WHEELER, HUDGINS, GUNN & DIAL, LLC); MARY BACON (SPENCER FANE LLP); AND MARISA RODRIGUEZ (CITY OF NORTH LAS VEGAS)

When Kostan Lathouris entered law school, he had a different focus than most. **He wanted to better position himself to be of service to his tribe:** the Chemehuevi (cheh-meh-way-vee) Indian Tribe. And since graduating law school, he has done precisely that.

Lathouris serves on the Chemehuevi Tribal Council, which consists of nine members and is the tribe's governing body. In addition, he operates his own law firm, Lathouris Law, PLLC, where he handles federal Indian law and tribal law matters for his tribe and others, including drafting and updating tribal laws, representing tribal interests in tribal-state gaming compact negotiations, and asserting and defending tribal sovereignty in tribal and federal court litigation. Lathouris was also appointed vice chair of the Nevada Indian Commission.

Lathouris has always had a close connection with his tribe and is proud that he lives in the tribe's ancestral lands, which include Southern Nevada. Growing up, he fondly recalls memories of spending time with his grandmother on the Chemehuevi Reservation. They would routinely make the couple-

hour drive to the reservation to spend time together and attend the tribal council's meetings.

While Lathouris always knew he wanted to give back to his tribe and help it prosper, he did not always know how he would do so, much less that he would do so as a lawyer.

Lathouris grew up in Henderson and worked in his family-owned restaurant in Boulder City. He was a good student, but college was not on his mind until a fortuitous meeting with a UNLV recruiter his senior year. As a result of that meeting, he would go on to attend UNLV and graduate from its honor's college with a degree in political science.

Following college, Lathouris worked with his tribe and served on both its economic development board and gaming commission. He only turned his focus to law school after realizing that among the various attorneys who represented his tribe, none were members of it. He wanted to change that.

Throughout law school, Lathouris prepared himself to handle the unique challenges posed by federal Indian law and tribal law, serving as the first Native American to chair UNLV's Native American Law Student Association. For his efforts, he received the Barbara Buckley Community Service Award, the State Bar of Nevada Diversity Scholarship, the Public Interest Law Association Full

CONTINUED ON PAGE 33

CONTINUED FROM PAGE 31

## Meet Kostan Lathouris

Grant, and the Professional Development Fellowship, and he was awarded second place in the 2015 National National Legal Services Authority Moot Court for “Best Spoken Advocate.”

After graduating from law school, Lathouris now endeavors to assist his tribe however he can while creating a sustainable model and framework for the future. As an attorney, he has represented his tribe in critical litigation concerning its sovereignty. For instance, in *Chemehuevi Indian Tribe, et al. v. McMahon, et al.*,<sup>1</sup> the tribe prevailed in the Ninth Circuit and in opposition to a petition for writ of certiorari to the U.S. Supreme Court on allegations that state law enforcement unlawfully subjected tribal members on the reservation to certain state regulations, and successfully defended against claims that challenged the status of the tribe’s lands.

When asked how he feels about assisting with such a significant legal victory, particularly as a relatively young lawyer, having graduated law school in 2015, Lathouris said that he was happy he “could be of better service to my tribe.”

In addition, Lathouris worked on *Chicken Ranch Rancheria of Me-Wuk Indians, et al. v. Newsom, et al.*,<sup>2</sup> where the plaintiff tribes, including his own, successfully argued in federal district court that the state of California had committed bad faith in gaming compact negotiations. Further, he has led a project for codifying and updating his tribe’s laws. As a council member, he drafted legislation to protect tribal members’ free speech at tribal council meetings and, when the COVID-19 pandemic struck, drafted legislation for his reservation to help combat the spread of the virus and advocated for procedures to increase virtual access to tribal council meetings.

“Kostan is a tremendous asset to the tribal council.”

Chemehuevi Tribal Chair Sierra Pencille said “He is fair, organized, and extremely knowledgeable. He brings a systematic and diligent approach to policy making.”

And, perhaps, more importantly, he is a “compassionate person, very conscientious of the impact that government decisions may have on the population and the environment,” and “a great role model for our younger generation and is always willing to mentor others.”

“The Chemehuevi Tribe is very fortunate to have him as a leader,” Pencille said.

In his free time, Lathouris enjoys spending time on the tribe’s reservation, whale-watching, and traveling to visit family and friends.

### ENDNOTES:

1. 934 F.3d 1076 (9th Cir. 2019), cert denied, \_\_\_ U.S. \_\_\_ (U.S. March 9, 2020) (No. 19-820).
2. Case No. 1:19-CV-0024 AWI SKO (E.D. Cal. Mar. 31, 2021).



Kostan Lathouris (right) whale-watching in Monterey, California, with his father, Evangelos Lathouris.



Chemehuevi Tribal Vice Chair Tiffany Adams (left), Kostan Lathouris, Tribal Chair Sierra Pencille, and Tribal Secretary-Treasurer Amanda Sansoucie attend the Annual General Membership Meeting on the Chemehuevi Reservation.



Kostan Lathouris (right) celebrates graduating law school with his grandmother, Loretta Fixel.



Kostan Lathouris poses at the Tribal Council House on the Chemehuevi Reservation.



Kostan Lathouris (front right) enjoys a dinner with his mother Vicki (right), his sister Marisa (front left) and his father, Evangelos.



# CHR Chicken & Green Chile Posole

## Ingredients

- 4 cups chicken broth
- 3 cups of water
- 20 ounces tomatillos, roasted and blended
- 20 ounces hatch mild green chiles, roasted, peeled, de-seeded & blended
- 1 cup cilantro, washed, tightly packed and blended
- 1 bell pepper, roasted, peeled, de-seeded, and chopped
- 1 jalapeno pepper, roasted, peeled, de-seeded, and chopped
- 4 cloves garlic, peeled, minced and water sauteed
- 1 medium onion, chopped, and water sauteed
- 2 cups shredded green cabbage
- 30 ozs hominy, two 15oz cans
- 1 bay leaf
- $\frac{1}{8}$  tsp black pepper
- pinch of oregano
- 1 tsp salt
- 1 tsp garlic granulated
- $\frac{1}{2}$  tsp cumin powder
- 1 cup sour cream for topping



## Instructions

1. Roast 1 pound of Tomatillos with 1 Bell pepper and 1 Jalapeno pepper, when roasted set peppers aside.
2. In a blender, blend the Tomatillos with the Hatch Green Chile's, Cilantro and 1 cup of water.
3. De-seed the roasted Bell, and Jalapeno peppers and chop fine, and set aside.
4. Heat a large soup pot on high till a little water sizzles, then add 1 medium onion chopped and cloves of garlic that have been minced then Water Saute till onions are almost translucent. Being careful to add more water when it evaporates. You might need to turn down the heat if it seems too hot while you are sauteing. When done turn off heat, cover and set aside.
5. Add 4 cups of Chicken broth and 2 cups of water to the soup pot and cover.
6. Brown 1 pound of skinless chicken, let cool and cut in small pieces, and add to the soup pot.
7. Shred 2 cups of Green cabbage, add to the soup pot along with 30 ounces of hominy drained, the spices and seasonings.
8. Then cover, and heat till you have a slow simmer, let soup, cook at a slow simmer for 45-60 minutes.
9. When the soup is done taste it to make sure you have enough salt and adjust the seasonings to suit your tastes.

## Notes

Chicken & Green Chile Soup is really good with a big dollop of sour cream, enjoy! The first time I made this I used 27oz of Tomatillos, and it was too tangy for my Harvey. So I adjusted it down to 16 then up to 20, I think I like more tang. I might go up to 22 ounces next time... Also be sure to use mild hatch green chiles, or it will be hot. Ask me how I know...



# 10 TIPS FOR FALL WEATHER WORKOUT



How many New Year's Eves have you spent sipping champagne and vowing to get more fit in the coming year? And how many times have you failed to follow through?

"December 31 over a drink is too late to set goals and make promises," says Justin Price, owner of The Bio-mechanics, a personal training and wellness coaching facility in San Diego, Calif.

Fall, on the other hand, is a great time to start a fitness program because "'you're going to create good habits for the holiday season and the upcoming winter months," says Price.

Chris Freytag, a fitness instructor and fitness expert with *Prevention* magazine, agrees.

"With the change of seasons comes a renewed time to rethink and restart," she says. "'What's so special about January?'"

Besides, says Freytag, a mother of three, moms with school-aged kids "think of September as the new year."

Here are 10 ways to start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

**1. Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

"Walking, hiking and cycling are all awesome in the fall," says Todd Durkin, MS, fitness coach and owner of Fitness Quest 10 in San Diego, Calif.

Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating, he suggests.

In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the beach, get out and play volleyball, throw the Frisbee around, or play a vigorous game of fetch with your dog.

"It's a great time to do beach activities because it's so much less crowded," says Price.

If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace.

And remember, it doesn't have to seem like exercise to be a great workout.

"Raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning," says Freytag.

**2. Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new.

Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

And with the kids in school, parents have more time to check out those classes, Freytag says.

Fall is the perfect time to gain new physical skills, Price says, because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

**3. Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows, says Freytag. "If you're going to sit down and watch hours of TV, get moving," she suggests. "Make a date with exercise and TV."

While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

**4. Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, "why not walk around the outside of the field while they practice?", suggests Price. "Or (if you feel Or try "walking meetings," like those Price and his colleagues at Biomechanics often hold. "We go for a walk, we brainstorm, and we figure out who's going to take what responsibilities," says Price. "Things get achieved much more quickly," he says, and everyone feels better for doing it. You can even get moving while you get motivated -- for fitness or other life goals. "Get some inspirational music or find a motivational talk and download it to your iPod," suggests Durkin. Walk while you listen for 30 minutes.

**5. Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit, says Durkin. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, he says, so you can feel good physically, mentally, emotionally, and spiritually.

**6. Remember the 30-day rule.** "It takes about four weeks for the body to adapt to lifestyle changes," says Price. That's why people who give up on their fitness programs tend to do so within the first 30 days.

So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button.

"Try to stick with a program for a month," Price says. "After a month, behavior patterns will have adapted and it will be much easier to stick with it after that."

**7. Strive for the 3 Cs.** Freytag calls commitment, convenience, and consistency "the three Cs", and says having all three will lead to a successful fitness program.

First, exercise takes *commitment*. When a client complains to Freytag about a lack of time, she responds: "Tell me something I haven't heard before. We're all busy; that's just part of our lives."

"You have to start planning exercise, just like you do everything else," like meetings, dinners, and getting kids to lessons and practice, she says. "Put in on the calendar, because later always turns into never."

*Convenience* means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted.

Finally, there's *consistency*. "I'd rather see a brand-new client work out for 10 minutes a day rather than one hour every month," Freytag says

**8. Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe.

"Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can't work out," says Durkin. If walking or running outdoors, he says, "wear a reflective vest and carry a flashlight."

When cycling, affix a light to your helmet or bike.

If possible, use trails or a local school track to avoid vehicle traffic. Try to work out at the same time every day, so drivers get used to seeing you.

**9. Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

These days, there's no lack of great weather gear. Freytag and Price recommend clothing with wicking, often called "DriFit." This fabric wicks moisture away from your skin so you're not exercising with wet fabric hanging on you.

Freytag suggests three layers: "The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the third layer should be a protective layer (like a windbreaker or rain slicker, depending on the weather)."

"And don't forget the sunglasses," she warns. UV protection is important year round. Fall sun can be blinding at certain times of the day.

**10. Find your motivation.** "People are motivated by different things," says Durkin. It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event, says Durkin.

But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts, he says. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking

part in a "boot camp" class.

Creating a challenge for yourself will motivate you, as will encouragement and accountability, he adds. "You want to know when you're doing a good job, and when you're not," says Durkin.

Remember too, that anything worth having takes work.

"Tell me something you can do three times a week for 10 minutes and be great at? It doesn't exist," he says. "If it was easy to be great, everybody would be great."



# Tribal Realty and Planning

## **Planning Department**

Please remember that it is the responsibility of the lease holder of a lot in the Tribal Subdivision to contact the Planning Department before moving a modular home on site. The Tribal Planning Office will help Tribal Members with any Planning issues including property corners which must be identified prior to placement of home, location of utilities (water, sewer, electrical) Site plans, home location on site and set up, site plats, set backs or any other planning requirement needed. Call 760-858-1116 and talk with Bill for all your planning needs it will make the move so much easier. There are no vacant Tribal Subdivision lots available. Realty has a brief paper on moving to the Reservation, stop by or call us for a copy. Realty has started the permanent survey in Lakeside on Friday August 20, 2021. Once the markers are installed it is the responsibility of the lease holder to make sure these permanent markers are protected.

## **In Fill Residential lots**

The Realty Department has identified 10 lots that could be used for Residential use along North and South Valley Mesa Road. The utilities to these new lots are scheduled to start in November of 2021. Allocation of these lots will be by drawing at a future Council Meeting, please see newsletter for announcement.

## **Cemetery**

Please stop by Realty to review the cemetery plat map, which has individual grave sites platted. All of the occupied grave sites are identified on the plat map. The Cemetery Committee is now working on the design of a Cry House and Planning is seeking Grants. The Cemetery Committee is planning a work day in November to clean up the front of the Cemetery, bring shovels, hoes, gloves and your hard work.

## **Sunrise Mobile Home Park**

Tribal Realty is looking for Joint Venture Partners to assist in the Sunrise Condo Project.

## **Realty Department**

The Realty Department has assumed all real estate sales in the Resort, Sunrise and the Palms effective January 01, 2019. The Realty Department has collected over \$313,000.00 in fees since January 2021 thru September 01, 2021

## **Strategic Planning**

Tribal Realty is working to develop non-gaming revenue by using Tribal Lands to generate income for the Tribe. Currently Realty is working with two different developers for projects that will benefit the Tribe with land leases, water usage and Tribal employment. Currently Realty has 6 development projects under consideration and site plan review.

Tribal Planner, Bill Cox  
Vice-Chairman, Tiffany Adams

Realty Officer, Allyn Rosetta  
Realty Assistant: Angela Trujillo  
Secretary: Barbara Wood

## CHEMEHUEVI HEALTH & WELLNESS



# YOGA

For C.I.T. Members & Employees  
Starting November 4<sup>th</sup> 2021

---

**Every Thursday From 5:00PM-6:00PM**  
(EXCLUDING HOLIDAYS)

**@ NUWUVI PARK**

ASHTANGA YOGA & MEDITATION TO PROMOTE:  
STRESS REDUCTION, MINDFULNESS & SPIRITUAL ALIGNMENT

---

Call (760) 858-5426 to reserve your yoga mat!

## EDUCATION DEPARTMENT



### Chemehuevi Student Graduates in October



Layoni Martinez daughter of Rebecca Rubio and Lenin Martinez and granddaughter of Darryl King will graduate October 30, 2021 from West Coast Ultrasound Institute in Ontario, California with an AS in Magnetic Resonance Imaging. Graduating with honors with a 3.9 GPA Layoni plans on working as an MRI Technologist.

### Chemehuevi Graduation Stoles Available for 2022



Graduating in winter or next spring? Order your Chemehuevi Graduation Stole now. This year we had to order more and more! So don't be waiting get on the list now by emailing Education Center Director Anne Frazier at [dir.edu@cit-nsn.gov](mailto:dir.edu@cit-nsn.gov). This is the way to get your information application and all the details you need to get a stole for either high school or college graduation. Stoles may take up to 3 weeks for delivery. A keepsake forever.

*Photo Courtesy of Lauren Hoover*

### Next College Funding Deadline for HED is November 19<sup>th</sup> (this is a date change)

The Chemehuevi Higher Education funding will be available again by application and approval with deadline due November 19<sup>th</sup> at 5:00 p.m. This funding will be for the spring semester 2021.2022.

#### Deadlines will be strictly adhered to.

Applications (HED) are available on the CIT website at [www.chemehuevi.net](http://www.chemehuevi.net) or by emailing [dir.edu@cit-nsn.gov](mailto:dir.edu@cit-nsn.gov). College students may be awarded up to \$3,000 per semester. Student must be attending an accredited institution and be attending as a full-time student (12 units). Funding is available **dependent on availability of funds**.

All applications will be presented to The Education Board at a regular meeting December 2<sup>nd</sup>, 2021. Those approved are then presented to the Tribal Council December 18<sup>th</sup>, 2021 at a regular meeting. Checks will go out the first week in January.

AVT Funding (Career and Tech certificates) applications are separate from the HED and also available online at [www.chemehuevi.net](http://www.chemehuevi.net) or by email [dir.edu@cit-nsn.gov](mailto:dir.edu@cit-nsn.gov). Deadline is at least **90 days BEFORE** the monies are due at the school. Students must be attending program as a full-time student according to the program and the institution must be accredited.

For details and information call 760-858-1063 or email [dir.edu@cit-nsn.gov](mailto:dir.edu@cit-nsn.gov).

### For Lots of Information Please Visit Our Facebook Page

Please visit us daily as news and good information always pops up on The Ed's Face Book page at Chemehuevi Indian Tribe Education Center.

We can also be reached Monday to Friday 8:30 a.m. to 5:00 p.m. at 760-858-1063 or [dir.edu@cit-nsn.gov](mailto:dir.edu@cit-nsn.gov).

## Secretary-Treasurer Monthly Report

August 2021



Name: Amanda Sansoucie

Email: [sec.treas@cit-nstn.gov](mailto:sec.treas@cit-nstn.gov)

Phone: (760) 858-4219

Physical Address: 1990  
Palo Verde Dr., Havasu  
Lake, CA 92363

Mailing Address: P.O. Box  
1976, Havasu Lake, CA  
92363

Hours of Operation:

Mon-Fri, 7:30a.m. to  
4:00p.m.

### Finances

- Todd Sobol is continuing to issue corrections and payments for 401ks. We are also working on ways to expedite certain processes (purchase orders, 401k payments, etc.)
- Tribal Audit is still in-process. Some information needed to be corrected and accounted for.
- Budgeting process is

### Communications

#### Enrollments

There have been no recent enrollment applications. Due to this, the Enrollment Committee meeting was rescheduled for October 7, 2021.

#### General Updates

- Currently working on gathering Minor Trust Fund account information from Pacific Premier so that records can be compared to the loan the Tribe received from the Casino to pay back the money used on the Casino project (sometime around 2018)
- Application was completed and approved to provide a self-help kiosk for the Tribal Court. This was free to the Tribe and will allow for easy access to Tribal Court services.

#### Board Vacancies

Cannabis Commission: 2

- One (1) applicant: Waco Escobar

Education: 1

Health Board: 1

HLH/HLC: 3





**CHEMEHUEVI INDIAN TRIBE**  
**OFFICE OF THE VICE-CHAIR**  
**MONTHLY COUNCIL REPORT – AUGUST 2021**

**Realty**

The Realty and Planning (RP) 2021 revenue and income have now exceeded 250k in revenue for the Tribe by way of sales and transfer fees.

With the new surveys being done, it will be the responsibility of the lot lessee to create permanent markers at the property site. The next phase of permanent staking is underway.

Planning is working with Housing and looking at agriculture expansion.

The MSA for the Barstow Project has been signed by the city and awaits signature and approval by Tribal council.

**HLR Lease Modifications**

The lease modifications have been approved by Council and have implemented lease language changes. We have sent notices to tenants and are providing information to tenants who call. The lease modification will allow the Tribe to raise rent on an annual basis.

We have issued letters to tenants notifying them of the rent changes over the next few years.

RP has begun implementation of the rent rate changes without any problems to date. We have already facilitated the sale of several homes with the new rents.

**RFP'S**

RP created and posted RFP'S for the Internet and the development of the 2.5gh band we have been granted; we have received 4 proposals and will beginning early August setting meetings with developers.

RP have 2 applicants for the Grant Manager/Writer position. We will set up interviews asap.

RP have been in the process of receiving bids for the work and updating of the Health and Wellness department.

RP put out the RFP for Assessment of Water Well system and possible redevelopment of the current wells.

**Planning Committee**

We are working on the creation and development of a Chemehuevi Planning Committee to address the Tribes' future planning efforts. This includes gathering past and current plans for the development of future homes, increased space for administration, increased accessibility on the reservation, etc.

We have had 2 planning meetings, these will continue, and will report as information becomes available.

**Ongoing**

RP has submitted a signed copy of the LRTO contract to the Morongo Realty Department. This will be reviewed at their next scheduled council meeting. Upon completion the reoordation of all leases will move forward.

RP researching new areas of the Reservation for more homes and storage. We are looking at garage structures, dry storage, campground structures for long-term tenants. Any plans and or developments will be brought to the HLR Board and council. This is an effort to create more revenue-generating opportunities and increase the desirability of our current land holdings.

RP has been working with the Havasu Landing Resort Property manager to re-write the Conditions, Covenants, and Restrictions (CC&Rs), we are modifying leases which will give the Tribe more discretion to raise rents and charge applicable fees to address infrastructure needs and upgrades to our existing holdings.

The Water Department has remained self-funded through water charges but will need to address the growing demands for services. We are servicing more homes and expect more growth in the coming years. This rate increase will ensure we are

receiving fair market value and allow us to plan for our future water security. I have provided a rate structure break down for information only.

The complete survey of the Tribal Subdivision will start on Friday August 20, 2021. This will allow the tribe to begin working with San Bernardino County to supply addresses to every building and residence on the Reservation.

Research project to increase housing in South and North Valley Mesa is ongoing. Surveying is complete and we have an estimate for the project of 10k per lot. This would include bringing utility to the home site.

RP is preparing reports on all leases/permits, and their compliance with their leases of Tribal Land, so we may provide written reports to the membership on a quarterly and annual basis. We will provide a comprehensive report on current leases and provide rezoning of our community and for changing our current policies and leases in our enterprises, to ensure we are receiving fair market value for the product we provide. This includes market analysis on rents in the area and our current rents.

Seeking bids for the upgrades at the Health and Wellness Center.

#### **Permits and Leasing**

RP is updating and creating ordinances related to all entities and areas of the Reservation which fall under our care. This includes leases, Nuwavi Park uses and rules, examining rents, and capital improvements.

RP is working on the renegotiation of the Indian Health Services (IHS) clinic lease. We have requested the applicable documents and will be preparing a resolution for Council approval, as required by IHS. The outcome will be forthcoming.

Currently, all lots in the Lakeside area are spoken for. If you would like to be placed on a waitlist for future availability, please contact Realty and Planning office for information.

#### **Planning**

Have received the Agreement for the Design and Specifications of second large ferry boat from All-American Marine. FHWA has indicated that funding will be available for the final design and assessment which leads to the securing the approximately 4.6-Million-dollar grant for the build and a new Universal Boat Launch & Haul Trailer to facilitate both the TECOPA and the new Ship.

Developing plans and cost estimates for jetty installation at southern entrance to new marina to block surge from high southern wind wave action hitting the docks.

Researching the use of road planning funds for upgrades of streets in the subdivisions as well as new streets and walking paths to and from the Store and Housing. Edison is developing final plans for the complete electrical underground and amperage service upgrade.

#### **GIS/GPS Mapping System**

The GIS/GPS Mapping System is in place and operational. We will continue establishing a priority list for mapping various areas of the Reservation. We will also provide a schedule for completing the mapping and for updating the system regularly.

If any Tribal Members are interested in learning how to use the system, please contact RP or TERC to set up training!

#### **COVID-19 Grants**

RP have completed the contract for the purchase of 2 container homes for isolation/transitional housing. The pre-delivery work, slab, power, and water stub in, will be completed prior to delivery.

"Pink Palace" removal bid has been accepted and will be scheduled asap.

Updating of the Health and Wellness Center is underway with bids being completed. The bids will be reviewed and selection early September.

RP are currently discussing with housing how to add more of the homes for emergency family housing.

RP are working with a local contractor to remove the pink palace to begin preparing the site for tiny homes.

The lift station work is projected to begin in November.

Work at Nuwavi Park for the installation of new insulation.

RP is addressing:

Locks for the building, these would be programmable locks. This would allow the Tribe reduce contact and allow for the lock code to be changed after each user, cut down on key replacements.

Currently pricing the kitchen equipment which needs to be replaced,

seeking bids to repair the BBQ area,

looking into more lighting for the park, and

built in storage on site.

Scheduling general maintenance.

#### Homeowner Packets

RP has created homeowner packets to address the needs of the Chemehuevi citizens in their home buying, building, and/or remodeling needs.

This includes providing a contact list to be posted on the website, available for pick up at our office, and or emailed upon request.

If any tribal member needs a packet, they can request them from our office.

#### Community

We are creating a priority list for the RP Office as it pertains to the needs of the community.

These updates and findings include but are not limited to:

- Developing budgets and seeking grant funding for the necessary containment of the area, to limit access to the area, including barriers and signage. Signage will display any tribal ordinances about the site to be posted around the site. We will attempt to create the barriers needed to coincide with the signage. This work is ongoing as we seek grant funding to address the area.
- RP has created several signs which will be posted near the dump area with the tribal ordinance.
- Seeking input and grant funding to care for Chemehuevi Cemetery.
- Speaking with Tribal Members about fundraising for Cultural Center and Scholarships.

#### Developing language for: Cultural Oversight/Guidance Committee/Group In Progress

Developing language to create Cultural Oversight Committee. This group would be responsible for providing cultural oversight about visual and cultural representation on the Chemehuevi Indian Reservation. The intent and outcomes would be to ensure positive Tribal Identity is promoted and done so in line with our cultural values.

#### Public Health

- Working with departments to provide COVID safe events and activities.
- We now have 2 contractors who have looked at the job of rehabbing the Health and Wellness Center. This work will include repairs and paint.
- Working with ICWA coordinator to create covid safe events for community health.
- Developing protocol to provide resources for tribal members who need to quarantine.
- We are still waiting for a response for the lease renewal for the Chemehuevi Health Clinic. Will provide information as it becomes available.
- Have had a single applicant and completed the interview for the ASAP position.
- **SAMSA EVENT HAS BEEN POSTPONED DUE TO INCREASED COVID NUMBERS**

**DEPARTMENT OF HOUSING**

Housing office hours are 7:30 a.m. to 4:00 p.m.  
 Maintenance office hours are 5:30 a.m. to 2:00 p.m.

**NOTICE:** If you are not feeling well, please call Housing personnel rather than visiting the office. If you need to visit in person, a face mask is required. After hours, money order and check payments can be dropped in the Housing drop box. If you prefer not to visit the Housing office with your payments, Renee or Housing administrative employees can process electronic phone payments with a debit or credit card.

Homes are available to eligible low-income Chemehuevi Tribal Members and other Native Americans. Quail Trail homes 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. Due to COVID-19 precautions, the Maintenance Department is only processing emergency and other necessary preventative work orders. If you are sick and your unit needs work, please make sure maintenance personnel is notified in advance.

**REMINDER:** A & B is delivering Propane on September 24th. If you are interested in their service, please give the Housing Department a call, or you can call them direct @ 928-854-4099. Ferrellgas is still offering Propane. All deliveries will not be charged taxes or other fees. Please contact Ferrellgas directly and let them know that 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 [KatyRankin@ferrellgas.com](mailto:KatyRankin@ferrellgas.com).

**HEAP Applications: Cares Act funding available.** Housing has not received the new 2021 forms, so we are still working with the 2020 application. I contacted the program, and they advised me that they have money in the Cares Act to help people with electric bills and propane. 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 your social security cards for household members and proof of income.

**AUGUST/SEPTEMBER MAINTENANCE ON CALL SCHEDULE:**

**July/Aug. 26-1:** Emmanuel Evans (760) 617-6325

**August 2-8:** John Perez (760) 810-1561

**August 9-15:** Emmanuel Evans (760) 617-6325

**August 16-22:** John Perez (760) 810-1561

**August 23-29:** Emmanuel Evans (760) 617-6325

**August 30-Sep 5:** John Perez (760) 810-1561

**Sept 6-12:** Emmanuel Evans (760) 617-6325

**Sept 13-19:** John Perez (760) 810-1561

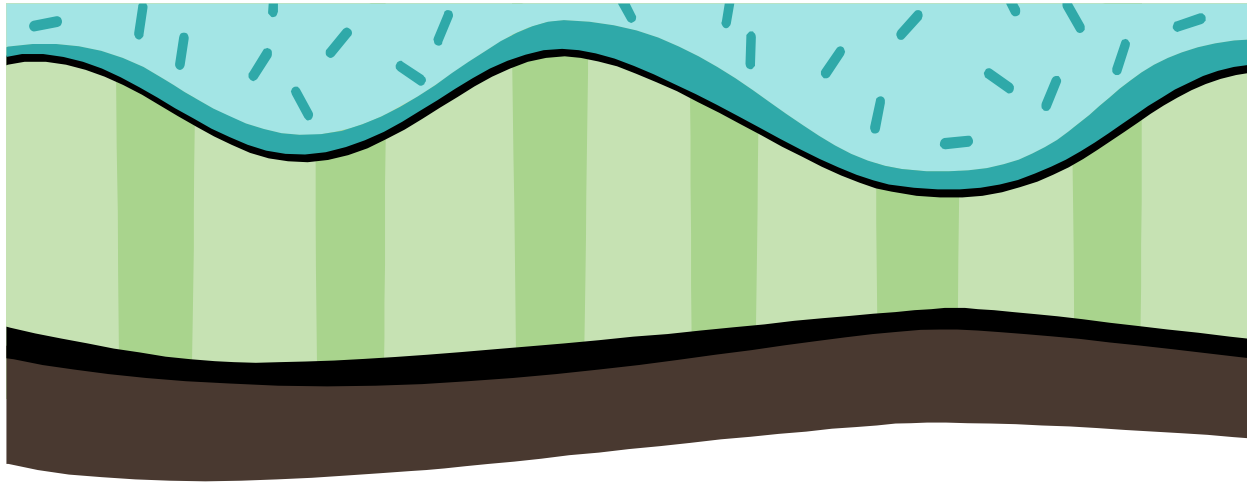
**Sept 20-26:** Emmanuel Evans (760) 617-6325

### Community Clean-Up

Another great success!!! The Community Clean-up was held on September 10th, 2021, from 8 am to 12 pm, followed by a delicious barbecue. The Chemehuevi Housing and the EPA Department would like to thank everyone who came out to help with the clean-up day. Housing wants to give a special thanks to the Havasu Landing Market Manager, Laura Page, for ordering everything for lunch and donating water. Also, the Chemehuevi Water Department for always helping with compacting the dumpsters. Last but not least, all the volunteers from all the departments and the community members.







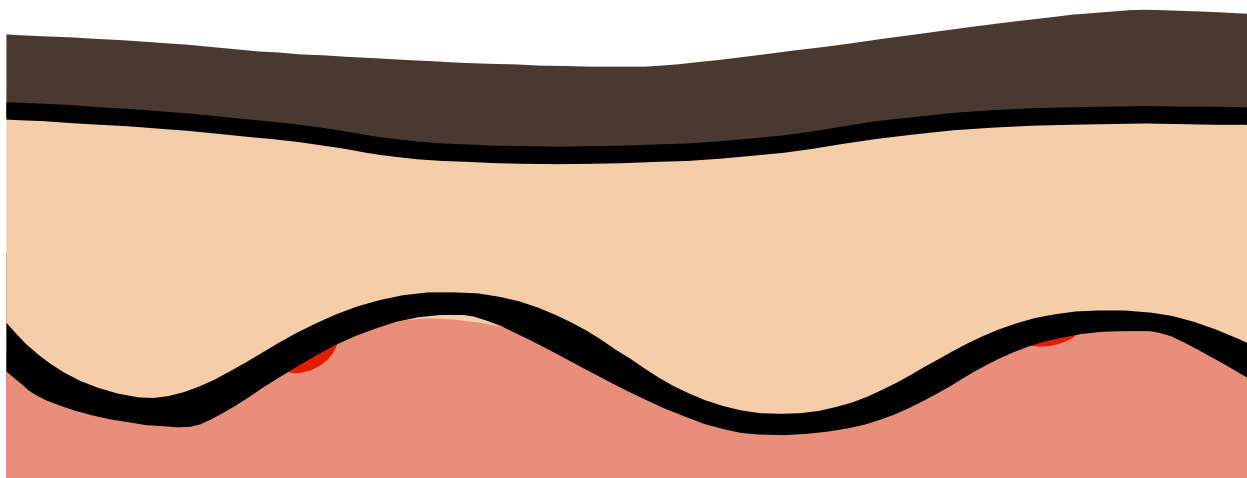
## Community IHP Meeting

October 8, 2021,

5pm -7 pm

Share your thoughts on Community improvements

Dinner will be provided



## Care Packages

Housing Department put together COVID CARE PACKAGES. We want to thank EPA, CHR, and Havasu Landing Market for their support and help. The Packages contain items to help our families in the community who have tested positive for COVID-19 and need a little extra help to feel better. If you or anyone in our community should need a Care Package please call the CHR so she can verify results and make arrangements for a package to be delivered.



**Chemehuevi Community Center**  
**1978 Valley Mesa Havasu Lake, CA 92363**  
**Phone: (760) 858-5103**

The Community Center has opened up to the youth Monday through Friday from nine o'clock am to four o'clock pm (face mask is always worn, and temperatures will be taken upon entry). The Community Center has been implementing daily activities for the youth outside and inside, such as movie nights, softball, kick-ball, flag football, arts and crafts, foosball tournaments, pool tournaments, and air hockey tournaments. Also, the Gym is open one or two times a week to let the youth run around and be active.





**TOP 3 MOST CREATIVE TRUNKS WILL WIN A PRIZE!**

**TRUNK or TREAT**

**FUMC**

**CHEMEHUEVI COMMUNITY CENTER**  
FOOD, FUN GAMES & PRIZES!  
**SUNDAY, OCTOBER 31**  
**AT 5:00PM TILL 9:00PM**

**PUMPKIN CARVING & COSTUME CONTEST**  
YOU MAY CARVE YOUR PUMPKIN AT HOME MAKE SURE TO  
SUBMIT IT WITH THE COMMUNITY CENTER

**PLEASE PRACTICE SOCIAL DISTANCING**  
FOR MORE INFO CONTACT ISAC OCHOA AT 760 858 5103



CHEMEHUEVI COMMUNITY CENTER

# FALL ART CONTEST

## 18 AND UNDER

### CASH CARD PRIZES!

ALL ART MEDIUMS WELCOME  
**THEME: ANYTHING FALL RELATED**

SUBMIT YOUR ARTWORK WITH THE  
COMMUNITY CENTER NO LATER THAN  
NOVEMBER 1ST, 2021

**THERE WILL BE TWO AGE  
CATEGORIES 6 - 12 & 13 - 18**

FOR MORE INFO PLEASE CALL ISAC OCHOA @ 760-858-5103

made with PosterMyWall.com



**HALLOWEEN**  
MOVIE NIGHT

**OCTOBER 21**  
6:00PM TO 9:00PM

**CLASSIC HORRORS**  
**COMMUNITY CENTER WILL BE SELLING**  
**POPCORN, FOOD, CANDY, DRINKS**

FOR MORE INFORMATION PLEASE CONTACT ISAC OCHOA @ 760-858-5103

## Community Announcements

### Emergency Broadband Benefit

The federal Emergency Broadband Benefit can help you pay for your broadband internet costs.

#### Benefit details

The Emergency Broadband Benefit provides:

- \$50 a month off your broadband internet bill
  - \$75 a month if you live on Tribal lands
- \$100 discount towards the purchase of a laptop or tablet

#### Who's eligible?

You are eligible if someone in your household:

- Gets Medi-Cal
  - Gets EBT (CalFresh or CalWORKS) benefits
  - Gets Tribal TANF or Food Distribution Program on Indian Reservations benefits
  - Lost a job or was furloughed
  - And your income is below \$99,000 if filing taxes individually or \$198,000 if filing jointly
  - Gets lunch through the free and reduced-price school lunch program this year or last year
  - Got a Pell Grant this year
  - Qualifies for Lifeline phone benefits
  - Qualifies for an internet provider's existing low-income (or COVID-19) broadband program
- Has an income of less than \$12,880 for a family of 1 and up to \$44,660 for a family of 8.

This is a temporary program, and should end sometime later this year.

Before the program ends:

- Your internet provider will tell you it is ending.
  - Your internet provider will provide options for other low-cost broadband programs, if they are available.
- Your service will end unless you tell your broadband provider that you want to continue paying for a plan without the discount.

For more information from the state on how California providers will be implementing the program:

<https://covid19.ca.gov/emergency-broadband>



**SOUTHERN CALIFORNIA  
EDISON**  
Energy for What's Ahead™

### FREE ENERGY-EFFICIENT APPLIANCES TO LOWER YOUR ELECTRIC BILL

**The Energy Savings Assistance Program — Easy as 1-2-3**

- 1. Qualification and Assessment**  
To be eligible, you must meet specific household income guidelines. After qualification, a contractor will do a walk-thru of your home to make an assessment regarding the potential installation of one or more appliances or services.
- 2. Service Delivery**  
Installation and services, such as weatherization, are carried out by respected community service agencies and approved contractors.
- 3. Inspection**  
An inspection may be conducted to ensure you are satisfied with the updates and to verify the installed appliances and services are working properly.

**Available Appliances and Services**

- Refrigerators and Freezer Replacement
- Weatherization Services
- Cooling Systems
- Smart Thermostat
- Pool Pump Replacement
- Clothes Washer Replacement
- Lighting
- Smart Power Strips

Help lower your energy costs by replacing your current household refrigerator, cooling system, lighting, and more with energy-efficient models through the Energy Savings Assistance Program.

To apply for the Energy Savings Assistance Program, or for further information

**John Harrison Contracting**  
**(760) 322-2653**

**Energy Savings Assistance Program**

## EPA Department

# Non-Point source



### N O R T H V A L L E Y M E S A S H O R E L I N E

Non-Point Source crew has still been on this project, completion date is on or before September 30<sup>th</sup> 2021. Tasks are to eradicate invasive species such as, Mexican Fan (**Palm Tree**) Arundo (**Bamboo**) Tamarisk (**Salt Cedars**). These non-indigenous trees pose ecological threats. Mexican Fan Palm Tree create monospecific stands (single-species) developing a dense group of trees, which can be a dangerous fire hazard.

Bamboo invades washes, lake shores & interferes with flood control. All invasive trees are piled and go under a control burn.

While Salt Cedars produce & leave a high concentration of salt, it prevents native plants to develop & grow. One of the most harmful species because of its long roots start to tap into underground aquifers. Over time Salt Cedars can change our soil preventing our indigenous plants from growing.

EPA's goal is to restore habitat by planting Willows, Cottonwoods & preserving Mesquites. These indigenous trees are currently used in Chemehuevi Basket weaving & medicinally by Tribal Members.



Chemehuevi Women from left to right: Molly Stanley, Eva Stevens, and Nettie Hanks gathering bundles of Willow for basket weaving, circa 1930's/1940's.

Chemehuevi Women from left to right: Molly Stanley, Eva Stevens, and Nettie Hanks gathering bundles of Willow for basket weaving, circa 1930's/1940's.

### Water Quality Impacts

Habitat restoration helps reduce the sediment load entering the lake during storm events. Salt Cedar and Arundo do not help hold sediment because their root systems are not extensive at surface level. Salt Cedar also deposits salts into the soil making it difficult for native species to grow and increasing lake salinity levels after storms. Revegetating with willows is ideal because willows have a much more extensive root system that helps to hold sediment in place during storms. This reduces the amount of sediment and salts entering the lake during storm events.

Non-Point Source crew will start at a new project site, October 2021 with the same tasks & goals.

# Non-Point source

EPA Department



WE'RE ON THE WEB  
WWW.CHEMEHUEVI.NET

# CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

## SEPTEMBER 2021

**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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HAVASU LAKE, CA 92363-1976