

# SIWA VAATS NEWS

PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

#### 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 760-858-4219

Havasu Landing Resort 760/858-4592

Havasu Landing Casino 760-858-4593

# TRIBAL COUNCIL MEMBERS

Glenn Lodge, Chairman

Sheridan Silversmith, Vice Chair-Woman

Raymond Mejia, Secretary-Treasurer

Levi Esquerra

**Kostan Lathouris** 

Tito K. Smith

**Candice Chandler** 

Edward "Butch" Ochoa

**Daniel Leivas** 



#### CHEMEHUEVI INDIAN TRIBE

Chemehuevi Indian Tribe P.O. Box 1976

1990 Palo Verde Drive Lake Havasu, CA 92363

Phone: 760-858-4219 Fax: 760-858-5400 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 29, 2025
9:00 a.m.



# CHEMEHUEVI INDIAN TRIBE Regular Monthly Tribal Council Meeting

Saturday March 29, 2025, 9:00 am Tribal Administration 1990 Palo Verde Dr. Chemehuevi Valley, CA 92363

## MEETING RULES

- (1) To provide for the efficient operation of the Tribal Government, the Council has adopted Ordinance No. 8-26-01-A, "An Ordinance of the Tribal Council of the Chemehuevi Indian Tribe Enacting a Tribal Code" (the "Tribal Code").
- (2) Tribal Code § 2.02.030, Open to the Public: Exception. All regular and special meetings of the Council shall be open to members of the Tribe, spouses of members, and invited guests of the Council; provided, however, the Council may hold executive sessions during a regular or special meeting, from which all members of the public may be excluded, for the purpose of considering the matters set forth.
- (3) Tribal Code § 2.02.050, Presiding Officer. The Chairman shall be the presiding officer at all meetings of the Council. In the absence of the Chairman, the Vice-Chairman shall preside. In the absence of both the Chairman and the Vice-Chairman, the Secretary of the Council shall call the Council to order, whereupon a temporary presiding offer shall be elected by the Council members present to serve until the arrival of the Chairman or Vice-Chairman or until adjournment.
- (4) Tribal Code, § 2.02.070, Agenda. All reports, communications, ordinances, resolutions, contract documents, or other matters to be submitted to the Council at a regular meeting shall be delivered to the Tribal Secretary not later than ten (10) days preceding the meeting. The Secretary of the Council shall prepare the agenda of all such matters. The agenda and supporting documents shall be delivered to the Secretary-Treasurer by 12:00 p.m. on the Friday, six (6) business days prior to any regularly scheduled meeting to which the agenda pertains and it shall be made available to Tribal members for inspection and copying at least two (2) days prior to the regularly scheduled meeting to which the agenda pertains. Any employee of the Tribe, other than the Executive Committee, wishing to place an item on the agenda shall complete a "Tribal Council Agenda Summary" form setting forth: (1) a brief summary of the issue to be presented; (2) an estimated time for presentation; (3) the recommended solution; and (4) a recommended motion. The Tribal Council Agenda Summary shall be in a form adopted from time-to-time by Council resolution. Any item or supporting documentation submitted to the Secretary-Treasurer for inclusion on the agenda after the time periods set forth in this Section shall not be included on the agenda but shall be placed on the agenda for the next meeting, provided, however, if the Secretary-Treasurer determines that the item constitutes an emergency item then the item will be added to the agenda but will only be considered if the Council, by a majority vote, votes to hear the item. An item is considered an "emergency item" when there is a great public calamity; there is an immediate need to prepare for national or local emergency; there is a

breakdown in machinery or essential service which requires the immediate procurement of supplies and equipment to protect the public health, welfare, or safety; or an essential departmental operation affecting the public health, welfare, or safety would be greatly hampered if the prescribed purchase would cause an undue delay in procurement of the needed item. When it is in the best interests of the Tribe or its members, agenda items may be added at any time at the request of any Council member, the Chairman, Tribal Administrator, or Tribal Attorney.

- (5) Tribal Code, § 2.02.080, Order of Business. The business of the Council and the order of its agenda shall be in such form as the Council may from time to time adopt by resolution.
- (6) Tribal Code, § 2.02.160, Rules of Decorum for Council and Staff. (1) While the Council is in session, the Council members shall preserve order and decorum, and a Council member shall neither, by conversation or otherwise, delay or interrupt the proceedings or the peace of the Council, nor disturb any Council while speaking, nor refuse to obey the orders of the Chairman. Council members shall not leave the meeting while it is in session without first obtaining the permission of the Chairman. (2) Tribal staff and employees shall observe the same rules of order and decorum as are applicable to the Council; (3) any person making impertinent, slanderous, or profane remarks or who becomes boisterous while addressing the Council shall be called to order by the Chairman and, if such conduct continues, may, at the direction of the Chairman, upon approval of the Council, be ordered to leave the audience and Council Chambers for the duration of that Council meeting; (4) any such persons in the audience who engages in disorderly conduct, such as clapping of the hands, stomping of the feet, whistling, using profane language, yelling, or similar demonstrations which conduct disturbs the peace and good order of the meeting, or who refuses to comply with the lawful orders of the Chairman, upon instructions from the Chairman, with the approval of the Tribal Council, shall be requested to leave. If the person refuses, the Council shall recess, and the Chairman shall call the Sheriff to have the person removed from the meeting room.
- (7) Tribal Code, § 2.02.170 (1), Rules of Decorum for Public: Manner. Each person desiring to address the Council shall state their name for the record, state the subject they wish to discuss, state whom they are representing if they represent an organization or other person(s), and, unless further time is granted by a majority vote of the Council, shall limit their remarks to three (3) minutes. All remarks shall be addressed to the Council as a whole and not to any member thereof. No question shall be asked of a Council member or a member of the Tribe's staff without being recognized by the Chairman.
- (8) Tribal Code, § 2.02.170 (3), Rules of Decorum for Public: After Motions Are Made and Hearings Are Closed. After a motion has been made or a public hearing has been closed, no member of the public shall address the Council from the audience on the matter under consideration without first securing permission to do so by a majority vote of the Council.
- (9) Tribal Code § 2.02.040, Executive Sessions.
  - The Council may exclude all persons from a meeting and hold a closed session to discuss or consider any of the following: (1) whether, based on existing facts and circumstances, a closed session is necessary or authorized by the Tribal Code; (2) the appointment, employment, evaluation, performance, disciplinary action or dismissal of a Tribal employee or to hear complaints or charges brought against

information to attend.

#### (11) Public Comments.

- Regular monthly Council meetings are for the Council to conduct the Tribe's business and is not to be considered a public community meeting. This is an opportunity for Tribal members to make suggestions and identify concerns about matters on the agenda or other Tribal related matters.
- Each Tribal member desiring to address the Council must fill out a "Public Comment Notice" pertaining to items specific to the agenda, PRIOR to the approval of the agenda. During that item on the agenda, Tribal members will be recognized to speak on that item in order that their Public Comment Notices were received.

# AGENDA

- (1) Roll Call/Quorum
- (2) Meeting Rules Reminder/Housekeeping Announcements
- (3) Last Call for Public Comment Notices

If you wish to address the Council on any item on the agenda (aside from "Comments from the Audience"), please complete a **Public Comment Notice**, and return to the Secretary-Treasurer **PRIOR** to this portion of the meeting.

(4) Approval of Agenda

The Council may approve the agenda as is or with changes, as needed.

(5) Approval of Minutes

#5 February RCM Minutes Draft

(6) Presentations

#22 Tribal Planning Director Steven Escobar and Kenvin Wheeler (Consultant) will update to the Tribal Council and Membership on 2025 water rights.

### **Executive Committee Reports:**

- (A) Chairman's Report #24
- (B) Vice Chairman's Report #4
- (C) Secretary-Treasurer's Report #6
- (8) Council Members' Reports
- (9) Tribal Administrator's Report
- (10) Staff Monthly Report/Financial
  - a. #25 Tribal Administration

- b. #9 Resort
- c. #8 Casino/Hotel & Restaurant

# (11) Board/Committee Reports/Vacancies/Applications

Housing Board monthly Report- Chair Gjrjle Dunlap

#### (12) Consent Calendar

### a. Attorney Invoices

None

### b. Phone Polls

None

### (13) Action Items

# #2 Employee Disciplinary Grievance Appeal

E. Evans grievance to Tribal Council.

## #1 Enrollment Board Recommendations for Approval of Applicants

The Chemehuevi Enrollment Board met on Thursday March 13, 2025, and has reviewed the listed applications (8), which have met the following requirements. The board members and Secretary-Treasurers recommendation to Tribal Council is to approve the application(s) by resolution.

# #7 Adopting Revisions to the CIT Department of Housing Admissions and Occupancy Policy

Presented by David Dehnert and the Housing Director Susie Hidalgo. This action item was tabled from the January 25,2025 Tribal Council meeting for further review. S. Hidalgo recommends approval.

# #17 Missing and Murdered indigenous People Grant Program Application

Autumn Ochoa, Social Service Advocate (BSCC) Board of State and Community Corrections administering grants up to \$500K for small tribes to increase awareness program expansion services and defense related to the prevention and intervention of Missing Murdered Indigenous Peoples. The grant funds will be reimbursable on a quarterly basis. The deadline for grant submission is April 18, 2025. The grant term is for three years. Autumn Ochoa recommends approval.

# #23 ITCC Tribal Maternal, Infant, and Early Childhood Home Visiting Program Grant Opportunity Application.

Secretary-Treasurer presents the department of Health and Human Services (HHS) Administration for Children and Families (ACF), Office of Early Childhood Development (ECD) Tribal Early Childhood Division has released a grant opportunity # HSS-20250-ACF-ECD-TH-0106 supporting evidence-based visiting programs for American Indian and Alaska Indian Families and Children. (ITCC) would like to proceed with the grant application and process and move forward making these vital services available to the Chemehuevi Indian Tribe.

Secretary Treasurer Recommends Approval via Resolution.

- (14) Old Business (Non-Action Items)
- (15) New Business (Non-Action Items)
- (16) Comments from the Audience
- (17) Executive Session
  Administrator update
- (18) Public Announcement Post- Executive Session
- (19) Adjournment



# Chemehuevi Indian Tribe

PO Box 1976 · Havasu Lake, California 92363 · Phone: (760) 858-4219 · fax: (760) 858-5400

# CHEMEHUEVI INDIAN TRIBE ANNUAL MEETING NOTICE

March 25, 2025

To all Tribal members,

This notice is to announce the 2025 (Two Thousand Twenty-Five) Annual Tribal Meeting.

The Annual Meeting is to take place on April 26, 2025.

The location for the event is the Tribal Gymnasium.

Time of the event is 9:00 am.

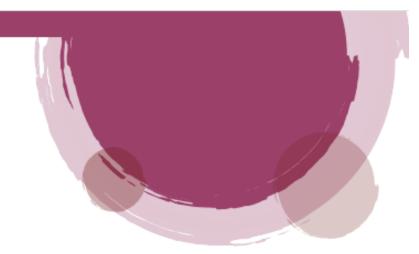
Thank you,

Glenn Lodge

Chairman

Chemehuevi Indian Tribe

Autumn Ochoa-Craig 113 E. Palo Verde, Chemehuevi Valley CA 92363 928.732.6532 autumnmochoa@icloud.com



# Dear Chemehuevi Membership,

I hope this letter finds you well. My name is Autumn Ochoa-Craig, and I am proud to be a member of the Chemehuevi Tribe. I am writing to share with you my reasons for running for the Tribal Council, and the vision I have for our community.

Growing up on the reservation, I have witnessed firsthand the strength and resilience of our tribe, as well as the importance of our cultural heritage. My grandmother Lydia Ochoa instilled in me a deep appreciation for our traditions, values, and most importantly the significance of family. These principles are the foundation of who I am and why I want to serve our community.

Currently, I work with our Indian Child Welfare program, where I am dedicated to advocating for the well-being of our children, families and elders. This role has opened my eyes to the challenges we face and the vital need for support systems that honor our cultural identity while nurturing future generations. I believe that every child deserves a loving environment that celebrates our traditions and fosters their growth as proud Chemehuevi members.

Family has always been at the forefront of my life. My father has devoted over 40 years of his career to our resort and is now the general manager and a sitting council member. His dedication and service have inspired me to continue working for our community. I have also gained valuable experience working in various capacities within our tribal administration. I have served on various boards and committees where I learned about the intricacies of tribal governance and the importance of engagement in our community.

As I embark on this journey, I want to focus on two main priorities: preserving our culture and strengthening family ties. I envision a community where our traditions are celebrated and where our families have access to the resources and support, they need to thrive. Together, we can foster an environment that promotes cultural pride and familial unity, ensuring that our tribe remains a vibrant and cohesive force for generations to come.

I am committed to being a voice for our community—one that listens to your concerns, values your input, and works tirelessly to create a brighter future for all of us. I believe that with your support, we can achieve great things together.

Thank you for taking the time to read my letter. I look forward to the opportunity to connect with you and share my vision in more detail.

With respect and determination, Mawk! Autumn Ochoa-Craig

# Campaign Letter - Gjrjle Dunlap

Chemehuevi Tribal Members,

My name is Gjrjle Dunlap #259, the daughter of Eileen Tillie Waco Hanks White (Grandparents William Waco and Libby Hanks) of the Big Horn Clan, and I am running for Tribal Council. Having lived on the reservation since 1988, originally from Los Angeles, I have brought to the tribe my many talents and experiences from working in the city and corporate America. My expertise/experience includes: non-profit development, grant writing, policy/procedural development, accounting (A/P, A/R, P/R, H/R), administrative, banking and marketing. In the past, I have served on council as Chairman, twice as interim Secretary-Treasurer also many boards, including the Resort, Education, Health, and currently Housing Board.

Some of my accomplishments while working at housing was writing grants for development and modernization of the housing program of approximately \$4+ million in projects which included: new development of the senior housing (5 plex), new development of transitional housing (5 plex), 25 new housing units (later reprogrammed funds to build community center), additional bathrooms for 3 bedrooms units, Unity Park expansion, streetlights, sidewalks, A/C unit installations in newer housing units, fencing, homeowner improvements project (\$17k), as well as Davis-Bacon wages and the first enterprise of the tribe to have medical insurance, just to name a few. The Resort planned and developed the creation of the Havasu Landing Market. As Chairman sought after indirect costs which created the positions of Administrator, Planner, including employee benefits, salary increases, etc.

I am pro-development, in the past have brought several development/investment projects, as well as developer/investors, to the tribe, (i.e. water bottling plant, fish farming, south end development, agriculture, amusement park, living waters RV park, airport industrial park and many others), most recent Urgent Care Center/Pharmacy and Renewable Energy.

As a concerned member I would like bring to your attention to the issues that our tribe has been facing for several years: the accounting department and the financial difficulties, resulting in budget and audit delays; After the inception of Native American Housing and Self Determination Act (NAHASDA) the tribe took over its housing department which resulted in the lack of developing new housing, addressing the growing housing waiting list (30+); modernization for the existing housing units; planning for extending/expansion of the tribal housing area; development/planning of workforce housing; existing tribal structures and/or sites neglected from routine maintenance over the years; lack of experienced workforce and tribal training; unaware/not applying for available/eligible tribal grant funding; goals for economic growth; vision for self-determination.

It has been the desire of past councils to bring our members home, but to achieve this, we must focus on building a more experienced financial department and workforce, job creation, education/training, housing, health care, and economic development to bring growth and self-sufficiency to our tribe. It is crucial that we address these challenges head-on to ensure the prosperity and well-being of our community. We need to implement effective strategies to boost economic growth, improve housing conditions, and rebuild our financial department. By doing this, we can create a brighter future for all members of the Chemehuevi Tribe,

I am seeking your vote to join me in this endeavor and support the efforts to revitalize our tribe's economic development and gain self-sufficiency. Together, we can overcome these obstacles and build a stronger, more resilient tribe.

Thank you for your attention and support.

Respectfully,

Gjrjle Dunlap

# **BOARDS & COMMITTEES**

# **VACANCIES:**

Education Board (I) Vacancy
Enrollment Board (I) Vacancy
Health Board (I) Vacancy
C.T.A Board (5) Vacancies

(Chemehuevi Transportation Authority)

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

Health Board email <a href="mailto:health.board@cit-nsn.gov">health.board@cit-nsn.gov</a>
Tribal Members can submit questions, comments or concerns





# EMPLOYMENT OPPORTUNITIES Come Apply:

Contact HR Monica Mcgovern,

TO APPLY FOR RESORT OPENINGS CONTACT HR DEPARTMENT @ 760-858-4592
TO APPLY FOR CASINO OPENINGS CONTACT HR DEPARTMENT @ 760-858-4593
ext. 301

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



# TERO TRIBAL EMPLOYMENT RIGHTS OFFICE

# WHAT DO WE DO?

- 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.
- 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.
  - 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

# SERVICE UNIT

Chemehuevi Clinic

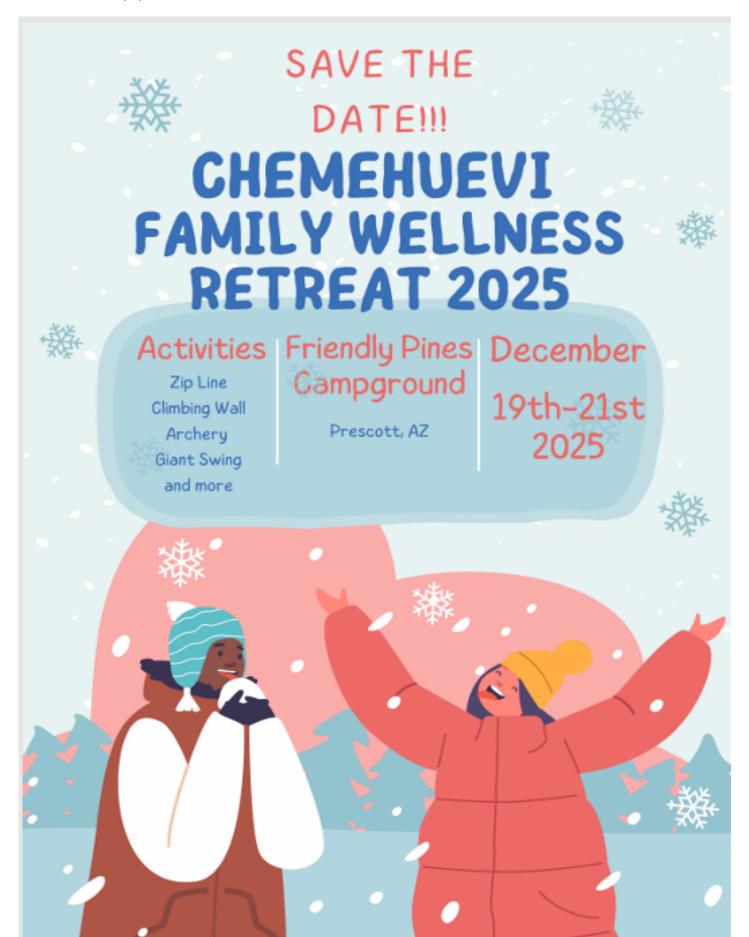
# 2025 March

(760) 858-4790 1978 Valley Mesa

Havasu Lake, CA 92363

PRC Referral Questions: (928) 669-7578 Office Hours: M-F, 8:00am to 5:00pm

<i></i>
27
20
13
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Thursday





# \*SAVE THE DATE\*



Monday
May 12th
2025
9am-Ilam
Chemehuevi
Valley Ca

Any information please contact

ICWA Director Sheila Nau 760-284-3929 or Social Service Advocate Autumn Craig 760-858-1808 Call for Speakers

Please Email ICWA@cit-nsn.gov

# January Training for NAFFA

Fatherhood is Sacred®/Motherhood is Sacred® with Karra Papa- Hawaii 1/6-8/2025

# Congratulations goes to:

Christina Garcia, Earl Howe III, Haley Sherwood, Stephanie Blair Shackelton, April Buck-Gaither, Jadyn Viveros, Tobie King, Autumn Ochoa, Gary Jones, Jr., Kaija Jones, Merville Smartt, Joseph Leggett, Amber Christensen-Fox and Tisha Kalmakoff. David A. Wright and Steve Revello recertified.





# Linking Generations by Strengthening Relationships® with Cheryl Honnie

Hawaii-1/6-8/2025

These new facilitators for LGSR are Tre'cee Merritt, Mollie King, Alex Saldivor, Paula Caywood Meredith Birdcreek and Hank Richardson.

Congratulations!!

Suicide Prevention© - Hawaii with Albert Pooley 1/6-8/2025 Congratulations goes to Krista Perala, JT Shining Oneside, JoAnn Gullo, Rhain Kemble, Blake A. Thornton, Jessica Birdcreek, Britney Gartrell, Whitney Yeust, Dustin Looney, Randall



Blake Neidhart, Eric Deschine, Marla Potter, Adrienne Mathis, Jordan Woods, Lourdes Pedroza-Downey, Coleman Britton and Natasha Azbill. Priest Martinex, Cindy Hoaglen were recertified.

# Fatherhood is Sacred® /Motherhood is Sacred® Mesa -1/28-30/2025

Our newest FIS/MIS facilitators are Doris Lawrence, Milton Gotchie, Deana McDaniel, Angel Valencia, Tina Soto, Irma Roque and Brianna Cupis. Raymond Keeswood and Joshua Kroll recertified. Congratulations to all of our new facilitators.









# FATHERHOOD **IS SACRED MOTHERHOOD IS SACRED**



WEEKLY CLASSES -







# About program:

Our curriculum provides participants with an opportunity to demonstrate self-determination and gain a deeper understanding of relationships and the relevancy of fatherhood and motherhood



Sign Up Now **Space is Limited** Call: 760.858.1808 or

Email: ssa@cit-nsn.gov



# CHEMEHUEVI DIABETES DEPARTMENT

# EVENT5

# 6TH MAR

TRIBAL ELDER GATHERING 10-1PM EACH MONTH

COMMUNITY CENTER

# 12TH MAR

DIABETIC SMOOTHIES MORNING 8-10AM COMMUNITY CENTER WITH RECIPE CARD GRAB N' GO

# 14TH MAR

HEALTHY WELLNESS
SHOTS
8-9AM
COMMUUNITY CENTER
WITH RECIPE

# 17TH MAR

DIABETES
YOUTH PREVENTION
ACTIVITIES
2-4PM
PICK UP ACTIVITY FOR
MONTHLY INCENTIVES

# 19TH MAR

CHEMEHUEVI HEALTH AND WELLNESS FAIR 10-1PM AZ TRIBAL GYM

# 25TH MAR

DIABETIC COOKING CLASS 10-1130AM CHEMEHUEVI COMMUNITY CENTER

# 27TH MAR

DIABETES HEALTHY
ELDER BREAKFAST
9-10AM
COMMUNITY CENTER
WITH ACTVITY

# MARCH 2025

ANNA DRUM-LYNCH 760.858.4240













Chemehuevi Health and Wellness Sponsored By

Departments

Wednesday, March 19,2025 FREE HEALTH SCREENINGS FREE RESOURCES & MORE 10:00am- 1:00pm

AT THE CHEMEMEHUEVI GYM



# Eat Right



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

# Healthy Eating on the Run: A Month of Tips

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

- Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
- Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
- Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
- Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
- Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
- Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
- Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
- Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
- Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
- 10. Or choose a salad with grilled chicken or seafood as your main course.
- It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
- 12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat
- Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).

- Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
- All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
- If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
- Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
- Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
- Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
- At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
- Look for a sandwich wrap in a soft tortilla.
   Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
- In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
- 25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.

- Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
- Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
- For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
- 29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
- Grabbing dinner at the supermarket deli?
   Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
- 31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Chemehuevi Diabetes Department P.O. Box 1976 Havasu Lake, CA 92363 760 858.4240

# 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

# 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.

# 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

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



# More ways you can eat healthy and save money

# 8 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.

# Cook at home



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

# **Healthy Recipes**

Get Fresh! Cooking - Recipes from the Chickasaw Nation and USDA

MyPlate Kitchen Recipes – Videos, seasonal recipes, food safety and more.

<u>Diabetes Food Hub</u> – Friendly recipes from the American Diabetes Association.

Spend Smart-Eat Smart – Ways to cut food costs. Iowa State University Extension & USDA.

# 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)

# 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



# MY NATIVE PLATE

Fruit





Grain/

Starch

Water

Use your plate as a guide to help you eat in a healthy way!

- 1. Fill half of your plate with vegetables.
- 2. Fill the other half of your plate with a grain/starch and a protein.
- 3. Add a side of fruit.

#### Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with
- peppers and herbs Steamed wild rice
- Baked deer meat with sage

Scan Now!



Vegetables

Indian Health Service, Division of







**Protein** 

#### Remember:



Stay active



**Drink** water



Use a 9-inch plate

#### Notes:

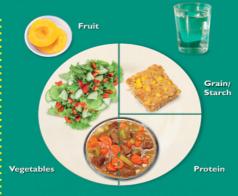
# More Ideas for MY NATIVE PLATE



Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

# Ways to Add Variety to Meals and Snacks

#### Vegetables and Fruits

#### Tips

- · Stock up on fresh, frozen, and canned vegetables and fruits.
- · Keep fruits and vegetables on hand for snacking.
- · Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- · Enjoy fruit as a dessert.

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

#### **Proteins**

- Tips Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat
- · Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- · Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

### Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

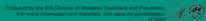
#### **Grains and Starches** Tips

- · Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- · Try whole wheat flour instead of white flour.
- · Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- · Bake or roast potatoes instead of deep frying.

#### Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash





# Chemehuevi Community Center

\*Temporary\* Staffing Hours

Monday -Friday: 9:30am-6:00pm Saturdays: 10:30am-6:00pm (760) 858-5103

The weight room is open for community members. All participants will need to sign the Weight Room Consent & Acknowledgement Waiver. Youth ages 16 and up with a waiver on file are required to check in with staff before using the weight room. To use the weight room, all participants need to sign in.

Weight Room will remain locked at all times. All patrons of the weight room will need to check in with a Building Staff Member for access.

- Weight room has a limit of 2 teens at a time.
- No one under 16 years of age is permitted into the weight room.

The Community Center provides free meals for all youth and teens Mondays-Saturdays. Snack is served at 3:00pm and Supper is served at 5:00pm.

#### FEBRUARY Events & Fundraisers

- TUESDAY 4<sup>TH</sup> H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER
- THURSDAY 6<sup>TH</sup> HULA HOOP COMPETITION
- (NIYAH FISHER PERRY FISHER)
- FRIDAY 7<sup>TH</sup> SMORES
- SATURDAY 8TH CLOSED
- ➤ MONDAY 10<sup>TH</sup> YOUTH BINGO
- (WINNER-ERIS FISHER)
- ➤ THURSDAY 13<sup>TH</sup> VALENTINES DANCE AT TRIBAL GYMNASIUM
- ► FRIDAY 14<sup>TH</sup> BAKE SALE HERE AT THE COMMUNITY CENTER
- ➤ MONDAY 17<sup>TH</sup> CLOSED FOR HOLIDAY
- ➤ THURSDAY 20<sup>TH</sup> SAC RACES AT WARRIOR BALL FIELD
- (CANCELED NO SIGN UPS)
- SATURDAY 22<sup>ND</sup> I.T.C.C BOYS WITH BRAIDS PRESENTATION AT TRIBAL GYMNASIUM
- ▶ WEDNESDAY 26<sup>TH</sup> MARISSA'S KIDS SQUID GAME CHALLENGE
- > (CANCELLED)
- ➤ THURSDAY 27<sup>TH</sup> ARCHERY
- (CANCELLED, TOO WINDY, SO DID A SPOON RACE CHALLENGE)
- WINNERS 1.NIYAH FISHER 2.FALLON FRYAR 3.BRADEN ESCOBAR
- FRIDAY 28<sup>TH</sup> FAMILY MOVIE NIGHT (THE WILD ROBOT)
- FRIDAY 28<sup>TH</sup> WINTER ART CONTEST
- WINNERS-RIVER, FALLON, BRADEN, VANESSA, KAYDEN, EMILY

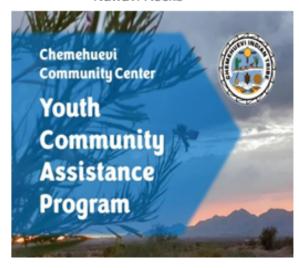
#### MARCH Events & Fundraisers

- ➤ TUESDAY 4<sup>TH</sup> H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER
- ➤ WEDNESDAY 6<sup>TH</sup> GIANT JINGA COMPETITION
- ➤ MONDAY 10<sup>TH</sup> YOUTH WORD SEARCH CHALLENGE
- ➤ THURSDAY 13<sup>TH</sup> TWISTER TOURNAMENT
- ➤ SATURDAY 15<sup>TH</sup> CLOSED
- (FOR FIELD TRIPTO WEST WELLS)
- ➤ MONDAY 17<sup>TH</sup> GREEN SIDEWALK CHALK ART CONTEST
- ➤ TUESDAY 18<sup>TH</sup> ROCK PAINTING (NUWUVI ROCKS) FACEBOOK PAGE
- ➤ THURSDAY 20<sup>TH</sup> BASKET BALL SHOOT-OUT TOURNAMENT
- ➤ THURSDAY 20<sup>TH</sup> SPRING ART CONTEST BEGINS
- FRIDAY 21<sup>ST</sup> 18+ CORNHOLE TOURNAMENT
- ➤ THURSDAY 27<sup>TH</sup> BIRD TOSS COMPETITION
- ➤ FRIDAY 28<sup>TH</sup> FAMILY MOVIE NIGHT OUTDOORS (MUFASA)

The Community Center has started the trial-development of the Youth Community Assistance Program where youth can gain an activity point for their participation. This program was designed to teach youth how to be a helpful hand in their community by helping out their neighbors and elders with yard clean-up, recycling take out, watering plants and other projects around their home. If you are interested in this service, please stop in to fill out a community survey. Parent and community surveys are available at the Community Center, your feedback is appreciated.

The Community Center encourages parent and youth participation in fundraisers to work towards our goals. We would like to take field trips and are beginning our planning process. If there is anything you would like to see from us or would like to assist with, please stop in and let us know. We also encourage you to stop in and say hi and to join us in our activities! All events are open to our community members and families.

# Follow us on Facebook! Chemehuevi Community Center Nuwuvi Rocks





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1. OPEN GYM 10:30-5PM
3 BOARD GAMES	4 (H&W) Family Game Night 4:30-6pm	5 OPEN GYM 12:30-5PM	6 GIANT JENGA TOURNAMENT 4:30-5:30PM	7 GAME ROOM 2:30-5PM	8 OPEN GYM 10:30-5PM
10 WORD SEARCH CHALLENGE 4:30-5PM	ARTS & CRAFTS	OPEN GYM  NUSD  FIELD DAY	13 TWISTER TOURNAMENT 4:00-5PM	14 GAME ROOM 2:30-5PM	CLOSED Trip To (HOWAIO) West wells
17 GREEN SIDEWALK CHALK ART 3:00-5:30PM	18 NUWUVI ROCK PAINTING (FACEBOOK PAGE)	19 HEALTH FAIR @ GYM BOARDGAMES	20 SPRING ART CONTEST BASKET BALL SHOOT-OUT	21 18+ CORN HOLE TOURNAMENT 5:00-8PM	22 OPEN GYM 10:30-5PM
24 ARTS & CRAFTS	25 BOARD GAMES	26 OPEN GYM 12:30-5PM	BIRD TOSS COMPETITION 4:00-5PM	28 *MUFASA OUT DOOR MOVIE NIGHT 7:00-9PM	29 OPEN GYM 10:30-5pm
31 ARTS & CRAFTS BOARDGAMES	COMMUNITY CENTER HOURS -MONDAY-SATURDAY 9:30AM - 6PM SNACK @3:00 SUPPER @5:00 MONDAY—SATURDAY FOR QUESTIONS OR INFO CALL 760-858-5103 760-858-5203  FOLLOW US ON FACEBOOK FOR UPDATES & FLYERS CALENDAR AND EVENTS SUBJECT TO CHANGE				

# Community Center Welcomes Youth for Fun!







WINNERS OF WINTER ART CONTEST
RIVER OCHOA, FALLON FRYAR, BRADEN ESCOBAR
VANESSA MCDONALD, KAYDEN KNAPPE, EMILY KNAPPE

# CHEMEHUEYI COMMUNITY CENTER



\$10 BUY IN 5-8 PM

18+

50% TO WINNER 50% TO COM. CTR

-BLIND DRAW

-DOUBLE ELEMINATION

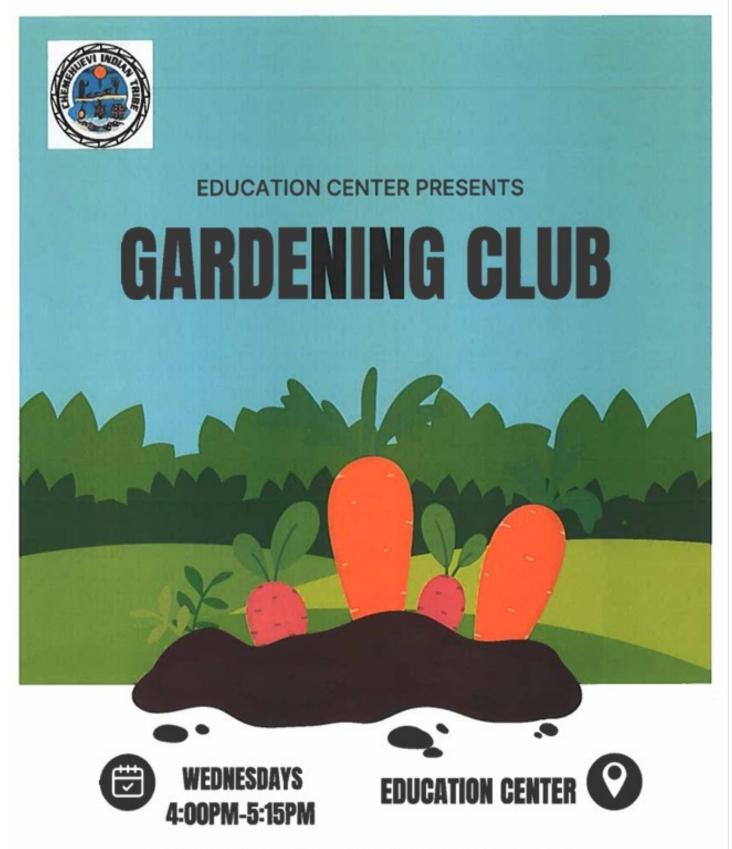
SNACK BAR FUNDRAISER

1978 VALLEY MESA, HAVASU LAKE CA 92363 FOR INFO OR SIGN UPS 760-858-5103



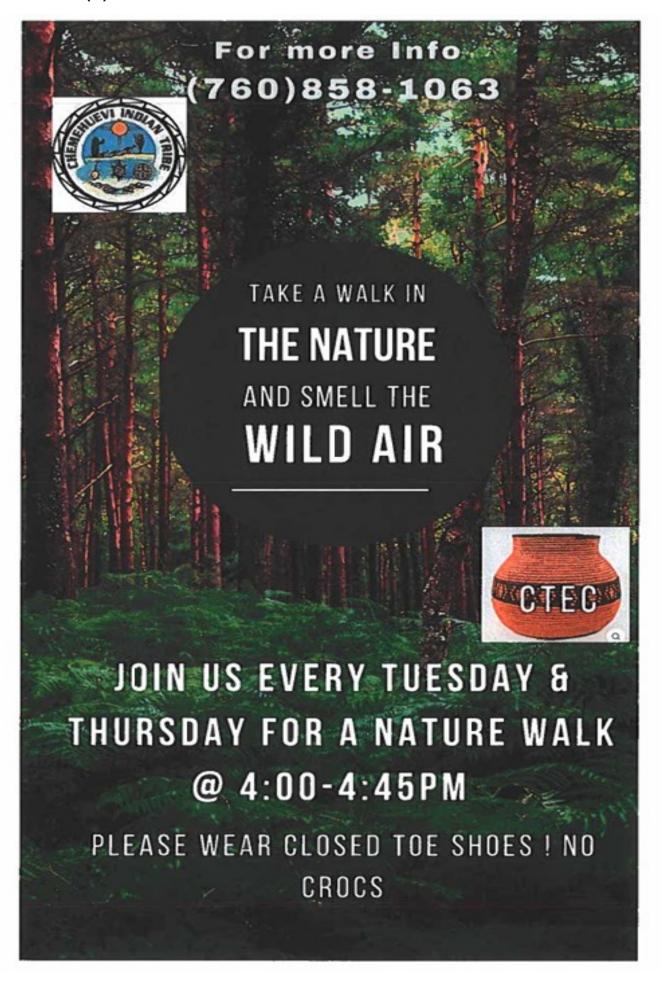


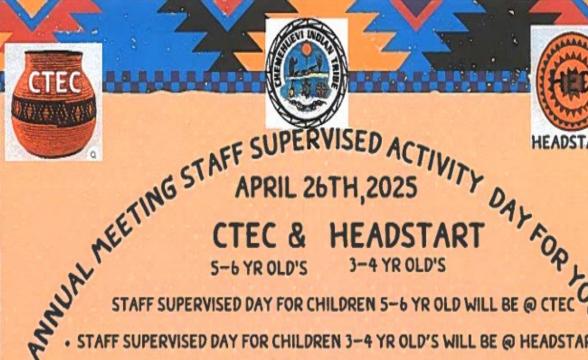




SIGN UP WITH EDUCATION CENTER









STAFF SUPERVISED DAY FOR CHILDREN 3-4 YR OLD'S WILL BE @ HEADSTART

CHILD MUST BE SIGNED IN BY CAREGIVER & PICKED UP BY CAREGIVER (OR PRE

**IDENTIFIED EMERGENCY CONTACT) 18+** 

DROP OFF @ 10AM

SCHEDULED TIME ACTIVITIES

12:00PM-1:00PM LUNCH WILL BE PROVIDED BY TRIBE

2:30PM-3:00PM SNACK

4:30PM-5:00PM PICK UP CHILDREN

EDUCATION CENTER / HEADSTART DOORS WILL CLOSE & STAFF WILL LEAVE @S:00PM CHILDREN WHO ARE NOT PICKED UP BY CAREGIVER/EMERGENCY CONTACT.

NY CHILDREN LEFT AFTER 5:00PM WILL BE CONSIDERED ABANDONED, WE WILL NOTIFY SHERRIFF AND WILL NOT BE ELIGIBLE FOR FUTURE SUPERVISED ACTIVITIES.





# Head Start Happenings:

Chemehuevi Head Start / March 2025 Addition of Monthly Newsletter

# WHAT HAPPENED IN FEBRUARY:

- -Head Start Policy Council had a great 50/50 Raffle Fundraiser, raising over \$200 for the program
- -Head Start partied with their Classroom Valentine Party and their Basketball Awards Luncheon. Both were exciting events with lots of fun and memories had for all.
- -We also played in CRIT Head Start's Basketball Tournament. We didn't place but had an amazing time with a great turnout of 9 families and some staff members, in attendance.







A HUGE THANK YOU TO COACH EMMANUEL EVANS FOR HIS HELP AND DEDICATION!! WE APPRECIATE YOU!!

# WHAT'S HAPPENING NEXT/ IN MARCH:

-NO SCHOOL/ Staff Flex Days: Thurs./ Friday, March 13/ 14

-Howaio Gathering Community Field Trip: Saturday, March 15

-NCFC Conference for Staff: March 17th-21st

-Staff Inservice Day/ NO SCHOOL: Friday, March 28th

-Spring Break: Monday, March 31st-Frday, April 4th

-Policy Council meeting: Friday, April 11th

-Head Start Swim Lessons at LHC Aquatic Center: Every Wednesday on April 9, 16, 23, 30th.

(760)-979-9848 eoc@cit-nsn.gov

# C.I.T ENVIRONMENTAL DEPARTMENT

2000 Chemehuevi Trail, 92363



Our NPS crew collected Willow trimmings and began propagation on them in our nursery to plant at our various sites as well as at a couple different departments in the community



In early March our Director and Education/Outreach coordinator attended a transfer station workshop in Pala CA. And had the opportunity to veiw how their transfer station was operated in hopes of getting one set up on the reservation. Our NPS crew along with the Chemehuevi Water Department helped the CIT Education Center begin there garden for the kids. Our environmental Department donated seven bags of potting soil and the water department brought over their mini excavator and made quick work of everything. Our water quality tech. Salina Rodriguez got to go on a ride along with C.R.I.T's EPO's water quality tech. In Parker AZ. We hope to continue collaborating with C.R.I.T in the future to further help our water quality program



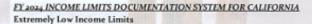
# FOLLOW US ON SOCIAL MEDIA

Scan the QR code or look up @cit\_environmental to follow us on instagram or follow us on Facebook @Chemehuevi EPA Department

# Department of Housing

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

1-4 bedroom homes are 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.



 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 then 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

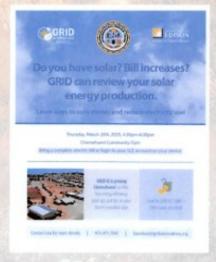
Bug Emergency was out to apray February 13th & 27th. Be advised they do spray backyards If gate is unlocked.

NEXT SPRAY

Will be April 10th & 24th.

#### COVID BAGS

Housing Department is offering Covid bags to Community members that are affected by Covid, please call Housing Department for info.







American Rescue Plan. Although we are currently not accepting new applications Housing continues to work n this program.

HEAP Applications: Care Act Funding available. Housing has received the new 2024 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 cell,
or you can call them direct @ 928-854-4099.
Their next scheduled delivery January 2025.
Ferraligas: Is still offering propane, an
account must be created first. All deliveries
will not be charged taxes or other fees.
Please contact Ferreligas directly and let
them know you are paying with a credit card
o 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@ferreligas.com

#### UPCOMING EVENTS

March 15, 2025—HAWAIO Gathering March 19, 2025—Chemehuevi Wellness Fair

March 29, 2025—Monthly Tribal Council Meeting

#### SENIOR INFORMATION & ASSISTANCE

The Department of Aging & 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 USI Every 4th Wednesday of the month 10 AM-12 PM

IN THE HOUSING RESOURCE CENTER



P.O. Box 1900 Havasu Lake, CA 92363 Ph. 760-858-4045

## MISSION STATEMENT OF THE CHEMEHUEVI TRIBAL GAMING COMMISSION

In the interest of the Chemehuevi Indian Tribe, the Chemehuevi Tribal Gaming Commission/ Surveillance is dedicated to protecting the gaming operation's honesty, integrity, security, and fairness under its jurisdiction. The Commission ensures that the gaming facility complies with all regulatory statutes and maintains probity.

We safeguard the interests of tribal members, employees, and patrons by ensuring that the gaming facility and its employees participating in or benefiting from legalized gambling operate fairly and are in compliance.

We demand that all employees perform their duties ethically and above reproach. To meet this goal, we advocate teamwork, intra-agency / tribal communication, training, and advancement. We continue to challenge employees and ourselves by conducting on-site drills and audits to better serve the Community, Patrons, and the Tribe.

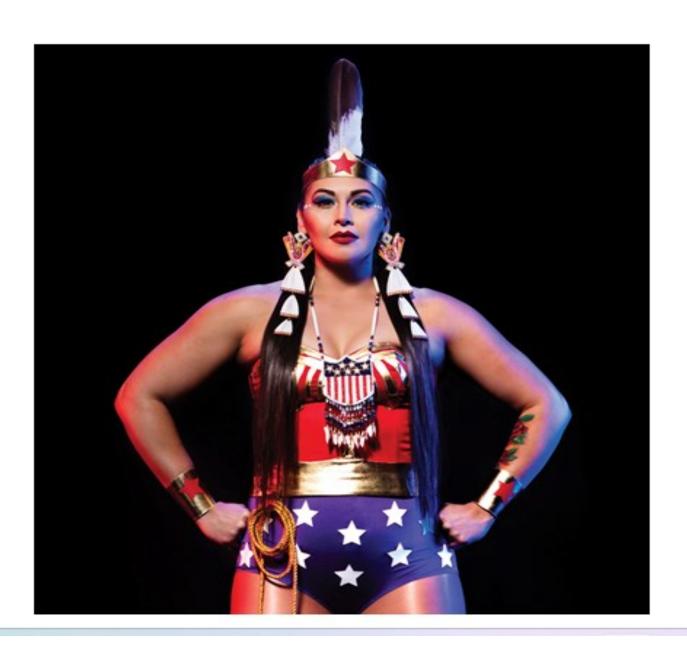
The Gaming Commission and its employees are successful in maintaining their statutory responsibilities today and tomorrow through open doors, dedication, and determination.

# CARA ROMERO GALLERY

# A Traveling Exhibition

# Cara & Diego Romero: Tales of Futures Past

# FIGGE ART MUSEUM



March 8, 2025—Davenport, IA —

Diego and I are honored to present our work together at the Figge Art Museum in the exhibition "Cara and Diego Romero: Tales of Futures Past" on view from March 8 to June 8, 2025. Featuring 18 of Diego Romero's iconic ceramic works and lithographs alongside 20 of my photographs—including selections from my Indigenous Futurism series—this marks our first collaborative show.

This exhibition brings together key works from our artistic careers, highlighting our individual and shared explorations of Indigenous identity, engaging with personal histories, contemporary social issues, and popular culture, our work confronts colonial legacies, celebrates resilience, and addresses social and environmental justice. Many pieces exist between the real and the mythic, reclaiming and reimagining cultural narratives.

We are pleased to announce that this exhibition will travel to multiple institutions, extending its reach beyond the Figge. It will be presented at the <a href="Crocker Art Museum (Sacramento">Crocker Art Museum (Sacramento</a>, CA) June 29 to October 12, 2025 and the <a href="Albuquerque Museum">Albuquerque Museum</a> (NM), November 1, 2025 to February 8, 2026. With an additional venue to be announced, continuing through summer 2026.

A heartfelt thank you to Vanessa Sage, Co-Senior Curator at the Figge Art Museum, for her dedication and support in bringing this incredible exhibition to life. We also extend our gratitude to the Figge Art Museum for providing a platform for Native contemporary arts. And a sincere thank you to all of you for your continued support—it means so much to us. We look forward to sharing this exhibition with you.



Cara, 2018, Diego Romero, Lithograph with gold lea

# **ANNOUNCEMENTS**

Join me on May 1 at the <u>Hood Museum</u> for a symposium featuring Joy Harjo, former U.S. Poet Laureate and contributors from the forthcoming book copublished by the museum and Radius Books. Together, we'll explore the significance of my interdisciplinary practice, the role of generosity in critical dialogue, and the concept of ancestral futures.



Kiyanni and The Bougainvilleas, 2025, Limited Edition Archival Fine Art Photograph

I had the pleasure of collaborating with Dartmouth student Amedée Conley-Kapoi '26, a Kānaka Maoli (Native Hawaiian), as part of the Hood Museum of Art's residency program. This project is part of *The First American Doll* series, and the images featured are from my new exhibition, "Cara Romero: Panûpünüwügai (Living Light)"

In this portrait, Amedée embodies the *kahiko*, the more traditional style of hula. Her styling is an exact reflection of what she wears on stage—pā'ū lā'ī (ti leaf skirt), a cotton top, and a lei po'o (head lei). Her movement in the image is a tribute to Princess Ka'iulani, whom she dances for.

Surrounding her are essential hula implements, including red and yellow 'uli 'uli (feathered rattles), pū'ili (dance sticks), and an ipu (handheld gourd), many of which she uses in her own hula practice. Stacked beside her on a fishing net are library books about the Kingdom of Hawai'i—a symbol of her role as both a student and a scholar of her culture. This detail also honors the fishing village on Maui where she grew up, weaving together her past and present in a powerful visual narrative.

Every element inside the box holds significance. From the patterns along the borders to the carefully chosen cultural objects, each detail was discussed at length. Many of the regalia and heirlooms featured in the piece were sent from Hawai'i by Kaitlyn's family, reinforcing the deep personal and cultural connections embedded in the work.

Another student I had the privilege of collaborating with was Kaitlyn Anderson '24, a Kānaka Maoli student from Hōkūpa'a, Dartmouth's pan-Pasifika student organization. This project was particularly meaningful as it was my first time working alongside Kānaka Maoli culture. While Indigenous peoples of the Americas share many similar stories, there are also moments where our histories diverge. This exchange of experiences was a powerful part of the collaboration.

In this photograph, Dartmouth alumna Kaitlyn Anderson '24 enacts 'auana, the more modern style of hula. She wears a holokū, a dress that emerged from Kānaka Maoli women's cultural resilience in response to 19th-century missionary influences on attire. Alongside many of the same hula implements featured in the kahiko portrait, this doll box also includes a pāpale (hat), a fan, a woven bag, and the lauhala (screw pine) mat she stands on—all crafted from traditional materials.

Kaitlyn's adornments carry deep cultural significance. She wears gardenias in her hair, with leis of pikake and rose on her left and plumeria and 'ilima (yellow-orange blossoms) on her right. Around her neck, she wears a ni'ihau shell lei, often likened to diamonds for its immense cultural value. Lastly, she holds an 'ukulele, an instrument introduced to Hawai'i by Portuguese immigrants in the late 19th century and now an integral part of modern hula performance.

Long before the shoot, Kaitlyn and I engaged in extensive preparation and discussions. She created drawings to illustrate her vision for the final piece, ensuring every detail was thoughtfully considered. We also worked with Kānaka Maoli artist Lehuauakea to design the intricate pattern adorning the exterior of the box—a visual homage to the Kumulipo, the Native Hawaiian creation chant.









CARA ROMERO GALLERY

333 MONTEZUMA AVE #5 SANTA FE, NM 87501

Hours: By Appointment Only









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# CHEMEHUEVI INDIAN TRIBE ALCOHOL AND SUBSTANCE ABUSE PROGRAM

The Alcohol and Substance Abuse Program (ASAP) is a holistic treatment program for alcoholism, addiction and 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.

ASAP will be assisting with transportation from the Ferry, to scheduled support meetings.

CONTACT ASAP RECOVERY SPECIALIST FOR TRANSPORT TO MEETINGS FROM THE FERRY BOAT TERMINAL -----> 760-302-4076

# FEBRUARY 2025

#### Mondays

AA Meeting Friendship Hall 5:45pm-6:45pm @ the FireBelle's In Person/ Co-Ed

## **TUESDAYS**

Wellbriety Community Center 10:00am-11:30am @ Gym In Person/ Co-Ed

# Wednesdays

Talking Circle Nuwuvi Park 9:00am-10:30am In Person/ Co-Ed

## **Thursdays**

AA Meeting
Sun Group
Women's Meeting
Catch 8:15am Boat
Return 11:30 Boat
Transportation Provided

# **Fridays**

AA meeting
Our House
Co-Ed Meeting
Catch 11:30am Boat
Return 2:30pm Boat
Transportation Provided

Peer Recovery Melinda Valencia Phone: 760-302-4076 Email: peer.recovery@cit-nsn.gov



Fire House Group at Friendship Hall 148808 Havasu Lake Rd. Havasu Lake, CA 92363

Monday 5:45 pm-7:00 pm

Transportation from Ferry to Meeting Provided

Please take the 5:00 Ferry and TEXT for Rides 760-302-4076 Will return on 7:30 pm Ferry

## 6 STEPS

# TO MAINTAIN A HEALTHY HEART



Make a habit of getting regular screenings of your blood pressure and cholesterol levels. Doing so will

Make a habit of getting regular screenings of your blood pressure and cholesterol levels. Doing so will keep you informed of your heart's health and allow you to take action before anything serious develops.



# CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

# **MARCH 2025**

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

