



# SIWA VAATS NEWS

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

## DEPARTMENT LISTING

Tribal Administration  
760-858-4219

Agriculture  
760-858-1135

Community Center  
760-858-5103

Conservation  
760-401-4207

Cultural Center  
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



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

Chemehuevi Indian Tribe  
P.O. Box 1976

1990 Palo Verde Drive  
Lake Havasu, CA 92363

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

Submit commentaries for  
future publications by  
e-mail to:

[exec.sec@cit-nsn.gov](mailto:exec.sec@cit-nsn.gov)

Or fax to:

760-858-5401

View Newsletter online:

[www.chemehuevi.org](http://www.chemehuevi.org)

**Tribal Council  
Regular Meeting  
Saturday,  
March 29, 2025  
9:00 a.m.**

## **Chemehuevi Indian Tribe Annual General Membership Meeting**

Saturday, April 26, 2025, 9:00 am  
Tribal Gymnasium

### **(1) General Membership Roll Call 9:01 a.m.**

Chemehuevi Constitution Article X-Meetings Section 2. (c) Voting/Quorum. Each voting member of the general membership has one (1) vote on all matters considered at any meeting of the general membership. A voting member must be present at a general membership meeting to vote. All matters to be acted on at a general membership meeting shall be approved or disapproved by a majority vote of those present and voting. There shall be no quorum requirement for a general membership meeting, PROVIDED, HOWEVER, that a minimum of fifty (50) voting members are in attendance.

### **(2) Approval of the Agenda**

### **(3) Election Board Member Nominations**

Section 2. Election Board. At the first general membership meeting following the adoption of this constitution and at any annual general membership meeting thereafter, the general membership shall in accordance with the provisions of this Article elect the members of the Election Board. Notwithstanding any other provisions of this Constitution to the contrary, all tribal elections including, but not limited to referendum and recall elections, shall be supervised and conducted by the Election Board in accordance with this Article.

(a) Qualifications. The Election Board shall be composed of five (5) members of the Tribe who are eighteen (18) years of age or older and who reside on the Chemehuevi Indian Reservation, PROVIDED, HOWEVER, That no member of the Election Board shall be at the same time a member of the Tribal Council or a candidate for any other tribal office.

(b) Election of Election Board. Any qualified member of the Tribe interested in being elected to a position on the Election Board may submit his or her name in writing to the presiding officer at the start of the general membership meeting. The presiding officer shall read the names out loud to the general membership and then ask for additional nominations for the positions from the floor. All persons nominated for the positions must be present and must state to the presiding officer out loud that he/she accepts the nomination in order to be considered by the general membership for a position on the Election Board. After asking for further nominations for the positions, no further nominations shall be considered from the floor at that general membership meeting. At the close of nominations, the presiding officer shall conduct an election by secret ballot to elect five (5) persons to the Election Board. Each voting member present at the meeting shall receive a blank piece of paper by the presiding officer. The blank paper shall constitute the ballot and the presiding officer shall instruct the voting members to write no more than five (5) names of those persons nominated for a position on the Election Board on the ballot. After the voting members cast their ballots, the presiding officer and her/his designated appointee(s) shall count the ballots in the presence of the general membership and declare the winners. Any dispute regarding an Election Board election shall be resolved by a majority vote of the general membership present and voting on the issue and its decision shall be final.

The five (5) candidates receiving the highest number of votes for the positions shall be elected to the Election Board. In the case of a tie, the general membership shall vote to break the tie.

### **(5) Tribal Historic Preservation Office Board Nominations**

**1.01.03 – Qualifications:** All members of the board shall have the following qualifications:

1. Be an enrolled member of the Tribe; and (2) Minimum of twenty-one (21) years of age, as laid out in the Tribe's application for a Tribal Historic Preservation Office.

In addition to meeting the above, member of the board shall have at least one of the following qualifications:

1. Have an understanding of the practices of museum donations, loans, and curation.
2. Have an understanding of the Native American Graves Protection and Repatriation Act and the process of repatriation.
3. Have an understanding of the National Historic Preservation Act; and



4. To be a Traditional Cultural Authority.

**1.01.04 – Appointment to THPO Board:** Any qualified member of the Tribe interested in serving on the Chemehuevi Cultural Committee must submit their name in writing to the presiding officer at the next general membership meeting or at the next regular Council meeting as necessary for the board to maintain a minimum of five members. The presiding officer shall read the names out loud to the general membership and then ask for any additional nominations to the committee from the floor. All persons nominated must be present and must state out loud to the presiding officer that they accept or decline the nomination. After asking for further nominations, no further nominations shall be considered from the floor at that general membership meeting.

At the close of nominations, Tribal Council will vote on whether candidates are suitable to serve on the committee based on providing a diverse range of Traditional Cultural Authorities. Any nominations with a majority vote in favor will be appointed to the committee. Once all members have been appointed, remaining nominees will be considered for the two (2) alternate seats to the committee. In the event of a tie, the general membership shall vote to break the tie.

#### **(6) Chairman Report**

#### **(7) Vice Chairman Report**

#### **(8) Secretary-Treasurer Report**

- a. Tribal Council to Approve Certification of Updated Membership Roll by Resolution\*
- b. Approval of April 26, 2024, General Membership Meeting Minutes

#### **(9) 2024 Audit Report**

- a. Casino
- b. Hotel & Restaurant
- c. Resort
- d. Status/Update on Tribal Administration

#### **(10) Attorney(s) Report**

- a. Williams & Cochrane
- b. David Dehnert
- c. Lester Marston

#### **(11) Annual Meeting Motions from 2024 Status/Update**

- a. Whether Tribal Membership Wants to Convert Per Capita Distributions to General Welfare Payments Pursuant to the Tribal General Welfare Exclusion Act
- b. Prior Five Year Annual Meeting Motions Status/Updates

#### **(12) Comments from the Audience**

#### **(13) Adjournment**

# 55<sup>th</sup> Annual General Membership Meeting



## Needles High School Students Needed!

Earn your community service hours for graduation requirement! Sign up with Jasmine Lynch @ Tribal Administration

Reserve your room at Casino (760) 858-6325.

**HAVASU LANDING**  
RESORT & CASINO

The Chemehuevi Indian Tribe is not responsible for lost, stolen, or damaged property. For more information, contact Tribal Administration at (760) 858-4219.

## FRIDAY APRIL 25, 2025

### Administration Building

8:00 am – 3:30 pm.....Early Registration (must have identification)

Tribal ID's-Enrollment (not accepting Enrollment applications)

### Tribal Gymnasium

9:00 am..... Regular Monthly Council Meeting

## SATURDAY APRIL 26, 2025

### Realty and Planning Office

8:00 am - 5:00 pm..... Voting Polls (must have identification)

### Tribal Gymnasium

8:00 am..... Continental Breakfast

8:00 am - 2:00pm..... Registration (must have identification)

9:01 am..... General Membership Meeting Roll Call

12:30 pm - 1:30 pm..... Lunch

5:00 pm..... Dinner

### Tribal Administration

8:00 am – 2:00 pm..... Tribal ID Card's-Enrollment (not accepting Enrollment applications)

### Head Start Building

9:00 am – 4:30 pm..... Activities for ages 3-4. Child(ren) must be signed in and out by adult parent/guardian.

### Education Center

9:00 am- 4:30 pm..... Activities for ages 5-6. Child(ren) must be signed in and out by adult parent/guardian.

### Community Center

9:00 am- 4:30 pm..... Activities for ages 6+. Child(ren) must be signed in and out by adult parent/guardian.



*Hagarüü? Nük Arlene King Escobar niyega. Siwava'atsin nūwūgai. Tūhi yunūkaim. Nūw kats haōts Nūwū Ampagawat. Pisūv nangkūvūtsuvan. Mawk. How are you? My name is Arlene King Escobar. I'm living here in Chemehuevi Valley. I am Deer Clan. I do not speak Chemehuevi well. Soon I will understand. Thank you.*

Since the beginning, my family has been heavily involved in the politics of the Chemehuevi Indian Tribe. Their vision, sacrifice, and struggle proved that through determination, hard work, and engaging with our community, we can secure our Tribe's prosperity. My family instilled in me to be of service to my community, to be proud and get involved by learning our language, dances, culture, lands, customs and way of life. They taught me that sovereignty, self determination, and self reliance as a Tribe are worth fighting for, protecting all that we as a Tribe hold sacred. I believe that if we can encourage and support one another, we can be unstoppable in our achievements.

My great-uncle, Herb Pencille, was responsible for some of the efforts toward our Tribe's reorganization in the late 60's. My other great-uncle, John Pencille, served on the first Chemehuevi Tribal Council. Both of my parents, Ramona Pencille and Darryl King, ran for Tribal Council. My father served as a member of the Chemehuevi Indian Tribal Council for a period of time. I essentially grew up in Tribal Council meetings. I sat and listened to the adults talk about issues important to them and how to improve life on the reservation, and it gave me a sense of identity and pride.

My father, Darryl, was an accomplished artist and loved giving his artwork to his friends. He was passionate about protecting our reservation and ancestral lands, a trait he passed on to me as well. He protested against the nuclear waste dump proposed in Ward Valley. He also participated in fencing off and protecting West Wells (Howaio) with Matt Leivais, Sr. (an event I was present for as "Baby Winter Cloud").


My mother Ramona, was a skilled beader and always regretted not learning more of her language. I, in turn, learned for her and would teach her words. Protecting our lands, cultural resources and language have become priorities for me, to pass that knowledge on to my own children and future generations.

I have worked in Indian Country off the reservation as well as in my own community. I was a Medical Assistant for Riverside San Bernardino County Indian Health Inc., for several years in Thermal, California. I have served in numerous positions working for Chemehuevi Tribal enterprises over the years. I previously contributed my skills working in the Tribe's Surveillance and Realty departments. I'm also a trained cultural monitor and believe in the preservation of our homelands. I currently work as the Enrollment Clerk for the Chemehuevi Indian Tribe, a position I enjoy because I continue to meet relatives and I can be of service and interact with all of the membership.

In my time living on our Reservation, I have served on a number of Boards to help improve our community and quality of life for our membership, such as the Education, Health and Resort boards. I currently sit on the Tribal Historic Preservation Office (THPO) Committee and Secretary on the Health Board. I am no stranger to the hard work of community service. I've helped with Elders events, including last year's Elder's Appreciation Dinner. I've served as a member of the unofficial cemetery committee, making suggestions to improve the place where our beloved Tribal members are buried. I've participated in cultural gatherings, such as the Gathering For Our Mountains camping trip for over ten years, travelled to the Oasis of Mara, and am the point of contact for the Old Woman Mountain Springscape 2025 camping trip.

My values are to protect and promote the physical, social, educational, and spiritual wellbeing of my people through the revitalization and continued practice of cultural values and traditions, promotion of economic independence, and self-sufficiency. I intend to maintain a balance of heritage and honesty, accountability with respect for ancestral lands and each other, for our people to enjoy a prosperous journey into the future. With your support this year, I promise to do just that.

Mawk,  
Arlene Winter Cloud King-Escobar #446  
awcescobar80@gmail.com



**Autumn Ochoa-Craig**  
**113 E. Palo Verde,**  
**Chemehuevi Valley CA 92363**  
**928.732.6532**  
**[autumnmochoa@icloud.com](mailto: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.

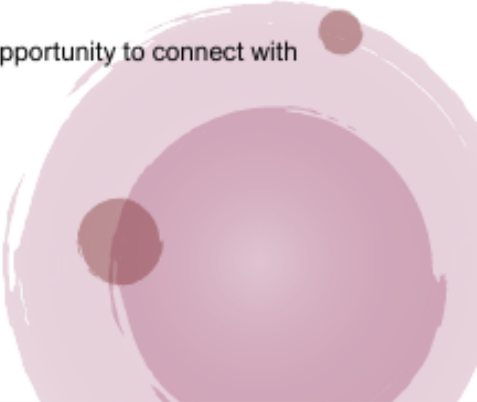
Family has always been at the forefront of my life. My father has devoted over 40 years of his career to our resort and is now the general manager and a sitting council member. His dedication and service have inspired me to continue working for our community. I have also gained valuable experience working 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



# SHERIDAN SILVERSMITH

Tribal Council 2025-2028

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Maikwas! I, Sheridan Silversmith, am pleased to announce my candidacy for Tribal Council. I am the proud daughter of the late David Leivas Chavez and granddaughter of the late Margaret Leivas Chavez. I am a mother, sister, aunt and niece living on the reservation raising my two children.

I have served in my first term as Secretary-Treasurer for the first two years and currently in my third year as Vice Chairwoman. It has been a tremendous learning experience in our overall function, operation, and responsibility as a Tribal government. People, as well as myself, ask why I want to run for Tribal Council? It is, to be a part of the bigger team, to encourage and support in my capacity as a Council Member today and future terms.



“Nu’Kwi” in Chemehuevi means run and it is one of my personal accomplishments during my term. In 2022 the Special Diabetes Program and I collaborated to reestablish a Spirit run, runners starting at the CA 95 HWY & 17-mile turn off and ending at Nuwuvi Park. This was a joint effort to encourage, foster traditions and culture of the Tribe. We average fifteen to twenty runners from ages seven and up.

Further efforts, I brought a resolution to Tribal Council establishing Nu’Kwi every Nuwuvi Days, CA Indian Days and any other cultural appropriate event. I firmly believe that when an activity is nourished with culture, it can create healing, pride and a sense of belonging with your tribe. I have done my best to support our Cultural, Health & Wellness Departments; if our people are struggling mentally, spiritually, physically, etc., they need our services to bring balance back into their lives. Our people are our greatest resources.

As you and I know when terms change, the priority of the Tribal Council can change. I am very grateful for the current Tribal Council members; it may seem we have not accomplished a lot, but I believe we have by executing Havasu Palms Lease, AES Solar Project, establishing tribal codes and adopting titles. As well as improving communication and how we conduct business in the monthly Tribal Council meetings. I have learned something from each of them and hope we can continue nourishing those values as we grow as a nation.

Today as Vice Chairwoman I oversee the Real Estate and Planning of the Reservation, our office is currently reviewing our procedures to improve and implement policies. The goal is to create a manual for our department to maintain consistency in our process’s. So far this year, we have strengthened our Business License Ordinance, passed the Ordinance Regulating Initial Review of Development Projects, revisiting our resident leases, updating tenant files, managing and utilizing more in our property management software.



(928) 277-3956



[sheridansilversmith6@gmail.com](mailto:sheridansilversmith6@gmail.com)



Chemehuevi Valley, CA



I want our department to complete the project of the eleven vacant lots that were surveyed and approved located on North and South Valley Road for Tribal members who wish to lease land to build a home.

I am seeking your support in reelection for Tribal Council 2025-2028 to complete tasks and continue to support other various goals and priorities the Tribe has established. Here are some items that have been a standing discussion over the course of my term, and I hope we can finalize or continue the next step of these projects:

- Master Plan
- Gaming Ordinance
- Upgrading Water Infrastructure
- Housing for Tribal Members and Employees
- Assuming Responsibility for our Behavioral Health Services
- Update CIT Employee Handbook
- Update Tribal Employment Rights Ordinance
- Implementing Cultural representation in our Casino
- Improvements to the Tribal Cemetery and building a Cry House for ceremony
- 5<sup>th</sup> Street Project
- Barstow Project
- First Responders' Services

Thank you again for allowing me to serve these first three years and I look forward to the next three. If you have any questions or would like to discuss any of the items I have mentioned, you may contact me.

Mawk,

Thank you

*Sheridan Silversmith*



(928) 277-3956



[sheridansilversmith6@gmail.com](mailto:sheridansilversmith6@gmail.com)



Chemehuevi Valley, CA

Dear Chemehuevi Tribal Members,

I am Candice Chandler-DeGregorio, a dedicated leader honored to serve on our Tribal Council across multiple terms. As a base enrollee descendant of Dehlia Martinez (Laird) Chandler, I ask for your support to continue my commitment to our community. Additionally, my Aunt Rosie Leivas (Laird) (92-years young) served on the Tribal Council for nine years, held the position of Secretary/Treasurer, worked on the Planning Committee, and played a key role in retrieving our land from the government in the 1970s during the formative years alongside Mr. Herbert Pencille, instilling in me the value of dedicated service to our tribe

Throughout my journey with the Chemehuevi Tribe, I have immersed myself in our governance and economic development. I began my service on the Chemehuevi Gaming Committee before our gaming compact was approved in 1999, then took on the role of Chairperson of the Tribal Gaming Commission. My passion for our community has driven me to contribute to the Education Committee, the Nuwuvi Economic Development Corporation (NEDCO), and the Tribal Council over the past 25 years, both on and off.

While fulfilling these responsibilities, I have successfully navigated frequently traveling from Las Vegas to Chemehuevi to participate in essential tribal meetings. This extensive experience has equipped me with a deep understanding of our community's unique needs and objectives. I am working hard to bring back tribal members to live and work at our tribal enterprises. We desperately need housing to bring members who want to retire and be an asset to the community.

For over two decades, I operated my own Tribal gaming company, providing me with a well-rounded perspective that I bring to the council. I am especially passionate about our culture and believe strongly in the importance of reconnecting our membership with the reservation. We must create meaningful opportunities for our youth to return and engage with our vibrant culture, strengthen community bonds, and safeguard our heritage for the generations to come.

I am a voice for Chemehuevi Tribal members on and off the reservation, I will listen to your concerns and bring them up at the council meetings.

Your support is crucial as I seek to continue this important work. Together, we can build a brighter future for our Chemehuevi Tribe.

Thank you for your consideration.

Sincerely,  
Mawk,  
Candice Chandler-DeGregorio #10  
candicedegregorio@gmail.com

## **Campaign Letter - Gjrjle Dunlap**

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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





ANNUAL MEETING STAFF SUPERVISED ACTIVITY DAY FOR YOUTH

APRIL 26TH, 2025

**HEADSTART & CTEC**  
3-4 YR OLD'S      5-6 YR OLD'S

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

\* STAFF SUPERVISED DAY FOR CHILDREN 5-6 YR OLD'S WILL BE @ CTEC

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

IDENTIFIED EMERGENCY CONTACT) 18+  
*drop off @ 9AM*

*scheduled time activities*

*please bring extra clothes for water activity*

*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 @ 5:00pm children  
who are not picked up by caregiver/emergency contact.*

*any children left after 5:00pm will be considered abandoned, we will notify  
sherriff and will not be eligible for future supervised activities.*

**MORE INFO**

**JOSIE PINTOR (760)284-3911**

**LACE TURNER (760)858-1063**

## **EDUCATION CENTER**

**Staff Supervised Activity Day for children 5-6 years old.**

**Children 5-6 may attend supervised activities from 10:00 am- 5:00pm (Pick up starts at 4:30)**

**Child Must be signed in by caregiver and picked up by caregiver (Or PRE identified Emergency Contact) 18 older.**

### **SCHEDULE:**

**Drop-off at 10am**

**10:30-12:00- outdoor play/water play (depending on weather possible water balloons)**

**12:00-1:00- Lunch**

**1:00-2:30- Books games art activity indoor 9 stem activity or freestyle paint.**

**2:30-3:00- Snack**

**3:00-4:30 Movie Time (popcorn and juice)**

**4:30pm-5:00 pm- Pick up Children.**

**EDUCATION CENTER DOORS WILL CLOSE AND STAFF WILL LEAVE AT 5:00PM.  
CHILDREN WHO ARE NOT PICKED UP BY CAREGIVER OR EMERGENCY CONTACT  
ANY CHILDREN LEFT AFTER 5:00 PM WILL BE CONSIDERED ABANDONED, we will  
notify Sherriff AND Will NOT BE ELIGIBLE FOR FUTURE SUPERVISED ACTIVITIES.**

**\* Please bring a change of clothes or any items you think your child might need.**

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## Permission Form

EVENT NAME: Annual Meeting Youth Activity Day

DATE OF EVENT: April 26, 2025

TIME: 10:00 AM - 5:00 PM

I \_\_\_\_\_ give permission for my child,  
\_\_\_\_\_ to attend, and participate in,  
supervised Activities at the Education Center.

During the event, I can be reached at \_\_\_\_\_  
(Your phone number and or emergency contact).

If for any reason you are unable to contact me, please contact:

Emergency Contact Name: \_\_\_\_\_

List any food Allergies:

\_\_\_\_\_-I understand that my child must be signed in and  
signed out. I understand supervised activities end at 5pm  
and my child will need to be pick up prior to that time.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date





The poster features a blue sky background with a smiling sun in the top right and a circular logo with a star in the top left. The main title is in large, bold, colorful letters. Below the title, the time and location are specified. A large white rounded rectangle contains the rules and schedule. The schedule is listed in a clear, bold font, and the prize information is at the bottom.

# **YOUTH** **APRIL 26<sup>TH</sup>** **ACTIVITIES** **FOR** **ANNUAL MEETING** **2025**

**9<sup>AM</sup> - 5<sup>PM</sup> @COMMUNITY CENTER**

Youth 6 & older may attend supervised activities from 9-5(pick up starts at 4:30) your child must be dropped off by a caregiver and picked up by the same caregiver (or PRE identified Emergency Contact).

Children will need to be signed in/out of the Community Center- they will not be allowed to come and go from the supervised activities

## SCHEDULE

DROP OFF STARTS AT 9:00am (BREAKFAST SNACK)  
10am-11:30 SAC RACE/3 LEGGED RACE @BALLFIELD  
11:30-12:30 LUNCH (PIZZA)  
12:30-1:30 HULA HOOP CONTEST  
1:30-3:00 ARCHERY COMPETITION  
3:00-3:30 SNACK  
3:30-4:30 ROCK PAINTING/BOARD GAMES  
4:30-5:00 SIGN OUT FOR PICK UP

**THERE WILL BE ARTS & CRAFTS/BOARD GAMES AND OTHER OPTIONAL ACTIVITIES FOR THOSE WHO DONT WANT TO PARTICIPATE IN THE COMPETITIONS.**

**COMPETITION WINNERS WILL RECEIVE CASH CARD PRIZE**

PosterMyWall.com



## Permission Form

EVENT: Annual Meeting Youth Activity Day (\*Ages 6-17)

LOCATION: Chemehuevi Indian Tribe – Community Center

DATE: April 26<sup>th</sup>, 2025

TIME: 9:00 AM - 5:00 PM

I, \_\_\_\_\_ give permission for my child(ren),  
<Parent / Guardian Name>

\_\_\_\_\_  
<Child(ren)'s Name(s)>

to attend, and participate in the supervised Activities at the Community Center/Field. During the event, I can be reached at:

( ) - \_\_\_\_\_  
<Parent Phone Number>

**\*\*If for any reason you are unable to contact me, please contact:**

Emergency Contact Name: \_\_\_\_\_  
Emergency Phone Number: ( ) \_\_\_\_\_

**\*Child's Food Allergies:** \_\_\_\_\_

☐

I understand that my child(ren) must be signed in at drop-off, and signed out upon pick-up. ***I understand supervised activities end at 5:00pm***, and acknowledge that my child will be picked up prior to that time.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## BOARDS & COMMITTEES

### VACANCIES:

**Education Board (1) Vacancy**  
**Enrollment Board (1) Vacancy**  
**Health Board (1) 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

[health.board@cit-nsn.gov](mailto:health.board@cit-nsn.gov)

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.**

## **NEWS FROM CHEMEHUEVI INDIAN TRIBAL COURT**

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Judge Anna Kimber being sworn in by Chairman Glenn Lodge on March 13, 2024.

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## NEWS FROM CHEMEHUEVI INDIAN TRIBAL COURT

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The new Chemehuevi Indian Tribal Courthouse opened July 19<sup>th</sup>, 2024. Located just south of the Tribal Administration building.

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### Questions? Contact the Chemehuevi Tribal Court.

- By email: [court@cit-nsn.gov](mailto:court@cit-nsn.gov) or [court.clerk@cit-nsn.gov](mailto:court.clerk@cit-nsn.gov)
- By phone:  [\(760\) 858-4219](tel:(760)858-4219) ext. 122
- By mail: [P.O. Box 1930, Havasu Lake, CA 92363](mailto:P.O.Box1930@cit-nsn.gov)

**WE ARE  
HIRING**

**JOIN OUR  
TEAM!**

## **TERO**

**TRIBAL EMPLOYMENT RIGHTS OFFICE**

### *WHAT DO WE DO?*

**1**

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

**2**

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

**3**

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

**OR**



If you want to speak with someone about a discrimination issue

### **CONTACT**

**VARNER ESCOBAR  
TERO OFFICER**

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



# **T.E.R.O.**

***HOURS OF OPERATION***

***MONDAY – FRIDAY***

***7:30AM – 4:00PM***

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



SAVE THE  
DATE!!!

# CHEMEHUEVI FAMILY WELLNESS RETREAT 2025

## Activities

Zip Line  
Climbing Wall  
Archery  
Giant Swing  
and more

## Friendly Pines Campground

Prescott, AZ

December  
19th-21st  
2025





# MMIP



# AWARENESS WALK

## \*SAVE THE DATE\*

**NO MORE**  
MISSING & MURDERED INDIGENOUS PEOPLE  
**MMIP**

**Monday  
May 12th  
2025  
9am-11am  
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](mailto:ICWA@cit-nsn.gov)

## **Head Start Happenings:**

Chemehuevi Head Start / April 2025 Addition of Monthly Newsletter

### **WHAT HAPPENED IN MARCH:**

-We had 2 Head Start families and staff participate in the Howaio Community Gathering.



-Staff had an amazing time in New Mexico at our NCFC Conference. We learned lots and came back refreshed, inspired and ready to incorporate what we learned.

**\*Head Start is working hard on transitioning our graduating kiddos into TK/K.**

### **WHAT'S HAPPENING NEXT/ IN APIRL:**

-Swim Lessons @ LHC Aquatic Center: 9-11am, Every WEDNESDAY ONLY (4/9, 16, 23, 30)

-Policy Council Meeting: TBD

Spring Holiday – NO SCHOOL: Monday, 4/21

-Staff Flex Day – NO SCHOOL: Tuesday, 4/22

-Staff In-Service Day – NO SCHOOL: Friday, 4/25

-ANNUAL MEETING STAFF SUPERVISED ACTIVITY DAY: 9AM-430PM, Saturday, 4/26. Ages 3-4 yrs old @ Head Start/ Ages 5-6 yrs old @ CTEC. Food and Activities provided. Pick up is between 430-5pm.

-May Policy Council Meeting: Friday, 5/2

-Staff In-Service Day – NO SCHOOL: Friday, 5/23

-Memorial Day – NO SCHOOL: Monday, 5/26

# April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OPEN FOR SPRING BREAK	1 OPEN FOR SPRING BREAK	2 OPEN FOR SPRING BREAK	3 OPEN FOR SPRING BREAK	4 Water Safety with Health and Wellness 11:00 - 3:00	5 CLOSED
6 CLOSED	7 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Stem Activity	8 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	9 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM	10 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	11 Karaoke Day	12 CLOSED
13 CLOSED	14 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Stem Activity	15 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	16 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM GARDENING CLASS 4:00 - 5:15 PM	17 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	18 Egg Coloring	19 CLOSED
20 CLOSED	21 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Stem Activity	22 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	23 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM GARDENING CLASS 4:00 - 5:15 PM	24 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	25 CLOSED	26 Annual Meeting Open 9:00 - 5:00 pm
27 CLOSED	28 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Stem Activity	29 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM Nature Walk 4:00 - 4:45 PM	30 HHP 2:30 - 5:30 PM THP 5:00 - 5:45 PM GARDENING CLASS 4:00 - 5:15 PM	Nature Walk 4:00 - 4:45 PM		

See Spring Break Itinerary For Activities







CHEMEKETTA  
COMMUNITY  
COLLEGE  
EDUCATION  
CENTER



# SPRING BREAK hours

MONDAY 3/31/25 10:00AM - 4:00PM

TUESDAY 4/1/25 10:00AM - 4:00PM

WEDNESDAY 4/2/25 10:00AM - 4:00 PM

THURSDAY 4/3/25 10:00AM - 3:00PM

FRIDAY 4/4/25 10:00AM - 4:00PM

CHECK SPRING BREAK ITINERARY FOR MORE INFO AND  
DETAILED ACTIVITIES

FOR MORE INFO CALL (760)858-1063





## CHEMEHUEVI EDUCATION CENTER

**SPRING BREAK MARCH 31-APRIL 4TH 2025**

**10AM-3:30PM**

### SPRING BREAK ITINERARY

ALL ACTIVITIES DUE TO CHANGE DEPENDING ON ATTENDANCE

#### MONDAY 3/31

10AM - SIGN INS

10:30 -11:30AM - NATURE WALK (NO CROCS)

11:30-12:00- "FAVORITE FOOD " ART COMPETETION

12:00-12:30P-SNACK

2:30-3:30PM- STEM ACTIVITY

3:30-CLEAN UP

#### TUESDAY 4/1

10AM - SIGN INS

10:30 -11:30AM - NATURE WALK (NO CROCS)

11:30-12:00-FREESTYLE PAINT

12:00-12:30- SNACK

1:30-3:30- STEM+ PROJECT

3:30- CLEAN UP

#### WEDNESDAY 4/2

10AM - SIGN INS

10:30 -11:30AM - NATURE WALK (NO CROCS)

11:30-12:00- FREE TIME ON TABLET

12:00-12:30- SNACK

12:30-1:30- UNO/MONOPOLY GAME & BROWNIE BAKING

1:30-3:30- GARDENING UPKEEP / CLEAN UP

#### THURSDAY 4/3

10AM - SIGN INS

10:30 -11:30AM - NATURE WALK (NO CROCS)

12:00-12:30P-SNACK

12:30-2:30PM- BAKING DAY "DECORATE YOUR OWN

COOKIE OR BROWNIE "

2:30-3:30PM- 4 SQUARES

3:30-CLEAN UP

#### FRIDAY 4/4

10:15AM- SIGN INS @ COMMUNITY CENTER STUDENTS WILL BE TRANSPORTED

TO AND FROM LOCATION

11AM-3PM CHEMEHUEVI HEALTH & WELLNESS ASAP & SAN BERNARDINO

COUNTY FIRE DEPARTMENT PRESENT WATER SAFETY AND RESCUE TIPS







# JAPANESE LANGUAGE CLASS

with  
**MIHO KNAPPE**



**STARTING  
WEDNESDAY,  
APRIL 9TH,  
2025**

**3:00–3:45 PM**

**Join us for a fun and interactive  
5-week Japanese language experience!**

This program is designed for beginners (ages 8+) and includes games, crafts, and hands on activities to learn basic greetings, simple words, and hiragana.

At the end of the course, we'll celebrate with a **Japanese cooking class** where participants will make their own *onigiri* (rice balls)!

This class is open to the community. Please sign up at CTEC.

**FOR MORE INFORMATION, CALL (760) 858-1063**







**EPA & EDUCATION CENTER**

# **Earth Day**

**WILLOW PLANTING**

**April 19th, 2025**

**9:00AM-2:00PM**

**LUNCH WILL BE PROVIDED**

**PLEASE DRESS ACCORDINGLY TO WARM WEATHER, ALL  
MATERIALS AND SUPPLIES WILL BE PROVIDED.**

**CLOSED TOE SHOES ONLY, NO CROCS !! WE WILL BE DIGGING AND  
PLANTING**

**More info please call Cruz Regla (760)302-4057**

**Lace Turner (760)858-1063**





EDUCATION CENTER PRESENTS

# GARDENING CLUB



**WEDNESDAYS**  
**4:00PM-5:15PM**

**EDUCATION CENTER**



**SIGN UP WITH EDUCATION CENTER**





CELEBRATE

# EARTH DAY


WITH THE  
CHEMEHUEVI ENVIRONMENTAL DEPARTMENT

**THERE WILL BE :**


- Informational/Activity Booths
- Vendors
- Tree Planting
- Repairian Area Visit
- NPS Demonstration
- Hamburgers & Hotdogs For Lunch
- Raffles During Lunch
- San Bernardino County Station 18  
Fire department

**WHEN & WHERE :**

 April 19th, 2025.

 Nuwuvi Park

Nuwuvi Park Rd.  
Needles, CA. 92363

 Starting at 10:00am  
Ending at 3:00pm

More Information



eoc@cit-nsn.gov



(760)-302-4057



@cit\_environmental

# EARTH DAY ITINERARY

10:00a.m

*Earth Day Event start*

10:15a.m

*Opening statement from our  
director Brian Kellywood*

10:30a.m

*Tree Planting with  
our NPS crew*

11:15a.m

*San Bernardino County Station  
18 fire department drive by*

12:00p.m

*Previous Repairian Area  
Site Visit*

12:30p.m

*Grilled Hotdogs and  
Hamburgers will be  
served for lunch along  
with your choice of  
potato or pasta salad  
and a bag of chips*

12:45p.m

*Raffles will begin and go  
tell all prizes are Raffled  
off MUST BE PRESENT  
TO WIN*

1:30p.m

*NPS Crew Demonstration  
on how they process  
mesquite for fire wood*

2:45p.m

*Closing statement*

3:00p.m

*Earth Day event end*



CHEMEHUEVI COMMUNITY CENTER

# Spring ART Contest

CASH  
PRIZE

THEME - ANYTHING SPRING RELATED  
ALL ART FORMS WELCOME

**SUBMIT ARTWORK NO  
LATER THAN APRIL 30TH  
TO COMMUNITY CENTER**

AGE GROUPS

6-11 12-17

FOR INFO CALL THOMAS PENCILLE 760-858-5103



# **CHEMELUEVI COMMUNITY CENTER WORK HOURS**

**MONDAY 10:30-7:00**

**TUESDAY 10:30-7:00**

**WEDNESDAY 10:30-7:00**

**THURSDAY 10:30-7:00**

**FRIDAY 10:30-7:00**

**SATURDAY 10:30-7:00**

**SUNDAY CLOSED**

**CACFP SNACK @3:00 DINNER @5:00**



# COMMUNITY CENTER APRIL ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31. BOARD GAMES *C.C. HOURS CHANGE 10:30-7PM	1. H&W FAMILY GAME NIGHT 4:30-6PM	2. OPEN GYM 10:30-4PM *TEEN POOL TOURNAMENT 4:00-5:30PM	3. A.I SELF PORTRAIT RENDERING & ROCK PAINTING 12:00-5PM	4. YOUTH BINGO, JUMP ROPE & ROCK PAINTING 12:00-5PM	5. KIDS BOUNCE HOUSE & WATERSLIDE (12 & UNDER)
7. BOARD GAMES *C.C. HOURS CHANGE 10:30-7PM	8. ARTS & CRAFTS	9. OPEN GYM 12:30-5:00PM	10. YOUTH CORNHOLE TOURNAMENT 4:00-6:30PM	11. GAME ROOM 3:30-6:30PM	12. OPEN GYM 12:30-5:00PM
14. EASTER CRAFTS	15. EASTER BUNNY SIDEWALK CHALK ART	16. EASTER EGG DYING 3:30-5:30PM	17. EASTER EGG MIXED MEDIUM PAINTING 3:30-6PM	18. GAME ROOM 3:30-6:30PM	19. EASTER EGG HUNT @ NUWUVI PARK 8:30-10AM
21. BOARD GAMES	22. EARTH DAY PROJECT	23. FIELD DAY -KICK BALL -SOFT BALL 1 – 6PM	24. CROSSWORD PUZZLE COMPETITION 4:30-5:30PM	25. GAME ROOM 3:30-5:30PM	26. ANNUAL MEETING C.C. OPEN 9:00-5:30PM
28. BOARD GAMES	29. ARTS & CRAFTS	30. OPEN GYM 12:30-4:30PM	COMMUNITY CENTER HOURS -MONDAY-SATURDAY 10:30AM - 7PM SNACK @3:00 SUPPER @5:00 MONDAY—SATURDAY FOR QUESTIONS OR INFO CALL 760-858-5103 FOLLOW US ON FACEBOOK FOR UPDATES & FLYERS		

CALENDAR AND EVENTS SUBJECT TO CHANGE





# CHEMEHUEVI COMMUNITY CENTER WITH E.P.A

The background of the poster features a large, gnarled tree with many colorful Easter eggs hanging from its branches and scattered on the ground. The eggs are in various colors including blue, yellow, red, green, and white, some with patterns. The entire scene is framed by a pink border.

**APRIL 19<sup>TH</sup>**

# **EASTER EGG HUNT**

**AT**  
**NÜWÜVI PARK**

**HUNT STARTS**  
**8:30-10AM**

**JOIN US**  
**AFTER THE EGG**  
**HUNT, WE WILL BE**  
**CELEBRATING**  
**EARTH DAY**  
**WITH THE**  
**E.P.A DEPT.**

**FOOD, PRIZES, VENDORS**  
YOUTH MUST PROVIDE  
OWN EASTER BASKET

**FOR INFO CALL THOMAS 760-858-5103**  
**OR CRUZ 760-858-1140**



CHEMEHUEVI COMMUNITY CENTER

# EASTER EGG COLORING

APRIL 16TH  
3:30-5:30PM



EGGS ARE LIMITED AND ON A FIRST COME  
FIRST SERVE BASIS

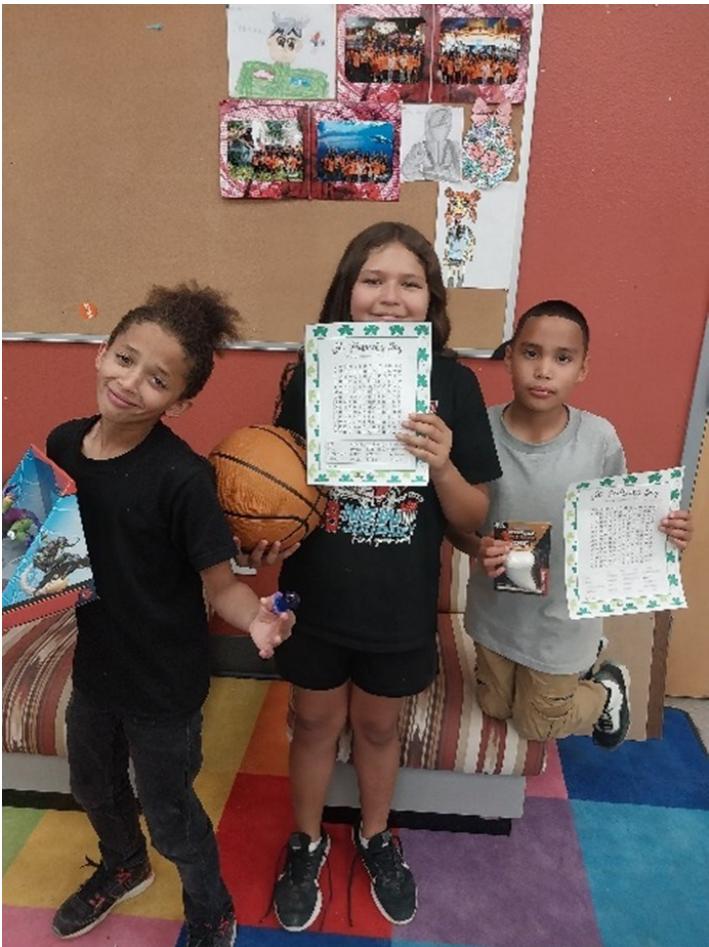
FOR INFO CALL THOMAS 760-858-5103

















## Chemehuevi Community Center

### \*Temporary\* Staffing Hours

**Monday -Friday:** 10:30am-7:00pm

**Saturdays:** 10:30am-7:00pm

(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.

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### MARCH Events & Fundraisers

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- TUESDAY 4<sup>TH</sup> H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER
- WEDNESDAY 6<sup>TH</sup> GIANT JENGA COMPETITION
- MONDAY 10<sup>TH</sup> YOUTH WORD SEARCH CHALLENGE
- WINNERS 1<sup>ST</sup> FALLON , 2<sup>ND</sup> DERON , MARCUS
- THURSDAY 13<sup>TH</sup> TWISTER TOURNAMENT
- WINNER (VANESSA MCDONALD)
- SATURDAY 15<sup>TH</sup> CLOSED
- (FOR FIELD TRIP TO HAWIOW ( WEST WELLS)
- MONDAY 17<sup>TH</sup> GREEN SIDEWALK CHALK ART CONTEST
- WINNERS 1<sup>ST</sup> FALLON FRYAR, 2<sup>ND</sup> LONDON JORDAN, 3<sup>RD</sup> MARTIN CURTIS JR (PJ)
- TUESDAY 18<sup>TH</sup> ROCK PAINTING (NUWUVI ROCKS) FACEBOOK PAGE
- THURSDAY 20<sup>TH</sup> BASKET BALL SHOOT-OUT TOURNAMENT
- WINNERS 1<sup>ST</sup> PARKER MCDONALD(boys) 1<sup>ST</sup> PRUDENCE DEYSIE(girls)
- THURSDAY 20<sup>TH</sup> SPRING ART CONTEST BEGINS
- FRIDAY 21<sup>ST</sup> 18+ CORNHOLE TOURNAMENT
- (CORNHOLE CANCELLED)
- THURSDAY 27<sup>TH</sup> BIRD TOSS COMPETITION
- WINNERS (6-9) 1<sup>ST</sup> JAYDON, 2<sup>ND</sup> VANESSA, 3<sup>RD</sup> PERRY
- WINNERS (10-13) 1<sup>ST</sup> MARCUS 2<sup>ND</sup> MONICA 3<sup>RD</sup> FALLON
- FRIDAY 28<sup>TH</sup> OUTDOOR MOVIE NIGHT (MUFASA)

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## April Events & Fundraisers

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- **TUESDAY 1st H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER**
- **WEDNESDAY 2nd TEEN POOL TOURNAMENT**
- **THURSDAY 3RD A.I SELF PORTRAIT RENDERING, ROCK PAINTING**
- **FRIDAY 4<sup>TH</sup> YOUTH BINGO, JUMP ROPE, & ROCK PAINTING**
- **SATURDAY KIDS BOUNCE HOUSE & WATER SLIDE 12 & UNDER**
- **MONDAY 7<sup>th</sup> COMMUNITY CENTER CHANGE OF HOURS (10:30am-7pm)**
- **THURSDAY 10<sup>TH</sup> YOUTH CORN HOLE TOURNAMENT**
- **TUESDAY 15<sup>TH</sup> EASTER BUNNY SIDEWALK CHALK ART**
- **WEDNESDAY 16<sup>TH</sup> EASTER EGG DYING**
- **THURSDAY 17<sup>TH</sup> EASTER EGG MIXED MEDIUM PAINTING**
- **SATURDAY EASTER EGG HUNT @ NUWUVI PARK**
- **TUESDAY 22<sup>ND</sup> EARTH DAY PROJECT**
- **WEDNESDAY 23<sup>RD</sup> FIELD DAY- KICKBALL-SOFTBALL**
- **THURSDAY 24<sup>TH</sup> CROSSWORD PUZZLE TIME CHALLENGE**
- **SATURDAY 26<sup>TH</sup> ANNUAL MEETING ACTIVITIES AT COMMUNITY CENTER 9:00AM-5:30PM**

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  
Nuwuvu Rocks







## CHEMEHUEVI DIABETES DEARTMENT

# APRIL 2025

**08**  
APRIL

### Lunch & Learn

COMMUNITY CENTER |  
10:00-11:30 AM

**15**  
APRIL

### Healthy cooking class

COMMUNITY CENTER |  
10:30-11:30 AM

**17**  
APRIL

### Elders Diabetes Breakfast

COMMUNITY CENTER |  
9:00-10 :00 AM

**26**  
APRIL

### Annual Meeting Continental Breakfast

TRIBAL GYM | 8 AM

To register contact Anna Drum-Lynch at  
(760) 858-4240





# CHEMEHUEVI DIABETES DEPARTMENT



## Healthy Cooking Class

**No fry Frybread**

**Tuesday, April 15, 2025  
10:30am - 11:30 am  
COMMUNITY CENTER**

Class size is limited, You must register  
by April 10, 2025 to participate.

*For more information or to sign up, please call*

**Anna Drum-Lynch 760.858.4240**

---

# Healthy Native Youth and Diabetes Prevention

The colonization of American Indian and Alaska Natives caused widespread disruptions to traditional lifestyles.

This led to poor access to healthy foods and decreases in physical activity and contributed to an epidemic of type 2 diabetes in people of all ages.

## Know Your Child's Growth Pattern

Being overweight is one of the main predictors of type 2 diabetes in children. Children's height and weight are tracked at clinic visits and determine if a child is underweight, healthy weight, overweight, or obese.

## Screening for Diabetes

All Native youth, age 10 and older, who are overweight or obese should be screened for diabetes.

## Support Lifestyle Changes

Establishing healthy habits early helps prevent diabetes. Adults can help by providing access to nutritious foods, daily physical activity, and support for weight loss for overweight or obese youth.

## Stay Active

Support youth in being physically active for one or more hours per day. Monitor screen time and set age appropriate limits.

walking to school	15 minutes
biking or skateboarding	15 minutes
playing sports	30 minutes
<b>TOTAL</b>	<b>1 hour</b>



**Aerobic activities** use the body's large muscles to strengthen the heart and lungs, such as brisk walking, skateboarding, biking, or any activity that raises the heart rate.

**Strengthening activities** can help the:

**Muscles** - Climbing, doing push-ups, sit-ups, or pull-ups, or using resistance bands, free weights, and/or machine weights.

**Bones** - Jumping or running, including while playing basketball, lacrosse, and soccer.

*"As our ancestors looked out for us, we must look out for our children and grandchildren. Together, let's build a diabetes-free future for our children."*

- Lorelei De Cora,  
Winnebago



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes). 07/2024

Free Diabetes Education Materials  
Scan Now!

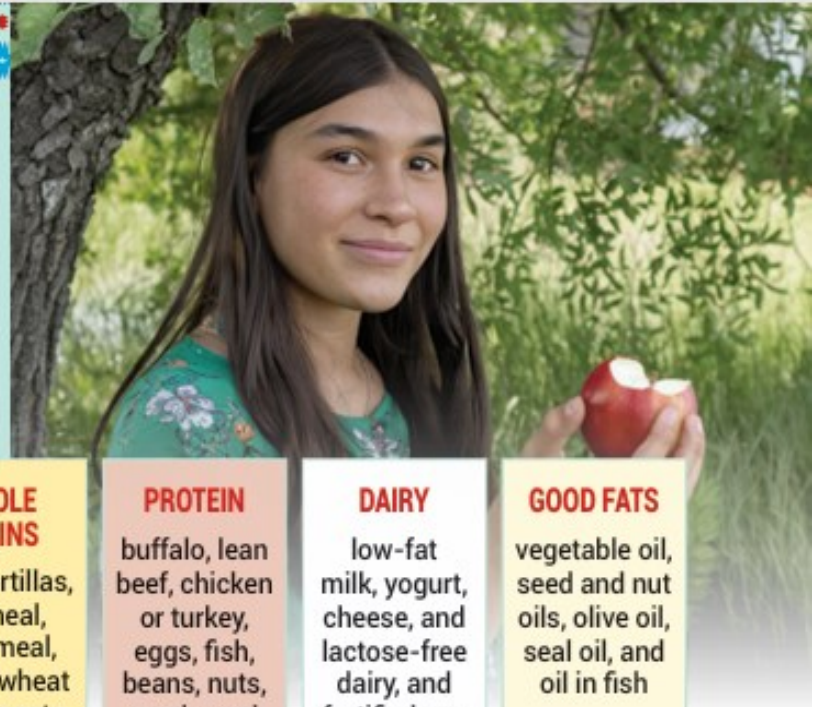






## Eat a Variety of Foods

Native youth need a variety of whole foods like traditionally grown and prepared foods. Help youth try new foods and find ones they enjoy, such as:



### FRUITS

berries, melons, oranges, apples, peaches, pears, and dried cranberries

### VEGETABLES

corn, beans, and squash, baby carrots, celery, cucumber, lettuce, and tomatoes

### WHOLE GRAINS

corn tortillas, oatmeal, corn meal, whole wheat bread, pasta, wild rice, and quinoa

### PROTEIN

buffalo, lean beef, chicken or turkey, eggs, fish, beans, nuts, seeds, and tofu

### DAIRY

low-fat milk, yogurt, cheese, and lactose-free dairy, and fortified soy milk

### GOOD FATS

vegetable oil, seed and nut oils, olive oil, seal oil, and oil in fish



## Increase Water Intake

- Water first – offer a reusable water bottle to use daily.
- Drink water with meals. Try water infused with fresh fruit, or cucumber and mint.



## Limit Sugary Drinks

Avoid drinks high in added sugar. Sugary drinks make it hard for youth to get the nutrients they need without extra calories. Limit 100% fruit juice to 8 ounces daily.



## Prepare Meals as a Family

- Prepare meals using whole foods and encourage tasting new and traditional foods.
- Get youth cooking! Help them learn skills like following a basic recipe, baking in the oven, and chopping vegetables. Visit, [Teaching Kids to Cook](#)
- Invite youth to participate in traditional harvesting, preservation, preparation, and story time about foods from our plant and animal relatives. Find [Native Cooking Resources at ihs.gov](#)

If you need help providing nutritious food for your family, consider looking into these food assistance resources [USA.gov/food-help](https://www.usa.gov/food-help)



## Traditional Foods

Visit "[Diabetes is Not Our Destiny](#)" for traditional foods, finding recipes, and more.

We all can do a lot to help Native youth prevent type 2 diabetes. The changes you make as a family today can help them achieve a healthier future.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit [www.ihs.gov/diabetes](https://www.ihs.gov/diabetes). 07/2024

Free Diabetes Education Materials  
Scan Now!







## Diabetes Information for You and Your Family

# Keeping Your Heart Healthy

Keeping your heart healthy and strong is important, especially if you have diabetes. By taking care of your heart, you can lower your chances of having heart disease. Below are some things you can do to keep your heart healthy.



### Talk with your health care team about how to take care of your heart.

#### Blood pressure

- Ask what your goal should be for blood pressure.
- Many people with diabetes will need medicine to help them control their blood pressure.

#### Commercial tobacco

- If you smoke, chew, or dip commercial tobacco, ask for information on how to quit.
- Call 1-800-QUIT-NOW (1-800-784-8669) for free help.
- Avoid being around smoke from others using commercial tobacco.

#### Cholesterol

- Most people with diabetes will need to be on a type of medicine called a statin to lower their cholesterol.
- Ask if a statin is right for you.



### Make healthy food and drink choices.

- Eat healthy foods, such as vegetables, fruits, beans, whole grains, fish, wild game, and other lean meats.
- Select foods that have less salt, fat, and sugar.
- Grill or bake instead of frying.
- Drink plenty of water.



### Stay active.

- Any amount of physical activity is good.
- Try walking at least 3-4 times a week. Start with 5-10 minutes and work up to 30 minutes or more.
- Choose an activity you enjoy. Take a walk with family or friends. Go for a bike ride. Dance. Play ball. Work in the garden.



### Find healthy ways to reduce stress.

- Take time to relax. Do something you enjoy, such as drawing, reading, crafts, or walking in nature.
- Talk with others about what may be causing stress for you.
- Find a support group at your Tribe, clinic, or community center.



### Follow up with your health care team regularly.

I will take care of my heart by doing these things:

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# 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](mailto: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.

## FY 2024 INCOME LIMITS DOCUMENTATION SYSTEM FOR CALIFORNIA

### Extremely Low Income Limits

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

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

### PEST CONTROL

Bug Emergency was out to spray March 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.

### Chemehuevi Community Center Rules and Regulations

In order to ensure the safety and well-being of all participants, all participants must follow Community Center Rules and Regulations. The following are the combined offenses in which the Community Center staff and participants must abide by:

- Youth ages 5 and under will not be allowed without parent/guardian supervision.
- Firearms & Alcohol must have an updated and signed Youth Contact Log on file with the Community Center.
- Bullying, teasing or threatening others is not allowed.
- Fighting or abusive behavior in or out of building is not allowed.
- Weapons, assault or hand-to-hand contact will not be tolerated.
- Rescheduling of staff, address, relocation or others will not be tolerated.
- Distribution of property, vandalism or blowing will not be tolerated.
- All electronic devices will be monitored for use in designated areas only. Owners must be responsible for all ages.
- Smoking, chewing tobacco, the use of tobacco, use of electronic devices, water bottles, food or snacks is not allowed inside the Community Center.
- Game room rules must be followed (see Game Room Rules).
- Staff and those assigned before entering the building, items are required to be handled outside must be kept in the designated area.
- Alcohol, drugs, tobacco, vaping products and the use of these products are not allowed in or around the Community Center. Smoking for adults only allowed in designated areas (where smoking is allowed).
- Weapons of any sort are not allowed.
- Animals are not allowed in the building.
- Food, snacks and drink allowed only in designated tables.

Breaking of any offense will be dealt with as outlined in Community Center Policy and Procedures Discipline and Consequence Policy. Violation of the rules and regulations may be dealt with as early as the Community Center, depending on the severity of the offense.

#### Offenses:

- 1st offense: warning
- 2nd offense: 15 minute break
- 3rd offense: food home for rest of day

#### Suspensions:

- 1st violation: 1 month suspension
- 2nd violation: up to 3 month suspension
- 3rd violation: 6 month up to 1 year suspension

Continued offenses will result in a suspension from all community facilities (Tribal Gym, Game Room, and Community Center). Violations involving 3 or more, or particularly severe will be a mandatory 1 month up to 1 year suspension from all community facilities in any activities and field trips sponsored by the Community Center. The Community Center staff is not responsible for children when they leave the building unless the Center is on a field trip or in a field trip situation.



**American Rescue Plan.** Although we are currently not accepting new applications Housing continues to work on 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&S Propane:** If you interested in their service, please give Housing Department a call, or you can call them direct @ 928-854-4099. Their next scheduled delivery January 2025. **Ferrellgas:** is still offering propane, an account must be created first. All deliveries will not be charged taxes or other fees. Please contact Ferrellgas directly and let them know you are paying with a credit card or debit card to be considered for an upcoming delivery. To make arrangements, please contact: Katy Rankin, Customer Service Specialist, phone number is 928-445-3940. Her email address is [KatyRankin@ferrellgas.com](mailto:KatyRankin@ferrellgas.com)

### UPCOMING EVENTS

April 18, 2025—GOOD FRIDAY  
April 19, 2025—EASTER EGG HUNT AT NUWUVI PARK  
April 20, 2025—EASTER  
April 26, 2025—ANNUAL 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 US! Every 4th Wednesday of the month 10 AM-12 PM

IN THE HOUSING RESOURCE CENTER





(760)-979-9848

eoc@cit-nsn.gov

# C.I.T ENVIRONMENTAL DEPARTMENT

2000 Chemehuevi Trail, 92363



Our nursery is now in full swing. Our NPS crew has been Planting willows at various job sites as well as a couple local departments here on the reservation.



Our Non Point Source crew held a controlled burn on Thursday April 3rd approximately 500 yards East of the Chemehuevi Water Department. The burn started at 5:30am and was fully extinguished by noon. The purpose of the burn was to clear up the CIT Housing Department's green waste pit they use when trimming trees in H.U.D. Our NPS crew lead Mario Donahue along with crew member Daniel Felix helped our tribal planner Steven Escobar move the tribes new filtered water and ice dispenser off the delivery truck and to its designated location at the CIT Community Center. Our whole department got out to help plant willows at the CIT Education Department and the CIT Headstart building



@CIT\_ENVIRONMENTAL

## 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

# Community Clean Up

**Please join Chemehuevi Housing Department**  
**for our Annual Community Clean Up on**  
**Thursday April 17, 2025 @ 8:00 am - 12:00 pm.**

**Meet up & Sign-in outside  
the Housing Department**

Please leave all large items at your  
curb the morning of April 14, 2025  
so that Maintenance can pick it up.

If you need assistance with any large items, please call Housing 760-858-4564.  
Gloves, trash bags etc. will be provided. We hope to see you there!



**There will be a  
luncheon at the  
Community  
Center @ noon  
for all who  
participate.**





## Common STDs and their symptoms

**Learn about common and possible STD symptoms and how serious they might be.**

By Mayo Clinic staff

If you have sex, you may also have an STD, with subtle or noticeable STD symptoms. Straight or gay, married or single, you're vulnerable to STDs and STD symptoms, whether you engage in oral, anal or vaginal sex. Although condoms are highly effective for reducing transmission of STDs, keep in mind that no method is foolproof. STD symptoms aren't always obvious. If you think you have STD symptoms or have been exposed to an STD, see a doctor. Some STDs can be treated easily and eliminated, but others require more involved, long-term treatment. Either way, it's essential to be evaluated, and — if diagnosed with an STD, also known as a sexually transmitted infection (STI) — get treated. It's also essential to inform any partners so that they can be evaluated and treated. If untreated, STDs can increase your risk of acquiring another STD such as HIV. This happens because an STD can stimulate an immune response in the genital area or cause sores, either of which might make HIV transmission more likely. Some untreated STDs can also lead to infertility.

### STIs often asymptomatic

You could have an STI and be asymptomatic — without any signs or symptoms. In fact, this happens with a lot of STIs. Even though you have no symptoms, you're still at risk of passing the infection along to your sex partners. That's why it's important to use protection, such as a condom, during sex. And visit your doctor on a regular basis for STI screening, so you can identify a potential infection and get treated for it before passing it along to someone else. Some of the following diseases, such as hepatitis, can be transmitted without sexual contact. Others, such as gonorrhea, can only be transmitted through sexual contact.

### Chlamydia symptoms

Chlamydia is a bacterial infection of your genital tract. Chlamydia may be difficult for you to detect because early-stage infections often cause few or no signs and symptoms. When they do occur, they usually start one to three weeks after you've been exposed to chlamydia. Even when signs and symptoms do occur, they're often mild and passing, making them easy to overlook.

Signs and symptoms may include:

- Painful urination
- Lower abdominal pain

- Vaginal discharge in women
- Discharge from the penis in men
- Pain during sexual intercourse in women
- Testicular pain in men

### **Gonorrhea symptoms**

Gonorrhea is a bacterial infection of your genital tract. The first gonorrhea symptoms generally appear within two to 10 days after exposure. However, some people may be infected for months before signs or symptoms occur. Signs and symptoms of gonorrhea may include:

- Thick, cloudy or bloody discharge from the penis or vagina
- Pain or burning sensation when urinating
- Abnormal menstrual bleeding
- Painful, swollen testicles
- Painful bowel movements
- Anal itching

### **Trichomoniasis symptoms**

Trichomoniasis is a common STI caused by a microscopic, one-celled parasite called *Trichomonas vaginalis*. This organism spreads during sexual intercourse with someone who already has the infection. The organism usually infects the urinary tract in men, but often causes no symptoms in men. Trichomoniasis typically infects the vagina in women. When trichomoniasis causes symptoms, they may range from mild irritation to severe inflammation. Signs and symptoms may include:

- Clear, white, greenish or yellowish vaginal discharge
- Discharge from the penis
- Strong vaginal odor
- Vaginal itching or irritation
- Itching or irritation inside the penis
- Pain during sexual intercourse



- Painful urination

## **HIV symptoms**

HIV is an infection with the human immunodeficiency virus. HIV interferes with your body's ability to effectively fight off viruses, bacteria and fungi that cause disease, and it can lead to AIDS, a chronic, life-threatening disease. When first infected with HIV, you may have no symptoms at all. Some people develop a flu-like illness, usually two to six weeks after being infected.

### **Early signs and symptoms**

Early HIV signs and symptoms may include:

- Fever
- Headache
- Sore throat
- Swollen lymph glands
- Rash
- Fatigue

These early signs and symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection. During this period, you are very infectious. More-persistent or -severe symptoms of HIV infection may not appear for 10 years or more after the initial infection. As the virus continues to multiply and destroy immune cells, you may develop mild infections or chronic signs and symptoms such as:

- Swollen lymph nodes — often one of the first signs of HIV infection
- Diarrhea
- Weight loss
- Fever
- Cough and shortness of breath

### **Later stage HIV infection**

Signs and symptoms of later stage HIV infection include:

- Persistent, unexplained fatigue

- Soaking night sweats
- Shaking chills or fever higher than 100.4 F (38 C) for several weeks
- Swelling of lymph nodes for more than three months
- Chronic diarrhea
- Persistent headaches
- Unusual, opportunistic infections

continued:

## **STD symptoms: Common STDs and their symptoms**

### **Genital herpes symptoms**

Genital herpes is highly contagious and caused by a type of the herpes simplex virus (HSV). HSV enters your body through small breaks in your skin or mucous membranes. Most people with HSV never know they have it, because they have no signs or symptoms. The signs and symptoms of HSV can be so mild they go unnoticed. When signs and symptoms are noticeable, the first episode is generally the worst. Some people never experience a second episode. Other people, however, can experience recurrent episodes over a period of decades. When present, genital herpes signs and symptoms may include:

- Small, red bumps, blisters (vesicles) or open sores (ulcers) in the genital, anal and nearby areas
- Pain or itching around the genital area, buttocks and inner thighs

The initial symptom of genital herpes usually is pain or itching, beginning within a few weeks after exposure to an infected sexual partner. After several days, small, red bumps may appear. They then rupture, becoming ulcers that ooze or bleed. Eventually, scabs form and the ulcers heal. In women, sores can erupt in the vaginal area, external genitals, buttocks, anus or cervix. In men, sores can appear on the penis, scrotum, buttocks, anus or thighs, or inside the urethra, the tube from the bladder through the penis. While you have ulcers, it may be painful to urinate. You may also experience pain and tenderness in your genital area until the infection clears. During an initial episode, you may have flu-like signs and symptoms, such as headache, muscle aches and fever, as well as swollen lymph nodes in your groin.

In some cases, the infection can be active and contagious even when sores aren't present.

### **Genital warts (HPV infection) symptoms**



Genital warts, caused by the human papillomavirus (HPV), are one of the most common types of STDs. The signs and symptoms of genital warts include:

- Small, flesh-colored or gray swellings in your genital area
- Several warts close together that take on a cauliflower shape
- Itching or discomfort in your genital area
- Bleeding with intercourse

Often, however, genital warts cause no symptoms. Genital warts may be as small as 1 millimeter in diameter or may multiply into large clusters. In women, genital warts can grow on the vulva, the walls of the vagina, the area between the external genitals and the anus, and the cervix. In men, they may occur on the tip or shaft of the penis, the scrotum, or the anus. Genital warts can also develop in the mouth or throat of a person who has had oral sex with an infected person.

### **Hepatitis symptoms**

Hepatitis A, hepatitis B and hepatitis C are all contagious viral infections that affect your liver. Hepatitis B and C are the most serious of the three, but each can cause your liver to become inflamed. Some people never develop signs or symptoms. But for those who do, signs and symptoms may occur after several weeks and may include:

- Fatigue
- Nausea and vomiting
- Abdominal pain or discomfort, especially in the area of your liver on your right side beneath your lower ribs
- Loss of appetite
- Fever
- Dark urine
- Muscle or joint pain
- Itching
- Yellowing of your skin and the whites of your eyes (jaundice)

### **Syphilis symptoms**

Syphilis is a bacterial infection. The disease affects your genitals, skin and mucous membranes, but it may also involve many other parts of your body, including your brain and your heart. The signs and symptoms of syphilis may occur in four stages — primary, secondary, latent and tertiary. There's also a condition known as congenital syphilis, which occurs when a pregnant woman with syphilis passes the disease to her unborn infant. Congenital syphilis can be disabling, even life-threatening, so it's important for a pregnant woman with syphilis to be treated.

### **Primary**

These signs may occur from 10 days to three months after exposure:

- A small, painless sore (chancre) on the part of your body where the infection was transmitted, usually your genitals, rectum, tongue or lips. A single chancre is typical, but there may be multiple sores.
- Enlarged lymph nodes.

Signs and symptoms of primary syphilis typically disappear without treatment, but the underlying disease remains and may reappear in the second (secondary) or third (tertiary) stage.

### **Secondary**

Signs and symptoms of secondary syphilis may begin two to 10 weeks after the chancre appears, and may include:

- Rash marked by red or reddish-brown, penny-sized sores over any area of your body, including your palms and soles
- Fever
- Fatigue and a vague feeling of discomfort
- Soreness and aching

These signs and symptoms may disappear within a few weeks or repeatedly come and go for as long as a year.

### **Latent**

In some people, a period called latent syphilis — in which no symptoms are present — may follow the secondary stage. Signs and symptoms may never return, or the disease may progress to the tertiary stage.



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- Fatigue and a vague feeling of discomfort
- Soreness and aching

These signs and symptoms may disappear within a few weeks or repeatedly come and go for as long as a year.

### **Latent**

In some people, a period called latent syphilis — in which no symptoms are present — may follow the secondary stage. Signs and symptoms may never return, or the disease may progress to the tertiary stage.

### Tertiary

Without treatment, syphilis bacteria may spread, leading to serious internal organ damage and death years after the original infection.

Some of the signs and symptoms of tertiary syphilis include:

- **Neurological problems.** These may include stroke and infection and inflammation of the membranes and fluid surrounding the brain and spinal cord (meningitis). Other problems may include poor muscle coordination, numbness, paralysis, deafness or visual problems. Personality changes and dementia also are possible.
- **Cardiovascular problems.** These may include bulging (aneurysm) and inflammation of the aorta — your body's major artery — and of other blood vessels. Syphilis may also cause valvular heart disease, such as aortic valve problems.

### If you suspect you have an STI, see your doctor

If you suspect you have these or other STIs or that you may have been exposed to one, see your doctor for STI testing. Timely diagnosis and treatment are important to avoid or delay more-severe, potentially life-threatening health problems and to avoid infecting others.

**Kind Regards Your C.H.R.**

**Sierra Fisher**



WE'RE ON THE WEB  
[WWW.CHEMEHUEVI.NET](http://WWW.CHEMEHUEVI.NET)

# CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

## APIRL 2025

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P.O. BOX 1976  
HAVASU LAKE, CA 92363-1976