



SIWA VAATS NEWS

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

DEPARTMENT LISTING

Tribal Administration
760-858-4219

Agriculture
760-858-1135

Community Center
760-858-5103

Conservation
760-464-7457

Cultural Center
760-858-1115

Education Center
760-858-1063

Environmental Department
760-858-1140

Diabetes Department
760-858-4240

Gaming Surveillance
760-858-4045

Head Start
760-858-4918

Health & Wellness
760-858-5426

Housing Department
760-858-4564

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

Tribal Court
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

Or fax to:

760-858-5401

View Newsletter online:

www.chemehuevi.org

**Tribal Council
Regular Meeting
Saturday,
January 25, 2025
9:00 a.m.**



CHEMEHUEVI INDIAN TRIBE
Regular Monthly Tribal Council Meeting
Saturday January 25, 2025, 9:00 am MST Time
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 officer 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 such employee by another person or employee; (3) to confer with its negotiator prior to the purchase, sale, exchange, or lease of real property, including property held in trust for the Tribe, and to give instructions to its negotiator regarding the price and terms of payment for the purchase, sale, exchange, or lease (provided, however, that prior to the closed session, the Council shall hold an open and public meeting in which it discloses that it is meeting with its negotiator to purchase, sell, exchange, or lease real property, or properties, and the person(s) who will be negotiating on behalf of the Tribe); (4) to confer with its attorney regarding the introduction of pending legislation or to confer with or receive advice from its attorney regarding pending or threatened litigation; (5) to confer with federal, state, or Tribal law enforcement personnel to discuss an ongoing criminal investigation or to discuss matters posing a threat to the security of Tribal lands, buildings, or a threat to the public right of access to public services or public facilities; (6) to confer with its attorney or insurance agent/adjuster to discuss a pending or threatened administrative claim for the payment of private and public liability losses or workers compensation liability or an unemployment claim; (7) to confer with its negotiator over the terms and conditions of

any contract proposed by any developer for the financing, construction, or operation of any economic development project proposed for the Reservation; and/or (8) to confer with the Tribe's designated representative and/or chief negotiator regarding the salaries, salary schedules, or compensation paid in the form of fringe benefits of its union or other represented and unrepresented employees and for represented employees any other matter within the scope of representation provided for in the Tribe's Tribal Labor Relations Ordinance.

- No member of the Council, employee of the Tribe, or any other person present during an executive session of the Council shall disclose to any person the content or substance of any discussion which took place during such executive session unless the Council shall, by a majority vote, authorize the disclosure of such information.
 - The Council shall have the right during all executive sessions to have legal counsel present for the purposes of obtaining legal advice on any item discussed in executive session, and any employee of the Tribe if the employee's expertise is necessary to assist the Council in reaching a decision on the issue that prompted the holding of the executive session.
 - The Council shall announce publicly any of the following actions taken in an executive session and the vote or abstention on each issue: (1) any fiscal approval of any agreement concluding real estate negotiations; (2) any final approval given to its legal counsel to defend or initiate litigation or seek or refrain from seeking appellate review or relief, or to enter a case as an amicus curiae or to settle pending or threatened litigation; (3) any final approval of any personnel action resulting in the exoneration, discipline, or termination of an employee; and (4) any final approval of any union or personnel contracts.
- (10) **Zoom Attendance.** Meetings are available via Zoom for viewing only. Tribal members wishing to attend via Zoom must register with the Tribal Administrator in advance by contacting administrator@cit-nsn.gov. If a Tribal member has not used Zoom, they will be asked to create an account. After a Tribal member has been approved, they will receive 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 the order that their Public Comment Notices were received.

Regular Monthly Tribal Council Meeting
Saturday January 25, 2025, 9:00 am MST Time

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**
#1 November 23, 2024, RCM Minutes Draft
#2 December 21, 2024 RCM Minutes Draft
- (6) **Presentations**
#24 Tribal Planning Director Steven Escobar and Kenvin Wheeler (Consultant) will present a post plan on 2025 water rights.
- (7) **Executive Committee Reports:**
 - (A) Chairman's Report #3
 - (B) Vice Chairman's Report #4
 - (C) Secretary-Treasurer's Report #5
- (8) **Council Members' Reports**
- (9) **Tribal Administrator's Report**
- (10) **Staff Monthly Report/Financial**
 - a. #6 Tribal Administration
 - b. #11 Resort
 - c. #29 Casino/Hotel & Restaurant
- (11) **Board/Committee Reports/Vacancies/Applications**
#7 Housing Board (1) Vacancy – Applicant Delicia Ibarra
- (12) **Consent Calendar**
 - a. **Attorney Invoices #8**
Lester Marston December Invoice
David Dehnert December Invoice
Williams and Cochrane December Invoice
 - b. **Phone Polls**
None
- (13) **Action Items**

#10 Resolution Establishing Chemehuevi Tribal Codes and Adopting Titles.

Councilman Lathouris presents a resolution that the Council adopts the following titles for the Chemehuevi Tribal Code: Title 1:General Provisions and Definitions, Title 2:Membership, Title 3:Elections, Title 4:Government Administration, Title 5:The Judiciary Title 6:Law Enforcement Title 7:Law and Order, Title 9:General Welfare, Title 10:Land, Title 11:Environmental Protection and Management, Title 12:Hunting, Fishing, and Conservation, Title 13:Public Health and Safety, Title 14:Domestic Relations, Title 15:Employment, Title 16:Business and Economic Development, Title 17:Cultural Property and Preservation. The Tribe's laws heretofore adopted by the Council shall be reviewed and indexed for codification within the established titles no later than January 1, 2026, with periodic updates occurring annually or as determined necessary by the Council (with a report provided by

the Office of the Tribal General Counsel to the Council detailing any changes or additions to the Code). Councilman Lathouris recommends approval.

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

Housing Attorney Dave Dehnert and the Housing Director Susie Hidalgo presents the resolution to certify the changes to the Housing Admissions and Occupancy revisions from June 2022. The Tribal Council did pass but not by resolution. Susie Hidalgo recommends approval.

#20 Conveyance of Mutual Help Unit #45

Presentation of Resolution, Legal description and Quit Claim Deed and release to authorize the conveyance of Jim Larmer Mutual Help unit #45
Housing Director Susie Hidalgo recommends approval

#19 Conveyance of Mutual Help Unit #40

Presentation of Resolution, Legal description and Quit Claim Deed and release to authorize the conveyance of Leona Gordon Mutual Help unit # 40
Housing Director Susie Hidalgo recommends approval

#18 Conveyance of Mutual Help Unit #35

Presentation of Resolution, Legal description and Quit Claim Deed and release to authorize the conveyance of Emmanuel Evans Mutual Help unit #35
Housing Director Susie Hidalgo recommends approval

#34 Enrollment Board Recommendations for Approval of Applicants

The Chemehuevi Enrollment Board met on Thursday January 9, 2025, and has reviewed the listed applications (3), which has met the following requirements. The board members and Secretary-Treasurers recommendation to Tribal Council is to approve the application(s) by resolution.

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

BOARDS & COMMITTEES

VACANCIES:

- Education Board (1) Vacancy**
- Enrollment Board (1) Vacancy**
- Health Board (2) Vacancies**
- Housing Board (1) Vacancy**
- Housing Board (1) Vacancy**

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

Obtain your application on-line or
contact the Tribal Office
760-858-4219



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.



T.E.R.O.

HOURS OF OPERATION

MONDAY – FRIDAY

7:30AM – 4:00PM

**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

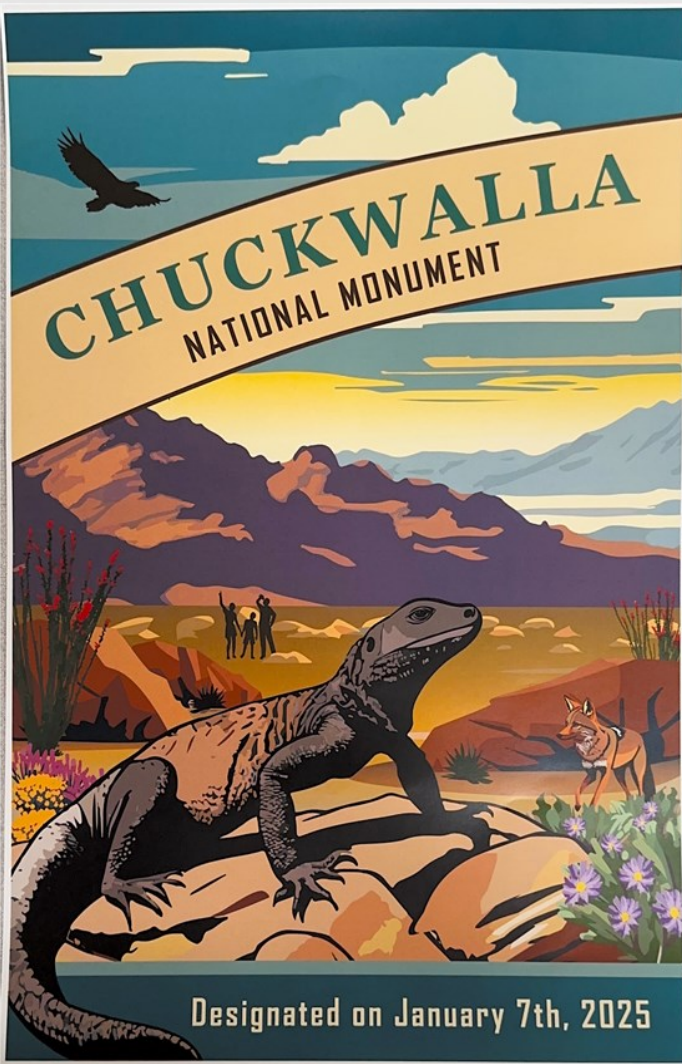


If you want to speak with someone about a discrimination issue

CONTACT

**VARNER ESCOBAR
TERO OFFICER**

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



Matthew Leivas and
Daneil Leivas

Ron Escobar and U.S
Secretary of Interior
Deborah Haaland

HAVASU LANDING
RESORT | CASINO | HOTEL



Deuces Wild

2025

CHARITY POKER RUN

Saturday, February 15

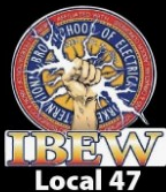
DESERT RIVER OFF-ROAD



where the desert meets the river

- ◆ Raffles, Food, Vendors
- ♣ \$500 1st Place, \$300 2nd and \$200 3rd
- ♥ Saturday 2/15 - Driver meet up at RV Day Beach at 9am - Start of Poker Run
- ♠ 1 Main Street Havasu Lake, California 92363
- ◆ Live Music, Raffles, Poker Run Winners - 4pm at Casino Beach
- ♣ Lunch after Poker Run
- ♥ \$125 entry fee includes: T-shirt, 2 meal tickets, raffle tickets & Goody Bag
- ♠ All Hands turned in by 3pm - See event schedule on back
- ◆ Hotel & Campground Accommodations on site
- ♣ 4x4 Vehicles only - 4 Wheels (No Bikes)
- ♥ Questions contact John 951-733-3383 or Lucky 909-957-6760

Register Now: DeucesWildHavasu.com





COMMUNITY MASTER PLANNING MEETING

Participants are encouraged to voice their opinions, offer suggestions, and contribute to the decision-making process.

Lunch will be provided
OPEN TO ALL

January 13th
12:00Pm - 4:00Pm



Community Center / Via Zoom
Valley-Mesa, Havasu Lake, CA 92363





Message an Elder...

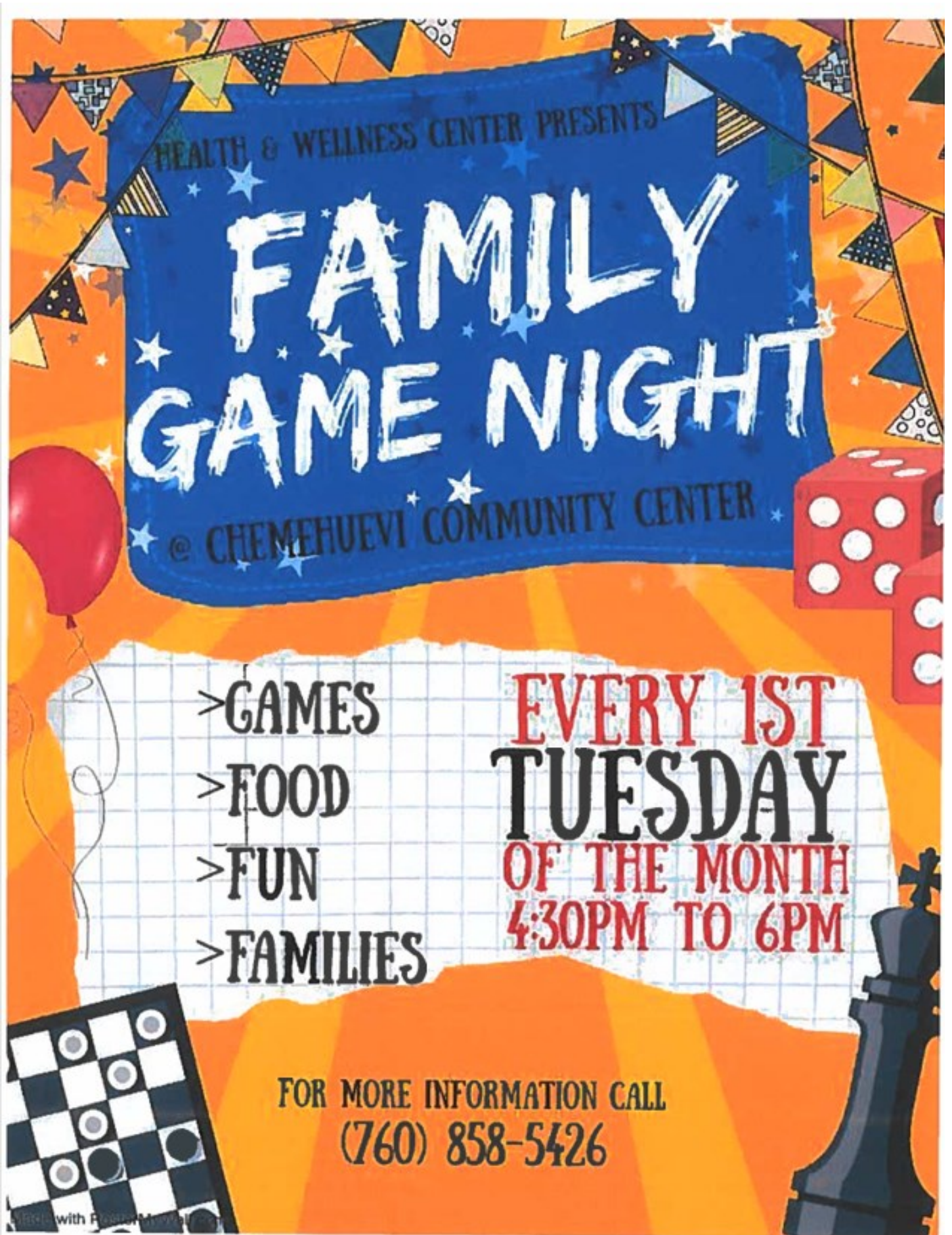
Celebrating National Elders Day!

Wednesday, February 26, 2025

Send them a flower along with a heartfelt message coming from you. Fill out a "Message an Elder" card and we'll deliver it for you....

Elder must live on the Reservation

Health & Wellness Center
Contact: (760) 858-5426





A.S.A.P.

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



Happy New Year! 2025!

Attend eight ASAP events and receive a \$25 gift card. Starting February 1st, 2025!

If you have any questions please feel free to reach out.

Melinda Valencia
Peer Recovery Specialist
Phone: 760-302-4076

Email: peer.recovery@cit-nsn.gov

Are you Ready?

HEALING AND RECOVERY TALKING CIRCLE

Wednesday Mornings:
9:00-10:30 am

AT Nuwuvi PARK

Join our Native Healing Circle
Facilitator: Jose Renteria FMIT

• CHANGE COMES FROM WITHIN THE INDIVIDUAL, THE FAMILY, AND THE COMMUNITY

SOBER EVENT - OPEN TO ALL
For details Call or Text ASAP-Peer recovery
760-302-4076

Made with PosterMyWall.com

Start the Day in a Positive Way

ASAP PRESENTS

FEBRUARY

WELLBRIETY WORKOUTS



**TUESDAY
MORNINGS
9:30-11:00AM**



Join Us!

@
COMMUNITY
CENTER GYM

**CARE FOR YOUR
MENTAL,
EMOTIONAL,
SPIRITUAL &
PHYSICAL
WELLNESS**



45 MINUTES GUIDED WELLBRIETY DISCUSSION AND SMUDGE
45 MINUTE LOW IMPACT WORKOUT

CONTACT ASAP FOR INFORMATION:

760-302-4076

PEER.RECOVERY@CIT-NSN.GOV



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.



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

Community Center Christmas Dinner was held on December 19, 2024 from 5—8 pm at the Tribal Gymnasium. A big special thanks to the Community Center, ASAP Department, San Bernardino County and many other community members for helping bring the Christmas

PEST CONTROL

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

NEXT SPRAY

January 9th & 23rd.

COVID BAGS

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



CHEMEHUEVI COMMUNITY
 CHRISTMAS DINNER 2024

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.

Alert 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 928-445-3949. Her email address is KatyRankin@ferrellgas.com

UPCOMING EVENTS

- January 1, 2025—CLOSED/New Years Day.
- January 20, 2025—CLOSED/MLK DAY
- January 22, 2025—Town Hall Meeting @ 3 P.M.

SENIOR INFORMATION & ASSISTANCE

PLEASE JOIN US! Every 4th Wednesday of the month 10 AM—1 PM.

In the Housing Resource Center

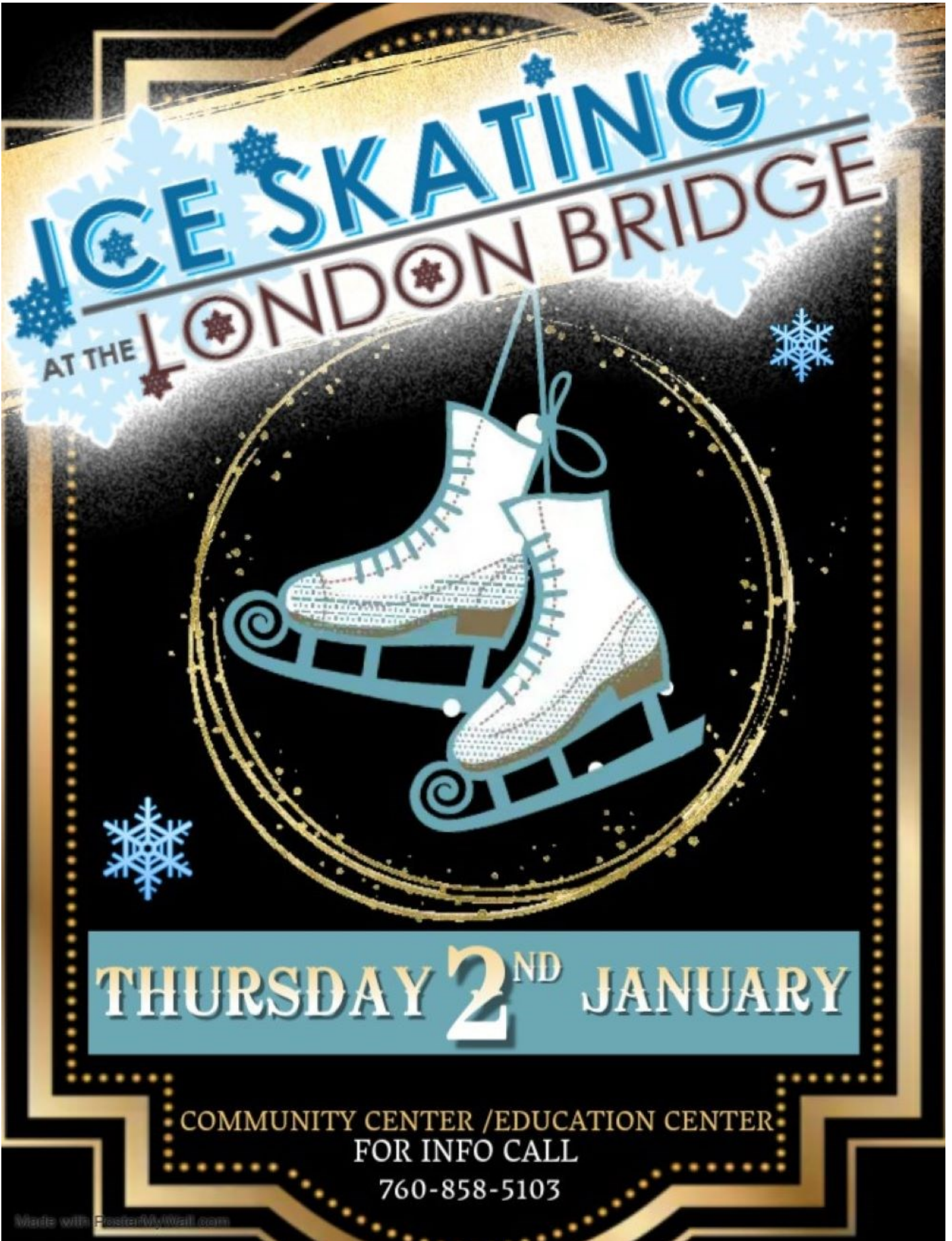
The Department of Aging & Adult Services' Senior Information & Assistance Program staff will be available to answer questions and provide information about programs and services available to you!



CHEMEHUEVI COMMUNITY CENTER JANUARY ACTIVITIES

MON.	TUE.	WED.	THU.	FRI.	SAT.
30. SMORES 5-6PM	31. 1/2 DAY	1. CLOSED HOLIDAY	2. YOUTH ICE SKATING LONDON BRIDGE	3. FIELD DAY 12:30-5PM	4. GAME ROOM 10:30-5PM
6. ARTS & CRAFTS	7. BOARD GAMES	8. OPEN GYM 12:30-5PM	9. YOUTH JUMP ROPE COMPETITION 4:30-5:30PM	10. GAME ROOM 3:00-5:30PM	11. OPEN GYM 10:30-5PM
13. COMMUNITY MEETING 12-4PM	14. ROCK PAINTING NUWUVI ROCKS FACEBOOK PAGE	15. OPEN GYM 12:30-5PM	16. YOUTH BASKET BALL SHOOT OUT 4:30-5:30PM	17. C P R COURSE 12-4PM	18. GAME ROOM 10:30-5PM
20. CLOSED HOLIDAY	21. ARTS & CRAFTS	22. OPEN GYM 12:30-5PM	23. FRISBEE TOSS CHALLENGE 4:30-5:30PM	24. 18+ CORN HOLE 5:30-8PM	25. OPEN GYM 10:30-5PM
27. ARTS & CRAFTS	28. BOARD GAMES	29. H & W NATIONAL PUZZLE DAY 3:30-5:30PM	30. 13+ TEEN POOL TOURNAMENT 5:00-6PM	31. ENCHILADA COOK OFF 5:30-6PM	MON - SATURDAY 9:30AM-6PM SNACK @3PM DINNER @5PM FOR INFO 760-858-5103 760-858-5203

CALENDAR AND EVENTS SUBJECT TO CHANGE



**CHEMEHUEVI
COMMUNITY CENTER / DIABETES DEPT.**

JANUARY

**31ST
2025**



PRIZES
1ST 2ND 3RD
**MUST BE
PRESENT**

**ENCHILADA
COOK OFF
CONTEST**

**1 ENTRY
PER PERSON
NO LESS THAN
3 ENCHILADAS
RED OR GREEN
NOT BOTH**

BRING YOUR DISH TO THE COMMUNITY CENTER

JUDGING STARTS AT 5:30 PM

FOR INFO CALL 760-858-5103



1978 VALLEY MESA, HAVASU LAKE, CA



CHEMEHUEVI
COMMUNITY CENTER



CORNHOLE

Tournament

\$10
ENTRY FEE



SNACK
BAR

5:30-8PM

BLIND DRAW
DOUBLE ELEMINATION

18+

50% TO WINNER
50% TO COM. CTR

FRIDAY JANUARY 24TH

1978 VALLEY MESA, HAVASU LAKE CA. 92363

FOR INFO OR SIGN UPS 760-858-5103

Chemehuevi Community Center

Temporary Staffing Hours

Monday -Friday: 9:30am-6:00pm

Saturdays: 9:30am-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.

DECEMBER Events & Fundraisers

- **MONDAY, 2ND FALL ART CONTEST DEADLINE**
- **TUESDAY .3RD YOUYH BINGO**
- **WEDNESDAY .4TH ASAP USED BUILDING FOR NATIONAL COOKIE DAY**
- **THURSDAY.5TH SPOON RACE COMPETITION**
- **THURSDAY 12TH. FRISBEE CHALLENGE**
- **FRIDAY 13TH. CLOSED**
- **MONDAY 16TH. GINGERBREAD HOUSES WITH EDUCATION DEPT.**
- **WEDNESDAY 18TH. I.T.C.C HANDED OUT GIFTS TO YOUTH**
- **THURSDAY 19TH. ANNUAL TOYS FOR TOTS CHRISTMAS DINNER**
- **FRIDAY 20TH. TAMALE COOK OFF**
- **SATURDAY 21ST. CLOSED**
- **WEDNESDAY 25TH. CLOSED**
- **THURSDAY 26TH. YOUTH CORNHOLE**
- **FRIDAY 27TH. BASKETBALL SHOOTOUT**
- **MONDAY 30TH.SMORES AND COCOA**

JANUARY Events & Fundraisers

- **THURSDAY 2ND. ICE SKATING WINTER BREAK FIELD TRIP TO LONDON BRIDGE RESORT**
- **THURSDAY 9TH. JUMP ROPE COMPETITION**
- **MONDAY 13TH PLANNING MEETING HERE AT THE COMMUNITY CENTER(REALITY)**

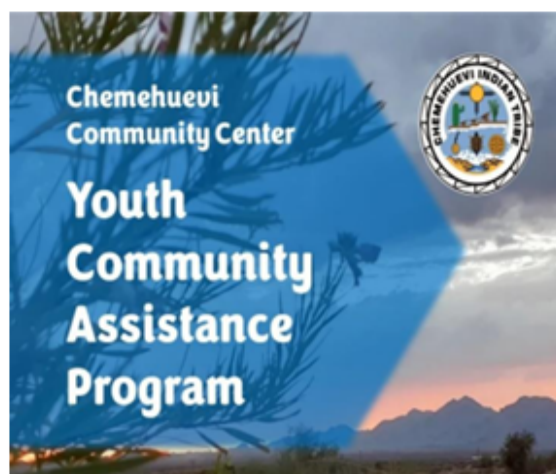
- **FRIDAY 17TH. CPR COURSE HELD HERE AT THE COMMUNITY CENTER (TERO)**
- **MONDAY 20TH. CLOSED FOR HOLIDAY**
- **THURSDAY 23RD. FRISBEE TOSS CHALLENGE**
- **FRIDAY 24TH. ADULT CORNHOLE 18+**
- **WEDNESDAY 29TH. H&W – NATIONAL PUZZLE DAY (BUILDING USAGE)**
- **THURSDAY 30TH. TEEN POOL TOURNAMENT 13+**
- **FRIDAY 31ST. ENCHILADA COOK OFF CONTEST**

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



Head Start Happenings:

Chemehuevi Head Start / January 2025 Addition of Monthly Newsletter

WHAT HAPPENED IN DECEMBER:

-Policy Council met on 12/6 and discussed upcoming fundraiser ideas, the Basketball tournament, In-kind hours and Holiday gifts for the Head Start children.



-Our Head Start Community Holiday Luncheon was a great success. We had families from both sides of the lake and community members attend. Lunch was provided with a variety of foods and there was an amazing gift exchange hosted by our Head Start Policy members, for the children of the school.



-Basketball Practice has begun. We will be participating in the CRIT Head Start Basketball Tournament in February. (January – February)

WHAT'S HAPPENING IN JANUARY:

-Policy Council Meeting: Friday, 10th

-MLK Jr. Holiday/ NO SCHOOL: Monday, 20th

-Staff Inservice Day/ NO SCHOOL: Friday, 24th

Chemehuevi Tribe Education Center

JANUARY 2025

	1 CLOSED	2 ICE SKATING LONDON BRIDGE	3 SMORES AND HOT COCOA 5-6 PM AT C.C.	4 CLOSED
5 CLOSED	6 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	7 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	8 CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM,	9 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,
10 STEM PROJECT 2:30- 5:30	11 CLOSED	12 CLOSED	13 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	14 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,
15 2025 VISION BOARDS CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM,	16 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	17 FREESTYLE PAINT DAY	18 CLOSED	
19 CLOSED	20 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	21 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	22 CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM,	23 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM
24 BUILD MASSIVE ROLLER COSTER NACHO FRIDAY	25 CLOSED	26 CLOSED	27 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	28 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM
29 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	30 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	31 CROCKPOT MEALS CLOSED		




WE ARE CLOSED

**MONDAY JAN 20TH
HOLIDAY**

**RESUMING
ALL PROGRAMS
HOURS OF OPERATION
MON-FRI
9:30AM-6:00PM**

**THANKS-
CTEC STAFF**

ANY QUESTIONS PLEASE CALL 951-275-7959



2025

WEDNESDAY JAN 15TH WE WILL BE MAKING 2025
VISION BOARDS
1 30PM - 4 30 PM
BRING EXTRA MAGAZINES AND ANY INSPIRTATION



Break!







Chemehuevi Tribe Education Center

P.O. BOX 1976 · HAVASU LAKE, CA 92363 · OFFICE: (760) 858-1063 · EMAIL: dir.edu@cit-nsn.gov



Chemehuevi Higher Education HED Application

Congratulations on your decision to pursue HIGHER education and a career!

Annual 2024 – 2025 HED Scholarship deadline is July 1, 2024

For application to be considered for continued funding the HED application is due annually, per calendar school year.

HED Calendar School Year 2024-2025 Fall, Winter, Spring, Summer.

Continued funding & Spring deadline is January 5th, 2025

Last Name		First Name		Middle Name	
Mailing Address		City	State	Zip	
Physical (if different from above)		City	State	Zip	
Email Address			Cell		
CIT Enrollment Number			Social Security Number		
Gender	DOB				
Mothers Name		Tribe			
Fathers Name		Tribe			

DOCUMENTS REQUIRED FROM FIRST TIME APPLICANTS:

(These documents are to be submitted once every 5 years unless an update applies).

- 1. COPY OF BIRTH CERTIFICATE
- 2. COPY OF SOCIAL SECURITY CARD
- 3. CERTIFICATE OF CHEMEHUEVI INDIAN BLOOD FROM ENROLLMENT (760-858-4219)
- 4. COPY OF HIGH SCHOOL DIPLOMA, OFFICIAL HIGH SCHOOL TRANSCRIPTS or GED
- 5. VETERAN: COPY OF DISCHARGE CERTIFICATE

Policies

(Deadlines may be evaluated on an individual basis to meet the academic needs of the student).

Chemehuevi HED funding applies to Chemehuevi members residing in the United States in pursuit of Higher Education degrees at an *accredited* institution. Chemehuevi HED students' funding is determined by the Chemehuevi Director of Education and based on the FNA form sent directly from the Institutions Financial Aid Office. HED Awards may be up to \$8,000 within a calendar school year, depending on availability of funds. The primary age for applicants is 18-35. Applicants over the age of 35 who demonstrate a need for training may be reviewed and recommended to Tribal Council for BIA approved age waiver. Students must be attending full-time as determined by the Institution and/or program and have a current GPA of 2.0 or better are eligible for continued funding.

Original signatures required. Incomplete applications may not be accepted. Include all documents/forms and INITIAL PAGE 2 checklist to acknowledge agreement. FNA, Class Schedule, and Official Transcripts may be submitted separate when available by Institution. Funding WILL NOT be disbursed until all documents are in file. Please keep a copy for your personal file.



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ADDITIONAL DOCUMENTS NEEDED ANNUALLY FOR HED APPLICATIONS:

Initial next to numbered doc/info to acknowledge agreement and/or inclusion, include this page with app.

- 1. HED APPLICATION: To be eligible for continued funding, a new application must be submitted annually. I understand that I must be a high school graduate or have a GED with a minimum score of 45%. For continued funding with-in an application year a new class schedule, last terms official transcript, and current FNA need to be submitted.
- 2. COPY OF ACCEPTANCE/ADMISSIONS LETTER: Undergraduate or graduate student must be admitted to post-secondary accredited institution to provide proof that you are currently pre-admitted or enrolled to an accredited college, university, or vocational institution. (For funding at same institution, this only needs to be submitted once).
- 3. CURRENT SCHEDULE OF CLASSES: Listing of course study (class schedule) from institution to provide status and proof of being a full-time student.
- 4. OFFICAL TRANSCRIPTS: Students new to college only: submit official high school transcripts, and/or GED completion papers. Continuing students only: submit final official transcripts mailed in a sealed envelope from the Registrar's Office to the CIT Education Department for all prior terms. Electronic Official Transcripts accepted.
- 5. FAFSA (SAR): All students must complete the Free Application for Federal Student Aid (FAFSA) in accordance with federal policies each year. Provide SAR with EFC.
- 6. FINANCIAL NEEDS ANYLYSIS (FNA): Please click link for FNA form: Student to provide FNA to Vocational Institutions Financial Aid Office. email or mail if to the CIT Education Department by deadline. This should be completed annually by the Institution or may be submitted per funding period if applicable.
- 7. APPLY FOR THREE (3) OUTSIDE SCHOLARSHIPS: Students shall apply for a minimum of three scholarships, and submit proof with annual application. The FAFSA counts as one.
- 8. LETTER OF REQUEST TO TRIBAL COUNCIL: Personal letter to the Tribal council should be 100 – 500 words explaining education goals, current progress and future plans upon graduation. Do not include personal information.
- 9. MAINTAINING FUNDING/MAX. FUNDING, If GPA falls below 2.0 for a funding term and/or the student withdraws from class(es) even those marked withdrawal passing bringing student below fulltime status, the student must notify the CIT Education Center Director within 14 days of final grade release or withdraw date. Those funds awarded where the 2.0 or C grade has not been met will be subject to re-payment for that term at the discretion of the Director of Education and the Tribal Council. Chemehuevi HED funding will not pay for repeat courses/classes. Failure to comply with the rule and/or no submission of final transcript each term may end in the full repayment of all term funding and may result in the forfeit of future opportunities to receive funding. Regardless of repayment decision the student will not be able to submit for any funding for at least a full-school year. The programs/certificates/degrees outlined classes may be considered for funding primarily. Depending on availability of funds for the FY, and the FNA provided by the Institution the Director of Education shall determine the maximum funding allowed per HED application for the calendar year not to exceed \$8,000.
- 10. INTERNSHIP REQUIRMENT OF ALL APPLICATIONS: I agree to schedule an Internship with the Chemehuevi Director of Education no later than Oct 1st of the current calendar year. I also agree to be placed on a list for future internships/positions within the Tribe and it's entities that may result in opportunities for employment with the Tribe. If I am unable to complete this funding years Internship, at the discretion of the Chemehuevi Director of Education and the Chemehuevi Tribal Council, future Chemehuevi HED funding may be denied.
- 11. STUDENT INFORMATION FOR MEDIA: The applicant agrees to have their name, school, degree, major being pursued and graduation announcement released in any press (both community and local media).
- 12. FERPA FORM

Page 2

Original signatures required. Incomplete applications may not be accepted. Include all documents/forms and INITIAL PAGE 2 checklist to acknowledge agreement. FNA, Class Schedule, and Official Transcripts may be submitted separate when available by Institution. Funding WILL NOT be disbursed until all documents are in file. Please keep a copy for



Chemehuevi Tribe Education Center

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Please circle the month your HED program commences:

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

Start Date _____ Expected Graduation Date _____

Explain detailed reason for attending Institution. (ie. Name of Certificate, Degree, Career Development)

Institution Name _____

Mailing Address _____ City _____ State _____ Zip _____

Physical Address _____ City _____ State _____ Zip _____

Advisors Name _____ Advisors Contact Number _____

Advisors Email _____ Financial Aid Office Email _____

Please list all Post-Secondary School Education (Post Secondary education includes non-degree programs that lead to certificates and diplomas plus six-degree levels) Use back of form if needed or write N/A if not applicable.

 Post-Secondary Education:

Chemehuevi Applicants Signature _____
Date

Chemehuevi Applicants Parents Signature (If applicant is a minor) _____
Date

Mail or EMAIL to:
Chemehuevi Tribe Education Center
c/o Director of Education
P O Box 1976
H avasu Lake, CA 92363
dir.edu@cit-nsn.gov
DO NOT FAX

Date Received _____
Staff Signature _____

Page3

Original signatures required. Incomplete applications may not be accepted. Include all documents/forms and INITIAL PAGE 2 checklist to acknowledge agreement. FNA, Class Schedule, and Official Transcripts may be submitted separate when available by Institution. Funding WILL NOT be disbursed until all documents are in file. Please keep a copy for your personal file.



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FINANCIAL NEEDS ANALYSIS (FNA)

SECTION 1. STUDENT INFORMATION:

LAST NAME FIRST NAME CELL STUDENT ID SOCIAL SECURITY NO.

MAILING ADDRESS CITY, STATE, ZIP TRIBAL NO. EMAIL

I give my permission to Chemehuevi Tribe Education Center (CTEC) to request and receive information regarding my financial and academic progress. I understand I must apply for all Federal, State, and Institutional Aid before being considered for Chemehuevi Tribal Funding. I also understand that I am responsible for seeing that this form reaches CTEC by mail or PDF from the Institution by the deadline date. This FNA must be mailed or emailed as PDF from the school. It cannot be faxed.

STUDENT SIGNATURE DATE

PARENT SIGNATURE (IF STUDENT IS A MINOR) DATE

1. STUDENT TO FILL OUT SECTION 1 OF FNA AND SIGN.
2. STUDENT TO SUBMIT FNA TO ACADEMIC INSTITUTION TO FILL OUT SECTION 2.
3. FNA MUST BE SUBMITTED TO CTEC DIRECTLY FROM ACADEMIC INSTITUTION EITHER BY MAIL OR PDF-EMAIL.

SECTION 2. ACADEMIC INSTITUTION:

PRINT: LAST NAME FIRST NAME CONTACT # TITLE EMAIL

ACADEMIC INSTITUTION CONTACT # MAILING ADDRESS CITY, STATE, ZIP

SCHOOL TAX ID.

Funding will not be considered if tax id # is not included

SCHOOL YEAR 2024-2025	IDENTIFY PROJECTED FUNDING PERIOD
SEMESTER	FALL / SPRING / SUMMER
QUARTER	FALL / WINTER / SPRING / SUMMER
DISTINCTIVE	ACADEMIC MONTHS _____
COMMENTS:	

ACADEMIC INSTITUTION STAFF SIGNATURE DATE

Mail or EMAIL to:
Chemehuevi Tribe Education Center
c/o Director of Education
P O Box 1976
Havasu Lake, CA 92363
dir.edu@cit-nsn.gov
DO NOT FAX
CTEC Staff

Date Received _____
Staff Signature _____

Please complete entire form and do not leave any blanks: School Expenses: Tuition (\$ _____ per credit) Books/Supplies Room \$ & Board Transportation Personal Child Care Total Expenses: \$ _____

Resources:

Parent Contribution \$ _____

Student Contribution \$ _____

Veteran's Benefits Scholarship(s) \$ _____

Tuition Grant \$ _____

Loans \$ _____

Total Resources: \$ _____

Federal Aid:

Pell Grant \$ _____

SEOG \$ _____

SSIG \$ _____

ACG \$ _____

Total Federal Aid: \$ _____

Total Unmet Need: \$ _____

Recommended Tribal Funding: \$ _____

DEADLINES:
HED JULY 1 & JAN 5
AVT 60 DAYS PRIOR TO COMMENCEMENT OF CLASS

Original signatures required. PLEASE Include all documents/forms and initial to acknowledge agreement.
Please keep a copy for your file.



Chemehuevi Tribe Education Center

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FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA FORM)

SECTION 1. STUDENT INFORMATION:

LAST NAME	FIRST NAME	CONTACT #	STUDENT ID#	EMAIL

I give permission to the Chemehuevi Tribe Education Center to release the information selected in Section 2. to the parties listed in Section 3. for the purpose of _____ (i.e., higher education, monitoring students education, providing parents access to student file, scholarship funding application, etc.).

SECTION 2. EDUCATION INFORMATION AUTHORIZED TO BE RELEASED:

I do NOT want information released and/or I want to cancel any previous authorization.

EDUCATIONAL INFORMATION	DESCRIPTION OF INFORMATION
<input type="checkbox"/> ALL RECORDS REGISTRATION AND ADMISSIONS	ALL RECORDS LISTED BELOW CLASS SCHEDULE(S), PAST/CURRENT/FUTURE ENROLLMENT AND REGISTRATION ACTIVITY, ENROLLMENT STATUS, GRADES, CLASS ATTENDANCE, RESIDENCY STATUS, AND MAILING ADDRESS INFORMATION INCLUDING PHONE AND EMAIL INFORMATION.
<input type="checkbox"/> STUDENT INFORMATION AND CONDUCT	EMERGENCY INCIDENT(S), ATTENDANCE RECORDS, GRADES, ACADEMIC REPORTS, DISCIPLINARY RECORDS, ASSESSMENT DATA REPORTS, ALL STUDENT CONDUCT AND ACADEMIC/BEHAVIOR PROGRESS
<input type="checkbox"/> EXTRACURRICULAR ACTIVITIES	ALL INFORMATION AND DOCUMENTS PERTAINING TO STUDENTS EXTRACURRICULAR ACTIVITIES
<input type="checkbox"/> HIGHER EDUCATION	INCLUDES ALL DOCUMENTS AND INFORMATION THAT PERTAINS TO HIGHER EDUCATION, COLLEGE APPLICATIONS, ESSAYS, SCHOLARSHIPS, CHEMEHUEVI SCHOLARSHIP APPLICATION, GRANTS AND FINANCIAL AID
<input type="checkbox"/> OTHER	

SECTION 3. INDIVIDUALS TO RELEASE INFORMATION TO:

LAST NAME	FIRST NAME	CONTACT #	RELATIONSHIP	EMAIL
EDUCATIONAL	INSTITUTION	CONTACT #	CONTACT NAME	EMAIL
EDUCATIONAL	INSTITUTION	CONTACT #	CONTACT NAME	EMAIL

By signing below you authorize the confidential information indicated in Section 2. from the parties listed in Section 1. of the student named in Section 1. to be released to the parties named in Section 3. This FERPA Authorization of Release of Information form is valid until canceled. You may change this request at anytime by submitting a new FERPA Authorization of Release of Information form to the Chemehuevi Tribe Education Center.

STUDENT SIGNATURE	DATE
PARENT SIGNATURE (IF STUDENT IS A MINOR)	DATE

Mail or EMAIL to:
 Chemehuevi Tribe Education Center
 c/o Director of Education
 P O Box 1976
 Havasu Lake, CA 92363
 dir.edu@cit-nsn.gov
 DO NOT FAX
 CTFC Staff

Date Received _____
 Staff Signature _____

Original signatures required. PLEASE Include all documents/forms and initial to acknowledge agreement.
Please keep a copy for your file.



Chemehuevi Tribe Education Center

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Chemehuevi Graduate Announcement

Congratulations! You are graduating and we are so proud of you!

The Chemehuevi Tribe Education Center CTEC is celebrating with you and would like to help spread the word of your major accomplishment! Please fill out the information below and include a photo that you would like to be published in our Tribal Newsletter and on our CTEC social media platforms!

My name is:

First Name

Middle Name

Last Name

I am graduating from:

Name of School

City

State

(If College) I will be graduating with a degree in:

Additional information please include hobbies, extracurricular activities, future plans, etc. (Use back of page if needed):

Expected Graduation Date: _____ Would you like to request a Tribal Graduation Stole? Yes / No

Email Address

Mailing Address (Where would you like your Tribal Stole mailed to VIA UPS)

Graduate CIT Enrollment Number

DOB

CELL

Fathers Name

Tribe

Mothers Name

Tribe

DOCUMENTS REQUIRED FROM GRADUATE:



1. CERTIFICATE OF CHEMEHUEVI INDIAN BLOOD FROM ENROLLMENT (760-858-4219)

2. FERPA

Chemehuevi Graduate Signature

Date

Chemehuevi Graduate Parents Signature (If graduate is a minor)

Date

Mail or EMAIL to:
 Chemehuevi Tribe Education Center
 c/o Director of Education
 P O Box 1976
 Havasu Lake, CA 92363
 dir.edu@cit-nsn.gov
 DO NOT FAX

.....

Date Received _____
 Staff Signature _____

Original signatures required. Please keep a copy for your file.

20 Helpful Tips To Quit Smoking

Quitting isn't easy! Here are 20 tips proven to help.

1. **Believe in yourself.** Believe that you can quit. Think about some of the most difficult things you have done in your life and realize that you have the guts and determination to quit smoking. It's up to you.
 2. After reading this list, **sit down and write your own list**, customized to your personality and way of doing things. Create your own plan for quitting.
 3. **Write down why you want to quit** ([the benefits of quitting](#)): live longer, feel better, for your family, save money, smell better, find a mate more easily, etc. You know what's bad about smoking and you know what you'll get by quitting. Put it on paper and read it daily.
 4. **Ask your family and friends to support your decision to quit.** Ask them to be completely supportive and non-judgmental. Let them know ahead of time that you will probably be irritable and even irrational while you withdraw from your smoking habit.
 5. **Set a quit date.** Decide what day you will extinguish your cigarettes forever. Write it down. Plan for it. Prepare your mind for the "first day of the rest of your life". You might even hold a small ceremony when you smoke your last cigarette, or on the morning of the quit date.
 6. **Talk with your doctor about quitting.** Support and guidance from a physician is a proven way to better your chances to quit.
 7. **Begin an exercise program.** Exercise is simply incompatible with smoking. Exercise relieves stress and helps your body recover from years of damage from cigarettes. If necessary, start slow, with a short walk once or twice per day. Build up to 30 to 40 minutes of rigorous activity, 3 or 4 times per week. Consult your physician before beginning any exercise program.
-

8. **Do some deep breathing each day for 3 to 5 minutes.** Breathe in through your nose very slowly, hold the breath for a few seconds, and exhale very slowly through your mouth. Try doing your breathing with your eyes closed and go to step 9.

9. **Visualize your way to becoming a non-smoker.** While doing your deep breathing in step 8, you can close your eyes and begin to imagine yourself as a non-smoker. See yourself enjoying your exercise in step 7. See yourself turning down a cigarette that someone offers you. See yourself throwing all your cigarettes away, and winning a gold medal for doing so. Develop your own creative visualizations. Visualization works. [Quit smoking hypnosis programs](#) are a form of guided visualization.

10. **Cut back on cigarettes gradually** (if you cut back gradually, be sure to set a quit date on which you WILL quit). Ways to cut back gradually include: plan how many cigarettes you will smoke each day until your quit date, making the number you smoke smaller each day; buy only one pack at a time; change brands so you don't enjoy smoking as much; give your cigarettes to someone else, so that you have to ask for them each time you want to smoke.

11. **Quit smoking "cold turkey"**. Many smokers find that the only way they can truly quit once and for all is to just quit abruptly without trying to slowly taper off. Find the method that works best for you: gradually quitting or cold turkey. If one way doesn't work do the other.

12. **Find another smoker who is trying to quit**, and help each other with positive words and by lending an ear when quitting becomes difficult. Visit this [Quit Smoking Forum](#) and this [Quit Smoking Chat Room](#) to find a "quit buddy."

13. **Have your teeth cleaned.** Enjoy the way your teeth look and feel and plan to keep them that way.

14. After you quit, **plan to celebrate the milestones in your journey** to becoming a non-smoker. After two weeks of being smoke-free, see a movie. After a month, go to a fancy restaurant (be sure to sit in the non-smoking section). After three months, go for a long weekend to a favorite get-away. After six months, buy yourself something frivolous. After a year, have a party for yourself. Invite your family and friends to your "birthday" party and celebrate your new chance at

a long, healthy life.

15. **Drink lots of water.** Water is good for you anyway, and most people don't get enough. It will help flush the nicotine and other chemicals out of your body, plus it can help reduce cravings by fulfilling the "oral desires" that you may have.

16. **Learn what triggers your desire for a cigarette**, such as [stress](#), the end of a meal, arrival at work, entering a bar, etc. Avoid these triggers or if that's impossible, plan alternative ways to deal with the triggers.

17. **Find something to hold in your hand and mouth**, to replace cigarettes. Consider drinking straws or you might try an artificial cigarette called E-Z Quit found here: <http://www.quitsmoking.com/ezquit.htm>

18. **Write yourself an inspirational song or poem about quitting**, cigarettes, and what it means to you to quit. Read it daily.

19. **Keep a picture of your family or someone very important to you with you at all times.** On a piece of paper, write the words "I'm quitting for myself and for you (or "them")". Tape your written message to the picture. Whenever you have the urge to smoke, look at the picture and read the message.

20. Whenever you have a craving for a cigarette, instead of lighting up, **write down your feelings or whatever is on your mind.** Keep this "journal" with you at all times

Good luck in your efforts to quit smoking. It's worth it!

Best Regards,

C.H.R.

SIERRA FISHER



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

Hello Tribal Members,

The weather here is cold mornings, with the Santa Ana Winds blowing occasionally.

2025 Tribal Pet License can be purchased through the department. All cats and dogs that reside on tribal lands for more than 4 months out of the year must have a pet license.

The Code Enforcement Department has used the winter season to start maintenance on the building, boat, and vehicle.

More desert patrols have increased. This allows for the department to patrol and clean-up trash and debris that have accumulated through the summer months. Enforcement helps with educating the public about the tribes rules and regulations.

The Code Enforcement Department is looking forward to servicing our community this year.

Respectfully Submitted,
Frederick Rivera
Chief Code Enforcement Officer

WE'RE ON THE WEB
WWW.CHEMEHUEVI.NET

CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

JANUARY 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**



CHEMEHUEVI INDIAN TRIBE
P.O. BOX 1976
HAVASU LAKE, CA 92363-1976