



SIWA VAAATS 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 Esquerria

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 22, 2025
9:00 a.m.**



CHEMEHUEVI INDIAN TRIBE
Regular Monthly Tribal Council Meeting
Saturday February 22, 2025, 9:00 am
Tribal Administration
1990 Palo Verde Dr. Chemehuevi Valley, CA 92363

MEETING RULES

- (1) To provide for the efficient operation of the Tribal Government, the Council has adopted **Ordinance No. 8-26-01-A, "An Ordinance of the Tribal Council of the Chemehuevi Indian Tribe Enacting a Tribal Code"** (the "Tribal Code").
- (2) **Tribal Code § 2.02.030, Open to the Public: Exception.** All regular and special meetings of the Council shall be open to members of the Tribe, spouses of members, and invited guests of the Council; provided, however, the Council may hold executive sessions during a regular or special meeting, from which all members of the public may be excluded, for the purpose of considering the matters set forth.
- (3) **Tribal Code § 2.02.050, Presiding Officer.** The Chairman shall be the presiding officer at all meetings of the Council. In the absence of the Chairman, the Vice-Chairman shall preside. In the absence of both the Chairman and the Vice-Chairman, the Secretary of the Council shall call the Council to order, whereupon a temporary presiding 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 order that their Public Comment Notices were received.
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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

January 25, RCM Minutes Draft

(6) Presentations

37 Craig Reynolds Quarterly Report on Havasu Palms at the Oasis

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

(7)

Executive Committee Reports:

- (A) Chairman's Report # 4
- (B) Vice Chairman's Report #24
- (C) Secretary-Treasurer's Report #5

(8) Council Members' Reports

(9) Tribal Administrator's Report

(10) **Staff Monthly Report/Financial**

- a. Tribal Administration # 6
- b. Resort #21
- c. Casino/Hotel & Restaurant

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

None

(12) **Consent Calendar**

a. **Attorney Invoices**

#1 Lester Marston Invoice

b. **Phone Polls**

None

(13) **Action Items**

#3 Marc Marston Roll #665 Presentation to establish and operate a coffee shop in the Ferry Baywatch facility in AZ.

Marc Marston would like the approval of the tribal council to obtain a lease with the resort to establish a coffee shop at the AZ Baywatch facility.

Marc Marston Recommends approval

7 Enrollment Board Recommendations for Approval of Applicants

The Chemehuevi Enrollment Board met on Monday February 10, 2025, and has reviewed the listed applications (9), which has met the following requirements. The board members and Secretary-Treasurers recommendation to Tribal Council is to approve the application(s) by resolution.

17 Tribal Management Grant Reporting and Feasibility

The ASAP coordinator and tribal health alliance LLC (Consultants for tribal management study) present completion of findings of previously awarded grant.

The Tribal Council is requested to identify appropriate members, or board, to oversee the continuation of phase 2 assumptions (Clinic or medical facility).

ASAP Coordinator recommends Tribal council to identify and provide direction to tribal health alliance LLC regarding moving forward with phase 2 assumptions (clinic or medical facility)

#19 New Real Estate Sales Agent

The Realty Department would like to hire a new Real estate agent (Gary Davis) who is licensed in California. The reality department would like to have another agent under the broker license of tribal reality. This would allow Gary Davis to sell under the Current broker license being used. There will be minimal cost to the tribe. Gary Davis would be on a commission basis per sale which would be less than using an outside broker.

Recommendation is to approve the license addition. This addition will benefit the reality

department as the activity picks up at the oasis of the palms.

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

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

#35 Master Agreement between CIT and Caltrans

Presented by Steven Escobar, This master agreement is necessary for the tribes to capture funds that are released from FHWA to Caltrans on behalf of the tribes and then Caltrans can release the funding to the tribes. This would increase the opportunity to seek funding and support from Caltrans on future projects.

Tribal Planning Director recommends approval

#36 Application for FY2025 Historic Preservation Fund- Tribal Heritage Grants (P24ASOO549) Tribal Council Resolution Request.

The Tribal Historic Preservation office (THPO) in partnership with the cultural department is formally requesting a tribal council resolution to be eligible to apply for the FY-2025 tribal heritage grant fund supported by the national park service.

The THPO and Cultural Department are requesting the Tribal Council to approve the 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 (1) Vacancy

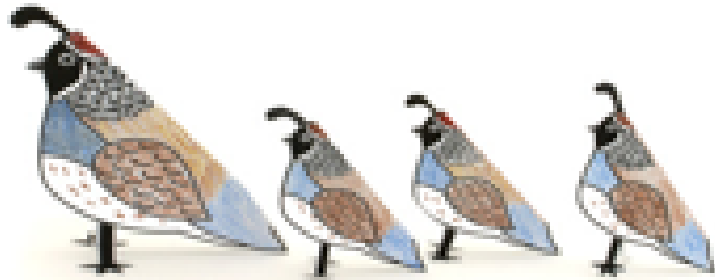
C.T.A Board (5) Vacancies

(Chemehuevi Transportation Authority)

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**

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

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 front door.

PEST CONTROL

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

NEXT SPRAY

February 13th & 27th.

COVID BAGS

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



**American Red Cross Training
 Adult & Pediatric First Aid/
 CPR/AED—January 17, 2025**

American Rescue Plan. Although we are currently not accepting new applications Housing continues to work n this program.
HEAP Applications: Care Act Funding available. Housing has received the new 2024 applications. Please contact Housing if you would like an application or if you need any assistance completing the forms. You will need to bring all pages of your current electric bill and propane. Receipt, valid identification, also bring our social security cards for household members and proof of income.

A&B Propane: If you interested in their service, please give Housing Department a call, or you can call them direct @ 928-854-4099. Their next scheduled delivery January 2025.
Ferrelgas: Is still offering propane, an account must be created first. All deliveries will not be charged taxes or other fees. Please contact Ferrelgas directly and let them know you are paying with a credit card o debit card to be considered for an upcoming delivery. To make arrangements, please contact: Katy Rankin, Customer Service Specialist, phone number is 928-446-3940. Her email address is KatyRankin@ferrelgas.com

UPCOMING EVENTS

- February 14, 2025—Valentine's Day
- February 17, 2025—President's Day/ Office Closed
- February 21, 2025— A&B Supply Propane will be here.

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!

HAVASU LAKE EMERGENCY PLANNING GROUP MEETING



CHEMEHUEVI HAZARD MITIGATION PLAN UPDATE

DATE: WEDNESDAY, FEBRUARY 26, 2025

LOCATION: Cultural Center Great Room & ZOOM

<https://us02web.zoom.us/j/85613175403?pwd=SGfu1l6TD3Zcxisq9SkTHbSL9bCwld.1>

Meeting ID: 856 1317 5403

Passcode: 068287

AGENDA

1. Introductions
2. Hazard Mitigation Planning
 - a. What is in the Hazard Mitigation Plan?
 - b. Planning timeline
 - c. Responsibilities of Havasu Lake Emergency Planning Group members
3. Plan Development
 - a. Public and stakeholder engagement
 - i. Workshops
 - ii. Survey
 - b. Hazard Identification and Critical Facilities
 - c. Introduction to Capability Assessment
 - d. Mitigation Strategy
 - i. Goal statements
 - ii. Status of mitigation actions
4. Next Steps

HAVASU LAKE EMERGENCY PLANNING (HLEP) GROUP



Disaster Preparedness Survey

CLICK THIS LINK

<https://forms.gle/jA8gtAjKACXZSngK9>

Your feedback plays a critical role in helping us understand the community's hazard concerns and identifying mitigation actions to reduce the impacts of future disasters.

This survey is voluntary, and your responses will remain confidential—no information will be directly attributed to you.

If you have any questions about the survey or want to learn more about participating in the development of the Hazard Mitigation Plan, please contact:

Steven Escobar, Tribal Planner
Phone: 760-284-3795
Email: planner@cit-nsn.gov

HAVASU LANDING
RESORT | CASINO | HOTEL



Deuces Wild

2025

CHARITY POKER RUN

Saturday, February 15

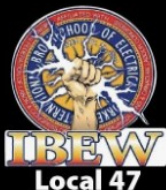
DESERT RIVER OFF-ROAD



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



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





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

Chemehuevi Tribe Education Center

FEBRUARY 2025

						1 CLOSED
2 CLOSED	3 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	4 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	5 CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM,	6 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	7 STEM PROJECT 2:30- 5:30 SMORES AT C.C	8 CLOSED
9 CLOSED	10 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	11 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM,	12 2025 VISION BOARDS CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM,	13 CLOSED FOR VDAY DANCE	14 VALENTINES DAY BAKE SALE 2-5 PM VDAY COOKIES AND SNACKS	15 CLOSED
16 CLOSED	17 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	18 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	19 CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM, ARTS AND CRAFTS	20 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	21 TEEN STUDY NACHO FRIDAY	22 CLOSED
23 CLOSED	24 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM YOUTH BINGO AT C.C	25 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	26 CTEC HHP 12:30 - 6:00pm TEEN STUDY HALL 2-6 PM ARTS AND CRAFTS	27 CTEC HHP 2:30 - 6:00pm TEEN STUDY HALL 4-6 PM	28 CROCKPOT MEALS	CLOSED



Chemehuevi Tribe
CTEC
Education Center

WE ARE CLOSED

**MONDAY FEBRUARY 17TH
HOLIDAY**

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

**THANKS-
CTEC STAFF**

ANY QUESTIONS PLEASE CALL 951-275-7959



2025

RESCHEDULED

WEDNESDAY FEBRUARY 12TH WE WILL BE MAKING
2025 VISION BOARDS

1 30PM - 4 30 PM

BRING EXTRA MAGAZINES AND ANY INSPIRTATION

IF ANY DEPARTMENTS WANT TO DONATE ANY
MAGAZINES AND NEWSPAPER PLEASE BRING TO
THE EDUCATION BUILDING.

LET'S CELEBRATE

*Valentine's
Dance*

THURSDAY FEBRUARY 13TH

6PM-8PM

AT THE GYM

Food - Karaoke - Dance - Music

WE WILL BE SERVING
DINNER AND HAVING A
DESSERT TABLE FILLED
WITH GOODIES.

WE WILL ALSO BE
HAVING LIVE MUSIC
AND KAROKE FUN.

COMMUNITY CENTER 2025

FEBRUARY ACTIVITIES

Monday Tuesday Wednesday Thursday Friday Saturday



COMMUNITY CENTER HOURS - MONDAY-SATURDAY 9:30AM - 6PM

SNACK @3:00 SUPPER @5:00 MONDAY-SATURDAY

FOR QUESTIONS OR INFO CALL 760-858-5103

FOLLOW US ON FACEBOOK FOR UPDATES & FLIERS

1.
OPEN GYM
12:30-5PM

3. ARTS & CRAFTS BOARD GAMES	4 FAMILY GAME NIGHT 4:30-6PM H&W	5. OPEN GYM 12:30-5PM	6. HULA HOOP TOURNAMENT 4:30-5:30PM	7. SMORES 5:00-6PM	8. CLOSED
10. GAME ROOM	11. ARTS & CRAFTS BOARD GAMES	12. OPEN GYM 12:30-5PM	13. VALENTINES DANCE @ GYMNASIUM 6:00-8PM	14. VALENTINES BAKE SALE 2:00-5PM	15. OPEN GYM 12:30-5PM
17. CLOSED HOLIDAY	18. ROCK PAINTING (NUWU ROCKS)	19. OPEN GYM 12:30-5PM	20 SAC RACE. CHALLENGE 4:30-5:30PM	21. GAME ROOM	22 I.T.C.C BOYS WITH BRAIDS 10-4pm
24. YOUTH BINGO 4-5PM	25. ARTS & CRAFTS	26. MARISSA'S KIDS SQUID GAMES 3-6PM @ GYM	27. ARCHERY COMPETITION 4:30-5:30	28. MOVIE NIGHT 6:00-8PM THE WILD ROBOT	

CALENDAR AND EVENTS SUBJECT TO CHANGE

CHEMEHUEVI COMMUNITY CENTER

Bake to Sale

FEB. 14

**2-5 MST
PM**

**FUNDRAISER
@COMMUNITY
CENTER**



**1978 VALLEY MESA, HAVASU LAKE CA 92363
FOR INFO 760-858-5103**

◻◻◻ CHEMEHUEVI ◻◻◻
COMMUNITY CENTER

FEB. 26TH 3-6 PM

MARISSA'S
KIDS

SQUID
GAME
CHALLENGE

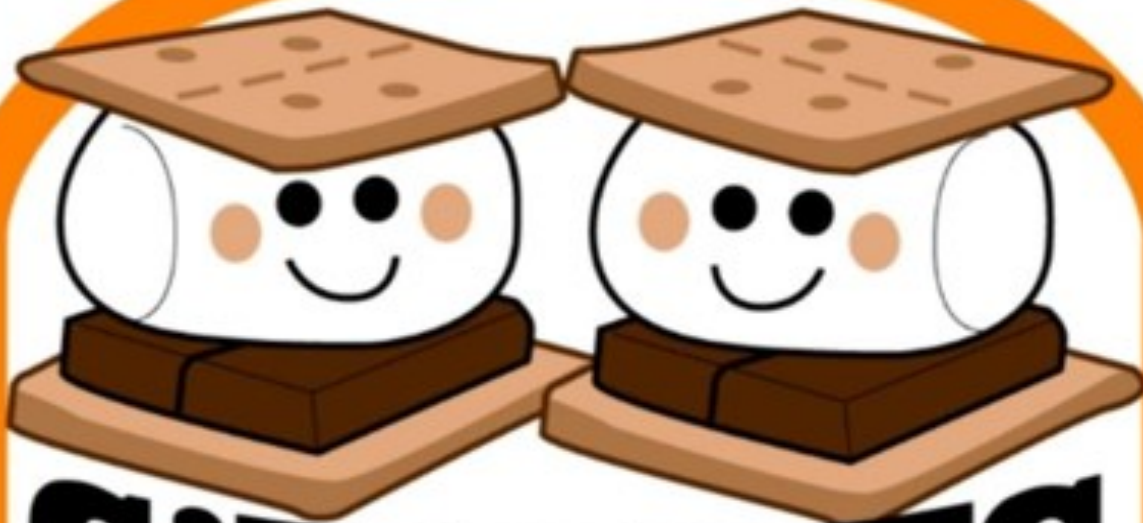
@ TRIBAL GYMNASIUM AGES 6-17

5 STAGES TO CONQUER
PRIZES FOR ADVANCING
ONLY ONE WINNER \$50

WILL YOU PLAY THE GAME ?



CHEMEHUEVI COMMUNITY CENTER



S'MORES

FEB. 7TH

5 - 6^{PM}

BEHIND THE COMMUNITY CENTER

1978 VALLEY MESA CA.92363

FOR INFO 760-858-5103

CHEMEHUEVI COMMUNITY CENTER FAMILY MOVIE NIGHT

MST

6-8 PM

FEB. 26TH

THE

WILD ROBOT

SNACK
BAR

FOR INFO 760-858-5103
1978 VALLEY MESA, HAVASU LAKE CA. 92363



Chemehuevi Community Center

Temporary Staffing Hours

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

Saturdays: 10:30am-6:00pm

(760) 858-5103

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

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

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

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

JANUARY Events & Fundraisers

- WEDNESDAY 1ST. CLOSED FOR HOLIDAY
- THURSDAY 2ND ICE SKATING FIELD TRIP AT THE LONDON BRIDGE
- THURSDAY 9TH JUMP ROPE COMPETITION
- (VANESSA MCDONALD AND FALLON FRYAR) WINNERS OF JUMP ROPE
- MONDAY 13TH COMMUNITY PLANNING MEETING HERE AT THE COMMUNITY CENTER
- THURSDAY 16TH YOUTH BASKETBALL SHOOT OUT
- (DERON FISHER, FALLON FRYAR, BRADON ESCOBAR) WINNERS OF THE BASKET BALL SHOOT OUT
- FRIDAY 17TH CPR COURSE HERE AT THE COMMUNITY CENTER
- MONDAY 20TH CLOSED FOR HOLIDAY
- THUESSDAY 23RD FRISBEE TOSS COMPETITION
- (TESSA CHEE, BRADEN ESCOBAR) WINNERS OF FRISBEE COMPETITION
- FRIDAY 24TH 18+ CORN HOLE TOURNAMENT
- (THOMAS PENCILLE) WINNER OF CORNHOLE TOURNAMENT
- WEDNESDAY 29TH H&W HAD NATIONAL PUZZLE DAY HERE AT THE COMMUNITY CENTER
- THURSDAY 30TH TEEN POOL TOURNAMENT
- (NO SIGN UPS FOR POOL TOURNAMENT)
- FRIDAY 31ST ENCHILADA COOK OFF CONTEST
- (1ST- DANIEL FELIX 2ND-SHARON TAFOYA 3RD- VANESSA TAFOYA) WINNERS OF THE ENCHILADA COOK OFF CONTEST

FEBRUARY Events & Fundraisers

- TUESDAY 4TH H&W FAMILY GAME NIGHT HERE AT THE COMMUNITY CENTER
- THURSDAY 6TH HULA HOOP COMPETITION
- FRIDAY 7TH SMORES
- SATURDAY 8TH CLOSED
- THURSDAY 13TH VALENTINES DANCE AT TRIBAL GYMNASIUM
- FRIDAY 14TH BAKE SALE HERE AT THE COMMUNITY CENTER
- MONDAY 17TH CLOSED FOR HOLIDAY
- THURSDAY 20TH SAC RACES AT WARRIOR BALL FIELD
- SATURDAY 22ND I.T.C.C BOYS WITH BRAIDS PRESENTATION AT TRIBAL GYMNASIUM
- WEDNESDAY 26TH MARISSA'S KIDS SQUID GAME CHALLENGE
- THURSDAY 27TH ARCHERY
- FRIDAY 28TH FAMILY MOVIE NIGHT (THE WILD ROBOT)

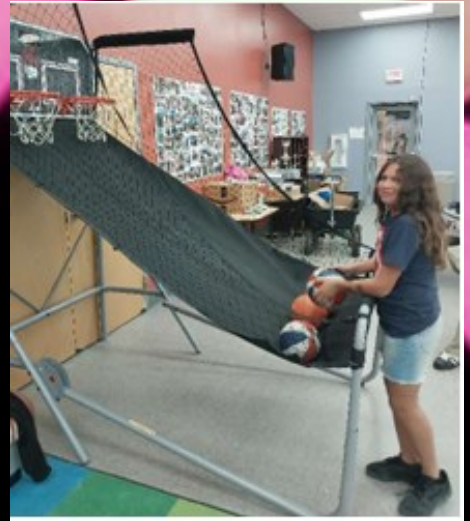
The Community Center has started the trial-development of the Youth Community Assistance Program **where youth can gain an activity point for their participation.** This program was designed to *teach youth how to be a helpful hand in their community* by helping out their neighbors and elders with yard 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 / February 2025 Addition of Monthly Newsletter

WHAT HAPPENED IN JANUARY:

-Policy Council has been working hard to raise money for our Head Start children. They have been selling tickets for a 50/50 Raffle Fundraiser. That ends this week.

-Our kids have been practicing, weekly, for our upcoming Basketball Tournament.



-Head Start had a guest from the LHC "Rocks" community group come to help the class paint rocks. They had a great time. Thank you, Ms Tilly.



WHAT'S HAPPENING NEXT/ IN MARCH:

-Head Start Valentine's Party and 50/50 Raffle Fundraiser Drawing. Head Start Families are invited: Tomorrow, the 13th.

-NO SCHOOL: Friday, the 14th (staff work) and Monday, the 17th (Holiday)

-Basketball Tournament: Saturday, the 22nd.

-Basketball Tournament Awards Ceremony Luncheon: Thursday, the 27th.

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

-Policy Council meeting: Friday, the 7th

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

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



CHEMEHUEVI

INDIAN RESERVATION



SAVE THE DATE

FEBRUARY 22ND, 2025

9am registration

10am -4pm

Chemehuevi Tribal Gym

1960 Palo Verde, HAVASU LAKE CA 92363



For more information

Info@natedadsnetwork.org



Tapitsap: Lit. trans., *that which is knotted or tied.*

Messages were delivered to designated persons, usually heads of other clans, by runners carrying knotted strips of yucca. Once the message was delivered, the recipient untied it and the runner returned the string to the sender, often carrying a new knotted string with a new message. Members of “runner societies” were most trustworthy and it was understood that their journeys were not to be impeded. Due to their tirelessness, they were deemed other-worldly.

Nüwü ampagap...

not just words, a tie to our ancestors.

Chemehuevi Language Classes

8 Wednesdays beginning **January 22, 2025**

4:15 p.m. to 5:30 p.m.

Chemehuevi Cultural Center

ALL ARE WELCOME!

For more information - 760-858-1115

HIGH ROAD

EQUITY | CLIMATE | JOBS

An Initiative of the California Workforce Development Board



This initiative targets – Native American participants 18+ years old with training, certification, case management, and supportive services to assist with accessing quality jobs in the Construction and Utilities industries. The project will partner with local tribal organizations and unions that provide quality jobs.

PROJECT HIGHLIGHTS

130 participants will have an opportunity to enroll in either an apprenticeship or pre-apprenticeship training program.

75% of project participants will receive supportive services.

KEY PARTNERS

The International Brotherhood of Electrical Workers Unions Local 440 and Labor Council AFI – CIO Local 93/1184

Inyo, Kern, Mono, and Riverside Counties Workforce Development Boards

~~~This project will serve under-employed or low-income Indian and Native Americans~~~

PLEASE CONTACT THE NEAREST CIMC OFFICE FOR MORE INFORMATION.

CIMC – Escondido
San Diego/Imperial Counties
35006 Pala Temecula Road
Pala, CA 92059
(760) 742-0586

CIMC – San Bernardino / San Jacinto
Riverside/San Bernardino Counties
3750 E. Florida Avenue, Unit D
Hemet, CA 92544
(916) 618-5172

CIMC – Eastern Sierra
Inyo, Kern, Mono Counties
50 Tu Su Lane, Building 3A
Bishop, CA 93514
(760) 873-3419



CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC.

cimcinc.org | 800-640-CIMC

CIMC is funded in part by the U.S. Department of Labor. CIMC is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.

CALIFORNIA COMMUNITY RESOURCE GUIDE

There may be a program designed to

Support You & Your Loved Ones



Benefits may include



Financial assistance



Employment services



Low-cost healthcare



Housing and transportation



Food access



Mental health support



Check it out yourself!

Scan the QR code, or visit ocpsc.ca.gov/resources-guide to access the California Community Resource Guide.

No personal information is required to use.





**Real help. Real talk.
Zero cost.**

Your space to destress, bounce back, and reset. Completely free and anonymous for California teens and young adults (13-25 years).

How the Soluna app helps you...



1:1 coaching

Get support, advice, and direction from a mental health professional any time. Unlimited sessions - all for free.



Interactive tools

Destress and process feelings with tools like mood log, digital journal, breathwork, and goal-setting.



Peer connection

Find your people and perspective through weekly polls, an active forum, and community prompts.



Self-discovery + growth

Learn more about yourself, your health, and what you need with quizzes, articles and more.

No Cost

The Soluna app is free. No insurance required. No ads. No catch.

No Pressure

Use the Soluna app wherever you want. No subscription, limits, or labels. Whatever feels right.

No Worries

Breathe easy knowing your app experience is anonymous, and your data is private and secure.



Use the QR code, search "Soluna" in the App Store or Google Play, or visit [Solunaapp.com](https://solunaapp.com).

BrightLife Kids

A CalHOPE program
by Brightline



888-275-5357
brightlife.kids/ca

**Get support for the tough stuff,
so your child can thrive.**

Free personalized support for California families with children ages 0-12 years.

Digital Tools

- Library of on-demand digital content
- Read about managing tantrums, making friends, building self-esteem, and how to get your kids to talk about their feelings.

Coaching and Chat

- Live 1:1 coaching sessions with diverse backgrounds
- Send/receive chats with dedicated coach for everyday challenges between sessions

Care Coordination

- Coach specialists help identify complex needs
- Help finding the right level of care, guidance navigating community resources, and referrals to those resources if needed.

BrightLife Kids coaches help with things like...

Ages 0-4

- Milestones, sleep, and tantrums

Ages 5-8

- Big feelings, friends, and self-esteem

Ages 9-12

- Social media, peer pressure, and study skills

*Sign up for free. No insurance needed. All right from home.
100% paid for by the State of California Department of Health.*

HOWAIO NAGARÜP 2025

WE ARE EXCITED TO INVITE YOU TO OUR
UPCOMING CULTURAL EVENT, WHERE WE
PLAN TO TRAVEL TO HOWAIO (WEST-
WELLS)

EVENT DETAILS:

- MEET AT THE CHEMEHUEVI CULTURAL CENTER @9.00A.M
- DEPARTURE @10.00A.M FROM THE CULTURAL CENTER
- STORY TIME WITH MATT LEIVAS
- BIRD SINGERS
- FOOD AND DRINKS WILL BE PROVIDED

WAIVERS:

- YOUTH AGES 6 AND UNDER WAIVERS' WILL BE SENT OUT FROM THE CHEMEHUEVI HEAD-START
- YOUTH GRADES K-5 WAIVERS' WILL BE SENT HOME BY THE CHEMEHUEVI ELEMENTARY SCHOOL
- ALL WAIVERS WILL BE AVAILABLE AT THE CHEMEHUEVI COMMUNITY CENTER
- WAIVERS MUST BE SIGNED AND TURNED IN BY FEBRUARY 27, 2025

OTHER IMPORTANT INFORMATION:

- THIS IS A FAMILY EVENT ALL YOUTH UNDER THE AGE OF 18 IS REQUIRED TO BE ACCOMPANIED BY A PARENT OR GUARDIAN
- PLEASE WEAR OUTDOOR CLOTHING/ SHOES (NO CROCS)
- BE RESPECTFUL OF THE LAND DON'T LEAVE DON'T TAKE ANYTHING
- CALL COMMUNITY CENTER TO INQUIRE ABOUT RIDES

CONTACT US:

COMMUNITY CENTER: (760)-858-5103
 HEADSTART: (760)-858-4918
 CULTURAL CENTER: (760)-858-1115
 ENVIRONMENTAL DEPARTMENT: (760)-302-4057



9.00A.M-4.00P.M

15

MARCH 2025

CHEMEHUEVI CULTURAL CENTER

1990 PALOVERDE DR., HAVASU LAKE, CA 92363

CHEMEHUEVI INDIAN TRIBE

Stepping into Stillness: Maintaining Your Center of Gravity When Caring for a Loved One

When exploring the many challenges of caring for a loved one, we must consider all aspects of individual functioning whether it is physical, mental or emotional, and its impact on you, the Caregiver. How has the care of your Loved One impacted these areas of functioning for you?

☒ Physical – such as change in sleep patterns, lack of attention to medical care, muscle strains, poor exercise, or change in eating habits

☒ Mental – such as forgetfulness, confusion, or disorganization

☒ Emotional – such as feelings of being depressed, lonely, anxious, or angry

Attention to yourself and to the present moment can be lost when you are scrambling to meet the needs of another, or struggling to meet the demands of your daily life. Why is it so important to pay attention to yourself? If you don't, it's like driving a car with your eyes closed. How far might you go before getting in a crash? Attention to yourself and the present moment not only keeps you from crashing, it can help keep you calmly at the center of your own life.

What are the physical, mental, or emotional needs to which you would like to pay greater attention?

☒ Physical – such as making a doctor's appointment for yourself or take a walk

☒ Mental – such as make lists and organize tasks

☒ Emotional – such as sharing your feelings with another

Practice paying attention to you. Science and medical research have recognized the powerful benefits of meditation to health and wellbeing. Meditation is a practice, and is no more complex than sitting still and bringing attention and awareness to the present moment, with an attitude of non-judgment or compassion. One very simple way to practice meditation is to simply focus on the

rise and fall of your breathing. Explore for yourself a meditation practice, or simply sit still and see what happens for you!

Communicate to Support Self Care. Communication is a skill that presents us all with a host of challenges and when your loved one is ill, it demands even more attention and care. If you are paying attention to how you feel, what you think or need, you may then be able to more clearly communicate your needs to others. Take a deep breath and consider:

- ❑ What feelings are you aware of that you need to express?
- ❑ Who might you express your feelings to or how might you express them?
- ❑ What thoughts have you recognized need to be shared?
- ❑ What request for help would you risk making?

Find Acceptance. Maybe it is recognition of the loss of control of physical, mental, or emotional functioning of your loved one that is so difficult to experience. Maybe it is uncertainty, the loss of roles, of dreams, of future plans, or the loss of control. Fighting the reality of these losses will merely bring with it more suffering for both of you. The way out of this fight is through the practice of coming to acceptance. This is different than giving up. It is giving into what is, and remaining present to what life is in this moment.

- ❑ When are you aware that your fight for control is causing you suffering?
- ❑ What helps you to come to acceptance?

Live the life that is given. Being present and enjoying the gifts of life is possible when you have come to acceptance with what is the current reality. Identify the activities, interests, connections and supports, not that you have lost, but that you have now.

- ❑ What activities and interests spark your desire for living?
- ❑ Who do you spend time with that energizes and supports you?

Please always remember:

“YOU HAVE TO TAKE CARE OF YOU BEFORE YOU CAN FULLY TAKE CARE OF A LOVED ONE”



**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. The warm afternoons remind us that Spring is on the way.

2025 Tribal Pet License can be purchased through the department and Tribal Website. All cats and dogs that reside on tribal lands for more than 4 months out of the year must have a pet license. Use the **QRCode** to directly get to the **Permits Page** and click on **License**. There you can digitally purchase your pet license. Once the department receives a conformation email. The team will arrive at your house, give you your pet tags and some papers to fill out.



Respectfully Submitted,
Frederick Rivera
Chief Code Enforcement Officer

NOTES FROM THE CULTURAL CENTER

by June Leivas

Maikwas, hiwaan (hi, my relatives),

I am June Leivas, and I have taken the position as Cultural Center Director. It is my hope that Chemehuevi will catch up in the race to save our language and culture, therefore, I will be focusing primarily on Siwavaatsi Nüw (Chemehuevi Valley people).

My mother, Gertrude Hanks Leivas, was the only person actually born here at the time of reorganization and was the last full-blood at the time of her passing. My siblings and I were children when there were people whose first and only language was Nüw. The Old Ones subscribed to the "it takes a village" concept and so all were responsible for teaching us to be human beings, i.e., well-behaved members of society. Our teachers have passed on but I hope to share with you some of the knowledge and wisdom they left with us.

Currently, I am the only regular staff here at the Cultural Center (Ron Escobar, the THPO Director, shares the building), but you are welcome to work on the sewing and beading projects that you started or to just hang out. Bridget Sandate is here as a TERO worker for the time being and she has been most helpful in organizing the library and such.

Ron Escobar, THPO Officer, and has been helpful in making improvements to the building with THPO funds. The first was improving accessibility of the Center for the aged and handicapped: the paved entrance was elongated, and there is enough money to pave a little more going north and south to enable handicap parking. He contracted with someone local to build what Nüwüvi would call a *takagan*, which is basically a shed for gathering. Fixing the front door has some hitches but it is being worked on. Water stains on the ceiling tiles were painted over or the tiles were replaced.

Ron, Bridget and I designated a place in the Culture Garden for the petroglyph stone that is currently at a Member's house in the Colony. Ron is working with EPA to move it using the backhoe.

Language classes, which are open to everyone, began Wednesday, January 22, and are held from 4:15 p.m. to 5:30 p.m. We preceded all by covering the phonetic guide then went to short introductory lessons. Week four (February 12) will be dedicated to common phrases, but it will be preceded by a review of the phonetic guide.

Several departmental representatives are working on a **visit to Howaio**, commonly known as West's Well. It will be on March 15 and details will follow. We are lining up speakers and working on providing sack lunches for attendees. Lack of staffing resulted in too late a start to plan for Winter Camp, so Howaio was the alternative.

Nüüsümpürünian (nü-Ü-süm-pü-rü-nee-an). *I am happy* because we are resuming the effort to keep the language and culture alive. I am proud of those who attend Language Class and the volunteers for Howaio because they are a big part of that effort.

There isn't much yet to report, so that's it. Come by and see us when you are so inclined. We are open daily from 9:30 to 4:00, except on Fridays when we leave early to keep our hours in check.

SOME THINGS I LEARNED FROM THE PREVIOUS GENERATION(S)

by June Leivas

My mother had her way of seeing and doing things that in the end seemed like the right way. My siblings and I were not molly-coddled as children and were nowhere indulged as children today seem to be. We lived in a family village and my mother, her brothers and sisters, collectively kept us in line. We were poor and had to make-do for entertainment and the like, but we were housed, fed and clothed, and miraculously made it to adulthood.

People are basically good. Even if you can't see goodness in a person, Creator does and who are you to argue with Her?

Every one of us has a redeeming quality that sometimes only She can see.

Never make fun of the appearance of others. They don't need you to point out their physical flaws and, in their eyes, you may not be so hot yourself.

Never gloat. There are winners and losers in all things and all the time. Remember, every dog has his day and this day might not be yours.

Never pick on anyone, especially those you presume to be weak. An army of tiny angry piss-ants can torment a large critter to near-madness.

Never think you are better than everyone else. Everyone has shortcomings and falling from so lofty a perch makes for a hard landing.

Be kind to animals and all critters. Creator put us all in this world for a reason and there is a reason our ancestors called them "the first people". Every critter has a spirit, so don't piss them off – some of them can be vengeful if provoked.

Don't think you can get away with something forever. Creator is ever-watchful -- and there's such a thing as karma.

Don't complain so much because it is perceived as whining and you look like a cry-baby, which is very unbecoming. If you can't use your noodle to fix everything you're unhappy with, you need to shut up.

Some people will like you and some won't, that is the way of things. To the first, be thankful you have friends. To the second, be glad that the ones who don't like you *aren't* your friends.

Leaders need to be able to take criticism, lift themselves above behavior that would embarrass themselves, and to care about others almost to the point of selflessness. If you lack even one of these traits, it's time to hang it up.

If you are a follower, be careful who you follow. Don't be a lemming, lemmings will follow anyone so they don't have to think for themselves or can't think for themselves. That is how we ended up with Charles Manson, Jim Jones, and David Koresch. Instead, see where you want to go and plan how to get there.

Don't be a yeller and screamer. You might have something constructive to say but no one hears it when they are all wishing that you get hit with a sudden case of laryngitis.

The next time you whine about your life, remember your ancestors. These people walked across deserts without the benefit of air-conditioned cars, had to find water somewhere in miles of sand, and poke through chapparal for edible plants because there was no 7-11 to pull into. And they did this all without Google Maps. And they did this all so you could be here.

News from the Chemehuevi Diabetes program:

Community-Based Programs for Chemehuevi FY 2025

****Diabetes Self-Management Classes****

****Location:****

Chemehuevi Diabetes Department
1978 Valley Mesa Road
Havasu Lake, CA 92363

****Schedule:****

Every Monday, Wednesday, and Friday
8:00 AM - 9:00 AM & 1:00 PM - 2:00 PM
(By appointment only; please call ahead)

****Eligibility:****

These classes are available to all Chemehuevi Tribal members living within the boundaries of Chemehuevi reservation.

****T2 Program Announcement****

****Location:**** Chemehuevi Diabetes Department
1978 Valley Mesa Road
Havasu Lake, CA 92363

****Schedule:****

Every Tuesday

****Time:**** 3:00 PM - 4:00 PM

We are pleased to offer an 8-week pre-diabetes program, available twice a year.

This program is designed for Chemehuevi Tribal Members aged 18 and older.

****Eyewear Services****

****Location:****

Chemehuevi Diabetes Department
1978 Valley Mesa Road
Havasu Lake, CA 92363

****Available:****

Every Day

****Eligibility:****

Open to all Chemehuevi Tribal Members diagnosed with Diabetes who reside within the boundaries of Chemehuevi.

****Important:****

Please bring a current prescription that includes all required information. This will ensure you receive the best possible eyewear services

****Nuwuvi On the Move Fitness Program: Seeking a Fitness Instructor****

We are currently in search of a qualified fitness instructor to join our team. Our program offers a variety of services that promote physical activity

and healthy living within our community. These services include:

- A Walking Club
- "Fall into Fitness" Sessions
- "Spring into Fitness" Sessions
- Access to a Weight Room
- Monthly Fitness Challenges

We are committed to enhancing the well-being of our community members through engaging and effective fitness initiatives.

****Elders Healthy Living Program****

****Location:**** Chemehuevi Community Center
1978 Valley Mesa Road
Havasu Lake, CA 92363
****Schedule:**** Bi-weekly on Thursdays
****Capacity:**** Limited to 15 participants

We invite community members to join our Elders Healthy Living program, designed to promote wellness and active lifestyles among our elders. Please register in advance, as space is limited.

****Healthy Cooking Classes****

****Location:**** 1978 Valley Mesa Road, Havasu Lake, CA 92363
****When:**** Every 3rd Tuesday of the month
****Participants:**** Limited to 10 participants, ages 18 and older

These classes are designed for individuals living with diabetes or those supporting someone with diabetes. Participants can engage at their own comfort level.

Each household will receive a food voucher worth \$30 for purchasing fruits and vegetables.

****Youth Prevention Program****

1978 Valley Mesa Road
Havasu Lake, CA 92363
****Target Audience:**** Ages 6-17
****Capacity:**** Limited to 20 participants

The Chemehuevi Tribal Members are encouraged to track their physical activities on a monthly basis as part of this program, allowing them to earn various incentive items.

Community Events
Community Health Fair
Chemehuevi Winter Camp
Chemehuevi Annual Meeting
Chemehuevi Indian Days
Chemehuevi Nuwuvi Days

For questions or to schedule an appointment contact:

Anna Drum-Lynch, Program Coordinator

(760) 858-4240

Diabetes@cit-nsn.gov

WE'RE ON THE WEB
WWW.CHEMEHUEVI.NET

CHEMEHUEVI INDIAN TRIBE

A MONTHLY PUBLICATION OF THE CHEMEHUEVI INDIAN TRIBE

FEBRUARY, 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