



QUECHAN NEWS

VOLUME 101, ISSUE 9 ♦ WEDNESDAY, JUNE 6, 2007

One Week To Go Until The Election

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Look For This Symbol

ETSKA NAV AH PAI THE NEWS CARRIER

QUECHAN NEWS

is published by

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Next Tuesday will see the Quechan Tribe going to the polls for the second time in a little over six months, to vote for a slate of candidates similar to that of last December's annulled election.

Since that time, all four members of a new Election Board have received 2 days of Certification Training in Tribal Elections by Bill Helmich Associates in February, prior to being sworn-in by Tribal Judge Claudette White. The Board then separated themselves from the Tribal Council, and has held a number of meetings since to cover the Standard Operating Procedure (SOP) they have developed to ensure that the Election Ordinance is adhered to as closely as possible. The minutes of those meetings have been publicly posted at both the Quechan Administrative Offices and at the Office of the Election Board.

One of the first actions of the new Election Board was to author an open letter to all Tribe Members covering the concerns expressed by the public over the previous failed election. That letter spelled out the procedures they hoped to follow to ensure a transparent and open election, based upon the Ordinance as it currently exists.

Although both the Board and the Tribal Council agreed that the timing of the new election was too close to consider re-writing the Election Ordinance,



A sign announcing the June 12 election is shown in front of the designated polling place, The Quechan Community Center, which will be open for voting from 7:00 AM until 7:00 PM on Election Day.

QUECHAN NEWS Photo by William Isbell

some administrative changes have been made to keep better control over the qualifications procedures, balloting and tally, while still remaining within the Ordinance as it is written.

The Board has ordered a new clear plastic ballot box for the public polling place. Every voter will be able to see their ballot actually go into the box, and can be sure that every ballot stays in the box until it is opened in public for the votes to be tallied after the polls close.

The Board has also moved to prevent any possibility of "re-voting" to "stuff the ballot box" by requiring all voters who've requested an absentee ballot and later change their minds and go to the polls to bring their original absentee ballot with them to be "spoiled" by the Board before they are given a new ballot and allowed to vote. All absentee ballots will also be sent only

to actual physical addresses, not to Post Office boxes, to further prevent duplication of votes by allowing them to track who requested the ballot, where it was sent, and that all absentee ballots that are returned are properly tallied.

They have also printed and distributed booklets covering the Election Ordinance and Procedures, and held educational sessions for the public.

The Election Board also reviewed the forms used in past elections, and moved to standardize all of the forms issued to those seeking public office. All of the new forms have been designed to compliment the SOP they have developed. More of the forms candidates are required to fill out must now be signed in the presence of a notary, swearing or affirming that the information it contains is correct at the risk of perjury.

That way, if an issue arises later the burden of proof for a candidate's qualifications will rest with the candidate.

The Board also stated that they will change only their procedures, not the Ordinance, to see to it that all candidates for office adhere to the five qualifications as listed in the law:

That all Candidates for Public Office must 1) file an application for Certificate of Qualification, 2) provide two pieces of documentation of their residency, 3) have a residency history from the age of 18 to the current time, 4) adhere to the election-eering standard and 5) have no felonies or felony convictions.

The Election Board also hired an attorney to represent the Board on legal matters. She is Patty Ferguson, a Native American with the law firm of Sacks-Tierney of Scottsdale, Arizona.

A graduate of Columbia Law School, she is a member of the Native American Bar Association and is on the Indian Law Section Executive Council of the State Bar of Arizona. Ms. Ferguson is a Fulbright Scholar with over 7 years in the practice of law dealing with election ordinances, felony convictions and election administrative law.

It seems the Board has done everything possible to clarify the procedures for next week's election. Now all you have to do is fulfill your responsibility and take part as a voter.

Women's Health Conference Put The Focus on Control of Stress

Lavishly decorated in shades of rose and lavender, the Quechan Community Center was where almost 50 local women took time out of their overscheduled lives to attend the "Stay Well" Women's Health Awareness Conference on May 18th. Sponsored by the staff of the Quechan Community Health Representatives, the all day program featured special guests from the Gila River and Yaqui Indian Reservations, as well as local experts offering low-impact exercise, instruction on stress relief, and tips on replenishing your beauty.

Things got under way at 8:00 AM with a healthier version of the popular continental breakfast buffet, as attendees chose from a selection of fresh fruits such as apples, melon slices, grapes, strawberries and pineapple joined with granola bars and blueberry muffins, all washed down by fruit juices, bottled water or freshly brewed hot coffee.

Council member Crysell Uribe then stepped forward to act as "Mistress of Ceremonies" and outline the day's program, before turning things over to Avis Black with the opening prayer. Once breakfast was over, Mrs. Uribe then introduced Gail Johns, a fitness instructor at the Gila River Wellness Center in Sacaton, Arizona.

Gail was there to get everyone moving, to get the blood flowing and build the excitement level for the things to follow. She got most everyone out on the center of the basketball court and began a series of Tai Chi style stretching exercises to the soft flowing sounds of oriental woodwinds and strings.

Although things began at a relaxed pace, her musical accompaniment was programmed to pick up the tempo with each new track. While it started out as a Tai Chi stretch, a sort of country swing beat soon appeared, followed by pounding



Gail Johns got the day started with a stretch and exercise program that flowed from simple tai chi style movements into full blown dance aerobics (left) as the music moved from gentle to latin dance during her one hour presentation. The day's primary guest speaker was Caren Trujillo, seen on the right demonstrating stress relieving massage techniques on a volunteer from the audience, as her student Beatriz Ponce de Leon holds the microphone.



QUECHAN NEWS Photos by William Isbell

Latin rhythms in the style of Carlos Santana. Standing in place turned into a slow waltz-step and eventually became a full-on dance aerobics workout, before Gail brought those participating back to a slow and gentle Tai Chi routine again at the end.

Everyone was then asked to listen closely for their number, as tickets were pulled for a variety of door prizes. As each winner came forward, they were asked to reach into a large jar and pull the ticket that would announce the next winner. A gift basket filled with lotions, bath scents and the like was the most common item awarded to those lucky enough to have their number come up.

Caren Trullijo, a Yaqui Indian who has studied with a number of natural healers, was then introduced for the bulk of the day's instruction. Caren lives close to the land in Tucson, where she practices the traditional Yaqui way of life. She is a mentor to Beatriz Ponce de Leon, who accompanied her to operate an over-head projector and take part in the practical demonstrations of Caren's techniques.

Their morning session cov-

ered sources of stress endemic to modern life. After describing both the causes and symptoms of stress, Caren covered the debilitating effects of succumbing to it, rather than working to alleviate it.

Caren's philosophy is that wellness first comes through the harmony of body, mind and spirit. She says that most "dis-ease" is the result of unresolved emotions that have been "stuffed" into the background of your life until things become unbalanced. While some stress can actually be good, since it can act as a motivator (like the stress of a deadline spurring us to act in time), we must learn how to deal with it to keep it under our control.

She says we often let that control slip by buying into bad beliefs that are reinforced by society today. Beliefs that say when we are in need, we always need help from the outside, since we are not whole in and of ourselves.

She says the problems become overwhelming when we believe we are powerless to help and heal ourselves. The solution is to not give our power away to

others. When we give others the power, we often end up suffering from overstress and burn out.

Caren then gave an illustration of what she calls "The Vicious Cycle of Stress" that results when we take on way too much and end up getting disorganized and out of balance.

That cycle often begins when a community identifies a problem that is in real need of a solution. After some discussion, the duty of resolving the problem, or at least developing a solution is assigned to someone.

As that person (or committee) begins to work on the solution, they begin to identify their own success at resolving the situation more and more closely with their own personal success. Eventually, their desire to succeed leads them to devoting their every waking thought to the task, and they become overworked and over-extended.

Unfortunately, it is usually right about this time that members of the community as a whole begin to wonder what is taking so long, and they begin to murmur that either nothing is being done, or what little is getting done is not being done

right. Those who are trying to develop the solution now find themselves isolated, surrounded by people who only point out more problems.

Those outside, who could have helped, now become the "crabs in the basket", and the cycle continues. As more problems are found, the original agenda moves farther and farther into the background, since the new problems begin to become the focus. The constant drumbeat of the complainers leads to the self imposed stress of the person or committee at the center, who have come to believe that "the world needs me," and yet they know that with new problems popping up everyday, they will never complete their original task.

Caren says that as the problems multiply, it leads to over-generalizing, catastrophizing and a negative outlook, all of which only increase the stress.

She says that because we all fall into this cycle at times, we all face burn-out at some point. And since burn-out is pretty much inevitable, she has come to accept the bumper sticker philosophy that "It's okay to burn-out . . . just don't make an ash of yourself!"

By that she means, when you find yourself facing a burn-out situation, don't just keep plugging along, you'll only burn out completely, and have nothing left for yourself or anyone else.

One good way to prevent that from happening is to recognize the stress as it crowds into your life, and to take time for yourself to alleviate some of its effects, before it comes to burning you out. You can do that by becoming aware of how you sometimes lock your stress up in your own body, through muscle tension and the aches and pains that result.

Caren then provided a map of points all around the head, face

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Have a story idea, or an event you want covered?

QUECHAN NEWS is here to cover the special events and everyday lives of Quechan Tribe Members, and the issues that affect you in the world today. This newsletter is here to keep the lines of communication open, to expand opportunities, and uplift the Native Spirit of the San Pasqual Valley. Your ideas and input are welcome! Just call the QUECHAN NEWS office Monday through Friday at (760) 572-3912, or email your stories and story ideas to w.isbell@quechantribe.com. I'm looking forward to hearing from you!



Progress & Development

Going In Just East Of The Original Old Subdivision: Heavy Equipment Begins To Move On New Housing Subdivision

New homes will include rental units for singles and couples as shown in the artist's rendering below, as well as single family homes running from 1200 square feet all the way to almost 2400 square feet in size.

Triplex rental homes will be available in both one and two bedroom floor plans and will feature a common area with lawns and landscaping between housing units, encouraging a feeling of community.

Single family homes will be available for purchase, with options available for upgrading according to the buyers' wishes.



Buyers will be able to choose different exterior trim levels, to further customize their homes and create a different look from the homes of their neighbors nearby.

If you've driven all the way down Sapphire Lane in the past month you've noticed the fence bordering the old subdivision has been opened up and a there's great deal of activity involving bulldozers and backhoes in the fields to the east. That activity is the first step in the creation of an all new subdivision that will mix both rental and home-ownership properties in the first new housing offered on the reservation in quite some time.

After over a year of planning and discussions, the Quechan Tribal Council approved the project in April, which will be overseen by the Quechan Tribally Designated Housing Entity (QTDHE) Board of Commissioners.

The new subdivision will cover 24 acres, and will have about 40 units built according to the approved plans, both east of the old subdivision and at other scattered sites. When completed in the next year, Sapphire Lane will extend into the new area and connect to a number of new roads that encircle the homes.

Although it is planned to include single family homes for purchase, right now the plan is to have about two-thirds of the housing constructed as rental

units because of the pressing need for that option. Some rental units will be designed specifically for the needs of singles.

Bob Letendre, Director of the QTDHE says that a number of things must be done in the way of site preparation before actual home construction begins.

"We've got to remove a ditch" that crosses the area east to west, he says, "and then we've got to extend the lateral ditch down to the south, so the land there doesn't become vacant, unused land once we build."

Once that is done, the drainage lines as well as water, sewer and utilities will all be run, followed by road grading, paving and curbs. Sidewalks and streetlights will be installed, and a cinder block wall surrounding the entire rental subdivision will go in, creating a community with its own identity.

All of the site preparation work should be finished by November, he says.

The principal contractor for the new homes will be the Quechan Designated Housing Entity, using plans drawn by the VGN Home Designs division of Edias Engineering of Yuma.

"The ownership homes will

have more upgraded features, as opposed to the rental homes," says Letendre, "but they will all be built with energy saving features and quality materials. The rental units will even have an indoor laundry area where a renter could put in a washer/dryer if they have them."

"We'll have R44 insulation in all the ceilings, R21 in the walls. The windows will be a new dual pane, low emissivity glass that rejects up to 70% of the heat loading on the window by reflecting ultraviolet light back out." Dual pane windows typically achieve this insulation ability by using an inert gas to fill the space between the inside and outside glass.

Additionally, all of the exterior and interior hardware will be finished in oil rubbed brass or pewter, for a higher quality look. There will be matching deadbolt locksets on all the exterior solid core doors.

In fact, the hallways will be built 4 feet wide, rather than the more common 3 feet, and the interior passage doors will also be 36 inches wide, as opposed to the usual 30 inches.

In showing his excitement for the quality of materials and construction techniques that

will be used, Letendre explains more.

"What I did was, I got a budget (for the entire project), and when I saw what we could work with, once the numbers began to come in pretty good, there were areas where we could go for it, and make it all a little nicer. So that's what we did."

Speaking of the homes being built for sale, he says "These will be as nice if not nicer than anything you'd see in Falls Ranch!" He's also looking forward to showing prospective owners the options they will have when it comes to trim, upgrades and materials.

Even the basic homes are planned to have granite finish look Formica countertops inside and a concrete Spanish tile roof treatment outside.

"Of course if somebody wants butcher block (for their counters) we'll give them butcher block!" he says.

Depending on how the budget shakes out during construction, the QTDHE also hopes to use concrete tile for the roofing on the rental units, due to the tremendous longevity of that type of material. But with some costs going up day-to-day as the work begins, "the jury is still

out on that," says Letendre.

Rather than being featureless ranch-style boxes, the plans feature exterior setbacks and covered entryways as well as heavy duty deadbolt locks on all outside doors. Buyers will even be able to have cultured stone veneers in some areas to further break up the contours and add curb appeal.

And like all custom homes, even if a neighbor buys the same floorplan, each new owner will be able to choose between different front elevations and rooflines, depending on their budgets and options. Some of the larger floorplans even feature the option of large concrete columns at the outside entry, giving a genuinely substantial look to the home.

Prospective buyers will be able to look over materials samples and go through color charts to select paints, trim, plumbing fixtures, carpet and tile for their new homes, like any other modern housing development.

"But right now, we're just clearing the area of the debris and preparing the site" says Letendre. "Then we'll get the stakes in, and full-blown construction should be underway in the next few weeks, by the end of June."

ADAPP SUMMER YOUTH PROGRAM STARTS JUNE 18

The popular Quechan ADAPP Summer Youth Program for kids from first grade through sixth grade begins the first of two sessions on Monday, June 18th.

Participation is open to all who live in the Winterhaven/Bard area and are not enrolled in the Johnson/O'Malley Program, and all Quechan tribe members who live in Yuma. Transportation to and from the child's home will be provided, so space is limited due to the availability of transportation.

Broken into two sessions separated by one week, the first session will be for those in

grades one through three, and will feature a full afternoon of wonderful summertime activities on four days each week, from June 18th to the 21st, and July 2nd, 3rd and 5th. Those days will have the kids under ADAPP supervision from noon until 4:00 PM.

The final day of the first session will be an all day fun trip to Lego Land in San Diego! Information on when that trip gets underway will be available when you sign your kids up for the program.

There is no cost to enroll your child, or for any of the planned

activities. However, if you'd like your child to be able to buy snacks while at the movies, bowling or at an amusement park, be sure to give them a little spending money before they hop on the bus.

The second session, for students in third through sixth grades, will cover three weeks from July 16th to August 3rd. All three weeks of the second session will run from Monday through Thursday, from noon to 4:00 PM also. The third week will have an additional day on Friday, with an all day fun trip to Sea World!

Both sessions will feature movie trips to Main Street Cinemas, bowling and arts and crafts sessions with all tickets, admission and materials free of charge, supervised by the counselors at the Quechan ADAPP Program.

The first session for the younger students will spend the first day getting oriented and making picture frames as a craft project. In addition to bowling and movie trips, they will also enjoy a field trip to Pet Smart, and a Babes Barbeque at the Rainbow Pool on their last Thursday before the Friday trip to Lego Land.

The older kids will be able to dabble in "Beach Art", create Hawaiian Leis and go swimming at the Rainbow Pool as some of their activities. They are also scheduled to tour the Cocopah Museum and visit the Yuma West Wetlands Park for a day of "Water Fun" involving squirt guns and water ballons.

You can pick-up a schedule of the events planned, in calendar form, to help you plan how to dress your kids, depending on the day's activity.

Of course, if your children want to attend, you will have to fill out a separate Parental Consent form for each child, which is included in the Application Packet for this Program. Packets are available at both the Quechan ADAPP office, and in the lobby of the Tribal Administration Building on Indian Hill.

For additional information, please be sure to visit the ADAPP office, or call them at (760) 572-0232.

New Film Distribution System: Main Street Cinemas Has More First Run Films

In a departure from a film distribution system that dates back to the 1930's, Yuma's Theatres have moved from the "allocation" model to a "day and date" release model.

Previously, when Hollywood was ready to release films to exhibitors in Yuma, those films would be allocated to different theatres based on what might be currently playing on the screens of the competition across town. Since Yuma was considered a small market, major releases would be parceled out to insure that each theatre would get at least one exclusive premiere of potential blockbusters.

Each theatre would then have a set period of time over which they would have exclusive rights to show the film, insuring a good chance that each theatre would get a share of traffic through the doors while the film was still "buzzworthy". The hope was that by giving each small town owner their own big film each month, all of the theatres in town would have a chance to survive and prosper.

But that all changed on May 3rd of this year, when the Main Street Cinemas was showing the much anticipated "Spiderman 3" at the same time as the Harkins 14 Theatres.

Cassandra Metz, who co-owns the Main Street Cinemas with the Quechan Indian Tribe as her partner, says "I'm excited about it. It means we'll now be playing Spiderman," as opposed to the previous schedule which had the Toby McGuire/Kirsten Dunst comic based adventure going only to the Harkins Theatres across town.

Obviously enthused with the new distribution schedule, Metz adds, "It's an incredible movie with incredible visuals!"

And more incredible visuals are on the way to the Main Street Cinemas this summer, with the new distribution system promising such long-awaited spectacles as "Pirates of the Caribbean: At World's End", which premiered at 8:00 P.M. on May 24th, "Transformers" and "Harry Potter and The Order of The Phoenix", both due in July, as well as "Live Free Or Die Hard" with Bruce Willis and "Fanatic 4: Rise of the Silver Surfer." All of these potential blockbusters, and more, will be playing at the Main Street Cinemas on the first day they are available.

"We'll both get all the big releases now," says Metz.

The only time in recent memory that saw two theatres getting the same film on the same release date was three years ago when "Spiderman 2" was released to both Main Street Cinemas and the now-defunct Mandarin Theater on 32nd Street.

Unfortunately, the increased competition from the recently opened Harkins 14 Theatres took too much business away from the Mandarin Theater, which was isolated from Yuma's downtown entertainment area, which also hosts frequent block parties and is adjacent to the concerts and other popular happenings at the Paradise Casino, just across the bridge from the Main Street Cinemas.

With this new distribution agreement, the future survival of the Main Street Cinemas is almost assured, especially in light of plans for the reopening of the Monarch's Rest restaurant building across the street.

The Quechan Tribe now has a much easier choice in deciding which movie to go see every weekend . . . Whatever is playing at our own theatre!

PARADISE CHILD CARE CENTER

Has had an increase in enrollment in children aged 8 weeks to 24 months. This increase has lead to the need to establish a waiting list for any new additions to the Infant Classroom. If you are seeking child care for this age group or will be in the near future, please stop by to pick up an application and to be put on the waiting list.

For more information, please call Alicia Robles at:
(760) 572-5440

SIGN UP NOW FOR THE 2007 NISA ALL INDIAN FAST PITCH WORLD SERIES

THE MEN'S ALL INDIAN SERIES AND THE WOMEN'S ALL INDIAN SERIES

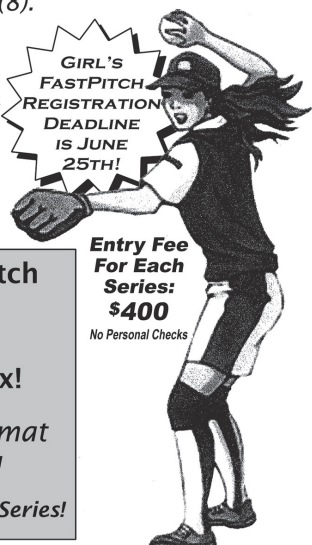
Both Run From July 6th Thru July 8th, 2007
At The Valley Regional Complex
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Taylorsville, Utah (Near Salt Lake City)

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With all the same Awards as the Adult Series!



For more information, please contact our office at:
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NISA NATIONAL OFFICE
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One Candidate Responds To Newsletter Questionnaire

Editors Note: In early May, over 2 dozen copies of a Candidate Profile Form were dropped off at the Election Board Office, to be included in the packets given to each candidate for office in this June's election. The form asked each candidate to answer four questions about their background, how long they've lived on the reservation, what they'd like to accomplish if elected, and how they planned to accomplish it. Candidates were also given space to write out any additional statements they'd like to make to the voters prior to the election.

Here is the complete verbatim response provided by the only candidate who turned in his answers before this issue went to press.

Vernon Smith - Candidate for President: My name is Vernon Smith, a full blood Quechan. I am a candidate for the office of Tribal President and I am running for office because of the lack of a strong leader for the Tribe. You need a leader that

will not only establish cohesiveness within the Tribal Council but with other Indian Tribes to obtain the services we are entitled to. I was born at Fort Yuma Indian Hospital and have lived here most of my life. I speak and understand the Quechan language fluently.

If elected, I will focus on the following:

1) Medical Health Care:

Seek More funding for for our hospital at the Congressional level using the resources that will provide better health care services for our people by adequate and qualified medical staff. Initiate on-going negotiations for a new hospital until it becomes a reality. A new hospital that will provide medical care for our Quechan people 24/7. Establish an Elders' Home for our Quechan elders here on our own reservation. Our Quechan elders should not have to be placed in rest homes off the reservation.

2) Economic Development:

I will see that a well thought

out long-range plan for economic growth is adopted. The plan will identify the best areas that are suited for Commercial Development, Residential and Agriculture. The plan will include the lands above the All American Canal. Strong emphasis will be toward attracting major companies to relocate their companies here. Research will be initiated to establish our own power plant and telephone company. Tribal members will also be given the opportunity to start their own businesses with financial assistance from the Tribe. There are many more viable ideas that will bring real progress to our reservation.

3) Employment and Training:

Paradise Casino was established to provide employment for Quechan Tribal Members and lower the unemployment rate on our reservation. After ten years of operation, 75% of the workers at Paradise Casino are Non-Indians. I say something is wrong with this picture. If elected, I will make sure that our

tribal members are given first priority and I will see that training programs are established here on our reservation. A Mentorship will also be mandated for all Management positions. Training in the trades is needed, along with heavy equipment as well as other training that will prepare our people for employment. I have many more ideas on this.

4) Law Enforcement:

The Legislative Committee will be activated with new members and their first priority will be to research and evaluate the impact of Public Law 280 and start the process to retrocede from PL-280 either 100% or by partial retrocession.

5) Fire Protection:

A Fire Department of our own has been needed for a long time and we are building new

homes in the very near future as well as other enterprises without adequate fire protection. If elected I will again see that a Fire Department is established here on our reservation. I will seek funding from resources to obtain a Fire Department.

I would also like to tell the people this: You do not have to accept the way things are today. You and I together can change the way things are for a better future. You have within your power to see that all Tribal Members are employed with a decent income. You do not have to be dependant on the tribe for all your needs. I encourage you to vote for me and to install a new council that will work together for a positive change. If you have any questions, please feel free to ask me on my own time.

Quechan Films Debut at Mendocino Film Festival

Two documentaries produced by local Quechan film maker Dan Golding were among those selected for the prestigious Mendocino Film Festival in northern California this May.

One film, "Waila! Making the People Happy" tells the story of the evolution of Chicken Scratch music, the contemporary dance music of native communities in the desert southwest. For those unfamiliar, Chicken Scratch/Waila is similar to Mexico's norteño music, but with it's own flavor. Produced under a grant from PBS, "Waila!" was shown in its original one hour format. That film is presently being edited down to a length of 26 minutes, for regional sales to PBS outlets. The shorter version will be able to be shown in a half hour time slot, making it easier to schedule.

The second film, "Journey From Spirit Mountain" tells of the reality behind the Quechan Lightning Song, showing how the route and animals described in this ancient song can be retraced by those who know the history of the migrations of the Quechan people. This film was produced in conjunction with the Ah-Mut Pipa Foundation.



Mucaw Jefferson and Preston Arrow Weed sing the Lightning Songs and explain the historical truths behind them in "Journey From Spirit Mountain", a film by Dan Golding.

Photo Courtesy of Hoka Media Productions

Held over four days from May 17th to the 20th, the Mendocino Film Festival is a venue for artists and activists to gather and present cultural, environmental and artistic films before an audience of well connected "movers and shakers" from the area north of San Francisco.

Both of Golding's films were screened in the same theatre on Friday afternoon.

"It was a small theatre, with maybe 100 seats," he says, "and it sold out right away. In fact, they were turning people away . . . people were even sitting in the aisles!"

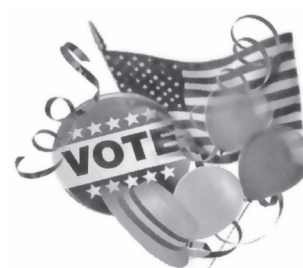
"In fact," he says in a surprised tone, "when 'Journey From Spirit Mountain' was over,

some people actually got up and gave it a standing ovation!" A good reaction, he says, considering it was not a "Native" film festival. Golding says he was the only native film maker there.

The festival promoters added an additional showing of both "Waila!" and "Spirit Mountain" on Sunday afternoon.

"It was a great venue," he says. "Mendocino is an upscale, 'rich' community full of artists, and a lot of these people are interested in activism and environmentalism, and they usually don't get to see what's going on 'down south' at this end of the state. So it really opened up their eyes."

You can find Dan Golding on the web at HokaMedia.com.



THE QUECHAN ELECTION BOARD

Will Hold The Last Of Their
VOTER/CANDIDATE
INFORMATIONAL SESSIONS

**In the Multipurpose Building
at the
Quechan Education Center
on Wednesday, June 6, 2007,
from 6:00 PM until 7:00 PM**

Discussions are to include:
***New Board Standard Operating Procedure,
Candidate
Requirements,
Special Needs Voters,
Certificate of Qualification***

**Please call the Election Board
if you have any questions:**

(760)572-0664

Quechan Youths Train As Volunteer Fire Cadets

Last September, facing another year of increasing traffic, a winter season with more snowbirds, and an increasing load of emergency incidents every year, The Winterhaven Volunteer Fire District (WVFD) faced some hard decisions. With a total staff of one Fire Chief, a paid Secretary and 13 unpaid volunteer Emergency Responders, they were in need of additional manpower. Especially when you consider that only five volunteers are typically expected to respond to any one emergency call.

Unfortunately, this is a pretty sparsely populated area, and year-round manpower isn't that easy to come by.

So Chief Jarrel Brown and his Engineer, Dennis Robertson decided to "create" the manpower they'd need for the future, by instituting a Firefighter Cadet Program, which got underway with 5 new cadets in December.

Chief Brown says that the Winterhaven Fire District has an experienced and capable crew on staff, but some of them will eventually retire. So going to the high school here to recruit and train a future generation of firefighters makes sense.

It takes time to become a competent, certified firefighter, and there is a lot of specialized equipment to become familiar with in the process.



Quechan Fire Cadets helped out at this trailer fire at the Sleepy Hollow RV Park in early January. Shown from left to right pulling the hose are Charlotte Wilson, Alexandria Brown, an unidentified Border Patrolman, Cody Hartt and Firefighter Terrence Jose. Firefighter Cesar Zarate is on the other hose at the right.

Photo provided by The Winterhaven Volunteer Fire District

Winterhaven has two Pumper Trucks for getting water down the hose and onto the fire, two Water Tenders to keep the Pumpers filled, an Off Road Rescue Vehicle for use at the dunes and in farm fields and one Mini-Pumper Truck with four wheel drive for traveling off road fighting brush fires. New firefighters need to know how to correctly use and maintain all of those vehicles, as well as rescue gear such as the "Jaws of Life" and heart defibrillators.

The new firefighters also have to wear and keep in good repair quite a bit of personal protective gear, as well as medical kits and

a variety of tools. It could be a bit overwhelming, but by seeking out a group of recruits that are a bit younger than the usual beginning firefighter, the Winterhaven Fire District has additional time on their side when it comes to training.

"We have five new cadets, and we got them all by going over to San Pasqual High on our recruiting," says Chief Brown.

Three of the new recruits are Quechan Tribe members, and all are still in their teens.

They are Cody Hartt, Donald Medhart, Brandon Robertson (the son of Volunteer Firefighter Dennis Robertson), Charlotte

Wilson and Chief Brown's daughter, Alexandria.

With the okay of their insurance provider, WVFD was able to get clearance to begin training up to five students from 13 to 17. "Dennis Robertson is in charge of the actual training," says the Chief. Robertson adds, "We have to keep them out of the actual structures at a fire, and they are always supervised at the truck by at least one full-time adult Firefighter, but they are a real help when it comes to rolling out the hoses, bringing equipment out and helping out on the outside."

Cadet training is held about three days each week, usually with classroom study followed by a little practical training on the gear on Tuesday and Thursday evenings, with a Saturday morning session of hands-on training at the Station or in one of the rented, portable training facilities available through other agencies.

Of course, when you are training a group of teens who might have just spent all day in a classroom already, the training is kept fairly flexible when the course permits.

The students are also permitted to be "on duty" for only four hours a day if they are under 18. "Their school (time) is the most important thing," says Chief Brown.

"Right now, I'm following the State of California's Curriculum for Volunteer Firefighter," says Robertson, "and then we'll work on the 'bridge' to Career Firefighter One."

In the midst of all that, they

are also being trained for First Responder, CPR and Automated Electronic Defibrillator (AED) Certification. "That way, they can assist us if something big comes up," he says.

Such as the major traffic pile-up they responded to during a dust storm in April.

A call came in while the Cadets were in training, so everyone there put on their gear and headed for the Imperial sand dunes, where 6 vehicles had run into each other on Interstate 8 during the dust storm. So many occupants were in need of extraction that Winterhaven had to call in Rural Metro and the City of Yuma to bring their Jaws-of-Life and help out.

In the meantime, the Cadets assisted by bringing gear from the Rescue Vehicles to the various crews working to pry the wrecked vehicles apart.

"They were just irreplaceable; they brought equipment to us, so we didn't have to keep running back and forth" admits Robertson, "they laid out and hooked-up the Jaws so I could start cutting. They saved us a lot of time."

And as soon as that situation was under control, Robertson says "We ended up using them on an auto fire at the same time that day."

Only a quarter mile down the road, an SUV hit a vehicle that had spun-out in the dust storm, and then a one-ton service truck hit the SUV and ruptured its fuel tank, starting a fire.

"They really got put to work that day" he says, "they found out what it's like to go to work under the gun!"

What also impressed everyone at the WVFD was the fact that all of the Cadets have stayed with their training after that day.

"In fact I've got three more kids from the high school that want to come on for training right now, but our insurance company will only let us have five Cadets on at a time" says Chief Brown. "But of course, if anyone else is interested, just call us up and we'll put them on the list (for the next group when it opens up)."

If you'd like to know more or be put on that list, call and leave a message with the WVFD. Their number is (760)572-0549.

ATTENTION TRIBAL ELDERS

To those of you who will turn 60 during 2007:

If you would like to be on the Mailing List for Recreational Travel, please get your address and contact information to The Quechan Senior Projects Committee.

We encourage you to get this information to us as soon as possible so you can be included on the fun trips available to Elders both on and off the reservation!

For those 60 and older who may have moved, we need your new address in order for you to continue to receive correspondence from the Travel Committee.

Send your contact information to:

QUECHAN SENIOR NUTRITION

P.O. Box 1899

Yuma, Arizona 85366

Phone: (760) 572-7048

Or Fax It To: (760) 572-5867



Traditional Dance Classes Continue Thru July 26 At Diabetes Wellness Center

A traditional dance class which began in May is still accepting new students each week at the Quechan Special Diabetes Wellness Center. The class meets for one hour every Thursday evening, starting at 6:00 P.M.

Deborah Tourtillot is the Instructor, and the class features a variety of professionally recorded Bird Songs as accompaniment to the dance lessons. Featured are "Bird Songs of the Hualapai" by Keith Mahoney, and a number of Bird Songs of the Colorado River sung by Joe Gauchino and by Wally Antone and J.R. Holmes.

All of the music fits well with the Quechan style of

dance, and are songs students are likely to hear as they travel about the area attending various events. This provides all who attend an opportunity to become familiar with the songs of our neighbors, so that they may feel comfortable when joining others at new locations or during the summer Pow Wows.

Since the class is a rather informal affair, it's main purpose is to get everyone moving for the sake of exercise, in a constructive, community activity. Deborah says one problem with starting any new exercise program is repetition and boredom, so this class is set up to be free-flowing and unstructured, to allow every-

one involved feel a part of the lesson plan and find their own pace. Because of its structure, you shouldn't be afraid to just drop in at any time during the next seven weeks. Since there are no tests or trick questions, you don't have to worry about what you might have missed in the last few weeks!

The whole class is set up to be a self-contained experience every week, with little formal instruction, and camaraderie and exercise as the purpose.

Deborah also says if there are any men who'd like to come along and shake their gourds and sing for the class, that would also be welcome. This would be a great chance to sing for a live audience!

Paradise Casinos Closed One Day For Installation of Generator

The Paradise Casinos installed a new 1000kw twin generator system to provide emergency power overnight on Tuesday, June 5th, leading to only the third time the Casinos closed their doors to visitors since opening in 1997.

The new system will provide backup electrical power in the event of future local or area power outages, enabling the Casinos to keep to their normal 24/7, 365 days a year schedule.

The only other times the Casinos closed their doors were during the installation of a new online slot system that permits linked progressive jackpots in 2000, and during a nearby brush fire in 2002.

The Casinos were scheduled to close for 19 hours, beginning at 8:00 PM on Tuesday, June 5th, and were to reopen by 3:00

PM the next afternoon.

Barret DeFay, Marketing Director for Paradise Casinos said that a special Customer Appreciation promotion was planned to welcome their guests back. Guests entering the Casino would receive \$20 in free slot play from 3 PM to 6 PM. From 6 PM until 9 PM, they would receive \$15 in free slot play, and \$10 in free slot play from 9 PM until midnight.

They also planned to keep Triple Points in effect all day on their reopening Wednesday.

Both Paradise Casino Arizona and Paradise Casino California are owned and operated by the Quechan Indian Nation, and straddle the border between Yuma, AZ and Winterhaven CA. The Casinos have over 820 slot machines, 21 blackjack tables and a live poker room.

Women's Health Conference

Continued from Page 2



Quechan CHR Staff at the conference included (from back row left) Robert Emerson, Sosanita Diaz and Robert Escalante, with Avis Black, Maria Marquez, Kerri Comet and Bernadine Cachora in the front. Not pictured is Matilda Webb, CHR Director, was unable to attend the Women's Health Conference in May.

QUECHAN NEWS Photo by William Isbell

and neck that will quickly become "locked-up" with tension, and can be massaged to release that tension as well as the stress that caused the pain.

Using an audience volunteer, Caren showed how the muscle tension in her subject's head and shoulders prevented the subject from controlling the reaction of her own extended arm as Caren pushed down on it.

Caren then performed the muscle massage techniques using the map, and then asked the volunteer if she felt more relaxed as a result. Her answer? "Yes." And yet she was better able to

push back against Caren's force and keep her arm extended after the massage that left her in a more relaxed state!

Once the demonstration was over, Caren went on to list ways to keep a healthy balance in your everyday life, such as avoiding isolation, allocating time for both yourself and your family, and being involved in the culture around you.

She says that by taking time for yourself you can keep the big picture from overwhelming you and feeling powerless.

With the morning's session completed, the whole group

was then served a delicious light lunch, catered by The Crossing Restaurant. Consisting mainly of salads and rolls, there was also chocolate cake for dessert. Everyone who stayed for lunch also had time to discuss the morning's instruction while listening to uplifting music played over the P.A. system in the Community Center.

An hour long break from the instructional program followed, with demonstrations of various beauty products by Starla Cachora. she brought a great number of Mary Kay sample items with her for the participants to experiment with right there or to take home afterwards for further "research".

Since lots of lipstick was lost in the process of eating lunch, this seemed a welcome addition, also! The attendees spent a good deal of time attending to minute details of their appearance, gazing into compact mirrors and carefully scrutinizing the effects

of various pigments and solutions, not only on their faces, but on their hands as well.

Then it was time for the second presentation of traditional healing techniques by Caren Trujillo and her friend, Beatriz Ponce de Leon, as they handed out small squares of suede glove leather to begin a lesson in how participants could create their own medicine bags.

The bags are used to keep treasures that are meaningful near to your heart and spirit by providing a container for those small items that you can have with you at all times, to concentrate on and conjure good memories in times of stress.

The small bags can hold special stones or crystals, perhaps finch or hummingbird feathers, or maybe even something as simple as a ball of yarn that unraveled from your first child's baby blanket. Whatever you put into it, it should hold a special place in your existence, and be

small enough to never be left behind as you prepare to meet the day's challenges.

The entire group was shown how to take a simple 5 inch square of leather, cut into four equal squares by folding it and cutting it twice, and use the resulting small squares to make two small pouches. Everyone received their own leather piercing glove needle and a length of waxed thread and was taught how to do a whip stitch (similar to that used around the outside edge of a catcher's mitt) to sew around three sides to join two pieces together.

Once the thread was tied off completing the three sides, the pouches were turned inside out, and leather punches were used to make small holes near the top edge that would allow a leather lace to be passed through and act as a closure.

Many women here are no doubt carrying their own medicine bags with them today!



Participants began the day with exercise to heal their bodies, and ended the day with instruction on how to create their own medicine bags, to help them care for their spirits.

QUECHAN NEWS Photos by William Isbell

5th Annual Senior Nutrition Games



This year's Senior Nutrition Games were held on May 24th and 25th, and saw participants arriving from six Indian Communities outside of the Quechan Nation to take part. Over 300 elders signed up for the games, and more than 300 Medals and 3 Trophies were presented. The elders also enjoyed a Chicken Scratch Dance Competition on Thursday night. The volunteers who jumped in to put on this special event really out-did themselves this year! Good job!



The obstacle course was an early event that many enjoyed (left).



The Oompa Loompa Team Ball is harder to balance than it looks (right).



Competitors were grouped according to age and skill level.



The medicine ball toss saw some men shooting for the gymnasium roof (left).



Chicken scratch dance band included a sax player (right).



Volunteers prepared dozens of athletic bags for participants (above left).



QUECHAN NEWS
Photos by William Isbell
and
Gene Moore



The volleyball competition was downright serious (above left).



Many elders took their turns at shooting baskets (right).

