

YAQUI TIMES



SUMMER 2020
WWW.PASCUAYAQUI-NSN.GOV

A MESSAGE TO THE COMMUNITY

From the Pascua Yaqui Tribal Council

Lios enchim aniavu,

It is our sincere wish that you and your family are doing well despite the threat of the COVID-19 pandemic and its effect on our communities.

The Tribal Council extends its appreciation to everyone who participated in the tribal elections in June, resulting in four new members of Tribal Council being elected. The four new members are:

Catalina Alvarez
Angelina Matus
Andrea Gonzales
Sergio Varela (Treasurer)

Incumbent Tribal Council includes:

Peter Yucupicio (Chairman)
Robert Valencia (Vice-Chairman)
Francisco Valencia (Secretary)
Antonia Campoy (Councilmember)
Herminia Frias (Councilmember)
Francisco Munoz (Councilmember)
Mary Jane Buenamea (Councilmember)

We also wish to extend our appreciation to those Tribal Councilmembers who served the Tribe during this past administration. They include:

David G. Ramirez (Councilmember & Former Chairman)
Raymundo Baltazar (Treasurer)
Rosa Soto-Alvarez (Councilmember)
Cruzita Armenta (Councilmember)

Their contributions helped move the Tribe forward and we will miss them and pray they continue to do well with their future obligations.



"It is an honor to serve the Pascua Yaqui Tribe, along with these other elected leaders," said Chairman Yucupicio during the swearing-in ceremony. "With respect to our elders and those leaders that have served before us, we humbly accept this responsibility to serve our community."



David Dominguez, Old Pascua Maestro, San Ignacio de Loyola, delivered the opening prayer and Greg Madril, Workforce Development Director formally introduced the elected officials to the invitation-only attendees. The event was held at the AVA Amphitheatre at Casino del Sol.

The Tribal Council is currently engaged in addressing the myriad needs of our community that stem from the COVID-19 virus. This has required much prioritization of key factors including funding decisions, health services and staffing.

Andre Matus, former Pascua Yaqui Fire Chief, has been brought on-board to serve as the Tribe's new Emergency Management Officer. In this role, he will serve as a liaison with the Administration, the Incident Command team, the Health Department and others that are actively involved in the COVID-19 efforts.

Our Health Department is working diligently to provide up-to-date and accurate information regarding testing and the procedures to follow if you test positive. We rely on self-reporting, so we ask if you do come in contact with someone who is showing symptoms of COVID-19 or you have been tested with a positive result, you will need to identify yourself to the Tribe's health department.

Please visit website: www.pythealth.org or call our Help-Line at 520-570-7888 for programs and services information.

In the best interest of the health and safety of our tribal members, an Executive Order has been issued directing that the Tribal Government enter into a limited workforce mode, no later than July 20, 2020. Essential services will remain open.

All individual residing on the Pascua Yaqui Reservation are ordered to stay at home or current place of residence, except as may be required for medical treatment, food, or safety for themselves or their family members. When leaving your home to obtain these essential services, as few people should leave the home as possible. The curfew is in effect from 10 p.m. – 5 a.m. until further notice. We have closed all parks and non-essential public places of gathering, including the cultural grounds, except for the walking paths, which may be used for outdoor exercise.

The Tribe has launched a website in order to keep you informed regarding COVID-19. Please visit <https://covid19.pascuayaqui-nsn.gov/> for more information. Information is also regularly shared on Facebook, Instagram and on KPYT Radio.

You may be aware that the Tribe, like others across the country, have received a funding from the federal CARES Act. This guidelines for use of this funding are very specific – it can only be used to support the much-needed resources we need to combat COVID-19. It may not be used for a per capita distribution.

However, the Tribal Council has developed a program called PYT Cares, to address the needs of tribal members impacted by COVID-19, while also complying with the strict treasury guidance on the use of the funds. More information is included in this issue.

The Tribal Council would like to recognize all our graduates from High School, College and Universities as well as other educational institutions. Your hard work, dedication and commitment to completing the requirements to earn your diploma and degrees is in fact honorable and extraordinary. Thank you to the families who supported the efforts of your students to achieve their accomplishments.

Finally, please take good care of yourselves and continue to take the necessary precautions to keep yourself and loved ones safe.

MESSAGE FROM INCIDENT COMMAND

By: Carlos Flores, M.A., Fire Chief

Throughout the past several months, we have been discussing the importance of remaining supportive of each other during this highly publicized health emergency. This pandemic is unique in the sense of its global and nondiscriminatory affects it has had on the overall social and economic conditions of the world and communities.

The constant barrage of information and contrasting opinions has added to the already stressful environments and makes it difficult for people to completely comprehend. Unfortunately, a heightened sense of fear and anxiety about COVID-19 can lead to social shame or stigma toward people, communities, or businesses.

For example, stigma and discrimination can occur when people associate COVID-19 with poor hygiene, poor social conditions, non-compliance, a population or nationality. Everyone and every region are at risk for the disease.

Stigma can also occur after a person has been released from COVID-19 quarantine and are no longer considered a risk for spreading the virus to others.

Some groups of people who may be experiencing stigma/shame because of COVID-19 include:

- Persons of relation to a positive case
- Persons who tested positive for anti-bodies
- People who have traveled to certain communities or cities
- Emergency responders or healthcare professionals
- Persons who have been tested
- Persons or families in isolation or quarantine awaiting test results

Tribal leadership, department directors, community members and public health officials are responsible for stopping any negative COVID stigma.

- Maintain privacy and confidentiality of those seeking healthcare and those who may be part of any contact investigation or testing.
- Quickly communicate the risk or lack of risk from associations with products, people, and places.
- Raise awareness about COVID-19 and preventative measures without increasing fear.
- Avoid sharing inaccurate and unverified information about persons, families or communities and businesses or areas rumored to have been affected.
- Speak out against negative behaviors, including negative statements in the workplace and social media about groups of people, or exclusion of individuals who were tested or have recovered or are currently recovering.
- Be cautious with sharing personal COVID information through email, messaging or any social or business platforms. Make sure they do not reinforce stereotypes or spread unverified information.
- Engage with stigmatized groups in person and through media channels including news media and social media.
- Share the need for social support for people and families who have been affected by COVID-19 or are worried about friends or relatives.

Thank you all for your hard work, collaborative efforts and support for each other and the community!

PASCUA YAQUI TRIBE OF ARIZONA CORONAVIRUS RELIEF FUNDS FOR GENERAL WELFARE JUNE 2020

Frequently Asked Questions About the Coronavirus Relief Funds

General Welfare Program: Pascua Yaqui Tribe CARES Program



What is the PYT CARES Program?

- The Pascua Yaqui Tribe of Arizona received Coronavirus Relief Funds, as part of CARES Act to assist tribes with unplanned expenses due to the COVID-19 pandemic.
- The Pascua Yaqui Tribal Council created the PYT CARES Program as a temporary, one-time assistance program to provide grants to tribal members that have been directly impacted by the COVID-19 pandemic.
- The PYT CARES Program is intended to provide a "helping hand" during these difficult times and to help slow the spread of COVID-19.

Who is eligible?

- Enrolled tribal members who live in Arizona that have been most directly impacted by COVID-19 are able to apply for assistance. Tribal membership will be verified through the Pascua Yaqui Tribal Enrollment Department.

What can the PYT CARES Program help me with?

- Costs that are necessary for personal, living, and family expenses that could not be paid due to loss of employment or reduced wages due to COVID-19. These losses cannot have been covered by unemployment insurance and these costs cannot have been covered by other general assistance programs.
- Unplanned, uncovered costs caused by the COVID-19 for education, higher education, or medical/healthcare costs that have been denied.

Why are only enrolled tribal members living in Arizona could be eligible?

- The U.S. Treasury's formula for funding was based on the tribe's census numbers in Arizona.

What are the time frames I must prove I have been impacted by the Coronavirus?

- Enrolled tribal members must have been impacted by COVID-19 between March 1, 2020 and July 31, 2020. Individuals applying for assistance must prove that they have been impacted by COVID-19 and will be required to provide documentation. Your information will be kept confidential and will be reviewed by PYT Adult Social Services.

When is the deadline to submit my applications and documents?

- Completed applications must be submitted no later than **July 31, 2020**. The CARES Act funding is limited and will be available on a first-come first served basis.

Who do I contact for help?

- It is best to email: PYTCARES@pascuayaqui-nsn.gov or leave a message at (520) 879-5640. Thank you in advance for your patience, we are helping many people with this process.

Where can I find out more information regarding the Coronavirus Relief Funds?

- For information on the CARES Act, the U.S Treasury's website is: <https://home.treasury.gov/policy-issues/cares/state-and-local-governments>

The COVID-19 Relief Funds

PYT CARES PROGRAM-FAST FACTS



PLEASE BE AWARE:

- This is not the same as a stimulus check.
- Not everyone may be eligible for funds
- Subject to availability of funds and or time period up-to July 31, 2020.
- If approved, this is a one-time funding.



BASED ON CARES ACT & THE U.S. TREASURY:

- You must have been impacted by COVID-19.
- We will help you identify which documents are needed.
- Your COVID-19 impact must have occurred on or after of March 1, 2020.
- You must be an enrolled tribal member of the Pascua Yaqui of Arizona that resides in Arizona.



DOCUMENTS TO SUPPORT YOUR APPLICATION:

- ☐ Letter from your employer; Employment Separation Letter
- ☐ Pay Stub
- ☐ Bill Statements
- ☐ Receipts
- ☐ W-9 Form



WHO DO I CONTACT FOR HELP:

- Call Adult Social Services at (520) 879-5640
- Email: PYTCARES@pascuayaqui-nsn.gov

DUE TO COVID-19, WE ARE PRACTICING PHYSICAL DISTANCING.

PLEASE DO NOT COME IN-PERSON

UNLESS YOU HAVE A SCHEDULED APPOINTMENT.

**THANK YOU IN ADVANCE FOR YOUR PATIENCE,
WE ARE HELPING MANY PEOPLE WITH THIS PROCESS.**

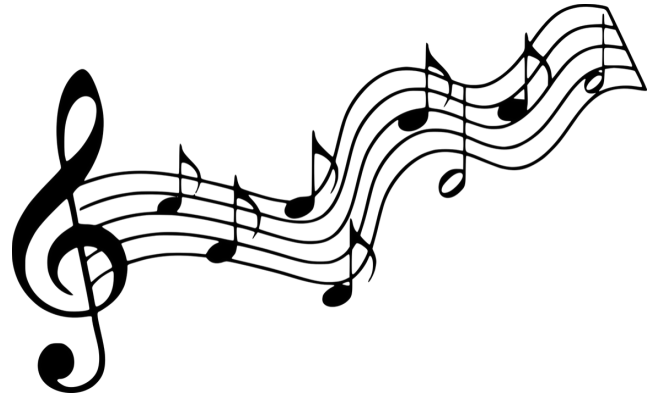


[HTTPS://COVID19.PASCUAYAQUI-NSN.GOV/](https://COVID19.PASCUAYAQUI-NSN.GOV/)

AN INSIGHT TO THE INSTRUMENTS & MUSICIANS OF THE YO'O HOARA HIAWAI PROGRAM

By: Joe M. Gastello, Traditional Arts Program Instructor

The Yo'o Hoara Hiawai Program is a program that offers education and teachings of the Kolencia Oficio Achalim society. We strive to preserve and carry on the lutu'uria, or truths, of the elders of yesterday for the sake of tomorrow. It is in our hands now to be the next in line to ensure the passing of lutu'uria to the next generations and today is the day to start.



Instruments that we use:

Pahko'oa Oficiom Group:

Violin – Laaven
Harp – Aapa
Drum- Kuvahe
Flute – Kusia

In the past, these original Yaqui instruments were handmade and crafted from natural materials of the Huya ania. The kuvahe is made from chivavea or goat skin and the kusia is made from vaka or carrizo. The harp and violin were made from wood and gut strings. The original instrument was called a vaka apa made from carrizo.

The elders learned and mastered the string instruments at the home of the elder. One violinist mentioned to me that he would take a two or three-hour bike ride to the house of the elder to practice a couple of hours before heading back home. It was difficult to learn it back then because there were little to no recording devices and one had to memorize the music on the spot. Today we are fortunate that we can now resurrect old soonim or tunes or even bwikam that may have been forgotten by time through audio recordings.

Maso Bwikleo and Maso Group

Water Drum (Gourd waterdrum) – Va'a Kuvahe
Water Drumstick – Va'a Hiponia
Rasper – Hirukia
Baby Rasper – Hirukia A'asola
Gourd halves for raspers – Bwehaim

These traditional instruments are also made from the Huya Ania, or wilderness world, which we enter with full respect and honor to gather materials. Once made, the instruments should always be respected and handled with care. It is important to respect these instruments because they at one time held life and continue to give us their strength and blessings. The hirukiam are made from a special tree called Huchahko or Brazilwood tree and the bwehaim and waterdrum are made of gourds.

The Musicians

Pahko'ola Group
Violinist – Laveleo
Harp player – Apaleo
Drum & Flute Player – Tampaleo

These musicians are persons who have taken the time to learn under the direction of the Yo'owem, elders, or Itom Yoyo'owamsukau, elders from before. Through practice and devotion, they mastered the alavansam, or tunes, played. They have learned without use of music sheets and many times by only ears.

The alavansam played by the pahko'ola oficiom musicians were created by elders and elders before. They are beautifully composed and fueled by nature's beauty. The violin and harp honor plants, animals, birds and mountains and all the wilderness that surrounds us. The tampaleo is the voice of the wilderness, honoring the plants, animals, insects and birds. Some birds the tampaleo honors are Neokai (mockingbird), Wichalakas (cardinal), Vaewakas (cactus wren), Semalulukut (hummingbird), and many more.

The musician of Maso Group

Masobwikleom - Deer Singers

These musician/singers have learned through many years with an elder deer singer and through time have mastered masobwikam or deer songs. It too has been learned fully by ear with no music sheets or song list. The deer songs have been passed down throughout the generations and nowadays continued to be sung. The elders understood the natural landscaping and knew what the maso or deer would encounter in his journeys in the Seyewailo or Flower World. The songs that are sung honor plants, animals, insects, water and much more. A big section goes to the flowers that may come in contact through his journey. Some examples of important flowers honored are: Wohtovoli Sewa (little leaf cordia), Tabwiko Sewa (bird of paradise), Masa'asali Sewa (coral vine or queen's wreath), Huyawo Sewa (flower of the texas ebony tree) and many more. Some of the birds that the masobwikleo sing about are: Neokai, Chukui Chaa'ana (black cowbird), Poutela (phainopepla), Wirum (vultures), Suvaime (quails), Semalulukut (hummingbird), Omo'okoli (inca dove), Huchai'i (eagles), Tawe (hawk), and many more.

The next time you see any of the Hiaki musicians or instruments, you will have a better understanding of their purpose and we hope that you see the beauty that they hold within our culture. We are thankful first and foremost to our elders who gave us their truths all who we learned from in the past till now and to all of the cultural participants who devote their time to our ceremonies. We are also thankful for the youth and hope that they continue to learn and perpetuate our heritage. Lastly, we would like to thank you for your interest in our culture, may Itom Achai O'ola and Itom A'e Maria bless you and your loved ones always.

CENSUS 2020

By: The Community Development Department



Every 10 years, the United States counts everyone living in the country. Moms and Dads, Nanas and Tatas, Tios and Tias, kids and babies too! Everyone is counted.

The Census can help support our families with programs like WIC, Head Start, and lots more for everyone in our families. It is important to fill out the Census!

To make sure that your home is counted as American Indian, the person filling out the form must identify as American Indian and WRITE-IN the full name of your tribe: **Pascua Yaqui Tribe**. Household members do not have to be tribally enrolled; as long as your family member IDENTIFIES as a Pascua Yaqui tribal member, you can write in "Pascua Yaqui Tribe."

You can even write in multiple tribes if you identify with more than one! You will need all the names of everyone living in your home and their date-of-birth. There is still time to respond! Visit www.my2020census.gov to fill out your questionnaire. Use the unique address code provided on the form to complete the Census and ensure your community is properly represented. Remember, all your information will remain safe and confidential. As a bonus, keep your confirmation page that you submitted, your Census and you may be eligible for a weekly drawing (coming up in the near future). Keep an eye out for more information on this.

Also, please do not avoid/ignore Census workers who will be dropping of questionnaires in person starting August 11th for those who have not responded yet. They may knock on your door or you may see them near your mailbox.

If you need tribal assistance, contact Community Development at 520-879-6321 to set up an appointment.

Let's be counted! For our Tribe. For our families. For our future.

This message is supported by the Inter-Tribal Council of Arizona.

YAQUI VOTE 2020

By: The Community Development Department



It is that time of year again.... GO OUT AND VOTE!!!

Primary Election – August 4, 2020

Arizona's primary election occurs every two years, always in an even year. This election includes federal, state, county and local offices that are up for election. A primary election serves to narrow down each recognized political party's candidates.

General Election – November 3, 2020

Arizona's general election occurs every two years, always in an even year. This election includes U.S. President (election every four years), federal, state, county and local offices that are up for election. The general election is the final election held between nominees of various parties, as well as non-partisan races, ballot propositions and initiatives.

It's important for us to know which candidates are running so we are educated and confident on the candidate(s) we will be voting for. We need to choose candidates who represent us as individuals and as a whole community - candidates who have our Tribe's best interest in mind.

To find a list of candidates in your district, visit your local county recorders website:

Pima County - <https://recorder.pima.gov>,

Maricopa County - <https://recorder.maricopa.gov>.

You may also contact Community Development at 520-879-6321 for any questions about voting.



V.I.T.A

By: The Community Development Department**Last day to file 2019 taxes is Wednesday, July 15, 2020.**

Last day to submit/drop off taxes is Monday, July 13, 2020. The Pascua Yaqui VITA program will be open 8-5pm on July 13, 14, and 15, 2020. Please schedule an appointment if you need assistance with your taxes. Contact Community Development at 520-879-6321.

We would like to give all our tax volunteers a very big thank you for assisting during this tax season!! They are all so talented and dedicated!

If you would like to volunteer for next tax season, please contact Community Development. Free training provided by a certified IRS agent.

CASINO DEL SOL REOPENED ON JUNE 3

By: Malory Knutson, Zion & Zion

Casino Del Sol, Casino of the Sun and Estrella at Casino Del Sol reopened to the public on Wednesday, June 3, with strict safety protocols in place. Executives closely monitored the situation and after careful consideration, and following the guidance of local government officials, the decision was made to safely reopen the properties with restrictions.

"Our top priority will always be the health and safety of our guests and team members, and we are taking all the necessary steps to ensure visiting our properties will be a safe and comfortable experience for all," said CEO of Casino Del Sol, Kimberly Van Amburg.



"During our temporary closure we sincerely appreciated our guests' support and understanding, and we have been looking forward to welcoming everyone back in the safest way possible."

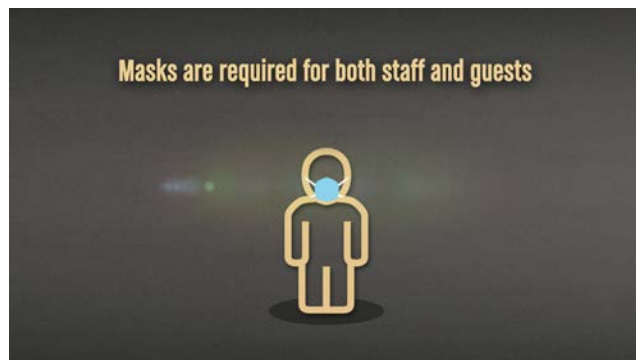
Having been closed since March 18, the Pascua Yaqui Tribe and Casino Del Sol actively prepared the properties for a safe reopening and have developed a comprehensive safety protocol with input from local public health experts. The following are some of the measures being implemented to protect guests and employees. For a full list of all safety protocols visit www.casinodelsol.com/your-safety-matters.

- **Cleaning:** Expanded and enhanced sanitization and cleaning practices to meet or exceed recommendations made by health experts. Each property will be continually sanitized each day with a hospital-grade disinfectant listed by the EPA as effective against COVID-19. In addition, overnight deep cleaning and sanitizing will continue.

- **Personal Protective Equipment:** All guests and employees will be required to wear masks while on the properties. Employees in positions involving cleaning and food preparation will be required to wear gloves as well. Employees will be provided with masks and gloves. Masks will be available for guests to purchase
- **Smoking:** Smoking will only be allowed in designated smoking areas.



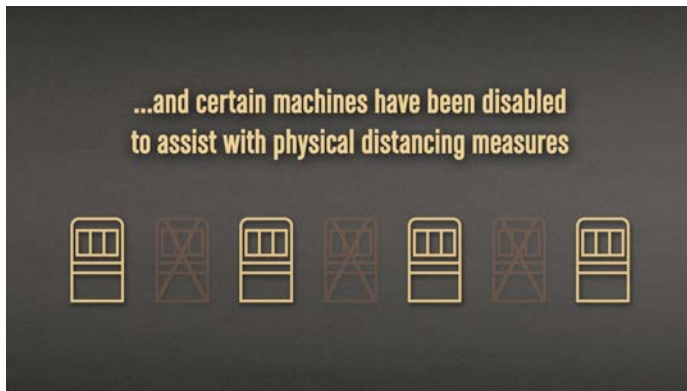
- **Social Distancing:** Guests and team members are required to observe social distancing and stay at least six feet away from others when standing in lines, using elevators and otherwise moving about the properties. There will be signage and floor guides that encourage social distancing. Chairs have been removed at restaurants, slots machines, table games, bingo and other areas on property.
- **Fresh Air:** Casino Del Sol's existing HVAC system has a maximized fresh-air intake such that the entire property's air is replaced with outside air approximately every 45 minutes.
- **Hand Sanitizer:** Additional hand sanitizer stations have been added for guests and staff to access throughout the properties.
- **Slot Machines:** Many machines have been moved or turned off and chairs have been removed to ensure social distancing. Several machines have also been relocated to the Conference Center and are spaced apart. There will be a team of employees dedicated to cleaning and sanitizing slot machines and chairs throughout the day and each time a guest leaves a machine.
- **Poker:** There will be a maximum of four players at each table. Poker cards on live games will be changed and cleaned every two hours.



- **Temperature Screening:** Thermal scan software and cameras have been installed at guest and team member entrances to monitor the temperature of each person entering the building.
- **Plexiglass Barriers:** Plexiglass barriers have been installed in areas where guests are face-to-face with employees such as hotel front desks, food and beverage cashier and host stands, cages, Club Sol, table games, poker and Sewailo Golf Club.



- **Table Games:** Dealers and players will be required to wear a mask for all games and gloves for games that permit the player to handle the cards. There will be a maximum of two to three players per table. The card shoe, token boxes, paddles and discard rack will be sanitized each time a dealer enters a game. Cards on the carnival games will be changed every two hours and discarded at the end of each day. Blackjack cards will be discarded at the end of each day.



- **Hotels:** Continue to utilize hospital-grade disinfectant in public areas, elevators and guest rooms. Non-essential, decorative fabric items such as throws and throw pillows have been removed from the guest rooms. Hotel elevators will be limited to two guests per cab unless the guests are members of the same household.
- **Fitness Centers:** At Estrella, the workout room will be limited to one guest at a time. At Casino Del Sol, the workout room will be limited to two guests at a time, with social distancing. Hotel staff will disinfect the machines in the workout rooms every two hours.
- **Property amenities that will not reopen temporarily:** Festa International Buffet, Wildcat Grille at Sewailo Golf Club, Paradiso Lounge, Tropico Lounge, Zebo'z, Hiapsi Spa, the arcade at Estrella, valet parking and the hotel pools.

- **Bingo:** Seating has been removed to allow no more than three guests per table. Tables and surfaces will be sanitized at the end of each session and each time the guest leaves the area.
- **Restaurants:** Restaurants will have distanced seating and limited occupancy. For restaurants with table service, plate covers will be utilized when delivering meals from the kitchen to the guests' table.



"We've put a great deal of thought and a lot of work into our reopening plan, and feel confident in the measures we've implemented across our properties to keep our guests and employees safe," said Robert Valencia, vice chairman of the Pascua Yaqui Tribe.

The Pascua Yaqui Tribe and Casino Del Sol will continue to adhere to guidance provided by the Centers for Disease Control, the Arizona Department of Health Services and the Pascua Yaqui Tribe's Health Department and will not hesitate to modify this plan if necessary.

Sewailo Golf Club reopened on April 20, with strict precautionary measures in place to ensure staff and golfers remain safe. To view the list of precautions in place at Sewailo visit www.casinodelsol.com/sewailo-golf-club.

Concerts at AVA Amphitheater have been cancelled through July.

For more information about Casino Del Sol visit www.casinodelsol.com.

PASCUA YAQUI TRIBE CHARITABLE ORGANIZATION RECEIVES \$7,000 IN GIFT CARDS FROM ARIZONA COMPLETE HEALTH

By: Pascua Yaqui Tribe Charitable Organization

Arizona Complete Health, a healthcare corporation serving Arizona since 1981, donated \$7,000 in gift cards to the Pascua Yaqui tribal community.

The Wal-Mart gift cards (increments of \$35) will be distributed to community members in need, as determined by the Pascua Yaqui Tribe's Social Services Department, through the Tu'l Bwa'ame (Good Food) Pantry, a collaboration between the Social Services Department and the Pascua Yaqui Tribe Charitable Organization, a 501(c)(3) nonprofit.

"Like many tribal communities across Arizona and the country, the Pascua Yaqui community has been hit especially hard during this pandemic," said Izetta Morris, director of the Pascua Yaqui Tribe Charitable Organization. "This generous gift will be distributed throughout the community to assist people that are struggling during this time of crisis, filling the gaps in household needs – such as toilet paper, baby wipes, diapers and formula."

For more information regarding Pascua Yaqui Tribe Charity Organization, please visit <http://www.yaquicharity.org>



Julia Chavez from Arizona Complete Health was on hand to present Anselmo Frias, Pascua Yaqui Tribe's Food Pantry assistant the gift cards to be distributed to families in need.

THREE TIPS FOR KEEPING YOUR KIDS (& YOURSELF) SANE DURING SUMMERTIME

By: Yoendry Torres, Psy.D. Clinical Psychologist and Centered Spirit's Director of Behavioral Health

Summertime is usually one of the best times of the year for kids because they get to play most of the day. This free play time can be a wonderful experience but can create chaos that can lead to conflict between kids and caregivers. Here are three tips to help avoid the drama and conflict and have a fun summer:

1. Make sure the essentials are covered: Rest, sleep, food and water are essential for human life and our mental functioning. People, especially kids, can get super cranky, or "irritable" as the professionals label this behavior, when they are hungry, thirsty, sleepy or tired. Teach your kids about the importance of having good sleep hygiene and getting rest throughout the day so that they can have more fun when well-rested. Teach them about eating or snacking throughout the day so that they don't get hungry. Explain to them that drinking water, lots of water, will help them stay hydrated and play longer. Lastly, the best way to encourage them to follow this tip is by leading from example and making sure that you are also getting enough rest, sleep, food and water.

2. Create Routine: Most kids do better with structure and routine. Thus, to avoid drama or full-blown tantrums, create a bit of a daily or weekly routine. The daily routine should cycle between periods of less structured activities with periods of more structured activities. For example, waking up and playing for a bit on their own is less structured followed by a more structured breakfast and then with outside play time followed by reading a book. The key is to create a routine that works for both and be consistent. The weekly routine can be something like on Mondays you read books, on Tuesdays you play a board game, on Wednesdays you bake together, on Thursdays you watch a movie, on Fridays you go for a bike ride together, on Saturdays you watch a YouTube kids video and on Sundays you practice your draw together. Some examples of unstructured activities include pool time, outdoor play, video games, building things or any other type of free play. Examples of structured activities can include meals, card games, reading, drawing, watching and talking about something educational, meditation or cooking, just to name a few.



3. Keep your cool: I think it goes without saying that if caregivers lose their cool and yell, express anger (notice that this is different than feeling anger) or in some other way have an "adult tantrum," then the situation just got a whole lot worse. So to keep your blood pressure down you want to first be aware of your moment-to-moment feelings and thoughts because you can avoid having to yell if you're not aware that you're feeling angry or thinking that your child is disrespecting you. Surprisingly, this can be very difficult for many but like any skill, it can be learned with practice. The best way to practice awareness is by getting into a habit of daily 2-5 minute meditation in a quiet place so that you can pay attention to your thoughts and feelings during the meditation. One way of practicing meditation, called "Mindfulness Meditation" has you practicing three easy steps: 1) close your eyes and focus on your breath as you inhale and exhale breathing slowly and deeply; 2) notice your thoughts or feelings or perhaps sounds that distract you from focusing on your breath and; 3) returning your attention gently, without judgement or criticism, back to your breath. That's it! Simply focus, if you get distracted or become aware of what you are thinking or feeling in that moment, then refocus.

Do these three easy steps over and over during the 2-5 minute meditation and get to know yourself better! Even better, practice with your kid/s and help them become more aware of their thoughts and feelings too.

I hope you find these tips helpful and you have a great summer. If you're a caregiver wanting a bit more support for yourself or your kids, know that Centered Spirit is here to help. Simply call our front desk at (520)-879-6060 to get started.

FOOD IS HISTORY, CULTURE, LANGUAGE AND MEMORY

By: Anabel Galindo, Department of Language and Culture

The crisis of the COVID-19 pandemic has changed the way we live and interact with family, friends, and our communities. For many it is a time of reflection amidst the chaos and fear, reflecting on the wisdom of our ancestors. While diseases and plagues are not new to us, they are indeed life-changing.

During these times of uncertainty, one of the topics of concern is food security. We must be creative with the foods that are available, recreate dishes, but also remembering the traditional foods that many grew up on or heard our elders speak of.

Elders have the knowledge on what, when, why and how to eat and use specific foods during times of war, the seasons, cultural and medicinal purposes and often these were available from an outside garden or they had the knowledge of where to find them. Today, we are much more separated from our food source. Work and living styles have changed. Commodity foods have replaced many of our traditional nutritious foods. That is not to say that we have forgotten, we just need to place them on the table more often.

The Department of Language and Culture will be hosting the first Virtual Summer Indigenous Food Festival in July. Usually this event was a time for gathering, fun learning for the whole family, but in keeping our community safe, we will be hosting a Virtual Summer Indigenous Food Festival Week in July. We will be sharing more information on food history, delicious recipes, cooking demos, conducting interviews, and a live chop challenge. We invite the community to visit our Facebook page for more information or call us at (520)-879-5939.

In the meantime, we invite you to document your special dishes or if you are growing a garden, feel free to share these images on our Facebook page during Virtual Summer Indigenous Food Festival Week.

Lios enchim hiokoe utte'esiavu



Tewei vachi tahkaim



VachiYa'awame Street Corn



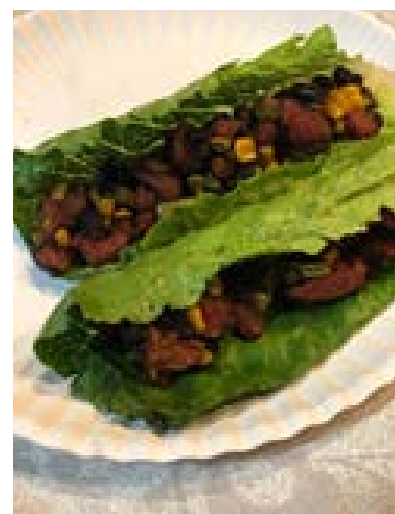
Siari Munim Chuktavae



Siari Munim kota



Naavom, Vachi, into Chukui Munim



Veggie Taco Vihti



Bwiata bwalkote ett vetchi'ivo



Vachiata bwiapo watesiime

IT IS LEFT IN MY HANDS

By: Daniel Morales, HR Training Manager

In Mampo Taawak

Each of us is responsible to accomplish the work at hand. We are entrusted with a certain responsibility and held accountable to see the task to completion for the betterment of the overall community.

Our Tribal Council, along with our Incident Command Team, representatives from the various administrative department and the Yaqui community as a whole have taken this commitment to heart as we work together to stop the spread of the coronavirus.

When each of us takes responsibility for our personal well-being, as well as looking out for our family and friends, we see what we can do together.

Pascua Yaqui Tribe Health Services Division
PABLO & MOCHIK'S TOP 3 SUGGESTIONS TO HELP US
Slow the Spread
Laulauti ko'okoata ka chivehtine

1. Mahka Mask

2. Vusani mekahela nau kuaktesimne
Practice social distancing

3. Mam vaksia'e
Wash your hands

FIRST THINGS FIRST HONORS CHAMPIONS FOR YOUNG CHILDREN FOR PASCUA YAQUI TRIBE

By: Melissa Rosciano, First Things First

First Things First recognizes Pascua Yaqui Tribe Child Care Program and Child Care Providers as the 2020 First Things First Pascua Yaqui Tribe Region Champion for Young Children.

The award is given to local champions who actively volunteer their time to raise public awareness of the importance of early childhood development and health. Champions spend a significant amount of time volunteering with First Things First and building public awareness about the importance of early childhood issues.

Pascua Yaqui Tribe Child Care Program and Child Care Providers, have volunteered with First Things First to raise awareness of the importance of early childhood education in the community. They were recently recognized at the May First Things First Pascua Yaqui Tribe Regional Council meeting.

Children need to be in a safe learning environment. This is critical - it leads to their adulthood. Children will grow to be more confident and eager to learn. This allows for better opportunities in career and education.

Pascua Yaqui Tribe Child Care Program and Child Care Providers are great community partners that support the tribal early childhood development and health system and are strong advocates for the tribal young children and their families. Over the past years, the Tribal Child Care Program has worked with approximately 29 child care providers to serve many tribal children and families on and off the reservation, to enhance the quality of child care services through many professional development opportunities and to continue the conversation about the need for more child care services on the reservation. During this unprecedented time, many of them continue providing very important early care and education services in the community.

For more information about Pascua Yaqui Tribe Child Care Program and Child Care Providers and your local regional council partnership please visit:

<http://www.firstthingsfirst.org/regions/find-your-region> and click on Pascua Yaqui Tribe.

BEHAVIORAL HEALTH CERTIFICATE

PROGRAM REQUIREMENTS
HIGH SCHOOL DIPLOMA OR GED
MUST BE THE AGE OF 18 OR OLDER
MUST BE ABLE TO PASS A BACKGROUND CHECK
MUST COMPLETE THE NACTEP CANDIDATE CHECKLIST
MUST BE AVAILABLE TO MEET ONCE PER WEEK WITH NACTEP BHS STUDY GROUP

**TUITION FREE
TRAINING THROUGH
SOUTH MOUNTAIN
COMMUNITY COLLEGE**

**TRAIN TO WORK AS A:
BEHAVIORAL SPECIALIST
MENTAL HEALTH AIDE
SOCIAL SERVICES AIDE
COMMUNITY SERVICES AIDE
SUBSTANCE ABUSE
RECOVERY AIDE**

*ALL CERTIFICATE CREDITS CAN BE TRANSFERRED TO BEHAVIORAL HEALTH ASSOCIATE DEGREE THROUGH SOUTH MOUNTAIN COMMUNITY COLLEGE

CALL THE NACTEP CAREER CENTER TO JOIN OUR NEXT ENROLLMENT MEETING



CONTACT NACTEP: (520)-879-5695
CHERYL.BAKARI@PASCUAYAQUI-NSN.GOV



BHS TRAINING PATH

STAGE 1 → **ENROLL WITH NACTEP**

STAGE 2 → **1ST YEAR PASS THREE COURSES:**
INTRO TO BEHAVIORAL HEALTH & SOCIAL SERVICES
PROFESSIONAL RESILIENCY AND COMPASSION FATIGUE PREVENTION
ETHICAL, LEGAL AND PROFESSIONAL ISSUES IN BEHAVIORAL HEALTH

STAGE 3 → **2ND YEAR PASS THREE COURSES & INTERNSHIP:**
CASE MANAGEMENT AND CLINICAL DOCUMENTATION
CHILD, FAMILY AND ADULT ADVOCACY
APPLIED THERAPEUTIC INTERPERSONAL SKILLS IN BEHAVIORAL HEALTH AND SOCIAL SERVICES

STAGE 4 → **CELEBRATE COMPLETION OF THE BASIC BEHAVIORAL HEALTH CERTIFICATE**

STAGE 5 → **CHOOSE YOUR NEXT MOVE:**
FIND A NEW JOB IN THE BEHAVIORAL HEALTH FIELD
CONTINUE ON TO THE ADVANCED CERTIFICATE AT SMCC
CONTINUE ON TO ASSOCIATE DEGREE IN BEHAVIORAL HEALTH SCIENCES AT SMCC
CONTINUE ON TO BACHELOR'S DEGREE IN BEHAVIORAL HEALTH SCIENCES THROUGH A PARTNERSHIP WITH SMCC/NAU

LICENSED PRACTICAL NURSE

TUITION FREE TRAINING



BECOME A LICENSED PRACTICAL NURSE IN 18 MONTHS!
EARN STACKABLE CREDENTIALS: CAREGIVER CNA LPN
CLASSES OFFERED THROUGH PIMA COMMUNITY COLLEGE
MON-FRI 9:00AM - 3:30PM
CLASSES BEING TAUGHT ONLINE UNTIL FURTHER NOTICE

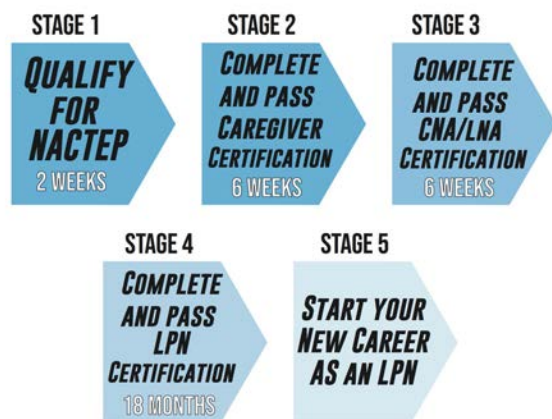
PROGRAM REQUIREMENTS

HIGH SCHOOL DIPLOMA OR GED
 MUST BE THE AGE OF 18 OR OLDER
 MUST HAVE UPDATED IMMUNIZATION SHOTS
 MUST BE ABLE TO PASS A BACKGROUND CHECK



CALL THE NACTEP CAREER CENTER TO ATTEND OUR NEXT INFO SESSION
 CONTACT NACTEP: (520)-879-5695 CHERYL.BAKARI@PASCUYAYAQUI-NSN.GOV

LPN TRAINING PATH



- For gas grills, turn the heat up to high and let the grill cook with the lid closed for about half an hour. Allow it to cool and then brush the grill racks off with a grill brush. Wipe down the exterior with a damp sponge and a gentle cleanser. Don't forget to clean the grill's drip pans.
- For charcoal grills, completely empty the grill and wipe out any ashy residue. Then clean it inside and out with hot water, a scrubby sponge and some liquid dish-washing soap. Let the grill dry completely before using it again.

Polish your porch. Thoroughly sweep painted porch floors; then mop them with an all-purpose cleaner. If there's a lot of built-up dirt on the floorboards, you may need to scrub them with a brush.

Wash your windows. If you didn't tackle exterior window washing in the spring, now's the time to get your glass clean.

Be a leak detective. Check your hoses and exterior faucets for leaks – even a tiny drip can add up to a big waste of water. Pinhole leaks in hoses can be covered up by winding regular electrical tape around the dry hose in overlapping layers.

Stop dirt at the door. Keep summer's dust and muck outside with not one, but two doormats at your main entry door. Place a coarse mat outside and a soft, cloth mat inside to catch the most dirt. Better yet, instruct family members to remove their shoes upon entering.

HOME MAINTENANCE PROJECTS FOR SUMMER

By: Keith Gregory, Director of Housing

It's getting hot, which means summer is here! Kids are out of school (no more homeschooling, yay) and it's time for summer home maintenance projects. In order to best prepare your home and yard for the onslaught of summer heat, the Housing Department is offering ideas, from air-conditioner upkeep to hanging a clothesline, to help keep your home happy and healthy.

Check detectors. Check your home's smoke and carbon monoxide detectors to make sure they're working properly.

Inspect air conditioners. If you haven't already, prep air conditioners and fans for their busiest season:

- With the help of your spouse, install window air conditioning units. Remove and clean the filters before firing up the AC. If you have central air conditioning, consider a professional servicing.
- Clean all ceiling fans and other fans with a damp rag. If you have high ceilings, a ceiling fan duster can help you de-grime hard-to-reach blades.

Enjoy a dry spell. Install an outdoor clothesline to dry your laundry in the summer sun; you'll save money and energy by skipping the dryer. Plus, who doesn't love the smell of air-dried sheets?

Clean your outdoor cooker. Give your grill a deep cleaning with these simple steps:

Fieldtrips

Tortuga Ranch

On February 19th, students from both the Tucson and Guadalupe GED programs traveled to Tortuga Ranch, a switch from classroom learning to hands-on learning and practice at team-building.

This year we had a group of 18 students tour the ranch, enjoy the outdoors, visit with the horses, goats, and the Emu. Students were excited to learn how the greenhouse is utilizing both hydroponic and aquaponic systems to help plants grow.

We also had an opportunity to meet up with one of our very own GED graduates, Rosa Flores, who is now working full-time for Sewa U'usim. She shared her favorite stories of some of the animals and experiences working at the ranch.

After the tour, we all participated in a teambuilding exercise. We were randomly split into 2 groups, each group was responsible for creating a space and luring a horse of their choice into their space, and keeping it there for 10 seconds. Each team had to strategize and create a plan. Once we were ready to implement our plan, we had to do so without talking to each other, touching or bribing the horse. Each team did great! Team building challenges students to problem solve and execute working with others. This helps in creating better or new relationships that can be utilized in a classroom or employment setting.

We wrapped up our day with a picnic and by students describing their day using one word: blessed, relaxed, peaceful, engaged, happy, and educated were some of the words that students shared.

Rosa shared some encouraging words with the students before we departed, "Never give up! If I can do it so can you!"



Thank you to the staff at Tortuga Ranch for making our fieldtrip a fun and relaxing experience

Indian Nations and Tribes Legislative Day 2020!

On January 15th, 2020 the GED program took students on a field trip to the State Capitol to attend the 25th Annual Indian Nations and Tribes Legislative Day. This was a first-time experience for our four GED students visiting the State's Capitol, and more importantly, their first time being part of this very special event for the American Indian tribes. They witnessed a once-a-year event in which tribal nations and communities come together to strengthen their government-to-government relationship through talks. The following students accompanied the GED counselor, Lupe Frias, and GED morning instructor, Angie Figueroa; Jeffery Spurbeck, Steve Sagasta, Maria Molina, and Doreen Flores. These students had the opportunity to listen to the speeches from three tribal leaders; Mr. Jonathan Nez, President of the Navajo Nation, Mr. Mathew Putesoy, Vice Chairman of the Havasupai Tribe, and Mr. Ned Norris, Jr., Chairman of the Tohono O'odham Nation.



Pictured: Council member Rosa Soto Alvarez, Jeffery Spurbeck, Doreen Flores, Steve Sagasta, State Senator Sally Gonzales, Council member Antonia Campoy, Maria Molina

ITEPO YUKUTA VOVICHA - WE ARE WAITING FOR THE RAIN

By: Department of Language & Culture

Lios enchim aniaavu,

During these coming times, our Yaqui communities and ceremonies, or pahkom, take new life as our harvest cycle begins for the season. As we await the monsoon rain to gather strength, we pray for our life-giving water. Our elders once explained that the voovok, the frog, was used in processions around newly planted fields to call the rain to water the crops. Today we still remember the Voovok during our Pahko as the Pahko'olam reenact and pay homage to the Voovok. With the incorporation of Catholic rituals, we merge our ceremonial practices and hold the pahkom during our planting and harvesting months.

San Jose: Observed in all Hiak Pueplom during the month of May

San Isidro: Observed in the Hiak Pueplo of Potam in the month of May/June

San(Santisima) Trinidad: Observed in the Hiak Pueplo of Potam in the month of May/June

San Juan Bautista: Observed in the Hiaki Pueplom of Vicam and Yoem Pueblo on June 23rd-24th

San Pedro: Observed in the Hiak Pueplo of Pitaya in the month of June

Santa Isabel, La Virgen de Camino: Observed in the Hiak Pueplo of Loma Vahkom in the month of July

La Virgin de Carmen: Observed in the Hiak Pueplom of Las Wasimas and Va'ata Komsika'apo during the month of July

San Ignacio de Loyola: Observed in the Hiak Pueplom of Torim and Old Pascua on July 31st

(El) Señor De Los Milagros: Observed in the Hiak Pueplo of Yoeme Barrio Libre during the month of August

Cristo Rey: Observed in the Hiak Pueplo of New Pascua during the month of October

San Judas: Observed in all Hiak Pueplom during the month of October/November

San Martin de Porres: Observed in the Hiak Pueplo of Barrio Libre 39th on November 3rd

Virgin de Guadalupe: Observed in All Hiak Pueplom and in Guadalupe, Arizona during the month of December and on December 12th

THE PASCUA YAQUI TRIBE POLICE DEPARTMENT TIP LINE



Please call 520-879-5686 to leave a confidential message for police investigators if you have information regarding criminal activity on the reservation. This is a non-emergency number. If this is an emergency, please dial 9-1-1.

TUITION FREE Job Training Starting in August!

(Qualify for NACTEP
during the summer and start in August)

Want to hear more???

Email Us to Request Your Invitation



NACTEP INFO SESSION

(Live Online Event)

CONTACT...

CHERYL.BAKARI@PASCUAYAQUI-NSN.GOV

No Internet? No Problem! We'll send you instructions
for how to call in to the event



NACTEP

(Native American Career Technical Education Program)
(520) 879-5695



SUMMER INFO SESSION DATES

(SAT) Jun 6th— 2-4pm

(SAT) Jun 20th—2-4pm

(SAT) Jul 11th— 2-4pm

(SAT) Jul 25th— 2-4pm

Train to become a:

- Commercial Truck Driver (5 to 10 Weeks)
- EMT (6 Months)
- Computer Technician (6 to 24 Months)
 - Cyber Security Tech
 - Programmer
 - Smart Phone App Developer
- Behavioral Health Services Professional (12-24 Months)
- LPN (12 to 18 Months)
- Medical Assistant (9 Months)
- Aviation Mechanic (12 to 18 Months)
- Certified Plumber/Electrician/HVAC Tech/Carpenter (3-24 Months)

Flexible, Online and Face-to-Face Training opportunities available through
Pima Community College and South Mountain Community College

MASSACRE OF YAQUI PEOPLE AT MAZATAN, SONORA JUNE 1902

By: Anabel Galindo, Department of Language & Culture

The Mazatán Massacre was one of many atrocities against Yaqui people by the Mexican Government that occurred a few years after the Treaty of Ortiz. This historic tragedy, like many others, has been tucked away in the pages of military reports, but not forgotten. In 1902, General Luis Torres was the military governor of Sonora, and a firm advocate of President Diaz's Order and Progress, together with the political and military support, led the state sanctioned Anti-Yaqui Campaign throughout the state. Yaquis were rounded up and indiscriminately persecuted in violent confrontations. For those who resisted and were captured, their fate was either imprisonment or deportation to other parts of Mexico such as the henequen fields in Yucatan or the sugar plantations in Oaxaca where conditions were so bad many Yaqui People perished.

In an interview with Gen. Luis Torres about the Yaqui Wars, he simply referred to the U.S. policy towards Native Americans, citing the example of the Apaches:

"The United States Government very early adopted the theory that there was absolutely no dependence to be placed in an Apache so long as the least freedom was allowed him. Accordingly a persistent round up was inaugurated, and when taken alive he was shut up on a closely guarded reservation. But even this policy proved ineffectual, and it was not until a large percentage of the tribe were exterminated and the most refractory of its surviving members removed to far-away Florida that peace and progress in the former Apache country was established. Had the Mexican Government been disposed, at the outstart, to adopt like measures in its dealings with the Yaquis, the tribe would long ago have been thoroughly under control."

Torres admittedly asserted that "control" meant violence, deportation, and death in the name of peace, just as the American government had done. His critique, Mexico had not adapted this policy earlier. The following decade, however, Yaqui people experienced one of the most vile and violent attacks employed by the Sonoran government.

During May and June of 1902, many confrontations and attacks occurred. On the evening of June 7th, Mexican forces traversed all night in search of a large group of Yaqui men, women and children who were traveling through the rugged mountain ranges of Mazatán in the Uvalama Valley located between Hermosillo and Ures. They were dodging attacks from the federal troops for days and seeking a safer zone. Torrential rains had aided the group for they were able to seek shelter, but as soon as the rain stopped, foot tracks would be traceable by the federal troops. General Luis Torres received word of the proximity of the traveling Yaqui group. The Mexican auxiliary forces, in which some Yaquis participated, led the search company to the group. That morning, the Mexican troops ambushed the group from behind. In the massacre, over 120 Yaqui people lost their lives, including a significant number of children. Their bodies were left to be ravaged by the inclement weather conditions and nature. News of the brutal attack made the newspapers across the nation and drew international attention. While some news celebrated the Mexican troops' effectiveness, others lamented the tragedy as inevitable outcome in the path to Sonoran modernization.

Three weeks later with permission from state and national authorities, Ales Hrdlicka, a forensic anthropologist, arrived at the massacre site to collect skeletal remains of 10 individuals, including hats, blankets, weapons, and a cradleboard. All these were sent to the American Museum of Natural History in New York City. Hrdlicka collected remains and other specimens from other native tribes across the U.S and Mexico to further his research in physical anthropology, but his work also served to foster the notions of biological differences and eugenics exhibiting these in World's Fairs.

June 2020 marks 118 years since this horrific massacre. We are, however, grateful for a binational effort led by a delegation of traditional Yaqui leaders who could bring the remains of the deceased back to Rio Yaqui where they were given a proper ceremonial burial.

This is our Hiak Lutu'uria.