

# Cocopah Times Newsletter

## Tribal Phone Directory

COCOPAH INDIAN TRIBE

APRIL 2015 ISSUE

ADAPP	627- 2161
Children's Home	627- 1298
Cocopah Casino	726- 8066
Cocopah Korner	341-1444
Cocopah Resort	722-6677
Cocopah Speedway	344-1563
Cocopah Wellness	627- 2681
Community Center	627- 5658
Cultural Resources	627- 4849
CVT	627- 8026
Daycare	627- 3729
Education	627- 4973
Elderly Program	627- 4166
EPO Director ext.13	627- 2025
EPO Tech ext15/16	627- 2025
Head Start	627-3197
Housing	627- 8863
IHS 1(800) 862- 4911	
Judicial	627- 2550
Museum	627- 1992
Manpower	627- 0616
Native Eatery	217-1001
Pesticide ext. 14	627- 2025
PHEP/CTERC ext.12	627-2025
Prosecutor ext. 17	627- 2025
Assistant ext. 18	627- 2025
Public Works	627- 0616
Purchasing ext.11	627- 2025
Assistant ext. 10	627- 2025
Resort Gift Shop	217-1068
Rio Colorado Golf	627- 0057
RV Park	343- 9300
Social Services	627- 3729
Title VI/XX	627- 1148
Tribal Gaming	217- 7718
Tribal Headquarters	627- 2102
Tribal Police	627- 8857
Wild River	627- 0980

## VOCATIONAL TRAINING



## Stella Watts

You met the challenge with determination, strength, and total confidence!

Congratulations!

For Completing

The Nursing Assistant Program

Cocopah Indian Tribe

Cocopah Vocational Training Center

Staff



# ANNOUNCEMENTS

## COCOPAH ADAPP

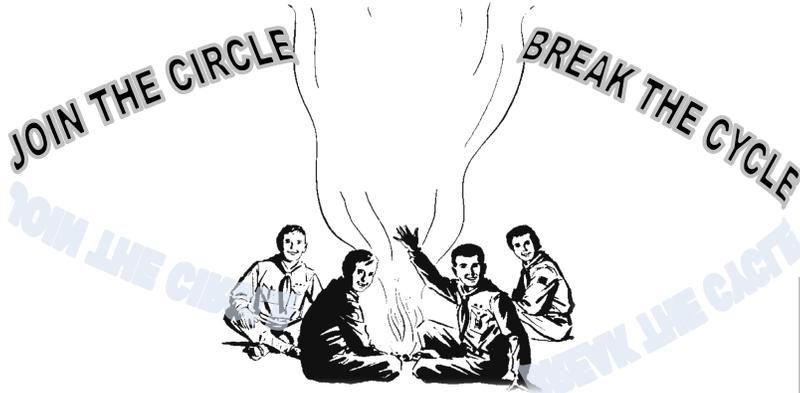
COME CELEBRATE OUR 2nd  
SOBER GATHERING AND CAMPOUT



THIS APRIL 10-12, 2015

MARATHON MEETINGS-WOMEN/MENS GROUPS-

SPECIAL SPEAKERS



## RE-SCHEDULED EVENT

FREE MEALS WILL BE PROVIDED COME  
AND HAVE FELLOWSHIP  
AND ENJOY THE COMPANY OF OTHERS  
THAT ARE IN SOBRIETY  
"YOU ARE NOT ALONE!"

IF YOU HAVE ANY QUESTIONS,  
FEEL FREE TO CALL NANETTE @  
928-261-0615

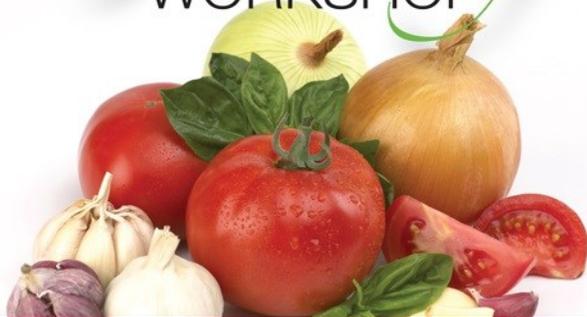
COCOPAH ADAPP 14515 S VETERANS WAY

[adapp@cocopah.com](mailto:adapp@cocopah.com)

**FREE**  
EVENT

**FREE**  
EVENT

FREE  
*Gardening*  
WORKSHOP



"HANDS ON GARDEN  
PLANTING AT THE NEXT ECC  
MEETING."

THE NEXT MEETING WILL BE  
HELD ON THURSDAY,  
APRIL 9, 2015 10:00AM AT THE  
CULTURAL CENTER



FOR TRANSPORTATION TO THIS  
EVENT, PLEASE CALL THE  
MUSEUM DEPARTMENT AT  
(928) 627-1992

## VOCATIONAL CENTER

### **“Dislocated Worker Program”** *Let us help you get back into the workforce!*

#### **WIA Title IB Dislocated Worker Eligibility Criteria:**

##### **Category I—Terminated from employment of U.S. Veterans and Military Spouses, or**

The term “terminated” does not include workers who were terminated for cause, left voluntarily, or voluntarily retired. Individuals who accept early “force” retirement as part of a reduction in workforce are considered dislocated. If a person is fired with cause by their employer or quits their job, they are not eligible for the DW Program  
There is no time limit after a client’s date of dislocation to be considered eligible for the DW program.

##### **Category II—Terminated due to plant closure; or**

An individual who has been terminated or laid off, or has received a notification of termination or layoff from employment as a result of any permanent closure of, or any substantial layoff at a plant, facility, or enterprise; or An individual who is employed at a facility where the employer has made a general announcement that such a facility will close within 180 days; or For purpose of eligibility for core services, an individual who is employed at a facility where the employer has made a general announcement that such facility will close.

##### **Category III—Self employed; or**

An individual who was self-employed (including employment as a farmer, rancher, or a fisherman) but is unemployed as a result of general economic conditions in the community in which the individual resides or because of natural disasters.

##### **Category IV—Displaced Homemaker**

An individual who has been providing unpaid services to family members in the home who has been dependent on the income of another family member but is no longer supported by that income and is unemployed and underemployed and is experiencing difficulty in obtaining or upgrading employment.

**The Dislocated Worker Program is dedicated to providing opportunities for those that meet the role of a Dislocated Worker. Through Orientation and Assessments, we offer “SERVICES AT NO COST TO YOU” with many “CHOICES” to assist the Dislocated Worker.**

1. **Career Decisions: Transferable skills/Interest Identifications**
2. **Career Planning: Labor Market Information/On-The-Job Training**
3. **Case Management Services: Assistance with resources for Education/Training**
4. **Job Readiness: Workshops, Resume and Cover Letter Writing**
5. **Placement Assistance: Employment Resources, Labor Market, Equal Employment Opportunity Laws**
6. **Community Resources: Where/How to begin**

Services are available through the Dislocated Worker Program, as part of your local One-Stop Resource Centers. Think of it as a New Adventure with many opportunities to follow!!

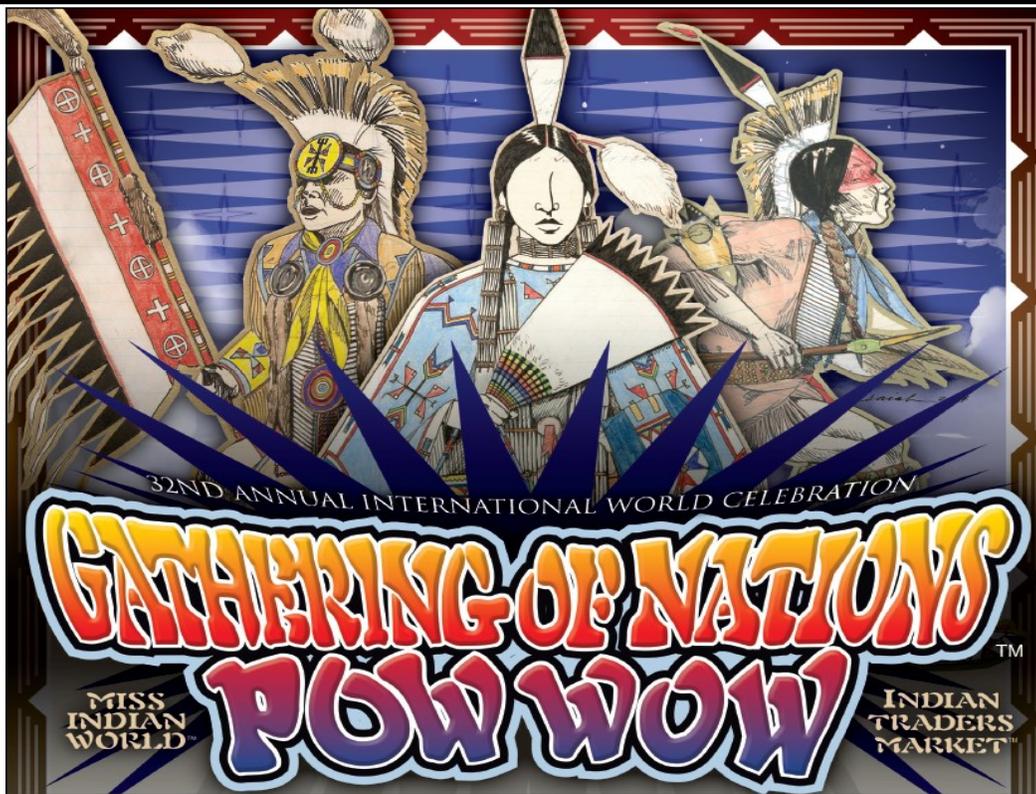
**IF INTERESTED, A NTNWB REPRESENTATIVE WILL BE AVAILABLE AT YOUR LOCAL WORKFORCE INVESTMENT ACT (WIA) OFFICE AT THE COCOPAH VOCATIONAL CENTER THURSDAY, MAY 21, 2015 FROM 9:00 A.M.– 12:00 P.M. ANY QUESTIONS PLEASE CONTACT DIANA A. NAVARRO, ADMINISTRATIVE ASSISTANT AT (928) 627-8026.**

Equal Employment Opportunity Employer/Program. Auxiliary aids and services are available upon request

To individuals with disabilities.

Arizona Relay Service TTY: 7-1-1

## POWWOWS



PowWows.com will broadcast this event LIVE!

Time: All Day

When: April 24-25, 2015

Where: The Pit, Avenida Cesar Chavez & University Blvd SE, Albuquerque, NM

Contact Info:

Gathering of Nations

Phone: (505) 836-2810

EMAIL:

WEBSITE:<http://www.gatheringofnations.com>

The Gathering of Nations, is a 3 day event. Starting Thursday evening on April 23rd with the Miss Indian World Talent Presentations where young Native American Women represent their Native American and Indigenous people as a cultural goodwill ambassador. The Talent Presentations will be held in the Kiva Auditorium in the Albuquerque Convention Center (Downtown Albuquerque). A Young Native American Woman will be crowned the with the title of 2015-2016 Miss Indian World at the University of New Mexico Arena "The Pit". Miss Indian World after Saturday Evenings Grand Entry on April 25th, 2015.

Gathering of Nations Powwow itself is a 2 Day and Night event (April 24th and 25th, 2015) held at the UNM Arena "The Pit" in Albuquerque, NM.

The Gathering of Nations is an experience for all people (Indian and Non-Indian) to come see the colorful Powwow dancing, to hear the songs and become enlightened with emotional happiness! Over 3,000 indigenous/Native American/Indian dancers and Singers representing more than 500 tribes from Canada and the United States come to Gathering of Nations Powwow annually to participate socially and competitively.

Included with the price of a Gathering of Nations Powwow Admission is the Indian Traders Market and Stage 49. The Indian Traders Market offers a very special shopping experience, which includes intercultural traditions and exhibition of Native American Arts and crafts with over 800 Artists, Crafters, and Traders that will display their wares and for sale.

Stage 49 provides Native American Music Performances and Entertainment! 2 days of contemporary and traditional Native American music and entertainment will be highlighted on Stage 49. Native musicians will perform in all Genres of music: country, pop, reggae, rhythm and blues, hip-hop, rock 'n' roll, traditional performance and much, much more. There is a "Magic" about the Gathering! A Family and Friendly Event, Everyone (the public) is Invited!

## ENVIRONMENTAL PROTECTION

### **Indoor Air Quality – Impacting Your Health** **by: Jack Soto, EPO Technical Assistant**

Although we are often concerned with outdoor pollution, indoor air quality is just as important if not more so. If proper care is not taken in managing causes of harmful internal air quality, illness may become a part of your everyday life. Indoor air pollution can cause respiratory illnesses like asthma. Prolonged exposure to indoor pollution can also lead chronic respiratory illnesses, cancer, and heart disease.



A few possible warning signs that you may need to consider addressing indoor air quality are:

- Feeling sick while at home and better while away
- Poor indoor air circulation
- The air inside your home is humid and/or stuffy
- Noticeable extra dirt around heating and cooling systems
- Visible mold and/or mildew

As you take action to mend your air quality, look for specific culprits such as dust, mold, household chemicals, pet hair, tobacco products, cockroaches, and rodents. Once you have a specific source, you can work at improving your air by working to remove possible problems.

As we live in the desert, dust is a large source of air pollution, external and internal. To reduce indoor dust particulates, you should wash your blankets and rugs regularly. Additionally, if you have carpet, vacuuming at least twice a week will be helpful in removing dirt and pet hair. If possible, areas where you spend a great deal of time should be open and clear of clutter. Regularly clearing and cleaning off surfaces will also help improve your indoor dust collection and possible roach/rodent infestation.

If ventilation is a problem in your home, purchasing a fan will improve internal air circulation. Regularly changing your air conditioning filters will impact both air circulation and dust collection. Home air purification systems, which remove dust and other particulates, may be a useful tool in improving indoor air, as are dehumidifiers. Humidity is a root cause of mold and mildew growth.

Indoor air quality is a very important part of everyday health. Take time to improve your health by taking action in improving your air.

Additional Sources:

<https://www.ashrae.org/resources--publications/free-resources/10-tips-for-home-indoor-air-quality>

<http://www.everydayhealth.com/healthy-home/air-quality.aspx>

<http://www.aafa.org/display.cfm?id=9&sub=18&cont=533>

## ELDERS LUNCH MENU APRIL 2015

Nutrition Program Lunches Provided Monday—Friday

Faye Ortega, Title VI/XX @ 627-1148

\* Menu may be substituted due to shortages of needed items.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 Am. Blend Salad Chicken Fajitas Ranch Dressing Wheat Crackers	2 Ham Steaks Mash Potatoes Green Beans	3 Good Friday	4
5	6 Salisbury Steak Boiled Potatoes Corn Bread	7 Roast Beef & Cheese Sandwich Macaroni Salad	8 Am. Blend Salad Boiled Eggs Wheat Crackers	9 Rice & Chicken Soup Wheat Crackers	10 Fry Bread Beans Gr. Beef Lettuce/ Tomatoes Shr. Cheese	11
12	13 Beef Macaroni Mix Veggies	14 Turkey & Cheese Sandwich Potato Chips	15 Patent Day	16 Beef & Vegetable Soup Wheat Crackers	17 Hamburgers Tomatoes Lettuce	18
19	20 Baked Chicken M. Potatoes Corn	21 Beef Bologna & Cheese Macaroni Salad	22 Beef Gravy over Rice Mix Veggies	23 American Salad Tomatoes Ranch Dressing Wheat Crackers	24 Tortas (Ham & Cheese) Potato Chips	25
26	27 Spaghetti Corn Roll	28 Ham & Cheese Sandwich Potato Chips	29 Meatloaf Boiled Potatoes Green Beans	30 Chili Beans Corn bread		

## COCOPAH ELDERS CULTURAL



**ECC MEETING FOR THE MONTH OF APRIL WILL BE HELD ON APRIL 9, 2015.**

**THE MEETING WILL TAKE PLACE IN THE CULTURAL BUILDING NEXT TO THE MUSEUM AT 10:30AM.**

**FOR TRANSPORTATION TO THIS EVENT PLEASE CALL 928-627-1992**

## COCOPAH VOCATIONAL TRAINING CENTER

**Training for Success**

**Cocopah Vocational Training Center**

# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 B.I.A. , N.E.W. & W.I.A. Intakes by Appointment	2 B.I.A. , N.E.W. & W.I.A. Intakes by Appointment	3 	4
5	6 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	7 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	8 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	9 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	10 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	11
12	13 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	14 B.I.A. , N.E.W. & W.I.A. Intakes by Appointment	15 	16 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	17 B.I.A. , N.E.W. & W.I.A. Intakes by Appointment	18
19	20 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	21 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	22 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	23 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	24 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	25
26	27 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	28 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	29 B.I.A., N.E.W. & W.I.A. Intakes by Appointment	30 B.I.A. , N.E.W. & W.I.A. Intakes by Appointment		

14250 S. Avenue I  
Somerton, Arizona 85350

Phone: 928-627-8026  
E-mail:  
cococvt@cocopah.com



**Cocopah Indian  
Tribe**

# COCOPAH SPECIAL WISHES



April 13. Happy Birthday to my crazy brother, Noah Barley. Have a great day. Your Sister, Deanna & Family.

To: My Auntie, Mary Huck  
Happy Birthday  
An Auntie just like you



Wishing you a Happy and Blessed Easter. The Cocopah Museum Staff.



I just want to let you know  
You mean the world to me  
Only a heart as dear as yours  
Would give so unselfishly  
The many things you've done  
All the times that you were there  
Help me know deep down inside  
How much you really care  
Even though I might not say  
I appreciate all you do  
Richly blessed is how I feel  
Having an Auntie just like you  
Love, Your Niece Lucrecia

April 15th.



Cocopah Indian Tribe

April 13. Happy Birthday,



Miss Santana Marie Salazar. Have an awesome birthday.

Love your Auntie Deanna & Family.



## Cocopah Newsletter Submission Form

The last day you can submit any information for the May Issue is: **Friday, April 17, 2015 by 5:00 p.m.** Any late submissions will be added in the next month's newsletter. Community, Tribal departments and local events submissions are welcomed. We reserve the right to edit all submissions for length, language, multiple submissions, clarity or reject inappropriate submissions. You can complete this Submission Form which includes your name, date, and a contact phone number, email us or fax with all information

Date: \_\_\_\_\_

Person Placing Submission: \_\_\_\_\_

Phone/Message Number: \_\_\_\_\_

Message: \_\_\_\_\_

### COCOPAH TIMES NEWSLETTER

14515 S. Veterans Drive  
Somerton AZ 85350  
Phone: (928) 627-1992  
Fax: (928) 627-2280