

# Cocopah Times Newsletter

#### **Tribal Phone Directory**

A D A D D

RV Park

Title VI/XX

Social Services

#### **COCOPAH INDIAN TRIBE**

#### **MARCH 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	1					
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 627-3							
Housing	627- 8863						
IHS 1(800) 862- 4911							
Judicial	627- 2550						
Museum	627- 1992						
Manpower	627- 0616						
Native Eatery	217-1001						
	627- 2025						
PHEP/CTERC ext.12	627-2025						
Prosecutor ext. 17							
Assistant ext. 18							
Purchasing ext.11							
Resort Gift Shop	217-1068						
Rio Colorado Golf	627- 0057						
	Children's Home Cocopah Casino Cocopah Korner Cocopah Resort Cocopah Speedway Cocopah Wellness Community Center Cultural Resources CVT Daycare Education Elderly Program EPO Director ext.13 EPO Tech ext15/16 Head Start Housing IHS 1(800) 862-4 Judicial Museum Manpower Native Eatery Pesticide ext. 14 PHEP/CTERC ext.12 Prosecutor ext. 17 Assistant ext. 18 Public Works Purchasing ext.11 Assistant ext. 10	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         Head Start       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         Resort Gift Shop       217-1068					

343-9300

627-3729

627- 1148

## **ADAPP NEWS**



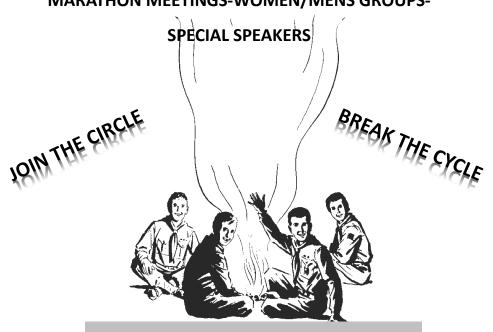
## **RE-SCHEDULED**

**COME CELEBRATE OUR 2nd** 

**SOBER GATHERING AND CAMPOUT** 

THIS APRIL 10-12, 2015

MARATHON MEETINGS-WOMEN/MENS GROUPS-



## **COCOPAH ADAPP**

FREE MEALS 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

## Listen Up!

### **Noises Can Damage Your Hearing**

ounds surround us. We enjoy many of them-like which can rapture the eardrum music, birdsong, and conversations with friends. But loud or long -lasting noises-from motors, power tools, and even headphones, can permanently damage your hearing. Take steps to protect your ears from harmful noises. Loud noises is one of the most common causes of hearing loss.

An estimated 26 million Americans between the ages of 20 and 69 already have irreversible hearing loss caused by loud sounds and up to 16% of teens have hearing loss that may have been caused by loud noise. For adolescents, music players with headphones are a common source of noise exposure. With adults, it may be power tools, lawn mowers, leaf blowers, and other sources of

that type. Noise -related hearing loss can arise from extremely loud burst of sound, such as gunshots or explosions or damage the bones in the middle ear. This type of hearing loss can be immediate and permanent. But most noiserelated hearing problems de-



velop slowly over time, with ongoing exposure to loud sounds. Loud noises can injure the delicate sensory cells, known as hair cells, in the inner ear. Make sure to wear eye protection such as ear plugs if the sound can't be avoided. Or just get away from the sound. Finally, don't forget to protect the ears of children who are too young to protect their own and get a hearing test if you think you or a loved one might have hearing loss.



Yuma Quartermaster Depot State Historic Park

**Attention Archaeology & History Buffs...Are you ready for the 2015 Arizona Archaeology Expo?** 





## **PUBLIC RELATIONS**

### New Miss Cocopah Makes Her First Public Appearance In Rodeo Parade



ewly crowned Miss Cocopah Samantha Twist made her first official public appearance on Saturday, Feb. 14 in the annual Yuma Jaycees Rodeo Parade. "I am honored to represent my tribe in the best way I possibly can, it has been a dream of mine I am proud to finally accomplish," said Twist.



Twist, 18, is a 2014 honors graduate from Antelope Union High School. She is currently enrolled at Arizona Western College where she is studying sports medicine and working part time. Throughout high school she was involved in various clubs and sports including basketball, softball, drama and student council.

Twist says encouraging children to make the most of their school years is an important cause she intends to champion during her reign. "I believe education is key for our youth and a much needed cause to be promoted. The more we promote our youth's education, the more improvement we see in our future leaders and generations after them as well."





AIIIIOOIIOEMEIIIO



**CO-ED SOFTBALL TOURNAMENT** 

MARCH 27 & 28 2015



1ST, 2ND, & 3RD
PLACE TROPHIES WILL
BE AWARDED

**3 GAME GUARANTEE** 

**ENTRY FEE IS \$125.00** 

MAKE CHECK OR MONEY ORDER TO: COCOPAH INDIAN TRIBE 4233. CASH IS ACCEPTED.







The Church of Jesus Christ of Latter-Day Saints Invites the Quechan and Cocopah Native American Tribes to join us in

## A Celebration of Family and Heritage

### Saturday, March 14th, 2015

In the field behind the LDS church building located at 4300 W 16th St.

**4:00pm**— Booths and demonstrations— Native American crafts, language and traditions including ways to improve family rela-

tionships and encourage achievement in our youth.

We'd Like To Meet You And Share Our Testimony of Jesus Christ

Elder & Sister Neumann Missionaries for The Church of Jesus Christ of Latter Day Saints

(435) 680-2461

**5:30pm-**Dinner-Frybread, Dutch oven cooking, ice cream

**6:00pm-**Cultural program presented by Quechan and Cocopah Tribes-Traditional bird dancers, singers and storytell-

### **ELDERS LUNCH MENU MARCH 2015**

Nutrition Program Lunches Provided Monday—Friday

Faye Ortega, Title VI/XX @ 627-1148

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

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT			
1	2 Salisbury Steak Mashed Potatoes Mix Veggies	3 Turkey& Cheese Sandwich Potato Salad	4 Chili Beans Cornbread	5 Chef Salad Wheat Crackers	6 Hamburger Tomatoes Lettuce	7			
8	9 Baked Chicken Boiled Potatoes Green Beans	10 Beef Bologna & Cheese Sandwich Macaroni Salad	11 Roast Beef & Potato Corn	Chicken & Rice Soup Wheat Crackers	Tuna Sandwich Potato Chips	14			
15	16 Teriyaki Chicken Rice Green Beans	17 Roast Beef Sandwich Potato Chips	18 Meatloaf Mashed Potatoes Corn	19 Beef & Vegetable Soup Wheat Crackers	20 Chicken Patties Lettuce Tomatoes	21			
22	23 Spaghetti Corn	24 Ham & Cheese Sandwich Macaroni Salad	25 Bean Burrito Rice Salsa	26 Am Salad Ranch Dressing Wheat Crackers	27 Corn Dogs Pork & Beans	28			
29	30 Beef Macaroni Corn	31 Lima Beans w/ Ham Corn Bread							

#### COCOPAH ELDERS CULTURAL



ECC MEETING FOR THE MONTH OF MARCH WILL BE HELD ON MARCH 12, 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 **Cocopah Vocational Training Center** March Mon Wed Sun Tue Thu Fri Sat 2015 B.I.A., N.E.W. & B.I.A., N.E.W. & W.I.A. B.I.A., N.E.W. & B.I.A., N.E.W. & B.I.A., N.E.W. & W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes Intakes by Appointment by Appointment by Appointment by Appointment by Appointment 8 14 B.I.A., N.E.W. & W.I.A. W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes by Appointment by Appointment by Appointment by Appointment by Appointment 16 17 19 20 15 21 B.I.A., N.E.W. & W.I.A. W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes Intakes by Appointment by Appointment by Appointment by Appointment by Appointment 24 22 28 B.I.A., N.E.W. & W.I.A. W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes W.I.A. Intakes Intakes by Appointment by Appointment by Appointment by Appointment by Appointment 30 31 29 B.I.A., N.E.W. & B.I.A., N.E.W. & W.I.A. Intakes W.I.A. Intakes **Training for Success** by Appointment by Appointment Cocopah India<mark>n</mark>

### **COCOPAH SPECIAL WISHES**



Happy birthday my Penguin! Wishing you the best day ever! I love you

so very much and I love the wonderful person you've become. You are AMAZING! Happy Sweet 16! Love, Auntie Penguin



Happy birthday on March 16th to Dad.

"We love you Dad"
With love from

your sons, Jojo, Jr.

Happy birthday on March 29, to Delia Jim, "We love you Mom!" From: Your Sons, the Jim Boys.



Happy birthday to my Angel, Hero, My Father, Mr. Jose Robles. We all love you and miss you. Forever in our hearts. R.I.P. Gone but not forgotten. God bless. #Daddy Girl #Always Forever. From:

Marissa Miller

I wanna wish my dearest Mother Theresa Thomas, a Happy birthday.

We all love and miss you so much.

Many more to come Mom. I love you
to the moon and back, always. God
bless you. Always your babies, Me,
Martin, Marty, Virginia, Monica,
Thomas, and your grand-

babies, Evan and Halana. From Marissa Miller



Happy Sweet 16 to my lovely granddaughter, FaithLynn Alexis Allen!
You are growing up so fast and I am so very proud of the young woman you are becoming.
Never forget that you are cherished and loved by everyone around you. My precious grandbaby, I love you so very much and I know in my heart that you will be great in this world. Happy birthday

Sweet FaithLynn.
Love,
Culla

## **Cocopah Newsletter Submission Form**

The last day you can submit any information for the April Issue is: **Friday, March 20, 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:	5.0	
Person Placing Submission:	Phone/Message Number:	
Message:		