

Cocopah Times Newsletter

COCOPAH INDIAN TRIBE

FEBRUARY 2014 ISSUE

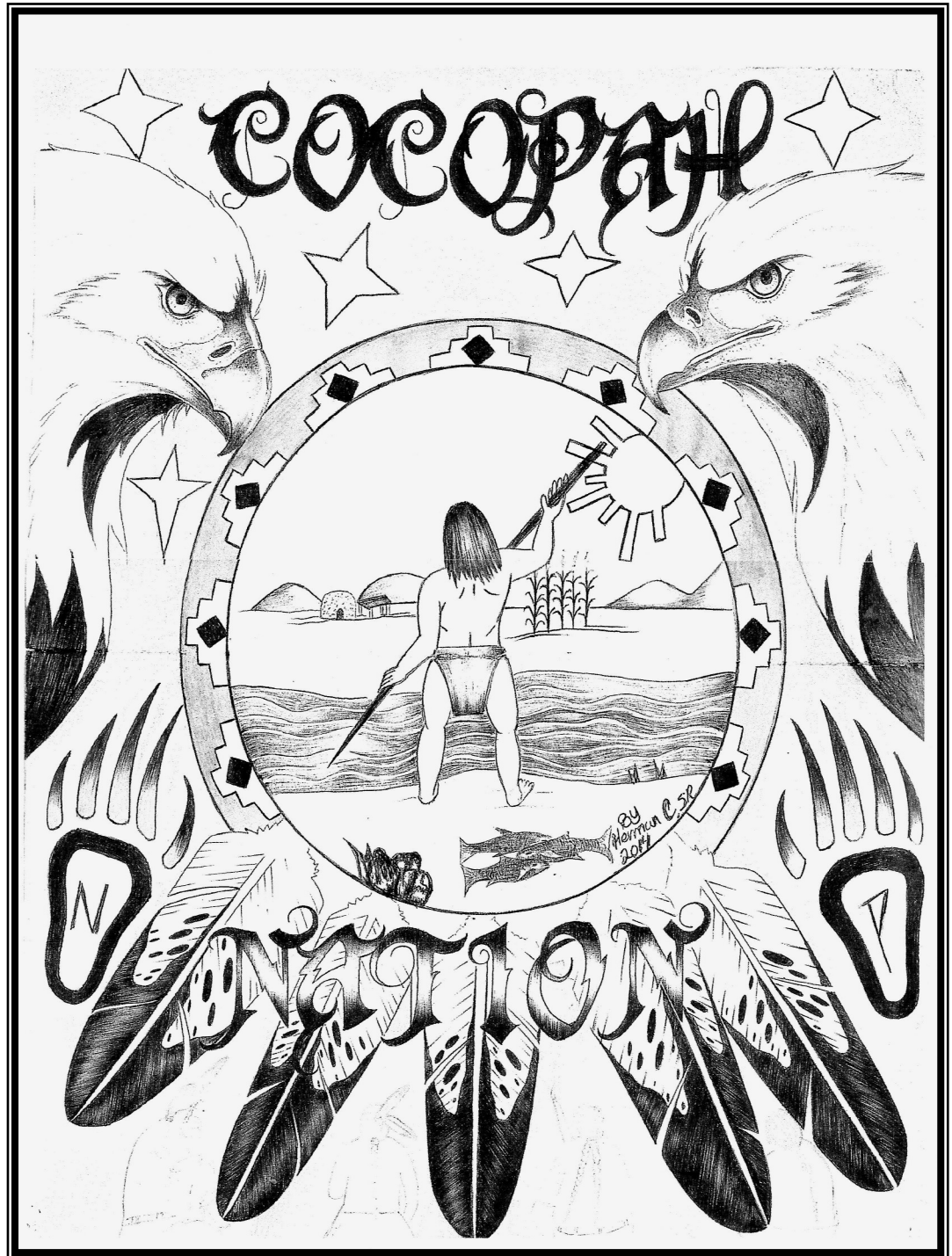
Tribal Phone Directory

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

By: Herman Red Crow Cesina Sr.



'EDEN EATS' VISITS A FAMILY-RUN FOOD STAND

Lee Allen
8/22/12

That's the premise of a Cooking Channel TV show in which a crew of hard-core New York foodies were introduced to traditional native cooking by Arizona's **Salt River Pima-Maricopa Indian Community** (SRPMIC).

SRPMIC is made up of desert peoples with two distinct backgrounds and cultures—the Pima (Akimel O'odham or River People) and the Maricopa (Xalychidom Piipaash or People Who Live Toward the Water). Current tribal members are believed to be related to the Hohokam (Those Who Have Gone), an ancient civilization that farmed the Salt River Valley as early as 300 B.C. These were farmers who could make the desert bloom, providing grain for the military and immigrants in the mid-1800s. And today, despite on-going water rights disputes, their descendants lead a farming economy responsible for a variety of crops from melons and onions to potatoes, broccoli, carrots and cotton.

What tribal farmers grew was what they ate and partly for that reason, Cher Thomas (Pima, Cocopah) was asked by The Cooking Channel to serve as Culinary Cultural Ambassador for an episode of a new show called **Eden Eats**, where hostess **Eden Grinshpan**—a Grande Diploma graduate of London's Le Cordon Bleu—uses her TV time to explore international cuisines found in America's backyard. The show is based on how communities reclaim their culture and customs through food.

Enter the 28-year-old Thomas who describes herself as “an everyday person who loves restaurants” and

“the only Native American Yelp-er [**Yelp.com** user] in the Phoenix area to provide online restaurant reviews.” Her so-called **Yelp-ing** garnered her the attention of scouts for the TV show who wanted to film a Native American segment.

A recent visit brought them to the Phoenix Valley where Thomas provided guidance in filming a local family-run food stand as well as kitchen time in her mother's house in the Gila River community where they made the traditional bread (chumuth) to go with red chile stew.

“I was very young when I started cooking on the reservation and Mom taught me how to make the bread—an Indian version of a large tortilla—where pieces of flour dough are flattened and cooked by hand,” Thomas said. “We picked bread and stew because of my memories of feast day where the village gathered and with a sense of community made enough to feed the entire village. My people live in the desert where everybody looked after each other and food was the fuel for survival. My best memories are when food is a shared experience involving friends and family.” The production crew visited (but did not film at) the **James Beard** award-winning **Fry Bread House** and the tribe's 5-star **Kai Restaurant** located in the Sheraton Wild Horse Pass Resort & Spa.

Instead, they recorded happenings at a simple family-run Ramada called The Food Stand operated by a tribal family serving fry bread, beans and traditional Pima foodstuffs. On-camera discussion involved survival methods during desert droughts and how the Pima/Maricopa peoples have fed themselves by living off the land for centuries.

A second filming location was at Thomas' mother's house in the **Gila**

River Indian Community and included a cultural discussion of traditional Pima foods while preparing red Chile stew. “We talked about traditions within our culture and shared ideologies as well as cooking tips,” said Thomas. “When Grinshpan tasted the stew and said it reminded her of Chile con carne, I had to remind her that Chile con carne tasted like our stew because we came first.”

When the players were both cooked-out and fooded-out, they decided to work off the calories with a social dance, one that Thomas has been doing since she was a teenager. “Chef Eden took off her cooking apron and joined in, a bit lost at times, but all of us, locals and out-of-towners, had fun.” The visit was a learning experience for the Big Apple attendees who were awed and enamored with their introduction to Native American culture. “How do you share a centuries-old experience?” Thomas asked. “All I could do was present some elements of who we are—a hospitable people who have stuck together to persevere and survive, doing it together and always feeding one another.”



IN THE NEWS

Cocopah Health & Wellness Fair

The Cocopah Human Resources Department is hosting a Health and Wellness Fair Wednesday, February 12th.

All Cocopah employees are encouraged to attend this fair. It's being held inside the River Room at the Cocopah Casino from 10am-4pm.

For questions contact Julie Velez, benefits coordinator with the Cocopah Indian Tribe at 627-2102.



COCOPAH PUBLIC WORKS DEPARTMENT

14515 s. Veterans Dr.
Somerton AZ 85350
Telephone: (928) 627-0616
Fax: (928) 627-3173

ATTENTION COMMUNITY MEMBERS

The Public Works Department will be picking up trash on the following day:

TUESDAY

February 18th 2014

There will be **NO** trash pick up on:

Monday

February 17th 2014

Due to the Tribal Office closing for President's Day

Cocopah Indian Tribe donates \$250 to "Gifts of Hope"

The Cocopah Indian Tribe continues its long-standing mission to help others. Cocopah Tribal Elder, Paul Soto had the honor of presenting Ricardo Becerra, Associate Director of Development with Arizona's Children Association with a check of **\$250.00**.

Arizona's Children Association is one of the oldest and largest not-for-profit child welfare and behavioral health agencies in Arizona. The money donated by the tribe will go towards the "Gifts of Hope Yuma" program to give more than 360 children and 190 families a brighter holiday.

Picture of check presentation is attached courtesy of the Cocopah Indian Tribe's Public Relations Department



Caption: Ricardo Becerra, Associate Director of Development with Arizona's Children Association and Paul Soto, Cocopah Elder.

Cocopah Indian Tribe Donates to Tacna Volunteer Fire Department

The Cocopah Indian Tribe is donating **\$1,000** to the Tacna Fire Department. Throughout the years the Cocopah Tribal council has donated thousands to the department.

20 Fire fighters from the Tacna Fire Department volunteer their time to proudly serve their community. The Tacna Fire Department provides emergency response in East Yuma County from Telegraph Pass to the Maricopa County line.

According to Assistant Chief, Gary Shaw the funds will be used to pay for fuel, safety gear, equipment, maintenance, repairs and other operating costs.



Caption: Assistant Chief Gary Shaw, Tacna Fire Department and Paul Soto, Cocopah Elder.

ADAPP NEWS

ADAPP NEWS

This comes a little late in the printing of our news of our 12th Annual Holiday Luncheon on 12/21/13, but we want to report on those who took part in it and the need to recognize those individuals responsible for making our holiday luncheon happen.

The attendance was great with hundreds of people lined up to get a plate and taste our deliciously prepared luncheon consisting of roasted turkey, mashed potatoes with gravy, green beans with corn, cranberry sauce, and rolls. Deserts were various fruit pies and a full sheet cake donated by the Cocopah Casino.

The volunteers worked hard in preparing and roasting the turkeys, they were: Pauline Allen, Lucina Alvanez, Mercedes Alvanez, Taleena Garcia, Omar Heredia, Mary Huck, Renee Jones, Veronica Mack, Ed Martinez, Leo Maxwell, Robert Maldonado, Jill McCormick, Laura Miranda, Rafael Morales, Adrian Negrete, Christopher Nunez, Nanette Palone, Ted Parker, Hector Salas, Diane Twist, Daniel Villanueva, Neil White, and Robin Wilson. **Thank you all** for cooking a turkey! We had a total of twenty-five turkeys!

Our volunteers showed up early that morning and worked hard to get the food prepared and ready to serve by 11:45 a.m. These individuals were: Richard Alvanez Jr., Noah Barley, Kayla Burney, Christopher Cesina, Lyetha Cesina, Chrystal Connors, Sherry Cordova, Ruth Davis, Jesse Evanston, Juanita Hegher, Robert Maldonado, Dejah Miller, Rafael Morales, Wesley Mummey, Santana Salazar, Chelsee Scott, Brenda Smith, Elizabeth Twist, Samantha Twist, Shelyne Twist, Tiffany Twist, and Debbie White.

We thank Lynetta Thomas and her staff for decorating, setting up of the tables and chairs, the clean up and providing with the essentials to carry out our Luncheon.

We, the staff appreciate you all for the help you provided in assisting us in this year's Holiday Luncheon. THANK YOU ALL!

From ADAPP Staff: Neil White, Diane Twist, Adrian Negrete & Roberta Thomas

COCOPAH ELDERS CULTURAL MEETING



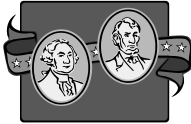
ECC MEETING ON
February 13TH
@ 10: 00 am
(928) 627-1992



COCOPAH VOCATIONAL TRAINING CENTER

February 2014

Phone: 928.627.8026
 Fax: 928.627.2510
 E-mail: cococvt@cocopah.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	4 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	5 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	6 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	7 <i>St. Valentine</i> B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	8
9	10 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	11 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	12 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	13 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	14 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	15
16	17 	18 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	19 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	20 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	21 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	22
23	24 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	25 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	26 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	27 G.E.D. Class 8am-12 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	28 B.I.A., N.A.U. , N.E.W. & W.I.A. Intakes by Appointment	

If you need transportation for GED Classes please contact our office @ (928) 627-8026

FIRST THINGS FIRST



Car Seat Training

When: Wednesday, Feb. 5th 2014

Time: 10:00am - 12:00pm & 5:30pm - 7:30pm

Where: Cocopah Community Center, West Reservation

Learn car seat safety, how to correctly install & when to graduate to a booster seat.

Receive a free car seat by attending the class & preregistering with ages and weight of children.

To register: Contact Lupi Rojas, Cocopah Early Steps Specialist, at (928) 503-3473 or call 627-3729.



Car Seat Training

Name: _____



Number of children: _____

Ages and weight of each child: _____

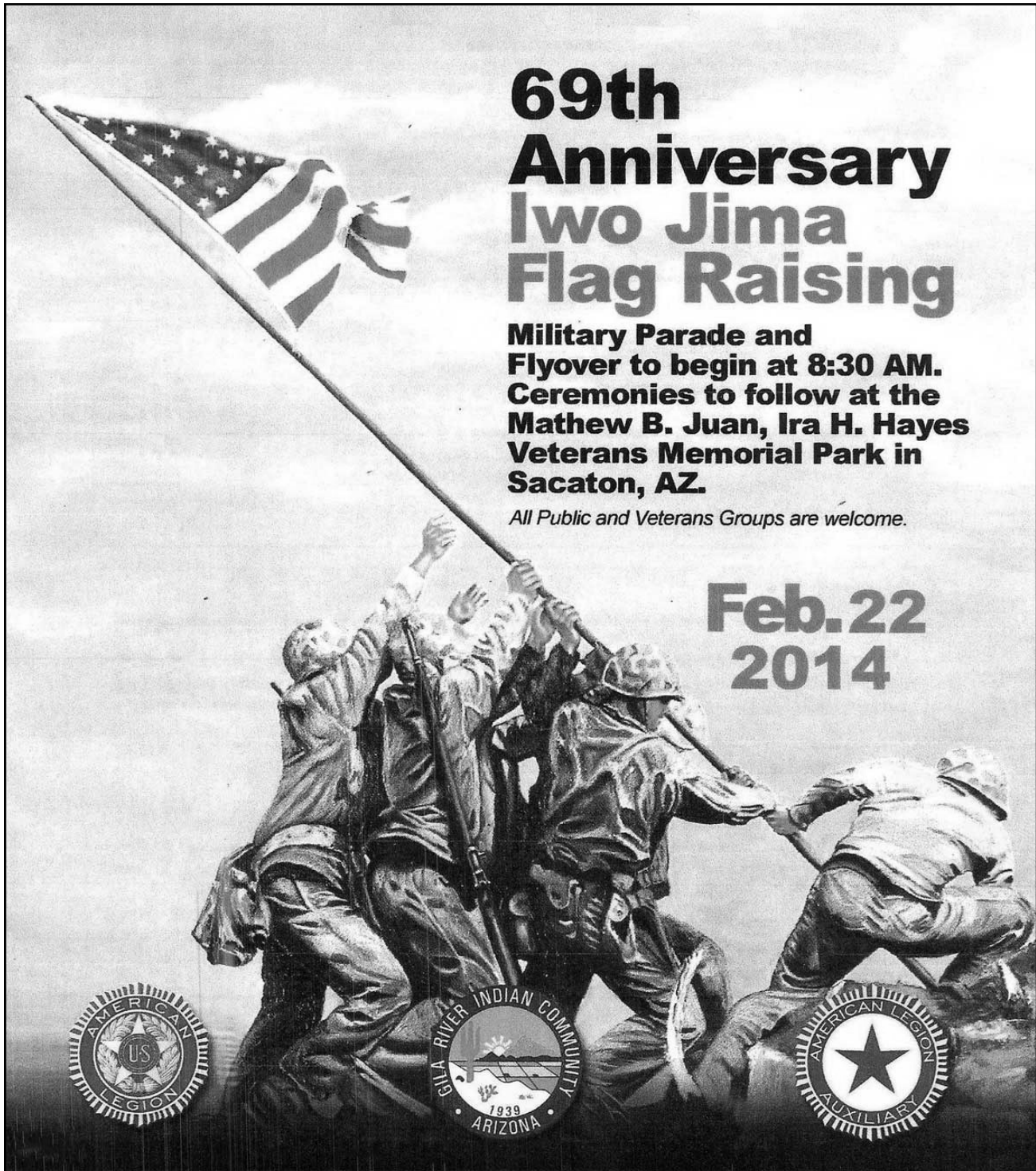
To register: Contact Lupi Rojas, Cocopah Early Steps Specialist, at (928) 503-3473 or call 627-3729.



ELDERS LUNCH MENU FEBRUARY 2014

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
2	3 Salisbury Steak M. Potatoes Gr. Beans	4 Ham & cheese Sandwich Macaroni Salad	5 Pork chops Rice Mix Veggies	6 Chicken & Rice Soup Grilled cheese Sandwich	7 Tuna Salad Sandwich Potato Chips	8
9	10 Spaghetti Corn	11 Turkey & Cheese Sandwich Potato Chips	12 Bean Burrito Squash & Corn	13 Potato Soup Wheat Crackers	14 Hamburger Lettuce/ Tomatoes 	15
16	17 Presidents Day Offices Closed 	18 Beef Bologna & Cheese Sandwich Macaroni Salad	19 Meatloaf Mash Potatoes Corn	20 Lima Beans w/Sliced Ham Flour Tortilla	21 Chicken Nuggets BBQ Sauce	22
23	24 Baked Chicken Boiled Potatoes Broccoli/Caulif.	25 Ham & Turkey Croissant Potato Chips	26 Chicken Fajitas Over Rice Beef & Broccoli	27 Meatball Soup Quesadilla	28 Chicken Patties Tomatoes/ Lettuce Potato Chips	

IWO JIMA FLAG RAISING



69th Anniversary Iwo Jima Flag Raising

**Military Parade and
Flyover to begin at 8:30 AM.
Ceremonies to follow at the
Mathew B. Juan, Ira H. Hayes
Veterans Memorial Park in
Sacaton, AZ.**

All Public and Veterans Groups are welcome.

Feb. 22 2014



Luncheon hosted by American Legion Auxiliary Unit No. 84 with St. Peters Church and School. Event sponsored by American Legion Ira H. Hayes Post No. 84 and Auxiliary Unit No. 84. Mailing Address: P.O. Box 186, Sacaton, AZ, 85147 / Phone: 520.562.8484 / Fax: 520.562.3297 / Email: ihpost84@gilanet.net
Web: www.iraheyestpost84.org

COCOPAH SPECIAL WISHES.



As a face is reflected in the water, so the heart reflects the Person. Your heart reveals the real you, what you truly are and not what others think you are or what circumstances force you to be. . . I know who you are and how much love you have in your heart. Like I said before "I Blame you for nothing, but I forgive you for everything."

A Valentines Day Deal, to you; These arms of mine.

By: Ottis Redding

From: Mister Thomas



To My People: KWAPA'S

Many of us will insist miracles do happen. . . We've seen transformations in ourselves or our loved ones that have seemed miraculous strokes of fate, demonstrations, of divine intervention.

Yet we must do our part, if we look at the history of our personal miracles we can usually see that time, pain and patience prepared the way.

Nothing comes from nothing. The changes that transform our lives are born from the suffering. That is in itself a reason for change.

Weather or not we believe that a higher power intervenes directly in this worlds affairs. We realize if we think about it, humans must be

ready to catch a falling star. . .

We must be standing under it.

By U.S.

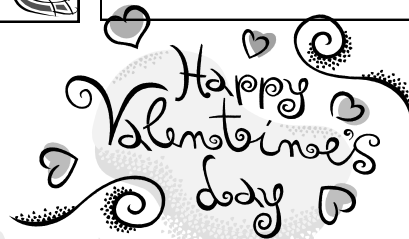


To my Sister Karen

Self-Knowledge and self-improvements very difficult for most people. It usually needs great courage and long struggles. You truly are a very strong woman. I pray you continue to stay strong throughout the New Year, and may the sunshine all day long, everything go right and nothing wrong.

May those you love bring love back to you, and may all the wishes you wish come true! It's been said " God blesses the people who patiently endure testing." Take care and be safe throughout the New Year.

Much love your Bro. D.



To My Daughter, Lexy.

There are moments in life when you miss someone So much that you just want To pick them from your Dreams, and hug them for real!!

"Missing You"

Happy Valentines Day

Love Dad.

For: Sarah, Natasha, River and Cheryl.

You bring me such joy in so many ways, like a warm radiant sun that brightens my days.

Your beauty, your confidence your spirit so strong,. All shine from within like a wonderful song. Your talent, your grace, the words that are shared with faith and wisdom show the way that you care, your plans, your dreams for what's yet to be . . . Your ideas for the future are the hope shared with me. So I'll love you forever because right from the start you filled me with love and put a smile on my heart for blessing me with Jaden, Jared, Orion, Daisy, Benjamin, Marcus, Tylonna, and Lorenzo. I'm so ever grateful to have you and them in our life.

The Creator gave me a miracle when he gave me you!!!!

COCOPAH SPECIAL WISHES



In Memory of my Mom who's birthday is on January 5th.

I miss u so much Mom. Miss the times we would to out to eat and talk, miss laying on your bed and you making me laugh!

Just miss you!! Life isn't the same without you. Your in my heart forever, I still get up early and think about you. . .

Wish you were here.

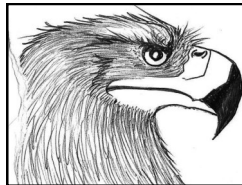
Love you,
Your Daughter



WOW! Another year older
Happy Birthday to my daughter Nediya Blue Star Cesina on February 14th you will be 4-years old.

Daddy and Mommy love you very much sweetie , have fun on your day . Happy valentines Day to all the lovers on the Rez.

Happy Valentine to my Daughter Heather Stevens Cesina and to my Family.



From: Herman Red Crow Cesina

Dillon We Love u and miss u so much- We will always be there for you!!! NEVER GIVE UP!
Walk tall and remain strong at heart!

Love U, Mom & Dad



BELATED BIRTHDAYS

January 5th

Happy 4th Birthday

Brady Dru Emerson

Have fun on ur day!

We love you!

From: Grandpa & Grandma



To one of my awesome son's—Eddie D. Wishing you great wishes on your Birthday. You know where to find me, I'll always be here for you!

Sent with Love from Mom, Siblings and Everyone @ GPA's

Cocopah Newsletter Submission Form

The last day you can submit any information for the March Issue is: **Friday, February 21, 2014 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