



Hopi Marketplace
July 3-4

Page 6

Time XIV, Number XIII

How Bill will introduce dian history and culture that will change what 3 students know about 1e's 22 Native American was signed by Governor apollitano on June 4, Page 2

Balancing

THE HOPI TRIBE

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June 24

Hopi Food and Agriculture Symposium brings out the Hopi commu

By Somana Yaiva
Tutuveni Freeland Reporter

This year marked the first year that an agricultural and organic food symposium was hosted to benefit the Hopi Reservation. Andrew Lewis, co-organizer of the Natwani Hopi Qatsinkwa'at event, coordinated the event. He is one of several founders of the Natwani Coalition or Natwani Tu sawyagani. Lewis and the other co-organizer, Tammie Toosie-Trotter, the Wellness Coordinator at the Hopi Healthcare Center, wanted to help Hopi people have immediate access to services and resources that could encourage more agricultural activities on the reservation.

Hopi has a strong history in agricultural practices, and the idea of farming and gardening is not something that takes a lot of convincing for most Hopis to take interest. During this century there has also been a marked change in the diets in Hopi households, and a sharp peak in the instances of diabetes and high blood pressure in every village, and it is not just limited to the adults. Young children are now being diagnosed with Type 2 diabetes and hypertension. Without some form of a change in diet, Hopi like other tribes through out the Americas will not see a change in



Hopi Food and Agriculture Symposium brings out the Hopi



Plenty of naturally grown food at the traditional farming were shared at the

Committed to CI

Bernita Kuwanhwa was presented with an award recognizing her guidance in the development and operation of the current Hopi Child Care and Development Fund (CCDF) program. The Region IX funding agency representatives presented the award to Kuwanhwa on May 6, 2004 in San Francisco.

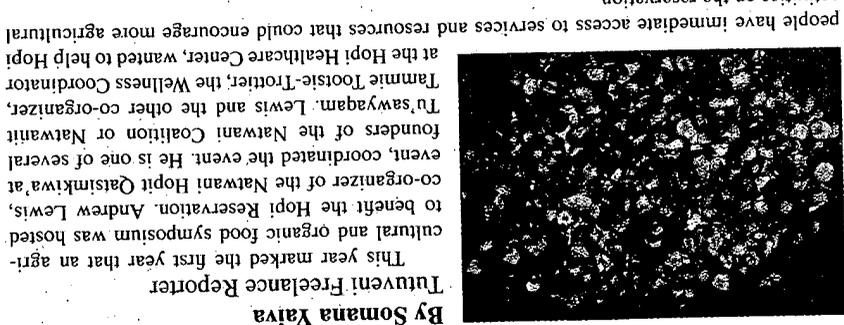
The Hopi CCDF program embodies the spirit, goals, and objectives of the federal program and is expected to continue as a model of excellence.

Some of the accomplishments Kuwanhwa was recognized for were:

- Use of CCDF construction and renovation funds to build the current Child Care Center that is now in use on the Hopi Reservation.
- As encouraged by the Administration for Children and Families, ongoing collaboration and cooperation with the Head Start Program to serve children

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Hopi has a strong history in agricultural practices, and the idea of farming and gardening is not something that takes a lot of convincing for most Hopis to take interest. During this century there has also been a marked change in the diets in Hopi households, and a sharp peak in the instances of diabetes and high blood pressure in every village, and it is not just limited to the adults, young children are now being diagnosed with Type 2 diabetes and hypertension. Without some form of a change in diet, Hopi like other tribes throughout the Americas will not see a change in the way the health trend is going. The organizers and contributors of the Hopi Food and Agricultural Symposium hope to help change that.

The emphasis of the symposium was to present to the community that eating healthy is not just a change in diet but also a change in the way that one lives. Instead of just saying you need to eat healthy and giving the general overview about what not to eat like avoiding fast food and high sugar sodas and candy, presenters gave examples of what foods are good to eat, foods that can be found in and around the Hopi mesas and how they can be prepared. Presentations were also made on how and where to gather certain edible plants.



Leaders seek better energy alternatives for tribal homelands

Office of Public Relations
By Vanessa Charles

CAMP VERDE- Arizona tribal leaders are no longer willing to be leasers of energy resources to urban cities that deprive their homelands. This was the message at the Governor's Energy Summit at the Cliff Castle Casino on June 4.

The summit was part of the governor's quarterly meetings with Arizona tribal leaders that she implemented at the beginning of her term to foster discussion. The meetings are geared toward building better government-to-government relationships.

After giving opening remarks, Governor Napolitano proceeded to update the crowd of over 200 on the accomplishments since the previous summit. She also touched on what she described as the "lack of industrial diversification" where despite increased wages of the average Arizona worker, the rate of increase is not at the same pace with the rest of the country - especially in Indian country.

Included in her report was the successful presentation of a legislative package that will create a state revenue fund to source Arizona's military air bases. "Few people know that every F-16 fighter pilot is trained right here in Arizona on our military bases so our state has a lot to contribute to this country's defense system," she said.

Additionally, the governor announced the recipients of three low-income housing tax credit awards in Indian country that included the Hopi Tribe. Further, mention was made

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Balancing

economic survival and resource preservation

resource is more important
the future vitality of the Hopi
eland than water, specific-
/ the water that comes from
Tavajo Aquifer.

Tough is here

to stay

Indians monitoring the
glands are reporting dry
ditions. Weather patterns
e changed and the South-
it can expect 30 more years
imilar weather.



INSIDE

Exchanging cultural



Robert Kewanimpewa of Bacavi (center) and Brian on fixing a bread oven. Helping the boys is Tiffany I ny is involved in most all youth activities," said Kee

The Hopi Office of Youth Affairs, in August 2, 2004. They v collaboration with the Bacavi Youth Pro- gram along with Lillian Hill of the Black Mesa Water Coalition, and Iva Casuse of Shungopavi Village are currently working on the first Native Cultural Youth Exchange Program sponsored by Local Indians for Education (LIFE), a 501(c) 3 California non-profit organization.

Planning began in October to bring the idea of having a cultural exchange with 4 in- dividuals from Hawaii, California and Hopi trees, and cleaning r participants will ca projects throughout during their 9 day sta The 4 Hopi male participants are Leonard Hawk of Shungopavi Village, Nuvayoyiung Sekakuku of Kykoisomovi Village, Rob- ert Kewanimpewa of Bacavi Village, and Brian Monongye of Upper Moenkopi Vil- lage. The mentor working with the group is Ruben Saunkie of Shungopavi Village. The director of LIFE, Jonathan Freeman, is interested in restoring the interests and ap- preciation of their native culture to the boys within their lands.

Participants will perform 40 hours of community service work in their homeland prior to the arrival on Hopi. Hopi will be the host during the week of July 25 through Au- gust 20.

We expect the very-rewarding and for those that are in- clude the building ing on a terrace gard to take place on Hop to work with the cleani gopavi village on Ju work on projects set River Indian Ancestu When the work nia, they will fly out native men in projec land. Once those f our Hopi boys and return home back to August 20.

They give special discounts and offers to Native Americans, a 20% discount is given to Natives who order seeds, and they also offer free seeds, in limited quantities, to Native Peoples living in the Greater South- west region. Half price on seeds, in limited quantities, is offered to Native Peoples liv- ing outside the Greater Southwest region. For more information about how to obtain seeds from the Native Seed Search you can write to them at 526 N. 4th Ave., Tucson, AZ 85705 for a full color catalog and order forms, get online and order at www.nati- veseeds.org, or call (520) 622-5561 to re- quest more information. The Native Seed Search has Hopi seeds that are hard to find, including seeds for amaranth varieties, beans, corn, melon, chilies, cotton, gourds, greens, herbs for cooking and medicines, peas, sorghum, squash, sunflower, tobacco, tomato, tomato, watermelon, and wheat. Other contributors to the event were Gary Nabhan, Director of the Center for Sustainable Environments. "Those of us at the Center for Sustainable Environments were honored to play a supporting role for this conference, finding foods, information and speakers that could help the commu- nity select its food options for the future," said Nabhan. "As we told the conference participants, we're committed to help- ing revitalize orchards, terrace gardens, and exploring the possibility of farmers' markets for these mesa villages and Tuba City."

For more information about NAVS Center for Sustainable Environments and the programs that they offer about Diabetes prevention, farmer's markets and how to get one started on the reservation, and any other questions that you might have about getting information about marketing your surplus farm products (vegetables, mohair, etc.) you can call Gary Nabhan, Director of NAV Center for Sustainable Environ- ments at (928) 523-0664 or you can email him at Gary.Nabhan@nav.edu.

Pam Tashomna, Diabetes Coordina- tor, Hopi Tribal Office of Health Services, Special Diabetes Program can be reached at (928) 734-1150 or 734-1151 for informa- tion about the Hopi 100 Mile Program, and information about the Diabetes Prevention Program, the Tobacco Prevention Program or the Hopi Women's Health Program. Questions about when the next Hopi Food and Agricultural Symposium will be, information about the Natwanit Coalition or information about the resources listed here can be obtained by calling Andy Lewis or leave a message for Tammy Toostie-Trot- tier at (928) 737-4646 or by mail at P.O. Box 942, Polacca, AZ 86042.

The event also included a beautiful display of the different variations of Hopi corn that is grown out at Hopi. A table sponsored by the Center for Sustainable Environments had information and exam- ples of what other tribes are doing as far as opening their own farmers markets, and producing products native to their culture that focuses on utilizing foods grown by their own tribal members for the commer- cial market.

Hopi Food Plants presenter Max Taylor said "Knowledge of food plants are be- coming lost very fast, that's why it is very im- portant to teach people so they can again become aware of their importance to our survival." Taylor's presentation included pictures of what the edible plants looked like, what kinds of soils they each grow in, when they can be harvested and what you should harvest, like just the leaves or the entire plant. He also drew attention to the fact that Narrow Leaf Yucca, or moonhu, which is used by Hopi women to weave baskets and is also used for rope, tying material, and soap, is one of the most ex- ploited resources on the reservation, and is now becoming extinct in areas around the mesas, forcing people to look farther out for their yucca supply. He touched on foods like Brushmint (Mu Ung Dushavu), Indian Rice Grass (Leh Hu), Alkali Saca- ton (Nob Nob), Golden Current (Yowipsi), Prickly Pear (Yo Ungo), Evening Primrose (Po Lee Si), Rocky Mountain Bee Plant (Dume), Purslane (Be Ha La), Chinch- weed (Tu Its Ma), Bahana Yucca (Sa Moa), Pigweed (Po Se Wu), Fourwing Saltbush (Seovi), and Hopi tea (Ho Ho! Si), and gave a clear and concise explanation as to what they are used for and how to prepare the plant products.

The Hopi Tribal Department of Nat- ural Resources, Micah Loma'omvaya, Natural Resources Planner, gave a very informative presentation on land man- agement practices in the past and a brief overview of ethno botanical research techniques and how they can benefit Hopi farmers. For more information from the Hopi Tribe's Department of Natural Re- sources and the services that they provide you can write to Micah Loma'omvaya at P.O. Box 123, Kykoisomovi, AZ 86039, (928) 734-3603, or you can email him at MLomaomvaya@hopi.nsn.us.

There were also presentations on seeds that can be obtained from the Native Seed Search.

The Native Seed Search has an ex- tensive listing of seeds, available for pur-

Symposium from page 1