

Student Newsletter Update

CAIR Student Attends Indian Nations and Tribal Legislative Day

On January 21, 2014, I had the opportunity to attend the 19th Annual Indian Nations and Tribal Legislative Day at the Arizona State Capital with the Applied Indigenous Studies (AIS) Department. I went with the AIS Senior Capstone class: Indigenous Nations in the 21st Century as I am a senior planning to graduate in spring 2014.

Upon our arrival we met and had breakfast with Senator Carlyle Begay, who is also the Chair for the Community Advisory Board (CAB) for CAIR. It was great to finally meet Senator Begay after listening to the CAB meetings and knowing of his work done with Native American Health. Senator Begay spoke of his upbringings and his inspiration to have come this far in his career. Senator Begay was very encouraging to my fellow

class mates and I, saying that once you find something that interests you and that you are passionate about you can find your motivation to succeed. Senator Begay also encouraged us to apply for an internship in the Senate and to continue on our journeys to become future leaders.



*Chairman of the Hopi Tribe, Herman Honanie
and CAIR Student Kwaayesnom Onsa*

President of the Navajo Nation, Ben Shelly also joined us and encouraged us to do as much as we can with our lives while we are still young, able and motivated.

Before the Joint Protocol Session we had the pleasure to meet with State Representatives from District 7, Jamecita Peshlikai and Albert Hale. Both Representatives discussed the work they have done and the difficulties that come with their positions. It was interesting to hear them speak of Federal Indian law



and their stances on Native American Sovereignty. Also, how difficult it is to get a bill voted upon especially those concerning Native issues. Representative Hale stated that the House would only have an informational hearing with no chance of a vote. Hale proceeded to say that it was important to have the hearing because now they are more aware of the issue. They also encouraged us to vote and inform ourselves and others on the importance of Native issues and bills pertaining to Native Americans, also to apply for internships within their offices and encouraged us to continue working toward our interests with Native American Issues.

The Joint Protocol Session was the event that I was looking forward to after attending the event a few years prior. In the past, the session did not make sense to me, I was just in awe, as I was this year at the number of tribal leaders present and at the importance of the work they are doing for their tribes. This year was different as I have become more

knowledgeable on what tribal leaders are burdened with especially dealing with the government to government relationships with the state and federal agencies. This year, the session was enticing listening to the perspectives of the tribal leaders who were chosen to speak on the issues they are currently dealing with and hearing their perspective of their pasts with the state government. It was enjoyable to hear President Diane Enos of the Salt River Pima-Maricopa Indian Community state that no matter where you go in Arizona you are in Indian Country. It was also interesting to hear Chairman Terry Rambler of the San Carlos Apache Tribe call out Governor Jan Brewer on a lack of action over Tribal issues. All in all it was great to meet and listen to the respected leaders of the tribes.

Written by Kwaayesnom Onsaе,

CAIR Student Intern



Dylan Kaumaya Student Update

By Dylan Kaumaya

My name is Dylan Kaumaya and I am a student intern at CAIR for my public health capstone. My duties as a student intern in CAIR are to develop a curriculum using MyPlate to address portion sizes and nutritious meals for children, teens, adults, and elders in the Native American community. In addition, I assist Roger Nosker with community outreach activities and create and provide presentations in tribal communities.



Dylan Kaumaya working hard in the CAIR office.

In the last two weeks I have created a diet plan, portion size chart, and a list of healthy foods and eating habits for children in age groups 3, 6, and 11. Furthermore, I have attended CAIR meetings via conference call and assisted in performing various tasks in the CAIR office.

My experience working with CAIR thus far has been fun, informative, and a wonderful learning experience. Every day

I attend my internship, I learn something new about Native American culture, health disparities, and ways that I can help improve the diet and overall health of Native Americans. My biggest challenge with my internship at the moment is trying to figure out a way that Native Americans in rural areas of Arizona can eat healthy with the limited variety of foods they have available. The lack of available fresh produce, abundance of fast food establishments, and lack of affordable healthy foods are all barriers that prevent Native Americans in rural areas from eating healthy, which leads to illness such as diabetes, cancer, or heart disease. Despite these obstacles, I have full confidence that I will be able to create a diet plan for Native Americans that will make use of the limited foods available and in turn impact the health of many in a positive way.