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Skeg Tas Elders,

I hope everyone is doing well and keeping cool in this heat. Remember to stay indoors during the hottest times of the day and complete errands early in the morning. Drink plenty of water throughout the day to keep hydrated and don't be out in the sun when taking certain medications that may cause you to have a reaction to the sun and/or heat. I want to remind our elders and families if you have a fall with injuries such as cuts, bone pain, dizziness, and fainting or are just not feeling well please call 911 before calling our Senior Services Department. You will not be charged to have our T.O.N. Fire department check you out unless you are transported by ambulance.

You have 72 hours to notify S.X. Clinic of your visit to the E.R. This will assist with payment for your visit if you do not have health insurance. Senior Services does not have the equipment, nor do we have the EMT certifications to treat severe injuries or severe illnesses.

For the month of July, Program Director and two Elders Arnold Junhama and Karen Antone attended the Senior Advisory Committee meeting in Sells 7/10, and AICOA virtual meeting 7/6. The Senior Services Department had several presentations One Stop 7/13, Planning Dept. & Pima County 7/18, Dementia Friends 7/25, Brain Health 7/27. Senior Services continues to provide services to all enrolled community members which include meals, transportation, congregate, medication pickup/delivery, supplies delivery and home health visits. If you have any questions, please feel free to contact the Senior Services department at 520-573-4064 or my cell phone 520-585-3241.

Stay safe & keep hydrated,

Marian Joaquin, Wa:k Senior Services Program Director



Planning Department wishes to thank the Wa:k Community for completing Community Survey & the SXD Council approving new Community Park

The Planning Department would like to thank the Wa:k Community for welcoming Planning Staff & our Survey Workers into their homes in April & May and completing the recent San Xavier District door to door Community Survey. The Planning Staff greatly enjoyed meeting everyone and hearing your concerns and interest in improving the Community. All San Xavier Residents, SXD Council & SXD Committee Members had to the end of June to complete and return their Surveys. Presently the Planning Department is compiling all the data for future use to help improve the Community.

This past Spring, the Planning Department presented at multiple meetings the future 5-acre Wa:k Community Park to be located northwest of Little Nogales Road & Campus Drive on Tribal Land. On the evening of May 16, the Planning Department presented the Park to the San Xavier Council, who approved by Resolution, to move forward with the Park design. The Planning Department has already met with San Xavier District Youth on multiple occasions and will be meeting with the Elders soon to seek their input for the Park. Additional meetings will be held with the Community to seek your input as well. Pima County is both assisting with the Park Design, and funding for construction, which is targeted for some time in 2024 – 2025. Thank you.

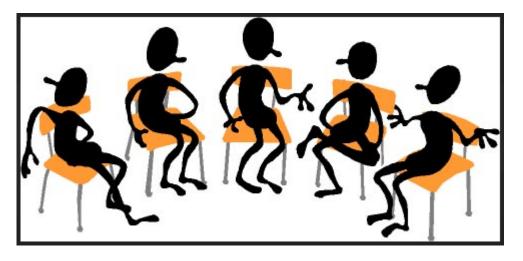


All Staff Meeting

All Staff Meetings include team building activities, staff awards, guest speakers, and trainings. We have one per quarter. Our last one was in May 2023, and we had a guest speaker, Gabriella Cazares-Kelly. She is the first Native American/Tohono O'odham to hold an elected Pima County office and the third Native American to hold a county-level office in the State of Arizona.



From left to right: Cie'na Schlaefli, Alyssa Moreno, Eliana Norris, Maggie Alvarez, Lucinda Nunez, Juana Lopez, Elizabeth Ortega, Sandi Alvarez, Jennifer Hill, Carmen Martinez, special guest Gabriella Cazares-Kelly, Marian Joaquin, Katrina Thomas, Annaleah Joaquin, Michelle Moreno, Cheryl Conde, and Myla Donahue.



Council Department

Hello Wa:k Community,

Per the Tohono O'odham Nation's Election Office, during the months of May/June 2023, the following individuals were approved as New Registered Voters for the San Xavier District:

	1. Juana M. Alvarez	7. Colleen C Herkshan	13. Trinidad J Juan	19. Allison Lynn Ramirez
ļ	2. Destiny S Corella	8. James J Ortegas	14. Elias McCovey	
	3. Anthony A Alvarez	9. Sarah McCovey	15. Emily McCovey	
	4. Bettina M Carrillo	10. Norman J Wolf Chief	16. Francisco I Miranda	
	5. Lawrence M Stoner	11. Louis Preston	17. Arvina P Capone	
	6. Michael M Garcia	12. Chris M Encinas	18. Victoria P Patricio	

The Tohono O'odham Nation's Uniform Election Ordinance, 12 T.O.C. Chapter 1, was amended by Legislative Council Resolution No. 23-021 in order to clarify voter eligibility and registration requirements, effective January 18, 2023. This action did away with the district council's review and approval processes on new voter registration applications and voter transfer requests.

If you have any questions, please contact me at (520)573-4028

Thank you,

Rina Encinas, Council Secretary

San Xavier District Council Department



Sam Kavier District Council and Committee Meeting Callendar

August 2023

Saturday	5 9am Community Meeting	12	61	26		
Friday	4	ц	18	25		1999
Thursday	3 6pm Cultural & Natural Resources *SXD Council Special Joint Meeting 6-9pm (TENATIVE)	10	17 6pm Cultural & Natural Resources	24	τ	
Wednesday	a	6:30pm Plng/Hsg	16 6pm Finance	23 6:3opm Plng/Hsg	30 6pm Finance	
Tuesday	¹ 6pm Council Meeting 5pm Elections	8 5:30pm Health & Education	15 6pm Council Meeting 5pm Elections	22 5:30pm Health & Education	29	
Monday		2	14	12	28	
Sunday		Q	55	20	27	VACANCIES:

- Finance Committee - (1) Term Up

Recruiting for enrolled Community Members of the SXD to fill the vacant positions on a voluntary basis. If interested, please submit a Letter of interest to the SXD Council Department.









Housing Department

Housing Department Staff Housing Manager: Chris Gastelum Housing Admin Assistant: Juana Lopez Housing Tradesman: Norman Garcia Housing Tradesman: Sterling Moreno Housing Tradesmen Assistant: Omar Chiago

Contact us at: 520-573-4044 or 520-573-4042 Our Office Hours: Monday—Friday 8:00am—5:00pm

While we are still in monsoon season, here are some helpful tips to protect your home.

- Check your roof for leaks and address it right away before it becomes more severely damaged and more costly to fix.
- Check for erosion around your home.
- Make sure doors and windows are properly sealed and reseal if needed as water can damage the interior of your home.
- Check for any exposed wires.
- Make sure to clean out your gutters.
- Dispose of any debris and trash around your home.
- If you have plants, make sure they are properly secured.
- Trim trees that are over grown near your home or power lines.

San Xavier District

SENIOR SERVICES & HOUSING DEPARTMENT SENIOR WORKSHOPS

Friday, August 25, 2023 9:00am - 2:00pm, SXD Community Building Come and learn new techniques on how to maintain a clean home inside and outside. Also, learn some basic maintenance tips.

LUNCH WILL BE PROVIDED!

Workshops

- 🗹 Maintaining a clean home inside
- 🔗 Maintaining a clean home outside
- 🗭 Basic Maintnance
- Why all three are important for you and your health

For more information contact:



Wa:k Senior Services (520)573-4067

SXD Housing Department

(520)573-4044





Tech With I.T Department

Hello Wa:k Community! My name is Gene Little, and I am the IT Manager here at the District. I started in the IT department as a temp Network Assistant in the summer of 2011 and was permanently hired later the same year. I worked in the Assistant position for seven years until 2018, when I was hired as the IT Manager. I enjoy working here to serve the community and our department does this by providing the necessary tools like email, phones, computers, servers, to the various departments, so that they can better provide their services to you.

Skeg Taş, My name is Sebastian Preston, and I am a Wa:k Community Member. I am the recently hired Network Assistant for the Information Technology Department. This is my first job in the IT field since graduating from TOCC in May 2022. Since I started, I have been learning much about the District's technology infrastructure. I am also a student at the University of Arizona pursuing a BA in Information Science and Art. My interests for pursuing this degree path involves interactive art, creative coding, and digital storytelling. I look forward to learning more about networking infrastructure and improving my skill sets.

Phishing: One of the most popular methods that cybercriminals use to scam online users is called phishing. Phishing is a type of cybercrime where malicious actors attempt to deceive individuals into revealing sensitive information, such as login credentials, credit card numbers, or personal data. This is typically done by posing as a legitimate entity or organization through fraudulent emails, messages, or websites. Once the attackers obtain this information, they can use it for identity theft, financial fraud, or other malicious purposes.

Phishing attacks have become increasingly sophisticated and can target anyone, regardless of their level of computer literacy. To stay safe from phishing, here are some important tips to follow:

1. **Be cautious with emails**: If you receive an email from an unknown sender or a familiar entity but with suspicious content or requests for personal information, be cautious. Phishers often use urgent language or create a sense of panic to trick recipients into acting impulsively.

2. **Verify the sender**: Check the sender's email address carefully. Phishers often use email addresses that imitate legitimate ones but have slight variations or misspellings.

3. **Think before clicking**: Avoid clicking on links or downloading attachments from unsolicited emails. Hover your mouse over links to check the actual URL, but refrain from clicking unless you are certain of its legitimacy.

4. **Avoid providing personal information**: Legitimate organizations rarely ask for sensitive information through email or messages. Be skeptical if an email requests personal data, passwords, or financial details.

5. **Use two-factor authentication (2FA)**: Enable 2FA whenever possible, as it adds an extra layer of security to your accounts. Even if phishers obtain your password, they won't be able to access your accounts without the second authentication factor.

6. ******Update your software******: Keep your operating system, web browsers, and security software up to date. Software updates often include security patches that can protect you from known vulnerabilities.

7. **Beware of fake websites**: Phishers create fake websites that look almost identical to legitimate ones. Before entering any personal information, check the website's URL and look for HTTPS encryption, which indicates a more secure connection.

8. **Educate yourself and others**: Learn about phishing techniques and stay informed about the latest threats. Educate your family, friends, and colleagues about phishing risks and prevention strategies.

9. **Report suspicious activity**: If you encounter a phishing attempt, report it to the organization being impersonated and forward the suspicious email or message to their official contact address.

10. **Use email filters**: Utilize spam filters and antiphishing features provided by your email provider to help detect and prevent phishing attempts from reaching your inbox.

By following these precautions and staying vigilant, you can significantly reduce the risk of falling victim to phishing attacks and safeguard your personal information and digital identity. Remember, staying safe online is a collective effort that requires both individual awareness and responsible cybersecurity practices.

Summer Youth Employee:

During the summer the Laborers and Ranger Department had the opportunity to work with a young man by the name of Davian Thomas-Hernandez for two weeks. Davian had the opportunity to ride along with Ranger Staff learning the boundaries, some of the water holes and leaning some of the back roads here in San Xavier. He also worked with the Laborers and assisted them repairing fences and gathering of material for ceremonies. Davian assisted with replacing bulletin boards, which included painting and replacing the boards. Davian was a great help to the department. We wish him well with his education and hopefully we get to see him next year.

Curbside Service: Reminder if you don't have curbside service the Tohono O O'odham Solid Waste provides curbside service for \$18.00 every three months. If you are interested, please contact the Ranger Department. We will provide you with an application. Please do your part to keep the community clean. Also, if you have any large items, you need picked up, you can contact Tohono O'odham Solid Waste at (520)383-4765

Community: Just a reminder to watch out for the school children who will be starting school. Slow down and watch out for the school buses. The Ranger Department will be out monitoring traffic and making sure everyone is safe.

Important Telephone Numbers:

Emergency- 911	(520)202 2275 or (520)	T.O. N Animal Control (520)383-6482		
Ranger Department	SX Ranger Cellphone	Ranger Supervisor		
(520)807-8499	(520) 471-8092	(520)807-8484		

Stats for May 2023

Animal Control- 9	Community Assist-	Suspicious Vehicles	Property Damage-
Assist other Dept– 3	Public Assist- 5	Illegal Dumping- 3	Environmental Con- cern- 1

Animal Control: Please contact Tohono O'odham Nation Animal Control if you have a dog or cat problem. T.O.N Animal Control 520- 383-6482. Also remember to get your dog or cat spayed and/or neuter. Help control the pet population.

The staff sends their prayers and thoughts to all the families who have lost a loved one in the past month, May the Creator be with you during this time.

Human Resources

The 2023 SXD 6-week Summer Youth Employment Program (SYEP) ended on July 14. The District offices were fortunate to have eighteen (18) Community Youth Employees work with various Departments and related entities:



They each worked hard and displayed maturity. Furthermore, this year, we implemented Department rotations, where the Youth Employees attended presentations and hands-on activities hosted by the Departments to teach them how they contribute to the District's mission of serving the Wa:k Community. In addition, they attended a District Council meeting to observe the discussions that contribute to the decision-making process on matters that affect the Community.

We thank the Youth Employees and their parents for their participation. **MARK YOUR CALENDARS** as we look forward to next year's SYEP; *tentative* dates: June 3 – July 12, 2024.

- Viola Education Department
- Justyne SX Recreation Center
- Daymion Materials Management Department
- Domonique Materials Management Department
- Armando KWAK 102.5
- Nellita SX Recreation Center
- Davian Natural Resources/ Ranger/Laborer Departments
- Mariah Natural Resources Department (Administrative office)
- Lewis Education Department
- Ciara Wa:k Senior Services Department
- Annalicia People Wellness House
- Lia Administration Department
- Jazzlianna Wa:k Senior Services Department
- Jessika Education Department
- Angel Bear Housing Department
- DeAndre Maintenance Department
- Monique Council Department (not pictured)
- Michael SX Co-Op (not pictured)

Manny Martinez, SXD HR Specialist



Food Distribution

Wednesday, August 30, 2023

7am for Elders/9am Community

FIRST COME FIRST SERVE! Letters are required if you are unable to



retrieve your own food box.

ONE FOOD BOX PER HOUSEHOLD



- Letter MUST include Tribal Enrollment number and home address.
- MUST BE an enrolled member of the San Xavier District to receive a food box.
- If your enrollment does not indicated SXD, must show proof (Voter Registration letter, APPROVED

Relinquish letter, family tree and proof you reside within the SXD Community)

• MUST BE 18 years old

SXD COMMUNITY MEMBER, DO YOU NEED A

WATER

FILTRATION FOR YOUR HOME?

Please contact us at our office.

After August 31st, our water filtration project will end.

Thanks for those community members that have reached out to our office for tasty water for their

homes.







ARE YOU A HOMEOWNER? Do You have the Deed to your home?

If so, contact Natural Resources Department for

assistance to install a rainwater

harvesting/erosion/flood control features at home sites funded through the American Rescue Plan Act (ARPA).

Resident is responsible for all repairs and

maintenance after installation.

Thanks for all that benefited from our monthly

Diaper Giveaways

Sizes available are:

- Newborn
 - ♦ Size 1
 - ♦ Size 2
 - ♦ Size 3
 - Size 4
- ♦ BOYS 2T/3T pull ups

Daily Underwear

 Please call the COVID office for availability. Diapers will be available on a first come first serve basis.

If you have any questions or concerns on the information provided you can contact us in our office or by email. Covid-19 Coordinator: Cheryl Conde, cconde@waknet.org & Covid-19 Assistant: Alyssa Moreno, amoreno@waknet.org (520) 573-4010





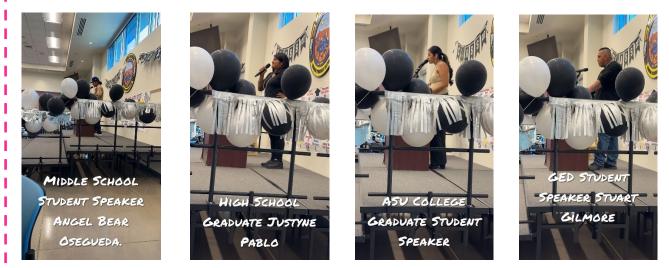
Sopol 'Eşabig Maşad Short Planting Moon

WASK SPIRI

Greetings Wa:k Community,

Welcome to the 2023 - 2024 school year! I am so excited to begin this year and looking forward to seeing all the students very soon. I know it will be another successful year of learning and working together as partners in your child's education!

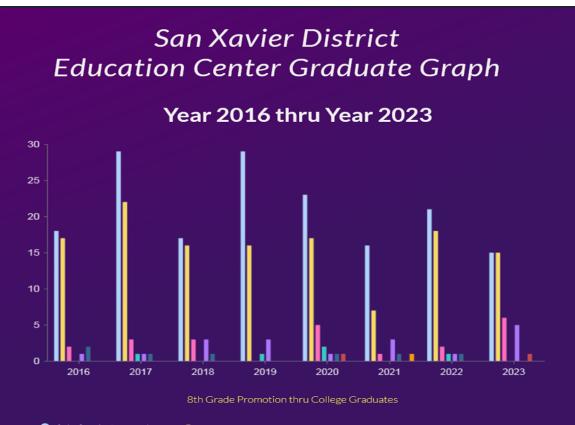
As you may all remember, on Friday, June 30th, 2023, the San Xavier District honored our community members who got promoted from middle school to graduating high school to receiving a certificate, a BA/BS degree to a PhD. This special event had been a long time coming after not having this in-person event after 4 years. As the Program Administrator for the San Xavier District Education Center, this marked another year of significant point of pride for the community and the staff of the Education to celebrate the students hard work and achievement. These students included our student speaker's 8th grade promoter Angel Bear Osegueda; High School Graduate Justyne Pablo; College Graduate Angelique Jose; and GED Certification Graduate Stewart Gilmore.



Working with many of these students, the Education Center staff and I have gotten to know each and almost every one of them. We are deeply thankful for their commitment to learn and willingness to apply their skills to go out and make a difference in the world. Just like everyone before them, each promoted student/graduate offers something special to the world.

With the new 2023 – 2024 school year around the corner, continuing to motivate our San Xavier District students to graduate high school is the utmost importance within the Education Center department. As well as to encourage and teach our students to be self-sufficient by continuing their education and going to college to get a job or attending a trade school. To give you an idea of the number of students from the San Xavier District that have promoted, graduated from high school, and received certificates/degrees, I have provided a graph from 2016 to now. Feel free to contact me if you have any questions regarding the graph and chart data.

As always, thank you for your commitment and supporting your child's education. Look forward to serving you and everyone else as you continue your education.



8th Grade Pr	romotion	 High School Graduates 	Certificates OCollege (Associat		ege (Associates)	
College (Baci	helors)	College (Master	s) 🔍 College	e (PhD)	 College (Doctorate) 	

1		2016	2017	2018	2019	2020	2021	2022	2023
2	8th Grade	18	29	17	29	23	16	21	15
3	нѕ	17	22	16	16	17	7	18	15
4	Certificates	2	3	з	0	5	1	2	6
5	College (Associates)	0	1	0	1	2	0	1	0
6	College (Bachelors)	1	1	3	3	1	3	1	5
7	College (Masters)	2	1	1	0	1	1	1	0
8	College (PhD)	0	0	0	0	1	0	0	1
9	College (Doctorate)	0	0	0	0	0	1	0	0

SXD Books and Tuition Grant	t
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What is needed for a Book and Tuition assistance?

*Completed application

*Tribal Enrollment/ OR a Family Tree if not San Xavier enrolled

*Verification of school enrollment

*Grades from previous semester, if applicable.

*Billing statement

*Summary of educational goals

*FAFSA/Award letter

*General Welfare Law

*W-9

The Education and Health Committee will review all applications on the 2nd Tuesday of the month

COMMUNITY LIAISONS

S-keg Tas Wa:k Community,

Blessings to all,

this summer is concluding with just a few more weeks remaining until our students return to school. Just remember parents, we are our students biggest supporters. As students prepare to return to school the education center will return with our school programs as well as ASP (after school program), Missed Bus, and VOY (voices of our youth). These programs will be offered throughout the school year. If you are interested in having your student attend any of the programs, please contact the education center or feel free to drop in. All programs require an application to be filled out and turned in. Applications will be available Aug. 1st, 2023. The education center will be having a basketry class starting in August.

Just another reminder the education center will be providing transportation for students who will be attending the GED conference on August 18th, 2023, at TOCC. This conference is more of an informational session for everyone to attend. Please call the education center to schedule transportation at 520-807-8620.

Continue to check newsletters and the Wa:k Facebook page to see updates on our programs at the education center. During this time Gloria and I are still available to assist with students and parents.

Please continue to be safe out there, and be sure to wash your hands.

Important Dates

play,

Parn

and

JOW

Southgate Academy First day of school– August 1st

Southgate Academy First day of School- August Tst

Sunnyside Unified School District First day of school- August 2nd Tucson Unified School District First day of school- August 3rd

Math and Science Success Academy First day of school- August 3rd

Salpointe Catholic High School First day of school- August 21st

Tohono O'odham Community College First day of instruction-August 21st

THE LEARNING CENTER

GREETINGS FROM THE LIBRARY!



We are happy to announce that our 2023 July Infant/Toddler summer session was successful. And we look forward to next summer.

We will be preparing for our 2023 after school program. Please contact anyone of our education staff for more information regarding our up coming programs 520-807-8620.

Gertrude Lopez—Learning Center Coordinator Aliza Osegueda—Learning Center Aide























CULTURAL LANGUAGE TEACHER

S-ke:g Tas N-hajun,

In the month of July, the Middle School Program students learned the O'odham language. They learned to introduce their name, parents, and grandparents on their father's side and mother's side. The students also learned the I:mig, uncle, aunt, eldest brother, younger sister. In part of that, the students also learned O'o-dham Vowels, Numbers, Colors, Clothes, Days of the Week, the Month of July, Greetings- S-Ke:g Sialig, S-Ke:g Taş, and small O'odham conversation, such as Ani ap cecig, Ida ap cecig, Ida ap cecig, Ida ap ceceig, and Hegam ap cececig.

I am happy for the young students learning the O'odham language. Some of the students were shy speaking O'odham for their first time. If they continue to practice daily, it will be very helpful in the future with public speaking, or presentations with their education. This practice also encouraged the young students to share the I:mig with the SXD Senior Services elderly. The elders enjoyed the young students as they sat with them, conversated with them, and found out they are their grandchildren. The students also shared gifts and had a meal with them. It is really nice to see young people gather and conversate with our elders. Thank you SXD Senior Services.

The students also learned to make popovers. For most of the students, it was their first time, and some were familiar with the ingredients (flour, salt, baking powder, dry milk, lard and warm water). Some of the students' dough had too much water or the dough was tough, however it seemed like they had fun making the dough. Ms. Delphine Saraficio assisted the students with her knowledge in how to make dough, how to work in a kitchen, how to prep the food, cut, lettuce, tomatoes, onions, and work with each other. When the dough was ready, the students went outside, gathered wood, and started a fire to fry their bread and cook hamburger meat on open flames for Indian Tacos.

In addition the SXD Education, drove the students behind Black Mountain to gather yucca for basketry. We gathered a little, and showed the students how to clean the yucca, and after cleaning it, they took it outside to bleach. For their first time making a basket, they made small baskets. Some of the students struggled in the beginning, but they got the hang of it. I was impressed seeing their eyes, as they completed their project. A few made their second basket, and wore it as a necklace. They presented their baskets on a necklace and gave them to the elders when they went to the SXD Senior Services.

There were fourteen (14) students that are enrolled SXD Community members that participated in the program. We had the U of A Native Soar (Student Outreach Access & Resiliency) present their program, and we also had a trip to Kitt Peak. The two weeks went so fast, there is so much that can be said, but here are several photos of the students.

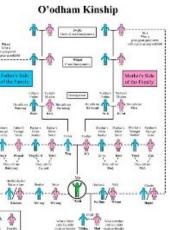
Elizabeth Ortega

San Xavier Culture Language Teacher



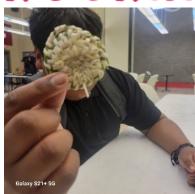






MIDDLE SCHOOL SUMMER PROGRAM

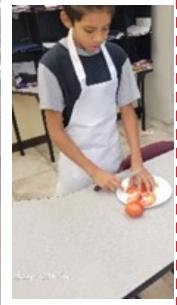




















Basketry Class Open to the Wa:k Communtiy!!!



Monday & Tuesday Basketry Class: Tuesday, August 22, 2023: Orientation (5:30-6:30 pm) Monday, August 28, 2023 Tuesday, August 29, 2023 Tuesday, September 05, 2023 Monday, September 11, 2023 Tuesday, September 12, 2023 Monday, September 18, 2023 Tuesday, September 19, 2023 Monday, September 19, 2023 Tuesday, September 25, 2023 Tuesday, September 26, 2023 5:30pm—7:30 pm @ San Xavier District Education Center

September 26, 2023 Collect Yucca - 5:00 am, Sierrita Mountains Transportation Provided leave at 5:00 am at SX Education Center.





Applications are available at the SX Education Center. Front Desk (520) 807-8623 Lisa Ortega (520) 807-8626 for further questions.

San Xavier Education





- <u>What is offered</u>
- Homework help
 Physical Activities
- ♦ Arts and Crafts

O'odham Language/Culture

♦ Snacks

- Field Trips
- Transportation (SXD Village limits or 4 miles beyond boundary.)

The program Welcomes:

Wask Community students

Traditional Community students

- Kindergarten thru 6th grade
 Monday-Wednesday
- Class begins September 11th 2023
 - ASP ends May 8th, 2024
- Applications available August 1st, 2023
- Please call SXD Education Center for any questions @ 520.807.8620



For more information, you may contact the SXD Education Center at 520.807.8620

San Xavier District-Education Center



AN APPLICATION MUST BE ON FILE PRIOR TO YOUR CHILD BEING PICKED UP!

- Morning transportation: will be provided for those students who miss their school bus, including the Van Tran and City Bus, the limits are:
- 3 times per month for K-5th
- 2 times per month for Middle and High School students.

Calls: Calls may be made between 7am & 9am. Transportation calls after 9am will not be accepted

> Applications available: August 1st Transportation begins: August 21st Transportation ends: May 17th

- Transportation will not be provided if the scheduled pick up time for student has not passed according to school bus and Van Tran schedules.
- Missed bus transportation WILL NOT be provided for students who are suspended from riding the bus.
- Transportation for parents without a vehicle who need to attend parent meetings, parentteacher conferences, parent night, local conferences, school board meetings, town hall meetings, etc.—as it relates to their child/ren and education.
- **Transportation** can be provided to those students who may need to register, follow-up on registration, testing, intake, and/or to do campus tours. Campus tours may be planned to involve more than one student.



Applications available at the San Xavier Education Center 520.807.8620



Get involved

- ⇒ Community Service
- ⇒Group Fundraising
- ⇒Workshops
- \Rightarrow Youth Conferences
- \Rightarrow Educational growth
- ⇒Family Nights
- \Rightarrow College Tours
- ⇒Group Outings
- \Rightarrow Culture learning



The VOY program is to prevent juvenile delinquency by promoting self-sufficiency, selfesteem, and culture awareness. It is also to increase the number of Tohono O'odham youth in graduating high school and going on to higher education and satisfying careers.

- The San Xavier Education Department Voices of Our Youth Program is available for:
- Youth in grades 7th through 12th
- Priority goes to San Xavier District (SXD) enrolled and traditional community member children who meet the definition of SXD Resolution No: SXDC 08 -08-13 and SXDC 06-09-09.

Applications available August 1st, 2023 First VOY meeting: Thursday, September 14th Last VOY meeting: May 9th

Graduation Just Ahead United to the second of the second o



Tohono O'odham Community College Kekel Ha-Maşcamakud

Workforce & Community Development

Pre College GED Program

Presents

1st Annual

GED Adult Education Conference 2023

Location: S-cuk Du'ag Maşcamakud Arizona Highway 86, Milepost 125.5 N. Call to register early: 520-479-2200

Topics Include

- + How to become a successful GED student
 - Smart Goals
 - Motivation
 - Wellness
 - GED Resources
 - Thono O'odham Language & Culture



SAVE THE DATE!

Thursday, August 17th

£

Friday, August 18th,

2023

8:AM-4:00PM Both Days

Meals provided.

The San Xavier District Education Center will be providing transportation to the conference. If you are interested in attending and would need

transportation please call at 520-807-8620.

Top" INKK		SAT W		12	19	26	**SCHEDULE SUBJECT TO CHANGE**
E		FRI	4 CLOSED	11 closed	18 closed	25 CLOSED	**SCHEDUL
GUST 2023	Specialist n.gov 20.807.1115 8a-7p / Closed Fridays	THU	X Wa:k Ceksan Senior fitness 10 a Accuwellnes Hour 2p-4p no appt needed Zumba 5:45-6:30p	10 Wark Ceksan Senior fitness 10 a Senior Games Practice 3p Selio wellness 6p-7:30 Sells wellness 6p-7:30	17 SAN XAVIER DISTRICT Screenings SXD community Building 9a-3p NO fitness classes scheduled	Ad Ceksan Senior fitness 10 25 Senior Gamas Practice 3p-4p After school Program 4:15-4:45 Zumba into Step Event San Xavier Rec/MPR	31 Wark Ceksan Senior fitness 10 a Senior Games Practice 3p-4p After school Program 4.15-4.45 Zumba 5.45-6:30p
SAN XAVIER HOPP AUGUST 2023	Deirdra Edaakie, Health Education Specialist deirdra.edaakie@tonation-nsn.gov San Xavier Recreation Front desk: 520.807.1115 SXHOPP Weight Room: Open Monday-Thursday 8a-7p / Closed Fridays	WED	2 Senior Games Mtg 9a Sells SXHOPP GYM will be CLOSED due to a special event.	HOPP Staff Meeting 8a No fitness classes schedule Contact SXREC Front desk for HOPP GYM Appt	16 Senior Games meeting 3p Accuwellnes Hour 2p-4p no appt needed Tai chi 5:45p	HOPP Staff Training 9a No fitness classes scheduled Contact SXREC Front desk for HOPP GYM	30 DETS Assesment San Simon No classes scheduled Contact SKREC Front desk for HOPP GYM Appt
SAN XAVIE	Deirdra Eu deirc San Xavier SXHOPP Weight Room	TUE	SXD Office Accuwellness session 9:30a *Lunch time Cardio Flow Fitness session 11a-12p SXD Community building Metcon 5:45p Metcon 5:45p	XD Office Accuwellness session 9:30a *Lunch time Cardio Flow Fitness session 11a-12p SXD Community building Medicine ball workout Metcon 5:45p	AB Office Accuwellness session 9:30a *Lunch time Cardio Flow Fitness session 11a-12p SXD Community building Tai Chi Metcon 5:45p	A Office Accuwellness session 9:30a women in water Mtg 11a *Lunch time Cardio Flow Fitness session 11a-12p SXD Community building Kickboxing w/Marco Metcon 5:45p	29 DETS Assesm No classe Contact SKREC Front C
- The		MON		7 Personal Training 11:15a Personal Training 3p No fitness classes cheduled	14 ersonal Training 11:15a Accuwellness Hour 12p-2p Personal Training 3p Beginning Yoga 5:45p	2 T ersonal Training 11:15a Accuwellness Hour 12p-2p Personal Training 3p Beginning Yoga 5:45p	28 ersonal Training 11:15a Accuwellness Hour 12p-2p Personal Training 3p Beginning Yoga 5:45p
		SUN		ß	13	20	27

HEALTHY O'ODHAM PROMOTION PROGRAM AND SAN XAVIER DISTRICT EMPLOYEE HEALTH AND WELLNESS COMMITTEE

PRESENTS

HEALTH IS WEALTH COMMUNITY SCREENINGS



Thursday August 17, 2023



San Xavier District Community Building 9:00am - 3:00pm

SCREENINGS: A1C - BLOOD PRESSURE - BMI GLUCOSE - CHOLESTEROL By Appoinment or Walk-in

LIGHT REFRESHMENTS AND WATER INFUSION PROVIDED



For more information contact HOPP Staff: Deirdra Edaakie at deirdra.edaakie@tonation-nsn.gov For appoinments: Paola Lugos at paola.lugos@tonation-nsn.gov





KICKBOXING Cardio Class in San Xavier

Tuesday, August 22, 2023 11am - 12pm San Xavier Community Building

INSTRUCTOR: Marco Juan



DISCLAIMER: THIS IS NOT A SELF DEFENSE CLASS! This a cardio based workout utilizing techniques from kickboxing. this is purely for fitness & fun!

Contact Deirdra for more details: 520-807-1115 Email: deirdra.edaakie@tonation-nsn.gov HEALTHY O'ODHAM PROMOTION PROGRAM

6p-645p ZUMBA - 7p-730p STEP

AUG SELLS WELLNESS CENTER

AUG SAN XAVIER RECREATION

SEPT 7 SELLS WELLNESS CENTER

28 SAN XAVIER RECREATION

Ages 12 and Up
Limited to 10
NO early sign-ups





Contact info: Deirdra Edaakie at 520-807-1115 Marlinda Francisco at 520-383-6240 San Xavier District of the Tohono O'odham Nation 2018 W. San Xavier Road Tucson, AZ 85746 Phone: (520) 573-4000 Fax: (520) 573-4089



