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T R I B A L C H A I R A D D R E S S



Greetings Tribal Members, I hope this newsletter finds you well. We have undergone some changes since the last newsletter was sent out. In this article I will review changes made on the Tribal Council Level, reaffirming the leadership direction and new developments in our ICWA program.

Government Leadership Change

Recently, the Tribal Council determined it was necessary to re-select officers at a special meeting called on July 15, 2016. On that day, I was reseated as Tribal Chair, Sonny Elliott was selected to serve in the capacity as Vice-Chair, Shawn Padi as Treasurer and Suzanne Romero as Secretary. The three remaining members serve as Members-At-Large, Joseph San Diego, Bernadette Mora and David Steele. We feel that this change in officers will better serve the community and meet Tribal Governance requirements. We recognize the need for developing our newest members elected to the Tribal Council and they will receive the necessary training needed. I am very excited to see what we can accomplish as a team these next few months.

Leadership Direction

As a Tribal Leader, I keep my finger on the pulse of the tribe. The overall wellbeing

of the tribe weighs heavily upon my mind. When I hear of your concerns and frustrations regarding the tribe and tribal affairs, I look for solutions that will not only address the immediate need, but seek to find solutions that are long term and sustainable. In my short tenure as Tribal Chair, I have successfully implemented some of the goals set by our membership and I am happy that I will be able to work towards their completion these next few months.

In the last newsletter article that I wrote, I shared my vision and direction for the tribe. Together with the tribal council I will continue to pursue the building of accountability through the attainment of Self-Governance. I also am working toward the uniting of our people to strengthen our tribe.

As a tribe, over the last few months, we have gone through guite an ordeal together, having gone through disenrollment. It was without a doubt the most difficult matter that we have dealt with in our tribal history. No matter what your position is on disenrollment, we the Hopland Band of Pomo Indians met and were able to come together to address this matter sagaciously. The matter is now closed and I only bring this subject up to bring to light the fact that our tribe must now begin healing and moving forward. To all my people who are still worried about disenrollment, I want you to know, that under my Chairmanship, I will do everything in my power to NOT go through disenrollment again. I make this public statement in the hopes of laying to rest ALL rumors. My focus is to facilitate the healing process and to work with my elders and tribal leaders to facilitate that process.

At our last two General Membership (All Members) and General Council (18 years of age and up) Meetings, I noticed frustration that quickly manifested into anger in some members. Lack of understanding in how meetings are conducted and the inability to communicate in a healthy way were two observances that I made. In those meetings I refused to allow for motions that would cause disruption and prevent the conducting of business. Facilitating a meeting with such a large group is challenging. It is not my intent to deny the membership their rights. Our constitution clearly outlines the authorities of the membership. Ensuring the safety of all members, especially our elders and children is my priority and should be the priority of all. I want to make it very clear to everyone that it is my intention to serve everyone and not just a few. No one should dread or feel unsafe to come to our meetings. Making sure that our meetings are meaningful and productive is my priority. I am very proud to say that despite the undesirable actions of a few, we did successfully conduct business.

Over the next few months you will begin seeing an increase in trainings and workshops offered to the community on Tribal Governance and positive communications. I believe it to be imperative, and of the utmost importance, that our people have a firm understanding of our government structure and laws. This will enable us to move forward in the future, to conduct business, improve communications, and educate.

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Hopland Tribal ICWA Program

Over the last few years, Tribes have been struggling to maintain tribal sovereignty while fighting court cases on both Federal and State levels. Two such ICWA cases that made national headlines that come to mind are known as Baby Veronica and the Choctaw Case. Anytime a court case makes its way to the US Supreme Court, such as the Baby Veronica Case, the results can have devastating effects upon tribes.

Baby Veronica was adopted out at birth without the knowledge of her biological father who was a Cherokee Tribal Member. Once Veronica's biological father found out that the child was adopted he filed for custody and attempted to gain custody. In court documents released it was reported that the tribe was made aware of the adoption prior to the adoption occurring. This heartbreaking case began in 2009 and ended in 2013 with the adoptive couple retaining custody.

In the Choctaw Case in the State of Utah, a young child was placed within the foster care home of a non-native couple in the State of California. The foster parents had refused to allow for court ordered visits from the family. In the court documents it was recorded that the foster parents had painted a room Navajo Blue acknowledging the child's Native American ancestry. This case ended with the child being returned to her biological family in Utah.

Information that was shared on these cases I have found to be of great value. I used some of the information to help better and guide our own ICWA Program. In the Baby Veronica Case there was a clear communication breakdown between the tribe, biological father and adoptive parents. In the Choctaw Case, I wondered about how much involvement and participation that the Choctaw Tribal ICWA program had. There could have been numerous explanations that contributed to the outcomes experienced in these child custody disputes. If anything, I believe these cases have raised awareness of the adoption issues in the ICWA Law.

Over the last few months I have been actively working with our ICWA Committee and ICWA Program Staff on strengthening our own ICWA Program. Currently the Hopland Tribe has 29 children in the County Foster Care System. Since I have been on Tribal Council there has been only one adoption. The Tribal Council has made it very clear to the ICWA Program Staff and Tribal Attorneys that adoption of Hopland Children is a last resort.

In 2015, our committee and staff focused on increasing the number of tribal homes to place our children. Our ICWA Worker, Josie Loomis, secured a county funded grant that enabled outreach activities that helped to raise awareness of the need for tribal foster care homes. The grant was successfully completed and we were re-awarded for 2016 to continue on with our efforts. Our program focus for 2016 included the implementation of 4 activities designed to ensure a relationship is maintained with the child:

• Acknowledging our ICWA children's birthdays. The ICWA Committee mails birthday cards that include a gift card.

• Each holiday that the Tribe celebrates a gift is sent to those children who are not able to attend the events.

• ICWA Fun Day: A day dedicated to supporting our youth in foster care. We hold a fun day that includes cultural activities. One event is held in the city and one on or near the reservation.

• Campaign for Awareness for the need of Tribal Foster Care Homes. Set up information booths and campaign.

Our ICWA Program staff works hard to ensure our children are receiving the services they need while in custody of the county. I am very proud of the efforts of our ICWA team. I will keep you posted as to new developments and progress made in upcoming newsletters.

If you are able to donate a few hours to care for a child or have room to care for a child please contact Josie Loomis at 707-472-2100. Thank you!

2ND ANNUAL H O P L A N D Health Fair

THE ANNUAL HOPLAND TRIBAL HEALTH FAIR was on June 4, 2016. This year was a FIRST... the fair was held in the Sho-Ka-Wah Casino Event Center! It is our privilege to host this annual event which, I believe this is the largest Tribal Health Fair in Mendocino County.

The day was filled with so much important information, activities, raffles and an awesome healthy lunch for more than 150 attendees, about 27 guest agencies, 6 vendors and several of our local health care teams available to provide various screenings such as for diabetes or hepatitis C. There was just about something for everybody, including a LIVE INSANITY WORKOUT DEMO! We were definitely prepared, in that as we finished the workout we just moved over one booth and were able to receive a chiropractic adjustment from Dr. Diaz!

We would like to thank all who continually support the Hopland Tribal Health and Social Services Dept. - from Tribal Council, Tribal Employees, Casino Employees, and of course, our Tribal Community! We couldn't do it if not for the teamwork!



Group	1st place	2nd Place	3rd Place
55 & Up	Wesley Clark, Sr.	N/A	N/A
18-54	Russell Elliott	Eddie Sanchez	lan Roberts
12-17	Kalina Temple	Kianna Temple	Keiyara Johnson
Under 11	Alek Hester-Fallis	N/A	N/A

Can You Reverse Type 2 Diabetes? (statistics as reported by WebMD)

This word – REVERSE – does not belong in the question. Type 2 Diabetes is NOT REVERSABLE! However, there is such a thing as "DIABETES MANAGEMENT" through exercise and healthy eating.

While certain lifestyle changes are key to managing diabetes, whether you can actually turn back time so that it's like you never had diabetes is a different matter. That depends on how long you've had the condition, how severe it is (if you have started experiencing complications), and your genes.

Make Changes That Count

The term 'reverse' is used when people can go off medication but still must engage in a lifestyle program in order to stay off. Shedding extra pounds and keeping them off can help you better control (manage) your blood sugar. For some people, reaching a healthier weight will mean taking fewer medications, or in rarer cases, no longer needing those medications at all.

Losing 5% to 10% of your body weight and building up to 150 minutes of exercise a week may help you to slow or even stop the progress of type 2 diabetes. If you sit [inactive] most of the day, even 5 or 10 minutes is going to be great. Walk to your mailbox. Park farther away when you go to the store. Instead of taking 4 bags of groceries into the house in one trip, make two trips of 2 bags each...

The Proof

In one study, people with type 2 diabetes exercised for 175 minutes a week, limited their calories to 1,200 to 1,800 per day, and got weekly counseling and education on these lifestyle changes. Within a year, about 10% got off their diabetes medications or improved to the point where their blood sugar level was no longer in the diabetes range, and was instead classified as prediabetes. Results were best for those who lost the most weight or who started the program with less severe or newly diagnosed diabetes. Fifteen percent to 20% of these people were able to stop taking their diabetes medications.

Do what you can...

If you make changes to your diet and exercise routine, and your diabetes doesn't improve, it's not necessarily your fault. The earlier in the course of the [condition] that you make these changes, the more likely you are that the condition will not progress. Your weight and lifestyle aren't the only things that matter. Your genes also influence whether or not you develop type 2 diabetes. Some thin people are living with type 2 diabetes, too. Still, your weight and lifestyle are things you can change, and they are important parts of your overall health.



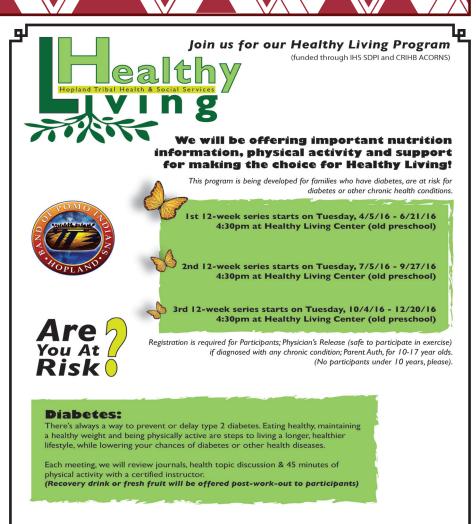
Know the Goal

What you're aiming for: your best health, not someone else's. Diet and exercise alone will control diabetes for some people. For others, a combination of medication and healthy habits will keep them at their best. If you have been able to manage on lifestyle intervention alone, continue to do that. If you need to go on medication, do what's necessary for your health. You need to take advantage of the treatment that's going to keep your blood sugar, blood pressure, and cholesterol in check.

H E A L T H Y L I V I N G P R O G R A M

We have successfully completed our first 12-week session of the Healthy Living Program! Yay! Everybody did awesome. I think all of us feel better overall. Just about everybody experienced a decrease in their A1c reading, which means they are improving with the management of diabetes or pre-diabetes. Group has definitely been hard work - I never thought I would be exercising...lol. But even doing the "modified" exercising has made such a huge difference for me. I can actually bend to pick something up without losing my balance! I'm still working on being able to get up from the floor, though. This may sound funny, but as we age, many of the things that we once did without a second thought, now, we think twice.

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For more information contact Sara 707-472-2100 x 1109 3000 Shanel Rd. Hopland, CA 95449



We started our second session on July 5th, but the group is open to all Tribal Members, 10 yrs. & older (10-17 need parent auth) and those with chronic conditions, please bring a medical release stating physical restrictions, if any. Come join us any Tuesday at 4:30pm in the Healthy Living Center located in the Tribal Health building.

Of course lifestyle changes are not exercise alone – we also receive very valuable nutrition information to assist with our individual overall health goals. Our Instructor is Certified, we have a Nutritionist who comes to group once each quarter with valuable tips and for anybody who needs some individual support, our Healthy Living Coordinator/CHR is available by appointment.



Yes, this is an INSANITY workout, but if I can do it, so can you! Congratulations to all the particpants!

E D U C A T I O N

Summer activities and fun have begun. We ended the school year with lots of energy coming into the summer session. We had graduation parties and dinners. End of the year field trips and BBQ's as well. Continuing with our educational pursuits we've had various science projects and research assignments planned throughout the summer.

The Education Learning Center summer hours are in affect. Open daily, Monday through Friday, 11AM – 6PM for our Summer Program participants. If non-participant community members need access to computers, internet and tutoring services please call ahead of time to schedule an appointment to reserve a computer, 707- 472-2100 Ext. 1510.

We have a jam packed summer with events and fields planned. The Education













Department has already attended various events and field trips, Ukiah Fair, EPA Campout in Ft. Bragg, CTHP Bike Rodeo, **Raging Waters in Sacramento and Russian** River swimming days. There have been different projects and events coming up, Egg Drop Project, Beading, Gummy Bear Project and Gardening Projects are a few to name.

We have new staff additions to our **Education Department, tutors Kevin** Maldonado and Sacheen Williams, and Youth Transit Driver Hale Knight.

The Gymnasium is temporarily closed until further notice. There is mold remediation taking place and until the air quality levels and mold are taken care of the gym will remain closed.





SPRING SEMESTER 2015-2016 ACADEMIC INCENTIVES

Jorge Alvarado



Special Achievement Awards:

Kloe Adams Bettega Lianna Barajas Vasquez Jacob Elliott Sophia Gomez Nikolas Laiwa Jorge Ricardo Orozco Jr. x2 Alexis Ortega Kalina Temple Isisah Vasquez

G.P.A. 4.0 or Higher **Bryana** Clark

G.P.A. 3.5 or Higher

Joaquin Avendano Justene Henthorne Hayden San Diego

G.P.A. 3.0 or Higher

Lianna Barajas Vasquez Daniel Knight

G.P.A. 2.5 or Higher

Karrisa Bettega Reyoni Ocasio

Danica Daniels **Kiylea Elliott** Arianna Knight x2 Alfonso Mendoza Bianca Orozco Oseguera Shaun Ray **Kianna** Temple Ashlea Zaste

Justyce O'Rourke Barela

Shannon Clark Shanice Hoaglen Erica Sosa

Murray Cottrell

Roman Ray

Layne Elrod Jayde Perez

Malina Alvarez **Xochitl Dukepoo** Leticia Ellis **Olivia Knight Destiny Ornelas** Justyce O'Rourke Barela Analexia Santiago Elliona Torres x2

Michael Ray

Benjamin Henthorne III Nikolas Laiwa Isiah Vasquez

Jacob Elliott

Angelo Knight



MEET Hello everybody my name is Keyin Maldonado and Lam th Kevin Maldonado and I am the new person in charge of running and maintaining our gymnasium. I am a tribal member here. I have 4 kids,

3 of which are tribal members. I am so excited to have this opportunity to work for my community in this setting. We have a fully functional gym and would like to get the full use of our facility. That means tournaments and other fun activities. Unfortunately, at this time, we've had some setbacks in the gym that needs to be addressed before we can open up. I'm very sorry for the delay, but it is in the best



interests of the community that we address these issues for our gymnasium and the longevity of it. So please hang in there. I look forward to meeting everyone who enjoys using our facilities. Attitude, Respect, Teamwork, and Sportsmanship are some of the values you will learn while using our gymnasium. If you have any questions or suggestions fell free to give me a call at the gym

(707) 472-2100 ext 1701.

Thank you. Kevin Billy- Maldonado Athletic Coordinator

HATS OFF TO SAC STUDENT JAMIE FUENTES

Hats off to Sac State students Clayton Wagner (left) and Jamie Fuentes (right) and their Biological Sciences faculty research adviser Rob Crawford (center)! Clayton and Jamie were the only undergraduates to present a research poster at last weekend's 18th annual Bay Area Microbial Pathogenesis Symposium in San Francisco. Their work investigates the hypothesis that bacteria in skin-associated microbiota respond to human hormones



produced in chronic wounds by forming antibiotic-resistant biofilms. Jamie and Clayton have developed a model for studying this clinically significant problem. Great work, gentleman! Were so proud of you!

I am Bunny Fallis' grandson and Greg Fallis' son. Wilma Elliott's second cousin. Representing Hopland Tribe! I was awarded the Marine Option NROTC Scholarship which pays all tutition, books and fees. This is a full ride scholarship, I was also awarded the Vu Nguyen Scholarship for \$2,500.



FALLIS AWARDED

MARINE OPTION

NROTC SCHOLARSHIP

I will be attending the University of San Diego in August 2016, and will major in Ethnic Studies. After four years of college and participating in the NROTC program, I will commision as a 2nd Lieutenant in the Marine Corps.



IT'S NEVER TO LATE!

Diana Billy-Elliott just recently graduated with a 4.0 GPA from Humboldt State University in May 2016. She received her Bachelor's Degree in Social Work and is now currently pursuing her Master's Degree. Diana is set to graduate in May of 2018 with her MSW.

This message is to my fellow Tribal members: It is never too late to achieve your goals and dreams. Any and everything you set your mind to is possible with hard work and dedication. I am here to encourage and promote higher education. If anyone needs help in this area please don't hesitate to get a hold of me at the Tribe. Diana Billy-Elliott



WINDSOR'S GABE KNIGHT IS ALL-EMPIRE LARGE SCHOOL BOYS BASKETBALL PLAYER OF THE YEAR Phil Barber – The Press Democrat, June 11, 2016

Sometimes this Player of the Year thing can be a brutal process, because sometimes there is so little to separate the top two or three candidates. It feels odd to anoint one kid when someone else is equally deserving.

And then there are seasons like 2015-16, when the pick is so easy it might be unanimous among Redwood Empire basketball coaches.

"They were clearly the best team, and he was clearly the best player, and they never would have done what they did without him." Cardinal Newman's Tom Bonfigli said of Windsor's Gabe Knight.

"I just think he's by far the most complete player in the area," Montgomery coach Zac Tiedeman said. "He can handle the ball, he can post up, he can shoot from outside. The thing about him, he plays at a different pace than a lot of kids around here. He plays in control."

From start to finish this season, Knight was firmly in control. And so was Windsor. The Jaguars had a breakthrough season, going from fourth place in the North Bay League the year before to an undefeated league season, and improving their overall record from 15-12 to 25-4. And Knight led the way by averaging 17.3 points, 7.6 rebounds and 3.2 assists per game. All of those figures led the team.

Knight didn't do it alone by any means. But his versatility made him the guy Windsor couldn't do without.



At a team meeting before the season, Jaguars coach Travis Taylor had his kids rank at a team meeting before the season, they ranked their top five teammates in five different categories: best defender, best rebounder, best shooter, best post player, hardest worker. Players could vote for themselves. It was just for fun.

"And I didn't direct them too much on how to define those skills." Taylor said. "Like, for example, best shooter. That could be free throws, 3pointers, a game of HORSEwhatever it means to you. Gabe was on top of every list. Well, I think he was like third-best defender and No. 1 in all the others."

Knight played point guard exclusively as a junior. As a senior, Taylor asked him to be more of a combo guard, though Knight

still handled the ball much of the time. At 6-foot-4, he was also a presence inside.

"He's strong, " Taylor said. "He just knows how to play. We threw him into the post at times."

Knight was a gift that fell in Taylor's lap two years ago, when the student moved to Windsor from Ukiah. It took no time at all to see Knights gifts on the court, though the evolution of the team was a more gradual process.

"My junior year I had just moved there, so everyone was kind of getting used to the fact that I was a leader now," Knight said. "My senior year we got a lot better and played as a team more. We were more unselfish." that he worked with younger players in the program to make them better. Knight still comes to the Jaguars' open gym. He isn't entirely sure what comes next, though he thinks it's likely he'll play for coach Craig McMillan at Santa Rosa JC next year.

Needless to say, he will be missed in Windsor.

"He's a rock-solid kid," Taylor said. "At our award banquet, I was really brief talking about how skilled Gabe was, or how he scored 2,000 points in two years. I talked about what kind of kid he was. He was over at the house yesterday shooting with my kids. He's just a solid young man. He'll be a great coach someday."

Taylor calls Knight a "connector," noting

THANK YOU! NEW DANCE ground dressing rooms

We've received an anonymous donation to put towards our dance grounds dressing rooms. Some of our dance group has been volunteering and working on putting this together. We would like to give a big thank you to our volunteers and to our donor. We look forward to having it up before our next dance.





E P A UPDATES

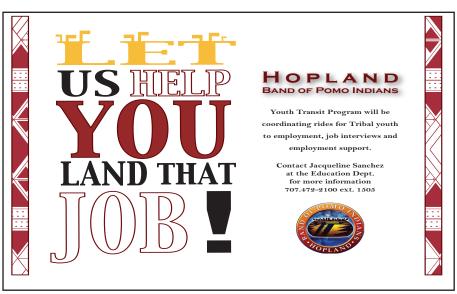
EPA The long hot days of summer are moving towards fall, with the youth thinking of school and afterschool jobs. The youth Transit Program will be providing rides for Tribal youth to work, to pick up and drop off job applications, job interviews, and internships. We can also help with filling out applications, writing resumes, and suggestions of employers that are hiring. Tribal youth on the

Reservation or in Ukiah who are interested in help getting a job give us a call: Terri McCartney 707-472-2100 ext. 1304, Lianna Vasquez, at 707 367-0083 or Rick Knight.

Paving project scheduled for this fall! After many years of BIA roadblocks in getting this high priority-paving project completed, Hopland Tribe will be sending the work out to bid and construction. About one mile of Nokomis Road will be paved from the entry of the Reservation at

Highway 175, past the casino to repair where the sewer project impacted Nokomis Road. The project should be completed by October 30th.

Beautification Week has once more offered the opportunity for Tribal members to recycle large appliances and other items they have been holding on to. We have picked up over 30 refrigerators, stoves, washers and dryers this year, as well as many tires that will be recycled at the Big Valley Tire Amnesty Week.



EPA regulations have changed, and EPA no longer funds dumpsters for the Beautification Week, so we are looking into alternative for helping the community next year.

Water conservation is always on our mind in the summer, and this year is no different. There is increased community use of water, we would like to remind everyone that this is still a drought year and go easy on watering: water early in the morning or at night, use drip irrigation, avoid watering so much that there is runoff, have a shut off valve at the end of your hose so you don't waste water.

Clogged drains? We've had several clogged drains recently.

Reminders for keeping everything flowing:

- No grease down drains
- No paints or chemicals down drains

Please call if you have any questions or comments, I'd love to hear from you! Terri McCartney

HOPLAND BAND OF POMO INDIANS Wastewater Utilities Ordinances



NO DUMPING OF PAINTS, OILS, VOLITILE CHEMICALS, GAS OR OTHER HARMFUL LIQUIDS DOWN HOPLAND SEWER SYSTEM, INCLUDING DOWN MANHOLES, CULVERTS, SINKS, TOILETS, DRAINS OR OTHER POINTS OF ENTRY TO THE SYSTEM.

VIOLATIONS CAN RESULT IN CITATIONS AND FINES

For any questions please contact Terri McCartney 707 472-2100 ex 1304



<u>License Fee Exemption</u> – YOU MUST LIVE ON THE RESERVATION in order to be exempt. No Exceptions! Please also note that you must bring your car registration along with the License Fee Exemption form in order the form to be signed.

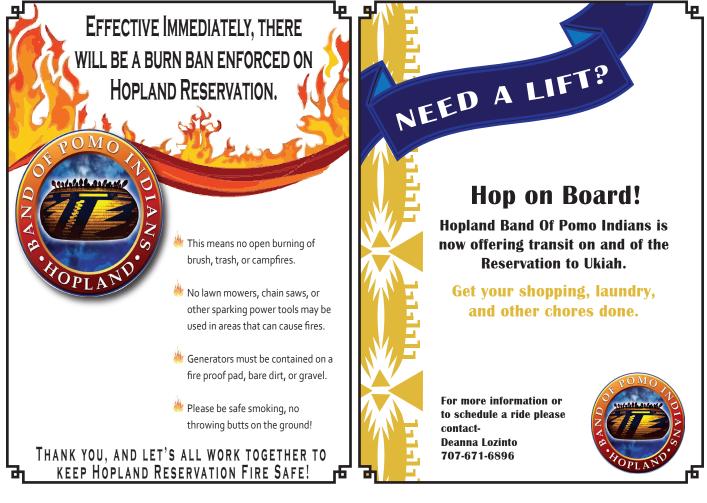
Tribal I.D.'s are issued at the Tribal

office from 8:30 am – 4:30 pm, Monday-Friday. Please make note that if you need to obtain a second Tribal I.D. card within 24 months of the first issuance, there will be a \$5 charge. Each subsequent issuance after that, within the 24th month period after the first issuance, will be \$15.

<u>Address changes</u> – It is your responsibility to keep your address updated. All adult Tribal Members over the age of 18 are responsible for changing their own address.

<u>Elder's Checks</u>- If the 15th falls on the weekend, your check will be available for pick up the Friday before. Checks are not available for early pickup. If you request your check to be mailed, it will be mailed one day before pick up.

<u>Elder Meal cards</u> – If you lose your meal card, please contact Wilma ASAP, so she can get you a replacement card.





3000 Shanel Road Hopland, CA, 95449

