



HOPLAND BAND OF POMO INDIANS

JAHNŌŌ

(Hín̄t̄il Čanú)

**Hopland Band of Pomo Indians Tribal Elders New Year's Celebration Dinner
January 27, 2019**



Front row (left-right) Clayton Fallis Sr., Silvia Want, Leonard Yopez Jr., Kenneth "Ed" Arnold Jr., Wesley Clark Sr., Alice Becerra, William "Bill" Elliott, Charlotte Alvarado, Cynthia Daniels, Necho Feliz, Delmar Billy Sr. Back row (left-right) Roger Elliott Sr., Dianne Abella, Susan Billy, Ada Elliott, Wilma Elliott, Brenda Lopez, Hale "Rick" Knight Jr.

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Christmas Party 2018.

Tribal Chair Address

I WOULD LIKE TO START BY ACKNOWLEDGING the hard work of the Tribal Council and all of our staff that continue to make it possible for the newsletter getting to our membership. All of our department managers and administration continually go above and beyond to ensure our members are provided services and assistance.

With the fires this past year, that came right to the boundaries of the Rez, the council has made it a top priority to reduce the fuel load on the reservation both near the housing areas and the boundaries itself. Emergency preparedness and mitigation are crucial to ensure the safety of our tribal and community members.

We are currently looking at all possible options to provide housing opportunities for our membership that will benefit as many Tribal members as possible. A grant has already been submitted on behalf of the Tribe, that we are waiting to hear back about, that will help complete the 4-plex project we have been pursuing. Either way, we are confident there will be rental units developed here on the reservation this year that will help ease the housing defi-

ciency our tribe currently faces.

One of the main inquiries I have received from our membership has been about the status of the casino. I can assure you all that the Tribal Council is working diligently to get the casino back open and generating the revenue the Tribe has depended on. There are many factors that have come in to play in regard to the casino and our ability to ensure the doors stay open once we reopen for business. Many of these issues surrounding the casino, along with all other Tribal business, are updated on at the monthly meetings, which I encourage you all to attend on the 3rd Saturday of every month.

In closing, I would like to thank our membership for the consistent support for this Tribal Council you all continue to show. We have been open to sharing all information regarding tribal business and affairs with the members as we are committed to transparency.

Respectfully,
Sonny J. Elliott
Chairman
Hopland Band of Pomo Indians

2018 Halloween Party



Monthly Community Fun Nights



A MESSAGE FROM YOUR Tribal Vice-Chairwoman

Hello Hopland Tribal Members

I FIRST WANT TO WISH ALL OF you and your beautiful families a Very Happy New Year! We have been very busy here at the Tribe these past few months. We had three very large successful events including: Tribal Halloween Party, Thanksgiving Dinner and most recently our fabulous Christmas Party. These events were carefully planned out and preparations were done with the help of our employees and wonderful community members who volunteered their time.

I'd like to acknowledge and send a personal Thank You to Tribal Members: Wanda Balderama, Gavina Carrillo, Lisa Want, Maxine Torres, Brenda Lopez, Juanita Borrego and Lisa Vasquez for their hard work and dedication in preparing the amazing Christmas meal. Its events such as these that I truly enjoy being a part of, anytime that we can bring Our People together in unity is not only a

beautiful thing but very powerful as well.

Speaking of bringing our community together, we hold a Community Fun Night every month on the last Friday evening here at the Tribe from 6-8pm. This includes an awesome home cooked meal, raffle prizes and bingo. Everyone is welcome.

I will continue to do all that I can to promote community involvement/engagement because I believe its super important for the future of Our People. This is a part of my vision for the Hopland Band of Pomo Indians and I am so blessed to be on this journey with all of you!!!

If you have information to add to future newsletters let me know and please do not hesitate to contact me with any questions or concerns at any time. (707) 472-2115 or delliott@hoplandtribe.com Until next time take care of yourselves and each other.

Respectfully,
Diana Billy-Elliott, MSW
Vice-Chairwoman
Hopland Band of Pomo Indians

E P A

TERRI MCCARTNEY
EPA DIRECTOR



HAPPY NEW YEAR HOPLAND TRIBE!

Hopland EPA has several projects lined up for the New Year, including:

Free Spay and Neuter for Cats and Dogs - Starting in January, Tribal members will be able to have their dogs and cats spayed and neutered for free. The Mendocino County Care a Van, (mobile spay and neuter clinic) will be on site in January, the final date is still being set. Also, Tribal members can bring their dogs and cats up to Ukiah to the Spay and Neuter Clinic throughout the year, so if you miss the January spay and neuter you will still be able to schedule a time later in the year. Contact Terri at EPA for more information.

Expanding Recycle/Renew/Reuse - Before throwing away good clothing, books, furniture, household items please contact EPA and we will help you recycle and help reduce amount of solid waste going to the landfill. Call Earl or Terri for more information.

Monitoring Air Quality: EPA is working with Mendocino County Air Quality on monitoring the air for harmful particulates, especially from wildfires. Even during the winter months, smoke from vineyards burning their slash can cause unhealthy levels of particulates. If you can see smoke or the air is hazy check the air quality.

Environmental Interns: We are hoping to find funding and partners to support Environmental Interns for longer work time in the summer.

Growing the composting program- Earl has stepped up his composting game, and will be coordinating a community composting workshop in late spring/early summer. Watch for flyers announcing date and time.

Last year was busy with the Angelica Creek streambank restoration project, which planted over 1000 willows and other native plants to stabilize the bank and provide shade on the creek to lower summer stream water temperatures. This will improve stream water quality for steelhead, and other critters. Orval Elliott and his crew did a beautiful job on this, and learned important riparian restoration techniques.

We're looking forward to working for and with you in 2019, please let me know if you have any questions or comments.



Brand new signs on the left, replacing old signs on the right.



TRIBAL ROADS & TRANSPORTATION

HERE'S WHAT'S BEEN GOING ON IN THE ROADS AND TRANSPORTATION DEPARTMENT

HELLO AGAIN EVERYONE! Here's what's been going on in the Roads and Transportation Department. I made it out to the "National Transportation in Indian Country Conference" in Duluth, Minnesota. This is an annual conference held at different places each year. I did a presentation on the "Gabion Wall Project" that I mentioned in the previous newsletter. I did some great networking and made some valuable connections with folks all over the nation.

In September 2018 I was nominated by the Tribal Council for a position on the NAAC (Native American Advisory Committee) with Caltrans.

On December 17, 2018 I received a letter from The Department of Transportation Director Laurie Berman, congratulating me on being selected to a two year term. What this does is gives us a seat at the table when it comes to issues concerning sites and areas that are sensitive to Native Americans and our communities. It also allows me to represent not only our Tribe but many other Tribes that belong to the Caltrans District One area.

I also attended a Caltrans Native American Summit held in Ukiah which put a lot of focus on Cultural Monitoring. There is funding set aside by the state especially for these purposes. Anyone interested in learning more about this please give me a

call. Another thing that I have been doing is a great amount of networking with other Tribes and outside agencies to explore more ways to secure funding for the Tribal Roads and Transportation Department.

For those of you who are not aware of the brand new signs that recently went up by the Wastewater Treatment plant, I have enclosed some photos of before and after. This is something that I have been working on and I'm very pleased to see them up. I want to give a special thanks to Diana, Terri, Earl, Mark and B'taaka for helping to make this project a success. There will more signs coming soon to the road going up to administration.

On February 13, 2019 I will be holding a Christmas Tree Safety demonstration. The purpose of this is to show our community members how easy a Christmas tree can catch fire and how fast they can burn. We will also be showing people how to properly use fire extinguishers. This will be held in the field by the gymnasium at 3:00pm.

And lastly Mark and I have been doing our best to keep up with the potholes around the Reservation.

Please contact me at (707) 472-2106 if you have any questions or concerns. Until the next newsletter be safe out there!
Orval Elliott, Jr.

Roadway Safety — How can you reduce injuries and fatalities?

With 2,840 known fatalities in tribal lands from 2011 to 2015, most of us have either lost a loved one or know someone that has. You don't have to feel powerless to stop it. There are many ways that each of us can work to prevent roadway fatalities. Small efforts put forth by all of us can make a mountain of a difference and turn the tide.

To figure out how we can prevent these fatalities, we first must study the data. The data tells the story of why these fatal collisions are occurring. Even that is a struggle as we have known under reporting of crashes in tribal areas. This leads us to the first thing you can do: report any crashes that you know of. Contact your tribal transportation department or grants manager, and let them know, especially about serious crashes or fatalities. The more data that we have; the clearer the picture will be. Also, our chances of obtaining grant funding to correct the safety issues is greatly enhanced by good data.

A Tribal Transportation Committee, formed from many Tribal governments and the FHWA, reviewed the crash data for Native Americans. It's startling to learn that motor vehicle crashes are the leading cause of death from unintentional injury for Native Americans and Alaska Natives ages 1 to 44. In some states Native Americans are four times more likely to die from a motor vehicle crash than the general population.

From this review, the committee found five emphasis areas of special concern. The first one is occupant protection (seat belts, car seats, helmets, air bags, etc.). In 51% of Native American fatalities occupant protection was not used. In tribal areas seat belt usage has been tracked at 78%. The overall US average usage is 90%. Here's the second thing that you can do: wear your seat belt, make sure everyone else in the vehicle does, and make sure to use car seats even for short trips.

The second emphasis area is roadway departure. 63% of Native American fatalities happened when someone left the travel way resulting in a crash. 25% of these were in curves. How can you reduce this? Stay on the road. For most of us, we need to make sure that we are not distracted. No texting or using electronic devices while driving. There's also a lot that Road Departments can do to keep you on the road and help prevent fatalities if you leave the road. They accomplish this with good maintenance of gravel or unpaved roads, striping, signage, a clear roadside, and gentle slopes to name a few items. You can also help with this. Report any signs that are down, that have been vandalized or are no longer reflective at night to your local road owner. Also report drainage issues and damaged guardrail. They can't be everywhere at once and rely upon you to be their eyes.

The third emphasis area is impaired driving. 40% of Native American fatalities involved impaired driving. This is compared to 36% of fatal crashes across the US having an impaired driver. You can help to reduce this by drinking responsibly and helping others to do so. Don't drive if you've been drinking. Offer to give someone a ride if they have been drinking and you have not. Be a good enough friend to take the keys away from a buddy that's drinking.

The fourth emphasis area is pedestrian safety. 11% of roadway fatalities for Native Americans occur when a pedestrian is struck by a vehicle. This number is 3.5 times greater than other portions of the population. The majority of these are at night in rural areas. 77% of the time the individual was walking along or in the road. What can you do? Walk on a sidewalk or path when it's available. If you must walk on the shoulder or in the road, face traffic. Be seen by wearing reflective or bright clothing. Never walk near the road while impaired by alcohol or drugs.

TOP 10 - WHAT CAN I DO TO REDUCE ROADWAY FATALITIES?

1. Report crashes to your Transportation Planner or Grants Manager, especially severe or fatal ones.
2. Wear your seat belt, make sure everyone else does, and use car seats even for short trips.
3. Stay on the road. Don't drive distracted.
4. Report any signs that need attention, drainage issues, or damaged guardrail to the Road Dept.
5. Don't drive if you've been drinking.
6. Take the keys away from someone who is drinking and give them a ride.
7. Walk on the sidewalk or path. If you must walk on the shoulder or path, face traffic.
8. Wear reflective or bright clothing while walking.
9. Never walk while impaired.
10. Take some basic medical training and become a community volunteer.

The Tribal Transportation Strategic Safety Plan was used as a reference for this article and can be found at www.tribalsafety.org

This article was provided by Todd Morrison, who works with the Tribal Technical Assistance Program (TTAP).

EDUCATION

The **After School Student Advisory Program (ASSAP)** is just about at maximum capacity with an average of 16 children attending each day.

We are pleased to announce our newly hired Tutor, Stella Borrego. Stella is a Tribal Member and a member of the community. She has many years of experience working with children and is great addition to the Education Department Team.

The **Higher Education Scholarship Program** was very successful for the 2018 calendar year, paying out the highest amount in the last 10 years in scholarships, totaling \$25,355. The Spring semester deadline is February 28th, so please submit your application if you haven't already.

AA/AS: \$40/unit – max \$500/semester, max \$1,000/calendar year.

BA/BA: \$75/unit – max \$2,000/calendar year.

MA/Law/PHD: \$100/semester – max \$2,000/calendar year.

Education Scholarship Program	Quantity	Total
Higher Education Degree Scholarship	42	\$19,355
Vocational Education Certificate Scholarships	6	6,000
Total Scholarships	48	\$25,355

The **Education Incentive Program** has also been very successful paying out a total of \$7,100 in awards. The Special Achievement Award recognized hard work in the classroom for the categories: Student of the Month/Quarter/Year, Honor Roll, Perfect Attendance, and Academic/Partnership Scholarship Awards. The GPA Incentive rewards students' excellence with their studies in the Fall/Spring semester or 2nd/4th Quarter. Completed forms with a copy of the award (or transcripts for GPA) must be submitted by the 30th of the month following the month the award was received.

Education Incentive Program	Qty	Total
Special Achievement Awards (6-12) – \$100 Gift Card	36	\$3,600
Special Achievement Awards (K-5) – \$25 Gift Card	15	375
Semester GPA Incentive – \$25-\$100 Gift Card	47	3,125
Total Education Incentives	98	\$7,100

Cap & Gown Assistance: We offer up to \$50 for high school and college graduates cap & gown assistance. This program has been underutilized with only 7 people requesting assistance, totaling \$450. Please contact Katie at the Education Department to inquire.

Graduate Cap & Gown Assistance	Qty	Total
High School Graduates Cap & Gown – \$50	5	\$250
College Graduates Cap & Gown – \$100	2	200
Total Cap & Gown Assistance	7	\$450

Extra-Curricular Activities Assistance: We offer up to \$100/child/calendar year to assist with extra-curricular

activities registration and materials costs. For 2018, we paid out a total of \$2,100. For application information please contact Wilma Elliott at 707-472-2100.

EDUCATION CENTER & GYM SPRING SEMESTER HOURS

Learning Center: Tue-Fri 11:00am - 3:00pm
(adult use)

Learning Center: Mon-Fri 3:00pm - 6:30pm
(ASSAP)

Gym: Mon-Fri 3:00pm - 7:00pm

Gym: Sat 11:00am - 7:00pm

Gym Activities Schedule:

Mondays – Open Gym

Tuesdays: Badminton and Ping Pong

Wednesdays: Volleyball

Thursdays: Badminton and Ping Pong

Friday: Basketball Open Gym

Saturday: Basketball Open Gym

Other activities will be available every night such as mini basketball one on one free throw competition, Foo's ball, pool table and corn hole toss.

Gym Rules

1. No running on or under the bleachers.
2. Shoes must be worn at all times.
3. Only court shoes on the gym floor (no sandals or boots).
4. Shirts must be worn at all times.
5. Children age 5 and under must be accompanied by an adult at all times in the gym for safety reasons.

If you have any special events or need private use of the gymnasium facility, you need to fill out the Facility Use paperwork through Wilma in the Administration building.

The Education Department organizational chart has recently changed. The Education Director position has been eliminated and the Education Coordinator, Education Activities Coordinator, and Tutor report directly to the Tribal Administrator. By spending less on salaries and wages we can offer more education incentives, after school and summer activities as well as allocate more of the budget to higher education scholarships.

Education Staff

Katie Williams-Elliott
Education Coordinator
707-472-2100 ext. 1510

Kevin Maldonado
Education Activities Coordinator/Tutor
707-472-2100 ext. 1700

Stella Borrego Education Tutor 707-472-2100 ext. 1510

EDUCATION POLICY UPDATE

Policy update: Please note that at a regularly scheduled Tribal Council Meeting held on Sat Jan 19, 2019 it was the decision of the Tribal Council to revise the Vocational Training Higher Education Policy. Tribal members can now access these funds one time per 5 years.



Awarded for Academic Achievements in 2018:

- | | | | |
|----------------|------------------|-------------------------|-----------------------|
| Jesse Ferry | Aiden Ferry | Elijah Ram | Xochitl Dukepoo |
| Laila Gonzalez | Shannon Clark | Mariah Alvarado | Arianna Knight |
| Shayla Nash | Justyce Barela | Bryana Clark | Alek-Hester Fallis |
| Jordan Aubrey | Layla Aubrey | Alix Harjo | Lianna Barajas |
| Elaina Perez | Elena Romero | Hugh-Charlie Whittemore | |
| Destiny Abella | Arianna Gonzalez | Bianca Orozco | Chloe Madison Pardini |
| Eric Sosa | Erica Sosa | Oliver Cichy | Jorge Ricardo Orozco |
| Kiylea Elliott | Jorge Alvarado | Reyoni Ocasio | Oliver Cruz Cichy |
| Payton Torres | Shanice Hoaglen | Taylor Feliz Jr. | Angelina Aubrey Smith |
| Tasia Walker | Alice Gonzalez | | |

We would like to recognize our youth who are attending Chemawa Indian High School and Sherman Indian High School. It is not easy to be away from your home and family, so we would like you to know that we are proud of you all.

- | | | | |
|-----------------|-----------------|----------------|-----------------------|
| Shanice Hoaglen | Yolanda Hoaglen | Mahliah Arnold | Angelina Aubrey Smith |
| Lianna Barajas | Alix Harjo | Pablo Ruiz | Elena Romero |
| | | | Katie Romero |

A special thank you to Savath and Marlin Elliott at Sunny's Donuts, for donating every week to the children at the Learning center, and for their gift certificates on Christmas.



TRIBAL HISTORIC PRESERVATION OFFICE

Sí:n wa maya? or How are all of you my fellow Tribal Members? I am the Tribal Historic Preservation Officer and Ramón ší ʔo: or my name is **Ramón Billy, Jr.** Below is an alphabet or orthography of our Hopland Dialect called **Híntil Čanú.**

This orthography was developed in the past year, at the request of Chairman Sonny Elliott, Sr. and Vice-Chairwoman Diana Billy-Elliott, with the guidance and academic input from the illustrious linguists Dr. Marianne Mithun and Dr. Alex Walker building off of the work of anthropologist Dr. Victoria Patterson.

All data collected is credited to our treasured elder the late Frances Jack who had the foresight to work with Dr. Patterson and Dr. Mithun to preserve our language and the customs that go with it for future generations of the Hopland Tribe and beyond.

Please enjoy this offering and if further explanation is needed by all means contact the THPO at (707) 472-2100.

Yáhwí: ʔúda:w! or Thank you very much!

THE CENTRAL POMO ALPHABET OR ORTHOGRAPHY

Key to Pronunciation

The accent mark above a vowel, as in balú 'cheek' or síbo 'three' shows where the stress is, much as in Spanish. This is usually the loudest syllable

Híntil Čanú
(HOPLAND DIALECT)

There are many dialects of this language. Although Central Pomo speaking people from Hopland, Yokayo Rancheria and Manchester Point Arena can understand each other, they often have different pronunciations for the same words and even slightly different words for the same objects.

This alphabet or orthography (the conventional spelling system of a language) can be used to write words in any Central Pomo dialect even though the words used as examples of the sounds of letters are in the Hopland language.

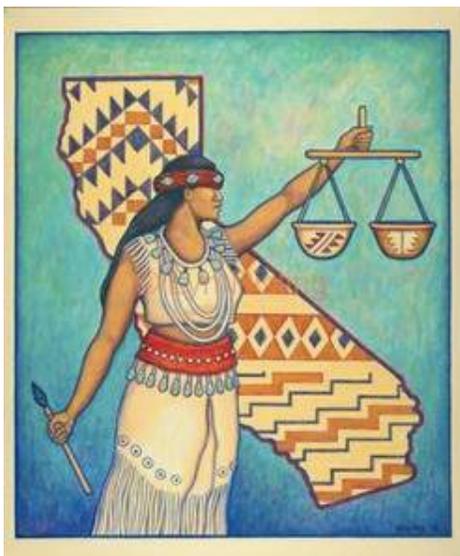
There are some distinctions between sounds in Central Pomo that are not made in English. The following symbols indicate these sounds in the alphabet/ orthography:



Vowel-Glide Combinations

ay	čáy 'scrub jay'	ey	náčey 'five'
iy	m:šíy 'a species of beetle'	oy	qáyóy 'oriole'
uy	ʔúy 'face'	aw	ʔúda:w 'a lot'
ew	ʔyéw 'stop'	iw	p ^h wíw 'see'
ow	č ^h ów 'no'	uw	dá:ʔduw 'want'

Letter	English Example	Central Pomo Example
ʔ	glottal stop as in uh <u>₂</u> uh	ʔiʔwí 'coyote'
:	the doubling sign prolongs the sound before it	dú:qʰo: 'four'
æ	as in <u>cat</u> . (This sound is very rare.)	æ 'yes'
a	as in <u>father</u>	šá 'fish'
a:	as in <u>pot</u>	ʔá: 'I'
b	as in <u>bat</u>	báya 'man'
č	as in <u>wets</u> but popped	čapítam 'yellow/orange'
č	as in <u>jaw</u>	čaná 'word/language'
čʰ	as in <u>cheese</u> complemented by a puff of air	čʰmá 'enemy'
č̰	as in <u>cheese</u> but popped	č̰ó: 'egg'
d	as in <u>dad</u>	danó 'mountain'
e	as in <u>bet</u>	ʔésʔes 'sneeze'
e:	as in <u>bait</u>	ʔé: 'hair'
h	as in <u>hat</u>	há 'mouth'
i	as in <u>pit</u>	síbo 'three'
i:	as in <u>beat</u>	ḱí: 'crab'
k	as in <u>skin</u>	ká:ka 'mother's mother'
kʰ	as in <u>kin</u> complemented by a puff of air	kʰé 'my' ; 'dance, song'
ḱ	as in <u>kin</u> but popped	ʔúy ḱwí: 'eyebrow'
l	as in <u>lap</u>	lá 'nose'
m	as in <u>mom</u>	má:ʔa 'woman'
n	as in <u>nut</u>	nácey 'five'
o	as in <u>old</u>	ʔó 'tooth'
o:	as in <u>boat</u>	pʰó: 'magnesite'
p	as in <u>spin</u>	pí:pa 'pipe from Spanish'
pʰ	as in <u>pat</u>	pʰéʔʰ 'calf of leg'
p̰	as in <u>pat</u> but popped	p̰dú 'acorn'
q	as in <u>scruff</u> but sound coming from back of throat	qaqó 'field'
qʰ	as in <u>calm</u> but further back complemented by a puff of air	qʰám 'heart'
q̰	same rule as in <u>scruff</u> above but popped	q̰áw 'fox'
s	as in <u>see</u>	só 'clover'
š	as in <u>shack</u>	šíyal 'evening'
ʧ	as in <u>stop</u> , but with the tongue touching the back of the teeth	ʧá:ʧa 'mother's father'
ʧʰ	as in <u>top</u> , but with the tongue touching the back of the teeth, followed by a puff of air	ʧʰaná 'hand'
ʧ̰	as in <u>stop</u> , with tongue touching the teeth, but popped	ʧ̰ów 'suckle'
ʧ̰	as in <u>still</u>	ʧ̰ó:no 'seaweed'
ʧʰ	as in <u>tent</u>	pʰéʔʰ 'calf of leg'
ʧ̰	as in <u>still</u> but popped	ʧ̰ás 'red'
u	as in <u>boot</u> , but shorter	bú 'potato'
u:	as in <u>boot</u>	maʧú: 'story'
w	as in <u>won</u>	háw 'in the mouth'
y	as in <u>yawn</u>	yá 'bone'



Northern California Intertribal Court

NEW ADDITION: LEGAL SELF-HELP CENTER The Administrative Offices of the court now includes a Legal Self-Help Center for those pursuing claims and lawsuits without the assistance of an attorney. Located on the second floor of the Education Building, the center is stocked with forms, packets and instructions for the self-represented litigant. A work space is located adjacent to Dorya, Harjo, the Court Clerk. While prohibited from giving legal advice, Ms. Harjo can answer questions about legal procedure and is available to assist with document preparation.

MICHAEL GADOUA
COURT OPERATIONS MANAGER

Court Services include, but are not limited to Civil Actions, Breach of Contract, Domestic Violence, Civil Harassment, Adoptions, Guardianships, Evictions, Name Changes, Tribal Claims, Tort Actions, Divorce (Summary) – just to name a few. Please stop by – we’re here to answer questions. After all, this is your court.

Court personnel would like to extend a deep thank you to Cynthia Daniels and Suzanne Romero for consecrating the new administrative offices with a blessing ceremony.

INTERTRIBAL COURT – STAFF

COURT CLERK

Dorya Harjo 707-472-2160
courtclerk@tribalcourt.org

PROBATION SPECIALIST

Rich Mascherini 707-472-2162
probationspecialist@tribalcourt.org

JUVENILE SUBSTANCE ABUSE COUNSELOR

Ariel Alfaro 707-472-2163
aalfaro@tribalcourt.org

COURT OPERATIONS MANAGER

Michael Gadoua
mgadoua@tribalcourt.org

CHIEF JUDGE

Kristina Kalka



ARIEL ALFARO

JUVENILE SUBSTANCE ABUSE COUNSELOR

MY NAME IS ARIEL

ALFARO, I am proud tribal member of the Hopland Band of Pomo Indians. It is a honor to join the Northern California Intertribal Court. I look forward to serving and helping the community as the newly appointed Juvenile Substance Abuse Counselor. My education background consist of an associates of science degree in Administration of Justice. I will apply my knowledge into the goal of youth wellness. I feel privileged to have the ability and opportunity to work with our Native American youth and the youth of our partner tribes.



Hopland Band of Pomo Indians
FEBRUARY 2019
 Tribal Health & Social Services

Kathy Littlebear, Health Director (707) 472-2123
 Robin Carney, CHR (707) 472-2102
 Sara Valadez, CHR (707) 472-2109
 Gabe Villa, CHR (707) 472-2103
 Josie Loomis, ICWA Social Worker (707) 472-2114
 Paul Murguia, III, Substance Abuse Outreach Counselor (707) 472-2111
 Leah Scuieler Crisis Advocate (707) 472-2113

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Movin' & Groovin' Mobility
 Group w/Robin 10:00 AM

4	5	6	7	8
Red Road w/Paul 4:00 PM (arrive early for light refreshments)		Boys Wellness Group w/Gabe 3:00PM (Ages 10-15 years)		Movin' & Groovin' Mobility Group w/Robin 10:00 AM
Golden Living Group 5:30 PM		Healthy Living Group 5:30 PM		

11	12	13	14	15
Red Road w/Paul 4:00 PM (arrive early for light refreshments)		Boys Wellness Group w/Gabe 3:00PM (Ages 10-15 years) Girls Wellness Group 3:00 pm (Age 8-12)		Movin' & Groovin' Mobility Group w/Robin 10:00 AM
Golden Living Group 5:30 PM		Healthy Living Group 5:30 PM		

18	19	20	21	22
<i>Offices Closed President's Day</i>		Boys Wellness Group w/Gabe 3:00PM (Ages 10-15 years)	Healing Circle w/Leah 6:00 pm (arrive early for light refreshments)	Movin' & Groovin' Mobility Group w/Robin 10:00 AM
		Healthy Living Group 5:30 PM		

25	26	27	28
Red Road w/Paul 4:00 PM (arrive early for light refreshments)	Healthy Eating & Ancestral Arts 2:00 - 4:00 PM	Boys Wellness Group w/Gabe 3:00PM (Ages 10-15 years) Girls Wellness Group 3:00 pm (Age 8-12)	
Golden Living Group 5:30 PM		Healthy Living Group 5:30 PM	

Golden Living Group
 Healthy Living Group
 Healthy Eating & Ancestral Arts
 CONTACT SARA

Contact Paul for Substance
 Abuse Counseling, Groups &
 Referrals as needed.

ICWA is in need of new
 foster homes. Contact Josie
 for more information.

Domestic Violence/Victim
 Services Available. Contact
 Leah at (707) 472-2113
 anytime.

HEALTH & SOCIAL SERVICES DEPARTMENT

WALKING THE RED ROAD TO WELLNESS & HEALING

MISSION STATEMENT: We envision our brothers and sisters awakening to sobriety, listening to the elders, and being models to the next generation.

"The Great Spirit does right. He knows what is best for His children."

I would like to invite the Hopland Community, to come together to share their Healing and Wellness at our **Red Road Meetings every Monday afternoons at 4:00 PM** (except holidays). We begin serving refreshments at 3:30. Have a blessed day.

EXPANDING OUR ICWA CIRCLE

Are you interested in being a Foster Parent to Hopland Foster Children?? We always have a need for stable, loving and culturally appropriate homes for Hopland foster children.

You must be able to:

- Pass Background
- Have your home certified and inspected
- Have reliable transportation

You must be willing to:

- Receive training
- Provide transport to appointments
- Keep an open heart and mind

If you are interested please contact our ICWA Office at (707) 472-2114.

DOMESTIC VIOLENCE & SEXUAL ASSAULT SERVICES AVAILABLE ON THE RESERVATION For more information contact Leah at (707) 472-2113.

Monthly Healing Circle's began in December. Join us on the third Thursday of each month at 6pm. (Contact Leah for more information.)



JOSIE LOOMIS
ICWA ADVOCATE

PAUL MURGUIA, III
SUBSTANCE ABUSE COUNSELOR

LEAH SAULETEL
CRISIS ADVOCATE

Let's get moving! It's 2019, a good year to make some healthy changes!

SARA VALDEZ
HEALTHY LIVING COORDINATOR

The Healthy Living Program is ongoing, providing participants with physical activity and valuable nutrition information and support. From chair exercises to Turbo Kick Live, we have something for everybody! (See the HSSD Group Schedule for more details and contact information).

The Healthy Living Center now has a "fitness room" with a couple of machines, weights and medicine balls for those who prefer a non-group exercise experience. Hours for the fitness room are Tuesday and Thursday from 10am-1pm, excluding holidays.

Here is something I have made for the Healthy Living Programs...it was enjoyed by ALL!!

Sara's Zucchini Boats

Serving size: 6 Prep Time: ~ 60 min.

INGREDIENTS:

Zucchini
Ground Turkey
Onion
Shredded cheddar cheese
Green Bell Pepper
Tomato
Garlic powder, Cumin, Chili Powder, Pink Salt & Pepper

Sautee onion, bell pepper and tomato. When onion is tender add ground turkey. Add in all of your seasonings to taste. Preheat oven to 350 degrees. Cut zucchini in half long ways to hollow out room for filling. (you can use this and add it to filling if you choose). When turkey is fully cooked (about 25 minutes) fill your zucchini boats and add cheese on top.

Bake at 350 degrees (Covered) for 25 minutes. Uncover and cook for an additional 5 minutes.

Serve with your favorite side dish or salsa.





Hopland Band of Pomo Indians



SELF - GOVERNANCE

From

CONTRACTING

TITLE I →

To

COMPACTING

TITLE V

Negotiating with IHS/DOI for all PSFAs

Negotiating directly with Federal government for PSFAs

FOUR BASIC STEPS TO TRANSITION

1. Complete the Planning Phase*
2. Write a Planning Report
3. Submit a Resolution Authorizing Pursuit of Title V Compact
4. Financial Capability Demonstration

*Currently we are in the Planning Phase. Planning Phase Activities include:

- * Legal and Budget Research
- * Stakeholder Awareness and Surveys
- * Feasibility Study
- * Measurement and Evaluation

WHY PURSUE SELF-GOVERNANCE? We must protect our right to enter into “Government to Government” negotiations by exercising our authority to determine what is in the best interest for the Hopland Tribe.

HOW DOES HOPLAND TRIBE BENEFIT? Tribe will provide contract oversight of the PSFAs, membership will have opportunity to help identify and prioritize pertinent services, and access services for the betterment of health and wellness on the reservation.

YOU CAN BE PART OF THE PROCESS: Complete surveys and participate in community information meetings. Information on Planning Phase activities and progress will be provided in the newsletters, on Facebook and made available at upcoming Tribal Council Meetings.

For more information, you can leave a message for Iyesha Miller, Self-Governance Coordinator, at (707) 472-2100 or email selfgovernance@hoplandtribe.com



Self-Governance Fact Sheet

Hopland Tribe's Current Negotiation Status

Currently, the Hopland Tribe negotiates annual *Programs, Services, Functions and Activities (PSFA)* funding agreements with *Indian Health Services (IHS)* and the *Department of Interior (DOI)*. These contracts are known as Title I Contracts. Title I contracting places a hardship upon the tribe in being subjected to IHS/DOI pre-determined funding allocations and system designs. The Hopland Tribal Leaders believe that Title I contracting is not in the best interest of the tribe and wish to begin the process of becoming a *Self-Governance* Tribe.

Self-Governance

Under Self-Governance, the Hopland Band of Pomo Indians will assume responsibility for administering PSFAs previously managed by both IHS and the DOI. By entering a Title V Self-Governance Compact the Tribe will have the flexibility to allocate federal funding to design PSFAs that will meet the tribally-driven priority service needs of the membership.

The goal of Self-Governance is to improve the health, social, safety and overall wellbeing of the Tribe while exercising the Tribe's sovereign rights of authority to determine how to use the funds and by designing programs to meet the needs of the membership.

Reference: Indian Self-Determination and Education Assistance Act (ISDEAA)

Basic Steps to Transition to a Title V Self-Governance Tribe

1. Complete the Planning Phase.

Planning phase activities include:

- Legal and Budget Research
- Feasibility Study
- Stakeholder Awareness and Surveys
- Measurement and Evaluation

2. Write a Planning Report
3. Submit a Resolution Authorizing Pursuit of Title V Compact
4. Financial Capability Demonstration

Benefits of Self-Governance

- Tribe will provide contract oversight of the PSFAs
- Membership will have the opportunity to help identify and prioritize pertinent services
- Increased access to health and wellness services

SPECIAL ANNOUNCEMENTS

Gabe Knight - MVP
 Larry Bryson - All Tourney
 Jared Strate - All Tourney



Congratulations Rachel Whetstone (manager of the year) and Kevin Maldonado (employee of the year) for receiving these awards. You guys are an amazing addition to the Hopland Band of Pomo Indians employees and we thank you both for your hard work and dedication to the Tribe.



Tribal Member Gabe Knight (pictured on the far right) is the grandson of Ron Knight Sr. and Great Great Grandson of Alice Elliott was chosen as Tournament MVP last month during the closing ceremonies of the Mendocino College John Hogue Memorial Tournament. Congratulations Gabe we are all very proud of you!!!

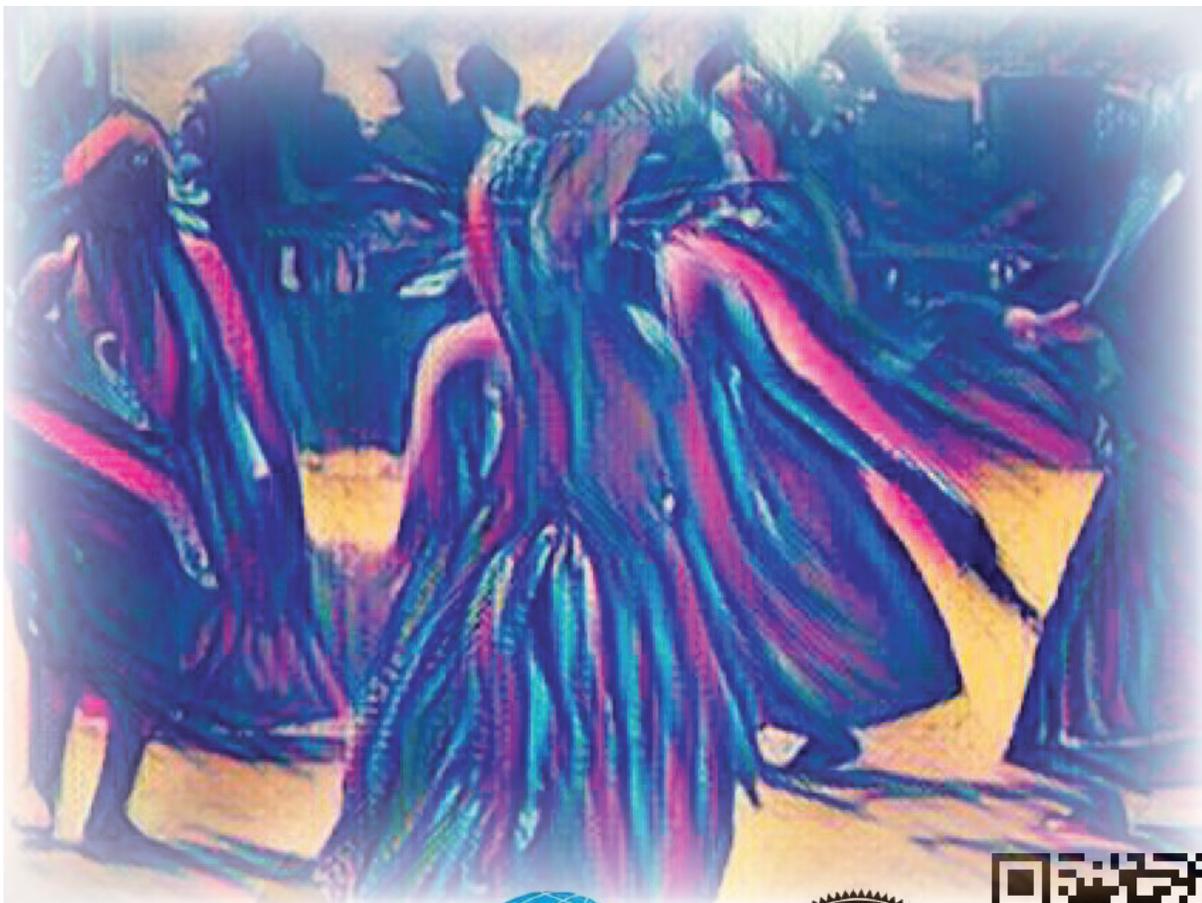
Here is our Tribal Roads Director Orval Elliott Jr. representing HBPI during his presentation in Minnesota at the National Transportation in Indian country Conference. Way to go Orval.



Tribal Members Christopher Beecher 7 years old and Cayden Beecher 6 years old won 1st place in Kelseyville Tournament representing Ukiah Lions Wrestling Club.



We want to acknowledge our CHR Gabe" Perm" Villa for always donating his time to be our bingo caller every month at our Community Fun Night. Thank you for going above and beyond Gabe!!!



FIND YOUR DIRECTION

- ✓ Leadership Skills, Job Training, Educational Award
- ✓ Lifelong Friendships, Community Service
- ✓ 10 Month Commitment = Big Rewards
- ✓ Housing and Travel Provided
- ✓ Living Allowance and Healthcare

Veterans encouraged to apply for leadership positions.



VIP AMERICORPS
AMERICORPS CONTRACT 95332A18C0001



NCCC	FEMA CORPS	TEAM LEADER
<p>National Civilian Community Corps partners with local and federal organizations to complete hands-on service projects throughout the United States. Projects address one or more of the identified issue areas:</p> <ul style="list-style-type: none"> ⊙ Natural and Other Disasters ⊙ Infrastructure Improvement ⊙ Environmental Stewardship and Conservation ⊙ Energy Conservation ⊙ Urban and Rural Development <p>Examples of Traditional Corps team projects:</p> <ul style="list-style-type: none"> ⊙ Filling and placing sandbags in local communities to mitigate the impact of natural disasters like flooding ⊙ Educating citizens on sustainability and energy conservation practices ⊙ Constructing or repairing hiking trails in parks ⊙ Removing exotic vegetation and planting new trees ⊙ Assisting veterans, homeless and senior citizen populations ⊙ Constructing and rehabilitating low-income housing <p>Project sponsors include national, community and faith-based nonprofit organizations, municipal and state governments, federal agencies, parks and schools. National partners include the American Red Cross, Habitat for Humanity and the U.S. Forest Service.</p>	<p>In an effort to strengthen the federal government's disaster preparedness and response, AmeriCorps NCCC and the Federal Emergency Management Agency (FEMA) partnered to create FEMA Corps. FEMA Corps teams train and complete projects related to disaster preparedness, mitigation, response and recovery. Projects settings are diverse and can include active disaster areas, recovery sites and FEMA regional offices. Teams serve on a variety of projects, including:</p> <ul style="list-style-type: none"> ⊙ Training the public on disaster preparedness ⊙ Planning evacuation routes and recovery plans for potential disasters ⊙ Compiling reports, managing and analyzing data ⊙ Working with nonprofits and government agencies to coordinate services for disaster survivors ⊙ Preparing disaster kits, tracking inventory and loading supplies in FEMA warehouses ⊙ Writing federal grants for damaged public facilities <p>Members are assigned to an AmeriCorps NCCC campus and region. Teams may serve on projects outside the campus region if needed.</p>	<p>Requirements for Team Leaders: Must be a U.S. Citizen (Required for FEMA Corps), or a Lawful Permanent Resident of the U.S. Must have a valid U.S. Driver's License. Responsibilities:</p> <ul style="list-style-type: none"> ⊙ Motivate and Coordinate team of 18-24 year olds for the service term ⊙ Conduct regular team meetings ⊙ Conduct assessments to track member development ⊙ Oversee safety and general well-being of members ⊙ Monitor housing sites and encourage development of life skills ⊙ Facilitate and encourage service-learning ⊙ Uphold NCCC policy ⊙ Take disciplinary action when necessary ⊙ Manage budget for projects and adhere to all NCCC budget processes

For more information, please visit our website at <http://corps.vet/>



TRIBAL I.D.'s:

Tribal I.D.'s are available from 8:30-4:00, and it really depends whether we have a Council member to sign the card. It's always best to call before you come to the Tribal Office. 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 \$15.00.

ELDERS CHECKS

If the 15th falls on the weekend, your check will be available for pick-up the Friday before. Checks are not available for early pick up. If you request your check to be mailed, it will be mailed one day before pick-up. If you authorize someone to pick up your check, please call in advance.

ADDRESS CHANGES

To ensure that our membership receives information from the Tribe such as flyers, events and any other updates it is important that you keep your address current with Wilma Elliott in Administration. Her phone number is 472-2100. Also please be aware that you must keep your current address updated with the Election Committee as well. This is so that they can send you all important information during Election time. Remember these two mailing lists are separate.

Administrative Notes