## Ja-Mo-Bida NEWSLETTER SPRING EDITION

2018

Tribal Citizens have a concern about a re-call petition and copies of a lawsuit that are being circulated. If you are a registered voter and in good-standing with the tribe-I would not sign it. A relative of mine and an attorney (not her Son) residing in Sacramento, have plotted to take-over our Tribal Government. Our Tribe has gone through the same attempt to over-throw our Tribal government in the year of 2003. Our strong support of voters stopped that attempt, and the same will happen to this attempt. These two people are causing the tribe to spend money on attorneys. Have these two people attempted to help our Tribe move forward, volunteered time, attend meetings, visited the Tribal offices? No they haven't. A re-call petition has to be signed by 51% of the registered voters and presented to the Tribal council for verification of signatures. Do not be fooled by these two people. Call me for more information 707-621-2071.

Leona L. Williams



Youth Wellness & Eduacation Building Next: Landscaping and interior



Natural Herbalist Mr. Ben Branham Jr.



1st Aunual Native Youth Conference



**Environmental Department's Trail/Wildlife Cam Pictures** 

VISIT US ON THE WEB @: WWW.PINOLEVILLEPOMONATION.ORG

## Department News and Updates

## Lenora Brown

## **Self Governance Director**

**DEPARTMENT OF SELF-GOVERNANCE:** 

2018 Annual Tribal Self-Governance Consultation Conference April 22-26, 2018 Albuquerque Convention Center, Albuquerque, NM

#### INDIAN HEALTH SERVICE:

Indian Health Service (IHS) Office of Tribal Self-Governance (OTSG):

The letter dated 6/16/17 from Department of Health & Human Services (IHS) Office of Tribal Self-Governance (OTSG) determined the Pinoleville Pomo Nation met and satisfied all statutory eligibility criteria required to participate in the IHS Tribal Self-Governance Program (TSGP) as authorized by Title V of the Indian Self-Determination and Education Assistance Act (ISDEAA):

- 1. Financial Review Audits for three years.
- 2. The Tribe meets financial stability and financial management capacity requirement.
- 3. Completing a planning phase and requesting participation in Tribal Self-Governance Program (TSGP).

The IHS negotiations will take place on May 2, 2018, at Pinoleville Pomo Nation Administration Building. Travis Colman, Agency Lead Negotiator Indian Self-Determination Program Specialist U.S. Department of Health & Human Services, California Area Office will be attending.

#### **DEPARTMENT OF INTERIOR (DOI):**

U.S. Department of the Interior Office of the Special Trustee for American Indians Office of Trust Review & Audit. The review was one of the first reviews conducted through Office of the Special Trustee for American Indians. The topics of review: Rights-Of-Way, Forestry, Residential, Acquisitions and Disposals, Business (Commercial), and Land, Title & Records. The review was conducted by a team from Albuquerque, N.M. The review was one with no findings or concerns.

#### U.S. DEPARTMENT OF TRANSPORTATION FEDERAL HIGHWAY ADMINISTRATION (FHWA):

The Pinoleville Pomo Nation signed an Referenced Funding Agreement (RFA) with Federal Highway Administration (FHWA). The Pinoleville Pomo Nation entered into a funding agreement on October 1, 2017.

#### May 14,2018: Federal Program Reviews

Administrative Review Guidance for Child Care Food Program (CACF) and Early Head Start and Head Start Programs.

The Administration for Children & Families Office of Head Start in Washington, D.C.

February 27-28, 2017, conducted an Early Head Start (EHS) Expansion Program Performance Review to determine no findings. Pinoleville Pomo Nation program is working in its community to plan and provide high quality services. This was our second year open to ages 0-3 years of age.

The Office of Head Start conducted an on site CLASS review on 2/27/18. This review was observing conduct in preschool center-based classrooms using the Pre-K Classroom Assessment Scoring System (CLASS). The CLASS tool looks at three domains and ten dimensions of teacher-child interactions and measures those observed interactions on a seven point scale. The review was completed and received results. The school improved in all areas previously in 2017.

U.S. Department of Housing and Urban Development (HUD): November 27, 2017, HUD FEDERAL REVIEW TEAM: On-Site Review was conducted and approved on 2/2/18. Satisfactory with all programs outcomes.

Institute of Museum and Library Service Grant-Final Report submitted 3/30/18.

Tribal Formulations, "Preferred Program Rankings". Unfunded Obligations".

Federal Highways-Chain Reporting-Trenton O'Daye

Welfare Assistance Report submitted 4/15/18.-Lenora

Indian Health Review 3/7/18-On-Site Review conducted and completed with no findings.

Methamphetamine and Suicide Prevention Initiative (MSPI) Grant targeting Native youth (age 8-24) through the Indian Health Service. (MSPI) Virtual Review-This was conducted by Skype with new project person. This was the first Virtual Review and the program was impressed with all preventative programs Pinoleville is administering.

If you want any other information on reviews please contact Self-Governance Department (707) 463-1454 X 120

Submitted Respectfully:

Lenora Brown



## Bridging the Gap in Community Health Care

### **Community Health Representaives (CHR) Program**

Self-Governace Communication & Education (SGCE) 303 South 5th Street McAlester, OK. 74501

It's older than Indian Self-Determination and Education Assistance Act (ISDEAA) and the Indian Gaming Regulatory Act (IGRA), it shares an anniversary with the Indian Civil Rights Act (ICRA), and is arguably one of the first steps towards the Self-Governance Program that we know today.

Established in 1968 under the 9121 Snyder Act, the Community Health Representatives (CHR) Program has provided 40 years of service to American Indian and Alaskan Native communities since its inception.

According to the IHS, the CHR program is the largest tribally contracted and compacted program being directly operated by tribes under the Indian Self-Determination and Education Assistance Act (ISDEAA) at a rate of more than 95 percent in all 12 IHS Areas with over 1,600 CHRs representing 250 tribes.

Meaning over two-thirds of the current 360 IHS Self-Governance tribes and tribal organizations currently compacted with the IHS have a CHR program.

Providing health care at the most local level possible, CHRs are first responders, patient advocates, public health educators, community liaisons, care takers, communicators, and much, much more.

CHRs are grounded in their communities with many being tribal citizens of the communities they serve enable better quality of care, culturally appropriate solutions and education on specific issues impacting their community.

However, CHRs might be facing large cuts to the Program in the upcoming FY2019 budget.

Contact SGCE at (918) 302-0252 for more information about the program.

## 1st Annual NativeYouth Conference

On March 9th, Gabe Ray, Methamphetamine and Suicide Prevention Initiative (MSPI) program coordinator took Ukiah and South Valley youths to the 1st Annual Native American Youth Conference hosted by Cheryl Tuttle and the Round Valley High School Native American Club.

The conference had motivational speakers on different topics ranging from Suicide, poverty, physical and mental abuse, low self esteem. To pride, self-awareness and self-empowerment.

Among the invites were Frank Waln an indigenous American (Sicangu Lakota) rapper, songwriter and activist from the Rosebud Sioux Reservation in South Dakota.

Also in attendance was the hoop dancers from the Seneca/Mvskoke Creek Nation, Sampson brothers Lumbe and Samsoche.

Also invited was Tanaya Winder a poet, writer, and educator from the Southern Ute Reservation and Rebecca "Maggie" Steele, founder of Seventh Generation Warrior for Peace, accomplished peacemaker, storyteller and youth role model.



See Frank and the Sampson Bros.

click here: https://youtu.be/AYI2jyGqXC8

#### Frank Waln



Frank Waln is a native American hip hop and music artist. He hails from the Rosebud Sioux Reservation in South Dakota. He has numerous of awards that include:

Native American Music Award (NAMA) 3 times 2016 3Arts Grant Award for Chicago's Artists 2014 Chicago Mayor's Award

2014 National Center for American Indian Development.

He has been featured in Buzzfeed, Vibe, ESPN and MTV's Rebel Music Native America, and many others.

you can see Frank Waln's videos on YouTube. https://www.youtube.com/user/NakeNulaWaun4

She is known to many as Auntie Maggie, she is a story teller, artist, educator and a warrior healer among other accomplishments. At her workshop we was treated to her own unique way of teaching

Rebecca "Auntie Maggie" Steele

wellness and dealing with delicate matters like losing loved ones. She has organized a group of warriors named Seventh Generation Warriors for Peace. Made up of individuals ranging from the youth to elders, devoted to the prevention of violence, gang violence and educating through wellness and a healthy lifestyle. Experience from her youth growing up in the ghettos of East San Diego, she truly understands the difficult issues the kids are faced with these days. At her workshop we was treated to her amazing story telling abilities, We was treated to a story called the Painted Crow.





### **Tanaya Winder**

Tanaya grew up on the Southern Ute India reservation, she's from the Southern Ute, Duckwater Shoshone and Pyramind Lake Paiute Nations. Multi-talented, she

teaches creative writing workshops, she's a guest lecturer at many high schools, universities and native reservations. She's an accomplished poet and she co-founded, "As/Us: A Space for Women of the World" to stage the creative literary expressions and scholarly work of both new and seasoned writers of color from around the world. As a singer her voice can be featuered in many of Frank Waln hip hop tracks. Tanaya, Maggie, Frank, and the Sampson Brothers are part of the international touring team called the Seventh Gerneration Warriors for Peace. Her poems and her lectures can be found on youtube and other media outlets.



## Lumhe & Samsoche Sampson

The bothers Lumbe and Samsoche make up the world renowned hoop dancing team Sampson Brothers. At the conference they explained on how traditional stories are told through dance and hoops. They taught the meaning of the hoop or circle. Using the hoops they created symbols and animals, and combined with dance stories are told. They treated the conference audience with a modern day story



about how a hoop represent a life and as another hoop is presented and together they will create a nest and as both hoops spin and turn in sync they eventually will create another life. They demonstrated animal forms like the eagle, butterfly and the horse. They created a flower and they even created a man on a horse whirling a lasso. The brothers along with Frank Waln make up a touring team.

Download the digital version to access links:

Click on the pictures for videos

Seventh Generation Warriors for Peace



Poem: Resistance



**Shared History** 



Sampson Bros.



7.53 Mov.

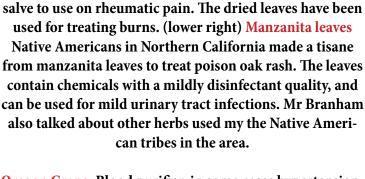
## Ben Branham Jr. Natural Hebalist from Hoopa

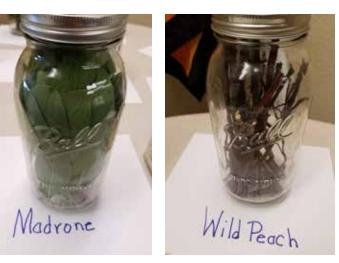


Mr Ben Branham Jr. from Hoopa has been involved in natural herbs since childhood and he honored our presence with a little lecture on the native plants around the area. He showed us many of these plants can be used as herbal medicine and they are found locally. This knowledge has been passed down from many generations and still are being used today. Many of these herbs can be used to help control diabetes, hypertension, Herbs can cure warts, sore muscles to purifying blood. Here are some of the herbs he presented to us.



(top left) The Madron Tree leaves can be used for sores in mouth, canker-sores and fever blister from eating acidic foods. (top right) the Wild Peach can be used as a blood purifier, cutting the stems small as one inch. (lower left) Cedar Leaves, have been boiled in lard to make a





**Oregon Grape:** Blood purifier, in some cases hypertension.

Wild Carrot: used for cleanser of the liver, colon, and kidneys.





Worm Wood: used for sore muscles, swelling of the knees. Use as a poultice, using the leaves part to wrap poultice to effected area.

Pepper-wood: used to ward off negative energy (night-mares) or fleas.

Milkweed: used for wart removal by applying milky white substance with cloth or band aid until wart is gone.

**Louc Puttie:** used mostly for nerves.

**Devil Root:** used for hair loss or improving memory.

Last year the Enrichment Program was a great success and enjoyed by the students, the summer program is back again for 2018, please apply before May 25th and submit completed forms to Mr Mike at Eagle Peak, Mr. McNearny at Pomolita or Ms. Kristin Frith at Ukiah and South Valley High School



Summer 2018, we are setting up a STEM and STEAM workshop lab for students who want problem-based learning. STEM Lab students have opportunities to become problem solvers, risk takers, critical thinkers and innovators. By working through a combination of learning strategies they discover the nature of a problem, understand the variables involved and gain a perspective viewpoint. The lab will provide a ShopBot, this machine that is a combination of hardware and software will teach on how to produce by cutting sheet metal, it can also engrave logos and signs from metal and wood.. The ShopBot is a top-of-the-line CNC(Computer Number Control) router.









## Pinoleville Pomo Walkers

## **Picking The Right Walking Shoe**

To ensure yourself with happy walking feet, you need to make sure the shoe fits properly from heel to toe. There are basically 6 things you need to look into to assure a proper fit? There is the heel, instep, width, length, the flex and finally the feel of the shoe.

#### The Heel

Your heel should fit snug, but not tight, "Laced up (but not tied), you should be able to slide your feet out." Lacing your shoes up through the final eyelet minimizes slippage. There should be some heel movement, but it shouldn't be uncomfortable. Any irritation or discomfort you feel in the store, will be increase once you begin walking or running.

#### The Instep

A shoe's upper should feel snug and secure around your instep, If you feel pressure and tightness, they need more space and loosen the laces. Try different lacing techniques until you can find the style that feels good to you. Also lace up while your foot is in the shoe

Your foot should be able to shift side-to-side in the shoe's forefoot without crossing over the edge of the insole. You should be able to pinch a quarter inch of upper material along the widest part of your foot. If the shoe is too narrow, you'll feel the base of your little toe sitting on the edge of the shoe's sole pad.

The Width

#### The Length

Feet swell and lengthen over a run, so make sure there's a thumb's width of space between your longest toe (which isn't always the big toe) and the end of a shoe. Your toes should also wiggle freely up and down. Being able to wiggle, protects the toe from complications that can effect your comfort while running.

#### The Flex

Check the flex point before you put on the shoe, You can do this by holding the heel and pressing the tip of the shoe into the floor. The shoe should bend and crease along the same line your foot flexes. An improperly aligned flex point can lead to arch pain or plantar fasciitis, while a lack of flexibility leads to Achilles-tendon or calf strain.

Knowing your arch type or running mechanics is not always everything, you need to know your foot's contours and movements. You can't always get the feel of a shoe by just standing there. Many stores now a days have a treadmill to test out your kiks. So take your

HEEL COUNTER WEDGE

Figure 4.1. Various parts of a running shoe

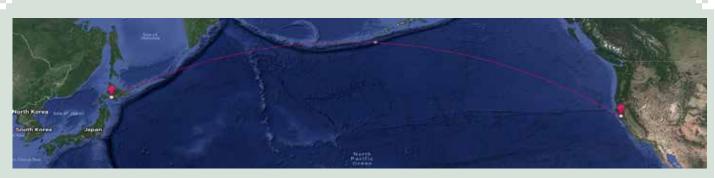
shoes for a quick jog, on the sidewalk, or down a hallway. You should have a natural-feel support under the arch. You need less support if you feel your arch cramping, your shoe should complement and support your stride, so do not try to alter it,go with the flow.

There are also mistakes a lot of people do when buying shoes or sneakers. Buy because it feels good on your feet and not because they look good or because they are sponsored by some high paid jock. Always think "feel" not "looks". One mistake most people don't know about is the time of day you buy your shoe. Your foot starts to stretch starting in the morning, by the afternoon your foot could have a different fit to shoes as they would be in the morning. So maybe shop for shoes late in the afternoon.

One last and final mistake might be assuming what your size is, get it properly measured by the shoe salesman. It's better to be sure than sorry. Many shoe companies sizes differ from one another. In my experience I found Puma's

sizes run a lot smaller than lets say...Nike or New Balance. So buying on-line can be a pretty risky.

## Pinoleville Pomo Walkers Update....



Here is an update on some of our group's walkers since last newsletter from January. When i calculated Zack's distance from the last time, he was about 1089 miles away from the city of Tokyo Japan. He is now about 699 miles away from Tokyo. He has an average of 8 miles a day for March. His lifetime totals are 9,159,882 steps and 4,355 miles. (above pic)



Trenton in January, calculated him to be in Newfoundland, Canada, running out of land and heading into the ocean I directed his path southward. He is currently passed a small town of Uvita in Costa Rica. He now has 6,956,317 steps lifetime and has 3,281 miles lifetime.



Shannon has as of the end of March piled up 1,607,203 steps since her Fit-bit began recording her steps, and racked up 720 miles since. According to my calculations she is now currently in a small intersection of I-70 and Route 191, in a small place called Crescent Junction, Utah.

## Featured Pinoleville Pomo Citizen

## Lennie Gomes

Lennie Gomes is a tribal citizen of the Pinoleville Pomo Nation, he is a member of a four man musical group with unique and diverse cultural backgrounds. The four uniquely individual talents make up the harmonious group

called Koljademo. Koljademo is the Pomo name of Lennie's great-grandmother Josephine Green Stevenson. The word Koljadem means One Who sees Beyond, she had visions. His grand mother once said to him, he too was a seer.

Gomes, who is native on his mother's side grew up around music. His father played harmonica and his mother who played guitar and sang, came from a long line of traditional Pomo healers, herbalist and singers.

Although Gomes has played mainstream pop, he has always been involved with traditional pomo singing from his mother side. One of the last persons he knew who sang traditional pomo was his great uncle Cornelius Jack Stevenson.



Two years ago after coming out of retirement, Gomes had a dream about creating music based on his uncle Jack's singing. He had recorded his uncle's singing on tapes before they was misplaced during a divorce. A week after he had the vision, a package mysteriously arrived at his mother's house from an unknown person. When he opened the package, to his surprise it was the tapes he made of his uncle's singing. He knew then it was destine to use these songs for the root of his music.

Gomes then reunited with Tom Hayashi, who played piano and drums along with Randy Quan an accomplished guitarist. Both played with Gomes during their bar band days. And adding his cousin Cal Hopper a full-blooded Pomo as a powerful traditional singer, they created the group Koljademo.

Gomes built the tracks of their first album "Destined Love Traveler" around the singing of his late uncle Jack and



they all wrote the chords for the melodies. As inspiration took over, bagpipes was added because Gomes great-great grandfather was adopted by a white Irish family that let him stay in touch with his native side. Tom added a Japanese element and along with Randy adding a Chinese touch. His cousin added his authentic Native voice.

The album Destined Love Traveler has done well for a first album from a unknown group. The album was nominated for album of the year by the First Americans in the Arts and the Native American Music Awards. They have appeared on and performed at the Native American Music Awards in 1999. Gomes will be working on their next album, claiming to be more up-tempo and in your face.

Download digital verson for music sample

## EPA Department



PINOLEVILLE POMO NATION ENVIRONMENTAL DEPARTMENT

Zack Sampsel

While we conduct regular water quality monitoring, wildlife monitoring is a new area of focus for our department this year. Seeing what wildlife interacts with Ackermans Creek is important. It shows us if it's suitable habitat for animals as well as fish.

In November we set up our field camera for one week at a time and began saving any of the photos of various animals we've seen. As you can see from the pictures, we've captured photos coyotes and more.







Click on link to read & see more pics – including a bobcat -- at http://www.ppnenvironmental.com/wildlife-monitoring-field-camera-pictures/



## Ukiah High School Middle College Program at Mendocino College



## What is Ukiah High School Middle College Program?

This program provides a supportive, academically challenging environment for high ability youth at risk of not meeting their full academic potential high school setting. UHS-MCP enables students to experience a high school quality college preparatory high school education with effective support services and direct access to college.

UHS-MCP students have the opportunity to earn a high school diploma, meet the requirements for acceptance into college and earn 30 to 60 college transferable units.



A partnership between
Ukiah unified School District
&
Mendocino-Lake Community College
District

## Who should apply to UHS-MCP

Ukiah Unified School District values the diverse population of our community and will consider this factoring eligibility

- Average or above test scores in reading,language, and math
- High school GPA 2.3 or above
- Strong attendance
- C or better in English 1 and pre-algebra or above in math
- Desire and commitment to making education a priority
- Make mature choices and succeed in a innovative high school program on a college campus
- Independent critical thinking, problem solving, articulation and organization
- Looking for an alternative experience to a traditional high school education



## What is the process to become a UHS-MCP student

#### **NOW**

Discuss the program with family and your high school counselor

#### November

Attend informational meeting November 7th or 14th at Ukiah High School at 6pm

#### December

Fill out application completely and submit it in at the Ukiah High School

#### Ian/Feb

Transcript review and interviews

#### March

List of finalist and a waiting list completed by a review committee

#### <u>April</u>

Attend Middle College Night at
Mendocino College
Finish application process for
Mendocino College for fall enrollment

#### Mav

Register for Fall classes at Mendocino College

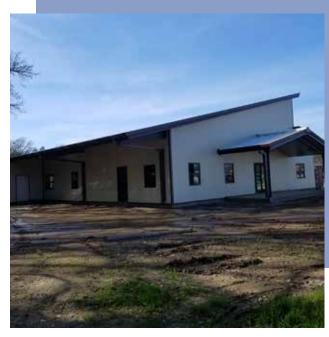
#### August

Orientation meeting for Middle College cohort

# Youth Wellness & Education Building Update









The Youth Wellness & Education Building exterior is complete. The next step will be the interior of the building adding walls, electrical, plumbing, etc.

Follow Up
Talking Circle
White Bison Training Facilitators

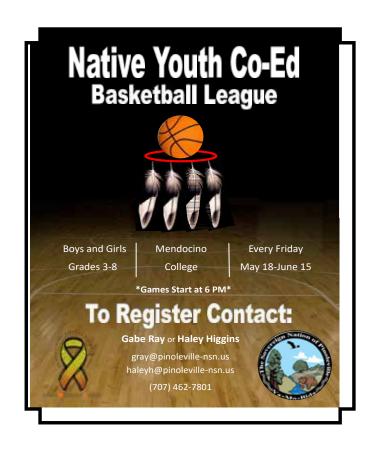
April 16, 2018

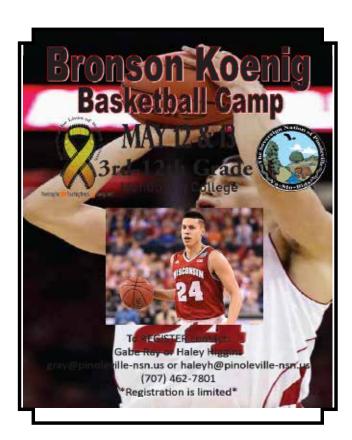
2:00 PM

**Location:** 

Redwood Valley Rancheria 3250 Road I Back Building B Redwood Valley,CA 95470

> Contact Gabe Ray or Hailey Higgins At 7074627801

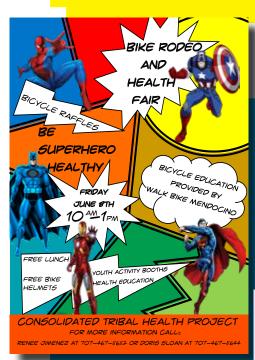




For more information please contact
Haley Higgins or Gabe Ray at
the Pinoleville Pomo Nation
Vocational Rehabilitation Program
Call Ray or Haley at
707-462-7801

Don't forget to register or fill out applications for all events.

## **Up Coming Events**



Bicycle Rodeo June 8th, 10am-1pm

STEAM Academy June 13th-July 3rd





Rock Your Sock Walk/Run April 28th @ 9:30am



Cultural Family Campout June 21st-June 24th

**Enrichment Program July 9th-27th** 



### MISSION STATEMENT

The Pinoleville Pomo Nation secures tribal government, affirms and protects tribal sovereignty, and maintains government-to-government relationships. The Nation is dedicated to developing and maintaining co-operative alliances that benefit the nation and local community. The Nation is committed to the preservation of its history, culture, and traditions. The Nation provides for the health, safety, and general welfare of its citizens, while promoting economic self-sufficiency and personal independence.







### **OUR VISION**

We see our community being healthy spiritually, physically, emotionally and mentally. We will become independent and self-sufficient through economic development. Self-governance will be carried out through leadership focused on cultural and traditional values, taking actions needed to bring our people into balance. We see ourselves passing on the knowledge and wisdom of our ancestors to future generations, and encouraging understanding with communities outside our own.



https://indd.adobe.com/view/b74fcd37-26c9-477a-ba98-f085ff757d7c Scan To View A Down-loadable Digital Version

#### **Northern Pomo Prayer**

Yah'wee Imik K'edi Machi
Thank you Creator for the good day
Yah'wee Imik Kawiya
Thank you Creator for the children
Yah'wee Imik Ma:a nam
Thank you Creator for the food
Yah'wee Imik Ya? Khe manen
Thank you Creator for our dances
Yah'wee Imik Ya? Khe Beeden
Thank you Creator for our songs
Yah'wee Imik Yamo Beda
Thank you Creator for Pinoleville
AHO

Pinoleville Pomo Nation 500b. Pinoleville Drive Ukiah, CA. 95482