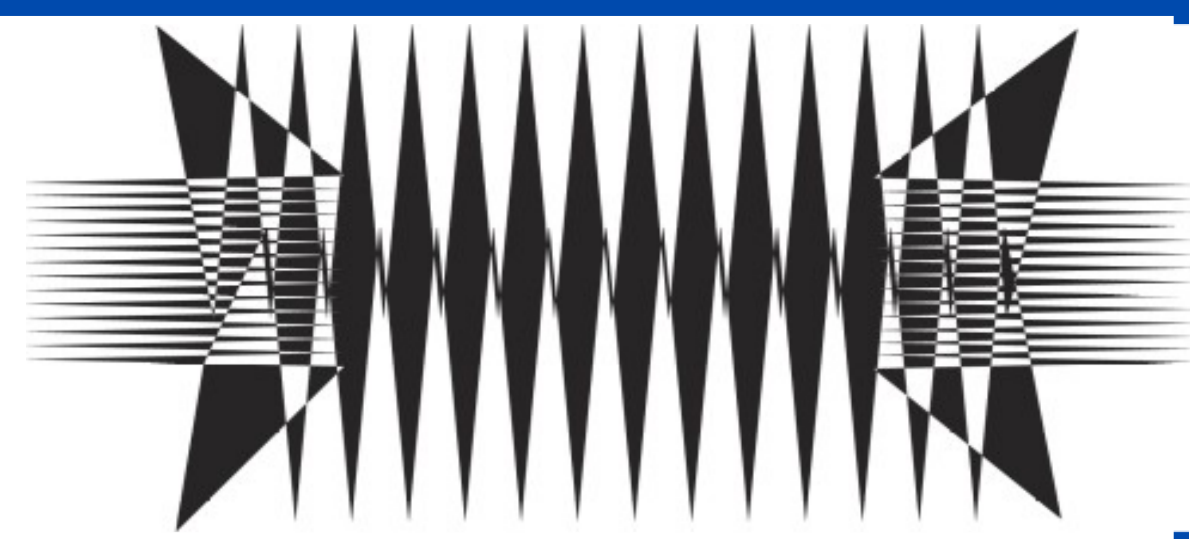


**MAY 2023**

# NEWSLETTER

**Middletown Rancheria**



MAY 6TH. 2023

## GENERAL COUNCIL MEETING

Location: Event Center & Hybrid at 10am

<https://middletownrancheria-nsn.gov/>



### **Election Committee**

#### UPCOMING NOMINATIONS

At the regularly scheduled General Council meeting on Saturday, May 6, 2023, Nominations will be taken from the floor for the following positions:

- 1) **TRIBAL VICE CHAIRPERSON**
- 2) **TRIBAL TREASURER**
- 3) **GAMING REGULATOR**

**NOMINATIONS**

#### ELECTION DATE

On Friday, June 23, 2023, the Election will take place at the Middletown Rancheria . Polls will be open from 10:00am to 6:00pm.

[electioncommittee@middletownrancheria.com](mailto:electioncommittee@middletownrancheria.com)

### **Middletown Rancheria Tribal Office Staff Anniversary's**

**Randall Cole  
Behavior Health Coordinator**

**1 yr**

# Boys & Girls Club

Hello,

Middletown Youth Center had a great month of March and continued through the month of April.

1. I will be traveling to Florida representing Middletown Rancheria the week of May 2nd-May 6th. (Youth center will be closed).

2. We have completed our 1st college field trip to Mendocino College in Ukiah. We learned about the available resources provided through Native Services. (4) Tribal kids attended the trip. College prep starts in 8th grade and most colleges will go back this far to look at grades.

3. With the help of the Parent Committee. The youth center will continue to promote healthy, creative and fun ideas for our youth.

4. Shout out to Aaron Christensen of Arrowhead HVAC for his efforts in getting the youth center up and running with Hot/Cold water.

5. Thank you Ursula Simon for teaching the kids how to make Indian Tacos and also having an Art day .

6. Shout out to Richard Yee for teaching the kids how to make pizza.

7. A SPECIAL shout out to Justice Simon! Justice has single handedly been cleaning the back of the Brewery with the cleaning and organizing.

--

Shaun Sims

Boys & Girls Club Director

Middletown Rancheria of Pomo Indians of California

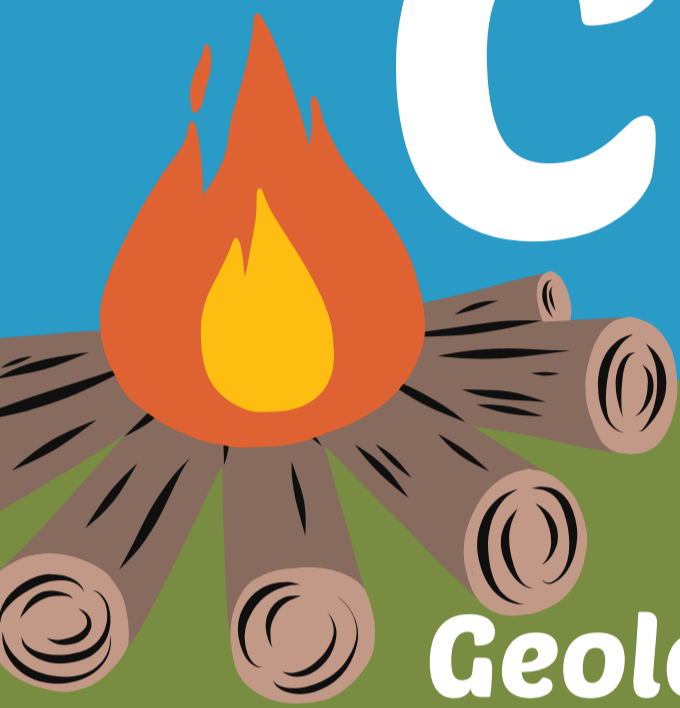
PO Box 1035

Middletown, Ca 95461

(707) 978-0487



# YOUTH 5-DAY SUMMER CAMP



**Geological timeline hike**  
**Native plants and animals**  
**Bale Crist Mill Operation and Demonstration**

Funding possible by BIA: Tribal Youth Initiative (TYI) Program to promote native youth interest in natural resources management, including career opportunities in natural resources.

**JULY 10TH-15TH**

MIDDLETOWN RANCHERIA ENVIRONMENTAL DEPT. IS PARTNERING WITH A NATURALIST TEAM FROM NAPA COUNTY REGIONAL PARK TO HOST A 5- DAY SUMMER CAMP.

**ATTENDEES CAN STAY FOR THE ENTIRE WEEK OR ATTEND DAILY .**

**PLEASE LET US KNOW HOW MANY ADULTS AND CHILDREN WILL BE ATTENDING**

**Bothe- Napa State Park**

3801 St. Helena Highway  
Calistoga, CA 94515

**Meals will be provided**  
**Camping gear available by request**



**Please Contact Amy to RSVP or for more information**

[abailey@middletownrancheria.com](mailto:abailey@middletownrancheria.com)

**\*Planning Fall 2023 weekend campout @ Mackerricher State Park\***



# MIDDLETOWN RANCHERIA IHBG PROGRAMS

( ) 2023/1-1 MTRHD New Construction of Home buyer Unit

( ) 2023/1-2 MTRHD Housing Rehabilitation Assistance Program

( ) 2023/1-3 MTRHD Housing Temporary Rental Payment Assistance Program

( ) 2023/1-4 MTRHD Emergency Housing Assistance Program

( ) 2023/1-6 MTRHD Home Buyer Assistance Program  
Low-Income

( ) 2023/1-7 MTRHD Home Buyer Assistance Program  
Non Low-Income

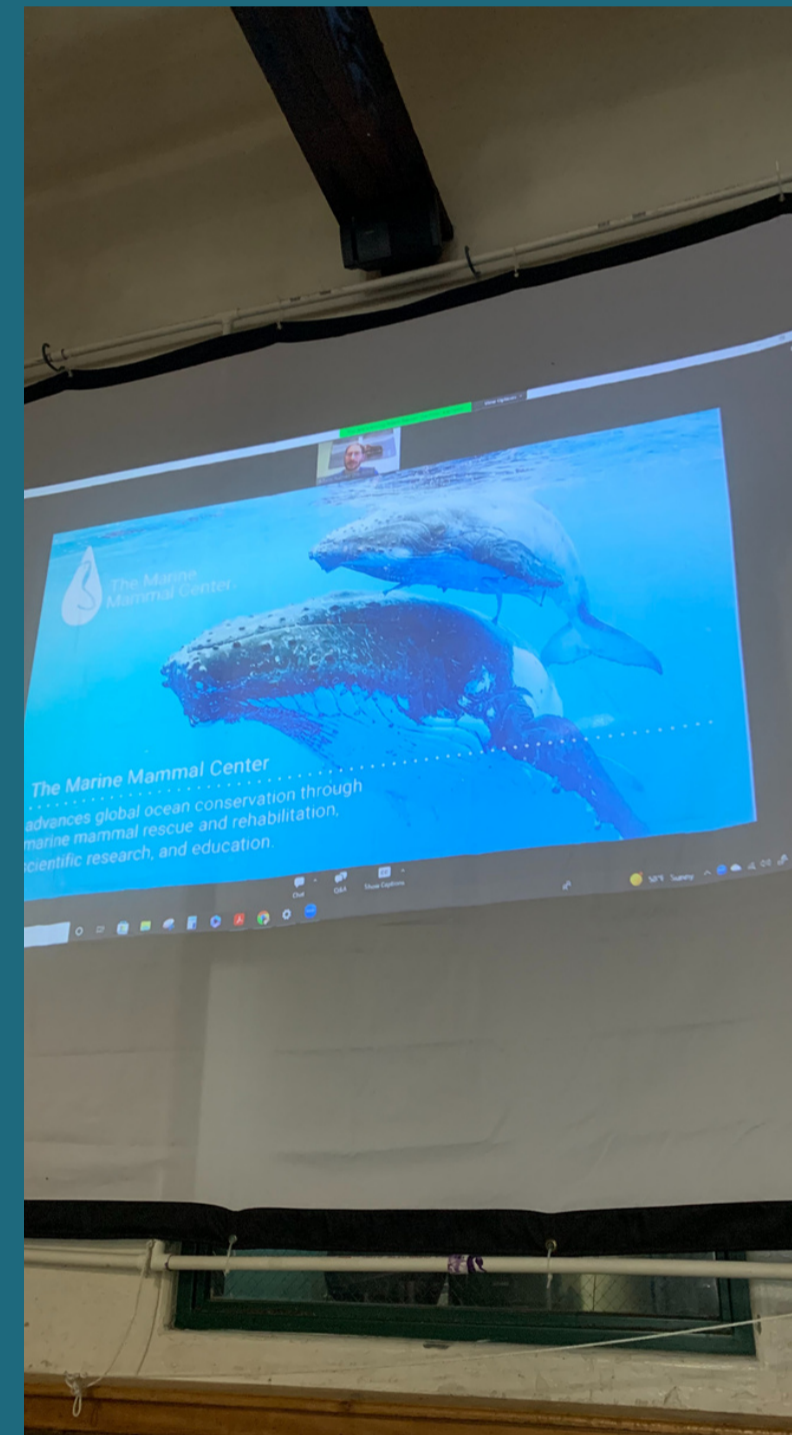
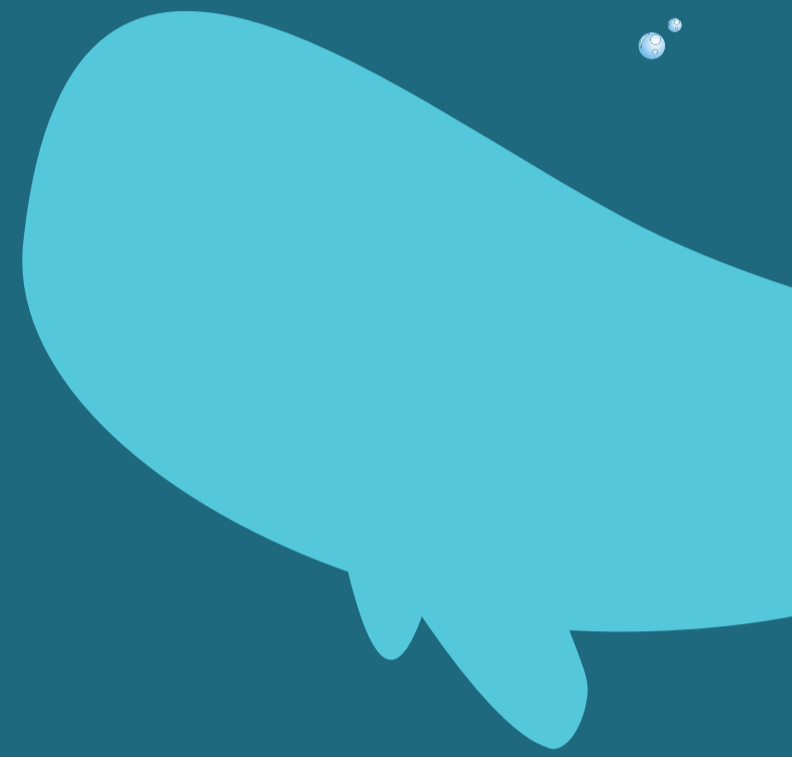
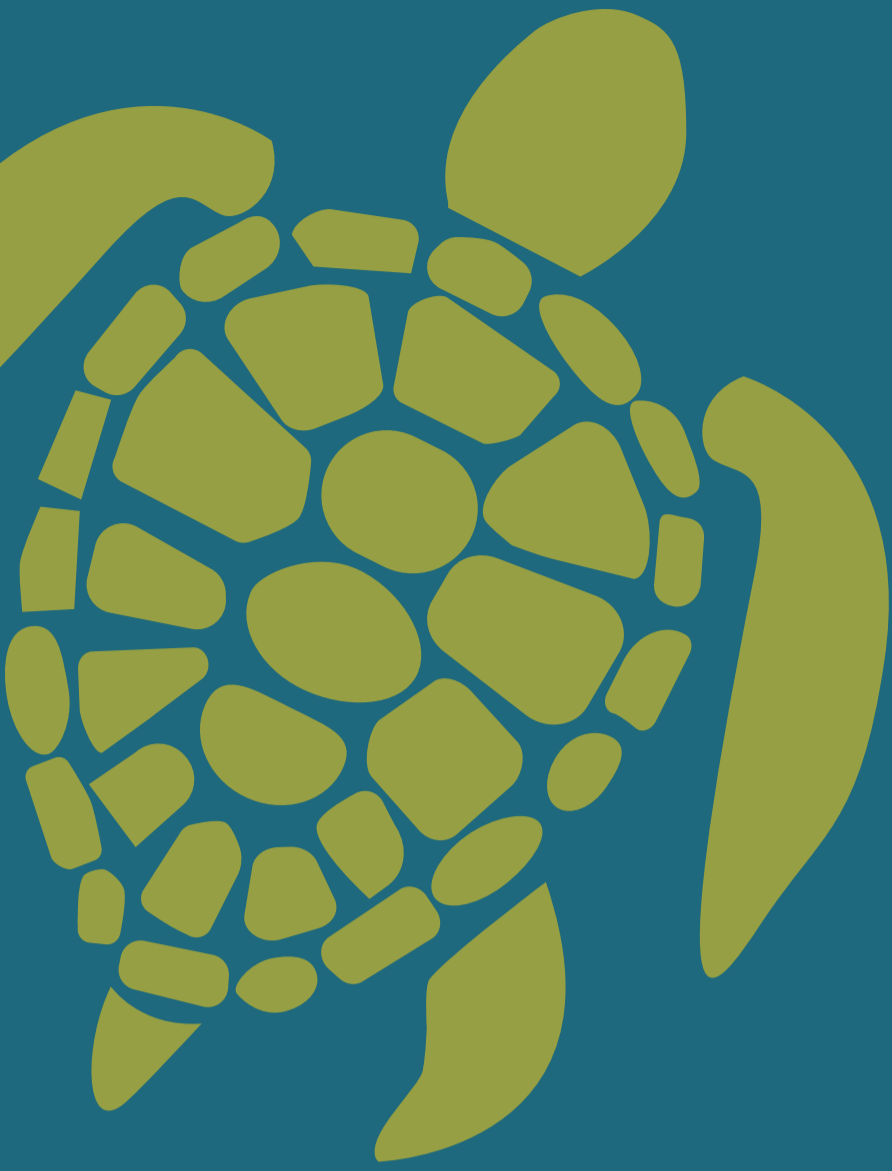
*please call the  
tribal office with  
any questions you  
may have.*

707-987-3670

[dfinley@middletownrancheria.com](mailto:dfinley@middletownrancheria.com)



# The "Behind the Scenes Look at Pupping Season" with the Marin Sea Mammal Center, Tribal Staff and Scientists.



Mike & Dietrick

Thank you to all the Tribal Member kids for attending

[lriviera@middletownrancheria.com](mailto:lriviera@middletownrancheria.com)

**PROTECT OUR SEA**

707-328-0351



# MIDDLETOWN RANCHERIA TRIBAL OFFICE



Before



*Update:* 707-987-3670

Construction has begin for the new "Community Building" April 2023 with completion aiming around December 31, 2023



After

 CONTACT US

# Middletown Rancheria Behavioral Health News

## Listening to your children.

First, we need to really listen to our child with our eyes, heart and ears. Listening with just your ears isn't good enough, because only 7 % percent of communication is contained in the words we use. The rest comes from body language and how we say those words. To hear what our children are saying, we need to listen to what they are not saying. No matter how hard our children may appear on the surface, most of our children have a tender inside and have a desperate need to be understood by their parents.

Second, stand in your children's' shoes in this season. Parents, to become genuine listeners we need to take our shoes off and stand in their shoes. In other words "until you walk in someone else moccasins you can't imagine the smell". You must try and see the world as they see it and try to feel as they feel.

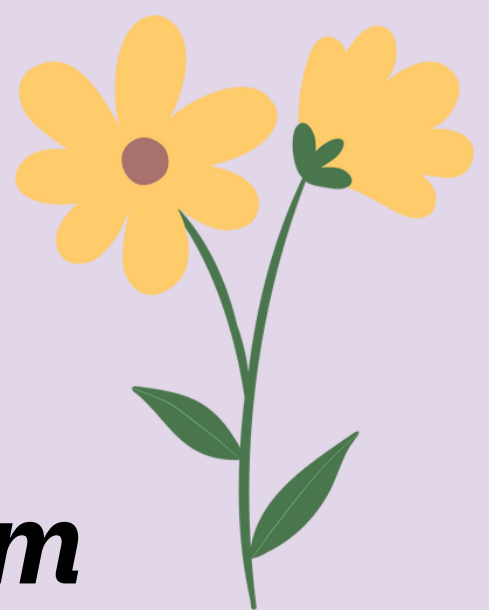
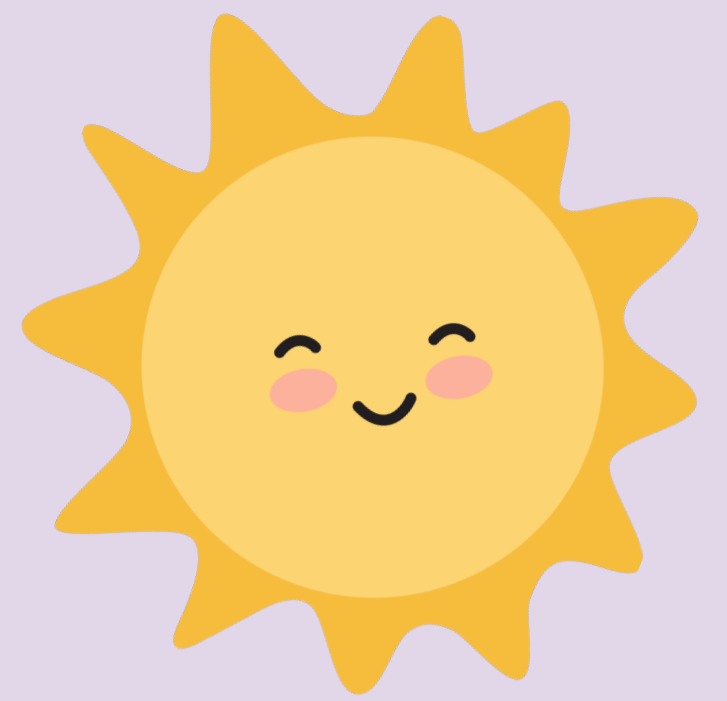
Third, practice mirroring. Think like a mirror. It doesn't judge. It doesn't give advice. It reflects. Mirroring isn't mimicking. Mimicking is when someone repeats exactly what the other person says like a parrot.

Repeat back to yourself what your children are saying in your own words. What are your children saying and feeling and try to discern what is not being said and why.

Understanding today's youth is not a sprint, it's a marathon. It might take a while, but it's the way to go for a successful relationship with your youth.

Randall Cole

Behavioral Health, CADTP, SUDCCII, MAT



707-415-9026

***rcole@middletownrancheria.com***



# EASTER



**Thank you all that attended our 2023 Easter Celebration**



**Thank you Randall Cole for being the Easter Bunny  
Thank you James Rivera for BBQing**



# SUMMARY OF 2023 EVENTS

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**Epicenter - May 20th**

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**Pool Party - June 10th**

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**Mackerricher Coastal Campout #1 -  
June 19th-22nd**

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**Baseball game SF Giants - July 7th**

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**Napa State Park Campout - July 10th- 14th**

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**Back to school Party - July 29th**

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**Mackerricher Coastal Campout #2 -  
August 6th-8th**

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**Sonoma County Fair - August 3rd-13th**

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**Lake County Fair - Aug 31st- Sept 4th**

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**Great Wolf Lodge - October 9th-13th**

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**Halloween Party - October 28th**

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**Thanksgiving Potluck - November 18th**

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**Christmas Party - December 22nd**

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[ParentCommittee@middletownrancheria.com](mailto:ParentCommittee@middletownrancheria.com)

707-987-1300



Middletown Rancheria  
of Pomo Indians of California

# → SPRING Cleaning ←

**Dumpster will be on site  
Signs will be posted for designated  
dumping areas near dumpster.**

**Location : Behind Uncle Buddys**



**April 24th-May 1st**

**&**

**707-987-1300**

**May 22nd-May 29th**

**[abailey@middletownrancheria.com](mailto:abailey@middletownrancheria.com)**

Guest presenters & potential employers include:



# Fire, Forestry & Land Stewardship JOB FAIR

Learn about jobs in fire protection, forest management, and land stewardship. Speak with potential employers and learn how to get prepared for a meaningful career!



**Tuesday**

**May 2, 2023**

Habematolel Pomo of  
Upper Lake Tribal Hall

9460 Main St, Upper Lake, CA 95485

Registration begins at 8 AM

Event: 8:30 AM - 4 PM

**OPEN TO NATIVE AMERICANS IN LAKE & MENDOCINO COUNTIES**

*LUNCH WILL BE PROVIDED*

## HOW TO RSVP

FILL OUT RSVP FORM @

<https://bit.ly/FireForestryJobFair>

OR SCAN QR CODE



OR EMAIL your name and phone number to

[asagala@tribalecorestoration.org](mailto:asagala@tribalecorestoration.org)

**Must RSVP to attend, RSVP by April 30th!**

For More Info

707-278-8019

[www.tribalecorestoration.org](http://www.tribalecorestoration.org)