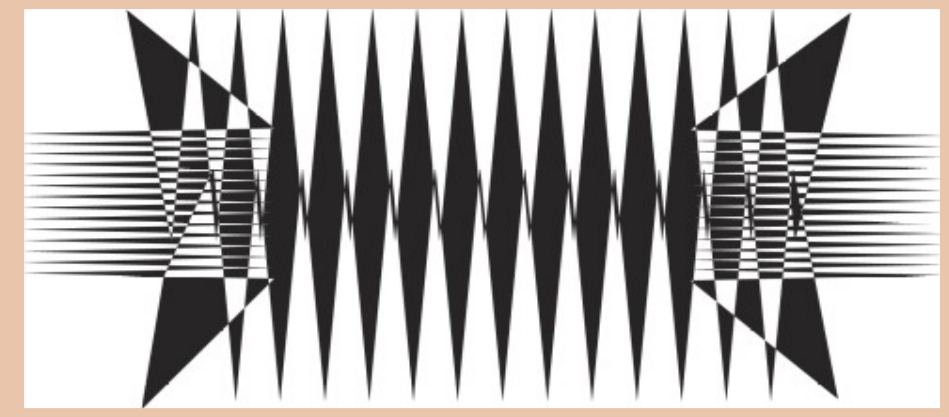


JUNE 2023

NEWSLETTER

Middletown Rancheria



JUNE 03, 2023

GENERAL COUNCIL MEETING

July 8, 2023, will be the 3rd year Anniversary of the Pumps!



Election Committee

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

Middletown Rancheria Tribal Office Staff Anniversaries

STEPHANIE SIMON-WOODARD
HASKOLA RIVERA SR



Congratulations!



GWEN HUNTER

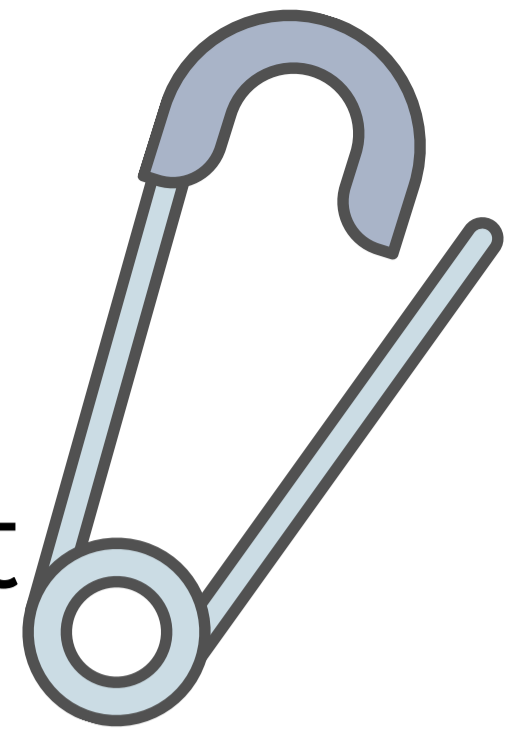
Trelasa Baratta

If you would like your 2023 graduate in the July newsletter please forward all information to

btorres@middletownrancheria.com



We will have ***sewing classes*** on Wednesday Wellness days through the summer 6 weeks on and 2 weeks off and then 6 weeks on and 2 weeks off. This last week would of been week 3 of our first session.



-Ursula Simon

usimon@middletownrancheria.com



Community Building Update "Week 7"



Test Siren

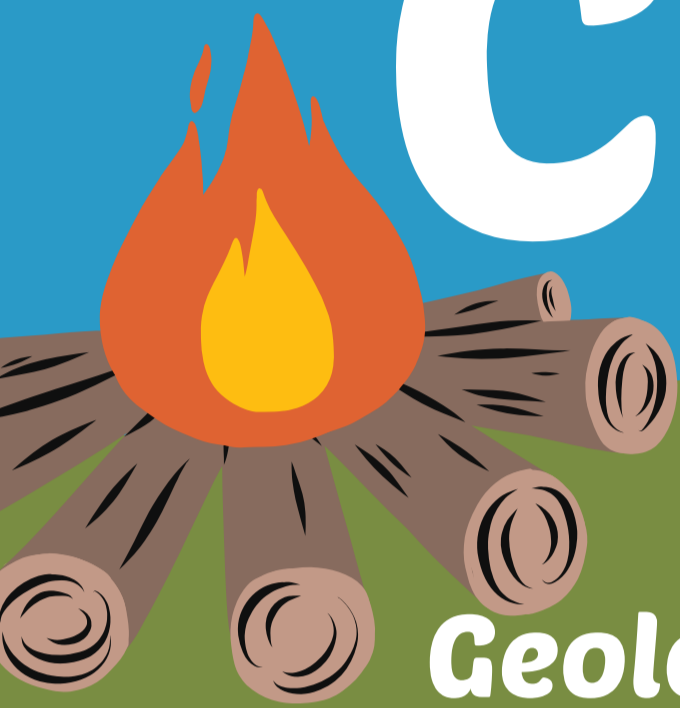
First day of every month at 11:00am



Location:

near gas station/rancheria entrance

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

Planning Fall 2023 weekend campout @ Mackerricher State Park



MIDDLETOWN RANCHERIA IHBG PROGRAMS

(2023/1-2 MTRHD Housing Rehabilitation 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
btorres@middletownrancheria.com



SUMMARY OF 2023 EVENTS

Epicenter - May 20th

Pool Party - June 10th

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

Baseball game SF Giants - July 7th

Napa State Park Campout - July 10th- 14th

Back to school Party - July 29th

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

Sonoma County Fair - August 3rd-13th

Lake County Fair - Aug 31st- Sept 4th

Great Wolf Lodge - October 9th-13th

Halloween Party - October 28th

Thanksgiving Potluck - November 18th

Christmas Party - December 22nd

ParentCommittee@middletownrancheria.com

707-987-1300





Child Welfare Information Gateway

PROTECTING CHILDREN ■ STRENGTHENING FAMILIES

Were We Successful in Offering Resources to Help You Do Things Differently?

Child Welfare Information Gateway sent this bulletin at 05/01/2023 12:35 PM EDT

Having trouble viewing this email? [View it as a Web page.](#)

 SHARE



Thank you for joining us in moving from the challenge to the change!

We hope that [National Child Abuse Prevention Month](#) provided you with the tools and resources needed to take action and start moving from the challenge to the change.

As we begin planning for next year, we want to know your thoughts about this year's campaign.

How useful are the information and resources available on the website?

Do you like using our outreach tools to help raise awareness?

Was it easy to find information on the website?

We'd love to hear about it! **Please take a few minutes to complete our survey.**

[Take Our Survey](#)



Child Welfare Information Gateway
PROTECTING CHILDREN ■ STRENGTHENING FAMILIES

https://icfinternational.iad1.qualtrics.com/jfe/form/SV_6EAySscPKwnC5EO?

[SURVEYSOURCE=EBLAST1&utm_campaign=ncapm23&utm_medium=email&utm_source=survey1050123](https://icfinternational.iad1.qualtrics.com/jfe/form/SV_6EAySscPKwnC5EO?SURVEYSOURCE=EBLAST1&utm_campaign=ncapm23&utm_medium=email&utm_source=survey1050123)

ATTENTION

It has come to our attention that more than 60% of the material we receive in the recycling is contaminated with garbage. This can prevent certain materials from being recycled, and instead they may be landfilled. To address this issue, we are implementing the following policy for each instance of contamination:

1. If your cart is contaminated, we will tag it as contaminated and not service it. You must clean up the contamination before your next pickup.
2. If it is contaminated the following week, we will empty it as garbage and charge a \$25 fee.
3. If it is contaminated a 3rd time, we will remove the cart from your property.

It is more important than ever to keep our recycling clean, and SLR needs your help. Please take a look at the educational flyer included in this letter and/or the resources on our website. We appreciate your cooperation and commitment to keeping Lake County clean.



SOUTH LAKE
REFUSE • RECYCLING • COMPOST



A Waste Connections Company



SPRING 2023 NEWSLETTER

(707) 994-8613

www.southlakerefuse.com

South Lake Refuse & Recycling

Follow us on Facebook to get up-to-date info!

While you're getting ready for some Spring Cleaning, now is the perfect time to refresh yourself on what can be recycled, reused, or composted!

All Events are Friday-Saturday from 9:00am-1:00pm

April 14-15 Lakeport

- Lake County Waste Solutions Transfer Station and Recycling Yard (230 Soda Bay Rd.)

May 13th ONLY Lucerne

- Lucerne Harbor Park (6217-6225 State Hwy 20)

May 19-20 Clearlake

- Quackenbush Mountain Resource Recovery & Compost Facility (16520 Davis St.)

June 16-17 Lakeport

- Lake County Waste Solutions Transfer Station and Recycling Yard (230 Soda Bay Rd.)

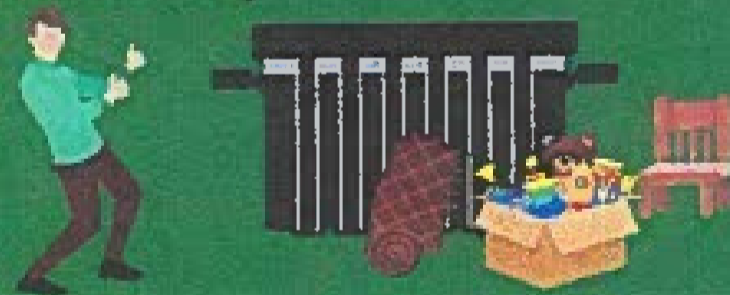
More coming this Summer

Ask about receiving a free, puncture-proof sharps container at these events!

Need more room?

Try a temporary clean-up helper!

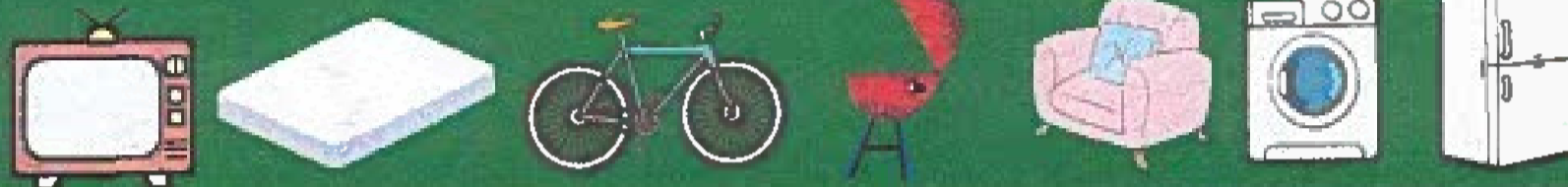
Get a temporary 3.5- yard dumpster delivered to your house for one week!



No Hazardous Waste, Electronic Waste, Tires, Ashes, or Metal Appliances Allowed

TWO bulky items picked up curbside a year!

(\$10.00 charge for appliances applies)



Rigid Plastic Bottles and Containers are Recyclable



They are usually #1, #2, or #5 plastics. We do not accept any #6 or #7 plastics in the blue cart.

Flimsy Plastics Belong in the Garbage



Any plastic that doesn't hold its shape must go into the brown/gray cart.

If you have any questions, call us at (707) 994-8613. Our phone lines are open Monday-Friday 8:00am-4:30pm

Celebration of Earth Day 2023

Buy One Load of Quackenbush Compost, Get One Free!

Offer is good from Monday April 17 through Saturday April 22nd

Open Monday-Saturday 7:30-3:00pm

16520 Davis Street, Clearlake



QUACKENBUSH RESOURCE RECOVERY
ORGANIC COMPOST, LAKE CO.





1. On-boarding process with Boys and Girls Club for Native services continues. 18 month journey.
2. On June 15th here at the Center Middletown will host the Health Wellness Council (Dinner to be served). 530p-730p . Looking forward to giving them a warm welcome!
3. Great meeting with Condor Academy. Condor Academy is a school for Native American children. Pomo language, cultural heritage courses are offered as well as College prep and Vocational schooling. Online tutoring and over 900 courses to choose from. For more information visit Condoracademy.org
4. Meeting with Airic Guerrero(HS principal) on connecting and being a liaison with the children and school curriculum .
5. Middletown Rancheria and LCTH will be joining forces to host a series of 6 sectioned events involving Middletown tribal youth. We will Cultural hand games, Dream catchers, Drumstick making and Necklaces. The 1st event is scheduled July 6th @230pm.These events will be held bi-weekly.
6. Cleaning of the building continues.

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Shaun Sims
Boys & Girls Club Director
Middletown Rancheria of Pomo Indians of California
PO Box 1035
Middletown, Ca 95461
(707) 978-0487

ssims@middletownrancheria.com



EARTH DAY



Thank you to everyone for coming



Thank you to everyone for coming

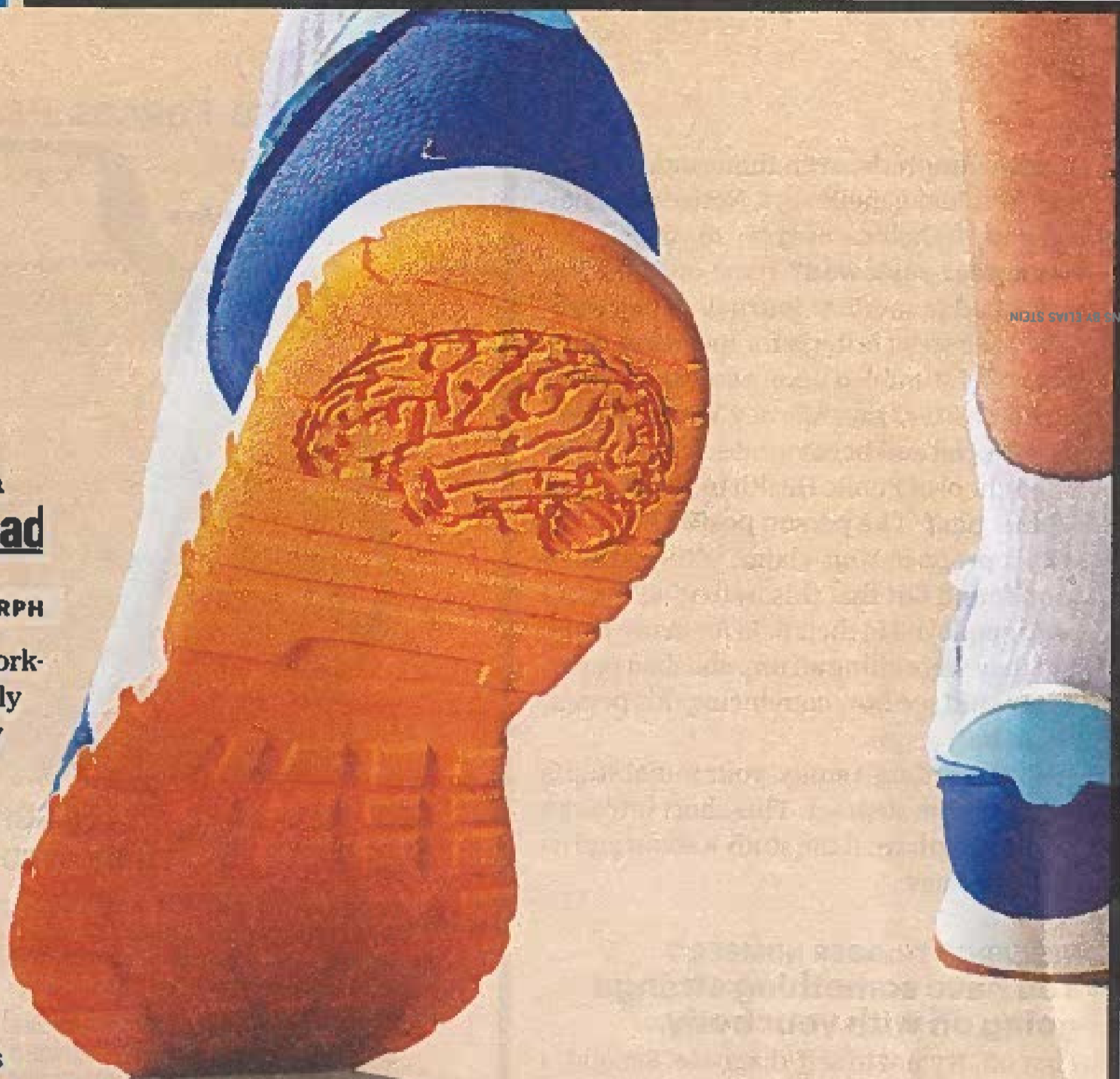
THINK ON YOUR FEET

To help improve your brain's health, lace up your sneakers and hit the road

BY MARTHA MURPHY

In early 2020, COVID-19 brought an end to my workouts at the gym. I was self-employed and recently widowed, and my new normal felt like solitary confinement. Then, one morning, I made a break for it and went for a walk. I did it again the next day, then the next. Soon, my new daily habit began to make me feel happier and my mind sharper, both of which I could only credit to my daily treks.

Curious about what was occurring, I did some research. It turns out there's a mountain of scientific evidence that shows walking—especially walking outdoors—is powerful medicine for your brain. Here's what the science shows.



WALKING MAY HELP YOU GROW NEW BRAIN CELLS.

Moderately paced walks stimulate the release of a protein called brain-derived neurotrophic factor, or BDNF, that is key to the survival of existing brain neurons and the generation of new ones. "Perhaps the most exciting finding is that aerobic forms of exercise [including walking] likely help facilitate the growth of new neurons," says Patrick Smith, associate professor of psychiatry at the University of North Carolina at Chapel Hill.



WALKING MAY BOOST YOUR CREATIVITY.

Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to enhanced creativity. The brain uses "about three times as much oxygen for healthy neuron function as muscles do" and is extremely sensitive to decreases in oxygen levels, according to Advanced Neurotherapy, a neurofeedback wellness clinic in Needham, Massachusetts. Creativity is a cognitive skill that is part of problem-solving. Studies show that the simple act of getting up from your desk and taking a short walk can help trigger ideas. A Stanford University study found "creative output increased 60 percent when participants were walking," even on a



WALKING MAY ENHANCE YOUR MOOD.

When you walk, increased blood flow to the brain initiates a "cascade of changes," says Marie Pasinski, M.D., assistant professor of neurology at Harvard Medical School. "A cocktail of feel-good neurotransmitters—serotonin, dopamine, endorphins—is released." Forty-two percent of American adults suffer a vitamin D deficiency. Our bodies manufacture vitamin D when exposed to sunlight, furthering the production of serotonin, a hormone benefiting memory and mood. Even on a cloudy day, "exposure to light elevates the mood," says John Ratey, M.D., associate clinical professor of psychiatry at Harvard Medical School.



WALKING MAY REDUCE THE RISK OF COGNITIVE DECLINE.

Participants who walked more than 4,000 steps per day had healthier brain tissue in the area responsible for memory, learning and cognitive function than those who did not, one study found. That brain region, called the hippocampus, typically begins to shrink in late adulthood, leading not only to impaired memory but also an increased risk of dementia. The research revealed that aerobic exercise increases the size of the



WALKING MAY DECREASE BRAIN-DAMAGING STRESS.

Repeated exposure to stressful situations impairs memory, attention and cognitive flexibility. Walking in nature has been shown to be particularly effective at reducing stress levels. The impact of being outdoors may have to do with "optic flow"—the perception that objects are moving past us as we walk, which quiets the circuits responsible for stress, says Andrew Huberman, a neuroscientist in the Department of Neurobiology at Stanford Medicine. "Self-generated optic flow—by walking, running or cycling—shifts the brain into a state of relaxation that's not seen when you're stationary," he says. Scientists have seen walking reduce levels of cortisol, which surges during fight-or-flight situations. Elevated cortisol levels may damage cognition and contribute to Alzheimer's disease, according to a 2019 review of studies in *Frontiers in Aging Neuroscience*. Just a 20-minute walk has been shown to reduce stress.

▶ See the upcoming June/July issue of AARP The Magazine for more on stress and its effects on the brain.

Martha W. Murphy is an award-winning writer. Her books and articles cover a range of topics, includ-

Where to Keep Your Cash Now

Your best option depends on the amount you have, the convenience you want and the yield you'll accept, among other factors **By KAREN HUBE**

TYPE	YIELD	PROS	CONS	BOTTOM LINE	FYI
CHECKING ACCOUNT A basic account at a bank or credit union	Zero to 2%	Cash is instantly available via a debit card or ATM. Up to \$250,000 per person, per account type is insured by the FDIC or NCUA. 	Interest is low, sometimes nil. Fees can be high: Monthly maintenance fees for interest-bearing accounts average \$16.19; overdraft fees, \$29.80; insufficient funds, \$26.58.	Ideal for everyday spending and bill paying but not for stashing significant amounts of money. 	Accounts labeled "high-yield checking" usually apply the teaser rate to only a portion of an account balance.
HIGH-YIELD SAVINGS ACCOUNT An account available at both online and traditional banks	Up to 4.03%	You can easily transfer money between these accounts and your checking account. Deposits are insured. 	The number of free monthly withdrawals may be limited. At traditional banks, minimum balances tend to be higher than those of standard savings accounts.	If you're comfortable banking with your computer or smartphone app, online banks offer the best rates and lowest fees.	Go to Bankrate.com or DepositAccounts.com to find offers for these and other banking products.
MONEY MARKET ACCOUNT A high-yielding bank or credit union account	Up to 4.15%	Funds are insured and available via check or debit card. 	Withdrawals are typically limited to about six per month. Fees often apply when deposit minimums—from \$100 to more than \$2,000—aren't maintained.	If you meet minimum deposit requirements, it's a good place for storing cash you don't need on a daily basis but want to access occasionally by check.	Features vary by bank. For example, Discover Bank has a high minimum deposit; Sallie Mae has no minimum deposit and offers check writing but no debit card.
CERTIFICATE OF DEPOSIT A savings account that locks up your money for a specified amount of time	6-month CDs get up to 4.39%; 1-year CDs, up to 4.75%	Rates are generally higher than for savings and money market accounts. Deposits are insured, and advertised interest is guaranteed.	You'll usually pay a penalty for cashing out early. Fixed yields mean you may be locked into below-market terms if interest rates rise.	A CD is a safe place to park cash you don't need in the short term. 	Online CD rates tend to beat those offered by your local bank. Most of the time, the longer a CD's term length, the higher the yield.
MONEY MARKET FUND A mutual fund that holds short-term, low-risk assets like CDs and U.S. Treasury debt	Up to 4.5%	Funds are low-risk; you can write checks against your balance and make electronic transfers. Yield may rise if short-term rates do. 	Your balance isn't insured, but loss of principal is extremely rare.	These funds—sold by fund companies and brokers—are good for holding emergency money or cash you plan to invest soon.	A 401(k) might include a similar option: a stable value fund. It typically pays more than a money market fund but may have restrictions on the timing of withdrawals.
TREASURY BILLS U.S. government debt maturing in a year or less sold at treasurydirect.gov or through a broker	4 weeks at 4.19%; 1 year at 4.79%	Yields are ultra-safe and currently higher than what bank accounts pay. Interest is exempt from state and local taxes, but not federal taxes.	You can lose yield if you sell before the bill matures. Setting up an account at TreasuryDirect isn't a user-friendly process. 	If you're certain you won't need the money before maturity, this is a great option. Yields are higher than they have been in years.	TreasuryDirect also sells U.S. debt with longer maturities. But yields on those notes and bonds, which are usually higher, are now too low to be worth locking in.
SERIES I SAVINGS BOND Savings bonds with a yield pegged to inflation. Interest is paid on your cash out	6.89%	Yields are now higher than on any other government security. Interest is free of state and local taxes, and can be free of federal taxes if used for college expenses. Investment minimum is \$25.	Your money is locked up for one year. Redemptions before five years incur an interest penalty. The interest rate can fall if inflation does.	In times of rising or high inflation, they're a great option for money you're sure you won't need for at least a year.	Purchases on TreasuryDirect are limited to \$10,000 per person, per year. File IRS Form 8888 at tax time to buy up to \$5,000 more in I bonds with your federal refund.

NOTE: RATES ARE AS OF JANUARY 5, 2023

WE INVITE YOU FOR

SUMMER BOYOUTH POOL PARTY

MIDDLETOWN POOL

20962 BIG CANYON RD, MIDDLETOWN, CA 95461

SATURDAY, JUNE 10TH

5PM-7PM

**FOOD AND DRINKS WILL
BE PROVIDED**

**DON'T FORGET YOUR
SWIMWEAR AND TOWELS!**

Middletown Rancheria
of Pomo Indians of California

**QUESTIONS?
TEXT OR CALL
(707)495-5003**