

ARROW



SEPTEMBER 2020

HABEMATOLEL POMO OF UPPER LAKE TRIBAL PUBLICATION

2020 TRIBAL ELECTIONS
ENDS IN RUN OFF ELECTION

TRIBAL NATIONS
GRANT FUND
AWARDED TO HPUL

MORE FAMILY FUN INSIDE!

SEPTEMBER 2020

SEPTEMBER

3-5

CHAIRPERSON'S REPORT

6-7

TRIBAL ADMINISTRATION

8

OFFICE DIRECTORY

9

RUNNING CREEK CASINO

10-16

HPUL COMMITTEES

15-16

LAKE COUNTY TRIBAL HEALTH

17-20

ANNOUNCEMENTS

21-22

DONATIONS

23

TRIBAL NATIONS GRANT FUND AWARDED TO HPUL

24

MAKENZIE PARAJON GRADUATION

26-31

FAMILY FUN SECTION!

CHAIRPERSON'S REPORT

by Sherry Treppa

My fellow Tribal Members,

Our Tribe has survived a great deal of adversity from enslavement by the missionaries, to genocide by the U.S. Calvary, to the attempted termination of our government by Congress. We as a people have persevered, but it has left us with a modern government that is just now approaching 20 years old. We should be proud of the fact that not only has Habematolel regained its place among sovereigns, it has garnered the respect and admiration of many through its transparent, respectful and honorable manner of governing and interacting with other sovereigns.



As a young tribal government, Habematolel has many responsibilities, among which are legislating proper and robust laws, preserving and promoting its people and culture and building a sustainable economy (to promote its people) from scratch. For a tribal government, a sustainable economy means businesses that will provide for Tribal governmental

revenues into the future, because unlike other governments, over 150 years of failed federal policy have robbed tribes of traditional government funding options like taxation. The Habematolel Pomo of Upper Lake started to build their economy the same way most modern-day tribes did – through gaming. And although the market was saturated, our casino successfully opened even during a severe downturn in the economy.

I attribute our success to the proper foundational approach we took as a young government. We built relationships with the county and the community resulting in tremendous support through the land into trust efforts and two tribal-state gaming compacts. Our early efforts created a foundation for a recent agreement for preservation of our historical and religious sites and objects. Building intergovernmental relationships such as our local relationship takes a great deal of time and commitment, and we can never lose sight of the importance to create and nurture strong government to government relationships with our sister sovereigns.

For rurally situated tribes or those with a small (or no) land base, brick and mortar businesses may provide a few jobs, but they will never attract a market sufficient to build a sustainable economy. The internet has changed all that for these tribes. The internet is the great equalizer for many tribes, enabling consumers across the United States to access a tribe's jurisdiction to obtain goods and services. For those in rural areas, traditional market

access may be in the hundreds, whereas the internet allows access to millions of potential customers. This is exactly what Habematolel has done with its ecommerce businesses upon which the Tribe relies heavily for its governmental funding.

As the Tribe allows access to its jurisdiction from beyond our local area, we have dedicated ourselves to the same transparent, respectful and honorable manner of governing and interacting with other sovereigns as with our local area. As you can imagine, the time commitment to building the foundational government to government relationships across the United States grows exponentially. Habematolel has been extremely successful in fostering these relationships that have been and will continue to be vital to preserving our economy, families and culture. The Tribe's efforts have resulted in a cutting-edge Memorandum of Understanding regarding the overlay between tribal and state sovereignty based on several international ecommerce treaties and studies. The relationships forged also assisted in bringing several state governments to the defense of the Indian Child Welfare Act.

As a Tribe, our ultimate mission is to preserve our culture and achieve economic self-reliance, but we cannot accomplish these goals if we do not have ongoing communication and cooperation with local, state and federal leaders about the issues that are important to us. The Tribe must preserve, build and promote national intergovernmental

relationships recognizing that we are stronger when other sovereigns understand and appreciate our concerns and needs, and we likewise understand and appreciate theirs.

For us, Tribal culture comes naturally, and our needs should seem apparent, many government leaders across the U.S., however, have very little knowledge or understanding of our historical way of life or the challenges faced by our people or our government. Important issues such as land conservation, preservation of natural resources and tribal economic development are essential to our community but are not top of mind to the average non-tribal person. When policies arise that could negatively impact our Tribe, it is imperative that we are not only involved in the discussions, but that we have also laid the foundation to have a strong and respected voice. I spend a great deal of time as the Chairperson ensuring that policy makers at the local, state and federal levels have complete understanding of the unique needs of Indian tribes, specifically the needs of the Habematolel Pomo Tribe.

Government advocacy comes in a variety of forms – from participating in face-to-face lobbying efforts at the State Capitol or other national meetings, to writing letters in support or opposition of legislation that would impact our Tribe and its businesses, to joining national trade organizations with similar goals, to testifying in Congressional Hearings, to attending educational sessions or conferences, to supporting the elected officials who understand and advocate for us – all of which I, and others, have done and will continue to do on behalf of the Tribe.

Unfortunately, we must sometimes work harder than non-tribal stakeholders to have a seat at the table. The reality is that often, Tribes are overlooked, ignored or purposefully outcast from policy discussions. When we are left out of the conversation, policies are put in place that make us, and our sovereignty, vulnerable to misinterpretation, at risk of litigation, or worse. It is because of these obstacles that continued, rigorous advocacy at all levels, to gain cooperation with local, state and federal government leaders is vital for the survival of tribal sovereignty and culture.





Advocacy creates change, and we have had a number of success stories throughout the years. Without a healthy relationship with county, state and federal government officials, the Tribe could not have secured a gaming compact with California and funding for the casino in 2012. Because of our ongoing efforts to work closely with state Attorneys General and educate them on Tribal law, we have established Memoranda of Understanding or other understandings with different states that acknowledge our sovereign authority to issue loans to those choosing to access the Tribe's jurisdiction. These milestones have impacted our Tribe exponentially, as the revenue from our ecommerce and gaming businesses help us move closer toward our goal of economic self-reliance.

Tribes across the country received a significant and historic win earlier this month when the Supreme Court ruled in a 5-4 decision in *McGirt v. Oklahoma* that under the Indian Major Crimes Act, lands reserved for the Creek Nations in Eastern Oklahoma constituted Indian Country, and as a result, the state could not legally try a Creek citizen for criminal conduct in state court. The deciding vote was surprising – Justice Neil Gorsuch is a conservative judge appointed recently by President Trump, and he sided with the more liberal-leaning members of the Court in an important recognition of and respect for tribal sovereignty.

This decision continues the reversal of terrible federal

policies intended to end Indian tribes and contributes greatly toward state and federal governments recognizing and respecting Indian tribal sovereignty, which has long been a controversial and uncertain issue. Advances in tribal sovereignty are no small feat and do not come easily. They are won after decades of Tribal members and their supporters advocating and educating, and even in the face of losses or what appear insurmountable odds, continuing to fight and persevere.

We see signs of that progress here in California, with Governor Newsom's 2019 formal apology to California Natives for historical mistreatment, violence and neglect. But, here at home as well as across the nation, we still have a long way to go, and as politicians change, the education and outreach must reach new leaders. It is a job that will never be truly complete if we are doing it correctly. It is a testament to the strength of the Habematolel people that we have regained our government and achieved self-sufficiency emerging from over a century of turmoil created by devastating federal policies. We must as a people continue to advocate for the preservation of our Pomo culture and overall well-being of our Tribal Members and our families. You can each do your part by being a good ambassador of the Tribe. For my part, I will continue educating and advocating on behalf of our people—and I thank each of you for the opportunity to do so—it is a great privilege to represent such resilient people.



Respectfully,
Sherry Treppa
 Chairperson
 Habematolel Pomo
 of Upper Lake

TRIBAL ADMINISTRATOR'S REPORT

by Anthony Arroyo Sr.



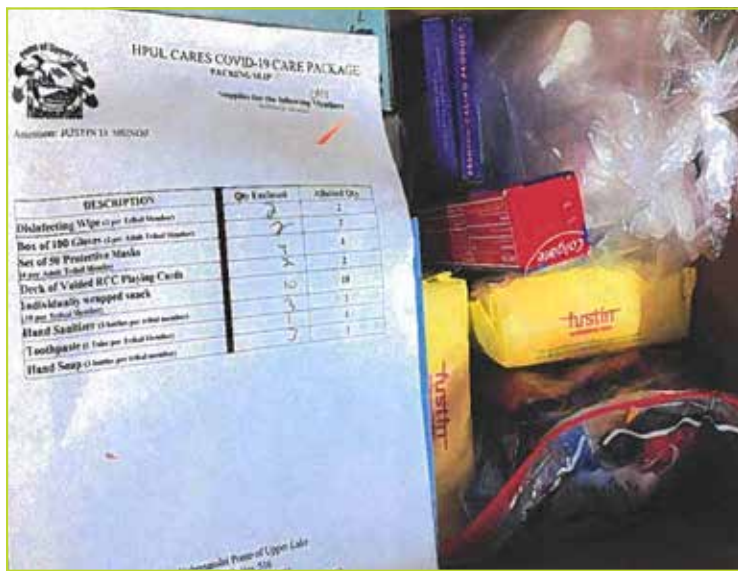
2nd Quarter 2020

Midway through 2020 and we are still here; learning, adapting and persevering to make way for things to get somewhat back to normal and resume our efforts to make a better life for all. The Coronavirus pandemic has affected everyone in some manner. The Tribe has been very fortunate and blessed to not have lost anyone to this awful virus, with only three confirmed case within the membership. Once the nature of the pandemic became alarmingly real, the Tribe was quick to respond with implementing protocols to prevent and/or limit the spread of the virus by furloughing several staff members, staggering days of operation for others in order to limit interaction, all while still maintaining minimal operations. Once this became clear that this new way of operating would be in place for the foreseeable future; HPUL staff without hesitation or question accepted whatever roles they were given. The staff has continued to play their part in the effort to keep government functions going, while maintaining a safe environment for co-workers and Tribal Members. The task of cutting staff by 1/3 and still maintain normal workload, as well as additional assignments, proved to be quite challenging, but was a huge opportunity to improve in the areas of organization and communication. Because of their efforts, I am truly proud and grateful to the administration staff of Habematolel Pomo of Upper Lake.

During the time of the Shelter In Place, the Tribe has managed to experience its Nomination Meeting for the 2020 Election of four Executive Council Members and after several postponements, the second quarters General Membership Meeting on May 30th, as well as the 3rd quarter General Membership meeting on July 11th, all via Zoom. The virtual experience, although new to many, proved to be well attended and was reasonably interactive. Each of the events had approximately 46 participants and was effective in carrying out the purpose of nominating candidates for the 2020 Tribal Election as well as giving the candidates a platform to address the membership. The General Membership meetings were equally successful and allowed the Tribal Government to communicate the efforts it was making in its normal business practices as well as address how it was planning to mitigate the impacts of the COVID-19 pandemic and ensuing Shelter In Place.



From left to right: Nichole Humphrey, Vicky Hutchison, Robin Martin & Anthony Arroyo, Jr., HPUL Staff Members



The Tribe's governing body, the Executive Council and the Tribe's admin staff have been working diligently together during this pandemic, in accumulating resources and planning a method of relief for its membership. Within short order the Executive Council adopted the Tribe's very own CARES ACT, and shortly after, the CARES ACT II, which allowed the Tribe to create various Articles within, to address and provide relief for those affected. At the time of writing this article the short staffed Tribal Administration had completed distributing most of the services provided in the first Articles of the HPUL CARES ACT which included compiling and distributing care packages consisting of a variety of essential supplies to Tribal Members. In addition the staff has been creating a stockpile of supplies to be prepared in the event of an anticipated second wave of the virus. Several financial programs were created which required applications and processes to be set up in

order to administer them to the membership as well. The announcement of the Tribe's CARES ACT II quickly followed and was finalized and put into action rather swiftly. The CARES ACT II was purposely designed to specifically target the Tribe's more vulnerable groups, such as the disabled, elderly and veterans and provide assistance with meals, healthcare costs and other expenses that created hardships. In addition, the Tribe continues to provide several updates each week to the membership to make as many aware of the valuable resources also available within the community to offset some of the impacts of the COVID-19 Shelter In Place. As I look back over this most recent period in our existence, I realize that our Tribe is extremely fortunate to have the resources and leadership that are dedicated to the purpose of serving and providing for its membership in a time that has proven to be extremely difficult to navigate with all its uncertainty. What we have been able to accomplish thus far in the face of adversity is nothing short of a miracle, so as we continue our journey to get back to normalcy, I want to wish everyone well and remind you to be safe and caring of each other. Hope to see you soon.

Respectfully,

Anthony Arroyo Sr.

Tribal Administrator



2020 Office Directory

STAFF NAMES	STAFF TITLES	STAFF EMAIL	PHONE
Anthony Arroyo, Sr.	Tribal Administrator	aarroyosr@hpultribe-nsn.gov	707-275-0737 x101
Nichole Humphrey	Fiscal Officer	nhumphrey@hpultribe-nsn.gov	707-275-0737 x112
J. Hope Marcks	Executive Secretary / Notary Public	hmarcks@hpultribe-nsn.gov	707-275-0737 x125
Cathy Berton	Housing Director	cberton@hpultribe-nsn.gov	707-275-0737 x103
Linda Rosas-Bill	Environmental Director	lrosas@hpultribe-nsn.gov	707-348-8892
Christina Harrison	Environmental Assistant	charrison@hpultribe-nsn.gov	707-348-8893
Santos Obedoza	Water Operator	sobedoza@hpultribe-nsn.gov	707-275-0737 x116
Michael Marcks	Education Coordinator	mmarcks@hpultribe-nsn.gov	707-275-8727 x21
Joy Marcks	Education Director	jmarcks@hpultribe-nsn.gov	707-275-8727 x15
Vicky Hutchison	Solid Waste Technician	vhutchison@hpultribe-nsn.gov	707-348-8893
Aaron Holstine	Cemetery Maintenance Director	aholstine@hpultribe-nsn.gov	707-275-0737 x117
Kai Ganado	Tribal Historian / Archival Assistant	kganado@hpultribe-nsn.gov	707-275-0737 x102
Anthony Arroyo, Jr.	Fiscal Clerk Assistant	aarroyojr@hpultribe-nsn.gov	707-275-0737 x127
Ida D. Morrison	Tribal Program & Services Coordinator	imorrison@hpultribe-nsn.gov	707-275-0737 x114
Robin Martin	Receptionist / Clerical Floater	rmartin@hpultribe-nsn.gov	707-275-0737 x100
Randall Brown	Work Crew Supervisor	rbrown@hpultribe-nsn.gov	707-275-0737 x123
David Richter	Work Crew Member	N/A	707-275-0737 x123
Randall Brown, Jr.	Work Crew Member	N/A	707-275-0737 x123
Sonjia Menchaca	Tribal Member Services Coordinator	smenchaca@hpultribe-nsn.gov	707-900-6925
Jaime Biane	ICWA Assistant	jbiane@hpultribe-nsn.gov	707-900-6926
Aimee Jackson	ICWA Liaison	ajackson@hpultribe-nsn.gov	707-900-6916
Vacancy	Tribal Transit Driver	N/A	707-275-0737 x111
Yvonne Quintero	Early Childhood Education Director	yquintero@hpultribe-nsn.gov	N/A
Vacancy	Fiscal Clerk Assistant	N/A	707-275-0737
Vacancy	Education Coordinator	N/A	707-275-8727
Vacancy	Transitional Services Director	N/A	N/A



DRIVE THRU FOOD BANK

**EVERY
3RD WEDNESDAY
OF THE MONTH**

9:30AM - 11AM

Groceries To-Go

USDA food including staple foods, open to all!

Senior Basket

Staple food items for low income seniors 60+.

**Bring ID to apply on site*

2020 HOUSING SERVICES



Housings programs using the Indian Housing Block Grant (IHBG) from Housing & Urban Development (HUD) and are all designed for low-income applicants.

Emergency Rental Assistance:

This program is designed to assist Tribal Members who find themselves in an emergency situation without funds and

needing to move A.S.A.P. Consists of the first month's rent and deposit. **An emergency defined in our Policies and Procedures are as follows:**

- Homeless due to fire
- Homeless due to flood
- Homeless due to unsafe living conditions
- Homeless due to renting a home that is being sold
- Homeless due to domestic violence - Contingent upon attending counseling
- Medical necessity, due to severe/permanent illness or disability

Student Rental/Housing Assistance - (NEW POLICY AMENDMENTS):

This program is designed to provide monthly housing payments for full-time and part-time college students for up to four years (i.e. consists of on-going monthly housing /rents plus a one-time deposit)

- Deposit is to be returned to the Tribe upon leaving/graduation the program.
- Full time Students 12 or more units and a grade point average of 2.0 or above
- NEW AMENDMENTS consist of:

➤ Formally Student Rental Assistance Program becomes "Student Housing Assistance"

- Housing assistance up to seven hundred fifty dollars (\$750.00) per month for full time students (12 units or more per semester).
- Assistance in the amount of up to two hundred fifty dollars (\$250.00) per month for part time students (less than 12 units but carrying at least 4 units per semester).
- Home owner's mortgage payments will be considered as housing assistance under this program.

** This portion of the program is on a reimbursement basis only with proof of payment /receipt and must be the student's primary residence.

- Tribe's service area to cover entire United States and World for students studying abroad.
- Housing/Rental payment can be made to student if landlord does not accept 3rd party payments (as long as proper documentation is submitted i.e. proof of payment, notice from landlord, etc.)
- Program will cover up to \$300.00 housing assistance for those students who live with a parent or relative (i.e.

formal housing agreement and W-9 must be submitted)

- GPA (GRADE POINT AVERAGE) requirements are now cumulative to be consistent with amendments to the scholarship program.

Housing Rehabilitation Program (income based):

Email the HPUL Office-Housing Department at cberton@hpultribe-nsn.gov for assistance/questions.

Youth Sports Program - Gymnastics:

Skycatch Elite Gymnastics Academy | 888 Lakeport Blvd., Lakeport, California

- Provides FREE classes to HPUL Members
- Contact Coach Jeræ Berton at 707.490.6053 for available classes or a gym schedule

Homebuyers Assistance Program (NEW POLICY AMENDMENTS):

Assists homebuyers with their deposit when purchasing a home to live in.

- NEW AMENDMENTS consist of:
 - Down payment assistance amount has been increased from \$10K to \$15K.
 - Secondary category created to purchase trailer, 5th wheel or Mobile Home providing \$5K assistance in down payment.
 - **New requirement being enforced to verify occupancy on annual basis through signed affidavit with additional documentation or down payment assistance must be repaid after one (1) year from date of purchase.

Disaster Emergency Home Repair (not income based):

Assists homeowners with unexpected repairs caused by natural disasters.

Advanced Student Rental Assistance:

This program is for full-time students that have already utilized the Tribe's four years Student Housing Assistance Program and wish to continue with schooling for example, a Doctorate degree.

- This program has the same requirements as Student Housing Assistance.

Low Income Housing Energy Assistance Program (LIHEAP): 2020 Funding Is STILL Available At This Time

- This is a low-income based program.
- Assistance with paying energy bills.
- The elderly and families with children are to receive service first.
- The amounts received for this assistance depends on the grant award amount.

Questions? Call or email the HPUL-Office Housing Department, Cathy Berton for assistance, or contact Cathy at 707-275-0737 ext. 103 • cberton@hpultribe-nsn.gov

Sincerely,

Cathy Berton

Cathy Berton, Housing Director

HPUL Roster

COUNCIL:

Executive Council

Jennifer Burnett
Aimee Jackson-Penn
Carol Muñoz, Secretary
Kathleen Treppa, Treasurer
Sherry Treppa ◀
Tracey Treppa ✚
Veronica Krohn

ENTERPRISE:

TLE Board of Directors
Executive Council

Tribal Consumer Financial
Services Regulatory
Commissioner
David Tomas

CASINO:

Tribal Gaming Commissioners
Michael A. Ica, Chair
Bob Cloud ☀
John Roberts ☀

Running Creek Casino
Joseph Holstine,
General Manager

- ◀ CHAIRPERSON
- ✚ VICE-CHAIRPERSON
- ◀ ALTERNATE
- ‡ ADVISOR/LIAISON
- ☀ NON-TRIBAL MEMBER

COMMITTEES:

Constitutional Review Committee

Randall Brown
Joseph Holstine
Teresa Meek
Kathleen Treppa ◀
Leora Treppa-Diego
Vicky Hutchison
Carol Muñoz

Election Board

Diane Jones ◀
Alyssa Jackson
Teresa Meek
Laura Skapik
Nichole Johnson-Grigg ✚

Enrollment

Cathy Berton ☀
Regina Ica
Teresa Meek ◀
Danielle Cirelli
Sam Ica

Eastern Pomo Language Advocates Committee

Amos Crabtree
Brittany Dennison
Kathleen Treppa, Secretary
Tracey Treppa ◀

Finance/Oversight Committee

Randall Brown ✚
Teresa Meek
Charlene Muñoz
Kathleen Treppa ‡
Vacancy

Housing Commission

Michael A. Ica ◀
Michael Marcks, Secretary
Tracey Treppa ✚
Cathy Berton ☀
Danielle Jackson
Leora Treppa-Diego
Marchelle Treppa

Grievance Review Board

Michael A. Ica ◀
Diane Jones
Anthony Arroyo, Jr.
Ronald Obedoza
Shirley Obedoza
Vicky Hutchison, Secretary
Charlene Muñoz

Personnel Committee

Carol Muñoz ◀
Charlene Muñoz
Shay Parajon
Danielle Jackson

Tribal Cultural Committee

Michael A. Ica ◀
Michael Marcks
Anthony Arroyo, Jr.
Tracey Treppa

Scholarship Fund Selection Committee

Danielle Cirelli
Nicole Johnson-Grigg
Teresa Meek ◀
Shay Parajon
Michael Marcks

COMMITTEES/DELEGATES/REPRESENTATIVES:

Parent Advisory Committee

Eileen Brown
Brittany Dennison
Aimee Jackson-Penn
Danielle Jackson
Jessica Jackson ☀
Martina Jackson
Veronica Jackson

Coveda Miller
Iris Picton
Alyssa Jackson
Brianna Jackson

Mendocino College-Native
American Advisory Council
Michael Y. Marcks

Tribal Garden Project

David Richter
Marckus Strunk ☀
Orin Terry ☀
John McAlear ☀
Tracey Treppa ◀
J. Rob Holstine
Santos Obedoza, Sr.
Arthur Louis Treppa
Dean Williams ☀
Vicky Hutchison
Carlito Martinez
Lonnie Krohn ☀
James Penn ☀

Fee-To-Trust Consortium

Tracey Treppa
Kathleen Treppa ◀

Indian Child Welfare Act

Aimee Jackson-Penn,
EC ICWA Liaison
Jaime Biane,
ICWA Assistant

Hinthal Environmental Resource Consortium

Linda Rosas-Bill ☀
Christina Harrison ◀ ☀

Federal Emergency Management Agency

Anthony Arroyo
Eileen Brown
Aaron Holstine ◀
Marchelle Treppa

Lake County Tribal Health Consortium

Aaron Holstine
Teresa Meek (LTD's Alternate) ◀
Leora Treppa-Diego
Kathleen Treppa (AH's Alternate) ◀

DELEGATES/REPRESENTATIVES:

General Service Administration

Anthony Arroyo
Vacancy ◀

Native American Graves Protection Repatriation Act

Aaron Holstine
Regina Ica
Anthony Jackson

United Pomo Nations Council

Kathleen Treppa
Executive Council ◀

National Congress of American Indians

Tracey Treppa ◀
Sherry Treppa

CA Tribal College

Aimee Jackson-Penn
Jennifer Burnett ◀

Northshore Business Association

Kathleen Treppa
Executive Council ◀

National Indian Gaming Association

Sherry Treppa
Tracey Treppa ◀

Native American Financial Officers Association

Kathleen Treppa ◀
Sherry Treppa

Inter Tribal Online Gaming Alliance

Sherry Treppa

Lake Co. Chamber of Commerce

Sherry Treppa
Executive Council ◀

Tribal State Association

Michael A. Ica
Sherry Treppa ◀
Vacancy
Geoff Hash ☀ ◀
Tracey Treppa ◀

Upper Lake Unified School District-Native American Action Council

Joy Marcks ☀

Native American Financial Services Assoc.

Sherry Treppa

Blue Ribbon Committee

Vacancy

HPUL COMMITTEES

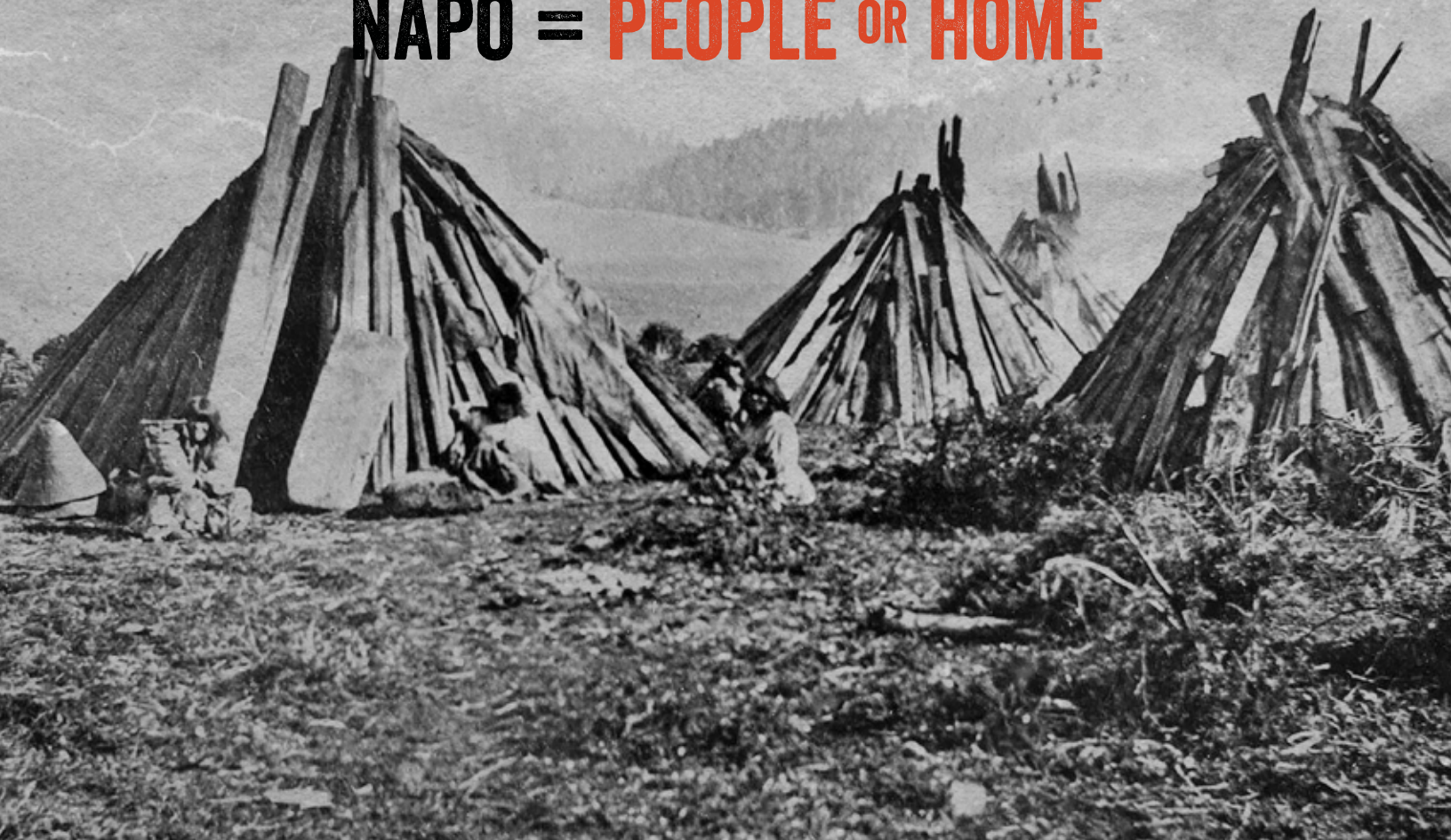
EASTERN POMO LANGUAGE ADVOCATE COMMITTEE

This edition we will be focusing on Eastern Pomo language. The words below are Eastern Pomo words matched with artwork of the meaning:

BAHEP = PEPPER NUT

SHAYO = SHADE

NAPO = PEOPLE OR HOME



2020 Habematolel Pomo of Upper Lake COMMITTEE & DELEGATE EMAIL DIRECTORY

Committee Name

Group Email Contact

Constitutional Review Committee
 Eastern Pomo Language Advocate Committee
 Election Board
 Enrollment Committee
 Finance/Oversight Committee
 Grievance Review Board (GRB)
 Housing Commission
 Parent Advisory Committee (PAC)
 Personnel Committee
 Scholarship Fund Selection Committee (SFSC)
 Tribal Cultural Committee (TCC)
 Tribal Garden Project

constitution@hpultribe-nsn.gov
language@hpultribe-nsn.gov
election@hpultribe-nsn.gov
enrollment@hpultribe-nsn.gov
finance@hpultribe-nsn.gov
grievance@hpultribe-nsn.gov
housing@hpultribe-nsn.gov
parent@hpultribe-nsn.gov
personnel@hpultribe-nsn.gov
scholarship@hpultribe-nsn.gov
cultural@hpultribe-nsn.gov
garden@hpultribe-nsn.gov

Delegate Name

Group Email Contact

Lake Co. Tribal Health Consortium Delegates

lcthc@hpultribe-nsn.gov



WELCOME TO THE
NEW HPUL
WEBSITE



Habematolel Pomo of Upper Lake's
NEW site has a fresh new look,
 created with **YOU** in mind.

hpultribe-NSN.gov

Farm to Table Project

As part of the HPUL 5 Year Strategic Plan the Farm to Table Project is off to a great start. The goal is to reestablish a Tribal Garden with the focus being, to use herbs, fruits, vegetables, flowers, and edible flowers in Running Creek Casino's Wild Creek Restaurant kitchen and the two bars. Phase I has consisted of the Garden Project building two greenhouses and two large open beds and as a test for next year's planting, two potato sacks. We will also be planting Meyer lemon and lime trees. All located on the west side of the casino. Bug repellent plants including lavender, rosemary, lemon grass and other flowering plants to name a few, have been placed in planters and hanging containers around the Wild Creek Restaurant patio area. With Phase I near completion, Phase II has begun.

Phase II began with the clean up of the back-garden area. Once the clean up is complete the existing beds will be removed, the area will be plowed and leveled. New beds will be built and filled with organic soil in preparation for Fall 2020 planting. The planting will consist of a variety of onions, garlic, cabbage, winter squash, and much more.

Phase III will begin in Spring of 2021 with a third greenhouse for seedling planting.

The Garden Project would also like to welcome its newest member Lonnie Krohn. Lonnie also has been designated by RCC to maintain the Farm to Table garden. You've been a great help to us!



ELECTION BOARD

Greetings to all!

The Election Board has recently completed the June 2020 Election and Run-Off Election. This has been a record year for our Tribal Elections since we started having them in 2004! We had 82% over all voter participation and 72% absentee ballot return! That is the highest amount of voter participation that we have EVER had!

This year, our Tribal Election was especially challenging due to COVID-19. This pandemic required the Election Board to discuss, at great length, the various scenarios and difficulties that potentially could arise during the June 2020 election, while still ensuring the health and safety of not only the Tribal Members, but Tribal Staff, the Election Board and its volunteers. In fact, our third-party vendor conducted a review and analysis of our process and determined that Habematolel Pomo Of Upper Lake's safety and protection procedures were the most "fully conceived, more rigorous and more stringently adhered to than any other group (they) have worked with during the pandemic to this date!" The Election Board took the Covid-19 pandemic extremely seriously and worked really hard to ensure the safety and health of all as well as ensuring that ALL Tribal Members who were properly registered to vote, were able to vote. This was not an easy task for the Election Board, however with the help of Tribal Administration and the Tribe's legal team, we were well stocked and prepared to handle all protective measures.

This year's election results were some of the narrowest in our Tribe's history! This is encouraging because it shows that a majority of our Tribal Members are taking advantage of their right to vote and taking part in our Tribe's process to elect our officials. The Election Board is always striving to ensure that the entire election process is as fair as possible. This particular election was very unique in that we had the Covid-19 pandemic to deal with. As with every election, there are naturally going to be individual members that are unhappy when their preferred candidate does not win, or the actual candidates themselves are unhappy when they do not win and we understand that, however, we are encouraged that more Tribal Members are taking an active interest in wanting to be an elected official.

The Election Board has learned many things from each of the elections. We have begun the process of updating our Election ordinance. The current ordinance has been in place since March 13, 2004 and was recently revised slightly on February 23, 2020, however the bulk of the Election Ordinance has remained untouched. As we have seen with the recent elections, there is a great need to update the Ordinance. The Election Board has met to begin the process of going through the ordinance and is meeting with the Executive Council as well to discuss possible revisions. The Election Board will, of course, be sending drafts to the General Membership for comments. Please be sure to review the draft(s) and send in your



Standing Members: Veronica Krohn & Sherry Treppa (taking their Oath of Office); (Sitting Member) Kathleen Treppa & Aimee Jackson-Penn



Diane Jones, Election Board Chair conducting the Oath of Office

comments to the Tribe. We will also be updating the General Membership at upcoming meetings. This is an important document and the more Tribal Members that take the time to review and comment, on the proposed changes, the better our governing document will be.



Left to right: Sherry Treppa, Jennifer Burnett & Veronica Krohn

The Election Board would like to take a moment to outline the Election process. Currently, there are strict deadlines that the Election Board must follow according to our Election Ordinance. At times, these deadlines can be very challenging to meet, however the Covid-19 pandemic amplified these challenges. As a result, the Election Board found itself having to be especially diligent and develop measures that would allow ALL those that wanted to vote, and were eligible, that opportunity. As we have discovered during this process, the mail was not very reliable and some people did not receive a ballot. The Election Board reached out to the General Membership throughout the election cycle on numerous occasions in numerous ways to advise all that if they did not receive a ballot to please, immediately, contact the Election Board right away. We had a few people reach out and we were able to ensure that they were able to vote. The Election Board, with the assistance of the Tribe's legal team, were able to develop protocols and processes to ensure that the Tribe's Constitution AND Election Ordinance were adhered to. This was of the utmost importance to ALL members of the Election Board.

Currently, the Election Board utilizes a third party vendor, Automated Election Services (AES). This vendor has been a positive addition to our election process. The Tribe used to have a very antiquated process. With AES however, the process is very detailed and is much cleaner. AES makes the actual ballots, which are of course approved by the Election Board. A list of registered absentee voters

is provided to AES with specific mailing addresses and directions. AES mails the absentee ballots to each eligible voting Tribal Member which are very detailed in the process of how they are handled. Each ballot has a bar code that identifies who the ballot has been issued to. All absentee ballots must be signed by the voter which is compared to the master Voter Registration Binder that the Election Board has on file. Overall the process has streamlined exceedingly well and when all voting is completed the results are compiled electronically. There are still checks and balances with having volunteers observe the process and some hand counting of ballots (not votes) received to double check actual count with the electronic count. Walk-in-voters check in on Election Day with their ID in hand and are issued a ballot. Once they have made their selections and completed their individual ballot, the voter feeds their ballot into an automated machine that registers the ballot and records the votes, which is printed after the polls have closed. The entire process is automated and each Tribal Member can absolutely be assured that their vote is counted in the way they intended.

The Election Board would like to encourage our membership to get involved and join committees. The Tribe is constantly growing and evolving at a very fast rate, and it is important that our governing documents are kept updated and that our membership is involved in the process. Make your voices heard, represent your families, be a positive part of the growing opportunities our Tribe has to offer. Be a part of the solution!



Veronica Krohn & Aimee Jackson-Penn

gOB Postings



SEEKING CASINO EMPLOYMENT

If you're interested in a job / opening contact the Running Creek Casino, Human Resource department at any of the following contacts:

Sandra Mietz

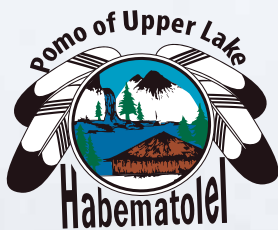
Human Resources Manager
Running Creek Casino
635 E. Hwy. 20

P.O. Box 977, Upper Lake, CA 95485

Phone: 707-262-5420

Fax: 707-262-5469

Email: hr@runningcreekcasino.com or smietz@runningcreekcasino.com



If you're interested in a job / opening contact the Habematolet Pomo of Upper Lake tribal office at any of the following - ask for the Executive Council:

9470 Main St.

P.O. Box 516, Upper Lake, CA 95485

Phone: 707-900-6920 Fax: 707-275-0757

Email: ec@hpultribe-nsn.gov

Habematolet
Pomo of Upper Lake



SEEKING TRIBAL GAMING COMMISSION EMPLOYMENT

If you're interested in a job / opening contact the Habematolet - Tribal Gaming Commission Office at any of the following:

635 E. Hwy. 20
P.O. Box 97, Upper Lake, CA 95485
Fax: 707-262-5472

Tribal Gaming Commission:

Michael A. Icaay, Chair

Email: tgc_chair@hpultribe-nsn.gov

Phone: 707-262-5463

Executive Council

Habematolet Pomo of Upper Lake

Email: ec@hpultribe-nsn.gov

Phone: 707-900-6920 Fax: 707-275-0757

STAY IN THE KNOW
AND "LIKE US" ON
FACEBOOK AT:

 [FACEBOOK.COM/HPULTRIBE](https://www.facebook.com/HPULTRIBE)


HABEMCO

 UPPER LAKE
PROCESSING SERVICES

SEEKING HABEMCO or UPPER LAKE PROCESSING SERVICE (ULPS) EMPLOYMENT

If you're interested in a job / opening contact the Habemco or Upper Lake Processing Service, Human Resource department at any of the following contact:

Deborah Guess

Human Resources Manager
Upper Lake Processing Services
7201 W. 110th St., Suite 225
Overland Park, KS 66210

Phone: (913) 717-4682

Email: dguess@upperlakeps.com

HABEMATOLEL POMO OF UPPER LAKE

Our sincere heartfelt condolences...



IN LOVING MEMORY - DONALD D. TREPPA, SR.

On Saturday, June 27, 2020 Habematolel Pomo of Upper Lake unexpectedly lost one of it's eldest Tribal Member's, Donald Treppa, Sr.

Donald passed away at the age of 87 and is survived by his 2 children, Kathleen and Marchelle Treppa, granddaughter McKenzie Boyle and spouse Pat (Schellinger) Treppa along with his loving family and friends. Our hearts are deeply saddened to hear of this loss and Don will be truly missed. Don was born May, 1933 in Napa California and was raised in Upper Lake and San Francisco, California. Don was US Veteran of the Korean War and served from 1953 to 1955. On his return home from the war he referred to his service as "Just returned from hell 53-54-55". He was a great deer hunter, master of the "John Deere" backhoe. Don took great pride and enjoyed riding his Gold Wing motorcycle 87,000 miles across the USA. He was a licensed excavation contractor, who worked in Lake and Sonoma Counties and the Mendocino National Forest.

May Don's family take some comfort in knowing how important he is to the people who have had the opportunity to know him, work with him and love him.

Memorial Services: Private Interment will be at Hartley Cemetery in Veteran's Circle.

In lieu of flowers, the family requests that a donation be made to the Lake Pomo Native Family Statue in Donald Treppa's memory; make checks payable to "Friends of Lake County Museum" located at 256 North Main Street, Lakeport, CA 95453 / P.O. Box 1505, Lakeport, CA 95453; 707-263-4550

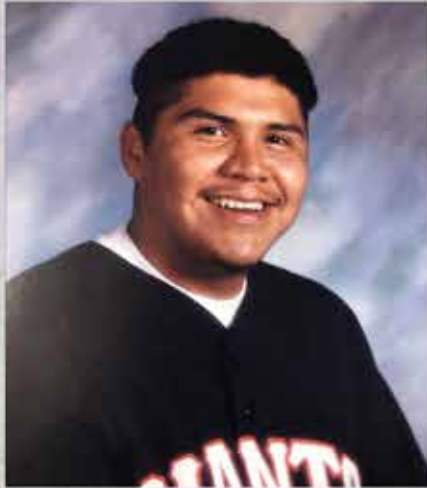


9470 Main Street
P.O. Box 516
Upper Lake, CA 95485

Phone: 707-275-0737
Fax: 707-275-0757
www.hpultribe-nsn.gov

HABEMATOLEL POMO OF UPPER LAKE

Our deepest heartfelt sympathies...



IN LOVING MEMORY - MELBOURNE MILLER, JR.

On Monday, June 15, 2020 Habematolel Pomo of Upper Lake unexpectedly lost one of it's Tribal Member's, Melbourne Miller, Jr.

Melbourne passed away at the young age of 40 and is survived by his 3 children, Alexis Miller, Melissa Miller and Melbourne Miller, III along with his loving family and friends. Our hearts are saddened to hear of this loss and Melbourne will be deeply missed. Melbourne was born 1980 and a resident of Humboldt County, CA. May Melbourne's family take some comfort in knowing how important he is to the people who have had the opportunity to know and love him.

Viewing Services: June 25, 2020 from 1pm-5pm located at Sanders Funeral Home - 1835 E St, Eureka, CA 95501; Ph: (707) 442-2941

Graveside Memorial Services: June 26, 2020 at 11am - Hoopa Cemetery 11900 CA-96, Hoopa, CA 95546; Ph: (530) 625-4211

Should you want to send a floral arrangement to the services or family, the family is using the following florist:

Country Living Florist & Fine Gifts
<https://countrylivingflorist.com/>
1309 11th St #105, Arcata, CA 95521
(707) 822-8967



9470 Main Street
P.O. Box 516
Upper Lake, CA 95485

Phone: 707-275-0737
Fax: 707-275-0757
www.hpultribe-nsn.gov

SHARE YOUR ANNOUNCE- MENTS!

ARROW Newsletter wants Tribal Members and Committees to submit announcements they would like to share with others in the Arrow. No matter how big or small, we want to know about it. A special event, milestone, accomplishment, award, photo or article – please share! Your announcements are important to us and are always welcomed.

Please submit your announcements to:
arrow@hpultribe-nsn.gov or to the HPUL Tribal Office.

HPUL IS NOW ON INSTAGRAM!

STAY IN THE KNOW AND FOLLOW US ON INSTAGRAM AT:



@HPULTRIBE

Thank You for Being an Essential Part of Our Community Project!



During the most difficult of times in 2020, Nichole Humphrey, Fiscal Officer wanted to show essential workers just how much the Tribe and the surrounding community appreciates their continued service during these unprecedented times. Using incredible creativity, Nichole came up with "golden ticket" chocolate bars. Inside the chocolate bars the "golden tickets" were raffle tickets, for prizes raffled on June 2, 2020.

Nichole and the Executive Council Members distributed the chocolate bars to local businesses that were open during Covid-19. This selfless act led to essential workers receiving a number of prizes such as televisions, generators, gift cards, an outdoor grill, an outdoor tent, and many more prizes.

Congratulations to all the winners! Thank you for your service during these unprecedented times.

#	RAFFLE PRIZE	WINNER'S NAME
1	4000 Watt Generator	Phillip Hoover
2	Dual 3-Burner Combo Grill	Ashley Perry
3	Insignia 50" Smart 4K TV	Kristy Iaccino
4	\$250 Amazon Gift Card	Allyson Brown
5	10p Camping Tent	Maria Moreno
6	1700 Watt Air Fryer	Kayla Christian
7	10pc Blue Diamond Cookware	Mohammaed Hussain
8	8th Gen. 16gb Kindle Fire Tablet	Mariah Shaw
9	Keurig K-Classic Coffee Maker	Amanda Laughner
10	Dekopro 208pc Tool Set	Shannon Smith
11	Fishoaky Fishing Rod Kit	Jasmin Harwell
12	\$50 Amazon Gift Card	Jay Fox
13	\$50 Running Creek Casino Gift Card	Maia Duncan
14	\$50 Running Creek Casino Gift Card	Debbie Pfann

#	RAFFLE PRIZE	WINNER'S NAME
15	\$50 Running Creek Casino Gift Card	Robin Marsolek
16	\$50 Running Creek Casino Gift Card	Mike Fugate
17	\$50 Chevron Gas Card	Mary Pecen
18	\$50 Chevron Gas Card	Tracy Beaty
19	Landscape Color Knife Set	Jose Mendoza
20	Romanticist 21pc BBQ Grill Set	Garnick Bjur
21	Beach Bag Cooler Set + Microfiber Towels	Stephanie Wayment
22	BassPal IPX & Bluetooth Speakers	Jessica Register
23	Bath & Body 9pc Gift Set	Amy Walker-Allen
24	\$25 Dunkin Donuts/Baskin Robbins Gift Card	Lindsey Torrey-Silva
25	\$25 Dunkin Donuts/Baskin Robbins Gift Card	Jimmy Stillman
26	\$25 Dunkin Donuts/Baskin Robbins Gift Card	Michelle Green
27	\$25 Dunkin Donuts/Baskin Robbins Gift Card	Daniel Fernandez

444 Meals in Four Weeks!

Thanks to Nichole Humphrey, Fiscal Officer and her exceptional thrifty shopping, monies leftover from the Essential Workers Raffle were used to put together 444 meals for the local community. Linda Rosas-Bill, EPA Director for the Tribe, spoke with local shelters, sobriety programs and churches to deliver two hot meals and two snack packs per week.

Meals were distributed throughout Lakeport, Lower Lake, Clearlake and Clearlake Oaks with the help of the above mentioned HPUL staff, Chairperson, Sherry Treppa, Vice Chairperson, Tracey Treppa, Vicky Hutchinson, Sold Waste Technician, Fiscal Clerk, Anthony Arroyo Jr. and Receptionist, Robin Martin. This amazing team not only takes care of its own Tribal Members but continues to make their community a priority.

The Executive Council is thankful for every team member who made this happen. Their service and their continued commitment to the Tribe and the local community does not go unnoticed.



Left to right: Pamela Heston, Vicky Hutchison & Linda Rosas-Bill



Vicky Hutchison

CARES Act Boxes

The Executive Council was able to secure funding through the recently signed CARES Act. With the money received they created care packages for all 256 Members of the Tribe. With loving hearts and selfless efforts, a group of Tribal employees worked on getting boxes filled with essential items. Housing Director, Cathy Berton, Fiscal Officer, Nichole Humphrey, Receptionist, Robin Martin, Tribal Administrator, Anthony Arroyo, got the items purchased, boxes built, items sorted, stuffed and delivered. Additionally, 22 elders in the Tribe will receive generators in six different counties.



Left to right: Cathy Berton, Nichole Humphrey & Robin Martin



Anthony Arroyo, Jr.

Without the help of this exceptional team the Executive Council would not be able to get all of this done. The team continues to come up with new and exciting ways to support their Tribal Members and give back to the community. The team has been an essential part of the Tribe's success and will continue to be a crucial part of the Tribe's business. The Executive Council is thankful for each of you.

All of the boxes were filled with:

- Masks
- Gloves
- Hand sanitizer
- Sanitizing wipes
- Decks of cards
- Snacks
- Toothpaste
- Hand Soap
- \$250 gift card to the grocery store of their choice

Welcome Our New Services Coordinator to the Team!



The Executive Council is excited to introduce their newest addition to the Habematolel Pomo of Upper Lake Team. **Sonjia Menchaca** the Tribe's Tribal Member Services Coordinator. Hired on July 13, 2020, her role is to coordinate individual, elderly, family and children services and support, establish and maintain Tribal referrals within Tribal county, state, regional, and federal systems. Her role also includes being tasked with development of policies & procedures for the department. In addition to this role she is temporarily helping with Program & Services Coordinator duties.

Prior to joining the Tribe, Sonjia, worked with County of Lake Mental Health as a Mental Health Case Manager. In addition she has worked as a childcare specialist for Sunshine Family Childcare. Sonjia is also a Certified Nursing Assistant (CNA) who has cared for patients with mobility issues, special dietary needs and the elderly.

Feel free to reach out to Sonjia for all your service needs at smenchaca@hpultribe-nsn.gov or by phone at 707-900-6925.

TRIBAL NATIONS GRANT FUND AWARDED TO HPUL

In January 2020, the Tribe received funding through the Tribal Nations Grant Fund (TNGF). The Brown administration initiated the Tribal Nation Grant Fund for the receipt and deposit of moneys received by the state from Indian tribes pursuant to the terms of re-negotiated or new tribal-state gaming compacts. It is intended to further assist Non-Gaming and Limited Gaming Tribes like ours beyond the funds from the Revenue Sharing Trust Fund.

The Tribe allocated the awarded Grant funds to support the rehabilitation and reentry of Tribal

Members and other First Nations members who are struggling with addiction and desirous to break the cycle through traditional and western ideologies. The house was renovated and ready, then COVID-19. The Tribe is happy to announce that the residence is temporarily housing fire firefighters from the United States Forest Service during the fire season. It is a fortunate alternative during the pandemic to help house those who will fight the fires that have plague Lake County. It is our intention to open the facility and serve our Tribal Members and the community later this year.



Makenzie Parajon

Makenzie is graduating from Castro Valley High School where she has been involved in the school community as a member of the Varsity Girls Waterpolo and Varsity Softball teams since freshman year.

In Waterpolo she has been the starting point guard the last four years and as team captain she has been responsible for leading in and out of the pool. She has organized the teams to work at Cal and Stanford Concession events to raise money for uniforms, official and tournament fees. On February 28, 2019, Makenzie provided a presentation to the Castro Valley Unified School District in support of the Waterpolo Program being adopted as a District sport. She has earned Honorable Mention twice, Most Improved Player, NCS Scholar Athlete, NCS Distinguished Scholastic Team and Defensive Player of the Year.

Her contribution to the Varsity Softball Team over the last three years as a starter outfielder has been crucial to their success. They have taken 1st Place in the West Alameda County Conference in 2017 and 2018 and 2nd Place in 2019. As Captain she has led morning workouts before school and helps with pre-season open field workout, organized Cal and Stanford Concession events and players clinics for younger softball players. She has earned Honorable Mention, 2nd Team All League, 1st Team for Livermore Stampede Tournament, NCS Scholar Athlete, NCS Distinguished Scholastic Team.

Although her senior season of softball was cut short due to COVID-19, she will earn the Herculean Award, which is presented to athletes who earn at least seven varsity letters. Outside of school she has been a member of various travel softball teams and the local swim team since she was 6 years old.

In the fall, she will be attending UC Berkeley, where she has accepted a position on the softball team and has the intention to major in Psychology.





Your Voice Matters

Complete the Member Wellness Survey and tell us how you're doing

A \$25 WALMART GIFTCARD WILL BE PROVIDED TO ALL PARTICIPANTS

REQUIREMENTS:

MUST BE A MEMBER OF THE HABEMATOLEL POMO OF UPPER LAKE

MUST BE AT LEAST 18 YEARS OLD

DEADLINE IS OCTOBER 2, 2020

FOR FURTHER INFORMATION OR ASSISTANCE IN FILLING OUT THIS SURVEY, PLEASE CONTACT OUR MEMBERSHIP SERVICES COORDINATOR SONJIA MENCHACA AT 707-900-6925 OR SMENCHACA@HPULTRIBE-NSN.COM



USE THE QR CODE WITH YOUR PHONE TO EASILY ACCESS THE SURVEY!

FAMILY QUARANTINE

YEAR IN REVIEW

INSERT
2.5"x2.5"
PHOTO

THE KIDS SAID WHAT!?



FAMILY'S FUNNIEST
MOMENT

OUR BIGGEST
CHANGE



BIG MILESTONES

TOP 3 FAMILY MEMORIES

1

2

3

2 WORDS TO
DESCRIBE OUR
QUARANTINE



NOTEABLES





SPRING CLEANING

CHECKLIST

Living and Dining Areas

- ___ Open windows
- ___ Dust light fixtures and ceiling fans
- ___ Remove and launder curtains, throw pillows and blankets
- ___ Dust and clean blinds
- ___ Vacuum sofas and chairs, including under cushions
- ___ Spot-clean furniture
- ___ Dust shelves, furniture, décor (including wall décor)
- ___ Clean lamps and lampshades
- ___ Dust electronics and clean remotes
- ___ Wipe down doors, knobs, switches, trim and baseboards
- ___ Wash windows and screens, including window sills
- ___ Vacuum all flooring
- ___ Shampoo/steam clean carpets and rugs
- ___ Mop hard floors
- ___ Wash vent covers, vacuum out vents in necessary
- ___ Dust ceiling corners, vents and curtain rods
- ___ Sort and donate unneeded magazines, books, board games, DVDs, kids toys, etc.

Kitchen Areas

- ___ Empty drawers and cabinets, wipe down exterior and interior
- ___ Organize and declutter as you refill
- ___ Wash cabinet doors and knobs
- ___ Clean and organize pantry
- ___ Clean oven and stovetop
- ___ Wipe down microwave inside and out
- ___ Clean and organize fridge and freezer
 - ___ Wipe down exterior
 - ___ Dust off fridge
 - ___ Remove everything inside and wipe down
 - ___ Throw out expired foods
 - ___ Reorganize the interior
 - ___ Change water filter if necessary
- ___ Vacuum under fridge and coils on back of fridge
- ___ Remove everything from countertops; sanitize
- ___ Wipe down back splash
- ___ Clean out dishwasher
- ___ Deep clean sink, clean drain
- ___ Dust décor and light fixtures
- ___ Wipe down switches, trim and baseboards

- __ Sweep and mop flooring
- __ Wash windows, including sills
- __ Remove cookbooks and other items from shelves, clean and reorganize
- __ Discard old spices
- __ Soak coffeepot, clean tea kettle
- __ Wipe down all appliances

Bathrooms

- __ Empty and wipe down all cabinets and drawers
- __ Organize cabinet and drawers when refilling
- __ Dust light fixtures
- __ Clean mirrors and frame
- __ Clean down and sanitize counters and sink
- __ Clean tub and drain
- __ Change shower curtain liner
- __ Clean showerhead
- __ Clean toilet inside and out
- __ Wipe down doors, knobs, switches, trim and baseboards
- __ Clean and shine all hardware
- __ Sweep and mop floors
- __ Reseal grout lines if needed
- __ Wash bath mats
- __ Wash toothbrush holder
- __ Wash bath toys

Laundry Room

- __ Wipe down washer and dryer exterior
- __ Clean and vacuum lint trap
- __ Wash inside of washing machine
- __ Clean behind washer and dryer
- __ Sweep and mop floors
- __ Clean cabinet interiors and exteriors
- __ Clear out cabinets, reorganize and restock

Bedrooms

- __ Clean out dresser drawers; sort, donate unneeded items
- __ Clean closet floors and organize clothes
- __ Store off-season clothing
- __ Tidy and organize shoes
- __ Flip mattress if needed
- __ Wash pillows, duvets and mattress pad covers
- __ Air-out mattress pads

- __ Dust light fixtures and ceiling fans
- __ Wipe down doors, knobs, switches, trim and baseboards
- __ Wash windows and window sills
- __ Launder curtains
- __ Dust and polish furniture, décor and wall art
- __ Wash vent covers, vacuum out vent if necessary
- __ Vacuum and mop flooring
- __ Shampoo carpets

Pets

- __ Wash or replace bedding
- __ Soak and wash plush toys in hot water
- __ Sanitize hard plastic bones/toys in hot water
- __ Empty and clean cages, crates, kennels, aquariums, etc.
- __ Wash water and food bowls
- __ Clean eating area thoroughly
- __ Wash litter boxes thoroughly as well as pee pads

Home Office/Command Center

- __ Dust and clean computers
- __ Dust bookshelves; dust and polish furniture
- __ Clean out and organize drawers and files
- __ Shred unneeded paperwork
- __ Update home inventory
- __ Review and update insurance policies

Entry and Outdoor Areas

- __ Wash baseboards
- __ Clean walls, light fixtures, light switches
- __ Clean furniture and décor
- __ Wash windows
- __ Wipe down doors
- __ Clean rugs
- __ Replace light bulbs if needed
- __ Clean out and organize entry closet
- __ Vacuum entry closet
- __ Clean hard floors and carpet
- __ Wash thresholds
- __ Sweep porches, patios and walkways
- __ Clean doormats
- __ Clean sliding/French door tracks
- __ Power wash siding and driveway

HAWAIIAN BURGERS

These rich and juicy Hawaiian Burgers are flavored with sweet pineapple, tangy teriyaki sauce, savory green onions, and creamy Monterey jack cheese.

Servings: 4 burgers

Prep Time	Cook Time	Total Time
10 Mins	25 Mins	35 Mins



INGREDIENTS

- 20 oz. can pineapple slices in juice \$1.19
- 2 green onions, sliced \$0.17
- 2 oz. Monterey jack cheese, shredded \$0.55
- 1 lb. ground pork \$2.50
- 6 Tbsp teriyaki sauce, divided \$0.29
- 1/2 red onion \$0.41
- 1 Tbsp cooking oil, divided \$0.04
- 4 Onion Rolls \$2.99

Sriracha Mayo (optional)

- 4 Tbsp mayonnaise \$0.41
- 1 Tbsp sriracha \$0.09

INSTRUCTIONS

1. Take one of the pineapple slices from the can, and chop it into very small pieces. Slice the green onions and shred the Monterey Jack cheese. Place the ground pork, chopped pineapple, sliced green onions, shredded cheese, and 2 Tbsp teriyaki sauce in a large bowl. Mix the ingredients together by hand until they are evenly incorporated.
2. Shape the pork mixture into four burger patties. Make the patties flatter and thinner than you'd like the finished burgers to be, as they do contract and shrink inward as they cook. Set the patties aside.
3. Thinly slice the red onion. Add 1/2 Tbsp cooking oil to a large skillet and heat over medium-high. When the skillet and oil are very hot, add the red onion slices and allow them to cook until browned and caramelized on the bottom. Stir the onions and then let them brown again. Avoid stirring too often, as this will prevent the browning and caramelization on the edges. When the onions are mostly browned, transfer them to a bowl and set them aside.
4. Turn the heat under the skillet down to medium, add another 1/2 Tbsp oil to the skillet, swirl to coat the surface, then add the burger patties. Cook the patties until browned on one side, then carefully flip and cook until browned on the second side and cooked through (about 5 minutes per side - cooking time may vary due to cookware and size and shape of burgers).
5. While the burgers are cooking, combine the mayonnaise and sriracha in a small bowl.
6. Transfer the cooked burgers to a clean plate or cutting board. Pat four more pineapple rings dry with a paper towel, then add them to the skillet. Continue to cook the pineapple slices over medium until they're hot and some of the browned bits from the skillet have dissolved off the skillet and onto the pineapple (about 2-3 minutes each side).
7. To build the burgers, smear a tablespoon or so of the sriracha mayo onto a bun, add a cooked burger, and drizzle another tablespoon of teriyaki sauce over the burger. Top with one of the cooked pineapple slices and a few of the caramelized red onion.

NUTRITION

Serving: 1 Serving | Calories: 823.75kcal | Carbohydrates: 67.15g | Protein: 32.8g | Fat: 47g | Sodium: 1778.8mg | Fiber: 3.68g

HPUL MEMORY GAME

“MEMORY” GAME RULES:

1. Mix up the cards.
2. Lay them in rows, face down.
3. Turn over any two cards.
4. If the two cards match, keep them.
5. If they don't match, turn them back over.
6. Remember what was on each card and where it was.
7. Watch and remember during the other player's turn.
8. The game is over when all the cards have been matched.
9. The player with the most matches wins.

CUT MEMORY GAME CARDS ALONG DOTTED LINES



