



# Kashia Tribal Office Monthly Newsletter

Kashia Band of  
Pomo Indians of  
Stewarts Point  
Rancheria

*February 2024*

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## Announcements and Events



SONOMA COUNTY INDIAN HEALTH PROJECT, INC.

# NATIVE YOUTH TALKING CIRCLE

FOR AGES 12-24



**EVERY 1ST & 3RD MONDAY**  
**6:00PM-7:00PM**  
**ON ZOOM**  
BEGINNING JANUARY 16, 2023

To sign-up please contact the Aunties & Uncles Program:  
Email: [AUPEVENTS@SCIHP.org](mailto:AUPEVENTS@SCIHP.org) or call Carolyn at (707) 521-4559



THE AUNTIES & UNCLES PROGRAM PRESENTS...

# PAINT NIGHT

An artist from "Paint the Town" will guide participants through each step to create a beautiful work of art. By focusing on painting, individuals can find relaxation and let go of the problems and demands that may lead to stress.

Friday, March 15, 2024  
5:30PM-7:30PM  
SCIHP Community Room  
144 Stony Point Road  
Santa Rosa

Space is limited! Registration is required

To register please contact:  
Angelina (707) 521-4554  
[aupevents@scihp.org](mailto:aupevents@scihp.org)

These events are shared for all tribal members to attend!

# Announcements and Events

## The Ocean Manifesto 2024 International Ocean Calendar is ready for sale!

Calendars are \$20 (additional \$1.96 for mailed calendars)  
All proceeds go to the Koshia Youth Cultural Fund that is aimed at strengthening relations and promoting intergenerational knowledge among Koshia youth, Koshia elders, and cultural knowledge holders.

### To Purchase:

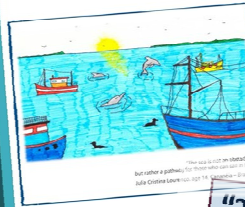
Contact the Tribal Office to put in an order

OR

send your payment to the Koshia Band Venmo:  
@Koshia-Band  
Make sure to put "Calendar" in the payment note

Calendar 2024

Manifesto  
Ocean



## "?Ama'ti·bak'he ?aca? ahq'ha" "Water Is Life"

Koshia Youth Art Contest

A winner will be selected from each category:

K - 2nd  
3rd - 5th  
6th - 8th  
9th - 12th

Winning art work may appear in KDEP:

newsletters, educational outreach materials, etc.

### THEME

Create a work of art that shows how water is vital to us based on the theme "Water Is Life." Submissions can explore water use, conservation, pollution, etc. Include a sentence describing your work.

### ALL ENTRIES MUST INCLUDE:

- Student's Name
- Student's Grade
- Student's School
- Contact Info
- Address and phone/email

### ACCEPTABLE FORMS OF MEDIA

Drawing, Painting, Photograph, Collage.  
No larger than 8.5 x 11 or 12 x 18 in.

**SUBMISSION DEADLINE:**  
March 29th, 2024

Winners will receive a \$50 Gift Card

All artwork submissions can be mailed, or hand delivered to:  
420 Guerneville Rd Suite J  
Santa Rosa, CA 95403

Unopened submissions can also be emailed to [help@scihp.org](mailto:help@scihp.org)

## SONOMA COUNTY INDIAN HEALTH PROJECT

## HEALTHY TRADITIONS DIABETES EDUCATION AND SUPPORT GROUP

This class is designed for SCIHP patients with type 2 diabetes to learn about our framework for diabetes education and support.

When: 1pm - 2pm

Where: 144 Stony Point Road, Santa Rosa, CA 95401  
Upstairs Community Room

Contact Healthy Traditions at (707) 521-4502

Participants will receive a \$10 gift card upon completion of the class.  
\*\*Only Native SCIHP patients with a diagnosis of diabetes are eligible to receive a gift card.

### 2024 CLASS DATES

FEB 22ND

MAY 16TH

SEPT 26TH

MAR 28TH

JUNE 27TH

OCT 24TH

APRIL 25TH

JULY 25TH

NOV 14TH

AUG 22ND

DEC NO CLASS

# Announcements and Events



## **ATTENTION**

**Stewarts Point Rancheria**

**Tribal Members:**

## **SPECIAL CHAIRMAN ONLY ELECTION**

**Date: Saturday March 16, 2024**

**Time: 1:00 pm to 6:00 pm**

**Voting Locations:**

**Stewarts Point Rancheria Tribal office**

**1420 Guerneville Road, Ste. 1**

**Santa Rosa, CA**

*and*

**Stewarts Point Rancheria Kashia Community Center. Skaggs  
Spring Rd**





## Department Announcements

### **Tribal Office Department Services**

#### **Housing Authority Department:**

BIA Housing Improvement Program, Rental Assistance, Temporary Housing & Emergency Rental Assistance Program.

For information please contact the Housing Authority at:  
707-591-0580 x 106

#### **Cultural Resources Department:**

Every two weeks The Cultural Resources Department holds a Kashia Language learning class from 6pm-8pm.

For more information please contact Anthony Macias at:  
[anthony@stewartspoint.org](mailto:anthony@stewartspoint.org) or 707.591.0580 x 105

### **Tribal Administration Department Services**

#### **Member Services:**

**NEW!** We are pleased to announce the Tribal Assistance Nutrition Program (TNAP) for low-income tribal members age 18 and over, in the Sonoma, Lake, Mendocino and Napa County service area. Applications can be accessed on the website, picked up at the tribal office or emailed.

Open Enrollment is **January 1 to March 31, 2024**. Applications can be accessed on the website, picked up at the tribal office or emailed.

For a full description of what is available under our Member Services Program, or more information on services, please contact Naomi Atchley at:



## Department Announcements

### **Tribal Administration Department Services**

#### **Education:**

Kashia Youth School Uniforms/ Grade Incentives & Sports Registration.  
Higher Education / Vocational Training & Direct Employment.

For more information please contact the front desk reception at:  
[reception@stewartspoint.org](mailto:reception@stewartspoint.org) or 707-591-0580 x 101

#### **Tribal Broadband Connectivity:**

**NEW!** The Tribe has received the Tribal Broadband Connectivity Grant Commerce to address the needs during the COVID 19 pandemic. The Federal Government has allocated funds to increase broadband connectivity in all communities including rural and underserved.

The Kashia Tribal Broadband Connectivity Program will address the digital divide on Tribal Lands, assist members with Internet access including broadband and digital inclusion planning, training, and providing technical support and capacity building for Tribal institutions.

For a full description of what is available under the Broadband Connectivity Grant or to request an application, please contact Aaron Want at:  
[aaron@stewartspoint.org](mailto:aaron@stewartspoint.org) or 707-591-0580 x 136



## Tribal Historic Preservation & Cultural Resources Department

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the Northeastern part of the United States, and Canada. A total solar eclipse occurs when the Moon passes between the Sun and Earth. This covers the entire face of the sun, which will result in a dark shadow covering it and will cause the sky to appear dark, as if it were dawn or dusk! Viewing a total solar eclipse phenomenon is something everyone should see in their lifetime!

However, safety should be the first priority. It can be incredibly damaging to not wear proper eye protection!

The Cultural Department is sending out solar eclipse glasses for tribal members living in: Texas, Arkansas, Oklahoma, Missouri, Illinois, Ohio, Pennsylvania, and the rest of the Northeast states. If you live in these states, please reach out to the Cultural department to receive your pair before the Solar Eclipse! Contact Anthony Macias:

[anthony@stewartspoint.org](mailto:anthony@stewartspoint.org) or  
707-708-1139





## Environmental Planning Department

In July of 2023, KDEP set up their first 3D model sampling transect at Metini, (Fort Ross) with the help of Tidal Modeling expert Kelsey Miller. On Thursday February 8th 2024, we did another transect in the same location at a low tide of -1.38. The Klamath Department of Environmental Planning plans to coordinate these transects throughout each year to compare the seasonal differences in the geography and ecology of the tidal pools.

### How does it work?

Starting with a 90 foot transect plot, we slowly reel a camera attached to a 30 foot pole back and forth across the plot of land, making sure to have steady hands and feet and to move at a consistent pace. After each section of the plot is captured in images, the pictures get uploaded to a unique software that carefully stitches the images together seamlessly, creating an identical 3D model of the intertidal zone plotted!

This season we were unsuccessful in finishing this transect at Metini in its entirety due to the shortened daylight hours of the winter. We do plan to revise our technique and set up another transect there later this year. We will update everyone on the results along with some photographic evidence. Till then, enjoy these photos we took in February!

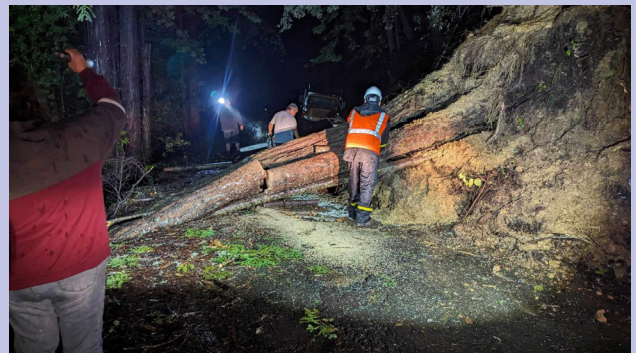






## Emergency Planning Department

From February 4-6th 2024 a powerful “atmospheric river” caused immense damage throughout California and along the Northern California Coast. Wind speed was recorded to be 80 -100 MPH in the San Francisco Bay Area. Many trees along Tin Barn Rd / Skaggs Spring Rd were uprooted, fallen over, and broken in half as a result of the strong winds and rain. Our hardworking Roads crew members spent each day cutting through downed trees blocking the roadways and clearing out debris from the roads. They went out twice a day during the duration of the storm to make sure residents got home from work safely. Thank you to our amazing Roads crew!



Pictured Above: Melinda Scott, Rich Azbill, and John Belmontez.



## Human Resources Department

### February is American Heart Month

#### Important Facts:

Did you know that heart disease is the leading cause of death among American Indians and Alaska Natives? You can reduce your risk by keeping your blood pressure and cholesterol at healthy levels, not smoking, exercising regularly, and maintaining a good weight.

Take care of your heart. Getting daily physical activity, eating healthier foods, and not using commercial tobacco products are ways to keep you and your family's hearts healthy.

#### Benefits of having a healthy heart

A healthy heart helps:

- Pump oxygen from your lungs to the rest of your body;
- Make physical activity easier; and

Reduce your risk of having a heart attack or stroke.

#### Steps to having a healthy heart

##### **Be More Active**

- Be active for at least 30 minutes on most days of the week.
- Any activity or movement is good.
- If you cannot do 30 minutes all at once, try breaking your activity down to 3 sessions a day for 10 minutes at a time.
- 
- Listen to your body. Some days you may feel like you can do more. Other days you may need to take it easy.

**Invite your family or friends to join you.**

Source: <https://www.ihs.gov/forpatients/healthtopics/hearthealth/>



## Human Resources Department

### February is American Heart Month

#### **Make Healthy Food Choices**

- Eat a wide variety of fruits and vegetables every day. Choose fresh, frozen, dried, or canned.
- If you need help getting healthful food, ask your health care team about food assistance programs in your community.
  - Grill or bake instead of frying your foods.
- Avoid cooking with lard, butter, or shortening.
- If you eat meat, choose lean meat, fish, and wild game. Trim the fat off of meat before cooking.
  - Limit the amount of salt you eat.
- Try herbs and spices to season your food so you can use less salt.
- When shopping for food, compare labels. Choose foods with the lowest amount of sodium (salt). Look for "sodium free," "salt free," "low sodium," or "no salt added."
- Be careful when choosing foods that are pickled, brined, barbecued, cured, smoked, or are in any type of sauce. These tend to be high in sodium (salt).
- 
- Eat meals together at home. It is a great way to help your family create good eating traditions.

Choose water instead of sugary drinks like fruit juices, soda pop, sweet tea, or sports drinks.

#### **Avoid Commercial Tobacco Products**

(These include cigarettes, cigars, spit tobacco and e-cigarettes.)




#### **Know Your Numbers**

- High blood pressure makes your heart work harder than it should. This may also damage blood vessels in your heart and kidneys.
- Get your blood pressure checked at every clinic visit.
- Ask what your target numbers should be for blood pressure

# Calendar



## March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10 Spring Forward 	11 Language Class 6pm	12	13	14 TC Meeting 6pm	15	16 Chairman Election Day 1-6pm
17 St. Patrick's Day 	18	19 Spring Begins 	20	21	22	23
24	25 Language Class 6pm	26	27	28 TC Meeting 6pm	29	30
31	1	2	3	4	5	6



**Kashia Band of Pomo Indians of Stewarts Point Rancheria Tribal Office**



Address:  
1420 Guerneville Road Â Suite 1  
Santa Rosa, CA 95403  
Phone: 707 591 0580  
Fax: 707 591 0583

Office Hours:

**Monday - Friday 8am -5pm .CLOSED 12pm -1pm**

**Administration Staff**

**Vaughn Pena**, Tribal Administrator

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**Emergency Planning Department**

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**Brittany Castillo-Sheard, Home key Site Manager**

**Finance Department**

**Brandon Wilder, Home key Site Manager**

**Corey Graham, Fiscal Officer**

[corey@stewartspoint.org](mailto:corey@stewartspoint.org)

**Regina Vargas, Fiscal Assistant II**

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**Cultural Department**

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