

From the Tribal Chairman

Greg Sarris



Tribal Chairman
Greg Sarris

Greetings, Tribal Citizens. I hope each and every one of you is well and safe. No doubt, parents and children have started a new school year, and like the end of this last school year, have found themselves in a very different learning environment from what all of us have known. I know. I'm a university professor who is now teaching my class via Zoom.

Let me wrap up the summer for you with one good feel-good story, which

I'm sure all of us could use during the new and often difficult world we find ourselves in these days.

The story comes from the business front, our Graton Resort and Casino.

On Thursday, July 16, I received a phone call from Sonoma County Supervisor Shirlee Zane, purportedly at first regarding the County's need for help purchasing a hotel for the homeless. The state had allotted each county in California monies for the purchase of facilities to help provide safe shelter for the homeless, and Supervisor Zane wanted to explore the possibility of the Tribe helping to fill in the gap for the purchase of a hotel and perhaps a second one. The conversation quickly shifted to a discussion of the health measures put in place in our recently re-opened casino. Supervisor Zane didn't so much ask questions as she did inform me that the County's Health Officer, Dr. Mase, wanted to meet with me about the same subject -- what we were doing in the casino to ensure that our Team Members and guests were not spreading the COVID-19 virus. What measures did we have in place and how were we enforcing those measures?

Already much of California -- and Sonoma County -- had largely re-opened businesses. Governor Newsom advised Indian casinos could re-open as long as Centers for Disease Control (CDC) safety measures were adhered to, even though he had not allowed other large indoor gatherings to take place -- sports, concerts

-- what he referred to as phase IV opening. But as you all know, not long after California businesses began to re-open after a mandated shutdown, the COVID-19 infection and death rate began to soar throughout the state and the Governor again ordered a shut down of bars, indoor dining, beaches, and so forth. What about Indian casinos? Weren't Indian casinos large indoor gathering places? Were we about to be advised to shut down again? (Remember, the state cannot mandate that Indian casinos close shop, because of our being under federal jurisdiction.)

So, was Dr. Mase going to advise that Graton Resort and Casino shut down? Already she had begun to close bars, gyms, and indoor dining again throughout the County. If I told her of all the measures we had taken and our strict enforcement of those measures, would that be enough to keep her from advising us -- and asking the Governor to advise us -- to shut down?

I gambled, no pun intended here. I had figured Dr. Mase wanted to talk to me over the phone -- I told Supervisor Zane to tell Dr. Mase that, more than agree to a phone call, I would take them on a tour of the facility so they could see for themselves what we were doing to stem the spread of the virus. There would never be a phone call. Dr. Mase wanted a tour the next afternoon -- Friday!

I phoned Lana Rivera, our General Manager, and told her the news. "I've got it," Lana said, a phrase I like to hear from her, but even now her confidence couldn't calm my nerves. Had I made a mistake inviting the County Health Officer into the casino? Again, would she recommend that we shut down and tell the Governor and the local press as much? Already I had heard she was not a particular fan of the casino -- rumor had it, that among other things, she didn't like the fact that we allowed indoor smoking, yes, a health hazard. How could people keep masks on while smoking? How could people keep a mask on in a crowded indoor place while eating and drinking?

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From the Tribal Chairman

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Friday afternoon arrives.

Lana and I meet Supervisor Zane and Dr. Mase in the lobby of the hotel. Smoking is not permitted in the hotel and I thought that would make a good impression on Dr. Mase, but already she seemed to be tentative about the tour, if not totally skeptical. I wasn't so worried about Supervisor Zane as she had visited us several times before.

We decide to take a tour of the hotel first -- Dr. Mase's decision -- and I think well, at least she won't smell any smoke for awhile and perhaps she will be impressed with the hotel's beauty and detail. And she was, particularly when she saw the four bay suites on the eighth floor. She mentioned that she had travelled widely, and that the large suites were among the most beautiful hotel rooms she had ever seen. But did she notice the hand-sanitizers everywhere? Did she notice Team Members actively wiping down elevators? Did she see how Team Members and guests were all wearing masks -- and wearing them properly, up over their noses and covering their mouths? We continued back down to the lobby and then to the partitioned ballroom, where Lana had created a safe distance dining room for the Team Members. Dr. Mase wanted to see where the Team Members ate and whether or not meals were prepared and delivered safely with both the cooks and the Team Members wearing masks and practicing safe distancing, everyone six feet apart. The first thing Dr. Mase mentioned inside the makeshift dining room was how good the food smelled. Did she notice the markers placed six feet apart on the floor? Did she notice the Team Members seated six feet apart while they were eating? Yes, Lana and I pointed out these features, but still there was not much response from Dr. Mase.

O.K., we continued a tour of the back of house where Team Members have their lockers and where our many departments (i.e. Human Resources, Tribal Gaming Commission) have offices. Lana and I continued pointing out the safety features, markers on the floor, indicating where Team Members must stand six feet apart wherever there might be a line, and the fact that all Team Members were not only wearing masks but practicing safe distancing. And still, not much response from Dr. Mase.

Then into the Marketplace -- and I'm getting more nervous, not because the Marketplace isn't totally marked for safe distancing (and remember, there is no smoking in the Marketplace just as there is no smoking

in our four full service restaurants), but because once we tour the Marketplace, we will have to go onto the gaming floor. In the Marketplace, Dr. Mase mentioned again how good the food smelled. Did she notice that all the cooks and Team Members were properly wearing masks? Did she notice guests waiting in line six feet apart? Did she notice tables set a safe distance from one another?

Just before we entered the gaming floor, I told her once more not only that we practiced the recommended CDC safety measures but that all of our Team Members are required as part of their job to make sure those measures are followed not only by themselves and fellow Team Members, but in addition, Team Members are required to ask guests to follow the rules if they notice that the guests are not following the rules. Guests cannot take off their masks unless they are seated and actively smoking, eating, or drinking. It does not count if the guest simply has a half glass of water next to them -- and is not actively drinking from that glass. No guest can be standing or walking without wearing a mask properly. If a Team Member is seen not asking a guest to put on a mask when the guest is not wearing a mask, the Team Member will be counseled the first time, and terminated the second time. Yes, we are strict. I also informed Dr. Mase that the following week we would begin testing all Team Members once a month, at the cost of \$350,000 each month. She nodded approval, a good sign, but still we had not entered the gaming floor.

First past the Poker Room and the G Bar, then into the large non-smoking room and then onto the main floor again. Then into the restaurants, 630 Park, Tony's, and Daily Grill (we passed Boathouse Sushi), and finally back where we started, in the hotel lobby. I don't remember if I said anything ("Well?"), waiting for Dr. Mase's verdict. But I remember this: Dr. Mase turned to me and said in so many words, you have created a world model for safety here. If only other businesses large and small could do the same.

And that's not all. Proof that what we are doing for safety works. At the first round of Team Members being tested (nearly 1,600 tests), only one Team Member tested positive, and because of our surveillance cameras and safe distancing practice, we were able to trace all of the Team Member's contacts and show that no other Team Members were exposed. A good story in these hard times. But then are you surprised? Of course, we would lead the way.



Citizenship Department

Tina Lanzavecchia, Citizen Services Coordinator (707) 566-2288, Ext. 112
TLanzavecchia@gratonrancheria.com



Tina Lanzavecchia

Greetings, Tribal Citizens. I hope you and your families continue to stay well and safe. As of August 2020, we have 1454 enrolled Tribal Citizens. Since the Tribe is unable to hold a General Council meeting at this time, I wanted to take this opportunity to give you the Newborn statistics since the Tribe's last General Council meeting in February 2020:

- March—3 Newborns enrolled
- April and May—0 Newborns enrolled
- June—4 Newborns enrolled
- July—7 Newborns enrolled
- August—3 Newborns enrolled

Newborn Babies

The parent, guardian, or caretaker of a newborn is responsible for requesting a Newborn Application Packet. The Citizenship Department only issues Newborn Application Packets by written request. All written requests must be made and received by the Citizenship Department within 180 days (six months) from the date of birth. Written requests for Newborn Application Packets must include: the newborn's full name, date of birth, legal names of the child's biological mother and father, contact information for the person requesting the application, and the request must be signed and dated before a numbered application will be issued.

Updating Tribal Records

All FIGR correspondence, such as newsletters, Per Capita payments and statements, General Welfare Benefits payments and statements, and important Tribal updates could be affected if your Tribal Record is not kept up-to-date with your current mailing address, phone number, and name changes. The Citizenship Department is currently accepting Tribal Update requests via email or mail. A Change of Address form is located on the back of every newsletter for your convenience.

Tribal ID Cards

Please check the expiration date on your FIGR Tribal Identification Card (ID card). All FIGR Tribal ID Cards expire five years after the date of issue and must be renewed. If your FIGR Tribal ID Card is expired, please contact the Citizenship Department to renew your FIGR Tribal ID Card or to have a FIGR Tribal ID request form mailed to you. Please note: Only FIGR Tribal Citizens who are 18 years of age or older can be issued a FIGR Tribal ID Card.

Instructions for Logging into the Citizen Portal

If you are accessing the citizen portal on the website for the first time, you will need your Tribal enrollment number and date of birth to login. Your username is the last four digits of your Tribal enrollment number and your password is your date of birth as MMDDYYYY. If you are unable to log into the portal, please select the "Forgot Password" button and go through the steps to have your login information sent to you. A second option is to select the contact us tab and a window will appear with a contact form that will enable you to send us a message. Tribal Citizens who have recently turned 18 must contact the Citizenship Department first before logging into the citizen portal to update your Tribal Record information. Once that is complete the next step would be to send a message using the website contact form. Your Citizenship will be verified through the Citizenship Department and an "Activate Citizen Portal Credentials" email will be sent to you. Please contact me, Tina Lanzavecchia, your Citizen Services Coordinator to obtain your login information at (707) 566-2288, ext. 112. You can also go to the website's contact page for a list of employee contact information.

The Citizenship Department is not accepting in-person appointments at this time, however, we can assist with your requests by phone or email. Send your requests to tlanzavecchia@gratonrancheria.com or call (707) 566-2288, ext. 112.



Government ▾ Culture ▾ Community ▾ Business ▾ Employment Contact Us **Citizen Portal Login**



Education Department

Patricia Miraz, Academic and Career Specialist (707) 566-2288, Ext. 150

PMiraz@gratonrancheria.com



Patricia Miraz

The first virtual Per Capita Eligibility Class took place on Wednesday, August 5, 2020. The Per Capita Eligibility Class is a collaboration between the Citizenship Department, Cultural Resources Department, Education Department, and Fiscal Department. As a Tribal Citizen born on or after January 1, 1997, you must meet the following eligibility requirements in order to receive per capita payments:

1. Earn a high school diploma or equivalent—Please provide FIGR Education Department an official transcript to prove completion of the graduation requirement. Official transcripts must be requested by the student and sent from your school or school district directly to the Tribal office. Official transcripts are sealed with a signature on the back of the envelope. The FIGR Education Department will not accept transcripts that have been opened.
2. Complete Per Capita Eligibility Class—Per Capita Eligibility Class information will be sent directly to families of FIGR youth close to their 18th birthday. Once notification is received, citizens can enroll in the Per Capita Eligibility Class. Be sure to read the FIGR newsletter and look for Per Capita Eligibility Class dates and times to be posted as a reminder to those already enrolled in the class.
3. Complete Tribal history and exam.
4. Complete Financial Literacy Class and exam.

When should I contact the Education Department?

Contact the Education Department:

- If you are considering post-secondary options (community college, trade schools, university, career and technical education) and need assistance with getting started.
- If you need assistance creating a list of schools to apply to.
- If you are unsure what you want to do with your life after high school (or at anytime in your life).
- If you need assistance in school, but having difficulty accessing campus resources.
- If you are interested in a specific college or university and are unsure how to go about finding out more information.
- If you need to obtain a General Education Diploma (GED) or High School Equivalency Test (HiSet).
- If you need assistance retrieving documentation from school (high school transcripts, Individual Education Program (IEP), 504 Plan).

For more information, please contact Shannon Silva, Education Department Administrative Assistant at ssilva@gratonrancheria.com or (707) 566-2288, ext. 151.

**Next virtual Per Capita Eligibility Class:
Saturday, October 3, 2020, 10am—12pm**

Elder Family Advocate

Diana Murray, Elder and Family Advocate (707) 566-2288, Ext. 135

DMurray@gratonrancheria.com



Diana Murray

September is Disaster Preparedness Month, are you prepared?

Knowing what hazards or disasters can affect the community you live in is important in order to be better prepared with the ability to bounce back quickly to feeling safe and secure. You can take steps to prepare for a disaster, such as a fire, or PG&E (or your local gas and power company) power outage while still protecting yourself from COVID -19.

Sheltering-in-place is a great time to review your disaster preparedness to-go-kit and home supplies, such as, non-perishable food, stored water, first aid kits, and batteries. It is also a good time to make sure your battery-pack is fully charged. If you would like a disaster preparedness list, please contact your FIGR Elder Advocates.

California Gives 1-Year Extension to Senior Drivers with Expiring Licenses

The California Department of Motor Vehicles (DMV) is providing an automatic one-year extension to California drivers age 70 and older with a non-commercial driver's license with an expiration date between March 1, 2020 and December 31, 2020.

Drivers will not receive a new driver's license or paper driver's license extension in the mail. As an option, driver's can request a free temporary paper drivers license extension online beginning July 15th. The DMV has alerted law enforcement of the extensions to senior drivers. This one-year extension for senior drivers is the latest action to help Californians avoid or delay a DMV office visit during the COVID-19 pandemic. For more information regarding this change, do not hesitate in contacting your local DMV office at: (800) 777-0133 or visit www.dmv.ca.gov.

Housing Services Department

Brian Lowden, Housing Program Manager (707) 566-2288, Ext. 113
BLowden@gratonrancheria.com



Brian Lowden

Department of Housing and Urban Development (HUD) recently released new section 184 home loan limits by County. Here are the updated one unit limits for Sonoma, Marin, and Napa Counties effective July 17, 2020:

- Sonoma County—\$704,950
- Marin County—\$765,600
- Napa County—\$764,750

What is the Section 184 Loan Guarantee Program?

The Section 184 Loan Program was designed to provide mortgage financing access to Native American and Alaskan Native tribal members. Section 184 home loans are guaranteed 100% by the Office of Loan Guarantee within HUD's Office of Native American Programs.

This guarantee encourages national and local banks to provide mortgage loans to Native Americans. The Office of Loan Guarantee works with a national network of lenders to increase Native access to home financing and to improve the value of Native investments.

What Can I use the Section 184 Loan for?

- Purchase an existing home
- Construct a new home (site-built or manufactured homes on permanent foundations)
- Rehabilitate a home, including weatherization
- Purchase and rehabilitate a home
- Refinance a home (rate and term, streamline, cash out)

Section 184 loans can only be used for single family homes (1-4 units) and for a primary residence. Since Section 184 strives to increase homeownership to all Native Communities, the guarantee funds are reserved for primary residences rather than second or investment properties.

Why Should I Use the Section 184 Loan?

- **Low Down Payment:** 2.25% on loans over \$50,000 and only 1.25% on loans under \$50,000
- **Low Interest Rates:** based on market rates, not on applicant's credit scores
- **Manual Underwriting:** The Program utilizes a hands-on approach to underwriting and approval opposed to automated decision-making tools.
- **Growing National Network of Approved Lenders:** The network of approved lenders includes national companies and local banks to suit your needs. The Lenders have also been trained on the unique circumstances of Native homeownership.
- **Section 184 Upfront Loan Guarantee Fee and Annual Mortgage Insurance:** A one-time 1.5% up front guarantee fee is paid at closing and can be financed into the loan. In addition, loans with a loan to value of 78% or greater will be subject to an annual .25% mortgage insurance premium.
- **Protection from predatory lending:** The Program monitors the fees of approved lenders can charge Native borrowers. Section 184 loans cannot be used for Adjustable Rate Mortgages (ARMs).
- **Knowledgeable Staff:** Our staff understands the unique circumstances associated with lending on Native Lands and we work with borrowers to achieve home ownership and to avoid default and foreclosure.

Where can I use the Section 184 Loan?

Participating tribes determine the areas where the Section 184 loan can be used. Loans must be made in an eligible area. The program has grown to include eligible areas beyond tribal trust land. To find participating states and counties, please go to: https://www.hud.gov/program_offices/public_indian_housing/ih/homeownership/184/borrowers

Volunteer for us!!

Election Board Vacancy—There are two (2) temporary committee positions available on the Election Board. Currently the Election Board meets by phone, on the first Tuesday of every month. If you are interested in becoming a temporary Election Board Member, applications can be sent by email upon request.

Housing Committee Vacancy—There is one (1) committee position available on the Housing Committee. Currently the Housing Committee meets by phone, on the third Tuesday of every month. If you are interested in becoming a Housing Committee Member, applications can be sent by email upon request.

To obtain an application or if you have questions, please contact: Brenda Beal at (707) 566-2288, ext. 122.

Tribal Health Benefits

Maxine Bandner, Tribal Health Benefits Coordinator (707) 566-2288, Ext. 121
MBandner@gratonrancheria.com



Maxine Bandner

Greetings, Tribal Citizens. The Coronavirus Aid, Relief, and Economic Security (CARES) Act that was recently signed into law includes provisions that make over-the-counter medicine and menstrual products now eligible for purchase without a prescription within the Tribal Health Benefit Program. As a result, you can now purchase over-the-counter medicine and menstrual products without a prescription at drug stores and supermarkets using your Tribal Health Benefit Card. Please make sure to press "credit" at the point of sale.

Your Tribal Health Benefit will also reimburse your out of pocket COVID-19 personal protective equipment (PPE) expenses which may include: face masks, face shields, gloves, hand sanitizer, disinfecting wipes, thermometers, and fees associated with COVID-19 testing.

If you purchased over the counter medicine, menstrual products, or COVID-19 PPE out of pocket after December 31, 2019, you may request reimbursement for these items by texting a photo of your completed claim form and receipt to (707) 479-0989. Alternatively, you can mail your documents to the Tribal office or email them to health@gratonrancheria.com.

With only four months left in the 2020 plan year, I encourage you to submit your claim reimbursement forms for the 2020 plan year by December 31, 2020. This will allow ample processing time in case additional documentation is needed to process your claim. Complete claims with all required documentation must

be received by the Tribal Office by the filing deadline, which will be sometime in January 2021. Please stay tuned for the filing deadline date.

If you set up a monthly recurring provider payment in the 2020 plan year, you will need to complete a new provider payment form to continue the payment in 2021. Please submit a new provider payment form in December 2020 and attach the monthly bill to be paid during the 2021 plan year.

Medicare reimbursements will also need to be reestablished in the 2021 plan year. Those of you that have filed a Medicare claim in 2020 will receive a letter towards the end of the year requesting that you send in a copy of your 2021 Annual Statement of Benefits from the Social Security office and a new claim form for Medicare. Once received, requests for recurring provider payments and Medicare reimbursements for the 2021 plan year will begin effective January 1, 2021.

Claim and provider payment forms are available upon request, or you can download forms by visiting www.fsatpa.com and clicking the red forms link near the bottom of the page. If you need support with your claims or provider payments, please call me, Maxine Bandner at (707) 566-2288, ext. 121 or send me a text or email.

Please note that in-person appointments are not available at this time. You can submit your program documents and forms the following ways:

- Email: Health@gratonrancheria.com
- Fax: (707) 566-2291, Attention: Maxine Bandner
- Text: Send photos of claim to (707) 479-0989
- Mail: 6400 Redwood Dr., Suite 300, Rohnert Park, CA 94928, Attention: Maxine

Message from Joan Vallis, Election Board Chair

First of all, I want to thank Kimberly Silva, Jeffery Silva, and Matt Smith for serving on the Election Board in the past, and welcome new committee members Theodore Carrio, Penny Giambra, and Charlene Moratto.

Election Updates: Seven citizens submitted candidate applications for seats on the Tribal Council. I can't give names because they are not officially candidates until background and drug testing is complete and an official candidate list is approved by the Election Board. Candidate photos and statements will appear in the October newsletter.

Some tips regarding voting. Take your time to vote. Don't be rushed. Carefully go over instructions and candidate statements. Vote early to avoid misplacing your ballot or forgetting to vote—I've come close to both. I say all this because a news article I read recently stated 102,428 ballots out of 7 million mail-in ballots received in the March California Primary were rejected because the ballots arrived too late, no signature, signature didn't match, or ballot was not in the envelope returned. In the December 2019 Tribal Council Election, 936 ballots were sent out, 482 ballots were received, and 28 ballots were determined invalid or rejected. Many of the rejections were due to voters not placing their completed ballot in the envelope marked "BALLOT" before placing the ballot envelope in the return envelope, certification was not signed, or signature on certification and/or name on the front of the envelope did not match the official Tribal voter list.

This is an important year for voting because it's also an election year to choose the President of the United States. Voting is a good opportunity to practice reading instructions, placing the ballot in the envelope correctly, and signing the certificate. There may be delays in mail delivery, so mail your ballots early for both elections to allow enough time to for any delays.

If you have any questions, please contact the Election Board at: electionboard@gratonrancheria.com or FIGR Election Board, P.O. Box 1667, Rohnert Park, CA 94927 or (707) 566-2288, ext. 630.

Stay Safe.
Joan Vallis, Election Board Chair

Tribal Land Department

Jenna Brager, Tribal Land Manager (707) 566-2288, Ext. 117
JBrager@gratonrancheria.com



Jenna Brager

Peppers are a signature summertime crop. They love a long warm growing season, but not too hot – if weather is higher than 90 degrees for some time, they will drop their flowers. The Tribal Garden is very sunny and exposed, providing some long hot days. Last year many of our larger sweet peppers became sunburned, which resulted in a mushy white spot on the pepper. This year, we planted peppers earlier and gave them nutrients to boost leaf growth. Plentiful leaves are mini sun umbrellas on the pepper fruits and prevent sunburn. Each season we gain new knowledge of our growing conditions and are able to improve practices for higher quality and quantity of produce.

Why are peppers essential to a healthy diet? While peppers have few calories, they contain loads of Vitamins A, B6, C, E, and K, as well as folates, potassium, and antioxidants. These vitamins and nutrients help prevent heart disease and cancer while promoting healthy blood, bones, nerves, and muscles.

The task of narrowing down the varieties we will grow in the Tribal Garden is challenging because there are so many different kinds of beautiful delicious peppers! Let us introduce you to the top-notch peppers growing in the Tribal Garden this season:



Anaheim is a large mild hot pepper and can be eaten green or red. They are thick and fruity without overbearing heat and popular for roasting and canning.



Bastan is a type of Poblano pepper with thick juicy skin ranging from green to brown. It is moderately hot and widely used for chili relleno, yum!



Early Jalapeño is a small hot pepper and can be eaten green or red. Letting them ripen into red gives a little sweet flavor to accompany their hot kick. Jalapeños are incredibly versatile, often used fresh or pickled.



Gatherer's Gold, a gorgeous golden long tapered sweet Italian pepper, is fantastic either for frying or eating raw.



Jimmy Nardello, Mike's personal favorite, is a long slender pointy bright red pepper. While it has the deceiving appearance of a hot pepper, it is actually incredibly sweet and has been widely recognized for rich fruity flavor. Jimmy Nardellos are popular for frying but are very versatile.



Lunchbox Sweet Peppers pump out a variety of yellow, orange, and red snack-size juicy sweet peppers. They are wonderful sautéed and in salads.



Mini Red Bell is a prolific sweet red bell pepper, only 2 inches wide and tall, with thick juicy flesh. They are excellent stuffed and baked or raw in salads.



Padrón, Jenna's personal favorite, is a small green hot pepper and for the most part has very mild flavor. Every once in a while you'll get one that blasts you with heat. The best way to cook Padróns is whole, sautéed in olive oil and salt until they blister and lightly brown. Is your mouth watering?



Shishito, Heather's personal favorite, is a small mild hot pepper that can be eaten green or red. Like Padróns, the occasional Shishito will surprise you with heat. They are thin skinned and uniquely ridged or wrinkly. Heather recommends sautéing them in oil until lightly blackened and then eating with flavored aioli.

This is just a sampler of the many wonderful pepper varieties in the world, but we think these are some of the very best. What are your favorite peppers? How do you cook them? Let us know! If you are not already on our email list, please reach out so we can send you regular garden updates. Contact Jenna Brager at JBrager@gratonrancheria.com or (707) 303-6210.

Tribal TANF of Sonoma and Marin

Scott Boyle, TANF Director (707) 586-6100, Ext. 614



Scott Boyle

Hello families. By the time you are reading this article, many of you once again are experiencing distance learning with your school age children. While many of us did not expect the COVID-19 pandemic to extend into the new school year, it has, and we are once again juggling parenting, working, and educating.

Here in Sonoma County, it looks like we will be practicing distance learning into October at least, so I wanted to utilize this article to provide a few helpful tips to those of you that are experiencing distance learning again, as well as provide a resource for those that might need some academic assistance.

If possible, try and designate an area of your home as a classroom. A designated space allows for routine and consistency which are important in setting up a positive learning environment. Set expectations for the day and make sure these expectations are clear to your child. Talking to your child before the start of their day by outlining their schedule assists in the day from subject to subject. Clear expectations for the day provide structure which will assist in keeping focused on the task at hand.

Provide your child choices during their school day. Let your child pick which subject to work on first, what to eat for lunch, what activity to do for break time, etc. Allowing your child the freedom to have a choice daily empowers them and increases the probability of being more productive and engaged. Providing your child choices also allows your child the opportunity to work on critical thinking skills by co-creating their schedule.

Many times, it is easier for parents to show their children what to do instead of allowing them to explore learning for themselves. While the correct answer is

important, the pathway to the correct answer is equally important as this is where your child will develop into a problem solver. Simply showing your child how to do something as a first response takes away from the ability to become independent thinkers and learners. It is also important to provide your child with specific positive feedback. "Good job" is not nearly as beneficial feedback to your child as "I like the way you.....". Specific feedback not only reinforces positive behaviors and abilities, it holds more meaning to your child and promotes self-worth.

Breaks are an essential component of learning because breaks allow students to regroup and focus. The younger your children are, the more breaks they will need. Sometimes the best way to approach a challenging assignment is to walk away from it for 5 to 10 minutes and come back to it with renewed mental capacity. The best breaks are the ones that include some fresh air, water, a snack, and some body movement.

For the new school year, the Youth and Family Department offers Academic tutoring for 3rd through 12th grade students via Zoom. Virtual tutoring is available by appointment, Monday-Friday, 1pm to 5pm:

3rd through 6th grade Contact:

Emilia Garcia
Office Number: (707) 586-6100, ext. 634
Cell Phone: (707) 484-1380
Email: egarcia@gratonrancheria.com

7th through 12th grade Contact:

Lena Garcia
Office Number: (707) 586-6100, ext. 635
Cell Phone: (707) 481-9586
Email: lgarcia@gratonrancheria.com



#UNBOUND Virtual Series

Native Voices

featuring the Essayists of the
2020 Graton Writing Project

moderated by

Greg Sarris

Chairman, Federated Indians of Graton Rancheria

Illustration by Orin Altizen

Watch Online at:

[YouTube.com](https://www.youtube.com)

When you are on
[YouTube.com](https://www.youtube.com) search
for: The Graton Writing
Project

THE GRATON WRITING PROJECT



Early Access & Training!

Sign up for a short training and get a **sneak peek & early access** to FIGR's **Digital Cultural Database!** Learn how to use the site and share digital culture! Training to be scheduled in mid-to-late September. RSVP ASAP, space limited. Contact Cultural Resources Specialist Matthew Johnson: MJohnson@gratonrancheria.com



IMPORTANT NOTICE

2020 GWB and Per Capita Distribution Schedule

Attention Tribal Citizens:

Our business is back up and operating, and we will be able to return to our regular per capita distributions starting in September. That means that all eligible adult Tribal Citizens will once again be receiving a monthly per capita, less tax withholding.

Please note: August will be the final month for receiving the Special COVID-19 Emergency GWB Assistance benefit.

If you should have any questions, please feel free to contact Steve Garwood, Chief Financial Officer, at (707) 566-2288, ext. 126 or sgarwood@gratonrancheria.com.

General Welfare Benefits

Per Capita

September 18

September 24

October 23

October 30

November 20

November 25

December 11

December 11

Schedule of Tribal Council Meetings—2020

***Please note: dates in bold are out of the normal recurring monthly dates**
Tribal Council meetings are not open for Tribal Citizens to attend at this time due to the COVID-19 state of emergency in Sonoma County and state wide.

*September

Fri, Sep 11: 5:00pm Tribal Council
Wed, Sep 23: 5:00pm Tribal Council

October

Friday, Oct 9: 5:00pm Tribal Council
Friday, Oct 23: 5:00pm Tribal Council

November

Friday, Nov 13: 5:00pm Tribal Council




December

Friday, Dec 11: 5:00pm Tribal Council

All 2020 General Council Meetings and Annual Tribal Events Canceled—Due to the COVID-19 state of emergency in Sonoma County and statewide, all General Council meetings and Annual Tribal events are canceled through December 2020 or until further notice. We encourage all Tribal Citizens to follow social distancing guidelines, stay safe, and keep in touch with FIGR through our website's citizen portal. We will keep you posted through the newsletter when we can safely resume bi-monthly General Council meetings and Tribal events.

Tribal Calendars

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4	5
6	7  Tribal Office Closed	8	9	10	11 Tribal Council 5pm	12
13	14	15	16	17	18 GWB Mailed	19
20	21	22	23 Tribal Council 5pm	24 Per Cap Mailed	25  Tribal Office Closed	26
27	28	29	30			

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5	6	7	8	9 Tribal Council 5pm	10
11	12	13	14	15	16	17
18	19	20	21	22	23 Tribal Council 5pm GWB Mailed	24
25	26	27	28	29	30 Per Cap Mailed	31 

