

NEWSLETTER SUMMER EDITION 2023



PALA HOUSING RESOURCE CENTER UPDATE

Construction of the new, beautiful Pala Housing Resource Center is complete and we are all settled in. If you didn't make it to the grand opening or haven't stopped by to visit us, our doors are open and we welcome you to come in and tour. PHRC will offer an array of new services and resources such as training and TA to other Tribes while continuing to serve and assist with the needs of Pala Tribal Members.

GRAND OPENINGWAS A SUCCESS!

The Grand Opening was a success and attended by Tribal and Community Members, State Program Directors, Legislators and Staff. Chairman Smith gave the welcoming speech followed by food and tours. The new facility was constructed

The new facility was constructed mostly by HUD funds and is designed with a modern look with old pictures.



Authority, Vice Chairman Anthony Ravago, Pamela Arviso - Pala Tribal Member and 1st Housing Director (1998), Annalee Trujillo - Executive Director; Moriah McGill - Northern Circle and Secretary Theressa Villa

PHRC is excited to begin our new services and continue to assist Tribal Members with their housing needs.

This venture is monumental and historical for Pala as we are the 2nd Tribe approved by HUD for a Model Program and the 1st Tribe in the West Coast. The other approved Tribe is the Seminoles of Florida with the Native Learning Center, who has provided support in our efforts and vision.



The Conference Room



PHRC's Classroom will comfortably accommodate 32 attendees.



Hallway displaying old pictures

ln:

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- Pala Housing Resource
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- Everything Summer AMERIND Insurance
- **Everything Summer**



(Pala)_Tribal Housing Roadshow 2022 - State Program

Behind the Scene....

HOUSING ADVOCACY. Pala Housing Resource Center has been very actively involved advocating for Housing at the State Level for ALL California Tribe's.

The State has programs called "Tribal Set-Asides" or "Tribal Targets" for Housing Services. The problem is that these programs were not designed with Tribes in mind nor was Tribal Consultation provided as required. In addition, the programs have many barriers that prevent Tribes from accessing funds.

In 2022 there was \$130 million in Tribal Set-Asides and ONLY \$45 million was successfully accessed with \$85 million left on the table. Many Tribes were unaware of the funding or did not apply because of the barriers.

Pala, along with Northern Circle Indian Housing Authority, Yurok, All Mission Indian Housing Authority, Dry Creek, Wilton and North Fork created a "Drafting Committee led by CCRH.



The Drafting Committee was established to identify the barriers and work with the State and Legislators to address them. We are diligently working to make the programs workable for Tribes throughout the State. Our Drafting Committee has been working on barriers and SB 18 for nearly 2 years.



Tour of La Jolla Indian Reservation

Actions with the State

Pala Hosted 2 Tribal Housing Roadshows that was attended by State Program Directors, Legislators and Tribal Governments. This was the first time any State Representatives have been on Indian lands. Our goal was to educate the State on Tribal Housing Issues, give them tours of Pala and local reservations so they can see first-hand, the need for the programs and demonstrate the barriers to access funding.

Our Roadshows have been very productive with advocacy. What we found is that most State Program Directors/Legislators know little or nothing about Tribes including removal, relocation, termination and the unspoken atrocities endured by Indians. Educating is a crucial component of our advocacy for housing so that Tribes will have equitable opportunities for State Funded programs as the first people to occupy these lands.

Tribal Housing Bills

AB 1010 was authored by Assembly Member Eduardo Garcia and enacted in 2019. This bill enabled Tribes to participate in State Housing Programs for the first time. Prior to AB 1010, Tribes were not invested in at the State level. This bill paved the way for Tribes, however most Tribes were still ineligible to apply. Although the bill called for a "waiver process" which would allow Tribes to put in a waiver for barriers. However, many barriers still existed that waivers could not address.

AB 371 is a Pala sponsored bill that is an extension bill of AB 1010. AB 371 identifies the barriers to remove as well as creates a Tribal Housing Advisory Board. Essentially this bill is the legislative change needed for Tribes to access State Housing Programs. The bill has passed the Assembly on CONSENT, made if off suspense (which many bills don't) and moves to the floor for a vote.

Housing Bill SB 18

SB 18 - Tribal Housing Grant
Authored by Senator Mike
McGuire. This language for this
bill was drafted by our Drafting
Committee. "For Tribes by Tribes"
is the concept. Annalee Trujillo,
Executive Director of Pala Housing
Resource Center provided
testimony at the State Housing
Committee Hearing along with
Elizabeth Elliott from NCIHA.
LeeAnn Brown - ED for Wilton and
Moriah McGill of NCIHA provided
testimony for the Assembly
Government Operations.

The bill passed both Committees, appropriations and also gained an author after the State Senate Housing Hearing. SB 18 also made if off suspense and on to the floor for a vote.

In the meantime, Pala Housing Resource Center has been in the forefront by speaking at events such as Housing California, National American Indian Housing Council, Native Nation Events and gaining support for our legislative efforts as well as being elected to serve on the Board of Directors for California Coalition for Rural Housing, CHPC Equity Advisory Board and Nevada/California Indian Housing Association.

Upcoming: Secretary Lourdes
Castro-Ramirez will visit the Pala
Indian Reservation for "Building
Partnerships" Presented by Pala
Housing Resource Center - Hosted
by Chairman Smith.

Special Thank You!

The Pala Housing Resource Center would like to acknowledge Chairman Smith and the Executive Committee for their continued support in our efforts. Chairman Smith has opened the doors for us with State and Local Leaders. It is also important to point out and give thanks to CCRH, RCAC, Assembly Member James Ramos, Assembly Member Eduardo Garcia, Senator Mike McGuire, CTBA (California Tribal Business Alliance) and the many Tribes who submitted letters of support. and of course the "Drafting Committee" that has worked so hard for Indian Housing.



New Grant - Tribal HHAP

Pala Housing Resource Center has been awarded a grant though BCSH for Homelessness, Housing Assistance and Prevention, referred to Tribal HHAP. HHAP is to assist with homelessness or activity that has a direct link to homelessness or prevention.

We can offer temporary assistance with:

- · Utility Assistance
- · Emergency Housing Repairs
- Emergency Rental Assistance
- Emergency Shelter
- Hygiene/Essential Care Packages

You must be a Pala Tribal Member and demonstrate need. A mandatory financial class will be required for assistance, Pala Elders are exempt.

This grant required that 10% of the grant funds be utilized to assist the youth.
Youth for this grant is ages 12-24.



Youth Services

The Pala Housing Resource Center has created a program for youth services. The program is designed to focus on youth who are homeless (living with grandparents, relatives, friends), at-risk or homelessness or to prevent homelessness. The program is called:

Pala Youth Development and Investment Program.

Program Design

The program was designed with youth in mind. Programs and activities will be separated by age as to not intermix young adults with youth. Our vision is to invest in the youth so they can invest in themselves.

Native American Youth have a high rate of failing in school, addiction, suicide, homelessness and mental illness. We also have a high rate of intelligent youth that if given tools, can thrive, become successful and in turn help other youth who may be struggling.

Youth often have time on their hands or get bored which leads to experimenting in activities that may lead them down the wrong path. They may be affected by peer pressure, being lonely or depressed.

These issues are not only present with at-risk youth, but they are common amongst youth in any home setting. You can be the best parent and still have a child with silent issues. Another common issue is your child may have a friend that is experiencing issues that go unnoticed. Often just being in a place that offers positive reinforcement and influence will impact their life.

This is a community based program to include all interested youth. Native American communities and Tribal Housing Departments are expanding to offer more services in Indian Country. It is not just housing, it is hope, healing, healthy home and investing in our youth. Our goal is to engage and focus on youth to prepare and assist with becoming responsible adults to avoid homelessness. Our target is all youth within the community. Unity and inclusion is an important element. We do not want to discourage any youth from participating. We encourage to invite a friend when we have open activities.

A participation application was available at Cupa Days. We will have a survey sent to those interested with questions relating to what they like and what is needed.



Activities can include:

- Life Skills Classes; self worth, selfconfidence, job readiness, preparing resumes, becoming a responsible adult.
- Financial Classes; budgets, taxes, spending habits, predatory lending
- Cultural Resources with Mentors
- Drug prevention and intervention
- Peer Pressure
- · Suicide awareness
- Bullying and conflict resolution
- Domestic Violence
- Healthy Relationships
- Preparing and sharing meals to bring community together.
- Gun violence
- Trade classes
- Talking circles
- · Preparing for College
- Career Day Pala Fire Department and other successful jobs
- Quarterly Events
- Capturing youth and teaching them to be a positive mentor and influence on their peers
- Community Service and volunteering at shelters with youth
- Assistance with finding a rental
- Case-management (for other youth services)
- Care packages for hygiene or other needed items
- Preparing to be a renter and homeowner

Pala Housing Resource Center will work with other Tribal Departments to integrate programs when appropriate so that we can meet the needs of the youth.

The Pala Housing Resource Center will be the central location for our youth program. We have a classroom, conference room, small outdoor area and kitchen. The hours of operation are flexible so that the youth have a place to go in the most vulnerable hours. Participation is voluntary.

Pala did hire an individual who will be directly involved with planning activities and developing the program, for youth by youth!

If you would like more information, please contact our office.



Training and Resources

Pala Housing Resource Center recognized the need for training, technical assistance and resources in Indian Housing. We are authorized by HUD to provide a variety of trainings available to Tribes across Indian Country.

Indian Housing is very complex when competing for grants, administering housing programs, grant applications and program development.

Most tribes lack the capacity and do not have funds available to hire consultants, grant writers or do not have the staff to successfully carry out their overall housing goals.

Although there are some good entities out there to provide services and resources, we often find that the services are not culturally based and not catered to Indian Country OR the cost to attend training or hire consultants is not feasible for tribes.



Some entities claim to have Tribal teams but have one or two individuals designated to assist tribes and lack the knowledge of Tribal history, Tribal Law and treat tribes as a city or county. Some of the entities take advantage of of our Tribal communities by receiving philanthropy funds to deliver resources that may or may not be beneficial.

The entities may mean well, but in a lot of instances, they rely on our expertise in Indian Housing to build up their capacities so that they can use that knowledge and apply it when providing Technical Assistance to the Tribes.

It is time for Tribes to be empowered and not completely rely on outside resources, but rather gain the knowledge and capacity to carry out their goals and objectives internally.

Through the Pala Housing Resource Center, we are rolling out services funded with our Indian Housing Block Grant, approved by HUD to deliver the tools, resources and trainings to Tribes in need. Our philosophy is NATIVES HELPING NATIVES.

How did we get here?

in 2018, Pala designed a Model Activity through HUD funding. This plan had to go through our HUD rep, then to on to a HUD panel where it was evaluated for need. Pala's plan was essentially approved and it included a new facility. We are very proud of this accomplishment.

Pala was inspired by the Native Learning Center (Seminoles of Florida) who has been inspirational, supportive and offered any assistance to us to thrive. NLC is the first Tribe to be approved to provide these type of services in Indian Country through HUD and Pala is the second.

NATIVES HELPING NATIVES has a lot of meaning behind it. Who knows best what our people need and the needs of Indian Communities better that Tribes? Not the State, not the Government. Natives can offer the most valuable assistance to other Natives as we can relate on need, on culture and genuinely care about each other. We are not just a group of people, we are all connected as family.

When someone needs help or assistance we can rely on each other. Natives are stronger together and can accomplish so many things.

California has the most Federally recognized tribes, but yet is under represented. Southern CA has 32 Tribes alone. We have partnered with Northern Circle Indian Housing Authority who has an incredible team that share the same vision as Pala. NCIHA will act as a satellite of Pala Housing Resource Center and assist us with providing services to Tribes in Northern and Central California.

Why is this important? Smaller Tribes or Tribes that do not have the capacity are facing hardships with available resources. We want fill that void, build relationships, offer our expertise, knowledge and be an impact for other Tribes. Knowledge is key!

What's next?

Developing curriculum, scheduling trainings, seeking out and vetting Technical Assistance providers who are invested and capable of serving Tribes. Our very first Training is schedule in June that will be hosted by the Native Learning Center.... "Tribal Housing Bootcamp". We are very honored for NLC to share this experience with us.

What will we offer?

Training, Technical Assistance and to Include;

- Basic knowledge of Indian Housing
- Indian Housing Plans
- Annual Performance Reports
- Team Building
- Policy
- Grant Writing & Reporting
- HUD Regulations
- Roundtables to share ideas
- · Strategic Planning
- Case Studies
- Conveyances
- State Program Opportunities
- Outreach
- Supportive Services
- Developing Housing Programs
- Capacity Building
- Education
- Homeownership
- Finance and Budgets

In addition, Pala will offer periodic classes/trainings for Tribal Members if there is an interest. You can always give us your suggestions and feedback.

Our Team:

Aside from partnering with
Northern Circle Indian Housing
Authority and other Tribal
groups/associations, Pala Housing
Resource has a great in-house
team who assist Tribal Members
and will have an active role in all
of our activities and projects.

Annalee Trujillo is the Executive Director and has been with the Tribe for 29 years.

Lorraine Smith is our Housing Coordinator and has been with the Tribe for nearly 9 years.

Lorraine Dalaimo is the Receptionist/Assistant and has been with the Tribe for 19 years.

Nena Byrd is a new hire will serve as the Grants/Project Administrator.

Kristian Steel is also a new hire is our Youth Development/Services Coordinator.

We all look forward to continue assist Pala Tribal Members and expanding our services to include Youth and Trainings.

MENTAL HEALTH CRISIS

The cases for mental heath amongst children to elders is at an all-time high. Sometimes mental illness is silent and sometimes the signs are there up front and center.

Mental Health includes; Anxiety
Disorders, Behavioral & Emotional
Disorders in Children, Bipolar Affective
Disorder, Depression, Dissociation &
Dissociative Disorders, Eating Disorders,
Obsessive Compulsive Disorders,
Paranoia, Post-Traumatic Stress
Disorders, Psychosis and Schizophrenia.

- Signs of mental illness can include confusion, unusual thinking and risky behavior.
- Almost all mental health problems can be treated. Getting help early gives you the best chance of a full recovery.
- If you are having suicidal thoughts or thinking of hurting yourself please seek immediate help. Suicide is the leading cause of death in the United States.

800 million people suffer from Mental Illness worldwide. Don't wait to get the help you need for yourself (if suffering from a Mental Illness) or a loved-one.

Please reach out to Pala Social Services. Their staff is ready and equipped to assist.

Pala Mobile Crisis Response Team (PMCRT): **Tuchily Healing Hearts**

Claudia Chavez 760-891-3567 Stephanie Ortiz Marily Nava Weekend: Michelle Brown



Artwork by: Aubrey Alvarez

AMERIND INSURANCE

for those of you who have an Insurance Policy under AMERIND, the insurance deductible has been increased from \$500 to \$1,000.00. Insurance Polices have renewed or will be renewing automatically. You will notice the deductions on your check stub.

AMERIND previously raised the deductible to \$5,000 for each covered peril (insurance claim) because of the fire risk in California. AMERIND is a Risk Pool, meaning that every Tribe under AMERIND shares the risk across the board, as it was intended. "Tribes Protecting Tribes"

Because of this reason, Pala felt it was an injustice to California Tribes and submitted a letter to AMERIND'S Board strongly opposing the increase with the basis of outlining the existence, original intent and creation of AMERIND. We are proud to say that the decision was reversed and although deductibles were increased, \$1,000 is better than \$5,000.

Insurance throughout California has skyrocketed and some have excluded fire coverage, we are still fortunate to rely on AMERIND for coverage.

Needless to say, insurance claim have been at an all-time high. We need to take corrective and preventative action to minimize claims. We know that accidents happen and that is what insurance is for, but there are things that you can do as the homeowner to lessen the impact of the loss.

What can you do?

You can start by conducting self-inspections. If you notice any mold/moisture or leaks, it needs to be addressed immediately. Especially a pipe break, do not wait until the house is flooded and let the water stand. Turn off the water to the house and call us so that we can assist with mitigation.

Walk around the house and identify any potential hazards that can cause a fire. Clear out any brush and move things away from the house.

Need insurance? Give us a call and we will send you an application.
Unprotected homes may cost you thousands in damages and repairs. It is better to be protected in the case of loss than to pay out of pocket for repairs.

Note: AMERIND does not cover maintenance items!

HOUSING WAITING LIST

PHRC has had several calls regarding the application process. Below explains the process to apply for new home construction.

We currently have a waiting list of 115+ applicants. When PHRC took over the application process, we received a box full of files with applications and an excel spreadsheet with applicant information. The list is by date of application with applicant information in red that has wants to build on their own land or family land, with an approved and recorded residential lease. This is the same list we are using and are adding the applicants as we receive applications for new housing. The only difference is that PHRC enacted a system to ensure the waiting list is up to date and accurate at all times.

When the Tribe first started building homes with Tribal funds, it was the intent to get away from the HUD project requirements whereby you can get be up next for a home but moved down the list if a family came in with more points. Any Pala Tribal Member has the ability to apply for Tribal housing and be added to the list. Tribal Housing is based on application date and not point driven.

Each blank application is numbered and a form is used with the same corresponding numbers to track applications from when the application is released and turned back in. Tribal members requesting an application must sign the form and check the application to ensure the numbers match. When the applicant completes and turns the application back in, the applicant has to sign on the exact same corresponding line. PRHC places the date and time on the application, places your name on the waiting list and creates individual files. You can always ask for a copy of the application for your files.

We have some Tribal Members that have applied for a home and stated that that they have their own land, but never turned in the deed or approved and recorded lease. You will need to submit your documents to the Pala Housing Resource Center. Contact our office with questions at 760-891-3530.

EVERYTHING SUMMER PAGE 6

EVERYTHING SUMMER

First up... Rattlesnake Season. Keep your eyes open and check outside before letting kids or pets out to play and be alert when you are going on walks or hiking the trails. Read this very important message from Pala Fire Department

RATTLESNAKE SAFETY



Safety Tips During Rattlesnake Season

Rattlesnake season is in full swing here in Pala. As the weather heats up, so does the snake population as they come out of hibernation.

Rattlesnakes are an important part of the San Diego ecosystem and help control the rodent population.

Rattlesnake season runs April through October when they are out of hibernation

How to Identify a Rattlesnake:

Unlike the similar-colored gopher snake, which is also common in San Diego, rattlesnakes have a wide triangular-shaped head and thin neck. It is also important to note that rattlesnakes lose their rattles over time. They may not give you a warning rattle before you stumble upon them or they strike, so you have to be on the lookout to make sure you don't accidentally disrupt one.

Some Safety Tips to Try to Follow if You **Encounter a Rattlesnake:**

- 1. Never try to pick up a rattlesnake; this is how most bites occur
- 2.Do not attempt to threaten it in any way; they will bite if they feel threatened
- 3. Back away slowly if you ever encounter a rattlesnake
- 4. Call for help if you find a snake in your home or yard
- 5. While outdoors where you know rattlesnakes are prevalent try to wear boots and long pants
- 6.If hiking
 - a. Stay on cleared paths
 - b. Keep kids close by
 - c. Keep pets on a leash

What To Do If You Or A Pet Is Bitten:

- 1.Get 20 feet from the snake so that it doesn't continue to feel threatened and strikes again
- 2.Dial 9-1-1 or get to to the emergency room (Vet for your pet) as quickly as
- 3. While waiting for help keep affected area below you heart to slow the venom from pumping to your heart
- 4. Keep still as movement increases blood flow
- 5. Remove clothing and jewelry from affected area before swelling begins
- 6.DO NOT:
 - a. Wash wound
 - b.Cut it
 - c. Attempt to suck out venom
 - d.Apply a tourniquet
 - e.Apply ice or immerse in any type of fluid
 - f.Eat...this will increase metabolism and will increase blood flow



PALA FIRE DEPARTMENT

Maintenance Maintenance & Maintenance...

...... And Maintenance. Being a homeowner is a probably the biggest responsibility aside from raising kids. You are responsible for upkeep and saving for repairs. REPAIRS are always needed, but property upkeep will save you tons of money in the long run.

I know it seems like maintenance is a pain, but take the time to show your home love.

What do you need to maintain?

Everything! Inside and out! Plumbing, electrical, furnishings and fixtures, appliances, yards... All of it.

Minimize the health and safety risks that come with an upkept home. Make it the safest place for your and your family to enjoy. Save for unexpected repairs.

Reach out to use if you need help!

COMMON REPAIRS & PREVENTION

The most common maintenance issues we see are PLUMBING

- Leaky faucets if you have a leak, call a plumber to repair it immediately. Ignoring leaks can cause the most damage to a home. If it is an ongoing issue and repairs were not addressed, insurance will not cover it. It will be an out of pocket expense.
- Tankless Water Heaters Tankless water heaters **REQUIRE** maintenance to include cleaning. If you need a referral for cleaning, please call us. The units are expensive to replace.

PHRC had some grant funds to assist during COVID, however those funds have run out. We have had repeat requests for assistance so at this time, we can assist on emergency for those who have not had any assistance. We can also assist with the cost on a reimbursement basis for those of you who were already assisted. Either way, if you need help, do not hesitate to contact us. Mandatory maintenance classes and financial classes may be required. (Seniors and Elders are exempt).

SUMMER MAINTENACE ITEMS:

- AC Units and Filters The summer months bring heat. Heat causes us to turn on those AC units to be comfortable and escape extreme heat conditions, especially for our elders. What should you do? Change your filters, check your system to see if it working and call an AC person to maintenance the unit so that it is summer ready. Keep your pets away from your unit. Dog urine can and will cause your unit to stop working.
- Vents Get your vents cleaned, including your dryer vent. Dryer vents can cause a fire.
- Weather Striping Check for for cracks around the doors so that the cold air doesn't escape and that critters and rodents don't have access to free room and board.
- Get Outdoor Ready Move all items that are up against your house. Clear debris, weeds and hazardous materials so that you minimize the chance of a fire OR so that snakes and rodents don't hide or nest. Check your play equipment and pools. If you BBQ, do it in a safe spot. Check your sprinklers for any leaks.
- Solar Panels Make sure units are working, panels are clean and not broken. Check your usage ALL the time so that you have no surprises in your

EVERYTHING SUMMER

EVERYTHING SUMMER CONTINUED

it is all fun in the sun until..... you have too much sun. we all like to enjoy the summer months and definitely summer nights. natural vitamin d has many great health benefits and also downfalls if you are lacking it or have too much.











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