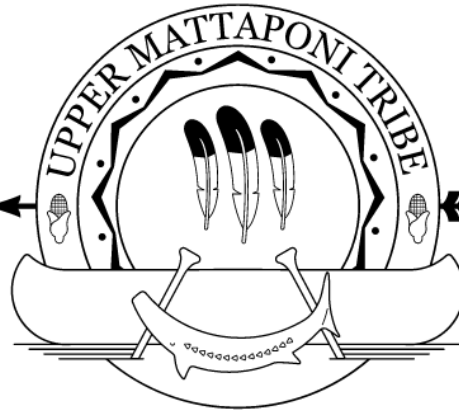


# Tribal Talk



HONORING OUR PAST

BUILDING OUR FUTURE



Photo credits: E. Campbell

## Message from the Chief

As we look forward to the vibrant season of fall, I am filled with anticipation for the exciting events and initiatives we have planned. This time of year brings new opportunities to come together, celebrate our heritage, and engage in meaningful activities. I encourage you all to participate in the upcoming events and continue to support our shared goals. Your dedication and involvement are what make our Tribe strong.

With respect and excitement for the season ahead,

Chief W. Frank Adams

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Contact  
[info@umitribe.org](mailto:info@umitribe.org) for any  
questions or comments  
regarding Tribal Talk.

# Announcements



## Job Openings

### UMT Health

Home Health Nurse (RN & LPN)

Dentist

Physical Therapist

Physician

COTA

LPN/CMA

Credentialing Manager

Clinical Manager

### UMT Government

Community Services Director

For more information, you can find the job postings on the website at [www.umatribes.org](http://www.umatribes.org)

## Get Involved!

Join us at our upcoming events:

- Family Night - Back to School Cookout 8/7
- Mattaponi River Trip 8/14 from 8 AM to 2 PM, Cookout to follow
- Three Sisters Garden Event 9/8 at 2 PM
- Symposium 9/27 from 10 AM to 1 PM

## Stay In the Know!

Stay informed about the Upper Mattaponi Tribe by connecting with us on Facebook. Simply scan our QR code to access important announcements and other essential information. Join us on Facebook today and stay connected!



## UMT Swag Shop

Show your Upper Mattaponi pride with our exclusive branded merchandise! The Upper Mattaponi Brand-Store offers high-quality t-shirts, hats, and accessories. Each purchase supports our community initiatives. Visit us today and wear your pride!



Find the link to shop on our website!

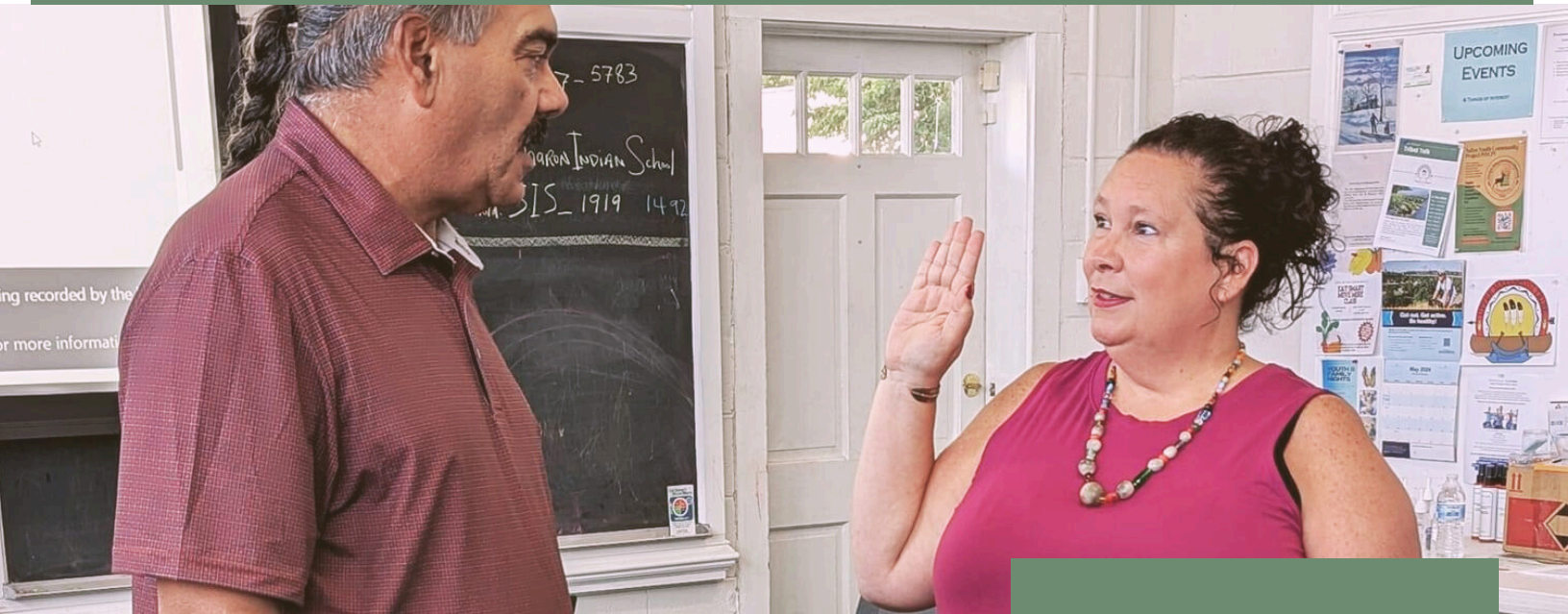
## Algonquin Language Roundtable

Chief Frank and UMT Language Ambassador Tommy Tupponce are excited to announce two openings for Upper Mattaponi citizens to be selected as the tribe's Training Language Ambassadors. This is a wonderful opportunity for anyone who wants to learn and teach our original language "Algonquin".

For more information, contact Tommy [tommy.tupponce@umatribes.org](mailto:tommy.tupponce@umatribes.org)



# Tribal Government



## Welcome to our New At-Large Council Representative, Eithna “Beth” Gondos!

The Upper Mattaponi Tribe Council announced the appointment of Eithna “Beth” Gondos as the new At-Large Representative on June 14th, 2024.

Beth Gondos, from Jenkintown, Pennsylvania, has deep roots in our community as the daughter of Dennis Allmond and granddaughter of Margaret and Alfred Allmond. With over twenty-seven years of service in the Philadelphia Family Courts' Domestic Relations Division, she has proven to be hardworking, organized, and skilled in governance.

Despite her childhood being spent away, Beth has been actively involved with the Tribe. She has participated in the Upper Mattaponi Tribe's visit to Philadelphia and joined last year's Christmas Luncheon. Her dedication to connecting with tribal citizens near and far is evident.

The Council warmly welcomes Beth Gondos and looks forward to her positive impact on our community!

## Upcoming Meeting Dates

- 8/24 - Council meeting at 9 am
- 8/24 - General Citizen Meeting at 10 am
- 9/27 - Symposium from 10 am to 1 pm
- 9/28 - Council meeting at 9 am
- 9/28 - General Citizen Meeting at 10 am

Can't make the meetings? No worries! We offer the option to join all of the citizen meetings virtually through Zoom.



# Summer Camp Fun



## Youth Summer Camp 2024

The 2nd Summer Youth Camp was a tremendous success! We couldn't have done it without the incredible support and participation of everyone involved.

**To our amazing campers:** Thank you for your enthusiasm, energy, and willingness to embrace every adventure and activity. Your smiles and laughter made the camp experience unforgettable.

**To our dedicated camp committee members, volunteers, and chaperones:** Your time, effort, and dedication were invaluable. From organizing activities to ensuring the safety and well-being of all our campers, your hard work and commitment did not go unnoticed. We are incredibly grateful for your support and leadership.

**To the families of our campers:** Thank you for trusting us with your children and allowing them to be part of this memorable experience.

**To our sponsor – Aylett Family Wellness :** We extend our heartfelt gratitude for your contributions. Your support provided us with the resources needed to offer a wide range of activities and experiences that enriched the camp for everyone involved.

Together, we created a camp experience full of fun, learning, and growth. Thank you all for making this event possible and for being part of our camp community. We look forward to seeing you again next year for more exciting adventures!

## Summer Fun and Lifelong Memories: A Look at Our Youth Summer Camp

Pictured are happy campers and volunteers from the 2024 Youth Summer Camp.



# Programs & Services



Get Connected!



Enroll in Broadband Bill Pay Today!



We have 12 spots left for income eligible citizens to receive internet bill pay assistance.

- There is NO service area requirement! You can apply from ANYWHERE!
- If approved, a one-time payment of \$1044 will be sent directly to your internet provider!
- Already received this service in 2022 or 2023? You can apply AGAIN for 2024!

**Act now, program ends this Fall. Call Sophie at (757) 707-5967 for details!**



## Looking for Housing Help? See if You're Eligible for Rental Assistance Today!

How do I know if I Qualify?

- ✓ Property must be located within a 25 mile radius of Sharon Indian School.
- ✓ Have a maximum household income of 80% of the local median income.

**Call to Inquire!**  
Contact Kathryn Rowell,  
Director of Housing  
(757) 707-5099

**80% of Local Median Income (FY 2023) for Richmond, VA MSA\***

Number of People in Household (including children)	1	2	3	4	5	6	7	8
Income of ALL adults in the household (do not include income of dependent children)	\$59,750	\$68,250	\$76,800	\$85,300	\$92,150	\$98,950	\$105,800	\$112,600

\*NOTE: King William County is part of the Richmond, VA MSA, so all information presented here applies to all of the Richmond, VA MSA.

- ✓ Rent charges fall within fair market value.

**Fair Market Rent by Unit Bedrooms (FY 2024) for Richmond, VA MSA\***

Efficiency or Studio	1 Bedroom	2 Bedrooms	3 Bedrooms	4 Bedrooms
\$1,328	\$1,365	\$1,532	\$1,959	\$2,393

\*NOTE: King William County is part of the Richmond, VA MSA, so all information presented here applies to all of the Richmond, VA MSA.



# Programs & Services



*Upper Mattaponi*  
**RIVER TRIP**

**Rescheduled! August 14th**  
**Thursday, August 15, 2024** ↻  
**8:00 am - 2:00 pm**

We will meet at the Tribal Office at 8:00am, bus to the Aylett Boat Ramp, and enjoy a scenic journey along the Mattaponi ending at the West Point Boat Ramp around 1:00pm. Along the way, we will discuss science and ecology, and tribal elders will share indigenous knowledge. Afterward, we'll gather at the Tribal Pavilion for burgers and steamed Mattaponi River blue crabs!

To attend, please RSVP to Conor Real by Thursday, August 1  
Conor.Real@umitribe.gov | (804) 994-1937

**\*\*BOAT SPACE IS LIMITED TO 18 SEATS. AVAILABLE ON A \*\***  
**\*\*FIRST COME, FIRST SERVE BASIS. MUST BE 12 YEARS OLD. \*\***

## We Want Your Input: Shape the Future of Our Environment and Culture!

The Environment & Culture Department would like to invite citizens to provide input on natural resources and how you would like to connect with the environment. Please give Andi Greene, Interim Director, a call at 804-856-1959 or stop by the Farmhouse during working hours to share your ideas, meet our team, and tour our new science lab!

## Stay Safe this Summer!

Hurricanes, while typically having the most impact on coastal areas, can affect areas more than 100 miles inland. Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides. The National Weather Service has predicted above normal activity for hurricanes in 2024. The season runs from June 1 – November 30, with September being the most active month. Use the tips on the right to make sure you are safe and prepared!

## PROTECT YOURSELF FROM A HURRICANE

Know your evacuation zone and consider your personal risk.



Make a plan to evacuate AND be ready to shelter in place.



Monitor communications and follow instructions from local authorities.



Evacuate immediately if told to do so. If not, take shelter from high winds in a designated storm shelter or an interior room.



Turn around, don't drown! Do not walk, swim or drive through floodwaters.



Only use generators outdoors and away from windows.

# Programs & Services

The Upper Mattaponi

## Tribal Youth Council

**Now Seeking Applications for 2024-2025**

To apply for the Upper Mattaponi Tribal Youth Council, you must read and understand the duties of the position and meet ALL of the eligibility requirements. Submit your completed application by **Friday, August 30, 2024.**

Applications should be emailed to Martin Saniga or turned in/mailed to:

**Upper Mattaponi Tribe  
Program Management Office  
Attn: Martin Saniga  
17 Kelley Lane  
King William, Virginia 23086**

Martin.Saniga@umitribe.gov



### ELIGIBILITY

- Be an enrolled citizen of the Upper Mattaponi Tribe.
- Be between the age of 10-24 at the time of applying.
- Must be engaged in a program of education or employed.

### DUTIES

- Attend TYC meetings. Meetings may be virtual or in-person.
- Agree to serve a complete one year term (Oct 1 - Sept 30).
- Be a positive community influence and actively participate in all TYC projects or activities.

### CHECKLIST

- |  |   |
|--|---|
| <input type="checkbox"/> Applicant Information       | <input type="checkbox"/> Parent/Guardian Acknowledgement            |
| <input type="checkbox"/> Parent/Guardian Information | <input type="checkbox"/> Consent & Permission Forms                 |
| <input type="checkbox"/> Short Answer Questions      | <input type="checkbox"/> Copies of Medical & Dental Insurance Cards |
| <input type="checkbox"/> Applicant Acknowledgement   |   |

## Calling All Tribal Youth!

We're seeking applications for the Tribal Youth Council! If you're passionate about making a difference and representing your community, apply by August 30th. This is a great opportunity to develop leadership skills and contribute to tribal initiatives. Join us and be a voice for the future!

Please reach out to Martin Saniga at martin.saniga@umitribe.gov or (804) 535-0089 for application information.

## Save the Date!

Join the Upper Mattaponi Tribal Gardening Team as they host a workshop with Dr. Mae Hey to learn more about the Three Sisters gardening tradition. Experience the culture, history, and feast on traditional native cuisine. Learn the growing requirements needed for a successful three sisters" garden.

Please RSVP by August 23, 2024 to Jen Alexander at jennifer.alexander@umitribe.gov or (757) 936-2288.

The Upper Mattaponi Tribal Garden Presents

## THE THREE SISTERS AND OTHER STORIES OF CORN

Join us for an afternoon exploring the history, culture, growing, and tastes of The Three Sisters' planting custom, which combines corn, beans, and squash. Learn the history and stories behind this traditional planting method and gain technical growing information to make this custom work in your garden. Dr. Mae Hey, a special guest speaker and indigenous foods chef, will share her expertise. Her culinary interests lie in combining ingredients native to the Americas in ways that optimize taste, aesthetics, and nutrition. Guided by the ways of the past, she creates foods for contemporary occasions and palates. Her skills and dishes will inspire everyone to grow The Three Sisters' garden.



**Featuring Dr. Mae Hey**



**Note: Only 30 participant slots available!**

Date: September 8th  
Time: 2:00 PM - 4:30 PM  
Location:  
At the Tribal Grounds Pavilion and Kitchen

RSVP Required Contact :

✉ Jennifer.alexander@umitribe.gov

📞 757.936.2288

📍 13476 King William Road, King William, VA 23086



# Programs & Services

## Exciting Elder Care News!

Our Elders successfully completed the Eat Smart, Move More class on Thursday, July 18th. This fantastic experience was filled with healthy meals, camaraderie, and valuable knowledge. Over the course of four sessions, we had 14 elders participate. We're looking forward to another class in Spring 2025, so stay tuned for more details!

### We are Launching Trash Pick-Up Services for our Elders!



For any elderly who may find it challenging to transport their trash to the dump or simply do not have transportation to do so, we are offering weekly pick-up on Wednesdays from 9am to 10am.

### Join the Fun!

#### Bingo Night & Dinner:

Join us on August 13th at the Fellowship Hall from 6pm to 8pm for our first Bingo Night & Dinner. Kindly RSVP by August 9th to secure your spot.

#### Elder Night at the Diamond:

Save the date for September 7th at 6:05pm to watch the Flying Squirrels and enjoy fireworks together. Please RSVP by August 16th.



Jennifer Tupponce | [jennifer.tupponce@umitribe.gov](mailto:jennifer.tupponce@umitribe.gov) | 804.856.1961

## Take Charge of Your Health!

Prepare for flu season by scheduling your well visits and immunizations at Aylett Family Wellness now! Staying ahead of flu season ensures you and your family are protected and ready for the months ahead. Call us today to book your appointments and keep your health on track.



AN UPPER MATTAPONI INDIAN TRIBE HEALTH SYSTEM FACILITY



# Resources

## Elected Officials Directory

- Chief W. Frank Adams [frank.adams@umitribe.gov](mailto:frank.adams@umitribe.gov)
- Assistant Chief Lou Wratchford [lou.wratchford@umitribe.gov](mailto:lou.wratchford@umitribe.gov)
- Speaker, Rob Adams [rob.adams@umitribe.gov](mailto:rob.adams@umitribe.gov)
- Councilperson, At-Large Eithna “Beth” Gondos [beth.gondos@umitribe.gov](mailto:beth.gondos@umitribe.gov)
- Councilperson Wilma Hicks [wilma.hicks@umitribe.gov](mailto:wilma.hicks@umitribe.gov)
- Councilperson Owen Adams [owen.adams@umitribe.gov](mailto:owen.adams@umitribe.gov)
- Councilperson Harry “Sonny” Knighton [sonny.knighton@umitribe.gov](mailto:sonny.knighton@umitribe.gov)
- Councilperson Linwood “Lenny” Adams [lenny.adams@umitribe.gov](mailto:lenny.adams@umitribe.gov)
- Councilperson Desiree Dyer [desiree.dyer@umitribe.gov](mailto:desiree.dyer@umitribe.gov)

## Tribal Office

13476 King William Rd,  
King William, VA 23086

(804) 769-0041

Open Monday – Friday  
9am to 5pm

Upcoming holiday  
office closures:  
September 2nd, 2024





## Want to opt out of receiving Tribal Talk?

If you would like to remove yourself from the Tribal Talk mailing list, please email [info@umitribe.org](mailto:info@umitribe.org) and indicate that you would like to opt out of all Tribal Talk mailers.

Upper Mattaponi Tribe  
13476 King William Road  
King William, VA 23086