

## Children Create Colorful Native American Mural

By Tiffany Stuart, Educational Coordinator, SCTCA TANF Pala

In early August, Southern California Tribal Chairmen's Association's (SCTCA) TANF offices in Pala and Escondido hosted an art mural painting activity for children that incorporated culture, color scheme and self-expression.

The artist leading the event was Marilyn Huerta from California State University San Marcos. She is a very talented artist who specializes in creating murals for community outreach projects, also known as "artreach" projects. She believes in art education and the healing of art.

"Those struggling to share their voice find comfort in art, for it allows them to express themselves in ways they never imagined," Huerta said.

The day began with a read-aloud. Huerta chose a book called "*The Legend of the Indian Paintbrush*" by Tomie dePaola. In this legend, the main character (Little Gopher) follows his destiny as revealed in a dream-vision of becoming an artist for his people and eventually is able to bring the colors of the sunset down to earth via the Indian Paintbrush flower. Even though he felt like he didn't have a special gift, Little Gopher continued to stay dedicated until he was guided in the right direction. The overall theme of this legend is that perseverance pays off in the end. As the story was being read, the students listened intently about all the wonderful colors that the boy was finally able to create. Huerta also took this time to talk about different colors and how they are related to people's emotions. This provided a great introduction to the art mural project.



Huerta had previously sketched an elaborate design on the canvas to give the younger students a place to begin painting, but all of the students were encouraged to incorporate their own creative designs into the mural. The drawing included elements from Native American culture and nature. The mural depicted a Native American woman kneeling down to plant seeds in the earth with drawings of the sun, trees, eagles and mountains in the background. The students really enjoyed painting the mural and some of them even included their hand prints as a signature for their artwork.

Overall, the event was a great success. The students loved having the

*(Continued on page 2)*



## CIMC Training Session Focuses On Enhancing Soft Skills

By Gary Taylor, Reporting for SCTCA TANF

Christina Arzate walked slowly across the floor in the old Pala Tribal Hall.

Arzate was leading a training session on "Logical Decision Making" for California Indian Manpower Consortium (CIMC) in late August. She was discussing an example of workplace harassment when she motioned to a young woman seated behind a table in the hall.

"What would you do?" Arzate asked.

The woman thought for a moment.

"I would leave the situation," she said, "and then report it to another supervisor."

Arzate nodded approvingly.

"Very good," she said. "You don't want to overreact, but you don't

*(Continued on page 2)*



The Southern California Tribal Chairmen's Association (SCTCA) publishes the Tribal Temporary Assistance for Needy Families (TANF) Newsletter throughout the year at:

SCTCA / TANF  
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(760) 746-0901 Ext. 100

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The purpose of the Tribal TANF Newsletter is to provide the tribal communities with information about services provided by the TANF Programs and other important issues concerning our rural/urban communities and families.

SCTCA provides services to San Diego and Santa Barbara Counties and the following reservations:

Barona	Cahuilla
Campo	Ewiiapaayp
Inaja/Cosmit	Jamul
La Jolla	La Posta
Los Coyotes	Manzanita
Mesa Grande	Pala
Pauma	Rincon
San Pasqual	Santa Ysabel
Santa Ynez	Sycuan
Viejas	

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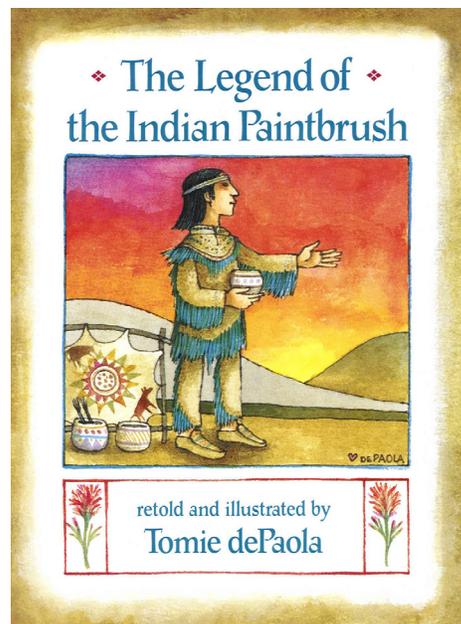
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(Continued from page 1)

## Children Create Colorful Native American Mural

opportunity to express themselves using paint and brought home a special gift bag filled with art supplies.



## (Continued from page 1) CIMC Training Session Focuses On Enhancing Soft Skills

want to let it go, either. You have to decide to do something about it.”

The exchange was part of a course during a three-day CIMC training session called “Soft Skills Training.” The sessions were designed to instruct those who attended how to deal with personal and professional situations. The training included classes on time management, conflict resolution, goal setting, reducing stress and communication issues. The courses were “Challenge of Change,” “Positive Goal Setting,” “In Survival Mode,” “Work and Self-Worth,” “Home vs. Work Beliefs” and “Understanding Stress.” The course ended with classes on “Stop and Think,” “Planning and Time Management” and “Logical Decision Making.”

Ten people attended the sessions, which were led at various times by Arzate and several other presenters, including staff from Southern California Tribal Chairmen's Association (SCTCA) TANF Pala. Session presenters included Arzate, Jennifer Trujillo, CIMC Field Office Secretary, Helen Medina, CIMC delegate and Sara Macdonald, ANA Project Coordinator. Macdonald traveled from her office in Sacramento to attend the training sessions.

Also attending the all or part of the training sessions were Yvette Yazzie, SCTCA TANF Pala Site Manager; and Career Development Specialists Keven Eldridge and Stephanie Magana from SCTCA TANF Pala. Eldridge and Magana were among the session presenters.

At the end of the three-day course, all those who attended were presented certificates of completion.



Sara Macdonald and Christine Arzate

## North Dakota

# At Pala, A Celebration of Native American Traditions

For three days and two nights in late August, hundreds of Native Americans gathered for a weekend of traditional dance and song on the Pala Indian Reservation.

Tribal members from throughout the Southern California region and other locations attended the Pala Powwow. The annual event included a Native American celebration of traditional songs and dances in the Round, creating a flurry of color and motion against the deep blue summer sky.

The Powwow – like others on reservations throughout San Diego County – also drew hundreds of non-Native people. There were also vendors scattered throughout the grounds, with Native jewelry, blankets, paintings and art work on display.

Pala's Powwow was one of the last of the summer. Over the past three months, there have also been Powwows and Gatherings on reservations at Barona, Sycuan, Santa Ysabel, Mesa Grande, Viejas, Rincon, San Pasqual, Campo and La Posta. 🖋️

- GARY TAYLOR



All through August and September, hundreds of Native Americans from across the nation arrived at the Standing Rock Sioux Reservation in North Dakota.

They were not there for a conference, or a meeting, or a Powwow.

They were there to show solidarity with the Standing Rock tribe in its opposition to an oil pipeline that “traverses sacred territory taken away from the tribe in a series of treaties that were forced upon it over the past 150 years,” noted the *Washington Post*.

The *Post* continued: “At issue for the tribes is the 1,172-mile Dakota Access pipeline – or DAPL – that runs through North and South Dakota, Iowa and Illinois, and has a capacity to transport more than 500,000 barrels of oil a day. The \$3.8 billion pipeline now under construction was approved by the U.S. Army Corps of Engineers to cross under the Missouri River just a mile north of the reservation.

“That river is the source of water for the (Standing Rock) reservation’s 8,000 residents. Any leak, tribal leaders argue, would do immediate and irreparable harm. And tribal leaders point to what they see as a double standard, saying that the pipeline was originally planned to cross the Missouri north of Bismarck, the state capital, but was rerouted because of powerful opposition that did not want a threat to the water supply there.”

Native Americans came to the reservation in such numbers that what began as a handful of Standing Rock tribal protestors turned into a village of several hundred Indians and others who supported the tribes.

In mid-September, a federal judge ruled against the Standing Rock Sioux, stating the pipeline could proceed. But the Army Corps of Engineers – acknowledging the tribe’s intense opposition – agreed to delay the project and to meet with tribal leaders to negotiate a resolution.

Any resolution may not be as simple as a negotiation. For tribal leaders, the pipeline isn’t a business or economic issue. It goes much deeper than that.

“This pipeline is going through huge swaths of ancestral land,” Dean DePountis, the tribe’s lawyer, told the *Post*. “It would be like constructing a pipeline through Arlington Cemetery or under St. Patrick’s Cathedral.”

“How do you eliminate a race?” said Dave Archambault, chairman of the Standing Rock Sioux. “That’s what the government has been trying to do for 200 years. But we’re still here. We have maintained our culture. We’ve maintained our way of life. We’ve maintained our dignity. We’re still here.” 🖋️

- GARY TAYLOR

# Native American Recipes Can Be Simple – Or Complex

By Gary Taylor, Reporting for SCTCA TANF

Native Americans across the country have been preparing dishes traditional to their tribes for centuries.

These recipes have included such natural ingredients as fruits, vegetables, nuts, wild grains and plants and fish. Various meats, including venison, buffalo, rabbit, beef and other wild game have also been a part of Native American recipes.

Over the years, some of those dishes have been refined or changed or updated with a few modern touches. Some recipes are simple and direct, such as this one for Buffalo Stew from the Lakota Sioux in South Dakota: “Add Buffalo stew meat, decent sized chunks. Onions, sliced. Get a huge pot. Put the meat and onions in. Cover it with water and boil it up until done.”

Or this one - with just a little more direction - for a rice dish, from the Shoshone:

## Wild Rice Soup:

### Ingredients

- 6 cups chicken broth
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1/2 cup white rice (uncooked)
- 1 cup wild rice (uncooked)
- 1 1/2 lb.s hamburger
- Salt & pepper

### Directions

Brown hamburger & onion.  
Add chicken broth and rice.  
Bring to boil, simmer 1/2 hour.  
Salt & pepper to taste.

Note: Try the cream soups with seasonings like herbs or garlic. Try using chicken.

**Hint:** Cook meat or veggies before adding them in (steaming fresh vegetables seems to work best.) This recipe is great because any vegetables (canned, fresh or frozen) or meats can be used. The possibilities for this recipe are endless. You can add beans, any meats, any vegetables. Get creative and make it as healthy as possible.

With the holiday season coming up, these and other traditional Native American and non-traditional recipes will be prepared and served all across the nation.

Some recipes are more complex, such as this one for a dish called Kush from the Cherokees in Oklahoma:

## Kush:

### Ingredients

- Salt
- Onions
- 2 cups cooked biscuits
- Sage to taste
- 6 cups corn bread
- Black Pepper
- Celery
- Boile
- Mushrooms

### Directions

Put Onions in skillet with a little Olive Oil. Put chopped celery and mushrooms in. Stir fry until tender. Crumble up cornbread and biscuits and put in with the stir fry veggies .Add Chicken broth. Make it a bit thin to begin. Stir while boiling. You have to keep stirring..Add eggs about half way through the stirring. Cook until thick / like mashed potatoes. Note: This is really a good dish to go with pork, chicken, or any meat you prefer. Cranberries are good on the side also.

There are also some unconventional recipes that can be prepared for Native American households who receive commodities from food distribution programs. At Southern California Tribal Chairmen’s Association (SCTCA) Food Distribution, various recipes are shared throughout the year, said Jessica Sass, Certifier at SCTCA TANF.

Sass submitted a recent recipe she created for Egg Cups, using ingredients from the Food Distribution Program:

## Egg Cups:

## Ingredients

- 1 package egg mix (prepared per directions on package)
- 1-2 cups finely chopped, cooked vegetables of your choice (example: broccoli, corn, cauliflower, etc.)
- 1-2 cups chopped, cooked meat of your choice (example: diced ham, bacon, sausage, etc.)
- 1 cup grated cheese

## Directions:

1. Preheat oven to 375 degrees.
2. Spray each muffin tin pan with non-stick spray.
3. Fill each cup with 1/3 full with prepared egg mix.
4. Add about 1-1/2 teaspoons of veggies of your choosing to each muffin cup.
5. Add about 1/1/2 teaspoons of meat of your choosing to each muffin cup.
6. Sprinkle small amount of cheese on top of each muffin cup.
7. Bake at 375 degrees for 20 minutes until eggs are golden brown



# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Editor's note: The information provided was compiled by Desiree Herrera, Caseworker, SCTCA TANF Escondido

*You were perfectly created by a higher power. You are beautiful. You are a man or woman of strength and intelligence. There is no one else that compares to you. You have the power to survive. You are capable of loving unconditionally, and you deserve love and stability. You deserve peace, happiness, and contentment. You deserve nothing less. You matter. You will get through this.*



October is domestic violence awareness month. We wanted you to know that if you are in an abusive relationship that you are not alone! Domestic violence does not discriminate. At this very moment, it is happening to someone in your family, your neighborhood and one of your co-workers.

Native American women experience domestic violence at rates 50% higher than any other group. Approximately 1 in 3 American Indian and Alaska Native women will be raped, and 3 in 5 American Indian and Alaska Native women have been assaulted in their lifetime. These numbers only reflect the number of incidents reported. In most cases, victims of domestic violence will not report an incident due to fear. One of the main reasons a victim stays in an abusive relationship is for financial security.

Your present circumstances do not have to determine where you will go, they merely determine where you start. It is not selfish to do what is best for you.

An abusive partner will always love the power more than he/she could love you. You are more powerful than you know and they fear the day you discover it.

### REMEMBER!

It is not okay to be...

- Controlled
- Humiliated in public
- Forced to do something that you do not agree with
- Told that you are ugly or unattractive
- Told nobody will ever love you the way your boyfriend/girlfriend does
- Forced to choose between your boyfriend/girlfriend and your friends.
- Made to feel guilty for someone else's anger
- It is their issue and it is not your fault.

When you are ready, there are individuals who are culturally sensitive and ready to help. You can receive assistance with housing, food, clothing, counseling, and legal advice, etc.

### 10 Red Flags of Abuse

- 1 A history of being abusive: battering, communicating threats, sexually assaulting, or any acts that violate another's rights and safety
- 2 Isolates you from family, friends, and support system
- 3 Blames you for his or her shortcomings, failures and behaviors
- 4 Asks you to compromise your identity, morals, and safety
- 5 Discourages healthy habits, relationships, educational or professional advancements, and social interactions
- 6 Takes advantage of your vulnerabilities
- 7 Ignores your purpose or denies any significance that you make on other's lives
- 8 Creates a God like persona as if he or she is your only resource of help, love, or attention
- 9 Expresses and acts on irrational ideas and emotions (especially jealousy); acts more sensibly in the presence of others to maintain façade
- 10 Ignores or threatens boundaries that make you feel safe or secure

**If you are in danger now and need help call 911.  
For additional information on resources, please call one of the following programs:**



Domestic Violence Advocacy  
951-330-0479



California Indian Legal Services  
760-746-8941 ext. 106



Center for Community Solutions  
24 hr. hotline: 1-888-385-4657



Domestic Violence Program  
760-685-8897- Brittany Krenz



Native Women's Resource Center  
Shyanne Boston, Director  
760-651-5171- or 760-484-2318



Avellaka "Butterfly" Program  
760-742-8628



Pauma-Rincon Tribal SART  
Sexual Assault Response Team  
760-742-1289 ext. 316 or 760-742-4407



Peace Between Partners  
760-468-8969



Southern Indian Health Council  
619-455-1188  
Revive Program  
619-445-1188 ext. 210, Nicole Aguilar



Strong Hearted Native Women's Coalition, Inc.  
760-644-4781

The National Domestic Violence  
**HOTLINE**

1-800-799-SAFE (7233) or  
TTY 1-800-787-3224



Women's Resource Center  
24 hr. hotline: 760-644-4781

**ywca**  
San Diego County

YWCA of San Diego County  
24 hr. hotline: 619-2343164

*Disclaimer- This is not a comprehensive list of all the domestic violence programs in San Diego County  
Sources: U.S. Department of Justice, National Network to End Domestic Violence, the National Domestic Violence Hotline and the National Congress of American Indians.*

# At Western New Mexico, Native American From Santa Ysabel Is Mustang Kicker

By Gary Taylor, Reporting for SCTCA TANF

Tyler Vargas is a tribal member of the Iipay Nation of Santa Ysabel.

He's also the kicker for the Western New Mexico University Mustangs, a Division II NCAA college football team in the Lonestar Conference.

Vargas, 19, returned to the region on Sept. 3 when the Mustangs traveled to the University of San Diego (USD) to play their season opener. The Mustangs lost 27-0 in a game dominated by the Toreros in front of several thousand fans.

But Vargas – who handles all Mustang kickoffs, punts and field goals – had an impressive performance. As noted in the weekly Lonestar Conference update in mid-September: “Tyler Vargas, Western New Mexico, was busy in his first collegiate game, as the redshirt freshman punted eight times for 302 yards, averaging 37.8 yards per attempt. He had a long of 46 yards, two landed inside the 20 and three resulted in a fair catch. He added one kickoff that went the distance at 65 yards.”

Throughout the game, Vargas practiced along the sideline, kicking into a soft white net or practicing his punting form.

Vargas grew up on the Santa Ysabel Indian Reservation with his father John, mother Rebecca and sister Britney. While living on the reservation, he attended Ramona High School and played on the Bulldogs varsity football team. Upon graduation, he was offered a scholarship as a kicker by Western New Mexico University. He accepted and began attending last year.

At the USD game, several Vargas family members were in attendance, including his father, mother, sister, two uncles and several cousins. “We are proud of what he’s accomplished,” said his father John. “Coming from the reservation, and now making the football team as a starter – that’s not easy to do. But he’s worked hard. He’s determined.”

His mother Becca said she was happy with her son’s performance in his first game.

“He’s had some good punts,” she said, motioning towards the field. “He nailed that one inside the 20. He’ll take that any time.” A couple of hours after the game had ended, Vargas and his family met for dinner in San Diego. He then returned to his team’s hotel and returned with them for the long bus ride back to Western New Mexico the next day. 🍌



Tyler Vargas kicks off against the University of San Diego

# Class Calendars

OCTOBER 2016

Rincon

Two Directions, Inc.



SCTCA Two Directions • 35008 Pala Temecula Road PMB 4 Pala, CA 92059  
 Phone: (760) 749-1196 • Fax: (760) 749-9152 • Email: staff@twodirections.com

## Space #8 – Classroom 1 Classes: Aug. 1st – Dec. 31st, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Life Skills</b> 8:30AM–10:30AM Beth Moffat		<b>Tribal Culture</b> 10:45AM–12:45AM Bonnie Salgado	<b>Tribal Culture</b> 8:30AM–10:30AM Bonnie Salgado
<b>DMV Preparation</b> 10:45AM–12:45PM Laura Rizza	<b>Culture Class</b> 10:45AM–12:45PM Bonnie Salgado		<b>Indep. Tribal Culture</b> 1PM–4PM	<b>Indep. Tribal Culture</b> 10:45AM–12:45PM
	<b>Independent Culture</b> 1PM–4PM			

## Space #8 – Classroom 2 Classes: Aug. 1st – Dec. 31st, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Study Hall	Study Hall	Study Hall	Study Hall	<b>Diploma/HiSet /*ABE</b> 10:45AM–1:45PM J. Murphy
	Study Hall	<b>Diploma/HiSet /*ABE</b> 10:45AM–1:45PM J. Murphy	Study Hall	No classes
Study Hall	Study Hall	Study Hall	Study Hall	No classes
		*ADULT BASIC EDUCATION		*ADULT BASIC EDUCATION

## Space #39 – Computer Lab Classes: Aug. 1st – Dec. 31st, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Self Paced Class</b> 8:30AM–10:30AM Staff	<b>MICROSOFT Word</b> 8:30AM–10:30AM Wanda	<b>Intro to PC's</b> 8:30AM–10:30AM Charles	<b>MICROSOFT Word</b> 8:30AM–10:30AM Wanda	<b>10 Key Class</b> 8:30AM–10:30AM Wanda
<b>Self Paced Class</b> 10:45AM–12:45PM Staff	<b>MICROSOFT Excel</b> 10:45AM–12:45PM Wanda	<b>Intro to PC's</b> 10:45AM–12:45PM Charles	<b>MICROSOFT Excel</b> 10:45AM–12:45PM Wanda	<b>Keyboarding</b> 10:45AM–12:45PM Wanda
<b>Self Paced Class</b> 1PM–4AM Staff	<b>Self Paced Class</b> 1PM–4AM Staff	<b>Computers Lab</b> 1PM–4PM OPEN LAB	<b>Self Paced Class</b> 1PM–4AM Staff	Computer Class closed @ 12:45PM on Fridays

Two Directions Computer Labs are open at all times during business hours. Make sure to sign in and out to receive work participation hours.

# Escondido

Escondido – SCTCA TANF • 201 E. Grand Ave., Suite 2D, Escondido, CA 92025  
Office Hours Monday - Friday, 8:30am–4:00pm • Phone: (760) 737-0113 • Fax: (760) 737-0581

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ABE/GED</b> 9AM–11AM  <b>Spanish</b> 9AM–11AM  <b>Phillip Roy/ Health Care</b> 9AM–11AM  <b>Keyboarding</b> 9AM–12PM  <b>Reading Horizons</b> 9AM–10AM & 12PM–2PM  <b>Applied Skill Practice (GED)</b> 11:30AM–1:30PM  <b>Open Lab/Job Search /Applied Skills</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Life Skills/ What Color Is My Parachute</b> 9AM–11AM  <b>Life Skills/ Practical Life Skills</b> 11:30AM–1:30PM  <b>Math Refresher</b> 9AM–11AM  <b>Open Lab/ Job Search/ Applied Skills</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>ABE/GED</b> 9AM–11AM  <b>Spanish</b> 9AM–11AM  <b>Math Refresher</b> 9AM–11AM  <b>Keyboarding</b> 8:30AM–12PM  <b>Reading Horizons</b> 9AM–10AM  <b>Computer Skills (GED Prep)</b> 11:30AM–1:30PM  <b>Open Lab/Job Search</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Phillip Roy/ Welding</b> 9AM–1:30PM  <b>Reading Horizons</b> 9AM–11AM 11AM–1PM  <b>Computer Skills (General)</b> 11AM–2PM  <b>Open Lab/Job Search /Applied Skills</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Spanish</b> 9AM–11AM  <b>Phillip Roy/ Clerical Office</b> 9AM–11AM & 11:30AM–1:30PM  <b>Keyboarding</b> 9AM–12PM  <b>Reading Horizons</b> 11AM–1PM  <b>Open Lab/Job Search</b> 8:30AM–4PM (VARIES BY CLIENT)

To sign up, contact: Kayleigh Omish-Guachena, Training Director at (760) 737-0113 ext.13, kguachena@bgassociatesinc.com

# El Cajon

SCAIR Learning Center • 239 W. Main Street, El Cajon, CA 92020  
Office Hours Monday - Friday, 9am–4pm • Phone: (619) 328-0676

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Job Readiness</b> 9AM–4PM  <b>Individual Training Plan</b> 9AM–4PM  <b>Counseling Services</b> 9AM–4PM  <b>Quickbooks Certification Training</b> 9:30AM–11:30AM  <b>Microsoft Computer Certification Training</b> NOON–2PM  <b>Academic Tutoring (All Subjects)</b> 1PM–6PM/BALLARD CENTER	<b>Academic Tutoring (All Subjects)</b> 9AM–3PM  <b>Job Readiness</b> 9AM–4PM  <b>Individual Training Plan</b> 9AM–4PM  <b>Counseling Services</b> 9AM–4PM  <b>Quickbooks Certification Training</b> 9:30AM–11:30AM  <b>Microsoft Computer Certification Training</b> NOON–2PM  <b>Academic Tutoring (All Subjects)</b> 1PM–6PM/BALLARD CENTER  <b>Traditional Parenting Training</b> 10/18: NOON–2PM  <b>Ready to Work Training</b> 10/25: 12:30PM–1:30PM	<b>Job Readiness</b> 9AM–4PM  <b>Individual Training Plan</b> 9AM–4PM  <b>Counseling Services</b> 9AM–4PM  <b>Quickbooks Certification Training</b> 9:30AM–11:30AM  <b>Academic Tutoring (All Subjects)</b> 10:30AM–5:30PM  <b>Microsoft Computer Certification Training</b> NOON–2PM  <b>Academic Tutoring (All Subjects)</b> 1PM–6PM/BALLARD CENTER  <b>Sacred Pipe TUPE Program</b> 10/5, 12, 19 & 26 3:30PM–5:30PM  <b>Resume Development</b> 10/19: 12:30PM–1:30PM  <b>Self-Reliance Training</b> 10/12: 12:30PM–1:30PM	<b>Job Readiness</b> 9AM–4PM  <b>Individual Training Plan</b> 9AM–4PM  <b>Counseling Services</b> 9AM–4PM  <b>Quickbooks Certification Training</b> 9:30AM–11:30AM  <b>Parenting Training</b> 11AM–1PM  <b>Academic Tutoring (All Subjects)</b> 11AM–4PM  <b>Microsoft Computer Certification Training</b> NOON–2PM  <b>Sacred Pipe TUPE Program (SDAIHYC)</b> 10/6, 13, 20 & 27: 4PM–6PM  <b>Coffee with the Director</b> 10/20: NOON–1PM	<b>Academic Tutoring (All Subjects)</b> 9AM–3PM  <b>Job Readiness</b> 9AM–4PM  <b>Career Development</b> 9AM–4PM  <b>Individual Training Plan</b> 9AM–4PM  <b>Counseling Services</b> 9AM–4PM  <b>Independent Computer Lab</b> 9AM–4PM

\*\*No Microsoft Computer Certification Training

# Santa Ynez

Santa Ynez – SCTCA TANF • 185 W. Highway 246, Suite 102, Buellton, CA. 93427  
Office Hours Monday - Friday, 8am–4:30pm • Phone: (805) 688-1756 • Fax: (805) 688-6827

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Monday Office Hours:</b> 8AM - 4:30PM	<b>Career Building</b> 9AM	<b>Life Skills</b> 9AM	<b>Parenting</b> 9AM	<b>Friday Office Hours:</b> 8AM - 4:30PM
	<b>Open Lab/ Job Search</b> 12:30PM-2PM	<b>Open Lab/ Job Search</b> 12:30PM-2PM	<b>Open Lab/ Job Search</b> 12:30PM-2PM	
	<b>Basic Computers Skills</b> 2PM	<b>Career Networking</b> 2PM	<b>Basic Computers Skills</b> 2PM	

# Manzanita

Manzanita SCTCA Tribal Training Program • 39 A Crestwood, Boulevard, CA  
Phone: (619) 766-3236

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Culture/ Entrepreneurial Class</b> 9AM-12PM	<b>GED Prep</b> 10AM-1PM	<b>World of Work</b> 9AM-12PM	<b>GED Prep</b> 10AM-1PM	<b>Tutorial</b> 9AM-12PM
<b>Native Arts &amp; Crafts</b> 12:30PM-3:30PM	<b>Computers</b> 10AM-1PM	<b>GED Prep</b> 12:30PM-3:30PM	<b>Computers</b> 10AM-1PM	
	<b>Parenting Class</b> 12:30PM-3:30PM			

## Commodity Distribution Schedule – October 2016



### COMMODITY DISTRIBUTION SCHEDULE FOR OCTOBER 2016

DATE	LOCATION	TIME
OCTOBER 6, THURSDAY	BARONA VIEJAS	9 AM – 10 AM 11 AM – 12 NOON
OCTOBER 10, MONDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 NOON
OCTOBER 12, WEDNESDAY	SAN PASQUAL	9 AM – 12 NOON
OCTOBER 13, THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 10:30 AM – 12 NOON
OCTOBER 17, MONDAY	RINCON	9 AM – 12 NOON
OCTOBER 18, TUESDAY	MANZANITA/LA POSTA OLD CAMPO	9:45 AM – 11 AM 11:30AM – 12:30 PM
OCTOBER 20, THURSDAY	PAUMA PECHANGA	9 AM – 10 AM 11 AM – 12 NOON
OCTOBER 24, MONDAY	PALA	9 AM – 11:30 AM
OCTOBER 25, TUESDAY	CAMPO	10 AM – 12 NOON



### Coming in November:

- What are some tribes doing to honor Native American Heritage Month?
- What cultural traditions will be celebrated?
- Who are some of the great Native American historical figures?

**In our next issue, read about – and see the photographs – celebrating Native American Heritage Month.**