



New Year's Resolutions: How to Make Them - And How to Keep Them

By Cyndie Gilliam, SCTCA TANF Therapist



As 2023 came to a close, you may reflect on the past year. Did you achieve some of the goals you set?

You may also be thinking about what 2024 will bring. What goals will you set to start new year? Will it be to lose weight, eat healthier, save some money or reduce your debt? Spend more time with family and friends? Maybe it is to quit smoking or reduce our alcohol consumption or even get more organized. Whatever it is, I want to share some ideas that might make it easier for you to do.

Before deciding to take on this task, ask yourself four questions.

1. Right now, do you feel more motivated to make a change than to not make a change?
2. Do you feel confident that you are ready to take the steps and put in the work it takes to make this change?
3. If you answered yes to the above questions, then what steps are you going to put in place to put you on the path to success?
4. How will you know when you have made the changes you desire?

(Continued on page 2)

In San Pasqual, Gourd Workshop is Part of Healing

By Gary P. Taylor, SCTCA TANF

On a quiet mid-morning in early December, a group of individuals gathered around a table at the San Pasqual Native Women's Resource Center.

They were working slowly and deliberately with their hands to make colorful gourds, using beads as they completed their creation.

One woman said she had never made a gourd quite like this before.

Another woman responded, "I know – but I think I'm getting it." She laughed. "At least I hope I am."

But making a gourd wasn't the only reason they were there.

The group of women and one man were engaging in creation – and conversation- as part of a self-healing workshop.

"We want to provide a safe space for everyone here to work with others and talk with each other," said Shyanne Boston, Director of the Native Women's Resource Center. She was at the table working on her own gourd, talking and listening as others spoke about not only their



(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
P.O. Box 1470
Valley Center, CA 92082
E-mail: gtaylor@sctca.net
(760) 746-0901 Ext. 118

The newsletter is designed and printed by Tribal Print Source, a division of SCTCA.

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, Orange and Santa Barbara counties and the following reservations:

Agua Caliente	Los Coyotes	Santa Rosa
Barona	Manzanita	Santa Ysabel
Cahuilla	Mesa Grande	Santa Ynez
Campo	Morongo	Soboba
Ewiiapaayp	Pala	Sycuan
Inaja/Cosmit	Pauma	Torres Martinez
Jamul	Rincon	Viejas
La Jolla	San Manuel	
La Posta	San Pasqual	

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(805) 688-1756 Toll-free: (866) 855-8263

Orange County Tribal TANF:
(714) 450-9240 Toll-free: (866) 728-2230



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The S.M.A.R.T. goal method, developed by George T. Doran, is used to help with goal setting. It's an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. A SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal for the new year:

- **Specific:** choose a goal and be specific. For example, saying I want to get fit is very vague. Instead say I want to lose 25 pounds. Or I want to put away \$500 this year in a savings account.)

- **Measurable:** make sure your goal is measurable. For example, say something like, 'I want to lose 1-2 pounds a week.' It can be helpful to write down your progress in a journal because keeping track will help you stay more motivated. For the savings account, if you put away \$10 every week, you will have saved \$520 by the end of the year.

- **Achievable:** Be honest and realistic with yourself. For example, saying you want to lose 25 pounds by the end of January is not very realistic. However, setting a goal of June aligns with your goal of 1-2 pounds a week. Do you have \$10 a week extra that you could put aside? Maybe eating at home rather than going out to eat one time a week would work.

- **Realistic:** If you have a chronic health condition or if going to the gym is not in your budget, then setting a goal of working out in the gym two times a week would not be realistic.

- **Timely:** A clearly defined timeline- including a starting date and a target date- will keep you on task to reach your goal.

The longer you stick with your goal the more likely it will become a part of your life. Try to remember- it is better to do something then nothing. If you slip up it is ok. **Resiliency is the key. Don't let one missed workout or not putting \$10 in your account for a week be an excuse for giving up. Instead, acknowledge your slip up and recommit to moving forward.**

I will end by quoting a Japanese proverb that says, If you fall 7 times, stand up 8.

May the New Year bring you new strengths, new hopes and new dreams.

As always, if you have any questions or want to talk with someone, please feel free to contact me. Cyndie Gilliam, LMFT, TANF Therapist at (619)460-3400 ext. 210 or cgilliam@sctca.net.

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gourds but anything they wanted to – including some very difficult situations regarding domestic violence.

That's the point, said Evalina Chavez, Domestic Violence Victims Advocate at the Resource Center.

“We want anyone who comes here to feel protected,” she said. “People can come here – they can be anonymous if that’s what they want.”

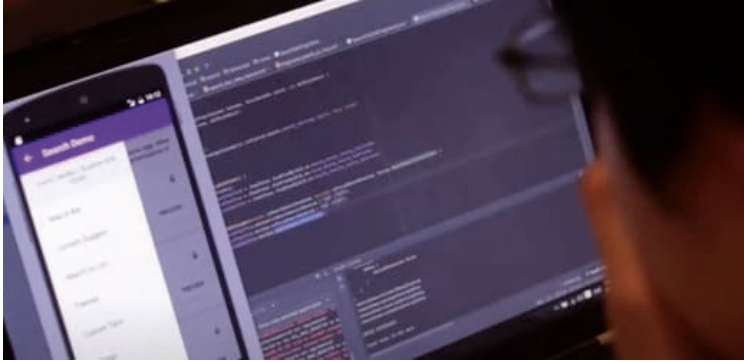
The gourd workshop was the latest in a series that began more than four years ago for victims of domestic violence, Boston said. Just in the past few months the Resource Center has held workshops where individuals made bird skirts and shawl making. In January, there will be weekly healing classes with various crafts, she added. The sessions usually draw about 10 people.

For more information, individuals can contact either Boston or Chavez at the Native Women’s Resource Center. Chavez can be reached at (760) 651-5217, (760) 317-6583 (cell) or at EVALINAC@SanPasqualTribe.org. Boston can be reached at (760) 651-5171, (760) 484-2318 (cell) or at SHYANNEB@SanPasqualTribe.org



In 2024, Some of the Best Jobs Don't Require a College Degree

Editor's note: The following jobs and salaries are provided by the online site Career Fitters.



1. Home Health or Personal Care Aide: This career is staying at #1 for 2024. It still has the highest projected hiring volume for 2024 out of all careers. They are projected to hire 804,600 new Home Health and Personal Care Aides. If you are driven to do meaningful work helping others, Home Health or Personal Care Aide might be your perfect career. Online and onsite training classes may be required but not a college degree. **The higher end of pay is over \$38,000 a year.**

2. Software Developer: So, if your eyes were designed to look at a laptop screen for most of the day and you prefer to work alone with the organized efficiency of computing code, a high-paying gig as a software developer promises to fulfill your dreams. Also, being that your product is digital, many companies hiring have flexible work-from-anywhere policies. **Annual pay ranges from \$75,000 to \$100,000.**

3. Chef: If you already love to cook for people, it's time to make that pay. The best part is- no college degree required. Most Chefs learn their skills through work experience. However, you can get training from select community colleges, technical schools, culinary arts schools, or four-year colleges Your job is to choose the dishes to serve, oversee the daily food preparation, and direct the kitchen staff to handle any food-related concerns. **Average salary about \$53,380 per year.**

4. Stocker and Order Filler: If you can quickly organize a store shelf and make the merchandise look more appealing and easy to see for consumers, then you should consider applying as a Stocker and Order Filler. The number of new people that will be hired for this job is booming, and the best part is- no college degree is required and most companies offer paid training. You'll be responsible for bringing inventory from the storage area or warehouse to where the customers will see it. **Up to \$47,000 per year.**

5. Registered Nurse: If you are willing to commit to some education and training, you'll be on your way to having a recession-resistant career with excellent pay. Before becoming a registered nurse, you will need to be credentialed by the American Nurses Association. If you are going to invest in this occupation, you should have some natural abilities for being compassionate. Your days will be filled with helping people who are often scared and looking to you for help and answers. Also, you'll need stamina because the shifts can be long and demanding, and you'll need to be able to stay organized and competent filling out paperwork and charts even when you are exhausted. **Average annual salary is \$81,000.**



Charles Norman Shay, at Normandy, France

Charles Norman Shay will be 100 years old in 2024.

It will mark one century of a remarkable life.

Shay — a Penobscot Indian from Maine — is the only Native American to be awarded the French Chevalier in recognition of his combat in World War II.

Shay came ashore at dawn on Omaha Beach in Normandy, France, on June 6, 1944 — D-Day, the beginning of the Allied invasion of Europe.

He was a 19-year-old U.S. Army platoon medic serving in Fox Company, 2nd Battalion, 16th Infantry Regiment. The 16th Infantry Regiment was one of three combat regiments in the 1st Infantry Division that spearheaded the assault on D-Day, according to the United States Department of Defense.

In an interview a decade ago, Shay recalled almost half of the soldiers and most of the officers in his company were wounded or dead before noon. On that day - his first in combat - he repeatedly exposed himself to enemy machine-gun strafing to rescue fallen comrades, according to an article in *Indian Country Today*. For his gallantry, Private Shay was awarded the Silver Star.

In June of 2017, the people of France remembered Shay.

That month, the Charles Shay Indian Memorial Park was dedicated in Normandy. The park overlooks the beaches Shay and his fellow soldiers stormed all those years ago. As noted in *Indian Country Today*, the memorial is the brainchild of a Normandy citizen, Marie Legrand. The magazine noted:

"She feels gratitude for the sacrifice American soldiers placed on the altar of freedom. Inspired by Shay's heroism, and aware the French president had inducted him into the Legion of Honor in 2007, she took the initiative to publicly memorialize this American Indian war veteran. Her proposal gained allure as it became known that he is a descendant of an adventurous 17th-century French baron who settled in seacoast Maine and married the Penobscot tribal grand chief's daughter."

The ceremony drew nearly 300 people and included World War II Native American veterans. Shay — who was then 93 — spoke at the dedication.

"Every soldier on this beach was a hero, regardless of military unit, rank, or wave," he said. "An estimated 500 tribesmen participated in Operation Neptune (D-Day), as paratroopers or as ground troops landing on the beaches code-named Juno, Utah and Omaha. About 175 of these young men came ashore here, with me, on Omaha on June 6, 1944. Today, we remember more than 50 of my Native brothers by their name and tribal identity. With the exception of one, perhaps two, all these brave men have passed into the spirit world. We will not forget their sacrifice."

And Shay — nearly 100- has not been forgotten.

SCTCA Pala TANF December Engagement:

By Gary P. Taylor, SCTCA TANF

A group of nearly 30 people attended the Southern California Tribal Chairmen's Association (SCTCA) Pala TANF December Family Engagement.

The three-hour event drew families and children to the Pala Administration Main Hall on Saturday, December 16. The hall's festive holiday decorations served as the backdrop for the Family Engagement, which included Birdsingers, a Children's Activity Station, a book reading, guest speaker – and, at the end, Christmas gifts for all the children (see sidebar on page 7).

Restoring family connections and maintaining mental wellness during the holidays – and every day – was the theme of remarks by guest speaker Marcia Hunter, Mental Health Educator with Jewish Family Service. The organization is funded by the County of San Diego, Health and Human Services Agency.

In her remarks, Hunter – who grew up on the Rosebud Indian Reservation in South Dakota – told the families that “we want to bring awareness about mental health. This is important at any time of the year – especially during the holidays.”

Hunter provided some ideas about how to deal with stress around the holidays.

“One of the ways is to spend time with your families talking about your favorite Christmas traditions,” she said. “It could be decorating the tree, buying and receiving presents, the food you prepare and eat, the things you talk about when families are getting together. All of these things are holiday traditions and restoring family connections. They are good memories, and talking about them can reduce any stress you may be feeling.”

Hunter noted that many people become nervous or anxious during the holidays.

“People can put so much pressure on themselves,” she said. “You may be thinking, ‘I have so many people coming over – I have to clean, I have to cook, I have to buy presents, I have to wrap presents.’ And then you may start to have these irrational fears that things are going to end up badly, or that you’re going to disappoint your family and friends.”

Hunter said such feelings should not be dismissed.

“All of these feelings – even what you think are irrational fears – are valid,” she said. “Never diminish your feelings. But also remember there are many ways to deal with holiday pressures – and everyday pressures.”

One of those ways, Hunter said, is to simply recognize you must take care of yourself.



Above, Racheal Bentancourt helps family with gifts; right, a family listens to remarks

A Time for Restoring Family Connections



Marcia Hunter

“Before you can take care of others, you need to take care of yourself,” she advised. “Remember those instructions when you are flying – ‘In the event of an emergency the masks will drop down?’ And what do the flight attendants say? They will always tell the adults to put on their masks first. Once you’ve done that, then you can then help your children or others who need help.

“That’s what taking care of yourself means – you’re not going to be able to help someone else if you haven’t had enough sleep, or if you haven’t had enough to eat, or if you are sad or isolated or don’t have the emotional connections you need.”

One of the most important ways to get those emotional connections is through a strong support system, Hunter told the families.

“Find out who you can really depend on in your life,” she advised. “It could be your husband. It could your wife. It could be a close friend or another family member. The important thing is there should be someone – or several people – you can rely on to listen to you and help you and to support you when you really need it.”

Such support can also include things such helping temporarily with caring for a sick child, or running an errand, or dropping off a meal. And some things don’t even have to be for any extended period, Hunter said.

“If you need someone to help you with something for just 10 or 15 minutes, and they do – that can make such a big difference,” she said. “It shows that someone cares about you enough to know when you need support.”

Another way to deal with every-day stresses and pressures is to volunteer, Hunter told the families.

“If you can volunteer – do it,” she said. “Getting to spend time one-on-one with someone else, or with a group of people, who share the same interest or goals can really provide you with a lot of support.

“It can also give you a chance to do something you wouldn’t ordinarily do, or to talk about things you might not talk about within your own family. And that can reduce a lot of every-day pressure.”

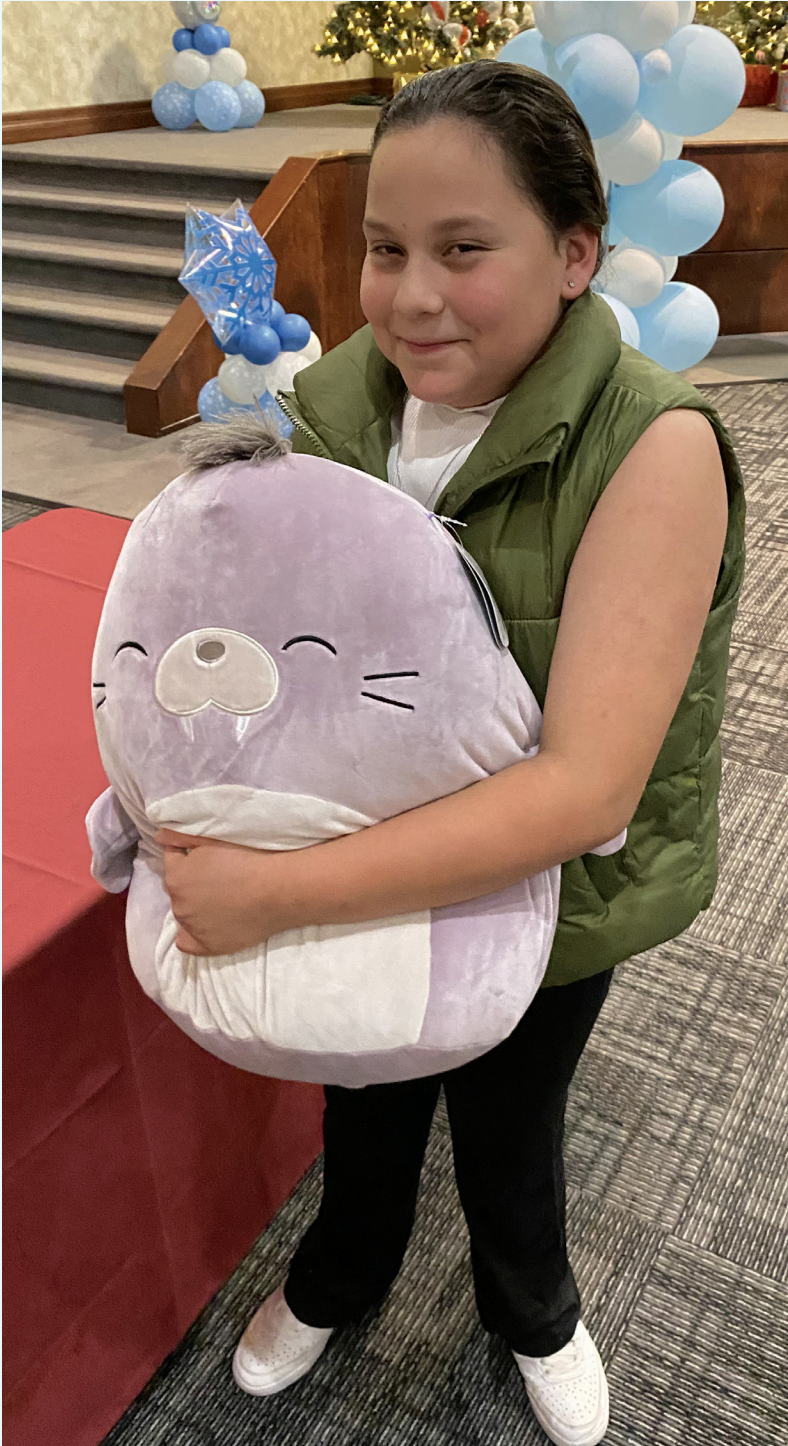
With the holiday season coming to an end, all of these things – taking care of yourself physically and emotionally, seeking a strong support group, recognizing your own feelings and spending some time volunteering – can help you throughout the year, Hunter said.

Pala TANF staff who organized and attended the event included Site Manager Racheal Bentancourt; Sonserrie ‘Song’ Camacho; Marsha Ward; Brenda Bequette, Tomas Devers; Nus’un Schlater; and Lucy Luna.



Above: SCTCA TANF staff at the December Family Engagement; below, Birdsingers at the event





Walking Shield Provides the Presents at Pala Family Engagement

The children waited quietly until the end of SCTCA Pala TANF's Family Engagement.

And then they heard the words they had been waiting to hear.

"All the children over to the far table," said Racheal Bentancourt, Site Manager at SCTCA Pala TANF. "It's time for the presents!"

The kids rushed over.

At the table, and behind the table, and under the table, were dozens of Christmas presents.

"Look Mama!" shouted one little girl, pointing to a stuffed animal. "Can I have that?"

"Of course," replied Bentancourt, handing her the animal.

She squeezed it tightly, smiling.

The presents given to the children were provided by Walking Shield, a non-profit organization that serves American Indian families throughout the Southern California region.

This year - as in years past - Walking Shield distributed Christmas gifts to tribes and reservations and several organizations. Some of those gifts were given to Southern California Tribal Chairmen's Association (SCTCA) TANF. Staff from SCTCA brought the gifts from Costa Mesa to TANF offices in Escondido, Pala, San Diego and Manzanita.

At those offices, the gifts were sorted by age and then placed in large Christmas gift bags. The gifts were for children ranging from toddlers to teenagers. The gift bags were then presented before Christmas to TANF families and children living on or off the reservation in San Diego County.

As noted on its website, "Walking Shield's mission is to improve the quality of life for American Indian families by coordinating programs that provide shelter, health care, community development support, educational assistance, employment development and humanitarian aid."

"Walking Shield was founded in 1986... and is a non-profit organization that partners with tribal governments, urban Indian service organizations, state and federal government funding agencies, non-profit grantees, corporate businesses and foundations to bring our services to our nation's American Indian communities most in need."

- Gary P. Taylor

Best Pictures of 2023

Every year, the SCTCA TANF Newsletter publishes hundreds of photographs.

The pictures depict Native American culture – men, women and children; families; places; art; educational conferences; traditional ceremonies and numerous other events. Some of the photographs are in black and white. Most are in color.

In 2023, the SCTCA TANF Newsletter published nearly 500 photographs. And, as noted in the past, all the pictures are an attempt to capture an aspect of Native American life, both on and off the reservation.

On these two pages are some of our Best Pictures of 2023.

Gary P. Taylor





Best Unpublished Pictures of 2023

With several hundred photographs to choose from each year, it isn't possible to publish all of our best pictures in the SCTCA TANF Newsletter.

Deciding which photos to publish include considerations ranging from picture quality, color, depth, timeliness and several other factors. As in previous years, though, the overwhelming consideration is a simple one: Does the photograph convey a story? While it is true words tell the story, it also true a picture can tell a story in a more effective or memorable way.

On these two pages are some of our Best Unpublished Pictures of 2023.

Gary P. Taylor





Southern California Tribal Chairmen's Association



COMMUNITY ASSISTANCE FUND

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Housing Needs

Are you experiencing a financial hardship that is preventing you from paying your rent or utilities on time? If so, you may be eligible to receive up to \$599 in housing assistance.

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If you or your family are experiencing food insecurity, you may be eligible for food assistance.

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Are you starting a new job? Do you need a uniform, gas to attend a training or interview? We may be able to help you with employment assistance. Apply Today.

Call for Additional Information

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Office Hours: 8AM - 4:30PM
Email: caf2023@sctca.net

Class Calendars

Two Directions, Inc.

Sept. 1st-Jan. 31st, 2024

2024 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 1 Classes				
	Life Skills 9:00-11:00 am Laura Rizza (Soft skills, Building Healthy Families, Social skills, Survival skills, Employability, Finances, & more)			Tribal Culture 9:00-11:00 am Heather Turnbull
Break 11:00-11:15				
	Culture Class 11:15-1:15 pm Heather Turnbull (Ribbon Shirts & skirts, gourd projects, Moccasin making, cradleboards, and much more)		Tribal Culture 11:15-1:15 pm Heather Turnbull (Basic Beading, Lazy Stitch, Applique, Rosette, Peyote stitch, gourd stitch, brick stitch, Loom work, & more)	Indep. Tribal Culture 11:15-1:15 pm
Break 1:15-1:30 pm				
	Independent Culture 1:30-4:30		Indep. Tribal Culture 1:30-4:30	

Two Directions, Inc.

Sept. 1st— Jan. 31st, 2024

2024 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 2 Classes				
9:00-11:00 Study Period	9:00-11:00 Study Period	9:00-11:00 Study period	9:00-11:00 Study Period	9:00-11:00 Diploma / HiSet/ *ABE
Break 11:00-11:15				
11:15-1:15 Study Period	11:15-1:15 Study Period	11:15-1:15 Study Period	Diploma / HiSet/ *ABE 10:30-12:30 Josh M. (WASC accredited diploma program, HiSet 5 series and GED 4 series test prep; state-endorsed high school equivalency certificate, ABE; basic skills development, writing & math)	Diploma / HiSet/ *ABE 11:15-1:15 Josh M. Skills, college assessment prep, college, community college and online course support)
Break 1:15-1:30				
1:30-4:30 Study Period	1:30-4:30 Study Period	1:30-4:30 Study Period	1:30-4:30 Study Period <small>*Adult Basic Education</small>	No classes <small>*Adult Basic Education</small>

Two Directions, Inc.

Sept. 1st—Jan. 31st, 2024

2024 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #39 Computer Lab Classes				
Self Paced Class 9:00-11:00 Staff	Computers 9:00-11:00 Staff	Computers 9:00-11:00 Staff	Intro to PCs 9:00-11:00 C. Illingworth	Computers 9:00-11:00 J. Murphy
* Classes offered but are not limited to; Introduction to Computers, Word, Excel, PowerPoint, Quick-Books, Keyboarding, Accounting, Business budgeting, Business Ethics, Business Management, Business Professionalism, Payroll Management, Small Business classes, Business Branding, Business Writing, Career Training, Entrepreneurship, Language Arts, Legal Classes, Medical Billing, Office Skills, and more classes.				
Break 11:00—11:15				
Self Paced Class 11:15-1:15 Staff	Computers 11:15-1:15 L.Rizza	Computers 11:15-1:15 Staff	Intro to PCs 11:15-1:15 C. Illingworth	Computers 11:15-1:15 J. Murphy
Break 1:15-4:15				
Self Paced Class 1:15—4:15 Staff	Self Paced Class 1:15—4:15 Staff	Self Paced Class 1:15—4:15 Staff	Self Paced Class 1:15—4:15 Staff	Computer Class closed @1:15 pm on Friday's
TWO DIRECTIONS COMPUTER LABS ARE OPEN AT ALL TIMES DURING BUSINESS HOURS. MAKE SURE TO SIGN IN AND OUT TO RECEIVE WORK PARTICIPATION HOURS.				
35008 Pala Temecula Road PMB 4 Pala, CA 92059 Phone (760) 749-1196 Fax(760) 749-9152 Email : staff@twodirections.com				

OFFICE CLOSURES:

**Monday, January 1, 2024 for
New Year's Day.**

**Monday, January 15, 2024 for
Martin Luther King Jr. Day.**

JANUARY 2024 CALENDAR

BG ASSOCIATES INC.
210 S. JUNIPER ST., SUITE 212
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PH: (760) 737-0113
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WWW.BGASSOCIATESINC.COM

MONDAY-FRIDAY
8:30AM-4:00PM

FOR CLASS INFORMATION, CONTACT KAYLEIGH at
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LEARNING TO
ACCOMMODATE THE
SCHEDULE & NEEDS OF
PARTICIPANTS.**

**CLASSES & TIMES ARE
SUBJECT TO CHANGE.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	IN PERSON CLASSES *OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)
VIRTUAL CLASSES	VIRTUAL CLASSES	VIRTUAL CLASSES	VIRTUAL CLASSES	VIRTUAL CLASSES
IN PERSON AND VIRTUAL	IN PERSON AND VIRTUAL	IN PERSON AND VIRTUAL	IN PERSON AND VIRTUAL	IN PERSON AND VIRTUAL
ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)	ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)	LIFE SKILLS: (via Zoom, Google Meet, or other form of virtual face to face meeting) SELF MOTIVATION 9-11AM WORKPLACE ETIQUETTE 11:30AM-1:30PM	ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)	ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)
SPANISH 9AM-11AM (available online/app & can be tracked by instructor)	SPANISH 9AM-11AM (available online/app & can be tracked by instructor)	COMPUTER SKILLS (GENERAL) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	COMPUTER SKILLS (GENERAL) 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)	SPANISH 9AM-11AM (available online/app & can be tracked by instructor)
PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed)	KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)	COMPUTER SKILLS (GENERAL) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	SPANISH 9AM-11AM (available online/app & can be tracked by instructor)	PHILLIP ROY: WELDING TERMS 9AM-11AM (lessons can be emailed)
KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)	SELF-SUFFICIENCY: FINANCIAL FREEDOM 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)	APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)
APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)	*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)	MATH/ENGLISH REFRESHER 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)	APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)
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SCAIR

Southern California American Indian Resource Center, Inc.

JANUARY 2024

**SCAIR Weekly Calendar
Serving the Native American
Community Since 1997**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm
Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	Daily services: Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services
	Coffee with the Director 1/2 - 10-10:30am TUPE at Ballard Center 1/16 - 6:00-8:00pm		TUPE at SDAIHC 1/4 - 4:00-5:30 pm TUPE at MLK comm. ctr 1/11 - 6:00-7:00pm	

TUPE at SCAIR
1/23 - 3:30-5:30 pm

By appointment only:
Counseling Services
Youth Academic Tutorial Services
County Approved Typing Tests

**After hour tutoring and counseling requests available based on availability of instructors and clinicians*

Please visit www.SCAIRinc.org for more information about SCAIR's programs:

Native Networks Program

Tribal TANF Program

American Indian Education Center (AIEC) Program

Sacred Pipe Tobacco-Use Prevention Education (TUPE) Program

HOWKA Community Service Block Grant (CSBG) Program



Santa Ynez

Santa Ynez – SCTCA TANF • 185 W. Highway 246, Suite 102, Buellton, CA. 93427
 Phone: (805) 688-1756 • Fax: (805) 688-6827

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOB SEARCH**	CAREER DEVELOPMENT 10AM - 1PM* JOB SEARCH**	PARENTING 1PM - 3PM* JOB SEARCH**	CAREER DEVELOPMENT 10AM - 1PM* JOB SEARCH**	JOB SEARCH**

* By Appointment Only ** Must be Pre-Approved

Manzanita

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

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

Commodity Distribution Schedule January 2024



FOOD DISTRIBUTION SCHEDULE FOR JANUARY 2024		
DATE	LOCATION	TIME
JANUARY 8, MONDAY	CAMPO	10 AM – 12 PM
JANUARY 10, WEDNESDAY	SAN PASQUAL	8 AM – 12 PM
JANUARY 11, THURSDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
JANUARY 17, WEDNESDAY	RINCON	8 AM – 12 PM
JANUARY 18, THURSDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
JANUARY 22, MONDAY	PALA	9 AM – 11 AM
JANUARY 23, TUESDAY	MANZANITA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM – 12:30 PM
JANUARY 25, THURSDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
JANUARY 29, MONDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM



Coming in February:

- Confronting Native American Teen Dating Violence
- Preventing Declines in Student School Attendance
- Excerpts from SCTCA TANF Success Stories