

## Health and Nutrition Education Could Be In The Cards

By Jessica Sass, Certifier, Food Distribution, SCTCA

When you walk into the Southern California Tribal Chairmen's Association (SCTCA) Food Commodity Program office in Rincon, you will see large playing cards all over the walls.

But these are not traditional playing

cards. Instead, they are *traditional food playing cards*.

The cards depict numerous Native American foods including fish, vegetables, berries, acorns, plants and meat. The series of cards number 52, just like a regular deck. But on the cards are pictures of the traditional foods, along with cultural and nutrition facts.

On the cards for Red Huckleberries, for instance, the "Fun Fact" reads, "While the berries are tart and tasty, the leaves and bark of the plant can also be used to brew a tea." The "Nutrition Highlight" notes that "Huckleberries are rich in vitamin C, an important nutrient used by the body to heal and protect itself."


The cards were compiled by the Western Region Nutrition Education Work Group. Anyone who comes into the office can take a look at the display.

The card's images and facts are part

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Black-tailed Jackrabbit



**Fun Fact:** Jackrabbit females are larger than the males.

**Healthy Diet Tip:** Rabbit meat is lean and can often be used in place of chicken. Wild rabbits may be tough, and would benefit from a recipe that requires a longer cooking time or braising. For wild rabbits, make sure to handle uncooked game with gloves and to cook the meat to at least 160° Fahrenheit to avoid foodborne illness.

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of the Food Commodity Program's focus on nutrition education and community outreach in an attempt to help inform families about the importance of a healthy and active lifestyle. We continue to provide a variety of fresh fruits, vegetables and meats and tailor our monthly recipes

(Continued on page 4)



## Students Learn How To Make Elk Rawhide Drums

By Karin Giron, Education Coordinator, SCTCA TANF Escondido

On Sunday, January 21, Southern California Tribal Chairmen's Association (SCTCA) TANF Escondido students attended a cultural class at Dancing Bear Indian Trader.

The students learned how to make a 15-inch Elk Rawhide Drum and a drum stick. The class in Escondido was facilitated by James Hermes of Cherokee descent.

Prior to making the drums, students learned about the cultural aspects of drumming and how to properly care for their drum once they took it home. Hermes told the class the drum is seen by many tribes as a living being. The beat of the drum can be thought of as the heartbeat while the song being sung is the soul. Therefore, it's important to begin every new session on the drum with a prayer and an offering, such as sage or tobacco, on the drum.

Hermes also reminded the class that the drum is not a recreational



(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: newsletter@sctca.net  
(760) 746-0901 Ext. 100

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 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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Editor: Gary Taylor  
Contributor: Colleen Turner  
Printers: Tribal Print Source

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(Continued from page 1)

## Students Learn How To Make Elk Rawhide Drums

toy and that when the drum is not in use it needs to be properly stored. He also spoke about two main styles of drum songs, Northern style and Southern style, and the differences between the two. He also taught the class about Northern style hand drum songs that are popular on the powwow circuit.

The class then began the process of making the drums, which began in marking the four directions on the raw hide, and then adding four additional points. Once those points were punched and cut out, the students began to lace their raw hide over the drum rim. After much pulling and tightening, and once the raw hide was stretched over the drum rim, the students began folding over the excess hide. The final step was securing the handle on the back of the drum, which the students weaved into a four directions pattern.

At the end of the class, one student stated her favorite part of the workshop was "the satisfaction that came from finishing my drum."





## Saint Kateri Tekakwitha, Patron of the Environment

By Gary Taylor, Reporting for SCTCA TANF



Six years ago, Kateri Tekakwitha, a Mohawk Algonquin, was canonized a saint by Pope Benedict XVI.

She became the first – and only – Native American saint in the Catholic Church.

In the years since, St. Tekakwitha has become increasingly cited by individuals, states and nations in their response to environmental and ecological issues.

But that shouldn't be too surprising. After all, she is the Patron Saint of the Environment and Ecology.

When St. Tekakwitha was raised to sainthood in October 2012, the canonization prayer song bestowed upon her by the Catholic Church reflected her mystical connection to the earth and her Native American heritage:

*St. Kateri Tekakwitha, Noble Turtle, Mother Earth  
Gathers her people East, South, West and North.*

*Mohawk Algonquin Lily filled with love, Grateful Woman we honor you.  
Sister Turtle Clan strong, Kind and true, Faithful woman we honor you.  
Tekakwitha hope filled dignity, Joyful woman we honor you.*

*Woodland Cross of Life fasting and prayer, Mystical woman we honor you.*

*Precious flower virgin, Fair and free, Holy woman we honor you.*

*Friend with compassion helper and healer, Lover of peoples we honor you.*

*Gift of Nations gentle and forgiving, Loyal witness we thank you.*

*Our Sunshine vision, bright and keen, Open generous we thank you.*

*Creator centered creation filled, Air, sky, water we thank you.*

*Celebrate our gathering clans, tribes, nations, Justice harmony we thank you.*

*Family united Body, blood, life, Serving, sharing we thank you.*

*In you sacred journey Blessed Kateri, We honor you, We thank you.*

St. Kateri Tekakwitha was born in 1656 and died in 1680. According to the Catholic Church, upon her death all blemishes, marks and scars she had since she was stricken with smallpox in childhood disappeared from her face and body. ■

## Barona

Three months ago, the Southern Indian Health Council (SIHC) held its 19th Annual Native American Men & Women's Wellness Conference on the Barona Indian Reservation.

The day-long conference has sessions and workshops on issues including Native American health, fitness, food, culture and substance abuse.

But it is the issue of domestic abuse that has consistently received the attention of conference organizers year in and year out.

"Domestic violence was never part of our tradition," Carolyn Manzano, SIHC Chief Executive Officer, wrote in the conference's welcoming message. "SIHC works in consultation with tribal leaders and community members to provide the space to ensure both cultural integrity and wellness. SIHC is honored to carry on this tradition of providing, promoting and coordinating the healthcare needs of our community members, which includes treating the individual, family and community."

The necessity of confronting the issue is reflected in a Domestic Violence pamphlet distributed by SIHC to those who have attended the conference over the years. The pamphlet is compact, direct – and thorough in its documentation of domestic violence and its consequences.

A few excerpts:

*Domestic violence is about power and control. In any intimate relationship, it is one person's attempt to control another through a pattern of abusive behavior such as the use of threat of physical violence, sexual assault and psychological and/or emotional abuse.*

*Studies show that 40-60 percent of abusers of intimate partners also abuse the children in the home. When children witness or experience domestic violence, it affects how they feel, act and learn. Without intervention, children are at higher risk for school failure, substance abuse, repeat victimization and tragically, perpetuating the cycle of violence in their own lives.*

The pamphlet also includes these facts regarding Native Americans:

*An estimated 1.3 million women are victims of domestic violence each year...American Indians and Alaska Natives are more than twice as likely to experience intimate partner violence than the United States resident population. 39 percent of Native women identified themselves as victims of intimate partner violence in their lifetime.*

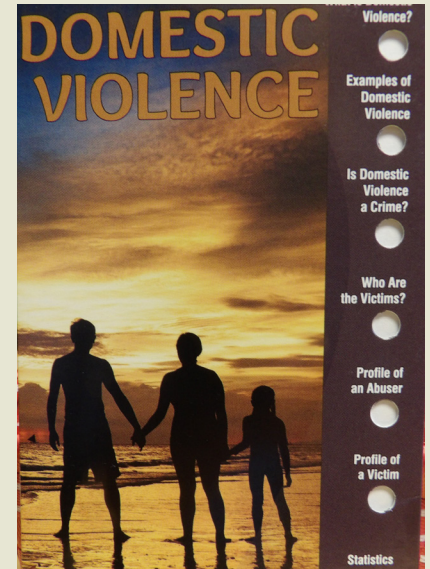
*Although anyone can become a victim of domestic violence regardless of age, gender, sexual orientation, marital status, socio-economic status, religion or culture, most victims (85 percent) in society are women. (And) Native American women are victims of violent crime 2.5 times more often than the national average.*

And this:

*A victim of domestic violence may remain in an abusive relationship for many reasons. Some of these reasons may include: fear of increased violence, belief that it won't happen again, lack of financial resources, isolation, cultural beliefs, prior history of abuse in their upbringing, or low self-esteem leading to accepting responsibility for the batterer's behavior.*

The pamphlet has a phone number and online site for domestic violence victims: National Indigenous Women's Resource Center ([www.niwr.org](http://www.niwr.org)), 1-855-NIWR99 (649-7299). SIHC's number is (619) 445-1188 and online at ([www.SIHC.org](http://www.SIHC.org)).

The issue will not go away. And neither is SIHC's determination to help those who have suffered from domestic violence, on or off the reservation, men or women, elders or children. ■





(Continued on page 4)

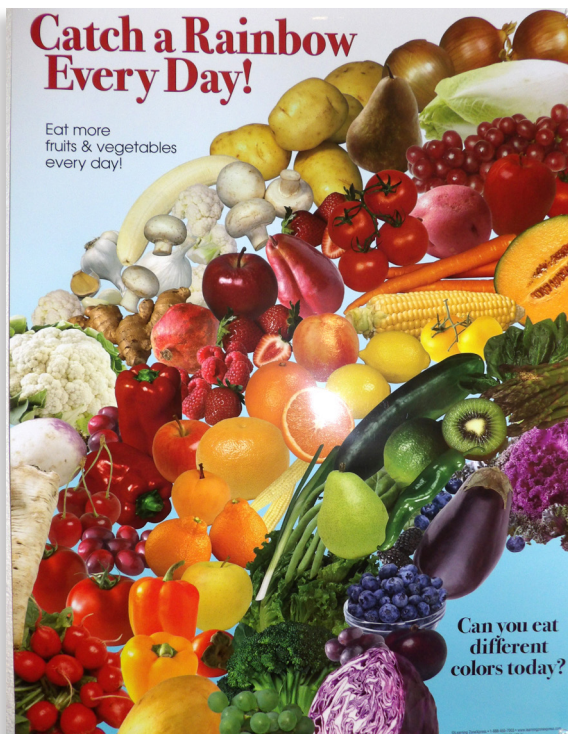
## Health and Nutrition Education Could Be In The Cards

to coincide with the food provided that month to help minimize family's costs.

We also attend community events in order to reach out to households who may not be aware of our program or the fact that they could be eligible but for whatever reason haven't applied. One recent change to our program is, the standard shelter/utility deduction increased from \$350 to \$400 which has helped households receive benefits.

Our annual bonus holiday hams were new, smoked pit hams which were well received and enjoyed by our participants in December. We have been committed to offering our participants a larger selection and better variety of monthly food choices. An example: bison is now a part of our food package and no longer a bonus item.

A very informative webinar regarding "Native Infusion: Rethink Your Drink - A Guide to Ancestral Beverages" that we recommend everyone watch. It can be found at: [www.firstnations.org/fnk](http://www.firstnations.org/fnk), then go to Previous webinars 2017 and scroll down to Rethink Your Drink to watch. The Powerpoint is available for viewing as well. 🍀



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Trout

*Oncorhynchus*

**Fun Fact:** The fish change their coloring when they move to different locations for better camouflage. They also change color when they're getting ready to mate, becoming brightly colored with distinct patterns.

**Healthy Diet Tip:** Trout are tasty, though sometimes boney, and can be used in any recipe calling for salmon.

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Food Distribution items





# Seasoning and Cooking Tips for Frozen Sockeye Salmon Fillets

By Desiree Jackson, RD, Western Region Nutrition Expert on FDPIR Food Package Workgroup

Cook salmon at higher heat for a shorter amount of time (i.e., medium + heat on the stove top and 400 + degrees in the oven) no longer than 15-20 minutes. This method will ensure the salmon retains its moisture.

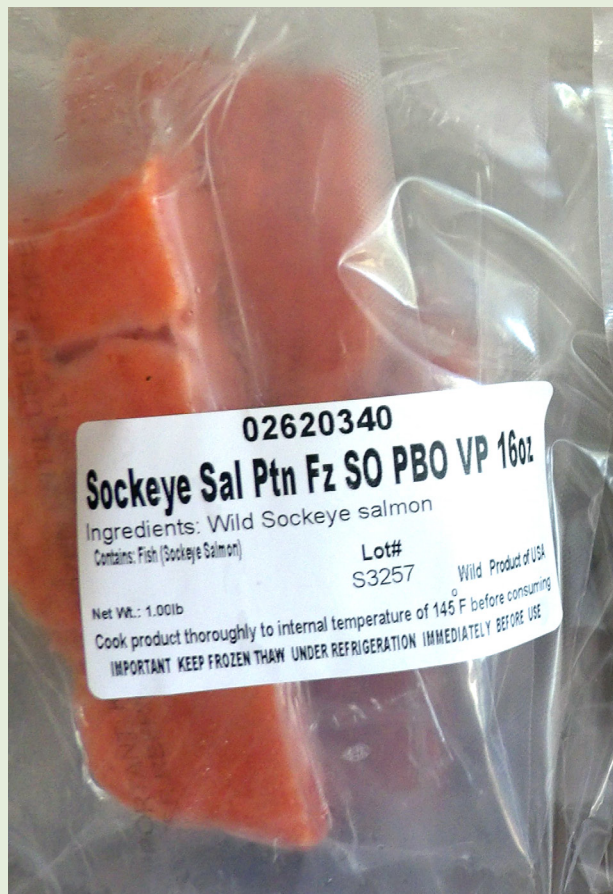
## To pan sauté:

Lightly season salmon fillet (s) and pan sauté in a little oil and a dab of butter until cooked through.

## To bake salmon:

- Season with fresh herbs and drizzle with oil (or a dab of butter). Wrap salmon in foil and bake at 400 degrees for 15 minutes, or
- Cover salmon fillet(s) with a thin layer of mayo and seasoning and bake until cooked through. This keeps the fish very moist.

The best part of salmon is the leftovers! You can flake any leftover salmon and add any combination of the following ingredients: mayo, eggs, onions, herbs, seasoning, bread, crumbs or rice. Form into a patty and bake or fry... makes a great salmon burger or salmon patty snack. I personally put eggs, small diced veggies and brown rice in mine and “trick” my kids into a delicious meal of salmon burgers.





# Native American Athletes Honored

Edward Hill had a remarkable 2017 football season – both on the field and in the classroom.

The Valley Center High School Jaguar received several awards and honors at the end the season, including All-Valley League Player of the Year, Jaguar Most Valuable Player and member of the All-Academic Team. In addition, the junior from the Pauma Band of Mission Indians was also invited to the National Football League's annual Pro Bowl game in Florida in late January.

At Valley Center, Edward's football season was filled with awards and accomplishments. He received the following honors following the Jaguars' 9-2 season:

- All Valley League Player of the Year
- Varsity Offensive Lineman Captain
- Most Valuable Player
- 1st Team All Valley League
- All-Academic Team (3.8 grade point average)
- Best Offensive Lineman
- Varsity Second-Year Athlete Award

The awards didn't end there. Edward was also the first Native American offensive lineman and junior in school history to serve as captain of the Jaguars football team. He was also a 2nd-Team All-League selection. The team made it to the San Diego CIF Section Championship game but lost to Granite Hills High School.

Edward was one of three Native American students from Julian High School and Valley Center who were honored in December for their outstanding football and academic accomplishments.

Senior Nyemetaay Linton and freshman Dakotah Audibert from Julian also received several awards from their teams and schools.

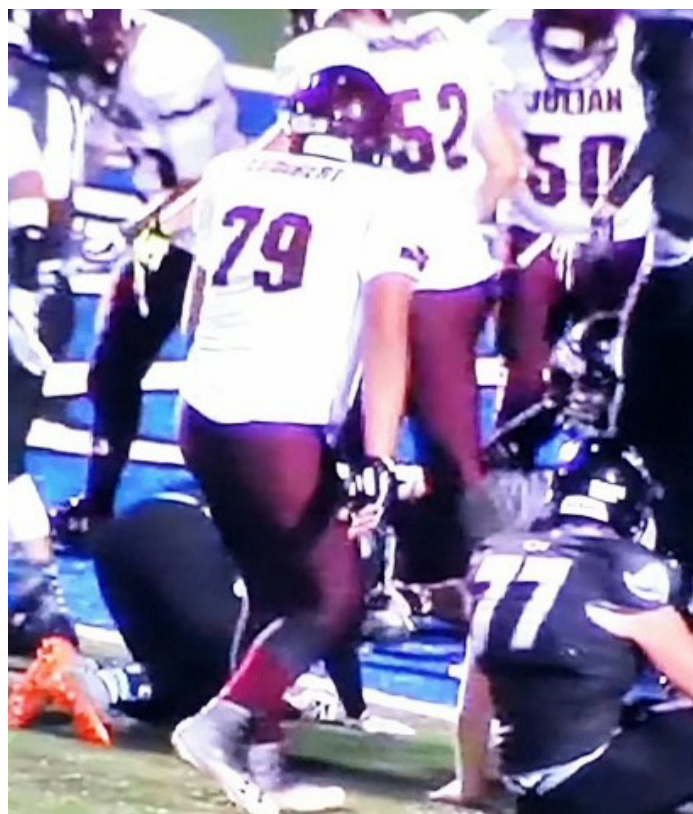
Nyemetaay, a wide receiver on Julian's eight-man 2017 championship team, led the Eagles with 221 yards receiving on the season, averaging 24.6 yards a catch and scoring five touchdowns. He also had one rushing touchdown for the Eagles. The team defeated Calvin Christian for the eight-man title.

In addition, Nyemetaay received an academic achievement award for earning a 3.83 grade point average during the football season. He was also selected 2nd-Team All League.

Dakotah – though just a freshman – received a Varsity Letter for his performance on the field as center. He also was named Southern Conference 1st Team All-League for the 8-2 Eagles.

"We are so proud of Nyemettay and Dakotah," said Brandie Taylor, tribal council member from the Iipay Nation of Santa Ysabel. "Congratulations – and Go Eagles!"

Nyemetaay is a member of the Iipay Nation. Dakotah is a member of the Morongo tribe and has spent many years with Santa Ysabel youth.



*Dakotah Audibert, 79*



*Audibert with Eagles Coach Scott Munson*



# For High School Football Feats

By Gary Taylor, Reporting for SCTCA TANF



Edward Hill with his mother Bennae



Hill, 76



Nyemetaay Linton with Coach Munson





## Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

*Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.*

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

### WHAT YOU CAN DO

#### Make school attendance a priority

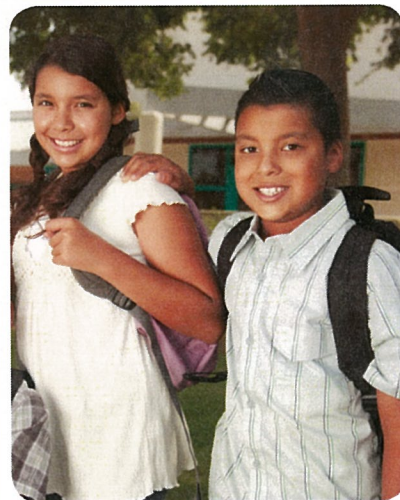
- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

#### Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

#### Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.





# Class Calendars

FEBRUARY 2018

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: Jan. 1st – Apr. 30th, 2018

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

## Space #8 – Classroom 2 Classes: Jan. 1st – Apr. 30th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Study Hall	Study Hall	Study Hall	Study Hall	<b>Diploma/HiSet /*ABE</b> 9:45AM – 12:45PM 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 <small>*ADULT BASIC EDUCATION</small>	Study Hall	No classes <small>*ADULT BASIC EDUCATION</small>

## Space #39 – Computer Lab Classes: Jan. 1st – Apr. 30th, 2018

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 BG Associates – 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>Life Skills/ What Color Is My Parachute</b> 9AM–11AM	<b>ABE/GED</b> 9AM–11AM	<b>Phillip Roy/ Welding</b> 9AM–11AM	<b>ABE/GED</b> 9AM–11AM
<b>Spanish (online/app)</b> 9AM–11AM		<b>Spanish (online/app)</b> 9AM–11AM		<b>Phillip Roy Clerical/Office</b> 9AM–11AM & 11:30AM–1:30PM
<b>Phillip Roy/ Health Care</b> 9AM–11AM	<b>Phillip Roy/ Mechanics</b> 9AM–11AM	<b>Keyboarding</b> 9AM–12PM	<b>Math/English/ GED Refresher</b> 9AM–11PM (VARIES BY CLIENT)	<b>Keyboarding (online)</b> 9AM–12PM
<b>Keyboarding</b> 9AM–12PM	<b>Keyboarding</b> 11:30AM–1:30PM	<b>Reading Horizons</b> 9AM–10AM	<b>Reading Horizons</b> 11AM–1PM	<b>Reading Horizons</b> 11AM–1PM
<b>Applied Skill Practice (GED)</b> 11:30AM–1:30PM	<b>Life Skills/ Practical Life Skills</b> 11:30AM–1:30PM	<b>Computer Skills (GED Prep)</b> 11:30AM–1:30PM	<b>Computer Skills (General)</b> 11AM–2PM	<b>Open Lab/Job Search /Applied Skills/ ED2GO</b> 8:30AM–4PM (VARIES BY CLIENT)
<b>Open Lab/Job Search /Applied Skills</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Open Lab/ Job Search/ Applied Skills</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Open Lab/Job Search /Applied Skills/ED2GO</b> 8:30AM–4PM (VARIES BY CLIENT)	<b>Open Lab/Job Search /Applied Skills</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>Career Development</b> 9AM–4PM	<b>Career Development</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Academic Tutoring (All Subjects)</b> 9AM–3PM
<b>Career Development</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Individual Training Plan</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM
<b>Individual Training Plan</b> 9AM–4PM	<b>Individual Training Plan</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Career Development</b> 9AM–4PM
<b>Counseling Services</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Individual Training Plan</b> 9AM–4PM
<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Parenting Training</b> 11AM–1PM	<b>Counseling Services</b> 9AM–4PM
<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Independent Computer Lab</b> 9AM–4PM
<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Sacred Pipe TUPE Program</b> 2/7, 14, 21 & 28 3:30PM–5:30PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	
<b>SCAIR Closed</b> 2/19 PRESIDENT'S DAY	<b>Traditional Parenting Training</b> 2/13 NOON–2PM	<b>Self-Reliance Training</b> 2/14 12:30AM–1:30PM	<b>Coffee with the Director</b> 2/15 12:00PM–1:00PM	
	<b>Ready to Work Training</b> 2/27 12:30PM–1:30PM	<b>Resume Development Training</b> 2/21 12:30PM–1:30PM		

\*\*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 – February 2018



### COMMODITY DISTRIBUTION SCHEDULE FOR FEBRUARY 2018

DATE	LOCATION	TIME
FEB. 5, MONDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 NOON
FEB. 6, TUESDAY	BARONA VIEJAS	9 AM – 10 AM 11 AM – 12 NOON
FEB. 7, WEDNESDAY	SAN PASQUAL	9 AM – 12 NOON
FEB. 8, THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10AM 11 AM -12 NOON
FEB. 12, MONDAY	RINCON	9 AM – 12 NOON
FEB. 14, WEDNESDAY	PAUMA PECHANGA	9 AM – 10 AM 11 AM – 12 NOON
FEB. 15, THURSDAY	LA POSTA/MANZANITA OLD CAMPO	9:45 AM – 11 AM 11:30 AM – 12:30 PM
FEB. 20, TUESDAY	CAMPO	10 AM – 12 NOON
FEB. 22, THURSDAY	PALA	9 AM – 11:30 AM
OFFICE CLOSURE: MONDAY FEB. 19 <sup>TH</sup> (PRESIDENT'S DAY)		





## Coming in March:

- What is the new Western movie *Hostiles* about?
- Is it a historically accurate depiction of Native Americans - or a work of fiction?
- Who is in it?

**In our next issue, read about the movie *Hostiles* and whether it reaches the level of a great Western.**