

Fire is the Theme for 2024 Kumeyaay and Luiseno Calendars

By Gary P. Taylor, SCTCA TANF

Fire – and its importance in Native American life – is the theme for the Kumeyaay and Luiseno 2024 calendars.

Both calendars have colorful, striking photos with bright orange flames on the cover against the word FIRE outlined in deep red. In the Luiseno calendar, the word for fire is *kūt*; in the Kumeyaay calendar it is *'aaw*.

Inside the calendars are photographs of how the Kumeyaay (*People Facing the West*) and Luiseno (*People of the West*) have used fire through the centuries. Some uses - such as smudging and the use of tobacco - are part of the spiritual importance of fire. Other uses – including clearing trails, removing debris and pottery fire – are also depicted in the calendars.

In addition – as in previous years – the calendars include the words for the days, weeks and months in the languages of the Luiseno and Kumeyaay. (In Luiseno, the month of April is *Ta'smuymal* (*Little, Rain Comes And Grass Sprouts Month*). For the Kumeyaay, April is *Halanyimcep*). Each month is similarly noted at the top of the calendar page. The two



(Continued on page 4)

At SCTCA Escondido TANF, A Participant In Need Now Has A Car

By Gary P. Taylor, SCTCA TANF



Willow Wakanwolf with her car

Willow Wakanwolf has only had one car in her life. Now she has her second.

Willow – a TANF participant at Southern California Tribal Chairmen's Association (SCTCA) Escondido TANF - picked up a white Hyundai Elantra sedan in early January. The 24-year-old mother of one was able to pay for the car through the use of TANF Emergency Funds, said Mark Eugenio, Caseworker at SCTCA Escondido TANF.

“In the short amount of time that Willow has been on TANF, I am impressed with her resilience and determination to improve the quality of life for her and her daughter,” Eugenio said. “Willow's ability to follow through with a positive attitude has led her to accomplish so much. I look forward to seeing her continue to achieve her goals and aspirations in the upcoming months.”

(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:

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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	
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Publisher: SCTCA
Editor: Gary P. Taylor
Contributor: Colleen Turner, Editor and Contributor, 1998-2018
Printers: Tribal Print Source
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(714) 450-9240 Toll-free: (866) 728-2230



(Continued from page 1)

For her part, Willow said she was thrilled to get a car. She said it's only the second time in her life she's had one.

"It's been rough without a car," Willow admitted. Now that she now has one again, "that is going to make everything so much easier."

Willow said she was especially grateful to TANF – and not just for obtaining the car. "TANF has literally helped me so much," she said. "They helped me get my license. I've been going to different classes. And now the car. Oh my gosh, TANF has been such a help!"



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At Santa Ynez TANF, a Cooking Class Includes Math and Measurements

By Gerri Massey, Case Manager, SCTCA Santa Ynez TANF



In mid-December, Southern California Tribal Chairmen's Association (SCTCA) Santa Ynez TANF held a Family Cooking Class.

The class was facilitated by Laurie Zalk. One family attended, consisting of a parent and one child.

Zalk was really good at using her cooking class for teachable moments in math and measurements. The class made two homemade pizzas. They not only had to learn how to measure, they also learned about the ingredients and why they are needed.

Zalk also taught the class how to properly cut fruit and vegetables. Participants learned how to roll the dough efficiently in order for the crust to not be too thin or thick. They then also made a healthy salad to go along with the pizza.

During the class, Zalk gave a history and lesson on how she got started in her business, "Our Daily Bread Bakery." The participants stated that they enjoyed the class.

The class met the goals of education, family engagement, and learning a small business.



DISPATCHES California



Across Indian Country, Teen Dating Violence Awareness Month (TDVAM) every February is an important opportunity to listen to and talk with youth and teens about healthy relationships and dating violence.

Teen Dating Violence (TDV) is a pattern of violent, coercive, or manipulative behaviors to gain power and maintain control over another person in a relationship. Abuse can happen online or in person and includes physical, sexual, emotional and verbal abuse, financial control, stalking and violence.

As Native people, relationships represent our sacred connections with each other, grounded in the traditional understanding that 'we are all related.' However, we also know relationships are challenging and especially so for Native youth and teens that are exploring romantic relationships for the first time. Our young relatives deserve healthy, respectful love.

As advocates, parents and teachers, it is important we listen to and center the needs of Native youth, providing safe, non-judgmental spaces for our young relatives to talk about dating violence and healthy relationships. Strengthening and balancing the relationships in our lives cannot be done alone- it is up to all of us to support and listen to the next generation.

Nationally, nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year, and about 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year. Romantic relationships should be grounded in respect, not based on power and control masked as love. *Dating violence is not our tradition.*

Some signs of dating violence can include when a partner:

- Acts extremely jealous or possessive of you or follows you home or to school or shows up wherever you are unannounced
- Is annoyed or upset when you spend time on the phone with other people
- Tells you who you can or cannot be friends with or starts rumors or threatens to start rumors about you
- Excessively texts you or sends non-stop DMs
- Checks your phone for who texts or calls you
- Tags you in hurtful social media memes, posts or pictures
- Criticizes your dreams, goals, family or friends
- Tells you what to wear or how to dress
- Explodes in anger toward you or acts aggressively when they are upset
- Kisses, grabs or touches your body without your permission
- Forces you to take sexually explicit selfies or videos
- Threatens to hurt themselves or commit suicide if you don't do what they want
- If you or your young relative need to talk, call StrongHearts Native Helpline at **1-844-762-8483** or chat at strongheartshelpline.org.



• **PAYÓMKAWICHUM** (Luiseño) People of the West

2024 CALENDAR •

calendars also provide a history of its people (Luiseno) and an interpretation of the year (Kumeyaay).

In both calendars there is a brief description of the importance of fire: “As California’s First Peoples, the Original People, we have been living with fire knowledge for millennia. Kumeyaay and Payo’mkawichum (Luiseno) intimately know that fire is a gift, a tool, a weapon, and a threat. We were taught from our Ancestors how to use fire appropriately to enhance our lives and our spirits.”

And in each calendar there is a detailed explanation of how this approach – using fire to enhance tribal lives and spirits – has been distorted over the centuries:

“Sadly, since the arrival of Europeans in our homelands, our relationship with fire has been skewed by man-made influences and subsequent impacts on our climate and environment. European beliefs distorted our relationship with fire and the land. Our uses of fire to clear trails, remove debris from grazing and growing areas, and as a tool for hunting game were perceived by colonial intruders as evil and they associated it with savagery and devilishness. In fact, the very lands that they believed were a God-given paradise for them to invade, were carefully cultivated, in part, with the application of fire. The park-like oak groves, meadows, and river valleys thrived because of indigenous fire knowledge and practice. The colonizer’s ignorance, fear, and prohibitions against traditional fire stewardship have resulted in the devastating and catastrophic infernos we have experienced in our homelands, throughout California, the Western United States and Canada.

“Thankfully, a shift in understanding is taking place about cultural fire today, which is why we chose to focus the 2024 calendar on all of the traditional uses of fire that we use in our Tribal practices and lifeways. The calendar opens with

images about the goodness of fire, and the way we use it to pray with smudging and using tobacco spiritually; then we have images from fire practitioners doing a cultural burn to restore healthy lands and plant growth to use for weaving, medicine, and nutrition; we included photographs about firing pottery and agave-roasting; and we also are deeply aware of the significance that fire plays in our ceremonies, but we did not show any of these photos out of respect for the sacredness of these protocols. Instead, we have one photo of Kumai from San Antonio de Necua on horseback as they light a bonfire to begin an annual fiesta. This image was shared with us and we are sharing it with you so that we can all remember the good times we have at our Fiestas, Matayuums, Gatherings, and Pow Wows dancing, singing, and playing around the fire.

“Fire is alive and we need to have a stronger, healthier relationship with it. We hope this year’s calendar theme sparks an interest in you to learn more about the importance and good use of fire to renew our lands and restore our spirits.”

The Luiseno calendar was produced by Hunwut M. Turner and Tishmall Turner. Thank you to Southern California Tribal Chairmen’s Association (SCTCA); Rincon Indian Education Board of Directors; Luiseno Tribal Elders; Tribal Technical Solutions; and the Rincon Indian Education Center, Inc. Special thanks to Eric Elliot; Theresa Gregor; Jared Aldern; Myra Masiel-Zamora; and William Madrigal. Archival credits: Jared Aldern.

The Kumeyaay calendar was also produced by Hunwut M. Turner and Tishmall Turner. Thank you to Rincon Education Center, Inc.; Southern California Tribal Chairmen’s Association (SCTCA); and Tribal Technical Solutions. Special thanks to: Theresa Gregor; Stan Rodriguez; Elie Keim; Mike Connolly; Pat Curo; Mandy Curo; and Kumeyaay Tribal Elders. Archival credits: Jared Aldern.



2024 **TÁWSUNMAL** August **LITTLE, EVERYTHING IS BROWN AND DRY MONTH**

MISISH SUNDAY	LÚUNIS MONDAY	POWEHLO TUESDAY	POPÁAHAYLO WEDNESDAY	POWASÁILO THURSDAY	POMHÁARILO FRIDAY	SÁAVATHA SATURDAY
July 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			Sagol 1	Wah 2	Hahne 3
Wah 4	Mahar 5	Powehly 6	Lovkuvah 7	Siv hah 8	Nommasat 9	Táppat 10
Táppat nupal pólq 11	Táppat aah pólq 12	Táppat powehy pólq 13	Táppat waa pólq 14	Táppat mahar pólq 15	Táppat powehy pólq 16	Táppat hahkuvah pólq 17
Táppat Siv hah pólq 18	Táppat nommasat pólq 19	Wahkun Táppat 20	Wahkun Táppat nupal pólq 21	Wahkun Táppat wah pólq 22	Wahkun Táppat powehy pólq 23	Wahkun Táppat waa pólq 24
Wahkun Táppat mahar pólq 25	Wahkun Táppat powehy pólq 26	Wahkun Táppat hahkuvah pólq 27	Wahkun Táppat Siv hah pólq 28	Wahkun Táppat nommasat pólq 29	Páshyken Táppat 30	Páshyken Táppat nupal pólq 31



Year In Review: Excerpts From SCTCA TANF Stories

Editor's note: Throughout 2023, the SCTCA TANF Newsletter published dozens of stories about TANF participants - their families, their achievements and their lives. There were also stories about TANF participants who attended various events and conferences as they continued working towards their individual goals. And, in one case, a story about the retirement of a longtime pre-school teacher. The following are excerpts from some of these stories published last year.

At FutureStitch, It's About Much More than the Job

By Gary P. Taylor, SCTCA TANF

Tasha Almanza has been working at FutureStitch for more than five months.

And she absolutely loves it.

"I am so happy to be here," she said, a broad smile on her face. "This is such a wonderful place to work. I've never had a job like this. Everyone here cares about you and what is going on in your life. It has been like that from my very first day."

Almanza – a participant at Southern California Tribal Chairmen's Association (SCTCA) TANF Escondido – works making colorful, intricately designed socks at FutureStitch. She is one of 21 employees at the company's Oceanside location, making socks for men and women. The company currently has business relationships with, among others, the National Basketball Association, Major League Baseball, GQ Magazine, TOMS and Stance.

...At FutureStitch, individuals with previous arrests or who have been incarcerated, have criminal records or are facing ongoing legal proceedings are still eligible for employment. Whereas many employers tend to ignore or reject such applicants because of their backgrounds, FutureStitch does the opposite: it welcomes those people – especially women.

"We welcome justice-impacted people," said FutureStitch CEO and founder Taylor Shupe. "We believe there is value in resiliency. Our goal is to help stop the cycle of incarceration."

...For Almanza, getting hired by FutureStitch provided an opportunity for her to avoid incarceration. De Haro worked with both Almanza and the company to obtain a position for her.

She likely would have been sentenced to jail over the summer, but the judge decided to allow her to continue working at FutureStitch instead. Since then, Almanza has been working as much as she can.

Almanza is an example of what FutureStitch is striving to do, Porter said. "FutureStitch is so much more than just a place of employment. We want to create relationships and to create bonds. We want to help every person who works here. We want to help people who may have been treated unfairly in life. We want them to know we are less critical of anyone who has had difficulties in life."



After Nearly 40 Years, Decision to Retire Ends a Career of Teaching Children

By Gary P. Taylor, SCTCA TANF

When Kimberly Lopez started working with children, she was only 18 herself.

Now, four decades later, Lopez - the longtime Site Supervisor at the Rincon Child Care Development Center (RCCDC) - has retired. Her last day was April 21, ending a career that spanned 36 years teaching hundreds of pre-school age children living both on and off the reservation.

Through the decades, she came to know each one of those boys and girls – and their parents, grandparents, aunts and uncles, cousins and friends. Entire families have either been taught by Lopez or have sent their children to be taught by her and the teachers at RCCDC.

“That’s one of the best things that has happened to me,” she said, sitting at her desk next to the kitchen of the RCCDC classroom. “Through the years, I’ve had many parents who were children I once taught leaving their own kids with me years later. It means so much to me that they trust me, and remember me, and they say, ‘Oh teacher, I am doing this now,’ or ‘Teacher, I went to high school and college because I started to learn things when I was here.’ I am so happy they want their own children to have the same experience they did.”

If that was one of the best things – what was the best thing?

“I would say being around all the children,” Lopez said without hesitation, a smile lighting up her face. “You have to have a love for children – it has to come from your heart. I have had a passion to be around children.”

... In the classroom, most of the kids learn about a wide range of subjects: reading and writing, math, spelling, science, letters and numbers. But they also spend a lot of time painting and drawing, coloring, making crafts and working on their own artistic creations. And they learn about the importance of listening, Lopez said.

“There are good days and bad days,” she admitted. “Like adults, some children can be moody or distracted. But most children listen. And the ones who have a harder time – we talk with their parents, and some of them have their own challenges. So together we find out what we can do to teach the children. We want to know what each child needs.

“And even if it’s a little hard sometimes, I always thought, ‘Well, we have done the best we can do today. Tomorrow is a new day.’ ”



For Mother of Two, Years of Hard Work Leads to Success

By Donnell Eaglefeather

My name is Donnell Eaglefeather.

I have two children, my 3- and 6-year-old sons. We are enrolled in the Rosebud tribe of the Sioux Nation and are also part Chippewa-Cree and Miwok.

I was born and raised in San Diego but moved around all over the county over the years. I didn't realize how important schooling was so I started to struggle to finish high school but was finally able to graduate at the age of 21. Around that time, I struggled with my life and some choices that were spinning out of my control. I did not have money and when I earned a little with short term jobs, I used it for things that brought me down a dark path mentally and that were self-destructive to me.

For a while I was living out on the streets and only thought about what I wanted at that moment. When I found out I was pregnant I knew it was time to switch my life around. Once my son was born, I started to get help and had the motivation to start working toward my goals. I had more than just myself to worry about and I could no longer just think about what was going to happen that day. I needed to plan a future for my family that would get me on a path to greater income and a career that I enjoy.

My love since I was a little girl has been going to the dentist and I have been fascinated with teeth since then. I matched that love with my career goal of being a dental assistant. I was determined to succeed in my classes. I moved back in with my mom and step-dad and rode the bus back and forth to school every day. I took a big step toward my goal when I completed dental assistant school at UEI College in Chula Vista in December 2018 with top grades.

Since then, I have been working my way up from part-time to full-time hours at the same place that I started my first dental assistant job, with Dr. Shen at Trinity Family Dental. My oldest son was only two years old when I first started my professional job. I have been able to continue to work for the same employer throughout this time. I have built mutual trust and have received flexibility with hours when my children’s needs occur during work hours. I was able to buy a car with the help of TANF.



In Moot Court, Native American Students Argue a Difficult Case

By Gary P. Taylor, SCTCA TANF

Devon Lomayesva, Chief Judge of the Intertribal Court of Southern California (ICSC), had a question.

“What do you think is the essential argument in favor of *McGirt vs. Oklahoma*?”

But she wasn’t asking an attorney.

She was asking **Wom’ŕi Stoneburner**, a 16-year-old Native American who lives on the Los Coyotes Indian Reservation.

Stoneburner, looking down at her notes, said she believed the most effective argument was that the state of Oklahoma really didn’t have authority on an Indian reservation.

Lomayesva nodded in agreement.

“That’s right,” she said. “That is what the United States Supreme Court decided in this case.”

Stoneburner was one of several Native American teens who participated in the American Indian Recruitment (AIR) and University of California San Diego (UCSD) Moot Court. The proceedings were held at ICSC on the Rincon Indian Reservation. (Moot Court refers to a mock court in which students can argue real or hypothetical case law). Students were allotted time to argue the case of Jimmy McGirt versus the State of Oklahoma, a complex case that made its way to the Supreme Court in 2020.



At Together As Native Families Wellness Conference, Focus is on Tradition, Culture – and Laughter

By Gary P. Taylor, SCTCA TANF



Kasey Nicholson knows all about the healing power of laughter.

“A laugh is our natural healing,” said Nicholson, a member of the A’aa’nii’nin of the Fort Belknap Reservation in Montana. “When a person laughs, for that moment in time, maybe that person can forget about whatever is troubling them - emotionally, physically or spiritually. Laughter is powerful medicine.”

Nicholson was the keynote speaker at the 4th Annual Together as Families Wellness Conference in early March on a cold, blustery weekend at the Margaritaville Resort in Palm Springs.

The three-day event drew more than 300 tribal members and their families from San Diego, Orange, Riverside and Santa Barbara counties. The conference was sponsored in collaboration with the Southern California Tribal Chairmen’s Association (SCTCA), Morongo TANF, Soboba TANF and Pechanga TANF. Staff from each of the organizations attended the event and helped facilitate workshop sessions.

At the conclusion of the Together as Native Families Wellness Conference, children and adults completed surveys about the sessions and the conference. The overwhelming majority of responses were positive. The following are some of the written responses:

“I am thankful for the mental wellness I experienced from this conference.”

- SCTCA TANF participant, 37, on the overall impact of the conference

“How to give more time to my family and to understand one another. Also how some of the classes can relate to your family needs.”

- Morongo tribal member, 40, on the conference sessions

“Breaking down big, ambitious goals into smaller, easier one can make my goal more accomplished with better results.”

- Morongo tribal member, 18, in response to the question, “What is something that you took away from this conference?”

“Laughter, how he uses it for pain like a trauma response. I understand that he is also really funny and his stories – he gives them real life.”

- Soboba tribal member, 16, in response to the question, “Which one of Kasey Nicholson’s topics did you connect to the most?”

“Working with my mom together and very relaxing. Have to be very patient.”

- Morongo tribal member, 9, writing about the Family Arts and Crafts session

“Yes, creating a budget tracker can help me as I go off to college.”

- SCTCA TANF family member, 17, writing about the Finance 101 session

“The quotes. Made a lot of sense and can use them to help with motivation in daily goals. “Someone is sitting in the shade because someone planted a tree a long time ago.”

- Morongo tribal member, 48, about what was most memorable in the Goals and Balanced Life session

“Family is important and I was taught that being together is important.”

- SCTCA TANF family member, 14, writing about the Cultural Identity and Traditional Teaching session

- Responses compiled by Catherine Almanderez, Administrative Assistant, SCTCA TANF San Diego



In *Killers of the Flower Moon*, A Reckoning with Violence

By Gary P. Taylor, SCTCA TANF

Killers of the Flower Moon is not an easy film to watch.

Not because of its length (nearly 3 ½ hours), or its depiction of wanton destruction and violence (frequent and bloody) or its portrayal of greed and evil (disguised behind a smile).

It is a difficult movie to watch because much of what is in it is true.

The film – by Academy Award-winning director Martin Scorsese – was released in theaters nationwide in late October. It recounts the deaths of tribal members on the Osage Indian Reservation in Oklahoma in the early 1920s. At the time, the roughly 2,000 tribal members had become the wealthiest people in America because of the discovery of vast oil deposits on the Osage reservation.

In the 2017 book on which the movie is based, *Killers of the Flower Moon*, author David Grann wrote:

“The Osage leased the land to prospectors and made a fortune... in 1923 alone the tribe took in more than \$30 million, the equivalent today of more than \$400 million. The Osage were considered the wealthiest people per capita in the world. They built mansions and bought fleets of cars.”

The money poured in from the top oilmen of the era, including representatives of J. Paul Getty and Gulf Oil, who bid millions of dollars for the rights to tracts on the reservation. Again, from Grann’s account:

“A reporter from Harper’s Monthly Magazine wrote, “Where will it end? Every time a new well is drilled the Indians are that much richer.” The reporter added, “The Osage Indians are becoming so rich that something will have to be done about it.”

What was done about it was murder.

Murder by poisoning. Murder by shooting. Murder by beating. Murder by explosion. Murder in so many ways, of so many Osage (fathers, mothers, husbands, wives, sisters, brothers, cousins) that it overwhelmed first local and then state authorities investigating the killings.

The central part of the conspiracy involved white men marrying into Osage families, killing their wives and other family members, systematically eliminating them as legal heirs to Osage oil trust funds. The family of Mollie Burkhart, an Osage who was one of the wealthiest tribal members, was particularly brutalized. Her sister Anna was murdered and

her mother Lizzie wasted away weeks later, likely poisoned to death.

And behind it all was a single grand conspirator, a man who had befriended the Osage years earlier and gained their trust – but who was secretly plotting to kill them.

All of this is included in the film, which stars Leonardo DiCaprio playing Ernest Burkhart- the slow, conflicted husband of Mollie Burkhart, who is portrayed by Lily Gladstone, a Native American actress. In the movie, it is Burkhart’s family that is the center of the story’s calculated violence. Robert De Niro plays Bill Hale, a supposed friend of the Osage who is actually secretly plotting to kill tribal members to obtain their vast oil fortunes.

In Scorsese’s film, there are scenes of violence that bring the shock of recognition to anyone familiar with Native American history. Indians – men, women, children – are rendered at times as little more than objects to be dismissed, brutalized or killed.

In the case of the Osage, it was the simple fact that they were becoming incredibly rich that could not be tolerated. And if that meant killing them – money and fortune were more important than Indian lives, as the film makes clear.

In the *Washington Post*,

Ann Hornaday wrote:

In “Killers of the Flower Moon,” Scorsese might have found the ideal text on which to bring his particular sensibility to bear. For one thing, the Osage County of the 1920s was a fascinatingly liminal space, where horses and Pierce-Arrows crowded rambunctious streets, and where the cowboys-and-Indians dynamic was disrupted by the fact that it was the Native Americans, not the White settlers, who were the prosperous ones, as beneficiaries of oil wells discovered on their tribal lands...[“The Osage] had a lot of money, [Hale and Burkhart] come in, they want the money, they find which way they can get the money,” Scorsese says in rat-a-tat rapid fire, adding that this story has the added element of government collusion, with a paternalistic guardianship system that allowed Whites to control the Osage’s finances.

Killers of the Flower Moon is a movie reckoning with violence against Native Americans. It is a horrific story that is told that way, because it can’t be told any other way.



Actress Lily Gladstone with director Martin Scorsese



Family Communication Do's and Don'ts



Do's

- Set aside quality time each week for family members to talk. Maybe during dinner or just before bed
- Be a good role model for your children. Demonstrate respectful, non-abusive, effective ways of speaking and listening.
- Discuss values and beliefs and take responsibility for personal thoughts and actions.
- take time outs when needed to cool down.
- Pay attention to facial expressions, tone of voice and body language rather than words. They can tell you a lot.
- Become a better listener. Let your child express their whole story without interruption. Put aside your own opinion's, thoughts and conclusions until the end of their story.
- Ask questions. Clarify your understanding. Repeat back what you heard them say to ensure you understood them correctly.
- Use "I Statements" when talking.
- Practice, Practice, Practice. Communication skills take time to master.

Communication is the key to creating a loving and supportive family environment. All families will have conflict and disagreements. However, if the family members feel that they can express themselves openly and honestly the family bond can grow along with mutual respect. Being a part of a family brings special rewards such as love, friendship and a sense of belonging.

If you would like more information on this topic please contact
Cyndie Gilliam
TANF Therapist
☎ (619)460-3400 ext. 210 or
cgilliam@sctca.net



Don'ts

- Don't interrupt others when they are speaking. If this is hard to do use an object (like a talking stick). The person holding the object s the one to speak until they are done.
- Don't point the finger and say something like you always or you never. This a fast way to shut down the line of communication
- Don't have distractions like the tv or the phone. Give 100% attention to the conversation.
- Don't appear uninterested. Use eye contact, nodding and lean forward to show you are listening.
- Don't assume that others know what you are feeling. Express your thoughts and feelings.
- Don't try to "win" the conversation. When you do this nothing gets resolved.
- Don't yell, name call or make personal attacks. If you are too angry, take a time out to cool off and then come back to the conversation
- Don't think your answer is the only answer. consider another persons point of view.



Class of 2024

SAVE THE DATE

Southern California Tribal Chairmen's Association
High School Graduation Ceremony

Thursday, May 9, 2024

more details to come by invitation

* If you are a High School Senior Tribal member of a SCTCA Consortium Tribe, graduating in 2024, contact your Tribal office to be honored at the Ceremony.

Class Calendars

Two Directions, Inc.
Through February 29th, 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.
Through February 29th, 2024

2024 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 2 Classes				
9:00-11:00 <i>Study Period</i>	9:00-11:00 <i>Study Period</i>	9:00-11:00 <i>Study period</i>	9:00-11:00 <i>Study Period</i>	9:00-11:00 Diploma / HiSet/ *ABE
Break 11:00-11:15				
11:15-1:15 <i>Study Period</i>	11:15-1:15 <i>Study Period</i>	11:15-1:15 <i>Study Period</i>	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 <i>Study Period</i>	1:30-4:30 <i>Study Period</i>	1:30-4:30 <i>Study Period</i>	1:30-4:30 <i>Study Period</i> <small>*Adult Basic Education</small>	No classes <small>*Adult Basic Education</small>

Two Directions, Inc.
Through February 29th, 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, QuickBooks, 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, February 19, 2024
for President's Day.**

FEBRUARY 2024 CALENDAR

BG ASSOCIATES INC.
210 S. JUNIPER ST., SUITE 212
ESCONDIDO, CA 92025

PH: (760) 737-0113
FX: (760) 737-0581

WWW.BGASSOCIATESINC.COM

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

**BG ASSOCIATES INC.
PROVIDES INDIVIDUALIZED
LEARNING TO
ACCOMMODATE THE
SCHEDULE & NEEDS OF
PARTICIPANTS.**

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

**FOR CLASS INFORMATION, CONTACT KAYLEIGH at
KGUACHENA@BGASSOCIATESINC.COM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN PERSON CLASSES	IN PERSON CLASSES	IN PERSON CLASSES	IN PERSON CLASSES	IN PERSON CLASSES
*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)	*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)	9-11AM WORKPLACE ETIQUETTE 11:30AM-1:30PM	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)	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)	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)	COMPUTER SKILLS (GENERAL) 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)	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)	KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)	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)
*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)	*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)

SCAIR, Inc.
239 E Main St. • El Cajon, CA 92020
Monday-Friday • 8:00am-4:30pm
888.21.SCAIR • 619.328.0676
www.SCAIRinc.org



SCAIR
Southern California American Indian Resource Center, Inc.

FEBRUARY 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 2/6-10-10:30am	2/21 - Career Workshop Virtual on Youtube		



SCAIR Program Flyers

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 February 2024



FOOD DISTRIBUTION SCHEDULE FOR FEBRUARY 2024		
DATE	LOCATION	TIME
FEBRUARY 5, MONDAY	CAMPO	10 AM – 12 PM
FEBRUARY 7, WEDNESDAY	SAN PASQUAL	8 AM – 12 PM
FEBRUARY 8, THURSDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
FEBRUARY 12, MONDAY	RINCON	8 AM – 12 PM
FEBRUARY 14, WEDNESDAY	PECHANGA PAUMA	9 AM – 10 AM 11 AM – 12 PM
FEBRUARY 15, THURSDAY	PALA	9 AM – 11 AM
FEBRUARY 20, TUESDAY	MANZANITA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM – 12:30 PM
FEBRUARY 22, WEDNESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
FEBRUARY 26, MONDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM



Coming in March:

- A Recipe for Every Season
- Communication Workshop for TANF Participants
- Book Review: Native Americans and the Buffalo in *Blood Memory*