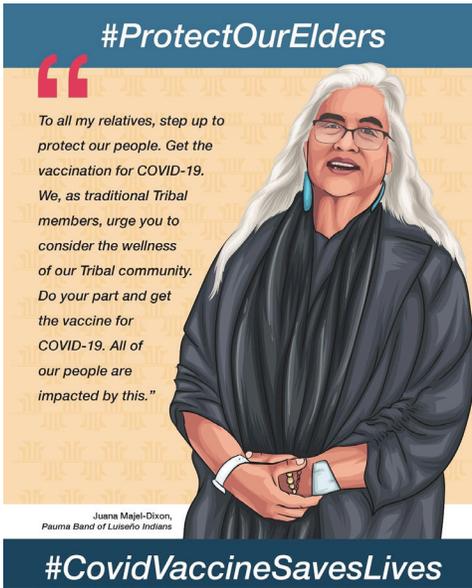


Tribal Members Are Receiving COVID-19 Vaccinations

By Gary P. Taylor, SCTCA TANF



The Rincon Indian Health Council (IHC) and the Southern Indian Health Council (SIHC) in Alpine began providing the COVID-19 (Coronavirus) vaccine to tribal members in mid-January.

Tribal elders 75 or older living on or off the reservations throughout San Diego County were among the first to receive the vaccines. Health care workers and other essential workers such as police officers, firefighters and

child care workers also began receiving the shots in January.

IHC and SIHC have been scheduling appointments for tribal members to come to their locations in either Rincon or Alpine for their shots. In many cases, IHC and SIHC have been calling tribal members to let them know the vaccine is available.

“IHC called me and said I could get the shot,” said Silvanna Osuna, an Iipay Nation of Santa Ysabel tribal elder who received the first of two COVID-19 vaccinations at Rincon in late January. “My arm was a little sore afterward, but it was fine.”

She was scheduled to receive her second shot in mid-February.

As the weeks and months go by, IHC and SIHC hope to vaccinate hundreds of older tribal members, then all those under 55 and eventually teenagers and children.

Tribes in the Southern California region have been urging members to get the vaccine.

Juana Majel-Dixon, a tribal elder from the Pauma Band of Luiseno Indians, appeared in two flyers published by the California Rural Indian Health Board, Inc. In one of them, Dixon stresses the importance of tribal members getting vaccinated:

“To all my relatives, step up to protect our people. Get the vaccination for COVID-19. We, as traditional members, urge you to consider the wellness of our Tribal Community. Do your part and get the vaccine for COVID-19. All of our people are impacted by this.”

IHC and SIHC have been administering the Pfizer and Moderna vaccines. The vaccines have been determined to be

(Continued on page 11)

Verizon Foundation Provides Grant to SCTCA Tribal TANF

By Adele Rodriguez, SCTCA TANF Eligibility Reviewer/Pala Interim Site Manager

Southern California Tribal Chairmen's Association (SCTCA) Tribal TANF was awarded funding by the Verizon Grant Foundation Opportunity Program.

The Verizon Foundation funding is intended to support and remove barriers when learning, among other things, projects that promote Science, Technology, Engineering and Math (STEM). This funding gave SCTCA Tribal TANF the opportunity to provide support in COVID-19 (Coronavirus) efforts in Public Safety and Distance Learning needs of school-age children.

(Continued on page 2)



Savannah Grijalva, 5th grade



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 and Santa Barbara Counties and the following reservations:

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

PLEASE NOTE:

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(Continued from page 1)

Verizon Foundation Provides Grant to SCTCA Tribal TANF

The 2020-21 school year began with online distance learning in efforts to keep public safety. Online distance learning was a new method of learning for children, as they were no longer learning in a "in- person" classroom setting. With online distance learning, parents and children had to modify their methods in communicating with school officials, learn to navigate the school's learning program and web meeting spaces and submit all school assignments online.

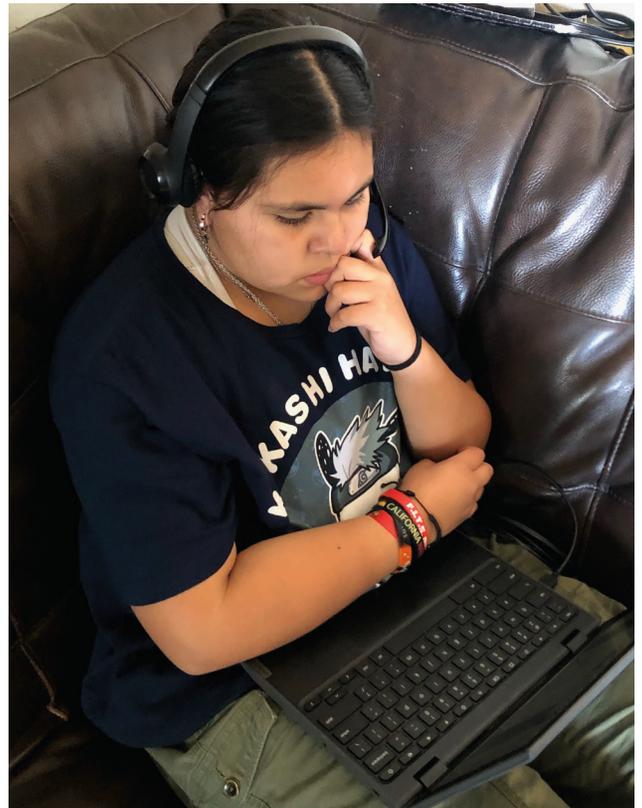
SCTCA Tribal TANF created a Family Assessment Survey to give each family the opportunity to share their families online school experiences. Utilizing the Family Assessment Surveys, Tribal TANF was able to identify the impacts of TANF parents understanding of their child's online learning school program, the ability to maintain school instructional materials and any obstacles in conquering the digital divide in Indian Country.



With the Verizon Foundation funding, SCTCA Tribal TANF was able to provide 24 printers, 51 headsets, and other school materials such as; paper and printer ink, to address the needs and support TANF children in school. By providing these items, TANF school-age children now have to resources to focus on their academic subjects, participate in meeting spaces with the teacher and classmates, submit school assignments and stay safe while learning in their own homes.



From left: Judith Trujillo, Senior; Raul Martinez, 7th grade; and Morgan Martinez, 4th grade



Isabella Sanchez, 5th grade



ITS Resumes Athletic Competitions

By Gary P. Taylor, SCTCA TANF

Intertribal Sports (ITS) resumed its Cross Country competition for Native American youth in early February.

The Cross Country schedule began on the Barona Indian Reservation and is scheduled to conclude in late March on the Soboba Indian Reservation.

The organization also began offering its Golf Clinics in mid-February at the Murrieta Valley Golf Range in Temecula. The clinics are scheduled to run through the end of March.

The resumption of at least some athletic events marks the first time ITS has been able to offer any competitions since March 2020. ITS was forced to cancel all of its leagues, tournaments and all other sporting events in the wake of the onset of COVID-19 (Coronavirus) one year ago.



Rincon, ITS Class B basketball champions, 2020

With the onslaught of COVID-19 last spring, ITS was forced to abruptly cancel its summer, fall and winter league schedules. There was no ITS soccer, flag football, cross-country, cheer or softball.

The shutdown restrictions – which also affected organizations across the state – have now loosened enough to allow ITS to begin planning for the resumption of additional sports, including basketball and soccer.

Intertribal Sports (ITS) has been coordinating tournaments, leagues and athletic events and competitions for Native American youth for nearly two decades.

On a separate level, tribal athletes attending high schools throughout San Diego County may also begin to resume some athletic competitions.

In mid-January, the California Interscholastic Federation (CIF) issued guidelines to allow the resumption of some high school sports, including Cross Country, golf, tennis and swimming. Athletes in several other sports – including football and baseball – also began practicing in mid-February. But there is no indication from CIF how long the seasons will be for any fall sports now rescheduled to spring.

CIF has declared, though, there will no state championship competitions because of some continuing restrictions on large gatherings and travel because of COVID-19.

ITS – established in 2002 - features year-round youth sports and enrichment programs designed specifically for Southern California Native American communities. All of the league sports are co-ed, recreation and non-contact sports. ITS also provides athletic opportunities and values education in conjunction with cultural, physical, mental and spiritual development. 🖋️

Arizona

In Memoriam: Claudette C. White



Claudette C. White

Editor's note: Claudette C. White of the Fort Yuma Quechan Indian Tribe in Arizona died in early February. She succumbed to COVID-19 (Coronavirus). The following is a tribute to White following her death, posted by the tribe on its web site:

With heartfelt sadness, the Quechan Indian Tribe announces the passing of the Honorable Councilwoman Claudette C. White. We mourn the loss of this great leader and pray for her family and loved ones. She demonstrated true love for her family and unwavering

dedication to her community.

White passed away on Saturday, February 6, 2021, after a short battle with the coronavirus (Covid-19). White was sworn in as a Quechan Tribal Council Member on January 4, 2021. We stand together in strength and love for the family, our community, and many other tribes and families battling the challenges and losses faced as a result of the coronavirus pandemic.

We pay tribute to White's legacy and longstanding heart of service as we recognize her work, love and support for our tribe and indigenous people all over the land. We also recognize her heart and "commitment to culture and community."

White's history of service to the Quechan Tribe included: Paradise Casino General Manager, Quechan Tribal Court - Chief Judge, Census worker, and most recently, Quechan Tribal Councilwoman.

White was a tremendous resource for the Quechan Tribe, its people, and Indian Country. In addition to the Quechan Tribe, she served many tribal nations as an advocate and proponent for justice. As Chief Judge for the Quechan Tribe, she handled many cases that consisted of family and close members. She incorporated innovative concepts in court by utilizing tribal customs and traditions and focusing on alternatives to standard punitive measures. She served as Quechan Tribe Chief Judge and a number of tribal courts in Arizona as trial and appellate judge, and served as Chief Judge at San Manuel in 2018.

She was also known as a knowledgeable source on Missing and Murdered Indigenous Women and Girls, and injustice around the country; she helped many tribal and non-tribal people with her support, and shared her wealth of knowledge with many. She served eloquently and boldly and will be remembered as an agent of change and support.

We honor the legacy and life's work of Claudette C. White and ask that you remember all that she shared and poured from her heart. We thank you for your outpouring of support and care shown to the family and our tribe. 🖋️

Jordan D. Joaquin, President
Quechan Tribal Council

Native American Teens Cautioned About Dating Violence

Contributed by the National Indigenous Women's Resource Center and StrongHearts



Across Indian Country, Teen Dating Violence Awareness Month (TDVAM) in February was 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. As adults, we can provide guidance and support on traditional ways of caring for each other and teach Indigenous values of compassion, kindness, honor and respect. 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.

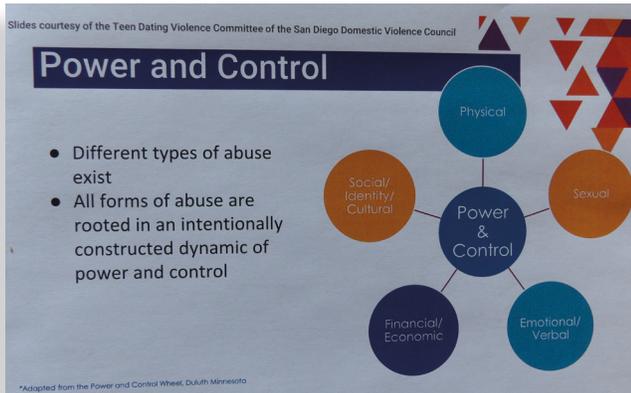
Because we are connected in the sacred circle of life, violence

against youth and teens affects us all. 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. No one deserves to be abused in any way. Romantic relationships should be grounded in respect, not based on power and control masked as love. *Dating violence is not our tradition. Our young relatives deserve healthy, respectful love.*

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

Teen Dating Violence: Reducing the Risk



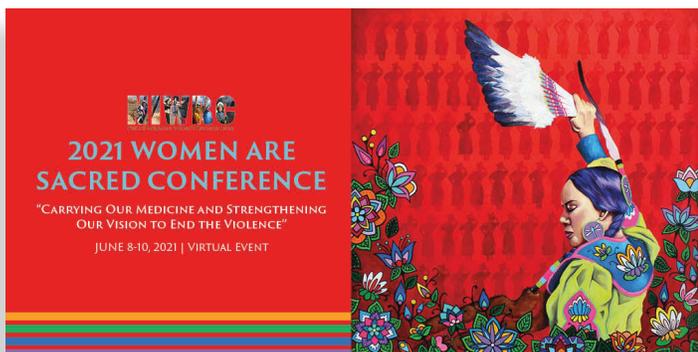
- Forces you to take sexually explicit selfies or videos
- Threatens to hurt themselves or commit suicide if you don't do what they want

If you know a young relative that is being abused:

- If you or your young relative need to talk, call StrongHearts Native Helpline at 1-844-762-8483 or chat at strongheartshelpline.org.
- Create a safe space and tell them you're concerned about their safety.
- Be a good relative and listen to their story when they're ready to share.
- Ask how you can help them.
- Offer support and encourage your friend's strength and courage.
- Share resources available online or locally from your community.
- Learn about dating violence and the signs of relationship abuse.
- Avoid confronting the abusive person hurting your loved one. It can escalate the situation and put your young relative in danger.

About the National Indigenous Women's Resource Center:

The National Indigenous Women's Resource Center, Inc. (NIWRC) is a Native-led nonprofit organization dedicated to ending violence against Native women and children. NIWRC provides national leadership in ending gender-based violence in tribal communities by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty. niwrc.org



Teen dating violence affects thousands of individuals nationwide, including Native Americans living on or off the reservation. Here are some steps you can take with your child to reduce the risk, according to Rachel Myers, Ph.D., in an article published on the website of the *Children's Hospital of Philadelphia*:

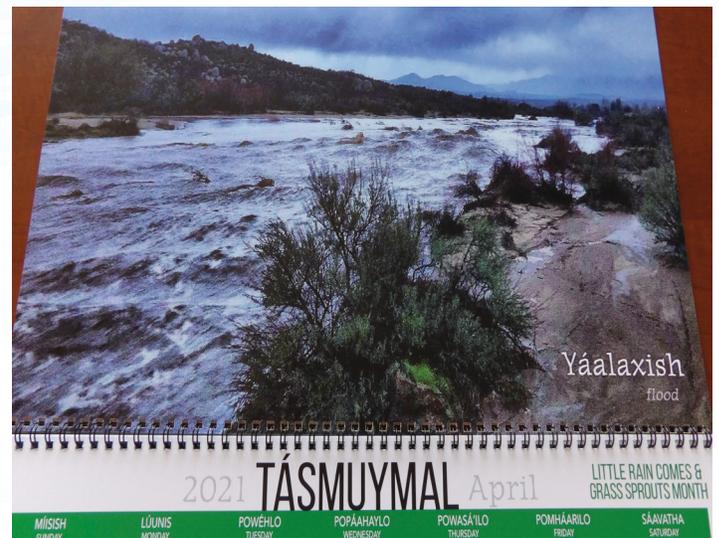
- Become a trusted source of information about relationships. Don't assume your child will learn what they need to know about relationships on their own. Talk about relationships, including difficult topics like sex. Be sure your child understands the importance of respect in relationships: respecting others and expecting respect themselves. Listen to what your kids have to say. Answer questions openly and honestly.
- Teach your child about healthy relationships. How to form them and how to recognize them. Healthy relationships are built on trust, honesty, respect, equality and compromise. Kids need to see what constitutes healthy relationship behaviors and how safe relationships are established between partners. If there is family violence in the home, a child can be an "indirect victim" of intimate partner violence as a witness and still face the serious consequences of the abuse.
- Raise your child to be assertive. Tell your child to speak up for herself and voice her opinions and needs. Teach and model ways to disagree in respectful and healthy ways. Also make sure your child understands what consent means — that both people in a relationship openly talk about and agree on what kind of activity they want to (or don't want to) engage in.
- Encourage your child to be a good friend. Tell your teen to take action when a friend is in an unhealthy relationship, first by talking with the friend and offering support, then by seeking help if the behavior continues.
- Know when to get involved. Recognize the warning signs that your child is in an unhealthy relationship. These may include:

- o changes in mood
- o changes in sleep and eating patterns
- o withdrawal from former friends
- o declining school performance
- o loss of interest in a favorite sport or activity

When you see these kinds of changes, talk with your child. Ask how things are going and explain that you notice the changes. Your child may or may not open up to you at first, but if you continue to show your interest in a caring way, he or she may tell you in time. If you find out that your child is being abused, don't try to handle the situation on your own. Effective action will likely require the help of someone at the school, a professional counselor, and possibly even the police.

In 2021 Luiseno and Kumeyaay Calendars, Water is the Theme

By Gary P. Taylor, SCTCA TANF





Water – and its sources – is the theme for the 2021 Luiseno and Kumeyaay calendars.

“We recognize the significance of water for life, and the Kumeyaay believe water plays a leading role in rituals and practices,” notes the Kumeyaay Mat’tam calendar. A rainbow over the ocean is on the cover, along with the Kumeyaay word for rainbow (*Sheruk*).

Inside the calendar are a dozen photographs of various water sources in the Kumeyaay language, including pond (*Ehaa kwastik*), mist or fog (*Hamaay*), flood (*Chapork*) and waterfall (*Hachuulluu*).

There is also a description of the seasons: “...*Perewii Hunn* is the Fall Equinox. Fall is *Kupiihaaw* and the months are *Hellya*. December 21st is the Winter solstice, called *Hilyati* in Kumeyaay. *Hiichur* is winter, ending in *Perewii Hunn* or Spring Equinox. Spring is *Chiipam* ending in *Hilyati* or Summer Solstice. The calendar concludes with *Ippal*, or summer.”

The Luiseno calendar features the same rainbow cover (in Luiseno, rainbow is *Aso’lax*) and also includes photographs of water sources, including sky (*Tupash*), pond (*Kwoo’yaqat*) and flood (*Yaa’laxish*).

The calendar notes: “The Luiseno People enjoyed life in a land rich with a variety of plants and animals. They were hunters and gatherers. Women gathered seeds, roots, wild berries, acorns, wild grapes, strawberries, wild onions and prickly pear in fine

woven baskets. They made a tasty ground acorn mush, *wiiwish*, a staple, high protein food.

“The men hunted deer, antelope, rabbits, wood rats, ducks, quail, seafood and various insects. Hunters used bow and arrows, atlats spear throwers, rabbit sticks, traps, nets, clubs and slings to catch the game.”

In both calendars, each day of the week and each month is listed in the Native language (in Kumeyaay, for example, Friday is *’Enyaa Saarap* and March is *Halakwol*).

The calendars were produced by Hunwut M. Turner and Tishmal Turner. Special thanks to Elie Keim, Stan Rodriguez, Mike Connolly, Anthony Hurtado and Kumeyaay Tribal Elders. Thanks also to the Rincon Education Center, Inc., Tribal Technical Solutions and the Southern California Tribal Chairmen’s Association (SCTCA).

“We recognize the significance of water for life, and the Kumeyaay believe water plays a leading role in rituals and practices.”



Spring Recipes: Fish, Chicken - And *Planting Your Plate*

By Gary P. Taylor, SCTCA TANF

At Southern California Tribal Chairmen's Association (SCTCA) Food Distribution in Rincon, spring means recipes for fish, chicken and pasta.

Among the recipes are Garlic Lemon Butter Salmon, Spring Chicken and Pasta Primavera, said Jennifer Sass, Food Distribution Certifier. All of the dishes can be prepared with foods provided to Native American families every month through the commodity program.

Families have also been receiving flyers called *Planting Your Plate*. Each flyer features different recipes, including not only how to prepare the dishes but instructions on how to create your own dishes through gardening. The flyers also contain nutritional information on the meats, vegetables, fruits and other foods used in the recipes, Sass said.

"We passed them out to our participants four months in a row as a series on gardening and how to use what was grown in specific ways," she said. "I think they are so awesome," said Susie Linton, Director of Food Distribution.

Sass added she usually prepares some of the recipes herself and hands them out to individuals and families, but not this spring. "We aren't doing any recipe samples currently because of Covid-19 (Coronavirus)," she said.

But she provided the recipes, which, along with the *Planting Your Plate* flyers, could result in some nutritious and delicious dishes.

****Don't forget to bring your shopping bags when you pick your food up each month!****

Garlic Lemon Butter Salmon

Prep time: 20 minutes

Cook time: 20 minutes

Ready in: 40 minutes

Ingredients:

- ½ cup water
- 1 lemon juiced
- ½ cup butter, cut into 16 slices
- 2 cloves garlic, thinly sliced
- 2 (1 pound) salmon fillets
- ½ cup butter cut into 8 pieces
- 1 clove garlic, minced
- 1 lemon, cut into 8 slices

Directions:

1. Preheat oven to 450 degrees. Combine water and lemon juice in a bowl.
2. Arrange the 16 smaller pieces of butter in 2 rows on a baking dish and top with minced garlic. Place salmon fillets over each row of butter and garlic.
3. Melt remaining sliced butter in a bowl with minced garlic, about 40 seconds. Spoon about half of the melted butter-garlic mixture over salmon and top with lemon slices. Pour about half the lemon juice mixture into the baking dish.
4. Bake in the preheated oven for 10 minutes. Baste fillets with juices in the baking dish, then pour remaining butter and lemon juice over the fish. Continue baking until salmon is easily flaked with a fork, about 10 minutes more.



How to Infuse Water

Making your own infused water with garden produce is simple! Here's what to do:

1. Prepare the produce

- * Wash your freshly harvested fruits, vegetables, and herbs.
- * Slice, cube, or chop fruits and vegetables into small pieces.
- * Bruise or crush herbs to release the flavor.

2. Create your blend

In a pitcher or large jar:

- * Add 1/2 cup to 1 cup fruits or veggies per quart of water.
- * Add 1/4 cup to 1/2 cup fresh herbs per quart of water.
- * Fill the pitcher or jar with fresh water.

3. Chill

Place the water in the refrigerator overnight to allow flavors to infuse.

Fruits and vegetables will usually last 2 to 3 days in the water before they begin to break down. Strain the produce from the water to increase the shelf life and to make it easier to pour into a water bottle to take with you when you're on the go!



Salsa Garden Nutrients

Nutrient	Function	Breakfast Garden Sources
Vitamin C	Supports healthy body tissues like skin, tendons, cartilage, bones, and teeth.	Tomatoes, Bell Peppers
Potassium	Helps every cell in your body function properly. Without it, your heart wouldn't beat!	Tomatoes
Vitamin B5	Helps your body convert carbohydrates to energy. Supports healthy hair, skin and eyes.	Sweet Corn

What to Dip Instead of a Chip?

- Carrot slices
- Pepper slices
- Jicama slices
- Whole grain crackers
- Whole grain pita bread
- Whole grain bagels
- Whole grain pretzels

Get Cooking!

Try these fresh and flavorful salsas that use produce from your garden!

Pineapple Salsa

Serves 7

Ingredients:

- 2 cups diced fresh pineapple
- 1 cup diced red pepper from your garden
- 1/2 cup diced yellow onion from your garden
- 1/4 cup lime juice
- 1/4 cup chopped fresh cilantro from your garden
- 1 jalapeño pepper from your garden

Directions: Combine all ingredients in medium bowl. Serve immediately, or cover and refrigerate for up to 24 hours.

Nutrition information (per 1/2 cup): 37 calories, 9 g carbohydrate, 1 g protein, 1 g fiber, 0 g fat

Fresh Garden Salsa

Serves 6

Ingredients:

- 3 cups diced fresh tomatoes from your garden
- 1 diced bell pepper from your garden
- 1 finely diced jalapeño pepper from your garden
- 1/2 diced red onion from your garden
- 1 cup minced fresh cilantro from your garden
- Juice of 1 lime

Directions: Combine all ingredients in bowl. Stir to blend well. Refrigerate until chilled, or serve immediately.

Nutrition information (per 1/2 cup): 32 calories, 7 g carbohydrate, 1 g protein, 2 g fiber, 0 g fat



Planting Your Plate A Salsa Garden

Salsa can be a flavorful addition to breakfast, lunch, or dinner. With so many variations—corn salsa, tomato salsa, and fruit salsa, just to name a few—you will never run out of combinations. Salsa is a great way to eat more fruit and vegetables while adding a lot of flavor to your foods!

How to Plant a Salsa Garden:

Onions: Plant mini onion bulbs directly into garden soil, six inches apart. Harvest onion bulbs when most of the onion leaves are bending over by pulling up on the plant.

Peppers: Start seeds indoors for transplanting outside about four weeks before final frost. Plant seedlings directly into garden soil, 18–36 inches apart. Use a shears to harvest when peppers are large.

Tomatoes: Start seeds indoors. Transplant seedlings 24–36 inches apart directly into garden soil, burying 1/2 of the plant during planting. Add a wire cage to support the plant. Harvest when tomatoes are firm and very deep in color.

Corn: Plant seeds 8–12 inches apart directly into the garden soil. Harvest when silk at the top of the corn ear is brown and the kernels feel plump.

Cilantro: Plant seedlings 12 inches apart directly into garden soil. Harvest cilantro by cutting stems.

Salsa Partners!

Salsa isn't just for chips; try topping these 6 with fresh and flavorful salsa:

- Scrambled eggs
- Chicken breasts
- Fish or fish tacos
- Hamburgers
- Pizza
- Baked potatoes

Planting Your Plate A Breakfast Garden

Waking up to a garden filled with fruits and vegetables to enjoy as a nourishing breakfast is a smart way to start the day. Growing your own breakfast garden means it's easy to add fresh produce to your morning routine. And don't limit these ideas to the morning—breakfast is great for dinner, too!

Breakfast Garden: What Can I Plant?

Melons: watermelon cantaloupe honeydew	Berries: strawberries raspberries	Onions: Spinach Peppers Potatoes	Sweet Potatoes: Carrots Kale
--	--	--	---

How to Plant a Breakfast Garden:

Onions: Plant mini onion bulbs directly into garden soil, six inches apart. Harvest onion bulbs when most of the onion leaves are bending over by pulling up on the plant.

Berries: Plant strawberry roots 6–18 inches apart, and raspberry roots 12–24 inches apart, directly into garden soil. Allow room for spread of plants. Harvest in the second year to allow plant to establish itself.

Peppers: Start seeds indoors for transplanting outside about four weeks before final frost. Plant seedlings directly into the garden soil, 18–36 inches apart. Use a shears to harvest when peppers are large.

Kale & Spinach: Plant seeds 12 inches apart directly into garden soil in cooler temperatures. Harvest when leaves are desirable size. Pick outer leaves first.

Carrots: Plant seeds 2–4 inches apart directly into the garden soil. Carrots grow under the ground, so to determine when to harvest, simply pull back some soil to identify size.

Have Limited No Problem!

These fruits, vegetables, and herbs are container-friendly:

- Strawberries
- Spinach
- Peppers
- Potatoes

Planting Your Plate An Infused Water Garden

Many of the fruits, vegetables, and herbs that grow in a garden are good candidates for adding taste and color to plain water. By infusing your drinking water with produce straight from the garden, you add fresh flavor, variety, and excitement to boring old water. With so many combinations, you will never run out of options!

How to Plant an Infused Water Garden:

Berries: Plant strawberry roots 6 to 18 inches apart, and raspberry roots 12–24 inches apart, directly into garden soil. Allow room for spread of plants. Harvest in the second year to allow plants to establish themselves.

Melons: Start seeds indoors about 4 weeks before final frost. seeds can be directly planted into the garden, by pushing soil into a small hill and planting 3–4 seeds on top of hill. Watermelon to tell if melons are ready for harvest:

- Honeydew rind color changes from cream to white.
- Cantaloupe rind color changes from cream to yellowish.
- Watermelon belly becomes dull in color.

Herbs: Plant seedlings 12 inches apart into garden soil. Harvest herbs when the plants are established, but avoid cutting more than one-third of the plant at a time.

Hot Peppers: Start seeds indoors for transplanting outside about 4 weeks before final frost. Plant seedlings directly into the garden soil, 18–36 inches apart. Use a shears to harvest when peppers are large and firm.

Infused Water Garden: What Can I Plant?

- Berries: Strawberries, Raspberries, Blueberries
- Cucumbers
- Hot Peppers
- Melons: Cantaloupe, Watermelon, Honeydew
- Herbs: Basil, Cilantro, Mint, Rosemary

Have Limited Space? No Problem!

These fruits and vegetables are container-friendly:

- Strawberries
- Hot Peppers
- Herbs

Spring Chicken

MAKES ABOUT 6 SERVINGS

Ingredients:

- 1 cup macaroni, dry
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 zucchini, chopped
- ½ cup salsa
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) low-sodium tomatoes, undrained
- 1 can (about 15 ounces) low-sodium corn, drained
- ½ cup reduced-fat cheddar cheese, shredded

Directions:

1. Prepare macaroni according to package directions.
2. In a large pan over medium heat, cook onion and zucchini in the oil until soft.
3. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.
4. Remove from heat and stir in cheese until melted.

Nutritional Information for 1 serving (about 1 ½ cups) of Spring Chicken:

Calories 240 Calories from Fat 70 Total Fat 9 g Saturated Fat 2.5 g Cholesterol 35 mg Sodium 490 mg Total Carbohydrate 24 g Dietary Fiber 4 g Sugar 5 g Protein 18 g Vitamin A 17 RAE Vitamin C 17 mg Calcium 141 mg Iron 3 mg



Pasta Primavera

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ½ cup water
- ½ can (about 7.5 ounces) low-sodium carrots, drained
- ½ can (about 7.5 ounces) low-sodium corn, drained
- ½ can (about 7.5 ounces) low-sodium green beans, drained
- 4 cups cooked macaroni (about ½ pound dry)
- 2 cans (about 15 ounces each) low-sodium tomatoes, undrained, chopped
- 2 tablespoons dried oregano (if you like)

Directions:

1. Cook macaroni according to package directions.
2. In a large skillet over medium heat, cook onion and garlic in oil until soft.
3. Add water, carrots, corn, green beans, and tomatoes. If using oregano, add that too, cook 5 minutes or until hot.
4. Pour vegetables over cooked macaroni.

Nutritional Information for 1 serving (about 1 cup) of Pasta Primavera:

Nutritional Information for 1 serving (about 1 cup) of Pasta Primavera Calories 320 Calories from Fat 70 Total Fat 7 g Saturated Fat 1.5 g Cholesterol 30 mg Sodium 460 mg Total Carbohydrate 46 g Dietary Fiber 6 g Sugar 7 g Protein 18 g Vitamin A 139 RAE Vitamin C 14 mg Calcium 72 mg Iron 5 mg

roughly 94 percent effective. Both versions require two shots, with the second one ideally administered about three weeks after the first. Both vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain.

According to San Diego County health statistics, as of early February there have been 9 deaths attributed to COVID-19 among Native Americans since March 2020. While there have been dozens of COVID-19 cases among Indians in the county, the numbers are in line with the total Native American population, according to the statistics.

Nationwide, as of December, more than 2,500 Native Americans or Alaska Natives have died from COVID-19 since March 2020, according to the Center for Disease Control and Prevention in Atlanta.

COVID-19 VACCINE UPDATE

We want it to be easy for everyone to get a COVID-19 vaccine as soon as large quantities are available. However, we will only have a limited supply of the vaccine at first. This means that Tribes and Tribal Health Programs must develop plans to make sure those who are most at-risk get the vaccine first, and that vaccines are distributed in a fair, ethical, and transparent way.



The first phase (Phase 1a) of the vaccine will be for:

- **Health care workers**
- **Residents of long-term care facilities such as skilled nursing and assisted living facilities**

The next phase (Phase 1b) includes:

- **Essential workers such as firefighters, police officers, child care workers**
- **Persons aged 75 and older**

While you're waiting for a COVID-19 vaccine, please continue to follow public safety guidelines:



Physical Distancing



Frequent Hand-Washing



Limiting Group Gatherings



Restricting Non-Essential Travel



Wear a Face Covering

Both vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain.

Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. It is recommended that individuals who carry an EpiPen for their allergies should bring it to their appointment.

CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate. Talk to your health care practitioner if you have any concerns about whether you should receive it.

#CovidVaccineSavesLives #StayHomeSaveLives

California Rural Indian Health Board, Inc.

CRIHB COVID-19 Resources: <https://crihb.org/prevention-and-education/public-health/>





Class of 2021

SAVE THE DATE

Southern California Tribal Chairmen's Association
High School Graduation Ceremony

Thursday, May 13, 2021

more details to come by invitation

* Contact your Tribal Office if you are a Native American High School Senior graduating in 2021, to be honored at the ceremony.

Education Award Opportunities available

For an application go to www.sctca.net
click on High School Graduation Ceremony

Class Calendars

Two Directions, Inc.

March 1st - 31st, 2021

2021 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 1 Classes				
	Life Skills 8:30—10:30 Laura Rizza			Tribal Culture 8:30—10:30 Heather Turnbull
*Classes held IN-PERSON / Virtual/ and Distance Learning				
Break 10:30-10:45				
	Culture Class 10:45-12:45 Heather Turnbull		Tribal Culture 10:45—12:45 Heather Turnbull	Indep. Tribal Culture 10:45-12:45
Break 12:45-1:00 pm				
	Independent Culture 1:00-4:00		Indep. Tribal Culture 1:00-4:00	

Two Directions, Inc.

March 1st — 31st, 2021

2021 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #8 Classroom 2 Classes				
Study Hall	Study Hall	Study Hall	Study Hall	Diploma / HiSet/ *ABE 9:45—12:45 Josh M.
	DMV Prep. 10:45-12:45 Laura Rizza		Diploma / HiSet/ *ABE 10:30-12:30 Josh M.	No classes
Study Hall	Study Hall	Study Hall <small>*Adult Basic Education</small>	Study Hall	No classes <small>*Adult Basic Education</small>
*Classes held IN-PERSON / Virtual/ and Distance Learning				

Two Directions, Inc.

March 1st— 31st , 2021

2021 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Space #39 Computer Lab Classes				
Self Paced Class 8:30-10:30 Staff	Computers 8:30-10:30 L.Rizza	Intro to PC's 8:30-10:30	Computers 8:30-10:30 L.Rizza	10 Key Class 8:30-10:30 L.Rizza
Break 10:30—10:45				
Self Paced Class 10:45-12:45 Staff	Computers 10:45-12:45 L.Rizza	Intro to PC's 10:45-12:45	Computers 10:30-12:45 L.Rizza	Keyboarding 10:45-12:45 L.Rizza
Break 12:45-1:00				
Self Paced Class 1:00—4:00 Staff	Self Paced Class 1:00—4:00 Staff	Computers Lab 1:00—4:00 OPEN LAB	Self Paced Class 1:00—4:00 Staff	Computer Class closed @12:45 pm on Friday's
*Classes held IN-PERSON / Virtual/ and Distance Learning				

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

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
<p>ABE/GED 9AM–11AM</p> <p>Spanish (online/app) 9AM–11AM</p> <p>Phillip Roy/ Health Care 9AM–11AM</p> <p>Keyboarding 9AM–12PM</p> <p>Applied Skill Practice (GED) 11:30AM–1:30PM</p> <p>Open Lab/Job Search /Applied Skills 8:30AM–4PM (VARIES BY CLIENT)</p>	<p>Life Skills/ What Color Is My Parachute 9AM–11AM</p> <p>Phillip Roy/ Mechanics 9AM–11AM</p> <p>Keyboarding 11:30AM–1:30PM</p> <p>Life Skills/ Practical Life Skills 11:30AM–1:30PM</p> <p>Open Lab/ Job Search/ Applied Skills 8:30AM–4PM (VARIES BY CLIENT)</p>	<p>ABE/GED 9AM–11AM</p> <p>Spanish (online/app) 9AM–11AM</p> <p>Keyboarding 9AM–12PM</p> <p>Reading Horizons 9AM–10AM</p> <p>Computer Skills (GED Prep) 11:30AM–1:30PM</p> <p>Open Lab/Job Search /Applied Skills/ED2GO 8:30AM–4PM (VARIES BY CLIENT)</p>	<p>Phillip Roy/ Welding 9AM–11AM</p> <p>Math/English/ GED Refresher 9AM–11PM (VARIES BY CLIENT)</p> <p>Reading Horizons 11AM–1PM</p> <p>Computer Skills (General) 11AM–2PM</p> <p>Open Lab/Job Search /Applied Skills 8:30AM–4PM (VARIES BY CLIENT)</p>	<p>ABE/GED 9AM–11AM</p> <p>Phillip Roy Clerical/Office 9AM–11AM & 11:30AM–1:30PM</p> <p>Keyboarding (online) 9AM–12PM</p> <p>Reading Horizons 11AM–1PM</p> <p>Open Lab/Job Search /Applied Skills/ED2GO 8:30AM–4PM (VARIES BY CLIENT)</p>

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
<p>9:00AM-4:00PM</p> <p>VIRTUAL OR IN-PERSON (BY APPT.)</p> <p>JOB READINESS</p> <p>CAREER DEVELOPMENT</p> <p>INDIVIDUAL TRAINING PLAN</p> <p>QUICKBOOKS CERTIFICATION TRAINING</p> <p>MS COMPUTER CERTICATION TRAINING</p> <p>ACADEMIC TUTORING (ALL SUBJECTS)</p> <p>APPOINTMENT VIA TELE-MEDICINE ONLY</p> <p>COUNSELING SERVICES</p>	<p>9:00AM-4:00PM</p> <p>VIRTUAL OR IN-PERSON (BY APPT.)</p> <p>JOB READINESS</p> <p>CAREER DEVELOPMENT</p> <p>INDIVIDUAL TRAINING PLAN</p> <p>QUICKBOOKS CERTIFICATION TRAINING</p> <p>MS COMPUTER CERTICATION TRAINING</p> <p>ACADEMIC TUTORING (ALL SUBJECTS)</p> <p>APPOINTMENT VIA TELE-MEDICINE ONLY</p> <p>COUNSELING SERVICES</p>	<p>9:00am-4:00pm</p> <p>Virtual or In-Person (By Appt.) Job Readiness</p> <ul style="list-style-type: none"> • Career Development • Individual Training Plan • QuickBooks Certification Training • MS Computer Certification Training • Academic Tutoring (All Subjects) <p>Appointment via Tele- Medicine Only Counseling Services ** 12:30pm - 1:30pm</p> <p>Resume Development Training (As needed by Participant)</p>	<p>9:00am-4:00pm</p> <p>Virtual or In-Person (By Appt.) Job Readiness</p> <p>Career Development</p> <p>Individual Training Plan</p> <p>QuickBooks Certification Training</p> <p>MS Computer Certification Training</p> <p>Academic Tutoring (All Subjects)</p> <p>Appointment via Tele- Medicine Only Counseling Services</p> <p>Packets Delivered Bi-Weekly [V] Sacred Pipe TUPE Program (SDAIYC)</p> <p>Packets Delivered Bi-Weekly [V] Sacred Pipe TUPE Training</p>	<p>9:00AM-4:00PM</p> <p>VIRTUAL OR IN-PERSON (BY APPT.)</p> <p>JOB READINESS</p> <p>CAREER DEVELOPMENT</p> <p>INDIVIDUAL TRAINING PLAN</p> <p>QUICKBOOKS CERTIFICATION TRAINING</p> <p>MS COMPUTER CERTICATION TRAINING</p> <p>ACADEMIC TUTORING (ALL SUBJECTS)</p> <p>APPOINTMENT VIA TELE-MEDICINE ONLY COUNSELING SERVICES</p>

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

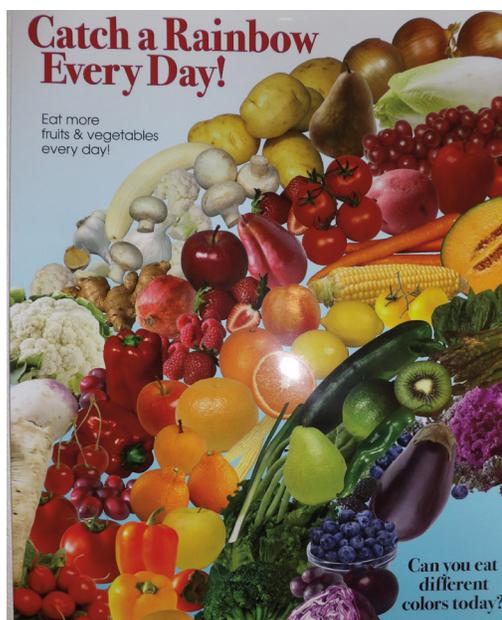
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Office Hours: 8AM - 4:30PM	Career Building 9AM Open Lab/ Job Search 12:30PM-2PM Basic Computers Skills 2PM	Life Skills 9AM Open Lab/ Job Search 12:30PM-2PM Career Networking 2PM	Parenting 9AM Open Lab/ Job Search 12:30PM-2PM Basic Computers Skills 2PM	Friday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

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 March 2021



<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
MARCH 8, MONDAY	MANZANITA/LA POSTA OLD CAMPO	9:45 AM – 11 AM 11:30 AM – 12:30 PM
MARCH 9, TUESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 NOON
MARCH 11, THURSDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM - 12 NOON
MARCH 15, MONDAY	SAN PASQUAL	9 AM – 12 NOON
MARCH 17, WEDNESDAY	CAMPO	10 AM – 12 NOON
MARCH 22, MONDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 NOON
MARCH 24, WEDNESDAY	RINCON	9 AM – 12 NOON
MARCH 25, THURSDAY	PECHANGA PAUMA	9 AM – 10 AM 10:30 AM – 11:30 AM
MARCH 29, MONDAY	PALA	9 AM – 11:30 AM



Coming in April:

- Native American students returning to school
- Reconsidering the film *Wind River*
- *Vogue* magazine features American Indian Designers