

## SCTCA San Diego TANF Caseworker Receives Community Leader of the Year Award

By Gary P. Taylor, SCTCA TANF

Eddie Perez has had a love for National City all of his life. He was raised there as a child, spent his teenage years there, went to nearby Southwestern College - and has been involved in city projects and programs for nearly 40 years.

So it probably shouldn't have been too surprising when the National City Chamber of Commerce presented him with its 2023 Community Leader of the Year Award in February. He received the award – the theme of the evening was 'Lowriding to Success' - during a ceremony at Sycuan Casino Resort.

But the award was surprising to at least one person: Eddie.

"I received an email from the Chamber towards the end of January," recalled Eddie, who is a Caseworker at Southern California Tribal Chairmen's Association (SCTCA) San Diego TANF. "It was very professional and sent to my personal email. So I called and asked if this was on the up and up, and it was."

Eddie – who is Vice-President of the Old Town National City Foundation – said he was surprised by the award because "there are so many others who are more deserving."

"I was thrilled to be recognized and I really appreciate the award," he admitted. His mother Virginia, 94, a longtime National City resident, was delighted, he noted. "But my first reaction was, 'Wow – me? Why me?'"



Eddie Perez, front center, at the National City Chamber of Commerce ceremony

(Continued on page 2)

## Sharpening Interview Skills is Essential Preparation Before Applying for the Job

By Gary P. Taylor, SCTCA TANF

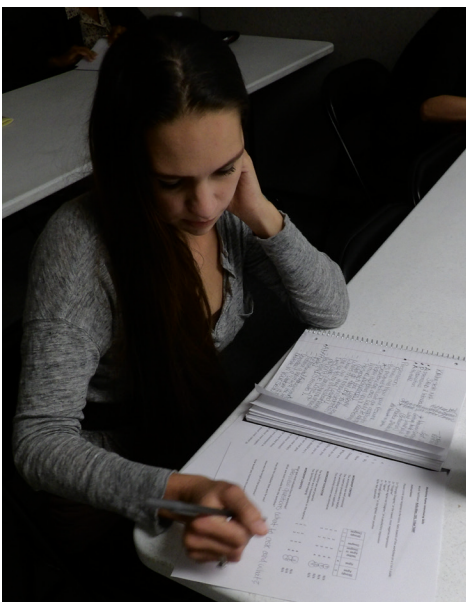
Applying for a job has changed over the years.

But long before there were paperless resumes and applications or instantaneous computer job searches, one thing has remained constant: the job interview.

While some preliminary conversations can be done via Zoom, final interviews for a position are almost always conducted in person. Which means one thing: sharpening your personal interview skills is essential before applying for a job.

This is true whether it's your first job interview - or your tenth. At Southern California Tribal Chairmen's Association (SCTCA) TANF, participants are urged to do whatever they can to prepare for a successful job interview. For some people, writing a resume and cover letter is difficult. For others, the actual job interview (speaking to someone face-to-face) can be the most stressful and difficult part of seeking employment.

(Continued on page 2)





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

SCTCA provides services to San Diego, Orange and Santa Barbara counties and the following reservations:

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

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Eddie believes the award is more a reflection of the accumulation of his involvement with National City stretching back to the 1980s. At that time, he began working on what was then the Old Town National City Committee – an organization dedicated to coordinating events and entertainment in recognition of National City, especially the predominantly Mexican-American west side.

Over the years, he has been involved in advocating for low-income families, community gardening, speaking at City Council meetings and promoting educational and community needs. He also was a driving force in establishing the Old Town National City Foundation as a 501c3, designating it as a non-profit in 2021. The organization receives \$25,000 annually from the county.

Long before all that, though, Eddie was active in his community as a teen-ager in the early 70s – especially in the turbulent years of the Civil Rights movement.

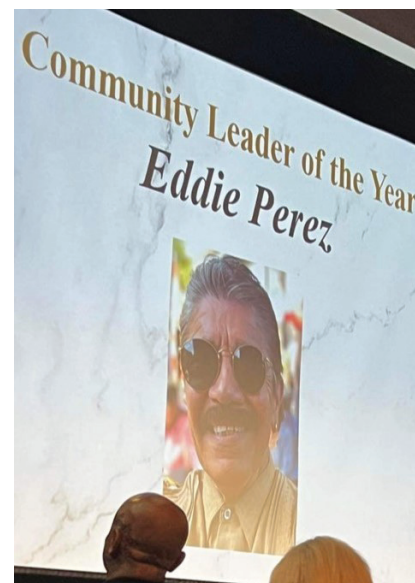
“I think I’ve had a passion for community activism since then,” he said, recalling the marches in National City in support of civil rights. “If you’re in an area where those kinds of things are happening, if you’re in the mix, you become a part of it.”

In those years, he also remembered, most Mexican-Americans lived on the west side of the city – a residential area that stretched from what was then National Avenue to the San Diego bay. So he saw not only civil rights marches in that area but also protests against police injustice directed against many in his community.

Eddie believes his past community activism and his ongoing involvement fits in well with his position at TANF, where he has worked for the past 15 years.

“When I got hired at TANF, I told myself this is the job I am going to retire from,” recalled Eddie, who is now 72. “I love providing services to the Native American community. I’ve learned so much and gained so much working with Native American families.”

He said working at TANF helping people in many different situations is something he finds completely satisfying. “There’s an old saying: ‘You can’t save the world – but you can save a little corner of it,’” he noted. “I think that’s what I am trying to do. You don’t stop. You just keep going and going. It’s been a good journey for me. And I’m still on the journey.”



The following tips – compiled by professionals and employers- are designed to help individuals prepare themselves before the interview, during the interview and after the interview. Some are simple (“DON’T BE LATE”) while others are less obvious (“Do one or more mock interviews”):

**Tips for Job Interview Success**

- **Prepare** yourself by practicing questions and answers and prepare everything you’ll need to bring (extra resumes, cover letters, and references). Remember, first impressions are lasting
- **Appearance** is key. Dress code varies depending on the position and industry. Dress conservatively in muted tones. Wear little or no perfume or cologne. You want to be presentable and appear neat and organized. Keep accessories to a minimum.
- **Research the company** What do they do? What is their Mission Statement? Where are they located? Get accurate directions and parking information
- **DON'T BE LATE.** Arrive no more than approximately 20 minutes early.
- **Appear Confident.** Firm handshake, smile, eye contact, and good posture.
- **Interview Questions** What excites you about the company or organization? What skills do you possess that they are seeking? Don’t forget to ask the employer questions (Example: What are the next steps in the interview process?)

*TANF participants seeking employment are encouraged to take advantage of your Tribal TANF Career Development Specialist’s resources and services.*

# Warner Lady Wildcats Capture Several Awards at End of High School Basketball Season

By Gary P. Taylor, SCTCA TANF



Left to Right: Thea Rasse; Breanna Simmons; Coach Johnny Hernandez; Destiny Castellanos; and Sunia Ortiz

The Warner Springs High School Lady Wildcats basketball team nearly made their league championship game in late February.

But the Lady Wildcats lost to Rock Academy High School 43-22 in a semi-final contest before a raucous crowd on a rainy night in Warner Springs.

Though the defeat ended their season, the team received several awards – including four player awards and one coaching award.

Thea Rasse was voted All-League Most Valuable Player, Breanna Simmons was 1st Team All-League and Destiny Castellanos was 2nd Team All-League. Sunia Ortiz was voted League Honorable Mention. Castellanos and Ortiz are from the Los Coyotes Indian Reservation.

Johnny Hernandez also received the league’s Coach of the Year Award. Hernandez is from the Lipay Nation of Santa Ysabel.

The Warner Unified School District sent out a congratulatory message and pictures of the four girls and Hernandez after the awards were announced. And following the team’s playoff loss, the district also sent a second message recognizing the Lady Wildcats and their accomplishments this season:

*“The season comes to an end for our Lady Wildcats. They fell 43-22 to Rock Academy High School in the semi-final. We had an amazing crowd and great community support. We congratulate the ladies on a successful season. We say goodbye to our seniors Breanna “Nanny” Simmons, Destiny Castellano, WomSi Stoneburner, and Abigail Velasquez. The Wildcats will be strong next year with returners Thea Rasse, Sunia Ortiz, Eileen Velazquez and Gianna Norte. They will be looking to take league and return to the playoffs next year. Once again thank you to all of you that support our girls and athletes all around! Go Wildcats!”*



# DISPATCHES Los Angeles



Redbone, in the early 1970s

Fifty years ago, something happened in the American music industry that had never happened before.

“Come and Get Your Love,” a 3 ½ minute song by the Native American rock band Redbone, reached #5 on the Billboard Hot 100. It marked the first time a song by a Native American group had ever reached that level on the music charts.

The song was played on radio stations across the country in early 1974, its steady drumbeat and opening guitar riff immediately recognizable. “Come and Get Your Love” became such a popular hit that Redbone appeared on NBC’s *The Midnight Special*, a Los Angeles-based Saturday night showcase of rock groups and singers at the top of the American music scene. (The group’s ’74 performance, including an opening traditional Native dance, can be seen on preserved YouTube clips).

According to Maya Devi, writing on the NewsBreak website:

*“The band was formed in Los Angeles in 1968 by brothers Pat and Lolly Vegas, who had the heritage of Yaqui and Shoshone. The breakthrough of Redbone was “Come and Get Your Love,” which came in 1974 and reached #5 on the Billboard Hot 100 chart.*

*...Beside “Come and Get Your Love,” Redbone had many hits in the 1970s. “The Witch Queen of New Orleans,” “Maggie,” and “Wovoka” are some other significant hits they had. The band’s unique blend of rock and traditional Native American music created a dedicated fan base, helping establish them as one of the most distinctive and original acts of the era.*

*Redbone’s success in the music industry was groundbreaking for Native American artists, who had historically been underrepresented and marginalized in the mainstream media. Also, the band’s success helped to raise awareness of Native American culture and music in society and created a new generation of Indigenous musicians to pursue careers in the music industry.”*

Redbone played many concerts throughout America until the band split in 1977. But “Come and Get Your Love,” which sold over a million records and was certified gold, remains the only song by a Native American band to ever reach the top 5 on the Billboard Hot 100.

— Gary P. Taylor

# SCTCA TANF Zoom Workshop Focuses on Communication Skills

*Story and photos by Cyndie Gilliam, SCTCA TANF Therapist*

On February 13, 2024, the Southern California Tribal Chairmen's Association (SCTCA) TANF held a Zoom workshop on communication skills.

The session was in person at the SCTCA San Diego TANF office and offered on ZOOM for TANF participants in Santa Ynez, Orange County, Pala, Escondido and Manzanita.

The workshop was conducted by interns from Southern California American Indian Resources (SCAIR). The interns' presentation began with a story about five Native American tribes that were at war, and how the talking stick helped them to bring peace amongst each other.

The presentation then provided TANF participants with a variety of beads, feathers and paint so they could create their own talking sticks.

During the session, the interns spoke about what communication is- and how the same information can be interpreted differently. They also talked about four different communication styles and gave great examples of each so the participants were able to understand them.

Participants were then given an opportunity to figure out which communication style they were closest to in their own lives. The group talked about ways to improve their listening and speaking skills. And lastly, the interns and participants discussed roadblocks to communication.

The SCAIR interns did a great job in helping the participants to understand how to communicate better. Some participants stated in their reviews that "It helped me to realize that I can teach my kids to communicate", "I liked the skits and examples of communication, it helped to understand it better." Another participant said they really enjoyed making the talking stick and that they liked the cultural aspect.





# Commitment to Child Abuse Prevention Includes Awareness of Numerous Warning Signs

*Compiled and contributed by SCTCA TANF Staff*

**April** is Child Abuse Prevention Month.

Southern California Tribal Chairmen's Association (SCTCA) TANF is committed to complying with all federal, state, local and tribal laws that are in place for the efforts of preventing child abuse and neglect. Our TANF offices and staff in Santa Ynez, Orange County, Pala, Escondido, San Diego and Manzanita are dedicated to many professional values, including the following:

**We are mandated reporters** who seek to ensure the safety of all the children of the families we have the privilege to work with.

**It is our responsibility** to be educated about federal laws, such as the Indian Child Welfare Act of 1978, and state laws that address child welfare.

**We seek to provide** culturally sensitive resources and services within the homes of the children we have the privilege to work with.

**We seek to provide** positive role models for healthy relationships and boundaries with the youth we have the privilege of working with.

**We seek to provide** parents and caregivers with the support and resources necessary for self-sufficiency to provide safe and loving environments for our children to grow.

With these values in mind, we also encourage our TANF participants and tribal community members to be aware of signs of child abuse, to be educated of federal and state efforts to prevent child abuse in the Native American community, and to join the effort in preventing it.

One does not have to be physically present or witness the abuse to identify suspected cases of abuse, or even have definite proof that a child may be subject to child abuse or neglect. Rather, the law requires that a person have a "reasonable suspicion" that a child has been the subject of child abuse or neglect. Under the law, this means that it is reasonable for a person to entertain a suspicion of child abuse or neglect, based upon facts that could cause a reasonable person, in a like position, drawing, when appropriate, on his or her training and experience, to suspect child abuse or neglect.

Red flags for abuse and neglect are often identified by observing a child's behavior at school, recognizing physical signs, and observations of dynamics during routine interactions with certain adults.

**Child abuse can be categorized as: physical abuse, emotional abuse, sexual abuse, and neglect.** According to the Mayo Clinic, some signs and symptoms of child abuse may include, but are not limited to, the following:



- Withdrawal from family and friends
- Sudden disinterest in usual activities or hobbies
- Increased absences from school or changes in school performance
- Running away from home
- Rebellious or risky behaviors
- Sudden changes in behaviors (depression, anxiety, loss of self-confidence, anger, hostility, aggression, etc.)
- Statements regarding abuse
- Unexplained injuries or bruises

According to the California Department of Education, child abuse is more than bruises or broken bones. While physical abuse often leaves visible scars, not all child abuse is as obvious, but can do just as much harm. It is important that individuals working with and around children be able to know what constitutes child abuse or child neglect and know how to identify potential signs.

Child Abuse and/or Child Neglect Can Be Any of the Following:

- A physical injury inflicted on a child by another person other than by accidental means.
- The sexual abuse, assault, or exploitation of a child.
- The negligent treatment or maltreatment of a child by a person responsible for the child’s welfare under circumstances indicating harm or threatened harm to

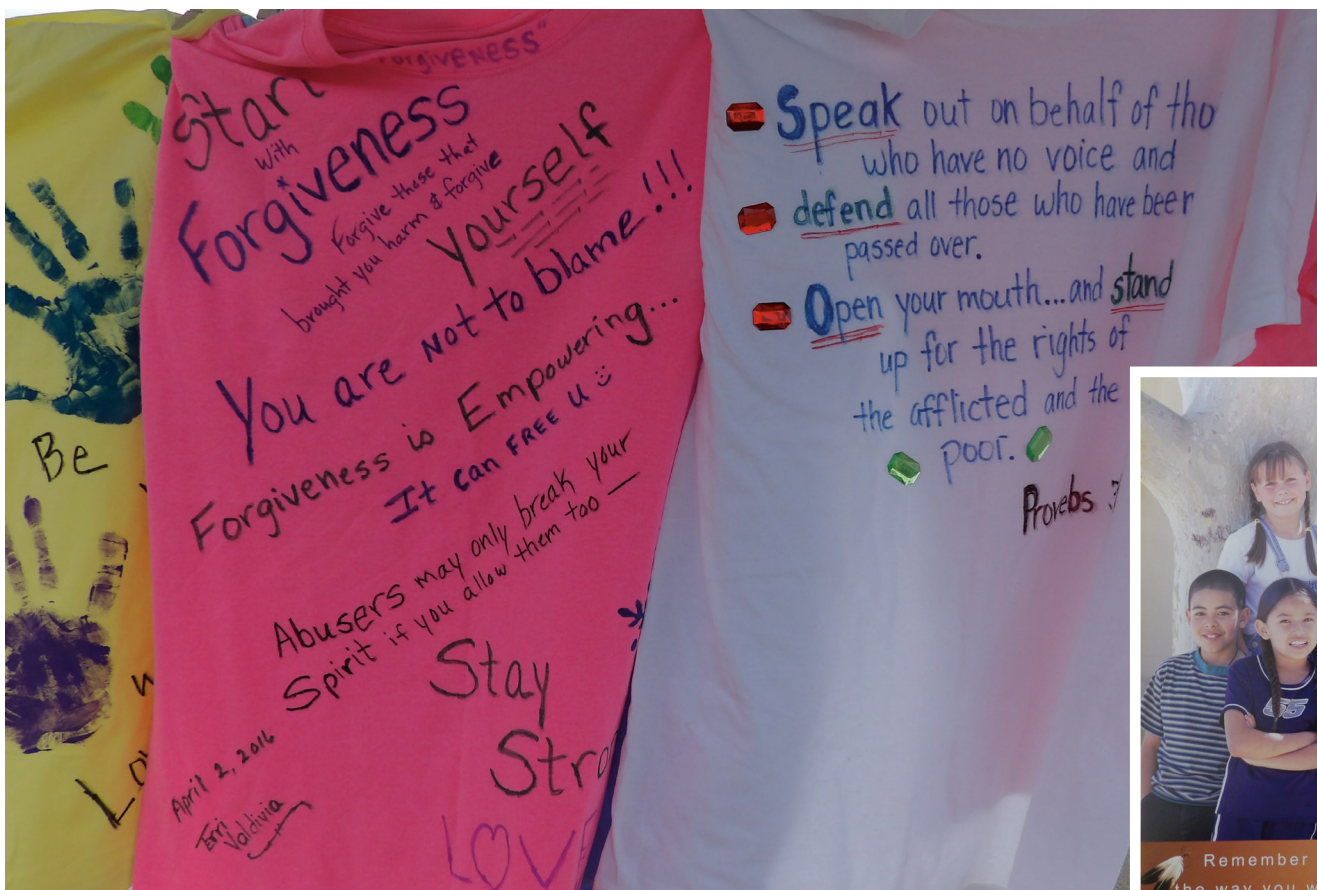
the child’s health or welfare. This is whether the harm or threatened harm is from acts or omissions on the part of the responsible person.

- The willful harming or endangerment of the person or health of a child, any cruel or inhumane corporal punishment or any injury resulting in a traumatic condition.

It is also important to note that a child coming forward regarding any abuse they may be enduring should be taken seriously. If child abuse or neglect is suspected, a report should be filed with qualified and experienced agencies that will investigate the situation. *Parents and guardians of children, including any tribal members living on or off the reservation, have the right to file a complaint against anyone they suspect has engaged in abuse or neglect of a child.*

If a child comes to you as a trusted adult regarding abuse, or if you suspect child abuse is occurring, here are some resources to utilize to report the abuse and get help:

- Call or text the **National Child Abuse Hotline at 1(800) 4-A-Child**
- Call your county **Child Abuse Hotline:**
  - **San Diego County: (858) 560-2191**
  - **Riverside County: 1(800) 442-4918**
  - **Orange County: (714) 940-1000**
  - **Imperial County: (760) 337-7750**
- Call your county Sheriff’s Department



# Robert Lee Freeman: A Legacy of Art Through the Decades

By Gary P. Taylor, SCTCA TANF

*Editor's note: This article was first published in 2019.*

*It is published here again in its entirety, five years after the death of Robert Freeman.*



**When** Robert Lee Freeman died in early February, he left behind a legacy of art through the decades.

The Native American artist – who was born in Rincon in 1939- created hundreds of artistic pieces including pencil drawings, sketches, cartoons, murals, paintings and sculptures.

His list of artistic achievements are incomparable: Murals on the walls of the Los Angeles County Library in San Gabriel and at the Perris Indian Musuem; a life-size bronze sculpture, *Journey*, in Santa Fe Springs; *Coronne*, a sculpture in San Juan Capistrano honoring a Native American; a bronze cougar, *Tukwut*, in the courtyard of California State University; hundreds of paintings and drawings; art exhibitions all over the world; and publication of illustrated books on art and Native American humor.

Freeman – who was Hunkpapa and Yanktonai Sioux- also won more than 200 art awards throughout his career, which began in the late 1960s.

In *Artbound*, a website produced by then-public broadcasting station KCET, Freeman was profiled in a detailed piece by Gordon Lee Johnson in July of 2012. The story- *Broken Mirrors: Robert Freeman's Jagged Interiors* – provided a personal glimpse of Freeman and his beginnings as an artist.

Johnson wrote: *"In a way, Robert Freeman's art is a broken mirror reflecting both his idiosyncratic vision of the universe and his jagged interiors. He's propelled in life by the need to create, and self-taught, he appears to be an artist born, not made. He attributes many of his creative instincts to growing up poor.*

*"When he was young, his mother moved from Rincon to Vallejo, a city in the Bay Area. "As kids, we didn't know we were poor, but we were poor," he says. "There were no store-bought toys; we had to improvise our guns, swords and knight's armor. I had a pocket knife when I was six or seven and I would carve out little people and other stuff. From a very young age, I was creating."*





"..His working mother would take him to spend summers with her parents on the Crow Creek Indian Reservation in South Dakota, just a half-mile from the Missouri River. "I went real quick from city kid, urban Indian, to living off the land," he says. His grandparents had a small house, and they would rent land to farmers who would pay by filling their basement with wheat. "We ate a lot of biscuits," he says.

"They also ate a lot of deer meat, beaver, fish, and wild greens and berries. His grandmother knew all about edible roots so they would collect them as well. No electricity, no running water, they carried water by horse-drawn wagon from the river. "There was no Cheerios, no sugar, no milk, nothing that was refrigerated, but we ate pretty good," he says. Everybody rode horses, and people could understand English, but spoke Sioux. People lived in small houses, or log cabins, and some still lived in teepees."

Freeman's art career had its beginnings when he quit high school and enlisted in the United States Army in the mid-1950s. "He wanted to be a paratrooper like some of his Indian buddies, but flat feet, bad eyes, and high blood pressure consigned him to the infantry," Johnson noted. "He got sent to the DMZ zone in the Korean mountains with an ordinance outfit. While there, his buddies would ask him to draw portraits of their girlfriends from snapshots. "I sketched them on 8-by-12 paper and they really liked that. I liked it too, because it made me feel good to be good at something," he said.

A decade later, Freeman decided to become a professional artist. Over the next 50 years, he would establish himself as one of the most prominent Native American artists in America.

As Johnson concluded in his article on Freeman, "To know his life, look at his art. It is the summary of his experiences."



# A Native American Actress Is Close, But Hollywood Looks Away

By Gary P. Taylor, SCTCA TANF

In the biggest surprise of the 96th Academy Awards, Emma Stone received the Oscar for Best Actress.

It may also have been the biggest disappointment.

In the view of Academy voters, Stone's portrayal of Belle Baxter in the twisted costume drama *"Poor Things"* eclipsed the performance of Lily Gladstone, the Native American actress and star of *"Killers of the Flower Moon."*

Stone - who seemed genuinely surprised she won the Oscar - was gracious in her acceptance speech during the March 10 ceremony, saying she was in "awe" of Gladstone and praising the other three Best Actress nominees.

Gladstone, seated just a few feet from the stage, appeared quite happy despite her loss, smiling warmly as she listened to Stone's acceptance speech. (The two actresses have become close friends over the past year).

Still, the fact that it wasn't Gladstone - who grew up on the Blackfeet reservation in Montana - clutching the golden statuette surprised quite a few people. She had already won lead actress awards from the Screen Actors Guild and the Golden Globes earlier this year. Wins from those two organizations have often been a strong indicator of who was likely to receive Best Actress at the Academy Awards.

On the night of the Oscars, Gladstone, 37, was favored to win. But she did not.

The day after, Greg Braxton of the Los Angeles Times wrote:

*"When Lily Gladstone was nominated for the lead actress Oscar for 'Killers of the Flower Moon,' she inspired a wave of hope inside and outside Hollywood that she would become the first Native American to win the prize in the Academy Awards' 96th edition.*

*"And though she received a robust wave of applause when her name was announced during the presentation of nominees, her journey ended in disappointment as 'Poor Things' Emma Stone claimed the lead actress honor instead."*

Braxton noted Gladstone had "received near universal acclaim for her performance as Mollie Burkhart, an Osage woman who is targeted along with other members of her family and the broader Native population of Osage County, Oklahoma, during the 1920s as part of a murderous plot to steal the rights of their oil-rich land."

Why didn't she win?

The most likely reasons are simple: Stone's performance as a woman who is brought back to life by a surgeon's brain implant was a modern-day nod to the classic horror movie *Frankenstein*. And Stone was already well-known to Academy voters, having won Best Actress in 2017 for her role in *La La Land*.

In contrast, Gladstone was virtually unknown until she was cast by Academy-Award winning director Martin Scorsese to play Burkhart. She may be the central character in *Killers of the Flower Moon* - a courageous, dignified presence witnessing death, destruction and despair all around her - but she wasn't on the



Lily Gladstone at the Oscars

screen as much as Stone was in her film.

Yet, Gladstone's performance was no less powerful in its depiction of what her character suffered through - the anguish of seeing family members murdered, Osage tribal members brutalized, cheated and killed, their wealth stolen away while lies are told endlessly about them.

It was all the more powerful because it really did happen.

And a century later, for one night at the Academy Awards, a Native American was close to winning Best Actress for her depiction of those horrific years.

In the end, Hollywood chose to look away.

# Setting Goals

Contributed by SCTCA Pala TANF

Setting goals is a good way to focus attention on the things that are important. It allows you to create a vision of how you would like our life to be. Setting goals helps trigger new behaviors, helps guides your focus and helps sustain that momentum in life. When you have a goal, you tend to increase the amount of time and effort you spend on an activity and develop effective strategies to achieve that goal.

Goals also help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve upon something that you don't properly manage. Setting goals can help you do all of that and more. Use the worksheet below to start setting your goals today!

M A K E   Y O U R   G O A L S

S   M   A   R   T

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

<b>SPECIFIC</b> What is your goal?	<b>MEASURABLE</b> How will you keep track of your progress?	<b>ATTAINABLE</b> How will you achieve your goal? Make a plan!	<b>RELEVANT</b> How will this goal help you?	<b>TIMELY</b> When will you achieve this goal?
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**S** My goal is: \_\_\_\_\_  
*e.g. To drink more water! I will aim for 6 cups per day*

**M** I will track my progress by: \_\_\_\_\_  
\_\_\_\_\_  
*e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner*

**A** I will achieve this goal by doing the following: \_\_\_\_\_  
\_\_\_\_\_  
*e.g. 1. Keep a clear bottle with me so I can tell how much I've had  
2. Set an alarm to remind myself to drink every 2 hours*

**R** This goal helps me because: \_\_\_\_\_  
*e.g. This goal will help me to be healthier, have more energy, and help my skin*

**T** I will complete this goal by (date): \_\_\_\_\_  
*e.g. I will achieve my goal by February 15th*

**\*\*As of 1/1/2024  
CAF is OPEN to  
those aged 18 and  
older\*\***



# COMMUNITY ASSISTANCE FUND (CAF)

Made possible with a grant from



## Housing Needs

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

## Food Insecurity

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

## Employment Assistance

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

**Call for Additional Information**

760.742.8600 x164  
Office Hours: 8AM - 4:30PM  
Email: [caf2023@sctca.net](mailto:caf2023@sctca.net)

# Class Calendars

Two Directions, Inc.  
Through April 30th, 2024

**2 0 2 3 C L A S S S C H E D U L E**

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

Two Directions, Inc.  
Through April 30th, 2024

**2 0 2 3 C L A S S S C H E D U L E**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Space #8 Classroom 2 Classes</b>				
<b>9:00-11:00</b> <i>Study Period</i>	<b>9:00-11:00</b> <i>Study Period</i>	<b>9:00-11:00</b> <i>Study period</i>	<b>9:00-11:00</b> <i>Study Period</i>	<b>9:00-11:00</b> <b>Diploma / HiSet/ *ABE</b>
Break 11:00-11:15				
<b>11:15-1:15</b> <i>Study Period</i>	<b>11:15-1:15</b> <i>Study Period</i>	<b>11:15-1:15</b> <i>Study Period</i>	<b>Diploma / HiSet/ *ABE</b> <b>10:30-12:30</b> <b>Josh M.</b> (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)	<b>Diploma / HiSet/ *ABE</b> <b>11:15-1:15</b> <b>Josh M.</b> Skills, college assessment prep, college, community college and online course support)
Break 1:15-1:30				
<b>1:30-4:30</b> <i>Study Period</i>	<b>1:30-4:30</b> <i>Study Period</i>	<b>1:30-4:30</b> <i>Study Period</i>	<b>1:30-4:30</b> <i>Study Period</i> <small>*Adult Basic Education</small>	No classes <small>*Adult Basic Education</small>

Two Directions, Inc.  
Through April 30th, 2024

**2 0 2 3 C L A S S S C H E D U L E**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Space #39 Computer Lab Classes</b>				
<b>Self Paced Class</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Computers</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Computers</b> <b>9:00-11:00</b> <b>Staff</b>	<b>Intro to PCs</b> <b>9:00-11:00</b> <b>C. Illingworth</b>	<b>Computers</b> <b>9:00-11:00</b> <b>J. Murphy</b>
* 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				
<b>Self Paced Class</b> <b>11:15-1:15</b> <b>Staff</b>	<b>Computers</b> <b>11:15-1:15</b> <b>L.Rizza</b>	<b>Computers</b> <b>11:15-1:15</b> <b>Staff</b>	<b>Intro to PCs</b> <b>11:15-1:15</b> <b>C. Illingworth</b>	<b>Computers</b> <b>11:15-1:15</b> <b>J. Murphy</b>
Break 1:15-4:15				
<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Self Paced Class</b> <b>1:15—4:15</b> <b>Staff</b>	<b>Computer Class closed @1:15 pm on Friday's</b>

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:**

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

**APRIL 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
<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services	<b>Daily services:</b> Career Training Computer Training Academic Tutorial Cultural Education Emergency Supportive Services Life Skills Training Youth Services
	4/2 Coffee w/the Director 10-10:30am 4/16 - Career Workshop Virtual on Youtube	4/17 - 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](http://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*	PARENTING 1PM - 3PM*	CAREER DEVELOPMENT 10AM - 1PM*	JOB SEARCH**
	JOB SEARCH**	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 April 2024



Chuck Wagon Bean Pot

COMMODITY DISTRIBUTION SCHEDULE FOR APRIL 2024		
DATE	LOCATION	TIME
APRIL 2, TUESDAY	SAN PASQUAL	8 AM – 12 PM
APRIL 3, WEDNESDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
APRIL 4, THURSDAY	RINCON	8 AM – 12 PM
APRIL 8, MONDAY	PECHANGA PAUMA	9 AM – 10 AM 10:30 AM – 11:30 AM
APRIL 9, TUESDAY	PALA	9 AM – 11 AM
APRIL 11, THURSDAY	MANZANITA/LA POSTA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM – 12:30 PM
APRIL 16, TUESDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
APRIL 17, WEDNESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
APRIL 18, THURSDAY	CAMPO	10 AM – 12 PM



## Coming in May:

- Together as Native Families Wellness Conference
- Taking the Fear out of Therapy
- Remembering an American Indian Warrior