

## 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.”

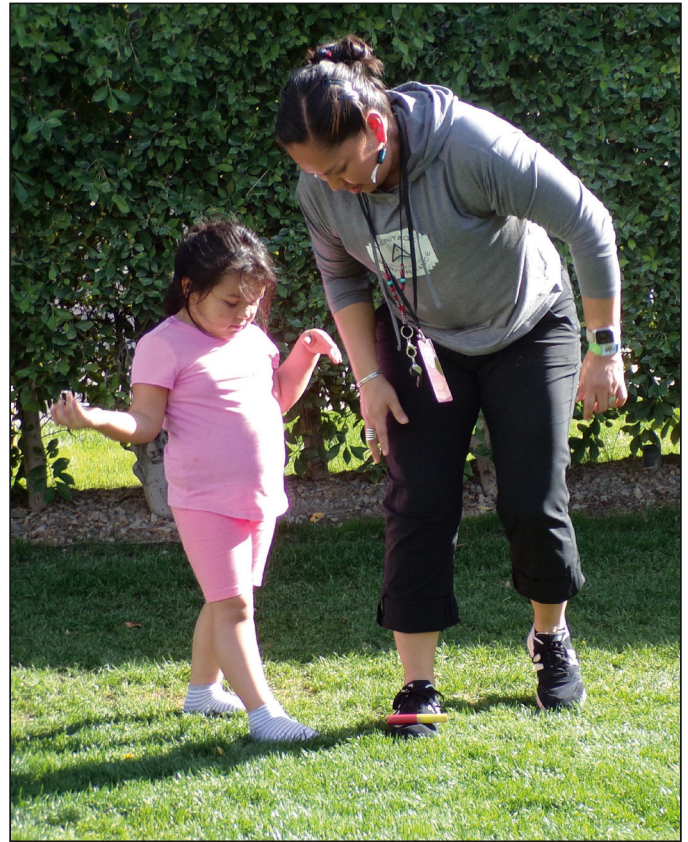
Nicholson was the keynote speaker at the 4th Annual Together as Native Families Wellness Conference in early March on a cold, blustery weekend at the Margaritaville Resort in Palm Springs.

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.

“We hope that you enjoy this time of learning, reflection and bonding with both your family and others from the Native community,” according to an introductory note in the 28-page conference booklet that provided an overview of the conference. The booklet was given to all those in attendance.

Nicholson’s keynote address on Friday night set the tone for the conference. His lively, often spontaneous comedic improvisations touched on many aspects of Native American culture, including life on and off the reservation - and the importance of overcoming frustrations and failure.

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Brenda Charley, right, plays an Indigenous game with a child

## Job Interviews: Preparation Before, During and After is Key to Success

By Gary P. Taylor, SCTCA TANF



Over the past three years, the nation’s unemployment has zig-zagged from a 50-year low of 3.4 percent, spiked to a Covid-19 induced high of 15 percent – and returned again last month to just under four percent.

Through all the job disruptions, layoffs and now a resurgence in post-pandemic hiring, one thing has remained constant: preparation for a job interview is the key to success. Whether it’s on Zoom, or, lately, a return to personal contact, interviews can be crucial in obtaining a position.

While there are still thousands of jobs available in most sectors of the economy, that doesn’t mean finding - and getting - a job is necessarily that much easier. It’s the same for participants in Southern California Tribal Chairmen’s Association (SCTCA) TANF

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(Continued from page 1)



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 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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who are actively seeking employment. Employers still want to hire the best person for the position, whether it's in retail, services, the medical field, computers, construction or any other job category. And a large part of their decision relies on job interviews.

At SCTCA TANF, one of the primary goals is preparing participants for employment. Interview preparation can make the difference in a TANF participant applying for a job and getting the job.

There are ways to improve preparation for interviews, according to Jacob Share at LiveCareer web site. Share is a job search expert. "Competition is still stiff in the job market, but you can improve your chances of being the chosen candidate by learning how to write a resume that clearly outlines to employers why you are the best candidate for the role," Share said.

"Modern resumes can no longer afford to waste a single word on anything that does not address the specific needs of the hiring organization," he added. "For example, if you are applying for a manager role, talk about the management experience you have and leadership roles you've held. All your prior experience must be translated into results: What did you accomplish? Why is it relevant to this specific opportunity in this specific organization? I would also include a short but highly positive quote about you from a boss, colleague, or client (with permission, of course)."

If your resume is accepted and a job interview is scheduled, then it is important for the applicant to come prepared, according to Mark Slack, writing on the Resume Genius web site.

Slack suggests prior to going to the job interview, an applicant should "use Google News, type in the company's name, and do a search. Use "Search Tools" to expand the range of your search beyond "recent." Do a little digging and you might find some press releases from the company itself, or news stories about the company. Ideally, you can find out what the company's goals are, particularly with relation to the job role you'd be performing. You can then explain how you could help the company forward those goals."

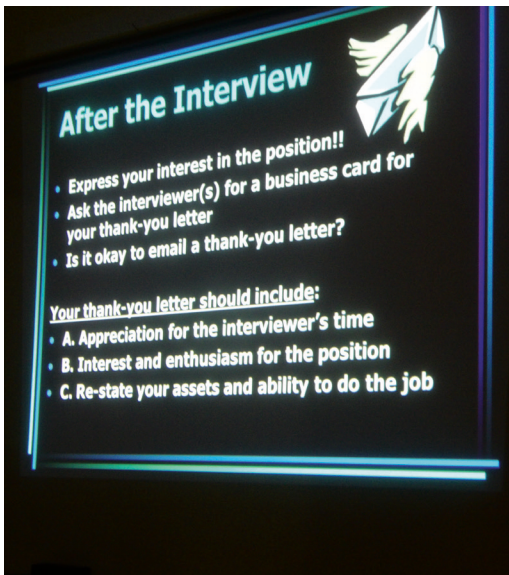
Slack said further research online could provide an applicant with more information about the specific position he or she has applied for within the company. "This may not work in all cases, but Quora, Yahoo Answers, and simple Google searches can offer up a wealth of information from people who have performed in the same position, or a similar one."

On the issue of proper dress for an interview, it's fairly simple, according to Slack. "All dressing and grooming advice comes with caveats, but conservative dress is likely your best bet when deciding what to wear to an interview. Overall, follow these three rules, and you'll be set: Be Crisp, Be Conservative – and use Common Sense."

During the actual interview, Slack said an applicant can further impress a potential employer by following these six tips:

- **Bring in two copies of your resume.** The interviewers will definitely need to reference it, and you'd be surprised at how unprepared interviewers can be. Bringing in your resume also makes you look professional.
- **Sit up straight.** Slouching looks unprofessional and demonstrates a lack of confidence.
- **Shake their hand firmly.** Do not provide a "dead fish" or limp handshake. Give the other person a full grip and a firm shake.
- **Look them in the eye when speaking.** Looking around the room and down at the table anxiously will make you come off as unprepared or worse, untrustworthy.
- **Don't mumble.** Speak up and speak confidently.
- **If you don't know the answer to a question, be humble and ask.** Showing genuine interest and humility will prove that you're genial and easy to work with.

And one final piece of advice from Slack: Once the interview is over, follow up on the conversation within a few days, expressing your appreciation for the opportunity to interview. It's a courteous gesture that shows an employer not only your politeness but you also are clearly interested in the position.





# Catholic Church Denounces Centuries-Old Colonization of Indigenous Peoples

Contributed by Indian Country Today

The Catholic Church has denounced the centuries-old 'Doctrine of Discovery' that justified the seizure of foreign lands and colonization of Indigenous Peoples.

"According to some scholars, this 'doctrine' found its basis in several papal documents, specifically two bulls of Pope Nicholas V, *Dum diversas* (1452) and *Romanus Pontifex* (1455); and Pope Alexander VI's *Inter caetera* (1493)," the Vatican wrote in a statement released in Rome in late March. "These are legal acts by which these two Pontiffs authorized the Portuguese and Spanish sovereigns to seize property in colonized lands by subjugating the original populations."

The Vatican – along with Pope Francis- now fully denounces this nearly 500-year-old doctrine.

"The 'Doctrine of Discovery' – a theory that served to justify the expropriation by sovereign colonizers of indigenous lands from their rightful owners – 'is not a part of the teaching of the Catholic Church,' according to the Vatican statement. "The papal bulls that granted such 'rights' to colonizing sovereigns have never been a part of the Church's Magisterium."

The Vatican statement also reads: "The Church has acquired a greater awareness of (Indigenous Peoples) sufferings, past and present, due to the expropriation of their lands ... as well as the policies of forced assimilation, promoted by the governmental authorities of the time, intended to eliminate their indigenous cultures."

"This is a great day!" Myeengun Henry, former chief of the Chippewa of the Thames and current Knowledge Keeper at the University of Waterloo, told *Indian Country Today*. "It's been a long journey on a road that denied Indigenous People rights to their own ancestral territories. The 'Doctrine of Discovery,' a papal decree that was the foundation of marginalization and the root of residential schools in North America, has finally been repudiated."

Though some are celebrating this monumental announcement, the National Native American Boarding School Healing Coalition told *Indian Country Today* the Vatican's statement "lacks accountability."

"While the Vatican's decision to renounce the 'Doctrine of Discovery' is the right one, it downplays the Church's role and accountability for the harm it has caused to Native peoples. It does not change the fact that the Church's views gave permission to colonizers to take Native lands and assimilate Native peoples," said Deborah Parker, Tulalip and CEO of the coalition.

"We demand more from the Catholic Church. We demand more transparency, including access to Indian boarding school documents, which they have refused to provide. We demand that the Church returns lands to the Tribal Nations in which it operated Indian boarding schools."



Rome: the Vatican

## DISPATCHES New Mexico



Spc. Lori Piestewa

On Memorial Day - the last Monday in May - the United States honors all those who have fought and died in the nation's armed forces, including Native Americans.

It was 20 years ago - March 23, 2003 - Pfc. Lori Ann Piestewa, 23, was killed in action during the U.S. invasion of Iraq. Piestewa – a Hopi from New Mexico and a

mother of two – became the first Native American woman to die in combat on foreign soil, according to the United States Army.

Piestewa died in an ambush near Nasiriyah, Iraq. She had been with the 507th Maintenance Company from Fort Bliss, Texas. Nine soldiers, including Piestewa, were killed in combat during the attack.

She was posthumously promoted to Specialist Piestewa by the Army.

As noted in *"The Story of a Brave Soldier"* on the U.S. Army website, Piestewa's sacrifice was remembered in a ceremony in November of 2004:

*White Sands Missile Range in New Mexico honored Piestewa by dedicating a memorial bur oak in her honor. The tree stands in front of building 128, the post's barracks for enlisted soldiers. Piestewa's parents, her son Brandon, 5, and daughter Carla, 4, participated in the dedication ceremony. Current and former members of the 507th Maintenance Company also attended, including Spc. Roman Sandoval, Spc. Jeremy Abraham and former POWs Joe Hudson and Jessica Lynch.*

*Lynch and Piestewa were roommates on Fort Bliss and tent mates in Iraq. Taking the podium at the ceremony, Lynch said, "Lori Piestewa was one of the greatest friends anyone could ask for. She had a smile that could light up a room and a personality that could fix any situation. She would often be my motivation to get through the hardest times."*

*"...Percy (Piestewa's mother) began her address to the crowd with a brief prayer thanking God for the beautiful sunny fall day and the friendship of all present. After the prayer, she looked across the hundreds of people gathered to honor her child. "Today I stand before an elite group, elite because of the diversity and the community of the military family, she said. "Regardless of our individual differences, we are all one: One family, one community, one nation and one world. Each and every one of you has made a commitment to serve our country. May you do it with honor and camaraderie.*

*"May the tree you have planted be a remembrance of all who serve our country to protect the freedoms that we so often take for granted," she concluded. "And may it be a daily reminder that we need to love every member of our family and express that love to them while we still can."*

# 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."

Lopez said seeing the boys and girls day in and day out was something she never tired of through 21 years at RCCDC, and then five-and-a-half years teaching at Headstart. After

her stint at Headstart, she returned to RCCDC for another 14 years.

"I just love to watch children learn things," she said. "Some days a child will come up to me and say something you had no idea they knew. But they do know, even at such a young age. They hear things you don't think they heard. They notice things you don't think they noticed - 'oh Teacher, you have pretty earrings.' Did I think a small child

would notice something like that? Not really. But they do. They are so young - but they are so smart, so willing to learn."

Lopez also said she is continuously surprised by children's curiosity - "though by now, I shouldn't be," she laughed.

"So many of our kids - they will ask question after question," she said. "They are always interested in things - 'how does this work?' Or they ask, 'why does that happen,' or 'why does this taste good and why does that taste bad?' They are just so curious."

Lopez said she and her teachers not only answer the onslaught of questions, but they also focus on having the children learn through experience.

"I think once a child knows something, that's good," she said. "But once they do something,

that adds so much to their knowledge. When we have the children help us create our food and our menus, for example, they are much more likely to try new foods. It becomes an experience."

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.



Kimberly Lopez, retiring after nearly 40 years in the classroom



"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.' "

Lopez has had that attitude since she began working with children in the 1980s.

"I started (at RCCDC) as a cook," she recalled. "I was 18 and had just graduated from Fallbrook High School. One of the reasons I got the job was because I had worked in the cafeteria at Fallbrook."

It was while she was working as a cook that a supervisor encouraged her to get a teaching certificate, Lopez said. So she began attending classes at Palomar College in San Marcos while working and raising her children.

She received her Master Teacher permit in 2005 and her Child Development Site Supervisor permit in 2012. Lopez then obtained her Associate of Arts degree in General Studies with an emphasis on Social and Behavioral Science from Palomar College in 2014. She has been the RCCDC Site Supervisor for the past 11 years.

Lopez said it will be emotional to leave teaching after so many years – "but I felt the time is right." She emphasized she could not have had the career she's had if not for all the support she has received from SCTCA and her co-workers.

"I would like to thank all SCTCA programs that have helped and supported me throughout the years," she said. "It's a team effort – there's just so many other people who have worked hard to make me successful."

Lopez also said her teachers and staff at RCCDC have also been exceptional through the years.

"I could have never had done this without them," she declared.

Lopez is happy one of those teachers, Heidi Flores - who she has worked with for years at RCCDC - has now taken her position. And she is looking forward to retirement - especially traveling with her husband, Peter. They have been married 23 years.

"Peter bought a motor home, and we're going to travel all over the country," Lopez said, laughing. "We've already been to Texas. And we're going to visit a granddaughter who is graduating in June from the University of Washington. It's always been Peter's dream to travel, and now we will have the opportunity."

And now that she's retired, something Lopez said during her teaching years has taken on a new meaning: "Tomorrow is a new day."

***"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."***





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

(Continued from page 1)

“Part of life is failure,” Nicholson told the crowd – which included dozens of children and teens. “In society, failure is viewed as something that’s always terrible, always bad. It isn’t. Failure is not a bad thing. In fact, great success often follows failure. It’s only when we beat ourselves up over failing that it becomes something bad.”

Nicholson also noted that many Native Americans – especially teens – “decide to follow other people instead of believing in ourselves.”

“Too many of us think we need to listen to what other people are saying what we should do or who we should be,” he said, mimicking holding a phone and looking at an imaginary screen, shaking his head. “We follow things, and then we become frustrated or unhappy because our life doesn’t look so good compared to what we see, or think we see. And then we want to blame everybody else for our unhappiness. But it’s our own choices making us unhappy.”

Nicholson – who has been touring as a comedian for over a decade – frequently switched to humorous stories and anecdotes to make his points.

“When I was growing up, I did a lot of things that I didn’t think were bad,” he said. “And then my mother would come over, sometimes real sneaky, and then start yelling at me, ‘What are you doing?! You’re not supposed to do that!’”

“And I would be thinking- as I was running away from her before she could swat me - ‘I’m just a kid. I don’t always know what’s wrong or right. I need someone to tell me before I get in trouble. But my mom – she wasn’t playing that. I got in trouble before, during and after!’”

His remarks frequently drew loud applause – especially when he spoke about the power of laughter.

“See – when you laugh – it does something to you,” Nicholson said, breaking into a broad smile. “Indian people – we laugh, even when things are going bad in our lives. We laugh at each other – we do that all the time! We laugh at our brothers and sisters, our cousins, our aunts and uncles. We laugh, and then we feel better. It makes us happy. It makes us get on with life, like we just had some powerful medicine. Because we just did.”

The second day of the conference featured breakout sessions, including Cultural Identity and Traditional Teachings; Building Resilience Through Body Movement; Goal Setting for a Balanced Life; Finance 101; Family Arts & Craft Activities; Traditional Jewelry; and Youth Indigenous Games. The Pai-Nik-Tem Bird Singers from the Agua Caliente Band of Cahuilla Indians also sang traditional songs and explained the cultural significance of their songs.



## About the Keynote Speaker: Kasey Nicholson

Kasey Nicholson was the keynote speaker at the 4th Annual Together As Native Families Wellness Conference.

In his introduction published in the conference booklet, it noted “Kasey speaks of cultural identity issues, self-esteem issues, self-empowerment, educational endeavors, spiritual awareness, cultural understanding, communication, leadership, substance abuse awareness, suicide prevention and...many other issues facing Native America today.”

Nicholson is a member of the A’aa’nii’nin (White Clay Nation) of the Fort Belknap Indian Reservation in North-Central Montana. He has a B.S. in Health and Human Development from Montana State University-Bozeman and has an M.S. in Rehabilitation and Mental Health from Montana State University-Billings. He currently resides in Puyallup, Washington.

“Nicholson has been doing comedy since 2010...With his first performance under his belt, Kasey gained confidence, experience and many more opportunities to provide comedy and the healing medicine of laughter to all,” his introduction declared.

During his keynote address on the first night of the conference, Nicholson explained his philosophy with the acronym BHA (Believe, Honesty and Acceptance): “Believe in yourself. Honesty – be honest with yourself. Acceptance. Accept where you are right now in life – and work on it.”

After his remarks, Nicholson expressed his relief at the positive reception – and laughter – he received from the audience.

“You never really know how people are going to react,” he said. “There were a lot of kids in the audience, so I had to be careful about what I said sometimes. But I’m glad so many of the kids were laughing. Sometimes it’s harder to make them laugh than adults.”

- GARY P. TAYLOR







Throughout the day, the sessions brought together a cross-section of adults, children and teens. Some created their own baskets and decorated gourds; others spoke about life goals and overcoming difficulties; still others engaged in vigorous physical exercises. While they attended the sessions, the conference provided childcare for toddlers and children up to six years old.

**In the Cultural Identity and Traditional Teaching session,** Brian Frejo encouraged his group of mostly teenagers and adults to “learn about our own traditions and culture, about who we are as a people.”

“What does it mean to be who we are?” said Frejo, from the Seminole and Pawnee Nations of Oklahoma. “Have any of us really taken the time to think about where we came from, about what the generations who came before had to endure? We are part of our past.”

Frejo emphasized the importance of spirituality in the lives of Native Americans – and when it is displaced or eroded, it can create emotional turmoil.

“A lot of our people are disconnected spiritually,” he said. “That’s why there is violence, drinking, kids without a mother or a father. It is because we as a people have become disconnected from our spiritual selves, and from each other.”

He asked the teens in the room what they do when they feel disconnected from their family or friends.

“I don’t really talk about it,” one girl said, shrugging. “What if I just make it all worse?”

Frejo nodded.

“I understand what you’re saying. But what if by talking about things for just a little bit – what if that actually made things better?” he asked. “What if, by trying to make a connection, we stopped being so disconnected from each other? Wouldn’t that be worth at least some of your time, just to try that?”

The girl was silent for a moment. Then she said, “Okay. I’ll try it.”

**In the Finance 101 session,** William Ramirez told his group about cash, credit, debt – and the importance of creating a budget.

“It’s one thing to know you are spending money,” said Ramirez, who has a Bachelor of Arts degree from California State University. “But if you create a budget, when you write everything down – your income, your expenses, your bills – that’s when you can truly see the actual state of your financial condition.”

Ramirez – who has been teaching financial literacy courses since 2015- also noted the importance of trying to stay out of debt, especially credit card debt.





“The thing about credit – corporations and banks can create credit out of thin air,” he said. “It’s not backed by anything, except your promise to pay back the bank or corporation that issued you the credit. So when you rack up credit card debt, you’re always making payments, always chasing the tail. It’s hard to ever catch up.”

Ramirez told his group they should consider paying down any credit cards with the smallest outstanding balances instead of trying to equally pay the cards with the highest balances. It’s a gradual – and less expensive way – of paying off credit card debt, he said.

One woman told Ramirez her monthly credit, utility, rent and food expenses had become so much more expensive that she is looking for a second job. “It’s not something I want to do,” she acknowledged. “But what choice do I have? I have to pay all these bills.”

Ramirez, nodding in agreement, offered to help her come up with a budget after the session was over.

**In the Building Resilience Through Body Movement session**, the instructor, Megan Brown, had children and adults participating in a series of strenuous exercises designed emphasizing the importance of muscle development and movement.

“If what you are doing is causing you pain – we don’t want to push past the pain,” said Brown, who has a Masters degree in Public Health from Loma Linda University. “But we will learn to become more comfortable with our discomfort. That is how we will gain strength.”

Brown uses exercises such as planks, sprints, push-ups and upper-body conditioning to develop not only muscles but also to teach the importance of focus and determination.

“If you can do these exercises every day, if you can discipline yourself to do them – then you will begin to slowly transform your body, your health and your lives,” she told the group as they raced around the room.

**In the Indigenous Games session**, children ran across the grass in the late afternoon sunshine, learning a traditional balance and kicking game.

“It’s fun to play games,” Brenda Charley, from the Navajo Nation, told the assembled children. “But you know what’s also fun about these games? Learning to play with each other and learning to play by the rules. Fun is only part of it – the rest is about teamwork, and sharing, and making friends.”

Charley – who has an M.S. degree in Kinesiology – guided the children throughout the game, sometimes personally helping the youngest with their balancing techniques. When one young girl completed the kick maneuver, she let out a loud yell of accomplishment. Charley laughed, and clapped her hands together.







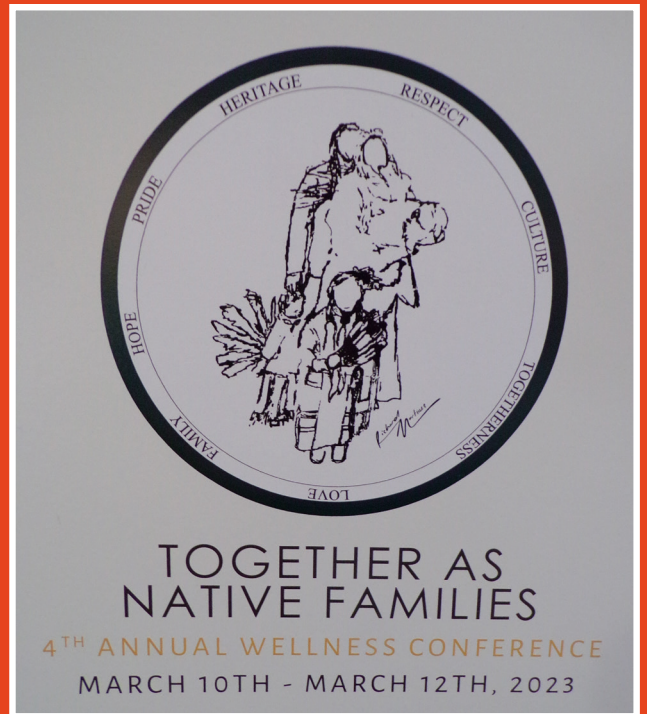
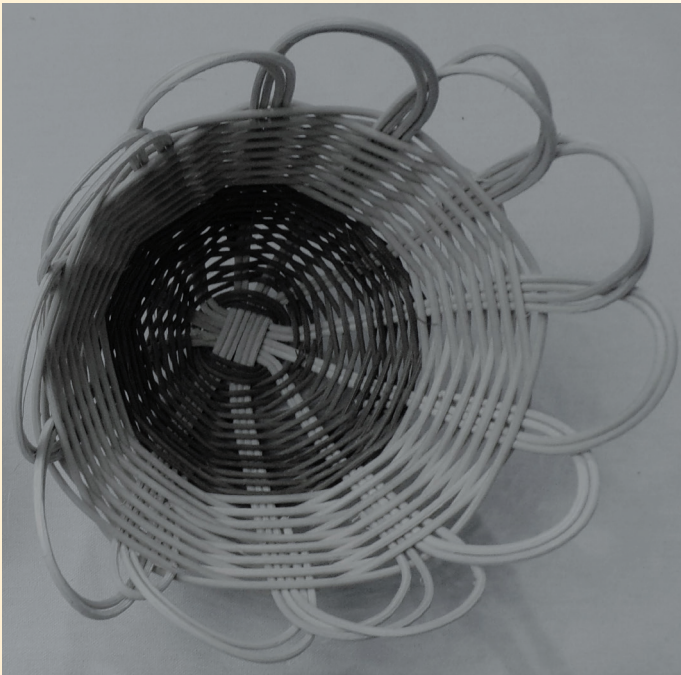
## About the Logo and Artist

The Together as Native Families Wellness Conference logo was created by Richard Anthony Martinez, a Klamath Native.

Richard is a Southern California local born in San Bernardino and raised in Banning, California. At 30 years old, Richard lives with his fiancé and youngest children in San Bernardino.

Richard currently works in construction and enjoys the opportunity it gives him to work with his hands. Since the third grade, Richard has had an interest in art and has always loved being able to create things through his drawings. Art isn't just about a paper and pencil, it's life itself and a way to see the world.

*- From the Together as Native Families Wellness Conference booklet*





**On the final day of the conference**, shortly before the morning session ended, emcee Joe Matthews, Cahuilla from the Morongo Band of Mission Indians, asked if anyone wanted to come up and say anything.

One little boy raised his hand and dutifully walked to the stage in front of the crowd.

“What was the best part of the conference for you?” Matthews asked.

The boy pointed towards the table he had just come from.

“The best part is when I made my mother a piece of jewelry. It’s a present for her.”

Then he walked off the stage, returning to his mother, who hugged him.

Mary Carlson, a participant at SCTCA TANF Pala, attended the conference with her husband, grandson and cousin from her reservation in Santa Ysabel. At the end of the three-day event, she said she had a great time.

“Those three days went by so quickly,” she said. “I wish we could have stayed longer.”



## Conference Session Quotes and Remarks:

“A lot of our people are disconnected. That’s why there is violence, drinking, kids without a mother or a father. It is because we as a people have become disconnected from our spiritual selves, and from each other.”

- Brian Frejo, speaking at the Cultural Identity and Traditional Teachings session

“If what you are doing is causing you pain – we don’t want to push past the pain. But we will learn to become more comfortable with our discomfort. That is how we will gain strength.”

- Megan Brown, in her Building Resilience Through Body Movement session

“The thing about credit – corporations and banks can create credit out of thin air. It’s not backed by anything, except your promise to pay back the bank or corporation that issued you the credit. So when you get in credit card debt, you’re always making payments, always chasing the tail. It’s hard to ever catch up.”

- William Ramirez, in his Finance 101 session

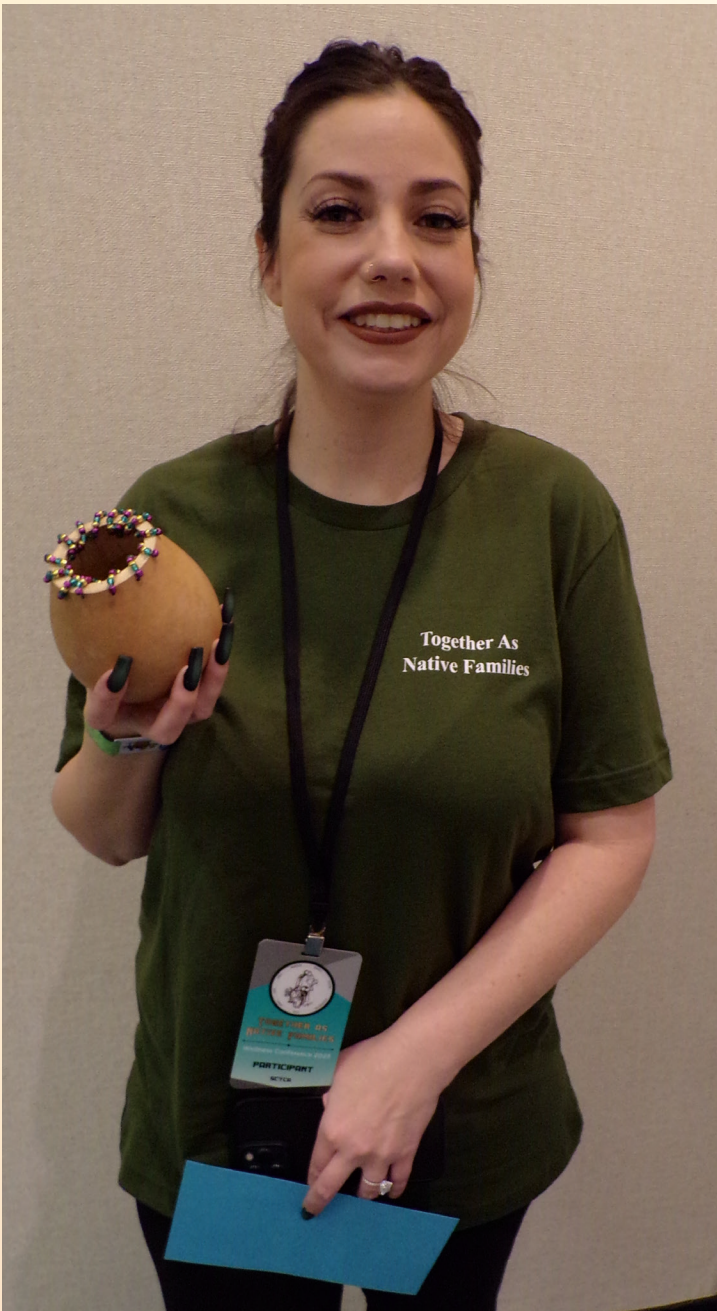
“It’s fun to play games. But you know what’s also fun about these games? Learning to play with each other and learning to play by the rules. Fun is only part of it – the rest is about teamwork, and sharing, and making friends.”

- Brenda Charley, speaking to children during her Indigenous Games session

“To all you mothers, and grandmothers, and sisters and aunties, please tell your girls about the importance of traditional dance. This is part of our culture, an important part of our traditions, and I urge families to become involved.”

- Sonya Flores, creator of ‘5th Generation Dancers’, whose group performed at the conference





## *A Sample of Survey Responses*

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

- Compiled by Catherine Almanderez,  
Administrative Assistant, San Diego TANF

**We are here for you.**  
**Assistance programs**



**Neighbor-to-Neighbor Fund**



**CARE - Save up to 30% on your electric & gas bill**



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**More Time to Pay Your Bill**



**Debt Forgiveness**

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# Class Calendars

Two Directions, Inc.  
January 1 2023-June 30 2023

**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> 9:00-11:00 am <b>Laura Rizza</b> (Soft skills, Building Healthy Families, Social skills, Survival skills, Em-ployability, Finances, & more)	<b>* In Person/Virtual/and Distance Learning</b>		<b>Tribal Culture</b> 9:00-11:00 am <b>Heather Turnbull</b>
Break 11:00-11:15				
	<b>Culture Class</b> 11:15-1:15 pm <b>Heather Turnbull</b> (Ribbon Shirts & skirts, gourd projects, Moccasin making, cradleboards, and much more)		<b>Tribal Culture</b> 11:15-1:15 pm <b>Heather Turnbull</b> (Basic Beading, Lazy Stitch, Applique, Rosette, Peyote stitch, gourd stitch, brick stitch, Loom work, & more)	<b>Indep. Tribal Culture</b> 11:15-1:15 pm
Break 1:15-1:30 pm				
	<b>Independent Culture</b> 1:30-4:30		<b>Indep. Tribal Culture</b> 1:30-4:30	
<b>** Please contact Claudina to make arrangements for virtual/distance learning</b>				

Two Directions, Inc.  
January 1 2023-June 30 2023

**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>				
9:00-11:00 Study Period	9:00-11:00 Study Period	9:00-11:00 Study period	9:00-11:00 Study Period	9:00-11:00 Diploma / HiSet/ *ABE
<b>* In Person/Virtual/and Distance Learning</b>				
Break 11:00-11:15				
11:15-1:15 Study Period	<b>DMV Class</b> 11:15-1:15 <b>Laura Rizza</b> (Permit Prep, Test scheduling, behind the wheel training)	11:15-1:15 Study Period	<b>Diploma / HiSet/ *ABE</b> 11:30-12:30 <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> 11:15-1:15 <b>Josh M.</b> Skills, college assessment prep, college, community college and online course support)
Break 1:15-1:30				
1:30-4:30 Study Period	1:30-4:30 Study Period	1:30-4:30 Study Period	1:30-4:30 Study Period <small>*Adult Basic Education</small>	No classes <small>*Adult Basic Education</small>
<b>** Please contact Claudina to make arrangements for virtual/distance</b>				

Two Directions, Inc.  
January 1 2023-June 30 2023

**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> 9:00-11:00 <b>Staff</b>	<b>Computers</b> 9:00-11:00 <b>Staff</b>	<b>Computers</b> 9:00-11:00 <b>Staff</b>	<b>Intro to PCs</b> 9:00-11:00 <b>C. Illingworth</b>	<b>Computers</b> 9:00-11:00 <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> 11:15-1:15 <b>Staff</b>	<b>Computers</b> 11:15-1:15 <b>L. Rizza</b>	<b>Computers</b> 11:15-1:15 <b>Staff</b>	<b>Intro to PCs</b> 11:15-1:15 <b>C. Illingworth</b>	<b>Computers</b> 11:15-1:15 <b>J. Murphy</b>
<b>* In Person/Virtual/ and Distance Learning</b>				
Break 1:15-4:15				
<b>Self Paced Class</b> 1:15-4:15 <b>Staff</b>	<b>Self Paced Class</b> 1:15-4:15 <b>Staff</b>	<b>Self Paced Class</b> 1:15-4:15 <b>Staff</b>	<b>Self Paced Class</b> 1:15-4:15 <b>Staff</b>	<b>Computer Class closed @1:15 pm on Friday's</b>
<b>** Please contact Claudina to make arrangements for virtual/distance</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:**

**Monday, May 29, 2023  
for Memorial Day.**

**MAY 2023 CALENDAR**

**BG ASSOCIATES INC.**  
(NEW ADDRESS)  
210 S. JUNIPER ST., SUITE 212  
ESCONDIDO, CA 92025  
WWW.BGASSOCIATESINC.COM

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

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
<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></p> <p><b>SPANISH</b> 9AM-11AM (available online/app &amp; can be tracked by instructor)</p> <p><b>PHILLIP ROY: HEALTH CARE TERMS</b> 9AM-11AM (lessons can be emailed)</p> <p><b>KEYBOARDING</b> 9AM-12PM (available online &amp; can be tracked by instructor)</p> <p><b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>APPLIED SKILL PRACTICE (GED)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)</p>	<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></p> <p><b>SELF-SUFFICIENCY: FINANCIAL FREEDOM</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>SPANISH</b> 9AM-11AM (available online/app &amp; can be tracked by instructor)</p> <p><b>KEYBOARDING</b> 9AM-12PM (available online &amp; can be tracked by instructor)</p> <p><b>ABE/GED</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)</p>	<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p>ED2GO.COM/ COURSES <b>IN PERSON AND VIRTUAL</b></p> <p><b>LIFE SKILLS:</b> (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>SEE MOTIVATION</b> 9-11 AM <b>WORKPLACE ETIQUETTE</b> 11:30AM-1:30PM</p> <p><b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>COMPUTER SKILLS (GENERAL)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>KEYBOARDING</b> 9AM-12PM (available online &amp; can be tracked by instructor)</p> <p><b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)</p>	<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p><b>IN PERSON AND VIRTUAL</b></p> <p><b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>COMPUTER SKILLS (GENERAL)</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>SPANISH</b> 9AM-11AM (available online/app &amp; can be tracked by instructor)</p> <p><b>MATH/ENGLISH REFRESHER</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)</p>	<p><b>IN PERSON CLASSES</b></p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS 8:30AM-4PM (VARIES BY CLIENT)</p> <p><b>VIRTUAL CLASSES</b></p> <p>ED2GO.COM/ COURSES <b>IN PERSON AND VIRTUAL</b></p> <p><b>SPANISH</b> 9AM-11AM (available online/app &amp; can be tracked by instructor)</p> <p><b>PHILLIP ROY: WELDING TERMS</b> 9AM-11AM (lessons can be emailed)</p> <p><b>KEYBOARDING</b> 9AM-12PM (available online &amp; can be tracked by instructor)</p> <p><b>ABE/GED</b> 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>APPLIED SKILL PRACTICE (GED)</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p><b>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY)</b> via Zoom, Google Meet, or other form of virtual face to face meeting)</p>

May 2023  
SCAIR Weekly Calendar  
Serving the Native American  
Community Since 1997



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

MONDAY	TUESDAY	WEDNESDAY
<p>8:00am-4:30pm In-Person Classes</p> <p>Career Training Services Computer Training Services Academic Tutorial Services* Cultural Education Emergency Supportive Services Life Skills Training Youth Services</p> <p>Appointment via Tele-Medicine Only Counseling Services**</p> <p>9am, 10am, 11am &amp; 1pm Appointments County Approved Typing Test</p>	<p>8:00am-4:30pm In-Person Classes</p> <p>Career Training Services Computer Training Services Academic Tutorial Services* Cultural Education Emergency Supportive Services Life Skills Training Youth Services</p> <p>Appointment via Tele-Medicine Only Counseling Services**</p> <p>9am, 10am, 11am &amp; 1pm Appointments County Approved Typing Test</p>	<p>8:00am-4:30pm In-Person Classes</p> <p>Career Training Services Computer Training Services Academic Tutorial Services* Cultural Education Emergency Supportive Services Life Skills Training Youth Services</p> <p>Appointment via Tele-Medicine Only Counseling Services**</p> <p>9am, 10am, 11am &amp; 1pm Appointments County Approved Typing Test</p>
<p>5/29   CLOSED In Observance of Memorial Day</p>	<p>5/2   6:00-8:00pm Sacred Pipe TUPE at Ballard Cultural Night</p>	<p>5/17   10am -12pm Career Training By Appointment Only</p>
THURSDAY	FRIDAY	
<p>8:00am-4:30pm In-Person Classes</p> <p>Career Training Services Computer Training Services Academic Tutorial Services* Cultural Education Emergency Supportive Services Life Skills Training Youth Services</p> <p>Appointment via Tele-Medicine Only Counseling Services**</p> <p>9am, 10am, 11am &amp; 1pm Appointments County Approved Typing Test</p>	<p>8:00am-4:30pm In-Person Classes</p> <p>Career Training Services Computer Training Services Academic Tutorial Services* Cultural Education Emergency Supportive Services Life Skills Training Youth Services</p> <p>Appointment via Tele-Medicine Only Counseling Services**</p> <p>9am, 10am, 11am &amp; 1pm Appointments County Approved Typing Test</p>	
<p>5/4   4:00pm-5:30pm Sacred Pipe TUPE at SDAIYC Ballard Garden ArtReach</p>	<p>5/25   4:00pm- 5:30pm Sacred Pipe TUPE at SDAIYC Ballard Garden ArtReach</p>	

Please visit [www.SCAIRinc.org](http://www.SCAIRinc.org) for more information about SCAIR's 8 Programs:

- Native NetWORKS Program
- Tribal TANF Program
- American Indian Education Centers (AIEC) Program
- Sacred Pipe Tobacco-Use Prevention Education (TUPE) Program
- Howka Community Service Block Grant (CSBG) Program
- Emergency Food & Shelter Program

\*After hour tutoring requests available based on availability of Instructor.  
\*\*Evening hours available based on availability of Clinicians.



# 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
Office Hours: 8AM - 4:30PM	Office Hours: 8AM - 4:30PM	Office Hours: 8AM - 4:30PM	Office Hours: 8AM - 4:30PM	Office Hours: 8AM - 4:30PM
	CAREER DEVELOPMENT 10AM - 1PM*	PARENTING 1PM - 3PM*	CAREER DEVELOPMENT 10AM - 1PM*	
JOB SEARCH**	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	GED Prep 10AM-1PM	World of Work 9AM-12PM	GED Prep 10AM-1PM	Tutorial 9AM-12PM
Native Arts & Crafts 12:30PM-3:30PM	Computers 10AM-1PM	GED Prep 12:30PM-3:30PM	Computers 10AM-1PM	
	Parenting Class 12:30PM-3:30PM			

## Commodity Distribution Schedule May 2023



COMMODITY DISTRIBUTION SCHEDULE FOR MAY 2023		
DATE	LOCATION	TIME
MAY 4, THURSDAY	MANZANITA/LA POSTA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM -12:30 PM
MAY 8, MONDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
MAY 9, TUESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
MAY 10, WEDNESDAY	CAMPO	10 AM – 12 PM
MAY 15, MONDAY	SAN PASQUAL	8 AM – 12 PM
MAY 17, WEDNESDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
MAY 18, THURSDAY	RINCON	8 AM – 12 PM
MAY 22, MONDAY	PECHANGA PAUMA	9 AM – 10 AM 10:30 AM –11:30 AM
MAY 24, WEDNESDAY	PALA	9 AM – 11 AM



## Coming in June:

- SCTCA's Annual High School Graduation Celebration
- Dream the Impossible Conference at the University of California San Diego
- A TANF Success Story in Santa Ynez