

## San Diego State University Honors 2023 Native American Graduates

*By Karin Giron, Education Coordinator, SCTCA TANF Escondido*



*Raelynn Bichitty, left, and Avery Santy-Yazzie*

On the evening of May 5, 2023, graduates, their families, university faculty and staff, and community members celebrated the achievements of the graduating class of 2022-23.

The ceremony began with a welcome and bird singing by Jacob Alvarado Waipuk, who serves as the Chair of Tribal Relations. This was followed by the presentation of the graduates. Each graduate receives an honoring gift for the various programs and activities they took part in during their time at SDSU.

What makes this graduation ceremony special is that SDSU staff and faculty introduce each graduate and all that they have accomplished during their time at SDSU. The graduates then in turn are given the opportunity to share some words with those gathered.

Most graduates thank the people who helped them on their educational journey, such as family, friends and mentors; most mention the assistance they received from the various campus programs dedicated to the success of Native students; and most mentioned the staff and/or faculty member that guided them through their educational journey. This year's ceremony also included beautiful poetry by Raelynn Bichitty.

The ceremony was very emotional for long-time staff, faculty, and community members because we saw the return of two amazing students, Raelynn Bichitty and Avery Santy-Yazzie. These two students were in the recent cohort that championed not only the change of the SDSU mascot but also a permanent space for Native students on campus.

Due to the hardships our Native students face in higher education, Raelynn and Avery left the university a couple of years ago before completing their degrees. During their time away, many of the things they fought so hard for came to

*(Continued on page 4)*

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

*By Donnell Eaglefeather*

*Editor's note: Donnell Eaglefeather is a participant at Southern California Tribal Chairmen's Association (SCTCA) TANF San Diego. This is her story, in her own words.*

My name is Donnell Eaglefeather.

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

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

*(Continued on page 2)*



*Donnell Eaglefeather*



(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:

SCTCA / TANF  
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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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*Donnell Eaglefeather with her two sons  
Photo provided by Donnell Eaglefeather*

me down a dark path mentally and that were self-destructive to me.

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

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

Since then, I have been working my way up from part-time to full-time hours at the same place that I started my first dental assistant job, with Dr. Shen at Trinity Family Dental. My oldest son was only two years old when I first started

my professional job. I have been able to continue to work for the same employer throughout this time. I have built mutual trust and have received flexibility with hours when my children's needs occur during work hours. I was able to buy a car with the help of TANF.

I have additional temporary side jobs working at other dentists when I have days off to increase my income. I also recently started a new part-time job on the weekend as a dental assisting instructor to help demonstrate the skills to incoming dental assistants at Indigo Innovations, Inc School. I received this opportunity due to the recommendation of Dr. Shen who also just gave me a 16% raise.

I feel I have come full circle, by now helping other people who are ready to start their own careers and move up to a better life by getting a better education and then working hard in their careers. My TANF case will soon be closing due to coming to the end of my allowed months. My plan after my TANF case closes is to continue to save my money, get more experience and work in a job I love while being able to provide for my family.

***"I feel I have come full circle, by now helping other people who are ready to start their own careers and move up to a better life by getting a better education and then working hard in their careers."***

# Summer Powwows and Gatherings Celebrate Native American Culture

By Gary P. Taylor, SCTCA TANF

Every summer, Native American tribes throughout San Diego County celebrate their traditions and culture at Powwows and Gatherings.

This year is no different.

Several tribes have already held Gatherings, including Cupa Days the first weekend of May on the Pala Indian Reservation, and Earth Day at La Posta in mid-May. Mesa Grande held its Tekamuk Gathering in early June.

San Pasqual Peon and Bird Singers Gathering was held in mid-June; in late June, Sycuan held its Ipai-Tipai Mataayum, and Cahuilla had its Gathering & Earth Day.

But there are still quite a few over the next two months. Here is a schedule of upcoming Powwows and Gatherings this summer:

**Saturday, July 15:** Campo's Annual Star Gathering

**Saturday, August 5:** Santa Ysabel Traditional Gathering

**Thursday, Friday, Saturday, Sunday, August 10, 11, 12, 13:**

Barona Traditional Gathering

**Friday, Saturday, Sunday, August 18, 19, 20:** Rincon Fiesta

**Saturday, August 26:** Viejas Annual Bird Singers Gathering and Peon Tournament

**Friday, Saturday, Sunday, September 1, 2, 3:** Barona Powwow

**Saturday September 2:** Jamul's 1st Annual Traditional Gathering

**Friday, Saturday, Sunday, September 8, 9, 10:** Sycuan Annual Powwow Celebration

And outside of San Diego County - on **Friday, Saturday and Sunday September 22, 23 and 24** - Morongo is celebrating its Annual Thunder and Lightning Powwow.



----- DISPATCHES -----

## Santa Ysabel



Memorial Day wreath, Santa Ysabel

On the last Monday of May – Memorial Day – the United States honors all those who have died in active military service.

It is a tradition dating back to 1868, when it was first observed in recognition of those who had fought and died in the Civil War.

Now – more than 150 years later – ceremonies across the nation continue in remembrance of those who have fought and died in all of America's wars, conflicts and military actions.

Some of the ceremonies are in large cities; others in small towns; still others are at vast military cemeteries such as Arlington or Quantico.

And others are on small Native American cemeteries.

On Memorial Day, the Iipay Nation of Santa Ysabel held its annual ceremony in the Santa Ysabel Indian Cemetery.

There, some 40 tribal members gathered to listen to the Reading of Names. As the name of tribal veterans were read aloud, a bell clanged in recognition of their service. In all, 120 names were read.

"We are here today to honor all those who stood watch over us," said Stanley Rodriguez, a tribal elder and Desert Storm veteran who had read all the names. "We come to honor them – including those who made the ultimate sacrifice."

In the Memorial Day pamphlet provided at the ceremony – above the printed names – was this message: "Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. We will never forget their sacrifices."

There was also a short excerpt, titled "Letter to Mrs. Bixby:"

"I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom."

Near the end of the ceremony, everyone stood and listened in silence as the slow, mournful cadence of 'Taps' was played. The notes drifted off after a few moments.

The colors, lined up in a row, were gathered by several veterans, who walked them out of the cemetery.

— Gary P. Taylor



## San Diego State University Honors 2023 Native American Graduates

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fruition, such as the Native Resource Center. But with assistance from SDSU’s Reenrollment Program, former SDSU students like Raelynn and Avery can return to campus to complete their baccalaureate degree.

The program is available to former SDSU students who completed at least 105+ units in an SDSU baccalaureate degree program. The program works with campus partners, such as Admissions, Academic departments, the Financial Student Center, the Economic Crisis Response Team, CARES, EOP, Career Services, and other student services to support the student’s transition back to SDSU.

It was an honor to be there to witness the return of Raelynn Bichitty and Avery Santy-Yazzie and witness the completion of their educational journey at SDSU. Congratulations to all the graduates.

### 2023 NATIVE AMERICAN GRADUATES, SDSU

**Cornor Alexander**

B.A. in Political Science

**Raelynn Bichitty**, *Navajo, Apache, Hopi, Zuni*

B.A. in Interdisciplinary Studies:  
English, American Indian Studies,  
Communication Distinction in Interdisciplinary  
Studies in Three Departments

**Elizabeth Chavez Carrasco**

B.A. in Social Work  
Minor in American Indian Studies

**Chamese Dempsey**, *Paiute, Yaqui, Chippewa/Ojibwe*

Masters in Social Work (MSW)

**Bryanna Kinlicheene**, *Diné*

Education Specialist (Ed. S.) Degree in School Psychology

**Shenelle Mason**, *Campo Band Of Mission Indians*

B.M. Music Professional Studies:  
Music Entrepreneurship and Business

**Thomas Morales**, *Te-Moak Band Of Western Shoshone*

M.S. in Public Health: Environmental Health

**Dă Quanisha Parks**, *Afro-Indigenous*

B.A. in Humanities  
Minor in Sustainability  
SDSU 2023 Student Symposium Research Award  
for Diversity, Inclusion and Social Justice

**Kelsi Pich**

B.A. in TV, Film, and New Media

**Avery Santy-Yazzie**, *Diné*

B.A. In interdisciplinary Studies:  
American Indian Studies, English, and Sociology

**Aiyiana Tiger-Mantanona**, *Choctaw, Seminole, Creek*

B.A. in Sociology  
Minor in American Indian Studies

**TJ Welch**, *Viejas Band Of Kumeyaay Indians*

B.A. in American Indian Studies  
Minor in Anthropology  
2023 Outstanding Graduate in American Indian Studies

**Riley Widener**, *Eastern Band Cherokee*

B.A. in Art with Emphasis in Multimedia

# Native American Graduates Honored at California State University San Marcos

By Gary P. Taylor, SCTCA TANF

Eight Native American graduates – all women – were honored in mid-May at California State University San Marcos (CSUSM). More than 60 people attended the American Indian Graduate Honoring Ceremony in the Courtyard on the far east end of the campus. Dr. Ellen J. Neufeldt, CSUSM President, was among several speakers who addressed the graduates, their families, friends and tribal leaders.

“I am so proud of what you have accomplished,” Neufeldt told the graduates. “I am humbled to have this opportunity to speak to you. I truly believe each of you will have a chance to change the world. Congratulations to all of you.”

Stanley Rodriguez, a tribal elder from the Iipay Nation of Santa Ysabel, lauded the students’ commitment to their education.

“You are now graduates – you are one who has grown,” Rodriguez said. “Your accomplishments honor our ancestors. What you have done has them proud.

“It has also made your parents proud. They were there, your families were there to support each one of you. May the Creator watch over you, in your mind and in your heart.”

The graduates – including Alisha Pico from the Iipay Nation and Serenity Pugal from the Torres Martinez Desert Cahuilla Indians – received colorful Native American traditional long scarves at the conclusion of the ceremony.

## 2023 NATIVE AMERICAN GRADUATES CAL STATE UNIVERSITY SAN MARCOS

**Michaela Ashford**, *Esselen Tribe*

Major: B.A. in Liberal Studies

**Marcella Belardes**,

*Juaneno Band of Mission Indians, Acjachemen Nation*

Major: B.S. in Chemistry

**Emilee Gist**, *Navajo*

Major: B.A. in Psychological Science

**Kianna Mailett, EdD., MPA, LCSW**, *Lone Pine Paiute-Shoshone Tribe*

Major: Ed.D in Educational Leadership

**Grace Marks**, *Huslia Village*

Major: B.S. in Kinesiology

**Alisha Pico**, *Iipay Nation of Santa Ysabel*

Major: B.A. in Indigenous Anthropology

**Melissa Powless, EdD.,**

*Oneida Nation of the Haudenosaunee Confederacy*

Major: Ed.D in Educational Leadership

**Serenity Pugal**, *Torres Martinez Desert Cahuilla Indians*

Major: B.A. in Psychology

**Ilianna Gabriella Ramirez**, *Navajo*

Major: B.A. in Psychological Science



# In Rincon, Recognition of Missing and Murdered Indigenous Women

By Gary P. Taylor, SCTCA TANF

On May 5th, dozens of tribal members – including mothers, grandmothers, wives, daughters, sisters, aunts and cousins - gathered at the Rincon Indian Government Center in recognition of Missing and Murdered Indigenous Women (MMIW).

For nearly an hour, they listened to stories of violence, loss, grief and despair. Some women spoke of loved ones they had lost to violent acts, or had themselves suffered from attacks from husbands or boyfriends. Others spoke of relatives who had disappeared years ago, or months ago, and remain missing.

But there were also voices of hope and determination.

“My daughter – she’s been missing for nearly a year,” one woman said, her voice wavering. “But I am still looking for her. My family is still looking for her. We will never give up looking for her.”

Near the conclusion of the event, a deep red Missing and Murdered Indigenous Women flag was displayed - and then raised at the flagpole in front of the Government Center. It fluttered in the wind next to the American flag.

The next day, Medicine Wheel 2023 held a motorcycle ride through San Diego County to bring further recognition of MMIW.

The statistics on MMIW – often incomplete and underreported – paint a picture of a “staggering rate of violence” inflicted on Native American women, according to the Bureau of Indian Affairs.

And, according to a report from the United States Department of Justice:

- American Indian women face murder rates that are more than 10 times the national average.
- Homicide is the 3rd leading cause of death among 10–24-year-olds and the 5th leading cause of death for American Indian and Alaska Native (AI/AN) women between the ages of 25-34
- The highest rates of murdered and missing AI/AN person reports occurred in the states with the highest population of Native people: California, Alaska, New Mexico, Montana, and Arizona

“As sobering as the statistics are, the problem has existed for generations, and data on an accurate number of MMIW is very limited. Only recently have we seen a response by the federal government to address the crisis, and that response was driven by MMIW awareness events at the community level,” said Keely Linton, Executive Director of Strong Hearted Native Women’s Coalition Inc. Linton was at Rincon, as were several other members of Strong Hearted. The organization had several booths providing brochures, pamphlets and other information on MMIW.

For more information on MMIW, visit [www.strongheartednativewomenscoalition.org](http://www.strongheartednativewomenscoalition.org) or visit them on Facebook @SHNWCINC. More information on the crisis of

MMIW is available through the American Indian resource center, [www.niwrc.org/mmiw](http://www.niwrc.org/mmiw) and on missing and unidentified person cases in general through the National Missing and Unidentified Persons System, [www.namus.gov](http://www.namus.gov).



Sandra Quintania, left, and Patty Dimitriou



Strong Hearted flag at MMIW event in Rincon



*MMIW event in Rincon*



*Drummers at Medicine Wheel motorcycle ride*



*Medicine Wheel riders in Rincon speaking about murdered and lost loved ones*

# At Desert Sage, Native American Youth Pursue a Path to Recovery

By Gary P. Taylor, SCTCA TANF

On a cool May morning on the far end of the Desert Sage Youth Wellness Center, it was quiet – except for a slight breeze rustling through two large trees.

Then, the sound of a young man singing a traditional Native American song rang through the air.

As he sang, two girls sat a few feet away, watching intently and listening

The two were among seven Native American youth who reside at Desert Sage, a California Indian Health Youth Regional Treatment Center (YRTC). The center (capacity: 32 youth) provides clinical care and a wide range of services, including cultural, educational and physical health programs for those from 12 to 17 years old who are struggling with alcohol and drug use and other conditions (see sidebar).

While at Desert Sage, the youth reside at the facility 24 hours a day, staying in housing units in groups based on gender. Each person has a roommate and follows an individual treatment program that focuses on using culturally-based healing to deal with substance use, grief, loss, trauma, incomplete relationships and family difficulties. The average stay is four months.

Desert Sage – located south of Hemet in Riverside County – is on roughly 20 acres of what was once an area of dry farming and residential land. The center completed a year-and-a-half-long landscaping project on the far end of the campus-like property three months ago. In mid-May, the YRTC held a celebration of the project's completion. Robert Smith, Chairman of the Pala Band of Mission Indians, attended the event, as well as Chris Devers, former Chairman of the Pauma Band of Mission Indians (pictured at right at Desert Sage in May).

Now, where once an empty field existed, there are pathways that begin at a new sand-filled volleyball court and a nearby horseshoe pit. The pathway then winds past a wooden sweat lodge beneath several tall trees and connects to another path leading to a new semi-circular, mini-open amphitheater area surrounded by bright yellow flowers. The path ends at a large patio, complete with wooden picnic tables and a barbeque grill flanked by red and blue canopies.

The landscaping also includes rockwork and an array of colorful new plants and shrubs.

All of the work has created a new location to gather for those youth who are working on their own path to recovery, said Justin Peglowski, Health System Administrator at Desert Sage.

Peglowski – who has been at Desert Sage four years – said the center is dedicated to its mission of providing care and assistance to young Native Americans who are seeking lasting recovery.

Towards that end, he provided a wide range of information regarding YRTC, provided by the California Indian Health Service:



Pala Chairman Robert Smith, right; former Pauma Chairman Chris Devers, back left; and Beverly Miller, California IHS Area Director

## Therapy

Upon admission, each youth meets with the psychiatrist, is assigned an individual therapist, and substance use disorder counselor. Each youth participates in individual, group and family therapy.

Led by our Clinical Director, our clinical team provides individualized care for each of the youth. Our clinical team consists of a psychiatrist, psychologist, clinical social workers, substance use disorder counselors, intake/aftercare coordinators, teacher, nurse, psychiatric technicians and resident advisors.

The multi-disciplinary treatment team meets regularly to review treatment plans, discusses progress in treatment, and discharge planning/relapse prevention.

## Treatment

...Each individual's path to wellness will be unique to their needs and we recognize and celebrate the culture of our patients. Historical and intergenerational trauma play a key role in a disconnection from one's culture and can negatively impact a youth's sense of self, self-worth, and overall well-being. As an American Indian/Alaskan Native healing center, all treatment provided is trauma-informed.

...We infuse cultural and traditional practices into our treatment. A focus on traditional knowledge and culture helps





our youth to strengthen a positive sense of identity and purpose. This aids the youth in their overall path towards recovery.

### **Cultural Programming**

Cultural and spiritual activities are a foundation of our care. In addition to culturally relevant treatment groups such as Mending Broken Hearts, the Medicine Wheel and 12 Steps, our youth are encouraged to practice their own cultural and spiritual traditions to aid their healing.

...Our youth have the opportunity to participate in daily cleansing with traditional medicine.

We participate in community cultural activities such as ceremonies, dancing, drumming, songs, pow wows, and community gatherings when available.

### **Family Reunification**

It is important for families to heal together. YRTC encourages families to participate in family counseling sessions. These are conducted in person, on the phone, or using tele-video capabilities when available.

...YRTC encourages regular family visits. Visits provide an opportunity to continue to repair stressed relationships and create a strong recovery plan after treatment.

*If you are interested in additional information or have a youth to refer, please contact CAL YRTC and ask to speak with one of our intake coordinators. The phone number for Desert Sage Youth Wellness Center is (951) 708-4019. The Center is located 39990 Faure Road in Hemet.*



## **About Youth Regional Treatment Centers**

The mission of the Youth Regional Treatment Centers (YRTCs) is to provide quality holistic behavioral health care for American Indian and Alaska Native (AI/AN) adolescents and their families in a substance-free residential environment that integrates traditional healing, spiritual values, and cultural identification.

Each of our treatment centers have capacity for 32 youth. We serve American Indian/Alaska Native youth ages 12-17 who are struggling with substance use and other co-occurring conditions.

The average length of treatment is four months. During this time the youth live at our program.

### **Services offered:**

- Behavioral Health Counseling
- Substance Use Counseling
- Individual and Group Counseling
- Family Therapy
- Traditional Healing Services
- Traditional Arts & Crafts
- Cultural Activities
- Field/Recreational Trips
- Educational Opportunities
- Academic and Life Skills Education
- On-site Recreational Spaces
- Fitness Room
- Access to Medical and Dental Care
- On-site Kitchen serving Meals and Snack daily

*Information provided by California Indian Health Service, Youth Regional Treatment Centers.*

# Course in Self-Esteem Seeks to Inspire Positive Attitude

By Cyndie Gilliam, SCTCA TANF Therapist

Self-esteem is essentially, how we value and perceive ourselves.

A healthy self-esteem is essential for growth and ultimately having a more successful life. Of all the judgements we make in life, none are as important as the ones we make about ourselves.

Many things can affect our self-esteem including being bullied or abused, mental or physical health problems, and even unrealistic expectations you have because of what you have seen on social media just to name a few.

On a Tuesday evening in April, the Southern California Tribal Chairmen's Association (SCTCA) Escondido TANF office hosted a Self-Esteem workshop. The facilitator, MFT (Marriage and Family Therapist) Jodene Cuero, provided an excellent presentation. Cuero began by talking about her life and how her self-esteem affected the way she approached things. She gave some great ideas on things you can do to uplift yourself. These included:

- "Your brain can only hold one thought at a time - so make it a positive one."
- "Don't compare yourself to others because they are in a different chapter than you are."
- "If you want to change how you are feeling then you need to change your actions."
- "Give yourself 20 minutes (set a timer) to feel the negative feelings - and then move forward."

She asked the participants to look into the mirror and, instead of seeing imperfections or the negative things you have been told about yourself, ask yourself, What beauty do you see?

Lastly, she had participants draw their hand on a blank piece of paper, put one life goal on each finger and then write down the steps that you are going to take to make those goals happen.

Everyone who attended the workshop seemed to have something positive that they took away from the session. One person even said it helped them to remember their self-worth.

What a great thing to remember.

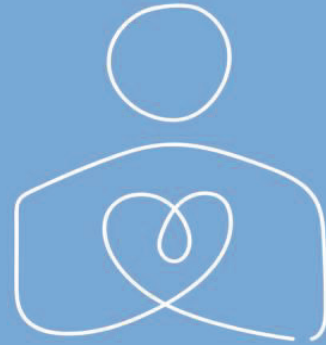


Life goals hand drawing



Jodene Cuero, standing, instructs course on Self-esteem

July 24 is...  
**INTERNATIONAL  
SELF-CARE DAY**



We are often spending so much time taking care of others that we can neglect ourselves and our needs. We end up giving so much to others that we have nothing left for ourselves.

The International Self-Care Foundation created International Self-Care Day in 2011. The date they selected was July 24 (the 24th day of the 7th month). This day was chosen to emphasize that people experience the benefits of self-care **24 hours a day, 7 days a week**. In other words, the benefits of self-care are something that you can experience every day, not just one and done. On this day, individuals throughout the world are encouraged to make self-care a part of their everyday routines and turn it into a priority. Why don't you give it a try?

International Self Care Day 2023 is coming up. Maybe this is a good place to start to find ways to incorporate this into your life. There are four core areas of self-care. They include:

- **Physical** self-care like taking a warm bath, eating healthier, exercising, or getting enough rest.
- **Emotional** self-care like catching up with friends, giving yourself positive affirmations and finding things that make you laugh.
- **Psychological** self-care- like writing in a journal, having healthy boundaries and self-reflection.
- **Spiritual** self-care- spend time with nature, meditation or find a spiritual connection.

Self-care involves conscious participation in activities that promote healthy functioning and enhance your well-being and quality of life. Doing something special for yourself isn't just about feeling good; it's also about taking responsibility for your mental health and well-being. Celebrate international self-care day 2023 by introducing simple self-care practices into your daily lifestyle!

If you are a current TANF participant and you would like more information about self-care including a self-care assessment or a list of ideas on how to care for yourself better you can contact the TANF Therapist Cyndie Gilliam LMFT by phone (619)460-3400 ext. 210 or email [cgilliam@sctca.net](mailto:cgilliam@sctca.net).

## Two High School Graduates of SCTCA TANF Participants Make Their Mark

*Contributed by Karin Giron, Education Coordinator, SCTCA TANF Escondido, and Gerri Massey, Case Manager, SCTCA TANF Santa Ynez*

Katherine Arwen Spiritdove Reyes (descendant Sioux) is a June graduate from Lompoc High School, with a 3.5 Grade Point Average.

During her time in high school Katherine took many AP courses. She said the hardest part of taking AP courses was trying to manage life outside of her courses and frequent surprise tests. Katherine has been a star athlete throughout high school. She started playing tennis in her freshman year and has been on the varsity team since sophomore year. She was undefeated throughout her senior year.

Katherine plans to attend Fresno State University in the Fall, majoring in Nursing. After she graduates college, she would like to work as an Emergency Room or Hospital Nurse. Katherine said she is most proud of all the AP courses she took while trying to plan for life after high school. Her family is proud of her determination, strength and perseverance. Her 4-year-old sister, Phoenix, said, "She's brave and I cheer for her."

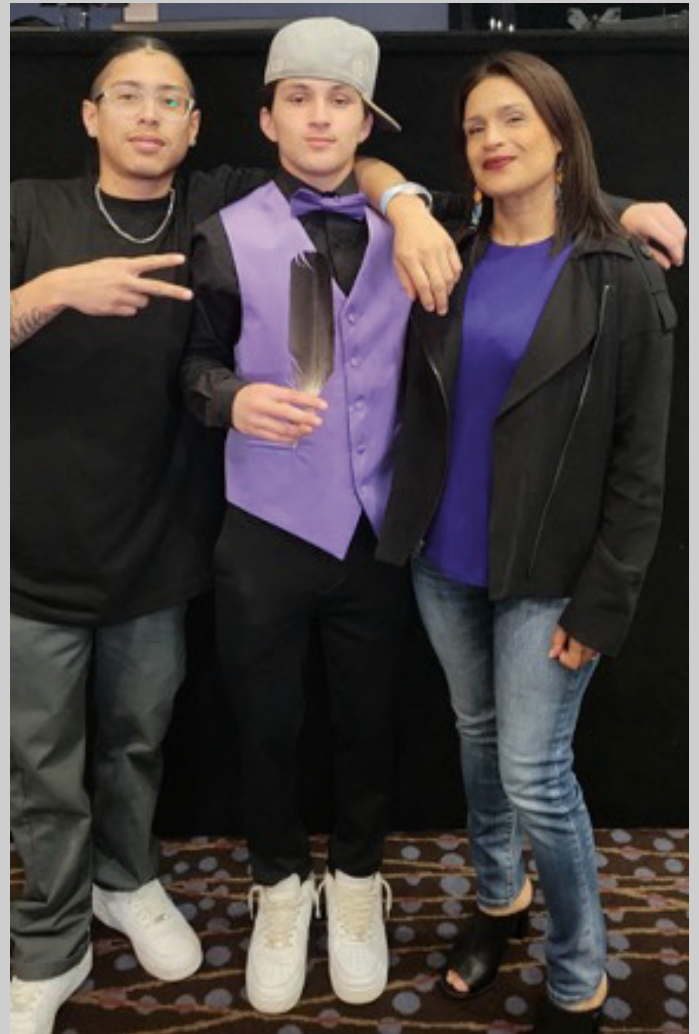


◆  
*Katherine Arwen Spiritdove Reyes*

Achilles Braeden Vasquez is 17 years old and recently graduated from Valley Center High School.

Achilles was in tenth grade when the pandemic started; this affected his studies like many of his peers. This past year, Achilles worked really hard to make up about a year's worth of coursework to graduate with his classmates.

He is currently working on getting his driver's license and plans to join the workforce.



◆  
*Achilles Vasquez, center, with his brother Zacariah and mother Heather*

# Class Calendars

Two Directions, Inc.  
July 1 2023 - December 31 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.  
July 1 2023 - December 31 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.  
July 1 2023 - December 31 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:**  
**Tuesday, July 4, 2023**  
**for Independence Day.**

**JULY 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
<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>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>ABE/GED</b> 9AM-11AM (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</b> (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>SELF-SUFFICIENCY: FINANCIAL FREEDOM</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>KEYBOARDING</b> 9AM-12PM (available online & can be tracked by instructor) <b>ABE/GED</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE</b> (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>ED2GO.COM/ COURSES</b> <b>IN PERSON AND VIRTUAL</b> <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>COMPUTER SKILLS (GENERAL)</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>*TUTORING ASSISTANCE</b> (BY APPOINTMENT ONLY) 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>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>MATH/ENGLISH REFRESHER</b> 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting) <b>*TUTORING ASSISTANCE</b> (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)	<b>ED2GO.COM/ COURSES</b> <b>IN PERSON AND VIRTUAL</b> <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>ABE/GED</b> 9AM-11AM (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</b> (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)

July 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**

8:00am-4:30pm  
**In-Person Classes**  
 Career Training Services  
 Computer Training Services  
 Academic Tutorial Services\*  
 Cultural Education  
 Emergency Supportive Services  
 Life Skills Training  
 Youth Services

**Appointment via Tele-Medicine Only**  
 Counseling Services\*\*

9am, 10am, 11am & 1pm Appointments  
 County Approved Typing Test

**TUESDAY**

8:00am-4:30pm  
**In-Person Classes**  
 Career Training Services  
 Computer Training Services  
 Academic Tutorial Services\*  
 Cultural Education  
 Emergency Supportive Services  
 Life Skills Training  
 Youth Services

**Appointment via Tele-Medicine Only**  
 Counseling Services\*\*

9am, 10am, 11am & 1pm Appointments  
 County Approved Typing Test

**CLOSED**  
 In observance of Independence Day

**WEDNESDAY**

8:00am-4:30pm  
**In-Person Classes**  
 Career Training Services  
 Computer Training Services  
 Academic Tutorial Services\*  
 Cultural Education  
 Emergency Supportive Services  
 Life Skills Training  
 Youth Services

**Appointment via Tele-Medicine Only**  
 Counseling Services\*\*

9am, 10am, 11am & 1pm Appointments  
 County Approved Typing Test

7/19 | 10am -12pm  
 Career Training  
 Resume Development Training  
**By Appointment Only**

7/12 | 3:30-5:30pm  
 Sacred Pipe TUPE at SCAIR  
 7/26 | 3:30-5:30pm  
 Sacred Pipe TUPE at SCAIR

**THURSDAY**

8:00am-4:30pm  
**In-Person Classes**  
 Career Training Services  
 Computer Training Services  
 Academic Tutorial Services\*  
 Cultural Education  
 Emergency Supportive Services  
 Life Skills Training  
 Youth Services

**Appointment via Tele-Medicine Only**  
 Counseling Services\*\*

9am, 10am, 11am & 1pm Appointments  
 County Approved Typing Test

7/6 | 4:00pm-5:30pm  
 Sacred Pipe TUPE at SDIYC Ballard Garden  
 ArtReach  
 7/20 | 4:00pm- 5:30pm  
 Sacred Pipe TUPE at SDIYC Ballard Garden  
 ArtReach

**FRIDAY**

8:00am-4:30pm  
**In-Person Classes**  
 Career Training Services  
 Computer Training Services  
 Academic Tutorial Services\*  
 Cultural Education  
 Emergency Supportive Services  
 Life Skills Training  
 Youth Services

**Appointment via Tele-Medicine Only**  
 Counseling Services\*\*

Please visit 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 July 2023



<u>COMMODITY DISTRIBUTION SCHEDULE FOR JULY 2023</u>		
<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
JULY 10, MONDAY	VIEJAS BARONA	9 AM – 10 AM 11 AM – 12 PM
JULY 11, TUESDAY	MESA GRANDE SANTA YSABEL	9 AM – 10 AM 11 AM – 12 PM
JULY 13, THURSDAY	CAMPO	10 AM – 12 PM
JULY 17, MONDAY	SAN PASQUAL	8 AM – 12 PM
JULY 18, TUESDAY	LOS COYOTES LA JOLLA	8:30 AM – 9:30 AM 11 AM – 12 PM
JULY 20, THURSDAY	RINCON	8 AM – 12 PM
JULY 24, MONDAY	PECHANGA PAUMA	9 AM – 10 AM 10:30 AM – 11:30 AM
JULY 25, TUESDAY	PALA	9 AM – 11 AM
JULY 27, THURSDAY	MANZANITA/LA POSTA OLD CAMPO	9:30 AM – 10:45 AM 11:30 AM - 12:30 PM



## Coming in August:

- Review: Matika Wilbur's *Project 562* photography book
- Recipes for the Summer
- Back to School Tips for Students – and Parents

SOUTHERN CALIFORNIA  
TRIBAL CHAIRMEN'S ASSOCIATION  
Tribal Temporary Assistance for Needy Families  
P.O. Box 1470 Valley Center, Ca 92082

