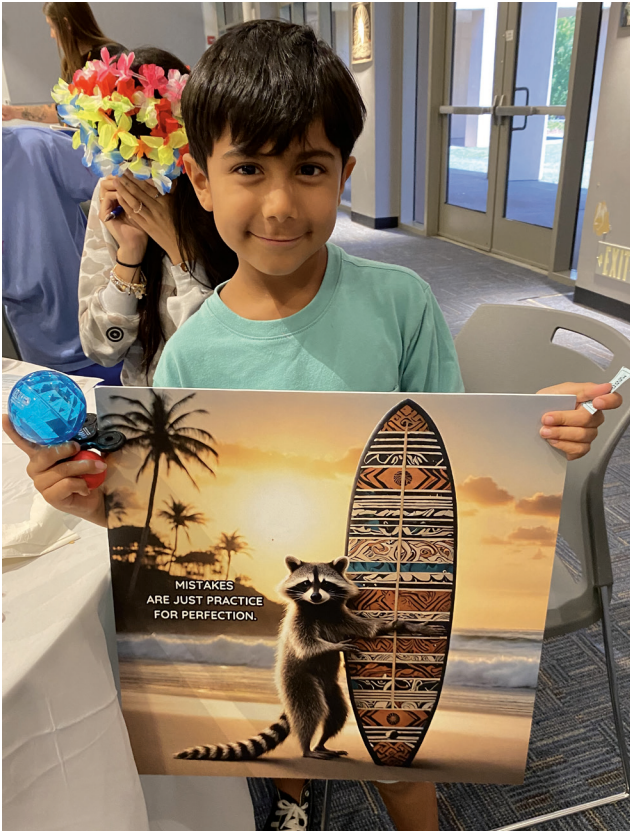


From San Diego to San Marcos to Santa Ynez, SCTCA TANF Holds Back to School Events

By Gary P. Taylor, SCTCA TANF



It may have been the middle of July, but it was time for more than 100 students and their families to gather at Southern California Tribal Chairmen's Association (SCTCA) TANF annual Back to School events.

The events were held in the summer sunshine on successive weekends on July 13 and 20. The first drew around 125 people at the Salvation Army Croc Center in San Diego. It was for Manzanita and San Diego TANF students. The next event at the San Marcos Community Center in San Marcos was for students and families from the Pala and Escondido TANF offices. Nearly 140 people attended.

Five families were at the Back to School event in the Santa Ynez TANF office.

At each event, students were engaged in educational and cultural sessions and various games and activities. Each student also received a clothing allowance for the new school year.

The following are summaries from each of the Back to School events.

PALA/ESCONDIDO

This year the Pala and Escondido TANF offices held a combined Back to School event in San Marcos.

The two staffs worked together to provide a wide array of activities for TANF families and their children. When students and their families arrived, pictures were taken. They were then given the small Polaroid-like photos to keep.

(Continued on page 4)

A New Resume Format: Confident, Competitive – And Do Not Be Subtle

By Gary P. Taylor, SCTCA TANF

In years past, the standard resume format stressed accomplishments, experience – and a more subtle approach to personal achievement.

Not anymore.

While professional experience and accomplishments are still at the heart of a modern resume, subtlety isn't.

In an article published in the Business section of the San Diego Union-Tribune in early August, columnist Phil Blair offered this career advice: when it comes to writing a cover letter and resume, more – not less – is better.

As Blair noted:

“So, when writing your cover letter, and especially your resume, point out skills and experience that will make money

(Continued on page 2)





The Southern California Tribal Chairmen's Association (SCTCA) publishes the Tribal Temporary Assistance for Needy Families (TANF) Newsletter throughout the year at:

SCTCA / TANF
P.O. Box 1470
Valley Center, CA 92082
E-mail: gtaylor@sctca.net
(760) 746-0901 Ext. 118

The newsletter is designed and printed by Tribal Print Source, a division of SCTCA.

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

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

| | | |
|---------------|-------------|-----------------|
| Agua Caliente | Los Coyotes | Santa Rosa |
| Barona | Manzanita | Santa Ysabel |
| Cahuilla | Mesa Grande | Santa Ynez |
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Publisher: SCTCA
Editor: Gary P. Taylor
Contributor: Colleen Turner, Editor and Contributor, 1998-2018
Printers: Tribal Print Source
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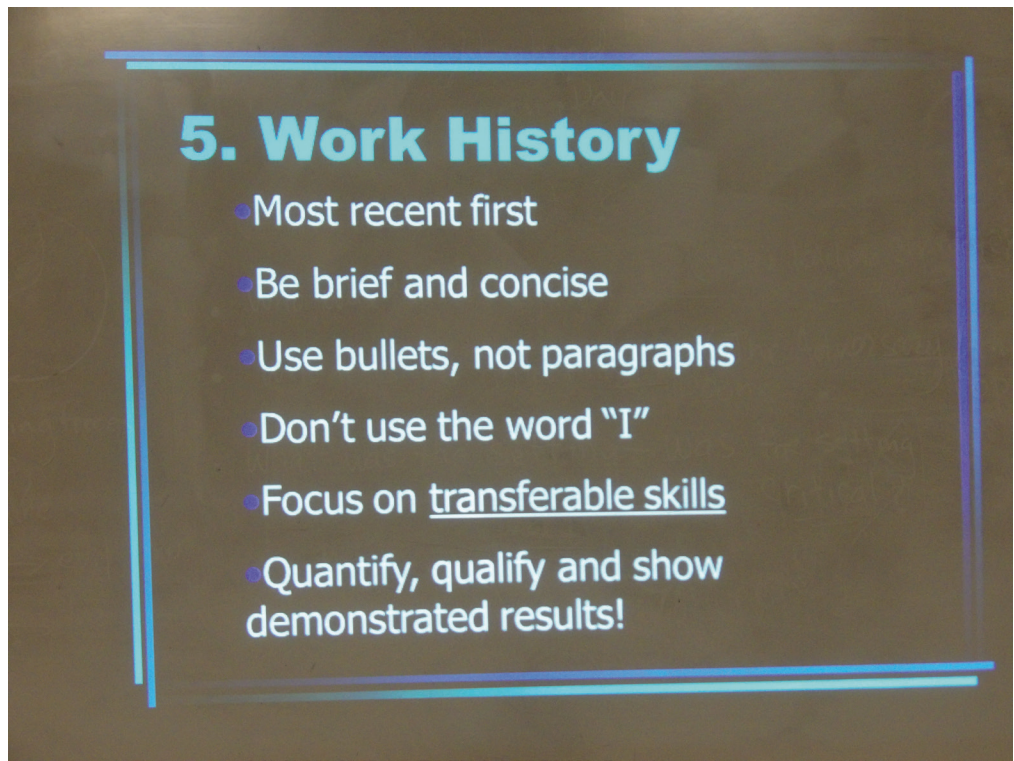
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Orange County Tribal TANF:
(714) 450-9240 Toll-free: (866) 728-2230



(Continued from page 1)



or save money for your future employer. Even better if you do both.

“Don’t be subtle. Make it jump out. Remember, you’re probably competing for that job with anywhere from a handful to hundreds of other applicants who have experience and may have better skills and experience.”

“...If you’re in the job market or looking for something new, I hope you’ve been keeping copious notes of successful projects you’ve worked on, managed or consulted on.”

In other words - more is better than less. Be direct, not subtle. Let your potential employer know you would be a valuable addition to the company - and why.

Also: Blair emphasizes to “not forget including a mention of what you’re most proud of – your family, your smarts, your savvy, your positive attitude, your ability to work with others...Don’t forget any volunteer work you’ve done and will continue to do.

“Be sure to relate your accomplishments in a way that’s easily understood. Don’t make the employer try to figure it out.”

Here are some additional tips, contributed by *Resume Online*:

- 1. Choose a format that’s appropriate for your career goals:** Decide between chronological, functional or combination formats based on your experience and job target.
- 2. Pick a template with a design that highlights your professionalism:** Select a visually appealing template that emphasizes your qualifications and is ATS-friendly.
- 3. Create a header that includes your essential contact info so employers can easily reach you:** Ensure your name, phone number, professional email and any relevant links (like LinkedIn) are prominently displayed.
- 4. Craft a compelling summary that grabs attention:** Write a brief summary that showcases your key achievements, skills and career goals.
- 5. Describe your work history with quantifiable achievements:** List your previous jobs, focusing on measurable accomplishments to demonstrate your value.
- 6. Emphasize your most relevant skills:** Highlight both hard and soft skills that are pertinent to the job you’re applying for.
- 7. List your education and credentials:** Include your degrees, relevant coursework, and any honors or awards.
- 8. Add optional sections like certifications and volunteer work:** Customize your resume with additional sections that showcase your unique qualifications.
- 9. Proofread your resume and save it as a PDF:** Carefully review your resume for errors and save it as a PDF to preserve formatting.

At Santa Ynez, A Cake Decorating Class Gets Creative

By Gerri Massey, Case Manager, SCTCA Santa Ynez TANF



Blaire Osborne, left, and Mysie Radabaugh at Cake Decorating class

The "Business and Cake Decorating" class took place at the Southern California Tribal Chairmen's Association (SCTCA) Santa Ynez TANF on Saturday July 6, 2024. The class was from 11 a.m. to 2p.m.

The activity was facilitated by Mysie Radabaugh and her assistant, Blaire Osborne, from RadaSweets. Radabaugh discussed how she and her daughters started the business and what the process looked like. Each member of the family decorated their own cake. They all stated that they had fun, got creative and enjoyed the team work. They would like to have Radasweets come back in the future to teach cupcake and cookie decorating.



DISPATCHES Sweden



Jim Thorpe

The Olympic Games ended in Paris, France, in mid-August.

Dozens of American athletes won gold, silver and bronze medals in many different competitions.

But none of them equaled the legendary performance of Jim Thorpe, a Sac and Fox Indian from Oklahoma. At the 1912 Games in Stockholm, Sweden, Thorpe had perhaps the single greatest Olympic performance in the history of the Games.

His athletic accomplishments there catapulted him to legendary status. David Maraniss, author of *Path Lit by Lightning: The Life of Jim Thorpe*, writes in his book:

"...It was there, when Thorpe dominated in his track and field events, when his legend was born. According to a Jim Thorpe online site: "He blew away the competition in both the pentathlon and the decathlon and set records that would stand for decades. King Gustav V presented Thorpe with his gold medals for both accomplishments. As stated in Bob Berontas' 'Jim Thorpe, Sac and Fox Athlete': "Before Thorpe could walk away, the king grabbed his hand and uttered the sentence that was to follow for the rest of his life. 'Sir,' he declared, 'you are the greatest athlete in the world.' Thorpe, never a man to stand on ceremony, answered simple and honestly, 'Thanks, King.'"

Thorpe- also known as *Wa-Tho-Huk*, or *Bright Path*, was the star of the Games. He won only two gold medals. But it was how he won them that impressed those who saw him compete. According to the U.S. Olympic website:

"...He began by winning the pentathlon (long jump, javelin, discus, 200m and 1,500m), coming home first in every event except for the javelin, and followed up by finishing fourth in the long jump and seventh in the high jump. He saved the best until last, however, producing an extraordinary performance in the decathlon, which comprised the 100m, long jump, shot put, high jump, 400m, discus, 110m hurdles, pole vault, javelin and the 1,500m. In beating his nearest challenger... he set a new world record of 8,412 points, which would stand until 1948."

The world came to know Thorpe during the 1912 Games. But it was at the Carlisle Indian School in Pennsylvania a year earlier when Thorpe first rose to national fame as a seemingly unstoppable All-American college football star. He played for a team that defeated nationally renowned Army. Army's team at the time included a young Dwight D. Eisenhower playing defense. (Eisenhower, who rose to Commander of Allied Forces in World War II and later President of the United States, joked one of his greatest accomplishments in life was that he had tackled Thorpe once in that game).

When Thorpe died in 1953, at 65, the *New York Times* declared, "His memory should be kept for what it deserves--that of the greatest all-round athlete of our time."

Or, as Maraniss's book documents, the greatest all-round athlete of *all time*.

— Gary P. Taylor

(Continued from page 1)

The event began with a blessing from Paul Miranda of the Pala TANF office.

There was a Children's Discovery Mobile Museum, where younger kids used blocks and Legos to put together different handmade designs.

"Watch this," one little girl said, preparing to push her Lego truck. "I made it myself." She pushed it, and it crashed into a wall about three feet away. "See?" she said. "Didn't even break."

For some of the older kids, there was session called Break Cycle Warriors, led by Bradley Guachino, a Mixed Martial Arts professional. He spoke about physical and mental strength, as well as training and nutrition. But it was his demonstration of actual fighting that drew most of the attention from 40 or so teens watching.

With a sparring partner, Guachino showed the students how to fight off an attacker, using defensive moves and then showing how to go on the offensive with various punching and grabbing techniques. When he asked for volunteers, a few boys came forward. The girls watched.

There was also a Health and Wellness session presented by Sage Slee, who discussed healthy eating, healthy living and developing self-esteem. In the early afternoon, Tommy Devers of the Pala TANF office delivered a speech on self-esteem, and Erik De Haro of the Escondido TANF office performed two songs onstage. SCTCA TANF Education Coordinators Ashley Beck and Brenda Bequette from Pala TANF also explained educational guidelines and requirements for students.

In the final session of the day, there was a presentation by the San Diego Internet Crimes Against Children Task Force (see story on page 7). Detective Laura Hurtado and Office Support Specialist Lisa Ringel warned parents about the dangers of online predators, including coercion and manipulation of younger individuals (boys and girls).

Before the event concluded, students received their clothing allowance for the new school year.

(Continued on page 8)





At Back to School Events, A Warning About Cyberbullying And Online Dangers Confronting Students

By Gary P. Taylor, SCTCA TANF



Shawnalyse Ochoa

Shawnalyse Ochoa stood in front of a roomful of parents at San Diego TANF's Back to School event in mid-July.

What she had to say about the growing prevalence of cyberbullying was direct, factual – and concerning.

"How big is this problem? It is huge," said Ochoa, who is a Community Partnership Prosecutor with the San Diego District Attorney's Office. "Fifty to sixty percent of teens have witnessed or experienced bullying behavior. This not only affects them personally, it also affects their ability to complete their work in the classroom."

Ochoa – who has worked for seven years investigating cyberbullying incidents - noted that are several forms of bullying including physical, social, verbal, and cyberbullying. Ochoa said the most frequent, especially over the past several years, is cyberbullying. And it affects both boys and girls.

"In the old days, someone might be bullied at school – and it would end there," she said. "Kids could go home and get away from it. Now, the bullying can go on 24/7, because kids have their smartphones and they're recording everything, they're posting confrontations and fights, they're posting harassment and intimidation. So for victims there's no getting away from it."

Ochoa said teenagers, especially, may not want to tell their parents about any form of cyberbullying they have witnessed – or that they themselves may have been a victim. But that should not stop you from asking, Ochoa said.

"I want to tell parents – you need to have this conversation with your children," she emphasized. "They need to know you will listen and understand what they are saying and what they are feeling. It could be bullying that involves a friend or someone in school – or even themselves. We need to be there for our kids."

She said it's important to remember that your child may be suffering even if they don't tell you.

"Your child may not come home with a bloody nose or a bruise or some other evidence of a fight or bullying," Ochoa told the parents. "But that doesn't mean they haven't been hurt in some other way. They could be suffering mentally, especially from cyberbullying. The psychological effects can be very damaging and long-lasting."

Ochoa also told parents they should set aside any hesitancy they may have about either looking at their children's phones – or simply taking it away.

"I am empowering you to get into that phone," she declared. "There are things on your children's phones that can be very damaging to them – and you don't even know it. Cell phones are inundating our kids with images and texts and videos. Some of this can be frustrating or even humiliating for them. Things go viral immediately. Our children do not have the life experiences to know how to deal with these things. See what is on their phone, what they are looking at. And take the phone away if you have to."

A week later, at the Pala/Escondido Back to School event in San Marcos, Detective Laura Hurtado of the San Diego Internet Crimes Against Children Task force spoke to another gathering of parents about the dangers facing children online.

"There are so many cases of students, mostly teens, getting lured into dangerous situations by online predators," Hurtado said. "And it's getting worse. In 2019, we had 3,315 cases we were investigating. In 2023, we had over 9,000 cases. And, honestly, only a fraction of those cases are solved."

One of the biggest problems, Hurtado said, is with teens who send indiscreet photos of themselves to their boyfriends or girlfriends without realizing they can be posted online for everyone to see.

"Once they're posted, it's very hard to get them taken down," she noted. "And it can really ruin someone's life."

Hurtado noted another danger is from online predators who convince individuals – boys or girls – to send them photos of themselves in various states of undress or even nude.

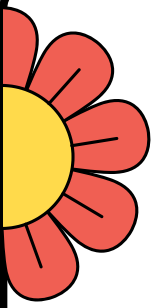
"There are some very bad people out there who can convince and manipulate and then threaten to get what they want," she said. "They may demand photos, and if they get them, they threaten to tell an individual's family members, or post them online. When this happens, a lot of teens freak out and don't know what to do. They're humiliated and scared and don't see any way out."

Lisa Ringel, Office Support Specialist with the Crimes Against Children Task Force, acknowledged "this is a very difficult subject" for parents. But they should not ignore it, she said.

"You must be aware of what's going on with your child," she said. "You need to know who their friends are, who they spend time with, what games they are playing online, what social media they are using or are exposed to."

Ringel offered one additional warning: be wary of posting photos of your children online.

"Remember – sharing photos, with all their locations, times, dates – all of this weaponizes online predators," she cautioned. "They see this stuff, and it gives them an opening to make an approach. I know it's horrible, but we have to think that way to protect our children."



HOW TO STAY SANE THIS SCHOOL YEAR



— by Ashley Beck - Education Coordinator SCTCA Escondido TANF —

The first days of school have arrived! It's an exciting time to learn, make friends, and grow. But we all know that school can be stressful too. Use these four strategies to manage stress and maintain your well-being throughout the year:

1. Grounding Exercises

Are you feeling overwhelmed? Grounding exercises can help you feel better right away. Next time you feel stress, try this exercise!

5-4-3-2-1

Take a deep breath in and out, then identify the following:

5 things you can **see**,
4 things you can **feel**,
3 things you can **hear**,
2 things you can **smell**, and
1 thing you can **taste**.

3. Establish a Routine

Routines minimize stress by creating predictability in your day. Set one goal and work towards it daily. For example, aim for more sleep by making bedtime at a specific hour part of your routine. Be realistic about what you can accomplish each day. If your routine is causing more stress, change it!

2. Ask For Help

If you're unhappy at school, ask someone for help. You can ask in person, send an email or have someone else, like your TANF Education Coordinator, ask for you. Remember that school staff want you to succeed! You're not the first to ask for help, and you certainly won't be the last.

4. Culture is Prevention

We know that cultural connectedness improves emotional health and academic success in Native youth. You can connect with your culture by spending time with family and attending community events. SCTCA can give you up to \$1,000 to participate in extracurricular activities, such as intertribal sports, and learning Native skills and crafts. Contact your Education Coordinator for details!

Remember: managing stress is all about finding a strategy that works best for you and adjusting it as needed. Have a fantastic school year!



SAN DIEGO/MANZANITA

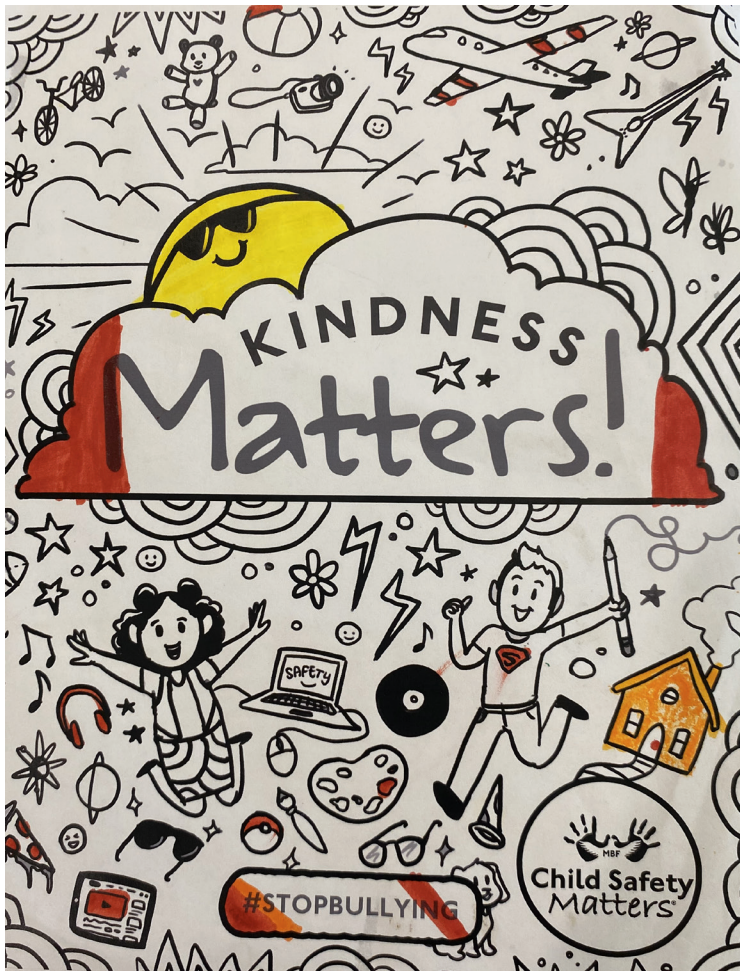
By Kayle Tydingo-Choi, Education Coordinator, SCTCA San Diego TANF and Amanda Neves, Education Coordinator, SCTCA Manzanita TANF

The San Diego/Manzanita Back to School event was held on Saturday, July 13, at the Salvation Army Croc Center in San Diego. The four-hour event began with our TANF participants engaged in breakout sessions to prepare them for the upcoming school year. Parents reviewed the SCTCA TANF Education Requirements with Kayle Tydingo-Choi, San Diego TANF Education Coordinator. After that, there was a detailed presentation (see page 6) on Cyberbullying by Community Partnership Prosecutor Shawlyse Ochoa from the San Diego County District Attorney's Office. In her presentation, Ochoa discussed what cyberbullying is, how to have healthy conversations with our children about cyberbullying, and ways that parents and guardians can help protect their children from cyber bullying.

Our TK-5th graders participated in an Anti-Bullying workshop presented by Heather Sepulveda, Site Manager at SCTCA Manzanita TANF. Our 6th- 12th graders learned about the A-G requirements for California State University schools) and the University of California schools from presenter Beatriz Lopez Moreno.

Following the presentations, TANF families transitioned over to the Corner Zone where they joined as a community and participated in cultural family engagement activities, prevention discussions, and physical enrichment activities. The cultural family engagement activity- beaded headdresses- was facilitated by Elena Weaver, Community Outreach Coordinator for San Diego American Indian Health Council's Native Connections Program.

Throughout the event, families were able to participate in a raffle. The raffle items were purchased with donated funds from San Diego Gas & Electric. All prizes focused on family engagement activities: Family game night (board game sets), family karaoke night (mini karaoke machine), family beach day (large beach blanket and beach toys). We raffled off passes to the Living Coast Discovery Center, which was generously donated by the Living Coast. Also- each TANF school-aged child received school supplies sponsored through the Verizon Innovative Learning Grant.





SANTA YNEZ

Story and photos by Gerri Massey, Case Manager, SCTCA Santa Ynez TANF

The Back-to-School Event was held at the Santa Ynez TANF office in late July.

Five Families attended the event. One family met with SCTCA Santa Ynez TANF Case Manager Gerri Massey on a different day. She went over the SCTCA TANF Education requirements and discussed the importance of attendance. She emphasized the importance of each student having a separate study space to be able to learn better.

Massey also discussed family activities, such as scavenger hunts, that promote family enrichment and boosts children's self-esteem. While discussing the TANF Education requirements, the students made picture frames.

In the future, participants said they would like to see more cultural activities and learn about Indigenous foods. One participant said they would like to have a creative writing session or STEM activities. Another participant stated that they liked learning more about Title VI. Finally, one other participant said they would like to do another clay class. Several participants also stated they enjoyed meeting other TANF families.



COPING WITH GRIEF

WHAT IS GRIEF

Grief is a natural response to the loss of someone or something very important to you. The loss may cause sadness and may cause you to think of very little else besides the loss.

Grieving is a personal experience. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience.

There is no "normal and expected" period of time for grieving. You will probably grieve your loss of your loved one for the rest of your life. Your goal is to try and remember them with more love than pain.

"People often say, "I don't know how you're doing it." I tell them that I'm not. I'm not deciding to wake up in the morning. I just do. Then I put one foot in front of the other because there's nothing else to do. Whether I like it or not, my life is continuing, and I have decided to be part of it."

— David Kessler



HOW CAN YOU WORK THROUGH GRIEF

There is no way around grief. You need to go through it and come out the other side.

- Allow yourself time to grieve maybe even make a special time once a day/week where you devote time to them and their memories by looking at pictures, preparing their favorite meal or talking to others about some of your favorite stories.
- Practice self care.
- Acknowledge your pain.
- Accept that grief can trigger many different and unexpected emotions.
- Understand that your grieving process will be unique to you.
- Seek out face-to-face support from people who care about you.
- Support yourself emotionally by taking care of yourself physically

HOW CAN YOU HELP OTHERS IN GRIEF

- Know that a person in grief is not broken and therefore cannot be fixed.
- Allow the bereaved person to talk and express their grief in whatever way they need. This may include crying, angry outbursts, screaming, laughing, expressions of guilt or regret.
- offer support like taking out the trash, doing the laundry, bringing them a meal, picking the kids up from school
- Things to say that are helpful might be: I am so sorry for your loss. I wish I had the right words, just know I care. I don't know how you feel, but I am here to help in any way I can. You and your loved one will be in my thoughts and prayers. You can give a hug instead of saying something or just say nothing, just be with the person can be helpful to them.
- However well intentioned, things to that might **not** be helpful to a grieving person can include: At least she lived a long life, many people die young. He is in a better place. There is a reason for everything. Aren't you over him yet, he has been dead for awhile now. You can still have another child. She was such a good person God wanted her to be with him. I know how you feel. She did what she came here to do and it was her time to go.



If you have any questions or would like to discuss this further please contact
Cyndie Gilliam LMFT TANF Therapist © 760-330-3913 or cgilliam©setea.net

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BG ASSOCIATES INC. PROVIDES
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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>IN PERSON CLASSES</p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p>VIRTUAL CLASSES</p> <p>IN PERSON AND VIRTUAL</p> <p>ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>SPANISH 9AM-11AM (available online/app & can be tracked by instructor)</p> <p>PHILLIP ROY: HEALTH CARE TERMS 9AM-11AM (lessons can be emailed)</p> <p>KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)</p> <p>APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)</p> | <p>IN PERSON CLASSES</p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p>VIRTUAL CLASSES</p> <p>IN PERSON AND VIRTUAL</p> <p>ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>SPANISH 9AM-11AM (available online/app & can be tracked by instructor)</p> <p>KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)</p> <p>APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)</p> | <p>IN PERSON CLASSES</p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p>VIRTUAL CLASSES</p> <p>ED2GO.COM/ COURSES</p> <p>IN PERSON AND VIRTUAL</p> <p>LIFE SKILLS: (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>WHAT COLOR IS MY PARACHUTE 9-11AM PRACTICAL LIFE SKILLS 11:30AM-1:30PM</p> <p>SPANISH 9AM-11AM (available online/app & can be tracked by instructor)</p> <p>COMPUTER SKILLS (GENERAL) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)</p> <p>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)</p> | <p>IN PERSON CLASSES</p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p>VIRTUAL CLASSES</p> <p>IN PERSON AND VIRTUAL</p> <p>COMPUTER SKILLS (GENERAL) 9AM-12PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>SPANISH 9AM-11AM (available online/app & can be tracked by instructor)</p> <p>SELF-SUFFICIENCY: FINANCIAL FREEDOM 12:30PM-2:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)</p> <p>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)</p> | <p>IN PERSON CLASSES</p> <p>*OPEN LAB / JOB SEARCH / APPLIED SKILLS / DRIVER'S PREP 8:30AM-4PM (VARIES BY CLIENT)</p> <p>VIRTUAL CLASSES</p> <p>ED2GO.COM/ COURSES</p> <p>IN PERSON AND VIRTUAL</p> <p>ABE/GED 9AM-11AM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>SPANISH 9AM-11AM (available online/app & can be tracked by instructor)</p> <p>PHILLIP ROY: WELDING TERMS 9AM-11AM (lessons can be emailed)</p> <p>KEYBOARDING 9AM-12PM (available online & can be tracked by instructor)</p> <p>APPLIED SKILL PRACTICE (GED) 11:30AM-1:30PM (via Zoom, Google Meet, or other form of virtual face to face meeting)</p> <p>*TUTORING ASSISTANCE (BY APPOINTMENT ONLY) via Zoom, Google Meet, or other form of virtual face to face meeting)</p> |

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.

SCAIR Weekly Calendar
Serving the Native American
Community Since 1997

SEPTEMBER 2024

| MONDAY 8:00am-4:30pm | TUESDAY 8:00am-4:30pm | WEDNESDAY 8:00am-4:30pm | THURSDAY 8:00am-4:30pm | FRIDAY 8:00am-4:30pm |
|--|--|--|--|--|
| <p>Daily services:</p> <p>Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> | <p>Daily services:</p> <p>Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> <p>Coffee w/ the Director 9/3, 10:00am</p> <p>TUPE at SCAIR 9/17, 3:30-5:30</p> | <p>Daily services:</p> <p>Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> | <p>Daily services:</p> <p>Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> | <p>Daily services:</p> <p>Career Training Computer Training Academic Tutorial Life Skills Training Youth Services</p> |



SCAIR Program Flyers

By appointment only:
Counseling Services
Youth Academic Tutorial Services
County Approved Typing Tests

*After hour tutoring and
counseling requests available
based on availability of
instructors and clinicians

Please visit www.SCAIRinc.org for more
information about SCAIR's programs:

Native Networks Program

Tribal TANF Program

American Indian Education Center
(AIEC) Program

Sacred Pipe Tobacco-Use Prevention
Education (TUPE) Program

HOWKA Community Service Block Grant
(CSBG) Program

Santa Ynez

Santa Ynez – SCTCA TANF • 185 W. Highway 246, Suite 102, Buellton, CA. 93427
 Phone: (805) 688-1756 • Fax: (805) 688-6827

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|---|---|--------------|
| JOB SEARCH** | CAREER DEVELOPMENT 10AM - 1PM* JOB SEARCH** | PARENTING 1PM - 3PM* JOB SEARCH** | CAREER DEVELOPMENT 10AM - 1PM* JOB SEARCH** | JOB SEARCH** |

* By Appointment Only ** Must be Pre-Approved

Manzanita

Manzanita SCTCA Tribal Training Program • 39 A Crestwood, Boulevard, CA
 Phone: (619) 766-3236

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|----------------------|
| Culture/ Entrepreneurial Class 9AM-12PM Native Arts & Crafts 12:30PM-3:30PM | GED Prep 10AM-1PM Computers 10AM-1PM Parenting Class 12:30PM-3:30PM | World of Work 9AM-12PM GED Prep 12:30PM-3:30PM | GED Prep 10AM-1PM Computers 10AM-1PM | Tutorial 9AM-12PM |

Commodity Distribution Schedule September 2024



| FOOD DISTRIBUTION SCHEDULE FOR SEPTEMBER 2024 | | |
|---|-----------------------------|-----------------------------|
| DATE | LOCATION | TIME |
| SEPT 9, MONDAY | LOS COYOTES LA JOLLA | 8:30AM-9:30AM 11AM-12PM |
| SEPT 11, WEDNESDAY | RINCON | 8AM-12-PM |
| SEPT 12, THURSDAY | PECHANGA PAUMA | 9AM-10AM 11AM-12PM |
| SEPT 16, MONDAY | PALA | 9AM – 11AM |
| SEPT 17, TUESDAY | MANZANITA OLD CAMPO | 9:30AM-10:30AM 11AM-12PM |
| SEPT 19, THURSDAY | VIEJAS BARONA | 9AM – 10AM 11AM-12PM |
| SEPT 23, MONDAY | MESA GRANDE SANTA YSABEL | 9AM – 10AM 11AM – 12PM |
| SEPT 24, TUESDAY | CAMPO | 10AM – 12PM |
| SEPT 26, THURSDAY | SAN PASQUAL | 8AM – 12PM |



Coming in October:

- Orange County TANF Boosts Student Activities
- Native American Fashion Show in Sycuan
- Gallery: Powwows and Gatherings

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

