

## At Rincon IHC, A Discussion Of Fetal Alcohol Spectrum Disorders

By Gary P. Taylor, SCTCA TANF

The man on the screen was Native American.

He was talking about what it's like to live while suffering from Fetal Alcohol Spectrum Disorders (FASD.)

"Some days I can do things," he said, nodding his head, "Other days I need a lot of help to do even the most simple things."

The man admitted he has difficulty forming thoughts, controlling his emotions and battling depression. And he can't walk that well, sometimes moving room to room slowly and awkwardly.

All of this, he says, is because his mother drank when she was pregnant with him.

"Yeah, she drank a lot," he admitted. And then he said this: "But I don't blame her. I just want other people to know it doesn't have to be like this."

The man appeared in a short film that was shown at the Rincon Indian Health Council as part of an event on FASD. The two-hour session in early September included presentations by Annika



Montag, Ph.D, from the University of California, San Diego and Rachele Feiler, P.h.D, keynote speaker. Both women discussed FASD and its mental and physical effects on Native Americans and non-Natives. Toni Jensen and Rhonda C. Romero from Healthy Native Nation were

also at the event, answering questions and providing additional information.

Feiler said that "FASD is often called an invisible disability."

"Individuals with FASD are often misdiagnosed, or missed entirely," she acknowledged. "Awareness of FASD and its life-long effects is critical so that we can prevent some of the most serious consequences individuals may face."

Added Montag, "The current conservative estimate of FASD prevalence in the U.S. is up to 5%, but the adjusted, probably closer to the truth estimate is up to 1 in 10 first-graders."

Among some of the information provided included an explanation of what happens to a fetus when the mother drinks – and why it happens. According to the National Organization on Fetal Alcohol Syndrome:

- *There is no safe amount or type of alcohol during pregnancy. Any amount of alcohol, even if it's just one*

(Continued on page 2)

## New Teen Miss Julian Is From Iipay Nation

Contributed by Jill Fleming, Pageant Director, and Becca Vargas

On Sunday, September 9, in front of a standing-room only audience at Julian Union High School, Britney Vargas was crowned Teen Miss Julian 2018-19.

Britney – a tribal member of the Iipay Nation of Santa Ysabel - is a 15 year-old sophomore at Julian High. She is the daughter of John and Becca Vargas, who reside with Britney on the Santa Ysabel Indian Reservation. A varsity cheerleader, Britney is also involved with basketball, baseball and softball. She is also the Associated Student Body Secretary for her class this year.

"John and I are very proud of her and are

excited that she will be representing the town of Julian in the upcoming year," said her mother Becca. "She hit the ground running with her first two appearances in mid-September so it is going to be a very busy but exciting year for her."

There were four Teen Miss contestants this year. In the competition, Britney won the Teen Speech category, Teen Interview and the Spirit Award. The pageant also had three contestants competing for the separate crown of Miss Julian.

Britney will be an ambassador for the town of Julian. She will make appearances at events in town and down the hill as



Britney Vargas, third from left

(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: newsletter@sctca.net  
 (760) 746-0901 Ext. 100

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

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

SCTCA provides services to San Diego and Santa Barbara Counties and the following reservations:

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

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*Thanks mom, for not drinking when you were pregnant with me.*

*glass of wine, passes from the mother to the baby. It makes no difference if the alcohol is a liquor such as vodka, beer or wine.*

- Alcohol causes more harm than heroin or cocaine during pregnancy. The Institute of Medicine says, "Of all the substances of abuse (including cocaine, heroin and marijuana) alcohol produces by far the most serious neurobehavioral effects on the fetus."

- 1 in 100 babies have FASD, nearly the same rate as Autism. FASD is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis and Spina Bifida combined. Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities and learning disabilities.

In a Healthy Native Nation pamphlet distributed at the FASD event, the following can be the short-term and long-term effects on a child if the mother was drinking during pregnancy: Lifelong learning difficulties, behavior problems, difficulty with judgement and reasoning, poor social skills, poor coordination and motor skill delays. In more serious cases, the child may suffer birth defects and brain damage, including mental retardation.

The California Native American Research Center for Health, affiliated with the University of California San Diego and IHC, has this message for mothers, their families and friends: "Pregnancy is a sacred time. If you are pregnant, don't drink alcohol! If you know someone who is pregnant, help her to not drink alcohol!"

And, as Healthy Native Nation noted, "While there is no cure for FASD, it is 100 percent preventable when pregnant women abstain from alcohol."

Romero and Jensen noted that Healthy Native Nation is a program at Indian Health Council to increase awareness about FASD and provide advocacy and support for individuals who have FASD and their families.

Family members and caregivers of someone affected by FASD can receive help by attending Healthy Native Nation's



*Drawing by Sequoia Redbird*

monthly support group meetings, held the first Tuesday of every month from 4-5 pm at Indian Health Council. According to Romero and Jensen, Healthy Native Nation wanted to create a place where community members can come together to learn about ways to cope and have an opportunity to share their own experiences. Child care is provided and refreshments are served.

(Continued from page 1)

## New Teen Miss Julian

well. She will also help different groups in town with their events.



*Britney Vargas with Teen Miss Julian and Miss Julian entrants*

# SCAIR To Expand Services In California

By Wanda Michaelis, SCAIR Executive Director



Southern California American Indian Resource Center, Inc. (SCAIR) is proud to announce its recent designation by the United States Department of Labor, Division of Indian and Native American Programs (DINAP) to expand its successful and effective Workforce Innovation and Opportunity Act (WIOA.)

Services will expand within six counties: Santa Cruz, San Benito, Monterey, San Luis Obispo, Santa Barbara and Ventura.

Since 2014, SCAIR has provided WIOA services to urban and low-income Native American/ Alaska Native/ Native American Hawaiians living in San Diego County through its Native NetWORKS program. These services, designed utilizing an integrated and wraparound one-stop-shop approach, aim to provide individuals with the training they need to obtain and retain gainful and rewarding employment.

Through SCAIR's Native NetWORKS, eligible individuals may receive career counseling and job placement services, academic tutorial for GED/High School Diploma and college prep, and basic to advanced computer classes including Microsoft and Quickbook certifications. The program also offers supportive services to overcome barriers to employment, as well as mental health counseling for individuals, couples and families.

In 2017, SCAIR received an award from DINAP recognizing it as one of six outstanding grantees in the country for its unique and successful model of delivering services.

In the coming months, SCAIR will be assessing the needs of Native communities located in its newly designated six-county region, as well as identifying local community partners and setting up a satellite office to begin administering services. We will be looking to established partners and friends for guidance and support.

SCAIR looks forward to this new phase in its provision of WIOA services and is grateful to the Department of Labor and DINAP for the opportunity to expand into a new and diverse region of California while continuing to provide the same quality services to those living in San Diego County.

For more information or questions regarding SCAIR's Native NetWORKS program, please contact Frank Pancucci, Program Director, at (619) 328-0676, extension 208. He can also be reached by email at [frank@scairinc.org](mailto:frank@scairinc.org).

For more information regarding SCAIR, please visit [www.SCAIRInc.org](http://www.SCAIRInc.org).

— DISPATCHES —

## In Memoriam Larry "Moto" Banegas 1949-2018



On the last day of August, hundreds of people gathered at the Barona Cemetery for the funeral of Larry "Moto" Banegas.

Banegas died on August 10 of cardiac arrest. He was 69 years old.

As noted by John Wilkens in the *San Diego Union Tribune*, "Born (in 1949) into a Kumeyaay/Luiseno family, Larry Banegas believed in preserving history. Making it, too. Activist, social worker, college instructor, Barona tribal council member, musician — he spent much of his life exhorting others to seize opportunities for a better life."

The Barona tribal elder had a lifetime of accomplishments that spanned the decades.

"Banegas was among those who occupied Alcatraz Island off San Francisco in the early 1970s," Wilkens wrote. "In 1974, he graduated from Long Beach State University, one of the first from his tribe to get a degree, according to family members. He helped start the Native American Studies program there."

Banegas also earned a Master's Degree in Social Work from San Diego State University. For more than two decades he worked in child welfare jobs with the country and other agencies. Banegas spent most of his career helping individuals with adoptions, foster care and protective services.

He was a well-respected tribal member at Barona, serving on the tribal council for several years. And, as noted by Wilkens, he "became the first Native American on the board at the Museum of Man in Balboa Park. He loved music — a guitarist and accordion player, he formed one band with his sons —and travel."

Before he was laid to rest, Banegas' son Ethan spoke at length about his father, pausing several times during an emotional tribute that included laughter and tears.

In the funeral program, the Banegas Family expressed its appreciation to all those who attended.

"Our hearts are full of gratitude that words cannot convey, for all the kindness, sympathy and support you have shown, with loving thoughts and gratefulness, we thank you on this day. Special Thank you to All the gravediggers, singers and cooks."

On the back of the program was a poem completed by Banegas in late June called *The Journey*.

*"A journey there is a start and sometimes you don't know where your going sometimes you have to go back. It's the present time of the journey that is the most important to live. Look around and see the world see nature in the most detail. Smell the air see the sky hear the world. Notice self and the change inside and out. Take the time or you'll miss the journey. Feel the earth and see and feel the bliss. Each step is closer to the end."*

Banegas' survivors include his sons, Brandon, Ethan and Zackary Banegas; longtime partner, Denise Mahaffey; his brother, Bobby Banegas; his sisters, Beverly Means, Velma Schlater, Diane Bojorquez and Doris Magante; Linda Sanchez; Gwendolyn Sevilla; and nine grandchildren.

- Gary P. Taylor

# Reflections On A Summer Of Powwows And Gatherings

*By Gary P. Taylor, SCTCA TANF*

Throughout the summer, on reservations from Pala to Sycuan, Native Americans held Powwows and Gatherings.

Some of the Powwows lasted three days and two nights, including those at Rincon, Pala, Barona and Sycuan. The Gatherings lasted one or two days, including Campo, La Posta, Mesa Grande, Santa Ysabel, Barona and Viejas.

The first Gathering was at Pala in early May; the last Powwow was in Sycuan in early September.

In those four sun-drenched months, hundreds of tribal members and their families attended these traditional celebrations of Native American culture. Hundreds of non-Natives also attended the Powwows, sometimes more than that, sitting in stands, watching Native Americans dance in traditional colorful dress.

Each Gathering and Powwow is different in its own way. At Mesa Grande, the Gathering celebrated past tribal leaders; black and white pictures were prominent. At Santa Ysabel, the Gathering included a deep-pit barbecue that fed everyone, with tribal elders served first.



At the Rincon Fiesta, there was a small section of amusement rides; a rodeo; softball tournaments for men's and women's teams; basketball games; and children splashing in water. At Pala and Barona there were days of Native American dance and nights of song.

At Sycuan, the last of the Powwows, there was a little of everything from the other Gatherings and Powwows: Native American dance, songs, children's games, vendors selling Indian jewelry, blankets, clothes, sculptures and paintings. And there was a lot of food, as in every Gathering and Powwow – some traditional, some non-Native, but all prepared throughout the day and night.

Each Gathering and Powwow is also similar in its own way. From the smaller Gatherings at Campo and La Posta to the larger Powwows, the celebration of Native American culture and tradition is evident. It is this celebration that brings Native Americans together, in remembrance of the past, and in anticipation of the future.

On this and the following three pages are photographs from a season of Powwows and Gatherings. 



### HOMELAND SECURITY

SIERRA MADRE MOUNTAINS, MEXICO — Geronimo photographed before surrender to General Crook, March 27, 1886, Cañon de los Embudos (photo by C.S. Fly).  
GERONIMO: "I was no chief and never had been, but because I had been more deeply wronged than others, this honor was conferred upon me, and I resolved to prove worthy of the trust."  
RIFLES: (l-r) Winchester 1875 carbine, Winchester 1875 carbine, 45-70 Trapdoor Springfield carbine and 45-70 Trapdoor Springfield.  
APACHE WARRIORS: (l-r) Yanocha, Chuppo (Geronimo's son), Fin (Yanocha's half brother), Geronimo.

### FIGHTING TERRORISM SINCE 1492



Indian Children at School







***“Native Americans are big believers in all things living and spiritual and viewed life and death as an inevitable circle. Some of the Powwow ceremonies conducted celebrated this circle with tribal drums, dancing, food, chanting and traditional healing rituals. They acted out ancient stories handed through the generations, which kept their history alive.”***

# Fall Recipes Follow Tradition – And Not The Trend

By Gary P. Taylor, SCTCA TANF

Now that Autumn has arrived, Fall is close behind.

And that means a return to some traditional recipes, both Native American and non-Native.

But, as noted in September in the *Wall Street Journal*, some food traditions are being dismissed.

Such as eating on plates.

According to the *Journal*, some chefs at high-end restaurants in America and Europe have begun serving their culinary masterpieces on everything but plates. Some of the plate substitutes found at restaurants: “axes, clipboards, tennis rackets, hubcaps, flower pots.”

One chef told the *Journal* he served his diners one of his entrees on a bed of rocks.

“The first thing you have to do is tell them not to eat the rocks,” the chef said, noting he also serves deep-fried pig head on tree bark.

Now, if restaurant patrons have to be warned not to eat the rocks, then perhaps the whole not-using-a-plate thing will soon pass.

The *Journal* noted that Joseph Fattorini, a London wine merchant, declared “the smart dining world in London sees it as gimmicky.” It seems probable even the dumb dining world in London sees not using plates as gimmicky. Fattorini also noted he was “utterly flabbergasted” when he was at a restaurant in Switzerland when his soup arrived in a glass nestled in a stiletto.

Hopefully he was told not to wear the stiletto when he was done with the soup.

The *Journal* did point out Jacques Pepin, dean at the International Culinary Center in New York City, called the

plate substitution trend “ridiculous.” Not so much because it is ridiculous, but because “it hides the lack of technique.”

According to one New York chef, the next trend may be serving food directly onto the table. Imagine the possibilities – no plates, no tablecloths. And quite possibly no customers.

As for traditional recipes (best served on plates), here are some from Jessica Sass with Southern California Tribal Chairmen’s Association (SCTCA) Rincon Food Distribution:



## Pumpkin Muffins Makes 12

### Ingredients:

Nonstick Spray  
 1  $\frac{3}{4}$  cup all-purpose flour  
 1  $\frac{1}{2}$  teaspoons baking powder  
 1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 1 cup light brown sugar  
 1 cup pure canned pumpkin  
 $\frac{1}{2}$  cup granulated sugar, plus more for topping  
 $\frac{1}{2}$  cup vegetable oil  
 2 large eggs

### Directions:

Preheat oven to 350 degrees. Lightly coat a standard 12 cup muffin tin with nonstick spray or line with paper liners. Whisk flour, baking powder, cinnamon, ginger, salt and nutmeg in a medium bowl. Whisk brown sugar, pumpkin, granulated sugar, vegetable oil, and eggs in a separate medium bowl and beat vigorously until smooth and combined.

Add flour mixture and mix until evenly incorporated. Divide batter evenly among muffin cups. Sprinkle evenly with granulated sugar and bake until a toothpick inserted in the center comes out clean, 22 to 25 minutes. Serve warm or room temperature.



*Stilettos: Shoes, not plates*

## Honey Mustard Pork Chops

### Ingredients:

- 4 Pork chops
- 1/3 cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard

### Instructions:

1. Put the pork chops in a large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use a spatula to turn the pork chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until the pork chops are done.

### Notes:

Pork chops are done when they reach an internal temperature of 145 degrees.

Two (2) tablespoons of honey mustard can be substituted with 1 tablespoon of honey and 1 tablespoon of mustard mixed together.

To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.



## Sweet Potato Cranberry Bake

Prep time: 50 min

Bake time: 40 min

### Ingredients:

- 4 large sweet potatoes, peeled
- 2 cups fresh or frozen cranberries
- ½ cup packed brown sugar
- 2 tablespoons butter, melted
- ½ cup orange juice

### Topping:

- ½ cup chopped walnuts
- ¼ cup packed brown sugar
- ½ teaspoon ground cinnamon
- 3 tablespoons cold butter

### Directions:

1. Place sweet potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and simmer 40-50 minutes or until tender. Drain. When cool enough to handle peel potatoes and cut into ¼ in. slices.
2. Place half in a greased 2 ½ quart baking dish. Top with half of the cranberries, brown sugar and butter. Repeat layers. Pour orange juice over top. Cover and bake at 350 degrees for 30 minutes.
3. In a small bowl, combine the walnuts, brown sugar and cinnamon; cut in butter. Sprinkle over sweet potato mixture. Bake, uncovered, 10 minutes longer or until topping is golden brown.



# In *Thunder in the Mountains*, Chief Joseph Is Victorious - And Then Defeated

By Gary P. Taylor, SCTCA TANF

*"We did not know there were other people besides the Indian until about one hundred winters ago, when some men with white faces came to our country."*

- Chief Joseph of the Nez Perce, describing his ancestors' meeting with Lewis and Clark, in Daniel J. Sharfstein's book, *Thunder in the Mountains*

**When** Chief Joseph of the Nez Perce surrendered to General Nelson A. (Bear Coat) Miles in September of 1877, it marked the end of a brutal four-month series of battles with the United States Army.

During that summer of siege, the Nez Perce had fought with U.S. Cavalry forces under General Oliver Otis Howard across four states in the Northern Rockies. The fighting was unusually brutal and bloody, with the Nez Perce fighting to remain free and often engaging in hand-to-hand combat against increasingly frustrated soldiers under Howard's command.

Sharfstein's 462-page *Thunder in the Mountains* recounts in detail virtually every skirmish, attack, counter-attack, offensive and retreat on both sides. At White Bird Canyon, the Nez Perce drew Howard's soldiers into a trap and killed a third of the surprised unit. When Howard (called *One-Armed-Soldier-Chief* by the Nez Perce; he had lost an arm in the Civil War) tried to regroup, he was outmaneuvered by Joseph and his warriors, who defeated the General's advance detachment.

For the next two months Howard pursued the Nez Perce relentlessly, through Wyoming and Montana, combining forces with Colonel John Gibbons at times, trying to flank or corner Joseph's roughly 250 warriors. In early August, Gibbons attacked the Nez Perce camp on the Big Hole River. At first his soldiers controlled the battlefield; but Joseph's warriors rallied under the cries of White Bird, who told the Indians to "Fight! Shoot them down! We can shoot as well any of these soldiers."

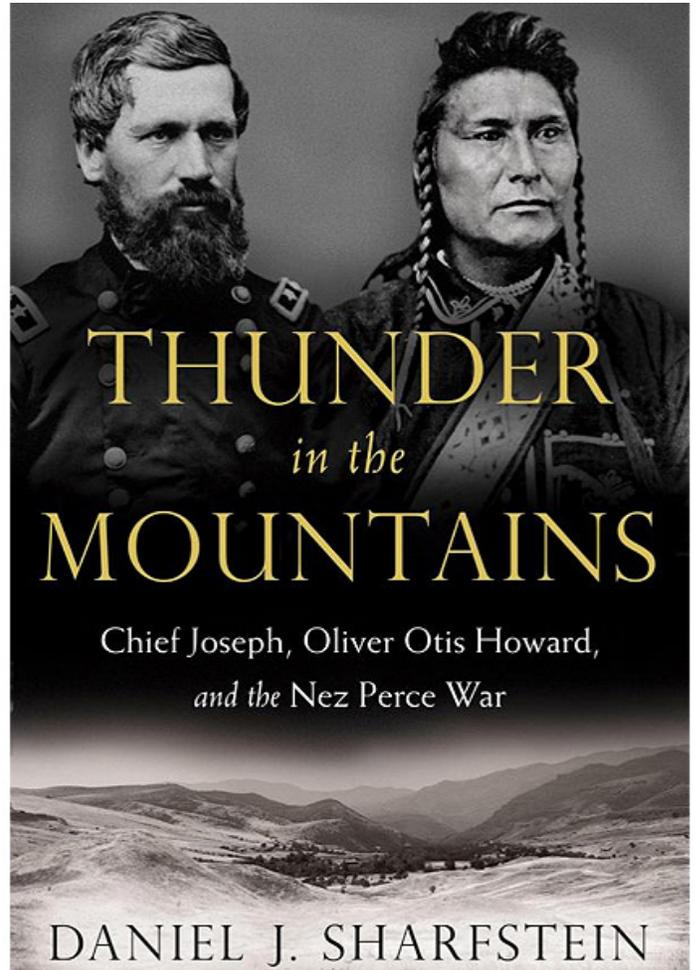
The Nez Perce killed at least 30 soldiers and wounded more than 40. But Gibbons' attack had resulted in the death of nearly 80 Nez Perce – two thirds of them women and children, their bodies torn apart by bullets and their skulls smashed in.

Sharfstein – whose book was published last year- does not shrink from including the horrific details of the battles, nor does he dismiss wartime atrocities committed by both sides. U.S. soldiers and Nez Perce warriors desecrated bodies, leaving them to rot in the summer sun. The fighting was vicious, with neither side willing to limit their violence once engaged.

By late September, Chief Joseph's Nez Perce had been pursued across four states and some 1,200 miles until they neared the Canadian border. Worn down by the fighting and despairing at the loss of so many of his people, Joseph, after calling a council of his chiefs, including White Bird and Looking Glass, decided to surrender.

White Bird – who had opposed the surrender – left under the cover of darkness one night later and fled with several warriors across the Canadian border. Looking Glass had been killed by an Army sharpshooter earlier that day.

Sharfstein writes in *Thunder in the Mountains* that Charles Erskine Scott Wood, a lieutenant under General Bear Coat Miles, was at the surrender and translated Joseph's words into



English. Those words became some of the most famous ever uttered by a Native American.

*"It makes my heart sick when I remember all the good words and broken promises...You might as well expect the rivers to run backward as that any man who was born a free man should be contented when penned up and denied liberty to go where he pleases.*

*"...I have asked some of the great white chiefs where they get their authority to say to the Indian that he shall stay in one place, while he sees white men going where they please. They cannot tell me.*

*"Let me be a free man – free to travel, free to stop, free to work, free to trade where I choose, free to choose my own teachers, free to follow the religion of my fathers, free to think and talk and act for myself – and I will obey every law, or submit to the penalty."*

Chief Joseph died on September 21, 1904, in his teepee on the Colville Reservation in Washington state, nearly 30 years after his battle to keep his people free. 🖋️

# A New Miss Kumeyaay And A Powwow Princess

In late August, reigning Miss Kumeyaay Darilyn Pena of the lipay Nation of Santa Ysabel relinquished her crown during the Viejas Traditional Gathering.

The new Miss Kumeyaay is Leiliana Cuero of the Campo Band of Kumeyaay Indians. She will serve as Miss Kumeyaay until next summer.

Darilyn was escorted during the transition by Hunter Banegas, also of the lipay Nation.

And at the Sycuan Powwow in early September, Alexis “Cakes” Weeks was named Sycuan Princess. She is from the La Jolla Band of Luiseno Indians.

-GARY P. TAYLOR / Photos by Brandie Taylor



Miss Kumeyaay Leiliana Cuero



Darilyn Pena and Hunter Banegas



Sycuan Princess Alexis Weeks



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# Class Calendars

OCTOBER 2018

## Rincon

Two Directions, Inc.



SCTCA Two Directions • 35008 Pala Temecula Road PMB 4 Pala, CA 92059  
Phone: (760) 749-1196 • Fax: (760) 749-9152 • Email: staff@twodirections.com

### Space #8 – Classroom 1 Classes: Sep 1st – Dec. 31st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Life Skills</b> 8:30AM–10:30AM Beth Moffat		<b>DMV Preparation</b> 8:30AM–10:30PM Beth Moffat	<b>Tribal Culture</b> 8:30AM–10:30AM Heather Turnbull
	<b>Culture Class</b> 10:45AM–12:45PM Heather Turnbull		<b>Tribal Culture</b> 10:45AM–12:45AM Heather Turnbull	<b>Indep. Tribal Culture</b> 10:45AM–12:45PM
	<b>Independent Culture</b> 1PM–4PM		<b>Indep. Tribal Culture</b> 1PM–4PM	

### Space #8 – Classroom 2 Classes: Sep 1st – Dec. 31st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Study Hall	Study Hall	Study Hall	Study Hall	<b>Diploma/HiSet /*ABE</b> 9:45AM– 12:45PM J. Murphy
	Study Hall	<b>Diploma/HiSet /*ABE</b> 10:45AM– 1:45PM J. Murphy	Study Hall	No classes
Study Hall	Study Hall	Study Hall	Study Hall	No classes
		*ADULT BASIC EDUCATION		*ADULT BASIC EDUCATION

### Space #39 – Computer Lab Classes: Sep 1st – Dec. 31st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Self Paced Class</b> 8:30AM–10:30AM Staff	<b>MICROSOFT Word</b> 8:30AM–10:30AM Wanda	<b>Intro to PC's</b> 8:30AM–10:30AM Wanda	<b>MICROSOFT Word</b> 8:30AM–10:30AM Wanda	<b>10 Key Class</b> 8:30AM–10:30AM Wanda
<b>Self Paced Class</b> 10:45AM–12:45PM Staff	<b>MICROSOFT Excel</b> 10:45AM–12:45PM Wanda	<b>Intro to PC's</b> 10:45AM–12:45PM Wanda	<b>MICROSOFT Excel</b> 10:45AM–12:45PM Wanda	<b>Keyboarding</b> 10:45AM–12:45PM Wanda
<b>Self Paced Class</b> 1PM–4AM Staff	<b>Self Paced Class</b> 1PM–4AM Staff	<b>Computers Lab</b> 1PM–4PM OPEN LAB	<b>Self Paced Class</b> 1PM–4AM Staff	Computer Class closed @ 12:45PM on Fridays

Two Directions Computer Labs are open at all times during business hours. Make sure to sign in and out to receive work participation hours.

# Escondido

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Office Hours Monday - Friday, 8:30am–4:00pm • Phone: (760) 737-0113 • Fax: (760) 737-0581

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

To sign up, contact: Kayleigh Omish-Guachena, Training Director at (760) 737-0113 ext.13, kguachena@bgassociatesinc.com

# El Cajon

SCAIR Learning Center • 239 W. Main Street, El Cajon, CA 92020  
Office Hours Monday - Friday, 9am–4pm • Phone: (619) 328-0676

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Job Readiness</b> 9AM–4PM	<b>Career Development</b> 9AM–4PM	<b>Career Development</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Academic Tutoring (All Subjects)</b> 9AM–3PM
<b>Career Development</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM	<b>Individual Training Plan</b> 9AM–4PM	<b>Job Readiness</b> 9AM–4PM
<b>Individual Training Plan</b> 9AM–4PM	<b>Individual Training Plan</b> 9AM–4PM	<b>Individual Training Plan</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Career Development</b> 9AM–4PM
<b>Counseling Services</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Counseling Services</b> 9AM–4PM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Individual Training Plan</b> 9AM–4PM
<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Quickbooks Certification Training</b> 9:30AM–11:30AM	<b>Parenting Training</b> 11AM–1PM	<b>Counseling Services</b> 9AM–4PM
<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Independent Computer Lab</b> 9AM–4PM
<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Academic Tutoring (All Subjects)</b> 9AM–5PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	<b>Microsoft Computer Certification Training</b> NOON–2PM	
	<b>Traditional Parenting</b> 10/9 NOON–2PM	<b>Sacred Pipe TUPE Program</b> 10/3, 10, 17, 24 & 31 3:30PM–5:30PM		
	<b>Ready to Work Training</b> 10/23 12:30PM–1:30PM			

\*\*No Microsoft Computer Certification Training

# 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
<b>Monday Office Hours:</b> 8AM - 4:30PM	<b>Career Building</b> 9AM	<b>Life Skills</b> 9AM	<b>Parenting</b> 9AM	<b>Friday Office Hours:</b> 8AM - 4:30PM
	<b>Open Lab/ Job Search</b> 12:30PM-2PM	<b>Open Lab/ Job Search</b> 12:30PM-2PM	<b>Open Lab/ Job Search</b> 12:30PM-2PM	
	<b>Basic Computers Skills</b> 2PM	<b>Career Networking</b> 2PM	<b>Basic Computers Skills</b> 2PM	

# Manzanita

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

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

## Commodity Distribution Schedule – October 2018



<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
OCT. 8, MONDAY	BARONA VIEJAS	9 AM – 10 AM 11 AM – 12 NOON
OCT. 10, WEDNESDAY	LOS COYOTES LA JOLLA	9 AM – 10 AM 11 AM – 12 NOON
OCT. 11, THURSDAY	RINCON	9 AM – 12 NOON
OCT 15, MONDAY	MESA GRANDE SANTA YSABEL	9 AM – 10AM 11 AM -12 NOON
OCT. 17, WEDNESDAY	MANZANITA/LA POSTA OLD CAMPO	9:45 AM – 11 AM 11:30 AM – 12:30 PM
OCT. 18, THURSDAY	PAUMA PECHANGA	9 AM – 10 AM 11 AM – 12 NOON
OCT 22, MONDAY	SAN PASQUAL	9 AM – 12 NOON
OCT 23, TUESDAY	PALA	9 AM – 11:30 AM
OCT 25, THURSDAY	CAMPO	10 AM – 12 NOON

**OFFICE CLOSURES:** NONE



### **Coming in November:**

- A Celebration of Native American Heritage Month
- A Review of a book on the Cherokee Nation
- Recalling an Iipay Nation Elder

**Read these and other stories in the next issue of the SCTCA TANF Newsletter.**